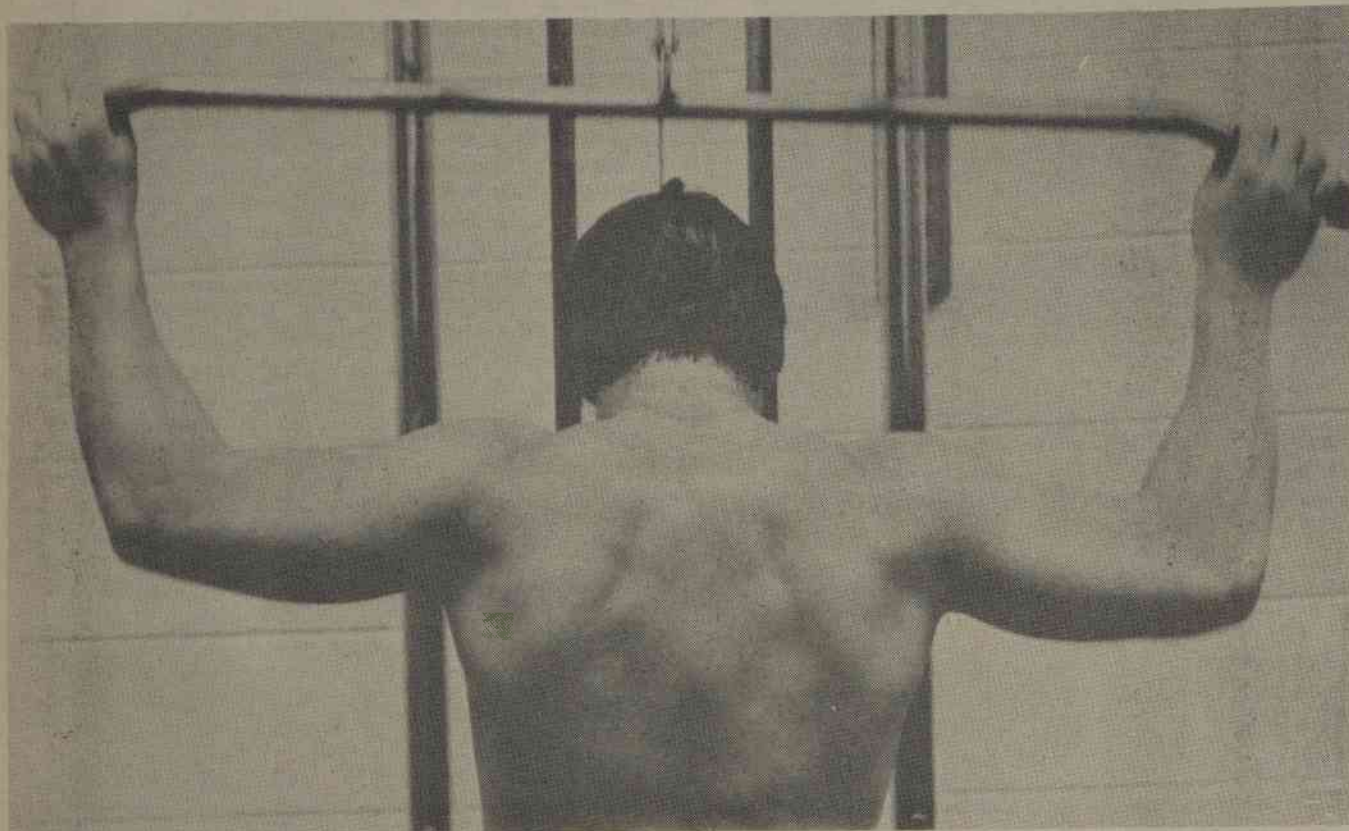


Pumping iron at *Elon*

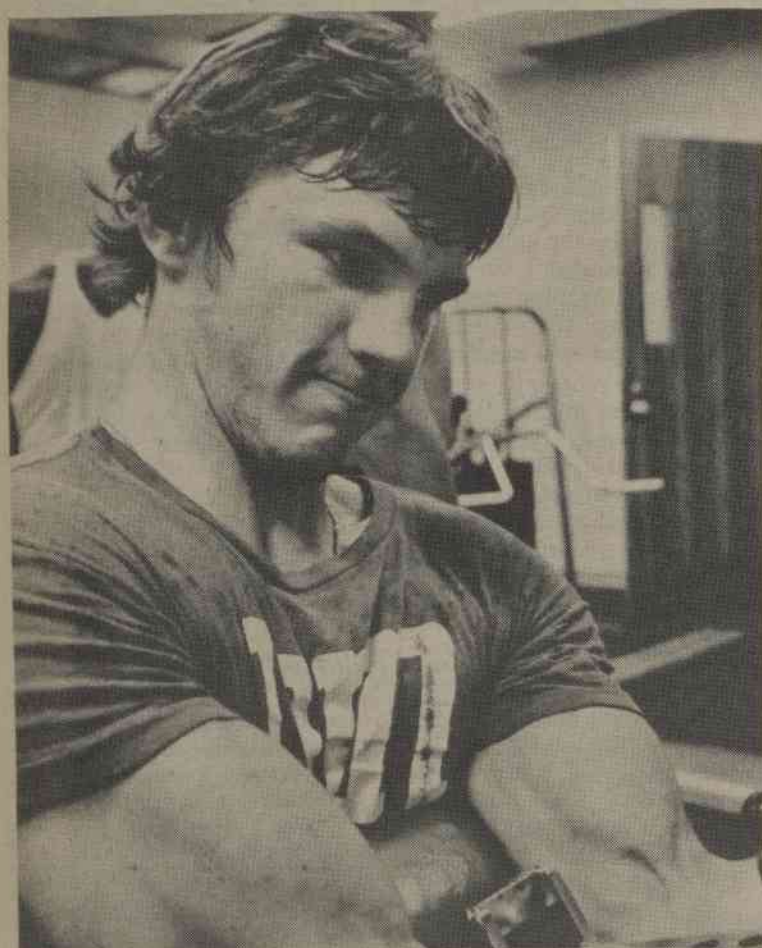
Photos by Craig Stanfield



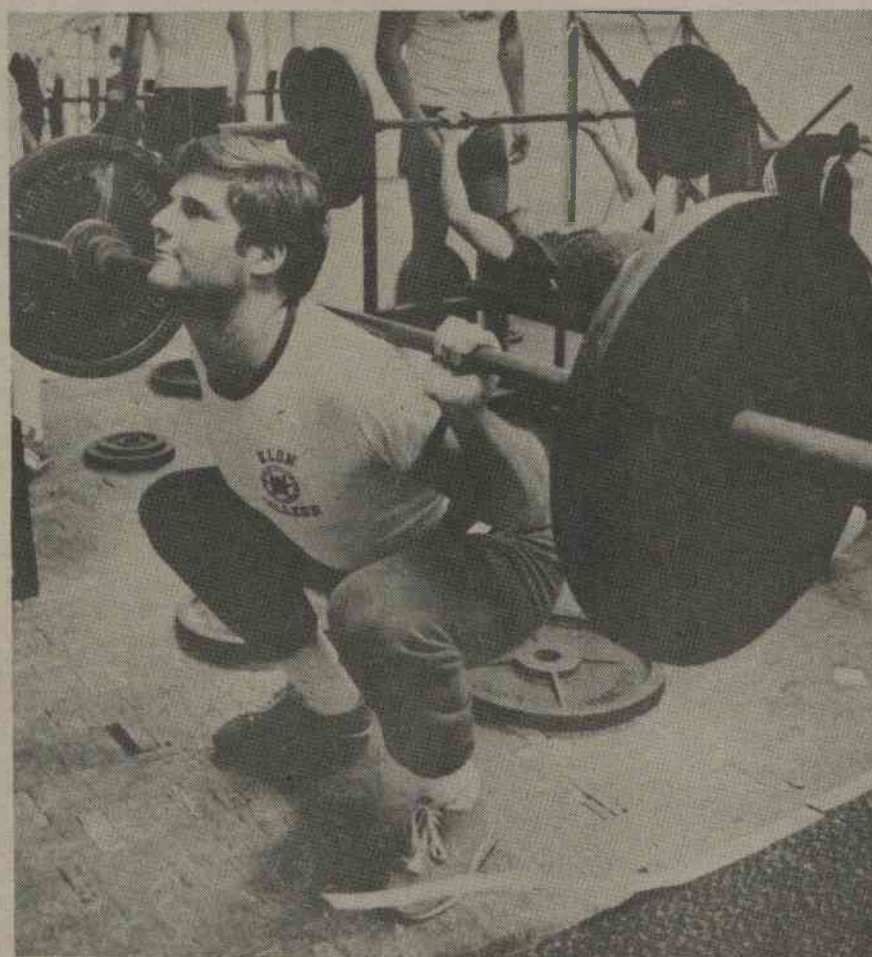
The "lat machine" can really put a strain on you, especially when you lift 500 lbs. That is unless you're used to it, as this man is.



This Elon weight-lifter recently renovated weight has been spent in improv



John Balchuness is certainly putting out an effort here. Whatever he's doing certainly puts a sweat on a person.



The military press, one of the most potentially dangerous ways of lifting weights. From the man's expression, he's just now ready to finish the lift.