



## The Professional Wrestlers' Instructional and Workout Guide

*By Harley Race, Ricky Steamboat, Les Thatcher*

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Many dream of becoming pro wrestling headliners, but few understand the hard work and dedication needed to reach those heights. Almost all top stars have trained in schools and camps with legendary wrestlers to learn how to execute key moves, put together a match, sell yourself and your opponent to the crowd, and keep fit through physical training and healthy diet. The Professional Wrestlers' Instructional and Workout Guide brings readers more than 100 years of collective knowledge and experience from three elite names in the professional wrestling industry, including two former National Wrestling Alliance World Heavyweight Champions. Harley Race, Ricky Steamboat, and Les Thatcher share their wealth of knowledge and experience as they help the novice wrestler prepare for the long journey into pro wrestling. After reading this book, the aspiring wrestler should have the knowledge of how maneuvers are executed effectively and safely, the physical conditioning needed to perform them, and the thought process involved in piecing together an actual match. The novice should learn the "psychology" of pro wrestling both in and out of the ring as well as how to find employment on the independent circuit and maybe eventually realize their dream of wrestling on the national stage in the WWE.

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#### **About the Author**

Harley Race is one of the greatest wrestlers of all time-an eighttime world champion, who has worked all over the globe. He has more than 40 years experience in wrestling, having worked in every major organization and federation (NWA, WCW, WWE, etc.). Race and his wife, BJ, have their own wrestling promotion, World League Wrestling and Race's Wrestling Academy, where he continues to share his knowledge with a new generation of grapplers. Ricky "The Dragon" Steamboat is a former NWA World Heavyweight Champion and World Wrestling Entertainment Intercontinental Champion. He was also a member of numerous world tag-team champions. His matches with Ric Flair and Randy Savage are considered legendary. He has trained novice wrestlers for more than 20 years. Steamboat currently works as an agent for WWE. Les Thatcher has spent a lifetime in the professional wrestling industry wearing many hats: wrestler, television commentator, innovator, producer, writer, editor, and trainer/teacher. As a trainer, Thatcher is considered one of the best in North America, having groomed grapplers such as Charlie Haas, Rosie of Three Minute Warning, Shannon Moore, Jamie Noble, Garrison Cade, Elix Skipper, Johnny "The Bull" Stamboli, Nigel McGuinness, Shark Boy, Jimmy Yang, Kaz Hyashi, Jamal of Three Minute Warning, Matt Stryker, Chad Collyer, B.J. Whitmer, Steve Bradley, Cody Hawk, Rory Fox, and Chet Jablonski. Alex Marvez covers the Miami Dolphins and the NFL, and professional wrestling as a writer for the South Florida Sun Sentinel.

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