

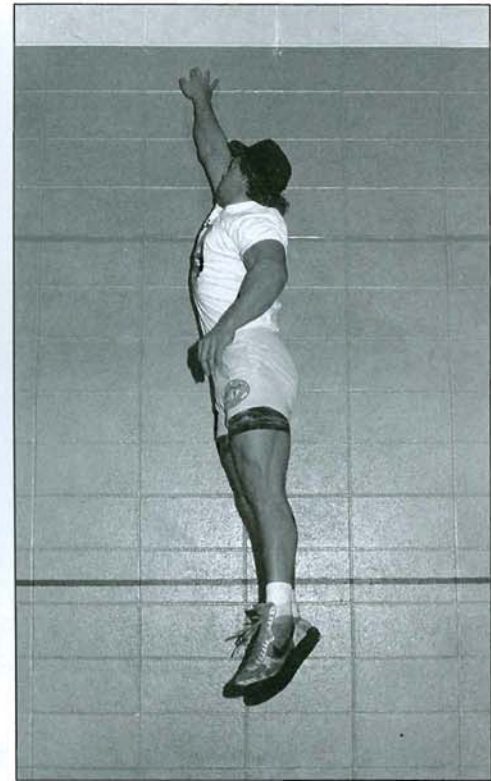
STRONG & POWERFUL-



Jon Lauscher LB
4.64 Forty



Fritz Leinfelder DB
Little All-American



Jon Lauscher 247 lbs
Vertical Jump 28"

Strength Director Kevin Ward at the University of Wisconsin-La Crosse has developed some strong, powerful and awesome athletes. I first became aware of their advanced program through 6-3 285 pound Terry Strouf who was a national Champion in track and an Little All-American offensive guard in the NCAA Division III ranks.

Terry threw the Shot 59-10 at Winter High School but did not play football because they had no team. Instead of football, Terry participated in Cross Country in his 9th grade year but then specialized in basketball and track.

At the University of Wisconsin-La Crosse, Terry began his football career and finally ended up on the offensive line in his junior year. In spite of this amazingly short period of time, he was a Little All-American Guard and was drafted in the 7th round by the Philadelphia Eagles.

Terry was a nine-time NCAA National Champion and 13-time All-American in track in four different throwing events. His best efforts were as follows: Shot Put, 65-1 1/2 8th best in the United States; 35 lb. Weight Throw, 64-11, top 20 in the world in 1989; Discus, 175-11, NCAA Division III National Champion; Hammer, 188-10, All-American in 1988.

Fritz Leinfelder and Jon Lauscher have continued the Upper Limit tradition established by Terry Strouf. Fritz received Honorable Mention All-American honors from his defensive back position while Jon garnered All-Conference Linebacker recognition and led the

TERRY STROUF PROGRESS CHART

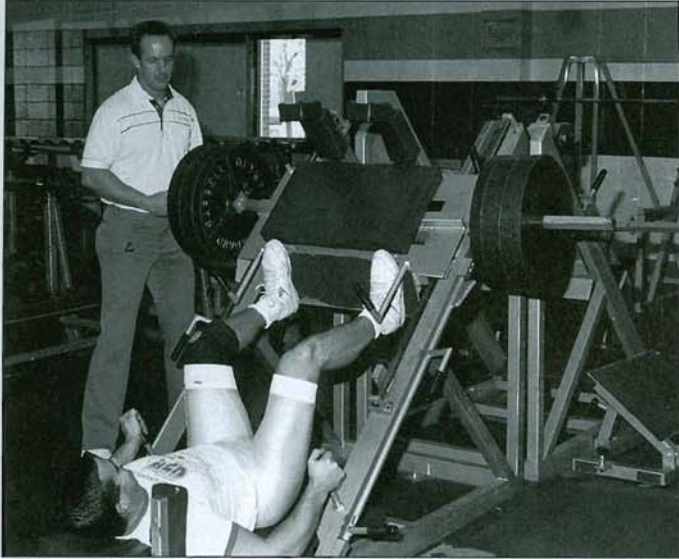
	SOPH.	JUNIOR	SENIOR
BENCH	375	440	460
SQUAT	650	680	700
CLEAN	X	X	360
S.L.J.	8-8	9-0	10-4
V.J.	28	30	33
40	4.98	4.90	4.78
WT.	258	272	285

conference in tackles during the 1989 season. Both are looking forward to a great 1991 football year.

Coach Ward states, "Fritz is very explosive in football and has a great nose for the ball. He is also extremely aggressive. Jon is so overwhelming. No one wants to run at him. They both have a very strong work ethic. They pay attention to the little things. Fritz and Jon are inspiring as they both have strong family backgrounds with strong moral character."

Fritz attended Aquinas High School in La Crosse, Wisconsin and was a three sport athlete (football,

AND AWESOME AT



Fritz can Parallel Squat 625 lbs. and Vertical Jump 32 inches.



Jon Parallel Squats 700 pounds!



Jon also Benches 435 pounds



Fritz After A Big Interception

wrestling, track). In high school, Fritz was a tailback and middle linebacker at 5-11 and 180 pounds. He was All-Conference, All-City and All-State in football and in his Senior year became the 167 pound State Champion in Wrestling. During his Sophomore year, Fritz was on the State Champion 400-relay team.

Fritz began lifting as a 9th grader and was trained by his older brother in a health club. He benched 300 and Squatted over 350 pounds. Fritz also ran a 4.8 forty while in high school.

In the past, U.W.-La Crosse has competed in football and basketball in the NAIA Division II ranks while competing in all other sports with the NCAA Division III schools. Next fall, U.W.-La Crosse will convert completely to NCAA Division III status. When asked, "How did you do last year?" Fritz chose to reply in the plural sense. "Teamwise we lost in the first round of the NAIA Division II playoffs."

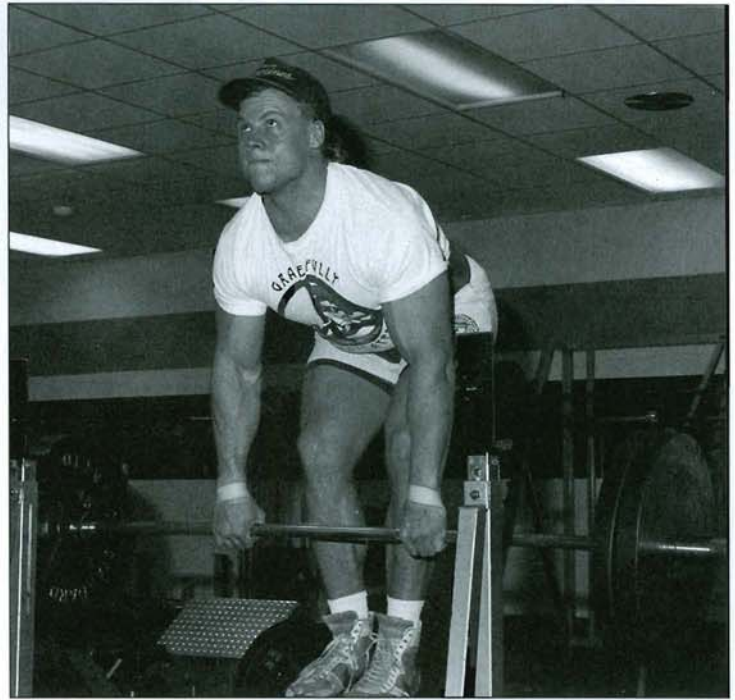
Fritz Carries a 2.5 GPA and is majoring in physical education with an emphasis in coaching. He would like to coach at the college level. After a great sophomore year with 8 interceptions and a great junior year with 4 interceptions and All-American honors, Fritz experienced a freak accident. He was trying to dunk during a basketball game and tore his anterior cruciate ligament. They had to reconstruct the knee but he was able to resume squatting two months ahead of schedule. Fritz credits conditioning to his quick recovery.

Before his injury, Fritz was able to Bench Press 385

U.W. – LA CROSSE



Narrow Grips by Fritz Creates Powerful Triceps.



Jon on Straight Leg Dead Lifts

pounds weighing only 205 pounds. He Squatted 625 while running a 4.66 forty. Fritz also had a 32 inch Vertical Jump and a 9-0 Standing Long Jump.

Fritz has strong advice for high school athletes, "Training natural is the way to go. Stay away from steroids."

Jon Lauscher attended Ashwaubenon High School in Wisconsin and started lifting in his 10th grade year while participating in football and track. Jon was linebacker and tight end-fullback and threw the shot 51 feet, the discus 151 feet and also ran sprints. My dad played football for U.W.-La Crosse and I liked the coaches," Jon reasoned while selecting a college.

Jon was already very strong when he entered U.W.-La Crosse. He'd already established his priorities. "Kids in high school would say let's do something but I'd get my lifting in before the fun." In combating peer pressure Jon gave this account, "No one really approached me on the negative stuff. I guess people already knew my attitude. I stayed away from alcohol. I thought about being an athlete and I thought about my parents. It's very important for me to believe in God. Have your faith and priorities in order, if you want to be truly successful."



Fritz Landing After a 9-0 Standing Long Jump

JON LAUSCHER PROGRESS CHART

	WT	BENCH	SQUAT	40	D.LIFT	SLJ	VJ
11TH	185	325	400	X	450	X	X
12TH	215	370	500	4.7	550	X	X
FR.	224	390	540	4.7	X	9-0	28
SO.	238	405	650	4.73	X	9-1	27
JR.	247	435	700	4.64	X	9-8	28