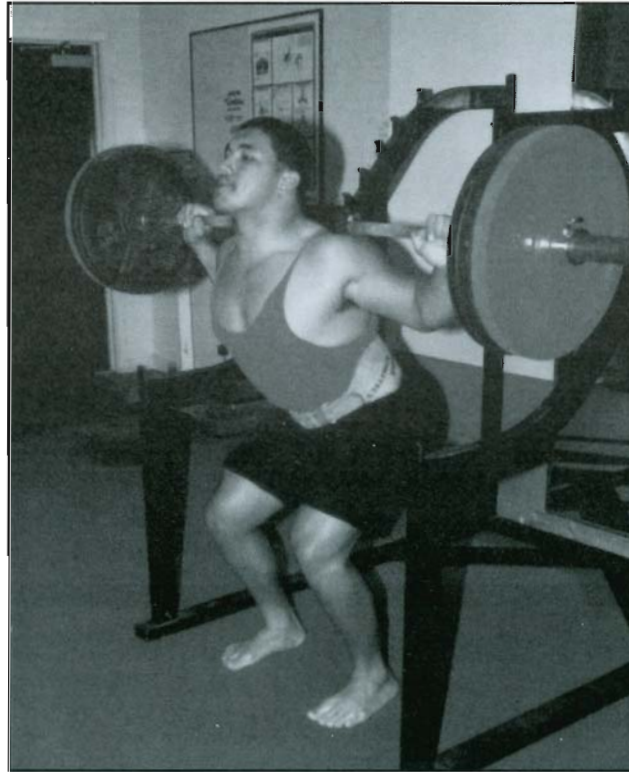


POWER FROM

JIMMY BARIENTOS

By Dr. Greg Shepard

While teaching BFS training principles in Hawaii last June, I read where the Hawaii All-Stars were going to play the California All-Stars in a benefit football game. The game was to be played at Kahuku High School just outside Laie, four miles from where I was staying. I decided to go up and catch a practice. There was only one vehicle by the field. I asked the driver about the All-Star game. He told me his son Jimmy was playing for the Hawaii team and that they were



Jimmy Parallel Squats 550 Pounds

there a little early. I probed further and with each answer, I became more and more interested. Jimmy introduced himself and here was a 6-2 255 pound offensive lineman who looked lean. Jimmy Barientos was indeed impressive.

I wondered if he played any other sports. Jimmy said he threw the shot and discus. When he told me he threw the shot 55-11, I could believe it just looking at him, but when he said he threw the discus 189-11, it blew my mind. I said, "Obviously, you won state." Jimmy nodded. "You also broke the state record?" Again, he

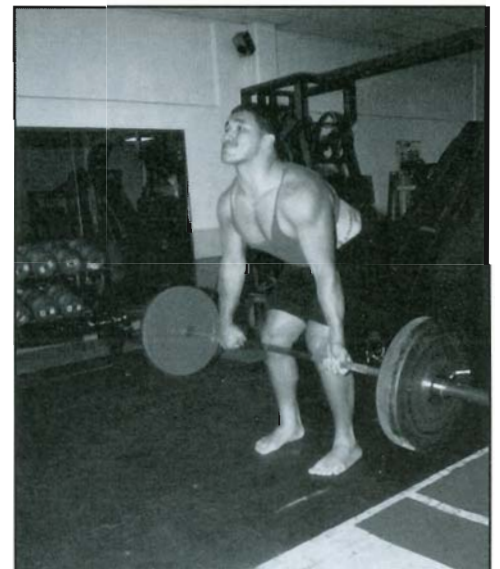
nodded, "Mr. Barientos," I said turning to Jimmy's father, "did you know your son was one of the top ten throwers in high school last season? There's no way you can muscle a discus out that far. You've got to know what you're doing technique wise."

He smiled, "Jimmy had a special coach." I shook my head, "He must have had. He also must have done the right thing in the weight room. Jimmy do you do Power Cleans?" When he told me that he Power Cleaned 375, Parallel Squatted 550, Benched 430 and Dead Lifted 490, I knew I had a good story brewing. However,

as I got to know Jimmy and his wonderful family, it soon became



And Power Cleans 375 Pounds



With A 490 Pound Dead Lift

ACROSS THE SEA

apparent that I had a great story.

Jimmy began playing football and lifting at age twelve. He was considered "fat and stocky". Even as a junior at Farrington High School in the Honolulu suburb of Kalihi, he was 280 pounds. Jimmy decided to lose weight to benefit track so he played soccer.

Another objective was to get quicker feet. "I feel better at 255," said Jimmy. "At 280, I was sloppy." Jimmy has maintained his new lean weight. During track he worked hard sprinting and watched his diet carefully by staying away from fat and drinking skim milk. Jimmy does not eat pork anymore and for an Hawaiian, that is not easy.

As a junior, Jimmy's team made it to the semi-finals with a 9-2 overall record and garnered 1st Team All-State Honors. The same honors came his senior year as his team played to an 8-2



Jimmy With His Parents and Coach Shepard in Oahu, Hawaii.

record.

If you know Hawaii, you know the lure of the beach is almost magic, but Jimmy hardly ever goes. "My friends go to the beach but I have to train. Why do I do it? Well, I like training with weights. The only time I go to the beach is to run in the sand."

"I hate drugs, and beer has a nasty taste. I just don't go to parties with that kind of stuff going on. I'd tell anybody to just stay away from it."

Jimmy doesn't even know how to surf or boogie board he grinned when he admitted to knowing how to scuba dive. I can't blame

Jimmy. Snorkeling or scuba diving in Hawaii is always a spectacular experience.

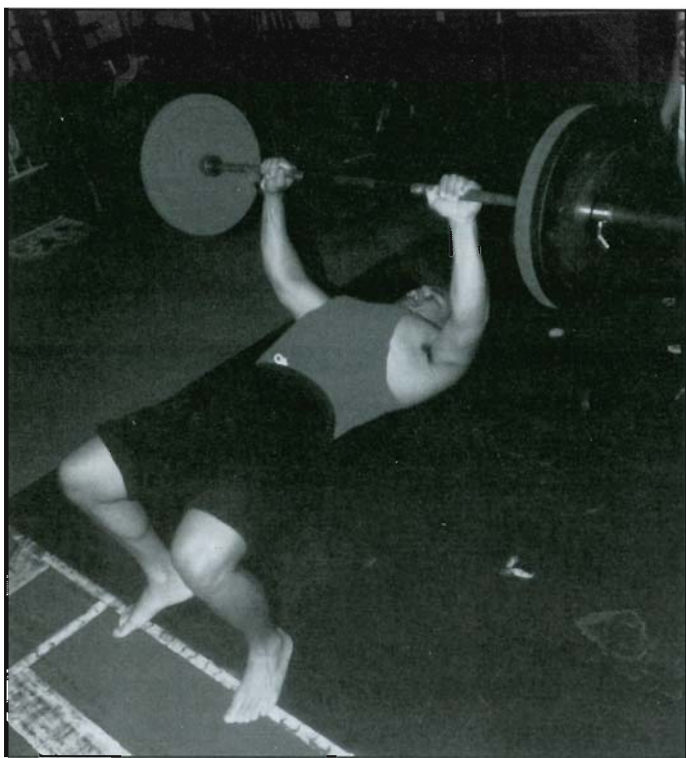
Jimmy maintained a solid 3.0 G.P.A. and offered this advice, "Do your work in class and work hard, plus you have to follow instruc-

tions." Then I asked Jimmy about gangs.

"At Farrington there are heavy gangs. Our school has Crips and Bloods but unlike the mainland, over here it's Polynesians against Polynesians. They said to me that gangs are the same thing as sports, but it me it's a waste of time. It's no use

being in gangs. You can be a better person by being in sports. Gangs are mostly about fighting. It was OK for me not be in a gang. A lot of people who used to be my friends have been stabbed or killed."

You hear and read about his kind of violence but you never get used to it and it seems, at times, can it really be that bad.



Jimmy Has A Powerful 430 Pound Bench Press.

lights. We keep each other away from the bad. "It's important to get a future and look ahead. Love your parents. Your family should come before anything else and love the Man Upstairs. If it wasn't for Him, I wouldn't have been an All-Star football player." Jimmy will attend the University of Hawaii on a football scholarship while majoring in

as track, the University of Hawaii does not have a track team but Jimmy does plan to throw in local All-Comer meets.

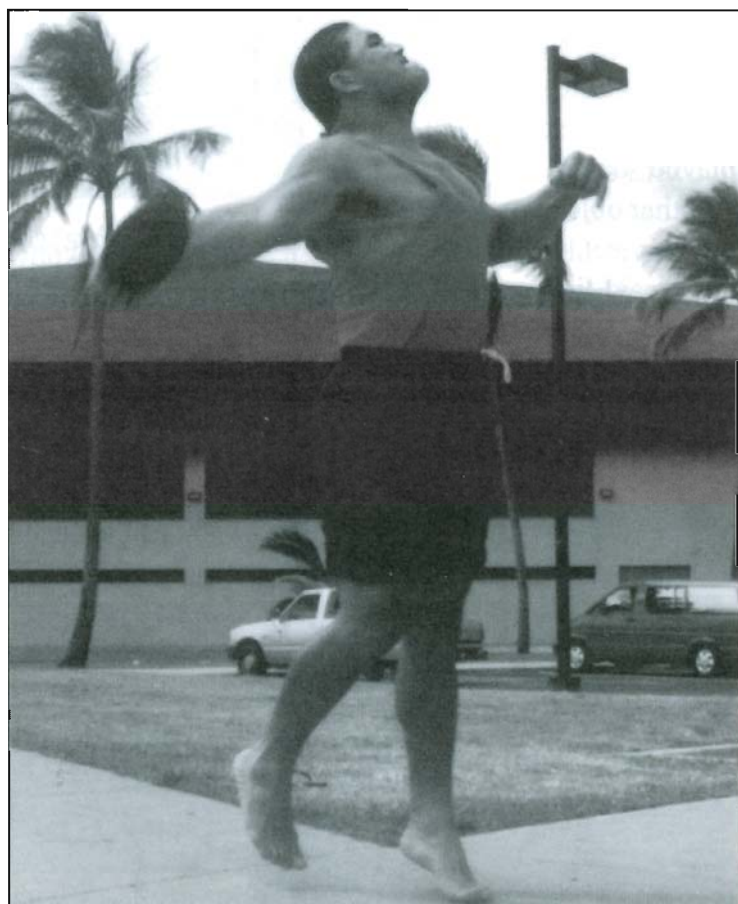
As I got to know Jimmy and his parents, they were the nicest people in the world. Mrs. Bariantos prepared food for everyone on the Hawaii team. You couldn't help but feel good just being around them and you could easily sense that they lied for their kids.

It was a wonderful Upper Limit experience which I received on a chance meeting thousands of miles from home. Jimmy had shown me a great power from across the sea and I'm grateful it wasn't all physical.....☐

I challenged Jimmy by asking, "How many of your friends have been killed?" Jimmy hung his head, "Five. They were all innocent victims killed by a drive by shooting." Silence. It was difficult to go on but finally I asked, "Jimmy, what's the answer?"

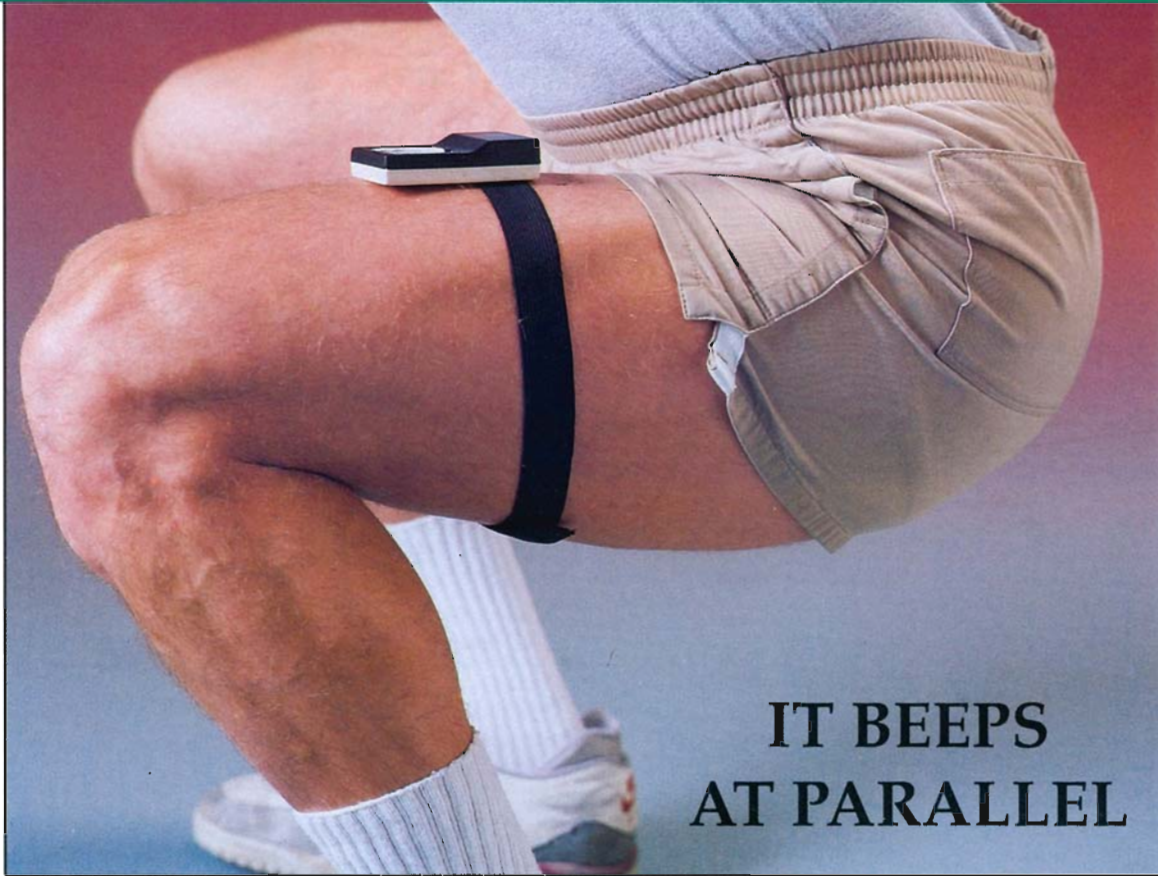
"For me, it's been the weight room and sports. I'm lucky enough to have both a mom and dad who care. If I did something wrong, my dad would get mad . . . same with my mom. Many parents would just let it go. When I have my family and if my son wanted to join a gang, I'd say 'turn around'. I'd spank him. Also, a lot of gang members drink or do drugs. There's no future in that. I hate drugs and beer has a nasty taste. I just don't go to parties with that kind of stuff going on. I'd tell anybody to just stay away from it. I've got a girlfriend and we enjoy the beach and city

physical education. A dream of Jimmy's is to make it in the NFL. He laughed at the idea that 6-2 is too short to play pro football. Jimmy pointed out that a number of NFL lineman are his height and laughed, "Anyway, it's how big is your heart." After Jimmy's football career is over, he will then concentrate on another dream: a dream to be a football coach. As far



Jimmy Powered The Discus To A 189-5 Toss. One Of The Nations Best In High School Last Season.

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