



Integrating Wrestling,
Olympic Weightlifting and
Functional Training to
Directly Improve Wrestling
Performance

A Functional Strength and Conditioning Program Designed Specifically For Wrestlers

- ETW was developed by Wrestling and Olympic Weightlifting Coaches
- In power sports such as Wrestling, strength is useless unless you can apply that strength quickly – Explosive Strength
- ETW develops Explosive Strength and Power that improves performance “On The Mat”



PIAA Place Winner
Nick Carr: *“I was
honestly amazed at the
difference my strength
and explosiveness
made at Hersey, ETW
has been the core of
my training since I was
12 years old”*

Designed and customizable for beginning and advanced athletes

- Athletes are taught proper technique by certified coaches
- Workouts are intense, challenging and fun
- Athletes will develop core strength and stability
- Workouts incorporate advanced training protocol including kettlebells and other training tools in a safe and intense environment.

**Don't leave your Training to Chance
Use A Proven Program with Proven Results.**

**ETW runs April through May
Session limited to 20 participants**

Cost is \$150 for 2 Month Session and includes hands-on coaching and personal supervision for 2 training sessions per week.

2 Month Session also includes a custom training program and nutritional counseling.

Visit www.ironhorseacademy.com for additional information



PSU All American Mark McKnight: *“Wrestlers need functional training, ETW is a core component of my training for my 2012 Olympic run”*



• USA Weightlifting is the national governing body for Olympic Weightlifting.

• USA Wrestling is the national governing body for the sport of Wrestling in the United States

EXPLOSIVE TRAINING FOR WRESTLING