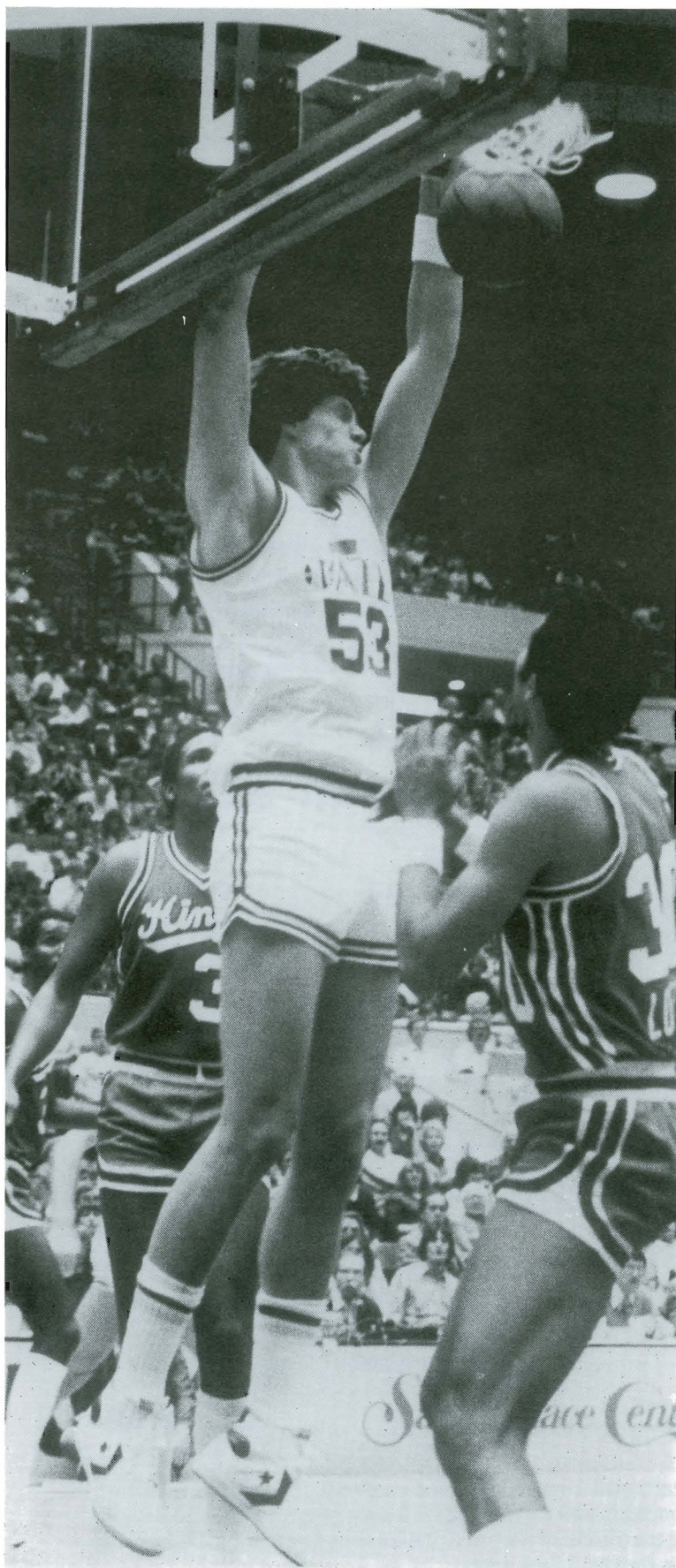


THE SAGA CONTINUES

by Greg Shepard

Mark Eaton: The Off Season



The Saga Continues

7-4 Mark Eaton hasn't grown any taller but the off-season program has sparked continued and amazing progress. First, let's discuss bodyweight. Mark's bodyweight has stayed about the same at 285 pounds. Many basketball players and coaches are concerned that lifting weights will "bulk" them up into an uncoordinated monster. Mark did not "bulk" up but rather developed his body into a much more efficient machine.

We closely monitor an athlete's percentage of bodyfat. Last October Mark's bodyfat was 18.5% which was very high even though he appeared lean. Now, at the same bodyweight he is only 12% bodyfat which is a startling change. Obviously something had to change in body dimension and we were pleased to note that Mark went from a 46 to a 50 inch chest.

In April, we measured his standing long jump at 7-5 and in June this improved to 7 foot 9 inches. In November's issue we will inform our readership of improvement in Mark's 40 yard dash and vertical jump.

Mark's workouts were more involved in the off-season. Not only were the weight workouts more intense but we began including agility, running and basketball technique work. Eaton has made even more dramatic gains with his lifting in the off-season. His towel bench is up to 250 pounds and his box squat is up to 400 pounds.

Sometimes all we hear about in the private lives of pro basketball players is their tragic involvement in cocaine or other drugs. We are pleased to report something positive. Mark also worked very hard this summer at school and received his real estate license. If you want a luxury condominium by an Arnold Palmer golf course in the mountains near Salt Lake City, Mark would love to talk to you. Even though it is still early in Mark's pro basketball career, he is already preparing for the inevitable day when basketball will be over. Mark Eaton's dedication and special spirit is something we can all try to imitate.

NEWS FLASH!!

Bob Rowbotham and his wife Kris will be joining our BFS family full time in Salt Lake City. They will move from Minnesota this November.