

## Serious Training for Serious Wrestlers

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**A**s a NCAA wrestling coach and former competitor, I know the value of proper conditioning. Without strength and endurance, even the best moves will be less effective. Over the years, our understand-

ing of strength and conditioning has evolved, and so has the equipment we use in training. In light of these recent advancements, it is ironic that the simplest of tools can be highly effective.

I am specifically referring to the AB

Band, which was developed and promoted for wrestling by Andrey Brenner, a two-time Ukrainian national champion. Brenner was looking for a versatile device that was easily portable and appropriate for wrestling. The result is the AB Band, which meets all