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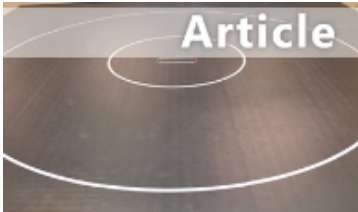
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Fighting Off The Belly

Nick Mitchell - Grand View Univ.

Watch as Coach Nick Mitchell explains and demonstrates fighting off the belly.

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Mark Palmer, InterMat Senior Writer

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Conditioning - Buddy Carry

Lou Rosselli - Ohio State

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