



## Kenneth E. Leistner

April 6, 2019

Kenneth E. Leistner of East Rockaway, passed away suddenly, on April 6, 2019.

(Chiropractor 39 years for E. Rockaway and surrounding areas and former teacher and coach Malverne HS.)

Internationally known strength training coach and author.

Beloved husband of Kathy (Tuite). Loving father of Kevin C. Tolbert, Gregory R. Roman (Dana),

Sol E. Leistner, and Bariann Leistner (Eric Smith).

Cherished son of Doris and the late Sol.

Adored grandfather of 6 (Connor, Gregory, Emily, Katie, Courtney, and Matthew)

Dear brother of Barry (Dawn) Leistner.

Also survived by his 5 loyal dogs.

Reposing at Hungerford & Clark Inc. Funeral Home 110 Pine St.

(Corner So. Ocean Ave.) Freeport. Funeral Mass Saturday 10:45am at Our Holy Redeemer R.C. Church, Freeport. Interment Pinelawn Memorial Park.

Visiting Hours Saturday 8:30am -10:15am

In lieu of flowers contributions to Lakeview Youth Federation

PO Box 525, W. Hempstead, NY 11552-0525 would be appreciated.

Repast/cookout at the Leistner Home, 307 Ocean Ave, East Rockaway, NY

Following the burial approximately 1:30-2 pm Parking available at our neighbor the Church of the Nazarene, Garfield Place.

# Tribute Wall

JO

“ 6 files added to the album rest in peace best strenght coach



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**Joe Onorati** - July 09, 2024 at 05:00 PM

SL

“ Happy 75th Birthday in Heaven Pop



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**Sol Leistner** - January 18, 2023 at 09:40 PM



“ Provide comfort for the family by sending flowers or planting a tree in memory of Kenneth Leistner. Show You Care By Sending Flowers Guaranteed hand delivery by a local florist

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November 12, 2021 at 12:55 PM

NM

“ Nancy Mebert lit a candle I am so sorry to hear this news. Ken would come to my job at the Nassau county rifle range either alone or with his daughter. I knew something was wrong since I have not seen him in quite some time. He would bring me pictures of the Washington Redskins players because he knew my husband was a fan. He spoke highly about his son Greg Roman as nd gave me some of his jerseys. May he rest in eternal peace. He was a truly nice man. I am so sad.

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**Nancy Mebert** - September 19, 2021 at 12:00 AM

SL

“ Sol Leistner lit a candle Happy Birthday Pop

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**Sol Leistner** - January 18, 2021 at 12:00 AM

SL

“ Sol Leistner lit a candle

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**Sol Leistner** - May 01, 2020 at 12:00 AM

CB

“ Chris Barbal lit a candle OMG. I just learned of this terrible news. My deepest condolences to Kathy, Sol, Bariann , and the rest of the family. It's been about 10yrs since I last saw Doc. Great man. Great family  
He will be missed.

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**Chris Barbal** - April 29, 2020 at 12:00 AM

SL

“ Sol Leistner lit a candle

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**Sol Leistner** - August 31, 2019 at 12:00 AM

JS

“ Joe Sermeno posted a condolence To Kathy and The Leistner Family:  
My sincerest and heartfelt condolences.  
Dr. Ken helped me greatly at the 1996 AAU Raw Nationals, which I could not have won without his encouragement. He was a genuine man who cared about all those he helped, especially this "young wide-eyed kid" back in 1996. To this day I tell others how much he helped me and "took me under his wing" back at the 1996 AAU Raw Nationals. He was/is "the real deal." This is a terrible loss.  
Be at peace, Doc, and may God comfort your family.  
Respectfully, Joe Sermeno.

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**Joe Sermeno** - August 07, 2019 at 12:00 AM

JS

“ Joe Sermeno lit a candle

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**Joe Sermeno** - August 07, 2019 at 12:00 AM

ML

“ Michael Lambert posted a condolence Dr. Ken was the most remarkable human being I ever encountered in the World of Strength. He reached thousands with his writings and his one on one trainees will carry his legacy for decades to come.

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**Michael Lambert** - May 31, 2019 at 12:00 AM

AS

“ Andrew Schmitt posted a condolence Dr. Ken was extremely generous with his time and writings with me over the years. He sat with my friends and I for hours in his chiropractic office at Iron Island. He sent me a full running routine for my nephew, when he was a high school football player. I purchased every writing I could find by Doc, but my understanding of his true style was enormously enhanced by my time with him on The Garage Gym forum. RIP to a legend..

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**Andrew Schmitt** - May 30, 2019 at 12:00 AM

PM

“ Pete Molenda posted a condolence I am so sorry for the passing of Dr. Ken. I did not know him personally but I was a big fan and an avid follower of his work. He was obviously a selfless person.

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**Pete Molenda** - May 30, 2019 at 12:00 AM

WE

“ William Ellinger posted a condolence Dr. Ken was one of a kind! I learned a lot from him. May all the greatness he provided be in your memories in this very tough time. God Bless Ken and his family.

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**William Ellinger** - May 30, 2019 at 12:00 AM

JO

“ Joe Onorati posted a condolence Ken was a great and knowledgeable individual in the strength game one of a kind went to a few of the many Powerlifting meets he ran with lifters from my gym and also gave me great ideas to better coach my lifters great guy may he Rest In Peace.

*Joe Onorati*

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**Joe Onorati** - May 17, 2019 at 12:00 AM

FD

“ Fred domowitz lit a candle

Fred domowitz - May 06, 2019 at 12:00 AM

AW

“ Andrew Walker posted a condolence Sad to hear of Ken's passing. His was a rare voice of sanity in the world of strength training.

Andrew Walker - May 03, 2019 at 12:00 AM

RI

“ RICH posted a condolence I still can't believe this news. I met him once, devoured his writings. RIP Dr. Ken, you deserve it. Prayers to your family.

RICH - April 29, 2019 at 12:00 AM

DA

“ Dane posted a condolence I didn't know him personally but he was an inspiration to us lifters. The world will be less interesting and a little more boring without him.

Dane - April 24, 2019 at 12:00 AM

WB

“ Wesley Brown posted a condolence Our most sincere condolences to all the Leistner family! Our hearts were saddened to hear of Dr. Ken's passing, but our lives were blessed abundantly for knowing him the way we did. His energy, his kindness, his vision and his solid character made a positive impact on and for everyone! In health and happiness, The Brown Family

Wesley Brown - April 16, 2019 at 12:00 AM

RC

“ Rob Combs posted a condolence *My condolences to the family at this time. May God bless and keep you.*

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**Rob Combs** - April 15, 2019 at 12:00 AM

BG

“ Brian Gallup posted a condolence *Dr. Ken was strong in so many ways beyond the number of reps or any amount of weight that could be lifted. He was a great inspiration to me and my boys. We wish his family peace - Doc's pride and love for you was unwavering.*

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**Brian Gallup** - April 15, 2019 at 12:00 AM

AF

“ Abby Ferrara posted a condolence *Deepest condolences Dr. Ken was so kind to me and my son for so many years. He was a fantastic trainer & chiropractor but more important a wonderful friend who cherished his family. He will be missed by all*

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**Abby Ferrara** - April 14, 2019 at 12:00 AM

DL

“ Dean Leach posted a condolence *I was a big fan of Dr. Ken, what a huge impact he had on me with my training, and my life! I wish I could have had the chance to meet him and shake his hand to thank him. God bless his family.*

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**Dean Leach** - April 14, 2019 at 12:00 AM

EA

“ Ernest Antonioli posted a condolence *I'm just a fan of Dr. Ken who enjoyed reading his writings on strength training. I learned a lot from him. He was very important to me and always will be. I'll always remember the pictures of him carrying that 100 pound plate around the block. I'd just like to extend my condolences to his entire family. Thank you for allowing me into your hearts.*

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**Ernest Antonioli** - April 14, 2019 at 12:00 AM

MB

“ Martin Bacon posted a condolence *My heart too, beats a painful song of missing a friend who gave kindness to all he met.*

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**Martin Bacon** - April 14, 2019 at 12:00 AM

JD

“ Joe Debe posted a condolence *Deepest condolences to the entire Leistner family and Ken's many friends. Ken was a special person. I feel fortunate to have known him. He will be sorely missed.*

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**Joe Debe** - April 13, 2019 at 12:00 AM

LH

“ Latif Hughes posted a condolence I would like to send my condolences to the family and friends of Kenneth E. Leistner (Doc). I only met Doc one time. I talked to him on the phone a couple more times and emailed him a few more times. Through the connection with my brother David Hughes II who played football for Malverne High School I was introduced to Doc. Through that introduction to Doc, Doc introduced me to Sam and Angie Kelly and through that introduction my son Latif Hughes II got a scholarship to North Greenville University. So Me and my whole family are eternally grateful to Doc for making such a positive impact on us. My son played four years of college football and graduated with his Bachelor's in Business from NGU.  
Thank You Doc (Rest In Heaven)  
Much Love from the Hughes Family

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**Latif Hughes** - April 13, 2019 at 12:00 AM

LS

“ Lisa Schneider posted a condolence There are no words that can express the deepness of my gratitude to Dr Ken and all of his family. He is largely responsible for making my son the wonderful and amazing young man he is today. The most heartfelt of condolences to you all.

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**Lisa Schneider** - April 13, 2019 at 12:00 AM

AD

“ Arthur J Drechsler posted a condolence My wife JoAnne and I want to extend our deepest condolences to Ken's family and many friends. He had a profound effect on many and will be long remembered. We regret that we will not be able to attend today's funeral but, sadly, we are having one for my wife's brother, Nick, today.

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**Arthur J Drechsler** - April 13, 2019 at 12:00 AM

DC

“ Denise Connelly lit a candle

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**Denise Connelly** - April 12, 2019 at 12:00 AM

SB

“ Sharon Bodner lit a candle My deepest condolences to you Kathy and family. Dr Ken had a profound effect on my son Dave for the past 20 plus years. I met ken a few times a long time ago when I would drive Dave to training and wait for him. He was in Middle school. He's now married with a baby. Kens kindness and knowledge as well as his friendship has had a profound effect on Dave and I just wanted to say Thank you. You will be deeply missed. Respectfully, Sharon Bodner

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**Sharon Bodner** - April 12, 2019 at 12:00 AM

SC

“ Steve Chelstowski posted a condolence I first started reading Dr. Ken's articles back in the late '70's. I never met the man, but felt that I knew him from all the great articles and praises about him that I read through the years. I even know someone who sells strength equipment, and he always said what a great human being he was. Whenever I received a magazine in which he wrote an article, I would always go to read that article first. He was my favorite writer, and I found his articles to be honest and choc full of great information combined with stories of his life. As one who lifts in his basement, I always felt Dr. Ken was one of us. More importantly, we lost a great human being who served and loved his family and community greatly.

*Dr. Ken: a man in constant motion*

*Moss would never grow on his stone*

*If it did, he would probably try to lift it.*

*I will always remember and thank you. My love and prayers to his family and friends. God bless you Dr. Ken.*

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**Steve Chelstowski** - April 12, 2019 at 12:00 AM

TJ

“ T.S. Eschholz, Jr. posted a condolence Kathy, my deepest condolences to you and all your family. Your husband had a profound effect on my training and thus consequently upon those I have trained. I "met" Dr. Ken through the pages of MILO. Later, I had the pleasure of making his acquaintance at the initial MSU S&C clinic and then later at Kim&John Wood's & Mike Gittleson's Football Strength Clinic in Cincinnati in 2011. We then met and conversed at follow on clinics.  
My blessings to you and your family. May you feel the comfort of the LORD and SAVIOR, JESUS CHRIST both supportive in your loss and at this time of HIS sacrifice for HE is risen.  
Steve  
T.S. Eschholz, Jr.

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**T.S. Eschholz, Jr.** - April 12, 2019 at 12:00 AM

EW

“ Eddie Weinberg lit a candle My sincere condolences to the whole Leistner family. The things that I learned from training with Ken far exceeded weight lifting and personal health. He led by example. He epitomized what it means to be a role model.

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**Eddie Weinberg** - April 12, 2019 at 12:00 AM

LS

“ Lewis and Judy Stiefel posted a condolence Judy and I were very saddened and shocked to hear of Dr Ken's death. He was our chiropractor and trainer for many years back in the early 90's. He was hard core, but always supportive and good natured. If memory serves me correctly, one of his great feats of strength was a 40 rep 400 pound squat for his 40th birthday. He was an inspiration, great coach and mentor to countless athletes and those who just enjoyed lifting. The weightlifting world has lost a legend.

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**Lewis and Judy Stiefel** - April 11, 2019 at 12:00 AM

RO

“ Rohan posted a condolence I posted a Condolence a couple of days ago but it was remiss of me not to comment on Doc's unique character and his passion for training that was so infectious and enduring. You never knew what you were going to get when you asked him something - his replies ranged from literally a single word ('no') to essay length. When I asked him what equipment he had at home, I expected a brief summary. Instead he not only listed everything but included the specs of every custom-made item including colour, measurements etc! I've got every one of his emails saved. He kept encouraging me to be consistent in my training and to work hard in life generally; again, part of his massive influence. I was happy and honoured to be able to send him a rugby jersey of our local team, which happened to be in purple, his favourite colour I believe. And his stories! One of the best I remember was of his time chopping and logging wood (in Maine I think) and after a hard day's labour still continuing to train out in the middle of the woods, and using toothpaste and rice for dessert! Doc was certainly one of a kind.

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Rohan - April 11, 2019 at 12:00 AM

DV

“ David Vass posted a condolence Doc was a truly great man and I don't state that lightly. From an initial letter and generous response to being fortunate to visit him and Kathy over nearly 20 years ,I feel blessed to have known him and be welcomed into their home. That welcome and ongoing support both with training advice, equipment and Doc patiently answering all of my dumb questions was very special to me ,and I will never forget him. Beyond just training and motivation ,Doc reminded me about the virtue of working hard and that kindness and generosity are a different kind of strength. The world is a better place for having Doc in it ,Thank you Doc

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David Vass - April 11, 2019 at 12:00 AM

AC

“ *andy carlton posted a condolence RIP Big Ken  
I know we didn't stay in touch but my appreciation for you as my  
friend in college and my workout partner endured in my thoughts to  
this very day.  
Without your help I would never have achieved the goals i set and  
still live by.  
My deepest heartfelt condolences I wish to your family and friends.  
We lost a real brother.  
Andy Carlton*

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**andy carlton** - April 11, 2019 at 12:00 AM

LW

“ *Lynda Wagner posted a condolence Ken has been my good friend  
for 60 years. He was a thread that held so many lives together.  
Words cannot express my sadness for everyone who was lucky  
enough to have had him in their lives.*

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**Lynda Wagner** - April 11, 2019 at 12:00 AM

BW

“ Bob Whelan posted a condolence I really only knew Dr. Ken in a professional way, mostly in the 90's when we both wrote for some of the same magazines and he contributed a chapter for my book IRON NATION. I also got the idea of having a puke bucket in my gym after watching a few of his training video's! It sure beat cleaning the mess! If I had lived in the New York area, I believe we would have been the best of friends. I met him when I visited Iron Island Gym with Drew Israel in the mid 90's and had a chance to speak briefly to him and see his great world class gym. I wrote about this visit in Hardgainer. A few phone calls and emails pretty much sum up our personal relationship. We really did not know each other well, but I always had the greatest amount of respect for Dr. Ken. He was a unique personality and the people who knew him best absolutely loved him. I loved reading his articles and always wish that I had the chance to go to one of his epic Thanksgiving dinners. I heard so many great things about them from many of our mutual friends. I consider him to be one of the greatest and most influential writers in the history of physical culture. He will be missed. Much respect and Rest In Peace Dr Ken.

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**Bob Whelan** - April 11, 2019 at 12:00 AM

SM

“ *Stuart McRobert posted a condolence Ken's generosity and love of the Iron Game played a vital part in enabling me to establish HARDGAINER magazine, which I started in 1989. I was a former subscriber to his newsletter THE STEEL TIP. I wrote to Ken and included the first and/or second issue of my magazine. He replied quickly and provided his first article -- for the third issue of HARDGAINER -- and a list of his former THE STEEL TIP subscribers. I sent a sample issue of my magazine to each of them, and many of them subscribed as a result. Ken was an every-issue contributor of original material for about seven years, and one of the magazine's most popular authors. He was a remarkable man. May he rest in peace.*

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**Stuart McRobert** - April 11, 2019 at 12:00 AM

NM

“ *Noreen and Bill Meyer posted a condolence I didn't know him as Dr. Ken. In fact, I didn't know his name at all. I knew him as the gentleman who sat in front of us at 7:00 Mass each Sunday. The gentleman who had a warm handshake and a welcoming smile. I was stunned and deeply saddened at hearing of his passing. Our deepest sympathy goes out to his family. Please be assured of our prayers for Ken and all of you.*

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**Noreen and Bill Meyer** - April 11, 2019 at 12:00 AM

DL

“ *Dave Langdon posted a condolence I was utterly inspired by Ken. I never met him but his ethos has had a profound effect on my 30 years of work. God Bless.*

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**Dave Langdon** - April 11, 2019 at 12:00 AM

WH

“ William Honaker posted a condolence Dr. Ken, how does one begin to say what mere words can only begin to express.  
Your uniqueness shined and helped so many,  
while inspiring, encouraging, never letting someone do less than their very best.  
You will be missed,  
though your influence will never be forgotten,  
Beyond a mentor,  
you represented the best a man can be,  
leading by example which will continue to inspire.  
R.I.P. brother and condolences to family and all those touched by your Incredible influence  
Know he lives on through the treasure of the memories  
built together that will last forever.

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**William Honaker** - April 10, 2019 at 12:00 AM

LA

“ Leonard Ancona posted a condolence My dearest reposed brother  
Never had I known of your many gifts to mankind until. DD  
commented on your departure I never knew you dear Brother  
Knowing of DD is knowing you  
You. A beautiful gift. Rest dear one  
The iron plates also salute you. At sentry  
Love you and bless you Brother Leonard Ancona

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**Leonard Ancona** - April 10, 2019 at 12:00 AM

GU

“ Guy posted a condolence You will be missed Doc. A unique man  
who left a left a positive impression with his time here. A good man.

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**Guy** - April 10, 2019 at 12:00 AM

SB

“ *Shantanu Banerjee posted a condolence Dr. Ken, the world needs more persons like you and the void cannot be fulfilled. RIP Dr. Ken*

Shantanu Banerjee - April 10, 2019 at 12:00 AM

DM

“ *Dan Martin posted a condolence I will miss you my friend.*

Dan Martin - April 10, 2019 at 12:00 AM

TJ

“ *Terry Banks Jr posted a condolence DOC! I hope you hear me loud and clear... You was one of a kind, a gift from God, and a blessing on my life and to so many other peoples lives....I Thank you from the bottom of my heart for everything you taught me, put me through, and helped me through, you always kept things straight forward and told it like it is....and with that tough Love, is what made me a stronger and wiser young man in life....may you rest easy and comfortably and make sure to look over your family, friends, and love ones while we continue to live on your forever lasting legacy....Thank you again Love you always.*

Terry Banks Jr - April 10, 2019 at 12:00 AM

TK

“ *Tom Kelso posted a condolence Dr. Ken was the epitome of what a well-rounded human being should be. Honest, hard-working, altruistic, a go-to mentor, and a true family man, to name a few. I learned a lot from him in my formative years...one of the significant few who impacted and shaped my training philosophy. He was the essence of common sense and rational training. My condolences to his family and all those mourning the loss of this fine man.*

Tom Kelso - April 10, 2019 at 12:00 AM

DR

“ *Drapers posted a condolence Doc, we love you, brother. Thank you for everything you've done for us.*

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**Drapers** - April 10, 2019 at 12:00 AM

JB

“ *Jeremiah Blankenship posted a condolence Dr. Ken has been a training icon and hero for so many, but he was a hero for his life beyond the gym as well. I read avidly and looked up to Dr. Ken, as so many did. I almost went to Logan hoping to follow in his foot steps, but ultimately chose physical therapy school. I hope I still carry some of his professional swagger into the clinic. Had the honor of meeting Dr. Ken at the MSU conference ni e years ago and he was as amazing, cool, and just awesome as I had always dreamed. An incalculable loss to strength training and humanity at large.*

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**Jeremiah Blankenship** - April 10, 2019 at 12:00 AM

JA

“ *James Applegate posted a condolence I had the pleasure of meeting Dr. Ken in Cincinnati. He was the mc at a strength symposium. I was of course star struck but he was so likable and friendly. The two football players I brought with me spoke of him to their teammates for months. The world lost a great man.*

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**James Applegate** - April 10, 2019 at 12:00 AM

SS

“ *si sweeney posted a condolence Very sad news indeed.. Ken was a legend and gentleman in the strength world and will be missed deeply by many.He will never be forgotten.. CONDOLENCES TO HIS FAMILY AND FRIENDS ... R.I.P .*

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**si sweeney** - April 10, 2019 at 12:00 AM

JF

“ Jim Figurniak posted a condolence My sincere condolences to the family and all of Doc s friends. I did not know Dr. Ken personally, but through all his great articles on strength training. Thanks for sharing your knowledge with us Doc. May you rest in peace.

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**Jim Figurniak** - April 10, 2019 at 12:00 AM

JS

“ John Stehman posted a condolence Thank you Doctor Ken for all your advice and commitment to the " strength world." We will certainly miss your presence and guidance. I am sure there is a squat rack with your name on it just waiting for you. Rest in peace, job well done!

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**John Stehman** - April 10, 2019 at 12:00 AM

BS

“ Brian Strom posted a condolence So very sorry to hear of Dr. Ken's passing. My condolences to the Leistner family.

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**Brian Strom** - April 10, 2019 at 12:00 AM

OS

“ oliver sofer posted a condolence My Condolences to the Leistner Family & God Bless All of You n6

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**oliver sofer** - April 10, 2019 at 12:00 AM

BW

“ Beau Westhoff posted a condolence A true legend in the strength game. Always enjoyed hearing you speak and share your wisdom at various clinics. RIP

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**Beau Westhoff** - April 10, 2019 at 12:00 AM

EC

“ Eric Carter posted a condolence I never met Dr. Ken - only knew him from his writings. "The Steel Tip" sits well worn on my bookshelf. He was one of the most influential people in my weightlifting career. He was a gift to me. My heartfelt condolences to the family.

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**Eric Carter** - April 10, 2019 at 12:00 AM

CM

“ Charley Maisano posted a condolence Dr. Ken is someone I can say I remember everyday. When I was told Dr. Ken had passed I was immediately stunned. Dr. Ken is someone I always wanted to be like. I used to go to the Nautilus and Hammer Strength Seminars in Cincinnati with Pat Campey and Lenny Barron. Dr. Ken would be there early to train us and others. Those were some of the best workouts ever! Dr Ken always had time to talk and teach. I cannot believe we will not be hearing from him in the future. I am sorry for the lose the family will feel at Dr. Ken's passing. I am sure there will be many friends from outside the family that will remind them of all the great things Dr. Ken did. This is a lose but we are better because he was here.

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**Charley Maisano** - April 10, 2019 at 12:00 AM

EW

“ Eric Wasserman posted a condolence I'm extremely saddened by the news! Dr Ken was an amazing person who inspired me and my friends at a young age to train, eat to grow and to be dedicated! He was an extremely positive influence in our life's and I have nothing but respect and love for him.

When Iron Island Gym was owned and run by Dr. Ken it was unmatched! He ran a tight ship, no nonsense while being caring and inviting. I truly miss those days!

My great uncle used to be his butcher and he absolutey loved dr. Ken. He used to tell me stories about what he served him while waiting on his order!

My condolences to Sol and Kathy and family.

It's hard to put in words his influence on my life but I want you to know he will always and forever be missed and in my thoughts!

Sol, not sure you remember me but "sunny D" man!

Eric

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Eric Wasserman - April 10, 2019 at 12:00 AM

DL

“ David Lemanczyk posted a condolence Ken, you were a man among men, an outstanding mentor, father, teacher, coach, trainer, chiropractor, and so much more. Thank you for everything you did for everyone you did it for. May god bless you and watch over you and your family brother. Amen.

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David Lemanczyk - April 10, 2019 at 12:00 AM

JF

“ Jerry Ferraiuolo posted a condolence I'm so sorry to hear this sad news.As the others have said Doc always took time to help no matter if you were a champion or just a guy like me trying to improve. RIP Doc.

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Jerry Ferraiuolo - April 10, 2019 at 12:00 AM

DS

“ Dr. Richard Seibert posted a condolence When I heard about Dr Ken’s passing I had the exact same feeling that Billy Crystal expressed when Robin Williams had passed... “No words, no words”.

*Although he influenced and touched so many people, I had the rare experience of working with him for about a year, right out of chiropractic college.*

*He said to me you are going to school to learn how to pass tests and get a license... Now come and work with me and learn how to be a chiropractor ! The experience was invaluable, the memories, priceless. I remember so many nights finishing a very long day in keeping hours that no one would ever think of, and then him saying “OK now WE train” !! The red vomitus buckets were always an essential !!*

*Through the doors of Iron Island Gym passed anybody who was somebody in the 1990s... Powerlifters, bodybuilders and Olympic lifters ...I ran the Empire State game trials for Long Island several times there... All lots of fun !!*

*There are many meters of strength... muscular,integrity ,character and conviction ....he displayed them all ....*

*You have trained hard, now rest well my friend ...you will always remain in our hearts and minds.*

*Dr. Rich Seibert*

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**Dr. Richard Seibert** - April 10, 2019 at 12:00 AM

TA

“ Ted Arcidi posted a condolence Thanks Ken for the great articles and inspiration...a good man who cut through the BS of superficial training to delve into lasting and achievable strength gains...

*And most importantly, from what I’m reading now , a devoted husband & loving father...*

*Ted Arcidi*

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**Ted Arcidi** - April 10, 2019 at 12:00 AM

HK

“ *Howie Kurnick posted a condolence Ken kicked my ass with a towel in front of about 300 people at a Nautilus Midwest strength clinic. Will remember him eyeballing me and knowing exactly what I had left. Will train correctly the rest of my life and think of him now and then. Howie Kurnick*

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**Howie Kurnick** - April 10, 2019 at 12:00 AM

RO

“ *Rohan posted a condolence It's with such a heavy heart that I write this. 20 years ago I sent Doc a letter expressing how influential his writings had been on my training. To me who loved the Iron Game he was almost a god. To my shock not only did Doc respond but wanted to send me a whole bunch of training related stuff. To some random kid he didn't know from Adam's living on the other side of the planet! We continued to email sporadically for a few more years, then lost touch. What Doc didn't know was that I was going through a harrowing period of my life at the time, contemplating suicide and with little hope for the future. Today I have an amazing life, with a beautiful family. It's no exaggeration to say that Doc's interest and kindness back then, when I had very little that was positive in my life, was one of the pivotal things that kept me going. Needless to say I have thought about him and his influence on my life frequently over the years. An influence that goes well beyond training. My only regret is that I will never get to tell him this. But his legacy continues to live on now that I am the one in a position to reach out and help others as he did with me with no thought of anything in return. RIP Doc. My deepest condolences to the Leistner family.*

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**Rohan** - April 09, 2019 at 12:00 AM

JD

“ Jay Dalen posted a condolence Back in 1995 I wrote Doc a letter and asked about powerlifting, training advice, etc. I wrote and sent the letter on my work stationary. I was working as a criminal investigator for a state's attorneys office at the time. Doc responded and his opening sentence asked the question "I wondered what I did to get the attention of a state's attorney in North Dakota". That was the beginning of a wonderful friendship that continued up until he passed away. Doc was always very kind and giving to both me and my family. My daughter, Carissa, had a bond with Doc as well, as she was also adopted. Doc helped me prepare for every powerlifting meet I entered from 1995 to 2019. We had many discussions about other topics as well. Doc was a coach, a mentor and a friend and my heart is breaking just thinking of a world without him in it. Doc's legacy will live on through is writings, his family, and all the good works he did. Our deepest condolences to the Leistner family. Thoughts and prayers are with you all. Jay, Holly, and Carissa Dalen, Dickinson, ND

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**Jay Dalen** - April 09, 2019 at 12:00 AM

DJ

“ Dr. Mike Palumbo Jr posted a condolence Dr. Ken was instrumental in my decision to become a DC...

*It was back in 1992 that I decided to call his office hoping he could offer me any type of advice on this career decision...*

*Not only did he take the call, but he spent almost 20 minutes on the phone answering my laundry list of questions...*

*He was so down to earth that I felt as if I was talking with an old friend...*

*Some years later Ken wrote an article that referenced a piece written by Hugh Cassidy titled ,“Compulsive Power”...*

*I was so intrigued by Ken article that I decided to call Ken and see if I could get a copy of this article...*

*About a week later I received a letter from Ken with a copy of this article, along with several others he thought I would be interested in reading...*

*Once again, his willingness to help me left a lasting impression...*

*Ken was a personal inspiration to me, I’m sure I’m not alone in this sentiment... Godspeed....*

---

**Dr. Mike Palumbo Jr** - April 09, 2019 at 12:00 AM

MA

“ Mat posted a condolence A true legend of the iron game. My thoughts and prayers are with his family. Rest In Peace Dr Ken.

---

**Mat** - April 09, 2019 at 12:00 AM

JD

“ John f Mattei, MD, DC posted a condolence God bless. RIP, Ken

---

**John f Mattei, MD, DC** - April 09, 2019 at 12:00 AM

DC

“ *Debbie Cohen posted a condolence My deepest condolences to the family of a Legend. May his memory be a blessing. XOXOX.*

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**Debbie Cohen** - April 09, 2019 at 12:00 AM

SS

“ *Starkie Sowers posted a condolence Never met Dr. Ken but feel like i know him from all the articles I've read in the last 29 years. Wow a legend and a great story of training is left behind, someone should write a book about this man. Starkie*

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**Starkie Sowers** - April 09, 2019 at 12:00 AM

BO

“ *Ben Oldham posted a condolence I was in the Atlanta airport Saturday returning from a football clinic at the University of Florida when I received the news of Dr. Ken's passing. I tried to call my wife who he had met at the SEC Football Championship but, as I tried to talk, I had to hang up. I was too emotional. Dr. Ken was one of the most caring, giving, other-centered men I have ever met. We emailed each other several times each week. It was unusual if a couple of months passed if I didn't receive a gift (usually a book) from him. I've eaten in his home several times and I must say that Ken could grill a great burger. Words cannot express how much I'll miss him.*

---

**Ben Oldham** - April 09, 2019 at 12:00 AM

AS

“ Ann Marie Singh posted a condolence To Kathy and your beautiful family my condolences. I am still in shock will miss him When he always come to see His mother Doris .he is her life. He always call to talk to her every evening at 6.30 pm came and bust her every Sunday.first thing he would say would say Hi Maa. He really love his Mother. He's with the lord now and will be cooking up his steak for all the angel . For Easter.May his soul RIP.

---

**Ann Marie Singh** - April 09, 2019 at 12:00 AM

RA

“ Ray posted a condolence My condolences to the family. Dr Ken was a true legend in strength. I did not know Dr Ken however I have read and reread his writings over the years, what a pioneer to the strength community. This is an end of an era that cannot be replaced. Please be rest assured that his legacy will live on.

---

**Ray** - April 09, 2019 at 12:00 AM

VA

“ Victor Tang (VictorsGym, Melbourne Australia) posted a condolence My condolences to the Liestner Household. Dr Ken was my mentor and teacher through his writing and several email correspondences. Through his strength training insight and wisdom, over 5000 of my past and present gym clients here in Melbourne have benefited (unknowingly). I would like to have told him that. His photograph with a buffalo bar on his back is displayed proudly on my gym wall since 2012 and will stay there for a long time to come. Thank you sir!

---

**Victor Tang (VictorsGym, Melbourne Australia)** - April 09, 2019 at 12:00 AM

JB

“ Jim Bryan posted a condolence Ken was one of a kind. Like no other, his generosity and strong will are going to be missed . Rest in peace Iron Man!

Jim Bryan - April 09, 2019 at 12:00 AM



“ The family of Kenneth E. Leistner uploaded a photo

April 09, 2019 at 12:00 AM

PH

“ Pastor Stephan & Sharon Hurkens posted a condolence Dear Cathy & Family. Our deepest condolences to you and your loved ones. We will always remember Ken for his humor and faithfulness in collecting non perishables for our food pantry. You are in our thoughts and prayers.

Pastor Stephan & Sharon Hurkens - April 09, 2019 at 12:00 AM

JD

“ John D'Augustine lit a candle Dear Leistner Family please accept my deepest condolences for your family's loss.

John D'Augustine - April 09, 2019 at 12:00 AM

DL

“ Dr Tom Lally posted a condolence I went to Logan Chiropractic School with Ken. I would like to assure his wife and family that they would be very proud of his accomplishments and leadership in our class. He was a leader in the class from day 1. He finished number 1 in the class.

*I pray that our Lord surrounds his family in His peace at this difficult time .*

*God bless you Ken*

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**Dr Tom Lally** - April 09, 2019 at 12:00 AM

PA

“ Pete Alaniz posted a condolence Please accept my condolences and prayers for the entire Leistner family. Words cannot properly express my sorrow for your loss. Dr. Ken made our world a better place through his selflessness, love of family, friends and anyone in need. Rest in Peace my friend.

---

**Pete Alaniz** - April 09, 2019 at 12:00 AM

MC

“ maggie callaghan posted a condolence So very sorry to hear of the loss of a great friend to Malverne athletics and the whole community. May he rest in peace.

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**maggie callaghan** - April 09, 2019 at 12:00 AM

BM

“ Brad Matson,DC posted a condolence Dr. Ken was the best of the best. I am greatly saddened by the loss of a great friend and mentor. He taught met what a 20 rep squat was all about. He was the greatest of all. I will miss him.

---

**Brad Matson,DC** - April 08, 2019 at 12:00 AM

LJ

“ LJ lit a candle Ken your light will shine forever in my heart, memory and your legacy will live on through me and so many others. You have touched so many lives. I was blessed the day you and Kathy came into our lives. Thank you for everything. Your Nurses, LJ and Beth

---

**LJ** - April 08, 2019 at 12:00 AM

MS

“ Michael John Stefani posted a condolence Doctor Ken was the best of the best...His Philosophy of what it was all about touched all of us...He will live forever through his Articles and his Wisdom will be there for all to see....On to your next Aventure...My heartfelt condolences to his Family...

---

**Michael John Stefani** - April 08, 2019 at 12:00 AM

JO

“ John O'Connell posted a condolence I am so very sorry for your loss, Kathy.

---

**John O'Connell** - April 08, 2019 at 12:00 AM

PS

“ Patrick Self posted a condolence Dr. Ken was a special man. He led a very interesting life at times which he got across through a typewriter or pen and paper. Sadly he will be missed but a definite guarantee he will not be replaced. Condolences to all of his family.

---

**Patrick Self** - April 08, 2019 at 12:00 AM

DM

“ Don McEachren posted a condolence Never met Ken but always recognised him as one of the greats of the iron game. Don McEachren (Muscle Beach 1960s)

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**Don McEachren** - April 08, 2019 at 12:00 AM

SH

“ Scott Hays posted a condolence Dr. Ken made a big impression on me the first time I heard him speak in 1985. That impression tripled when I spoke with him 1 on 1 to ask some questions. I got to know him over the years through the strength clinic circuit. I also found out there was so much more to the man than just trainer, coach, speaker, and writer. I learned what a giving man he was. He helped so many people. How he and wife Kathy touched so many lives, especially the young people in their community. There are only a scant few men I would say I am Honored to have known them personally. But, Dr. Ken is surely one of them. His passion for what he did, for his family, and for helping others was something special. He leaves a legacy for the many things he did, but more importantly, for all the lives he touched and made better because of his efforts. To his family and friends: I hope time will help you find peace in the many memories you have of him. He was truly a one-of-a-kind man. His influence on me will last a life time.

---

**Scott Hays** - April 08, 2019 at 12:00 AM

JW

“ Johnson Wong posted a condolence I regret not meeting Dr. Ken; however, like so many people, the impact that he left has been immeasurable. I first heard of Dr. Ken through old articles in Iron Man and Muscular Development magazines in the late 80s. I was 17 at the time and his articles really resonated with me. Through his writings his training philosophy brought not only results, but more importantly instilled confidence and resiliency for life's challenges. I went from a scared, skinny, weak adolescent with zero self esteem to a successful career as a professional fitness trainer for 15 years and now a successful career as a physician assistant where I have literally helped thousands of people all thanks to the lessons that Dr. Ken has imbued me with. It is unfathomable that such a powerful, energetic, wise man can be with us one moment and not in another moment. Many prayers and good thoughts for you Kathy, Bariann, Sol, Kevin, Greg, and the rest of your extended family.

---

**Johnson Wong** - April 08, 2019 at 12:00 AM

SK

“ Steve Kaas posted a condolence Dr Ken was a father figure and a brother mixed into one. Most of all, he was a close friend. Dr. Ken was always so giving, so full of life. He will be greatly missed. So sad for your loss Kathy & family. You are all in my thoughts.

---

**Steve Kaas** - April 08, 2019 at 12:00 AM

DJ

“ Dan Jakuta posted a condolence I heard about Dr. Ken's passing from Bill Hinbern. This is the email I sent Bill:  
“Thank you for the link for Dr. Ken's arrangements. I'm so sad to hear of his passing. Through his incredible writing, I felt like I knew him...like he was a surrogate coach for lifting and life.” I'm sure an enormous number of people feel the same way.

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**Dan Jakuta** - April 08, 2019 at 12:00 AM

VS

“ Vic Small posted a condolence Thank you for your contribution & support to those who needed it, rest easy.  
-Vic, England UK.

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**Vic Small** - April 08, 2019 at 12:00 AM

TS

“ TONY SIMPAO posted a symbolic gesture REST IN JESUS BIG IRON

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**TONY SIMPAO** - April 08, 2019 at 12:00 AM

KM

“ Ken Mannie posted a condolence I first heard Dr. Ken speak at a clinic at the University of Cincinnati in the mid-80's. I approached him, asked him some questions, and we've been great friends ever since. He is one of my most coveted mentors, and a man of strength in so many ways -- a man truly worth following. It was impossible to talk with Ken without him bringing his beautiful family into the conversation, and you could see the gleam in his eyes and feel the emotion and devotion in his words when he did. To Kathy, the children, grandchildren, and immediate family members, my heartfelt condolences. You are all on my heart and in my prayers. May the wonderful memories of Ken eventually bring you peace and solace. To the countless athletes and coaches whose lives Dr. Ken inspired, may we all carry on his legacy in our daily lives. God Bless you one and all!

---

**Ken Mannie** - April 08, 2019 at 12:00 AM

CW

“ Curtis Worrell posted a condolence 20 years ago a Dr. Ken sent our little football helmet company an email and requested to be a part. Most who emailed us wanted something, he wanted nothing but to help. My partner and I said "A little kooky but come aboard". We had no clue how this one action would change our lives so much. Ken was a human dynamo, we could not keep up with him. When my partner Jim passed away 10 years ago, Ken was right there by my side. He said "What more can I do?" Ken was always there. I thought he was latching on to us, in fact it turned out we latched on to him. Oh my what a ride. If you don't let people into your lives, you could miss out on some of the most beautiful souls GOD ever place on this planet! Thank you Kathy, Bariann, Camille and your entire family for allowing us to take a piece of Ken. It will never be wasted.  
Curtis (Jim)

---

**Curtis Worrell** - April 08, 2019 at 12:00 AM

JL

“ Jamie LaBelle posted a condolence Doc is and will always be a life and work mentor for me.  
“You can't really teach anyone anything, you can only create a situation where they might learn”  
Bless the entire family in this very sad time.

---

**Jamie LaBelle** - April 08, 2019 at 12:00 AM

DK

“ Donna Kirby lit a candle We will miss you so very much Dr Ken.

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**Donna Kirby** - April 08, 2019 at 12:00 AM

DO

“ Diane Oates-Lopez posted a condolence *My heartfelt condolences to the entire Leistner family at this difficult time. Dr. Ken leaves a unique legacy of love, strength and individuality- he truly was one of a kind. Many years ago Ken saw potential in me and helped me become a power-lifter, something I never thought possible. That training came at a difficult time in my life and helped me in both body and spirit and I'll never forget him for that. As a bonus, I got to meet his lovely family, whose friendship I cherish to this day. Rest easy Ken, you will not be forgotten.*

---

**Diane Oates-Lopez** - April 08, 2019 at 12:00 AM

JG

“ Joe Gonzalez posted a condolence *My sincere and heartfelt condolences go out to the family and friends of Dr. Leistner. Although I did not know him personally, I knew of him through the strength training and fitness community who were fans and followers. Because of his vast expertise, I was able to become a more effective Martial Artist, better athlete, and more educated about the science of strength training. RIP Dr. Ken*

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**Joe Gonzalez** - April 08, 2019 at 12:00 AM

A)

“ Angela Collins-Sammartano ( Michael & Alexandra ) posted a condolence *Dr. Ken was truly an inspiration to myself, and many others. He went through life caring about people and animals. There will never be anyone like him. My condolences to Kathy, Barriann, Sol and the entire Leistner family.*

---

**Angela Collins-Sammartano ( Michael & Alexandra )** - April 08, 2019 at 12:00 AM

B)

“ Banks family ( Terry sr , Terry jr , Nicole ) posted a condolence My condolences to the Leistner family Doc was such a inspiration to our son A wonderful man. He will truly be missed. Rip doc.

---

**Banks family ( Terry sr , Terry jr , Nicole )** - April 08, 2019 at 12:00 AM

RM

“ Rob Mastrantonio posted a condolence Dr Ken was a wonderful man. I am going to miss our spirited conversations and his unique view of the world. My deepest to condolences to his family.

---

**Rob Mastrantonio** - April 08, 2019 at 12:00 AM

DG

“ Don Graham posted a condolence This a terrible loss to Ken's family and the Iron Game family. Ken was such a strong, positive influence. He will be missed.

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**Don Graham** - April 08, 2019 at 12:00 AM

RR

“ Richard Reilly posted a condolence So sorry to hear of the loss of such a great man. A man of men, a strength that contained some gentleness and a giver of advice and wisdom to many. The world is a better place because of Dr Ken. My life has been different, because of Dr Ken (as have countless others) and I have helped many thousands of patients because of Dr Ken. Thank you sooo much.

---

**Richard Reilly** - April 08, 2019 at 12:00 AM

TR

“ *Tim Rudd posted a condolence Doctor Leister, You were such a inspiration to me, you were the best, I have learned so much from you. God bless your family. What a shame you will be missed so much.*

---

**Tim Rudd** - April 08, 2019 at 12:00 AM

KF

“ *Kevin Fulton posted a condolence My sincere condolences! This is very sad news. Ken was such an inspiration to so many competitive strength athletes like myself. He will be greatly missed.*

---

**Kevin Fulton** - April 08, 2019 at 12:00 AM

MA

“ *Mike Adolphson posted a condolence Dr Ken was one of the most generous men I have ever met. A Christmas did not go by without gifts for my entire family. He never forgot birthdays either. He helped so much with equipment design knowledge , body kinesiology and knowledge of the strength world, he knew everybody. I will greatly miss his conversation and text. Sincerely  
Mike Adolphson*

---

**Mike Adolphson** - April 08, 2019 at 12:00 AM

RN

“ RYAN NUNES posted a condolence Ken has been a HUGE influence on me since my 1st issue of POWERLIFTING USA , JUNE 1992 ! Just last Saturday March 30th , I cranked out a 20 rep set of Squats , and re - subscribed to Cyberpump , so I could re read all of the Train Hard w/ Dr. Ken ! Then throughout last week , i brought the Steel Tip ( all of them ) to work everyday , and re read all of those as well ! My twice weekly training sessions were / have been / and will be inspired from this man , and all of his great stories ! I was shocked , and am still saddened when I read John Wood's email yesterday. I could relate to him so much , because of likened life experiences . I wish his Family the best , during this terrible time , and will pray for them ! Dr. Ken touched so many lives , and he is the best , IRON GAME author on my very short list ! RIP Ken , you will NEVER be FORGOTTEN !!!

---

**RYAN NUNES** - April 08, 2019 at 12:00 AM

MA

“ Markus posted a symbolic gesture Rest in peace, strenght warrior! Miss you and your wisdom! Best wishes from Germany Markus W.

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**Markus** - April 08, 2019 at 12:00 AM

MM

“ Mitch Miller posted a condolence I'm so sorry for your loss and the strength world too. He taught many of us lessons on how to be better persons. I never met him but I loved, respected and admired the man. God bless him

---

**Mitch Miller** - April 08, 2019 at 12:00 AM

AB

“ *andrew h. bogats posted a condolence I've read tons of Dr. Kens books and watched countless videos of his. He was a tru pioneer, and cared deeply for people in trying to improvet hem to the best of their abilities. My sympathies to all his family and friends.*

---

**andrew h. bogats** - April 08, 2019 at 12:00 AM

MD

“ *Mark Daniels posted a condolence First heard of Dr. Ken back in the late 1980's through Stuart McRoberts "Hardgainer" publication. Loved his stuff. Even stopped by his gym once when driving through Long Island just to see him in person. You don't imagine someone like him ever passing away. Yet, here we are. Sad day. Huge loss. Prayers for his family.*

---

**Mark Daniels** - April 08, 2019 at 12:00 AM

DB

“ *Duccio Benvenuti posted a condolence My deepest condolences to His family.He was a great man,well known in Italy,too.*

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**Duccio Benvenuti** - April 08, 2019 at 12:00 AM

SK

“ *Stewart KE posted a condolence Thank you for your contributions to the iron game, for the inspiration, the stories and legendary strength feats. You meant so much to so many of us. Condolences to you family. RIP, legend.*

---

**Stewart KE** - April 08, 2019 at 12:00 AM

VJ

“ Vinnie Cittadino Jr posted a condolence “Life is a journey. Not a destination!” Doc’s journey may be over, but his legacy will live on through those of us he touched in his own way. RIP Dr. Ken. We will keep your story alive!!

---

**Vinnie Cittadino Jr** - April 08, 2019 at 12:00 AM

LJ

“ Leon Williams Jr. posted a condolence *Lessons In Strength and Conviction*  
“Amongst the memories of times past, I recall the lessons bestowed upon my soul by he whose teachings were confirmed with strength and conviction. Those who had the honor of beholding and living his essence, were blessed with a perception of unique sincerity. I, as do many, will cherish and hold with reverence, the memories of a man whose presence and wisdom beheld the strength to move mountains. As the heavens but open its gates to his eternal peace and happiness, let us all embrace the memories, teachings and love of a man whose life was the epitome and symbology of *Lessons in Strength and Conviction*” In Honor of Dr. Kenneth E. Leistner  
Written by Leon Williams Jr. D.OT.WC.

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**Leon Williams Jr.** - April 07, 2019 at 12:00 AM

EB

“ Eric Bryan posted a condolence Dear Dr. Ken,  
I have an email here from you from last month, which I hadn't replied to yet because I know you are deluged with messages and questions, and that you helped so many people for free, so I didn't want to risk overloading you and take advantage of your generosity. I was going to reply to that message and tell you a few things, and ask you a few things.

*I regret now that I didn't reply to that email sooner!*

*I'm in shock and as someone posted on the Ell Darden forum today, I feel as though this is a bad dream and that I'll wake up and this will not have happened, that you'll still be in this world. But now you are in the next world.*

*Even though I didn't know you in person, I know you through your writings, letters and messages, and I've read and reread your words thousands of times through the decades. I'll be reading and rereading your words for inspiration for the rest of my life.*

*Thank you for your generosity in helping me for free on several occasions. I have your The Steel Tip collection here which you sent me in January 2018 with your bold inscription: "ERIC -- You can NEVER be too strong -- DR KEN Jan 2018"*

*I was thinking of sending you a batch of 1960s R&B records to repay you for your generosity. What a shame that I've left it too late. I'm very sorry to Kathy and family. It's such a shock it's hard to know what to say.*

*Thank you Dr. Ken for helping me and so many people, and for your kindness in adopting the rescue dogs. I'm sure that all will be in balance and resolved for you in the Afterlife, and that you'll be happy and complete and looking forward to seeing all of your loved ones again. I'm sure that you're feeling good and that all is right where you are now.*

*Goodbye for now, and I'll keep reading your words.*

*Eric*

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Eric Bryan - April 07, 2019 at 12:00 AM

JS

“ John Stecker posted a condolence Ken, you are and were a true inspiration of what a father, man and friend should learn be. since I meant you you have been an inspiration. You have always stressed and told us how proud of you of your family and future family. We hit it off once you found out I and my sons were true Baltimore Ravens fans. I am truly blessed to have been your friend. I will miss your emails and our conversations!!!! john

---

**John Stecker** - April 07, 2019 at 12:00 AM

TF

“ The Roman Family lit a candle We love you.

---

**The Roman Family** - April 07, 2019 at 12:00 AM

WL

“ Wendy Lieberman posted a condolence To be authentic and kind and honest and charitable makes the world a better place. From the first moment I met Ken I knew he was all those things and more. Not only did he take my son into his home and treat him like family, he also took me along. I'm sure he would do the same for anyone who landed on his doorstep, but for me and Eric being part of Ken's family brought so much peace and joy and love. We will cherish Kathy, Bari, Sol and all the family that we are now a part of forever. Heaven is blessed to have you ken and we are blessed to have known you. You will be missed but never forgotten.

---

**Wendy Lieberman** - April 07, 2019 at 12:00 AM

LA

“ Loretta Ambrosio lit a candle I consider myself privileged to have known Doc. He was the epitome of a good man. A true motivator, friend and that person who'd always have the time to listen and care. He helped our son Eric through some difficult times and pushed him really hard when needed. Ken and Kathy welcomed us into their family and included us in their lovely Thanksgiving celebration. Just stay out of Ken's kitchen. What great memories. Ken will be missed by so many. Rest In Peace Dear Friend.

---

**Loretta Ambrosio** - April 07, 2019 at 12:00 AM

DV

“ Dom Vulpis posted a condolence Doc, you were truly a man of men. One who made this world a better place for all. Always asking what you can do for others and never taking credit in doing for others! Kathy, none of us can mend your broken heart but we surely can be there for you the way Ken was there for us all. Prayers and love to you and family, we are here for you.

---

**Dom Vulpis** - April 07, 2019 at 12:00 AM

DD

“ Dr. Mariliz Hernandez-Guzman, DVM posted a condolence Kathy my thoughts and prayers are with you and your family. Dr. Ken was a wonderful guy and lived life to the fullest. Please accept my deepest sympathies.

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**Dr. Mariliz Hernandez-Guzman, DVM** - April 07, 2019 at 12:00 AM

DE

“ Divina Esporlas lit a candle May you Rest in Peace.

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**Divina Esporlas** - April 07, 2019 at 12:00 AM

SB

“ Steve and Janet Baldwin lit a candle As we look around our gym we are so sad. There is so much wonderful memorabilia that Ken so generously shared with us over the years. Ken was incredibly special. He enhanced so many lives. We'll always love you Ken! Love and prayers for Kathy, Kevin, Greg, Sol, and Bariann.

Steve and Janet Baldwin - April 07, 2019 at 12:00 AM

KE

“ Kevin lit a candle Was always such a nice guy

Kevin - April 07, 2019 at 12:00 AM

RM

“ Ron and Rose Anne Manfredi lit a candle

Ron and Rose Anne Manfredi - April 07, 2019 at 12:00 AM

MC

“ MARION CERRATO posted a condolence I am so fortunate to have met you Ken. I did my first meet at your gym. Rich & I always enjoyed going there. You treated us like family. And Kathy helped me tremendously when i competed. You will be missed by so many. RIP

MARION CERRATO - April 07, 2019 at 12:00 AM

RM

“ Robert Martorana posted a condolence He was my life-coach, trainer, and good friend for over 31 years. I'm forever transformed for the better by this amazing man. He instilled a sense of life values, pride, and manner in everyone he met. His guidance and mentoring of my son, Will, is something he will carry with him for the rest of his life. I'll always be forever in his debt. God Bless you, Ken.

Robert Martorana - April 07, 2019 at 12:00 AM

SE

“ Susan Elwyn posted a condolence *I have known Ken for many years. Always read his column in PLUSA. Last saw him at raw nationals in Wilkes Barre. He looked great. We had a great chat. I can't believe he's gone. He was such an enthusiastic and wonderful person.*

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**Susan Elwyn** - April 07, 2019 at 12:00 AM

MC

“ *MARION CERRATO lit a candle*

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**MARION CERRATO** - April 07, 2019 at 12:00 AM

LB

“ *LJ Belsito posted a condolence Ken, You were one of a kind. Motivator, coach, mentor, family man, and friend to so many. We will miss you everyday and yet carry on your legacy and never quit. We have so much to be thankful for, and having you in our lives has been a blessing. Thank you for always being real. Thank you for helping me grow mentally and physically strong. To the Leistner family, you are all in our prayers at this difficult time. LJ*

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**LJ Belsito** - April 07, 2019 at 12:00 AM

SK

“ *Sean Kelleher posted a condolence Brilliant coach  
Inspirational mentor  
Irreplaceable friend  
R I P dr ken*

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**Sean Kelleher** - April 07, 2019 at 12:00 AM

WM

“ Will Martorana posted a condolence *In the short 5 years I trained with him, he left a greater impact on my life than I would've ever expected. He led an incredible example for me to follow and carry on for the rest of my life. I will never forget the memories we shared together. From going to competitions together to our weekly Saturday morning workouts, you will hold a special place in my heart that I am truly grateful for. I will always treasure your stories and your valuable life lessons. You molded me into the man I am today. Thanks Doc. Rest In Peace.*

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**Will Martorana** - April 07, 2019 at 12:00 AM