



# HE-MAN

He-Man is a fictional superhero and the flagship character of the sword and sorcery-themed Masters of the Universe franchise, which includes a toy line, several animated television series, comic books and a feature film. He-Man is characterized by his superhuman strength.

Watch the short video provided. What are ways that wrestlers try to cut corners? Why should you avoid these shortcuts? Share your thoughts with us at [myrmidontraining@gmail.com](mailto:myrmidontraining@gmail.com)