

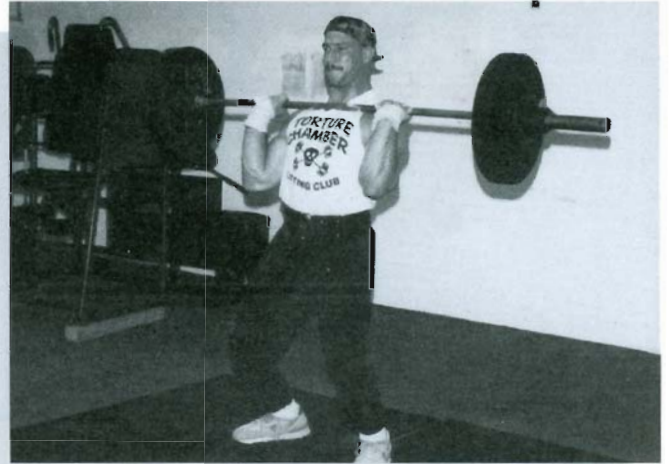
AWARD WINNERS

Throughout the years of our BFS Journal publications, I have featured most Heisman, Lombardi and Outland Trophy winners as well as many other high profile athletes. Most of these athletes do or have done the power clean and made it a high priority exercise. Here are a few of them:



Scott Mitchell:

Recently signed an \$11 million contract. He has paid his dues. As a QB Scott was called by his strength coach at the University of Utah, "A blue chip athlete with a blue collar work ethic."



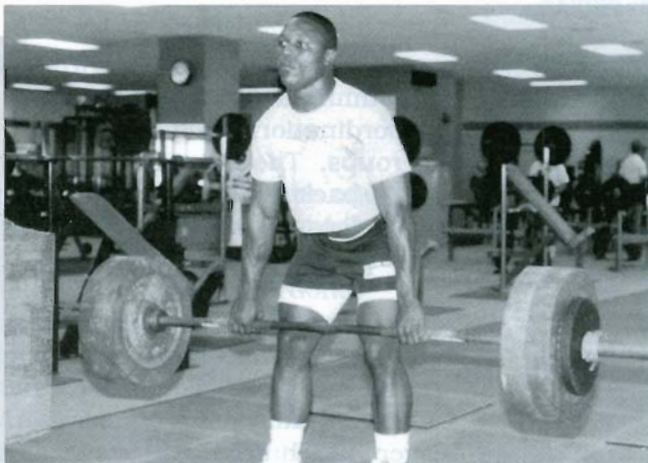
Chris Spielman:

Lombardi Trophy winner in 1987, now plays for Detroit. Chris Squatted 600, Benched 450 and did Power Cleans to develop his explosive power while at Ohio State.

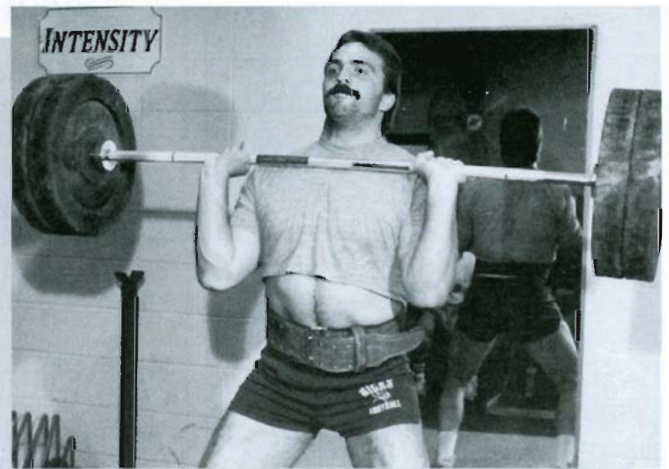


Marshall Faulk:

Runner-up in the Heisman voting the year before last. Marshall Power Cleaned 280 pounds as a Sophomore at San Diego State.



Barry Sanders: Heisman Trophy winner and All-Pro running back. Barry Cleaned 365 pounds as a senior at Oklahoma State.



Jason Buck: Outland Trophy winner in 1987 now plays for the Washington Redskins. Jason Power Cleaned 380 pounds while at BYU.