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Aaron donald max bench press

December 15, 2019; Arlington, TX, U.S.; Los Angeles Rams defensive end Aaron Donald (99) yells ahead of the start against the Dallas Cowboys at AT&T Stadium. Mandatory credit: Matthew Emmons-USA TODAY Sports Los Angeles Rams defensive tackle Aaron Donald has been a force from the moment he stepped onto the football field. Of course, it's easy to understand why after watching all-pro's latest workout video. Donald, who lit up the 2014 NFL Combine with 35 reps on the bench, a 32-inch vertical jump and a 4.68-yard dash, outlined his strength this week. As he prepared for the 2020 NFL season, Donald hit the weight room and showed everyone that he can push weights as easily as he pushes an offensive lineman. Of course, working out isn't the only thing Donald's done since the beginning of the offseason. He returned to the University of Pittsburgh and earned a degree. Off-field achievements are just as impressive as Donald's stats and trophy case. He recorded 117 rebounds for loss, 92 quarterback hits and 72 sacks in his first six seasons. Given those figures, it's easy to see why he's a two-time NFL defensive player of the year and has been named the first All-Pro in each of the past five seasons. Cameron DaSilva | March 22, 2020 3:40 p.m. Aaron Donald is not only one of the best players in the NFL. He's also one of the strongest. Donald has hit the weight room hard this offseason, showing off his strength and speed with several videos shared on social media. He benched £495 this weekend, assisted by bands on each side. The band's help doesn't diminish how impressive it is for Donald, who recently said he can bench £500 while sitting next to DK Metcalf on the Barstool Sports podcast. It was £150 more than Metcalf said he could bench. It's that kind of strength that makes Donald as good as he is, which allows him to bullish assault blockers backwards into quarterbacks. Donald is also in outstanding form, despite being in the middle of the off-season. He is ready for another dominant season in 2020. Aaron Donald, NFL, Rams, Rams News, Latest Rams News Cameron DaSilva | Aaron Donald's June 21, 2020 10:30 a.m. appearance on the 2014 NFL combine helped him land in the top 15, though, looking back, he still should have left much earlier. He tore up practice in Indianapolis six years ago, running a 40-yard dash in 4.68 seconds, doing a short shuttle in 4.39 seconds and 35 times on the 225-pound bench. His 35 representatives on the bench were tied for seventh most of any chance that year, and his strength hasn't gone away with age either. Donald recently matched his combined total of 35 reps and made it look easy. Some might criticize Donald for not locking elbows on these repetitions, but we absolutely can't deny his uppercut. Strength. So he is able to harass the attacking lines as easily and make plays in offside as often as he does. Donald did everything offseason and vowed to be ready when the 2020 season eventually starts - whether it's September 13 against the Cowboys or later. Aaron Donald, NFL, Rams, Rams News, Latest Matt Birch Rams News | June 22, 2018 8:05 a.m. Rams All-Pro defensive tackle Aaron Donald was named defensive player of the year last season, and shows no signs of slowing down anytime soon. Donald was

clearly hitting weights during the offseason, even though he was holding his contract, and decided not to report to OTAs. Recently, footage emerged showing Donald pressing £495 on the bench, which he did fairly easily. See below. Donald – who weighs 284 kilograms – is ridiculously strong, as evidenced by his strength training, as well as his dominance on the field. Prominently, the NFL, Rams play0:58 Aaron Donald continues to stay fit and shoots at all cylinders in his bench pressure training. Los Angeles Rams defensive tackle Aaron Donald has been a force ever since he stepped on the football field. Of course, it's easy to understand why after watching all-pro's latest workout video. © Mark J. Rebilas-USA TODAY Sports Aaron Donald recorded 117 tackles for loss, 92 quarterback hits and 72 sacks in his first six seasons. Donald, who lit up the 2014 NFL Combine with 35 reps on the bench, a 32-inch vertical jump and a 4.68-yard dash, outlined his strength this week. As he prepared for the 2020 NFL season, Donald hit the weight room and showed everyone that he can push weights as easily as he pushes an offensive lineman. 35 repetitions like it's nothing. Chill out, @AaronDonald97 (via @prospectmedia_)pic.twitter.com/X6uPnQEfGB — B/R Gridiron (@brgridiron) June 20, 2020 Of course, working out isn't the only thing Donald has done since the offseason began. He returned to the University of Pittsburgh and earned a degree. Off-field achievements are just as impressive as Donald's stats and trophy case. He recorded 117 rebounds for loss, 92 quarterback hits and 72 sacks in his first six seasons. With those figures, it's easy to see why he's a two-time defensive player of the year in the NFL and has been named the top All-Pro in each of the past five seasons. Subscribe to Yardbarker's Morning Bark, the sport's most comprehensive newsletter. Customize your email to get the latest on your favorite sports, teams, and schools. Emailed daily. Always free! Sign up now ►More must-read:Related slideshow: The most intimidating players in the NFL (Provided by Yardbarker) At its core, football is a game in which teams aim to strike fear in opposition. Even in the modern NFL, teams can win a lot of games by imposing their will physically on Opponent. However, intimidation comes in other forms than just physicality. Big players who cause matchup problems can strike as much fear in opposing teams as those who can physically hurt them. With that in mind, here are the players most intimidating the NFL: Donald is not physically the most hoped NFL player, but his speed and athleticism make him one of the best pass forwards in the league. He has only 3.0 sacks through six games this season, but gets a double and a triple team after winning each of the last two defensive player of the year awards. Donald led the league with 20.5 sacks in 2018. The 30-year-old has been intimidating the opposition all decade, amassing 96 sacks in 110 games. He has five seasons with at least 10 sacks and two years with 20.5 sacks. Watt is one of only two players to win the defensive player of the year award three times. No. 2 overall pick in the 2010 NFL Draft, Suh still regards some as one of the most obnoxious and dirtiest players in the NFL. His middle streak has often got him into penalty trouble, but very few players have struck more fears with offensive players than Dry this decade. He has 56.5 sacks in 148 career games and scored his first score since his rookie season in Week 4 against the Rams. At 6-foot-8, Campbell is as physically imposing as he gets along the defensive line. He's not quite as skilled as some of the other defensive linemen on this roster, but Campbell can dominate the game, as evidenced by three sacks against the Titans in Week 3. The 33-year-old earned All-Pro honors in 2017 and has made four Pro Bowls in a 12-year career. While the Browns don't live up to their offseason hype, Garrett was all expected to emerge from Texas A&M as the 2017 No.1 overall pick. Garrett posted 13.5 sacks in his second season and leads the NFL with 9.0 sacks through Week 6. He also earns a reputation in 2019 as a nasty and perhaps even slightly dirty player because he earned multiple penalty kicks in the first two months of the season. Ever since his big hit against Michigan returning to the Outback Bowl, Clowney has dissuaded fear in opposition. He's still looking for his first 10-sack season, but his mix of size, speed and strength is rarely duplicated, making him one of the scariest pass rushers in the NFL. Mack won defensive player of the year award in 2016, but became something of an afterthought despite 10.5 sacks with the Raiders' below-average team in 2017. But after a trade to Chicago, Mack rightly once again earned a reputation as one of the greatest creators of defensive distinctions in the league. Setting up double-digit sacks in each of the last four years, he's a matchup problem for everyone. The 30-year-old became the fourth fastest player in the 100 sacks when he arrived milestone in his 124th game during Week 4. Miller has posted at least 10 sacks in each season in which he has played at least 10 games since 2011. Any opponent can be embarrassed by a tremendous game on defense at any time - just ask Cam Newton. Kuechly became the fastest player with 1,000 throws to start his career this season. He was an absolute tackling machine, posting an average of about 140 tackles per season. There was no one in the middle of defense better than Kuechly this decade. Like Richard Sherman before him, Ramsey became the most complex cornerback in the league. He backed him in 2017 by jumping into the All-Pro team. The Rams acquired him 15th Even if he doesn't, Ramsey won't go to anyone, including his own coaches, making him one of the best speakers and the most intimidating players in the league. Nelson may be the most respected nasty player in the league. He doesn't get many high-profile reels because he plays guard, but Nelson is a blue-collar, no-nonsense NFL player from yesteryear who helped quickly transform the Colts' offensive line from one of the weakest to one of the most physically intrusive in the league. Colts linebacker Anthony Walker told The Athletic in August: I'm not going to lie. If I was a linebacker on another team, I'd be afraid of Quenton Nelson. I wouldn't mess with that guy. He's said enough. He's on the list. There's no offensive catch in the NFL with a bigger middle line. His aduish led to one ejection and several different penalties in his career. Of course, his 6-foot-7 and 309-pound frame helps make him pretty scary as well. Incognito harassed a teammate so much that the Dolphins suspended him for misconduct detrimental to the team. While he certainly has nothing to brag about, it's all that lands him on this list. Incognito isn't exactly friendly to the opposition on the field. Fournette is known more as a bruising running back, but he ran a 4.51 40-yard dash before the 2017 NFL Draft as well. His physicality and speed easily make him one of the most feared quarterbacks in the league. Fournette has 584 rushing yards in six games and is averaging 5.1 yards per carry. Barkley has missed the last few games because of injury, but is expected to return soon. As long as he's healthy, it's easy to make a list like this because of his unique mixture of elusiveness and toughness. Barkley is averaging 6.4 yards per carry this year and 5.2 yards per rush through 19 career games. Without Rob Gronkowski in the league, Kelce claimed the title of best tight end in the NFL. Like Gronkowski, Kelce is a matchup problem because of his size and speed, but he can also run the block with the best of them. Kelce pitched 103 receptions last season, and has reached 1,000 receiving yards in three straight. Aside from fantasy football, Kittle is probably not well known, but many have argued that he is already better than Kelce. The 26-year-old is also a matchup problem because of his strength and athleticism, but he likes to run even better blocking, and in that he excels like no other elite pass-catching tight end in the league. Kittle set a closer-end record with 1,377 receiving yards while averaging 15.6 yards per catch last year. Standing at 6-foot-3 and 220 pounds, Jones led a 4.39 40-yard dash to the 2011 NFL Combine. Maybe he's still not working that fast, but he's a matchup problem for any cornerback. It can overtake defenders at speed or overpower them with its size. Jones led the league in receiving twice and receptions once during his incredible nine-year career. Quarterbacks don't normally land on most scary lists, but players other than physically can scare off the opposition in other ways. There is no player more concerned with the opposing coaching staff than Mahomes. Posting more than 5,000 passing yards and 50 touchdowns as a first-year starter will do so. Before suffering a knee injury that will keep him out for at least the next three games, Mahomes was on pace for even better numbers as he has 2,180 passes, 15 touchdowns and only one interception in seven games this season. Like Mahomes, Brady doesn't physically scare anyone, but there's a mysticity about playing the Patriots, especially at Foxborough. The Patriots are 66-9 at home this decade during the regular season, and Brady is clearly a big reason why. Having so many Super Bowl rings that they don't fit on one hand will intimidate anyone. 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