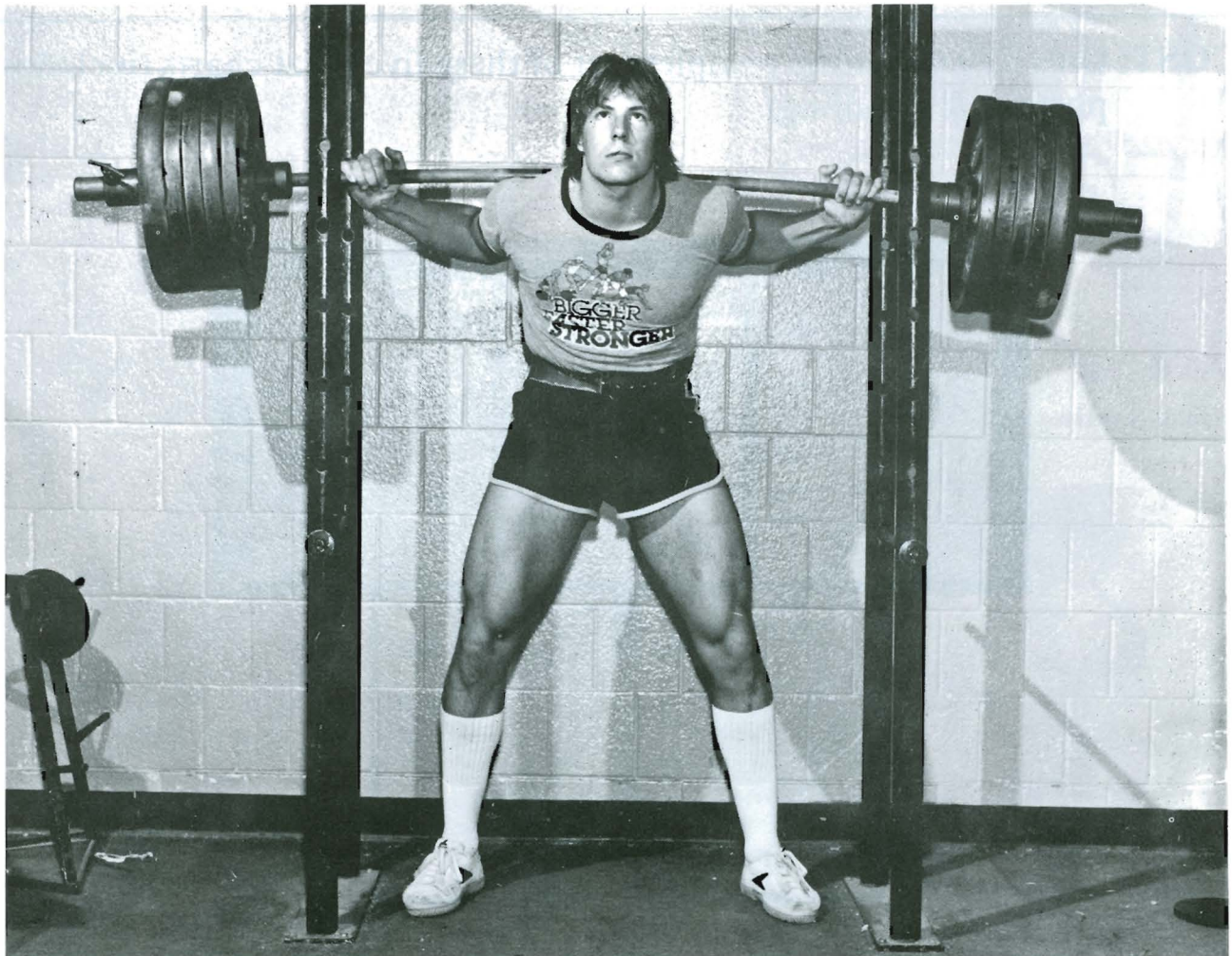


THE PAUL KENDRICK STORY

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PAUL KENDRICK

Paul was a skinny 165 lb., 5'11" sophomore football player who wasn't even sure if he wanted to play. He did make the decision, however, and began a good solid power weight training program. He began bench pressing 125 lbs. and cleaning 140 lbs. Although in the beginning he didn't feel he would ever reach a respectable strength level Paul made the commitment to his own personal athletic goal.

Paul was a three sport athlete participating in football, hockey, and track but continued to train all year-round.

Paul's progress was consistent throughout his career because he allowed nothing to interfere with his training. By the end of his sophomore year Paul's weight rose to 175 lbs., his bench press was 220 lbs., he cleaned 210 lbs. and could squat 275 lbs. In the second to the last track meet of the year, he threw the discus 139 feet to win a sub-regional meet.

Paul was really fired up now and trained with even more intensity. By the end of his junior year Paul weighed 185 lbs. and was squatting 340 lbs., cleaning 240 lbs., was throwing the discus 164' (7th best in the state) and improved his shot put from 39' to 48'.

These were good gains but not good enough for Paul who

doubled his efforts and Paul's senior year was spectacular. Paul had set incredible goals the summer before his senior year and was determined to reach them. His goals were obviously not very realistic, he wanted to be captain of his three sports, make all conference in all three sports and make all-state in track, these goals were written and turned into a fire burning inside.

To make a story short, Paul accomplished all of these goals and more. Paul is the current Minnesota State Meet record holder in the discus, made an all-state football team and was invited to participate in a Minnesota all-star hockey team. Paul's bodyweight had risen to 204 lbs., his squat was now 420 lbs. and his 40 yard dash time had gone from 5.8 as a sophomore to 5.0 as a senior.

Paul graduated from high school in 1979, what's he doing now? As a freshman in college, Paul won the northern intercollegiate conference discus championship. Paul as a sophomore at Hamline University weighed in at 245 lbs., squats 525 lbs., runs a 4.7 40 yard dash and was All-American NAIA discus thrower with a 187'6" toss! Paul's next goal — the Olympics!! Any bets??