

simply the **BEST**

Nick Best

does awkward well. As an athlete, he separates massive objects from terra firma and carries or throws them around, despite their uncomfortably smooth or linear edges and Newton's take on gravity. As a provider, he flourishes in the unconventional origins of his family and the frequently uncomfortable setting of his workplace. The most common denominators powering his reign over awkward? Pure strength and brazen audacity.

HEAD OF HOUSEHOLD

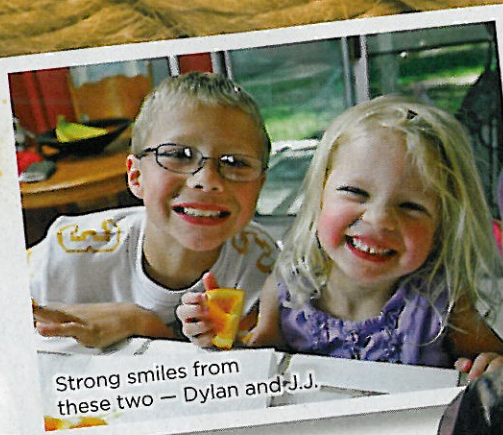
Visually, Nick is a freakish blend of both the expected and unexpected. Like most strongmen, he is the personification of matter — which is to say he has mass and takes up space. At 6'2" and 320 pounds, he seems to produce a strain on the earth with each thunderous footfall. Despite these almost unsettling proportions, he still manages to appear incredibly athletic, like a middle linebacker who happens to have sickly striated quads and delts. His genetic makeup is as intriguing as it is confounding.

One rung down the DNA ladder, his nine-year-old son Dylan looks anything but intimidating — until you see him deadlift. At 62 pounds, Nick's offspring is already performing a near-perfect 105-pound deadlift.

"He's definitely got the gene," Nick says, his voice swelling with paternal pride. "At six years old he was able to farmer's walk 90 pounds for 100 feet. We also have this video of him lifting a 20-pound medicine ball like an Atlas stone and lifting it with perfect form."

Dylan, who plays "pain" positions in football — center, cornerback and free safety — is also a hockey player, but you won't see dad pushing him into the blue-chip pipeline.

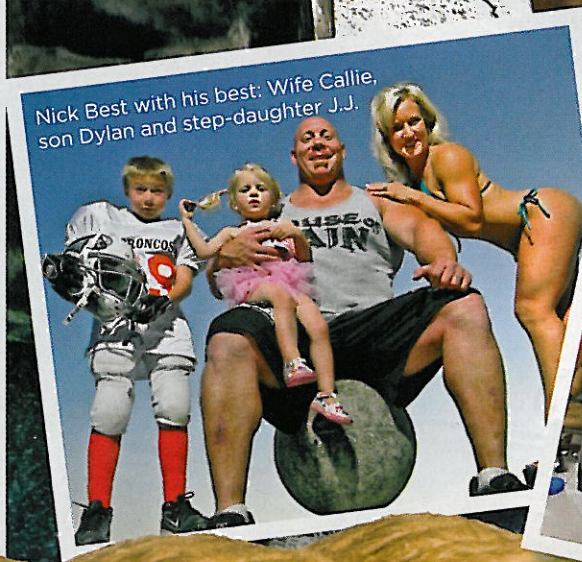
"They want him to play on the travel teams, and I don't like that," he says. "He doesn't need pressure to perform like that."



Strong smiles from these two — Dylan and J.J.



World Class
FITNESS CENTER



Nick Best with his best: Wife Callie, son Dylan and step-daughter J.J.

