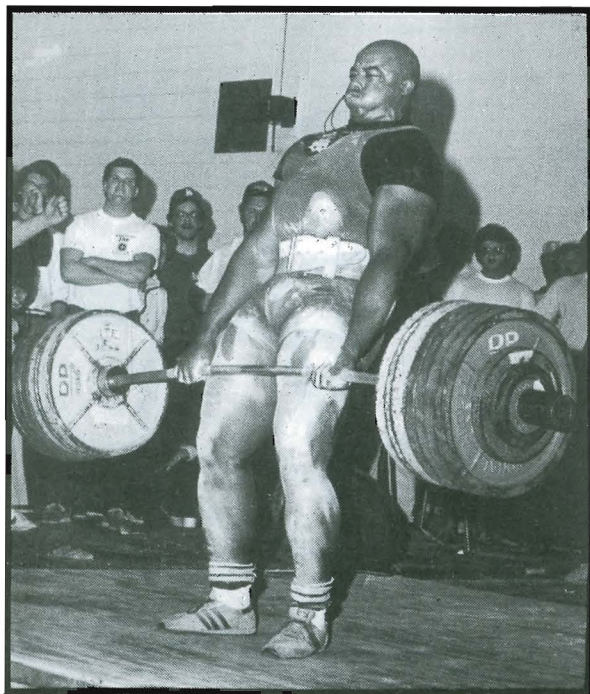


TERRY LONG

History's Strongest Football Player



Terry's 865 Dead Lift is only 39 pounds off the world record.

Terry Long

What would you do if a 6-0, 280 pound man came up and did a front flip? I mean jump up, do a front flip in the air and land square on his feet. I think I'd let him have anything he asked for! Terry Long asked for a football scholarship. East Carolina University, on the strength of that front flip decided to take a chance on Terry. They have never regretted taking that chance.

You see, Terry played only ½ year of football at Euclaine High School in Columbia, South Carolina. That was his senior year. Terry had to work to help support his family. It was not a big loss to football because Terry was only 5-11, 160 pounds and benching 135 pounds was hard. His forty-yard dash was 4.95. Therefore, Terry thought it best to work instead of play football.

After high school, he joined the service with the Special Forces. This turned out to be a real blessing as it gave Terry the much needed time to mature and to add size, strength and speed. During this two-year period with the Special Forces, Terry worked very hard on the weights. His squat improved to 500, his bench to 405 and his dead lift to 400. His bodyweight rose to 260 pounds and his forty improved to a remarkable 4.8 time.

So when it came time to look for an opportunity to play football, Terry was strong enough, big enough and certainly fast enough. His two big drawbacks were his height or lack of it; and no real playing experience. But there was something special about

Terry. Yes, he could do a flip and could dunk a basketball, but he also had integrity and a willingness to work hard. Nebraska, Wyoming and East Carolina University all offered scholarships, but East Carolina won out because it was "close to home."

Terry has had the opportunity of working with two strength coaches. His freshman and sophomore year were with Jeff Johnson and he is presently with Mike Gentry. In my opinion, Gentry is one of the great strength coaches in America today. We will feature his strength program and the success of his other players next issue. Their team strength is, without a doubt, in a very, very, elite class in college or pro football.

Terry has made steady progress as an athlete, a football player and as a lifter. His first two years of playing were really spent just learning the game. It must have been tough for Terry to get knocked on his behind by players who were much less physical than Terry. The important thing is that Terry got back up and tried to learn his techniques so he could use his rare talent. By his junior year, people were starting to recognize his talents and his opponents were feeling those talents. Last year he was good enough to be selected as an honorable mention Associated Press All-America.

Then Mike Gentry made a very wise decision. Terry Long was going to lift in the North Carolina State A.A.U. Powerlifting Championships. It was wise because this would be a glorious way to verify Terry's incredible strength. A lot of stories are told about what different football players can do in the gym. The squat is probably the most deceiving. I've checked out so-called 700-pound squatters only to find they only dip down a little — a full foot above parallel. That negates everything. Terry needed verification. Terry probably did not fully realize the significance of putting it all on the line last March in A.A.U. competition.

First of all, it is very difficult to lift in a meet for the first time. There are a lot of little rules to understand that are much different than in training. Many lifters "bomb out" in their first meet. They start to high in poundage, don't know all the rules, or don't lift correctly. Believe me, it's just very, very tough.

Terry started the powerlifting world buzzing right from the weigh-in. He weighed in at 300 pounds! Terry has very little body fat, so with that much bodyweight at only 6-0 in height, you can well imagine even Mr. T might be in awe of Terry Long.

The squat is the first lift and the most difficult to do in competition. Many times there are long waits in-between attempts. You may warm-up too soon and then wait for one hour before lifting. Terry did extremely well as he did an 837-pound squat. Even though he has done 900 pounds in training, it was a

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TERRY LONG: History's Strongest Football Player

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Terry Long: Outland Trophy Candidate and All-American Favorite.

great accomplishment to do 837 in his first meet. I know of no other football players who have ever topped that and know of only two track athletes who have done more. George Frenn, a hammer thrower, did 853 pounds for a world record about 14 years ago; and the other is Jon Cole, a discus thrower. However, I'm not even sure if Cole did more while seriously competing in the discus. Certainly, Terry's 837 pound effort should go down in history.

Next was the bench press. Terry has done 560 in training but could manage only 501 in this meet. Remember, in a meet a referee waits for a pause at the chest, then claps which signals the lifter can begin. No arching is permitted. So this is not surprising. Also, Terry has long arms which makes benching more difficult. Terry's bench, while outstanding, does not put him in the same elite class as the squat. There are probably fifty college athletes that can do that much or more. However, look out, here comes the dead lift.

Now Terry's long arms are an advantage. Combine that with those powerful hips and thighs and we have really got something. Terry Long pulled an amazing 865 pounds! Only 5 others have ever lifted more weight. He was only 39 pounds off the world record! Needless to say, no other football player has ever done more than that. Terry Long is History's Strongest Football Player—period. End of Discussion.

Obviously, those wrapped up in the power lifting circles think Terry should forget football and lift in the World Championships. I have no doubt Terry could be the first in world history to break the 2500 pound total barrier. I also have no doubt Terry could make the U.S. Olympic Weightlifting Team. He hangs 441 pounds now! Our present heavyweights do not have Terry's raw brute strength or even more important, Terry's quickness. However, my advice for what it's worth, is that Terry should play football as long as he can. The pro scouts are aware of Terry's shortness but feel his long arms, speed and strength more than compensate. Then, after football Terry can explore fulfilling his potential as a lifter. Lifters normally do not reach their peak strength until their mid-thirties anyway. I say get financially strong with football first and then later prove your lifting strength.

Terry Long is married. His wife's name is Tythia. Terry also carries a 2.3 G.P.A. and is majoring in physical education and his minor in business. Mike Gentry states "Terry has a great attitude, we have to keep him from overtraining. He is inspiring to others and helps push everyone to their limits. He is well-respected and many try to emulate him. He's really like a player-coach. Terry's real asset from his offensive guard position is his quickness, and he uses his power and strength effectively. His 34-inch vertical jump and his 10 ft. standing long jump also doesn't hurt his chances for the Outland Trophy (the line-man's Heisman Trophy). We just hope people recognize Terry's ability against the likes of Florida, Missouri, North Carolina State and Florida State University. Terry Long has extremely rare genetics to be sure, but his great habits and desire are the real reason for his success."

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PERSONALIZED AUDIO-TAPES \$25.00

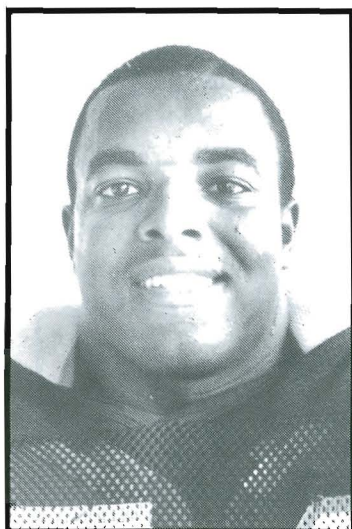
In-Season or Off-Season

Can be a valuable motivational tool, especially if your athletes have been to a BFS Clinic. Send us particulars about your season record, players names and stats. Coach Shepard will then prepare a 12-15 minute tape to inspire and motivate your athletes!! In-season tapes can be rushed Federal Express.

"Thanks for the tape, our athletes loved it, especially the part on the goals and mentioning individuals. We played in Wednesday after practice and we had kids actually crying. We prevailed and beat a tough team Friday."

Jay Buckley, FB Coach
Lakeland High School, Wisconsin

HISTORY OF TERRY LONG



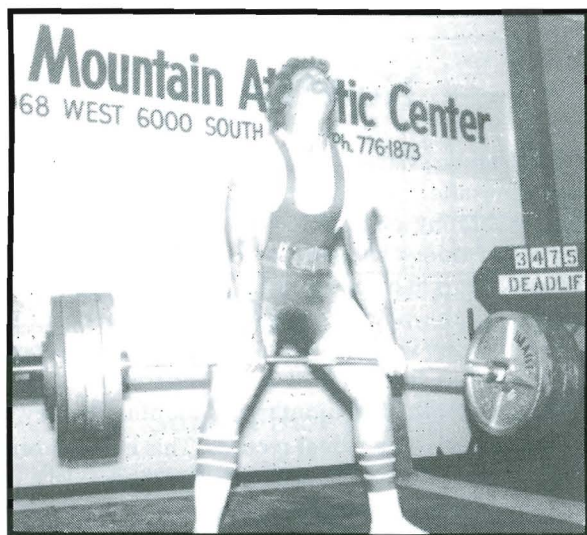
Age	Weight	40	Squat	Bench	D. Lift	Hang Clean
23	280	4.8	*900	*565	865	441
22	280	4.7	710	500	—	441
21	278	4.7	610	475	—	403
20	275	4.8	550	425	—	348
19	260	4.8	500	405	480	—
18	220	4.9	450	350	350	—
17	160	4.95	275	135	—	—

*837 and 501 in A.A.U. meet. His 2203 total was 24 pounds better than the world championship winner last year.

Neck: 20½ Arms: 21 Chest: 54 Waist: 40 Thighs: 30½

DEAD LIFT TIPS

By Dr. Greg Shepard



Joe Clifford: Deadlifting on Coach Shepard's A.A.U. Team. Joe weighs 260 and is Dead Lifting 347.5 Kilo or 764, his best is 805.

Dead Lift Tips

There is absolutely no question about the dead lift: It is the most misunderstood lift in America today. The dead lift can be a coach's most valuable motivational tool. However, many coaches complain to me about lower back pain. Many mistakes are made which cause this problem. We have written several articles about spotting and our book, tapes, posters and cassettes describe how to spot to keep the weight back on the lifter's heels to prevent lower back pain. Here are three more tips which should prove valuable.

Number of Reps:

To do more than 5 reps, especially in the ten rep category, is **SUICIDE**. The maximum number of heavy reps that should ever be attempted is **FIVE**. There have been some so-called "professional research studies" that recommend one set of 7-12 reps to exhaustion. Most of these studies do not include the dead lift. An 8-week study with a physical education class with curls and bench presses does not constitute reliable research for heavy power weight training. In fact, it is inexcusable to make such comparisons. It is quite obvious heavy dead lifts were never done by these strength coaches in their personal training. It is dangerous and foolhardy to do more than 5 reps. As the body becomes fatigued because of too many reps, it becomes harder and harder to maintain good form. Dead lifting is gruesome but highly rewarding if you'll keep your reps down to 5 or less.

Number of Times Per Week:

Only one time per week is really needed.

Technique of Rep Work:

This is critical. **Do not** pause with the weight on the floor in between reps. Doing reps in this manner puts great stress and pressure on any lifter's lower back and his entire system. Bounce the weight making sure the bar is very close to the lifter's shins. Bouncing keeps the body "locked in" at all times while aiding the beginning of the lift with momentum. The difference is gigantic. Your athletes will love you for this change. Also, an added benefit is that they'll lift more weight.