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PRESS GRIP WIDTH

» WESTSIDE BARBELL:
TOP FIVE BENCH PRESSES

» BIG EVIL'S LAIR:
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MAY 2011 » VOL. 34 NO. 7

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AT MHP'S
CLASH OF
THE
TITANS**



**BENEDIKT
MAGNUSSON
MAKES
DEADLIFTING
HISTORY**

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DEADLIFTING WITH EASE

Benedikt Magnusson demonstrating his super-human strength!
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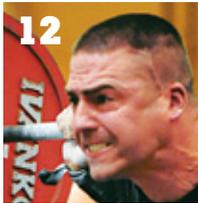
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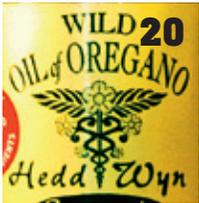
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Benedikt Magnusson pulling 1,015 pounds at MHP's Clash of the Titans on April 2, 2010
photo courtesy Josh Winsor



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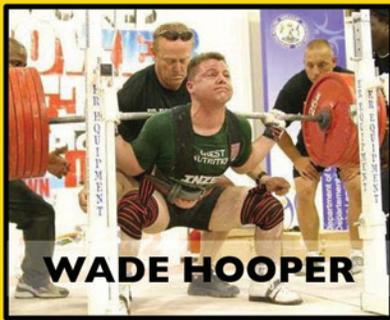
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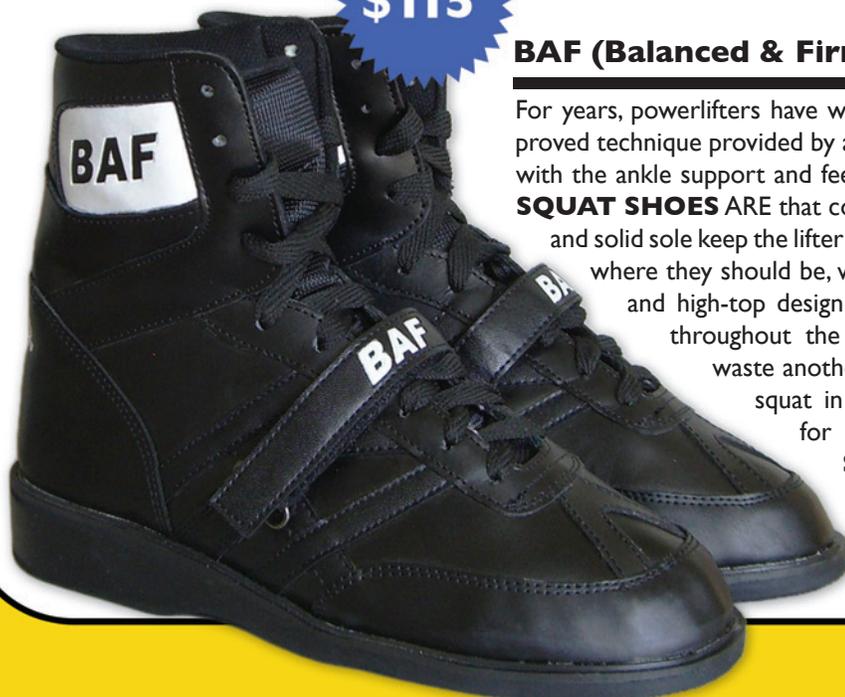
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BENCH PRESS GRIP WIDTH

as told to Powerlifting USA by Doug Daniels

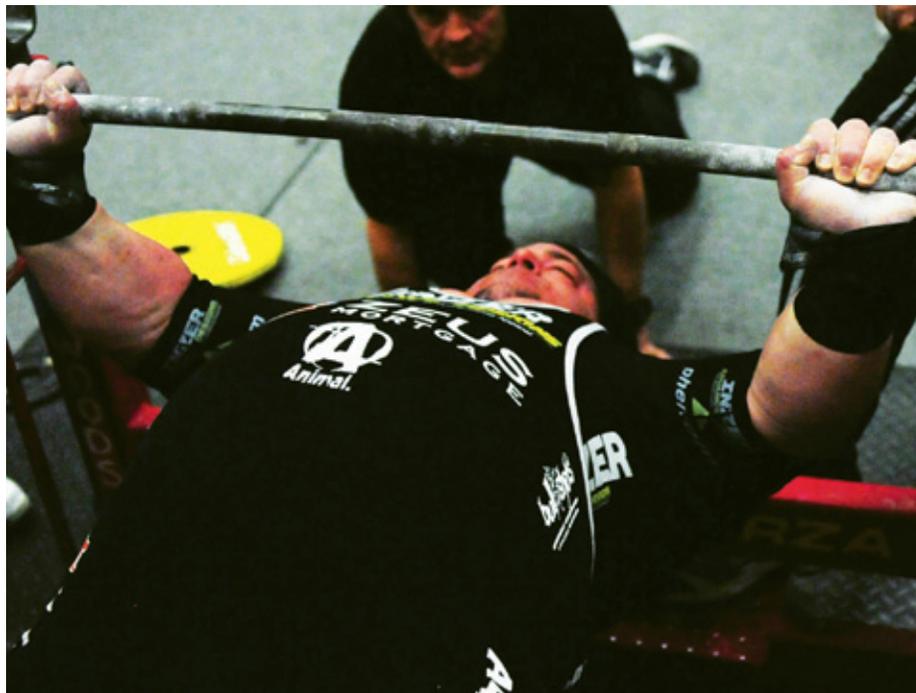
Last Sunday afternoon I stopped by the gym for a quick workout. Of course, the most popular exercise being performed was the bench press. What is frustrating to me is most of the benchers were using too narrow of a grip width for their bench press. The most common grip being used was just a bit wider than shoulder width which, in my opinion, is too narrow. Often the reason for using such a narrow grip is lack of proper coaching and knowledge. Many lifters started using such a grip because their first barbell set came with instructions of basic exercises. For the bench press, the instruction said to use a "shoulder width grip," and they never looked any further. Over time, the lifter progressed and grew comfortable with the shoulder width grip and saw no need for change. Eventually their bench progress slows or halts suddenly. At that point most benchers look for a new routine or supplement when the real solution may involve another look at grip width.

Most powerlifting organizations allow a lifter's hands to be up to 81 centimeters apart. This width is usually marked on power bars by a ring on each side of the bar knurling. To maximize results, a lifter should try to use every bit of that limit he can. Exactly how to widen out effectively is the subject of this article.

In a nutshell, when a lifter benches with too narrow a width grip, he is not using the full potential of his pec muscles. Instead he relies on the much smaller and weaker triceps to press the bar. The word "potential" is key because if the lifter doesn't approach widening his bench grip with a plan, his bench could actually drop. All things being equal, the wider the grip, the more involvement of the chest or pectorals. If a lifter has trained for an extended length of time with a narrower, shoulder width grip, he has not placed enough demand on his pecs to develop them to a desired high strength level. Numerous elite benchers I have met over the years have told me they used a narrower grip early in their careers. Later in their lifting careers they realized a wider grip was the way to go and became some of the greatest benchers in history. They no longer primarily relied on their tricep power, instead adding pectoral strength to the equation. There is still another advantage to using a wider grip that I will explain shortly.

I believe the best way to strengthen the pecs is to gradually widen your bench grip over a period of time. Even a small change in width, such as the width of one finger farther out on each side, alters muscular involvement and changes the physics of the lift. It is not realistic to expect that if you immediately take your grip out from shoulder width to the 81 centimeter competition limit, you will add 100 pounds to your bench. This sudden of a jump could also raise your chances of injury as your shoulders, chest, wrists, tendons and ligaments need to be slowly introduced to the different stresses of a wider grip.

I will use a 12-week off-season training cycle



Bench star Tiny Meeker has a wide enough grip to involve both his pecs and triceps in an optimal combination (Lambert/PL USA photo)

to map out how a lifter could widen his bench grip. On weeks 1-4, take your grip out one finger's widths on each side from your current bench grip. At first you may not be able to get the same number of reps you normally get with the grip you are accustomed to because of the reasons I explained earlier, but stick with it. If you get at least 100% of your starting reps after week 4, widen your grip out an additional finger on each side for weeks 5-8. If after week 8 you are not progressing, remain at that width for 1-2 more weeks then widen out the extra finger. Widening out two fingers may not sound like a lot, but it's actually four finger widths because you widened out two fingers on each side. Depending on your finger width, that can be 2-4 inches. Increase another finger width for the last 4 weeks or until week 12.

Now it's time to evaluate your status. If you're above or at your usual strength level with an increased grip width, I suggest you continue to use the wider grip. If your bench is lower, reduce your bench width one or two fingers and start the process again. If you're still down after another 4 weeks, go back to your original grip. You should be stronger using your old grip than before because of stronger pecs. Don't continue to bench wider and lift less just because I said to. If you get your grip out even one to two fingers in those 12 weeks, consider this effort a huge success. Obviously, a 5-foot tall lifter would be extremely hard pressed to go to the 81 centimeter-inch limit; for this effort, size does matter. Bigger lifters should

try to get wide enough so their index fingers are straddling the knurling to fully stretch the limit.

If you are already using a legal 81 centimeter grip, you cannot legally go any wider in competition. However, training with a wider grip can strengthen the pecs which, in turn, can translate to a bigger bench with your max legal width grip. More powerful pecs are a plus no matter what width grip or style you chose to bench with. During the last 4 to 6 weeks prior a meet, bench with your normal grip width. Including one down set with a wide grip during this period can build and maintain pec power.

Earlier I mentioned another benefit of using a wider grip. It's simple physics; a wider grip means you need to push the bar up a shorter distance to lockout. All things being equal, the less distance you have to lift the weight, the more you can lift, even with the same strength capabilities.

Even if you have no intention or desire to widen your grip, a few sets of wider grip benches in your training cycle will add variety and hopefully new pounds to your bench. The off-season is the best time to try widening your grip out, but at the meet use the method that will yield the best results. You can use my example over several 12 week periods during your off seasons.

When searching for ways to increase your bench press or any other lift, look beyond a new routine or supplement; examine your technique first. Widening out your bench grip for competition or as assistance work may help reignite your progress. «



JOE MAZZA – World Record Bench: 705 lbs. @ 165 lbs.

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MHP'S ISOFAST 50: ULTRA-FAST 50 GRAM PROTEIN INFUSION

as told to Powerlifting USA by MHP Research Staff

For the past decade, sports nutrition companies have spent millions of dollars and racked up thousands of hours in their relentless pursuit of developing the next big protein breakthrough. Researchers have examined everything, including whey protein concentrates (WPC) and whey protein isolates (WPI). Yet despite this industry-wide monumental R&D product development effort, no company was able to make such a breakthrough happen.

MHP DISCOVERS HOW TO IMPROVE THE MUSCLE-BUILDING POWER OF WHEY PROTEIN

Researchers at MHP wanted to create a protein product solution that was not just typical, but revolutionary—a maximally potent muscle-building protein, not a diluted, weak protein. A protein product that delivers the promise of providing the fast digesting benefits of hydrolyzed whey protein isolate, while being

“...this internal solution increases the rate of protein digestion (hydrolysis) in the body via the combination of microparticulation and the specialized Biohydrolase protease enzymes—both of which are found for the first time in MHP’s ISOFAST 50.”

Coming up short, companies started using what seemed to be the next best thing: hydrolyzed whey protein isolate (HWPI). This is reported to be among the fastest absorbing types of whey protein due to costly pre-digestion hydrolysis processing. The highest quality HWPIs undergo enzymatic hydrolysis, using protease enzymes that are designed to break down proteins. This actually mimics the hydrolysis process that takes place in the body during digestion. However, the industrialized enzymatic hydrolysis processing is extremely costly and labor intensive.

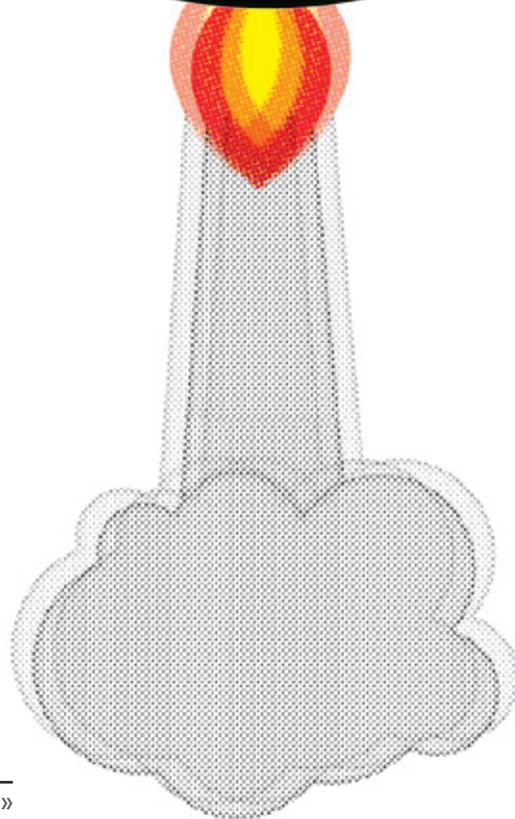
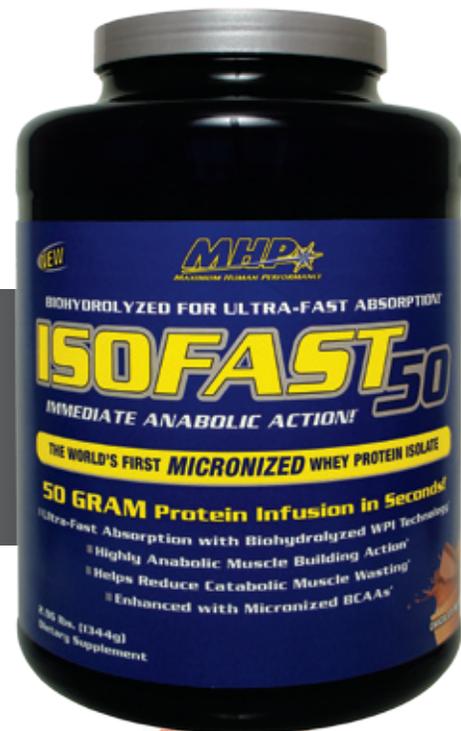
The industrialized hydrolysis of whey protein is a complicated and expensive process that breaks apart the large protein molecules into smaller peptides and free form amino acids that can be quickly absorbed into the body. However, upon closer examination, this “external” approach has some major drawbacks reported by users, which can limit daily use. These include high price and, worse yet, poor flavor characteristics.

Ironically, it is common for sports nutrition companies to blend this expensive HWPI with other forms of whey or other proteins, like whey protein concentrate or egg, to reduce the cost and improve the flavor properties. This leads to slowing down the fast digesting properties that HWPI is supposed to offer. The drawback is that by mixing HWPI with these other proteins also “dilutes” the fast acting benefits HWPI has to offer, there by ruining the desired properties. So what do you end with? Just a mediocre protein, relative to speed of digestion.

affordable and great tasting, too.

To do this, MHP scientists embarked on their own massive research effort to discover exactly how a whey protein isolate can be made faster digesting for superior muscle building results, using an “internal” approach. By reverse engineering the fast digesting properties of hydrolyzed whey protein, the revolutionary scientific breakthrough moment arrived when MHP’s research team created their groundbreaking Microparticulation and Biohydrolase technologies. Simply put, this “internal” solution increases the rate of protein digestion (hydrolysis) in the body via the combination of microparticulation and the specialized Biohydrolase protease enzymes – both of which are found for the first time in MHP’s ISOFAST 50.

Microparticulation is a highly specific micronization of the greatest quality purified whey protein isolate selected by MHP to be included in ISOFAST 50. Microparticulation reduces protein particle size by 1/5th, increasing surface area to volume ratio and enabling faster digestion enzyme action. Protein particle size reduction creates greater protein particle surface area per serving, so the Biohydrolase enzyme blend can hydrolyze ISOFAST 50’s WPI faster when compared to using non-micronized proteins. Additionally, ISOFAST 50’s micronized WPI improves functional properties, such as improved protein particle solubility when preparing to drink and in the digestive system. Increasing solubility of protein particles also increases the speed of digestion.



page 82 »

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SHAWN FRANKL - World Record Total: 2,715 lbs. @ 220 lbs.

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NICK TYLUTKI

as told to Powerlifting USA by Bruce Citerman

Tell us about yourself.

I'm a 32 year old father of two boys and I'm a husband. I was born and raised in Melrose, MN, which is a small town of about 3,000 people. After graduating high school in 1997 from Melrose, I earned a Business Computer Information Systems degree from St. Cloud State University in St. Cloud, MN. I worked as a software engineer for six years before going back to school to get a law enforcement degree and becoming a police officer in St. Cloud, where I'm currently employed.

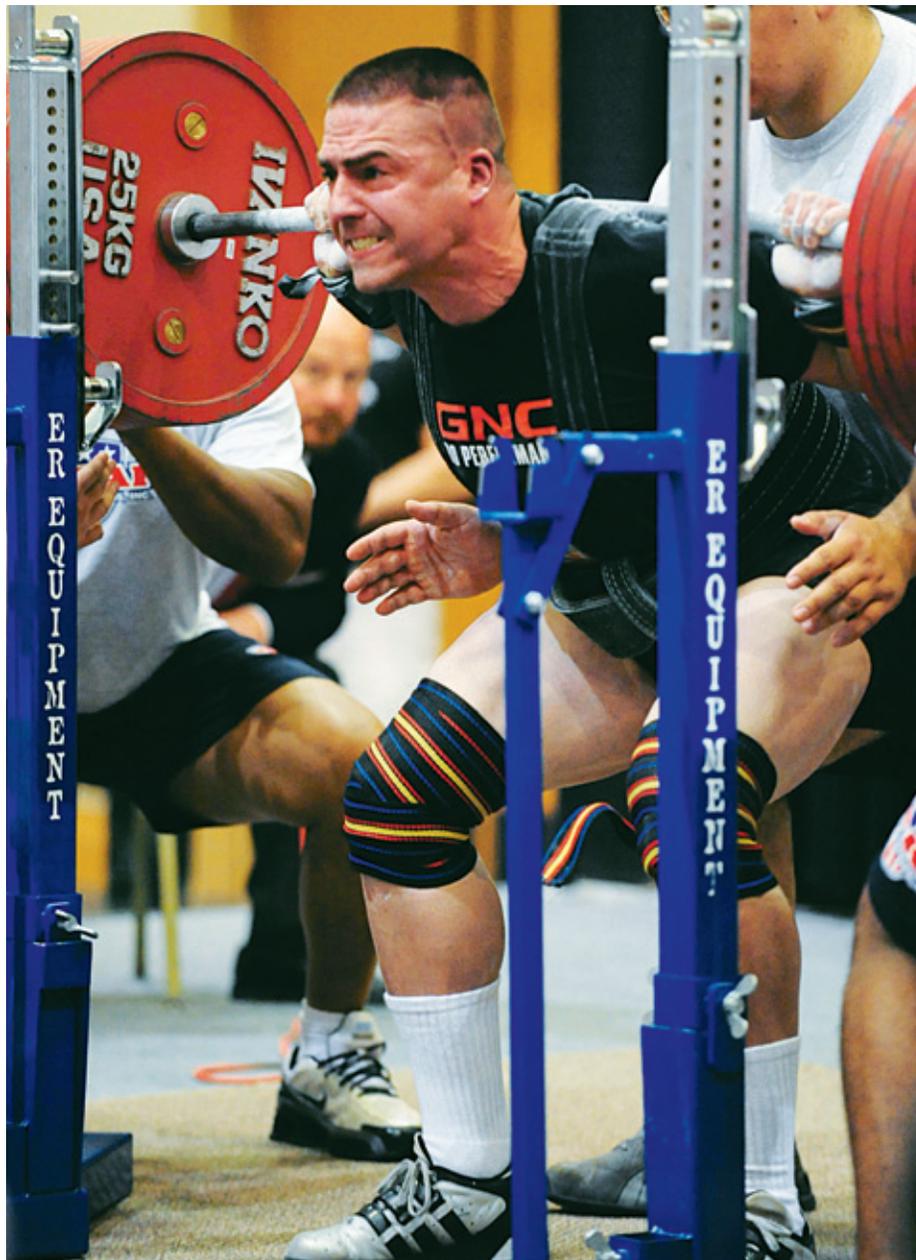
What is your athletic background?

I've always been involved in some sort of sport for as long as I can remember. I played football, basketball, baseball and ran track in high school. I was captain of the football and basketball teams my senior year and was fortunate enough to earn a football scholarship to play at St. Cloud State University, a Division II school. I played at SCSU at the tailback position for two years before beginning to go to look more and more on weightlifting. I also played city league softball and volleyball for about 12 years when I wasn't training or playing other sports.

How did you get into powerlifting?

I lifted my first weight in 1995 as a sophomore in high school. I had no clue what I was doing, but was lucky enough to run into the right person to help show me the ropes—a man named Paul Ellering, who is also known as Precious Paul Ellering in the WWF world and lived about six miles from my parents. Paul had coached the Road Warriors for several years with great success. Paul and his wife then, Deb, opened a small gym which I joined. Paul had competed in powerlifting and bodybuilding during his career and wrote training programs for his clients to follow at his gym. The first time I maxed-out at the gym, I squatted and deadlifted 225 pounds and benched 165 pounds. Paul and Deb hosted powerlifting meets in 1997, 1998 and 1999, which I entered.

By '99 I was really beginning to enjoy the meets and looked forward each year to competing. It was at the 1999 meet at this small gym in St. Rose, MN, where I met the men that changed my training and perspective on the world of powerlifting. These men were Gary Grahn and Brad Gillingham. Gary had competed at the same meet in previous years, but I never talked to him until that day. Brad happened to be in the area visiting family and stopped by the meet to check it out. After the meet Brad talked to Gary and I talked about possibly competing in the USAPL which hosted several meets throughout the year in Minnesota. We exchanged contact information and communicated mostly by email. Brad and



Nick putting up a good lookin' squat at the 2010 USAPL Nationals

Gary convinced me to try a USAPL meet in the winter of 2000 and I have been a member ever since. Brad, Gary and I have traveled all over the world together and continue to get together for big workouts throughout the year.

What meets have you competed in and what are your records?

In 2000, I entered the MN State Champion-

ships and finished second with a 610 squat, 285 bench, and 610 deadlift. I lifted in one other local meet in Kasson, MN, and decided to enter Junior Nationals that year after being convinced by Brad to do so. I finished second at Juniors, but ended up making the Junior World team since the person that beat me was too old for Juniors at the time of the Junior Worlds. I traveled to Kaoshiung, Taiwan, that year and

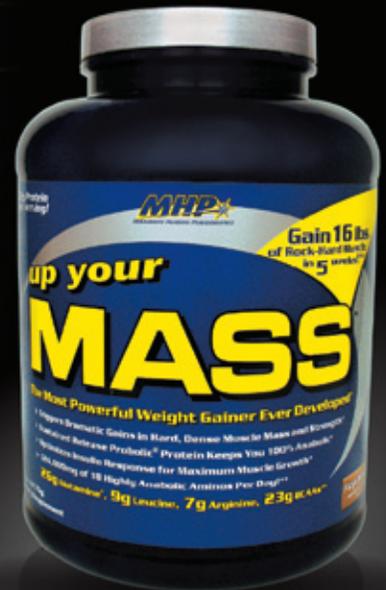


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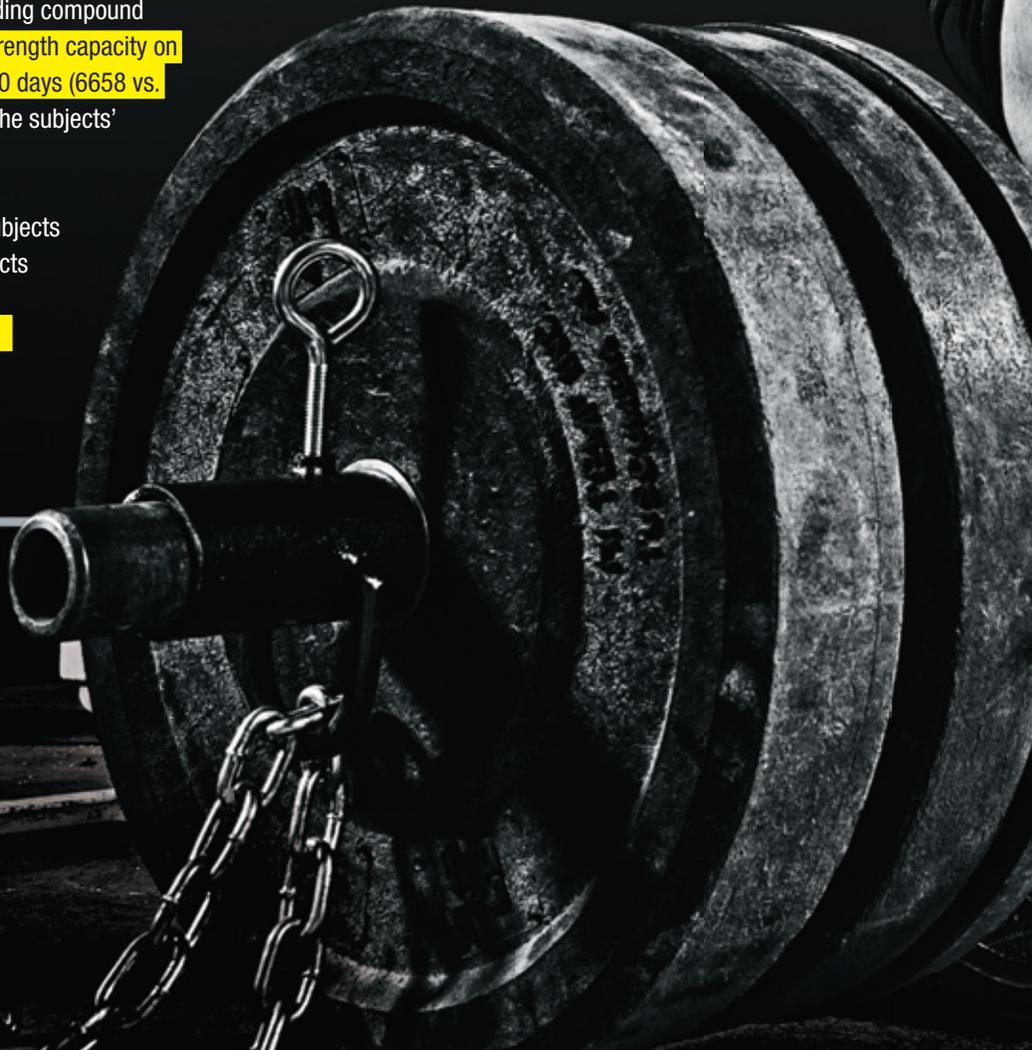
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107 IRONWORKS GYM

as told to Powerlifting USA by Rick Brewer of House of Pain » rick@houseofpain.com

Last month we got a little coal mining history at the Old School Gym in Ohio, and this month I promised to give you a project for your local gym...but first, let me explain. I travel around the country with HOUSE OF PAIN events, so I end up training in a wide variety of gyms. Some of these gyms are very cool, and some of them are only over-priced salons without any pretense at "hardcore." A good friend of mine reminded me to 'bloom where you are planted.' That encouraged me to get serious training done; no matter how prissy the location. If they throw me out of the gym, and tell me to never return, so be it. My project for you is to get a group of serious lifters together in your local gym, and invite other members to join your serious training efforts. Gym owners notice dedicated groups—good or bad. Make your group of hardcore lifters a desired commodity instead of merely the guys who break equipment and don't renew their gym member-

ships on time. Think of ways to make the gym owner glad that you are there, and the gym will grow into something more hardcore over time. 'Nuff said.

We'll go to sunny Florida this month; the winter home of retirees from all over the USA. Do all of these old-timers really need a hardcore place to train? Aren't they all numb from their BP meds and Viagra? Let's ask Jim and Cori Hoskinson of Ironworks Gym:

I (Jim) opened Ironworks Gym in 2001 in Callahan, FL. I opened it in this town because it is where Cori (now my wife) is from. I had previously owned a different commercial gym for 10 years; starting it when I got out of college. I wanted to do something different (at Ironworks Gym)—something more gratifying to me personally than just seeing how many members I could get and chasing the dollar. As cliché as it sounds, my goal was to move

to Florida and truly make a difference in the community. I had a philosophy of how I felt a gym should run on a day to day basis. I met my wife; she believed in me and the pursuit of this dream. Ironworks Gym has continued to grow and expand, and we now have two locations.

Ironworks Gyms are different because we are pure workout gyms; we help everyone from the elderly to the teenage, from the professional athlete to the morbidly obese. (Hey, Jim, speaking of elderly retirees... do you ever eat a random assortment of their meds just to see what will happen? No? I would never do that either; just asking. RB) We help everyone—from the fitness enthusiast to the hard gainer—by providing the correct environment and personalized workouts, to allow these people to get the job done. Everyone that comes to our gym feels like they belong to an extended family. (Speaking of the 'family



The "Compound" behind Ironworks Gym (Ironworks Gym photos)

angle'... if an elderly person misses a workout, do you threaten to take them to a ratty old nursing home? No? OK; I just thought that might be motivational. RB) We all support each other in our quest to accomplish our personal goals. In my mind, the members are the people who own the gym. To me, hardcore means intensely going after a goal and making no excuses. We want our lifters to become not only physically strong, but also mentally strong. This state of mind is shared by most of our members. This is one of the few places left where things are simple and as they appear. It is a place of good strong work ethic, humility, lots of laughs and a lot of blood, sweat and tears.

Our Callahan location is in a building that was built at the turn of the century. We've renovated it until it is truly unique. For example, we have a 3,000 square foot powerlifting room separate from the rest of the gym. This 'Steel Dungeon' is in the back, with no air and no heat, and that is the way we want it! In the Dungeon we have a Monolift, clean and deadlift platform, power racks, various leg presses from Nebula, Hammer and Power Lift, various Hammer back machines, Reverse Hypers, Plyo boxes, Forza benches, pull down, various leg and hip machines. We have all of your specialty bars for squatting and pressing, different size Military logs and hundreds of pounds of chains, and every size band I know of. (Way cool! RB)

Connected to the outside of the Dungeon is a large fenced-in area called the Compound. In the Compound we have a Conan's Wheel, Farmers Walk and tires of different sizes, Yoke, Steel Logs, Fickle Finger, Plyo boxes of different sizes and shapes, kegs, sand bags and tires for sledge hammer work. (NOW you're talking! RB) Along with this, we have many different sleds and prowlers I have made myself. I've got a large percentage of my membership pulling sleds and sprinting with prowlers instead of conventional cardio.

In the commercial side of the gym we have over 150 pieces of equipment, but very few mirrors. We have a complete line of selecterized Cybex and Body Master. We have a complete plate-loaded line of Hammer, Flex, ProMaxima and Nebula. Our free weight line is York, Icarian, Paramount, Nebula and Body Master. We also have many pieces from the Jacksonville Jaguars weight room. We have dumbbells to 200 lb. and a complete line of kettlebells up to 50 kilo with their own platform. We have a complete line of cardio with your treadmills, elliptical, stair masters, step mills, upright and recumbent bikes from all the major manufacturers. We open up at 4:30 AM and close at midnight. My Brunswick, GA, location is just a slightly smaller replica of this without the dungeon. (Dumbbells up to 200 lb.? Wow; I just realized how weak I am! RB)

It is our sincere hope that our gym grows in a way that we can continue to help people from all walks of life with all kinds of goals become stronger mentally and physically



through good old fashioned intense training. (Speaking of your lifters; can you tell us about a few people who train there? RB)

There are several competitive lifters who train here, along with several pro athletes in different sports. I would also like to point out that I work with the West Nassau High School football team for their strength and conditioning. We work on their agility, quickness and speed. I also work with several women ages 20 to 40 that compete regularly in local runs and athletic events. I'm very proud to be able to work on a regular basis with young men and women getting ready for basic training for various armed forces. This brings me personal satisfaction; not only as a veteran, but as an American.

We've also had some famous lifters train here! Dondell Blue trains here on a regular basis, Charles Bailey has come out to offer his assistance, and Vince Urbank just recently got his Pro Card in Strongman. Mike Alessi, a top level pro Supercross and Motocross rider, trains here on a regular basis. There have been several people on an amateur level that I have had the pleasure of training over the years; far too many to list all the names, but I would like to mention the people I am training with now. First I would like to mention my wife Cori who just finished her third raw meet; her lifting is going very well! Also, my step-son Caleb, who competes on the high school weightlifting team. Al Sanderlin is a master bencher, with a reverse grip of well over 500. Anderson Singleton is a new raw

lifter; he has done one meet and is getting ready for his second. JR Anderson is a master lifter who has done two bench meets, and is getting ready for another. Mike Ray has come out of retirement at 57, and will be competing in single-ply at the end of April. Shari Duncan converted from competitive bodybuilding to powerlifting (YAY! RB) and is getting ready for her second full meet, and Daniel Holcutt who is converting from competitive strongman to powerlifting, and Brian Williams is also getting ready to compete in July. (Sounds like a good group of lifters! Tell me about the alligator-infested swamp. RB)

The original Ironworks Gym is in an older block-building, with a small briny swamp behind it. We have no classes or child care, so we encourage children to play in the gator-infested swamp.

Ironworks Gym contact info:

Email: iwgyms@gmail.com
Facebook: www.facebook.com/ironworksgym
Phone: 904.463.1464

I love the sound of kids swimming with alligators; it reminds me of fun times as a kid. Jim and Cori Hoskinson have created the ideal training place for you, as well as the ideal playground to get rid of any misbehaving children. If you are in GA or FL, please visit the closest Ironworks Gym. You gotta love those alligators, and other big carnivores! In keeping with that theme, next month we'll go see a dinosaur!

Dino sightings: rick@houseofpain.com ☪

OVER-TRAINING: THE DREAM WRECKER

as told to *Powerlifting USA* by Jamie Harris, aka. *Big Evil* » www.bigevilslair.com

Greetings, iron heads, and welcome to another installment of Big Evil's Lair. This month we are going to discuss a topic of ultimate importance. The Big Evil is going to discuss in great length the ins and outs of the dream wrecker itself—over-training. The Big Evil is always stressing the importance of everything I say in every issue. This topic is, by far, the most important topic I have covered to date. The mastery of over-training can make the difference between a world champion and an average lifter. With that being said, what is the definition of over-training, Big Evil? And is all over-training bad? The Big Evil says let's start by talking about the two best known forms of power training today. Read on, my minions, and take in the Big Evil's wisdom:

PROGRESSIVE OVERLOAD: This method of training has been around since the beginning of organized weight training. The idea here is to progressively add weights while you drop repetitions. Usually the cycle will last from ten to twenty weeks. The weight progression works by percentages of your current maximum best. The percentages increase as the weeks roll on and again the reps drop. Now here is where over-training comes into effect with this system. At the last few weeks when you reach about 90% of your max (or above), your central nervous system (CNS) starts to fatigue. Once you peak at this level, you may only have two or three weeks to maintain the level of strength you recently acquired. After this time your CNS, as the rest of your body, will be in a state of being over-trained and your numbers will drop quickly. So in other words, you have "peaked" for the specific time period. The trigger for the "peak" is when you have reached the 90% loads which will automatically peak your body for a two or three week time period. The squat, bench press and deadlift all, of course, have different variables when it comes to peaking from this system, but, give or take, they all work about the same. Now, the downfall of this method is you can only be near maximum strength for only a few weeks a year. The rest of the time you will be starting from the drawing board and building up to over 90% again, then peak, then start over again. The Big Evil says another downfall of this method is the exact week you peak is never an exact science. The worst case scenario is that you peak too early, leaving your best lifts in the gym, and begin to decline from over-training by the time you reach the platform. This is the system the Big Evil used when he was on top of the powerlifting world. As a more mature lifter today, I now see that the chances



of over-training here are great and there is a lot of hit and miss involved with this system. Again, powerlifting has come a long way in the past fifteen or so years since the Big Evil ruled the bench press world. Training science has improved dramatically. What does this all have to do with over-training, you ask the Big Evil? Read on and prosper.

WESTSIDE BARBELL: It is no secret that Louie Simmons has revolutionized powerlifting training in the last twenty or so years. Lou's dedication to the betterment of powerlifting training has helped powerlifters and athletes alike throughout the globe reach their strength goals. Louie has documented his training beliefs here in *Powerlifting USA* and I am not an expert on the subject of Westside training, so you can check out Westside's site at www.westsidebarbell.com to get the whole system in great detail. What the Big Evil will do instead is just a brief overview of the system as related to our current topic of over-training. I remember Louie telling me—or I read it somewhere—he said, "Everything works, but nothing works forever." This is a lot of what the Westside system is based on and it makes a big difference in terms of over-training. Let's use the bench press for example. Instead of bench pressing every week, they replace the bench press with a max effort exercise. A max effort exercise is an exercise that works a key part of the core lift—thus an

exercise that will aid in the three powerlifts greatly. Westside will use these max effort lifts for two or three weeks, then change them to another max effort exercise, thus keeping the body fresh with a new exercise. The idea is to push that exercise hard and heavy up to a one rep max and try to make new personal bests every week. When you start feeling burned out on the particular exercise, just drop it and move to the next one and so on and so forth. This system keeps you strong and never really over-trained because you're changing the stimulus. They also incorporate a speed day for form and working bar speed. The Big Evil says change with the times or get left behind. The work has been done for you, now you just have to apply it to your own training. The reason the Big Evil discussed both of these training methods is because I believe that how you train makes a big difference in your chances of over-training. The Big Evil has just laid the facts of both systems out to you, now you decide what you're going to do.

SIGNS OF OVER TRAINING/LISTENING TO YOUR BODY: It's not hard to tell when over-training is coming on. There are some distinct symptoms that will let you know you are pushing too hard. The first symptom, obviously, would be a decline in your strength levels. Along with that your motivation will start to dwindle. Tiredness, loss of appetite, lack of sleep and

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THE MIRACULOUS HEALING PROPERTIES OF OIL OF OREGANO: AN IN-DEPTH INTERVIEW WITH ROGER BAIRD PT. 1

by Anthony Ricciuto, B.Phed. C.F.T. S.P.N. S.W.M. F.T. » aricciuto@nutritionxp3.com » www.nutritionxp3.com



Wild Oil of Oregano founder, Roger Baird



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Hey, folks. It's the Power Nutrition Guru coming at you with another very informative, fun-filled article. I have been getting quite a few e-mails from all over the world asking me to do some more of those famous interviews I am known for. Yes, I do seem to dig up the leading experts in a variety of different fields of health and nutrition to bring you, the readers of *PL USA*, the cream of the crop when it comes to the elite in this industry. I do this so that you can take advantage of all of this valuable information that will not only help you perform better, but also help improve the quality of your life.

This month you are in for a treat. Many people have asked me questions about Oil of Oregano and wondered if I could do an article on that topic. Well, I thought I would do you all one better and conduct an interview with one of the world's most renowned experts in this area. So here is a transcript of a recent interview I did with Roger Baird, who probably forgot more about Oil of Oregano than most of you could ever hope to store between your ears. Enough babbling from me; let's get to the informative answers you have all been waiting for.

Hi, Roger. It's a pleasure having you here at PL USA. I want to thank you for taking time out of your busy schedule for this interview. I was wondering if you could tell us a little about yourself, your education, and current projects? Thank you, Anthony. It's a pleasure and an

honor to be here. It has been my great fortune in this life to have had many diverse experiences. These experiences have instructed me in ways that gave me a thirst to learn more, which led to informal studies in the subjects of interest. We all know that learning is a joy when it is self-directed.

When we look at who sponsors the education system, we can see that a lot of what is being taught is essentially disinformation which is meant to maintain the status quo. In no area is this more apparent than the field of medicine. On the pure research side, there have been, and continue to be, outstanding achievements. Unfortunately, many of these never see the light of day as they threaten the status quo and their bureaucratic watchdogs.

Sorry to interrupt you here, Roger, but I couldn't agree more with you on that statement. The more you learn about natural healing and when you compare this to what is going on in the medical establishment and all the dark shenanigans that take place, it makes you wonder if true healing is a crime especially when the "powers that be" are not making a buck off of it!

You're right, Anthony. The corporations in charge of food, fertilizer, and pharmaceuticals do not have your best interests at heart. If it were up to them there would be no alternatives to the products they spew out.

I think we all owe it to ourselves and our children to take responsibility for our own health. Educating ourselves on good diet and natural healing should be high on our agenda. These days your life could depend on this knowledge.

As to my current projects, I am tending my business, devoting time to my lifelong interest in playing music, and continuing my research into botanical and other healing modalities.

Last, but not least, there's my workshop out back where work on my interstellar, antigrav, faster than light spacecraft is due for completion soon. I'm looking forward to spending a great deal of time off planet in the near future. I'm taking applications for a female in excellent physical shape and an easy going nature to be a goodwill ambassador when we encounter alien lifeforms. Hopefully, you will pass the information where I may be contacted on to interested female readers.

Darn, that is fantastic. Sometimes going to another planet sounds good; especially when you think of how ignorant mankind has been in its destroying of this planet in so many horrible ways. The inter-sex fish article I did a few months back that are in the Potomac River is a prime example of mankind destroying nature in all its forms. What got you interested in Holistic Medicine?

In my late teens I realized that the medical pro-

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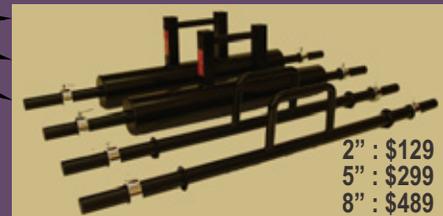


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TOP FIVE PT. 2: BENCH PRESS

as told to Powerlifting USA by Louie Simmons » 614.801.2060 » www.westside-barbell.com

I wrote an article in 1993 entitled “Three of a Kind.” Westside was the only gym to have three 600-pound benchers: Kenny Patterson, George Halbert, and Jerry Obradovich. Things have changed since then. Today Westside has developed 32 men who have benched over 700 pounds, and a 525-pound bench by a 165-pound female, Laura Phelps. We also have five who bench over 800 pounds, with Dave Hoff at 900 pounds at 257 body weight with a 2,770 total. The top five average 852 pounds. All of these lifts were performed by members who have gym bags, not visitors with suitcases. But how?

Just like our squats, there is a plan we must follow. It has three parts, consisting of biomechanics, physics, and mathematics. There can be no guesswork, but rather a calculated long-term plan. The speed day is somewhat different from squatting due to the fact that we never use any supportive gear on speed day. The weekend is devoted to speed development only. The bar is very light, around 40% to 50% of a 1-rep max at the chest, while the use of chains or bands raise the top weight to around 60% through accommodating resistance. This is essential, as it builds the ability to display a fast rate of force development. It also will perfect form. For the best results, use three grips: the index finger on the smooth, the index finger two inches out from the smooth, and the pinkie finger on the power ring. This ensures extra triceps work in the workout. Nine sets of 3 reps work great during contest training. When you are not training for a meet, 12–16 sets of 3 reps can be done. This will build muscle mass by raising the total volume while maintaining the same intensity zone for speed benching. For those who raw bench 300 pounds, one set of 5/8-inch chains or a set of mini-bands will provide accommodating resistance. For those who bench 400 pounds raw, two sets of 5/8-inch chains are used. We have lots of 500-pound raw bench pressers, and they use up to three sets of 5/8-inch chains or a mini-band that yields 85 pounds at the lockout. A combination of chains and band tension can be used. Many use chains with choked bands to give an abrupt load at the top end of the bench. An alternative to bands or chains is to hang a kettlebell on the bar with a mini-band; this causes an erratic bar path, which improves stability.

Below is outlined several three-week waves. You will note the weight does not change, but rather the combinations of accommodating resistance.

300 RAW BENCH MAX:

Week 1	150 lb.	9 sets	3 reps	Mini-bands, 85 lb. band tension
Week 2	150 lb.	9 sets	3 reps	Mini-bands, 85 lb. band tension
Week 3	150 lb.	9 sets	3 reps	Mini-bands, 85 lb. band tension

Week 1	150 lb.	9 sets	3 reps	2 sets of chains, 80 lb. band tension
Week 2	150 lb.	9 sets	3 reps	2 sets of chains, 80 lb. band tension
Week 3	150 lb.	9 sets	3 reps	2 sets of chains, 80 lb. band tension

Week 1	150 lb.	9 sets	3 reps	2 sets of chains, choked with a mini-band
Week 2	150 lb.	9 sets	3 reps	2 sets of chains, choked with a mini-band
Week 3	150 lb.	9 sets	3 reps	2 sets of chains, choked with a mini-band

Note: Two sets of chains loaded correctly is approximately 60 pounds at lockout plus the choked mini-band gives 25 pounds. This system causes a strong lockout.



Laura getting ready to bench (Simmons photos)

400 RAW BENCH MAX:

Week 1	205 lb.	9 sets	3 reps	1 set of chains
Week 2	205 lb.	9 sets	3 reps	1 set of chains
Week 3	205 lb.	9 sets	3 reps	1 set of chains

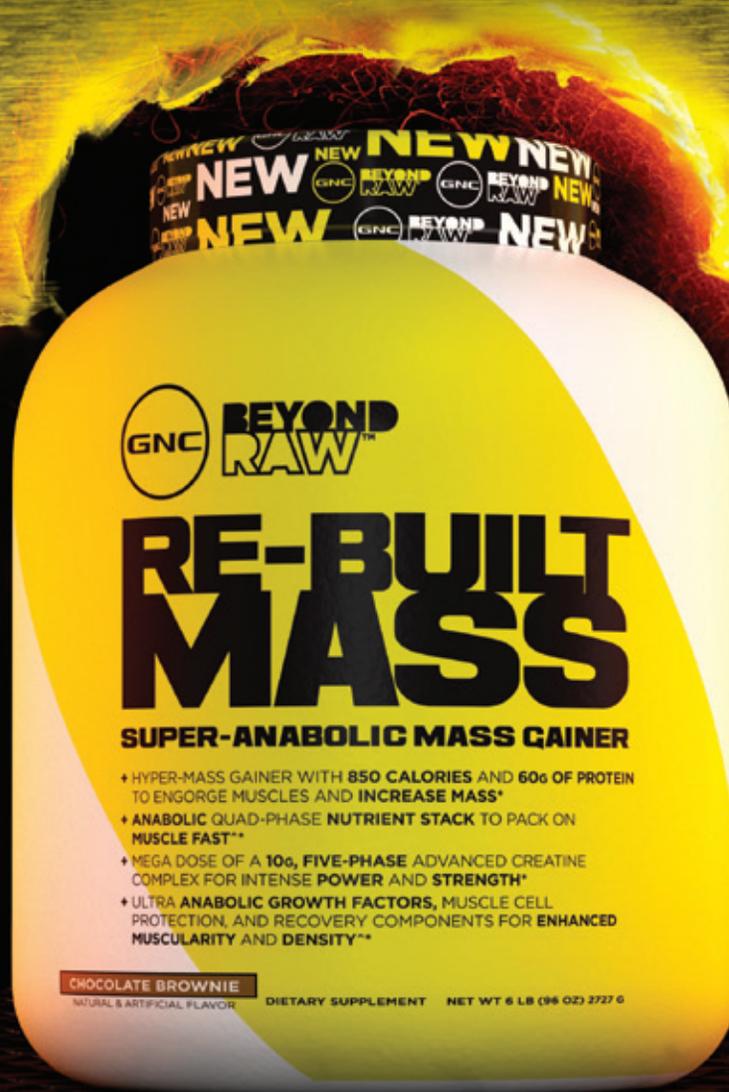
Week 1	205 lb.	9 sets	3 reps	2 sets of chains
Week 2	205 lb.	9 sets	3 reps	2 sets of chains
Week 3	205 lb.	9 sets	3 reps	1 set of chains

Week 1	205 lb.	9 sets	3 reps	3 sets of chains
Week 2	205 lb.	9 sets	3 reps	3 sets of chains
Week 3	205 lb.	9 sets	3 reps	3 sets of chains

Note: When two-thirds of a set of 5/8-inch chains are lifted off the ground correctly, the weight at the top will be 30 pounds.

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ATTITUDE IS EVERYTHING

as told to Powerlifting USA by Judd Biasiotto, Ph.D. » drjudd2@aol.com

"It is not your aptitude, but your attitude, that determines your altitude." – Zig Ziglar

Failure is biting off more than you can chew, and then choking on it. Very early in my powerlifting career I learned all about failure. During the first two years of my powerlifting career, I lost every competition that I entered. In some meets I was a good two hundred pounds behind going into the deadlift. Heck, some lifters could probably have beaten me without even deadlifting. There was a joke going around that the AAU was going to ban me from competition because I was impersonating a powerlifter—I think it was a joke. My little sister Mary Jean would say, "Judd, you have to quit competing; you are embarrassing the family." She was serious. Through my experience, though, I learned that failure is not fatal. I learned you should not take it personally. I learned that it need not be a permanent condition, and I learned that you can learn a lot from failure.

Although I was not blessed with physical skills, I was blessed with a positive attitude and disproportionate amount of resolve. I never doubted that things would get better for me as a lifter, that my dreams would eventually be realized and that success was simply the manipulation of failure. My sister would say, "You are an idiot. You will never be good at powerlifting. If you don't stop this madness, I am going to run away from home...it is that humiliating to me." What did I tell you? There is always a positive to everything. I learned this, too. A positive attitude may not solve all your problems, but it will irritate the hell out of enough people to make it worth the effort.

So, why not expect good things? There's a lot of truth to the saying, "If you expect the worst, you'll never be disappointed." But I think you can reverse that, too. I believe our efforts tend to match our expectations, and I have also come to understand that things have a way of turning out exactly like you expect them to. So if you always expect the worst, then you're probably never going to be let down. Why not think the opposite way? Consequently, I try to go through life like the little kid who comes down the stairs on Christmas morning, sees his Christmas stocking full of straw because he was a holy terror the entire year and his parents wanted to teach me a lesson, and the first thing that goes through his mind is "Oh boy, oh boy, they got me a pony."

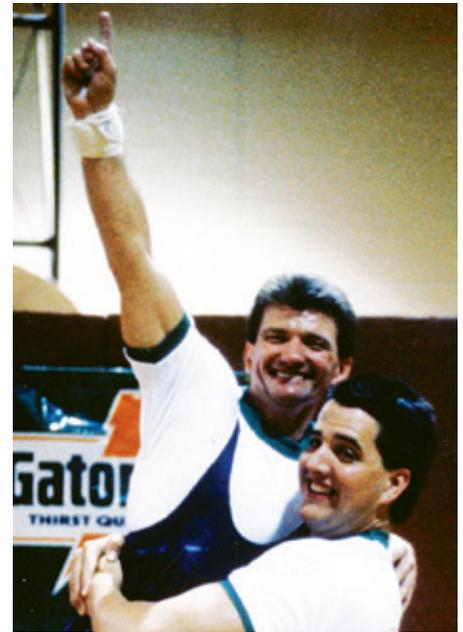
Here is my take on this. When people say that something is impossible, what they are really saying is that it is impossible for them. I'm here to tell you that nothing is impossible if you believe in yourself. Nothing! In fact, I'm convinced that nothing is hopeless, nothing is impossible, and there are no boundaries for man. Do you remember what our Lord said in the Bible? If I may paraphrase a little, He said, "If you have the belief of a mustard seed and

you tell a mountain to move, that mountain will move." Belief is magic. I don't care what people have told you, if you believe in yourself and work hard you can become anything you want to be. The truth is that we are limitless. We have the power to do whatever we want to do. Nothing is beyond the scope of man. There is nothing that is inconceivable, nothing is insurmountable, and there are no limits for man. I've lived long enough, experienced enough, and learned enough to know that anyone who believes in himself has the potential for greatness. People who believe they can move mountains do, and the ones who come in wallowing in self-pity, already curled up into an emotional fetal position, not expecting good things to happen...they usually become a self-fulfilling prophecy.

If failure is like biting off more than you can chew and then choking on it, perseverance is biting off more than you can chew and then chewing it. Perseverance is of paramount importance when dealing with failure and adversity. When things really look hopeless, that's when you have to really suck it up. You have to think positively. You have to believe that you can still achieve your objective, provided you persist. You have to rid yourself of negatives. Nothing is hopeless, nothing is impossible. Such self-defeating words are for fatalists, not intelligent people. Never say never!

As pathetic as I was initially as a powerlifter, I never thought about quitting. There was something so challenging and so intriguing to me about matching my skills against other lifters that I never even entertained the thought of quitting. Maybe I liked the thought of just being around athletes who possessed extraordinary power and skill. And just maybe, it was my deep-seated belief that if these guys could do it, so could I. For sure, I loved the adrenaline rush, and, of course, we shouldn't entirely discount the idiot factor.

As bad as I was during the early part of my career, I competed frequently. I looked at competition as a learning experience. I realized early on that I was not very knowledgeable about lifting, but I was smart enough to recognize that. During competition I was like a sponge, observing and absorbing everything that was around me. I analyzed the lifters' forms and listened intently to their training routines and training tips. Oh, and I would ask questions—lots of questions. I could put up with any embarrassment in exchange for all the experience and knowledge I accumulated. I was a great observer and a magnificent listener, and because of those two traits, I learned a lot that I never would have learned. There's an old Italian proverb that makes that point perfectly: "With listening comes wisdom. From speaking comes repentance." I've heard a couple of variations on this: "You never have to regret what you don't say, and if you're listening to someone else, you're giving yourself the chance to learn something new. But if you're



Through perseverance, Judd finally won

only listening to yourself, then you are not learning anything that you don't already know." I listened and I watched everyone very closely during my competitions. I had some really great teachers: Larry Pacifico, Lamar Gant, Fred Hatfield, Vince Anello, Rickey Dale Crain, Fred Glass and Tim McClellan just to name a few. For me that was what it took to be successful... learning from greatness.

Nothing worth having comes easy or naturally. You've got to be patient and work at it if you're going to succeed. To be successful, you need to look for the circumstance you want, and, if they aren't available, then you manufacture them. Successful people don't look for excuses. They look for opportunities. They know that there is always a way to make things work out. That's the type of mindset you need when dealing with failure. It's always too soon to quit...never quit, and nothing is impossible—nothing.

Think about this, it took Thomas Edison almost ten thousand unsuccessful experiments before he invented the light bulb. It took Jim Fix more than fifteen years to find someone to publish his bestselling book, *Everything You Wanted to Know about Running*. Steve Young sat on the bench behind Joe Montana for seven years before he got a chance to start for the San Francisco 49ers. And listen to this, Joe Tanner spent seventeen years in the minor leagues before he was brought up to the major leagues. It took me three years and eleven competitions to win a contest, but I did win.

Be assured that God is with those who persist patiently. Note also that tough times never last, but tough people do. «

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POWERLIFTING'S BEST

The purpose of the forum is to have an open dialogue concerning our sport. The subjects will range from training, nutrition, equipment and powerlifting standards. Each month, a topic will be picked and 10 or 12 powerlifters—this includes administrators, judges and lifters, past and present—will express their opinion and possible steps for improvement. The panel will be from different backgrounds—raw, single-ply, multi-ply, tested/non-tested. With a well rounded panel we should be able to present all points of view. Hopefully the discussion will lead to improvement in our sport.

We would also like to involve our readers in this forum. If a reader has a subject they would like to see discussed, please submit to: Powerlifting USA, Attn: Power Forum, P.O. Box 467, Camarillo, CA 93011 or email it to bobgaynor@comcast.net with "Powerlifting USA Forum" as the subject. We would also like to have that reader include their opinion which will be included when their topic is discussed. As you will see, the current panel are all well respected members of the powerlifting community. If you would like to be included in future forums as a panelist, please email bobgaynor@comcast.net.

This month's forum question was to pick the five best in several categories. The five best lifters of all-time—those who have had the most longevity in the sport and those who contributed the most to the sport. It seems easy until you try to do it. The following are the panels' response.

JOHN SMOKER: Top 5 Lifters: 1. Coan. I'll be surprised if this isn't universal. When you're 220–242 and go to the Worlds and out total everyone, well that speaks for itself. 2. Bridges. I can't get past the impact he had when he arrived on the scene, like a meteor. He was so far ahead of everyone else and unbeatable, and the best. Crain, Gaugler, etc., all took a shot at him. 3. Pacifico. Also unbeatable at 198 and 220. The greatest bencher ever for someone doing all three lifts. He was trading world records with bench press specialist, Mike McDonald, at the same time he was winning world championships, nine in all. 4. Gary Frank. The most dominant lifter so far for the 21st century. 5. Ernie Frantz. In addition to his world records and championships, he had the most amazing day ever for someone in the iron game; winning the Worlds at 181 and placing second in the Mr. USA. He was literally taking a taxi back and forth between the two events. He had trouble with cramps when he was posing—no kidding.

Longevity: 1. Robert Cortes. He has been in the sport for decades and still lifts at 81 and good enough in the deadlift to still beat some lifters a quarter of his age. 2. Ernie Frantz. Ernie has done some incredible things as a master, most notably his 821 squat at 64. Well into his 70s he's still lifting and can still squat 600. I wouldn't be surprised if he's got one more 700 in him. 3. Ken Snell. He has been in the top 100 at 123 since just about the inception of the list. How he's been able to keep his weight down all these years is equally amazing. 4. Bridges. Of all the superstars, he's the only one left still competing at an elite masters level into his 50s, testament to just how tough his body is, along with all his other accomplishments. 5. Bob Gaynor. Unbeatable for his age and weight; his lifting is still very competitive in the open 198s.

Contribution to the Sport: 1. Mike Lambert. It's hard to imagine where the sport would be without the influence of the powerlifting "bible" he publishes monthly. 2. Peary Rader. He was the original publisher of "Iron Man" and was very supportive of powerlifting when it was a



Ed Coan at the 2007 USPF Nationals in Las Vegas, Nevada



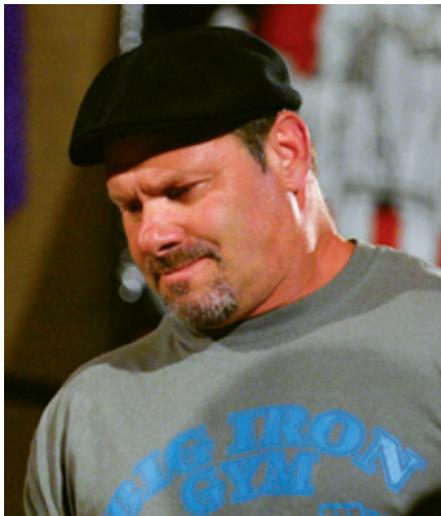
FRANCES M. HALEY

Frances "Fran" M. Haley, 89, passed away on March 18, in Norco, California. She and her husband Don had served as referees to the sport of powerlifting for approximately 50 years, as well as olympic lifting before that, and were seldom seen apart. Fran, a model of decorum, was also an early national record setter in masters women's powerlifting, and always seemed to have a wry, insightful comment about the proceedings at a given competition.



BRET MEDEIROS

One of Hawaii's most sensational young lifters as a teenager, who competed on the same platform with legends of the sport in the early Hawaii Invitationals, and who later ran Bret's Gym, has passed away at the age of 50, according to Gus Rethwisch. (1979 HIPC photo by Steve Dussia)



RICK HUSSEY

Rick Hussey, 49, passed away on December 30, 2010, following a battle with cancer. A legendary coaching phenomenon, he brought literally dozens of lifters to international fame and superstardom through the doors of Big Iron Gym in Omaha, Nebraska. An extensive tribute to Rick appeared in the Vol. 2, Issue 2 edition of Mark Bell's Power Magazine.



SCOTT CANNOVA

Scott Cannova, 50, passed away on December 20, 2010, after a long battle with cancer. Also a member of the Oswego Softball Hall of Fame, he was remembered as a powerlifter who often came from behind at the end with his extraordinary deadlifting prowess. His PR was 677 at 181 lb. bodyweight. "Scooter," as he was nicknamed, was (according to his friends Frank Paino and Tom Schrader) a "great friend, funny sense of humor, personal trainer, gym owner, and just an all around, outgoing, likable person."

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as told to Powerlifting USA by Team MuscleTech

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Nitro-Tech Hardcore Pro Series has even more to offer than those incredible study results, if you can believe it. For one, the whey protein delivers 11 grams of leucine and 13 grams of additional branched chain amino acids (BCAAs) per daily dose—we all know that BCAAs are building blocks of muscle and strength. To add to that, the whey protein in Nitro-Tech Hardcore Pro Series undergoes Tri-Phase Filtration Technology, which actually helps to reduce lactose and fat and ensures the whey protein is ultra-pure! This technology is only featured in the industry's truly premium supplements. Finally, to top this all off, Team



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2011 MHP ARNOLD STRONGMAN CLASSIC

as told to Powerlifting USA by Steve Downs » photography by Jason Breeze



Mike Jenkins – 2nd place



Brian Shaw – 1st place



Zydrunas Savickas – 3rd place

The 2011 edition of the MHP Arnold Strongman Classic brought electricity to the Columbus Convention Center as the two strongest men on the planet clashed for the second time in six months. The Arnold Expo stage laid claim to the rematch of the World's Strongest Man battle of the ages, featuring two-time champ Zydrunas Savickas and the man who lost the title by a mere tie-breaker, Brian Shaw. Both giants were stoked for a rematch and a shot at a \$50,000 top prize.

Day 1 started with the Apollon's Wheels clean and overhead press, which required lifters to clean the unwieldy weight to shoulder height and then attempt to jerk press it overhead. Zydrunas knocked out 5 continentals/5 jerk presses with 415 lb. to capture an impressive win and 10 points. Misha Koklyaev hit 4 each continentals/presses for second place, followed by Shaw with 3 of each.

Next up was a fan favorite at the Arnold—the Tire Deadlift. With more and more weight being added every attempt, the bar soon eclipsed the 1,000 lb. mark. When all was said and done, Zydrunas and Shaw tied for first with a massive 1,100.5 lb. pull. Mike Jenkins placed third by deadlifting 1060 lbs. (After the official attempts were completed, Zydrunas completed a fourth “out of meet” pull of 1,110.5 lb., an unofficial world mark.)

The Day 2 action started with a bang as Shaw set a new world record in his favorite event, the Manhood Stones. The 6'8", 436 lb. “Mammoth” lifted the 535 lb. stone over the barrier 4 times in just 53.13 seconds for a new world record. Second in the Stones was Mike Jenkins with 2 reps at 535 within 48.19 seconds, followed by Travis Ortmayer, who lifted the 535 lb. stone for a single rep in 6.49 seconds.

Unlike 2010, where the Timber Carry was the final event, this year found the hefty carry moved to fourth. Here again, Brian Shaw set a new world mark by racing up the ramp in 10.18 seconds. Jenkins was again in second at 10.6 seconds, followed by Ortmayer again at 11.26 seconds.

The final event, the Circus Dumbbell one arm press, was staged during intermission of the Arnold Classic Men's Bodybuilding Finals on Saturday night at the Memorial Auditorium in Columbus. With the weight increased to a massive 242 lb., things started shaky as the first few competitors couldn't hoist the dumbbell for a single rep. But once the crowd started heating up, big Mike Jenkins pressed a world record 8 total reps for the win. Shaw placed second with 6 repetitions, followed by Ortmayer with 4.

When the final scores were counted, Shaw dispatched his World's Strongest Man adversary

and captured his first MHP Arnold Strongman Classic title. For the victory he claimed a \$50,000 prize, an Audemars-Piguet watch and the Louis Cyr statue. Coming in a surprise runner-up was Mike Jenkins, who'd won the amateur Arnold Strongman contest only a year before. Mike took home \$20,000. Six-time Arnold champion Zydrunas settled for third, good for \$15,000, while Ortmayer claimed \$10,000 in fourth. Fifth went to Mikhail Koklyaev (\$7,000), Mark Felix placed sixth (\$5,000), Nick Best took seventh (\$4,000), the eighth spot and \$3,000 went to Terry Hollands and Sergeii Romanchuk won \$2,000 in ninth.

The MHP Arnold Strongman Classic was staged and promoted by Terry and Jan Todd, and co-sponsored by MHP and Solae's Powered by Supro brand of soy protein.

OFFICIAL FINAL RESULTS

- 1st – Brian Shaw (\$50,000 plus Audemars-Piguet watch)
- 2nd – Mike Jenkins (\$20,000)
- 3rd – Zydrunas Savickas (\$15,000)
- 4th – Travis Ortmayer (\$10,000)
- 5th – Mikhail Koklyaev (\$7,000)
- 6th – Mark Felix (\$5,000)
- 7th – Nick Best (\$4,000)
- 8th – Terry Hollands (\$3,000)
- 9th – Sergeii Romanchuk (\$2,000)

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FATHER AND SON TEAM: CLAUDE AND BRYAN BOUYER

as told to Powerlifting USA by Ben Tatar of Critical Bench

Claude Bouyer is the lightweight “king of the bench.” He bench pressed 2.5 times his body weight at the age of 25. Claude has also totaled 1,345 raw, and is ranked third in the nation at 181 pounds. Claude has bench pressed 430 at 172 pounds and 440 at 173 pounds bodyweight. Claude has a 13 year old son named Bryan. Bryan became a national champion in the 97 pound weight class at age 12, breaking four Southern Powerlifting Federation world records. His best lifts include: 150 lb. squat, 80 lb. bench, and 180 lb. deadlift. Each one of these was completed at 75 pounds bodyweight.

Critical Bench sat down with the king of the bench, champ Claude Bouyer, and his SPF world bench press champion son Bryan, to learn about their journey to the top of the bench press universe.

Claude, a 440 pound raw bench press with a pause at 173 pounds body weight under strict competition circumstances speaks for itself! Can you please tell the powerlifting nation how you’ve been able to build such a strong bench?

It’s pretty basic. I train four days a week and I work every body part once a week. I focus on training smart and building synergy. For other benchers my advice is to find a bench style that works for you and focus on perfecting your form to fit your needs and standards.

How do you like competing in the SPF?

I love this fed! Everyone in the SPF is like family.

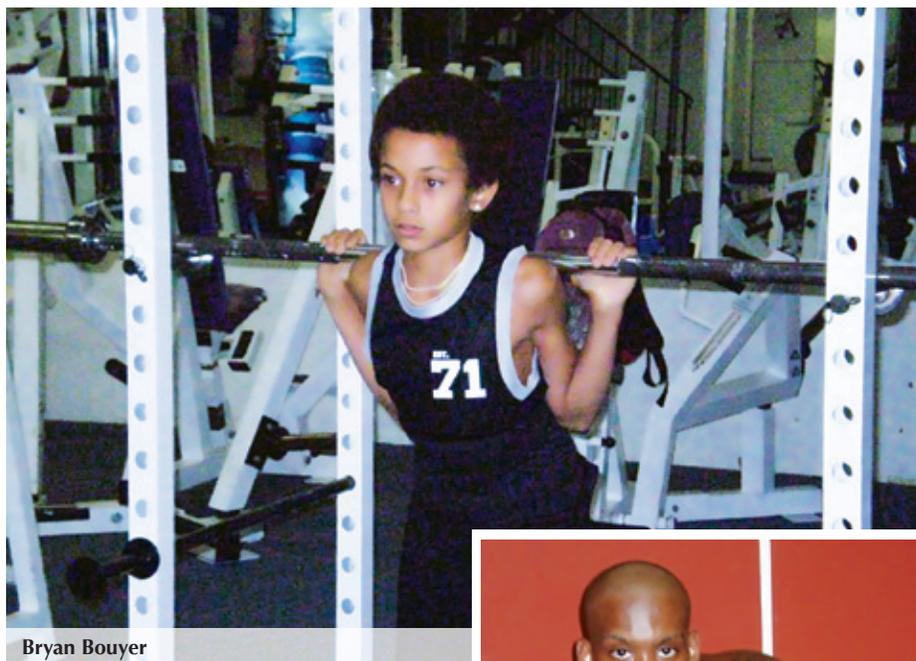
People, check out the Southern Powerlifting Fed! Claude, is there a bench press tip that you would like to share with the powerlifting world that doesn’t get emphasized enough in interviews?

One piece of advice that I don’t see emphasized enough is that lifters should watch films of other great lifters over and over again.

Very interesting point. This must help lifters see details from other established lifters to help them improve their own technique and increase bench press confidence. Claude, not only are you making headlines in the bench press world, but your son Bryan has four world records. Do you get more excited when you set a record yourself or when you watch your son?

It’s pretty equal. It is more like a tag team thing. We go to a meet and set goals, and then we take turns accomplishing those goals! It’s a great experience.

It sounds like your bond makes every com-



Bryan Bouyer

petition that much more exciting. You get to celebrate both your own and each other’s big bench press powerlifting championship wins all in one day! Cool! Claude, what is the biggest bench press mistake you see other benchers make and what can they do to fix it?

They need to drop their egos and perfect their form (by finding a coach to help them and partnering other successful lifters). Then they must have the guts to put some weight on that bar.

Claude, let’s bring your son Bryan in now. Bryan, welcome to Critical Bench. Critical Bench is going to bring up a topic and I ask that each of you respond with what comes first to mind:

A powerlifting moment that I really liked was...

Claude: At the 2009 SPF Nationals where Bryan, myself and the rest of our team (Brute Force) won best raw team.

Bryan: When I deadlifted 180 at 75 pounds at Nationals.

As a father and son, away from the gym we enjoy...

Claude and Bryan: Playing PlayStation and watching powerlifting videos.

Do you think it would be cool to have a powerlifting video game?

Claude: Definitely, but only if I get to be on the



Claude Bouyer

front cover, haha.

Bryan: Oh yeah, that would be off the chain!

One nice thing I can say about the SPF is...

Claude: It’s a great family.

Bryan: SPF for life! Jesse Rodgers has been really nice to our family.

A huge bench press milestone for me was...

Claude: When I first officially benched 400 lb. raw—I was only 164 lb.

Bryan: The first time I benched 75 lb. at the Bama State Championships.

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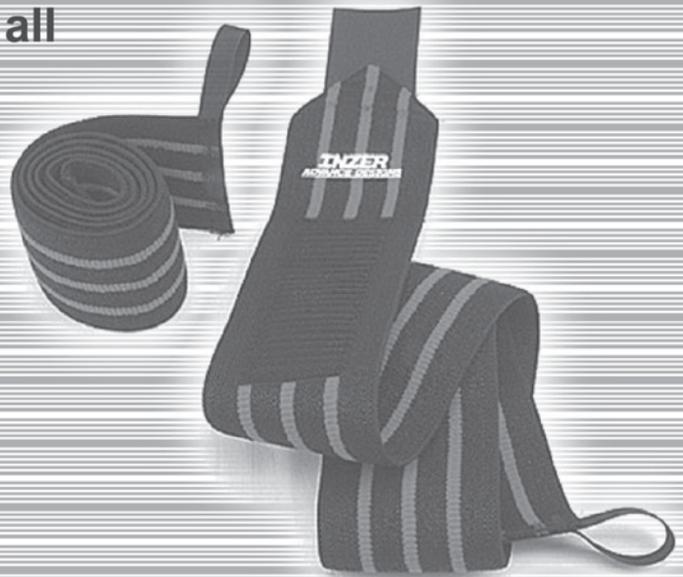


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QUESTIONS ANSWERED

by Mauro Di Pasquale, MD, MRO, MFS » mauro@metabolicdiet.com » www.metabolicdiet.com

DEAR MAURO: I use Resolve prior to working out and it's been a big help in energizing my training and in upping my weights. I use 5 tabs most days about a half hour before training, and on my heavy days I use 8 to 10 tabs. I noticed that Resolve contains a lot of ingredients, including NAC. I was reading that NAC can replace milk thistle in terms of liver cleansing, something that I'm interested in since liver problems run in my family. Any thoughts and is there enough in Resolve to do that? Also, how much Beta Ecdysone is there in your Resolve proprietary blend?

Thanks,
Ken

KEN: First of all, let me tell you that there's 200 mg of beta ecdysone (used for its anabolic effects) and 100 mg of NAC (N-acetylcysteine, used for its antioxidant and other effects) in 5 tabs of Resolve. You can read more about the ingredients in Resolve, and what they do if you look at the PDF file on Resolve at www.MDPlusStore.com.

To answer your basic question, I think that both NAC and milk thistle are hepatoprotectant (see abstract) and it's quite likely that they would complement each other as far as their liver protectant effects. I think, however, that milk thistle is the more active of the two in that regard and has more research to back up its beneficial hepatic effects whereas there's not as much to back up NAC's effects outside of NAC's protective effects on acetaminophen induced liver damage. I use both NAC and milk thistle in MVM, Antiox and ReNew. I use NAC in a few more of my products as against milk thistle as NAC, being a thiol, has superior antioxidant effects, plus other effects that are beneficial for athletes (see abstract).

As far as how much of each ingredient I use in my formulations, that requires I keep in mind the function of the formulation, as well as the number of products that may contain various ingredients.

Since many athletes including top level powerlifters, bodybuilders and elite Olympic and professional athletes use several of my products together I keep in mind not only the amount of an ingredient in an individual product, but the amount in my whole line when I formulate them. As such, I'm careful to not over do any one ingredient to negate any possible adverse effects.

For example, take vitamin D. If someone used all of my products with vitamin D in it the total wouldn't be more than 2,000 IU per day. This includes the new MVM, which contains 800 IU, and the new version IV TestoBoost which contains 400 IU.

I also use ingredients that act additively and/or synergistically to provide certain desired effects. This makes my targeted multi-ingredient

products more effective than other nutritional supplement products on the market, but at the same time safer since I don't have to use any potentially harmful dosages of any one ingredient to get the desired effects.

So, as far as the dosage of NAC, 100 mg is a good dose as far as anti-oxidant effects, especially when used together with other antioxidants, but more would be better if you're looking for significant hepatoprotective effects

against oxidative stress. And that's available to athletes who use several of my supplements, as many do in complex regimens to improve body composition and performance. For example, a number of my supplements contain NAC at the 100 mg level, including Antiox, ReNew, Joint Support, and InsideOut. MVM contains 50 mg of both NAC and milk thistle.

I hope this info helps. Best regards,
Mauro

ABSTRACTS ON MILK THISTLE & NAC

Phytother Res. 2010 Oct;24(10):1423-32.

MILK THISTLE IN LIVER DISEASES: PAST, PRESENT, FUTURE.

Abenavoli L, Capasso R, Milic N, Capasso F. » Department of Experimental and Clinical Medicine, University Magna Graecia, Catanzaro, Italy. l.abenavoli@unicz.it

ABSTRACT—Silybum marianum or milk thistle (MT) is the most well-researched plant in the treatment of liver disease. The active complex of MT is a lipophilic extract from the seeds of the plant and is composed of three isomer flavonolignans (silybin, silydianin, and silychristin) collectively known as silymarin. Silybin is a component with the greatest degree of biological activity and makes up 50% to 70% of silymarin. Silymarin is found in the entire plant but it is concentrated in the fruit and seeds. Silymarin acts as an antioxidant by reducing free radical production and lipid peroxidation, has antifibrotic activity and may act as a toxin blockade agent by inhibiting binding of toxins to the hepatocyte cell membrane receptors. In animals, silymarin reduces liver injury caused by acetaminophen, carbon tetrachloride, radiation, iron overload, phenylhydrazine, alcohol, cold ischaemia and Amanita phalloides. Silymarin has been used to treat alcoholic liver disease, acute and chronic viral hepatitis and toxin-induced liver diseases.

J Vet Pharmacol Ther. 2010 Feb;33(1):95-9.

EVALUATION OF PROPHYLACTIC AND THERAPEUTIC EFFECTS OF SILYMARIN AND N-ACETYL-CYSTEINE IN ACETAMINOPHEN-INDUCED HEPATOTOXICITY IN CATS.

Avizeh R, Najafzadeh H, Razijalali M, Shirali S. » Department of Clinical Sciences, Faculty of Veterinary Medicine, Shahid Chamran University, Ahvaz, Iran.

ABSTRACT—Cats most commonly receive toxic amounts of acetaminophen (APAP) because owners medicate them without consulting a veterinarian. The aim of this study was to compare the hepatoprotective action of silymarin and N-acetylcysteine (NAC) against APAP poisoning. Twenty healthy cats were randomly allotted to five equal groups. Animals in group A were given APAP (single dose 150 mg/kg, p.o.); groups B and C consisted of cats that received NAC (100 mg/kg, p.o.) or silymarin (30 mg/kg, p.o.) concurrent with APAP administration respectively; groups D and E were treated like groups B and C, respectively, but 4 h after APAP administration. The serum concentrations of alanine aminotransferase (ALT), aspartate aminotransferase (AST), alkaline phosphatase (ALP), lactate dehydrogenase (LDH), methemoglobin, and total and direct bilirubin were measured before APAP administration and 4, 24, and 72 h later. A single oral administration of APAP significantly elevated serum concentrations of ALT, AST, ALP, LDH, methemoglobin, and total and direct bilirubin. In both the groups receiving APAP plus NAC or silymarin, levels of serum enzyme activities, methemoglobin, and total and direct bilirubin remained within the normal values. It was concluded that silymarin as well as NAC can protect liver tissue against oxidative stress in cats with an APAP intoxication.

Respir Physiol Neurobiol. 2009 Jan 1;165(1):67-72. Epub 2008 Oct 17.

EFFECTS OF N-ACETYL-CYSTEINE ON RESPIRATORY MUSCLE FATIGUE DURING HEAVY EXERCISE.

Kelly MK, Wicker RJ, Barstow TJ, Harms CA. » Department of Kinesiology, Kansas State University, 1A Natatorium, Manhattan, KS 66506, United States.

ABSTRACT—Respiratory muscle fatigue (RMF) occurs during heavy exercise in humans. N-acetylcysteine (NAC) infusion has been shown to reduce RMF, suggesting that oxidative stress is a contributing factor. The purpose of the present study was to determine the effect of an acute oral dose of NAC on RMF during heavy exercise. Subjects (n=8) were given either placebo (PLA) or NAC (1,800 mg) 45 min prior to a 30 min constant load (85V(O)(2peak)), discontinuous exercise test. Maximum respiratory pressures (inspiratory, PI(max); expiratory, PE(max)) and venous blood samples were made prior to and following each 5 min of exercise. There was no difference (p>0.05) in PI(max) between NAC (127.9+/-34.1 cm H(2)O) or PLA (134.1+/-28.1cm H(2)O) at rest. During exercise, PI(max) was significantly lower with PLA (approximately 14%) compared to NAC at 25 and 30 min suggesting less RMF with NAC. There were no differences (p>0.05) between groups in PE(max), V(O)(2), V(E), or heart rate at rest or through-out exercise. These results suggest that an acute dose of NAC reduces RMF during heavy exercise.

ANPPC NATIONAL PL OCT 23 2010 » Tuscola, IL

BENCH		DEADLIFT			
MALE		MALE			
Junior		Junior			
148 lbs.					
K. Danko	230*	P. Raymer	400*		
165 lbs.		181 lbs.			
P. Raymer!	210	J. Johnson	410*		
181 lbs.		<i>Master (40-44)</i>			
J. Johnson!	215	242 lbs.			
CURL		J. Douglas	620*		
MALE		<i>Open</i>			
Junior		242 lbs.			
148 lbs.		A. Giannosa	540		
K. Danko	140*				
Powerlifting		SQ	BP	DL	TOTI
FEMALE					
<i>Master (45-49)</i>					
181 lbs.					
Vandeweghe	700*	400*	500*	1600*	
MALE					
Junior					
181 lbs.					
D. Vigiano	400*	280*	500*	1180*	
<i>Master (45-49)</i>					
242 lbs.					
M. Goldman	750*	500*	600*	1850*	
<i>Master (50-54)</i>					
198 lbs.					
J. Dougherty	485	245	505	1235	
242 lbs.					
D. Silver	510	325*	565*	1405*	
SHW					
G. Shields	350	270	370	990	
<i>Master (55-59)</i>					
165 lbs.					
M. Caliendo	415	305	400	1120	
198 lbs.					
L. Trammell	—	—	—	—	
220 lbs.					
B. Ferro	600*	350*	580*	1530*	
<i>Master (70-74)</i>					
220 lbs.					
T. Hall	420*	180*	500*	1100*	
<i>Open</i>					
275 lbs.					
C. Martinez	700	400	520	1620	
U. Okoh	510	395	655	1560	

*=ANPPC National Records. !=Guest Lifters. Best Overall Powerlifter: Stephanie Vandeweghe. Best Male Master Powerlifter: Mike Goldman. Best Lifter Single Lift: Jeff Douglas. The 25th Annual ANPPC National Powerlifting Championship was held at Son Light Power Gym. Thanks to all the lifters, coaches, helpers and spectators who made this another great meet! In the full

powerlifting event we were privileged to have a great one of a kind lifter, Stephanie VanderWeghe. Stephanie came with some big lifts on her mind and she walked away with them all. Starting with the squat she destroyed 700! On the bench Stephanie hit a solid 400, then followed that with a strong 500 deadlift for an unheard of 1600 total. This represents the greatest total ever by a women's master competitor! Weighing in at just 170, Stephanie competed in the 45-49/181 class, finishing with a Malone formula total of 1.131.84! This easily placed Stephanie well above all the male lifters for the best lifter trophy! In the junior men's division Domenico Vigiano lifted raw to finish with all new ANPPC national records for the 181 class. John was also lifting raw, where his final deadlift represented a personal best for him. Darryl Silver hit a 510 squat then proceeded to break the other national records for the bench (325), deadlift (565) and total (1405) for the 242 class. Our final lifter for the 50-54 age group was newcomer Gary Shields. Lifting in the shw class, Gary finished with a 350 squat, 270 bench and a 370 PR deadlift for a solid 990 total. Marty Caliendo had a good day at 55-59/165, finishing with a 415 squat, 305 bench and a 400 deadlift for a 1120 total. Luke Trammell, one of the great ANPPC champions of the past, failed to get in a good squat so bowed out of the competition at 198. Bernie Ferro broke all the existing national records for the 55-59/220 class with his 600 squat, 350 bench and 580 deadlift to finished with a great 1530 total. Tom Hall, one of the nation's greatest master pullers, won at 70-74/220, setting all new record there. Tom finished with a 420 squat, followed by a 180 bench and a 500 pull for a 1100 total! In the open class we had two competitors in the 275 class, Carlos Martinez and U.T. Okoh. Carlos hit a strong 700 squat followed by a 400 bench and a 520 deadlift for the winning 1620 total. U.T. finished with a 510 squat and a 395 bench, but pulled

a meet high 655 for a 1560 total. In the bench press event Kyle Danko set the raw national record for the junior 148 class with 230. Phil Raymer and Josh Johnson lifted as guest lifters at 165 and 181 respectfully, finishing with 210 and 215. Kyle Danko also competed in the curl competition, taking the win at junior 148 with a record setting 140. Moving to the deadlift competition it was Phil Raymer for the win at junior 165, finishing with a new national record of 400. Josh Johnson did just as well at junior 181, setting the record there with 410. Our best lifter in the deadlift was Jeff Douglas, who won at 40-44/242 with a new national record of 620. Our final puller was 242 open winner Angelo Giannosa who finished with 540. Thanks to my son Joey Latch for doing another great job running the platform, loading and spotting and taking some great pictures. Thanks also to Jeff Douglas, Steve Beccue and others who helped with the loading and spotting. Our judges were Linda Middleton, Susan Latch, Jon Vandeweghe, who did a fantastic job. A final thanks to Denise Giannosa for serving as our trophy girl. See you all again next year.

» courtesy Dr. Darrell Latch

USA RAW BP FEDERATION WORLDS NOV 20 2010 » Tuscola, IL

BENCH		C. Wingerter		375*
FEMALE		242 lbs.		
<i>Teen (13-15)</i>				
		T. Compton	365	
181 lbs.		275 lbs.		
E. Hawkins	130*	J. Ramey	400*	
<i>Teen (16-17)</i>				
		<i>Master (40-49)</i>		
198 lbs.		220 lbs.		
C. Willis	120*	M. Runyan	365*	
<i>Teen (18-19)</i>				
148 lbs.		T. Reece	315	
L. Thompson	155*	275 lbs.		
<i>Master (40-49)</i>				
165 lbs.		T. Nixon	460*	
M. Tolson	140*	SHW		
<i>Novice</i>				
220 lbs.		K. Tolson	405*	
J. Bramblett	350*	<i>Master (50-59)</i>		
<i>Teen (13-15)</i>				
148 lbs.		198 lbs.		
T. Ramey	135	J. Dougherty	245	
<i>Teen (16-17)</i>				
198 lbs.		G. Bauer	415*	
D. Collom	225*	242 lbs.		
<i>Teen (18-19)</i>				
148 lbs.		J. Bridges	380	
C. Manning	225	<i>Master (60-69)</i>		
275 lbs.		198 lbs.		
S. Tolson	315*	F. Ouderkirk	—	
<i>Teen (18-19)</i>				
148 lbs.		<i>Police/Fire (40-49)</i>		
C. Williams	225*	220 lbs.		
<i>Submaster</i>				
220 lbs.		C. Barth	360*	
		<i>Open</i>		
		165 lbs.		
		J. Galvan	315	
		220 lbs.		
		J. Blouse	445*	

*=USA Raw Bench Press Federation World Records. Best Lifter Bench Press Women: LeeLee Thompson. Best Lifter Bench Press Men: Joe Blouse. The USA Raw Bench Press Federation World Championship was held at Son Light Power in Tuscola, Illinois. Thanks to all who helped with the competition, especially my son Joey, who always does a great job with everything. For the women, Elizabeth Hawkins set the record for the 13-15/181 class with 130. Chelsea Willis won at 16-17/165, setting the mark there with 120. Best lifter among the women, LeeLee Thompson, broke the record at 18-19/148 with her personal best 155. Our final lady lifter

was Molly Tolson, who won at 40-49/165 with the record there of 140. For the men, Justin Bramblett set the mark for the novice 220 class with his opener of 350. At 13-15/148 it was Taylor Ramey with 135. For the 198 class it was Drew Collom, who set the record there with 225. Clay Manning won at 16-17/148 with 225 while Spencer Tolson broke his own world record at 275 with 315. Our final teenage lifter was 18-19/148 winner, Cody Williams, who finished with 225. Cory Wingerter won at submaster 220 with his record setting opener of 375. Tim Compton won at 242 with 365 while John Ramey set the mark for the 275 class with 400. At 40-49/198 Mark Runyan broke the record with his opener of 365. Tom Reece won at 220 with 315 while Tony Nixon won at 275 with his world record of 460. Keith Tolson set the mark at SHW with 405. John Dougherty won at 50-59/198 with 245 while Gene Bauer broke the record at 220 with 415. Jim Bridges won at 242 with 380. Our only casualty of the meet was Floyd Ouderkirk, who currently holds the record at 60-69/198. Floyd failed with his opener of 330 due mostly to a pec injury. For the police/fire 40-49/220 class it was Chuck Barth, who broke the record there with 360. In the open division newcomer Juan Galvan won at 165 with 315. But our best lifter amongst the men, Joe Blouse, won at 220 with a new world record of 445.

» courtesy Dr. Darrell Latch

SLP MIDWEST OPEN NOV 14 2010 » Indianapolis, IN

BENCH		R. Huigens		310
FEMALE		DEADLIFT		
Raw		FEMALE		
<i>Teen (13-15)</i>				
		<i>Teen (13-15)</i>		
114 lbs.		114 lbs.		
A. Heniser	90*	A. Heniser	150*	
MALE				
<i>Raw</i>				
<i>Master (55-59)</i>				
275 lbs.		275 lbs.		
D. Randall	265*	vonSchwedler	650*	
<i>Open</i>				
220 lbs.		132 lbs.		
		Huigens/Dew	250*	

*=Son Light Power Indiana State Records. The Son Light Power Midwest Open Bench Press & Deadlift Championship was held at Elite Fitness. Thanks to owner Mike Ford for hosting this event. In the raw bench press division newcomer Alyssa Heniser set the Indiana state record for the 13-15/114 class with a new personal best 90. Another new lifter to the sport, Dylan Randall, won at 18-19/148, setting the state record there with 265. Our final bencher was Robert Huigens, who won at open 220 with a new personal best 310! For the deadlift event fourteen year old Alyssa Heniser won again at 13-15/114, setting her second state record of the day with her personal best 150. Robert von Schwedler, undoubtedly one of the greatest raw, lifetime natural deadlifters in the world, won at 55-59/275 with a new state record of 650! Robert competes totally raw, no deadlift suit and no belt! Our final lifters were Robert Huigens and his stepson, six year old Landon Dew. Together they pulled a new state record for the 132 class with 250! Thanks for the spectators who came to support the lifters and to Jennifer Heniser, who took some great pictures of the meet. See you all again in January.

» courtesy Dr. Darrell Latch

POWERLIFTING BASICS: TEXAS-STYLE

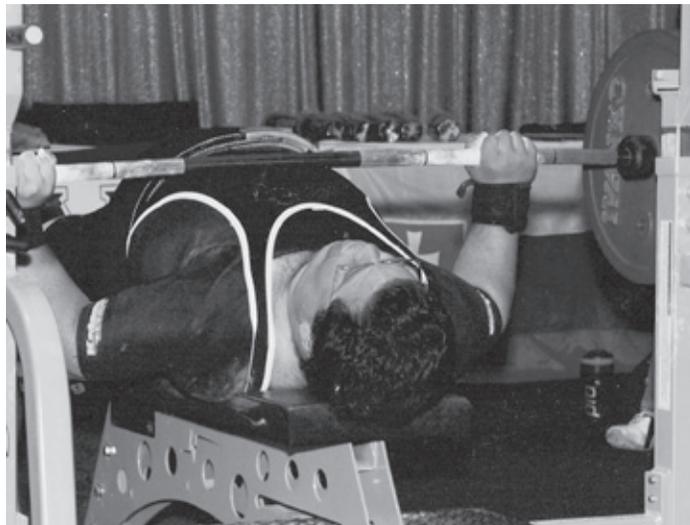
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RESULTS



Faith Ireland set multiple records



Anthony Cissel with 601

AAU WORLDS

OCT 8-10 2010 » Las Vegas, NV

WORLD BENCH

Crueger-IL 374

FEMALE

275 lbs.

105 lbs.

M (50-54) Tawzer-CA 429

Fujisaki-CA 149 Denning-CA 402

221 lbs. LM (40-44)

Purdy-TX 226

LM (50-54) Tawzer-CA 165

Raw TAWZER-CA 429

105 lbs. Denning-CA 402

M (50-54) M (40-44)

Fujisaki-CA 149 Purdy-TX 226

Open M (55-59)

Fujisaki-CA 149 Denning-CA 402

132 lbs. Open

Purdjakova-SLO 165

308 lbs. Life

148 lbs. Open

Korbova-SLO 110

181 lbs. Open

Masters-NV —

Military Masters-NV —

308+ lbs. Open

Henderson-VA 160

MALE

165 lbs. Cissell-CA 600

Raw Tawzer-CA 429

88 lbs. Disabled

Myers-AZ 231

LM (55-59) Youth (8-9)

Drake-CA 294 Seymour-GA 99

M (55-59) 97 lbs.

Drake-CA 294 Youth (10-11)

181 lbs. Seymour-GA 94

Junior 123 lbs.

Purdy-TX 308 Youth (8-9)

Military/Law Murano-CO 94

Mc Grail-UT 303 132 lbs.

Open Youth (12-13)

Nalyckin-UKR 551 Murano-CO 94

198 lbs. 148 lbs.

LM (70-74) Life

Homer-AZ 341 Mansourian-FRA 341

M (45-49) LM (60-64)

Whiting-NC 429 Tardive-CA 253

M (60-64) M (75-79)

Parsons-OK 363 Mathews-CA 165

Military/Law Open

Parsons-OK 363 Mansourian-FRA 341

Open 165 lbs.

Whiting-NC 429 Life

Lopez-CA 363 Drake-CA 294

Weerts-IL 352 Myers-AZ 231

220 lbs. LM (45-49)

LM (55-59) Rodriguez-CA 242

Davis-AZ 457 LM (55-59)

Open Drake-CA 294

M (45-49) Open

Rodriguez-CA 242 Bazylevych-UKR 535

M (55-59) Krueger-IL 336

Drake-CA 294 Cambal-SLO 319

Open 242 lbs.

Drake-CA 294 LM (60-64)

Rodriguez-CA 242 Collins-CA 319

Myers-AZ 231 Minicucci-MA 286

181 lbs. M (60-64)

Life Minicucci-MA 286

Bahshaliyev-CAN 358 Open

Carden-OK 341 Soloviov-UKR 539

Military Solar-SLO 341

Ford-VA — Teen (18-19)

Sub Howerton-NV 314

Bahshaliyev-CAN 358 275 lbs.

LM (60-64) LM (55-59)

Dubose-CA 281 Feeney-pa 331

LM (65-69) M (45-49)

Goldstein-CA 287 Baron-pol —

M (60-64) M (55-59)

Dubose-CA 281 Feeney-pa 331

Open Open

Bahshaliyev-CAN 358 Dewitt-CA 612

Carden-OK 341 Hansen-NV 429

Fultz-CA 341 308 lbs.

Dubose-CA 281 Junior

Teen (16-17) Cooper-CA 473

Litowoski-NJ — LM (55-59)

198 lbs. Heikkila-FIN 308

LM (45-49) Open

Christian-NV 402 Gonchar-UKR 551

LM (50-54) Cooper-CA 473

Carden-OK 358 308+ lbs.

LM (65-69) Open

Hilger-CA 264 Lisogor-UKR 440

M (45-49) Open

Christian-NV 402 Davis-NV 424

M (50-54) WORLD DEADLIFT

Carden-ok 358 FEMALE

Gillette-CA 281 165 lbs.

M (65-69) Castellano-CA 237

Hilger-CA 264 221 lbs.

Open LM (50-54)

Lopez-CA 363 Tawzer-CA 286

Weerts-IL 352 Raw

Kokoska-SLO 314 181 lbs.

220 lbs. Open

Military Henderson-VA 380

Gray-AR 402 MALE

LM (70-74) 165 lbs.

VanWinkle-CA 220 LM (65-69)

LM (80-84) Montgomery-IN 462

M (45-49) M (45-49)

Dimarco-CA 264 M (55-59)

M (55-59) Wooten-AZ 281

M (70-74) M (65-69)

Van Winkle-CA 220 Montgomery-IN 462

Open Open

Croft-NC 606 M (40-44)

181 lbs. Rodriguez-NV 617

LM (40-44) Open

Gavne-CA 418 Rodriguez-NV 617

M (40-44) Aldrich-CA 440

Gavne-CA 418 Teen (16-17)

Military/Law Litowoski-NJ 424

McGrail-UT 473 198 lbs.

Open Life

GAVNE-CA 418 Markham-VA 402

220 lbs. LM (40-44)

M (55-59) Gustafson-CA 562

Drecksel-UT 539 M (60-64)

Open Smith-VA 523

Krueger-IL 551 Markham-VA 402

275 lbs. M (50-54)

M (50-54) 506 LM 80-84

308 lbs. Dimarco-CA 314

Open M (75-79)

Moore-IL 539 Leedy-CA 374

Raw Open

88 lbs. Krueger-IL 567

Youth (8-9) 242 lbs.

Seymour-GA 325 LM (45-49)

Mathews Sr-CA 551

LM (60-64) LM (45-49)

Minicucci-MA 308

M (60-64) Minicucci-MA 308

LM (60-64) Teen (18-19)

Howerton-NV 539 308 lbs.

Open Moore-IL

88 lbs. Raw

MOORE-IL 551 Youth (8-9)

308+ lbs. Seymour-GA

LM (40-44) 98 lbs.

Heldt-NV 573 Youth (10-11)

181 lbs. Seymour-GA

World Push Pull 123 lbs.

FEMALE Youth (8-9)

114 lbs. Murano-CO

LM (70-74) 94 149 242

Tropp-CA 116 242 358

Raw LM (70-74)

LM (70-74) Tropp-CA

116 242 358 123 lbs.

Military Military

Perkins-VA 127 275 402

148 lbs. Military

Edwards-NE 94 270 363

181 lbs. Military

Hawkins-VA 116 237 352

MALE

148 lbs.

FULTZ-CA

341 479 820

292 617 908

M (50-54)

Fultz-CA

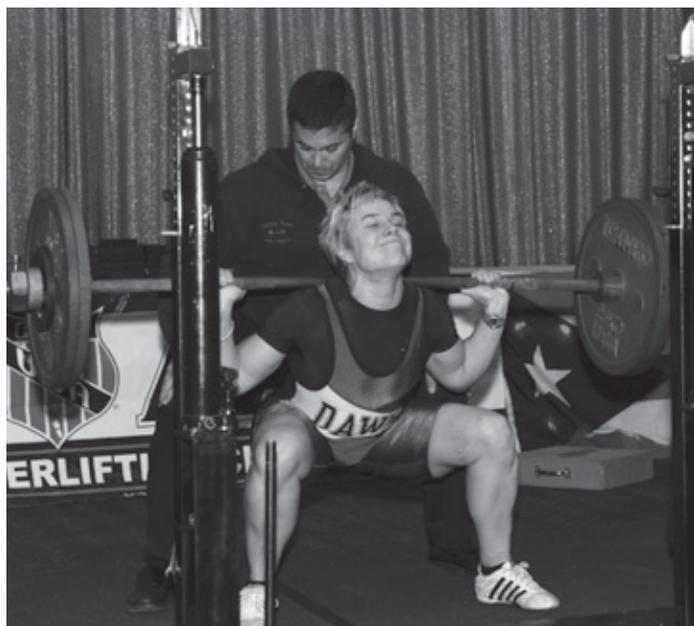
RESULTS »

covered more than one category. In addition we recognized equipped only in the bench. In addition to the many Best Lifter awards presented, I have listed the Best Lifter statistically below, even if that exceeded the total number of awards presented. Women's Bench and Deadlift: Carin Fujisaki made her return to the platform a great one as she destroyed a 148 raw bench at a body weight of 104, to take first in the Raw Open, Raw Masters 50-54 and Masters 50-54. Her effort earned her Best Lifter honors. Jana Purdjakova again made the long trip from Slovakia and took top honors at 132 pounds, weighing in at only 128. Her teammate Monika Korbova, was the 148 raw champion. Representing the National Guard with pride, Tish Henderson took home gold in the 181 raw class. Master bencher, Mary Tawzer, again claimed top honors in the 220+ class. Tish Henderson and Mary Tawzer dual winners, as they took their respective classes in the deadlift. Taking Best lifter honors was Lynn Castellano. Women's Push Pull and Powerlifting: The incredible Helene Tropp was pitted against the Women's National Guard Team in the push pull. Her 116 pound raw bench and 244 raw deadlift propelled her to best lifter honors once again. Helene weighed in at 109 and is 71 years young. Bridgette Perkins, Shawn Edwards and Lucy "Good Trouble" Hawkins, were gold medalist in the raw military division at 123, 148 and 181 respectively. The National Guard team would once again dominate the ladies division team rankings. It was really great to see the ladies filling the powerlifting portion of the meet. Anne Albritton was a force at 105 winning the a raw open. Young Haley Gutierrez won the raw youth class at 105, while her sister, Kendra was the 114 raw teen champion. Denise Jaramillo dropped to the 123 raw submaster class, but lost none of her strength. At 132, Julie Diss was terrific with a 779 raw total and the potential for much, much more. Her lifting brought her best lifter honors. The 148 class was loaded with great lifters. Leading by example was former Washington State Supreme Court Justice, Faith Ireland. Faith set a slew of world master records. Cyndi

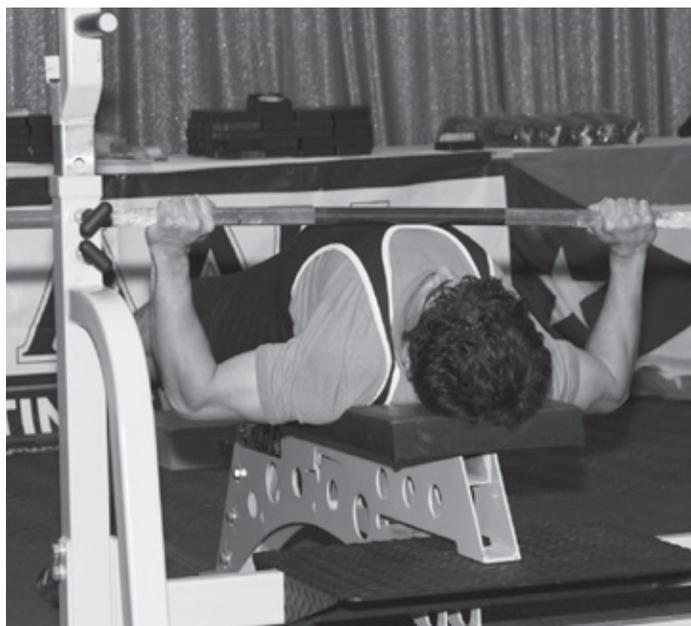
Frieling posted an 821 total in the raw open class. Janie Ramirez garnered gold in the 148 raw open and Shawn Edwards was once again the 148 raw military champion. Tish Henderson's 854 raw total at 181 was the biggest of the day and Lexi Zippin was on fire in the raw teen 220+ class. Men's Bench 165 and Under: Good Georgia cooking seems to be the secret to Zach and Alex Seymour's outstanding lifting. Zach is making a habit out of winning youth best lifter honors, but his older brother Alex, is also a stud. Colorado is the home of another great brother duo in Jeremy and Jaymz Murano. Where the Seymour's won at 88 and 97, the Murano mini-monsters, claimed gold at 123 and 132. The 148 class was packed with talent. Narbe Mansourian from France (living in So Cal) had an off day, but still managed great 341 raw bench at 147 pounds. This earned him day one best lifter honors in the open category. Sixty two year old Dominic Tardive was the best lifter 60+ bencher with his fine 253 raw bench. James Mathews closed out the group with a win in the raw master 75-79 class. At 165 59 year old Martin Drake, benched 294 raw to take top honors in the raw open and his age groups masters and raw masters classes. His fourth attempt 301 was also good. He was awarded best lifter in the 40-59 division. Victor Rodriguez has a PR day in the raw 45-49 division winning two classes. Victor took a solid second in the raw open. Joshua Myer lifted both in the raw open (3rd) as well as in the disabled division, where his efforts earned him gold once again. 181-220 Bench: The 181 classes were tough and deep. In the 181 Raw Lifetime, Ramis Bahshaliyev from Canada was victorious with his raw 357 (and a 4th with 363) to best Chad Cardin, who hoisted up a great 341 himself. The placings were the same in the raw open. Third place finisher, Henry Fultz, also completed 341, but lost second on bodyweight. Henry BTW is 51 years of age. Sixty four year old Paul Dubose was 4th with a fine 281. Paul did however win the raw masters 60-64 and raw lifetime masters 60-64. Merv Goldstein destroyed 287 pounds with his win in the raw lifetime masters 65-69 class. Next year he turns 70! In the equipped 181 Chance Purdy was the

junior champion, while Chris McGrail topped the military class. Then there was Sergiy Nalyckin of the Ukraine. He broke Leonard McCormicks long standing record of 529 with an out of this world 551. Sergiy was the equipped best lifter for day two. With Merv winning the 60+ best lifter award. Like the 181's, the 198's boasted a great line-up of entrants. Former Natural Mr. Universe, Jerry Homer, had just turned 70 and was looking for yet another great day. His 341 bench lead all of the day 2 lifters in co-efficient. Scott Whiting's 429 in the lifetime masters 45-49 lead this North Carolina lifter to gold. Scott also lead the way in the open. Joe Parsons returned home to OKC with gold in the 60-64 and military masters class, courtesy of his terrific 363 effort. Rueben Lopez made easy work of his 363 to win the raw open and place a solid second in the open. Derrick Weerts was a solid second in the raw open with his 352 and he to crossed over to the open, where he was third. Third in the raw open was Peter Kokoska from Slovakia. Forty eight year old James Christian is one strong dude. His 402 raw bench was the winner in the 45-49 raw lifetime masters. Another OKC lifter lead the way in the 50-54 raw lifetime masters and raw masters 50-54. Coby Cardin accomplished this by nailing 357. California boy, Greg Gillette was a solid second in the raw 50-54 class. World renowned dermatologist, Dr. Les Hilger was delighted with his raw world record 282 winning effort in the raw lifetime masters 65-69 class. Dan Davis recently moved up to the 220 class and the results were spectacular. His 457 bench easily lead the way in the lifetime masters 55-59 class. David Krueger is young enough to enter the junior division, but the open gold medal was his goal. Goal achieved via a 374. Also meeting his goal was the raw mil 220 champion Louis Gray, riding a raw 402 record. The 220 raw open class was worth the price of admission. Oleg Bazylevych came all the way from the Ukraine to break Art "Superman" Jones seemingly invincible 541 raw record at 220. When the dust had settled, a 535.7 Ukraine record fell just short of Arts record 541. Second in the raw open was David Krueger, followed by

Marian Cambal of Slovakia. After the young guys performed so well, how would the mature gentlemen do? Harold Wooten, Michael Van Winkle and Joe DeMarco, all lifted extremely well in winning efforts. Joe's raw 264 at age 80 put him in the best lifter category along with Oleg, Jerry and Coby for day 2. 242- SHW Bench: On day 2 a lifter from the Ukraine, took a shot at one of Art Jones all time records. Would it happen in the 242 class? Art had set the bar very high at 563 in the raw open. Oleksii Soloviov made a great run at the record, finishing with a remarkable 540 raw. Ratislav Solar from Slovakia lifted well and placed a solid second. Local lifter Sinjin Howerton was a happy winner in the raw teen class. Ed Collins and Louis Minicucci waged epic battles in several classes. In the bench division, Ed prevailed, albeit narrowly. At 60 and 61 respectively, these young lions should wage a friendly war for decades to come. Another epic battle of youngsters took place at 275. Ken Tawzer (58) and Steve Denning (55) traded record attempts in the battle for supremacy in the lifetime masters and master law enforcement classes. In the end, Ken prevailed. I smell a rematch. Bob Feeney also represented the 55-59 age group well as he conquered his raw age group in record fashion. In July, Ryan Dewitt, became only the second and lightest AAU lifter to bench over 600 raw with his 601 at 289 (308 class). Weighing in here at 273.8, he had sights on the all time AAU raw record, regardless of age. Ryan held the current 275 record. After masterful hand-offs from me (lol), Ryan made easy work of 613 for an all time raw AAU record. Nick Hansen has a solid 429 for second place. Junior lifter Jon Cooper is a stud! His raw 473 easily won his age group at 308. Mark Heikkila represented his native Finland with pride as he captured the raw lifetime masters 55-59. Oleksandr Gonchar was yet another great raw lifter from the Ukraine. His 551 in the 308 class was way too easy. Jon Cooper represented the USA well, earning silver. Oleksandr's teammate Oleksii Lisogor, took the raw open in the SHW division with a strong 441. Giant Nicholas Davis was close on his heels with a 429 effort. Anthony



Cyndi Frieling posted an 821 total in the raw open class



Narbe Mansourian 347 BP at 149 bodyweight

Cissell, recorded the days second 600+ bench with his 601 in the open. Second place went to the always humorous Clay Tawzer with a powerful 429. Best Lifters for day three were, Ryan DeWitt, Ed Collins, Ken Tawzer and Anthony Cissell. Men's Deadlift 165 and Below: Just as they had done in the bench, the Seymour boys, Zach and Alex, opened the deadlift with wins at 88 and 97 pounds. Ever improving Philip Dell was on the top rung in the 148 open. James Mathews took yet another 148 gold in the raw masters 75-79 class. The incredible one, Gordon Santee smiled his way to a record performance in the raw lifetime masters 60-64 class via a 446 pull. Raw open 165 winner, Freddie Gutierrez, was able to watch and learn from two master deadlifters, Martin Montgomery and Bill Croft. Martin pulled a powerful 462 at age 67, while Bill Croft crushed 601 in the 45-49 and open classes. To no one's surprise, Gordon and Bill were Best Lifter recipients. Men's Deadlift 181-220: At 181, Shawn Gavne lead the pact with wins in the open, 40-44 and lifetime 40-44 classes. Chris McGrail made amends for dropping 529 pound on my knee in the squat (knee is fine Chris J) by winning his military class. On an "off day", Tony "T-Rod" Rodriguez powered up a record 617 raw to take top honors in the raw open and his raw masters classes. Silver in the raw open went to David Aldrich. After a rough day in the bench, teen lifter Nathan Litowski, came back strong with his winning effort in the deadlift. At 198 Jason Markham, representing the National Guard, was the winner in the raw open and raw military classes. The ever amazing Tom Smith, pulled 537 to win the raw masters 60-64 class. Daniel Gustafson had the highest raw 198 deadlift with his 562 in the raw 40-44 lifetime class. Chad Drecksel's 540 deadlift was the best in the 55-59 class. Ageless Joe DeMarco pulled to the masters 80-84 win. William Leedy, wow! Another solid victory for this soon to be 80 year old. David Kriueger opted to deadlift twice, raw and equipped. The decision paid off as he won the raw open with 568 and the open with 551. Tom and Tony lead the Best Lifter categories here. Men's Deadlift 242-SHW:

Louis Minicucci was a double gold medal winner at 242 taking the raw 60-64 and raw lifetime 60-64 honors. Raw teen bench winner Sinjin Howerton, took a second gold in the deadlift. A healthy Mark Mathews Sr., pulled 551 in the raw masters 45-49 class. Principal Mike Grein was the 275 masters 50-54 winner with a bar bending 507. Like his teammate David Kriueger, Michael Moore did double duty lifting raw and equipped. He also struck gold winning the open and raw open at 308. John Heldt has never lifted better. His raw 573 was the winning lift in the raw masters 40-44 SHW class. John, Mark and Michael had the Best Lifter co-efficients needed to best the field. Men's Push Pull 165 and Below: The list of winners he consisted of many of the winners in the bench and deadlift only divisions. Repeat youth winners were Alex and Zach Seymour and Jamyz and Jeremy Murano. James Mathews combined his bench and deadlift wins for obvious victory in the push pull. Bill Croft cab bench as well as deadlift. This lead to two more golds in the open and masters class. Longtime AAU lifter Mac Scott was back, winning the 148 lifetime masters 55-59 class, while veteran lifter Kim Do was worth his weight in gold in the 148 45-49 category. New AAU lifter Ben Nemo had a good day winning the submaster and lifetime 165 classes. Baljit Sing (India) rounded out the wins with his raw junior 165 victory. This young man shows great promise for the future. Bill and James once again had the best numbers on the Best Lifter scale along with overall youth champion Zach Seymour. Men's Pushpull 181-220: Alfredo Hernandez (Mexico) was a dual winner at 181, with top honors in the open and submaster classes. Tony Rodriguez used his great deadlift to mask his bench (yes the old man out benched him yet again) to obtain victory in the raw open and raw 40-44 classes. Henry Fultz (who also out benched Tony by a mile) was a complete lifter in winning the 181 raw 50-54 gold medal. Teen Andrew Pool was the raw lifetime winner. Devron Lewis won gold times two at 198. He was victorious in the raw open and raw submasters with solid 374 and 573 lifts. Young AJ Gutierrez was awarded silver

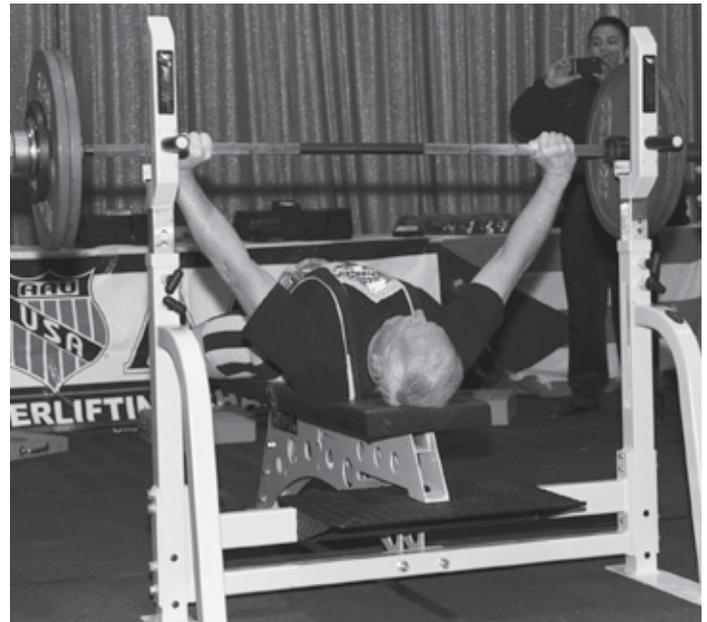
for his balanced lifting. Kevin Shaw also was a dual winner at 198, for him it was the 40-44 and 40-44 lifetime classes. Daniel Gustafson and Cody Cardin, collected more gold in the 198 push pull divisions. Greg Gillette repeated his silver performance, finishing behind Cody. Greg's lifting is growing by leaps and bounds as he competes. Alex McClure has a bright future and captured his raw teen 198 class at this event. Harold Wooten is the Barry White of powerlifting. Cool, confident and friendly. The dude can also lift. He repeated his wins here with push pull gold. Joe DeMarco is simply an icon. More gold for the legend at 220. Louis Gray was a bench. Now with his 501 raw deadlift in the 220 military class, he is more. Once again Tony, Joe and Henry were the best lifter stars. Men's Push Pull 242-SHW: Workout partners Felipe Zepeda and Brandon Blackwood were gold medalist at 242 in the raw lifetime 50-54 and 40-44 respectively. Super referee Ed Collins was super in his raw lifetime 60-64/242 class. Teen powerhouse Sinjin Howerton, pulled a great 529 to compliment a nice bench, in route to victory. John Heldt repeated his deadlift SHW victory in the push pull. Michael Moore won the SHW open, but was nearly defeated in the raw open by "Big" Michael Bullock. Michael also won his raw masters and raw lifetime masters 45-49 classes. Ed Collins had the best numbers for day 3 in this division. Men's Powerlifting 165 and Under: The Seymour boys again were dominate in the youth division. Adding great squats to their other outstanding lifts. Master 148 Kim Do is a powerlifter. He loves to squat. He powered his way to wins in the open and master. James Mathews is the patriarch of a great family and great lifters. He is just as golden on the platform winning his age group 75-79 at 148. Brothers Robert and Joshua Gutierrez not only loaded for three days, but lifted with other family members in a separate flight. They won their teen and junior classes. Incredible energy! Martin Drake was here to bench and break some records. A token squat and token deadlift were are that was planned. But raining had gone well, so a surprise attempt at 744 was called. The bar

bent, some say there was a crack of day light (very little J) and then gravity won. The conspiracy theorists say he was buying time for Gordon Santee's 4th attempt. Kim and James lead the best lifter parade. Men's Powerlifting 181-220: At 181, Mexican strongman, Alfredo Hernandez, repeated his open and submaster wins. Tony Rodriguez also added to his haul at 181 by winning the raw open and raw masters 40-44. His teammate Alston Peters was a strong second in the raw masters 40-44. Relative newcomer Scott Zimmerman was atop the podium in the 181 raw military class. James Roybal used balanced lifting to sweep the raw submaster class. Zack McDole is a beast. His raw 1538 lead the way at 198 in the raw open. Eddie Comacho had a strong 1372 to place second. Bronze went to the ever improving Jason Gillette. Alex McClure took the 198 raw teen division with some efficient lifting. Fifty Six year old 220, Chad Drecksel, is a well rounded lifting machine. His 1405 was tops in the 55-59 class at 220. Ray Ortiz was sensational. His 1571 total was tops in the 45-49 and lifetime 45-49 220 pound classes. Zach and Ray were the Best Lifters for day 2. Men's Powerlifting 242-SHW: Louis Minicucci and Ed Collins again had a great, albeit friendly battle. Ed would prevail in the raw lifetime 60-64. Louis lead the way in the raw 60-64 class. Bryan Ziegeler was the winner of the 242 raw military class with a very complete performance. Pierre Ngo was awesome winning the 242 raw open. His 1592 is just scratching the surface. Mike Grein was the 275 50-54 victor and "Super MC" Fred Gutierrez paved the way in the raw 50-54 at 275. As good as Fred is with the microphone, Fred Kendell, just might be even better. Fred K. returned to the three lift platform and was like a kid in a candy store. As his comeback continues, look for Mr Kendell to throw caution to the wind. Steven Bush had a career best day in winning the raw 60-64 powerlifting class at 275. Giant Nicholas Davis had the biggest total of the day with his raw 1676 at SHW. I expect he will be adding greatly to that total in the future. Pierre and Steven Bush lead the Best Lifter candidates.

» courtesy Martin Drake



Julie Diss with a world record deadlift of 365 lb. raw at 132



Martin Drake with a WR 301 raw at 165/age 59

MEN'S SHW (140+ KG.) WEIGHT DIVISION » DEADLIFT



Gary Heisey – a huge man, perfectly built for the deadlift, but he strove to be a three lift powerlifter regardless



The Reverend Paul Wrenn was renowned as a squatter, but was also an exceptional deadlifter

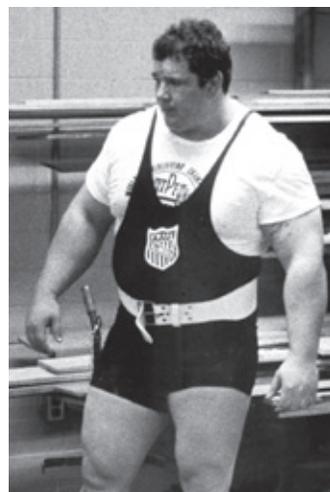


Bill Kazmaier remains the iconic image of a "powerlifter" decades after his last championship

Rank	Deadlift	X-Bwt	American Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	931.5 (422.5)	*2.54X	Garry Frank/64 11/9/02 (422.5 kg. @ 166.05 kg.) (New Orleans, Louisiana) (WPO)
2.	925.0 (419.6)	*2.58X	Gary Heisey/57 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)
3.	903.9 (410.0)	*2.23X	Marc Henry/71 7/16/95 (410.0 kg. @ 405.8 lb.) (Wilkes-Barre, Pennsylvania) (ADFPA/WDFPF)
4.	886.7 (402.0)	*2.73X	Bill Kazmaier/53 11/29/81 (886.69 lb. @ ~325.0 lb.) (Atlanta, Georgia) (USPF/IPF)
5.	885.5 (401.7)	*2.48X	Don Reinholdt/45 5/3/75 (895.0 lb. @ 357.0 lb., weighed out at 885.5 lb.) (Chattanooga, TN) (AAU/IPF)
6.	881.8 (400.0)	*2.72X	Brad Gillingham/63 3/7/09 (400.0 kg. @ 146.8 kg.) (Columbus, Ohio) (USAPL/IPF)
7.	876.3 (397.5)	*2.31X	O.D. Wilson/55-91 2/16/89 (397.5 kg. @ 380.0 lb.) (Long Beach, California) (USPF)
8.	865.3 (392.5)	*2.57X	Brian Siders/78 12/1/07 (392.5 kg. @ 152.5 kg.) (Scranton, Pennsylvania) (USAPL/IPF)
9.	865.0 (392.4)	*2.52X	Gus Rethwisch/47 1/25/86 (865.0 lb. @ 343.0 lb.) (Bend, Oregon) (APF)
10.	859.8 (390.0)	*2.73X	Doyle Kenady/48-99 5/4/79 (390.0 kg. @ 142.75 kg.) (Honolulu, Hawaii) (USPF/IPF)
11.	855.0 (387.8)	*2.48X	Paul Wrenn/47 8/15/76 (855.0 lb. @ 345.0 lb.) (Arlington, Texas) (AAU)
12.	855.0 (387.8)	*2.16X	Tim Harold/84 2/4/06 (855.0 lb. @ 396.2 lb.) (Fremont, Ohio) (APF)
13.	854.3 (387.5)	*2.67X	James "Pit Bull" Searcy/66 8/26/06 (387.5 kg. @ 320.0 lb.) (Woodstock, Georgia) (APF)
14.	850.0 (385.6)	*2.53X	Matt Smith/74 4/13/03 (850.0 lb. @ 335.5 lb.) (Newark, Ohio) (IPA)
15.	848.8 (385.0)	*2.43X	Craig Young 2/2/86 (385.0 kg. @ 350.0 lb.) (Irving, Texas) (USPF)
16.	848.8 (385.0)	*2.59X	Chris Wiers/77 11/14/09 (385.0 kg. @ 328.0 lb.) (Westbrook, Maine) (APF)
17.	845.0 (383.3)	*2.62X	John Kuc/47 11/11/72 (845.0 lb. @ 322.25 lb.) (Harrisburg, Pennsylvania) (AAU)
18.	840.0 (381.0)	*2.66X	Gary Reynolds/52 6/5/82 (840.0 lb. @ ~143.5 kg.) (Birmingham, Alabama) (USPF)
19.	840.0 (381.0)	*2.45X	John Ware/60-05 1/29/89 (840.0 lb. @ 343.0 lb.) (Galesburg, Illinois) (APF)
20.	835.0 (378.7)	*2.52X	Sean Culnan/67 5/1/99 (835.0 lb. @ ~150.0 kg.) (Albany, New York) (USAPL)
21.	832.2 (377.5)		Rich Lacy 12/3/88 (377.5 kg.) (Columbus, Ohio) (USPF/APF/WPC)
22.	832.2 (377.5)	*2.17X	Donnie Thompson/64 10/10/04 (377.5 kg. @ 173.95 kg.) (Atlanta, Georgia) (WPO)
23.	832.2 (377.5)	*2.51X	Kyle Cloyd/72 3/31/07 (377.5 kg. @ 331.9 lb.) (Houston, Texas) (APF)
24.	830.0 (376.5)	*2.60X	Dan Kovacs/59 11/19/00 (830.0 lb. @ 319.0 lb.) (Columbus, Ohio) (IPA)
25.	826.7 (375.0)		Rick Rainey 4/19/86 (375.0 kg.) (Glendale, California) (USPF)
26.	826.7 (375.0)	*2.56X	Hank Hill/67 7/16/95 (375.0 kg. @ ~323 lb.) (Dallas, Texas) (APF/WPC)
27.	826.7 (375.0)	*2.40X	Brian Siders/78 8/14/04 (375.0 kg. @ 344.0 lb., without a belt) (Las Vegas, Nevada) (USPF)
28.	825.0 (374.2)	*2.48X	Chad Walker/82 10/30/10 (825.0 lb. @ 332.0 lb.) (Orlando, Florida) (APF)
29.	821.2 (372.5)	*2.32X	George Hechter/61 3/3/85 (372.5 kg. @ 160.5 kg.) (Honolulu, Hawaii) (USPF/APF/WPC)
30.	821.2 (372.5)		Matt Dimel/60-94 7/26/92 (372.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
31.	821.2 (372.5)	*2.35X	Michael Ruggiera/68 6/5/05 (372.5 kg. @ 349.4 lb.) (Detroit, Michigan) (APF/WPC)
32.	821.2 (372.5)	*2.35X	Randall Harris/79 3/7/09 (372.5 kg. @ 158.2 kg.) (Columbus, Ohio) (USAPL/IPF)
33.	820.0 (371.9)	*2.56X	Mike "Bubba" Morgan/47 1972 (820.0 lb. @ 320.0 lb.) (Wisconsin) (AAU)
34.	820.0 (371.9)		Beau Moore/66 6/19/10 (820.0 lb.) (Tampa, Florida) (RUM)
35.	815.7 (370.0)		Dorian Wright 12/12/87 (370.0 kg.) (Columbus, Ohio) (APF/WPC)
36.	815.0 (369.7)	*2.32X	Dave Damminga/86 2/20/10 (815.0 lb. @ 350.6 lb.) (Plymouth, Minnesota) (APF)
37.	810.2 (367.5)		Charles Desadier 6/21/89 (367.5 kg.) (Oxnard, California) (USPF)
38.	810.2 (367.5)	*2.50X	Brent Mikesell/67 6/26/04 (367.5 kg. @ 323.7 lb.) (Newport, Oregon) (IPA)
39.	810.0 (367.4)	*2.45X	Tom Skiver/66 3/23/02 (810.0 lb. @ 330.0 lb.) (Sterling Heights, Michigan) (APF)
40.	805.0 (365.1)		Terry Smith 8/17/77 (805.0 lb.) (Saint Louis, Missouri) (AAU)
41.	805.0 (365.1)	*2.52X	Steve Brodsky 4/10/88 (805.0 lb. @ ~320 lb.) (Cleveland, Ohio) (APF)
42.	804.7 (365.0)		Roy Steinacker 11/10/84 (365.0 kg.) (Wichita, Kansas) (USPF)
43.	804.7 (365.0)	*2.53X	Russ Barlow/60 11/6/99 (365.0 kg. @ 318.0 lb.) (Bath, Maine) (APF)
44.	804.7 (365.0)		George Brink/49 11/12/00 (365.0 kg.) (Burbank, California) (USPF)
45.	804.7 (365.0)		Lee Barry/76 2/24/01 (365.0 kg.) (Daytona Beach, Florida) (WPO)
46.	804.7 (365.0)		Lance Karabel/73 1/26/08 (365.0 kg.) (Racine, Wisconsin) (USAPL)
47.	804.7 (365.0)	*2.46X	Scott Weech/85 1/23/11 (365.0 kg. @ 148.1 kg.) (Tampa, Florida) (RUPC)
48.	804.3 (364.8)	*2.59X	Talmadge "Russ" Fletcher/44 5/23/70 (800.0 kg. @ 311.0 lb., weighed 804.25 lb.) (Chattanooga, TN) (AAU)
49.	801.4 (363.5)	*2.03X	Brian Oldham 11/21/05 (363.5 kg. @ 395.4 lb.) (Reno, Nevada) (WABDL)
50.	800.3 (363.0)	*1.87X	Nate Tuffanelli 6/5/04 (363.0 kg. @ 427.0 lb.) (Rancho Cordova, California) (WABDL)

(* indicates exact bodyweight (instead of limit bodyweight) used to derive bodyweight coefficient.

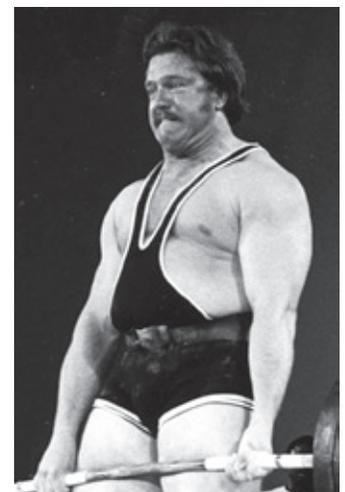
Records accurate as to my knowledge.



Don Reinholdt – one of the most likable & strongest people in powerlifting (Bruce Klemens photo)



Garry Frank is the best deadlifter the U.S. has ever produced (Notaras photo)



Gus Rethwisch – we have heard that the actual weight of his PR deadlift was 871 lb.

WOMEN'S 105 LB. (48 KG.) WEIGHT DIVISION » DEADLIFT

Rank	Deadlift	X-Bwt	American Female Powerlifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	403.4	(183.0)	*3.81X Jennifer Maile/84 2/9/02 (183.0 kg. @ 48.0 kg.) (Chicago, Illinois) (USAPL/IPF)
2.	402.3	(182.5)	*3.82X Majik Jones/53 1/28/84 (182.5 kg. @ 47.8 kg.) (Austin, Texas) (USPF/IPF)
3.	380.3	(172.5)	*3.62X Diana Rowell/57 1/29/83 (172.5 kg. @ 47.6 kg.) (Chicago, Illinois) (USPF)
4.	380.3	(172.5)	*3.62X Margaret Kirkland/63 8/4/07 (172.5 kg. @ 47.7 kg.) (Rosemont, Illinois) (AAPF/AWPC)
5.	369.3	(167.5)	3.49X Elizabeth "Ann" Leverett/54 12/7/96 (167.5 kg.) (Adel, Georgia) (USPF)
6.	363.8	(165.0)	*3.44X Sherri "Renee" Burns 5/6/88 (165.0 kg. @ 47.9 kg.) (Brussels, Belgium) (USPF/IPF)
7.	363.8	(165.0)	*3.48X Michelle Van Dusen/93 8/30/10 (165.0 kg. @ 47.4 kg.) (Czech Republic, Pilsen) (USAPL/IPF)
8.	352.7	(160.0)	*3.34X Cheryl Anderson/75 1/23/10 (160.0 kg. @ 105.7 lb.) (Anaheim, California) (USPF)
9.	349.4	(158.5)	*3.31X Doris Simmons/52 7/28/90 (158.5 kg. @ 47.9 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
10.	349.4	(158.5)	*3.34X Paula Kovalchik/53 10/4/97 (158.5 kg. @ ~47.5 kg.) (Wilkes-Barre, Pennsylvania) (USAPL)
11.	347.2	(157.5)	*3.35X Terry Dillard-Blanchard/53 2/20/82 (157.5 kg. @ 47.06 kg.) (Auburn, Alabama) (USPF)
12.	347.2	(157.5)	*3.34X Maggie "Sue" Strezze-Benford-Marino/57-09 12/12/87 (157.5 kg. @ 104.0 lb.) (Columbus, OH) (APF)
13.	345.0	(156.5)	*3.34X Elaine "Scraps" Kunkle-Grimwood/70 11/20/10 (345.0 lb. @ 103.3 lb.) (York, Pennsylvania) (IPA)
14.	341.7	(155.0)	*3.26X Denise Johnson 2/20/82 (155.0 kg. @ 47.6 kg.) (Auburn, Alabama) (USPF)
15.	341.7	(155.0)	*3.29X Carmela Baqui/66 11/15/02 (155.0 kg. @ 104.0 lb.) (Reno, Nevada) (WABDL)
16.	341.7	(155.0)	*3.25X Ashley Matheme/83 9/8/04 (155.0 kg. @ 47.7 kg.) (Pretoria, South Africa) (USAPL/IPF)
17.	340.0	(154.2)	*3.40X Kate Washburn 10/30/99 (340.0 lb. @ 100.0 lb.) (Troy, New Hampshire) (APF)
18.	336.2	(152.5)	3.18X April Delmore-Shumaker/67 12/7/96 (152.5 kg.) (Adel, Georgia) (USPF)
19.	336.2	(152.5)	*3.18X Caitlin Miller/90 2/5/05 (152.5 kg. @ 47.9 kg.) (Saint Louis, Missouri) (USAPL/IPF)
20.	335.0	(152.0)	*3.28X Michelle Bertoli/50 11/29/03 (335.0 lb. @ 102.0 lb.) (Albany, New York) (IPA)
21.	330.7	(150.0)	*3.21X Pam Meister 1/26/80 (150.0 kg. @ 46.7 kg.) (Los Angeles, California) (USPF/IPF)
22.	330.7	(150.0)	*3.13X Nan Trowbridge 4/5/86 (150.0 kg. @ 105.5 lb.) (Boston, Massachusetts) (ADFFA)
23.	330.7	(150.0)	3.13X Peggy Box 1/30/88 (150.0 kg.) (Austin, Texas) (USPF)
24.	330.7	(150.0)	*3.13X Jeanna Pacyga 7/16/88 (150.0 kg. @ 105.75 lb.) (Columbus, Ohio) (APF/WPC)
25.	330.7	(150.0)	3.13X Jill Harrison 6/19/92 (150.0 kg.) (Las Vegas, Nevada) (NASA)
26.	330.7	(150.0)	*3.13X Beth Fisher-Street/65 5/5/95 (150.0 kg. @ 47.9 kg.) (Chiba City, Japan) (IPF)
27.	330.7	(150.0)	*3.13X Suzanne "Sioux-Z" Hartwig-Gary/68 11/14/98 (150.0 kg. @ 48.0 kg.) (Baltimore, MD) (USAPL)
28.	330.7	(150.0)	*3.13X Kim Goff/80 4/15/00 (150.0 kg. @ 105.75 lb.) (Colorado Springs, Colorado) (USAPL)
29.	330.0	(149.7)	3.12X L. Fox 11/9/96 (330.0 lb.) (Oskaloosa, Iowa) (NSM)
30.	330.0	(149.7)	*3.12X Brandi Tucker 3/19/04 (330.0 lb. @ 105.7 lb.) (Killeen, Texas) (THSWPA)
31.	325.2	(147.5)	*3.10X Kathy Tuite-Leistner 2/20/82 (147.5 kg. @ 47.62 kg.) (Auburn, Alabama) (USPF)
32.	325.2	(147.5)	3.07X Naomi Prince 4/5/87 (147.5 kg.) (Schererville, Indiana) (ADFFA)
33.	325.2	(147.5)	3.07X Glynis Ramirez-Bierria/63 2/25/90 (147.5 kg.) (Shawnee, Oklahoma) (USPF/IPF)
34.	325.2	(147.5)	3.07X Shirley Scheffler/59 7/7/92 (147.5 kg.) (San Diego, California) (USPF)
35.	325.2	(147.5)	3.07X Lori Ferrero 7/21/95 (147.5 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
36.	325.0	(147.4)	3.07X Janet Belton 10/13/85 (325.0 lb.) (North Miami Beach, Florida) (USPF)
37.	325.0	(147.4)	*3.14X LaKenya Wysinger 3/24/00 (325.0 lb. @ 103.4 lb.) (Killeen, Texas) (THSWPA)
38.	325.0	(147.4)	*3.13X Ashley Hudson-Robbins/77 7/14/01 (325.0 lb. @ 104.0 lb.) (Marietta, Georgia) (USPF)
39.	320.0	(145.1)	3.02X Judith Gedney/40 8/86 (320.0 lb.) (Milan, Illinois) (NSM)
40.	319.7	(145.0)	*3.21X Joan Fruth/54 2/20/82 (145.0 kg. @ 45.2 kg.) (Auburn, Alabama) (USPF)
41.	319.7	(145.0)	3.02X Nancy Belliveau/53 10/7/84 (145.0 kg.) (San Francisco, California) (USPF)
42.	319.7	(145.0)	3.02X Shirley Gutierrez 12/7/85 (145.0 kg.) (San Jose, California) (USPF)
43.	319.7	(145.0)	*3.05X Debbie Burke 4/6/91 (145.0 kg. @ ~47.5 kg.) (Chicago, Illinois) (ADFFA)
44.	319.7	(145.0)	*3.07X Lynne Fuller-Barlow/59 11/7/98 (145.0 kg. @ 104.0 lb.) (Lewiston, Maine) (APF)
45.	319.7	(145.0)	3.02X Stephanie Kubik 11/15/03 (145.0 kg.) (Escondido, California) (USAPL)
46.	315.0	(142.9)	*3.00X B. Conis 4/30/83 (315.0 lb. @ 105.0 lb.) (Ames, Iowa) (USPF)
47.	314.2	(142.5)	*3.06X Debbie Spaeth 1/28/84 (142.5 kg. @ 46.5 kg.) (Austin, Texas) (USPF/IPF)
48.	314.2	(142.5)	2.97X Silver Gotshalk 5/12/84 (142.5 kg.) (Indianapolis, Indiana) (ADFFA)
49.	314.2	(142.5)	2.97X Pam Booth 8/5/84 (142.5 kg.) (Chillicothe, Ohio) (USPF)
50.	314.2	(142.5)	2.97X G. Frederick 6/14/87 (142.5 kg.) (Clearfield, Pennsylvania) (USPF)

Listing compiled by Michael Soong » 70 King James Court, Savannah, Georgia 31419 » 912.920.2051 » soongm@comcast.net



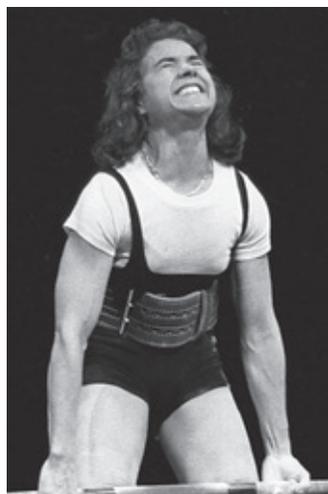
Pam Meister with her awards at the 1980 Women's Nationals. She later did broadcast commentary for NBC Sportsworld.



Law enforcement officer Shirley Scheffler left a mark in this weight class



Terry Dillard wrapping up another title with her deadlift, this time at the 1981 Women's Nationals



Ann Leverett – consistent excellence as a powerlifter over an extraordinary competitive career



Joan Fruth remains on the list with exceptional lifts that were accomplished in the early 1980s



Jennifer Maile still remains atop this prestigious weight class ranking

THE RAGE

The bench shirt that's storming the globe! The Rage is the superior bench shirt of the round-sleeve type shirts, and provided at an unbeatable price for this genre of bench press shirt! Bench more with The Rage than in any other round-sleeve, guaranteed!



- The **Round-Sleeve™** design is very user-friendly because it accommodates many benching styles.

- **Reinforced thicker neck.** No cheap, flimsy "low profile neck" here. The thicker neck on The Rage creates more support for explosiveness off the chest.

- **Stretchy-Back™** makes The Rage more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.

- **SOLID SEAM™** technology. The construction and stitching on The Rage is superior. The Rage seams lay flat which eliminates the digging into your skin that regular commercial seams do. Regular commercial seams are intended for fast-sewing efficiency to save on labor cost, and for loose-fitting, mass-produced T-shirts, not for Bench Shirts. Inzer Advance Designs, the originator of the bench shirt, has always been the forerunner of bench shirt technology and construction. The most important thing the Solid Seam™ does is eliminate the erratic bar wavering that another's shirts cause. Instead of the quarter-inch of open play between sleeve and chest-plate the pinched commercial seams create, the Solid Seam™ locks all parts of The Rage together making it so solid it might as well be welded together. The differences are sometimes subtle but when all these factors are added together it makes a big difference. These reasons alone would make The Rage the best Round-Sleeve™ bench shirt in the world, but there's much more The Rage offers for big benching.

RAGE X

A step above the shirt that's all The Rage in powerlifting. The RageX is the sensational shirt that's helping powerlifters sweep the earth with massive bench presses. The RageX is a step above all round-sleeve bench shirts in clear Quality and Effectiveness. The RageX is the most amazing poly bench shirt in the history of the game.



- **Extra Reinforced** front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.

- The combination of several new contours built into the pattern complement the already super RageX system.

- **SOLID SEAM™** technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.

- **RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE!** RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.

- The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a **MORE AGGRESSIVE** design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about numerous details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.

- **RageX in DOUBLE LAYER.** Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.

- **Guaranteed.** Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.

SEE MORE SELECTION AT INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

PHENOM

The *Phenom* is an extreme top-end bench shirt that will provide you with phenomenal bench press performance, features and power. Guaranteed beyond any other. Made from the legendary *HardCore* material. The only technology of this kind, the *Phenom* will provide you with incredible power off the chest through the mid and top range of motion and it will keep this power; lift after lift, competition after competition.



- The design provides flexibility for your arm angle preference and bar placement, whether that's elbows in, out or in between; low, high, or mid chest range. Will enhance your bench press form, not limit your form.
- Spreads the stress over a wider area of the chest.
- Made from the exclusive *HardCore* material which will provide you with the most incredible rebound power available in the powerlifting world. *HardCore* material is also up to 40% heavier than the closest poly fabric on the market being used for powerlifting gear.
- Since the *Phenom* is made from the *HardCore* material, you will also experience many more performance benefits. The *Phenom* will keep it's memory and will not stretch out. You will be able to use the *Phenom* for countless workouts and competitions in the future. It's a true investment in powerlifting gear.
- The material of the *Phenom* has the perfect balance of non-stretch and rebound combination which will provide you with incredible power and momentum from start to lock out.

RADICAL DENIM

Extreme performance technology makes the *Radical Denim* the choice of most all the world record breakers who wear a denim shirt. The heaviest construction available for the maximum in benching prowess. The *Radical Denim* will provide you with the top end denim experience.



- The *Radical Denim* is the most extreme bench pressing experience for top level benching.
- Made from heavy quality denim that will withstand the pressure from the heaviest poundages.
- Proven in countless world record breaking bench press performances.
- Choice of Partial Open Back, Closed Back, Complete Open Back. With or without Velcro.

ULTIMATE DENIM

- The most sturdy bench shirt of all. Used by some of the world's best benchers with great success!
- The *Ultimate Denim* has virtually no stretch to it and works best for lifters with a beefier upper body.

SEE MORE SELECTION AT INZERNET.COM || || ||

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel



Inzer Advance Designs Logo T-Shirts

This quality T-shirt with two color logo is an excellent value. Choose from a variety of colors: purple, navy blue, royal blue, california blue, yellow haze, yellow, misty green, jade, kelly green, forest green, khaki, canvas heather, oxford, natural, white, stars and stripes, pink, orange, maroon, red, and black.

\$8.00
(2X-3X add \$2.00 4X-5X add \$4.00)



Warm Up Pullover Crewneck

Keep warm in Supersweats Crewneck with embroidered two-color Inzer logo.

\$14.95



Camo T-shirts

Inzer Camo T-shirts are available in: red camo, green camo, blue camo, and yellow camo.

\$10.00



Tank Tops

Quality summer weight Tank Top with two color logo Comes in either 50/50 poly/cotton or 100% cotton fabric depending on inventory. Available in white, black, navy blue, royal blue, and red.

\$10.00

Warm Up Pants

This comfortable warm up pant with front pockets features leg-length, two-color Inzer logo on each pant leg.

\$23.95



Hoodie

Supersweats Pullover Hoodie with embroidered two-color Inzer logo chases away the chills.

\$19.50



Jersey Knit Short

50% polyester/50% cotton jersey knit, elastic waistband, six-inch inseam. Large two-color Inzer logos.

\$12.95



Beanies

Embroidered with two-color Inzer logo, available in black, grey, and red.

\$10.00



Gym Bag

This large deluxe embroidered gym duffel is easy to look at! Inzer logos and "Strongest Sport, Powerlifting" design. Large main compartment and roomy pockets on each end. Heavy nylon. Great value. 29" X 13" X 12"

\$25.00



Suit Slippers

Suit Slippers will help you get your suit up quicker and easier. Pull Suit Slippers on your legs then slide the suit on. After you have the legs of the suit up, pull the Suit Slippers out from underneath the suit.

\$19.95



Fitting Gloves

Save your fingers when handling and fitting gear on workout partners or yourself! The Atlas Fitting Gloves also work great in strongman events!

\$4.95



Stickum Spray

Use this excellent tool for a variety of performance tweaks in training and competition.

\$5.95



Gym Chalk

Essential for workouts and competitions, magnesium carbonate block chalk.

\$10.00



Elbow Sleeves XT

The high tech Elbow Sleeves XT have multiple applications to enhance the performance and pleasure of competing and training for any athlete.

\$55.00



Knee Sleeves XT

The high tech knee support advantage for strongman competitors and other athletes.

\$55.00



Meshback Lifting Gloves

Quality, standard leather workout gloves. Power-Surge.

\$4.95



Power-Surge Red Line Wrist Wraps

Power-Surge, Double Red Line Competition Wrist Wraps. Convenient wrist-cuff design. Velcro wrap-end. Full length. Extra thick. Strong support. Comfortable.

\$12.50



Power-Surge Red Line Knee Wraps

Power-Surge Double Red Line Competition Knee Wraps. Extra thick. Strong support. Easy to wrap to full tightness. Comfortable.

\$16.50



Form-Foam™ Lifting Gloves

Custom gripping power and supreme stability control. Power-Surge.

\$12.95



Iron Wrist Wraps Z

The super powerful Iron Wrist Wraps Z deliver the most supreme support of all wrist wraps.

\$17.00



Iron Wraps Z

The most powerful, most popular, most effective knee wrap in the world!

\$22.00



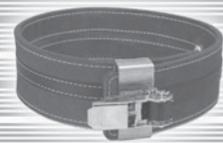
Forever Lever Belt 13MM

The 13mm thick Lever Belt is so quick and easy to use. Tighten your belt with a push of the patented Lever for the most support possible.
\$70.00



Forever Buckle Belt 13MM

The firmest, best belt in the world with unmatched buckle strength. Available in one or two prong zinc plated steel, seamless roller buckle.
\$70.00



PR Belt

A big step forward in Powerlifting Belts! For the first time ever a powerlifting belt provides you with the power to fit yourself differently each set, precisely how you need it.
\$140.00



Forever Lever Belt 10MM

All the manufacturing quality and Lever Belt action in a pliable 10mm thickness.
\$60.00



Forever Buckle Belt 10MM

Forever Belt quality in the 10mm choice. Available in one or two prong precision buckle.
\$60.00



Power Belt Quality Economy

Normally sold at much higher prices by others, this quality power belt will provide years of great use at an unbeatable price.
\$39.95

Forever Belts™ are guaranteed forever!



Max DL

The incredible propulsion of MAX DL will give you the explosive starts and super strong lockouts you need for extreme performance deadlifting.
\$145.00



Lifting Singlet

Classic design lifting singlet sports several finishing touches that make this singlet a pleasure to wear as minimum required attire over your bench shirt or for workouts.
\$33.00



Z-Suit

The legendary Z Suit provides fantastic support and excellent value. Now updated for even more power.
\$42.00



Champion Suit

Champion Suit has proven itself in countless competitions and world records over time. Enjoy the incredible support of Champion suit at an unbeatable price and value.
\$42.00



The Pillar

The Pillar will increase the poundage you can lift through several key designs built in. Feel the super support and power on your feet and in your lifting with this outstanding power shoe.
\$115.00



Standard Blast Shirt

Based on the original, legendary design. Made of unique material found in no other shirt. Many experienced athletes still prefer this bench shirt. Unbeatable value and price.
\$38.00



High Performance HD Blast

Steps above in Radical™ technology, the HPHD will enter you into the world of the more extreme designs. Made from quality, HD™ polyester material.
\$77.00



Heavy Duty Erector Shirt

HD Erector provides firmness with the right amount of rebound to help you achieve explosive deadlifts and stable, upright squats. When used properly it's like lifting with an extra erector muscle.
\$55.00



Heavy Duty Groove Briefs

Made from the Heavy Duty material to give you heavy support in your quest for bigger lifts.
\$26.00

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RESULTS

1ST MONTICELLO MANIA BP

NOV 20 2010 » Monticello, MN

BENCH		D. Berg	260
FEMALE		4th-265	
Master (42)		165 lbs.	
D Hickman	155	S. Huerta	270
132 lbs.		4th-280	
R. Lewis	140	(16-17)	
MALE		M. Bonk	200
132 lbs.		181 lbs.	
(13-15)		(33-39)	
Manzanilla	235	J. Kuphal	445
(16-17)		242 lbs.	
V. Huerta	230	Open/Master (50)	
4th-240		L. Hemenway	570
148 lbs.		(55-58)	
S. Gardner	125	M. Anderson	425
4th-135		(24-32)	
(20-23)		J. Reeves	330

Sponsors: Monticello High School & West Metro Buick GMC. Thanks to all the judges and support staff for a great first meet and hope to see everyone back next year. Also special thanks to all the support of the Monticello H.S. without their help this meet would not have happened.

» courtesy Lloyd Hemenway

USAPL SPRING NO-FRILLS QUALIFIER

MAR 12 2011 » Spring, TX

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Collegiate				
123 lbs.				
K. Tuttle	319	165	308	793
132 lbs.				
K. James	336	182	281	798
F. Mull	286	127	325	738
148 lbs.				
I. Irving	347	209	325	881
L. Nilsen	286	198	303	787
165 lbs.				
O. Harrington	391	193	314	897
B. Alba	330	198	319	848
B. Torres	330	215	281	826
L. Okoro	226	160	424	809
198 lbs.				
T. McKinney	451	341	396	1189
E. Perez	336	198	347	881
B. Lister	248	149	264	661
MALE				
Collegiate				
123 lbs.				
M. Scorsone	347	248	352	947
132 lbs.				
R. Whitaker	374	259	402	1035

X. Clark	275	270	341	886
148 lbs.				
M. de la Cruz	440	319	435	1195
165 lbs.				
T. Zinsmeyer	451	319	479	1250
Z. Divin	517	—	—	517
181 lbs.				
D. Howsmon	490	319	490	1299
198 lbs.				
R. Irving	584	347	551	1481
G. Martinez	556	308	—	864
220 lbs.				
A. Kling	661	424	622	1707
C. Gooch	600	424	517	1541
N. Toth	418	341	352	1112
275 lbs.				
R. Condra	501	473	584	1558
275+ lbs.				
D. Leuhrs	528	336	517	1382
Meet Directors: Tony Cardella & Christy Newman.				
» courtesy USAPL				

SPF IRONMAN CLASSIC PRO/AM

MAR 5-6 2011 » Knoxville, TN

BENCH		D. Ushakov	200
FEMALE		Masters (65-69)	
Multi-Ply		220 lbs.	
Juniors		C. Wooten	410
148 lbs.		Multi-Ply	
G. Vanasse	215	220 lbs.	
Open		A. McClusky	570
148 lbs.		242 lbs.	
Venglovscacia	255	K. Millrany	705
181 lbs.		275 lbs.	
MALE		B. Welch	—
Raw		SHW	
148 lbs.		R. McCray	840
Submasters		SHW	
M. Traugot	230	C. Walker	405
181 lbs.		Masters (45-49)	
B. Rucker	260	275 lbs.	
242 lbs.		B. Welch	—
C. Emerick	385	DEADLIFT	
275 lbs.		P. Franklin	545
308 lbs.		Submasters	
V. Dizenzo	560	220 lbs.	
Masters (45-49)		G. Lenning	605
Push Pull		BP	DL
Single-Ply		TOT	
Masters (50-54)		D. Wiggins	605
SHW		605	1210
Raw		Teen (15-16)	
148 lbs.		C. Salas	155
308 lbs.		350	505

T. Nash	445	605	105	J. Campbell	500	355	530	1385
Masters (40-44)				M. Holder	520	355	480	1355
308 lbs.				R. Reader	380	255	425	1060
T. Nash	445	605	1050	242 lbs.				
Powerlifting				T. Land	725	405	805	1935
FEMALE				259 lbs.				
Pro Day				R. Reyes	485	350	580	1415
123 lbs.				M. Simpson	625	440	600	1365
Jean Fry	400	250	350	SHW				
A. McClusky	570	300	440	1310	R. Wilkerson	1000	605	605
Teen (16-17)				165 lbs.				
123 lbs.				T. Dilliegro	405	310	475	1190
G. Necastro	290	135	250	259 lbs.				
198 lbs.				J. Erxleben	500	350	580	1430
S. Nash	415	350	425	308 lbs.				
220 lbs.				J. Kylo	500	420	520	1440
A. Adams	365	265	415	Masters (40-44)				
Masters (40-44)				220 lbs.				
D. Krystik	350	165	330	745	S. Evans	320	300	340
Open				Single-Ply				
165 lbs.				Teen (18-19)				
V. Traugot	450	325	380	1155	181 lbs.			
Amateur Day				M. York	560	420	430	1410
Masters (50-54)				275 lbs.				
165 lbs.				E. Prince	800	550	650	2000
B. Fuss	400	260	350	1010	Juniors			
Masters (55-59)				165 lbs.				
148 lbs.				J. Sirmans	640	350	540	1530
R. Carlsson	370	135	370	875	Open			
Multi-Ply				165 lbs.				
148 lbs.				M. Evans	525	330	460	1315
R. Carlsson	370	135	370	875	SHW			
165 lbs.				J. Kottwitz	920	730	530	2180
J. Anderson	360	225	370	955	Submasters			
MALE				242 lbs.				
Pro Day				148 lbs.				
148 lbs.				B. Long	600	350	520	1470
J. Morrow	600	380	600	1580	181 lbs.			
R. Stover	610	370	490	1470	SHW			
165 lbs.				Z. Henson	690	390	585	1665
D. Butakov	550	400	500	1450	198 lbs.			
K. Presswood	—	—	—	—	T. Russell	805	390	570
181 lbs.				Juniors				
C. Conner	785	560	570	1915	259 lbs.			
S. Pryaklin	750	495	635	1880	308 lbs.			
198 lbs.				L. Green	730	405	600	1735
M. Cartinian	1005	725	670	2400	Open			
J. Davis	800	530	700	2030	181 lbs.			
K. Ball	775	620	600	1995	SHW			
N. Farley	775	550	600	1925	Z. Henson	690	390	585
220 lbs.				4th-DL-600				
J. Pacifico	945	660	695	2300	198 lbs.			
J. Soule	860	645	680	2185	T. Russell	805	390	570
Z. Geeting	885	410	735	2030	J. Cory	705	580	470
B. Bishop	800	225	660	1685	220 lbs.			
J. Brown	—	—	—	—	A. McClusky	830	570	680
J. Jester	—	—	—	—	242 lbs.			
K. Schulz	—	—	—	—	J. Benson	960	700	640
242 lbs.				M. Taylor	900	615	660	2175
V. Vladmir	1000	615	700	2315	M. Szudarek	940	500	660
275 lbs.				S. Peed	800	540	650	1990
D. Hoff	1115	880	810	2805	259 lbs.			
J. Grandick	950	755	735	2440	J. Tooley	920	645	685
J. Robinson	1000	630	740	2370	B. Strevel	765	515	635
308 lbs.				E. Clark	750	500	500	1750
A. Roberts	1140	870	815	2825	R. Bowsler	870	45	—
S. Hammock	1085	800	775	2660	275 lbs.			
C. Ewald	950	800	725	2475	K. Caton	850	585	725
B. Lily	910	780	700	2390	D. DeBoer	850	565	645
C. Janek	1025	735	—	—	308 lbs.			
Raw				C. Porter	900	550	775	2225
Special Olympics				D. Brown	900	615	605	2120
275 lbs.				SHW				
B. Bugg	455	350	500	1305	M. Beaty	850	615	660
165 lbs.				Submasters				
Z. Nitz	460	285	525	1275	165 lbs.			
308 lbs.				N. Evans	440	355	415	1210
C. Smith	865	515	785	2165	Masters (40-44)			
Open				198 lbs.				
165 lbs.				B. Barger	650	420	630	1700
T. Dilliegro	405	310	475	1190	220 lbs.			
C. Fry	300	275	370	945	A. Sizov	750	485	725
181 lbs.				259 lbs.				
K. Amwine	405	235	425	1065	A. Gatson	675	475	475
220 lbs.				Masters (45-49)				
				220 lbs.				

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R. Bouer 590 475 525 1590
242 lbs.
 M. Taylor 900 615 660 2175
 The SPF Ironman Classic Pro Am took place in Knoxville. It was a huge event and we want to thank all the lifters for taking part in this event and making it a huge success, we couldn't do it without the lifters. We want to thank each and every lifter, Amateurs and Pros alike, job well done. Also we want to thank all the judges, loaders, spotters and score table people for coming and doing a great job all weekend. Thank you Buddy McKee for announcing all weekend, Victoria Rodgers for running the score table, Wade Johnson our head judge, John Ford our side judge, Matt Christie our side and head judge, Laura Phelps our side judge, Mellissa Garrett for stepping in when and wherever, Jonathan Vick our rear and side spotter, Dale and Sydney Alleshouse our spotters, loaders and platform help, The guys from Sweatt Shop our loaders and spotters, Brent Tracey for running the warm up room and anyone else that helped us run this event. It takes many people to run an event like this and you each and everyone done a great job all weekend. We also want to thank our sponsors, West Side Barbell, Louie Simmons, AtLarge Nutrition, and Cell Block Gym and Brent Tracey for their support and helping with the jack pots for the lifters, we could do it without you. Hope to see everyone again in March 2012.
 » courtesy Jesse Rodger

ADFPF 3RD CABIN FEVER CHALLENGE FEB 12 2011 » Rockland, MA

BENCH	Raw			
MALE	129 lbs.			
Raw	Open			
148 lbs.	D. Connolly 286*			
Open	MALE			
R. Gonsalves 204*	275 lbs.			
220 lbs.	Masters (45-49)			
Masters (50-54)	D. Driscoll 606			
B. Sessa 330*	Raw			
Masters (60-64)	165 lbs.			
R. Comito 281*	Masters (75-79)			
275 lbs.	B. Righter 319			
Masters (60-64)	220 lbs.			
R. Cross 314*	Masters (60-64)			
Open	R. Comito 380*			
Guillemette 297	319 lbs.			
DEADLIFT	Teen (18-19)			
FEMALE	J. Roesler 440*			
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Raw				
123 lbs.				
Master (60-64)				
J. Shear — — — —				
MALE				
198 lbs.				
Masters (50-54)				
B. Coleman 330*	231*	407*	969*	
220 lbs.				
Open				
B. Schlafman 528	451	600*	1580*	
242 lbs.				
Open				
J. Guay 573	380	501	1453	
Raw				
148 lbs.				
Masters (70-74)				
L. McCrary 171	105	259	534	
165 lbs.				
Junior (20-23)				
K. Hon 336*	182*	385*	903*	
181 lbs.				
Open				
F. Wu 435*	281	617*	1332*	
S. Wang 435	314*	556	1305	

198 lbs.				
Masters (40-44)				
S. Pagan 479*	375*	490*	1344*	
Open				
S. Pagan 479*	374*	490	1343*	
C. Kolentsas 374	242	413	1029	
S. Begeron 314	270	402	985	
220 lbs.				
Open				
M. Mavilia 413	369*	424	1206	
242 lbs.				
Open				
Stavropoulos 523*	330*	600*	1453*	
275 lbs.				
Masters (50-54)				
D. Brennick 352*	308*	451*	1112*	
319 lbs.				
Teen (18-19)				
J. Roesler 363*	159*	440*	962*	
*=State Records. Venue: Holiday Inn Rockland. » courtesy Dave Mansfield & Rick De Leon				

USPA WEST COAST OPEN FEB 28 2011 » Concord, CA

BENCH				
FEMALE				
Single-Ply				
Junior (18-19)				
148 lbs.				
V. Thomas 94				
Raw				
Master (55-59)				
148 lbs.				
L. Farthing 105				
MALE				
Single-Ply				
Junior (16-17)				
308+ lbs.				
L. Dedrick 386				
Junior (20-23)				
275 lbs.				
L. Robinson 568				
Open				
198 lbs.				
Masters (45-49)				
B. Pacheco 430				
G. Mckinnon —				
220 lbs.				
S. Dedrick 518				
242 lbs.				
D. Reneau —				
308 lbs.				
A. Aerts 485				
308+ lbs.				
R. Lopez —				
Submaster (35-39)				
242 lbs.				
M. White 535				
308+ lbs.				
R. Lopez —				
Master (40-44)				
242 lbs.				
J. Conrad 369				
Master (45-49)				
220 lbs.				
S. Dedrick 518				
Master (50-54)				
242 lbs.				
J. Hunter 474				
275 lbs.				
B. Lee 408				
308 lbs.				
P. Rhoades 507				
A. Aerts 485				
Master (60-64)				
308+ lbs.				
P. Cockerham 325				
DEADLIFT				
Push Pull				
FEMALE				
Single-Ply				
Master (45-49)				
132 lbs.				

J. Jadallah 149	270	419		
Master (50-54)				
148 lbs.				
B. Spann 132	281	413		
4th-DL-286				
Raw				
Junior (20-23)				
198+ lbs.				
K. Nguyen 154	386	540		
Open				
123 lbs.				
L. Kufferath 88	154	243		
Master (50-54)				
132 lbs.				
G. Arrowood 88	182	270		
148 lbs.				
K. Parnow 121	226	347		
Master (55-59)				
123 lbs.				
L. Kufferath 88	154	243		
132 lbs.				
T. Moreno 83	160	243		
Master (60-64)				
165 lbs.				
P. Wynne 66	154	220		
Single-Ply				
Junior (20-24)				
148 lbs.				
M. Leininger 243	298	540		
Open				
275 lbs.				
E. Maxwell 281	402	683		
Submaster (35-39)				
242 lbs.				
M. White 535	650	1185		
Master (40-44)				
242 lbs.				
B. Ticer 281	353	634		
275 lbs.				
E. Maxwell 281	402	683		
Master (45-49)				
220 lbs.				
J. Tremblay 397	650	1047		
Master (50-54)				
242 lbs.				
V. Bernazzani 364	441	805		
Master (60-64)				
220 lbs.				
E. Cutburth 237	347	584		
Raw				
Junior (13-15)				
123 lbs.				
R. Palmieri 99	204	303		
Open				
148 lbs.				
R. Loza 176	380	557		
Raw				
Junior (18-19)				
198 lbs.				
J. Stanley 220	502	722		
181 lbs.				
G. Gonzales 270	496	766		
Open				
198 lbs.				
M. Dusek 209	408	617		
242 lbs.				
M. Moran 446	513	959		
275 lbs.				
G. Gimenez 287	331	617		
Master (45-49)				
181 lbs.				
T. Sullivan 204	386	590		
275 lbs.				
G. Gimenez 287	331	617		
Master (50-54)				
165 lbs.				
J. Stanley 220	502	722		
198 lbs.				
D. Harvey 243	452	694		
242 lbs.				
W. Jandoc 342	507	849		
Master (60-64)				
220 lbs.				
J. Walter 160	303	463		
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Single-Ply				
Open				
132 lbs.				

G. Puckett 276	204	303	783	
Master (45-49)				
132 lbs.				
G. Puckett 276	204	303	783	
J. Jadallah 259	149	270	678	
Raw				
123 lbs.				
Open				
L. Kufferath 88	88	154	331	
132 lbs.				
J. Waddington 160	110	243	513	
148 lbs.				
S. Giovannoni 182	83	215	480	
165 lbs.				
M. Frolely 303	182	342	827	
198+ lbs.				
M. O'Rourke 364	243	424	1031	
Submaster (35-39)				
132 lbs.				
C. Trimble 149	88	226	463	
Master (50-54)				
132 lbs.				
G. Arrowood 143	88	182	413	
148 lbs.				
K. Parnow 160	121	226	507	
Master (55-59)				
123 lbs.				
L. Kufferath 88	88	154	331	
181 lbs.				
E. Wilson 165	99	226	491	
Master (60-64)				
165 lbs.				
P. Wynne 105	66	154	325	
MALE				
Single-Ply				
Junior (16-17)				
165 lbs.				
T. Horvath 276	204	441	920	
Junior (18-19)				
181 lbs.				
J. Puckett 435	—	452	887	
Junior (20-23)				
220 lbs.				
R. King 380	320	481	1181	
Open				
198 lbs.				
B. Pacheco 540	430	502	1472	
J. Simmons 612	391	—	1003	
G. Mckinnon 364	—	452	816	
220 lbs.				
J. Blanco 584	358	441	1383	
242 lbs.				
C. Morton 364	430	502	1295	
275 lbs.				
D. Giorgetti 678	424	623	1725	
Submaster (35-39)				
198 lbs.				
B. Pacheco 540	430	502	1472	
Master (45-49)				

RESULTS »

165 lbs.
D. Murphy 408 248 480 1135

181 lbs.
G. Gonzales 375 270 496 1141

198 lbs.
A. Machuca 446 303 584 1334

D. Harvey 276 243 452 970

M. Dusek 292 209 408 909

220 lbs.
V. Patel 386 220 480 1086

242 lbs.
B. Autrey 584 364 623 1571

M. Moran 507 446 513 1466

4th-BP-451

S. Byrn 386 320 435 1141

275 lbs.
G. Gimenez 320 287 331 937

308+ lbs.
J. Mass 507 331 617 1455

Submaster (35-39)

220 lbs.
S. Jones 424 331 457 1213

Master (45-49)

181 lbs.
T. Sullivan 303 204 386 893

220 lbs.
G. Grissinger 557 380 645 1582

275 lbs.
G. Gimenez 320 287 331 937

Master (50-54)

165 lbs.
J. Stanley 331 220 502 1053

181 lbs.
D. Kennedy 254 154 369 777

198 lbs.
D. Harvey 276 243 452 970

242 lbs.
W. Jandoc 474 342 507 1323

Master (60-64)

220 lbs.
J. Walter 226 160 303 689

Master (65-69)

148 lbs.
S. Morabito 171 165 347 683

J. Angeli 474 248 452 1174

Meet Director & Promoter: Steve Denison.

Thanks to Diablo Barbell Club owners Ted O'Neill and Hillary Harper. Thanks to our

Score Table. Meet Announcers: Gabe Sorenson, Kendall Buffington. Meet Scorekeeper:

Julie Diss, Jeremy Frole; Bar loading program:

Bill Newman, Kendall Buffington; Master

Score sheet: Steve Denison. Thanks to All Our

Referees: Alan Aerts-International, Jody Woods-

National, Karen Matthews-National, Suzanne

Hedman-National, Scott Cartwright-National,

Bonnie Aerts-State, John Deluca-State, Keith

Kanemoto-State (new referee). Thanks to Our

Spotters & Loaders: Will Ingram, Andreas

Gallagher, Andy Bushbaum and Gairret Pirkig.

Powerlifting Best Lifters. Open Women Raw:

Molly O'Rourke. Master Women Raw: Karen

Parnow. Open Men Raw: Ben Autrey. Master

Men Raw: Gary Grissinger. Junior Men Single

Ply: Ryan King. Open Men Single Ply: Dante

Giorgetti. Master Men Single Ply: Brian

Pacheco. Bench Press Best Lifters. Master Men

Raw: Michael Murray. Open Men Single Ply:

Stacy Dedrick. Master Men Single Ply: Stacy

Dedrick. Deadlift Best Lifters. Open Men

Raw: Antonio Machuca. Master Men Raw:

Jeffrey Stanley. Push Pull Best Lifters: Master

Women Raw: Karen Parnow. Open Men Raw:

Marcelino Moran. Master Men Raw: Jeffrey

Stanley. Master Men Single Ply: Jerry Tremblay.

Team awards. 1st Place Team: Black Ice Power

Team: Ruben Loza, Jeff Stanley, Gus Gonzales,

Tim Sullivan, Mike Dusek, Dan Harvey. 2nd

Place Team: Team Sonoma: Gayle Arrowood,

Karen Parnow, Betsy Spann, Antonio Machuca,

Jeff Walter, Wayne Jandoc. 3rd Place Team:

Team Alan & Bonnie Aerts: Leslie Kufferath,

Mike Leininger, Tyler Horvath, Ryan King,

Chris Morton, Greg Gimenez.

» courtesy Steve Denison

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Arginine base powder, 300gm	12.00
Arginine AKG, 150 gm	9.00
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	19.75
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
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BENEDIKT MAGNUSSON



1015 POUNDS!

BENEDIKT MAGNUSSON MAKES DEADLIFTING HISTORY!

as told to Powerlifting USA by Sean Zilla Katterle » producer and promoter of MHP's Clash of the Titans & Kings of the Bench

The world of Norse mythology and spirituality is one where the heroes of old almost always face unsurmountable odds and impending doom. These champions understand and accept that no act of bravery, courage or willpower will save them from inevitable destruction. Even so, they do not submit and they do not yield. They die, resisting to the very end, knowing that a life lived bravely inspires the Valkyrie to carry the heroes among them to a seat in the Hall of Valhalla in the fabled City of Asgard. It is in this great hall in the heavens that they will continue to strive and to train in preparation for joining the battle alongside their gods when they take on the forces of evil in the final epic struggle that might someday unfold and engulf the endless string of universes that stretch out across the possibly infinite vastness of space.

Faced with eventually shedding off this mortal coil and then with the coming of Ragnarok, the only sustaining support possible for the

human spirit, the one pure unsullied good men can hope to attain, is heroism; and heroism is the refusal to bend no matter how overwhelming the hurricanes of the fates. The hero can prove what he is only by resisting to the very end—an end he knows he cannot avoid yet continues to fight against till his very last breath.

“The power of good is shown not by triumphantly conquering evil, but by continuing to resist evil while facing certain defeat... Although the Norse hero was doomed if he did not yield, he could choose between yielding and dying. The decision was in his own hands. Even more than that. A heroic death, like a martyr's death, is not a defeat, but a triumph. The hero in one of the Norse stories who laughs aloud while his foes cut his heart out of his living flesh shows himself superior to his conquerors. He says to them, in effect, 'You can do nothing to me because I do not care what you do.' They kill him,

but he dies undefeated... All the best Northern tales are tragic, about men and women who go steadfastly forward to meet death, often deliberately choose it, even plan it long beforehand. The only light in the darkness is heroism.”

— Edith Hamilton, *Mythology* (Boston: Little, Brown and Company, 1942), 444.

And so it is, in a sense, with the world of competition deadlifting. For no matter how strong, how powerful and how determined a champion of the platform may be, he will eventually face the weight that he cannot lift and the burden he cannot bear. Some will die trying, their hearts exploding or their brains bursting with the strain. Others will be literally ripped apart by the opposing forces of their muscular contractions and the unending draw of gravity. You see, no amount of victories, trophies and records can save an unyielding competitor from finally falling on the barbell battlefield, brought



Benedikt Magnusson pulling a record 1,015 pounds at MHP's Clash of the Titans (Josh Winsor photos)

down by age, by the limitations of the flesh and by the never-quite-healed battle scars collected over the years of answering the call—the call that goes out to those born to be gravity gladiators, the call to pick up the steel bar in their vicelike grip and to pit their sinewy flesh against the never tiring metal monstrosity that pulls their frame back to the earth again and again. It's the soul of the hero, struggling till the very end of his life's journey, that should be honored and respected among mortal men.

On April 2nd, in the hall of The Mesquite Convention Center, Benedikt Magnusson took his struggle against infinity farther than any man before him. Charging onto the Clash of the Titans stage he became the first man in history to competition deadlift a thousand plus pounds in the classic and purist variation of the lift. One thousand fifteen bar bending pounds rose from the floor to an unquestionable lockout and the son of Magnusson earned his place amongst the legendary superheroes of strength.

To put Benni's magnificent accomplishment in perspective, consider this. In the 100 plus years that people have been competing in the barbell deadlift (of some variation), only thirteen men have managed to hoist up 900 plus pounds in competition. Most of them used the assistance of a deadlifting suit to do so. Prior to Benni's 1,015 pound pull, the only other competitor to lift 1,000 plus was Andy Bolton and he HAD to have a suit on to do so (his best raw lift was in the mid 900s).

What Benedikt has accomplished ranks as one of the greatest athletic feats in the history of sport. It's certainly one of the greatest feats of strength of any kind, if not THE greatest. The deadlift has long been recognized as one of the best tests of overall body strength. It is the best test of overall posterior chain power. Benedikt Magnusson has become a giant among giants in the deadlifting game.

"It was super natural to see what he did today. It was just crazy," tradeshow promoter Brian Dobson reflected in a post contest interview with reporter, Aaron Singerman. "The strength and the humbleness of that guy. I'm still just blown away. He did the heaviest deadlift of all time, bar none. Benni came in today...no suit...probably only trained about six weeks. It was really almost a supernatural thing. I think it's what we call a God mood in his heart. He was just going to win the show he told me, because I brought him over here and I promised I was going to take him hunting. I told him I'm gonna take him wild boar hunting here and that was kind of the bait that drew him in. He was like, 'I don't know if I'm just gonna do enough to win.' I said, 'You're a blasted Viking. You're gonna dominate. You're gonna crush this thing man and do it.' I know it sounds crazy, but I feel like God spoke to me about him. I went to him and said, 'You've been annointed to be the very best in the world in this particular lift. And it's time to show everybody and to shut up your critics and to do it.'" He said 'Alright, I'm going to go for the world record of all time.'" Dobson went on to note that Benedikt gave his entire \$1,500 in prize money to the church Brian is a part of because that church works to feed and



shelter disadvantaged and impoverished children both in America and in East India.

Thank you very, very much to Benedikt for choosing my company's pro deadlifting promotion as the stage on which to make history. And thanks to Brian Dobson for working with me to bring Benni over from Iceland to do so. Also, a huge thanks to MHP for giving us the chance to put this competition on. Powerlifting's been fighting for the funding it deserves for almost 50 years now and we appreciate MHP taking a gamble and giving us enough funding to at least get the sport up and running at a respectably professional level. Hopefully the gym world recognizes that we're now on the right track and

that hardcore powerlifting's fast becoming one of the coolest extreme sports on the planet.

By April 30th a complete contest video for MHP's Clash of the Titans IV & Kings of the Bench V will be available for viewing online at RxMuscle.com, IronManMagazine.com and on HouseOfPain.com. It will be 100% free-to-view worldwide thanks to the technology of the Internet. We will also be releasing dozens of professional photographs taken by Josh Winsor and *Powerlifting USA* will be running the full results and contest report in a future issue. To learn about the next Clash of the Titans or Kings of the Bench super show, please stay tuned to www.HardcorePowerlifting.com for details. «

DIETARY FAT

as told to Powerlifting USA by Eric Serrano, MD, and Scott Mendelson » scott@infinityfitness.com » www.infinityfitness.com

AMINO FAT LOADING

BREAKFAST

- ⇒ 4–6 whole cage free jumbo eggs cooked in butter
- ⇒ 2 cups vegetables mixed with eggs
- ⇒ 3 Alpha Omega M 3

MID MORNING SNACK

- ⇒ 1/2 cup raw nuts: almonds, cashews, brazils, etc.

MID MORNING AMINO LOAD

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder

LUNCH

- ⇒ 8–12 oz grass fed beef or steak
- ⇒ Peppers, onions, fresh avocado
- ⇒ 1 tablespoon extra virgin olive oil
- ⇒ 3 Alpha Omega M 3

MID AFTERNOON SNACK

- ⇒ Celery sticks with 2 tablespoons organic peanut or almond butter

AMINO LOADING PROTOCOL

- ⇒ 30 min pre workout 2–3 scoops 100% MR and 2–3 scoops of Muscle Synthesis Powder
- ⇒ During training sip 2–3 scoops 100% MR and 2–3 scoops of Muscle Synthesis Powder
- ⇒ Immediately after last set 2–3 scoops 100% MR and 2–3 scoops of Muscle Synthesis Powder

DINNER

- ⇒ 8–12 oz wild caught salmon cooked in organic butter
- ⇒ 2–4 cups vegetables flavored with organic butter
- ⇒ 1 tablespoon extra virgin olive oil
- ⇒ 3 Alpha Omega M 3

NIGHT SNACK

- ⇒ Repeat dinner at 1/2 the size pending appetite

EVENING AMINO LOAD

- ⇒ 1–2 scoops 100% MR and 1–2 scoops Muscle Synthesis Powder

***NOTE:** Before starting a Dietary Fat Loading Plan you must consult your doctor to discuss your individual situation and needs.

Open your mind to the fact that the types of dietary fats as well as the amounts we consume determine what impact they will have on body composition and performance. This concept alone is highly unfamiliar to many, but well worth considering if you want to slash body fat while increasing lean muscle mass. Creating a positive impact on hormones and other factors governing progress through sound nutrition is the key to success. Keep in mind that the right dietary fat sources provide crucial raw materials needed to increase TESTOSTERONE levels. Taking one training day per week to shift your macronutrient percentages by providing anabolic fats has helped our clients drop 2–4 % body fat while putting on 5 to 10 lb. of muscle mass in a month if all the cards are played right.

AVOIDING METABOLIC STALENESS

When was the last time you made a strategic change to your nutrition plan besides just changing the amounts of food? Would you follow the same training routine for months on end without a strategic change? Probably not since it is well known that body adapts very quickly to stimuli requiring frequent adjustments to avoid staleness. These same principles hold true for nutrition requiring a shift in macronutrients to prevent metabolic staleness that not only stalls body comp improvement, but also training performance. In addition to rapidly improved body composition, energy and performance will also improve dramatically by giving the body the right combination of energy dense materials.

METABOLIC GAME CHANGER

Pick your toughest weight training day of the week for your fat loading day to support your goals. A well structured weight training session changes the game metabolically allowing the body to make much better use of nutrients vs. days with less activity. The anabolic surge associated with the increased intake of the right dietary fats will make your training intensity, work capacity and recovery go through the roof. Pending how your other six days of the week are structured, the Fat Load Day will likely be higher in nutrient dense calories based on the meal plan below which is beneficial. Those who have been using a relatively low caloric intake can drive down metabolic rate if they have been eating too little for an extended period. One day

of shifting up the right combinations of foods can do wonders for reviving metabolic rate and vitality.

TURN ON THE FAT BURNING CELLULAR SWITCH

The GOOD dietary fats mentioned above are vital for natural testosterone production, joint health and fat burning. Avoid trans fats, fried foods and other bad fats like the plague! The bad fats screw up fat cell function making the process of fat burning highly difficult. Anyone who has consumed their fair share of bad fats which are found in most packaged goods to preserve shelf life should purge them by Fat Cell Cleansing with the Alpha Omega M 3. Saturating the fat cells with their proprietary ratios of raw materials developed by Dr. Serrano helps to recalibrate the cell for the accelerated usage of stored fat as fuel. These unique ingredient ratios exclusive to the Alpha Omega M 3 are based on years of patient trials measuring body composition changes, performance improvement and hormonal blood work. This process activates several fat burning mechanisms and can make the body respond more favorably to everything you eat helping to support muscle recovery and growth instead of body fat storage. Good dietary fat choices include extra virgin olive oil, grass fed beef, organically raised protein sources, cage free eggs, raw nuts, avocados and organic dairy products.

HOW ARE YOUR FAT BURNING ENZYME LEVELS?

Probably a question you never considered at all, but very important. If your good dietary fat intake has been relatively low (less than 15–25% of total caloric intake) then your fat burning enzyme levels amongst other things may be low. The large influx of good dietary fats will force the body to boost fat burning enzymes critical to success. The enzymes levels are sent into overdrive to deal with this unfamiliar day of eating as far as the body is concerned. A reduced protein and carbohydrate intake on the Fat Loading day in addition to the high level of dietary fat intake will force the body to prepare a shift to using an increased amount of fat as fuel. Fortunately, the enzyme levels can be elevated for several days allowing them to burn up huge amounts of body fat when your when your nutrition plan returns

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LOADING



FOR RAPID FAT LOSS & MUSCLE GROWTH

to normal for the next six days.

THE ENERGY EDGE!

Contrary to popular belief, the body uses a combination of energy sources during training, not just carbohydrates. Amino Loading with 100% MR and Muscle Synthesis helps to capitalize on the unique hormonal and metabolic conditions created by the Fat Loading day and can force the body to use more stored fat as fuel training while laying down a foundation of quickly utilized growth materials. Drinking 100% MR and Muscle Synthesis before, during and immediately after training primes the system for rapid body composition improvement, increased strength and accelerated recovery from training. Sipping on this powerful combo between meals will keep energy levels high all day long despite low carbohydrate levels. The powerful Anabolic Cocktail makes the brain believe a great deal of food has been consumed and as a result metabolic rate fires up leaving stored fat as the only

source of fuel since the 100% MR and Muscle Synthesis have no caloric burden.

FIRE UP THE GRILL!

Start up your grill just in time for great weather. Imagine a day full of sizzling steaks to your heart's content! The types of dietary fat consumed are very important. Organic grass fed beef will have a much different fat make up vs.

some commercially raised animals. Organic protein and fat sources should be free of harmful compounds such as hormones given to animals to make them fat! Grass fed cows can also have higher levels of beneficial omega 3s and CLA! «

Email Scott@infinityfitness.com for your free copy of the "Great Guns & Abs" and "Fat Cell Cleansing" special reports.

ABOUT INFINITY FITNESS: Infinity Fitness INC provides training, fitness, and nutritional information for educational purposes. It is important that you consult with a health professional to ensure that your dietary and health needs are met. It is necessary for you to carefully monitor your progress and to make changes to your nutritional and fitness program to enjoy success. Infinity Fitness does not employ dietitians or health professionals and assumes no responsibility or liability for your personal health and condition. For more information regarding our Limited Warranty for products and services, please see our disclaimer at InfinityFitness.com.

TIRED OF BUSTING YOUR ASS FOR ONLY AVERAGE RESULTS?

Amino Loading with 100% MR and Muscle Synthesis is a sure fire method for reducing body fat, increasing lean body mass and accelerating recovery. Dr. Serrano's scientifically engineered ratios can bypass digestive hang ups transporting critical fuel sources to hard working muscles within minutes. Protein powders are too little- too late! You deserve the most powerful tools available to make every oz of hard work pay off!



A customized approach to nutrition, training and supplementation is the fastest path to success. How much progress have you really made in the last 12 months? Craving better results? Let's discuss your unique needs and goals right now. I am available 7 days per week to support client success Scott@infinityfitness.com. Ask for cutting edge the extreme crash diet for strength athletes -

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100% MR™, Muscle Synthesis™, Muscle Synthesis Powder™, Amino Loading™, Fat Reduce™, are Trademarks of Superior Supplements and Training LLC, OHIO USA. These statements have not been evaluated by the FDA. These products are not intended to diagnose, cure, treat or prevent any disease. Your results may vary.

TOM MANNO AND I

BY GLENN MURPHY JR.

Tom Manno and I met at the Athletes International Ministries (A.I.M.) office, Phoenix, AZ, in January 1999. Little did I know at the time that it would be the start of a wonderful friendship between myself and this gentle giant. "Our" championships that we'd lift in, phone calls, cards, letters, and enjoying being roommates, would span from August 1999 through November 2007. In seven Worlds we would lift together, and both of us won. Tom Manno: friend, Christian brother, powerlifter, father, husband (to Diane), my teammate on the McDermott Team. I "knew" Tom—not just by name. Tom loved to read his Bible and pray as a born again Christian and one of his favorite verses was Philippians 4:13: "I can do all things through Christ who strengthens me." Tom adored his wife Diane and his boys. Tom enjoyed steak, his favorite color was blue, his hobby was the bench press, he loved church, and he liked sports. Tom played one season in the NFL for the Dallas Cowboys. I could go on and on, but please read on and enjoy a story enhanced with photos.

A couple of days after Tom and I met at the A.I.M. office, he and I, along with A.I.M., took part in the Phoenix First Assembly of God's "Parade of Ministry" night on Monday, February 1, 1999. The church of 12,000 plus supports 200 ministries within the church. Each ministry marched across the pulpit that was larger than a lot of churches. A.I.M. lined up our 20 athletes and stopped for a 15 minute fun time with Pastor Tommy Barnett. Meadowlark Lemon shot hoops with Pastor Barnett. Wrestler "Million Dollar Man" Ted Dibiassi and Pastor Barnett shared a moment. Tom and I talked with Pastor Barnett, then I tried to deadlift a huge styrofoam weight and pretended to not even get it off the ground. Then Tom pulled it up a few inches, and then the cutest little blonde-haired girl in the state of Arizona walked up, picked up the weight, and walked off the pulpit. Ever hear 12,000 people laugh?

Tom and I lifted in our first contest together at the NASA World Cup, August 20–22, 1999, at the Biltmore Hotel, OKC, OK. Tom benched and I powerlifted and we ate our victory dinner together at Cimeron's Steakhouse with some of his big friends. I met Tom's dad and mom at the championships. Tom's mom informed me that when Tom was born, the doctors told her that



due to liver and kidney problems Tom would always be small and puny! (Well, I'm sure glad Tom (6'2" 325 lb.) didn't get big!)

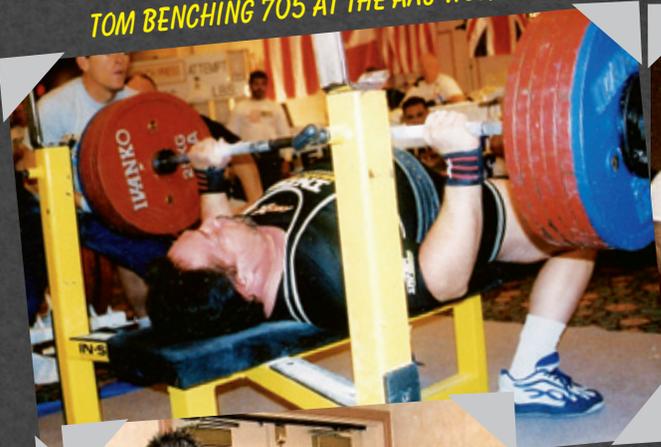
Tom and I next met up at the 2000 NASA World Cup, August 12–13, at the Biltmore Hotel, OKC, OK. Tom and I were roommates at this championship. Tom bench pressed 623 lb. and I did the powerlifts. Tom and I had our photo taken, holding our awards in front of the U.S. flag—my favorite image of he and I. Tom and I lifted as teammates on the winning team, the McDermott Team.

Tom and I lifted in the 2000 WABDL Worlds at John Ascuaga's Nugget, Las Vegas, NV, next. My second favorite photo is Tom and I and Oddie at dinner, the all-you-can-eat seafood

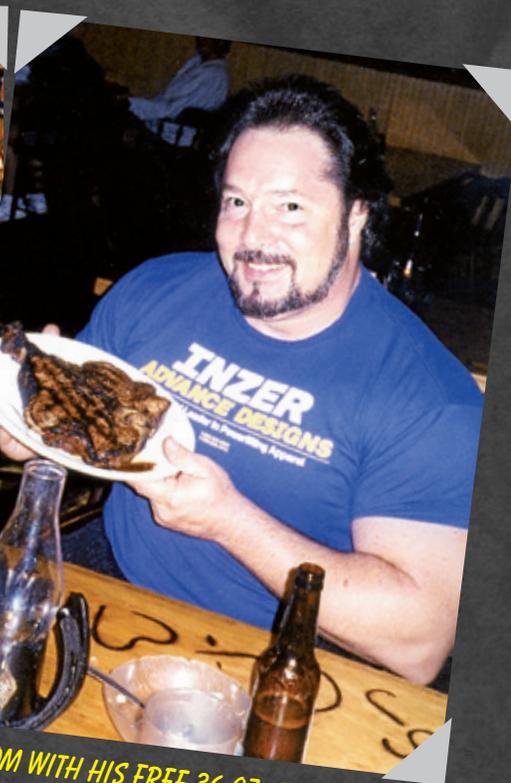
buffet at the "Rotisserie." This was the contest where Miriam Power (from Canada) and I hung out. I set a then WABDL world record bench at 220 lb. in the 123 lb. class, M40–46. Tom and I were roommates again. After dinner, Tom and I were chatting on the way back to our room, and I said to Tom, "You know, it's cool, you and I, Brother Tom." And Tom replied, "Yeah, I enjoy your company also."

Tom and I next met up at the 2001 NASA World Cup, August 10th, once again at the Biltmore Hotel, OKC, OK. Tom again benched well over 600 lb. One highlight was at Cimeron's Steakhouse, where if one can eat a 36 oz. steak in one sitting, it is free. Well, Tom ate the 36 oz. steak in one sitting during a 2 hour fellowship!

TOM BENCHING 705 AT THE AAU WORLDS



TOM WITH HIS MANNO PRO-GRAM BOOTH



TOM AND I AT THE A.I.M. OFFICE

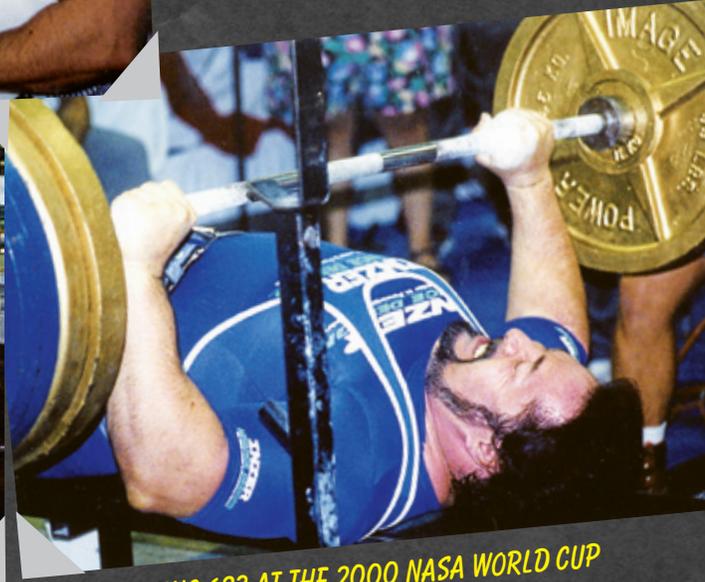


TOM WITH HIS SONS IN 2004

TOM WITH HIS FREE 36 OZ. STEAK



TOM, ODDIE AND I AT DINNER AFTER THE 2000 WABDL WORLDS



TOM BENCHING 623 AT THE 2000 NASA WORLD CUP

Leaving Cimeron's, I said to Tom, "You know, you and I are sort of like Mutt and Jeff." (Comic strip characters.) Tom replied, "No, that's Mutt and Tom."

After a two year lapse of championships, Tom and I met up at the 2003 WABDL Worlds, at the Riviera Hotel, Las Vegas, NV, on December 9-14th. This was the meet where he had his Manno Pro-gram booth, and he autographed his cover shot on Powerlifting USA for me. Tom had me join him and the "big boys" later on Saturday evening for dinner. There were five big boys at one table, so I walked up and said, "Excuse me, gentlemen, but I must inform you that the management has requested that you all split up and sit separately because the buffet rack has

tilted and is leaning this way!" They all laughed and enjoyed my humor, and Tom said to me, "Glenn, you come up with some good ones!"

Tom and I lifting at the 2004 AAU Worlds at the River Palms Casino, Laughlin, NV, December 3-5th has highlighted by Tom bench pressing 705 lb. at SHW at age 45!!! I benched 225 at 114.

For Tom and I, our final championship would be the 2007 WABDL Worlds, at the Anaheim Hilton, Anaheim, CA. For me, it was my 13th in a row world title. I've lifted U.S.A.W. (olympic lifting style) from 2000 to the present.

All of the photos in this story were my products, as I was Tom's photographer. Tom and I had a lot of fun, fond Kodak moments, great lifting

moments, roomed together, and dined out. I remember and still have the Powerlifting USA, Vol. 18, No. 3, October 1994, with the "Big Paul (Anderson) Heads Home" cover. Well, now, "Tom Heads Home."

And now, as I sit at my desk, pen in hand, and finish writing about my friend, my Christian brother Tom, it all seems like just yesterday that he and I met at the A.I.M. office. Now, I await to see Tom Manno in heaven one day because Tom and I "know" Jesus Christ as our personal Lord and Savior.

Thank you very much and God bless ya'll, Mike Lambert and Powerlifting USA, for graciously and lovingly using my story and photos about Tom and I. ☺

RESULTS

ADFPF SINGLE EVENT NATIONAL

MAR 5 2011 » Lansing, MI

BENCH	L. Cross	347
FEMALE	B. Birchmeier	314
111 lbs.	M. He	303
A. Hardy	94	242 lbs.
139 lbs.	R. Huestis	330
K. Hockeborn	264	J. Perry
Raw	319 lbs.	314
117 lbs.	B. Edwards	506
H. Krause	94	J. Buchin
C. Rooker	77	SHW
129 lbs.	J. Miller	231
M. Culhane	110	Raw
132 lbs.	132 lbs.	220
M. Thompson	127	148 lbs.
154 lbs.	D. Wilson	286
C. Burr	165	T. Greenman
S. Sanaghan	99	D. Harnden
176 lbs.	D. Harnden	220
K. Sachowicz	165	G. Morrison
C. Owen	105	S. Myers
MALE	H. Grace	165
132 lbs.	C. Ramirez	138
D. Price	226	M. Wider
148 lbs.	Teen Open	—
P. Ha	171	J. Fairchild
181 lbs.	165 lbs.	248
R. Fabiano	380	M. Evans
198 lbs.	C. Baiers	308
Master Open	D. Rilott	248
J. Jachim	374	B. Boswell
D. Hardy	314	Master Open
J. Marentette	275	A. Sharpe
W. Stirling	275	C. Johnson
220 lbs.	Police/Fire/Military	231
M. LaClair	506	C. Johnson
J. Chowhan	402	181 lbs.

R. Herrman	347	K. Bolda	413
D. Rowles	325	M. Travis	385
J. Shepard	319	J. Knott	374
P. Haley	319	B. Faber	363
T. Gouger	286	T. Starnes	336
A. Passorelli	259	C. Perez	330
J. Burrow	242	J. Brodski	330
R. Batko	198	T. Kizelik	193
R. Randall	182	275 lbs.	—
J. Kizelik	171	J. Johnson	435
D. DeWolfe	154	D. Fye	396
P. Trudell	—	J. Campion	396
198 lbs.	W. Nicolen	H. Taylor	374
W. Nicolen	330	R. Clasing	369
D. Bona	297	R. Strong	352
R. Hemenway	286	B. Lovejoy	336
L. Pate	281	Balanowski	319
J. Otis	264	A. DeWolfe	182
J. Harris	264	K. Rigg	—
J. Gomez	253	Police/Fire/Military	—
K. Donnelly	198	E. Jones	402
J. Jachim	—	319 lbs.	—
W. Stirling	—	J. Bergman	534
J. Marentette	—	R. Bradford	523
220 lbs.	R. Ward	479	
J. Botbyl	402	C. Mclean	424
D. Flynn	385	J. Buchin	418
A. Soria	374	W. Buckley	413
P. Morris	352	Banaszewski	286
R. Yankee	347	H. Taylor	—
J. McKay	319	DEADLIFT	—
C. Wirth	314	FEMALE	—
W. Griffin	303	111 lbs.	—
R. Klump	297	A. Hardy	215
A. Christie	253	139 lbs.	—
J. Jenca	226	K. Hockeborn	314
T. Andrews	215	Raw	—
Leatherman	—	116 lbs.	—
242 lbs.	K. Herron	435	129 lbs.

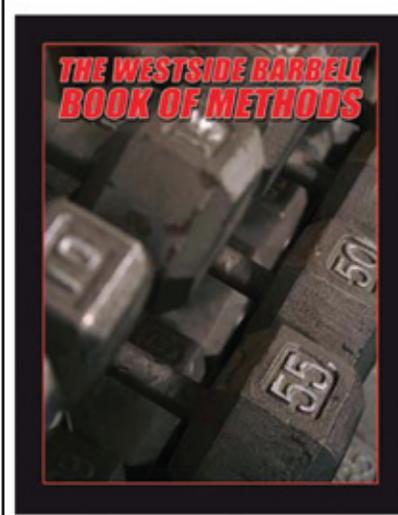
M. Culhane	259	R. Strong	661
139 lbs.	Balanowski	633	MALE
A. Doyle	286	Master	—
154 lbs.	E. Riley	600	H. Timbs
C. Burr	319	D. Cain	534
S. Sanaghan	253	M. Boggs	523
176 lbs.	R. Clasing	440	Submasters
K. Sachowicz	319	B. Lovejoy	424
C. Owen	226	G. Zylstara	352
MALE	Master Open	633	220 lbs.
148 lbs.	E. Riley	630	Masters (40-44)
P. Ha	402	SQUAT	—
181 lbs.	FEMALE	—	—
R. Fabiano	501	139 lbs.	—
198 lbs.	K. Hockeborn	330	Raw
J. Marentette	600	Raw	—
K. Stirling	385	117 lbs.	—
220 lbs.	H. Krause	154	139 lbs.
L. Cross	551	154 lbs.	—
B. Birchmeier	501	S. Sanaghan	204
M. He	429	MALE	—
B. Pollard	402	132 lbs.	—
242 lbs.	J. Perry	562	Submasters
J. Perry	473	181 lbs.	—
275 lbs.	Z. Maxfield	374	242 lbs.
R. Strona	716	R. Fabiano	—
Raw	198 lbs.	J. Marentette	600
132 lbs.	D. Price	402	97 lbs.
D. Price	363	220 lbs.	—
148 lbs.	B. Birchmeier	451	Pre-Teen
D. Wilson	473	B. Pollard	—
M. Wider	429	B. Elbert	—
T. Greenman	396	L. Cross	—
S. Myers	369	242 lbs.	—
G. Morrison	308	275 lbs.	—
C. Ramirez	308	275 lbs.	—
Teen Open	R. Strong	639	220 lbs.
J. Fairchild	402	Raw	—
165 lbs.	132 lbs.	T. Lawrence	500
S. Sielawa	501	220 lbs.	—
J. Miller	418	T. Lawrence	315
B. Boswell	407	242 lbs.	500
D. Rilott	407	R. Brown	315
181 lbs.	S. Myers	303	605
J. Stein	523	275 lbs.	995
R. Herrman	490	A. Mason	400
R. Batko	418	Single-Ply	500
R. Randall	336	Masters (40-44)	900
J. Kizelik	253	Supers	—
198 lbs.	D. Rilott	J. Carter	560
C. Boggs	413	Powerlifting	615
J. Gomez	402	SQ	1175
J. Marentette	385	FEMALE	—
K. Donnelly	363	Raw	—
J. Harris	352	165 lbs.	—
220 lbs.	K. Stirling	418	J. Payne
D. Fenderson	578	J. Marentette	355
R. Klump	567	Submasters	225
B. Elbert	534	165 lbs.	350
A. Soria	523	J. Payne	355
R. Yankee	484	Masters (50-54)	930
T. Andrews	303	181 lbs.	—
242 lbs.	Niedzwiecki	440	Raw
K. Bolda	—	275 lbs.	Teen (16-17)
C. Perez	600	Balanowski	501
Niedzwiecki	578	R. Strong	462
C. Reed	490	Master Open	—
T. Kizelik	275	E. Riley	451
275 lbs.	B. Lovejoy	402	198 lbs.
	R. Clasing	391	Teen (18-19)

T. Lawrence	500	Single-Ply	—
Masters (40-44)	181 lbs.	—	—
W. Stover	500	259 lbs.	—
Masters (50-54)	A. Galvador	275	—
259 lbs.	STRICT CURLS	—	—
	FEMALE	—	—
	Masters (50-54)	—	—
	181 lbs.	—	—
	D. Thispen	60	—
	Masters (50-54)	—	—
	259 lbs.	—	—
	A. Galvador	110	—
	SQUAT	—	—
	Single-Ply	—	—
	Masters (50-54)	—	—
	259 lbs.	—	—
	A. Galvador	275	—

BENCH for Reps	Lbs.	Reps	TOT
Submasters			
242 lbs.			
S. Hickman	235	17	
Push Pull	BP	DL	TOT
Raw			
Pre-Teen			
97 lbs.			
H. Spradlin	85	180	265
4th-DL-190			
Juniors			
220 lbs.			
J. Trent	365	700	1065
MALE			
198 lbs.			
A. Armour	315	500	815
220 lbs.			
T. Lawrence	315	500	815
Masters (40-44)			
220 lbs.			
T. Lawrence	315	500	815
242 lbs.			
R. Brown	390	605	995
275 lbs.			
A. Mason	400	500	900
Single-Ply			
Masters (40-44)			
Supers			
J. Carter	560	615	1175
Powerlifting	SQ	BP	DL
FEMALE			
Raw			
165 lbs.			
J. Payne	355	225	350
Submasters			
165 lbs.			
J. Payne	355	225	350
Masters (50-54)			
181 lbs.			
D. Thigpen	145	95	205
MALE			
Raw			
Teen (16-17)			
242 lbs.			
G. Uhl	545	325	585
Teen (18-19)			
198 lbs.			
T. McMahan	525	335	550
Open			
181 lbs.			
J. Brown	360	255	430
198 lbs.			
J. Web	500	380	520
J. Giesecke	475	285	565
220 lbs.			
T. Lawrence	430	315	500
242 lbs.			
R. Hill	605	375	605
R. Tart	405	275	505
308 lbs.			
A. Clark	385	295	405
Submasters			
165 lbs.			
J. Barbers	400	260	450

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» courtesy ADFPF

SPF TENNESSEE STATE PL

JAN 29 2011 » Knoxville, TN

BENCH	148 lbs.
FEMALE	J. Driggers 275
Raw	Masters (40-44)
275 lbs.	
165 lbs.	K. Dukes 500
P. Bryant 170	Single-Ply
MALE	Teens (16-17)
Raw	T. Pearson 455

BRIDGES



MCNABB



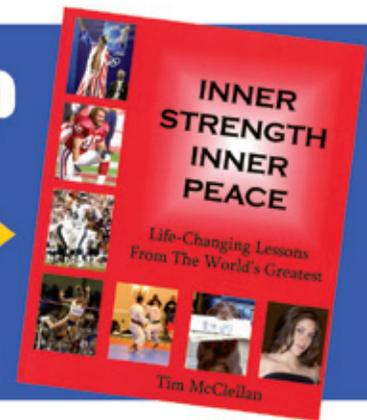
HALL



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259 lbs.	R. Henderson	415	330	445	1190
	<i>Masters (40-44)</i>				
220 lbs.	T. Lawrence	430	315	500	1245
	<i>Masters (55-59)</i>				
220 lbs.	D. Morefield	350	315	420	1085
	<i>Single-Ply Teens (18-19)</i>				
259 lbs.	J. Miller	735	445	600	1780
	<i>Juniors</i>				
165 lbs.	T. Childers	400	250	450	1100
	<i>Masters (45-49)</i>				
242 lbs.	C. Davis	550	370	645	1535
	<i>Open</i>				
220 lbs.	M. Steel	725	500	600	1825
	<i>Police/Fire</i>				
220 lbs.	S. Anderson	555	575	670	1800
	<i>Police/Fire</i>				
220 lbs.	M. Steel	725	500	600	1825
	<i>Submasters</i>				
242 lbs.	T. Mullins	780	460	500	1740
	<i>Masters (40-44)</i>				
220 lbs.	M. Steel	725	500	600	1825
	<i>Masters (60-64)</i>				
198 lbs.	J. Elmore	435	220	400	1055
	<i>Multi-Ply Juniors</i>				
181 lbs.	B. Little	665	390	645	1700
	<i>220 lbs.</i>				
242 lbs.	C. Edwards	550	500	535	1585
	<i>308 lbs.</i>				

A. Jones	810	500	575	1885	
<i>Open</i>					
242 lbs.	L. Edwards	875	630	750	2255
	K. Parke	755	530	605	1890
259 lbs.	J. Shackelford	860	675	685	2220
	<i>Submasters</i>				
275 lbs.	T. Tinch	550	385	500	1435
	<i>308 lbs.</i>				
308 lbs.	G. Moody	700	505	625	1830
	<i>Masters (40-44)</i>				
198 lbs.	S. Maxson	700	460	660	1820
	<i>Masters (45-49)</i>				
220 lbs.	B. Nickols	800	495	600	1895
	<i>» courtesy Jesse Rodgers</i>				

SLP ARKANSAS STATE FEB 26 2011 » Benton, AR

BENCH	4th-485*	
MALE	<i>Police/Fire (45-49)</i>	
220 lbs.	R. Land	330*
275 lbs.	A. Doyle	475*
	<i>Submaster</i>	
275 lbs.	M. Bennett	375
	<i>Master (40-44)</i>	
165 lbs.	S. Hellums	325*
	<i>Teen (16-17)</i>	
198 lbs.	K. Treadway	360*
	<i>4th-385*</i>	
220 lbs.	P. Johnson	470*
	<i>Junior</i>	

198 lbs.	H. Franks	400*
	<i>Submaster</i>	
198 lbs.	G. Davis	320
	<i>Master (40-44)</i>	
181 lbs.	K. Baker	310*
242 lbs.	S. Erwin	405
	<i>Master (50-54)</i>	
198 lbs.	R. Mace	285*
	<i>4th-295*</i>	
148 lbs.	D. Carter	275*
	<i>Master (75-79)</i>	
165 lbs.	H. Hager	220*
	<i>Open</i>	
220 lbs.	K. Crain	440
	<i>*=Son Light Power Arkansas State Records.</i>	
	<i>Best Lifter Bench Assisted: Patrick Johnson.</i>	
	<i>Best Lifter Bench Press Raw: David Willis.</i>	
	<i>The Son Light Power Arkansas State Bench Press & eadlift Championship was held at Express Fitness. Thanks to owners D.D. and Tonya Nichols for once again hosting this event. In the assisted bench press competition Anthony Doyle broke the existing Arkansas state record for the novice 275 class with 475. Mark Bennett won at submaster 275 with 375. In the master men 40-44 age group Scotty Hellums broke the state record at 165 with 325 while Kris Treadway did the same at 198 with 385. Our final master lifter was Patrick Johnson, who finished with a new state record of 485 at 220. For the police/fire 45-49/220 class it was Ronnie</i>	

Land with another state record of 330. Patrick Johnson won the best lifter award among the assisted lifters. Turning to the raw lifters Aaron Cupp won at novice 165 with 280 while Michael Campbell took the 220 class with 245. Joey Davis broke the state record for the 16-17/181 class with 235 while Manly Lincoln did the same at 198 with his personal best 340. Houston Franks won at junior/198 with his first official 400 state record bench! George Davis won at submaster 198 with 320. At 40-44 it was Keith Baker with his state record 310 while Dr. Scott Erwin won at 242 with 405. Raymond Mace returned to competition after a couple of years off and broke the state record at 50-54/198 with 295. David Carter broke the state record for his class, 65-69/148, with a strong 275. Our final master lifter was soon-to-be 78 year old Harold Hager. Harold broke the state record for the 75-79/165 class with 220! In the open division it was Kyle Crain with 440 at 220, a solid double-bodyweight lift! Best lifter David Willis got in a strong 480 opener at 242, before injuring his tricep with 490. Micah Hooker hit an easy 460 at 308 for the win there. In the curl event Chase Odle set the state mark at novice 198 with 135 while Reid Nichols broke his own state record at 18-19/165 with 155. Raymond Mace won again at 50-54/198 with the strongest curl of the day, 165. We also had two pullers, Anthony Doyle, who won at novice/275 with 585 and Kenneth Pack, who set the state record at 50-54/SHW with 430. Thanks to David Willis and Micah Hooker for serving as our side judges and to D.D. Nichols and others who helped with the loading and spotting duties. Thanks also to Kristin Land for serving as our trophy girl. See you all again next year.
» courtesy Dr. Darrell Latch

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100% RAW POTOMAC OPEN

JAN 29 2011 » Woodbridge, VA

BENCH 132 lbs. (35-39)		B. Hymns 148 lbs. (18-19)	270
K. Self 148 lbs. (18-19)	175	M. Edgar 165 lbs. (30-34)	400
M. Edgar Open	235	J. Kepler 181 lbs. (20-24)	440
J. Leavitt 165 lbs. (30-34)	250	M. Burns (25-29)	470
J. Kepler 181 lbs. (25-29)	330	L. Dyles 198 lbs. (20-24)	500
L. Dyles 198 lbs. (20-24)	395	N. Graves J. Hagopian (55-59)	545 420
J. Hagopian Open	245	K. Cassell 220 lbs. (20-24)	540
C. Haller (40-44)	390	R. Kelbaugh D. Dolce 242 lbs. (20-24)	540 435
N. Mercorelli (55-59)	435	M. Cronin 275 lbs. (20-24)	550
K. Cassell 220 lbs. (20-24)	300	S. Brady R. Kelbaugh 350 N. Arbia 295 P. Psilms (40-44)	430 350 295
M. Moyer 242 lbs. (20-24)	335	C. Peters 308 lbs. (35-39)	605
G. Kurlock M. Cronin 275 lbs. (20-24)	390 385	A. Crenshaw STRCT CURL 148 lbs. Open	550
N. Arbia P. Psilms (25-29)	400 315	J. Leavitt 181 lbs. (25-29)	111
C. Peters 308 lbs. (16-17)	435	L. Dyles 242 lbs. (20-24)	160
J. Hugh (35-39)	275	G. Kurlock (25-29)	145
A. Crenshaw DEADLIFT 132 lbs. Open	385	C. Parks 275 lbs. (20-24)	185
		N. Arbia 165	

A special thank you to the wonderful staff at Powerhouse Gym in Woodbridge, VA for hosting another great event. Officials: John Shifflett, Scott Kuzma - 100% Raw National Record holder, Ron Beuch - 100% Raw and IPF World Champions, Jim Marchio - 100% Raw World Record holder, Spotters & Loaders: Ziba Dearden, Russell Adkins, Sid Zullinger.
 » courtesy Paul Bossi

100% RAW IRONMAN NATIONALS

MAR 12 2011 » Zion Crossroads, VA

BENCH 198 lbs. (40-44)		(16-17)	
M. Moyer 198 lbs. (55-59)	336	C. Dantzer STRCT CURL 105 lbs. (55-59)	253
K. Harbaugh 198 lbs. (70-74)	319	K. Poyner 181 lbs. (45-49)	72
B. Dahlhamer 220 lbs. (40-44)	259	J. Penn 198 lbs. (16-17)	110
D. Koser DEADLIFT 198 lbs.	352	C. Dantzer (55-59)	72
		K. Harbaugh (70-74)	141

B. Dahlhamer 220 lbs. (12-13)	127	(45-49)		
J. Penn UNL (50-54)			110	
D. Howell 275 lbs. Ironman 105 lbs. Open (55-59)	77			
K. Poyner 148 lbs. Open			127	264
G. James 181 lbs. (45-49)			226	451
J. Penn 220 lbs. (12-13)			231	451
D. Howell 275 lbs. (45-49)			187	369
J. Penn UNL (50-54)			303	451
T. Brooks 380			440	820

Officials: Paul Bossi, William Thacker, Scott Kuzma, John Shifflett. Thank you to all the lifters for coming to the contest. Thank you to our meet staff Rudy, Jeremy, Cole and Ziba for doing a great job at the contest. The American Challenge for Virginia will be held June 4 at the Best Western in Zion Crossroads make your plans to attend now and see how you stack up across the nation.
 » courtesy Paul Bossi

CAJUN PRIDE NATIONAL QUALIFIER

MAR 3 2011 » Baton Rouge, LA

Powerlifting FEMALE 114 lbs.	SQ	BP	DL	TOT
L. Perry	180	95	150	425
B. Courville	160	75	150	385
H. Morris	180	90	200	470
D. Edwards	120	85	200	405
A. Durel	115	75	155	345
MALE 165 lbs.				
A. Seimen	365	310	360	1035
K. Mikesell	380	230	365	975
R. Olivier	325	190	380	895
T. Bologna	500	275	405	1180
R. Primeaux	425	265	435	1125
D. Andemosu	400	275	385	1060
P. Thomas	350	255	345	950
B. Abadie	340	205	390	935
J. Pepper	485	315	455	1255
T. Bourgeois	380	255	405	1040
D. Arabia	455	380	470	1305

» courtesy Cameron B. Barrilleaux

SPF TENNESSEE STATE

JAN 29 2011 » Knoxville, TN

BENCH FEMALE Raw		Masters (40-44) 275 lbs.	
Masters (45-49)		K. Dukes	500
165 lbs.		Single-Ply Teens (16-17)	
P. Bryant	170	T. Pearson	455
MALE Raw		Multi-Ply MALE	
148 lbs.		308 lbs.	
J. Driggers	275	H. Timbs	—

T. Bolognone — Submasters 242 lbs.	Masters (40-44) 181 lbs.	220 lbs.								J. Web 500 380 520 1400	M. Steel 725 500 600 1825
S. Hickman 405 Masters (40-44) 220 lbs.	W. Stover 500 Masters (50-54) 259 lbs.	T. Lawrence Masters (40-44) 220 lbs.	315	500	815				J. Giesecke 475 285 565 1325	Submasters 242 lbs.	
D. Lowe 630 DEADLIFT Raw MALE 181 lbs.	A. Galvador 275 SQUAT Single-Ply Masters (50-54) 259 lbs.	T. Lawrence 242 lbs.	315	500	815				T. Lawrence 430 315 500 1245	T. Mullins 780 460 500 1740	
K. Mask 610 220 lbs.	A. Galvador 275 STRICT CURL FEMALE Masters (50-54) 181 lbs.	R. Brown 390 605 995							R. Hill 605 375 605 1585	M. Steel 725 500 600 1825	
T. Lawrence 500 308 lbs.	D. Thigpen 60 Masters (50-54) 259 lbs.	A. Mason 400 500 900							R. Tart 405 275 505 1185	J. Elmore 435 220 400 1055	
D. Johnson 585 Masters (40-44) 220 lbs.	A. Galvador 110	A. Clark 385 295 405 1085							A. Clark 385 295 405 1085	Submasters 198 lbs.	
T. Lawrence 500 Single-Ply BENCH for Reps Submasters 242 lbs.	Lbs. Repts	J. Payne 355 225 350 930							A. Clark 385 295 405 1085	J. Elmore 435 220 400 1055	
S. Hickman Push Pull Raw Pre-Teen 97 lbs.	235 17	J. Payne 355 225 350 930							D. Morefield 350 315 420 1085	Multi-Ply Juniors 181 lbs.	
H. Spradlin	BP DL TOT	Masters (50-54) 181 lbs.							R. Henderson 415 330 445 1190	B. Little 665 390 645 1700	
Juniors 220 lbs.	85 180 265	D. Thigpen 145 95 205 445							Masters (40-44) 220 lbs.	C. Edwards 550 500 535 1585	
J. Trent MALE 198 lbs.	4th-DL-190	MALE Raw Teen (16-17) 242 lbs.							Masters (55-59) 220 lbs.	308 lbs.	
A. Armour	365 700 1065	G. Uhl 545 325 585 1455							D. Morefield 350 315 420 1085	A. Jones 810 500 575 1885	
	315 500 815	Teen (18-19) 198 lbs.							J. Miller 735 445 600 1780	MALE 242 lbs.	
		T. McMahan 525 335 550 1410							Juniors 165 lbs.	L. Edwards 875 630 750 2255	
		Open Raw 181 lbs.							T. Childers 400 250 450 1100	K. Parke 755 530 605 1890	
		J. Brown 360 255 430 1045							C. Davis 550 370 645 1535	259 lbs.	
		198 lbs.							MALE 220 lbs.	J. Shackelford 860 675 685 2220	
									M. Steel 725 500 600 1825	Submasters 275 lbs.	
									S. Anderson 555 575 670 1800	T. Tinch 550 385 500 1435	
									Police/Fire 220 lbs.	308 lbs.	
										G. Moody 700 505 625 1830	
										Masters (40-44) 198 lbs.	
										S. Maxson 700 460 660 1820	
										Masters (45-49) 220 lbs.	
										B. Nickols 800 495 600 1895	
											» courtesy Jesse Rodgers

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RESULTS

SLP NORTHERN GRAND NATIONAL OCT 30 2010 » Baraboo, WI

FEMALE		SHW
Raw		
242 lbs.		
J. Opelt	55*	275 lbs.
<i>Teen (13-15)</i>		
97 lbs.		
C. Behrens	60*	181 lbs.
K. Kast	75*	123 lbs.
C. Anderson	85*	132 lbs.
J. Laue	90*	165 lbs.
J. Cockroft	100*	181 lbs.
<i>Teen (16-17)</i>		
148 lbs.		
D. Karl	105*	220 lbs.
<i>Master (40-44)</i>		
148 lbs.		
J. Laue	115*	220 lbs.
MALE		
<i>Submaster</i>		
220 lbs.		
J. Brooks	455*	275 lbs.
C. Broadway	440	242 lbs.
<i>Master (40-44)</i>		
181 lbs.		
J. Peterson	385*	97 lbs.
<i>Master (50-54)</i>		
220 lbs.		
G. Koch	300	308 lbs.
SHW		
<i>Raw</i>		
600*		
<i>Master (70-74)</i>		
198 lbs.		
E. Arnold	175*	242 lbs.
<i>Raw</i>		
<i>Novice</i>		
242 lbs.		
J. Bystrom	230	97 lbs.
<i>Teen (13-15)</i>		
132 lbs.		
R. Nelson	95*	275 lbs.
M. Chadwick	125	198 lbs.
N. Thoma	155	242 lbs.
D. Brown	205	148 lbs.
<i>Teen (16-17)</i>		
132 lbs.		
N. Peters	215*	85
Z. Barrette	155	220 lbs.
<i>Raw</i>		
181 lbs.		
C. Ward	210	105*
<i>Junior</i>		
165 lbs.		
M. Dattilo	315	181 lbs.
J. Nordman	175	148 lbs.
D. Zimmerman	340*	242 lbs.
<i>Submaster</i>		
220 lbs.		
B. Waters	320	242 lbs.
<i>Master (45-49)</i>		
132 lbs.		
R. Kraft	135	198 lbs.
J. Thoma	185	275 lbs.
<i>Master (50-54)</i>		
275 lbs.		
J. Mawhinney	305*	181 lbs.

D. Felton	565	242 lbs.
S. Hubert	500	181 lbs.
<i>Teen (18-19)</i>		
B. Hanson	525*	181 lbs.
<i>Master (65-69)</i>		
181 lbs.		
A. Parness	275	220 lbs.
<i>Open</i>		
R. Robbins	350	165 lbs.
<i>Raw</i>		
<i>Novice</i>		
181 lbs.		
J. Jacobsen	315	97 lbs.
<i>Teen (13-15)</i>		
R. Nelson	215*	132 lbs.
M. Chadwick	345*	198 lbs.
N. Thoma	335	242 lbs.
D. Brown	335*	220 lbs.
<i>Teen (16-17)</i>		
T. Hiserman	475*	220 lbs.
BENCH for Reps		
Lbs. Reps.		
MALE		
<i>Junior</i>		
181 lbs.		
D. Zimmerman	175	32*
<i>Open</i>		
148 lbs.		
B. Helgert	145	27*

*=Son Light Power National Records. Best Lifter Bench Women: Jennifer Laue. Best Lifter Bench Press Raw Men: Jim Ray. Best Lifter Bench Press Open Men: Jim Ray. Best Lifter Curl: Don Tobias. Best Lifter Deadlift Men: Dave Felton. Team Champions: Neillsville Power. The Son Light Power Northern Grand National Bench Press, Deadlift, Curl Championship was held at The Wellness Center on the Ho-Chunk Nation. Thanks to Joe White Eagle for his work promoting and to the Ho-Chunk Nation for hosting this event. In the raw bench press competition we had some great lady lifters. First, at novice 105 was Jillayne Opelt, who broke the existing national record for the class with 55. At 13-15 it was Chelsey Behrens with 60 while Kaitie Kast took the 105 class with 75, tying the national mark there. Cassandra Anderson won at 123 with 85 while Jessica Laue won at 132 with 90. Our final lifter in this age group was Jordan Cockroft, who won at 165 with 100. All of the girls in this age group either tied or set new national records here. Dessa Karl broke her own national record at 16-17/148 with 105. Our final lifter was first-timer Jennifer Laue, who won at 40-44/148 with 115. Not only did Jennifer get a new national record for her class, she also earned the best lifter award for the women. For the men, Jared Bystrom won at novice 242 with 230. At 13-15, Rick Nelson broke his own national record for the 97 class with 95. Mike Chadwick won at 132 with 125 while Nick Thoma won at 198 with 155. Rounding out the field of 13-15 lifters was Dan Brown, who won at 242 with 205. Nikolas Peters broke the national record for the 16-17/132 class with 215 while Zach Barrette finished second there with 155. Tyler Hiserman won at 220 with 235. Our final teenage lifter was Cassidy Ward who won at 18-19/181 with 210. Matt Dittalo hit a strong 315 for the win at junior 165. Jake Nordman placed second at 165 with 175. Dan Zimmerman tied the national record at 181 with 340 while Cameron Gonring won at 242 with 275. Our only submaster lifter was Bryan Waters, who won at 220 with 320. For the

master men 45-49 it was Ralph Kraft for the win at 132 with 135 while Jeff Thoma won at 198 with 185. James "Mo" Mawhinney broke the national record for the 50-54/275 class with 305, a new personal record for him! Our best lifter for the men went to Jim Ray, who finished with a new PR and national record of 520 for the 50-54/SHW class! At 60-64 it was Richard Fischer with a new national record for the 242 class with 325. Mike Allen won over Terry Turner 355 to 350 at 275. Our final master lifter was Alan Parness who won at 65-69/181 with 170. In the open class Brian Helgert broke the national record at 148 with 295. Moses Arizola won at 181 with 320 while Scott Grade took the gold at 181 with 370. Adam Staver won at 198 with 330 while Ryan Robbins took the 220 class with 275. For the assisted benchers it was James Brooks for the win at submaster 220 with a new national record of 455. Charles Broadway hit a new PR of 440 with his win at 275. John Peterson broke the national record at 40-44/181 with 385. Gary Koch got his first official 300 bench with his win at 50-54/220. Jim Ray put on a shirt and hit a national record 600 for the win at 50-54/SHW. Our final assisted lifter was Eugene Arnold, who broke the record at 70-74/198 with 175. We had two lifters competing in the bench for reps event, Dan Zimmerman and Brian Helgert. Both established new national record for their respective classes. Dan hit 32 reps at a 175 bwt., while Brian got 27 at 145! Moving to the curl event we begin with Jillayne Opelt again. Here Jillayne hit a new national record 50 for her win at novice 105. Jared Bystrom got 115 at 242, while Rick Nelson hit 55 at 13-15/97. Raymond Hood won at 13-15/308 with 100. For the 16-17 age group, Tyler Hiserman won at 220 with 125 while Robert Ruhl won at 242 with 85. Derek Krejci won at junior 181 with 105 while Kevin Spirek took the 45-49/220 class with 130. James Mawhinney won at 50-54/275 with 115 while Don Tobias hit a huge 130 at 55-59/198. Richard Lee rounded out the field at 70-74/148 with 85. All of the curlers established new national records with the exception of Kevin and Richard. Now for the pullers! For the raw lifters Jillayne Opelt won her third title of the day at novice 105 with another national record of 105. Cassandra Anderson won at 13-15/123 with her national record 160. Dessa Karl broke her own national record at 16-17/148 with 250. Jordan Jacobsen won at novice 181 with 315. At 13-15 it was Rick Nelson at 97 with 215, another national record for him. Mike Chadwick also got a new national record for his class, 132 with 345. Nick Thoma won at 198 with 335 while Dan Brown did the same at 242, which broke his own national record there. Tyler Hiserman got a big 475 national record at 16-17/220 while Robert Ruhl finished with his national record 320. Cassidy Ward hit a big 390 national record at 18-19/181 while Nick Hubert finished second with 315. Our biggest pull from our teenagers came from Kaleb Grap, who set the national record at 18-19/198 with 485. Matt Dittalo got a big 455 national record with his win at junior 165, followed by Jake Nordman, who finished with 315. Derek Krejci took the 181 class with 315 as well. Rudy Stowers, who competed in the assisted division as well, broke the national record for the submaster 242 class with 585. James Mawhinney got another national record with his 440 pull at 50-54/275. Our final raw lifters were Moses Arizola, who won at open/165 with a new personal best 400 and Scott

Grade who broke the record at open 181 with 475. For the assisted deadlifters it was David Langer at junior/220 with 585 while "Bash Brother" Cameron Gonring hit 555 at 242. Both were new national records for the boys. Charles Broadway won at submaster 275 with 440. Best lifter Dave Felton won at 50-54/181 over Scott Hubert 565 to 500. Bob Hanson broke the national mark at 50-54/242 with 525. Alan Parness hit 275 at 65-69/181 while Ryan Robbins won at open/220 with 350. The team Award went to Neillsville Power coached by Kevin Grap. A special thanks goes out to Terry Turner and Kevin Grap, who brought several young lifters to the competition. It's always encouraging to see the young lifters interested in the sport and the efforts by these two coaches is greatly appreciated. Richard Lee is another who has brought so many young lifters to the sport over the years. Thanks to Joe White Eagle, who along with my son Joey Latch did a great job of loading and spotting, and to the many others who helped in any way. We had a great turnout of eighty-three lifters, our biggest ever. See you all again next year!

» courtesy Dr. Darrell Latch

USPA CA & BAKERSFIELD BP MAR 12 2011 » Bakersfield, CA

BENCH		165 lbs.
<i>CA Multi-Ply</i>		
165 lbs.		
<i>Open</i>		
M. Daisa	452	Open
181 lbs.		
<i>Open</i>		
E. Dudley	430	Submaster (35-39)
<i>Submaster (35-39)</i>		
E. Dudley	430	Master (40-44)
275 lbs.		
<i>Master (55-59)</i>		
Ken Tawzer	413	Junior (20-23)
<i>Bakersfield</i>		
<i>Single-Ply</i>		
FEMALE		
198+ lbs.		
<i>Open</i>		
J. Lee	—	K. Thunberg 364
MALE		
242 lbs.		
<i>Master (50-54)</i>		
J. Hunter	480	Open
308 lbs.		
<i>Open</i>		
R. Lee	634	Submaster (35-39)
308+ lbs.		
<i>Open</i>		
T. Coleman	—	M. Kokkonen 204
<i>Master (40-44)</i>		
T. Coleman	—	275 lbs.
<i>Open</i>		
<i>Bakersfield Raw</i>		
FEMALE		
114 lbs.		
<i>Open</i>		
C. Lai	116	Master (60-64)
132 lbs.		
<i>Open</i>		
J. Ramirez	138	Moormeister 353
MALE		
<i>Open</i>		
308+ lbs.		
<i>Open</i>		
Meet Promoter & Director: Edward G. Dudley-Robey & Steve Denison. Thanks to Strength & Health Barbell Club & Michael Kokkonen. Thanks to our Score Table. Meet Announcer: Steve Denison & Mary Tawzer. Meet Scorekeeper: Mary Tawzer. Bar loading program: Kynna Ward. Master Score sheet: Steve Denison. Thanks to all our Referees: Gordon Santee, International, Ken Wheeler, National, Lisa Wheeler, National.		

Thanks to our spotters & loaders: Jamie Flowers, Joe Jano, Rich Lopez, Max Tooker. Bench Press Best Lifter Open Men Multiply: Matthew Daisa. Bench Press Best Lifter Open Men Single Ply: Robert Lee. Bench Press Best Lifter Open Men Raw: Iman Richards. Bench Press Best Lifter Submaster Men Raw: Iman Richards. Bench Press Best Lifter Master Men Raw: Ron Moormeister.
» courtesy Steve Denison

Teen (17)									
D. Cresson	205	365	570						
198 lbs.									
Teen (17)									
B. Curry	340	460	800						
B. Emmons	235	470	705						
259 lbs.									
C. Drummond	480	660	1140						
275 lbs.									
J. Judd	335	620	945						
Powerlifting	SQ	BP	DL	TOT					
FEMALE									
Raw									
165 lbs.									
J. Hines	200	115	300	615					
Multi-Ply									
181 lbs.									
J. Todd	385	335	415	1135					
MALE									
Raw									
123 lbs.									
Ca. Osborne	350	175	370	895					
Master (55-59)									
165 lbs.									
P. Nguyen	400	300	590	1390					
A. Leigh	355	225	455	1035					
Teen (18)									
S. Jimick	365	255	470	1090					
181 lbs.									
Z. Dojaquez	405	250	500	1155					
R. Arnold	330	285	490	1105					
Teen (16)									
C. Brawley	290	195	340	825					
Master (55-59)									
C. Newman	285	185	300	870					
198 lbs.									
C. Doyle	590	330	630	1550					

T. Pearl	445	340	520	1305					
M. Barnes	435	245	505	1185					
T. Stacy	405	285	460	1150					
Junior (20-23)									
C. Doyle	590	330	630	1550					
M. Edwards	345	245	415	1005					
220 lbs.									
K. Dickhut	505	325	600	1430					
M. Ferguson	475	365	545	1385					
N. Bruce	440	290	510	1240					
Master (55-59)									
R. Wananaker	330	245	350	925					
242 lbs.									
R. Walling	620	415	680	1715					
J. Wahl	625	375	650	1650					
P. Griffin	550	410	640	1600					
A. Hall	525	345	585	1455					
D. Jones	450	300	475	1225					
Junior (20-23)									
A. Hall	525	345	585	1455					
259 lbs.									
Junior (20-23)									
N. Arbia	540	380	570	1490					
275 lbs.									
D. Staley	365	275	485	1125					
308 lbs.									
R. Woodward	525	360	620	1505					
SHW									
T. Dillard	650	500	750	1900					
Master (50-54)									
T. Dillard	650	500	750	1900					
Single-Ply									
198 lbs.									
R. Devlin	655	425	560	1640					
242 lbs.									
Master (40-44)									
D. Johnston	505	395	515	1415					
Multi-Ply									

220 lbs.
B. Hill 825 435 565 1825
242 lbs.
D. Hess — — — —
275 lbs.
D. Atkins — — — —
Biggest Geared Bench: Donovan "Tank" Atkins. Best Lifter Raw: Paul Nguyen. Biggest Bench Raw: Thomas Dillard. Best Lifter Geared: Brian Hill. SPF and powerlifting continues to grow in the state of Virginia. Brute Strength Gym's Shamrock Meet was 50 lifters strong with 28 first time lifters. Hard to believe Ron Walling in the raw 242 class was one of these first time lifters with a 620 squat, 415 bench, and a big 680 deadlift, for a 1715 total and first place. Ron is also a member of Brutes Military Powerlifting Team which had 7 lifters competing. It was Paul Nguyen in the 165 raw class that won best raw lifter with a 500 lb squat, 300lb bench and 590 deadlift and totaled 1390. This was also Thomas Dillard first full powerlifting meet. He competes in the open and also masters 50-54 raw SHW. His squat was 650, bench 500, deadlift 750 and totaled 1900. Brian Hill had the biggest squat of the day of 825, with a 435 bench, 565 deadlift, and total of 1825, he won best geared lifter in the 220 class. One of the most impressive benches of the day was Donnell Moore at 165 benched 390 raw. Thank you to all our sponsors. Ken Anderson Of Anderson Powerlifting, Integrative Longevity Institute, and Nimbus Restaurant and Hookah Bar. Look for more exciting meets at Brute Strength Gym Soon.
» courtesy Stella Krupinski

SPF BRUTE STRENGTH SHAMROCK
MAR 12 2011 » Norfolk, VA

BENCH	165 lbs.			
FEMALE	D. Moore	390		
Single-Ply	181 lbs.			
181 lbs.	Master (45-49)			
J. Todd	R. Dominguez	325		
MALE	198 lbs.			
Multi-Ply	Q. Thomas	330		
242 lbs.	242 lbs.			
S. Woods	J. Lilly	365		
Single-Ply	Master (40-44)			
275 lbs.	A. Turner	365		
D. Atkins	259 lbs.			
Raw	I. McKay	—		
148 lbs.	SHW			
Master (45-49)	M. Goodman	465		
M. Thompson	BP		DL	TOT
Push Pull				
MALE				
Raw				
165 lbs.				
T. Suiter	205	315	520	
198 lbs.				



RESULTS

USAPL 14TH BATTLE OF GREAT LAKES

MAR 26 2011 » Cleveland, OH

BENCH		BP	DL	TOT
114 lbs.	N. Jones	130		
College	Open			
H. Daher	D. See	310		
135	M. Wallace	130		
Master I	N. Jones	275		
Y. Hao	181 lbs.			
123 lbs.	Novice			
Master IV	B. Spellman	365		
N. Proctor	P/M/F	145		
165 lbs.	B. Spellman	365		
Master I	198 lbs.			
D. Ochi	Master III	350		
Novice	M. Kovach	275		
S. Turner	Master V	265		
198 lbs.	D. Morgan	280		
Master I	Novice			
R. Dues	B. Pethtel	320		
Open	Open			
T. Stroshine	L. Summers	—		
242 lbs.	B. Pethtel	320		
College	B. Archinal	315		
M. Fleeman	P/M/F	445		
Raw	B. Pethtel	210		
114 lbs.	Teen II			
Master II	J. Sharp	210		
T. Distavlo	198+ lbs.	120		
Master III	College			
P. Beno	H. Daher	200	135	255
123 lbs.	Open			
College	J. Koenig	115	155	
S. Jones	220 lbs.			
Open	Master III			
S. Jones	P. Drenik	115	390	205
Teen III	165 lbs.			
S. Jones	College			
132 lbs.	Ruszkiewicz	115	435	225
Master I	Open			
T. Comisford	R. Dukes	245	500	405
Master III	Ruszkiewicz	250	435	225
L. Miller	181 lbs.			
148 lbs.	Open			
Open	T. Straub	285	550	400
D. Deibel	198 lbs.			
165 lbs.	Open			
College	Bartosiewicz	285	500	385
N. Jones	275 lbs.			
M. Wallace	Open			
Juniors	D. Pfeiffer	130	330	275
N. Jones	220 lbs.			
Master II	Master II			
P. Hoffman	SHW	185	365	300
Master III	Juniors			
L. Miller	T. Murray	335	365	300
D. See	Open	310		
Novice	M. Bishop		545	
Ironman	B. Eucker		680	520
114 lbs.	SHW			
Master I	Master I			
Y. Hao	S. Buccilli	—	770	585
148 lbs.	Raw			
Teen II	114 lbs.			
M. Richuisa	Master IV	205	155	100
198 lbs.	D. Ustar			
Teen II	132 lbs.			
Raw	Master IV			
114 lbs.	S. Bahr			
Master II	Teen III			
T. Distavlo	P. Townsend	120	285	170
Master III	148 lbs.			
P. Beno	Master II	95	150	95
132 lbs.	Open			
Open	J. Varner		260	135
R. DeLollis	165 lbs.			
148 lbs.	Master II			
Master II	P. Hoffman		210	185
G. Prebis	Open			
165 lbs.	A. Szrom		370	—
Teen II	Teen II			
E. Painter	J. Peterson	215	300	245
181 lbs.	181 lbs.			
	Novice			
	K. Johnson		315	205
	Open			

Teen II	A. Lugo	185	340	525
C. Siskovic	D. Tumin			
Teen III	Teen I			
S. Zerucha	D. Gutwein	250	475	725
198 lbs.	Teen II			
Master V	Z. Archer			
D. Morgan	198 lbs.			
280	Juniors			
490	P. Kozub			
770	Master I			
J. Elias	T. Mazzotta			
225	Master III			
440	M. Kovach			
665	Master V			
D. Pfeiffer	D. Morgan			
275	Novice			
375	K. Baker			
650	Open			
M. Focht	L. Summers			
180	A. Whitlach			
315	A. Smith			
495	Teen II			
198+ lbs.	J. Kozub			
Master I	D. Pfeiffer			
P/M/F	M. Focht			
M. Prather	198+ lbs.			
135	Master IV			
320	J. Koenig			
455	Open			
M. Compton	J. Koenig			
Open	220 lbs.			
Teen I	Juniors			
S. Rogers	J. Wharton			
300	Lifetime			
355	M. Beech			
655	T. Haydu			
275 lbs.	Master II			
Open	J. Pfeiffer			
K. Robinson	Master III			
SHW	H. Hare			
Novice	Open			
M. Bishop	J. Hare			
545	J. McCurdy			
525	B. Hartman			
1070	B. Hetrick			
BP	D. Nelson			
DL	C. Elko			
TOT	M. Beech			
	P/M/F			
	J. Pfeiffer			
	Teen I			
	S. Rogers			
	A. Ondredcak			
	242 lbs.			
	Novice			
	L. Baughman			
	Open			
	B. Harris			
	M. Logan			
	SHW			
	Open			
	M. Pink			
	C. Beck			
	515			
	550			
	415			
	600			
	1565			
	Best Lifter Men's Open Full Meet: Bob Eucker. Best Lifter Men's Raw Full Meet: John Hare. Best Lifter Women's Full Meet: Jennifer Varner. Best Lifter Ironwoman (BP/DL): Michelle Prather. Best Lifter Ironman (BP/DL): Philip Compton. Best Lifter Women's Bench Press: Pam Hoffman. Best Lifter Men's Bench Press: Marvin Bishop. Best Lifter Men's Bench Press: Thomas Murray.			
	» courtesy Gary Kanaga			

198 lbs.	J. Willoughby	275
J. Dougherty	Police/Fire (40-44)	
315	220 lbs.	
Open	C. Barth	365*
198 lbs.	Police/Fire Open	
J. White	242 lbs.	
405	B. Griffin	460*
Raw	Open	
Novice	198 lbs.	
242 lbs.	M. Munro	400
W. Melrose	J. Willoughby	400
295	DEADLIFT	
4th-310	FEMALE	
Teen (13-15)	Teen (16-17)	
181 lbs.	165 lbs.	
D. Collom	C. Willis	305*
230	Teen (18-19)	
275 lbs.	148 lbs.	
S. Tolson	L. Thompson	360*
320	MALE	
Teen (18-19)	Novice	
181 lbs.	148 lbs.	
E. Zigler	S. Ingram	420*
170	4th-450*	
275 lbs.	242 lbs.	
S. Willoughby	W. Melrose	410
265	4th-430	
Junior	Submaster	
148 lbs.	181 lbs.	
D. Roberson	W. White	370
290	275 lbs.	
4th-300	R. Ogle	500
165 lbs.	Master (40-44)	
D. Borjon	242 lbs.	
275	165 lbs.	
Master (45-49)	D. Borjon	390
242 lbs.	Master (45-49)	
K. Tolson	A. Look	450
375	Master (50-54)	
Master (45-49)	198 lbs.	
220 lbs.	J. Dougherty	500
D. Roberson	Master (55-59)	
380	242 lbs.	
242 lbs.	J. Willoughby	315
J. MacBean	Open	
400	4th-315*	
Master (55-59)	242 lbs.	
181 lbs.	J. Willoughby	530
J. Riddle	*=Son Light Power Illinois State Records.	
310*	Best Lifter Bench Press: Ronnie Olge. Best Lifter Deadlift: Tyrone Adamore. The Son Light Power "The Last One!" Bench Press & Deadlift Championship was held at Son Light Power Gym This marks the twelfth annual "Last One" which began on December 31, 1999. Thanks to all the lifters and spectators who attended and who always make this a fun and successful event. Thanks also to my spotters and loaders, Joey Latch, Spencer and Keith Tolson and Tony Nixon for doing a great job on the platform. In the raw bench press competition Elizabeth Hawkins broke the state record for the women's 13-15/181 class with 125. For the men, newcomer William Melrose won at novice 242 with 310. Drew Collom won at 13-15/181 with 230, just missing a final attempt of 240 which would have tied the state record there. Spencer Tolson, guest-lifting in the 16-17/275 class, finished with a solid 320. Eric Zigler, lifting in his first bench meet, won at 18-19/181 with 170. Steve Willoughby took the 275 class with 265. In the junior men's division Divale Roberson hit a great double-bodyweight personal best 300, weighing in at just 146, for the win at 148. Derek Borjon took the 165 class with 275. Returning to competition after a little time off was Willie White, who won at submaster/181 with 370. Also lifting in the submaster division was best overall lifter Ronnie Ogle. Ronnie won at 275 with a strong 500 final attempt. In the 40-44 age group Larry Elster won at 242 with a solid 400 while Keith Tolson took the shw class with 375. Dwight Roberson, who	

SLP THE LAST ONE!

DEC 18 2010 » Tuscola, IL

BENCH	Teen (18-19)
FEMALE	275 lbs.
Raw	Z. Knolmayer
(13-15)	425*
181 lbs.	Master (40-44)
E. Hawkins	220 lbs.
125*	T. Reece
MALE	370
	Master (50-54)

trains with the great Tommy Harrison, won at 45-49/220 with 380. John MacBean took the 242 class with 400. John Riddle broke the state record at 55-59/181 with 315 while Jerry Willoughby hit a personal best 275 at 242. Chuck Barth set the state record for the police/fire 40-44/220 class with his 365 PR, while Brandon Griffin did the same at police/fire open 242 with his personal best 460. For the open division Mark Munro hit a solid 400 at 198 for the win there. Our final raw lifter was Jarrod Willoughby, who also finished with 400 for the title at 242. For the assisted lifters Zachary Knolmayer tied the current state record for the 18-19/275 class with 425. Tom Reece won at 40-44/220 with 370 while John Dougherty hit 315 for the 50-54/198 class. Our final assisted lifter was Jerome White, who won at open 198 with 400. Moving to the deadlift, Chelsea Willis tied the existing state record for the women's 16-17/165 class with her personal best 305! LeelLee Thompson set the state record at 18-19/148 with 360. For the men it was Stephen Ingram for the win at novice 148 and a new state record of 450 while William Melrose won again at 242 with 430. Best lifter Tyrone Adamore just missed a final attempt with a new state record of 610 at 18-19/242, so had to settle with his 560 second attempt. Steve Willoughby won at 275 with 405. Derek Borjon won at junior/165 with 390 while Andrew Look won at 45-49/242 with 450. John Dougherty hit 500 at 50-54/198 while Jerry Willoughby won at 55-59/242 with 315. Our final lifter was Jarrod Willoughby, who won at open/242 with 530. Thanks again to everyone. I always look forward to this meet

each year. See you all again next year!
 » *courtesy Dr. Darrell Latch*

SLP BODY ZONE OPEN

JAN 30 2011 » Indianapolis, IN

BENCH		<i>Master (40-44)</i>	
FEMALE		181 lbs.	
<i>Raw</i>		S. Baker	320*
<i>Teen (13-15)</i>		<i>Master (55-59)</i>	
114 lbs.		148 lbs.	
S. Edwards	85	M. Evans	225*
<i>Master (40-44)</i>			4th-230*
148 lbs.		<i>Police/Fire</i>	
L. Mercer	110	<i>Submaster</i>	
<i>Police/Fire</i>		220 lbs.	
148 lbs.		J. Edwards	400*
H. Edwards	155*		4th-410*
		<i>Open</i>	
MALE		165 lbs.	
<i>Raw</i>		A. Ortiz	320
<i>Novice</i>		220 lbs.	
220 lbs.		J. Ford	435*
L. Smallwood	340	242 lbs.	
SHW		R. Jones	485
J. Clifton	470*	CURL	
<i>Teen (13-15)</i>		MALE	
123 lbs.		<i>Master (55-59)</i>	
G. Hostetter	115*	148 lbs.	
		M. Evans	115*
<i>4th-120*</i>		<i>Master (70-74)</i>	
<i>Teen (16-17)</i>		181 lbs.	
181 lbs.		D. Vogler	150*
C. Ayers	280	DEADLIFT	
<i>Teen (18-19)</i>		MALE	
165 lbs.		<i>Novice</i>	
D. Randall	270*		

220 lbs.
 J. Gentry 570*
 4th-600*
Teen (16-17)
181 lbs.
 C. Ayers 425*
Master (55-59)
148 lbs.
 M. Evans 445*
Open
 *—Son Light Power Indiana State Records.
 Best Lifter Bench Women: Heather Edwards.
 Best Lifter Bench Men: Ricardo Jones. Best Lifter Deadlift: Mark Evans. The Son Light Power Body Zone Open Bench Press, Deadlift, Curl Championship was held at Body Zone. Thanks to Todd Williams, director of Body Zone and to Clif Coleman for set up and organizing the event. In the bench press event everyone lifted "raw", which is somewhat of a rarity in this day of the "super" shirts. For the women it was fourteen year old Samantha Edwards, who won at 13-15/114 with a solid 85. Another first-timer was Lisa Kay Mercer, who won at 40-44/148 with 110. Our best lady lifter was Heather Edwards, who set a new personal best and Indiana state record of 160 at Best Lifter deadlift: Mark Evans. 148! Turning to the men, Ty Smallwood got a new pr at novice 220 with 340 while Jeb Clifton broke the state record at novice SHW with 470. Garrett Hostetter broke the state record at 13-15/123 with 120. Craig Ayers won at 16-17/181 with 280 while Dylan Randall broke the state record at 18-19/165 with 270. Scott Baker broke his own state record at 40-44/181 by five pounds to finish with 320.

Mark Evans came up from Louisville to take the title at 55-59/148, setting a new record there with 230. Jamie Edwards upped his record at P&F Submaster 220 with his personal best 410. In the open division Anthony Ortiz won at 165 with 320 while Jamie Ford broke the state record at 220 with 435. Best lifter Ricardo Jones won at 242 with 485. Ricardo injured his left pec on his final attempt with 500. We wish Ricardo a speedy recovery. Mark Evans got his second state record of the day with his 115 curl at 55-59/148. Doran Vogler also got a new state record in the curl event with his 150 PR at 70-74/181. In the deadlift competition Josh Gentry pulled his first ever 600 deadlift, setting the state record there at novice 220. Craig Ayers broke the state record at 16-17/181 with 425, lifting as a guest lifter. Mark Evans continued to prove why he is one of the greatest master lifters, as he pulled a 445 at a bodyweight of 137, to win both the 55-59 and open 148 class, as well as the best lifter award. Mark also set the state record at 55-59/148. Also in the open division was Ty Smallwood, who finished with his first 500 pull at 220, followed by Josh Brunner, who pulled the biggest lift of the meet with his 675 fourth attempt at 242 and Jeremy Peevler, who, lifting in his first deadlift meet, finished with 565 at 275. Thanks to my spotters and loaders, Joey Latch, Clif Coleman and Robert von Schwedler, and my judges Kevin and Jane Piper, Rober von Schwedler and Joey Latch. Thanks also to Debbie von Schwedler for taking some awesome pictures and to Olivia Sizemore for serving as our trophy girl.
 » *courtesy Dr. Darrell Latch*

Advertisement for House of Pain featuring various t-shirts and a photo of a lifter. The t-shirts include:

- Blue t-shirt: POWERLIFTING (price: \$20)
- Grey t-shirt: HEAVY SQUATS FIX EVERYTHING (price: \$18)
- Black t-shirt: DEATH BEFORE WEAKNESS (price: \$20)
- Black t-shirt: HOUSE OF PAIN (price: \$20)
- Black t-shirt: ONLY THE STRONG SURVIVE (price: \$20)

 The photo shows a lifter wearing a white tank top with "HOUSE OF PAIN" and "NICK BEST WEARING HOP WIFE BEATER" printed on it. The text "PUT SOME ATTITUDE IN YOUR WORKOUT." is prominently displayed. The website "HOUSE OF PAIN.COM" is at the bottom, along with the phone number "1-888-463-7246".

RESULTS

SPF NORTH MYRTLE BEACH CLASSIC

APR 9 2011 » N. Myrtle Bch, SC

BENCH

Raw

FEMALE

Masters (60-64)

123 lbs.

K. Chasserot 85

Masters (45-49)

181 lbs.

J. Riote 180

Masters (70-74)

242 lbs.

G. Lambdin 260

BENCH For Reps

Teen (18-19)

181 lbs.

B. Jarnagon

Masters (40-44)

220 lbs.

D. Reed

Powerlifting

Raw

Teen (15-16)

165 lbs.

A. Koontz 325

Teen (18-19)

198 lbs.

D. Houston 330

MALE

198 lbs.

G. Crook 540

A. McCarter 600

K. Hare 550

T. Mitchell 415

Multi-Ply

MALE

198 lbs.

C. Tucker 560

Masters (60-64)

R. Blackman 500

SQUAT

Multi-Ply

Masters (45-49)

220 lbs.

R. Pardue 840

Lbs. Reps

180 13

215 26

SQ

BP

DL

TOT

380 870

245 415 990

370 560 1470

365 500 1465

245 510 1305

250 445 1110

220 lbs.

D. Reed 365 380 440 1185

242 lbs.

F. Domingoes 565 410 700 1675

Police/Fire/Military

220 lbs.

C. Wright 365 250 455 1070

Submasters

181 lbs.

B. Knight 425 235 485 1145

220 lbs.

J. Couick 500 350 500 1350

242 lbs.

M. Jurenas 600 430 680 1710

J. Williams 100 155 155 410

Masters (40-44)

220 lbs.

D. Reed 365 380 440 1185

242 lbs.

Underwood 500 370 460 1330

Masters (50-54)

220 lbs.

P. Casamento 500 250 575 1325

Single-Ply

Juniors

242 lbs.

B. Morton 525 385 650 1560

MALE

198 lbs.

M. Honeycutt 635 415 630 1680

308 lbs.

J. Byrd 825 640 635 2100

Multi-Ply

MALE

181 lbs.

S. Feeney 505 250 495 1250

J. Tinsley 500 135 430 1065

242 lbs.

W. Kuenzel 700 510 590 1800

J. Hayes 450 275 450 1175

275 lbs.

B. Fields 830 540 630 2000

SHW

R. Petillo 905 520 735 2160

Masters (40-44)

259 lbs.

D. Grunstra 600 400 500 1500

Masters (45-49)

220 lbs.

R. Pardue 840 485 500 1825

R. McMasters 600 530 450 1580

Masters (60-64)

198 lbs.

R. Blackman 480 500 500 1480

» courtesy Jesse Rodgers

USA RAW SPRING NATIONALS/SLP IL

OPEN BP/DL

FEB 5 2011 » Tuscola, IL

BENCH

MALE

USA Spring Nat'l's

Raw

Submaster

308 lbs.

Z. Butkus 510*

4th-530*

Master Men 40-49

181 lbs.

M. York 335

Police/Fire (40-49)

220 lbs.

C. Barth 380*

SLP Illinois

Teen (18-19)

275 lbs.

Z. Knolmayer 450*

DEADLIFT

MALE

Teen (18-19)

275 lbs.

Z. Knolmayer 505

*=SLP Illinois State Records. Best Lifter:

Zach Butkus. The USA Raw Bench Press

Federation Spring Nationals and SLP

Illinois Open Bench Press and Deadlift

Classic was held at Son Light Power

Gym. We took a big hit with the recent

ice and snow storm of the past week, but

still held the competition. Turned out to

be a good time had by all just the same.

In the USA Raw competition Big Zach

Butkus retained his title at submaster

308 with a strong 530 pounds. This was

a new SLP Illinois state record for that

class. Mike York, whose wife just gave

birth to his first son three months ago,

won at 40-49/181 with 335 pounds.

Mike is the current Illinois state record-

holder for that class. Chuck Barth won at

police/fire 40-44/220 with a new

personal best 380 pounds. This broke

his current SLP Illinois record there by

fifteen pounds. Competing in the SLP

Illinois Open meet was eighteen year

old Zachary Knolmayer, lifting in just

his second competition. Wearing his

bench shirt, Zachary finished with a new

personal best of 450 pounds, which also

broke the state record for the 18-19/275

class. Zachary also pulled, finishing with

another personal record of 505 pounds.

Zach Butkus was awarded the best lifter

trophy for the competition. Thanks to my

son Joey Latch, Mike Bottando and Marty

Knolmayer for helping with the loading,

spotting and judging duties. See you all

again next year.

» courtesy Dr. Darrell Latch

USPF MULTI-NATIONAL POWERLIFTING, BENCH PRESS & DEADLIFT CHAMPIONSHIPS

USPF RAW NATIONAL POWERLIFTING, BENCH PRESS & DEADLIFT CHAMPIONSHIPS

2011

JULY 8, 9 & 10TH

ENTRY & HOTEL INFO USPF.COM

CROWNE PLAZA O'HARE HOTEL

FOR CONTEST INFO

LANCE KARABEL 773-294-1550 TOOHUGE1@HOTMAIL.COM

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XPTV EXPO RAW POWERLIFTING & AAA ARMWRESTLING
Raw Unity Powerlifting Championships 4
January 22, 23 2011 Tampa, FL

Show 2 Ultimate Raw Powerlifting Championships
EUROPA EXPO
American Powerlifting Federation Raw Nationals
& Single Ply Nationals Deadlift and Bench Press
April 28 & 29 2011 Orlando

Show 3 Ultimate Raw Powerlifting Championships
RAW Powerlifting in Atlanta 70- 80lb dyno mo Challenge
Andy Bolton returns to the US JULY 15 & 16 2011 Atlanta Ga.

Show 4 Ultimate Raw Powerlifting Championships
RAW 504 "Clash for Cash" The Final Show
See Who Wins Ultimate Powerlifter Belt
November, 2011 New Orleans, La

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RESULTS

WABDL SOUTHWEST REGIONAL

JUL 31 2010 » Dallas, TX

BENCH B. Vandiver 287
FEMALE
Open

Single-Ply C. Washburn 540
148 lbs. W. Rogers 347

Master (40-46) Submaster (33-39)
T. Eppler 138 C. Washburn 540

M. Love 127 **220 lbs.**
Class I

Master (61-67) J. Gardner 524
J. Aaron 121* 4th-530*

MALE H. Beall 441
Single-Ply R. Durham 408

105 lbs. Junior (20-25)
Teen (14-15) D. Calvo 485

M. Ramsey 127 H. BE'ali 441
114 lbs. G. Ruiz 375

Teen (18-19) W. Viliarreal 314
J. Sanchez 255 *Law/Fire (40-47)*

148 lbs. B. Stone 431
Junior (20-25) 4th-435*

R. Nguyen 304 *Law/Fire Submaster*
Teen (12-13) A. Floyd 397

J. Garrand 116 4th-415*
165 lbs. *Master (40-46)*

Class I S. Petersen 435
W. Brown 347 *Master (54-60)*

Junior (20-25) T. Epting 287
I. Rojas 358 *Master (61-67)*

Submaster (33-39) V. Breaux 503!#*
D. Smith 454 *Master (68-74)*

W. Brown 347 B. Bassman 375
181 lbs. **242 lbs.**

Class I *Master (61-67)*
S. Evington 281 T. Wright 259*

Junior (20-25) *Teen (18-19)*
J. Mangum 259 B. Brashear 420

Master (47-53) **259 lbs.**
M. Knutson 271 *Class I*

4th-275* I. Conde 331
Master (61-67) *Junior (20-25)*

R. Greenlee 281 J. Trejo 380
Open *Law/Fire (56+)*

R. Greenlee 281 J. Park 353
Teen (18-19) 4th-367*

J. Cantu — *Master (61-67)*
198 lbs. J. Park 353

Class I 4th-367
J. Montez 403 *Teen (18-19)*

A. Whitaker 364 H. Dilber 468
W. Rogers 347 J. Triplett 430

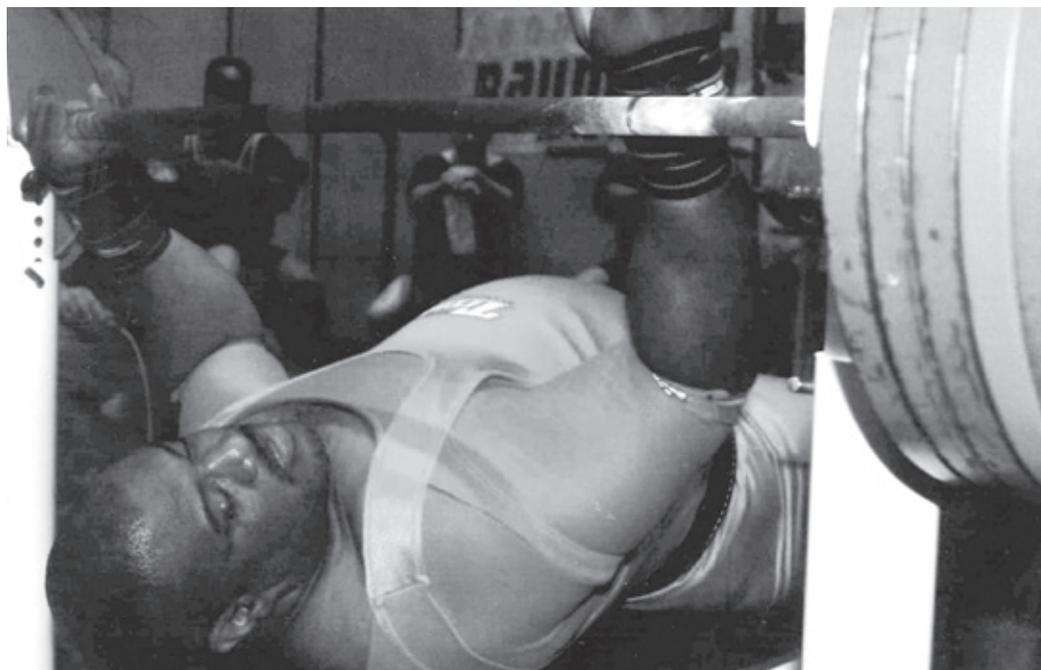
Junior (20-25) **275 lbs.**
A. Whitaker 364 *Master (40-46)*

Law/Fire (56+) J. Stewart 728!#*
J. Parsons 402 *Open*

J. Guardado 270 H. Erickson 639
Law/Fire Submaster H. Kumar-IND 502#

D. Stewart 287* *Submaster (33-39)*
Master (40-46) B. Bankston 590

K. Sawyer 452* H. Kumar-IND 502
R. Espinoza 364 *Teen (18-19)*



Eric Doublin was one of the top lifters at the WABDL Southwest Regional Bench Press and Deadlift Championships (Danielle Durocher photo)

Sanchez-MEX 303 4th-584*
308 lbs. **308 lbs.**

Class I T. Ekenberg 424*
R. McMichael 369 *Master (61-67)*

J. Solleder 254 *Disabled* T. Ekenberg 424*

R. McMichael 369 **SUPER**
Master (47-53) *Submaster (33-39)*

J. Solleder 254 T. Meeker —
Open **DEADLIFT**

B. Bankston 590 **FEMALE**
Teen (16-17) *Single-Ply*

C. Kelley 380 **148 lbs.**
Teen (18-19) *Master (40-46)*

D. Cooley 524!#* M. Love 182
SUPER **165 lbs.**

Class I *Junior*
K. Sayles 320 L. Okoro 435

Double-Ply 4th-458!#*
259 lbs. *Open*

BP Master (40-46) L. Okoro 435
P. Parnell 733 4th-458!#*

4th-755 **SUPER**
Master (40-46) *Master (40-46)*

275 lbs. S. Rivers 331*
Master (40-46) **MALE**

E. Doublin 701* *Single-Ply*
Master (54-60) **105 lbs.**

R. Duncan 573

Teen (14-15) M. Flores 468*

M. Ramsey 303 T. Epting 457*

114 lbs. *Master (61-67)*

Teen (18-19) V. Breaux 557

J. Sanchez 359 **242 lbs.**

Junior (20-25) J. Trejo 474

R. Nguyen 413 *Master (47-53)*

A. Garcia 402 J. Murphy 424

165 lbs. 4th-440*

Junior (20-25) *Master (61-67)*

I. Rojas 408 T. Wright 402*

181 lbs. *Teen (18-19)*

Class I B. Brashear 507

S. Elvington 502 I. Conde 463

Junior (20-25) *Open*

J. Mangum 672 J. Dunn 672

Open J. Dunn 672

J. Mangum 672* **198 lbs.**

Class I J. Chaney 584

C. Goyes 485 H. Dilber 457

J. Montez 480 **275 lbs.**

Law/Fire (40-47) *Master (40-46)*

J. Chaney 584 T. Putman 672

Law/Fire Submaster *Master (54-60)*

D. Stewart 380 R. Duncan 502

4th-418* H. Kumar 623

Master (40-46) *Submaster (33-39)*

R. Espinoza 529 H. Kumar 623

Teen (18-19) R. Sanchez 623

J. Webb 391* **220 lbs.**

Class I H. Beall 634

C. Ortwein 601 *Junior (20-25)*

H. Beall 634 G. Rulz 507

Law/Fire (40-47) B. Stone 541

4th-551* *Master (40-46)*

Master (40-46) S. Petersen 518

Master (47-53) *Teen (16-17)*

C. Ortwein 601 C. Kelley 446

Master (54-60) M. Flores 468*

T. Epting 457* *Master (61-67)*

V. Breaux 557 **242 lbs.**

Junior (20-25) J. Trejo 474

Master (47-53) J. Murphy 424

4th-440* *Master (61-67)*

T. Wright 402* *Teen (18-19)*

B. Brashear 507 I. Conde 463

Class I *Open*

J. Dunn 672 *Submaster (33-39)*

J. Dunn 672 *Teen (18-19)*

H. Dilber 457 **275 lbs.**

Master (40-46) T. Putman 672

Master (54-60) R. Duncan 502

Open H. Kumar 623

Submaster (33-39) H. Kumar 623

Teen (18-19) R. Sanchez 623

308 lbs. *Class I*

! = World Records. # = National Records.

* = State Records. Venue: Crown Plaza Hotel.

There were 80 lifters at this event, up from 52 of the previous year.

In the deadlift, there were three world records set.

In junior women 165, Linda Okoro pulled 440.7 and it looked like a limit lift.

I was wrong! She came back and got a world record 458.3 that looked relatively easy!

Tom Ekenberg had hip replacement surgery about five months ago. No problem.

He got a world record in 61-67/308 with 617.2 and tied a 4th of 633.7 and was close.

The other world record also belonged to Linda Okoro 458.3 in open women 165.

In the open, she beat Imelda Zamora who I thought at one time was the greatest female deadlifter I had ever seen.

I sent her a letter telling her that and either the pressure of living up to that was too much of a jealous boyfriend didn't want her to lift anymore, either way she hasn't lifted since 2005.

Time doesn't stand still. She is no longer the greatest I have ever seen.

Linda Okoro is the greatest. In the junior division, Linda's world record beat Rikka Ylikalo's record of 457.2.

I thought that record was unbeatable. It wasn't. Linda Weighed 160.6 and is only 20! Three weeks later in Houston, Linda weighed 151 and broke both records again with an incredible 468.2.

Rikka Ylitalo is from Finland and has won a IPF world title. Linda passed her drug test.

Other notable deadlifts were Barran Stone with a 551 Texas record in law/fire 40-47/220. Joseph Lee Chaney pulled 584 in class 1/198.

Terry Putnam pulled 672.2 in 40-46/275. A.J. Mangum set a Texas record 672.2 in open 181.

James Dunn pulled 672.2 in open 259 and passed his third drug test.

Mauro Flores set a Texas record 468.2 in 5-60/220 and James Murphy set an Oklahoma record 440.7 in 47-53/242.

In teenage Jacob Webb set an Arkansas record 391.2 in 16-17/198 and Raymundo Sanchez was very impressive with 622.7 Texas record in 18-19 weighing 262.4.

In the bench

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press, world records were set by Patrick Parnell 755 in 40-46/259 in double-ply, John Steward 40-46/275 who battled Eric Dublin and beat him 727.5 to 700.8 in a good match-up. Vince Breau brought life and hope to the Geritol set with a world record 502.6 in 61-67/220 weighing 215.4 at age 65. Daniel Cooley was great for a teenager, world record 523.5 in 18-19/308. Brandon Bankston came back with 655.7 Louisiana record that looked very strong! Other impressive lifts in the bench were Ric Duncan 54-60/275 who got a Texas record 584, not far from George Nelson's 615 world record in double-ply. John Erickson got a 639.2 at 275. John is from Oklahoma and was a high school state wrestling champ and played baseball as a pitcher in the Tampa Bay Rays organization at the double A level. Brandon Bankston, the WABDL state chair in Louisiana got a 589.5. Johnny Park of Oklahoma got a 367 Oklahoma record in 61-67/259 and Habit Dilber got a Texas record 468.2 in 18-19/259 to beat Jesse Triplett of Oklahoma who got a state record 429.2. Jesus Sanchez got a Texas record 254.6 in 18-19/114 and Brandon Brashgar got a Texas record 424.2 in 18-19/242. The teenage lifters were dialed in and were very impressive about their lifting and also had a good time. In class 1 bench, Justin Gardner got a Texas record 530.1 in 220 and Tom Ekenberg put up a Texas record 4224.2 at 308 to go along with his world record deadlift in spite of hip surgery. In submaster 198, Coby Washburn set a Texas state record of 540. There were ten lifters that benched 500 or more at this meet and three that did 700 or more. Tiny Meeker boded out due to injuries or he would have been over 800. The judges were Jim Snodgrass, Patrick thomas and Ken Anderson. The score-keeper was Tommy Bulin. The meet directors were Alex Calvo and his wife Norma. This was their first meet and they did an excellent job. The spotters were David Rogers and Alex Jasso. House of Pain and Anderson Powerlifting distributors of Titan Gear were the main sponsors along with Ben E. Keith Beers with Bud Weiser and Bud Light and a new Anheuser Busch beer called "Deadlift Beer," believe it or not. The emcee was Gus Rethwisch. Another sponsor was Phit Grip with Dawn Meifert. » *courtesy Gus Rethwisch*

USPA CAL STATE MULTI-PLY

APR 23 2011 » Fresno, CA

BENCH		E. Maxwell	309			
MALE		<i>Master (50-54)</i>				
Open		198 lbs.				
165 lbs.		D. Cannataro	364			
198 lbs.		J. Hunter	535			
Kosanouvong		<i>Master (60-64)</i>				
408		220 lbs.				
<i>Master (40-44)</i>		275 lbs.				
275 lbs.		E. Cutburth	226			
Powerlifting		SQ	BP	DL	TOT	
181 lbs.		<i>Master (70-74)</i>				
<i>Master (70-74)</i>		D. Martinez	303	204	364	871
198 lbs.		<i>Master (50-54)</i>				
<i>Master (50-54)</i>		D. Cannataro	287	364	336	987
Open		<i>Open</i>				
220 lbs.		R. Tillett	424	331	430	1185
220 lbs.		<i>Master (55-59)</i>				
<i>Master (55-59)</i>		Arrendondo	358	375	303	1036
<i>Master (60-64)</i>						

Cutburth	259	226	353	838
242 lbs.				
<i>Master (55-59)</i>				
T. Kezerian	435	375	441	1251
<i>Open</i>				
D. Copeland	540	474	579	1593
P. O'Neal	628	364	579	1571
275 lbs.				
<i>Master (50-54)</i>				
T. Rodenburg	353	265	502	1119
<i>Master (55-59)</i>				
B. McEwen	402	248	408	1058
<i>Open</i>				
T. Ponce	562	358	551	1472
308+ lbs.				
<i>Junior (13-15)</i>				
L. Sharpe	226	259	281	766
<i>Master (40-44)</i>				
D. Guerra	601	502	612	1714
Meet Director & Promoter: Bob Packer. Thanks to Center Point Athletic Club in Fresno, CA. Thanks to our Score. Table of Meet Announcer: Bob Packer. Meet Scorekeeper: Kim Packer, Belinda Kezerian. Master Score Sheet: Steve Denison. Thanks to Our Referees: Steve Denison, International, Ken Wheeler, National, Lisa Wheeler, National, Pete Wilson, National. Thanks to Our Spotters & Loaders: Jimmy Garza, Jesse Mendez, Ronnie Hill, Clint Dockins, Brian Perez, Ato Lakatani. Thanks to our Sponsors: Wheeler's Fitness Equipment. Powerlifting Open Men Best Lifter: Darrell Copeland. Powerlifting Master Men best lifter: David Martinez. Bench press Best Lifter: Jeff Hunter.				
» <i>courtesy Steve Denison</i>				

APF OHIO CUP

MAR 2011 » Plainfield, OH

BENCH		Masters Raw				
148 lbs.		M. Miller	360			
<i>Teen (18-19)</i>		<i>Submaster</i>				
J. Reeves	325	S. Nail	385			
198 lbs.		DEADLIFT				
<i>Masters (50-54)</i>		FEMALE				
T. Wyler	425	<i>Open Raw</i>				
<i>Masters (65-69) Raw</i>		J. Eizensmits	165			
J. McNeil	275	MALE				
<i>Masters (65-69)</i>		<i>Teen (16-17)</i>				
J. McNeil	275	D. Pfeiffer	365			
220 lbs.		220 lbs.				
<i>Teen (18-19) Raw</i>		<i>Masters (45-49)</i>				
J. Kelly	308	J. Pfeiffer	410			
<i>Junior</i>		242 lbs.				
J. Kolb	810	<i>Submaster Raw</i>				
220 lbs.		T. Fellure	700			
<i>Submaster</i>		<i>Open</i>				
J. Lafferty	330	D. Fryberger	600			
275 lbs.		275 lbs.				
<i>Submaster</i>		308 lbs.				
H. Jackson	285	165 lbs.				
308 lbs.		<i>Open</i>				
Powerlifting		SQ	BP	DL	TOT	
165 lbs.		J. Ramirez	285	285	315	885
<i>Open</i>		<i>Submaster</i>				
181 lbs.		O. Riley	440	385	475	1300
<i>Submaster</i>		<i>Masters (65-69)</i>				
<i>Masters (65-69)</i>		J. Bandy	610	290	540	1440
Open		<i>Open</i>				
T. Fuller	455	345	400	1200		
C. Biecker	470	305	440	1215		
T. Howard	655	385	555	1595		
<i>Teen (16-17)</i>		<i>Teen (16-17)</i>				
D. Pfeiffer	380	200	365	945		
220 lbs.		<i>Junior</i>				
220 lbs.		J. Kolb	900	810	700	2410
<i>Junior</i>		<i>Masters (45-49)</i>				

USPF RAW

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J. Pfeiffer	430	320	410	1160
<i>Open</i>				
D. Thomas	625	405	525	1555
J. Kolb	900	810	700	2410
242 lbs.				
<i>Open</i>				
R. Black	715	510	550	1775
K. Jenkins	750	475	600	1825
M. Johnston	950	575	755	2280
<i>Masters (40-44)</i>				
M. Johnston	950	575	755	2280
<i>Open Raw</i>				
Z. King	530	350	540	1420
<i>Submasters</i>				
J. Harris	835	570	650	2055
<i>Masters (50-54)</i>				
D. Dague	810	560	665	2025
<i>Open</i>				
A. James	400	365	525	1290
J. Harris	835	570	650	2055
Best Lifter Bench: Jimmy Kolb. Best Lifter Deadlift: Todd Fellure. Best Lifter Full Power: Jimmy Kolb. Venue: Linton Community Center. Judges: Tracy Wyler, Avery Dotson, John Blackstone. Spotters: Ralph Kusinack, Wes McKee. Score Table: Kayleen Blackstone, Pam McKee. Running the monolift: Joe Allen.				
» <i>courtesy John Blackstone</i>				

USAPL KS HEAVY METAL OPEN

MAR 26 2011 » Hoisington, KS

BENCH						
242 lbs.		<i>Master II</i>				
<i>Master II</i>		B. Rome	360			
Powerlifting		SQ	BP	DL	TOT	
123 lbs.		<i>Teen III Raw</i>				
<i>Teen III Raw</i>		Mi. Fox	335	260	395	990
148 lbs.		<i>Teen III Raw</i>				
<i>Teen III Raw</i>		Ma. Fox	325	235	265	825
165 lbs.		<i>Open</i>				
<i>Open</i>		A. Leiker	435	320	425	1180
<i>Teen III Raw</i>		R. Troxler	365	245	365	975
181 lbs.		<i>Teen III Raw</i>				
<i>Teen III Raw</i>		Cunningham	385	275	445	1105
198 lbs.		<i>Open</i>				
<i>Open</i>		E. Espinoza	570	375	560	1505
<i>Teen III Raw</i>		J. Noble	365	245	330	940
220 lbs.		<i>Master II</i>				
<i>Master II</i>		K. Carroll	360	290	440	1090
242 lbs.		<i>Open</i>				
<i>Open</i>		C. Lehman	540	275	620	1435

<i>Master II</i>				
M. Elder	575	—	—	575
» <i>courtesy Wayne David Herl</i>				

USAPL DAVE MARTIN MEMORIAL

APR 16 2011 » Bloomington, IN

BENCH		275 lbs.			
<i>Raw</i>		T. Smith	330		
181 lbs.		J. Dibert	451		
J. Devening	277				
Powerlifting		SQ	BP	DL	TOT
FEMALE		<i>Raw</i>			
148 lbs.		<i>Raw</i>			
A. Ballard	220	99	253	573	
P. Horn	176	104	198	479	
MALE		<i>Raw</i>			
198 lbs.		<i>Raw</i>			
L. Hanifien	595	—	—	595	
J. Riedel	655	424	584	1664	
J. Combs	694	314	573	1581	
165 lbs.		<i>Raw</i>			
A. Carey	325	286	341	953	
C. Ferree	402	286	413	1102	
M. McArthy	264	231	431	928	
220 lbs.		<i>Raw</i>			
J. Robinson	402	275	462	1140	
242 lbs.		<i>Raw</i>			
M. Woody	507	297	655	1460	
» <i>courtesy Greg Simmons</i>					

GARAGE INK "TEST DAY"

FEB 19 2011 » Brogue, PA

Powerlifting		SQ	BP	DL	TOT
MALE					
<i>Open</i>					
242 lbs.					
A. Stavenski	556	468	551	1575	
SHW					
<i>Raw</i>					
165 lbs.					
J. Mink	325	242	451	1018	
198 lbs.					
C. Hadzick	440	275	501	1216	
B. Garmen	176	187	303	667	
220 lbs.					
B. Keener	485	331	617	1433	
242 lbs.					
J. Nicolosi	529	331	501	1361	
275 lbs.					
M. Turpin	385	374	540	1299	
R. Gill	451	358	473	1282	
SHW					
<i>Raw</i>					
P. Tompkins	606	429	628	1663	
J. Ranker	331	242	440	1013	
» <i>courtesy Vision Fitness</i>					

COMING EVENTS

MEET DIRECTORS: a listing here is a FREE service. To have your event added to our listing, send details preferably at least three months prior to your event by mail to PL USA Coming Events, P.O. Box 467, Camarillo, CA 93011, or by email to info@powerliftingusa.com, or by phone at 1.800.448.7693.

1 MAY » APA Southwest Florida RAW Championships (PL/BP/DL/PP/Overhead press/Curl) (Arcadia, FL) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

1 MAY » WPC Portugal National PL Championship (Portugal) » Sandro Jose Eusebio, sandroeusebio@hotmail.com, www.wpc-portugal.com.pt, www.worldpowerliftingcongress.com

1 MAY » WNPf Southeastern Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian.Locklear@wnpfpower@aol.com, www.wnfpf.net

6-8 MAY » WPC Hungarian Equipped Championships (Eger City, Hungary) » Peter Kerecsenyi, hungarianpowerliftingcongress@gmail.com, www.worldpowerliftingcongress.com

7 MAY » USAPL Florida National Qualifier (Davie, FL) » Rob Keller, 954.790.2241, www.usapowerlifting.com

7 MAY » USAPL Michigan Ironman II (Flint, MI) » Miguel Ruelan, 810.701.1876, www.usapowerlifting.com

7 MAY » 100% RAW MN State Championships (Little Falls, MN) » Luis Algarrin, mn_chair@rawpowerlifting.com, www.rawpowerlifting.com

7 MAY » AAU Oklahoma State & High School State PL Championships (PL/BP/DL) (Sapulpa, OK) » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, www.aupowerlifting.org

7 MAY » APA/WPA Northwest Spring PL Championship (Portland, OR) at the Northwest's Premier Strength Training Gym » Rudy Kadlub, 503.314.8014, rakadlub@gmail.com, www.apa-wpa.com

7 MAY » APA Northwest Spring PL Championship (Portland, OR) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

7 MAY » NASA Wisconsin Regional (Equipped/Unequipped, PL/BP/PS/PP) (Sheboygan, WI) » www.nasa-sports.com

7 MAY » USPA Southwest Regional Championship (PL/BP/DL/PP, Raw & Single-ply, Multi-ply BP) (Phoenix, AZ) » Tim Sparkes & Tracy Garcia, www.uspla.org

7 MAY » IPA Championships of the Virginias (Gore, VA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

7 MAY » Biggest Bench on the River XIV (\$3000 cash for Pro Division) (New Roads, LA) » Reed Bueche, 225.718.2646, rbueche28@yahoo.com

7 MAY » WABDL Buckeye Hall of Fame Classic (Canton, OH) at the Pro Foot-

ball Hall of Fame » Don Miskinis, 216.272.9409, www.wabdl.org

7 MAY » AAU Oklahoma State and High School Powerlifting Championships (Sapulpa, OK) at the Super 8 Hotel » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, www.aupowerlifting.org

7 MAY » ADAU Raw Power 32nd Annual Power Day Classic (BP/DL; Open divisions) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikilup.com, www.adaurawpower.com

7 MAY » SPF Mayfest PL/PP/BP/DL (Atmore, AL) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

7 MAY » IBP NC State Youth/Teen PL Championships (Statesville, NC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com

7 MAY » Lifetime Natural Powerlifting Nationals (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

7 MAY » NASA Tom Manno Western State Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

8 MAY » WNPf Upstate New York Championships (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

14 MAY » WABDL Northwest Regional BP/DL Championships (Medford, OR) at the Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.210.2026, www.wabdl.org

14 MAY » USAPL New England Open PL Championships & Bay State BP/DL/PP Championships (Westwood, MA) » Michael Zawilinski, 781.706.4009, mike@ironrevolution.com, www.usapowerlifting.com

14 MAY » NASA Kentucky State (Equipped & Unequipped PL/BP/PP/PS) (KY) » www.nasa-sports.com

14 MAY » NASA Indiana State (Equipped & Unequipped PL/BP/PP/PS) (Kokomo, IN) » www.nasa-sports.com

14 MAY » APA 3rd Annual Lion Heart Sunshine State Raw Push-Pull (Clearwater, FL) » Stephen Byer, 727.743.1515, Lion Heart Gym, 11203 49th Street N, Clearwater, FL 33762, lionheartgym@tampabay.rr.com, www.apa-wpa.com

14 MAY » IPA Bench on the Boards (Wildwood, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

14 MAY » AAU Night of Champions III (Assisted & Raw, BP/DL) (Utica, NY) » Dave Kingwater, 315.723.2296, drdave@kingwaterchiropractic.com, www.aupowerlifting.org

14 MAY » USAPL Twin Ports Raw Open (Duluth, MN) » Joe Warpeha, 651.485.7353, www.usapowerlifting.com

14 MAY » WABDL Southern Regional BP/DL Championships (Kingwood, TX) at Monster Gym » Tiny Meeker, 832.423.7662, pmtiny705@aol.com, www.wabdl.org

14 MAY » SPF Guerrilla Squad Barbell Classic PL/PP/BP/DL (Richmond, KY) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com

14 MAY » WNPf Western PA Championships (Beaver Falls, PA) » Ron Deamicis, powerlt103@aol.com, 330.792.6670, www.wnfpf.net

14 MAY » WNPf (APF Pro Wrist Straps) Maryland State Championships (Baltimore, MD) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfpf.net

14 MAY » PRPA RAW504 Invitational (Clash for Cash Qualifier) (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com

14 MAY » IPA Maryland BP Championships (Westminster, MD) at the Westminster Family Center, 11 Longwell Ave. » Scott Bixler, 443.789.9452, www.ipapower.com

14 MAY » NASA South Texas State (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com

14 MAY » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

14 MAY » USAPL New England Open PL Championships (Westwood, MA) » Mike Zawilinski, 781.706.4009, www.usapowerlifting.com

14-15 MAY » APF Master/Teen/Jr. Nationals (Fort Worth, TX) » Greg & Heather Tillinghast, 940.783.1468, apftexas@yahoo.com, www.worldpowerliftingcongress.com

14-15 MAY » WPC Canadian Pro/Am Equipped National Championship (Montreal, Canada) » Bruce McIntyre, bruce McIntyre@sympatico.ca, www.worldpowerliftingcongress.com

14-15 MAY » WPC Austrian Nationals (Austria) » Heidi & Gabi Buhl, heinz.buhl@gmx.at, www.worldpowerliftingcongress.com

15 MAY » APA Pillars of Power (PP/BP/DL) (Northampton, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

15 MAY » SPF California State Championships (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.com

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net, www.southernpowerlifting.com

15 MAY » WNPF North American Championships (Richmond or Virginia Beach, VA) » Troy Ford, wnfp@aol.com, 770.668.4841, www.wnfp.net

20-22 MAY » **USAPL Women's Nationals** (Atlanta, GA) » Greg Jones, 770.266.9258, www.usapowerlifting.com

21 MAY » APF Detroit Barbell Spring Spectacular (Brownstown, MI) » Detroit Barbell, 734.642.7877, detroit_barbell@yahoo.com, www.detroitbarbell.net, www.worldpowerliftingcongress.com

21 MAY » USAPL Illinois State/Great River Open PL/BP (Granite City, IL) » Rick Fowler, 618.451.4737, www.usapowerlifting.com

21 MAY » Ford's Gym Backyard BP/DL Competition (Madison, WI) at Ford's Gym Warehouse » Ford Sheridan, ford@fordsgym.com, www.fordsgym.com

21 MAY » APF/AAPF 3rd Annual Carolina Classic Push/Pull (Cramerton, NC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com

21 MAY » APF/AAPF Bulldog BP/DL (Dillon, MT) » Phil Turner, 406.683.4663, pulln_4gold@yahoo.com, www.worldpowerliftingcongress.com

21 MAY » Elite PL Out of School Siam Full Power & Single BP/DL/PP (Peabody, MA) at Gym Warriors » Paul. D., 978.766.6280, xtralargemuscle@aol.com, www.elitepowerlifting.com

21 MAY » WNPF Pan-Am Championships (Guatemala City, Guatemala) » Troy Ford, wnfp@aol.com, 770.668.4841, www.wnfp.net

21 MAY » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

21 MAY » Suffolk Special Olympics Powerlifting Meet (Suffolk, VA) at Lakeland High School » Rob Kelly, robkelly@spsk12.net

21 MAY » USAPL 3rd Annual Orange County Powerlifting, Ironman and Bench Competition (Pine Bush, NY) » Frank J. Panaro, 839 Route 52, Walden, NY 12586, 845.778.1884, frankpanaro@gmail.com, www.ocpowerlifters.com

21 MAY » USPA Patriot Games Powerlifting Challenge (PL/BP/DL/PP; Raw/Single-ply) (Santa Maria, CA) » Steve Denison, steve@uspla.org, www.uspla.org

21 MAY » **WPA Raw World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

21 MAY » IPA 2nd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

21 MAY » Spring Fling BP (Eldersburg, MD) at the Athens Health Club » Tom Friedman, 410.549.3001

21-22 MAY » **NASA Bench Press Nationals** (Equipped/Unequipped BP/Power Sports BP) (Denver, CO) » www.nasa-sports.com

22 MAY » WPA Dnepropetrovsk Region Championship (Dnepropetrovsk, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

22 MAY » **WPA Gear Equipped World PL Championships (PL/BP/DL/PP) (Portola, CA)** » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

22 MAY » **St. Petersburg Powerlifting Federation International Power Show Super-Cup of Titans** (St. Petersburg, Russia) at the Gymnastic Hall of the Military Institute of Physical Culture » Vasily Muminov, +7.812.292.31.38, powerlifting@mail.ru, www.powerliftingfed.spb.ru

22 MAY » Exile Barbell Association "No Bullsh*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com

27 MAY » Andy Bolton Deadlift Challenge (Cleveland, OH) » Ty Phillips, 216.310.2283, gorillapitps@gmail.com

27-29 MAY » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (King of Prussia, PA) at the Valley Forge Convention Center » mmasportsexpo.com

28 MAY » NASA West Texas State (Equipped & Unequipped PL/BP/PP/PS) (Hereford, TX) » www.nasa-sports.com

28 MAY » APF Gulf Coast (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com

28 MAY » Legends Drug-Free BP/DL Championships (Six events: BP, BP reps, DL, Ironman, Power Curl, The Posedown) (Snellville, GA) » Tee "Skinny Man" Meyers, Fitness 19, 3555 Centerville Hwy, Snellville, GA 30039, 706.513.7515, pythongym@aol.com

28 MAY » Pure Athletic Power Mountain Festival BP (Raw) (Bluefield, WV) » Donnie Robbins, all4athletes@live.com, 573.727.6937, www.pureathleticpower.com

28 MAY » USPF Muscle Beach PL Championships (PL/BP/DL/PP) (Venice, CA) at the Venice Recreation Center » Joe Wheatley, 818.246.2872, joesmusclebeach@yahoo.com, www.musclebeachvenice.com

28 MAY » ADAU Raw Power Pennsylvania State Powerlifting Championships

at the Kumite Classic/Pittsburgh Fitness Expo (Pittsburgh, PA) » Nick Vlastic, monsters_unlimited@msn.com, www.pghfitness.com

28 MAY » USPF Muscle Beach PL Competition (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com

MAY » APF/AAPF Washington State Championships (Aberdeen, WA) » Don Bell, 360.532.8339, flex@techline.com, www.worldpowerliftingcongress.com

2-5 JUN » WPF European Championships (PL/BP/DL) (Limerick, Ireland) at Kilmurray Lodge Hotel » Shane Brodie, +087 120 3002, www.wfpfpowerlifting.com

3-5 JUN » **APC National PL/BP Championships** (World Team Qualifier, Raw & Equipped) (East Peoria, IL) » Stephen Parkhurst, 309.657.0963, parkhurst111@hotmail.com, L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com

4 JUN » USPA East Bay Raw Open (PL/BP/DL) (Concord, CA) » Steve Denison, steve@uspla.org, www.uspla.org

4 JUN » APF Metroflex's Show of Strength (Grapevine, TX) » Greg McCoy, 972.424.3539, aptexas@yahoo.com, www.worldpowerliftingcongress.com

4 JUN » 100% RAW NC American Challenge (Barco, NC) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com

APF/AAPF/WPC Schedule

1 MAY, WPC Portugal National Championship

6-8 MAY, WPC Hungarian Equipped Championship

14-15 MAY, APF Master/Teen/Jr. Nationals

14-15 MAY, WPC Canadian Pro/Am Equipped Nationals

14-15 MAY, WPC Austrian Nationals

21 MAY, APF/AAPF 3rd Annual Carolina Classic PP

21 MAY, APF/AAPF Bulldog BP/DL

28 MAY, APF Gulf Coast

MAY, APF/AAPF Washington State Championships

4 JUN, APF Metroflex's Show of Strength

11 JUN, WPC CPF High School/CPF Raw Pro Nationals

11-12 JUN, APF Senior Nationals

12 JUN, WPC CPF Raw Amateur Nationals

19 JUN, WPC OPO Nationals

25 JUN, APF/AAPF North Dakota PL Championships

25-26 JUN, APF/AAPF Chicago Summer Bash 8

25 JUN - 2 JUL, WPC European Championships

23 JUL, APF/AAPF South Carolina Open

10-14 AUG, AWPC/WPC Eurasian Championship

20 AUG, APF/AAPF Summer Bash

26-28 AUG, WPC Argentina National Championship

AUG, APF Kalamazoo Carnage Meet

1-4 SEP, AWPC Worlds (Equipped & Raw)

3 SEP, WPC OPO Wollongbar Gym Competition

10 SEP, AAPF Summer Heat VII

19-21 SEP, WPC Argentina Championships

24 SEP, APF/AAPF EPC Summer Heat PL Meet

24 SEP, WPC Finnish BP Championships

29 SEP, WPC Swiss German Push/Pull Championships

20-22 OCT, WPC Hungarian Raw Championship

29 OCT, APF/AAPF Rise of the DL, Beast of the BP

29 OCT, APF/AAPF Southern States

OCT, APF Wolverine Open

12 NOV, WPC Swiss Championship

12 NOV, WPC OPO Age Titles

14-19 NOV, WPC World Championships (Equipped & Raw)

10 DEC, APF Holiday Festival of Strength

10 DEC, APF/AAPF Alabama State Meet

10 DEC, WPC Metal Gym Christmas BP/DL

17 DEC, WPC Israel Open BP/PP

DEC, APF/AAPF Illinois Raw Power Challenge

DEC, APF/AAPF Invitational

Dates subject to change

Call 866.389.4744 for more information

or go to our website:

www.worldpowerliftingcongress.com

COMING EVENTS »

4 JUN » 100% RAW NC State PL Championships (Currituck, NC) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
4 JUN » 100% RAW NV American Challenge (Las Vegas, NV) » Fred Gutierrez, nv_chair@rawpowerlifting.com, www.rawpowerlifting.com
4 JUN » 100% RAW NY American Challenge (Johnson City, NY) » Wayne Claypatch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.com
4 JUN » 100% RAW Mid Atlantic PL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
4 JUN » APA Longhorn Open (PL/PP/BP/DL) (McAllen, TX) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
4 JUN » NASA Missouri Grand (Equipped & Unequipped PL/BP/PP/PS) (Joplin, MO) » www.nasa-sports.com
4 JUN » IPA South Philly Push/Pull (Philadelphia, PA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
4 JUN » USAPL 9th Annual Big K's Powerlifting Championship (Cleveland, OH) » Gary Kanaga, 440.429.1028, www.bigkspowermeets.com
4 JUN » WABDL Push-Pull National Championships (Phoenix, AZ) at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org
4 JUN » 100% RAW VA American Challenge (BP/DL/SC) (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
4 JUN » WNPf Elite National Championships (Ephrata) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
4 JUN » USAPL North Carolina State PL Championships (Charlotte, NC) » Jennifer Thompson, 704.408.8794, www.carolinapowerlifting.com
4 JUN » SLP Arkansas Extreme Power Open BP/DL (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » SLP Oakland Classic Open Push/Pull/Press (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
5 JUN » The Summer Push/Pull Meet (Elkhart, IN) » Jon Smoker, jjrcsmoker@hotmail.com
5 JUN » WNPf (TNT Ironwear) New Jersey State Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10-12 JUN » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (Denver, CO) at the Crowne Plaza Denver International Airport » mmasportsexpo.com
10-12 JUN » USAPL Men's Open, Teen, Jr. Nationals » Jim Battenfield/Paul Fletcher, 505 Ridgcrest Dr., Pearl, MS 39208, 601-665-7783, www.usapowerlifting.com
11 JUN » APA 8th Annual Magnolia Open Power Classic (PL/BP/DL/PP) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
11 JUN » USPF 1st Annual AZ State Official RAW Championships Meet (Tombstone, AZ) at Cold Iron Gym » coldirongym@aol.com, www.coldirongym.com, www.azuspf.com
11 JUN » 18th Annual Miller's Ironhouse Natural BP Competition (Raw, Masters, Women, Teen, HS, Bodyrep Contest, awesome awards by Carl Seeker) (Cumberland, MD) » Brian Miller, 425 Braddock St., Lavale, MD 21502, 240.727.7146, bmillersgym@yahoo.com
11 JUN » 100% RAW AZ American Challenge (Prescott, AZ) » Paul Gillott, az_chair@rawpowerlifting.com, www.rawpowerlifting.com
11 JUN » 100% RAW MD American Challenge (Marlowe Heights, MD) » Dan Corridean, www.rawpowerlifting.com

11 JUN » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
11 JUN » WNPf Ironman Nationals (BP/DL) & Single Lift Nationals (Biloxi, MS or New Orleans, LA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
11 JUN » WPC CPF High School/CPF Raw Pro Nationals (Waterloo, Canada) » Bruce McIntyre, brucecmcityre@sympatico.ca, www.worldpowerliftingcongress.com
11 JUN » North American Ironman Championships (BP/DL/Strict Curl/Single Lift/Ironman) (Raw) (Runnemedede, NJ) at the Holiday Inn » Robert Marcellino, 856.649.3458, Brian Potts, 856.776.3330, www.liftingmeetnj.freehostingnoads.net
11 JUN » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Ken Lyons, 801.690.4467, www.wabdl.org
11 JUN » RAW United UPF Challenge (Orlando, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
11 JUN » 1st Annual North American Iron Championships (BP/DL/SC/Ironman BP/DL, raw) (Runnemeade, NJ) at the Holiday Inn » Rob Marcellino, 856.649.3458, Brian Potts, 856.776.3330
11-12 JUN » NASA USA Nationals (Equipped & Unequipped PL/BP/PP/PS) (Springfield, OH) » www.nasa-sports.com
11-12 JUN » APF Senior Nationals (Sun Prairie, WI) » Ed & Joani Taber, joani_taber@yahoo.com, www.worldpowerliftingcongress.com
12 JUN » 100% RAW NH American Challenge (Derry, NH) » Bret Kernoff, nh_chair@rawpowerlifting.com, www.rawpowerlifting.com
12 JUN » WPC CPF Raw Amateur Nationals (Waterloo, Canada) » Bruce McIntyre, brucecmcityre@sympatico.ca, www.worldpowerliftingcongress.com
17-19 JUN » SPF Nationals PL/PP/BP/DL (Gatlinburg, TN) » Jesse Rodgers, 423.255.3672, rogersmadmax@bellsouth.net, www.southernpowerlifting.com
18 JUN » Wolfgang's 4th Annual Raw BP/DL Competition (Richmond, VA) at Wolfgang's Gym » Wolfgang's Gym, 804.276.0405, www.wolfgangsgym.net
18 JUN » 100% RAW NE American Challenge (Omaha, NE) » Ed Horwitz, ne_chair@rawpowerlifting.com, www.rawpowerlifting.com
18 JUN » NPA Drug Free America's Cup BP/DL (Freeport, IL) at Fitness Life-styles » Duane, 815.233.2292, duanefit4life@aol.com
18 JUN » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
18 JUN » NASA East Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Tyler, TX) » www.nasa-sports.com
18 JUN » SLP Michigan Open BP/DL Championship (Ionia, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
18 JUN » APA Bluegrass State Open (PL/PP/BP/DL) (Louisville, KY) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
18 JUN » 3rd Annual Lower Bucks Family YMCA Natural BP Competition (Fairless Hills, PA) » Michael Linder, 215.949.3400 ext. 68
19 JUN » WPC OPO Nationals (Australia) at the Allsonville Leisure Center » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com
24-26 JUN » WDFPF Single Event World Championships (Muskegon, MI) at the L.C. Walker Arena » Richard Van Eck, 269.521.4031, Ron Madison, www.adfpf.org
25 JUN » APF/AAPF North Dakota PL Championships (Fargo, ND) » Anthony Carlquist, 701.412.1046, www.worldpowerliftingcongress.com
25 JUN » USAPL YMCA Seattle Summer Classic (Seattle, WA) » Paula Houston, 206.760.8724, www.usapowerlifting.com
25 JUN » USAPL Summertime Push/Pull & BBQ (Santa Clarita, CA) » Adam Johnson, 701.610.1205, www.usapowerlifting.com
25 JUN » USAPL Summertime Push-Pull & BBQ (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org
25 JUN » USPA Central States Open Championship (Raw & Single-ply) (Kansas City, MO) » Jay Shelton & Rodney Woods, jayshelton74@yahoo.com, rodwood1967@yahoo.com, www.uspla.org
25 JUN » Elite PL Nationals PL/BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
25 JUN » USPF Sooner State Summer Games (PL/BP/DL) (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv, www.soonerstategames.org
25 JUN » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
25 JUN » WABDL Tom Foley BP/DL Classic (Nanuet, NY) at Premier Fitness - 430 Nanuet Mall South » Brian Fahrenfeld, brian@premierfitnessny.com, 845.920.0501, www.premierfitnessny.com, www.wabdl.org
25-26 JUN » APF/AAPF Chicago Summer Bash 8 (Park Forest, IL) at Rich East

USPF
RAW

HISTORY IN THE MAKING...

JUNE 11, 2011

**1ST ANNUAL USPF AZ STATE
OFFICIAL RAW CHAMPIONSHIP MEET**

COLD IRON GYM
Tombstone, AZ | coldirongym@aol.com

WWW.AZUSPF.COM
WWW.COLDIRONGYM.COM

High School » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.chicagopowerlifting.com, www.worldpowerliftingcongress.com

25 JUN - 2 JUL » WPC European Championships (Czech Republic) » Dan Dvorak, czechpowerlifting@gmail.com, www.worldpowerliftingcongress.com

1-3 JUL » WPA International Iron Games on Red Cave (BP/Overhead press/Strict curl) (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

1-3 JUL » USPA Raw National Championships (Open & Masters, Raw BP/DL) (Port St. Lucie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org

1-3 JUL » USPA Single-ply & Multi-ply National Championship (PL/BP/DL; Multi-ply/All divisions) (Costa Mesa, CA) at the Hilton Hotel » Steve Denison, steve@uspla.org, www.uspla.org

1-3 JUL » USPA Military National PL/BP/DL (Costa Mesa/Newport Beach, CA) » Steve Denison, steve@uspla.org, www.uspla.org

2 JUL » SLP Independence Day Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

2 JUL » 2nd Annual I.E.L.L. Bench Bash (Rancho Cucamonga, CA) at 8580 Milliken Ave. » Dr. Sam Graham, sammyg40@hotmail.com

2 JUL » NASA 4th of July Spectacular (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com

2-3 JUL » USPA Western States Multi-ply PL/BP Invitational (Costa Mesa/Newport Beach, CA) » Steve Denison, steve@uspla.org, www.uspla.org

8-10 JUL » USPF Raw Nationals PL/BP/DL Championships (Chicago, IL) » Lance Karabel, 773.294.1550, toohuge1@hotmail.com, Ted Isabella, 401.447.7370, uspf-ri@cox.net, www.uspf.com

8-10 JUL » AAU National BP/DL/PP Championships (Raw/Single-ply), AAU National Equipped PL & North American Raw Powerlifting (Las Vegas, NV) at the Tropicana Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aapowerlifting.org

9 JUL » USAPL Sunflower State Games (Topeka, KS) » Wayne Herl, 785.639.1390, www.usapowerlifting.com

9 JUL » APA New Jersey Open Summer Bash (PL/PP/BP/DL) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

9 JUL » NASA West Virginia Open (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com

9 JUL » NASA Youth Nationals (PL/PS/PP) (Ravenswood, WV) » www.nasa-sports.com

9 JUL » SPF Sweatt Shop Classic (Cincinnati, OH) » Laura Phelps Sweatt, 419.704.9172, AJ Roberts, ajroberts1234@gmail.com, www.southernpowerlifting.com

9 JUL » WABDL National BP/DL Championships (Nashville, TN) at the Preston Hotel » Ken Millrany, 931.308.4224, Gus Rethwisch, 503.901.1622, www.wabdl.org

9 JUL » USAPL Brute Strength Stars & Stripes (Virginia Beach, VA) » Tricia & Gary Emrich, 804.559.1430, www.usapowerlifting.com

9 JUL » USAPL Wisconsin Dells Summer Classic "HS Only" Meet (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

9 JUL » ANPPC World Cup PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

9 JUL » USAPL Brute Strength Stars and Stripes (Norfolk, VA) » Tricia and Gary Emrich, 804.605.5135, vastatechair@usaplvirginia.com, www.usaplvirginia.com

9-10 JUL » NASA Grand Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Des Moines, IA) » www.nasa-sports.com

9-10 JUL » ADAU Raw Power National Powerlifting Championships (Open & Single Lift (SQ/BP/DL) National Championships (Clearfield, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitup.com, www.adaurawpower.com

10 JUL » IPA Lexen Xtreme Summer Slam State Meet & Police Battle for the Badge (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

10 JUL » WABDL Sonny's 7th Annual Push-Pull Championships (Honolulu, HI) at the Hawaii Convention Center » Mike Saito for meet issues, 808.221.0129, Jocelyn Ronolo for entry issues, 808.387.8776, www.wabdl.org

10 JUL » WPF All Comers Open BP Challenge (Alfreton, Derbyshire, UK) at the Atlas Workout Warehouse » David Sawyer, +07728 547531, www.wfpowerlifting.com

10 JUL » WNPf 2nd High School National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15-16 JUL » UPA Iron Battle on the Mississippi (Dubuque, IA) » Bill Carpenter, 563.599.1390, bcarpenter@upapower.com, www.upapower.com

UPCOMING SLP COMPETITIONS

7 MAY, SLP Lifetime Natural PL Nationals (Tuscola, IL)

14 MAY, SLP Platinum Fitness Open (Tulsa, OK)

21 MAY, SLP Ho-Chunk Nation Open (Baraboo, WI)

4 JUN, SLP Arkansas Extreme Power Open (Arkadelphia, AR)

5 JUN, SLP Oakland Classic Open (Oakland, TN)

Son Light Power

122 W. Sale St., Tuscola, IL 61953

217.253.5429

www.sonlightpower.com sonlightgym@frontier.com

16 JUL » USPA New York BP/DL Championship (Angola, NY) at Mickey Rats Beach Club » Dennis Brochey, cdbrochey@roadrunner.com, 716.754.4009 or 716.200.3533, www.uspla.org

16 JUL » USAPL Summer Power Fest (Spring, TX) » Tony Cardella, 281.419.0286, www.usapowerlifting.com

16 JUL » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

16 JUL » AAU Teenage Nationals (Sapulpa, OK) at the Sapulpa High School Gym » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, www.aapowerlifting.org

16 JUL » APA New England Regional Record Breakers Championships (Monolift Utilized) (Peabody, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

16 JUL » AAU Teen Nationals PL/BP (Sapulpa, OK) at the Super 8 Hotel/Sapulpa High School gym » Danny Berry, 918.695.3823, danny@oklahomaaupowerlifting.com, www.aapowerlifting.org

16 JUL » NASA South Texas Open (Equipped & Unequipped PL/BP/PP/PS) (Alvin, TX) » www.nasa-sports.com

16 JUL » SSA National PL Event (Full Power/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com

17 JUL » Exile Barbell Association "No Bullsh*t" Bench Only Meet (big contest rules, small contest price) (Celina, OH) at Musclehead's Gym » Mike Wolfe, 419.953.9009, exilebarbell@yahoo.com

17 JUL » WNPf 13th USA Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

23 JUL » APA Vermont Push-Pull Championships (PP/BP/DL) (Fairhaven, VT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

23 JUL » APA Vermont Push-Pull Championships (PP/BP/DL/Body weight for reps) (Fair Haven, VT) at Fair Haven Fitness » Jamie, 802.265.3470, www.apa-wpa.com

23 JUL » 100% RAW Open Eurasia Championships (Odessa, Ukraine) » Stanislav Tretyak, eurasia@rawpowerlifting.com.ua, www.rawpowerlifting.com

23 JUL » NASA High Desert Summer Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com

23 JUL » PRPA Louisiana Raw BP Championships (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com

23 JUL » Pro Louisiana Bodybuilding, Figure, Men's Fitness, Bikini and Raw BP Championships (Over \$15000 in prizes) (Kenner, LA) at the Crowne Plaza Hotel » Ricco Impastato, 504.442.0678, www.prolouisiana.com

23 JUL » IPA Connecticut State Championships @ Europa Supershow (Hartford, CT) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

23 JUL » APF/AAPF South Carolina Open (Pelion, SC) at American Muscle, Fitness and Strength » Will Millman, shelter223@gmail.com, www.worldpowerliftingcongress.com

23 JUL » WABDL Midwest Regional BP/DL Championships (Madison, WI) at the Crowne Plaza Hotel » David Constantineau, 920.737.2505, Gary Gulseth, 608.576.2075, www.wabdl.org

23 JUL » Cardinal Strongman Challenge II (Davidson, MI) » Aaron West, awest@mistrongman.com, 810.931.8952, www.mistrongman.com

23 JUL » ADFPF "Unequipped" Larry Garro Memorial Bench & Deadlift (Rose-dale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

- 1 MAY**, WNPFA Southeastern Championships (Greenville, SC)
- 8 MAY**, WNPFA Upstate NY Championships (Rochester, NY)
- 14 MAY**, WNPFA Western PA Championships (Beaver Falls, PA)
- 14 MAY**, WNPFA Maryland State Championships (Baltimore, MD)
- 15 MAY**, WNPFA Virginia PL Championships (Richmond, VA)

**Contact Info: Troy Ford, 770.668.4841 or wnpf@aol.com
www.wnpf.net**

- 23 JUL** » USPC Larry Garro Memorial Power Curl (Rosedale, MD) at Exile Fitness » Brian Washington, 410.265.8264, brian@usbf.net
- 23 JUL** » 7th Vermont State Raw BP Championship (South Burlington, VT) » Richard Poston, 802.999.7845, www.aafvt.com
- 23 JUL** » USPF Muscle Beach Lift-Off State Championship (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com
- 30 JUL** » USAPL Smitty's Ironworks VI (Midland, MI) » Matt Smith, 989.948.3738, www.usapowerlifting.com
- 30 JUL** » **100% RAW Western Canadian Nationals (Calgary, AB, Canada)** » Adam Price, ab_chair@rawpowerlifting.com, www.rawpowerlifting.com
- 30 JUL** » 100% RAW Eastern USA Open (Woodbridge, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com
- 30 JUL** » NASA Tri-State Regional (All NASA classes; proceeds go to Flora High School cheerleaders) (Flora, IL) » Smitty, 618.662.3413, lesmitty@bspeedy.com, www.nasa-sports.com
- 30 JUL - 1 AUG** » AAU JR Olympic Games (New Orleans, LA) at the Ernest N. Morial Convention Center » www.aajrogames.org, www.aapowerlifting.org
- 30 JUL** » USAPL AZ State Championships (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.com
- 30 JUL** » WABDL Southwest Regional BP/DL Championships (Dallas, TX) at the Crowne Plaza Hotel » Alex Calvo, 817.403.3525, www.wabdl.org
- 30 JUL** » USAPL Virginia State Single Lifts Championships BP/DL/PP (Stanardsville, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.virginiapowerlifting.blogspot.com
- 30 JUL** » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 31 JUL** » **WNPF Drug Free Nationals** (Youngstown, OH) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 31 JUL** » APA 24th Annual Nutmeg State Open (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
- 5 AUG** » USPA 3rd Annual Baddest Bench at the Big Show! (Multi-ply, BP only) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
- 5-6 AUG** » USAPL State Games of America (San Diego, CA) » Lance Slaughter,

- lanceoslaughter@yahoo.com, 310.995.0047, www.calstategames.org/sga-home.html, www.usapl-ca.org
- 6 AUG** » USAPL WV State Open BP & Ironman PL Champs (Charleston, WV) » Doug Currence, 304.550.5064, www.usapowerlifting.com
- 6 AUG** » 100% RAW NV State Championships (Las Vegas, NV) » Fred Gutierrez, nv_chair@rawpowerlifting.com, www.rawpowerlifting.com
- 6 AUG** » USPA Rocky Mountain Regional PL Championship (Raw, Single-ply, Multi-ply; PL/BP/DL) (Rock Springs, WY) » John King, soxfan1919@yahoo.com, 307.389.2112, www.uspla.org
- 6 AUG** » IPA New York State PL Championships (Rochester, NY) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
- 6 AUG** » UPA Ultimate Powerlifting Challenge (Raw & Equipped, Pro & Amateur, cash prizes) (Ithaca, NY) » James Howell, jh198@hotmail.com, 607.379.0200
- 6 AUG** » WNPFA 3rd U.S. Open Championships (Kissimmee, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 6 AUG** » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 6-7 AUG** » **NASA World Cup** (Unequipped, PL/BP/PS/PP) (OKC, OK) » www.nasa-sports.com
- 10 AUG** » **100% RAW National Powerlifting Championships (Phoenix, AZ)** » Paul Gillott, az_chair@rawpowerlifting.com, www.rawpowerlifting.com
- 10-14 AUG** » AWPC/WPC Eurasian Championship (Raw & Equipped) (Kursk, Russia) » Igor Umerenkov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.com
- 12-13 AUG** » **ISA World Championships at the Europa Supershow** (Full Power/BP/DL/SQ & Open/Novice/Police & Fire/Teen/Jr/Sub Master/Master) (Dallas, TX) » Kirk Stroud, 416 W. Bedford Eules Road, 817.268.3488
- 13 AUG** » WABDL Minnesota BP/DL Championships (Minneapolis, MN) at the Marriot Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
- 13 AUG** » WABDL Capitol City Classic BP/DL Championships (Sacramento, CA) at the Marriott Hotel Rancho Cordova » Jody Woods, 916.524.0914, www.wabdl.org
- 13 AUG** » USPA NW Summer Powerlifting Open (PL/BP/DL; Raw/Single-Ply) (Portland, OR) » Ben Brizendine, ben@havemoxie.com, www.uspla.org
- 14 AUG** » **WNPF 20th International (SQ/BP/DL/Reps) Championships** (Philadelphia or Lancaster, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 14 AUG** » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 19-21 AUG** » **USAPL Raw Nationals** (Scranton, PA) » Steve Mann, 127 Sumner Ave., Clarks Summit, PA 18411, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com
- 20 AUG** » 27th Annual Iowa State Fair Drug Free Bench Press & Deadlift Contest (Raw, Pure, Novice, Womens, Masters 1-3, Sub Masters, Teen, Beginners, Best Lifters) (IA) » Jeff Baird, bairdzz@aol.com, 515.953.6833
- 20 AUG** » SPF Powerstation Pro/Am (Cincinnati, OH) » Jesse Rodgers, 423.255.3672, roddersmadmax@bellsouth.net, www.southernpowerlifting.com
- 20 AUG** » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
- 20 AUG** » USPA Mid Cities Bench Press (Lakewood, CA) » Chuck LaMantia, ckclama@aol.com, www.uspla.org
- 20 AUG** » APF/AAPF Summer Bash (Chatsworth, CA) » Scot Mendelson & Denise Pollock, 818.399.0905, www.worldpowerliftingcongress.com
- 20 AUG** » **IPA Raw National Powerlifting Championships** (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com
- 20 AUG** » USPA Hawaii State Push-Pull Championship (Raw/Single-ply) (Honolulu, HI) » Ata Edralin, nalomightymouse@yahoo.com, www.uspla.org
- 20 AUG** » WNPFA North Carolina State Championships (Asheville or Charlotte, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
- 20 AUG** » NASA Colorado Grand (Equipped & Unequipped PL/BP/PP/PS) (Loveland, CO) » www.nasa-sports.com
- 20 AUG** » SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 21 AUG** » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
- 26-28 AUG** » **WPC Argentina National Championships (Rio Cuarto, Argentina)** » Leonardo Cavaglia, powerlifting76leo@hotmail.com, www.aapowerlift-

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ing.com.ar, www.worldpowerliftingcongress.com
26-28 AUG » MMA & Sports Extravaganza (bodybuilding, boxing, strongman and more) (New York, NY) at the Hilton » mmasportsexpo.com
27 AUG » United We Stand BP/DL Championships (All Classes, Raw & Equipped) (New Castle, PA) » Charles Venturella, 724.654.4117, sircharles148@peoplepc.com
27 AUG » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
27 AUG » APA South Carolina Summer Bash (PL/BP/DL/PP/Overhead press/Strict Curl) (Florence, SC) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
27 AUG » USPA Treasure Coast Classic (PL/BP/DL; Raw & Single-ply) (Port St. Lucie, FL) » Brian Burritt, 812.204.2886, brian.burritt@comcast.net, www.uspla.org
AUG » APF Kalamazoo Carnage (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com
1-4 SEP » **AWPC Worlds (Equipped & Raw)** (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com
3 SEP » USPA Minnesota State PL Championship (Burnsville, MN) » James Burdette, priestcometh@yahoo.com, 612.735.9407, www.uspla.org
3 SEP » USPA Southern California Championship (Rancho Cucamonga, CA) » Steve Denison, steve@uspla.org, www.uspla.org
3 SEP » WPC OPO Wollongbar Gym Competition (Australia) » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com
3 SEP » NASA 4th Annual Texas State Cookout & Championship (Equipped/Unequipped, PL/BP/PS/PP) (Gilmer, TX) » www.nasa-sports.com
3 SEP » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
3 SEP » USPF Muscle Beach West Coast Classic (PL/BP/DL/PP) (Venice, CA) » Joe Wheatley, 818.246.0366, joesmusclebeach@yahoo.com
4 SEP » SLP Building Bodies Open BP/DL Classic (Rockledge, FL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
10 SEP » USAPL Wyoming State PL/BP Championships (Gillette, WY) » Bill Collins, 307.687.7402, www.usapowerlifting.com
10 SEP » 100% RAW IL State Powerlifting & BP Championships (Bloomington, IL) » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
10 SEP » USAPL Wyoming PL/BP Championships (Gillette, WY) at the Recreation Center Field House » Bill Collins, billcollins_4@q.com, 307.687.7402, www.usapowerlifting.com
10 SEP » NASA Multi-State Regional (Equipped/Unequipped, PL/BP/PS/PP) (Milwaukee, WI) » www.nasa-sports.com
10 SEP » IPA Pennsylvania State PL Championships (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
10 SEP » SPF Southern Regionals (Arab, AL) at Fitness Factory » Jesse Rodgers, 423.255.3672, roddersmadmax@bellsouth.net, www.southernpowerlifting.com
10 SEP » AAPF Summer Heat VII (Rock Hill, SC) » Eric Hubbs, nettin_fish@msn.com, www.worldpowerliftingcongress.com
10 SEP » NASA & MSOE Multi-State PL Regional (Milwaukee, WI) at MSOE Kern Center, 1245 N. Broadway » Brad Aldag, 920.946.7192, aldag@msoe.edu, www.nasa-sports.com
10 SEP » WNPF 4th Jake the Hammer Classic (BP/DL/PC) (Fitzgerald or Tifton,

GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 SEP » WNPF Night of Champions (BP/DL/PC) (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 SEP » SLP Tennessee State Fair BP/DL Championship (Nashville, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
10 SEP » **USAPL Deadlift and Push/Pull Nationals** (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Rd., Ruckersville, VA 22968, 434.985.3932, www.usapowerlifting.com
10-11 SEP » RAW United Gary Gordon Memorial Armed Forces Championships (Jacksonville, FL) » Spero Tshontikidis, 220 Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
11 SEP » WPF UK Open Championships (PL/BP/DL) (Morriston, Swansea, Wales) at the Old Barn Inn & Restaurant » Ken Williams, +07970 625946, www.wfpowerlifting.com
16-18 SEP » **SPF/WBPLA World Championship (Knoxville, TN)** » Jesse Rodgers, 423.255.3672, roddersmadmax@bellsouth.net, www.southernpowerlifting.com

WABDL TOM FOLEY BENCH PRESS & DEADLIFT CLASSIC

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For additional information contact: Brian Fahrenfeld, Premier Fitness 845.920.0501 or brianf@premierfitnessny.com

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COMING EVENTS »

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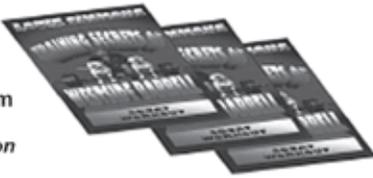


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 Phone (614) 801-2060

17 SEP » USPA Dirty South Open Powerlifting Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org
17 SEP » Elite PL King of the Bench BP/Raw BP (Keene, NH) » Bill, 603.762.3990, www.elitepowerlifting.com
17 SEP » NASA Tennessee Regional (Equipped & Unequipped PL/BP/PP/PS) (Counts, TN) » www.nasa-sports.com
17 SEP » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
19-21 SEP » WPC Argentina PL/BP Championships (Cordoba, Argentina) » Leonardo Cavaglia, powerlifting76@hotmail.com, www.worldpowerliftingcongress.com
22-25 SEP » WUAP World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, lbbaker@irondawg.com, www.americanpowerliftingcommittee.com
24 SEP » ADFPF "Unequipped" Maryland BP Open & Single-Lift DL (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net, www.adfpf.org
24 SEP » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » APF/AAPF EPC Summer Heat (Portland, OR) at the Elite Performance Center » Chris Duffin, 971.404.3046, www.worldpowerliftingcongress.com
24 SEP » WPC Finnish BP Championships (Hyvinkaa, Finland) » Ano & Minna Turtiainen, ano.turtiainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
24 SEP » ADFPF "Unequipped" Maryland BP Open (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » USPC Power Curl Open Nationals (Hagerstown, MD) at the Police Athletic League » Brian Washington, 410.265.8264, brian@usbf.net
24 SEP » WNPf 23rd Lifetime National Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
24 SEP » SLP National PL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
25 SEP » SLP Atlas Gym Open BP/DL Championship (Kenosha, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953,

217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
29 SEP » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
30 SEP » **100% RAW Single Lift World Championships (Las Vegas, NV)** » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com
SEP » **WNPf Can-Am National Championships** (Rochester, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
1 OCT » USPA Texas State Championship (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, www.uspla.org
1 OCT » SLP Tennessee State BP/DL Championship (Lexington, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
1 OCT » Ashtabula Bench Press Championships (Ashtabula, OH) at 263 Prospect Road (Rt. 20) » Lonnie Anderson, 440.964.3013, anderson1142@yahoo.com
1 OCT » NASA East Texas Regional (Equipped/Unequipped, PL/BP/PP) (Tyler, TX) » www.nasa-sports.com
7-9 OCT » AAU World BP/DL/PP Championships (Raw/Single-ply) and **AAU International Powerlifting** (Las Vegas, NV) at the Imperial Palace Hotel and Casino » Martin Drake, PO Box 108, Nuevo, CA 92567, 310.953.5030, naturalpower@earthlink.net, www.aapowerlifting.org
8 OCT » **NPA Drug Free Nationals BP/DL (Freeport, IL)** at Fitness Lifestyles » Duane, 815.233.2292, duanefit4life@aol.com
8 OCT » WNPf Palmetto Championships (BP/DL/PC/Ironman) (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
8 OCT » NASA Iowa Regional (Equipped & Unequipped PL/BP/PP/PS) (Des Moines, IA) » www.nasa-sports.com
8 OCT » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
8 OCT » RAW United Tony Conyers Extravaganza (Raw/Single-Ply) (Tampa, FL) at the Jackson Springs Rec. Center » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32810, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
8 OCT » IPA MD State Powerlifting Championships (Westminster, MD) » Scott Bixler, 443.789.9452, www.ipapower.com
15 OCT » NASA Kentucky Regional (Equipped & Unequipped PL/BP/PP/PS) (Moorehead, KY) » www.nasa-sports.com
15 OCT » SSA Asylum Power (PL/Ironman/Single Lift) (Tribes Hill, NY) » Iron Asylum Gym, 518.829.7990, www.ironasylumgym.com
15 OCT » **NASA Unequipped Nationals** (PL/BP/PP/PS) (Oklahoma City, OK) » www.nasa-sports.com
15 OCT » **SLP Western Nationals Open** & Oklahoma State BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
20-22 OCT » WPC Swiss German Push/Pull Championship (Dietikon, Switzerland) » Bachmann Philipp & SPCO, info@powerlifting.ch, www.worldpowerliftingcongress.com
22 OCT » IPA Lexen Xtreme Fall Classic (Full Power/BP/PP) (Columbus, OH) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com
22 OCT » RAW United Rev. Milton Simmons Memorial Open (Hagerstown, MD) » Spero Tshontikidis, 220 W. Silverthorn Lane, Ponte Vedra, FL 32081, 321.505.1194, rawunitedinc@gmail.com, www.rawunited.org
22 OCT » IPA/RPS Power Challenge: Boston (N. Attleboro, MA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com
22 OCT » USPF 14th Annual Crain PL/BP/DL Open (Shawnee, OK) » Rickey Dale Crain, 405.275.3689, 1.800.272.0051, rcrain@allegiance.tv
22 OCT » ADAU Raw Power 29th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com
22 OCT » USPA Central California Open (Raw/Single-ply) (San Luis Obispo, CA) » Steve Denison, steve@uspla.org, www.uspla.org
22 OCT » NASA Ohio Regional (Equipped & Unequipped, PL/BP/PP/PS) (Springfield, OH) » www.nasa-sports.com
22 OCT » **ANPPC National Powerlifting Championship** (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com
22 OCT » SPF Brute's Halloween Howl PL/BP Meet (Raw, Single-ply, Multi-ply; PL/PP/BP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net
22-23 OCT » **WNPf Lifetime 4th World Championships (FL or GA)** » Troy Ford, wnpf@aol.com, 770.668.4841, Adrian Locklear, wnpfpower@aol.com, www.wnpf.net
29 OCT » **100% RAW World Powerlifting Championships (Orlando, FL)** » Paul Bossi, rawlifting@aol.com, 252.339.5025, www.rawpowerlifting.com

29 OCT » NASA Missouri Regional (Equipped & Unequipped PL/BP/PS/PP) (Joplin, MO) » www.nasa-sports.com

29 OCT » USAPL Open (AZ) » Rich Wenner, 480.688.7336, rich@usaplaz.com, www.usaplaz.com, www.usapowerlifting.com

29 OCT » SPF South Carolina State Championship PL/PP/BP/DL (N. Myrtle Beach, SC) at the North Myrtle Beach Aquatic and Fitness Center » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

29 OCT » 7th Annual Westminster Family Center Open Bench Press (Westminster, MD) at 11 Longwell Ave. » Scott Bixler, 443.789.9452

29 OCT » SLP Open Northern Grand National BP/DL/Curl Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

29 OCT » APF/AAPF Rise of the DL, Beast of the BP (Northbrook, IL) » Erv & Lea-Ann Domanski, elbell6@hotmail.com, www.worldpowerliftingcongress.com

29 OCT » APF/AAPF Southern States (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, www.worldpowerliftingcongress.com

OCT » APF Wolverine Open (Kalamazoo, MI) » Mike White, 269.207.8316, strengthbeyondfitness@yahoo.com, www.worldpowerliftingcongress.com

OCT » WNPF 5th All-American Championships (Pt. St. Lucie, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net

1-6 NOV » WABDL World BP/DL Championships (Reno, NV) at the Peppermill Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

5 NOV » SLP Kentucky Muscle BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

5 NOV » IPA Autumn Apocalypse (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

5-6 NOV » NASA Arizona Regional (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

5-6 NOV » AAU World PL Championship (3-lift), International Push-Pull & Single Lift Championship (Kissimmee, FL) » Judy & Steve Wood, 804.559.4624, jillmeads@804.730.8810, vapowerlifting@aol.com, www.aapowerlifting.org

5-6 NOV » NASA Masters & Sub Masters Nationals (Equipped/Unequipped, PL/BP/PS/PP) (Mesa, AZ) » www.nasa-sports.com

6 NOV » APA 24th Annual Bay State Open Championships (PL/PP/BP/DL) (Northampton, MA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

6 NOV » SPF Women's Pro/Am (Sacramento, CA) at Super Training Gym » Mark Bell & Cara Westin/Super Training Gym, riotbarbie@hughes.net, www.southernpowerlifting.com

9-13 NOV » WPF World Championships (PL/BP/DL) (Palm Beach, FL) at the Marriott Hotel » David Jeffrey, matofficial@yahoo.com, www.wfpowerlifting.com

12 NOV » PRPA Clash for Cash (New Orleans, LA) at Final Fitness » Jake Impastato, jraw504@gmail.com, www.raw504.com

12 NOV » 100% RAW Gobbler Open (Johnson City, NY) » Wayne Claypatch, ny_chair@rawpowerlifting.com, www.rawpowerlifting.com

12 NOV » USAPL Southern California Regionals (Santa Clarita, CA) » Adam Johnson, usapl.ca@gmail.com, 701.610.1205, www.usapl-ca.org

12 NOV » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

12 NOV » NASA Colorado Regional (Equipped/Unequipped, PL/BP/PS/PP) (Denver, CO) » www.nasa-sports.com

12 NOV » NASA West Virginia Regional (Equipped/Unequipped, PL/BP/PS/PP) (Ravenswood, WV) » www.nasa-sports.com

12 NOV » WPC Swiss PL/BP Championship (Raw & Equipped) (Sierre, Switzerland) » Cina Serge, info@powerlifting.ch, www.worldpowerliftingcongress.com

12 NOV » WPC OPO Age Titles (Melbourne, Australia) at ESP Gym » Ron Birch, rbirch@hotmail.net.au, www.worldpowerliftingcongress.com

12 NOV » SPF Record Breakers (Gatlinburg, TN) at Glenstone Lodge » Jesse Rodgers, 423.255.3672, rodgersmadmax@bellsouth.net, www.southernpowerlifting.com

12-13 NOV » WNPF 20th WNPF World Tournament of Champions (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net

14-19 NOV » WPC World Championships (Equipped & Raw) (Riga, Latvia) » Raivo Chiapas, tomass@hello.lv, www.worldpowerliftingcongress.com

15-20 NOV » USPA World Single-ply and Multi-ply Championship (Las Vegas, NV) » Steve Denison, steve@uspla.org, www.uspla.org

19 NOV » NASA Kansas Regional (Equipped/Unequipped, PL/BP/PS/PP) (Salina, KS) » www.nasa-sports.com

19 NOV » USAPL Stars and Stripes BP/DL Championships (Clarks Summit, PA) » Steve Mann, steve@purepowerlifting.com, 570.309.6316, www.2011collegiates.purepowerlifting.com

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19 NOV » USA RAW BP Federation World Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

19-20 NOV » IPA National Powerlifting Championships (York, PA) at York Barbell » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.chailletsprivatefitness.com, www.ipapower.com

20 NOV » SLP Meat Heads Open BP/DL/Curl Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

20 NOV » SLP Michigan State BP/DL Championship (Saranac, MI) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

1-5 DEC » Global Powerlifting Alliance Raw World PL/BP Championships (Atlanta, GA) » L.B. Baker, 770.713.3080, www.globalpowerliftingalliance.com

3 DEC » NASA High Desert Holiday Classic PL/BP/PS (Albuquerque, NM) » Mike Adelman, mike@liftinglarge.com, 505.891.1237, www.liftinglarge.com

3 DEC » IPA Christmas Carnage (TBA) » Gene Rychlak, Jr., 143 Second Ave., Royersford, PA 19468, 610.948.7823, bench_a_grand@yahoo.com, www.rychlakpowersystems.com, www.ipapower.com

3 DEC » 11th Annual Pocket Samson's Christmas Classic BP/DL (All wt. classes/divisions) (Eldersburg, MD) at the Athens Health Club » Glenn Murphy Jr., 410.634.9195

3 DEC » USPA Georgia Winter Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

3 DEC » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Memphis, TN) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

3 DEC » WNPF Ralph Peach Memorial (Henderson, NC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnfp.net

4 DEC » WPF British Open BP & DL Record Breakers Championships (Harlow, Essex, UK) at Ripped Gym » Michelle Meade, +07779 322717, www.wfpowerlifting.com

4 DEC » ADAU Raw Power 19th Annual Coal Country Classic (BP/DL/SQ) (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikitung.com, www.adaurawpower.com

COMING EVENTS »

10 DEC » WPA Single Deadlift Tournament "Unlimited Deadlift" (Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

10 DEC » WPC Metal Gym Christmas BP/DL (Finland) » Ano & Minna Turtainen, ano.turtainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com

10 DEC » USPA Ironman PL Championship (Multi-ply only) (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org

10 DEC » APF/AAPF Alabama State Meet (Gadsden, AL) » Buddy McKee, mastermonster@comcast.net, www.worldpowerliftingcongress.com

10 DEC » 100% RAW Virginia State and Christmas Classic PL/BP/DL Championships (Zion Crossroads, VA) » John Shifflett, 186 Happy Hollow Road, Ruckersville, VA 22968, valifting@aol.com, www.rawpowerlifting.com

10 DEC » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, steve@uspla.org, www.uspla.org

10 DEC » APF Holiday Festival of Strength (Camarillo, CA) » Scot Mendelson & Denise Pollock, mendysbench@gmail.com, www.worldpowerliftingcongress.com

10 DEC » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

10-11 DEC » USAPL American Open & Police/Fire Nationals (Bay St. Louis, MS) » Jim Battenfield/Paul Fletcher, 505 Ridgecrest Dr., Pearl, MS 39208, 601.665.7783, www.usapowerlifting.com

17 DEC » WPC Israel Open BP/PP (Israel) » Anna Marcus, anna.marcus@caol.co.il, www.big-champ.com, www.worldpowerliftingcongress.com

17 DEC » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org

17 DEC » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 122 West Sale St., Tuscola, IL 61953, 217.253.5429, sonlightgym@frontier.com, www.sonlightpower.com

DEC » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com

DEC » APF/AAPF Invitational (Aberdeen, WA) » Don Bell, 360.532.8339,

flex@techline.com, www.worldpowerliftingcongress.com

2011 » USAPL Bench Press Nationals (Orlando, FL) » Rob Keller, Box 291571, Davie, FL 33329, 954.790.2241, www.usapowerlifting.com

3 MAR 2012 » Lexen Xtreme Pro/Elite Coalition (Full Power/BP; Multi-ply) (TBD) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

4 MAR 2012 » IPA Lexen Xtreme International Open (Full Power/BP/PP; All Divisions) (TBD) » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.lexenxtreme.com

23-25 MAR 2012 » USAPL High School Nationals (Wisconsin Dells, WI) » Brian Kenney, W14577 Fairway Ln, Wisconsin Dells, WI 53965, 608.448.9034, www.usapowerlifting.com

25-26 AUG 2012 » USAPL National BP Championships (Palm Springs, CA) » Lance Slaughter, lanceoslaughter@yahoo.com, 310.995.0047, www.usapl-ca.org

AUG/SEP 2012 » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

3 NOV 2012 » ADAU Raw Power 30th Annual Central PA Open PL Championships (Bigler, PA) » Allan Siegel, 304 Daisy St., Clearfield, PA 16830, 814.765.3214, al@pikilup.com, www.adaurawpower.com

NOV 2012 » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com

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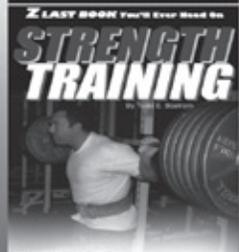
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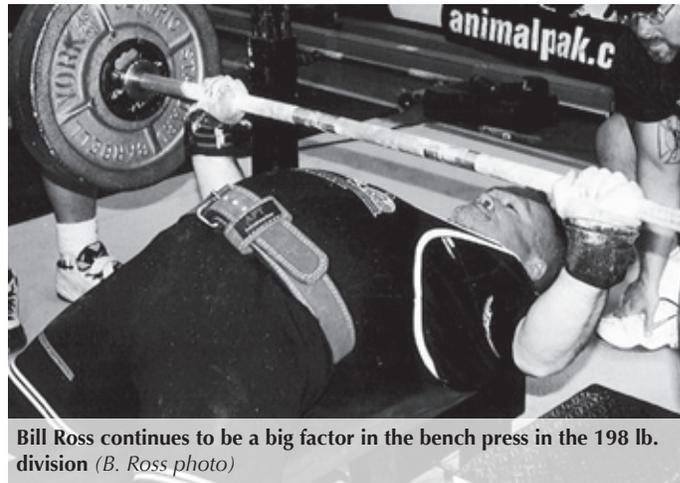
TOP 100 PHOTOS



Anthony Scolaro is a big time squatter in drug tested competition



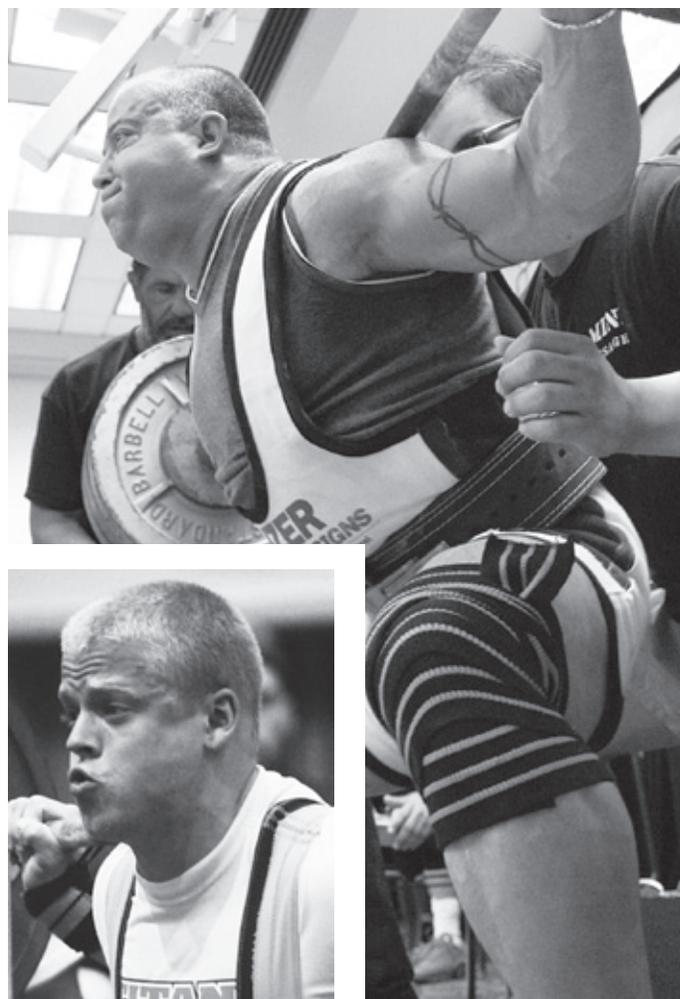
Matt Marsiglia is exceptionally well built to be a monster DLER



Bill Ross continues to be a big factor in the bench press in the 198 lb. division (B. Ross photo)



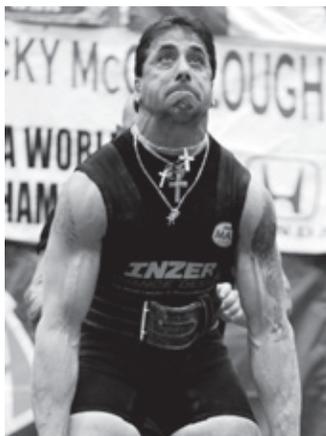
Richard Derengowski is moving quickly up the ranks, using WABDL as his base of operations (R. Derengowski photo)



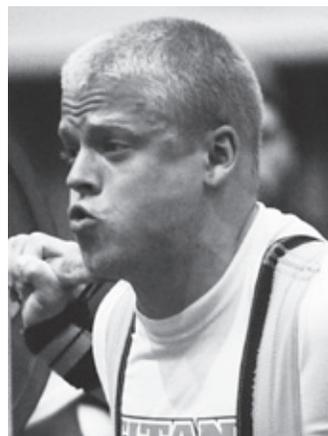
Chris Vickery at the 2010 USAPL Men's Nationals in Palm Springs, California



Jared Wilsey has been in some of the best deadlifting contests in the world lately



Eddie DiFruscia has been making a big mark on the record board, as a master



Jim Kegrice remains a force to contend with in the APF championship arena

Will you make the upcoming TOP 100 list for the 242 lb. class? Last time we ranked this class the minimum lifts to make that list were 683 lb. in the squat, 551 lb. in the bench press, 644 lb. in the deadlift, and 1736 lb. in the total. Often those minimum lifts to make the lists go up from year to year, but not always. The time period for the next ranking of the 242 lb. class will be April 2010 through April 2011. If you think you will be making the list this time and would like to appear on our "TOP 100 Photo Page," send a photo of you lifting (or something out of the ordinary, like a shot of you at your prom) to Powerlifting USA, PO Box 467, Camarillo, CA 93011 or e-mail it to lambertplusa@aol.com (we recommend a JPEG at least 200kb in size, but bigger is better in this case). If we use your photo we will send you a box of magazines from the month it appears. If you haven't seen your best lifts in results published in PL USA so far, let us know where and when you made those lifts for the upcoming time period and we can try to confirm them prior to publication of the next list for your class.

For standard 198 lb./90 kg. USA lifters in results received from FEB 2010 through FEB 2011

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NEXT MONTH » TOP 220s

CORRECTIONS: Steven Barattini was the correct spelling for the 132 lb. lifter who benched 248 in the 132 lb. weight class in the results of the USPF Rhode Island championships, as published on page 94 for the October 2010 issue of POWERLIFTING USA. Michael Soong indicates that E. Arnold and L. Arnold on our Women's TOP 20 rankings for the 198 lb. class for 2009 are actually the same person - Elizabeth "Leigh" Arnold. On the same class rankings, Kayleigh McAviney is credited with a 275 lb. bench press, when on the WABDL records site, it is listed as 253. Linda Schaefer's best all time TOP 50 deadlifts are 474 in the SHW class and 462 in the 198 lb. class.

OUR POLICY: If you find errors in our articles, TOP 100/50 weight class rankings or the competition results we publish, let us know at PL USA Errors Dept, PO Box 467, Camarillo, CA 93011 for a proper analysis of the matter and an appropriate correction in a following issue.

SQUAT

- 1 975 Cartinian, M..8/20/10
- 2 900 Wilcox, D..6/6/10
- 3 865 Coker, J..3/20/10
- 4 840 Tracey, B..6/6/10
- 5 830 Maxwell, M..3/27/10
- 6 805 Richardson, J..6/6/10
- 7 802 Capace..5/10
- 8 771 Mohr, A..12/11/10
- 9 766 Witte, D..4/17/10
- 10 760 Davis, J..6/6/10
- 11 755 Kegrice, J..3/20/10
- 12 755 Beanland, B..6/12/10
- 13 745 Pollock, S..10/16/10
- 14 744 Block, T..10/23/10
- 15 738 Allen, J..4/24/10
- 16 735 Lichtenberger, M..4/17/10
- 17 733 Kuderick, S..6/6/10
- 18 730 Bell, L..3/10
- 19 730 Garland, T..10/30/10
- 20 725 Lamneck, S..6/6/10
- 21 722 Black..5/10
- 22 722 Baker, E..11/13/10
- 23 720 Godawa, T..11/13/10
- 24 711 Cohen, L..5/16/10
- 25 710 Dalenberg, D..5/1/10
- 26 710 Diemert, D..8/20/10
- 27 710 Celli, R..9/25/10
- 28 705 Ball, K..3/27/10
- 29 705 May, R..3/27/10
- 30 705 Stanley, C..3/10
- 31 705 Saldana, J..6/5/10
- 32 705 Toalston, T..6/6/10
- 33 705 Kasabuske, E..6/19/10
- 34 705 Clark, R..7/17/10
- 35 705 Baker, J..7/31/10
- 36 705 Parella, A..8/1/10
- 37 705 Russell, T..11/21/10
- 38 700 Maxon, S..1/29/11
- 39 699 Torrez, D..9/25/10
- 40 683 Godwin, G..5/8/10
- 41 683 Walker, J..6/19/10
- 42 683 Domanski, E..1/11
- 43 680 Whalen, Z..3/27/10
- 44 680 Jones, K..8/20/10
- 45 677 Highnote, B..5/8/10
- 46 677 Scolaro, A..6/19/10
- 47 677 Pritchard, J..7/17/10
- 48 675 Norris, J..2/5/11
- 49 672 Driggers, M..4/10/10
- 50 672 Buffington, G..5/23/10
- 51 672 Buckley, S..11/6/10
- 52 670 Meyer, T..6/10
- 53 661 Brady, C..4/17/10
- 54 661 Hibbing, M..7/31/10
- 55 661 Kanemoto, K..1/30/11
- 56 661 Messerly, K..1/11
- 57 655 DiCataldo, S..6/19/10
- 58 650 Paulin..5/10
- 59 650 Hubbard, D..7/24/10
- 60 650 Alapa, B..2/19/11
- 61 644 Kratz, E..9/25/10
- 62 644 Cove, R..11/13/10
- 63 644 Summers, L..1/11
- 64 640 Matta, J..10/3/10
- 65 639 Soulen, S..4/17/10
- 66 639 Nesuda, R..5/8/10
- 67 639 Hatfield, G..6/12/10
- 68 639 Morris, R..8/14/10
- 69 635 Rowe, B..2/27/10
- 70 635 Hinojosa, X..3/10
- 71 635 Lobb, G..4/17/10
- 72 635 Randall, C..10/30/10
- 73 633 Woodley, L..3/20/10
- 74 633 Vickery, C..4/17/10
- 75 633 Rodock, M..1/29/11
- 76 630 Fuller, R..11/11/10
- 77 630 Ayala, R..12/4/10
- 78 628 Steck, M..9/11/10
- 79 625 Morrell, A..1/15/11
- 80 623 Bridges, M..5/22/10
- 81 622 Jurgens, D..6/19/10
- 82 622 Barger, B..9/11/10
- 83 622 Nautel, S..11/13/10
- 84 622 Garcia, J..2/11
- 85 620 Castillo, A..3/10
- 86 617 Adkins, J..3/27/10
- 87 615 Wollin, C..3/10
- 88 615 Duran, J..3/10
- 89 615 Alleshouse, D..8/20/10
- 90 615 Thomas, D..10/23/10
- 91 611 Simmons, J..2/26/11
- 92 608 Truslow, A..9/11/10
- 93 606 Baker, R..2/13/10
- 94 606 Parker, T..4/17/10
- 95 606 Long, B..4/24/10
- 96 606 Weaver, J..6/12/10
- 97 606 Peterson, C..6/19/10
- 98 606 Hunt, K..6/19/10
- 99 605 Hoover, L..3/13/10
- 100 605 Burvick, B..5/10

BENCH PRESS

- 840 Coker, J..3/20/10
- 715 Cartinian, M..8/20/10
- 685 Hensley, T..6/27/10
- 625 Gharib, C..11/6/10
- 617 Cieri, D..8/31/10
- 617 Celli, R..9/25/10
- 605 Matta, J..6/12/10
- 600 Thurman, D..8/31/10
- 585 Ball, K..3/27/10
- 584 Lee, S..8/28/10
- 580 Ross, R..11/21/10
- 578 Norman, R..5/15/10
- 575 Van Alstyne, M..11/21/10
- 573 Strohshine, T..6/26/10
- 573 Stanley, C..10/23/10
- 570 Lichtenberger, M..11/13/10
- 562 Hanifen, L..8/31/10
- 556 Driggers, M..4/10/10
- 556 Choi, M..6/6/10
- 551 Brizendine, B..2/20/10
- 551 Soto..11/18/10
- 550 Norris, T..3/13/10
- 550 Mustard, J..8/21/10
- 550 Cory, J..1/15/11
- 545 Randall, C..10/30/10
- 540 Washburn, C..7/31/10
- 525 Stevens, B..2/26/11
- 523 Derengowski, R..2/20/10
- 523 Carson..11/18/10
- 523 Doucette, G..1/23/11
- 518 Adkins, J..3/27/10
- 515 Maxwell, M..3/27/10
- 515 Garland, T..10/30/10
- 510 Shaw, B..3/27/10
- 507 Woods, J..1/30/11
- 507 Buffington, G..11/13/10
- 507 Mohr, A..12/11/10
- 505 O'Connor, T..12/12/10
- 503 Byars, R..5/15/10
- 501 Baker, J..3/27/10
- 501 Toalston, T..6/6/10
- 501 Kinsey, E..6/19/10
- 501 Gillam, C..6/26/10
- 501 Swift, D..8/7/10
- 501 Baker, E..11/13/10
- 501 Larson, K..12/10/10
- 500 Wargo, C..3/10
- 500 Wittway, C..4/7/10
- 500 Saldana, J..4/25/10
- 500 Wilcox, D..6/6/10
- 500 Tracey, B..6/6/10
- 500 Graham, M..2/19/11
- 490 Clark, R..7/17/10
- 490 Noebe..11/18/10
- 485 Berriman, N..3/13/10
- 485 Dues, R..8/31/10
- 485 Wise, D..10/30/10
- 481 Mansanas, L..6/27/10
- 480 Lobb, G..4/17/10
- 480 Russo, J..7/10/10
- 480 Hummer, J..8/22/10
- 480 Griffin, G..8/31/10
- 479 Einstein, M..5/1/10
- 479 Kratz, E..9/25/10
- 477 Capace..5/10
- 475 Whalen, Z..3/27/10
- 475 Ramirez, A..5/22/10
- 475 Jones, K..8/20/10
- 475 Blackmon, R..1/15/11
- 473 Pacheco, B..3/6/10
- 473 May, R..3/27/10
- 473 Kuderick, S..6/6/10
- 473 Walker, J..6/19/10
- 473 Rosenzweig, D..8/31/10
- 470 Brewer, P..2/27/10
- 470 Oesterle, S..4/10/10
- 470 Bistany, J..5/15/10
- 470 Hubbard, D..7/24/10
- 468 Giernert, B..4/3/10
- 468 Jagers, J..4/10
- 462 Sugimoto, D..3/13/10
- 462 Brady, C..4/17/10
- 462 Hatfield, G..6/12/10
- 460 Davis, J..6/6/10
- 460 Pollock, S..10/16/10
- 460 Abbott, D..10/23/10
- 460 Watts, S..11/6/10
- 460 Maxson, S..1/29/11
- 457 Parella, A..6/19/10
- 457 DiCataldo, S..6/19/10
- 457 Early, M..6/26/10
- 455 Smith, S..4/10/10
- 455 Richardson, J..6/6/10
- 451 Kiser, C..4/24/10
- 451 Highnote, B..5/8/10
- 451 Levering, B..5/30/10
- 451 Saluzzi, S..6/6/10
- 451 Scolaro, A..6/19/10
- 451 Zaragoza, J..8/14/10
- 451 Kanemoto, K..10/23/10

DEADLIFT

- 738 Bell, L..2/11
- 735 Meyers, T..11/11/10
- 720 Davis, J..11/13/10
- 716 Marsiglia, M..6/5/10
- 716 Eiseman, T..11/18/10
- 699 Lane, M..1/23/11
- 688 Scolaro, A..6/19/10
- 688 Tirtitski, A..9/25/10
- 685 Celli, R..6/20/10
- 683 Kasabuske, E..6/19/10
- 683 Jurgens, D..6/19/10
- 683 Parella, A..8/1/10
- 683 Wilsey, J..9/25/10
- 680 Gaynor, B..6/20/10
- 680 Lewis, B..11/20/10
- 677 Walker, J..6/19/10
- 677 Wilcox, D..10/23/10
- 675 Knox..5/10
- 675 Tracey, B..6/6/10
- 675 Dorn, D..2/19/11
- 672 Witte, D..4/17/10
- 672 Kiser, C..4/24/10
- 672 Buckley, S..11/6/10
- 670 Godawa, T..11/13/10
- 666 Mayers, D..10/23/10
- 666 Hansen, D..1/22/11
- 661 Woodley, L..3/20/10
- 661 Ferstler, G..6/27/10
- 661 Yourkosi, J..8/28/10
- 661 Woods, J..9/25/10
- 661 Block, T..10/23/10
- 660 Oesterle, S..4/10/10
- 660 Smith..7/3/10
- 660 Cartinian, M..8/20/10
- 660 Jones, K..8/20/10
- 660 Clark, R..12/12/10
- 660 Maxson, S..1/29/11
- 650 Driggers, M..4/10/10
- 650 Brady, C..4/17/10
- 650 Chen, L..5/16/10
- 650 DiCataldo, S..6/19/10
- 650 Scurry, M..6/26/10
- 650 Russo, J..7/10/10
- 650 Kratz, E..9/25/10
- 650 Mohr, A..12/11/10
- 650 O'Brien, B..12/11/10
- 650 Tinajero, D..1/23/11
- 644 Glines, N..5/1/10
- 644 Beanland, B..6/12/10
- 644 Maccarthy, M..12/10/10
- 640 Richardson, J..6/6/10
- 640 Smith, O..12/12/10
- 639 Kegrice, J..3/20/10
- 639 Kline, J..4/10/10
- 639 Toalston, T..6/6/10
- 639 Loreto, A..12/12/10
- 635 Lanz..4/10/10
- 635 Rock, J..5/8/10
- 635 Foster, W..2/5/11
- 633 Johnson, R..7/17/10
- 633 Burns, B..8/28/10
- 633 Stanley, C..10/23/10
- 630 Bellanoni..3/27/10
- 630 Sinicropi, P..3/10
- 628 Baker, E..11/13/10
- 628 Koyle..11/18/10
- 628 Doucette, G..1/23/11
- 627 Capace..5/10
- 625 Ball, K..3/27/10
- 625 Trimarco, S..9/18/10
- 625 Umberger, S..10/23/10
- 625 Bishop, M..11/13/10
- 625 DiFruscia, E..2/11
- 622 Godard, R..2/6/10
- 622 Bridges, M..5/22/10
- 622 Barger, B..9/11/10
- 622 Green, G..10/23/10
- 620 Washnock, P..3/10
- 620 Adeyinka..5/10
- 620 Diemert, D..8/20/10
- 620 Norris, J..2/5/11
- 617 Baker, J..3/27/10
- 617 Allen, J..4/24/10
- 617 Roehl, B..8/14/10
- 617 Summers, L..10/16/10
- 617 Domanski, E..1/11
- 611 Plavchak, M..4/17/10
- 611 Howard, S..6/26/10
- 611 Ingram, W..12/4/10
- 610 Hoover, L..3/13/10
- 610 Whalen, Z..3/27/10
- 610 Bruno, M..12/12/10
- 610 Glembin, T..2/12/11
- 607 Frazier, B..6/12/10
- 606 Charland, S..3/13/10
- 606 Adkins, J..3/27/10
- 606 Johnson, G..7/10/10
- 606 Roberts, S..7/16/10
- 606 James, D..11/6/10
- 606 Byas, A..12/12/10

TOTAL

- 2350 Cartinian, M..8/20/10
- 2285 Coker, J..3/20/10
- 2065 Wilcox, D..6/6/10
- 2015 Tracey, B..6/6/10
- 2011 Celli, R..9/25/10
- 1929 Mohr, A..12/11/10
- 1915 Maxwell, M..3/27/10
- 1915 Ball, K..3/27/10
- 1912 Stanley, C..10/23/10
- 1906 Capace..5/10
- 1900 Richardson, J..6/6/10
- 1879 Driggers, M..4/10/10
- 1875 Davis, J..6/6/10
- 1857 Witte, D..4/17/10
- 1851 Baker, E..11/13/10
- 1846 Toalston, T..6/6/10
- 1840 Godawa, T..11/13/10
- 1835 Walker, J..6/19/10
- 1835 Block, T..10/23/10
- 1835 Lichtenberger, M..11/13/10
- 1829 Parella, A..8/1/10
- 1824 Beanland, B..6/12/10
- 1820 Maxon, S..1/29/11
- 1818 Scolaro, A..6/19/10
- 1815 Jones, K..8/20/10
- 1813 Kasabuske, E..6/19/10
- 1807 Kegrice, J..3/20/10
- 1802 Bell, L..2/11
- 1795 Garland, T..10/30/10
- 1791 Baker, J..3/27/10
- 1791 Cohen, L..5/16/10
- 1780 Saldana, J..6/5/10
- 1779 Ray, R..3/27/10
- 1779 Clark, R..7/17/10
- 1775 Lamneck, S..6/6/10
- 1774 Brady, C..4/17/10
- 1774 Kratz, E..9/25/10
- 1765 Whalen, Z..3/27/10
- 1765 Pollock, S..10/16/10
- 1765 Randall, C..10/30/10
- 1763 DiCataldo, S..6/19/10
- 1760 Diemert, D..8/20/10
- 1752 Buffington, G..11/13/10
- 1741 Adkins, J..3/27/10
- 1741 Buckley, S..11/6/10
- 1740 Matta, J..10/3/10
- 1719 Domanski, E..1/11
- 1714 Kuderick, S..6/6/10
- 1708 Jurgens, D..6/19/10
- 1700 Hubbard, D..7/24/10
- 1697 Kanemoto, K..6/26/10
- 1692 Torrez, D..9/25/10
- 1692 Doucette, G..1/23/11
- 1690 Dalenberg, D..5/1/10
- 1681 Highnote, B..5/8/10
- 1675 Bridges, M..5/22/10
- 1670 Lobb, G..4/17/10
- 1670 Meyer, T..6/10
- 1658 Barger, B..9/11/10
- 1653 Cove, R..11/13/10
- 1647 Woodley, L..3/20/10
- 1645 Rowe, B..2/27/10
- 1645 Ayala, R..12/4/10
- 1645 Norris, J..2/5/11
- 1642 Simmons, J..3/27/10
- 1642 Godwin, G..5/8/10
- 1636 Ingram, W..12/4/10
- 1631 Black..5/10
- 1631 Frazier, B..6/12/10
- 1631 Hatfield, G..6/12/10
- 1631 Nautel, S..11/13/10
- 1625 Long, B..4/24/10
- 1625 Tinajero, D..1/23/11
- 1625 O'Brien, B..12/11/10
- 1620 Alapa, B..2/19/11
- 1615 Cory, J..1/15/11
- 1614 Pittari, T..4/17/10
- 1614 Peterson, C..6/19/10
- 1609 Parker, T..4/17/10
- 1609 Summers, L..10/16/10
- 1603 Odenwald, A..4/17/10
- 1603 Green, G..10/23/10
- 1600 Bishop, M..11/13/10
- 1598 Kline, J..3/20/10
- 1598 Hibbing, M..7/31/10
- 1595 Knox..5/10
- 1592 Messerly, K..1/11
- 1587 Tirtitski, A..9/25/10
- 1585 Hinojosa, X..3/10
- 1581 Vickery, C..4/17/10
- 1580 Fuller, R..7/17/10
- 1576 Grissinger, G..5/29/10
- 1576 Shaw, C..9/11/10
- 1575 Polis, D..7/18/10
- 1575 Griffin, G..2/19/11
- 1570 Steck, M..9/11/10
- 1565 Hoover, L..3/13/10
- 1565 Allen, C..3/10
- 1565 Soulen, S..4/17/10
- 1565 Wray, M..8/7/10

RESULTS

SLP KENTUCKY STATE OPEN

NOV 13 2010 » Louisville, KY

BENCH	SHW		
MALE	J. Willoughby	415*	
<i>Novice</i>	4th-425*		
275 lbs.	Master (45-49)		
S. Maier	460*	242 lbs.	
308 lbs.	P. Bloyd	375	
A. Harr	510	308 lbs.	
4th-525	W. Hall	520*	
<i>Teen (16-17)</i>	Master (50-54)		
148 lbs.	148 lbs.		
R. Bisenius	195	M. Evans	225
N. Long	180	198 lbs.	
SHW	B. Bishop	325*	
M. Fabian IV	Master (55-59)		
<i>Teen (18-19)</i>	148 lbs.		
198 lbs.	M. Huber	290*	
D. Armstrong	405*	4th-300*	
220 lbs.	Police/Fire		
T. Myers	400*	220 lbs.	
<i>Junior</i>	C. Hollon	440*	
165 lbs.	Open		
P. Smith	305	242 lbs.	
220 lbs.	J. Weaver	405	
R. Wernz	410	CURL	
<i>Submaster</i>	MALE		
308 lbs.	<i>Teen (18-19)</i>		
S. Brooks	675*	181 lbs.	
<i>Master (40-44)</i>	T. Nelson	150*	
275 lbs.	Open		
C. Breeden	525	148 lbs.	
R. Wheeler	430	M. Evans	110
4th-450		DEADLIFT	
SHW	MALE		
M. Fabian III	<i>Novice</i>		
<i>Open</i>	97 lbs.		
220 lbs.	N. Wheeler	150*	
J. Figg	385	220 lbs.	
<i>Raw</i>	A. Evans	370	
<i>Special Olympic</i>	308 lbs.		
275 lbs.	A. Harr	625*	
D. Hendrick	205*	<i>Teen (16-17)</i>	
<i>Wheel Chair</i>	148 lbs.		
132 lbs.	R. Bisenius	370*	
H. Logsdon	220*	C. Bishop	370*
<i>Novice</i>	N. Long	295	
97 lbs.	<i>Teen (18-19)</i>		
N. Wheeler	65*	165 lbs.	
181 lbs.	C. Proctor	390	
K. Brose	350*	181 lbs.	
242 lbs.	T. Nelson	500*	
R. Mason	435*	Junior	
<i>Teen (16-17)</i>	198 lbs.		
148 lbs.	C. Willlover	455	
C. Bishop	220*	275 lbs.	
165 lbs.	J. White	650*	
R. Speed	250	<i>Submaster</i>	
4th-260	242 lbs.		
<i>Teen (18-19)</i>	W. Beach	680	
165 lbs.	Master (40-44)		
C. Proctor	SHW		
<i>Junior</i>	J. Willoughby	690	
242 lbs.	Master (50-54)		
M. Barnett	375	148 lbs.	
275 lbs.	M. Evans	435	
J. White	410*	Open	
M. Burden	285	148 lbs.	
<i>Submaster</i>	M. Evans	435	
275 lbs.	181 lbs.		
C. Troutt	430	W. Hemp	505*
<i>Master (40-44)</i>	242 lbs.		
198 lbs.	W. Baity	730	
S. Dunn	285*		

*=Son Light Power Kentucky State Records. Best Lifter Bench Press Raw: Wayne Hall. Best Lifter Bench Press Assisted: Shawn Brooks. Best Lifter Deadlift: William Baity. The Son Light Power Kentucky State Bench Press & Deadlift Championship was held at the Kentucky Muscle Strength & Fitness Extravaganza. Thanks to promoter Brent Jones for once again

hosting this event. We had a great turnout this year with over fifty competitors from Illinois, Indiana, Tennessee and Kentucky. In the raw bench press event Danny Hendrick moved up to the 275 class, taking the win there with a new Kentucky state record of 205 for the special olympic men's division. Heath Logsdon looked strong at wheel chair men 132, breaking his own state record there with 220! For the novice classes it was nine year old Nate Wheeler for the win at 97 with a new state record of 65. Kay Brose also got a new state record for his class, 181 with 350. Our final novice lifter was 242 winner Raphiem Mason won with still another state record of 435. In the teenage division it was Cody Bishop for the win at 16-17/148 with his state record of 220 while Reid Speed won at 165 with 260. Our only other teenage lifter was 18-19/165 winner, Cole Proctor, who set the state record there with 200. Marc Barnett won at junior 242 with 375 while Josh White broke the state record at 275 with 410, taking the win over Michael Burden, who finished with 285. Chad Troutt won at submaster 275 with 430. At 40-44 it was Steve Dunn with a new state record of 285 at 198 while big John Willoughby hit a 425 state record at SHW. Phillip Bloyd won at 45-49/242 with 375 while best raw lifter Wayne Hall finished with a new state record and personal best 520 at 308! Mark Evans won at 50-54/148 with an easy 225 while Bo Bishop hit a new state record of 325 at 198. Marvin Huber finally got his first official 300 bench with his win at 55-59/148! Great job, Marvin! Chris Hollon, another newcomer, hit a double-bodyweight state record 440 for the police/fire 220 division. Our final raw lifter was open 242 winner John Weaver. John finished with 405. For the assisted lifters Scott Maier won at novice 275 with 460, tying the state record there. Aaron Harr won at 308 with 525. For the teenage men 16-17 it was Roy Bisenius for the win over Nathaniel Long 195 to 180. Michael Fabian IV broke his own state record for the SHW class with 385. Dillon Armstrong broke the state record at 18-19/198 with 405 while Tony Myers did the same at 220 with 400. Paul Smith won at junior 165 with 305 while Rudy Wernz captured the gold at 220 with 410. The best lifter among the assisted lifters was Shawn Brooks who finished with a new state record of 675 at submaster 308. For the master men 40-44 division it was Chad Breeden over Randy Wheeler 525 to 450 while Michael Fabian III hit an all-time high 540 state record for the SHW class. Jason Figg won at open 220 with 385. In the curl event Taylor Nelson set the state record for the 18-19/181 class with 150 while Mark Evans won at open 148 with 110. Moving to the deadlift competition, Nate Wheeler won his second title of the day at novice 97 and his second state record of the day with 150. Andy Evans won at 220 with 370 while Aaron Harr broke the state record at 308 with 625. In the teenage men's 16-17 age group we had a real battle at 148. Taking the win by bodyweight was Roy Bisenius over Cody Bishop. Both pulled a new state record of 370. Third place went to Nathaniel Long, who finished with 295. Cole Proctor won at 18-19/165 with 390 while Taylor Nelson hit a new state record of 500 at 181. Chris Willlover won at junior men 198 with 455 while Josh White pulled a big 650 state record at 275. William Beach won at submaster

242 with 680 while John Willoughby hit 690 at 40-44/SHW. Mark Evans won at 50-54/148 with 435, taking the open 148 class as well. Also at open was 181 winner Wes Hemp who tied the state record there with 505. But our best lifter was William Baity, who pulled a strong 730 pr for the win at open 242. Thanks to my son Joey Latch and Nick Spangler for doing a great job of loading and spotting and to all the others who helped out. Thanks also to our lovely trophy girl, Diane Shirley. See you all again next year!

» courtesy Dr. Darrell Latch

SLP SMOKEY MOUNTAINS OPEN

JAN 15 2011 » Stanton, KY

BENCH	220 lbs.		
MALE	A. Evans	250	
<i>Submaster</i>	4th-260		
275 lbs.	242 lbs.		
J. Carter	575*	J. Compton	440*
<i>Master (45-49)</i>	MALE		
308 lbs.	<i>Master (40-44)</i>		
B. Bowen	390	Master (40-44)	
4th-410	275 lbs.		
<i>Raw</i>	J. Trent	175*	
<i>Novice</i>	4th-185*		
220 lbs.	<i>Master (55-59)</i>		
A. Evans	250	148 lbs.	
4th-260	M. Evans	115*	
<i>Junior</i>	DEADLIFT		
181 lbs.	MALE		
H. Ratcliff	<i>Submaster</i>		
4th-260	275 lbs.		
<i>Master (40-44)</i>	J. Carter	760*	
275 lbs.	<i>Master (55-59)</i>		
J. Trent	340	148 lbs.	
4th-350	M. Evans	415*	
<i>Master (55-59)</i>	Open		
148 lbs.	148 lbs.		
M. Evans	215	M. Evans	415
<i>Master (65-69)</i>	220 lbs.		
198 lbs.	A. Evans	405	
H. Murphy	325*	242 lbs.	
<i>Open</i>	M. Enix	675	

*=Son Light Power Kentucky State Records. Best Lifter Bench: Joe Carter. Best Lifter Deadlift: Joe Carter. The Son Light Power Smokey Mountain Open Bench Press & Deadlift Championship was held at Integrity Fitness. Thanks to Jeff Trent for all his help promoting this event. In the raw bench press competition Andy Evans won the novice 220 class with his personal best 260. Andy also took the open 220 class. Hank Ratcliff won at junior 181 with 260 as well. At 40-44/275 it was Jeff Trent with 350 while Mark Evans won at 55-59/148 with 215. Breaking his own state record at 65-69/198 was H.B. Murphy, who finished with 325. In the open 242 class, first-time competitor Justin Compton set the state record with 440. For the assisted division it was Bill Bowen for the win at 45-49/308 with a personal best 410. Our other assisted lifter, also our best overall lifter, was Joe Carter. Joe finished with a new state record of 575 for the submaster 275 class. In the curl competition Jeff Trent won at 40-44/275 with 185 while Mark Evans took the 55-59/148 class with 115. Both lifters posted new state records for their respective classes. Moving to the deadlift competition, Mark Evans broke the state record for the 55-59/148 class with a triple-bodyweight pull of 415. Mark also took the open 148 class as well. Joe Carter won his second best lifter award of the day with a personal best state record 760 pull at submaster 275. Andy Evans

won again at open/220 with his personal best 405. Our final lifter was Matthew Enix, who won at open 242 with his personal record 675. Thanks to my son Joey Latch and Jamie Craft for doing a great job loading and spotting and to Justin and Don Lewis for serving as our side judges. Thanks to Fran Trent for taking some great pictures and to Cheyenne Trent for serving as our trophy girl. See you all again next year.

» courtesy Dr. Darrell Latch

SLP BLUEGRASS OPEN

FEB 19 2011 » Louisville, KY

BENCH	<i>Master (40-44)</i>		
FEMALE	198 lbs.		
<i>Raw</i>	S. Baker	315*	
<i>Teen (13-15)</i>	242 lbs.		
148 lbs.	M. Harrod	400*	
K. Hall	105*	4th-410*	
<i>Open</i>	Master (45-49)		
165 lbs.	165 lbs.		
Deerwester	95	G. Claycomb	325*
MALE	R. Brunell	240	
<i>Novice</i>	181 lbs.		
S. Hennessy	340*	SHW	
SHW	C. Hartung	470*	
W. Coomer	375	<i>Master (55-59)</i>	
4th-405*	148 lbs.		
<i>Teen (16-17)</i>	M. Huber	280	
SHW	M. Evans	215	
M. Fabian IV	385	<i>Master (65-69)</i>	
4th-405*	275 lbs.		
<i>Submaster</i>	T. Chapala	340	
275 lbs.	<i>Open</i>		
J. Carter	585*	220 lbs.	
<i>Master (40-44)</i>	A. Evans	245	
275 lbs.	242 lbs.		
R. Wheeler	430*	J. Bassett	365
SHW	DEADLIFT		
M. Fabian III	550*	MALE	
<i>Master (45-49)</i>	<i>Novice</i>		
165 lbs.	220 lbs.		
C. Flowers	380	D. McComas	425
<i>Open</i>	<i>Teen (13-15)</i>		
275 lbs.	132 lbs.		
J. Robinson	500	S. McDonald	135
<i>Raw</i>	<i>Teen (16-17)</i>		
<i>Special Olympic</i>	198 lbs.		
198 lbs.	J. Williams	400	
S. Currey	230	4th-430*	
275 lbs.	SHW		
D. Hendrick	165	M. Fabian IV	500*
<i>Novice</i>	<i>Submaster</i>		
220 lbs.	242 lbs.		
D. McComas	300*	W. Beech	715
J. Stuart	265	275 lbs.	
242 lbs.	J. Carter	770*	
D. Thomas	390	<i>Master (55-59)</i>	
<i>Teen (13-15)</i>	148 lbs.		
198 lbs.	M. Evans	430*	
J. Grupenhof	240*	220 lbs.	
<i>Teen (16-17)</i>	J. McDonald	450	
181 lbs.	<i>Open</i>		
E. Mudd	265*	148 lbs.	
4th-280*	M. Evans	430	
198 lbs.	220 lbs.		
J. Williams	270*	A. Evans	415
4th-290*	242 lbs.		
<i>Junior</i>	P. Maupin	730	
198 lbs.	275 lbs.		
B. Jackson	295	J. Robinson	720*

*=Son Light Power Kentucky State Records. Best Lifter Bench Assisted: Joe Carter. Best Lifter Raw Bench Press: Mike Harrod. Best Lifter Deadlift: Joe Carter. The Son Light Power Bluegrass Open Bench Press & Deadlift Championship was held at Fitness Factory. Thanks to Chris at Fitness Factory and the Kentuckiana

Power Team for organizing this event. In the assisted bench press competition Steve Hennessy broke the Kentucky state record for the novice 181 class with 340. Wes Coomer won at SHW with 405. Michael Fabian IV upped his own state record at 16-17/SHW to 405. Joe Carter got a new pr and state record at submaster 275 with the biggest bench of the day, 585. At 40-44 it was Randy Wheeler with a new personal record of 430 at 275 while Michael Fabian III broke the record at SHW with 550. Chris Flowers won at 45-49/165 with 380, making just his opener while James Robinson hit a strong 500 at open 275. In the raw division Steven Currey hit a 230 at special Olympic 198 while Danny Hendrick won at 275 with 165. For the women, it was Kristina Hall with a new PR and state record of 105 at 13-15/148. Lauren Deerwester won at open 165 with 95. In the novice men's division D.J. McComas broke the existing state record at 220 with 300. James Stuart was second at 220 with 265. David Thomas took the 242 class with 390. Jordan Grupenhof came down from Ohio to break the state record at 13-15/198 with 240. Eric Mudd broke the state record at 16-17/181 with 280. Jordan Williams also got a new state record for his class, 16-17/198, with 290. Brady Jackson won at junior 198 with 295. At 40-44 it was Scott Baker with a new state record of 315 while Mike Harrod did the same at 242 with 410. Greg Claycomb set the state record for the 45-49/165 class with 325 while Rich Brunell finished second there

with 240. Kent Hauser won at 275 with 375 while Chris Hartung hit a big pr and state record 470 at SHW. Marvin Huber won over Mark Evans 280 to 215 for the win at 55-59/148. Tom Chapala took the 65-69/275 class with 340. In the open division Andy Evans won at 220 with 245 while Jason Bassett took the 242 class with 365. Joe Carter won the best lifter award for the assisted lifters, while Mike Harrod won among the raw lifters. In the deadlift event D.J. McComas won again at novice 220 with 425. Eleven year old Spencer McDonald hit all three of his attempts at 13-5/132 to finish with 135. Jordan Williams set his second state record of the day at 16-17/198 with 430 while Michael Fabian IV did the same at SHW with 500. At submaster it was William Beech with a new PR of 715 while Joe Carter pulled the biggest lift of the meet at 275, with 770. Another PR and new state record for Joe. Mark Evans won at 55-59/148 with 430, taking the win as well at open 148. Joe McDonald took the 220 class with 450. In the open division it was Andy Evans at 220 with 415. Patrick Maupin hit a strong 730 at 242 while James Robinson pulled a new state record 720 at 275. Thanks to my son Joey Latch for doing another great job loading and spotting along with all the others who helped out and to our side judges Jim Burchfield and Patrick Maupin. Thanks also to Jessica Schmitt for serving as our trophy girl. See you all again next year!
 » courtesy Dr. Darrell Latch

SLP WINTER OPEN BP CLASSIC

JAN 8 2011 » Indianapolis, IN

BENCH	K. Freeman	325
FEMALE	4th-330	
<i>Raw</i>	Master (45-49)	
<i>Police/Fire</i>		220 lbs.
148 lbs.	G. Stokes	350*
H. Edwards	140*	Master (50-54)
MALE		242 lbs.
Master (50-54)	K. Piper	360
242 lbs.	Master (55-59)	
K. Piper	475	181 lbs.
Master (55-59)	J. Riddle	295*
198 lbs.	D. Shorter	205*
D. Shorter	235	Police/Fire
<i>Raw</i>		Submaster
Teen (13-15)		181 lbs.
148 lbs.	S. Smith	205*
S. Smith	205*	J. Shepherd
198 lbs.		4th-350*
J. Grupenhof	235	220 lbs.
Teen (18-19)		J. Edwards
181 lbs.		4th-400*
B. Brooks	270	Open
Junior		308 lbs.
198 lbs.	J. Peevler	440

*=Son Light Power Indiana State Records.
 Best Lifter Raw: Jamie Edwards. Best Lifter Assisted: Kevin Piper. The Son Light Power Winter Bench Press Classic was held at Elite Fitness. Thanks to owner Mike Ford for hosting this event. In the raw bench press competition first time competitor Heather Edwards showed good form to take the win at police/fire 148 with a new Indiana state record of 140! In the teenage men's

13-15 age group Spencer Smith set the state record at 148 with 205 while training partner Jordan Grupenhof won at 198 with 235. Brandon Brooks won at 18-19/181 with a strong 270. All three of these teenagers were competing for the first time. Kevin Freeman won at junior 198 with 330. Greg Stokes, who hasn't competed for sixteen years, came back strong with a new state record of 350 for the 45-49/220 class. At 50-54/242 it was Kevin Piper for the win with 360, before switching to his shirt, where he finished with a personal best 475! John Riddle broke his own state record at 55-59/181 with 295, just missing a final attempt with 305. We were all happy to see Dave Shorter, who had five bypass surgery a year ago, coming back strong. Dave broke the state record at 55-59/198 raw with 205 then with his shirt nearly broke the assisted record of 250, settling with 235 instead. In the police/fire submaster division we had two lifters, both of which broke the existing state record for their respective classes. At 181 it was Jeremy Shepherd, who finished with 350 while Jamie Edwards got his first official 400 bench at 220. Our best raw bencher was open 308 winner Jeremy Peevler, who finished with a new personal record of 440. Kevin Piper won the best lifter award among the assisted lifters. Thanks, as always to my son Joey Latch for doing a great job loading, spotting and judging and to everyone else who helped out. Thanks also to our trophy girls Olivia Sizemore, Crystal Heidelberg and Emily Clayton for helping out. See you all again next year.
 » courtesy Dr. Darrell Latch

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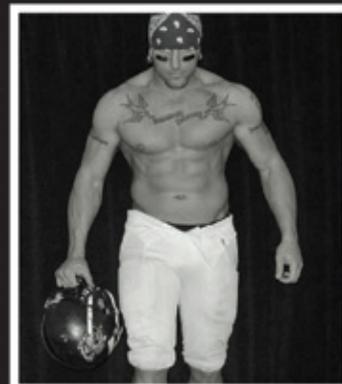
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once every 10 days. My main training days are Monday, Wednesday, and Friday with Tuesday and Thursday being devoted to weak point training, cardiovascular training and last, but certainly not least, mobility work. I utilize the big multi-joint movements to build strength (rep ranges 1-5) while also using higher rep accessory work for hypertrophy and balance in my training (rep ranges 10-50).

Training Tips:

- Have defined both short and long term goals.
- More is not better - better is better.
- Progress slowly and measure your progress (always WRITE IT DOWN!)

Chad Herlehy - Pensacola, FL PRO FOOTBALL FREE AGENT & COMBAT VETERAN

"I am a U.S. Marine Corps combat veteran, Personal Trainer and Semi Pro football player/Pro football Free agent. I have been training since I was 12 yrs old. I am now 32 and achieving new goals...unexpected goals. If there has been a supplement out there...I've tried it and/or taken it. From protein, carbs, and weight-gainers to andro, tribulus, NO's, glutamine, glucosamine and multi-vitamins. Recently I stumbled across The Jack3d Stack. I was looking for something to help give me that EDGE on the field and during training. The first time I tried it before my season opener was AMAZING! My explosiveness was off the charts! My closing speed, my explosion, was unlike I've ever experienced! So for the rest of the season...The Jack3d Stack... every game day & training session! We won the championship and I was selected to the All-star Team. Thanks to those who turned me on to USPlabs Supplements... it honestly brought my game to another level and has gotten me scouted for the next level too!"

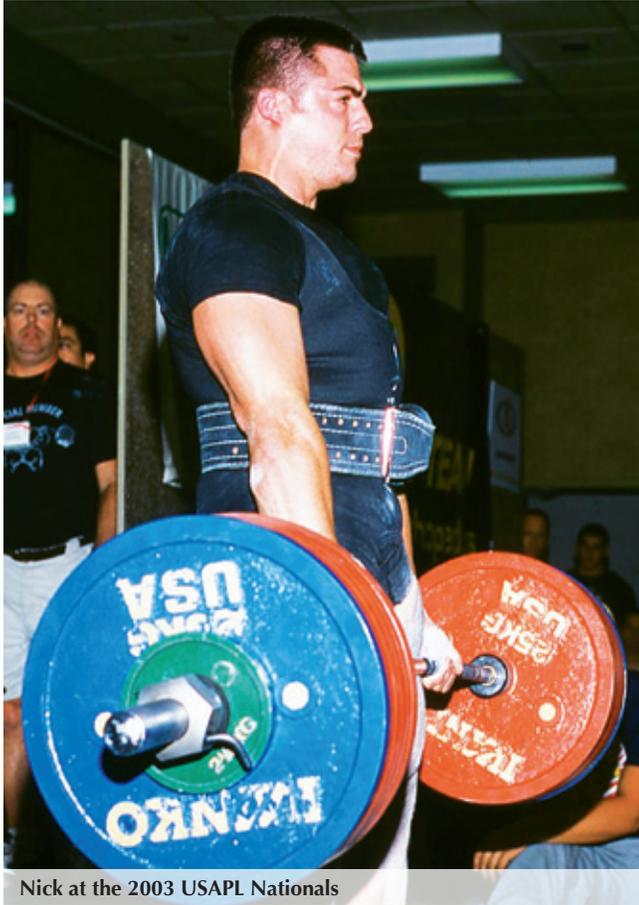


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NICK TYLUTKI »



Nick at the 2003 USAPL Nationals

finished in third place, and became addicted to the sport. Since then, I've entered every USAPL national meet except 2009, have lifted in five IPF world meets, and two World Games. I've won three USAPL Nationals and have placed as high as fourth in the Worlds. My best lifts to date are squat 821, bench 518, deadlift 782, total 2077.

What is your training routine?

I train Monday, Wednesday, Friday and either Thursday or Saturday. (I've included my training programs.) In addition to what is listed on those programs, I do several auxiliary lifts including reverse hypers, bent over rows, good mornings, incline/decline presses, overhead presses, pull-ups, various ab movements, and any other lift or movement that I can think of that will help me in some way.

Why do you compete in the USAPL?

I initially competed in the USAPL since it was all that I knew. As I gained experience, I learned of the different associations and federations. I've been to meets hosted by other associations and have respect for many of those competitors. However, I choose to continue to compete in the USAPL due to its IPF affiliation. There are member countries from six continents which create a very

large pool of lifters to be chosen from to lift at World's increasing the level of competition. In my opinion, the IPF has the most competitive world championships available.

What vitamins and supplements do you take?

As I've gotten older, I learned the importance of proper nutrition and supplementation for proper recovery. I use Cytosports Muscle Milk and GNC AMP Amplified Wheyabolic protein. I also use GNC Amplified Creatine 189 and the GNC multi-vitamin. I've found that BSN's NO Explode works great for me prior to workouts and contests.

What are your future plans in the sport?

I plan to continue training and competing as long as I'm healthy and have the desire to. I have a goal of winning an IPF world championship and will continue to work towards that.

Any last comments?

Powerlifting has been a great opportunity for me for the last decade to travel the world and meet several great lifters. Thank you to *Powerlifting USA* for the opportunity and for the recent cover shot in September 2010. «

NICK TYLUTKI'S WORKOUTS

BENCH WORKOUT:

Raw Max

WEEK	SINGLE	WT.	%	SETS	WT.	%
1	1	0	87.5	6x3	0	77.5
2	1	0	90.0	6x3	0	80
3	1	0	92.5	6x3	0	82.5
4	1	0	95.0	6x3	0	85
5	Shirt					
6	1	0	90.0	6x3	0	80
7	1	0	92.5	6x3	0	82.5
8	1	0	95.0	6x3	0	85
9	1	0	97.5	6x3	0	87.5
10	Shirt					
11	1	0	92.5	6x3	0	82.5
12	1	0	95.0	6x3	0	85
13	1	0	97.5	6x3	0	87.5
14	1	0	100	6x3	0	90
15	Shirt					
16	Shirt					

BRAD GILLINGHAM SQ & DL PROGRAM

Projected Max

Squat Deadlift

0 730 (Plug in projected max into boxes)

SQUAT WORKOUT:

WEEK	WEIGHT	SETS	%	GEAR
1	0	5x5	52.5	None/No Belt
2	0	5x5	57.5	None/No Belt
3	0	5x5	62.5	None/No Belt
4	0	8x2	60.0	None/No Belt
5	0	5x5	65.0	None/No Belt
6	0	5x5	70.0	None/No Belt
7	0	8x2	60.0	None/No Belt
8	0	5x5	75.0	None/No Belt
9	0	8x2	60.0	None/No Belt
10	0	5x5	67.5	None/No Belt
11	0	5x5	72.5	None/No Belt
12	0	8x2	60.0	None/No Belt
13	0	5x5	77.5	None/No Belt
14	0	8x2	60.0	None/No Belt
15	0	3x1	Gear	Full Gear
16	0	8x2	60.0	None/No Belt

DEADLIFT WORKOUT:

WEEK	WEIGHT	SETS	%	GEAR
1		Rack 7		Belt
2	438	6x1	60.0	None/No Belt
3		Rack 6		Belt
4	493	6x1	67.5	None/No Belt
5		Rack 5		Belt
6	548	6x1	75.0	None/No Belt
7		Rack 4		Belt
8	602	6x1	82.5	None/No Belt
9		Rack 7		Belt
10	438	6x1	60.0	None/No Belt
11		Rack 6		Belt
12	493	6x1	67.5	None/No Belt
13		Rack 5		Belt
14	548	6x1	75.0	None/No Belt
15		Rack 4		Belt
16	602	6x1	82.5	None/No Belt

*Rack 7: Just above knee

*Rack 6: Just below knee

*Rack 5: 3 inches below knee

*Rack 4: 5 inches below knee

SLP BRICKYARD OPEN

FEB 12 2011 » Milwaukee, WI

BENCH	242 lbs.	
FEMALE		
Raw	R. Fry	445*
Master (45-49)	Master (50-54)	
132 lbs.	SHW	
S. Bezio	S. Hammond	435
90*	G. Shields	285
MALE	Master (60-64)	
Master (40-44)	275 lbs.	
308 lbs.	M. Allen	345*
H. Thiel	4th-360*	
315	Open	
SHW	148 lbs.	
E. Ratzmann	B. Helgert	305*
345	198 lbs.	
Raw	G. Rowe	405
Junior	A. Staver	335
148 lbs.	CURL	
C. Arellano	Master (45-49)	
220	198 lbs.	
165 lbs.	G. Medrek	145*
M. Dattilo	Master (50-54)	
270	275 lbs.	
Zimmerman	G. Kachar	150*
345	SHW	
4th-350*		
198 lbs.		
C. Sis		
195		
Submaster		

G. Shields	105*	E. Ratzmann	545*
4th-115*		Master (50-54)	
DEADLIFT		SHW	
Teen (13-15)		G. Shields	400*
165 lbs.		4th-410*	
Medrek, Jr.	155	Master (55-59)	
Junior		198 lbs.	
148 lbs.		T. Glembin	600*
C. Arellano	365	4th-610*	
220 lbs.		Master (60-64)	
D. Langer	565	242 lbs.	
275 lbs.		R. Sadowski	480*
C. Gonring	585	Open	
Master (40-44)		198 lbs.	
308 lbs.		G. Rowe	535
H. Thiel	545	P. Nagorski	405
SHW			

*=Son Light Power Wisconsin State Records. Best Lifter Bench: Randy Fry. Best Lifter Deadlift: Tom Glembin. The Son Light Power Brickyard Open Bench Press, Deadlift, Curl Championship was held at Brickyard Gym. Thanks to owner Ken Weber for hosting this event once again and a special thanks to all the loaders and spotters from the gym who helped out. In the assisted bench press competition we only had two lifters, both of which came

from the 40-44 age group. At 308 it was Heath Thiel with 315 while Eric Ratzmann won at SHW with 345. For the raw division it was Sheryll Bezio for the win at master women 45-49/132, finishing with a new Wisconsin state record of 90. In the junior men's division Christian Arellano got a new personal best at 148 with 220 while Matt Dattilo won at 165 with 270. Dan Zimmerman broke the state record at 181 with his personal best 350. Christian Sis took the 198's with his personal record of 195. Our best lifter of the day was Randy Fry, who won at submaster 242 with a new state record of 445. At 50-54/SHW Scott Hammond won over Gary Shields 435 to 285. Gary's 285 was a new personal record for him. Mike Allen broke the existing state record for his class, 60-64/275 with a strong 360. In the open division Brian Helgert broke his own state record at 148 with his personal best 305. At 198 Glendon Rowe won with his 405 second attempt over Adam Staver, who finished with 335. For the curl competition we had three, each of which scored new state records for their respective classes. First, at 45-49/198 it was George Medrek with 145. Gary

Kachar won at 50-54/275 with 150 while Gary Shields took the SHW class with 115. Moving to the deadlift, newcomer George Medrek, Jr. won at 13-15/165 with a strong 155. In the junior men's division it was Christian Arellano with 365 for the win at 148. The two "Bash Brothers" were up next, David Langer and Cameron Gonring. David won at 220 with 565, just missing 600 twice, while Cameron finished with a personal best 585. Heath Thiel took the 40-44/308 class with 545 while Eric Ratzmann pulled the same for a new state record at SHW. Gary Shields set his third personal and second state record of the day at SHW with that same 545. Best lifter of the deadlift meet was Tom Glembin, who broke the state record at 55-59/198 with 610! Richard Sadowski won at 60-64/242, establishing a new state record there of 480. In the open division it was Glendon Rowe over Paul Nagorski 535 to 405. Thanks once again to everyone who helped with the competition, including the Bash Brothers, and Kate Goode who helped with the trophy presentations. See you all again next year.
» courtesy Dr. Darrell Latch








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OVER-TRAINING »



a decreased immune system are other ones as well. Ever notice after a meet that's exactly how you feel? Like a cold is coming on? The Big Evil says you have pushed your body to the limits and now it's telling you about it. Listening to your body and backing off is the key here. The smart lifter will heed these warnings and back their training off until they recover. The typical muscle head gym lifter who never can claim weakness will push on and stay stagnant in their lifting progression or, worse, get injured from foolish pride. The Big Evil has a training partner (who I love very much by the way) who is a great lifter. Let's call him "Mr. X." Mr. X has been powerlifting for twenty five years now. This guy is just tough as bricks with an iron man work ethic. The Big Evil is old and crafty though. I know when I'm about to go over the edge with over-training, especially as a master lifter. Mr. X and the Big Evil would push the hell out of each other workout after workout. We would play this game at the beginning of the workout where we would ask each other while we were stretching, how do we feel from the last workout. "I feel great!" were the first words out of my mouth; which of course was an outright lie. Mr. X would respond the same and say he was as right as the mail as well and I would think to myself, "How in the hell is he not beat up like I am?" No one wants to show weakness, so we just progressed forward. About three

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weeks later during a deadlift workout I missed my PR deadlift badly. I was over-trained, but I knew if I said I was, I would be labeled a sissy. This is where you will be proud of the Big Evil. I said: "Mr. X, I'm not deadlifting next week because I am fried. I will show up to help you if you need me, but I'm sitting next week out to rest." Well, they ripped on the Big Evil and even laughed at him. In his own gym, no less. They even labeled the Big Evil with a new nickname: "Pap Pap," making reference to the Big Evil's oldness and weakness.

The Big Evil stood his ground though, and took the time to rest. After a few weeks Mr. X's progression ceased and his numbers started to backslide. Fourteen days from the meet was our last scheduled deadlift workout—well it was the Big Evil's last one anyway. It takes the central nervous system fourteen days to fully recover from the traumas of a max pull. I missed my last attempt, but knowing I had fourteen days to recover I felt that a PR was in my grasp. Mr. X not only pulled the next week, but squatted as well. The Big Evil was resting, eating well, getting deep tissue massage therapy and getting mentally ready for the meet. Well at the meet the Big Evil PR'ed his deadlift by fifteen pounds. Mr. X lifted way under his projected max and even twinged his quad on one of his lifts. I think his CNS was just fried. As smart as Mr. X is, I think our next go around we'll see a wiser, more

recovery oriented meet preparation from him because his old pal, the Big Evil, has shown him the light. Mr. X's lifts will be frightening and I can't wait to unveil him to the powerlifting world come December.

Also, like I have went over in past articles, nutrition, hydration, deep tissue massage

and ice therapy help aid in your recovery. I have covered all of these subjects well in past articles so go back and review if need be. Just remember what the Big Evil has taught you this month: listen to your body and watch your lifts increase. Until next month, adios, and *Believe to Achieve!* «

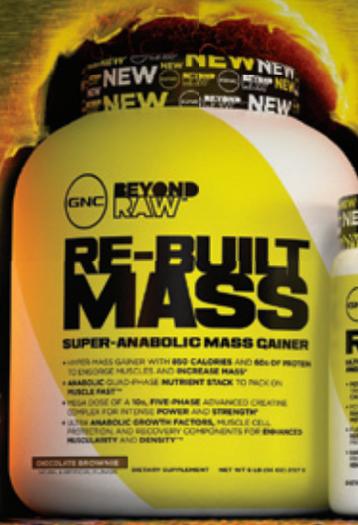
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POWER NUTRITION »

fession had very little to offer in healing the body of disease. Great advancements had been made in heroic measures, such as surgery, as a result of experience brought by war injuries, car accidents, etc. However, simple infections and degenerative diseases were treated with toxic chemicals that treated symptoms, but did not effect a cure. Thus began my journey into more traditional disciplines of healing.

My first experiences were with Traditional Chinese Medicine and acupuncture. I was living in Vancouver at the time and there was a large Chinatown where many of the herb shops had a resident TCM practitioner. My first test of the efficacy of TCM was for a brutal cold that had hung on for months. After a few days of drinking the herbal tea that was prescribed, my cold was conquered.

Sorry to interrupt again, Roger, but once again I couldn't agree more. I have also studied TCM in depth for several years and find it truly amazing. You are correct about Vancouver being a hot spot for TCM as one of the country's best schools is located on the island there. I have seen numerous health conditions healed by TCM, but that is another article in itself. I'll let you continue.

Around the same time, I was introduced to the vegetarian diet, which seemed to be more in tune with my body type than a heavily meat based diet. I continued to eat chicken and fish, but cut back on red meat. This worked for me, but there are other people for whom it would not. It is important to realize that we are all different and what works for one may not work for another.

After experiencing the effectiveness of TCM and diet change that emphasized whole, raw foods, I became curious about other holistic modalities. Over the following years I tried acupuncture, chiropractic, massage, yoga, meditation, herbal medicine, homeopathy, iridology, Sho Tai, Tai Chi, electric medicine involving Rife machines, Papimi machine, homeopathic frequency machine, the Don Croft Terminator which is an improved model of the Hulda Clark Zapper, colour and light therapy, aromatherapy, EFT, etc., etc. I have found usefulness in all these disciplines.

I am also fascinated by all forms of Holistic healing and modalities too. Heck, I might have to bring you back for another interview later for another topic.

It's a very broad field and full of fascinating and useful information. I don't pretend to be an encyclopedia of knowledge, but thanks for the offer.

One area that I investigated with some thoroughness is aromatherapy. Smell is one of our most vivid senses. Just smelling something from our childhood can trigger detailed memories. Aromatherapy is seductive because it offers us a tremendous palate of wonderful aromas which can powerfully influence our moods, emotions and physical well being. These exotic aromas come from plant parts such as roots, twigs, leaves, needles and flowers.

These botanical treasures are steam distilled to produce oils which contain the volatile oils and phytochemicals which make up the plant. The resulting essential oil is a condensed powerhouse of phytochemicals. These oils not only have incredible aromas, but they also have remarkable therapeutic qualities.

Many essential oils have an extraordinary shelf life when kept out of the light in a sealed container. Essential oils in good condition have been found that were buried in ancient Egyptian tombs over 2,000 years ago.

The study, use and business of essential oils brought me to the discovery of Oregano oil.

Today's topic is Wild Oil of Oregano. Can you explain this item to readers who may never heard of that what it is?

Wild Oil of Oregano is the combination of oregano essential oil and olive oil which can be used directly from the bottle for health or culinary purposes. The best oregano essential oil is steam distilled from the leaves and flowers of the wild Mediterranean oregano herb. It takes 100

pounds of dried oregano to make 1 pound of oregano essential oil. This highly concentrated plant extract is a potent panacea. It is suitable for both internal and topical use.

The reason it works so well for so many different conditions is due to its many properties. The following properties have been proven through traditional use and backed up by modern lab studies: immune modulator, antimicrobial, antibacterial, anti-fungal, anti-viral, anti-parasitic, anti-carcinogenic, antioxidant, anti-venom, analgesic, expectorant, anti-mutagenic, anti-plaque, anti-inflammatory, anti-rheumatic, anti-toxic, digestive and more.

Oregano oil supports the immune system and kills most of the common pathogens that cause disease. It helps to control pain and reduces inflammation. It is safe to use, has no side effects and is less expensive than drugs. Most importantly...it works!

Wow, 100 pounds of oregano to make 1 pound of oil—now that is some concentrated stuff you got there. Where does this type of oregano grow? Are there any special conditions needed like the climate, type of soil, or anything else?

The wild Mediterranean oregano plant thrives in the sunny, dry Mediterranean climate and can be found growing in abundance in the hills and mountains of the region where it absorbs nutrients from the mineral rich soil. The Mediterranean oregano has been in use by the people of the region for thousands of years.

Well, with me being Italian, I can surely agree with that. Just the thought of oregano reminds me of the home made pizza my Nauna (grandmother) would make for me when I would come over to visit her. What are some of the natural compounds found in Wild Oregano Oil that make it an effective healer?

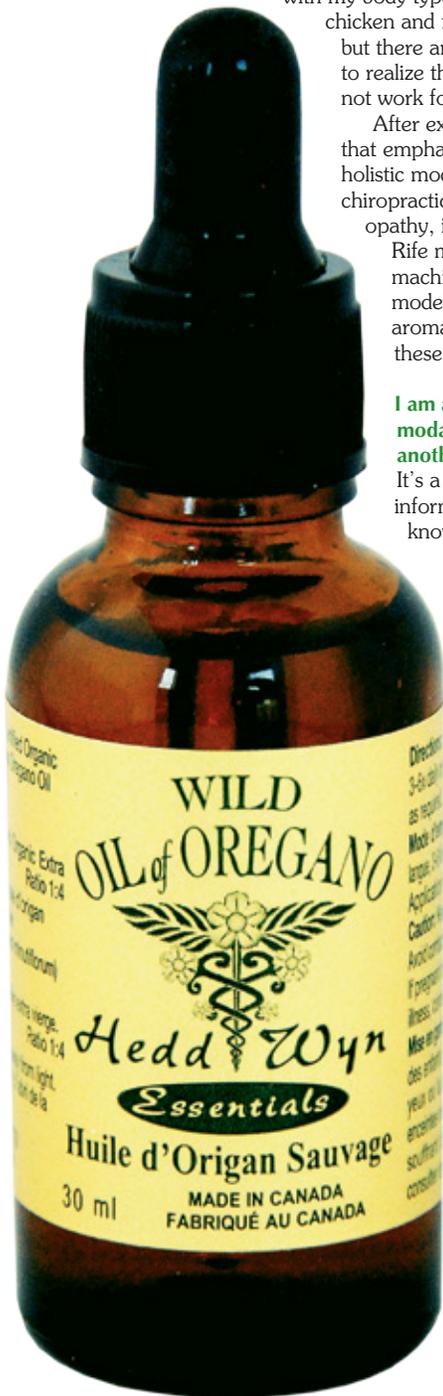
There are four known phytochemical groups found in oregano oil. The largest fraction and best known components are the phenols of which Cavacrol is the largest. Carvacrol typically varies from 40–85% of the total content of wild Mediterranean oregano oil. Thymol is another phenol found in Oregano oil in small quantities of 1–5%. Both these phenols exhibit strong antiseptic and antioxidant properties.

The alcohols in oregano oil are long chain alcohols, so you won't get a "high" from them. They have some antiseptic action, but are better known for their antiviral capabilities.

Terpenes of different varieties are found in abundance in oregano oil. These are long chain hydrocarbons. They are able to penetrate into fats. They exhibit antiseptic, anti-inflammatory, anaesthetic and antiviral properties.

Esters are the fourth group of chemicals found in oregano oil. Oregano oil shares two esters with sage and lavender oils, linalyl acetate and geranyl acetate, which are known for their calming effect as well as increasing blood flow in the body. Esters are powerful anti-fungals.

Oregano oil contains Rosmarinic acid which is a powerful antioxidant and anti-inflammatory. There are many more known compounds and even more unknown compounds present in oregano oil. The synergistic action of all these



compounds is what makes Oregano oil a powerhouse against all varieties of nasty pathogens such as bacteria, fungi, viruses and parasites.

That is some amazing information right there. I am sure most of our readers were completely unaware of the in depth composition that oil of oregano contains. How did your focus become so intense on Wild Oil of Oregano?

I previously mentioned my interest in aromatherapy, which I was initially drawn to because of the wonderful aromas of many essential oils and their positive effect on mood and health. At the time, I was focused on essential oils that were produced from organically grown and wild harvested plant materials.

The reason for my interest in organically grown and wildcrafted materials was that I had become aware that concentrations of agricultural chemicals such as pesticides and herbicides had been found in essential oils produced from conventionally farmed plant materials.

These contaminants were found at 50 and more times the allowable limit for foods. Essential oils make their way into the blood stream quickly through absorption through the skin and the lungs. There was a much greater chance of harm from such chemicals at high levels in essential oils than there would be from food. For this reason, I became committed to only using wildcrafted and organic essential oils in my business.

Yes, sir, organic is the only way to go—especially with oils because the dangers that pesticides present are very significant.

My search for organic and wildcrafted oils took me to many different suppliers in different countries. Often the less developed countries were good sources of plant materials as the farmers did not have the money to buy into the 'better farming through chemistry' approach. As a result, crops and wild plants were free of contamination of these dangerous chemicals.

One of my contacts was an American living in Turkey. I used to buy different essential oils from him. He kept telling me of the usefulness of oregano oil. He also sent me studies done at the local university on the ability of oregano oil to successfully treat diseases such as cancer and much more. He kept this up until I ordered some and tried it myself.

At the time my children were small and were constantly picking up flu bugs and colds from friends and at school. I found myself frequently coming down with these bugs. When I received the oregano oil, I started using it and found to my amazement that it defeated the common cold!

Yes, I know what you mean. Young kids going to school are some of the best carriers of the common cold. It seems like they are always catching something and so generously passing it off to everyone else in the family. This can be really annoying especially for the competitive strength athlete that needs to keep his immune system working optimally so that you can train hard in the gym.

Weight training is also a challenge to the immune system. Many of your readers could

benefit from preventative dosages of oregano oil. Just a few drops a day can do the trick.

During the next few years, while regularly using oregano oil, I remained remarkably cold and flu free. I read a lot more about research on oregano oil. Over that time I shared the oil with friends and became aware of the many conditions that it could be used for. I started off in a small way and received such positive feedback that I decided to focus on Oregano oil as it worked so powerfully for so many ailments. I had not seen anything up to that time nor since that time that has the raw healing power that oregano oil displays.

Can you tell the readers some information about Carvacrol and some of its potent properties?

Carvacrol is a phenol which is found in abundance in the oregano herb. It has antiseptic, antibacterial, anti-fungal, anti-tumour, anti-parasitic, antioxidant and anti-spasmodic properties. Depending on the genus of the plant and soil and climate conditions, the amount of Carvacrol can fluctuate over a wide range of roughly 40%–85% of the essential oil. Carvacrol is largely responsible for the hot taste of oregano oil. It is thought that this caustic effect is what destroys many pathogens on contact.

Studies show that Carvacrol defeats such bacteria as E.coli and B. cereus. When combined with Thymol, the other phenol found in oregano oil, the anti-bacterial power is stepped up a notch and will terminate such critters as Staphylococcus aureus and even MRSA. MRSA is the antibiotic resistant mutant variety of S. aureus that is storming hospitals and communities everywhere.

Of interest to your readers, recent studies into Carvacrol have demonstrated that it exhibits anti-inflammatory properties that inhibit the action of COX-2 which is an enzyme responsible for producing inflammation and pain.

Wow, that is amazing stuff. I just did an article on shopping carts and the many disgusting germs and viruses that they contain which were many you just mentioned. Yes, many lifters do suffer from joint inflammation from all the high workloads that they put on their joints over the years. I am sure the readers would love to hear that oil of oregano can help reduce joint inflammation because this is a common complaint among thousands of lifters. What other benefits does this powerful compound have?

Researchers studying the effect of Carvacrol on metastatic breast cancer cells, chronic myeloid leukemia cells and melanoma cells discovered that Carvacrol inhibited their growth.

As many wonderful properties as Carvacrol has, it is not the whole story when it comes to the healing power of oregano oil. Other compounds found in oregano oil work together synergistically to generate more powerful effects than Carvacrol is capable of by itself.

That information that you just dropped on us about its effects on different cancer cells is out of this world. There are so many people out there who are getting cancer it's unreal. It

seems like there is someone in everyone's family that has been affected by this disease. This alone is such an amazing value that readers should take advantage of this now that this information has been made known to you. Some readers may think that they can simply buy some fresh oregano from the super market and get the same effects; is this possible?

Good question! Remember that it takes 100 pounds of dried oregano leaves to make 1 pound of essential oil. You would have to eat a large quantity of the dried spice to match what just a few drops of the oil can provide.

Yeah, I can just see all the cheapskates out there trying to eat a pound or two a day of fresh oregano to get the benefits. Yeah, like that is going to happen!

I think it's probably cheaper to buy the oregano oil and it's a lot easier to consume! Besides, the supermarket variety of oregano spice found in fresh or dried form is usually thyme or marjoram. Neither has the medicinal benefits of the medicinal oregano plant found growing wild in the Mediterranean.

Essential oil created from thyme can contain large amounts of Thymol which is quite toxic in such a large quantity. Marjoram oil is not safe to consume either. Thyme and marjoram do not have the healing properties found in the true oregano oil. It is not uncommon to find essential oils of thyme and marjoram mislabeled as oregano oil. Caveat emptor... Buyer beware!

We source our oregano oil direct from the distiller in Turkey. Our oregano essential oil is certified organic. The agency responsible for organic certification makes positive identification that it is the correct species of medicinal oregano plant that is sent to the distillery.

Our philosophy is to provide our customers with the highest standard of oregano oil available on the market. As a result, our business has grown by word of mouth.

CONCLUSION

Well, here you have it; the first part of my interview series on Wild Oil of Oregano. I am sure you all have learned some very interesting information about this powerful natural healer. Believe it or not, Roger has just skimmed the surface for what is coming in the next installment. The amazing cancer fighting benefits that it possesses is truly out of this world. This is a disease that has hit not only just about every family in North America at one time or another, but has also robbed the powerlifting community of one of the most influential and innovative strength coaches the world has ever seen in my good friend, Rick Hussey.

So until next month, train hard, eat clean, and please take advantage of all the great information that Roger has touched on in this issue!

If you have any questions please feel free to email me, or if you would like to find out more about Roger's Oil of Oregano you can check out his website at: www.wildoiloforegano.com; or email him at: wildoregano@gmail.com. You can also reach him by phone toll free in North America at: 1.866.335.3061 or 1.250.335.3061 ☺

TOP FIVE PT. 2: BENCH PRESS »



Dave Hoff benching at the Luke Edwards Benefit Bash



Jay Fry board-benching at Westside Barbell



Tony Bolognone putting up some serious weight at a meet

500 RAW BENCH MAX:

Week 1	225 lb.	9 sets	3 reps	mini-bands
Week 2	225 lb.	9 sets	3 reps	mini-bands
Week 3	225 lb.	9 sets	3 reps	mini-bands

Week 1	225 lb.	9 sets	3 reps	monster mini-bands
Week 2	225 lb.	9 sets	3 reps	monster mini-bands
Week 3	225 lb.	9 sets	3 reps	monster mini-bands

Week 1	225 lb.	9 sets	3 reps	light bands
Week 2	225 lb.	9 sets	3 reps	light bands
Week 3	225 lb.	9 sets	3 reps	light bands

Note: A mini-band yields 85 pounds at the top, a monster mini band yields 125 pounds at the top, and a light band yields 200 pounds at the top.

There are countless three-week waves to choose from. If you are getting stronger, a light to heavier wave will work. If you are looking to get faster, go heaviest the first week and reduce the accommodating resistance each week.

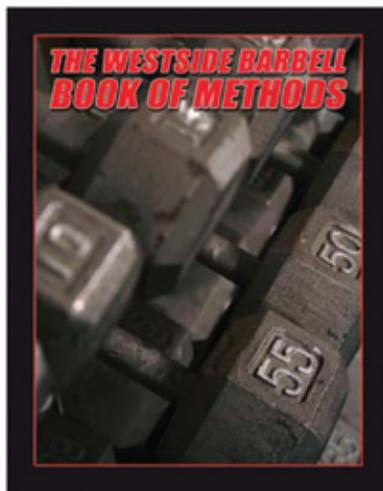
We use an assortment of specialty bars to do speed work with. A bow bar that is 2 inches thick and has a 2-inch camber provides a 2 inch longer range of motion.

Using a cambered bar builds not only a stronger start, but also a stronger lockout due to pressing an extra 2 inches. A 3-inch cambered bar is also used. A football bar is used that has three different grips to choose from. A T-grip barbell is very popular at Westside. It has a neutral grip that works the triceps very hard. A bench bar that is 2 3/8 inches thick, such as a Mastodon squat bar, is commonly used for the dynamic day. By using different bars your body must constantly adjust to a new stimulus. The bars are used on max effort day as well.

There is no circa-max phase at Westside for benching. The reason is simple: no supportive gear is used on this day. When people fail doing this system, it is always due to training too heavy on speed day, which leads to a decrease in performance on max effort day. After the speed day workout, we suggest you do two sets of dumbbell presses. Use a weight you can do a fairly easy set of 15 reps with or 2 sets of 15 reps

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with a barbell. Do one set ultra-wide with a grip 1 inch outside the ring and one set close grip. A 500-pound raw bencher would use 205 or 225 pounds. A third alternative would be 2 sets of push-ups for high reps, around 25-50. Then move on to triceps extensions (roll-backs or elbows out to the sides) and dumbbell rows.

Westside does a lot of barbell extensions. The dumbbell extensions are done for 8-12 reps for 6-8 sets on average. Next up are lats: chest-supported rows, T-bar rows, barbell or dumbbell rows, or lat pull-downs with several different bars, with close or wide grips, for 4-12 sets of 10 reps on average. Some shrugs and a few hammer curls and you are done.

MAX EFFORT

A max effort workout is done three days later, which for us is Wednesday. We do just what it sounds like: we max out but try not to miss. Each week we rotate a barbell exercise. Why? When doing the same barbell exercise for three weeks in a row, you will have a decrease in performance. This is accommodation. Most athletes will change their training program each year, but we found that a better system is to switch a barbell exercise each week. Strength is measured in time, due to the work, not the amount of weight being lifted. Each special strength has its own velocity that you must understand in order to develop it. The max effort exercise will move slowly, but it produces a large force.

Let's start with a plan for four weeks. Tony Bolognone would use this plan. Tony is an 800-pound bencher. Week 1, work up to a max single in the floor press (his record is 550 pounds); week 2, try a new record with 200 pounds of band tension for a 1-rep max (his record is 425 pounds bar weight plus 200 pounds band tension with no shirt); week 3, do steep incline press with a moderate grip (his record is 490 pounds); week 4, take a record on two boards or one board (just before meets, try a record off one board). What Tony makes on two boards he then benches in a bench shirt.

A.J. Roberts, who is an 820-pound bencher, does the following. Week 1, use a three-board press with no shirt (his record is 675 pounds); week

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**LOUIE SIMMONS
TRAINING SECRETS**

2, floor press with 160 pounds of chains (his record is 495 pounds); week 3, seated press off pins at shoulder level (his record is 405 pounds); week 4, use two boards with a shirt (his record is 900 pounds).

Dave Hoff, who is a 900-pound bencher, does the following. Week 1, two boards without a shirt (his record is 615 pounds); week 2, floor press for a 3-rep max (his record is 530 pounds); week 3, board press on two boards (his record is 900 pounds, the same as his best meet bench).

As you can see, what the Westside lifters do on two boards, they bench on meet day. They don't jack up the shirt for boards. This makes it almost impossible to touch the chest when it counts. Also, you see they use a shirt about every fourth week. Other cycles could look like this:

Week 1: lightened method with 155 pounds off the bottom for a max single; week 2: close grip bench with 120 pounds of chains; week 3: max 6 reps with an illegal grip.

This is done for three-week waves. This is not intended for max effort work, but for muscle hypertrophy. The volume is much higher for a three-week wave, which can shock the system and is known as shock training. There are other barbell exercises that must occur on max effort day. It does not matter if you are a raw lifter or a shirt lifter. The training is the same with the exception of doing more dumbbell work. Remember, a shirt can give you only so much.

Travis Bell has raw benched 550 pounds at about 250 pounds body weight. George Halbert raw benches 550 pounds at 198 pounds body weight. The late Nick Winters made a 700-pound raw bench. Many at Westside have at least a 600-pound raw bench. So as you can see, it does not matter raw or shirted. The special exercises are the same on both dynamic day and max effort day with the emphasis on triceps and lats. The rear and side delts are next. Westside lifters use Inzer's Rage X and Super Phenom for their meets. Remember, use fast benching on one day for high volume, low intensities, and low volume, max intensity on max effort day. Always have the hand-off man lift the bar out over the upper abs, then lower in a straight line and press upward in the same line.

I hope this helps you reach your fullest potential. ☺

POWERLIFTING'S BEST »

nascent sport in his influential magazine. 3. Ernie Frantz. When he started the APF and beat the IPF lawsuit, he opened the floodgate to the countless associations that followed. He was also a pioneer in lifting gear. And the people he's trained over the years and had a positive influence on. Probably second to none. 4. Rich Peters. One of the best promoters ever. I swear he lays awake at night, dreaming up new divisions, and all associations since have followed suit, for better or worse, depending on your point of view. For example, I remember at one of my first state meets, early in the '70s, Dick Judd impressed everyone by placing third at 198 at age 44. Today that would not happen. 5. Louie Simmons. Probably everyone in the sport has been influenced by his training methods to some extent.

As you will notice, Ernie Frantz made all three lists. He's not called the "Godfather of Powerlifting" for nothing.

STEVE DENISON: This is a hard one. Never easy to choose from the many quality lifters over the years that would be considered the top 5 to go along with the longevity and contribution. I'll do my best, but there is always someone that I will forget.

Top 7 Best Lifters: Ed Coan, Mike Bridges, David Ricks, Lamar Gant, Jaroslaw Olech, Wade Hooper, Gene Bell.

Top 7 Lifters Longevity: Ed Coan, Mike Bridges, David Ricks, Wade Hooper, Hideaki Inaba, David Carter, Rickey Crain.

Top 7 Contributors: Ed Coan – training knowledge and inspiration to many; Gus Rethwisch – lifter and meet promoter; David Carter – lifter, promoter, training knowledge; Rickey Crain – lifter, promoter, training knowledge; Louie Simmons – training knowledge; Bob Packer – lifter and meet promoter; Don Haley – referee.

"SIOUX-Z" HARTWIG-GARY: I know lifters mostly since the early 1990s; I can't comment on the others as I do not do a lot of research. I guess Matt and I pretty much agree except I added one to the contributions and he had an extra for best lifters.

Best: Ed Coan, Kirk Karwoski (strong and made a lot of attempts), Larry Pacifico, Dan Austin.

Longevity: Ed Coan, Dave Ricks, Lamar Gant, Shawn Cain (24 or more Men's Nationals), and Brad Gillingham. If I could say six, I would add Wade Hooper.

Contribution: Brother Bennett, Mike Lambert, Terry Todd, Larry Pacifico.

MATT GARY: Best Lifters: Ed Coan, Larry Pacifico, Dan Austin, Lamar Gant (didn't make a lot of lifts, but at 15 IPF Open World titles, I can't leave him off), Kirk Karwoski.

Longevity: Dave Ricks, Ed Coan, Shawn Cain, Lamar Gant, Brad Gillingham.

Contributions to the Sport: Terry Todd, Brother Bennett, Larry Pacifico.

WADE JOHNSON: Rick Hussy, the McDaniels. These are people who have given and give to

the sport. There are meet directors that have lifted or continue to lift, and fed leaders... Rich Peters, Scott Taylor, and Jesse Rodgers runs meets, runs the SPF and still trains exceptionally hard.

AL SIEGEL: This is a rather tough question to answer because of the various criteria involved, but I will try to give my opinion by categorizing them.

Best Lifters: This is tough, especially with the changes in gear the past decade or so, but names who come to mind are: Mike Bridges, Ed Coan, Chuck Vogelpool, Brad Gillingham, Brian Siders, Eric Kupperstein, Vince Anello, Larry Pacifico as just a few.

Longevity: Goes to people like Mike Bridges, Shawn Cain, Eric Kupperstein, Bob Gaynor, Bob Strange, Joe Pyra (recently making his comeback after many years of injuries and medical problems) and others.

Contributions to the Sport: Several people who have been contributing for 30 years or more include Ricky Dale Crain, Bob Gaynor, Joe Pyra, Spiro Tshontikidis, myself, Mike Lambert and others.

As stated above, this is a very difficult question to answer since the longer you think the more names you will come up with. I'm just happy to be associated with the sport, myself since 1979, while others go back to the '60s.

BOB BENEDIX: Bill Kazmaier, Mike Bridges, Gene Bell, Bob Gaynor, Ernie Frantz, Jill Mills for the female.

MIKE MCDANIEL: 1. Ernie Frantz. 2. Ed Coan. 3. Garry Frank. 4. Bill Kazmaier. 5. Louie Simmons.

DAVID RICKS: This is a great question. My criteria is folks who have won national championships and IPF championships. It is one thing to win at a national level, but also to win at an international level, where you have to compensate for travel and international judging shows tremendous effort.

My top 5: Ed Coan – has set numerous world records and has multiple national and world titles. Brad Gillingham – inducted into the IPF Hall of Fame. Still performs at an exceptional level as a master. Priscilla Ribic – inducted into the IPF Hall of Fame. The premier female powerlifting athlete. Dan Austin – has won numerous IPF championships. Mike Bridges – has set numerous world records and is a legend among legends.

SPERO TSHONTIKIDIS: Over the years many lifters have proven themselves to be strong on the platform, able to endure over time, and recognized as one who "gives back" to the sport. To streamline each category to just five lifters is difficult to do, but here are my selections.

Best Lifters: Ed Coan, Tony Conyers, Fred Hatfield, Kirk Karwoski, Larry Pacifico.

Longevity: Mike Bridges, Tony Conyers, Ernie Frantz, Bob Gaynor, Hideaki Inaba.

Contribution to the Sport: Brother Bennett, Bob Gaynor, Mike Lambert, Gus Rethwisch, Al

Siegel.

That's my two cents for what it's worth.

WADE JOHNSON: Kirk Karwoski and Ed Coan – these two for the reason they raised the bar not to a standard, but to a different dimension. Dr. Daryl Johnson squatted 601 at 71 and I was lucky enough to be a spotter on the platform. Old is old for some, but for Doc, apparently 71 meant to still kick ass. One of the most inspiring lifts I've ever seen. Becca Swanson – strongest ever; she created a pathway and beyond for more women lifters to follow. Louie Simmons – his influence on the sport will never be matched, ever.

AL CASLOW: All time best in powerlifting is a tough beast to tackle because of the incredible diversity within a lot of factors. To answer this question as best I can, here are my top 5 all time lifters: 1. Ed Coan – just an inspiration to see someone do so much and do it at such a high level. 2. Gene Bell – just powerful. His numbers are that impressive where numbers alone earn him respect. 3. Larry Pacifico – longevity, strength and presence. So many world titles, close to 600 lb. raw bench at 198–242... WOW. 4. Shawn Frankl – you cannot avoid getting your head around what he has done and accomplished. Pound for pound untouchable. 5. Bill Kazmaier – no bigger name in the sport in terms of fame and recognition outside of it. Beyond powerful.

RYAN CELLI: My top male powerlifters, in no particular order, are Scott Smith, Donnie Thompson, Beau Moore, Ed Coan and Larry Pacifico.

Based on longevity: Tony Conyers, Mike Bridges, David Ricks, Louie Simmon and Bob Gaynor come to mind.

Here is my list of powerlifters that I feel have greatly contributed to our sport: Allan Siegel, Steve Denison, Spero Tshontikidis, Bob Gaynor, Mike Lambert, Ken Anderson. Allan Siegel is President of the ADAU. Al has directed endless raw and drug-free powerlifting meets. He also supplies many meet directors with trophies, as he owns his own trophy company. Al is always available to judge meets for various federations. Steve Denison is President of the USPA and meet director extraordinaire. Steve hosts some of the most publicized powerlifting meets in the country. Spero Tshontikidis is the President of RAW United. Spero is always willing to judge for various federations and does a lot of work with your youth powerlifters, training them and hosting meets for them. He also publishes his own online powerlifting magazine, *Power in the Blood*. Bob Gaynor has ran over 75 meets between the 1970s to the mid 1990s, many of those were national meets. Bob has written over 100 articles for various powerlifting magazines, and still judges and competes today. Mike Lambert is the publisher and editor in chief of *Powerlifting USA*. *Powerlifting USA* is THE powerlifting magazine, bringing us valuable powerlifting information, news, meet results and Top 100 lists. Ken Anderson still judges for various federations. He also works will high school

athletes around the country teaching them how to properly use powerlifting gear, and is a Titan Support Systems distributor.

BOB GAYNOR: When we first picked this topic, I thought this would be easy...WRONG! How do you pick the top 5? What era you are from greatly effects your choices. I have been involved since the '60s, so I sure have a lot of choices.

Best Lifters: John Kuc: the quiet man of powerlifting. John's record speaks for itself: four-time IPF world champion, four-time ADFPA national champion, only lifter to win an IPF Worlds at super and then reduce down and win again at 242, IPF records stood for over 25 years, has USAPL records over 25 years old, and he immediately made the ADFPA legit when he moved there. Larry Pacifico: the face of powerlifting from the late '60s to mid '80s. He won the first nine IPF World Championships across three weight classes, promoted some highly successful national and world championships, also had a successful mail order business, and author of *Champions of Champions*. Mike Bridges: when this teenager exploded on the scene in the '70s it was unreal. Breaking three or four world records in every competition was not unusual—Mike was unbeatable. He retired, came back in the ADFPA and is still competing and winning in the USAPL. Ed Coan: Eddie came on the scene as a 165 pounder, then 181, 198, 220 and 242—unbeatable in all classes. He lifted weights others could only dream of—the numbers were mind boggling. Injuries were the only thing that stopped Eddie. Lamar Gant: lifted in his first Open World Championship as a 16 year old, IPF World Championship after championship, at 123 or 132 you looked for world records when Lamar lifted; some of his deadlifts were unreal.

Longevity in the Sport: Ernie Frantz: started in the '60s and still occasionally lifts today, world record holder, world champion, meet director, apparel supplier, and a champion bodybuilder. Fred Glass: Fred lifted in the first Jr. Nationals in 1965, and competed in the 2010 IPA Nationals. He is a tireless worker, lifter, referee, meet director, and all around nice guy. Robert Cortes: I first met Bob at the 1973 Nationals in Stillwater, OK. Bob is over 80 and is still competing today. He probably has more total victories than any lifter. Louie Simmons: I believe I lifted with Louie at the 1971 Jr. Nationals in Patterson, NJ. Louie has lifted from 181 to 275 and still competes a couple times per year. Shawn Cain: Shawn won the first ADFPA Nationals in 1983 in Allentown, PA. I think he competed in 24 cornerstone ADFPA/USAPL Men's Nationals.

Contributors to the Sport: Jim Witt: Jim and some others worked endlessly to have the AAU recognize powerlifting. Without hard work you would not be reading this. He was a competitor, meet director, author and first national chairman. Mike Lambert: *Powerlifting USA* unified powerlifting in the '70s. For many years it was our only source of information. Terry Todd: Terry was the first heavyweight national champion. He wrote for all the major



Larry Pacifico and Mike Bridges at the BodyExpo event in 1980. Thirty plus years later, Larry has just overcome a life threatening battle with kidney disease, thanks to the power of prayer, and Mike may just hit the platform again at the USPA Fit Expo event next year.

publications, was author of the best selling book on powerlifting *Inside Powerlifting*, was the color man on early TV coverage. Terry played a huge role in the development of powerlifting. Brother Bennett: one of the nicest people you would ever meet and founder of the ADFPA. He had no monetary interest, just a great love for the sport. Louie Simmons: for almost 25 years Louie has taught his principals of training. There is no one in the sport who has not been effected by Louie.

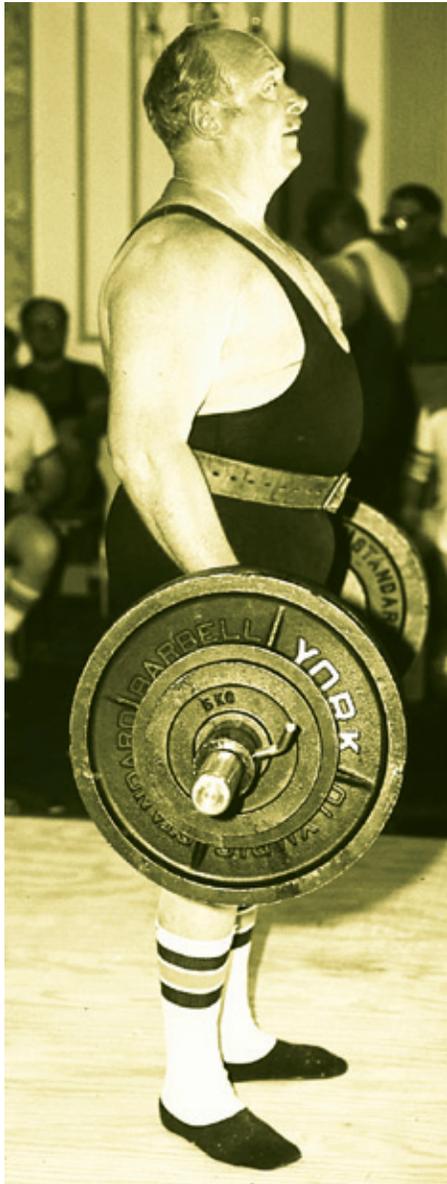
Meet Directors (I added this one on my own): Spero Tshondikitis: he has been running meets for over 25 years. He does it for the sheer pleasure and development of young lifters. Spero is a credit to the sport. Bob Packer: Bob's Iron Man is the oldest continuously running meet. Bob has seen and done it all. Powerlifting and Bob Packer go together. Gus Rethwisch: Gus started with his highly success-

ful Hawaii Invitational in 1978 and is still doing it today. Al Siegel: Al and his family started promoting meets in the early '80s. He still promotes, lifts and judges. Unsure of the exact numbers, but has easily put on over 100 meets. Rich Peters: Rich was the first to make meet director a full time profession. I would not want to even estimate the number of meets Rich has done.

I want to apologize to all of the deserving people whom I omitted. «

This concludes the discussion for the month. I find it interesting to hear other lifter's points of view. Hopefully some day powerlifting will find some common ground on all subjects. If you have a subject you would like to see discussed, contact lambertplusa@aol.com or bobgaynor@comcast.net. If you would like to serve on the Forum Panel, contact bobgaynor@comcast.net.

POWER PASSINGS »



BUCK HARRIS

On October 27, 2010, in Virginia Beach, VA, Lilburn "Buck" Harris went on to be with the Lord at age 87. According to Tommy Woodell, "Early on in the 1940s and '50s, Buck trained with weights at a time when college football coaches were skeptical. Buck lifted weights for 60 years with the likes of J. Greenfield, Jack King, and even the strongest man in the world at that time, Paul Anderson. He truly was an icon and inspiration."



JEAN LAMBERT

Elizabeth Jean Lambert, 87, passed away on February 6th, 2011, after several months of illness. She was the mother of Powerlifting USA publisher Mike Lambert, and had contributed extensively to the production of the magazine from 1977 until 1994, key-boarding virtually every letter of type during that period, producing TOP 100 lists, and managing numerous office functions.

NICK WINTERS

Nick Winters, 29, passed away on November 2, 2010, reportedly from a blood clot on his lung. He is survived by his wife of only three years, Cheryl Miller Winters. Nick was an astonishing physical specimen, who made lifting appearances at the Arnold Classic, and who was widely considered to have the potential to best the all time raw bench press record of Scot Mendelson. According to veteran lifter and powerlifting scribe Jon Smoker, "He was the strongest bencher I ever saw in person."



PHIL ANDREWS

Phil Andrews passed away on February 24, 2011, of an apparent heart attack. An extraordinary scholar, "His degrees in physics, mathematics, and plasma physics came from Cambridge, Purdue, and Princeton Universities." (per ucsdnews.edu). Dr. Andrews was a native of the United Kingdom, and served in several leadership positions at the San Diego Supercomputer Center. He got into weight training through hammer throwing and he excelled in the deadlift, eventually pulling a PR of 837 lb.

THOUGH THEY HAVE LEFT THIS EARTH, EACH HAS MADE A LASTING IMPRESSION ON FRIENDS AND LOVED ONES, AND HAS LEFT THEIR MARK ON THE POWERLIFTING WORLD. MAY THEY NOT BE FORGOTTEN...

SLP MISSISSIPPI STATE OPEN

JAN 22 2011 » Tupelo, MS

BENCH FEMALE	R. Jenkins	155*
<i>Teen (13-15)</i>	4th-160*	
97 lbs.	220 lbs.	
C. Harmon	M. Warren	285*
60*	4th-300*	
<i>Raw</i>	<i>Junior</i>	
<i>Open</i>	165 lbs.	
165 lbs.	K. Law	275*
J. Gaillard	4th-300*	
250*		
MALE	198 lbs.	
<i>Teen (13-15)</i>	C. Jackson	375*
132 lbs.	220 lbs.	
T. Patterson	M. Irvin	405*
100*		
<i>Submaster</i>	242 lbs.	
181 lbs.	E. Smith	335
T. Sellars	275 lbs.	
315*	T. Cayson	350*
4th-340*	<i>Submaster</i>	
242 lbs.	S. Pounds	500*
S. Pounds	500*	
<i>Open</i>	C. Neal	380*
148 lbs.	4th-400*	
K. Harmon	198 lbs.	
550*	M. Jenkins	350*
<i>Raw</i>	4th-360*	
<i>Novice</i>	242 lbs.	
148 lbs.		

B. Hanna	405*	242 lbs.
<i>Master (40-44)</i>		275 lbs.
R. Williams	405*	D. Taylor
<i>Master (50-54)</i>		405*
275 lbs.		DEADLIFT FEMALE
M. Webb	385*	<i>Teen (13-15)</i>
4th-400*		97 lbs.
<i>Master (55-59)</i>		C. Harmon
220 lbs.		135*
J. Coll	335*	MALE
<i>Police/Fire</i>		<i>Teen (13-15)</i>
275 lbs.		132 lbs.
A. Holt	375*	T. Patterson
375*		190*
<i>Open</i>		<i>Junior</i>
220 lbs.		242 lbs.
C. Bennett	335*	E. Smith
4th-350*		600*
		<i>Open</i>
		242 lbs.
		D. Smith
		600*

*=Son Light Power Mississippi State Records.
 Best Lifter Raw Bench Press: Chris Neal. Best Lifter Assisted Bench Press: Kevin Harmon. Best Lifter Deadlift: Elisha Smith. The Son Light Power Mississippi State Open Bench Press & Deadlift Championship was held at Pro Fitness & Hard Knox Boxing. Thanks to owner Gary Scott for hosting this event and to Chris Neal for his hard work promoting this competition. In the raw bench press

competition we had one of the nation's finest female lifters in Judy Gaillard. Judy won at open 165 with a great new Mississippi state record of 250. For the novice men it was Robert Jenkins with 160 at 148 while Michael Warren took the win at 220 with 300. Both were new state records. For the junior division it was Kelly Law with 300 at 165 while Cole Jackson hit 375 at 198. Michael Irvin won at 220 with 405, Elisha Smith got 335 at 242 and Tyler Cayson finished with 350 at 275. All of these junior lifters, with the exception of Elisha Smith, posted new state records for their respective classes. Best lifter Chris Neal won at submaster 181 with his state record 400 at 181. Training partner Marshall Jenkins did the same at 198 with 360 while Billy Hanna got his state record at 242 with 405. In the master's classes Ralph Williams won at 40-44/220 with 405, Mike Webb hit 400 at 50-54/242 and Joe Coll won at 55-59/220 with 335; all three new Mississippi state records! Our only police & fire competitor, Adam Holt, set the state record at 275 with 385. Three new state records were also set in the open division. Curry Bennett hit 350 at 220 while Dusty Smith finished with 375 at 242, along with D.J. "Sandbagger" Taylor who won at 275 with

an easy 405. For the assisted lifters, it was Ciara Harmon with the win at 13-15/97 and a new personal record 60. Tyler Patterson won at 13-15/132 with 100. Tony Sellars won at submaster 181 with 340 while Stephen Pounds hit a great 500 at 242. Our final bencher was the world's number one lifter at 148, Kevin Harmon. Kevin finished here with an easy 550, just missing a final attempt with 600! Kevin currently holds the world record at 148 with 606! All of the open lifters set new state records for their classes. In the deadlift competition, Ciara Harmon finished with 135 at 13-15/97 while Tyler Patterson finished with 190. Elisha Smith pulled 600 at junior 242 while Dusty Smith did the same at open 242. Both weighed in at 240 so both had to be re-weighed to determine the best lifter avarad. In the end Elisha weighed one-half pound less for the win. All of the deadlifters set new state records for their respective classes. Thanks to my son Joey Latch for doing another great job of loading and spotting. Thanks to my side judges Eve Harmon and Will Davis, to Molly Taylor for taking some great pictures and to Karen Hopper and Lauren Vandergriff for serving as our trophy girls. See you all again next year!
 » courtesy Dr. Darrell Latch

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Proud father with his champion son



Bryan channeling his focus into a record pull

What makes me different from other lifters is...

Claude: My hunger. No matter how strong or successful I get, I'm always working hard to do more.

Bryan: There aren't many kids who have lifted the weights that I have.

Before setting a record, I think...

Claude: I tell myself that it isn't anything but some girl weight. I put it in my mind that I'm in the gym just having a workout.

Bryan: My mind goes blank.

This is how I want to be remembered...

Claude: As one of the most respected and hardest workers.

Bryan: As a respected and humble lifter. Also, a role model for younger kids as I get older.

A creed that I live by day to day is...

Claude: Train like a contender and live like a champion.

Bryan: Try everything once.

Biggest mistake benchers make...

Claude: Getting over-hyped and not paying attention to form.

Bryan: They rush themselves.

Okay, powerlifting becomes an Olympic sport!

Claude you list the positive, **Bryan** you list the negative in that...

Claude: It would be amazing. Powerlifting would have to unify. That would be awesome.

Bryan: It could bring more drama to the sport.



Claude is an incredible bench presser

If I could be any kind of animal, I would be...

Claude: A T-Rex, ha ha.

Bryan: A bear.

This is how I will remember my bench press journey...

Claude: Wild and hard.

Bryan: Wow, I came a long way, ha ha.

My favorite parts about the bench press are?

Claude: I love everything. It's a powerful movement.

Bryan: I like it because it's a challenge to make sure everything is as close to perfect as possible.

My favorite bench press assistance exercise is...

Claude: Lockouts, bands and boards.

Bryan: Push-ups and dumbbell stuff.

To me the meaning of the bench press is...

Claude: It means a lot of sacrifice, pain, joy and accomplishment.

Bryan: A huge learning experience and a challenging one.

Claude and Bryan, it has been great learning from you today. You are both true Iron Warriors. Great job on becoming top ranked bench pressers. We will be sure to follow you as you continue to amaze the powerlifting world. In closing, who would you like to thank?



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Claude: I want to thank my wonderful sponsors at Anderson Powerlifting for all of their great gear and support. Special thanks to USPlabs for their top of the line supplements and support. I want to thank my family and friends who've supported me. Also, thanks to Critical Bench

for this great interview.

Bryan: Thanks to my dad for training me and teaching me how to become a champion. I want to thank my family and friends. I want to thank Critical Bench for allowing me to be a part of this awesome interview. «

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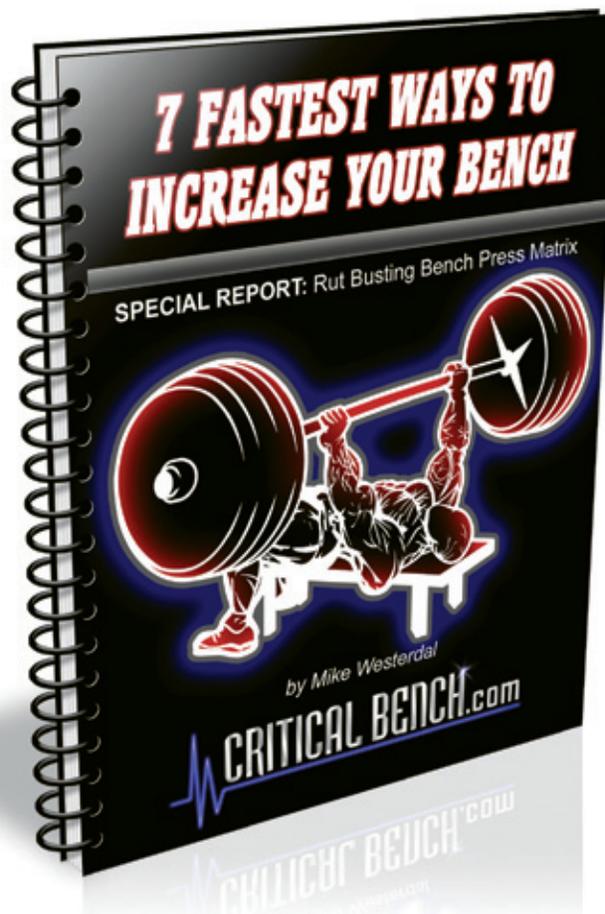
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RESULTS

USAPL NORTHEAST COLLEGIATE/H.S.

JAN 29 2011 » Scranton, PA

Powerlifting	SQ	BP	DL	TOT
<i>Collegiate</i>				
FEMALE				
123 lbs.				
Liebert-NEU	154	127	193	473
148 lbs.				
Petit-NEU	303	198	319	820
Casado-PSU	187	132	259	578
Arpino-NEU	198	94	237	528
198 lbs.				
Fierman-NEU	314	220	264	798
<i>Raw</i>				
148 lbs.				
Welcome-MWD	242	127	347	716
165 lbs.				
DelColla-UOD	165	149	248	562
MALE				
123 lbs.				
Lentz-PSU	231	198	330	760
132 lbs.				
McKenna-WP	385	275	407	1068
Wilkins-WP	303	204	352	859
148 lbs.				
Rombold-WP	402	264	385	1051
Deavila-WP	325	264	374	963
Apostle-NEU	242	154	314	710
165 lbs.				
Jones-PSU	336	237	429	1002
Cassarou-NEU	341	253	380	974
Leung-NEU	253	220	380	853
181 lbs.				
Hollenbeck-ITU	639	374	661	1674
Wright-WP	528	402	517	1448
Credle-WP	517	380	517	1415
Hanna-WP	490	363	539	1393

Heeter-WP	462	297	539	1299
Kerr-NEU	275	176	352	804
198 lbs.				
Choi-PRU	600	363	600	1563
Sedar	495	418	545	1459
Klemick-PSU	534	380	534	1448
Goins-WP	490	325	490	1305
Bruno-NEU	424	319	528	1272
Brown-PSU	462	253	407	1123
220 lbs.				
Laipson-NEU	600	341	528	1470
Moncada-WP	501	440	573	1514
Volk-WP	539	341	539	1420
Rubalcaba-WP	523	330	562	1415
Schreiner	484	325	523	1332
Mastone-NEU	347	336	501	1184
Schaeffer-PSU	374	303	479	1156
242 lbs.				
Byerly-WP	584	523	584	1690
Milardo-LYU	600	512	562	1674
Snyder	424	286	429	1140
275 lbs.				
Ripley-WP	562	391	600	1552
Allison-WP	451	352	473	1277
Bastoky-WP	468	314	473	1255
275+ lbs.				
Held-WP	606	435	661	1701
Hundley	380	319	407	1107
<i>Raw</i>				
132 lbs.				
Grosso-ITU	253	143	369	765
Syatt	253	154	341	749
165 lbs.				
Peck	352	341	562	1255
181 lbs.				
Sedar	380	319	539	1239
Debartolo-GU	347	314	479	1140
Braun-GU	380	281	479	1140
Swanson	275	314	501	1090

198 lbs.				
Loncharich-PSU	501	363	606	1470
Deslorieux-UP	363	319	539	1222
Robbins-UOD	407	297	501	1206
Missirian-NEU	308	220	407	936
Schneider-UOD	330	231	374	936
Rattenni-UOD	275	176	352	804
220 lbs.				
Boulay	325	275	429	1029
242 lbs.				
Stumpf-UOD	440	308	551	1299
Prior	424	259	501	1184
275 lbs.				
Alexander-ITU	429	336	606	1371
<i>Guest</i>				
181 lbs.				
Clayton	402	226	446	1073
<i>High School</i>				
FEMALE				
105 lbs.				
Polizano-AHS	259	160	292	710
148 lbs.				
Wang-HHS	165	55	215	435
<i>Raw</i>				
105 lbs.				
Tasher-PRHS	143	72	204	418
123 lbs.				
Hardy-PRHS	182	121	270	573
132 lbs.				
Perrine-PRHS	204	121	275	600
148 lbs.				
Wasser-PRHS	220	110	264	595
165 lbs.				
Cowdery-PRHS	237	132	308	677
Hardy-PRHS	182	121	242	545
181 lbs.				
Knight-PRHS	149	88	231	468
MALE				
123 lbs.				
D'Oro-AHS	319	204	385	908
132 lbs.				
Schamber-HHS	248	182	330	760
148 lbs.				
Pham-HHS	363	204	402	969
Murray-AHS	303	198	369	870
Fejfar-HHS	292	176	369	837
Gruver	248	182	270	699
165 lbs.				
Timmons-HHS	374	264	435	1073
Burkholder-HH	330	231	380	941
Rombold	308	187	407	903
181 lbs.				
Lycholaj-AHS	413	264	440	1118
Luchansky-HHS	336	226	385	947
198 lbs.				
Marks-HHS	363	215	374	952
220 lbs.				
Pensak-AHS	501	341	479	1321
Mascari-HHS	479	303	501	1283
Montgomer-HHS	506	286	468	1261
242 lbs.				
Byron-AHS	473	374	512	1360
Warner-HHS	407	303	501	1211
Cameron-HHS	440	242	451	1134
275 lbs.				
Farkas	523	352	617	1492
Taylor-HHS	551	314	600	1464
Glantz-HHS	506	253	468	1228
House-HHS	325	193	303	820
275+ lbs.				
Lane-HHS	600	314	501	1415
McGaw-HHS	495	363	462	1321
<i>Raw</i>				
132 lbs.				
Herman-JMHS	264	176	369	809
Knox-JMHS	215	154	297	666
148 lbs.				
Leffew-JMHS	248	198	402	848
165 lbs.				
Cannalney-JMHS	446	237	429	1112
Conway	325	193	451	969
Green-JMHS	248	187	319	754
181 lbs.				
Acker-JMHS	374	270	523	1167
Gagliano-JMHS	297	215	374	886
Taptich-JMHS	259	231	352	842

198 lbs.				
Kuhn Jr.	551	314	523	1387
Lewis	347	237	473	1057
Caracappa-AHS	330	220	396	947
220 lbs.				
Gregoire-JMHS	407	275	407	1090
Mchale-JMHS	314	237	402	952
242 lbs.				
Turchick-JMHS	374	226	402	1002
275+ lbs.				
Hurley-JMHS	347	297	451	1095

USAPL WI STATE

JAN 29 2011 » Racine, WI

BENCH	SQ	BP	DL	TOT
<i>Raw</i>				
148 lbs.				
Master				
Van Burskirk	264			281
<i>Open</i>				
Van Burskirk	264			Junior
MALE				
165 lbs.				
<i>Master Guest</i>				
E. Change	231			220 lbs.
B. Mikulecky	319			220 lbs.
198 lbs.				
<i>Master Guest</i>				
D. Young	341			Master I
220 lbs.				
<i>Master</i>				
Varvonente	314			Master III
275 lbs.				
<i>Master III</i>				
R. Crawford	440			275+ lbs.
275+ lbs.				
<i>Open</i>				
J. Ray	556			Master II
Powerlifting				
SQ	BP	DL	TOT	
FEMALE				
105 lbs.				
<i>Teen I</i>				
E. Spaho	231	143	237	611
114 lbs.				
<i>Teen I</i>				
M. Van Dusen	369	165	369	903
123 lbs.				
<i>Master</i>				
J. Kingsley	248		303	551
<i>Open</i>				
E. Hansen	275	176	319	771
<i>Teen I</i>				
J. Cort	204	83	237	523
132 lbs.				
<i>Junior</i>				
B. Beschta	341	176	319	837
<i>Teen II</i>				
L. Rivera	220		259	479
181 lbs.				
<i>Open</i>				
K. Bluell	396	182	380	958
S. Pomrening	363	215	374	952
<i>Teen I</i>				
K. Flanagan		149	264	413
<i>Teen II</i>				
K. Bluell	396	182	380	958
S. Pomrening	363	215	374	952
B. Smith	270	138	303	710
<i>Raw</i>				
148 lbs.				
<i>Master I</i>				
P. Harris	132	121	237	490
181 lbs.				
<i>Junior</i>				
S. Beyer	215	116	314	644
<i>Master II</i>				
B. Hermann	138	138	165	440
198 lbs.				
<i>Open</i>				
R. Main	193	121	226	539
MALE				
148 lbs.				
<i>Junior</i>				

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Christianson	363	242	440	1046
Open				
J. Nelson	551	380	551	1481
A. Phillips	484	347	501	1332
Teen I				
D. Van Asten	352	198	396	947
165 lbs.				
Junior				
B. Puckhaber	534	336	528	1398
Teen I				
Meyerhofer	336	187	424	947
N. Runde	330	165	396	892
181 lbs.				
Master				
R. Legarretta	143	143	165	451
Open				
W. Breider	606	429	567	1602
G. Paltzer	545	358	584	1486
S. Masino	534	369	539	1442
M. Gnewuch	429	264	501	1195
Teen II				
C. Pendergast	517	275	528	1321
198 lbs.				
Master II				
D. Smits	495	286	473	1255
R. Fritsch	413	286	468	1167
Open				
M. Rodock	633	330	562	1525
R. Fritsch	413	286	468	1167
220 lbs.				
Master II				
B. Pirlot	440	292	545	1277
Open				
P. Nees	578	451	562	1591
A. Henderson	562	—	611	1173
Teen II				
N. Vlahos	589	391	545	1525
242 lbs.				
Master II				
S. Coogan	473	209	473	1156
R. Hanson	457	325	551	1332
Open				
R. Hanson	457	325	551	1332
Teen I				
S. Kelly	440	264	374	1079
275 lbs.				
Master				
J. Lewis	385	275	385	1046
Open				
B. Luedtke	661	314	622	1596
P. Diamond	589	462	699	1751
275+ lbs.				
Master				
H. Thiel	418	286	506	1211
R. Keyes	143	143	226	512
Open				
J. Langer	—	418	—	418
Raw				
181 lbs.				
Master I				
S. Grade	380	352	517	1250
Master II				
B. Miller	374	314	479	1167
Teen Guest				
D. Rivera	319	226	418	963
198 lbs.				
Junior				
D. Wick	374	209	396	980
Master II				
T. Conklin	501	248	584	1332
Master II				
J. Hummel	270	226	363	859
220 lbs.				
Junior				
T. Alexander	407	303	501	1211
C. Jones	468	253	484	1206
D. Dymond	424	275	484	1184
Master II				
J. Monahos	462	314	495	1272
Master III				
A. Williamson	138	138	165	440
Open				
J. Brooks	479	363	484	1327
A. Chromy	424	297	528	1250
242 lbs.				
Junior				

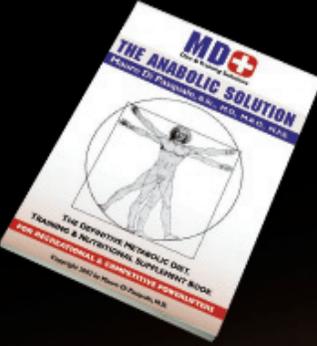


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B. Neitzel	484	292	628	1404
Open				
M. Gunville	551	341	578	1470
B. Neitzel	484	292	628	1404
Teen				
J. Schoen	336	198	407	941
275 lbs.				
Junior				
B. Bingham	484	341	539	1365
Master I				
P. Diamond	589	462	699	1751
Open				
P. Diamond	589	462	699	1751
Teen				
I. Williams	446	292	523	1261
275+ lbs.				
Open				
B. Oswald	584	330	644	1558
Best Lifter Women: Michelle Van Dusen. Best				

Lifter Men: Justin Nelson. Best lifter Raw: Tom Conklin. Best lifter Bench Press: Jim Ray.
» courtesy Barb Born

SLP BLACK RIVER CHRISTMAS FOR KIDS DEC 5 2010 » Pocahontas, AR

BENCH			
MALE			
Junior	M. Lincoln	310*	
Raw	181 lbs.		
Teen (13-15)	H. Franks	340*	
132 lbs.	Master (40-44)		
T. Johnson	220 lbs.		
Teen (16-17)	P. Johnson	350	
198 lbs.			
*=Son Light Power Arkansas state records.			
The Son Light Power Black River Christmas			

For Kids Bench Press Classic was held at Black River Health Club. Thanks to owner Tim Brigrance for hosting this event. In the raw bench press competition Treyton Johnson broke the existing Arkansas state record for the 13-15/132 class with a new personal best 185! Manly Lincoln, competing for the first time, broke the state record at 16-17/198 with 310, just missing a final attempt with 325! Houston Franks, state record holder at novice 181, broke the state record for the junior 181 class with 340. Our final lifter, Patrick Johnson, won at 40-44/220 with 350. Patrick is the current record holder at submaster 198, assisted, with 505. Thanks to Tracye Webb for taking some great pictures of the meet and to Lisa Johnson for serving as our trophy girl. Have a happy holiday!
» courtesy Dr. Darrell Latch

RESULTS

SLP OHIO STATE OPEN

NOV 6 2010 » Hamilton, OH

BENCH FEMALE	275 lbs.		
Junior	R. Evosirch	305*	
	308 lbs.		
165 lbs.	N. Rogers	405*	
N. Novitski	4th-420*		
Open	Master (40-44)		
132 lbs.	181 lbs.		
C. Schaeffer	D. Jeffers	270	
165 lbs.	198 lbs.		
K. Tom	J. Roy	360	
4th-225	S. Dunn	275	
Raw	220 lbs.		
Submaster	S. Fletcher	435	
148 lbs.	308 lbs.		
N. Smith	C. Allred	345	
Master (55-59)	E. Clayborn	335	
97 lbs.	Master (45-49)		
M. Leedy	198 lbs.		
114 lbs.	S. Watts	460*	
A. Dingus	Master (50-54)		
MALE	242 lbs.		
Teen (18-19)	R. Largent	435*	
198 lbs.	Master (55-59)		
C. Moore	181 lbs.		
315	J. Riddle	305*	
SHW	Master (60-64)		
T. Trimble	575*		
Master (40-44)	198 lbs.		
220 lbs.	D. Ladanyi	210*	
W. Hubbard	Master (65-69)		
505*	242 lbs.		
T. Stamm	M. Brown	370	
315	Master (70-74)		
Master (45-49)	198 lbs.		
242 lbs.	R. Campbell	175	
J. Blevins	Police/Fire (40-44)		
450	220 lbs.		
275 lbs.	R. McBee	390*	
T. Mailloux	Police/Fire (45-49)		
460	275 lbs.		
Master (50-54)	P. Newton	340*	
198 lbs.	Open		
D. Hardesty	165 lbs.		
325	R. Donley	320	
J. Statham	430*		
485	Master (65-69)		
Master (55-59)	DEADLIFT		
181 lbs.	FEMALE		
D. Sparks	Junior		
430*	181 lbs.		
Master (65-69)	J. Heaston	245*	
220 lbs.	Junior		
S. Glover	275 lbs.		
350	R. Evosirch	550*	
4th-370*	Submaster		
Open	SHW		
SHW	P. Bradshaw	680*	
J. Lenhardt	Master (55-59)		
—	242 lbs.		
Raw	R. Adams	535	
Novice	Master (60-64)		
198 lbs.	220 lbs.		
J. Walters	B. Bean	575*	
365	Master (70-74)		
D. Brown	198 lbs.		
260	R. Campbell	220	
4th-270	4th-225		
220 lbs.	242 lbs.		
M. Hicks	T. Hall	455	
330	Police/Fire (45-49)		
Teen (13-15)	275 lbs.		
148 lbs.	P. Newton	555*	
R. Caillouette	Open		
225	242 lbs.		
4th-230	J. Fitz	755*	
198 lbs.	Junior		
J. Lehner			
300			
Teen (16-17)			
181 lbs.			
Moorehead			
370*			
242 lbs.			
B. Rader			
410*			
Teen (18-19)			
198 lbs.			
B. Disbennet			
365*			

*=Son Light Power Ohio state records. Best Lifter Bench Press Women: Christina Schaeffer. Best Lifter Bench Press Men Assisted: Wayne Hubbard. Best Lifter Bench Press Men Raw: Steve Watts. Best Lifter Deadlift: Justin Fitz. Team Champions: Fit-1. The Son Light Power Ohio State Bench Press & Deadlift Championship was held at Samsom

Gym. Thanks to owners Darris and Kathie Sparks for once again hosting this event. In the assisted bench press competition Natasha Novitski failed with her opener of 205 at junior 165 and bowed out of the meet. In the open division Christina Schaeffer hit 225 for the win at 132 while Kristin Tom won at 165 with 225 as well. Clint Moore won at 18-19/198 with 315 while newcomer Trevor Trimble hit a solid 575 state record at shw! Wayne Hubbard broke the Ohio state record at 40-44/220 with 505 while Todd Stamm finished second with 315. Jeff Blevins won at 45-49/242 with 450 while Terry Mailloux took the 275 class with 460. Don Hardesty hit 325 at 50-54/198 while Jeff Statham won at 220 with 485. Darris Sparks broke his own Ohio state record at 55-59/181 by five pounds, ending with a personal best 430. Sam Glover also got a new PR along with a new state record of 370 at 65-69/220! Our final assisted lifter was Jason Lenhardt, who just seems to have problems putting in a good lift on the platform. Even though Jason had been consistent in the gym he failed with his opener of 700 three times. The best lifter among the assisted lifters went to Wayne Hubbard. For the raw lifters it was Nicole Smith for the win at submaster 148 with 110. Mae Leedy broke her own record for the 55-59/97 class with 85 while Angie Dingus did the same at 114 with 115. Josh Walters won at novice/198 with 365. Derek Brown finished second at 198 with 270. Mike Hicks won at novice 220 with 330. Ryan Caillouette won at 13-15/148 with 230 while Josh Lehner took the 198 class with 300. Danny Moorehead got a new pr and state record at 16-17/181 with 370 while Brandon Rader finally got his first official 400 bench by hitting 410 at 16-17/242. Brad Disbennet broke the state record for the 18-19/198 class with 365. At junior men we had two new state records set. First at 275 it was Rudy Evosirch with 305 while Nick Rogers finished with 420 at 308. Now, at 40-44 it was Dan Jeffers with 270 at 181 while Jack Roy took the 198's with 360, tying his own state record there. Taking second place at 198 was Steve Dunn, who finished with 275. Shane Fletcher won at 220 with an easy 435. At 308 it was Chris Allred over Eddie Clayborn 345 to 335. Best lifter for the raw lifters, Steve Watts, set the state record for the 45-49/198 class with 460 and the win there. Ross Largent broke the state record at 50-54/242 with 435 while John Riddle did the same at 55-59/181 with 305. Don Ladanyi broke the state record at 60-64/198 with 210. Mike Brown looked strong at 65-69/242, finishing there with 370. Robert Campbell won at 70-74/198 with 175. Richard McBee broke the record at police/fire 40-44/220 with 390 while fellow law enforcement officer Paul Newton broke the state record at 45-49/275 with 340. Our final bencher was 165 open winner Rich Donley, who won with 320. The best lifter among the ladies went to Christina Schaeffer. In the deadlift event Jenna Heaston broke the state record for her class, junior 181 with a personal best 245. Rudy Evosirch got a big state record of 550 at junior 275. Big Paul Bradshaw pulled a strong 680 state record at submaster SHW for the win there. Roger Adams won at 55-59/242 with 535 while Bob Bean outdid himself at 60-64/220 with a solid 575 state record pull. Robert Campbell won at 70-74/198 with 225 while Tom Hall settled with his opener of 455 for the win at 242. Paul Newton has lost more than fifty pounds in bwt. but still pulled a personal best 555 state record at police/fire 45-49/275. Our final puller was also our best, Justin Fitz. Justin pulled a strong

755 state record, coming close with 800 for the win there and the best lifter trophy! The team award went to Fit-1 with members Josh Lehner, Terry Mailloux, Don Hardesty, Mae Nar Leedy, Angie Dingus, Mike Hicks and Nick Rogers. Thanks to my son Joey for once again doing a great job of loading and spotting and to everyone else who helped out. A special thanks to our trophy girl, Lucy Sidham, twin sister to Sam Glover. See you all again next year!
» courtesy Dr. Darrell Latch

SLP TN CHRISTMAS FOR KIDS BP/DL

DEC 4 2010 » Barleith, TN

BENCH FEMALE	275 lbs.		
Raw	M. Webb	385*	
Submaster	Master (55-59)		
165 lbs.	220 lbs.		
Y. Covington	J. Coll	350*	
145*	Open		
Master (50-54)	198 lbs.		
242 lbs.	A. Armour	315	
C. Stein	242 lbs.		
135*	E. Faulkner	420*	
MALE	4th-445*		
Teen (13-15)	DEADLIFT		
148 lbs.	FEMALE		
L. Worthy	Submaster		
245*	165 lbs.		
Junior	Y. Covington	275*	
SHW	4th-295*		
B. Ellis	Master (50-54)		
—	242 lbs.		
Submaster	C. Stein	335*	
275 lbs.	4th-350*		
H. Timbs	Open		
815*	123 lbs.		
Master (40-44)	H. Bell	215	
220 lbs.	MALE		
G. Powers	Novice		
465*	165 lbs.		
242 lbs.	E. Dolan	405*	
G. McCoy	181 lbs.		
480	M. Forrest	515*	
Open	198 lbs.		
275 lbs.	W. Fruit	425	
H. Timbs	4th-450		
815*	220 lbs.		
Raw	C. Turnage	500	
Novice	4th-525		
165 lbs.	Teen (18-19)		
E. Dolan	198 lbs.		
285*	T. McMahn	320	
181 lbs.	Junior		
M. Ballard	242 lbs.		
280*	E. Smith	350	
242 lbs.	Submaster		
C. Rome	242 lbs.		
340	D. Riston	500*	
Teen (18-19)	4th-510*		
198 lbs.	Master (40-44)		
T. McMahn	220 lbs.		
320	G. Powers	405*	
Junior	Master (45-49)		
242 lbs.	198 lbs.		
E. Smith	Shettlesworth	265*	
350	242 lbs.		
Submaster	K. Huckabee	335	
242 lbs.	Master (50-54)		
D. Riston	198 lbs.		
600	R. Moore	510	
4th-510*	Open		
Master (40-44)	198 lbs.		
220 lbs.	A. Armour	450	
G. Powers	242 lbs.		
405*	E. Faulkner	680*	
Master (45-49)			
198 lbs.			
Shettlesworth			
265*			
220 lbs.			
K. Huckabee			
335			
Master (50-54)			

*=Son Light Power Tennessee State Records. Best Lifter Bench Press Assisted: Harley Timbs. Best Lifter Bench Press Raw: Danny Riston. Best Lifter Deadlift: Ernest Faulkner. The Son Light Power Tennessee Christmas For Kids Bench Press & Deadlift Classic was held at Fitness Premier. Thanks to owner Ryan Snelberger for hosting this event and to Joe Coll who always works so hard promoting all of our competitions in the Memphis area. In the assisted bench press event Logan Worthy broke his own Tennessee state record for the 13-15/148 class

by thirty pounds to finish with a personal best 245! Blake Ellis, usually a consistent 700 bencher at junior SHW, failed to get in his opener of 725 and bowed out of the competition. Harley Timbs, one of the top benchers in the world at 242 and 275, won at submaster and open 275 with a new state record of 815, which actually weighed out at 823! Harley also won the best lifter award among the assisted lifters. Glen Powers set two state records on this day, opening with a new raw record of 405 and finishing with a shirt lift of 465 for the 40-44/220 class. Greg McCoy won at 40-44/242 with a solid 480. For the raw lifters it was Yvonna Covington-Dearen with a new state record of 145 for the win at submaster 165. Carolyn Stein set the record for the 50-54/242 class with 135. Eric Dolan broke the state record for the novice 165 class with 285 while Marcus Ballard got his state record at 181 with 280. Corbin Rome rounded out the novice class at 242 with 340. Tyler McMahn won our only raw teenage lifter, taking the 18-19/198 class with 320. Elisha Smith won at junior men 242 with his personal best 350. Best raw lifter Danny Riston got a new personal and state record at submaster 242 with a strong 510! At 45-49/198 it was Marty Shettlesworth with a new state record of 265 while Glenn Huckabee won at 220 with 335. Mike Webb hit a new state record of 385 with his win at 50-54/275 while coach Joe Coll broke his own state record for the 55-59/220 class with 350. In the open division Asa Armour hit 315 at 198 while Ernest Faulkner broke the record at 242 with 445. Moving to the deadlift event it was Yvonna Covington-Dearen with her second win of the day at submaster 165 with her second state record of the day with her personal best 295! Carolyn Stein did the same for her class, 50-54/242, taking the win with a new state record of 350! Heather Bell won at open 123, making just her opener of 215. Eric Dolan got his second state record at novice 165 with 405 while Mike Forrest broke the record at 181 with 515. Will Fruit won at 198 with 450 while Charles Turnage took the honors at 220 with 525. Tyler McMahn won at 18-19/198 with 540 while Elisha Smith shattered the record at junior 242 with his 625 final pull. Danny Riston hit an easy 600 at submaster 242 while Richard Moore won at 45-49/198. In the open division Asa Armour won again at 198 with 450 while best lifter Ernest Faulkner broke the state record at 242 with 680. Thanks to my son Joey Latch for all his help and to all the others who helped with the loading, spotting and judging duties. Thanks also to our two trophy girls, sixteen year old twins, Rockelle and Rochelle Knox for helping out. See you all again next year.
» courtesy Dr. Darrell Latch

SLP AR CHRISTMAS FOR KIDS

DEC 11 2010 » Rogers, AR

BENCH MALE	242 lbs.		
Raw	J. Barker	350*	
Master (50-54)	DEADLIFT		
148 lbs.	MALE		
L. Emerson	Novice		
240*	242 lbs.		
Master (60-64)	J. Morris	450	
198 lbs.	Master (60-64)		
S. Webb	181 lbs.		
285*	J. Kosarek	450*	
Police/Fire (60-64)			
198 lbs.			
S. Webb			
285*			

*=Son Light Power Arkansas State Records.

The Son Light Power Arkansas Christmas for Kids Bench Press & Deadlift Championship was held at Benton County Barbell. Thanks again to owner Tom Hayes for hosting this annual event. In the bench press competition Larry Emerson established a new Arkansas state record for the 50-54/148 class with his personal best 240. Steve Webb did the same at 60-64/198 with a solid 285. Steve also set the police & fire state record for his master class. Our final lifter was Jimmie Barker, who set the state record for the police/fire open 242 class with 350. For the deadlifters, first-timer Jason Morris finished with a new personal record for the novice 242 class with 450. Joshua Kosarek established a new state record for the 60-64/181 class with 450. Thanks to my son Joey Latch and Jim Winpigler for doing a great job loading and spotting.

» courtesy Dr. Darrell Latch

SLP MICHIGAN STATE OPEN

NOV 21 2010 » Saranac, MI

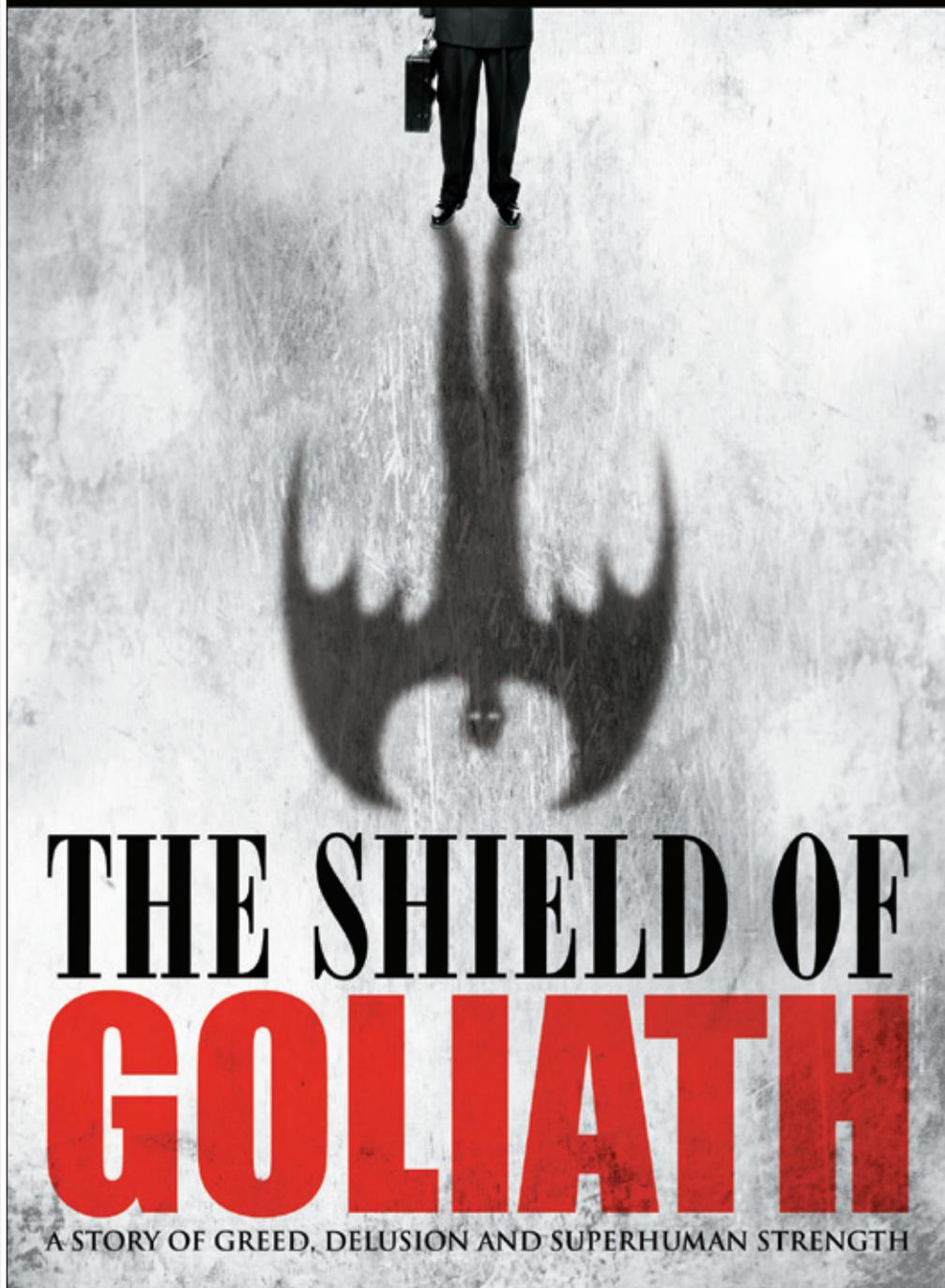
BENCH		<i>Police/Fire (40-44)</i>	
MALE		242 lbs.	
<i>Master (50-54)</i>		B. Stanton	395
275 lbs.		DEADLIFT	
T. Bennett	500	MALE	
<i>Raw</i>		<i>Master (50-54)</i>	
<i>Junior</i>		275 lbs.	
198 lbs.		T. Bennett	535*
K. Freeman	335	<i>Master (60-64)</i>	
220 lbs.		181 lbs.	
K. Harrington	415*	R. Batko	480
<i>Master (50-54)</i>		<i>Police/Fire</i>	
275 lbs.		<i>Submaster</i>	
T. Bennett	375	198 lbs.	
<i>Police/Fire</i>		B. Secord	430*
<i>Submaster</i>		<i>Open</i>	
198 lbs.		275 lbs.	
B. Secord	310*	R. Gregory	600*

*=Son Light Power Michigan State Records. Best Lifter Bench Press: Tom Bennett. Best Lifter Deadlift: Ryan Gregory. The Son Light Power Michigan State Open Bench Press & Deadlift Championship was held at Iron Mike's & Mary's Fitness Factor. Thanks to owner Mike Lamphere for once again hosting this event and to Brian Stanton who provided the Forza bench. In the bench press competition Kevin Freeman won at junior 198 with 335 and the ugliest bench of the meet. Kaleb "Short Stroke" Harrington, who can almost arch himself into a knot, won at junior 220 with a new Michigan state record of 415. Tom Bennett won at 50-54/275 with 375 before putting on his new Metal shirt where he finished with 500. Our next lifter came all the way from Ontario, Canada, Brian Secord! Lifting in his first competition, Brian broke the state record at police/fire submaster 198 with 310. Our final bencher was Bryan Stanton who won at police/fire 40-44/242 with 395, making just his opener. Tom Bennett was awarded the best lifter trophy for the benchers. In the deadlift event Tom Bennett broke the existing state record for the 50-54/275 class with a strong 535. At 60-64/181 it was Robert Batko with 480. Brian Secord set his second state record of the day at police/fire submaster 198 with a personal best 430. Best lifter Ryan Gregory broke the state record for the open 275 class with 600. Thanks to my son Joey for doing a great job loading and spotting and to Katelyn Kirchofer for taking some awesome pictures and to Hope Gregory for serving as our trophy girl. See you all again next year!

» courtesy Dr. Darrell Latch

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