

» TRAINING:
SHOCK TRAINING

» POWER FORUM:
MEET WEIGH-IN TIMES

» HARDCORE GYM:
THE DOGG HOUSE GYM

'POWERLIFTING USA'

DECEMBER 2011 » VOL. 35 NO. 2



Vincent Urbank
TAKES THE TITLE FROM BOLTON AND STAKES HIS CLAIM AS
THE NEW NOTLD DEADLIFT CHAMPION

POWERLIFTINGUSA.COM

DECEMBER 2011
« VOL. 35 NO. 2 »
\$3.95 USA \$4.95 CAN



"They Don't Think You're That Stupid, Do They?"

Did you ever notice that many supplement ads use juiced-up pro bodybuilders to pimp their products? We would never insult your intelligence like that...

No roided-out bodybuilders. No off-season "I look like I'm 8 months pregnant" before shots. No about-to-turn-pro bodybuilders positioned as regular Joe's. None of that crap in our ads to trick you.

Instead, we feature real people who have achieved unreal results by using our products along with their nutrition & rigorous training.

If you truly want to get life-altering results from your supplements, I strongly suggest you stop listening to guys on six-figure food & drug plans and start using what smart people 'round the world are doing to transform their bodies. There's a reason why we keep getting flooded with real before & afters & success stories. USPlabs products work!

Get on The Jack3d Stack™ today – You can thank me later.

Best
Jacob Geissler - CEO USPlabs

P.S. - Listen, USPlabs customers work their tails off. That's what separates them from the wanna-be's. So if you're a nancy-boy & are scared to work hard in the gym and eat right, turn the page because you're not worthy. But, if you have the desire to bust your ass & be dedicated - no matter how close or far you are from your goals - welcome aboard - you've found your home.

The Asteroid Stack plus Jack3d
= The Jack3d Stack!



New Flavor!
Tropical Fruit Punch

Want to be featured in this ad?
Visit www.usplabsdirect.com/transformation
for more info on how you can be the next star.

Real People. UnReal Results!

Matt Vinopal – Madison, WI



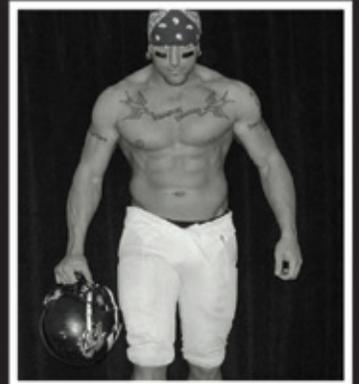
Advice from Matt – "My training is focused on big, multi-joint movements. Multi-joint movements are the foundation of any strength training program. Examples of this include the Squat, Bench, Deadlift, and Standing Military Press. My program is structured in a fashion that I train each exercise once 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!"



Want to know the best way to use these supplements & get personalized professional advice? Visit www.usplabsdirect.com/howtostack



www.USPlabsDirect.com

TEXAS BELTS

NEW BELTS!

TITAN DOES RAW

**If You Lift RAW...
We Got You Covered.**

Knee & Wrist Wraps

(Knee Wraps - Check with Your Federation)



Singlets



Knee Sleeves



NEW ITEM!

Shoes



www.titansupport.com

'POWERLIFTING USA.

December 2011 » Volume 35 » Issue 2

FEATURES

49 NIGHT OF THE LIVING DEAD DEADLIFT CONTEST

Last year's champion, Andy Bolton, is dethroned as Vincent Urbank claims the top spot with his impressive 906 pound opener!

54 10 STRATEGIES FOR SLASHING FAT, GAINING MUSCLE AND BOOSTING YOUR STRENGTH IN 2012

Scott Mendelson of Infinity Fitness brings us more insight into proper nutrition for the competitive athlete

58 WOMEN'S HISTORICAL 150+ kg. BENCH PRESS LIST

Brad Gillingham brings us another Historical Top Women's Lifting List

NEW MAN IN TOWN

Vincent Urbank takes Andy Bolton's spot as the top deadlifter at the Night of the Living Dead Meet; Vincent is seen at top with Wayne Stover and the legendary Andy Bolton courtesy W. Stover & J. Gouge



GNC
LIVE WELL.

BULK UP SLEIGH BOY.



**BUILD
SERIOUS MUSCLE*
WITH GNC
MASS GAINERS.**

*When used in conjunction with weight training.

MUSCLE MENU



8



14



22



24

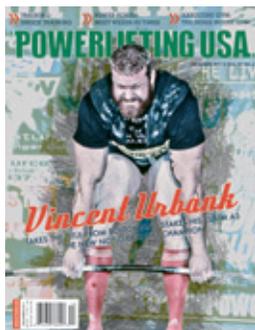


30

- 8 DUMBBELLS** *Doug Daniels*
- 10 PACK ON MUSCLE WITH POWER PAK PUDDING!** *MHP Research*
- 14 POWER NUTRITION Q & A** *Anthony Ricciuto*
- 16 HARDCORE GYM: #113 THE DOGG HOUSE** *Rick Brewer*
- 20 BIG EVIL'S LAIR: STEEL CITY BARBELL** *Jamie Harris*
- 22 SHOCK TRAINING** *Aaron DiPrima*
- 24 POWER FORUM: MEET WEIGH-IN TIMING** *Bob Gaynor*
- 28 POWER RESEARCH: NEUROCORE** *Team MuscleTech*
- 30 BODYBUILDING OR POWERLIFTING?** *Wayne Pullum*
- 32 WESTSIDE BARBELL: BENCH PRESS** *Louie Simmons*
- 34 JUDD'S CORNER: THINGS I'VE LEARNED PT. 3** *Judd Biasiotto*
- 36 ASK THE DOCTOR** *Dr. Mauro Di Pasquale*
- 46 ALL TIME TOP 50: MEN 123 BENCH** *Michael Soong*
- 47 ALL TIME TOP 50: WOMEN 123 BENCH** *Michael Soong*
- 60 POWER PEOPLE**
- 70 COMING EVENTS**
- 79 TOP 100 LIST: 123 CLASS**
- 102 POWER PHOTO OF THE MONTH** *Evan Pittman*

ON THE COVER

Vincent Urbank takes the title from Andy Bolton and stakes his claim as the new Night of the Living Dead deadlift champion
photo courtesy Jeremy Gouge



'POWERLIFTING USA.

"...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine."

PUBLISHER Mike Lambert
EDITOR IN CHIEF Mike Lambert
CONTROLLER In Joo Lambert
STATISTICIAN Michael Soong
ART DIRECTOR Kelly Lambert
ADMINISTRATOR Priscilla Ramirez

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$36.95 by Powerlifting USA Magazine Co., 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. Periodicals postage paid at Camarillo, CA, and additional mailing offices. POSTMASTER: Send address changes to POWERLIFTING USA, P.O. Box 467, Camarillo, California 93011.

PRINTED IN THE USA

SUBSCRIPTION RATES:

USA addresses, 12 issues.....\$36.95 USD
 USA addresses, 24 issues.....\$67.95 USD
 First Class Mail, USA, 12 issues.....\$60.00 USD
 Outside USA, Air Mail, 12 issues.....\$96.00 USD

CONTACT US:

PHONE 1.800.448.7693 or 805.482.2378
FAX 805.987.4275
EMAIL info@powerliftingusa.com
Advertising rates available upon request

WWW.POWERLIFTINGUSA.COM

© POWERLIFTING USA 2011. Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with Powerlifting USA.



POWERLIFTING USA.

SUBSCRIPTION FORM

CHECK ONE:

NEW RENEWAL ADDRESS CHANGE

*If address change, indicate previous address as well

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

SEND TO:

Powerlifting USA | P.O. Box 467 | Camarillo, CA 93011

We accept: check, Visa, Mastercard, Discover, and PayPal
 Orders can also be made through www.powerliftingusa.com
 or by calling us at 1.800.448.7693

SEE ABOVE FOR SUBSCRIPTION RATES



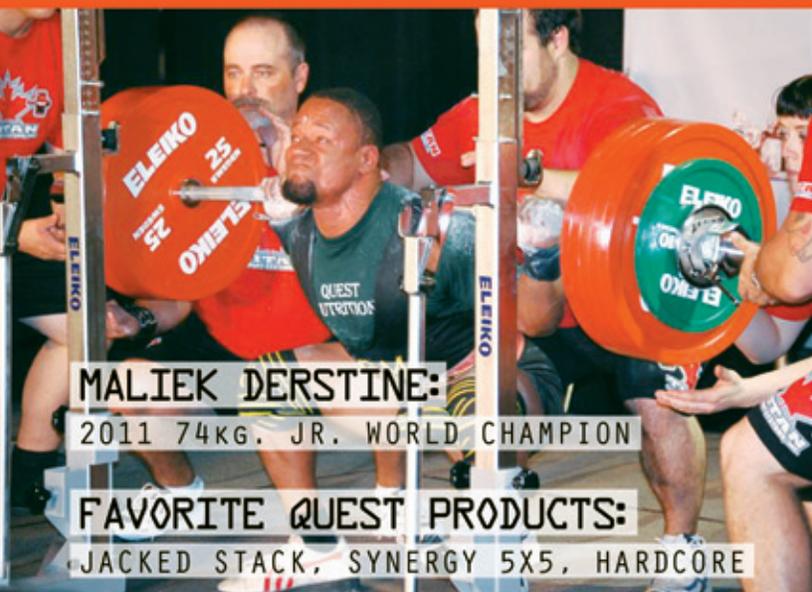
PRESTON TURNER:

2011 120kg. JR. WORLD RECORD 310kg. BENCH PRESS

FAVORITE QUEST PRODUCTS:

WHEY 44, JACKED STACK, HARDCORE

CONGRATULATIONS USA GOLD MEDALISTS!

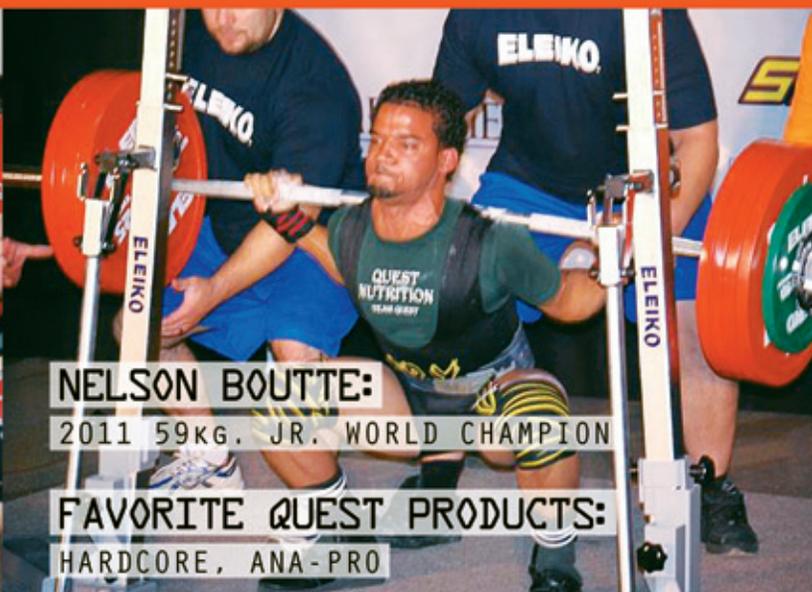


MALIEK DERSTINE:

2011 74kg. JR. WORLD CHAMPION

FAVORITE QUEST PRODUCTS:

JACKED STACK, SYNERGY 5X5, HARDCORE



NELSON BOUTTE:

2011 59kg. JR. WORLD CHAMPION

FAVORITE QUEST PRODUCTS:

HARDCORE, ANA-PRO

WWW.QUEST-NUTRITION.COM

MHP



**THE WORLD'S STRONGEST MEN
ARE POWERED BY MHP.**

MHP dominates the powerlifting world with a team of the most respected world record holders. This elite group of athletes continuously breaks their previously set records time and time again to raise the bar and leave their competitors in the dust. What is it that fuels these strongmen to accomplish such unimaginable feats? The answer is simple – Our athletes use only MHP products to power their bodies and bring their lifts to unbelievable heights. MHP supplementation is the key to their continuous record-breaking feats of strength.

TEAM MHP Athletes: **MICHAEL CARTINIAN** – All-Time World Record Total: 2,265 lbs. @ 181 lbs. **JEREMY HOORNSTRA** – World Record “Raw” Bench: 615 lbs. @ 242 lbs. **ROB LUYANDO** – World Record Bench: 832 lbs. @ 220 lbs., 905 lbs. @ 242 lbs., 947 lbs. @ 247 lbs. **JOE MAZZA** – All-Time World Record Bench: 705 lbs. @ 165 lbs. **SHAWN FRANKL** – World Record Total: 2,715 lbs. @ 220 lbs. (Pictured from left to right.)

Other TEAM MHP Athletes: **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ SHW. **BRIAN SCHWAB** – World Record Total: 2,045 lbs. @ 165 lbs. **JOE CEKLOVSKY** – World Record Bench: 600 lbs. @ 147.6 lbs. **AL DAVIS** – Raw Unity Record “Raw” Bench: 633 lbs. @ 265 lbs. **BRANDON CASS** – World Record Deadlift: 810 lbs. @ 220 lbs.

THERE'S STRONG... THEN THERE'S MHP STRONG.



Call Now or Go Online Today!
1.888.783.8844 • www.MHPSTRONG.com



SQUAT

BRIAN "THE MAMMOTH SHAW" - 6'8", 435 lbs.

The World's STRONGEST Man!

Squatting a ton, deadlifting a car and pressing giant dumbbells overhead require seriously high testosterone levels. That's why 2011 World's Strongest Man and Team MHP superstar Brian "The Mammoth" Shaw relies on MHP's T-BOMB II. What makes T-BOMB II so powerful is its exclusive 5-Stage Pro-Testosterone Technology. This revolutionary formula addresses the critical HPTA axis (hypothalamic-pituitary-adrenal axis) for maximum muscle growth and massive strength. T-BOMB II has been scientifically formulated to help optimize your hormonal profile and achieve homeostasis (hormonal balance), allowing you to maintain higher testosterone levels while keeping "growth killers" like HPTA negative feedback, estrogen and SHBG in check! T-BOMB II will help prevent "testosterone shutdown" and allow you to make far greater gains in strength, power and muscle mass.

T-BOMB II The King of Testosterone Formulas



THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.

Call Now or Go Online to Order! 1.888.783.8844 • MHPSTRONG.com



Join Team MHP!
facebook.com/TeamMHP
twitter.com/MHPstrong



DUMBBELLS

as told to Powerlifting USA by Doug Daniels

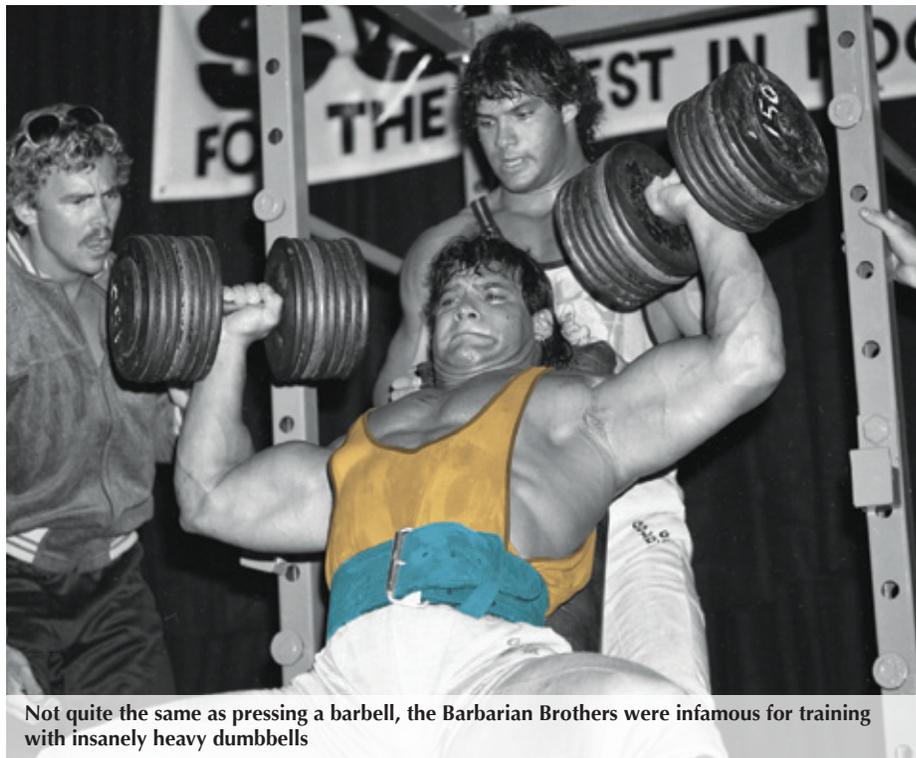
In order to move an object, you need to have some degree of control over it. If you can control the bar during a bench press, you stand a better chance at being a successful bencher. A great way of improving your ability to control or stabilize a barbell is through the use of dumbbells. But the benefits of dumbbells don't stop there. In this article, I'd like to discuss the pros and cons of dumbbells for powerlifting and a few effective dumbbell exercises for powerlifters.

The major difference between lifting with barbells and dumbbells is the increased effort required controlling or stabilizing dumbbells. Extra stabilizing muscles are called upon to control the dumbbells because the dumbbells are held and controlled separately in each hand. A barbell, of course, is one object lifted and supported with both arms and hands. Logically speaking, if your ability to control a weight can be enhanced, you can focus and direct more energy and power to lifting the weight to successful completion. The degree of difference in control required between a barbell and a dumbbell is similar to the degree of difference from going from a weight machine to a barbell. Most weight machines require the lifter to only push or pull as the weight is supported on a track of some sort. Since little control or stabilization is required, little stabilization strength is developed.

Increased range of motion is another benefit of training with dumbbells. In a barbell bench press, you can not lower the weight past where the barbell hits the chest (this excludes cambered bench bars). Dumbbells allow you to lower the weight past the chest. This extended exercise range can be translated into a bigger barbell bench press with the benching muscles being worked over a greater range of motion. Dumbbell shrugs for the traps can be performed by holding them at the sides of your body. This allows a much more direct pulling motion from the traps than when shrugging with a barbell.

Moving the dumbbell during execution of an exercise is also possible. For curls, the dumbbells can be rotated or supinated from the bottom to the top for extra bicep work. You can refer to a previous article I wrote on biceps for more info on dumbbell curls. Dumbbell presses can replace overhead barbell presses with rotational, "Arnold" presses, though regular dumbbell presses work well also. One arm dumbbell rows are great for the lats, rear delts and biceps. At the bottom of the exercise, the dumbbell should be perpendicular to your torso. As the dumbbell is pulled up, rotate it outward so at the top the dumbbell is parallel to your torso. This allows a better stretch at the bottom and as well as a better contraction at the top.

When performing a traditional barbell lift like the bench press, one side of your body may actually be lifting more than 50% of the weight. Dumbbells require each limb or body side to



Not quite the same as pressing a barbell, the Barbarian Brothers were infamous for training with insanely heavy dumbbells

lift the same amount of weight. This can help address possible strength imbalances you may have due to genetic flaw, bad training practices, or injury. Continuing to train with one limb doing more than 50% of the lifting will further compound the problem and the imbalance will increase which could result in lower lifts and again, possible injury.

There are many exercises that can only be performed with dumbbells such as delt laterals or chest flies. Though these are not the best exercises for a powerlifter, they can be of value during the off season. You can also lift each dumbbell alternately or lift one at a time for even more exercise variety.

Because of the extra balance required to control and lift dumbbells, you will not be able to use the same amount of total weight as you can with a barbell in a similar exercise. For example, if you can barbell bench press 250 pounds for 10 reps, you will not be able to bench press two 125 pound dumbbells for 10 reps. In this case 80–100 pound dumbbells may be your maximum for 10 reps. Stronger lifters may not have dumbbells heavy enough available to challenge them at most gyms. In such cases, a good option is to perform higher reps or use dumbbells after your regular barbell work when your strength is fatigued.

I have to re-emphasize that due to the increased balance required in using dumbbells, that you start off light until you get accustomed

to the movement and then increase the weights gradually. Also as I mentioned earlier, do not increase to an extended range of movement too quickly. Place increased attention to spotting and safety. You may need help to get the dumbbells into position to start the set and putting the dumbbells down after finishing the set. Dropping the dumbbells recklessly or accidentally can damage the dumbbells, nearby gym equipment, other lifters or even yourself.

Working dumbbell work into your routine is my last topic. I am not suggesting you drop all your barbell work for dumbbell substitutes, but a few productive dumbbell exercises can be easily incorporated into your routine. For example, on light bench day, you can finish with 3–5 sets of dumbbell bench presses. On deadlift or back day include one arm dumbbell rows and shrugs. Dumbbell curls should be your main choice for bicep work as should overhead dumbbell presses for delt work. As the meet nears, decrease or eliminate dumbbell assistance work to avoid overtraining.

Dumbbells can be invaluable to your progress in powerlifting. The benefits of dumbbells include strengthening controlling or stabilizing muscles, increased power over a greater range of motion, single limb strength balancing as well as greater exercise variety. The barbell still remains your main strength building tool, but dumbbell training can make a positive impact on your results. ☺



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

**Enter a State of Raw AGGRESSION,
Extreme INTENSITY and Explosive POWER
Known as a DARK RAGE!**

Get ready for a completely new workout experience as you feel the power of DARK RAGE. Within seconds of drinking DARK RAGE, psychotropic factors and ergogenic energizers kick in to elicit an intense feeling of heightened euphoria and focus. When you enter the gym, you will feel the adrenaline pulsing out of your adrenal glands as the euphoria turns into a feeling of raging intensity, aggression and power. You'll grab that iron barbell with total confidence and command as you begin an animalistic assault on your body for the best workout of your life.

From your very first rep, you will feel DARK RAGE's EPO Blood Volume Technology force more blood through your hemovascular, nitric oxide-induced garden hose veins. A surge of raw power is triggered by the most advanced creatine matrix and cell volumizers, allowing you to lift more weight than ever before. Not only are you stronger, but your muscles are fueled and prepared to work harder and longer and fight through fatigue with beta-alanine and pH buffering co-factors so you can push yourself further, recover faster and grow bigger and stronger.

**EVERY GREAT WORKOUT BEGINS
WITH DARK RAGE!**

THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.



Available at:



Join Team MHP!
facebook.com/TeamMHP
twitter.com/MHPstrong

Call Now or Go Online to Order Today!

1.888.783.8844

www.MHPSTRONG.com



PACK ON MUSCLE WITH POWER PAK PUDDING!

as told to Powerlifting USA by MHP Research Staff

You might think this is some kind of a joke—pudding for building muscle and strength? Yeah, right! Well, think again. With the introduction of MHP's new high-protein Power Pak Pudding, you can satisfy your chocolate cravings while packing in 30 grams of highly bioavailable protein per serving!

This is where MHP's ready-to-eat Power Pak Pudding comes into the power building equation. Not only is it delicious and convenient, each serving provides 30 grams of the highest quality protein isolates to help satisfy every powerlifter's protein needs. The potent combination of highly anabolic milk protein isolate and soy protein isolates provides high levels of BCAAs and arginine, is extremely digestible and is quickly and easily assimilated into muscle tissue for maximum growth and generation of strength. These isolates contain no lactose, which means you'll have no gastric issues if you are even mildly lactose intolerant. And speaking of stomach problems, Power Pak Pudding contains no sugar alcohols—a major gastrointestinal offender that's part and parcel of every protein bar you eat. So the elimination of lactose and sugar alcohols means you can enjoy this scrumptious pudding every day without bloating, gas or commode exploding diarrhea. Furthermore, Power Pak Pudding is gluten free and contains no unhealthy trans fats.

POUND-FOR-POUND THE MOST POWERFUL PROTEIN SNACK

For the super-heavies out there, scarfing down loads of protein and calories every day comes without consequence. But for most guys who need to make a weight class, every calorie counts. Power Pak Pudding is a heaven sent powerlifting miracle food! This delicious pudding supplies 30 grams of the mass packing protein you need at just 190 calories and 0 sugar! So you don't have to worry about sacrificing your protein intake just to make weight. With Power Pak Pudding, you can feed your muscles and satisfy your sweet tooth anytime without having to move up a weight class or two!

"Power Pak Pudding gives me the protein I need without tons of calories I can't afford," says raw and shirted all-time bench press record holder Joe Mazza. "I need to step on that scale at 165 lb., but I must be as big and strong as I can. I carry a couple of cans of pudding with me at all times so I can get my protein even when I'm on the run."

Multiple powerlifting total world record holder Shawn Frankl agrees. As another hardcore lifter who has to stay lean to make weight, he has added Power Pak Pudding to his nutritional program. "This stuff tastes great!" he says. "I get all the protein I need without tons of calories

that would make me fat. Power Pak Pudding is my new powerlifting secret weapon!"

On the flipside, every powerlifter and strength athlete will benefit from the high protein content of Power Pak Pudding, no matter what their body weight. Even pro football linemen like BJ Raji of the Super Bowl champion Green Bay Packers, Gary Gibson of the St. Louis Rams and the NY Giants Pro Bowl guard Chris Snee rely on Power Pak Pudding to supply the muscle building amino acids they require to stay strong and play hard. "Since finding Power Pak Pudding, I've had my pro football players eating cans of this stuff every day," says legendary strength coach Joe Carini.

Likewise, 2011 World's Strongest Man winner Brian Shaw and 2x World's Strongest Man Zydrunas Savickas both admit to snacking on Power Pak Pudding to meet their high protein needs. "I love Power Pak Pudding," says Shaw. "It's a convenient and delicious high protein supplement. I eat two cans every day!"

The nutritional profile of this on-the-go protein snack is as close to perfect as you can get. While boasting just 190 calories, this sugar free pudding contains only 9 grams of carbohydrates and a modest 4.5 grams of fat. It also supplies 50% of the recommended daily value of calcium per single serving can.

Best of all, ready-to-eat Power Pak Pudding comes in a pop-top can that tastes great at room temperature and requires no refrigeration before opening. That means you can stuff a few of these delicious high protein treats in your gym bag so you can supply all the muscle building amino acids you require immediately after training or anytime you need a shot of highly bioavailable protein.

Power Pak Pudding is the perfect high protein snack for powerlifters and strength athletes. Need proof? Pop open a can of this scrumptious pudding and feed your muscles with 30 grams of protein. Supplementing with muscle building protein has never

been easier or more enjoyable! MHP's high protein Power Pak Pudding is available in delicious Chocolate and Vanilla Creme flavors. For more information on Power Pak Pudding or to purchase a six-pack of single serving cans, log onto MHPSTRONG.com. «



BJ Raji of the Green Bay Packers



NO PAIN NO GAIN!!

Power Pak Pudding

Convenience Without Compromise!

Finally – a great tasting muscle building snack that delivers 30 grams of the highest quality protein without the loads of calories, carbs, fats, sugar and sugar alcohols found in most protein bars! Now, you can get a delicious, high protein treat without compromising on quality nutrition with MHP's ready-to-eat Power Pak Pudding!

30g Protein
Sugar Free
Low Carb
Lactose Free
Only 190 Calories

Big Al Davis

6'3" 320 lbs.
670 lb. Raw Bench
3 Cans a Day

NEW!



Rich and Creamy Chocolate Flavor!



1.888.783.8844
MHPSTRONG.com



I AM STRONG

ROB LUYANDO – World Record Bench: 947 lbs. @ 247 lbs.

Every Workout Ends with DARK MATTER

No one in the world dominates the bench press like Rob Luyando. Holding mind-blowing world records in three different weight classes, this benching specialist attacks each workout with all-out intensity and ever increasing poundages. Rob knows that the only way to keep getting stronger is to give his body the critical nutrients he needs to recover fully. What does he rely on to keep pushing heavier weights? DARK MATTER!

After every muscle blasting workout, Rob refuels his body with DARK MATTER – the ultimate post-workout recovery and growth accelerator. DARK MATTER takes a quantum leap forward into a new dimension of post-workout muscle growth called the “Anabolic Axis.” The Anabolic Axis is the time and point at which insulin levels simultaneously peak with amino acids, creatine and glycogen transport into muscle tissue during the critical 1-hour period immediately after your workout. DARK MATTER blasts open the critical “Anabolic Window” faster, wider and longer, allowing you to enter the Anabolic Axis for the most powerful anabolic reaction you’ve ever experienced!

- ▶ Increases Protein Synthesis by 600%
- ▶ Speeds Anabolic Muscle Recovery
- ▶ Absorbs Faster Than Whey
- ▶ Spikes Insulin Dramatically
- ▶ Maximizes Creatine Uptake & Glycogen Replenishment

The Ultimate Post-Workout Formula



THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.

Available at:



Join Team MHP!
facebook.com/TeamMHP
twitter.com/MHPstrong

Call Now or Go Online to Order Today!

1.888.783.8844

www.MHPSTRONG.com



MHP STRONG

PHIL PFISTER
2006 World's
Strongest Man

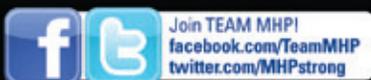
ZYDRUNAS SAVICKAS
2009 & 2010
World's Strongest Man

BRIAN SHAW
2011 World's
Strongest Man



THREE CHAMPIONS... ONE BRAND

The strongest men on the planet are powered by MHP. That's why World's Strongest Man winners Brian Shaw, Zydrunas Savickas and Phil Pfister rely exclusively on MHP products to push their bodies to perform superhuman feats of strength and muscular power. Products like Up Your MASS, T-BOMB II, Dark Matter, NO-BOMB and Power Pak Pudding provide the fuel they need to lift mind-blowing weights, pull massive jumbo jets and hoist monstrous stones. Imagine what these supplements can do for your performance in the gym, on the field or wherever you challenge your body. Be MHP Strong!



Call Now or Go Online Today!
1.888.783.8844 • www.MHPSTRONG.com



POWER NUTRITION Q&A

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

I LOVE THE OIL OF OREGANO

Q: I just wanted to drop you a line in regards to the amazing interview series you did about the Oil of Oregano. I found this so informative; it was like a small book of information. I never knew there were so many benefits to Oil of Oregano. I took your advice and ordered some because you have always steered me right in other purchases like the Cytomax and the Nitrean protein that I like so much. I have a four year old in preschool and one of the things that really gets on my nerves is how many times he has come home sick in the last year. It feels like every other week he is sick and, even worse, is that he seems to spread it to everyone in the house, including my husband and myself. This seems to have really taken a toll on my training, as it seems that I am constantly fighting some kind of bug that really keeps me from performing my best in the gym. So I ordered some, and I am telling you it was one of the best things I could have done for my health. For the last couple months, as soon as I feel some sniffles coming on I simply load the oil for a few days and "bam!" I don't get taken down like I used to before. I even give it to my husband and he isn't getting sick anymore either. This has been a huge benefit to my training and also my sanity because I was getting so frustrated on constantly getting sick and how it was really messing up my training. When I went to Roger's website I saw that he also has something called Tamanu Oil. Can you tell me a little bit about what this is and what its uses are? Thank you so much for bringing us the most cutting edge information and making recommendations that we can actually put to use in both our training and daily lives. Please keep up the good work, as I look forward to your column each month.

Yours in strength,
Julia Cotelli

A: Julia, it's fantastic to hear from you. I am so happy you liked the series that I did on the Oil of Oregano. I am even happier to hear that you like it so much. I try very hard to bring you the most cutting edge information and at the same time I want it to be something all lifters can use to help benefit their health as well as their training. I just don't want to bring you all the scientific info and then leave you hanging on how you can apply it to your life. So, you want to know more about the Tamanu Oil, do ya? Not a problem. Let's see what this oil is all about.

Tamanu Oil is native to South East Asia. So you will find many of these wonderful trees in such countries as Thailand, Vietnam, Malaysia, South India, Sri Lanka, Myanmar as well as the Polynesian Islands. These trees only bloom twice annually and they blossom into yellow round fruits. The fruit contains a nut inside and

this is where a small kernel is hidden. From numerous different processes, this kernel then produces what is known as Tamanu Oil. This oil has a woody, spicy scent that is quite pleasing. Now that we know a little background about this wonderful oil, let's take a look at how it can benefit your health.

- Now the first thing you should know is that if you have a nut allergy, you should not use Tamanu Oil since it may trigger a reaction to it.
- The main benefit of Tamanu Oil is the effects it will have on numerous skin issues.
- It has been used quite successfully with acne. It can also help with acne scarring as well, which does happen quite often for those that do suffer from acne.
- Are you a Power Vixen over 40 who is worried about those crow's feet and wrinkle lines? Well, look no further than Tamanu Oil because it has been shown to help reduce wrinkles. I know for some of the male lifters this may not be a major concern (except for some of the metrosexual lifters out there), but with the way women are always trying every wrinkle cream under the sun, they should definitely give this a try as I am sure they will be pleased with the results.
- Are you one of those guys that have red dry scaly skin? Well, then you are in the right spot because Tamanu Oil can also help with this skin condition.
- Did you know that it is also very effective for insect bites as well? Yep, the next time you get swarmed by a army of mosquitos, make sure to put some Tamanu Oil on them to help reduce itchiness and inflammation and to promote healing.
- I am sure every woman has burned herself in the kitchen at least half a dozen times in her lifetime. I, on the other hand, seem to do this about every weekend, as I am no chef, even though I do try my best. Tamanu Oil is very good to help accelerate the healing process for burns.
- For all the mothers out there—okay, calm down, I didn't mean it like that, you crazy powerlifters. Like I was saying, for all the mothers out there that have gone through the rigors of childbirth naturally or have had a C-section know that it can really scar up your abdomen. Tamanu Oil works wonderfully on reducing stretch marks as well as fading out scars caused by surgery. I personally have used the oil on my stretch marks on my arms which I got in my younger days trying to get all jacked and I will say it is very effective at minimizing them.
- For all those dog and pet lovers out there, I have some good news for you. Tamanu Oil can be used on your pets as well for all kinds of skin conditions. You can also use it on any type of wounds or cuts they may have encountered to help speed up the healing process as well.



- You may be wondering why it is so powerful on healing skin conditions so I will explain. Tamanu Oil contains very powerful anti-oxidant properties that are known to inhibit oxidative damage that is caused to skin cells.
- One of the good things you will like about it is the fact it is not greasy. I know some of you may have been turned off due to the fact they thought they may be rubbing oil all over the abdomen or wherever only to feel like a slippery greasy mess. Nope, you don't have to worry about that at all since it is absorbed by the skin very rapidly without that greasy residue that you may have been expecting.
- Some time back a lifter wrote me about different ways to heal the scar that he got from his surgery because of his quad tear. For all of those of you that have torn a muscle and have gotten surgery to repair it you should know that it can work wonders in this area as well.

THE MOST POWERFUL

Performance & Testosterone Stimulant Ever.

GUARANTEED

AlphaTest™ is the only scientifically advanced, super-concentrated testosterone stimulant formulated with multiple powerful ingredients documented for their effectiveness in human clinical studies. Other companies mislead you by promising results from formulas based solely on animal research or cite research but don't use the studied dose and hide the amount in a proprietary blend. Some even go so far as to give their ingredients drug-like names, leading you to believe that they will produce drug-like results, which is simply not the case at all. With **AlphaTest**, the formula only contains ingredients studied in human research and shown to actually work! Plus, every ingredient amount is fully disclosed so you know exactly what you're getting. **AlphaTest** contains ingredients shown in human research to:

1. Increase Overall Testosterone Levels
2. Elevate Free (Active) Testosterone
3. Maintain Peak Testosterone to Cortisol Ratio
4. Improve Performance

Key Ingredients in AlphaTest

• **Mytosterone™ (800mg):** A unique and patented combination of saw palmetto and astaxanthin has been added at an amount shown in human research to increase testosterone to near maximum physiological levels in just 14 days. It also decreased dihydrotestosterone (DHT) conversion.¹

• **Rhodiola crenulata and Ginkgo biloba combination (389mg):** First and only performance and testosterone stimulant to contain the effective dose combination of *Rhodiola crenulata* and *Ginkgo biloba*, which, when taken by subjects in a 7-week human clinical study, helped to maintain peak testosterone to cortisol ratio after an intense training regimen. The treatment group also greatly enhanced their performance as measured by a significant increase in a marker of training capacity.²

• **Boron citrate (100mg):** A recent 2011 scientific research study on eight healthy male volunteers showed that subjects supplementing with the amount of boron contained in AlphaTest significantly increased free (active) testosterone levels and decreased estrogenic activity as measured by a significant decrease in estradiol after only seven days.³

• **Zinc gluconate (7.5mg):** AlphaTest™ is scientifically engineered to help support normal zinc levels. Adequate zinc levels help maintain optimal testosterone production within the normal healthy range.⁴

References:

1 Angwafo et al., 2008. An open label, dose response study to determine the effect of a dietary supplement on dihydrotestosterone, testosterone and estradiol levels in healthy males. *J Int Soc Sports Nut.* 5:12.

2 Zhang et al., 2009. Dietary supplement with a combination of *Rhodiola crenulata* and *Ginkgo biloba* enhances the endurance performance in healthy volunteers. *Chin J Integr Med.* 15(3):177-183.

3 Naghii et al., 2011. Comparative effects of daily and weekly boron supplementation. *J Trace Elem Med Bio.* 25(1):54-58.

4 Prasad et al., 1996. Zinc status and serum testosterone levels of healthy adults. *Nutrition.* May;12(5):344-8.



NO PROPRIETARY BLENDS.
NO FILLERS.
NO HYPE.
NO EXCEPTIONS.

Just The Most Powerful Formulas On The Market.



If you don't think AlphaTest is the most powerful performance and testosterone stimulant formula you've ever tried, simply return the unused portion to the store you bought it from with receipt within 30 days and we'll give you your money back. Guaranteed. © 2011. Read the label before use.

113 THE DOGG HOUSE GYM

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



Jon Brown training at The Dogg House (Dogg House photo)

I got busy at HOUSE OF PAIN and missed last month, but I'm back now! Two months ago we talked about Ultimate Athletics in New York, and last month I hinted that we would go to the dogs this month. We'll get doggy in a minute, but first I gotta share a personal note about a bunch of guys who helped me get a new PR.

I know this ain't all about me, but I am excited about my PR, so I have to tell you. I've been trying to bench 500 pounds in competition for several years, and with plenty of help, I finally got it. On November 5, 2011, I benched 501 and 507 at the APF Meet in Waxahachie, TX. Several tips from stronger lifters—like Jeff Johnston and Jamie Harris—really helped me this time, and my favorite bald-headed Italian, Scott Colavecchi, offered hours of lift-offs to help me fine-tune stuff. At the meet, Sean Donegan of Bad Attitude Gym helped me with the final touches. Come to think of it, a LOT of guys helped me. But after years of missing it one way or the other, the weights finally felt light. I am ready to do more at my next meet! Thanks to all of my strong brothers for the tons of help! Okay, 'nuff 'bout me—back to the dogs.

The HOUSE OF PAIN crew goes to Columbus for the Arnold Classic every year, and we like to visit WestSide Barbell if we think Louie will be there. He's the king. But I recently heard about a new gym in Columbus, and they sound like a modified variation on the WestSide theme. (That's not a bad thing.) I plan to visit this gym when I get back to Columbus in March, but there is no reason for you to wait until next year! Here's the skinny from a gym-member:

**★ BENCH OF ★
CHAMPIONS**

F200 Super Bench
Price: \$995/ S&H: \$225
Durable Powder Coat Finish
Competition Gripper Pad
Spotter's Platform
Adjustable Bar Catchers
4x2" & 3x3" Steel Tubing
Easy 4 Bolt Assembly

**Pad Only with
FORZA Innovative
Gripper Cover: \$295
S&H: \$45**

ORDER TODAY!
VISA
1.800.769.9259

FORZA
STRENGTH SYSTEMS
Forza can outfit your entire gym.
www.FORZA5TREN6TH.com

MADE IN THE
USA

Rick, The Dogg House Gym is a new hardcore gym located in Columbus. They cater to the hardcore powerlifter with two monolifts, deadlift platform, power racks, chains, bands, boards, and much more for the powerlifter. It's a place where you can play your uncensored music, scream, grunt, yell, use chalk, and have fun with a lifting coach who makes you stronger.

Thanks,
The Dogg House

Okay, sounds promising! I got a little more info from this (nameless) gym-member:

When/where/why did it open?

It opened in early Fall 2010, at the intersection of Frank and 71 South, strictly for hardcore lifters.

Who is the owner?

Tim Maddy.

About how many members?

About 3 or 4 dozen, but growing like a fat girl in the buffet line.

Do any serious lifters train there?

Powerlifters Phil Harrington and Jon Brown train here, to name a couple of serious lifters. (More lifter info later; see below. RB)

If you have two monolifts, you must host a PL meet every now and then, right?

We will be host PL meets soon, but we haven't done any at the Dogg House Gym yet.

What is the strangest thing that ever happened at the gym?

We had a lifter shit himself while squatting. (Umm, suddenly I don't want to hear any more gym stories. RB)

Where did the name come from?

Where the men go when you get into trouble with your ol' ladies: "The Dogg House."

Who are you?...

Then my original contact petered out, so I phoned the owner and founder Tim Maddy. I got an interesting update on the (now-anonymous) gym-member, plus a lot more. Here is further info from founder Tim Maddy:

I started lifting at 13 and had my first gym membership at O'Brien's Health Club on the eastside of Columbus when I was 15. O'Brien's had your average health club equipment upstairs, but downstairs was a room used by a small group of powerlifters. The room was dubbed "The Dungeon" and that's exactly what it was. As I was training for high school football, I ingratiated myself into this group of guys by loading and unloading weights for all the hardcores. That's how I fell in love with the iron game.

I opened The Dogg House Gym in June 2010 and expanded in August 2011. It's now a 3,000 square foot facility fully stocked with

hardcore powerlifting equipment. I wanted a place to lift with like-minded people and if I've created a successful gym in the process that's a nice bonus. We're a hardcore gym and use the traditional Westside Barbell training methods. I've always been a little star-struck by Louie Simmons of Westside Barbell—he's one of my idols. We had mutual friends over the years, but never met until 2009. He's been nothing but supportive and helpful every step of the way.

Included in our gym membership are several competitive lifters: Jon Brown, Phil Harrington, Mike Monaghan, Anthony Gualtieri, Nate Strong, Kyle Schafer, Chris Early, Rich Tinapple, Brandy Saum, and Gracie Vanasse.

We've also had some famous lifters stop by: Dave Hoff, AJ Roberts, Mike Cartinian, Tony Bolognone and my longtime powerlifting idol Chuck Vogelpohl. Not only am I fortunate enough to have them stop by the gym now and then, but I've developed personal and professional relationships with these guys as well. I've learned so much from all of them!

We've got a lot more than two monolifts! The Dogg House Gym has two deadlift platforms, three competition benches, two sets of dumbbells from 5–140 in 5 pound increments, Glute-ham, Reverse-Hyper (you can see the WestSide Barbell influence), a belt-squat, two power racks, two lat pull-downs, seated row, chin assist dip, complete line of chains and bands, dragging sleds, prowlers, farmers walk, specialty bars for squatting and pressing, as well as safety-squat bars, cambered bars, bamboo bar, a full line of plyo boxes, plus leg and hip machines. The Dogg House Gym can build a powerlifter.

The lifting picture is of Mike Monaghan lifting in the Lexen Extreme meet this past weekend. He had 800 pounds on the bar, but he came up a little short on that attempt. Next time! Thanks again for your interest and the opportunity. By the way, YES, I am now and always have been the sole owner.

Tim Maddy

First of all, thanks to Tim Maddy for building just what we all need: a great place to train! Tim has it all under that Ohio roof. The next time I am in Columbus for the Arnold Classic, I will try to go get a workout at the Dogg House Gym! Here is the address/info, so that you can go train doggy-style:

The Dogg House Gym
709 Harmon Plaza
Columbus, OH 43223
Phone: 614-725-9471

Note to all you power-hungry gym-rats: tell me all about your local gym! Do you know of any crazy-hard gyms in your area? Tell me who started it, who owns it, and who trains there! Brag about how strong you are, how pretty your GF is, and why your gym is different. But if you crap your pants while you are squatting, you can keep that little detail to yourself. I'm just saying. Gym info and photos: rick@houseofpain.com. «

QUEST NUTRITION



BRIAN SIDERS

JSF 5500

The Ultimate Joint Support Formula

BUILDING BLOCKS:
Glucosamine X3 (2200mg)
Chondroitin Sulfate (1200mg)
Collagen (5000mg)

OTHER ESSENTIAL INGREDIENTS:
MSM (2500mg)
Manganese (40mg)
White Willow (15mg)



Special!
(2) JSF 5500
For only \$55.00
Savings of \$4.00

Quest Nutrition
3000 Mattison St. NW
Duluth, GA 30096
770-495-0787
QUEST-NUTRITION.COM

NEW



PRO PERFORMANCE® **ADVANCED MUSCLE PERFORMANCE**
AMP
THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS

GNC PRO PERFORMANCE® **ADVANCED MUSCLE PERFORMANCE**
AMP

MEGA MEN® POWERED STRENGTH VITAPAK® PROGRAM
Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO ENHANCE STRENGTH TRAINING WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin to Fuel Maximum Strength Training*
- Scientifically Formulated to Improve Upper and Lower Body Strength and Help Pack on Mass**
- Triggers Anabolic Factors with High-Quality Tribulus & Fenugreek*
- The Power of 5g of Creatine in 2 Tablets Delivers 189% Improved Muscle Creatine Absorption!

Daily **Strength** **Size** **Power** 

▲ Clinically Researched* 30 PAKS

GNC PRO PERFORMANCE® **ADVANCED MUSCLE PERFORMANCE**
AMP

MEGA MEN® POWERED RIPPED VITAPAK® PROGRAM
Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO FUEL A TIGHT CHISELED PHYSIQUE WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin to Fuel a Ripped Physique*
- Fuels Shredded Muscles and Supports a Healthy Body Composition with 4g of Clinically Studied CLA*
- Burns 12 Times* More Calories and Boosts Training Performance*
- Helps to Regulate Excess Water*

Daily **% Body Composition** **Energy** **Endurance** 

▲ Clinically Researched* 30 PAKS

GNC PRO PERFORMANCE® **ADVANCED MUSCLE PERFORMANCE**
AMP

MEGA MEN® POWERED ENDURANCE VITAPAK® PROGRAM
Dietary supplement

ADVANCED SPORTS VITAMIN SYSTEM TO AMPLIFY ENDURANCE WITH OVER 50 POWERFUL INGREDIENTS*

- Features GNC's Highest-Potency Sports Multivitamin to Fuel Endurance Training*
- Supports Enhanced Blood Flow and Oxygen Uptake to Increase Intensity 20% at the Onset of Fatigue*
- Ignites Mental and Physical Intensity to Help Power Through Training*
- With 451mg of Pure Standardized Yohimbe Bark Extract for Maximized Benefits

Daily **Endurance** **Energy** **Stamina** 

▲ Clinically Researched* 30 PAKS

AMP UP YOUR REGIMEN FOR MAXIMUM RESULTS.

THREE ADVANCED VITAPAK® PROGRAMS FORMULATED TO HELP YOU REACH NEW LEVELS OF PEAK PERFORMANCE.

Each program is customized to help you achieve maximum results in key areas of athletic performance.



STRENGTH VITAPAK®

Amplify strength and muscular power. Enhance strength training with GNC's highest-potency multivitamin and over 50 powerful ingredients. Each pack delivers precise, optimal nutrient combinations crucial for hardcore training.



RIPPED VITAPAK®

Enhance physique repartitioning training. Fuel a ripped physique with GNC's highest-potency multivitamin and over 50 powerful ingredients. Maximize training effects, enhance calorie burning and support lean, striated muscles.



ENDURANCE VITAPAK®

Ramp up energy and perform at peak levels. Amplify endurance training with GNC's highest-potency multivitamin and over 50 powerful ingredients. Features advanced ingredients scientifically designed to deliver a total performance boost of 20%.*



Scan the QR code to learn how stacking these Vitapak® Programs with other Pro Performance® AMP products can deliver maximum results



CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC AND GNC.COM.

*In a randomized, double-blind, placebo controlled study, 50 healthy male volunteers were given Energy Enhancer N.O. or a placebo. Each subject exercised on a cycle ergometer prior to receiving the supplement or placebo, and again after the treatment period was finished. Those subjects supplemented with Energy Enhancer N.O. had a 20% increase in PWCFT (physical working capacity at the fatigue threshold) after four weeks of supplementation relative to the placebo group. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2011 General Nutrition Corporation. May not be available outside the U.S.

GNC
LIVE WELL.

STEEL CITY BARBELL: THE FUTURE OF POWERLIFTING IN PITTSBURGH

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

Greetings, fellow ironheads and happy holidays! Welcome to another installment of *Big Evil's Lair*. I hope your training is going well and you're hitting all your numbers. The Big Evil has gone out and opened his own power hole. Along with my partner, Ed Moreno, we have created Steel City Barbell—the ultimate powerlifting facility in the Pittsburgh area. Not only do we have the best equipment that is available today, we have the atmosphere and the camaraderie to match. Let the Big Evil give you the scoop of what we have to offer equipment-wise here at Steel City Barbell.

Steel City Barbell boasts a brand new Elite Monolift with band holders, a Westside Reverse Hyper Machine, Westside Glute Ham Raise, Belt Squat machine, Tred Sled, Super Elite Power Rack with band holders and inch hole adjustments. When it comes to benching, you know the Big Evil would never skimp out on quality. The Bill Crawford deluxe Metal Militia power bench proudly sits on a fully rubberized

photo courtesy Jamie Harris

page 84 »



Elvis has been rumored to work out at Steel City Barbell!

Jamie Harris
Ed Moreno
OWNERS

STEEL CITY BARBELL

1501 Route 51
Jefferson Hills, Pa
OATJEZ@AOL.COM

412-758-2830

- Monolift
- Forza Bench
- Belt Squat Machine

- Glute Ham Raise
- Reverse Hyper Machine
- Tred Sled
- Elite Power Rack

- Deadlift Bars
- Bands
- Chains
- Texas Squat Bar

**Grand
Opening**
Jan. 7, 2012
11am Start

Super Powerlifter Brandon Lily will perform a squat/deadlift seminar and squat exhibition. Super Bench Presser Jimmy Kolb will perform a bench exhibition along with a bench press seminar.

MHP

MAXIMUM HUMAN PERFORMANCE

HERCULES 2012

HEAVYWEIGHT TOURNAMENT, MARCH 31ST, THE RONNIE COLEMAN CLASSIC EXPO, DALLAS/MESQUITE, TEXAS

HARDCORE POWERLIFTING RECORD BREAKERZ

ALL WEIGHT DIVISIONS 275 & UNDER, APRIL 20TH AND 21ST, THE EMERALD CUP EXPO, SEATTLE, WASHINGTON

\$13,000 IN CASH PRIZES FOR 1ST PLACINGS AND BROKEN HARDCORE POWERLIFTING FEDERATION RECORDS!

PLUS THE **\$4,000** METABOLICDOC.COM CHAMPIONS' CHALLENGE! (SEE HARDCOREPOWERLIFTING.COM FOR DETAILS)

BIGGEST POWERLIFTING TOTAL FEATURED IN **IRON MAN**

IronManMagazine.com

THE SULTANS OF SQUAT (MAX RAW SQUAT)
THE KINGS OF THE BENCH (MAX RAW BENCH)
THE CLASH OF THE TITANS (MAX RAW DEADLIFT)
THE SHOULDERS OF SAMSON (MAX OVERHEAD PUSH PRESS, TEXAS CONTEST ONLY)

WEIGHT DIVISIONS
175 / 225 / 250 / 275 / 276+

COMPETITOR SIGN-UP DEADLINE:
MARCH 1ST (TEXAS) AND
MARCH 20TH (WASHINGTON)

CONTACT:
HARDCOREPOWERLIFTING.COM
SEANZILLA@HARDCOREPOWERLIFTING.COM
(503)221-2238



MHP

STRONG.com

BODY BUILDING.COM

TexasStrengthSystems

HARDCORE MEDICINE
METABOLIC DOC
THOMAS O'CONNOR, M.D.

[BODYBUILDING UNIVERSE.COM](http://BODYBUILDINGUNIVERSE.COM)

Primo Chalk



IVANKO
Engineered Passion

house of Pain

PLANET MUSCLE.COM

SHOCK TRAINING

as told to *Powerlifting USA* by Aaron DiPrima of *Strength Beyond gym* » 269.655.0066

I can still remember as an impressionable kid, barely in my early twenties, traveling down to Westside Barbell in Columbus, Ohio, and watching men routinely lift weights I had never seen lifted anywhere else. During one of these sessions, after everyone was finished training, Louie Simmons expounded upon the idea of how important the lats and triceps were for the bench press. “As a matter of fact, I think I will do some more,” he said. I found this strange, as the training session was over and we had all been resting for a half hour or so. I also found it disheartening that a man approaching retirement age was twice as strong as me, but back at it he went with some more lat pulldowns and triceps work.

Within a few months of this training session, Mr. Simmons would hit his first 600 lb. bench press in competition, and he was in his mid-fifties at the time. This is when the concept of volume started to become more clear to me.

More than a decade later, I am once again on another of my working vacations in Austin, Texas. I enjoy these extended stays here as I get to train at a different gym with different equipment, work different odd jobs, and live on a different—albeit more lax—schedule. This lifestyle change forces me to adjust to a different routine—in life and in training. As I work in a gym at my normal job, going to the gym twice a day is not so appealing, but as I feel the more volume the better for the most part, I have started something I like calling “After Shock” training. (I know, way bad-ass name too, right?) Basically, after your main session take a little break, and this can be an active break, such as a walk on a treadmill for twenty minutes to a half hour, or gently slapping Mark Roman’s fat stupid head across the face with a dead fish, then when finished, go back and get some more work in. This extra work can be in the form of something you are lagging at, or something you want to specialize in. This is not a new concept by any means, as some of the old time body-builders and strength athletes used to perform extra work at whatever they were trying to improve at or whatever they felt they were lagging at after the main session. It is, however, a forgotten idea, lost in the current age of training misinformation and Internet nonsense.

Added benefits to this “After Shock” method, (sooo bad-ass; another pat on my back for that one. Yaay me!!) is that at the end of a hard session your glycogen stores should be pretty tapped out, therefore if you walk for twenty minutes, and then do some more weight training, in theory you will be burning a higher degree of fat. This would be more beneficial in that particular regard then going back for a second session later on or the next day for the added work. Also, you will be completely warmed up still and ready to go.

But some avid fitness magazine readers will



Aaron DiPrima realized the importance of “After Shock” training, and has used it to his advantage in the gym (Aaron DiPrima photo)

cry out: “But Aaron, won’t that eat up lean tissue?” and to that I say that your mother eats lean tissue, and no, the body is way more adaptive than most people give it credit for. Some bits of sensible advice are to keep the session under twenty minutes, keep it at a brisk pace to

help with added conditioning, and if you want to include compound exercises, I would advise you keep them very light and for high reps. Also, for the active rest of slapping Mark Roman with a fish, I would recommend a Mackerel or a Tuna, but I guess that would go without saying. ☞

SIX STAR DELIVERS MORE SIZE MORE STRENGTH HEAVIER LIFTS



PREMIUM SUPPLEMENTS. SMART PRICE.

If you want to take your lifts to new heights then you need a premium line-up of sports nutrition products that are scientifically engineered to help you put on more size and increase your strength. The trouble is, you want to load on the plates without unloading your wallet. That's why the experts behind MuscleTech® – America's #1 selling body building supplement brand¹ – have created the Six Star Elite Series.

EXTRA-LARGE GAINS FROM THE BRAND YOU TRUST

This complete line of premium supplements is scientifically engineered to deliver incredible strength and muscle building gains with core key ingredients backed by multiple third-party studies. Thanks to Six Star, you now have the technology, power and results you'd expect from a premium brand but for a smart price that you demand.

If you want to set a new benchmark and top your previous best then stop carrying around the dead weight of cheaper, inferior products. Take your lifts to new heights and make the switch to Six Star!



For special offers, follow us at [Facebook.com/SixStarNutrition](https://www.facebook.com/SixStarNutrition)



Select



Select



MEET WEIGH-IN TIMING

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 concerns weigh-in times. With the current state of powerlifting and numerous federations, the weigh-in times vary. The question is: what do you feel is the proper weigh-in time?

BOB GAYNOR: In my 45 years in the sport I have lifted in and directed meets under different weigh-in rules. Let me start by saying the 48 hour weigh-in is ridiculous. I do feel something more than 2 hours would be good for the sport. A uniform weigh-in time would be a positive step forward. Anywhere from 12 to 24 hours, in my opinion, would be acceptable.

In the 1980s and '90s, I sat through many national meetings where weigh-in time was endlessly discussed. Those who opposed always stated what it would do to the records. "It will make the records meaningless," was stated over and over again. To some degree it will effect the records, but we have allowed many other changes that have had a more dramatic effect on the records.

We have allowed the equipment to become insane, we have changed rules (foot movement, placement of bar on chest, etc.), and even changed weight classes. Why were we not concerned about the records when we did this? OH, YES—money and sponsors.

As an example, Marv Phillips was one of the best squatters in the world in the '70s. His records have been broken by better suits, better wraps, and, in some cases, piss poor judging, but changing weigh-in time would be bad! Do all these things, but don't change the weigh-in times.

I am not someone to change things for the sake of change, but in this case I think it would be positive. If one could take a poll of the lifters—not the administrators—I think most would be in favor of a longer weigh-in time.

BRIAN SCHWAB: I've competed under every circumstance possible; same day weigh-ins, 24 hour weigh-ins, and the infamous 48 hour WPO weigh-ins. I was successful in all three and actually had relatively little difference in the amount I lifted in each. I think it all comes down to hydration and safety. Lifters dehydrate themselves to make weight. If there is not enough time between weigh-ins and the start of the event, it can be harmful since lifters will run the risk of injury if they are unable to fully rehydrate. On the other hand, if there is too much



Thinking about weigh-in times can make a meet director go crazy! Steve Denison prefers a 24 hour weigh-in time to allow him to be prepared for the meet day.

time between weigh-ins and the start of the event, lifters could potentially drop detrimental amounts of weight knowing they will have more time to put it back on. I admit that it wasn't unusual for lifters to drop as much as 40 pounds for the WPO meets. Since I usually don't drop more than 10 pounds, it's not as much of an issue for me. I actually find that I weigh more 24 hours after weigh-ins than 48 hours after, since my body will initially hyper-hydrate, but will subsequently lose the excess water.

Boxing and MMA are two well known sports that involve weigh-ins. They both usually have 24 hour weigh-ins. I think this is a safe standard that we should also follow in powerlifting.

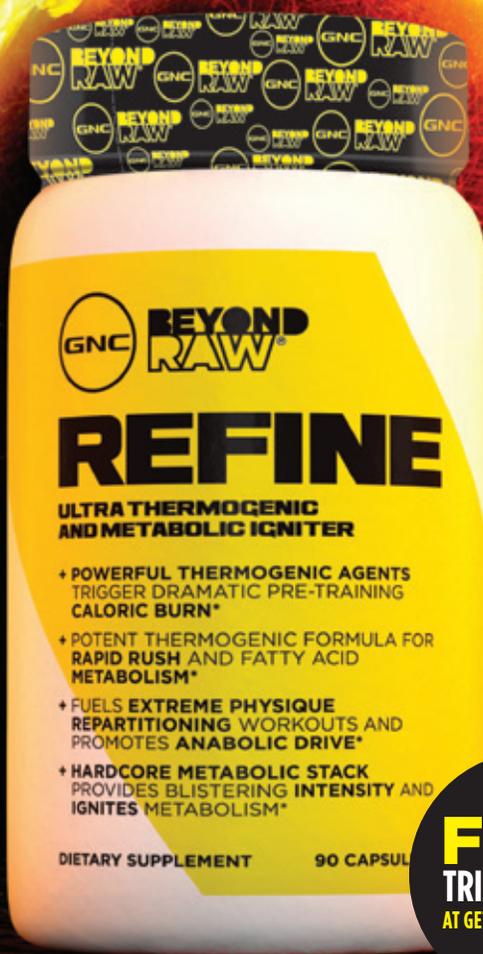
SIOUX-Z HARTWIG-GARY: I believe a fair weigh-in period is two to three hours. Paperwork can be done in this time frame; all the USAPL and IPF meets have two hour weigh-ins and start on time.

I believe it is unhealthy to have 24 hour to 48 hour weigh-ins as so many abuse this and drop high percentages of body weight in a short amount of time. I competed at Raw Unity one year, with 24 hour weigh-ins. I met a man that was cramping, could barely walk and could not even tie his shoes due to all the things he did to drop ten extra pounds that day. The next day, I asked him how he was doing and he said he felt



**BEYOND
RAW**

The most advanced, ultra-hardcore sports formulas available anywhere



**FREE
TRIAL SAMPLE**
AT GETBEYONDRAW.COM

IGNITES ENERGY BOOST, FUELS MUSCLE PUMPS AND PHYSIQUE REPARTITIONING WORKOUTS.

- + 405 mg Stamina Spike features Quercetin and Grape Seed Extract
- + 350 mg Herbal Anabolic Potentiator with Fenugreek and Yohimbe
- + 125 mg N.O. Magnifier features Beta-Alanine and Resveratrol
- + 328 mg Thermo Activator Blend
- + 250 mg Muscle Stimulator Blend

“ Refine gave me a great pump and ‘drive’ in my workout without the jitters you get from some thermogenics. Very impressed.”

-GNC Customer, Statesboro, GA



**SCAN THE QR CODE AND SEE FOR YOURSELF
WHAT IT TAKES TO GO BEYOND HARDCORE**

These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2011 General Nutrition Corporation. May not be available outside the U.S.

GNC
LIVE WELL.



BLUEFIELD COLLEGE INDUCTS PAUL SUTPHIN INTO SPORTS HALL OF FAME

Sutphin, a Bluefield, West Virginia, native was a popular powerlifter during his college days. While not an intercollegiate sport at the school, powerlifting became Sutphin's passion at Bluefield College and quickly brought him national recognition. In fact, in 1976 in his first national competition, he placed second in the National Collegiate Powerlifting Championships. Three years later (2 years after college), he placed first in the National Powerlifting Championships (a.k.a. Junior Nationals), breaking the national record in his division, lifting ten times his bodyweight (1482 total in the 148 lb. weight class). He went on to earn four additional national powerlifting championships in 1991, 2002, 2003, and 2011. Sutphin's resume also includes 28 West Virginia state powerlifting championships and over 200 West Virginia powerlifting records. He has been chronicled twice in *Powerlifting USA* magazine (1979 and 1994), and in 2000, he was ranked among the TOP 10 Lightweight powerlifters of the 20th century.

"Paul has taken his passion for weightlifting to a level of significant national acclaim," said Josh Cline, Bluefield College's Director of Alumni relations. "He is also sharing his passion and expertise with the next generation as a high school strength and conditioning coach and as an advocate for health and fitness at local community centers. He is definitely worthy of the Bluefield College Athletic Hall of Fame."

— courtesy of Paul Sutphin and Bluefield College



FITNESS MANUFACTURER HARBINGER INTRODUCES RED LINE AND POWER KNEE WRAPS IN BLACK

November 23, 2011, Fairfield, CA—Harbinger just introduced the company's popular line of Knee Wraps in black. Designed to provide maximum support and stability, Harbinger's Red Line knee wraps are made of competition-grade elastic that facilitates proper knee position during weight lifting. The Red Line knee wraps have an extended 78" length for complete coverage while wrapping. The company's Power Knee wraps incorporate heavyweight elastic in a 72" length for excellent stability. "Harbinger's Knee Wraps are popular with competitive weightlifters training with substantial weights, as well as weightlifting enthusiasts who want stabilizing pressure in their knees," says Chanin Cook, Director of Marketing for Harbinger. "Our decision to move to black knee wraps was based on consumer requests for darker product that showed less dirt after every lifting session—it makes good sense, and we are pleased to meet that market demand." Harbinger was founded in 1988 with the patented WristWrap® glove design. Today the company produces a full range of innovative,

high-performance fitness products including

gloves, belts, straps, wraps, jump ropes, resistance cables, balance trainers and mats. For more information, visit www.harbingerfitness.com. Harbinger products may be found in full-line sporting goods and specialty fitness retailers nationwide.

— Harbinger, 801 Chadbourne Rd., # 103, Fairfield, CA 94534, 707.438.7777



NEW PRODUCT: GNC PRO PERFORMANCE® ULTIMATE WEIGHTED VEST

The GNC Pro Performance Ultimate Weighted Vest is an elite training tool to help maximize speed and power. Fully adjustable from 2 pounds to 24 pounds, with a non-restrictive and comfortable fit, this device is perfect for anyone looking to increase their agility and core strength. Includes front and rear D-rings for resistance training, reflective strips for increased visibility and electronics pockets for your MP3 player or mobile phone. One size fits most.

— www.GNC.com, 1.888.462.2548

WWW.NEWYORKBARBELLS.COM

SERVING THE INDUSTRY FOR OVER 30 YEARS!

4-WAY SUPER HIP SLED C-91663



\$995

C82626-WP

GLUTE & HAM STRING MACHINE

Extra Wide Diamond Toe Plate for Foot Support
Adjustable Horizontal & Vertical Slide
Special Contoured Seat, Front & Rear Hand Grips



\$449

2" X 4" Base for Stability

C-PRO92580

TITAN POWER RACK-96"

*Plates not included



\$749

PLATE RACK-\$249

3" X 3" X 11 Gauge Steel Tube Construction
Self Locking Jumbo Steel Pins
Self Locking Jumbo "J" Hooks
Front Deep Knurled Chinning Bar
33" Space between front & Rear Posts

KETTLE BELLS SOLID OR ADJUSTABLE



Up To 200 lb.

Im5634 WEIGHTED VEST 50 lb.



\$129

ONE SIZE FITS ALL
ADJ. 2LB - 50 LB.

SPECIAL POWER LIFTING BARS



Cr. Collars
Included

(IM-0260-O) MEGA TRICEP CURL BAR - 86" LONG-\$199
(IM-0250-O) MEGA BOW BAR - 92" LONG-\$199
(IM-0240-O) MEGA SPL. OLYMPIC BAR - 92" LONG-\$189



\$199.95

C91416-WALL MOUNT KIP CHIN/PULL UP UNIT

POWER LIFTING BELTS



\$44.95
XS, S, M, L, XL & XXL

1/2" Thick Top Quality Leather
Soft Suede Lining & Padded Back
for increased Support.



\$34.95

LEATHER DIP BELT



\$24.95

LEATHER HEAD GEAR

WIDE BASE POWER RACK # C8517



\$699

33" Distance between Posts
2 1/2" Sq. Tube
2 Plate Holders Included
Two Pair Band Holders Included
Distance between holes-2"

**UNBEATABLE
PRICES & QUALITY
SINCE 1974**

MEGA SHRUG BAR



#IM-0063-O

1000 lb. Capacity
Deep Knurled for Better Grip
1.25" Dia. Steel Bar - Knurled & Chrome Plated
Plates, Stand & Collars are not included

\$249

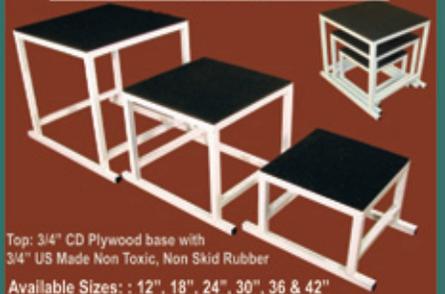
BENCHES, CALF MACHINES
DUMBBELL RACKS, LAT MACHINES
PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES
HEX DUMBBELLS, BARS,
WEIGHT SETS
STRONGMAN EQUIPMENT
AND MORE!!

FARMER'S WALK - 2" & 5" BLACK FINISH WITH CHROME COLLARS



2" : \$129
5" : \$299
8" : \$489

TITAN SQ. PLYOMETRIC PLTFORMS



Top: 3/4" CD Plywood base with
3/4" US Made Non Toxic, Non Skid Rubber

Available Sizes: 12", 18", 24", 30", 36 & 42"

**Call for Special Discounts for
Government & military orders**

New York Barbell of Elmira, Inc.

15,000 Square Ft. Showroom Open to the Public

160 Home St., Elmira, NY 14904

Tel: 800-446-1833

Fax: 607-733-1010

Email: info@newyorkbarbells.com

INTRODUCING A NEW PRE-WORKOUT STIMULANT THAT IS THE STRONGEST YOU'LL EVER TRY!

as told to Powerlifting USA by Team MuscleTech

Q: I'm looking for a new, innovative pre-workout product that provides the best in everything: energy, strength, pump and extreme focus. Is there anything new and trustworthy you can recommend?

Many pre-workout supplements deliver key ingredients in underdosed amounts. Even worse, many products are formulated with straight-up filler ingredients that have little or no scientific support. And then they have the nerve to make strong claims and promises but hide the amounts of their ingredients in proprietary blends. That's why the highly skilled Research & Development team behind MuscleTech products developed new NeuroCore™. This new pre-workout stimulant from the Super Concentrated Series line is built with key ingredients delivered in clinically researched doses that are fully disclosed on the label. NeuroCore is designed to amplify results at multiple levels, for a superior workout each and every time you use it. Whether you want extreme energy, enhanced muscular endurance, maximum strength and muscle growth or just more intense focus, NeuroCore will give you the pre-workout boost you're looking for.

L-CITRULLINE: Unlike other companies that use a scientifically inferior and lower-quality nitric oxide driver, Team MuscleTech formulated NeuroCore with pure L-citrulline for long-lasting muscle pumps. A study published in the British Journal of Pharmacology on nitric oxide metabolism shows that L-citrulline dosed at 3,000mg (the amount contained in NeuroCore) is scientifically superior to arginine for increasing plasma levels of arginine.¹

BETA-ALANINE: NeuroCore contains the full studied 3,200mg dose of beta-alanine. In fact, research published in the International Journal of Sport Nutrition and Exercise Metabolism showed this exact dose of beta-alanine can help enhance the muscle- and strength-building process.²

CREATINE HCL: NeuroCore includes 3,000mg of creatine HCl, a new and highly demanded form of creatine in the formula. Creatine is clinically proven to increase gains in muscle size and strength.

GERANIUM ROBERTIANUM: NeuroCore is the first and only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract. The dose of active geranium is higher than the leading competitors for a powerful boost during your workouts.

CAFFEINE ANHYDROUS: NeuroCore contains 330mg of caffeine anhydrous; this powerful dose of caffeine has been scientifically shown to increase energy as published in the International Society of

Sports Nutrition.³

RHODIOLA ROSEA: In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.⁴

In a scientific review article published in the journal *Phytotherapy Research*, the authors noted that *Rhodiola rosea* (contained in NeuroCore) was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors).⁵

DMAE: DMAE may act to facilitate choline production. Choline is a precursor of acetylcholine.

WHAT'S IN THE BOTTLE IS ON THE LABEL

Stop getting scammed by other companies who tout their products but don't have the confidence to fully reveal their subpar formulas. Step up to NeuroCore, a formula with key ingredients supported by research that has fully disclosed doses, so you know exactly what you're paying for. If you're looking for the most powerful pre-workout ever, NeuroCore is the clear choice. In fact, if you don't think it's the most powerful pre-workout stimulant you've ever tried, simply return the unused portion to the store you bought it from with your receipt within 30 days and you get your money back. Guaranteed. Excellent question, keep them coming! ☺

REFERENCES:

- Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol*. 65(1):51-59.
- Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. *Int J Sport Nutr Exerc Metabol*. 16:430-46.
- Goldstein et al., 2010. International society of sports nutrition position stand: caffeine and performance. *J Int Soc Sports Nutr*. 7(1):5.
- Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytomedicine*. 7(2):85-9.
- Panossian et al., 2005. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res*. 19(10):819-38.



THE MOST POWERFUL Pre-Workout Ever. GUARANTEED

New **NeuroCore™** is the most powerful, no-nonsense pre-workout performance-enhancing stimulant available. Designed with scientifically researched doses of potent key ingredients, NeuroCore is the ultimate choice if you're looking for a truly super-concentrated pre-workout formula that delivers powerful results in the gym: extreme energy, enhanced muscle endurance, max strength and muscle growth, intense focus and seriously powerful muscle pumps. In fact, we are so confident in NeuroCore that if you don't think it's the most powerful pre-workout formula you've ever tried, simply return the unused portion with your receipt within 30 days to place of purchase for a full refund. Guaranteed.

Key Ingredients in NeuroCore

- **Beta-alanine (3200mg):** Research published in the *International Journal of Sports Nutrition and Exercise Metabolism* showed that a 3200mg dose of beta-alanine can help enhance the muscle- and strength-building process.¹ Fact is, our tests show other companies use less than the scientifically studied 3200mg dose. One product we tested used as little as 9mg per caplet and hid the amount in a proprietary blend.

- **L-Citrulline (3000mg):** A recent study published in the *British Journal of Pharmacology* on nitric oxide metabolism shows that L-citrulline is scientifically superior to arginine for increasing plasma levels of arginine.²

Other companies may settle for using arginine instead because pure L-citrulline costs significantly more.

- **Creatine hydrochloride (3000mg):** NeuroCore supplies 3000mg of creatine hydrochloride (HCl), a unique and potent form of creatine.

Sports nutrition researchers agree that 3000mg of creatine is the minimum amount a supplement needs to deliver daily to enhance muscle growth. Be wary of any supplement company that claims to deliver results with less; their claims simply aren't backed by science.

- **Geranium robertianum (531mg):** NeuroCore is the first and only pre-workout formula to contain this exclusive, patent-pending and naturally sourced geranium extract that delivers a powerful boost during your workouts.

- **Rhodiola (100mg):** In a double-blind, randomized and placebo-controlled study on 20 subjects, individuals using rhodiola during a stressful period significantly improved physical and mental fitness compared to subjects using a placebo in only 20 days.³

In a scientific review article published in the journal *Phytotherapy Research*, the authors noted that *Rhodiola rosea* was a superior, more active adaptogen than *Schizandra chinensis* (found in the formulas of both leading competitors).⁴



GRAPE
New Flavor Now Available!

NO PROPRIETARY BLENDS.
NO FILLERS.
NO HYPE.
NO EXCEPTIONS.

Just The Most Powerful Formulas On The Market.

References:

- 1 Hoffman et al., 2006. Effect of creatine and beta-alanine supplementation on performance and endocrine responses in strength/power athletes. *Int J Sport Nutr Exerc Metabol.* 16:430-46.
- 2 Schwedhelm et al., 2007. Pharmacokinetic and pharmacodynamic properties of oral L-citrulline and L-arginine: impact on nitric oxide metabolism. *Br J Clin Pharmacol.* 65(1):51-9.
- 3 Spasov et al., 2000. A double-blind, placebo-controlled pilot study of the stimulating and adaptogenic effect of *Rhodiola rosea* SHR-5 extract on the fatigue of students caused by stress during an examination period with repeated low-dose regimen. *Phytotherapy Research.* 14(2):85-9.
- 4 Panossian et al., 2005. Stimulating effect of adaptogens: an overview with particular reference to their efficacy following single dose administration. *Phytother Res.* 19(10):819-38.



BODYBUILDING OR POWERLIFTING: WHICH SHOULD I DO?

as told to Powerlifting USA by Wayne Pullum



I say why not do both. There has always been division among the two. Bodybuilders think powerlifters are strong, big bellied guys with horrible eating habits. Powerlifters think bodybuilders are big pretty boys that aren't as strong as they look. Well, there's a little true to both, but there doesn't have to be. All men want to be strong; all men want to look strong. Whether you admit it or not, any man would like to take pride in what he looks like. If you don't think that it's true, go to the club or the beach and see who gets the attention. You can have the best of both worlds with a little discipline in your diet and combining both powerlifting and bodybuilding training techniques. There are men and women that have been successful in utilizing both training methods other than myself, such as Joe Ladnier, Bobby and Carolyn Myers, Shaw Frankl, etc.

I have competed and have been successful in both powerlifting and bodybuilding. I began bodybuilding in the late '70s at a gym in Jacksonville, Florida, that accommodated both bodybuilding and powerlifting. After a few years of bodybuilding, I won the Teenage Mr. Jacksonville, placed 5th out of 38 contestants in the Teenage Mr. Florida and also won my class in the Mr. Sunshine State. Years later I began powerlifting and continued to do so for many years. My numbers in powerlifting grew and qualified me to enter several world meets. So far, I still hold the squat record (640 pounds) in my age and weight class, at 165 pounds bodyweight. After years of getting beat up with the heavy lifting, including a rebuilt shoulder and an L-5 that is almost gone, I have recently returned to bodybuilding again after 28 years. This year I competed in the Dexter Jackson Classic, in which I won the 50-59 Masters and placed 3rd in the open class (had to show the young guys I still had a little something for them). Six weeks later I competed in the Daytona Classic and won the 50-59 Masters again. I have plans to enter a national qualifier next year. It is due to the years of powerlifting that has played a major part in allowing me to be able to do this. I incorporate both powerlifting and bodybuilding in my training, by handling heavier weights on all basic movements (squats, bench, and deadlift) and adding isolated movements at 10-15 reps per set.

My conditioning has a lot to do with drop sets that are performed on many of my lifts. I pyramid up in weight to my max of 5-8 reps, then drop weight as I go to failure on each set without any rest (except the time it takes for my training partner to pull the weight) 10 seconds max with three to four sets per drop set. Training with minimum or no gear over the past 18 months has built my core strength. I thought that my strength would suffer during this process, but instead my raw lifts have increased, translating into heavier equipped lifts. Training in light weight gear can be a great aid in building core strength. I have found for training in bodybuilding that 2.0 Inzer knee wraps and single ply Powerpants allow me to handle the heavier weight with enough support to feel secure, yet have a full range of motion on squats, leg press and lunges. For bodybuilding training, whatever the Inzer chart suggest for briefs to use, go two sizes up or go up one size and add 2 inches to the leg openings. This will allow full range for seated lifts without restriction. Training heavy (3-5 reps), good form on higher reps (10-15) drop sets to failure, eat protein every three hours (your body doesn't store protein) use lightweight gear, control your sugar and carbs and it will make you a better and healthier lifter. I challenge you to set aside your multi-ply gear for at least six months and use only the 2.0 wraps and light single-ply briefs, and you will build strength that will drive your multi-ply numbers up. Remember, even some of the Inzer single-ply gear is restrictive, so go with the Powerpants for a full range of motion. After you have spent some time (minimum of 6 months) in no or lightweight gear, go back to your heavy gear and watch your numbers climb. I wish everyone great success in both sports.

If you plan to enter bodybuilding, do it with an organization that leads to the IFBB such as the NPC, and if you are powerlifting choose a federation that has a world event so that you can set a world record if that is your goal. «



A WEEKEND OF GIGANTIC PROPORTIONS!!

BODY BUILDING.COM

JANUARY 28-29, 2012

LOS ANGELES FITNESS EXPO™

at The Los Angeles Convention Center

Presented by: SUBWAY® RESTAURANTS

- **USPA American Cup Powerlifting**
- **LA Fit Expo Bench Press & Deadlift Invitational**
- **CrossFit** • **Scot Mendelson Classic**
- **Max REPs 4 Cash** • **All-American Strongman**
- **Olympic Weightlifting** • **Gracie US Nationals**



OLYMPIC WEIGHTLIFTING COMPETITION



ALL-AMERICAN STRONGMAN



SCOT MENDELSON CLASSIC



CELEBRITY GUESTS

Tickets & Details log on to: www.LAFitnessExpo.com

BRING THIS AD WITH YOU & RECEIVE A \$5.00 DISCOUNT AT THE DOOR!!

GIANT EXPO HALL

THE LATEST IN HEALTH & FITNESS PRODUCTS

FREE SEMINARS

TRAINING • NUTRITION BODYBUILDING & MMA DEMOS

14 MAJOR CONTESTS

ALL WEEKEND LONG

FREE SAMPLES

TRY OUT NEW PRODUCTS & GIVEAWAYS!

SHOW SPECIALS

EXHIBITOR DISCOUNTS, BARGAINS & SHOW SALES

ONLY \$20 A DAY

FUN FOR THE WHOLE FAMILY

\$5.00 DISCOUNT OFFER: LIMIT ONE PER PAID CUSTOMER PER DAY

PL11/11



BENCH PRESS

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

Westside has a method to its madness, and Travis Bell utilizes this perfectly. His raw bench has gone from 365 to 565, and his shirt bench has gone from 405 to 805 in two and a half years. How is this possible?

Let's start with dynamic bench day on Saturday. Nine sets of three reps are done within three-week waves using several different bars, band tensions, or chain combinations as a means of accommodating resistance. Now let's look below at the speed strength waves. Remember, their purpose is to build a fast rate of force development and to teach acceleration.

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
1	205	Mini Band adds 85 lb.	9	3	27
2	225	Mini Band adds 85 lb.	9	3	27
3	245	Mini Band adds 85 lb.	9	3	27

*NEW 3-WEEK WAVE BEGINS, CHANGING FROM MINI-BANDS TO MONSTER BANDS

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
4	205	Monster adds 125 lb.	9	3	27
5	225	Monster adds 125 lb.	9	3	27
6	245	Monster adds 125 lb.	9	3	27

*NEW 3-WEEK WAVE BEGINS, SWITCHING TO AN ARCH BAR WITH MINI-BANDS

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
7	205	Mini Band adds 85 lb.	9	3	27
8	225	Mini Band adds 85 lb.	9	3	27
9	245	Mini Band adds 85 lb.	9	3	27

*NEW 3-WEEK WAVE BEGINS, CHANGING FROM MINI-BANDS TO MONSTER BANDS

WEEK	WEIGHT	ACCOMODATING RESISTANCE TYPE	SETS	REPS	TOTAL # OF LIFTS
10	205	Monster adds 125 lb.	9	3	27
11	225	Monster adds 125 lb.	9	3	27
12	245	Monster adds 125 lb.	9	3	27

The three-week waves as illustrated above continue all year round. Some waves are done with a thick squat bar or a bow bar that has a 2-inch camber.

After the nine sets of three reps of the dynamic bench, Travis will do two to three sets of dumbbell presses for twenty or more reps or a close grip bench. Different angles are used for each exercise: incline, decline, seated, or flat. This is for muscle building. After the high-rep pressing is completed, he will then move on to two heavy triceps exercises. These could be dumbbell roll-backs with elbows out to the sides, J.M. presses, or heavy kettlebell extensions. Many times Travis will rotate from heavy rep



extensions (6–8 reps) to light weight reps (15–20 reps) to push-downs, cable push-downs, or band push-downs.

Travis moves on to two back exercises such as heavy pull-downs, chest-supported rows, dumbbell rows, or a barbell row. Remember, only two exercises per workout, and rotate when necessary. High-rep deltoid exercises are next, and he concentrates on the rear and side delts because he does not want to overwork the front delts. Then it's on to hammer curls, which is something that should always be done.

We have had five different men hold world records in the bench, and they all agree that the speed day is the most important. Anyone who disputes that speed is not important please read a basic physics book.

When necessary, Travis will use no barbell exercises on max effort day but instead will use high-rep dumbbell presses at an angle he chooses. This is a hypertrophy workout, which also includes extensions, lat work of some type, and high-rep delt work. This style of workout is done when he feels somewhat worn out, but it allows him to resume his normal max effort workout the next week. The workout can also be done on a special day, as this workout is not by design but is based on instinct.

IRON WRAPS Z

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

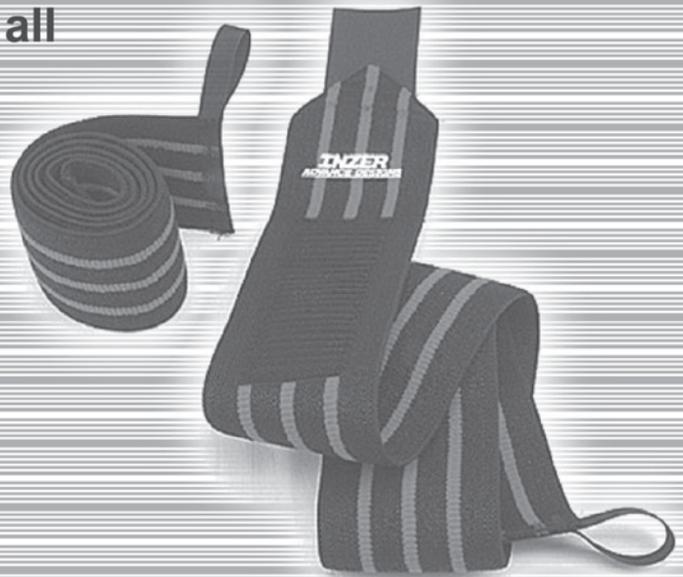


- Super tight, extreme rubber strand design for the super rebound.
- Gets tighter, easier, during the movement even when not wrapped to total tightness.
- When wrapped to total tightness, generates the most energy and power of any wrap in the world.
- Smoke all your lifts with the *Iron Wraps Z!*

IRON WRIST WRAPS Z

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

- Provides excellent comfort and perfect support.
- The best wrist wraps in the world make it the choice of champions worldwide.
- Strong grip Velcro straps fasten the *Iron Wrist Wraps Z* securely in place.
- The Velcro straps are wide for strength and long for generous adjustment advantage.
- Strong, durable and wide elastic thumb loops are secured in place with long lasting construction.



SEE MORE SELECTION AT INZERNET.COM

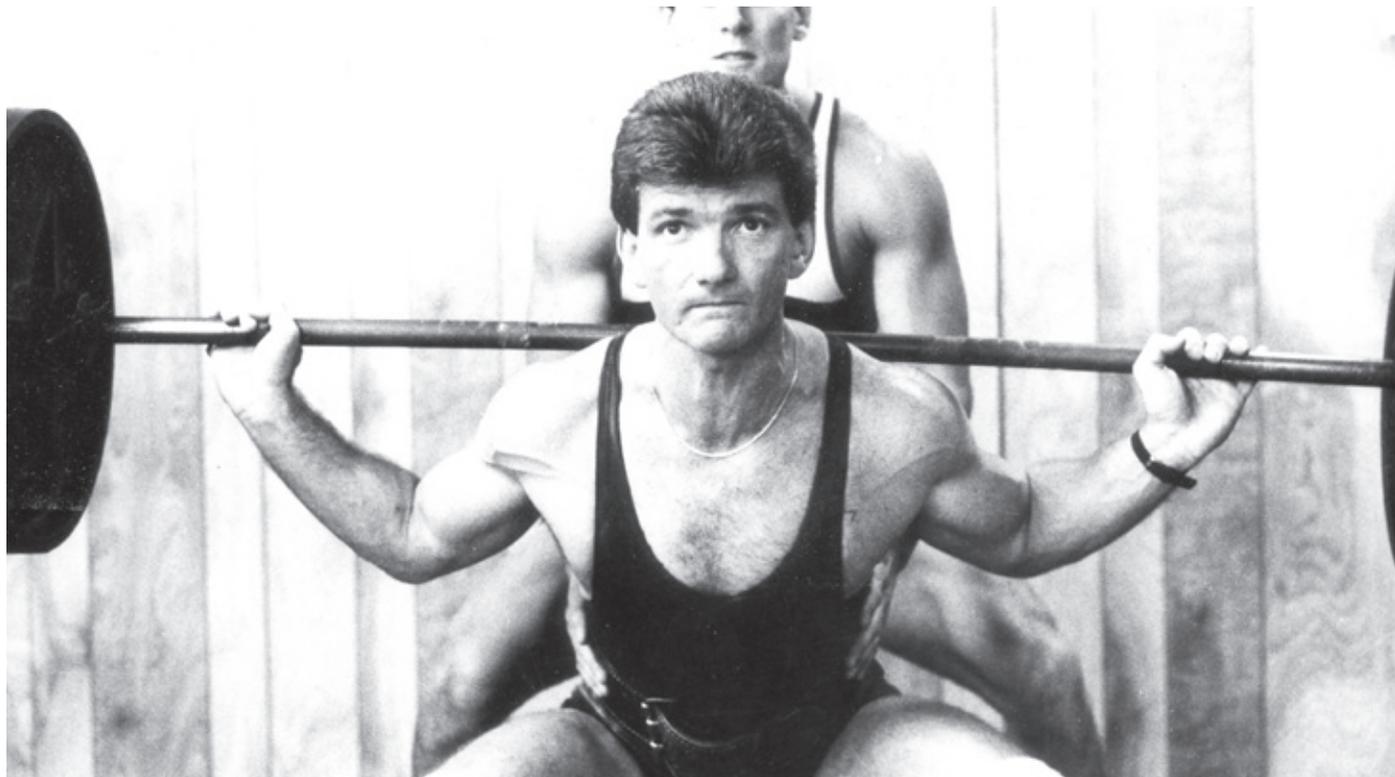
INZER

ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

THINGS I'VE LEARNED ALONG THE WAY PT. 3

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



Dr. Judd Biasiotto never fit the “mold” to be a world class squatter, yet he is still ranked among the world’s very best of all time in the 132 lb. class. He didn’t let self-doubt convince him otherwise, instead it was just the opposite. His positive attitude took him to heights he would never have otherwise reached.

“A positive attitude may not solve all your problems, but it will annoy enough people to make it worth the effort.”

– Herm Albright

Over the years, I have come to believe that the people who are successful in the world aren't the most talented ones or the smartest or the luckiest or necessarily the most gifted. The ones who make it are the ones who are doggedly determined to succeed. They are just plain tenacious. They refuse to be beaten and they are totally committed to succeeding. In other words, the difference between being mediocre and great is not a lack of skill, not a lack of power, not a lack of intelligence, but it is rather a lack of self-confidence and commitment. Success demands an attitude that is single minded in purpose—mind set or attitude, if you will, that says, “I can... I will.”

I don't know how many guys I've seen come into powerlifting and before they even get started good, they make comments like: *I hate*

squats... I will never be any good at that lift... I will never have a total good enough to win anything significant... My back is my weakness, so I will never have a good deadlift... I don't have the right genetics; I will never be good at this sport... My arms are too long; I will never be a good bench presser... I am not going to take drugs so I will never be really competitive in powerlifting...

If you have been around the sport for any length of time, I am sure you have heard a lot of these self-defeating comments from lifters. Heck, maybe you feel the same way, and maybe you can't do some of these things. But, then again, maybe you can. If you have already shut the door on these possibilities, you will never know if you really could do them or if you are just standing in your own way.

Telling ourselves that certain achievements are impossible for us belittles what we can do. By saying we could never do something, we are setting that up as the ultimate achievement. Consequently, every time we don't succeed we

are reinforcing in ourselves that we cannot do it, which may be the farthest thing from the truth. It might be true that you may never break a world record, but, then again, you just may be able to do that and, if not, who's to say that you won't be able to break a state record, a regional record or even national record. The important thing is that you don't want to undermine yourself by what you can't do NOW. If you do that, you are going to defeat yourself before you even start.

This is one thing I learned early in my career. I never focused on what I couldn't do. Instead, I celebrated and focused on what I could do. When I got into the sport, my squat was by far my worst lift. At 148 pounds, I could squat a maximum of only 275 pounds. I didn't stand around saying, “I will never be any good at this.” Rather, I focused on what I was doing at the time, how I could improve, and I constantly reminded myself that it is not what you start with that counts, but what you end with. I was determined to make my weakness my strength.

QUESTIONS ANSWERED

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

DEAR MAURO: I've been on your Anabolic Diet for powerlifters and have never felt better. I don't mean this in the sense that my lifts have gone up or that I'm leaner but more muscular—even though both of those are true. What I mean is that I feel better; I'm not depressed anymore—although I wouldn't really call it depression as it was more like a sadness that I'd wake up with in the morning and would stay with me for the day, sometimes better, sometimes worse. The tighter I am with the diet, the better I feel.

When I go back to a low fat, high carb diet, even though I don't eat junk carbs, I go back to feeling not all that good. So I just switch back to your diet and things are better.

I know that this is not all in my head, although at times in the past I've been tempted to see a psychiatrist. I hesitated because I did go to counseling when I went to university, but it really didn't help.

Anyways, just wanted to let you know what I've been going through and how your diet affects me. Do you have any explanation as to why the diet affects me so much, and is it the same for others?

Peter

PETER: I've heard this same story from a lot of people over the past four decades. I also feel better on my phase shift diets, but never really looked into that aspect of it in any detail.

I knew that the essential fatty acids had important effects on the brain, and that there is a connection between the gut and the brain so that feeding had specific effects on the brain and vice-versa. In other words, it's not just as most people believe that the brain influences everything including the gastrointestinal system. The GI system also has dramatic effects on the brain and other systems in the body.

Lately, there's been some research on the effects of dietary fat on gut-brain communications and a study published online July 25th in the *Journal of Clinical Investigation* was more definitive in explaining the effects of fatty acids on mood.

This paper (I've included the abstract of this and other relevant papers) found that fatty acids really are comfort foods in that they blunt the behavioral and nerve cell responses to sad emotion. The authors found that MRI images of the brain showed that fatty-acid intake lessened the neural responses to sad emotions in regions of the brain.

More research in this area still needs to be done, but my guess is that certain people are more affected by fat intake than others, but that everyone has some beneficial effects on mood from dietary fat.

My advice is to stay on the diet since it

page 91 »

ABSTRACTS ON GUT-BRAIN CONNECTIONS

J Clin Invest. 2011 Jul 25. pii: 46380. [Epub ahead of print]

FATTY ACID-INDUCED GUT-BRAIN SIGNALING ATTENUATES NEURAL AND BEHAVIORAL EFFECTS OF SAD EMOTION IN HUMANS.

Van Oudenhove L, McKie S, Lassman D, Uddin B, Paine P, Coen S, Gregory L, Tack J, Aziz Q.

ABSTRACT—Although a relationship between emotional state and feeding behavior is known to exist, the interactions between signaling initiated by stimuli in the gut and exteroceptively generated emotions remain incompletely understood. Here, we investigated the interaction between nutrient-induced gut-brain signaling and sad emotion induced by musical and visual cues at the behavioral and neural level in healthy nonobese subjects undergoing functional magnetic resonance imaging. Subjects received an intragastric infusion of fatty acid solution or saline during neutral or sad emotion induction and rated sensations of hunger, fullness, and mood. We found an interaction between fatty acid infusion and emotion induction both in the behavioral readouts (hunger, mood) and at the level of neural activity in multiple pre-hypothalamic regions of interest. Specifically, the behavioral and neural responses to sad emotion induction were attenuated by fatty acid infusion. These findings increase our understanding of the interplay among emotions, hunger, food intake, and meal-induced sensations in health, which may have important implications for a wide range of disorders, including obesity, eating disorders, and depression.

Nutr Clin Pract. 2011 Aug;26(4):409-25.

ESSENTIAL FATTY ACIDS AND PSYCHIATRIC DISORDERS.

Perica MM, Delas I. » Ivancica Delaš, Department of Chemistry and Biochemistry, School of Medicine, University of Zagreb, Šalata 3, HR-10 000 Zagreb, Croatia; ivancica.delas@mef.hr.

ABSTRACT—Psychiatric disorders are a significant source of disability worldwide. Increasing evidence indicates that disturbances of fatty acids and phospholipid metabolism can play a part in a wide range of psychiatric, neurological, and developmental disorders in adults. Essential fatty acids, w-3 and w-6 polyunsaturated fatty acids, play a central role in the normal development and functioning of the brain and central nervous system. The aim of this article is to discuss the overall insight into roles of essential fatty acids in the development of mental disorders (depression, schizophrenia, bipolar disorder) and, in light of the fact that disturbances of fatty acid metabolism can play a part in the above-mentioned disorders, to investigate the current knowledge of lipid abnormalities in posttraumatic stress disorder. The information in this review was obtained after extensive MEDLINE searching of each topic area through relevant published studies from the past 20 years. References from the obtained studies were also used. This review summarizes the knowledge in terms of essential fatty acids intake and metabolism, as well as evidence pointing to potential mechanisms of essential fatty acids in normal brain functioning and development of neuropsychiatric disorders. The literature shows that w-3 fatty acids provide numerous health benefits and that changes in their concentration in organisms are connected to a variety of psychiatric symptoms and disorders, including stress, anxiety, cognitive impairment, mood disorders, and schizophrenia. Further studies are necessary to confirm w-3 fatty acids' supplementation as a potential rational treatment in psychiatric disorders.

Nat Rev Neurosci. 2011 Jul 13;12(8):453-66. doi: 10.1038/nrn3071.

GUT FEELINGS: THE EMERGING BIOLOGY OF GUT-BRAIN COMMUNICATION.

Mayer EA. » Center for Neurobiology of Stress, Division of Digestive Diseases, Departments of Medicine, Physiology and Psychiatry, David Geffen School of Medicine at University of California, Los Angeles, CHS 47-122 10833 Le Conte Avenue, Los Angeles, California 90095-7378, USA. emayer@ucla.edu.

ABSTRACT—The concept that the gut and the brain are closely connected, and that this interaction plays an important part not only in gastrointestinal function but also in certain feeling states and in intuitive decision making, is deeply rooted in our language. Recent neurobiological insights into this gut-brain crosstalk have revealed a complex, bidirectional communication system that not only ensures the proper maintenance of gastrointestinal homeostasis and digestion but is likely to have multiple effects on affect, motivation and higher cognitive functions, including intuitive decision making. Moreover, disturbances of this system have been implicated in a wide range of disorders, including functional and inflammatory gastrointestinal disorders, obesity and eating disorders.

NASA WORLD CUP AUG 6 2011 » OKC, OK

BENCH		T. Slocum	352	198 lbs.		Junior		K. Anderson	110	253	363
FEMALE		C. Cardin	347	275 lbs.		MALE					
123 lbs.				Master I		Master II		M. Evans	220	446	666
Junior				Master II		Open		J. McDougal	396	633	1029
P. Fabela	138	P. Gaines	380	PS BENCH		181 lbs.					
Raw				MALE		Junior		W. Woods	275	473	749
165 lbs.				181 lbs.		Master III		G. Donohue	209	369	578
High School				Master I		Master III		L. Donahue	237	325	562
A. Whitbread	94	L. Marker	264	220 lbs.		Submaster Pure		R. Cook	308	473	782
Master I				Master III		275 lbs.		198 lbs.			
L. Anderson	127	D. Jenning	242	Master II		Master II		J. Seabolt	204	446	650
Open				R. Harris		Submaster II		Master I			
L. Anderson	127	G. Vigil	385	308 lbs.		Master I		G. Vigil			
MALE				Master I		Master II		M. Einstein		462 451 914	
132 lbs.				C. Spurrison		Open		242 lbs.			
Master Pure				C. Spurrison		PS CURL		Int			
M. Evans	220	C. Spurrison	424	165 lbs.		Teen		F. Renfrow		363 528 892	
198 lbs.				Open		Q. Thomas		R. Budnar		352 523 875	
Master I				PS CURL		275 lbs.		275 lbs.			
R. Byars	—			MALE		308 lbs.		J. Thomas		514 600 1114	
Master II				165 lbs.		Submaster Pure		308 lbs.			
M. Einstein	462			Open		J. Fabela		Powerlifting		SQ BP DL TOT	
Master III				J. Roise		182		60 lbs.			
J. Parsons	—			181 lbs.		Master I		Youth			
Pure				Master I		L. Marker		E. Ewoldsen		112 63 149 324	
R. Byars	—			L. Marker		110		123 lbs.			
220 lbs.				198 lbs.		Int		Junior		259 138 264 661	
Master I				T. Cadena		154		High School			
G. Powell	551			220 lbs.		Master III		B. Simmons		253 165 270 688	
242 lbs.				Open		D. Jenning		Junior			
Master III				J. Winpigler		160		Raw			
H. Blackmon	—			275 lbs.		Master II		123 lbs.			
Teen				Master II		R. Harris		181 lbs.			
J. Caruso	506			J. McKay		132		148 lbs.			
275 lbs.				Master Pure		132		Pure			
Q. Thomas	514			198 lbs.		Master III		181 lbs.			
Raw				Master I		L. Marker		181 lbs.			
132 lbs.				J. Winpigler		160		181 lbs.			
Master II				275 lbs.		Master II		181 lbs.			
C. Kennedy	209			Master II		R. Harris		165			
Master Pure				R. Harris		165		165			
C. Kennedy	209			J. McKay		132		165			
165 lbs.				Master II		132		165			
Junior				Master II		132		165			
J. Roise	303			Master II		132		165			
Open				Master II		132		165			
J. McDougal	396			Master II		132		165			
Submaster II				Master II		132		165			
B. Wadley	314			Master II		132		165			
181 lbs.				Master II		132		165			
Master I				Master II		132		165			
N. Arguello	385			Master II		132		165			
Open				Master II		132		165			
N. Arguello	385			Master II		132		165			
Pure				Master II		132		165			
C. Carden	352			Master II		132		165			
Submaster Pure				Master II		132		165			
R. Cook	308			Master II		132		165			
198 lbs.				Master II		132		165			
Int				Master II		132		165			
T. Cadena	363			Master II		132		165			
Junior				Master II		132		165			
J. Seabolt	204			Master II		132		165			
Master II				Master II		132		165			
Push Pull				Master II		132		165			
FEMALE				Master II		132		165			
114 lbs.				Master II		132		165			
Master I				Master II		132		165			
A. Donohue	88	231	319	Master II		132		165			
123 lbs.				Master II		132		165			
Junior				Master II		132		165			
P. Fabela	138	264	402	Master II		132		165			
148 lbs.				Master II		132		165			
Submaster II				Master II		132		165			
H. Coffman	138	281	418	Master II		132		165			
165 lbs.				Master II		132		165			
Master Pure				Master II		132		165			
L. Anderson	127	286	413	Master II		132		165			
181 lbs.				Master II		132		165			
Master IV				Master II		132		165			
E. Waugh	110	237	347	Master II		132		165			

LOUIE SIMMONS' PRESENTS

Training Secrets of Westside Barbell Club

Available on DVD!



Bench Workout \$59.95

Bench Press Secrets ... \$44.95

Deadlift Secrets \$40.95

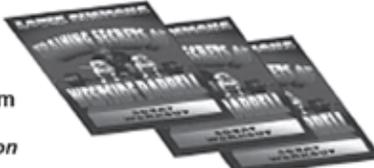
Special Strength \$59.95

Reactive Method \$49.95

Send Check or Money Order to: Shipping/Handling - \$6.00

Westside Barbell Club
3884 Larchmere Drive
Grove City, Ohio 43123
www.westside-barbell.com

Back view of dog appears on back of t-shirts



www.westside-barbell.com

3884 Larchmere Drive Grove City, Oh 43123

Phone (614) 801-2060

Master I				C. Kennedy		297 209 275 782	
R. Byars	501	—	—	501	Pure	138 220 446 804	
Teen				148 lbs.			
Z. Watson	506	286	473	1266	Teen	341 242 440 1024	
242 lbs.				165 lbs.			
Junior				Master I			
R. Rheudasil	606	435	639	1679	Woodworth	490 275 484 1250	
Master II				Open			
B. Wilson	595	479	589	1663	J. McDougal	501 396 633 1530	
Master Pure				Pure			
B. Wilson	595	479	589	1663	V. Perryman	545 314 639 1497	
Open				181 lbs.			
B. Wilson	595	479	589	1663	Master III	286 237 325 848	
Teen				198 lbs.			
J. Caruso	589	506	611	1707	High School	457 259 551 1266	
275 lbs.				Junior			
High School				L. Johnson		413 275 551 1239	
T. Hamlin	358	248	435	1040	J. Seabolt	303 204 446 952	
Master I				Master III			
A. Borden	539	363	484	1387	F. Millan Jr.	402 121 446 969	
Master Pure				220 lbs.			
A. Borden	539	363	501	1404	High School	457 325 506 1288	
Pure				Open			
A. Borden	539	363	501	1404	M. Reynolds	468 352 606 1426	
308 lbs.				242 lbs.			
Junior				Novice			
A. Gonzales	855	556	652	2063	C. Guthrie	363 341 468 1173	
Pure				Pure			
A. Gonzales	855	556	652	2063	J. Brooks	551 336 650 1536	
Submaster I				Power Sports		CR BP DL TOT	
J. Fabela	628	402	573	1602	FEMALE		
Raw				114 lbs.			
132 lbs.							
Master II							
M. Evans	138	220	446	804			
C. Kennedy							
Master Pure							

RESULTS »



Evan Pitman with a record 245 lb. deadlift at the AF Championships



Army Sergeant Luke Miller pulling at the Armed Forces Championships

Master I	A. Donohue	61	88	231	380					D. Young	165	325	473	963
132 lbs.										Int				
Teen	J. Schuler	66	110	266	443					T. Cadena	154	363	413	930
165 lbs.										Master II				
High School	D. Jimenez	83	154	275	512					C. Cardin	149	347	523	1018
Junior	D. Jimenez	83	154	275	512					Master III				
Master Pure	L. Anderson	77	127	286	490					D. Jennings	132	242	303	677
Teen	D. Jimenez	83	154	275	512					Open				
181 lbs.										M. Reynolds	165	341	606	1112
Master IV	E. Waugh	61	110	237	407					242 lbs.				
198 lbs.										Junior				
Teen	K. Anderson	72	110	253	435					R. Kretlow	160	330	562	1051
MALE										M. Lutz	182	347	506	1035
55 lbs.										Open				
Youth	K. Kahle	18	24	51	92					J. Smith	176	407	606	1189
132 lbs.										275 lbs.				
Master II	M. Evans	116	220	446	782					Master I				
Open	M. Evans	116	220	446	782					D. Harris	209	468	661	1338
148 lbs.										Master II				
Junior	Cl. Anderson	116	176	358	650					R. Harris	165	308	396	870
Teen	Cl. Anderson	116	176	358	650					Master Pure				
165 lbs.										J. Linder	154	270	341	765
Junior	Cd. Anderson	132	215	352	699					Open				
Master I	B. Anderson	132	270	407	809					G. Vigil	171	385	573	1129
Master Pure	B. Anderson	132	270	407	809					Submaster II				
Open	J. McDougal	176	396	633	1206					G. Vigil	171	385	573	1129
Teen	V. Perryman	143	314	639	1095					308 lbs.				
Junior	J. Roise	182	303	429	914					Master Pure				
Master I	Cd. Anderson	132	215	352	699					R. Linder	165	358	484	1007
181 lbs.										SHW				
High School	S. Thomas	154	330	528	1013					Master II				
Junior	P. Robinson	127	220	402	749					M. Mitchell	242	424	600	1266
Master I	P. Robinson	127	220	402	749					<i>» courtesy Rich Peters</i>				
Master III	L. Marker	110	264	402	776									
198 lbs.														
High School	G. Donohue	110	209	369	688									

ARMED FORCES CHAMPIONSHIPS

SEP 10 2011 » Tampa, FL

Powerlifting	SQ	BP	DL	TOT
FEMALE				
(Belt)				
114 lbs.				
(75-79)				
B. Fauls	—	—	135	135
132 lbs.				
(65-69)				
D. Souder	—	—	150	150
165 lbs.				
(35-39)				
A. Skehan	—	105	—	105
198 lbs.				
(30-34)				
N. Allen	245	180	255	680
(No Belt)				
148 lbs.				
(30-34)				
K. Body	175	100	250	525

4th-SQ-190					
Raw					
132 lbs.					
(20-24)					
S. Lee	125	95	—	220	
(50-54)					
J. Andrews	230	155	270	655	
148 lbs.					
(20-24)					
J. Rider	245	135	245	625	
MALE					
(Belt)					
105 lbs.					
(12-13)					
E. Pittman	175	95	235	505	
4th-DL-245					
148 lbs.					
(40-44)					
R. Manso	435	285	500	1220*	
181 lbs.					
(20-24)					
M. Blackwell	—	240	—	240	
(35-39)					
T. Oquendo	—	335	—	335	
(45-49)					
M. Dogoda	215	205	270	690	
(50-54)					
T. Nye	—	275	—	275	
198 lbs.					
(20-24)					
D. Sikking	315	—	375	690	
(50-54)					
H. Pittman	—	290	—	290	
(No Belt)					
114 lbs.					
(14-15)					
C. Ardizzone	100	80	175	275	
148 lbs.					
(35-39)					
V. Jacobs	205	225	300	730	
198 lbs.					
(25-29)					
M. McCants	365	280	385	1030	
(50-54)					
Tshontikidis	415	247	510	1175*	
165 lbs.					
(30-34)					
J. Najjar	405	235	455	1095	
181 lbs.					
(25-29)					
J. Carpenter	—	315	480	795	
(30-34)					
R. Rakestraw	315	200	425	940	
(40-44)					
D. Aguirre	450	325	540	1315*	
198 lbs.					
(40-44)					
G. Poole	—	285	525	810	

The Gary Gordon & Randy Shughart Memorial Armed Forces Championships was held at MacDill Air Force Base in Tampa, Florida. Praise God! The 2011 Armed Forces Championships, held annually in honor of Medal of Honor recipients Gary Gordon and Randy Shughart, was an overwhelming success! Warriors currently serving in Afghanistan joined active duty personnel and armed forces Veterans from across the United States for a day of great lifting and camaraderie. Before we get to the lifting, please keep our brave men and women in uniform in your thoughts and prayers. Additionally, please keep two of our lifters Larry Dromerhauser and Austin Cox in your prayers. Both athletes are in the hospital recovering from illnesses that kept them from competing. Thanks! Special thanks to Bob Gaynor, JD Gaynor, Jack Stevens, Bill Beekley, Tom O'Donnell, and Jen Rotsinger for officiating; Kyle Mishler, Bill Beekley, Tom O'Donnell, and Jen Rotsinger for spotting & loading; Scott Carey for scoring; Victor Jones for the awesome contest shirts and all things logistical at MacDill Air Force Base; the staff at Short Fitness Center for their support; Bill Beekley and Rolando Manso for helping with set-up; Dave Bates for live-streaming the event; Bill Beekley, Tom O'Donnell, Jon Drummond, Tom Toomey, Danny and Carmen Aguirre, Shawn "Bud" Lyte, and Van Nguyen for clean-up; Bridget and the folks at Sandpiper Sportswear for the awesome R.A.W. United shirts; Shawn "Bud" Lyte and BMF Sports for the \$250.00 donation toward the contest expenses (the meet was FREE for all participants) and the BMF nutritional packages for the meet's top male (Rolando Manso, USN) and female (Jen Rider, USAF) lifters; and Sir Charles Venturella for the awesome sculptures and plaques! Thanks! Team Afghanistan, led by Rear Admiral Hal Pittman, consisted of eight warriors that competed digitally throughout the Afghan theater of operations. Impressive performances were registered by U.S. Army Captain Natasja Allen and Sergeant Luke Miller, as well as British Royal Marine Craig Williams. Back in the states, lifters representing all branches of the armed forces and states across the country competed at MacDill Air Force Base the headquarters for both Central Command and Special Operations Command. In the women's division, Jen Rider (USAF) of O'Fallon, Illinois captured Best Lifter honors on lifts of 245, 135, and 245 in the 148s. Jen was joined on the platform



Best lifter Danny Aguirre of the USCG benching big at the AF Champs

by Joann Andrews, Kelley Body, Diane Souder, Sarah Lee, and Betty Fauls. Joann lifted in honor of her father who was an Air Force veteran, and posted an impressive 655 total in the 50-54, 132s. Kelley, who serves as Wounded Warrior Project's Health & Wellness Coordinator for the southeastern United States, set all four records in the 30-34, 148s in her R.A.W. United debut. Diane, Sarah, and Betty, all members of Universal Power & Fitness Gym in Orlando, Florida, guest lifted in support of our troops. In the men's division, twelve year old Evan Pittman rocked the platform with huge lifts that brought the crowd to its feet on several occasions. Weighing in at just under 99 pounds, Evan went 175, 95, and nailed a 245 pound record deadlift on a fourth attempt (pictured below). More important, Evan's father Hal is currently serving in Afghanistan, marking the first event in which father and son competed in the same meet on two different continents pretty cool! Evan has also raised over 300 pounds of school supplies for Afghan middle school students and is an honors student. Well done, Evan! Rolando Manso, a U.S. Navy veteran currently residing in Ocala, Florida, lifted flawlessly to capture both Best Lifter honors in the ironman division and the BMF Sports Champion of Champions award. Rollo's lifts of 485, 285, and 500 in the 40-44, 148s broke all existing records, and his 1220 total was nearly nine times his bodyweight! U.S. Coast Guard veteran Danny Aguirre posted a 1315 total in the 40-44, 181s to win the Best Lifter sculpture in the raw division. Congratulations to both Rollo and Danny on their day, and thanks for their service to our great nation! Operation Iraqi Freedom combat veterans Anthony Busby and Tom Toomey competed in their first Armed Forces Championships this year. Although they are battling injuries, both were able to post impressive lifts. U.S. Army veteran Jason Rovey and Airmen Lysander Roberson both set record benches in their respective age groups, waging quite a battle in the 242s. It is likely that these two will have a showdown every time they meet on the platform! Veterans Al Speech (USAF), Tom Nash (USMC), and Jon Drummond (USAF) were joined by Airman Lewis Boone and UPF lifter Mike "Shotgun" Francis in the heavies, and put on quite a show! Al's 325 bench in the 65-69, 220s was good for a new Master's record, and Tom's 405 bench was strong with more left in the tank. Jon

posted a record total in the 45-49, 308s, with lifts of 360 and 740 in the push pull. Mike competed alongside Jon in the push/pull, benching 425 and deadlifting 780, including the classic "BOOM" that rendered the nickname "Shotgun." Lewis, competing in just his second meet, went 495, 405, and a successful fourth attempt pull at 655 in the 25-29, 308s. We are all hoping to see Lewis on the platform again in the "Support the Troops Benefit Meet" on November 5 at Olympic Gym in San Antonio, Texas! Many, many thanks to our active duty warriors and veterans for their selfless sacrifice on our behalf may God continually keep you in His grace! And to our Lord and Savior Jesus Christ, the Ultimate Warrior, thank you for arming us with strength and making our way perfect! Thanks, and God Bless, Spero.

» courtesy Spero Tshontikidis

WABDL WEST COAST BP/DL AUG 13 2011 » Rancho Cordova, CA

BENCH	Master (47-53)	
FEMALE	B. Anolin 237*	
<i>Single-Ply</i>	Master (54-60)	
105 lbs.	L. Flannery 127	
Master (54-60)	Master (68-74)	
P. Robinson —	L. Ford 55	
Teen (16-17)	Master (75-79)	
T. Campbell 77	G. Cloninger83*	
4th-88*	Open	
114 lbs.	B. Anolin 237	
Master (40-46)	B. Rippley 94	
J. Villegas 110	Submaster	
Master (54-60)	D. Leinwohl 138	
R. Dunbar 68*	165 lbs.	
132 lbs.	Master (54-60)	
Junior	N. Fisher 132*	
M. Sutton 99	Master (61-67)	
E. Ansberry —	P. Robey 211!*	
Master (47-53)	Open	
T. Dean 127	B. Nolen 259	
4th-132*	4th-270	
Master (47-53)	181 lbs.	
Garcia-Munro 88	Master (40-46)	
Open	C. Cooper 132	
T. Dean 127	Master (47-53)	
4th-132*	A. Carlson 110	
Garcia-Munro 88	Open	
Teen (16-17)	L. Barlow 149	
A. Graves 96*	Submaster	
148 lbs.	L. Barlow 149	
Law/Fire (40-47)	198 lbs.	
R. Knouse 198!*	Law/Fire Open	



Natasja Allen pulled 255 for a 680 total (S. Tshontikidis photos)

J. Fowler 154*	M. Dandini 204	J. Jessup 72*	A. Graves 160
Master (68-74)	Master (75-79)	Teen (18-19)	148 lbs.
S. Bonifield 61*	J. Mc Ewen 209	S. Graves 314	Master (47-53)
Double-Ply	Master (80-84)	242 lbs.	B. Anolin 342
148 lbs.	G. Choi 121	Junior (20-25)	Master (68-74)
Master (47-53)	Open	G. Scholtes 452	L. Ford 138
D. Sutton 105*	D. Dejean 287	4th-468*	4th-139
MALE	Submaster (33-39)	Law/Fire (48-55)	Master (75-79)
105 lbs.	A. Pina 281*	G. McFarland 537!	G. Cloninger 160*
Teen (12-13)	Teen (16-17)	Master (47-53)	Open
A. Coffey 94	J. Woods 281	J. Noblit 601!*	B. Anolin 342
4th-99*	198 lbs.	D. Eldridge 430	S. Sheffield 303
132 lbs.	Class I	T. Coffman 347	B. Rippley 226
Master (75-79)	D. De Lello 320	Master (75-79)	Submaster
L. Vincent 237!*	K. Herzik —	J. Ketchersid 204	D. Leinwohl 243
Teen (18-19)	Junior (20-25)	Teen (14-15)	Teen (16-17)
B. Presto 226*	Zepeda-Galve 265	K. Capewell 138	K. Cohen 292*
A. Silva 143	Law/Fire Open	259 lbs.	C. Partlow 220*
148 lbs.	N. Luiz 336*	Law/Fire (40-47)	165 lbs.
Master (61-67)	Master (47-53)	J. Tolle 485	Master (61-67)
C. Tennant 204	G. Phipps 419	Master (40-46)	J. Petray 303
Open	Master (54-60)	J. Hunter 705*	Teen (16-17)
J. Arnold 336	J. Martin 369	Open	N. Cartwright 331!*
Submaster (33-39)	E. Ansberry 347	J. Hunter 705*	198 lbs.
J. Arnold 336	D. Rene 342	275 lbs.	Law/Fire Open
Teen (14-15)	D. Woods 325	Law/Fire (48-55)	J. Fowler 287
E. Holaday 154	Master (68-74)	M. Johnson 353*	Master (68-74)
Teen (18-19)	L. Joiner 209	Law/Fire (56)	S. Bonifield 124
J. Lanham 292	R. Ford 143	M. Burruel —	4th-137*
A. Goldwyn 165	Master (80-84)	Submaster (33-39)	MALE
165 lbs.	C. Rice 250!*	Open	<i>Single-Ply</i>
Class I	Open	Teen (16-17)	123 lbs.
J. Cabrera 265	A. Nieto 485	W. Bronaugh 239*	Teen (12-13)
Master (40-46)	Submaster (33-39)	SUPER	G. Filardo 156*
J. Lin 254	J. Avila 259	Disabled	132 lbs.
Master (54-60)	4th-261*	A. Miluso 165	Master (75-79)
Evangelista 419!	Teen (18-19)	Master (40-46)	L. Vincent 331
Master (80-84)	N. Woods —	R. Lopez 650	4th-341!*
J. Cavness 206*	220 lbs.	Master (61-67)	Teen (16-17)
Open	Class I	A. Miluso 176	N. Enns 336
Evangelista 419	S. Unea 353	Open	Teen (18-19)
Teen (16-17)	Law/Fire (56)	R. Lopez 650	A. Silva 187
Mendizabal 309*	D. Martinez 402	Special Olympian	148 lbs.
Teen (18-19)	Master (40-46)	J. Mayes 220	Junior (20-25)
J. Caldwell 314	D. De Vries 408	Double-Ply	D. Narigi 452
181 lbs.	Master (54-60)	198 lbs.	Master (61-67)
Class I	D. Martinez 402	Master (61-67)	C. Tennant 369
K. Le 402	H. Munro 358	Open	Open
D. Sisneros 380	Master (68-74)	J. Beteta —	A. Gallo 546*
K. Demello 375	D. Dienelt 276	DEADLIFT	D. Narigi 452
D. Dejean 287	R. Urrea 276	FEMALE	Submaster (33-39)
J. Woods 281	R. Kunz 254	<i>Single-Ply</i>	A. Gallo 546!*
C. Rothstein 248	Master (75-79)	132 lbs.	J. Arnold 435
Junior (20-25)	D. Baker 116	Junior	Teen (14-15)
S. Demello 375	Master (85-89)	M. Sutton 287	Master (47-53)
J. Hess 265	E. Miranda 193!*	Master (47-53)	Garcia-Munro 270
Master (54-60)	Submaster (33-39)	Open	Teen (18-19)
B. Murphy 243*	M. Lamarque 656*	Garcia-Munro 270	A. Goldwyn 331
Master (68-74)	Teen (12-13)	Teen (16-17)	165 lbs.
			Class I

RESULTS »

J. Cabrera	463	Teen (18-19)	M. Cawthon	105	65	165	335
Law/Fire (48-55)		N. Woods	Raw				
L. Esquivel	391*	220 lbs.	148 lbs.				
Master (47-53)		Class I	(35-39)				
P. Knight	375	S. Unea	S. Highnote	135	90	235	460
Master (54-60)		Junior (20-25)	MALE				
A. Evangelista	474*	H. Richmond	Belt				
Master (80-84)		T. Smathers	66 lbs.				
J. Cavness	209*	Law/Fire (48-55)	(8-9)				
Open		I. Soekardi	T. Conyers	130	40	160	330
Evangelista	474	Master (47-53)	114 lbs.				
Teen (16-17)		I. Soekardi	(12-13)				
Mendizabal	402	Master (54-60)	G. Highnote	135	80	240	455
Teen (18-19)		H. Munro	4th-SQ-145				
J. Caldwell	430	Master (68-74)	165 lbs.				
181 lbs.		D. Dienelt	(20-24)				
Class I		R. Eriksen	M. Poulin	---	275	---	275
J. Woods	480	Master (75-79)	181 lbs.				
D. Dejean	463	D. Baker	(20-24)				
S. Demello	413	Teen (12-13)	T. Smith	365	275	555	1195
Junior (20-25)		J. Jessup	(40-44)				
A. Craft	452	4th-192*	D. Aguirre	---	320	550	870
S. Demello	413	242 lbs.	(65-69)				
Master (68-74)		Law/Fire (48-55)	C. Corey	---	295	---	295
L. John	452*	A. Clayton	198 lbs.				
Master (80-84)		Master (40-46)	(25-29)				
G. Choi	154	R. Exum	E. Koenreich	415	260	550	1225
Submaster (33-39)		Master (47-53)	(18-19)				
A. Pina	485	A. Clayton	C. Sprindis	---	305	455	760
D. Dejean	463*	S. Gaytan	220 lbs.				
Teen (16-17)		Master (54-60)	(35-39)				
J. Woods	480	M. Moore	J. Acevedo	---	395	---	395
Teen (18-19)		P. Murphy	(20-24)				
A. Wagenman	375	Open	K. Mishler	---	375	---	375
198 lbs.		R. Exum	(50-54)				
Class I		Teen (14-15)	B. Beekley	---	---	530	530
K. Herzik	502	K. Capewell	242 lbs.				
Law/Fire Submaster		275 lbs.	(25-29)				
C. Newton	507	Law/Fire (56)	A. Burdick	420	315	550	1285
Master (40-46)		M. Burruel	(30-34)				
A. Tortorelli	502	Teen (16-17)	A. Poptodorov	435	---	---	435
Master (54-60)		W. Bronaugh	(30-34)				
D. Woods	529	SUPER	A. Rosa	---	185	---	185
Master (68-74)		Disabled	275 lbs.				
R. Ford	198	A. Miluso	(45-49)				
Open		Master (61-67)	M. Stanhope	330	255	375	960
A. Nieto	524	A. Miluso	No Belt				
Teen (14-15)		Special Olympian	165 lbs.				
K. Perez	314	J. Mayes	(40-44)				
! = World Records. * = State Records. # = National Records.			220 lbs.				
» courtesy Elma Thomas			(40-44)				
			L. Betts	385	385	465	1235
			(50-54)				
			L. Stedham	---	310	460	770
			Raw				
			165 lbs.				
			(20-24)				
			N. Thai	380	270	400	1050
			181 lbs.				
			(16-17)				
			N. Clark	300	230	350	880
			198 lbs.				
			(30-34)				
			S. Bozanich	---	435	---	---
			220 lbs.				
			(25-29)				
			L. Norton	615	370	675	1660
			(35-39)				
			P. Revelia	375	350	440	1165
			(60-64)				
			B. Lannert	425	205	505	1135
			(30-34)				
			A. Lalikos	375	280	445	1100
			(25-29)				
			C. McCrae	340	270	480	1090
			242 lbs.				
			(45-49)				
			R. Hoover	470	275	475	1220
			308 lbs.				
			(40-44)				
			T. Burns	520	360	520	1400
			308+ lbs.				
			(45-49)				
			B. Moore	730	530	800	2060

CONYERS EXTRAVAGANZA OCT 8 2011 » Tampa, FL

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Belt				
132 lbs.				
(75-79)				
D. Prokopi	---	55	85	140
165 lbs.				
(14-15)				
C. Highnote	165	100	220	485
(50-54)			DL-240	
S. Sweet	---	90	---	90
198+ lbs.				
(25-29)				
K. Drangle	185	95	315	595
No Belt				
88 lbs.				
(10-11)				
S. Lamha	80	45	120	245
114 lbs.				
(10-11)				
A. Farve	85	50	155	290
132 lbs.				
(35-39)				
C. Soto	140	75	225	440
148 lbs.				
(12-13)				

Venue: Jackson Springs Recreation Center. Glory to God! The 2011 Tony Conyers Extravaganza enjoyed its biggest turnout to date, and some awesome lifting by the likes of Titus Smith, Layne Norton, and Beau Moore! With just two meets left for the calendar year, we are looking forward to the 2012 season with great anticipation! First and foremost, thanks to Bill Beekley for hosting the event! Bill helped set up, worked the platform spotting, loading, and judging, and helped clean up. And, in addition to his efforts, he pulled a 530 deadlift with an injured shoulder and coached four lifters! It is the selfless sacrifice of men like Bill Beekley that make powerlifting the awesome sport that it is; thanks brother! On the women's side, eight ladies competed. Carmen Aguirre and Cheyenne Highnote led the charge, setting new records in the Ironman division and capturing Best Lifter honors in the open and teenage categories. Cheyenne's mom, Shonna, and Katie Drangle both registered record lifts in the R.A.W. United debut, and Bulldog team members Shileen Sweet, Seanna Lamha, Amber Farve, and Marissa Cawthon lifted flawlessly in their respective categories. On the men's side, Tykius Conyers and Garrett Highnote put on quite a show in the youth division. Ty went 130, 40, and 160 in the 8-9/66 pound class. Ty's lifts not only shattered the record books, but earned him Best Lifter honors as well. Garrett, lifting in his R.A.W. United debut, set records across the board on lifts of 145, 80, and 240 in the 12-13/114 pound class. Nikki Thai, always a solid lifter in the 165s, went 380, 270, and 400 to capture the class despite being sick. Titus Smith of Gibsonton, Florida had an incredible day in the 181s, totaling 1195 to win the class and take home the Best Lifter sculpture in the Ironman division. Bench specialist Sam Bozanich also finished strong, hitting a 435 pound bench in the 198s to take home a Best Lifter eagle. Layne Norton took some time off from bodybuilding to compete in the contest, and had an outstanding day in his R.A.W. United debut! Lifting in the 25-29, 220 pound class, Layne shattered the record books with a 615 squat, 370 bench, and 675 deadlift. His 1660 total was over 8.5 times his bodyweight, good for top placing in his class and Best Lifter honors in the raw division. Florida raw Dog teammates Tim Burns and Beau Moore put the finishing touches on the day. Tim went 520, 360, and 520 to register a 1400 pound total in the 308s. Beau, one of the world's strongest men, hit easy lifts of 730, 530, and 800 for a solid 2060 pound total. Special thanks to Andrew Yerrakadu, Tony Conyers, and Jason McElroy for judging; Tom O'Donnell, Kyle Mishler, Jesus Garcia, and Jon Wisenbaker for spotting & loading; all of the lifters and spectators for helping break down the platform area after the final pull; Sir Charles Venturella for the awesome 10x16" plaques featuring the one and only Tony Conyers and the detailed eagle sculptures that were utilized as Best Lifter awards; Bridget and the folks at Sandpiper Sportswear for the awesome Ephesians 6:10f contest shirts; and Shawn iBudf Lyte of BMF Sports for taking still photos and video of the lifters. Thanks! Finally, and most important, thanks to the brave men and women of the United States Armed Forces, to our nation's wounded warriors, and to our Lord and Savior Jesus Christ for affording us the freedom to enjoy each other's fellowship on the competitive platform! Thanks, and God Bless!

» courtesy Spero Tshontikidis

WABDL SONNY'S 7TH PUSH PULL

JUL 10 2011 » Honolulu, HI

BENCH		Teen (18-19)	
FEMALE		R. Nipp	300*
105 lbs.		165 lbs.	
Junior		Junior (20-25)	
C. Loo	138	J. Sato III	391
Open		R. Balidoy	375
C. Loo	138	Master (47-53)	
114 lbs.		D. Agaran	424
Junior		4th-440*	
J. Okimura	204	Master (75-79)	
4th-209!*		C. Vause	187
Master (40-46)		181 lbs.	
S. Whitehead	143*	Junior (20-25)	
Open		J. Pascual	419
S. Whitehead	143	Law/Fire Open	
Teen (14-15)		J. Shimabuku	457
H. Pacheco	99*	4th-462*	
123 lbs.		Master (40-46)	
Teen (12-13)		N. Bagayas	303
P. Yamaguchi	83*	K. Daniels	---
132 lbs.		Master (47-53)	
Junior		E. Lumpkin	402
J. Heya	160*	E. Lumpkin	402
Master (40-46)		Master (68-74)	
V. Panlasigui	143	A. Perez	209
Master (47-53)		4th-221*	
M. Godinez	171*	Master (80-84)	
Master (61-67)		G. Choi	---
L. Perez	95*	198 lbs.	
Master (68-74)		Class I	
L. Ford	61	R. Balansag	513*
Open		N. Robino	474
J. Neeley	209*	N. Olaiyar	463
M. Godinez	171*	Law/Fire (40-47)	
V. Panlasigui	143	R. Nipp Jr.	476!*
148 lbs.		Law/Fire Open	
Master (47-53)		R. Nipp Jr.	476*
D. Criste	154*	Master (40-46)	
Open		D. Suzuki	585
L. Richardson	314!*	4th-613!*	
S. Perry	303!*	L. Mansanas	518
S. Alvarado	265*	Master (47-53)	
Teen (16-17)		D. Furukawa	364
J. Padeken	110*	4th-374*	
181 lbs.		Master (68-74)	
Master (40-46)		R. Ford	143
R. Bagayas	276*	Open	
Teen (18-19)		S. Lee III	613!*
A. Aipa	132*	D. Suzuki	585
198 lbs.		4th-613!*	
Junior		A. Marks	452
K. Bagayas	204*	Submaster (33-39)	
220 lbs.		M. Elvena	441
Master (54-60)		Teen (18-19)	
S. Arnett	149	R. Baniaga	314*
4th-154*		220 lbs.	
MALE		Class I	
Teen (16-17)		C. Cabasag	496
G. Dionio	226!*	D. Tice	435
123 lbs.		L. Matayoshi	---
Special Olympian		K. Quinioneza	---
D. Hammond	187*	Junior (20-25)	
132 lbs.		L. Chong	524*
Open		A. Foster	424
J. Bareng	403!*	Law/Fire Open	
148 lbs.		D. Ideue	602*
Class I		Master (40-46)	
R. Nipp	300	D. Ideue	602*
Elite Open		Open	
K. Unten	518	J. Kelly	---
4th-529!*		Submaster (33-39)	
Junior (20-25)		J. Kelly	---
J. Pang	---	242 lbs.	
Law/Fire Open		Class I	
K. Unten	518	J. Richardson	535
4th-529!*		J. Sotelo	474
Open		Junior (20-25)	
T. Wong	---	I. Thomas	430*
Submaster (33-39)		Master (40-46)	
T. Wong	---	A. Foster	502
		Submaster (33-39)	

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

Gym Chalk

Essential for workouts and competitions, magnesium of 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

Stickum Spray

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

\$5.95



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.

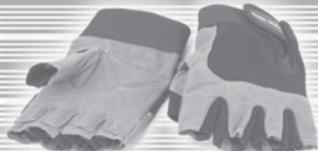
\$16.50



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





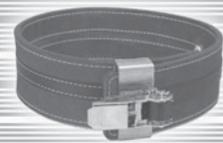
Forever Lever Belt 13MM

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 Belts™ are guaranteed forever!



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



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

INZER
ADVANCE DESIGNS
The World Leader in Powerlifting Apparel
INZERNET.COM
800-222-6897
903-236-4012

SEE MORE SELECTION AT INZERNET.COM

MEN'S 123 LB. (56 KG.) WEIGHT DIVISION » BENCH



August Clark at the 2003 Bench America competition in Chicago

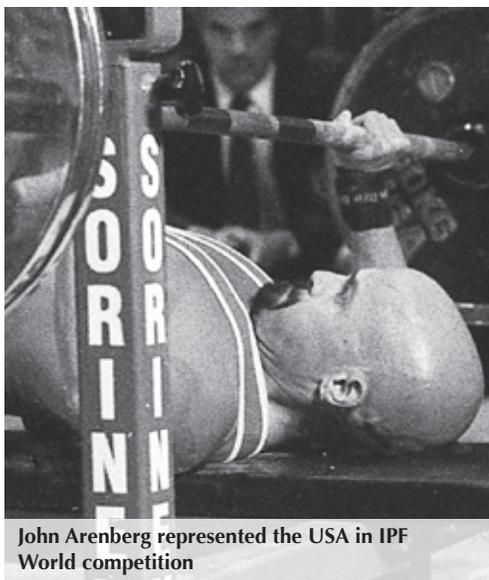


Freddie Higgins had great style in his ADFPA bench pressing days

Bench Press	X-Bwt	Male American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1. 413.4 (187.5)	3.35X	Eric Head/86 10/31/09 (187.5 kg.) (Reno, Nevada) (WABDL)
2. 402.3 (182.5)	*3.35X	Mike Booker/81 6/20/04 (182.5 kg. @ 120.0 lb.) (Vista, California) (AAU)
3. 391.3 (177.5)	*3.23X	Mike Booker/81 6/21/03 (177.5 kg. @ 121.0 lb., without a bench press shirt.) (Vista, California) (AAU)
4. 377.5 (171.2)	*3.06X	Rick "Taz" Couch 4/10/93 (377.5 lb. @ 123.25 lb., without a BP shirt.) (Fresno, CA) (APA/WPA/UBPF)
5. 374.8 (170.0)	3.04X	Dave Buterbaugh/66 11/11/95 (170.0 kg.) (Chicago, Illinois) (APF/WPC)
6. 374.8 (170.0)	3.04X	Kerwin Unten/68 11/15/98 (170.0 kg.) (Portland, Oregon) (WABDL)
7. 370.4 (168.0)	*3.08X	August Clark/62 7/10/99 (168.0 kg. @ 54.5 kg.) (Daytona Beach, Florida) (APF/WPC)
8. 370.0 (167.8)	*3.19X	Christopher O' Neil 11/21/92 (370.0 lb. @ 116.0 lb., without a BP shirt.) (Port Charlotte, FL) (APA/WPA)
9. 365.0 (165.6)	2.96X	Doug Ortiz/62 7/24/93 (365.0 lb.) (Wahiawa, Hawaii) (NSM)
10. 363.8 (165.0)	*2.97X	William Garcia/90 9/25/10 (165.0 kg. @ 122.6 lb.) (Las Vegas, Nevada) (USPF)
11. 360.0 (163.3)	*3.00X	Chad Wright/74 4/13/96 (360.0 lb. @ 120.0 lb.) (Griffin, Georgia) (NSM)
12. 355.0 (161.0)	*2.91X	Jeff Grabowski 3/13/93 (355.0 lb. @ 122.0 lb.) (Milwaukee, Wisconsin) (ADFPA)
13. 352.7 (160.0)	2.86X	Lyle Culp 3/14/04 (160.0 kg.) (Springfield, Oregon) (WABDL)
14. 352.7 (160.0)	*2.89X	Peter Wong/78 5/1/04 (160.0 kg. @ 122.2 lb.) (Villa Park, Illinois) (Bench America2)
15. 352.7 (160.0)	*2.87X	Michael O'Steen 4/9/05 (160.0 kg. @ 55.8 kg.) (Macon, Georgia) (USPF)
16. 341.7 (155.0)	2.77X	Mark Ferrera 7/6/85 (155.0 kg. @ 56.0 kg.) (Chicago, Illinois) (USPF)
17. 340.0 (154.2)	2.75X	Steve Petrencek/68 7/5/03 (340.0 lb.) (Chicago, Illinois) (Bench America1)
18. 335.1 (152.0)	*2.75X	Adam Zehr/80 5/1/04 (152.0 kg. @ 122.0 lb.) (Villa Park, Illinois) (Bench America2)
19. 330.7 (150.0)	*2.72X	Adam Zehr/80 11/22/08 (150.0 kg., @ 121.4 lb., without a BP shirt.) (Norfolk, Virginia) (100% Raw)
20. 330.7 (150.0)	*2.74X	Mike Ewoldsen/65 8/7/10 (150.0 kg. @ 120.5 lb.) (Denver, Colorado) (NASA)
21. 330.0 (149.7)	2.67X	Chuck Dunbar/87 8/25/84 (330.0 lb.) (Augusta, Georgia) (USPF)
22. 330.0 (149.7)	2.67X	Mike Kuhns/86 10/26/03 (330.0 lb.) (Albany, New York) (USAPL)
23. 330.0 (149.7)	*2.73X	Joshua Price 6/18/11 (330.0 lb. @ 121.0 lb.) (Gatlinburg, Tennessee) (SPF)
24. 329.0 (149.2)	2.66X	Joe Steinfeld/58 6/18/88 (329.0 lb.) (Lawrence, New York) (APF/WPC)
25. 325.0 (147.4)	*2.67X	Adam Zacht 2/21/04 (325.0 lb. @ 121.5 lb.) (Newburgh, New York) (USAPL)
26. 320.5 (145.4)	2.60X	Al Hart/39 9/10/71 (320.0 lb., without a BP shirt, later weighed out at 320.5 lb.) (Dallas, Texas) (AAU)
27. 320.0 (145.1)	2.59X	Chuck Dunbar/57 3/28/81 (320.0 lb., without a bench press shirt.) (Marietta, Georgia) (USPF)
28. 319.7 (145.0)	2.59X	Lamar Gant/57 4/19/80 (145.0 kg., without a bench press shirt.) (Auburn, Alabama) (USPF/IPF)
29. 319.7 (145.0)	2.59X	Freddie Higgins/51 11/13/82 (145.0 kg., without a bench press shirt.) (Chicago, Illinois) (USPF)
30. 319.7 (145.0)	2.59X	Eric Head/86 10/24/09 (145.0 kg., without a bench press shirt.) (Bogart, Georgia) (APC)
31. 319.7 (145.0)	*2.59X	Jeremy Scruggs/83 6/5/10 (145.0 kg. @ 56.0 kg.) (Plano, Texas) (APF)
32. 319.7 (145.0)	2.59X	David Cohn/75 9/10/11 (145.0 kg.) (Hiram, Georgia) (AAPF)
33. 317.5 (144.0)	*2.66X	Eric Torres/92 8/30/10 (144.0 kg. @ 54.2 kg.) (Czech Republic, Pilsen) (USAPL/IPF)
34. 316.3 (143.4)	2.56X	Gary Kucipak/55 5/9/79 (316.25 lb., without a bench press shirt.) (Hudson, New York) (USPF)
35. 315.0 (142.9)	2.55X	Joe Bradley/56 5/13/78 (315.0 lb., without a bench press shirt.) (Port Edwards, Wisconsin) (USPF)
36. 315.0 (142.9)	2.55X	Scott Frostbaum 11/17/79 (315.0 lb., without a bench press shirt.) (Boston, Massachusetts) (USPF)
37. 315.0 (142.9)	2.55X	Randall Kea/62 3/27/82 (315.0 lb., without a bench press shirt.) (Chamblee, Georgia) (NSM)
38. 315.0 (142.9)	2.55X	Clarence Fielder/69 3/14/92 (315.0 lb.) (Lakeland, Florida) (ADFPA)
39. 315.0 (142.9)	*2.60X	Chad Jasper 7/5/03 (315.0 lb. @ 121.0 lb.) (Chicago, Illinois) (Bench America1)
40. 315.3 (143.0)	2.55X	Hung Tram Pham/74 4/29/01 (143.0 kg.) (Las Vegas, Nevada) (AAPF)
41. 314.2 (142.5)	2.54X	Chip Taylor 12/17/83 (142.5 kg., without a bench press shirt.) (Santa Cruz, California) (USPF)
42. 314.2 (142.5)	2.54X	Joe Cunha/59 5/5/84 (142.5 kg.) (Mission San Jose, California) (USPF/ADFPA)
43. 314.2 (142.5)	2.54X	Bobby Adams 2/15/89 (142.5 kg.) (Long Beach, California) (USPF)
44. 314.2 (142.5)	2.54X	Jon Arenberg/61 2/22/97 (142.5 kg.) (Portland, Oregon) (USPF/IPF)
45. 314.2 (142.5)	2.54X	Joshua Vaughn 11/29/97 (142.5 kg.) (Portland, Oregon) (WABDL)
46. 314.2 (142.5)	2.54X	Charles Brown 9/11/99 (142.5 kg.) (Palatka, Florida) (USAPL)
47. 314.2 (142.5)	2.54X	Marc Morishige 7/7/01 (142.5 kg.) (Portland, Oregon) (WABDL)
48. 314.2 (142.5)	*2.73X	Ervin Gainer/66 11/10/04 (142.5 kg. @ 52.24 kg.) (Cape Town, South Africa) (USAPL/IPF)
49. 314.2 (142.5)	*2.54X	Damarrio "Doc" Holloway/80 7/7/06 (142.5 kg. @ 56.0 kg.) (Miami, Florida) (USAPL/IPF)
50. 310.0 (140.6)	2.51X	Scott Polke 11/28/87 (310.0 lb.) (Denton, Texas) (APF/WPC/WBC)

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

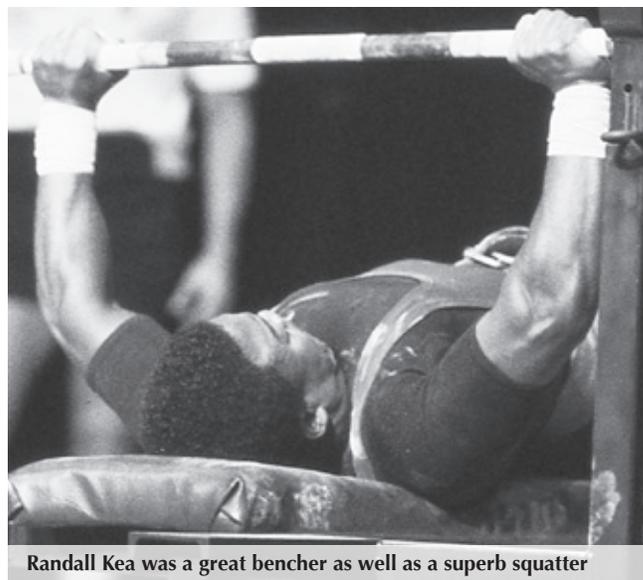
Records accurate as to my knowledge.



John Arenberg represented the USA in IPF World competition



Kerwin Unten is beyond world class when it comes to benching



Randall Kea was a great bencher as well as a superb squatter

WOMEN'S 123 LB. (56 KG.) WEIGHT DIVISION » BENCH

	Squat	X-Bwt	Female American Lifter/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	486.1	(220.5) *4.12X	Margaret Kirkland/63 5/30/08 (220.5 kg. @ 118.0 lb.) (Omaha, Nebraska) (APF/WPC)
2.	480.0	(217.7) 3.89X	Jenny Burke/70 6/24/06 (480.0 lb.) (Lake George, New York) (APF)
3.	460.0	(208.7) *3.77X	Natalie Carr-Harrington/83 2/6/10 (460.0 lb. @ 122.0 lb.) (Columbus, Ohio) (IPA)
4.	455.0	(206.4) *3.73X	Jenn "Pup" Rotsinger/78 10/24/09 (455.0 lb. @ 122.0 lb.) (Orlando, Florida) (APF)
5.	450.0	(204.1) 3.64X	Amy Weisberger/65 2/20/00 (450.0 lb.) (Columbus, Ohio) (IPA)
6.	440.9	(200.0) *3.58X	Mary Ryan-Jeffrey/60 7/16/88 (200.0 kg. @ 123.0 lb.) (Columbus, Ohio) (APF/WPC)
7.	422.2	(191.5) *3.49X	Carrie Boudreau/67 7/21/95 (191.5 kg. @ 54.9 kg.) (Baton Rouge, Louisiana) (USPF/IPF)
8.	420.8	(190.9) *3.43X	Vicky Steenrod/49 1/28/84 (190.0 kg. @ 55.7 kg., later weighed 420.8 lb.) (Austin, TX) (USPF/IPF)
9.	415.0	(188.2) *3.40X	Jean Forgatsch-Fry/86 8/20/11 (415.0 lb. @ 122.2 lb.) (Covington, Kentucky) (SPF)
10.	413.4	(187.5) *3.36X	Felicia Johnson-Almy/58 1/26/85 (187.5 kg. @ 55.8 kg.) (Boston, Massachusetts) (USPF)
11.	407.9	(185.0) 3.30X	Kathy Baker/59 7/28/90 (185.0 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
12.	402.3	(182.5) *3.26X	Tonya Myers/70 6/21/97 (182.5 kg. @ 56.0 kg.) (Atlanta, Georgia) (APF/WPC)
13.	400.0	(181.4) 3.24X	Diana Bona 5/3/86 (400.0 lb.) (Saint Johnsbury, Vermont) (USPF)
14.	391.3	(177.5) 3.17X	Cathleen Kelii/54 12/3/95 (177.5 kg.) (San Anselmo, California) (NSM)
15.	391.3	(177.5) 3.17X	Valeri Tyree/73 3/24/01 (177.5 kg.) (Fort Hood, Texas) (USPF)
16.	390.0	(176.9) 3.16X	Diane Frantz/37 10/17/87 (390.0 lb.) (Victoria BC, Canada) (APF/WPC)
17.	386.9	(175.5) *3.18X	Janel Brown/72 3/6/10 (175.5 kg. @ 55.2 kg.) (Columbus, Ohio) (USAPL/IPF)
18.	385.8	(175.0) 3.13X	Pam Crisp 11/21/87 (175.0 kg.) (Dayton, Ohio) (APF/WPC)
19.	385.8	(175.0) *3.22X	Anna Blakely 7/2/94 (175.0 kg. @ 120.0 lb.) (Elmhurst, Illinois) (APF/WPC)
20.	385.8	(175.0) 3.13X	Ashley Awalt/83 4/16/05 (175.0 kg.) (Baton Rouge, Louisiana) (USAPL)
21.	385.8	(175.0) *3.16X	Rowena Lopez/77 5/21/11 (175.0 kg. @ 55.4 kg.) (Atlanta, Georgia) (USAPL/IPF)
22.	380.3	(172.5) *3.10X	Diana Rowell/57 1/26/85 (172.5 kg. @ 55.6 kg.) (Boston, Massachusetts) (USPF)
23.	380.3	(172.5) 3.08X	Cheryl Finley 7/25/92 (172.5 kg.) (Pittsburgh, Pennsylvania) (APF/WPC)
24.	380.3	(172.5) *3.08X	Michelle Amstden/79 9/11/02 (172.5 kg. @ 56.0 kg.) (Sotchi, Russia) (USAPL/IPF)
25.	380.3	(172.5) *3.15X	Nichelle Whitfield/87 10/22/02 (172.5 kg. @ 54.7 kg.) (Helsinki, Finland) (APF/WPC)
26.	380.3	(172.5) *3.10X	Lee Denmon/63 5/3/08 (172.5 kg. @ 55.6 kg.) (Baton Rouge, Louisiana) (APF/WPC)
27.	374.8	(170.0) 3.04X	Nance Greenspan-Avigliano/56 6/10/00 (170.0 kg.) (Warren, Michigan) (APF/WPC)
28.	374.8	(170.0) *3.15X	Katherine "Kat" Clark/80 11/9/10 (170.0 kg. @ 53.94 kg.) (Potchefstroom, South Africa) (USAPL/IPF)
29.	369.3	(167.5) *3.03X	Julie Sylvan-Thomas/60 1/29/83 (167.5 kg. @ 55.35 kg.) (Chicago, Illinois) (USPF)
30.	369.3	(167.5) 2.99X	Tammy Shepard 9/24/83 (167.5 kg.) (West Lafayette, Indiana) (USPF)
31.	369.3	(167.5) 2.99X	Wendy Brocius 10/12/90 (372.5 kg.) (Pescara, Italy) (APF/WPC)
32.	369.3	(167.5) *3.08X	Susan Rinn/63 11/9/02 (167.5 kg. @ 119.9 lb.) (Round Rock, Texas) (USPF)
33.	369.3	(167.5) *3.06X	Teale Magierek-Adelmann/71 6/18/05 (167.5 kg. @ 120.6 lb.) (Springfield, Ohio) (NASA)
34.	369.3	(167.5) *3.04X	Suzanne Hedman/60 11/7/10 (167.5 kg. @ 121.5 lb.) (Sacramento, California) (SPF)
35.	365.0	(165.6) *3.18X	Jordan Scott 3/18/05 (365.0 lb. @ 114.8 lb.) (Killeen, Texas) (THSWPA)
36.	365.0	(165.6) *3.04X	Maegan Fontenot/92 2/12/09 (365.0 lb. @ 120.0 lb.) (Anahuac, Texas) (THSWPA)
37.	363.8	(165.0) *2.98X	Eileen Todaro-Wadie/58 1/26/85 (165.0 kg. @ 55.4 kg.) (Boston, Massachusetts) (USPF)
38.	363.8	(165.0) 2.95X	Sheila Ward/68 11/1/86 (165.0 kg.) (Topeka, Kansas) (USPF)
39.	363.8	(165.0) *2.95X	Sandy Mobley/59 11/14/98 (165.0 kg. @ 56.0 kg.) (Baltimore, Maryland) (USAPL)
40.	363.8	(165.0) *2.98X	Kristin Tom 7/31/04 (165.0 kg. @ 55.3 kg.) (Lincolnwood, Illinois) (AAPF/AWPC)
41.	363.8	(165.0) *2.98X	Caitlin Miller/90 2/10/06 (165.0 kg. @ 55.4 kg.) (Denver, Colorado) (USAPL/IPF)
42.	363.8	(165.0) *2.98X	Samantha Baker/88 4/13/07 (165.0 kg. @ 55.3 kg.) (Killeen, Texas) (USAPL)
43.	363.8	(165.0) *2.97X	Becky Rich/81 9/24/10 (165.0 kg. @ 122.6 lb.) (Las Vegas, Nevada) (USPF)
44.	360.0	(163.3) 2.92X	Suzanne "Sioux-Z" Hartwig-Gary/68 7/15/06 (360.0 lb.) (Towson, Maryland) (AAU)
45.	360.0	(163.3) *2.97X	Chelsea Saenz/92 1/17/09 (360.0 lb. @ 121.4 lb.) (Port Lavaca, Texas) (THSWPA)
46.	358.3	(162.5) *2.92X	Katie Van Dusen/88 3/31/07 (162.5 kg. @ 55.7 kg.) (Alexandria, Louisiana) (USAPL)
47.	358.3	(162.5) 2.90X	Charity Boutte/82 5/12/07 (162.5 kg.) (Houston, Texas) (APF)
48.	356.9	(161.9) *2.91X	Debbie Candelaria-Mack/63 5/21/83 (162.5 kg. @ 55.7 kg., 356.92 lb.) (Cambridge, MA) (USPF/ADFFPA)
49.	355.0	(161.0) *2.94X	Alexa Schillinger/91 3/13/09 (355.0 lb. @ 120.7 lb.) (Holmen, Wisconsin) (USAPL)
50.	355.0	(161.0) *2.96X	Maria Gonzales 3/19/11 (355.0 lb. @ 120.0 lb.) (Corpus Christi, Texas) (THSWPA)

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



Eileen Todaro-Wadie didn't have the advantage of today's big time equipment, but still has a big number in the rankings



Margaret Kirkland, DDS – a high achiever (c. the Kirklands)



The two all time best women bench pressers in USA history, Janet Faraone (above) and Tina Rinehart (below) were both on the platform at the 2003 Bench of America competition



Julie Sylvan Thomas was part of a very rare commodity; a husband and wife who were both IPF World Powerlifting Champions (with her husband Walter Thomas)

THE #1 POWERLIFTING SHOE
UB Solid from the ground ↑

New Football & Soccer Shoes

IPF Approved!
\$139.99 + S/H

www.liftersathleticwear.com
 1632 E. Main Street (P.O. Box 1364)
 League City, Texas 77573
 Phone 713.898.0927

Beyond A Century[®]
 Performance Nutrition • Anti-Aging
We can save you money!

D-Aspartic Acid, 150gm	\$13.50
Beta-Alanine, 300gm	15.90
L-Norvaline, 40gm	19.50
Peak ATP™ (pure), 20gm (80 days)	22.50
Ribose, 200gm	19.90
N-Acetyl L-Glutamine, 300gm	17.75
Acetyl L-Carnitine, 100gm	7.90
CLA, 750mg, 100 gelpcaps	8.95
Creatine Mono. 99+% Micronized, 1kg	14.75
Arginine base powder, 300gm	17.00
Arginine AKG, 150 gm	10.90
Citrulline, 100gm	11.50
Lipoic Acid Powder, 50 grams	9.00
Whey Protein 90% instant isolate, 24oz	21.75
Tribulus Ext. 45% 100gm	7.50
Long Jack 100:1, 20gm	37.50
Yohimbe, 8% Yohimbine! 40 gm	7.75
Glutamine 300gm/1kg	14.50/37.50

Visit website for current specials & coupons
 Order toll free or call for catalog
 800-777-1324

Sign up for our email newsletters!
 Secure online ordering & digital catalog:
www.beyondcenturyonline.com
 Hundreds of Products
 Authenticity Guaranteed!
 Beyond a Century ~ Greenville ME 04441
 Since 1983

HIGHEST QUALITY SUPPLEMENTS DIRECT!!!

NO MIDDLE MAN!
 Free 48 Page **WHOLESALE** Catalog
 fully describing our 50 one-of-a-kind
 Bodybuilding supplement formulas
 that produce results!

CALL 1-800-798-9798
 TOLL FREE CATALOG ORDER HOTLINE
Fitness Systems Manufacturing Corp.
 104 Evans Ave., Dept. PL 1211
 Reading, PA 19608
 1-800-822-9995 or Phone/Fax 1-610-670-0135

SWEAT GOOD

T.K. Bands for knee or elbow support
 provide stability and warmth.
 Prevent Injuries!
 Improve Circulation!
 Train Harder!

S, M \$39.95
 L \$42.95

T.K. WAISTBAND

**BURN FAT!
 SHRED YOUR ABS!**

T.K. Waist Bands are made with a
 specially formulated heat insulating
 material which retains body heat and
 provides thermogenic enhancement as
 well as support and comfort.

One Size Fits All
 \$29.95

POWERHOOKS

**REVOLUTIONARY TOOL TO
 PRE-LOAD AND SELF-SPOT DUMBBELLS!**

Powerhooks make your workouts
 More Intense • More Effective • after
 which results in maximum exercise benefit.

NEW AND IMPROVED

ONLY \$49.95 pair
 FITS ALL DUMBBELL
 SIZES AND STYLES

POWER UP

COUNTRY POWER INC.

ORDER NOW!
 Add just \$6.75 S&H per order
888.669.6316
 or send check or money order to:
 COUNTRY POWER INC. 85-979 Farrington Hwy. Waino, HI 96792
WWW.POWERHOOKS.COM

elifts[®]

Accessories
 Briefs
 Wraps
 Deadlift Suits
 Bench Shirts
 Squat Suits

Exclusive Supplier:

elifts
 Elitefts.com/Metal
 888.854.8806

NIGHT OF THE LIVING DEAD

2011 DEADLIFT COMPETITION

strong in the Lord"

EPHESIANS 6:10

FSN
SUN
SPORTS

NIGHT OF THE LIVING
deadlift competition

CenturyLink
Stronger Connections

hSource™
Progressive Rehab™
2-3337

TITAN
SUPPORT

ULTIMATE
POWERLIFTING
CHAMPIONSHIP

Extreme
POWER



RICHARD "THE HUMAN ANT" HAWTHORNE OPENED WITH 4.8 TIMES HIS BODYWEIGHT!
(JEREMY GOUGE PHOTO)

EXALT GYM'S NIGHT OF QUEST NUTRITION'S ANDY BOLTON

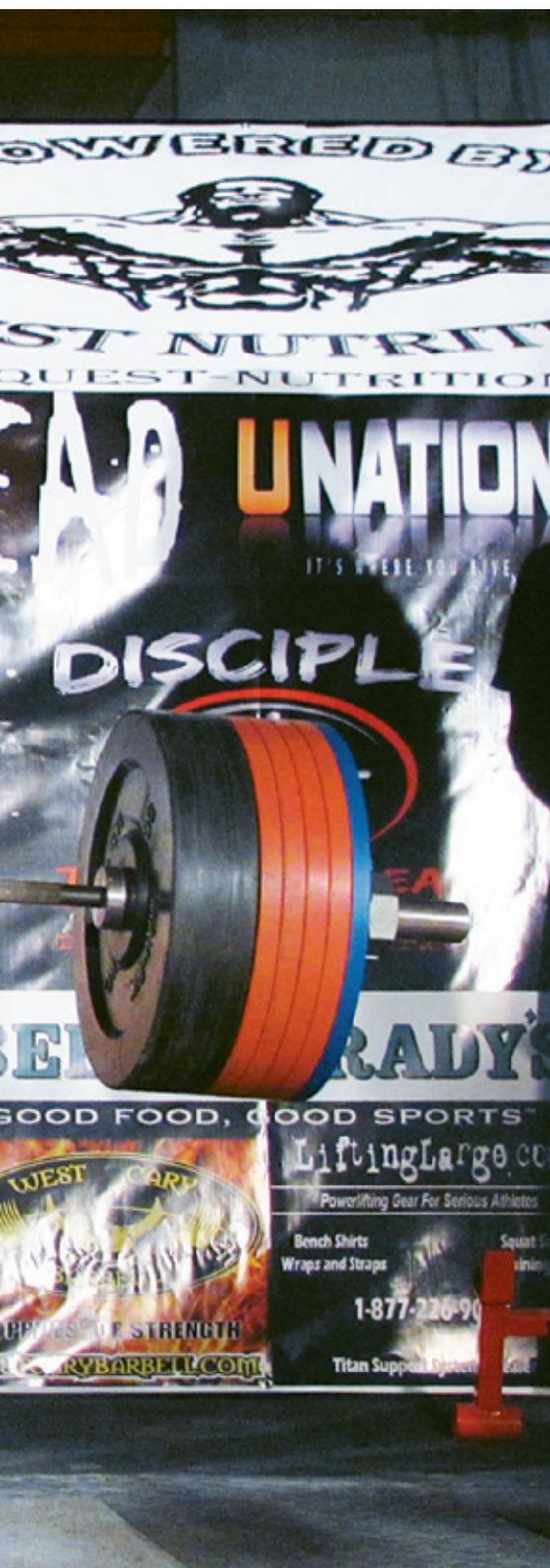


LAST YEAR'S CHAMPION AND THIS YEAR'S NOTLD CHALLENGER, THE ONE AND ONLY ANDY BOLTON!
(WAYNE STOVER PHOTO)

THE LIVING DEAD:

CHALLENGE

AS TOLD TO POWERLIFTING USA
BY ALEX CAMPBELL



Andy Bolton issued a challenge to the world: “Show up and beat me pound for pound or biggest lift and take my title at the 2011 Night of the Living Dead (NOTLD)” —and show up they did. Twenty-five of the greatest deadlifters on the planet answered that challenge and never backed down from the “Pride of Leeds,” England. Some came for the best lift and some came to lift the biggest, but all came trained and ready to dethrone what many consider to be the greatest deadlifter in world history.

Pride and reputation were not the only things at stake on this night. Xtreme Power TV was handing out the first ever Ultimate Powerlifting Championship deadlift belt. There were four deadlift shows in the series that began back in February in Tampa, and ended at the super bowl of deadlifting, The Night of the Living Dead. Also, Fox Sports Net decided to bring another championship belt just for the best pound for pound lifter at the NOTLD since it was the greatest assemblage of deadlifters in world history.

MORNING FLIGHT COMPETITORS: Due to the increasing popularity of this meet, there was a morning flight for the first time. Eighteen lifters considered it important enough to travel all the way to the NOTLD to feel the atmosphere of the NOTLD stage and hopefully taste the glory with the top male and female lifter by formula, getting an automatic bid to the 2012 show. There were many great performances and several lifters approached 800 pounds, but the big winner at the end of the day on the male side was Steve Flaming. He just missed an amazing 805 pull, but finished with a best pull of 761 at only 260 pounds to secure his spot for next year. Fifteen year old Elisa Bird secured a 221 pull at less than 100 pounds to stake her claim to a spot for next year as well.

WOMEN'S BEST PULL COMPETITORS: Five of the best female deadlifters on the planet came to do battle and they were pushing very hard to force mistakes from the other lifters. Rheta West drove her Harley-Davidson nine hours to be there, but had a very tough day when she was strong but unstable on her first attempt and then jumped to 463 only to miss it twice. She had a great attitude and will no doubt be back to push toward that 500 barrier very soon.

Alison McWeeny is the most inspiring lifter and person you will ever meet. She came in at 125 pounds and lifted 160, but the weight is not important for this lifter. It is the fact that she endured a terrible accident two years ago that resulted in the mangling of one leg and the loss of the other below the knee. She strode out to the platform, tossed her crutches down,

hopped to the bar on one foot, and pulled up her first two attempts with ease. On her third, she pulled it easily, but just lost her balance. I asked the crowd if they would like to give her a 4th attempt just for fun, and the roof nearly came off the building. Every single person that could stand was and when she pulled that last lift, people in the stands began to openly weep with one moved lady sobbing for nearly an hour. I have never seen such an outpouring of emotion at a sporting event, but Alison McWeeny showed what powerlifting is all about: heart and determination to conquer any obstacle.

Rhonda Clark is a multi-time IPF world champion, but being the heaviest competitor, she had her work cut out for her. After losing her balance on her first, she came back to nail two great final pulls, ending with 452. Hannah “the Minx” Johnson had trained very hard and notched a great opener of 458, but she just missed twice for 485 and her 500 pound pull would just have to wait until another day. Jennifer O’Neil would only get her opener as well, but her 469 at 147 would be enough even when she failed to pull that elusive 502 on her final two lifts. She is a very deserving champion and overcame so much to win. She is recovering from surgery that snapped her forearm and had plates and screws inserted. She promised me she would be back on form and ready for the meet and she is a woman of her word.

MEN'S BEST PULL COMPETITORS: Mike McCoy finished last, but is still an amazing puller when you consider his age. This three-time IPF world champion pulled 705 as only a teenager last year, and this year being a full time college student allowed him less time to train, but he still wanted to improve his PR to 711 and missed it literally an inch from the top. The next lifter, Tom Eiseman, was a surprise to finish off the podium. He was a five-time consecutive NOTLD champion, before finally being dethroned last year. His intent was to retake his title, but a bout of gout in his hand a month away from the meet doomed his chances. He could not even hold the bar in his hand for three weeks, and eventually had to flip his grip to even compete. Eiseman, not being one to make excuses, did his best under the circumstances destroying a 601 opener, but barely missing 717 twice.

Willis McCoy from Ohio really wanted to compete at the NOTLD and did sneak in, but he was determined to lift all out against the other competitors. He hit a nice 474 opener at only 148 pounds, but missed his second at 535. This gritty former marine stoked his fires and returned to the platform to pull an epic grinder

2011 NOTLD »



ALISON MCWEENY BROUGHT TEARS TO THE EYES OF THE CROWD AS SHE PULLED AN INCREDIBLE 160 POUNDS ON ONE LEG (W. STOVER PHOTO)

that ended in success. Darren Dorn at less than 195 pounds wanted to be in the 700 pound club, but after an easy opener he just could not secure the 705 on his next two attempts. Such a humble young man, but you could see the determination in his eyes to come back bigger next time.

Bob Dale was one of only four competitors to go three for three in the night time flight. He had originally given up his spot in the contest due to an Achilles tendon tear, but had rehabbed and was able to lift after all having one of the better days of any lifter. He finished with an easy 755 pull on a week's notice and coming off that terrible injury. Thomas Land was a first time competitor and pulled an easy 750, but his desire to enter the 800 club with his 805 failed twice after two monster efforts. Mark Ferris is another amazing lifter approaching 50 years old that destroyed his 761 second attempt, but just could not finish his 783. He has no doubt recovered will from his bicep tear which he competed with last year.

Rich Sadiv at only 177 pounds came to do battle with the big boys. He is an amazing masters puller that picked his numbers perfectly, and "the Human Crane" ended with an agonizingly slow yet solid 661. Damon Mayers is a quiet and confident puller that was suffering a muscle strain in his back, but he never says a word, just does his job. He notched two nice pulls ending with 711 before his 717 fell just shy. Ryan Sneling had dieted down to 148 and switched his form from conventional to sumo and planned to do some serious damage to the contenders this year. He pulled an easy 579 before being stopped with 628 on his last two attempts. No doubt with another year of sumo pulling under his belt he is headed into the mid 600s.

Rob Hanners came in at under 165 pounds

and secured a 639 before being stopped with 661 for a nice first showing at the NOTLD. Dave Hanson had the honor of opening the second flight of lifting because of his 186 pounds of bodyweight, and he did not disappoint by going three for three and ending with a 717 pull and making the top 5 of the men's division. Joe Morrow came in ripped like a bodybuilder and at only 137 pounds easily handled his 573 opener to secure 4th place, but his bid to go over 600 with 606 fell just short and he could tell it was not his day, but hopefully he will be back soon to power through that barrier.

Chris Dellafave was the surprise of the meet hitting a 90 pound PR to come in and do battle with the best in the world and walk away with a top three finish. Picking numbers against the best of the best in a head to head format can be tricky at best, but he selected three perfect attempts and ended with 843 at 240 pounds. If he can continue to make that kind of progress, he is going to be deadly in any deadlift competition.

Richard Hawthorne is no doubt the greatest pound for pound lifter in the world. He weighed only 126 pounds and his training partner said people would be talking when he pulled his amazing deadlift, so he videoed the weigh in just for proof and, yes, this tiny little human really does pack that much power into that small frame. They don't call him "the Human Ant" for nothing. He opened 584 (4.8 times his bodyweight for a NOTLD record Schwartz score on only his opener). He then went to 612 on his second and with his patented slow and methodical set up, ripped it cleanly for a 4.9 times bodyweight pull, before finally being stopped with 617. He had destroyed his next closest competition for the best formula deadlift by nearly 30 points. The likes of Hawthorne have not been seen since giants like Gant and

THE NEW CHAMPION OF THE NOTLD, VINCENT URBANK, WHO PULLED AN INSANE OPENER OF 906 WHICH ULTIMATELY BROUGHT HIM THE WIN FOR BIGGEST PULL (EPHESIANS 6:10) (J. GOUGE PHOTO)



Coan roamed the platform.

THE ANDY BOLTON CHALLENGE: We know who answered the call to face Andy on formula, now let's discover who the brave men were than had the intestinal fortitude to compete for the biggest deadlift in the Andy Bolton Challenge by way of their 848-plus pulls. Orlando Green was facing a stacked deck when he came in weighing only 232 pounds, but he had a monster 865 pull to his credit. Could the diminutive dynamo have enough in his back to push Bolton and the rest of the guys? He opened 832, but just seemed off balance and out of the groove. Not intimidated, he jumped to 893, but neither on his second nor third did he achieve success. Green is a very driven man and he will return to increase his already amazing best pull toward the 900 barrier.

David Hanson was the biggest competitor and an ASC pro strongman that had come to do battle with Andy Bolton. He crushed his 838 opener, but the bid to pull the elusive 400 kg. (882 lb.) fell just short twice, but there is no doubt this big man came to pull a huge lift to push the Bolton competitors. Ryan Bracewell at only 272 pounds (another ASC pro strongman) came to battle the big boys as well and had similar aspirations with 400 kg. (882 lb.), but when that bid failed, he was stuck with his opener of 805.

The show had become a two man race between ASC pro strongman Vince Urbank and the man who had issued the challenge. Urbank definitely had his work cut out for him weighing 297 and being nearly 6-foot-8-inches. He would not have a lot of mass on his frame, but a long way to pull it if he were to slay this deadlift goliath. But what no one knew was that Bolton was not himself. Bolton had lifted two weeks previously in Finland at the Bullfarm



RICHARD "THE HUMAN ANT" HAWTHORNE PULLED AN UNREAL 617 POUNDS AT ONLY 126 POUNDS BODYWEIGHT, GIVING HIM THE BEST COEFFICIENT PULL AT THE MEET (J. GOUGE PHOTO)

meet. Upon returning to England he contracted a severe virus that made him lose weight from 350 all the way down to 308 and nearly called an ambulance. He refused to pull out of his challenge event and traveled to America while just resting and eating and hoping to regain his form and strength. Unfortunately, he was only able to come in at 327 (nearly 25 pounds under his bodyweight from only two weeks ago). His strategy was to pull a super light opener, which he did at 816, and then just to wait everyone else out and pull the biggest deadlift to secure the win at his event.

As the other competitors failed to raise the bar into the upper 800s, Bolton breathed a sigh of relief. All of that changed, however, when the monstrous Urbank strode to the platform. He had called for 906 pounds, the all-time 308 American record. That was nearly 70 pounds more than he had ever done in competition. He was going to push hard and try to back Andy into a corner—if he could pull it.

Vince Urbank was another one of these amazing ASC pro strongmen that answered the bell to face Andy Bolton and he was ready. Sure, Andy Bolton has more than forty 900-plus competition pulls, but he came from England and called out all Americans on their home turf and Urbank, being the biggest American puller this year, had to answer the challenge. He was very quiet before the meet, but had told me privately that he planned to open with the all-time American record to break Doyle Kennedy's long standing mark. He would have the biggest opener, nearly 100 pounds above even Bolton, and all eyes would be on him to see if he had risked too much or had planned the perfect strategy to slay Andy Bolton at his own meet.

When he ripped up the 906 with room to spare, everyone knew this was going to be a

heavy weight showdown for the ages. Urbank was so excited he threw his girlfriend nearly into orbit, curled his 100 pound pit bull with one arm, then stormed the stage to wrest the microphone from the announcer's hand to shout emphatically to the crowd, "This show just got started!" The lanky strongman showed he could play Bolton's game and he too passed his second and waited on third attempts.

Urbank chose 937 to eclipse the biggest American deadlift of all time by Garry Frank and at only 297 pounds. Bolton entered a paper third attempt, with the plan to change it to the lowest weight possible to win depending on Urbank's third. Urbank came to that bar ready for war, but using his double overhand hook grip, his thumb split open and began to spurt blood and the nervous shock shut his entire pull down. Andy called to drop for 937 also, which, if he pulled it, would win him the biggest pull at his event.

Andy came to do battle with a weight that on a normal day could be his opener, but in his depleted state would be a challenge. Had Urbank's strategy worked perfectly, or had the calm and cool British deadlifter made Urbank play into his hands with only getting his opener? Andy stormed the bar after a few slaps to the back of the head, but it barely left the floor and Urbank was able to do the impossible, beat the deadlifter with more 900-plus pulls than any other man in history by playing smart, pulling big, and risking it all on his opener. Bolton had come to Urbank's home turf and challenged his manhood, and Urbank, being America's biggest deadlifter, had no choice but to defend America's honor. His lift was so incredible that he finished second on the formula to the amazing Hawthorne even though he was one of the heaviest competitors.

After the dust had settled on the deadlift fireworks, Zach Seymour (lifting in the morning session) was crowned the first Xtreme Power TV Ultimate Powerlifter Championship series winner in the deadlift by way of his three combined scores from the series. He had just edged the two scores of the amazing Richard Hawthorne by pulling a great PR on his third deadlift. Richard Hawthorne received \$1,001 dollars and another belt specially made for the best coefficient pull at the NOTLD. Both of these beautiful belts are made by the same company that makes them for the UFC and are 18k gold and cost \$3,000. Is there a lifter out there that has the guts to show up for the XPTV UPC shows next year and wrest these belts away from their deserving champions? Richard assured me he was going to be holding to his belt tightly and with a smile said everyone was welcome to "come and try."

Vincent Urbank was also awarded \$1,001 for his biggest pull and all-time American 308 record and victory over Bolton. He said that if he does not have a conflict with World's Strongest Man finals, he will be there to defend his title and challenge all who think they can out duel him, and he says "be prepared" as he is ready to become the biggest deadlifter in the history of America to do it.

Every lifter that was there was blown away by the huge crowd, stadium seating, TV broadcast, play by play announcers, atmosphere, professionalism, and level of competition. As the NOTLD continues to grow, watch the website www.nightofthelivingdeadlift.blogspot.com for all of the information for the 9th annual event in 2012 on October 20th again in Elizabethton, TN. For more information on the 2012 Ultimate Powerlifting Championship series, check www.xtremepower.tv. «

TEN STRATEGIES FOR SLASHING FAT, GAINING MUSCLE + BOOSTING

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

HOW MUCH PROGRESS

DID YOU REALLY MAKE DURING 2011?

This question makes many people very uncomfortable when they consider all of the time and effort put into training and diet. To have to answer this question and come to the realization that you fell short of your goals is a humbling experience. All you can do now is learn from the past and apply new methods to reach your goals in 2012! The New Year presents opportunities and challenges for every trainee that often go to waste due to poor planning. Over the years the client success stories are piling up with fantastic body transformations and huge increases in strength. Want to lose 20 pounds of body fat and gain 20 pounds of muscle in 4 to 6 months? The keys to success are working hard and smart! Smart, meaning using the right techniques for your specific needs—this is not something you can identify with a quick Internet search for one size fits all generic info. Our job is to match clients with the right techniques to reach goals ASAP. So take some time right now to email scott@infinityfitness.com with your list

of the benchmarks you need to reach to make 2012 the best year of your Iron life!

MACRONUTRIENT CYCLING TECHNIQUES FOR RAPID FAT LOSS AND MUSCLE GROWTH

We have worked with strength athletes who arrived to us not having changed their nutrition plans for 10 years or more! That is insane! Would you ever use the same training routine for more than a month or two? You certainly would not use the same plan for years on end, knowing it would get very stale. You must strategically rotate your macronutrient percentages to make the body improve. Think of protein, carbohydrates and dietary fats as sets, reps, and rest periods for your workouts. They need to change often to support your goals.

LOW CARB FOR TOO LONG?

A common mistake is following a low carb diet for a long period of time without any macronutrient cycling. Initially, a low carb plan can work very well as it introduces some new elements to

the metabolism. However, after a month or so the body begins to use more protein as a fuel source since it is readily available and this leaves less raw materials available for repairing muscle. The consistent flow of high protein levels can also distract the body from using dietary fat as a fuel source bringing your fat loss to a grinding halt. We use carb loading with specific amounts, timing and food sources to once or twice per week to teach the body to spare muscle, refill muscle glycogen and to increase utilization of stored fat as fuel. There are several dozen macronutrient cycling systems that we can use at any given time pending client needs and goals. Executing the right protocol will unlock your full potential for slashing body fat, gaining muscle and sending strength levels through the roof!

FOUR SEASONS NUTRITION ROTATION FOR SUCCESS

We break up the year into 4–12 week training phases and use 4 other weeks for active rest in between those phases to help with recovery. Add that up and you have 52 weeks covered.

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 -

614 868 7521 | www.infinityfitness.com



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.

YOUR STRENGTH IN 2012



Planning a year of training objectives is a proven path to success to match your long term goals. A secret to success is alternating the emphasis of the 12 week training blocks to keep many elements "fresh." For example, a great way to design a year of training for a client aiming to improve strength as well as body composition would be to focus on lower body fat for the first 12 weeks of the year followed by a 12 week phase dedicated to muscle growth. Proper design and execution of the programs ensures no muscle is lost while focusing on body fat loss and that no fat is gained while changing gears to put on muscle. Too many trainees sabotage themselves by taking two steps forward only to be followed by two rapid steps back.

OPTIMIZE PRE/DURING AND POST WORKOUT RECOVERY

You will only have 4 to 6 great opportunities to train each week, so make the most out of them. Highly intense training sessions to drive the fastest possible progress require razor sharp focus and an anabolic hormonal environment to make all of your hard work pay off. Thirty minutes before training, start sipping the 100% MR and Muscle Synthesis to lower stress hormones including cortisol and stuff muscles with their ideal ratios of raw materials for accelerated growth and repair based on years of Dr. Serrano's patient trials. The development process included thousands of hormonal blood work reviews, strength/body composition testing, muscles biopsies and more! One of the quickest ways to promote anabolism and force the body to burn more fat, while gaining muscle is to lower cortisol levels which can work in opposition to testosterone if left unchecked. Amino Loading with 100% MR and Muscle Synthesis during training keeps muscles well fueled while promoting anabolism. Immediately after the last set, Amino Loading delivers crucial raw materials to hungry muscles delivered by increased blood flow in trained areas. Bypassing digestive delays, the 100% MR and Muscle Synthesis arrive more quickly and in larger amounts than any protein supplement.

BREAK OUT OF YOUR COMFORT ZONE FOR NEW PROGRESS

The definition of madness is repeating the same techniques and expecting a different result! If your strength, muscle to body fat ratio or other critical factors did not improve, then it

is time for strategic change! You will need to get outside of your comfort zone to break into new levels of progress during 2012. This can be difficult as we are creatures of habit, but the strongest trait amongst successful people throughout the history of humanity is the ability to adapt to ever changing circumstances. Consider that training and nutrition programs that worked for you in the past will not work as well the second or even third time around as the body adapts very quickly to programs making the right changes the key to success. Conditions are constantly changing, creating different needs. Factors such as age, hormonal status, injuries, stress levels, sleep patterns and more also impact the type of programs that should be used to achieve your goals in the shortest possible time frame. You cannot train as much as you did at age 25 when you are 35, and sure as heck cannot do it when you are 40 without overtraining.

IMPROVE YOUR SLEEP QUALITY TO HELP YOUR BODY WORK HARDER FOR YOU!

A lack of sleep makes your hormones turn in the wrong direction. Countless studies show that a few nights of poor sleep can negatively alter your insulin sensitivity. In our experience, those with inadequate sleep consume more sugar for a variety of reasons. A good night's rest is a key to successful days fueling optimal physical and mental energy to accomplish the tasks at hand. Optimizing your natural anabolic hormone levels is an important part of the recovery process as it relates to weight training especially. Lack of sleep is a common cause of overtraining. While some people have trouble going to sleep many more experience difficulty staying in a deep level of sleep. Waking up feeling tired is a sign that the quality of sleep is poor. High stress levels are a common reason behind some sleep difficulties; try the Fat Reduce PM which was engineered to lower stress levels to help clients transition into a restful level sleep. Feedback consistently shows that clients wake up feeling very well rested and ready to go within a week or two of starting the Fat Reduce PM.

SET AGGRESSIVE GOALS AND THE RIGHT STRATEGIES TO ACHIEVE THEM

Set goals that are specific, measureable, and time sensitive to set yourself up for success. We always advise clients that is okay to be aggressive with goals, but they must recognize

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 dieticians 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.



Scott Mendelson of Infinity Fitness

ABOUT SCOTT MENDELSON

Scott H. Mendelson, author of the 100% Fitness Solution e-book and Director of Infinity Fitness is a highly regarded performance nutrition and training specialist. In addition to designing customized programs for his celebrity, weekend warrior and executive clients, Scott works daily with professional athletes from the NFL, NHL, MLB, MLS and NCAA. Scott has built an excellent reputation providing effective supplements, cutting-edge information and unmatched service to thousands of clients worldwide since 1999. Also the special assistant to Dr. Eric Serrano MD, Scott helps with the design of training, nutrition and supplementation trials to confirm the effectiveness of protocols and expand his expertise.

Copyright © Infinity Fitness, INC. All Rights Reserved 2011. This document is provided by Infinity Fitness INC for general guidance only, and does not constitute the provision of health or fitness advice. The information is provided 'as is' with no assurance or guarantee of completeness, accuracy, or timeliness of the information, and without warranty of any kind, express or implied, including but not limited to warranties of performance, merchantability, and fitness for a particular purpose. Amino Loading™, 100% MR™, Muscle Synthesis™ are trademarks of Superior Supplements and Training, LLC, Ohio, USA.

BOOST YOUR STRENGTH IN 2012 »

that their commitment must match the level of the goals. Setting goals is the easy part, as executing the strategies to achieve the goal will determine success. You must stick to the strategies to make the goals come true and if you are not able to execute the strategies, then the goals must be adjusted accordingly. Go over your goals often and make sure they are realistic given the time frame. Setting short and long term goals is the best path for success. Someone trying to gain 20 pounds of muscle in a year can break up the larger goal into packing on 5 pounds of muscle every three months to make sure they are track to reach the long term goal.

SHAKE UP TRAINING TECHNIQUES TO BUST THROUGH STRENGTH PLATEAUS

As it relates to performance, a three month block of training can be dedicated to improving peak power using compensatory acceleration with bands to be followed by a three month program which focuses on raw strength using higher loading percentages. Many strength athletes are stuck on one very specific training system that gets stale over time. You do not have to abandon your core training philosophies with every new program, but you will make the fastest rate of progress by making strategic changes often by changing exercises, execution

patterns, load percentages, rest periods, training frequency, etc.

FILL FAT CELLS WITH THE RIGHT MATERIALS TO SHUT DOWN BODY FAT ACCUMULATION

Your fat cells are the storage warehouse for excess materials; fill up this space with good fats and you can prevent accumulation of new body fat. The body is very smart. Provide it with tons of good fats and it will suck them up filling cells rather quickly. Alpha Omega M3 was designed to provide all of the great benefits of Omega 3 while being engineered to maximize body comp improvements. Take 6-9 caps per day along with good dietary fat choices with meals and watch your pants waist stay loose and your sleeves get tight with new increases in muscle! Loading up on the right combination of essential fats can also improve insulin sensitivity making the body release less of this powerful fat storage hormone. «

 Email scott@infinityfitness.com or call (614) 868-7521 with your top 5 problems and get a personal response within 12 hours by phone or email with proven solutions. Ask for the "2012 Goal Achievement File," "Belly Fat Slashing" and "Fat Cell Cleansing" special reports.



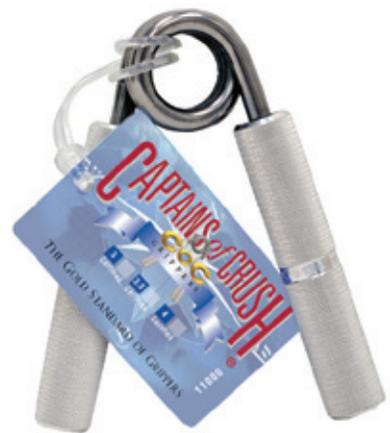
Dynamite for Deadlifts



Headstrap Fit for Hercules™



Rolling Thunder® Deadlift Handle



Captains of Crush® Gripper

No weak links in the chain means PR deadlifts. Will you be next?



STRONGER MINDS, STRONGER BODIES™

www.ironmind.com

IronMind Enterprises, Inc., P. O. Box 1228, Nevada City, CA 95959 USA • t: +1-530-272-3579 • f: +1-530-272-3095 • sales@ironmind.com • www.ironmind.com

EXPLOSIVE POWER RAPID RECOVERY

PHILIPPI SPORTS NUTRITION: THE NEXT GENERATION OF SUPPLEMENTATION
Both for **\$99.99 (save \$19.99)** Ends 9/30/11



**30 Day
Money-Back
Guarantee**

Mark Philippi
Director: Philippi Sports Institute, America's Strongest Man Winner,
World Drug-Free Powerlifting Champion

POWER SHOT \$59.99 (Pre-workout)

45 powerful igniters of strength, endurance and muscle mass, including:

- Kre-Alkalyn™ (the only pH-correct creatine) delivers more creatine to the muscle with no bloating or cramping.
- Beta-Alanine and carnosine increase strength/endurance and delay muscle fatigue.

RECOVERY SHOT \$59.99 (Post-workout)

60 powerful regenerators of athletic performance, including:

- Maximum Recovery and Amino Acid Matrix® supplies 15,000 mg of amino acids to maximize growth hormone release.
- Muscle Cell Expanding Matrix® buffers lactic acid, helps remove ammonia, and supports muscle repair at the cellular level.

Order now at www.PSNsportsnutrition.com

* These statements have not been evaluated by the U.S. Food and Drug Administration. This product is not intended to treat, cure, prevent or mitigate disease.

Rock the gym this new year wearing your

"POWERLIFTING USA," *beefy tee*



FRONT



BACK

Sizes: S-M-XL-XXL-XXXL | Shirts are \$20 each plus S/H in the USA | Order online at www.powerliftingusa.com or call 310.818.3421

RANKINGS

IPF WOMEN'S OPEN WORLD CHAMPIONSHIPS:

Historical 150 kg+ Bench Press - Women's Open Worlds - All Weight Classes - 1980-2010

*List includes the lifters' maximum completed lift in the contest

as told to Powerlifting USA by Brad Gillingham



Ms. Cha of Taipei went well over the 400 barrier in the bench press



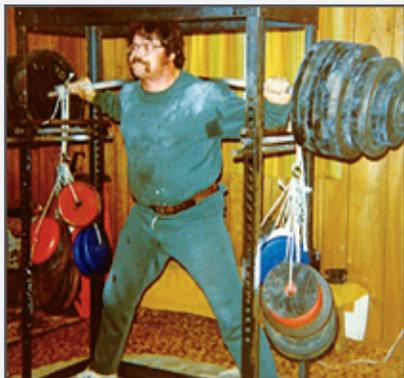
Ulrike Herchenhein of Germany was a happy champion here at the 1989 IPF World Championships in Canada



Liz Willett remains one of the all time greats of USA Powerlifting

RANK	NAME	COUNTRY	CLASS	KG	LB	PLACE	YEAR
1	Hugdall	Norway	90+	201.5	444	New Delhi, India	2009
2	Hugdall	Norway	90+	193	425	Stavanger, Norway	2006
3	Karpova	Russia	90+	190.5	419	Ylitornio, Finland	2005
4	Chao	TPE	90+	190	418	Chicago, USA	2003
	Chao	TPE	90+	190	418	Cahors, France	2004
	Karpova	Russia	90+	190	418	New Delhi, India	2009
	Karpova	Russia	90+	190	418	Potchefstroom, S. Africa	2010
8	Orobets	Ukraine	90+	187.5	413	St. Johns, Canada	2008
9	Dedyula	Russia	82.5	185	407	Solden, Austria	2007
10	Schaefer	NED	90+	182.5	402	St. Johns, Canada	2008
11	Dedyula	Russia	75	180	396	Chicago, USA	2003
	Karpova	Russia	90+	180	396	Cahors, France	2004
	Schaefer	NED	90+	180	396	Stavanger, Norway	2006
	Lugovaya	Russia	90+	180	396	Solden, Austria	2007
	Dedyula	Russia	82.5	180	396	New Delhi, India	2009
	Shcheglova	Russia	90	180	396	Potchefstroom, S. Africa	2010
17	Chao	TPE	90+	178.5	393	Thisted, Denmark	1999
18	Willett	USA	90+	177.5	391	Cahors, France	2004
	O'Donnell	USA	90+	177.5	391	St. Johns, Canada	2008
	Orobets	Ukraine	90+	177.5	391	Potchefstroom, S. Africa	2010
21	Chao	TPE	90+	175	385	Ylitornio, Finland	2005
	Strik	NED	90	175	385	Solden, Austria	2007
	Chao	TPE	90+	175	385	St. Johns, Canada	2008
	V.D.Meulen	NED	90+	175	385	New Delhi, India	2009
	Strik	NED	90	175	385	Potchefstroom, S. Africa	2010
26	Orobets	Ukraine	90	172.5	380	Cahors, France	2004
	Shcheglova	Russia	90	172.5	380	New Delhi, India	2009
28	Chao	TPE	90+	170	374	Capetown, S. Africa	1997
	Chao	TPE	90+	170	374	Rana, Norway	1998
	Chao	TPE	90+	170	374	Pinamar, Argentina	2000
	Chao	TPE	90+	170	374	Frydek-Mistek, Czech R.	2001
	Chao	TPE	90+	170	374	Riesa, Germany	2002
	Karpova	Russia	90+	170	374	Chicago, USA	2003
	Strik	NED	90	170	374	Stavanger, Norway	2006
	Chao	TPE	90+	170	374	Stavanger, Norway	2006
	O'Donnell	USA	90+	170	374	Solden, Austria	2007
	Strik	NED	90	170	374	New Delhi, India	2009
38	Schaefer	NED	90+	167.5	369	Solden, Austria	2007
	Dedyula	Russia	75	165	363	Riesa, Germany	2002
	Lugovaya	Russia	90	165	363	Riesa, Germany	2002
	Willett	USA	90+	165	363	Riesa, Germany	2002
	Lugovaya	Russia	90	165	363	Chicago, USA	2003
	Orobets	Ukraine	90	165	363	Ylitornio, Finland	2005
	Karpova-Yavorska	Ukraine	82.5	165	363	St. Johns, Canada	2008
	Strik	NED	90	165	363	St. Johns, Canada	2008
	Hung	TPE	90	165	363	St. Johns, Canada	2008
	Orobets	Ukraine	90	165	363	New Delhi, India	2009
	Dedyula	Russia	82.5	165	363	Potchefstroom, S. Africa	2010
49	Potselueva	Russia	67.5	164	361	New Delhi, India	2009
50	Lugovaya	Russia	90	163.5	360	Frydek-Mistek, Czech R.	2001
	Solovyova	Ukraine	67.5	163.5	360	St. Johns, Canada	2008
52	Lugovaya	Russia	90	163	359	Pinamar, Argentina	2000
53	Millen	NZL	90	162.5	358	Rotorua, New Zealand	1994
	Olenytsya	Ukraine	90+	162.5	358	Cahors, France	2004
	Schaefer	NED	90+	162.5	358	Cahors, France	2004
	Solovyova	Ukraine	67.5	162.5	358	Solden, Austria	2007
	Shcheglova	Russia	90	162.5	358	Solden, Austria	2007
	V.D.Meulen	NED	90+	162.5	358	St. Johns, Canada	2008
59	Miklasevich	Russia	75	160	352	Frydek-Mistek, Czech R.	2001
	Karpova	Russia	90+	160	352	Frydek-Mistek, Czech R.	2001
	Ganenko	Ukraine	90+	160	352	Frydek-Mistek, Czech R.	2001
	Kudinova	Russia	67.5	160	352	Chicago, USA	2003
	Kudryavtseva	KAZ	82.5	160	352	Cahors, France	2004
	Olenytsya	Ukraine	90+	160	352	Ylitornio, Finland	2005
	Schaefer	NED	90+	160	352	Ylitornio, Finland	2005
	Medvedeva	Russia	67.5	160	352	Potchefstroom, S. Africa	2010
67	Chao	TPE	90+	158.5	349	Kitchener, Canada	1996
68	Millen	NZL	90	157.5	347	Jonkoping, Sweden	1993
	Kudryavtseva	KAZ	82.5	157.5	347	Chicago, USA	2003
	Boroday	Ukraine	82.5	157.5	347	Ylitornio, Finland	2005
	Hall	USA	90+	157.5	347	Ylitornio, Finland	2005
	V.D.Meulen	NED	90+	157.5	347	Ylitornio, Finland	2005
	Hung	TPE	82.5	157.5	347	Solden, Austria	2007

THE PASSING OF THE GREAT GALE GILLINGHAM:



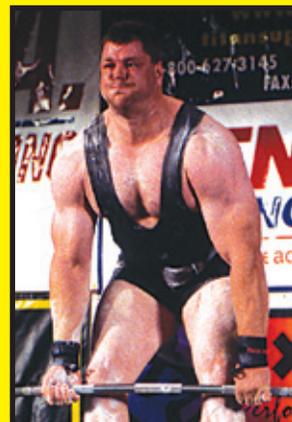
A SON'S THOUGHTS...

We were saddened to hear about the passing of your father. We have something about it in the November issue. We can put something more in the magazine if you or your brothers would like to say something. I sort of know how you might be feeling, having lost my mom earlier this year. It left a big void, which doesn't get filled up again, really. At her memorial service, I noted that it's impossible to pay your parents back for what they have done for you... so you have to pay it forward. Before my mom passed, my grand-daughter, Zoe, said, "I'm going to paint the WHOLE WORLD for Grandma Jean." She still says that when she's at the easel at her house, painting something. So, we have resolved to "paint the world for Grandma Jean" in the way we deal with our family and others, and pay our debt to her forward, instead of back. —Mike / PL USA

Thanks, Mike. I appreciate your kind words and advice. I know how hard it was to lose your mom. We are going through the same loss and it is not very easy to say goodbye. I have picked up the phone and tried to call the Oldman several times this past month only to remember he is not there anymore...but I still had to wait until he did not answer. Dad was with me at 12 out of 13 World Championships that I competed in prior to this year, and planned to go along and coach this year. He followed us boys around the country and the world supporting our lifting. He was one of the best to ever play the game of football, but would rather be talking about hunting, 4-wheeling, lifting and family. He was our inspiration. He left the world too soon, but he went out the way he would have wanted. He was out in his garage lifting weights when they found him. —Brad

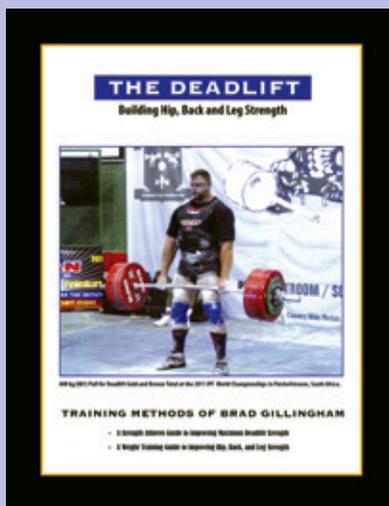
ABOUT THE PHOTO: This is a photo of the Gale training in the basement towards the end of his playing career. He always liked to do power rack movements really heavy. He would warm up with full movements and do partials out of the rack. He liked moving the heavier weight and it was out of necessity, as he lifted alone. He was a big fan of powerlifting and strongman. He coached and supported his sons Karl, Brad, and Wade at events all over the world. He also loved and supported his daughter, Kim, and his entire family. He was there whenever anybody needed him. He served as an assistant USAPL Men's Team Coach multiple times and was an innovator in strength training. He developed one of the first power racks, and he was one of the first NFL players to strength train year-round. He passed away doing what he loved to do—lifting weights out in his garage. He will be missed by all that knew him.

PULL BIG—NOW!



2 time IPF World Champ **Brad Gillingham's** Deadlift DVD shows you the training program that produced 50 plus contest deadlifts over 800 lbs., plus the "5 X 5" squat program that lets you blast up both lifts at the same time. \$25.95 plus \$6.00 shipping and handling (\$31.95 total) to Powerlifting USA, Box 467, Camarillo, CA 93011 or call us at 800-448-7693 to use your Visa or MasterCard.

RANK	NAME	COUNTRY	CLASS	KG	LB	PLACE	YEAR
	Kitamura	Japan	67.5	157.5	347	St.Johns, Canada	2008
	Blyn	USA	82.5	157.5	347	Potchefstroom, S. Africa	2010
76	Herchenhein	Germany	90+	155	341	Rotorua, New Zealand	1994
	Herchenhein	Germany	90+	155	341	Kitchener, Canada	1996
	Puzanova	Russia	82.5	155	341	Chicago, USA	2003
	Strik	NED	82.5	155	341	Cahors, France	2004
	Yavorska	Ukraine	90	155	341	Cahors, France	2004
	Strik	NED	82.5	155	341	Ylitornio, Finland	2005
	Sliwinska	Poland	90+	155	341	Ylitornio, Finland	2005
	O'Donnell	USA	90+	155	341	Stavanger, Norway	2006
	Poletaeva	Russia	60	155	341	Solden, Austria	2007
	Zaugolova	Russia	75	155	341	Solden, Austria	2007
	Orobets	Ukraine	90	155	341	Solden, Austria	2007
	oletaeva	Russia	60	155	341	Potchefstroom, S. Africa	2010
	Kitamura	Japan	67.5	155	341	Potchefstroom, S. Africa	2010
	Biruk	Ukraine	75	155	341	Potchefstroom, S. Africa	2010
	Nokua	Finland	90+	155	341	Potchefstroom, S. Africa	2010
91	Payusova	Russia	90	152.5	336	Thisted, Denmark	1999
	Lee	TPE	90+	152.5	336	Thisted, Denmark	1999
	Pavlova	Russia	90+	152.5	336	Pinamar, Argentina	2000
	Potselueva	Russia	67.5	152.5	336	Solden, Austria	2007
	Kitamura	Japan	67.5	152.5	336	Solden, Austria	2007
	Poletaeva	Russia	60	152.5	336	New Delhi, India	2009
	Ylitalo	Finland	82.5	152.5	336	Potchefstroom, S. Africa	2010
	Manaena	NZL	90+	152.5	336	Potchefstroom, S. Africa	2010
99	Rumyantseva	Russia	82.5	151	332	Capetown, S. Africa	1997
100	Francis	Australia	82.5	150	330	Honolulu, Hawaii	1981
	Herchenhein	Germany	90+	150	330	Jonkoping, Sweden	1993
	Pavlova	Russia	90+	150	330	Frydek-Mistek, Czech R.	2001
	Puzanova	Russia	82.5	150	330	Riesa, Germany	2002
	Hembree	USA	90+	150	330	Riesa, Germany	2002
	Pavlova	Russia	90+	150	330	Chicago, USA	2003
	Pavlova	Russia	90+	150	330	Cahors, France	2004
	Kudinova	Russia	75	150	330	Ylitornio, Finland	2005
	Hung	TPE	82.5	150	330	Ylitornio, Finland	2005
	Ylitalo	Finland	82.5	150	330	Solden, Austria	2007
	Von Bachhaus	Germany	60	150	330	St.Johns, Canada	2008
	Biruk	Ukraine	75	150	330	New Delhi, India	2009
	Hung	TPE	82.5	150	330	New Delhi, India	2009



FOR REVIEW: Brad Gillingham has come out with a new training manual for the deadlift: **THE DEADLIFT - Building Hip, Back and Leg Strength** with a great photo of his best performance (so far!) of 881 pounds for the deadlift gold and bronze medal overall at the 2011 IPF World Championships in Potchefstroom, South Africa. There is a revealing chapter on the evolution of his deadlift training program—how he started out, how he has changed and, most importantly, why he changed his program. Then he breaks the execution of the lift down into

8 elemental steps for the completion of a competition deadlift, all of them illustrated with one of his great 800 plus pound efforts (he's done that over 80 times!). Brad integrates his deadlift training with his squat program, something all great 3 lift performers must do. There is a great section on one of the most important, yet probably most neglected, aspects of deadlift performance—the grip—and the Gillinghams (all three brothers and their late father) are world renowned for their grip strength. Power Rack training, Romanian Deadlifts, Bent Rows, Front Squats, Box Squats, 5x5 Power Position Squats, and 8x2 High Bar Speed Squats are all covered in detail. The book is a wonderful complement to Brad's very successful deadlift training DVD, and is available for \$19.95 from Jackals Gym, www.jackalsgym.com, store@jackalsgym.com.



GARRETT GRIFFIN

Garrett Griffin recently won the UPC Bench Press Championship Belt for 2011. Xtremepower TV gave 4 belts this year to full power men, full power women, bench only and deadlift only. Garrett competed in 3 of the 4 meets in the series, hitting a 467 press at RUM 4, 490 at APF Atlanta, and 470 at Clash for Cash in New Orleans—all raw at 196 lb. Currently, he has the number-2 ranked raw press on PL Watch, and number-6 ranked full power total of 1,640 (no wraps).



FRANK MYERS

On June 11, 2011, Frank Myers broke the state record on the raw bench 55–59, 275 lb., hitting 450 lb. at the North American Ironman Championship in Runnemede, NJ. He also holds the record for benching for reps in the WNPf, 55–59, 275 lb. – 20 reps. Frank started competing in 2008, and it seems there is no stopping the gift that God gave him to lift.

"I got a second chance and plan to do my best at every meet. My wife is a big part of this and I want to thank everyone who put in their time and effort to help me. Thank you to Laraine Myers, Bill Sterling, Dale Glenney, Ken and Kevin Bordner and Royal Fitness in Barrington, NJ."

KRISTA FORD

Krista Ford started training as a bodybuilder after graduating from high school 27 years ago, but has found her true love in powerlifting. She was selected in 1995 for the U.S. Women's National Bobsled Team. She was the first and only African-American female competing in that sport from 1995–2001. Ford has since retired from Women's Bobsled, in late 2001, and has continued to powerlift for the past 22 years. The 45 year old Decatur, Georgia, resident, an eight time APF National Champion and 5 time WPC World Champion, never thought much about powerlifting until her track coach, John Ritter, introduced her to weight training she she was 17. After taking her coach's advice, Ford entered a host of bodybuilding contests from 1985–1987 in her hometown of Indianapolis, Indiana. She quickly switched to powerlifting and has become one of the top women powerlifters in the world. "Powerlifting—I love it," Ford said. "This is my sport. It is my passion."

At 22, she won her first powerlifting championship. In 40 meets, she has failed to win only fourteen times and has placed no lower than third. To help foot the bill for her living, training, traveling and equipment expenses, Ford has obtained some major sponsorships over the years. John Inzer (of Inzer Advance Designs) has been one of those sponsors for the past 15 years.

Krista is a pro at juggling her daily obligations and U.S. National team training: while working a 40 hours a week job, she still finds time and energy to spend 1.5–3 hours in the gym 4 days a



BEFORE



AFTER

DARRELL STERLING

I am 46 years old and started competing again last year after a 20-year absence from the sport. I, like most Americans, started gaining weight slowly but surely in my late thirties. I didn't give it much thought, but over the years I really started packing on the weight. I have always lifted weight, even when I was porking up. I have lifted my entire life and will never quit, but the muscle I was gaining was beginning to get lost in a sea of fat. My weight gain finally got bad enough that I decided to do something about it. I joined weight watchers and lost 50 pounds.

Once I started losing the weight it occurred to me that if I could fit into the 220-pound weight class I could be competitive. I set the New York State record for the IPA benching 400 pounds in my first meet back. I have recently competed in two WNPf meets and won best lifter awards at both meets. My last meet I benched 435 pounds at 220-pound in the master 45–49 age group.

My goal is to set the state record next year for the WNPf. I need to bench 455 pounds in the 220-pound class. I don't think I will have any problems getting this done. I have been training with Eric Winters, who has to be one of the strongest natural clean lifters in America. He is closing in on a 2,000 pound total in the 242-pound weight class. The man is a monster and has helped me tremendously. My long-term goal is to try and crack your top 100 lifters in the bench press. I wish you had two lists of top lifters those who use steroids and those who do not. I know most powerlifting federations call you a pro lifter if you use steroids and an amateur lifter if you do not use steroids. I have always been clean and find it frustrating trying to compete against people who use performance enhancing drugs. Our sport is ate up by steroids and I understand the desire to use whatever you can to become a beast, but it is unfair for me to compete against these guys. It would be nice to know how I stand versus other clean lifters.

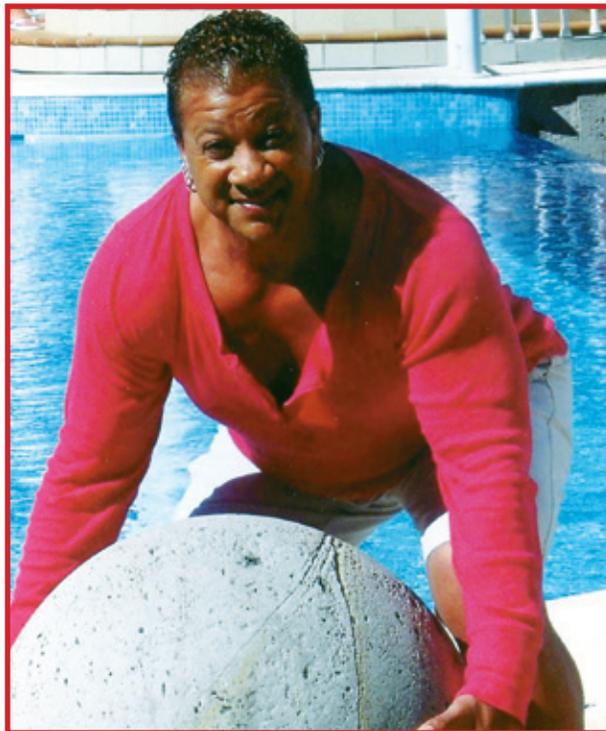
—Yours in Strength, Darrell Sterling

week and 3 days of rest. "Balancing your time is very important," said Krista. With a packed schedule of training and competitions, it's a wonder Krista doesn't get stressed out or overloaded. She says she avoids these pitfalls by "staying grounded" and doing things outside of sports. On the days Krista has seen enough barbells, you can find her quietly watching a movie, traveling, or just out enjoying nature.

Ford has been a prominent female figure in sports generally dominated by men. Only a few thousand women compete in powerlifting, and not even 10% of those are African-American women. The most she has lifted is 628.2 pounds in the squat, 314 pounds in the bench press, and 562 pounds in the deadlift. Ford has lifted in 3 weight classes throughout her career: 148, 165, and now the 181 lb. class. Ford's goal to break the WPC world Record in the squat, 181 lb. women's open class, was accomplished at the APF Senior Nationals in Sun Prairie, Wisconsin, on June 11, 2011. Ford now holds the world record at 285 kg. (or 628.2 pounds). "I have been chasing that squat record for years now," Ford said with a smile.

Over the years, Krista's training has been directed by some of the best powerlifters the sport could offer. (The late Dawn Reshel-Sharon coached and wrote programs to improve Ford's techniques and increase her strength. This taught Krista to become a more balanced lifter. Janice Roge incorporated cross training, which included light and heavy workout days. Laura Dodd taught her how to use the Monolift correctly, and Louie Simmons also helped in her training over the years.

Though there isn't much money or media support for the competitors in the sport, Ford said the people who attend the competitions appreciate what powerlifters do. Krista says there are many more positives than negatives in powerlifting than meets the eye. Not only are you well respected as lifters, male and female alike, we are doing what we love which, in turn, is keeping our minds and bodies in great condition. How many people do you know, in this lifetime, who can say they truly are doing what they love. Ford has no plans of retiring from the sport any time soon. "I'll probably powerlift until I am 90 years old," Ford said with a smile. "BELIEVE, BEGIN, and BECOME."



HOUSE OF PAIN
CALL 1-888-463-7246 OR CHECK US OUT ONLINE AT WWW.HOUSEOFFPAIN.COM!

RESULTS

SPF WOMEN'S PRO/AM

NOV 6 2011 » Sacramento, CA

BENCH

FEMALE

165 lbs.

R. Unson	SQ	BP	DL	TOT
Powerlifting	193			

MALE

165 lbs.

L. Phelps	716	485	535	1736
T. Green	502	276	375	1152
L. Dugan	325	---	364	689
D. Shealey	452	408	446	1306

SHW

J. Brown 380 314 325 1020

Single-Ply

SHW

A. Morris 430 --- 364 794

Raw

165 lbs.

I. Piatrovich	391	270	441	1102
A. Weisberger	386	259	419	1064
M. Froley	353	187	375	915
J. Diss	292	176	391	860
M. Watts	254	182	325	761
L. Jackson	287	127	347	761
A. Grove	303	176	276	755
N. Crapotta	254	143	320	716
A. Searby	215	116	314	645
L. Lindhorst	226	132	281	639
J. Fitzgibbons	237	116	276	628
L. Encinas	209	127	281	617
A. Woody	209	121	281	612
S. McCoy	231	116	231	579
M. Heller	193	110	226	529
J. Gray	165	116	226	507

SHW

N. Stern 353 209 402 965

T. Holmes 281 193 347 821

J. Birrer 248 138 276 661

The SPF Women's Pro Am at Super Training Gym went international in only its second year. Competitors from all over the United States converged in Sacramento to vie for the \$4500 in prize money at this unique event celebrating women's powerlifting. And this year we were pleased to welcome Iryna Piatrovich of Belarus and Tara Green, the Canadian National champion. This year's Pro Am drew amazing athletes like Westside's Laura Phelps-Sweatt and Amy Weisberger, superhero Dana Shealey, and single ply phenom Nicolai Stern. Joining them were plenty of first time competitors like the impressive 18-year-old Savannah McCoy. In the multi ply division, heavyweight winner Dana Shealey hit PRs in every lift, including a 451 squat and massive 407 bench, to get an elite total and \$500 in prize money. What made her performance so spectacular is that she did this as a below-the- knee amputee! To my knowledge she is the only woman with a prosthetic leg to attain an elite total. Second place finisher Super Trainer Jessica Brown also had a great day in her first multi ply meet, with four huge PRs. Lightweight winner Laura Phelps-Sweatt wowed us as always with her amazing strength. While not having her best day, she still squatted 716, benched 485, and deadlifted 534! Laura lift nothing on the platform, attempting world record lifts with all of her third attempts. Her best lifter performance netted her \$1500 cash. As always, it was an honor to watch her lift. Second place finisher Canadian Tara Green had a great meet, setting new Canadian records with a 501 squat, 275 bench and 374 pull. In the raw division, we were thrilled to see Nicolai Stern, major sponsor of the Women's Pro Am and last year's single ply winner. At

the last minute, her friends talked her into competing raw at this meet. She borrowed some equipment and proceeded to win the heavyweight raw division and \$250, while at the same time handling one of her lifters in the single ply division! As she did last year, Nicolai generously supported the Women's Pro Am by donating her prize money back to support next year's event. The always impressive Tamara Holmes was a strong second in this division. The packed lightweight raw division created a ton of excitement throughout the day, as the superb Amy Weisberger battled it out with Iryna Piatrovich. Iryna had travelled 35 hours from her home in Belarus to compete at this meet. At the end of the squats, Amy had hit 385 and Iryna 391. Into the bench, Amy made 259 but missed 270 twice. Iryna hit 270 on her third to build on her lead. They then both pulled 418 on their seconds and it was down to the last pull. Amy attempted 446 but missed. Iryna called for 440 and pulled it decisively, giving her the win, \$1500, and a 9 for 9 day! Amy went home with \$500. In third with \$250 in this huge class was local favorite Julie Diss, with her spectacular raw 391 deadlift weighing in at only 131.

» courtesy Cara Westin

WABDL LAST CHANCE TO QUALIFY

SEP 10 2011 » Kingwood, TX

BENCH	259 lbs.
FEMALE	<i>Law/Fire (48-55)</i>
132 lbs.	J. Kalinowski 364
<i>Master (47-53)</i>	<i>Master (47-53)</i>
K. Lee 138*	K. Malone ---
<i>Master (54-60)</i>	275 lbs.
J. Porter 149*	<i>Class I</i>
<i>Open</i>	C. Melillo ---
J. Porter 149*	<i>Law/Fire Open</i>
MALE	S. Ross 540*
<i>Double-Ply</i>	<i>Master (40-46)</i>
220 lbs.	C. Melillo ---
<i>Class I</i>	308 lbs.
S. Kaufman 430*	<i>Master (47-53)</i>
<i>Submaster (33-39)</i>	K. Shadid 420*
S. Kaufman 430*	SUPER
242 lbs.	<i>Class I</i>
<i>Class I</i>	C. Sutton 551
M. Thomas 452!*	DEADLIFT
<i>Master (54-60)</i>	FEMALE
N. Garcia 524*	132 lbs.
<i>Open</i>	<i>Master (54-60)</i>
K. Gunter 601*	J. Porter 276*
<i>Open</i>	J. Porter 276*
M. Gibson 419*	MALE
275 lbs.	148 lbs.
<i>Master (40-46)</i>	<i>Teen (14-15)</i>
P. Parnell 762!*	D. Blum ---
SUPER	165 lbs.
<i>Master (40-46)</i>	<i>Master (47-53)</i>
S. Mata 518	M. Mosley ---
<i>Single-Ply</i>	<i>Submaster (33-39)</i>
123 lbs.	A. Barajas 452
<i>Junior (20-25)</i>	198 lbs.
J. Sanchez 270	<i>Class I</i>
148 lbs.	<i>Teen (14-15)</i>
<i>Teen (14-15)</i>	N. Payton 441
D. Blum 309	<i>Submaster (33-39)</i>
165 lbs.	N. Payton 441
<i>Master (47-53)</i>	220 lbs.
M. Mosley ---	<i>Class I</i>
220 lbs.	J. Felder 502
<i>Master (68-74)</i>	<i>Law/Fire (56)</i>
B. Bassman ---	M. Hollan 568!*
242 lbs.	<i>Master (54-60)</i>
<i>Master (61-67)</i>	M. Hollan 568*
S. Finegan 529	242 lbs.
<i>Open</i>	<i>Open</i>
D. Reneau ---	K. Gunter ---

259 lbs. Class I
T. Arterburn 584
Open
T. Arterburn 584 R. Bracewell 849!*

» courtesy Elma Thomas

US SINGLE LIFT CHAMPIONSHIPS

OCT 29 2011 » Runnemede, NJ

BENCH	M. Ward 325
FEMALE	220 lbs.
132 lbs.	T. Devlin 275
B. Steyna 85	<i>Masters (50-54)</i>
A. Bates 75	242 lbs.
181 lbs.	C. Herman 80
J. Greenblatt 65	<i>Masters (55-59)</i>
M. Koskinas 65	275 lbs.
<i>Teen (17-19)</i>	F. Meyers 430
132 lbs.	B. Feeney 320
A. Bates 75	W. Foster 315
<i>Junior (20-24)</i>	SHW
181 lbs.	R. Dover 525
M. Koskinas 65	BENCH For REPS
<i>Masters (45-49)</i>	MALE
132 lbs.	<i>(Bodyweight)</i>
B. Steyna 85	H. Aaron 36
MALE	G. Goushian 15
<i>Open</i>	J. Wright 9
148 lbs.	M. Wakeley 8
A. King 225	DEADLIFT
D. Brown 230	FEMALE
181 lbs.	<i>Open</i>
R. Alvarado 350	114 lbs.
P. Bozza 335	J. Weil 205
G. Holmes 310	123 lbs.
M. Scotto 265	T. Egerer 190
T. Rourke 245	B. Steyna 195
M. Harney 215	A. Bates 140
T. Dukes 185	148 lbs.
198 lbs.	K. Swenson 200
R. Rosati 350	181 lbs.
M. Ward 325	J. Greenblatt 200
M. Kovacs 290	<i>Teen (17-19)</i>
B. Devlin 140	A. Bates 140
220 lbs.	<i>Open</i>
T. Devlin 275	123 lbs.
G. Goushian 260	M. Wakeley 240
242 lbs.	165 lbs.
C. Corcoran 295	D. Brown 275
275 lbs.	181 lbs.
F. Meyers 430	P. Bozza 530
L. Governatore 365	T. Rourke 505
308 lbs.	R. Alvarado 475
T. Lukocius 420	J. Guida 465
SHW	M. Scotto 435
R. Dover 525	G. Holmes 410
<i>P/F/M</i>	M. Harney 350
T. Lukocius 420	T. Dukes 270
<i>Teen (15-16)</i>	198 lbs.
198 lbs.	J. Spence 600
B. Devlin 140	M. Milligan 490
<i>Teen (17-19)</i>	B. Wehman 450
242 lbs.	M. Ward 405
J. Moore 300	220 lbs.
<i>Junior (20-24)</i>	J. Jeffers 625
M. Milligan 285	G. Goushian 530
<i>Submasters</i>	242 lbs.
181 lbs.	D. Gibson 625
P. Bozza 335	C. Corcoran 445
198 lbs.	308 lbs.
R. Rosati 350	T. Lukocius 575
275 lbs.	<i>Teen (17-19)</i>
L. Governatore 365	242 lbs.
308 lbs.	J. Moore 485
T. Lukocius 420	<i>Junior (20-24)</i>
SHW	198 lbs.
R. Dover 525	J. Spence 600
<i>Masters (40-44)</i>	M. Milligan 490
198 lbs.	242 lbs.

P. Williams 600 **MALE**
(30-34)
D. Gibson 625 **123 lbs.**
P/F/M
J. Spence 600 **165 lbs.**
Submasters
308 lbs.
T. Lukocius 575
Masters (55-59)
275 lbs.
W. Foster 515
181 lbs.
STRICT CURL
FEMALE
Open
132 lbs.
A. Bates 50
181 lbs.
J. Greenblatt 50
Teen (17-19)
A. Bates ---
C. Herman 150
Best Lifter Male Open Bench: Richard Dover. Best Lifter Female Open Bench: Beth Steyna. Best Lifter Male Open Deadlift: Joseph Spence. Best Lifter Female Open Deadlift: Joya Weil. Best Lifter Female Open Strict Curl: Amber Bates. Best Lifter Male Open Strict Curl: Harry Little.
» courtesy Rob Marcellino

ADAU CENTRAL PA OPEN

OCT 22 2011 » Bigler, PA

BENCH	N. Kephart 235
165 lbs.	220 lbs.
<i>Master</i>	<i>Open</i>
R. Rishel ---	G. Davis 340
<i>Open</i>	B. Ludwig 335
C. Ferranti 270	M. Solis 315
181 lbs.	<i>Open Master</i>
<i>Open Master</i>	H. Thomas ---
J. McNeill 250	242 lbs.
198 lbs.	<i>Open</i>
<i>Junior</i>	D. Dettinger 415
T. Buffy 330	275 lbs.
<i>Open</i>	<i>Master</i>
R. Farabaugh 250	G. Dudash 370
<i>Teen</i>	
Powerlifting	SQ
BP	DL
TOT	
FEMALE	
97 lbs.	
<i>Open</i>	
A. DiAntonio 105	55 150 310
132 lbs.	
<i>Open</i>	
L. Conrad 185	85 150 420
MALE	
114 lbs.	
<i>Open</i>	
R. Wickham 110	65 140 315
<i>Open Youth</i>	
D. DiAntonio 110	65 170 345
123 lbs.	
<i>Open</i>	
D. Lee 150	80 160 390
132 lbs.	
<i>Open</i>	
M. Kuhns 505	310 390 1205
148 lbs.	
<i>Open Junior</i>	
Z. Reese 345	230 430 1005
165 lbs.	
<i>Open</i>	
R. Campbell 470	300 550 1320
B. Stoner 465	295 540 1300
C. Ferranti 365	270 450 1085
C. Miler 285	225 515 1025
<i>Open Master</i>	
N. Theodorou 165	110 505 780
181 lbs.	
<i>Open</i>	
D. Swingle 270	170 465 905
<i>Open Master</i>	

R. Cruz	440	270	450	1160
M. Hemmig	275	230	440	945
B. Huber	315	300	---	---
198 lbs.				
Open				
C. Hadzick	500	300	550	1350
M. Hitcho Jr.	380	245	460	1085
Open Junior				
M. Fox	370	310	455	1135
Open Master				
T. Braca	425	280	515	1220
D. Kuhns	420	265	475	1160
D. Yoder	320	225	330	875
W. Garman	215	175	350	740
220 lbs.				
Open				
N. Mercurio	530	385	575	1490
B. Keener	500	335	550	1385
D. Lhota	435	340	485	1260
R. Lobb	425	250	500	1175
P. Hadzick	350	265	430	1045
Open Master				
B. Ludwig	400	335	500	1235
242 lbs.				
Open				
K. Voce	435	315	510	1260
N. Volchko	455	240	505	1200
Z. Zubek	335	165	375	875
275 lbs.				
Open Master				
G. Dudash	500	370	490	1360
M. Bowen	450	275	505	1230
J. Ranker	330	240	440	1010
SHW				
Open				

P. Tompkins 610 425 645 1680
P. DiAntonio 550 445 610 1605
Results are official, as the following six lifters passed the test by Redwood Toxicology Laboratory: Derric Dettinger, Chris Ferranti, Travis Buffy, Brian Stoner, Nick Mercurio, Paul Tompkins. Team Standings: The Machines ñ 27 points, Twin City ñ 19 points. Outstanding Lifter: Mike Kuhns. Allan Siegel Outstanding Master Lifter Award: David Lhota.
» courtesy ADAU

SSA ASYLUM POWER
OCT 15 2011 » Tribes Hill, NY

Powerlifting	SQ	BP	DL	TOT
FEMALE				
Unlimited				
198+ lbs.				
Masters (50-54)				
L. Ellis	260	255	280	795
MALE				
Standard				
165 lbs.				
Open				
J. Kaye	390	270	445	1105
Teen (18-19)				
C. Howington	320	xxx	485	805
181 lbs.				
Junior				
K. Barrett	410	275	530	1215
4th-SQ-440!				
M. Luehring	385	270	505	1160

198 lbs.				
Open				
A. Pine	410	295	520	1225
220 lbs.				
Open				
D. Tiller	405	285	495	1185
Junior				
C. Tausch	350	45	440	835
Masters (50-54)				
D. Tiller	405	295	495	1185
242 lbs.				
Open				
L. Perna	500	365	625	1495
5th-SQ-505!				
M. Demers	500	340	600	1440
C. Coons	485	375	455	1315
Junior				
M. Demers	500	340	600	1440
275 lbs.				
Open				
J. McIntyre	440	315	545	1300
4th-DL-555!				
Junior				
J. McIntyre	440	315	545	1300
4th-DL-555!				
SHW				
Teen (18-19)				
J. Kresa	---	225	---	225
Single-Ply				
198 lbs.				
Open				
W. McMahon	600	350	540	1490
Unlimited				
181 lbs.				
Open				

R. Hillyard	---	415	---	415
A. Manatrizio	---	405	---	405
198 lbs.				
Open				
T. Stanton	---	450	---	450
220 lbs.				
Masters (60-64)				
Wes Stanton	---	350	---	350
Masters (60-64)				
L. Bagnoli	420	225	405	1050
242 lbs.				
Open				
N. Ruocco	---	335	---	335
275 lbs.				
Teen (13-15)				
Z. Gibson	400	300	415	1115
4th-DL-430!				
308 lbs.				
Masters (40-44)				
B. Gibson	500	450	460	1410
A. Aline	---	705	---	705
!=American Records.				
» courtesy Sandi McCaslin				

USPA SAMSON FALL CLASSIC
NOV 6 2011 » Pt. St. Lucie, FL

BENCH	MALE
FEMALE	
Raw	
308 lbs.	
J. Hoskinson	744
A. Shumaker	198
DEADLIFT	

WWW.HOUSEOFPAIN.COM OR CALL 1-888-463-7246 FOR SERIOUS APPAREL FOR SERIOUS ATHLETES!

new aggression t (\$29)

new krane t (\$25)

new lightweight barbell t (\$22)

new big tribal t (\$25)

new phoenix thermal pull hoodie (\$50)

House of Pain

MODEL: JESSICA GOOFIELD IS WEARING 03 BURNOUT TRILLI TANK OVER 06 YC-LA PANTS

RESULTS »

MALE
Raw
181 lbs.
Push Pull

Master (60-64)
L. Russell 551

BP DL TOT

MALE

Raw

165 lbs.

Junior (18-19)

C. Sandigo 198 341 540

308+ lbs.

Open

R. Ficca 584 600 1184

Powerlifting

SQ BP DL TOT

FEMALE

Raw

105 lbs.

Open

N. Berry 165 104 248 518

148 lbs.

Open

J. Hartnett 220 132 292 644

C. Cox 192 110 325 628

G. Perkins 203 126 248 578

MALE

Raw

148 lbs.

Junior (16-17)

M. Cuevas 374 297 424 1096

Open

D. Carpenter 402 264 490 1157

181 lbs.

Junior (13-15)

B. Burritt Jr. 297 187 358 843

198 lbs.

Junior (18-19)

B. Sullivan 385 264 424 1074

Open

M. Levine 567 325 518 1410

220 lbs.

Open

J. Landau 551 319 573 1444

J. Godfrey 457 330 562 1350

242 lbs.

Open

B. Hopper 628 424 672 1725

M. Lecrone 440 336 562 1339

308+ lbs.

Open

D. Garber 606 451 622 1681

Best Lifter Female Open Raw: Jaimee Hart-

nett. Best Lifter Junior Male Raw: Matthew

Cuevas. Best Lifter Open Male Raw: Brian

Hopper. Meet Announcer: Jason Shook.

Meet Scorekeeper: Ginny Casey. Master

Score Sheet: Jason Shook. Thanks to all our

referees: Bill Schumaker, State, Larry Buc-

cuoni, State, Brian Burritt, State, Jeanne

Burritt, State. Thanks to our spotters/loaders:

Chris, Brandon, Brian Sr.
» courtesy Steve Denison

Williams 545 335 645 1525

Burkett 365 315 545 1225

242 lbs.

White 405 385 645 1525

Northrup 365 265 475 1105

Hurd — — 445 445

275 lbs.

Leak 365 65 495 1225

HWT

McCoy 335 295 545 1175

We again had our annual full powerlifting

meet here at SPR, in which over 20 lifters

competed in three heats. The only equipment

allowed and used were knee wraps. Highest

pound-per-pound lifters were McLaurin,

weighing in at 183 lb., with a total of 385,

Williams, weighing in at 211 lb., with a

total of 1525, and Tyler, weighing in at 145

lb., with a total of 1045. Heaviest squatter

was Williams, squatting 545, the heaviest

bench press was 385 lb., White, and the

heaviest deadlift was 645, also completed

by Williams. I want to thank all the loaders,

spotters and table workers, along with judges

Magnuson, Johnson and Ross, for their

hard work in making this meet run smoothly.

Special thanks again goes to CPC Jerome for

making this event happen. Until next time.

» courtesy R. Carico

SPR POWERLIFTING

SEP 14 2011 » St. Louis, MI

Powerlifting

149 lbs.

Tyler 335 275 455 1045

Hall 225 245 405 875

Brown 225 245 275 745

Plummer 225 155 315 695

Niezgodza 155 175 250 580

Williams 225 — — 225

165 lbs.

Walker 315 245 435 995

Pastorino 335 215 405 955

Bell — 245 495 740

Bonner — 225 375 600

181 lbs.

Wilson 425 315 495 1235

Vanderbush 335 235 430 1000

Peterson 275 235 430 940

198 lbs.

McLaurin 475 335 575 1385

Green 415 335 75 1325

Bantein 385 225 425 1035

220 lbs.

WWW.NEWYORKBARBELLS.COM

SERVING THE INDUSTRY FOR OVER 30 YEARS!

SHOWN WITH C-90656 FID BENCH



SHOWN WITH PLATE HOLDER ATTACHMENT

\$29.95



TITAN ADJ. SQUAT / DIP RACK

\$299



Can be used with 5, 6 & 7 ft bars

Rack can be used for SQUAT, DIP, BENCH PRESS, INCLINE PRESS, MILITARY PRESS, WRIST ROLLERS & ADJUSTABLE CHAINS

PULL UP & BODY UP ATTACHMENT

\$99.95



Package consist of: 1" Bar, Two Spring Clips Two Chains with Carbine Hooks and Two Single Rowing Handles.

WRIST ROLLER ATTACHMENT

\$79.95



Package consist of Bar with Two Spring Clamps Wrist Roller with Carbine Hook & Oly. Weight Peg

New York Barbell of Elmira, Inc.

160 Home St., Elmira, NY 14904

Tel: 800-446-1833

Fax: 607-733-1010

Email: info@newyorkbarbells.com

080109

UNBEATABLE PRICES & QUALITY

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. The new, patented PR Belt™ (POWER-RATCHET BELT™) gives you the freedom of unlimited adjustability and precise fit.

- Unlimited adjustability. Imagine being able to fine-tune your powerlifting belt to the exact feel you want for each set. You can easily calibrate the support of the PR Belt depending on the intensity level of each set, whether it's a warm up, a work set or maxing out. When you change your gear you need a different belt setting. Each layer of gear and clothing you put on or take off requires a slightly different fit of your belt. Easily done with the PR Belt! Wear it however you feel at any time. Holes of a buckle belt might not accommodate but the PR Belt does! The PR Belt gives you the power of selection. Just ratchet it forward or back. It's easy!



HOW THE PR BELT IS WORN

1. Just wrap the belt around your waist like any normal belt.
2. Place the leather end of the belt through the stainless steel tongue loop, then place the nylon strap through the ratchet center slot and pull snug.
3. While holding the nylon strap tight begin ratcheting the belt and release your grasp of the nylon strap.
4. Ratchet/tighten belt as desired.
5. To loosen, with your middle and index finger just pull up and hold open the spring loaded ratchet safety lever. Next open (180°) the ratchet all the way until it can't open any more. At this point the nylon strap will be loose and you can open the belt by pushing out with your tummy or using your hands.

- It's quick. The PR Belt can be tightened to exact fit in seconds and released instantly with one simple movement.
- Saves your energy. Tightening the PR Belt is absolutely no strain. With the PR Belt there's no need for assistance to get your belt tight.
- Quality. Riveted and lock-stitch sewn with corrosive resistant hi-density nylon. One solid thickness of the finest, select, exclusive leather. TIG-welded apparatus. Finished with top quality, fine suede which provides a non-slip surface.
- Very secure. The belt automatically locks until you manually release it.
- Hand-crafted in the USA. Patent # 5,647,824

PRBELT.COM INZERNET.COM

INZER ADVANCE DESIGNS

The World Leader in Powerlifting Apparel

RESULTS

NASA AZ/NATIONAL SUB/MASTERS

NOV 5-6 2011 » Mesa, AZ

BENCH FEMALE

Arizona Regional

Raw

123 lbs.

Junior

T. Westmann 116

Sub/Masters Nat.

Raw

148 lbs.

(45-49)

D. Manno 193

(50-54)

T. Ishimatsu 94

Master Pure

D. Manno 193

T. Ishimatsu 94

165 lbs.

(35-39)

J. Lyonnais 165

198 lbs.

(35-39)

M. Zuniga 138

MALE

Arizona Regional

181 lbs.

Open

M. Yates 325

Pure

F. Millan IV 336

M. Yates 325

220 lbs.

Junior

J. Oris 465

242 lbs.

Raw

Novice

G. Lawrence 220

Sub/Masters Nat.

165 lbs.

(50-54)

M. Laurel 325

181 lbs.

(35-39)

V. Nicholais ---

(50-54)

M. Yates 325

Master Pure

M. Yates 325

Submaster Pure

V. Nicholais ---

198 lbs.

(50-54)

M. Einstein 457

242 lbs.

(60-64)

G. Clock 424

275 lbs.

Submaster Pure

D. Jampolsky 506

308 lbs.

Submaster Pure

B. Bruner 528

Raw

165 lbs.

(70-74)

L. Janhhunen 176

181 lbs.

(30-34)

A. Greely 341

(40-45)

J. Tuzzolino 325

Master III

K. Berger 264

198 lbs.

(60-65)

T. Williams 231

(65-69)

Push Pull BP DL TOT

FEMALE

Arizona Regional

123 lbs.

Junior

T. Westmann 116 220 336

Sub/Masters National

114 lbs.

(40-44)

A. Donahue

165 lbs.

(70-74)

J. Lyonnais 165 253 418

275 lbs.

(30-34)

K. McCree 429

PS BENCH

FEMALE

Sub/Masters Nat.

123 lbs.

Submaster Pure

N. Anderson 138

MALE

Arizona Regional

165 lbs.

Teen

D. Houston 77 209 286

242 lbs.

Novice

G. Lawrence 220 336 556

Open

G. Lawrence 220 336 556

Pure

G. Lawrence 220 336 556

Sub/Masters National

165 lbs.

(35-39)

K. Urakawa 242 --- 242

(70-74)

L. Fish 209 325 534

Submaster Pure

K. Urakawa 242 --- 242

181 lbs.

(35-39)

T. Brown 281 457 738

(60-64)

K. Berger 264 347 611

G. Donahue 220 388 608

Submaster Pure

F. Millan IV 336 402 738

198 lbs.

(50-54)

M. Einstein 457 468 925

(55-59)

J. Pratt 325 402 727

Master Pure

J. Coates 352 562 914

220 lbs.

(45-49)

G. Bishop 418 545 963

(35-39)

K. Hammond 484 578 1062

(60-64)

G. Clock 424 523 947

(70-74)

T. McKeever 338 385 723

(70-74)

G. Lawrence 220 336 556

275 lbs.

(30-34)

B. Bruner 165

Submaster Pure

B. Bruner 165

PS DEADLIFT

MALE

Arizona Regional

181 lbs.

Youth

D. Hernandez 385

Sub/Masters Nat.

(40-44)

T. Rodriguez 600

Master Pure

T. Rodriguez 600

242 lbs.

(70-74)

G. Lawrence 336

308 lbs.

(30-34)

B. Bruner 685

Submaster Pure

B. Bruner 685

114 lbs.

(35-39)

D. Carmickle 231 132 226 589

Raw

132 lbs.

Submaster Pure

J. Burns 187 105 281 573

148 lbs.

(45-49)

J. Rudy 209 116 242 567

Submaster Pure

B. Yourkoski 171 132 259 562

MALE

Arizona Regional

242 lbs.

Novice

G. Lawrence 209 220 336 765

Raw

132 lbs.

High School

D. Benally 237 165 347 749

148 lbs.

High School

K. Haymore 242 149 275 666

165 lbs.

Junior

N. Grant 380 303 517 1200

Open

N. Grant 380 303 517 1200

181 lbs.

High School

S. Cox 105 99 209 413

Novice

J. Williams 314 215 413 941

Open

R. Brault 391 248 490 1129

198 lbs.

Intermediate

E. Sun 407 275 539 1222

220 lbs.

Novice

Z. Rodgers 325 253 358 936

Open

B. Lind 440 319 451 1211

Pure

Z. Rodgers 325 253 358 936

242 lbs.

Novice

G. Lawrence 209 220 336 765

Pure

B. Thompson 451 352 501 1305

275 lbs.

Intermediate

B. Cox 668 385 738 1791

Open

B. Cox 668 385 738 1791

Pure

B. Cox 668 385 738 1791

Teen

K. Alexander 440 253 451 1145

Sub/Masters National

165 lbs.

(50-54)

M. Laurel 204 325 275 804

(70-74)

D. Judd 220 132 297 650

181 lbs.

(45-49)

A. Caceres 578 402 523 1503

(65-69)

W. Kindred 396 292 462 1151

Master Pure

A. Caceres 578 402 523 1503

198 lbs.

(35-39)

M. Einstein 501 457 468 1426

(50-54)

J. Pratt 352 325 402 1079

Master Pure

W. Sands 385 237 440 1062

220 lbs.

(35-39)

J. Coates 473 352 562 1387

(45-49)

L. DeAlva 628 523 506 1657

(45-49)

R. Martinez 600 402 567 1569

G. Bishop 517 418 545 1481

(55-59)

P. Hlodnecki 562 473 567 1602

Submaster Pure

L. DeAlva 628 523 506 1657

242 lbs.

(35-39)

K. Hammond 551 484 578 1613

(60-64)

G. Clock 589 424 523 1536

(70-74)

G. Lawrence 209 220 336 765

Submaster Pure

J. Gutierrez 551 501 556 1607

308 lbs.

(45-49)

N. Barnreiter 666 495 600 1762

Master Pure

N. Barnreiter 666 495 600 1762

Raw

165 lbs.

(70-74)

L. Fish 248

MINI MONOLIFT AFFORDABLE BRUTE STRENGTH BY CREPINSEK FITS YOUR POWER RACK

THE BIG EVIL SAYS:
PRACTICE LIKE
YOU PLAY!

JAMIE HARRIS
SEE HIS REVIEW AT
WWW.BIGEVILSLAIR.COM



831.637.0797



INFO@1500LB.COM

(50-54)				
P. Cook	138	259	402	661
(60-64)				
K. Berger	138	264	347	611
G. Donahue	116	220	388	608
220 lbs.				
(60-64)				
J. Briner	143	220	429	650
(70-74)				
J. Childers	121	253	253	506
242 lbs.				
(70-74)				
G. Lawrence	110	220	336	556
(35-39)				
C. Porter	182	435	567	1002
SHW				
Master Pure				
M. Fowler	149	319	407	727

» courtesy Rich Peters

USPA CENTRAL CALIFORNIA OCT 22 2011 » San Luis Obispo, CA

BENCH				
FEMALE				
Raw				
165 lbs.				
Open				
J. Camsuzou	209			
Master (40-44)				
J. Camsuzou	209			
MALE				
Raw				
198 lbs.				
Open				
R. McLaughlin	430			
220 lbs.				
Master (50-54)				
T. Lewelling	386			
242 lbs.				
Master (45-49)				
C. Dedrick	353			
308 lbs.				
Master (60-64)				
R. Moormeister	431			
Single-Ply				
198 lbs.				
Open				
Push Pull	BP	DL	TOT	
FEMALE				
Raw				
148 lbs.				
Master (40-44)				
A. McCandlish	121	226	347	
198 lbs.				
Master (40-44)				
K. Meglitsch	---	215	215	
MALE				

Raw				
181 lbs.				
Junior (20-23)				
A. Dawson	204	358	562	
Powerlifting	SQ	BP	DL	TOT
FEMALE				
Open				
Raw				
105 lbs.				
Junior (13-15)				
S. Lopez	121	83	187	391
123 lbs.				
Junior (16-17)				
N. Mendoza	121	66	138	325
132 lbs.				
Junior (16-17)				
N. Stevens	154	94	237	485
148 lbs.				
Open				
M. Rodgers	222	139	226	586
4th-BP-143				
Master (40-44)				
M. Hartmann	176	121	---	298
Master (50-54)				
L. Castellanos	132	99	281	513
181 lbs.				
Master (45-49)				
M. Salas	154	105	231	491
MALE				
Raw				
132 lbs.				
Junior (20-23)				
A. Huizar	198	226	320	744
4th-DL-336				
148 lbs.				
Junior (20-23)				
A. McCombs	226	231	331	788
4th-DL-352				
165 lbs.				
Junior (18-19)				
R. Stevens	220	204	336	761
Junior (20-23)				
B. Lopez	276	209	369	854
181 lbs.				
Open				
S. Melero	402	292	524	1218
K. Richards	408	254	463	1124
W. Rodgers	331	325	413	1069
4th-BP-337				
Junior (20-23)				
L. Mercado	303	204	402	909
198 lbs.				
Junior (18-19)				
A. Funes	298	215	402	915
Junior (20-23)				
M. Turner	298	209	380	887
Open				
R. McLaughlin	441	430	529	1400
Submaster (35-39)				
J. Hyman	314	248	485	1047

220 lbs.				
Junior (18-19)				
D. Morgan	408	287	375	1069
Junior (20-23)				
B. Hirsch	402	265	502	1168
M. Troxell	281	226	413	920
Z. Hunter Jr	281	231	369	882
Open				
Raw				
M. Dunlap	408	320	496	1224
E. Moreno	287	309	331	926
242 lbs.				
Junior (20-23)				
J. Camp	337	237	446	1021
Open				
M. Craddock	270	187	419	876
J. Denison	502	347	546	1394
Single-Ply				
165 lbs.				
Master (55-59)				
J. Alvarado	364	154	424	942
198 lbs.				
Open				
C. Bartl	617	474	601	1692
J. Simmons	579	402	584	1565
B. Kiraly	557	375	606	1538
L. Camassa!	463	303	546	1312
I. Smalley!	468	331	502	1301
Junior (16-17)				
J. Alvarado	402	237	358	998
Junior (20-23)				
P. Voosen	639	430	457	1527
R. Prout	441	325	601	1367
Submaster (35-39)				
I. Yost	413	320	485	1218
4th-DL-501				
242 lbs.				
Master (60-64)				
N. Fletcher	424	325	452	1202
275 lbs.				
Open				
A. Torres	529	369	524	1422
Master (55-59)				
B. McEwen	380	276	419	1075
308 lbs.				
Master (60-64)				
D. Dallmeyer	452	309	540	1301

! =Knee Wraps Only. Meet Director: Steve Denison. Best Lifter Raw Powerlifting Junior Women: Shelby Lopez. Best Lifter Raw Powerlifting Master Women: Lynne Castellanos. Best Lifter Raw Powerlifting Junior Men: Ben Hirsch. Best Lifter Raw Powerlifting Open Men: Robby McLaughlin. Best Lifter Single-Ply Powerlifting Junior Men: Patrick Voosen. Best Lifter Single-Ply Open Men: James Simmons. Best Lifter Single-Ply Master Men: Dave Dallmeyer. Best Lifter Best Lifter Raw Bench press Master Men: Ron Moormeister. Referees: Kevin Meskew, International,

Jose Hernandez, National, Ron Moormeister, State, Steve Bloom, State, John Deluca, State. Spotters: Davis Best, Josh Clinard, Andrew McGunagle.
» courtesy Steve Denison

USAPL FALL FESTIVAL OF POWER NOV 11 2011 » West Cary, NC

BENCH				
FEMALE				
Raw				
165 lbs.				
Open				
L. Middleswarth	187			
Teen (18-19)				
275 lbs.				
Open				
K. Chassert	94			
Master (60-69)				
123 lbs.				
Open				
K. Chassert	94			
MALE				
Master (60-69)				
181 lbs.				
Open				
M. Facticeau	---			
Master (50-59)				
220 lbs.				
Open				
S. Whitted	331			
242 lbs.				
Open				
D. Abbott	386			
Open				
165 lbs.				
Open				
R. Facticeau	452			
181 lbs.				
Open				
M. Facticeau	---			
220 lbs.				
Raw				
S. Whitted	331			
Master (60-69)				
165 lbs.				
Open				
J. Newnam	287			
Master (50-59)				
275 lbs.				
Open				
B. Byerly	441			
SHW				
Open				
S. Whitted	331			
Master (60-69)				
181 lbs.				
Open				
M. Facticeau	474	---	---	474

RESULTS »

Masters (50-53)

198 lbs.				
G. Lindsey	325	287	397	1009
220 lbs.				
C. Smitley	502	331	468	1301
242 lbs.				
D. Abbott	524	386	502	1411
275 lbs.				
K. Meile	474	342	529	1345

Teen (16-17)

165 lbs.				
W. Graham	380	265	353	998
Open				
181 lbs.				
M. Facticeau	474	---	---	474

198 lbs.				
G. Lindsey	325	287	397	1009
220 lbs.				
C. Smitley	502	331	468	1301
242 lbs.				
D. Abbott	524	386	502	1411
275 lbs.				
K. Meile	474	342	529	1345

SHW

A. Kicklighter	441	303	496	1240
----------------	-----	-----	-----	------

Masters (50-59)

220 lbs.				
P. Capps	474	364	529	1367
275 lbs.				
C. Miller	325	243	419	987
Open				
P. Rizzo	---	176	320	496

Masters (40-49)

148 lbs.				
J. Thompson	325	243	402	970
165 lbs.				
R. Garner	248	237	364	849
198 lbs.				
J. Crosby	347	259	430	1036
220 lbs.				
J. Montgomery	402	281	485	1168

Teen (18-19)

275 lbs.				
B. Byerly	485	441	573	1499
275+ lbs.				
C. Shoe	446	347	601	1394

Teen (16-17)

148 lbs.				
A. Stroud	336	254	375	965
198 lbs.				
Y. Li	---	237	364	601
198 lbs.				
A. Rippy	270	237	397	904

Teen (14-15)

123 lbs.				
R. Winston	231	160	309	700
Open				
132 lbs.				
D. Euland	309	287	408	1003
148 lbs.				

165 lbs.				
J. Thompson	325	243	402	970
181 lbs.				
R. Garner	248	237	364	849
181 lbs.				
P. Cottle	424	276	452	1152
181 lbs.				
D. Litton	364	259	491	1113
198 lbs.				
R. Sassman	303	237	402	942

198 lbs.				
B. Brookshire	375	320	524	1218
220 lbs.				
J. Crosby	347	259	430	1036
220 lbs.				
P. Capps	474	364	529	1367
220 lbs.				
J. Scott	402	265	546	1213
220 lbs.				
J. Montgomery	402	281	485	1168
220 lbs.				
C. Miller	325	243	419	987
275 lbs.				
M. Sellers	187	209	408	805
275 lbs.				
B. Byerly	485	441	573	1499
275 lbs.				
P. Rizzo	---	176	320	496

SHW

275+ lbs.				
J. Leonard	568	364	606	1538
275 lbs.				
C. Shoe	446	347	601	1394
275 lbs.				
J. McLaurin	364	353	441	1157
Best Lifter Powerlifting Female:	Laurie Midleswarth.			
Best Lifter Powerlifting Teen:	Ben			

Byerly. Best Lifter Powerlifting Male: Jeremy Leonard. Best Lifter Bench Press: Kenyatta. » *courtesy Tom Simon*

NASA WISCONSIN STATE

NOV 12 2011 » Sheboygan, WI

BENCH				
220 lbs.				
<i>Master I</i>				
A. Bellingham	325			
<i>Master V</i>				
M. Heruth	506			
275 lbs.				
<i>Master II</i>				
G. Kachar	347			
308 lbs.				
<i>Master II</i>				
G. Carlson	121			
PS DEADLIFT				
220 lbs.				
<i>Raw</i>				
E. Carlson	---			

220 lbs.				
<i>Submaster Pure</i>				
J. Plale	523			

Push Pull	BP	DL	TOT
198 lbs.			
<i>Pure</i>			
D. Wick	248	429	677

220 lbs.				
<i>Master II</i>				
B. Pirlot	270	512	782	

Open				
J. Plale	---	---	---	

Submaster Pure				
J. Plale	---	---	---	

Quadralifting	CR	SQ	BP	DL
148 lbs.				
<i>QM</i>				
T. Aldag	110	231	253	330

198 lbs.				
<i>QM</i>				
D. Aldag	105	237	182	270

220 lbs.				
<i>Junior</i>				
S. Korff	121	468	286	468

242 lbs.				
<i>Open</i>				
M. Glenser	149	352	286	380

308 lbs.				
<i>Open</i>				
M. Jasperson	154	407	369	528

308 lbs.				
<i>QM</i>				
T. Mangelsdorf	121	352	264	374

Powerlifting	SQ	BP	DL	TOT
FEMALE				
<i>Raw</i>				
148 lbs.				
<i>Junior</i>				
N. Bielecki	226	138	253	617

MALE				
198 lbs.				
<i>Pure</i>				
D. Wick	484	248	429	1162

275 lbs.				
<i>Master I</i>				
R. Walton	429	330	440	1200

Raw				
148 lbs.				
<i>Submaster Pure</i>				
B. Helgert	259	292	424	974

181 lbs.				
<i>Teen</i>				
J. Jasperson	275	220	363	859

198 lbs.				
<i>Master II</i>				
S. Korff	468	286	468	1222

Master III				
A. Laird	330	198	418	947

Master IV				
P. Jensen	193	176	314	683

Submaster Pure				
B. Kuznacac	413	209	517	1140

220 lbs.				
<i>Master II</i>				
B. Pirlot	374	270	512	1156

Open				
B. Pirlot	270	512	1156	

J. Plale	440	---	---	440
Submaster Pure				
J. Plale	440	---	---	440

242 lbs.				
<i>Master I</i>				
V. Templin	352	237	380	969

Open				
M. Jasperson	407	369	528	1305

308 lbs.				
<i>Master II</i>				
T. Mangelsdorf	352	264	352	969

Power Sports	CR	BP	DL	TOT
148 lbs.				
<i>Submaster Pure</i>				
B. Helgert	149	275	385	809

198 lbs.				
<i>Junior</i>				
W. Thomas	160	319	512	991

Master IV				
P. Jensen	94	176	314	584

220 lbs.				
<i>Master II</i>				
B. Pirlot	138	270	512	919

The 2011 NASA-Wisconsin State Meet had 38 Entries, making it the 3rd largest Wisconsin State Meet in the past 10 years.

Unequipped Powerlifting had the largest compliment of Lifters, with Quadralifting 2nd, and Power Sports 3rd. NASA Hall of Famer Steve Korff was Best Lifter, placing 1st in both Unequipped Powerlifting and Quadralifting. The Event was hosted by the Dodge County YMCA in Beaver Dam.

Two-thirds of Team Wisconsin, 2011, lifted at the Meet, including Steve Korff, Brad Kuznacac, Matt Glenser, Tom Mangelsdorf, Dave Aldag, and Nicole Bielecki.

The Announcing & Scorekeeping Team of Denny and Sherry Johnson worked every Flight, once again showing why they are the Best Announcing Team in Wisconsin, and one of the top Announcing Teams in the Nation. Referees included Wisconsin Hall of Famer Dale Alsteen, Brad Aldag, Sharon Orange, Donna Zellmer, Job Hou-Sey, Wendy Hou-Sey, and James Tabbert.

Spotting-Loading duties were performed by Marty Becker, Brad Aldag, Samson Hou-Sey, and Job Hou-Sey. A Huge Thanks to all the Lifters, all the Officials, and all those who helped with load-in and load-out. Thanks also to Courtney Vossekul and everybody at the Dodge County YMCA who helped coordinate the 2011 Wisconsin State Powerlifting Meet.

» *courtesy Job Hou-Sey*

USPA HALLOWEEN SPOOKTACULAR PP

OCT 29 2011 » Sacramento, CA

BENCH				
FEMALE				
<i>Raw</i>				
181 lbs.				
<i>Open</i>				
T. Hutchison	236			

MALE				
<i>Raw</i>				
114 lbs.				
<i>Junior (13-15)</i>				
C. Watts	165			

4th-170				
132 lbs.				
<i>Master (55-59)</i>				
M. Russell	184			

EPF HALLOWEEN HAVOC

OCT 29 2011 »

CURL+	N. Mentis	206*		
FEMALE	MALE			
148 lbs.	<i>Masters Shirted</i>			
K. Clark	70	220 lbs.		
MALE	S. Green	366†		
<i>Open</i>	<i>Open Raw</i>			
165 lbs.	220 lbs.			
M. Corsetti	---	M. Salsgiver	346	
220 lbs.	REPS For Bwt.			
M. SalsGiver	173	B. Dyer	27	
N. Walker	146	L. Sheehan	27	
SQUAT	S. Salsgiver	24		
FEMALE	M. Wonoski	23		
<i>Open Raw</i>	M. Salsgiver	22		
165 lbs.	N. Walker	16		
Full Power	SQ	DL	TOT	
165 lbs.				
<i>Open Junior Raw</i>				
M. Wonoski	341*	241	461*	1043*
I. Sheehan	161	126	246	533
242 lbs.				
<i>Open Raw</i>				
C. Pequeno	376	241	426	1043
SHW				
E. Charland	316	316	316	948
G. Tortolano	181	101	286	568

*=EPF Records. Winners receive cash prize and Isopures. Overall winners of IGF: Mike Wonowski for Squat, Mike Salsgiver for bench, Neil Walker for Raffle, Carlos Pequeno for Deadlift. Thanks to Scott Oleson, Arm Man, Paul DeSimone Brian at Isopure, all the contestants, all the Spectators, IGF Pure Solutions, Kimberly Clarks mother, Steve Salsgiver and everyone else who came out to support the contest! Thanks so much.

» courtesy EPF

PITTSBURGH MONSTER BP/DL

APR 3 2011 » Moon Twp., PA

BENCH Reps	220 lbs.		
225 lbs. Lift	<i>Police</i>		
Carson	52	Cook	555
J. Williams	49	<i>Junior</i>	
Ajohnson	47	C. Williams	410
Cassidy	46	<i>Submaster</i>	
McMullen	30	Marantino	535
Salerno	22	<i>Master</i>	
BENCH	Durci	440	
165 lbs.	<i>Teen (14-16)</i>		
<i>Teen (17-19)</i>	Muehlbauer	225	
Cooper	290	242 lbs.	
Gondosh	285	<i>Open</i>	
<i>Novice</i>	Carson	705	
Jodikinos	255	Wilson	540
Yeager	215	Cassidy	540
<i>Junior</i>	Burkhart	235	Jankowski
181 lbs.	<i>Submaster</i>		
<i>Open</i>	Johnson	475	
J. Williams	425	<i>Master</i>	
Hamer	425	Harris	440
<i>Novice</i>	<i>Teen (14-16)</i>		
J. Williams	425	Caughey	315
<i>Police</i>	275 lbs.		
Miller	355	<i>Open</i>	
<i>Submaster</i>	Rich	665	
J. Williams	425	Bly	605
198 lbs.	<i>Novice</i>		
<i>Open</i>	Moskos	440	
Umberger	465	<i>Submaster</i>	
Dugan	450	Cregger	345
Austerberry	385	<i>Master</i>	
<i>Police</i>	Rich	665	
Bickers	330	<i>Teen (17-19)</i>	
<i>Teen (14-16)</i>	Gray	355	
Pettis	210	308 lbs.	



Zack Barravecchio preparing for his 205 lb. deadlift (Mike Barravecchio photo)

<i>Master</i>	Romano	550	Cuspard	335
<i>Teen (17-19)</i>	Domin	315	Hoffman	315
SHW	<i>Teen (17-19)</i>		Leighty	290
Weimer	460	Barua	380	
198 lbs.	Cuspard	335		
McNeill	300	220 lbs.		
<i>Grandmaster (70-79)</i>	Patterson	460		
198 lbs.	C. Williams	410		
Herbein	250	Obryon	400	
<i>Grandmaster (80-89)</i>	Stitch	400		
181 lbs.	Steel	365		
Bruce	200	<i>Police</i>		
<i>Raw</i>	400- Stitch	400		
123 lbs.	Maze	285		
<i>Teen (14-16)</i>	242 lbs.			
Z. Barravecchio	100	<i>Open</i>		
148 lbs.	Cassidy	552		
Leighty	175	Miller	435	
165 lbs.	Florida	390		
<i>Novice</i>	Canter	305		
Clouse	315	Board	275	
Sierra	290	<i>Master</i>		
Jodikinos	255	Sunday	405	
Hill	250	275 lbs.		
<i>Teen (17-19)</i>	<i>Open</i>			
Yondola	250	Magill	450	
Creese	225	Steilner	440	
181 lbs.	Mancino	425		
<i>Novice</i>	<i>Police</i>			
J. Williams	425	Mancino	425	
Hinchee	340	<i>Teen (17-19)</i>		
Dotson	290	Pekular	330	
Helbus	275	308 lbs.		
<i>Teen (14-16)</i>	<i>Open</i>			
Mullins	225	Lentz	575	
<i>Teen (17-19)</i>	Burger	475		
Dezak	275	Roberts	435	
198 lbs.	SHW			
<i>Open</i>	<i>Open</i>			
Nicolo	350	Jackson	430	

Team Awards: 1st-Southside Barbell, 2nd-RMU, 3rd-West Hills Barbell. The 12th Pittsburgh Monster Bench Press & Deadlift Meet once again took place in the Pitts-

burgh Airport Crowne Plaza Hotel located in Moon Township, Pennsylvania. The hotel provided a great facility and monstrous warm-up room with 4 different platforms and thousands of pounds of weights. We were blessed to have an awesome turnout with 80+ benchers and 60+ deadlifters. With so many great lifters it is hard to mention everybody but I will highlight just a few. Zack Barravecchio (my 15 year old son) visited the lifting platform for the very first time in both the bench and the deadlift. He benched 100 lbs. and deadlifted 205 lbs. and did both lifts 100% raw. Not bad considering almost one year-ago to the date he was in the hospital recovering from major surgery for his Chron's disease. We are all so proud of you Zack. Jacob Williams made a return to the platform looking shredded as ever. We weren't sure if he was in town for the Mr. Olympia or the bench contest. Well, he looked great and benched 425 raw in the 181 class. In the 220 class, Jim Patterson nailed a 460 raw, and my training partner and partner at work, Dave Stitch, hit his first 400 raw. In the 242 class, Chris Carson crushed 705 lbs. in the open and Jarrod Cassidy took 552.5 lbs. raw for an easy 4th attempt and first place. In the 308 class, a massive Cody Lentz smoked 575 raw. I'm not sure why he did not go for 600 but I am sure he will hit it next year. Cody, if you are reacting this I want you to be the first 600 raw at the Monster next year. Keep it up! In the deadlift, John Herbein finished with a 400 lbs. lift at 198 at age 79. That's right, John is 79 years old. Way to go John. Hope to see you next year. In the 198 class, Christian Cuspard hit a 525 raw in the Teen Division, Keith Mcneish hit a 600 at age 50, sorry Keith and Mike Dunn nailed a 600 in the police division in his very first meet. Another one of my training partners, Casey Williams hit a huge 650 raw deadlift with a near miss at 700. Steve Bly came in at 275 and hit a very big 700 in the raw division. For the

12th year in a row we were blessed to have an awesome and successful Monster Meet. If there is one thing I have learned over these 12 years is that there would be no way that we could do that without my support staff that you see running around the hotel all day with staff shirts on. I would not trade any of my staff for the world, you guys are the best: Donnie Deselle and Pete Shandrick, the best platform and loaders around. There are none better. Sean Marshall, Dave Book, Dave Stitch, Mike Scappe, Chad Jodikinos, Joey Pokorny, Brian Buydasz. The score table, Mickey Lonkert, Butch Starko, Jon Fry, Ray Gallagher, Andy Morgan. The Judges, Donnie Sineway (Don, I appreciate your friendship and help for the past 25 years), Chuck (red-light) Carr, Jimbo Rekowski and Mike Scappe. Also a special thanks to Mary Lynn Pelino for manning the front door, Gina Pokorny for spending your honeymoon at the meet and Denise Ellicker. Casey Williams and John Steilner and my son, Zack jumped in and helped with the loading after competing all day and for that I am extremely grateful. To my only daughter, Jessica, thanks for all you do, you are actually very helpful and useful that entire weekend but please I want you to know now that we will once again be getting up at 5:30 AM on the day of the meet next year so prepare yourself for that now and don't cry and moan about it, please. Thanks to my Mom and Dad for being there every year[] as they get older and older. And last but by no means least, my wife, Stephanie. She keeps me grounded every year and knows just the right things to say to me and when to say it. She is the voice of reason and my rock. She's not bad looking either and does an awesome job at selling t-shirts. I love you very much and thank you for helping me keep the Monster going for 12+ years. Next year's meet is April 15th, 2012, one week after Easter Sunday. Train hard and see you all then.

» courtesy Mike Barravecchio

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.

110 DEC » USPA Norcal Open (PL/BP/DL/PP, Raw & Single-ply) (Modesto, CA) » Steve Denison, steve@uspla.org, www.uspla.org
10 DEC » USAPL RGV Winter Classic (McAllen, TX) » Wes Zunker, 210.317.8245, www.usapowerlifting.com
10 DEC » USAPL Holiday Classic (Carrollton, TX) » Nate Wylie, 505.550.5864, www.usapowerlifting.com
10 DEC » 11th Annual Golden Bear Bench Press Classic (Barron, WI) at the Barron Area Community Center Theater/Gymnasium » Steve Fronk, sifronk@hotmail.com, 715.296.0165, proceeds go to purchasing weightlifting equipment for the Community Center and to help needy children at Christmas time - last year over 400 children benefitted from this event!
10 DEC » Donnie Thompson SC Championship (PL/BP/PP) (Pelion, SC) at American Muscle-Fitness and Strength Gym » Will Millman, 843.886.5366, shelter804@gmail.com
10 DEC » IBP Carolina Christmas Classic Push Pull (Taylors, SC) » Keith Payne, keith@ironboypowerlifting.net, www.ironboypowerlifting.com
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 Turttainen, ano.turtainen@gometal.com, www.gometal.com, www.worldpowerliftingcongress.com
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 » WNPf 14th Sarge McCray Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
10 DEC » APA Apollon Winter Iron Bash (PL/BP/DL/PP) (Edison, NJ) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
10 DEC » USAPL Sunshine State Games & Senior State Games & FL HS Championships (Lakeland, FL) » Robert Keller, 954.790.2249, www.usapowerlifting.com
10 DEC » USAPL Maryland State (Laurel, MD) » Mark Daniel, 410.997.1172, www.usapowerlifting.com
10 DEC » USAPL Ketchikan Meet (Ketchikan, AK) » Doug Gregg, 907.247.9463, www.usapowerlifting.com
10-11 DEC » APA 32nd Annual West Coast Open (Raw & Equipped) (Newport, OR) at Big Bears Gym » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.apa-wpa.com
10-11 DEC » APA 32nd West Coast Open PL Championships (Newport, OR) at the Oceanfront Hallmark Resort » Rick McClung, 541.961.3845, bigbearsgym@hotmail.com, www.themusclestudio.com
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
11 DEC » USPF Battle of the Bench Press (Circleville, OH) » Scott Picklesimer, ironworxgymscott@aol.com, 740.207.0070, Jon Elick, antman517@aol.com, 740.601.8378, www.uspf.net
11 DEC » APA New England Winter Iron Bash (BP/DL/PP) (Wallingford, CT) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
11 DEC » USAPL MA and RI Open BP/PL Championships (Johnson, RI) » Eric Cordeiro, 617.797.6597, www.usapowerlifting.com
11 DEC » APF/AAPF Illinois Raw Power Challenge (Chicago, IL) » Eric & Jackie Stone, 630.677.4358, thestone@chicagopowerlifting.com, www.worldpowerliftingcongress.com
12 DEC » AAU Christmas Challenge (Rockland, MA) at the Holiday Inn » www.bigironpowerlifting.com

TROPHIES + T-SHIRTS
FOR YOUR COMPETITIONS

HIGHEST QUALITY
LOWEST PRICES

TO ORDER, CALL:
217.253.5429

17 DEC » APF/AAPF Ron Fernando Memorial Meet (Aurora, IL) » Jose Garcia, 630.246.0733, www.worldpowerliftingcongress.com
17 DEC » APF Invitational (Westerville, OH) » Doug Heath, 614.818.4028, www.worldpowerliftingcongress.com
17 DEC » ADFPF Missouri State PL/Single Event Championships (Record Breakers and WDFPF Worlds Qualifiers) (Columbia, MO) » Bill Duncan, 410.474.1071, mopowrlftr@yahoo.com, www.adfpf.org
17 DEC » Iron Chamber Gym BP/DL Championships (Canton, OH) at Glenwood Middle School » Jeffrey Begue, 330.844.1011, icg-pride@hotmail.com, www.icg-pride.net
17 DEC » USPA Mid-America BP/DL/PP Championships (Single-ply & raw) (Bloomington, IN) at CoreFit Training Studio » Carl Lamb, 812.822.0740, carl@ustoc.org, www.ustoc.org, www.uspla.org
17 DEC » USPA Dirty South Open PL Championship (Raw/Single-ply) (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org
17 DEC » USAPL Southside Classic (San Antonio, TX) » Wes Zunker, 210.317.8245, 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 » SLP The Last One! BP/DL Championship (Tuscola, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
17 DEC » WNPf Ironman Nationals & Florida BP/DL/PC Classic (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 DEC » NASA Illinois Christmas Regional (Flora, IL) » www.nasa-sports.com
18 DEC » APA Big Iron Classic (BP/DL/PP) (Fulton, MS) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com
31 DEC » APF/AAPF Old School Push/Pull (Oviedo, FL) » Brian Schwab, lightweightpower@aol.com, 407.687.2447, www.worldpowerliftingcongress.com
DEC » WPC Ontario Pro Championships (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com
DEC » WPC St. David's Celtic PL Meet (Canada) » Bruce McIntyre, bruce-mcintyre@sympatico.ca, www.worldpowerliftingcongress.com
7 JAN 2012 » NASA Gilmer East TX Open (Gilmer, TX) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
7 JAN 2012 » USAPL Fast Gym's PL/BP Winter Classic (Downingtown, PA) » Ethan Farkas, 484.880.8197, TJ Cascio, tjcascio@fastgym.com, 610.518.2226, www.fastgym.com, www.usapowerlifting.com
7 JAN 2012 » USPA Steve Goggins Classic (Victoria, TX) at Pure Fitness Gym » Chris Pappillion & Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org
7 JAN 2012 » PRPA Louisiana State Raw PL Championships (Open Masters, Teen, Women PL/BP/DL) (New Orleans, LA) » Jake Impastato, jraw504@gmail.com, www.raw504.com
14 JAN 2012 » SLP Meat Heds New Year Open Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
14 JAN 2012 » USAPL Louisiana State Meet (Lafayette, LA) » Cameron Barrilleaux, 985.768.2399, www.usapowerlifting.com
14 JAN 2012 » WNPf 1st Asia Bench Press Championships (TBA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
14 JAN 2012 » USPA Camp Pendleton Open (Raw/Single-ply) (Camp Pendleton, CA) » Steve Denison, steve@uspla.org, www.uspla.org
21 JAN 2012 » APF Raw Gulf Coast PL/BP Meet (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com
21 JAN 2012 » APF/AAPF Great Lakes Open (Kentwood, MI) » Andy Briggs, 616.935.2380, www.worldpowerliftingcongress.com
21 JAN 2012 » SLP Mississippi State BP/DL Championship (Tupelo, MS) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
21 JAN 2012 » Python Power League Snellville Open Powerlifting Championships (Snellville, GA) » Tee "Skinny Man" Meyers, 706.513.7515, pythongym@aol.com, www.pythonpowerleague.info
21-22 JAN 2012 » NASA Natural Nationals (OKC, OK) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com
28 JAN 2012 » USAPL Capitol City Clash Championships (Lincoln, NE) » Bill Sindelar, 402.986.1784, www.usapowerlifting.com
28 JAN 2012 » WNPf Winter Classic Ironman/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net
28 JAN 2012 » USPA Maine State PL/BP Championship (Bangor, ME) at Silo Barbell » Paul Dosen, pdosen03@aol.com, 207.951.3507, www.uspla.org
28 JAN 2012 » 100% RAW Potomac Open Single Lifts (BP/DL/Strict Curl) (Woodbridge, VA) at Powerhouse Gym » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.usapowerlifting.com

virginiapowerlifting.blogspot.com

28 JAN 2012 » USPA American Powerlifting Cup (Invitational) (Los Angeles, CA) at the LA Convention Center - Fit Expo » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

28 JAN 2012 » SLP Smokey Mountains Open BP/DL Classic (Stanton, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28-29 JAN 2012 » RPS 3rd Annual NJ State & North American Powerlifting Championship (Newark, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlak-powersystems.com

29 JAN 2012 » USPA LA Fit Expo BP/DL Invitational (Los Angeles, CA) at the LA Convention Center - Fit Expo » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

4 FEB 2012 » APF/AAPF Orlando Barbell Florida State Meet (Orlando, FL) » Brian Schwab, lightweightpower@aol.com, 407.687.2447, www.worldpowerliftingcongress.com

4 FEB 2012 » SLP New Elite Fitness Open BP/DL/Curl Championships (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

4 FEB 2012 » NASA Arizona State (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

4 FEB 2012 » **ADFPF Single Event National Championships** (Columbia, MO) » Bill Duncan, 410.474.1071, mopowrlfr@yahoo.com, www.adfpf.org

11 FEB 2012 » SLP Brickyard Open BP/DL Championship (Milwaukee, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

11 FEB 2012 » ADAU Raw Power Single Lift Open (Hooversville, PA) at Scrappy Joe's Gym » Joe Caola, 814.798.8032, www.adaurawpower.com

11 FEB 2012 » APA 3rd Annual Lion Heart Sunshine State Raw BP Meet (Clearwater, FL) at Lion Heart Gym » Stephen Byer, 727.743.1515, lionheartgym@tampabay.rr.com, www.apa-wpa.com

11 FEB 2012 » AAU Nevada State and Southwest Regional Championships (Las Vegas, NV) at Xtreme Strength Training Center » naturalpowerlasvegas@yahoo.com, www.aasports.org

11 FEB 2012 » WABDL Central US Arkansas BP/DL Championships (Jonesboro, AR) at the Holiday Inn » Al Stork, 207.356.9946, storkspower@aol.com, www.maineapowerlifting.com, www.wabdl.org

11 FEB 2012 » ADAU/100% RAW Emmanuel PL/Single Lift Championships (Johnstown, PA) » Joe Caola, 814.798.8032, jcougar250@yahoo.com, www.adaurawpower.com

11 FEB 2012 » WNPf All Raw Tournament of Champions (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

11 FEB 2012 » WNPf All Raw Tournament of Champions (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

18 FEB 2012 » USPA Red Brick IX BP Championship (Buffalo, NY) » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org

18 FEB 2012 » WNPf All Raw Tournament of Champions (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

18 FEB 2012 » WABDL Winter Classic BP/DL Competition (Orlando, FL) at the Doubletree Hotel » Al Stork, 207.356.9946, www.wabdl.org

18 FEB 2012 » SLP Bluegrass Open BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

18 FEB 2012 » NASA Missouri State (Joplin, MO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

18 FEB 2012 » WABDL Winter Classic (Orlando, FL) at the DoubleTree Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

18 FEB 2012 » RPS Barno-Newman Classic & **Master's Police Nationals** (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpower-systems.com

18 FEB 2012 » WABDL Texas State BP/DL Championships (Houston, TX) » Tiny Meeker, 832.423.7662, www.wabdl.org

19 FEB 2012 » SPf Brute Strength Gym's Hampton VA Sports Expo (Raw/Multi-PLY, BP/PP) (Hampton, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net

24-25 FEB 2012 » USAPL Alabama State Championships (Orange Beach, AL) » Daryal Haskew, 251.928.6987, 2haskews@bellsouth.net, www.usapowerlifting.com

25 FEB 2012 » WABDL East Coast BP/DL Championships (Lynchburg, VA) at Liberty University » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

25 FEB 2012 » USAPL 6th Annual Aggie Showdown (College Station, TX) » Kayla James, 254.223.2991, www.usapowerlifting.com

25 FEB 2012 » USPA West Coast Open (Single-PLY) (Concord, CA) at Diablo Barbell Club » Steve Denison, steve@uspla.org, 661.333.9800, www.uspla.org

25 FEB 2012 » NASA Tennessee State (Counce, TN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

26 FEB 2012 » APF/AAPF 3rd Annual Ohio Cup (Plainfield, OH) at the Linton Community Center » John Blackstone, 746.502.4964, Wade Butcher, 614.316.6170, www.worldpowerliftingcongress.com

26 FEB 2012 » USPA West Coast Open (Multi-PLY) (Concord, CA) at Diablo Barbell Club » Ted O'Neill and Hillary Harper, ted@diablobarbell.com, hillary@diablobarbell.com, 925.685.8818 (gym) or 925.207.5780 (cell), www.uspla.org

26 FEB 2012 » WNPf All Raw Tournament of Champions (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

3 MAR 2012 » NASA Colorado State (Denver, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

APF/AAPF/WPC Schedule

- 10 DEC**, APF/AAPF Alabama State Meet
- 10 DEC**, WPC Metal Gym Christmas BP/DL
- 11 DEC**, APF/AAPF Illinois Raw Power Challenge
- 17 DEC**, APF Invitational
- 17 DEC**, APF/AAPF Ron Fernando Memorial
- 31 DEC**, APF/AAPF Old School Push/Pull
- DEC**, WPC Ontario Pro Championships
- DEC**, WPC St. David's Celtic PL Meet
- 21 JAN 2012**, APF Raw Gulf Coast PL/BP Meet
- 21 JAN 2012**, APF/AAPF Great Lakes Open
- 4 FEB 2012**, APF/AAPF Orlando Barbell FL State Meet
- 24 MAR 2012**, AAPF 16th Annual Frank Kostyo Meet
- 24 MAR 2012**, APF/AAPF Relentless Meet
- MAR 2012**, APF/AAPF Illinois State Meet
- 8 APR 2012**, APF Ironworx Single-Ply Ohio Push/Pull
- 13-15 APR 2012**, AAPF Nationals
- 14-15 APR 2012**, APF HS Nationals
- 17-22 APR 2012**, WPC/AWPC European Championship
- 27-28 APR 2012**, APF Europa Show of Champions
- 26-27 MAY 2012**, APF Master/Teen/Jr. Nationals
- MAY 2012**, APF Gulf Coast PL/BP Meet
- 1-3 JUN 2012**, APF Senior Nationals
- 21 JUL 2012**, Can/Am Bench Press Championships
- JUL 2012**, WPC South America Championships
- 30 AUG - 2 SEP 2012**, APF/AAPF Record Breakers
- AUG-SEP 2012**, AWPC World Championships
- 8 SEP 2012**, APF/AAPF Summer Heat VIII
- OCT/NOV 2012**, AWPC/WPC World Cup PL/BP/DL
- NOV 2012**, WPC World Championships

Dates subject to change

Call 866.389.4744 for more information

or go to our website:

www.worldpowerliftingcongress.com

COMING EVENTS »

Do you want -10 degrees and a foot of snow or do you want 75 degrees, sunny and breezy with Disney World, Universal Studios and Sea World thrown in for good measure? If you want the latter, then this meet is for you...

WABDL WINTER CLASSIC BENCH PRESS + DEADLIFT COMPETITION

**LOCATED AT THE DOUBLETREE BY HILTON IN ORLANDO, FL
IN A BEAUTIFUL BALLROOM | ROOM RATES: \$119 (NORMALLY \$179)**

ON SATURDAY, FEBRUARY 18, 2012

✱

CONTACT AL STORK 207.356.9946 | STORKSPOWER@AOL.COM

*** WABDL 2012 MEET LIST ***

- 11 FEB: WABDL CENTRAL US BP/DL CHAMPIONSHIPS (JONESBORO, AR)
- 18 FEB: WABDL WINTER CLASSIC (ORLANDO, FL)
- 18 FEB: WABDL TEXAS STATE BP/DL CHAMPIONSHIPS (HOUSTON, TX)
- 25 FEB: WABDL EAST COAST BP/DL CHAMPIONSHIPS (LYNCHBURG, VA)
- 10 MAR: WABDL NATIONAL COLLEGIATE BP/DL CHAMPIONSHIPS (SAN ANTONIO, TX)
- 10 MAR: WABDL NEVADA STATE BP/DL CHAMPIONSHIPS (PAHRUMP, NV)
- 17 MAR: WABDL CALIFORNIA STATE BP/DL CHAMPIONSHIPS (CHICO, CA)
- 24 MAR: WABDL NORTH AMERICAN BP/DL CHAMPIONSHIPS (PORTLAND, OR)
- 31 MAR: WABDL MONTANA STATE BP/DL CHAMPIONSHIPS (MISSOULA, MT)
- 4 APR: WABDL NATIONAL HIGH SCHOOL BP/DL CHAMPIONSHIPS (HOUSTON, TX)
- 14 APR: WABDL WORLD BP/DL CHAMPIONSHIPS (WISCONSIN DELLS, WI)
- 21 APR: WABDL FLORIDA STATE BP/DL CHAMPIONSHIPS (LAKELAND, FL)
- 12 MAY: WABDL BUCKEYE HALL OF FAME CLASSIC (CANTON, OH)
- 2 JUN: WABDL NORTHWEST REGIONAL BP/DL CHAMPIONSHIPS (MEDFORD, OR)
- 2 JUN: WABDL NATIONAL PUSH-PULL CHAMPIONSHIPS (PHOENIX, AZ)
- 9 JUN: WABDL ROCKY MOUNTAIN REGIONAL BP/DL CHAMPIONSHIPS (SLC, UT)
- 16 JUN: WABDL NATIONAL BP/DL CHAMPIONSHIPS (PORTLAND, ME)
- 16 JUN: WABDL GREAT NORTHERN BP/DL CHAMPIONSHIPS (OLYMPIA, WA)
- 30 JUN: WABDL SOUTHERN NATIONALS BP/DL CHAMPIONSHIPS (BIRMINGHAM, AL)
- 1 JUL: WABDL SONNY'S 8TH ANNUAL PUSH-PULL CHAMPIONSHIPS (HONOLULU, HI)
- 14 JUL: WABDL MIDWEST REGIONAL BP/DL CHAMPIONSHIPS (MINNEAPOLIS, MN)
- 28 JUL: WABDL GREAT LAKES REGIONAL BP/DL CHAMPIONSHIPS (DALLAS, TX)
- 4 AUG: WABDL WEST COAST BP/DL CHAMPIONSHIPS (RANCHO CORDOVA, CA)
- 25 AUG: WABDL TOM FOLEY BP/DL CLASSIC (NANUET, NY)
- 13-18 NOV: WABDL WORLD BP/DL CHAMPIONSHIPS (LAS VEGAS, NV)

FOR MORE INFO: WWW.WABDL.ORG

3 MAR 2012 » WNPf Tennessee PL/BP/DL/PC Championships (Cleveland, TN)
» Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

3 MAR 2012 » IPA PA State PL Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

3-4 MAR 2012 » IPA XPC/LexenXtreme Pro/Elite Coalition International Open (Columbus, OH) at Ultimate Sports Center » Dan Dague, 614.554.8824, lexenxtreme@aol.com, www.ipapower.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

8-11 MAR 2012 » WPA Ukraine Open Championships (PL/BP) (Kovel City, West Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

10 MAR 2012 » SLP Iron House Open BP/DL Championship (St. Johns, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

10 MAR 2012 » NASA Texas State (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

10 MAR 2012 » WABDL National Collegiate BP/DL Championships (San Antonio, TX) at Palo Alto College » Dr. John Hudson, 217.377.4640, www.wabdl.org

10 MAR 2012 » WABDL Nevada State BP/DL Championships (Pahrump, NY) at the Nugget Hotel & Casino » Gary Miller, 775.209.4916, www.wabdl.org

17 MAR 2012 » SLP 7th Street Gym Open BP/DL Classic (Clinton, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

17 MAR 2012 » NASA Indiana State (Kokomo, IN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

17 MAR 2012 » WABDL California State BP/DL Championship (Chico, CA) at the Holiday Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

17 MAR 2012 » ADAU Bragging Rights Meet (Sicklerville, NJ) » Jackson Lee, 267.566.2119, brobasteam@aol.com, www.adaurawpower.com

17 MAR 2012 » 100% RAW Ironman Nationals and U.S. Open Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

17 MAR 2012 » USAPL Tennessee State Meet (Maryville, TN) » Chip Hultquist, 865.681.6248, www.usapowerlifting.com

17 MAR 2012 » WNPf South Georgia PP/PC Championships (Fitzgerald, GA) » Adrian Locklear, wnpfpower@aol.com, www.wnpf.net

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

24 MAR 2012 » SLP Body Shop Fitness Open BP/DL/Curl Championship (Mt. Juliet, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

24 MAR 2012 » NASA Midwestern States (Kansas City, MO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

24 MAR 2012 » WABDL North American BP/DL Championships (Portland, OR) at the Shilo Inn Airport » Gus Rethwisch, 503.901.1622, www.wabdl.org

24 MAR 2012 » AAPF 16th Annual Frank Kostyo Memorial PL Championship (Lakeland, FL) at All American Gym » All American Gym, 863.687.6268, www.allamericangym.com

24 MAR 2012 » APF/AAPF Relentless Meet (Apple Valley, MN) » Scott Nutter, 952.215.2588, www.worldpowerliftingcongress.com

31 MAR 2012 » MHP's Hercules, Sultans of Squat, Kings of the Bench VI, Clash of the Titans V (DL) and Shoulder of Samson (Overhead Press) (classic raw rules) at the Ronnie Coleman Classic Expo (Mesquite/Dallas, TX) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com

31 MAR 2012 » WNPf USA PL/BP/DL/PC Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

31 MAR 2012 » WNPf Northeast Challenge (PL/BP/DL) (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

31 MAR 2012 » SLP Teenage Nationals & Ohio Open BP/DL Championship (Mansfield, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

31 MAR 2012 » WABDL Montana State BP/DL Championships (Missoula, MT) at Ruby's Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

31 MAR 2012 » RPS 3rd Annual New England Revolution (Johnston, RI) »

Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

31 MAR - 1 APR 2012 » **NASA High School Nationals** (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

31 MAR - 1 APR 2012 » American Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemedede, NJ) at the Runnemedede Inn » Bob Marcellino, 856.340.5721

31 MAR - 1 APR 2012 » USAPL 30th PL Pennsylvania State Championships (Scranton, PA) » Steve Mann, steve@purepowerlifting.com, PO Box 495, Chinchilla, PA 18410, 570.309.6316, www.purepowerlifting.com, www.usapowerlifting.com

MAR 2012 » APF/AAPF Illinois State Meet (IL) » Dick Zenzen, 815.761.7055, www.worldpowerliftingcongress.com

4 APR 2012 » **WABDL National High School BP/DL Championships** (Houston, TX) at the University of Houston Downtown » Dr. John Hudson, 217.377.4640, www.wabdl.org

4 APR 2012 » Exile Barbell YMCA's 1st Annual April Fools Push and Pull (Troy, OH) » Kaci Harpest, 937.440.9622, k.harpest@miamicountyymca.net, Heather Cancino, 937.773.9622, h.cancino@miamicountyymca.net, Mike Wolfe, 419.953.9009, bigbadwolfe900@yahoo.com

7 APR 2012 » USPA Hawaii State PL Championship (Honolulu, HI) » Ata Edralin & Darren Matsumoto, nalomightymouse@yahoo.com, windocswindow@yahoo.com, 808.256.6542, 808.224.3433, www.uspla.org

7 APR 2012 » **SLP National Raw BP/DL Championship** (Arkadelphia, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

7 APR 2012 » NASA Oklahoma State (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

8 APR 2012 » APF Ironworx 1st Annual Single-ply Ohio Push/Pull (OH) » Wade Butcher, 614.316.6170, www.butchsbarbell.com, www.worldpowerliftingcongress.com

12 APR 2012 » 13th Annual Pittsburgh Monster BP/DL (Pittsburgh, PA) » Mike Barravecchio, 152 Dover Dr., Moon Township, PA 15108, 412.264.9996, vecks4@verizon.net

13-15 APR 2012 » **AAPF Nationals** (Equipped & Raw) (Burr Ridge, IL) » Eric Stone & Amy Jackson, 866.389.4744, amy@jackson@aol.com, www.worldpowerliftingcongress.com

13-15 APR 2012 » **USAPL Collegiate Nationals** (Baton Rouge, LA) » Paul Fletcher, www.usapowerlifting.com

14 APR 2012 » USPA Georgia State PL Championships (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

14 APR 2012 » USPA California State Multi-ply PL Championship (Fresno, CA) » Bob Packer, wheelersfitnessfresno@gmail.com, 559.322.6805, 559.760.2970, www.uspla.org

14 APR 2012 » SLP Wisconsin State BP/DL Championship (Delavan, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

14 APR 2012 » NASA Ohio State (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

14 APR 2012 » **WABDL World Cup BP/DL Championships** (Wisconsin Dells, WI) at the Chula Vista Resort » Gus Rethwisch, 503.901.1622, www.wabdl.org

14 APR 2012 » SPF Brute Strength Gym's Spring Powerlifting Meet (Raw/Single-ply/Multi-ply, PL/BP/PP) (Norfolk, VA) » Stella Krupinski, 757.893.9111, brando_waterfront@yahoo.com, www.brutestrengthgym.net

14 APR 2012 » USAPL Richmond Open (Mechanicsville, SC) » Gary Emrich, 843.711.9482, www.usapowerlifting.com

14-15 APR 2012 » RPS 14th Annual Powerpalooza (XPC Coalition Qualifier) (York, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

14-15 APR 2012 » **APF High School Nationals** (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, www.worldpowerliftingcongress.com

15 APR 2012 » WNPf New Jersey PL/BP/DL Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

15 APR 2012 » The 13th Pittsburgh Monster BP/DL (Men & Women/All Classes) (Pittsburgh, PA) at the Pittsburgh Airport Crowne Plaza » Mike Barravecchio, 412.264.9996, vecks4@verizon.net

17-22 APR 2012 » WPC/AWPC European Championships (Raw & Equipped) (Rostov on Don, Russia) » Mikhail Weber, Yuri Ustinov, wpcwpo@gmail.com, www.worldpowerliftingcongress.com

20-21 APR 2012 » MHP's Hardcore Powerlifting Record Breakerz, Sultans of Squat II, Kings of the Bench VII and Clash of the Titans VI (DL) (classic raw rules)

UPCOMING SLP COMPETITIONS

- 3 DEC**, *SLP Tennessee Christmas for Kids* (Memphis, TN)
- 17 DEC**, *SLP The Last One! BP/DL Championship* (Tuscola, IL)
- 14 JAN**, *SLP Meat Heds New Year Open* (Indianapolis, IN)
- 21 JAN**, *SLP Mississippi State Championship* (Tupelo, MS)
- 28 JAN**, *SLP Smokey Mountains Open* (Stanton, KY)

Son Light Power

206 South Washington Street, Tuscola, IL 61953

217.508.9297

www.sonlightpower.com | sonlightgym@frontier.com

at the Emerald Cup Expo (Bellevue/Seattle, WA) » Sean Katterle, 503.221.2238, seanzilla@hardcorepowerlifting.com, www.hardcorepowerlifting.com

20-21 APR 2012 » UPA Power Weekend (Dubuque, IA) » Bill Carpenter, bcarpenter@upapower.com, www.upapower.com

21 APR 2012 » **SLP National BP/DL Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

21 APR 2012 » CPF Atlantic Canadian Power Challenge Spectacular (Amherst, Nova Scotia, Canada) » Nathan Robertson, ns.powerlifter@hotmail.com, www.canadianpowerliftingfederation.com

21 APR 2012 » NASA Iowa State (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

21 APR 2012 » WABDL FL State BP/DL Championship (Lakeland, FL) at All American Gym » Ken Snell/All American Gym, 863.687.6268, www.allamericangym.com

27-28 APR 2012 » APF Europa Show of Champions (Single-ply) (Orlando, FL) » Kieran Kidder, Amy Jackson, 630.896.7309, amy@jackson@aol.com, www.worldpowerliftingcongress.com

28 APR 2012 » SLP Southwest Missouri Open BP/DL Championship (Branson, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 APR 2012 » New Jersey High School Powerlifting Championship (BP/DL/Curl/BP for Reps/Rep Challenge) (Runnemedede, NJ) at the Runnemedede Inn » Bob Marcellino, 856.340.5721

28 APR 2012 » North Virginia Raw Meet (Centreville, VA) at Bull Run Regional Park Shelter #2 » John James, 703.475.9885, PO Box 230522, Centreville, VA 20120, www.northernvirginiarawpower.com

28 APR 2012 » USPA Santa Barbara Open (Santa Barbara, CA) at Fisher Strength & Health Gym » Steve Denison, steve@uspla.org, Kevin Fisher, 808.963.3439, www.uspla.org

28 APR 2012 » NASA New Mexico State (Gallup, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

28 APR 2012 » WNPf Florida State PL/BP/DL Championships (Merrit Island, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

APR 2012 » **WPA Equipped World Championships** (Pittsburgh, PA) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

APR 2012 » **APA Raw National Championships** (Defuniak Springs, FL) » Bobby Myers, 850.974.2880, alacqua-pits@netzero.net

5 MAY 2012 » **SLP Lifetime Natural Powerlifting Nationals** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

5 MAY 2012 » **NASA Western States Nationals** (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

5 MAY 2012 » RPS Championship of the Virginia's (Manassas, VA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

5 MAY 2012 » WNPf South Carolina PL/BP/DL/PC Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

5 MAY 2012 » WNPf Upstate New York PL Championships (Rochester, NY) » Ron Deamicis, powerlt103@aol.com, www.wnpf.net

12 MAY 2012 » SLP Platinum Fitness Open BP/DL Championship (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

COMING EVENTS »



WORLD NATURAL POWERLIFTING FEDERATION

3 DEC, WNPFA International Georgian Open BP/DL Championships (Tbilisi, Georgia)

10 DEC, WNPFA 14th Sarge McCray Championships (Bordentown, NJ)

17 DEC, WNPFA Ironman Nationals & Florida BP/DL/PC Classic (Orlando, FL)

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

12 MAY 2012 » NASA South Texas Open (Alvin, TX) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

12 MAY 2012 » WABDL Buckeye Hall of Fame Classic (Canton, OH) at The McKinley Grand Hotel » Don Miskinis, 216.272.9409, www.wabdl.org

12 MAY 2012 » USAPL PA State BP/DL Championships (E. Stradshurg, PA) » Chris Cimigliaro, 570.426.1976, www.usapowerlifting.com

16 MAY 2012 » NASA West Texas Open (Amarillo, TX) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

19 MAY 2012 » SLP Ho-Chunk Nation Open BP/DL Championship (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

19 MAY 2012 » Big Apple Powerlifting Championship (Bronx, NY) at Astral Fitness » astralfitness@aol.com, www.astralfitness.net

19 MAY 2012 » NASA Bench Press Nationals (Denver, CO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

19 MAY 2012 » NASA Power Sports Nationals (Denver, CO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

19 MAY 2012 » RPS 3rd Annual South Jersey Rumble (Paulsboro, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

19 MAY 2012 » USPA Baltimore Open (Baltimore, MD) » Brian Washington, 443.804.9132, brian@usbf.net, www.uspla.org

19 MAY 2012 » Orange County PL/Ironman/BP Championship (Pine Bush, NY) at Pine Bush Fire Hall » Frank J. Panaro, 845.778.1884, frankjpanaro@gmail.com, dale_usapl@y.com

19 MAY 2012 » WNPFA Western Penn PL/BP/DL Championships (Beaver, PA) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

19-20 MAY 2012 » WNPFA International Invitational BP/DL Championships (Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

24-27 MAY 2012 » WPA Raw World Championships (PL/BP) (Lutsk City, Ukraine) » Scott Taylor, 356 Lakeland Dr. Lot 3, Hot Springs, AR 71913, scott@apa-wpa.com, www.apa-wpa.com

26 MAY 2012 » WNPFA Bench Bash (Middletown, NY) » Mike Manzo, manzo-powerlifting@yahoo.com, www.wnpf.net

26-27 MAY 2012 » APF Master/Teen/Junior Nationals (Baton Rouge, LA) » Garry Frank, 225.241.8154, bulldogbr@bellsouth.net, www.worldpowerlifting-congress.com

26-27 MAY 2012 » East Coast Powerlifting Championship (BP/DL/Curl/BP for

Reps/Rep Challenge) (Runnemede, NJ) at the Runnemede Inn » Bob Marcelino, 856.340.5721

MAY 2012 » APF Gulf Coast PL/BP Meet (New Port Richey, FL) » Rick Lawrence, 727.376.1707, www.worldpowerliftingcongress.com

1-3 JUN 2012 » APF Senior Nationals (Raw & Equipped - WPC Qualifier) (Myrtle Beach, SC) » Kieran Kidder & Amy Jackson, 866.38934744, amyjackson@aol.com, www.worldpowerliftingcongress.com

2 JUN 2012 » NASA Missouri Grand (Joplin, MO) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

2 JUN 2012 » WABDL National Push-Pull Championships (Phoenix, AZ) at the Sheraton Crescent » Gus Rethwisch, 503.901.1622, www.wabdl.org

2 JUN 2012 » WABDL Northwest Regional BP/DL Championships (Medford, OR) at Ramada Inn » Dan Guches, 541.890.3258, Sam Pecktol, 541.690.4165, www.wabdl.org

2 JUN 2012 » RPS 3rd Annual Philly Push/Pull (Bristol, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

2 JUN 2012 » PRPA 2nd Annual RAW504 Invitational (Open Masters, Teen, Women PL/BP/DL) (New Orleans, LA) » Jake Impastato, jraw504@gmail.com, www.raw504.com

3 JUN 2012 » WNPFA BP/DL/PC Nationals (Philadelphia, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

9 JUN 2012 » 100% RAW American Challenge (PL/BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginia-powerlifting.blogspot.com

9 JUN 2012 » SLP Superman Classic BP/DL Championship (Metropolis, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

9 JUN 2012 » WABDL Rocky Mountain Regional BP/DL Championships (Salt Lake City, UT) at the Hampton Inn » Gus Rethwisch, 503.901.1622, www.wabdl.org

9-10 JUN 2012 » NASA USA Nationals (Springfield, OH) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

16 JUN 2012 » SLP Michigan Open BP/DL Championship (St. Johns, MI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

16 JUN 2012 » WABDL National BP/DL Championships (Portland, ME) at the Fireside Inn and Suites » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

16 JUN 2012 » WABDL Great Northern BP/DL Championships (Olympia, WA) at the Red Lion Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

23 JUN 2012 » SLP Samson's Gym Open BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

23-24 JUN 2012 » IPA Summer Strength Spectacular (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com

30 JUN 2012 » WABDL Southern National BP/DL Championships (Birmingham, AL) at the Sheraton Downtown Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

30 JUN 2012 » RPS 4th Annual Connecticut State Championships/Europa Battle of Champions Sports Expo (Hartford, CT) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

1 JUL 2012 » WABDL Sonny's 8th Annual Push-Pull (Honolulu, HI) at the Hawaii Convention Center » Mike Saito, 808.221.0129, Jocelyn Ronolo, 808.387.8776, www.wabdl.org

14 JUL 2012 » ANPPC World Cup Powerlifting Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

14 JUL 2012 » NASA Grand Nationals (Des Moines, IA) » Rich Peters, sqbpdl@aol.com, www.nasa-sports.com

14 JUL 2012 » WABDL Midwest Regional BP/DL Championships (Minneapolis, MN) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

14 JUL 2012 » WNPFA National PL Championships (Youngstown, OH) » Ron DeAmicis, powerlt103@aol.com, www.wnpf.net

14 JUL 2012 » USPA Georgia State High School PL Championship (Atlanta, GA) » Steve Goggins, stevegoggins@netscape.net, www.uspla.org

21 JUL 2012 » USPA New York State BP/DL/Ironman (Angola, NY) at Mickey Rats Club » Dennis Brochey, dennis.brochey@gmail.com, 716.200.3533, www.uspla.org

21 JUL 2012 » WPC CanAm Bench Press Championships (Romulus, MI) at the

Detroit Metro Marriott » Joe Smolinski, canamborderwar@yahoo.com, www.michiganapf.com/canamborderwar.htm

21 JUL 2012 » SLP Northwest Arkansas Open BP/DL/Curl Championship (Rogers, AR) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 JUL 2012 » SLP Vince Soto Memorial Ohio State Fair BP/DL Championship (Columbus, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

28 JUL 2012 » WABDL Southwest BP/DL Championships (Dallas, TX) at the Sterling Hotel » Alex Calvo, 817.403.3525, www.wabdl.org

28 JUL 2012 » WABDL Great Lakes Regional BP/DL Championships (Lansing, MI) at the Causeway Bay Hotel » Al Stork, 207.356.9946, storkspower@aol.com, www.wabdl.org

28 JUL 2012 » WNPf Pennsylvania State Powerlifting Championships & **Bench Nationals** (Lancaster, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

28 JUL 2012 » WNPf Summerfest 2K12 PL/BP/DL Championships (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net

28 JUL 2012 » 100% RAW Eastern USA Open Single Lift (BP/DL/Strict Curl) (Woodbridge, VA) at Powerhouse Gym » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com

JUL 2012 » WPC South America Championships (Barranquilla, Columbia) » Leonardo Cavaglia, powerlifting76@gmail.com, www.aaapowerlifting.com.ar, www.worldpowerliftingcongress.com

4 AUG 2012 » SLP Wisconsin State Fair Outlaw BP/DL Championship (West Allis, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

4 AUG 2012 » WABDL West Coast BP/DL Championships (Rancho Cordova/Sacramento, CA) at the Marriott Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org

4 AUG 2012 » RPS New York State Powerlifting Championships (Rochester, NY) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

4 AUG 2012 » WNPf Raw Nationals & North American Championships (Plantation, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net

11 AUG 2012 » USPA Mid-Cities BP/DL/PP (Norwalk, CA) » Chuck LaMantia, ckclama@aol.com, 310.508.7308, www.uspla.org

11 AUG 2012 » RPS Raw Dog Nationals & AMVETS Powerfest Fundraiser (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com

11-12 AUG 2012 » NASA World Cup of Power (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

12 AUG 2012 » SLP Missouri State Fair BP/DL Championship (Sedalia, MO) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

18 AUG 2012 » IPA Raw National PL/BP Championships (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chaillet@yahoo.com, echaillet@aol.com, www.ipapower.com

18 AUG 2012 » SLP Indiana State Fair Outlaw BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

19 AUG 2012 » SLP Illinois State Fair BP/DL Championship (Springfield, IL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

25 AUG 2012 » SLP Kentucky State Fair Outlaw BP/DL Championship (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

25 AUG 2012 » NASA Colorado Grand (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com

25 AUG 2012 » WABDL Tom Foley BP/DL Classic (Nanuet, NY) at Premier Fitness » Brian Fahnenfeld, 201.463.5250, brianf@premierfitnessny.com, www.wabdl.org

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

30 AUG - 2 SEP 2012 » APF/AAPF Equipped & Raw Record Breakers (Idaho Falls, ID) » Mike & Linda Higgins, snakeriverp@yahoo.com, www.worldpowerliftingcongress.com

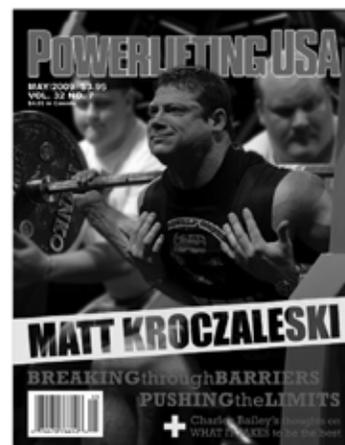
AUG/SEP 2012 » AWPC World Championships (Equipped & Raw) (Ukraine) » Vitaliy Bobchenko, www.worldpowerliftingcongress.com

1 SEP 2012 » SLP Florida State BP/DL Championship (Kissimmee, FL) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

amazonassociates

SUPPORT POWERLIFTING USA AND MAKE MONEY FROM AMAZON.COM

DO YOU HAVE A WEBSITE? You can earn up to 15% on Amazon purchases made through your website. Become an Amazon Associate and create a link to Powerlifting USA on Amazon.com and earn money when people link through your site to subscribe. To learn more, visit <http://affiliate-program.amazon.com>



COMING EVENTS »

1 SEP 2012 » NASA Texas Powerlifting Picnic (Gilmer, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
7-9 SEP 2012 » **RPS Supreme Iron Warrior World Championships** (Newark, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
8 SEP 2012 » SLP Tennessee State Fair BP/DL Championship (Nashville, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
8 SEP 2012 » APF/AAPF Summer Heat VIII (Rock Hill, SC) » Eric Hubbs, netti_fish@msn.com, www.worldpowerliftingcongress.com
8 SEP 2012 » WNPf Penn State Championships (Ephrata, PA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
9 SEP 2012 » **WNPF Lifetime Drug Free Nationals** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
15 SEP 2012 » SLP Bodyworks Gym Open BP/DL Classic (Dry Ridge, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
15 SEP 2012 » WNPf Middletown Open Push/Pull (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net
22 SEP 2012 » **SLP National Powerlifting Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
29 SEP 2012 » NASA New Mexico Regional (Roswell, NM) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
29 SEP 2012 » SLP Tennessee State BP/DL Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
6 OCT 2012 » SLP Indiana State Open BP/DL Championship (Indianapolis, IN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
6 OCT 2012 » NASA Tennessee Regional & State Picnic (Counce, TN) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
6 OCT 2012 » **WNPF World Powerlifting Championships** (Niagara Falls, NY) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
13 OCT 2012 » **SLP Western Nationals Open/Aoklahoma State BP/DL Championships** (Tulsa, OK) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
13 OCT 2012 » NASA 31st Oklahoma Grand (OKC, OK) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
13 OCT 2012 » WNPf Palmetto Ironman Championships (Greenville, SC) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
20 OCT 2012 » **ANPPC National Powerlifting Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
20 OCT 2012 » NASA Ohio Regional (Springfield, OH) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
20 OCT 2012 » RPS 16th Annual Power Challenge (Attleboro, MA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
20 OCT 2012 » **WNPF Ironman Nationals & Florida BP/DL/PC** (Orlando, FL) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
27 OCT 2012 » **SLP Open Northern Grand National BP/DL/Curl Championship** (Baraboo, WI) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
27 OCT 2012 » NASA Iowa Regional (Des Moines, IA) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
OCT/NOV 2012 » **AWPC/WPC World Cup PL/BP/DL** (Raw & Equipped) (Russia) » Yuriy Ustinov & Evgeniy Chugunov, wpc@wpc-wpo.ru, www.wpc-wpo.ru, www.worldpowerliftingcongress.com
2-4 NOV 2012 » **WNPF World BP/DL/PC Championships** (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
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@pikitung.com, www.adaurawpower.com
3 NOV 2012 » **SLP Kentucky Muscle Southern States National BP/DL Championship** (Louisville, KY) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
3 NOV 2012 » RPS 3rd Annual RPS Autumn Apocalypse (Egg Harbor Township, NJ) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823,

143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
3-4 NOV 2012 » **NASA Masters/Sub Masters Nationals** (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
3-4 NOV 2012 » NASA Arizona Regionals (Mesa, AZ) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
7 NOV 2012 » NASA Texas Equipped State (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
10 NOV 2012 » SLP Ohio State BP/DL Championship (Hamilton, OH) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
13-18 NOV 2012 » **WABDL World BP/DL Championships** (Las Vegas, NV) » at Bally's Hotel » Gus Rethwisch, 503.901.1622, www.wabdl.org
17 NOV 2012 » **USA Raw Bench Press Federation World Championship** (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
17 NOV 2012 » WNPf Georgia State PL/BP/DL Championships (Atlanta, GA) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
17 NOV 2012 » WNPf All Raw Classic (Middletown, NY) » Mike Manzo, manzopowerlifting@yahoo.com, www.wnpf.net
17-18 NOV 2012 » **IPA National PL/BP Championships** (York, PA) at York Barbell Company » Mark & Ellen Chaillet, 717.495.0024, chailfit@yahoo.com, echaillet@aol.com, www.ipapower.com
17-18 NOV 2012 » **NASA Unequipped Nationals** (Dallas, TX) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
NOV 2012 » NASA Colorado Regional (Loveland, CO) » Rich Peters, sqbpd@aol.com, www.nasa-sports.com
NOV 2012 » WPC World Championships (Equipped & Raw) (USA) » Keiran Kidder, www.worldpowerliftingcongress.com
1 DEC 2012 » SLP Tennessee Christmas for Kids BP/DL/Curl Championship (Oakland, TN) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com
1 DEC 2012 » RPS 8th Annual Christmas Carnage (Allentown, PA) » Gene Rychlak, Jr., gene@revolutionpowerlifting.com, 610.948.7823, 143 Second Ave., Royersford, PA 19468, www.rychlakpowersystems.com
2 DEC 2012 » **WNPF 2nd International Georgia Open BP/DL Championships** (Tbilisi, Georgia) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
8 DEC 2012 » 100% RAW Virginia State and Christmas Classic Single Lifts (BP/DL/Strict Curl) (Zion Crossroads, VA) at Best Western » John Shifflett, valifting@aol.com, 186 Happy Hollow Rd., Ruckersville, VA 22968, www.rawpowerlifting.com, www.virginiapowerlifting.blogspot.com
16 DEC 2012 » WNPf Sarge McCray Push/Pull Championships (Bordentown, NJ) » Troy Ford, wnpf@aol.com, 770.668.4841, www.wnpf.net
29 DEC 2012 » SLP The Last One BP/DL/Curl Championship (TBA) » Dr. Darrell Latch, Son Light Power, 206 South Washington Street, Tuscola, IL 61953, 217.508.9297, sonlightgym@frontier.com, www.sonlightpower.com

MEET DIRECTORS:

There are literally HUNDREDS of meets for the readers of **Powerlifting USA** to choose from each month. Put a display ad in **Powerlifting USA** to make **YOUR MEET** stand out. Call Mike Lambert at 1.800.448.7693 or email him at info@powerlifting.com for details. We will even do the typesetting on your ad for FREE!!

For powerlifting federation listings and applications, go to www.powerliftingusa.com/federations.php

» \$3.00 per line per insertion
Figure 34 letters & spaces per line

Crepinsek's
SAFETY SQUAT BAR
The Original Patented Model
\$398

Safety Squat Bar
\$448 with
YOKE EXTENSION

Original 1500 lb. Designs
made in the USA
RACKABLE CAMBER BAR
XW RACKABLE CAMBER BAR
COMBO TRAP BAR
Vari T-BAR
\$422 each (or less)

SPECIAL Pricing Includes Freight!

Original "poor man's" **MONO LIFT**
Many Models. Starts at \$549

SUMO POWER RACKS
Special Features & Adjustments
Custom Sizing & Accessories
Free CD shows many more devices

www.1500LB.com
831-637-0797

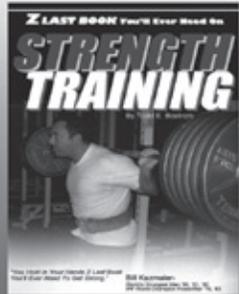
POWERLIFTING USA BACK ISSUES
For a list of our current inventory
visit www.powerliftingusa.com, call
800.448.7693 or send a stamped,
self-addressed envelope to PL USA,
Box 467, Camarillo, CA 93011

**Build Your Own Professional Metal
Gym Equipment**, 120 different
plans available, only \$3.00 each

shipped, complete catalog \$3.00;
C. Miller, P.O. Box 1234, Ft. Laud,
Florida 33302



BODYTECHUSA.COM
STRENGTH MAGAZINE
Where the big boys play ®
*A Video Magazine featuring exclusive
clips, photos and report on the
Elite Power Scene online*
scott@bodytechusa.com 603-426-9675

STRENGTH TRAINING BOOK
"Z LAST BOOK YOU'LL EVER NEED ON STRENGTH TRAINING"
By Todd E. Bostrom
 "This book will give you all
you need to plan your quest
for greater strength."
BILL KAZMAIER
World's Strongest Man '80, '81, '82
IPF World Champion Powerlifter '79, '83
Available on **AMAZON.COM**

IVANKO Plates, Bars, and Collars.
Call for pricing. Weightlifters Ware-
house 1.800.621.9550.

IRON MAN MAGAZINE – honest
coverage of the Iron Game. \$29.95
for 1 year, (12 issues), Iron Man,
1701 Ives Ave., Oxnard, CA 93033

Indian Clubs – Great prices.
Can add weights. Made out of
metal, with a leather grip. For
more information or photos, call
909.596.7791 or e-mail dbull744@
gmail.com.

**Big Size T-Shirts, Sweatshirts, and
more** – Sizes from S to 5XL at good
prices. For more information, call
909.596.7791 or e-mail dbull744@
gmail.com.

GIFTOFSTRENGTH.COM

Own your copy today of
"The Best of the Chest
with Kathy Roberts." Kathy's
complete bench workout is
now available on DVD. Back
workout DVD, "Attack the
Back with Kathy Roberts," is
also available. Giftofstrength®
Services offers: Consulting;
Personal Training; Professional
Photography /Videography;
Expert advice in training for all
sports; Motivational Speaking;
Coaching/Athletic Develop-
ment/Mental Development;
Promoting/Advising; Profes-
sional and Life Coaching
Services (Real-time life experi-
ence with educational choices,
career choices, life changing);
Mentoring (Tennis, Weightlift-
ing, Exercise, Jogging, Aerobics);
Physical Fitness Consulting;
Strength Conditioning and
Exercise Improvement. Several
workout routines are featured
on YouTube at www.youtube.com/KathyRoberts1. Check
out Kathy's website for up and
coming Drug Free Powerlifters
and Bodybuilders, professional
tennis results and photos. If
you'd like to link to this site, it
must be reciprocated. Drug
free websites only. If you'd like
to advertise on this site, send
me and email with your site
location and contents and it
will be reviewed. Reasonable
rates are offered. Check it out
for yourself today.

SLATER'S HARDWARE STONE MOLDS

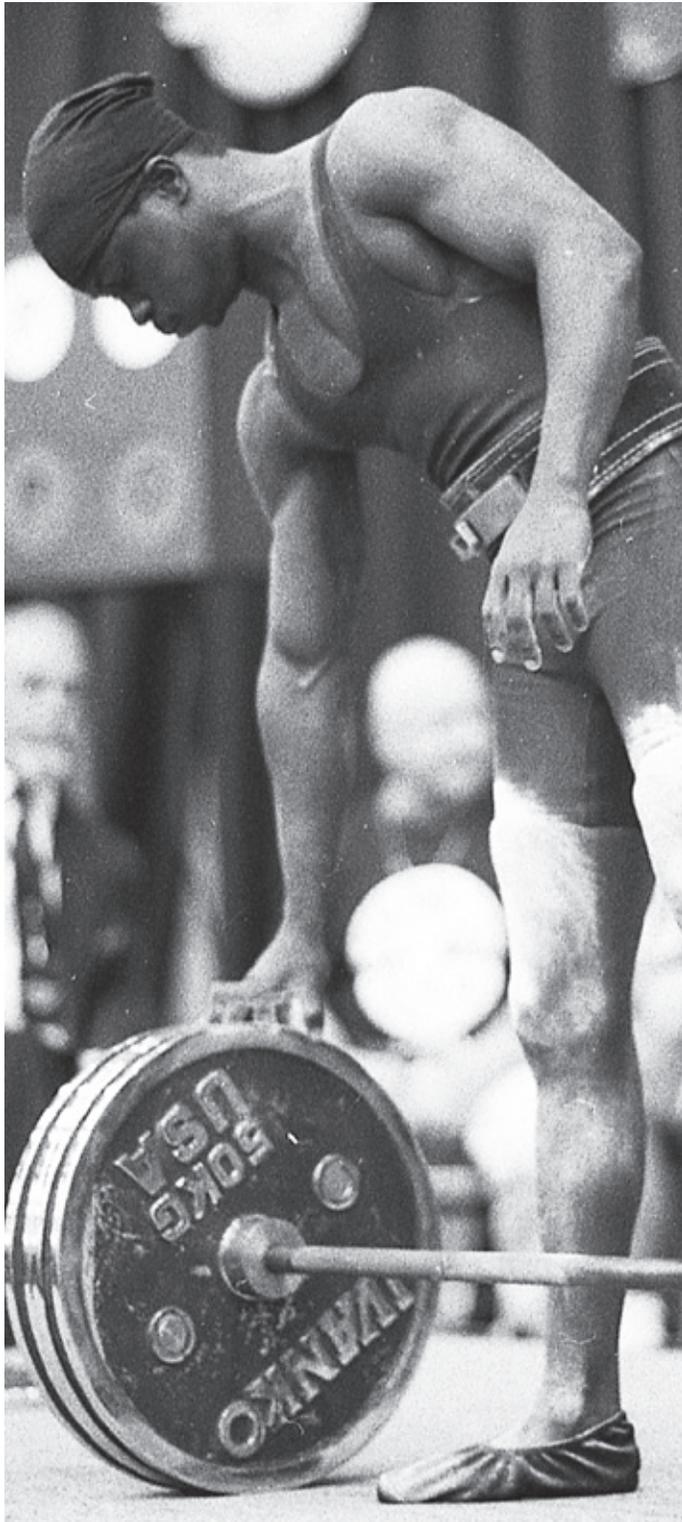
ST120 8" Diameter apx weight 23lbs.....	\$50.00
ST120 10" Diameter apx weight 42lbs.....	\$55.00
ST120 12" Diameter apx weight 72lbs.....	\$59.00
ST140 14" Diameter apx weight 116lbs.....	\$79.00
ST160 16" Diameter apx weight 175lbs.....	\$99.00
ST180 18" Diameter apx weight 240lbs.....	\$109.00
ST200 20" Diameter apx weight 335lbs.....	\$135.00
ST210 21" Diameter apx weight 354lbs.....	\$149.00
ST220 22" Diameter apx weight 400lbs.....	\$169.00
ST210 24" Diameter apx weight 476lbs.....	\$169.00



- ✦ Make spherical concrete stones continuously in a multitude of sizes.
- ✦ Easy to make, hard to break. Our molds are constructed of Heavy duty Polystyrene and Lexan for ease of making stones and time after time uses.
- ✦ Currently available in 8, 10, 12, 14, 16, 18, 20, 21 and 24 inch diameter sizes with complete, easy to follow instructions.
- ✦ Increase Mass and Strength in the entire Back, Biceps, Forearms, Hamstrings, Chest and Hip areas unlike any other exercise.
- ✦ Place stones in your gym to attract new members.
- ✦ Great training for Football, Wrestling, Powerlifting, Bodybuilding, Ultimate Fighting or any type of Heavy Athletic Sport.



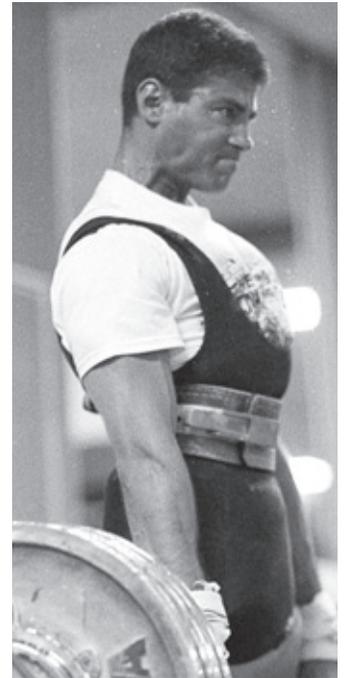
For further information or to order
Slater Strongman Stones
please contact
SLATER'S HARDWARE
PHONE: 1-740-654-2204
FAX: 1-740-654-2637
EMAIL: slaters@slatershardware.com
www.slatershardware.com



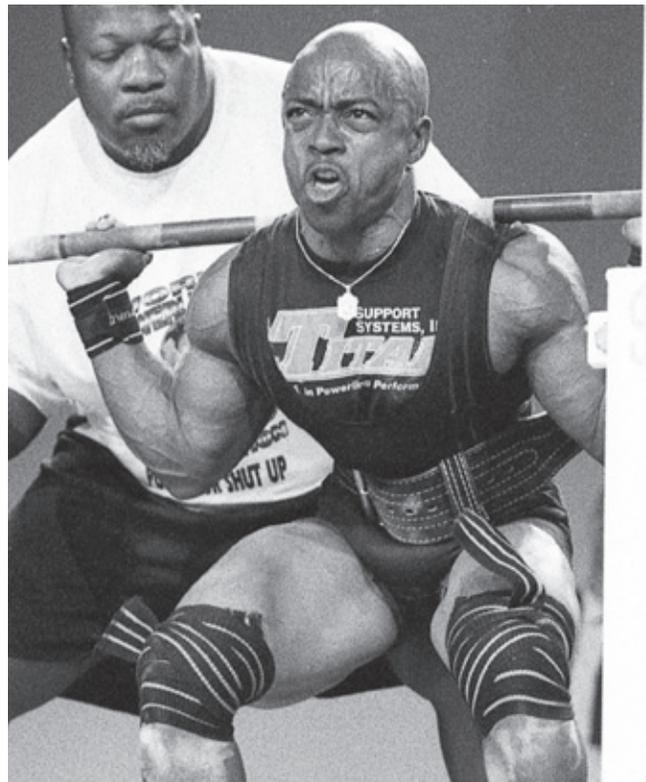
The Calm Before the Storm – Richard Hawthorne gets ready to blast up a successful deadlift in WPO competition



Mike Cochran is ranked in multiple categories in this class



Eric Kupperstein is a great deadlifter, but not just a deadlifter



Hennis Washington has lifted in many different federations

Will you make the upcoming TOP 100 list for the 165 lb. class? Last time we ranked this class the minimum lifts to make that list were 500 lb. in the squat, 352 lb. in the bench press, 520 lb. in the deadlift, and 1,289 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 165 class will be December 2010 through December 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 different, like a photo of your first haircut) to Powerlifting USA, 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 132/60 kg. USA lifters in results received from SEP 2010 through SEP 2011

PL USA TOP 100 ACHIEVEMENT AWARD



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lambert. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievement is \$6. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$21.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$6 per certificate or \$21.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. (CA residents - 8.25% tax).

NEXT MONTH » TOP 148

CORRECTIONS: Brian Berryman's lifts of 735-485-630-1,850 were not reflected on our TOP 100 list for the 275 lb. class. Chris Calvano's bench press of 600 lb. was not on the 275 lb. class TOP 100 either. Rob Luyando's 940 bench was not listed on that list either. Jim Smith's 675 bench press at the IPA Lexen meet of 6/12/10 was not reflected on the TOP 275 list as well, nor was Anthony Carquist's squat of 1,003 and 2,414 total in the 275s, and David Silverbloom's 666 deadlift at 275 was missing from the 275 lb. class compilation also. Mike Kuhn's lifts were not accurate on the previous listing for the 132 lb. class; his best squat was 611, bench press 451, and total of 1,460.

SQUAT

- 1 562 Boutte, N.,4/1/11
- 2 551 Washington, H.,4/20/11
- 3 540 Barend, J.,7/1/11
- 4 530 Kuhns, M.,10/23/10
- 5 512 Taylor, E.,9/1/10
- 6 507 Nunez, C.,9/1/10
- 7 507 Hawthorne, R.,4/18/11
- 8 500 Lightfoot, C.,3/11
- 9 490 Escamilla, A.,4/1/11
- 10 485 Hernandez, R.,3/11
- 11 485 Tran, C.,9/1/11
- 12 485 Kupperstein, E.,9/27/11
- 13 475 Horta, J.,4/23/11
- 14 462 Gonzales, J.,11/6/10
- 15 460 Salinas, T.,3/11
- 16 455 Aldridge, J.,3/11
- 17 455 Casarez, J.,3/11
- 18 451 Nelson, K.,9/1/11
- 19 450 Ortiz, M.,3/11
- 20 450 Bojanski, J.,3/11
- 21 446 Smith, T.,4/28/11
- 22 440 Salinas, T.,3/11
- 23 440 Aguilar, V.,3/11
- 24 440 Kimble, J.,3/11
- 25 440 Guinyard, S.,3/11
- 26 435 Bartz, P.,9/1/10
- 27 435 Sine, J.,9/11/10
- 28 435 Guerrero, A.,3/11
- 29 435 Medina, F.,3/11
- 30 435 Richardson, D.,4/16/11
- 31 430 McGraw, J.,3/11
- 32 430 Dodds, Q.,3/11
- 33 430 Martinez, A.,3/11
- 34 430 Senters, C.,4/8/11
- 35 430 Pittan, C.,4/16/11
- 36 430 Gann, W.,4/16/11
- 37 429 Gutierrez, V.,4/1/11
- 38 420 Harden, W.,3/11
- 39 420 Champion, A.,3/11
- 40 420 Corn, B.,3/11
- 41 420 Flores, G.,3/11
- 42 420 Garza, E.,3/11
- 43 420 Garza, L.,3/11
- 44 420 McMahon, D.,3/11
- 45 420 Dolezal, C.,3/11
- 46 420 Stemo, N.,7/9/11
- 47 418 Jones, K.,9/29/10
- 48 418 Thomas, B.,3/19/11
- 49 415 Rubalcaba, R.,3/11
- 50 415 Syatt, J.,8/11
- 51 413 Benedix, J.,4/30/11
- 52 410 Gale, C.,3/11
- 53 410 Carrasco, L.,3/11
- 54 410 Linkous, R.,3/11
- 55 410 Campos, M.,3/11
- 56 410 Yates, J.,4/16/11
- 57 407 Whitaker, R.,4/1/11
- 58 405 Jackson, L.,2/26/11
- 59 405 Andrews, K.,2/26/11
- 60 405 Fullman, D.,2/26/11
- 61 405 Billups, W.,2/26/11
- 62 405 Rodriguez, R.,3/11
- 63 405 Zaragoza, J.,3/11
- 64 405 Garza, E.,3/11
- 65 405 Tsan, D.,3/11
- 66 405 Hadnot, D.,3/11
- 67 405 Barnhill, W.,3/11
- 68 405 Diez, L.,3/11
- 69 405 Sims, J.,4/16/11
- 70 405 Morgan, J.,4/16/11
- 71 405 Byrd, C.,4/16/11
- 72 402 Neeley, J.,7/1/11
- 73 400 Parker, S.,3/11
- 74 400 Merchant, Z.,3/11
- 75 400 Durham, A.J.,3/11
- 76 400 Castillo, C.,3/11
- 77 400 Thompson, B.,3/11
- 78 400 Garcia, J.,3/11
- 79 400 Burnett, J.,3/11
- 80 400 Devore, B.,3/11
- 81 400 Valderas, J.,3/11
- 82 396 Baker, S.,9/1/10
- 83 396 McKenna, M.,12/4/10
- 84 396 Blecher, S.,12/4/10
- 85 395 Hickman, T.,3/11
- 86 395 Beltran, A.,3/11
- 87 391 Wright, C.,4/1/11
- 88 390 Drenik, P.,3/27/11
- 89 390 Alexander, L.,3/11
- 90 390 Kearns, J.,3/11
- 91 390 Kohl, M.,3/11
- 92 390 Slater, J.,4/16/11
- 93 390 Bush, J.,4/16/11
- 94 385 Kubicek, C.,3/11
- 95 385 Barrolle, M.,3/11
- 96 385 Perez, A.,3/11
- 97 385 Cauder, J.,3/11
- 98 380 Gaudreau, J.,11/7/10
- 99 380 Landers, R.,3/11
- 100 380 Stout, H.,3/11

BENCH PRESS

- 501 Head, E.,7/9/11
- 403 Barend, J.,7/10/11
- 359 Nunez, C.,9/1/10
- 347 Garcia, W.,5/26/11
- 340 Faraone, J.,10/16/10
- 330 Kuhns, M.,10/23/10
- 330 Asp, M.,12/11/10
- 319 Taylor, E.,9/1/10
- 314 Boutte, N.,9/1/10
- 314 Washington, H.,4/20/11
- 303 Hawthorne, R.,4/18/11
- 295 Belli, A.,11/20/10
- 295 Cochran, M.,6/17/11
- 293 Thompson, J.,8/19/11
- 292 McKenna, M.,12/4/10
- 292 Harper, R.,2/19/11
- 292 Sines, N.,3/19/11
- 292 Escamilla, A.,4/1/11
- 292 Yanez, R.,4/9/11
- 292 Kupperstein, E.,9/27/11
- 286 Whitaker, R.,4/1/11
- 286 Silva, K.,8/27/11
- 286 Tran, C.,9/1/11
- 285 Hernandez, R.,3/11
- 280 Salinas, T.,3/11
- 285 Aguilar, V.,3/11
- 275 Cohn, D.,10/9/10
- 275 Blecher, S.,12/4/10
- 275 Parker, S.,3/11
- 275 Ortiz, M.,3/11
- 270 Jones, K.,9/29/10
- 270 Euland, D.,10/9/10
- 270 Clark, X.,3/12/11
- 270 Snapka, J.,4/1/11
- 270 Howard, M.,9/27/11
- 265 Wright, C.,11/13/10
- 265 Lightfoot, C.,3/11
- 265 Poplin, B.,5/21/11
- 264 Thomas, B.,3/19/11
- 260 Gonzalez, J.,11/6/10
- 259 Sine, J.,9/11/10
- 259 Rohraff, H.,12/11/10
- 259 Delollis, R.,8/19/11
- 255 Harden, W.,3/11
- 255 Zaragoza, J.,3/11
- 255 Alexander, L.,3/11
- 255 Lowrance, B.,5/14/11
- 253 Scruggs, J.,1/22/11
- 253 Naylor, G.,2/19/11
- 250 Miller, L.,3/27/11
- 250 Aldridge, J.,3/11
- 250 Merchant, Z.,3/11
- 250 Rodriguez, R.,3/11
- 250 Syatt, J.,8/11
- 250 Garza, L.,3/11
- 250 McMahon, D.,3/11
- 250 Durham, A.J.,3/11
- 250 Baronaske, M.,3/11
- 250 Barrolle, M.,3/11
- 250 Horta, J.,4/23/11
- 248 Smith, T.,10/2/10
- 248 Gonzales, J.,11/6/10
- 248 Hardsaway, J.,11/6/10
- 245 Comisford, T.,3/27/11
- 245 Kimble, J.,3/11
- 245 Corn, B.,3/11
- 245 Garza, E.,3/11
- 245 Bollinger, D.,3/11
- 245 Alfaro, C.,3/11
- 245 Viterito, C.,3/11
- 245 Anduha, J.,7/30/11
- 242 Mangra.,11/18/10
- 242 Moreno, A.,11/18/10
- 242 Lee, B.,2/19/11
- 242 Gutierrez, V.,2/26/11
- 242 Hadden, J.,3/26/11
- 242 Coisson, B.,5/21/11
- 242 Molinaro, K.,7/1/11
- 242 Voen, V.,8/6/11
- 242 Nelson, K.,9/1/11
- 242 Charles, T.,9/1/11
- 240 Huerta, V.,11/20/10
- 240 Medina, F.,3/11
- 240 Champion, A.,3/11
- 240 Kubicek, C.,3/11
- 240 Evans, C.,3/11
- 240 Byrd, C.,4/16/11
- 240 Waites, B.,4/16/11
- 240 Soukup,8/6/11
- 236 HOckeborn, K.,12/9/11
- 236 Richey, S.,7/1/11
- 236 Fox, M.,8/19/11
- 235 Manzamilla, U.,11/20/10
- 235 Flores, G.,3/11
- 235 Linkous, R.,3/11
- 235 Beltran, A.,3/11
- 235 Garza, E.,3/11
- 235 Guzman, W.,3/11
- 235 Barnhill, W.,3/11
- 235 Vizuet, B.,3/11

DEADLIFT

- 551 Hawthorne, R.,4/18/11
- 551 Barend, J.,7/1/11
- 540 Kupperstein, E.,9/27/11
- 530 Washington, H.,11/6/10
- 529 Taylor, E.,9/1/10
- 525 Hurta, J.,4/23/11
- 523 Tran, C.,9/1/11
- 512 Boutte, N.,4/1/11
- 485 Smith, T.,10/2/10
- 475 Lightfoot, C.,3/11
- 475 Pittman, C.,4/16/11
- 475 Sims, J.,4/16/11
- 475 Slater, J.,4/16/11
- 475 Williams, P.,4/16/11
- 465 Parker, S.,3/11
- 465 Nicks, S.,4/16/11
- 462 Nunez, C.,9/1/10
- 462 Snapka, J.,4/1/11
- 460 Charles, T.,3/11
- 457 Wright, C.,4/1/11
- 457 Nelson, K.,9/1/11
- 451 Scruggs, J.,1/22/11
- 451 Andrus, J.,11/20/10
- 450 Hernandez, R.,3/11
- 450 Merchant, Z.,3/11
- 450 Hickman, T.,3/11
- 450 Morgan, J.,4/16/11
- 450 Kelley, M.,4/16/11
- 446 Falon, C.,11/17/10
- 446 Evans, M.,8/6/11
- 440 Moreno, A.,2/12/11
- 440 Salinas, T.,3/11
- 440 Rodriguez, R.,3/11
- 440 Landers, R.,3/11
- 440 Townsend, P.,8/19/11
- 435 Sine, J.,9/11/10
- 435 Gonzalez, J.,2/19/11
- 435 Aldridge, J.,3/11
- 435 Gale, C.,3/11
- 435 Gutierrez, V.,4/1/11
- 430 Harden, W.,3/11
- 430 Smith, J.,3/11
- 430 Gann, W.,4/16/11
- 430 Lane, D.,4/16/11
- 430 McInain, R.,4/16/11
- 429 Valmoja, J.,7/10/11
- 425 Belli, A.,11/20/10
- 425 Medina, F.,3/11
- 425 Bojanski, J.,3/11
- 425 Carrasco, L.,3/11
- 424 Trujillo, R.,3/5/11
- 424 Burke, E.,4/2/11
- 420 Flores, G.,3/11
- 420 Guerrero, A.,3/11
- 420 Castillo, C.,3/11
- 420 Tsan, D.,3/11
- 420 Alford, B.,3/11
- 420 Richardson, D.,4/16/11
- 418 Yanez, R.,4/9/11
- 418 Thompson, J.,8/19/11
- 418 Kimble, J.,3/11
- 415 Champion, A.,3/11
- 415 Delollis, R.,6/4/11
- 413 Gonzales, J.,11/6/10
- 413 McKenna, M.,12/4/10
- 413 Maxfield, Z.,3/5/11
- 410 Corn, B.,3/11
- 410 Guinyard, S.,3/11
- 410 Beltran, A.,3/11
- 410 Thompson, B.,3/11
- 410 Kearns, J.,3/11
- 410 Guzman, U.,3/11
- 410 Smith, T.,3/11
- 410 Drenik, P.,3/27/11
- 410 Bell, K.,4/16/11
- 410 Brownlee, T.,4/16/11
- 407 Bartz, P.,9/1/10
- 407 Jones, K.,9/29/10
- 407 Euland, D.,10/9/10
- 407 Burdette, D.,3/19/11
- 407 Whitaker, R.,4/1/11
- 405 Jackson, L.,2/26/11
- 405 Andrews, K.,2/26/11
- 405 Fullman, D.,2/26/11
- 405 Billups, W.,2/26/11
- 405 Ortiz, M.,3/11
- 405 Linkous, R.,3/11
- 405 Vizuet, B.,3/11
- 405 Zackery, A.,3/11
- 405 Woolom, C.,3/11
- 405 Rush, J.,4/16/11
- 405 Syatt, J.,8/11
- 404 Burkeen, M.,8/6/11
- 402 Smith, M.,4/2/11
- 402 Cochran, M.,4/28/11
- 402 Kavarnos, J.,4/28/11
- 400 Walker, D.,2/19/11
- 400 Garza, E.,3/11
- 400 Alfaro, C.,3/11
- 400 Carreon, P.,3/11

TOTAL

- 1455 Barend, J.,7/1/11
- 1383 Boutte, N.,4/1/11
- 1377 Washington, H.,4/20/11
- 1361 Taylor, E.,9/1/10
- 1355 Hawthorne, R.,4/18/11
- 1328 Nunez, C.,9/1/10
- 1317 Kupperstein, E.,9/27/11
- 1295 Tran, C.,9/1/11
- 1240 Lightfoot, C.,3/11
- 1225 Horta, J.,4/23/11
- 1220 Hernandez, R.,3/11
- 1177 Escamilla, A.,4/1/11
- 1168 Smith, T.,4/28/11
- 1160 Salinas, T.,3/11
- 1151 Nelson, K.,9/1/11
- 1145 Charles, T.,3/11
- 1140 Aldridge, J.,3/11
- 1140 Parker, S.,3/11
- 1130 Ortiz, M.,3/11
- 1129 Sine, J.,9/11/10
- 1124 Gonzales, J.,11/6/10
- 1113 Wright, C.,4/1/11
- 1113 Snapka, J.,4/1/11
- 1110 Aguilar, V.,3/11
- 1105 Harden, W.,3/11
- 1102 McKenna, M.,12/4/10
- 1102 Whitaker, R.,4/1/11
- 1100 Kimble, J.,3/11
- 1100 Medina, F.,3/11
- 1100 Merchant, Z.,3/11
- 1096 Jones, K.,9/29/10
- 1095 Rodriguez, R.,3/11
- 1091 Gutierrez, V.,4/1/11
- 1090 Pittman, C.,4/16/11
- 1086 Yanez, R.,4/9/11
- 1080 Scruggs, J.,1/22/11
- 1080 Bojanski, J.,3/11
- 1075 Belli, A.,11/20/10
- 1075 Champion, A.,3/11
- 1075 Corn, B.,3/11
- 1075 Flores, G.,3/11
- 1075 Guinyard, S.,3/11
- 1075 Hickman, T.,3/11
- 1070 Syatt, J.,8/11
- 1065 Guerrero, A.,3/11
- 1065 Gale, C.,3/11
- 1065 Garza, E.,3/11
- 1063 Thomas, B.,3/19/11
- 1058 Blecher, S.,12/4/10
- 1055 Garza, L.,3/11
- 1055 Sims, J.,4/16/11
- 1055 Slater, J.,4/16/11
- 1055 Morgan, J.,4/16/11
- 1050 Carrasco, L.,3/11
- 1050 Casarez, J.,3/11
- 1050 Linkous, R.,3/11
- 1050 Williams, P.,4/16/11
- 1050 Cochran, M.,4/28/11
- 1045 Gonzalez, J.,11/6/10
- 1045 Senters, C.,4/8/11
- 1045 Zaragoza, J.,3/11
- 1040 Landers, R.,3/11
- 1040 McGraw, J.,3/11
- 1040 Castillo, C.,3/11
- 1040 Beltran, A.,3/11
- 1035 Jackson, L.,2/26/11
- 1035 Andrews, K.,2/26/11
- 1035 Fullman, D.,2/26/11
- 1035 Billups, W.,2/26/11
- 1035 McMahon, D.,3/11
- 1035 Thompson, B.,3/11
- 1030 Bartz, P.,9/1/10
- 1030 Alexander, L.,3/11
- 1030 Gann, W.,4/16/11
- 1025 Garza, E.,3/11
- 1025 Durham, A.J.,3/11
- 1025 Thompson, J.,8/19/11
- 1020 Dodds, Q.,3/11
- 1020 Martinez, A.,3/11
- 1020 Kearns, J.,3/11
- 1015 Richardson, D.,4/16/11
- 1015 Fox, M.,7/9/11
- 1010 Dolezal, C.,3/11
- 1010 Baronaske, M.,3/11
- 1010 Kelley, M.,4/16/11
- 1010 Kubicek, C.,3/11
- 1005 Guzman, U.,3/11
- 1005 Tsan, D.,3/11
- 1005 Drenik, P.,3/27/11
- 1000 Hadnot, D.,3/11
- 1000 Barrolle, M.,3/11
- 1000 Barnhill, W.,3/11
- 1000 Bollinger, D.,3/11
- 1000 Alford, B.,3/11
- 1000 Garcia, J.,3/11
- 1000 Lane, D.,4/16/11
- 1000 Yates, J.,4/16/11
- 995 Alfaro, C.,3/11
- 995 Kohl, M.,3/11

RESULTS

WABDL SOUTHWEST REGIONAL BP/DL

JUL 30 2011 » Dallas, TX

BENCH FEMALE	L. Overturf Teen (18-19)	380*
114 lbs.	J. Rogers	325*
Master (40-46)	181 lbs.	
Y. Hao	Class I	
123 lbs.	F. Dena III	414
Junior	4th-424*	
P. Villegas	Junior (20-25)	
132 lbs.	I. Rojas	364
Junior	S. Rocha	292
A. Millan	Law/Fire (40-47)	
116*	B. Stone	358*
Master (54-60)	J. Porter	176
Open	F. Dena III	414
J. Porter	4th-424*	
148 lbs.	Master (61-67)	
Junior	J. Pablo	342!*
M. Myer	R. Bienvenu	226*
83	Open	
Master (40-46)	C. Neal	536*
M. Love	Submaster (33-39)	
160*	C. Neal	536!*
SUPER OPEN	Teen (18-19)	
M. Powell	I. Rojas	270
320*	198 lbs.	
MALE	Teen (16-17)	
105 lbs.	Class I	
Teen (16-17)	J. Montez	413
M. Ramsey	S. Kaufman	402*
154*	M. Jenkins	347*
114 lbs.	N. Sultemeier	298
Teen (14-15)	W. Rogers	—
A. Ellis	Junior (20-25)	
132 lbs.	J. Sanchez	270*
Junior (20-25)	C. Mata	408
J. Sanchez	4th-424	
270*	E. Ximenez	408
182	Master (40-46)	
132 lbs.	K. Sawyer	—
Junior (20-25)	Open	
J. Anduha	C. Washburn	507
243	Submaster (33-39)	
4th-245*	S. Kaufman	402*
Open	M. Jenkins	347*
J. Anduha	C. Washburn	—
243	Teen (16-17)	
4th-245	C. Jones	254*
G. Hunter	J. Glenn	375
187	Master (40-46)	
148 lbs.	220 lbs.	
Junior (20-25)	Class I	
C. Jones	D. Smith	444!*
254*	Open	
Master (40-46)	G. Carter	386
D. Smith	Junior (20-25)	
444!*	W. Villarreal	369
Teen (14-15)	Law/Fire Open	
D. Blum	K. Lloyd	463*
309!*	Master (54-60)	
182	M. Flores	347*
D. Schultz	Master (61-67)	
182	J. Parham	375
R. Carrasco	Master (68-74)	
231	M. Esparza	342
165 lbs.	R. Arispe	303
Junior (20-25)	J. Lozano	303
M. Esparza	Teen (18-19)	
342	G. Kennon	359
R. Arispe		
303		
J. Lozano		
303		
Teen (16-17)		

4th-369*	T. Meeker	849!*	A. Mangum	645	R. Schultz	502	Pure	Master I	
242 lbs.	DEADLIFT FEMALE		S. Rocha	524	Master (61-67)		B. Schulz	215	T. Campbell
Class I	114 lbs.		I. Rojas	513	Master (47-53)	369	242 lbs.		PS DEADLIFT MALE
F. Sihota	Master (40-46)		C. Goyes	468	Open		Master I		165 lbs.
Junior (20-25)	Y. Hao	303*	Master (61-67)		I. Conde	502	Class I		Master II
A. Rodriguez	123 lbs.		R. Bienvenu	309*	Junior (20-25)	606	L. Fossceco	347	G. Flores
4th-440*	Junior		Open		J. Triplett		PS CURL MALE		
Master (47-53)	R. Schultz	431*	A. Mangum	645	4th-633*		220 lbs.		BP DL TOT
R. Schultz	P. Villegas	220	Teen (18-19)		A. Jacobs	601	Push Pull FEMALE		
Master (61-67)	D. Wehner	220	I. Rojas	314	Master (47-53)		198+ lbs.		
T. Wright	132 lbs.		198 lbs.		E. Molina	535*	Master I		
S. Finegan	Junior		Class I		R. Duncan	551	P. Olson	127	319
Open	A. Millan	231	J. Montez	513	Master (54-60)		MALE		446
R. Durham	Master (54-60)		Junior (20-25)		Open		132 lbs.		
661	J. Porter	273*	E. Ximenez	601	J. Dunn	689	Master III		
4th-683*	Open		L. Morales	463	Submaster (33-39)		R. Trujillo	231	396
C. James Jr.	C. James Jr.	551	Open		J. Dunn	689	198 lbs.		
M. Gibson	4th-429		N. Sultemeier	502	275 lbs.		Master I		
419	259 lbs.		Class I		Master (40-46)		R. Byars	501	523
4th-429	Class I		W. Baskin	502	Open		220 lbs.		
259 lbs.	I. Conde	369	Teen (16-17)		T. Ekenberg	562!*	Master Pure		
Master (61-67)	Junior (20-25)		J. Glenn	606	Open		J. Whitbread	429	473
J. Pablo	J. Triplett	452*	Junior (20-25)		T. Putman	645	275 lbs.		
R. Bienvenu	A. Jacobs	380*	Master (40-46)		H. Kumar	639	Master Pure		
226*	Master (47-53)		A. Harris	325	308 lbs.		M. Burnham	330	424
Open	E. Molina	452	Open		Junior (20-25)		Powerlifting FEMALE		754
C. Neal	Master (54-60)		A. Harris	325	Master (47-53)		SQ		
536!*	R. Duncan	623!*	198 lbs.		Master (20-25)		BP DL TOT		
Teen (18-19)	Master (68-74)		Master (54-60)		J. Garza	474	Raw		
I. Rojas	W. Price	391*	E. Flores	160	Submaster (33-39)		105 lbs.		
270	Open		4th-165*		Master (47-53)		Junior		
198 lbs.	R. Duncan	623!*	MALE		K. Shadid	705*	A. Watson	132	77
Class I	Open		105 lbs.		Open		Teen		
J. Montez	R. Duncan	623!*	Teen (16-17)		K. Shadid	705*	A. Watson	132	77
413	Law/Fire (40-47)		M. Ramsey	314!*	SUPER		Master I		
402*	J. Warren	474*	Law/Fire Submaster		Class I		Master I		
347*	W. Rogers	—	J. Sanchez	365*	Master (40-46)		V. Morgan	193	116
298	Junior (20-25)		A. Cruz	336	Master (47-53)		123 lbs.		
—	C. Mata	408	J. Sipes	468	!-World Records. *-State Records. #-National Records. National Collegiate Record:		Novice		
408	4th-424		4th-473*		» courtesy Elma Thomas		A. Sutton	143	88
408	E. Ximenez	408	Master (40-46)				Pure		
Master (40-46)	P. Parnell	750	Junior (20-25)				A. Sutton	143	88
—	J. Warren	474*	J. Sanchez	365*			Master Pure		
507	Open		A. Cruz	336			J. Heffelfinger	138	94
Submaster (33-39)	J. Stewart	744!*	132 lbs.				165 lbs.		
402*	Master (61-67)		Open				Master I		
347*	T. Ekenberg	481!*	G. Hunter	402*			L. MacDonald	242	149
—	Open		Junior (20-25)				181 lbs.		
—	H. Kumar	529	C. Jones	402			Master I		
—	308 lbs.		Teen (14-15)				E. Sample	231	143
—	Class I		D. Blum	430*			Master II		
—	J. Solleder	254	D. Schultz	314			K. Meyer-Lee	160	127
—	Junior (20-25)		Teen (18-19)				198+ lbs.		
—	J. Garza	430	R. Carrasco	452			Master I		
—	Master (47-53)		165 lbs.				D. Bradford	149	94
—	K. Shadid	419*	Junior (20-25)				Master Pure		
—	J. Solleder	254	R. Arispe	529			D. Bradford	149	94
—	Open		J. Lozano	502			MALE		
—	K. Shadid	419	M. Esparza	468			132 lbs.		
—	SUPER		Teen (16-17)				Master III		
—	Class I		E. Overturf	519*			R. Trujillo	55	231
—	K. Sayles	325	Teen (18-19)				181 lbs.		
—	4th-330*		B. Smith	402			Master I		
—	Master (40-46)		181 lbs.				D. Peterson	407	242
—	T. Meeker	849!*	Junior (20-25)				Master Pure		
—	Open						D. Peterson	407	242

NASA COLORADO STATE

NOV 12 2011 » Denver, CO

BENCH FEMALE	G. Norton	105	G. Norton	105	165 lbs.
148 lbs.	Master II		Master II		
Master II	R. Herrera	259	R. Herrera	259	181 lbs.
M. Hetzel	187		M. Hetzel	187	Master VII
148 lbs.	Raw		M. Hetzel	105	198 lbs.
Master I	E. Mileva	99	Open		
Master II	J. Koci	347	J. Koci	347	132 lbs.
K. Hughes	187		Pure		Master III
Master Pure	R. Saffy	363	R. Saffy	363	R. Trujillo
E. Mileva	99		220 lbs.		181 lbs.
165 lbs.	Master I		Master I		Master I
High School	M. Cussins	—	M. Cussins	—	D. Peterson
A. Whitbread	94		Master IV		407
MALE	C. Doggett	231	C. Doggett	231	407
198 lbs.	Master I		Master I		198 lbs.
Master I	R. Byars	501	P. Gaines	—	Master I
220 lbs.	Master II		R. Geller	402	R. Byars
Novice	B. Jepperson	297	Master Pure		517
242 lbs.	Master I		M. Burnham	330	Raw
Master I	P. Maynard	517	M. Llamas	297	165 lbs.
Open	P. Maynard	517	PS BENCH FEMALE		132 lbs.
Pure	P. Maynard	517	148 lbs.		High School
P. Maynard	517		Master II		A. Poletti
Submaster I	C. White	457	K. Hughes	187	Master I
Raw	J. Saffy	242	MALE		T. Rickett
132 lbs.	Master VII		148 lbs.		Master II
Master VII			Teen		R. Morgan
			J. Saffy	242	181 lbs.
			165 lbs.		Novice
					G. Olson
					275
					220
					369
					864
					171
					127
					286
					584
					418
					347
					484
					1250

KELSO'S SHRUG BOOK

Shrug variations improve all lifts;
Trap Bars and much more

Order from Wheatmark.com or Amazon.com
7,000 sold as of May 1st!

220 lbs.				
<i>Master II</i>				
J. Miller	385	314	418	1118
<i>Open</i>				
P. Pavich	462	330	451	1244
M. Cussins	—	—	—	—
<i>Submaster Pure</i>				
B. Siddique	215	204	374	793
242 lbs.				
<i>Master II</i>				
A. Martinez	270	292	341	903
<i>Master III</i>				
R. Redding	308	259	440	1007
<i>Master Pure</i>				
D. Dean	226	385	352	963
<i>Open</i>				
D. Dean	226	385	352	963
<i>Police/Fire</i>				
A. Martinez	270	292	341	903
275 lbs.				
<i>Novice</i>				
M. Burnham	358	330	424	1112
308 lbs.				
<i>Intermediate</i>				
A. Baumgartner	435	297	650	1382
Power Sports	CR	BP	DL	TOT
FEMALE				
123 lbs.				
<i>Novice</i>				
D. Jones	55	55	171	281
148 lbs.				
<i>Novice</i>				
Y. Blanco	61	105	226	391
181 lbs.				
<i>Master II</i>				
K. Meyer-Lee	77	127	187	391
198+ lbs.				
<i>Master I</i>				
J. Miller	22	182	275	479
MALE				
165 lbs.				
<i>Master II</i>				
R. Herrera	116	259	396	771
181 lbs.				
<i>High School</i>				
T. Fossceco	149	220	435	804
<i>Junior</i>				
J. Thomas	171	330	451	952
<i>Novice</i>				
B. Gachne	105	182	281	567
198 lbs.				
<i>Master I</i>				
R. Saffy	193	363	473	1029
<i>Master III</i>				
J. Lynn Jr	138	237	303	677
220 lbs.				
<i>Junior</i>				
J. Schultz	143	303	451	897
<i>Master I</i>				
M. Cussins	182	—	—	182
<i>Master II</i>				
J. Miller	149	314	418	881
<i>Open</i>				
M. Cussins	182	—	—	182

NOVA RAW POWERLIFTING
AUG 13 2011 » Centreville, VA

BENCH				
198 lbs.				
(30-34)				
M. Hodges	430!			
220 lbs.				
(55-59)				
R. Adams	340!			
Powerlifting	SQ	BP	DL	TOT
148 lbs.				
K. McGuire	340	90	405	1035
181 lbs.				
(19-20)				
N. Koldewey	385!	290!	65!	140!
(17-18)				

A. Ordonez	385!	90!	465!	1140!
198 lbs.				
(35-39)				
M. Snowden	370	310	450	130
SHW				
(45-49)				
J. James	405!	340!	525!	1270!

» courtesy John James

IRON LION
NOV 5 2011 » Lincoln Park, PA

Powerlifting	SQ	BP	DL	TOT
FEMALE				
123 lbs.				
<i>CL</i>				
K. Servello	150	—	210	360
132 lbs.				
<i>CL</i>				
C. Pollick	165	120	210	495
165 lbs.				
<i>CL</i>				
K. Mazza	200	125	230	555
198 lbs.				
<i>CL</i>				
L. Blystone	250	115	300	665
<i>Raw</i>				
123 lbs.				
<i>Open</i>				
J. iang	205	90	220	515
MALE				
148 lbs.				
<i>Open</i>				
A. Kang	470	270	495	1235
165 lbs.				
<i>CL</i>				
M. Uher	275	155	350	780
Y. Chauhan	235	150	235	620
A. Kim	235	135	240	610
181 lbs.				
<i>CL</i>				
J. Myers	445	260	445	1150
M. Andersen	275	205	345	825
T. Zulauf	—	225	340	565
<i>Teen II</i>				
Z. Myers	325	235	415	975
198 lbs.				
<i>CL</i>				
A. Collins	345	230	475	1050
M. Pluta	225	255	380	860
E. Heddings	—	—	—	—
220 lbs.				
<i>CL</i>				
A. Tufano	485	335	560	1380
C. Beach	515	325	530	1370
<i>Guest</i>				
E. Heddings	—	275	450	725
<i>Master II</i>				
G. Kattouf	425	290	550	1265
242 lbs.				
<i>CL</i>				
C. Schaeffer	450	340	550	1340
E. Quijano	355	290	350	995
D. Evans	375	200	400	975
<i>Guest</i>				
T. Fox	475	300	500	1275
<i>Junior</i>				
N. Seiner	405	—	—	405
<i>Open</i>				
A. Stavenski	600	510	475	1585
N. Seiner	405	—	—	405
275 lbs.				
<i>CL</i>				
L. Pike	450	315	605	1370
P. Hela	525	300	515	1340
275+ lbs.				
<i>CL</i>				
E. Pitt	315	225	350	890
<i>Raw</i>				
148 lbs.				
<i>Open</i>				
C. Ferri	250	205	340	795
165 lbs.				
<i>Open</i>				
V. Biro	315	240	380	935

C. Guzman	335	200	340	875
198 lbs.				
<i>Open</i>				
N. Skursky	420	315	450	1185
220 lbs.				
<i>Open</i>				
N. Seiner	405	—	—	405
S. Bongiorno	405	325	560	1290
M. Fenster	425	290	440	1155
C. Senft	380	275	405	1060
242 lbs.				
<i>Open</i>				
N. Seiner	405	—	—	405

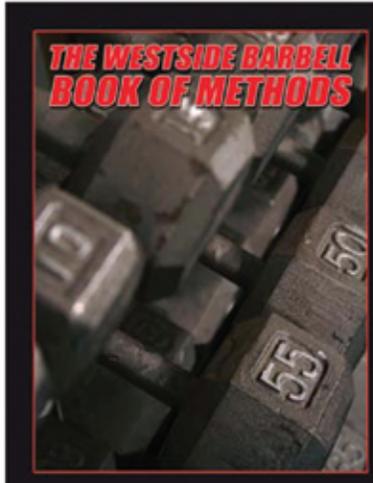
» courtesy Kevin Spencer



DEER ANTLER VELVET
The only mammalian organ that completely regenerates itself. Discover what professional athletes and Olympians have been using for years. The full matrix of growth factors in DEER ANTLER STAX stimulates natural production of HGH, which decreases as we age. Rejuvenate your body. Increase power, stamina and prowess!
www.veloxlabs.com

THE WESTSIDE BARBELL BOOK OF METHODS

Finally Westside presents **THE BOOK OF METHODS**. 236 pages full of training advice. A collection of information thru experimentation of some of the greatest lifters, Olympic sprinters and NFL Players. A must for anyone who wants to reach the top.



The Book Of Methods retails for **\$49.95** plus \$7 shipping & handling in the U.S.

GET YOUR COPY NOW!!!

www.westside-barbell.com
3884 Larchmere Drive Grove City, Oh 43123
Phone (614) 801-2060

POWER NUTRITION »

▪ Tamanu Oil is also effective in treating athlete's foot. This is a common problem with a lot of lifters due to the fact that their feet are always in a tight sweaty shoe and the fact many people walk barefoot in gym change rooms which is a haven for fungal growth of all types. The reason why this is so effective is that this powerful oil possesses very strong antimicrobial properties that has the ability in eradicating the growth of yeast and bacteria.

▪ Another benefit for this oil is the effects it has on helping oily skin. I know you may think I am crazy that I would recommend putting oil on oily skin as most would think that it would only make problems worse, but this is not the case. In fact, it will actually help reduce the problem of oily skin that can lead to acne formations.

▪ Another plus for the Power Vixens reading this is the fact that it will improve not only wrinkles, but also the elasticity and firmness of your skin.

▪ For a performance angle, Tamanu Oil can help with joint pain and arthritis. I don't know one lifter who has spent his time in the game more than a year that has not gone through any type of joint pain during some time in their lifting career.

▪ Not only will it help with joint pain, but it will also help accelerate the healing process of muscle pulls and tears as well including ligament damage.

▪ Tamanu Oil can help reduce pain as well as reduce inflammation which is a key problem with many lifters from overuse in specific movements.

▪ Another plus that I like is the fact that it doesn't contain anything artificial, and doesn't contain chemicals, binders or other harmful ingredients.

▪ For those that like to stay out in the sun this oil can help reduce the inflammation associated with sun burn.

▪ You may not have known this, but Tamanu Oil is a natural deodorant; that is why it helps destroy foot fungus and odor, but also body odor as well. For some of the guys that train at my gym, I would like to recommend this since sometimes the body funk is so disgusting it's like getting karate chopped in the face by a 9th degree black belt when they come over to talk with you and so kindly lift their stinky arm up to reveal that unsanitary sanctuary of bacteria and stank!

▪ One of the reasons why this oil is so effective is the fact that it has the ability to penetrate all three layers of the skin. This includes the Epidermis, Dermis and Hypodermis. This means, in layman's terms, that it goes deep, deep undercover to get the job done. This is one of the reasons why Tamanu Oil is so effective in treating eczema, and even adult onset acne when it is applied with daily application.

▪ Okay, some of the male lifters will raz me on this one, but Tamanu Oil has also been shown to be very effective in treating vaginitis. I know you think I'm making this up, but I am not. Let the razzing and smart-ass emails begin!

Alright, so as you can see, this amazing oil has more than just a few benefits for your health and performance. As you know I like to bring you the most up to date information and I knew sooner or later I would get a question about this

oil. Now for my recommendations, I personally use Roger's Tamanu Oil from Hedd Wyn. Just like his Oil of Oregono, I find the quality of it to be the best on the market. For those of you who want to find out more information go to his website at www.wildtamanuoil.com. Give it a shot like you did with the Oil of Oregono because I know you will be pleased with the results as I was.

MORE POWER PROFILES

Q: I just wanted to say that the series you did on the Oil of Oregono was out of this world. Great work you did on that one, my friend. I know you promised us some more athlete profiles, but I have yet to see any new ones. You got anything in the works for us or what? Thanks for the great reads every month.

Vito Crissafulli

A: Hey Vito, it's great to hear from you. Thanks for the kind words on the series. Roger and I really put a lot of time and effort for that one to make sure all my loyal readers at *PL USA* get real information that you can actually apply to your life. Okay, you are right, I have been telling all of you that I will do more *Power Profiles* with my athletes, but as you can tell I have been super busy as of late trying to bring you amazing interviews with the world's leading experts in a wide variety of topics. Just to let you know, I have an amazing profile coming up with one of my long time lifters. He has been working with me probably for a decade at least if not more. I lose track after a while. Well, for all my European fans, get ready because it will be on none other than multi world champion and powerlifting legend Gerry McNamara. He is not only a client of mine, but also a good friend as well. I don't want to spoil it all for you here, but get ready for a very interesting profile that will be in the pages of *PL USA* very shortly.

MOST DANGEROUS FAST FOOD COMBO

Q: Hey Anthony, I have a question for you that I am sure all lifters would like to know the answer for. I am a fast food junkie and I am sure so many lifters reading this are. It's not that I am one of those moronic type lifters you see glorifying eating junk food like many boosters posting on the internet. I, on the other hand, realize that what I am doing is not good for my health, but at the same time I have no will power to stay away from so many bad things. I am not a drinker and I don't smoke (what true lifter would), but when it comes to sugar laden snacks and greasy burgers I have a real hard time saying no. I am telling you it's like a drug for me and I simply can't take Nancy Regan's advice from the '80s of "Just Say No." I have tried, but I think I have no will power what so ever. I read all your articles and, to be honest with you, I really appreciate all the time you spend putting together such great information for the lifting community. I do try to learn from it and apply much of what you say, but my sweet tooth and love of grease makes me feel like a drug addict. Anyways, thanks again for all the great work and please know that even though I don't follow things as good as I should

be, I do look forward to your articles and try to implement as much as I can.

Yours in strength,

Brian "Grease Monkey" Johnson

A: Brian, I am happy to hear that you like my articles so much. I like that you try to follow my advice, but it seems to me you have a "monkey" on your back, so to speak, when it comes to eating foods that are bad for your health. Well, you want to know what the most dangerous fast food combos for your health are? You are not the only one thinking about this because there was a report done by *Men's Health* magazine on this not too long ago and I am happy to help bring you this news in case you missed it there. So let's take a look at what are some of the most notoriously bad fast food combos and the macronutrient breakdowns they contain. Let's see what I have in store for you...

McDonalds

Chicken Selects® Premium Breast Strips (5 pc) with Creamy Ranch Sauce; Large French Fries; Large Coke

The good old Micky-D's coming strong with this combo without a doubt. Weighing in at 1,670 calories and a love handle producing 87 grams of fat to make sure you know they mean business. The icing on this cake is the salty goodness of 2,370mg of sodium that is sure to make you guzzle that large Coke down like you just ran a marathon in 115 degree heat!

Jack in the Box

Sirloin Cheeseburger (with bacon); Bacon Cheddar Potato Wedges; 20 oz. Coke

Nothing like a little Jack in the Box for the body of your dreams. This combo comes in at 1,940 calories with an aorta straining 117 grams of fat. Not wanting to go out as a health combo, it is also loaded with 3,190 mg of sodium so as not to disappoint. Does anyone have a number to a cardiologist?

Burger King

Triple Whopper with Cheese; Large Fries; Medium Coke

This sounds like what a lot of lifters consume right after one of their Friday night training sessions. Well, I guess everyone has his or her own mindset on proper post workout nutrition. This lovely combo has a whopping 2,040 calories and a mind blowing 113 grams of fat. Let's not forget that it is loaded to the brim with 2,650mg of sodium. Not my idea of a good post workout meal, but what the hell do I know?

Taco Bell

Fiesta Taco Salad; Cheesy Fiesta Potatoes; Large Mountain Dew

Nothing like running for the border. I don't know about you, but I always thought this slogan of theirs sounded racist—maybe I am just taking it the wrong way. This lovely combo is 1,690 calories. Wow, I'm loving it...NOT! It also has a gut busting 60 grams of fat and 2,540mg of sodium. Yes, it is lighter than the other ones so far, but still far from what I would consider healthy.

Wendy's

Triple with Everything and Cheese; Large Fries; Chocolate Fudge Frosty Shake (Large)
This sounds like another powerlifter's favorite. I guess most lifters like more than their bench shirts triple layered, but also their fast food combos. It tips the scales at 2,050 calories with only 99 grams of fat (that was sarcastic, by the way, so don't think I was praising the fat content). Let's not forget that it is loaded with 2,860mg of sodium just in case you were worried that the 99 grams of fat wouldn't strain your cardiovascular system enough!

Hardee's

2/3 lb. Monster Thickburger; Crispy Curls (Large); 32 oz. Coca-Cola
So what does this Monster burger combo have in store for your health? It weighs in at 2,230 calories with a super duper 131 grams of fat. Whoooooee! Now that's what I call fat loading. It also scored an amazing 3,980mg of sodium, which I am sure will make you thirstier than a night in the Mojave Desert.

Panda Express

Orange Chicken; BBQ Pork; Fried Rice; 32 oz. Coke
Now this one may look like a lightweight compared to some of the others, but don't start thinking this is diet food here. It comes in at 1,775 calories and is loaded with 66 grams of fat. But the real ticker here is the 3,145mg of sodium it contains. All I can say is that I really hope they don't feed this combo to any pandas.

Sonic

Super SONIC® Cheeseburger; Tater Tots with Chili & Cheese; Cherry Slush
This one comes at you at the speed of sound and loads you down with 2,340 calories. Let's not forget that out of this world 115 grams of fat and the 3,310mg of sodium. Wow, if you eat this enough times you can be sure that your blood profile at your next doctor's visit will have a lot of nice red marks throughout it!

Blimpie's

12-inch BLT, Super Stacked; Macaroni Side Salad; 24 oz. Dr. Pepper
Well, if you want to look like a Blimp then this is the sub for you. It will add a nice 1,899 calories to those already thick hips and chunky thighs. Nothing like adding in another 104 grams of fat to that already robust waistline as well. It wouldn't be complete with a heart throbbing 3,767mg of sodium to round things out.

Kentucky Fried Chicken (KFC)

KFC Famous Bowl - Rice and Gravy; Caesar Side Salad; Medium Raspberry Iced Tea
Finger lickin' good! Now you may think that I got the stats wrong when compared to some of the other heart cloggers on this list, but don't get too excited yet. This combo from the good ole' South has 1,475 calories. Yes, it's much less than some of the others here, but it is about as many calories in one meal that the average athletic woman should be taking in for an entire day! Mmmmm... doesn't sound so good now,



does it? It also has a sweet 59 grams of fat and get this, 3,560mg of sodium. So what they took out on calories they just substituted it with salt!

Five Guys Burgers and Fries

Bacon Cheeseburger; Large Fries; 32 oz. Coke
This lovely combo comes in at a mind boggling 2,714 calories. Wow, that is more calories in one meal than the average man is supposed to take in over a 24-hour period. No wonder Americans are getting fatter and fatter by the hour. It also graces the stage with a mind blowing 133 grams of fat and, not to be left out, the sodium content comes in with 1,544mg. If obesity is your calling in life, eat this combo a few times per week to help make your dreams a reality!

Quizno's

Tuna Melt (Large); Side Chopped Salad with Honey Mustard Dressing; 24 oz. Mountain Dew
Well, I know some of you think that subs are healthier than other fast food. All I can say to that is think again, my friend. Let's take a look at what this combo has to offer. It loads your fat cells down with a nice 2,650 calories. Oh yeah, bring it on. Not to be forgotten is the sweet 183 grams of fat. For the love of all that is good, that is more fat than the average man should be taking in for a 4-day period. Why wait four days to take in all that fat when you can get it all in less than 15 minutes of gulping it down in one concentrated shot. Let's not forget to mention the 2,815mg of sodium that it has to top things off.

Arby's

Ultimate BLT Market Fresh Sandwich; Large Curly Fries with Ranch Dipping Sauce; Medium Pepsi
When compared to the gluttonous combo above, this may seem better, but in reality it is still almost the same amount of calories a man should be eating all day long. It comes in at a svelte 1,751 calories. But even though it's not as high in calories as the others, it does still have 97 grams of fat and a mind boggling 3,311mg of sodium. Wow, and Americans wonder why so many have heart disease and high blood pressure.

Worst Kid's Meal

Burger King's Kids Double Cheeseburger and Kids Fries
Here we go, it's now time to feed the kiddies af-

ter their soccer practice. Mommy is a little tired tonight kids, so let's go through the local drive-thru and load these kids up with some nutritious foods par excellence! This little kids combo packs a whopping 740 calories to help make sure little Suzie starts wearing full size women's clothing before the age of 8. It packs a nice 42 grams of fat and 1,410mg of sodium. It amazes me that parents actually feed their kids this stuff and then they wonder why they are overweight and obese before they even hit puberty.

CONCLUSION

Okay, fellow ironheads, as you can see eating these fast food combos will not be a benefit for your lifting or for your cardiovascular health either. I know I made some funny comments in this question and answer section but the point remains is that lifters still do eat way too much fast food and this is taking place without even knowing what the macronutrient breakdown of what they are wolfing down day in and day out. Of course, this is not even considering all the hormones in the meat, the fire repellent chemicals leaching into your burger from the wrapper or the ammonia in those fast food burgers to help kill E. coli. Even without all the other added in goodies that I just mentioned the nutrient ratios of most fast food combos are simply horrible at best for any type of athlete and you should not be consuming them unless you are starving to death on some deserted island and the only thing there to humanly consume is food from a drive through window. Other than that you should be thinking about your health as well as your performance. If you think you are going to fuel your performance from processed foods that many times don't even decompose for years (watch the movie Supersize Me) then you need to get your head on straight because you either don't care about dying much before your time and leaving your family behind without you or you have the IQ of a hummingbird. Either way you need to take responsibility for your health to make sure that you live a long fun filled high quality life. A life that is not surrounded by Insulin injections and medicine cabinets filled with high blood pressure and cholesterol lowering medications. Its time to take your life in your hands and actually do something positive for it instead of eating like a gluttonous slob with a one way ticket to heart attack town! So until next month train hard, eat clean and stay away from that drive through window because your blood profile will thank me later that I guarantee! ☪

STEEL CITY BARBELL »

no slip platform, ready to handle the biggest bench presses. Bill has developed a special covering for his bench that will give you the sturdiest non slip base you will ever bench on. On top of that, we have Texas squat and deadlift bars and thousands of pounds of plates along with a sound system that will shake the very foundations of the building blasting AC/DC or whatever gets you up for your workout. A true powerlifting paradise indeed. Now, more importantly, the Big Evil is going to share his mission statement with you of what makes a true powerlifting gym and how to create that atmosphere. Read on and learn from the master, my minions.

First, what is it that all powerlifters want and need in a power gym? Well, of course, it's ample amounts of the right equipment—there is no question that your lifts will soar to new heights with the right type of power equipment. Now, what's next? Oh, how about the camaraderie of great training partners? The Big Evil says, with all these commercial gyms that shun chalk, heavy weights and loud yelling, it's a wonder how a powerlifter can train in these environments. When you have some skinny little floor manager telling you to keep it down or you're lifting too much weight and you're disrupting other peoples' workouts. Now, how fun or productive is that environment? It seems like a lot of guys are stuck in this environment and their training goes nowhere because they feel like they are doing something wrong and, more importantly, feel like they are not welcome there. This is the world of the new commercial gym, but here at Steel City Barbell we encourage you to become the powerlifter you thought you could never be. Already we have the top powerlifters in the Pittsburgh area who are here and ready to welcome you to the team no matter where your current strength levels are. Here at Steel City, we are a team and that's where the strength lies in the other big barbell club as well—the team atmosphere. Everyone here, no matter what walk of life they come from, has the same goal: to get stronger and increase their



meet PRs. Also, we highly recommend Inzer Advance Designs gear to all our lifters as we will carry a lot of this gear on stock and will be able to help lifters first hand with special fittings. We also have Elite lifters here who can critique your form and make supportive gear suggestions to help you fit your gear optimally. Outside of powerlifting, the Big Evil himself works with athletes from all walks of life on building strength, speed, power and agility. Remember, my minions, knowledge and experience is power! When you walk through the doors of Steel City Barbell, it doesn't matter what federation you lift in, you are welcome here as a brother or sister of powerlifting. Bring your dreams and work ethic and you will be amazed at the mountains you will climb here at Steel City Barbell. The Big Evil says it, so it is so. I've even heard that Elvis works out here from time to time...that's the rumor anyway. Come see us at 1501 Route 51, Jefferson Hills, PA 15025 or call us at 412-758-2830 and become a part of Pittsburgh powerlifting history. Until next month, *believe to achieve!* «

INTRODUCING

BEYOND RAW®

THE MOST ADVANCED, ULTRA-HARDCORE SPORTS FORMULAS AVAILABLE ANYWHERE.

- + Feel pure intensity and power with four of the most advanced raw hardcore anabolic formulas developed by GNC
- + Features powerful, high potency ingredients that work through scientifically advanced delivery systems
- + Bulk and fuel your way to new levels of raw power, raw energy and raw muscle size like never before with this core arsenal of products*
- + Breakthrough formulas trigger muscularity, vascularity and muscle development

GETBEYONDRAW.COM

GNC

LIVE WELL.

*When used in conjunction with your workout regimen. These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2011 General Nutrition Corporation. May not be available outside the U.S. Ad. Arnel



Matt Bouton squatting at the IBP Powerlifting Nationals (Keith Payne photos)



Ryan Bailey pulling 345 lb.

IBP POWERLIFTING NATIONALS

OCT 15 2011 » Greensboro, NC

Full Power FEMALE

Raw

123 lbs. Teen (14-15)	SQ	BP	DL	TOT
O. Arcidiacono	115	80	180	375
	4th-SQ-120			

132 lbs. Master (45-49)	SQ	BP	DL	TOT
N. Newton	150	110	255	515

Open N. Newton	SQ	BP	DL	TOT
N. Newton	150	110	255	515

148 lbs. Submaster (35-39)	SQ	BP	DL	TOT
R. Lutz	155	135	240	530
	4th-DL-250			

181 lbs. Open R. Nihart	SQ	BP	DL	TOT
R. Nihart	255	195	310	760
	4th-DL-325			

MALE 220 lbs. Master (45-49)	SQ	BP	DL	TOT
B. Nichols	---	---	---	---

Open B. Nichols	SQ	BP	DL	TOT
B. Nichols	---	---	---	---

275 lbs. Intermediate (24-34)	SQ	BP	DL	TOT
M. Bouton	515	415	600	1530

Open K. Hall	SQ	BP	DL	TOT
K. Hall	---	---	---	---

Raw Youth (10-11)	SQ	BP	DL	TOT
H. Allen	140	85	190	415
	4th-BP-90			

Youth (12-13)	SQ	BP	DL	TOT
N. Comer	155	105	205	465

148 lbs. Intermediate (24-34)	SQ	BP	DL	TOT
M. Brown	330	240	415	985

Open R. Bailey	SQ	BP	DL	TOT
R. Bailey	255	170	345	770
	4th-DL-365			

165 lbs. Intermediate (24-34)	SQ	BP	DL	TOT
B. Matthews	330	210	505	1045

Open J. Gouge	SQ	BP	DL	TOT
J. Gouge	320	320	405	1045

181 lbs. Junior (20-23)	SQ	BP	DL	TOT
L. Warlick	345	225	435	1005

Open J. Meekins	SQ	BP	DL	TOT
J. Meekins	---	---	---	---

181 lbs. Teen (18-19)	SQ	BP	DL	TOT
T. Payne	200	165	340	705
	4th-SQ-210			

181 lbs. Junior (20-23)	SQ	BP	DL	TOT
A. Fisher	455	320	525	1300

Open M. Smith	SQ	BP	DL	TOT
M. Smith	450	---	---	450

181 lbs. Teen (18-19)	SQ	BP	DL	TOT
J. Ingram	315	265	400	980
	4th-SQ-335 DL-425			

198 lbs. Intermediate (24-34)	SQ	BP	DL	TOT
S. Gouge	390	225	355	970
	4th-DL-370			

Open C. Arington	SQ	BP	DL	TOT
C. Arington	225	225	350	800

220 lbs. Master (40-44)	SQ	BP	DL	TOT
A. Ogle	350	325	360	1035

Open J. Griffing	SQ	BP	DL	TOT
J. Griffing	335	250	425	1010
	4th-SQ-345			

220 lbs. Youth (20-23)	SQ	BP	DL	TOT
T. Pauley	420	385	570	1375

Open A. Hinson	SQ	BP	DL	TOT
A. Hinson	345	250	415	1010

242 lbs. Master (40-44)	SQ	BP	DL	TOT
R. Zirkle	535	385	515	1435

Open J. Borek	SQ	BP	DL	TOT
J. Borek	185	375	300	860

275 lbs. Open J. Sweatman	SQ	BP	DL	TOT
J. Sweatman	---	315	475	790

Open J. Cravy	SQ	BP	DL	TOT
J. Cravy	---	315	---	315

275 lbs. Police/Fire/Military R. Zirkle	SQ	BP	DL	TOT
R. Zirkle	535	385	515	1435

Open R. Zirkle	SQ	BP	DL	TOT
R. Zirkle	535	385	515	1435

275 lbs. Submaster (35-39)	SQ	BP	DL	TOT
A. Brooks	415	320	450	1185

Open S. Edwards	SQ	BP	DL	TOT
S. Edwards	355	265	460	1080

275 lbs. Master (55-59)	SQ	BP	DL	TOT
D. Manus	375	320	470	1165

Open J. Mitchum	SQ	BP	DL	TOT
J. Mitchum	420	---	---	420

275 lbs. Master (40-44)	SQ	BP	DL	TOT
T. Mikles	475	350	475	1300

Open C. Shoe	SQ	BP	DL	TOT
C. Shoe	445	345	585	1375

275 lbs. Master (45-49)	SQ	BP	DL	TOT
T. Mikles	475	350	475	1300

Open C. Shoe	SQ	BP	DL	TOT
C. Shoe	445	345	585	1375

Outstanding Lifters: Ramona Nihart, Allen Fisher, Casey Shoe, Russell Zirkle. Team: Roughnecks from Marion, NC.

» courtesy Keith Payne

SPR POWERLIFTING MEET

SEP 14 2011 » St. Louis, MO

Powerlifting 149 lbs.	SQ	BP	DL	TOT
Tyler Hall	335	275	455	1045

Open Brown	SQ	BP	DL	TOT
Brown	225	245	405	875

Open Plummer	SQ	BP	DL	TOT
Plummer	225	245	275	745

Open Niezgoda	SQ	BP	DL	TOT
Niezgoda	225	155	315	695

Open Williams	SQ	BP	DL	TOT
Williams	155	175	250	580

165 lbs. Walker	SQ	BP	DL	TOT
Walker	225	---	---	225

Pastorino	SQ	BP	DL	TOT
Pastorino	335	215	405	955

Open Bell	SQ	BP	DL	TOT
Bell	---	245	495	740

Open Bonner	SQ	BP	DL	TOT
Bonner	---	225	375	600

181 lbs. Wilson	SQ	BP	DL	TOT
Wilson	425	315	495	1235

Open Vanderbush	SQ	BP	DL	TOT
Vanderbush	335	235	430	1000

Open Peterson	SQ	BP	DL	TOT
Peterson	275	235	430	940

198 lbs. McLaurin	SQ	BP	DL	TOT
McLaurin	475	335	575	1385

Open Green	SQ	BP	DL	TOT
Green	415	335	75	1325

Open Bantein	SQ	BP	DL	TOT
Bantein	385	225	425	1035

220 lbs. Williams	SQ	BP	DL	TOT
Williams	545	335	645	525

Open Burkett	SQ	BP	DL	TOT
Burkett	365	315	545	1225

242 lbs. White	SQ	BP	DL	TOT
White	405	385	645	1525

Open Northrup	SQ	BP	DL	TOT
Northrup	365	265	475	1105

Open Hurd	SQ	BP	DL	TOT
Hurd	---	---	445	445

275 lbs. Leak	SQ	BP	DL	TOT
Leak	365	65	495	1225

HWT McCoy	SQ	BP	DL	TOT
McCoy	335	295	545	1175

We again had our annual full powerlifting meet here at SPR, in which over 7 lifters competed in three heats. He only equipment allowed and used were knee wraps.

Highest pound-per-pound lifters were McLaurin, weighing in at 183 lbs., with a total of 385, Williams?, weighing in at 211 lbs., with a total of 1525, and Tyler, weighing in at 145 lbs., with a total of 1045.

Heaviest squatter was Williams, squatting 545, the heaviest bench press was 385 lbs., White, and the heaviest deadlift was 645, also completed by Williams. I want to thank all the loaders, spotters and table workers, along with judges Magnuson, Johnson and Ross, for their hard work in making this meet run smoothly. Special thanks again goes to CPC Jerome for making this event happen. Until next time.

» courtesy R. Carico

MEET WEIGH-IN TIMING »

fine after having two IVs. How is that healthy?

Also, when having 24–48 hour weigh-ins, I have met people that break records in the 198 lb. class and make a point to mention they actually weighed about 225–230 pounds. How is this fair to someone that truly lifts in the weight class? (Another reason why records in different federations should not be compared.)

RYAN CELLI: I think any weigh-in rule is fair if everyone has to abide by the same rules. I feel the 48 hour weigh-in is a bit much. Twenty-four hours is what I've always had to use. From a danger standpoint, there are two ways to look at this. If you allow a 24 hour weigh-in, most competitors will be inclined to cut a large amount of bodyweight—in some cases up to 10 percent. This is a very dangerous fluctuation in one's body weight, and requires drastic dehydration and often the use of dangerous prescription diuretics. Oftentimes, the use of IV fluids follows as part of the rehydration process.

A two hour weigh-in can be just as dangerous as the 24 hour if the lifter tries to cut weight and compete dehydrated. The good thing about the two hour weigh-ins is that most understand that cutting weight is going to negatively affect their meet performance, so they don't cut any weight and lift at their actual bodyweight.

I would prefer the two hour weigh-in. It would make it a lot easier and much safer to make weight. Then you know everyone is lifting at their real body weight, which makes it a level playing field.

MATTHEW GARY: The USAPL/IPF utilizes a two hour weigh-in. This is entirely sufficient and fair. A two hour weigh-in helps insure a higher level of competitive integrity by impelling lifters, within each specific weight class, to compete at relatively the same weight. The notion that a two hour weigh-in puts athletes at risk, by not allowing them adequate time to replenish and rehydrate is false. Oppositely, it may be

healthier as it prevents them from using the drastic cutting techniques afforded and encouraged by earlier weigh-ins.

Earlier weigh-ins occurring 24–48 hours in advance encourage athletes to lose large amounts of weight in either very short period of time or all at once. This puts a tremendous amount of stress on the body that is both unsafe and unhealthy. Diuretics, saunas, steam rooms, etc. all place stress on the kidneys, increase thirst, fatigue, nausea, diarrhea, and may create muscle weakness and cramping. Additionally, earlier weigh-in times disrupt competitive integrity by virtue of the fact that a lifter will weigh in light and in accordance with the weight class limits, but then compete at a much heavier bodyweight. For example, it's well documented that some lifters typically weighing about 240–250 pounds will rapidly cut down to 220 pounds for an early weigh-in, utilizing the aforementioned techniques, only to rehydrate and eat their way back to their initial weight or sometimes even more. As a result, they'll compete on the platform in the 220-pound (100 kg) weight class, often weighing 10 kg more. As a result, their lifts and records will count as records for the 220-pound (100 kg) class. This isn't fair and his or her lifts should never be compared to anyone who performed within a two hour weigh-in. To effectively compare performances, lifts must be performed under identical conditions and performance criteria.

For meet directors feeling constrained by paperwork and time, I offer up the recent 2011 USAPL Raw Nationals in Scranton, PA. There were approximately 335 lifters who all weighed in within the two hour time limit and the meet directors seemed to manage just fine.

JON SMOKER: There might not be a one size fits all here. I think it's reasonable for juniors and below to weigh in the day of the meet. And I think it makes more sense for open lifters, and especially masters, to at least be able to weigh-

in the night before, if not 24 hours. Generally speaking, from about 25 and up, lifters won't re-hydrate as fast as they did in their teens. But any weigh-in that's not the morning of, is an invitation to unhealthy practices unfortunately. Anyone who's been around for a while has heard of or seen lifters who make weight with risky means which can lead to severe cramping, sometimes of large muscle groups or the abdomen, either one of which is very painful and should land them in a hospital, and in some rare instances, death. One is playing Russian Roulette just a bit with their cardio/circulatory systems when they drop a dozen pounds or more in a very short time, just before weigh-in, only to gain the weight back in an equally short time. The powerlifting weight loss roller coaster weight loss plan, I guess one might call it. Where there's a way, there's a will. It's a free country, but I guess because it can lead to unhealthy practices. Any meet that I would promote would test for diuretics, and it's more fair since not every lifter knows about these techniques, and many more know about them, but choose not to use them because of the health risks. Of course, lifters who do use more natural, traditional ways of making weight can always skip the non-tested meets, and then everyone is happy.

KEN WHEELER: As to what I think it "should" be, I honestly don't have a preference and I believe you could make a case of "fairness" for either way, but I do like the convenience of the 48 hour, especially if extensive travel is involved prior to a meet. Why? A lifter can get to the meet site early, weigh-in and be done with it. Just one less thing to be concerned about. I know there has been some concern about lifters; let's use the 220s for example, weighing in correctly, but then hydrate back up to well over 230 pounds before the competition. If this lifter sets a record, should he/she be awarded that record when he is actually now in the 242s? Obviously this would be difficult to regulate. How much "over," if at all, could a lifter be for a record attempt? One pound, two pounds, ten, twenty, zero? And yes, many of you as well as I have seen 240-pound lifters set 220 records (again, just an example). Is that "fair" to the lifter who weighed in at 100 kilos and actually competed at that weight? Many will say too bad for that lifter, they should have loaded back up. "it's legal." Legal, yes. Expedient? Not so, in my opinion. Solutions? I'm open to hearing everyone else's opinion on this and appreciate them all.

RICKEY DALE CRAIN: Forty-eight hours for a weigh-in is ridiculous. I have seen 165 pounders weigh 185–190 pounds in that period of time, thus making the weight lifted not even close to a true weight for lifters in that class.

I have mixed feelings about the two hour and 24 hour rule. As an athlete having suffered for 30 years with cutting weight for a two hour weigh-in, I always thought the 24 hour weigh-in was the best, but I have seen too many irregularities and downright cheating in the 24 hour

Sports
CSS
Photos

CALIFORNIA SPORTS SPOTLIGHT
WWW.CSSPhotoDesign.com
Phone: (916) 359-2670
Email: css@winfirst.com

VIEW PRINTS ONLINE
Contact CSS with Your Custom Order

EVENT DVDS AVAILABLE
DVDS Available Within Days Following Event

CONTACT US ABOUT BOOKINGS
Book Early to Ensure Your Coverage

WWW.CSSPHOTODESIGN.COM

International Sports Sciences Association • 1015 Mark Avenue • Carpinteria, CA 93013

REASON #5

to become a personal trainer with ISSA

FREE [time]

>> Fit work into your schedule
(not the other way around)

>> Flexible study options
(home, online and seminar based)

>> Finish in 10 weeks with Guided
Study or complete at your chosen
speed with Self-Paced Study

I would like to thank ISSA for providing a certificate with such knowledge-packed study material. I look forward to a career as an ISSA certified personal trainer.

TIM NEVINGER, ISSA-CFT



Call today! **1.866.998.2905**

Or visit **ISSApower.com** Mention plusa1211

NATIONALLY ACCREDITED • MILITARY TA CAN COVER 100% OF TUITION

weigh-in.

Actually, the reason I like a 12–24 hour weigh-in has more to do with the meet director than the athlete. It gives them time to prepare better for the meet instead of having to enter weights and get everything ready in 30 minutes instead of having it spread out over 12–24 hours, so I guess I am hedging my bet that I would like to see a 12–18 hour weigh-in, combining the best of both worlds.

MIKE MCDANIEL: As long as the boundaries for weigh-in are per the particular federation's rules, effectively communicated in advance to all involved then consistently followed, any of the time frames are "fair." I've lifted in a variety of federations with a variety of weigh-in timing. All involved find a way to consistently be effective and I have a great time regardless.

SPERO TSHONTIKIDIS: As a meet director, I support the 24 hour weigh-in period for several reasons. First, lifters that are losing weight have the time to replenish their fluids and foods prior to competing. While I am not a medical doctor, my guess is that this benefits the lifter physiologically and provides greater potential to lift well on contest day. Second, the 24 hour weigh-in period allows for a better organized contest. I have found that the majority of lifters take advantage of early weigh-ins, this results in

considerably less leg work and paperwork in the morning, affording the meet director (as well as his/her staff and the competitors) a much less stressful morning prior to the Rules Clinic. The relaxed atmosphere permeates the setting and increases the success potential for all competitors. Third, the 24 hour weigh-in significantly decreases the length of the meet. Federations that restrict weigh-ins to the contest day force meet directors to start earlier (to provide ample time to register and weigh-in all competitors), and finish later. This takes away from the experience for the lifter, decreases their success potential on the platform, and makes for a very long day for those working the meet and supporting the lifters. Finally, the 24 hour weigh-in simply helps create an atmosphere that is more lifter-focused and fun. In the end, most of us that run meets do so because we love the sport and the lifters we serve. The 24 hour weigh-in makes our job easier which, in turn, results in a much more positive atmosphere for staff, competitors and spectators.

BOB BENEDIX: Fair or practical?! Two hours was never fair for the lightweight lifter who could barely eat anything, but it does give a real show of true strength! Forty-eight hour weigh-in is ludicrous and if you don't drop at least one weight class and eat back up, you are foolish. I prefer the 24 hour weigh-in. It allows enough

time to dehydrate a small amount and fill back out without risk of cramping, etc. Even this does not show actual weight class strength, but is easier on lifters and meet directors.

STEVE DENISON: I think a fair weigh-in should be 24 hours. The 24 hour weigh-in has been established within the rules and allows a meet director to be prepared administratively for the contest the next day. In the USPA, we generally have 3 optional weigh-in times before a meet: 24 hours before, 14 hours before and 2 hours before a meet. Most lifters generally choose the day before, but there is still a fair amount of lifters that choose to weigh-in on the morning of the meet partly because of travel arrangements and other factors. I know there are some lifters that have bumped their weight up considerably after a 24 hour weigh-in, but the strength increases from losing and gaining weight over the next 24 hours are not significant, in my opinion, for most lifters. There are exceptions though. ☺

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.

BENCH PRESS »



Our max effort day is Wednesday, which is 72 hours after speed strength day. Travis uses several special exercises to max out on, and when we say "max out," that means a top single for the day. Heavy 2s or 3s will not build maximum strength, but instead strength endurance. On max effort day the volume must be as low as possible but the intensity high, that is, close to or more than your one-rep max (meaning an all-time record). It is recommended that three top weights are lifted per workout. This resembles a contest: one attempt at around 90-percent; the next attempt close to an all-time record; and then a lift slightly over the all-time record. If Travis's level of preparedness is somewhat low, the three attempts should be based on his strength level at that given time.

Below is a list of sample max effort exercise that Travis rotates on his max day.

1. Mini-bands plus weight: his setup band tension will be 85 pounds at lockout.
2. Monster bands plus weight: this will provide 125 pounds of tension at the top.
3. Light bands plus weight: the tension is 200 pounds at the top.

With the three band tensions given above two grips are used, wide and close, wide meaning little finger on the power ring and close meaning index finger on the smooth part of the bar. By doing this, Travis has six exercises to choose from. He will also add a bow bar that has a 2-inch camber or a cambered bar that has a 3 1/2-inch camber and a football bar to his list of exercises, so he has six more records to break. Incline and decline presses are rotated mostly without bands.

All the above mentioned max lift exercises are considered builder exercises for a bench press. Travis also has tester exercise such as a floor press with just bar weight or 120 pounds of chain. Again the two different grips are used, one wide and one narrow. Only one grip is used per workout. Other testers that he will use are 2- of 3-board presses with either a wide or close grip. These are mostly done with just bar weight. Travis will also use the lightened method at times. This exercise will reduce the load by 95 pounds at the top and by 150 pounds at the bottom.

About once a month he will wear a bench shirt. As a meet is coming close, the last time he will use his shirt is on a 1-board press. Because bench max effort day is on a Wednesday, the last workout with a bench shirt is 17 or 18 days out from the contest. The last max effort workout is the floor press with just bar weight.

In summary, speed bench is on Saturday, and max effort bench is on Wednesday. A shirt is used one out of four workouts far away from a meet and one out of three workouts close to contest time. Both workouts are followed by lots of triceps work, upper back, lats, and last but not least rear and side delts plus hammer curls. Travis does some front delt work, but he says it is very easy to overtrain the front delts and that the triceps and upper back including lats are the most important for benching.

In my opinion, Travis is just starting out and has limitless potential. I am very proud to be one of his training partners. «

VIRGINIA STATE OCT 29 2011 » VA

BENCH					
MALE					
275 lbs.					
Master I					
W. Vansickle	319				
Raw					
165 lbs.					
Master I					
S. Satterwhite	336				
Open					
198 lbs.					
Master I					
R. Henry	319				
220 lbs.					
Master III					
G. Shultz	297				
Open					
Push Pull		BP	DL	TOT	
MALE					
Raw					
181 lbs.					
Master I					
J. Hummer	231	330	562		
Open					
J. Preskar	281	512	793		
198 lbs.					
Teen					
M. Hummer	204	424	628		
242 lbs.					
Master I					
C. Amston	319	473	793		
275+ lbs.					
Open					
A. Mineiro	402	495	897		
Powerlifting		SQ	BP	DL	TOT
FEMALE					
105 lbs.					
Open Junior					
B. Conley	171	116	259	545	
123 lbs.					
Open					
T. Lewis	154	116	187	457	
Open Junior					
S. Price	176	88	226	490	
C. Day	220	110	226	556	
Raw					
123 lbs.					
Master III					
M. Brewer	171	99	231	501	
Open					
M. Brewer	171	99	231	501	
132 lbs.					
Master I					
L. Rodriguez	209	154	303	666	
Open					
D. Anderson	220	138	281	639	
MALE					
148 lbs.					
Junior					
C. Nelson	347	187	413	947	
165 lbs.					
Junior					
J. Gant	330	237	369	936	
J. Porzio	380	275	462	1118	
D. Watters	424	292	451	1167	
Junior					
M. Strobo	424	358	484	1266	
181 lbs.					
Junior					
S. Lee	358	215	391	963	
S. Busche	341	237	457	1035	
P. Cour	413	248	429	1090	
M. Mayhew	429	281	484	1195	
198 lbs.					
Junior					
J. Harman	325	264	424	1013	
S. Hong	462	292	446	1200	
Master I					
H. Gerard	595	xxx	xxx	595	
220 lbs.					
Junior					
J. Rivas	622	374	617	1613	
Master III					
D. Chervenak	352	165	385	903	
242 lbs.					

Junior					
I. Sireci	473	330	490	1294	
Master III					
M. Nichols	336	270	424	1029	
Raw					
148 lbs.					
Teen					
C. Garnett	215	99	248	562	
165 lbs.					
Master I					
D. Necessary	275	253	330	859	
Open					
D. Necessary	275	253	330	859	
J. Gibson	308	242	407	958	
Teen					
H. Brenner	149	149	330	628	
181 lbs.					
Junior					
E. Suttle	352	303	451	1107	
D. Segal	391	253	462	1107	
Master I					
S. Dunston	446	231	462	1140	
Teen					
J. Sears	363	215	435	1013	
198 lbs.					
Junior					
C. Ek	473	374	534	1382	
Master I					
G. Schoolcraft	385	198	424	1007	
G. Leaks	429	314	534	1277	
Open					
C. Turner	242	281	424	947	
R. Bunch	396	242	517	1156	
Teen					
M. Bradley	336	270	451	1057	
220 lbs.					
Master I					
R. Steverson	457	424	512	1393	
Master II					
D. Barbee	319	308	391	1018	
Open					
K. Snowden	457	363	578	1398	
242 lbs.					
Open					
A. Harman	539	440	523	1503	
M. Murphy	506	314	710	1530	
275+ lbs.					
Junior					
T. Vasser	523	385	600	1508	
Open					
A. Mineiro	451	402	495	1349	
Z. Smith	462	374	567	1404	
C. Harris	683	446	694	1822	

WALKER'S GYM ST. JUDE BENCH PRESS OCT 15 2011 » Hopewell, VA

BENCH					
FEMALE					
130 lbs.					
Master (40-49)					
A. Janis	65				
MALE					
Raw					
181 lbs.					
Teen					
T. Pry	275				
198 lbs.					
D. Banks					
D. Banks	355				
T. Arrington					
T. Arrington	300				
220 lbs.					
C. Reese					
C. Reese	370				
242 lbs.					
D. Mason					
D. Mason	375				
W. Stoneman					
W. Stoneman	370				
Teen					
J. Tuggle					230

» courtesy Gary Walker

Do you want -10 degrees and a foot of snow or do you want 75 degrees, sunny and breezy with Disney World, Universal Studios and Sea World thrown in for good measure? If you want the latter, then this meet is for you...

WABDL WINTER CLASSIC BENCH PRESS + DEADLIFT COMPETITION

LOCATED AT THE DOUBLETREE BY HILTON IN ORLANDO, FL
IN A BEAUTIFUL BALLROOM | ROOM RATES: \$119 (NORMALLY \$179)

ON SATURDAY, FEBRUARY 18, 2012

CONTACT AL STORK 207.356.9946 | STORKSPower@AOL.COM

* WABDL 2012 MEET LIST *

- 11 FEB: WABDL CENTRAL US BP/DL CHAMPIONSHIPS (JONESBORO, AR)
- 18 FEB: WABDL WINTER CLASSIC (ORLANDO, FL)
- 18 FEB: WABDL TEXAS STATE BP/DL CHAMPIONSHIPS (HOUSTON, TX)
- 25 FEB: WABDL EAST COAST BP/DL CHAMPIONSHIPS (LYNCHBURG, VA)
- 10 MAR: WABDL NATIONAL COLLEGIATE BP/DL CHAMPIONSHIPS (SAN ANTONIO, TX)
- 10 MAR: WABDL NEVADA STATE BP/DL CHAMPIONSHIPS (PAHRUMP, NV)
- 17 MAR: WABDL CALIFORNIA STATE BP/DL CHAMPIONSHIPS (CHICO, CA)
- 24 MAR: WABDL NORTH AMERICAN BP/DL CHAMPIONSHIPS (PORTLAND, OR)
- 31 MAR: WABDL MONTANA STATE BP/DL CHAMPIONSHIPS (MISSOULA, MT)
- 4 APR: WABDL NATIONAL HIGH SCHOOL BP/DL CHAMPIONSHIPS (HOUSTON, TX)
- 14 APR: WABDL WORLD BP/DL CHAMPIONSHIPS (WISCONSIN DELLS, WI)
- 21 APR: WABDL FLORIDA STATE BP/DL CHAMPIONSHIPS (LAKELAND, FL)
- 12 MAY: WABDL BUCKEYE HALL OF FAME CLASSIC (CANTON, OH)
- 2 JUN: WABDL NORTHWEST REGIONAL BP/DL CHAMPIONSHIPS (MEDFORD, OR)
- 2 JUN: WABDL NATIONAL PUSH-PULL CHAMPIONSHIPS (PHOENIX, AZ)
- 9 JUN: WABDL ROCKY MOUNTAIN REGIONAL BP/DL CHAMPIONSHIPS (SLC, UT)
- 16 JUN: WABDL NATIONAL BP/DL CHAMPIONSHIPS (PORTLAND, ME)
- 16 JUN: WABDL GREAT NORTHERN BP/DL CHAMPIONSHIPS (OLYMPIA, WA)
- 30 JUN: WABDL SOUTHERN NATIONALS BP/DL CHAMPIONSHIPS (BIRMINGHAM, AL)
- 1 JUL: WABDL SONNY'S 8TH ANNUAL PUSH-PULL CHAMPIONSHIPS (HONOLULU, HI)
- 14 JUL: WABDL MIDWEST REGIONAL BP/DL CHAMPIONSHIPS (MINNEAPOLIS, MN)
- 28 JUL: WABDL GREAT LAKES REGIONAL BP/DL CHAMPIONSHIPS (DALLAS, TX)
- 4 AUG: WABDL WEST COAST BP/DL CHAMPIONSHIPS (RANCHO CORDOVA, CA)
- 25 AUG: WABDL TOM FOLEY BP/DL CLASSIC (NANUET, NY)
- 13-18 NOV: WABDL WORLD BP/DL CHAMPIONSHIPS (LAS VEGAS, NV)

FOR MORE INFO: WWW.WABDL.ORG

THINGS I'VE LEARNED PT. 3 »

I wasn't going to let my weakness dictate my chance of being a success. I looked at my squat not as a weakness, but rather as a lift that I could make significant improvement on. More importantly, I didn't let my mind undermine my physical performance.

Conversely, by constantly thinking, talking and acting positive, I used my mind to create strategies for producing success. I am sure that when people saw me early in my career the last thing they thought was that I would eventually break the 600 pound barrier in the squat at 132 pounds. If you would have asked me if I thought I could do that during the early part of my career, you would probably have heard me say, "I don't know... we will see." I can tell you straight out I would never have said, "NO!" or "NEVER!" Even then I was aware that you are what you think. Consequently, I always made a conscious effort to think and talk positively.

Successful people are not supermen. Generally, successful people are just ordinary folks who develop a belief in themselves and what they do. Einstein said an interesting thing. He said, "I have no special talents. I am only passionately curious." Think about that: Einstein figured out that time and space are relative. He also ascertained that nothing could move faster than light. For goodness's sake, he was a patient examiner when he wrote breakthrough papers on special relativity, the particle nature of light, and the equivalence of mass and en-

ergy. Contrary to the way he is often portrayed, Einstein was just a guy with a good mind that did extraordinary things.

Although heredity may provide numerous biological advantages, there is strong evidence to suggest that "elite" performance is due more to "quality" instruction and training than to genetic superiority. Take powerlifting, where natural ability would seem to give you the greatest advantage. What makes guys like Larry Pacifico, George Herring, Fred Hatfield, Curtis Leslie, and George Hummel so great? These guys were not genetic wonders. Lamar Gant—he was a genetic wonder. The rest of the guys I just mentioned had absolutely no genetic advantage—none! What they did have was a strong work ethic and a steadfast belief in themselves.

It is not just powerlifting either. What makes guys like Larry Bird, Pete Rose, Charles "The Mound of Round" Barkley, Lance Armstrong, and Jim Abbot so great? None of these guys are genetic marvels; that's for sure. Yet, they are some of the greatest athletes to ever play their sport. Believe me, that is just the tip of the iceberg when it comes to athletes who excel in their sport despite their lack of genetic advantage. In fact, there are so many great athletes who have poor genetics but who are still extremely successful in their sport that you have to conclude that success is not contingent on strictly natural ability.

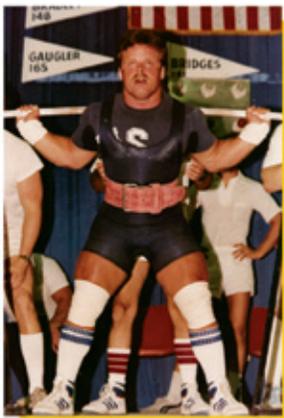
From what I have observed over the years,

commitment to a purpose, hard work and self-confidence seem to be the most important variables for achieving success, not genetics. As Dennis Waitley said in his award winning book, *The Psychology of Winning*, "Success is not reserved for the talented, but rather for those with drive, persistence and a belief in themselves." He is absolutely right. Success is truly possible for all of us.

Like I mentioned before, successful people are just ordinary folks who develop a belief in themselves and what they do. When opportunity arises, they go for it! They don't sell themselves short. Never sell yourself short! Tell yourself every day that your attitude is more important than any other aspect, including your physical make up. The body serves the mind. It is not the other way around. If you have a strong mind, your body will follow. You have to rid yourself of negatives; nothing is hopeless, nothing is impossible. Such self-defeating words are for fatalists; they are not for intelligent people. Never say never! Remember that when you believe in yourself, good things will happen. And if you don't believe in yourself, no one else will believe in you either.

You have the power to be or do anything you want. You can produce miracles if you have a mind to. You have the magic; you just have to tap into it. Get in touch with it, make things happen, live—journey to the stars, push on to new galaxies. If you don't, you will never know your true GREATNESS! «

BRIDGES



MCNABB



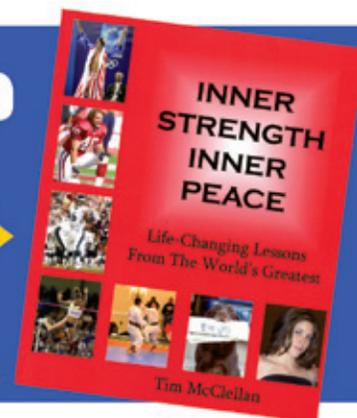
HALL



WHAT MAKES THEM SPECIAL?

FIND OUT FROM A MAN WHO COACHED THEM ALL

WWW.STRENGTHANDPEACE.COM



makes you feel better, and, as you mentioned, you're also getting some performance and body composition results. My only other suggestion is that you take my EFA+ supplement (look at the info on EFA+ on my master site, www.MauroMD.com, in the articles and Q&A section, and in the store) as it should work with the diet to enhance your mood and performance.

Mauro

DEAR MAURO: What do you know about [this Canadian company's] supplement line-up? I have a good friend who swears by these, he is diabetic also and thinks these products are the best in the world. I am sure you know the real answer and I think he should be taking your products.

Allen

ALLEN: The man who is CEO of this the company is a friend of mine and has been for almost 20 years. As a friend, I helped him formulate some of his supplements. In general, his company's line of supplements is fairly simple as far as formulation and ingredients to, first of all, have a perceived large array of supplements even though many have only one or two ingredients, and, secondly, to satisfy the authorities in the various countries he sells to that don't allow many of the ingredients I use in my products. Also, there's a lot of hype to his products as he's pretty aggressive as far as marketing his line to stores, other Internet sites such as Bodybuilding.com, and all his affiliates in various countries, including several countries in Europe that have stringent laws on supplements.

For example, in Canada L-carnitine is considered a drug. As such, they have L-carnitine in their line-up as a sole supplement for those countries that allow it, mainly the US in this case, and for those in the countries that don't to try and see if it makes it through customs. Have a look at www.mauromd.com/faqs.php and search for Health Canada to see a related Q&A so you can better appreciate what it means as far as supplements that need to sell internationally.

While his line of supplements is relatively simple, his marketing is more like the bigger supplement companies, with a lot of hype and push. I basically have no marketing other than my sites, including my new master site www.MauroMD.com. I'll also be starting a modest evidence-based marketing campaign this fall, but it will be nothing like the clever (read misleading and fraudulent) marketing done by the other supplement companies: see <http://www.mauromd.com/det-articles-78-Lies-Lies-and-Damned-Lies.php>, <http://www.mauromd.com/det-articles-47-The-Nutritional-Supplement-Industry-Part-1.php> and <http://www.mauromd.com/det-articles-62-The-Nutritional-Supplement-Industry-Part-2.php>.

I should also tell you that the CEO of that company, who has dabbled in powerlifting ever since I've known him although never competed, has used and still uses several of my supplements, including MVM, LipoFlush, TestoBoost, GHboost, and Joint Support.

Mauro «

ABSTRACT ON GUT-BRAIN CONNECTIONS

Diabetes Metab Res Rev. 2011 Feb;27(2):113-9. doi: 10.1002/dmrr.1160.

GUT-BRAIN SIGNALLING: HOW LIPIDS CAN TRIGGER THE GUT.

Breen DM, Yang CS, Lam TK. » Toronto General Research Institute, University Health Network, Toronto, Ontario M5G 1L7, Canada.

ABSTRACT—The gut plays a unique role in the metabolic defence against energy excess and glucose imbalance. Nutrients, such as lipids, enter the small intestine and activate sensing mechanisms to maintain energy and glucose homeostasis. It is clear that a lipid-induced gut-brain axis exists and that cholecystokinin and a neuronal network are involved, yet the underlying mechanisms in gut lipid sensing that regulate homeostasis remain largely unknown. In parallel, studies underscore the importance of enzymes involved in lipid metabolism within the brain, such as adenosine monophosphate-activated protein kinase, to maintain homeostasis. In this review, we will first examine what is known regarding the mechanisms involved in this lipid-induced gut-brain neuronal axis that regulate food intake and hepatic glucose production. We will also discuss how enzymes that govern brain lipid metabolism could potentially reveal how lipids trigger the gut, and that both the gut and brain may share common biochemical pathways to sense lipids.

Dr. Mauro Di Pasquale's
ANABOLIC SOLUTION
 The Holy Grail Of Diets for Powerlifters

MASS & STRENGTH

The Anabolic Solution will

- Maximize Muscle Mass
- Minimize Body Fat
- Increase Energy
- Improve Health

Receive the Anabolic Solution FREE
 with the purchase of one of our systems.

eXersol
 Exersol is the exercise solution for bodybuilders and power athletes. It provides you with everything you need before during and after training so there's no guess work.

NitAbol
 NitAbol will increase nighttime levels of testosterone, GH and IGF-I, and provide you with the nutrition you need to stop nighttime catabolism, and to increase protein synthesis and fat burning all night long.

Enter Discount Code **PLUSA**
 & save 15% in our store

MD+
www.ASforPL.com
 email: ceo@metabolicdiet.com or call toll free 1-866-397-1343

RESULTS

APF/AAPF SOUTHERN STATES

OCT 29 2011 » Orlando, FL

BENCH	308 lbs.		
148 lbs.	<i>Master III</i>		
<i>Open</i>	A. Petrino	720	
S. Schwanke	<i>Raw</i>		
181 lbs.	181 lbs.		
<i>Master VI</i>	<i>Master VI</i>		
R. Edwards	L. Lichtle	285	
242 lbs.	<i>Submaster</i>		
<i>Master III</i>	C. Kite	345	
R. Lawrence	198 lbs.		
275 lbs.	<i>Master II</i>		
<i>Submaster</i>	M. Guerra	365	
G. Alvarado	220 lbs.		

<i>Open</i>	E. Washington	275	
308 lbs.			
<i>Open</i>	J. Herring	525	
DEADLIFT			
<i>Open</i>	181 lbs.		
181 lbs.	<i>Master VI</i>		
<i>Open</i>	T. Ciola	440	
275 lbs.			
<i>Open</i>	B. Underwood	600	
181 lbs.			
<i>Open</i>	A. Aime	330	
114 lbs.			
<i>Teen I</i>	B. O'Grady	130	
165 lbs.			
<i>Master I</i>	M. King	580	

E. Washington	375		
SQUAT			
275 lbs.			
Ironman	BP	DL	TOT
132 lbs.			
<i>Teen III</i>	B. Gilardi	140	245 385
MALE			
242 lbs.			
<i>Junior</i>	J. Taylor	335	575 910
<i>Master II</i>	J. Sevor	400	505 905
275 lbs.			
<i>Open</i>	M. Allocco	700	700 1400
181 lbs.			
<i>Junior</i>	B. Williams	385	435 820
220 lbs.			
<i>Open</i>	M. King	385	580 965

<i>Open</i>	J. Morris	850	585	585	2020
242 lbs.	D. Kauf	770	455	620	1845
<i>Master I</i>	K. Price	750	550	575	1875
<i>Master II</i>	R. Schmidt	710	480	610	1800
<i>Master III</i>	D. Poucher	630	410	610	1650
<i>Open</i>	K. Price	750	550	575	1875
<i>Submaster</i>	I. Hanley	635	500	555	1690
275 lbs.					
<i>Master III</i>	R. Barlow	875	390	700	1965
<i>Open</i>	C. Fay	950	605	735	2290
L. Estevez	900	650	700	2250	
E. Rectanwald	710	605	605	1920	
D. Garcia	500	475	545	1520	
G. Staruk	660	530	140	1330	

<i>Open</i>	M. King	385	580	965	
Full Power					
123 lbs.					
<i>Open</i>	M. Kirkland	460	245	405	1110
132 lbs.					
<i>Junior</i>	E. Simpson	265	165	205	635
148 lbs.					
<i>Junior</i>	K. Palmberg	320	225	300	845
<i>Raw</i>					
132 lbs.					
<i>Master IV</i>	S. Carrington	115	70	155	340
148 lbs.					
<i>Teen II</i>	J. Masters	170	95	210	475
220 lbs.					
<i>Master IV</i>	H. Salahuddin	265	110	290	665

308 lbs.					
<i>Master III</i>	A. Petrino	960	720	625	2305
<i>Open</i>	A. Petrino	960	720	625	2305
D. Ginden	700	515	550	1765	
T. Fannon	1005	430	145	1580	
<i>Teen III</i>	J. Groff	750	605	585	1940
SHW					
<i>Open</i>	S. Crumbley	1010	405	700	2115
<i>Raw</i>					
123 lbs.					
<i>Junior</i>	J. Taylor	255	255	365	875
148 lbs.					
<i>Junior</i>	M. Jordan	340	240	415	995
<i>Teen I</i>	V. Lysobey Jr.	155	95	155	405

<i>SHW</i>					
<i>Open</i>	A. Mathis	615	415	580	1610
MALE					
114 lbs.					
<i>Teen II</i>	R. Hayes	270	160	325	755
165 lbs.					
<i>Master IV</i>	A. Cayer	700	425	610	1735
<i>Open</i>	V. Lysobey Sr.	720	435	545	1700
181 lbs.					
<i>Master II</i>	S. O'Malley	725	410	540	1675
<i>Open</i>	L. Rotondi	450	315	455	1220
198 lbs.					
<i>Master III</i>	V. D'Onofrio	625	390	500	1515
<i>Master IV</i>	S. Kyllis	570	400	550	1520

<i>Open</i>	J. Thomas	780	555	665	2000
F. Gusmao	550	475	575	1600	
<i>Submaster</i>	J. Pritchard	705	385	525	1615
<i>Teen II</i>	S. Goldstein	515	430	585	1530
220 lbs.					
<i>Master I</i>	M. Franz	550	485	500	1535
<i>Master II</i>	B. Garnett	605	475	525	1605
<i>Master III</i>	B. Kelly	700	340	600	1640
<i>Master V</i>	J. Romoser	425	320	425	1170

<i>Open</i>	J. Grayauskie	405	300	525	1230
<i>Teen I</i>	P. Sevic	265	135	325	725
<i>Teen III</i>	M. Mattis	420	335	585	1340
220 lbs.					
<i>Junior</i>	R. Conley	575	365	570	1510
<i>Open</i>	M. King	435	385	580	1400
E. Washington	330	275	375	980	

242 lbs.
Junior
J. Lubczynski 460 360 500 1320
J. Lubczynski 460 360 500 1320
Open
R. Mann 545 365 635 1545
SHW
Master I
J. Sevic 400 340 470 1210
Best Lifter: Margaret Kirkland. Best Lifter Raw: Jeremy Herring. Congratulations to all of the competitors! It was a great day with a lot of PRs. I would say this was our most successful meet yet. We ended up with around 75 lifters with a great mix of veterans and first time competitors. We ran the meet as smoothly as possible for



Best Male Equipped Lifter, Charles Fay (Schwab photos)

a one-day meet with this many lifters. Although it ended late, this is the most positive feedback I've ever received. Either way, we are going to make some changes for future meets to help things run even more smoothly. Thank you to Orlando Barbell's Al Reiss for continuing to sponsor our meets. We couldn't do it without him. Thank you to all of the Orlando Barbell crew who I could never even think to run these without: Brett Brown, Brian Tincher, Chris Scott, Charlie Merritt, Daniel Tinajero, Greg Godwin, Greg Norris, Hans Hinershit, Jim Lynch, Jo Jordan, John Land, Linda and Megan Dietz, Melanie Flesh, Matt and Jamie Smith, Mark Lessmann, Nate Archibald, Toby and Felicia Cobaugh, Richard Hayes, Ronnie Paras, Steve Wahl, Sam Wahnish, Tom Walyus, and of course my wife Trinity who has to prepare, manage and maintain the information and her composure win what can be a chaotic situation. This gives you an idea of how many people it takes to run a successful meet. I always like to get a team picture but once again forgot once we started cleaning up. Thanks to Tommy Fannon and Tom Bodendbender (who works his butt off) of Tampa Barbell for bringing two monolifts for our meet. Thanks also to Eddie Fitzpatrick, Greg Jurkowski, Mike Schwanke, and Rick Lawrence for judging. Thanks to Orlando Barbell's Sam Todd for taking pictures of the event. I apologize if I missed anyone but it was a crazy day that always ends up a blur for me. Charles Fay won the Best Male Equipped Lifter after dropping some weight he went 950-605-735 for a 2290 total at 275. Margaret Kirkland won Best Female Equipped lifter in her first meet back after shoulder surgery going 460-245-405 for a 1196 total at 118.5 lb. bodyweight. Ryan Conley won Best Male Raw Lifter going 575-365-570 for 1510 at 220. April Mathis continues to set all time Women's world records. She went 615-415-580 for a 1610 total to win the Best Female Raw Lifter Honors. Anthony Petrino had an amazing day going 960-720-625 for a 2305 total at 52 years young in the 308 class. He also took home the Best Equipped Bench award. Mike Alloco of Muscle Works Gym took home the Best Male Equipped Bench with 700 at 275. Tampa Barbell's Suzanne Schwanke won Best Female Equipped Bench with 280 at 148. Big Jeremy Herring hit a very impressive raw bench of 525 at 308 to take home the Best Raw Bench award. Long time OBB meet competitor Pat O'Grady finally hit a 500 pull again to win Best Male Deadlift. Michael King was competing in his first meet (I believe) and went 435-385-580 for a 1400 total raw at 220. He won the Best Male Raw Deadlifter and seemed to have a great experience. Ben Williams lifted raw where he benched 385 and deadlifted 435 raw at 181 to take home the Male Best Ironman award. Oviedo's own Brooke Gilardi won the Female Best Ironman in her first meet lifting raw with a bench of 140 and deadlift of 245 at 132. Muscle Works Gym which was made up of Jason Prichard, Vincent Lysobey Senior and Junior, Margaret Kirkland, Mike Alloco, Huguetta Salahuddin, Susan Carrington, Brant Kelly took home the Team Award. I have to give credit to my client, Jeff Sevor, who's been training with me for the bench for the past 6 months. He put 60 lbs. on his bench putting up his goal of 400 in the Masters 242 lb. class. Look for the Orlando Barbell APF/AAPF Florida State Meet to be either the weekend of February 4th or 11th.

» courtesy Brian Schwab



The Muscle Works team at the APF/AAPF Southern States meet



Sylvester Crumbley with a 1,010-pound squat

RESULTS »



Jason Strum, who lost his leg during his service in the military, made an impressive lifting debut at the Rev. Milton Simmons Memorial (S. Tshontikidis photos)

REV. MILTON SIMMONS MEMORIAL OCT 29 2011 » Hagerstown, MD

Powerlifting	SQ	BP	DL	TOT															
FEMALE																			
123 lbs. (20-24)																			
V. Tucciarone	155	115	215	485															
132 lbs. (18-19)																			
R. Dolce	135	90	205	430															
		4th-DL-215																	
148 lbs. (25-29)																			
A. Stoll	200	95	275	570															
165 lbs. (18-19)																			
A. Cordelli	215	135	265	615															
181 lbs. (20-24)																			
A. Ragan	175	120	245	540															
		4th-DL-255																	
181 lbs. (20-24)																			
D. Anderson	185	95	235	515															
No Belt 181 lbs. (40-44)																			
C. McKnight	145	95	225	465															
MALE																			
66 lbs. (7 & Up)																			
A. Gentry	70	35	100	205															
		4th-DL-105																	
148 lbs. (18-19)																			
B. Etringer	325	240	425	990															
165 lbs. (18-19)																			
B. Mose	390	310	425	1125															
		4th-SQ-415																	
181 lbs. (18-19)																			
J. Price	405	275	450	1130															
		(20-24)																	
K. Horton	275	225	385	885															
		4th-DL-405																	
198 lbs.																			
J. Burroughs	425	275	505	1205															
		(30-34)																	
J. Strum	225	245	385	895															
		(30-34)																	
M. Hodge	---	405	---	405															
		(35-39)																	
P. Mooney	---	300	---	300															
220 lbs. (30-34)																			
M. Shuman	365	315	475	1155															
		(40-44)																	
No Belt 132 lbs. (40-44)																			
R. Murphy	335	275	405	1015															
		(20-24)																	
D. Lovely	255	175	385	815															
		(20-24)																	
165 lbs. (70-74)																			
J. Osborne	250	155	360	765															
		4th-BP-160																	
220 lbs. (25-29)																			
L. Garcia	380	275	455	1110															
		(50-54)																	
P. Simmons	410	270	460	1140															
		(25-29)																	
242 lbs. (25-29)																			
J. Cifelli	540	335	605	1480															
		4th-DL-625																	
Raw 198 lbs. (25-29)																			
J. Chaney	---	370	480	850															
		(35-39)																	
L. Gentry	450	310	475	1235															
		(50-54)																	
242 lbs. (50-54)																			
J. Shifflett	---	300	---	300															
		(60-64)																	
J. Sheckler	---	260	---	260															
		(40-44)																	
275 lbs. (40-44)																			
G. Finley	505	390	570	1465															
		4th-SQ-530																	
308+ lbs.																			



(35-39)
 C. Mabry 455 300 500 1255
 Venue: Anytime Fitness. Be strong in the Lord! An incredible day of lifting and camaraderie was experienced by all in attendance at the 2011 Rev. Milton Simmons Memorial Open ñ a fitting tribute to Paul's dad! Before we get to the lifting, a very special thanks to Ernie Angell for securing the venue at Anytime Fitness in Hagerstown, Maryland and ensuring we had outstanding spotter & loaders at the contest! R.A.W. United would not be the special mission federation it is without the generous support of men like Ernie and, more important, the incredible support of our brave men and women serving in the United States Armed Forces. Thanks brother! Amber Jeter of the United States Naval Academy Powerlifting Team brought some of the nation's finest young men and women to compete at the event, and we were both honored and stoked to have the team lift with us! Valerie Tucciarone, Rebecca Dolce,

Amanda Ragan, and Daniele Anderson represented the Academy on the women's side, and all lifted flawlessly! Seasoned veteran Alicia Stoll (if you aren't squatting, you aren't training!) dropped to the 132s and posted strong numbers to capture Best Lifter honors, and her Capitol Seven-year old Anson Gentry had the crowd on its feet as he pushed through several record lifts, never giving up when the weight got heavy. Awesome job, Anson! Rich Murphy, a U.S. Army veteran, dropped to the 132s and totaled nearly eight times his bodyweight on lifts of 335, 275, and 405 in the IRON-MAN, No Belt category. Brandon Mose of Sharpsburg, Maryland took home the top teenage honors with his 1125 total in the 165s, and Joe Cifelli posted huge numbers without a belt in the 242s en route to his 1480 total. Michael Hodge benched over twice his bodyweight, nailing a 405 pound push at a bodyweight of 197.6. And Jerry Osborne, following two shoulder surgeries, went nine for nine setting records across the

board in the 70-74, 165s. Paul Simmons, whose dad was honored at the event for his service to both our country and our Lord, brought several lifters from his gym to the meet. Corey Horton, Jason Strum, Pat Mooney, and Luis Garcia joined Paul the gals on Capitol Powerlifting, and all lifted extremely well in their debut meet. Most inspiring was Jason, who lost his leg while serving in the military. Competing in all three lifts, Jason is a testament to the heroes that serve our country and why the federation is dedication to supporting them. Thanks brother! And speaking of heroes, the Navy men's team consisted of Ben Etringer, Derek Lovely, Jay Price, and Jesse Burroughs. Each of these young men lifted extremely well and represented the Academy and our country honorably both on and off the platform. It is truly refreshing to lift with young men and women that possess the character and drive that makes America great, and we look forward to sharing the platform with all the Navy lifters again next

year! The 'Most Enthusiastic & Encouraging Lifter' award, if there was such a thing, would go to Chris Mabry of Waynesboro, Pennsylvania. Chris got the crowd going every time he stepped on the platform and he encouraged everyone! Glenn Finley, Michael Shuman, and Larry Gentry (Anson's dad) joined Chris in the full power division. All three posted strong numbers and record lifts. Justin Chaney (push/pull) and benchers John Shifflett and Jesse Sheckler all drove up from Virginia to compete in their first event with R.A.W. United. Justin totaled over four times his bodyweight on two lifts, and John and Jesse nailed lifts of 300 and 260, respectively. A very special thanks to Kevin Prosser for managing the platform; Kevin is the best in the business, and we greatly appreciate the friendship and support he has shown us over the years. Thanks brother! Thanks also to Scott Price and Jason Smith for spotting and loading; Doc Junkins, Rich Murphy, Jerry Osborne, Kevin Prosser, and Paul Simmons for judging;

RESULTS »



Best Lifter ring (Bobby Myers photos)

Briget and the folks at Sandpiper Sportswear for the awesome contest shirts; Sir Charles Venturella for the awesome plaques and Best Lifter eagle sculptures; Doc Junkins, Rich Murphy, Jerry Osborne, Kevin Prosser, and Paul Simmons for helping set up; all the lifters and spectators for helping clean up; and to Dan and the staff at Anytime Fitness for allowing us to host the event! Finally, a very, very special thanks to the brave men and women serving in the United States Armed Forces for making it possible for Americans to enjoy the world's strongest sport; and to our Lord and Savior Jesus Christ for giving us the strength and desire to share the competitive platform with each other! Thanks and God Bless.

» courtesy Spero Tshontikidis

APA IRONFEST CHALLENGE

NOV 5 2011 » Defuniak Springs, FL

BENCH		J. Brasseaux	259
FEMALE		MALE	
Open		Raw	
148 lbs.		Open	
C. Schroeder	181	220 lbs.	
Raw		C. Smith	319
Open		D. Smith	407
132 lbs.		G. Wise	402
C. Smith	132	242 lbs.	
148 lbs.		J. Hoonstra	617
J. Brasseaux	259	275 lbs.	
165 lbs.		C. Freeman	385
L. Griner	143	F. Ciconne	418
Masters		Masters (By Coeff)	
(by Coeff)		220 lbs.	
148 lbs.		S. Agner	341



Jeremy Hoonstra's all time raw world record in the bench press of 617 lb. in the 242 lb. class at Carolann and Bobby Myers' Ironfest competition

DEADLIFT	Raw				
FEMALE	Open				
Open					
148 lbs.					
C. Schroeder	281				
Raw					
Open					
132 lbs.					
C. Smith	303				
Masters (By Coeff)					
181 lbs.					
D. Langlinais	---				
MALE	Open				
Open					
242 lbs.					
C. Lyons	650				
Powerlifting	SQ	BP	DL	TOT	
FEMALE					
Open					
148 lbs.					
C. Schroeder	325	181	281	787	
Raw					
Open					
148 lbs.					
S. Stewart	181	93	187	461	
Masters (By Coeff)					
114 lbs.					
K. Brewer	176	93	231	500	
MALE	Open				
Open					
220 lbs.					
P. Wallis	705	369	606	1652	
242 lbs.					
C. Lyons	677	501	650	1856	
Masters (by Coeff)					
220 lbs.					
P. Wallis	677	369	606	1652	
Raw					
Open					
165 lbs.					
R. Gonzales	391	253	429	1074	
181 lbs.					
J. Daigre	512	369	545	1426	
J. Serean	523	325	523	1371	
M. Stemkosky	518	330	518	1366	
J. Seymour	501	325	523	1349	
D. Belanger	501	275	451	1228	
T. Cinquemano	369	292	446	1107	
C. McGee Jr.	446	275	225	946	
198 lbs.					
M. Melancon	545	363	567	1476	
J. Melvin II	573	347	523	1443	
D. Noble	529	341	402	1272	
B. Welch	440	330	468	1238	
220 lbs.					
C. Holston	584	369	595	1548	
D. Smith	562	407	578	1548	
R. Neely	446	270	451	1167	
242 lbs.					
K. Alexander	534	391	567	1492	
T. Jones	424	292	617	1333	
275 lbs.					
C. Hodgson	473	303	424	1200	
Super					
C. Dennis	---	---	---	---	
B. Hill	---	---	---	---	
A. Williams	---	---	---	---	
Masters (By Coeff)					
181 lbs.					
F. Lund	352	231	418	1003	
198 lbs.					
K. White	363	363	501	1228	
220 lbs.					
L. Langlinais	303	192	413	908	
242 lbs.					
B. Knowlton	501	380	523	1405	

This was the second annual Ironfest Challenge. We are always striving to improve on the year before in all our meets. The judging and efficiency of our meets, including the APA Raw Nationals is the most important thing to us. We don't allow walk in entries the morning of so that the meet can start on time and flow smoothly the rest of the day. When you walk into these meets, flights

will already be posted, so you will know the lifting order and don't have to wait or guess when you will be lifting. We have been very fortunate and competed in some of the best powerlifting meets around the country, incorporated a few things from bodybuilding such as VIP seats (assuring the spectator that there seat will be there, and no one can take it.) We had 30 VIP seats and they all sold out fast. Another prize we got from bodybuilding is the Best Lifter Rings. You can only get one of these Rings at two meets in the World, APA Ironfest & APA Raw Nationals. So come out in April to the Nationals and try to win one for yourself. We had 46 individual lifters pre-registered this year not counting cross over's. Had some Great lifting, but the lime light had to be Jeremy Hoonstras 617 All Time World Record at 242 lbs. Our congrats to Jeremy for his very impressive bench. If you haven't saw the video on YouTube, check it out, with a long pause, and a longer hold at lock out, it left no question that the lift was good in any federation. Carley Smith from the Northport, AL. area, preformed another great lift. Carley broke the APA Raw World Record in the deadlift (Jr. division) Just turning 20 yoa, and weighing in at 126 lbs. (didn't cut weight) She made 303 lbs. look easy! Congrats to Carley. The battle of the day can in the 220 Raw class between Dusty Smith (Carley's older brother) and Chip Holston. Dusty lifts were 562 squat, 407 bench, 578 deadlift, and 1548 total. Chip's lifts were 584 squat, 369 bench, 595 deadlift, and a 1548 total. Dusty weighed in at 210, and Chip weighed in at 209. Chip was the winner based on bodyweight. The winners of the Best Lifter Rings were: MEN-Jeremy Hoonstra bench only with a 617 lb. (co-eff 331.25), WOMEN-Jojo Brasseaux bench only with a 259 lb. (co-ef 203.75), MEN- Michael Stemkosky full power with a 1366 total at 167 lbs. (co-ef 955.59). Michael finished 3rd in the Open Raw 181 class, he was 40 lbs. behind the winner, but won Best Lifter due to the lighter body weight. His co-efficiency was the highest of the meet raw or equipped! The team award went to Southern Elite PL Gym & Training Facility from D'Iberville, Mississippi. Congrats Guys! I would like thank all of our help. Head Judges: Jake Impastato. Side Judges: Garrett Griffin, Tony Caprari, Christina Hart. Score Table: Carolann Myers, Bobbi Garcia, Katherine Schaefer. Ticket sales: Jeanee Mesey, also with her husband Russ they were our featured sponsor, MaxFit Sports Nutrition. A very special thanks to all the spotters & loaders. Great job guys, no weight hit the floor! And to all the lifters without you, this meet would not have been possible. Come on out and join us for the 2012 APA Raw Nationals in Defuniak Springs, Florida on April 21, 2012. You can also find us on Facebook.
» courtesy Carolann & Bobby Myers

APA LION HEART/FL STATE
OCT 15 2011 » Clearwater, FL

PUSH PULL	K. Mays	174
FEMALE	M. Mann	288
Submaster	B. Keys	181
N. Graunke	142	Submaster
MALE	S. Eastburn	219
148 lbs.	Master	
Master (50-59)	M. Guerra	174
J. Hill	148	SHW
181 lbs.	D. Pentecost	350!
!=World Records. Push Pull Best Lifter:	Morgan Mann.	
	» courtesy Stephen Byer	



Carley Smith, 20 years old, made the Ironfest her first competition, and she pulled an APA Junior World Record 303 at 126 lb. body weight. Carley and her brothers Dusty and Clint lift with Rock Solid Barbell.

RESULTS »



Jill Mills pulling at the Support the Troops Benefit (S. Tshontikidis photos)



SUPPORT THE TROOPS BENEFIT

NOV 5 2011 » San Antonio, TX

Powerlifting SQ BP DL TOT

FEMALE

Raw

165 lbs.

(20-24)

C. Wrenn

275 150 340 765

4th-DL-360

(Belt)

181 lbs.

(35-39)

J. Mills

--- --- 530 530

MALE

220 lbs.

(25-29)

M. Bravo

--- 225 335 560

(Belt)

165 lbs.

(25-29)

A. Busby

190 115 310 615

(25-29)

E. Hudec

--- 135 --- 135

198 lbs.

(20-24)

J. Tabora

175 150 210 530

(25-29)

M. Washington

260 275 325 860

(30-34)

L. Chavez

--- 205 --- 205

220 lbs.

(25-29)

M. Gallardo

235 225 305 765

(30-34)

C. Hustutler

225 200 300 725

275 lbs.

(35-39)

Z. Gray

--- 205 425 630

(No Belt)

105 lbs.

(12-13)

J. Fridline

100 80 160 340

Raw

198 lbs.

(25-29)

J. Noell

370 300 550 1220

(50-54)

S. Tshontikidis

425 250 525 1200

220 lbs.

(25-29)

J. King

500 425 575 1500

242 lbs.

(40-44)

D. Martinez

--- 465 --- 465

Venue: Olympic Gym. The Lord is our Strength! The 2011 Support the Troops Benefit Meet defined why gym meets are so fun! Holding our first meet at San Antonio's Olympic Gym in the great state of Texas, it was standing room only from start to finish! And thanks to powerlifting legends Jill Mills and Gene Bell, the contest ran extremely smooth while funds were raised to support Wounded Warrior Project (woundedwarriorproject.org). On the women's side, Chelsea Warren shattered the record books with a 275 pound squat, a 150 pound bench, and the 360 pound deadlift. Chelsea even joined our federation tradition and enjoyed a iCuba Librei cigar to celebrate her efforts! The contest also saw the return of 2002 World's Strongest Woman Jill Mills to the competitive platform. I had the pleasure of meeting Jill earlier this year and Extremity Games, and she was instrumental in introducing me to Olympic Gym owner J.D. Wennemark and Gene, putting together the incredible crew that supported the meet, and helping me host our first meet in the Lone Star State. Jill was nursing an injured elbow,

but nonetheless spotted, loaded, and judged before pulling an easy 530 pound deadlift pictured below. It is important to note that Jill's best deadlift ever was 562, and she had plenty in the tank with her 530 pound effort. With the 2012 RAW Unity Meet just around the corner, all we can say is, iLook Out!i Hailing from Copperas Cove, Texas, thirteen-year-old Junior Fridline led the men's charge, posting record lifts across the board in the 105s; pictured below is Junior ripping a 160 pound record deadlift! As defined in the contest title, the meet was scheduled as a fundraiser for Wounded Warrior Project. Several warriors from WWP's TRACK Program (a twelve-month education and employment program) competed for the first time, to include Operation Iraqi Freedom veterans Alan Busby and Evan Hudec. Olympic Gym lifter Jesse Noell, an active duty soldier currently stationed at Brooke Army Medical Center, registered an impressive 1225 pound total that included the 550 pound deadlift. Joining Jesse in the 198s were Operation Iraqi Freedom veterans Jacob Tabora and Luis Chavez, as well as TRACK's Marcus Washington who serves our warriors as the program's APEX Peak Performance Director. All three lifters competed for the first time, and we look forward to seeing their numbers climb at our next meet at Olympic Gym in February. The 220s consisted of three more TRACK students: Michael Gallardo, Charlie Huffstutler, and Mike Bavo. All served in Iraq before becoming a part of Wounded Warrior Project; Michael and Charlie competed in the full power division and Mike, who is currently interning at Olympic Gym, entered the push pull. In the 242s, Jeremy King of Huntsville, Texas and David Martinez of Corpus Christ, Texas had record breaking days. Jeremy was flawless on the platform, going nine for nine with lifts of 500 in the squat, 425 in the bench, and 575 in the deadlift. David attended the meet in hopes of hitting a qualifying bench for the 2012 RAW Unity Meet. After missing his first two attempts, David came back and nailed the 465 pound bench. Wounded Warrior Zech Gray had planned to just bench, but switched to the push pull during warm-ups; he is pictured below finishing the day strong with a 425 pound deadlift. Special thanks to J.D. Wennemark, Jill Mills, and Gene Bell of Olympic Gym in San Antonio, Texas for hosting the meet; Gene Bell, Jill Mills, and Jon Drummond for officiating; Andre Gholson, Jill Mills, Steve Calamars (Yasou, brother!), Ryan Carillio, Wes Zucker, and Kyrlo Olenych for spotting and loading; Ryan Carillio, Wes Zucker, and Molly Jaeger for announcing and scoring; Ed Kelly for supporting me and the warriors; James Humphreys for the awesome iShut Up And Squat! shirts from Olympic Gym; Sam Oswald and Bud Lyte for the awesome contest photos; and everyone for helping with the set up and clean up. More thanks to Sir Charles Venturella for the awesome contest plaques; Brigid and the folks at Sandpiper Sportswear for the awesome iSquataholic! shirts; and J.D. Wennemark for the countless hours he put in to make the meet a success! Thanks! Finally, and most important, thanks to our brave servicemen and women for defending America, the wounded warriors that selflessly served, and to our Lord and Savior Jesus Christ for making it all possible! God Bless.

» courtesy Spero Tshontikidis

WABDL REGIONAL BP/DL

OCT 29 2011 » Lakeland, FL

BENCH		308 lbs.	
M. Wright	480*		
FEMALE			
123 lbs.			
(12-13)			
A. Dodds	85*		
Junior			
K. Folsom	85*		
(54-60)			
N. Georges	85*		
Open			
J. Doran	150		
MALE			
132 lbs.			
(16-17)			
K. Schrank	185*		
S. Slaton	150		
165 lbs.			
Class I			
M. Davis	412		
(40-46)			
M. Davis	412*		
(47-53)			
J. Hamilton	305		
181 lbs.			
(16-17)			
J. Sunde	325*		
Submaster			
J. Slaton	355		
198 lbs.			
(16-17)			
J. Graham	350*		
(18-19)			
J. Townsend	305		
Class I			
G. Folsom	225		
220 lbs.			
(47-53)			
R. Russ	275*		
(54-60)			
D. Duncan	285		
(61-67)			
J. Jenkins	390*		
(75-79)			
J. Yong	285		
Law/Fire (56+)			
D. Duncan?	285		
242 lbs.			
Law/Fire (40-47)			
D. Duncan	285		
259 lbs.			
(18-19)			
M. Fleming	340		
Class I			
J. Bennett	415		
(47-53)			

*=State Records. Best Lifter Bench Press: Mark Davis. Best Lifter Deadlift: Jamie Doran. The WABDL Regional Bench Press and Deadlift Championships were held at the All American Gym in Lakeland, Florida. The meet director was Louis Baltz who has owned the All American Gym for over 32 years and has been hosting powerlifting meets for over 30 years, a record in the history of powerlifting. The meet got underway with the bench press and Ally? Dodds setting a state record with 85 lbs. lifting in her first meet. Katrina Folsom went 3 for 3 and benched a state record 85 lbs. to win the junior 123 lbs. class. Competing in the 54-60 age group, Nancy Georges pushed up a nice 85 state record bench to win the 123 lb. class. Jamie Doran went 3 for 3 and rammied up an incredible 160 lbs. at 123 lbs. to win the woman's open division. In the teenage division, Kyle Schrank set a record with 185 lbs. to win first place over Scott Slater, in the 16-17 year old 132 lb. class. Jacob Sunde set a state record with a nice 325 lbs. bench to win the 181 lb. class. Jonathan Graham

benched an impressive 350 lbs. for a state record in the 16-17/148 lb. class. In the 18-19 age group, Joseph Townsend? won the 198 lb. class with a 305 lb. bench and Mike Fleming won the 259 lb. class with 340 lbs. in the Class I division, Mark Davis benched an incredible 412.5 lbs. for a state record to win the 165 lb. class. His bench press also earned him the best lifter for the bench press award. Coming back after about a 10 year hiatus, Glenn Folsom went 3 for 3 and benched 225 lbs. to win the 198 lb. class. Jeremy Bennett pushed up a nice 415 bench to take first in the 259 lb. class. James Slater benched a nice 355 lbs. to win the 181 lb. submaster division and Scott Latour benched a whopping 505 lbs. for a state record in the submaster 308 lb. class. Scott also won the open division with that impressive bench. Mack Davis also competed in the 40-46 age group, 165 lb. class and his 412.5 lb. bench was also a state record in that division. In the 47-53 age group, James Hamilton won the 165 lb. class with a 305 lb. bench. Reggie ? wore a 2-ply bench shirt and set a state record with 275 lbs. in the 220 lb. class. Mike Wright benched a nice 480 lb. state record to win the 259 lb. class. Dave Duncan won the 54-60 age group 220 lb. class with a 285 lb. bench. Tommie Jenkins set a state record with 390 lbs. in the 61-67 age group 220 lbs. the incredible Johnny Yong benched a nice 285 lbs. in the 75-79 age group to win the 220 lbs. class. Everyone needs to buy Johnny's new book titled iA Balanced Life! It is an incredible story about his super-human feats of strength. A must read! Gordon Schrank rammied up a whopping 500 lbs. for a state record in the Law/Fire 40-47 age group. Dave Duncan benched 285 lbs. to win the 56+ age group in the Law/Fire 220 lb. class. The deadlift started with Ally Dodds setting another state record with a 155 lb. deadlift to win the 12-13 year old 123 lb. weight class. Katrina Folsom pulled a strong 240 lb. state record to win the junior 123 lb. class. Nancy Georges? Pulled her best deadlift of 220 lbs. for a state record in the 54-60 age group 123 lb. class. Jamie Duran won both the open and submaster division with state records in each with a massive 350 lb. deadlift. Almost three times her bodyweight, weighing in at 123 lb. This awesome lift earned him the best deadlifter award over men and women! That does not happen very often for a drug free girl in a deadlift event. In the 16-17 age group, Scott Slater pulled 315 lbs. to beat Kyle Schrank on bodyweight in the 132 lb. class, however, Kyle Schrank pulled 340 lbs. on a 4th attempt to get the state record in a hard fought battle. Dillon Durham won the 148s with a 400 lb. deadlift over Jackson Bennette's 385 pull. Jacob Sunde set another state record with a 480 lb. deadlift and Jonathan Graham pulled an impressive 505 lb. state record deadlift in the 198 lb. class. In the 18-19 age group, Joseph Townsend pulled 465 lbs. to win the 198 lb. class. Jordan Lawther? pulled a massive 540 lbs. for a state record in the 220 lb. class and Mike Fleming deadlifted a state record 585 to win the 259 lb. class. Glen Folsom went 3 for 3 and won the Class I/198 lb. class with a 430 lb. deadlift. In the submaster division, James Slaton? Won the 181s with a nice 485 lb. deadlift over Carton? Brawley's 455 lb. pull. Jeremy Bennett was the best deadlifter in the men's department with an incredible state record 605 pull. Reggie Russ won the 47-53 age group with a nice 545 lb. deadlift. Special thanks to Louie & Michelle Baltz and Little Louie, Junk Yard Dogg, Johnny Best, Steve



Buck?, Dan Jonas, B.J. Stigall, Swane? Strickland, all the lifters, coaches, spectators for making these meets possible and of course, Gus "Buzzsaw" Rethwisch. » courtesy All American Gym

APF/AAPF FALL CLASSIC

OCT 9 2011 » Montgomery, MN

BENCH		181 lbs.	
S. Dirkes	---		
AAPF			
275 lbs.			
165 lbs.			
Master (40-44)			
D. Douglas	402		
SHW			
K. Johnson	264		
Master (45-49)			
J. Taber	171		
198 lbs.			
Open			
B. Branner	600		
Raw AAPF			
J. Arnold	374		
220 lbs.			
Open			
N. Bratsch	606		
308 lbs.			
Master (50-54)			
E. Knudsen	512		
Master (55-59)			
T. Nelson	---		
SHW			
Master (40-44)			
R. Nutter	435		
Open			
R. Nutter	435		
165 lbs.			
Junior			
K. Johnson	352		
198 lbs.			
Master (45-49)			
Ed Taber	600		
Open			
J. Burdette	---		
275 lbs.			
Open			
D. Hanson	650		
308 lbs.			
Open			
T. Borstad	578		
SubMaster			
D. Grauerholz	---		
Raw AAPF			
220 lbs.			
Open			
Full Power			
SQ		BP	DL
AAPF			
114 lbs.			
Open			
M. Shuttleworth	336	242	275
123 lbs.			
Open			
V. Lunde	286	154	259
148 lbs.			
Open			
R. Haigh	369	275	336
980			

RESULTS »

M. Klemmer	501	391	611	1503
M. Berry	402	319	385	1107
M. Vinopal	551	407	650	1607

308 lbs.
Open

M. Fredricks	517	352	484	1354
C. Tillman	672	451	743	1866

SHW
Junior

A. Ward	176	165	688	1029
---------	-----	-----	-----	------

Best Bench: Ed Taber. Best Lifters: Chris Tillman, Erlend Weise, Maura Shuttleworth, Joe Kuphal, Paul Balyea. A huge thanks to everyone who worked their butts off to make this meet happen. Also a huge Thank You to the lifters that continue to support our meets. Its not for us but all for you. Attached are the meet results. Please be looking for details and entry forms for Relentless 2012.

» *courtesy Scott & Rachel Nutter*

SPF MEN'S FALL OPEN

NOV 2011 » Sacramento, CA

BENCH	<i>Single-Ply</i>			
MALE	198 lbs.			
<i>Raw</i>	R. Slota		243	
198 lbs.	<i>Multi-Ply</i>			
SHW	M. Kolc	325		
SHW	D. Schultz		617	

Powerlifting	SQ	BP	DL	TOT
MALE				
<i>Multi-Ply</i>				
198 lbs.				
G. Buffington	783	529	612	1924
B. Kutcher	683	435	584	1703

242 lbs.

J. Irion	689	557	661	1907
D. Bafus	766	463	628	1857
C. Ramos	705	419	551	1675
M. Wagner	507	287	524	1317

SHW

T. Shull	1031	728	744	2502
J. Burdick	816	606	783	2205
J. Ritchie	766	672	650	2089

G. Mirra	435	485	667	1587
T. Coleman	937	---	---	937

198 lbs.
SHW

A. Orozc	424	---	---	424
M. Langston	634	452	634	1720
A. Gonzalez	645	402	540	1587

198 lbs.
Raw

R. Lira	408	---	540	948
---------	-----	-----	-----	-----

242 lbs.

B. Lenaburg	628	408	584	1620
M. Aita	650	314	639	1604
C. Payne	551	419	628	1598
T. Pigeon	529	375	601	1505
B. Raras	496	320	496	1312
V. Renwanz	149	132	281	562

SHW

B. Alex	650	435	551	1637
J. Smith	507	474	502	1483

198 lbs.
(Crossfit)

T. Kawata	485	281	557	1323
C. Payne	386	276	507	1168
P. Mahaffey	375	265	441	1080

242 lbs.
SHW

S. Shaughnessy	441	320	513	1273
----------------	-----	-----	-----	------

SHW

M. Wilson	265	204	303	772
-----------	-----	-----	-----	-----

» *courtesy SPF*

APC HAWG FARM OPEN

SEP 17 2011 » Princeton, IN

Powerlifting	SQ	BP	DL	TOT
Junior				
K. Wernz	635	500	610	1745

198 lbs.
Open

G. Deners	700	455	565	1720
-----------	-----	-----	-----	------

Raw

L. Hoover	220	170	300	690
-----------	-----	-----	-----	-----

Teen (13-14)

L. Hoover	220	170	300	690
-----------	-----	-----	-----	-----

Teen (15-16)

J. Evans	255	160	330	745
----------	-----	-----	-----	-----

Master (40-44)

L. Hoover	600	320	630	1600
-----------	-----	-----	-----	------

» *courtesy Larry Hoover*

USAPL S. COLLEGIATE CHAMPIONSHIP

NOV 26 2011 » LA

Powerlifting	SQ	BP	DL	TOT
FEMALE				

97 lbs.

D. Wallace	250	110	230	590
------------	-----	-----	-----	-----

105 lbs.

K. Stewart	270	185	270	725
C. Chambers	255	115	215	585

123 lbs.

K. Badeaux	325	160	305	790
L. Deniger	270	180	255	705

132 lbs.

K. James	330	185	295	810
J. Karisch	275	155	295	725
S. Hamilton	215	100	215	530

148 lbs.

A. Durel	230	140	240	610
J. Victorino	215	110	260	585
K. Provost	210	120	200	530
N. Domingue	205	---	200	405

165 lbs.

O. Harrington	415	235	370	1020
B. Alba	380	210	365	955
A. Jackson	375	200	365	940
D. Edwards	240	145	350	735
F. Couvillion	185	120	175	480
R. Noto	225	---	---	225

181 lbs.

N. Obregon	345	175	305	825
T. Miller	295	190	315	800
K. Beinhauer	200	100	200	500

198 lbs.

A. Parker	475	250	405	1130
E. Perez	325	210	350	885
J. Richardson	300	150	315	765

198+ lbs.

L. McCoy	200	125	300	625
----------	-----	-----	-----	-----

MALE

114 lbs.

R. Hu	205	210	260	675
-------	-----	-----	-----	-----

123 lbs.

V. Bradbury	415	280	415	1110
J. Levers	355	215	400	970

132 lbs.

M. Scorsone	400	305	410	1115
K. Bradbury	340	250	375	965
H. Stubbs	295	220	370	885
M. Picou	220	180	245	645

148 lbs.

Z. Divin	515	315	490	1320
A. Hernandez	365	---	425	790
D. Ward	270	210	285	765

165 lbs.

J. Rollins	545	345	525	1415
T. Zinsmeyer	520	350	515	1385
D. Bertrand	450	310	450	1210
A. Infante	410	235	525	1170
S. Wurzlow	400	350	400	1150
C. Sullivan	430	245	465	1140
J. Landry	405	260	410	1075
J. Aymond	395	225	415	1035
R. Abifaraj	310	230	370	910
E. Hosli	270	250	300	820

181 lbs.

J. Thibeaux	500	420	530	1450
W. Everhardt	490	350	515	1355
D. Hutson	355	250	430	1035
P. Thomas	370	265	355	990

198 lbs.

Z. Coleman	640	390	560	1590
P. Labat	500	440	560	1500
A. Lewis	565	315	600	1480
G. Bailey	520	365	575	1460
D. Howsmon	530	415	485	1430
K. Pizzolato	490	250	480	1220
J. Beckham	435	250	425	1110
J. Jones	380	315	405	1100
T. Aalund	400	230	355	985
T. Brink	350	195	400	945
B. Noel	345	---	505	850
C. Marinkovich	235	235	375	845
N. Clements	395	---	375	770

220 lbs.

C. Trionfante	665	400	670	1735
P. Richard	630	480	565	1675
M. Richard	630	345	685	1660
M. Riche	610	400	590	1600
B. Cortez	550	285	510	1345
G. Martinez	545	315	480	1340
J. Alexander	445	300	530	1275
D. Thompson	450	280	500	1230
C. Durel	430	275	515	1220
A. Marhanka	530	---	505	1035
T. Layne	370	200	400	970
W. Sherwood	305	255	350	910

242 lbs.

S. Dobbins	680	465	595	1740
T. Johnson	405	315	500	1220

275 lbs.

D. Muellion	615	365	600	1580
D. Mercier	500	360	515	1375
T. Parsons	550	340	435	1325
C. Moak	455	290	475	1220
B. Morgan	485	265	385	1135

SHW

T. Parsons	550	340	435	1325
C. Moak	455	290	475	1220
B. Morgan	485	265	385	1135

» *courtesy Cameron Barrilleaux*

APF TEXAS CUP

NOV 5 2011 » Waxahachie, TX

Powerlifting	SQ	BP	DL	TOT
FEMALE				

123 lbs.

C. Hull	275	116	264	655
---------	-----	-----	-----	-----

148 lbs.

L. Harris	242	94	264	600
-----------	-----	----	-----	-----

165 lbs.

S. Snyder	259	121	275	655
-----------	-----	-----	-----	-----

Master II

D. Wiggins	204	143	231	578
------------	-----	-----	-----	-----

Submaster

I. Gonzales	270	127	281	677
-------------	-----	-----	-----	-----

181 lbs.

K. Jansky	341	231	358	930
-----------	-----	-----	-----	-----

198 lbs.

E. Smith	248	94	286	628
----------	-----	----	-----	-----

Raw



The Hawg Farm participants in the September 17, 2011 event in Princeton, IN (Larry Hoover photo)



Robert Morris getting his photo taken by a proud family member as he comes up with his 760 lb. squat at the APF Texas Cup

132 lbs.					C. Buckles	600	380	600	1580	L. Mistic	798	528	611	1938	Open				
<i>Master I</i>					S. Becerra	440	281	429	1151	275 lbs.					C. Jones	374	226	501	1101
D. Haley	94	83	209	385	198 lbs.					Open					<i>Teen III</i>				
165 lbs.					<i>Master I</i>					D. Bergman	---	---	---	---	C. Raley	226	187	374	787
<i>Master I</i>					A.Ortiz	683	457	573	1712	<i>Master I</i>					198 lbs.				
L. Foreman	182	154	275	611	<i>Master II</i>					B. Acker	710	606	633	1949	<i>Master I</i>				
<i>Submaster</i>					D. Madere	600	380	523	1503	<i>Master IV</i>					B. Stone	402	281	501	1184
M. Cotton	303	116	314	732	L. Tamayo	495	385	501	1382	M. McDaniel	727	358	639	1723	220 lbs.				
SHW					<i>Master III</i>					Open					<i>Master I</i>				
<i>Junior</i>					M. Mann	556	369	528	1453	T. Mattson	650	534	567	1751	T.Love	473	319	628	1420
E. Thomas	187	105	264	556	Open					M. Rogers	600	402	600	1602	T. Love	473	319	628	1420
MALE					A. Korenke	688	440	655	1784	M. Rogers	600	402	600	1602	J. Olson	303	275	374	952
148 lbs.					D. Madere	600	380	523	1503	308 lbs.					<i>Master III</i>				
<i>Junior</i>					<i>Submaster</i>					Open					D. Muntz	501	385	528	1415
E. Rodriguez	501	259	462	1222	Z. McVey	606	407	606	1618	B. Connelly	528	---	---	528	Open				
Open					220 lbs.					<i>Junior</i>					D. Troutt	539	314	743	1596
L. Bamber	501	352	501	1354	<i>Master II</i>					A. Gonzales	826	534	650	2009	R. Miller	413	330	512	1255
165 lbs.					R. Morris	760	462	600	1822	<i>Master I</i>					J. DeLeon	402	226	551	1178
Open					L. Gonzales	402	231	352	985	D. Turley	925	650	617	2191	D. Mullins	374	330	473	1178
M. Anderson	622	---	---	622	Open					D. Turley	925	650	617	2191	242 lbs.				
<i>Master III</i>					R. Morris	760	462	600	1822	<i>Master II</i>					<i>Junior</i>				
T. Cruce	473	281	517	1272	C. Reeve	523	363	573	1459	K. Shadid	815	402	705	1921	J. Ameen	314	226	380	919
Open					242 lbs.					Open					<i>Master II</i>				
T. Cruce	473	281	517	1272	<i>Junior</i>					J. Schraw	721	418	611	1751	B. Hill	495	270	501	1266
<i>Teen II</i>					C. Strmiska	528	363	573	1464	SHW					275 lbs.				
B. Lehew	457	330	402	1189	A. Ameen	501	281	501	1283	Open					Open				
C. McRae	429	259	462	1151	<i>Master I</i>					H. Thomason	1206	716	716	2637	J. McKinnis	473	385	661	1519
181 lbs.					J. Torres	347	253	352	952	<i>Teen I</i>					<i>Submaster</i>				
<i>Master I</i>					<i>Master IV</i>					C. Smith	374	231	424	1029	G. Tamez	705	506	606	1817
M. Nussell	429	336	407	1173	L. Mistic	798	528	611	1938	Raw					SHW				
<i>Master II</i>					<i>Master V</i>					181 lbs.					Open				
J. Fukuda	539	363	506	1409	R. Eckley	341	204	314	859	<i>Master I</i>					J. Helm	55	402	639	1095
Open					Open					S. Austin	374	303	512	1189	» courtesy APF				



EVAN PITTMAN

EVAN PITTMAN, 13 YEARS OLD, PREPARING FOR A WORLD RECORD DEADLIFT AT THE 2011 AAU 3-LIFT WORLD CHAMPIONSHIPS IN ORLANDO, FL. EVAN'S FATHER IS REAR ADMIRAL HAL PITTMAN, US NAVY, WHO HAS RECENTLY BEEN SERVING OUR NATION FROM A WAR ZONE. (PITTMAN PHOTO)

SUPPLEMENT DIRECT.COM

Top-Quality
Supplements at
Rock-Bottom Prices!

SUPPLEMENTPOLICE.COM

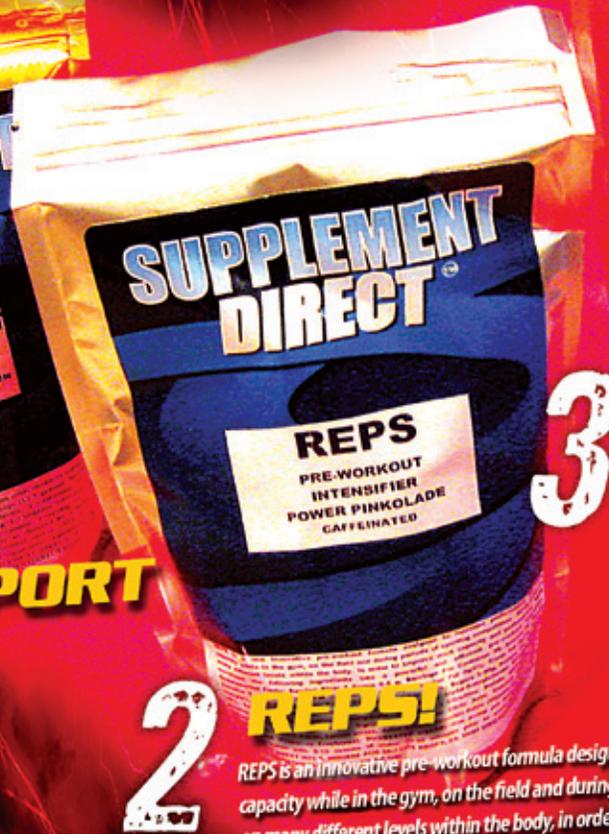
Independently
Certified
100%
Authentic



1 GH SUPPORT

GH Support is an efficacious full spectrum blend of amino acids shown to enhance and support GH production.

30 SERVINGS FOR \$19.99



2 REPS!

REPS is an innovative pre-workout formula designed to increase performance and work capacity while in the gym, on the field and during periods of sporting competition. REPS works on many different levels within the body, in order to improve work capacity and performance.

39 SERVINGS FOR \$9.99 CAFFEINE FREE IN 4 FLAVORS AND CAFFEINATED IN 5 FLAVORS



3 JOINT SUPPORT

Extra Strength Joint Support powder is a combination of dietary supplements that support healthy joint and ligament function.

15-30 DAYS FOR \$11.99

A SIZE & POWER TRIPLE THREAT!

Prices are subject to change and may not accurately be depicted as these changes may occur. Every effort is made to keep these comparisons accurate and up to date.

www.SupplementDirect.com



3971 S. Higuera #130
San Luis Obispo, Ca. 93401

Order Line: 1-888-776-7629

TEXAS BELTS

MAKERS

OF

**BADASS
BELTS**



Yes, that's REAL

Python Skin!

**Bored of Just Plain Old Leather?
Trick Out Your Belt With**

Alligator OR OSTRICH

EMBOSSED LEATHER

**Still Need MORE?
Then Get DYED Python Skin!**



OR



Red Python!

Blue Python!

Did We Just Blow Your Mind?



WWW.TITANSUPPORT.COM

INZER

ADVANCE DESIGNS

THE BEST POWERLIFTING BELTS IN THE WORLD

THE FOREVER GUARANTEE™ MANUFACTURED SO SECURELY WE BACK UP THE LASTING WEAR OF YOUR BELT FOREVER.

13mm lever belt \$68
13mm buckle belt \$70
10mm buckle or lever belt \$58
Tapered buckle or lever belt \$52

Choice of stiff leather for the firmest support or soft leather for immediate comfort.

Extra firm leather will conform over time for a permanent personal fit.

Soft leather will conform to your shape more quickly.

Available in any style. Most popular choices are double prong buckle, single prong buckle or lever belt.

13mm or 10mm thick, 10cm wide or 10cm tapered to 6cm body-building style

suede both sides, suede inside only, or smooth leather both sides.

• ZINC PLATED STEEL BUCKLE.

• TONGUE LOOP RIVETED NOT SEWN.

• LOCKSTITCHED WITH CORROSIVE RESISTANT, HI-DENSITY NYLON.

• SAME RIVETS AS USED ON THE SPACE SHUTTLE.

• Highest quality suede provides non-slip surface.

• NOT BRADDED. HIGH COMPRESSION RIVETED. WILL NEVER COME LOOSE.

• New, closer prong holes for more choice in precise fitting.

INZER

WE MAKE POWER GEAR A SCIENCE

1-800-222-6897



INZER[®]

POWER SHOE

maximize your leverage • stabilize your body

The first powerlifting shoe designed specifically for medium stance to wide stance squatters with emphasis on a proper leverage base, stability, and shin/ankle position.

Extra Wide Ankle Band

Thick Padding Around Ankle and Throughout Body of Shoe

Extra High Top

All Full Grain Leather, Solidly Constructed and Angled to Prevent Rollover

3 Buckle and Leather Velcro Strap System Placed Where You Need It

Upper Hook Eyelets for Lacing Speed Save Time and Energy While Providing Superior Control of Fit



SOLE MOLDED TO PERFECTION

Inside Sole is Flat and Same Height from Toe to Heel. This Shifts the Load to the Larger, More Powerful Muscles and Power Position for a Bigger Squat.

All-Direction Traction Bottom

INZER[®]
ADVANCE DESIGNS

INZER POWER SHOE \$119.95
Available in solid white with scarlet red logo.
Solid black available soon. Sizes 4 1/2 - 15

The World Leader In Powerlifting Apparel
P.O. Box 2981 • Longview, Texas 75606
800-222-6897 • 903-236-4012