

Saber Strength Club Members

425 Squat Club

Trent Pearson (class of '07)
Mike Valiant (class of '08)
Eric Engdahl (class of '09)
Logan LaCourse (class of '11)
Willie Dellwo (class of '11)
Colton Clarke (class of '12)
Matt Conrad (class of '12)

Marty Lenzmeir (class of '11)
Gilbert Penaherrera (class of '10)
Jordan Girtz (class of '11)
Nick McBeain (class of '12)
Tony Sohns (class of '12)
Jordan Gunhus (class of '12)

300 Bench Club

Mike Valiant (class of '08)
Jake Reuter (class of '09)
Logan LaCourse (class of '11)
Yamah Sadozai (class of '08)
Robby Sybrant (class of '10)
Tony Sohns (class of '12)

Mike McBeain (class of '10)
Tom Odegaard (class of '09)
Gilbert Penaherrera (class of '10)
Kris Vavrosky (class of '10)
Willie Dellwo (class of '11)
Connor Theis (class of '11)

225 Clean Club

Mike Valiant (class of '08)
Ben Anderson (class of '08)
Logan LaCourse (class of '11)
Mike McBeain (class of '10)
John Loonan (class of '09)
Jake Reuter (class of '09)
Willie Dellwo (class of '11)
Zak Hoffman (class of '12)
Matt Conrad (class of '12)
Andrew Clemens (class of '12)

Eric Engdahl (class of '09)
Chad Tauer (class of '10)
Zach McBeain (class of '09)
Robby Sybrant (class of '10)
Gilbert Penaherrera (class of '10)
Sam Ty (class of '11)
Tony Sohns (class of '12)
Colton Clarke (class of '12)
Jordan Gunhus (class of '12)

Sabers Club = 5 x body in combined total for clean, bench and squat!

Eric Engdahl (class of '09)
Zach McBeain (class of '09)
Logan LaCourse (class of '11)
Gilbert Penaherrera (class of '10)
Tony Sohns (class of '12)