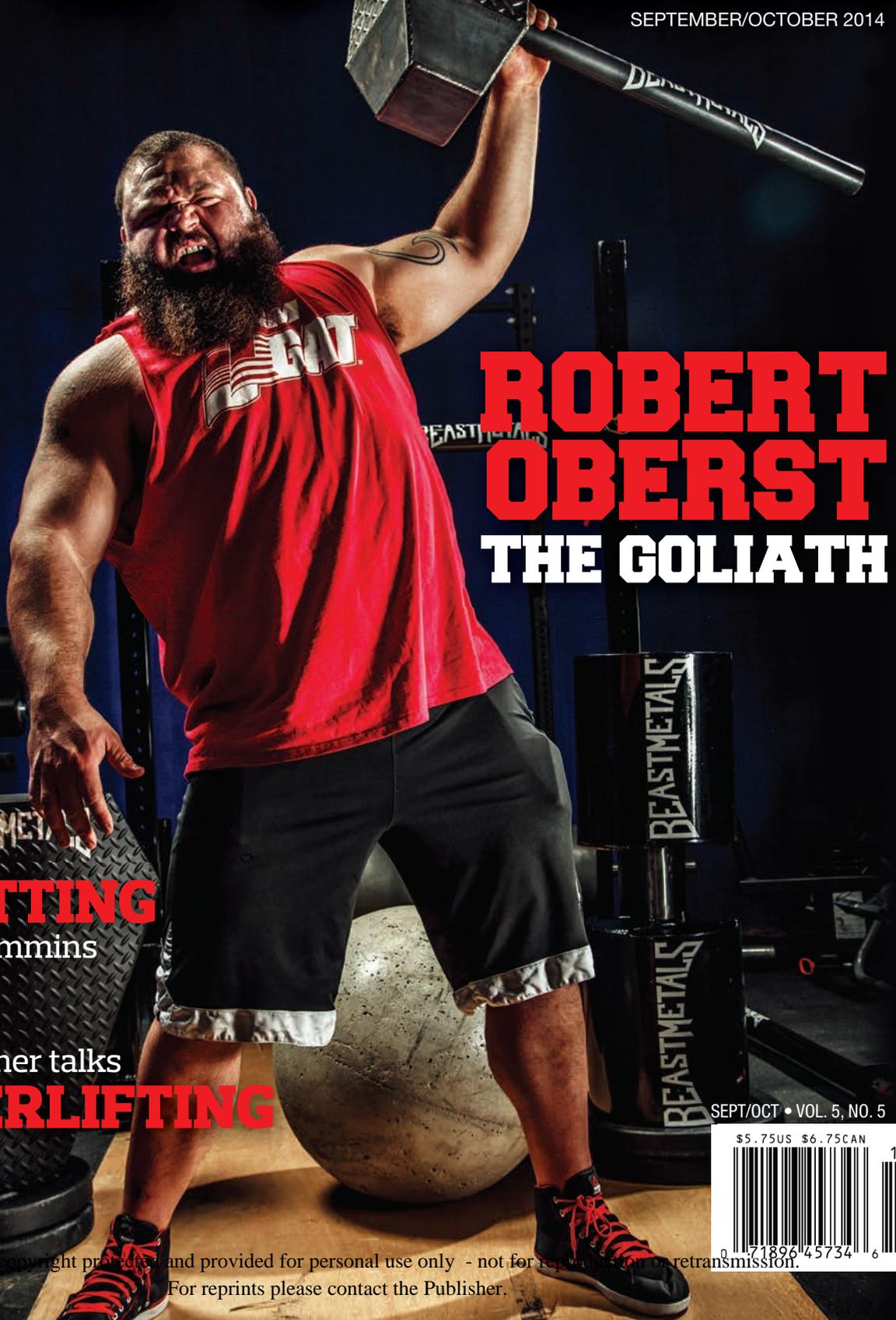


Matt Vincent Interviews Benedikt Magnusson

# POWER

SEPTEMBER/OCTOBER 2014



## ROBERT OBERST THE GOLIATH

**SQUATTING**  
with Tee Cummins

Blaine Sumner talks  
**POWERLIFTING**

SEPT/OCT • VOL. 5, NO. 5



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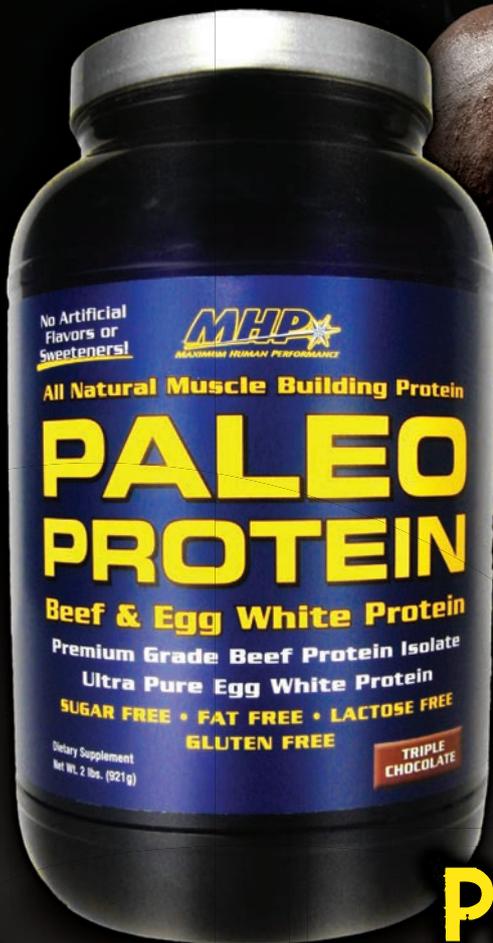


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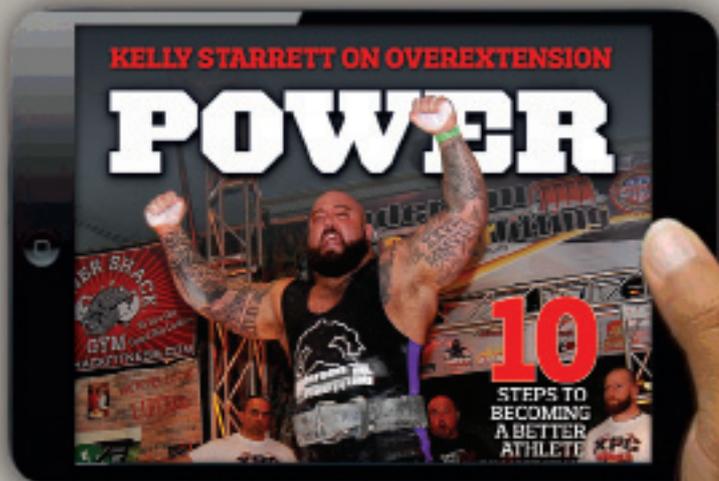
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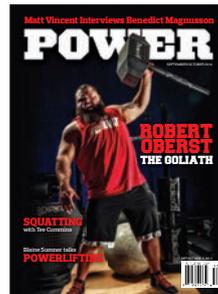
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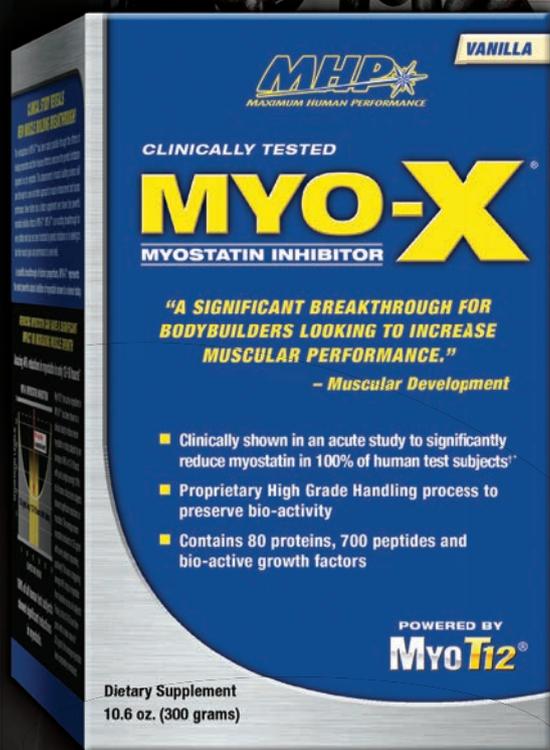
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# CONTENTS

SEPTEMBER/OCTOBER 2014

## FEATURES



## COVER STORY

22

### The Real Robert Oberst

Mark Bell sits down with the gentle giant and discusses everything from his training techniques to his beauty secrets.



30

### Hips Don't Lie

Matt Vincent knows how important mobility is for all athletes. He takes us through some easy steps to increase hip mobility.



42

### Biding His Time

Chris Della Fave is more than just an awesome deadlifter. Read about how this well rounded lifter is making a name for himself in powerlifting.



38

### No-Joke Squatting

Tee Cummins put more than 220 lbs. on his squat in less than a year. Find out how he did it, and learn more about his general training philosophy.



48

### Blaine Sumner

Robot goes one-on-one with the massive Sumner to find out why he is so successful in both raw and equipped lifting.



56

### Benedikt Magnusson

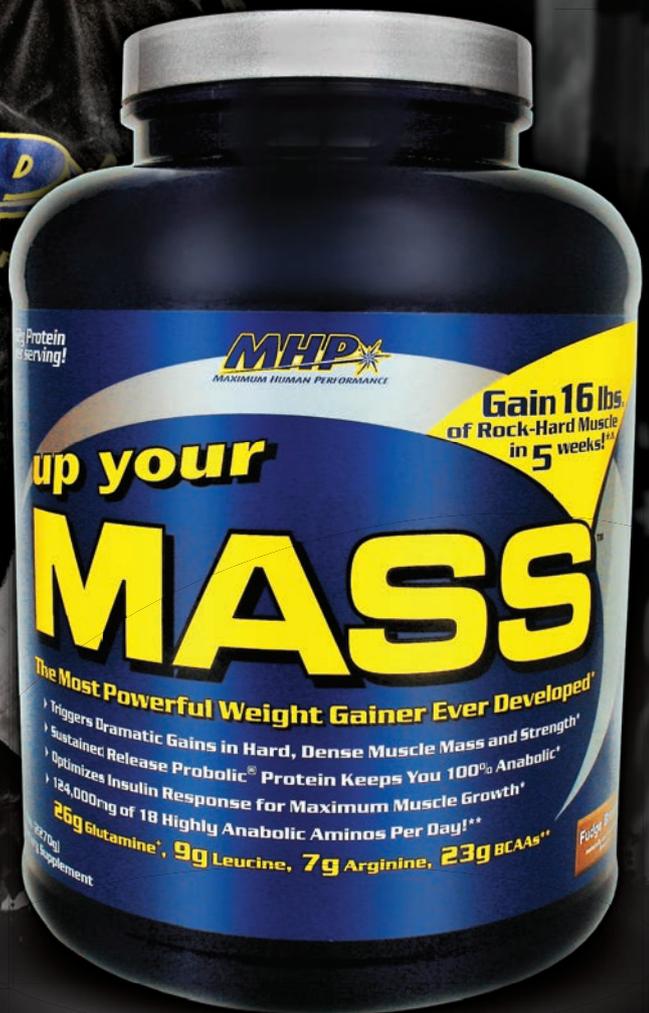
Benedikt Magnusson is interviewed by Highland Games champ Matt Vincent.

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# CONTENTS

SEPTEMBER/OCTOBER 2014



12

## COLUMNS

**12 This Chick Can Kick Your Ass...Shana Ratcliff**

**16 MusclePharm Power Spotlight: Chris Ramos**

**66 Featured YouTube Channel**

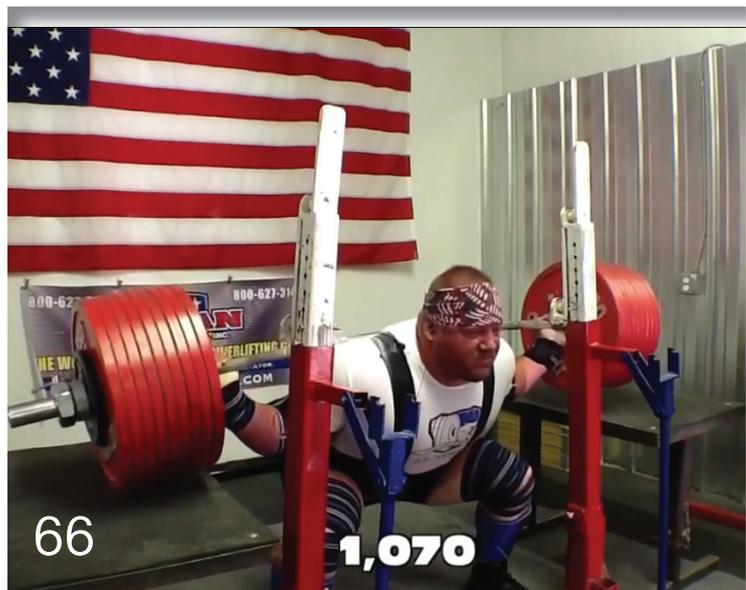
## DEPARTMENTS

**10 New Products**

**58 Current Raw Top 50 Men (198 lbs.) and Top 20 Women (132 lbs.)**



16



66

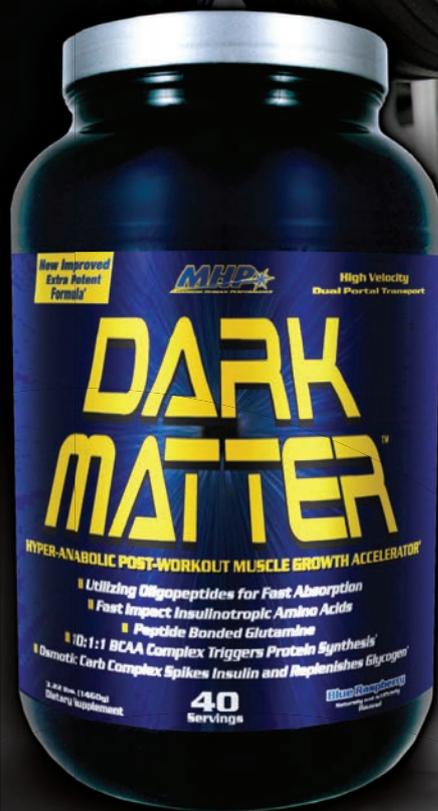
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[MuscleMedsRx.com](http://MuscleMedsRx.com)

Secret Sauce is a bioactive post-workout formula enhanced with pharmaceutical grade bovine serum albumin (BSA) for fast anabolic action and recovery. BSA is a protein shown to have bioactive peptides and growth factors, high concentrations of leucine, and amino acids. BSA enhances the uptake and transport of nutrients such as creatine, amino acids and glucose into blood plasma, and speeds delivery to muscle tissue for post-workout anabolic recovery. Secret Sauce also contains a 5g leucine-loaded dose of BCAAs in an anabolic 10:1:1 ratio, 50g of highly reactive carbs, insulin amplifiers and MuscleMeds Power-AMP Cre3 creatine complex.

### ShakeSphere

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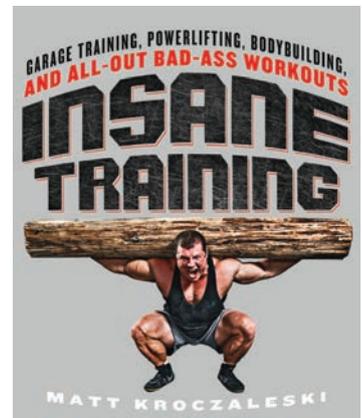
The ShakeSphere is designed to provide optimum mixing and supplement delivery in a multi-purpose vessel. Its pill shape reduces supplement accumulation and provides a superior mix without the need for a ball or a grid – and 99.9% of the supplement mix is consumed, meaning less waste and smell after use. The aperture of the bottle is sufficiently wide to hand clean. An oversized thread makes the lid easy to fully tighten to ensure 100-percent leak proof. The storage can be used for anything, including supplements, pills and snacks. The lid, bottle and storage come in a variety of colors.



### Insane Training: Garage Training, Powerlifting, Bodybuilding and All-Out Bad-Ass Workouts

[Amazon.com](http://Amazon.com) or [mattkroc.com](http://mattkroc.com)

Known as "Matt Kroc" or simply "Kroc," Matt Kroczaleski is a world champion and world record-holding powerlifter, as well as a national-caliber bodybuilder. Insane Training is a guide to the intense training techniques that have made Kroc a household name, and allowed him to attain the highest powerlifting ever recorded in the 220-lb. class by squatting 1,003, bench-pressing 738 and deadlifting 810 lbs. for a combined 2,551 lbs. In this book, Kroc explains how he trained, recounts injuries and other setbacks, and shows the exact training programs he used to obtain his success.



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# THIS CHICK CAN KICK YOUR ASS... AND YOU MAY LIKE IT! SHANA RATCLIFF

**How old are you, where are you from and what are you wearing?** I'm 24 years old, from Waynesburg, Ky., and I'm wearing black leggings and a baggy green long sleeve shirt.

**Where do you train?** I train in Mt. Vernon, Ky., at Four Brother's Gym. I'm a team member of Iron Mafia.

**Do you lift with other girls, or is it all guys?** Right now I don't have a training partner, but I'll jump in with whoever is there if we are doing the same thing, both girls and guys. That's the great thing about having such a huge team; someone is always there to train with or help out. I love training with my female teammates when I get the chance because they are very strong, but when I jump in and train with the guys I push a lot harder because I feel like I've got to be like one of the guys.

**What do you do for work?** I'm blessed to focus on my training and being a mom at the moment, but I'll be starting at Nurtishop's new store in Richmond, Ky.



**How did you get involved in powerlifting?** I took my first weightlifting class as a freshman in high school and, honestly, I became addicted to lifting weights and fitness from that moment. It was just a few years ago I figured out people in my area powerlifted, and the sport interested me. I've always been very competitive. Even playing sports in high school, and other areas of fitness, never really hit the spot for me until I decided to do a powerlifting meet just for the fun of it. Even though I knew nothing about powerlifting and had no idea what I was doing, I was addicted as soon as I hit the platform. It was a rush and a passion that I have never felt before, and I knew this was the sport for me. I decided right then and there I was going to give everything I had to be the very best I could be. Now I'm blessed to be apart of a powerhouse gym and team.

**What do your "normal" friends think of how much you can lift?** I only have two close friends who are females that don't powerlift: Shenah and Shannon. Yes, we all three have similar names! How rare and unique! Shenah tells me all the time how proud she is and how I inspire others. She really uplifts me and pushes me harder. Shannon used to be my training partner, but sadly distance and different fitness goals caused us to not train together. Both are very supportive and try to understand my lifestyle. They talk about training with me and even come to my meets. I'm beyond lucky!

**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?** Honestly, I don't even pay attention to that because I'm so focused on supporting and helping my teammates, or competing myself. I get too into the moment even if I'm not lifting, but it's nice to think I might get some looks my way.

**Are you married, have a boyfriend or single?** I'm blessed to have Mark Miller as my partner in crime. He is a beast of a powerlifter. He is also my teammate and coach. We have a love-hate relationship. No, seriously — we do. Tempers run high between us when one or both are meet prepping, but at the end of the day we always have each other's back, just like a teammate or relationship should. I'm a very lucky to have a man who shares the same passion for this sport and is just as driven as I am to be the best he can be. We have this connection and we feed off each other when it comes to training and meets, and I think that is helping us both become better athletes. We love to see each other succeed.

**Do you remember the first time you out-lifted a boy? How did it make you feel?** I don't think I ever remember out-lifting any of the boys, but I do remember I was always trying to be pound-for-pound as strong as them and keep up. I still try! When I used to attend public gyms (and wasn't powerlifting) I did always have men (and women) telling me that I was strong and could kick their butts. I would just smile,

say thanks and continue on with my workout. I never knew if I should take that as a compliment or not.

**Do you wear makeup to the gym?** If I have it on already, yes. I don't plan on looking pretty when I'm lifting so I don't "fix my face" before I train. It would be a waste of makeup. If it's meet day, well, yes! We all have to look pretty on meet day.

**What do you have to say to women who don't lift weights because they think they'll get too big?** This is something I've heard since I was a teenager when I first started lifting weights.

I tell women all the time, "Don't be scared to lift heavier, because we as women don't produce enough testosterone like men to build like a man. Every woman's body is different, but lifting heavier is going to give you a sexy, toned body." In reality, a lot of women cut themselves short on the results they want because they aren't using heavy enough weights for the workouts they are doing. I'm not saying they have to powerlift, but they should treat their workouts like their career or school. Give 100 percent and get 100 percent back. Don't be afraid of the weight, because in the long running they're only cheating themselves!

**How has powerlifting helped you?**

Powerlifting has made me more confident as a woman, not just in my appearance, but my personality as well. I'm more confident in all areas of my personal and professional life, and it has given me such a tough mentality for everything in life. I have a one-year-old and started

powerlifting after I had my son, and it's transformed my body. I'm happier now with my body then before I was pregnant, and I eat more now too. Win-win!

**What is your favorite lift?** I love all the lifts. I've always loved squat because, for me, it's my most aggressive lift and I really get into it. Lately my bench has gotten a lot stronger, so I always look forward to training bench. I really just love the whole package of powerlifting.

**Tell us about your current best lifts.** I currently hold the world record squat and total in the 97-lb. class. I earned those numbers and records at RUM in February and re-broke them in April at the Women's Pro/am. At the meet in April, I was the first female to put up more than a 700 total in the 97 class. Current lifts from my last meet are squat: 275, bench: 160, deadlift: 300, total: 735.

**What are some of your powerlifting goals?** I've been successful in the 97-lb. class and still plan to continue to compete in it until I feel as if I can't cut the weight to the class or if I've accomplished all I wanted. I'm also planning on jumping into the 105 weight class, as well, this year. I plan on hitting some bigger numbers and setting some pretty big goals for that class.

**Anything else you'd like to add?** I'm really thankful for this opportunity to be in Power. Thanks to my parents who help out with my son while I train, since he isn't big enough to go with me yet, and I have to say thank you to all of my teammates who have pushed me and helped me to get to where I am. Dream big and stay strong! **PM**





# MUSCLEPHARM POWER SPOTLIGHT

# CHRIS RAMOS

BY JEFF "ROBOTPANTS" IRION

**For those of us who don't train with you at Super Training Gym (ST), what are your age, weight, height and best competition lifts?**

I am 28 years old, 5 feet, 9 inches, and I walk around at anywhere from 195 to 210 pounds. My best competition lifts are a 705-lb. squat, 402-lb. bench press and a 661-lb. pull for a 1,769-lb. raw total at 198.

**Which ST member has the highest raw and equipped totals at 242?**

The highest raw total is 1,730 lbs. and the highest equipped total is 2,155 — and they are both held by you, Mr. RobotPants.

**And of all of the guys at ST, whose name appears most on the record board?** That big fat cheater, Mark Smelly Bell!

**Actually, it's that lightweight big cheater Ryan Spencer. Moving on, when did you start lifting weights?**

I have been consistently lifting weights since 2010. I have trained an average of four days a week for the past four years, with no breaks other than the rest week before a meet.

**When did you start training specifically for powerlifting?** Early in the summer of 2010 is when I started to learn the basic barbell movements at a powerlifting gym in San Jose, California.

**How long have you been training at ST? And what were your best competition lifts when you first came here?** I have been training at ST since June 2012. My



Chris Ramos with Sling  
Shot athlete Ernie Lilliebridge Jr.



best lifts prior to coming to ST were a 540-lb. squat, 347 bench press and a 600-lb. deadlift (at 220). I also had a 705-lb. multiply squat (at 242).

**How did you get the nickname Torta?** I was a big, chubby man when I first came to ST. There was another guy at the gym nicknamed Fat Sammich, so Mark dubbed me Torta, which is a fatty Mexican sandwich.

**You're known for two things: your left quad and your right quad. How are your quads so big?** Training! For those wondering, I have 30-inch quads at around 200 lbs. bodyweight. The movements I have done to get these big quads in my short time of powerlifting are: box squats, front squats, hex/trap bar deadlifts, leg extensions and glute ham raises.

**How did you develop your explosiveness when squatting?** I really think this one has to go to box squats. As a first movement on my max effort day and dynamic effort day, it has had the most impact on my performance in the meet. The box squat should be executed in an aggressive manner, just as

you would come out of the hole in the squat during a meet. To be explosive, you have to train explosive.

**When you were new to ST, you had a bad habit of stumbling and even falling over at the top of your squats. What did you do to fix this?** Well, first I squatted more often instead of pulling. I performed many weeks back to back with a dynamic squat day and a max effort squat day. Second, I focused more on activating and squeezing the hips all the way through the very top of the lift. I also overloaded the top of the squat with bands or chains to make sure the lockout was solid.

**You've had a lot of success using the box squat to build your raw squat. How do you employ it in your training?** When I first joined ST, I wanted to catch up with the stronger guys. So, I simply followed their set and rep scheme. I learned a different version of the dynamic effort squat day that took me a long ways in strength, size and body composition. The Saturday morning crew consisting of Greg Buffington,

Ryan Spencer and Treston Shull took me under their wings and taught me their way of dynamic effort squats. We would do about six sets of two reps of a good working weight that still moved fast, usually with some form of accommodating resistance at the top. The seventh and eighth sets were heavier; at times we would take it to 80- and others to 90-percent effort for those top sets. We always used a box and rotated bars every week. I almost always had my box set at parallel or just above parallel.

**You've also benched double your bodyweight in competition, which is a big improvement over where you were when you started at ST. What have been the biggest factors in bringing up your bench?** The biggest factor has been more accessory volume. I have a difficult time bench-pressing heavy every week; it kills my joints. So I was often seen bench-pressing for volume or incline bench-pressing, followed by several

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varieties of triceps and biceps movements. Some movements I would commonly do after bench work were rope cable pushdowns, French presses, skull crushers, weighted dips, hammer curls and barbell curls. I would often use the Sling Shot with the weighted dips and the incline bench press to protect my shoulders and get more volume in.

**You've pulled well over triple your bodyweight, but you don't deadlift as often as a lot of other people do. How do you train to bring up your deadlift?** I have gained a lot of strength from box squats performed with the safety squat bar. I also put in a lot of volume work with narrow stance box squats performed for high reps. I like to do zerchers off blocks or straps in a squat rack with the zercher harness. I spend a lot of time doing weighted GHRs [glute-ham raises]; I think my best is around a 70-lbs dumbbell hat for 15 reps.

**Editor's note:** A "dumbbell hat" means the dumbbell is held on top of or behind the head, as opposed to against the chest.

**You're currently training for a new goal: bodybuilding. When is your first show? And what made you decide to make the switch?** The show is Oct. 31 in Sacramento. I have totaled elite in three different weight classes, and totaled pro as a 198. This took a lot of work, and I never really took breaks or de-load times to rest. I wanted to try a new way of lifting to let my body recover from the stresses of powerlifting.

**What have been the biggest changes you've made since transitioning from powerlifting to bodybuilding, both in terms of training and nutrition?** When I was powerlifting, I would almost always train four times a week. Now that I am bodybuilding, I find I prefer a six-day training split, which incorporates weights and cardio each training day. I am dieting down right now for my bodybuilding show. I really have to watch my calorie intake and stay away from junk food.



**What are your goals for the future? Do you have plans to return to powerlifting?** I hope to place well in the October show. I do plan to return to powerlifting. I have some records I would like to go after in the 181 and 198 weight classes. I could possibly return to the platform in spring 2015.

**Where can people stalk you – I mean, find you on social media and learn more about you?** I am most actively posting pictures and videos on Instagram: @chrisramos007.

**Is there anyone you'd like to thank?**

My sponsor, Sling Shot Inc., aka Mark "Smelly" Bell. Thank you for coaching me, showing me the ways of the jacked and tan, and allowing me to be part of ST - the strongest gym in the west!

And thank you to Jim McDonald for all of the work you put into SuperTraining. TV, countless hours of running the camera and editing, and friendship. Team ST, thank you all for the intense and supportive training environment. **PM**



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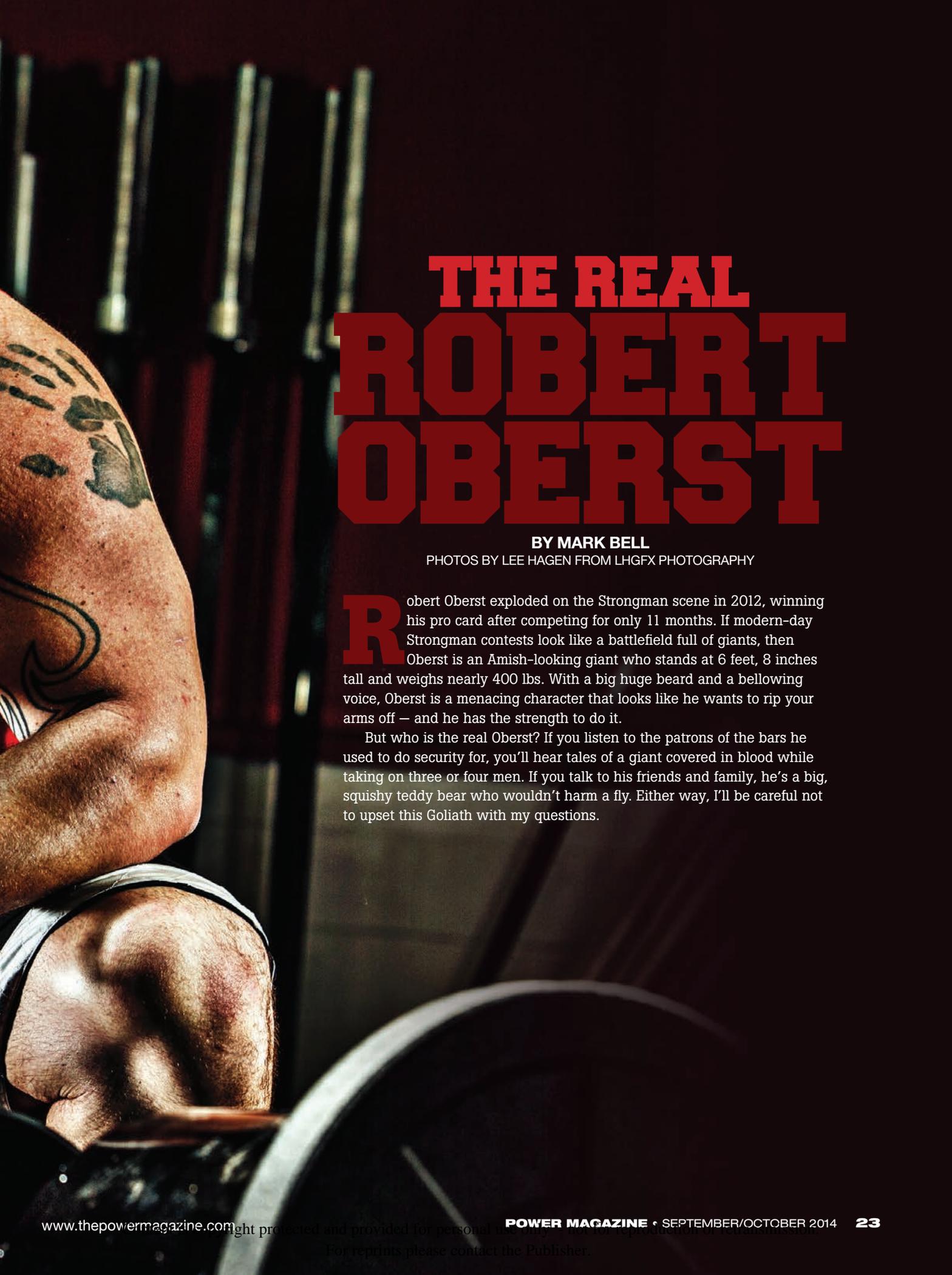
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# THE REAL ROBERT OBERST

BY MARK BELL

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**R**obert Oberst exploded on the Strongman scene in 2012, winning his pro card after competing for only 11 months. If modern-day Strongman contests look like a battlefield full of giants, then Oberst is an Amish-looking giant who stands at 6 feet, 8 inches tall and weighs nearly 400 lbs. With a big huge beard and a bellowing voice, Oberst is a menacing character that looks like he wants to rip your arms off — and he has the strength to do it.

But who is the real Oberst? If you listen to the patrons of the bars he used to do security for, you'll hear tales of a giant covered in blood while taking on three or four men. If you talk to his friends and family, he's a big, squishy teddy bear who wouldn't harm a fly. Either way, I'll be careful not to upset this Goliath with my questions.

**MARK BELL:** Biggs, you're known for your pressing power. Can you tell us where your nearly 500-lb. log press comes from?

**ROBERT OBERST:** I've always had a strong upper body. I stopped lifting for about a year and was working in a factory, but when I got back into the gym I could rep out 315 on the bench like it was nothing. I think the huge growth in my numbers over my career is due to my training regiment. I work hard and try to be really smart with how I develop my body.

**BELL:** How can others build up their overhead presses? Do you think a variety of different bars, logs and dumbbells could benefit other athletes like powerlifters, football players, Olympic lifters and CrossFitters?

Oberst: There are a few things I always tell people who ask for that advice: You don't always have to hit maximal weights. High-rep sets are the building blocks for strong muscles. I also recommend avoiding using legs or dip-

ping under weights when it's unnecessary. You want to use your shoulders by themselves as much as possible, rather than use other things when you have to. They'll get a better workout and you'll get stronger faster.

**"...IGNORING IDEAS JUST BECAUSE THEY'RE DIFFERENT IS JUST PLAIN STUPID"**

**BELL:** Does being so tall make some of the lifts brutal? For example, are you able to squat well?

**OBERST:** It's definitely a disadvantage when starting out, but holding on to that excuse is just a cop-out. I started squatting in high school for football, so by the time I was an adult I was used to it — but deadlifting was another story. I had never done a regular deadlift

until three years ago. In my training for football, we did power cleans or hang cleans. So it took a lot of work to get to where I was comfortable pulling big deads. Like I said, no excuses.

**BELL:** If you're able to squat, bench and deadlift, it sounds like you should hit up a powerlifting meet.

**OBERST:** It does sound like a good match. I'm just scared that if I put on a singlet, the bear emails will go through the roof.

**BELL:** Strongman seems very demanding due to the fact that it challenges not only strength and speed, but also endurance. How do you keep yourself in shape for some of the events that can last only a few minutes?

**OBERST:** It's honestly just repetitive and hard work. You have to put the time in. I've also started adding some CrossFit routines to my workouts. It's helped me so much with my cardio and recovery.

**BELL:** How are CrossFit workouts helping you, and what the heck are

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you doing in those workouts?

**OBERST:** I like to keep it simple when I do these workouts. I'll do three or four different lifts through three times, as fast as I can, and record the time. Then, I'll try to beat that time in a month or so. Or I'll pick three movements and a rep count and try to run through them as many times as possible in 20 minutes. It's a fun way to kill cardio and get better at the actual movement, as well. Working on training past fatigue really helps when you get into a show and you're gassing out.

**BELL:** Many athletes embrace mobility exercises for better movement patterns. Do you do anything to improve mobility?

**OBERST:** I stretch twice a week and

## "I LIKE TO LEARN ALL I CAN ABOUT ALL DIFFERENT APPROACHES TO STRENGTH ATHLETICS"

foam roll a lot. Swimming is also a big part of my routine. It's easy on the joints and it really helps with recovery

**BELL:** Interesting! Do you feel CrossFit has more in common with Strongman than it has differences?

**OBERST:** I think it's pretty obvious that there are benefits to both. I like to learn all I can about all different

approaches to strength athletics. In my opinion, ignoring ideas just because they're different is just plain stupid.

**BELL:** A lot of people want to know how to build up their grip. What are things that have helped you improve in this area?

**OBERST:** My grip is still a work in progress, but it's gotten a lot better. I stopped using wrist wraps as much as possible in training, which is obviously something anyone can do. Also, while I do shrugs, I roll the bar down to my fingertips then squeeze it back to the top in between rest periods.

**BELL:** You are an extra-large man, but you claim to be the sexiest and the strongest man on Earth. What's that all about? I personally think you're

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ugly and fat-ish.

**OBERST:** I definitely don't claim to be the strongest man on earth. The sexiest is something I can at least debate; I think it depends on who's voting. What I think is funny is that you feel the need to put up a front for Power readers. We both know I have a ton of "personal" photos that you sent me professing your love. Just let it out, bro. You'll feel better.

**BELL:** The rumor mill says you are quite the pianist.

**OBERST:** I was very active growing up. Karate, gymnastics, ice hockey, Boy Scouts, football, track and field and, yes, piano. I haven't played in awhile, but I used to love it. Expressing yourself in different ways is what life's all about. Don't let people put you in a box. Be weird. Be yourself.

**BELL:** How do you structure your training?

**OBERST:** I usually train four days a week, one of them being strictly cardio and one of them being all Strongman events. I do my cardio day before my event day to get extra rest. My event days are often more than five hours long.

**BELL:** How do you change it up for each contest? One contest with a lot of medleys vs. all heavy events?

**OBERST:** I change up my training regularly. I don't like to get stale in my routine. My training is geared for max strength and to fight muscle fatigue, so I have no need to change it for shows. The only thing I do differently is my event work. I like to work lighter events for speed and heavier events for the strength, just like my regular gym days.

**BELL:** You are looking leaner than years past. What foods are helping you get bigger, leaner and stronger?

**OBERST:** I've made my training a little more explosive, but mainly what's helped me the most is adding CrossFit methods into my training. If you think it's stupid, then do an EMOM (every minute on the minute), cleaning 60 percent of your max log three or four times a minute for eight to 12 minutes. Then come talk to me. Food has always been strict, but I've definitely tightened it up more. Luckily I still get my favorite meal (rice with ground turkey covered in salsa).

**BELL:** Are you doing anything else with your diet? Do you track stuff? Get a certain amount of protein? Use supplements?

**OBERST:** I don't track numbers, but I definitely make sure I'm getting in the protein. My body has been run-

"I'VE MADE MY TRAINING A LITTLE MORE EXPLOSIVE, BUT MAINLY WHAT'S HELPED ME THE MOST IS ADDING CROSSFIT METHODS INTO MY TRAINING. IF YOU THINK IT'S STUPID, THEN DO AN EMOM (EVERY MINUTE ON THE MINUTE), CLEANING 60 PERCENT OF YOUR MAX LOG THREE OR FOUR TIMES A MINUTE FOR EIGHT TO 12 MINUTES."

ning on a high level for a long time, so I have a really good feel for my needs. Whenever I'm late on a meal, my body tells me pretty quickly. You wouldn't like me when I'm hungry! I use Supertein a lot. Usually three to five shakes a day. It's great protein with low sugar and it tastes good. Luckily, GAT keeps me stocked pretty well. I travel a lot, so I've always got a tub or two in my bag.

**BELL:** Share your feelings on CrossFit and its possible application for Strongman.

**OBERST:** I love CrossFit methods and, in my experience, the athletes have been great. I think using CrossFit workouts, like EMOMs, along with Strongman implements is a great way to train your cardio and help you to achieve a more

fluid movement. I took a 275 atlas stone and, every minute, shouldered it three times. I got about 30 seconds rest in between sets until the last few almost took the whole minute. Great workout.

**BELL:** How many birds currently live in your beard?

**OBERST:** I actually had to up the rent because of the economy, so it's available at the moment. If you know any interested parties, send them to my athlete page on Facebook: Robert Oberst Pro Strongman.

**BELL:** What's your main goal with Strongman?

**OBERST:** My goal with anything is to be the best, but my main goal is to take care of my wife and future children.

**BELL:** What's coming up for you?

**OBERST:** I'll be hanging out at the Mr. Olympia in September. I'll be at the GAT booth and the Sling Shot booth. My next competition is America's Strongest Man at the Phoenix Europa — a title that I really want.

**BELL:** Tell us what your typical training week looks like.

**OBERST:** Monday: active rest (swimming).

**Tuesday:** Shoulders, back, biceps and triceps (a very long upper body day). I try to hit each muscle in two separate ways, i.e. incline press and shoulder raises.

**Wednesday:** Deadlift day. Then I hit hamstrings and spend a good 20 to 30 minutes stretching.

**Thursday:** "The Bachelor" is on, so I'm off.

**Friday:** Squats. Add in some extra quads and upper back, and you got a good leg day. Then I do my CrossFit.

Saturday: Active rest.

**Sunday:** Events. This is a very long day. I spend it strictly using Strongman implements. If I'm beat up, then I use light weights and work on speed and fluidity.

Pre workout I take GAT Nitraflex, during my workouts I take Muscle Martini and after my workout, I immediately down almost 100g of Supertein protein. When I get home, I have my favorite meal: 1/2 cup uncooked rice and 12-16 ounces ground turkey covered in smoky salsa. **PM**



# HIPS DON'T LIE

BY MATT VINCENT AND PHOTOS BY MIKE BUCK PHOTOGRAPHY

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As an athlete, the ability to move is paramount to the amount of power and force you can generate. The body is designed to do some amazing things. However, all the running, jumping, lifting, throwing and playing our bodies are built for can't stand up to the hours we all spend sitting down. This is a necessary evil. We have jobs. We don't hunt for our food every day. Which is great because, honestly, I like my computer and air-conditioned house. Because our jobs are less and less physically demanding, we need to make sure that we are moving where it counts.

The hips are the biggest area I have trouble, and the where I see others being tight. They can't get low enough for squats or, if they do, they have sacrificed

good positions and can't generate force. I put this article together to be a guide for getting your hips back. Like Shakira says "hips don't lie", so I'll explain how to use this program and the intent you should have going into it.

## WARM UP

Don't force things or push too hard in the holds. You want to hold long enough so that the tight muscles around start to relax and let go. Contract and relax in the holding positions. You will contract the muscles you are targeting, then exhale and relax to let them lengthen. I started using this technique in college for stretching, and it really starts to get more range of motion quickly. Also, this idea of exhaling and breathing is used in

yoga. Those yoga folks are crazy bendy, so I'll listen to what they have to say.

I do this series of rolling, stretching, digging and holds in addition to my normal warm up. Do this before your normal training seven days a week for five weeks. The first week of it is listed below.

**Lacrosse ball digging.** This is pretty intense. You can put it in a trigger point and let it dig in. You can move a bit and help it manipulate the muscle around it. You can put it in the spot, contract the muscle and relax a couple times.

**Foam rolling.** There are so many options with this tool. They make many different rollers, and they are all fine. Lay your weight on the muscle and roll over it a few of times, then switch to the





Using bands to extend hip flexor.



Flex glute for 3 seconds, and relax deeper into extension.



Paused squats: close stance, sink drive knees out x 5.

next one. It's pretty simple. This is the first step to starting to make some progress and getting things loosened up.

**Paused squats.** You can keep these light. I never go over 135 lbs., and I can squat well over 600 lbs. Use just enough resistance and weight to force you down to the bottom. When you get to the bottom, hold for a two-count, then come up. Try and get a little deeper every rep.

**Banded assistance.** The main thing you will be doing here is band-assisted squats. This is less of a squat and more sitting in your bottom position. Try to

keep your feet forward and drive your knees out toward your little toes. Work on shifting back and forth to find your spots and work through them. You are trying to get everything to relax. The band is going to be attached to something that won't move in front of you. Then step into it and pull it up just under your butt. Sit down and let it take some of the weight off your knees. These will be done for time. You don't have to stay and do it all in one rep, but total time at bottom is what you are shooting for. These are going to be uncomfortable, or

get that way pretty quick. Work on having your chest up and trying to keep and arch in your back.

The other band-assisted movements will help in distracting and pulling on the femur in the hip socket to help get it moving, as well. You will put one leg into the band and pull it as high on the leg as you can. Try to place it just under your butt or across your hip on the front. Step away from it and do the stretch, letting it pull. Work though this with some shifting, trying to find where you need work.



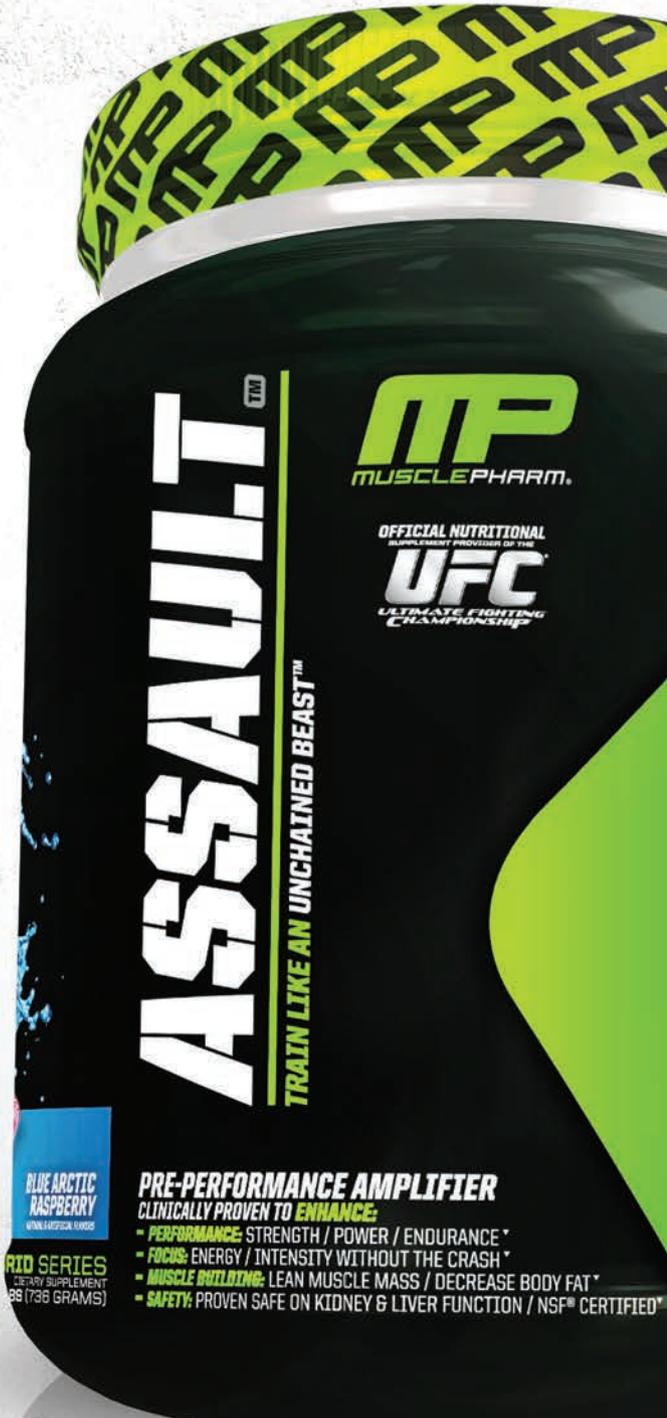
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Paused squats: wide stance, sink drive knees out x 5



Post stretch test position.



Let low back and hip relax at the bottom position.

If there are movements that you are not familiar with as listed, there is an obnoxious amount of videos on YouTube that do a better job of explaining this than I do. This is what I am doing, and I am working desperately to get the movement I want back in my hips. This area is where all athletes' power comes from so that you can use your leg drive. Also, this is what will allow you to get more movement and separation as a

thrower. This is not the answer for anything, but it's a step in the right direction toward you treating yourself like an athlete. The goal is to get to where you can sit in the bottom of a squat position comfortably. We all were able to do this as babies and slowly work our way out of that position. Good luck, and start making progress.

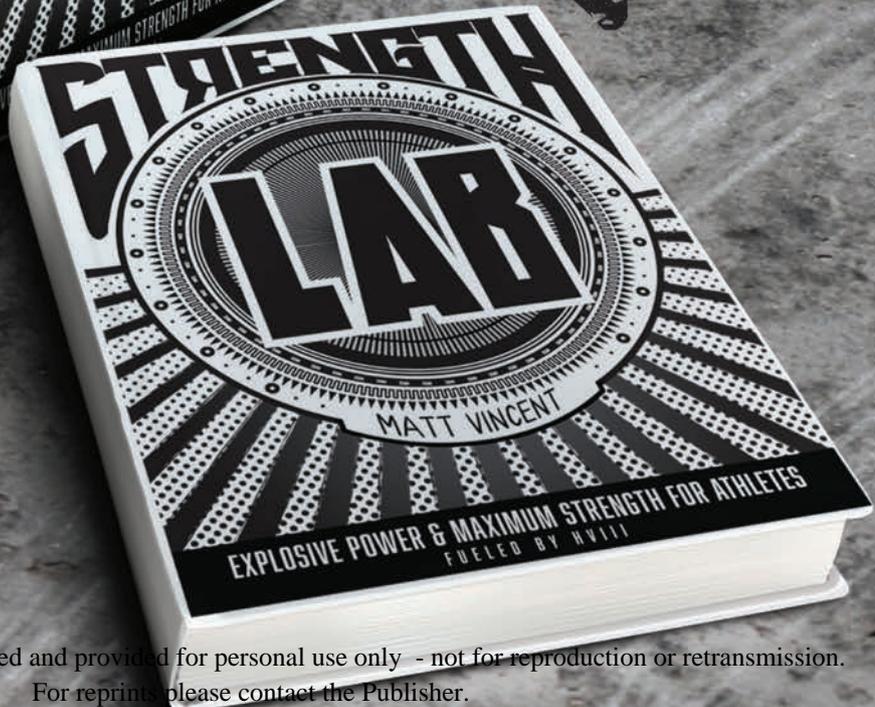
Cheers and HVIII on.

*Matt Vincent is an all-around strength athlete competing in Strongman, powerlifting (raw and geared), track and field, weightlifting and the Highland Games. He travels the world competing with top athletes. He won the title of World Champion in the Highland Games in 2012. He is the author of Training Lab, a book and program is designed to help strength athletes build max strength and power. Learn more at [mattvincent.net](http://mattvincent.net). **PM***

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that there is no fear under the barbell. I had no fear and was completely confident in stepping under heavy weight at any point throughout a training cycle, often without spotters. Just a few months after joining NBS, I hit my first 700-lb. squat in competition. More than any lift I've ever hit, this meant the most to me at the time.

When I began powerlifting, squatting in the low 400s, I'd always joke with my friends about one day squatting 700, with no actual intention of ever doing so. Over the course of the next year or so, as I got stronger, things changed. That joke became realistic, and eventually, it turned into a goal I had to achieve. I can't tell you how many times I failed 700 before I hit it in an actual meet. The lift itself wasn't easy, either. The whole day felt off. Warm-ups were rushed, and I was still trying to catch my breath just before my opener.

After hitting both my opener and second attempt, 700 was loaded onto the bar. Even though I had just hit a meet PR [Personal Record] on my second attempt, this was the one that counted - the one that mattered. I set up strong, backed out with ease and dropped into the hole only to get folded over midway up. I thought the spotters would grab it, but when they didn't, I gave it everything I had. Eventually, I grinded the lift out and walked it back in. I ended up going 8/9 and hitting my first 1,700-plus total at 220 that day.

For the next two months of training, I continued to get stronger on each lift, and mainly the squat. I kept the frequency the same, but added in more front squats again and backed off on how often I back squatted. During that time, it seemed I was hitting a PR almost weekly in the form of doubles or triples and, occasionally, singles.

A lot of people would ask me how I wasn't beat up all the time from training, and in reality, I was. Even though



my body had adapted to the frequency of squatting heavy, I was beginning to notice more and more problems. Some days the weight would feel great; on others, it was very difficult. During this time, I lowered my frequency of three days a week back to two. The first squat day would be a front squat day and the second squat day would be heavy back squats. This helped tremendously. Front squatting the first day not only helped mentally, but physically as well. I had less fatigue going into the second day and less elbow pain. (Due to the bar positioning of my back squat, I'd always had very bad elbow tendonitis, so having a break from that was nice and helped me improve other lifts.)

Training was going so well, I was positive that my next meet in August would be a success. I was wrong. I had a terrible meet and only went 5/9. I ended up with a 715 squat on a second attempt and missed 735 on the third. Every lift that I missed at the meet, I had hit in training. This is what opened my eyes. It doesn't matter what big lifts or PRs you hit in training - what matters is the lifts that you hit on the platform. The next couple of months, my training changed dramatically. Instead of going heavy every training session, I used a periodization approach going into my

next meet. I also added in speed/explosive work to compliment the higher rep days and heavy days. The addition of rep days and explosive days really helped my lifts, especially my squat. It really gave me the break I needed and allowed me to focus on explosiveness, technique and overall volume per training session as opposed to overall volume per week.

I began incorporating more pause squats (with and without wraps) on my explosive days and I'd always notice a carryover on my heavy day. I hit PRs consistently throughout training, but instead of a 1RM [rep max], they usually came in the form of PR doubles, triples and sometimes five-rep maxes.

As in any periodization-based program, I backed off my volume as the meet approached, dropping rep days all together. I was squatting twice a week, with the first day being a paused squat day and the second being a heavy day. I ended up competing twice in November, hitting PR squats and totals each meet (1,835 at 220 for a 755 squat total and 1,875 at 220 for a 770 squat).

Unlike most competitions, where I would generally feel physically and mentally exhausted, I felt fine. I knew it was just a matter of time before I was able to squat 800. I continued to train hard throughout the next month, and each training session had a maximal level of intensity. On Christmas Day, I completed my first 800-lb. squat.

Through this process, I realized there is no special program. I improved only because I was consistent in my training. I never missed training sessions or took time off, even when I may have actually needed it. I was very persistent to improve as a powerlifter, so I increased my squat frequency, changed my training environment and continued to reevaluate my goals/training methods. I developed a mentality that I believe any lifter aspiring to be great must have: a fearless mindset that accepts no limitations. **PM**

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# BIDING HIS TIME

# CHRIS DELLA FAVE

BY JEFF "ROBOT" IRION

PHOTOS BY POWERSHOTS PHOTOGRAPHY, COURTESY OF MHP

# H

**How old are you, how tall are you, what weight class do you compete in and what are your best lifts?** I am 26, I'm 6 feet tall and compete in the multi-ply 242-lb.

class. My best competition lifts are a 1,000 squat, 705 bench and 843 deadlift. My best total was 2,465, done in a drug-tested meet.

**How long have you been competing and what were your lifts when you started out?**

I did my first meet when I was 18. I competed at 220 and I went 600-400-600, but I started really competing after I was done playing football at the University of Rhode Island, so I have been competing for around six years.

**Where do you train?** I train out of my gym in New Jersey, called Bergen County Barbell. It is a sports performance center mainly for athletes, but I have a group of powerlifters who train with me.

I used to own my own gym with a friend of mine. It was called Iron Lion, and it was awesome. It was a warehouse gym. Probably around 2,000 square feet of blood, sweat and puke. We trained a few local football teams, baseball players, wrestlers and powerlifters, but then my friend moved to the middle of nowhere and we had to sell it. So after a while of not training people, I got bored and decided to start a new business. Instead of going through

all the bullshit of buying equipment and finding a place, I decided to train my clients out of an existing gym – and Bergen County Barbell was born.

It's located inside of FORCE Performance in Ho-Ho-Kus, N.J. FORCE is a massive 20,000-square-foot athletic performance complex. It has 40 yards of turf on one side and 30 yards on the other side. It has eight power racks, four platforms, my monolift, competition bench, and all the specialty bars, bands, chains and weight you could possibly need. Bergen County Barbell/FORCE is the best place in the area to train not only because of the facility, but because of the people in there busting their asses day in and day out, getting results. Check us out at [facebook.com/bergen-countybarbell](https://www.facebook.com/bergen-countybarbell).

**You work as a high school teacher in New Jersey. Do your students ever ask why you're so jacked? Do they give you crap for not being tan?** Yes, along with everyone else who works in the school. They usually ask if I am a bodybuilder, and then I have to explain that I am too pretty to be a bodybuilder, and what powerlifting is. From October through March I get a ton of crap for not being tan, but it's beach season now so I'm jacked and tan!

**You played Division I collegiate football, and coach high school football. What elements of powerlifting do you use when training high school football players? And just as importantly, what elements of powerlifting do you leave out?** I have been the strength and conditioning coach at every



school I have coached at, and I do use a lot of powerlifting “elements” — but not as many as you would think. Two out of the three schools were smaller public schools that never really had a “strength coach,” so the players never really trained the way I would want them to. With them there are a lot of basic movements, just trying to get them strong enough to hopefully be able to use more powerlifting elements down the road. I have them squat and bench every week. Their accessory varies depending on their strength levels. I like to have my athletes do a lot of single leg movements because they are usually weak and imbalanced, so I want to fix that as early as possible. On their bench day I have them do a lot of triceps work because it is the most applicable to football. Their other day would be a mix of some type of explosive movement, like cleans or dumbbell snatches, depending on the kids, and back and shoulder work. The main goal is to get these kids in the weight room three or four days a week training together and building that camaraderie they’re going to need to last throughout the season.

**Enough about high school kids, let’s talk about you. What does your training system look like?** I can’t say

I follow one distinct training system. Although I have only been in the sport for a few years, I was able to meet and become friends with some strong dudes — and I pick their brains whenever I can to tweak what I do with myself, as well as with my athletes.

My personal training system is different from what I have my training partners do, and really different from what I have my athletes do, but it all revolves around the big three and other compound movements like rows, shoulder presses, hang cleans, etc. Everything I have myself and my athletes do is going to make them stronger by focusing on their weak points. The stronger I can make their weak points, the stronger they will be overall. For example, one of my training partners is awful out of the hole in his squat, so I have him hammer his paused squats, lower/upper back work and quads. Another training partner is great out of the hole but stalls halfway up, so he does a lot of hamstring, hip, glute and oblique work to fix the issues.

Something I do, as well, is to make sure that everyone is always working on their core. I have seen, and dealt with personally, some low back issues. That isn’t something you want to have

to worry about now or in 10 years, so we focus on really warming up that low back before we train and then hammer the core work afterward. It has paid big dividends so far.

**What kind of core work do you find most effective?** I spoke a lot with Brian Carroll after he hurt his back and worked with Dr. McGill to rehab his injuries. Much of what he said made sense, so I applied it to my training. Getting not only my abs strong with weighted ab movements, but getting my low back stronger — as well as my obliques — has made a huge difference in my training.

Some things I do are weighted sit-ups, heavy side bends, McGill crunches, weighted leg raises and planks. But I think that what helps my core the most is all the compound movements I do. I am keeping my core so tight when I squat bench and deadlift, my abs are continually getting work throughout my workout.

**Since you mentioned that you’ve dealt with some low back issues, let’s talk about injuries. Have you had any serious injuries? If so, how did you come back from them?** If not, to what do you attribute this? Knock on wood, but I have not had any serious issues come from powerlifting. I have strained

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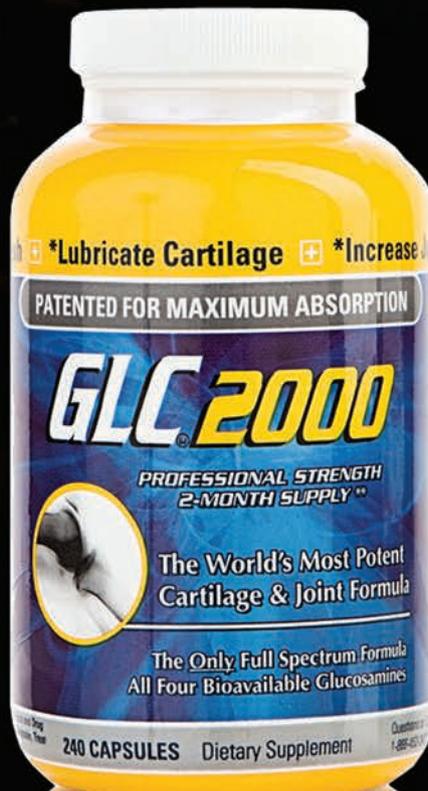


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my low back a few times, but I attribute this more to not listening to my body and neglecting core work. Besides that, I've had some minor tendonitis, but again I think that was more of me just being stubborn and not listening to my body. I actually got hurt more playing football than I have powerlifting. I have broken my ankle and hand, sustained more concussions than I can count, and had some shoulder problems. But the most serious injury was probably my freshman year of college when I ruptured my quad tendon, tore my quad and tore my meniscus in my right knee. I actually finished that game and played the week after because I thought it was just a knot in my knee, but really it was my quad tendon rolled into a little ball! I never got surgery on the quad, just the knee, and I've never had an issue with it — knock on wood. The recovery time from that wasn't too bad, just four to six weeks after getting my knee scoped. But the idea of not being able to play and/or lift drove me absolutely insane, so I used that and applied the same work ethic with my rehab as I did with my training. Luckily things worked out.

**You used to squat without knee wraps, but now you use them. What were your reasons for not wearing them in the past? What did you do to help you get accustomed to knee wraps?** When I first started lifting, I never used them — and especially when I was training for football, I never saw a reason to put them on. So when I started competing, it wasn't something I thought about. I tried them a couple times in the past and they really threw off my form and technique.

What people don't understand about raw vs. multi-ply lifting is that you can't just put on some type of equipment — whether it is knee wraps, a bench shirt or a squat suit — and just expect to lift 50/100/200 more pounds. It comes from practice, a lot of practice. So that is why I ignore all the people out there who say that geared lifting is cheating because I've never seen a bench shirt or squat suit with no one in it lift any weight before. Okay, off-topic, sorry.

After tweaking my knee and my back in training during a training cycle, it made sense to be smart and start using wraps. So, to get used to them, I did what any meathead would do:



have someone put them on as tight as possible every squat so that I got used to the pain and go from there. Looking back at it, it probably wasn't the smartest idea, but it worked for me.

**Why are you so good at deadlifting?** I wouldn't say I'm good at deadlifting, but it would have to be my best lift out of the big three and it is by far my favorite to do. There is nothing better than walking up to a bar with 800-plus lbs. on it and picking it up — it's a real primal thing. But as far as the reasons why I do pull well, I think it's a combination of my build (long arms) plus my strong hips, both of which definitely help me pull sumo. Something that really helped my deadlift was doing low box squats as a secondary movement. I would do them super wide, really low (like 12 inches), and beltless. That may be the big thing that helped me pull my 843 at the Night of the Living Deadlift a few years ago.

**You might not say that you're good at deadlifting, but we'll say it! An 843 deadlift is very good! Share the wealth and the weight and give us three deadlift tips.** Don't neglect your grip. I luckily have big meaty hands and I have never had grip issues, but I know a ton of guys who have been so close to locking out a big pull, and it just starts to slip and they lose it. So make sure not to use straps all the time. I use them sometimes if I deadlift for higher reps, but never with low reps. Work with thicker bars in training, if possible, and make sure that in all training you are squeezing the hell out of the bar.

Something that really added pounds to my pull, after I figured out how to do it, was pulling the slack out of the bar before you start to pull. When done correctly, you can take anywhere from one to three inches off your pull. That's a lot, especially if you pull sumo. It is hard to explain, but to understand what I mean,

go look up Andy Bolton's pulls and see how much slack he gets out of the bar before he starts. A good way to practice this is to put enough weight on the bar so it won't lift up with one hand. Then get into a good position and try and lift the bar using one hand. If you are doing it right, it will feel like the bar is coming off the ground, but it's not. That's the slack coming out.

Hip position is something a lot of guys don't get when they're deadlifting. We are not Olympic lifters, so there is no need to start our pull in the same position as they do. They are strong as hell, but they need to get the bar over their head, while all we need to do is stand up with it. So with that being the case, we need to find the best position for our hips that creates the most torque and helps with the explosion of the bar off the floor.

**So your deadlift is your best lift, but which lift has been the most difficult for you? And what helped you bring it up to where it is today?** In the past, my bench always lagged behind my other two lifts. Granted, it still does and I lose a ton of poundage on my total because of it, but it has slowly been making a turn for the better. Some things that have really helped are triples to different boards. I would usually go from a three-board to a two-board down to a one-board. This way I was feeling the weight as well as working with it closer to my chest. It is a goal of mine to bench 800 lbs., and with the team I have in my corner I see it as a realistic possibility.

**Your YouTube username is The-BigD2800. Were you trying to send a message to the ladies when you chose that username?** You weren't supposed to tell anyone about that. They need to figure it out on their own!

**But speaking of 2,800, that brings us to our next question. What are your goals in the sport?** Hitting 2,800 is the long-term goal for me at 242. It is a way away right now, but I have no doubt in my mind that it is doable. Some shorter-term goals are to break the US 242 record (2,630) and the 242 world record (2,690), and to do it drug-free.

**You've mentioned a few times now that you're drug-free. That begs the question: Why not compete in the IPF?** Many consider it to be the most prestigious powerlifting federation. And

while the equipment is different (raw or single-ply as opposed to multi-ply) and the judging is stricter, you're a strong guy. I get that question all the time, or "Why aren't/don't you go on?" My response has been the same since I started competing: When it's time for that, I most likely will, but for now, I have some things to prove without it. Do I think it will give me an edge? Yes. Will it level the playing field? Yes. But why not see how strong I can possibly get without them and go from there? And besides, it makes it even better when I beat people who are on.

As far as the IPF goes, I have coached some guys who have competed in the IPF, as well as spoken to guys who have lifted in that federation, and I always get the same consensus: The IPF is more worried about themselves than the lifter. Some examples of this include not passing lifts that are obviously good, giving people a hard time about equipment, as well as other things that I'm not going to get into. To top it all off, have you ever been to an IPF meet? It feels like you're at a funeral, not a powerlifting competition. Powerlifting does not pay the bills, so it seems dumb for me to choose to lift in a federation that is going to make the sport harder than it already is.

**You've also dabbled in Strongman. What success have you had in that sport? Is it something you're going to seriously pursue, or is it just for fun?** While getting ready for football in college the gym, I competed in three of Strongman competitions. It was fun because all the college guys would get together every weekend and train, and the competition would be the last workout we all had together before we all went to camp. I won the one my senior year, took second one year and took third another. The one professional Strongman competition I did was in Philadelphia three years ago. I was approached during a powerlifting meet by the director, and he set everything up. It was a great experience, and those pro Strongmen are total freaks. We were outside on concrete, in the middle of July in about 110-degree sun, and those guys did two other events before we did the tire deadlift. That was a great time, but I think I am going to stick to powerlifting for the time being. I have too many things left that I still need to accomplish

**You pull sumo in powerlifting and conventional in Strongman (because sumo isn't allowed). Do you train the conventional deadlift much? Do you find that it carries over to your sumo pull?** When I first started lifting in high school, as well as competing, I pulled conventional. I switched over to sumo after realizing that I should use my long arms for something other than hurting my bench. I never really trained my conventional pull from the floor, but did do a lot of block pulls conventionally, until recently. I am currently in the middle of my offseason training, and pulling strictly conventional because I feel that if I can get my lower back stronger, it will help my squat as well as my sumo pull.

#### **What does your diet look like?**

My diet is put together entirely by Nick Shaw at Renaissance Personalization (RPS). I was lucky enough to become part of team RPS and have been working with him since March. I don't want to give away all of his secrets, but it involves manipulating carbs and is backed by science. The guys over at RPS are awesome and do a great job with their clients. On top of that, I am lucky enough to be sponsored by the best supplement company on the market, MHP, so I'm able to supplement the diet from RPS with the best supplements out there.

**How did your MHP sponsorship come about?** My MHP sponsorship came about, as weird as it is, while I was with another company. I was having problems with my sponsor at the time and happened to be at the Arnold in Columbus. I was talking to friends of mine who were with MHP and told them what was going on and to see if they could do anything for me. Once my contract ended with my other sponsor, I reached out to them again and MHP was more than happy to pick me up. I have been with them going on three years and it was the best decision I made.

**Is there anyone you'd like to thank?** First, I would like to thank Power for putting my pretty face in the magazine. My awesome sponsors, MHP, Overkill Strength and Renaissance Periodization, for providing me with the best supplements, equipment and nutrition in the industry. My family, my girlfriend and my friends for putting up with all my crap, as well as my training partners for always having my back. **PM**



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# BLAINE SUMNER

BY JEFF "ROBOT" IRION

**POWER:** All right, Mr. Sumner, we've got a lot of numbers to discuss. Let's start with the basics: age, weight and height.

**BLAINE SUMNER:** I'm 27 years old, 6 feet, 2 inches and 370 lbs.

**POWER:** What are your best raw competition lifts?

**SUMNER:** An 882 squat, 529 bench, 738 deadlift and 2,150 total.

**POWER:** Best single-ply competition lifts?

**SUMNER:** A 1,009 squat, 810 bench, 760 deadlift and 2,463 total. But that total was done with a token deadlift. I haven't put together a good single-ply meet yet.

**POWER:** What titles have you won, and what world records have you set?

**SUMNER:** I was the 2012 IPF [International Powerlifting Federation] Raw world champion, two-time USAPL Arnold powerlifting champion and six-time USAPL national champion. I set the IPF raw squat WR [World Record] with 882 (not current), IPF raw total WR with 2,066 (not current) and IPF equipped squat WR with 986 (not current).

**POWER:** You are enormous. Have you always been enormous?

**SUMNER:** Not at all. As a high school freshman, I was 6 feet and 145 lbs. By the time I graduated high school, I was 260 lbs. I got up to 335 playing college football, and I have gotten up to 370 since I have been powerlifting.

**POWER:** When did you start lifting?

**SUMNER:** I began lifting as a freshman at Conifer High School, just for football.

**POWER:** Where did you go to college? And what positions did you play in football?

**SUMNER:** I went to Colorado School of Mines. I played nose tackle, situational full-back and short snapper.

**POWER:** How good were you at football? You went to the NFL Combine and even set some records there. Why didn't you play in the NFL?

**SUMNER:** I was first-team all conference and on some All-American teams. At my pro day I benched 225 for 55 reps but three were deducted. It was still more than anyone else has tested. My vertical was 32.5 inches and my broad jump was 9 feet, 6 inches. My Kirwan Explosive Index [a number derived by adding the vertical jump, broad jump and bench reps together] is still the highest of any pro day/combine athlete. I came out the year of the lockout and had deals fall through with the Eagles and Redskins. I didn't want to go the back route through the CFL or AFL, so I started my career and powerlifting.

**POWER:** What do you do for work?

**SUMNER:** I work as a petroleum engineer. Most of what I do is designing frac jobs, installing artificial lift applications (things like pumps), and trying to optimize how much oil and gas we get out of the ground.

**POWER:** Does that mean that, in addition to being super strong, you're also super smart?

**SUMNER:** Most people who graduated from Mines, and are engineers, are smart. I just made up for the smart thing by working hard.

**POWER:** While you no longer play football, you're still very athletic, especially for a guy your size. For example, we hear you have a 33-inch vertical and a 50-inch box jump. What do you do to maintain this athleticism? Do you feel that it helps you



with powerlifting?

**SUMNER:** I've always felt that plyos and quick explosive movements are great for squats, especially raw. Box jumps, bounds and 10-yard starts from various positions are staples in my training.

**POWER:** When did you start training for powerlifting?

**SUMNER:** I did a few meets in college, but they were just in the summer when we had less football going on. I wouldn't prepare for them or anything, just do my summer lifting during the week, hit a meet over a weekend, then back to football. I began focusing my efforts 100 percent on powerlifting in 2011, although I always squatted and benched heavy for football.

**POWER:** When was your first meet and how did you do?

**SUMNER:** My first full powerlifting meet was a local NASA [Natural Athlete Strength Association] meet held at a church somewhere in Colorado sometime in 2007, so I must have been about

20. It was raw with wraps. My numbers were around 650/375/600 as a SHW, weighing about 300 lbs.

**POWER:** What does your training program look like? Who has influenced your training the most?

**SUMNER:** I do all of my own programming now. I lift heavy four days per week. And every movement I do is very specific to the competition lifts. Every day consists of a squat, bench and deadlift. Some days I may substitute a bench in for a squat or deadlift depending on how I am feeling. For my equipped work, I do only singles. For my raw work, I do linear periodization. Lots of volume in everything, and even more volume in the bench. The furthest I'll get away from the competition movements would be good mornings, pin presses, block pulls, etc.

The first person who influenced my training was Dan Gaudreau. I built the base for my strength and athleticism based on the principles Dan taught me. Mike Tuchscherer has also been a very

big influence — mostly in his cerebral approach to training and helping me realize you can squat, bench and deadlift at a much higher frequency than once a week.

**POWER:** You said that you only do singles for your equipped work. What's your response to the old adage that singles test strength, they don't build it? And why do you use reps on your raw lifts but not your equipped ones?

**SUMNER:** I actually am a believer that strength shouldn't be built in the gym by doing singles. The reason for the singles in the gear is that I think 75 percent of equipped lifting is technique, tuning the gear and maximizing leverages. I want my gear dialed in perfectly so that I can't do reps. If you want to be the best in the world at gear, you have to walk a fine line between having your gear jacked enough so that you can hit big numbers, but still be able to hit depth on the squat, touch your chest on the bench, etc. When I am in

the gear doing singles, I'm not thinking about building strength, just absolutely perfecting my technique in the gear and dialing it in so I know exactly what I need to do with a certain poundage. Raw lifting is like monster truck driving; take that thing out of the shed and romp in it. Equipped lifting is like driving a racecar; every time it is used, it needs to be taken to the shop, tweaked, changed, dialed-in. If a monster truck gets a flat tire, it can still run over some cars, but if a racecar gets a flat, you're in the pit while someone else is having the champagne dance. I believe the reps build strength, and that's why I do them raw. If I increase my raw strength, when I put the gear on, I know my equipped numbers will be up.

**POWER:** You've done some crazy stuff in training! For example, you squatted 1,000-plus in training every week for 10 weeks leading up to the 2014 Arnold powerlifting meet. How do you go so heavy week in and week out without overtraining or getting injured?

**SUMNER:** Leading up to the 2014 Arnold and 2014 Nationals, I think I ended up squatting more than 1,000 over 20 weeks in a row. If you take away the poundage and look at a percentage, I think what I'm doing looks more realistic. A thousand pounds sounds like a lot of weight — and it is, but it's about 90 percent of my max. And I just do it for a single. I think if you were to take someone and have them perform one rep at 90 percent of their max, week in and week out, most people would be fine. And about doing it every single week, I think the body adapts to far, far more stressors than most people think. The body will adapt to most things you put it through, with a plan. The thing about going above 1,000 lbs. is that for equipped meets, my opener is over 1,025 lbs. And the mechanics of the weight on the bar changes significantly once you get into the high 900s and above 1,000. Getting set up properly is one of the hardest parts about the equipped squat. And if I want to chase higher than 1,100 lbs., practicing with mid 900s feels drastically easier than going above 1,000. The way the bar starts horizontally whipping and shaking the body is something I need to adapt to. And squatting more than 1,000 by your-

self is a huge adrenaline rush compared to 999, so why not!

**POWER:** You've also done some lifts in training that are well over the current IPF world records, including a 1,113 squat and a 905 bench (albeit to a one-board). Why go so heavy in training? Why not save those lifts for a meet?

**SUMNER:** Both of those lifts are more than a year old, and I've matured in my training since then. I don't regret giving 1,113 lbs. a ride, but I wouldn't do

it anymore. In my gear, I try to never go above what my opening weight will be. On days where everything is perfect, I'll work up to around a second attempt. I wouldn't recommend trying to max out huge lifts in training. But it's all a learning process. If I want to have longevity in this sport, playing it safe and staying around opening weight is much smarter than gunning for fake WRs in training. I've learned the hard way that those don't count.

**POWER:** One last question about

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Sumner was a collegiate football player and scouted by NFL teams after graduation.

**your training before we start talking about meets. How has your training evolved over the years?**

**SUMNER:** All through high school and college I just did what the strength coach had the team doing. In college, the NCAA mandates one day off per week, and I would use that day to

travel to Rocky Mountain Lifting Club an hour away to squat heavy. Football training varied from circuit training to Westside to linear periodization. When I was done with football, I lifted straight linear periodization for a bit — squatting, benching and deadlifting once per week. When I got extremely frustrated

with my bench press stalling for years, I trained with Mike Tuchscherer running my programming for a while doing his RTS [Reactive Training Systems] method. The biggest change was a daily undulating rep scheme, higher frequency and implementing RPEs [Rate of Perceived Exertion]. Now I have my own style, which is a conglomeration of things that have worked for me over the years. Singles in the gear like the conjugate system, linear periodization to build my raw strength, and higher frequency from RTS to teach my body to practice strength as a skill.

**POWER:** At the 2014 Arnold Classic, you competed three days in a row. You didn't list that as a world record, but it must be one! How did you fare in those meets?

**SUMNER:** That was a crazy week-end for me, and very fun! On Friday, I competed in the raw three-lift meet. I squatted 849, bench pressed 501, deadlifted 717 and set a WR total of 2,067 (which Ray Williams broke at Raw Worlds this year). Saturday was the single-ply three-lift meet. I squat-

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ted 1,009 and smoked 1,053, but was turned down on depth 2-1, which would have been a world record. I bench pressed 783 and deadlifted a token 683 since I already had the best lifter award wrapped up to win the money. Sunday was the single-ply bench-only meet. I opened at 817, which would have been a WR, and dumped it. I did the smart thing and jumped to 827. I actually pressed the weight smoothly, which surprised me, but was turned down 2-1 for lifting my head; this too would have been the WR. I went for 832 or so on my third attempt and didn't have any gas left and I bombed. The weekend was a great experience and I may do it again next year.

**POWER:** A little over a month ago you competed again at USAPL Nationals (single-ply). How did that go?

**SUMNER:** Equipped Nationals went very roughly. I had by far the best training cycle of my life and was feeling very healthy. I was on pace to smash my PRs in all three lifts. I opened with 1,025 lbs. on the squat and crushed it like a

warm-up three times, but all three attempts were turned down 2-1 for depth. This was the biggest disappointment of my lifting career, but I decided to bench and deadlift just to get more meet experience. I bench pressed 805 and deadlifted 783, missing 827 on both the bench and deadlift.

**POWER:** To recap, in your last few single-ply meets you've been turned down two to one on a 1,053 squat (which would have been a WR), an 827 bench (which also would have been a WR), and three times with a 1,025 opening squat. Do you feel like you've been robbed on any of these attempts? Why do you still choose to compete in the USAPL/IPF?

**SUMNER:** I was also turned down 3-0 at 2013 equipped nationals with a 1,009-lb. squat three times. It's hard to say if any of them were robbed. I do know that the judges scrutinize record lifts much more closely, so if it is borderline, you will get reds. And all attempts that have been turned down were record lifts (world or American). I

also think once you establish a reputation amongst the federation as a consistent lifter who routinely performs to the standard of the rulebook, you have some more leeway. I haven't established myself as squatting consistently deep in the gear yet, although I've never bombed from an international meet, only national. Judging squat depth is very hard and open to interpretation, especially on SHW lifters, and I also think my style of leaning gives the impression that I am higher than I am among USAPL/IPF judges since most lifters squat very upright. I like competing in the USAPL/IPF because chasing IPF world championships and IPF world records is what drives me and lights my fire. I believe that the IPF is the only place true world championships and true world records exist that were set under nearly identical standards, even though it means dealing with a lot of crap sometimes. I am also drug-free, which is just a personal choice.

**POWER:** Having bombed with a 1,025 squat at Equipped Nationals,

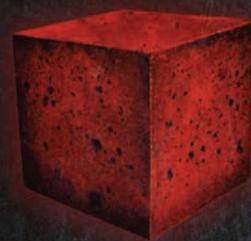
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**you did what any frustrated powerlifter in your shoes would have done: jumped into USAPL Raw Nationals last minute with minimal preparation. How did that work out for you?**

**SUMNER:** It turned out great! I train raw year-round, though not necessarily heavy, but haven't found my raw squat mojo since I tore my hip labrum at IPF World's in 2012 and only had three weeks of raw training to prepare. I can only do raw competition squats once a month or so, and it always feels off. But I'm a big adrenaline junkie and had the toughest powerlifting battle of my life at raw nationals. The adrenaline pushed me though, hitting a squat I shouldn't have been capable of (882). I also hit an easy PR bench of 529 and PR deadlift of 738. My total was about 2,150 and I took home the best lifter award (highest Wilks) in a field of over 450 lifters and some serious freaks. I went 9/9 for the first time ever and the meet was extra fun because it wasn't just about trying to hit big numbers and records, it was about winning to secure a spot on the IPF World Team. It came down to strategic attempts since I was battling Ray, and one mistake on an attempt could

likely cost me first place.

**POWER:** Congratulations on an epic performance. We checked the IPF World Records, and they list the SHW total record as 2,143 by Ray Williams. I know that IPF World Records can only be set at certain meets, but technicalities aside, is your 2,150 the highest ever raw total in an IPF or IPF affiliate meet?

**SUMNER:** Even though my 2,150 was an unofficial world record, you are right — it does not count unless it is an international meet with international judges. However, Ray did hit a 2,170 or so total at a local meet in Mississippi.

**POWER:** You said, "I train raw year-round, though not necessarily heavy." What does "not necessarily heavy" mean for Blaine Sumner?

**SUMNER:** It varies depending on my goals at the time, but a good example would be my prep for Equipped Nationals when I wasn't worrying about a raw meet. I did 700 x 5 raw squats, 650 x 5 raw deadlifts, 450 x 5 raw bench. If I'm not preparing for a meet, I aim to leave two or three reps left in the tank. That allows me to practice my form and get enough stimulus, but stay below the

high injury risk threshold.

**POWER:** What are your future goals and competition plans?

**SUMNER:** My main goal is to win an Equipped IPF World Championship. I would also like to win the World Games, which are held every four years and it's sort of an Olympic test event for sports not in the games. Those are the two main things on my list that I want to check off.

**POWER:** Where can readers learn more about you?

**SUMNER:** They can find me on YouTube, Instagram or Facebook. I'm part of Juggernaut Training Systems, where I keep a blog and update on my training. I also provide online coaching and programming.

**POWER:** Is there anyone you'd like to thank?

**SUMNER:** First and foremost, my parents for being the most supportive parents possible and going to nearly every meet. My "powerlifting parents" Dan and Jen Gaudreau for getting me into the sport and teaching me sound fundamentals from the start. And my awesome sponsors: Promera Sports, Con-Cret, Titan Support Systems and Juggernaut Training Systems. **PM**

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# BENEDIKT MAGNUSSON

BY MATT VINCENT

PHOTOS BY JOSH WINDSOR, COURTESY OF MHP

Getting to speak with some of the awesome people I've met over years of strength training and travel has been awesome. One of the most interesting is also one of the strongest in the world. Benedikt Magnusson not only holds the all-time record for the deadlift at 1,015 lbs. in just a belt. He goes by Bennie in real life, and just "B" on social media.

I met Bennie in Iceland during my first trip. He was our tour bus driver and had passed the exam for driving certification, but had never actually driven a bus other than during the test. It made for an interesting trip over mountain passes and skinny roads, that's for sure. Occasionally while driving past a store, Bennie would pull over, hop out and start buying himself food. He didn't talk to the 35 passengers; he'd just stop and get out.

There is more to strength training than just your total or trophies. Bennie is a lifter who truly enjoys himself. I'm really happy I got a chance to reconnect with him and chat a bit about his life, training, Iceland, motivation and what's up next for the B.

**MATT VINCENT:** You live in the UK now. Where do you train?

**BENEDIKT MAGNUSSON:** PureGym York and Absolute Fitness Borough-bridge.

**VINCENT:** What do you think of the UK compared to Iceland? Not as many hot dogs, I am sure and no Skyr.

**B:** Everything tastes less. There is



no wind. There are people everywhere. Food is cheap. Roads are tarmac; no need to drive a modified 4x4. Supplements are available next-day delivery. It's good. But the B is always homesick.

**VINCENT:** Iceland is an amazing place. With such a small population, why do you think it produces some of the strongest men in the world?

**B:** There are no distractions. There are no illusions. It is a place where weakness is something to recognize and overcome because you have to. You can't dream small because alongside work there is no room for small dreams. You have to dream big and make your dream become your work. There is something about my little island that inspires one to be amazing.

**VINCENT:** What are your current dreams and goals? What are you training for?

**B:** I dream of many things. I already made my dream come true of regaining strength in my back. Now I would like to learn more things, like how to build stuff and maybe learn some more trades. Learn how to do better wheelies on a

motorbike. And play more instruments. I would like to go under 10 percent body fat once just to know what it takes, and know the feeling. I am training to recover from my hand operation and deadlift competition at Europe's Strongest Man.

**VINCENT:** What happened to your hand?

**B:** Tendons in my fingers are getting shorter, and one tendon in the ring finger came off the bone.

Vincent: So what does your weekly training routine look like?

**B:** Beauty training every day now, except Wednesday for deadlift.

**VINCENT:** Beauty training?

**B:** Training for entertainment and/or cosmetic reasons.

**VINCENT:** Being the greatest deadlifter of all time, what big mistakes do you see the rest of us mortals making?

**B:** Training too heavy and too little.

**VINCENT:** Can you expand on that?

**B:** How many sets of deadlift does it take to warm up for 200kg (440 lbs.)? And how many for 400kg (880 lbs.)? Humor me with a short answer to both of my leading questions.

**VINCENT:** For a 200k (440lbs.) I do about five sets to get there. 400k (880 lbs.) is way out of my league, but theoretically I guess it would take 10 sets to get all the way to that point.

**B:** If your max is 200kg (440 lbs.) and you want it to be 400kg (880 lbs.), train your body to survive all the sets it takes to get there on the day.

**VINCENT:** So basically getting in

**your volume work on the way to the top end?**

**B:** If you spend a year being good at doing five sets, you become good at doing five sets. 120kg-160kg-180kg-180kg-180kg-180kg-160kg-120kg-120kg. vs. 120kg-160kg-200kg-240kg-280kg-320kg-360kg-400kg-200kg-260kg. The weights are irrelevant.

Train to get to 400 from day one or else you will be like a sprinter running a marathon later, tired and slowing down halfway.

**VINCENT:**You did a book on how to eat like B. What are your favorites to eat and drink? What helps you get big, strong and awesome?

**B:** My former wife wrote a book on my favorite recipes of hers. I often tend to just eat the same things every day and then alter them slightly when I do not like them any longer. I eat a lot of eggs. Minced meat. Potatoes. Chicken breasts. I love cakes. And pizza! I do not think it matters too much what you eat for performance, but it matters for to how you feel. To perform you just need the calories and loads and loads of protein. And then you need the will and drive to train until you reach that perfect feeling of not even knowing your own limits. And supplementing and good diet can sometimes help the mental side of training.

**VINCENT:**What supplements do you find most beneficial?

**B:** Whey protein. BCAA. Fish oils. Creatine and Arginine on occasion. MHP Up Your Mass and Probiotic-SR.

**VINCENT:**You're known for your deadlift, but what about your squat and bench? Do you train them same way as you do your deadlift?

**B:** My best squat is 405kg (891 lbs.) and my bench press 275kg (605 lbs.). I have never tried squatting more. I once tried a 290kg (638 lbs.) bench press and failed. I just train for pure enjoyment.

**VINCENT:**You are a guy with a lot of hobbies outside of training. What other licenses and educations do you have?

**B:** All sorts. I need constant stimulation to keep sane and happy. Acupuncture is the next thing. And I want to practice operating a big excavator after I have had my freestyle dance lessons.

**VINCENT:**Have you had to train anything differently to handle the grip involved at those weights? What do you think you have done to develop



**the speed you have off the floor? The 1,015 looked like a breeze. Can you walk me through how that lift felt for you?**

**B:** Grip training must not be over-trained. Speed comes from lots of fast movements, like sprints and vertical jumps. It was easy that day. I got the chance to just look around to see the reaction in the crowd watching.

**VINCENT:**When you started lifting, what was your deadlift? Is it something you have always been naturally good at, or was it always something that took a ton of work to improve?

**B:** I started at 120kg (264 lbs.) when I was 17.

**VINCENT:**You were doing Strongman at one point. Why did you switch to only the deadlift?

**B:** I competed at Giants live WSM qualifier in April. I sprained the bicep and tore my finger tendon. I took sixth place.

**VINCENT:**Strongman at that level is so brutally heavy. What event did it, or was it all a nagging injury that just popped?

**B:** Farmers walk.

**VINCENT:**Vincent: Things are crazy heavier now on that event. Do you think about maybe going for full

**power meets in the future any time soon?**

**B:** Yes. I would like to do powerlifting. I just get asked to do deadlift only most of the time.

**VINCENT:**Vincent: Powerlifting is moving away from gear, and most of the big name guys are raw now. What do you think has caused the shift in the sport?

**B:** I was bored of needing an assistant to train in a lifting suit. Many others must have felt the same. I personally just stopped training in them. And when I put them on I was no better because I had not trained in them.

**VINCENT:**Anything else you want to say? Either about training or about you?

**B:** Training is one of my hobbies. I love training and exercise.

Improve in all aspects of life if you want to be strong. Love and warmth.

**VINCENT:**Of all the traveling you've don't, where is your favorite place? And what has been your favorite experience that strength sports have lead you to? Biggest memory?

**B:** My favorite place was Santa Cruz, Calif., training with my best friends. My best memory was hunting with my good friends in Arlington, Texas. Seeing the animals in Tasmania with Anita and Jenna. But nothing is more beautiful than a spring evening in Reykjavik sitting in my container lifter at the harbor. Just thinking about it brings a little tear to my eye. No one will ever understand unless one has been there. The spirit. The drive. The love. The pure power of my island.

*Matt Vincent is an all-around strength athlete competing in Strongman, powerlifting (both raw and geared), track and field, weightlifting and the Highland Games. He travels the world competing with top athletes. He won the title of world champion in the Highland Games in 2012 and is author of Training Lab. Find him at [Mattvincent.net](http://Mattvincent.net), on Instagram @matsoexplosion and YouTube at [youtube.com/user/mvincent4130](http://youtube.com/user/mvincent4130). **PM***

# Men 198 lb. Current

## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Ernie Lilliebridge Jr	UPA	4/12/14	777
2	NATE DAVIS	APA	11/9/13	722
3	Matt Wagner	RPS	5/3/14	715
4	Fred Seewald	UPA	2/15/14	710
5	Chris Ramos	SPF	3/23/14	705
5	Mark Greenstein	IPA	5/14/14	705
7	Brandon Tunquist	XPC	3/22/14	680
8	Jesse Kellum	RUPC	2/9/14	677
9	Aaron Palko	RPS	7/19/14	675
10	BRIAN KERVIN	APA	11/9/13	672
11	Carlos Moran	RUPC	2/9/14	661
12	Dave Haggett	RPS	3/30/14	660
13	Ibn Mahama	UPA	9/7/13	655
14	Channing Doyle	USPA	1/11/14	639
15	ZACH BURROUGHS	APA	11/9/13	628
15	Jesse Bumpus	USPA	1/25/14	628
17	Colin Evans	RUPC	2/9/14	622
17	John Even	UPA	2/15/14	622
19	Cesar Navaro	USPA	2/22/14	618
20	Michael Lucia	UPA	2/15/14	617
21	Nick Sattleberg	UPA	11/2/13	615
22	Cory Svenson	UPA	2/15/14	606
23	Jeff Borsuk	RPS	6/7/14	605
24	Matt Gaechter	APA	4/5/14	602
25	Matthew Levine	RUPC	2/9/14	600
25	John Peshia	UPA	2/15/14	600
25	Nick Bonavito	RPS	5/17/14	600
25	Michael Boyd	UPA	4/26/14	600
25	Jon Vaughn	USPA	4/26/14	600
30	Michael Metz	UPA	10/12/13	589
31	Brian McDonald	SPF	8/31/13	585
31	Charly Joung	RPS	11/2/13	585
33	Garrett Griffin	APC	8/11/13	584
33	Chris Pecenka	UPA	10/12/13	584
33	John Rowland	USPA	1/25/14	584
33	Aaron Mitchell	USPA	3/15/14	584
37	Andrew Corlett	SPF	11/2/13	578
38	Joshua Kwasnicka	XPC	3/22/14	575
38	Anthony Campo	IPA	4/26/14	575
38	Filipe Gusmao	RPS	5/31/14	575
38	Lee LeBlanc	RPS	6/28/14	575
42	Dave Smith	SPF	11/2/13	573
42	Michael Farr	SPF	11/2/13	573
42	MATHEW WISE	APA	11/9/13	573
42	Andy Gjerstad	UPA	2/15/14	573
46	RBRANDON RUBADOU	RPS	4/19/14	570
47	Gianni Fuscardo	NASA	4/19/14	567
47	AJ Loreto	USPA	3/29/14	567
49	Jordan Feigenbaum	SPF	10/26/13	565
49	Phil Harrington	UPA	11/2/13	565
49	Adam Helms	APA	3/1/14	565
49	Andy Parker	IPA	4/26/14	565

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Garrett Griffin	RUPC	2/8/14	501
2	Craig Koffler	APF	5/31/14	496
3	Jesse Kellum	RUPC	2/9/14	479
4	Colin Evans	RUPC	2/9/14	473
5	Kent Spires	APF	5/31/14	468
6	viet vo	RPS	2/15/14	460
7	Ernie Lilliebridge Jr	UPA	4/12/14	457
8	Warren Oaks	SPF	5/10/14	451
9	Shane Allen	SPF	9/28/13	450
9	Barry Williams	USPA	3/30/14	450
11	Nick Sattleberg	UPA	11/2/13	445
12	Brandon Perdue	SPF	10/26/13	440
12	CORNELIUS COON	APA	11/9/13	440
12	MATHEW WISE	APA	11/9/13	440
12	MATT WISE	APA	11/9/13	440
12	Dave Haggett	RPS	3/30/14	440
12	Mark Greenstein	IPA	5/14/14	440
18	BRIAN KERVIN	APA	11/9/13	435
18	Adam Helms	APA	3/1/14	435
18	Chris Walter	NASA	2/15/14	435
18	Thomas Kroning	APF	4/26/14	435
22	Durell Cull	IPA	10/19/13	430
23	Reginald Miles	USAPL	8/17/13	429
23	BOB DUNHAM	AAU	10/12/13	429
23	Reginald Daniel	USAPL	8/17/13	429
26	Jeff McDaniel	RPS	6/7/14	425
26	Aaron Palko	RPS	7/19/14	425
28	Jason Carson	USPA	10/12/13	424
28	Ben Williams	USPA	11/10/13	424
28	Stacy Dedrick	USPA	3/29/14	424
31	Steve Morgan	USPA	9/14/13	419
32	John Even	UPA	2/15/14	418
32	Victor Ubiles	USPA	2/15/14	418
32	Kirk Juliano	NASA	4/12/14	418
35	Matt Wagner	SPF	10/26/13	415
36	AJ Praparat	USPA	4/26/14	414
36	Daniel Dudgeon	USPA	6/7/14	414
38	Louie Mansanas	IPL	11/9/13	413
38	Jess Santos	IPL	11/9/13	413
38	Stanley Hobbs	USPA	3/15/14	413
38	Danny Amon	USPA	5/17/14	413
38	Damien Pezzuti	USPF	6/6/14	413
43	Dan Longo	RPS	1/25/14	410
44	Carlos Moran	RUPC	2/9/14	407
44	Evan Miller	USAPL	12/7/13	407
44	Jesse Norris	RUPC	2/8/14	407
44	John Peshia	UPA	2/15/14	407
44	Buster Litton	SPF	3/23/14	407
44	Ibn Mahama	USPA	2/15/14	407
44	Tyler Bennett	NASA	5/24/14	407
44	Jose Garcia	USPA	4/26/14	407

# Top 50 Rankings, RAW

## DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Jesse Norris	USAPL	11/30/13	800
2	David Hansen	USPA	1/25/14	744
3	Timothy Paynter	USPF	6/6/14	727
4	Jon Rock	UPA	11/16/13	725
5	Mike Lane	RUPC	2/8/14	716
6	Ernie Lilliebridge Jr	UPA	4/12/14	710
6	Dave Haggett	RPS	3/30/14	710
8	Brett Lanier	NASA	2/15/14	705
9	Jesse Bumpus	USPA	1/25/14	699
9	Antonio Machuca	USPA	1/25/14	699
11	BRIAN KERVIN	APA	11/9/13	694
12	Fred Seewald	UPA	11/16/13	688
13	Carlos Moran	RPS	6/28/14	685
14	Mark Greenstein	IPA	5/14/14	680
15	Talon Wright	USPA	8/17/13	677
16	Terence Connor	RPS	7/12/14	675
16	Aaron Palko	RPS	7/19/14	675
18	Ibn Mahama	USPA	2/15/14	672
18	Tola Suleman	USPA	3/29/14	672
20	Ezrah Reed	NASA	11/9/13	666
20	Trevor Jaffe	USPA	3/29/14	666
20	AJ Loreto	USPA	3/29/14	666
23	Channing Doyle	USPA	9/14/13	661
23	Michael Loncharich	USAPL	12/7/13	661
23	John Rowland	USPA	1/25/14	661
23	Chris Ramos	SPF	3/23/14	661
23	Mark Bruno	USAPL	7/19/14	661
28	Chuck Krutulius	RPS	9/15/13	660
28	Johnny Jarrett	RPS	12/15/13	660
28	Brandon Tunquist	XPC	3/22/14	660
31	Jordan Feigenbaum	SPF	10/26/13	655
31	Garrett Griffin	RUPC	2/8/14	655
31	Da'Mon Mayers	RUPC	2/8/14	655
34	Karif Hyder	USAPL	8/10/13	650
34	Durell Cull	IPA	10/19/13	650
34	Luke Bright	RPS	4/26/14	650
34	Patrick Curtis	USPA	5/24/14	650
38	Peter Radlowski	APF	4/26/14	644
38	Steve Melero	USPA	4/26/14	644
38	Jordan Chavez	USPA	5/31/14	644
41	Nick Sattleberg	UPA	11/2/13	640
42	Joe Logan	NASA	5/24/14	639
43	Rick Padgett	SPF	4/5/14	635
43	Mario Matash	RPS	6/7/14	635
45	JASON SADORA	AAU	10/12/13	633
45	Michael Farr	SPF	11/2/13	633
45	Jesse Kellum	RUPC	2/9/14	633
45	Robbie Sardinia	USPA	6/7/14	633
45	Ashton Rouska	USAPL	7/19/14	633
50	James Moyna	RPS	8/10/13	630
50	RYAN HIGGINS	IPA	11/16/13	630
50	Brian Barger	SPF	3/8/14	630

## TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Ernie Lilliebridge Jr	UPA	4/12/14	1945
2	Mark Greenstein	IPA	5/14/14	1825
3	Dave Haggett	RPS	3/30/14	1810
4	BRIAN KERVIN	APA	11/9/13	1802
5	Jesse Kellum	RUPC	2/9/14	1791
6	Aaron Palko	RPS	7/19/14	1775
7	Chris Ramos	SPF	3/23/14	1769
8	Matt Wagner	RPS	5/3/14	1750
9	Fred Seewald	UPA	2/15/14	1725
9	Ibn Mahama	UPA	9/7/13	1725
11	Garrett Griffin	APC	8/11/13	1708
12	Nick Sattleberg	UPA	11/2/13	1700
13	Carlos Moran	RUPC	2/9/14	1697
14	Brandon Tunquist	XPC	3/22/14	1685
15	Jesse Bumpus	USPA	1/25/14	1681
16	Channing Doyle	USPA	1/11/14	1675
17	NATE DAVIS	APA	11/9/13	1669
17	Colin Evans	RUPC	2/9/14	1669
19	John Rowland	USPA	1/25/14	1647
19	David Hansen	UPA	3/29/14	1647
21	Talon Wright	USPA	8/17/13	1625
22	MATHEW WISE	APA	11/9/13	1620
23	Cesar Navaro	USPA	2/22/14	1610
24	Jordan Feigenbaum	SPF	10/26/13	1605
25	ZACH BURROUGHS	APA	11/9/13	1603
26	John Peshia	UPA	2/15/14	1592
27	AJ Loreto	USPA	3/29/14	1587
28	Charly Joung	RPS	11/2/13	1585
29	John Even	UPA	2/15/14	1581
30	Dave Smith	SPF	11/2/13	1570
30	Jeff Borsuk	RPS	6/7/14	1570
32	Adam Helms	APA	3/1/14	1565
33	Michael Farr	SPF	11/2/13	1559
34	Matt Gaechter	APA	4/5/14	1550
34	Nick Bonavito	RPS	5/17/14	1550
36	Jon Vaughn	USPA	4/26/14	1548
36	Jose Garcia	USPA	4/26/14	1548
38	Cory Svenson	UPA	2/15/14	1543
39	Lee LeBlanc	RPS	6/28/14	1540
40	Matthew Levine	RUPC	2/9/14	1537
40	Warren Oaks	SPF	5/10/14	1537
40	Buster Litton	SPF	3/23/14	1537
43	Andrew Corlett	SPF	11/2/13	1532
43	Michael Metz	UPA	10/12/13	1532
43	Douglas Carlson	UPA	2/15/14	1532
43	Michael Lucia	UPA	2/15/14	1532
47	Ezrah Reed	NASA	11/9/13	1526
47	Brad Bishop	USPA	5/3/14	1526
49	Zack Latourette	RPS	4/12/14	1525
50	Aaron Mitchell	USPA	3/15/14	1521

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# Women 132 lb. Raw

## SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Janel Vegter	UPA	2/15/14	352
2	Ellen Stein	USPA	1/25/14	347
3	Heidi Howar	SPF	4/12/14	345
4	Steph Tomlinson	XPC	3/22/14	340
5	Cortney Leih	USPA	3/29/14	330
6	Alison Speltz	UPA	2/15/14	325
7	Marisa Nallie	RPS	1/25/14	320
7	MARISSA NALLIE	RPS	1/25/14	320
9	DESIREE MORGAN	APA	11/9/13	319
10	Mylene Silva	RUPC	2/9/14	308
10	Nicki Crapotta	USPA	1/25/14	308
12	Janet Faraone	IPA	4/26/14	305
13	Caroline Weeks	SPF	3/1/14	300
14	Stephanie Tomlinson	RUPC	2/9/14	297
15	Bonnie Meerschaert	UPA	4/12/14	292
16	Cindy Lee	SPF	11/3/13	286
16	Shelbi Shackelford	NASA	8/10/13	286
18	Aree DeZort	UPA	11/17/13	281
19	Becky Price	IPL	11/9/13	275
20	Laura Rinke	RPS	10/13/13	270
20	Jessica Dizenzo	APA	10/6/13	270
20	Candace Puopolo	UPA	3/29/14	270
20	Carley Smith	APA	4/12/14	270

## BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
	Janet Faraone	IPA	4/26/14	210
	Steph Tomlinson	XPC	3/22/14	210
	Stephanie Tomlinson	RUPC	2/9/14	203
	Susan Salazar	USPA	1/25/14	198
	Candace Puopolo	UPA	3/29/14	198
	Ellen Stein	USPA	1/25/14	187
	Mylene Silva	RUPC	2/9/14	187
	Becky Price	IPL	11/9/13	181
	Samantha Cohen	RUPC	2/8/14	181
	Stephanie McNelly	USPA	10/26/13	176
	Xitij Shah USAPL		8/10/13	176
	Heidi Howar	SPF	4/12/14	175
	Chelsi Figley	SPF	12/7/13	175
	Janel Vegter	UPA	2/15/14	170
	Joan Jennings	USPA	1/25/14	170
	Stephanie Lewis	USPA	2/1/14	170
	Victoria Liang	NAPF	2/28/14	170
	Cortney Leih	USPA	3/29/14	170
	Nicole Gonzalez	USPA	3/29/14	170
	Olivia Droste	APF	6/8/14	170

# Top 20 Rankings

## DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Susan Salazar	USPA	1/25/14	407
1	Ellen Stein	USPA	7/12/14	407
3	Marisa Nallie	RPS	1/25/14	400
3	MARISSA NALLIE	RPS	1/25/14	400
5	Laura Rinke	RPS	3/29/14	390
6	Nicki Crapotta	USPA	1/25/14	380
6	Nicole Gonzalez	USAPL	7/12/14	380
8	Steph Tomlinson	XPC	3/22/14	370
9	Victoria Liang	NAPF	2/28/14	363
9	Cortney Leih	USPA	3/29/14	363
11	Stephanie Tomlinson	RUPC	2/9/14	358
12	Stephanie McNelly	USPA	10/26/13	352
12	Bonnie Meerschaert	UPA	4/12/14	352
12	Carley Smith	APA	4/12/14	352
15	Heidi Howar	SPF	4/12/14	350
16	Janel Vegter	UPA	2/15/14	347
16	Natalie Sardinia	USPA	2/8/14	347
18	Janet Faraone	IPA	4/26/14	345
19	Becky Price	IPL	11/9/13	341
19	Julia Famiglietti	USAPL	12/7/13	341
19	Alyssa Haveson	NAPF	2/28/14	341
19	Sara Egbom	USAPL	7/19/14	341

## TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Ellen Stein	USPA	1/25/14	931
2	Steph Tomlinson	XPC	3/22/14	920
3	MARISSA NALLIE	RPS	1/25/14	870
3	Janel Vegter	UPA	2/15/14	870
3	Marisa Nallie	RPS	1/25/14	870
3	Heidi Howar	SPF	4/12/14	870
7	Cortney Leih	USPA	3/29/14	865
8	Janet Faraone	IPA	4/26/14	860
9	Stephanie Tomlinson	RUPC	2/9/14	859
10	Nicki Crapotta	USPA	1/25/14	854
11	Laura Rinke	RPS	3/29/14	820
12	Mylene Silva	RUPC	2/9/14	815
13	Candace Puopolo	UPA	3/29/14	804
14	Alison Speltz	UPA	2/15/14	799
14	Becky Price	IPL	11/9/13	799
16	DESIREE MORGAN	APA	11/9/13	788
17	Bonnie Meerschaert	UPA	4/12/14	777
18	Carley Smith	APA	4/12/14	766
19	Caroline Weeks	SPF	3/1/14	755
19	Cindy Lee	SPF	11/3/13	755
19	Shelbi Shackelford	NASA	8/10/13	755

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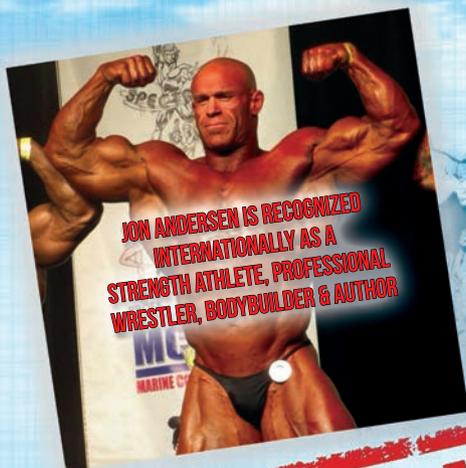
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## Featured YouTube Channel

**Blaine Sumner:** [www.youtube.com/user/BlaineSumner](http://www.youtube.com/user/BlaineSumner)



### About the channel owner

Blaine Sumner. Blaine competes in both the raw and equipped divisions of the IPF. He has set world records, and he has won national and world championships. Basically, he's one of the top lifters in the world. To learn even more about him, see the interview on page xx.

***Not only are you a world class lifter, but you have videos on your channel of you hitting world record exceeding lifts in training! Yet, you only have about 1500 subscribers. What's wrong with people? Why aren't they smart enough to subscribe to your channel?!?***

That's a great question. And I wish I had an answer. It seems the people who have the most subscribers are the ones who do voiceovers and tutorials. I don't do much of either. Although I'm going to start. I think I do enough headbutting and leg slapping to have more subscribers, but maybe my mug is too ugly.

***A lot of your videos are set to the same song. What song is it? Are you aware that there are other song choices?***

That song is called 'Bloodhammer' by Plot For Extinction. I played college football with the lead singer and their songs wouldn't make my YouTube vids blocked due to copyrights. But now their label has the copyright infringement stuff on YouTube. That's the main problem I run into on songs. Sometimes I'll just have to stack multiple tracks on my videos so YouTube can't recognize my custom remix.

***You posted a highly informative tutorial video about how to weigh yourself if you are huge. For those who haven't seen it, could you summarize it here?***

Simple. My scale has a maximum capacity of 350 lbs. I'm currently around 370. So I just take 2 scales, put them together, and put one foot on each to distribute my weight. It's surprisingly accurate.

***What are your 3 favorite videos that you've posted?***

My favorite video is my full meet vid from USAPL Raw Nationals 2014 because it's the best meet I've put together and wasn't expecting to do well since I hadn't really prepared for the meet and decided to do it 4 weeks out after bombing from equipped nationals.

My second favorite is my 1,070 single ply training squat. It was deep and easy.

Third favorite is "How to Squat 1,003 lbs by yourself." I train alone and the video captured how I do my suit straps, knee wraps, and everything solo before squatting a grand every week.

***What lifters do you most enjoy watching on YouTube?***

Kim Walford because she is the most insane, intense female lifter I've ever seen. She will rewrite record books and pull 600 lbs at under 150 lbs and drug free.

Brad Gillingham simply because he is my idol and there never seems to be a weight on the bar he cannot deadlift.

Mike Tuchscherer because he is the most cerebral, methodical lifter I know of and drastically changed the way I approach training.

Others: Dan Green, Brandon Lilly, Ray Williams

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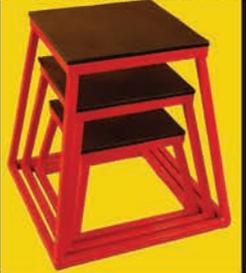


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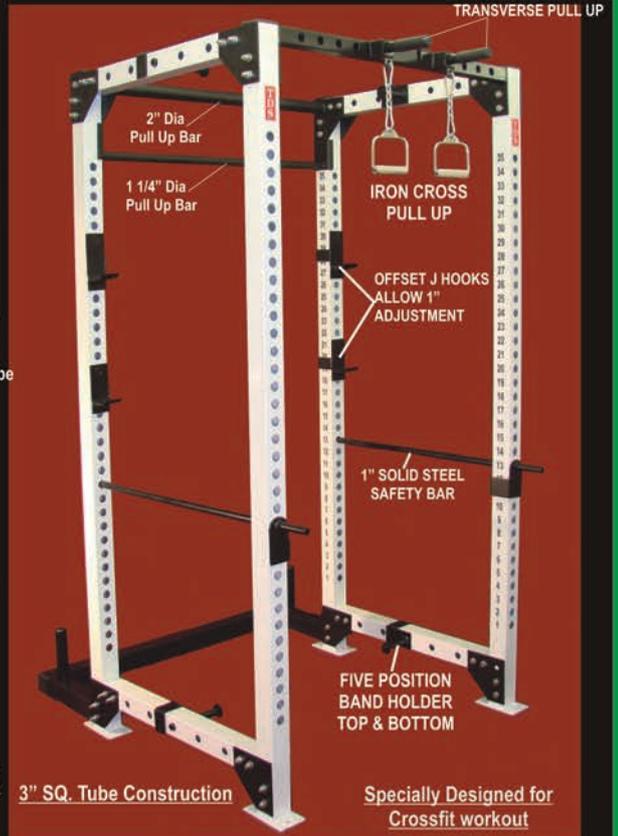
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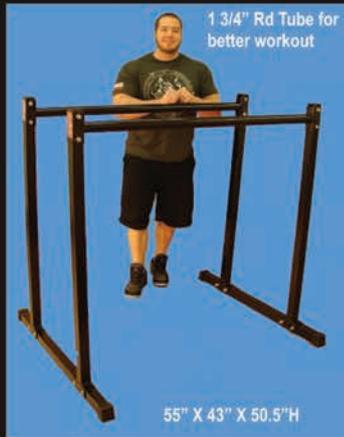


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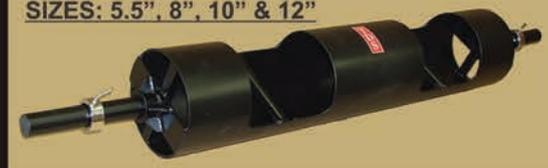
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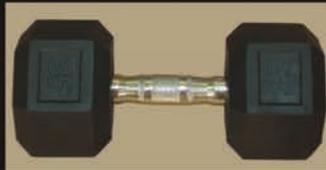
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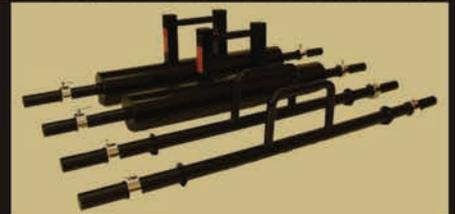
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