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MAY/JUNE 2013 • VOL. 4, NO. 3

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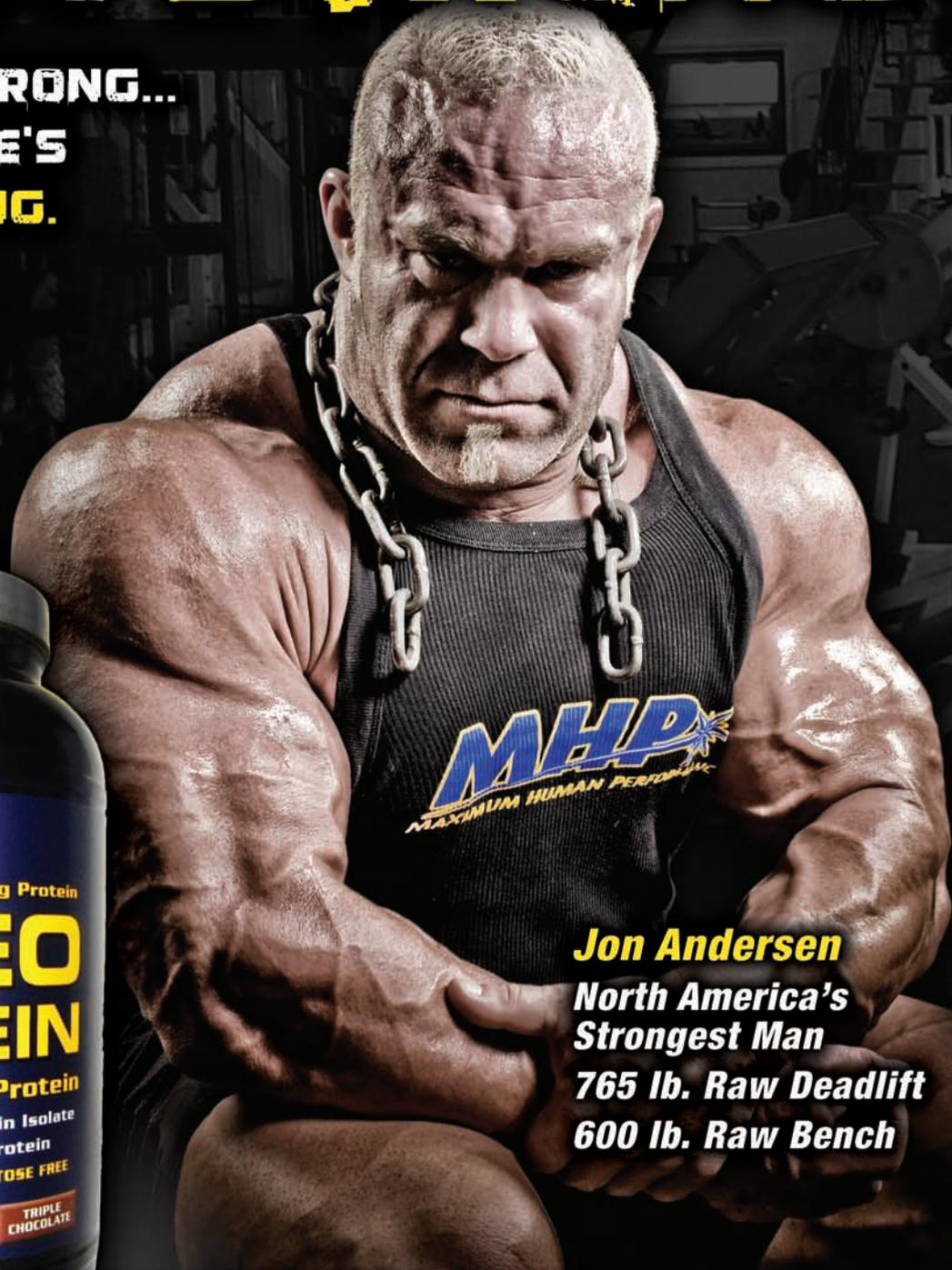


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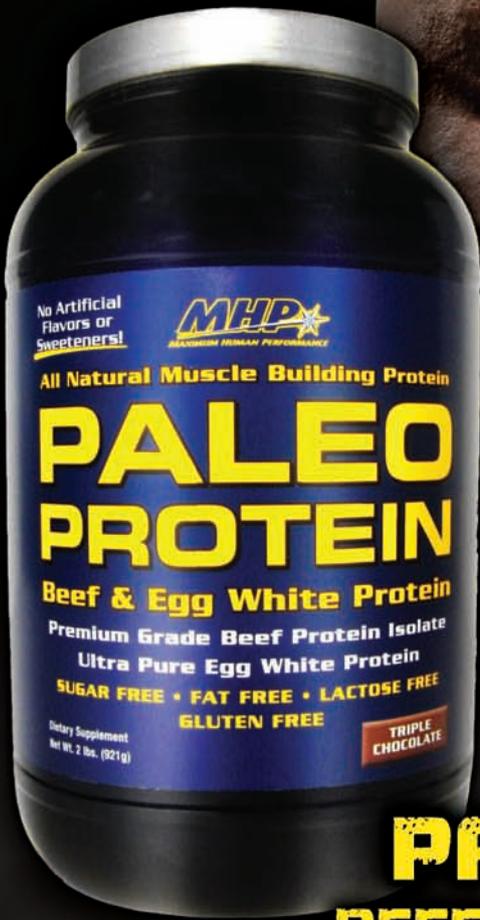
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The Lilly Issue

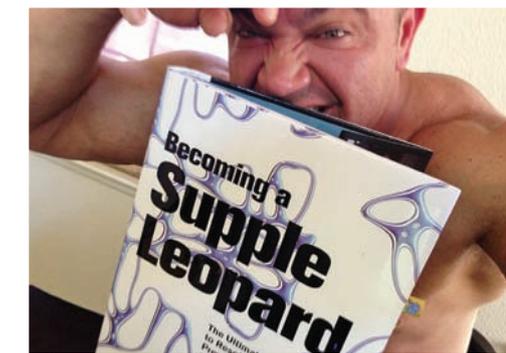
If you're not moving forward, you're moving backward. If you're not getting better, you're getting worse. Day after day, week after week, the mission is always the same: get better. And that is exactly what I'm trying to do with Power. That being said, I'm putting the call out to all loyal Power fans and Power Project Army Soldiers. I need your help. I cannot be aware of every great strength athlete in the world. I need help tracking down Belyaev, Misha, Malanichev, Yarymbash, Kirill and other strong mutants around the globe! I need someone who can reach

out to these athletes in other languages. If you've got any info or know how to contact these super strong athletes, please email me at SuperTrainingGym@me.com.

Now onto this, our 21st issue of Power!

This month's cover feature deservedly belongs to Brandon "Ole Bird Dog" Lilly.

Brandon is the inventor of a new training method that has taken the Internet by



storm, called The Cube. Brandon recently put up a 2,200-plus-lb. raw total and a 2,600-plus geared total. He's smashing these huge numbers by using The Cube, a method he has refined over the last few years. In this feature you will learn The Cube inside and out.

Deep Water 2 with Jon Anderson is not an article on swimming. It's about forcing yourself to train above and beyond what you thought your body was capable of. In this article Anderson and his lifting partners push the limits on clean-and-jerks and, yes, in typical Deep Water fashion, there is more puking.

The "Mobility Mogul" Kelly Starrett teaches us that arching up as hard as possible may not be the best way to squat and deadlift big weights. Starrett says these faulty positions (known as overextension) on the squat and dead can actually cause injury and even worse, limit strength. Say whaaaaat Doctor K-Starr? In addition, Dr. Starrett has a new book out about mobility, optimal movement for athletic performance and pain management called *Becoming a Supple Leopard*, available at Amazon.com.

Don't forget to subscribe to the Power Project for FREE at www.youtube.com/supertraining06

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Mark Bell

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POWER MAGAZINE

VOLUME 4 • ISSUE 3

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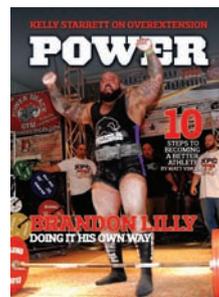
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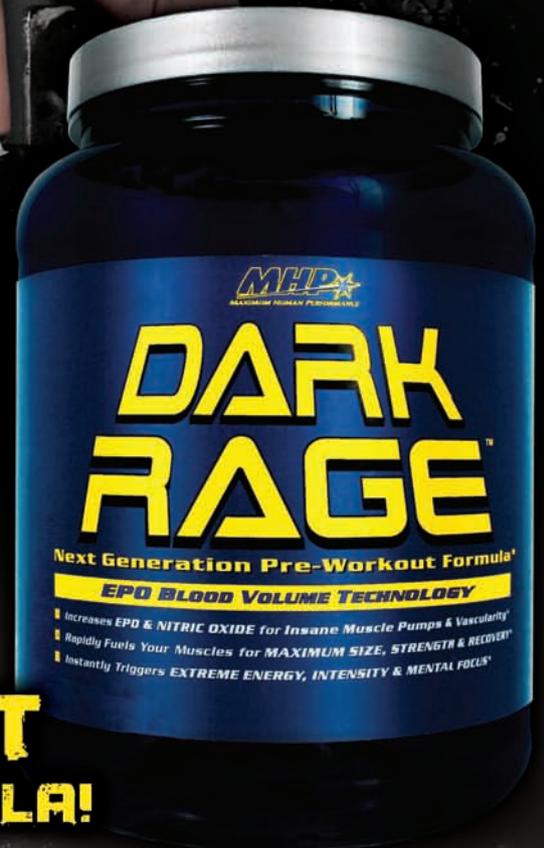
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50 Deep Water 2: Dirty Cleans

Jasha Faye is back with another tale from Deep Water Training with Jon Anderson. This time it involves power cleans and puking. Fun!

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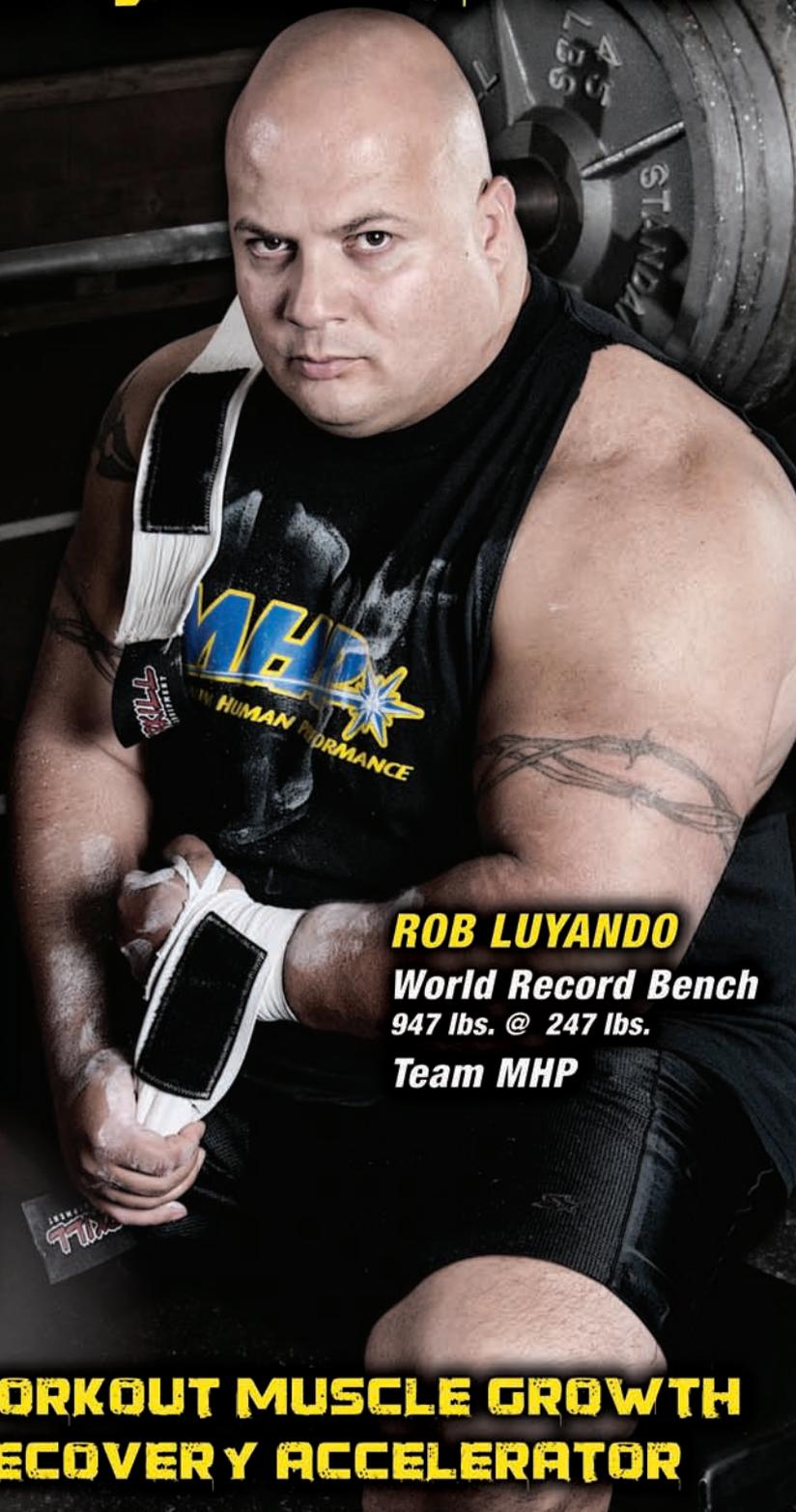
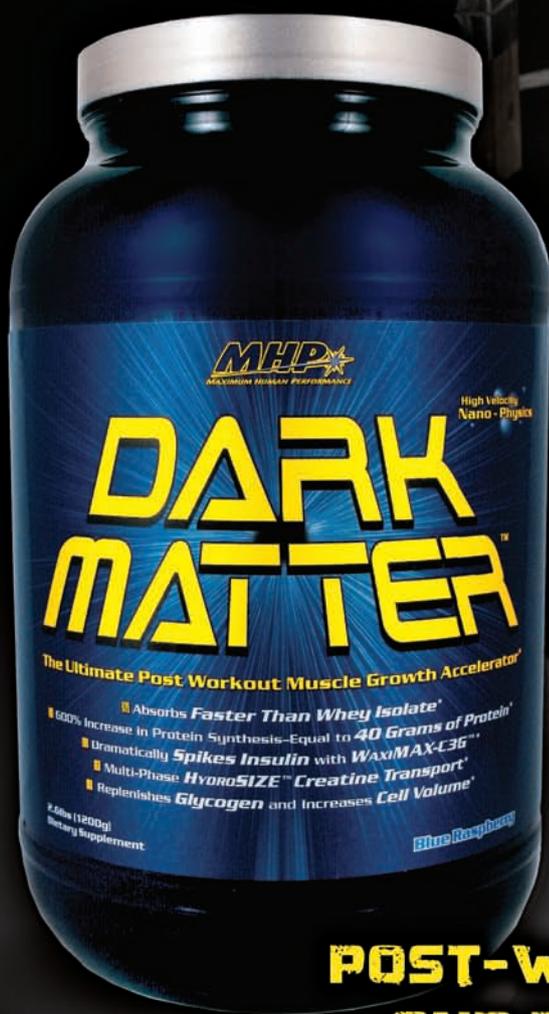
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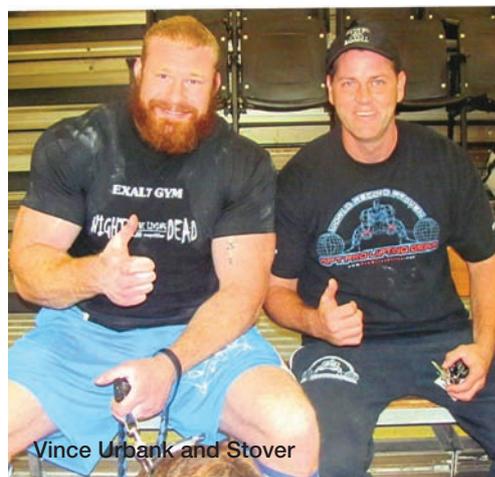
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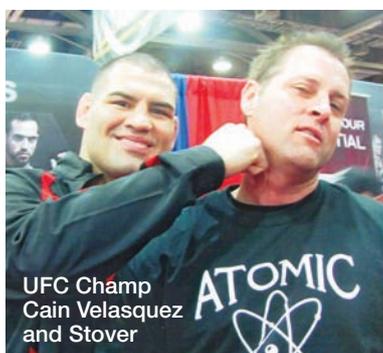
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Joe Ladnier
and Wayne
Stover



Vince Urbank and Stover



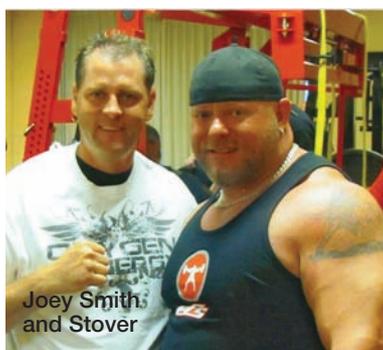
UFC Champ
Cain Velasquez
and Stover



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"Dash" Incredible



Mark Bell, Stover and Andee Bell



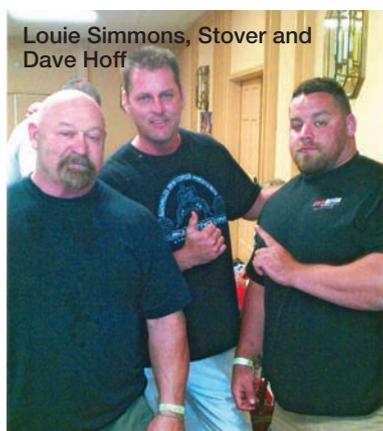
Joey Smith
and Stover



Richard "Ant"
Hawthorne and
Stover



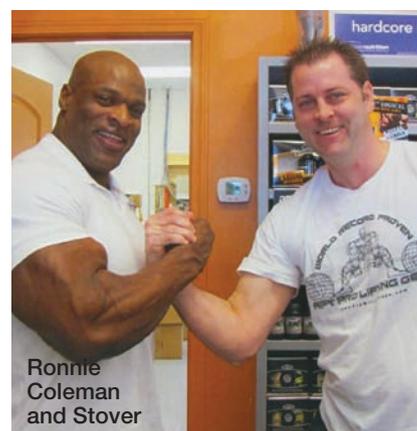
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and Andy Bolton



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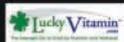
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Mark Bell and Katie Hogan



World Champion Arm Wrestler Sarah Backman



Jesse Burdick and Katie Hogan



Bell and Team MusclePharm



Mark Bell with CrossFitter Chad Augustine



Bell with Team Lilliebridge



Eric Spoto and Bell



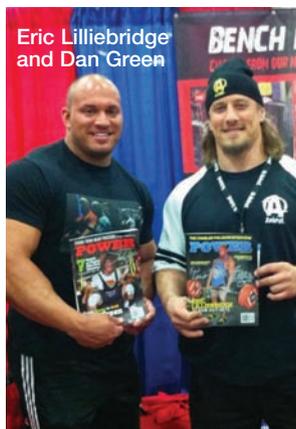
Bell, Rick Collins and Andee Bell



Bell with Ernie Lilliebridge Sr.



Bell with Brent Willis



Eric Lilliebridge and Dan Green

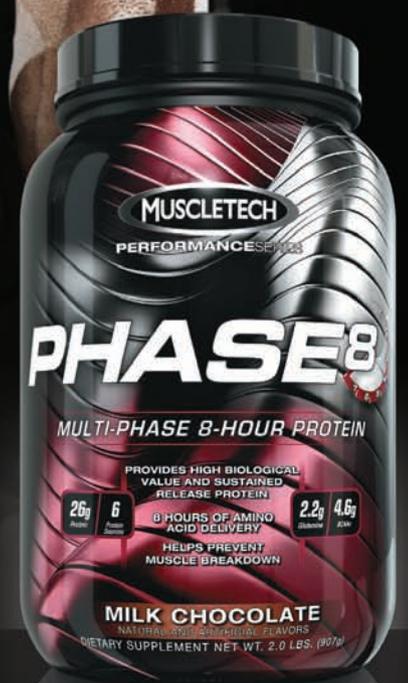


Strongman Adam Scherr, Bell, Strongman Mike Jenkins and Jesse Burdick

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KIMBERLY WALFORD



Kimberly Walford is originally from the “city that never sleeps.” She says she has two callings in life, “One is my career as a civil servant and the other is as a powerlifter.” Some may ask how she can compare your professional career to a sport, but her answer is simple: “If you have to ask, you’re not a powerlifter.”

POWER: How did it feel to win the 2012 GNC Pro Deadlift competition at the Arnold Sports Festival?

KIMBERLY WALFORD: I felt a sense of personal redemption and re-birth. I took third place in the 2009 GNC Pro Performance Deadlift Championships. I was not happy with my performance because I changed some things last-minute prior to that

meet. I took from that experience to stay consistent with whatever rituals you follow on meet day. If you haven’t tried it in the past, then doing it at a meet is the wrong time to experiment. The 2012 GNC Pro Deadlift represented my return to the sport I love.

POWER: How did your training go in preparation for this performance?

WALFORD: I reviewed my old training logs as a gauge for where to begin training for the Arnold. I sent my coach, Gene Bell, my training template for feedback. He returned it to me with his own feedback and I got down to business preparing myself for the meet. Additionally, throughout training, my coach and I stayed in phone and email contact, keeping each other updated on my training day outcomes. In turn, coach provided feedback on whether I was fine

or needed to make training changes.

POWER: How did you get started in powerlifting?

WALFORD: One of my Air Force gym training buddies, Mike Shirley, told me about a base bench press meet coming up on base. I told him that meets weren’t my thing, that I just like to lift. He finally convinced me to compete in the bench meet. I won the meet and was hooked instantly and I wanted to find out everything I could about powerlifting. I still thank Mike for introducing me to a sport that has given me so much in my life.

POWER: Where do you train?

WALFORD: Hardkore Fitness in Shelton, Conn. This place is an awesome training ground for strength athletes and fitness enthusiasts alike. I knew the moment I walked in and saw

power racks, a monolith, reverse hyper machine and Strongman equipment, I was home. Hardcore Fitness owners Lou Santella and Rose Dinice and the rest of the crew took me in like family. I'm excited to go train because I'm surrounded by supportive, like-minded people with a strong work ethic who strive to be the best in their sports and athletic endeavors.

POWER: How did you develop your technique in each lift? Give us some helpful hints as to what works well for you.

WALFORD: My techniques for my lifts originally came from years of weightlifting, as well as reading numerous research articles related to weightlifting. When I met coach, he helped me tweak my technique for all my lifts. Three of my biggest hints for technique are 1) take as few steps as possible when coming out the rack and let the weight settle before squatting; 2) In the bench, stay tight and squeeze the bar as hard as you can throughout the lift; 3) In the deadlift, get your feet set, butt down and commit to the lift.

POWER: How has your training changed through the years, and how did you find what works best for you?

WALFORD: My training, at its core, hasn't really changed over the years, I train in the 60- to 95-percent intensity range, and allow sufficient rest time in between training sessions and meets. What has changed in my training is the incorporation of sled work to help me with my explosiveness, and constantly reviewing research articles related to powerlifting training and nutrition looking for current and new information.

As far as finding out what works for me, it's been years of trial and error from prior training cycles and competitions. I also like to talk over my training and nutrition programs with my coach every training cycle.

POWER: What does your diet look



like, and do you have to work to stay at 136 lbs.?

WALFORD: If I don't eat the proper types of food and necessary volume of food, how do I expect to get stronger? I make sure no matter what day it is, at the minimum I take in 1g of protein and carbs per pound of body weight. I keep my fat intake in the 10- to 20-percent range of total calories for the day. On training days, I take in 1.5g to 2g of protein and carbs per pound of body weight. A few days before competition, I double my protein and carbs. I want to assure that I have enough energy in reserve to get me through a meet.

POWER: Give us some numbers.

WALFORD: My best lifts to date in gear for the 148-lb. class are a 418-lb. squat, 248 bench, 518 deadlift and 1,168 lb. total. My best geared lifts for the 165 class were a 418-lb. squat, 248 bench, 512 deadlift and 1,151 total. My best raw results in the 63kg class are a 314-lb. squat, 231 bench, 485 deadlift and 1,031.75 total. My best raw results in the 72 kg class are a 440-lb. squat, 235 bench, 496 deadlift, 1,068 lb. total.

POWER: How did you meet Gene Bell? What is some powerlifting wisdom you learned from him?

WALFORD: I met my coach back in 2002 at the USAPL Military Nationals. Johnny Graham told me about coach

and said I should meet him. I knew nothing about coach or his powerlifting accomplishments, but I trusted Johnny's advice. So I spoke with coach at Military Nationals and from that day on back in 2002, Gene Bell has been my coach and my friend. He has taught me so much over the years with regards to powerlifting and life in general. Three of his best pieces of advice to me are 1) Strive for perfection in execution of my lifts; 2) If you want to be successful in powerlifting, you have to be willing to put in the work, and 3) "It takes the best in all of us to bring out the best in each of us."

POWER: What are some other secrets to your success?

WALFORD: My faith in God and the support of family and friends. Also my coach, who has guided my training since the day I met him. He is not only my coach, he is my friend. I'm so thankful to have him in my life. Finally, my belief in myself and my goals. I believe that anything worth having in life does take hard work and sacrifice, and I'm willing to put in the work. **PM**

Editor update: Kim competed in the 2013 Arnold Pro GNC DL and again earned another win in the GNC Pro DL's "Wilks coeff and heaviest deadlift" category.

THESE CHICKS CAN KICK YOUR ASS... AND YOU MAY LIKE IT! JESSICA FITZGIBBONS AND JESSICA GREY

PHOTOS BY DALE SHIRLEY / WWW.DALESHIRLEY.COM



Jessica Fitzgibbons

How old are you, where are you from and what are you wearing? **Fitzgibbons:** I am 38 and grew up in Bodega Bay, Calif. I am now in San Ramon, Calif. I am wearing the LuLuLemon Heat It Up shorts and bra. **Grey:** I'm 26 years old, from Pleasanton, Calif. What am I wearing? Muscles and a smile.



Jessica Fitzgibbons, Andy Zavala and Jessica Grey



Jessica Grey and Jessica Fitzgibbons

Where do you train? We both train at CSA Gym in Dublin, Calif., under The Jesse Burdick.

How long have you two been training partners? Do you train with anyone else? **Fitzgibbons:** Jess and I have been training together for about two years. We actually met through Jesse Burdick and powerlifting. **Grey:** I feel incredibly fortunate to have her as a training partner because we push each other. I try to chase her numbers; I'm a giant in a small body. This spurs her to hit higher numbers because I'm behind her trying to catch up. I also train with Katie Toliao-Hurd, who is a Krav Maga instructor at Combat Sports Academy, and Harry Selkow, another great strength and conditioning coach who works out of our gym.

When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? **Fitzgibbons:** I feel pretty small, actually. I just know my weight-to-weight ratio is good. I think the way powerlifting meets are run makes everyone the center of attention. Every time you attempt a lift, there is always a lot of positive support. **Grey:** No, not at all. I'm too focused on lifting so I don't notice that sort of thing. I want attention for my lifts, not my looks

Are you married, do you have a

boyfriend or are you single? **Fitzgibbons:** I am married with two children, 7 and 15. **Grey:** I'm single. It's going to take a very special person to understand my lifestyle and the level of commitment it demands.

Do you remember the first time you out-lifted a boy? How did it make you feel? **Fitzgibbons:** I believe Jess and I both out-squatted the same guy in the same day. It was funny. We felt great, of course, I think he was bit embarrassed.

Tell us a little about your past and how you ended up in powerlifting.

Fitzgibbons: I've done quite a bit to get to where I am. I grew up a figure skater and turned into a hockey player at age 18. I have played competitive ice hockey for 17 years and taken home several national medals. I play men's league for fun. I also am an undefeated muay thai fighter. In my first fight, I broke the girl's ribs in the second round. I am certified through Krav Maga Alliance to teach Krav Maga and I have done many CrossFit certifications, as well as a USAW sports performance coach certification. I started CrossFit training for my first fight and, soon after, went to a powerlifting cert where I met my coach, Jesse. He said I should come out and play. I was hooked on lifting right away! Now powerlifting actually helps me as a CrossFit competitor, as well. **Grey:** I was a com-

petitive gymnast for most of my life, but I was forced into early retirement because of a back injury. CrossFit became my outlet for my competitive streak. One day, Jesse Burdick told me I was doing a powerlifting meet. When Jesse Burdick tells you to do a meet, you do it. That changed everything for me, and powerlifting became my passion.

What is your favorite lift? **Fitzgibbons:** I love to squat. I love to train with any special bar, as well! Squatting with chains makes my day. Special bar plus chains equals awesome. **Grey:** All of them have a special place in my heart, but I have to pick deadlift because I feel like a badass — and I have long arms.

Tell us about your current best lifts.

Fitzgibbons: I hold an elite total in the 123-lb. weight class. My best lifts are a 275-lb. squat, 325-lb. deadlift and 155-lb. bench. **Grey:** My current best lifts at 97 lbs. are squat at 170.75, bench at 126.75 and deadlift at 248.

What are some of your powerlifting goals? **Fitzgibbons:** My goal is to squat 300 lbs., bench as good as Jessica Gray and bump one of the girls on Jesse's board off the 123 class. **Grey:** Currently I have an elite total at 97 lbs., so I now want an elite total at 105 lbs. I'm looking to hit a 200-plus-lb. squat, 140 bench and 260 deadlift. **PM**



BRANDON LILLY

THE MAN BEHIND THE CUBE

BY MARK BELL

MARK BELL: Okay, SlimThug. First off, can you please take your bench shirt off for this interview, sir?

BRANDON LILLY: Actually I can't. I have to wear a bench shirt to sleep, eat, drive, train and compete. I got really good at concealing my bench shirt during sex. Anyway, most people don't even notice that I'm wearing one unless they are on a powerlifting forum.

BELL: Why are you so big, fat, furry and Southern?

LILLY: I'm big, fat and furry most likely because of the lifestyle choices I have made, Southern by the Grace of God.

BELL: Let's talk about this Cube Method. What's the deal? Where did the idea stem from and what problem do you feel it solves?

LILLY: I have no problem freely admitting that every single person I have trained with and every single piece of training methodology I have read have influenced the "Cube" as a method. The idea stems from remembering being a kid in the gym and wanting to get stronger, but also wanting to "feel" something, like the "pump" or physical exertion when I trained. When I was training for just powerlifting, I lost that connection. I lost any passion for the gym whatsoever, and basically lost self-respect because my numbers in gear were climbing, but I looked and felt like shit, and without the gear I was a pussy. At 300-plus lbs., I could not even match weights I squatted at 220 lbs. from ages 19 to 22.

There was no one else to blame for me being in this shape or feeling this way but myself, but I am not the type of person to keep on the same path once I realize something isn't working. So I did a 180, lost the gear and just started training the way that I used to. Basically, I lift heavy on the main movement, and then bust ass like a bodybuilder after the main movement. I started looking at my body again, and started striving to look like what I feel a lifter should look like. I remember idolizing Kazmaier, Doug Young, Pacifico, Ronnie Coleman, Jay Cutler and many other lifters. (Keep in mind that I stopped giving a crap about definitions. I don't care if you are a weightlifter, powerlifter, strongman, bodybuilder, etc. We are all lifters.) I looked at the guy in the mirror, and I looked more like Bob the shoe salesman than a lifter. It was disgusting to see myself. So I had a deadlift routine that was given to me while I was training at Westside by Sakari Selkainaho. It was a

rotation of three-week waves:

Week 1: Barbell max lift

Week 2: Speed work

Week 3: Accessory work with no deadlift barbell movement

I had some success with it, but that was as far as the guidance went. I noticed that on my deadlift day for a max I was always super-aggressive and excited about the potential to lift heavy. So, I modeled a rotation that dropped the accessory day and implemented a rep day. It took off very well, and from there I had two guys at Lexen who were training with me, Jimmy Harris and Ryan Messmer. A few others would jump in time to time, but those two were my "training partners." We decided to implement the rotation in on the other lifts as well, and I laid them out in a way that allowed only one lift to be for a maximum each week, one for reps and one for speed. We looked at where we were weak, and there was a common theme for all of us. Training raw, we were all weak in the hole on our squats, so we decided to remove the box. To maximize the weight in the bottom, we removed the bands/chains to avoid the de-load in the hole. For geared lifters, the "hole" is where your gear is the strongest and offers the most reversal power, but for a raw lifter to always have the lightest weight in the hole just didn't transfer. We used straight weight and we did lots of reps. I dropped the dynamic bench day I was used to on the Westside Method because my bench was very fast anyway. So, I dedicated to overhead presses, bicep work and calf work on Sundays as well, along with three squat variations per week, two specifically for the quads. I wanted to cover every body part and be strong head to toe. Forget the idea that we don't need to train certain muscle groups. I agree that you can get by with some of that in gear, but why? Why not just be a strong, jacked, bad mother from head to toe?

People say it's ripping off the Westside Method. Well, why would I not begin with how I trained for 10 years? I feel like that is a testament to my respect for Lou, and his method. Understand that I trained the Westside method for a really long time, and I trained within the walls of Westside. I know the program works, the results are on "The Board" alongside numerous records and champions. Dave Hoff was my primary training partner at Westside, and I have to say he shaped my outlook on training more than any individual before or since. He laid the groundwork in my mind

to understand that I could modify things for me. That the only goal I should have is improvement, and finding what works for me. That is what helped me the most. My goal was to bring my raw base up and shift back to gear later on, so I wanted to blend philosophies that worked for me when I trained for raw competitions as a kid, and then also keep some of the ideas that would benefit my journey back into the gear. When I set out to organize my own training, I started with what I knew best. I liken it to a recipe. My grandmother makes amazing biscuits and gravy, so if I want to make my own, I'd start with her base — you know? There are Russian principles, 531 principles, bodybuilding principles. It's a combination of what I know. I would like to think the method has universal appeal, as I have had numerous people set PRs in and out of gear. I myself have seen my raw numbers climb more than 150 lbs. in the squat, 50 lbs. in the bench and 85 lbs. in the deadlift in since I took the gear off, and I hit an 82-lbs. PR in gear without training in it once in 10 months. The Cube allowed me to fix my weaknesses, build confidence and produce results every time I stepped on the platform.

The "Cube Method" you see today is not perfect, or bulletproof. I am constantly working new ideas into my rotation, but the basic outline is what I care about, and I will continue to try new things. The point is to keep evolving. One thing I do know for a fact: In every person I have worked with that competes in gear there are flaws that cannot be discovered or repaired until they take the gear off. So, let's say you want to do another method for your gear training. I say that's great, but you should look at your body as the vehicle that is lifting the weights, and do a cycle or two per year out of your gear completely. It can't hurt, right? The people I have worked with that have done just that, and they have seen tremendous improvements.

BELL: I do like the idea of having some people use fewer boxes, bands and chains. However, those methods and techniques are amazing. In my opinion, bands and chains can give you a more optimal weight to produce more force on speed day. A big issue with the box seems to be proper execution. At ST we have had four guys squat more



than a grand, and we also slapped 100 lbs. on Rhino's squat with box squats. Are you kind of saying you feel the bands and chains are sometimes masking other issue or problems?

LILLY: This is what I know: In a free squat, you can easily see where a person is weak. It is exposed instantly. I found ways to "cheat" the box and bands — so my box squat would indicate one thing and my free squat was something totally different. I was a horrible free squatter because I focused on being a good box squatter. We were coached on the box squat, so that is what I worked hardest to improve. However, as my box work improved, the further my form went from

being good for competition squats.

That is me; I'm not saying it's a fact for everyone. I needed more time squatting how I planned on doing so in a meet. As far as bands and chains go, I think they are amazing tools. I don't think lifters have any business using them until they have a complete understanding of barbell movements, and have shown an ability to progress and adapt with just a barbell. The gym can be intimidating enough for a beginning lifter. The worst thing people do is throw newbies into gear and start talking percentages, bands and chains. It's overwhelming and, I feel, unproductive. I look at the Russians. They

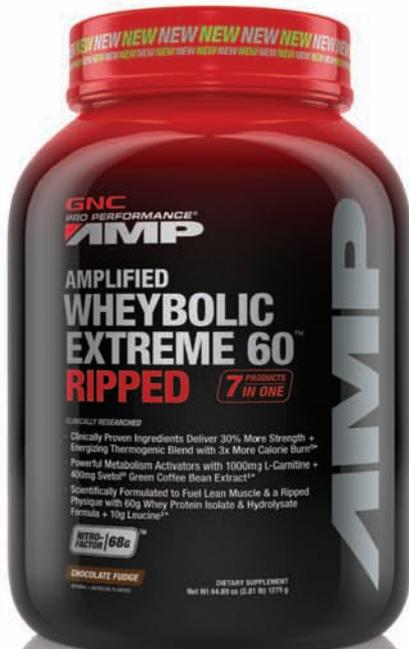


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are highly effective lifters with just barbell movements. I do feel that, for an advanced lifter, bands and chains could be a welcome change that puts them over the top, but overall I think their use has become too broad. Simplify and conquer. The box squat is not a mirror image of a free squat, especially for an unequipped lifter, so I feel like if you are going to use it you need good coaching on every rep.

BELL: Let's dig a little deeper into the Cube. I use the Cube. The first thing I noticed was that you need to be careful on your rep day. I see some lifters doing sets of five to eight where it looks like they are going to die on rep one. What would you like to explain to these people so they can get more out of their Cube rep day?

LILLY: Listen to your body and pay attention to the feedback it's giving you. If percentages don't allow you to get quality work in, then forget them. The percentages aren't written in concrete, they're a suggestion. The point of rep day is really to be an intermediate day that is supposed to build, but also help recover. There are days I'm supposed to do five sets of three, but I go in and do three sets of three. Why? Because my body says it was enough, and I got the most out of those three sets as possible. People need to listen to their bodies. I trained for six years before I knew what a "method" was. Looking back, if I had to call it something, I would call it the "train as hard as possible, go home and eat everything you can, sleep as much as possible and repeat method."

Too many people want a nice cute box to open up and be the magic potion or plan to make them successful. I've always held to the saying that "A bad plan you believe in is better than a perfect plan you don't." I get so sick of seeing guys try something for three weeks and say it is no good. I trained the Westside Method for seven years before I felt like I needed to change. People say I couldn't hang or wasn't strong enough. Well, some people die from eating peanuts. That doesn't make them a wimp, it just means they shouldn't eat peanuts. I totaled 2,000 lbs. at Westside and was damn proud to be a part of the gym while I was there, and to be a part of that history, coached by the best. About a year after my Westside days, I totaled



2,530 lbs. training the early Cube rotation at Lexen, and now 2,612 lbs. at Berea Barbell. I know where those totals stack up and they aren't near world-record level, but I've improved by having an open mind and trying new things. So, if you want to beat a dead horse in your training even though you've been stuck, that's your deal. I'm won't allow myself to do it. Take what information your body gives you, learn from it, process it, digest it. Just train. Don't get caught up in any method, just always strive to improve.

BELL: I'm happy to say my best total is better than yours, but we already know who is superior here. You have a team and many people around the country who you have helped, but I always say that if you can't help yourself, how are you going to help others? Give me an idea of some of your increases over the past 3 years.

LILLY: In the last three years I've seen my squat go from 900 lbs. legitimate, and deep at the 2009 SPF Pro Am, to a bullshit-high 1,005 lbs., then all the way back down to 800 lbs., crushing me when I moved to Lexen, then recently to a 1,008-lb. deep, legitimate squat at the XPC Arnold. My raw squat has gone from

650 lbs. to 826 lbs. in the past year.

In the bench I have progressed from 450 lbs. raw to 573 lbs., and in a bench shirt from 600 lbs. to 832 lbs. My deadlift increased from 670 to 810 lbs. For the longest time I was stuck in the mid 700s in gear, but only when I stripped the gear off and started depending on my muscles to do the lifting instead of the gear did my lifts take off. If you are stuck in your gear, just go a cycle without it and try to improve your raw lifts. Build up your weaknesses. To be exact, on April 14, 2012, I barely pulled 725 lbs. raw, and on Nov. 3, 2012, I pulled 804 lbs. That was all done on the Cube rotation.

BELL: How do you feel the Cube has helped your progression and the progression of others?

LILLY: It kept me in powerlifting. It allowed me to remove any expectations because everyone expected me to fail. I set small goals, surrounded myself with only positives and had a gym owner, Danny Dague, who said, "Do what makes you happy." That was all I needed to hear. For too long I had trained for other people. Finally I took ownership of my training. I get that kind of feedback from so many others, as well: They wanted to do something different but

were afraid to, or didn't know what to do. The Cube has opened some doors for a lot of people. As far as lifts go, I've got a few big lifters who will be competing soon. Britain just squatted 771 for an easy double and pulled 804 lbs. for an easy double. I've got beginners, women and every type of lifter you can imagine making gains. That has been the best part, hearing the stories of success in others. I have a "Cube Method Group" on Facebook, and it is just amazing. So many people there answer questions, share feedback and grow the method with their stories. I have even changed some of my training based on information shared there. The best part is that I have seen no negativity. Lots of people post videos and people give honest, constructive criticism. That may be what I am most proud of, the community it has brought together. As of right now there are more than 1,700 in that group.

BELL: I am a fan of many different types of strength. Something you don't hear much about is training time. I like geared lifts and I like smashing big weights in gear, but good lord does it take a long ass time to train in gear properly. Give me some of your thoughts on training economy.

LILLY: I think gear slows things down a lot, but I agree with Lou wholeheartedly that around the 45 minute mark your free testosterone starts to plummet, so you better have the bulk of your training done by then. At Berea Barbell we strive to be done in less than an hour. With abs and chit chat we are in and out in an hour and 15 minutes. Not to go on a rampage about different types of strength, but powerlifters have been extremely mislead about how strong we are. If you want to talk about real strength and where some lessons could be taken from, look at the world of Strongman. Those guys are animals on every kind of lift you could imagine, and they train their asses off. There is no universally accepted method for them, they just train. Look at my favorite lifter, Mikhail Koklyaev. He's world-class at weightlifting, powerlifting and Strongman. Maybe if we stopped with all the definitions, we would actually start getting strong in all areas. Another is Krzysztof Radzikowski. Learn that name. Why? Because if he ever chose to stop making money and being

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a dominant Strongman, he would kill the powerlifting records for 308 and probably 275. He competes from 290 to 305 lbs. and boasts best squats of 826 for a triple with no wraps, 600 bench for an easy double (also claims 640 as a 1RM), a 930 deadlift with straps and an 887 pull. Not to mention he looks like, with a contest diet, he could be on any bodybuilding stage in 12 weeks. Michael Sydorichev, Jon Anderson, Mariusz Pudzianowski and many more just like them. They could literally walk into a powerlifting meet and destroy some egos.

BELL: Would you say most people would be worse off going too heavy, as in missing some lifts, than they would be just sticking to lighter weights that they can actually lift correctly?

LILLY: In America we get too focused on the PR. For some reason, we only see a PR as progress. But what if it is performed with crappy form? Then where does your form go in pursuit of the next PR? It's not going to magically correct itself overnight. I adhere to this quote, which I read in a Sheiko article: "In Russia we search for perfection in form, because perfect form is the only way to new levels of strength." They work their technique to be the most efficient so the weights become easier, rather than worrying about PRs all the time. I'd tell someone to shut a workout down early in the name of good technique rather than hitting a PR with bad form any

day. Some say speed kills, but technique keeps you healthy, strong and gaining.

BELL: I hear a bigger shift toward technique especially because it appears that, over the last few years, thousands of newbies have started to embark on some type of strength training protocol. Why should I care so much about form?

LILLY: To put it mildly, technique is everything. Think about a golf swing. If you mess up even a little bit, the ball goes everywhere but the way you want it to. The results/feedback isn't so immediate in powerlifting. You can get away with bad technique for a long time before injuries occur or progression stops. Take the time to learn to do things the right way, and practice it every time you train. Too many guys would give up form for five more pounds. But as I stated before, where do you go once your form breaks down? How do you expect to hit new PRs with worsened technique? It's not only wrong to think you can, its madness. I am working with a client who had developed some of the worst habits I have ever seen in a lifter. She was a raw lifter training with a group of geared lifters. Instead of realizing the difference they had her training raw, like a geared lifter (sitting more back than down in the squat, raising her head and tucking severely on the bench, etc.). So we began by working only with weights she could perform exactly as I wanted to see them. And in 20 weeks, she not only surpassed her previous PRs, but she was smashing them. So again, technique can be everything.

BELL: Okay, you convinced not lift like a slob. What are some ways I can work on getting "tighter" and improve positioning so my form can be better?

LILLY: Time under the bar with weights you can actually learn and grow from. Stop testing and start training. If you continuously put maximum loads on a lifter, over time they will break down because they cannot recover fast enough. The pressure to PR over and over becomes too much, and injury or technical breakdown occurs. You and I have spoken about the recovery aspect of the Cube Method, and how you always feel "fresh" and ready to go. That is because you are building new muscle, giving your CNS time to restore itself and come back better. Your body has to accommodate to the ever-increasing load. So keep

your goals realistic and in sight. Have people you trust coach every rep you do if at all possible, and videotape yourself. Compare what you see to top lifters and find “cues” that help you to remember to lift better. My guys yell, “head up, chest high,” in the squat, and it helps me emphasize those areas that are commonly fail points in my lift. No one will be perfect from day one, but with a dedication to all the little things – and patience – you can surpass a lot of people who fizzle out by making mistakes over and over.

BELL: Give me a few cues and a few exercises to improve my form on the Big Three.

LILLY: Here are the cues that help my team the best:

SQUAT	BENCH	DEADLIFT
Head up	Pull the bar apart	Squeeze the bar
Chest down	Head down	Get your air right
Sit down (raw)	Raise (belly to the bar)	Keep your head neutral
Sit back (gear)	Squeeze (quads into the bench)	Glutes! Glutes! (fire glutes at lockout and don't hitch)
Knees out		

BELL: I'm going to shout out some common default positioning and weaknesses, and I want you to tell us how to fix it with as few words as possible.

Problem solving the deadlift: Lockout: Moderate rep, moderate weight block pulls, band pull-throughs, and front squats.

Strength off the floor in the deadlift: Get your legs more into the lift. Imagine you are squatting the weight. I do all my training pulls standing on a 1- to 2-inch block. I only pull from the floor at a meet.

Grip: Nothing will build your grip like rep work on a knurled up deadlift bar. Never let go.

My butt shoots up first before the weights leave the floor: Refer back to what I was saying about “squatting the weight up”. A quick fix is to put a Safety Squat Bar on their shoulders and have them deadlift. After eating the floor a time or two, they will start to make changes.

Problem-solving the bench: Lockout: Close grip board work for reps. It doesn't have to be maximum weight, just good heavy high rep work.

Power off chest: Spoto told me to start pausing an inch off the chest, and this made a huge difference. If you can,

a bow bar is great for this as well.

Shoulder pain: Lots of range-of-motion work with light bands. Warm them up slowly and realize that an ounce of prevention is worth a pound of cure.

Elbow flaring out too much: I have people do palms facing dumbbell presses to strengthen the muscles that are lacking.

Problem-solving the squat: Speed out of the hole. I think people need to lose the box and start building up their bodies to drive out of the bottom. How can you expect to be the most powerful in the hole if that is where the weight is the lightest? Keep your weight constant and actually break parallel. Squat deeper than you have to. You will thank me when your squat PR happens.

Rounding over: Arch-back Good-mornings. I think people are afraid of GMs because they were told the only way to do them was with a million lbs. for maximum effort. Think about what you are doing. You are trying to fix a problem, so lower the weight way down and do rep ranges that will build muscles that will allow you to stay upright. Again, build, don't test.

How to force your knees out: I think the Hip Circle you have invented is a great tool to teach this when warming up, or just put a band around your knees and squat your body will reflex against them and learn to push out.

How can I stop having my butt shoot up: Lower the weight for a little while and fix hip and lower back strength. This usually occurs when people chase weight, not form. Just back it down for a few weeks, perform perfect reps with a weight you can manage, then start working back up. It's all about dedicating to the things you don't want to do, but they are most often the very thing you have been missing all along.

BELL: When you competed at ST and won the Back Yard Meet of The Century, you were large and in charge (aka bloated.) You and I talked, along

with Jesse “Mega Mind” Burdick, and you decided to get some diet help. How did that work out for you? How do you feel now?

LILLY: When I started this sport, I had two goals: look like I lifted weights and be strong. On that day last November I was very strong and extremely proud of the weight I lifted, but I looked at a picture of me with Jesse Rodgers after the meet, and I was embarrassed. I realize I had some meet bloat going on, but I was ashamed of how I looked. I did not set out to look like that. I had to take a Lasix the night before the meet just to breathe and sleep properly. I was so bloated I could hear the gargle in my breath (pulmonary edema) and I couldn't walk 100 feet without my back cramping and my feet swelling beyond control. I got really down on myself, then I got mad – and that's when you guys stepped in. You probably saved my life, at least in the short term, because I was just going to keep on gaining. We set out with a plan of doing CarbNite with some modifications, and set a goal of being 300 lbs. (down from 332 in November) by Jan. 1.

To say I was shocked by the results would be an understatement. Not only did I hit my goal of 300 lbs., but I slept better. I could run, walk, dunk a basketball, hike the Pinnacles in Berea, Ky., (one of my favorite pastimes growing up) and I had abs. I looked like a lifter and was still strong. So I stayed around 300 until February. I had the Animal Cage coming up, the XPC the next day and the ST March Madness Meet two weeks after that, so I needed to get game ready. I modified my diet to where I still ate very clean, but if I had a craving I would only indulge it after my clean food was eaten. This resulted in 320 lbs. of lifter that looked great, had abs, could still run and do “normal” things. I damn near had a PR day across the board. I just missed my PR squat and injured my shoulder on my PR bench attempt, but I felt stronger than ever. I carried little to no bloat on meet day, and I did it with food. No supplements. My meet cycles were identical, so the only variant was clean food vs. crap food. I am a huge believer in dropping down 5 to 10 percent after a meet, then rebounding up. I'm currently on my way to 295 lbs. Now I'm losing weight the right way, and slowly will have no impact on my strength like



crash dieting. To me this is what allows me to do so many lifting events close together and I feel 100 percent recovered. Food is king, if you ask me.

BELL: Do you have any new Cube stuff that has been effective?

Have there been chunks of feedback that have been implemented to make the Cube even more efficient?

LILLY: You would not believe the feedback I get. So many people on the Cube group on Facebook page give great advice. For example, one of the changes on the bench program is that guys are doing lower reps with higher weight and finding tons of gains. On the bodybuilding day, guys are leading with military one week, followed by close grip bench as a second movement, and then the next week they lead with the close grips and follow with the military. Not everyone in the group posts, but imagine having a third or more of that number posting frequently about things they have tested, and seen succeed or fail. It's amazing.

The main thing that doesn't change is the rotation of the heavy, rep and explosive days. Within that rule, anything goes. I am working on a second book

that shares specific outlines tested by individuals. I trust these people to give honest feedback, and when they post something people will try it out and give their feedback. It's a blessing for me to not be the only guinea pig.

BELL: You have convinced thousands to try the Cube (including Ed Coan). Give us a "William Wallace speech" to inspire us all to hop on the Cube train.

LILLY: The Cube kept me in powerlifting. It gave me hope, and self-belief when I had lost all confidence. I gave up everything to succeed in this sport, and I damn sure wasn't going to give up without listening to what my heart said. I believe in the Cube Method, and I believe in the people who have taken the time to message me and tell me that they are seeing gains again. I started this process to help myself. People paint themselves inside of a box, or an idea and they don't want to admit failure. Sometimes admitting failure is the only way to reverse the downward spiral. I gave 10 years of my life to training the Westside Method, and if Louie were standing before me today, just as any time I see him, I would

thank him for taking a chance on me. I just hate that I didn't hold up my end of the bargain. I totaled 2,430, 2,465 and 2,500 while at Westside. I won the Sweatt Shop Bench Contest in 2010 and got to train with some of the greatest lifters this sport has ever known. But for me, I had to close that chapter to really allow myself to move forward. I had to find a way to pick myself back up, and that was in raw powerlifting. I was a pretty good raw lifter back in my younger days, and that is what I remember being fun and carefree. So, I went back to that. I knew one day I'd come back to the platform of multi-ply, but for a while I just needed to do what felt right. So if you are out there, and what you are doing leaves unfulfilled, angry with your spouse, alienated from your friends and family, let me tell you there is a balance. It can be found. You just have to make the adjustments to make you happy and successful. I don't care what method you use, just strive to be the best you can and enjoy this awesome sport. For 10 years I thought I had to be someone I wasn't, and now that I do things my way, I realize that I was a pretty damn good lifter all along. I just forgot how to have fun.

BELL: Give a parting shot that gives all the basic tools to be strong, jacked and healthier.

LILLY: Do what makes you happy. Take the focus off always getting stronger. Take some time each year to focus on leaning up and eating healthier. Remember no matter what you do, whether it is perfect diet, drugs, training, etc., the number one hurdle to greatness is time. Don't always rush the process, take the time to digest what you are doing and enjoy the journey, because it can be over in an instant. At the end of your life, who is going to really care what you totaled? Do this sport for yourself, set small achievable goals, set mid-range goals and set goals you think are absurd, then get to work at chipping away at them. Consistency and time will be your biggest ally. Lastly, never believe anyone who says you can't. I started at 6 feet, 170 lbs., and now I have done things people used to laugh at me for saying out loud. Never feel for yourself, and never give up. You do that, and you have laid the cornerstone for being a champion. **PM**

OVEREXTENSION WITH KELLY STARRETT

BY JEFF "ROBOT" IRION

*In case it hasn't been brought to your attention,
There is an epidemic of overextension detention.
Although it may be the common convention,
It's not the right way to generate tension.
So please turn off your apprehension
And turn on your reading comprehension
As Kelly talks strength and injury prevention.*



Standing Neutral

Standing Overextended

Squatting Overextended

Squatting Neutral

What is overextension?

The real question is, what is the best position of the spine to generate force? When we see people leave that ideal positioning and move toward a more extended position, that's my definition of overextension.

We're looking at the relation of the sacrum and the pelvis as it relates to the lumbar spine. People feel comfortable with and train themselves to think that bone-on-bone is a good position because it is a mechanically stable position. That's why for many it's sort of a default position. However, it is neither an optimal nor a safe position.

Why do so many people default into overextension?

It's a default position because your body is always going to have a work-around so that you can continue to move. I've used this example before, but kids with damaged motor control systems have a diagnosis of cerebral palsy. But those kids walk just fine, despite collapsed ankles, knee valgus, hip impinged internally, lumbar spine overextended, etc. We confuse the default position that allows us to continue to move and work and survive with the optimal position.

Is overextension really that big of an issue?

The real issue is, how did Louie Simmons break his back twice? Was the load too heavy, or did he have bone-on-bone contact? When you've got bone-on-bone contact, eventually something is going to break. As another example, if you've got an overextended football player crashing into opponents, eventually he's going to end up with a loose ligament structure. This is the mechanism of spondylolisthesis, where one segment starts to slip past the other segment.

What problems does overextension cause?

Bone-on-bone is the mechanism of stenosis, pars fracture, herniations and spondylolisthesis. I see a lot of yogis with lots and lots of herniated disks. Do you think those yogis are hanging out in too much flexion, or too much overextension? People forget that coming out of overextension into neutral is the same thing as flexion.

When you're overextended, your abdominals don't work well. Your lower back doesn't work well. Your pelvic floor doesn't work well (in fact, at all). And your diaphragm doesn't work well. It's not an accident that the best position to jump in is the best position to squat in. We see a whole host of dysfunction, and what it comes down to is that when the body is in poor position, it doesn't function very well. I call this positional inhibition.

OK, so the body doesn't work well when the spine is overextended. What implication does this have on squatting?

One of the problems I see is at the bottom of a box squat. People don't understand that once they initiate the squat, there can be no more change between their pelvis and their belly! Initiating the squat by overextending induces a shear moment across the nervous system. People forget that their brain literally comes out of their back, and even their butt. So when you close the joints on the spinal nerve or you kink the physical nervous system by creating local overextension faults, your body responds in kind by decreasing your force production capacity.

Furthermore, if you're box squatting and you hit the box and stand back up, and you're overextended, that is no rep. Squatting is fundamentally a stimulus of loading without defaulting to bad spinal mechanics. Everyone agrees that pulling with a rounded lumbar spine is bad, so why should squatting with an overextended lumbar spine be any different? And if you don't agree about pulling with a rounded lumbar spine, give me a call when your grundle goes numb and you cough and pee yourself. You know what's funny about that? Nothing.

Thus far you've focused on the ef-

"ONE OF THE PROBLEMS WITH TILTING THE PELVIS FORWARD WHILE SQUATTING IS THAT YOU INHIBIT A LOT OF THE FUNCTION OF THE HIP MUSCULATURE. THIS MAKES IT IMPOSSIBLE FOR YOU TO STABILIZE YOUR SPINE UNDER LOAD WITHOUT DEFAULTING TO THIS MECHANICAL BONE-ON-BONE POSITION."

facts of overextension on the spine. What about the hips?

This early fault in the pelvis, when people initiate the squat by overextending, is also responsible for a lot of the hip impingements we see. People are preemptively closing off the distance between the femur and the pelvis. The reason why people tilt the pelvis early is because it ensures that the low back is tight and it allows them to feel tension on their hamstrings, since they have lengthened the hamstrings by tilting the pelvis forward.

One of the problems with tilting the pelvis forward while squatting is that you inhibit a lot of the function of the hip musculature. This makes it impossible for you to stabilize your spine under load without defaulting to this mechanical bone-on-bone position. Sure, this position feels functionally stable and it works fine. That is, until you start injuring yourself and realizing how much force you're compromising. You get tired of your low back aching. You wonder why you have to have hip surgery and why everyone is getting stronger except you. Functional means you can wash your hair and do your bra strap. Where is optimal? What is the best position?

So we've heard about the problems of overextension. What's the solution? What should we be doing?

If you think about it, there are three mechanisms for stabilization of the spine, and this is why this overextension fault is a problem. 1) Squeeze my butt as hard as I can to set the position of the pelvis. 2) The abs brace the position of the spine, I pull my rib cage

down and get stiff. 3) I screw my feet into the ground (Mark Bell pretends his feet are on dinner plates). No. 3 creates tightness at the hip, which stabilizes the pelvis. That's why box squatting feels like you're squatting on your hips, not your hamstrings or quads. If I do No. 3, then I tend not to impinge my hip and my hamstrings can do their job, which is stabilizing my pelvis and moving the body (they get a little help from the hip musculature).

If we take a closer look at Mark's cues for squatting heavy weights, the first thing he does is squeeze his butt as hard as he can. That brings his pelvis into the correct position with regard to the lumbar spine. We don't worry about over-tilting in the other direction. If you stand up and squeeze your butt as hard as you can, you now have your normal lumbar curve in your lower back. If you put your arms overhead in that same position (like Mark does when he reaches for the Lucky Charms off the high shelf) and you turn your butt off, you'll see that you have a lot of forces pulling your lower back into an overextended position. You have one joint in your lumbo-pelvic complex that is designed to handle freakish flexion and extension loads, and that is your hip joint. Your lumbar spine is not designed to handle these flexion/extension loads. The question is, how many hip joints do you want to have to manage?

OK, we need to squeeze the butt, brace the abs, and activate the hips at the start of a squat so that we can properly stabilize the spine. Now what? You've said that initiating the squat by overextending the lower back is bad, so how do you coach lifters to initiate the squat?

What I do is the 6-inch squat drill — especially when we're trying to use lifting as a way of developing athleticism. Keep in mind that very few people are powerlifters. Athletes and regular people are squatting to make their lives better. So we'll have the athlete get tight, create hip torsion and brace their abs and go slow for the first 6 inches. As soon as we add speed, people ditch the external rotation and go into extension. You can see this definitive spinal flinch happen. Powerlifters who squat 1,000-plus lbs. don't do this. Their first 6 inches are

immaculate and they descend under control.

Ultimately, the two initiation faults that I see are 1) people don't correct their positioning and 2) people default back into overextension. The best way to correct this is the box squat, and I coach it from the bottom up. I have people shove their knees way out and they feel how tight their hips need to be wound up.

Jesse Burdick has two great things to say along these lines. One is that tension in the hip is safety. You always need to be moving toward tension in the hip. If you create tension there, a lot of this overextension fault dissipates due to the biomechanics of the hip. The second thing is that people don't realize how much force it takes to keep that tension during the motion. Imagine that you're compressing a spring and that you have to work to keep that spring compressed, otherwise it's going to push back. It's not about compressing the spring a little bit, it's about keeping the spring maximally compressed.

What do you think about squatting with a band — or better yet, The Cir-

cle by Mark Bell — around the knees as a means of teaching the lifter to create hip torsion?

Honestly, a lot of the problems we see are a result of athletes not knowing what to do, so the first thing we need to fix is this motor control concept. Does the athlete know what to do and can he do it? It's not a soft tissue issue, it's not biomechanics, it's a software issue. We're not using the bands to create strength. They're just not that strong. We're using the bands to drive the motor learning. Full squatting with a band around the knees to create torsion is legit. Monster walks are less legit.

I'm a long time overextender main offender. For squatting, I've found that looking down helps to cut back on the overextension, and I hate when people yell cues at me like "head up" and "arch." What do you think of these cues? What cues do you use when coaching lifters on the squat?

We'll have them look up with their eyes, but we consider the neck as part of the spine too. So my advice is always

to ask, "Why is the cue being given?" Looking up and breaking the neck causes an entire change in the kinetic chain and makes it easier for people to overextend. Just watch any figure skater or ballet dancer and you'll see what I mean. When you throw your head back, you throw your pelvis back. When we say arch, we mean to arch into that braced, neutral position. The reason your abs work so hard in the deadlift is that they're trying to keep you from exploding your spine in half!

One of the problems is, some of our powerlifters are a little bit stiff in the upper back. In fact, they're stiff all over, except in overextension of the spine. So sometimes the cues we're giving those guys are to arch or brace against their already stiff musculature. Going bone-on-bone gives you nowhere to go because you're already at the end range.

You've used Mark Bell as an example of good squatting mechanics, but let's be honest: Mark is ugly and no one wants to look at him. Give us some other good examples to follow.

Watch the best powerlifters in the

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world. When they go to squat, they will unrack 1,000 lbs. very deliberately. They'll take it out of the rack with their knees forward and back upright. These athletes have figured out that you can squat more out of a Monolift because it allows you to have optimal spine position. Notice how long it takes Donnie Thompson to unrack a weight. By staying upright, these athletes are able to reduce shear forces on the spine and lift heavier loads.

The Chinese Olympic lifters have figured out the same thing. They've found that when snatching 170-plus kg, a vertical torso minimizes shearing forces on the spine. These are the same shear forces we encounter with overextension. Our goal is always to minimize shear forces on the spine.

Does all of this apply for the deadlift, as well?

Yes, the same spinal position is true for pulling mechanics. A lot of people don't understand the concept of how to tension with the knees. Andy Bolton is probably the best in the world at this. He keeps a flat back and moves

his knees forward and back to load the hamstrings. Most people don't know how to tension with the knees, so they tension from the back. If they start to pull and the first thing that happens is their back goes into further extension, this is a broken deadlift. Kettlebell swings, overhead press, it's all the same. Your spine does not change position under load. I don't care how strong you are, if you look like a broken stripper, no one respects you (except your spinal surgeon). And you'll probably have to hold Mark Bell's trophy while he kisses your girlfriend.

What are some exercises, mobilizations or other strategies to help us get out of overextension detention?

Most of the time we see short anterior structures (anterior hip capsule, rectus femoris is stiff, QL is tight and stiff) and the athlete doesn't even know. This is chiefly a function of poor positioning and poor motor control. People don't know what to do because they've never been coached to do it correctly. Also, stop sitting. This is killing you and causing this problem. If you sit for 8 hours a day and

stand up and find that you're wearing overextension pants, you deserve it. Athletes don't sit, ever. They should either be sleeping or squatting.

Also, go to Mobility WOD. Learn how to move without breaking your spine. Often the upper back is very stiff and you can't arch there, so you have to arch at the lower spine. Most people are stuck in a little bit of thoracic flexion (just ask Mark Bell). So if you can't extend at the thoracic spine, you'll have to extend somewhere else.

What's the take-home message?

People have to play the long game. Squatting well is very difficult. We like to say, just because something is harder at first doesn't mean it's not better. You may have a big squat, but your broken pelvic position is a chink in your armor and you've got to fix it.

To ignore this fundamental problem is like ignoring the type 1 error. Everything you do after losing your spinal position is compromised. Don't believe me? Load 1,000 lbs. on the bar and tilt your butt back and see how it goes. Hell, do it with 500 and you'll be scared. **PM**

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STRONG AT HEART

BY JESSE BURDICK

PHOTOS BY MHP

Ever since Phil Pfister won the World's Strongest Man contest in 2006, it seems as if there has been a resurgence of top American Strongmen. While guys like Brian Shaw and Derek Poundstone may be getting most of the attention, there is a rising star who you may not have heard of. His name is Mike Jenkins, and in 2012 he won the Arnold Classic and placed fifth at World's Strongest Man. Power caught up with him to find out what's behind his meteoric rise to the top of the sport and what he hopes to achieve in 2013.

POWER: Give us some history. What got you started?

MIKE JENKINS: I grew up in a small town in Maryland playing basketball, lacrosse and soccer. Yes, soccer. But when I got to high school I was too big for soccer, so I gave up the shin guards for a football helmet in ninth grade. I ended up making a good choice, seeing as I earned a scholarship to play college football. I graduated from James Madison University in 2004 with a National Championship and a master's degree. Following a brief stint in the Arena League, I became bored with being a

gym rat. As silly as it sounds, I knew I still had something physical to accomplish. I figured out what that was when I went to a local Strongman show on Mother's Day in 2007 with my mom and fell in love with the sport. I started to slowly accumulate equipment and the rest is history!

POWER: What's your competition history?

JENKINS: I won Maryland's Strongest Man, my first show, in August 2007 and placed sixth at Nationals two months after that. From 2007-10 I was close to turning pro on a handful of





occasions, but looking back I am glad I failed. I was nowhere near ready. I was so raw and still didn't really know the sport. Going into the Arnold Amateur World Championships, I told myself that this was it. I was going to give this sport one more serious shot to turn pro. Well, I walked out of the 2010 Arnold as a pro and had a bid to dance with the big boys the following year at the real Arnold. That year I finished second at Pro Nationals and second at America's Strongest Man. But I was still a baby and knew I could get better. Since then I have finished second at the 2011 Arnold Classic, second at Giants Live Poland, eighth at 2011 World's Strongest Man, first at 2012 Arnold Classic, first at Giants

Live Australia and fifth at 2012 World's Strongest Man.

POWER: How do you train?

JENKINS: I train in the gym four days a week. I can't get into too much detail since every contest could have different events, but I'll give a general overview. I have two days that I focus on pressing, a clean and press day to work on dynamic movements and a day of strict work and accessories. I have a day of pulling or some variation, and my last day is for squats. I look at all the events/lifts as a big puzzle. I break them down and piece them back together, trying to get each part of the lift stronger then go back and put it all together with stronger parts, which results in a bigger lift.

POWER: How did you come about your training style? Strongmen usually use implements more than you do. Do you feel that's putting the cart before the horse at times? Like a base of strength is missing before learning all the technical aspects of the sport?

JENKINS: My training has obviously evolved over the past five years but remained similar in its format. I knew I needed to simply get stronger, so that meant a lot of pressing, squatting and deadlifting. I think at times you need to jump in and compete early to see what it's all about and learn from the contest, but ultimately it boils down to getting stronger in the gym. If there is a contest with a 350-lb. farmer's walk and you

can't pick it up, then nothing matters other than that you just aren't strong enough! Build a solid base and pick a day every 10 to 14 days to do a few events to see how they feel. I am at the point now where I won't really train specific events until six to eight weeks out from the contest.

POWER: To what do you credit for your fast rise through the ranks?

JENKINS: I honestly think it was the lumps I took as an amateur. I was so close so many times to turning pro, and each time I took something from that defeat, turned it into a positive and went back to make my weakness my strength. Coming from football, I knew it wouldn't be easy and I knew how to handle both defeat and success.

POWER: What are you doing now?

JENKINS: I work at The Milton Hershey School in Hershey, Pa. It is a school started by Milton Hershey, the founder of Hershey Chocolate Company. It is a school for kids K-12 that gives them a number of great opportunities most of them would not have if they were not at MHS. I run afterschool programs and athletics. The next thing on my contest schedule might be the Arnold Brazil if I can bounce back from a knee injury that forced me out of the Arnold 2013.

POWER: Tell us more about the work you do at MHS.

JENKINS: I basically get paid to hang out with kids! Since I finished grad school I have been involved with youth in one way or another, and it has usually been with kids that were in the juvenile justice system, although that's not what Milton Hershey is. I actually got my bachelor's in sports management and business, and my master's in athletic administration. I use some of that indirectly, but my school was more geared toward running facilities or working on the business side of sports. The kids at Milton Hershey come from situations in which it would be very hard to excel, and MHS gives them opportunities that most public or private schools don't have for their students. I am in the process of trying to start a fitness club to incorporate CrossFit. Every student at MHS has

"I LOOK AT ALL THE EVENTS/LIFTS AS A BIG PUZZLE. I BREAK THEM DOWN AND PIECE THEM BACK TOGETHER, TRYING TO GET EACH PART OF THE LIFT STRONGER THEN GO BACK AND PUT IT ALL TOGETHER WITH STRONGER PARTS, WHICH RESULTS IN A BIGGER LIFT."

to be involved in a sport or a club year-round, so they are all very active.

POWER: You are Level 1 CrossFit certified. Tell us about how you became involved with the CrossFit world.

JENKINS: Last year I was looking for a place to train myself because the commercial gym where I trained was less than accommodating. There was a new CrossFit affiliate opening up about 5 miles from my house, so I figured I would call the owner. You don't know if you don't ask! Turns out he had about 800 square feet that he was not planning on using and asked me when I wanted to move in. At first I only trained a few football players I was working with, but the more I was around CrossFit, the more I realized I enjoyed being in that environment. The first CrossFit seminar I attended was CrossFit Kids, and after that I proceeded to get my Level I and powerlifting certifications. I was lucky enough to get picked up by Rogue after meeting Caity at one of the Regionals, so CrossFit has been good to me so far.

POWER: What's next for you?

JENKINS: Big things...but I have had a little hiccup in that plan. I had to have microfracture surgery on my knee the day after Christmas to fix an injury that started before WSM and only got

worse while I was there in September. I could hardly walk up steps, and the last 3 inches of my knee locking out was very painful and would sometimes catch when doing squats and push presses. With this happening, I had to withdraw from the Arnold. I know in Strongman no athlete is ever 100 percent, but there is a big difference between being beat-up and hurting, and being injured. I put the decision behind me and decided to push forward with rehabbing and getting ready for WSM 2013.

My first step in that was getting in touch with Jesse Burdick and working on my diet. I really wanted to lean up for two reasons. I knew a few less pounds would help my knee recover more quickly and I want to get in WSM shape as soon as possible. Also, I don't need to carry as much weight into WSM as I do for the Arnold, so I figured I would start now. Since the surgery I have been very modest in my training, as I did not want to mess up what my surgeon had done. I was cleared to squat and deadlift the last week in January and have been pushing it a little more each week since then. Right now I have a one-track mind concerning my training, with my goal being to go to WSM in September 2013 and improve upon my fifth-place finish from last year. Brandon Lilly will be doing my deadlift programming for me once I get going. I need to get my mediocre 880 deadlift up to the mid-900s. One of my goals for 2013 is to hit a 500-lb. log press in competition. I was very close to 484 at WSM, but just missed it and have hit very close to that in training — but I need to do it at a contest. Right now the world record is Big Zs (Zydrunas Savickas) 484 from WSM. I want to shatter that with 500, and be the first to do it in a contest. I was hoping to compete at the Arnold to defend my title and world records in the log and dumbbell, but I will only be there as a spectator and with my sponsors, MHP and Rogue.

People can follow my WSM prep on Twitter at @Mike_Jenkins (two underscores), my athlete page on Facebook is Mike Jenkins, and if you're interested in some Strongman online programming, hit me up at jenkinsstrength@gmail.com. **PM**

AUTOREGULATION

PART 1

BY ROBERT L. WANAMAKER

Autoregulation is a hot topic in strength training. I'm going to be up front and admit my bias: I've been coached by Mike Tuchscherer for about three years, and I'm a big fan of Reactive Training System. Much of what I write here is heavily influenced by Mike and the conversations we've had over the years, as well as how I've learned to approach my own training.

SELF-REGULATION: THE BASICS

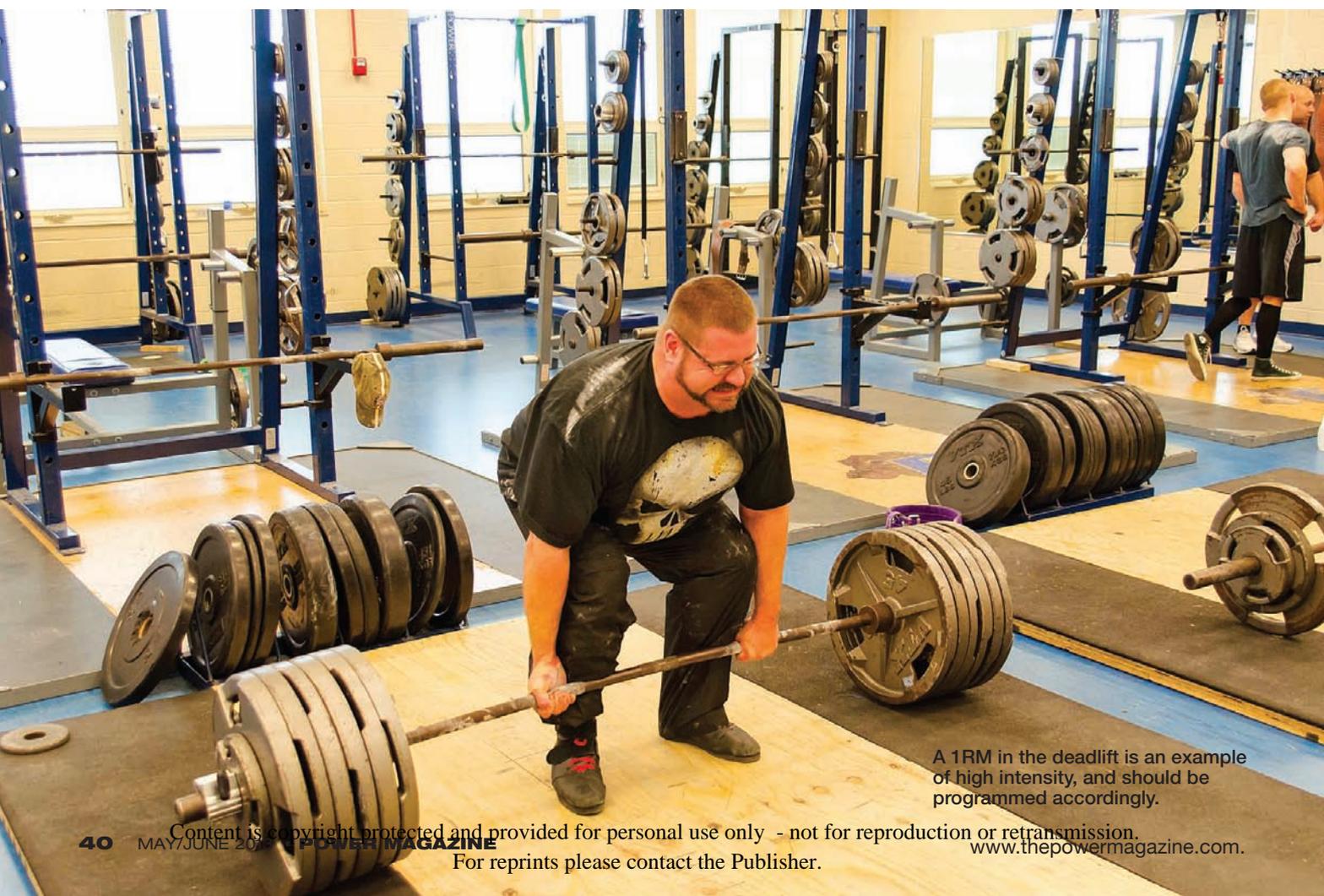
Many equate autoregulation with "automatic regulation:" a process whereby training loads are automatically regulated, through some means, to provide a customized experience for the athlete. I like to think of autoregulation as "self regulation:" a process whereby we recognize the individual's limits or strengths and incorporate this process into a training program.

Most of us have a concept of our "self." It's that entity that went to this school, graduated with this diploma, is married to that spouse, has given birth to these children. It's that self that goes to church every Sunday, works in a high-stress position

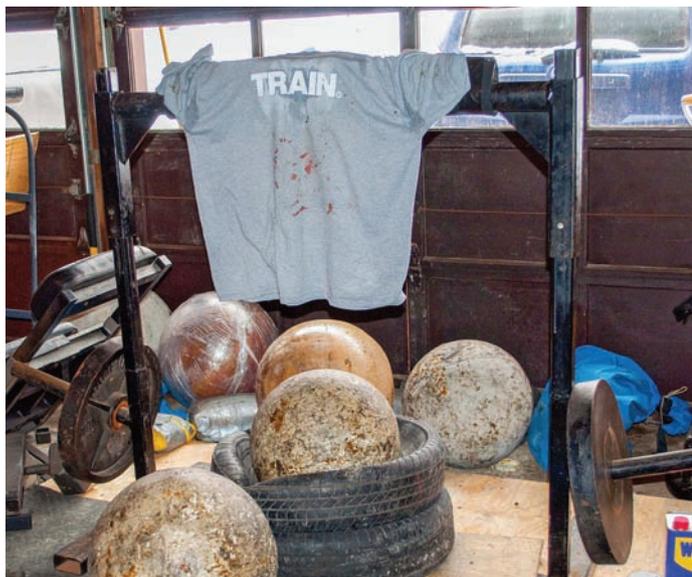
in the legal market. It's that self that enjoys reading a novel. My point, and this is key: There is only one self. There's not a work self, a church self, a mommy self. We don't have clones running around to divide our workload and share our burdens. Sometimes, as important as our training is, other life priorities put training dead last on the list.

When we introduce autoregulation into a training program, we're trying to regulate the workload our training imposes on our body. We're at least implicitly acknowledging that the body has a limited capacity to deal with workload, and that other stressors – career, school, relationships – tap into that capacity. So, on any given day, we try to tune our program so that we don't overtax our capacity for handling stress. We do this, essentially, by listening to our bodies and regulating the intensity of our lifts and the volume of the workload, or stress.

It's important to distinguish between stress and intensity; the two are often confused. Stress is a function of volume. Intensity (for the strength athlete) boils down to the weight used for an exercise. Yes, at the limit case of zero intensity – say, a piece of PVC pipe – we will generate zero stress,



A 1RM in the deadlift is an example of high intensity, and should be programmed accordingly.



Learning to regulate intensity is a key component of your growth as an athlete.

which might lead one to confuse intensity and stress. But, as strength athletes, we're really not too interested in lifting PVC pipe, and the limit case doesn't tell us much. So, while it might not be perfect, I equate "stress" and "volume," and "intensity" with "weight lifted."

Just as there can be too much stress, which impacts our ability to recover, we do need our workouts to generate a certain amount of stress to force adaptations. There's a "sweet spot." A workload that generates the perfect amount of stress one day might, because of other stressors, generate too much stress on another day. Some athletes respond well to a high-volume program; others crash and burn just hearing "Sheiko" whispered near the lifting platform.

Intensity, too, is the other side of the "workload coin" which must be regulated. Having an athlete do, say, a 5x5 squat routine with near max weights or telling them to always keep an eye toward increasing the weight on the bar is ultimately going to stop yielding results — and quite possibly lead to injury, frustration and diminishing returns. Telling an athlete to "keep it light" for a couple workouts is again not optimizing a program for that specific athlete. To be sure, many "prescribed" programs work, for a period. But how often have we marveled at the simple wisdom of "every program works for six weeks," or something equally pithy?

This, then, is the first job of autoregulation: to govern the intensity of exercise, so that the athlete is working at the correct intensity, rather than worrying about moving a specifically prescribed weight. In this article, I'll present this aspect of autoregulation. In part two, I'll present the second job of autoregulation: regulating volume, or stress, by managing the number of work sets performed by the athlete.

UNDERSTANDING THE TRADITION

In order to better understand self-regulation, let's take a quick look at another approach to training, employed by beginning and intermediate lifters. Trainees will typically perform a prescribed number of reps for a prescribed number of sets: three sets of three reps, five sets of five reps — whatever the specifics might be, the total workload is prescribed at the

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Keeping your eye on the ball with intelligent training and autoregulation is key to success in strength sports with implements.

beginning of the training session, if not weeks in advance.

This is fine for beginning trainees who are struggling to learn form, to understand how their bodies work, to figure out how much weight they can bench. Prescribing a fixed number of reps and sets removes a whole lot of variables and thought from the puzzle, encourages reaching goals and, let's face it, just plain works. However, it's relatively easy to understand that more advanced trainees might, on a given day, be subjecting themselves to too much stress to complete a 5x5 routine. But motivated athletes are going to push themselves too hard rather than say "too much" if their coach tells them to get five sets of five reps with a given weight.

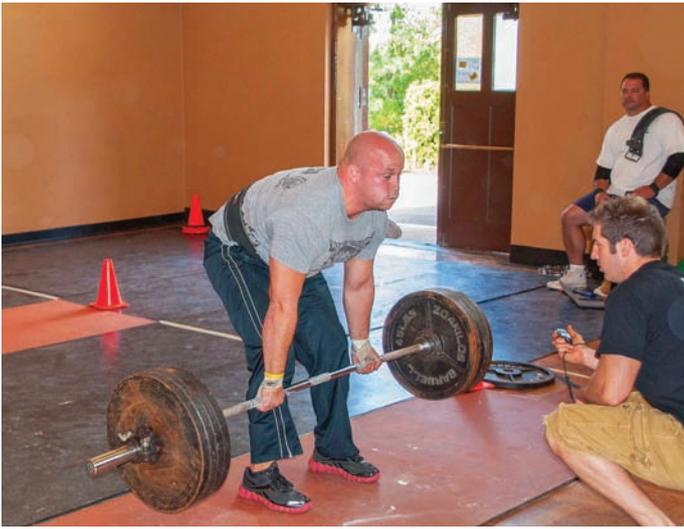
If this continues, if motivated athletes continue to push themselves, overreaching will set in. Intermediate athletes have better things to do with their time than deal with overreaching. Or, if your nickname is "Warrior" or "Killer," not dealing with the symptoms of overreaching and ending up injured, or ill and missing valuable training time.

Many training programs work. But they are not the most efficient way for the athlete to make continued progress. Ignoring autoregulation compromises training progress. It's just that simple.

MAKING THE LEAP

So, then, the question becomes: How can athletes make the leap from a prescribed routine to a routine that accommodates their own unique recovery abilities? How does the athlete move from doing a 5x5 or a 3x3, to listening to their body, adjusting the workload and continuing to make progress? How can an athlete make the move from doing the "Madcow 5x5" program to doing a program specifically tailored for that athlete?

A large part of the answer to this question is autoregulation, and the use of RPEs and drop sets to manage fatigue, both on a daily basis and in the longer term. RPE stands for "Rate of Perceived Exertion," and was originally introduced in the context of aerobic exercise, where it's a means for measuring and controlling the intensity of exercise based upon how hard that exercise feels to the trainee.



Have a partner time the speed of your lifts, and stop the set when you reach a prescribed decrease in performance.

We've borrowed the term from aerobics and use it in weightlifting to measure how hard a given set is for the trainee. When I rate a set with an RPE of 10, that means there was no way for me to get another rep — I was done. An RPE of 9 means I could have definitely done one more and started on a second rep. An RPE of 7 corresponds roughly to "speed work" or "dynamic effort work." That is, there's some useful load on the bar, but I could keep working with that weight, and not have the bar slow down, for any number of reps.1

Almost by definition, RPEs nicely reflect the particular trainee's capacity. There are, however, a few issues with RPEs that I'd like to acknowledge. The first is that the lifter must be pretty self-aware and honest to use them. If I have no idea what it means to have one rep left in the tank at the end of a set, well, I'm going to have problems using RPEs. Likewise, if I have a training program put together based upon RPEs, perform a set and I'm maxed out, barely grinding through the last rep, I'd better be honest with myself — even if I don't like that I was maxed out — and call this a "10," not fudge the facts and call it a 9. Likewise, if an effort was truly an 8, I'd better not get lazy and call it a 10.

The second issue is that it's difficult to accurately gauge RPE for a complex exercise or a high number of reps. The RPE concept works very well "out of the box" for a typical powerlifter, where anything over five reps is cardio, and done sparingly. It takes some adaptation to use RPEs in the context of training Strongman events.

RPE gives us a way to regulate intensity — clearly doing a set of three reps at an RPE of 10 is more intense than doing a set of three reps at an RPE of 8. An RPE of 10 for a one rep set is my one-rep max, and represents 100 percent intensity.

RPEs are used in place of prescribing a fixed weight for the trainee. Suppose that we're putting together training for somebody. We want them to squat and work up to a top set with three reps, at a high intensity. Prior to RPE, we would program this as one set of three reps with 225 lbs., based on the athlete's historical performance on this lift.

In the new world of autoregulation, we could program this work as one set of three reps at an RPE of 9. That is, we want the athlete to work up in weight based on how the weight



When training with implements of an unknown weight, you must learn to effectively judge your body's intensity during output - there is no other way to measure effort.

feels during the actual session. That weight may turn out to be 225; however, it may turn out to be 200 or 240 — the key is to have the athlete use the weight that achieves the desired intensity.

The difference? Well, it's easy to see how 225 is an approximation and might result in the athlete missing the precise intensity we want them to hit for the appropriate training effect. The athlete might be tired, fatigued from not eating properly the day before, stressed from work — or making better progress than we anticipated when we programmed this day.

Assuming that we're programming to reach a certain training effect, and that this exercise is part of a planned macrocycle, it's easy to see how prescribed weights can have our athlete missing the desired intensity and not getting full benefit from the macrocycle. Certainly this is not optimal for continued progress.

WRAPPING THINGS UP

So, where does this leave us? We've talked about using RPE as a tool to help our athletes regulate the intensity of training. Rather than guessing at what weight will constitute the proper intensity, we turn things on their head and worry about our athletes performing at the proper intensity, regardless of the specific weight used. This gives us a powerful tool, used properly.

I also mentioned that it takes a certain kind of athlete to accurately use RPEs. However, there's another more objective method that maps well to RPEs: bar speed. Bar speed is well correlated with RPE; if the athlete trains in a group, having a dedicated observer to monitor bar speed can give the athlete great perspective on how much intensity the last set generated.

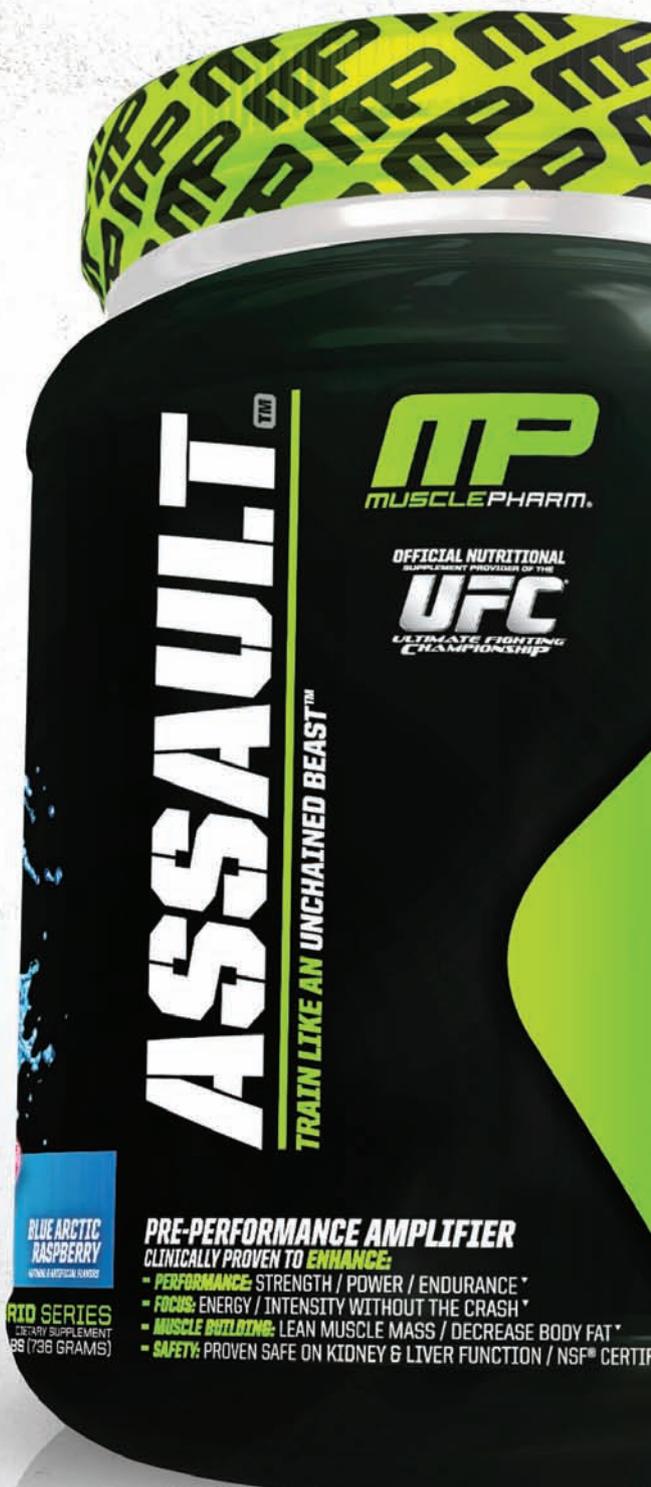
For the solo trainer, the Tendo unit can provide an objective measure of bar speed with great accuracy. Once the athlete/coach acquires enough data, measured bar speed can likewise give great perspective on exactly how much intensity was used to complete a set.

RPE and bar speed give us a way to autoregulate (self-regulate) intensity. In Part 2 of this series, I'll examine how stress (volume) can likewise be self-regulated. **PM**



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10 THINGS YOU CAN DO TO BE A BETTER ATHLETE

BY MATT VINCENT

No matter what the sport, being a better athlete is going to be beneficial to you. Many times the compass gets pointed in one direction to a specific point too long, and you can lose sight of this. This happens across the board. Some sports, like the big three (football, basketball and baseball), tend to self regulate because they demand a variety of skills. Strength athletes, however, can get locked in on their goals and lose sight of the important things that will help them continue to make progress. There are some simple and not-so-simple things that will keep this in check and help you progress toward your own goals. Remember that half of being a good strength athlete is being an athlete.

These 10 things are important for athletes. None of these things are short-term help. This is about the long haul. Doing the right things over a long time is what makes the difference. This will keep you healthier and able to compete longer with less risk of injury.





WARM UP PROPERLY

With CrossFit and guys like Kelly Starrett pushing mobility, warm up is now becoming a focus. This is something athletes have always done. We start doing this when we are little kids playing sports, and somehow our lazy nature takes over. Everyone loves to read a study saying that warming up and stretching are going to hurt max strength or speed. People say things like, "Cheetas don't warm up and stretch." Well, I am here to tell you we have thumbs and put a man on the moon. We don't stack up well in the animal kingdom physically, but mentally we are king. So use your brain and make good decisions. Spend a significant amount of time preparing for your training session.

Get moving. Jog, row, jump rope, ride a bike walk with prowler. Get your heart rate elevated for a few minutes.

General stretching. Hit all of the big groups: shoulders, core, hips and legs.

Address specifics. Attack problem areas. Roll hips, IT bands, shoulder mobility, etc. Hit spots where you have issues, need to improve or are just beat up from last training and need a bit more attention.

**"OUR SKILLS
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ARE KING."**

Dynamic stretch. Use bands and legs swings to get the muscles firing. Pull to a point, resist, then press against then start over.

Start light. No one has ever cared about how much you lifted in the first set. All the strongest guys in the planet start with just the bar and going through the movement fast for about 10 reps. This will help establish the muscle pattern.

JUMP

Jumping is relatively simple. Find the tallest box you can jump on. Some simple bounding, like multiple broad jumps

or jump rope, will help teach the body to explode and use eccentric strength to catch yourself when you land. Start low here and do three broad jumps or simple box jumps. Using the jump rope will help timing and speed. Being able to get your entire body to fire in the order you want it to is crucial for athletes of any sport. This will also help increase coordination. Lift for strength and jump for speed.

RUN

Yes, *run*. Some easy jogging to warm up (5 minutes) and sprints will make you strong and fast. Couple this with a prowler or hill and you will get great conditioning results in a short amount of time. It requires no thought at all. Sprint, recover, sprint again. Do about 10 of them. There are countless ways to do this.

Prowler. Ten sprints with whatever weight, 1-minute recovery.

Hill sprints. Ten sprints up and walks down, repeat.

Wheels (on a track). Sprint straights and walk curves for 1 mile.

EAT LIKE AN ATHLETE

I am not a nutritionist. I am also not

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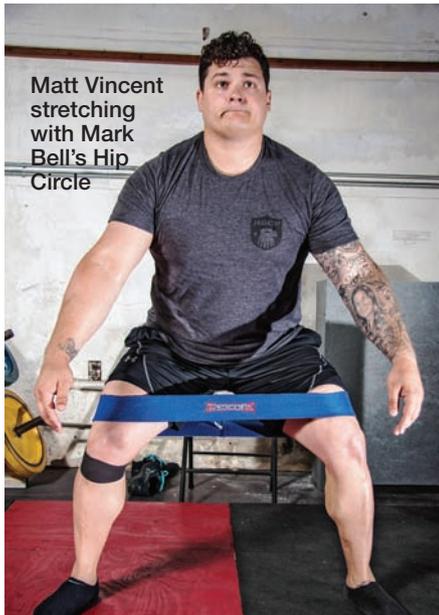
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Matt Vincent stretching with Mark Bell's Hip Circle



ripped or lean. However there is some simple stuff to get the basics of diet correct. These work for everyone.

Don't do drive-thrus. No drive-thru food is acceptable. Even if it is coffee or Subway, get out and walk in. At least that way you're moving a bit more. But basically, stay away from drive-thrus.

Eat for what you are doing. If you are trying to get strong, eat more protein/fat and lift. If you are trying to get lean, eat more protein/fewer carbs and condition. If you want to get big, eat a lot of protein.

Don't be a piece of garbage. This is the most basic idea for diet that I live with. I don't do anything that makes me a piece of garbage. So if you are training hard and eating good, can you occasionally eat a plate of sloppy nachos bigger than your head? Yes. It will make you awesome — plus, even if you eat vegetables and boiled chicken every meal, you are still going to eventually die. So enjoy some deliciously awful stuff occasionally. Now, does eating 5 lbs. of nachos everyday make you a piece garbage? Yes, so don't do that.

STRIVE FOR PERFECT TECHNIQUE

Spending time working on technique is a great way to make gains. Think of it as working to get yourself into the best position to fully utilize the strengths you have. Offensive lineman work on pass blocking technique so they can be in a better position to apply force. There is a reason they practice steps and proper

"MAKE SURE YOU ARE GETTING THE MOST OUT OF THE STRENGTH YOU ALREADY POSSES. THERE IS NO SUCH THING AS PERFECT, BUT ALWAYS STRIVE FOR IT."

form. If you just ran backward and were standing up, no matter how strong you are, you will lose. This is the same for lifting or throwing. If I have a 700-lb. squat and I am trying to apply that strength to a throw — but I don't have correct form — only 300 lbs. will transfer. That is losing on a ton of potential that you already have. So whatever the sport, work on the techniques that are important to that sport. Make sure you are getting the most out of the strength you already posses. There is no such thing as perfect, but always strive for it.

PUSH PRESS

For developing overall strength for athletes, push press is one of the best exercises out there. It is another big, complex movement that requires strength in shoulders, core, triceps, hips and legs. If you want to maximize it, you have to get everything to happen in a specific order and very quickly. If the timing is not right, you will not be good at it. The more you are in control of your

body, the better you will be in whatever you are doing. Knowing that you can get the body to perform in the pattern and the speed that you are asking it to will make any complex movements better — and your sport requirements better, as well.

OLYMPIC LIFTS

All athletes should do this in some way or form, whether you are performing full cleans, power cleans or just pulls. This will build your explosive power — the ability to move weight quickly — better than anything. This will increase vertical jump, sprint speed and ability to apply 100-percent force immediately. This translates to football, track & field (or any type of throwing), powerlifting and CrossFit. Another benefit this is a full-body movement. It will also train the neuromuscular aspect. There is a reason that all top athletes are also pretty good at Olympic lifting.

SQUAT

If you want to get strong and build power that will translate to any sport, squat. Squat heavy and squat often. Squat like an athlete and remember, you are doing this to get stronger and build strength. It is more than your max number. So check your ego and train full range of motion with varying reps. If your squat is getting stronger, I can almost guarantee all your other lifts are getting stronger, as well. Use an athletic stance and work on driving the weight hard and fast. Even if you are a power-

“LEARN WHEN YOU CAN PUSH OR WHEN YOU SHOULD BACK OFF AND ATTACK ANOTHER DAY . THERE ARE GOOD AND BAD DAYS IN TRAINING .”

lifter using a wide stance for competition, I suggest training narrow and full range (below parallel). Treat your wide stance and geared squats as sport-specific and work on the technique. No one has ever gotten worse at a sport because they squat too much.

COMPETE

This is a big one. Compete, and do it as often as possible. I hear all the time that people are training, but not ready to compete. This is ridiculous. Throw your hat in the ring and get in there. Test yourself and figure out what needs to be fixed. Knowing how you will handle yourself under competition stress is something you can carry into the rest of your life. There is no better confidence to have than knowing that, when it is on the line and it is up to you, you will get it done. There is no amount of gym lifts or practice that will provide a competitive environment. Get out there and test yourself. Competition makes you sharper, no matter what level. Test yourself. Fail or succeed – it doesn't matter in the long run, but knowing you can put it all on the line and give it a go? That matters.

LISTEN TO YOUR BODY AND STAY HEALTHY

Many athletes, especially ones younger in training years or who have always trained under a coach, will over-train. Over-training is a tough thing and it varies from individual to individual and sport to sport. The experience of training will give you a better idea of how to listen to your body. Sometimes you will gain more by backing off than pushing. Consider the outcome and the risk. If you are really fatigued mentally or physically, pushing a last rep or higher weight can often just be a bigger risk of injury. When you are hurt, far more training and competition time is wasted.

These setbacks can often be avoided. Don't be in a rush to make gains; slow and consistent gains are the best option. You will not make the gains you did at the beginning of training the same way you will years down the road. If your body needs the rest, give it. Learn when you can push or when you should back off and attack another day. There are good and bad days in training. The goal is to give your body the best opportunity to have good days more often.

Use these things to keep getting bet-

ter. You are an athlete, so start training like one. Get stronger, run faster, throw father and kick more ass today than you did yesterday.

Matt Vincent is top professional Highland Games athlete and 2012 world champion. He is the author of training books Training LAB: Develop Max Strength and Power for Highland Games and Throwing LAB: Technical Training Manual for the Highland Games, found at www.mattvincent.net or www.jtsstrength.com. **PM**

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DEEP WATER 2

DIRTY CLEANS

BY JASHA FAYE

Andre Shiskin is a Russian-born football player from Northern California. He is a D-1 defensive end at the University of Western Carolina. But to hear him tell it, he's already an NFL Pro-Bowler. He is on break and trains with me when he is home. Everyone loves him. He always has a big smile and an even bigger cooler full of food. At 6 feet, 5 inches and 285 lbs., he barely squeezes into the cab of my truck. My daughter calls him Andre the Giant.

"Big Jash!" he exclaims as he slaps my back. "Zdrasvitsya!" He knows I speak some Russian.

"I've got apples, bananas, a few turkey sandos, some peanuts, something my mom made ... not really sure what it's called in English. You hungry?"

"Yes," I reply. "Starving. But I am going to wait until after the workout."

"Why, you think it's gonna be hard?" He is already peeling an orange.

I stare at him in disbelief. "Do I need to remind you that we are training with Big Jon?"

"I know. He told me we're doing cleans. Big deal. I always eat before weights at school. Makes me feel solid!" He slaps his chest hard as he says it. I

shake my head in disbelief.

"This is gonna be awesome," I laugh.

"What are you talking about?" Now a banana. "I am going to dominate this workout. I am in great shape. These guys aren't gonna know what hit them!" He's excited now, sweating.

I am laughing and shaking my head. For me, training with big Jon Anderson is a very serious matter. Not a casual workout with the homies. Not even a big squat day with some heavy hitters. With Jon there are no easy or "light" days. No. Training with Jon requires a great deal of mental preparation. Not to mention



Jon Anderson performs the Deep Water Clean and Jerk

a significant amount of time blocked off for recovery, as well as food, water and restoratives (and possibly a portable urinal) close at hand.

Andre is new to this group. I always love bringing someone new into the mix. They either bring their "A" game and get a key to the executive restroom, or they flounder and drown in the deep water. Either way, it makes for a good story and we all work harder.

It could go either way with Andre.

By the time we get to "the dungeon" he has consumed two oranges, an apple, a banana and a turkey-and-avocado sandwich. His impressive gut is distended as he struts towards the platform. Big Jon is there with his daughter Taylor and world-class CrossFitter Danny Nichols. Danny is another athlete I have been working with for years. He jumps at any opportunity to train with us because he knows he will be pushed into deep water. Danny holds the CrossFit world record in the thruster lift at 335 lbs. He has also snatched 320 lbs. and clean-and-jerked 412 lbs. weighing about 235 lbs. He looks like a superhero and brings intensity and resolve to every workout.

These are the kind of guys who know the value of good training partners and a positive attitude.

Jon is moving slow. I see his Adidas weightlifting shoes are untied. This can mean only one thing.

"Sore back?"

"No, hamstring."

He knows our only chance to beat him in this workout is if he is hobbled. Even though I have cleaned 440 lbs., I am almost certain we won't be going after heavy singles. That is never the purpose of Jon's workouts. The purpose is to skate the line between total physical breakdown and adaptation. To push yourself into deep, dark water.

I strap on my shoes and start warming up, afraid to ask what's on the docket. My last workout with Jon left me legless for days and almost killed some other guy. I was only now bouncing back.

Danny isn't scared. "What's the plan, Jon?"

We all freeze and lean in. "I figure we take advantage of all of our strengths and work on our various weaknesses at the same time."

Sounds great. A perfect workout.



The problem is, I can't think of a single weakness between Jon and Danny. I am at def-con 4 on the fear factor.

The workout is as follows: a 275-lb. barbell is loaded. Ten reps, ground to overhead, any style. You only rest when the others are lifting. Go to failure. Last man standing wins.

Jon lays down some ground rules: "Be ready when it's your turn. There are too many of us to be wasting time. Get water and chalk before you're up. Let's set a good pace and keep it as long as we can. Don't anyone leave the rest of us hanging." He looks everyone in the eyes. "Understood?" After we've all nodded in agreement, he turns around and gets after it.

Right away I see the severity of his hamstring injury. He is pulling off one leg and loading up the back instead of the hips. But he is moving fast and the bar is flying. His first set looks like he's holding a broomstick.

Danny is eager to go next, so we give him room. He is an extremely athletic and powerful man. But more than that, he is ultracompetitive. He grabs the bar and absolutely molests his first set.

Now it's my turn. I have the most experience in Olympic lifts but the least amount of gas in the tank. Let's just say I am a one-rep monster. Sets of 10 are not in my wheel-house. This was gonna be a long one.

By the fifth rep I am on fire and relying heavily on technique. My hands feel

like they are going to tear apart. But I am fired up and the boys are letting me hear it. I lock out the tenth rep and Andre is chomping at the bit to start.

He cruises through his first set. He is strong and fast. Plus, he has great technique in the Olympic lifts. When I first met Andre, he was 10 years old. He was tall and skinny and his knees were the thickest part of his legs. But he had gigantic boots for shoes. 14 EEEs at 10! I knew then that he would be something special someday, so I immediately taught him how to power clean.

Now, after his set he is jumping around, hooting and hollering as Big Jon starts into the second round. He is so strong yet so inflexible that his "cleans" never actually touch his shoulders but float about chin level before he pushes it overhead. Rep after rep, he never slows down. Consistent. Aggressive.

Danny is up again and the pace is heating up. He is such a gamer. He knows when to strike. He wants to put it on us early so we can't keep up and fade fast. He is increasing his pace and each rep looks better than the last. The bar is moving up and down so fast that it looks like he's jump-roping it.

My next set is approaching rapidly. Danny clearly hates me. He could take a small break here after number seven, but he is not slowing down. In fact 8, 9 and 10 seem to fly by. He looks like he can do 1,000 reps.

I chalk up and dig in for a plateful of



pain. The very first rep I tear a quarter-sized callous on my hand. No turning back. By the third rep the bar is too slick with blood to hold on to. Jon walks over and grabs my wrist to have a closer look.

After a moments reflection, he crushes a large piece of chalk inside the meaty hole in my hand, shrugs and

smirks. "Let's go, brother. Time to step it up."

I grip the bar, drop my hips and bang out three more reps. Four to go. My lungs are on fire. I hear my old coach, Steve Gough, in my head: "Pull hard and move fast!" Two more down. Get set. Get aggressive. On your heels. Squeeze.

Big finish. Rack and stand. Hips through. On your heels. Big chest. Drive hard and reach.

One more. Time to turn up the heat. I can't slow down this early. Stay aggressive. "You ready, boy?" I taunt Andre. It is false bravado, but I need it to push through.

"Oh, I'm ready," he says as I drop the bar. But this round came around pretty fast. He is belching and breathing hard and sweating like a whore in church. But he breezes through this set easier than the last. "How many sets are we doing, anyway?"

"You can stow that shit right now, brother. You are doing as many as it takes," Jon says as he limps past the big Russian.

He is hurting. Bad. I may be the only one here who notices. His demeanor hasn't changed. His attitude and aggression remain constant. He has none of the usual pre-emptive excuse bullshit you hear from most people. He just charges forward.

I have never known an athlete more comfortable with pain than Jon Anderson. It is astonishing. He would rather

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die than show one shred of mental weakness. To him, that's all pain is: your mind convincing you to stop before it's in any real danger. Like when you're a kid and you reach out for something hot. The nerve endings in your fingers tell your brain it's hot long before you are in any real danger of getting burned. That's how Jon looks at pain — like his body is warning him that it's gonna get burned if he keeps this pace up.

"Pain makes some men break," Jon says to himself, "and causes others to break records."

This set is just as easy as the last. Danny is pacing back and forth like a jungle cat waiting to pounce. He is fired up. He has what my coach would call "linebacker eyes." Focused.

This set is even faster than the last. He stops only once, when Jon tosses him a block of chalk around the fifth rep. His hands are bothering him, too.

My turn again. My hand is taped and I am chalked up. The first rep feels like it's glued to the floor. Just crush this first one and the rest will follow, I tell myself. It feels like a max deadlift with a pull and a prayer, then an eyes-on-the-

"PAIN MAKES SOME MEN BREAK... AND CAUSES OTHERS TO BREAK RECORDS."

cheeks front squat and an uncharacteristically easy jerk. Follow that with two more touch-and-go reps. Three down. I take a deep breath, adjust my bloody hand tape and reach down for number four. Success. Six more. Five more. Everyone is screaming at me, including my erectors and hamstrings.

"Let's go, Jasha," cries Taylor. Her words are inspirational and her voice pushes me through the rest of the set. To be fair, it was more like 10 singles than a set of 10. You could see Jon and Danny getting antsy.

"C'mon Jash, we don't want to get cold," says Jon, "Andre is ready for round three." Surprised, he looks around. "Where the hell is Andre?" We quickly search the area and find him outside, behind the facility.

"You're up, boy! Quit wasting time,"

shouts Danny.

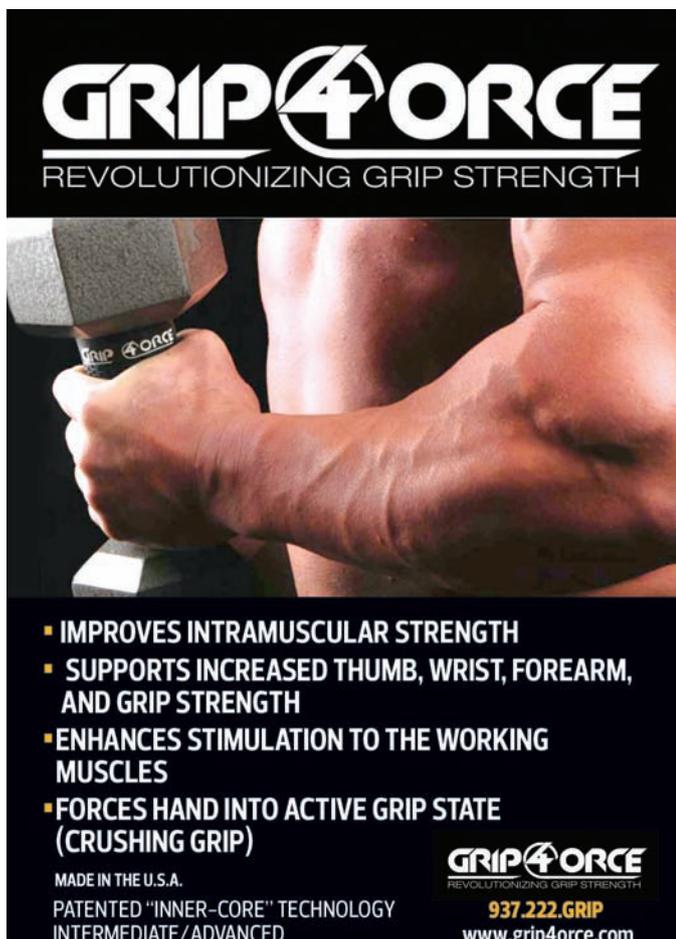
"Already?" He is green. His swagger seems to have swaggered out of the building. He approaches the bar apprehensively. He is beginning to mumble stuff like, "last set," and, "let's just do some abs," and, "I squatted heavy yesterday ..."

"Andre, focus on your technique," I say. "You're going to be fine. Just crush this set so we can move on."

This seems to motivate Andre. His next 10 reps are better than the first set. This time there is no hooting and hollering. No chest slapping. Andre is in deep water. He is disoriented and in pain. Jon is already four reps into his fourth round when Andre bolts for the back door and barfs over the railing behind the facility. It's hot out and the smell instantly wafts inside. Jon is on his sixth rep when he looks up with a smile on his face.

"What did he eat? Smells like pineapples. It's making me kinda hungry."

But what Jon really smells is blood. He is going to try and pick us off one by one. Andre is already fading and making excuses. The barf is a signal to a predator like Jon. "You had better pull yourself

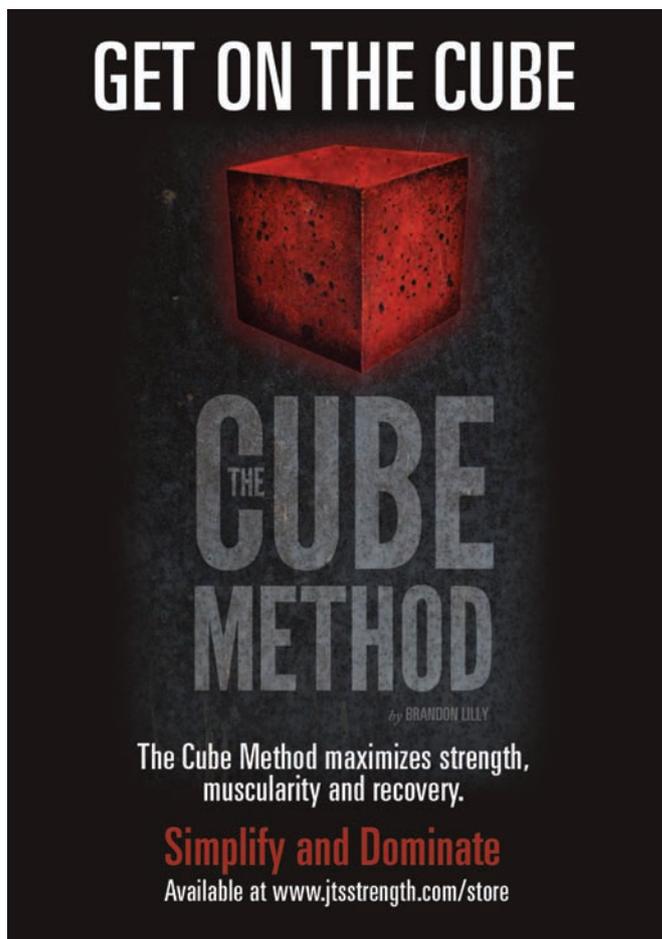


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together, boy. I'm taking you into deep water today. I hope you're ready to get wet!" With that, he hammers out six more reps.

"That was twelve," Danny points out as he approaches the bar.

"I know. I figure I owed you a couple since I stopped to smell the roses."

"Fair enough," laughs Danny as he hammers out another flawless set. This time he is shaking his hands out between lifts and actually glances at his palm around the seventh rep. He may be running into trouble, too, but will do his best to disguise it.

I am sitting down, stretching my hamstrings (which feel like piano wires), when I realize everyone is looking at me expectantly.

"Your turn, coach."

"Shit." I get up and walk toward the bar. I know any kind of hesitation or complaint will be met with heavy opposition. The first rep goes up pretty easy. And the next. I have reached that part of the workout where the body starts to adapt to the load. It's when the pain feels a little distant and not so intense. I call it the "Shirley McClaine moment." I only ever get to this state when I push past what I consider my limits. It's only when I am dragged into deeper water that I really get there.

It's also where I make my biggest gains.

I have found a rhythm. Endorphins are managing my pain. This is my best set yet. My lungs are on fire, but I finish

strong.

"Andre, you're up!" shouts Jon at the back door.

Andre is outside, leaning back with his shirt off and arms spread wide against the railing. His eyes are closed and he has a gentle smile on his face. He is sunbathing. "I said you're up!"

Andre's eyes pop open. "What are you talking about? I thought Jasha said we were moving on."

"Yeah," snaps Danny, "Moving on to the next set. We're just getting warmed up. And by the looks of that last set, you are nowhere near your limit."

Andre starts to say something, but the looks on our faces make it clear almost nothing he says will make a difference. "Did you do another one, Big Jash?" he asks sadly.

I still can't talk, but nod yes. This has been the longest break yet and the natives are very restless.

It is about this time that Andre has his big breakthrough. He grits his teeth and makes up his mind. Maybe we made it up for him, but at that moment there was no backing down. He was going to give everything he had.

And he did. The next set and the one after go very smoothly. Same for Jon and Danny. Jon's face is a mask of pain, but he never slows down. Danny knows, so he pushes harder. I can't imagine they can keep up this pace for long. As for me, the next two sets are the beginning of the end. My hand is a bloody mess and both hamstrings are seizing up. My

technique is breaking down badly. If I don't get my shit together I'm going to hurt myself.

I make it through seven and part of an eighth set before I pull out. Seventy-four reps. The guys don't object much. I'm sure they were happy to be rid of the dead weight. Andre puts up a bit of a fight until Danny calls him out on it: "You just want him to do another set so you can get more rest!"

It goes on like this, set after set. Everyone pulling for each other. Taylor looking up from her coloring book to cheer us on always seems to help the most. Twice Andre vomits out back and twice is dragged back in and propped up in front of the barbell, only to crush his set. His mind tells him he's done long before the body is even close. He is in deeper waters than he had ever been. The sharks are circling. At the beginning of his ninth set, he says flat-out that he can't go on ... he is completely shot ... he has a dentist's appointment ...

But we remind him that he wants to play pro ball, and that somewhere someone is killing this workout. Only they are doing it with 315 lbs. instead of 275. And they want his spot on the team, bad. And they are willing to work twice as hard and twice as long just to have what he has.

That is enough to carry him through two more sets. He even saddles up for number 11, but just has nothing left.

"At least I didn't lose to the old guy," he says, pointing his thumb at me. Like I said, everyone loves Andre.

By the end of the workout I have done 74 reps and Andre broke triple digits with exactly 100. By the time Jon had finished he had done 152, counting the two extra he did early on. Danny did 150 before I stopped them. Neither of them was going to back down but both looked close to the edge, so as their "coach" I suggested they call it. I don't know if things would have been any different if Jon had not been injured. But I doubt it. I believe he got the most out of himself that he possibly could that day. And so did everyone else. We all ventured into deep water. It looked a little different for everyone, but we all got there.

Afterward we all sat around in the sun, drinking protein and eating Andre's mom's Russian food.

"Good job, brother," Jon says to An-

**"I HAVE FOUND
A RHYTHM.
ENDORPHINS ARE
MANAGING MY PAIN.
THIS IS MY BEST
SET YET. MY LUNGS
ARE ON FIRE, BUT I
FINISH STRONG."**

dre. "You really brought it today."

"Thanks for having me," replies Andre. "You guys are beasts. I knew this would be tough, but I had no idea it would be that bad."

"I'd love to have you back next week. I have some local kids who are right where you were a few years ago. I think it'd be good for them to train with someone like you and vice versa. What do you say?"

Andre thinks hard for a moment. You can see him doing the math. He is weighing the potential pain of another deep water session with us versus the potential gains they represent. "That sounds great. Same time next week?"

"Yessir! Just make sure you bring more of that beef your mom made!"

"Uh, that's not beef," says Andre.

"What the hell is it?" asks Jon.

"I don't know. Not beef."

"Whatever it is, bring more."

Deep water clean-and-jerk workout

There may not be a better exercise than the clean-and-jerk. It combines speed, agility, flexibility and power. It also requires a tremendous amount of focus, as it is an extremely technical movement. If you aren't concentrating, you could get hurt. It builds your mental capacity and stamina.

Very few exercises use more of the body working in concert while recruiting a high percentage of fast twitch muscle fibers. The force required to perform a one-rep max in the clean-and-jerk is more than 10 times greater than a max bench press and three times more than a squat or dead lift. They will make you extremely explosive and quick.

It's also a great exercise to get the heart rate up. Because you are using

virtually every muscle in your body with each rep, you can do a very comprehensive workout when you are pressed for time. A high-rep clean-and-jerk workout, properly performed, can take as little as 20 minutes.

Finally, high-rep clean-and-jerks will test your mettle. You will know what you're made of after a grueling, deep water C&J workout.

Here's what you do: First learn how to clean and jerk properly. Don't just go online and watch a few yahoos training in their garage gym. Go find a USA Weightlifting certified coach (usa-weightlifting.org) in your area and learn proper technique. This will allow you to lift properly, efficiently and, therefore, heavier. It will also help prevent injury. Its important that a trained eye know when to pull the plug on a potentially dangerous workout or push it a bit harder when someone is sand-bagging.

Next, find suitable training partners. Find someone who is going to get the most out of themselves and you. Someone tough and resilient.

Find a spot that accommodates Olympic-style weightlifting. Bumper plates and a bar that spins, at the very least.

Pick a weight that everyone can manage but will pose a big challenge as you venture deeper into unknown territory. This requires honesty and introspection.

Do sets of 10 until there are two consecutive failures. Last man (or woman) standing wins.

Bring a good attitude and come ready to work.

If you are a beginner or unsure of your abilities, start light. A great beginner "deep water" C&J workout might look like this: 30%for 10 reps. Rest while your partner does his 10. Next 40% for 10. Rest. 45% x 10. Rest. 50% x 10. Rest. 55% x 10. Rest. 50% x 10. Rest. 45% x 10. Rest. 40% x 10. Rest. Then 30% go to failure. The rest between sets is only while your workout partner lifts. Be ready to go and don't slack.

Your first time out you may not set the world on fire. If it's too light, go up. If it's too heavy, take off some weight. You should be smoked at the end of this one.

Not only that you will be a tougher, more resilient athlete who is one swim closer to your goals. **PM**

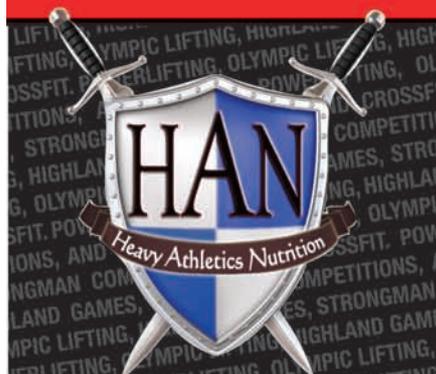
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TOP 50 WORLD RANKINGS: 198 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	1055.0	Shawn Frankl (US/77)	<8/22/09>	(Sharonville, Ohio)	(SPF)
2	1050.0	Sam Byrd (US/81)	<8/19/07>	(Franklin, Ohio)	(IPA)
3	1005.0	Michael Cartinian (US/76)	<3/6/11>	(Knoxville, Tennessee)	(SPF)
4	1000.0	Jason Coker (US/75)	<3/11/12>	(Knoxville, Tennessee)	(SPF)
5	990.0	Sergiy Naleykin (Ukraine/81)	<1/20/08>	(Columbus, Ohio)	(IPA)
6	945.0	Phil Harrington (US/73)	<1/20/08>	(Columbus, Ohio)	(IPA)
7	925.9	Adam Driggers (US/72)	<1/26/08>	(Clayton, North Carolina)	(APF)
8	925.0	Derek Wilcox (US/87)	<3/11/12>	(Knoxville, Tennessee)	(SPF)
9	909.4	Jesse Kellum (US/65)	<11/8/02>	(New Orleans, Louisiana)	(WPO)
10	903.9	Andrey Sharapov (Russia/78)	<11/22/08>	(Palm Beach, Florida)	(WPC)
11	900.0	Tony Kamand (US/61)	<12/13/03>	(Avon Lake, Ohio)	(IPA)
12	887.4	Matthew Zweng (US/72)	<2/24/02>	(Columbus, Ohio)	(WPO)
13	881.8	Corey Akers (US/75)	<1/6/07>	(DeKalb, Illinois)	(APF)
14	881.8	Maxim Sharikov (Russia/88)	<5/21/11>	(Saint Petersburg, Russia)	(IPF)
15	881.8	Shane Brodie (Ireland/74)	<6/16/12>	(Limerick, Ireland)	(GPC/WPC)
16	881.8	Al Caslow (US/80)	<6/23/12>	(Blue Springs, Missouri)	(USPA)
17	871.0	Gene Bell (US/56)	<4/7/91>	(Honolulu, Hawaii)	(APF/WPC)
18	870.8	Arkadiy Bukhtiyuchuk (Ukraine/75)	<2/4/07>	(Melitopol, Ukraine)	(IPA)
19	860.0	Phillip DeMonti (US/82)	<1/13/07>	(Grove City, Ohio)	(APF)
20	860.0	Mike Maxwell (US/74)	<12/5/10>	(Cincinnati, Ohio)	(SPF)
21	859.8	Ed Coan (US/63)	<7/7/85>	(Chicago, Illinois)	(USPF)
22	859.8	Tatu Avola (Finland/73)	<10/8/04>	(Atlanta, Georgia)	(WPO)
23	859.8	Maksim Piskunov (Russia/82)	<6/12/10>	(Mosonmagyaróvár, Hungary)	(WPC)
24	859.8	Mick Manley (US/85)	<3/2/13>	(Columbus, Ohio)	(XPC)
25	855.0	Ron "Lionheart" Palmer (US/73)	<7/23/06>	(York, Pennsylvania)	(IPA)
26	854.3	Vladimir Sholsky (Russia/85)	<2/18/10>	(Chelyabinsk, Russia)	(IPF)
27	850.0	Jason Davis (US/75)	<3/11/12>	(Knoxville, Tennessee)	(SPF)
28	848.8	John Wardell (US/68)	<11/8/02>	(New Orleans, Louisiana)	(WPO)
29	848.8	Brian Johnston (Canada/64)	<4/4/09>	(Calgary, Alberta, Canada)	(GPC)
30	848.8	Chris Duffin (US/77)	<8/22/09>	(Lake Oswego, Oregon)	(AAPF)
31	843.3	Tony Runde (US/81)	<3/24/07>	(Omaha, Nebraska)	(APF)
32	840.0	Joe Walden (US/57)	<8/21/87>	(Palm Bay, Florida)	(NSM)
33	840.0	George Herring (US/59)	<8/10/91>	(Lilburn, Georgia)	(USPF)
34	840.0	Brent Tracey (US/64)	<6/5/10>	(Nashville, Tennessee)	(SPF)
35	837.8	Dennis Wright (US/46-97)	<2/21/87>	(Oklahoma City, Oklahoma)	(USPF)
36	837.8	Harald Selsam (Germany/68)	<5/15/04>	(Dessau, Germany)	(GPC)
37	837.8	Andrey Belyaev (Russia/83)	<10/18/07>	(Soelden, Austria)	(IPF)
38	837.8	Steve Loncke (Belgium/75)	<11/5/10>	(Mikkeli, Finland)	(WPC)
39	837.8	Eugeny Kuzmin (Russia/88)	<6/10/11>	(Northumberland, England)	(IPF)
40	835.0	Brett "Tadpole" Raapp (US/68)	<11/18/07>	(York, Pennsylvania)	(IPA)
41	832.2	Tony Caprari (US/80)	<2/28/03>	(Columbus, Ohio)	(WPO)
42	832.2	Alexey Zvarykin (Russia/79)	<3/5/05>	(Kazan, Russia)	(IPF)
43	832.2	Joe Norman (US/68)	<6/5/05>	(Detroit, Michigan)	(APF/WPC)
44	827.8	Ivan Shiliakhta (Ukraine/81)	<11/12/04>	(Cape Town, South Africa)	(IPF)
45	826.7	Fred Hatfield (US/42)	<11/8/80>	(Arlington, Texas)	(USPF/IPF)
46	826.7	Pat Person (US)	<7/29/90>	(Pittsburgh, Pennsylvania)	(APF/WPC)
47	826.7	Mike Lockett (US/81)	<9/24/05>	(New Port Richey, Florida)	(APF)
48	826.7	Konstantin Lebedenko (Russia/81)	<3/3/06>	(Ufa, Russia)	(IPF)
49	826.7	Jeremy "J.J." Thomas (US/80)	<10/27/07>	(Kalamazoo, Michigan)	(APF)
50	826.7	Lance Mosley (US/72)	<12/1/07>	(Jacksonville, Florida)	(APF)

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BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	850.0	Shawn Frankl (US/77)	<8/23/08>	(Sharonville, Ohio)	(IPA)
2	840.0	Jason Coker (US/75)	<3/20/10>	(Plano, Texas)	(SPF)
3	770.0	Jason Fry (US/79)	<5/30/09>	(Circleville, Ohio)	(UPA)
4	766.1	George Halbert (US/71)	<4/19/08>	(Columbus, Ohio)	(UPA)
5	766.1	Tim "Sherman" Hensley (US/81)	<1/26/13>	(Grand Rapids, Michigan)	(AAPF)
6	745.0	Gary Larson (US/82)	<8/1/09>	(Rochester, New York)	(IPA)
7	740.0	Scott Sceppe (US/78)	<5/26/07>	(West Hempstead, New York)	(APF)
8	738.5	Mike Wolfley (US/77)	<3/3/07>	(Columbus, Ohio)	(WPO)
9	733.0	Jesse Kellum (US/65)	<2/16/08>	(Los Angeles, California)	(APF)
10	730.0	Sergiy Naleykin (Ukraine/81)	<8/23/08>	(Sharonville, Ohio)	(IPA)
11	725.0	Michael Cartinian (US/76)	<3/6/11>	(Knoxville, Tennessee)	(SPF)
12	722.0	Chris Dejongh (US/84)	<11/16/12>	(Dubuque, Iowa)	(UPA)
13	712.1	Evgeniy Nechaev (Russia/78)	<3/20/10>	(Kursk, Russia)	(WPC)
14	705.5	Jeff McVicar (US/69)	<1/20/07>	(Dubuque, Iowa)	(APF)
15	705.5	Matt Lamarque (US/74)	<3/17/07>	(Chico, California)	(WABDL)
16	705.5	Anthony "Frank" Caminita (US/70)	<6/24/07>	(Marietta, Georgia)	(APC/GPC)
17	705.5	James "Priest" Burdette (US/73)	<10/11/08>	(Los Angeles, California)	(APFF)
18	685.6	Scott Rabine (US/71)	<9/25/04>	(Orlando, Florida)	(WPO)
19	683.4	Daniel Tinajero (US/87)	<8/5/11>	(Rock Springs, Wyoming)	(USPA)
20	680.0	Fred Boldt (US/76)	<8/25/12>	(Cincinnati, Ohio)	(SPF)
21	672.4	Neil Deighton (Great Britain/85)	<4/5/09>	(Eton, England)	(WPC)
22	672.4	Josh Lentz (US/87)	<7/20/12>	(Dubuque, Iowa)	(UPA)
23	662.5	Trey Jewett (US/86)	<10/31/09>	(Reno, Nevada)	(WABDL)
24	661.4	Gustavo Warrington (US)	<7/15/06>	(Portland, Oregon)	(WABDL)
25	661.4	Oleg Bazilevich (Ukraine/82)	<2/16/08>	(Los Angeles, California)	(WPC)
26	661.4	Butch Dunn (US/63)	<11/21/08>	(Palm Beach, Florida)	(APF/WPC)
27	661.4	Ben Brizendine (US/72)	<8/22/09>	(Lake Oswego, Oregon)	(APF)
28	660.0	Matt Handshue (US/86)	<7/16/06>	(Worthington, Ohio)	(APF)
29	650.4	Yuji Watanabe (Japan/80)	<11/15/11>	(Riga, Latvia)	(WPC)
30	650.0	Dewayne "Darrell" Nealy (US/71)	<5/11/02>	(New Roads, Louisiana)	(NSM)
31	650.0	Matthew Zweng (US/72)	<3/19/05>	(Redford, Michigan)	(APF)
32	650.0	Josh Stottmire (US/80)	<2/18/12>	(Allentown, Pennsylvania)	(RPS)
33	644.9	Adam Driggers (US/72)	<12/1/07>	(Jacksonville, Florida)	(APF)
34	641.5	Heikki Sorsa (Finland/83)	<12/15/12>	(Juva, Finland)	(WPC)
35	640.4	Don Linerud (US/78)	<6/18/11>	(Olympia, Washington)	(WABDL)
36	639.9	Andrey Krymov (Ukraine/85)	<2/23/08>	(Mariupol, Ukraine)	(IPF)
37	639.9	Rami Haaparanta (Finland/76)	<3/28/09>	(Juva, Finland)	(WPC)
38	639.3	Igor Sergeev (Russia/66)	<5/8/11>	(Sochi, Russia)	(IPA)
39	639.3	Adam Mamola (US/78)	<9/4/11>	(Orlando, Florida)	(USAPL/IPF)
40	633.8	Dennis Cieri (US/69)	<11/17/07>	(Denver, Colorado)	(USAPL/IPF)
41	630.5	Dave Waterman (US/71-12)	<9/9/00>	(Daytona Beach, Florida)	(WPO)
42	628.3	Ryan Celli (US/73)	<1/28/12>	(Los Angeles, California)	(USPA)
43	628.3	Dave Kirschen (US/77)	<3/2/13>	(Columbus, Ohio)	(XPC)
44	625.0	Cyrus Gharib (US/76)	<11/6/10>	(Dallas, Texas)	(SPF)
45	625.0	Travis Williams (US)	<4/30/11>	(Columbus, Ohio)	(SPF)
46	625.0	Jeff Adkins (US/82)	<3/3/12>	(Columbus, Ohio)	(XPC)
47	622.8	Chris Duffin (US/77)	<8/22/09>	(Lake Oswego, Oregon)	(AAPF)
48	622.8	Jan Wegiera (Poland/65)	<5/27/10>	(Killeen, Texas)	(IPF)
49	620.0	Ron Daly (US/66)	<4/24/10>	(Lake George, New York)	(UPA)
50	620.0	Kevin Ball (US)	<3/6/11>	(Knoxville, Tennessee)	(SPF)

List compiled by Michael Soong. "All-Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for the future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com> • <http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>

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MEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	859.8	Ed Coan (US/63)	<7/78>	(Chicago, Illinois)	(USPF)
2	837.8	Andrey Belyaev (Russia/83)	<9/21/06>	(Syktyfkar, Russia)	(IPF)
3	823.4	Eddie Coppin (Belgium/60-01)	<11/14/87>	(Fredrikstad, Norway)	(IPF)
4	822.3	Veli Kumpuniemi (Finland/34)	<10/16/82>	(Rovaniemi, Finland)	(IPF)
5	821.2	Vince Anello (US/47)	<2/7/82>	(Cleveland, Ohio)	(USPF)
6	821.2	Walter Thomas (US/45)	<2/28/82>	(Shawnee, Oklahoma)	(USPF/IPF)
7	815.7	Sergey Gushin (Russia/74)	<1/17/04>	(Moscow, Russia)	(IPF)
8	815.7	Alexey Zvarykin (Russia/79)	<3/3/06>	(Ufa, Russia)	(IPF)
9	810.2	Ian Bell (US/92)	<3/3/12>	(Columbus, Ohio)	(USAPL/IPF)
10	804.7	Vadim Zamomikov (Russia/82)	<4/3/05>	(Kemerovo, Russia)	(IPF)
11	804.7	David Hansen (US/75)	<9/29/12>	(Las Vegas, Nevada)	(USPA/PL)
12	800.3	Chris Duffin (US/77)	<3/14/09>	(Oregon City, Oregon)	(AAPF)
13	800.0	Steve Scialpi (US/66)	<6/14/92>	(New Rochelle, New York)	(WNPF)
14	799.2	Chip McCain (US/?-91)	<12/15/79>	(Arlington, Texas)	(USPF)
15	799.2	Ivan Shliakhta (Ukraine/81)	<3/5/04>	(Kolomya, Ukraine)	(IPF)
16	793.7	Jim Cash (US/49)	<3/1/80>	(Memphis, Tennessee)	(USPF/IPF)
17	793.7	Daniele Ghilardi (Italy/71)	<4/7/02>	(Marina Di Carrara, Italy)	(IPF)
18	793.7	Konstantin Pozdeev (Russia/84)	<11/22/03>	(Moscow, Russia)	(IPF)
19	790.0	John "Omega Crush" Brooks (US)	<10/27/01>	(Graterford, Pennsylvania)	(FCI)
20	788.2	Buddy Duke (US/56)	<7/7/84>	(Dayton, Ohio)	(USPF)
21	782.6	Alexander Matveev (Kazakhstan/74)	<11/3/05>	(Helsinki, Finland)	(WPC)
22	777.1	Ernie Frantz (US/34)	<6/15/80>	(Moline, Illinois)	(USPF/IPF)
23	777.1	Vince Keyhea (US/62)	<11/10/91>	(Bendigo, Australia)	(ADPPA/WDFPF)
24	777.1	Craig Terry (US/64-11)	<11/1/03>	(Plainwell, Michigan)	(USAPL)
25	777.1	Andrey Tarasenko (Russia/75)	<11/11/05>	(Miami, Florida)	(IPF)
26	773.8	Tony Caprari (US/80)	<9/7/08>	(Humble, Texas)	(WABDL)
27	772.7	Ron Collins (Great Britain/34)	<3/22/80>	(Birmingham, England)	(IPF)
28	772.7	Tom Eiseman (US/58)	<5/17/08>	(Wisconsin Dells, Wisconsin)	(WABDL)
29	771.6	Sylvester Anderson (US/58)	<10/27/88>	(San Francisco, California)	(USPF)
30	771.6	Janne Toivanen (Finland/66)	<11/18/95>	(Pori, Finland)	(IPF)
31	771.6	Ari Kortetjarvi (Finland)	<5/26/01>	(Helsinki, Finland)	(WPC)
32	771.6	Konstantin Lebedenko (Russia/81)	<3/3/06>	(Ufa, Russia)	(IPF)
33	770.0	John Black (US/51)	<1/12/85>	(Euclid, Ohio)	(NSM)
34	766.1	Ed Nellor (US/51-02)	<2/19/83>	(Brookings, South Dakota)	(USPF)
35	766.1	Gene Bell (US/56)	<2/12/87>	(Hill Air Force Base, Utah)	(USPF)
36	766.1	Bill Shannon (US/62)	<8/14/88>	(Saint Louis, Missouri)	(ADPPA)
37	766.1	Robert Pittman (US)	<2/16/89>	(Long Beach, California)	(USPF)
38	766.1	Laurie Butler (Australia/47)	<8/1/93>	(Mildura, Victoria, Australia)	(WPC)
39	766.1	Ivan Freydun (Ukraine/81)	<11/7/03>	(Vejle, Denmark)	(IPF)
40	766.1	Margus Silbaum (Estonia/76)	<5/7/09>	(Ylitornio, Finland)	(IPF)
41	760.6	Vince Simonetta (Australia/60)	<8/11/85>	(Brisbane, Australia)	(IPF)
42	760.6	Mark Payne (US)	<12/13/86>	(Columbus, Ohio)	(USPF/APF)
43	760.6	James Bufkin (US)	<3/6/99>	(Leonardtown, Maryland)	(USAPL)
44	760.6	Roman Szymkowiak (Poland/59)	<11/20/99>	(Trento, Italy)	(IPF)
45	760.6	Seppo Sohlman (Finland/75)	<7/21/02>	(Arnhem, Netherlands)	(IPF)
46	760.6	Toledzhon Kholnazarov (Tajikistan/75)	<11/11/05>	(Miami, Florida)	(IPF)
47	760.6	Yevgeniy Galuzinskiy (Kazakhstan/92)	<8/31/12>	(Szczyrk, Poland)	(IPF)
48	760.0	Edmund Matz (US/46)	<1/75>	(Toledo, Ohio)	(AAU)
49	760.0	Tee "Skinny Man" Meyers (US/56)	<7/9/95>	(Savannah, Georgia)	(WNPF)
50	760.0	Sergiy Naleykin (Ukraine/81)	<8/23/08>	(Sharonville, Ohio)	(IPA)

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	2630.0	Shawn Frankl (US/77)	<8/22/09>	(Sharonville, Ohio)	(SPF)
2	2460.0	Sergiy Naleykin (Ukraine/81)	<8/23/08>	(Sharonville, Ohio)	(IPA)
3	2400.0	Michael Cartinian (US/76)	<3/6/11>	(Knoxville, Tennessee)	(SPF)
4	2360.0	Jason Coker (US/75)	<3/11/12>	(Knoxville, Tennessee)	(SPF)
5	2254.2	Chris Duffin (US/77)	<8/22/09>	(Lake Oswego, Oregon)	(AAPF)
6	2248.7	Andrey Belyaev (Russia/83)	<3/16/08>	(Ufa, Russia)	(IPF)
7	2240.0	Phil Harrington (US/73)	<1/20/08>	(Columbus, Ohio)	(IPA)
8	2234.4	Jesse Kellum (US/65)	<1/8/02>	(New Orleans, Louisiana)	(WPO)
9	2205.0	Adam Driggers (US/72)	<8/23/08>	(Sharonville, Ohio)	(IPA)
10	2204.6	Ed Coan (US/63)	<3/3/85>	(Honolulu, Hawaii)	(USPF/APF/WPC)
11	2149.5	Sam Byrd (US/81)	<9/10/05>	(Woodstock, Georgia)	(APF)
12	2145.1	Ivan Shliakhta (Ukraine/81)	<11/12/04>	(Cape Town, South Africa)	(IPF)
13	2144.0	Andrey Tarasenko (Russia/75)	<11/12/04>	(Cape Town, South Africa)	(IPF)
14	2144.0	Konstantin Lebedenko (Russia/81)	<3/3/06>	(Ufa, Russia)	(IPF)
15	2144.0	Andrey Sharapov (Russia/78)	<11/22/08>	(Palm Beach, Florida)	(WPC)
16	2139.6	Mikhail Balunny (Ukraine/75)	<12/7/08>	(Kremenchuk, Ukraine)	(IPF)
17	2135.0	Phillip DeMonti (US/82)	<1/13/07>	(Grove City, Ohio)	(APF)
18	2133.0	Gene Bell (US/56)	<2/12/87>	(Hill Air Force Base, Utah)	(USPF)
19	2133.0	Matthew Zweng (US/72)	<2/24/02>	(Columbus, Ohio)	(WPO)
20	2116.4	Alexey Zvarykin (Russia/79)	<3/3/06>	(Ufa, Russia)	(IPF)
21	2110.9	Tony Caprari (US/80)	<2/28/03>	(Columbus, Ohio)	(WPO)
22	2110.9	Ivan Freydun (Ukraine/81)	<1/7/03>	(Vejle, Denmark)	(IPF)
23	2105.4	Arnold Coleman (US/65)	<1/8/02>	(New Orleans, Louisiana)	(WPO)
24	2100.0	Ron "Lionheart" Palmer (US/73)	<7/23/06>	(York, Pennsylvania)	(IPA)
25	2100.0	Jason Davis (US/75)	<2/3/13>	(Cincinnati, Ohio)	(SPF)
26	2099.9	Al Caslow (US/80)	<6/23/12>	(Blue Springs, Missouri)	(USPA)
27	2094.4	Vadim Zamomikov (Russia/82)	<1/22/06>	(Moscow, Russia)	(IPF)
28	2083.4	Arkadiy Bukhtychuk (Ukraine/75)	<2/4/07>	(Melitopol, Ukraine)	(IPA)
29	2083.4	Daniel Tinajero (US/87)	<4/30/11>	(Orlando, Florida)	(APF)
30	2077.9	Tatu Avola (Finland/73)	<10/8/04>	(Atlanta, Georgia)	(WPO)
31	2077.9	Edgaras Reksne (Latvia/77)	<5/21/05>	(Zilina, Slovakia)	(GPC)
32	2077.9	Lance Mosley (US/72)	<12/1/07>	(Jacksonville, Florida)	(APF)
33	2074.5	Eddie Coppin (Belgium/60-01)	<11/14/87>	(Fredrikstad, Norway)	(IPF)
34	2072.3	Mick Manley (US/85)	<3/2/13>	(Columbus, Ohio)	(XPC)
35	2070.0	George Herring (US/59)	<8/10/91>	(Liburn, Georgia)	(USPF)
36	2066.8	Robert Pittman (US)	<2/16/89>	(Long Beach, California)	(USPF)
37	2066.8	Jeff Adkins (US/82)	<11/19/11>	(Dubuque, Iowa)	(IPA)
38	2065.0	Derek Wilcox (US/87)	<6/5/10>	(Nashville, Tennessee)	(SPF)
39	2061.3	Mike Bridges (US/57)	<10/4/80>	(Huber Heights, Ohio)	(USPF/IPF)
40	2061.3	Vladimir Sholsky (Russia/85)	<2/18/10>	(Chelyabinsk, Russia)	(IPF)
41	2061.3	Maksim Piskunov (Russia/82)	<11/11/12>	(Las Vegas, Nevada)	(WPC)
42	2055.8	Maxim Sharikov (Russia/88)	<5/21/11>	(Saint Petersburg, Russia)	(IPF)
43	2055.8	Tommy Block (US/89)	<5/26/12>	(Baton Rouge, Louisiana)	(APF/WPC)
44	2050.3	Walter Thomas (US/45)	<1/7/81>	(Calcutta, India)	(USPF/IPF)
45	2050.3	Chris Jenkins (Great Britain/80)	<11/21/09>	(Bournemouth, England)	(WPC)
46	2050.0	Jeff Chorpennning (US)	<4/24/88>	(Chicago, Illinois)	(APF/WPC)
47	2050.0	Andy Bowen (US/79)	<10/31/09>	(Hartford, Alabama)	(APA)
48	2044.8	Tony Runde (US/81)	<3/24/07>	(Omaha, Nebraska)	(APF)
49	2039.3	Ilkka Mursu (Finland/77)	<11/29/03>	(Calgary, Alberta, Canada)	(WPC)
50	2039.3	Michael Wilk (Poland/81)	<11/11/05>	(Miami, Florida)	(IPF)

List compiled by Michael Soong. "All-Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for the future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com> • <http://www.criticalbench.com/powerlifting-benchpress-hallofame.htm>

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ALL TIME HISTORICAL

TOP 50 WORLD RANKINGS: 148 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	611.8	Shannon Hartnett (US/65)	<3/22/09>	(Omaha, Nebraska)	(APF)
2	590.0	Amy Weisberger (US/65)	<8/18/07>	(Franklin, Ohio)	(IPA)
3	575.0	Carol Ann Myers (US/66)	<10/4/08>	(Gaittinsburg, Tennessee)	(SPF)
4	575.4	Galina Pospeluyeva (Russia/80)	<8/22/09>	(Oriol, Russia)	(IPF)
5	567.7	Jenny Milliron-O'Neil (US/Ireland/75)	<6/16/12>	(Limerick, Ireland)	(GPC/WPC)
6	562.2	Marina Kudinova (Russia/77)	<3/3/06>	(Ufa, Russia)	(IPF)
7	552.3	Kara Bohigian-Smith (US/75)	<11/7/03>	(Atlanta, Georgia)	(WPO)
8	551.2	Andrea Zurcher (Switzerland/78)	<5/4/03>	(Nancy, France)	(WPC)
9	551.2	Viktoria Pisarenko-Borodkina (Russia/79)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
10	551.2	Zhanna Ivanova (Ukraine/84)	<11/2/05>	(Helsinki, Finland)	(WPC)
11	551.2	Rheta West (US/74)	<10/27/12>	(Columbus, Ohio)	(XPC)
12	546.7	Priscilla Ribic (US/72)	<7/7/06>	(Miami, Florida)	(USAPL/IPF)
13	530.2	Mariah Liggett (US/58)	<11/7/00>	(Las Vegas, Nevada)	(APF/WPC)
14	530.2	Tatiana Skripka (Ukraine/87)	<3/4/05>	(Mariupol, Ukraine)	(IPF)
15	529.1	Natalia Baribina (Russia/83)	<3/3/05>	(Kazan, Russia)	(IPF)
16	529.1	Olga Chuvileva (Russia/79)	<3/3/06>	(Ufa, Russia)	(IPF)
17	529.1	Sonji "Shorty" Baldwin (US/69)	<6/24/07>	(Marietta, Georgia)	(APC/GPC)
18	529.1	Tetyana Akhmamyetyeva (Ukraine/85)	<2/26/11>	(Poltava, Ukraine)	(IPF)
19	529.1	Yulia Medvedeva (Russia/86)	<2/26/12>	(Chelyabinsk, Russia)	(IPF)
20	518.1	Valida Iskandarova (Kazakhstan/74)	<4/4/02>	(Shymkent, Kazakhstan)	(IPF)
21	518.1	Lesya Guminska (Ukraine/80)	<2/28/03>	(Makeevka, Ukraine)	(IPF)
22	514.8	Amy "Firecracker" Vaughan (US/80)	<3/3/03>	(Salisbury, Maryland)	(APF)
23	512.6	Larisa Ivanova (Ukraine/63)	<6/9/00>	(Mariupol, Ukraine)	(IPF)
24	512.6	Anastasia Yakovleva (Russia/83)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
25	510.0	Ruthi Shafer (US/57-10)	<11/22/83>	(Salem, Oregon)	(NSM)
26	507.1	Mary Ellen Jerumbo-Warman (US/58)	<6/10/00>	(Warren, Michigan)	(APF/WPC)
27	507.1	Melissa Ortega (US/77)	<11/29/03>	(Calgary, Alberta, Canada)	(APF/WPC)
28	507.1	Evgenia Goncharova (Russia/81)	<9/22/06>	(Syktyfkar, Russia)	(IPF)
29	507.1	Kelly Martin (US/70)	<4/28/07>	(Willowbrook, Illinois)	(APF/WPC)
30	501.6	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
31	500.0	Michelle Borzok (US/70)	<2/13/10>	(Whitehall, Pennsylvania)	(IPA)
32	500.0	Suzanne Schwanke (US/84)	<12/10/11>	(Tampa, Florida)	(SPF)
33	496.0	Ekatarina Tanakova (Russia/64)	<5/26/94>	(Rotorua, New Zealand)	(IPF)
34	496.0	Lisa Sjostrand (Sweden/68)	<3/1/97>	(Linkoping, Sweden)	(IPF)
35	496.0	Ana Rosa Castellain (Brazil/85)	<8/18/11>	(Buenos Aires, Argentina)	(IPF)
36	496.0	Marina Burik (Kazakhstan/93)	<8/30/12>	(Szczryk, Poland)	(IPF)
37	490.5	Irene Frangi (Argentina/64)	<5/26/00>	(Pinamar, Buenos Aires, Argentina)	(IPF)
38	490.5	Olga Golovanova (Russia/89)	<8/25/12>	(Tyumen, Russia)	(IPF)
39	485.0	Beatte Amdahl (Norway/69)	<10/14/95>	(National Record)	(IPF)
40	485.0	Antonette Orsini (Italy/64)	<5/20/99>	(Thisted, Denmark)	(IPF)
41	485.0	Olga Pantina (Russia/79)	<8/24/05>	(Oriol, Russia)	(IPF)
42	485.0	Irina Poletayeva (Russia/82)	<5/11/06>	(Prostejov, Czech Republic)	(IPF)
43	485.0	Tatyana Pavlovskaya (Russia/83)	<1/26/08>	(Novosibirsk, Russia)	(IPF)
44	485.0	Yulia Medvedeva (Russia/79)	<2/29/09>	(Chelyabinsk, Russia)	(WPC)
45	485.0	Sari Noviana (Indonesia/84)	<12/8/11>	(Kobe, Japan)	(IPF)
46	485.0	Gracie Vanasse (US/88)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
47	480.6	Lee Stoggles (Great Britain/62)	<6/11/05>	(Port Talbot, Wales)	(GPC)
48	479.5	Jul Chepushtanova (Russia/80)	<9/11/02>	(Solchi, Russia)	(IPF)
49	479.5	Marina Mikhailova (Russia/81)	<1/16/04>	(Cherepovets, Russia)	(IPF)
50	479.5	Julia Kosturova (Slovakia/89)	<11/20/08>	(Palm Beach, Florida)	(WPC)

BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	413.4	Kara Bohigian-Smith (US/75)	<3/18/07>	(Attalla, Alabama)	(APF)
2	391.3	Yulia Medvedeva (Russia/86)	<3/11/12>	(Suzdal, Russia)	(IPF)
3	391.3	Galina Pospeluyeva (Russia/80)	<3/11/12>	(Suzdal, Russia)	(IPF)
4	380.3	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<3/11/06>	(Cherkasy, Ukraine)	(IPF)
5	380.0	Michelle Borzok (US/70)	<6/24/07>	(York, Pennsylvania)	(IPA)
6	374.8	Jerri Lynn Lippert (US/73)	<12/14/03>	(Las Vegas, Nevada)	(WABDL)
7	374.8	Anne Heikkila (Finland/78)	<11/2/10>	(Mikkeli, Finland)	(WPC)
8	364.9	Gundula von Bachhaus-Fiona (US/Germany/81)	<3/4/12>	(Columbus, Ohio)	(USAPL/IPF)
9	358.3	Marina Kudinova (Russia/77)	<3/3/06>	(Ufa, Russia)	(IPF)
10	358.3	Irina Poletayeva (Russia/82)	<1/31/13>	(Tyumen, Russia)	(IPF)
11	355.0	Amy Weisberger (US/65)	<4/16/05>	(Newark, Ohio)	(IPA)
12	352.7	Paula Suzuki (US/68)	<4/28/95>	(Honolulu, Hawaii)	(APF/WPC)
13	352.7	Svetlana Dedulia-Mikasevich (Russia/75)	<3/2/00>	(Syktyfkar, Russia)	(IPF)
14	352.7	Sonji "Shorty" Baldwin (US/69)	<7/7/06>	(Sacramento, California)	(APC/GPC)
15	352.7	Ludmila Bobchenko (Ukraine/79)	<7/28/07>	(Krivoy Rog, Ukraine)	(WPO)
16	352.7	Leonetta Richardson (US/77)	<9/17/11>	(Las Vegas, Nevada)	(USPA)
17	350.0	Rheta West (US/74)	<8/6/11>	(Rochester, New York)	(IPA)
18	350.0	Anna Reel (US/84)	<2/2/13>	(Manchester, Tennessee)	(SPF)
19	347.2	Mayumi Kitamura (Japan/67)	<11/5/08>	(Saint John's, Canada)	(IPF)
20	341.7	Priscilla Ribic (US/72)	<2/5/05>	(Saint Louis, Missouri)	(USAPL/IPF)
21	340.0	Shawna Geraghty-Saldan (Canada/81)	<8/6/11>	(Ithaca, New York)	(IPA)
22	336.2	Mari Asp (US/Norway/75)	<8/26/06>	(El Cerrito, California)	(USAPL)
23	336.2	Valentina Nelubova (Russia/66)	<8/6/09>	(Frydek-Mistek, Czech Republic)	(IPF)
24	336.2	Ana Rosa Castellain (Brazil/85)	<8/18/11>	(Buenos Aires, Argentina)	(IPF)
25	336.2	Anastasiya Guseva (Kazakhstan/89)	<5/23/12>	(Pilsen, Czech Republic)	(IPF)
26	336.2	Tetyana Akhmamyetyeva (Ukraine/85)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
27	330.7	Ciara Kasbarian (France/59)	<12/11/99>	(Vaasa, Finland)	(IPF)
28	330.7	Elena Fomina (Russia/69)	<3/3/05>	(Kazan, Russia)	(IPF)
29	330.7	Natalia Samarina (Russia/84)	<8/12/10>	(Bratislava, Slovakia)	(IPF)
30	330.7	Jennifer Thompson (US/73)	<10/8/11>	(Miami, Florida)	(USAPL/IPF)
31	330.7	Mariya Dubenskaya (Russia/88)	<1/31/13>	(Tyumen, Russia)	(IPF)
32	330.0	Bianca Stone (US/64)	<2/4/12>	(Cincinnati, Ohio)	(SPF)
33	326.3	Tatiana Skripka (Ukraine/87)	<6/16/05>	(Mariupol, Ukraine)	(IPF)
34	325.2	Antonette Orsini (Italy/64)	<10/18/07>	(Soelden, Austria)	(IPF)
35	325.0	Hannah "The Minx" Johnson (US/83)	<1/26/13>	(North Myrtle Beach, South Carolina)	(SPF)
36	321.9	Iris Shekter (Israel/78)	<11/15/11>	(Riga, Latvia)	(WPC)
37	320.5	Linda Blackburn (US)	<7/6/02>	(Eufaula, Oklahoma)	(WABDL)
38	319.7	Gabi Holzmann (Germany/56)	<10/31/98>	(Schwedt, Germany)	(IPF)
39	319.7	Yulia Tachitskaya-Schitskaja/Zhytskaya (Belorussia/78)	<12/6/03>	(Trencin, Slovakia)	(IPF)
40	319.7	Marina Sukocheva (Russia/72)	<8/24/05>	(Oriol, Russia)	(IPF)
41	319.7	Svetlana Korobeynikova (Russia/79)	<9/23/05>	(Mosonmagyaróvár, Hungary)	(IPF)
42	319.7	Zhanna Ivanova (Ukraine/84)	<11/2/05>	(Helsinki, Finland)	(WPC)
43	319.7	Anastasia Rakheeva (Russia)	<11/4/05>	(Helsinki, Finland)	(WPC)
44	319.7	Angela Geut (Belorussia/69)	<5/26/06>	(Miskolc, Hungary)	(IPF)
45	319.7	Maria Revva (Russia/77)	<3/16/08>	(Ufa, Russia)	(IPF)
46	319.7	Nellya Maltseva (Russia/79)	<3/1/09>	(Chelyabinsk, Russia)	(WPC)
47	319.7	Erica Bueno (Brazil/80)	<3/6/11>	(Cleveland, Ohio)	(IPF)
48	319.7	Tutta Kristine Hanssen (Norway/89)	<6/8/11>	(Northumberland, England)	(IPF)
49	319.7	Yuliya Yadrinkhinskaya (Russia/80)	<3/11/12>	(Suzdal, Russia)	(IPF)
50	315.0	Mariah Liggett (US/58)	<10/14/06>	(Zanesville, Ohio)	(IPA)

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WOMEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	556.7	Priscilla Ribic (US/72)	<8/8/07>	(Sao Paulo, Brazil)	(USAPL/IPF)
2	552.3	Shannon Hartnett (US/65)	<3/2/07>	(Columbus, Ohio)	(WPO)
3	545.0	Ruthi Shafer (US/57-10)	<11/22/83>	(Salem, Oregon)	(NSM)
4	541.2	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<2/25/12>	(Mariupol, Ukraine)	(IPF)
5	534.6	Jenny Milliron-O'Neil (US/Ireland/75)	<6/16/12>	(Limerick, Ireland)	(GPC/WPC)
6	529.1	Lisa Sjostrand (Sweden/68)	<9/6/97>	(Solna, Sweden)	(IPF)
7	529.1	Lesya Guminska (Ukraine/80)	<2/24/00>	(Vinnitsa, Ukraine)	(IPF)
8	529.1	Yulia Zaugolova (Russia/81)	<6/30/12>	(Arkhangelsk, Russia)	(WPC)
9	524.7	Nancy Dangerfield (US/56)	<11/6/98>	(Graz, Austria)	(APF/WPC)
10	518.1	Kimberly Walford (US/78)	<3/3/13>	(Columbus, Ohio)	(USAPL/IPF)
11	512.6	Rheta West (US/74)	<10/27/12>	(Columbus, Ohio)	(XPC)
12	510.0	Judy Sverchek-Neff (US/77)	<5/23/09>	(Missoula, Montana)	(Pride)
13	508.2	Marina Kudinova (Russia/77)	<3/3/06>	(Ufa, Russia)	(IPF)
14	508.2	Evgenia Goncharova (Russia/81)	<9/22/06>	(Syktyfkar, Russia)	(IPF)
15	501.6	Karen Franks (US)	<12/1/89>	(Stone, England)	(APF/WPC)
16	501.6	Natalia Baribina (Russia/83)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
17	501.6	Kara Bohigian-Smith (US/75)	<10/8/04>	(Atlanta, Georgia)	(WPO)
18	501.6	Alyssa Hitchcock (US/84)	<5/23/10>	(Cleveland, Ohio)	(USAPL/IPF)
19	501.6	Linda Okoro (US/87)	<11/4/11>	(Reno, Nevada)	(WABDL)
20	501.6	Debbie Schwarz-Damminga (US/61)	<11/11/12>	(Elkhorn, Nebraska)	(SPF)
21	501.6	Taylor Stallings (US/85)	<2/24/13>	(Tampa, Florida)	(RUPC)
22	500.0	Jackie Pierce-Austin (US/64-99)	<10/31/87>	(Lakeland, Florida)	(NSM)
23	500.0	Amy Weisberger (US/65)	<8/18/07>	(Franklin, Ohio)	(IPA)
24	500.0	Stephanie Rogers (US/83)	<11/20/10>	(Russellville, Arkansas)	(SPF)
25	496.0	Elana Zhukova-Soukhoruk (Ukraine/72)	<11/29/93>	(Jonkoping, Sweden)	(IPF)
26	496.0	Zhanna Ivanova (Ukraine/84)	<11/2/05>	(Helsinki, Finland)	(WPC)
27	496.0	Sari Noviana (Indonesia/84)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
28	490.5	Mariah Liggett (US/58)	<11/24/91>	(Las Vegas, Nevada)	(APF/WPC)
29	490.5	Carrie Boudreau (US/67)	<12/10/94>	(Waterville, Maine)	(USPF)
30	490.5	Tatiana Skripka (Ukraine/87)	<6/16/05>	(Mariupol, Ukraine)	(IPF)
31	490.5	Galina Potseluyeva (Russia/80)	<8/24/08>	(Berdsk, Russia)	(IPF)
32	490.5	Yulia Medvedeva (Russia/86)	<11/1/12>	(Aguadilla, Puerto Rico)	(IPF)
33	490.5	Iryna Piatrovich (Belorussia/84)	<1/19/13>	(Los Angeles, California)	(IPL)
34	485.0	Cathy Millen (New Zealand/67)	<4/89>	(National Record)	(IPF)
35	485.0	Ekatarina Tanakova (Russia/64)	<5/6/95>	(Chiba City, Japan)	(IPF)
36	485.0	Valida Iskandarova (Kazakhstan/74)	<4/4/02>	(Shymkent, Kazakhstan)	(IPF)
37	485.0	Svetlana Bochko (Russia/63)	<3/3/05>	(Kazan, Russia)	(IPF)
38	485.0	Maria Revva (Russia/77)	<3/16/08>	(Ufa, Russia)	(IPF)
39	480.0	Vicky Steenrod (US/49)	<5/6/89>	(Santa Fe, New Mexico)	(USPF)
40	480.0	Hannah "The Minx" Johnson (US/83)	<1/26/13>	(North Myrtle Beach, South Carolina)	(SPF)
41	479.5	Teri Fay-Herold (US)	<12/13/86>	(Columbus, Ohio)	(USPF/APF)
42	479.5	Lynne Nelson (US/59)	<11/17/01>	(Williamsport, Pennsylvania)	(USAPL)
43	479.5	Melissa Ortega (US/77)	<10/15/04>	(Fresno, California)	(APF/WPC)
44	479.5	Sonji "Shorty" Baldwin (US/69)	<6/24/07>	(Marietta, Georgia)	(APC/GPC)
45	476.2	Antonette Orsini (Italy/64)	<12/6/03>	(Brescia, Italy)	(IPF)
46	475.0	Carol Ann Myers (US/66)	<10/4/08>	(Gaitlinburg, Tennessee)	(SPF)
47	474.0	Jan Todd (US/48)	<1/30/83>	(Chicago, Illinois)	(USPF)
48	474.0	Stephanie VanDeWeghe (US/55)	<5/15/88>	(Milwaukee, Wisconsin)	(APF/WPC)
49	474.0	Irene Frangi (Argentina/64)	<12/9/95>	(National Record)	(IPF)
50	474.0	Anastasia Yakovleva (Russia/83)	<4/15/04>	(Saint Petersburg, Russia)	(IPF)

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	1440.0	Amy Weisberger (US/65)	<8/18/07>	(Franklin, Ohio)	(IPA)
2	1428.6	Marina Kudinova (Russia/77)	<3/3/06>	(Ufa, Russia)	(IPF)
3	1424.2	Galina Potseluyeva (Russia/80)	<8/22/09>	(Oriol, Russia)	(IPF)
4	1422.0	Kara Bohigian-Smith (US/75)	<10/8/04>	(Atlanta, Georgia)	(WPO)
5	1422.0	Shannon Hartnett (US/65)	<3/22/09>	(Omaha, Nebraska)	(APF)
6	1399.9	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<3/11/06>	(Cherkasy, Ukraine)	(IPF)
7	1399.9	Jenny Milliron-O'Neil (US/Ireland/75)	<6/16/12>	(Limerick, Ireland)	(GPC/WPC)
8	1388.9	Priscilla Ribic (US/72)	<12/11/04>	(King of Prussia, Pennsylvania)	(USAPL/IPF)
9	1370.0	Rheta West (US/74)	<5/19/12>	(Pauisboro, New Jersey)	(RPS)
10	1366.9	Zhanna Ivanova (Ukraine/84)	<11/2/05>	(Helsinki, Finland)	(WPC)
11	1361.4	Sonji "Shorty" Baldwin (US/69)	<6/24/07>	(Marietta, Georgia)	(APC/GPC)
12	1361.4	Yulia Medvedeva (Russia/86)	<11/1/12>	(Aguadilla, Puerto Rico)	(IPF)
13	1333.8	Natalia Baribina (Russia/83)	<3/3/05>	(Kazan, Russia)	(IPF)
14	1329.4	Evgenia Goncharova (Russia/81)	<9/22/06>	(Syktyfkar, Russia)	(IPF)
15	1322.8	Lesya Guminska (Ukraine/80)	<2/28/03>	(Makeevka, Ukraine)	(IPF)
16	1322.8	Tetyana Akhmmayetyeva (Ukraine/85)	<2/25/12>	(Mariupol, Ukraine)	(IPF)
17	1317.3	Tatiana Skripka (Ukraine/87)	<6/16/05>	(Mariupol, Ukraine)	(IPF)
18	1320.0	Carol Ann Myers (US/66)	<10/4/08>	(Gaitlinburg, Tennessee)	(SPF)
19	1295.2	Viktoria Pisarenko-Borodkina (Russia/79)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
20	1295.2	Melissa Ortega (US/77)	<10/15/04>	(Fresno, California)	(APF/WPC)
21	1295.2	Sari Noviana (Indonesia/84)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
22	1284.2	Irina Poletayeva (Russia/82)	<5/11/06>	(Prostejov, Czech Republic)	(IPF)
23	1284.2	Gundula von Bachhaus-Fiona (US/Germany/81)	<2/21/09>	(Grafenhainichen, Germany)	(IPF)
24	1280.0	Ruthi Shafer (US/57-10)	<11/22/83>	(Salem, Oregon)	(NSM)
25	1280.0	Michelle Borzok (US/70)	<2/21/09>	(Allentown, Pennsylvania)	(IPA)
26	1267.7	Valida Iskandarova (Kazakhstan/74)	<4/4/02>	(Shymkent, Kazakhstan)	(IPF)
27	1267.7	Anastasia Yakovleva (Russia/83)	<3/10/04>	(Krasnoyarsk, Russia)	(IPF)
28	1267.7	Maria Revva (Russia/77)	<3/16/08>	(Ufa, Russia)	(IPF)
29	1267.7	Antonette Orsini (Italy/64)	<5/8/09>	(Ylitorio, Finland)	(IPF)
30	1262.1	Lisa Sjostrand (Sweden/68)	<9/6/97>	(Solna, Sweden)	(IPF)
31	1262.1	Larisa Ivanova (Ukraine/63)	<6/9/00>	(Mariupol, Ukraine)	(IPF)
32	1256.6	Mariah Liggett (US/58)	<11/3/94>	(Columbus, Ohio)	(APF/WPC)
33	1251.1	Kelly Martin (US/70)	<4/28/07>	(Willowbrook, Illinois)	(APF/WPC)
34	1240.1	Elena Fomina (Russia/69)	<3/3/06>	(Ufa, Russia)	(IPF)
35	1240.1	Ana Rosa Castellain (Brazil/85)	<8/18/11>	(Buenos Aires, Argentina)	(IPF)
36	1234.6	Andrea Zurcher (Switzerland/78)	<5/4/03>	(Nancy, France)	(WPC)
37	1234.6	Olga Chuvileva (Russia/79)	<3/3/06>	(Ufa, Russia)	(IPF)
38	1229.1	Kira Pavlovskaya (Russia/83)	<11/9/11>	(Pilsen, Czech Republic)	(IPF)
39	1229.1	Mayumi Kitamura (Japan/67)	<10/31/12>	(Aguadilla, Puerto Rico)	(IPF)
40	1225.0	Anna Reel (US/84)	<2/2/13>	(Manchester, Tennessee)	(SPF)
41	1223.6	Kateryna Klymenko (Ukraine/85)	<3/11/06>	(Cherkasy, Ukraine)	(IPF)
42	1218.1	Alyssa Hitchcock (US/84)	<5/21/11>	(Atlanta, Georgia)	(USAPL/IPF)
43	1215.0	Amy "Firecracker" Vaughan (US/80)	<11/3/02>	(Roanoke, Virginia)	(APA/WPA)
44	1212.5	Yulia Medvedeva (Russia/79)	<2/29/09>	(Chelyabinsk, Russia)	(WPC)
45	1207.0	Irene Frangi (Argentina/64)	<5/26/00>	(Pinamar, Buenos Aires, Argentina)	(IPF)
46	1201.5	Vicky Steenrod (US/49)	<10/28/88>	(San Francisco, California)	(USPF)
47	1201.5	Jul Chepushtanova (Russia/80)	<9/11/02>	(Sochi, Russia)	(IPF)
48	1201.5	Suzanne Schwanke (US/84)	<5/28/11>	(New Port Richey, Florida)	(APF)
49	1200.0	Hannah "The Minx" Johnson (US/83)	<7/24/10>	(North Myrtle Beach, South Carolina)	(APF)
50	1200.0	Debbie Schwarz-Damminga (US/61)	<12/10/11>	(Tampa, Florida)	(SPF)

List compiled by Michael Soong. "All-Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for the future rankings, please email Michael your meet results:

soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com> • <http://www.criticalbench.com/powerlifting-benchpress-hallofame.htm>

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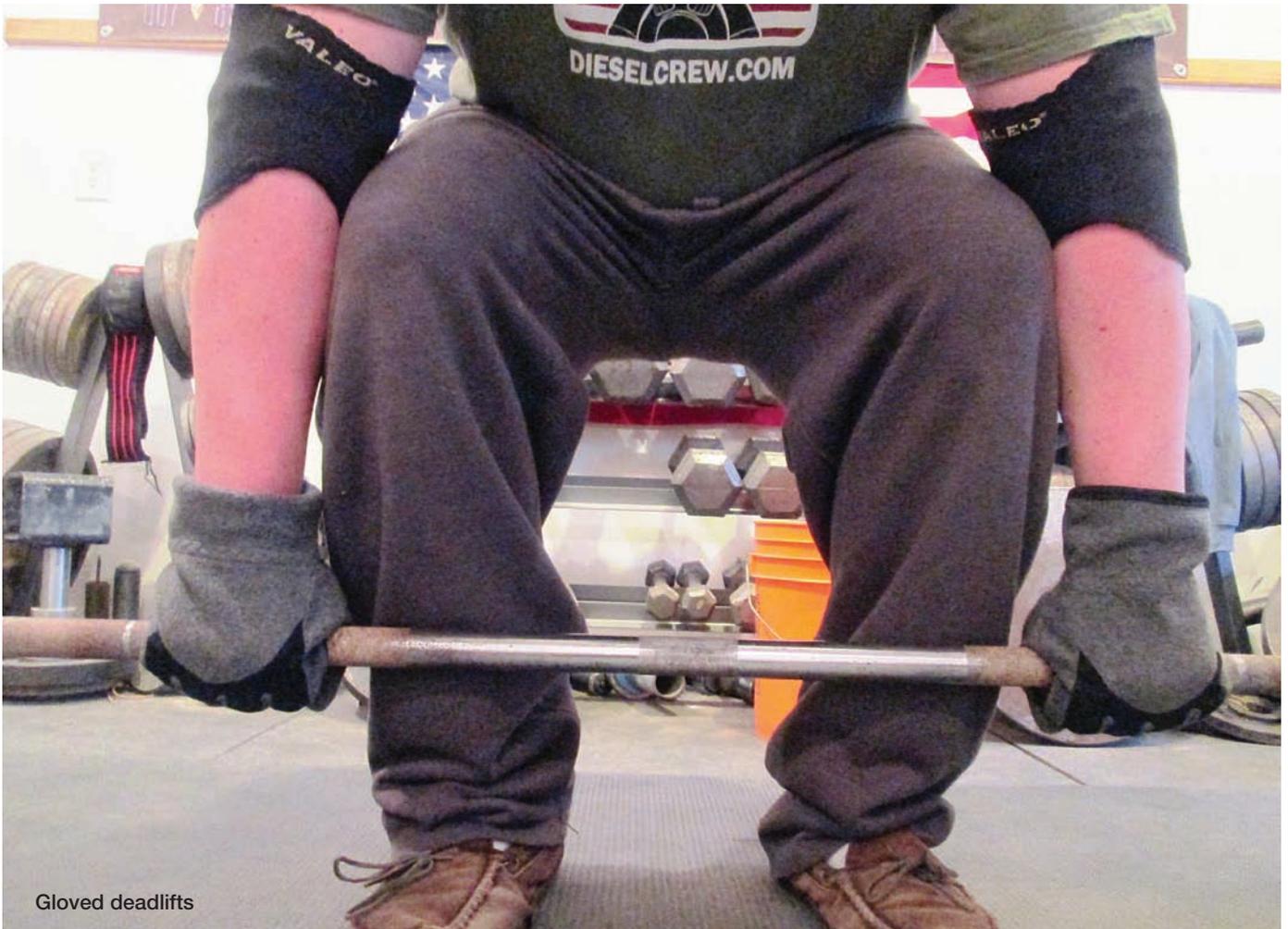
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UNDERSTANDING AND MANAGING RADIANT TENSION

HOW GRIP CAN IMPROVE YOUR STRENGTH

BY JEDD JOHNSON



Gloved deadlifts

Watch any new lifter in the gym and you can bet they will eventually hit the bench press. This will most likely be on Monday, because that is what their training partner or whoever got them involved in training told them to do.

They may also pursue the other main powerlifts, the squat and deadlift. Hopefully, their form is good and solid on these lifts in order to maximize their strength gains and prevent injury.

However, one thing that is often not taught to new lifters who are testing themselves with powerlifting is the management of tension. Tension, like the keystones that hold together the most magnificent of structures, is just as important to making big, safe lifts as any other piece of the technique puzzle.

APPLYING TENSION IN YOUR TRAINING

Certainly, everyone must already be applying a certain degree of tension during their lifts. Otherwise, they would not be able to press a barbell off their chest, pull it from the floor to lockout or bring a bar out of the hole in the back squat. However, most people do not manage their tension properly in order to maximize their lifting potential.

I first learned about applying tension in some of Pavel Tsatsouline's early articles, written somewhere around 2003. He wrote about tensing the glutes heavily in order to create stability throughout the length of the spine and in order to improve the overhead press. Instantly upon trying this tech-



Steel bending

nique, I saw bigger numbers going overhead and I saw more reps with weights I was already pressing, so I knew there was something to it.

My next experiment came with the bench press. I began squeezing the bar harder than normal when I bench-pressed, and I began to feel that my often unsteady set-up on the bench became more rigid than before. My confidence grew. It was like some unseen force was keeping everything lined up better from the moment I took the bar out of the rack, and throughout the process of lowering it to my chest then pressing it upward.

AN EXPERIMENT

To understand radiant tension, try this little experiment:

Step 1: Stand and place your hands out in front of you. Pretend you are lying on a bench with the barbell in your hands.



Figure 1

Without creating any excess tension, just pretend to lower the bar down to your chest and back up. Do this for a few reps with loose arms. Notice how it feels. (See Figure 1)

Step 2: Keeping your arms in the same position, close the hands a bit tighter and squeeze your fingertips into the palms. Now repeat the action of lowering the bar to your chest and pressing it out. Do your arms feel different? (See Figure 2)

Chances are, when performing Step 2, the imaginary bar moved a bit slower and the track through which it moved was a bit more strict.

Step 3: This time, in the standing position with the arms out, clench your fists as hard as you can. If you are squeezing hard, you should begin to feel your forearms, upper arms and even your shoulders tighten up. When you squeeze the hands hard like this, the tension that is created can trickle back down, through the arms and into the torso, helping to create a stabilizing effect that can increase many of your lifts in the gym instantaneously, simply because of this one little trick – radiant tension.

APPLYING TENSION IN OTHER WAYS

Perhaps the biggest area where I saw improvement in my training by utilizing radiant tension was in steel bending. When you are bending steel, any loss of stability can hold back your ability to overcome the strength of the nail, bar or other piece of stock. When I first began bending nails, I just tried as hard as I could to bend the steel and hoped it began bending. But when I learned about harnessing tension, I would first make my body very rigid and tight, thus making my entire torso, shoulder girdle and arms into a hydraulic press, ready to compress any steel that I got my hands on. My bending strength went way up and my injury rates went way down because I was so much more stable when exerting force into the steel bars.

The key to understanding radiant tension is about experimenting. You have to get on the bench and play with the amount of tension you exert into the bar, changing it up slightly on individual sets and even on individual repetitions in order to see what is right.

You have to reach down and grip the barbell with different levels of intensity on the deadlift and see what degree of effort





Figure 2

makes the torso feel solid, and which degree seems to throw off your technique.

Naturally, on some days, you may need to squeeze harder than others in order to get the perfect level of tension that equates to big lifts. A warm-up that was rushed, a lackluster effort at getting the CNS properly primed, or even a poor night's sleep or missed meal can throw things a bit out of whack and require a bit more tension for optimal technique.

In reality, managing tension is an ongoing learning process, something that constantly must be tweaked just like any other

system must be monitored or a work crew must be supervised and dealt with depending on the situation of each day.

OTHER TENSION EXPERIMENTS

Aside from the regular gym lifts, there are other ways to get a better feel for radiant tension and how the hands play a role in how well you can perform a given lift. Below are a couple of examples.

1. Gloved deadlifts. By performing deadlifts with gloves on (think leather gloves you'd shovel with), you lose some of the

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feel that you normally have for the bar. It becomes a bit more difficult to gauge the tension you are applying directly into the bar. The glove material can make it feel as though there is slippage when pulling the weight off the floor, so more tension must be applied in order to keep everything secure and stable. The glove material also makes the bar seem slightly thicker, so more effort must be applied than normal in order to pull the bar all the way to lockout. Gloved deadlifts are also a great way to increase your static grip strength for deadlifting. When you go back to a bare-handed lift, the bar will feel smaller and you will feel like the hulk lifting it.

2. Instant thick-grip tools. There are many instant thick-grip tools on the market that pop right onto a barbell, dumbbell or chin-up bar in order to instantly make it a wider grip. Called open hand training, this is one of the best ways to increase overall hand, wrist and forearm strength because of the increased difficulty due to the fingers and thumb no longer overlapping around the handle.

For experimenting with radiant tension, perhaps the best instant thick-grip device to try is the Grip4orce handles. These devices not only create a thicker surface, but they also force

“YOU HAVE TO REACH DOWN AND GRIP THE BARBELL WITH DIFFERENT LEVELS OF INTENSITY ON THE DEADLIFT AND SEE WHAT DEGREE OF EFFORT MAKES THE TORSO FEEL SOLID, AND WHICH DEGREE SEEMS TO THROW OFF YOUR TECHNIQUE.”

you to squeeze them continually. Whereas other instant thick-grip tools snap on and stay put without any force from your hands, the G4 handles have a gap that requires you to close them down over the bar, especially emphasizing the thumb in a static yet maintained forceful action. All of this creates a much more thorough working of the lower arm muscles throughout the duration of the exercise because they must actively squeeze the G4 handles closed.

What you will find when running any of these experiments is that hands play a huge role in your lifts. When you begin to understand how tension can work in your favor, you can see some excellent improvements in a

wide range of gym movements.

The first two full years I trained, I struggled with tension. It wasn't until I learned about the important role the hands played that I truly began to start seeing noticeable improvement in my technique. That is finally when my strength gains started coming. **PM**

Jedd Johnson is a grip sport competitor and lifelong strength enthusiast. He can be contacted at jedd.diesel@gmail.com or www.dieselcrew.com.

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Paul Tongiani: What's the best lesson you have learned from each place you trained?

Brandon Lilly: Guerrilla Squad Barbell: Shut up, bring it or get out. **Westside Barbell:** Lou's best lesson came after I was gone. He told me once, "If you let a man tell you what you can and can't do, you might as well cough up your balls." Say what you want, but everyone hears the negativity people say on the Internet about them. Every time I heard I was "done," I reverted back to what Lou said.

Lexen Xtreme: Danny Dague gave me the confidence to train how I wanted, he believed in me when I wasn't sure I believed in myself. Chuck Vogelpohl taught me what it means to do things the right way. He told me, "You can squat high and cheat, but when it's all said and done, that is what people will remember." He taught me to expect more of myself than anyone else would. Mike Cartinian taught me to think outside the box.

Steve McCracken: What type of specialty bars do you like in training, and how do you like to use them?

Brandon Lilly: I believe in using what you play with. You compete with a straight bar, so I only use the barbell on my main movements. Any specialty bars come into play on accessories. Safety Squat Bar, Fat Bar for Bench, Bamboo bar, etc.

Josh McIntyre: How do you explain Pete Rubish?

Brandon Lilly: I don't think you can. Pete and I have talked, and there is something inside him that drives him harder than anyone I've ever met except Chuck. Pete has the exact same fire that I saw in Chuck's eyes. Good is never good enough. He may hit a big squat today, but if he goes home and believes he could have done more, he may go back at 4 a.m. to beat a PR he just set. People rip on him and say he's gonna kill himself with all that kind of stuff, but you know what? That's Pete. I respect what he does, and I respect him as a lifter. I'm glad to call him a friend.

Paul Allen Riggs: How do you build stopping power out of the hole for a raw lifter?

Brandon Lilly: Best thing I ever did was start pause squatting.

Jeremy Smith: How can I become a more explosive deadlifter, like you? Do you have tips on how a grinding type of lifter can become faster?

Brandon Lilly: People will chastise me for saying this, but lose the bands, learn to pull with good form and pull from a deficit. Focus on doubles and triples, don't max out until a meet. Build speed with straight weight. No disrespect to anyone, but I look at the deadlift records, and almost none of them were built with anything but straight weight.

Mark Bell: You hurt your shoulder recently. Explain how you plan to use the Original Sling Shot to rehab and bench more than you ever have before?

Brandon Lilly: It's simple. I have so much belief inside of myself that I will be back not only as strong, but stronger. I plan on being smarter, and that is where the Slingshot comes into play. I built my most recent benches with triples and doubles, so now I will continue that process — but instead of just stopping when my body can no longer press, I plan to overload for two sets taking a 20- to 30-lb. jump each set and trying to hit doubles and triples. Not only shielding myself from that weight, but preparing mentally and physically to bench that from the overload. After those sets, I will drop back and do some higher-rep work to build up muscular endurance and strength. I will bench 600 lbs. or more this year, and when I do everyone will know it was in large part to the benefit the Slingshot offers. I have used it since you first came out with it, and I will continue to, but this time I have a much more intense program to utilize it better than ever before.

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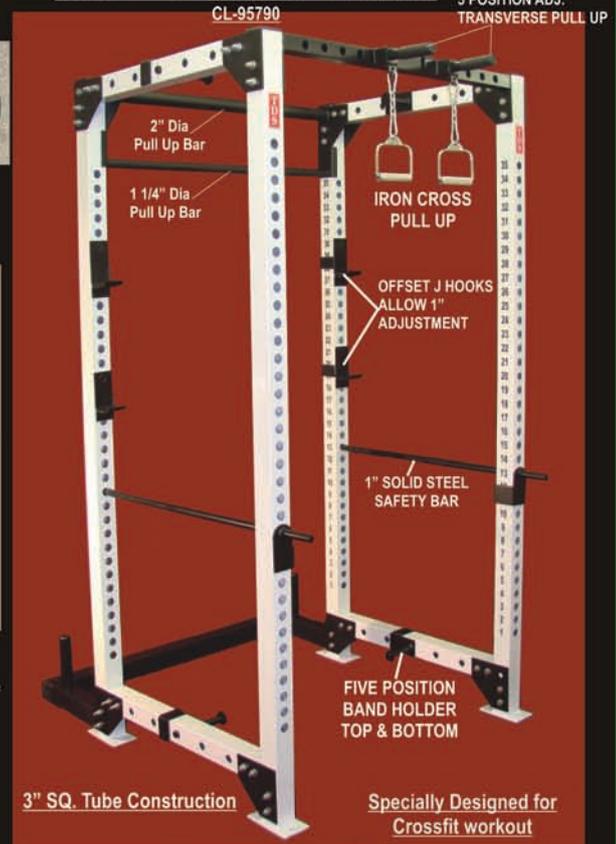
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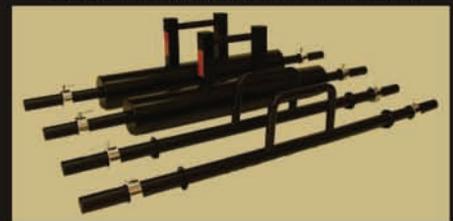
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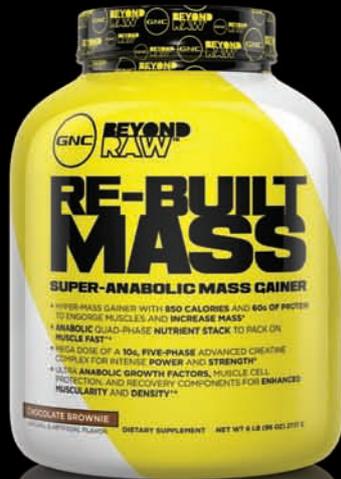


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