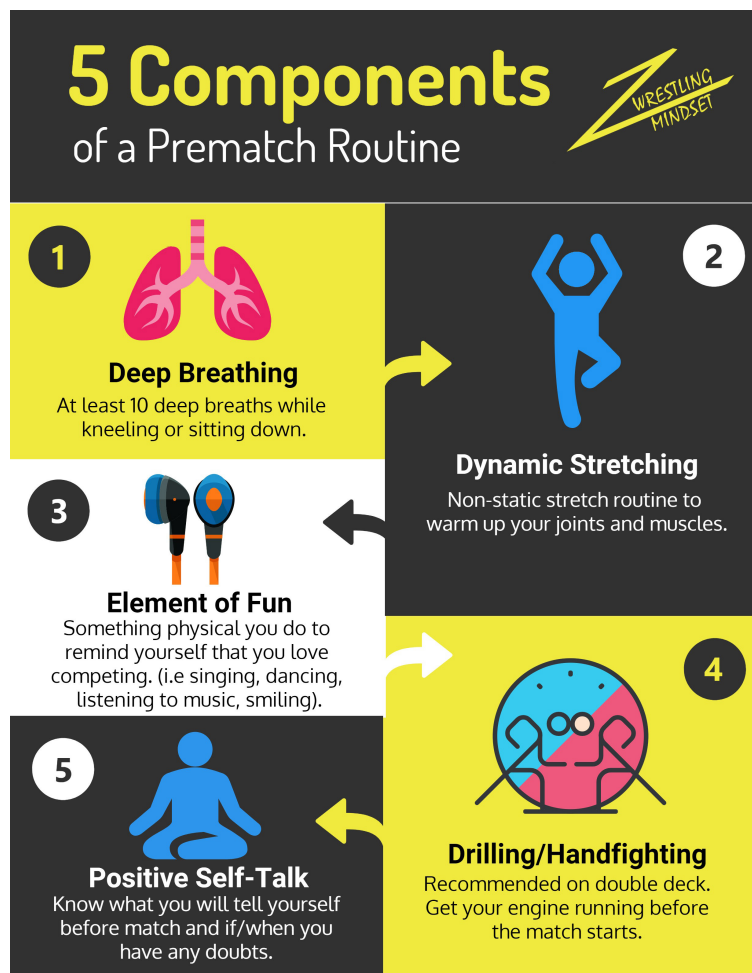


Backbone of a Prematch Routine- Learn the 5 Components of a Solid Prematch Routine



[Are you tired of getting really nervous before a match? Are you sick of watching your son or daughter wrestle without warming up or not being mentally prepared for a match?](#)

Developing a Prematch Routine is the best way to avoid these common problems.

[This online course will teach you how to develop a Prematch Routine to help you prepare physically and mentally for each match.](#)

Don't count the days, make the days count!

--Coach Z

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