

# Jimmy Bishop

## 365 lb.

# Power Clean

### Dr. Greg Shepards Note

Jimmy Bishop is a two time BFS All-America. His Best Lifts Are the Squat - 700, Bench - 480, Dead Lift - 675 and Power Clean 365! Last Season Jimmy played running back for Forsyth High School in Cummings, Georgia at 5-9, 210 lbs. I believe his 365 pound Power Clean is the top in the Nation for a high school athlete. He also has a huge Competition Squat. Notice the great technique that Jimmy uses with his athletic stance, rising up on his toes, and keeping the bar close to him with his eyes focused and straight ahead.

His dad, Jim Bishop, is an assistant football coach and strength coach for the War Eagles. Coach Bishop has produced more 300 lb. plus Power Cleaners in high school than anyone I've ever seen. This article portrays Coach Bishop's views on the Power Clean.



**By Jim Bishop  
Forsyth High School  
Strength Coach**

Jimmy Power Cleans once a week, varying each workout in both sets and repetitions. Another pull workout is done during the week using a variety of lifts but the Power Snatch is his favorite. His progress is small but consistent. Only severe injuries have kept him down. Jimmy rushed for 3260 yards and he will tell you that without weight training he would have

### Jimmy's Power Clean Progress Chart

5th Grade	210	9th Grade	320
6th Grade	240	10th Grade	340
7th Grade	270	11th Grade	355
8th Grade	290	12th Grade	365

never been able to withstand the punishment at the Varsity level. We feel the Power Clean has helped Jimmy develop functional athletic strength, the ability to explode to the line of scrimmage, to hit a rising blow, and to coordinate a large amount of muscle groups in an athletic fashion.

### OUR PHILOSOPHY ON THE POWER CLEAN

1. The exercise teaches coordination of many muscle groups together. We call the Clean the athletes exercise.
2. We start Clean training early.



**Notice Jimmy's Racking of the Bar With High Elbows and Bar on Deltoids With 300 Plus!**



**Jimmy Has a Strong 720 Pound Parallel Squat**

My son, Jimmy Bishop, started training at the age of 9 on a broomstick with 1 1/4 plates on each side. This was used to teach form. Later, we made a special revolving bar (Olympic Style) and made wooden bumper plates to enhance our use of the Power Clean. I believe teaching the clean at an early, teaches the body how to use a total-body summation of force. Now, of course, we don't have to use wooden plates since the BFS Training Plates were invented.

3. We believe the Clean has definite carry over to the athletic field. Too many good things happen when we see our Cleans improve. Here are some examples of our athletes:

**Jimmy Bishop:** 365 Power Clean, All-State twice, All-Area MVP twice .

**Allen Hicks:** 305 Power Clean, All-Area, Most Valuable Defensive Player.

**Hank Gravitt:** 300 Power Clean, 1989 MVP Defensive Player.

**Richard Frady:** 320 Power Clean, one of the top Centers in the state.

**Brad Kellogg:** 310 Power Clean, All-Area 1992 Best Defensive Player award at Louisville Football Camp.

**Matthew Hughes:** 300 Power Clean, 3 Sport Athlete 1988, All-Around hard to beat MVP, etc. He can touch his head to the rim, yes the rim of a basketball goal at 6'3" and 235 pounds.

I have had many, many athletes that were great Cleaners and great athletes in all sports for both girls and boys.

Here are some questions we ask at Forsyth High School.

**Question 1:** What are the two most important exercises in the weight room for an athlete to improve speed, jumping, etc.?

**Answer:** Cleans and squats

**Question 2:** Why are these your choice of exercises?

**Answer:** Sports are performed in a summation of force with the coordination of many muscle groups. The squat develops leg and back strength while the clean develops total body power using all muscle groups together.

As you can see with Jimmy's progress chart starting early and working hard make all the difference. Jimmy's increases weren't very much from year to year but his final max is one of the all-time best high school cleans.....□

