

JULIE JONES

OLYMPIC HOPEFUL



Julie has a PR in Discus of 177 feet



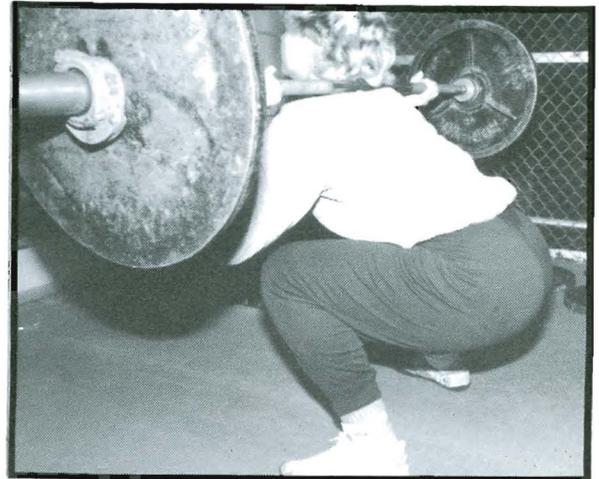
Clean's give Julie explosive power.

All-American Julie Jones is a senior at BYU and throws the discus and shot. She just won the Kansas Relays and wants to try to compete for the United States in this years Olympics. Julie carries her 182 pounds beautifully on her 5-8 frame and trains with heavy free weights just like the men.

Julie is from Loveland High School in Colorado and John Poovey was her coach. While in high school she was a two time State Champ and still holds the State record. She practiced the shot for three weeks and came in second in the State. Julie lifted some on a Universal Gym in high school. Her first free weight experience came at BYU.

We asked Julie if she were a high school women's coach "Would you work with free weights?" "Of course," she responded incredulously like I didn't know what I was doing.

Julie has a 21" vertical jump, an 8'4" standing long jump and only 15% body fat. She would like to get that down to 10 or 11 percent.



Julie's PR on Squat is 380.



Step-ups are a favorite Auxiliary Lift.

Julie is in a dilemma. She is close to being good enough to make the Olympic team. However, should she take steroids like some women body builders and power lifters? It would probably make a difference. "Absolutely not!" replied Julie. "I'm totally against steroids. I want to do my best through proper nutrition. I have a nutritionist. I just feel it is morally wrong. It is against my religion" (Mormon). We think this is an admirable position and want to wish Julie the best and hope all her hard work pays big dividends.

HISTORY OF JULIE JONES

Wt.	Yr.	Bench	Squat	Clean	Shot	Discus
165	Fr	170	275	170	46	163
175	Soph	180	315	180	48	168
180	Jr	190	380	199	51	177
182	Sr	190	380	212	X	X