



(Scott Goodpaster is the owner of Cincinnati Functional Fitness, an MMA Certified Strength & Conditioning coach and nationally recognized in the field of strength & conditioning. To order training DVDs specific to wrestling or for more information please visit [www.cincyfit.com](http://www.cincyfit.com))

## Hibiclens' Training Techniques by Scott Goodpaster

# Don't let go of these grip-intensive exercises

At Cincinnati Functional Fitness we put a strong emphasis on making sure our wrestlers have superior grip strength and endurance.

The ability to hold an opponent is the most important factor in wrestling. A big part of wrestling is muscular contraction cardio with the grip being a huge part.

There are three things which control how well you can hold or grip an opponent. First is your strength. There are ways to develop gripping and holding strength. The second is your ability to stabilize the involved joints (e.g. the wrist). The third is the metabolic conditioning of the muscles you are using.

Wrestlers must have the ability to hold various positions for prolonged durations. If you do not train for the specific metabolic demands of wrestling, you may get an advantageous position but not be able to hold onto it.

I am going to show you a Grip Intensive Circuit we have developed at CFF that has given our wrestlers a higher advantage with their grip.

**1. DB Clinch Walks** — Walk slowly for 30 seconds keeping a clinch position. These DB Clinch Walks are good for creating core stiffness while using one leg at a time. In wrestling, you are clinching while creating movement and most of the time you are on one leg at a time.

**2. One-Arm Isometric Gable-lock Hold** — Perform one-arm Gable-lock holds for 30 seconds



These Grip-Intensive Exercises are demonstrated by Will Smallwood.

on each arm. Training isometric strength is a weapon in the sport of wrestling.

**3. Gable-lock Suplexes** — Perform eight Gable-lock suplexes per arm.

**4. Level Change to Double Under Hook** — Shooting Lunges are much more specific to take-down positions used in wrestling than the standard body-building lunge.

We use these shooting lunges to control spinal flexion and make their back strong (i.e. injury resistant) in that position.

Take note that Shooting Lunges do use functional spinal flexion so we make sure our wrestlers can perform all three in a controlled manner. We give them 10-15 percent of bodyweight. Perform all three while coming up tall with a double underhook not a bicep curl. 18 reps total.

- 6 Front Shooting Lunges to Double Underhook
- 6 Lateral Shooting Lunges to Double Underhook
- 6 Rotational Lunges to Double Underhook. ■

## THE 3 MOST COMMON INJURIES IN WRESTLING ARE:

1. SPRAINS AND STRAINS
2. FRACTURES
3. SKIN INFECTIONS



MRSA infections are commonly misdiagnosed as spider bites, impetigo, or cellulites. Some infections can progress to the point where surgery is required to remove them leaving scars like those pictured above.

## WHICH ONE IS PREVENTABLE?

Hibiclens® is an antimicrobial soap that contains 4% Chlorhexidine Gluconate (CHG) as the active ingredient. CHG bonds to the skin and continues to actively kill bacteria for up to 24 hours after use.<sup>2</sup> A study conducted by an independent lab found that a single wash with Hibiclens can eliminate the risk of transfer of MRSA bacteria. Washing with Hibiclens BEFORE practice and competition can significantly reduce the risk of contamination which can lead to infection.<sup>3</sup>

Hibistat® is an alcohol/CHG wipe that can be used without water. It also has the benefit of residual killing action to help prevent infection.

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