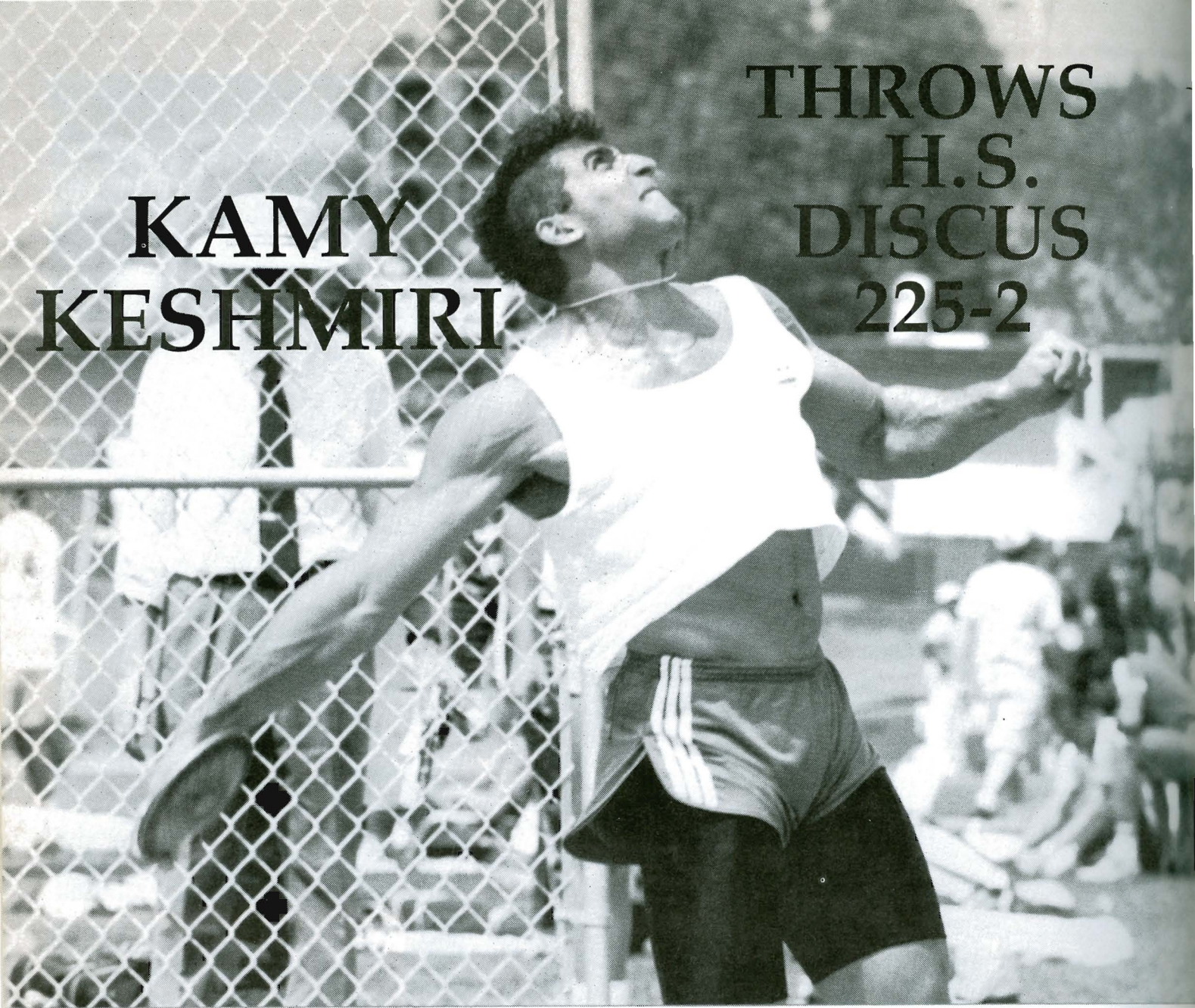


# KAMY KESHMIRI

## THROWS H.S. DISCUS 225-2



Kamy Keshmiri caught the vision at the proper time. Fortunately, Kamy had a loving father who had the knowledge. Kamy's father, Joe, has participated in four Olympics and has himself thrown the discus 200 feet and the shot 62 feet. Joe Keshmiri won the Asian Games in Iran in 1975 and as a result a dream was kindled. Kamy remarked, "I saw the excitement as a little kid. That's why I took up throwing."

At the age of 9, Kamy and his father began training. They caught the vision and started what would turn out to be phenomenal progress and results. Joe Keshmiri told me his philosophy. After he was through, Joe appeared almost apologetic as he said, "Dr. Shepard, I hope my ideas are not too different than yours."

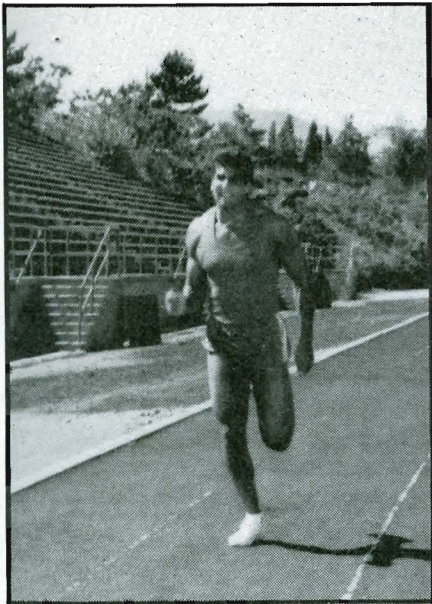
Joe knows now that we agree completely, although I would have started technique training on free weights at the 7th grade level and then the regular BFS weight training system after Kamy proved capable. However, Kamy started a jumping, bounding and plyometric program at age nine. This was outstanding and quite insight-

ful. You might say visionary. Kamy was also taught the importance of flexibility; total body flexibility. Joe stressed the importance of flexibility in the throwing events. It would increase an athletes range of motion and thus by simple laws of physics would enable Kamy to throw further. Other added benefits; flexibility training would help Kamy's speed, jumping ability and help prevent injuries from occurring. Kamy would also work on his speed. Simple logic ascertained; the faster you move – the greater the power you generate – the farther you throw. Finally, Joe knew strength was important and also at age 9 Kamy began his strength training program.

Joe Keshmiri is a powerful man. In his prime, he benched 465 and weighed 265 pounds when he competed in the Olympics for Persia. Obviously, Joe knew the importance of strength training. Kamy began his program on Nautilus machines. I ask Kamy if he did the one set of 8-12 rep system. "Of course not" he replied, "I made up my own system. Eventually I was able to do 6 sets of 10 reps with the whole stack on each exercise."

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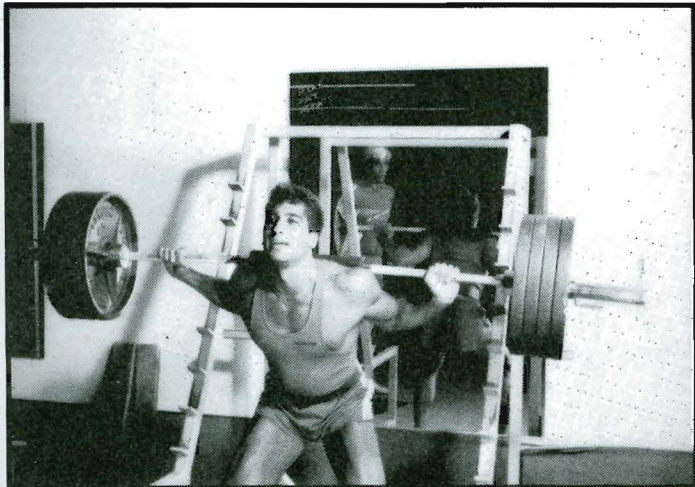
Kamy Has Run the 40 Several Times in 4.3 seconds!



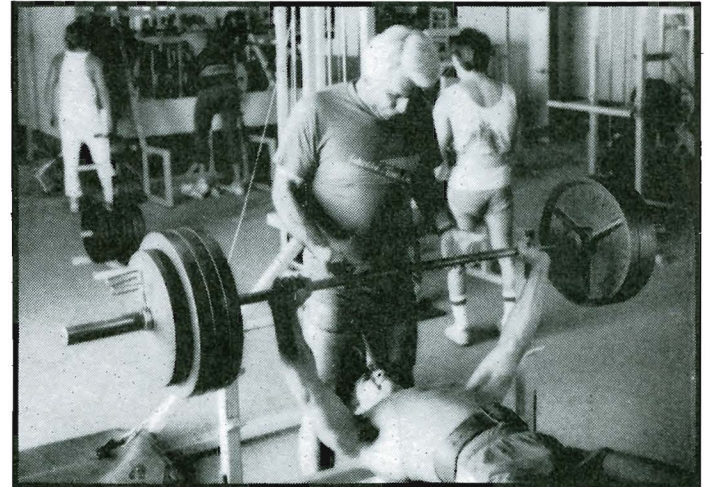
Kamy Has Been Bounding for 9 years! Has 36-Inch Vertical Jump!



Kamy's Elbow At the Crossbar Says It All!



Kamy Has Parallel Squatted 530 Pounds!



Kamy Has Also Benched 395 Pounds!

After a rather disappointing junior year with the discus, the Reno High School star and his father decided it was time to begin heavy free weights. He threw the discus 203-5 and the shot 58-6 his junior year. Then, last June, at the end of Kamy's senior year, the track world blinked in awe. Kamy let the discus sail and sail and sail! A world high school record of 225-2! Kamy blasted the shot out an additional seven plus feet to 65-9½. On the discus, Kamy was consistently over the seven year national record set by Clint Johnson of Shawnee Mission South in Kansas at 213-6.

Kamy's body was really ready for heavy free weight training. In just one year, Kamy wasted no time in getting some great marks. He got a 530 parallel squat, a 395 bench and a 225 power snatch. Some other mind boggling statistics are Kamy's vertical jump of 36 inches and his 4.3 forty yard dash while weighing 220 at a 6-4 height and a 4.6 body fat percentage.

Joe has timed Kamy a number of times in 4.4 and one day Coach Tony Melody, the girls track coach at the

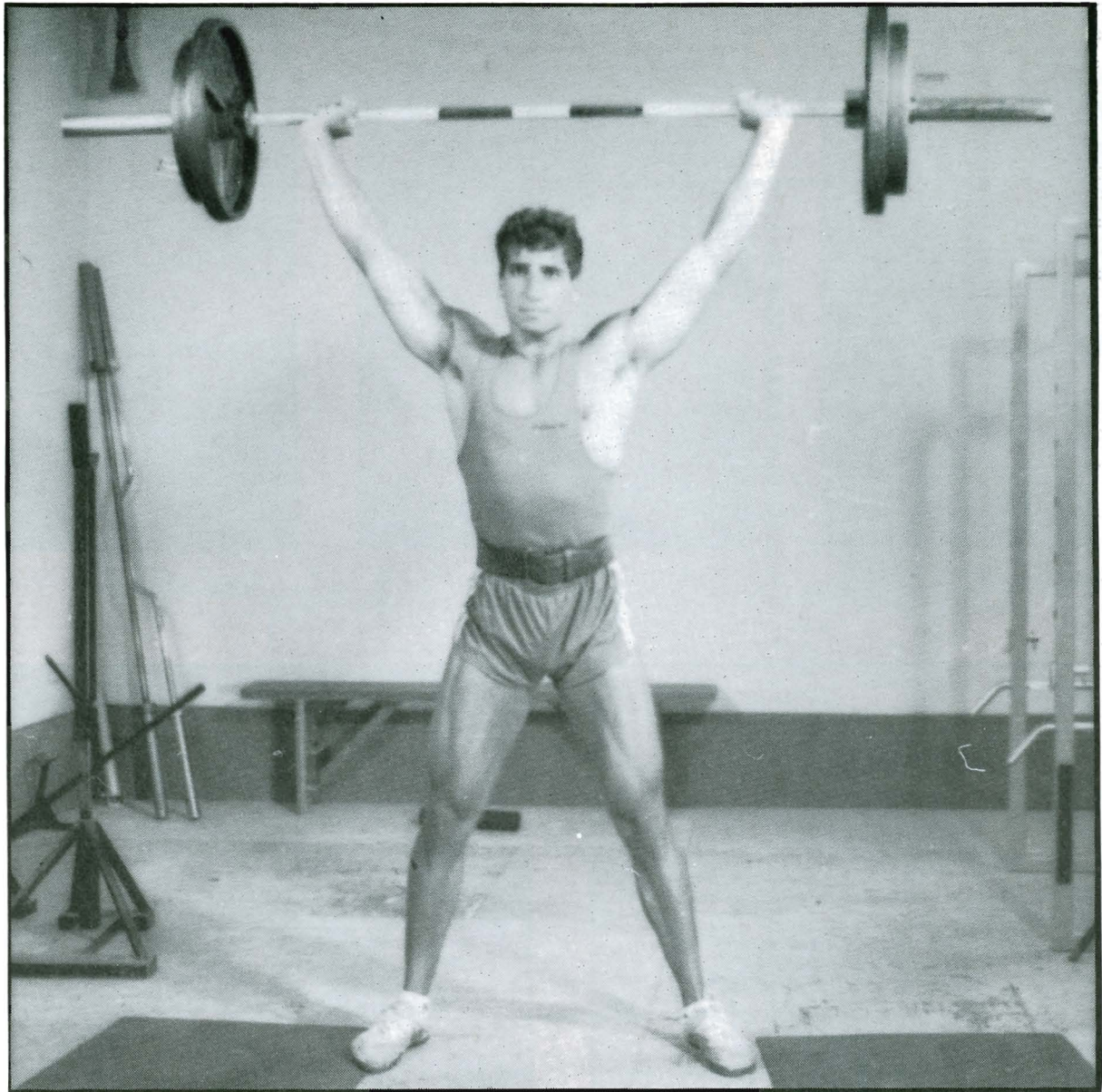
University of Nevada at Reno, got Kamy in 4.2 seconds. Kamy was quick to point out that there was no wind, it was a hand held time, it was on a track and he had spikes. All I can say is: I couldn't run a 4.2 in spikes with a Class One hurricane behind me.

Kamy does auxiliary lifts besides his core lifts. He does curls with 155 pounds and does 5 sets of 5 reps. Kamy also does dips but works hard on flexibility. He's extremely flexible. To burn his hamstrings, Kamy does some straight leg dead lifts.

Kamy trains some 6 to 7 hours per day. The training day begins after lunch as he meets his dad at 1:15 p.m. Kamy will then lift, run, throw, stretch and bound. For relaxation, recuperation and muscle suppleness, Kamy will finish his workout with a 30 to 45 minute swim. Usually, he's done by 6 to 6:30 p.m. Then its homework time. Kamy maintained a 3.6 GPA all through high school. He chose U.C.L.A. for his track scholarship and will major in economics. At home, to finish off the day, Kamy will stretch for 30 minutes while listening to music or

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Kamy Keshmiri's Power Snatch Max is 225 Pounds!!

watching television. This was the routine from January to June.

### PROGRESS CHART

YR.	HT.	WT.	SHOT	DISCUS
6th	5-10	130	38(8 lb.)	120(1k)
7th	6-0	155	45	148
8th	6-1	165	50-3	167
9th	6-1	173	50-3(12 lb.)	167(HS disc.)
10th	6-2	180	55-1½	200-10
11th	6-2½	200	58-6	203-5
12th	6-4	220	65-9½	225-2

The obvious question that Kamy probably has to answer everyday is why doesn't he play football. Kamy answers, "My dad didn't want me to. It took too much time away from training. I enjoy track. I even stopped basketball after junior high." The next question was personal but I was curious about Kamy's father: Did he push too hard? Reverently and thoughtfully Kamy responded,

"I love my father very much. Sometimes it was frustrating being with him so much but now, I owe him a lot. However, by the 9th grade, I pushed him. I was ready to train before my father."

Kamy has developed a philosophy about drugs and alcohol. "Alcohol isn't good. I'm so into my body and training. There's no recognition in drinking the most beers. As for getting hooked on drugs, I'm smarter than that. I've seen people fail because of drugs. It's stupid. I've got a great future ahead of me. Hey, I'm going to U.C.L.A."

"Everyone should have a goal. Have a short and long term goal. Do it day by day and stick to it. One day I threw the shot over the fence and walked away. My father picked it up and we talked. I came back. Everyone has to realize success takes time."

We thank Kamy and his father, Joe Keshmiri, for being a great inspiration and achieving upper limit success. Kamy, our best to you and may you reach your ultimate Quest for Greatness.