

# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

In late January, Ned Low spoke with world record holder in the squat, Brent Mikesell, about a variety of powerlifting topics. These are excerpts from the interview:

**Ned Low:** Let's get started with your best lifts.

**Brent:** 1141 Squat, 606 Bench, 804 Deadlift, and a 2502 total in the Superheavyweight Division. I usually weigh around 329, 330.

**Ned Low:** How did you get started?

**Brent:** Back in '83, in high school, I was a big kid, and started lifting as a sophomore. I did a 400 lb. deadlift. As a senior, I did a 625 deadlift at 198, the school record and the state record. I missed out on 10 years of powerlifting, then in the winter of '95 I got back into it.

**Ned Low:** What lifters have you learned from?

**Brent:** The lifter I most admired was Ed Coan. I saw him on a PL USA cover back in high school. Later on, it was Anthony Clark, and Jim Voronin. Whom I've learned from: mostly guys on-line and at meets, including Jim Voronin, Ryan Kennelly on bench, Louie Simmons and Dave Tate - they've helped a lot.

**Ned Low:** Let's talk about goals.

**Brent:** 2 years ago, it was 2400 and retire. 2400 was so easy, I knew I could do 2500. Now the goals are 1200 (in the squat) and 2600. And then retirement, definitely (laughing), like Mendelson's retirement. I call it a slowdown period. Maybe two meets (a year). Maybe zero.

**Ned Low:** Your training?

**Brent:** Wednesday's squat night. Monday is heavy bench press night. Friday is speed bench. Saturday is my lower back day: deadlifts, good mornings, box squats. I don't believe in off-season. I do 10 week cycles for meets. In between, I just do lighter weights, with really heavy band tension. For more details on the workouts, you may want to look at my website, BrentMikesell.com. You'll be able to see the exact exercise and poundages I do.

**Ned Low:** What else do you have on the web?

**Brent:** I also have a store site, which involves Inzer products, powerlifting equipment from Forza, nutritional products, and other accessories. Actually, there are two sites: BrentMikesell.com and IronGladiators.com.

**Ned Low:** Tell us about your videos.

**Brent:** I currently have two. One is called Hard-core Powerlifting,

## Brent Mikesell

interviewed by Ned Low for PL USA

and the other is Iron Gladiator. Both of them include my training and how it's evolved. It outlines my training program with actual gym and contest footage. I plan on releasing a contest footage video in about a year.

**Ned Low:** What's your next meet?

**Brent:** The Arnold, March 6th.

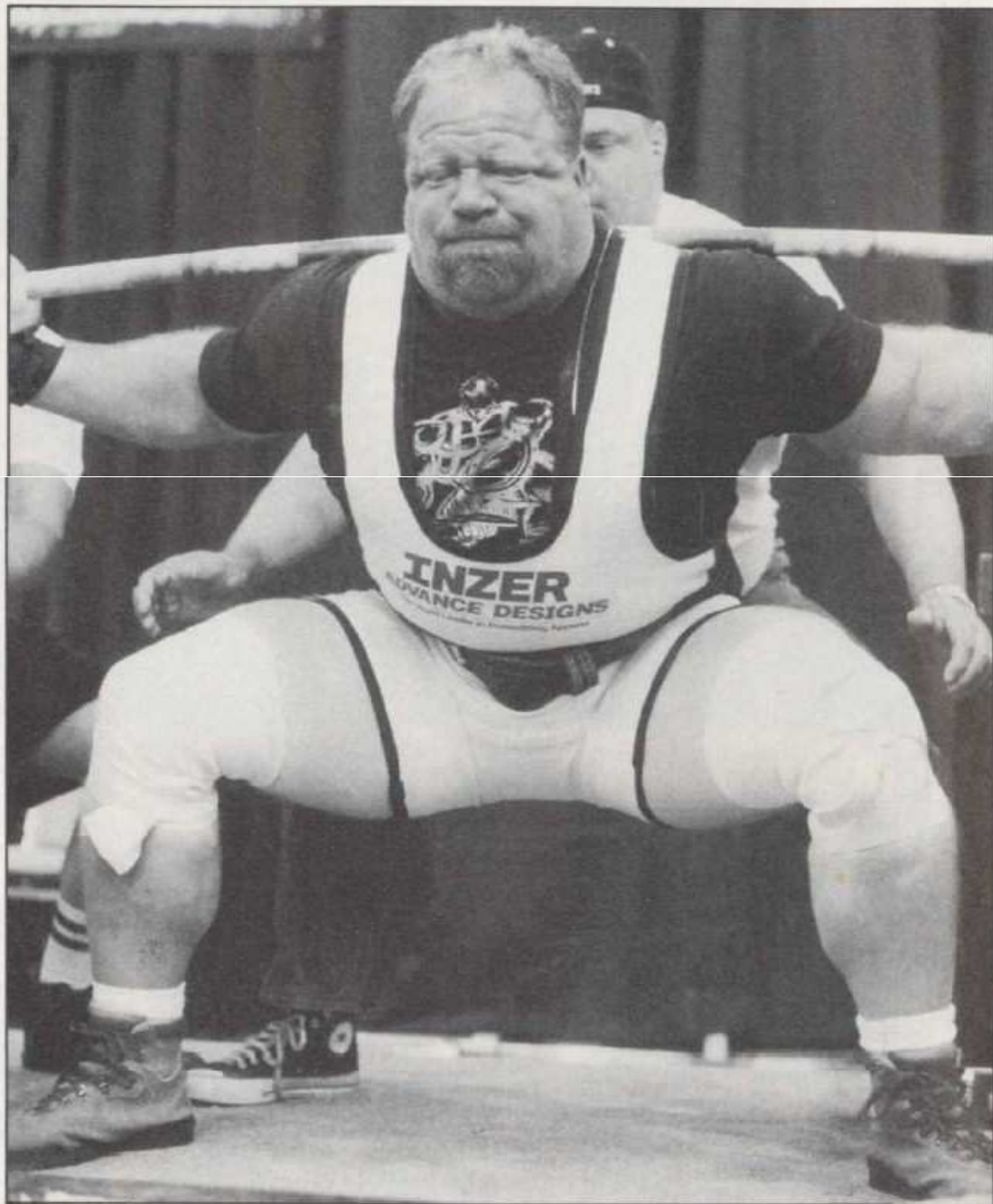
**Ned Low:** How about some lessons or tips for other lifters?

know?

**Brent:** I want to thank my sponsors: Inzer Advance Designs, Forza, and Prosperity Nutrition. I'd like to thank my family and my fans and all the people who've supported me, and if anybody has any questions, they can reach me at [www.BrentMikesell.com](http://www.BrentMikesell.com).

**Ned Low:** Brent, thanks very much.

**Brent:** Thank you.



Brent Mikesell is unquestionably one of the deepest squatting lifters in Superheavyweight history.