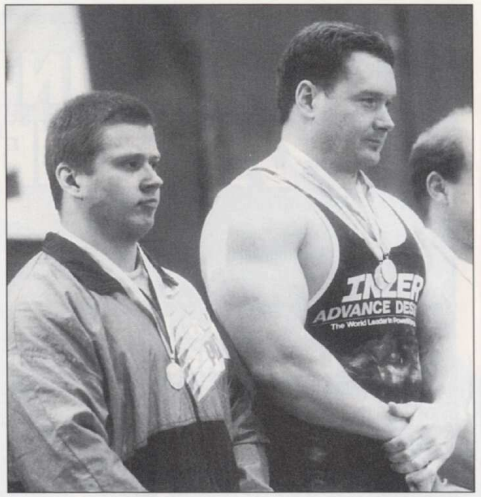
IPF Junior World Championshipos
7-11 Aug 96 - Vaasa, Finland (kg)

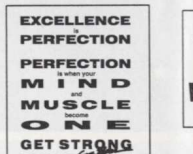
Women	SQ	BP	DL	Total
44 kg				
Chang TAI	130	65	137.5	342.5
Yang TAI	135	67.5	125	327.5
Ganga IND	100	52.5	122.5	275
Rie JAP	100	65	110	275
Sriyan IND				
48 kg				
Yamskich RUS	145	85	170	400
Bharati IND	135	62.5	145	342.5
Eltsova RUS	137.5	67.5	132.5	337.5
Titova UKR	115	60	120	295
Kleszczyuska POL	107.5	60	122.5	290
Torres USA	57.5	35	97.5	190
52 kg				
Belova RUS	177.5	95	180	452.5
Hsu TAI	150	80	142.5	372.5
Mirshuchnko UKR	127.5	72.5	150	350
Andreassen NOR	130	57.5	120	307.5
Lappalainen FIN	112.5	65	125	302.5
Hishimoto JAP	120	67.5	105	292.5
Muller-Sachs GER	105	50	130	285
Tuomi FIN	100	40	125	265
56 kg				
Engskar NOR	170	100	155	425
Sidorova RUS	170	77.5	162.5	410
Matejova SLO	157.5	92.5	147.5	397.5
Kehanen FIN	160	72.5	145	377.5
Fabre FRA	147.5	72.5	147.5	367.5
Heikkila FIN	130	67.5	125	322.5
Radermacher GER	107.5	60	132.5	300
Butenko TRM	105	50	115	270
Nuneyasu JAP	115	62.5		
Kristensen NOR				
60 kg				
Kudinova RUS	197.5	110	185	492.5
Huang TAI	175	97.5	180	452.5
Sherban UKR	162.5	90	170	422.5
Miyate JAP	170	85	140	395
ArntsenNOR	137.5	82.5	147.5	367.5
Liimatainen FIN	135	72.5	155	362.5
Krebs AUS	122.5	82.5	145	350
Hartman RSA	130	65	145	340
Sailaja IND	130	40	147.5	327.5
Sivonen FIN	135	42.5		
67.5 kg				
Puzanova RUS	195	108	197.5	500
Iskandarova KAZ	202.5	95	190	487.5
Chang TAI	185	100	180	465
Ketonen FIN	175	102.5	165	442.5
Dutta IND	165	75	182.5	422.5
Inaba JAP	145	67.5	170	382.5
Palkova CZE	130	62.5	155	347.5
Scanlon USA	120	80	145	345
Gustafsson FIN	120	70	130	320
Haakousen NOR				
75 kg				
Zhguleva RUS	212.5	135	210	557.5
Yurik RUS	190	130	212.5	532.5
Hsieh TAI	200	112.5	170	482.5
Wlezkowiak GER	187.5	97.5	185	470
Pollman AUS	165	97.5	157.5	420
Samulsson FIN	152.5	82.5	170	405
Larsson SWE	140	95	160	395
Holtta FIN	130	80	165	375
Chi TAI	120	112.5	140	372.5
Downes USA	90	42.5	105	237.5
Mure JAP	162.5			
82.5 kg				
Payusova RUS	200	140	195	535
Fedorova KAZ	170	90	20	460
Svarich UKR	160	95	170	425
Jaenson AUS	115	70	182.5	367.5
v.d.meulen NDL	130	75	140	345
Krugluger AUT	142.5			
90 kg				
Lugovaya RUS	217.5	120	217.5	555
Ku TAI	210	120	192.5	522.5
Lin TAI	202.5	120	192.5	515
90+ kg				
Lee TAI	260	137.5	241	637.5
Ganenko UKR	210	130	180	510
Torskaya UKR	160	70	160	390
Men				
52 kg				
Singh IND	167.5	92.5	192.5	452.5
Wu TAI	155	97.5	192.5	445
Twarog POL	177.5	875.	180	445
Erikson SWE	157.5	95	180	432.5
Kondoh JAP	160	95	172.5	427.5
Aozaso JAP	150	110	165	425
Czerniak POL	162.5	90	170	422.5
Tinebra FRA	162.5	85	175	422.5
Tronke GER	165	115	140	420
56 kg				
Hu TAI	255j	110	250	615j
Sehlberg SWE	200	147.5	180	527.5
Bandre IND	195	102.5	215	512.5
Fukushige JAP	195	135	165	495
Koikie JAP	175	110	195	480
Haaparanta FIN	165	100	185	450
Pannier FRA	160			
60 kg				
Airio FIN	200	145	220	565
Hu TAI	230	100	217.5	547.5
Hurte IND	190	120	230	540
Wood USA	202.5	125	210	537.5
Siltaaho FIN	212.5	110	200	522.5
Molin SWE	185	120	215	520
Pracownik POL	175	130	212.5	517.5
Nurmeots EST	205	102.5	200	507.5
Hope AUS	180	102.5	210	492.5
Luu AUS	160	82.5	232.5	475
Martinelli FRA	180	105	180	465
67.5 kg				
Gauf RUS	265	170	247.5	682.5
Chiu TAI	255	130	270	655
Olech POL	247.5	142.5	260	650
Ahonen FIN	225	140	272.;5	647.5
Batchelor GB	247.5	140	255	642.5
Turakhanov KAZ	247.5	127.5	265	640
Kvist FIN	247.5	140	250	637.5
LonckeBEL	235	150	240	625
Ovtcharenko UKR	230	135	250	615
Sharypin KAZ	220	142.5	240	602.5
Koiwai JAP	222.5	140	240	602.5
Brovold NOR	245	127.5	222.5	595
Lutisan SLO	225	132.5	235	592.5
Yamamoto JAP	215	157.5	215	587.5
Hung TAI	200	117.5	265	582.5
Leitner AUT	210	150	210	570
Peterka CZE	220	127.5	220	567.5
Simmons USA	200	130	217.5	547.5
Guldberg DEN	200	140	207.5	547.5
Elliott AUS	175	110	200	485
75 kg				
Thuresson SWE	272.5	172.5	267.5	712.5
Lappi FIN	225	145	300	670
Strache CZE	225	155	250	630
DiMarco GER	225	160	235	620
Miccoli FRA	230	167.5	220	617.5
Kopienka POL	215	157.5	240	612.5
Sliz SLO	242.5	135	230	607.5
Singh IND	235	125	240	600
Takahashi JAP	230	150	205	595
Kilpatrick GB	227.5	135	230	592.5
Tsebeka KAZ	225	115	230	570
Kotze RSA	180	100	200	480
Nemtsev RUS	295	177.5		
82.5 kg				
Kharausov RUS	302.5	182.5	280	765
Nazarov RUS	305	180	270	755
Rashidov UKR	280	165	297.5	742.5
Kary UKR	275	177.5	280	732.5
Kholnazarov KAZ	270	162.5	287.5	720
Ozkan GER	277.5	140	285	702.5
EngbergNOR	285	157.5	250	692.5
Tervonen FIN	265	162.5	260	687.5
Fragoso USA	235	155	285	675
Weng TAI	265	160	250	675
Singh GB	250	160	260	670
Butenko TKM	240	165	240	645
Jensen DEN	250	175	212.5	637.5
Asada JAP	240	175	220	635
Hasegawa JAP	220	157.5	250	627.5
Sramek AUT	220	145	240	605
90 kg				
Gecas LIT	320	207.5	280	807.5
Knutzen NOR	325j	165	307.5	797.5
Fedenko RUS	297.5	195	300	792.5
Mash USA	285	190	302.5	777.5
Leppakangas FIN	270	190	290	750
Hester USA	275	187.5	272.5	735
Weiermann AUT	252.5	175	252.5	680
Bernasu SPA	250	145	275	670
Green GB	232.5	167.5	270	670
J. Allard CAN	250	160	260	670
Tanaka JAP	230	155	250	635
Slabbert RSA	220	150	230	600
Baker AUS	215	117.5	262.5	595
Taylor AUS	215	135	230	580
Ruohonen FIN				
100 kg				
Soloviov UKR	350	227.5	290	867.5
Shepelev RUS	325	200	330	855
Sjokvist SWE	315	190	300	805
Windscheif USA	285	197.5	300	782.5
Jackson USA	305	177.5	385	767.5
Julinssen NOR	295	200	270	765
Hausen NOR	390	205	265	760
Gustafsson SWE	290	192.5	277.5	760
Rasmussen DEN	265	160	265	690
Chen TAI	250	150	240	640
Liao TAI	225	135	220	580
110 kg				
Berun RUS	327.5	197.5	327.5	852.5
Kuzminski POL	310	225	315	850
Nilsson SWE	352.5	175	310	837.5
Holmberg SWE	330	195	290	815
Shiffer USA	305	210	295	810
Singh GB	335	205	265	805
Gabrielsen NOR	310	182.5	282.5	775
Hinz GER	270	207.5	290	767.5
Pilling GB	280	170	302.5	752.5
Kashofer AUT	235	155	260	650
Huang TAI	240	150	210	600
125 kg				
Ramstedt FIN	335	240	325	900
Guryanov RUS	350	200	327.5	877.5
Bowring GB	330	227.5	297.5	855
Fritz GER	307.5	222.5	270	800
Vikberg SWE	285	217.5	275	777.5
Williford USA				
Samsonov RUS				
Reddy IND				
125+ kg				
Ukraintsev RUS	342.5	217.5	320	880
Muhonen FIN	320	215	290	825
BrathSLO	337.5	205	280	822.5
Gagin RUS	325	207.5	282.5	815
Lesk CZE	310-	210	295	815
Wiklund SWE	300	172.5	300	772.5
Kuo TAI	315	165	265	745
Joshi IND	265	142.5	215	622.5
Tsai TAI				

Team Championships: Russia 66, Finland 55, Sweden 51, Chinese Taipei 44, Poland 38, USA 38, India 34, Norway 27, Japan 27, Great Britain 24. Best Lifter: Hu/Chun Hsiugn 541.2, Gauf Sergey 496.72, Soloviov Alexey 485.49 (Jari Tahtinen)



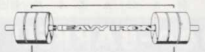
Soloviov, young rising star of Ukrainian lifting, shared the platform with Ed Coan at athe '95 IPF Men's Worlds, taking the silver medal in the bench press. Now, he has gone on to take 1996 IPF Junior World Title.

A. (Back of Shirt)



(Front of Shirt)

B. (Back of Shirt)



C. (Back of Shirt)

D.

(Logo on Hat only!)

GET STRONG GYM WEAR
by Big Al's Programs Designs
50/50 Quality White T-Shirt. AWESOME 2 Color Prints. L-Xl $15.00. 2X - 3X - 4X - $17.00. HATS (Black w/ 2 color embroidery) - $16.50
ADD $3 (1st shirt) Shipping & Handling – U.S.
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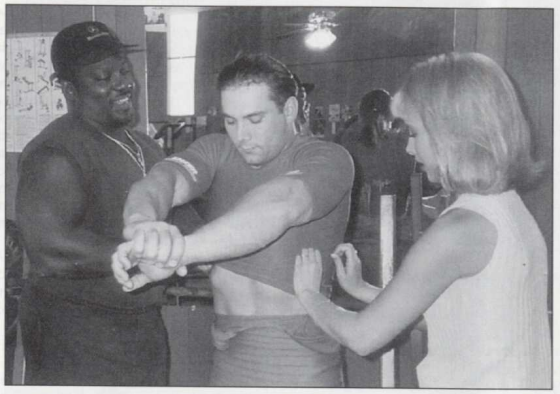
Allow 3-4 weeks for delivery. Indicate item ordered and send Check or Money Order to: BIG AL'S PROGRAMS, PO BOX 580, MIDWAY, PA 15060

The Bench Press Shirt

by Sal Arria, D.C., Executive Director of the International Spoarts Sciences Association

Since the mid-1980's almost every world, national, state and gym bench press and total record has been broken by a lifter using a bench press shirt. This list includes the great Kenneth Lain, Anthony Clark and Ted Arcidi. Other great record breaking lifters who have used the bench press shirts successfully include Ray Benemerito, Dan Austin, Gene Bell, Ed Coan, and the list goes on to cover virtually the Who's Who in Powerlifting.

At the beginning, world record holder, John Inzer began working on a shirt to improve his own bench press performance. Powerlifters already knew that a tight T-shirt could help their feeling of support and confidence while they bench pressed. The only shirt of any kind marketed for powerlifters in the early days was a tight T-shirt that did little to produce significant results in performances. John wore the first model of his shirt himself when he felt how it protected his shoulders while it increased his bench press. Before Inzer first marketed the bench press shirt, even he did not see exactly what made the shirt work so well. In working with his design, however, it became clear to him what made the shirt work – a carefully-kept company secret – and the designs have grown in depth and complexity. "I knew that other powerlifters would want to make use of the secret and decided to share my technology," Inzer said. Inzer said he was encouraged by a friend, the late Chip McCain, powerlifting aficionado, meet director and champion, who approached him at a booth at the Women's Nationals and asked him how the shirt worked. McCain said that it was a good idea, and predicted that it would be a benefit for powerlifters. Today Inzer Advance Designs, Inc. holds the patent for the bench press shirt design.



***To Get It On...** helpers need to grab and pull up a fewinches of material at a time*

As the International Powerlifting Federation was moving to accept the Inzer Blast Shirt, some challenged the introduction of the new gear as adding to the wave of technology in sports. However, most athletes in powerlifting want what other athletes get, that is, the best performance assistance and safety that technology can offer. Pole vaulters today, for instance, use poles made with integrated carbon fibers. Vaulters now fly nearly twice as high as they did on wooden poles, bringing in more spectators and lots more money. The high flying vaulter lands in safety on a giant impact absorbing bag, rather than landing in a hole in the ground packed with sawdust.

Computers are now used to design new more effective swim suits. Footwear technology has aided all running events. Technology has vastly changed the bicycle ridden by today's Olympian. Riders now ride bicycles worth more than a new car. The apparel of Olympic athletes is all designed for performance. The list of sports enhancing apparel and equipment allowed in the Olympics is growing dramatically. For those who yearn for the past technology, the answer may be a time machine. Until then, progress is inevitable. Powerlifters today enjoy lifting more weight with increased safety.

Most of the shirts that the Inzer company produces are made from a stretch-type material that provides a spring off the chest and support through more of-the mid range that follows through to the top of the lift. Shirts made of a non-stretch material such as denim, usually affect only the bottom of the lift. Most world records have been set using a shirt made of material that provides spring.

John Inzer believes that shirts made of spring material are most beneficial for performance. There is tremendous material spring-back in the heavy duty and high performance shirt. Whatever spring comes from a shirt made of non-stretch material usually comes from your body itself springing back into its original shape, compared with a shirt made from a material that provides spring. There are several successful powerlifters however, that prefer a shirt made of non-stretch material. Several styles of denim shirts are available and there is a company that provides denim shirts made for them by Inzer Advance Designs.

Some organizations allow more than one layer in gear, and multi-layer shirts are also available. However, a good single layer heavy duty or high performance shirt delivers virtually as much power as any multi-layer shirt.

Special shirts are now made for more experienced powerlifters. Heavy duty and high performance bench shirts were developed during the reign of Kenneth Lain, and perfected using Anthony Clark and Greg Warr as models. Anthony Clark, who has lifted 780 pounds, (the biggest bench press of all time) wears an Inzer Extra High Performance Heavy Duty bench shirt. "The most important thing to me is the protection the shirt provides me." Clark said, "I am lifting huge amounts of weight in meets and exhibitions almost weekly. The Inzer bench shirt protects and supports me so that I am able to have a career in powerlifting."

Some lifters have different types of performance shirts. They warm up and do their first attempt with one shirt, then take that shirt off and step up to another performance level shirt for the second attempt and then the same with their third or fourth attempts.

Injury prevention. "It is clear that the Bench Press Shirt offers support to the lifter in competition," says Dr. Fred Hatfield (A.K.A. Dr. Squat), "particularly if his/her shoulder has been damaged by previous injuries." Along with the belt, the bench press shirt has prevented more injuries than any other piece of powerlifting gear. What John did in creating the bench press shirt is to provide lifters with a preventive supportive device for protection of a very small joint that the bench press exercise places in, what some consider, an awkward position. In the squat, many joints and muscles come into play and support each other. The shoulders are where the leverage is in the bench press. The shoulders can also suffer the greatest incidence of degenerative changes and cumulative injury, much more than the knees or lower back. Statistics show if a lifter drops poundage because of degenerative changes, the bench press is the first to drop, and it can drop dramatically. If the shirt provides just 10 percent more support or allows 10 percent more years to a lifting career, it has done what it is supposed to do – prevent injury. This, in turn, prevents chronically having to use an anti-inflammatory or other drugs. You can also sleep better because you can sleep easier on your shoulders. A variety of complications can occur once a shoulder is injured. Even the squat can be affected with a shoulder injury making it tough to get your arms back and hang on to the heavy bar. Wearing a shirt not only helps prevent injuries, but it reduces downtime and mental anxiety. Everyone knows how physical exercise and peace of mind can add to a longer life span.

The shirt is especially good for the everyday lifter or hobbyist because of its benefit to the lifter's longevity by the protection provided for the deltoids and upper body during bench pressing. The general powerlifting hobbyist will likely not risk his joints as much as someone who is lifting for world records. Many master powerlifters have been able to come out of retirement and get back into competition with the shirt's help. Lifters at every level have enjoyed participating in the sport of powerlifting longer than before. Top national and world champion powerlifters have extended their careers and boosted their performances. The great Hideaki Inaba received his first bench shirt in 1992 in Birming-

Dr. Ruth Westheimer, the sex therapist, is a little woman who speaks with a German accent and who has a Ph.D. from the New School for Social Research. She is also the host of a radio show called "Sex with Dr. Ruth" on which she gives sex advice to callers who want to talk about their problems. Dr. Ruth's show is broadcast on a station called WOR, which is located in New York City. Dr. Ruth's show is very popular with people who want to talk about their problems. Dr. Ruth's show is also very popular with people who want to listen to