

Gold Medal Deadlift at 2010
IPF World Championships in
Potchefstroom South Africa





2003 Arnold Strongman Axle Lift

POWER: Where do you train?

GILLINGHAM: I am co-founder and owner of Jackals Gym in Marshall, Minn. Marshall is a small prairie town located in the sparsely populated southwest corner of Minnesota. Jackals Gym started out as a small group of guys who were sick of training at the local health club. It has since become a very well-known name, and has developed many of the top powerlifters and Strongmen in the country. In addition, we have had a number of high caliber high school and college athletes train with us over the years, and even a NFL professional. I serve as the strength coach and help develop training programs for the members. Wade and Karl are the owners and operators of the www.jackalsgym.com website and store.

POWER: How do you train?

GILLINGHAM: I generally train with weights three days a week and do other cardio-based exercises on my off days. I have my own training program that I have developed through years of experience, and have produced both a DVD and a training manual. On Mondays, I alternate partial rack pulls and full deadlifts every other week. My assistance work includes front squats, box squats, RDLs, bent rows, power cleans, leg presses, GHR and ab work. On Wednesdays I train the bench heavy with progressive singles and a high volume of sets. My assistance work includes front raises, biceps, and triceps work, partial bench presses, and some rowing movements. On Fridays I primarily train a 5x5 squat approach in the 60 to 80 percent range. I train at a fast pace

and try to complete all five sets in 15 to 30 minutes. My assistance work may include shoulder presses, light bench press, bent rows, GHR, reverse hypers, partial squats, leg extensions and leg curls. I add in various Strongman exercises and grip training to keep things interesting. I continually add in extra exercises for rehab purposes as needed, and am always looking for new ways to torture myself.

POWER: How did your father, a Green Bay Packers hall of famer, influence your athletic career?

GILLINGHAM: My father is Gale Gillingham. My father introduced my brothers Karl and Wade and me to weight training at a very early age. The old man passed away last year and is greatly missed by all of us. He was our coach, mentor, motivator

and biggest fan. He was a five-time all-pro offensive guard with the Green Bay Packers. He played for 10 seasons in the NFL. He was inducted into the Green Bay Packers hall of fame in 1982. Back in the 1960s and 1970s, not many small towns had gyms or training facilities. All of his training in the off season was done at our home in the small community of Little Falls, Minn. The three of us watched him complete brutally heavy workouts from the time of our earliest memories. Gale Gillingham didn't know the word "quit" and he expected others to follow his lead. He was one of a kind. They don't make them like the old man anymore. My brothers and I have competed against the biggest and the strongest in the world, but we still consider the old man to be one of the strongest to ever walk the planet. I think, even in his absence, we all still try to find ways to impress him!

POWER: How do you eat and why are you so huge?

GILLINGHAM: I like to compete in the 330 range. In order to get to 330 I need to really push the calories. I am not real scientific in my diet other than I try to eat for



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performance and I try to generally keep track of calories. My breakfast may include a box of mac and cheese, Ramen noodles, or four to six boiled potatoes supplemented with 60 grams of GNC 100-percent whey. I try to do my best with lunch, as I spend a lot of time on the road for work. Supper time is typically sit-down, family-style with the wife and kids, and generally involves some kind of red meat and potatoes or pasta. Generally I work in a couple other small meals in between or following supper. These may include protein supplements like GNC Wheyabolic Extreme 60 or peanut butter

and jelly with a big glass of milk.

POWER: You have hook gripped 881.

Why the hook grip?

GILLINGHAM: Because I am crazy. Well, maybe a little crazy to put up with the pain. Actually I had trouble with my pronated hand losing grip when I got above 800 lbs. I watched a Russian lifter, Maxim Podtynni, pull 854 at the Battle of the Giants in Orebro, Sweden in 1999. I decided I needed to give it a try, and I have never looked back. It gives you confidence to try any weight, and allows for a more symmetrical pulling motion.

POWER: Tell us about your affiliation with GNC.

GILLINGHAM: I always figured that I became a professional in the strength training industry when I signed my first contract with GNC Pro Performance in 2001. I am now working under contract with GNC in my 12th year. Karl and Wade have also signed on with GNC and we do several shows every year promoting GNC Pro Performance products. All three of us attend the Arnold and the Olympia each year and run a grip contest called the GNC Grip Gauntlet. GNC has opened up doors for me

that I never envisioned would happen though their support and the work that I do for them. GNC is a great company to work for and they are the supplement industry leader in providing quality, safe sports supplements.

POWER: Did you like getting up at 6 a.m. to chop wood as a teenager?

GILLINGHAM: The old man grew up cleaning barns and driving tractors from the age of 5. His nonstop work ethic and drive to do his best was formulated from the heavy farm work he did in his youth. I think he was afraid that we boys would become soft and lazy without physical labor. He found an answer for his concerns as we neared our teenage years. He decided that we would start heating our home with firewood. I remember those boot camp, work camp Saturday trips to the woods very well. "Boys, get the @%*&@ up! We're going to the woods!" Karl and I carried and dragged logs out of the woods and split, piled and stacked wood on a regular basis for many years. Wade got to participate when he got older. There was not much time for breaks or sitting around. Work needed to be done and it was going to get done. It was the old man's way of making sure we learned how to work hard. We learned a lot of good lessons out in the woods in addition to building a good starting base for our strength development.

POWER: Tell us about your wife and kids.

GILLINGHAM: My wife is Diane. She teaches 6th grade in the small town in which we reside. She is not a lifter, but is very supportive of my sport. I have two very active daughters that are into everything from figure skating, volleyball, running, basketball, swimming, piano and everything else. Emily is 13 and Lizzy is 11. I have both of them lifting, but very light weights to start with.

POWER: What are your hobbies?

GILLINGHAM: I basically live the small town, raised-in-the-country lifestyle. I crank the heavy metal up when I'm lifting, but on the way home I drive a big four-wheel-drive truck and listen to a lot of country music. I enjoy hunting and fishing and hanging out with family and friends.

POWER: How many American and

world records have you set and what were they?

GILLINGHAM: Record lifts in competition:

Squat: 859 lbs. (390 kg) - USAPL Open American record 145kg

Deadlift: 848 lbs. (385 kg) - USAPL Open American record 145kg

Total: 2,271 lbs. (1,030 kg) - USAPL Open American record 145kg

Deadlift: 837 lbs. (380 kg) - USAPL RAW Open American record +125kg

Total: 2,066 lbs. (937.5 kg) - USAPL RAW Open American record +125kg

Deadlift: 881 lbs. (400 kg) - USAPL Masters American record +125kg

Total: 2,331 lbs. (1,057.5 kg) - USAPL Masters American record +125kg

Squat: 716 lbs. (325 kg) - USAPL RAW Masters American record +125kg

Deadlift: 837 lbs. (380 kg) - USAPL RAW Masters American record +125kg

Total: 2,066 lbs. (937.5 kg) - USAPL RAW Masters American record +125kg

Deadlift: 865 lbs. (392.5 kg) - USAPL Masters National Meet record +125kg

Total: 2,237 pounds (1,015 kg) - USAPL

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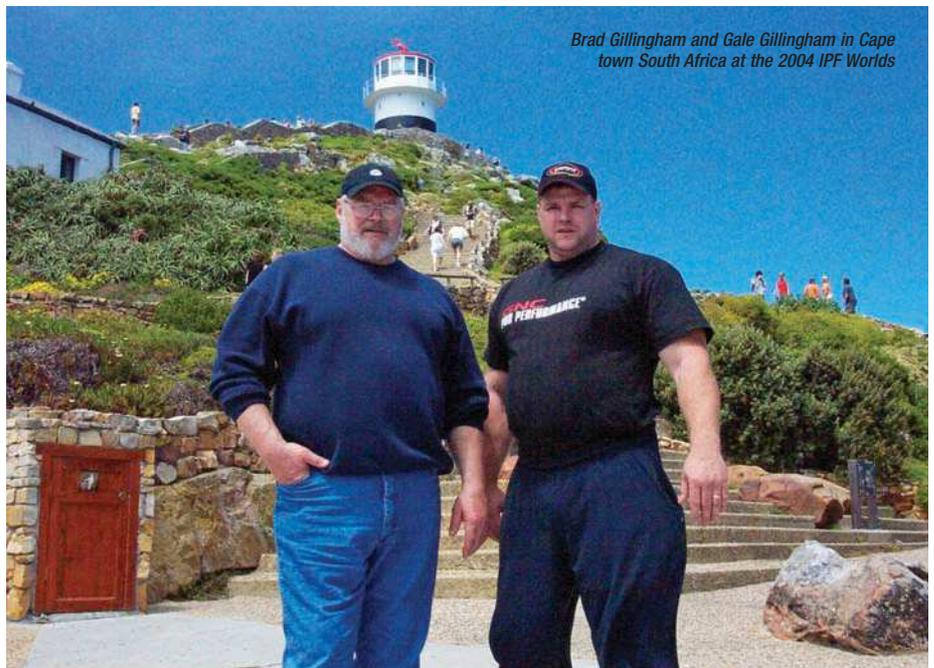


GNC Grip Gauntlet with Gillingham Brothers

Masters National Meet record +125kg
Deadlift: 876 pounds (397.5 kg) - IPF
 World Open record +120kg
Deadlift: 881 pounds (400 kg) - IPF
 World Masters record +125kg
Deadlift: 876 pounds (397.5 kg) - IPF
 World Masters record +120kg
Total: 2,331 pounds (1,057.5 kg) - IPF
 World Masters record +125kg
Total: 2,281 pounds (1,035 kg) - IPF
 World Masters record +120kg
 90 competition deadlifts above 800 lbs.

POWER: What do you consider your greatest athletic accomplishment?

GILLINGHAM: This is a tough question. I am not sure if I can limit it to one event. I am most proud of my longevity in the sport. I have been at it a long time, and I have been able to make a lot of friends through the sport all over the world. Another thing to mention is all of the great times I have been able to have with Karl, Wade, the old man and family over the years because we three brothers all continued to lift and compete beyond 40. We have been able to train, travel and support each other for a



Brad Gillingham and Gale Gillingham in Cape town South Africa at the 2004 IPF Worlds

long time, taking time to have a few beers together along the way.

POWER: What do you have upcoming for this year?

GILLINGHAM: I am planning to compete in the GNC Pro deadlift at the Empire Classic in Spokane, Wash., in late April, then I will train for the USAPL Raw

Nationals. I would like to try and make the IPF Classic Raw Worlds in Russia next year. I also hope to compete in a deadlift invitational in Brazil in December.

I would like to thank Mark and Andee Bell and Power for this great opportunity to be interviewed. Also, big thanks to brother Karl for conducting the interview. **PM**