

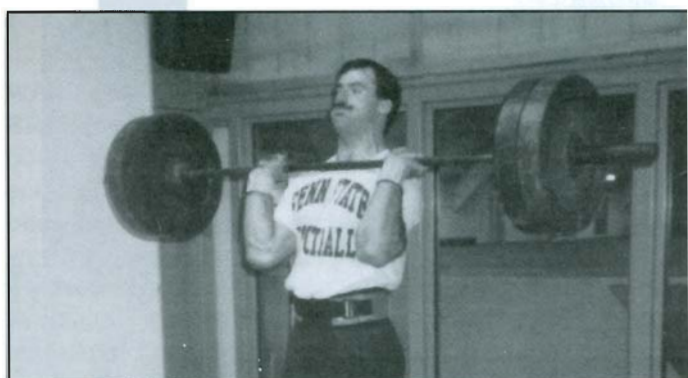
THE THROWERS

AND THE

POWER CLEAN



John Nichols: 6-2 230 was the 1989 NCAA Discus Champ as a sophomore -- Threw 208-1. John Hang Cleaned 415 and did front squats with 425 pounds.



Brian Milne: 1993 NCAA Discus Champ. Brian holds the Penn State record at 207-5. He does reps at 315 on the Power Clean.



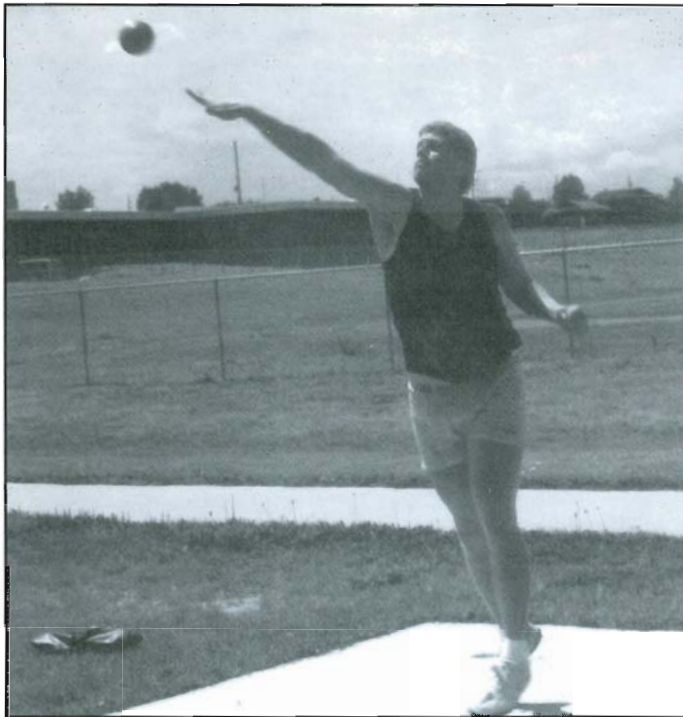
Randy Matson: Dominated the world with other American athletes in the 1960's.



Brian Blutreich: Threw the shot 69-6 1/2 and the discus 210-8 in high school where he Power Cleaned 320 at 6'5 1/2" 250 lbs. in 1984. Ten years later he remains one of the nation's best throwers.



John Godina: Past BFS Athlete-Of-The-Year. John, in High School threw the discus 210-4 and the shot 63-1. He Power Cleaned 315 pounds. He also ran a 4.76 forty at 6-4 260. John now throws for U.C.L.A. and is the 1994 Indoor Shot Put Champion.



Goren Svenssen: Past NCAA record holder, from Sweden threw the discus 217-2. At age 23 he did a 420 lb. Power Clean and a 330 Power Snatch, ran a 4.55 forty and had a standing long jump of 11-3. Goren was 6-3 252 lbs.



THE THROWERS

Pictured on these two pages are only shot putters and discus throwers but, obviously, throwers also include javelin and hammer throwers. I would say that the huge majority of the top 100 throwers in the world in any of the throwing events over the last 30 years have made the Power Clean or similar movement a top priority exercise. The reason is simple: Cleans had and have to be done or you can't compete. Even awesome genetics doesn't seem to matter. Doing heavy cleans with great technique over a period of time develops world class explosive power. I'll make this challenge: There is nobody in the world in 1994 in any throwing event among the top 100 throwers that does not do a quick lift like cleans. If there is, bring it to my attention and I'll not only publicly retract the above statement, I'll eat this page.

Greg Shepard, BFS President

Kamy Keshmiri: World Record Holder in High School discus 225-2. He also threw the shot 65-9 1/2. Kamy started training with his dad at age nine, and by the time he had reached high school, was 6-4, 220 ran a 4.3 forty, could put his elbow on the crossbar, and Power Snatched 225.

