

THE STRONGEST EVER!

KEN PATERA



Photo: Bruce Klemens

Ken and I grew up at the same time in Oregon and he was always incredible. He started out as a football player and thrower in high school. In college he threw the shot about 65 feet for BYU but was so good at lifting he was our Olympic heavyweight and really better than the Russians. Ken Cleaned & Jerked 501 in competition and Cleaned over 500 pounds in training numerous times. At 6-0 330 pounds, Ken could easily dunk a basketball with two hands from a stand!

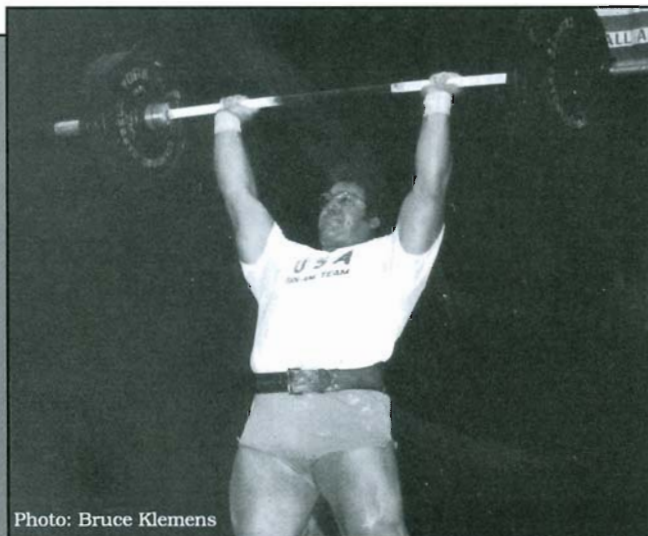


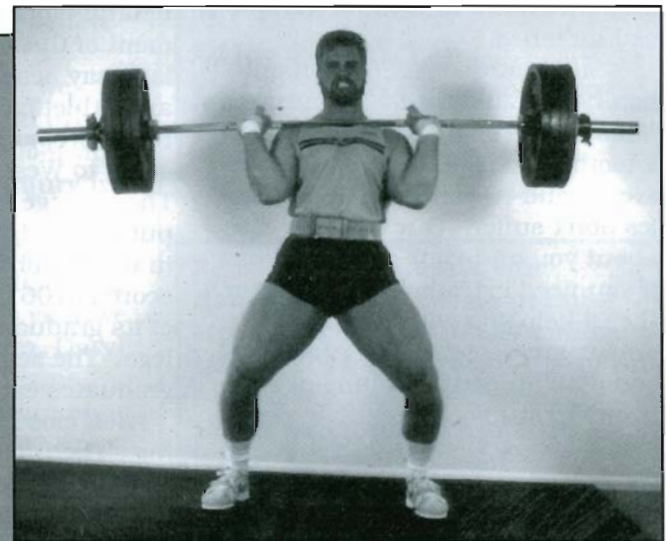
Photo: Bruce Klemens

Ken Patera Pressing 479 Pounds!

STEFAN FERNHOLM



Stefan grew up in Sweden and participated in many sports such as hockey, soccer and long distance running. He finally settled on being a thrower but at 16 Stefan only weighed 160 pounds while running about a 5.1 forty. He was then taught how to sprint, stretch for speed and train for explosive power. At 6-1 $\frac{1}{2}$ Stefan weighed 270 pounds while running a 4.25 forty. His best Discus throw was 232 feet. Stefan threw for BYU and was the NCAA record holder and a Swedish Olympian.



Stefan Fernholm's Best Was 473 lbs.

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- Comes With Storage Pouch
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Varsity Chute\$79

Heavy Resistance - Ideal for Sprinting up to 400 meters.

Readiness Chute. \$69

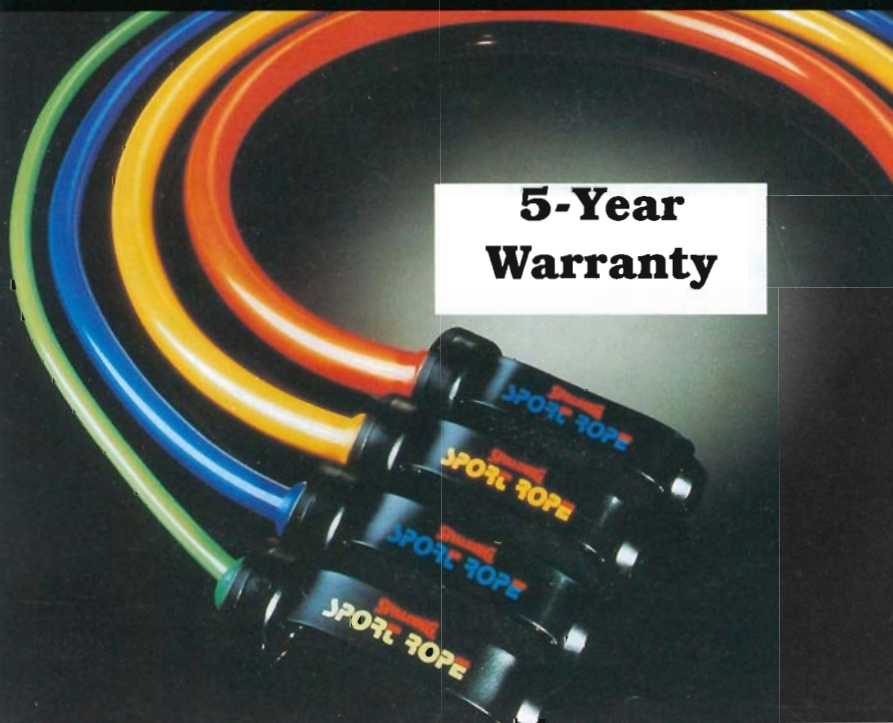
Medium Resistance - Ideal for Long Distances from 400 meters.



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- Improves Speed, Strength and Coordination!

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- 4 lb. \$49.95

45 min. Workout Video \$29.00
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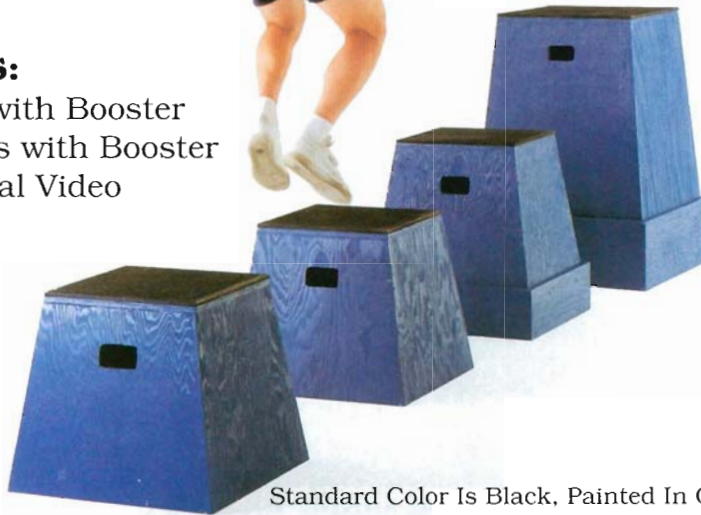
BFS PLYO BOXES

Varsity Set 320256



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- 3-20" Boxes with Booster
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