



FRANK GIUFRE

"Quitters never win. Winners never quit."

by **BROOK BOWEN**

On April 5, 1977 in Oneida, New York, Frank Giufre (pronounced Joffery) came into this world two months early, struggling, and weighing only about half the weight of an average new born - a delicate 4 pounds 5 ounces. Doctors at Oneida City Hospital frantically struggled to save little Frank's life. Local clergy were called in several times to give the desperate child his last rites. By this time a large tube had been inserted into his chest to keep him from suffocating.

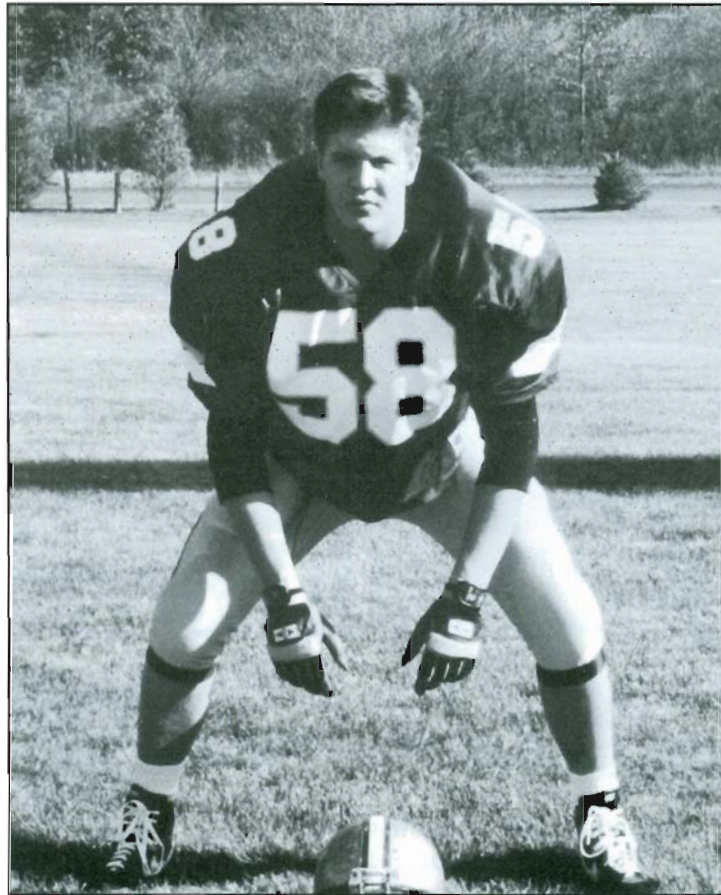
Today Frank Giufre has a four inch scar on his massive 52 inch chest to constantly remind him of his struggles as a child and how precious life is to him. Those early first hours and the fight for life must have made a significant impression on his mind as he continues to achieve the goals he has set.

That once frail little body now stands 6'3" tall, weighs 240 pounds and just keeps growing. Frank's personal motto is "Winners Never Quit and Quitters Never Win." Today he is working hard and becoming a winner in all that he does.

At the age of five Frank began GOJU/RJU style Karate and has been fully involved in it his entire life. Just recently Frank received his brown belt, and has set a goal to reach Black Belt which, according to his

instructor Master Greg Tearney, will be achieved later this year.

Greg Tearney owns the "Greg Tearney's All-American Martial Arts School", in Syracuse New York and has been training professional athletes for years.



Frank started varsity as a freshman for Christian Brothers Academy

Greg noted that "karate is a very 'mental' sport and that Frank's concentration and mental focus has made him one of the strongest men in the gym.

Today Frank spars with the adults rather than the students his own age — this because of his size, strength, flexibility (he can do a full split), and quickness. Frank is very quick. He is also very, very determined, strong, dedicated, and consistent. Once he sets his mind to something, he accomplishes it. "He is," states Greg "one of the best students I've ever trained because of his ability to

set and reach his goals."

Frank has read the Bigger Faster Stronger Journal since he was 11 and began serious lifting at the age of 13. That was just the beginning. In June of 1991 Frank won the National Freestyle Wrestling Championship at heavyweight in the 13-14 year old age group in Cleveland, Ohio. After winning the National Championship Frank gave up wrestling to concentrate more fully on his karate and football.



Throughout his wrestling and karate training, Frank continued to workout and improve in the weight room. By the eighth grade (just a year after beginning to lift weights) he benched 215, had a full parallel squat of 225, and could leg press 595 pounds. However, Frank's 40 time was at 5.6 and he knew that he had something to work on, so he did. He read articles, watched Bigger Faster Stronger videos, and continued to work on his speed.

Today, Frank has cut 6 tenths off his 40 time in less than three years. If he continues his trend, by the time he's a senior, he could be running 4.6 or less. Frank says "parallel squats and plyometrics have improved my speed more than anything. Squats are the key to my speed."

Frank started varsity football as a freshman at defensive tackle and center, as well as being the teams'



Frank Giufre power cleaning with perfect form in his home basement.

up over 40 knock-down blocks, not cut-blocks but full knock-down blocks, that put opponents flat on their backs. He has had a great season this year and is looking forward to next year to repeat his reign on the field.

Many people feel it would be easy to do what Frank has done if they were his size. Sure, Frank is big boy, but the way Frank sees it is, "size really is not all that's important, it's what's in your heart and mind that counts." Everyone knows a "big" kid who couldn't run 40 yards, much less in 5 seconds. "

"Work hard and it pays off", Frank said, and is now proving it. His school doesn't have a very good weightlifting program. So, instead of finding excuses, he has found a way to workout at home, in his cellar — sometimes with friends, but usually alone. I asked him, "How do you motivate yourself to workout when you're alone?"

"Reading the Bigger Faster Stronger magazine," states Frank. "It motivates me to lift. When I read about other athletes and what they have accomplished, I compare myself to them and try to be the best. I find out how other guys workout and how they reach their



Frank again with perfect form squatting 315 lbs — his max is 405

deep snapper. As a sophomore he was named to the All-Metro as a defensive tackle. At center, Frank tallied

“Parallel Squats, Plyometrics, and Box Jumping have improved my speed more than anything. Squats are the key to my speed.” — Frank Giufre



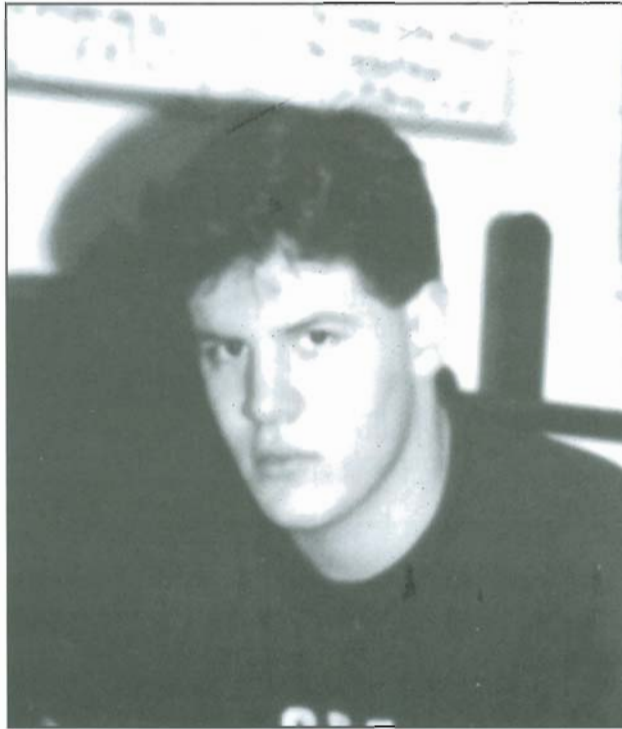
goals. . . reading motivates me to lift.”

Frank’s excellence doesn’t end after a game or at the end of a karate match, but continues off the field, as well as in the class room, and throughout the community.

Wearing a shirt and tie to school every day at Christian Brothers Academy, Frank carries an 85 average and is treasurer of the school’s SADD (students against drunk driving) chapter. “Drinking and drugs can hurt your mind, body and soul along with other people. If there is drinking at a party, I leave.”

Frank’s mature, responsible, attitude carries right into the home. “Family” he said “is the key thing. I am so thankful for my family and God. I always have someone to talk to or ask for help. I am what I am today because of my dad, he always has pushed me.”

Frank’s father, Jim Giufre, said “he is a father’s delight, he has always done what is right, never once have we had a serious argument.” Jim noted that “the more weapons you have the more you have to



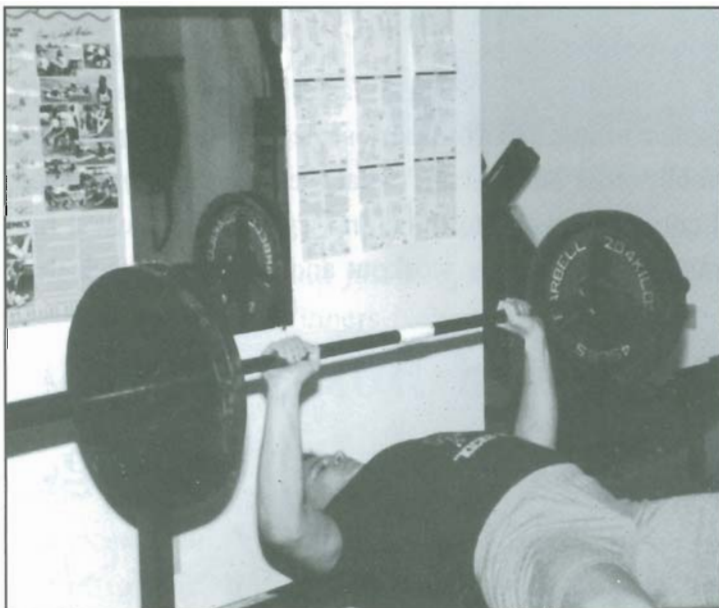
self” and has done all that he could to arm Frank with everything that he would need, to accomplish all that he wants to accomplish.

“Quitters never win and winners never quit” has been Frank’s philosophy throughout his life.

Today at sixteen, Frank has a 300 pound bench, a 415 pound parallel squat, and can leg press 800 pounds five times. He’s a towering 6’3” and weighs 243 pounds, and is still growing. “You can’t get him

out of the weight room. If he’s not lifting, he’s reading about it or writing about it. He loves it - all of it.” says Jim. I asked him if he knew what his records were for the past few years, and in seconds later, Frank had in his hand a record of his lifts by year from the eighth grade on up.

He has seen the vision of working hard and smart while keeping all things in their proper perspective. Something every Upper Limit athlete needs to accomplish.▲



FRANK’S PROGRESS CHART

	8th Grade	9th Grade	10th Grade
BENCH	215	260	300
SQUAT	255	330	405
LEGPRESS	595	700	800x5
40	5.6	5.4	5.0
HEIGHT	6’2”	6’2”	6’3”
WEIGHT	190	215	243

BFS COMPUTER SYSTEM

< Update Athlete's Scores >
East High School

ID Number	3					
Name	Robert Zimwinsky					
Grade	9					
	-Most Recent--		-Previous Try-		-Previous Try-	
	1 Rep		1 Rep		1 Rep	
Lifts	Max	Date	Max	Date	Max	Date
Squat	325	10/15/91	350	10/01/91	280	09/15/90
Bench	325	10/15/91	350	10/01/91	280	09/15/90
Dead Lift	325	10/15/91	350	10/01/91	280	09/15/90
Clean	325	10/15/91	350	10/01/91	280	09/15/90
Speed & Agility	Score	Date	Score	Date	Score	Date
20 Yard	2.3	01/15/92	2.0	12/01/91	3.0	01/15/91
40 Yard	4.3	01/15/92	4.0	12/01/91	4.0	01/15/91
Dot Drill	50	01/15/92	45	12/01/91	70	01/15/91
Vert Jump	28	01/15/92	30	12/01/91	21	01/15/91
Long Jump	7'10"	01/15/92	8'01"	12/01/91	4'06"	01/15/91
Sit & Reach	3"	01/15/92	1"	12/01/91	-2"	01/15/91

Ctrl+Enter=Save changes F9-Display Ironman Ranking
Escape=Return without Saving F10-Display Power Ranking

Display Ironman Ranking

ID Number	Name	Robert Zimwinsky	
Name	Height	6' 0"	
Grade	Weight	111	
	Grade	9	
Lifts	1 Rep	Point	Ranking
Squat	325	5	101 Ironman Ranking
Bench	325	5	101 Ironman Ranking
Dead Lift	325	5	101 Ironman Ranking
Clean	325	5	101 Ironman Ranking
Total points: 20			
Current Ironman Ranking: 101/1000			
F10-Print Any other key to return			
Ctrl+Enter=Save changes F9-Display Ironman Ranking			
Escape=Return without Saving F10-Display Power Ranking			

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Update Athlete's Scores > Display Power Ranking

ID Number	Name	Robert Zimwinsky	
Name	Height	6' 0"	
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Lifts	1 Rep	Point	Ranking
Squat	325	5	101 Ironman Ranking
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Speed & Agt	Score	Ranking	Point
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40 Yard	4.3	101	101
Dot Drill	50	101	101
Vert Jump	28	101	101
Long Jump	7'10"	101	101
Sit & Reach	3"	101	101
Current Power Ranking: 1000			
F10-Print Any other key to return			
Ctrl+Enter=Save changes			
Escape=Return without Saving			

JUST ENTER ALL INFO LISTED ON THE BIG SCREEN AND HERE'S WHAT YOU GET!

- Ironman Ranking Based On BFS Standards
 - Ranks Any Group: All Linemen, All Juniors, All Junior Linemen, Etc.
 - Gives You All-Time Records In Any Event
- 
- Power Ranking Based On BFS Standards
 - Give You A Top Ten In Speed, Any Lift, Or Any Event You Record
 - Gives You An Individual Ranking Per Grade

BUT THE MOST AMAZING THING: THE BFS COMPUTER SYSTEM WILL GIVE AN ATHLETE RECOMMENDATIONS ON WHAT PHASE OF FUTURE TRAINING NEEDS TO BE EMPHASIZED!