

The Farm Boy Workout Specifically Designed for Wrestlers

By Zach Even-Esh

There is a lot of talk regarding how to strength train for wrestling. It is no secret that machines are out and free weights are in. When I train my wrestlers we use a mix of Russian Kettlebells, free weights, body weight training, stability ball and medicine balls.

Wait, there is one more aspect of my strength training regime that is an absolute must in developing strength and power.

This is where my "farm boy" training comes into play. We use sand bags, sleds, and large car tires. Sound fun? Trust me, it is! Effective? VERY! Depending on where

you live, the weather plays a role in when you can train outdoors safely. The last thing you want is to get injured due to slipping on ice or catching a cold before a big tournament because the weather was way below freezing.

Let me explain why I use these imple-