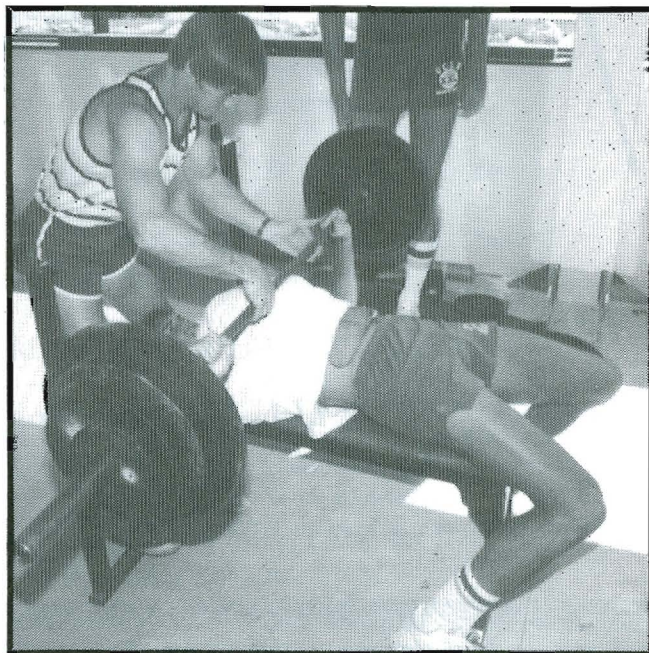


# DANNY VRANES

**SUPER  
SUPERSONIC**



Vranes, the Strongest Supersonic, is shown Towel Benching with 260. BFS Vice President Bob Rowbotham is spotting.

Early this summer, the Jazz Coaching Staff and Jazz Strength Coach, Greg Shepard, were talking about our overall training strategy with Mark Eaton and newcomer 7-foot Bob Evans. Assistant Coach Phil Johnson remarked "I bet Danny Vranes is in town, Greg why don't you call him and invite him to work with us." So I did. I thought it would be good for both Danny and us.

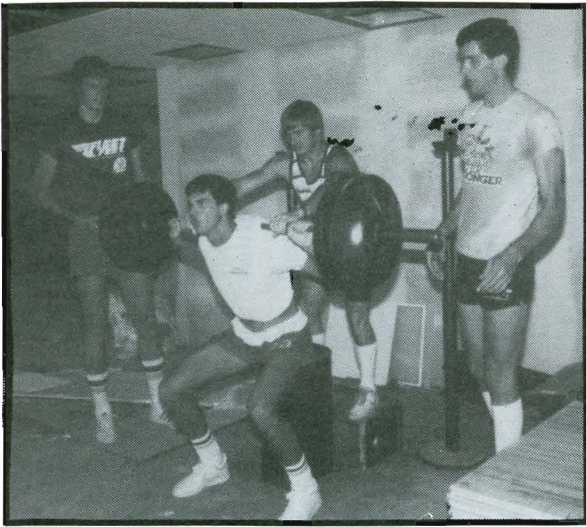
I know the trainer for the Supersonics, Frank Furtado and he had the Sonics this past year train twice a week in-season. Frank stated "We had them start with Nautilus just to break them into training regularly. Hopefully, next year we can get to the free weights and really do some good." "By the way Danny is our strongest player."

Danny eagerly accepted our invitation and boy was it fun. We were all friends and had some good natured kidding going on but you could sure tell the competitive spirit was alive and well in each player. Mark Eaton did not like to have Danny Vranes do more and vice-versa and Bob Evans pushed them both. No matter how great people make machines, they will not be able to hit that competitive nerve which sparks an all out effort to beat the other guy. Free Weights automatically do this!

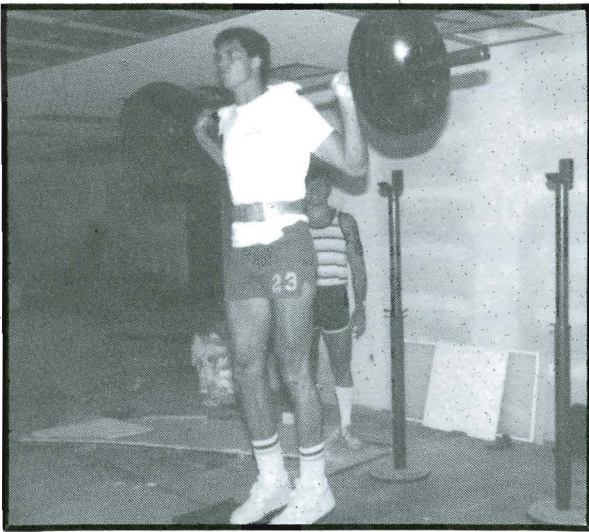


## SUPERSONIC VRANES

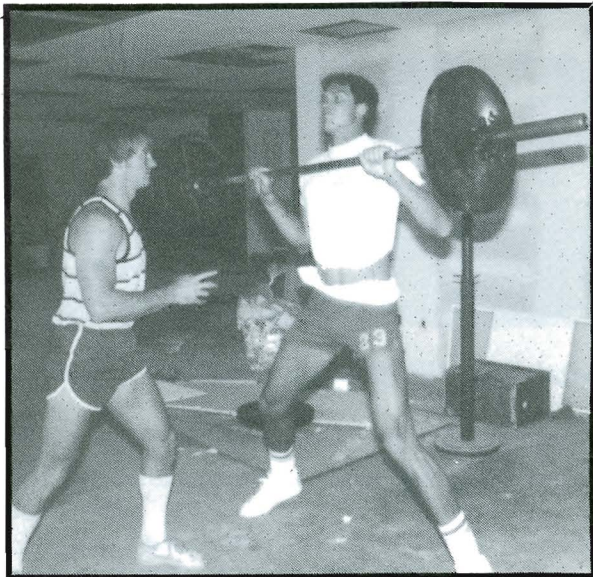
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Vranes can Box Squat 400 x 5 Reps. Spotters are 7-4 Mark Eaton and 7-0 Bob Evans of the Utah Jazz and Bob Rowbotham in back.



Vranes shown doing Step-Ups, an all important Auxiliary Exercise.



Vranes is very quick. He snaps up 200 pounds like its nothing on the Clean. Bob Rowbotham spotting.

Danny Vranes is 6-8, 215 married at age 25 and has two beautiful children ages 6 and 2. He played at Skyline High School in Salt Lake City, Utah and as a sophomore the 6-6 165 pounder made All-State. In his junior and senior years, he led the Skyline Eagles to two State Championships and was voted MVP both years! Danny had no lifting program in high school. He managed to find time to high jump 6-8 before accepting a scholarship in basketball at the University of Utah.

At Utah Danny Vranes started as a freshman and in his sophomore year, garnered 2nd team conference honors. Then in his junior and senior years, Danny really blossomed as he averaged 18 points per game and became an All-American for the "Runnin' Utes." He lifted hard for about two months while at Utah. He put on a lot of weight but felt slow. Danny made the mistake of doing all Body Building Exercises and mostly upperbody lifts. He knows now the foundation of strength and power for an athlete is in the legs and hips and you must train like an athlete not a body builder.

Danny's rookie year with Seattle was a big adjustment because he didn't start and was drafted number one. However, Danny hung in there and started his second year and last year, his third year, he played 28 minutes per game, averaged 9 points and 6 rebounds per game. Obviously, Danny is not satisfied with those figures and is working hard to improve.

Danny Vranes is a fine example to all those around him. He speaks at many youth and church functions. I asked Danny if he had any "Pearls of Wisdom." He pondered for a moment and reflected "Attitude is probably as important as talent. Motivation and hard work are the key to success. I felt I was the best and I wasn't going to let anybody beat me. I love to compete at anything. I want to win but more importantly do my best."

What about cocaine and alcohol? I further questioned. "They just do not equate to doing your best. I know some players who drink quite a bit and some do OK. But I know it shortens a man's career, it just isn't worth it" Vranes responded.

"You know Danny, I get really steamed when I hear about all these pro athletes and cocaine, any comments?" I asked. "Coke isn't used as much as people think and it probably isn't as much as the general public who are in the same age and income bracket. I don't think anybody on our team does; in fact I've never even been approached" said Vranes.

"Danny, I've got one last question. How do you feel about your free weight workouts compared to how you feel after a machine workout. Unhesitatingly Danny enthusiastically exclaimed "No Comparison! I feel stronger and more confident after free weights."

We want to thank Danny and wish him the best with the Supersonics this next season. May we have a great battle whenever the Utah Jazz meet our friend from Seattle.