



“ I like to listen to Ariana Grande when I workout. One song that really gets the blood pumping is “Positions” (by Ariana Grande). ”

” **ALVIN JONAS**
class of twenty-four



“ I usually listen to JDot or Rod Wave. It really depends on the mood, but one song that really amps me up is “I Serve” by Future. It’s all in the bass. ”

” **AUSTIN SCOTT**
class of twenty-four



“ I listen to Joe Rogan’s podcast because it’s good background noise and it’s interesting and keeps you engaged with what you’re doing. ”

” **JACOB MCLEOD**
class of twenty-five



Back at it. Ending his workout with a session of light bag work, Zachariah Goss-Radwan ('24) finishes off with one last cut. After an injury early in his MMA training, Goss-Radwan made the decision to pick back up where he left off. “Every day, I’m doing something. Whether it’s shadow boxing, sparring or hard sparring, usually around 80 percent.” Goss-Radwan said. “Sometimes, we go harder or else when you get into the cage with someone else. You’re going to get whooped. You have to go 100% every time.” Photos by Christopher Hardman



JOSIAH FERGUSON USES THE GYM FOR MORE THAN PHYSICAL GAINS

REPORTING BY **CHRISTOPHER HARDMAN**

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What motivates **Elle Klanderud** and others to hit the gym?

STRENGTH & RESILIENCE

Death is an unavoidable part of life. So, what will you do when it hits close to home?

Josiah Ferguson ('24) didn't back down or run away from the sorrow.

He worked through it. After losing his father unexpectedly, Ferguson didn't take any down time from the gym, but rather used it for all he's known it as — a way to fight through the mental challenges of life.

“When I lost him, first I hit 500 on my deadlift — which a lot of people saw. However, I told him that I was going to hit 500 before he died. I hit 500 about a week later,” Ferguson said.

Since then, Ferguson has a new found purpose and drive. “I get motivation and a push from it every day because my dad would want me to be a better man”

Instead of starting his fitness journey to etch out and sculpt the perfect physique, Ferguson found a deeper, more substantial reason to swing the pendulum.

“I got into working out and fitness mainly to fix my mental health, make myself a better man and teach myself how to be disciplined,” Ferguson said. “It’s something about working out that acts as a cure for my depression.”

Just as with anything else, the hardest part about starting something is, well — starting it.

“I was scared on my first day in the gym because I thought people were going to judge me about how fat I was, but I did it anyway and stuck with it. I’m not a quitter.”

“If you want to get into the gym and start getting into fitness but you don't know where to start, you need to stop fearing what others think and just do it. That's the only way.”

With his mental health on a gradual rise, his physical health was not far behind.

“In the beginning, I lost around 50 pounds,” Ferguson said. “Then, I gained around 18 pounds of muscle back. The gym means the world to me. If I didn't have the gym, I would be a sad man.”

