

ZAIN TRAIN AT HOME

Zain Allen Retherford is an American freestyle wrestler and former folkstyle wrestler. As a folkstyle wrestler, Retherford was a 3-time NCAA Champion and 4-time All-American. In 2017 and 2018, he was awarded the Dan Hodge Trophy as the most outstanding folkstyle wrestler in the nation.

Complete Zain Train's home workout. Email us your results at myrmidonwrestling@gmail.com