



THIS CHICK CAN KICK YOUR ASS, AND YOU MAY LIKE IT!

Natalie Freed

Power is pleased to introduce Natalie Freed, a hot powerlifting chick that hails from Pittsburgh, PA. She may look 12 years old, but we assure you we have checked her ID and she is in fact over 18...so enjoy!

POWER: How old are you, where are you from and what are you wearing?

Natalie Freed: I'm 24, from Pittsburgh, PA., and I'm wearing (hmm ... sorry!) my gym clothes. Ironic, right? A black t-shirt and soccer shorts.

PM: How do you maintain a great body while still lifting weights that would crush your average man?



HERE ARE SOME OF NATALIE'S BEST COMPETITION LIFTS:

Raw:	Single-Ply:
209-lbs. Squat (114-lb. class)	300-lbs. Squat (123-lb.class)
165.3-lbs. Bench (123-lb.)	203-lbs. Bench (114-lb.)
314.2-lbs. Deadlift (123-lb.)	325-lbs. Deadlift (114-lb.)
672.4-lbs. Total (123-lb.)	777-lbs. Total (114-lb.)

NF: It's pretty basic: I hardly ever miss workouts and eat bland and boring (aka healthy and clean!) food. I like to run every once in a while, too.

PM: What do you have to say to women who don't lift weights because they think they'll get bulky.

NF: I'd tell them they're wrong (in a nice way). Sure, it's possible to get bulky if you want to, but I don't think that's really something that happens without intent. As we all know, more muscle burns more fat!

PM: What's your secret when it comes to diet? It's rare to see a girl with abs.

NF: To those of you looking for a magical quick fix, sorry! I cook my own food, no salt, nothing processed about 90 percent of the time, and I obsessively keep a notebook of what I eat. And, maybe throw in some super-freaky genetics. That couldn't hurt!

PM: Does squatting in a tight thong give you any support out of the hole of a deep squat?

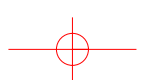
NF: Shhh! Don't give away my secrets!

PM: How many sports bras do you need to wear for speed squats?

NF: You may want to refer to a picture of me. Believe it or not, they're real! Just one sports bra does the trick.

PM: How did you get involved in powerlifting?

NF: I spent some time in the hospital after fracturing my neck and back. When I got done with rehab, I decided lifting heavy stuff would be great! (Obviously.) Also, for the hot bench bellies.





How did it make you feel?

NF: It made me smile. I'm sure he didn't think it was so funny.

PM: Do you wear make up to the gym?

NF: Yeah, and I wear a matching jumpsuit that matches my gym bag. Not! If I hap-

PM: 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?

NF: I'm going to give this one a definite "no." When I'm in a room of giant men squished into tiny squat suits, etc., they usually pay more attention to each other. For that matter, I usually lift so early at a meet that it's common for a lot of people to not be there yet!

PM: Do you have a boyfriend?

NF: Not right now. Please send applications to ... (I'm totally kidding.)

PM: Do you remember the first time you out-lifted a boy?

pen to have makeup on already, sure. If not, forget it.

PM: What are some of your powerlifting goals?

NF: It would be cool to have a 2x body weight bench. I already deadlifted 3x body weight a few years ago, which was fun. A respectable squat would always be great!

PM: As a fitness competitor, how does powerlifting help you?

NF: I don't compete in fitness. But since lots of people are under the impression that I already do, I guess it would help.

PM: What's next for you?

NF: I'm actually thinking about doing a Pump 'N Run bench press for reps and then a 5K run. (Earmuffs, boys! I'm talking about cardio!) **PM**

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