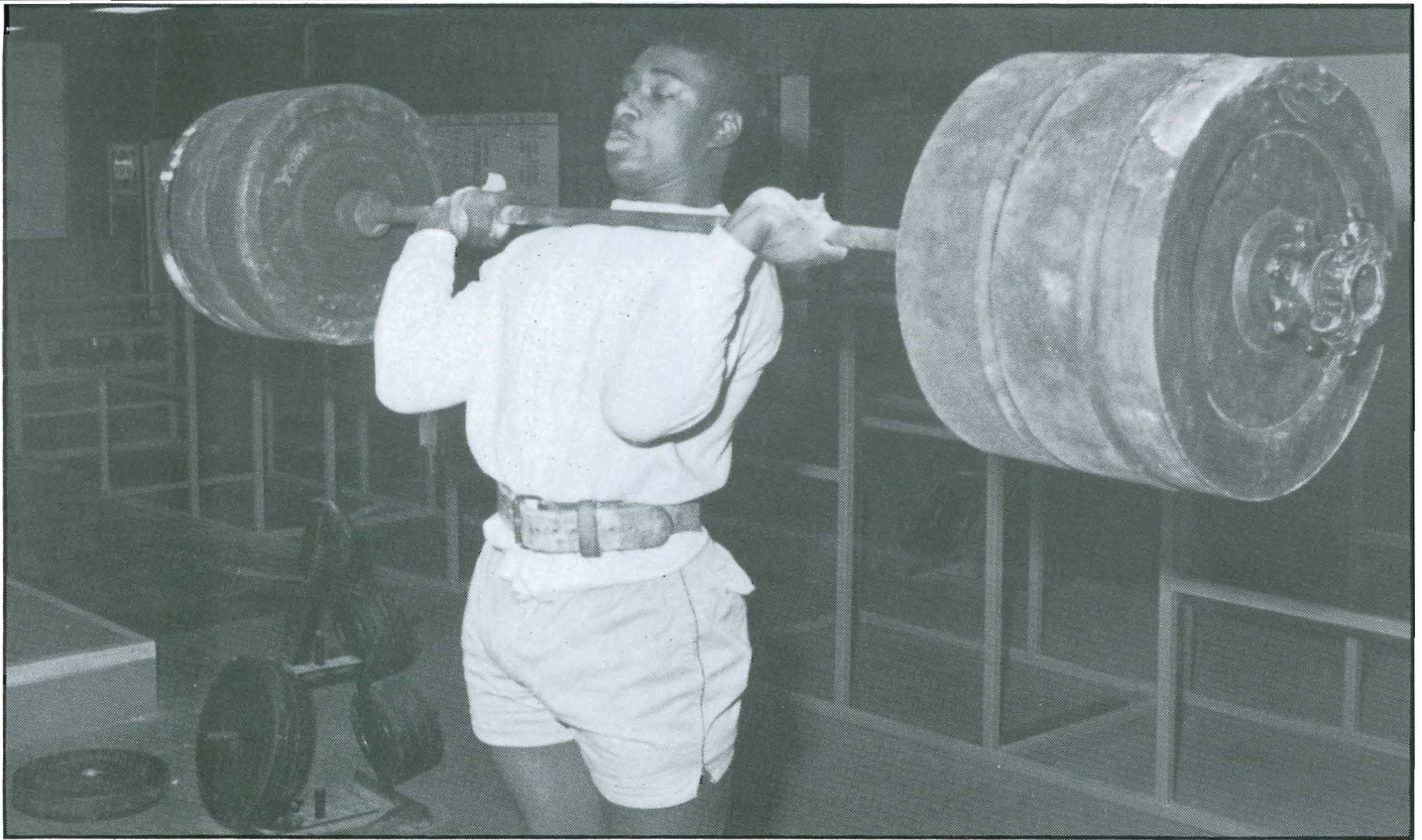


ROBERT WASHINGTON

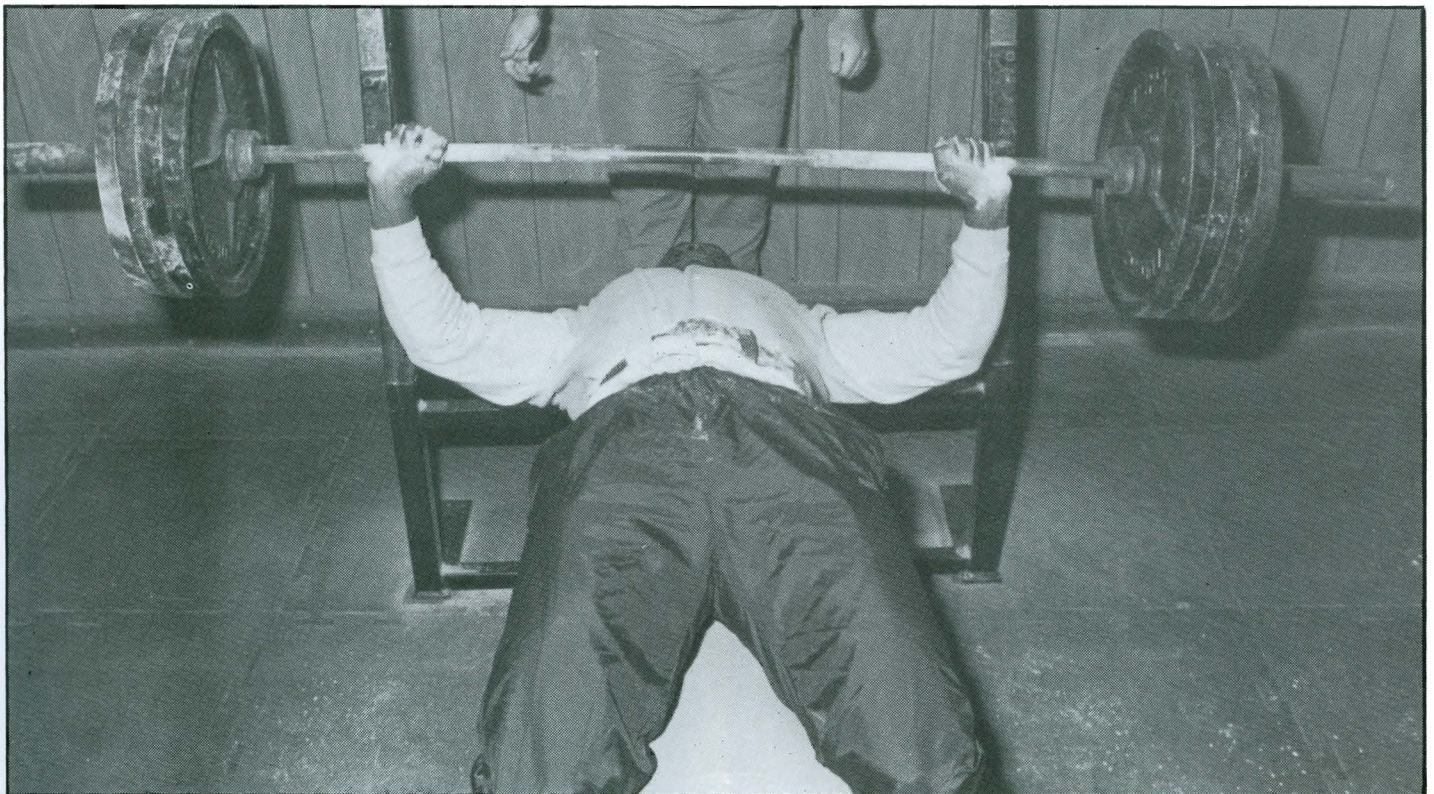
East Carolina
University
Linebacker

Photo by Eatie Zernhelt



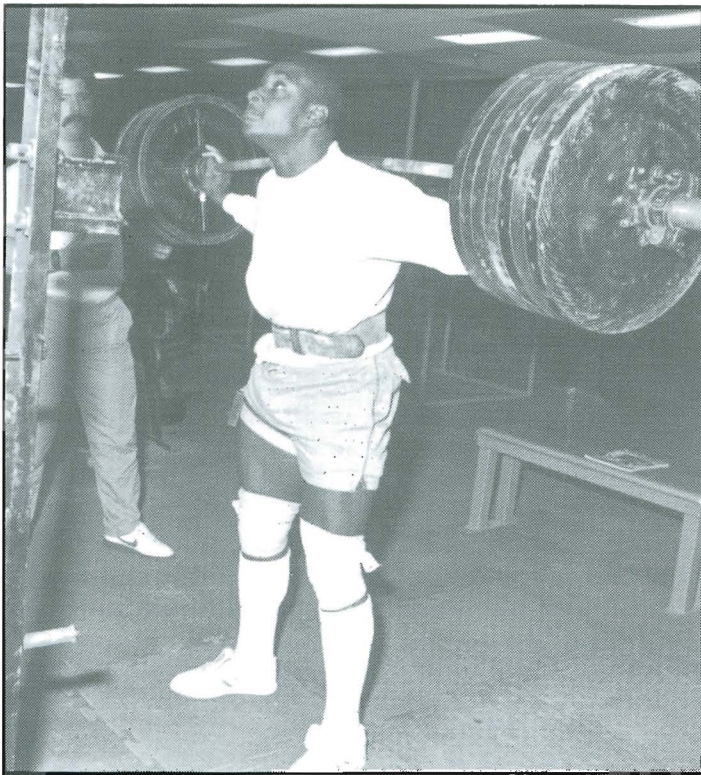
Robert Washington's 425 Power Clean, 470 Bench, 770 Squat, and 750 Dead Lift are his legitimate claim to being History's Strongest Linebacker!!

Photo by Eatie Zernhelt

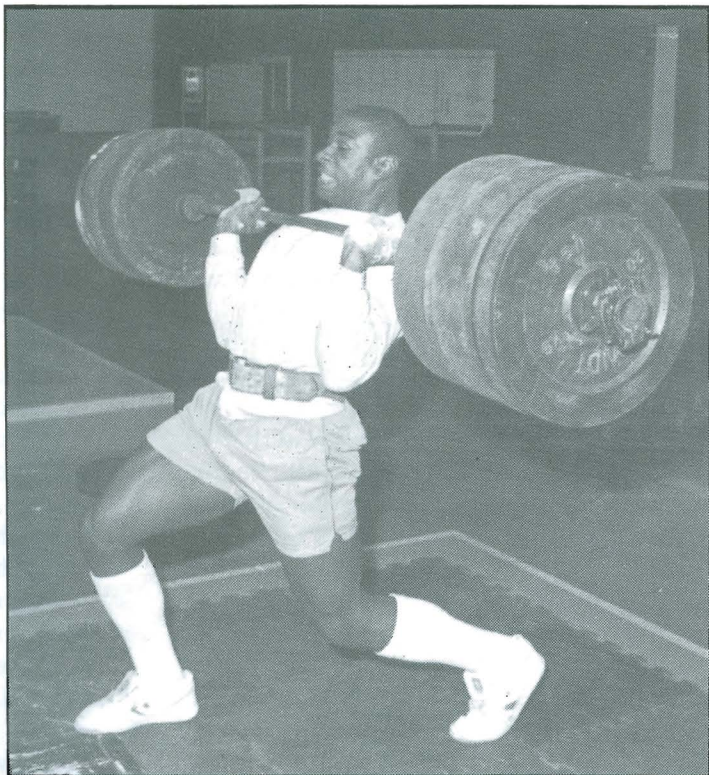


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ROBERT WASHINGTON
HISTORY'S
STRONGEST LINEBACKER



Robert gets set for a 685 Squat! His max. is 770 Pounds!



Robert uses the Split Style in his Power Clean, max. of 425 Pounds!

Robert Washington has been greatly blessed physically but there have been some near devastating obstacles along the way. Robert is from Glenville, Georgia and was raised by his grandmother in a very rural setting. He had nine brothers and sisters. Robert lost both parents when he was young. His mother died of cancer when he was thirteen and his father died when he was seventeen.

Sometimes when tragedy hits a person, many negative attitudes can result. Some people give up, some turn to drugs, some do destructive things to themselves or to others and some blame God and lose spiritual faith. Robert Washington did not do any of these things. He remained faithful to himself, his family and to his spiritual beliefs. Robert is an inspiration and a role model for us all to follow.

When Robert lost both his parents, it was hard to push himself. However, just before his mother died Robert promised her that he would be the best at something. "So a lot of what I do is for her," said Robert solemnly.

"It was important for me to set long term and short term goals. I want to be successful at everything I do. My spiritual commitments are important and meaningful. For me, it is important to attend Church regularly. I'm a Baptist."

"My High School Coach, Buddy McCall was also very important in helping me attain my goals. When I first started lifting, I hated it. I even told Coach McCall that I didn't want to lift. But he kept pushing me and then I started to see the benefits. Coach McCall was a great Coach."

Robert attended Glenville High School which has an enrollment of 400 students where he played fullback and linebacker. He also punted and kicked. Robert was a devastating tackler as he was the second leading tackler in the nation. His 100 yard dash speed of 9.6 helped him create havoc from sideline to sideline. Robert was second team All-American in High School football and won the award for scoring the most points in the Georgia State Track Meet.

Continued next Page



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Photo by Eatie Zernhelt

From Glenville High School, Robert attended Hudson Valley Jr. College in Troy, New York. Most of his weight training was done on his own at this time. "One of the major reasons we were able to get Robert at East Carolina University was the emphasis we put on strength and conditioning in our football program," confided Strength Coach, Mike Gentry.

Robert has high praise for Coach Gentry. "I'm not on steroids. I decided not to after Coach Gentry counseled me on their adverse effects. I've got high blood pressure anyway and steroids can make that go out of sight. I've also got a heart murmur. So you can see I've got my health to worry about without adding the negatives that steroids can put on you."

Robert Washington has upper limit mental attitudes. "No matter how strong I get, I'm going to keep pushing myself and working hard. Coach Gentry tells me that I'm one of the very strongest in the world for my weight in the sport of powerlifting. I want to be the strongest; so I keep pushing."

Coach Gentry also has high praises for Robert. "One of the best attributes that Robert exhibits is his amazing consistency; he just doesn't miss workouts and doesn't have bad days. Of course, he has a tremendous capacity for hard work and no mental barriers regarding "heavy" weights."

Robert also works on flexibility everyday as well as jumping drills consistently. He jogs three times per week and loves his aerobics dance class. He also plays tennis for fun. What I want to know is how Robert's tennis ball makes it through a game.

I asked Robert how he was doing for grades. He replied, "I'm doing fine in that department. My overall G.P.A. is 2.7. Last term I made it in the top twenty on the team academically with a 3.2 G.P.A. I'm going to graduate in the fall with a major in physical education."

"How about Pro ball, Robert?" He asserted, "I feel I've got a good chance but if it doesn't happen, I'll have my degree. I want to be a High School Coach eventually, and maybe give back a little of what so many have given me."

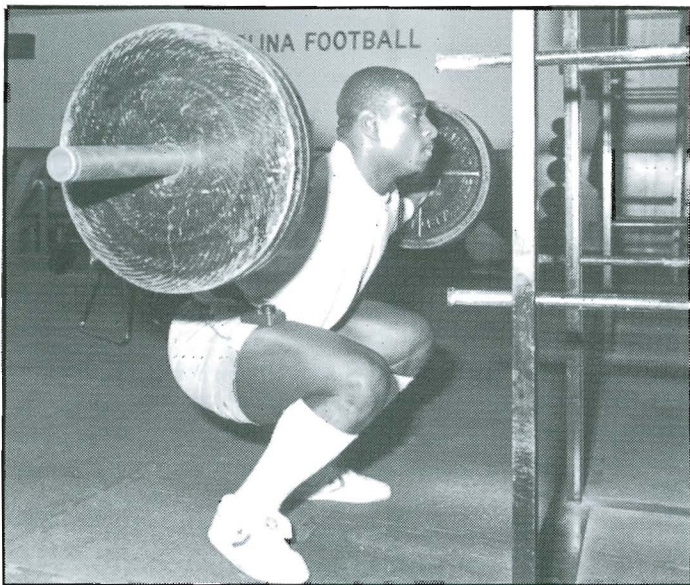
Finally, I asked Robert if he had anything to say to younger athletes. He pondered for a while and then declared, "Set your goals. Push yourself to the limit. You can't touch drugs or alcohol. Drugs just are not worth it." Then Robert related a similar incident which also happened to me. "I had a couple of beers one time. My girl friend talked me into it but I got sick and threw up. So I resolved to never do that again. I learned to be my own person and to keep my priorities in the right order."

We at BFS again thank Mike Gentry for helping us with this great article. If you readers might remember Coach Gentry had Terry Long who was featured in our November 1983 Journal. Terry was history's strongest football player and is currently a starter and a devastating blocker for the Pittsburgh Steelers. Terry is the only lineman in the NFL under six feet in height.

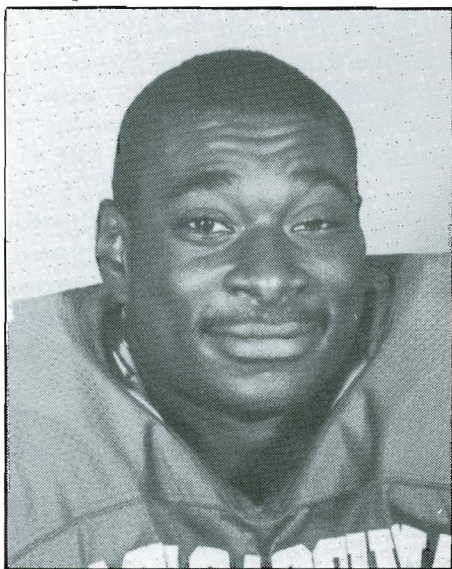
We also thank Robert Washington for the exemplary life that he has led and wish him our best in his future Pro ball endeavors and then to life itself.

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Photo by Eatie Zernhelt

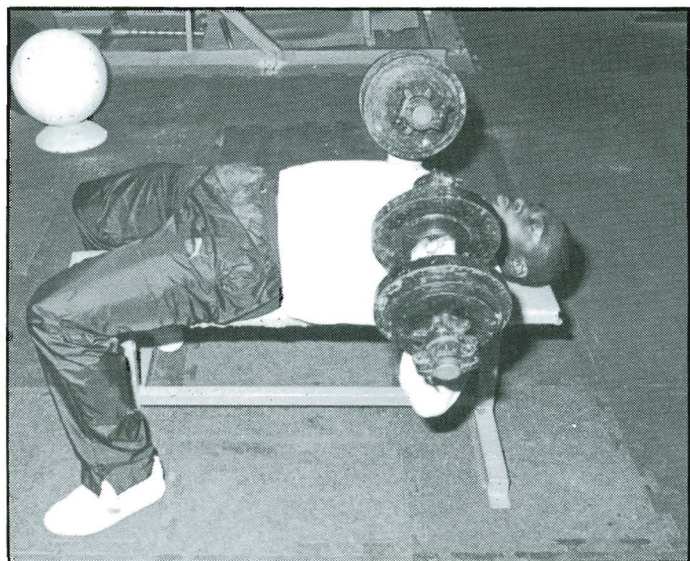


Robert showing great Squatting Style. Notice our BFS Safety Squat which beeps at Parallel Position.

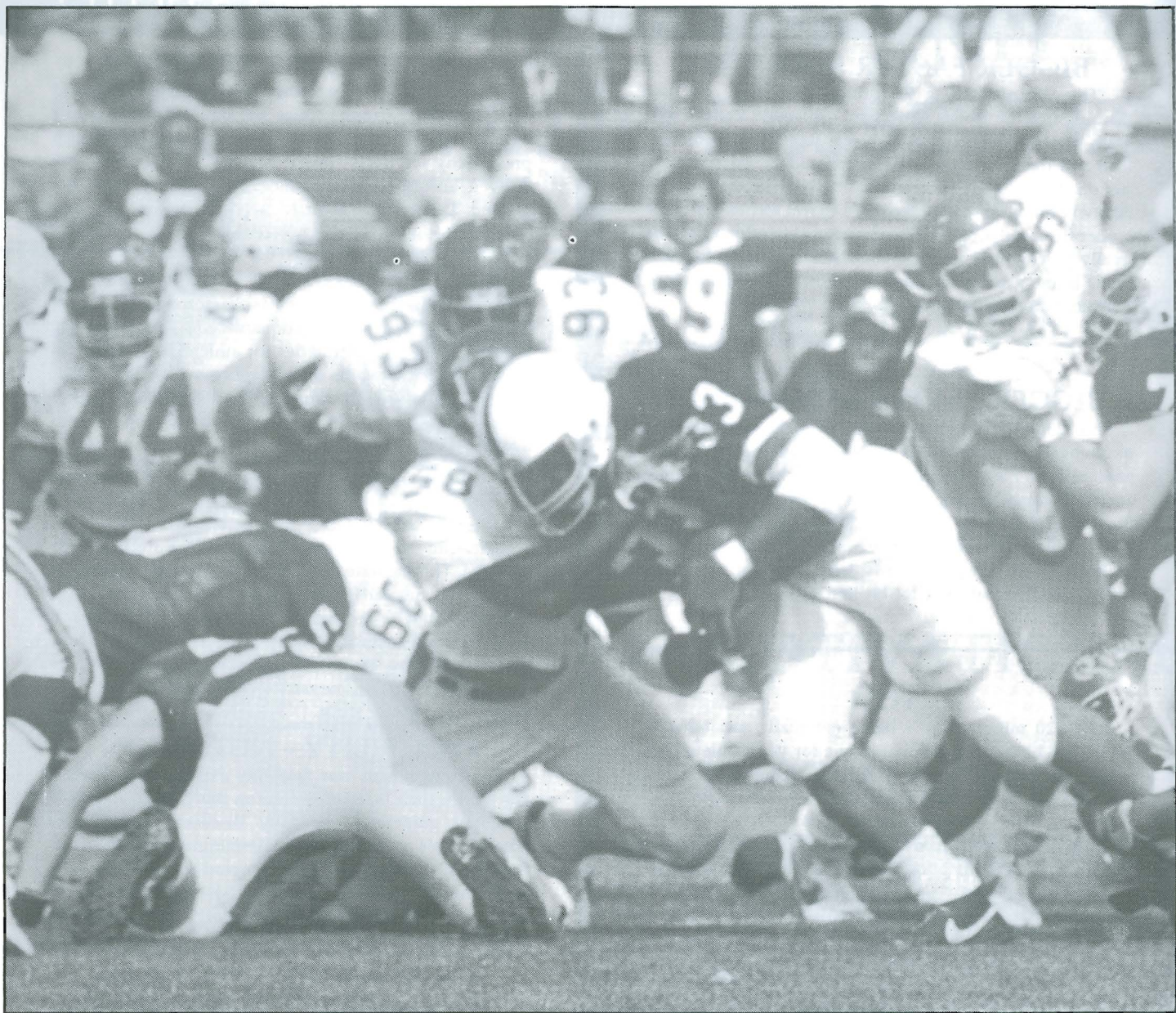


Robert Washington: 5-11, 225

Photo by Eatie Zernhelt



6 Robert likes Dumbbell Benches to assist his Regular Bench



Robert Washington, #58 was East Carolina University's leading tackler last season!

ROBERT WASHINGTON'S PROGRESS CHART

	Bench	Squat	Clean	D. Lift	40	Ht.	Wt.
10th	225	400	145	375	4.5	5-6	175
11th	350	605	350	485	4.47	5-8	205
12th	375	635	375	505	4.46	5-10	210
Fr.	405	650	X	600	4.67	5-11	217
So.	430	675	X	630	4.67	5-11	218
Jr.	460	675	405	700	4.5	5-11	224
Sr.	470	770	425	750	4.49	5-11	226