

WANNA WRESTLE?

TRAINING TIPS INSPIRED BY A WRESTLER'S WORKOUT

I've always played a variety of sports, in addition to working out. In high school and college I played tennis and football and was on the track and swim teams. I also wrestled. Wrestling is a great sport and demands a certain type of training. When I first started to get bigger, a talent scout for one of the big wrestling promotions approached me about joining their training program for new talent. At that time, professional wrestling wasn't quite the "industry" it is now, so I passed. I still enjoy wrestling and use many of the same training techniques in my workout routines.

Wrestlers weight train in short intensive routines. You can achieve this with circuit training—going between stations quickly without resting. Do only one or two sets of an exercise and you can train the whole body in a short time. Do this once or twice a week.

Wrestlers always want to maintain or lose weight. The best way to lose weight quickly is to go on a low sodium diet, eat low sodium tuna, plain noodles and rice, etc. While you're on this diet, eat a banana or two every day. They contain a lot of potassium and don't cause fluid retention as sodium does. Don't restrict your carbs or protein, just cut out some fat.

Work your muscles from largest to smallest, in quick succession with each set to failure. Here's a great workout:

- Squats: 2 sets 6–8, 1 minute rest between each set
- Chin-ups: 1 set to failure
- Barbell rows: 1 set to failure
- Lateral raises: 1 set to failure
- Flat bench: 1 set to failure
- French Presses: 1 set to failure
- Barbell curls: 21
- Calf presses/raises: 2 sets to failure

Go from one exercise to the next, with no rest. I included calves because any time you're on your feet you're using calves to maneuver and to generate power. Try this and you'll look great—in and out of your singlet!

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