

Record Breaker goes from Strength to Strength

Local Sensation breaks World Record

John Davies, West Midlands

A local schoolboy is celebrating tonight having broken a record which makes him the strongest boy in the world! Kyle Kane, 12, successfully managed to lift 308 lbs (139.7 kg) of weight at a charity event in Coventry last Saturday, smashing the previous World Record for deadweight lifting by a youngster by a whopping 72 lbs (32.6 kg)!

The record is even more astounding due to the fact that the last record had been held by Thomas Eckland of the USA since 1984 – 20 years before the youngster was even born!

Nicknamed “Little Arnie” after musclemen Arnold Schwarzenegger, Kyle now trains in the gym four times a week and can shift 600lb (272kg) with his legs, 309lb (140kg) deadweight and bench-press 200lb (90kg) – more than double that some of his adult fellow weightlifters can manage!

His father, John, (a former professional body builder) said Kyle had always shown amazing strength. “Even when he was 2 or 3 years old, he could pick his sister up, who was twice his weight! We knew then he was going to be world class, so started sending him to the gym,” reported John proudly.



Kyle trains daily with weights so he can maintain his incredible record breaking strength

Kyle said it feels 'phenomenal' to break the record. "At 12 years old, it feels incredible to have a world record because not many people my age can actually lift this weight." Being so young, he also said he wants to promote children's fitness and prove age is no barrier to success in sport,

With his sights set on the next Olympics, Kyle is now juggling school with weight-lifting but is keen that nothing comes between him and his next record – that of being the youngest weightlifter with a gold medal.