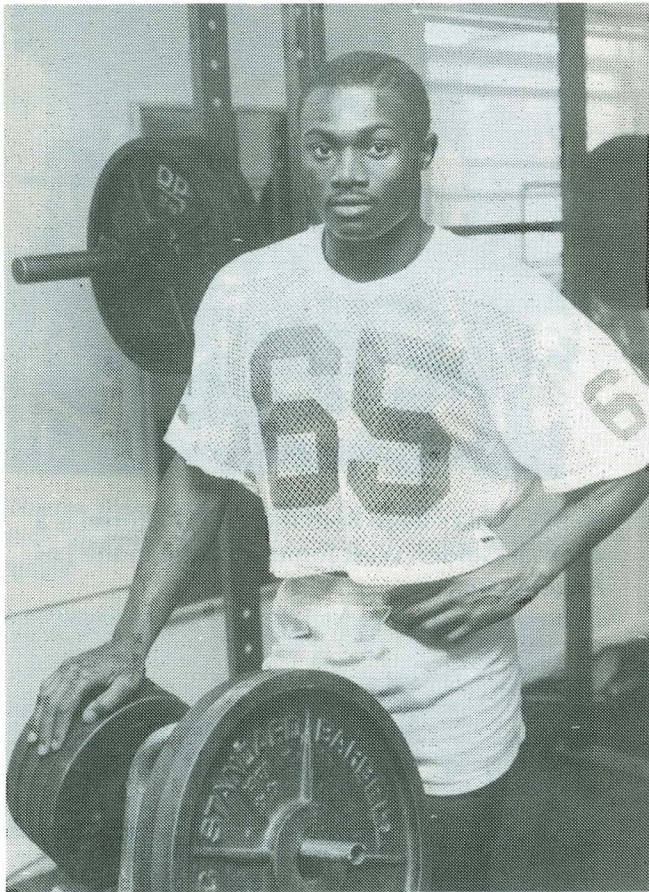
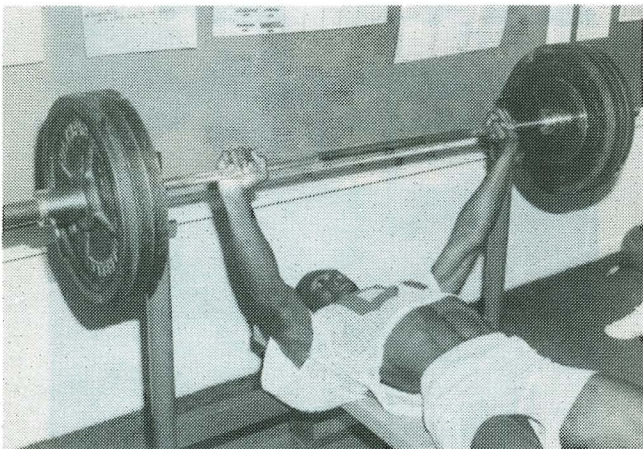


DE WAYNE KINSTON



DeWayne Kinston: A Champion



DeWayne's Bench Max: 402!!

DeWayne Kinston

DeWayne is a high school football player from Fayetteville, North Carolina. We thought DeWayne's achievement and progression were outstanding. Coach Bobby Poss, DeWayne's football coach, has been using the BFS program and principles. "It's proved to be successful and was a definite asset in our team's success in 1981," states Coach Poss. The team won the Mid-South 4A Conference and went to the State Playoffs. It was the first winning season since 1974.

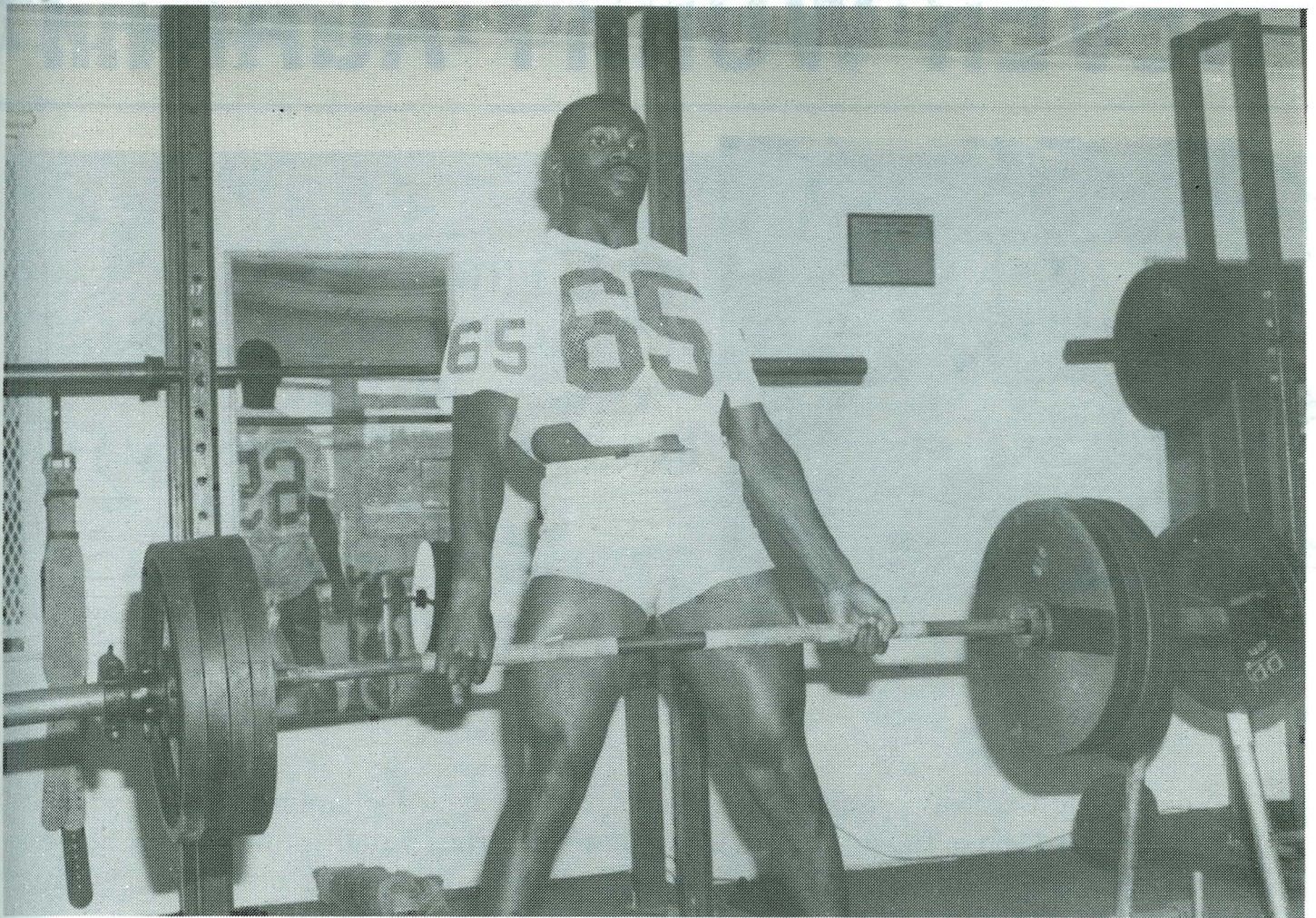
DeWayne Kinston illustrated how rapidly great strength can be developed in high school. The thing I like about DeWayne's story is the fact most everyone can relate to his size and situation. You see, DeWayne didn't even play football his Sophomore year. He did, however, start lifting weights. Another aspect about DeWayne's success is his size. He only reached a body weight of 190 pounds and a 6-0 height; common size for a lineman, but DeWayne accomplished uncommon goals.

He began his Junior year as a third string defensive tackle, but midway through the season he cracked the starting lineup. DeWayne worked very hard on the weights. He demonstrated to the other players what dedication and hard work could bring about. His example helped many work harder.

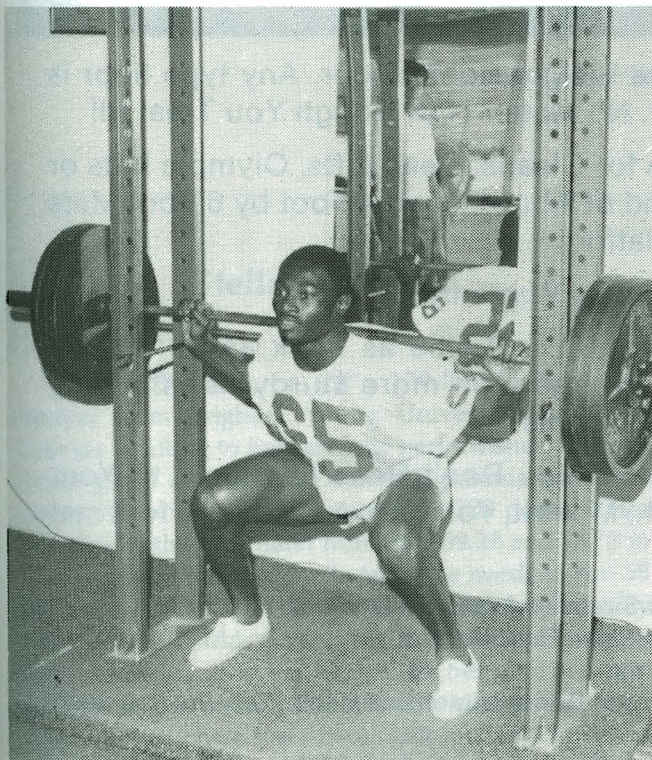
His body weight rose from 175 to 190 pounds and became very muscularly dense. This is evidenced clearly by his extraordinary gain in the bench press.

From August 1981 to April 1982 his bench increased from 220 to an unbelievable 402-pound max! This is the All-American and World Standard for collegiate and pro athletes. During the same time period his squat rose from 231 pounds to a 475-pound effort. It should be noted, 500 pounds is the BFS All-American Standard in the Squat. As I've stated so many times and DeWayne is another example, "The stronger you make your legs, the faster you can run." Even though DeWayne gained 15 pounds, his 40-yard dash improved from a 4.9 to a 4.7. This is typical and should be expected. In addition, DeWayne's dead lift max rose almost 100 pounds from 407 to a 501 max.

During his Senior year (1981 season) he was elected Captain of his football team and started both ways. He was named All-Conference, All City-County and Honorable Mention All-State. DeWayne maintained a fine B average and missed only one day of school in his entire high school career. Obviously DeWayne was very successful in high school and his accomplishments were



DeWayne Kinston's Dead Lift Max: 501 Pounds



DeWayne's 475 pound squat enabled him to run a 4.7 forty.

self-made. When coaches can be a part in an athlete's progression like DeWayne's, it's all worthwhile. When a coach has a program which provides a climate for this kind of progression, he is a winner and a master teacher. Congratulations to Coach Bobby Poss for providing this kind of program and congratulations to DeWayne Kinston for taking advantage of this program, working your tail off and becoming a champion!