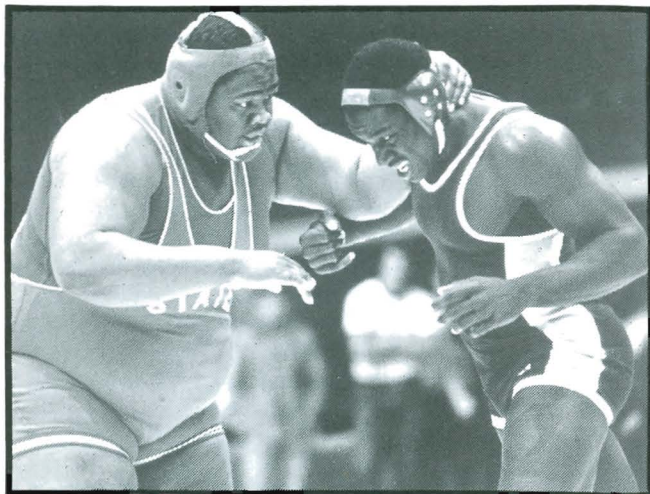


# TAB THACKER

COLLEGE'S  
BIGGEST  
WRESTLER



TAB THACKER: NCAA Champ from North Carolina State.



Tab can Front Squat over 350!



Tab 450 pounds: Coach Shepard 225 pounds.

Tab Thacker completely dominated the heavy-weight division enroute to a 31-0 record and the N.C.A.A. national championship. In his four years at North Carolina State Thacker was 92-11-1 and a four time conference champion and three time All-American.

Tab weighs about 450 pounds. Sometimes people say "How can you lose?" Tab responds "If it was size, I'd have won the N.C.A.A. championship for four years. It ain't size. It's what you know, and how hard you want it"

Ex N.C. State strength coach John Stucky and Coach David Horning kept encouraging Tab to come to the weight room. However, it was only 12 months ago that Tab ventured into the weight room. "I guess I was unsure of the unknown and didn't want to be sore all the time" reflected Tab. "I couldn't believe it, the soreness left after one week and I found I really liked it, in fact I love it" Tab said enthusiastically. It was at this time Tab also started to run 1½ to 2 miles a day. Soon no one wanted to challenge Tab in wrestling practice as they did the previous 3 years. As a teammate so aptly described the situation, "Tab would put the hurt on you."

**"I Love To Compete  
In The Weight Room."**

TAB THACKER

Tab has always been big. As a 9th grader, he was 6-2 and 311 pounds. He's now 6-5. At West Forsyth High School in Winston-Salem, North Carolina, he was an All-Conference lineman. He threw the shot 49 feet and came in 6th in the state with the discus at 165 feet. Surprisingly, Tab was not the State high school wrestling champ. This probably played a role in Tab's decision to wrestle in college and not play football. "I was still hungry and I also liked a sport which I could rely on myself and not others as in football" offered Tab. He didn't lift much in high school but did manage a 300 pound bench.

Tab now benches 410 x 2, Front Squats 330 x 5 and Inclines 330 x 5. He could barely do a 70 pound front squat when he started and had no balance. He started at only 205 on the incline. Tab emphasizes all pulling movements and does forced dips and pullups. He does tumbling and agility in the wrestling room. "I love to compete in the weight room and as long as I can stay hungry for success, I'll be OK," stated Tab.

I was thoroughly impressed with Tab as he has a special spirit about him. Tab does well in school and is majoring in criminal justice. It is his desire to work with kids that are having problems. We wish Tab the best of everything on his Quest For Greatness.