

INTERVIEW

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

by Mike Lambert

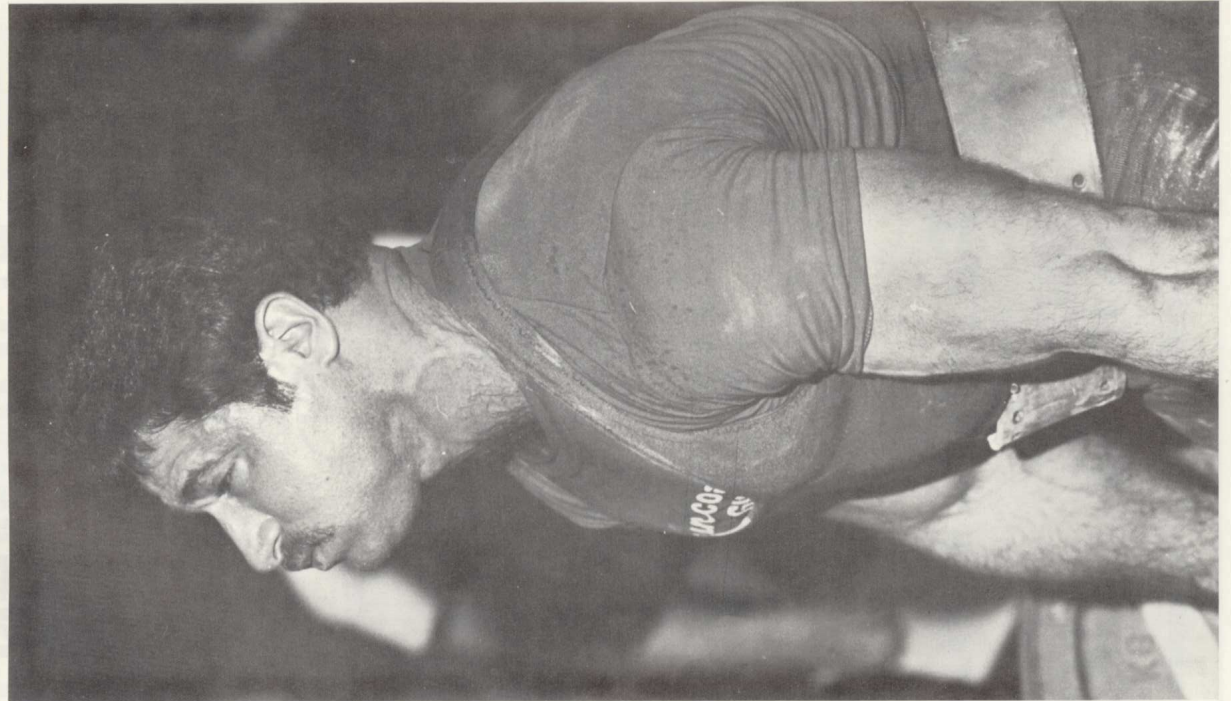
Bob Chrosniak National YMCA Champion

PL USA: 'Could you briefly chronicle your lifts?'
CHROSNIAK: 'My first meet was in 1978. I competed in the 181 lb. class. It was a nice meet. I won 1st place with a 500 lb. squat, 350 lb. bench, and a 570 lb. deadlift for a 1400 lb. total. Powerlifting has grown tremendously in Florida in the 4 years that I have been competing. I moved up to the 198 lb. class very quickly and won the regional in 1979 with a 640 lb. squat (State Record), 390 lb. bench (State Record), and a 1090 lb. total (State Record). A few months later, I lifted in the Augusta Open in Georgia and made Elite classification on only 4 successful attempts: 660 lb. squat (State Record), 385 lb. bench, 665 lb. deadlift, and 1710 total (State Record). I then decided to move up to the 220 lb. class. This is the reason I dropped out of competition for a while. I wanted to take my time putting on the extra weight, so that I could distribute it to the areas I needed it the most for better leverage. In my first meet at 220 lbs. I squatted 700 (State Record) and missed 750 on two attempts. I then went on to bench 440 lbs. and deadlift 700 for an 1840 lb. State Record total. I attended the Junior Nationals in 1981 and took 2nd place, and in 1981 I took 1st place in Boise, Idaho.'

PL USA: 'What are your best lifts, in terms of competition?'
CHROSNIAK: 'My best lifts in 600 lb. competition are: squat at an 800 lb. competition squat, 415x3, 455x2, 455x1 training bench press, and 750x2 competition bench. 75x3, 715x2, 750x1 training deadlift and a 700 competition deadlift.'

PL USA: 'How about some personal training principles?'
CHROSNIAK: 'I am employed at Health & Company in Tampa, Florida and build custom made signs which includes welding and street metal work. I am 23 years old and I train at the Suncoast Gym in Tampa, Florida. I have been married for two years, and my wife is also interested in weight training and trains regularly. I was all-state in wrestling and football in high school in Louisville, Kentucky. I became interested in powerlifting because of the prestige of being a strong person and traveling around the country competing against other great lifters.'

PL USA: 'Describe your basic power training principles.'
CHROSNIAK: 'I like to do sets of 8 reps until 10 weeks before a contest. The sets of 8 help to get my



not to neglect ab work. Many times during a hard, gut wrenching lift, good strong abs will pull you through. The last critical lesson is to pick training partners that are serious and willing to help each other.

PL USA: 'What are your goals and future plans in PL?'
CHROSNIAK: 'My goal in powerlifting is the highest, and that is to be World Champion. Being only 23 years old, I think it is a very reasonable goal. I would also like to break the world record in the squat and total. After the YMCA Nationals in January, I will go to the Senior Nationals.'

PL USA: 'How do you feel Powerlifting can be improved in the future?'
CHROSNIAK: 'The way powerlifting can be improved as a sport in the future, is to have more certified judges in meets throughout the country. I have seen too many bad lifts passed in local meets, which in the long run, hurt the lifter when he goes to the national level meets. I believe the rules should be the same for everyone whether they are a novice, open or national caliber lifter. Notable problems in powerlifting meets include too much favoritism and bending of the rules, no USPF card checks, falsified weigh-ins, bad lifts passed, teams with no USPF sanction.'

PL USA: 'How have you handled your injuries?'
CHROSNIAK: 'When I get injured I immediately put ice on the injured area. I am a firm believer in DMSO 3 and the next day I apply DMSO 3 times to the injured area. I will keep

endurance and stamina up, plus I get state I train heavy all the time. At 16 weeks, my cycle starts. The first 4 weeks I do sets of 5 repetitions, then for the next 4 weeks I do sets of 3 repetitions. For the next 4 weeks I do sets of doubles and finally, the last 4 weeks of the cycle I do singles. I always try to pick a weight for which the last rep will be very difficult to complete. I use the pyramid system and this is basically what a squat workout looks like for me late in the cycle: 225x10, 315x5, 405x3, 500x3, 700x1, 750x2, 780x2, 760x2. I train 4 days a week: Monday: Close Grip Bench, upper back, Wednesday: Beadfit, 8 sets, shrugs, abs, Friday: Bench, 8 sets, dips, curls, abs, Saturday: Squat, 8 sets, leg curls, leg extensions, calves. I like to stick to the basic exercises because I find that for me too much accessory work takes away from the lifts. When I wasn't doing much rep work I found myself not only getting stale but often pulling muscles because of my body never had time to recuperate from one workout to the next.'

PL USA: 'How did you arrive at your powerlifting training philosophy?'
CHROSNIAK: 'I arrived at my present training routine philosophy through experience. I was lifting too heavy too often, I didn't map out my cycles and competitions very well. Now, I look ahead and pick out certain meets that I want to compete in. This way, I have found out that I can plan a peak much more accurately.'

PL USA: 'What are the most important training lessons you have learned so far?'
CHROSNIAK: 'One of the most important training lessons I have learned is to train strict in the gym. Many lifters I know do not train strict and when they get into a meet the same habits they have in the gym come out on the platform. It's

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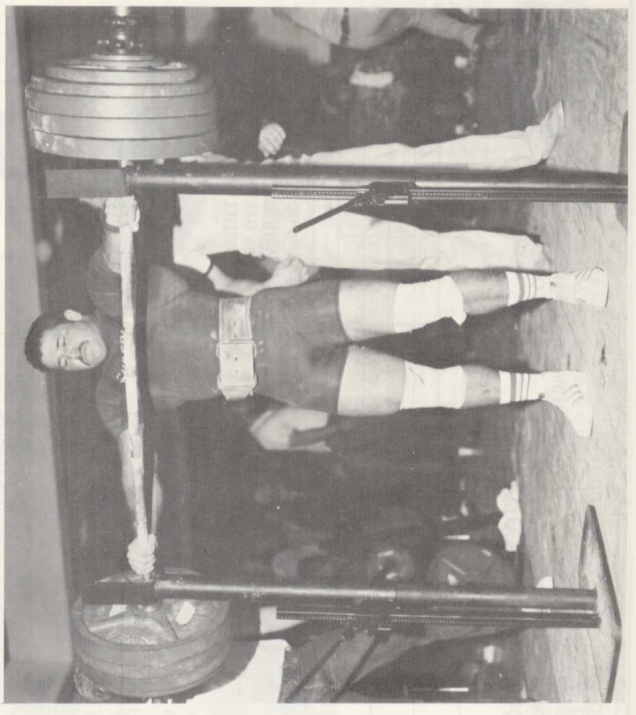
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Now, as the gym has expanded enormously, we have 10 times that number competing. We won the regionals in 1981, and at this time we are on the track of sweeping the regionals in 1982. If any lifter, from out of state is traveling through the Tampa area, stop in for a workout, it is definitely THE place to powerlift in Florida.



Above... Dick Armatrot and Bob



Chrosniak lifting.