

POWER PROFILE

Magruder the Magnificent! as told to John S. Comereski

Jeff Magruder is a man often recognized for his enormous bench presses, but often overlooked for his all-around powerlifting ability. Most heavy bench pressers do not fare well with the squat and deadlift because as Jeff puts it, "All they do is bench." Jeff goes on to add, "I take pride in that I can do all of them, but they (the squat and deadlift) are not as good as my bench."

Standing 5 ft, 9 inches, Jeff packs a solid 250-260 pounds in a shape awed by most bodybuilders, and he has strength that is likewise awed by powerlifters. Unofficially, Jeff has totaled a whopping 2120, but officially his 2011 stands tall. Best attempts of an 800 lb squat, a 740 lb deadlift and a 620 lb bench have never come together during a meet. "Someday," Magruder explains, "I want to hit a 2100 total at 242. I've done it in the gym, but I haven't been able to get it together during a contest."

Although his other lifts are quite elite, it is still his bench press that amazes all. At a bodyweight of 198 lbs, Jeff officially benched 505 lbs. At 220 he did an impressive 580 and while recently at the Nationals he 'smoked' 601, a new USPF world record. That's one heck of a feat, but to Jeff there was a little disappointment because during his cycle he posted a 620 competition bench. There are very few that can come close to a 600 bench and Jeff's been doing it for about 4 years. As a matter of fact, he was benching 500 pounds at a bodyweight of 198 at age 21. Now, Jeff is so highly respected in the bench pressing world that even those who have passed the 650 mark come to Mr. Magruder for benching advice.

Magruder has a vast knowledge about training and nutrition. Much of his 31 years has been spent analyzing and experimenting with various

school training with my brothers, who were preparing for football." With all of this, powerlifting just fell into place.

Many lifters are envious of Magruder's lacking the need to gut-suck weight. Such highly demanding weight loss is not a concern to Jeff. When the time comes to lose a few, Jeff simply "cuts a little milk, bread, or ice cream." Jeff adds, "I don't take diuretics, never have, and I'm not going to." He believes in allowing additional time to cut weight. "I've never had any problem with dieting. I don't wait until the last minute to lose it."

There is always high concern among powerlifters regarding recovery time. Between his squat and deadlift sets, Jeff allows about 5 minutes, a little more on heavy days. When it comes to his impressive benching, he cuts his rest time down to approximately 2-3 minutes. "With the larger muscles and heavier weights used during the squat and deadlift, I need additional time to recover between the sets. I warm up somewhat quickly, but once I get past 500 pounds, I start slowing down. With the bench, I move fairly rapidly because if I get too cold in the bench, I lose it."

Unlike many bench press giants, Jeff doesn't benefit from negatives or forced reps. "I feel forced reps are for bodybuilders," he states. "Evidently forced reps and negatives give Jeff no longer a mental accomplishment. If I can no longer move the iron without your assistance, I'm basically in an isometric situation. I cannot see any advantage to it, unless maybe on the negative side of it." Believe you need the full lift, adds Magruder.

Well, it is evident that Jeff Magruder doesn't need this type of assistance, bodybuilding exercises. All of his exercises incorporate complete full ROM movements and the performs assistance exercises like behind the neck presses, and front, side and back deltoid raises.

As with most other well recognized powerlifters, Jeff cycles his workouts. He begins his cycle by performing weeks of 6-day a week bodybuilding workouts, when comes to 3 bench and 3 squat days. As he starts his competition cycle, a 10 week period prior to a contest is to 4 days, and cuts some exercises like the front squats and does mostly power movement. At this time Magruder performs "Mondays and Tuesdays" on light days and "Thursdays and Fridays" on 8-10 reps/sets for 5 sets and 10 day begins sets of 5 sets of 5 reps. Week 5 begins sets of 3s in 8-10 reps are replaced with sets of 6-8s. When Jeff rolls around, Jeff cuts out all assistance work except tricep extensions. Week

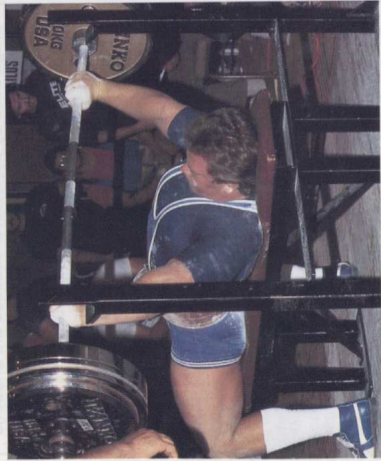


All Around Lifter...not just a bencher, that's Jeff Magruder. Here he puts his massive physique to work on a deadlift, the finisher to a 2 Grand total.

has not only led him to powerlifting success, it has also earned him bodybuilding recognition. Among his vast accomplishments are trophies

up, and a Northwestern Bench Press champion (196 through 242 classes). He currently holds the National championship bench press record in the 220 class and the Senior and Masters bench press records in the 242 class. He has well over 300 trophies to mirror these and other accomplishments. Although Jeff could accumulate a slew of trophies each month, he says that, "I don't think it's fair to the other lifters. It's their day of glory, but I do go to these meets to help people, judge and maybe do an exhibition."

How did a world-class powerlifter like Jeff get started with the weights? Jeff began lifting weights as a side-line effort, while training with his brothers Mike and Randy for sports. His father purchased his first weight set when Jeff was 14 and paved the way for some serious training at about the age of 15. Jeff adds, "At 16, I participated in a school weightlifting class along with other



Crashing the 600 barrier...that's what Jeff did officially at the Juniors this year, and there's more to come. Both photos on this page by Deb Mitzel.

sets. Week 8: I like to hit a single to see where I'm at. Also during this week Magruder benefits from 5 sets of 2 reps. All of this progression gets Jeff ready to handle what most people consider heavy weight. Unlike some lifters, Jeff goes by feel rather than completely following a paper telling him what weights to go. Jeff adds, "Many make the mistake of starting too high or moving too quickly, especially at the start of a cycle. Many times, he looks back on previous cycle logs to see what has worked and what hasn't. He also believes in pauses in the bench press, especially during the last 5 weeks of his cycle. He attributes much benching success to high neck bench pressing, which he does up until week 7.

What follows is the benching cycle Jeff Magruder uses:

Week 1: Following benching warm-ups, Jeff shifts into high gear and calls upon a high percentage of muscle fibers to get ready or else Monday: 315x8-10 for 5 sets, Thursday: 315x8-10 for 5 sets, Tuesday: 485x5 for 5 sets, Wednesday: 365x8-10 for 5 sets, Thursday: 505x5 for 5 sets. At this point, Jeff is less concerned with his light day. The poundages that he uses usually increase every week, but not necessarily so. At no time during his cycling does Jeff take his light day over 405 lbs. The remaining weeks will show only his heavy days.

Week 4: Thursday: 515-525x5 for 5 sets. Week 5: (The start of 5 sets of 3 reps. A larger jump in weight is possible here.) Thursday: 540-545x3 for 5 sets. Week 6: Thursday: 550x3 for 5

sets. Michelle Silva, Women's Recordkeeper, wants athletes and meet directors to know that records can not count unless the record paperwork comes in. Some lifters write in that they have broken a certain record, and assume that's all there is to make the record books.

Simmons Weight Jack, helps lifters avoid back injuries when changing weights, according to Eric Simmons, as well as making the operation easier. It speeds the operation of meets, according to his studies, as well. Weighing less than 6 pounds, but capable of supporting 3000 pounds, the device is available from Simmons Lifting Systems, Box 2812, Lafayette, LA 70502.

Error...Laney Simone's deadlift of 523 and squat of 485 should have been ranked in the TOP 100 lightweight listing published in the September PL USA.

NOVEMBER 9, 1985

A.D.F.P.A. Mid America Powerlifting Extravaganza

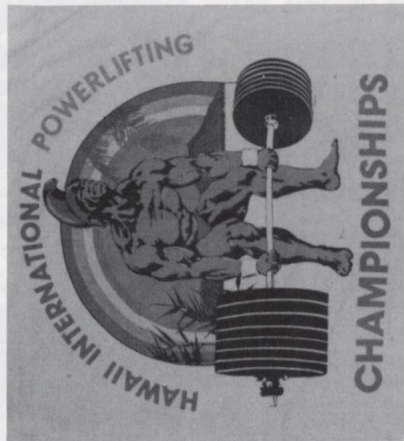
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