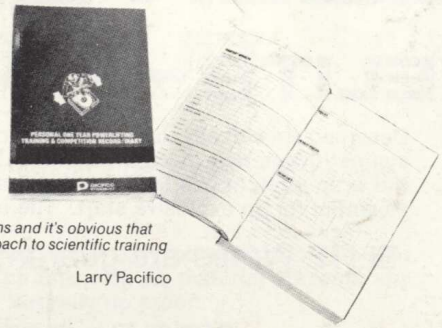
FINALLY–THE TRAINING SYSTEM that really WORKS

The Pacifico Enterprises' *System*, recently introduced, already racks up the *testimonials* AND the power to say, "it is the best"... what else would you expect from the most successful name in Powerlifting!



THE DIARY
A must for any serious lifter. It's a Personal One-Year Training & Competition Record-Diary. You know where you stand every day. Keeps you honest at only **$9.**

"We sold over 400 in the past 4 months and it's obvious that lifters are taking this intelligent approach to scientific training seriously."

Larry Pacifico

THE TRAINING SYSTEM
It's tested, tried *and* proven. Possibly the most successful, best-written and fully-photographed set of courses ever introduced:

"BODYBUILDING FOR POWERLIFTERS" $6. Tells you the importance of building a thick foundation, to absorb the heavy poundages used in Powerlifting... and much more.

"BENCH PRESS SYSTEM" $6. For both the beginner and advanced lifters. This course will help you add up to 100 pounds to your Bench Press.

BUY ALL FOUR AND SAVE $4.

"SQUAT SYSTEM" $6. Newly developed and refined techniques for the advanced and beginners. You will easily add up to 100 pounds to your Squat no matter what your weight class of competition.

"DEAD LIFT SYSTEM" $6. This program has been developed for the *normal* beginner or advanced Deadlifter. (The Deadlifter who is *not* anatomically built for this lift. Most record-holders have a perfect physique, including extremely long arms, for this lift.)

"I have followed the Pacifico courses on the Bench for 2 years and my improvement has been obvious." **Mike Bridges**

"The Pacifico courses have taken my total up over 300 pounds in the past year." **John Topsoglou**

"I have improved 575 pounds on my total in the past 19 months with the Pacifico System." **Steve Daugherty**

"I have never been more motivated by my improvement since I've been using the Pacifico method." **Terry Dillard**

Larry Pacifico is available for Seminars and Demonstrations. Write for further information.

Training Books—Regularly ..... **$24.**
(Buy all four and save $4.) ..... **$20.**

Diary—Regularly ..... **$9.**
(Buy all five items and save $6.) ..... **$27.**

ITEM	PRICE
TOTAL	

All prices include Tax and Shipping in U.S.A. Outside U.S.A. add 10% Surface Mail or 20% Air Mail.

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

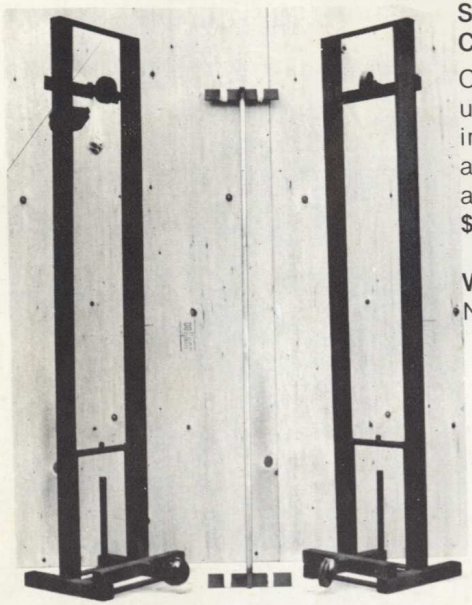
PACIFICO ENTERPRISES

MAIL TO:
PACIFICO ENTERPRISES
P.O. BOX 14152 N.R. BR.
DAYTON, OHIO 45414

Powerlifting-USA

VOL.5
NO.3
SEP/81
$1.75

MAC locks out 608!!



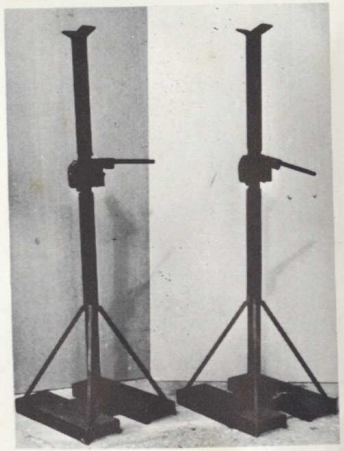
SUPER DELUXE CROSSOVER UNIT **Only $325.00**

Comparable to others selling for $1,200.00. We use no wear, no lubricating pulleys: Ball bearing revolvable. Fastens to floor and connected at the top. Complete with cable, clamps, hooks and handles. Also available with 55 lb. stacks at **$418.00**

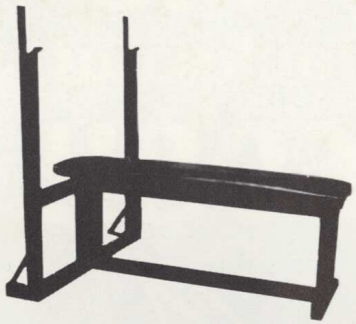
WALL PULLEYS - (not pictured)
Now available at **$125.00**

MIGHTY BRUTE JACK RACKS
Only $150.00 pr.

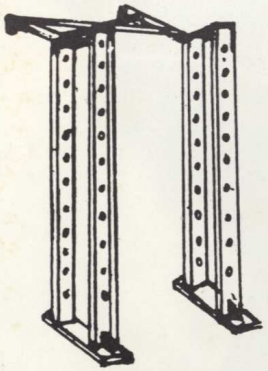
REGULAR JACK STANDS
(not pictured)
$100.00 pr.



SUPER DELUXE COMPETITION PRONE BENCH
$100.00

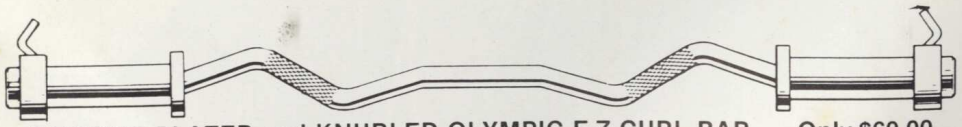


SUPER DELUXE COMPETITION PRONE BENCH W/ JACKSTANDS (not pictured)
$155.00



POWER RACK **Only $175.00**

Constructed of heavy channel iron, pins every 4 inches. On ours we use 1 inch pins, unit comes with 4 pins. Anchor to wall and floor. 8′ high.



CHROME PLATED and KNURLED OLYMPIC E-Z CURL BAR **Only $60.00**

SEND FOR FREE LITERATURE TODAY

JUBINVILLE HEALTH EQUIPMENT - P.O. Box 662 • Holyoke, MA 01041

MAGNA-BOL™

(previously Pow-R-Bol)

"NATURALLY . . . THERE'S AN ALTERNATIVE TO CHEMICALS"

Magna-Bol™ is a pure herb that helps convert testosterone to hydro-testosterone, which is the form of testosterone that the muscles utilize.

Essential for: POWERLIFTERS BODYBUILDERS WEIGHTLIFTERS

MAXIMIZE YOUR TRAINING WITH MAGNA-BOL™ — THE NATURAL ALTERNATIVE

A PRODUCT OF

marathon™

Name: _____

Address: _____

City _____ State _____ Zip _____

Check or Money Order must accompany orders.

Overseas orders add 20%. Calif. Residents add 6% Sales Tax.

Use MasterCard, Visa, Money Order or Check

☐ Master Charge ☐ Visa

Card No. _____

Expiration Date _____

PLEASE SEND ME THE FOLLOWING:

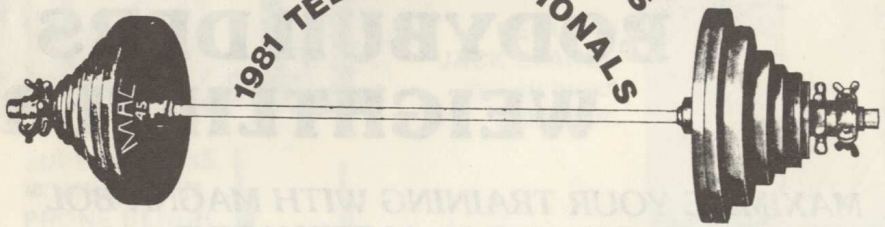
SIZE	QTY.	PRICE	EXT.
100		$17.00	
250		$36.00	
500		$65.00	
		TOTAL	

marathon™ NUTRITION Phone: (213) 519-7111/375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

COPYRIGHT MARATHON DISTRIBUTING CO. — 1981

TEXAS POWER BAR

USED IN THE 1981 SENIOR NATIONALS 1981 TEENAGE NATIONALS



MAC TEXAS POWER BAR $172.50

MAC Power Standard Barbell in Pounds—
Featuring the Texas Power Bar for the finest training set available.
All plates cast with the same precision as MAC Power Plates.

MAC 310 lb. Texas Power Training Set includes the 55 lb. chrome-molybdenum bar with revolving sleeve and collar set; two 45 lb; two 35 lb; two 25 lb; two 10 lb; four 5 lb. and two 2½ lb. plates. **368.90**

MAC 400 lb. Texas Power Training Set includes all of the 310 lb. set plus two extra 45 lb. plates. **425.60**

MAC 500 lb. Texas Power Training Set includes all of the 310 lb. set plus four extra 45 lb. and two 5 lb. plates. **488.60**

MAC Poundage Plates:
45 lb; 35 lb; 25 lb; 10 lb; 5 lb; 2½ lb. **60¢ per lb.**

MAC Texas Power Bar With Collars of chrome-molybdenum with knurled handgrips, center knurl and revolving sleeves and two tubular collars, total weight 55 lb. **208.25**

MAC Texas Power Bar of chrome-molybdenum with knurled handgrips, center knurl and revolving sleeves, total weight 44 lb. **172.50**

MAC Power Standard Collars, weight per pairs 11 lb. **35.75**

MAC BARBELL EQUIPMENT
1601 N.W. Dallas • Grand Prairie, Texas 75050 • 214-263-4828

Powerlifting-USA
Post Office Box 467
Camarillo, CA 93011

EDITOR-IN-CHIEF	*Mike Lambert*
INTERNATIONAL EDITOR	*Tony Fitton*
FEATURE EDITOR	*Dr. Ken Leistner*
TRAINING EDITOR	*Ron Fernando*
RESEARCH EDITOR	*Dr. Tom McLaughlin*
SUBSCRIPTION SERVICES	*Jean Lambert*
STATISTICIAN	*Herb Glossbrenner*
PUBLISHER	*Mike Lambert*

'..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.'

POWERLIFTING USA (ISSN 0199-8536) is published monthly for $15 per year. The office of publication is 863 LEMON DRIVE, CAMARILLO, CA 93011 2nd class postage paid at Camarillo, CA 93011

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, Box 467, Camarillo, California 93011

Subscription rates: (US funds only)

USA & CANADA, 1 yr.....$15.00 US
USA & CANADA, 2 yr.....$28.50 US

Foreign, Surface Mail...$24.00 US
Foreign, Air Mail.....$32.00 US

MEMBER COSMEP
COMMITTEE OF SMALL MAGAZINE EDITORS AND PUBLISHERS
BOX 703 SAN FRANCISCO, CA. 94101

CONTENTS

VOLUME 5, NUMBER 3
SEPTEMBER/1981

LATE BREAKING NEWS...Denis Reno/Mike Lambert.....6
TEENAGE NATIONALS....Steve Sparr/Manuel Burruel.....7
TRAINING WITHOUT SUITS AND WRAPS....Rick Branch...11
THOUGHTS ON POWER TRAINING....Andy Kerr.....11
NUTRITIONAL SUPPLEMENTATION FOR POWERLIFTERS Dr. Mauro DiPasquale.....12
THE FRED GLASS PEAKING ROUTINE...Tim McClellan....13
MAKING WEIGHT BY FLUID DEPRIVATION Dave Robertson.....14
JIMMY MOIR.....Dave Robertson.....16
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....19
DYNAMICS OF THE DEADLIFT.....Pete Vuono.....22
PSYCHOLOGICAL ASPECTS OF POWERLIFTING Dr. Jud Biasiotto and Dr. Ed Ritter.....24
NUTRITION CORNER.....Jack Digangi.....26
BIOMECHANICS OF POWERLIFTING Dr. Tom McLaughlin.....27
STARTIN' OUT.....Fred Glass.....28
TOP 100 FLYWEIGHTS.....Jean Lambert.....29
WHO'S WHO IN POWERLIFTING.....32
FOR THE RECORD.....48
1982 NATIONAL MEET QUALIFYING TOTALS.....50
THE BENT OVER ROW.....Ron Fernando.....55
CLASSIFIED ADS.....56
CALENDAR.....57

Reproduction of this magazine, in whole or part, is prohibited without written consent. © 1981 Powerlifting USA

Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA.

NEXT MONTH...Kaz is back from the Green Bay Packers and back into Powerlifting; look for an exclusive interview next issue and a profile of Superheavyweight Chuck Braxton.

ON THE COVER...Mike MacDonald with his 608 lb. attempt at the BODY EXPO II meet, see page 6 for further details.

POWERLIFTING USA advertising rates available upon your request.

POWERLIFTING USA Magazine
ALL PURPOSE SUBSCRIPTION FORM

YES!
SIGN ME UP!! ☐ NEW
Check one: ☐ RENEWAL
☐ Address Change

Name _____
Address _____
City _____ State _____ Zip _____

$15.00 for 12 monthly issues, 2 years--$28.50
Payable to 'POWERLIFTING USA', Box 467, Camarillo, California 93011

5/3

LATE FLASH...Bev Francis goes 468 303 440 1212 at 165, Sue Roberts totals 848 at 114

LATE BREAKING NEWS!!

Power Eliter Chris Papalios didn't hit PRs but won and got Best Lifter.
Reno photo

USA Teenage Women's National Championships
15 Aug 81 Nashua, NH

	SQ	BP	DL	T	
44kg/97					
L. Jager	154	104	237	485	
			242		4th
L. Scanlon	143	88	198	429	
48kg/105					
C. Tulte	143	66	187	396	
			188		4th
52kg/114					
A. Tulte	214	110	275	600	
P. Landy	203	110	264	578	
G. Romero	165	77	248	490	
S. Sawyer	159	93	209	462	
M. Edmonds	137	77	242	457	
56kg/123					
C. Papalios	242	132	286	661	
L. West	203	122	270	578	
C. Warfel	159	77	209	440	
60kg/132					
B. Moffitt	165	71	225	462	
67½kg/148					
L. Norwood	253	110	248	611	
K. Zeigenfuss	187	99	237	523	
C. Sutter	181	82	220	485	
75kg/165					
L. Long	281	148	363	782	
J. Mazzola	209	110	253	573	
over 82½kg					
G. Delon	363	121	330	815	

MC's: Denis Reno, Joe Zarella, Sue Elwyn, referees: Walter Nadeau, C. Johnson, G. Parigian, S. Elwyn, P. Malone, Denis Reno, Peter Vuono.

'Another first for National Chairman Joe Zarella with the 1st teenage National Women's PL championships and it had many similarities with his inaugural Women's National and Women's World championships. Similar was a fairly small entry list, a remote New England site, too few officials, but also features like serious competitors, super camaraderie, great trophies, and a fabulous banquet to end the festivities. The banquet for 50 was, as in past years, a cooking extravaganza by Barbara Zarella (Mrs. Z) who with family and friends prepared a great relish tray, salad bowl, spaghetti, sauce, meatballs, sausages, punch, three desserts - everyone went away stuffed.

There are many more teenage women powerlifters in the U.S. than showed up today. Only 18 surfaced to compete and make powerlifting history, with the lack of New England competitors hard to understand. An eligible Kathy Lind (she squatted 275 for 3 sets of 10 the next day, but didn't wish to take a trophy away from someone who trained for the meet, as she was coming back from an injury) cheered from the sidelines, as did our New England senior lifters Jennifer Weyland, Liberty Winter, Mary Barriera and official Sue Elwyn.

As usual in Women's meets, for reasons I'm not sure of, we had classy performances from all. And due to a recent ruling, many of todays lifts were recognized as Teenage Women's World records in two age groups, 17 and under, and 18-19 years old. Only four of the 18 lifters listed their ages as over 17 years old, a curious statistic.

In the 44 kg class, both 15 year old Linda Scanlon and 14 year old Laura 'Mick' Jager opened at 65kg in the squat. When Scanlon missed, it was Jager all the way including a good 4th attempt DL of 110kg. Clare Tulte, lifting alone in the 60kg class, could not negotiate world record 2nd and 3rd attempts of 80kg in the squat but made good her 4th attempt DL of 90kg.

The 52kg class was the largest with 5 competitors, and Ann Tulte continued the winning family tradition along with sister Clare. The friendly 19 year old never gave up the lead and continued piling up the points for her Purdue team. On top is where Larry Pacifico's protege Christina Papalios started and finshed, the 16 year old getting 3 reds on her 3rd squat of 120kg on depth but smoking thru 3 good DLs. Right on her heels in the DL wa 15 year old Lisa West.

Bellvale, New York's 15 year old Bonnie Moffitt was serious in making sure to total for the automatic win in the 60 kg class. She, along with 48kg class winner Clare Tulte, wisely ate her way into the class to win unopposed.

18 year old Lizet Norwood was the third of 3 Purdue lifters to emerge victorious - a good steady 8 out of 9 good lifts for Lizet which was almost matched by her 19 year old teammate, heavyweight winner Glenda Delon with 7 of 8. The travel award had to belong to Washington State's 17 year old (she turned 18 sometime during the day), Lisa Long who took top honors in the 75kg class. Less than 2 weeks earlier, Lisa had driven from home to Colorado Springs, Co where she joined Kathy Lind and I in observing the National Jr. Olympic WL championships. Then she drove home only to board a plane to Boston's Logan Airport and the drive to this contest. Lisa missed her second DL of 165kg after making 150 and she wanted to settle for the easy win - but the small crowd egged her on to try 165 again, and she made it cleanly with the strong encouragement of Pat Malone and the Purdue crew.

This meet is set for Greensburg, Pa next year and this announcement should be early enough for the many US teenage women powerlifters who missed for 1981. NO EXCUSES. Let's have 100 lifters in 1982. Contact: Jake Boyer, Bx 356, Leighton, Pa 18235.'

EDITORS NOTE..many thanks to Denis Reno for providing photos, results and report so promptly. Be sure to subscribe to his publication, NEW ENGLAND AND REGION I WEIGHTLIFTERS NEWSLETTER, $12 for one year. Send to Denis Reno, 30 Cambria Road, West Newton, Massachusetts 02165.

Laura 'Mick' Jager with a 226 DL
Reno photo

Hardman cracks 600!!

Tom Hardman's long haul up the step ladder to 600 finally paid off as he successfully made a 274.5 kilo, 605 lb. bench press effort for a 275 lb. class World Record at E.J. Kreis's Southeastern All Star Invitational meet in Tennessee. Tom also took a shot at a third attempt which would have weighed out around 610. Chuck Braxton grabbed some World Masters records, with a squat in the 731 area and a deadlift in the 788 area for a total of 1945. I understand that someone finally talked Chuck into wearing a tight suit and his squat went way up. Look for a feature on this interesting PowerPerson in a coming issue of Powerlifting USA. A sincere PL USA Power congratulations to both of these top competitors.

MacDonald's 35th WR!!

Mike MacDonald's latest record assault took place at BODY EXPO II in Anaheim, CA on August 22-23. Mike packed the auditorium (2000 plus?) and stunned all with his display of power. After a sluggish opener at 523, many in the crowd, including Larry Pacifico (Kaz and Mike Bridges were also present), felt that he would not succeed with his jump to 589, actual weight 591. Mike approached the bar (Jack Hughes, Bud Mucci and Don Haley were the international referees, all 3 lifts were performed), planted himself solidly and absolutely exploded with a remarkably quick lift that brought wide smiles to such veteran powermen as Larry Kidney, Marv Phillips, Tom Overholtzer, etc. There was certainly enough force available to make a 600, so Mike asked for 606, which weighed out 608 and put the screws to it as well. This time the weight was more of a limit, and the bar oddly stalled near the end. It was locked out, but confusion reigned rather than jubilation, as the judges sorted things out. Mike was informally told that the bar had touched the rack on the left side, and the friction from this contact may have been the reason for the slow lockout on that side. He also exhaled all his air a bit sooner than he should have. Mike weighed only 232 (benched a 612 in training for this meet), and is shooting next for the Oklahoma Grand where a lift around 620 is his goal at 242/275.

Canadian Nationals..Danny James won the 123s with around 1150, Gord Catterson took the 132s via 457 303 484 1234. Jerry Marentette won a battle at 148 with around 1400, while Gord Hansel went Elite. Jimmy Moir lifted at 165, made only 4 attempts, including a 617 squat, for a 1554 total. Charlie Husty bombed at 181 with a 606 squat after consistently making 650-660 in training. A converted West Coast bodybuilder by the name of Attenborough took the 198 title via 595 407 650, and the same thing happened at 220 where Ray Darnell took the gold with a 1725 total. Another Western Canadian, Roger Daggitt, nabbed the 242s with 1824, while an almost unknown 6 ft. 4 in. 275 pounder, Tom McGee, took the 275s via 749 490 766 2006 very stylishly. The Canadians will be held in British Columbia next year, and the BCers have obviously set a nice precedent. By the way, although Tom Campbell didn't lift, he is still lurking about and is said to have expressed interest in the trip to Germany for the 1982 World Championships. Thanks to Dave Robertson for this information.

The TEXAS POWER BAR
(formerly the Crain Power Plus Power Bar)

* Best Quality Steel Available
* The Perfect Knurling
* IPF Specifications
* New & Innovative design in a one-piece sleeve with no visible set screw
* Satisfaction guaranteed or money back

Used for:
* 1981 Senior Nationals
* 1981 Teenage Nationals
* 1003 pound squat
* 975 pound World Record squat

$185.00 FOB
Immediate Shipment

Order your J.J.'s t-shirt send color and size desired $8.00

* * *
FREE BUMPER STICKER WITH ANY ORDER
* * *

Postage and handling $1.50
Overseas Surface-15% Airmail-write

CALL IN YOUR ORDER MASTERCHARGE/VISA/C.O.D.

CRAIN POWER-PLUS
Rickey Dale Crain
P.O. Box 1322
Shawnee, OK 74801
1-405-275-3689

Do you need training info, nutritional ideas, prices on equipment (discounts available). Give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

1981 TEENAGE National Powerlifting Championships

1,2 August, 1981 N. Little Rock, Arkansas

Lifts reported in Kilograms

ScoreCard

14-15 Year Old Division

52kg114 lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
T. Jorden	51.7	~~105~~	105	115	85	90	92.5	207.5	140	147.5	~~152.5~~	355
K. Ellison	49.6	~~122.5~~	122.5	130	72.5	~~77.5~~	~~77.5~~	207.5	127.5	137.5	~~145~~	345
M. Thompson	50.5	110	120	~~122.5~~	65	67.5	70	190	137.5	150	152.5	342.5
D. Parr	50.8	110	~~125~~	~~130~~	70	~~82.5~~	~~85~~	180	115	132.5	~~137.5~~	312.5
D. Dowden	50.8	90	97.5	105	62.5	70	~~77.5~~	175	117.5	125	135	310
D. Friesen	50.8	100	110	117.5	57.5	65	~~67.5~~	182.5	107.5	117.5	~~122.5~~	300
A. Roath	48.9	80	87.5	~~97.5~~	52.5	60	61.5	150	102.5	115	122.5	272.5
J. Wright	44.9	102.5	107.5	~~115~~	42.5	50	~~57.5~~	157.5	92.5	102.5	110	267.5
C. Lorhrlein	51.2	85	~~92.5~~	~~92.5~~	47.5	~~55~~	55	140	97.5	107.5	117.5	257.5
56 kg/123 lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
J. Okubo	54.4	160	170	182.5	82.5	92.5	95	277.5	132.5	140	147.5	425
T. Donze	55.3	~~137.5~~	147.5	155	70	75	~~80~~	222.5	137.5	160	~~165~~	382.5
R. Hayes	54.6	142.5	~~160~~	~~160~~	~~72.5~~	~~72.5~~	~~77.5~~	215	152.5	165	~~172.5~~	380
60 kg/132 lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
S. Nakakura	~~58.0~~	142.5	142.5	160	97.5	102.5	107.5	267.5	142.5	152.5	160	427.5
B. Haddad	58.8	140	150	~~160~~	72.5	80	85	235	150	160	~~165~~	395
J. Fuzi	58.0	132.5	140	~~147.5~~	77.5	~~82.5~~	~~82.5~~	217.5	147.5	155	160	377.5
F. Foltz	58.5	120	125	~~130~~	75	85	~~87.5~~	210	152.5	162.5	~~167.5~~	372.5
D. Hudspeth	58.9	~~112.5~~	~~112.5~~	112.5	85	90	~~95~~	202.5	125	127.5	145	347.5
M. Dawson	58.9	127.5	132.5	~~137.5~~	75	~~80~~	~~80~~	202.5	122.5	132.5	~~137.5~~	340
H. Azvedoe	57.1	~~110~~	~~120~~	~~120~~	---	---	---	---	---	---	---	---
W. Gamble	59.7	~~132.5~~	~~132.5~~	132.5	72.5	77.5	80	212.5	---	---	---	---
67.5kg/148lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
E. Sanchez	64.8	~~160~~	160	182.5	110	120	~~130~~	302.5	175	195	~~200~~	497.5
T. Smith	61.8	172.5	~~187.5~~	~~190~~	102.5	107.5	~~110~~	280	177.5	~~195~~	---	457.5
C. Drake	65.3	~~152.5~~	~~162.5~~	162.5	77.5	~~82.5~~	~~82.5~~	240	167.5	182.5	~~197.5~~	422.5
J. McNeil	64.8	142.5	~~152.5~~	152.5	85	90	95	247.5	152.5	162.5	172.5	420
R. Wright	61.2	142.5	~~150~~	155	75	82.5	~~85~~	237.5	142.5	152.5	~~160~~	390
T. Cavaglia	66.2	~~125~~	125	~~137.5~~	67.5	72.5	75	200	127.5	137.5	150	350
D. Hutto	66.1	110	~~125~~	125	~~97.5~~	97.5	~~100~~	222.5	65	~~145~~	---	287.5
75kg/165lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
P. Haley	73.2	205	~~217.5~~	~~217.5~~	130	137.5	142.5	347.5	215	230	~~240~~	577.5
T. Kristoff	73.9	155	172.5	~~182.5~~	92.5	97.5	100	272.5	185	202.5	~~210~~	475
J. Lanzante	73.5	162.5	170	~~175~~	87.5	95	100	270	175	185	190	460
C. Bothwell	73.1	130	155	167.5	25	90	97.5	765	147.5	175	190	455
82.5kg/181lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
M. Fitzpatrick	81.5	142.5	172.5	~~177.5~~	92.5	107.5	110	282.5	182.5	205	220	502.5
D. Matherly	81.25	200	~~212.5~~	~~227.5~~	90	~~102.5~~	105	305	167.5	182.5	195	500
B. Streeter	80.75	130	~~140~~	140	92.5	100	~~107.5~~	240	200	212.5	220	460
T. Greener	80.3	127.5	~~140~~	147.5	70	77.5	80	227.5	162.5	~~182.5~~	182.5	410
90kg/198lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
S. Lawryn	84.8	177.5	185	195	95	102.5	107.5	302.5	~~190~~	202.5	210	512.5
J. Roye	89.2	130	140	~~152.5~~	80	85	~~90~~	225	167.5	180	~~192.5~~	405
100kg/220lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
W. Campbell	98.5	210	~~220~~	220	117.5	132.5	---	352	227.5	242.5	245	597.5
J. Bryson	98.5	170	180	~~192.5~~	100	107.5	112.5	292.5	190	200	207.5	500
T. Mooney	94.0	157.5	~~172.5~~	~~172.5~~	82.5	87.5	92.5	250	162.5	172.5	187.5	432.5
110kg/242lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
T.Sagapolu	107.8	290	~~312.5~~	~~312.5~~	165	~~175~~	~~175~~	450	260	~~275~~	275	730
J. Buchanan	103.9	197.5	212.5	~~217.5~~	107.5	~~115~~	115	327.5	192.5	202.5	210	537.5
T. Springfield	101.6	182.5	~~202.5~~	~~202.5~~	117.5	120	125	357.5	175	187.5	195	502.5

16-17 Year Old Division

52kg/114lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
F. Toins	51.9	147.5	~~160~~	~~160~~	77.5	82.5	85	232.5	187.5	205	---	437.5
C. Freitas	50.8	~~142.5~~	~~142.5~~	142.5	87.5	~~95~~	95	237.5	152.5	160	~~165~~	397.5
B. Foddrill	51.2	115	127.5	~~132.5~~	80	~~87.5~~	~~87.5~~	207.5	170	~~175~~	~~175~~	377.5
D. Boudoin	51.2	~~122.5~~	122.5	127.5	75	~~80~~	~~80~~	202.5	167.5	~~177.5~~	~~177.5~~	370

This report on the 1981 Teenage Nationals is based on input from Manuel Burruel and Steve Sparr, who helped out at the contest in several functions. Appreciation goes out to them for the photos as well, and to Ken Brown for a copy of the results.

It can be hot and humid in Arkansas, but the weather was nice for this contest and the N. Little Rock Community Center Meet Site was well air-conditioned. This is a nice place for a meet, as several motels, restaurants, and even a market are within 'hoofing it' distance.

Meet Director Ken Brown had his hands full with 280 plus lifters, and with about 175 of them on the first day the initial session lasted from 6:00AM Saturday to 2:00AM Sunday morning. The shortness of help led to a few short tempers, according to Steve Sparr, and some lifters were frustrated in their efforts to find out when their turn to lift was coming up by restricted access to the scorer's table. Some lifters also reportedly had difficulty following the meet via the available PA system.

18-19 132 winner Keith Goude, brother of Minnesota's Kent Goude
Burruel photo

DEDICATION...this issue of POWERLIFTING USA is dedicated to ED JUBINVILLE, who is recovering nicely from a slight stroke. The incident took place at his very busy equipment manufacturing shop, where his employees got him to the hospital right away. Happily, there is no apparent residual paralysis, and after several weeks of rest, Ed will be able to resume normal activities. Ed is one of the best like people in the entire Iron Game, and if you want to wish well, drop a card to Box 662, Holyoke, Massachusetts 01041. The stress of the job was identified by the doctors as the source of the trouble, and Ed is definitely a hard working individual. Let's all wish for a speedy recovery.

Everyone, especially meet directors and their staffs, wants all to go smoothly at every National contest and lifters have a right to expect high standards, but it should be remembered that the Teenage Nationals is a very challenging event, with heavy entries of many less than experienced lifters. It is not a meet that is sought after by meet directors, because a lot of work is required and little prestige is available.

The lifting was of very high quality, as was the judging, with all international referees seated for much of the meet. Such Power luminaries as Dennis Wright (coaching his two sons), Doc Rhodes (coaching his team and judging), Rickey Dale Crain (selling his products, giving advice, and judging), and Chip McCain (with his Elite equipment and still sporting a cast from his leg operation) were present and accounted for. Jake Boyer had a team there and one of his lifters, Steve Snyder, won a close battle for the national title over Randall Kea.

148 lber (16-17) Kent Chambers
Sparr photo

Highlights of the 1st day included the balanced superiority of Harold Escobedo in his class, and a sensational 677 deadlift by Middleweight Vincent Keyhea to win his class with a 1532 total. On the second day, there was plenty to talk about. Tavita Sagapolu of Hawaii came close with 2 tries at a 688 squat at a mere 15 years of age. Shawn Dear, all 6 ft. 7 in. of him, won the 275s with some nice lifting, and another notable performer was Joe Ladiner, who ran away with the 16-17 90 kilo title. Paul Aston's brother Hub showed that strength runs in the family by making big lifts of his own. The star of the entire

Tavita Sagapolu missing a 688
Burruel photo

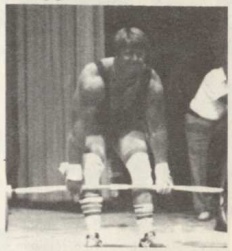
J. Shea	50.1	105	~~115~~	~~115~~	85	90	95	200	137.5	152.5	160	360
D. Donovan	50.5	105	120	~~127.5~~	77.5	~~82.5~~	82.5	202.5	120	142.5	155	357.5
S. Smith	50.8	95	~~102.5~~	~~110~~	~~75~~	80	82.5	177.5	140	~~145~~	~~145~~	317.5
S. Boscareno	50.8	120	~~132.5~~	~~132.5~~	60	67.5	~~77.5~~	187.5	112.5	122.5	~~135~~	310
56kg/123lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
B. Kaneshire	55.1	162.5	170	~~182.5~~	100	110	115	285	150	~~155~~	~~185~~	435
J. Smith	55.4	160	~~177.5~~	~~177.5~~	67.5	77.5	81.5	237.5	165	180	~~200~~	417.5
D. Trejo	55.3	142.5	~~152.5~~	~~152.5~~	77.5	~~82.5~~	~~95~~	220	170	180	187.5	407.5
D. Gonzales	54.8	142.5	~~152.5~~	~~155~~	82.5	87.5	~~92.5~~	230	150	162.5	167.5	397.5
J. Mertis	53.9	115	127.5	~~137.5~~	87.5	~~92.5~~	~~92.5~~	215	142.5	155	~~172.5~~	370
M. Baker	54.8	120	~~127.5~~	~~127.5~~	70	~~77.5~~	~~77.5~~	190	157.5	~~165~~	~~165~~	347.5
60 kg/132lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
J. Rodriguez	59.1	182.5	192.5	~~200~~	105	112.5	~~117.5~~	305	177.5	~~187.5~~	~~187.5~~	482.5
C. Boillot	58.5	165	~~177.5~~	~~180~~	107	~~115~~	115	280	167.5	180	~~190~~	460
D. Enderle	59.1	~~180~~	~~180~~	190	85	90	~~95~~	280	165	180	~~190~~	460
R. Clifton	59.8	142.5	150	~~165~~	82.5	87.5	~~90~~	237.5	165	175	~~182.5~~	412.5
D. Rice	58.5	122.5	140	145	80	85	~~87.5~~	230	170	~~177.5~~	177.5	407.5
J. Velma	58.9	115	130	140	97.5	~~105~~	~~105~~	237.5	142.5	165	~~180~~	402.5
J. Gonzales	58.0	137.5	145	152.5	~~92.5~~	~~100~~	~~100~~	---	---	---	---	---
J. Perez	59.6	~~175~~	~~175~~	~~175~~	---	---	---	---	---	---	---	---
67.5kg/148lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
K. Feldman	67.1	~~187.5~~	~~187.5~~	192.5	130	~~137.5~~	137.5	330	205	220	227.5	557.5
J. Hellum	66.2	~~207.5~~	207.5	~~212.5~~	120	127.5	132.5	340	195	207.5	215	555
P. Lanzante	66.4	195	~~215~~	~~215~~	110	117.5	120	315	212.5	227.5	~~242.5~~	542.5
K. Chambers	67.2	200	~~212.5~~	~~212.5~~	110	120	~~125~~	320	202.5	212.5	~~215~~	532.5
B. Batdorf	66.4	~~190~~	~~190~~	190	107.5	112.5	~~115~~	302.5	205	212.5	~~215~~	515
J. Higgs	65.8	160	~~172.5~~	172.5	132.5	140	145	317.5	192.5	~~207.5~~	---	510
G. McMoran	66.2	177.5	~~190~~	192.5	92.5	100	~~105~~	292.5	205	215	220	507.5
J. Combest	66.6	~~165~~	165	~~172.5~~	95	~~102.5~~	~~102.5~~	260	227.5	~~227.5~~	~~227.5~~	470
W. Werner	64.4	~~160~~	165	170	87.5	95	97.5	267.5	167.5	182.5	~~192.5~~	450
J. Ottney	67.3	150	~~162.5~~	~~162.5~~	105	~~110~~	~~110~~	255	170	182.5	190	445
R. Reynolds	65.3	155	~~175~~	~~175~~	72.5	~~82.5~~	~~82.5~~	227.5	190	210	~~215~~	437.5
R. Nilsen	65.0	130	150	~~170~~	102.5	~~117.5~~	117.5	207.5	167.5	~~202.5~~	202.5	435
B. Maggio	66.2	145	~~137.5~~	~~137.5~~	95	102.5	105	250	167.5	177.5	182.5	432.5
T. Coterbauer	65.7	157.5	~~172.5~~	~~177.5~~	85	92.5	97.5	255	160	~~175~~	175	430
T. Sivils	64.6	155	155	~~175~~	80	~~90~~	~~90~~	235	170	185	~~190~~	420
T. Oakes	63.5	112.5	127.5	~~137.5~~	82.5	~~87.5~~	87.5	215	172.5	187.5	197.5	412.5
G. Heinrichs	64.8	122.5	142.5	~~155~~	85	100	102.5	245	145	~~167.5~~	187.5	412.5
K. Wall	63.3	~~147.5~~	147.5	~~160~~	80	85	~~87.5~~	232.5	170	~~182.5~~	~~182.5~~	402.5
P. Mahl	65.2	~~147.5~~	~~147.5~~	~~147.5~~	---	---	---	---	---	---	---	---
D. Black	66.4	~~150~~	~~160~~	~~160~~	---	---	---	---	---	---	---	---
B. Bridges	64.8	~~227.5~~	~~227.5~~	~~227.5~~	---	---	---	---	---	---	---	---
75kg/165lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
J. Wright	74.3	170	~~182.5~~	~~182.5~~	160	~~167.5~~	~~167.5~~	330	182.5	205	215	545
M. Beeker	73.4	~~195~~	195	~~207.5~~	117.5	~~122.5~~	~~122.5~~	312.5	210	215	~~217~~	527.5
D. Bies	73.0	185	205	~~215~~	122.5	~~137.5~~	~~137.5~~	327.5	195	~~205~~	~~204.5~~	522.5
M. Slivinski	72.5	177.5	192.5	197.5	87.5	92.5	97.5	295	190	205	220	515
S. Oates	72.1	~~162.5~~	~~162.5~~	162.5	107.5	117.5	120	282.5	205	220	227.5	510
S. Kamberis	73.9	167.5	182.5	~~190~~	90	97.5	102.5	285	192.5	207.5	217.5	502.5
R. Medlin	72.8	155	162.5	170	110	115	~~117.5~~	285	190	200	210	495
S. McGough	73.9	~~162.5~~	~~172.5~~	172.5	122.5	~~127.5~~	~~127.5~~	295	195	~~207.5~~	~~210~~	490
F. Greener	73.2	155	172.5	~~180~~	82.5	92.5	~~95~~	265	170	192.5	205	470
D. Ackerman	72.5	155	172.5	~~177.5~~	87.5	95	97.5	270	190	197.5	~~202.5~~	467.5
J. Schwartz	74.3	147.5	~~157.5~~	~~157.5~~	87.5	92.5	95	242.5	170	~~195~~	~~195~~	412.5
A. McCallon	69.4	~~200~~	~~205~~	~~205~~	---	---	---	---	---	---	---	---
82.5kg/181lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
R. Wenner	81.8	205	~~215~~	220	147.5	152.5	155*	375	247.5	255	262.5	637.5
S. Hutchinson	80.75	205	225	237.5	122.5	~~132.5~~	~~132.5~~	360	227.5	237.5	~~255~~	597.5
D. Bies	81.3	~~187.5~~	187.5	~~215~~	142.5	160	~~167.5~~	347.5	220	~~237.5~~	237.5	585
M. Everly	81.0	182.5	187.5	192.5	122.5	127.5	130	322.5	235	240	252.5	575
R. Coleman	79.3	~~215~~	215	~~227.5~~	100	120	127.5	342.5	197.5	217.5	~~227.5~~	560
M. Powell	81.0	157.5	~~175~~	~~177.5~~	155	170	~~117.5~~	327.5	~~182.5~~	187.5	~~212.5~~	515
W. Gillespie	77.75	~~177.5~~	~~182.5~~	185	~~115~~	115	~~120~~	300	207.5	~~232.5~~	~~232.5~~	507.5
W. Bishop	82.0	162.5	~~172.5~~	~~180~~	105	112.5	~~117.5~~	275	175	205	~~227.5~~	480
J. Elmore	79.0	~~160~~	160	~~182.5~~	110	117.5	~~122.5~~	277.5	175	182.5	200	477.5
J. Gibson	80.0	~~175~~	~~175~~	180	~~125~~	~~125~~	~~125~~	---	---	---	---	---
W. Towner	82.0	~~190~~	~~190~~	~~200~~	---	---	---	---	---	---	---	---
G. Weaver	81.5	~~195~~	~~195~~	195	142.5	152.5	~~155~~	347.5	~~205~~	~~210~~	~~210~~	---
D. Graham	81.3	~~205~~	~~205~~	~~210~~	---	---	---	---	---	---	---	---
90kg/198lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
J. Ladiner	88.6	275	~~290~~	~~290~~	177.5	187.5	192.5	467.5	267.5	285	292.5	760
K. Cavitt	89.8	~~242.5~~	~~252.5~~	262.5	137.5	147.5	~~152.5~~	410	275	287.5	~~295~~	697.5
C. Vanlandingham	89.2	~~227.5~~	227.5	237.5	147.5	155	~~160~~	392.5	240	250	~~260~~	642.5
K. Gray	87.0	192.5	205	215	135	~~142.5~~	~~142.5~~	350	207.5	217.5	~~227.5~~	567.5
P. Walker	88.2	152.5	165	170	112.5	120	122.5	292.5	227.5	~~290~~	290	532.5
D. Ballard	89.75	~~207.5~~	~~207.5~~	207.5	~~105~~	107.5	110	317.5	210	~~227.5~~	~~227.5~~	527.5
V. Cupo	90.0	172.5	~~187.5~~	187.5	85	97.5	105	292.5	175	207.5	215	507.5
A. Ulibarri	86.5	157.5	172.5	~~180~~	125	137.5	~~140~~	310	175	187.5	~~202.5~~	497.5
C. VanDorn	87.0	~~187.5~~	187.5	~~200~~	100	107.5	~~117.5~~	295	~~187.5~~	200	220	495
B. Stromsdorfer	89.0	~~182.5~~	~~190~~	192.5	~~112.5~~	~~117.5~~	~~117.5~~	---	---	---	---	---

R. Frost	89.0	~~200~~	~~215~~	~~215~~	---	---	---	---	---	---	---	---
100 kg/220lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**Dl2**	**DL3**	**TOT**
S. Ross	98.1	237.5	~~262.5~~	262.5	~~165~~	165	~~172.5~~	427.5	240	~~255~~	260	687.5
D. Savage	99.3	190	192.5	207.5	150	160	~~162.5~~	367.5	272.5	292.5	~~295~~	660
M. Clark	99.8	215	230	---	140	~~147.5~~	150	380	260	272.5	~~280~~	652.5
P. Story	91.3	~~220~~	220	~~230~~	150	155	160	380	260	---	---	640
W. Thaxton	90.8	197.5	~~215~~	217.5	132.5	140	~~142.5~~	357.5	~~242.5~~	247.5	260	617.5
K. Missi	99.25	245	~~252.5~~	~~252.5~~	115	125	~~130~~	370	~~227.5~~	227.5	~~240~~	597.5
K. Ufford	92.0	195	205	~~217.5~~	125	137.5	137.5	342.5	225	240	~~247.5~~	582.5
B. Emanuels	99.0	220	~~245~~	~~245~~	~~115~~	115	~~122.5~~	335	227.5	~~245~~	---	562.5
K. Bor	99.5	217.5	~~225~~	~~225~~	110	115	120	337.5	~~205~~	215	225	562.5
E. Halter	96.7	~~212.5~~	~~212.5~~	212.5	122.5	127.5	130	342.5	~~187.5~~	187.5	195	537.5
C. Woodward	99.5	175	195	~~200~~	100	112.5	~~117.5~~	307.5	205	227.5	~~232.5~~	537.
T. Behme	92.75	180	185	192.5	90	95	100	285	205	217.5	227.5	512.5
M. Ashcraft	96.0	215	~~227.5~~	227.5	95	105	110	337.5	212.5	~~227.5~~	---	450
P. Hull	99.7	~~192.5~~	~~192.5~~	~~192.5~~	---	---	---	---	---	---	---	---
110kg/242lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**Dl3**	**TOT**
J. Pardue	103.4	222.5	235	245	132.5	140	140	390	222.5	237.5	260	650
K. Sewell	107.6	~~235~~	~~235~~	235	145	157.5	~~157.5~~	587.5	227.5	242.5	~~265~~	630
T. White	105.2	~~192.5~~	~~192.5~~	192.5	137.5	142.5	~~147.5~~	330	205	237.5	~~250~~	572.5
M. Freeman	107.0	~~200~~	~~200~~	~~200~~	---	---	---	---	---	---	---	---
125kg/275lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
A. Awong	110.6	235	~~252.5~~	262.5	157.5	167.5	~~172.5~~	430	240	~~252.5~~	~~252.5~~	670
R. Walsh	111.5	190	220	227.5	110	~~122.5~~	122.5	350	207.5	225	237.5	577.5
R. Mikulski	119.3	155	172.5	~~182.5~~	105	~~110~~	112.5	285	215	227.5	250	537.5
B. Harris	110.8	142.5	162.5	~~172.5~~	102.5	110	117.5	280	180	190	197.5	477.5

18-19 Year Old Division

52kg/114lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
H. Escobedo	51.5	155	~~175~~	~~175~~	122.5	130	135	290	150	167.5	182.5	472.5
K. Jones	51.0	135	142.5	~~150~~	77.5	82.5	~~85~~	225	~~147.5~~	147.5	155	380
M. Ijaz	51.4	~~122.5~~	137.5	~~142.5~~	70	75	~~80~~	212.5	150	162.5	~~170~~	375
56kg/123lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
S. Snyder	54.4	155	172.5	~~177.5~~	92.5	97.5	102.5	275	187.5	202.5	~~210~~	477.5
R. Kea	55.3	150	~~167.5~~	~~167.5~~	125	132.5	~~137.5~~	282.5	170	192.5	~~197.5~~	475
D. Savoie	55.7	147.5	172.5	~~182.5~~	87.5	97.5	102.5	275	167.5	185	192.5	467.5
D. Pickle	55.7	~~155~~	160	~~170~~	95	100	~~105~~	260	187.5	195	~~200~~	455
T. Desomma	55.1	150	~~162.5~~	~~162.5~~	95	100	~~105~~	250	167.5	182.5	~~190~~	432.5
R. Schmidt	55.1	157.5	~~167.5~~	~~167.5~~	67.5	~~77.5~~	~~77.5~~	22 5	165	180	~~200~~	405
C. Roberts	55.9	132.5	~~145~~	~~145~~	~~90~~	95	~~97.5~~	227.5	152.5	162.5	~~170~~	390
J. Courtney	54.8	~~155~~	~~155~~	~~155~~	---	---	---	---	---	---	---	---
60kg/132lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
K. Goude	59.7	~~187.5~~	187.5	~~210~~	100	107.5	115	302.5	185	~~200~~	~~200~~	487.5
D. Hughes	59.1	165	~~177.5~~	~~180~~	107.5	112.5	~~115~~	277.5	170	185	195	472.5
D. Messer	59.4	160	170	177.5	90	97.5	~~100~~	275	187.5	~~197.5~~	~~197.5~~	462.5
M. Mahmudi	58.5	140	~~150~~	~~160~~	~~120~~	~~130~~	120	260	182.5	192.5	~~200~~	452.5
J. Sylvia	56.2	140	~~147.5~~	150	92.5	97.5	102.5	252.5	177.5	190	200	452.5
P. Honda	58.9	~~155~~	155	165	92.5	97.5	~~100~~	262.5	185	~~197.5~~	~~197.5~~	447.5
R. Vidrine	59.6	~~142.5~~	150	~~162.5~~	90	~~95~~	~~95~~	240	182.5	~~195~~	195	422.5
L. Larson	59.8	~~205~~	~~205~~	~~205~~	---	---	---	---	---	---	---	---
67.5kg/148lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
H. Hoffman	66.6	222.5	222.5	230	132.5	140	~~142.5~~	370	255	272.5	~~277.5~~	642.5
L. Kee	67.0	222.5	~~237.5~~	~~237.5~~	130	137.5	~~140~~	360	222.5	~~247.5~~	~~247.5~~	582.5
J. Ronza	66.6	195	200	212.5	137.5	147.5	~~152.5~~	360	195	205	~~210.5~~	565
B. Dunn	65.7	212.5	~~222.5~~	~~222.5~~	122.5	~~127.5~~	~~127.5~~	335	177.5	197.5	205	540
J. Davis	67.1	170	~~182.5~~	182.5	107.5	~~117.5~~	120	302.5	207.5	215	227.5	530
D. Jewell	65.9	205	~~217.5~~	---	102.5	107.5	~~112.5~~	312.5	187.5	197.5	202.5	515
M. Fell	65.7	~~185~~	~~185~~	185	105	112.5	~~120~~	297.5	175	185	~~190~~	482.5
M. Monzardo	66.1	~~182.5~~	182.5	~~192.5~~	100	~~105~~	107.5	290	177.5	~~192.5~~	~~192.5~~	467.5
B. O'Connell	66.6	150	160	~~175~~	117.5	125	130	290	167.5	~~182.5~~	~~182.5~~	457.5
K. Martin	64.4	162.5	167.5	~~177.5~~	85	~~92.5~~	~~95~~	252.5	200	~~217.5~~	~~217.5~~	452.5
C. Jordan	65.0	150	167.5	~~175~~	70	82.5	85	252.5	185	~~197.5~~	197.5	450
D. Snokhous	65.2	~~170~~	~~170~~	~~172.5~~	---	---	---	---	---	---	---	---
F. Cortes	66.2	~~175~~	~~182.5~~	~~190~~	---	---	---	---	---	---	---	---
D. Lontos	67.1	~~182.5~~	~~182.5~~	~~182.5~~	---	---	---	---	---	---	---	---
B. Broussard	66.9	~~200~~	~~200~~	~~200~~	---	---	---	---	---	---	---	---
75kg/165lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
V. Keyhea	73.4	217.5	230	240	132.5	140	147.5	387.5	270	287.5	307.5	695
T. Smith	74.1	~~262.5~~	262.5	~~272.5~~	152.5	165	170	427.5	245	257.5	267.5	695
B. Almany	74.2	240	~~262.5~~	~~262.5~~	147.5	155	~~160~~	395	245	252.5	~~272.5~~	647.5
D. Jessup	74.3	227.5	240	~~245~~	137.5	150	155	395	240	~~242.5~~	~~250~~	635
R. Calcaterra	74.4	200	207.5	~~210~~	132.5	137.5	---	345	242.5	262.5	~~267.5~~	607.5
D. Mynarcik	73.4	205	227.5	~~235~~	130	137.5	~~142.5~~	365	207.5	227.5	240	605
S. Lemarie	73.9	220	~~227.5~~	~~227.5~~	122.5	~~130~~	130	350	222.5	235	240	590
K. Mendell	74.2	195	210	~~212.5~~	145	155	~~157.5~~	365	195	210	220	585
G. Soto	74.8	217.5	~~240~~	240	85	95	~~102.5~~	335	217.5	237.5	247.5	582.5
M. Hunter	73.9	~~227.5~~	227.5	~~240~~	~~122.5~~	122.5	~~130~~	350	230	~~252.5~~	~~252.5~~	580
J. Clark	74.1	~~207.5~~	207.5	212.5	115	122.5	127.5	340	240	~~260~~	~~200~~	580

contest was Mark Schellen, who finished with a 2022 total, but was looking for 2100 before he ended his teenage lifting career, missing a 501 bench and a 799 deadlift. Right behind him in the 242s was another sensation, Dave Pasanella of Arizona. Dave had some bad luck, blowing a suit on a 771 squat, and had no chance to change suits before trying a 782, which he came up with but apparently missed on depth. Manuel Burruel's training partner, Tom Phiel, went 8 for 9 (672 435 650) to take 3rd among the big guns at 242.



Mark Schellen with a 799 miss.
Burruel photo

In the 16-17 age group, Jackie Pardue and Ken Sewell had a real 242 tussle. Jackie took a 2.5 kilo lead into the subtotal, and Ken went for the title on his last deadlift, but came up a little bit short. George Hechter had a great day at Supers, nearly going 2000, but had some heavy friends on the lifting platform in the giant forms of John Plambeck (419 pounds) and Gary Aprahamian (370 pounds plus). Aprahamian opened with an 804 squat, but didn't go deep enough, passed one attempt to rest, and then jumped to 903 which was too much weight (but was a record of sorts in that it was the most weight ever taken out of the rack at a meet in the state of Arkansas, according to Steve Sparr). He had been hoping for 950 600 700 or more and did bench an easy 540 in the warmup room after bombing out. Manuel Burruel hit Sambo's with

SHW George Hechter with 744
Burruel photo

Gary after the meet and watched him consume 2 cheeseburgers, a ½ lb. Texan hamburger with cheese, a pastrami sandwich, and a roast beef sandwich, all with french fries, plus a side order of onion rings and a coke. Whew!!

Gary Aprahamian's 804 opener
Burruel photo

Hawaii came in with a great team and won the team title with 82 points, and the Power Pit of Flint, Michigan took the 2nd place award off Thorbecke's on the basis of more individual 2nd places as both teams came up with 64 points. These teams were followed by the Omaha Athletic Club, The PIT of Evansville, Indiana, Rhodes Fitness Center, B&W of Chicago, Louisiana Tech, El Dorado Barbell Club, and Turlock, California. Outstanding lifters were Tavita Sagapolu (14-15), Joe Ladiner (16-17), and Mark Schellen (18-19).

Manuel Burruel liked the way the meet was started with a prayer, and Steve Sparr was impressed with the way Joe Zarella conducted the rules clinic, weighed in, announced, judged and even spotted. Some of the guys helping out worked until they nearly dropped, Ken Brown among them, and several only got to eat once per day, and that was while they were on the job. The effects of drug use by some lifters seemed apparent to some observers, but all the lifters showed great potential and promise for the future.

No NCAA Powerlifting?

Dr. Billy Jack Talton showed me a letter from the NCAA indicating that they do not recognize Powerlifting as one of their intercollegiate sports, which apparently put the kibosh on what was hoped to be the 1st NCAA meet between Louisiana Tech and the University of Texas back in April.

Ron Collins...will reportedly not be lifting in this year's Worlds as he is moving to South Africa. He may compete in club meets down there, but not internationally until South Africa gains IPF membership

K. Lyon	74.1	200	210	~~217.5~~	120	125	~~130~~	335	227.5	242.5	~~257.5~~	577.5
S. Nowacki	74.8	192.5	210	~~215~~	~~110~~	~~120~~	120	330	237.5	~~255~~	~~255~~	567.5
D. Sliom	74.5	200	~~215~~	~~217.5~~	117.5	122.5	~~130~~	330	212.5	~~227.5~~	~~242.5~~	557.5
R. McMoran	70.3	187.5	200	~~207.5~~	~~110~~	~~115~~	~~115~~	310	217.5	230	235	540
S. Rigby	73.9	~~187.5~~	~~192.5~~	192.5	95	~~105~~	~~105~~	287.5	~~212.5~~	~~222.5~~	222.5	510
B. Jacobs	73.4	170	~~177.5~~	~~180~~	105	110	---	280	205	~~220~~	220	500
J. Tipton	74.3	185	~~200~~	200	105	115	~~120~~	315	185	~~205~~	~~205~~	500
T. Piha	70.3	185	197.5	~~202.5~~	~~115~~	~~115~~	~~115~~	---	---	---	---	---
D. Collins	74.3	147.5	---	---	~~142.5~~	142.5	~~145~~	290	~~210~~	---	---	---
S. Blazick	73.4	~~260~~	~~260~~	~~260~~	---	---	---	---	---	---	---	---
A. Villars	73.9	235	~~242.5~~	~~242.5~~	107.5	~~115~~	---	342.5	---	---	---	---
R. Stuf	73.4	~~217.5~~	~~217.5~~	~~217.5~~	---	---	---	---	---	---	---	---
M. Cooper	74.1	~~210~~	~~210~~	~~210~~	---	---	---	---	---	---	---	---
G. Applegate	74.3	~~205~~	~~205~~	~~205~~	---	---	---	---	---	---	---	---
82.5kg/181lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
H. Aston	81.0	265	277.5	~~282.5~~	175	187.5	192.5	470	237.5	247.5	~~255~~	717.5
N. Mairs	81.75	245	262.5	~~272.5~~	155	165	170	432.5	250	270	~~287.5~~	702.5
S. Brumback	82.0	260	280	~~287.5~~	132.5	140	145	420	242.5	262.5	~~272.5~~	692.5
K. Krzyzaniak	81.25	~~197.5~~	197.5	~~215~~	145	155	160	357.5	240	257.5	~~272.5~~	615
F. Cooper	79.5	177.5	187.5	~~195~~	137.5	~~115~~	150	337.5	202.5	215	225	562.5
C. Stancil	80.5	187.5	~~200~~	~~200~~	130	~~135~~	~~135~~	317.5	195	212.5	~~217.5~~	530
J. Shrode	82.7	187.5	~~195~~	~~195~~	95	102.5	~~110~~	290	205	~~227.5~~	~~227.5~~	495
J. Trussler	82.5	~~197.5~~	~~197.5~~	215	145	155	160	357.5	---	---	---	---
R. Savell	81.0	~~227.5~~	~~227.5~~	~~227.5~~	---	---	---	---	---	---	---	---
T. Longo	81.4	~~237.5~~	~~237.5~~	230	---	---	---	---	---	---	---	---
J. Adams	82.2	~~245~~	~~245~~	~~245~~	---	---	---	---	---	---	---	---
90kg/198lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
D. Beter	89.9	277.5	~~295~~	~~295~~	180	~~187.5~~	~~187.5~~	457.5	282.5	295	302.5	760
R. Marinello	89.0	267.5	277.5	287.5	157.5	162.5	~~167.5~~	450	255	265	~~275~~	715
A. Powell	89.0	240	260	~~267.5~~	172.5	182.5	~~187.5~~	442.5	240	267.5	~~275~~	710
S. Lunapee	88.4	~~245~~	250	~~265~~	152.5	160	~~162.5~~	410	275	290	~~300~~	700
T. Payne	90.0	250	270	280	137.5	147.5	155	435	~~250~~	~~260~~	265	700
A. Sanchez	89.8	250	~~275~~	~~275~~	175	190	~~192.5~~	440	245	~~265~~	~~265~~	700
R. Kawamoto	88.4	222.5	245	260	137.5	147.5	~~155~~	407.5	230	250	267.5	607.5
D. Georges	83.0	205	~~220~~	~~210~~	125	130	137.5	330	230	232.5	235	562.5
M. Turner	90.0	217.5	~~240~~	240	132.5	140	~~147.5~~	380	227.5	~~235~~	~~235~~	607.5
J. Callahan	90.0	~~215~~	215	227.5	142.5	152.5	~~162.5~~	367.5	217.5	232.5	~~240~~	600
E. Kophowski	89.5	207.5	232.5	240	107.5	120	~~125~~	360	212.5	237.5	~~247.5~~	592.5
P. Kilbourne	86.8	197.5	~~212~~	~~210~~	125	130	137.5	330	230	232.5	~~235~~	562.5
P. Mortis	90.0	205	205	~~220~~	107.5	112.5	~~117.5~~	317.5	210	227.5	~~232.5~~	545
E. Berry	86.25	~~227.5~~	~~237.5~~	~~240~~	---	---	---	---	---	---	---	---
100kg/220lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
S. Edminston	99.0	272.5	282.5	282.5	182.5	190	192.5	475	272.5	285	~~297.5~~	760
J. Fusaro	99.6	260	272.5	~~277.5~~	177.5	~~187.5~~	~~187.5~~	450	~~250~~	250	~~272.5~~	700
E. McGough	99.4	222.5	~~245~~	~~245~~	142.5	152.5	~~155~~	375	255	287.5	~~295~~	670
P. Fletcher	93.0	205	~~217.5~~	217.5	137.5	147.5	152.5	370	222.5	237.5	247.5	617.5
D. Person	97.7	215	~~227.5~~	---	132.5	~~140~~	140	355	205	227.5	236.5	582.5
R. Monjure	90.4	~~200~~	~~227.5~~	227.5	105	112.5	~~122.5~~	340	215	235	~~250~~	575
B. Clattenburg	91.0	~~225~~	~~235~~	---	---	---	---	---	---	---	---	---
C. Wallen	97.75	210	~~227.5~~	---	---	---	---	---	---	---	---	---
110kg/242lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
M. Schellen	108.8	332.5	~~355~~	365	217.5	225	~~227.5~~	590	327.5	~~362.5~~	---	917.5
D. Pasanella	109	327.5	~~350~~	~~355~~	205	217.5	~~227.5~~	545	305	340	~~362.5~~	885
T. Phil	107.4	282.5	295	305	185	197.5	~~205~~	505	272.5	282.5	295	797.5
D. Douglas	108.4	272.5	~~295~~	~~305~~	207.5	~~215~~	---	480	250	272.5	287.5	767.5
J. Kielur	108.8	265	280	---	150	165	172.5	457.5	287.5	305	~~320~~	757.5
C. Sanders	102.6	240	250	~~257.5~~	182.5	190	195	445	237.5	~~247.5~~	~~247.5~~	682.5
S. Helton	107.0	~~227.5~~	~~227.5~~	227.5	152.5	160	~~165~~	387.5	~~227.5~~	227.5	~~242.5~~	615
J. Hoover	101.6	~~222.5~~	~~237.5~~	~~237.5~~	---	---	---	---	---	---	---	---
125kg/275lb	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DI2**	**DL3**	**TOT**
S. Dear	119.8	285	307.5	~~320~~	160	172.5	182.5	490	285	300	310	800
D. Kirsch	118.2	287.5	~~312.5~~	~~317.5~~	~~160~~	~~165~~	165	452.5	287.5	307.5	~~330~~	760
V. Cosenza	117.8	287	~~305~~	~~305~~	152.5	172.5	~~182.5~~	459	180	250	272.5	732.5
T. Marecic	119.6	~~257.5~~	257.5	282.5	180	187.5	~~197.5~~	470	262.5	~~280~~	~~280~~	732.5
J. Sefcik	121.8	~~252.5~~	252.5	~~272.5~~	182.5	192.5	~~200~~	445	252.5	~~267.5~~	~~272.5~~	697.5
S. Tedeschi	110.6	210	~~222.5~~	~~222.5~~	~~125~~	130	~~132.5~~	340	242.5	257.5	~~260~~	597.5
M. Kavarian	117.9	~~227.5~~	~~227.5~~	~~227.5~~	---	---	---	---	---	---	---	---
SHW	**BWT**	**SQ1**	**SQ2**	**SQ3**	**BP1**	**BP2**	**BP3**	**SUB**	**DL1**	**DL2**	**DL3**	**TOT**
G. Heehter	130.6	310	327.5	345	205	~~220~~	220	575	300	330	~~347.5~~	895
T. Drake	125.6	~~280~~	280	~~297.5~~	167.5	180	187.5	467.5	265	~~280~~	~~280~~	752.5
B. Lahanis	134.7	190	217.5	227.5	127.5	145	~~152.5~~	472.5	217.5	227.5	242.5	615
J. Plambeck	188.5	205	227.5	~~257.5~~	117.5	125	~~132.5~~	400	205	227.5	~~250~~	580
G. Aprahamian	166.2	365	~~410~~	---	---	---	---	---	---	---	---	---
G. Crowe	138.8	~~280~~	~~280~~	~~280~~	---	---	---	---	---	---	---	---
C. Henderson	131.1	~~287.5~~	~~312.5~~	~~320~~	---	---	---	---	---	---	---	---

Just Married...Toni and Roger Estep on August 29th. They plan to move to California after Roger graduates from school in January.

New Baby...Darren Lee is the new 8 lb. son of Joe and Lyn Orengia, born on August 9th. He was 27 days overdue, but was worth the 'weight'.

TRAINING EXPO!!

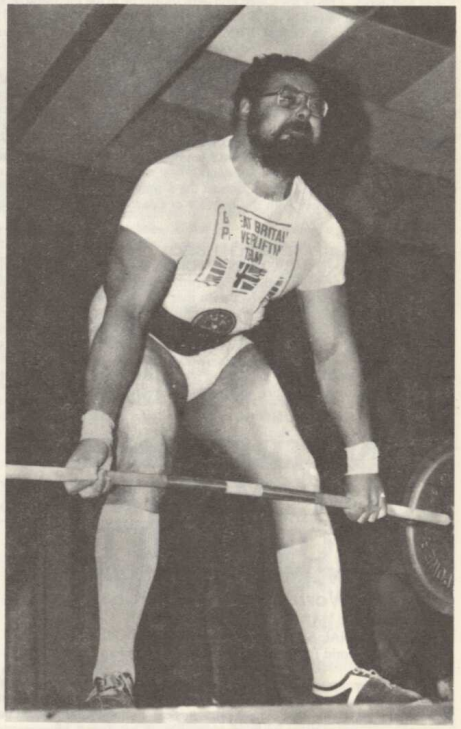
A Special Lineup of Articles on all Aspects of Training!!

TRAINING WITHOUT WRAPS AND SUITS

as told by RICK BRANCH

Rick is a lifter from New Jersey, who hurt his back not too long ago, but with some help from his chiropractor, some advice from PL USA Feature Editor, Dr. Ken Leistner, and a special training regimen, he has gotten progressively better after 4 months of treatment, while still squatting and deadlifting around the injury, and is now better than ever.

Rick feels a key part of his recovery is training WITHOUT wraps and suits, except until immediately before a contest. After hurting his back, Rick wasn't able to train with heavy poundages and as a result, felt that he didn't need to use any wraps or supports. As he came back from the injury, progress seemed steady so he continued to train without wraps or a suit. This proved to be more beneficial than he ever dreamed of, and Rick feels that this may be due to gradual strengthening of the ligaments and associated tissue without the support of outside aids. He got back up to 87% of his best max squat without the wraps, and began to set his sights on a meet. After he knew what meet he wanted to lift in, he put on the wraps and tight lifting suit, just to estimate his potential, and the results were fantastic! In training, he had made a 460 squat without the supportive gear, with a suit and wraps he made an easy 510 in training, and one week later he lifted in the New Jersey Open and went 501, 534, and gutted out a solid 551, a great squat for a 181 pounder, and a super improvement over his previous efforts. Hopefully, this training technique will provide similar benefits for other PL USA readers, and we thank Rick for passing it along to us. Rick would also like to thank Dr. Ken Leistner very much for his personal help as well as the lifters at the New Jersey Open who were great sportsmen.



Andy Kerr...is a great deadlifter, but his bench is coming up also.

THOUGHTS ON POWER TRAINING

by ANDY KERR

European SHW Powerlifting Champion

ON THE SQUAT

It is my experience that those individuals physically suited to squatting adopt good body positions almost from the first rep. Those not quite so suited gradually obtain better positions through remedial training on mobility and/or weak muscle groups plus experimentation on stance and heel height. Those physically unsuited to squatting never attain the ideal technique. They make the best of a bad job by becoming very strong in their own movement pattern, even if it resembles a good morning. As a result of unfavorable leverages the squat is usually the worst lift for these chaps and they make up for it on the other lifts to a greater or lesser extent. These individuals will have one or more of the following handicaps to their squatting efficiency: Disproportionately long thigh, limited dorsiflexion of the ankles, chronically damaged knees, or hip joints that will not stand the strain of squatting with a wide stance.

I have seen an excellent squatter slip into bad form as a result of lax coaching. However, I am sure that most bad form in top lifters is caused by anatomical considerations rather than a lack of skill. Considering the subject of 'short thighs', what counts is the relationship of the length of the femur to that of the tibia and spine, not it's absolute length. Thus, it is possible for a 6 ft. 2 in. Superheavyweight to have short legs for his height and a 4 ft. 10 in. Flyweight to have long legs for his height. There is no doubt that the squat and bench press are exercises where the man with the relatively short femur and humerus has an advantage. However, if this tendency is carried too far he becomes hopelessly disadvantaged on the deadlift. The best totals are put up by those individuals of normal to slightly short limb lengths. Lifters with either very short or very long limbs may set a record on one or two lifts, but seldom take the titles, Lamar Gant being the obvious exception. Precious McKenzie and Vasily Alexeev are of vastly different size but both are of perfectly normal proportion skeletally. Alexeev's gut is another matter.

POWER OUTPUT AS A FUNCTION OF LOAD VARIATION

When referring to work and power it is easy to fall into semantic pitfalls. These words have precise scientific meanings. However, as with many words, these have several common meanings. For instance, it will be very hard 'work' even for a powerful man to hold 300 kilograms in a half squat position for 10 seconds. But, since the weight did not move, he did no work and had zero power output.

With zero load, we have no power, and with super maximal load, we have no power. In between these points will be a power curve. I don't know the shape of the curve or where its maximum will occur, but I suspect that it will not be too far away from 50% of maximal load. Success in Powerlifting does not depend on power output. It depends on being able to exert the greatest force throughout the movement. At maximal loads the bar moves very slowly, therefore there is little ballistic effect. The lifter must get the weight moving by exerting a force greater than its weight. Then it can be kept moving by a force equal to its weight. If the force exerted on the weight becomes less than the weight, the bar will come to a stop and start moving downward again. This does not mean that the lifter need not worry about generating speed with the bar. The faster he can get it moving in the strong ranges, the better chance he has of keeping it moving through the sticking points.

(Mr. Kerr's article continues on following page)

INTENSITY OF TRAINING
It appears from what I have read of the Bulgarians and Russians that under 50% should be considered warming up, conditioning, etc. Actual training is considered to be over 50%. The intensity will vary from session to session within the 'week', from 'week' to 'week' within the 'month', and from 'month' to 'month' within the training period for the major contest being aimed at. 'Week' and 'month' are in quotes because these periods may be 5-10 days and 28-40 days in length respectively as the training of these lifters is not constrained by having to earn a living in accordance with the normal calendar.

Kridyukov, one of Russia's leading coaches, recommends the following for his best Olympic lifters: 15,000 lifts per year. Of these 25% should be Clean and Jerks. Lifts of the Clean and Jerk should be in the following proportions: 50-60% intensity (21% of lifts), 61-70% intensity (29% of lifts), 71-80% intensity (33% of lifts), 81-90% intensity (14% of lifts), 91% plus intensity (3% of lifts). Thus, in the course of the year, the lifter should perform 250-300 lifts with 90% plus in the snatch and clean and jerk.

Keep in mind, that the individuals in question are full time 'occupational' weightlifters. Spare time lifters will not have the time or energy available for so much work. Also, Olympic lifting involves high speed complex movements. To attain and retain technical efficiency in the movements requires many such lifts to be performed every week. The Power movements are much slower and simpler and once learned, the lifter can concentrate on strength building. He does not need a vast number of movements to practice his groove in the lifts. Contrast the number of times a golfer will swing his club in a week with the number of deadlifts a power lifter gets through.

RECRUITMENT OF FAST TWITCH FIBERS
I have read an article in SWIMMING WORLD entitled 'Muscle Strength Contribution to Sprint Swimming' by Costill, Shook, and Troup of Ball State University. These gentlemen state that it is the amount of force required by the muscle that determines the type and number of muscle fibers recruited, NOT the speed of the contraction. Against low resistances the slow twitch fibers are used. Against high resistances the fast twitch fibers, Types A and B, are used to help the slow twitch fibers. It seems the terms fast and slow twitch can be misleading to the layman, and physiologists seem to be learning a lot more about muscles every day.

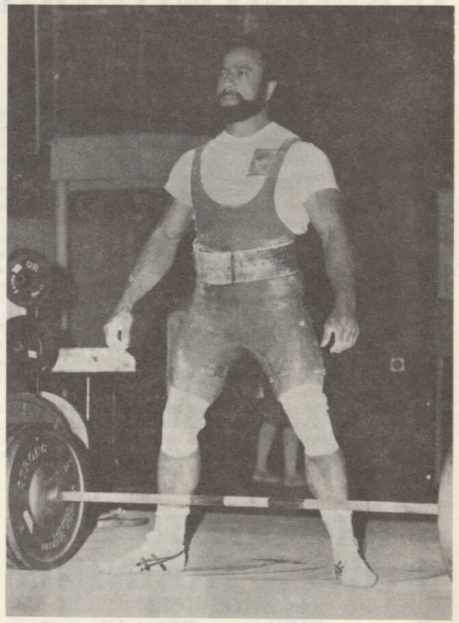
NUTRITIONAL SUPPLEMENTATION for POWERLIFTERS

by DR. MAURO DIPASQUALE
1976 World Powerlifting Champion

NUTRITIONAL SUPPLEMENTATION FOR POWERLIFTERS
by 1976 World Powerlifting Champion, Dr. Mauro DiPasquale

Death, Taxes, and Injuries are all inevitable in a Powerlifters life. I can't help you with the first two (not yet) but perhaps I can point out a few nutritional remedies for the last. These remedies can be (and often should be) used in conjunction with other modalities such as drugs, chiropractic, physiotherapy, and surgery. I'll spare you the scientific and anecdotal evidence and just give you some facts and hints. I have personally found these regimens useful, but there are, of course, no guarantees.

FOR ACUTE INJURIES such as strains, sprains, tears, fractures, etc.:
1) Vitamin C - 10 grams per day in divided doses, usually 4 times per day, coupled with 10 grains of aspirin 4 times per day (if hemorrhage and hematoma are factors, don't use aspirin).
2) Folic Acid - 10 milligrams/day.
3) Biotin - 1000 micrograms/day.
4) Niacinamide - 1 gram/day.
5) D'Pantothenic Acid - 1 gram/day.
6) Zinc - 50 milligram/day.
7) Calcium - 1000 milligram (elemental).
8) Vitamin D - 1000 I.U./day.
9) Mega B Vitamins - 3 times per day.
A mega-multiple vitamin/mineral supplement should also be taken.



Mental Preparation...Mauro prepares for a deadlift at the World Games.

FOR CHRONIC INJURIES and for arthritic problems.
1) Vitamin C - 4 to 10 grams per day with aspirin as in acute injuries.
2) B12 plus intrinsic factors - 250 micrograms/day or B12 injectable - 2000 micrograms/week.
3) Vitamin A - 25,000 I.U./day.
4) Mega B vitamins with at least 100 units of all B vitamins - taken 3 times per day.
5) Alfalfa tablets - 2 tablets taken 3 times daily.
6) Vitamin D - 800 I.U./day.
7) 500 milligram elemental Calcium/day.
8) Mega multiple vitamin/mineral tablets.
Some may object to the calcium saying it may cause calcium deposits in joints, etc., but it hasn't been proven that external calcium aggravates or initiates this. It has helped some people with proven (by X-ray) calcium deposits. Each individual should make up his own mind on this issue.

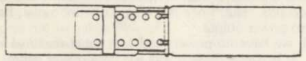
TO HELP INCREASE STAMINA which secondarily reduces the risk of injury.
1) Vitamin C - 2 grams with organic or chelated Iron, 50 mg, taken with a MEAT meal (preferably red meat), 2 times per day.
2) Kelp - 6 tablets/day.
3) B12 and intrinsic factors, 250 micrograms/day or B12 injectable - 1000 micrograms/week.
4) Mega B Vitamin - 3 times per day.
5) Vitamin E - 800 I.U./day.

FOR LEG CRAMPS
1) Calcium - 1000 milligram elemental.
2) Vitamin D - 800 I.U./day.
3) Vitamin E - 800 I.U./day.

FOR RELAXING BETWEEN WORKOUTS OR BETWEEN INJURIES
1) B6 (pyridoxine) - 500 milligrams/day.
2) L-tryptophane - 2 grams/day in one dose or in divided doses depending on when you want to relax.
3) D'Pantothenic Acid - 1000 milligrams/day.
4) Mega B Vitamins - 3 times per day.

FOR B.O. and/or JUNGLE MOUTH - so other lifters don't get injured!
1) Zinc - 50 milligrams/day.
2) Magnesium - 30 to 50 milligrams/day.
3) Mega B Vitamins - 3 times per day.

"POWERBELT"



SHIPPED IMMEDIATELY

DESIGNED ESPECIALLY FOR COMPETITION POWERLIFTING.
A. A. U. AND I. P. F. REGULATION APPROVED.
GREAT FOR WEIGHTLIFTING AND WEIGHT TRAINING.

Enclose $29.95 Check/Money Order for each belt.
Made payable to **Powerbelt**, P.O. Box 526, Chattanooga, TN 37401. Price includes shipping and handling.

INCLUDE RETURN ADDRESS, SIZE, INITIALS

FEATURES:
* NEW AND BETTER DESIGN WITH ALL-AROUND 4" (10 CM) WIDTH PROVIDES MAXIMUM SUPPORT AND PROTECTION. ACTUALLY HELPS YOU LIFT MORE!
* DOUBLE TONGUE NICKLE PLATED BUCKLE WITH EASY ON/OFF ADJUSTMENT. NO OVERSIZED BUCKLE TO BIND YOU.
* FIRST QUALITY EXTRA THICK LEATHER IS FINISHED IN RICH BROWN COLOR WITH YOUR INITIALS STAMPED IN.
* EACH BELT IS HAND ASSEMBLED TO ASURE YOU TOP QUALITY AND WORKMANSHIP.

Designed And Manufactured By:
Eddie Bodkin

* When Ordering Send Normal Waist Size, Not Pants Size.
* Sizes Over 44" Send $5.00 Extra
* Orders Outside Continental U.S.A. Send $5.00 Extra

THE FRED GLASS PEAKING ROUTINE

by TIM McCLELLAN
Assistant Coach, Surfbreakers PL Club

I'm sure many readers are familiar with some of the achievements of Fred Glass in the deadlift. For those of you not familiar with East Coast powerlifting, I'd like to cite a few of his accomplishments.

Throughout the late 1960's and early 1970's, Fred broke his own Pennsylvania State deadlift record 7 times. He once pulled 455 lbs and set the Jr. National record in the 123 lb class. In 1969 he barely missed a World record 485, which was turned down because his shoulders weren't set back. While training for the 1976 World championships he pulled 450-3 and 410-10 in his gym. Remember - all of this was achieved before the great influx of drugs and when most 123 lbers were pulling around 350.

Above....Fred Glass with a heavy DL attempt. photo courtesy McClellan.

Severe back troubles due to unequal leg lengths forced him into retirement for 2 years. Last year he came out of retirement and finished second in the World Masters competition. In that meet he set a 40-44 year old world record of 385. Despite his creeping age and harsh work schedule (60 hours per week), Glass feels he is capable of deadlifting 410 plus in this year's Masters Meet.

Through many hours of discussion he has helped me to write the program he uses when cycling his deadlift. In this cycle there are two major parts of training: the background and the peak.

Fred feels that the background routine is optional. Note, that as it has been said in 'Powerlifting USA' many times, 'there ain't no such thing as a free lunch.' If you want a strong deadlift you're going to have to get in the gym and train hard. In the deadlift you cannot get something for nothing. It will take a lot of hard work. This background training is done to develop musculature. It also serves to condition the body to the punishment one takes when going all out, as in a meet. As in all sports, you need a base to build from and this sets up that base. As long as a lifter gives 110%, any program will do.

What Fred does recommend for everyone is his peaking routine. He has a sincere belief in this cycle, and says it can increase a deadlift by 15-50 lbs.

Unfortunately, too many times less knowledgeable lifters never peak for a contest, thus they never attain what they are physically capable of. Many times this comes from a lifter burning out before the meet, as opposed to peaking properly for the meet as would an experienced lifter.

Since the background routine is essentially a blasting cycle, one cannot stay on it forever. The maximum lifts will eventually level off, or possibly start to decline. If the lifter continues this program, he will arrive at the meet with stale lifts. Staying on the blasting cycle too long can only harm the body. Hopefully, many lifters will realize this and switch to a peaking routine, so they can live up to their potential.

The peaking routine that Glass uses calls for two sessions a week; one heavy and one medium. In the heavy session the goal is to work up to a heavy triple, which could and should move up 5 lbs every week for the 1-2 months before the contest. The medium night is a scaled down version of the heavy night, and emphasizes concentration on form. This also allows the body to rest for the next week's heavy triple.

As an example, I'll show Fred's cycle before last years World Masters meet.

On Tuesday of week 1, Fred would take 135-10, 225-8, 275-5 and 305-3 to insure a proper warm up. He then would pull 330-1, 350-1 and finally 360-3 which is the previously mentioned high triple. On Friday night he would scale down everything so it would look like 135-10, 225-8, 275-5- 305-3 and 330-3. We concentrated heavily on his form on Friday nights.

On week 2, his goal is to go up 5 lbs in his heavy triple, thus he pulls 135-10, 225-8, 275-5, 305-3, 330-1, 350-1 and 365-3. This Friday's workout is comparable to last Friday's lifting.

This principle is based on taking one step at a time. It may seem slow to some, but you've got to realize that after only two months you move a stale deadlift up 40 lbs. On this routine you give the body just the right amount of work and rest to allow the triple to move up 5 lbs each week.

In Fred's case he went on it for one month and got up to a 380 triple. This peaked him, and only a suit that cut into his hamstring kept him from a 407 deadlift. He intends to use the routine again this year where he'll probably break his own record.

ATTENTION!

All WESTERN PENNSYLVANIA Lifters

Specialized Chiropractic Care for Powerlifters and all others involved in weight training is now available in my office.

As a fellow Powerlifter, I have an understanding of the mechanics involved and know the importance of maintaining the biomechanical balance of the spine in order to insure maximum power performance.

Approximately 90% of the top lifters include chiropractic as part of their regular program.

I am also available as an attending doctor at sanctioned meets to provide chiropractic adjustments for competing lifters. Arrangements must be made in advance.

DR. JOHN E OPSITNICK
LAUREL HIGHLANDS
CHIROPRACTIC CENTER
317 Depot Street
Latrobe, Pennsylvania 15650
(412)-539-1180

20% Discount for all U.S.P.F. cardholders

MAKING WEIGHT by Fluid Deprivation

by DAVE ROBERTSON
Canadian Champion

Every lifter, unless he's a superheavy, is faced with the problem of making weight. Some of the standard methods are dieting, use of the sauna and/or diuretics. Both lack of food and the sauna affect strength. Diuretics, which cause fluid release in the body are often too effective, for they continue to release fluids even after the lifter has made weight. These effects can last as long as 24 hours in some individuals. They can also cause cramps and alter the mineral levels in the body, and this will show up in the lifter's performance.

The system I have had success with is water deprivation. Firstly, you should try this sytem ahead of time at least twice to see just what it will do for you. You will have a good idea of how much you can drop (I've gone down 4.5 kilo this way and got back over 4 kilo of the weight in approximately one hour). You must also be able to work out how long this sytem takes to work for you (up to 48 hours of very low or no fluid).

Once you have established what you can lose and how long it takes then train within a kilo of your 'striking weight', the point from which you can make weight from with the fluid deprivation method.

Let's assume the weigh in is Saturday 8 a.m. The system I use is as follows:

Wednesday: Everyone drinks an average of 12-14 drinks daily (juices, coffee, milk, etc.). After I have added up these figures for an average day, I will cut the number of drinks in half. (My half daily intake is seven drinks). I continue to eat wholesome carbohydrates (preferably apples) and meat, eggs, and fish for protein. The caloric intake overall must be reasonable!

Thursday: Drink the same number of drinks as Wednesday, only half a glass, cup, etc. of each. This spreads the drinks out over the day. (If you drank 7 drinks Wednesday, drink 7 x ½ drinks Thursday). Eat bacon (well done) and eggs (2) for breakfast and an apple. For lunch have a portion of fish, some fresh vegetables, an orange and ½ fluids. The balance of your daily fluids in ½ portions constitutes your dinner!

Friday: Your breakfast consists of 1-6 oz glass of orange juice. No more food or liquid is allowed from this point. At this time I put on a garbage bag and warm clothes (sweat suit, towel around neck, etc.) The bag stays on until lunch time. The bag will allow your body heat to rise and you will lose further fluid. The timing on the bag may vary from person to person (longer, shorter). Throughout the 3 day exercise you must check your weight and monitor your progress frequently. You want to be at the required weight when the weigh in begins.

What you have done in this exercise is naturally dropped your body fluids and consequently your weight, through fluid deprivation. The difference between this and diuretics is you will be able to regain this weight and keep it without adverse effects such as cramping and continued urination.

Saturday: After the weigh in, do the following:
1. Drink 2 bottles of Gatorade at room temperature. This will give back about 2 kilos.
2. Drink one quart of orange juice at room temperature. This will give you additional carbohydrates and about one kilo. Room temperature is recommended to prevent cramping in the stomach.
3. Slowly eat some food including sandwiches and fruit. Continue the juices and fruit throughout the meet.

This eating and drinking should provide enough materials to restore most, if not all your lost body weight. These foods will be readily assimilated by your body. Sometimes during the deprivation process you may feel tired and weak - simply take it easy and 'believe' you can make weight.

Now, before everybody goes off the deep end about how this sytem didn't work for them, or they didn't lose as much weight, remember, this is only the way I personally used the system. It also is not an answer to not having watched your food intake until 4 or 5 days before the meet. This is a fluid system only! Try it, adjust it as required and after you've refined it, for your purposes, add it to your meet preparation program.

Think light! Be light!

CHANGES...Larry Eggleston is no longer Region 2 PL Chairman. That position is now held by Tony Carpino. Larry has also resigned his chairmanship of the Classification Awards program. Joe Zarella has assigned that task to Dick Fisher, Box 242, Brookline, NH 03033. The Classification Award program experienced considerable growth under Larry's supervision, particularly among women lifters.

POWER SUIT
made by Spanjian, natural color. sizes XS(32-34), S(36-38), M(40-42), L(44), XL(46), XXL(48). (Send height and bodyweight info)....2 for $35.00..... **$20.00**

SUPER POWER BELT
10 cm. wide...13mm thick, white stit ching, zinc plated steel buckle, (Send waist size)..... **$55.00**

SUPER POWER BELT II
Suede covered (Send waist size and color choice)..... **$65.00**

SUPER WRAPS
An excellent training wrap..... **$5.00**

SUPER WRAPS II
THE Competition wrap..... **$7.00**

LIFTING SUIT
100 per cent stretch nylon...S-XL...Navy, Maroon, or Royal Blue...Suits are trimmed in white...(Other colors and sizes may be ordered...$17.00)..... **$14.00**

LIFTING BELT
10 cm. wide...5mm thick...Brass plated, double prong buckle....S(24-28), M(28-34), L(34-42), XL(42-50)..... **$30.00**

TRAINING STRAPS
(Send fist measurement)..... **$5.50**

CHALK
Magnesium carbonate, for a non-slip grip. Per pound (eight 2 ounce blocks)..... **$7.50**

WEIGHT LIFTER'S TM
WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

SUPER SPECIAL: ORDER A SUPER SUIT AND SUPER POWER BELT.....RECEIVE ONE PAIR OF SUPER WRAPS FREE!

MASTERCHARGE/VISA ACCEPTED
California residents please add 6 per cent sales tax
Quantity discounts available

RHOADES
ALLEN

Computerized Weightlifting Schedules (CWS)

DALE RHOADES
AAU Master Powerlifter
AAU Master Olympic Lifter
1979 Asst. Coach USA Jr. World Team
Former YMCA National Champion

INTERESTED IN BECOMING INCREDIBLY STRONG?

Whether you are a novice to the iron game or an Elite lifter at a sticking point, CWS has a weightlifting schedule specifically for you. Every schedule is tailored to your individual needs and every schedule is guaranteed to optimize your training while giving you maximum strength gains.

Over 6 years of computer development and research went into the making of CWS by an athlete with a Master rating in both powerlifting and olympic lifting. Literally hundreds of athletes were used to develop CWS into the powerful high quality system that it is today. This system has been used by every level of weightlifter from novice to Elite and has resulted in producing 3 national champions and 14 national weightlifting records.

Now this system is available to you! Just fill out the form below. It will be processed by computer the day it is received, and your printout (telling you every poundage, every set, every rep to do in every excercise of every workout) will be in the mail the next day.

Write the names of the exercises you wish to do.	If exercise is to be done on machine having only 10 lb. increments, enter "M". If exercise is to be done only in Kilograms enter "K".	Write the days of the week that you wish to do the exercises (other than Sunday).	Write the number of years and months you have done this exercise.	Write recent maximum single repetition below. If exercise is to be done in Kilograms - enter Kilogram single, not lbs.
EXERCISES	"M" — "K"	WORKOUT DAYS	EXPERIENCE	MAXIMUM SINGLE
1			Yrs. Mos.	
2			Yrs. Mos.	
3			Yrs. Mos.	
4			Yrs. Mos.	
5			Yrs. Mos.	
6			Yrs. Mos.	
7			Yrs. Mos.	
8			Yrs. Mos.	
9			Yrs. Mos.	
10			Yrs. Mos.	

Send check or money order for $7.95 to:
Rhoades-Allen Computerized Systems
Box 1 Pineknoll Rd.
Sylvester, Ga. 31791
(912) 776-2158

Price includes tax and shipping.
Florida residents send to:
Allen Sports
1709 Marbury Lane
Albany, Ga. 31707

Name _____
Address _____
City _____
State _____ Zip _____
Age _____ Sex _____ Bodyweight _____
I want this schedule to run _____ weeks (8 max).
How long can you devote to each workout? _____

JIMMY MOIR

by DAVE ROBERTSON

There are some places you just like to go to and some people you are glad to know. I've known Jim Moir since 1972 and would like to take this opportunity to give you some insight into his development as a powerlifter and all around encyclopedia of weight training knowledge.

Jim Moir was born in Glasgow, Scotland in 1936. Unfortunately for his competitors, this gives him 28 years of weight work in body building, olympic lifting and power lifting. Not only is this much experience helpful in running a health club (which he does, presently), but he can also handle the most common objection of prospective members - 'I'm too old to start.'

The foundation of Jim's work was the 3 olympic lifts in which he was proficient enough to be rated highest in the British Commonwealth for the 1962 Commonwealth Games. Journeying to Perth, Australia, lifting on an injured knee, he was tied for the silver and was left with the bronze being the heavier man. This meet, Jim felt, was the highlight of his olympic lifting career.

At the same time, Jim also went in some regional bodybuilding contests where he fared quite well.

He also participated in the odd lift contests where he held many of the British records. (Lifts such as the two hands, anyway lift, where a ringed weight and a barbell had to be raised over the head of the participant 'anyway' to arms length).

Since Jim is almost as old as Ron Collins (another one who'll last forever), Jim was also around when the 'strength set' was contested (SQUAT, BENCH PRESS, CURL) and this was the beginning of a powerlifting career for him.

When Jim came to Canada, where he followed a journeyman trade as an electrician, he was involved with olympic lifting, at first. He actually spent some of his time coaching Russ Prior who was a Commonwealth champion, probably, in my opinion, as a result of Jimmy's initial basic instruction.

In 1972, Jimmy was initiated into powerlifting at the Ontario Provincial championships. The then prominent lightweight was a bodybuilder named Woody McCullough. He had a reputation of never having lost a powerlifting outing. Not 'til that day anyway. McCullough benched 305 to Jim's 300 but the cruncher came in the squat. McCullough opened with 385, which was OK, and called for a record second of 405. Jim opened with 390 and also called for a 405 second. McCullough missed, and Jim made the weight. Then the clincher - the bar was loaded wrong to 415. In an effort to save face and not repeat a weight, which at that point would not be the record he wanted, McCullough chose to get buried with 420. Jimmy then went with the philosophy, 'If you can deadlift it, so can I.' Both men finished with 445 and Jimmy was the winner. McCullough never powerlifted subsequent to this contest, although I heard he went on to an assortment of physique titles.

Jim's first venture to the World's yielded 3 distinctive facts: 1. Worldwide, there always is a group of class lifters. 2. diuretics are a poor way to make weight if you plan to squat anything. 3. I hate riding on airplanes. At this meet in Harrisburg, Pa. Jimmy totaled 1225, got cramps from weight loss and put his determination in high gear to keep improving.

In 1975 Jimmy went to Birmingham, England where he finished second to Jack Welch, and in 1976, the World's were again in Pennsylvania and for all intents and purposes it looked like a 1-2 finish in the lightweights, for Canada, with both Jimmy and Mauro Dipasquale in top shape.

..Jimmy was the winner, and McCullough never powerlifted again...

We knew Jim had the edge, having beaten Mauro in the Canadians. On his first attempt squat with 490, he stepped back from the rack, set up and waited....and waited and waited. Nothing. Assuming he had missed hearing the squat signal, he went down and up like nothing. At the top, he got the rack signal, and put the weight back. Two reds. Why? One judge said, 'You didn't wait for the signal'; the other judge said, 'The bar's too far down your back'. On his next attempt he put the bar up, went through the procedure - two reds. He asked the refs - NRA (no reason available). Next came one of the two times that Jim blew his cool since I've known him (the other was when he bought an unbecoming hairpiece and I was killing myself laughing while he called me every name he could think of). He took 507, and out of control, got stopped in the bottom as he tried to rise from some 3 inches below parallel. Mauro went on to be World champion.

In 1977, Jim lifted against Rick Gaugler and Rick was able to win, with Jim a close second. During the course of the deadlift, big Doug Young said to Rick, 'You better get one in.' Good thing too, for Rick, as the 589 was tough enough and his 611 planned opener could have been big trouble.

In 1978, Jim did not go to Finland for family and financial reasons. And in 1979, Jim put together 584-374-573 for 1532 and a World championship at Dayton against Salih and Garner of Great Britain.

In 1980, in a classic confrontation with Rick Crain of the USA, Jim was again a bridesmaid as Ricky yanked up a 661 deadlift, to win 1609 to 1603, and although some say the DL appeared to slip from Rick's hands before the down signal, Jim doesn't begrudge Rick of it in any way. Jim feels he lost the show when he cut his 622 squat high (one white) and had he made that one (it came up dead easy) he possibly could have had Rick beyond his ability in the DL.

Jim's attitude toward a contest is that if a lifter is successful with what he planned to do and if another lifter does more, then what could be done to change the outcome? Nothing, of course. He only gets upset when he falls short of his own planned attempts and then loses.

As time goes on Jim has become more and more open minded when approached with new training ideas, and if someone has sound reasoning with his theories, Jimmy will listen to what he has to say. This is how Jimmy came to employ the 1 inch above parallel/half squat in his training. Once he began to realize that 'familiarity breeds attempt' he saw that few, if any, lifters made much more than they had ever had on their back, chest or in their hands on psyche alone.

When Jim is not training for a meet, he employs the basic 3 in training (3-5 reps) approximately 8-10 body building exercises and some running (2 times per week). The bodybuilding exercises are done for two sets for 15 reps.

Eight weeks before a major meet the assistance work is shelved and each lift is allocated to a day where it is concentrated on as the 'lift of the day.'

Monday is a deadlift day and the heavy singles come every second week. The week in between is spent deadlifting off blocks or while standing on blocks. It is important to emphasize exactly what is meant to happen in Jim's singles. Jim believes that reps with 80 or 90 percent of one's limits can train bad habits. If, for example, a lifter tends to round his back when he loses his position in the DL, then three out of a set of five, say, may be with back rounded. Five singles, with attention to form, at this same poundage seems to prove more beneficial to Jim's progress. Jim will caution here also, tho, that he has had time over 28 years to build a conditioned foundation with moderate weights and five to eight reps. This also helps prevent tendon - ligament problems. To summarize, Jim deadlifts heavy bi-weekly. Above 75 percent he does multiple singles, with form in mind. He avoids the use of straps. He limits weights off blocks to 10 percent over his limit. Using the 'WORST, FIRST' philosophy puts the deadlift on Monday. Light benches up to 300 follows over 6 sets.

BIG SQUAT...Jimmy moved the weights very easily at the World Games.

Wednesday is the bench press. He loosens up with as many sets as he feels are necessary with 60 K(132 lbs). .Through a few more sets, Jim scoots up past 300 lbs. Doubling out initially with pause at about 310, Jim will attempt to move this double close to 360 by the week prior to the contest. Above the double the form single system continues. He tries to do ten singles at or above his starting poundage. The only other work involved in the bench is 3-4 sets of 3-5 reps with feet up on the bench, in the 250-310 lb range, to finish blitzing the upper body.

Friday is the big number of Jim's program - the squat. After he loosens up, Jim cranks out 2 or 3 sets of 10 at 60 K(132 lbs). Initially, Jim jumps about 60 K for sets of four at parallel depth at least. Somewhere around 450 lbs (205 K) Jim does a triple followed by a double at 501 lbs (227.5 K)(this double, of course, moves up as the contest approaches). From the double up, he goes to good singles, all passable on form and depth. Prior to each contest, a poundage is selected as a goal. By the second week of the 8 week program, Jim has already had the weight on his back for a 'sissy squat'. This simply involves unracking the weight, setting up and squatting down until panic sets in. In this same workout Jim tries to break parallel with his projected contest opener (or darn close to it) and go as close as possible to the parallel position with his second attempt. Jim notes that you often hear of lifters handling poundages, in training, up to 100 lbs more than they get near to in contests. He attributes this to two reasons: 1. Many lifters are unsure of how to judge the legal depth of the squat (no matter what is in PL USA), and 2. training partners often let the guys who are going to suffer later, get away with murder in training. It seems that if the guys get up from any depth at all with a heavy weight, their buddies will tell them 'good lift'. Kill this problem in training and you'll make training weights in contests, for sure.

To sum up - singles over 75 percent maximum to at least parallel. Half squats no more than 30-40 lbs over your limit, no more than 1 inch above parallel for the heaviest single.

As far as supplements go, Jim feels that drugs are used to give the 'competitive edge' to a lifter. He feels the quantities should be moderate and medically regulated. He also feels they are often a substitute for hard and consistent training. The major concern he sees is with novice lifters who are too impatient to move up. He points out that most of the heavy hitters have paid their dues, and those who haven't generally are just the 'flash in the pan' type who are gone down the road after a couple of years.

So there you have it, where he came from and how he got to where he is now. The one question that remains is where is he going? I'm not sure, but I know he'll keep going and that he gains more and more strength from the other 'old guys' he's always talking about; like Frantz, Collins, Cortes, Reed, Seno and on, and on, and on.....

Regards,

Dave Robertson,
London, Ontario.

Texas Hill Country Meet

October 3rd, 1981
for further information contact:
Elite Sales Inc.
Box 17711
Austin, Texas 78760

(mistakenly listed in last month's calendar on Oct. 3, 1982)

ERRORS...if you see a mistake in the material in POWERLIFTING USA, **please** bring it to our attention. When appropriate, we'll make a correction in a following issue and credit the source. For example, we thank Tony Carpino for pointing out that under new policy established at the Senior Nationals, State records may be set at meets within the state, at regional meets, and at national contests, rather than just at the State championship meet as we mistakenly reported in the August issue.

MIKE MACDONALD SYSTEMS
presents

SPOTTER RACKS

Train in safety without spotters. Racks allow you to slide out from under heavy missed squat and bench press lifts.

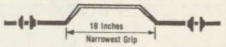
$125.00 a pair
Sent freight collect
No C.O.D.

WEIGHT WALKERS

New Design
Adjustable Size
$39.95
postpaid
Send calf size

'Weight Walkers' are 8 lb. leg weights used to drop bodyweight while retaining max strength.

the CAMBERED Bench Press Bar
TRAINING PROGRAM INCLUDED



For the Ultimate in Bench Pressing Blastoff Power, Pectoral Development and Tricep Lockout Power

35 lb. Olympic Style Bar..$115 postpaid
20 lb. regular Style Bar...$70 postpaid
45 lb. Olympic Style Bar (rotating ends)....$250 postpaid

Send U.P.S. C.O.D. Accepted

ROTATING POWER GRIPPER
(For superior grip power)
Don't lose the Big One
$19.95 postpaid
C.O.D. OK

World Record MOVIE in color

See this unique movie of Mike MacDonald, the greatest Bench Presser of All Times, as he makes 545 in the 198 lb. class for an Official World Record in Omaha, Nebraska in August 1978. (Super 8 MM film)

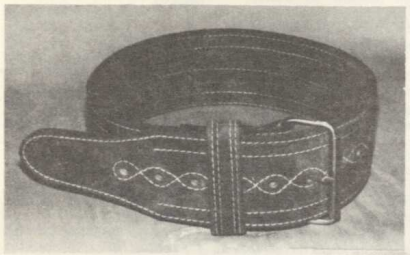
$25.00 postpaid
Sent U.P.S. C.O.D. accepted

FAST SHIPMENT
SENT FREIGHT COLLECT
No C.O.D.
on large equipment

order from:

MIKE MACDONALD SYSTEMS
4733 FRANCE AVE. SO.
MINNEAPOLIS, MN 55410
Phone (612)-926-5307 Mornings

BOB'S CUSTOM LIFTING BELTS

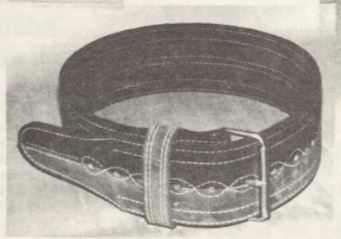


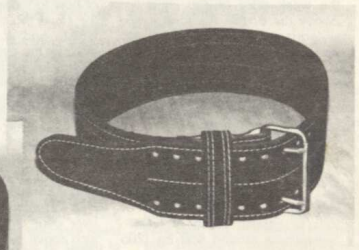
ORIGINAL
Designer
of Suede
Powerbelts

Style (A) Deluxe Suede Covered belt with stitching twice around belt, once down center, and around holes.....$75.00

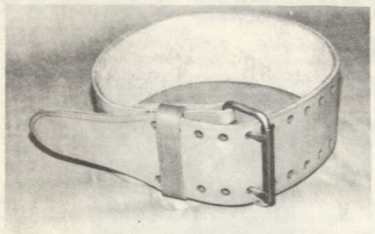
Heavier Buckle
with Roller

Any Color of Suede





Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes.....$75.00



'Two Tone'
$75.00

Style (D) Single thickness belt with double row of holes..$30.00

FINEST
in
QUALITY

Style (C) Double thickness belt has stitching once around belt, down center and around holes..$60.00

PLEASE STATE SIZE, STYLE, COLOR CHOICE

Name_____ ___ MASTERCHARGE
___ BANKAMERICARD/VISA

Address_____ Acct. No._____

City_____State_____ZIP_____

Style_____ Size_____ Phone _____ Exp. Date_____

Color_____ 2nd Choice_____ Signature_____

BOB'S CUSTOM LIFTING BELTS
197 SAN LORENZO ST.
POMONA, CALIFORNIA 91766

NEW ADDRESS!!!

714-620-8957

More from Ken Leistner

I've had lots of comments re: the little 'rotation' method of PL as first put forth to me by Warren Sallade and I just want to fill that out with some details. First, let's consider assistance work. I am not a great believer in many different exercises. One must choose those that he knows works for him, those that have been proven effective through the years or those that theoretically should work. If this sounds inexact, welcome to the machine. There are those exercises that we all 'just know' aren't worth a damn, impossible and/or uncomfortable to do and won't help your lifts anyway. Yet, there will be someone out there who swears by them and no doubt, it works for that one dude. There are others that everyone has used with good results but which may or may not work for our boy in question. Then, there are those that according to the 'books', will add pounds to the lift and meat to the frame, but which may not work for you, and may not have worked for anyone in the last 12 years. The following is opinion, my opinion, and is only as valid as anyone else's. Generally speaking, and that's all we can do in this situation, the following are good assistance exercises, 'good' meaning that they will in some way help the average guy out there at one time or another. Inclines, barbell or dumbell presses, dips, cleans, stiff-legged DL, more squats. Yes, I know, I forgot at least 3 movements per lift that have helped the entire state of Texas, but what can I say? Any program must be built around the major lifts, and then add the assistance work to it.

Let's lay out a program using the principles mentioned in our previous article. We'll do it like this: Mon - Bench, Wed-Squat and DL, Fri- Bench, Mon - Squat, Wed -Bench, Fri- Squat and DL etc. First MONDAY: We'll be benching twice this week so there's no need to kill it each day. Arbitrarily, we'll do a heavy set of 5 reps. For assistance work, perhaps 3 sets of 6 reps in the incline, some lat pulldowns for 10-8-6 reps, increasing weight each set, triceps extension - 10-8-6 and curls, 8-6-4. That should be plenty. WEDNESDAY is a heavy day. We'll only be doing the two big lifts once this week, so a heavy triple in both, back to back will do you in pretty well I would think. If you did this every week, you'd get stale, injured, or look for early retirement, but the beauty of this set up is that you will not have to do this on a weekly basis and there's plenty of time for rest. For assistance work, shrugs, 10-8-6, Leg curls, 3x10-12, ab work (I'm very much in favor of heavy side bends to develop the obliques. These should be done once per week and will help to provide stability to the upper torso during squats and DL), two sets of 15-20 reps, and if available, one set on the Nautilus pullover machine for 10 reps, all out. I think this is a neglected piece of apparatus with many advantages for the lifter, but we'll save that for another time. Now to FRIDAY of week one.

'..there are those exercises we all just know aren't worth a damn!....'

Bench again, but lighter, you have a choice here, of doing moderate benches for varying reps, or going heavy in the overhead press or incline (30 degree angle). Going heavy in the press, in terms of workload, is similar to doing the bench moderately as one can't handle the same kind of weight in the overhead movement. Let's use the press, working to a good triple. Although some in the game don't care for it, I feel that the press gives good work to the muscles directly involved in the bench, but this too is a discussion best saved for a future article. Follow the presses with DB row, 3x6-8 reps, then to dips, 10-8-6 or 10-6-4 using lots of weight. Make sure that you go through a full range of motion, coming all the way up and going as far down as is comfortable and safe.

Most guys interpret the last two statements to mean that they can bend their elbows an inch and shoot to the top with 300 lbs on their wrist. Go down as low as you can without tearing, in a controlled manner, and come all the way up. A lot of guys don't like to lock out on top because it's a bone on bone lockout with little muscular contraction needed to hold the position. This may be true, but again, human nature being what it is, the tendency is to bob up and down and get little out of this great exercise. If you have to come all the way up, there's a much higher probability that you'll do the thing correctly. After dips, you can do curls of some sort, or upright rows, 3x6-8 or progression for 8-6-4. This is primarily for protecting the long head tendon (of the biceps brachii).

As should be obvious, the bulk of the work and energy and concentration have to go into the majors. If that's done, these are not easy workouts. Let's continue:

To recap week one:

MONDAY
BP-to x5
Inclines-3x6
Lat pulldown-10-8-6
Tri Ext-10-8-6-
Curls-8-6-4

WEDNESDAY
Squat-to x3,heavy
DL- to x3,heavy
Shrug-10-8-6
Leg curl-3x10
Abs-2x10-15
Pullover-10

FRIDAY
Press-to x3
DB row-3x6
Dips-10-6-4
Uprights-8-6-4
Tri pressdown-3x10

Week 2
MONDAY
SQUAT-to x6,moderate
leg press-12-8-4-
leg curl-3x12
Cleans or rows-3-4x4-5
Cable row-10-8-6
Abs-2x12

WEDNESDAY
BP - to heavyx2
Lats-10-8-6-
DB press-3x6
Chins-3x6-8
Tri Ext-3x6

FRIDAY
Squats-to x4
DL-to x4, moderately hvy
Shrug-12-8-6
leg curl-3x10
Squat-1x20, backoff set

Week 3
MONDAY
BP-to x6,moderate
Flyes-2x12(injury prevention)
DB row-3x6
Tri Pressdown-3x8-10
Curls-8-6-4

WEDNESDAY
Squats-max x2
leg curl-3x10
leg ext-3x12
hypers-2x12
Abs-2x10-15
Pullover-10

FRIDAY
Inclines-tox3,heavy
Laterals,2x12-injury prevent.
Lats-10-8-6
Dips-8-6-4
Curls-8-6-4

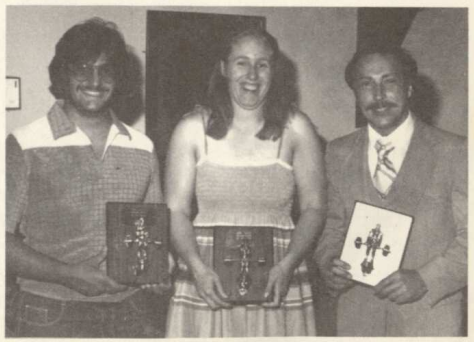
Week 4
MONDAY
Squats-to x5,moderate
leg press-12-8-6
leg curl-3x10
Shrugs-10-8-6
Abs-2x10-15

WEDNESDAY
BP-to x1 or 2,max
DB row-3x6
Press behind neck-8-6-4
Upright row-10-8-6
Tri Ext-3x6

FRIDAY
Squats-x3
DL- x1,max
Head pulls-3x3(DL rom knee)
Leg curl-3x10
Abs-2x10-15

This should give you a basic idea on how to go about this type of program. Mix the assistance work, mix the reps, mix the intensity, mix the heavy and light days. It provides lots of work and yet, much flexibility. Substitute assistance work as you see fit and if it's been a horrible day at the job, do the major move for the night and get the hell home. If it's one of those good days, push the major for all it's worth, and then hit the assistance work heavy too. That's it for this month. Enjoy the rest of the summer.

Compliments to Ken...Dave Abrahamson has been a successful patient of Dr. Ken, but has been even more impressed with Ken as a friend. Dave mentioned to Ken that he wanted to try a new brand of lifting suit, and next time he came in for a treatment, Ken laid one on him..free of charge. He had only known Ken for about a month and here he was bending over backwards to help Dave's lifting. Dave is now lifting for Ken's team and feels that the enthusiasm of the young lifters combined with Ken's knowledge and dedication will make them a group to watch.



WINNERS...from left to right, the 1981 Connecticut High School PLer of the Year, VIN CUPO, followed by the 1981 Connecticut Woman PLer of the Year, JULI GOULD, and the 1981 Connecticut PLer of the Year, JOHN VARRONE. Thanks to Joe Steele for photograph.

SUPERWRAP™ II

"The finest knee wrap available for competition or training"

• 3 Pairs $18.00 • 2 Pairs $13.00 • 1 Pair $7.00 •

• STRONGER • HEAVIER • LONGER LASTING •

• OFFICIAL LENGTH • GREATER STRETCH WITH MORE COMFORT •

SUPERWRAP™ II is the **most effective** knee wrap in use. Top competitors around the world buy **SUPERWRAP™II** to **improve squat** performance. Another fine value from the **MARATHON Distributing Company.**

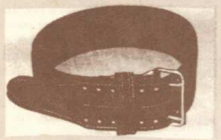
"... **add pounds** to our SQUAT & TOTAL." Use **SUPERWRAP™ II** AND SAVE $$$!!

FREE PAIR of **SUPERWRAP™ II** with each Supersuit™ purchased.

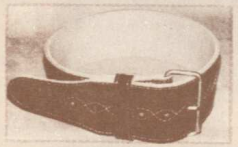
Also ... the original **SUPERWRAP™ • 3Pairs $12.00 • 1 Pair $5.00**

...the original heavy duty knee wrap cut to official length

BOB'S Custom Lifting Belts from marathon™ Distributing Co.

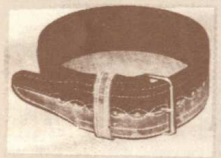


Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes ...$75.00

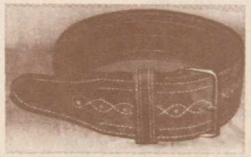


Style (C) Double thickness belt has stitching once around belt, down center and around holes $60.00

Style (D) Single thickness belt with double row of holes $30.00



'Two Tone' $75.00



Style (A) Deluxe Suede Covered belt with stiching twice around belt, once down center, and around holes $75.00

Training Straps! Heavy washable nylon ... won't stretch. Blue, yellow, green, red or white. Style 1 .....$5.00

IMPORTANT

SUIT SIZE: If you are certain of your suit size, please indicate it in the appropriate column of the adjacent order form. If you've never before worn a Supersuit™, indicate your height and weight, and check the appropriate box for male or female.

SUIT COLOR: Indicate your 1st, 2nd and 3rd choice of color by numbering the appropriate box.

BELTS: Indicate waist measurement, style and color preference.

SUPERSUIT™ II

Black ☐ Navy Blue ☐ Royal Blue ☐ Scarlet Red ☐

SUPERSUIT™

Natural ☐

SHOP BY PHONE OR MAIL

Male ☐ Female ☐

(Height) (Weight) (Height) (Weight)

Item	Suit Size	Suit Size	Suit Size	QTY.	EXT.
SUPERSUIT™					
SUPERSUIT™ II					
SUPERWRAP™					
SUPERWRAP™ II					
Additional orders or special instructions				Total	

Name: _____

Address: _____

City _____ State _____ Zip _____

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. _____ Exp. Date _____

*Oversea orders add 20%. Calif. residents add 6% Sales Tax.

marathon™ Distributing Company 1229 Via Landeta, Palos Verdes Estates, CA 90274

Phone: (213) 519-7111/375-3802

SUPERSUIT™

FREE SUPERWRAP™ II

from

marathon™ Distributing Company

"SUPERSUIT™ supports powerlifters throughout the world ... proven in international and national competitions."

More local, state, national, international, and world championships have been won in a SUPERSUIT™ than any other lifting suit."

• The finest POWERLIFTING SUIT AVAILABLE. The famous SUPERSUIT™ by Spanjian is offered in FIVE COLORS. Both models, SUPERSUIT™II and the SUPERSUIT™, feature, the same design; HIGHER SIDEPANELS and WIDER SHOULDER STRAPS for GREATER BODY SUPPORT in the SQUAT.

• The new Supersuit™ II, with even stronger material is now available in navy blue, royal blue, scarlet red, and black for $36.00. The original Supersuit™ is available in natural (white) for $28.00.

• FREE Pair of SUPERWRAP™ II with each suit purchased.

MIKE BRIDGES, MULTI-CLASS WORLD CHAMPION "... A POWERLIFTER AHEAD OF HIS TIME."

MARK DIMIDUK 1980 WORLD CHAMPION

LARRY PACIFICO 9 TIME WORLD CHAMPION

MARVIN PHILLIPS, 20-TIME WORLD RECORD HOLDER IN THE SQUAT.

The best wear Supersuits, so wear the best
Increase your squat and total with a SUPERSUIT™
Often imitated — never equalled

• **SUPERSUIT™ II** (Stronger Material) **$36.00**
Black, Navy Blue, Royal Blue, Scarlet (Red)

• **SUPERSUIT™** Natural Color (White) **$28.00**

• **SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48**

The numbered sized suits give a more accurate fit for greater body support during the squat.
Do not accept substitutes.

The MARATHON Co. is the exclusive worldwide source of the Supersuit™ by Spanjian.

Distributor inquiries on SUPERSUITS™ and SUPERWRAPS™, foreign or domestic, are welcomed. Team, school and wholesale discounts also available.

Champions and record holders TRAIN and WIN with SUPERSUIT™.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE SHIPMENT —

DYNAMICS of the DEADLIFT

another in a fine series by PETE VUONO

The advent of various articles of lifting attire has caused the maximum squats of most powerlifters to increase markedly. However, these pieces of clothing generally increase the squat more than the deadlift due to the fact that the descent in the deadlift is not as deep as that of the squat. In spite of all this added armor, the deadlift still produces the most weight of any other lift in the triathlon for most powerlifters. It is for this reason that the good deadlifter is both feared and respected by all. There are several individuals in powerlifting who are not as proficient in the squat and bench press as they are in the deadlift but because of their extraordinary skill in the latter lift, the contest is never decided until the final attempt, and I am sure that the reader knows of many a powerlifter who can easily set up a squat or bench press record, yet lose victory because of a poor deadlift. It is my desire to help the reader develop his or her deadlift to the fullest so that he or she may make the deadlift their 'King of Lifts'.

1. TECHNIQUE.

The reader may have heard it said by many that the deadlift is not a technique lift and therefore technique needn't be practiced. I personally feel that there are several things to be considered in developing one's technique. Namely, the grip spacing: the wider the grip, the lower one must stoop towards the ground, thus increasing the total range of motion. Yet, if the grip is in too close so that the hands and forearms rub against the thighs, the resultant friction may stop or slow down the lift. One should also experiment with the position of the hands and knuckles. The position which allows for comfort and shortest range of motion should be the one to adopt. There is the more conventional method of alternating the grip. This seems to be the most popular as it helps to prevent the bar from rolling out of one's hands. However, this grip may not necessarily allow one the shorter range of motion. Also, it is said by some powerlifters that this grip creates a slight twisting effect in the execution which, over a span of time could cause back complications. For these reasons it may be wise to at least experiment with a pronated (knuckles forward) or supinated (palms forward) grip executed in the hook style. In training, try using a hook grip with knuckles forward and backward. If either method serves to give better comfort and leverage, it could be a key to greatly increased poundages.

The next phase in deadlift technique is proper positioning of the back. Some powerlifters 'flatten' the back by looking up and slightly concaving the back giving it a flat and upright appearance. This is akin to the Olympic lifter's style of pulling. However, most powerlifters squat while leaning slightly forward on the ascent using both legs and back. What would happen if they squatted completely upright?

Indubitably, a lower poundage would result. For this reason, the flat back style may decrease one's deadlift poundage. In training, using lighter weights, experiment with the so called 'humpback' style.

Take a normal grip and foot spacing. Now, instead of looking up or straight ahead, look slightly downwards. This head position will automatically round the upper back slightly. The rounded back lowers the shoulder down toward the bar, 'lengthening' the arm effectively and enhancing leverage. This lengthening of the arm helps the powerlifter's lower body arise slightly before the stress is thrown upon the lower back. The humpback deadlift is the reverse of sticking one's chest forward while squatting. In the squat, the chest is jutted forward to shorten the back and promote better leverage. In the deadlift, because the bar is now in front, the back is rounded to promote better leverage. It is advisable that the reader give this method a try.

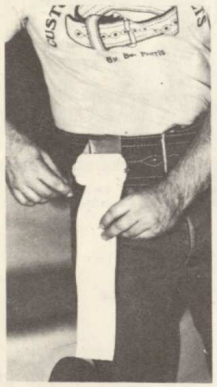
The final element of deadlift technique is the foot spacing. Most powerlifters prefer the conventionally close or shoulder width foot spacing. This type of foot spacing demands that the legs be bent and increases their involvement in the lift, along with the lower back. It also allows the lifters to execute the humpback style of deadlifting. Some lifters, however, have had excellent results using the so called 'Sumo' style stance.

This style is one in which the lifter takes an extraordinarily wide stance and places the hands between the legs. This style has several advantages and disadvantages. Some advantages are that the wide foot spacing of the Sumo style brings the hips into play which are the largest muscles in the body. Also, a wide foot spacing brings the body down towards the bar, decreasing the distance to pull the bar. This can greatly help people with short arms to gain better leverage.

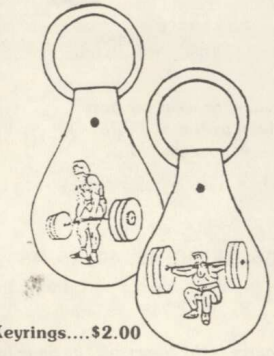
Although the wide foot spacing brings the hips into play, it decreases emphasis on leg action. Therefore, the legs cannot be used as extensively as in the conventional style. Also, this wide stance points the toes more outward, which can adversely affect a lifter's balance.

It is the opinion of this writer that each lifter, in training, should try the Sumo style, otherwise, one may never know what style has the most positive effect on his deadlift.

More from BOB'S CUSTOM BELTS



Wrapwinder..$15.95



Keyrings....$2.00

Style 1

Style 2

Lifting Straps...$4.00
(Red, Blue, Yellow, Green)

Dip Belt...$25.00

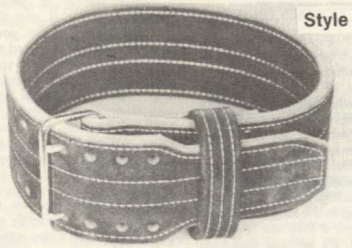
order from
BOB'S CUSTOM LIFTING BELTS
197 San Lorenzo St.
Pomona, California 91766
714-620-8957

ALL PRICES INCLUDE SHIPPING

Pat's Power Products

124 East State Street, West Lafayette, IN 47906
Ph. Office: 812-753-4639; Shop: 317-743-3481

Style 2 Stitching



4S3C

Style 1 Stitching

4S3

MODEL NUMBER	NO. OF LAYERS	TYPE COVERING	APPROXIMATE THICKNESS	BUCKLE PLATING	BUCKLE WIDTH	STYLE STITCHING	BELT PRICES
2N1	1	Nat.	7-mm	chrome	2"	none	24.00
3N1	1	Nat.	7-mm	chrome	3"	none	28.00
3S1	1	Suede	9-mm	chrome	3"	1	42.00
4N1	1	Nat.	7-mm	zinc	4"	none	31.00
4N2	2	Nat.	11-mm	zinc	4"	1	51.00
4N3	3	Nat.	13-mm	zinc	4"	1	61.00
4N2C	2	Nat.	11-mm	zinc	4"	2	55.00
4N3C	3	Nat.	13-mm	zinc	4"	2	65.00
4N2CD	2	Nat. Dyed	11-mm	chrome	4"	2	61.00
4N3CD	3	Nat. Dyed	13-mm	chrome	4"	2	71.00
4S1	1	Suede	10-mm	zinc	4"	1	54.00
4S2	2	Suede	12-mm	zinc	4"	1	64.00
4S3	3	Suede	13-mm	zinc	4"	1	74.00
4S1C	1	Suede	10-mm	chrome	4"	2	60.00
4S2C	2	Suede	12-mm	chrome	4"	2	70.00
4S3C	3	Suede	13-mm	chrome	4"	2	80.00
4S1CD	1	Suede } with insert color	10-mm	chrome	4"	2	69.00
4S2CD	2	Suede } with insert color	12-mm	chrome	4"	2	79.00
4S3CD	3	Suede } with insert color	13-mm	chrome	4"	2	89.00

1. All belts except Model No. 2N1 have double prong buckles.
2. Fifteen colors of Suded offered: Black, Navy blue, Royal Blue, Brown, Rust, Light blue, Light green, Gold, Red, Gray, Purple, Maroon, Light brown, Dark Green and Sand.
3. All belts are 100-mm wide and IPF and USPF legal.
4. Stitching Style 1 is one time around belt; Style 2 is two extra rows.
5. All sales out of United States add 10% for postage.
6. Postage included on sales in United States.
7. No COD orders please.

NAME _____ PHONE _____

ADDRESS _____

CITY STATE ZIP

WAIST SIZE _____ MODEL NO. _____ MAIN COLOR _____ COLOR INSERT _____
On SCD models only

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

PSYCHOLOGICAL ASPECTS OF POWERLIFTING

by Jud Biasiotto, Ed.D. and Ed Ritter, PhD.

Last month, we showed how naturally occurring reflexes could be made to occur in response to new stimuli, and thus become conditioned reflexes. If you have a stimulus which automatically produces a response, then a conditioned reflex can be established by associating a new stimulus with the original stimulus. This procedure is called respondent conditioning.

Consider the following example: Striking the patellar tendon will automatically produce the knee jerk reflex. If a bell is sounded just prior to striking the tendon, then after repeated pairings of these two stimuli, the bell will also cause the leg to jerk out. In a similar way, we can develop conditioned emotional responses. For example, we can learn to fear things because of their association with other stimuli which already cause pain. On a more positive side, we can learn to have good feelings about new things if these things are closely associated with pleasurable stimuli. It is well known that pleasurable sexual experiences can make you feel very good about the person who is making you feel so good. Not so obvious is the fact that a lover who consistently wears high heel shoes may actually cause you to develop a fetish for high heel shoes. Similarly, sexy underwear is a special turn on because it has literally been closely associated with good things.

On a more clinical level, someone may even develop masochistic tendencies if he is bitten, whipped, or otherwise hurt prior to having an orgasm. Depending on the relative amounts of pain and pleasure, this person might either learn to love pain or else hate sex.

Before you think that we are getting too far afield from weightlifting, let's point out that a very similar process could occur with lifting. We have all heard of the overload principle. In order to build muscle and strength, you must use loads which will exhaust the muscle. This causes muscle hypertrophy and increased strength. It also causes pain. In fact, it is common for dedicated lifters to express their philosophy of life by saing, 'No pain---no gain.' A lot of other people have a more hedonistic orientation which is epitomized by the expression, 'If it feels good--do it', or as our favorite chiropractor advises, 'If it hurts--don't do it.' In other words, a lot of people who try something that hurts will stop.

Some will sort of play at weightlifting and show very little development in terms of strength or muscle mass because pain unfortunately signals to them that it is time to quit. However, the serious, experienced lifter has come to appreciate the relationship between pain and progress. For them, pain is consistently and strongly associated with a great source of pleasure--not only a sensuous pump, but a measurable increase in strength and muscle. Consequently, this type of pain may cease of really be experienced as pain anymore. In a true masochistic sense, the lifter may seek pain rather than avoid it (at least in the context of training and lifting situations).

Weightlifters in general are probably more likely than other athletes to develop such masochistic tendencies with respect to their training because of the closer relationship between 'pain' and 'gain' in their particular sport. Especially in weightlifting, pain is a condition for growth. We are, of course, talking about the type of pain associated with muscle fatigue and stress--not injury. Painful injuries are counterproductive, and are dreaded or feared by lifters because such injuries are associated with failures and setbacks.

As we have seen, respondent conditioning (based on the association of stimuli) has important ramifications--not only with respect to everyday life, but with respect to sport as well. There is, however, another type of conditioning which also has broad relevance. It's called operant conditioning.

OPERANT CONDITIONING

Operant conditioning can be summarized by a deceptively simple yet profound principle: Behavior is a function of its consequences. That is, what happens after you make a response has a powerful effect on whether or not you'll make that response again. If someone has a habit of doing something, then it's because they have found it to be rewarding--if not immediately, then at least in the long run. By the same token, if they are not doing something, it's because they have either not been rewarded for doing it, or they have been insufficiently rewarded so that other activities are more satisfying. This principle may seem obvious, but people often fail to look at the environment and the reward structure when it comes to trying to explain behavior. For instance, there seems to be a preference for talking about a 'lack of motivation' when it comes to explaining why people don't do certain things. The fact is that everyone is motivated to do something. The problem is that they may not be striving to achieve the things that we or others feel are important. Personality characteristics are important, but these are best understood by considering the reinforcement history of the individual, and how he views rewards.

Technically speaking, an operant is a behavior that the individual 'freely' emits. It is not elicited or forced by the presentation of an unconditioned stimulus as in the case of respondent conditioning. In other words, you wait for the person to 'operate' on the environment -- to do something. Then you can either increase or decrease the likelihood of this response occuring again by rewarding or punishing the response respectively.

In operant conditioning, the person's behavior is instrumental in determining whether or not he will be rewarded. If he first does the 'right' things, then this will produce the reward. (This is the reason operant conditioning is also called instrumental conditioning). For example, for whatever reason, let's say you try a new squat technique--a wider stance or perhaps a straighter back. If you then lift more, or if it feels better, you might be sufficiently encouraged to continue. But if you do less well, you might become discouraged and stop. There is a kind of 'win-stay-lose-change- rule operating here.

The situation is, however, often more complicated than such a straightforward rule implies. Cognitive factors such as expectations play a crucial mediating role. If you expect that a new training technique will eventually start to pay off, then you'll stay with it even though there are no immediate results. In fact, your performance may actually decline, but as long as you anticipate success, you'll stay with it.

'the win-stay, lose-change' rule operates here.'

If you are injured making a maximum bench press without spotters, it is likely you would avoid such a lift or set up safety equipment so that you now anticipate performing the lift safely. We do not just react automatically in mechanical fashion to rewards and punishment, we attempt to analyze the reasons for various behavioral consequences, and adjust our behavior to fit our expectations (as well as adjust our expectations to fit our behavior).

Because they are so important, we need to understand some of the factors which affect expectations. Certainly a memory of past performances and consequences is important so that we can, let's say, avoid making the same mistakes. But there are other interesting, less rational, rules underlying what people come to expect. For example, the more work we put into something, the more we expect that it will pay off (self-justification of effort). We believe 'we'll get what we pay for', and it may take an unusually long time before we realize that something we've invested so heavily in just isn't going to work.

Increased effort and expenditures increase commitment, and under such circumstances it is very difficult for us to cut our losses. There is an interesting term for this when it comes to gambling. It's called the 'Gambler's Fallacy'. It is a widely believed fallacy that just because one has lost so much, he is bound to start winning pretty soon. In a game based on pure chance, such as the outcome of a flip of a fair coin, the fact that the coin happens to come up, say, tails four times in a row, does not change the fact that the probability of a head on the next toss is still 1 out of 2, or 0.5. A run of 'bad luck' does not change the probability of the two events (heads, tails). However, you may begin to question whether the coin is indeed fair and an unlikely run of events has occurred, or whether the coin is unfair and the probability of a head is not equally likely.

As we have said, we may expect something to work or pay off in the long run, and expend a lot of resources in spite of few immediate rewards. However, the opposite can also happen. You might try something, and it might work just by chance. That is, your response could have been accidentally reinforced, and so you believe that it is an effective means to an end when actually it is ineffective. For example, when you first start out lifting weights, just about any legitimate training routine is going to produce rapid gains in strength--primarily because you have so much room for improvement. You rapidly increase in size and strength and each week you are able to add several pounds to the bar. Because of this reinforcement, you develop a lot of confidence in the method, although the training routine may actually be a relatively poor routine. Later, when your gains in strength become progressively less (as they inevitably will) you may incorrectly assume that there is something wrong with you.

On the other hand, an experienced lifter, especially when attempting a new lifting technique, may be skeptical and not very confident that the procedure will work. This uncertainty may result in a half-hearted attempt, and if improvement or other rewards do not follow immediately, he may prematurely give up. Because most training routines involve complex sequences of behavior, it is very difficult to determine what it is about a routine that works or doesn't work. Sophisticated experimental designs and numerous replications of studies are required in order to weed out the effective and ineffective components of a training program.

When it comes to the consequences which follow and thereby affect future performance, keep in mind that exceeding one's performance expectations is especially rewarding, whereas falling below one's expectations is very unrewarding. For example, two lifters each bench 310. One lifter is thrilled because he has 'only' done 300 before. The other guy is depressed because he's used to doing 320. Gains in rewards (strength, etc.) are what's especially important to us, that is, the amount of reward relative to what we've become used to. Unfortunately, as we become more and more proficient, the gains become less and less, and the point is eventually reached where in order to show a slight gain, everything has to be just right; there is no room for error, and the task may cease to be fun anymore. On the brighter side, fortunately most of us have a lot of room left for improvement, and a lot of satisfaction to be experienced before we get to the point where we can go no further.

CUSTOM LIFTING SUITS

$32.00...worn by the Worlds Best Squatters. Of the hundreds of these suits sold, the majority have been to repeat customers. With every order for one of these custom suits a free one year training graph will be included (one per custormer). Also available...custom wraps..$8.00 per pair, adjustable deadlifting straps...$5.50.

Add $1.50 extra for shipping.

order from: *ERNIE FRANTZ STUDIO*
21 NORTH BROADWAY
AURORA, ILLINOIS 60504
(312-892-1491)

2 TIMES RUNNER UP MR. U.S.A
2 TIMES WORLD POWERLIFTING CHAMPION

ERNIE FRANTZ SUPER HIGH POWERLIFTING PROTEIN

26 years in the formulation, this is the first Powerlifting Protein on the market.

1 lb.....$7.95

5 lb.....$34.95

add $1.50 for shipping

Quantity Discounts Available

ALL ESSENTIAL AMINO ACIDS ADDED PLUS:

VITAMIN A	NIACIN
VITAMIN C	CALCIUM
THIAMINE	IRON
RIBOFLAVIN	VITAMIN E
PHOSPHORUS	VITAMIN B6
	VITAMIN B12

Send $1 for a sample of the protein that has helped Ernie Frantz for over twenty years.

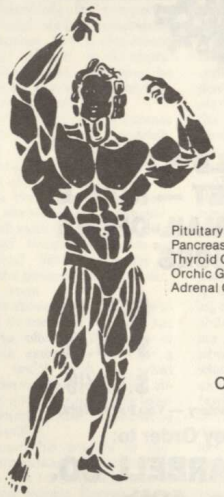
THE VIRGINIA OPEN

November 7th, 1981

Location: Stanardsville, Virginia
Open Division: Trophies 1st, 2nd, & 3rd place
Novice Division: Trophies 1st, 2nd, & 3rd
Female Division: 5 places by Formula
Masters Division: 5 places by Formula
Morning & Evening Sessions
1st, 2nd, 3rd place Team Trophy
(Open Division Only)

For more information call or write to Willie Morris, Box 5, Rt 810, Stanardsville, VA 22973 or call 804-985-7660 Tues, Thurs, and Sun evenings only.

GLANDULAR CONCENTRATES



All Glands are processed at low temperatures by our exclusive Lyophilzation by sublimation process so as to preserve natural constituents.

Multi Super-Glan

contains Thymus, Adrenal, Sfleen Testo, Heart, Pancreas, Doudenium, and Liver.

100 — 40 MG Tablets **$7.95**

Pituitary Gland	100	40 MG Tablets	$ 7.95	Heart Gland	100	150 MG Tablets	$ 7.95
Pancreas Gland	100	330 MG Tablets	$ 8.95	Kidney Gland	100	440 MG Tablets	$ 8.95
Thyroid Gland	100	420 MG Tablets	$10.95	Liver Gland	100	450 MG Tablets	$ 7.95
Orchic Gland	100	160 MG Tablets	$ 7.95	Phymus Gland	100	150 MG Tablets	$ 8.95
Adrenal Gland	100	80 MG Tablets	$ 8.95	Brain Gland	100	360 MG Tablets	$ 8.95

FREE OFFER —

Order 500 tablets in any combination and you get the next 100 **FREE**

Safe Growth Without Drugs

Send Check, Money Order or Visa/MC# with Exp. Date
Visa & M/C card holders may order by phone **312/985-0982**

Glandular Research

DEPT. P.L., P.O. BOX 477, DOWNERS GROVE, ILLINOIS 60515

Nutrition Corner

BY JACK DIGANGI

SALT

Salt is composed of primarily sodium and chloride, with a very minor mixture of other inorganic chemicals. One of these is the element iodine, which is found to be nutritionally vital.

Salt is widely used in industry. About 95 percent of all the salt produced is used for other than food purposes. Even the word 'salary' comes from the word salt as it was used as a means of payment for services rendered. Or, how about *seasoned* lifters being worth their *salt*.

Not only is salt recognized as a necessry nutritional component but also salt adds much flavor and taste to our food. It is then, a learned taste and a matter of custom - one which most people abuse. Do you salt your food before even tasting? It's just a habit, but one, like squatting high in the gym, that can lead to a problem.

The sodium (Na) in salt is vital to the maintenance of osmotic pressure of the body fluids, water, acid-base balance and the ability of certain chemical transfers in your cells. The chloride (Cl) in sodium is chiefly an extra cellular ion. It is also found in limited quantities in the bone and in the connective tissue.

The kidney is the organ responsible for excreting salt. The kidney is designed to excrete more salt with an increased intake and will excrete less salt with a restricted intake. However, this holds only up to a point.

Our need for salt will vary with age, air temperature, humidity and physical activity. We require between 1 and 3 grams daily. However, we generally consume from 2 to 4 times the amount of salt we need. Moderate salt users consume about 8-12 grams daily. Heavy salt users can consume as much as 15 grams daily.

The major problems with consuming large amounts of salt is the possibility of developing hypertension. High blood pressure is dangerous - and it doesn't do much for your PR in the bench press either! Another problem with excess salt consumption is that sodium will hold water. (Diuretics to the rescue!) Do you frequently salt your foods before tasting? Must you salt everything you eat? If so -you are asking for 2-7 lbs of excess water along with a rise in your systolic/diastolic figure!

When salt intake is limited, nausea, vomiting, apathy, dizziness, exhaustion and cramps will occur. This is usually caused by the combination of extreme heat and physical exhaustion. These symptoms can be relieved by a water and salt mixture. However, it is not advisable to swallow salt tablets between sets of squats. Drink a small amount of water as this will safeguard any decrease in physical performance. Remember, excess salt can be toxic - even fatal!

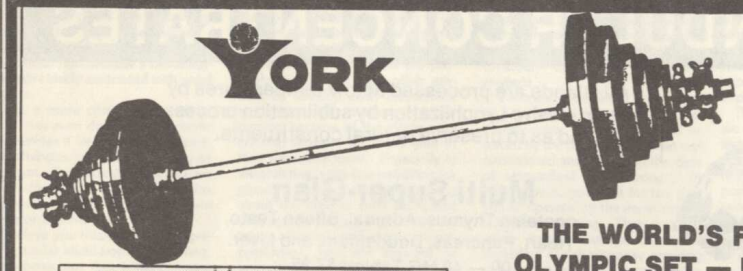
In general, most lifters should reduce their salt intake. Just cutting down on the use of salt at the table would cut your intake drastically. Salting up the scrambled eggs or potatoes and then taking diuretics doesn't make any sense! My suggestion is no salt tablets, get plenty of water and cut down on table salt.

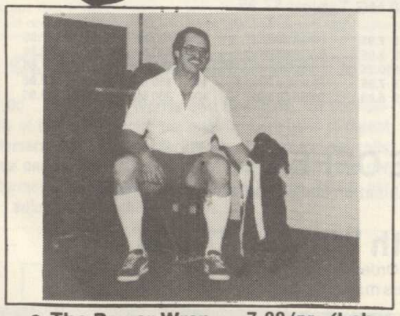
Strongly yours,
J. P. Digangi, R.D
Nutritionist

SKINNY MAN'S OPEN...Tim (No Muscle) Kelly suggests a contest with minimum height classes to go along with the weight classes, like...114/must be 5 ft. 5 in. or over, 123/5 ft. 6½ in, 132/5 ft. 8 in., 148/5 ft. 9½ in., 165/5 ft. 11 in., 181/6 ft. ½ in., 198/6 ft. 2 in., 220/6 ft. 3½ in., 242/6 ft. 5 in., 275/6 ft. 6½ in., SHW/6 ft 8 in. That's one way to get rid of the competition!

The Colorado Situation Phil Brady informs me that after sending in some 70 odd registrations 5 months ago, he asked Joe Z when he could expect the monies that were to be returned to the associations ($.50 per registration, so much per meet sanction, so much per team registration, etc.). He did not receive an answer and wrote again, pointing out that no one seemed to be receiving THE POWERLIFTER in his area. He did not receive an answer to that letter either. Joe Wing attempted to get an answer at the Senior Nationals about when lifters in his area (Colorado) would receive THE POWERLIFTER and did not receive a satisfactory response, and pointed this out to Phil, who asked that I mention the matter in PL USA.

FINNISH DL UPDATE...William G. Ryan DDS reports that elbow problems may be aggravated by the continuous tension of the sets of tens in the first phase of the training program. He recommends that when elbow aches preclude use of the normal stiff-leg deadlifts, good mornings may be substituted with good effect.





THE WORLD'S FINEST OLYMPIC SET — NOW AT BARGAIN MAIL-ORDER PRICES

180K or 400 lb	$375.00
York Power Bar	$185.00
York Oly. Plates	$.65/lb.

(Shipped Direct From Factory — You Pay Freight)

Send Money Order to:

LINCOLN BARBELL CO.
443 No. 48th
Lincoln, NE 68504
• Integrity in Products and Prices

• The Power Wrap — 7.00/pr. (Lab-tested for Durability)
• Chalk — $7.50/lb.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The Biomechanics of Powerlifting

by Tom McLaughlin, Ph.D.
Director, Biomechanics Laboratory
Dept. HPR, Auburn University
Auburn, Alabama 36830

Dr. Tom McLaughlin's credentials as a researcher in the field of Powerlifting are impressive. He has had articles published in MEDICINE AND SCIENCE IN SPORTS, RESEARCH QUARTERLY, JOURNAL OF BIOMECHANICS, and THE ENCYCLOPEDIA OF PHYSICAL EDUCATION, FITNESS, AND SPORTS and he has made presentations to such groups as the AMERICAN COLLEGE OF SPORTS MEDICINE, the AMERICAN SOCIETY OF BIOMECHANICS, and the INTERNATIONAL CONGRESS OF SPORTS SCIENCES. Following graduate studies at the University of Illinois at Urbana-Champaign, he became an Assistance Professor at Auburn University, Director of the Interdisciplinary Biomechanics Laboratory, and was a co-founder of the National Strength Research Center. He was also an invited Research Professor of Biomechanics at UCLA in 1979.

ASSISTANCE EXERCISES ABDOMINAL TRAINING PART ONE

Whenever the average person thinks about weightlifters, one common (and embarrassing) image most often comes to their minds, the infamous pot bellied physique of the Great Russian lifter, Alexeev. Personally, I can recall dozens of times when I got the inevitable question from one of these uninformed souls, which was usually phrased like...'will you get, or do most powerlifters have a big gut like that fat Russian guy?' I would then laboriously try to explain that most powerlifters (especially all of us non-superheavyweights) were indeed reasonably fit, non-portly, and (usually) not too embarrassing in appearance. If only that mental image of Alexeev as a 'classic' weightlifter could somehow be replaced by a non-pot bellied lifter like a Kazmaier, etc.

Questions abound when it comes to abdominal training, especially where the powerlifter is concerned...Should a powerlifter train his abs? Will ab training hurt or help the powerlifter's performance afterwards in a workout? Which ab exercises should one do, and how? Which ab exercises are dangerous? What do the abs do during the powerlift anyway?, etc., etc., et cetera.

All the above are fair questions to ask and Biomechanics research has a lot to offer in this area of assistance exercises. So, for a while, we'll look at what Biomechanics tells us about abdominal and other assistance exercises (returning later, of course, to the powerlifts).

A reasonable amount of Biomechanics research has been compiled to date in the general area of abdominal training. For example, a good review of this area by the President's Council on Physical Fitness and Sports (see Ref 1) looks at 44 research studies on exercise and the abdominals. A number of other studies have also been published more recently that help shed further light on the questions involved in ab training. But, which of these sources are of significant value to the powerlifter in answering his many questions regarding ab training and powerlifting? Let's start looking at some of these questions:

(I) What do the abs do during the powerlifts?

I recommend that you pick up an anatomy book and identify the 4 abdominal muscles you (hopefully) possess: (1) the rectus abdominus, (2) the external oblique, (3) the internal oblique, (4) the transverse abdominus.

In examining the functions of the four abdominal muscles, one must first be aware that these muscles connect the ribs to the pelvis and don't cross the hip joint. Most people misunderstand the function of the abdominal muscles, which (since they don't cross the hip joint) are only designed for bending the trunk.

The three bending actions of the abdominal muscles are thus: (1) to bend the trunk forward (flexion of the spinal column), (2) to twist the trunk (rotation of the spine), and (3) to bend the trunk sideways (lateral flexion of the spine). Finally, the ab muscles are involved during these actions in constricting the abdomen somewhat. When you are straining with the breath held while either lying or standing, or when doing forced breathing while exercising, the ab muscles (especially the transverse abdominals) contract generally in direct relation to the amount of effort. It is interesting to note the internal and external obliques (and probably the transverse abdominus, which is difficult to monitor with EMG) are active in direct proportion to the intensity of the effort, while the rectus abdominus appears relatively inactive. There are no reported studies (yet) that have monitored abdominal activity during powerlifting (especially during squats and deadlifts) but my hunch is that even the rectus abdominus is involved at least somewhat along with the other 3 during heavy powerlifting. In Biomechanics work in our lab at Auburn I have noted a number of times while analyzing high speed film of squats or deadlifts that Superheavyweights have visible contraction and shaking of the abdomen during max lifts, especially near difficult sticking points. Also, in some pilot work, analyzing one subject doing stiff legged versus regular deadlifts, I monitored the rectus abdominus and found some activity. So, until more work is done, it is probably safe to say that most, if not all, of the abdominals contract during heavy powerlifting with greater intensity as the weight gets heavier.

What do these abdominal contractions do? Certainly, every powerlifter has felt his abs tighten during heavy efforts, squats, good mornings, bent rows, deadlifts, etc. to name a few typical exercises. The result of these abdominal contractions is to increase intra/abdominal pressure by compression of gases and fluids in the abdominal cavity. This increased intra/abdominal pressure has a very important influence on the lower back (especially on the mechanics of the lumbar region of the spine) when powerlifting. By increasing this pressure two things happen: (1) the pressure pushes back on the spine in the lumbar area especially, thus helping to stabilize the spine and keep it straight (and quite a bit safer from shear or 'bending' injuries); and (2) the pressure also counteracts the high compression caused by contraction of the erector spinae (your low back extensor). It should be noted that when your erector spinae muscles contract during squats, deadlifts, etc. about 90 percent of the force applied by their contraction goes into compressing the spine, and only about 10 percent goes to help extend your back. This is because of the small angle of insertion of these muscles into the spinal column. As a result, high intra/abdominal pressure actually takes some of the weight off the spine when powerlifting. In fact, the high intra/abdominal pressure in powerlifters helps explain why we are able to lift such heavy weights without more low back injuries. Additionally, this high intra/abdominal pressure may lead to greater intra thoracic pressure, decrease venus return to the head and cause eventual fainting if held too long. You occasionally see this in powerlifting, particularly with long attempts in deadlifting, for example. (Acknowledgment No. 1).

Because of these valuable results from increased intra/abdominal pressure, it is obvious that stronger abdominals help the powerlifter keep stress off the low back as well as allow him to lift more weight safely. But, the BELTS we all wear attempt to do externally the same thing the abdominals are doing, that is, to increase intra/abdominal pressure. The tighter the belt, the better, and, just as Pacifico and others first started doing years ago (and probably very intelligently) by putting the wider part of the older belts in front, over the stomach, one wants the widest part of the belt over the abs, NOT the low back, to help increase intra/abdominal pressure as much as possible. There is little question that a good, tight, wide belt applied to anyone (whether a powerlifter, mover, longshoreman, etc.) will result in less low back stress and greater weights lifted without injury.

To briefly summarize, it is clear that the abdominals and weightlifting belts properly used help increase intra/abdominal pressure, which results in reducing low back stress and permitting more weight to be lifted safely. Obviously then, one should want to develop stronger abdominals for powerlifting as well as using a good belt. But, how does one begin to exercise the abdominals to better train them and create intra/abdominal pressure? We'll explore this next month and critique various exercises. Let me leave you with a thought to mull over for now. MAYBE we all are training the abs, at least fairly well, with heavy squats, deadlifts, etc. I remember asking Kazmaier a few years ago how he did his ab work and being surprised by his answer that did none. Is extra ab work needed or not? I'll pick this up next month with more detailed look at ab exercises. Until then, look for my upcoming ad in PL USA for the 'total abdominal belt', which covers your entire stomach and provides maximum intra/abdominal pressure everywhere. It's sure to be a REAL knockout. (just kidding).

REFERENCES:

(1) 'Exercise and Abdominal Muscles' edited by H. H. Clark, PHysical Fitness Research Digest, series 6, No. 3, July 1976. (published by President's Council on Physical Fitness and Sports, Washington, D.C.)

ACKNOWLEDGEMENT:

(1) Some of these ideas were developed from conversations I had with Dr. R. F. Zernicke, Professor of Bio Mechanics, Department of Kinesiology, UCLA, when I was visiting the Professor there in 1979.

NEW GYM..likable Vince White has opened a gym at 1008 Quarrier St., Charleston, West Virginia 25301 and invites all lifters to stop by for a visit.

Startin' Out

A special section dedicated to beginning lifters.

Helping out the Novice Lifter
by Masters Champion, Fred Glass

Numerous articles have been written conerning the training routines and diets of Larry Pacifico, Mike Bridges and all the superstars of powerlifting. Unfortunately, few articles have been written pertaining to the novice or beginning lifter.

Having coached lifters ranging from world champions to novices, I'd like to stress the most important part of the training cycle - contest preparation.

After competing in over 125 contests, I've noticed one common mistake of the novice lifter - too many men are bombing out, or giving a poor showing of their capabilities. Very few beginners live up to their potential.

In most cases 3 major faults lie in the training routine. The first I'd like to discuss is the program used in the 10 days prior to a contest. Many beginners train harder and harder as the meet gets closer. I've even heard of some lifter going for a maximum lift 2 days before the meet! They do this 'testing' in order to see what they will be good for in the meet.

In the past 17 years I've found out that it takes approximately 10 days from recover from an all-out squat or deadlift, and about 5 to 7 days from a maximum bench press. Therefore, your last all-out workout should be 10 days before a meet. After this all-out workout, you've got to scale down the routine. You can eliminate a few reps, a heavy set or two, or cut your maximum attempt down by about 50 lbs. This will prevent atrophy and gives you a chance to peak.

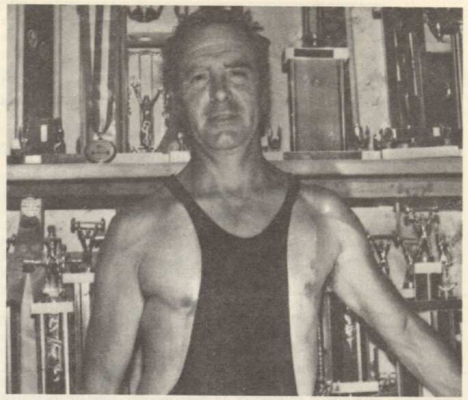
Two or three days before the meet, take a warm up set and work single reps up close to your starting attempt. Quit here and worry about getting your mind ready - you can no longer gain physical strength and your body will need the rest.

The second major fault of novices lies in the warm up before the contest. Remember - you are there to warm up - not to work out. It isn't what you do in the back room, or what you do on your first attempt that wins the contest. The final lifts determine your place!

The warmup should be a scaled down version of your workout. For example, if you want your starting attempt at 350 take 135-8, 185-6, 225-4, 250-1, 275-1, 300-1, 325-1. Try your best to do your last single 7 to 10 minutes before your starting attempt. A recommended procedure is doing your weight so that it is even with the bar that is on the platform, e.g., if the contest bar is at 250, do your set of 250-1 at this time. Should a major tie up occur on the platform bar, you can always go back and do a few extra light reps. This is what has worked best for me, and I'd advise it for all 3 lifts.

The final mistake lies in the post meet work outs. As previously mentioned, it takes about 10 days to recover from a maximum lift. Take a few days off afterwards. Work out very light 3 or 4 days later, and slightly heavier 6 to 7 days later. The following week you can start all over again.

With proper stretching and these techniques you can peak for the meet and also minimize injuries. It has helped me win 110 trophies and set a Masters World record, and I think it will work for you. Good luck!!



The Voice of Experience..Fred Glass with some of his many trophies
photo courtesy Tim McClellan

POWERLIFTING USA MAGAZINE

The bearer of this certificate, upon completion of the information requested below, may redeem it for a one year subscription (new or renewal) to POWERLIFTING USA Magazine.

Name
Address
City State Zip

..the PERFECT GIFT!

(Mail your completed certificate to Powerlifting USA Certificate Program, Box 467, Camarillo, California 93010. Your free subscription will begin with the next available issue after receipt of the certificate.)

Michael R. Lambert
Publisher/Editor-in-Chief

1 SUBSCRIPTION CERTIFICATE 1

The PERFECT Powerlifters Gift is POWERLIFTING USA Magazine. Now, it's easier to give than ever before with the **NEW**POWERLIFTING USA Subscription Certificates. They're beautifully printed on fancy stock, and you can have them sent to you for personal presentation to the party you have in mind..OR..you can have PL USA send them directly to the recipient with your compliments. (Good for either NEW or RENEWAL subscriptions) Send $15 for each gift subscription you desire to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

P.S....Meet directors...How about PL USA Subscription Certificates as BEST LIFTER awards!!!

EXERCISE YOUR MIND

INSIDE POWERLIFTING (Todd).....$5.95

POWERLIFTING, A SCIENTIFIC APPROACH (Hatfield).....$6.95

WINNING POWERLIFTING (Columbu).....$5.95

STRONGEST SHALL SURVIVE (Starr).....$8.95

ANABOLIC STEROIDS AND SPORTS (Wright).....$9.95

RIPPED (Bass).....$9.95

FOOD VALUES OF PORTIONS COMMONLY USED (Pennington).$5.95

ATHLETES GUIDE TO SPORTS MEDICINE (Darden).....$6.95

WHAT TO DO ABOUT ATHLETIC INJURIES (Fahey).....$7.95

STRETCHING (Wright).....$8.95

MC/Visa

California residents add 6% sales tax

Please add 10% for postage

WEIGHT LIFTER'S WAREHOUSE ™

5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

TOP 100

FLYWEIGHTS
(114½ lb./52 kg.)

For USA lifters competing from August 1980 through July 1981

	SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1	507 Dunbar, C 11/7/80	314 Dunbar, C 11/7/80	451 Sanders, B 7/11/81	1190 Dunbar, C 11/7/80
2	485 Cunha, J 6/13/81	303 Escobedo, H 6/13/81	435 Ellis, M 4/4/81	1091 Cunha, J 6/13/81
3	435 Ellis, M 2/21/81	292 Cunha, J 6/20/81	430 Paterniti, N 10/25/80	1075 Ellis, M 2/21/81
4	405 Heath, D 4/18/81	290 Bieber, P 11/8/80	424 McLaren, R 6/13/81	1058 Escobedo, H 6/13/81
5	391 Escobedo, H 6/13/81	270 Kea, R 2/28/81	418 Heath, D 7/11/81	1030 Paterniti, N 3/29/81
6	385 Lewis, D 11/8/80	264 Hunnicutt, G 6/13/81	413 Provenzano, F 3/20/81	1008 Heath, D 7/11/81
7	385 Paterniti, N 3/29/81	255 Buchheit, C 5/16/81	410 Rose, M 1/17/81	1003 McLaren, R 6/13/81
8	380 Bieber, P 4/11/81	255 Nagao, A 6/7/81	410 Zeolla, G 1/24/81	975 Snyder, S 8/9/80
9	369 McLaren, P 3/28/81	253 Kahn, J 5/30/81	407 Toins, F 8/9/80	964 Ohata, S 6/13/81
10	358 Snyder, S 8/9/80	248 McGonigal, K 3/20/81	407 Schlegel, B 9/13/80	959 Hunnicutt, G 6/13/81
11	355 McGonigal, K 2/28/81	242 Randall, K 12/20/80	402 Snyder, S 8/9/80	959 Sanders, B 7/11/81
12	352 Zeolla, G 2/8/81	242 Ohata, S 6/13/81	402 Jakubowski, P 8/9/80	955 Bieber, P 4/11/81
13	352 Steinfeld, J 6/14/81	236 Steinfeld, J 6/14/81	391 Pearson, E 3/20/81	953 Lewis, D 9/27/80
14	341 Schlegel, B 9/13/80	235 Tarlon, M 3/28/81	391 Foddrill, B 6/27/81	953 Zeolla, G 2/8/81
15	341 Jay, D 5/23/81	235 Paterniti, N 3/29/81	390 Horne, V 3/28/81	942 Schlegel, B 9/13/80
16	341 Ohata, S 6/13/81	231 Jay, D 5/23/81	385 Lewis, D 9/27/80	936 Steinfeld, J 1/10/81
17	340 Larry, B 2/28/81	231 McLaren, R 6/13/81	385 Shijo, M 2/15/81	930 Jay, D 4/81
18	340 Van Handel, D 4/81	225 Torelli, J 8/9/80	380 Meskew, K 8/16/80	905 Horne, V 3/28/81
19	336 Torelli, J 8/9/80	225 Heath, D 4/18/81	380 Cardella, R 3/7/81	903 Jakubowski, P 8/9/80
20	336 Shijo, M 12/6/80	220 McGraw, T 5/23/81	380 Young, A 5/16/81	903 Provenzano, F 3/20/81
21	336 Hunnicutt, G 6/13/81	220 Ellis, M 6/13/81	380 Ohata, S 6/13/81	900 Kea, R 2/28/81
22	335 Givens, R 6/26/81	215 Jones, W 9/27/80	375 Rodgers, K 7/25/81	898 Torelli, J 8/9/80
23	330 Larsen, L 8/9/80	214 Snyder, S 8/9/80	374 Dunbar, C 11/7/80	890 Simmons, D 4/18/81
24	330 Reggio, B 2/15/81	214 Young, A 5/16/81	374 Steinfeld, J 1/10/81	887 Shijo, M 12/6/80
25	330 Smith, J 3/28/81	210 Son, T 2/7/81	374 Tibault, T 3/20/81	885 Reggio, B 2/15/81
26	325 Sanders, B 12/13/80	210 Seward, P 2/21/81	370 Jones, W 12/7/80	881 Larsen, L 8/9/80
27	320 Horne, V 3/28/81	210 Shea, J 4/11/81	370 Jay, D 4/81	876 Young, A 5/16/81
28	319 Ijaz, M 5/30/81	205 Zeolla, G 10/25/80	365 Nixon, M 11/15/80	870 Rose, M 1/17/81
29	315 Misewicz, T 4/25/81	205 Simpson, D 11/2/80	365 Smith, J 3/28/81	865 Pearson, E 3/20/81
30	315 Pitt, D 6/20/81	205 Spalla, M 11/15/80	363 Provenzano, T 3/20/81	865 Givens, R 6/26/81
31	314 Jakubowski, P 8/9/80	205 Reggio, B 2/15/81	363 Escobedo, H 3/28/81	859 Foddrill, B 6/27/81
32	314 Hurst, P 3/28/81	205 Willis, T 4/11/81	363 Boudoin, D 5/23/81	848 Randall, K 12/20/80
33	310 Murray, G 6/20/81	203 Pickle, D 8/9/80	360 Stark, D 10/4/80	845 Andrews, S 4/11/81
34	308 Collins, M 1/31/81	203 Sanders, B 11/22/80	360 Andrews, S 4/11/81	837 Toins, F 8/9/80
35	308 Redditt, D 3/14/81	203 Kaneshiro, B 11/22/80	360 Gennaro, P 7/25/81	835 Jones, W 12/7/80
36	305 Palmisano, P 2/21/81	200 Provenzano, F 11/15/80	358 Gironda, V 12/20/80	832 Ijaz, M 5/30/81
37	303 Yamamoto, D 11/22/80	200 Howe, L 3/22/81	358 Hunnicutt, G 6/13/81	830 Smith, J 3/28/81
38	303 Simmons, D 3/7/81	198 Larsen, L 8/9/80	352 Larsen, L 8/9/80	826 Pickle, D 8/9/80
39	303 Provenzano, F 3/20/81	198 Arnold, C 3/28/81	352 Pickle, D 8/9/80	826 Provenzano, T 5/30/81
40	303 Pearson, E 3/20/81	198 Foddrill, B 6/17/81	350 Holts, B 10/18/80	826 Thibault, T 3/20/81
41	303 Jones, K 3/20/81	195 Nixon, M 11/15/80	350 Ijaz, M 11/22/80	820 Meskew, K 8/16/80
42	300 Kea, R 2/28/81	195 Horne, V 3/28/81	350 Reggio, B 2/15/81	820 Van Handel, D 4/81
43	300 Andrews, S 4/11/81	192 Schlegel, B 9/13/80	350 Van Handel, D 4/81	815 Kahn, J 8/16/80
44	292 Yasatan, F 8/9/80	190 Gilbert, J 8/9/80	347 Randall, K 12/20/80	814 Yamamoto, D 11/22/80
45	286 Kaneshiro, B 11/22/80	190 Rose, M 1/17/81	345 Givens, R 6/26/81	809 Kaneshiro, B 11/22/80
46	286 Roane, S 5/23/81	190 Palmissano, P 2/21/81	341 Frantz, D 9/21/80	805 Palmessano, P 2/21/81
47	285 Thurm, J 12/20/80	190 Mejia, J 3/21/81	341 Arnold, C 3/28/81	805 Misewicz, T 4/25/81
48	285 Hamilton, B 4/81	190 Couch, R 5/2/81	341 Weaver, D 3/28/81	804 Redditt, D 3/14/81
49	281 Toins, F 8/9/80	190 Miller, H 5/9/81	341 Perez, R 5/30/81	804 Boudoin, D 5/23/81
50	281 Sumner, C 8/9/80	190 Mayer, S 7/25/81	340 Kea, R 1/24/81	802 Collins, M 1/31/81
51	281 Tibault, T 3/20/81	187 Jakubowski, P 8/9/80	340 Patterson, C 2/21/81	799 Jones, K 3/20/81
52	281 Young, A 5/16/81	187 Lewis, D 9/27/80	340 Lockard, C 5/3/81	795 Murray, G 6/20/81
53	281 Provenzano, T 5/30/81	187 Talbott, D 10/18/80	336 Torelli, J 8/9/80	793 Arnold, C 3/28/81
54	281 Thompson, M 5/30/81	187 Yoshizu, F 11/22/80	336 Kahn, J 9/20/80	793 Hurst, P 3/28/81
55	280 Mayer, S 3/28/81	187 Fleeman, N 4/4/81	336 Yamamoto, D 11/22/80	788 McGonigal, K 3/20/81
56	280 Fleeman, N 3/29/81	185 Wilson, F 2/14/81	336 Collins, M 12/13/80	787 Talbott, D 10/18/80
57	280 Mrotek, M 4/81	185 Jorden, T 2/21/81	336 Abernathy, M 3/15/81	785 Stark, D 10/4/80
58	275 Talbott, D 10/18/80	185 Andrews, S 4/11/81	336 Steenrod, V 5/23/81	785 Nixon, M 11/15/80
59	275 Elwyn, S 11/8/80	185 Anzell, J 4/25/81	335 Thurm, J 12/20/80	782 Gironda, V 5/30/81
60	275 Jesiolowski, J 5/16/81	185 Givens, R 6/26/81	335 Murray, G 6/20/81	777 Miller, H 4/11/81
61	270 Pickle, D 8/9/80	181 Lasorsa, A 8/9/80	330 Jones, K 1/31/81	775 Hamilton, B 4/81
62	270 Meskew, K 8/16/80	181 Kelley, K 3/7/81	330 Burns, H 2/21/81	775 Gennaro, P 6/20/81
63	270 Donze, T 8/16/80	181 Mollevik, D 4/4/81	330 Hert, C 3/7/81	770 Simpson, D 11/2/80
64	270 Miguel, R 8/30/80	181 Evris, M 5/3/81	330 Miller, H 4/11/81	766 Weaver, D 3/28/81
65	270 Rose, M 1/17/81	181 Provenzano, T 5/30/81	330 Shea, J 4/11/81	765 Thurm, J 12/20/80
66	270 Miller, H 4/11/81	181 Gironda, V 5/30/81	330 Simmons, D 4/18/81	760 Miguel, R 8/30/80
67	270 Farver, P 4/11/81	181 Donovan, D 7/18/81	330 Monstero, T 5/30/81	760 Mayer, S 3/28/81
68	270 Boudoin, D 5/23/81	180 Miguel, R 8/30/80	330 Cunha, J 6/13/81	760 Fleeman, N 3/29/81
69	270 Peneguy, M 5/23/81	180 Ijaz, M 11/22/80	330 Thompson, M 6/27/81	755 Yasatan, F 8/9/80
70	270 Foddrill, B 6/27/81	180 Silengo, T 3/28/81	325 Talbott, D 10/18/80	755 Holts, B 10/18/80
71	264 Pardue, C 8/9/80	180 Gennaro, P 7/25/81	325 Fine, J 2/7/81	750 Son, T 2/7/81
72	264 Jeffrey, P 10/18/80	176 Craig, G 1/31/81	325 Zimtravich, J 3/7/81	745 Mrotek, M 4/81
73	264 Boscareno,S 5/23/81	176 Meyer, J 3/7/81	325 Mrotek, M 4/81	745 Thompson, M 6/27/81
74	260 Bartlett, G 8/2/80	176 Redditt, D 3/14/81	325 Burch, T 5/9/80	744 Stephens, B 3/7/81
75	260 Stark, D 10/4/80	176 Jones, K 3/20/81	325 Cunningham, C 5/81	743 Yoshizu, F 11/22/80
76	260 Jones, W 12/7/80	175 Yamamoto, D 11/22/80	325 Mungall, D 6/27/81	743 Elwyn, S 5/11/81
77	260 Lockard, C 5/16/81	175 Wordell, 12/14/80	325 Baez, A 7/25/81	740 Shea, J 4/11/81
78	259 Rivera, T 11/15/80	175 Samples, D 1/17/81	320 Steinhoff, M 11/8/80	738 Frantz, D 9/21/80
79	259 Randall, K 12/20/80	175 Franklin, D 3/14/81	320 Flanigan, M 2/27/81	738 Roane, S 5/23/81
80	259 Mollevik, D 4/25/81	175 Woodell, T 4/11/81	320 Arnold, S 3/21/81	735 Zimtravich, J 3/7/81
81	259 Gironda, V 5/30/81	175 Montana, K 4/11/81	320 Hamilton, B 4/81	735 Lockard, C 5/16/81
82	255 Craft, J 12/13/80	175 Misewicz, T 4/25/81	320 Jesiolowski, J 6/28/81	735 Cunningham, C 5/81
83	255 Cunningham, C 5/81	175 Burch, T 5/30/81	319 Kaneshiro, B 11/22/80	735 Jesiolowski, J 6/28/81
84	253 Frantz, D 9/21/80	175 Taylor, T 7/81	319 Elwyn, S 2/7/81	733 Steenrod, V 5/23/81
85	253 Kahn, J 11/15/80	170 Mariano, A 8/9/80	319 Stephens, B 3/7/81	727 Pardue, C 8/9/80
86	253 Yoshizu, F 11/22/80	170 Meskew, K 8/16/80	319 Redditt, D 3/14/81	725 Cope, D 3/14/81
87	253 Pugh, S 2/7/81	170 Wings, J 11/23/80	319 Hurst, P 3/28/81	722 Meyer, J 3/7/81
88	253 Stephens, B 3/7/81	170 Lai, R 11/23/80	315 Simpson, D 11/2/80	722 Abernathy, M 3/15/81
89	253 Winters, L 3/14/81	170 Shijo, M 12/6/80	315 Fisher, C 1/17/81	720 Bartlett, G 12/13/80
90	253 Arnold, C 3/28/81	170 Bartlett, G 12/13/80	315 Son, T 2/7/81	720 Silengo, T 3/28/81
91	253 Weaver, D 3/28/81	170 Stephens, B 3/7/81	315 Drew, J 2/14/81	720 Woodell, T 4/11/81
92	253 Evris, M 5/3/81	170 Zimtravich, J 3/7/81	315 Miller, J 4/18/81	716 Hert, C 3/7/81
93	250 Simpson, D 11/2/80	170 Cardella, R 3/7/81	315 Misewicz, T 4/25/81	715 Spalla, M 11/15/80
94	250 Baker, S 3/28/81	170 Pearson, E 3/20/81	314 Yasatan, F 8/9/80	710 Donze, T 8/16/80
95	250 Rupert, T 3/28/81	170 Thibault, T 3/20/81	314 Meyer, J 3/7/81	710 Lewis, J 10/18/80
96	250 Pettingill, S 4/11/81	170 Weaver, D 3/28/81	314 Higginbotham, K 5/16/81	710 Fine, J 2/7/81
97	250 Spade, J 4/81	170 Werner, S 4/11/81	314 Kelley, K 5/30/81	710 Burns, H 2/21/81
98	250 Gennaro, P 6/20/81	170 Hamilton, B 4/81	314 Raney, B 6/27/81	710 Mollevik, D 4/4/81
99	245 Holts, B 10/18/80	170 Elwyn, S 5/11/81	310 Miguel, R 8/30/80	705 Spade, J 4/81
100	245 Woodell, T 4/11/81	170 Boudoin, D 5/23/81	310 Lewis, J 10/18/80	705 Boscareno,S 5/23/81

'a different class each month'

P/L TOP 20 USA

P/L TOP 50 USA

P/L TOP 100 USA

SQUAT

BENCH PRESS

TOTAL

POWERLIFTING USA Achievement Patches!!! If your name is on the list, or you make the list in any category after your class is published, then you can purchase the patches you qualify for..TOP 20 patch ($4), TOP 50 patch ($3.50), TOP 100 patch ($3.50)...and the lift identification patches are $2 each.

100s of these patches have been sold, they go good with any color warmups or gym bag..ORDER TODAY..each time a list is updated it becomes harder and harder to make it, so..if you qualify now..ORDER NOW. Send your check to POWERLIFTING USA, BOX 467, CAMARILLO, CA 93010.

marathon™

AGAIN SCORES HIGHEST TOTAL in Potency ✶ Effectiveness ✶ Convenience

Each Pack contains:

Lipo Soluble		
Vitamin A [Palmitate]	25,000 IU	500%
Vitamin D [Erad. Egostrol.]	600 IU	150%
Vitamin E [d-Alpha Tocopheryl Acetate]	1000 IU	3333%
Vitamin C Complex (time release)		
Vitamin C [Natural Ascorbic Acid]	2000 mg.	3333%
Lemon Biofavonoids	500 mg.	***
Selected Natural Rose Hips	500 mg.	***
Hesperitin Complex	50 mg.	***
Rutin [Green Buckwheat]	50 mg.	***
B-Complex factors (time release)		
Folic Acid	400 mcg.	100%
Vitamin B_1 [Thiamin Hcl & Yeast]	130 mg.	8333%
Vitamin B_2 [Riboflavin & Yeast]	130 mg.	7647%
Vitamin B_6 [Pyridoxine Hcl & Yeast]	130 mg.	650%
Niacinamide	130 mg.	650%
Vitamin B_{12} [Hydro Cobal. Conc. & Yeast]	130 mcg.	2167%
Biotin	130 mcg.	44%
Pantothenic Acid [d-cal. pan. & yeast]	130 mg.	1300%
Choline Bitartrate [Soya]	130 mg.	**
Inositol [Soya]	130 mg.	**
Para Amino Benzoic Acid	130 mg.	***
Chelated Mineral Compounds		
Calcium [Amino Acid Chelate]	1500 mg.	150%
Iodine [Kelp]	225 mcg.	100%
Iron [Amino Acid Chelate]	45 mg.	250%
Magnesium [Amino Acid Chelate]	750 mg.	188%
Copper [Amino Acid Chelate]	4.5 mg.	225%
Zinc [Amino Acid Chelate]	34 mg.	225%
Manganese [Amino Acid Chelate]	15 mg.	**
Potassium [Proteate]	100 mg.	**
Selenium [Yeast 21]	150 mcg.	**
Chromium [Amino Acid Chelate]	150 mcg.	**
Enzyme Compounds		
Betain Hcl	150 mg.	***
Glutamic Acid Hcl	150 mg.	***

*U.S. Recommended daily allowance for Adults and Children 12 years of age or older.
**U.S. RDA not established.
***Need in human nutrition not established.

Dedicated Powerlifters know that peak performance is supported by explosive power and sustained endurance. This calls for a no-nonsense nutritional program.

We train powerlifters.
We understand competitive stress, and we can help you achieve your maximum efficiency.

We have chosen eight tablets. They contain optimum amounts of the vitamins, minerals and enzymes which meet your special needs.

* High Potency B Complex and Vitamin C with Bioflavinoids are in sustained release form. Your body will be supplied with these vital nutrients over a 6 to 8 hour period, for complete utilization.

* The all-important Minerals are Amino Acid Chelated for your greatest assimilation.

* The oil base Vitamins A, D and E increase your oxygen efficiency and insure proper mineral interaction.

* And we've included the digestive enzymes which will enable you to build toward your goals with maximum protein and fuel food absorption.

As a finishing touch, we've put these eight tablets into an airtight packet for super convenience in daily doses.

GOLD MEDAL PACK

from

marathon™ NUTRITION

30/$20.00 60/$36.00

marathon™ NUTRITION

Phone: (213) 519-7111 / 375-3802
1229 Via Landeta, Palos Verdes Estates, CA 90274

more Power Products from marathon™

MARATHON 2 GRAM LIVER

54% MORE LIVER PER TABLET THAN OTHER BRANDS

Nothing matches desiccated liver for building strength, stamina and energy. Compare Marathon 2 Gram (30 grain) Argentine Beef Liver Tablets with your current liver supplement.

Each tablet contains:

Desiccated liver	2,000 mg. (30 grains)
B-12	50 micrograms
Protein 90%	2 grams

Five protein-coated, easy swallow tablets provide:

Argentine Beef Liver	10,000 mg.
B-12	250 mcg.
Protein	10 grams
Calories	40
Carbohydrates	0
Fat	0.035 grams

For the greatest gains, use the finest quality, highest potency Argentine Beef Liver product available.

Marathon 2 Gram Liver

100/$5.75 250/$12.50 500/$24.00

Super Pack - The original high potency vitamin-mineral pack
One packet contains:
* Vitamin A 25,000 IU * Vitamin D 1400 IU * Vitamin E 600 IU * Balanced B Complex 125 mg. sustained release * * Vitamin C Complex 1500 mg. * A complete Multi-Mineral Complex * Digestive Enzymes
30/$18.00 60/$33.00 90/$45.00

One Pack - For the individual who desires a medium potency pack
One packet contains:
* Vitamin A 10,000 IU * Vitamin D 400 IU * Vitamin E 200 IU * Balanced B Complex 50 mg. * Vitamin C Complex 1000 mg. * A complete Multi-Mineral Complex * Digestive Enzymes
30/$12.00 60/$21.00 90/$29.00

One Gram Liver (15 grain) with B-12
Argentine Beef Liver, a 90% Protein
100/$3.00 250/$7.00 500/$13.00
1000/$24.00

Vitamin B-15 - 100 mg. Calcium Pangamate
100/$7.00 200/$12.00

Balanced B Complex 125 mg.
High Potency Sustained release B Complex formula
30/$4.50 60/$7.75 90/$10.95

Milk and Egg Protein
Good taste, easy mixing, highest protein efficiency
1 lb/$6.50

Multi-One with Stress Factors
A One-a-Day High Potency Vitamin-Mineral tablet
30/$5.00 60/$9.50 90/$14.00 180/$24.00

One-Daily Formula 100 (sustained release)
A Multi-Vitamin & Mineral tablet featuring 100 mg. B Complex formula
30/$6.00 60/$11.00 90/$17.00

Super Bio-C 2000 - sustained release Vitamin C Complex
Formulated with naturally selected Rose Hips Powder, and Bioflavinoids which act as a catalyst for Vitamin C, helps maintain capillary integrity and heal muscle tissue
Each tablet contains:
* Vitamin C 1000 mg. * Rose Hips Powder 500 mg. * Bioflavinoids 500 mg. * Rutin 50 mg.
50/$4.50 100/$7.75 250/$17.50

Maxi-Mins High Potency Mineral Complex
Two tablets contain:
* Calcium 1000 mg. * Magnesium 500 mg. *Zinc 22.5 mg. * Potassium 95 mg. * Iron 30 mg. * Iodine 150 mcg. * Manganese 10 mg. * Copper 3 mg. * Selenium 50 mcg. *Chromium 20 mcg. * Betaine HCl 100 mg. * Glutamic Acid HCl 100 mg. * Vitamin D 400 IU
90/$4.50 180/$7.95 360/$14.95

SHOP BY PHONE OR MAIL

★ If you would like a complete list of Marathon Nutrition Vitamin, Mineral and Glandular Supplements, check here. ☐

PRODUCT	SIZE	QTY.	PRICE	EXT.	PRODUCT	SIZE	QTY.	PRICE	EXT.
Gold Medal Pack					B Complex 125 mg.				
2 Gram Liver					Protein				
Super Pack					Multi-One				
One Pack					One Daily				
One Gram Liver					Super C				
B-15					Maxi-Mins				
					TOTAL $				

SHIP TO: _____

☐ MasterCharge ☐ VISA
Card No. _____
Expiration Date _____

MARATHON™ NUTRITION
1229 Via Landeta
Palos Verdes Esates,
CA 90274

Use MasterCard, Visa, Money Order or Check
Overseas orders add 20%.

© COPYRIGHT MARATHON DISTRIBUTING CO.— 1981

ATTENTION
Beginning to Intermediate Lifters

Are you fed up with all of the endless trial & error involved with developing a winning total? Are you frustrated with all of the conflicting advice you hear daily about diet, training, drugs, etc.? Worst of all, are you disgusted with tossing your hard earned dollars away on so-called guaranteed routines? I know that I am, so I am announcing the creation of a TOTALLY new concept in powerlifting seminars:

Ron Fernando's MONITORED TRAINING SYSTEMS

What makes this system unique? All advice is given on a two, four or six month basis. Paying $25-50 per routine for a 'one shot deal' is not only highly expensive, but unrealistic, as a routine needs to be monitored over a minimum period of 2 months to ascertain its effectiveness. Therefore, the lifter chooses either a 2,4, or 6 month subscription where their progress will be monitored carefully and adjusted accordingly. That is the scientific way to the winning total.

Okay - you might say - what do I get for my subscription?

- *Unlimited letters during the period of subscription.*
- *A bi-monthly analysis of your routine.*
- *A personalized biorhythm chart*
- *A personalized hard bound training diary ($10 value)*
- *Unlimited telephone advice (no collect calls, please)*

PLUS..a Money Back Guarantee on all of the above services

The Cost - hold on your wraps and belts, folks

- *2 months subscription $25.00*
- *4 months subscription $40.00*
- *6 months subscription $60.00*

Through the use of advanced IBM Word Processing systems, all training requests will be processed the same day received. Since I am not a 'name' lifter, but one who is closely associated with many World and National Champions I don't have to justify a high price. I sincerely want to help the beginning to intermediate lifter - the subscription fee is just to cover my time involved.

RON FERNANDO
5600 E. Orangethorpe No. 1403
La Palma, California 90623
(714)-739-2970

ATTENTION LIFTERS

The 'Mercedes Benz' of lifting belts, the BOB MORRIS Belt is now available from Ron Fernando. All standard styles, any color of suede. Prices available on request.

WEST PENN IRONMEN'S OPEN
7/25/81-PITTSBURGH, PA

	SQ	BP	DL	T
114				
P. Gennaro	235	180	360	775
A. Baez	215	145	325	685
123				
R. Miller	300	185	425	910
E. Jackson	---	---	---	---
132				
K. Howard	330	155	405	890
J. Numan	230	180	270	680
148				
R. Allen	435	285	550	1270
F. Wambogan	430	320	460	1220
D. Kushner	370	250	425	1045
D. Capp	300	270	385	955
W. Cambell	230	275	325	830
P. LeCeyer	250	165	325	740
165				
E. Hopkins-BL	525	325	585	1435
R. Nelson	415	270	475	1160
J. Galloway	275	245	450	1070
R. Janusey	370	210	450	1030
J. Felton	340	255	390	985
W. Carrol	330	200	---	---
181				
E. Janusey	470	280	570	1320
C. Lane	450	325	540	1315
E. Hector	400	260	530	1190
J. VanDivner	380	300	450	1130
O. Johnson	375	245	475	1095
R. Russel	---	---	---	---
198				
B. Bracey	585	365	635	1585
B. Palmer	500	335	525	1360
A. Vogt	510	350	475	1335
J. Rose	450	270	545	1265
A. Fox	405	245	420	1070
A. Malliard	275	325	400	1000
220				
R. Rush	575	455*	575	1605
W. Fox	550	425	590	1565
M. Rosenstrater	545	390	610	1545
D. McCoy	505	350	515	1370
H. Corbin	475	310	575	1360
242				
W. Hippard	450	335	515	1300
R. Simon	420	285	405	1110
275				
A. Emerick-BL	705	450	655	1810*
R. Kimple	670	335	600	1605
SHW				
J. Selby	535	355	535	1425

Team standings: 1st: Huntingdon-41 pts; 2. West Penn-31 pts; 3. Rockview-21 pts; 4. Ambridge BB-18 pts; 5. Champions-16 pts; 6. Sommerset-7 pts.

* state record; BL- best lifter.

'Here are the results of the West Penn Ironmen's Open held on Sat. July 15, 1981. It is kind of difficult to get lifters from the outside to come into a prison to lift and feel comfortable but once they get settled down and find out that the competition isn't any different in here than on the streets, everyone gets to the job of lifting. There were 2 state records set at this meet and there was also a lot of very competitive lifting thru the classes. Thanks to Joe Orengia, Jake Turner and Viking Dyas for a fine job of officiating. The contest was well organized and a special thanks should go out to Meet Director Loe Noble, Coach Frank Guerra, Capt. Robert 'Pollock' Kimple, all the spotters and loaders, scorekeepers and announcer John Minniarck for making the meet a big success.

Thanks to Bob 'Pollock' Kimple for results and report.

DELAWARE STATE-5/2/81
WILMINGTON,DE

	SQ	BP	DL	T
114				
H. Beck	210	145	270	620
123				
R. Corkell	320*	240*	435*	995*
R. Groski	315	195	400	910
N. Masington	230	195	300	725
132				
J. Gardner	255	280*	365	900
J. Sauers	290	240	350	880
D. Redgate	---	---	---	---
148				
G. Dominelli	350	330*	450	1130
R. Lewis	330	215	435	980
B. Pulice	365	200	410	975
R. Morgan	300	225	300	825
A. McInnes	270	125	380	775
J. Short	250	180	---	---
165				
J. O'Hara	515	310	535	1360*
W. Jones	525*	360*	475	1360
H. Gregg	500	270	525	1295
R. Cagle	380	190	465	1035
T. Cochran	365	235	435	1035
A. Lapinsky	250	225	400	875
J. Dunlap	230	150	325	705
D. Hicks	400	---	475	---
181				
T. Stopyra	510*	385*	490	1385*
B. Mason	415	340	470	1225
D. Meyer	425	265	500	1190
D. O'Connor	440	245	465	1150
M. Western	360	275	490	1125
D. Netta	370	285	445	1100
F. Escheu	320	320	430	1070
R. Hall	220	---	---	---
198				
S. Cilento	450	340	605	1395
T. Ferrara	505	360	525	1390
J. Feaster	500	320	495	1315
J. Pittman	400	400	365	1265
J. Wilson	360	320	400	1080
J. Powe	330	220	500	1050
G. Cane	275	265	400	940
220				
T. Battles	680*	480*	680*	1840*
R. Foote	440	365	525	1330
N. Marshall	350	340	500	1190
242				
R. Bryd	575*	390	600*	1565*
S. Rashada	470	295	585	1350
H. Fox	425	325	525	1275
G. Smith	430	390	450	1270
J. Morgan	275	300	340	915
275				
A. Winterbottom	605*	390	620*	1615*
G. Webb	400	290	465	1155
SHW				
R. Edwards	550	340	500	1390

Best squatter: T. Battles; best bencher: T. Battles, best DLer: R. Corkell, team trophy: Western YMCA.

WHO'S WHO IN POWERLIFTING

Whether you're a Big Name or No Name, send in your picture and details to this new feature.

Former World Champ and Record Holder, Tony Fratto, is back from Italy and heavily into bodybuilding. In a recent contest he won his height class, Most Muscular, and Best Legs. He still lives for heavy power training despite the injuries that keep him off the lifting platform, and plans to open a gym in Butler, PA (¾ for powerlifting, ¼ for bodybuilding).

Attractive Phylis Kline won her class at the Florida State Powerlifting Championships (the 105 lb. division) and topped off her performance by winning the BEST LIFTER award for the Women's portion of the meet. Women's lifting is becoming very competitive in Florida, but Phylis still holds the Florida State records in all three lifts and total. Temple photo.

Winner of his class at the World Games, Chokichi Ito began powerlifting in 1976 and holds the Japanese total record at 60kg. He is a man of many talents, having won the bodybuilding title of his prefecture in 1976 & 1980, along with being a proficient gymnast and karate practicioner, and a Moto-Cross champion. photograph courtesy of Susumu Yoshida.

11 year old JAMES HAWKINS Jr., son of highly ranked, national competitor and meet promoter, JAMES HAWKINS Sr., weighs 97 pounds and deadlifted 215 at the 1981 Region III meet in Dothan, Alabama. This lift exceeds the Alabama State High School record, and represents one of the youngest and strongest lifters on record. Photograph taken by Jan Sewell.

Power Suit TEN shines at Women's Worlds

FLASH NEW in 5 colors

Power Suit Ten T.M.

WANDA SANDER VICKY GAGNE 4 OTHERS ON U.S. TEAM

By Strong-Lon of California
17511 Roscoe Boulevard
Northridge, California 91325
(213) 343-4821

BEV FRANCIS SUE ROBERTS GAEL MULHALL 6 OTHERS ON AUSSY TEAM

(Proven at International and National Competitions)

Scientifically Designed for: More Support - Easy On - Easier Off - Greater Comfort - Wider Straps Worlds Thickest - Strongest Material

Imported Patent Applied For

- **Help increase your Squat - Deadlift and Total - $75.00**
- **You can wear a (body size) Strong-Lon Power Suit**
- **For a Better Fit - Greater Performance - More Comfort.**

HISAKO YOSHIDA RIMI UEHARA OF JAPAN TEAM

A Special Design for Women

NEW POWER WRAP X Official Length-Stronger More Comfort $8.00

Original Patented Design and Material

Strongest Powerlifting Suit Material in the World
The Greatest Body Support Ever
No Hurt Straps and Leg Seams

ENTIRE BRAZILIAN TEAM

JAN KERR OF G.B. TEAM

No other like it in the world (Do not accept substitutes)
Available in Sizes: 24-26-28-30-32-34-36-38-40-42

Orders processed same day as received

Name

Address

City State Zip

Cashiers Check or Money Order must accompany orders.
*Overseas orders add 20%

Strong-Lon of California
17511 Roscoe Boulevard
Northridge, California 91325
(213) 343-4821

Indicate 1st, 2nd, and 3rd Choice of Color
Power Suit Ten

☐ Black ☐ Purple
☐ Royal Blue ☐ Rich Brown
☐ Maroon ☐

State

Size Height Weight Hips

2nd Annual
AUGUSTA CLASS II
Powerlifting Championships

PLUS

1981 SOUTHERN OPEN
Bench Press Championships

Augusta, Georgia
November 7th, 1981

for information, contact:

TOM KING
1130 Brookwood Dr.
Augusta, GA 30909
Home: 404-733-1028
Gym: 803-724-1165

POWER HOOKS!!

Train your deadlift to it's maximum potential, quit tearing up your hands...train lockouts beyond what you could possibly grip.

If you've ever been dissatisfied with the hassle of straps, POWER HOOKS are the ultimate answer.

$30 a pair (tax and shipping included)

Name _____

Address _____

City _____ State ____ ZIP ____

make checks payable to: **Los Angeles Power Company**
P.O. Box 1462
Whittier, CA 90609

NEVADA OPEN-4/24-25/81-LAS VEGAS, NV

	SQ	BP	DL	T
WOMEN'S DIV				
V. Steenrod(112)	253	148	330	732
L. Chicado(122)	286	170	324	782
123				
D. Pickle	385*	231*	418	1036*
L. Press	279	214	352	848
132				
K. Trujillo	424*	209	479*	1113*
A. Alexander	402	264	440	1107
D. Edmondson	402	236	440	1078
148				
F. Zaire	496	360	490	1347
M. Lawrence	358	225	402	984
C. Fernandez	347	214	424	984
G. Myers	259	220	330	807
165				
B. Ruster	451	286	512	1251
T. Conrad	424	259	501	1162
J. Campanella	396	253	418	1069
L. Rego	385	---	---	---
181				
J. Grudzien	644	407	699	1752
S. Kogul	567	352	540	1459
K. Wilson	374	270	529	1172
198				
R. Woods	633	435	655	1725
J. Shendow	584	358	639	1581
E. Riley	---	---	---	---
220				
R. Rio	617	418	661	1697
M. Beckerle	551*	413*	639	1623*
G. Zangas	617	363	606	1587
D. Johnson	507	314	540	1140
J. Dentice	529	358	---	---
275				
J. Houser	705	429	744	1879
P. Sumner	600	424	573	1636
F. Davis	562	402	512	1475
SHW				
J. Piekut	722*	507	826*	2039*

* Nevada state record; Outstanding lifter Div I - F. Zaire, Div II: J. Grudzien. Representative states: 1. New Mexico, 2. Utah, 3. Colorado, 4. Texas, 5. Calif. 6. Ariz. 7. Nevada. Acknowledge our gratitude to the following people: Head table: Susan Stivers, announcing, Rochelle Stivers, Vicki Steenrod, Lyanne Williamson, Sherri Menaker, Judges: 1. Gabe Stivers, 2. H. Glinski, 3. Gary Menaker, 4. Jan Shendow, 5. L. Nelson. Loaders and spotters: Ken Bell, Gary Myers, Robert Rose, L. Rego, V. Clark, all of El Dorado PL Club, and all the lifters who traveled from Colorado, Utah, Calif. New Mexico, Ariz. Nevada and Texas.
Thanks to Gary Menaker for results.

FAIRFAX NOVICE & MASTERS (CLASS III & BELOW & OVER 40)-7/18/81 FAIRFAX,CA

	SQ	BP	DL	T
114				
D. Donovan	187	181	231	600
D. Shimono	209	93	264	567
J. Palacio	170	154	237	562
S. Gutierrez	181	115	203	501
T. Estrada	---	---	---	---
123				
M. Baker	264	170	347	782
J. Mertes	253	181	314	749
T. DeSomma-GST	330	220	396	948
132				
D. Bernard	275	181	391	848
J. Vielma	253	231	363	848
J. Rodriguez	187	187	303	677
P. Gestri	192	115	242	551
R. Kanstein	187	137	220	545
T. Schivo	DISQ	---	---	---
H. Azevedo	---	---	---	---
148				
W. Cline	286	192	374	854
J. Summers	297	198	325	821
S. Bridge	242	159	303	705
S. Haney	115	93	226	435
165				
M. Cites	374	292	418	1085
D. Buckingham	352	242	474	1069
J. Boggs	380	264	424	1069
F. Elder	402	253	407	1063
E. Albert	352	259	424	1036
R. McElwain	369	231	429	1030
A. Martinez	319	303	396	1019
W. Prodger	314	242	418	975
B. Blachly	303	303	374	959
R. Hetzel	308	253	374	937
F. Okun	214	209	314	738
K. Rabon	---	---	---	---
181				
M. Powell	352	374	413	1140
B. Bunch	374	275	424	1074
D. McClarty	270	203	303	777
S. Cutler	369	---	---	---
198				
R. McCord	440	369	529	1339
D. Fitzhugh	435	292	451	1179
E. Anderson	374	259	463	1096
L. Kuhs	341	259	435	1036
M. Godwin	---	---	---	---
220				
A. Gillam	474	347	523	1344
R. Sanchez	451	319	507	1278
F. Tentacosta	380	275	451	1107
D. Kavarian	380	176	413	970
T. McCary	402	---	---	---
242				
E. Roth	551	363	573	1488
P. Anderson	474	363	600	1438
R. Fitzhugh	451	353	523	1300
J. Manfelt	325	---	---	---
275				
M. Kavarian	501	253	485	1240
B. Harris	330	237	413	981
W. Ross	463	---	---	---
SHW				
L. Williams	474	231	507	1212
MASTERS-165				
R. Hetzel-41	308	253	374	937
181				
J. Lem-52	639**	369	562	1570
B. Seymour-42	330	275	363	970
198				
B. Fairfax-40	402	237	496	1135
B. Boaz-42	347	341	402	1091

** - World and National masters record; Meet director: B. Fairfax, Announcer: A. Kirshner and B. McKay, Judges: D. Van Brocklin, G. Hunnicutt, A. Rafael, J. Waters, J. Lem, L. Williams, A. Kirshner, D. Horrigan and R. Riddleberger; spotters and loaders: J. Waters, J. Bergman, L. Wilde, D. Locati and D. Rossi; Scorekeeprs: M. Muir, D. Locati, Lynn and Kass. Best lifters: Novice It class: D. Buckingham, hvy class: E. Roth; Masters It class: Jim Lem, hvy: B. Fairfax, Women: 1st: S. Bridge, 2nd: S. Gutierrez, 3rd: R. Kanstein. Teams: 1st: Total Unlimited, Turlock, 2nd: Fairfax Health Club.
Thanks to Jim Lem for results.

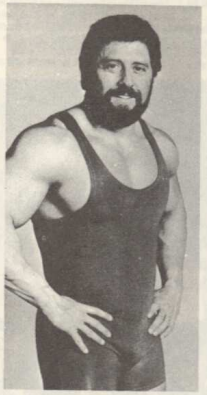
WESTSIDE GYM'S MEMBERS ONLY POWER MEET 7/19/81-PHOENIX,AZ

	SQ	BP	DL	T
105				
J. Boston	130	105	170	405
R. Fisher	95	55	145	295
114				
K. Compton	165	105	180	450
C. Fisher III	145	70	165	380
132				
R. Stelter	250	175	315	740
R. Almanza	205	180	260	645
148				
T. Higgins	205	235	345	785
B. Pool	295	175	315	785
G. Hunter	240	220	320	780
J. Thoreen	185	160	310	655
165				
A. Redmond	400	275	465	1140
C. Schultz	290	250	300	840
K. Vaswani	235	230	340	805
P. Schuler	250	220	245	715
G. Dryer	220	195	280	695
T. Chandler	220	185	260	495
181				
R. Topete	375	285	360	1020
K. Riley	270	255	360	885
B. Wallace	250	220	340	810
198				
T. McGrath	300	285	400	985
R. Wilson	---	245	350	595
220				
J. Roskoe	470	340	545	1355
D. Ohton	470	330	515	1315
R. Bullas	235	270	355	860
242				
C. Fisher jr	400	260	400	1060
N. Nixon	---	---	---	---

We would like to thank statisticians Paul Bratcher and Mike Knudsen, judges Roy Batista and Bill Hawkins and loader Jeff Powitt. Also a special thanks to meet director Carl Fisher Jr for bringing powerlifting alive at Westside gym and the many hour he put into making this 1st meet a real success. Thanks to Paul Bratcher for results.

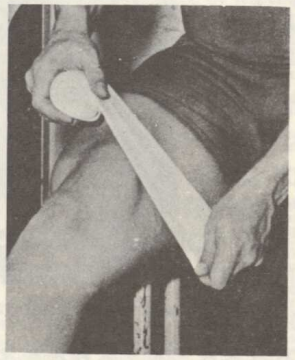
NEW MASTERS FORMAT...some lifters were surprised/upset to find that competition for World titles, as far as US lifters go, will be limited to 2 official teams (over 40 and over 50) of 10 each, as opposed to last years format where both the World and National meets were essentially open competitions. Additionally, the World team title will be contested on a National level only and World Team champs of last year, the Ambridge VFW Club, will not be able to defend their title.

SUPER SUITS-WRAP 2-BELTS



PACIFICO ENTERPRISES

from PACIFICO ENTERPRISES



SUPER SUITS are what more World Champions wear 5 to 1 over the rest. Why? They say 'If there was a better suit, I'd be wearing it'

White only...**$28** plus free pair of SUPER WRAP 2.

Royal Blue, Navy, Red.....**$36** plus free pair SUPER WRAP 2.

This wrap is the very same wrap used by most lifters today, but it comes under other names. We sell them for less.....
1 pair....**$7.00**
3 pair...**$18.00**

This belt we carry for one reason only, because it's a Bob Morris Belt and that's the best there is. If there was a better belt, then we would sell it.

Regular Thickness..**$30.00**
Double Thickness...**$60.00**
Double Thickness Suede (any color suede)...**$75.00**

ORDER FORM—PLEASE PRINT

ITEM DESCRIPTION	CODE LETTER	QUANTITY	COLOR(S)	SIZE, WAIST OR WEIGHT CLASS	OTHER INFORMATION	PRICE

NAME _____

ADDRESS _____

CITY/STATE _____ ZIP _____

Mail to: **Pacifico Enterprises**
P.O. Box 14152 N.R. Br.
Dayton, Ohio 45414

SHIPPING*	$
SUB-TOTAL	$
Check or Money Order TOTAL	$

PACIFICO ENTERPRISES

*Most prices include tax and shipping in the U.S.A. Outside U.S.A. add 10% for Surface Mail and 20% for Air Mail for Postage and Handling. Satisfaction Guaranteed. Allow two weeks for delivery.

DEADLIFT/CHEAT/CURL CONTEST-7/18/81-JANESVILLE,WIS

		DL	CURL	T
UNDER 180				
S. Mcky	---	550	220	770
J. Holder	---	525	200	725
D. Hegge	---	470	225	695
R. Monroe	---	500	180	680
180-220				
R. Rupert	---	660	250	910
J. Verhagen	---	600	290	890
B. Swift	---	580	250	830
D. Zenzen	---	600	220	820
OVER 221				
D. Parks	---	720	325	1045
B. Reagan	---	605	255	860

Parks is a 22 yr old 267 lber in only 2nd contest, made an easy 325 and had 760 over knees in the DL. Thanks to Meet director Jeff Everson for results.

TOLEDO CHAMPIONSHIPS 7/81-TOLEDO, OH

	SQ	BP	DL	T
114				
M. Martin	230	160	145	535
S. Blank	---	---	---	---
123				
G. Krell	260	205	300	765
132				
G. Huth	400	235	405	1040
D. Bacon	285	200	350	835
M. Freecorn	170	140	310	620
148				
K. Carr	360	205	370	935
H. Krell	270	205	320	795
J. Kozak	---	---	---	---
165				
E. Mowka	525	350	485	1360
181				
J. Bagley	525	340	525	1390
D. Bartolet	470	290	475	1235
T. Carr	470	245	500	1215
M. Heilman	450	250	470	1170
R. Brangham	---	---	---	---
198				
J. Drzewiecki-BL	630	480	640	1750
D. Hummer	605	380	615	1600
D. Harrison:	675	335	540	1550
J. Crockett	470	300	555	1325
P. Magris	440	250	550	1240
R. Harris	405	260	450	1125
220				
R. Tatkowski	735	330	605	1670
C. Smith	500	320	580	1400
R. Pizza	---	---	---	---
SHW				
N. Webert	620	410	640	1670

Team title: Carr's body Shop-24 pts, Warren's gym: 18 pts. 'Our very successful Toledo PL contest was put on by C Carr's Body shop and Warrens gym. Many great lifters have set some great records at this meet. George Crawford, Jerry Bell, Jay Drzewiecki, Dan Haisenleder and Bob Wahl. Toledo is very proud of the lifters it has given the sport of powerlifting. We have many more on the way!

Dennis Carr, Carr'sBody Shop, 1140 Sylvania Ave., Toledo, OH 43612.

NEW ZEALAND VS SOUTHERN STATES AT AUSTRALIA 7/4/81-AUCKLAND,NZ (KILOS)

	SQ	BP	DL	T
56 kg				
G. Cairns	180	100	195	475
60 kg				
G. Fong	150	105	190	445
67.5 kg				
C. Coleiro	220	117.5	130	577.5
75 kg				
W. Martin	250	135	285	670*
W. Keir	175	120	205	500
82.5 kg				
J. Neville	242.5	127.5	295*	665*
R. Ward	215	130	230	575
90 kg				
G. Bunt	290	152.5	317.5*	760
V. Simonetta	270	145	290	705
100 kg				
E. Huth	275	180	252.5	707.5
T. Oahley	275	155	250	680
J. Barberry	240	160	250	650
110 kg				
S. Galloway	240	155	292.5	687.5
W. Nasal	225	150	280	655
125 kg				
M. Barben	300	200	280	780
H. Hallberg	280	162.5	300	742.5*

Note: * denotes New Zealand record.

'Previous McKenzie and Jeff Madsen were not available for the NZ team (Madsen is injured at present, and while rumors abound considering a comeback by Precious, so far he remains in retirement), while our top lightwt, Darryl Attwood, withdrew due to a back injury.

Geoff Cairns has had little success since moving up to the 56 kg class this year and will probably drop back down to 52 kg again in an attempt to qualify for the world champs in Calcutta.

Bill Martin is lifting extremely well this year, he deadlifted 290 for a New Zealand 75 kg record last month and should be totaling around the 700 mark at Calcutta.

Gary Bunt's deadlift is shooting up, his 317.5 against the Australians was very easy and he is hoping for 330 at the Nationals on 19 Sept. This may be Gary's last year in the 90 kg division and he could be close to an 800 total at Calcutta.

Star of the Australian team was Charlie Coleiro who has moved up to the 67.5 kg division since lifting at Arlington. Charlie had close misses on attempts which would have given him a 600 plus total.

Bill Keir was well down on his Arlington performance due to a hip injury - he hopes to compete in the World Masters this year. Vince Simetta is a very promising 20 yr old with a physique reminiscent of John Cappola; he is improving rapidly and could develop into a contender for International honors in a few years time.

Interest in powerlifting is increasing in Palmerston North and I am now coaching over a dozen lifters (including three women). One of our lifters, Steve Galloway, was on the NZ team and won his division against his Australian opponent. Another of our lifters, Terry Pierson, recently set a new National squat record (250.5) in the 82.5 kg div in only his second year of lifting.

Thanks to Ron Mann for results and report.

1981 KENTUCKY STATE TEAM CHAMPS...from the Southern Indiana Health Center. Front Row, left to right, Jim Yeats, Gary Wilson, Bob Missi, Mark Keller, Mark Schiller. Back Row, Bryan Nester, Mike Hubbard, Brian Martin, Pat Smitley, Larry Traub, Brett Wilson, Ted Miller. Thanks to Larry Traub for photo.

DYNAMIC NEW POWERLIFTING T-SHIRTS

1 BEAN ANIMAL ©

2 Powerlifters A BREED APART

3 IPA POWERLIFTING Jr. No. 1 ©

SUPER SQUAT ©

POWER BEAUTY ©

Powerlifting Power-lifting ©

4 5 6

Add Class to your wardrobe or just psych-up your training!

ALL T-SHIRTS and TANK TOPS only $7.95 postpaid

- 2 color design on colored shirt
- 50% cotton, 50% polyester
- Sizes (S, M, L, XL)
- Colors: yellow; gold; lt. blue; white (Tank Tops: yellow; lt. blue only)
- Order by check or money order
- All products guaranteed

Mail No Risk Coupon Today

(Please Print)

NAME _____

ADDRESS _____

CITY _____

STATE _____ ZIP _____

SIZE	QTY.	ITEM	TANK TOP	T-SHIRT	COLOR	PRICE

ORDER 3 SHIRTS ANY DESIGN SHOWN FOR $20.85 - SAVE $3.00!

U.S. Currency only. Allow 4 weeks for delivery. Overseas add 20% for shipping. ILLINOIS residents add 4% sales tax. No C.O.D.'s please.

Send to: PARSONS DYNAMIC DESIGN
1314 W. Marlene
Peoria, IL 61614

Total Enclosed_____

MIKE MACDONALD SYSTEMS presents

CUSTOMIZED BENCH PRESS PROGRAMS

Let Mike MacDonald, the proven 'GREATEST BENCH PRESSER OF ALL TIMES' with 34 World Records so far, help you past your sticking points and on to greater lifts.

Information Requested **Fee $20.00**

1. Current Age, Height, Weight
2. Size, bone structure, and rate of metabolism
3. Detail the form you use and width of grip used
4. How long you have trained and a list of previous injuries
5. Typical day's diet of food and supplements
6. Type of work activity
7. Best current bench press and your sticking point
8. Do you have use of a Cambered Bar?
9. Any other information you feel important

send to

Mike MacDonald Systems
4733 France Ave. So.
Minneapolis, Minn 55410
1-(612)-926-5307

Guess Who?...this man with the famous spotters, Arnold Schwartznegger and Franco Columbu, went on to bench 585 in front of another pair of famous spotters, George Frenn and Peanuts West, when Pat Casey was up to 619. He was shooting for the 600 barrier, but was drawn away to professional football and later professional wrestling. For the answer to who he is, turn this page upside down: *Wayne Coleman, also known as SuperStar Billy Graham*

(photo by Zeller, courtesy of Billy Graham)

CALIFORNIA STATE WOMEN'S 8/1/81-SAN FRANCISCO,CA

	SQ	BP	DL	T
97 lb				
S. Jarvis	159	88	203	451
105 lb				
J. Ganger	192	104	237	534
L. Venturino	---	---	---	---
114				
M. Ryan	214	154	259	628
S. Martinez	237	132	253	622
P. Gee	237	121	242	600
N. Kahn	165	104	242	512
123				
K. Ciano	214	104	253	573
C. Lee	198	110	253	562
N. Longoria	154	77	253	485
132				
S. Villarreal	203	110	303	617
P. Brighton	143	77	259	479
M. Poll	132	126	198	457
148				
L. Rodriguez	275	148	336	760
D. Osborne	187	110	297	595
S. Cox	192	99	292	584
L. Rios	159	93	209	463
B. Botelho	165	77	181	424
H. Hannifen	187	---	---	---
A. Jackson	---	---	---	---
165				
M. Jung	275	187	374	837
B. Packer	237	126	325	688
N. Thomas	165	121	237	523
181				
A. Stein	292	137	325	755
S. Morgan	292	137	319	749
C. Borwn	209	143	314	666
181 plus				
W. Sander	402	214	424	1041
L. DeSnoo	303	159	319	782
L. Stephan	214	132	275	622
D. Trunnell	226	115	275	617

Meet Director: Jim Lem, Announcer: Alan Kirshner, Scorekeepers: L. Kirshner, S. Lem and K. Lem, Special scoreboard keeper: Jim Lem; Spotters and loaders: R. Tsutsui and Bob Taketa, Referees: L. Williams, R. Kanstein, D. McGee and B. Fairfax; best lifters: Stella Martinez, Mary Ryan and Wanda Sander, Team awards: 1st: Olympic Power team, 2nd: The Sports Palace.

Thanks to Jim Lem for results.

There is NO Substitute for a MAX!!!

The MAXIMUM in Powerlifting Nutrition is from WHEELER'S FITNESS & STRENGTH ENT.

	PRICE	QUANTITY	AMOUNT ENCLOSED
ANABOLIC GLANDULARS - 100 Capsules * Raw Multi-Gland Formula - 100% Natural *	11.95		
'NATUROL' - Multi-Gland - 100 tabs	13.00		
ORCHIC - Raw Testicle Gland - 200 mg. - 100 capsules	8.95		
RAW ADRENAL GLAND - 150 mg. - 100 capsules	9.95		
'PUMP 300' - Raw Heart - 300 mg. - 100 capsules	7.95		
ARGENTINIAN BEEF LIVER (with B-12) - 21 grain - 500 tabs	18.00		
MULTI-PAK (with 31.5 grain Liver) - 30 day	21.00		
MULTI-PAK (with 31.5 grain Liver) - 60 day	36.00		
RUSSIAN FORMULA B-15 - 50 mg. - 100 tabs	5.50		
HI-ENERGY BEE POLLEN - 600 mg. - 100 tabs	7.00		
VITAMIN E - All Natural - 400 I.U. - 100 tabs	10.00		
BALANCED B - 125 mg. - Time Release - 60 tabs	11.00		
VITAMIN C SUPREME - Time Release - 1725 mg. - 100 tabs	11.50		
JON COLE POW-R PAK - 30 Day	17.00		
JON COLE PROTEIN - (with Raw Glands) - 16 oz.	8.95		
JON COLE POW-R PAK & PROTEIN	23.50		
	SUB-TOTAL		
	* Shipping Charges $2.00		
	Calif. Residents add 6% Tax		
	TOTAL		

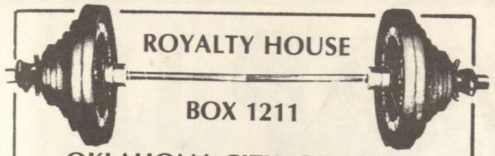
ORDER FROM:

WHEELER'S
FITNESS AND STRENGTH ENT.
P.O. BOX 1483
BAKERSFIELD, CALIF. 93302

or call (805)-871-3925

* ADD $2.00 FOR SHIPPING FOR ORDERS UNDER $50.00
OUTSIDE U.S.A. ADD 20%

Weightlifting Equipment also available at Discount Prices!



ROYALTY HOUSE

BOX 1211

OKLAHOMA CITY, OK 73101

DISCOUNT PRICES from Dick Burke's Mail Order Company on York, Champion, Universal, MAC, and Image barbells, equipment & machines shipped to you. Write for FREE catalogue or call 405/942-5606. The York Power Bar is available in pounds or kilos at no extra cost. We are stocking York Olympic sets, bars and plates in OKC at no discount but can ship immediately or you can come and get 'em. Address is 3721 N.W. 25. Visa and Master Charge accepted by mail or phone.

POWERLIFTING QUALIFICATION STANDARDS FOR MEN

CLASS	114	123	132	148	165	181	198	220	242	275	SHW
Elite	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033
Master	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
Class I	882	953	1025	1152	1257	1350	1422	1505	1554	1598	1670
Class II	777	838	904	1009	1102	1190	1257	1323	1367	1411	1472
Class III	672	733	788	887	965	1036	1097	1157	1196	1229	1279
Class IV	590	639	689	772	838	904	953	1003	1047	1075	1119

NEW LOCATION FOR THE OKLAHOMA GRAND

Due to a scheduling conflict at the Holiday Inn, the meet will now take place at the RAMADA INN EAST at I-40 & I-35 Eastern.

For further information contact RICHARD PETERS, BOX 1753, NORMAN, OK 73170
405-321-1852

* the Ultimate POWER BAR

ORDER NOW...price increase coming!

* CONFORMS TO IPF STANDARDS
2M20 (7 ft, 3 in.) Overall bar length
29MM (1 1/8 in.) Diameter
1M31 (4 ft, 6 in.) Length between collars
81CM (32 in.) Score for bench grip
6 in. Center knurl
* Heat treated for maximum strength
* Will accomodate any competition weight
* Superb knurling
* Fully warranted

$199.95

TOM ELDRIDGE
1621 Melanie Lane
Arcadia, Calif. 91006
(213) 446-7048

MAGNUM WRAPS now available!

AT LAST! the FEMALE Deadlifter!

OLYMPIC TROPHY and AWARDS

proudly presents the Female Deadlifter figure....only $6.00

Male squat figure.....$6.00

Male deadlift figure.....$6.00

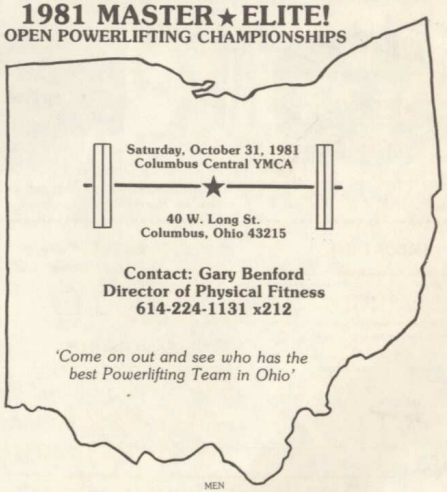
call or write for free catalog

4408 N. Milwaukee, Chicago, Illinios 60630 U.S.A.
312-545-0449

P.S. The BENCHER is coming!!!

Big Weight Loss...Iron Man author TONY DITILLO abruptly dropped from a bodyweight of 350 to 187, mainly by deleting sugar from his diet. He looks and feels great now and is stronger, pound for pound than ever before. His Before and After measurement are as follows: Chest 62 in. to 52 in., and Waist 48 in. down to 35 in. He maintains a 26 inch thigh and 17½-18 in. arm. If he goes up in bodyweight again it will be slow enough to make sure the weight is solid muscle.

1981 MASTER★ELITE!
OPEN POWERLIFTING CHAMPIONSHIPS



Saturday, October 31, 1981
Columbus Central YMCA

40 W. Long St.
Columbus, Ohio 43215

Contact: Gary Benford
Director of Physical Fitness
614-224-1131 x212

'Come on out and see who has the best Powerlifting Team in Ohio'

MEN

	114	123	132	148	165	181	198	220	242	275	SHW
★ MASTER	981	1064	1146	1279	1400	1505	1593	1675	1736	1786	1857
★ ELITE	1064	1157	1246	1394	1527	1642	1731	1824	1890	1946	2033

WOMEN

	97	105	114	123	132	148	165	181	SHW
★ MASTER	579	623	667	711	749	827	893	954	1025
★ ELITE	639	683	733	782	827	909	981	1053	1130

SUPERWRAP™ II

"The finest knee wrap available for competition or training"

• 3 Pairs $18.00 • 2 Pairs $13.00 • 1 Pair $7.00 •

• STRONGER • HEAVIER • LONGER LASTING •

• OFFICIAL LENGTH • GREATER STRETCH WITH MORE COMFORT •

SUPERWRAP™ II is the **most effective** knee wrap in use. Top competitors around the world buy **SUPERWRAP™II** to **improve squat** performance. Another fine value from the **MARATHON Distributing Company.**

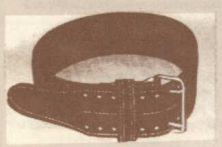
"... **add pounds** to our SQUAT & TOTAL." Use **SUPERWRAP™ II** AND SAVE $$$!!

FREE PAIR of **SUPERWRAP™ II** with each Supersuit™ purchased.

Also ... the original **SUPERWRAP™ • 3Pairs $12.00 • 1 Pair $5.00**

...the original heavy duty knee wrap cut to official length

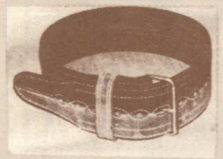
BOB'S Custom Lifting Belts from Marathon™ Distributing Co.



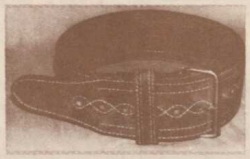
Style (B) Suede Covered belt has stitching twice around belt and once down center. Double row of holes ...$75.00

Style (C) Double thickness belt has stitching once around belt, down center and around holes $60.00

Style (D) Single thickness belt with double row of holes $30.00



'Two Tone' $75.00



Style (A) Deluxe Suede Covered belt with stiching twice around belt, once down center, and around holes $75.00

Training Straps! Heavy washable nylon ... won't stretch. Blue, yellow, green, red or white. Style 1.....$5.00

IMPORTANT

SUIT SIZE: If you are certain of your suit size, please indicate it in the appropriate column of the adjacent order form. If you've never before worn a Supersuit™, indicate your height and weight, and check the appropriate box for male or female.

SUIT COLOR: Indicate your 1st, 2nd and 3rd choice of color by numbering the appropriate box.

BELTS: Indicate waist measurement, style and color preference.

SUPERSUIT™ II

Black ☐ Navy Blue ☐ Royal Blue ☐ Scarlet Red ☐

SUPERSUIT™

Natural ☐

SHOP BY PHONE OR MAIL

Male ☐ Female ☐

Item	Suit Size (Height)	Suit Size (Weight)	Suit Size (Height)	Suit Size (Weight)	QTY.	EXT.
SUPERSUIT™						
SUPERSUIT™ II						
SUPERWRAP™						
SUPERWRAP™ II						

Additional orders or special instructions

Total

Name: _____

Address: _____

City _____ State _____ Zip _____

Check, Money Order, MasterCard or Visa must accompany orders.

Card No. _____ Exp. Date _____

*Oversea orders add 20%. Calif. residents add 6% Sales Tax.

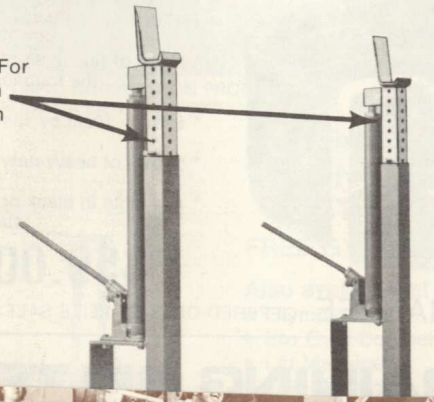
Marathon™ Distributing Company 1229 Via Landeta, Palos Verdes Estates, CA 90274

Phone: (213) 519-7111/375-3802

Introducing . . .

Peffer Hydraulic Systems

Made to support **tons of weight,** and built to last a lifetime!



INTRODUCTORY PRICE $389.00

MIKE BRIDGES, MULTI-CLASS WORLD CHAMPION "... A POWERLIFTER AHEAD OF HIS TIME."

MARK DIMIDUK 1980 WORLD CHAMPION

LARRY PACIFICO 9 TIME WORLD CHAMPION

MARVIN PHILLIPS, 20-TIME WORLD RECORD HOLDER IN THE SQUAT.

The best wear Supersuits, so wear the best
Increase your squat and total with a SUPERSUIT™
Often imitated — never equalled

- **SUPERSUIT™ II** (Stronger Material) **$36.00**
  Black, Navy Blue, Royal Blue, Scarlet (Red)
- **SUPERSUIT™** Natural Color (White) **$28.00**
- **SIZES AVAILABLE: 24, 26, 28, 30, 32, 34, 36, 38, 40, 42, 44, 46, 48**
  The numbered sized suits give a more accurate fit for greater body support during the squat.
  Do not accept substitutes.

The MARATHON Co. is the exclusive worldwide source of the Supersuit™ by Spanjian.

Distributor inquiries on SUPERSUITS™ *and* SUPERWRAPS™, *foreign or domestic, are welcomed.*
Team, school and wholesale discounts also available.
Champions and record holders TRAIN and WIN with SUPERSUIT™.

— ORDERS PROCESSED SAME DAY AS RECEIVED ... IMMEDIATE SHIPMENT —

ELITE

INTRODUCING ELITE COMPETITION BELTS

THE ULTIMATE
COMPETITION BELT
AT AN AFFORDABLE PRICE

* Made of Suede and Bullhide the toughest leather
* Exactly 10cm by 13mm
* 5 rows of heavy duty stitching
* Available in black or elegant rust

$59.00

LIFETIME GUARANTEE OFFERED ONLY BY ELITE SALES, INC.

ELITE TRAINING BELTS

THE PRECISION TRAINING
BELT FOR THE SERIOUS
WEIGHT LIFTER

* 10cm by 13 mm tapering to a 3 in. double prong buckle
* 5 rows of heavy duty stitching
* Available in beautiful mahogany stained natural leather

$42.00

LIFETIME GUARANTEE OFFERED ONLY BY ELITE SALES, INC.

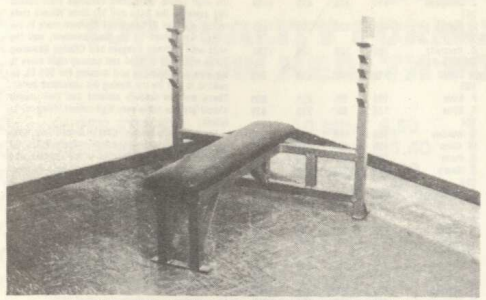
ALL SIZES IN INVENTORY -IMMEDIATE DELIVERY
CREDIT CARDS, C.O.D. ORDERS BY PHONE OR MAIL

IMPORTANT

ADD $2.50 postage per item

include waist size and color choice

Make payable to
ELITE Sales, Inc.
P.O. Box 17711
Austin, Texas 78760
(512)-441-7993



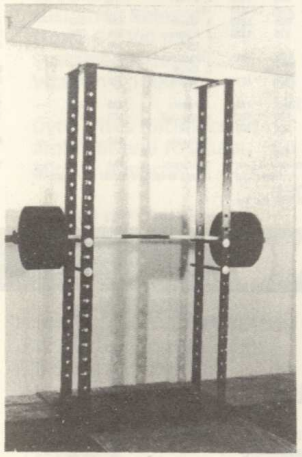
GOLD OLYMPIC COMPETITION PRONE
WITH EXTRA SAFETY HOOKS

GOLD OLYMPIC COMPETITION INCLINE
WITH SPOTTERS PLATFORM

Largest In Stock Supply Of Heavy Duty Equipment In The U.S.A.!

FAST SERVICE — LOW PRICES!

FREE GYM LAYOUTS AND PRICE QUOTES



PORTABLE POWER RACK

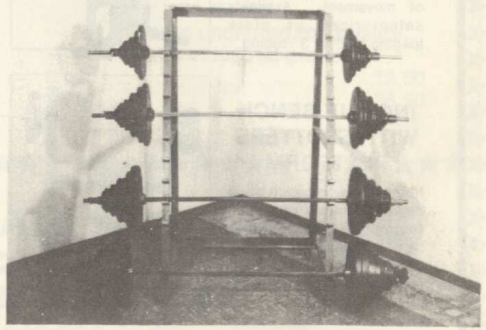
Also available at prices you can afford:

- Olympic Sets
- Pro Gym Dumbells
- Lat Machines
- Calf Machines
- Hack Machines
- Dyna Cam Machines
- Corbin Gentry Units
- AMF Equipment
- Multi-Station Machines
- Combo Benches

CALL OR SEND FOR YOUR FREE CATALOG

Pitt BARBELL & HEALTHFOOD
126 PENN HILLS MALL
PITTSBURGH, PA 15235
HOURS: M-S 10 A.M. - 9 P.M.
412-371-4366

LEG CURL FLEXOR MACHINE



POWER AND OLYMPIC SETS

FLORIDA STATE CHAMPIONSHIPS
7/25/81-TAMPA,FL

	SQ	BP	DL	T
114 NOVICE				
S. Mayer	260	190	280	730
F. Zickler	200	150	240	590
123				
M. Starr	200	215	335	750
E. Cattell	190	200	345	735
M. Brasher	205	130	275	610
132				
M. Rodriguez	380	255	415	1050
R. Cunningham	280	300	440	1020
B. Lefavi	345	275	340	960
D. Lawrence	280	285	365	930
T. Manning	325	170	400	895
148				
K. Collier	330	200	425	955
K. Trevorah	340	165	330	835
J. Donnelly	245	200	260	805
165				
J. Gallardo	405	350	505	1260
D. Castellano	475	250	480	1205
W. Cattell	400	305	480	1185
T. Thomas	370	300	500	1175
T. Smith	415	270	475	1160
J. Wallaver	385	310	430	1125
J. Campo	345	305	380	1030
181				
W. Baur	505	300	485	1290
P. Renner	505	275	500	1280
N. Sindardi	495	250	525	1270
T. Trevorah	470	305	490	1265
B. Gallo	460	275	455	1190
W. Roberts	375	320	480	1175
198				
B. Beckley	565	375	565	1505
J. Lombardo	525	375	550	1450
J. Temple	540	300	565	1405
D. Orr	525	300	560	1385
J. Hougabook	450	300	475	1225
G. LaBounty	385	225	400	1010
220				
R. William,s	540	375	530	1445
D. Orr	470	285	525	1280
A. Rothberg	445	310	500	1255
J. Campbell	410	275	475	1160
242				
R. Failla	465	400	550	1415
275				
A. Horowitz	380	325	430	1135
WOMEN-97 lb				
J. Cattell	115	80	150	345
105				
P. Kline	185	95	225	505
S. Sims	135	85	215	435
114				
T. Walden	165	100	240	505
W. Kline	180	90	235	505
C. Porto	160	80	240	480
S. Henry	130	85	215	430
132				
D. Serbousek	165	85	225	475
E. Carroll	135	85	225	445
148				
D. Dagres	170	75	240	485
K. Butler	165	95	200	460
148 OPEN				
C. Okonkwo	520	405*	515	1440
A. Conyers	490	390	515	1395
M. Maclean	475	290	475	1240
S. Johnson	400	300	500	1200
165				
G. Bell	560	350	580	1490
S. Dunn	450	320	585	1355
181				
R. Pereda	615	330	585	1530
M. Brown	550	405	500	1455
V. Diaz	575	315	540	1430
C. Wright	500	265	600	1365
H. Fields	530	225	575	1330
198				
D. Gant	550	420	575	1545
220				
R. Vaillancourt	630	405	580	1615
242				
J. Garcia	620	475	645	1740
H. Roberts	705*	375	625	1705
T. Myers	600	430	635	1665
275				
G. Waters	775*	450	550	1775

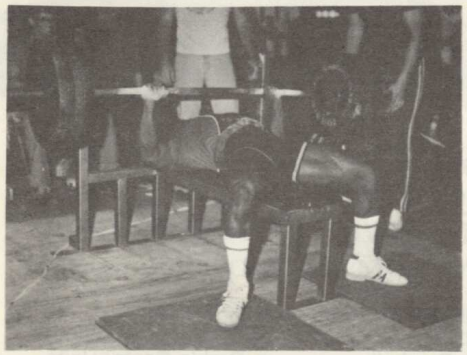
* state record; 'The meet started promptly at 9 am with two platforms and two warm up rooms and finished at a little after 5:30 pm.

The lifters were warned ahead of time that the judging was going to be very strict, especially on-the squats (due to many 'high squat' comments after the last few meets) but it was fair and no one complained.

The quality of lifting was very high and a few of the high points were Herc Robertgs state record 705 squat in the 242s and big Gene Waters state record squat of 775 to break his own mark in the 275s. The 'class' of the meet however, was the 148s with Anthony Conyers and Charles Okonkwo going at it head to head and coming right down to the wire with Anthony just missing the 565 DL he needed to win for not having his shoulders back. These are two suiperb athletes and their rivalry should provide some very high caliber lifting in the future.

Thanks to the judges, Cheryl Jones, Chip Hultquist, Beth Chrosniak, Sue Taylor, Ernie Milian, Ed Gillie and Joel Stein. Thanks to the spotters who saved many a neck, and spacial thanks to meet directors Ed Gillie and Joel Stein and thanks to Stan's gym for their help.

Thanks to Tom Acker for results and report.



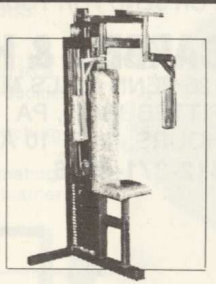
Unofficial WR try...Okonkwo gave 415 a solid push at the Florida State meet, and ended up with a great 405. photo by Jeff Temple.

WESTERN BRANCH YMCA MEET
7/18/81-WILMINGTON,DE

	SQ	BP	DL	T
123				
R. Groski	320	205	---	525
148				
J. Sauers	315	245	---	560
B. Pitzer	245	175	---	435
165				
J. O'Hara	475	275	---	750
181				
B. Mason	420	330	---	750
J. O'Hara	385	290	---	675
F. Esch	340	325	---	665
198				
C. Carter	390	275	---	665
R. Krause	350	265	---	615
220				
J. Powers	335	225	---	560
N. Marshall	400	340	---	740
242				
F. Poppiti	460	400	---	860
SHW				
B. Edwards	550	330	---	930

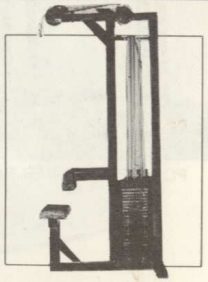
Thanks to Richard Groski for results.

STRENGTH INC.



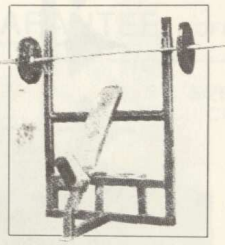
PECK DECK

Features adjustment seat and adjustments forward and back on arm pads. Off set cam mechanism for greater resistance at finish of movement. Available selectorized or plate loading in 2" or 3" tubing.



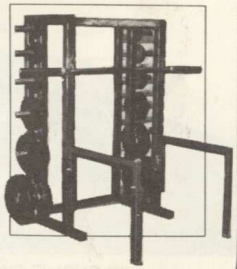
SEATED LAT

Selectorized 220 lb. stack (other poundage available at extra cost). Adj. T-Bar, self standing unit. Available in 3" monster (as shown) or 2" standard. Large 6" pulleys with Rollar Bearings.



INCLINE BENCH WITH SPOTTERS PLATFORM

Fixed angle on bench of 45 degrees unless otherwise requested. Adjustable height on tapered seat. Adjustable bar holders. Spotters platform for safety and forced reps.



DELUXE SAFETY SQUAT STANDS

Self-standing unit with adjustable uprights and safety catches. Plate holders built into unit. Available in 3" or 2" model.

CATALOG $1.00

432 HIGHLAND AVENUE (208) 734-6883 TWIN FALLS, IDAHO 83301

MIKE MACDONALD SYSTEMS
presents
TOP QUALITY FORMULAS AT 20 PER CENT BELOW HEALTH FOOD STORE PRICES

SUPER STRESS	30 tabs	6.50
Sustained Release	60 tabs	11.40
MEGA B-125	60 tabs	9.40
Sustained Release	90 tabs	13.70
B-12 5000 mcg		
Sustained Release	30 tabs	9.60
B-12 2000 mcg		
Sustained Release	60 tabs	9.60
NIACIN 1000 mg		
Sustained Release	60 tabs	6.80
Pantothenic Acid		
1000 mg	60 tabs	9.00
Sustained Release	90 tabs	13.10
Super C 2000 mg		
Sustained Release	60 tabs	7.90
Vitamin E 1000 IU	60 tabs	12.30
	90tabs	17.40
Dyno Vites (Ultimate Vitamin Mineral formula)	60 tabs	11.40
Mighty Minerals	90 tabs	8.25
	180 tabs	15.50
Ascorb-a-minerals		
Sustained Release	90 tabs	8.60
Mega Zinc 100 mg		
Sustained Release	90 tabs	9.95

NATURAL FAT BURNING FORMULAS

Trimplex (Lecithin, Kelp, B-6, and Apple Cider Vinegar formula)	90 tabs	5.30
	180 tabs	10.25
Lipo Vite (choline, inositol and methionine formula)	50 tabs	6.50
	100 tabs	12.00
Betaine Hydrochloride 600 mg (for improved digestion)	90 tabs	5.40
Amino Pro instant beverage, 90% Pro (delicious carob taste and easy mixing)	1 lbs.	7.50

RAW GLANDULAR FORMULAS
GROWTH WITHOUT DRUGS

Stero-Glan, 5 tabs provide: pituitary 150 mg, adrenal 150 mg, liver 150 mg, pancreas 150 mg, kidney 150 mg, heart 150 mg, bee pollen 75 mg, yeast 200 mg	250 tabs	14.50
	500 tabs	26.00
	1000	48.50
	2000	89.50
Argentina Beef Liver 20 grain plus B-12	300 tabs	11.95
Adrenal 150 mg	90 tabs	8.15
Orchic 150 mg (raw testicle)	90 tabs	5.75
Pancreas 650 mg	90 tabs	11.95
Pituitary 35 mg	90 tabs	7.20
Prostate 130 mg	90 tabs	6.95
Spleen 250 mg	90 tabs	3.60
Thymus 140 mg	90 tabs	5.50
Heart 140 mg	90 tabs	5.75

*** B-15 ***
(original Russian formula)
30% more stamina and Lowest Price

100 tabs	5.50
300 tabs	13.50
500 tabs	20.50
1000 tabs	38.50

(it works)

*** DMSO ***
99.9% pure undiluted top quality
(non industrial grade)

8 oz.	12.50
16 oz.	23.50

Build Natural Power

MIKE MACDONALD SYSTEMS
4733 France Avenue
Edina, Minnesota 55410

Have a Long Career

call me at (1-612-926-5307)

Immediate Shipment U.P.S. C.O.D. orders accepted
Postage Paid on Orders $50.00 and up
(others add $1.50 handling cost)

FOR THE RECORD

This section is reserved for any and all kinds of lifting records...everyone is encouraged to send in regional, state, association, meet, club, school, gym records...ANY kind of records. Send to PL USA, Box 467, Camarillo, CA 93010.

	CONNECTICUT OPEN RECORDS	FLORIDA STATE	PA/COLLEGIATE [Kilos]	MOUNTAINEER OPEN
114 SQ	285 J. Steinfeld	374 E. Milian	160 G. Zeolla	325 D. Heath
BP	260 J. Steinfeld	260 W. Wilson	97.5 D. Christman	215 D. Heath
DL	335 J. Steinfeld	424 E. Milian	180 G. Zeolla	405 D. Heath
T	850 J. Steinfeld	1024 E. Milian	432.5 G. Zeolla	945 D. Heath
123 SQ	350 T. Hagerty	446 E. Milian	147.5 T. Thibault	405 C. Dunbar
BP	230 R. Buczek	300 W. Wilson	105 T. Thibault	270 R. Salser
DL	430 T. Hagerty	524 E. Milian	162.5 F. Nickles	400 R. Salser
T	970 T. Hagerty	1234 E. Milian	430 T. Thibault	1045 R. Salser
132 SQ	400 P. Griffith	514 E. Milian	187.5 T. Thibault	451 E. Cangemi
BP	260 N. Desantis	326 C. Okonkwo	131.9 V. Poteste	285 G. Cole
DL	500 M. Wonyete	540 E. Milian	204.9 P. Dorney	473 E. Cangemi
T	1070 M. Wonyete	1319 E. Milian	487.5 T. Thibault	1168 E. Cangemi
148 SQ	450 J. Shoaf	555 C. Okonkwo	220 M. Durst	490 P. Sutphin
BP	350 P. Izzo	405 C. Okonkwo	150 B. Jones	325 P. Sutphin
DL	515 H. Hoffman	630 M. Facteau	240 B. Jones	570 P. Sutphin
T	1255 T. Punzina	1500 M. Facteau	604.3 B. Jones	1385 P. Sutphin
165 SQ	520 J. Convoy	615 M. Facteau	240 G. Mulford	562 D. Hundley
BP	390 B. Wynne	380 C. Hulquist	167.5 B. Jones	370 D. Bee
DL	680 J. Spack	650 M. Facteau	250 B. Jones	606 D. Hundley
T	1495 J. Spack	1600 M. Facteau	652.1 B. Jones	1425 J. Wilson
181 SQ	515 N. Carola	630 R. Daley	275 M. Mecchella	600 B. Kyle
BP	360 M. Yoel	415 R. Bea	170 B. Schmidt	400 T. Gallagher
DL	650 J. Spack	660 V. Alday	297.5 B. Petko	640 R. Halms
T	1505 M. Yoel	1590 B. Ely	700 M. Mecchella	1576 B. Kyle
198 SQ	660 R. Simmons	670 E. Gillie	287.5 D. Klein	680 L. Simmons
BP	420 R. Labbe	445 E. Gillie	181.5 J. Caputo	440 J. Jandik
DL	700 S. Backus	735 P. O'Brien	295 D. Klein	640 L. Simmons
T	1635 R. Simmons	1750 E. Gillie	752.5 D. Klein	1755 L. Simmons
220 SQ	710 S. Backus	800 B. Chrosniak	285 D. Darbenzio	733 J. Florio
BP	440 C. Snitkin	465 R. Rairigh	209.2 M. Gulla	470 M. Wolf
DL	760 S. Backus	761 P. O'Brien	299.8 J. Yourgal	680 J. Sideris
T	1865 S. Backus	1970 B. Chrosniak	760 D. Darbenzio	1850 J. Sideris
242 SQ	725 C. Snitkin	705 H. Roberts	290 J. Pammer	666 R. Thompson
BP	460 C. Snitkin	505 D. Hammock	201.9 M. Gulla	440 R. Gammage
DL	750 C. Snitkin	685 T. Gaskins	290 J. Jefferson	677 P.J. Meduri
T	1925 C. Snitkin	1820 D. Green	752.5 J. Jefferson	1750 E. Stuber
275 SQ	755 B. Romaniello	775 G. Waters	305 J. Bennett	650 D. Mayo
BP	440 P. Gigliotti	490 J. Severino	202.5 J. Lucas	415 B. Ladick
DL	635 B. Romaniello	765 C. Robertson	292.5 J. Bennett	661 B. Edmonson
T	1790 B. Romaniello	1950 C. Robertson	777.5 J. Bennett	1664 D. Mayo
SHW SQ	630 W. Andrews	772 D. Muniz-Zacca	325 A. Garritano	665 Hoss
BP	435 R. Rubino	550 C. Pringle	232.5 R. Caruso	440 T. Slamick
DL	690 R. Rubino	695 D. Muniz-Zacca	295 A. Garritano	666 A. Cooper
T	1745 R. Rubino	1841 D. Muniz-Zacca	817.5 R. Caruso	1702 A. Cooper

	SOUTH DAKOTA STATE	WISCONSIN HIGH SCHOOL	SOUTH AFRICAN [Kilos]	WORLD RECORDS [some pending]
114 SQ	265 D. Meyer	292 F. Yasatan		512 H. Inaba
BP	165 D. Henrichsen	155 J. Cunningham		314 C. Dunbar
DL	340 D. Henrichsen	330 F. Yasatan	165 P. Coleman	512 H. Watanabe
T	740 D. Meyer	755 F. Yasatan	*	1251 H. Inaba
123 SQ	413 M. Mason	325 S. Sullivan	160 T. Sharples	512 P. McKenzie
BP	253 M. Mason	205 K. Basinski	92.5 V. Rabie	319 L. Gant
DL	429 M. Mason	370 S. Sullivan	192.5 T. Sharples	633 L. Gant
T	1096 M. Mason	855 S. Sullivan	427.5 T. Sharples	1372 L. Gant
132 SQ	445 M. Mason	355 M. Wolfe	200 C. Donninger	650 J. Bradley
BP	292 D. Piro	230 J. Chernach	120 C. Donninger	397 J. Bradley
DL	446 T. Upton	400 J. Dorn	207.5 C. Donninger	628 L. Gant
T	1120 M. Mason	960 M. Wolfe	527.5 C. Donninger	1554 L. Gant
148 SQ	590 R. Crain	385 T. Kusilek	230 C. Donninger	644 J. Bradley
BP	325 R. Crain	255 T. Kusilek	132.5 R. Maneveld	412 A. Rafael
DL	630 R. Crain	457 T. Mueller	237.5 S. Sterley	661 R. Crain
T	1543 R. Crain	1090 T. Kusilek	555 C. Donninger	1614 J. Bradley
165 SQ	666 R. Crain	425 G. Eigenberger	215 K. Kaplen	722 M. Bridges
BP	380 S. Engelhart	270 G. Eigenberger	170 J. Ferreira	479 J. Rouse
DL	666 R. Crain	525 G. Eigenberger	255 K. Kaplen	703 R. Gaugler
T	1675 R. Crain	1220 G. Eigenberger	610 K. Kaplen	1862 R. Gaugler
181 SQ	529 L. Robinson	501 T. Van Heest	245 R. Van der Berg	832 M. Bridges
BP	370 C. Burton	300 A. Blakely	175 J. Ferreira	521 M. Bridges
DL	644 L. Robinson	534 T. Van Heest	265 K. Kaplen	788 V. Kumpuniemi
T	1509 L. Robinson	1317 T. Van Heest	652.5 K. Kaplen	2072 M. Bridges
198 SQ	622 P. Mustakas	460 D. Dininger	280 R. Van der Berg	826 F. Hatfield
BP	390 D. Gulk	320 D. Kingsley	170 R. Van der Berg	562 M. MacDonald
DL	655 L. Robinson	520 C. Donner	275 R. Moore	815 V. Anello
T	1586 L. Robinson	1265 D. Kingsley	720 R. Van der Berg	2066 M. Bridges
220 SQ	600 P. Ellering	460 T. Fredricks	300 R. Van der Berg	843 F. Hatfield
BP	450 P. Ellering	300 G. Lurk	175 R. Van der Berg	576 M. MacDonald
DL	700 P. Ellering	525 M. Janssen	290 L. Kleynhans	815 J. Cash
T	1750 P. Ellering	1200 S. Fleming	760 R. Van der Berg	2061 L. Pacifico
242 SQ	639 S. Parks	425 S. Schuh	265 L. Kleynhans	867 D. Wohleber
BP	429 P. Ellering	265 K. Lockhart	165 C. Faber	583 M. MacDonald
DL	670 P. Ellering	460 J. Querum	300 L. Kleynhans	870 J. Kuc
T	1675 G. Fox	1095 M. Schiedernayer	725 L. Kleynhans	2204 J. Kuc
275 SQ	573 G. Fox	350 L. Desota		903 E. Hackett
BP	440 G. Fox	300 L. Desota		605 T. Hardman
DL	666 G. Fox	475 L. Desota		843 T. McCormick
T	1681 G. Fox	1105 L. Desota		2215 E. Hackett
SHW SQ	611 R. Dirksen	523 M. Sokup	280 P. Heaton	974 P. Wrenn
BP	405 H. Lewellyn	310 R. Mapel	170 C. Faber	661 B. Kazmaier
DL	620 A. Peterson	556 M. Sokup		881 D. Reinhoudt
T	1526 R. Dirksen	1383 M. Sokup	675 P. Heaton	2425 B. Kazmaier

PROTEIN POWDER

93% Protein

(No Fats, No Carbohydrates)

2 lb. for $9.50

(shipping included)

price breaks on quantities

ALSO 20% off on many other national brands of supplements. Ask or send for a catalog

JERRY JONES
3918 RANDALL AVE
ST.LOUIS PARK, MN
55416

phone (612)-929-8202

LUNDY PACKING COMPANY CHAMPIONSHIPS-7/18/81 CLINTON, NC

	SQ	BP	DL	T
123				
D. Hall	265	125	275	665
148				
L. Smith	370	260	435	1065
T. Robinson	370	225	435	1030
J. Jackson	290	230	390	910
M. Logan	250	145	275	670
165				
R. Collier	425	290	410	1125
D. Brewer	420	250	400	1070
J. Gray	410	230	375	1015
J. Williams	410	225	375	1010
GUEST/BL				
P. Brunson	550	275	550	1375
181				
R. Blue	385	290	520	1195
B. Bumgarner	425	260	490	1175
C. Ravolis	445	255	445	1145
B. Moore	400	200	440	1040
S. Hines	350	200	430	980
198				
R. Ricks	490	305	575	1370
J. Haithcox	425	335	525	1285
B. Wilson	430	320	500	1250
E. Smith	420	345	450	1215
220				
P. Vann	540	300	560	1400
T. Mickey	400	235	500	1135
242				
R. Johnson	550	290	500	1340
275				
D. Best	415	450	715*	1580
R. Murphy	450	300	570	1320

Best lifter hvy classes; R. Ricks; * - state record.

'We would like to thank Dean Best and R. L. Gurley for their help and support in putting on this, our 1st meet. Dean Best is an outstanding person and lifter. He is making a great comeback since his unfortunate injury the first of this year. He barely missed a 505 state record bench at this meet. We wish him continued progress in our sport since he is so dedicated to his lifting and our sport. We would also like to thank Chuck Braxton for his help and wish him luck in his next contest in Nashville.

Ricky Ricks, Body Shoppe Gym
Clinton, NC 28328.

Editor's note: Congratulations to Dean on his comeback. His 715 was easy; felt good for 735-745.

LAGRANGE STATE REFORMATORY OPEN-7/25/81-LAGRANGE,KY

	SQ	BP	DL	T
L. Traub	615*	375	685*	1675*
M. Strickland	415	315	510	1240
M. Strickland	465*	4th	---	---
D. Bethel	480	330	550	1360
M. Simms	375	240	485	1100
M. Evans	275	275	395	945
F. Bryant	400	295	550	1245
C. Jones	370	320	425	1115
J. Hurle	500	300	485	1285
D. Hale	225	200	340	765
D. McKenzie	300	260	440	1000
R. Simms	275	200	400	875
J. Windhurst	300	220	450	970
S. Granger	310	230	300	840
M. Schiller	315	---	---	---
K. Roberson	300	235	---	---

* state record; Judgges: Richard Brown, David Allen, Mike Hubbard, Spotters: Dale Rice, H. Tackett, L. Collins, scorekeeper: Paula Fitzgerald, announcer: Howard Miller, Meet Dir: A. Charles.

'This contest marked the return of sanctioned competition to the reformatory. The idea was to match ten man teams from the outside and the 'inside' but we could only get 5 fellows to come in to lift this time. The 'outsiders' did alright for themselves, taking the two top spots in the contest. Larry Traub really went to town with 3 state records. It was almost a grand slam as he was only 15 lbs away from the bench press record as well. Mike Strickland had an off day but was still not too far behind Traub on the formula. If he'd made more than 4 good attempts and if he'd done his 465 squat within the competition, he could have pulled out the top spot. Dale Bethel didn't produce the state record squat that he wanted, but was consoled by a state record on the total and highjest finish among the inmaes. Frank Bryant and C. Jones show great promise as it was the first contest for them both. If they stick with it they can go far. It wouldn't be a complete report if I didn't mention Mr. Blaine and Mr. Simmones of the KSR staff for the nice plaques that were given to the first 10 finishers and to the athletic dept. for making this contest possible.

Thanks to Howard Millor for results and report.

Remember TANSTAAFL!!
Support the Advertisers in PL USA

MIKE BRIDGES SYSTEMS

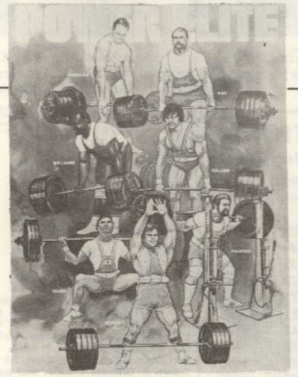
Winners Take All

Here it is—the complete training system
by Mike Bridges

This complete course-book is a handsome 52-page edition that will pay for itself many times over. No serious lifter will want to be without it! Just published, "New Dimensions In Powerlifting" is packed with new ideas, techniques, inside hints, training schedules, routines, competition approaches, and more. A WINNING approach from a real WINNER! A great contribution to the sport.

Only $14.95

First Edition



"Power Elite" POSTER
17 x 22", full-color. All the greats of the sport. An exclusive, original painting. Already a CLASSIC. Only **$5.**

- **SUPER SUIT 1** —White only. **$28.**
- **SUPER SUIT 2** —Famous "Spanjian" material in Navy Blue, Royal Blue, Scarlet Red. (Indicate choices 1, 2 or 3) Both Suits available in sizes 26-46. **$36.**

  Plus FREE pair of Super Wrap IIs with each Super Suit you order.
- **SUPER WRAP** —1 pair **$5.**, 3 pair **$12.**
- **SUPER WRAP 2** —Longer-lasting, higher-grade fabric. 1 pair **$7.** 2 pair **$13.**, 3 pair **$18.**
- **DEADLIFTING STRAPS** —1 pair **$6.**, 2 pair **$11.**, 3 pair **$15.**
- **SUPER BELTS** —By Bob Morris. The finest available. Leather—Regular Thickness **$33.** Leather—Double Thickness **$62.** Suede—Double Thickness (any color) **$75.**

Description	Quantity	Color(s)	Waist Size or Weight Class	PRICE
			Sub Total	
			Shipping	
			Total	

Name
Address
City/State Zip

MIKE BRIDGES SYSTEMS

Mail to: **Mike Bridges Systems**
P.O. Box 71
Vandalia, Ohio 45377
513/890-8775

Prices include tax and shipping in the U.S.A. Outside U.S.A. add 10% for Surface Mail and 20% for Air Mail Satisfaction Guaranteed.

C.O.D. Accepted

SOUTHERN BENCH PRESS OPEN 5/31/81 BIRMINGHAM,AL

LIGHT	
P. Blevins	360
T. Wright	335
MIDDLE	
T. Puckett	345
M. Clayberne	335
HEAVY	
D. Duncan	505
B. McKee	410
SHW	
R. Irby	420
A. Townes	410
FEMALE BL	
A. Cohen	90
No 1 TEENAGE	
T. Puckett	345
OVERALL BL	
D. Duncan	505
M. Ferrera	220

Thanks to Johnny Peebles III for results.

CALIF POLICE OLYMPICS 7/23&24/81-SACRAMENTO,CA

	SQ	BP	DL	T
WOMENS DIVISION				
114				
C. Lee	198	104	237	540
123				
T. Akune	165	115	237	518
132				
D. Hartmann	281s	181s	336s	799s
		194*	4th	
L. Devine	143	82	220	446
J. Batton	137	93	203	435
148				
L. Rodriguez	286	154	341	782
S. Cox	181	104	275	562
L. Cummings	176	115	237	529
L. Rios	154	99	203	457
165				
L. Flanders	181	104	253	540
SENIORS DIVISION				
148				
V. Nocon	237	231	325	793
165				
G. Baker	352	286	451	1091
G. Farthing	---	---	---	---
181				
R. Thompson	451	314	501	1267
C. Thomas	457	270	518	1245
D. Deluca	451	314	479	1245
J. Currie	380	325	396	1102
L. Chagman	347	253	451	1052
G. Magnin	352	242	424	1019
M. Wells	391	253	363	1008
S. Schroeder	242	---	---	---
R. Walker	---	---	---	---
E. Gillette	---	---	---	---
198				
J. Brescia	540	341	551	1433
J. Williams	501	358	556	1416
J. Vetrocec	518	358	534	1410
G. Tornberg	385	303	451	1140
W. Scheffler	424	264	424	1113
C. Wells	---	---	---	---
220				
B. Caves	523	319	551	1394
A. Bollinger	518	286	523	1328
M. Cummins	396	325	501	1223
D. Yancey	451	303	463	1218
L. Hernandez	---	---	---	---
242				
W. Hartman	551r	374	622	1548
G. Tuttle	479	374	551	1405
R. Pagal	501	341	523	1366
275				
W. Welcome	744	248	744	1736
SHW				
D. Carter	705	451	650	1807
OPEN DIVISION				
148				
B. Haar	407	308	490	1207
D. Young	297	209	418	925
K. Vernon	292	203	418	914
K. Brown	281	242	352	876
R. Taylor	275	248	319	843
165				
J. Takemoto	391	314	451	1157
J. Hemingway	424	264	446	1135
M. Wilson	402	275	424	1102
B. Wahl	330	275	418	1025
D. Curiel	347	242	424	1014
S. Roloson	352	270	358	997
M. Clayvon	325	253	407	986
K. Garrett	297	253	374	925
D. Humble	---	---	---	---
181				
G. Mattis	424	336	501	1262
J. Killin	457	270	518	1245
J. Resner	451	314	479	1245
J. Klein	407	264	451	1124
D. O'Neil	369	363	380	1113
J. Wright	374	248	446	1069
D. Gottlieb	281	259	DISQ	---
198				
D. Smith	650n	308	666n	1625
L. Wagner	402	358	507	1267
G. Tomek	474	341	451	1267
G. Peterson	413	259	391	1063
L. Satterfield	---	---	---	---
T. Messbarger	650	374	---	---
220				
J. Moffat	556	424	672	1653
L. Brookter	435	336	556	1328
M. Pomeranz	457	336	474	1267
D. Brown	---	---	---	---
J. Garcia	---	---	---	---
F. Daley	325	303	---	---
242				
J. Mulz	639	385	694	1719
T. Moore	523	1388		
P. Wirsing	440	275	540	1256
D. Nalian	---	---	---	---
M. Baeta	523	363	INJ	---
G. Russell	---	---	---	---
P.				
G. Russell	---	---	---	---
P. Toma	578	380	---	---
275				
S. Krull	479	237	468	1185
SHW				
J. Roop	529	303	501	1333

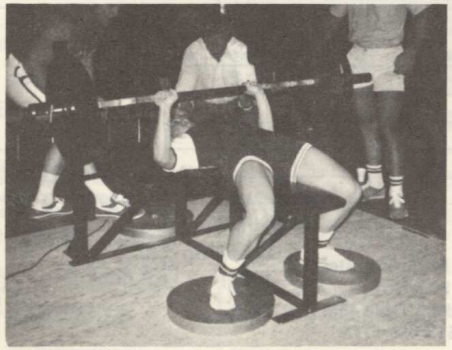
Referees: Jim Waters, Jim Lem, Bob Takata, Lonnie Williams, M. Jung, B. Mucci and T. Eldridge; loaders and spotters: Gary Fry, B. Babcock, P. D'Arangelo, D. Stevens; scorekeeps: R. Schroeter and T. Cooke; scoreboard keeper: M. Barker -Running scoreboard keeper: Jim Lem, Coordinator and Expeditor: D. Fawnsworth, Sponsor: Calif. Police Olympics Committee; Equipment by: Capitol City Health Club, Announcers: M. Libbee and R. Schroeter, Meet directors: Jim Lem and Bob Takata; Meet sanctioned by: US Powerlifting Federation. *-World Women's record, s-State record, r-Region 13 Masters record, n-Northern California record.

Southern Bench Press Open..featured such strengthworld dignitaries as Johnny Peebles III, Strength Coach at the Jewish Community Center; Bill Kazmaier, World's Strongest Man; and the Great Kaiser, Pro Wrestler. photo courtesy Johnny Peebles III.

1982 NATIONAL Meet Qualifying Totals

Wt. Class	Senior National	Junior National	National Collegiate
114	1008	903	672
123	1179	1030	837
132	1267	1135	959
148	1388	1333	1146
165	1581	1421	1256
181	1670	1521	1350
198	1780	1642	1421
220	1868	1719	1455
242	1956	1725	1455
275	2055	1890	1455
Shw	2105	1862	1499

NOTE: totals for the Jrs. and Srs. are computed in accordance with 5 year averages of previous meets



WORLD RECORD!...Danni Hartmann pumps out 194.2 at 132 on a 4th attempt. photo courtesy of husband Bill Hartmann.

CONNECTICUT STATE HI SCHOOL 6/12/81-NEW HAVEN,CT

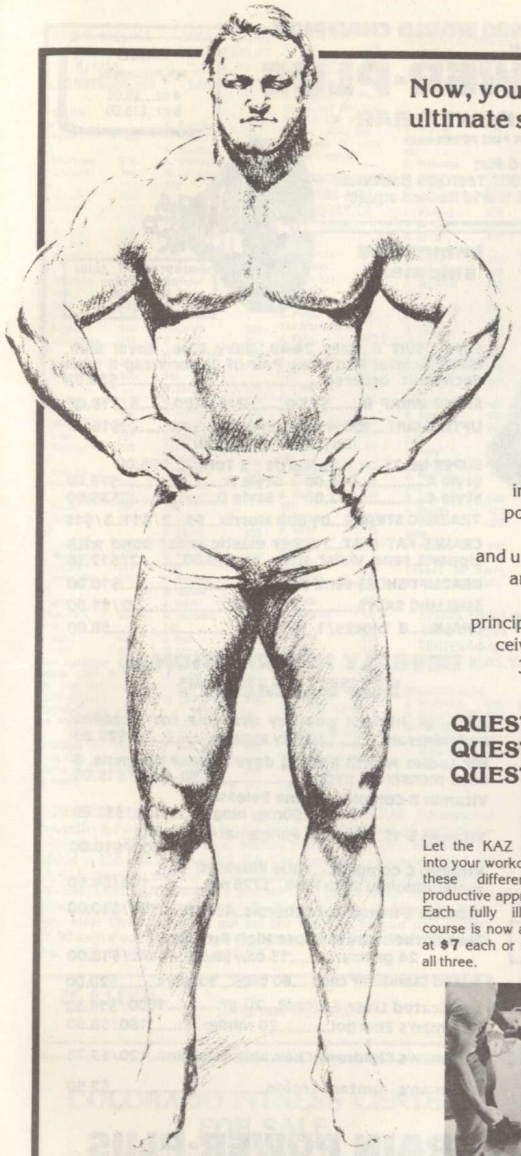
	SQ	BP	DL	T
123				
T. Coleman	145	150	230	525
132				
T. DeNicola	225	180	250	635
165				
E. Brown	350	275*	400	1025
K. Rosen	285	225	340	835
181				
J. Montias	310	195	385	890
198				
A. Hernandez	335	315*	430	1080
V. Cupo	415&	210	440	1065

* New State Hi School record; & - unofficial 16 yr old American record; Best DL trophy: E. Brown, best sq trophy: V. Cupo, best BP trophy: E. Brown, BL trophy: E. Brown. Team champs: World Gym East, 2nd place team: New Haven YMCA. Meet Director: Joe Steele; announcer: Juli Gould, Scorers: V. Cupo and J. Gould, Head judge: J. Steele, side judges: L. Chernoff and Juli Gould. special thanks to Paul McCartin. Thanks to Joe Steele for results.

NEVADA STATE CHAMPIONSHIPS 5/30/81-LAS VEGAS,NV(KILOS)

	SQ	BP	DL	T
114				
K. Cook	107.5	65	115	287.5
123				
L. Press	137.5	105*	152.5	395
148				
A. Rosen	175	145*	210	530
H. Glinski	177.5	110	217.5*	505
			227.5*	4th
C. Fernandez	162.5	100	195	457.5
G. Myers	130	102.5	152.5	385HS
G. Cook	125	75	137.5	337.5
165				
T. Conrad	185	125	217.5	527.5
B. Cooper	150	105	180	435
K. Mayeda	137.5	105	170	412.5HS
181				
J. Campanella	175	127.5	195	497.5
R. Hetzel	152.5	120	185	457.5
198				
J. Dentice	235	165	285*	685
D. Tierney	215	167.5	227.5	627.5
220				
M. Beckerle	257.5*	195*	305*	757.5*
D. Johnson	235	155	255	645
242				
R. Margison	265*	152.5	267.5	685*
SHW				
P. Simons	240	132.5	240	612.5

Best lifters: Lance Press and Mark Beckerle, * New Nevada state record; HS: 1st in High school division; Meet director: Ken Trujillo, reported by Robert Margison. Thanks to Gary Menaker for results.



Now, you too can join in the Kaz Quest for ultimate size and power.

BILL KAZMAIER

The World's Strongest Man

introduces

"THE KAZ QUESTS"

In only 5 years Bill Kazmaier has developed such power and physical structure as to be unparallelled in both Body-building and Powerlifting. Ignoring old, possibly outmoded principles, Kaz developed his own unique ideas and philosophies for super strength and unmatched muscular size. Setting himself apart from any other Super-heavyweight or indeed any Strength Athlete that has ever lived. These original training principles are now meticulously described with every conceivable detail explained and reasoned in the following 3 MUSTS for all who are interested in pursuing their ultimate.

QUEST 1.....the Bench Press
QUEST 2.....Squat and Deadlift
QUEST 3.....Gaining Muscular Size and Bulk

Let the KAZ tradition into your workouts with these different and productive approaches. Each fully illustrated course is now available at **$7** each or **$18** for all three.

order from:

DYNAKAZ
P.O. Box 1974
Auburn, AL 36830

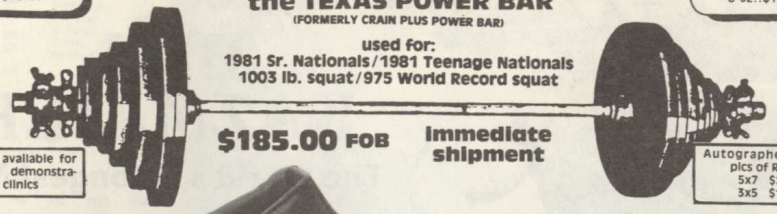
Overseas orders add $1.00 per course for Airmail postage

TWICE WORLD'S STRONGEST MAN
SNR NATIONAL CHAMPION
WORLD CHAMPION
WORLD RECORD HOLDER
661 - BENCH PRESS
2425 - POWERLIFT TOTAL
DUMBELL PRESS - PAIR OF 164's

RICKEY DALE CRAIN, 1980 WORLD CHAMPION
is
CRAIN POWER-PLUS
the TEXAS POWER BAR
(FORMERLY CRAIN PLUS POWER BAR)

DMSO
99% Pure-Undiluted
4 oz...$8.00
8 oz..$16.00

DMSO
99% Pure-Undiluted
4 oz...$8.00
8 oz..$16.00



used for:
1981 Sr. Nationals/1981 Teenage Nationals
1003 lb. squat/975 World Record squat

$185.00 FOB

Immediate shipment

Rickey is available for seminars, demonstrations and clinics

Autographed color pics of Rickey
5x7 $2.50
3x5 $1.00

The PUMA WEIGHT LIFTING SHOE

Orange w/Black
Blue w/White

$90.00

plus $2.50 postage and handling

Send Shoe Size

SUPER SUIT II..sizes 24-48, Navy Blue, Royal Blue, Black, Scarlet Red, Free Pair of Super Wrap II with each suit ordered.....$36.00

SUPER WRAP II.....$7.00.....2/$13.00.....3/$18.00

LIFTING SUIT...100% stretch nylon..S-XL.....$16.50 (any color available)

SUPER BELTS by Bob Morris 2 Tone.....$75.00
Style A.....$75.00 Style B.....$75.00
Style C.....$62.00 Style D.....$33.00

TRAINING STRAPS...by Bob Morris...$6...2/$11..3/$15

CRAIN'S FAT BELT...rubber elastic waist band with zipper....send waist size.....$10.00.....2/$17.50

DEADLIFT SHOES-send shoe size.....$10.00

SMELLING SALTS.....$3.50.....2/$5.00

CHALK.....8 blocks/1 lb.....$8.00

STRONGEST SHALL SURVIVE/Starr.....$10.00
DEFYING GRAVITY/Starr...$8 softback, $12 hardback
INSIDE POWERLIFTING/Todd.....$6.00
POWERLIFTING a Scientific Approach/Hatfield $7.00
RIPPED/Bass.....$10.00
ANABOLIC STEROIDS AND SPORTS/Wright.....$10.00
STARBODIES: Women's Weight Training Book by Columbu.....$6.00
OFFICIAL IPF RULE BOOK.....$4.00
CATALOG OF EQUIPMENT.....$.50
BUMPER STICKERS.....$.75.....5/$3.00.....10/$5.00

POWERLIFTING
WORLD'S GREATEST SPORT

I AM A POWERLIFTER

BEVERLY INTERNATIONAL SUPPLEMENTS

Ultra-Pak..highest potency available for vitamins and minerals.....30 day supply.....$23.50

MS: Ladies Health Pak..22 days regular vitamins, 8 days menstrual cycle.....30 days/$15.00

Vitamin B-Complex....Time Released 150mg/mcg.....100/$17.60

Vitamin B-15...Calcium Pangamate/100 mg 100/$10.00

Vitamin C-complex....Time Released Bioflavonoids/Rose Hips...1725 mg.....100/$9.60

Vitamin E-mixed tocopherols..400 IU.....100/$10.00

Zero Carbohydrate Super High Protein 24 grams/oz.....13 oz./$9.50..34 oz./$18.00

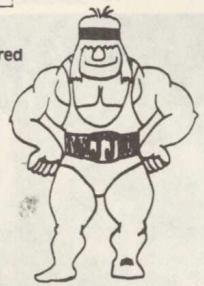
Mixed Glandular tabs....60 tabs...30 days.....$20.00

Dessicated Liver & Yeast...20 gr.....1000/$16.50
Hoffman's Energol.....20 minim.....180/$8.50

Hoffman's Childrens Chewable Vitamins..120/$3.75

Hoffman's Suntan Lotion.....$2.50

Order your J-J t-shirt
send color and size desired
$8.00



* * *
FREE BUMPER STICKER WITH ANY ORDER
* * *

POSTAGE & HANDLING
$1.50

OVERSEAS
SURFACE...15 PER CENT
AIRMAIL.....WRITE

CALL IN YOUR ORDER
MASTERCHARGE/VISA/C.O.D.

CRAIN POWER-PLUS
RICKEY DALE CRAIN
P.O. BOX 1322
SHAWNEE, OKLAHOMA 74801
1-405-275-3689

If you need training info, nutritional ideas, prices on equipment (discounts available), give me a call or write (enclose stamped, self-addressed envelope) to place an order or just b.s. a bit about the Iron Game. Before you buy from anyone else call or write me.

CUSTOM DESIGN T-SHIRTS — QUANTITY DISCOUNTS — DEALERS WELCOME

LAMB'S/INDIANA UNIV BENCH PRESS 8/1/81 BLOOMINGTON,IND

MEN'S DIV
114
R. Thurm 160
123
S. Thompson 210
G. Simmons 150
132
D. Henson 240
S. Feaster 135
148
M. Feaster 275
D. Hawkins 235
B. Vonderau 145
165
L. Whiteman 355
B. Bock 350
E. Baus 315
J. Vrabel 305
R. Mason 245
S. Decostanzo 200
181
D. Nalley 405
J. Wunderlin 325
198
R. White 405
D. Shrout 400
T. Bower 365
R. Craft 350
J. Mazeque 275
220
S. Hutowski 440
J. Lahaie 390
M. Lamberjack 370
B. Moody 350
B. Dixon 330
242
C. Lamb 440
M. Meddaugh 380
D. Henkle 375
B. Hartweger 320
275
K. Babb 400
A. Larson 330
SHW
B. Myles 440
T. Davis 390

Team standings: 1st: Indiana Univ PL-28 pts; 2nd: Ardizzone-Hally-Raleigh of Indianapolis-25 pts; 3rd: Scott AF Base, IL: 16 pts; 4th: McMillians of Terre Haute-8 pts.
Thanks to Carl Lamb for results.

LAKE LANSING OPEN DEADLIFT 7/25/81 LANSING,MI

114
K. Rodgers 375
P. Farver(103) 305
K. Hughes 300
V. Duford(108) 280
M. Schuette(96) 225
123
N. Venyah 380
J. Pacelli,jr 360
M. Henderson 350
P. McCormick 275
J. Schuette 225
132
L. Campbell 460
R. Suitor 400
S. Brown 370
M. Larkin 250
148
D. Larkin 520
B. Lowe 505
J. Henderson 430
M. Brown 235
165
R. Calcaterra 575
A. Huegel 510
R. Hollins 505
M. Heivilian 475
R. Southern 370
181
R. McGraw 565
G. Gandy 435
M. Manial 415
M. Torrez 370
198
F. Givens 650
D. Kenne 625
R. Herzog 500
D. Peterson 365
220
T. Bushery 600
M. Guster 540
J. Scally 525
R. Hamelink 490
242
J. Parr 615
D. Chipchase 450
SHW
W. Ailles 500
J. Kreh 450
D. Miehlke 415

WOMEN'S DIV
P. Farver(103) 305
M. Schuette(96) 245
V. Duford(108) 280
P.McCormick(115)275
M. Larkin(130) 250
J. Schuette(119) 225

MASTERS
J. Parr 615
M. Schuette 245
R. Hamelinik 490

Thanks to Mario Torrez for results. Floyd Givens won best lifter for his 650 at 183 bodywt. John Parr's 615 was a state master's record.

VENICE BENCH PRESS-8/81-VENICE,CA (kilos)

WOMEN-114
S. Sulliway 32.5
WOMEN-123
C. Sperber 40
WOMEN-132
S. Farber* 55
114 Men's Division
J. Kahn 112.5
123
S. Cantilado 117.5
132
E. Toves 110
R. Bassman 90
148
S. Clebanoff 130
W. Ahn 110
A. Santiero 80
165
R. Clebanoff 150
J. Cavanaugh 145
E. Mauro 145
181
C. Bowden 185
P. Gilles 175
M. Davis 167.5
198
N.Townsell* 215
W. Woods 125
220
J. White 172.5
K. Goodman 147.5
242
D. Willin 205
H. Reed 125
275
A. Malins 182.5
SHW
W. Crockett 227.5

Thanks to Bud Mucci for results. We apologize for any errors in these results as the original copy was not easily readable.

*Best lifters

ATLANTIC SHORES BENCH PRESS 7/25/81 WILDWOOD,NJ

114
J. Register 150
B. Sorensen 145
132
C. Pittounics 175
R. Calderone 265
M. Chew 245
148
D. Woodley 310
P. Caruso 295
J. Sacco 290
165
J. Young 370
B. Kraemer 355
R. Organtini 345
181
J. Delvecchio 420
B. Bryan 390
R. Johnson 365
198
J. Yelovich 400
B. Maloney 375
J. Baynard 360
220
O. Wilson 430
S. Edmiston 415
J. Minnich 395
242
C. Kelly 465
T. Placenta 385
J. Roesberg 370
275
E. Riley 500
K. Rogers 420
L. Quarles 370
SHW
D. Petitto 420
F. Adler 370

Thanks to Harry McMichael for results.

SPRING THING-BENCH PRESS CONTEST-5/81-NEWPORT NEWS,VA

SCHWARTZ FORM
J. Ringi(132) 281
D. Singleton(165) 325
M. Pardue(165) 292
D. Coley(148) 258
A. Speach(198) 325

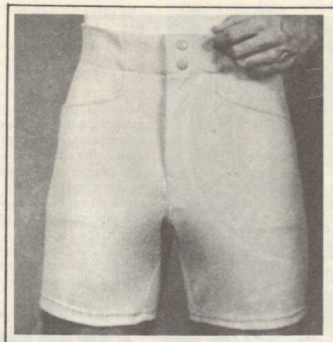
Powerlifters Handbook..contains the OFFICIAL International Powerlifting Federation rules for the sport of Powerlifting, all sorts of national and world record listings, Malone Formula, Schwartz Formula (extended to 155 kilos bodyweight), Kilo Conversion chart (extended to 1100 kilos), instructions on how to use the formulas to figure what you need to win Best Lifter, Meet Director's Seminar, and much, much more. This is what every lifter needs and wants! $5.75 per copy, postpaid or (Pay Attention, Meet Directors...these will sell like hotcakes at your next contest) $3.00 each if you buy 25 or more at a time. Order from John Pettitt, Rt. 2, Box 328P, Midlothian, Texas 76065.

BE A LERT!
....we need more lerts.
b. hill/1980

COLORADO FITNESS CENTER FOR SALE

Owner wants to semi-retire. Looking for person knowledgeable in weight-training and looks the part. You can buy all or as little as 40% and be on a base salary plus profit participation. This is a successful business, well-diversified, with a positive trend. 4800 sq. ft. in a prime shopping center.

Call (303)-798-7847



DOUBLE KNIT COACH'S SHORTS

..Features include wide, 2½ in. elastic waistband, 2 snap front closure, zipper fly, western style front pockets, two rear pockets, 5 in. inseam, 100% washable double knit stretch nylon, and double-stitched reinforcement on pockets and stress seams.

Colors: Black, Athletic Gold, Kelly, Maroon, Navy, Columbia Blue, Royal, Scarlet, Silver, Grey, Orange, Purple, Athletic Brown, and White. Sizes: S(26-28), M(30-32), L(34-36), XL(38-40), XXL(42-44).

Price: $17.00 or 2 for $30.00

Also available: Coach's Pants, price $25.99 (alterations required on leg length)

WEIGHT LIFTER'S™
WAREHOUSE
5542 SOUTH STREET
LAKEWOOD, CA 90713
213-920-1232

MASTERCHARGE/VISA ACCEPTED

California residents please add 6 per cent sales tax

1981 BADGER State Open and Women's Region VII Powerlifting Championships

November 14, 1981

Sheboygan, Wisconsin

2 Platforms Kilo Weights
'INTERNATIONAL REFEREES'

'For more info'
Call or Write!

Jim or Lori Verhagen
2613 N. 10th St.
Sheboygan, Wis. 53081
414-457-2565

NEW T-SHIRTS $7.50 EACH

Each of these powerful designs is available from 100 to 950 lbs. in 50 lb. increments (200, 250, etc.). All designs are 10 inches in diameter and printed in white on your choice of navy, royal, red, or black quality cotton/poly shirts. For XXL (navy only) add $1. If you want an exact weight (i.e. 347 lbs.), add $1.50. We can also put your exact powerlifting total (in place of USA) on the fist shirts for $1.50 extra. Gyms, Clubs, and schools inquire about quantity discount and custom imprinting.

SPORTSCREEN
R.1, Box 54, Whiteland, IN 46184

WORLD GAMES RETROSPECTIVE

Alan Kirshner, PhD., has informed me of many of the difficulties involved with that contest. It should be remembered that the local people who were key to bringing the entire contest off, were not invited to the initial pre-meet planning sessions. Jim Waters, in particular, worked very hard for several weeks to make sure that the meet was a successful one for the participants. Jim Lem had just competed the week prior to the competition, and lifted only after other top 198 pounders had been contacted and were unable to participate. There was some resentment about replacement of scheduled announcers, distribution of IPF uniforms, and a mixup regarding the admission fees to the contest.

Alan felt that the contest came off well, but does not look forward to any more IPF functions in Northern California. He also wonders why Women's Powerlifting was not included, as several other Women's events were on the World Games Program.

SUPER STRENGTH SYSTEMS

NUTRITION HOTLINE
212 372-1019

Call Or Write For The Lowest Prices On Nationally Advertised Brand Name Supplements

SAVE 20%

VITAMINS ☐ MINERALS
PROTEINS
GLANDULARS
HERBS ☐ ELECTROLYTES

SAVE TIME AND MONEY ON THE
BEST QUALITY PRODUCTS

			REGULAR PRICE	YOU PAY
Alacer Super Gram II	90	's	9.95	7.96
Competitive Edge Energy 80	120	's	18.40	14.72
Good Word Athletes Choice Milk & Protein	16 oz.		8.95	7.16
Hoffman's Super Protein Powder	16 oz.		6.95	5.56
Hoffman's Ivaton	16 oz.		4.95	3.96
Competitive Edge Sport 15	100	s	8.95	7.16
Malabar Beef Organ Protein	10 oz.		8.95	7.16
Kal Vit. C Crystals	16 oz.		16.95	13.56
Superior Health De-tox Aid	100 tabs		7.95	6.36
Superior Health Super Project Liquid	16 oz.		6.95	5.56
Natures Plus Mega B 125	90 tabs		14.60	11.65
Natures Way Bee Pollen	100 caps		5.59	4.48
NF Chelonins	90 caps		9.55	7.64
NuLife Power Paks	30's		16.95	13.56
Thompson One Gram C	100 caps		7.95	6.36
Twin Labs Endurance I	16 oz.		9.95	7.96
Plus Super Yeast #300	46 oz.		12.95	10.36
Schiff E Complex 400	100 caps		11.00	8.80
Solgar RNA/DNA 100 mg.	250's		16.00	12.80
Search Adrenal Gland 80 mg.	60's		6.00	4.80
Viobin Prometol 10 min.	100's		21.00	16.80

OVER 500 NATIONAL BRAND ITEMS AVAILABLE

All merchandise factory fresh with manufacturers guarantee. Send money order for 24 hour service. Call (212) 372-1019 for fast personal credit card phone orders.

ADD $1.50 for shipping and handling on all orders

VISA MasterCard

CREDIT CARD EXP. _____
INTERBANK NO. (Mastercard Only) ☐☐☐☐

☐ **Check Here For Free Catalog!**

CARD ACCOUNT # _____

AMOUNT ENCLOSED _____ CARD HOLDER'S SIGNATURE _____

"The Best in Health & Fitness for Less"

Mail your order today to: **SUPER STRENGTH SYSTEMS** 2218 86th Street, Brooklyn, New York 11214

Name _____
Address _____
City _____ State _____ Zip _____

WORKOUT RECORDS BOOKLET

At last! A convient booklet to keep track of your workouts.

40 pages to log each set, rep., and weight of your workout. Also includes space for your favorite exercises, and forms to record body measurements, strength, and endurance tests.

Guaranteed to be the most useful record book you've seen or your money back.

Send $2.95 to
Richman Communications
P.O. Box 11307
Salt Lake, Utah 84147

Spirulina..Robert E.T. Stark, M.D. of Phoenix, Arizona (who is a Master lifter) emphasizes that Spirulina is currently a very expensive source of protein, and that it's value lies in the fact that it should be inexpensive. I have been told by people in the health food industry that production costs for this supplement are quite low. As Mike DiVito explained in his article, current demand for the product has far outstripped availability from the manufacturers in Japan and Mexico. As demand falls off and/or production catches up, the price should fall.

Apologies to Tom Hardman Results of the Strongbow contest in the August issue placed Tom 6th, when actually he placed 5th. The error was in the number of dumbell reps credited to Hardman and Ekstrom, which were reversed in the results available to PL USA. Our apologies to Tom and any of his friends who may have been confused.

Error..somehow, after sorting through hundreds of results, thousands of names, and tens of thousands of attempts to make up last months TOP 100 Supers list we didn't get John Barnett's 425 bench on the list. Actually, we don't feel too bad, because John's lift did not appear on the results for the contest involved, but we want him to receive credit anyway.

Request for Donation..Walter Thomas will be traveling to the World Championships in India, but can not afford to bring his wife, Juli. If you would like to contribute to the $2,000 expense of sending her with Walter it would be greatly appreciated. Mail donations to WALTER THOMAS, BOX 45510, OKLAHOMA CITY, OK 73145. PL USA has already sent in it's contribution, so why don't you?

GHC

GREENVILLE HEALTH CLUB
NAUTILUS FITNESS CENTER
221 WHITE OAK ROAD
GREENVILLE, SC 29609
(off 291-N)

MICHAEL E. HAWKINS 1-803-268-5203

LIFTING GLOVES
All Sizes, Men & Women
$9.95 per pair

SUPER WRAPS
SUPER SUIT II
CHALK
YORK OLYMPIC-POWER SETS
WRIST WRAPS
WRIST STRAPS
CUSTOM MADE
SELECTORIZED EQUIPMENT
UNIVERSAL GYM EQUIPMENT
LIFTING BELTS
DEADLIFT SLIPPERS
VITAMINS & SUPPLEMENTS
BY WEIDER, NATURE'S INN,
SUPERIOR HEALTH

ONE DAY SHIPPING
Phone 1-803-268-5203

Mike Hawkins OR **Mike Apps**
Owner **Manager**

SERVING THE LIFTER SINCE 1975

THE BENT OVER ROW

by Ron Fernando
Training Editor, PL USA

If there is one auxiliary exercise that should be a must for all powerlifters it is the bent over row. Sorry Bill Starr, I think it is far better for the powerlifter than the venerable power clean and works as a link between all three lifts rather than a general cardiovascular movement. I realize that the power clean is a highly respected movement but let's stop and analyze the 'Ballistics' of the movement. By the book proponents of the power clean will have the lifter executing two specific pulls-the initial off the floor with the legs and, as the weight passes the waist, the strong second pull utilizing a great deal of trap strength. The most critical point of attack for the powerlifter is at the very top of the lift where the traps take over; the exercise they receive will be of great assistance in locking out heavy deadlifts. The problem is that the amount of weight that is usually handled by the powerlifter is grossly out of proportion to that of the deadlift-AND there will come a time when the weight will be too heavy to properly 'rack'. A MUCH BETTER substitute for the power clean would be the power pull, i.e., starting the weight slowly off the floor with the quads and exploding with the traps towards the lower pec area. Once again the problem of weight, or lack thereof, will rear its ugly head. Thus we come in the usual roundabout manner to the subject of this month's article--the bent over row. I can personally attest to the fact that liberal use of the bent over row and its variations brought me from a 470 plus deadlifter to the brink of the magic 600; which I shall be crossing very soon now. The bent over row is employed by many of today's outstanding pullers. They all use VARIATIONS of the same theme, but their unmistakeable back power is not a mere coincidence. Collins did not get into the super heavy weights employed by some, but he instead used very, very strict form with around 250-275 for sets of 10 reps. Kuc used a combination of super heavy weights and strict form, using 365-400 on the barbell row. G.L.P.(the Great Larry Pacifico) has often said that the 'Lats are the key to powerlifting success' and uses the one arm row a great deal. The Row will synergistically tie in the following muscle groups: the spinal erectors, the lower lats, the rhomboids and teres major/minor muscles of the upper back, and to a small degree, the biceps and forearms, especially the radial flexors. The exercise has it's little variations which will effect the different lifts accordingly, and should be practiced from time to time. These are what my research has determined to be the most valuable variations of the row:

1. Standing-wide grip pull to chest-this hits the smaller upper back muscles a bit more and is also one of the stricter versions.

2. Standing-close grip pull to the waist. Take note-this is the Numero Uno version for helping to EXPLODE a max weight off the floor. Body position is key in this one. Assume the exact position of the CONVENTIONAL deadlift, grip the weight and pull, trying not to round the back too much. Pull until the weight hits the lifting belt.

3. Lying-BB/DB. This is the one that will effect your Bench the most, since it is the ABSOLUTE STRICTEST method to perform this exercise. Utilizing a high bench such as on a leg extension machine grasp two DB's or a moderately heavy barbell and pull; get ready for sore muscles after this one.

As for employing the row and its variations in a power schedule, it is best to really concentrate on them during the off season and really pile on the weight; perhaps 10 to 15 sets weekly will suffice. During the pre-meet cycle; cut it down to 4 sets a week. Of course, eliminate the move altogether about 10 days before the contest. Try these and you will be pleasantly surprised at the results. Oh yes, a nice side benefit is that you will have a set of 'Barn Door' lats that Joe Weider would be proud of. Incidentally, after examining the lifters that employ the bent over row, I have found an interesting formula. That is DL equals 2xBRx5 or, for you non-mathematical people (such as myself), a maximum deadlift should equal ½ the Bent Over Row x 5. So, if you can pull 500 you should be able to handle at least 250 for 5 reps in the row. Til next time...

Ron Collins demonstrates the Bent Over Row at a training session.

Super Strength Systems
Our brand new advertiser offers a large catalog with several major name brands of lifting equipment, lots of training manuals, and quite an extensive line of brand name food supplements at 20% discount. For further info write 2218 86th Street, Brooklyn, NY 11214.

CLASSIFIED

CLASSIFIED ADS AND SPECIAL MEET ANNOUNCEMENT SECTION

$1.00 per line per insertion..figure 35 letters and spaces per line.

Iron Man Magazine...honest coverage of all three facets of the Iron Game....Powerlifting, Olympic lifting and Physique....40 years of reporting the sport...$7.50 for 1 year, (6 issues) Iron Man Publishing Co., 512 Black Hills Avenue, Alliance, Nebraska 69301.

4 OCT 81, NEW JERSEY DISTRICT POWER CHAMPIONSHIPS, Note date change from 20 September, contact Bert Marchio, 87 Jackson Ave., No. Plainfield, NJ 07060.

Due to difficulties beyond control the 1982 Oklahoma State meet scheduled for Feb. 27, 1982 has been cancelled.

EASTERN STATES POWERLIFTING CHAMPIONSHIPS, October 3rd & 4th, Fellowship House, 5th & Harry Sts., Conshohocken, PA. For information, contact: Robert A. Ciaccia, 907 Hallowell St., Conshohocken, PA 19428

Camarillo Health Club, a large, dual-floor, fully equipped facility is available for an investment partner. For more information contact Murph Walshe, 2406 Palomar, Ventura, CA 93001, 805-656-6792.

Super Power Bar. Quality and Performance unsurpassed by any other Power Bar available. 30-day Money Back Guarantee. $199.99 (Sent freight collect). Weightlifters Warehouse, 5542 South St., Lakewood, CA 90713 (213)-920-1232.

Classification T-shirt. Royal Blue, Navy, or Red with white lettering. S-XXL. $6.99 each or 2 for $12.00. (Please include classification preference: Elite, Master, Class I, etc.) Weightlifters Warehouse, 5542 South St., Lakewood, CA 90713 (213)-920-1232

POSITION OPEN with Powerlifting USA Magazine. Requires hard worker who can type and someone handy with the English language. Entry level position with wide range of duties/salary negotiable. Send resume with references and phone number to PL USA, Box 467, Camarillo, CA 93011.

DMSO (undiluted.. 99.9% pure) 8 oz. $12.00 plus $2.00 shipping. Free 1 oz. bottle w/every 8 oz. purchase. Weightlifters Warehouse. 5542 South Street. Lakewood. California 90713.

MOM'S CUSTOMIZED SUITS $28 These suits have been proven on squats in excess of 700 lbs. at the Senior Nationals in Corpus Christi. Will make to your specifications or to body measurements. Send hip, leg and measurement from top of trap to mid thigh to: P. M. Alaniz, 921 Rickey, Corpus Christi, Texas 78412 (512)-991-1855. Money orders only, no collect calls please.

MARK DIMIDUK is available for seminars and demonstrations. Contact him at 6321 Bentham Ct., Oxon Hill, MD 20022

POWERLIFTING USA pays for good lifting photos and feature and/or training articles on top lifters. $5 for each photo we decide to use and if you've got an idea for an article or two, let us know at Box 467, Camarillo, California 93011 and we'll work out the details.

HYDRAULIC SQUAT RACKS..hard to find, but worth their weight in Gold, now available from Peffer Athletic Club and Supply. For all wholesale/retail lifting supplies and equipment, get in touch with Frank Peffer at 1501 Albright Avenue, Scranton, PA 18508 (342-1253)

BIG MEN..MAKE A BUCK! Would be Sumo wrestlers needed for TV production. Must be over 250 lbs. Send resume of athletic experience and full body photo to Medalist Sports Club, 233 Wilshire Blvd., Mezzanine level, Santa Monica, CA 90401.

SOUTHERN MARYLAND OPEN/ REGION II-6/27/81- PAX RIVER, MD-(kilos)

	SQ	BP	DL	T
114				
C. Lockard	112.5	65	137.5	315
S. Dilbeck	77.5	55	105	237.5
123				
Bowser	172.5	115	195	482.5
J. Dilbeck	140	112.5	162.5	425
W. Walkup	127.5	62.5	147.5	337.5
J. McClune	82.5	45	102.5	230
132				
I. Burgess	182.5	135	220	537.5
A. Wright	180	90	230	517.5
J. Ringi	197.5	125	190	512.5
Gardner	127.5	125	162.5	415
Callison	---	---	---	---
148				
Higgs	157.5	137.5	205	500
W. Bohli	177.5	122.5	197.5	497.5
Middleton	165	87.5	192.5	445
Lewis	135	100	175	410
Mayers	125	67.5	155	357.5
J. Spitaliere	102	77.5	170	349.5
T. Lutchman	---	---	---	---
Sam	---	---	---	---
Arcell	---	---	---	---
R. Greenwald	---	---	---	---
C. Wright	---	---	---	---
165				
Mengle	227.5	170	237.5	652.5
Harbecker	227.5	147.5	227.5	602.5
Shiplett	212.5	145	227.5	585
Shulman	210	125	222.5	557.5
Trevillian	202.5	130	210	542
Young	192.5	132.5	202.5	527.5
Shapiro	165	102.5	227.5	495
Altdorfer	162.5	125	205	492.5
Dondes	157.5	102.5	212.5	472.5
Cagle	165	92.5	200	457.5
Broderick	147.5	102.5	182.5	432.5
Ferensic	155	100	167.5	422.5
Lang	135	117.5	160	417.5
Merna	135	95	157.5	387.5
Hodges	100	82.5	145	327.5
Dillon	---	---	---	---
Hanlon	---	---	---	---
181				
J. Tillman	230	157.5	267.5	655
J. Rondinelli	227.5	140	255	627.5
J. Johnson	205	120	237.5	562.5
P. Disante	180	137.5	230	547.5
M. Swann	182.5	132.5	230	545
M. Derby	195	110	210	515
R. Curry	172.5	115	212.5	500
R. Taylor	162.5	110	200	472.5
Allen	---	---	---	---
Richards	---	---	---	---
198				
P. Buzy	287.5	172.5	297.5	757.5
D. Mills	270	182.5	267.5m	720m
G. Dingle	252.5	155	272.5	680
S. Kotch	242.5	142.5	262.5	648.5
J. Stewart	207.5	120	247.5	575
J. Mogavero	172.5	137.5	200	510
J. West	182.5	110	157.5	450
Ferri	---	---	---	---
Horner	---	---	---	---
Fiedler	---	---	---	---
Van Sweringen	---	---	---	---
220				
R. Hager	292.5	190	307.5	790
J. Robinson	250	132.5	252.5	635
R. Stewart	220	162.5	242.5	625
T. Holaday	212.5	142.5	245	600
T. Walke	197.5	130	232.5	560
J. Fennell	160	132.5	207.5	500
Walker	---	---	---	---
R. Selle	282.5	192.5	---	---
242				
R. Edmandson	287.5	190	312.5	790
F. Maynard	297.5	192.5	277.5	767.5
J. Polvinale	287.5	135	320	742.5
W. Stevens	287.5	180	272.5	740
R. Markovich	285	180	237.5	702.5
S. Jarvis	225	145	202.5	572.5
Kinard	255	---	---	---
275				
A. Jackson	232.5	162.5	237.5	632.5
M. Bernardon	222.5	130	245	597.5
Parson	---	---	---	---
UNL				
G. Hechter	322.5t	210t	310t	8942.5t
L. Barrett	325	227.5	272.5	825
L. Latham	245	160	237.5	642.5

Teens: G. Hector, Masters: D. Mills; Best lwt lifter: Iain Burgess, Best hvywt lifter: P. Buzy; best overall: Pete Buzy. m - world record(masters), t - teenage record.
Thanks to Cheryl Gadzala for results.

WORLD MASTERS/NATIONAL MASTERS

Weightlifting
Snatch
Clean & Jerk

Merner Field House
North Central College
Naperville, IL, USA
Oct. 23, 24, 25, 1981

Powerlifting
Squat
Bench Press
Deadlift

Hosted by Frantz Health Studio, North Central College and the Pirates Athletic Club

This event will include the following 4 Championships

World Masters Powerlifting Championships
World Masters Weightlifting Championships
U.S. National Masters Powerlifting Championships
U.S. National Masters Weightlifting Championships

Powerlifting events sanctioned by USPF & IPF
Weightlifting events sanctioned by AAU & IWF

For Entries, Information, Help, Accomodations, etc.

Watson Lawrence
30W457 Arbor Ln, RR 3
West Chicago, IL USA 60185
(312)-231-1807

Ernie Frantz
Frantz Health Studio
21 N. Broadway
Aurora, IL, USA 60505
(312)-892-1419

CONNECTICUT STATE WOMEN'S 7/12/81-NEW HAVEN,CT

	SQ	BP	DL	T
105				
K. Blauvelt	135	95	200	430
M. Edmonds	105	65	180	350
132				
P. Hutchins	180	95	180	455
181				
J. Gould	315**	175**	310*	800

** - CT/New England/REg 1 record; * - CT/New England record. In the 105 lb class, Kristine Blauvelt wpts. with a fine 430 total and picked up her class IV patch. In the 132 lb class Patricia Hutchins took 1st with a 455 total and also picked up her class IV patch. In the 181 lb class Juli Gould was the only girl to go 9 for 9 for the afternoon. She set 6 state records, 4 New England records and 2 Region I records at this contest as well as winning all of the individual awards for women.
Meet director: Juli Gould, Announcer: V. Cupo, Scorers: V. Cupo and J. Steele, Head judge: J. Steele, side judges: L. Chernoff and V. Cupo.
Best sq. trophy: J. Gould, best BP trophy: J. Gould, best DL trophy: J. Gould, best lifter trophy: J. Gould.
Thanks to Joe Steele for results.

BOUVIER'S BENDING ARMS...600 plus bencher Wayne Bouvier is back in Hawaii, scene of his greatest PL exploits, and has dabbled in arm-wrestling lately, wiping out one highly ranked competitor in 2 seconds and another competitor, who had recently received some laudatory TV coverage, suffered a ripped out bicep insertion after tangling with Wayne. Gus Rethwisch says that Wayne has won his way to a National tournament and will soon be hauling his 327 pounds of bodyweight, 17 inch forearm, and TEN inch wrist to Kansas City for the action.

Curt Wright..of Ohio was a great fan of POWERLIFTING USA. Unfortunately, he recently passed away, the victim of a brain tumor. Fortunately, he had a great friend like Bob Karhan, who read some of the highlights (like 'More from Ken Leistner') from each issue to Curt sicne he was not able to focus his eyes properly due to his disease. Our condolences to Curt's family.

CORRECTION..Liberty Winter squatted 242 at the Region I meet reported last issue, rather than the 2342 that we obviously misprinted.

Calendar of Events

MEET DIRECTORS...this list is published each month as a service to **YOU** in making your meet known to lifters everywhere. There is no charge for a listing in this section, so take advantage of this **FREE** means of publicizing your contest. Lifters all over the nation depend on this information in planning their competitive and meet-watching outings.

26 SEPT Mr. Eastern Coast Cup Bench Press Championships, Charnik's Barbell, 28 Almonesson Rd., Deptford, NJ 609-228-7180.
26 SEPT Southern Idaho Championships, Barbara May, Rt 3, Jerome, Idaho 83338.
26 SEPT West Penn Iron Men Open, Leo Nobile, 109 Cottonwood Ct., Corapolis, PA 15108 412-761-1955 or 264-1933.
26 SEPT Southern USPF Championships, Mike Dobbins, Rt 12, Hattiesburg, Miss 39401, 601-583-1112.
26/27 SEPT Oklahoma Grand, Richard Peters, Bx 1753, Norman, Ok 73069, 405-321-1852.
26/27 SEPT Missouri State championships, George Fischer, 6208 Oleatha, St. Louis, Mo 63139, (314-752-1417).
26/27 SEPT Eastern America Open, Joe Zarella, Bx 43, Hudson, NH 03051.
27 SEPT The Sports Palace Womens PL Meet, Jim Schmitz, 828 Valencia St., San Francisco, CA 94110, (415)648-9912.
27 SEPT Women's Deadlift Meet, Norm Malick, 1027 E. Burnett Ave., Louisville, KY 40217, 502-636-1662.
3 OCT Texas Hill Country Meet, Elite Sales, Inc./Chip McCain, Bx 17711, Austin, TX 78760.
3 OCT Kansas State, Jim Cash, 1022 Laramie, Manhattan, Ks 66502, 913-776-7622.
3/4 OCT Eastern States Championships, Robert A. Giaccia,907 Hallowell St., Conshohocken, Pa 19428.
3/4 OCT Power Meet, Jim Messer, 206 Farview Rd., Norristown, Pa 19401.
3/4 OCT Temple Hills Open/Novice/Women/PVA Meet, THWLC, 5909 Temple Hills Rd., Temple Hills, Md 20748, 301-423-4780.
4 OCT Women's Deadlift Contest, Norm Malick, Athletic Dept., Bellarmine College, Newburg Rd., Louisville, Ky 40205.
4 OCT New Jersey District championships, Bert Marchio, 87 Jackson Ave., N. Plainfield, NJ 07060.
4 OCT Open Deadlift Meet (Men and Women), John Sarich, Ontario, Canada 519-471-1195 after 7 pm.
4 OCT Butler Open, Bruce Graser, Bx 790 G Rd 1, Chicora, Pa 16025, 412-445-3074.
10 OCT Open Squat, Vaughn Maldfeld, PO Bx 129, Bellvale, NY 10912.
11 OCT Hawaii St. championships, Ray Verdonck(?), 1538 Epukane St., Honolulu, HI 96818.
11 OCT 2nd Annual Metro Detroit Open bench press, Glen Underhill or Fabian Wambegans, 20349 Ecorse Rd., Taylor, Mi 48180, 313-388-0411.
11 OCT Open No. Cal. BP, Mr and Mrs Marin County (novice), 713 Center Blvd., Fairfax, CA 94930, (415)459-1030.
17 OCT Dayton Open Meet/Open Men/Novice Men/Open Women, Larry Pacifico, Bx 14152 N.R. Br., Dayton, OH 45414.
17 OCT Atlantic States Open Novice/Open and Women's pen PLUS a powerlifting seminar, Tony DeFrancisco, 729 LaSalle St., Berwick, Pa 18603, 717-752-4129, 759-3848.
17 OCT Open Central Cal. PL championships, Gene Estrada, 526 Dana St., San Luis Obispo, CA 93401, (805)544-0155 after 9 pm.
24 OCT Power Day IV, below Class II by formula, Al Siegel, 40 Pauline Dr W., Clearfield, Pa 16830, 814-765-3214/8059.
24 OCT Open Bench Press Meet, David Nunes, 925 Manor, Apt 14, Los Banos, CA 209-826-4744/826-3252, or 723-6504.
24/25 OCT Mountaineer Open/Novice/Women, Mountaineer BBC, Bx 925, Parkersburg, W VA 26101.
25 OCT National and World masters, Watson Lawrence, 30 W 457 Arbor Lane, RR 3, W. Chicago, Il 60118, 312-231-1807.
25 OCT Tristate Deadlift meet, Norm Malick, 1027 E. Burnett Ave., Louisville, Ky 40217, 502-636-1662.
31 OCT Masters and Elite Open, Gary Benford, Columbus Central YMCA, 40 W. Long St., Columbus, Oh 43215.
31 OCT Texas Hill Country Women's, Patty Jahl, 4107 Ramsey, Austin, TX 78756, (451-5865)
OCT Southern Colorado Open, Pueblo, Co
5-8 NOV XIth World PL Championships, Calcutta, India
7 NOV Novice, Open, Women's, Masters Meet, Willie Morris, Bx 5, Rt 810, Stanardsville, VA 22973, 1-804-985-7660, (late evenings)Tues/Thurs/Sat.
7 NOV Atlanta Open Women's, Coffee's Gym, 1033 Franklin Rd., Marietta, GA 30067.
7 NOV Region 7 Women's championships, Larry Stone, 1016-14th St., Moline, Il 61265.
7 NOV Open No. Cal. Novice (class 3 and below) Kerry Alsop, 1010 W. El Monte, Stockton, CA 95207.
7 or 14 NOV Edward S. Hudson Memorial, Hal Hudson, 609 Fannin No. 305, Houston, Tx 77002.
14 NOV Badger Open, Jim Verhagen, 2613 N. 10th St., Sheboygan, Wis 53081.
14 NOV Open Whittier PL championships, Glen Maur or Danny McDermott, 15600 La Forge, Whittier, CA 90609, (213)943-0893 or Danny at (213)698-9781.
14 NOV Open Masters, Vaughn Maldfield, PO BX 129, Bellvale, NY 10912.
14 NOV Open Meet, Dean and Doug's Fitness Plus, 4th and Central Ave., Nebraska City, Ne 68410, 402-873-7992.
14/15 NOV Boston Open, Chuck Johnson, c/o Boston YMCA, 316 Huntington Ave., Boston, Ma 02115, 617-536-7800.
21 NOV N.S.C. Invitational, Brian Jacobson, 122 So. Roos, No 72, Aberdeen, SD 57401.
21 NOV Powerhouse Open, Danny Burton, 113 Main, Duncan, Ok 73533, 405-255-8360/3627.
21 NOV Kansas State Prison Open, Geo. Conklin, KSP, Lansing, Ks 66043, 913-727-3235.
21/22 NOV Auburn Open, Lee Indelicato, 40 Westwood Dr., Auburn, NY 13021.
21/22 NOV Purdue Open, Pat Malone, 124 E. State St., W. Lafayette, Ind 47906.
NOV 8th Northstar Open, Kent Goude, Rt 2, Bx 34 A, Floodwood, MN 55736, 218-427-2445.
5 DEC Open Bench Press Classic, Johnny Peebles III, Str. Coach, Jewish Comm. Ctr, Bx 7377, Birmingham, Al 35223, 205-879-0411.
5 DEC Midwest Open, Tom Beadle, Bx B, Anamosa, Ia 52205.
5 DEC Oklahoma State Collegiate/High School Championships, Rickey Dale Crain, 1509 N. Minnesota, Shawnee, OK 74801 1-405-275-3689.
5 DEC Region IX Collegiate championships, Tom Bartosh, Southside Apts, No 14 B, College STationm Tx 77840.
5 DEC Allegheny Mountain Association Championships, Jim Panetti, Slippery Rock Barbell Club, Slippery Rock College, Slippery Rock, PA 16057.
5 DEC Iron Man and Women PL and Physique contest, Paul Love, 3050 Story Rd., San Jose, CA 95127, (408)926-3765 or 3773.
5 DEC Below Class II Men's state, Dick Connors/The Pit, 400 Edgar St., Evansville, Ind 47714.
6 DEC Tri County Meet, (Orange, Sullivan, Ulster), Tim Weidman, 81 Highland Ave., Middletown, NY 10940.
11/12 DEC Heart of Dixie, Open-Novice-Womens, M. Frank Watts, Rt 8, Bx 318Z, Jasper, Al 35501, 205-387-8954.
12 DEC Open Novice Meet, Joe Zarella, Bx 43, Hudson, NH 03051.
12 DEC Bench Press meet, Joe Tete's gym, Cooperstown Plaza, Sunset Rd., Burlington, NJ 08016.
12 DEC Northeast Teenage Open, Dale Blattert, 1104 Terrace Rd., Norfolk, NE 68701, 402-371-8443.
13 DEC British Secondary championships.
19 DEC South Jersey Bench Press, Charnik's BBC, 28 Almonesson Rd., Deptford, NJ 08096, 609-228-7180.
DEC Greater Texas Classic, Doug Patterson, 1601 NW Dallas, Grand Prairie, TX 75050.
DEC Midwest Bench Press, Fargo, ND
9 JAN 82 Natl YMCA championships, Gary Benford, Phs. Fit. Dir., Columbus YMCA, 40 W. Long St., Columbus, OH 43215.
9 JAN Wisconsin Jr. championships, Bruce Sullivan, 802 Willmor St., Racine, Wis 53402.
30 JAN West Penn Open, Leo Nobile, 109 Cottonwood Ct., Corapolis, PA 15108 412-761-1955/264-1933.
19 FEB Tri State PL (NY, NJ, CT), Vaughn Maldfeld, PO bx 129, Bellvale, NY 10912.
20/21 FEB Bob Moon Memorial, Tom Davis, 411 Defiance Ave., Findlay, OH 45840.
27-28 FEB Virginia State, Bob Edmanson, 14204 Randall Dr., Woodbridge, VA 22191, 703-494-1377.
FEB Texas Open, Doug Patterson, 1601 NW Dallas, Grand Prarie, TX 75050
FEB-MAR Texas State teenage championships, Phil Bellmore, 502 SW Pkwy No 513, College STation, TX 77840.
6 MAR Wisconsin Sr. State championships, Ken Berninger, 1028 So 9th St., Milwaukee, Wis 53204.
6 MAR 8th Annual Keystone Open Below Class II, Dominic Waters, RD No. 7, Box 291C, Washington, PA 15301 412-228-3122.
20,21 MAR (tentative) Ohio Classic, Lakeland Comm. Ctr.
27 MAR Ark-La-Miss Open, Ed Davis, Twin Cities YMCA, 1809 Glenmar Ave., Monroe, La 71201.
28 MAR 31st Annual Great Lakes Open, Joe Orengia, 3639 W. 26th St., Erie, PA 16506 814-833-9605 or 833-3727.
MAR El Dorado Open, Bob Ross, 202 W. Grove, El Dorado, Ark 71730.
3 or 17 APR Wisconsin ST. Hi School, Tom Branden, RAcine, Wis
10 APR Western PA Open, Leo Nobile, 109 Corapolis, PA 15108 412-761-1955/264-1933.
24 APR Power Day V, Al Siegel, 40 Pauline Dr W., Clearfield, Pa 16830, 814-763-3214/8059.
APR NY State championships (tentative), Tim Weidman, 81 Highland Ave., Middletown, NY 10940.
MAY? Women's Worlds, Sydney, Australia?
JUNE Sr. Mets, Tim Weidman, 81 Highland Ave., Middletown, NY 10940.
5 JUNE Schuykill Co. Meet, Trudy Millard, Fairland Village Mall, Rt 61, Pottsville, Pa 17901, 717-429-2449.
24 JULY West Penn Iron Men Open, Leo Nobile, 109 Cottonwood Ct., Corapolis, PA 15108 412-761-1955/264-1933
JULY Lake Lansing Open DL Meet, Mario Torrez, 1970 N. Harrison, E. Lansing, Mi 48823.
JULY? International Police Olympics, Austin, Tx
7 AUG Louisiana State championships, Mike Reed/Glen Venator, Twin Cities YMCA, 1809 Glenmar St., Monroe, La 71201.
11-12 SEPT Middletown Open, Tim Weidman, 81 Highland AVe., Middletown, NY 10940.
OCT Women's and Masters Open, Vaughn Maldfeld, PO bx 129, Bellvale, NY 10912.
5 DEC Tri County Meet, Tim Weidman, 81 Highland Ave., Middletown, NY 10940.

ARE YOU AWARE of a meet coming up that is not listed above? If you are the first to send in details on the date, name, and contact address for the contest, PL USA will, **upon your request**, send you a FREE PL USA iron-on t-shirt decal.
ENTRY BLANK ETIQUETTE..when writing a meet director for information, always include a stamped, self-addressed envelope and if you call, PLEASE don't call collect.

Gaugler withdraws from World Team...that's right, Rick has withdrawn because he was recently laid off from his job as a pipefitter and is looking for other employment and possible relocation. Rick has experience in health club management as well, and if anyone out in PL USA Readership Land knows of a possible position for Rick, please let him know at 805 Texan Trail, Corpus Christi, Texas 78411 or call him at 512-852-3186. (Here's a chance for some enterprising outfit to obtain an experienced employee who is also own of the biggest names in Powerlifting/a great drawing card.) Rick also wishes that something could be done about lack of communication between the World Team and the USPF, as some lifters need considerable advance notice to take time off from work and manage other commitments prior to a trip such as the one to India.

FREEDOM FESTIVAL...Bud Downen reports that he received many compliments on his meet and the consistency of the judging, and the only complaint that he was aware of was through the comments in last month's issue of POWERLIFTING USA.

BIG TEX Powerlifting & Bodybuilding News..is a new publication put out by Joe McCoy, Rt. 1, Box 120-f, Glen Rose, Texas 76043. 1 year (6 issues) is $8, and we recommend it to you.

PA States Update...Christine Wilson was listed in the 114s, but actually lifted at 105, where her 250 deadlift and 515 total made the Women's TOP 20 list published in POWERLIFTING USA's June/1981 edition.

PHYSICS of the ELITE SUIT

* REDESIGNED *

* REDESIGNED *

We said the suit was scientifically designed - here's why

THE MATERIAL - special heavy duty polyester contains no elastic to rot or stretch out. The finish of the material prevents any biting in on the straps or legs. Virtually rip proof.

THE PATTERN - designed originally and exclusively for Powerlifting by a World Record holder. Not a converted wrestling suit as seen on the market. Because of unique stretch properties of the fabric, the suit is cut so that the most stretch is horizontal, the least vertical. This allows you to put the suit on easier, yet offers the most supportive resistance while squatting.

The Elite Suit does not give a false sense of security. While other suits are tight only at the straps or seams, the Elite Suit has extra material taken out of the hips and legs to really support.

THE CROTCH - engineered at the University of Texas Physics Lab, the 'saddle seat' offers the ultimate in stress distribution in the crotch. The back seam spans across the butt from leg to leg, to eliminate sharp corners that cause blowouts.

THE GUARANTEE -unconditionally guaranteed for 3 months from shipping date against ripping or defects in workmanship.

BUY ELITE -IT MAKES SENSE **$38.00**

(plus $1.50 postage)

sizes 26-40 in Black, Navy, and Red. Team prices on orders of 8 or more. Give height and weight info, 1st and 2nd choice of color.

SALE: Old Elite Suits $20.00 while supply lasts!!

(38-40 only)

ELITE

ELITE SALES, INC. POST OFFICE BOX 17711 AUSTIN, TEXAS 78760 512/441-7993

ELITE COMPETITION WRAPS $8.50

Designed specifically for Powerlifting competition and training. Due to synthetic materials used, these wraps **WILL NOT RIP.** When squatting, the wrap stretches to the bottom position and then stops stretching - essential for an explosive start. The best on the market!!

ELITE Wraps are guaranteed for ONE YEAR!

SPECIAL - SUIT AND WRAPS **$43.00**

LEATHER GRIP $6.00

Special formula designed to help the Powerlifter keep his grip. No more tender hands, no more torn callouses. Three weekly applications will toughen skin, build and harden callouses, and keep you hanging on to those heavy deadlifts.

GYM BAGS $17.50

Heavy duty canvas with rust proof zippers and side pocket. United States Powerlifting Federation insignia. Bag is 9 in. by 21 in. Available in red or blue.

ELITE SALES OFFERS THE LIFTER THE FINEST IN SERVICE, AS WELL AS COMPETITIVE EQUIPMENT

- All items in inventory, sent air mail -- no waiting
- VISA/MASTERCARD accepted. Include number and exp. date
- C.O.D. orders by mail or phone
- Express Mail Delivery (24 hour) if requested. Freight collect.

IMPORTANT

Include $1.50 postage PER ITEM

Make payable to

ELITE Sales, Inc.
P.O. Box 17711A
Austin, Texas 78760
(512)-441-7993