

# Optimized Wrestling Systems



## **“The Future of Wrestling...NOW”**

Conveniently Bringing World-Class *Systems of Techniques* and Uniquely Potent *Messages of Inspiration* to the Comfort of Your Wrestling Room.

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Original, Innovative and Powerful Wrestling Secrets that will Instantaneously Catapult your Entire Team to Higher Wrestling Ground.

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Now Serving Colleges, High Schools and Youth Wrestling Teams

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**Chief Clinician - Chris Lembeck**

**\*World-Silver Medalist\*\*Multi-Time National Free-Style and Greco-Roman  
Champion\*\*NCAA All-American\*\*Two-Time Undeclared Minnesota High School State  
Champion\*\*Award Winning Coach**

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**E-mail or Call Today**

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