

A man with short brown hair and a light beard, wearing a red Lacrosse jersey, is leaning on a black weight rack in a gym. He is looking directly at the camera with a serious expression. The background shows gym equipment and a yellow wall.

Gym Rats

KORY
KELLY

Kory Kelly was a lanky, 6-foot-3, 195-pounder when he blew out his right knee in the first game of his junior season at South Brunswick (N.J.) High School. He tore his ACL, MCL and meniscus and missed the whole season.

As he underwent rehabilitation on the leg, Kelly couldn't perform lower body weightlifting workouts. But he did find plenty of time to work on upper body strength.

When he returned for the start of his senior season, Kelly was 30 pounds heavier — but also lean given his tall frame. On the field, "I was able to bully kids," he said. "I felt like I was the strongest guy out there."

In many ways, he still is.

"Before, I was kind of faster than everybody, but when I got back I was able to post kids up closer to the cage," Kelly said. "I was able to bull dodge. I'm pretty much the same player today."

He is the Knights' leading returning scorer.

Rutgers lacrosse strength and conditioning coach Bob Gilmartin said Kelly is one of the strongest overall athletes he's ever seen in the program. Kelly, now 6-foot-5 and 225 pounds, can bench press 305 pounds.

On the day *Lacrosse Magazine* visited Rutgers, Kelly was awaiting results of an MRI on his right knee, which he tweaked in practice. So he showed us some of the upper body workouts that built him into the player he's become.