

Some of my best physical efforts

Shot expert with the Springfield
1903 Rifle in Boot Camp

Ran my Drill Instructor in the
ground (Story to follow)

Best bench press 360 lbs. (misseed
locking out with 400 lbs by inches)

Bench press 5 reps w/ 300 lbs

Dead lift 550 lbs (never tried
any higher)

Dead lift 5 reps w/ 500 lbs.

Squat - 500 lbs

One arm pushups 60 w/ either arm

Fully extended pushups 101

Situps sitting on telephone pole w/ 25 lb.
plate behind my head - 201

Carried a man of my same wt (225)
1 mile without putting him down.

did a dip w/ 225 lbs.

Machines

up to
80 yrs
of
age

- * Chest Press - whole stack of wts.
- * Dips " " "
- * Tricep extension " " "
- * Tricep machine whole stack w/
each arm
- * Repetitions

curls w/ 50 lb dumbbells