


STRENGTH & CONDITIONING FOR WRESTLING



[IN-SEASON EDITION, VOLUME II]
BY DUSTIN MYERS, CSCS

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A black and white photograph of two male wrestlers in a physical struggle on a mat. One wrestler is on top, leaning over the other, who is on the bottom. They are both wearing wrestling singlets and shoes. The background is a plain, light-colored wall.

Coach Myers has trained athletes for over 17 years and has been the head strength coach for the Ohio Regional Training Center since 2012. During that time he has helped the Ohio State Wrestling team capture it's first ever NCAA team title, two runner up NCAA finishes, and three Big10 team titles.

Let him take all of the guess work out of your strength program.

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