

How Should Wrestlers be Lifting Weights?

Many wrestlers often make the mistake of focusing on "**getting big**" in the summer.

It is important to remember that when the whistle blows for the first time this upcoming season, it will be a wrestling competition not a powerlifting or bodybuilding competition.

Want to learn how to make your time more efficient in the weight room?

[CLICK HERE to watch the video and learn how!](#)

Make it a great day! - Coach Z