

Kyle

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WeightWatchers' Contributor

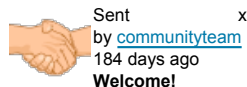
Sports Stack

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kylestack
Planning for tomorrow
12/15/2010 12:55 AM

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[devjfl1](#) Exhaustion has won. Off to bed for me
1/13/2011 11:15:39 PM

[pedrog263](#) is terribly sick from a stomavh bug! God willing, will recover ASAP.
1/13/2011 8:41:50 PM

[devjfl1](#) first Podcast is coming together.
1/13/2011 6:42:23 PM

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What my Friends are up to

[blondekel13](#) wrote on [blondekel13's blog](#).

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Sandoval Reportedly Shedding Panda Image

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Written by [kylestack](#) on 1/13/2011 10:23 PM

The San Francisco Giants might finally get to see their best position player in ideal physical shape. Third baseman Pablo Sandoval has reportedly melted enough pounds off his husky frame that his "Kung Fu Panda" nickname will no longer suit him. This is a fantastic development for the Giants and their fans.



Henry Schulman of the San Francisco Chronicle reported this past Tuesday that Sandoval has allegedly lost 17 pounds; he was listed at 231 pounds last season, although it was rumored Sandoval -- he stands 5'11 -- weighed as much 40 pounds more. The news of Sandoval's weight loss came from Schulman's conversation with former Giants infielder Rich Aurilia, who spoke with Sandoval at a Phoenix-area shopping mall before Christmas.

According to Schulman, the Giants declined comment on Sandoval's physical condition. I also e-mailed the Giants the communications staff about Sandoval's alleged weight loss, but they haven't responded.

I wrote in a Nov. 30 post that Sandoval had to decide this offseason if he would make a commitment to improving his physical conditioning. The Giants put him in an intensive nutrition and exercise program during the 2009-10 offseason, to no avail. Sandoval gained back the 13-or-so pounds during the regular season that he had lost in the training program—and then some. I was pulling for him to get in better shape. It was obvious to me from watching him that his lateral quickness on defense and his consistency at the plate suffered as a result of his heft.

If Sandoval can enter 2011 Spring Training with a weight appropriate for his frame, he'll have an exceptional chance to become an All-Star. He has the talent, and his skill-set is elite. Whatever exercise and nutrition regimen he's followed this offseason apparently is working. I'd like to know what he's done different this time versus last winter. It'll be exciting to see what he looks like when Spring Training begins in mid-February.

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