

# INTERVIEW

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

**BC:** How old are you?

**SS:** I am 23 years old and I live in Oakland, Maine with 2 time IPF Jr. World Champion, Leslie Look.

**BC:** What do you do for a living?

**SS:** I work as a CNA (Certified Nurse's Aid)

**BC:** What is your athletic background?

**SS:** Before I started lifting weights I played football, baseball, and raced BMX.

**BC:** How did you get into weight lifting?

**SS:** I started weight lifting to get stronger for football. After my first powerlifting meet, I lost interest in football and gave it up.

**BC:** What major contests have you entered and what were the results?

**SS:** 1988-1990 USPF Teenage Nationals - 1st place and Best Lifter each year; 1991 USPF Sr. Nationals - 2nd place; 1992 - I was in a car accident and did not compete that year; 1993 USPF Jr. Nationals - 1st place; 1993 IPF Jr. World Championships

## SCOTT SMITH

as interviewed for Powerlifting USA by Bruce Citerman

or comments that might help my deadlift).

Saturday - Shoulders/Biceps

**BC:** What vitamins or supplements do you take?

**SS:** I do not take any vitamins or



**Scott Smith** giving his best effort at the '94 IPF Worlds in South Africa, trying to get the gold medal. (photograph courtesy Hiro Isagawa)

Gold Medal - Bench Press and Total World Records; 1994 USPF Sr. Nationals - 1st place, Jr. World record Squat, Bench Press and Total, IPF Men's Worlds - Silver Medalist.

**BC:** What was your routine for your Sr. Nationals victory?

**SS:** Monday - Squat: Weeks 1-3 do 3 sets of 8 with just a belt, Weeks 4-6 do 3 sets of 3 with just a belt; Weeks 7-9 work up to 1 set of 3, Weeks 10-11 work up to 1 set of 2, and Week 12 work up to 1 single. Use a suit and wraps for Weeks 8-12 and always train deep!

Wednesday - Bench Press: Weeks 1-2 do 3 sets of 8, Weeks 3-4 do 3 sets of 5, Weeks 5-8 work up to 1 set of 3, Week 9-11 work up to 1 set of 2, and Week 12 work up to 1 single. For Weeks 1-6, do not use a shirt. For Weeks 7-12, use a loose bench press shirt.

Thursday - Deadlift: Same sets and reps as the squat. (I would appreciate any suggestions

supplements unless I go to John Mathieu's house, who is the owner of the gym I train at. I would like to thank John for all the help that he has given to me since I moved to Maine.

**BC:** Why do you compete in the U.S.P.F.?

**SS:** I compete in the USPF/IPF because I think it is the most recognized organization in Powerlifting.

**BC:** What are your plans and comments on powerlifting?

**SS:** My plans for powerlifting are to win an IPF Junior, Senior, and Masters World Championship, and hopefully to set world records in each division.

As far as my comments on the sport of Powerlifting, I think that it is the greatest sport. My only problem with Powerlifting is the political B.S. involved with the many other different federations. It is my belief that there are only 3 federations worthy to represent Powerlifting - the USPF/IPF, ADFPA, and the APF.