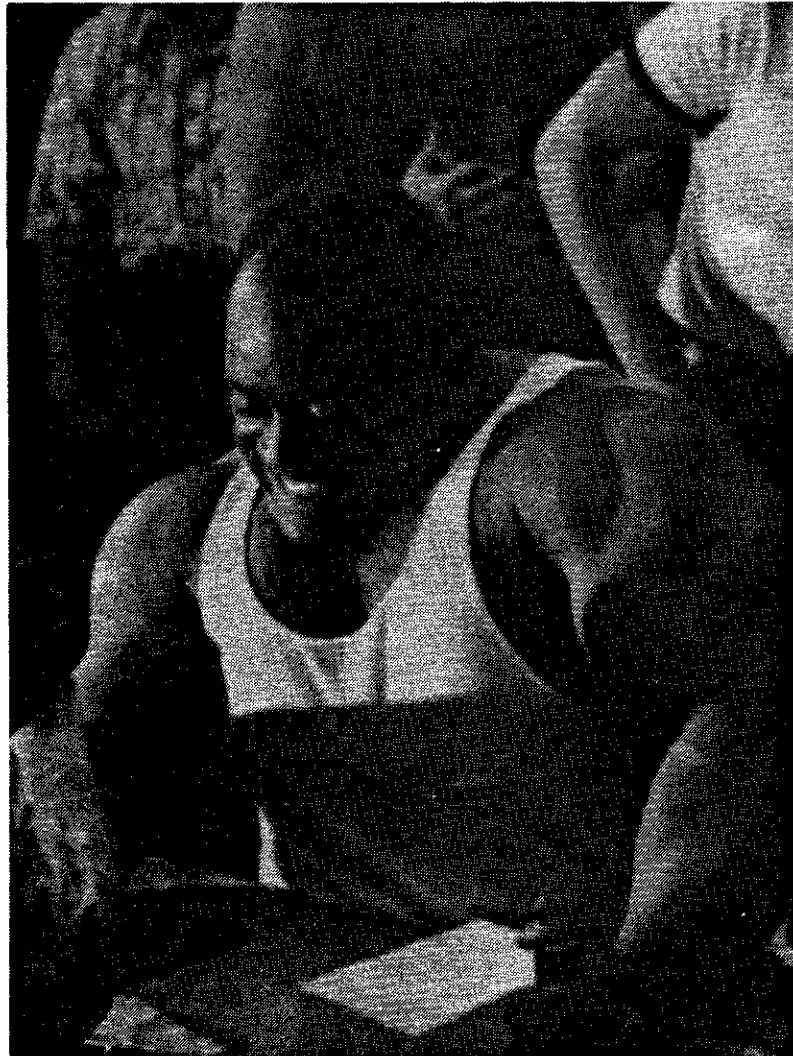


**JIM WILLIAMS**  
**POWERLIFTINGS GREATEST**  
**BENCH PRESSER**

**His Manual and How He Trained For Strength**



**Powerlifting at a Premium**  
**His Story**  
*by Sam Diana*

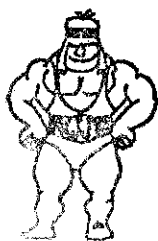
LOVE  
Jim Williams  
Sam Diana



**Sammy**

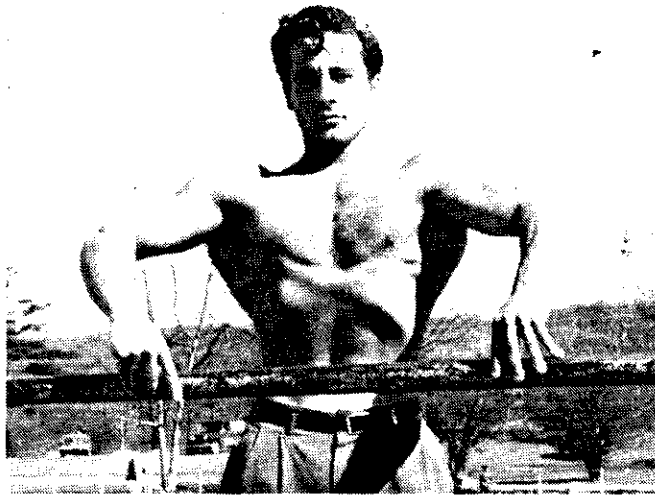
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**ERAIN'S**  
**MUSCLE WORLD, LTD.**

3803 North Bryan  
Shawnee, Oklahoma 74801 U.S.A.



George Gianacopoulos  
*Photographer*

## DEDICATION

I would like to dedicate this work to not only my wife Patricia, and my three children: James, Nathaniel and Georgianna, who believed in me, but also to Lenny Kresando who inspired me from day one; to Bob Mackie who trained assiduously with me; to Lloyd Capwell at the Scranton Y.M.C.A.; to Frank Peffer whose gym I trained so hard in; to Sam Diana whom, without his help, this book would still be on the back burner; to Bob O'Leary who is an unsung angel; to my Christian brothers around the world, and last but not least, Mom and Dad Williams.

*Computer set-up by Joseph W. Giles*

**History's All Time Best Bench Pressers**  
**550 lbs./249.5 kg. or more**  
**by Herb Glossbrenner**  
**PL USA Statistician**

675.0	Williams, J.	USA-72
661.4	Kazmaier, B	USA-81
628.3	Hedlund, L.	SWE-80
617.4	Bouvier, W.	USA-80
616.25	Casey, P.	USA-66
611.8	Young, D.	USA-78
609.94	Hardman, T.	USA-81
606.27	Reinhoudt, D.	USA-75
603.0	MacDonald, M.	USA-77
600.0	Kuc, J.	USA-78
600.0	Ianis, L.	USA-79
590.0	Pacifico, L.	USA-73
590.0	Kenady, D.	USA-77
580.0	Cole, J.	USA-72
580.0	Moore, F.	USA-72
580.0	Waddington, D.	USA-80
578.7	Seno, B.	USA-81
575.0	Galvin, R.	USA-81
575.0	Ahrens, C.	USA-57
575.0	Coleman, W.	USA
573.2	Patterson, C.	USA-78
573.2	Aio, G.	USA-82
571.0	Hennessy, M.	USA-72
570.0	Cassidy, H.	USA-71
570.0	Fera, H.	USA-76
570.0	Wilson, S.	USA-81
567.0	Fely, D.	USA-82
565.0	Ponzi, S.	USA-81
565.0	Magruder, J.	USA-81
562.1	White, J.	USA-73
562.1	Kidney, L.	USA-81
560.0	Riley, E.	USA-78
555.0	Philip, J.	TONGA-75
555.0	Morgan, M.	USA-76
551.1	Saarelainen, H.	FIN-79
550.0	Veller, T.	USA-69
550.0	Reidy, K.	USA-79
550.0	Pringle, C.	USA-76
<b>PROFESSIONAL</b>		
620.0	Anderson, P.	USA-57
580.0	Hepburn, D.	CAN-53

## FOREWORD

What you are about to read is a career synopsis of the greatest bench presser in the history of powerlifting.

I know you heard the story of Jim Williams told by many people in the past, but for the first time ever, you will experience the true story told by no one else but Jim Williams.

He'll tell you about his unique and specialized approach to the deadlift and squat too; and then he will carefully guide you through developing your own championship routine. He offers his readers the real truth behind the many intangibles involved in the sport, and warns one of the major myths and fallacies which do more harm than good.

You'll get professional insights into his views and training regiments. You'll receive first hand advice on such topics on posture, energetics, psyching, the bench, squat and deadlift, correct grip placement, steroids, vitamins, minerals, off-season training methods, instilling killer instinct, routines and column after column of unheard of materials.

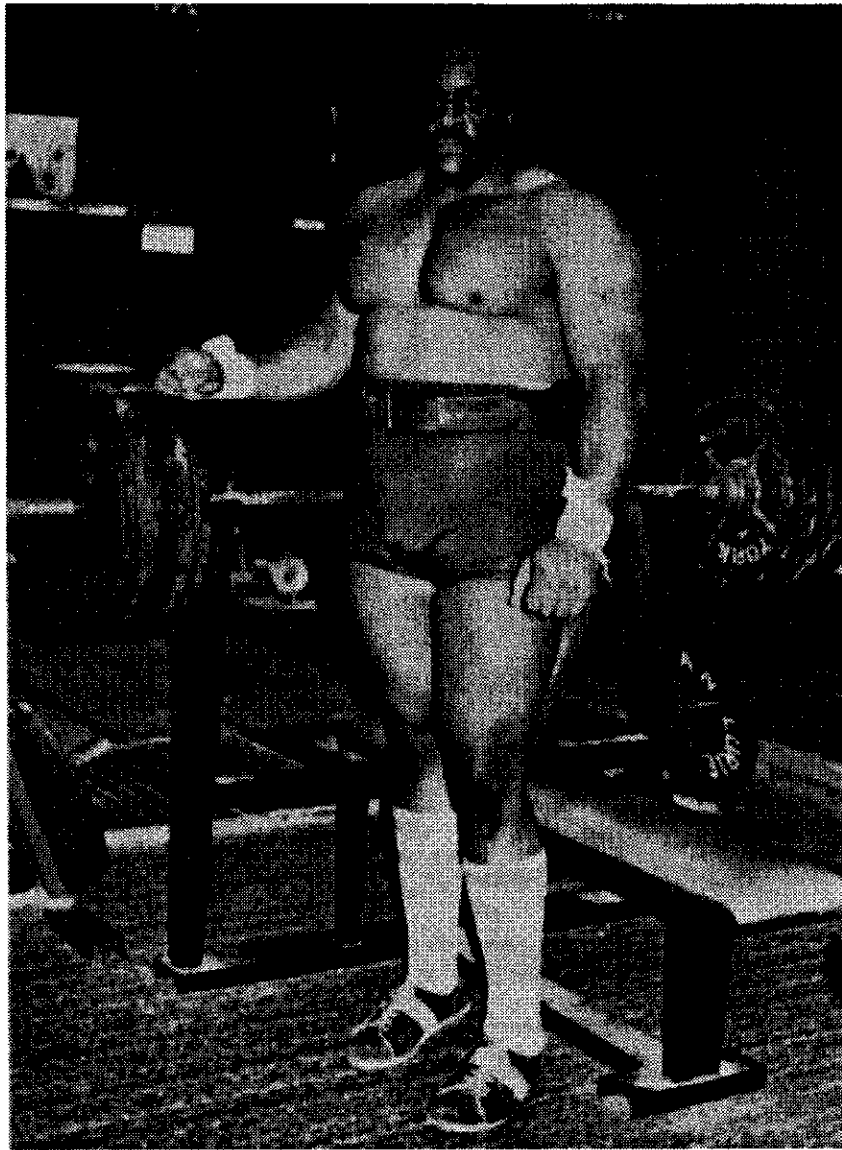
You will read about the pioneers of powerlifting and what they had to offer. You will read about a man who still thinks he can bench 770 lbs. It's mind boggling to read how this man, in one month alone, will bench press 600 plus some better than 30 times. Jim's routines have completely shut-down some of his friends, mainly because they are not use to the five (5) days straight.

How can Jim survive them himself? Well at 6'1" and 338 lbs., Jim sports a 60 inch chest and 24 inch arms. How does a lower body support such a awesome load? Well think about 35 inch thighs. I guess by now you realize we are not talking about the average guy next door!

Ask the champ what is important in his life and he will say, God, family, and the sport. The champ's training sessions are nothing short of phenomenal, something his proteges can attest to, and his training partners read like: John Kuc; John Gentile; Chuck Hanis; Frank Pepper; Carmen Cascio; Joe Nish and the list goes on and on.

So with no further delay, the story.

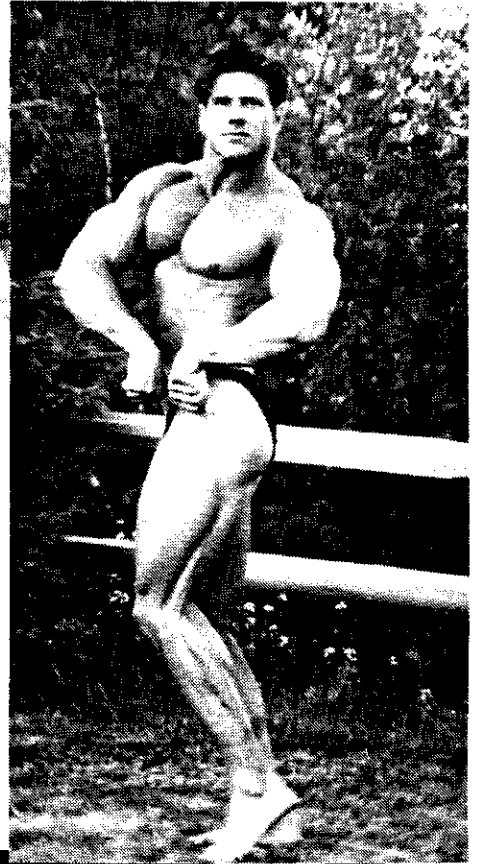
**JIM WILLIAMS**  
**720 BP**  
**AUTHOR**



**SAMMY DIANA SR.**  
400 BP • 5 YRS



**TONY DIANA**  
500 BP • 1 YR



**MARLO DIANA**  
485 BP • 1 YR



**MEN  
WHO  
USED  
THIS  
SYSTEM**

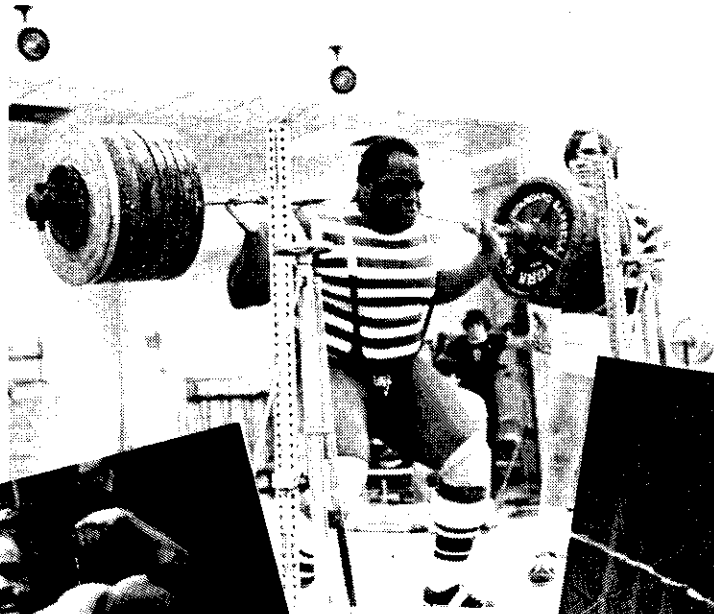


**JOHN**  
610 BP

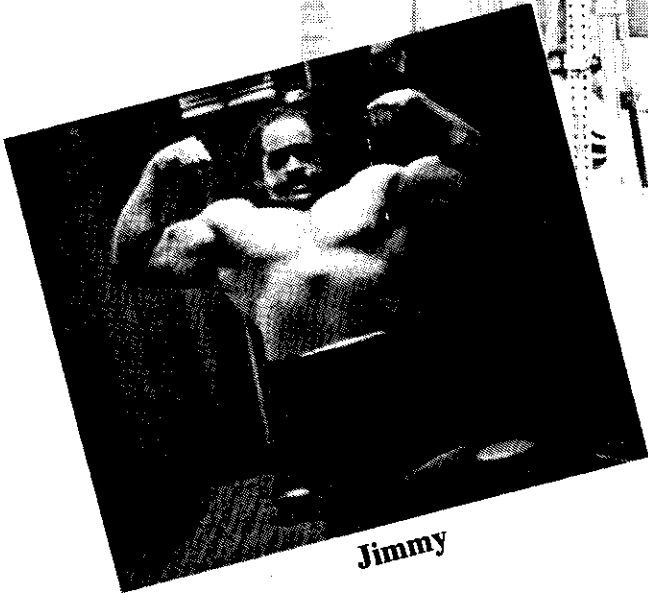
**DAVE**  
450 BP  
3 YRS

**CARL**  
550 BP





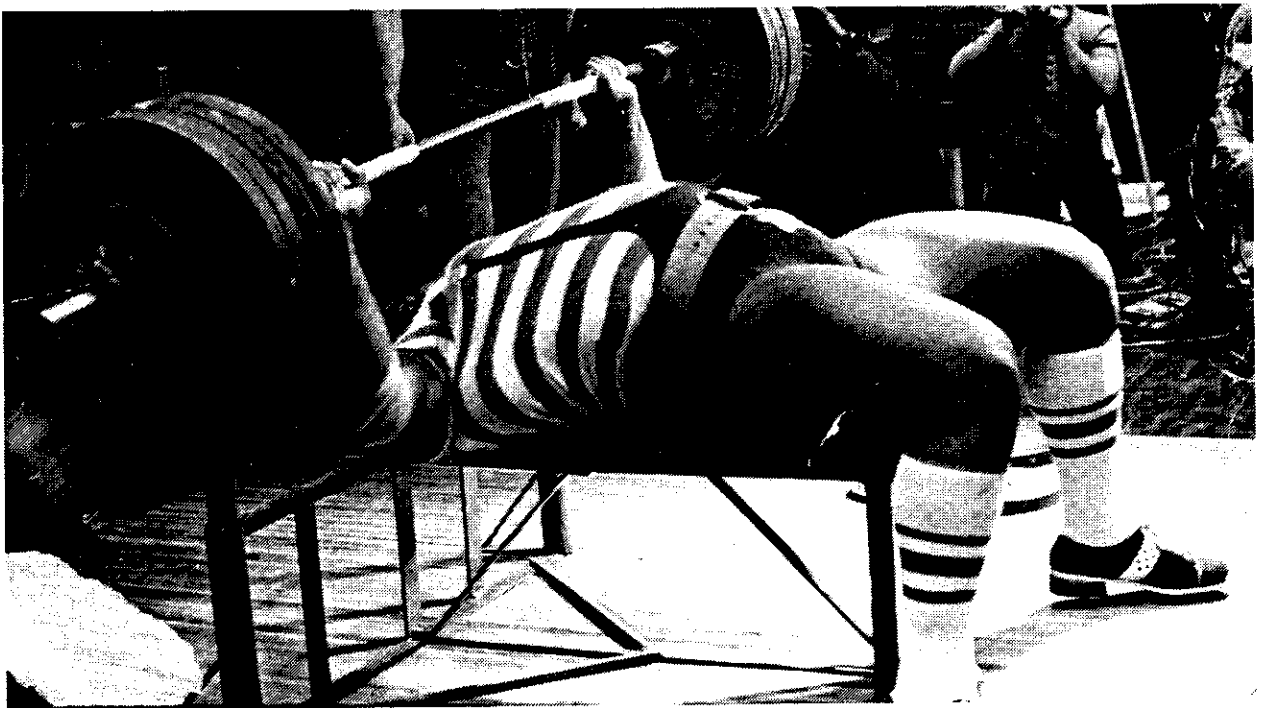
900 lbs.



Jimmy



Sammy



700 lbs.

## **Why I Feel I'm The World's Greatest Bench Presser**

### **As Told to Sam Diana By Jim Williams**

Sam, while I am sitting for a couple of minutes, I thought I would clear up a situation that has plagued many about who is the greatest bench presser of all time.

It is hard to answer this question of "Who is the greatest?" when you are considered by many as this person. But before I talk about Jim Williams, let me give you some history. History is the common denominator for anything that is of value. History will tell of its longevity, worth, and just how soon the feat was beaten.

Back in the late 60's, I ran across a man from New York City, who I thought to be the "Greatest" of many pressers then. His name was Joseph Winestien. Joe was a middle-heavyweight lifter who could bench press 435 - 465 pounds. At that time, and even up to recent years, that was sensational: if you think that is a tale, ask the great Larry Pacifico. They, at the time, were competition for each other. Larry would later become known for his bench pressing in the 242-pound class with a 590. I had my own worries with the likes of big, 344-pound West Joiner. I got to beat Joiner once before he retired, which was about the time my career really began.

Not long after than, I ran into the likeable Ronnie Ray. Ray was a middle-heavyweight who was the epitome of a bench presser. His chest was so big that it defied his overall size. Ray was just as sensational off the stage as he was on. His 490 pound bench spoke for itself.

Nobody had to introduce Mel Hennessey. He looked like a cinder block with legs. Mel was one of my first idols, and we spent a few days in the summer together at the Seniors in New Orleans. Mel would approach his bench press with only business. I can really say that he was one of the few guys who didn't carry one. He was fearless about his lifting and proceeded to do 571, back in 1972, as a 242-pounder. We are talking about an era when Dianabol was the big thing. So, by today's standards, Mel may have done 600. Coming on the heels of Hennessey was big Mike Morgan. I don't know that happened to Mike in the long run, but his 555 told everyone that Mike was around.

Already a senior in this department was Hugh Cassidy. I never met a man who knew as much about the game as Cassidy. He and I became very good friends; we would talk on the telephone for hours about lifting. We would swap information and plan to meet at meets. Cassidy was very close to bench pressing 600, but in all his meets, he only managed 570 back in 1971. Probably the most exciting lifter I ever came across was Jon Cole. I met Cole in New Orleans at the Seniors National. Although the meet was poorly run, a few of us managed to salvage something. Cole

won his class and later did a bench of 580. I set a national record of 611. It was almost unbelievable as Cole would do a lift, and then an aide and a doctor would rush to him with oxygen.

Big, big Don Reinhoudt was also a very close friend of mine from New York State. When I wasn't talking to Don on the phone, it was another New Yorker, Jo Jo White. Reinhoudt wanted so bad to do a big 600 pounds, but he only managed 606 a few years later. He was one of the strongest dudes alive. His 950 squat and 880+ deadlift says it all. White was a big country dude who was better known for his squatting ability than benching. White was the first person in a legal contest to squat 1,000 pounds, but it seems that he, too, wasn't in the clique and, for reasons unknown, was denied the lift. I trained White for awhile, and his bench was nothing short of being bad. Two solid weeks we spent together, and I finally got Joe into the low 500's. Then in 1973, White hit a career high of 562.1.

And then there was Henry Fera, who I also knew, and John Kuc, who I've trained. When I met Kuc, he was doing 440 pounds. I agreed to train Kuc and in the 1972 World Championships, Kuc finally did an official 600 pounds.

At this time, I never knew that Paul Anderson had benched 620 back in 1957. Anderson was never known for his benching ability like Doug Hepburn or Chuck Ahrens, who both benched less than him. Anderson was the man who did a 1,100+ pound squat. Anderson was definitely one of the strongest men ever - bar none. Maybe boredom stopped him from going any further on the bench, I don't know.

In between all of this was a man who received credit for officially benching 600 first. The dude's name is Pat Casey, and whenever good benchers get together, talk of the great Casey can be heard. When I first heard about Pat Casey, I said to myself and to other, "It's impossible." Do you realize when Pat was doing 550-590, I was hitting my first 450-475's. It was then that I set my goals to catch the great Pat Casey. He would be my ultimate goal, and the more they wrote about him, his feats sounded unbelievable. I guess it is strange when you are the first man to do something that no one else can do.

As I got better and better, I sort of experienced the same feeling. I would go to a meet and the announcer would call who he thought was the last lifter. Then someone would warn him that a man hadn't started yet. "That's amazing!" It sort of brought the crowd to its feet. Then it happened in 1967 that Pat Casey did 616.3 as the greatest bench press of the hour. I couldn't understand it, but I went to work, charting every move I made -- my every workout. If I lifted a dumbbell and carried it to the rack, I counted it. I would write fake meets on paper and see what lifts I could do to win. You can imagine the discipline and mental state I had reached when I finally reached 600 pounds. I knew then that Casey was only 17 pounds away; but 600 was so hard that, at the same time, I was ready to quit.

Time had passed after the New Orleans Senior Nationals, and the Scranton Y.M.C.A. was putting on an Open Invitational Meet. We invited Paul Anderson, who I personally called, but this mountain of a man was working so hard with his "boy's rehab farm" that it was impossible for him to come. The staff even got in touch with Gene Robertson, but he, too, was busy. Gene was one of the few who was a animal in all three lifts. Russ Fletcher made the meet tough. As it was, this meet turned out to be the greatest meet of my life. In the meet I would bench press 635, and that weighed out to 628; this would break the great Casey's record of 616.3. Casey, according to George Frenn, another Californian, was now retired. My training at this point became nothing short of phenomenal. I would make sure I benched 600 or better every day of a training period. In a three month period, I would bench 600 at least 70 times. That is 70+ times out of 92 days! I began to develop systems and theories because I had in mind to bench 700+. About this time Bob Hoffman invited me to the York Picnic to put a show on. I went and did 605 for reps, and it made me feel good to be invited to such an event.

My nerve was getting braver and braver. At the Junior Nationals in New Jersey, I opened the bench press with 650 and missed it three times, but hat is how positive I was.

My next meet I was invited by Tom Snelgrove to an Open Meet at the Bordentown Reformatory. It was at this meet that I moved the bench record to 655 and broke the existing squat record at 865 - that weight out 861. The year to come I would do big six's in every meet I went to. {If you are wondering about my routines, you will read them soon.} At a meet at Central High School in Scranton, Pa., I opened the bench with 700, missing the lock-out three times. Four weeks later at the Scranton Y.M.C.A. I did 700 in training.

Bob Hoffman invited our team to the York Gym to train. When we arrived there, the gym was packed with people watching the Olympic Team members training. The great Bob Bednarski was there. John Kuc and I began to squat, and we squatted up until no more weight could go on the bar, and we turned the locks backwards to hold the weight. I cannot remember what the last count was, but it was up there, 900 or so!

The bench was then set up, and our team started to bench. I rode 600 all the way through the numbers to 705. We brought the gym to a sudden halt. Even the Olympic lifters had stopped to watch. Everyone was screaming and clapping because it was the greatest bench press performed before witnesses.

In 1971 I did 661 at the World Championships for a world record. The following year I did a phenomenal 675 pounds to break the record - and just miss 700! Strange as it may be or sound, no one ever mentioned this not being a world record, until this new organization. They wanted to run their numbers so they got into the business of declaring. This was in the 1971-72 World Championships. They said my record, done in a World Championship year before "their" existence, is an American record only. I

really cannot to this day understand by what authority they have been allowed to do so. Most of the fellows involved were either still in school at the time I did these records, and now today assume the right to destroy a person's glory. I was even denied the right to the entrance to the Guinness Book of Records. I talked with the editor personally and have letters from them stating if this new powerlifting organization "says so," they will put me in the record book. It's absurd! I talked with them about my unofficial records of 705 and 720; I got the same answer. I only wish someone would tell me how they got their records into this book, which at the time did not exceed my record.

I know that I am not through and have aspirations of doing 770, but I don't think I should be made to wait for that to happen to receive my credit.

Now we can talk about the new breed. Just who is this new breed? Ted Arcidi, Bill Kasmaier, Loes Hedlund, Lee Moran, Wally Bouvier, Hardman, Dicks, Sam Samaniego, and Doug Young. From what I have observed of this fine bunch of athletes, there looms a mist of gray that divides some of these giants. Bouvier died years ago, but I remember him. When people talk about bench pressers, his name is sure to surface. Besides, his 617.3 is nothing to sneeze at. Hedlund was a man that I could have trained for 800 because of his size, but it seems that leg injuries eliminated him. Tom Hardman seems to have floated into space, for it has been sometime now that his name has not surfaced with the likes of his 614. The same with Samaniego - he, too, failed to repeat that 669 or better, that he did.

Coming down the stretch, we come upon the most publicized powerlifter of the era... Bill Kazmaier. Bill has laid claim to 661! I have been told stories about that meet, but then again, haven't we all? One of the reasons I cannot vote big Kaz as the greatest all-time bencher is he never duplicated that feat -- nor went beyond it. His ability in the big bench and the fact that he tore a pec has limited his chances. Now for big Ted Arcidi! What do we know about Arcidi? We know that Arcidi is to be watched. He has passed out the current crop of big benchers, like a stop sign, with his 718. Has he proven that he can do it? Yes! He is not the greatest squatter or deadlifter, but he has made his presence felt in bench areas. My hat is off to Ted.

Remember, Pat Casey is the forefather of benchers; but this I know with profound assuredness -- no one has exceeded me in poundages under 700, and none unofficial. I have done 600+ more times in meets and out of them than any other man ever, and I am the king of the 700 pounders. Most important is this crushing fact [no matter what people may think of me or this article] - the 675 pounds they have accredited me with was done in 1972, which makes that record over 20 years old, and I am still a practicing powerlifter. My record has lasted longer than any official or unofficial records above 700. History, not talk, has borne my ability out. For these reasons alone, I feel that I am the greatest bench presser of all time.

I am not the author of this book, but what you are about to read are experiences that I've had knowing the great Jim Williams and the way that Big Jim told it to me, an associate.

My name is Sam Diana and I have been after Big Jim for years to put into print his complete training methods, so that he might revolutionize power-lifting.

I've known Jim for at least twenty-three years and many, many training sessions were spent in my presence.

There is just not enough that can be said about the prowess of this man. Prior to this book, you have read a lot of stories about this man, but only Jim can tell you the real truth! Only Jim can tell you about those years and training sessions that he and an old friend, Bob Mackie, went through.

It is one thing to desire and train, in vain, for that big bench press, but here is the story and the routines used by the only man to do in excess of the 700 pound barrier and who is readying himself for a crack at 770 pounds . . . . Jim Williams.

Most men at this writing have not even reached the 600 pound plateau, let alone 770 pounds. This book, you will find jam packed with vital goodies. The way the Jim has told it to me, you may apply his routines, formulas, and mental approaches to your own training, in the hope of becoming a champion bench-presser, squatter, and dead lifter!

Jim, who now weights in the neighborhood of 335 pounds, is preparing himself for a body weight of 350 plus pounds to do the 770 pounds. You have heard all the stories, tales, and outright lies about such great weights supposedly performed by man, but there is only one expert, at this writing, who had done 700 plus, on several occasions, in front of reliable witnesses! That is Jim Williams. In the 1972 World Championships, Jim tries 700 pounds on the bench before a packed house of a thousand. That day, the people got their moneys worth. Jim opened with a stupendous 630 pounds, and lifting alone at this point, went to 675 pounds. It laid on Jim's chest for 3 to 5 seconds . . . . and then was blown all the way up to completion. The Big Giant stood with tears in his eyes as the crowd gave him a five minute applause - so well deserved! Remember, this was twenty and a half years ago!

Once again in a contest at Central High School in Scranton, Pennsylvania, we watched Big Jim open up with 700 pounds on the bench, missing it three times by just the lock out. And then there are the times Big Jim made this prodigious poundage. For these reasons alone, his knowledge and writings about powerlifting are invaluable! You will find his methods proven, and his mental approach like nothing you've ever read before.

## **"POWER AND HOW IT'S ACHIEVED"**

While talking to Big Jim about his mental attitude and approach, and his great well of power, I was amazed at his answers. I thought I'd share one of them with you. When we were talking about "pure raw power" with or without drugs, I said to Big Jim, "Jim, how does one get this power that you possess, and how are you able to bring it to the surface within seconds?"

His answer startled me to this very day! His answer at this point was different from what I had ever expected. He said, "Sam, you don't acquire this kind of power - you take it! You literally take it from yourself upon demand. Similarly speaking, it's like that of the fictitious "HULK"! Upon fear, he was able to transform himself into a human muscle. The only difference is that I have been able to do this for years, in reality, before the invention of the Hulk. I don't mean that I change colors, but I achieved that art of commanding my muscles and my total output of strength. I've seen times when I was through lifting, that I ached from my head to my toes, from a maximum to failure training session."

"It's just a total mental preparation. If I was to train any of the top body builders in the country with the ideas I have conquered, they would be the easiest to train with this method." Bodybuilders train for a maximum muscle control, minus the power of a top power-lifter. This is why Big Jim always tells lifters, especially those who are new to the game, to body build first and learn the complete body! You see, if you know what muscles work with a certain movement, these would be the muscles to zero in on during that movement.

After you have gained all the strength you can get, the secret is to be able to control it to failure! Failure does not mean taking a great weight that you can't do and fail with it. That would be simply absurd. Then what are it's principles, and what does it mean? It means that you do not fail because of techniques or training, but you fail because you have reached the "profound limit"!

Of course, you have seen lifters (and you may be one of them), who in the past have taken extraordinary poundages beyond their limit, because of embarrassment or the need to win, and get injured, or completely fail, mainly because they were not ready for it, neither physically or mentally. This is definitely against all my principles and is not what I'm talking about. I'm talking about a maximum prepared body and mental condition that knows no limits but failure.

"Most people train for success, so therefore, if 500 pounds is a person's goal on the Bench, Squat, or Deadlift, etc, they will no doubt take lifts that will drive them to this 500 pounds and, if really pushed, maybe another 15 pounds! You will probably argue

that it may be the persons limit; I fail to agree. It may be the limit, because of the way one trains, but it not failure. Just because a person is stuck at a poundage for years is not necessarily the case of one who has reached their limit. Limit and failure are almost the same, but there remains a gap between them. Limit is what you have allowed yourself to do, failure is the bounds you reach through combined full physical and mental put out.

My training is much different and more difficult and knows no limits but failure, because I use my mental capacity to push my strength to failure. To calculate failure, I have to form a problem by using the number 7 in my formulas. For instance, if I bench press 600 X 7, it will equal 4,200 pounds in total reps against the poundage 600. One must also be aware of the fact that each additional rep brings on the increase of gravity's pull! By the time I reach the 6th and 7th rep, the resistance factor is combined to 4,200 pounds by my calculations. Some may be able to figure it out to be more or less; this I'm not going to argue with. At this point how do I know that I can do a 700 pound press? There has to be a way of finding out. Let me explain it to you; now when I've completed this cycle of training and is the last six weeks in a 12 brought 16 week period, it is at this point where any other strenuous training would be of no value. The machine is in tip-top condition and only needs direction. Like a loaded gun needs a trigger, so does this person. It is only now that one can understand "total command". We understand that no one is capable of a 4,200 pound bench press, but if you drop 580 pounds per 600, it will look like this:  $20 \times 7 = 140$  + the original 600 Pounds = 740 to or failure. This means that 700 pounds is sure, and 740-750 maybe good to failure! Again, for me to do this awesome 770 pounds, I will do  $630 \times 7$  which will give me 4,410 pounds. Now if you drop 610 per 630 pounds it will leave you with  $20 \times 7 = 140$  + the original 630 = 770 pounds to failure.

Now understand this: we have so far trained the bench, calculated the pounds to failure, and the last event is to take the power and do the lift through "total command". THINK! If a man can do  $600 \times 7$  which equals 4,200 pounds, by subtracting 3,500 pounds mentally and on an all-out effort fail with 700 pounds, I should say not! Number one, if you stretched the 7 reps to seven individual sets, it would be more then the required effect to do one with 700! Secondly, from 600 to 700, one would not be required to do 7 sets. Seven sets would burn you out in between. I myself would be at 700 on the third set after warm-ups of 405 - 475 - 525, which would be 600 - 650 - 700 etc. Now if you add these poundages up, single rep theory, you'll come up with 3,355 pounds, against 4,200! If you want to count the warm-up reps, then you must count the same warm-up reps for the  $600 \times 7$ .

Really, in a case of someone like myself,  $600 \times 5$  gives me the 700 I need, and the extra two reps of 1,200 pounds give me the 40 pounds I need for 740!

This formula can be applied to any set poundages of the medium-heavy range upwards, providing they train the way my book tells them to. This formula will surely



give you the point of total failure and not what you set up by under-training. The important thing about this formula is: you just don't hit a maximum lift that you have decided off the top of your head. This formula will bring you all the way past a supposed max until failure. But this failure is the total you have trained for, and with what you now know you can command this power for the lift, knowing the point of failure. How many times in the past have you been asked, "What is your max?" and you either lied out of embarrassment, or didn't know. With my formula of training, the medium heavy rep to the number 7, you will know to the point of failure by the way you train those last 6 weeks.

This is not my only formula or routine. You will find listed in this book several others that will prepare you for such advanced formulas.

What is the advantage of my formulas against many others? In my way there is a very distinct advantage. In today's race for the coveted crowns, it is no small secret about muscle tissue becoming brittle though the so called use of drugs. Proven or unproven, drugs have received the blame. I'd like to clear all of this up right now and in this book. Drugs get the blame because of the fact that many many people get very strong in such a short period of time through drugs but are still unaware of the fact that, to begin with, they didn't train enough and now with the fast growth, they even train less. Astonishing, but very true.

My formula defeats this attitude that steroids falsely gives to many lifters. The real problem is that most steroid users spend the least amount of their training time on the medium heavy reps. They are so pleased with size gains and that in the arms, and the weights that they can now use, that this positive thinking gets them in and out of the gym, without paying attention to those medium heavy reps. Just what am I talking about? First off, with this happening, the muscles are growing at a rapid rate through the use of drugs, bigger and bigger, but the tendons holding the muscles are neglected through the lack of those medium heavy reps. What happens at this point is anti-climatic! When the muscles is forced to work with a heavy effort, the muscle actually pulls itself loose from the weak tendon, or tears. Quads, pecks and biceps are the major muscles hit by this neglect. My formula trains you to train your muscles, accordingly, with the medium heavy approach. We talk about this subject further on in this book."

With no doubt, Jim's way of thinking will prepare you to max to failure, with the positive assurance that you have trained those tendons too! Jim said that, when he is through training you, you will have achieved the impossible without injury; much less failures. "Yes, Sam when I'm through with a person, they will have reached the maximum weight desired. It will be only than that your tendons can stand the contractions and extensions of those giant muscles. Only now can one command total power without fears, and with the body well trained, look out record books."

# Chapter 1

## The Man Himself

Let me introduce myself. I am Jim Williams. I think that for you to get a better understanding of this book, it is necessary for me to explain a few things about myself.

My forte has and will always be the bench press; but I was one of the leading squatters, too. The whole idea of this book is to make you well aware of the three most demanding lifts in power lifting, while at the same time it will guide you through the basics and specifics in execution, thought, physic, and workout routines, etc.

These facts have been well tested and have been used by many very successfully, and have stood the test of time. They've helped me bench press as high as 720 pounds, and to squat above 900 pounds, and after coming out of retirement to deadlift above 800 pounds! In fact, two of my friends, John Kuc and Hugh Cassidy have used them and have become world champions. They, of course, came in on the bottom floor, before these facts were ever put into print, and I know many of my exercises have been put into practice by a great deal of lifters. I have used them to capture many power lifting meets and world class records.

When I first came into weight lifting at the Scranton, Pa. Y.M.C.A. it was beyond my wildest dreams that one day I would become one of the legends of the sport. My first impression was that it was for people who couldn't do anything else.

A friend of mine, Leonard Kresando, was the one who was instrumental in bringing me around to working out. One day while watching Kresando go through the Olympic lifts, he inquired if I could press my own weight. I weighed 200 pounds. I went to the bar and not only did the 200 pounds he put on the bar, but 225 pounds. While Kresando was trying to persuade me into a career of lifting, I was running out of the weight room laughing at my success, paying no attention to his advice. Several weeks went by and once again I stood watching the Y's Olympic team practice. I was challenged again and again, never taking Len's advice, but always meeting their challenge in the gym.

The greatest fear I had faced at this point was the thought of failure before I became as good as I'd like to be. I had many battles with my mind before I would take the challenge.

It was 1966 when I really took the challenge to heart. I really didn't have any expert advice, so a major part of my training was trial and error. In 1966, everyone interested in weights were doing the Olympic lift; press-snatch clean jerk! Power lifting meets were far and few.

In 1966 I went to my first power lifting meet in Wilkes Barre, Pa., where I did a total of 1,405 (via BP 455, SQ 400, DL 550). It was then that I really became interested and was urged by many because of the outstanding bench press I had. It was at this time that I became friends with Tom Snelgrove of Tom's River, N.J. Snelgrove

encouraged me to continue what I was doing because what ever it was, he said, it was right. When people would talk about bench pressing, I was called a natural.

Snelgrove kept in close contact with my lifting career and became a great inspiration to a lot of us. I lifted in several of his meets and eventually did a bench press of 505 pounds. By now my only thoughts were to catch the big guy, Pat Casey! Casey had by now done 617.25 pounds and was really out of everyone's reach. Secretly I harbored the thoughts of catching him and devised, and went through many routines until I finally found what was conducive to me.

I started off training three times a week, and this didn't work out at all. I found that the four days a week I didn't train were much, too much rest for the three days I did train. It seemed to me that I was always starting over and never getting past the starting stages. So I tried every other day, which only changed to four days spread out and three days off. Even this 24-hour gap seemed to puzzle my drive-line style. Many other variations I tried without success until I decided to work five or six days a week. It was only then that I was able to realize the benefits I would reap from such a rigid schedule. I was told that it was foolish and an nonpractical idea, and it just wouldn't work out. By the end of the first week, I was ready for a needed rest, but I knew I needed to revise my routine. So my next step in this experiment would be in the amount of reps I was doing. At this point I decided that I would do a maximum weight each day, but only a limited amount of reps. This worked out to between twenty one and thirty eight reps.

I can still remember my first workout. I had reached my maximum weight I set for the day, but I wasn't tired and wanted to do more. I quickly got into the rest of my workout, did them, and went home puzzled. I felt that I hadn't done all that I should have.

After a month of this five to six day workouts, I developed the 13 day routine for both style and endurance. This would be part of the "common denominator" I needed for the right amount of days and two routines.

I thought of professionals who need daily practice to stay sharp. It was absurd to think of doctors, surgeons, practicing only a few days a month. I certainly wouldn't want a football player playing for me who only worked out eight times a month.

There are many arguments against working out every day; the list is long and varied. I would think that once one considered what went into a great bench press, they would understand. Style is the biggest critic to an easy, successful bench. Psych, triceps, pec-work, lats, and deltoids play the major part, along with a good nutrition, education and routine.

Many fellows believe that big arms are all you need, and those many hours are spent on building arms rather than doing all the main things necessary for that big bench. It should be understood that it will only come by a concerted effort, and nothing less.

Those arm builders sooner or later realize that if nothing else, fatigue will not let those arms stand the pressure of a big bench. It is a misconception that big arms are great, but arms alone will not make up for the vital movements, endurance, and the personal satisfaction of feeling the weight and creating a drive-line style. What encompasses a big bench sounds like a lot, but for a lift that may take seven seconds or less once out of the rack, that is quick!

Some lifters also believe that because they do heavy squats and deadlifts, it almost invariably affects the muscles below their desired dream. ABSURD !!!

The chest cavity is enhanced by squatting greatly. So, then again, you can see how frivolous this argument is against benching every day. A weak shoulder girdle could only come from birth defect or from being under trained.

Endurance is another factor for the lifters who aches at a little extra training. Good pain is a lot of times confused with endurance's side kick, fatigue. Bench pressing is like anything else, if you put a little in, you can only expect a little out.

Believe me, your muscles can stand it. You have been uniquely constructed. If muscles would respond as easily as a lot of people would like to believe, just the mileage you put on since birth would render you the biggest legs ever, but we know that this is not true. It takes an awesome amount of work, and unless you are ready to take the chance, your chances for a big bench press are nil.

I benched twice a day. I used the morning session to both heat up my muscles and direct my drive-line style for the evening workout. It too works but, is more of an advanced nature.

You will find out soon enough, if you haven't already, that the only way to lift correctly is through practice. "Practice makes perfect", and perfection can only come from practice! There really isn't much you can do to your muscles if you first work them correctly. Injury comes mainly from doing what you have never practiced. Therefore, in a force situation you sustain injury. With this in mind, how could anyone, who was seriously thinking of becoming world class, train a two or three day week routine?

Then again, of course you will always have the gifted lifter who can get away with that kind of routine, but he too meets his forte when he come against another skilled lifter and a forced situation. Without a doubt, to become a class lifter, one needs countless hours of training, or he is just fooling him or herself.

Bench pressing calls for a unique style and brute strength, and neither of these can be perfected on anything else but an all out effort and the work of a perfectionist!

Before I go any further, I would like to emphasize a problem that has gone unobserved. I do not think that bench pressing is receiving it's day due to the fact that there are no mechanical devices or material masquerades that can be used to enhance the press movement; therefore, it is seriously overlooked and under trained by many. The squat and deadlift have to offer suits of every description, shoes, sneaks, ballet slippers, super raps, and a four inch belt, that makes both of those lifts

advantageous. They may offer to the lifter many pounds to his total, which means less training time, which would bring about weaker tendons and, thus, leave you accident prone. Your total may be up, but you may not be stronger. So you can understand I am for a five to six day a week program.

Going back to the original text, it was at this time that I really developed to "5X6" routine thoroughly. It kept me from becoming stereo-typed in my building program. I used this for a while with my 45 to 100 pound front plate raise. The following month I hit 550 pounds on the bench. It was then that I could begin to realize that I had found the secret to the big bench press. By the end of the week, I had one 550 pounds five times, once each time in five separate workouts. I was now so sure of 550 that psychologically, 550 pounds would never again raise a bit of fear in any of my workouts.

I had even dared to take it could and made it. My next step, which followed two weeks later, was to do 550 pounds more than once in a training session. I would do my regular warm-ups, then start my intermediates, and finally the 550 pounds. I would do one, rest three minutes, and then take it again until I had in three to five single reps. You can imagine the exhilaration I was receiving. My next step was to find a training partner, and it turned out to be a man by the name of Bob Mackey. Mackey was a big man of about 240 pounds. He would verbally push me and I could not back down until I did what I was supposed to do. This brought about the next step -- a double rep of 550 pounds. I wasn't afraid to do it because I now had a spotter. I did it! This brought about three sets of doubles, and with this, there left no doubt of 550 pounds. My weight at this time was 270, and I knew I had to get considerably bigger. My wife Pat backed me to no end and said to get as big as it takes, "Jimmy, I know you love it." Those were her words.

In closing I would like to leave you with this thought. Some years ago in certain sports, it was thought to be unreasonable to participate in certain sports and weight lifting.

People that did use weights were called, stupid, muscle-bound, and thought of as, not being able to think or do anything else. It was thought that it would also hinder such athletics as track men and boxers, etc., but we have learned from the acceleration of sports in this peace age in which we live in, that weight lifting is the vehicle that has brought about the bigger, stronger, and faster athletics. We have found out that physical fitness has surrounded our world of war, and our cities of comfort.

My recommendation to everyone is, try weights if only on a small scale. I've had a fruitful career and can truthfully state that I was blessed by it.

Love

*Jim Williams*

## HISTORY

### Where did it start?

In ancient times, according to Greek mythology, Atlas' punishment for fighting with the Titans against the Gods, brought swift and incurable punishment to him. He was forced to hold the weight of the world upon his shoulders.

The legendary Biblical heroes' talked about in the book of Hebrews are nothing short of being incredible, but they had God on their side. There was Gideon, Babak and Samson. David had mighty men such as Adino, the Eznite, he once killed 800 men in one battle. Eleazar, the son of Dodo, he killed so many Philistines until he could no longer hold his sword. Of David's men, Abishai, the brother of Hoab (son of Zeruah) was the greatest. Once he took on 300 of the enemy single handed and killed them all. It was by such feats that he earned a reputation equal to the three, though he was not actually one of them.

There was also Benaiah, a heroic soldier from Kabzeel. Benaiah killed two giant sons of Ariel of Moab. Another time he went down into a pit and spite the slippery snow on the ground, took on a lion that was caught there and killed it.

The combination of strength with virtue has always created unforgettable ideals. The legends also show that competitions between strong men go back for thousands of years, even if the sport was not called weightlifting then.

The art of weightlifting 100 years ago were quite different from those of today. The weights were simple and could not be adjusted.

Lifting heavy stones were a pastime in early antiquity, and in Greece can be found huge boulders inscribed with the names of the athletes that had lifted them hundreds of years before Christ's birth. The custom lasted many years through out Europe through the Middle Ages and into recent times. In Munich at the Apothkerhof castle, there is a huge stone weighing 400 pounds in the courtyard. On the wall above the stone is the inscription that Duke Christopher of Bavaria proved his manhood in 1490, by lifting and throwing it. Such feats became a test of manhood. Clach Cuid Fir or manhood stones can be still found in some Scottish castles.

In the Basque province of France and Spain, stone lifting contests are still being held. Professionals compete for money prizes ranging as high as 500,000 pesetas, and there is no body-weight limits. The stones weighed between 220 1/4 - 440 3/4 pounds. The record holder is Ostolaza who made 21 lifts in one minute and 230 lifts in 30 minutes.

Modern weight lifting became popular toward the end of the nineteenth century and was fostered by strong men acts in circuses. The first champion of the world was Levy of England and the championship was held in the Cafe Monico, London, on March 28, 1891. By 1896, the first Olympic games featured weight lifting.

The International Weightlifting Federation organized world championships in 1922 and 1923. Since World War II, world championships have been held every year in various parts of the world. The United States became world team champions and remained at the top until 1953 when the U.S.S.R. beat them. Except for 1965, when Poland won, and 1972, when Bulgaria won, the U.S.S.R. have been world team champions ever since.

In the mean time, Olympic lifting had suffered its woes, with great men trying to lift great poundages their styles faltered and cheating became the prime evil task. Well, it became so flagrant that it was necessary to no longer use what was called the military press.

Many men who didn't possess the skills of the mighty Olympic weight lifters soon turned to what we call today as power lifting. This consists of a bench press, squat and deadlift, but because the back is used so much in the squat and deadlift, it was imperative to separate those lifts from being consecutive. The ruling body at the time made this change by calling for the squat first, followed by the bench press and then the deadlift.

Powerlifting became increasingly popular as the results became more dramatic. Even the experts found it had to judge the records of the future and trying to estimate the ability of the lifter.

In 1971, the first world Powerlifting show took place and I'm proud to have been a part of it. I became a record holder long before this time, but we were assured that this time everything would count. Year after year new records are broken, powerlifting hasn't gotten to the olympics yet, but I believe it's only because the Russians are years behind us in the sport. What do I mean by that statement? The U.S.A. has at least five men who can squat 1,000 pounds plus, and one of them is in a lighter class. We have two men who can bench press 700 pounds plus, and at least four men who can deadlift 900 pounds plus. There are at least 25 men who can squat from the mid through upper 800-pound class, and another 80 who can squat 800 pounds period. We have about 20 men who can bench press 600 pounds plus, and another 100 or so who can bench press 500 through 550 pounds. Most of the upper classes sport 800 pound deadlifters. You say the Russians have two million lifters, but we have the ruling heads of every class! They probably have been the ones who have applied the pressure to keep powerlifting out of the Olympics because they can't control it.

I want to be the first, or one of the first to say that, the greatest powerlifting teams that have been put together is the U.S.A.

And with no further a do . . . My Book!





My main goal was 770 lbs. and I still think it is achievable by the right man. Two men I always thought capable of this feat, outside of myself, were Lars Hedlund and Don Reinhardt. My reason for picking these two gentlemen is, their great frame work that they have to work on! Hedlund or Reinhardt could have easily weighed 375 pounds producing a 26 inch arm and a 60 or 70 inch chest to do that great feat. With my chest being 65 inches and my arms 24 inches, I was as near as you can get at 6'1" but a man their size with my training, there is no reason in my mind to doubt what they could have become.

### **The Giant of Gath**

When I think of the size of Goliath, the giant of Gath, there is no telling what a man like that could have done with my routine and modern technology! Here is a man who was either 9'6" or 11'9", according to the cubit and the span. Goliath had to be agile when you consider that he was a champion. It was said that he wore a coat of nails that weighed 500 lbs., and his armour 150 pounds, and the head of his spear weighed 20 lbs. This same giant had a son who was a giant too. It states; "on every hand he had six fingers, and on every foot six toes, four and twenty in number".

If we go by Paul Anderson's squat of 1100 lbs., my bench of 720 lbs., and Bill Kazimaier's deadlift, using the height of either Reinhardt or Hedlund, we could only come up with a total between 2,700 and 2,800 lbs. A giant like Goliath who was 3.5 to 6 feet taller than me, could easily be capable of a minimum poundage of 2,000 lbs. squat; 1,200 lbs bench; pecs and a 2,000 lbs. deadlift, for a total of 5,200 lbs. and that may be low!

### **What's good to you, is not always good for you!**

Just what does that title mean? Before going into the meat of the subject, I think that it will be necessary to explain the title to you. By using laymen terminology, this can be understood the easiest.

A man and woman meet for the first time at a tavern. She takes one look at him, and says to herself, "What a hunk!" He looks at her and quietly mutters, "What a beautiful dish!" They collaborate and make for the nearest motel, two weeks later, she is pregnant and he has a venereal disease, or she goes home with a venereal disease and he becomes an unwanted father. So, what is good to you, is not always good for you. I'm not on a campaign against steroids but what's always good for me, is not good for you, and we should take a second logical look at what we decide is right. What I'm about to tell you is experiences I know about, and a fresh look at the future.

Most of you guys and dolls are old enough to make your own decision anyway, but for the moment read this.

Steroids, coffee, tea, tranquilizers, antidiabetic medicines, etc., this a small note to whoever may read this message. We must use a front line defense in protecting our bodies. Whatever we eat or take orally, is absorbed in a tube that runs some 30 feet and extends from your throat to your rectum. In those 9 meters, a war of drugs and food takes place from day to day. We don't always want to acknowledge this, but it is so.

Our stomachs hold two quarts of semi-indigested juices, foods and drugs. That is a small cooking pot for the amount of things we put together in it. If you think I'm nuts, the next time you belch, take a deep breath.

Lying in position behind the stomach is the pancreas. The pancreas is only second to the liver in size, it is six inches. The pancreas produces about one quart of pancreatic juices each day. The enzymes that speed up digestion in the pancreatic juices break down protein into amino acids for use in building body tissues. It changes starches into sugar, and fats into acids and glycerine. Insulin is also produced in the pancreas. About 200,000 plus islets beta cells secrete insulin into the blood stream only when a concentration of glucose triggers it.

During digestion, carbohydrates are changed to glucose in the intestines. The amount of insulin needed at any given time varies depending on food intake. When the liver fails to store glycogen properly, the pancreas fails to produce sufficient insulin or the body is incapable of utilizing existing insulin. Diabetes is usually what develops.

What I'm saying to both men and women is, there is still time to take better care of our bodies. The kidneys control the balance between the acid and alkaline conditions of the body's tissues and the balance between water and salt in the cells. When the kidneys can't remove the fluid, we then end up with edema, this is when you get swelling in your feet, etc.

Remember each day we may excrete about two quarts of urine, to do this, it filters 48 gallons of blood in a days time, so in a lifetime of 70 years, it filters 1 million gallons.

The kidneys can be made to malfunction by many means. A fall to the ground, a hit on the football field, driving a tractor-trailer, but more important than anything I can name outside the sport, the abuse of drugs! I've taken them and when it's time to train most people will. The machine that we must worry about is these great bodies of ours. I believe anything taken with moderation will work, but to abuse your heart, kidneys or pancreas for a trophy is absurd! I was told once, that, the kidneys and liver filter out 44 different kinds of poisons each day in a normal person, even though we live a normal life. It may be normal in outward appearance, but not inward. I'm not knocking the sport or the medicines, I'm knocking the abuse factor.

You see, as I was saying before about sugar diabetes; in the pituitary gland a hormone is made, this hormone controls the production of urine so that the kidneys do not remove too much water from the body. With sugar, you lose this water without control. So in closing a subject that no one really wants to talk about, I want to say a lot more things, but neither time nor space will allow it, but let me first tell you how I know about sugar and blood pressure problems. I went through it and put it to rest. Today when you read this it may be your first chance to clean your body and blood up and to pursue your happiness at a more logical pace. I would take this time out to flush out my system after coming off steroids, clean my blood up, and start eating good blood builders. If there is no meet in site; then leave those drugs alone, they're for a purpose, not to look good everyday in the gym. Control factor and common sense are the only common denominator with that powerful stuff! Look at it this way, if you took five Dianabol to squat 700 pounds and now you are taking ten D-bal for the last eight months to squat only 725 pounds, doesn't that tell you that your not training enough, and it's not your consumption that needs to be added to. One thing is certain, everyone who digests steroids should keep an eye on not training regularly. This is the foolery. I want to show you a math problem with some of today's lifters. Here we have a male or female consuming 10 - 5mg. tablets of Dianabol, 10 - 2.5mgs. of Anavar, 5 - 75 mgs. tablets of Anadrol a day. Here is what we have:

5 mg. D-bal X 10 tablets X 7 days=	50 mgs. a day <u>x 7 =</u> 350 mgs. a week <u>x 4 weeks</u> 1400 mgs. a month <u>x 4 months training period</u> 5600 mgs.
2.5 mgs. Anavar X 10 tablets X 7 days=	25 mgs. a day <u>x 7 =</u> 175 mgs a week <u>x 4 weeks</u> 700 mgs. a month <u>x 4 months training period</u> 2800 mgs.
75 mgs. Anadrol X 5 tablets X 7 days=	375 mgs. a day <u>x 7 =</u> 2625 mgs. a week <u>x 4 weeks</u> 10500 mgs. a month <u>x 4 month training period</u> 42000 mgs.

42,000 mgs. of Anadrol  
 5,600 mgs. of D-bal  
2,800 mgs. of Anavar  
 50,400 Total

50,400 mgs. taken for a four month period. This does not consider Winstrol, or Testosterone, Deca Durabolin, etc. Then consider all the other wrongs you do in four months time, alcohol, etc. **WOW!! Too much!!** If you were to take aspirin at 325 mgs. each in four months time dividing this into the 50,400 mgs. of steroids, you would consume 155 pills or 13 boxes in 4 months time. If you took Micronase for sugar diabetes at 5 mgs. a tablet you will consume 10,800 tablets or 2520 a month for four months. Micronase is usually prescribed at 1 or 2 tablets a day. **WOW!** If you took a 25mg. Capoten tablet for blood pressure, you would consume in the neighborhood of 2,016 tablets over four months or 504 a month or 17 tablets a day. Let me tell you buddy, anyone of these medicines can kill.

### **Anabolic Steroids, Good or Bad?**

In the space age in which we now live in, anabolic steroids have become the soft drink of the sports world. Today with a medium like television, that can be watched around the world, while you sit in your living room; sports have become the number one eye catcher! Just knowing these facts, has brought about such a great demand upon the owners who in turn put the pressure upon the recruiters and coaches for better, and better teams. When you think about a team, you must also think about individual participation. Today, with competition being at an all time high and the need to be extra competitive, in order to be able to ask for astronomical wages, anabolic steroids have been the answer in many cases.

The Russians have been into steroids long before the American athlete knew what a steroid was! Most Americans thought that blood red meat and vitamin B-12 was the answer to being able to compete.

What is anabolic? Anabolic steroids are the synthetic derivative of testosterone. The derivative cause more anabolic effects, and less androgenic effects, meaning the male sex hormone! We know from this that the anabolic effects deal with faster growth in muscle tissues.

Steroids themselves play a very important part in the body processes of living things. Steroids are also produced naturally, and are also produced commercially. Because all steroids are alike in basic chemical structure, does not mean they are all alike! For instance, each steroid has a slightly different arrangement of molecules. This difference necessitates different effects on human beings. Probably different pleasures from them. Some experience headaches, others aggressiveness, some ill effects such as nausea, and yet others, nothing at all.

Men and women are separated by testosterone and estrogen. Testosterone is produced by the male testes, and estrogen is produced by the female ovaries.

What are some of the anabolic steroids, and what are their names? Dianabol, Winstrol, Anadrol, Durabolin, Decadurabolin, etc. There are many others of a foreign nature, too.

I have used both testosterone and anabolic steroids with no ill effects. Maybe I used them sensibly, this could be pure conjecture, but as of today, I can say, I felt no ills from them. I kept aware of my condition through a doctor and good blood work. This I would suggest that everyone do that intends on using steroids.

On the other hand, we must admit that we are tampering with nature. Whether this short term effect is wrong is up to the user. Although we tamper with nature, we do not over power it in the sense that we stay big or strong, because upon discontinuation of these drugs, the individual will in all likelihood return to being who he really is.

### **What Positive Effects Did I Derive From Them?**

When I had reached 600 pounds on the bench press, no one could tell me how happy I was. It was the greatest feeling in the world, because it put me in a class of only two people: Pat Casey and myself, Jim Williams,

It was long after that, that I was informed by some of the more experienced lifters about Dianabol and Winstrill. When I told my inquisitors that I was not aware of any such drugs, you can imagine, I was smiled at (called a liar!). Whether psychological or steroid driven, 600 lbs. went up a lot easier with the steroids than without them. I can truthfully say I reached a hard 630 without "roids". Steroids allowed me to do some awesome repping with stupendous poundages! My real reason for ever becoming involved with steroids was that it was steroids I was competing with. At the time it was the only conversation you could receive from other lifters. These were the days when people were still a little moderate, guys would be doing 50 mg. a day of Dianobal and several shots a week of Decadurabolin, sometimes even Dayalistitry. Today, it is awesome, the drugs in the weight world. Of course, you will always have those people who will say, "What are steroids?" while squatting 900 lbs.!

Medical professionals are sort of laid back as to the position of steroids in sports. Most believe that steroids don't work. This is not true, because anyone who uses or used them can verify that they most certainly do work. Whether they are good or bad seems to be how much one wants to win. And with this being the purpose in every sport, it seems hardly impossible that the solution will be found soon! Everyone is aware that television and the medias are in a way responsible for the rise in steroid use. No one likes a dull sport with no record breaking challenges. It is no longer a case of who wins, but how the game is played. But, if you don't win, you don't play!

With that the steroid list grew to the likes of Oreton, Metandren, Halotestin, Oxymetholone, Winstol, Anavar, Nilevar, Dianabol. (Orals) Primobolan depot,

Primobolan acetate oral, Durabolin, Deca Propionate, Cypionate, Enanthate, Sustanon. "What should I do?", should be your next question.

First let's deal with the bad side of steroids. It begins with people not ever visiting a doctor and taking for granted that they are physically okay. They are unaware that the body filters 44 different kinds of poisons every day on the normal, without these added drugs.

The beginner is the biggest problem. They are easily to discover the sudden changes in their bodies, because they were never there to begin with. They are the ones who take two of any of the above named orals every day, and upon feeling the change, exclaim, "Well if two will do this, what will four do?" Four is eight, and eight is sixteen. This is now the beginning of the danger point. The liver is now the organ that will take the beating. Injections are less harsh to the liver because most, if not all, are predigested. But they carry the risk of contamination, hepatitis and post injection infection. This leaves way to, injections representative of high androgenicity, then the problems begins to develop with depressed sperm production, increased libido, prostate hypertrophy, reduction or depression of the pituitary functions and promulgation of accelerated cancerous growth if undetected tissues are bad. It is imperative to get all blood work done if you insist on using steroids.

The greatest danger is yet to happen! Number one, it seems among the people who use steroids that an accelerated muscle growth is always appreciated. This muscle growth will take your mind off the real problem of tendon service, and allow you to utilize more and more weight. You will find yourself getting bigger by the day, and most of the time spending less and less time in the gym taking care of your real problem. What is the real problem that I'm talking about? Tendon Strength! Tendon strength is almost forgotten about when it comes to steroids. If the muscle will get bigger with little training, it is in and out of the gym.

Try to understand this, the muscle at this point is no doubt larger and stronger than the tendon that may be holding it to tie. Now we have a forced situation with a heavy weight, and the tendon is put away from it's anchor. Most of the known cases are with quad tears, and bicep tears. Both of these muscles seem vulnerable to steroids. It seems in the case of the quadricep muscles, in doing heavy squats, one builds up huge hamstrings. Now in a forced situation, the hamstring will over power the quad and pull it loose or tear it.

In the bicep, you face a little different problem. Here you have an arm muscle a little larger in size, pulling an unequaled amount of weight for the tear. It has even rendered itself to tears in the pec areas. I know there are several arguments that the roids have something to do with the drying of those tissues. Either way, you have heard both sides of a unique argument. Whether you use them or not, are you any better or any worse? This will be finally won by the doctors or restrictions.

I don't think we should go on throwing bricks at each other. Water will seek it's own level and steroids will sooner or later do the same. If the sport will rot because of the non-use of steroids, then steroids are no good; but if it will continue, then everyone was serious anyway!

Another method that I developed with great success was, Failure Isometric System. This isn't as complexed as the Failure System with weights, because this is one only with a bar and the isometric rack. The rapidity of this movement will create the necessary speed needed to blow those big poundages out of your chest.

The failure of a lot of bench presses comes from the very beginning of the press. What am I talking about? When the bench press is lowered and has to stop completely, a great many people at this point cannot take the poundages they need because they would never get the press out of their chest. That reason is, simply the lack of explosive power they need to propel the weight. My systems correct this inefficiency.

The limited isometric movements I employ, are only enough to allow bottom-end pressure only. By stopping the movement 6 to 8 inches out of your chest by using the pins in the isometric rack, you should be able to feel the complete major pectoral come into play, along with the stomach, triceps and lats. If you are pushing hard enough you will feel it.

How do I perform this movement? First thing you must do is slide a flat bench into the middle of an isometric rack. Lay on it to get your position. Now position the pins in the rack for a 6 to 8 inch movement with an empty bar!

Your hands should be spaced on the bar at your favorite pressing grip. With the bar now lying on your chest, and you in the bow and arrow position, the exercise is about to commence.

Now with a friend or workout partner to shout the commands, we can begin. They must yell (hit-it). With that you will bang the empty bar from your chest, into the restraining pins. At the same time, your partner will be counting one thousand one, one thousand two, etc...which are equal to seconds. He will start you with only 3-second counts for several works. This is not all! As he finishes the count of three, you will bring the bar to the chest, where he will yell (hit-it) again. You will drive the bar back to the pins again for 3 seconds.

This should be started with only 5 reps of three seconds for four sets after your regular benching session with weights.

As your systems grows used to the idea, only then should you work up to 8 to 10 seconds. Because of the constant pressure of exerting the whole upper-half of the body, this exercise should be done only about three times a week in a five-day a week schedule. I use this system for squats and deadlifts too.

The advanced part of the system is done with weights. The isometric rack is not employed at all. This time we will use the regular bench. To do this operation correctly and safely, you should have at least two other people besides yourself. This is the Bench to Failure routine. It is done after the regular warmup sets. To explain it



better, I will use myself. On a day that I will work my low-end, upon reaching 450 pounds, I would start my reps. If it was a case where I would do 15 reps, the first 10 reps would be to arms length, while the last five reps would be no further than 6 to 8 inches out of my chest and then, right back to the chest. No one will count like in the isometric movements, but a constant up and down heave upwards of the weight. If you plan to use a certain weight over and over, that too is okay. If you decide to do only 6 reps, then at least 3 reps should be low-end reps. If the weight is too great for you, then I suggest that you have a buddy in the center spotting, so that he can pull the weight out of your chest as you push. This should only be done with extreme poundages. It may be that you want to rep-out until you collapse, have a buddy in the center to help pull all those quarter reps.

These are the reps that bring about that superior low-end pressing power. They teach you to get set and excited in an explosive mood. This mood does not come to you, but must be developed. The only way to honestly develop this low-end power is through my system.

One of the best exercises to accompany these two systems is dumbbell flats, dumbbell presses done on a flat bench. The dumbbell should not be pressed inward so that they clang together, instead, they should be pressed straight upward, as if you were doing a push-up while lying on your back.

## **A BENCH PRESS SEMINAR: THE ANATOMY OF THE BENCH PRESS**

First of all, what does "anatomy" mean? It is a branch of knowledge that deals with the structure of organisms, and the separation into parts for examination and analysis.

The anatomy we are going to deal with will cover mainly the principles and muscles that are in direct location for the start and completion of a super bench press.

If you were to ask me to consider the areas that cover the anatomy of a good bench press, and their importance, I would catalog them in this order:

- (A) forearms - wrist and deltoids
- (B) biceps and triceps,
- (C) chest
- (D) lats and upper back

Why this particular order? First, the forearms, wrist and deltoids pivot at the crucial points of the arms and shoulders. One of my greatest concerns about the wrists is that they be strong and well wrapped. Some people do not stop to think that after the weight is held in the hands, the pull of gravity starts its G-force travelling down the arm. Well, the first stop is the wrist. You must remember, one flick of the wrist, and there's no recall. If the wrist is very strong and measures are taken to keep it strong, you will never suffer any negative feelings when called upon to do a heavy bench press. I've been at meets where a lifter took the weight from the racks and immediately laid over backward. Not only did he blow the lift, but he came very near death. A few extra minutes each night will solve this problem for you.

In working the wrist, you will in a direct way take care of the forearms. Weak wrists put tremendous strain on the forearm, a condition which brings about tennis elbow. A well trained wrist and forearm will prevent sore lower arms. It's almost impossible to do heavy benches with weak lower arms. How many times have you seen this happen: a man lies on the bench waiting for a handoff. The minute the weight is handed to him, he immediately yells, "Take it!" What does it mean? The wrist and forearms could not support the lift.

There are several things you can do for the wrist and forearm, (a) use a power grip machine, which gives the forearm a thorough workout, (b) regular wrist curls, which work the large underbody of the forearm, (c) reverse curls, which work the upper forearm that is closest to the elbow, (d) reverse wrist curls, which work the area nearest the wrist.

At the other end of the arms we encounter the shoulders, an area also known as the deltoid. But really the deltoid is divided into three areas, front (anterior) deltoid, rear (posterior) deltoid, and side (lateral) deltoid.

First let me remark about the deltoids' importance. Even if your wrist and forearms are strong and your shoulders are weak, you can't really hold any weight that amounts to anything. The deltoid is very important to a good bench press.

The deltoid is a thick, powerful muscle that covers the shoulder joint. It originates from the clavicle, the acromiatic process, and the spine of the scapula, and inserts into the lateral deltoid tubercle of the humerus. Contraction of the fibers abducts the arm from the side of the body and raises it laterally, the thickness of a well developed deltoid is phenomenal.

The front deltoid muscle should be tied into the pectoralis major, which is the upper part of the pectoral. When you think about bench pressing and needing large muscles, by tying the deltoid into the pec, you are making the pectoral muscle larger. Inclines of various types can enhance this muscle, along with dumbbell races that will cause the front deltoid to grow. Probably the best single exercise that I've developed is my Jim Williams Front Plate Lift. I take a 45-pound York weight, holding it almost to arms length at the upper thigh. I inhale a chest full of air, hold it, and raise the weight to just a little over my height. This I do in sets of 10 until my delts get accustomed to the idea. Going into my third week, I go to failure. In my fifth week, I'm using a 100 pound plate. Remember, all pressing motions in the upright position will enhance the front deltoid.

The rear deltoid not only makes the back look awesome, but gives your shoulders the thickness they need. How can one make the deltoid grow? This can be accomplished by doing presses behind the neck -- rear dumbbell swings, seated straight dumbbell presses, cable pulls to the rear, and, of course, the Frank Peffer Rear Delt Machine.

The third part of the deltoid -- the side or lateral deltoid -- is the part that adds width to your shoulders. You can use a seated dumbbell raised to the side, side laterals with cables, standing laterals, bent-over flys, and heavy circle shrugs. The bigger the shoulders, the more pressure they can stand, so it's logical to conclude you will handle more weight this way.

As we come down over the deltoid, we run into the triceps and biceps muscle. We will deal with the triceps first. Anyone who appreciates bodybuilding and weight training cannot deny that big arms are no less than sensational. If someone tells you he's a football player, or boxer, or wrestler, we have to admit that we judge these people by the size of their arms. Well, in our case, we are not only talking about a big, impressive arm, but a powerful one. The Latin meaning of a triceps is "three-headed" muscle. The triceps is located in the upper portion of the rear of the arm, which flows down the elbow.

The triceps brachii -- the "long head" -- comes from the axillary border of the scapula; the lateral and medial heads come from the posterior surface of the humerus. The muscle fibers terminate in a common tendon that inserts into the olecranon

process of the ulna. The triceps is the greatest extensor of the forearm and this allows it to be an antagonist of the biceps and brachialis.

There are so many exercises with which to attack the triceps that they go without number or name. Triceps muscles that fully develop along with an equally developed biceps will allow you to press tremendous amounts of weight. Let me tell you what like -- and what I used to develop a 24-inch arm. The exercises I found to work best, in order, are: (a) Kneeling triceps pulldowns. With two different bars, one should be straight and the other slanted; (b) lying triceps to the bench {not head}. This allows complete extenders and full-arm radius; (c) dips; (d) the Jim Williams/Bob O'Leary Triceps Machine; (e) bench dips with your feet elevated; (f) closed-grip bench press.

The muscle that is opposite the triceps is called the biceps brachii. It originates from two heads - one long and one short. The long head originates from the upper margin of the glenoid cavity; the short head originates from the tip of the coracoid process of the scapula. Both heads unite and terminate in a flat tendon, which is inserted into the tubercle on the proximal end of the radius. As the biceps contracts, the radius turns, supinating the hand. The biceps also flexes the forearm, and its long head helps to hold the head of the humerus in the glenoid cavity.

The brachialis has its own origin - the distal, anterior portion of the humerus - and inserts into the coronoid process of the ulna, covering the front part of the elbow joint. It too is a strong flexor of the forearm.

I'd like to interject some important jargon before I go on with the biceps. Have you noticed that all of these muscles originate from the scapula? This lends credence to the fact that there is a unity, and that these muscles can be made to grow and work as a definite unit.

I also want to call your attention to the word "cavity". I've given talks on this subject and some lifters smile. Your muscles generally sit in their own cavity, and as long as you live a normal life, they will stay that way. Now, let's consider the lifter who lifts twice or three times a week. The muscles are pumped, but the pump is lost the days that you are off; the muscle retracts back into its cavity. I found out that doing four or five days in a row not only holds the pump, it allows the muscle tissue to stretch and hold itself. Now the muscle cannot get back to the original cavity. In time, it is too large for it, and the growth process is in motion. Similarly, if you only walked twice a week, by the end of the year you'd be nearly an invalid. To develop bigger muscles, you have to work harder.

Then there are those who become top lifters and body builders. Often, you read a routine in a magazine -- very misleading information on how they got to the top. Some lifters claim they work out twice a week, and don't take drugs. Don't you believe it. These same lifters cheated on their workout partners. These are the guys who work out twice a week at the gym, but every night at home. My advice is to get at least four or five days in a week.

What can you do for biceps? A number of things: (a) the incline dumbbell curl; (b) the standing barbell curl; (c) standing alternate dumbbell curl; (d) single arm pulley curl; (e) lying dumbbell curl; (f) the preacher bench curl; (g) the Zettman curl; (h) the concentration curl. You should end your curling for the day with speed curls, using 15-20 dumbbells per pump.

The third subject in this anatomy is the chest. The chest is comprised of the pectoralis muscles, major and minor; together they form the anterior axillary fold. The pectoralis major originates on the clavicle, sternum, and first six rib cartilages, and inserts on the greater tubercle of the humerus. Third muscle abducts the arm and draws it across the chest, rotating it medially; it also draws the shoulder girdle forward and down, creating the bench press motion efficiently.

The pectoralis minor is a thin, triangular muscle, quite unlike the larger, thick major pectoralis. The minor lies beneath the major and originates from the costal cartilages of the second to the fifth ribs. (Speaking of the costal cartilages, there are often bruised or torn in a heavy bench exercise. They give a sensation of difficult breathing and people sometimes believe they're having a heart attack. I mentioned it so you'll recognize it if it occurs.) The pectoralis minor inserts on the coracoid process of the scapula, and pulls the scapula forward and downward, assisting in the bench press motion.

What important exercises can be done to build the major and minor pectoralis? I'd suggest that you go on a five-day-a-week bench kick, give this new system at least an eight-to-ten-week trial. It's tough, of course, but the results are fantastic. If you follow the five-day-a-week formula for ten weeks, you're talking about five days by ten weeks, or 50. This means you will be benching pressing at least 50 times in 70 days, which in essence means you will still have off one day short of three weeks, 20 days rest. Let's say you do a maximum lift each night of 400, and you do it for those 50 days. You will have benched 20,000 pounds of maximum lifts, not counting the rest of the workout. Do you think, in all reality, that at the end of the 50th night you'll still be doing 400? I should say not. If you train by my routines, maybe closer to 475 or 500.

Exercises to assist the bench press:

- (a) Jim Williams Front Plate Lift (explained in this chapter)
- (b) Jim Williams Lying Shoulder Shrugs (explained in this chapter)
- (c) inclines -- barbell, dumbbell
- (d) declines - barbell, dumbbell
- (e) benches, wide and close
- (f) incline front dumbbell raises (very slowly)
- (g) incline circular dumbbell raises (very slowly)
- (h) read the "Failure Method"
- (i) Overload principle

Last, but not least, is the latissimus dorsi - the widest of all the muscles. It is triangular in shape and covers the loin and lower half of the thoracic region. Its fibers converge to form a flat tendon that inserts on the anterior surface of the upper part of the humerus. The latissimus dorsi forms a part of the posterior axillary fold. It gives a powerful downward and backward sweep of the arm, with inward rotations such as occur in bench pressing. The muscle is one of the chief muscles used in the bench pressing. When you are benching and you're half to three quarters of the way up and the weight is becoming heavier by the millisecond, the latissimus dorsi stretches itself out and acts as a platform from which the arms can push. In powerlifting, big, thick lats are really what counts.

How does one develop big lats? First, as a powerlifter, I recommend that you do your lats prior to doing wrist work at the end of your workout, so you can pour it on. Probably the most effective exercises I've come across are:

- (a) T-bar bent-over rowing;
- (b) bent-arm barbell pullover;
- (c) lat machine pulldowns;
- (d) Jim Williams Rowing Lat Machine.

There are many others, but none that can handle the poundages these four exercises can. Many of the others tend to shape the lats, rather than to make them fuller or larger.

In rounding out this seminar, I'd like to make one important closing point: Don't let anyone lead you astray from what I've just told you, or you shouldn't even bother trying. I have done 700 plus pounds more times than anyone else, dead or alive. I only ask you to give my system a try.



**CORRECT STARTING POSITION FOR DEADLIFT**

## **Deadlift**

### **Why I didn't train for the deadlift, and what happened when I did.**

When I was competing on a regular basis, I found my subtotal so far ahead of the competition, that I wrongfully calculated, that I didn't have to do too much work on deadlift. The deadlift seemed to always conflict with my squatting anyway, and I didn't know how to make either one work for the other! Most fellows today don't know how to really make them compatible. If the bench is done everyday, and the squat is done two to three times a week, when will I have time to concentrate on the deadlift, and what should I do for it. Number 1, let me assure you of this, after coming out of retirement, and concentrating on the deadlifting, I went up over 800 pounds.

The deadlift should be understood first so you know the complete language of the deadlift. You know how most people walk up to a bar, reach down and commence to pull on the bar. They may pull until either failure or lockout! They will never progress because first off they know nothing about what goes into the lift. For instance, the muscle groups involved in the procedure, and also where the weight really rests.

Do not solely confuse the squat with the deadlift movement. The squat rests upon your shoulders high behind you, while the deadlift sets low and in front of you. In the squat the shoulders should align behind the knees, where as in the deadlift, the shoulders are in front of the knees. The squat starts with the hamstring, and ends with the stomach and the quads. The deadlift starts with the trapezoid back and ends with the quads, lower lumbar, traps and shoulders! So you can see, there is some difference, and now you have gotten a general idea of the areas that need to be worked on!

As you can see you do get to use some of the same muscles for these two different exercises, but they operate at different intervals. If one was to just study what I've told them above, they can see a different view of not only the way they thought but also the way the different muscle groups come into play. By just changing the weight being lifted from back to front is like night and day.

I was probably a lot more fortunate than most lifters because I had already started to work with Hal Raker and had a good friend in John Kuc. Kuc deadlifted 800 pounds long before it was fashionable. He was capable of this kind of work anytime, and he later went on to finally deadlift 870 lbs. I wanted to be indestructible when it came to deadlift execution. My first tack was to find a comfortable stance for a person my size. My chest was so big, that to just drop down on the bar was out of the question! By the time I would put on a lifting belt, I would experience much discomfort. So I had two roads to take. One would be sumo style and the other would be praying deadlift. The sumo style was good for me, but with 35-inch thighs, by the time I'd stretch out, my feet would be in danger of the inside plates.



So I went to the praying style. I would approach the bar, kneel down on one knee, fix my grip, raise up and slide my other foot into place, get my breathing together and start the lift. Heavy deadlifts at this point interfered with squatting, so I devised a system that would allow me to train everything.

The first thing I would figure out would be, the muscles that would come into play during the squats and leg extension work so the quadriceps areas were being taken care of. I next would get into high pulls for the trapezoid and then came the dumbbell shrugs, dumbbell leans, shrugs with the bar bell.

This meant that on my squat days I would do assistant exercises with front squats, leg extensions, and barbell shrugs. Tuesday, Thursday and Friday I would do dumbbell shrugs, high pulls and leans. I finally got my traps looking like something over months of training. I then dropped the shrugs, leans for my next step. It was at this point that I used my partial pull system that involves the isometric rack and curls. I made myself a rack at knee level and start my pulls from there. My hands would be placed on the bar at shoulder width grip. I would pull the first rep bent legged after locking it out. I would go to stiff legged for a series of 25 reps. Both of my grips would be the same way as to establish even pulling and the same strength application to both sides of the body. I would run the 25 continuous reps for about one week, eventually changing the weight and the reps to a higher number.

This worked so well that it too strengthened my squat something unbelievable. The following week, I would try my max lift in the rack from knee level.

By this point in my training I was pulling 650 in the rack. So I went to the floor for my heavy pulls to find out that I was pulling 740 off the floor which was a 40 lb. gain for me. When I went back to the rack training, my rep weight was between 315 to 405. I would rep 315 for 20-25 reps, and as I got closer to 405 the reps would drop down to 10-15. My following sessions in the week that followed were max pulls. I will put in the rack for max pulls which turned up 760 lbs. which was now a 60 lb. gain.

At this point I stepped the exercise back into high gear by adding back the assistance exercises. They will be used for a solid week instead of any deadlifts from the rack or floor. The following week we returned with the rack work. Actually what has happened here was a direct break from the heavy stuff, and a chance to specialize again on the pulling muscles. Understand now, your not adding, at this point, muscle, but pure tendon strength. This is a subject I will collaborate on much later in this book.

I would at this point, (the beginning of the week), return to my heavy pulls. I will warm up in the rack with a few light sets up to 405 for 15-20 reps. After warming up I will not go to the floor for two heavies. The first will be 740 lbs. and the next 775 lbs. If the 775 is easy, I will render a third from the floor with 805.

The following week will bring on my main training, this will be the week to prepare for the 800 plus. Monday and Wednesday I will be in the rack doing sets of 225 X 15, 315 X 5, 405 X 5, 505 X 3, 720 X 1. Floor, 760 X 1, 805 X 1, 840 X 1. I will at

this point abandon all rack work and will lift from the floor 70 percent, working mainly on form, breathing, stance, and psych. I will once again keep my pulling muscles alive by going back to all my assistance exercises.

1st Week	2nd Week	3rd Week	4th Week
135 X 10	135 X 10	135 X 10	135 X 10
225 X 5	225 X 7	225 X 7	225 X 7
315 X 5	315 X 7	330 X 7	330 X 7
315 X 5	365 X 5	386 X 5	365 X 5
315 X 5	365 X 5	385 X 5	415 X 5
275 X 5	315 X 5	315 X 5	415 X 5
275 X 5	275 X 5	315 X 5	315 X 5

The beginning of the 5th week, 2 sets are added to stamina.

5th Week	6th Week	7th Week	8th Week
315 X 10	315 X 10	This routine is	From the training in the
225 X 7	225 X 7	stepped up.	rack and the floor,
330 X 7	330 X 7	135 X 10	during the week I would
385 X 5	405 X 5	275 X 7	try this: Rack warm-ups
465 X 5	450 X 5	350 X 5	- up to: 630 X 2
465 X 5	515 X 5	565 X 5	Floor:
415 X 5	515 X 5	615 X 3	740 X 1 X 2
315 X 5	415 X 5	705 X 3	775 X 1 X 2
275 X 5	315 X 5	705 X 3	805 X 1
		530 X 5	
		415 X 5	

#### 9th Week

135 X 10  
 275 X 7  
 350 X 5  
 565 X 5  
 615 X 3  
 760 X 1  
 805 X 1  
 840 X 0 Failure

As my physical attributes increased and my body enlarged, I found myself forced to drastically change my bar grip. What had once afforded me a comfortable and relaxed lifting clutch, now only hindered my performance and caused unstable lifting practices. I was particularly upset that I could not get the lock-outs that I had achieved at a lesser weight.

At first I attempted additional arm work, but quickly realized that it would not be the answer, especially since my upper arms were almost 23 inches at the time. It was then that I began a concentrated study of the human anatomy, and quickly realized that the movement involved in "lats" played a unique and important role in the movement of the entire body during the bench press.

Probably the most important realization I was to learn through my research was that the pectoral muscles of the chest are likely to be a miniscule of a second ahead of the initial arm thrust, being that when the weight being lifted reaches about midway through its lift, the "lats" have already begun to expand. It is at this height that the triceps are really coming into play in an attempt to force the "Lock-out", The reasoning being that when the pressure being applied by the arms moving in an upward motion inadvertently creates an opposite motion which forces the arms to assist in holding and securing the "lats" during the downward pattern. With this knowledge, I immediately began work on a superior style of lat development for myself. At first, I used many methods, but quickly settled into several tried and true avenues, such as "lat" pull-downs, in front and in rear, while sitting flat on the floor, and barbell pull-overs using extremely heavy weights, and the press. Sometimes, using this method, I would go over 400 pounds for each 10 rep-sets. I also used the dumbbell bent over pull and the T-bar pull. Within a year with this exercise, I had developed some of the most awesome looking and thickest lats imaginable, but I had also increased my girth, and because of it my bench press began to suffer again.

In an effort to dilute the situation, I dropped my weight from 275 to 225 pounds, and began to experiment with my stop-and-go tactic. The first thing I was to realize was that my grip was now too close to get the bench press action I was looking for. Actually I was extremely pleased that the "action" off of my chest during lifts was tremendous, the bar seemingly exploded upward during my lifts, but unfortunately the lift ultimately died at its end, with consistency. So, I went back to the heavy arm work, laying triceps, French triceps, triceps pull-downs using both a slant bar for the inside and a straight bar for the outside head. My arms increased to 24 inches.

My next experiment dealt with the grip. My philosophy was to inch out an inch at a time on the bar until I found the grip that was most conducive to my build. It was then that I returned to the heavy benches and began pushing through lifts of 575 and 600 pounds, making me only the second man to accomplish a lift of 600 pounds,

whether in practice or a championship competition. The number one lesson I learned from this experience was that if a lifter is weak in the triceps area, it is best to first set yourself with a closer bar grip. With one will come greater lifting acceleration, but a more difficult finish. If one has admirable triceps, along with good "pecs", then it is easier for some to take a wider grip, making possible heavier lifts. This method will prove to be a slower lift reaction of one's chest, but in the end, the lock-out will be easier.

But lifters should not be confused. The most important aspect of achieving new weight goals ultimately ends with one's placement on the bench itself. Too many lifters, both male and female, do not understand the importance of placement, and far too many just flop down on a bench, reach with their arms and proceeds to do a flat, laid-out bench press using just their arms. Once they find out that they cannot do a certain weight, they make adjustments, such as lifting their buttocks off the bench as if to throw that weight into the lift. But more serious lifters realize, that with the correct bench placement, it may be impossible to lift one's buttocks from the bench during a lift.

The correct bench placement is as follows: lay flat on the bench with your eyes stationed just inches behind the bar, place your legs perpendicular with the surface of the bench, which will cause your legs to be at a right angle (shin bones should not be extended in front of the knee, but always perpendicular), next place your feet about 18 inches away from each side of the bench. This will give you complete stability and will act as struts.

The purpose of the 18 inch spread on either side of the bench is simple. It make it easier to slide down on a bench through one's legs when assuming, thus giving a lifter a laid out sumo-style extension on the bench. While sliding one should come to rest on both buttocks with the shoulders creating a deep arch in the back. This stance will cause your chest to peak high, therefore shorting the distance the bar must travel, and also allowing you the luxury of the bow and arrow effect. That laid out bench style should only be used for power training of the arms and shoulder areas. At this point in my training, I was so immersed with personal goals, that I had failed to realize how close I had become to matching the immortal accomplishments of the great Pat Casey. It was then that I began to enter in thoughts of being the next World Champion on the bench.

Having already devised and utilized my own personal conditioning program, entitled the 5 by 6, which I will explain fully later on, I was ready to exploit my tried and true method on a full scale basis. Having prepared myself mentally, I was now ready to accomplish the physical end of my goal. For the following three months, I conditioned myself daily through my 5 by 6 routine. It involved doing 30 intermediate reps, sometimes twice a day. To accomplish this effort, I would take a desired weight

for 5 sets of 6 reps each 400 pounds. By doing 400 pounds X 5 X 6, your total poundage will end up at 9,000 lbs.

By using this method, by the time one is lifting and warming up daily with repetitions of 10 using 400 pounds of weight, the once inconceivable thought of the 600 pound press is not very far off.

I, myself, accomplished the same feat after the 400 pound daily reps, to the gawking and clapping of a room full of businessmen and professionals at a banquet held in Scranton, Pa., at which I was the guest of honor. I remember receiving a humbling standing ovation from the crowd as it counted to 25 and I benched the 500 pounds. Now it may be clear to visualize these figures coincide with the maximum weight lifted. Only through my 5 X 6 program was I able to achieve these proportions.

### **The Secret Itself**

The secret itself, is something that I've never told to anybody. This is an all-time first for any eyes to read or ears to listen to.

When we talk of great bench presses, we always talk about big chests, arms, the right grip and lats, in which most lifters fail to want to understand. The lats are so important. But we are not talking about the chest, arms, grip or lats. We are talking about a passion of mine that has been a wonder for years -- my deltoid and shoulder development!

When in full training, I was a full 12" across the deltoids, that is from the front to the rear. Naturally, your first response is, "I've done everything conceivable to obtain shoulders and shoulder power." Have you? I doubt you have, because of all the gyms that I have been in, and because of all the articles I have read, and because of all the lifters that I have talked with, no one has ever mentioned it. Therefore, the knowledge of my secret is limited and its use virtually unheard of. My secret is called "a lying shrug"! Yes, you've heard right - "a lying shrug". How is it performed, and why is it so great? The lying shrug and the way it is done is similar to a special wrench or caliper. Certain things are used for certain jobs. We are so use to doing basic exercises, that we forget about specialization. Specialization is not doing, say, the bench press everyday, but taking the movement apart, taking into consideration the muscles that came into play, and how to best achieve what you want.

One of the hardest parts of the bench press is the start. If you can't power it out of your chest, you cannot do the lift. Why you can't power it out with 20 inch arms has, no doubt, been a mystery to many, many lifters.

Let me explain to you why you can't and than we will gradually go into the core. When a person reaches the point of maximum competition weights, more likely he fails more than the number of times he succeeds. What I'm going to reveal to you for the first time will help change all of that.

Most lifters in training the bench - bench, but what they don't realize is the arms can only push the weight. Why do you think when the stop-and-go rule, two-second pause rule, the hold-to-motionless rule were put into effect, that most everyone lost poundages? Remember now, everyone was still doing the same workout, they were just told to hold the weight for a period of time. The reason for failure is simple: they could not lift the weight after it became motionless because they could not lift the weight, not push the weight. Anyone can push weight once it's moving, but few survive lifting maximum poundages because the shoulders of many are definitely undersized and weak for the work they are being called upon to do. Remember, the arms are big and the chest is mountainous, but the shoulders are under-trained for this rule.

Now I will explain "my secret" - the "lying shoulder shrug". After you are through with a light day chest workout on the bench, find a pair of dumbbells that you can only get about 3 reps out of until failure, and as you increase in shoulder strength, you will increase the dumbbell, even if you can't press them once!

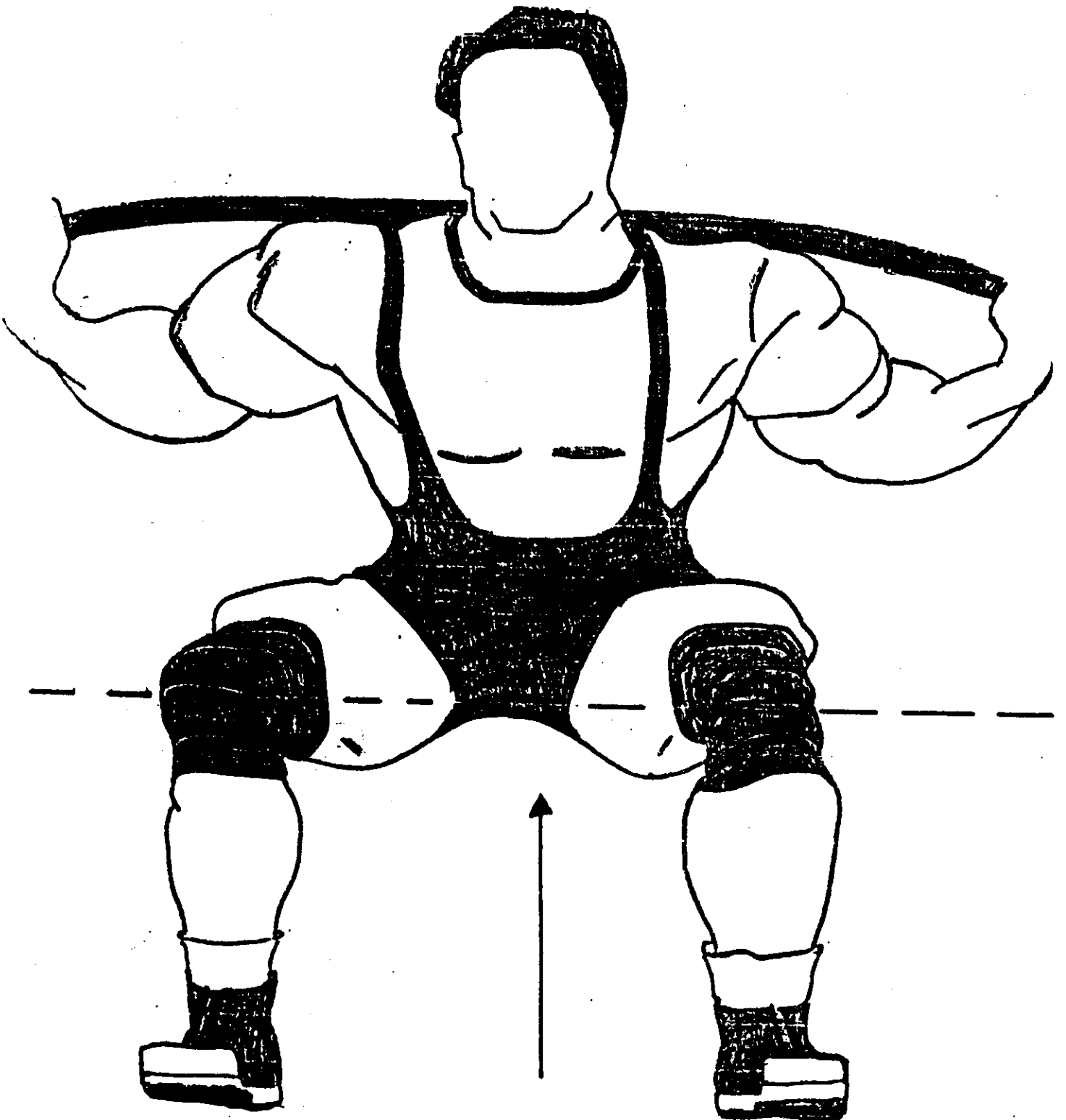
While lying on the bench, have two friends hand you the dumbbells. After doing the three reps, pause for about three exhales. Slowly let the shoulders slide down almost like relaxing. As they reach the desired angle, stop them and immediately raise them (by lifting them) as high as you can. This should be done with the dumbbells partially being held and partially lying on the delts. This should be done in sets of 10 reps, if you can, or one should work up to it. Remember, you are not pushing the weight with your triceps, because the problem is not in the completion, but the start. You may say, "Jimmy, why not use a bar?" A bar is what pins you to begin with, and secondly,, it wouldn't give you the necessary movement one needs in trying to shrug up and in. Some of the sensation that you may be able to relate to is like doing a complete dip, in which you let the body slide all the way down. Before your arms can come into play, you must first lift the body, than push with the arms. The same sensation happens at the end of the dip on a complete extension, when you cause the shoulders to raise the body.

Dips are not an easy answer because the shoulder movement in that exercise moves in a downward direction. But doing "my Shoulder Shrugs", the shoulders move in an upward movement. How many times can I use this workout? It should be done during a training period for at least three times a week in a five-day-a-week training cycle.

Should I lose immediately on my bench? You should stabilize until shoulders gradually begin to heal. Upon the end of your training cycle, the Lying Shrugs should be stopped in favor of complete healing and growth, and, upon this, the start of your bench should be increased in both power and speed. The shoulders at this point should show some growth. Remember, the heavier you can handle, the better. Dumbbells you can press for 6 reps to 10 reps are no good.

Add these Shrugs to the rest of my work outs and you are sure to come up with the best bench press at any meet. Remember, this does not mean that you stop doing other shoulder work, but that my Shoulder Shrugs should be added.

## **CORRECT POSITION FOR SQUATTING**



**BREAKING PARALLEL**

## Squatting

When we discuss the squat movement it is imperative that we first study the causes of injury to legs.

In my research and experimentations, I found that a man who kicks a football as a specialist has more leg thrust than a man that squats say 700 pounds. He is able to move his leg through a given area faster than the weight lifter. Reason!

In studying the squat movement you will find exactly two major movements in the legs, not guts or back, but LEGS. The first major movement coming out of the bucket is the hamstring which will lift the body to just above the horizontal position. Then what straightens out the legs is called the quadricep muscles that surround the knee area as the hamstring or bicep femur are located right below the gluteus maximus!

Now we can get back to our reason for injury. It can now be understood why a football player or track person have more thrust than a squatter. A squatter generally depends upon his hamstring to pick himself or herself up out of the bucket, while a runner or kicker depends upon the quads to straighten out their legs above the horizontal position.

Thus, the injury, in running at great speeds is the quadricep muscles overpower the hamstring, therefore pulling the hamstring and causing leg injury! Most sprinters run into this problem.

In squatting, the weightlifter, by pulling great weights, will cause the hamstring to overpower the quadricep muscles, thus pulling a quad. Answer: they should both be worked on. A lot of us think that because we squat a lot we are specializing on the lift, and that is not true. Quads should be specialized on by doing front squats and leg extensions. Leg extensions should be done in three different positions. First position: the toes should be pointed or held together in a pigeon toe position to give greater stress to the inside head of the quads. Second position: the heels should be turned in or in a duck walk position for the outside heads of the quad. Third position is straight for an over coverage of the quads.

Leg presses can be used for the quads by using intermediate weights and pushing all the way through until the pressure is at the toes! (Only use a slight movement, not a full compression).

Isometric rack work is really good for this kind of technique. Place the pins at a position where you will be employing the quads (above parallel), and do a few sets of ten second pushes.

Squats are a definite asset to your bench press, and don't let anyone steer you wrong. The amount of breathing done in squatting under those pressures is awesome! The more stretching and contraction done by this forced exercise allows



the chest cavity to strengthen itself greatly. The chest cavity is the STAGE for the bench press.

Squats are invaluable to your leg program and they strengthen the body as a complete unit.

What kind of squats should be employed in a routine? I've used several, but mainly deep squats, half squats, front squats, wide squats, isometric squats and leg presses. I will explain some of these squats later.

How should one employ this technique for the best results? The first squat should be a regular deep squat not necessarily heavy, but one where you can learn the basic fundamentals of squatting. This will allow you the opportunity to deal with your depth position of the bar on your back. It will also dictate to you the proper foot spacing whether to turn your toes in or out for balance. With the weight being light, it will also teach you how to back out of the racks.

Really, the science everyone should know, is how to set up quickly and execute. I always liked a quick set up technique. I would go under the bar right foot first, than the left. Upon getting the bar set on the upper back, I would take one step back with the right foot, than the left and be ready.

It is imperative that you set up quick for a reasonable lift during a heavy attempt.

Now that you know how to squat it is necessary to find the best position for your feet, so that you may be able to handle your greatest poundages. I find that the wide stance is the best. Number one, it allows the body complete free movement through the legs, and therefore they never come in contact with each other. All is free and can be utilized to its maximum.

I employ half squats in the isometric rack to let me function with poundages greater than possibly the squat record. They will enhance the quads probably only second to the front squat. They should be done at your regular squat workouts. The isometric squats differ from the half squats in the same rack. This also allows you maximum force against an immovable object. They can be done with several sets of 10 seconds.

The last squat movement is done with the weight across the front deltoids. The weight is held by the hands in a olympic style clean position, or arm crossed in front and held by the fingers. Six to eight sets are sufficient and as one gets experience, he or she can add. They should be done after regular squats, or on a separate day.

If followed correctly, one should have gratifying hours of squatting with gain, after gain, after gain!

My squat routines go something like this, and it may be substituted by your own poundages. This course is of an advanced nature and should be performed either three times a week or two. Monday, Wednesday, Saturday or Monday, Saturday. Assistance exercises used with this routine should be leg extensions, bicep femorus curls, isometric squats, and half squats.

Week #1	Week #2	Week #3	Week #4
135 X 10	135 X 10	135 X 10	135 X 10
225 X 6-8	225 X 6-8	225 X 6-8	225 X 6-8
315 X 3-6	315 X 3-6	315 X 3-6	405 X 3-6
405 X 1-3	405 X 1-3	405 X 1-3	505 X 1-3
450 X 3	450 X 3	475 X 5	605 X 3
450 X 3	475 X 3	505 X 5	605 X 3
450 X 3	475 X 3	505 X 3	605 X 3
315 X 10	315 X 10	315 X 10	340 X 10
Week #5	Week #6	Week #7	Week #8
225 X 10	225 X 10	225 X 10	225 X 10
315 X 6-8	315 X 6-8	315 X 6-8	315 X 6-8
405 X 3-6	405 X 3-6	405 X 3-6	405 X 3-6
505 X 1-3	505 X 1-3	505 X 3	525 X 3
625 X 5	625 X 5	625 X 3	650 X 2
625 X 3	700 X 3	700 X 5	725 X 5
625 X 3	700 X 3	725 X 5	750 X 5
340 X 10	365 X 10	725 X 3	750 X 3
		395 X 10	425 X 10

**Week #9 Light    Week #10 & 11 getting set for contest**

135 X 10	135 X 10	235 X 10
225 X 6-8	225 X 10	315 X 10
315 X 5	315 X 3	405 X 3
405 X 1-3	405 X 3	475 X 3
450 X 5	505 X 3	575 X 3
450 X 5	605 X 3	705 X 2
450 X 5	705 X 2	770 X 2
315 X 10	805 X 1	805 X 2
	426 X 10	850 X 1
		500 X 10

**Week #12 Contest**

225 X 10	315	
315 X 10	405	
405 X 3	475	
525 X 2	575	
605 X 1	705	
725 X 1	770	1. 875
770 X 1 warm ups	805	2. 929
		3. 950+
1. 850		
2. 905		
3. 929+		

All of these numbers can be regulated for high poundages by dropping the 225 pound warm-up and substituting 315.

Remember what I said about practice makes perfect, and perfection comes from only practice. Squatting is total balance and direction. You must direct your shoulders and your head in an upward fashion to obtain an easy lift.

I've found out also from experience and experimentation, that bout 45 minutes after squatting, a two mile bike ride, and not just flats but up and down hills produces some of the most astounding development and size one could ever wish for. It should only be done about three times per week. If the seat is set in the low position you will affect mainly the hamstring area. By raising the seat near its maximum height you will change the point of attack to the quadricep muscles. So it is really up to you whatever area you need most, make the adjustment. If you have an easy adjusting seat, you may want to ride one mile raised, and the last one mile lowered.

## HALF SQUATS

Why I use half squats is self explanatory. At this point I'm using weights that no one, except maybe the great Paul Anderson can use, or someone who uses this method.

A half squat is done in the same manner that a full squat is done, but with sometimes twice the weight. When your thinking about a maximum lift, one has to also think beyond that number. For example: for me to squat 900 lbs., it's not just enough to squat up to 875 and hope at the meet that I will squat 900! When your training you are training your leg muscles, you are training your psych. When I half squat 1,200 lbs., I know also that I'm pushing muscles to move that under normal circumstances wouldn't budge. But in doing 1,200 lbs. half quats, I'm sending electric feelers to both the legs and the brain. I'm sending messages that say, those 1,200 lb. reps were easy today, so I think I have a good chance with a single of 900 lbs.

Also, half squats will push your leg muscles to what I like to call failure. Your mental capacity is telling you, miss and you are plum pudding. So with this in mind, you work all the harder and your force yourself and your muscles to extend further than under normal use. Let me explain how I would use them in my workout. My half squat workout would be substituted for a regular squat day owrk out. I would do:

135 X 10 - Full	1000 X 3 - Half
275 X 10 - Full	1050 X 1 - Half
405 X 5 - Full	1100 X 1 - Half
505 X 5 - Half	1150 X 1 - Half
605 X 5 - Half	1200 X 1 - Half
705 X 5 - Half	275 X 10 - Full
805 X 3 - Half	

I found this to be a happy medium, here I get 35 full reps for ligament strength and growth, and another 30 half reps for building that giant muscle tissue. As you can now see, it's a two way road. You're taking that same muscle you plan on over taxing and providing it with a warm blood flush too!

## THE WIDE-STANCE SQUAT

What is a wide-stance squat? It is a squat where your feet are placed further out than usual. Some guys use it as a natural stance, but I use it to better build certain parts of the inside leg. Today Arthur Jones Productions produces a machine that will do just about what a wide stance squat will produce.

If the right width is achieved, you will get the direct involvement you need from your gastrocnemius and solius, these muscles are part of the interior of the calf muscles in the lower leg. In doing so you will also, at the bottom of the squat, bring into play the vastus medialis and the rectus femoris along with the sartorius muscles. These muscles lay toward the interior of the upper part of the leg referred to as the thigh. This is another way to say specialization! If you want to get the most out of your lifts, you will have to specialize in working the separates.

You might say, "Jim, What good is this for a power lifter?" Let's take a quick look at two dudes: one specializes and the other doesn't. Both men weight the same. In a contest they both are tied going into the deadlift with one lift a piece left. The lifts they will now anticipate are more than either man has done. The chances of the man who has specialized on his deadlift are greater when you talk about the unknown, untried lift that is left to do! I know you've watched two men do the same lift, and the one much easier than the other. The man who not only builds, but specializes on the most muscles, is a 90% winner in the end. So, try all that will be an advantage to you.

## FRONT SQUATS

Look at the quad development on any olympic lifter or body builder and you will easily determine the value of front squats. To the serious squatter they are without value! There's not enough that can be said about them. Work done on the quads may save a lifter some serious pulls and tears later on in his or her lifting career. For the person who really doesn't know the function of the quad muscles, let me explain in one sentence. They straighten the leg. So when it is time to bring a squat from mid-point upwards, the quades are what straightens the legs to lock-out. This is the purpose for this technique. You show me a good set of quads and I will show you a person who has little to no problems locking heavy squats out. Advice ... add them seriously to your workout program.

This is the last subject I am going to touch on concerning squats. What value is to lay on your back and leg press? Much, in every way. First off, it's the only position related to the squat that will allow you to repeat awesome poundages without fear of being crushed. In the leg position press, a man who normally squats 500 pounds for one rep, may leg press 500 for 5 to 10 reps before stopping. It will allow you to tackle weights unbelievable of in a normal squat position.

So, what does that mean, or do? First off, psychologically it's a dynamite psych boost in the fear department. One might say to his or herself, I just did 500 X 10 = 5,000 pounds as to 550 X 1.. One of the best advantages of the leg press is it allows you to specialize on the hamstring muscles in the back of the upper leg. Your hamstring is what raises you out of the bottom squat position. It will raise you to the height that the quadricep muscles take over. So you can see the necessity of leg presses, they work hand in hand with front squats in specializing on the squat. Advice ... start your next training session with them.

## PEAKING

It's basically true that some athletes are limited by the number of heavy workout in a single training period, but first thing every serious lifter should realize about his body is just how much repeated stress he can handle before his body may break down.

Most lifters of national prominence are more apt to suffer the syndromes of prepeaking while still in the gym or the weightlifting club, but because of the all important necessity to gain prominent exposure, the seasoned lifter will sometimes compete when he really shouldn't. We have a saying in powerlifting: "No pain, no gain." I believe this, but one must be able to distinguish between good pain and bad pain, and be able to contradict its side effects. Dull body aches day after day are not a good sign. Pain you can feel the next day usually tells you you worked hard yesterday and are now reaping the rewards. But pain you feel as you work out is not the same. I've explained this so you will better understand the art of peaking.

Peaking is experienced in several different forms, according to the respective sport one specializes in. I'm dealing solely with powerlifting. First off, it's a disaster for an athlete to train vigorously for months, and than not be able -- or know how to -- bring out his maximum lift.

Number one -- in a long training period, or period where a contest is postponed, the lifter has to know how to react and contradict this problem. One of my best methods was to change my routine, but not the maximum approach. For instance, if I was using a 6 X 5 routine going into a meet, and it was put off for two more weeks, I

would change it to a 19 to 25 rep routine, which would give me fewer reps. I wouldn't burn out, but it would allow myself to maintain a maximum touch.

I train so my heaviest days fall on Saturday. The reason for this is that most meets fall on Saturday, so I set my peaks that way.

I have found that no matter how great the lifter may be, he can't hold a peak more than one month, or at most six weeks. How do I arrive at these numbers? I train in a period of 3 1/2 months for a major meet, at least two months goes into getting ready. The first month is mass training, the second goes into special groups and isolation moves, and the final month I deal with preparing to peak. My reps come down and the pounds climb into giant three's, two's and one's.

Peaking is an art that has to be learned, it's not something you will easily recognize. What do I mean by this? How many meets have you gone to at which you come into contact with some of the most outstanding physiques you've ever seen? Here is a person who has trained hard for months, and you hear him asking someone, "What should I open with?" He has trained in vain.

There is another kind of peaker. This peaker you'll find in the warm-up room, squatting 700 pounds. Then, when called to do his first attempt, he asks for 750 pounds. Some of these people never get past the warm-up room. Why? What is their problem? The warm-up room is where champs are made. I will warm up to about 615 or 650 pounds if I open with 800 pounds. If I were to open with 850 pounds, I would get no closer than 700 to 725 in the warm-up room.

Another way to throw off a peaker: you're in the warm-up room and you hear a trainer telling his lifter, who trained very hard, "The weight is heavy. That big guy over there is your competition." If you have trainers who want to change what you trained for, and you have no injury, and if they do any of the above, get rid of them. They not only cause you to lose and take a lesser weight, but you can't peak unless your final lifts border on failure.

A person who completes nine lifts didn't actually have a peak. There are people who peak using nine good lifts, and there are people who do nine lifts, and on the last lift it looks like they should have started with it. The problem here is bad advice. How can someone train for a 500 pound squat, and in a period of three months squat 450 X 3, maybe 435 X 3 equals 1,350. What do you see here? You took three separate lifts with a break in between and totaled 1,355 pounds. In training you took three reps without a break for 1,350 pounds.

If this had been me, I would have started with at least 450 pounds on my first lift: I would have taken 500 on the lift I chose for my second attempt, and my third try would have been experimental, or in the range of 525 to 540. I understand too that everyone may not have my psyche, but it's time to learn the tools of the trade.

Peaking too early is frequently a symptom of jocks who can't be patient with their set program of weekly advancements. Many jocks in the gym start peaking early

because of surprise visits to the gym by well known personalities. The minute these people enter the gym, all programs are abandoned as the impressive performance begins. What happens? Because of the intensity of these peak performances, you've taken away from your maximum storage, you've entered into the mental overwork phase, your efforts now are weakened, and you start to mentally deteriorate. How many times have you heard the gym jock say, "Last night Bill So & So came into the gym and I benched 500 X 5?" That's great or is it? What if Bill So & So never appears again? You've lost your motivation, and what if he does? You're prepeaking in the gym.

Peaking is an art of its own. It's like putting a puzzle together. You know how ugly a puzzle under construction looks. In fact, everyone who passes by only takes a fleeting glance. Your puzzle board has little patches of puzzle put together here and there. Then finally you call everyone together and exclaim, "Look what I've done!" All the efforts are put together for this final performance. Peaking is the same measure of art.

Remember, not everyone can be a great peaker. You have those who can go to four, five or six meets a year, and those who can only handle two or three major meets annually. Why? The people who go to five or six meets a year are no different than you, so how can they do it? This kind of gym jock nows in his mind, and has convinced himself, that he wants to be a champion. He sets an ultimate goal with several goals in between. This means that the desire is high, and each meet is a step closer to the ultimate. How often have you heard a lifter say, "This is my last meet?" How can you set an ultimate goal with an attitude like that? Two months later this person is starting again. Did he peak? I doubt it very seriously. This same kind of lifter can always find a logical reason for not lifting on a regular basis, and mixes his workout periods with as much as a week off here and there.

I can't understand another method used by so many preparing for their peaking. This method is one where the lifters nearing their competition start cutting back on their work load. I've come across lifters preparing for extraordinary lifts who cut all the way back on their poundages. If the meet was put off for several weeks, I could understand this method if you're not strong willed.

The reason for this cutback method is that because of intense training, people believe they will have a shortened peaking period. My answer to this is, if you correlate your heavy training days to fall on the meet days, peaking will not be premature and it will strengthen the mental attitude on contest day.

I heard a story about a professional football team whose coach denied the player the right to be with their wives and girlfriends the night before a game. His theory was: no sex, better performance. Well, as luck would have it, they lost each time this rule was implemented. The nights they stayed with their wives and girlfriends, they won. What deduction can be drawn from this? In fact that there were

no unusual change brought about, no stress or mental psychological peak. I believe that changing your workout a week or 10 days before a meet can be disastrous. How does someone prepare his mind and muscles to respond to the challenge of 800 or 900 pounds, after cutting back a week before to 500 or 550 for reps? No wonder so many lifters continuously change their minds about their starting poundages, and eventually don't do what they're trained for months to do. This, to me, is fear syndrome that will make you peak without a major lift.

The syndrome goes like this: the lifter peaks through fear, changing his poundage several times. When the bench comes, he experiences it there too. Finally, someone whispers to him, "You need an 800 pound deadlift to win." Of course, he would have only needed 750 pounds if he hasn't fallen into this false peaking. So what does he do? He fails completely, trying something that was really out of his reach. If you're afraid to do what you've trained for, it's unlikely you'll be able to do what you haven't trained for.

There is a way to peak, and a way to divide the weight to cut the fear syndrome. Peaking should be done in a fashion that will exclude fear, and allow you to associate what you're going to do with what you have done.

For instance: a week before the meet (Saturday is heavy squat day) I squatted 830 X 3. Now, a week later in my hotel room I ask myself, "Since you squatted with 830 X 3 last week, what will you open with today?" Suppose I choose to get an easy one on board, so I open with 800. My second lift will be 850. Not only is it within reason, it allows me at least eight minutes rest (not platform time), but at this point few lifters are lifting. After completing a successful 850 pound squat, I approach a friend and say, "Fifty pounds is 900; do I look like 25 pounds per leg?" We both smile, and I call for 875 or 880. This is how you divide weight. If it sounds like less that's what it really is, but it will allow you another great gain. I do this with each lift. Sometimes I've felt so good at this point, I've taken 100 pound jumps.

"Divide and conquer" has been a way for me to prevent fear from making me peak mentally. Remember, there is no way to associate 500 pounds with 800 pounds. Five hundred pounds for eight reps is great, but it's either a warm up or endurance. The difference between 700 and 800 pounds is astronomical, just as 800 pounds is distant from 900 pounds. Close association the week of a meet is vital to a great peak performance. Probably the best illustration is this: a man drives his car down the road 100 miles per hour every day for a year. Now put the same man into a dragster that will do the quarter mile in six seconds at 250 miles per hour. The 100 mph training for a year has nothing to do with six seconds at 250 mph. If you want to peak right, associate it with what you are going to do. Football players don't rain while wearing basketball equipment.

You may be asking, "Can I over train and peak before a meet?" Of course you can and it is an easy thing to do. As I stated before, one must know when to



supplement the second and third routine. Burnouts happen frequently, and the results really show in a loss of desire to lift: attention span is greatly diminished, and your muscles stay sore for a longer period time. About this time, a lifter will drive himself away from the iron pile, and substitute running, long layoffs, the irritability syndrome, and eating binges. With these diversions in the mind of the lifter, it takes far less than you might imagine to fall out of shape. Learning to peak right is far more important that many people realize.

#### The Correct Way To Peak

- {A} Excellent mental approach. Keep all negative people away from you the last month of training, and especially the day of the meet.
- {B} Learn to associate your weight levels. Always lift within 50 pounds of the weight you will start with as you enter the last week of training. Of course, this has nothing to do with your warm up on meet day.
- {C} Make all your heavy days, or the heaviest lifting days, Saturdays. You may have several heavy days, but in any case, make one of them Saturday. Ninety percent of all meets are on a Saturday.
- {D} To keep from going stale and peaking early, use alternative routines, routines that will ultimately keep in touch with maximum or near maximum poundages.
- {E} Set your schedule so that you will be able to hold your peak, if necessary, for four weeks. You can do this by using my methods.
- {F} Use my "divide and conquer" method to offset the fear syndrome.
- {G} Keep your muscle fuel levels high. Carbohydrates are the primary fuel. Before a competition, that is, the week going into a meet, carbs should be in the mainstream of the diet. Five thousand calories is good. Follow my plan and you'll be sure to increase in poundages and peaking ability.

## BACKACHE

Anyone associated with the art of weight lifting is not separated from backache. It will stalk your quicker than anything you can immediately accomplish in the gym. It owns the supreme question, "How do I avoid it?"

In powerlifting circles when you talk about posture or the back itself, you can run into names like: Ed Coan, Danny Wohleber, Dave Waddington, Doyle Kennedy, John Kuc, Vince Anello, Bill Kasmaier, Don Reinhoudt, and, of course, the great Paul Anderson. Why did I name these men? Some for their size have out squatted, out deadlifted everyone in their class, and than the others need no introduction at all. Every one of these men are synonymous with World Records that encompass the complete back. If they sat with you and told you the truth, you would find out even from their own scientific ways of training, the backache is forever present.

What do we draw from this, that we should not lift at all? I should say not, but there are ways in which we can take better care of our backs. If you could list all the ways that exist for taking care of backache, there would simply not be enough paper or ink to write about it. Most of the ways are either old wise tales, or non-professional. What I mean is the most writers about backache have never really done anything that requires a backache!

I found myself many, many times just dropping to the gym floor with pain. I've rolled on the floor, bent over objects, and sometimes ended up in a chiropractor's office, and the good ones you can count on your hand where you live.

First off, your back is just a column of bones supported by some large and small muscles tied into ligaments. Oh, I know there are a lot of proper names I should use, but to keep it simple for awhile, let this be. We sometimes forget that this tack of vertebrae and muscles usually support an over weight body to begin with. Let me use myself as an example. I stand 6' 1" and once weighed about 330 pounds. I went to the gym and all my reps together in the squat come to a mere total 26,885 lbs. or 13 tons plus. Remember now, you only have 26 vertebrae in your back. That 13 tons is done only 1 hour of the day, so you can see the pressure that can be exerted on your back. At the same time, I've bent over to tie a shoe, sprang up quickly and trapped a disc extended out of a vertebrae and such distress brings backache that is unbearable! Anytime you disturb a disc, you can be sure of pain-city.

Most of us power lifters have our problems in the lumbar and cervical areas. The lumbar is the lower part of your back. Sometimes I call them your erector muscles. They support most of the upper body weight, that is why when you compound your body weight with squatting weight, add a sudden turn and you've got backache. If you already have bad posture, you may ruin your career as a weight lifter. The area where the bar rest on your neck is called the Cervical. One must remember that out of the 26 vertebrae, we have used up 12 vertebrae between the Cervical and the Lumbar regions. So now we put between 800 to 900 pounds in the cervical area to begin our squat. Your talking troubles. Your talking about a week long stiff neck with a headache! Your talking about days off from training, or training that area.

I remember going to a chiropractor in my early career to find a backache. He told me to place my feet on two symbolic footprints on the floor. Directly in front of me hung a plum line. The doctor told me to stand straight, and I responded that I was! I was told that I wasn't, and to put my nose on the plumbline, you can't believe the serious pain I went through trying to put my nose on that plump line. This was when I seriously started taking better care of my back. I was astonished to find out that my back was that far out of line. So what does this say. It states that I was probably walking down the streets of life unaware that I was imitating some primate. At the same time running through my head, I probably thought I looked good! These support strains definitely give us bad posture. I found out later in life that these same injuries

do not necessarily have to happen. I'm not going to tell you about some super medicine that will do the job either, but I've had good results from D.M.S.O. Looking ahead of D.M.S.O., there are several different ways to attack this problem.

If you are going to squat and deadlift those enormous poundages, you must prepare yourself with some other exercises besides squatting and deadlifting. We call them assistant exercises. What is an assistant exercise? An exercise that will substitute in helping the main movement. We know that when we stand with a squat that the bar and weight cross both shoulders and lay at the base of the neck. The pressure starts there and rides downward through the body, so to protect this immediate area, we have to bring other areas into play to take the main strain away. The muscle we use to lift anything from the ground is the lead muscle in directing a good deadlift, the trapezoid. The trapezoid is the long muscle that drapes the rear of the neck and goes into the shoulder and curves to the middle of the back. This was the first muscle I began to train vigorously., I found the muscle mass I created in the trapezoid, put enough muscle between the neck and the bar to raise the bar off the neck properly., My second task was my deltoids. I did deltoid work that was in unison with my trapezoid as not to cause unbalance. I took care of my latissimus dorsi during my bench press assistance workout. I eventually acquired high thick lats. They formed the outer area of the back and lent support to the upper spine areas. But the main area was the lower lumbar. It is imperative that special care be given here. The lumbosacral is the D.M.Z. of the back. Here most of the pressure is received and that is the reason we wear lifting belts in this area. I feel that one of the phenomenons of powerlifting had to be Paul Wren. Wren for years squatted enormous weights and did not wear a belt. I would imagine his great girth covered for not protecting the lower lumbar. I would say, the two best exercises for the lower lumbar are, good mornings and hyperextensions. If you don't think lower lumbar work is important, let me associate you with a problem with prize fighters. A fighter with poor lumbar can be seen very quickly. Take a ten round fight, the fighter with poor lumbar will start the fight lets say, in a crouched position, bobbing and weaving. By the middle rounds, you start to wonder why this fighter isn't moving so much and is now taking unnecessary shots. Well, the lumbar has now stiffened, and to compensate for the pressure, the fighter has now assumed an upright position. So you can see why special care should be given to that area. For those of us powerlifting such weights as we do, it's most important that we take care of those areas. I believe that now that we better understand these areas we must now focus on curing these faults.

The imbalance of muscles, a lot of times, creates much of the stress we go through, and the final event is poor, poor posture. We are not elephants who have the muscle power to compensate for poor posture. We have to take care of it immediately, or it may become ruinous to our future.

One thing that has been the downfall to big men is soft stomachs. The back has nothing to push against, and therefore it sags. We feel because we are in the unlimited class, we don't necessarily have to take care of the stomach, so therefore, we encourage poor posture and backache. I understand your stomachs will never look like Frank Zane's, but it still can be hard. You must realize that with a hanging stomach, you automatically put your hips out of line and this causes you gut to be sloppy and put pressure on the back which eventually brings about backache. Do you remember the story I told you about the plumbline and my vertical stand how out of line it was? Well this all comes from weak points in the body, due to unbalance of muscles or a protruding stomach and laid back hips. Correct one, and you will be correcting the other ones too. We should avoid every opportunity to lend strain to our body. What I mean is, just because you like what you see in the mirror or your mind, eyes don't necessarily have to be food for you. So give up the imbalance of muscular growth. I've had friends who will not squat 100 pounds, but walk around with a chest and arms that belong on a 6' 3", 280 pound man. They not only looked weird, but they suffered much backaches, and I'm sure you know the same kind of people. So if weight exercising is the avenue you are using to get your body into shape, do it with a logic that will allow you to do balance training. Another thing to pay close attention to is, when you are constantly picking things up from floor level, it is imperative that you bend your legs in order not pop discs out of the vertebrae! My belief is that there is not enough you can do to your muscles in moderation, but strain, pain illogical rationalizing, fatigue, all lend to muscle injury. I lift five times a week, you may say, "that's too much"! Well, it is if you don't now what you are doing, but after getting in some sort of shape and one uses my rep method, he can, on my one training program, do a minimum amount of reps and touch his maximum everyday without strain. Grant you there is some tailoring to be done prior to that method, but the results are fantastic!

There are a lot of stretching exercises that can be done, but everyone cannot perform the same, due to your construction, so my advice is to find the one fit for your body and go from there. Remember, a minute or two in advance may save you money and months of aggravation. Remember, what is good for someone else, isn't necessarily good for you. I was once told to lay off a bench and sit up and twist. I don't have to tell you how I twisted my back. Most of the time sensible standing on your feet exercises are the best, this allows the stretch to go from the neck to the bottom of your feet. Also, as I stated in the posture article, get a good massage from time to time, if necessary make an appointment with the Turkish Bath. You won't be sorry. Probably my greatest comforts came from my Calgon baths. I would soap up and sit in the tub until the water was almost cold. I never realized the power of water. It can move cramped muscles that a doctor can't. One of the greatest therapies for Polio is water. Use it to your advantage.

So my closing advice to you is, live sensibly; lift the same way; be sure to check for uneven muscle growth; follow good sleeping habits, and to find time to exercise without weights for stretching.

## POSTURE ENERGETICS

This is a subject that I for the longest time wanted to address. You may find the subject offensive or maybe even outrageous, but I know if you read this with some logic, you may change your mind.

To be a weight lifter, for every plus you come up with, there remains a minus! The biggest minus has been the absence of education to the trained humans body. You and I both look at our trained bodies and smile with content, but across the street lies a pair of eyes who may see either a clumsy body, or an overweight model, but most of the time trouble. Grant you it is nothing but jealousy and lack of education, but we don't help it with the obvious postures we create.

A well-built man is a threat to any beer-drinking lounge standing on the corner. He is a threat to his manhood because of the obvious reasons: his girlfriend is attracted. He feels an inferiority complex arise, and though you mean no harm, you intimidate him. More often than not, many well built men have been the object of ridicule, and outright physical attacks. Just because a man lifts weights, does not mean he can fight, or does it mean he thinks he is more of a man than others.

Try to tell that to a slob hanging out in front of a bar. The only thing he knows is, the guy coming down the street is a threat to my manhood.

Sometimes, and I should say, more often than not, we send these signals out to these kind of people. We send these signals out by the way we carry ourselves. Most people who lift prefer to stay tight and sometimes look awkward. I know myself at a body weight approaching 340 lbs., I am able to walk with my arms directly at my sides, and I carry a near 24-inch arm! I walked lightly for a man my size, and stayed loose enough to put my hand above a basketball rim.

I don't know what your thoughts are, and you may totally disagree with what I have, or what I'm going to say, but if you will do some deep soul searching, you'll have to agree. We sometimes bring the problem upon ourselves, certainly we are proud of our accomplishments, and on top of that, why should we have to hide them. I'm not saying hide them, but what I am saying is, wear them with pride. The whole purpose of this article is to bring some relief to those who are so muscular congested that it is now uncomfortable. What I'm going to tell you will certainly bring you relief.

You have to realize that a man my size only has so many options. Did you ever see a full grown table trying to limber up before a football game? You have to admit, it's pitiful. Well, that's how some of us choose to walk around.

Let me use myself as an example and tell you how I remained somewhat loose, and yet retained all the potential readiness needed to do a 600 plus bench press or a 800 plus squat, and still be able to tie my shoes in the morning.

Many people have turned to jogging and I'm frankly against this and heavy weight training. Why? As you run, your leg muscles repeatedly lengthen and contract. This action creates lactic acid to form in the tissues and with body heat causes stiffness! So now you have a negative reaction in the muscles from lifting, and soon after compound it by running, that is why running will not relieve the condition I'm talking about.

Really one of the first things we should do after working out is, cool down until your heart rate goes back to normal.

One of the things muscular people should do prior to going to the gym is to do an exercise I call, "Washing your feet". The person stands on one leg, leans on a wall if necessary and raises the opposite leg until both hands can grab the foot. Hold the foot for 30 seconds, release, do the other leg. This should be done in sets of five (5). If you can't do it, either your stomach is in the way, or your back is stiff. This is what you want to do to eliminate a still back.

After I do my back stretches I use a mild muscle ointment all over my legs. I should have said this earlier, but you should get out your 10 speed bike and get ready to go to the gym. This is excellent on squat days. Leave early so you can take a slow ride to the gym. Upon finishing your workout, cool down by laying relaxed on the floor, back to the floor, and just lay stretched until cooled out.

The trip home should be done in this fashion: ride a block, walk a block, ride two blocks, walk two blocks. In this fashion you will release the lactic acid built up and you will keep the muscles stretched in the lower part of the back and legs. I like the bicycle idea best, because you are not completely using all your body weight on your legs. You must also eat enough carbohydrates to replenish your depleted glycogen supplies. If this is done say immediately after a workout, it will help restore these supplies.

For the upper body stiffness, I like water! Let me explain the water theory. I do not mean for you to completely loosen up your muscles, no, not at all, but the use of water sensibly will do wonders. I was fortunate enough to have a very fine water hole near my house. So I would than get into my car drive to the water hole and slowly get in the water. I did this slowly to compensate for temperature changes and not cause a reaction where I would stiffen my own body. The water secret is not a lot swimming, nor is it 40 X 100' burst, but a gentle paddling of about 15 yards - stop, inhale, 15 yards back. You can put the limit on yourself. One should than stand in the water that is, to your shoulders and relax, doing very slow shoulder rotations. After a few weeks, you will find out that, not only did the muscles stay the same size, you will find out that water massage, has allowed you to stand with your arms at your side. You will no

longer look uncomfortable, but well built. You will at this time have learned muscle control even though you didn't know you've been practicing it through a nonconcentration methods.

Posture Energetics are the least practiced by weight lifting people, we take for granted that we look alright because we lift weights. That is really so far from the truth. We only look alright when we learn to carry our weight around correctly.

Once a week one should concentrate on a thorough massage. It should be done on a day that you have nothing to do. Thorough massages will increase the blood to these overworked muscles, relieve stiffness and help as a healing process.

When muscles are cramped up like I originally spoke of, a lot of times they become fatigued and you don't realize it. Do you remember the days you felt very good, had enough sleep, went to the gym to work out and received negative response? Well, 90% of that is caused by your posture, that is the way we strut our muscles for show. What you have done is entered your muscles into a gypermobility syndrome! Because a man thinks that he must display his muscle every minute of the day, he goes through this overworked syndrome which causes poor muscle recuperation!

Most injuries inhabit these overworked muscles, they cause the muscle to shut down in maximum efforts and more than likely prevent contraction. So stop the beach and street posing, and allow these muscle to relax. By letting them rest, you will restore muscle coordination, and a pleasant biomechanically efficient gale. Leave the showing off to the adolescent. If you let your posture change, you will experience a great difference in your shoe wear, and your gale as you stride. You will no longer imitate a walking primate but a man with his whole body under control.

## HOW SHOULD I PREPARE MYSELF FOR MY COMEBACK?

These are usually the seasons we long await. A time of total relaxation away from the gym and it's exciting odors of A Balm, Ben-Gay, DMSO, etc. It should be a healthy time of keeping the home fires burning, because there is no way to train to the max with a depressed wife or girlfriend, and today with girls lifting, we must include husbands, and boyfriends!

One should also use this time wisely, going over notes of his past training sessions, possibly bringing to light errors that may have held him or her back. I find that taking notes daily can show you a lot of hidden wisdom. For instance, it helps me know day by day the tonnage of the complete workout. E.G., I may have a bench workout of nine tons. This will let me know where I have to add both weight and sets to meet ten tons.

This should be a time of getting good blood work done, and finding out all deficiencies. It is a perfect time to catch up on all the much needed vitamins and minerals you need for a healthy come back. I would suggest some, or if possible, all of these:

- Vitamin A** - 10,000 units -- cell growth and will care for tired tissues.
- Vitamin D** - 400 units, -- necessary for calcium and phosphorus utilization. Promotes strong bones and protects muscles.
- Vitamin E** - 100-50 I.U. -- Boosts body oxygen for stamina and endurance
- Vitamin B1** - 100 mg. -- Necessary for proper metabolism of sugar and to provide energy.
- Vitamin B2** - Involved in metabolism of protein, fats, carbohydrates, and is important to muscle tone.
- Vitamin B5** - 500 mg. -- Helps form certain hormones and anti-bodies. Aids resistance to stress. Plays an essential role in energy.
- "Pantothenic Acid"** - is the closest thing to steroids, taken the right way, it will stimulate production of the adrenal hormones, as believed by the author.
- Vitamin B6** - 100 mg. -- Blood building factor; it is the key nutrient for new growth.
- Vitamin B12** - 100 mg. -- Blood building factor; it's the key to nutrient for new growth.
- Folic Acid** - 400 mg. -- Helps synthesize nucleo such as RNA & DNA. Helps the body get the most from your proteins to build body muscle tissue.
- D-Biotin** - 100 mg. -- Helps synthesize amino and fatty acids and form RN & DNA.



**Vitamin C** - 500 mg. -- Fights toxic effects, helps in healing, in production of red blood cells and regulates cholesterol.

**Choline** - 150 mg. -- It is essential to the health of the kidney and the liver and the bladder.

All the minerals should be taken, such as: Calcium; Chromium; Copper; Iron; Iodine; Magnesium; Potassium, and Zinc.

Dietary food supplements at this time should also consist of Alfalfa; Brewers Yeast; Garlic; Kelp; Liver; L-Lysine (500 mg.); Lecithin; L-Tryptophane. An amino known to help relieve stress and tension is Octa Cosanol. This is the most important ingredient in wheat germ oil and will increase stamina, strengthen muscles in less reaction time. Protein, be sure to include, the very best amino acid tablets for sale!

How should you eat? Small meals of vegetables, meat and good green salads, bananas, melons and most all fruits. You're better off eating small good meals at this time to take the strain off the digestion system. It too needs healing and rest.

We are what we eat, and unless you eat essential good foods, it could be the difference between making it, and failure. There is nothing better I like to do than eat. Eating is the great "American Habit". Most people around the world are not afforded this luxury, and yet we abuse it badly. I'm not for all kinds of diets, in fact there is only one good well known diet that I use, and that is the grapefruit-coffee diet. The only reason I use the coffee is it works. I use one grapefruit and a cup of coffee with each meal, and it, with the stomach acids, will neutralize the calories and break down the fatty tissue. It was founded by the Mayo Clinic. I've lost up to 100 lbs. with it while eating three "normal" meals each day! This is also a good period for rest. Relaxation can come by reading whether spiritual blessings or I find history to be a great relaxer too. In fact I just finished up another book that covers the history of man. The name of the book will be called "The Locust".

Like I said before, study those notes you have compiled over the past months, searching them for every available ounce of information that can lead to pounds on your total.

I found the best way to return to any gym is, days before your planned return to working out again, one should make about two or three visits to the gym. Sometimes watching others working out will hasten the desire to get back to the aches and pains. It also allows you to see things that normally would go by unobserved. Mistakes performed by others, and possibly you will be able to relate them to yourself. This will add in the correcting of many of your mistakes.

Sometimes by acquiring a new workout shirt, etc., will boost the spirit of your return. The return should be of a modest nature, with light and fast workouts to stimulate the muscles. I would suggest that this would be the time for the power lifter to do some body building. By doing this, it will afford you the opportunity to train all the muscle groups. Special areas should be focused upon to this point such as; arms,

lats, traps, lower lumbard, and some of the leg supplemental exercises. By operating this way, you will have a head start on the major lifts when you start to train them on full schedule. By the same token, this the ideal time for the body builder to, sort of, power lift, to add that needed mass in the chest and leg areas. Power lifting is the only way to obtain those large layers of mass to any one area.

Now would be a good time to project a future contest of about four to five months away. If you go four months away, it will give you a month of body building and three months of power training for your next contest. This training would well suit the power lifters who may be at the national class level and above; understand me now, this doesn't mean that a beginner could not use this train of thinking, only that it would suit him or her better, when they have reached this intense training level.

In making up your new schedule, be sure to make all Saturdays one of your heavy days, or a day to do maximum poundages. The reason being, ninety percent of competitions fall on a Saturday. This will allow you to compete in a Saturday meet with less attention paid to any schedule change! You will, in essence, be going to the meet, to do your heavy work out, only with added psyche!

## **HOW DO I PSYCHE UP IN THE RIGHT WAY?**

This is also the proper time to learn how to control your emotions. Remember, controlling them or psyche, is not bashing your head in, but doing something that will help you.

First off, how do I control my psyche to make it work for me? Through practice! How do you practice what you do not understand, and don't know how to control? Your psyche is your mind or self. This is what your major task will be, to control your mind or self. Did you ever sit down and sort of relax and make muscle groups move independently of other groups? This is part of control.

In psyching up properly, it is imperative that you thoroughly analyze before hand the situation. The dictionary states, intimidate, but in our case there is no way to intimidate an inanimate object or objects. So therefore, it is necessary for us to urge oneself with mind controlled force to do in a forced situation what could not be done under normal conditions.

In this case, the situation would be a particular lift whether in the gym or a meet. The analyzation is the examination mentally of all your skills, training, and the thought of the people in the gym or meet, observing your intentions. Mentally you will release several hormones and epinephring, and heart stimulant, thus rendering your added strength for the lift.

I practice my psych on my training partners, by suggesting on certain days to do certain feats, and in doing so, I also afford them the opportunity to experience this sensation. I will say something like this, "Tuesday, I am going for a max, 450 X 8".

Willy, who is much lighter will say, "In that case, I will go for 325 X 10", and each one will say what he will do in his respected weight training. We will talk it over, the ins and outs. Sometimes in a competitive spirit, one of us may say to the other, "I don't think it is possible", which will bring a heated argument, not a fight, which the other may say, "bet", and the psyche is on.

You know I found out that after you train so long, there is really not much more you can do for your lifts at a certain interval, but to psych and peak. If you don't know how to peak, you become rusty, and your lifts become stagnant and sometimes even fall. You see, the peak is the highest level or greatest degree of your training program. This is brought about by perfecting a space in time to complete your projected training. This is usually a meet!

Remember, nothing should be done only because your training partners "said so", but in the full spirit of psyche. Start your training to the same psyche that you would use at a meet. This drives away staleness, in psyches others around you, and makes each training session a pleasure.

Remember this wisdom I am about to lay on you. I have had many, many training partners, and of these training partners, many did not like for me to discuss my routines with others outside this unique clique. I was always quick to stress this upon them, if you hold back others, you hold back yourself. This too is a mental game that can trick you in the long run! It doesn't matter what you really tell others, because they still have to do it. The mind has to be free to work, and it cannot function to its maximum with restrictions on it. This will be your first step to becoming fully positive.

I'm not saying that you should advertise yourself, but you should never hold back anything that will in turn make you mentally uncomfortable. You may say, well Jimmy, you must be nuts to tell a lifting secret, and further more why should I? Because you will never be able to fully extend yourself, whether in public or in a gym. Your secret will remain a secret and will die within you, never to be released or discovered. Do not be mentally chained, the innovation of an idea by others, is sometimes the secret to its success.

**GLOSSARY OF TERMINOLOGY**  
**USED IN POWERLIFTING**

## The Bench Press and It's Assistance Exercises

### 1. **Strong Bencher**

One who can bench press much weight, but whose style hinders big gains due to the unorthodox leverage employed. These lifters usually do not bench press as often as a drive-line style bencher.

### 2. **Drive-line Style Bencher**

One who can press a lot of weight much easier than the strong bencher can. The finesse of the leverage employed usually allows them to make gain after gain, and permits them a more comfortable position on the bench, thus letting them bench often.

### 3. **Lat Pull T-Bar**

Done from the floor with a comfortable amount of weight to begin with. The weight is pulled to the chest by the arms. The legs straddle the T-Bar, while the upper body is in a 45 degree angle. I found that the best movement is, that as you pull the bar to the chest, you should also pull the chest forward over the rising weight. As the weight decants, one should push his body rearward to cause a counter balance action. 6 X 10

### 4. **Pullovers**

Use a barbell. It should be placed on the floor at the head of a regular bench, that may have been placed on top of 45 pounds plates for height. The bar is than pulled up over the extended head and shoulders to the crown of the chest. It is than lowered to the sound of the plates touching the floor, then the bar is brought back to the crown. Work to heavy weight. 10 X 10

### 5. **Lat Pull Downs, Front and Rear**

The person is to sit on the floor in front of the lat machine and methodically pull the bar to the top of his chest. 4 X 10 Then he will rest and do the same, but only pulling the bar down to the rear of the shoulders. 4 X 10

### 6. **Front Plate Raise (45 to 100 lbs.)**

The plate should be held out in front of the body with the arms held all but straight, but locked in that position. The plate is than raised up slowly until it covers the forehead, then it is to the waist line, thus affecting the front deltoids. Six to ten sets X 10-25 reps.

### 7. **Overload System**

This is without a doubt, the most gruelling of all the exercises. It employs the most weight used by a small group of muscles. Sometimes miracles are brought about with this method. A person realizing the great poundage over his head, may push harder than usual and make a poundage unthinkable. The

important part of overload is your spotter. He must be strong, and able to react in a moments notice. The overload allows you movement with weights that normally you would not use but in a partial movement. It is now that you can do the full movement with the help of your spotter. You will be receiving only enough help to keep the bar moving. When a person is lowering the bar themselves, it is only then that they receive the full benefit of the overload. It will make those hard to move muscles work. They will have no choice but to follow the brain impulses to move. It will be a time in which your muscles will work harder than they ever did, thus rendering you stronger muscles groups, and bigger muscles to do the job.

**8. Seated Dumbbell Press**

Completed in a seated position with the dumbbell placed at the shoulders 4 X 10

**9. Close Grip Bench Press**

Utilized by power lifters as an excellent triceps exercise. Body builders usually use it for attractive triceps and pectoral cleavage.

**10. Wrist Curl**

Lift a barbell with a palms up grip (hand spaced twelve inches apart). Sit down on the rear of a flat bench. Lean forward, resting your forearm on top of your thighs. Wrists should be placed over your knees with hands past the knees. Lower the bar as far as it can go without discomfort by bending the wrists downward. Curl the bar up as high as you can go. Lower back to the starting position.

**11. Standing Press**

Space feet a little less than shoulder width. Grip the barbell with a shoulder width spacing between the hands. Clean the weight up to the chest. Lock your knees and hips. Do not bend backwards. Press the weight overhead until the elbows are locked out. Lower the bar back to the chest.

**12. Dips**

Position yourself on the dip bars with arms locked out and body erect. Bend your arms at the elbows, lowering your body between the dip bars. Go down until the biceps and forearms touch. Press yourself back to the starting position. Keep your elbows in close to your sides during the exercise. Do not touch the floor with your feet while in the downward position. Keep the body from swinging during the dipping movement.

**13. Reverse Curl**

Hold a barbell in both hands with a palms down grip, hands spaced fifteen inches apart. The feet should be spread twelve inches apart. Start the exercise with the barbell at arms length, resting against the upper thighs. Curl the barbell up until it touches the bottom of your chin and slowly lower it to the

starting position. The back should remain straight and motionless with the knees and hips locked during the exercise.

**14. Incline Dumbbell Press**

This is a good upper pectoral developer. Do the exercise two ways for more complete development. It is done with the palms facing forward and facing each other. Dumbbell bench presses help correct the problem of uneven extension in the regular bench press. 4 X 10

**15. Lying Dumbbell Press**

This exercise works the chest more like the regular bench press. Just as in the incline dumbbell press, lying dumbbell presses help correct uneven extension in the bench press. Do the movement with palms facing forward and facing each other. 4 X 10

**16. Behind the Neck Press - Anterior Deltoids**

Recommended reps, 4 X 10

**17. High Incline Bench Press (with barbell) Front Deltoids & Upper Pectoral**

Recommended reps, 4 X 10

**18. Pull Downs - Triceps**

Use lat machine. If cable is long enough, kneel before the machine for exercise. 4 X 10

**19. Lying Triceps Extension (with barbell or easy curl bar)**

One of the best bench press assistance exercises. Begin this exercise the same day you take up the sport of power lifting and stay with it. Work up to very heavy weights with small but regular increases in poundage. Maintain moderate form all the time. Lying triceps extensions build lockout power and helps the entire bench press from start to finish. 4 X 10

**20. French Triceps**

Done with dumbbell placed behind the neck and than extended upward to lock out. 4 X 10

**21. Pause Bench Press**

Like flat benches, done with all arms and upper chest. Makes the bench press more difficult by removing the assistance received from the small bounce between each rep. The pause bench teaches good form and builds strong off the chest power. Should be worked into the regular bench routine.

**22. Bench Press Isometric Work**

The lifter determines his or her sticking point and adjusts the power rack pins to the level. An isometric push is done for ten seconds. It should be done at least once a week.

**23. Lockouts**

Lockouts are done on the isometric rack. Press the bar from the pins to lockout. Start with a weight slightly below your best bench press and add weight after, working up to very heavy poundages once per week.

## SQUATS

**1. Wide Stance Squats**

Most squatters use the wide stance in training and for the actual contest lift. Wide squats work the inner thigh muscles. A close stance squatter could benefit from wide squats by developing power throughout the entire thigh muscles.

**2. Front Squats**

Works the same muscles as close stance squats, only in a more direct and intense way. The front squat totally isolates the thighs. Any assistance from the hips and back are negated by the almost straight and upright position of the back during this lift. Front squats are difficult to do. They require good balance and a high tolerance for pain in the thighs. 6 X 8

**3. Leg Presses**

Can be used as a thigh isolating exercise. Foot spacing can be varied to work different parts of the thigh. One advantage of the leg press is that the back can be rested while the legs handle heavy weight. 8 X 10

**4. Power Rack Squat**

The most popular and widely used squat assistance work. The pins are set at any position, so the lift can be done from any sticking point to lock out. 4 X 10

**5. Isometric Rack Work**

Isometric squat work is done on the power rack. The lifter adjusts the bar to the same level the sticking point is encountered and pushes against the immovable bar. 6-10 second counts

**6. Leg Extension and Leg Curl**

Two very good exercises for increasing size, strength and muscularity of the thighs. 4 X 10

**7. Calf Work**

Some calf work should be included in a power routine. The increased size of the calf will be an asset when it pushes against the back of the thigh in the bottom squat position. 6 X 10



## DEADLIFTS

### 1. **Lockouts**

Done on power rack or off the blocks. Lockouts can be done from any point in the deadlift to lockout. They are mostly done above the knee to lockout.

### 2. **Isometric Pulls**

Done on the power rack. Any part of the deadlift can be worked with isometric pulls. Maximum force against an immovable object. 2 - 4 X 6 - 10 seconds

### 3. **Shrugs**

Shrugs are done on the power rack or off the end of a bench. They assist in the third part of the deadlift, especially the last few inches of movement before lockout. 4 X 10

### 4. **High Pulls**

Improves trap size though enhancing the pulling power of the trap. 6 X 10

### 5. **Power Clean**

The power clean is a good movement for developing a powerful start and strong gripping power. 8 X 4

### 6. **Curling Movement**

This exercise builds a stronger link between the weight and the body. Strong arms add confidence to a lifter by giving a solid feeling of legs, arms, and body being as one. Strong biceps enhance the pulling power of your lats. Increased strength in the biceps assists the first and third part of the deadlift pull. 6 X 8

### 7. **Stiff Leg Deadlift**

This exercise is a tough one to stick out. The reason might be that stiff leg deadlifts make us deadlift without the aid of our legs. It works the entire range of the deadlift equally well, from powerful starts to positive lockouts. 6 X 6

## The Honor Roll

The men and women who have helped to pioneer powerlifting, lent ideas to better it, and have unselfishly gone beyond just lifting weights.

## *The Honor Roll*

I want to take this time to explain to you what the *Honor Roll* really means. The *Honor Roll* is not a set condition whereby one may score 90 percent or better to be one of its honor students.

The *Honor Roll* is made up of men and women alike who have helped to pioneer powerlifting, lent ideas to better it, and have unselfishly gone beyond just lifting weights. Some of the men and women you will read about are unique in their specialized fields. You will read of record breaking events, and about men who have lasted a decade and better in winning. Some of these men have been an inspiration to all who have ever read about them, other are authors, editors and founders of ideas and methods! Together they make up one single body that has given us the sport of powerlifting. I dedicate this article to all I've named and to those I may have forgotten!

### **SHW PAT CASEY**

Considered the grandfather of powerlifting; not only was he a behemoth of a man, but Pat was the forefather of the bench press. I remember benching 475 pounds when Pat Casey became the first man in the world to do 600 lbs. This feat no other man had attempted officially until Pat came along. Shortly after, Pat did 617 pounds which remained the world record for several years. Pat Casey is now a policeman in Belflower, California. We owe the techniques and this quality to the modern day 600-pound plus bench press to Pat Casey. Thank you Pat.

### **242 GEORGE FRENN**

A phenomenon to say the least. George was one of the early pioneers of the power lifting game. There has never been a person with the determination of Frenn. He was a member of the U.S. Olympic Team and he threw the hammer. If my memory serves me correctly, he was also a world record holder. Before squatting with 800 lbs. was fashionable George, at 242 pounds with a broken foot in a cast, squatted 854 lbs. At the time, few super-heavyweights did this great poundage! We thank you George for persistence beyond human pain.

### **SHW HUGH CASSIDY**

A gentle giant and school teacher from Oxenhill, Maryland. Hugh is a very close friend of mine, and for years we've corresponded and went to the same meets. What made Hugh so important to this list is: he was a world champion super heavyweight, he had no really outstanding lifts but his lifts were even enough to allow him to become the world champion. Hugh Cassidy can be

proclaimed the first real mind of power lifting. Hugh knew the ins and outs of development and could be called a vitamin bible.

**SHW ROBERT WEAVER**

Big Bob was from the Keystone State -- Pennsylvania. Hailing from Pittsburg, Pa., he was one of the largest men to participate in powerlifting. It could be said that Bob was the first man to squat 800 pounds or better. In between accomplishing that feat, he also became a world record builder for the total poundage.

**SHW REV. PAUL WRENN**

What can be said of a man who advance from pure obscurity to become a record holder. I remember at the height of my career Paul was just making his footprints on the stages of stardom. Today, Paul has squatted a marvel 975 lbs. Our hats off to Paul

**SHW JOSEPH WHITE**

Most of the youth today will not remember the colorful JoJo White. Joe hailed from Hudson, New York, and before long he became a personal friend. Joe was a big farmboy who later in manhood would develop into an excellent squatter. I had the opportunity to train Joe on the bench press. I worked with Joe for awhile and bright Joe from the dismal 400's to a good 500 pound-plus bench presser. Why do I have Joe in the Honor Roll? Well listen, number one, when heavyweights were pushing to squat 900 lbs., JoJo White was attempting the 1000 pound barrier. Many that have seen Joe squat the very first 1000 pounds still believe he should have gotten credit, but instead it was turned down for height. Joe White later made a 920.4. Hats off to 1000 pound barrier.

**SHW JON COLE**

In the Honor Roll, Jon Cole has to rank very near the very top. Jon was never a full fledged super heavyweight, but always remained around the 280 mark at the time most heavies were above 300 pounds plus. Jon was a human nerve. He could excite his complete body into action. Jon at the time squatted 910.3 and bench pressed 580.0 lbs. Jon was certainly ahead of his time, and with an added 30 lbs., there would be no telling what Cole could have accomplished in the poundage field. He was a world record holder in two different classes. John ended up a strength coach for a college football team in Arizona.

**242 LARRY PACIFICO**

What can be said about Superman? Nothing of course! That's who Larry Pacifico is. He was nine times world record holder and champion in the lighter classes he reigned supreme. Larry bench pressed 590.0 and squatted 832.2 His contributions to powerlifting range from his feats in competition to some of the best meets ever ran. He's a wealth of knowledge and a modern day Hugh

Cassidy in the knowledge department and one of the leading supplement providers.

## **220 JOE LADNIER**

A prodigy of the great Larry Pacifico. Joe came alive within months with some lifting that is still admired today. At 220 pounds, Joe squatted 837.7. Is that good? Well, out of the world's best squatters, Ladnier ranks 87th at 220 lbs. I'm also to understand that Joe was training lifts around 2300! Not bad Joe.

## **275 DOUG YOUNG**

Brother of Bob Young, the professional football player. One would have to see Doug to really appreciate him. Doug was not necessarily a giant, but me reminds you of the one called the giant killer. Doug looked like the ultimate bodybuilder with power to spare. In the days when overgrown super heavyweights roamed the earth with 600 pound benches, Doug, at 275 lbs., did 611.8 - simply magic!

## **SHW JOHN KUC**

A prodigy of Big Jim Williams, and a giant of his own. John was an ex-marine from Kingston, Pa., with all the abilities of a champion. John was in fact, later in his career, a world record holder and champion. In the years that we trained together, every training session turned out to be a meet. I don't think there's a person alive in the lifting business that doesn't know John Kuc. What did John do for us, well let me start by saying he bench pressed 600 lbs. and squatted 905.0 and John didn't stop therefore his best lift is a deadlift in which he has done 870 pounds. I am proud to say that I was an inspiration for John as he was for me. Today, John is one of the founders of drug-free meets. Go big John!

## **SHW DON REINHOUDT**

When talking about giants, most people think of Goliath, or Ishbebenob, who was a brother to the giant, but let me inform some of your later comers who the real giant of our time in powerlifting was, Don Reinhoudt! Don was an Olympic shot-putter and his wife, Cindy Watt, was on the woman's Olympic team. Don stood in the neighborhood of 6' 4" and sometimes weighed around 380 pounds. WOW! Don went even further than that, he bench pressed 606.27 lbs and squatted 934.6. Did he stop there? By no means, but deadlifted 887 pounds which was a world record. Don held the world record squat and was the very first man to total 2400 plus pounds for three lifts. I remember our first meeting at the World Championships. Don introduced himself to me, and I was later told that he was to be part of my competition. I though he was the wall until he spoke. I was fortunate enough to place ahead of Don that meet, but he has always had my respect, he is the giant! A modest champion.

**SHW BILL KAZMAIER**

In my day he was lifting I believe in either the 242 or-275 pound class. At that time not too much was known about the great Kazmaier, but as seasons come and go before it was announced, Kazmaier was on the scene. People were telling me that a man by the name of Kazmaier would soon be challenging my world bench press mark. Dick was like a storm in powerlifting. He managed to squat 925.9 and bench press 661.4. By the time Dick had gotten through with his assault , he had broke Don Reinhoudt's total record. Dick was also a giant at 6' 2", 340 pounds.

**242-275 DR. FRED HATFIELD**

Also known as Dr. Squat. Fred has held the squat record in several classes and to my knowledge has squatted or tried 1008 lbs. Fred is the total squatter, his squats range from 918.5 thru 1008 lbs. When squatting is being talked about, you can be sure that Hatfield will be named at the top. If you looked at Fred's height (5' 8") and consider what Fred has accomplished, it's simply outrageous! My youngest son's squat champion!

**220 ED COAN**

A man who has a record breaking day at every meet. Would you believe at a power lifting meet in Maui, Hawaii, {the APF/WPC World Championships} Ed Coan tried and missed 940 lbs. in the squat. Would you also believe that a man 220 lbs., went 920 squat, 555 bench press for a world record and deadlifted 855 pounds for a world record total of 2330 pounds. Some of the supers to this very day can not total this. I also do not want to compare Ed to lifters of the past - Vitamin Dynamics of the present age are far more advanced. Keep up the good work Ed.

**SHW DAVE WADDINGTON**

A 320 lb. giant of a man. The most feared super squatter in history. No man alive has made assaults above the 1000 pound mark like Dave. If there is a record, Dave has squatted 900 plus more than any other human alive. Waddington comes to no surprise as the greatest squatter of our time. Dave has officially done 1003.0 lbs. It didn't happen to end there either for Dave has also bench pressed 580.0 lbs. If you talk about total poundages too, you must include Dave also because the gentle giant has done in excess of 2300! Mr. Thighs.

**SHW LEE MORAN**

Possibly the closest man to Dave Waddington in the squat. One would have to see the 325-lb. giant to appreciate his size. Lee not only squatted 1000.4, but he has bench pressed 617.4 to give him the highest subtotal in history of power lifting. The one thing that keeps Lee from the world record total is a poor

deadlift. But when you can squat 1000 anytime you feel like it, who cares about a poor deadlift. Mr. Subtotal.

### **SHW DOYLE KENADY**

The man with good lifts in each class. Kenady is the schoolteacher of the powerlifts. This amazing man has never ceased to astonish me. Can you imagine a man who can squat 914.9; bench press 590.0 and has done 904 (world record) in the deadlift. The only thing that has hampered this veteran is putting all the lifts together at the same time. He can be said to be one of the most feared supers because of his ability to go all the way anytime. Doyle has offered much to the game. FEAR!

### **275 DAN WOHLBER**

It can be said that in a way he is a carbon copy of Ed Coan. Just what do I mean? Dan's stature, not his weight, makes him unusual for the things that he has done. Dan is a poor bencher when it comes to fellows his weight, but he more than makes up for it in the other two lifts. Dan has benched 400 lbs in his class when most men in his class were approaching the 600 lb. barrier. In the meantime, Dan has squatted 960.0 and has made valid attempts to be the first with 900 in the deadlift. If Dan can get his bench together, lookout! What has Dan done for the game? He has proved that you don't have to be a giant to do record poundages! Dan, like Ed and Fred Hatfield, has proven that the little man is in! Go Dan!

### **275 JOHN GAMBLE**

What is big, strong, and is shaped like a body builder? John Gamble! John is what every new young powerlifter wants to be. A man who can get into slick clothes and not sacrifice his size or strength. John in a way is like the great Doug Young, but stronger. How about a man who can squat 892.9; bench press around 580 and deadlift in the 800's. John has totaled just around 2300!

### **SHW GEORGE HECHTER**

One of the nicest men that I have ever come across in the powerlifting game. George has spread his body weight from 242 pounds all the way to the high 300's. George is to be feared, and why not, it isn't everyone who can squat 985.0 and total 2369 lbs. George has put his time in and I know we all appreciate George's efforts in supporting the game through his participation. George's total ranks him about 6th all time in the top 100 supers! Go big George!

### **275 DOUG FURNAS**

Without a doubt, the greatest of the 275 pounders. Doug has been around and will soon surpass the Superheavies in total. How about Doug's billing -- squat 985 lbs. -- 600 lb. bench and a deadlift of 815 for a world record total of 2400

pounds. What can be said about a guy that can do exploits like that? Unreal -- stay in touch Doug, the world is yours.

**243 MELVIN HENNESSY**

Most of you guys don't know Mel, he was the smallest giant I've ever seen. He was an avid 550-lb bench presser and a man to deal with. Mel was at that point in powerlifting, one of the best built dudes around. He had a decent squat, and always brought the crowds to a halt. Mel's name on the mike meant perfection on the bench. Mel gave perfection to powerlifting. Thanks Mel.

**123 HIDEAKI INABA**

If my memory is correct, Hideaki is the winningest bar-none class powerlifter in the world. To date, he has won 12 World Championships. Hideaki Inaba is Japanese and represents his country impeccably. Who, but a master craftsman could compile such a record of 12 World Championships. Hideaki has put himself in the Honor Roll through many, many years of excellence. At 52 kg. class, he's totaled an astonishing 1272 lbs. He squatted 534 lbs.; benched 236 lbs, and deadlifted 518 lbs.. Talk about giants, and Inaba has a front row! He too has shown that a small man can do it too.

**165 EDDIE PENGELLY**

Great Britain's finest has come to the American shores with the pride of a champion. Not only did Eddie come to these shores, but he indeed became a World Champion. Eddie has done near the 1500 pound barrier and is only second to himself. The years that Pengelly has participated has lent foreign intrigue to the mystery of lifting weights.

**148 JACK KEAMMERER**

Jack was a World Champion back in 1972. At the time, Jack's super squats and record breaking deadlifts said it all. In 1972, at 148 lbs., Jack did 605 in the deadlift. He was one of the early pioneers in powerlifting, culminating his career with a 1400 total. I know if Jack wanted to, he could do it all again tomorrow.

**122 FRANKLIN RILEY**

Was one of the hottest Feather-weights in the world. Frank became, in one year, both Senior National Champion and World Champion in 1972. Frank had warriors in his class like Byron Benoit, Milt McKinney and Allen Lord, but Frank rose to the occasion and therefore will be in this Honor Roll as one of the finest feathers to grace the powerlifting stage. My man, the Tiger.

**165 JOSEPH "DOC" RHODES**

Joe is not be sold short, no one person has done more for powerlifting than the Doc. He has never backed up from any major meets, but has come forth with his wears. He is a record holder and has totalled near 1600 pounds. Joe is



artistry in motion and part of the best. Most lifters remember Joe for his deadlifting. I remember Joe for his all-around ability."

**181 JACK BARNES**

Jack did nothing in his career but break record after record. In Jack's day, there wasn't a man in his class that could stay with his squats. At that time he held the light-heavyweight total of 1745 pounds, and put on a few pounds and set the record in the 198 lb. class at 735 lbs. in the squat. Jack had formidable competition in Vince Anello, an 800 lb. deadlifter, George Crawford and Paul Woods. Jack is in the Honor Roll because of his great methods of approach to the squat. A squatting machine!

**198 JERRY JONES**

Probably the most colorful lifter out there. He proved that you can mix hard-rock music and serious lifting. Jerry would be called for an important lift. Prior to doing the lift, Jerry would blast his music as the great crowds grew silent. In 1972, Jerry was both Senior National Champion and World Champion. He was a man who mixed both bodybuilding and powerlifting together. Jerry's main competition in those years was: Larry Pacifico, John Kanter, Jack Barnes and Tony Fratto. Jerry, believe it or not, is still lifting today! Another one of our pioneers.

**123 LAMAR GANT**

Who can deny the tiny giant from the Honor Roll. Size didn't mean anything to him. He lifted like what he was, a world champion. Can you imagine a man that tiny hoisting a dead lift of nearly 600 lbs. His total outdid his closest competition by some 150 lbs. It is one thing to beat someone by 5 or 10 or even 30 pounds, but 150? Lamar will no doubt be remembered by all those he beat, so we want to remember him too.

**165 WALTER THOMAS**

What can be said about the great Walter Thomas? He's won four World Championships, and believe this or not, Walt's wife, Julie, is the women's world champion in her class. Walt has done lifts of 799 in the squat; 518 in the bench press and 821 in the deadlift. To my knowledge there may be two other people that are in Walt's class. I think Walt is #1, but even if he is #2, the only difference is one. Thanks Walt.

**275 SAM SAMANIEGO**

Sam's donation to powerlifting is stupendous when you think about what I'm going to say! Sam is a world record holder in the 275 lbs class with a lift of 639 lbs in the bench press. You might say not bad -- well let me tell you this, maybe 12 super-heavies have done 600 plus, but Sam, at 275, has out-benched at least half of the twelve. Smile Sam, because you too have entered into the class of the giant killers.

**181 MIKE BRIDGES**

Who is that? It's a shame his feats aren't hailed about today. Mike was the superlative powerlifter. A winner of five world championships and several world records. How about a total of 2105 lbs. at 181 lbs body weight. That's a total that maybe one other lifter has approached. Mike gave it his all and was a supporter of the sumo-style deadlift and is one of the first to use it effectively. Right on Mike!

**275 LARRY KIDNEY**

One of the dads of powerlifting. He is not a youngster and therefore has put his time in. Larry is definitely a world champion and is to be dealt with in the 275-lb. class. I thought for sure that Larry would one day bench 600 pounds, but a 550 bench press and a 900 squat is not shabby at all, when you think Larry may be above the 50 year mark. Not shabby at all. Larry is definitely a pioneer.

**123 PRECIOUS MC KENZIE**

Won the World Championships three times crossing the waters from England. He is a great author among many other things. The one thing that stays in my mind about Precious is this: At the first World Championships, Precious was the smallest man there, and I was the biggest. I sat Precious in my hand and as he laid back onto my shoulder, a picture was snapped! He was really tiny, but a giant of a powerlifter.

**SHW TED ARCIDI**

The years that Ted put into powerlifting are few, but we couldn't complete an Honor Roll without him. When you talk about bench pressing, I have to enter Ted's name for he is the only other person to do what I have done, bench press in excess of 700 lbs. Ted did 705 lbs., a record! The fact that Ted's total may have been low does not depreciate the astronomical effort he has left us with. One only has to see Ted to appreciate his size! The cinder block giant.

**SHW WAYNE BOVIER**

Was one of the best super-heavies ever. My hat goes off to this dearly departed brother who died in 1985. Wayne was a pioneer in the bench press, and if you could have ever seen his build, you would understand. Wayne had done 630 lbs. in the bench and if it wasn't for his sudden departure, he would have had to be seriously dealt with. May he be in heaven with God!

**242 MIKE MAC DONALD**

Mike McDonald was so good in the bench press that in the Junior Nationals he benched 540 lbs. for a record. Don't think he stopped there either, for Mike has held the bench press record in several different classes. Word has it that Mike may have done 600 lbs. in the bench - how about that? Mike offered to the powerlifting world and offset benching bar to allow greater resistance. He's also offered himself as a superior bench press annalist - Mike!

**SHW GUS RETHWISCH**

Mr. Contest himself. I don't think there's another person anywhere who has done what Gus has done for the sport. In fact no one has given away the prizes Gus has. He has even provided plane fare and accommodations for his guests. Gus is a 900 lb. squatter and he may have bench pressed 600 lbs. I would like to make a statement about Gus and myself. Years ago we had a very bad situation and it was never resolved but this is neither the place nor the time. Gus is without a doubt a pioneer and ranks at the top of the list when you talk about promoters. Hang in there Gus, we need your kind of meets!

**FOUNDER BOB HOFFMAN**

Founder of the weight game. Bob and I were very good friends and on several occasions I had the opportunity to be his guest in York, Pa. Bob was a great humanist and was the great grandfather of the world of weightlifting. Without Bob, some of the precision weight we used for years would not be. To tell the story of Bob would be not a book, but an encyclopedia itself. There's not a country in the world that does not know the Hoffman! We mourn his death.

**EDITOR MIKE LAMBERT**

Why is Mike on the Honor Roll? Well, his book is of the 80's and is probably the most informed about powerlifting. He produces a wide range of thought and controversy in Powerlifting U.S.A. Mike is honest and tells it like it is. My acquaintance with Mike is really that of a friend and I'd like to thank him for all he's done -- and done for me. Tanks Big Mike.

**EDITOR PEARY RADER**

Like Mike Lambert and Bob Hoffman, he produces one of the finest weightlifting magazines on the newsstand. Both Peary and his wife take part in contests and report the most up to the minute happenings at an event. They have furthered the sport of powerlifting and I know I speak for everyone when I say, hats off to Peary!

**167 RONNIE RAY SR.**

At his time in powerlifting - pound for pound one of the best bench pressers in the business. I've been a friend of Ronnie's since the late 60's. We ended up at many meets together, and he always inspired me as he benched 470 lbs. at 165 then.

**SHW PAUL ANDERSON**

He invented a class and as it turned out, he was the only one able to come up with the right credentials. What were these credentials: 1100+ squat, a 620 lb. bench press and a 900 lb. deadlift which totals 2600+ pounds. He can back-lift a boyscout troop, 4400 lbs. But what is even more fantastic about Paul is that he finances a home for wayward children. Paul is the real power and the real SUPERMAN - Sorry Larry.

**SHW JIM WILLIAMS**

One of the first black men to establish himself and a world record holder in powerlifting. In Scranton, Pennsylvania, Williams started running the first big power meets in that area. Jim was a devoted lifter in the Scranton Y.M.C.A. and it was there that Jim hit stardom by breaking Pat Casey's record of 617 in the bench. On that special night Jim did 628 lbs. and broke that total record. He would than do World Records of 635 - 650 - 655 - 661 - 675 pounds. Unofficially Jim was the first man to not only attempt 700 lbs. but to do also 705 and 720 lbs. Jim has done more on the bench press than any other man alive today! He held the record longer than any other man too - a span of thirteen years. Yes, this how far ahead he was. He squatted 860 officially and over 900 in the gym. Coming out of retirement, Jim deadlifted 860 plus. Now at 47 years old, he talks of bench pressing 770 lbs. He's held the total record on several occasions. In the summer of 1987 in Philadelphia, Jim was given an 80 lb. gypson sculpture for what he has done in powerlifting. If there was a Superman on the bench, it had to be Jim.

Hats off to: Bob Gaynor, Dick Pacifico, Edwin Hernandez, Jack Welch, Leroy Mable, Herb Glossbrenner, John Bojazi, George Crawford, Vince Anelle, Tom Farchione, Carlon Snitkin, John Kanter, Joe Winestine, Terry McCormik, Tom Overholtzer, Clay Patterson, Jim Messer, Joe Pyra, Tom Snelgrove, John Gentile, Pat Neve, Steve Wilson, Chuck Dunbar, Ruthi Shafer, Julie Thomas, Paul Dicks, Roger Estep, Jan Todd, Vicky Gagne, Bud Ravenscraft, Frank Peffer, Ed Jubinville, Peanuts West, Lars Hedlund, Jess Hurst.

☆☆ ROUTINES ☆☆

The routines that you will be reading about, will be put down as I do them. You will have to assimilate these routines with your own figures. You can add your own assistance exercises to it, or you can use mine.

## ADVANCED

The first routine I will show you is the "building system" called the "5 X 6" or "6 X 5". This system has no maximum weight challenge in it, it's strictly building. The fifth rep in each set should have you working. When I was at 475 on the bench I began to develop this routine. My first 8 weeks was like this:

Week #1, 5 days	Week # 2, 5 days	Week #3, 5 days	Week #4, 5 days
135 X 10	135 X 10	135 X 10	225
225 X 6 - 8	225 X 6 - 8	225 X 6 - 8	315
315 X 3 - 8	315 X 3 - 6	315 X 3 -6	340 X 3
340 X 5 ]	350 X 5	365 X 5	375 X 5
340 X 5 ] 30 med.	350 X 5	365 X 5	375 X 5
340 X 5 ] Hvy. reps	350 X 5	365 X 5	375 X 5
340 X 5 ]	350 X 5	365 X 5	375 X 5
340 X 5 ]	350 X 5	365 X 5	375 X 5
340 X 5 ]	350 X 5	365 X 5	375 X 5
340 X 5 ]	350 X 5	365 X 5	375 X 5
275 X 10	290 X 10	300 X 10	320 X 10
<b>Week #5, test</b>	<b>Week #6</b>	<b>Week #7</b>	<b>Week #8</b>
135 X 8 - 10	185 X 10	225 X 10	225 X 10
225 X 6 - 8	225 X 8	315 X 8	315 X 8
315 X 3 - 6	315 X 6	365 X 3	365 X 3
405 X 1 - 3	340 X 3	405 X 5	405 X 5
455 X 1	390 X 5	405 X 5	405 X 5
505 X 1	390 X 5	405 X 5	405 X 5
315 X 10 rep out	390 X 5	405 X 5	405 X 5
	390 X 5	405 X 5	405 X 5
	390 X 5	405 X 5	405 X 5
	390 X 5	405 X 5	405 X 5
	390 X 5	350 X 10	350 X 10
	335 X 10		
<b>Week #9</b>	<b>Week #10</b>	<b>Week #11</b>	<b>Week #12 Test</b>
135 X 10	135 X 10	135 X 10	225 X 10
225 X 8	225 X 8	225 X 8	315 X 10
315 X 6	315 X 6	315 X 6	365 X 3
405 X 3	405 X 3	405 X 3	405 X 3
475 X 2	475 X 2	475 X 2	475 X 2
525 X 1	525 X 1	525 X 1	525 X 1
550 X 1	550 X 1 X 3 singles	550 X 2 X 3	575 X 1
315 X 10 rep out	315 X 10 rep	315 X 10 rep	600 X 1
			400 X 10

Week #13	Week #14	Week #15	Week #16
REST	New Cycle 225 X 10 315 X 8 365 X 5 405 X 5 475 X 3 525 X 2 525 X 2 550 X 1 X 5 Overload with help 625-650 singles X 2	225 X 10 315 X 8, 1day 365 X 5 405 X 5 475 X 2 525 X 1 550 X 2 X 5 550 X 2 X 5 Overload - 650 X 3, 650 X 3	225 X 10 315 X 8 405 X 5 525 X 5 575 X 3 625 X 1 X 2 625 X 1 X 2 400 X 10

Week #17	Week #18
2 days 225 X 10 315 X 8 405 X 5 475 X 5 525 X 2 600 X 1 X 3 400 X 10	2 days 225 X 10 315 X 8 405 X 5 525 X 5 575 X 5 600 X 2 X 3 400 X 10

You can see the development from the 9th week. Her's exactly what is taking place. From the 9th week to the 16th week we know for sure what the starting poundages could be, (550-575). My second choice is established here too, 600 pounds. My final try would be 625 pounds plus.

Coming back after a two week lay off, my goal would be to crack that 700 pound barrier.

As of this cycle, I have abandoned the 5 X 6 in preference of the overload and multiple systems. After a warm up week with light weight for form, I will proceed on a course such as:

Week #2	2 days	1 day
2 days	2 days	1 day
225 X 10	225 X 10	315 X 8
315 X 8	315 X 8	315 X 8
365 X 5	365 X 5	405 X 5
405 X 5	405 X 5	475 X 3
475 X 5	475 X 3	525 X 2
525 X 5	525 X 2	550 X 2
550 X 3 X 5	550 X 1 X 5	600 X 2 X 3

<b>1 day</b>	<b>1 day</b>	<b>1 day</b>	<b>1 day</b>	<b>1 day</b>
225 X 10	225 X 10	225 X 10	225 X 10	225 X 10
315 X 8	315 X 8	315 X 8	315 X 10	315 X 8
405 X 5	405 X 5	365 X 5	350 X 8	405 X 6
475 X 3	475 X 3	475 X 3	405 X 6	475 X 5
525 X 2	540 X 2	550 X 2	475 X 5	550 X 3
575 X 2	600 X 3 X 5	610 X 2 X 3	550 X 3	600 X 5
625 X 1 X 3	625 X 1	525 X 5	600 X 2 X 2	O.L. with help
350 X 10	675 X 1	0.L. 700 X 1 X 2	650 X 1 X 2	700 X 2 X 2
		730 X 1	Overload	730 X 1 X 2
			700 X 1 X 2	425 X 10
			425 X 10	
			425 X 10	

<b>4th Week</b>	<b>5th Week</b>	<b>6th Week 3 days</b>	<b>6th week 2 days</b>
225 X 10	225	225 X 10	225 X 10
315 X 8	315	315 X 8	315 X 8
405 X 5	405	405 X 6	405 X 6
475 X 3	475	475 X 4	475 X 4
525 X 2	525	525 X 3	525 X 3
575 X 2	575	575 X 3	575 X 1
625 X 1	625	600 X 3 X 2	600 X 3 X 2
550 X 3 X 3	550-3 X 3	O.L. 740 X 1 X 3	675 X 1 X 2
O.L. 700-2 X 3	O.L. 700 X 2 X 3		

<b>7th Week 5 days</b>	<b>8th Week 3 days</b>	<b>8th Week 2 days</b>	<b>9th Week</b>
225 X 10	225 X 10	225 X 10	275 X 10
315 X 8	315 X 8	315 X 8	340 X 8
405 X 6	405 X 5	405 X 5	440 X 5
475 X 4	475 X 5	475 X 5	500 X 3
525 X 3	525 X 3	525 X 3	550 X 3
575 X 2	575 X 1	600 X 5 X 5	600 X 10
600 X 1	625 X 1	630 X 4 X 4	650 X 2 X 2
Cool out week	700 X 1 X 2	500 X 10	720 X 1 - No Help
	750 X 1 O.L.		500 X 10

As you can well understand, this routine is for the advanced lifters; but ones own numerical workout figures can be substituted for mine, and it will be a dandy workout at any level.

I would also like to explain, why a man who could bench press so much weight, would warm up with such weights as 225 and 315 pounds.

One of the things which has caused so much injury, is our warm ups. Sure, I've warmed up with 405 when I was pressed for time, but tendon strength-wise, I was prepared for it by all those low weight sets, while I would still end up using great weights. I already explained this matter under the portion of this book called, "Steroids, and the need for low reps".



The accelerated poundages you have read about in the Bench, Squat and Deadlift represent weeks of hard training, not necessarily day to day.

How I trained my body for an important meet and how I covered all the important areas:

### **Week # 1:**

#### **Monday:**

Squat: 135 X 10, 225 X 6-8, 315 X 3-6, 405 X 1-3, 450 X 3, 450 X 3, 450 X 3, 315 X 10.

Bench Press: 135 X 10, 225 X 6-8, 315 X 3-6, 340 X 5, 340 X 5, 340 X 5, 340 X 5, 340 X 5, 340 X 5, 275 X 10.

Incline Barbell: 250 X 10, 275 X 10, 315 X 6-8, 365 X 3-4, 405 X 1-3, 405 X 10, 225 X Burnout.

Lat Pulls from floor: 125 X 20, 175 X 15, 175 X 15, 200 X 10, 225 X 10, 275 X 6-8, 315 X 6-8, 125 X Burnout.

Upright Pulls Barbell: 100 X 10, 150 X 10, 200 X 10, 225 X 10.

Deltoids with Dumbbells: 10 sets of 10 which would give me 100 reps for the delts.

Seated P. Behind the neck: 225 X 10, 225 X 10, 225 X 10, 225 X 10, 225 X 10.

Leg Extensions: 5 sets of heavy extensions in three positions. Toes pointed straight; toes pointed out and toes pointed in. This will give you 15 sets of 10 for quad heads.

Lying Shrugs: (You will learn how do do this in the chapter called, "The Secret Itself"), 150 pounds 10 reps X 10 sets.

Biceps work: barbells: 135 X 10, 165 X 10, 195 X 10, 215 X 6-8, 235 X 3-6, 250 X 1-3.

Seated Preacher Curl: 8 sets 10 reps 100 pounds.

Jim Williams Seated Front Plate Lift: 10 X 10.

Lying Triceps: 135 X 15, 175 X 10, 200 X 10, 225 X 10, 250 X 10, 315 X 6-8, 135 to failure.

Tricep Pull Downs: 10 sets of 10.

Forearm Curls: To failure

#### **Tuesday:**

Bench Press: Same as Monday's

Lying Dumbbell Press: 120 Pounds x 10 reps X 10 sets.

Decline Barbell: 135 X 15, 225 X 10, 315 X 10, 405 X 6-8, 405 X 6-8, 405 X 5, 405 X 5, 405 X 5, 225 X 10.

Seated P. Behind the Neck: 225 X 10, 275 X 10, 275 X 10, 275 X 10, 275 X 10.

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Pull over Press: 135 X 10, 225 X 10, 315 X 6-8, 315 X 6-8, 405 X 5, 405 X 5, 425 X 5, 225 to Failure.

Incline Deltoids: 10 sets of 10 with 25 pounds dumbbells in a complete slow circular motion.

Lying Triceps: Same as Monday.

Tricep Pull Downs: Same as Monday.

Forearm work: Same as Monday.

### **Wednesday:**

Bench Press: I'm going to accelerate the bench to conserve reading time of the same numbers. 135 X 10, 225 X 6-8, 315 X 3-6, 350 X 5, 350 X 5, 350 X 5, 350 X 5, 350 X 5, 290 X 10.

Lat Pull Downs (front and back): 10 sets of 10 front; 10 sets of 10 rear.

Dead Lift: 10 sets of empty bar pulls against the isometric rack! From 7-10 seconds each.

Incline Dumbbells: 10 sets of 10, 120 pounds.

Front Squats: 135 X 10, 225 X 10, 315 X 10, 405 X 6-8, 475 X 6-8, 525 X 3-6, 565 X 3-6, 600 X 1-3, 225 X 10.

Upright Pulls: 100 X 10, 150 X 10, 200 X 10, 225 X 10, 250 X 10.

Seated Dumbbell Press: 8 sets of 10 reps, 120 pounds.

Jim Williams Front Deltoids: raises with 100 pound plates for 10 sets X 10 reps.

Bicep Dumbbells: 4 sets X 10 X 65 pounds, 6 sets of 100 pounds X 10.

Tricep Lying: Same as Monday.

Tricep Pull Downs: Same as Monday.

### **Thursday:**

Bench Press: 135 X 10, 225 X 6-8, 315 X 3-6, 365 X 5, 365 X 5, 365 X 5, 365 X 5, 365 X 5, 365 X 5, 300 X 10.

Seated P. Behind the Neck: 225 X 10, 275 X 10, 315 X 6-8, 315 X 6-8.

Lat Pulls: from the floor, 10 sets X 10 reps.

Deltoids: with cables

Pull Over Press: 135 X 10, 225 X 10, 315 X 10, 405 X 6-8, 475 X 3-6, 500 X 3-6, 225 X Failure.

Lying Shrugs: Same as Monday

Bicep Barbell: Same as Monday.

Tricep Lying: Same as Monday

Forearm Curls: Done to failure

**Friday:** Day Off

**Saturday:** Contest time in the gym.

Squat: 135 X 10, 225 X 10, 315 X 5, 405 X 5, 500 X 5, 1st lift - 500 X 1, 2nd Lift - 550 X 1, 3rd Lift - 600 X 1.

Bench Press: 135 X 10, 225 X 10, 315 X 5, 405 X 5, 1st Lift - 500, 2nd lift - 525, 3rd lift 550.

From my knees to lock out.

Dead lift in I.C. Racks: 225 X 20, 315 X 5, 405 X 5, 475 X 5, 500 X 5, 600 X 1, 625 X 1, 500 from floor for 5 reps.

Tricep: Same as Monday.

Bicep: Same as Monday.

Now I will take you to Week #8 in my training cycle. Up to this point, all my training poundages have gradually increased.

**Monday:**

Squat: 225 X 10, 315 X 6-8, 405 X 3-6, 525 X 3, 650 X 2, 725 X 5, 750 X 5, 750 X 3, 425 X 10.

Bench Press: 225 X 10, 315 X 8, 365 X 3, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 350 X 10.

Incline Barbell: 250 X 10, 275 X 10, 315 X 6-8 365 X 6-8 365 X 3-6, 405 X 4, 405 X 4, 405 X 4, 225 X Burnout.

Lat Pulls From Floor: Same as Monday, Week #1

Upright Pulls: Same as Monday, Week #1

Deltoid with Dumbbells: Same as Monday, Week #1

Leg Extensions: Same as Monday, Week #1

Standing Dumbbell Curls: 10 sets of 10 with 100 pounds.

Lying Triceps: Same as Monday, Week #1

Forearm: Work out.

## **Tuesday:**

Bench Press: 225 X 10, 315 X 8, 365 X 3, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 405 X 5, 350 X 10.

Seated P. Behind the Neck: 225 X 10, 225 X 10, 250 X 10, 250 X 10, 250 X 10.

Lying Dumbbell Press: 10 sets X 10 reps 120 pounds.

Decline Dumbbells: 10 sets X 10 reps 130 pounds.

Pullover Press: Same as on Tuesday, 1st Week

Incline Deltoids: 10 sets X 10 reps 45 pounds.

Lying Triceps: 10 sets X 10 reps 225 pounds.

Biceps: Preacher Curl 10 sets 10 reps 100 pounds.

Forearm: Workout

## **Wednesday:**

Half Squats: (8th week start off Half Squatting) 135 X 10 Full, 275 X 10 Full, 405 x 5 Full, 475 X 5 Half, 585 X 5 Half, 675 X 5 Half, 775 X 3 Half, 950 X 3 Half, 1000 X 1 Half, 250 X 10 Full.

Bench Press: 135 X 10, 225 X 8, 315 X 6, 405 X 3, 475 X 2, 525 X 1, 550 X 1, 315 X 10.

Lat Pull Downs: 10 X 10 Front, 10 X 10 Rear.

Upright Pulls: Same as Wednesday.

Right now, I'm shaking the entire unit.

Deadlift From Rack and Floor: During this week, I'd warm up in the rack to 630 X 2. Then I proceed to the floor for: 740 X 1-2, 775 X 1-2, 805 X 1-0.

Incline Dumbbells: 10 sets of 10 reps 135 pounds.

Front Squats: 8 sets of 10 reps 405 pounds.

Jim Williams Front Plate Lift: 10 sets X 10 reps 100 pound plate.

Bicep Dumbbell Curl: 4 sets 75 pounds X 10, 6 sets 100 pounds X 10.

Tricep Lying: 135 X 15, 175 X 10, 225 X 10, 250 X 10, 275 X 6-8, 325 X 3-6, 200 X failure.

Tricep Pull Downs: By now the complete stack of weights, will some added.

**Thursday:**

Bench Press: 135 X 10, 225 X 6, 405 X 3, 475 X 2, 525 X 1; 550 X 2 X 3, 315 X 10.

Lat Pulls: from floor - 10 sets X 10 reps.

Deltoids: With cables

Seated Dumbbell Press: 8 sets X 10 reps 135 pounds.

Lying Shrugs: 10 sets X 10 reps 150 pounds.

Biceps with Barbell: 135 X 10, 175 X 10, 205 X 10, 225 X 6-8, 225 X 6-8 275 X 3-6.

Triceps Lying: Same as Wednesday.

Triceps Pull Downs: Same as Wednesday.

At this point, you will witness an acceleration of numbers as we leap-frog workouts with the same numerations. Some workouts may be longer than others due to the humidity of the gym. There is really no inconsistency at all, it's just the way my partners and I felt at the time.

**Friday:** - Day off to rest for Saturday's Challenges!

**Saturday:**

We will use Week #12 Bench workout.

Squat: 135 X 10, 225 X 10, 315 X 3, 405 X 3, 505 X 3, 605 X 3, 705 X 2, 805 X 1, 425 X 10.

Bench Press: 225 X 10, 315 X 10, 365 X 3, 405 X 2, 475 X 2, 525 X 1, 575 X 1, 600 X 1, 400 X 10.

Dead Lift: Warm up in the I.C. rack from my knees up to 760 X 2. Then I go to the floor with 760 X 2, 775 X 1-2, 805 X 1-2.

Lying Shrugs: Same as Thursday.

Deltoid: Work with dumbbells.

Lying Triceps: Same as Thursday.

Tricep Pull Downs: Same as Thursday.

Bicep Curls with Barbell: Same as Thursday.

I've been criticized about the amount of days I lift in a week. My arm routine has been shadowed also, but you can't acquire a 60 inch plus chest and 24 inch arms with a day on - and two days off. My theory is simple, if your mother cooked one day a week, for 52 weeks, that would mean that out of 365 days she lost 315! Now you tell

me, what kind of a cook would she be? Try putting gas in a normal size car, not a foreign car, once a week using your car extensively each day, and see how many times it quits on you! A lot of men and women are the same too, they think they can make it to the top by eating their cake and still have it too -- No Way !!

People are quick to say, "the light that burns twice as bright, shines only half as long". Ask any true champion if dragging his or her feet helps them make it to the top. Take your World Class runners, they run outdoors in the summer, and retire to indoors in the winter. I think I have established my argument against laziness. Ask any quarterback or runningback, etc., in the pros what happens when you miss the DAILY practice!

**Monday: Week #11 Squat and Week #12 Bench**

Squat: 225 X 10, 315 X 10, 405 X 3, 475 X 3, 475 X 3, 575 X 3, 705 X 2, 770 X 2, 805 X 2, 850 X 1, 500 X 10.

Bench Press: 225 X 10, 315 X 8, 365 X 5, 405 X 3, 475 X 2, 525 X 1, 550 X 2 X 5, 550 X 2 X 5. My overload routine has been substituted for a few weeks now. With help I will attempt, 650 X 3, 650 X 3, 400 X 10.

Incline Barbell: 250 X 10, 275 X 10, 315 X 6-8, 365 X 6-8, 365 X 3-6, 405 X 4, 405 X 4, 225 X Burnout.

Lat Pulldowns from Floor: Same as Monday.

Upright Pulls: Same as Wednesday.

Deltoids with Dumbbells: Same as Monday, Week #1.

Leg Extensions: Same as Monday, Week #1.

Pullover Press: Same as Thursday.

Standing Dumbbell Curl: 10 sets of 10 reps 100 pounds.

Lying Triceps: Same as Monday, Week #1.

Forearm Workout: Regular workout.

**Tuesday:**

Bench Press: 225 X 10, 315 X 8, 405 X 5, 525 X 5, 575 X 3, 625 X 1 X 3, 625 X 1 X 3. Overload to 675 pounds with help if needed.

Lying Dumbbell Press: 10 sets of 10 reps 135 pounds.

Decline Dumbbell Press: 10 sets of 10 reps 135 pounds.

Incline Deltoids: 10 sets of 10 reps 55 pounds

Lying Triceps: 10 sets of 10 reps 235 pounds.

**Biceps:** Preacher Curl - 10 sets of 10 reps 110 pounds.

**Forearms:** Work out.

**Wednesday:**

**Half Squats:** 135 X 10 Full, 275 X 10 Full, 405 X 10 Full, 505 X 5 Half, 605 x 5 Half, 705 X 5 Half, 805 X 3 Half, 1000 X 3 Half, 1050 X 1 Half, 1100 X 1 Half, 1200 X 1, Half, 275 x 10 Full.

**Bench Press:** 225 X 10, 315 X 8, 405 X 6, 475 X 5, 550 X 3, 600 X 2 X 2, 650 X 1 X 2, 425 X 10, 425 X 10, Overload 700 X 1 X 2, 730 X 1 X 2.

**Lat Pull Down:** 10 sets of 10 reps front and 10 sets of 10 reps rear.

**Upright Pulls:** Same as last Wednesday.

**Deadlift from I.C. rack only with straps:** I will go up to 805 X 3 X 3 sets.

**Incline Dumbbells:** 10 sets X 10 reps 135 pounds

**Front Squats:** 8 sets X 10 reps with 475 pounds

**Jim Williams Front Plate Lift:** Same as last Wednesday.

**Biceps Dumbbell Curls:** 10 sets X 10 reps 110 pounds.

**Tricep Lying:** Same as last Wednesday.

**Tricep Pull Downs:** Same as last Wednesday.

**Thursday:**

**Bench Press:** 225 X 10, 315 X 8, 405 X 6, 475 X 5, 550 X 3, 600 X 5, O.L. with help, 700 X 2 X 2, 730 X 1 X 2, 425 X 10, 425 X 10.

**Lat Pulls from floor:** 10 sets of 10 reps.

**Deltoids:** On the cable machine.

**Seated Dumbbell Press:** 8 sets X 10 reps 135 pounds.

**Lying Shrugs:** 10 sets X 10 reps 150 pounds.

**Upright Pulls:** Same as Wednesday.

**Biceps with Barbell:** 10 sets X 10 reps 235 pounds

**Tricep Pull Downs:** Same as Wednesday.

**Tricep Lying:** Same as Wednesday.

**Friday:** Day off.

**Saturday:**

**Squats:** 11th Week - 225 X 10, 315 X 10, 405 X 3, 475 X 3, 575 X 3, 705 X 2, 770 X 2, 805 X 2, 850 X 1, 500 X 10.

**Bench Press:** 225 X 10, 315 X 8, 405 X 6, 475 X 5, 550 X 3, 600 X 2 X 2, 650 X 1 X 2, Overload with help, 700 X 1 X 2, 730 X 1 X 2, 425 X 10, 425 X 10.

**Dead Lift:** Warm up in the isometric rack to 760 X 2. Then I start pulling from the floor. Low reps for ligament strength, 600 X 5, 700 X 5, 700 X 5, 400 X 10 stiff legged.

**Lying Shrugs:** Same as Thursday.

**Deltoids:** Work with dumbbell rotations.

**Lying Triceps:** Same as Thursday.

**Tricep Pull Downs:** Same as Thursday.

**Bicep Curls with Barbell:** Same as Thursday.

**Week #12****Monday:**

**Squat:** 225 X 10, 315 X 10, 405 X 3, 525 X 2, 605 X 1, 725 X 1, 770 X 1, 805 X 1, 850 X 1, 905 X 1 - Failure, 425 X 10.

**Bench Press:** 225 X 10, 315 X 8, 405 X 5, 475 X 3, 540 X 2, 600 X 3 X 3, 625 X 1, 675 X 1, O.L. with help, 740 X 1 X 3, 450 X 10.

**Upright Pulls:** Same as Thursday.

**Lying Dumbbells:** 10 sets of 10 reps 135 pounds.

**Deltoid Work:** Incline movement.

**Leg Extensions:** 10 sets of 10 reps.

**Seated P. Behind the Neck:** 225 X 10, 250 X 10, 315 X 10, 315 X 10, 225 X 10, 225 to failure.

**Upright Pulls:** Same as Thursday.

**Lying Triceps:** Heavy reps with sets of 300.

**Forearm Workout:** Regular

Before going into Tuesday workout, I must take this time to once again explain the rapid rise of my poundages. You have read in my text how I train for a long time at the same poundages, but to take away the boredom of the same numbers over and over again, I've accelerated mainly the Squat, Bench Press and Deadlift movements.



As you will know, no human being can make such gains in a days time. When you read these poundages, they represented weeks and months-of hard training.

**Tuesday:** This took place in York Barbell Club, in front of Bob Hoffman.

Bench Press: 225 X 10, 315 X 8, 405 X 5, 475 X 5, 525 X 3, 575 X 3, 600 X 3 X 3, 700 X 1, O.L. 740 X 1 X 3 with help, 450 X 10.

Lying Dumbbell Press: 10 sets X 10 reps 150 pounds.

Decline Dumbbell Press: 10 sets X 10 reps 150 pounds.

Incline Dumbbell Deltoids:

Lying Shrugs: 10 sets X 10 reps 150 pounds.

Leg Extensions: 10 sets X 10 reps - the complete rack.

Upright Pulls: Same as Thursday.

Lying Triceps: 10 sets X 10 reps 240 pounds.

Biceps Preacher Curl: 10 sets X 10 reps 110 pounds.

**Wednesday:** Cool-out week in the bench

Half Squats: Same as last Wednesday.

Bench Press: Light Week - 225 X 10, 315 X 8, 405 X 6, 475 X 4, 525 X 3, 575 X 2, 600 X 5 X 2.

NO Deltoid work, Shrugs or Lats.

I stayed only with my intense arm routine. The next few weeks would allow me to do such poundages, that only one has not been surpassed. We will talk about that Bench movement shortly.

**Thursday:**

Benched: 225 X 10, 315 X 8, 405 X 5, 525 X 3, 575 X 1, 625 X 1, 700 X 1 X 2, 750 O.L. with help, 500 X 10, 500 X 5.

Deleting the remainder of my workout, I will take you to Friday's week in the bench press and will climax this article soon after Saturday's workout.

This Friday was one of the few that I actually lifted on, my reason for these Fridays brought about my climax.

Bench: 225 X 10, 315 X 8, 405 X 5, 475 X 5, 525 X 3, 600 X 5 X 5, 630 X 4 X 4, 650 X 3, 500 X 10.

Again I will delete this entire workout in favor of Saturday weeks complete workout.

### **Saturday:**

Squat: 225 X 10, 315 X 10, 405 X 5, 475 X 5, 575 X 3, 705 X 2, 770 X 2, 805 X 2, 850 X 2, 905 X 1, 930 X Failure.

Bench Press: 275 X 10, 340 X 8, 440 X 5, 500 X 3, 550 X 3, 600 X 10, 650 X 2 X 2, 720 X 1, no help for the highest poundage to date. 500 X 10.

Deadlift: 135 X 10, 275 X 7, 350 X 5, 565 X 5, 615 X 3, 760 X 1, 805 X 1, 840 X 10 to my knees.

If I could have gotten all these lifts together in a meet, I would have done one of the top totals. I'm not ashamed that it didn't workout. I feel great that I was able to compete. My motto that I think we all should practice is, "A half a loaf is better than none. It's not always who won the game, but how the game was played".

I still have a dream of doing 770 on the bench. My reason for not completing my dream is, I built a few crooked bridges, and it's taken until now to straighten them out.



WORK-OUT

SHEETS





