

Run Man in the Middle

Revision 2026-10-12

Set wrestler count and go length, then run Man in the Middle rotations.

Man in the Middle rotates pairings across a set of wrestlers.

Set up the drill

1. Tap **DRILL TIMERS**, then **MAN IN THE MIDDLE**.
2. On **PARTICIPANTS**, pick how many **WRESTLERS** (3 through 7).
3. On **MATCH LENGTH**, pick **30 Seconds**, **1 Minute**, **2 Minutes**, or **3 Minutes**.
4. On **BREAK LENGTH**, pick the rest between rotations.
5. On **ARENA MUSIC**, pick a playlist or **No Music**.
6. On **READY TO START**, review the **ROUND ROBIN** summary, then tap **START**.

During the session

1. **UP NOW** shows the current pairing.
2. **UP NEXT** shows the next pairing (or **No further matches** when none remain).
3. Use the shared timer controls to pause, resume, reset, or exit.

When rotations finish

1. When the rotation sequence ends, the display shows **COMPLETE**.