



James Franklin Lowe

Mid South Champion in 1938

Southern Perfect Physique in 1940

Mr. Chattanooga in 1948 & 1949

Mr. Tennessee in 1948 & 1949

Outstanding Lifter at Junior Nationals in 1949

Set new marks with: 230 lb. press
215 lb. snatch
275 lb. clean and jerk

His 720 lbs. total weight was within 10 lbs of the national record

Represented Frye Institute in weight lifting and body building

Member of Frye Institute Barbell Club (home of the All-City Champions)

