



# TOUGH TIMMER

**DETERMINATION:** Pushing himself to the limits, Sam Timmer lifts 155 pounds for three reps. He is determined to finish the set. "I set my mind to a goal and I get the job done," Timmer said. (photo by Megan Voorhees)

## Powerlifting helps Sam Timmer improve athleticism for final sport seasons **By Megan Voorhees**

**C**rashes of metal weighted plates bombard listeners ears and their metallic smell poison the air as senior Sam Timmer prepares himself for what's to come. Taking one last step, he commits. Pushing his body nearly to its limits, his muscles tighten and he begins to struggle. Tremors erupt throughout the entirety of his body.

Backing out is not an option for Timmer. Forcing his body to listen to his mind instead of his screaming muscles, he straightens out his body and drops the weighted barbell to the ground. Silently rejoicing, he throws his fist into the air to celebrate a new personal best.

"My first time in a gym was my freshman season of water polo," Timmer said. "I quickly realized I had a talent for strength. I found myself looking forward to getting in the gym more than actual pool practice."

This newfound obsession brought him back for years. Each year for a different purpose, but the same love.

"I pursued it especially while losing weight sophomore year,"

Timmer said. "It was a form of exercise I loved to do and would never skip."

Losing some extra pounds brought Timmer into the gym. Now, he walks into the gym for a different reason. He aspires to gain both power and flexibility for his final high school sport seasons.

"Swim season is when my goal transitions from building strength," Timmer said. "Maintaining it through swimming so I can utilize it for water polo season."

Timmer hasn't taken his journey alone. Inviting his water polo teammates and school friends to train with him has kept him engaged throughout his progress.

"My water polo team is always there to hype me up when I need it," Timmer said. "Nothing can beat the hype that peers can give you when you are going for something big."

Creating a small community has helped Timmer grow closer to reaching his goals, while he also help coach other along.

"Lifting with Sam is one of the hardest and most rewarding ex-

periences a man can go through and he loves it," Sophomore Derek Koetsier said. "He turns boys into men."

Koetsier started going to lifting sessions to gain muscle mass, he trusted that Timmer knew what he was doing after he had seen what he had accomplished.

To track his time in the gym, Timmer created an Instagram account that grew in popularity among his closest friends and school peers. Listing his goals in his bio, Timmer

shares his exercise experience. Posting on his account whether he has a successful or off day.

"It's not to flex or brag, so the fact that people have some interest

in my lifts is surprising," Timmer said. "I like the little community and inside jokes that have devel-

oped between my friends there. I hope that I can inspire at least a couple people there."

There is no doubt Timmer has inspired others.

"Sam helped me through rough times by keeping me motivated on my goals in the gym," senior Soren Maurer said. "This led to my mind focusing on my goals instead of the other stuff

going on." This leadership and motivation has led several others to join Timmer's movement. Cheering each other on when they get personal

bests, and being there for each other makes the tough work almost unnoticeable.

Timmer's biggest milestone to date is his 405 pound squat.

"I failed it once in August, got absolutely murdered by it," Timmer said. "I trained my legs hard, and marked a day on my calendar that I would try again. I still remember that date, October 4th I got super hyped up and smoked it, with my friends screaming in the background."

With these huge successes, Timmer also has days where he wants to toss the towel down and quit. Instead of giving into these intrusive thoughts, he decides to think of the quote "discipline over motivation" from Brian Shaw who's a professional strongman.

"Motivation is baloney, it's an inconsistent crutch to lay your training on," Timmer said. "I set my mind to a goal or to a regiment and I get the job done. However, I do find myself looking back on my old tubby state, and the thought of returning to that scares me when I need some extra oomph."

### TIMMER'S MAX REPS

#### DEADLIFT

460 lbs.

#### SQUAT

420 lbs.

#### BENCH PRESS

460 lbs.