

HAMMER THROW

**KJELL
BYSTEDT**
6-2 265



**FORMER
NATIONAL
SWEDISH
RECORD
HOLDER**

SQUAT
660
CLEAN
407
SNATCH
286
HAMMER
258

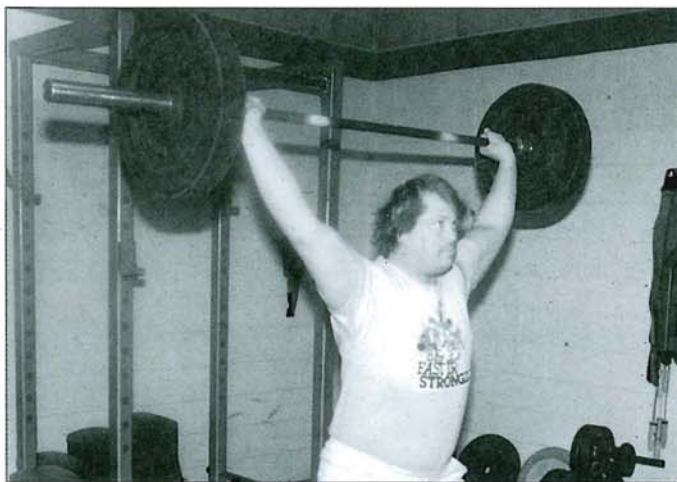
HAMMER THROWER

KJELL BYSTEDT

Story By Greg Shepard



*Kjell's best Power Clean is 407 pounds.
He states, "You must emphasize the Power Clean."*



*Kjell has done 286 pounds in the Power Snatch. "The Snatch
is an excellent quick lift like the Clean."*



*"Parallel Squats are part of the secret of smart training,"
says Kjell who does 660 pounds.
Spotting is new BFS Coach J.L. Coon*

Kjell Bystedt is another Swedish success story. Previously we have done stories and/or videos on phenomenal athletes from this small populated Scandinavian country. BFS Clinicians Stefan Fernholm and Goran "Swen" Swennsen have been featured numerous times. Soren Tallhem 6-3 240 who high jumps seven feet and runs a 4.25 forty while primarily being a Shot Putter has also raised a few eyebrows. Kjell has used the same training techniques and has some impressive statistics of his own.

Kjell comes from Vasteras, Sweden and is 29 years old. If he had been raised in the United States, I feel he would have made a perfect offensive lineman in addition to his Hammer Throw event. In his youth, Kjell did participate in a variety of sports such as swimming, wrestling and soccer. Kjell started competing in the Shot Put and lifting at age fourteen.

Fifteen years of practicing correct training principles have produced some great results. Kjell is ranked high in the world in his Hammer Throw event and represented Sweden in the last Olympic Games in 1988. He is preparing hard to appear again in 1992 and rank even higher. Kjell has won the Swedish National Championship five times in the 1980's and has steadily improved each year.

There is nothing to complicated about what to do for correct training principles. Kjell shrugs modestly when he states, "Squats, Cleans, Plyos, Sprints and Flexibility are essential ingredients of smart training. You can do a few complimentary or auxiliary exercises. The main thing is to be consistent."

Consistency has paid off for Kjell. He can do a low Parallel Squat with 660 pounds while Power Cleaning 407 pounds. One time last year he had a Dead Lift contest with another thrower just for fun. Kjell hoisted 726 pounds. Kjell has never run a forty but he has done a 30-meter race in 3.58 seconds. This translates into an approximate 4.5 forty.

Kjell attended BYU one year and finished third in the NCAA's. He later transferred to San Jose State on a track scholarship. While there, Kjell was runner-up in the NCAA Hammer Throw Championships two different years. He also placed in the 35 lb. weight throw in NCAA national indoor meets. However, he never was beaten by an American.

I asked Kjell what mistakes in general were made by American athletes. He responded by enumerating five areas:

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FIVE TIME SWEDISH CHAMPION OLYMPIAN KJELL BYSTEDT

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"Straight-Leg-Dead-Lifts are an important auxiliary for any athlete," states Kjell.



"If you strengthen your back, you should also strengthen your abdominals with weighted Sit-Ups," states Kjell again.



Kjell with fellow countryman and BFS Clinician Stefan Fernholm.

1. Too much emphasis on the Bench Press.
2. Not enough emphasis on Parallel Squats.
3. Not enough emphasis on the Power Clean. It should be the #1 exercise.
4. Too many reps. To get strong, you must lift heavy. Doing two sets of 25 reps is ridiculous and doing one set of 8 to 12 reps is a good way to get hurt.
5. Improper nutrition. I advise all athletes to take a nutrition class and to learn what is exactly in a hamburger. Learn to eat many vegetables and whole wheat bread.

Kjell's favorite auxiliary exercises are Straight-Leg-Dead-Lifts and weighted sit-ups. "Straight-Leg-Dead-Lifts are better than Leg Curls for the hamstrings," maintains Kjell, "They also strengthen your lower back. Straight-Leg-Dead-Lifts not only develop your glutes they also produce a good stretching effect. Straight-Leg-Dead-Lifts are perhaps the best back exercise because you have so much control."

Kjell also believes in keeping the legs free while doing his Weighted Sit-Ups. "If you anchor your legs, it will make your hip flexors tight," confirmed Kjell. He is adamant in his belief of using weights on his sit-ups to get real stomach strength. "It's like any other muscle."

Kjell who received his degree, with a "B" average from San Jose State in mathematics and computer science has these words of wisdom for younger athletes, "Don't let anyone set limits for you. Make sure you're consistent and train all year long."

I then told Kjell that about 50% of all high school track coaches in the United States did not let their athletes train in-season. I asked a rhetorical question. "Should you train in-season?" Kjell looked at me like the question was ridiculous, "Of course! In-season training for high school kids is especially important."

Our next topic was steroids. Kjell responded, "Steroid abuse is totally out of control in the United States. I would like to see a drug free arena of competition."

We began talking about nutrition and selecting bread. Maybe it was just me but the way Kjell talked about it really cracked me up. It was even more funny because he was so serious. Here's what he said, "When I buy bread, I weigh it. If it's heavy, I buy it. I don't like paying for air in my bread."

I guess you had to be there. Anyway we thank Kjell for his common sense approach and sharing his program.