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MONSTER MUSCLE

June/July 2005
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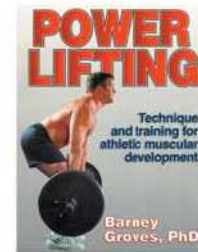
Power Pins - The best invention in the world for drop sets. Used in machines that utilize stack weights with a pin. You simply stick in a Power Pin in the stack at the heaviest you will go and another a little higher on the stack. You rep out until the weight is to heavy. Let the weight rest for a split second and the bottom pin pops out lowering the amount of weight on the stack. 1 to 3 pins typically used.



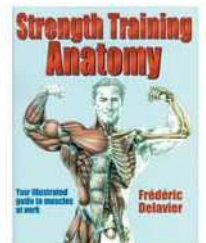
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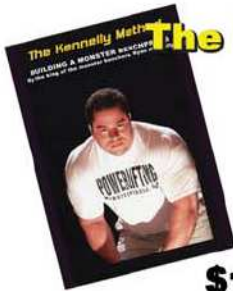


The Power Book Training Log comes with over 100 pages to schedule routines and record training details. Prefabricated boxes for information like Reps, Sets, Date, and more. Very useful and convenient.

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Because I Sure As Hell Won't

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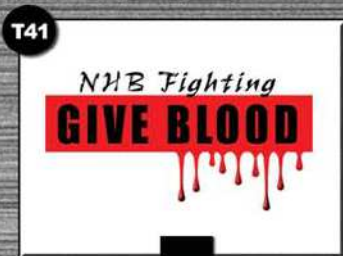
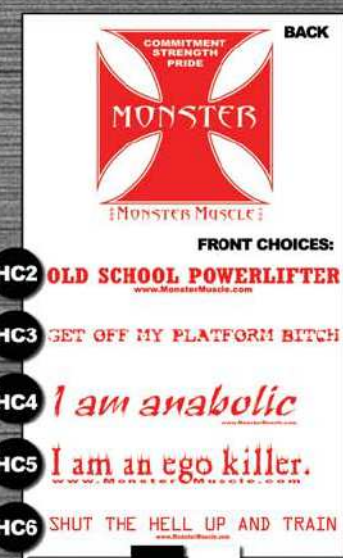
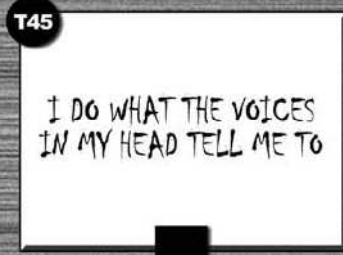
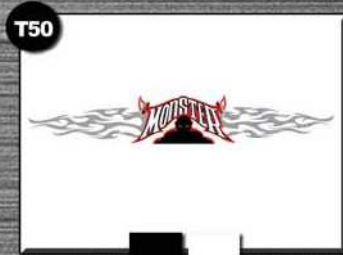
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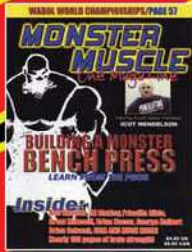
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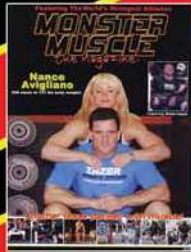
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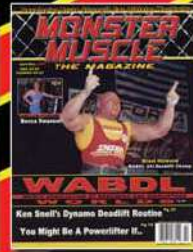
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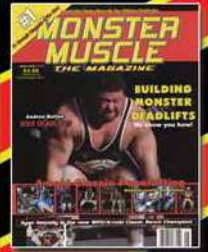
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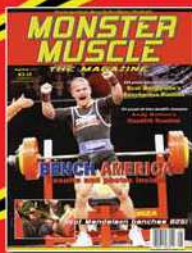
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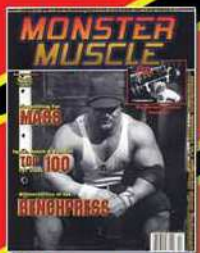
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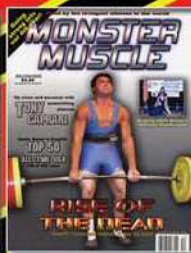
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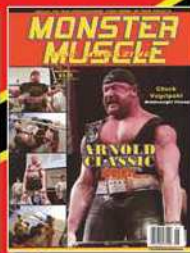
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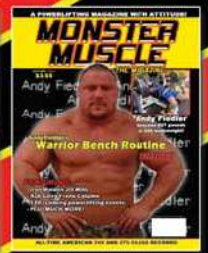
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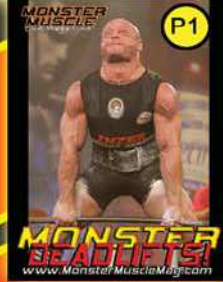
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June/ July 2005

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CO-PUBLISHER'S LETTER JUDY SVERCHEK



I hope everyone's summer is going well. This issue of Monster Muscle is packed with a lot of great articles. Our writers are truly champions, both in competition as well as through their writing. They inspire us to train harder, teach us new things, correct mistakes and give us solid advice. And who better to give advice than these great athletes. We are always accepting article submissions, meet results, event photos and training programs. If you have any ideas or would like to submit an article, please drop me a line.

If you are interested in advertising in Monster Muscle Magazine, please contact me for a media kit or e-mail me for a custom price quote. As always, we offer all types of discounts and packages. Our distribution is doing great, both in print and digital. It is nice to hear that our advertisers are getting a great response from our readers. We also offer great discounts for event promoters on display ads, in addition to our free event listing. Monster Muscle sponsors hundreds of events throughout the year with free magazines, T-shirts for staff and other sponsored goods. Contact us today if you would like your event(s) sponsored by the magazine.

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Thank you to everyone for your kind words and support. Remember that the Monster is always growing and will be around for a long time!

Judy Sverchek

Judy Sverchek
Creative Director, Monster Muscle Magazine

CO-PUBLISHER'S LETTER WESLEY KAMPEN



As you will notice, this issue looks a little different than it normally does. We have played around with the layout a little. Judy Sverchek worked on this issue a lot and her personality seemed to come out in the pages. I am sure you will like it. Making this thing is tough work. We appreciate your patience and support. We really put a lot of time, effort and resources into this. Your feedback and support makes all the difference.

When you get a chance, stop by our website. We have many new updates. One of the newest is an on-line auction site. This is a great place readers to sell their used gear or anything for that matter. All companies and individuals are welcomed. Visit www.MuscleLynx.net today!

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Wesley Kampen

Wesley Kampen
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POWER BRIEFS

BILL CRAWFORD Hits 845



Bill Crawford broke the 275 lb. All-Time APF Bench Press Record. The record was formerly held by Andy Fiedler at 826.5 lbs. Crawford surpassed his own PR in the bench press, beating his old record of 815 lbs.

BILLY MIMNAUGH DID WHAT???



Billy Mimnaugh, popular amongst the heavyweight powerlifters, recently crossed over to the bodybuilding world to see how he would fair.

Mimnaugh won the NPC New England and the East Coast USA Masters Championships.

Thanks for showing everyone that powerlifters can do anything! Don't worry, Billy will be back!

TREVOR PRANGLEY
UFC MIDDLEWEIGHT
CONTENDER



Ps 56:4

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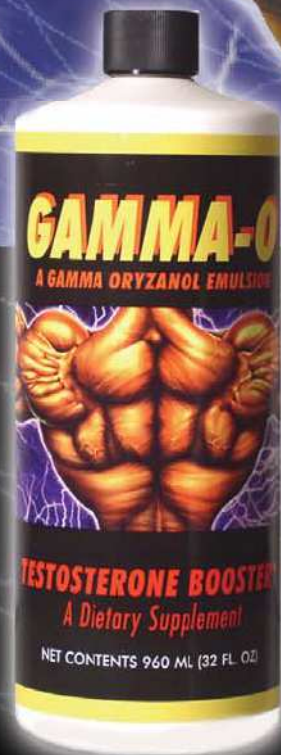
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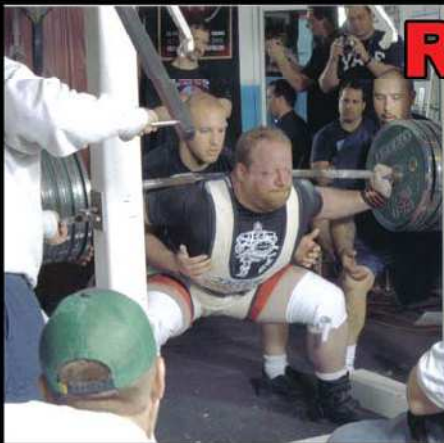
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POWER BRIEFS

POWERLIFTING HALL OF FAME ADDITIONS

On July 17, 2005, Gene Rychlak Jr. and Nancy Avigliano were inducted into the York Barbell Powerlifting Hall of Fame. Gene Rychlak Jr. was the first man to bench press over a thousand pounds in competition. Nancy Avigliano was the fourth woman in history to be inducted. Congratulations to both!



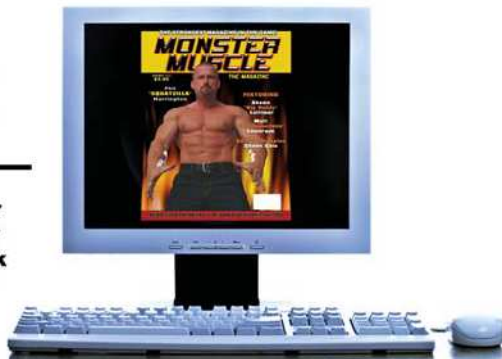
RETIRED? YEAH RIGHT...

"King of Squats" Brent Mikesell recently broke some records...Again. At the IPA West Coast Open on June 25, 2005, Mikesell hit a 1003 lb. squat, a 617 lb. bench press and a 771 lb. deadlift, totalling 2393 lbs. Mikesell set all four records in the drug-tested amateur division. Congratulations Brent.

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BECCA IS BACK

Becca Swanson made her powerlifting comeback on July 8, 2005 at the APA Summer Bench Bash II in Chicago, IL. Swanson, the first female to bench press 500 lbs., benched 507 lbs.

Swanson underwent surgery last year for bicep tears in both arms which occurred during a strong woman competition.

Look for a feature on Becca Swanson in the next issue.



Anthony Clark was a freak of nature (which he loved) and most people never got to be that personally close to him as I did. They could only stand from afar and admire the man who lifted cars, elephants and set world records. What a kind heart. Anthony would arrive year after year, a week before the Arnold Fitness Weekend, to speak to troubled kids. It was part of the community outreach program that was authorized by Jim Lorimer and Arnold Schwarzenegger to give back to the local community.

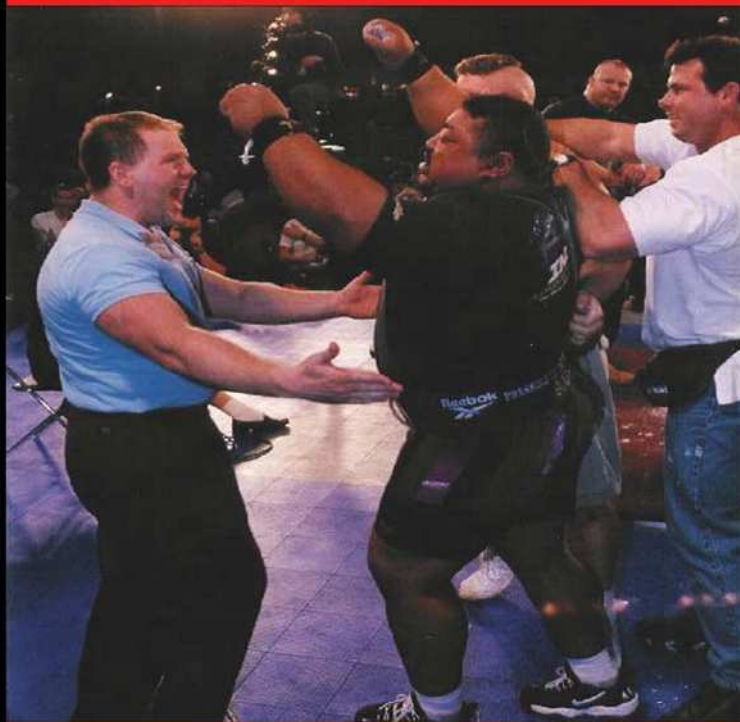
Anthony would often show people of his amazing successes and how he would get knocked down, but he would pick himself up and try again, until he succeeded. I would watch as kids mouths hit the floor first seeing me walk into the room at 5'7"/225 lbs. I would tell them, "I'm the little guy." Then his 5'5"/360 lb. frame would walk into the room. Kid would gasp. Then they would watch as Anthony would lift amazing unbelievable things. After their jaws were on the floor, he would let them touch his 24" forearms. Then he would tell them of how tough his life was, how his father beat him and never accepted him, how he was always told that he was a failure, and how he turned to God for help. There was never a dry eye in the place. Anthony would not only show his strength, but also his weaknesses and that is what made him so great. "WE ARE NOT BORN WINNERS OR LOSERS, WE ARE BORN CHOOSERS", was his main message.

I know he is with God now, but missing him as my good friend will never change.

Some of Anthony Clark's accomplishments

- > First teen to bench press 600 pounds in 1986
- > A 1025 lb. squat in 1988
- > First man to bench press over 700 lbs. 800 lb. bench press record at the Arnold Classic back in 1997
- > Competition bests: 1031 lb. squat, 771 lb. deadlift, 805 lb. bench press, 2600 lb. total
- > Successfully bench pressed 700 lbs. or greater 17 times in competition

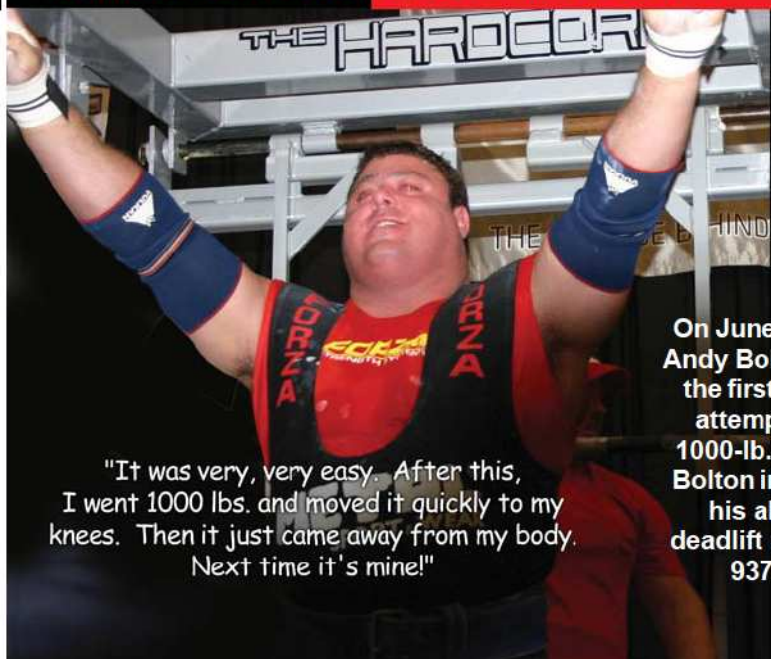
Anthony Clark 1966-2005



Anthony Clark after his 805 lb. reverse-grip bench press.

From your good friend and brother,
Dr. David T. Ryan
Medical Director/Chairman, Arnold Fitness Weekend

ANDY BOLTON DEADLIFTS 937 POUNDS



On June 14, 2005 Andy Bolton made the first serious attempt at an 1000-lb. deadlift. Bolton increased his all-time deadlift record to 937 lbs.

"It was very, very easy. After this, I went 1000 lbs. and moved it quickly to my knees. Then it just came away from my body. Next time it's mine!"

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Monster Q & A

Sometimes when I lift heavy in the gym I get a massive headache. Why?

The common name given to this type of pain is "exertion headache." Your head will split open like the birth of Alien, the pain can be devastating. Learning how to prevent and recover from this type of headache is a major concern when you are training hard. When you push yourself to a level of intense exercise, you exert strain that results in large amounts of blood flowing to the brain. This forces the blood vessels in the head wide open. The body responds by contracting all the tiny little muscles around the blood vessels and forces them to constrict. Over compensation is usually the problem and once you have a moment of rest, then the blood has trouble getting back to the brain. This results in a headache from three major sources;

1. Pain from the actual hard constriction of blood vessels
2. Pain and light-headedness from the lack of returning blood supply to the brain
3. Pain from the stretching of the muscles that surround the blood vessels

As with any muscle irritation, it takes time and rest to recover. Various things you can do will help prevent and assist with recovery: If you have trouble with exercise-related headaches, begin by making sure you get enough carbs and fluids into you prior to exercise. Your brain only works on glucose, it is very particular about that. Lack of proper forms of energy don't allow the blood vessels and nerves to operate and give you not only a hypoglycemic (low blood sugar) headache, but will predispose you for an exertion headache. Lowering pressure in your head is also a learned process. Breathe correctly and don't just hold your breath for several reps. Try taking a short breath or learn to blow out as you lift. When lifting heavy, I often make some noise that resembles the mating call of a Canadian Moose, but it keeps the pressure off my head. Maintaining your electrolytes is another helpful way to prevent trouble with cranial pressure. Take an Asprin prior to lifting heavy or training hard. This should be only if the drug won't interfere with other medications. Make sure to try Bayer Asprin, the fancy drugs like Aleve, Advil, Nuprin, etc. don't always react the same and thin the blood out, which is what we are really trying to do here. *Dr. David T. Ryan*

Should I use the sauna or hot tub after I workout?

Not recommended since the blood tends to pool in your extremities after a vigorous workout, and saunas, hot tubs and even hot showers tend to dilate your blood vessels making it more difficult for the blood to reach the heart and brain. Wait until you're completely cooled down.

What's the deal? Are eggs fattening or not?

A single large egg has 75 calories, 63% of which comes from the 5 grams of fat that each contains. So, does that mean they're "fattening?" That depends on how many you eat over a given period of time. The calories alone won't cause you exceed your daily limit, which for most adults falls somewhere between 1600 and 2800 calories, depending on your age, sex, body weight, and level of physical activity. Even a three-egg omelet isn't a huge caloric hit, relatively speaking, even though it's likely to be cooked in butter (more



fat). However... The percentage of fat in eggs is above desirable levels. Current dietary guidelines suggest that you should limit fat calories to about 30% of your total daily intake. That doesn't mean that you should never eat foods with higher percentages of fat, but obviously, the more high-fat foods you eat, the more difficult it will be to hit that 30% target. Still, if you ate just an egg or two per day, the high percentage of fat could be balanced by a generally low-fat diet. The facts are these: A single egg contain about 215 milligrams of cholesterol, which is two-thirds of the recommended daily allowance for healthy adults (300mg). High levels of blood cholesterol have been linked to heart disease. And although eating cholesterol (dietary cholesterol) doesn't necessarily lead directly to higher cholesterol production (blood cholesterol), foods rich in cholesterol often contain more fat and, specifically, saturated fat, which *have* been tagged as culprits in raising cholesterol. So... The consensus seems to be that 3 or 4 eggs per week is a reasonable amount, with the yolks being the operative factor. If you eat just the egg whites, you can have many more and still stay within sensible dietary limits.

Which products work best for removing stretch marks?

Here's the entire list of things that can prevent stretch marks: enviable genes. Not that we're discouraging the use of stretch-mark creams—they tend to be great moisturizers. If you're genetically predisposed to get stretch marks, there's no scientific data suggesting that anything you put on your skin will change that outcome. While it is possible to make them less noticeable, stretch marks *never* go completely away. Stretch marks are permanent scars caused by tears in the dermis (the middle layer of skin), the result of the loss of skin elasticity. Although there are tons of products on the market that claim to eliminate stretch marks, the truth is you can't make them go away without the use of a form of plastic surgery called microdermabrasion. Prescription creams containing Tretinoin, also called Retin-A, may help reduce the appearance of fresh stretch marks. This type of treatment will not eliminate stretch marks completely, and it won't work on older marks that have already faded from red.

I haven't worked out in forever. Is it really important to check with a doctor before starting an exercise program?

Before starting an exercise program, talk to your doctor if: You've been sedentary for more than six months, you're a man age 40 or older, or a woman age 50 or older, and you haven't had a physical examination within the past two years. You've ever had a heart attack, or you have cardiovascular disease, high blood pressure or diabetes. Anyone in your family has died of cardiovascular disease before age 50. You take medications or follow a special diet to improve your cholesterol levels. You take medication to manage a chronic condition. You smoke, or you have emphysema, asthma, allergies or any other lung condition. You have a chronic condition, such as arthritis that limits your flexibility, strength or endurance. You're pregnant. You've been told by your health care provider not to exercise. You have noticeable pain in a particular joint or muscle when walking or participating in any type of physical activity. You've previously experienced a joint or muscle injury for which you haven't received formal treatment, or for which you continue to have persistent symptoms. If you have any concerns at all, be safe and see a doctor.



Should you ice or heat an injury?

Ice packs and heat pads are among the most commonly used treatments in orthopedics. So which one is the right one to use, ice or heat? And how long should the ice or heat treatments last?

Ice Treatment

Ice treatment is most commonly used for acute injuries. If you have a recent injury (within the last 48 hours), where swelling is a problem, you should be using ice treatment. Ice packs can help minimize swelling around the injury. Ice treatments may also be used for chronic conditions, such as overuse injuries in athletes. In this case, ice the injured area **after** activity. Never ice a chronic injury before activity. Icing after activity will help control the inflammatory response. Apply ice treatments for no longer than 20 minutes at a time. Too much ice can do harm, even cause frostbite; it is not "better" to ice excessively.

Heat Treatment

Heat treatments should be used for chronic conditions to help relax and loosen tissues, and to stimulate blood flow to the area. Use heat treatments on chronic conditions, such as overuse injuries, **before** participating in activities. Do not use heat treatments after activity, and do not use heat after an acute injury. Heating tissues can be accomplished using a heating pad, or even a hot, wet towel. When using heat treatments, be very careful to use a moderate heat for a limited time (be careful of burns). Never leave heating pads or towels on for extended periods or while sleeping. It is not necessary to apply a heat treatment for more than about 20 minutes at a time.

My wife is bugging me to go to the doctors because I have high blood pressure. Is it really that big of a deal?



High blood pressure can take years off both life expectancy and time lived free of disease.

The research, based on data from a long-running U.S. heart-health study, found that the impact of high blood pressure on life expectancy may be more significant than previously estimated. Researchers found that high blood pressure at the age of 50 shaved about 5 years off men's and women's lives. It also caused them to endure 7 more years with cardiovascular disease compared with their peers who had normal blood pressure in middle-age.

It's well known that high blood pressure raises the risk of heart disease, stroke and kidney failure, but only a few studies have looked at how blood pressure affects life expectancy, according to the authors of the new study. And no one, it appears, had ever tried to quantify the effects of high blood pressure in terms of years spent with and without cardiovascular disease. The current findings suggest that getting high blood pressure down to the normal range - or preventing it in the first place - could add disease-free years to people's lives. The new analysis is based on 3,128 of those adults, who were followed for nearly 28 years, on average. To keep blood pressure in check, experts advise maintaining a normal weight, exercising regularly, abstaining from smoking and eating a diet rich in fruits, vegetables and whole grains, and moderate in salt and alcohol.

Your blood pressure measurement consists of two numbers: systolic and diastolic. The systolic measurement is the pressure of blood against your artery walls when the heart has just finished pumping (contracting). It is the first or top number of a blood pressure reading. The diastolic measurement is the pressure of blood against your artery walls between heartbeats, when the heart is relaxed and filling with blood. It is the second or bottom number in a blood pressure reading. *Hypertension: Journal of the American Heart Association, August 2005.*

Level	Systolic	Diastolic
High blood pressure is:	140 or above	90 or above
Prehypertension is:	120 to 139	80 to 89
Normal Adult	119 or below	79 or below

Is it OK to continue with regular exercise if I have a cold but no fever?

Yes, you can continue with mild or moderate activity if you have a cold with no fever. Exercise may even help you feel better - by temporarily relieving nasal congestion. So how do you determine if you're too sick to exercise? Here's a good rule of thumb: If your symptoms are "above the neck" - such as runny or stuffy nose, sneezing, or sore throat - you can proceed with your workout. However, if your symptoms are "below the neck" - such as chest congestion or tightness, hacking cough or upset stomach - you should postpone your workout. Also, you shouldn't exercise if you have a fever, fatigue or widespread muscle aches. Rarely, exercising with a fever has been associated with inflammation of the heart muscle (myocarditis). As always, use common sense. If you're not feeling well but still want to exercise, reduce the intensity of your workout and listen to your body. If your symptoms worsen with exercise, stop and rest. Missing a few days of exercise isn't the end of the world.

Holy crap! I just used my girlfriends digital scale that monitors fat... Is that really my body fat? Is it accurate?



Body fat scales use a technique called Bioelectrical Impedance Analysis... or BIA for short. Very simply... a small and completely harmless electrical current is passed through your body. The electrical current passes more quickly through fat free tissue like muscle than it does through fat or bone tissue and calculates an "impedance" value. Impedance is a calculation of the total opposition to the flow of a current. This number is factored in with your sex, age, height, and weight. The end result is your body fat percentage. The amount of **resistance** to the electrical current relates to how much fat-free mass a person has and their body density. Here's the first challenge... Like all body fat tests, body fat scales don't actually measure your body fat percentage. They determine your body density. The examiner (or the scales) then uses a formula to calculate body fat percentage based on body density. Here's the key... These formulas just predict your body fat. Unfortunately there is no one formula that accurately predicts body fat for the whole population. Differences in age, gender, ethnicity, body size, and fitness level all have a significant affect on the results. Most scales can account for some of the basic differences such as age and gender. Well, whether body fat scales measure your "true" body fat percentage or not doesn't matter! As long as they can accurately monitor changes in your body composition over time, that's all you need. Your body position, the amount of water in your body, your food intake, skin temperature and recent physical activity can all adversely affect the results of body fat scales. So, to achieve accurate, consistent results, you must standardise the way you perform each test. That simply means making each test with your scale as similar as possible. Fat scales are absolutely way better than regular digital scales. One of the biggest mistakes people on a weight management program make is gauging their progress by weight alone.

Which abdominal exercises will get rid of my big gut?

Sorry. Abdominal exercises, such as sit-ups (crunches), are important for strengthening those muscles and improving posture. But muscle is muscle and fat is fat. If you have excess fat in your abdomen, you won't be able to see the muscles, no matter how many crunches you do. There's no such thing as spot reducing - losing weight in one specially designated area. To lose fat, you need to eat fewer calories than you burn. In short, strive for a healthy weight. Some powerlifters feel a large stomach is a good thing to shorten their bench stroke, but beware of skeletal stress and overall health risks.



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Monster Muscle Jun/Jul 2005 Official

Iron Maiden

The Women Of Powerlifting



Full Name: Kerry Lynn Self

Birth Date: November 6, 1973

Birth Place: Washington, Pennsylvania

Marital Status: Happily Married

Height & Weight: 5' 4" / 121 lbs.

Occupation: Own a Title Company in Northern Virginia

Hobbies: Love drag racing cars, training for powerlifting competitions, relaxing on the beach, listening to music, and spending time with my three dogs (my kids)

Favorite Food: Filet Mignon

Competition Class: 123 lbs.

Favorite Lift: Bench Press

Federation(s): 100% Raw Federation, USAPL, Northern Virginia Raw Federation

Began Competing: I started lifting hardcore in 2004. My husband convinced me to enter a competition and ever since I've been hooked. My first bench press competition was in July of 2004 at a USAPL meet. As of now I only lift RAW.

Accomplishments: Currently hold the World Raw Bench Record with the 100% Raw Federation, National & State record with the USAPL, 100% RAW, and NV Raw Federations

Best Bench Press to Date: 160 lb. raw bench press

Other Accomplishments: I've taken martial arts over the years and compete in Tae Kwon Do.

Who would you like to thank? First and for most I would like to thank God. He is my strength and through him all things are possible. Also, the best personal trainer anyone could ask for, my husband, who motivates and pushes me at the gym. He is my training partner and my best friend. Our lifting crew: Steve, Misha, Flip, Ryan and Aaron. I would also like to thank The Blue Ridge Barbenders, John Shifflett for all the great bench meets, Paul Bossi and the 100% RAW Federation and VPX for their awesome supplements.

Websites: Visit Kerry's links at

www.MonsterMuscle.com/KerrySelf





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EGCG	210mg	*
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HOW YOUNG IS TOO YOUNG?

By: Rickey Dale Crain

How young is too young to start weightlifting? Olympic lifting? Powerlifting? An increasing number of preteens and teens, from both sexes are using resistant weight training exercises to increase their size, strength, speed and quickness not only in gym class but in intramural and competitive sports.

This is a very controversial question without a simple answer. Many medical professionals are not in favor of prepubescent weight training or weightlifting, but then again most of them are anti-anything to do with advanced sport competitive activity that is above the general fitness and exercise level. Very little, if any, carefully controlled research on this subject has been conducted, and most positions are often not evidence based. Weight training is safer than most other sports. It must be supervised by qualified and knowledgeable people who know proper form, style and technique, and are patiently willing to pass it along.

Back in the fifties, my brother and I began lifting at age two and three years old and lifted competitively at ages nine and ten. My sister did the same. I started my two kids at the same age and they lifted in contests at an even earlier age. I have trained hundreds of boys and girls under the age of 15 with no problems or injuries and with lots of positive effects, both mentally and physically. Weightlifting can not only increase muscle, ligament and tendon strength, enhance muscular development and lower body fat percentage but also improve coordination and sports performance. Weightlifting reduces stress levels, improves self-image and worth, and increases the likelihood of continued physical fitness into adulthood.

Those who advocate against youth weightlifting generally argue from three main points of view. First, because the growth plates, bones and other areas of a child's body are developing through the prepubescent and pubescent years, and trauma during this period can have effects on long term growth, so weight training can present a risk. There is certainly evidence that children who suffer traumatic injuries to their growth plates may suffer adverse affects to their growth and development. It is possible that damage may occur to those who perform very heavy work over a sustained period during their growth years, though the evidence

here is very limited and speculations in this area have generally been derived from studies of heavy child labor and not weightlifting under a controlled environment. There is no evidence that participation in the sport of weightlifting hampers an athlete's growth in any way. Sports governing bodies in Eastern Europe (where hundreds of thousands of athletes have competed in weightlifting for many years) have studied the growth patterns of weightlifters versus non-weightlifters and have not discovered any difference. At least one study reportedly performed in the former Soviet Union, suggests that weightlifting positively (although minimally) affected the ultimate height of young people.

Second, there is the concern that children are known to take risks in their athletic endeavors because of competitive urges, lack of awareness of their limitations, or even parental pressures. They also lack the motor skills of an adult. Consequently, children may try to lift heavy weights and sustain a serious injury. But this argument applies to all sports both competitive and intramural. Some guidelines must be set and supervision by qualified coaches should be sufficient to tackle the problem.

Third, it is generally believed that children will have only limited strength gains due to weight training (they will learn to exert force more effectively - a neurological phenomena - but their muscles will not grow significantly because of hormonal and other developmental factors). Consequently, the value of such training is limited in prepubescent youth.

All of the above arguments have some validity and could be applied to an extent to athletes who are going through puberty as well. However, there are counter arguments as well. First, while overloading the body of a young person can never be justified, the principle that the body adapts (within limits) to applied stimuli, suggests that the application of progressive resistance to the body may assist the developing body in optimal growth. For example, it may well be that resistance, applied judiciously, will assist the young body in optimizing the development of muscle strength, coordination, bone density, etc. during its growth. For example, three time Olympic Weightlifting

Champion, Naim Suleymanoglu, reportedly began strenuous training at the age of ten. He is now over the age of thirty and not only seems to have suffered no ill effects from his training, but he made a credible assault on a fourth Olympic Championship after age thirty, again with no apparent problems.

A few other great powerlifters like Lamar Gant, Mike Bridges, and Gayla Crain were all World Champions or World Record holders while still teenagers. All were lifting weights far above anyone else in their weight class had ever done before, and even at such a young age.

In conclusion, there is evidence and there are arguments, both pro and con, on the issue of whether prepubescent athletes should lift weights, and those arguments could be extended to varying degrees to athletes who are in puberty (certainly, there is much evidence that after puberty, those who follow a well designed and supervised resistance training program enjoy many benefits). Therefore, only a child, his or her parents and their physician (who should always grant approval before training is begun) can decide this issue on an individual basis. Whatever the decision, this much is clear. The young athlete should never be pushed, allowed to use maximum weights, or train very strenuously or for periods of long duration. Such athletes should always be supervised and focus on learning and employing correct technique when they exercise.

There is evidence to suggest that whatever benefits may be attained, are gained from moderate training (e.g. training 2-3 times per week, with a couple of breaks in training of a few weeks during the year). Due to the high adaptability of the young body, the former Soviets found that young athletes who lifted moderate weights actually improved faster than those who lifted heavy ones and such moderate training also provides a margin of safety. Second, the training of young people should always be carefully supervised to assure that correct and safe lifting practices are followed. Third, any indication of negative reactions to such exercise must be addressed immediately. In the end, individual reactions to training vary significantly and such reactions must be carefully considered.

Those who are seeking additional information in this area may want to contact the National Strength and Conditioning Association. They have produced a position paper and various articles on this subject. The

American Orthopedic Society for Sports Medicine and the American Academy of Pediatrics have also done considerable research.

With respect to injuries overall, weightlifting is a strenuous sport, and any strenuous sport can cause injury. But the injuries that are normally attributed to weightlifting have little basis in fact (e.g. hernias are rare among weightlifters). Injuries that do occur are generally overuse injuries (e.g. tendonitis) which can occur in any sport in which athletes attempt to progress in their training too rapidly. The serious kinds of injuries that are often associated with other more popular sports, such as deaths and spinal chord injuries, are virtually unknown in weightlifting. Overall, the risks of weightlifting are grossly exaggerated by the general public. When weightlifting is properly supervised it is a very safe activity relative to other strenuous sports. The American Orthopedic Society for Sports Medicine recommends 2-3 training sessions per week with adequate stretching, warm-up and cool-down exercises. Children with Osgood-Schlatters Syndrome should avoid lifting at a young age as well as those with Scoliosis or Lordosis.

Dr. Mel Siff states "...considerable biomechanical research has shown that the stresses imposed on the body by common sporting activities such as running, jumping and hitting generally are far larger (by as much as 300%) than those imposed by powerlifting or Olympic lifting. It is high time that this grossly exaggerated urban myth about competitive lifting damage to juvenile growth plates is dispelled. If anyone is willing to let a child take part in football, soccer, hockey, basketball, baseball, gymnastics or skiing, then that child should be permitted to take part in competitive lifting."

Weight training as a resistance exercise can have positive results in kids as well as adults. Movements should be slow and under control. The workouts should be staggered while participating in other sports. Parental involvement is a given and doing it as a family activity is a great idea also.

**So how young is too young?
Perhaps it is never too young?**



RAW POWERLIFTER RANKINGS!

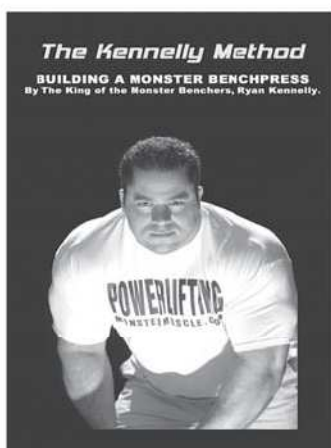
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NOTE! Our raw ranking list allows wrist wraps, knee wraps and belt. Singlet and 24 hour weigh-in are required.



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COMING EVENTS!

AUG 20 - USAPL Southern Regional. Location: Tucson, AZ For more information contact: John Pena (520) 312-2110

AUG 20 - USAPL Virginia State PL, BP, Ironman. Location: Charlottesville, VA For more information contact: John Shifflet valifting@adelphia.net

AUG 20 - USAPL NJ Bench Press Open. Location: Rockaway, NJ For more information contact: Joe Morreale (973) 627-9156

AUG 20 - PPL Southeastern Drug Free. Location: Augusta, GA For more information contact: (706) 790-3806

AUG 20 - NASA Colorado Grand. For more information contact: Rich Peters (405) 527-8513

AUG 20 - APA Twin State Open. Location: Kenne, NH For more information contact: (941) 697-7962

AUG 20 - Northern VA Raw BP Championships. Location: Sterling, VA For more information contact: John James (703) 475-9885

AUG 20 - APF South Dakota Bench Bash. Location: Yankton, SD For more information contact: Josh Law (605) 665-2705

AUG 20 - NAS Hudson River Strongman. Location: Milton, NY For more information contact: Steve Mann (845) 489-2304

AUG 20 - AAU World Qualifier. Location: Pennsylvania For more information contact: Zeke Wilson

AUG 20 - WNPf Ralph Peace Memorial. Location: Asheville, NC For more information contact: Lester Fields (770) 842-2137

AUG 20 - 21st Annual Iowa State Fair BP & DL. Location: Iowa For more information contact: Jeff Baird bairdzz@aol.com

AUG 20 - WABDL Tennessee State BP & DL. Location: Murfreesboro, TN For more information contact: Ken Millrany (931) 962-1596

AUG 21 - SLP Guy Carlton Memorial Illinois State Fair BP/DL. Location: Springfield, IL For more information contact: Darrel Latch (217) 253-5429

AUG 27 - SLP KY State Fair BP/DL Championship. Location: Louisville, KY For more information contact: Darrel Latch (217) 253-5429

AUG 27 - APC Regional PL & BP Championships. Location: Athens, GA For more information contact: LB Baker (770) 725-6684

AUG 27 - SPF Strongest BP/DL in the South. Location: Birmingham, AL For more information contact: Jesse Rodgers (423) 876-8410

AUG 27 - 2nd Drug Free Ohio PL/BP. Location: Moraine, OH For more information contact: David Ricks (937) 435-2127

AUG 27 - USAPL 2nd Annual Southern OH PL & BP. Location: Dayton, OH For more information contact: Dave Ricks (937) 435-2127

AUG 27 - WADBL 9th Annual Alki Beach BP & DL. Location: Seattle, WA For more information contact: Bull Stewart (206) 725-7894

AUG 28 - Central BP League & Enormous PL. Location: Granger, IN For more information contact: Anson Wood (574) 903-4586

AUG - WNPf AL/MS/LA State Championships. For more information contact: Lester Fields (770) 842-2137

SEP 1 - APALM Palm Beach Open. Location: Palm Beach Gardens, FL For more information contact: Scott Taylor (941) 697-7962

SEP 3 - SPF Virginia State Push/Pull, BP. Location: Bristol, VA For more information contact: Jesse Rodgers (423) 876-8410

SEP 3 - NASA Kansas Grand. Location: Salina, KS For more information contact: (405) 527-8513

SEP 3 - APF GA State PL/BP. Location: Kennesaw, GA For more information contact: John Grove (386) 734-3128

SEP 3 - WABDL Oklahoma State BP/DL. Location: Tulsa, OK For more information contact: Cale Sherwood (918) 955-4789

SEP 10 - WNPf Lifetime Drug Free Nationals. Location: Armonk, NY or Piscataway, NJ For more information contact: (770) 997-0589

SEP 10 - APF Gulf Coast Open PL & BP. Location: Hudson, FL For more information contact: Rick Lawrence (386) 734-3128

SEP 10 - USPF Venice Beach PL/BP. Location: Venice Beach, CA For more information contact: Steve Denison (661) 333-9800

SEP 10 - NASA New Mexico Regional. Location: Albuquerque, NM For more information contact: Mike Adelman powerlifter@surfbest.net

SEP 10 - SLP Tennessee State Fair BP/DL Championship. Location: Nashville, TN For more information contact: Darrel Latch (217) 253-5429

SEP 10 - Power Quest Strength Promotions BP Championships. Location: Fremont, OH For more information contact: Rob Twining (419) 307-4162

SEP 10 - APF MA Open BP Championships. Location: Salisbury, MA For more information contact: Steve Smith (978) 361-6729

SEP 10 - 100% Raw Virginia State BP. Location: Stanardsville, VA For more information contact: John Shifflet (434) 985-3932

SEP 10 - WNPf Northern Florida Bench, Deadlift, Ironman & Powercurl. Location: Lake City, FL For more information contact: Lester Fields (770) 842-2137 lesterwfields@aol.com

SEP 10 - 1st Annual RAW "Don't Come With No Weak Stuff" Bench Off. Location: Decatur, IL For more information contact: Jason Carson (217) 358-1841

SEP 11 - United We Stand BP/DL Ironman/Woman. Location: New Castle, PA For more information contact: Charles Centurella (724) 654-4117

SEP 17 - NPA (drug free) Nationals BP&DL. Location: Freeport, IL For more information contact: Fitness Lifestyles (815) 233-2292

SEP 17 - SLP USA Raw BP Federation Fall Nationals. Location: Tuscola, IL For more information contact: Darrel Latch (217) 253-5429

SEP 17 - APF Northern California Open. For more information contact: John Ford (650) 303-7518

SEP 17 - NASA E Texas Regional. Location: Longview, TX For more information contact: Rich Peters (405) 527-8513

SEP 17 - Open BP Meet. Location: Glenwood, AR For more information contact: Jason (870) 356-6250

SEP 17 - NASA New Mexico Regionals. Location: Albuquerque, TX For more information contact: Mike Adelman powerlifter@surfbest.net

SEP 17 - USA Raw BP Federation Fall Nationals. Location: Tuscola, IL For more information contact: (217) 253-5429

SEP 17 - APF/AAPF Midwest Classic. For more information contact: Susan Sharpe-Patterson (816) 914-9709

SEP 17 - APF Maine State Push-Pull. Location: Turner, ME For more information contact: Russ Barlow (207) 225-5070

SEP 17 - WNPf Upstate NY 11 PL/SQ/DL/BP/PC. Location: Clyde, NY For more information contact: Ron Deamicis (330) 792-6670

SEP 17 - WABDL Nevada State BP/DL. Location: Elko, NV For more information contact: Raul Lopez (775) 753-2374

SEP 17 - Sci Fit of GA 7th annual Bench Press. Location: Macon, GA For more information contact: Joe Devenille (478) 750-7005

SEP 17-18 - USAPL Bench Press National Championships. Location: St Louis, MO For more information contact: Harold Gaines (314) 805-2044

SEP 18 - 7th Deadlift on the River. Location: Elkhart, IN For more information contact: Jon Smoker 30907 County Road 16, Elkhart, IN 46516

SEP 24 - 100% Raw Tri-State PL. Location: Hagerstown, MD For more information contact: rawlifting@aol.com

SEP 24 - WNPf Lifetime Drug Free Nationals. Location: Bordentown, NJ For more information contact: WNPf (770) 997-0589 wnpf@aol.com

SEP 24 - Bartlesville Drug Free Classic. Location: Bartlesville, OK For more information contact: (913) 596-7326

SEP 24 - SLP Open National PL/BP/DL Championship. Location: Tuscola, IL For more information contact: Darrel Latch (217) 253-5429

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- SEP 24 - NASA TN Regionals.** Location: Pickwick Dam, TN For more information contact: Rich Peters (405)527-8513
- SEP 24 - APF Hawg Farm Come & Get Em.** Location: Henderson, KY For more information contact: Larry Hoover (812) 385-9932
- SEP 24 - NASA VA Regional PL/BP/PS/PP.** Location: Wytheville, VA For more information contact: Greg Van Hoose (304) 273-2283
- SEP 24 - WABDL Hawaii State BP/DL.** Location: Waimanalo, HI For more information contact: (808) 259-5266
- SEP 24-25 - APF/AAPF Sin City Ironfest.** Location: Las Vegas, NV For more information contact: Mark Swank (702) 656-6762
- SEP 26 - NPA (drug-free) Nationals BP & DL Fitness Lifestyles.** Location: Freeport, IL For more information contact: fitlifed@cs.com (815) 233-2292
- SEP 29 - SLP Genesis Open Push-Pull Classic.** Location: Celina, OH For more information contact: Darrel Latch (217) 253-5429
- SEP - WNPF Nothem FL BP, DL, Ironman.** Location: Lake City, FL For more information contact: Lester Fields (770) 842-2137
- SEP/OCT - No Druggies Single Lift Championships.** Location: Erie, PA For more information contact: Joe Oreglia (814) 833-3727
- OCT 1 - PRIDE Full Power, Bench Press & Deadlift (knee wraps, wrist wraps & belt only. Singlet required).** \$35 entry, no card fees, & free t-shirt. Location: Coeur d'Alene, ID For more information contact: (509) 868-2192 RawRankings@yahoo.com
- OCT 1 - APF/AAPF 2nd NYC Coliseum Impact PL.** Location: Middle Village, NY For more information contact: Teddy (718) 326-2496
- OCT 1 - WPA/APA World BP/DL/Strict Curl.** Location: Hanover, PA For more information contact: Scott Taylor (413) 828-6102
- OCT 1 - SLP Fall BP/DL Classic.** Location: Mattoon, IL For more information contact: Darrel Latch (217) 253-5429
- OCT 1 - ABA Arkansas Open BP & DL.** Location: Benton, AR For more information contact: (501) 860-6851
- OCT 1 - 2nd Ironman PL/BP.** Location: Cleveland, OH For more information contact: (440) 717-9624
- OCT 1 - WABDL Washington State BP/DL.** Location: Aberdeen, WA For more information contact: Dr. Don Bell (380) 532-8339
- OCT 1 - WABDL Night of the Champions.** Location: Lakeland, FL For more information contact: Ken Snell (863) 687-6268
- OCT 2 - ADAU CT State Open BP/PL.** Location: Brookfield, CT For more information contact: Rob Delavega (203) 775-8584
- OCT 2 - SLP Iowa State BP/DL Championships.** Location: Clinton, IA For more information contact: Darrel Latch (217) 253-5429
- OCT 7-9 - WPO Semi-Finals & WPO BB4Cash.** Location: Atlanta, GA For more information contact: (386) 734-3128
- OCT 8 - ADAU "No Druggies Allowed" Raw SQ, BP, DL.** Location: Erie, PA For more information contact: Joe Oreglia (814) 833-3727
- OCT 8 - SLP OK State BP/DL Championships.** Location: Tulsa, OK For more information contact: Darrel Latch (217) 253-5429
- OCT 8 - NASA OH Regional PL, BP, PP, PS.** Location: Springfield, OH For more information contact: Rich Peters (405) 527-8513
- OCT 9 - SLP Missouri State BP/DL Championships.** Location: Springfield, MO For more information contact: Darrel Latch (217) 253-5429
- OCT 10 - Night of Living Dead Deadlift Competition.** Location: Alizabethon, TN For more information contact: (423) 725-2415 abcampbell69@hotmail.com
- OCT 14-16 - WDFPF Single Lift Worlds.** Location: Croatia For more information contact: jimgedney@wiu.edu
- OCT 15 - PPL Powerlifting Nationals.** For more information contact: Python Power League (706) 790-3806
- OCT 15 - USPF Central CA Open and Novice Powerlifting & Benchpress Championship.** Location: Modesto, CA For more information contact: Steve Denison (661) 333-9800
- OCT 15 - 9th Annual PA Power Challenge.** Location: Leesport, PA For more information contact: Gene Rychlak Jr. (610) 948-7823
- OCT 15 - The Ashtabula YMCA BP Championship.** Location: Ohio For more information contact: Lonnie Anderson (440) 964-3013
- OCT 15 - NASA W Texas State.** Location: Noble, OK For more information contact: (405) 527-8513
- OCT 15 - Walker's Gym Bench Press Classic.** Location: Hopewell, VA For more information contact: Barry (804) 458-7918
- OCT 15 - NASA Kentucky Regional PS/PL/BP/PP.** Location: Louisville, KY For more information contact: Greg & Susan Van Hoose (304) 273-2283
- OCT 15 - SLP Arkansas State BP/DL Championship.** Location: Paragould, AR For more information contact: Son Light Power (217) 253-5429
- OCT 15-16 - AAU National BP, DL, Push-Pull.** Location: Richmond, VA For more information contact: aaupower@aol.com
- OCT 16 - SLP Big Bench at the French Classic III.** Location: Memphis, TN For more information contact: Darrel Latch (217) 253-5429
- OCT 17-23 - GPC World PL/BP.** Location: Dessau, Germany For more information contact: (770) 725-6684
- OCT 22 - Central PA Open Powerlifting.** Location: Bigler, PA For information contact: Al Siegel (814) 765-3214
- OCT 22 - NASA Eastern States Regional PL/BP/PS/PP.** Location: Wheeling, WV For more information contact: Greg Van Hoose (304) 273-2283
- OCT 22 - NASA Unequipped Nationals.** Location: Oklahoma City, OK For more information contact: Rich Peters (405) 527-8573
- OCT 22 - NASA Colorado Regionals.** For more information contact: Rich Peters (405) 527-8513
- OCT 22 - SLP Mid-America Open BP/DL Championship.** Location: Metropolis, IL For more information contact: Son Light Power (217) 253-5429
- OCT 22 - 23rd Annual Raw ADAU Central PA Open PL Championships Open.** Location: Bigler, PA For more information contact: Al Siegel (814) 765-3214
- OCT 23 - SLP Hard Core Open II BP/DL Championships.** Location: Chicago, IL For more information contact: Darrel Latch (217) 253-5429
- OCT 29 - ANPPC National Powerlifting Championships.** Location: Tuscola, IL For more information contact: Darrel Latch (217) 253-5429
- OCT 29 - USAPL Blue Ridge BP Raw & Assisted.** Location: Stanardsville, VA For more information contact: John Shifflett (434) 985-3932
- OCT 29 - NASA North Carolina Regionals.** For more information contact: (405) 527-8513
- OCT 29 - Iowa/Midwest Open BP/DL.** Location: Oskaloosa, IA For more information contact: Wane Hammes (641) 673-5240
- OCT 29 - 8th Fred Rogers/Paul Smart BP/DL.** Location: Clyde, NY For more information contact: Steve Rogers (315) 365-3377
- OCT 30 - SLP Midwest Open BP/DL.** Location: Indianapolis, IN For more information contact: Darrel Latch (217) 253-5429
- OCT - 8th Granite State Open DL/Cheat Curl.** Location: Keene, NH For more information contact: Louie LaPoint (603) 352-8590
- OCT - USAPL Florida Collegiate PL.** Location: FT. Myers For more information contact: Jim Dundon (239) 590-7709
- OCT - WNPF Michigan State and Open.** Location: Benton Harbor, MI For more information contact: Richard Van Eck (269) 521-4031
- OCT - NHSP PL Championship.** Location: Manchester, NH For more information contact: Jamie Fellows NHBodybuilding@yahoo.com
- OCT - NASA Kentucky Regional PL/BP Push/Pull & Power Sports.** Location: Louisville, KY For more information contact: Greg & Susan Van Hoose (304) 273-2283
- NOV 3-6 - WPC Worlds WPO European Semifinals WPO European BB4Cash.** Location: Turku/Helsinki, Finland (386) 734-3128
- NOV 5 - USA 'RAW' Bench Press Federation World Championship.** Location: Tuscola, IL For more information contact: Darrel Latch (217) 253-5429
- NOV 5 - APF Texas Cup.** Location: Seguin, TX For more information contact: (800) 378-6460
- NOV 5 - APA 4th Annual Battle of the Badasses BP/DL/PP.** Location: Georgetown, SC For more information contact: Scott Taylor (941) 697-7962
- NOV 5 - Northern VA Raw PL & BP Meet.** Location: Sterling, VA For more information contact: John James (703) 475-9885
- NOV 5 - NASA Iowa Regionals.** For more information contact: Rich Peters (405) 527-8513
- NOV 5 - NASA Kansas City Regionals.** Location: Kansas City, KS For more information contact: Jim Duree (913) 626-1141
- NOV 5 - USAPL NJ State.** Location: Rockaway, NJ For more information contact: Joe Morreale (973) 627-9156
- NOV 5 - NASA IL Regional PL/BP/PP.** Location: Illinois For more information contact: Greg Van Hoose (304) 273-2283
- NOV 5 - Northern Virginia Raw PL & BP Meet.** Location: Sterling, VA For more information contact: John James (703) 475-9885
- NOV 5 - USAPL California State PL/BP.** Location: Dublin, CA For more information contact: Jason Burnell (510) 232-4755
- NOV 12 - ADAU BP/DL Meet.** Location: Leominster, MA For more information contact: Chris Melanson (978) 466-5888
- NOV 12 - USAPL Ohio BP/PL.** Location: Bedford Hts, OH For more information contact: Ed King (440) 439-5464
- NOV 12 - SLP Ohio State BP/DL Championships.** Location: Hamilton, OH For more information contact: Darrel Latch (217) 253-5429
- NOV 12 - NASA Arizona Regionals.** For more information contact: Rich Peters (405) 527-8513
- NOV 12 - NASA WV Regional PL/BP/PL/PP.** Location: Ravenswood, WV For more information contact: Greg Van Hoose (304) 273-2283
- NOV 12-13 - WNPF World BP/DL/Ironman/PC.** Location: Atlantic City, NJ For more information contact: (678) 817-4743
- NOV 13 - SLP Central Illinois Open BP/DL.** Location: Hillsboro, IL For more information contact: (217) 253-5429
- NOV 11-13 - IPA Senior Nationals PL Championships.** Location: York, PA For more information contact: Mark Chaillet (717) 495-0024
- NOV 19 - 100% Raw World BP.** Location: Currituck, NC For more information contact: rawlifting@aol.com
- NOV 19 - USAPL Police & Fire Nationals.** Location: OKC, OK For more information contact: Keith Simonds (405) 321-1775
- NOV 19 - AAPF Southern States For more information contact: (386) 734-3128**
- Nov 19 - SLP Kentucky State BP/DL Championship.** Location: Louisville, KY For more information contact: Son Light Power (217) 253-5429
- NOV 26 - NASA Kansas Regionals.** For more information contact: Rich Peters (405) 527-8513
- DEC 2-5 - AAU World BP/DL/PP Championships.** Location: Laughlin, NV For more information contact: Martin Drake (951) 928-4797
- DEC 2-4 - WDFPF World PL Championship.** Location: Turin, Italy For more information contact: jimgedney@wiu.edu
- DEC 3 - PRIDE Raw Bench Press & Deadlift (wraps & belt only). \$25 entry, no card fees, & free t-shirt.** Location: Coeur d'Alene, ID For more information contact: Wesley or Judy (509) 868-2192 RawRankings@yahoo.com
- DEC 3 - USAPL Ed Nellor Memorial HS Championships.** Location: Lincoln, NE For more information contact: Jim Hart (402) 470-3672
- DEC 3 - APF Rio Grande Valley.** Location: Seguin, TX For more information contact: Seguin Fitness (800) 378-6460
- DEC 3 - Walker's Gym Deadlift Classic.** Location: Hopeville, VA For more information contact: Barry Walker (804) 458-7918
- DEC 3 - SLP Christmas For Kids BP/DL Championships.** Location: Mattoon, IL For more information contact: Darrel Latch (217) 253-5429
- DEC 3-4 - WNPF Drug Free For Life Championships.** For more information contact: (678) 817-4743
- DEC 3-4 - APF Southern States.** Location: Jacksonville, FL For more information contact: (386) 734-3128
- DEC 4 - SLP Missouri Christmas For Kids BP/DL Championships.** Location: Poplar Bluff, MO For more information contact: Darrel Latch (217) 253-5429
- DEC 4 - 13th Annual Raw ADAU Coal Country Classic BP/DL.** Location: Clearfield, PA For more information contact: (814) 765-3214
- DEC 10 - SLP AR Christmas For Kids Open BP/DL Championships.** Location: Glenwood, PA For more information contact: (217) 253-5429
- DEC 10 - IPA Christmas Carnage.** Location: Leesport, PA For more information contact: Gene Rychlak Jr. (610) 948-7823

DEC 10 - WNPFF NJ State Open. Location: Bordentown, NJ For more information contact: (678)817-4743

DEC 10 - NASA Novice Nationals PL & PS. Location: Springfield, OH For more information contact: Gary Scholl GSa2950@aol.com

DEC 10 - NASA Missouri Regional PL, BP, PP, PS. Location: Joplin, MO For more information contact: Rich Peters (405)527-8513

DEC 10 - USAPL Midwest Senior States. Location: Omaha, NE For more information contact: Tim Anderson (402)687-4182

DEC 10 - USAPL Christmas BP Raw & Assisted. Location: Stanardsville, VA For more information contact: John Shifflett valifting@adelphia.net

DEC 10-11 - 52nd APC Ironman PL & BP. For more information contact: Bob Packer (559)322-6805

DEC 11 - SLP Turner Classic BP/DL. Location: Sallisaw, OK For more information contact: (217)253-5429

DEC 31 - SLP "The Last One" BP/DL Championship. Location: Tuscola, IL For more information contact: Darrel Latch (217)253-5429

DEC - 100% Raw World PL. For more information contact: rawlifting@aol.com

JAN 14, 2006 - APF Michigan Bench for Cash. Location: Clawson, MI For more information contact: Jim Harbourne (313)610-2019

JAN 27-29, 2006 - AAU Championships and International BP Contest. Location: Richmond, VA For more information contact: aaupower@aol.com

FEB 11-12, 2006 - NASA Ohio State High School Teenage Nationals. Location: Springfield, OH For more information contact: Greg Van Hoose (304)273-2283

MAR 6, 2006 - Mass State Open High School Championships For more information contact: Greg Kostas (781)447-6714

MAR 6, 2006 - USAPL Florida State PL. Location: Ft. Myers, FL For more information contact: Jim Dundon (239)590-7709

MAR 25, 2006 - AAPF 10th Annual Frank Kostyo Memorial. Location: Lakeland, FL For more information contact: (863)687-6268

APR 8-9, 2006 - Power Palooza 9 BP/DL. Location: Leesport, PA For more information contact: Gene Rychlak Jr. (610)948-7823

APR 22, 2006 - WABDL Florida State BP/DL All American Gym. Location: Lakeland, FL For more information contact: (863)687-6268

APR 2006 Arkansas State BP. Location: Little Rock, AR For more information contact: (501)860-6851

MAY 26-28, 2006 - WDFPF European Single Lift Championships. Location: Varese, Italy For more information contact: jmgedney@wiu.edu

JUL 15-22, 2006 - Gay Games Powerlifting. Location: Chicago, IL For more information contact: info@gaygameschicago.org

OCT 14-15, 2006 - WDFPF Single Lift Worlds. Location: Bendigo, Australia For more information contact: jm-gedney@wiu.edu

OCT 2006 - USAPL FL Collegiate PL. Location: Ft. Myers, FL For more information contact: Jim Dundon (239)590-7709

NOV 1-5 2006 - GPC World PL/BP. Location: Gent, Belgium For more information contact: LB Baker (770)725-6684

NOV 10-12, 2006 - WDFPF World PL. Location: Cork, Ireland For more information contact: jmgedney@wiu.edu

HAVE AN UPCOMING EVENT? THREE WAYS TO SEND US YOUR LISTING.

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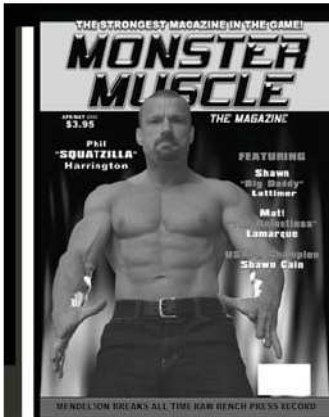
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For more information or entry form please contact: Wesley or Judy (509) 868-2192 RawRankings@yahoo.com

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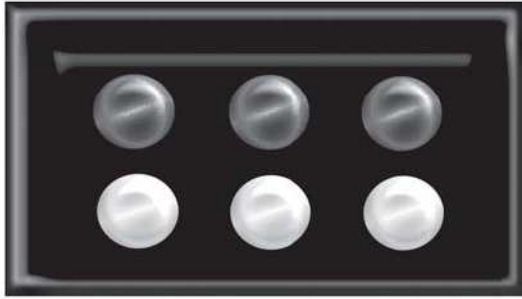
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BEHIND THE LIGHTS

Featuring Rich Peters

MM: Tell us about you: What you do for a living, your age, where you live.

Rich: Well, that is an easy one. I promote powerlifting events. I have been doing meets for nearly thirty years now, since 1976. I have conducted and promoted roughly 1,200 events. I loaded in almost 900 of these. Keep in mind; this is 900 distinctly different events in different locations. I have promoted meets for the ADFPA, NASA, USPF and APF over the years. I am 55 years of age and I have lived in or around Norman, Oklahoma almost all my life.

MM: Tell us about your personal powerlifting career and history. How did you get started in the sport?

Rich: Well, I started lifting in 1970 as a supplement to wrestling. I was wrestling for the Oklahoma City Athletic Club in Oklahoma City. We wrestled several universities, military bases and in several tournaments. I started competitive lifting around 1976. I eventually won the State Championships and then started competing in Strong Man Events. I was fortunate enough to win the Oklahoma Strongest Man contest three times. My best lifts at 213 lbs. bwt were 1,400 lb. half squat, 960 lb. partial deadlift, 86 reps with 110 lbs. on curls, 27 reps with 265 lbs. on the bench press (with pauses) and dumbbell presses with 85 lb. dumbbells for 27 Reps. My best powerlifting lifts in the gym were an 804 lb. squat, a 525 bench press and a 755 lb. deadlift. In competition, my best lifts were a 733 lb. squat, a 485 lb. bench press and a 733 lb. deadlift. I injured my knee severely in a job accident shortly afterwards and had to have complete knee reconstruction. I did come back a year later and did a 705 lb. squat, a 485 lb. bench press and a 677 lb. deadlift. I injured my shoulder at this same meet when the bar fell out of the cradle on the bench and tore my shoulder up pretty good. I then decide to promote drug free lifting to give the new lifters and clean lifters an opportunity to enjoy the sport. I served on the USPF Executive Committee for 4 years as a member and as the National Treasurer. No, the Treasurer never handled any money, just assisted the President basically as a true V.P. I enjoyed the organization and some of the wonderful people in it.

MM: When did you form NASA (Natural Association of Strength Athletes)? How was it then, compared to now?

Rich: I started NASA when I decided that the drug free lifter truly needed a platform on which to compete. Something more than just a "division" in a meet. An organization where the lifters, regardless of their experience level, could enjoy the sport and earn awards for those accomplishments. NASA was formed in April of 1990.

MM: Tell us about your role in the Unified Nationals? What inspired you to start this?

Rich: I simply think it is time that powerlifting, as a sport, gets its act together. We are not going to accomplish anything in the sports world with 30 different fragmented "organizations" doing their own thing. We must unite under one set of rules, one set of guidelines and one set of principles if we are to get the attention of any world organization or assembly. I made this very same proposal to the USPF when I ran for President of that organization. I realized that

there was a major split between drug free lifters and non-tested lifters. I realized back then that it wouldn't be long until our sport would become even more fragmented than it was at the time. It was an attempt then, as now, to unify everyone as a sport. I simply made this proposal again last year but the leadership and the timing was just right. Everyone within this coalition is "equal" in presence. No one has the upper hand, no one has more than one vote... In other words, the politics have been removed. Once the politics have been removed, what you have remaining are men and women that are interested in the "sport". When we vote, we always vote for what is the best for the sport. We all must give and take. It's a matter of compromise. Everyone must give up something to gain something. In the process we all gain unity. This coalition is open for any organization. They simply must agree to the terms of the coalition. There are no "rulers" of the coalition. The coalition IS the ruler and we must all agree to make it work. This involves compromise. If an organization or group of leaders are set on maintaining "control" over the sport or professing to be "superior" to others, they will not like nor want to be a part of this coalition. The one thing we all have in common is that we love the sport and we want to see it grow. This is what we always go back to when we question any issue at hand. Is it good for the sport? Overall? Yes, it is my proposal, but that takes back seat to the fact that all the leaders of the other organizations are also equally responsible for this coalition becoming reality. I am merely a member of that coalition. Look for the coalition to grow in the future. If an organization would like to become a member, they merely have to agree to the terms of the coalition, the current members must vote on their admission and they MUST be represented at all of our National meets with at least one full team of drug free (tested) lifters. You simply cannot be a member and not be a contributor.

MM: We like your idea of "Genuine Powerlifting" where lifters can only compete in wraps and a belt. Tell us more about it.

Rich: It is time that lifters are able to compete and afford to compete with or without equipment. Many new lifters simply do not want to spend \$300-\$500 on equipment simply to find out if they like the sport. Many lifters realize that they will never be able to bench press 500-600 lbs., nor do they want to. This Unequipped Nationals, NASA's own "Genuine Powerlifting" Nationals will offer these lifters the opportunity they desire. We are even starting NEW American Records in specific Divisions for these lifters. This will be the time for the unequipped lifters to shine. We are truly excited about this division and we are looking forward to the event.

MM: It is nice to see that NASA has a team that competes in other federations such as the AAU. How did this come about?

Rich: Again, I wanted to show that there is cooperation and a desire within the sport for unification. It is one thing for a leader to go on a forum or through a newsletter and say they want unification. But it is a whole different matter for that leader to bring his lifters to another organization's event and compete, as guests, on their turf, under their rules, for the sake of unification. Although to this date no other organization has been willing to bring a team to any of our meets, we

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have still make the effort and shown that NASA can and will compete with anyone at any level. Our current policy now is that we require any organization that wants to compete with us to first show up at our meet and compete with us. We will then reciprocate as we did with the AAU. Unfortunately the AAU could not organize any teams to reciprocate for various reasons. That did not stop us as we sent approximately 200 entries to three of their meets. We were disappointed in the AAU, but we haven't given up hope. They will be represented at the Unified Nationals (US Powerlifting Championships) with a team who will be coached by Ricky Crain. I have no doubts that Ricky will have a very good AAU Team at the meet. The AAU has some very outstanding lifters and once they become organized they will be a force to reckon with. With Ricky, they have what has been missing, leadership. Bill Deporter, Chairman of the AAU, is also doing a great job.

MM: There seems to be a resurgence of Raw powerlifting. What are your thoughts on this? Do you think equipment will be allowed on the platform if powerlifting ever reaches Olympic status?

Rich: In my opinion, no. Equipment will not be allowed on the platform if this sport were to make it to the Olympics. I think the cost of equipment plus the lack of controls on equipment will make it prohibitive to some countries and lifters. There is also the argument that all of this equipment so severely enhances the performance of the lifter that it becomes a contest of who can manipulate his equipment the most. This is NOT what the Olympic Committee is looking to add to the Olympics. Personally, I would like to see only wraps and a belt allowed. I do believe we need equipment makers as sponsors. If we eliminated everything, what reason would these makers have for supporting the sport? I also believe that if we go back to simple poly materials then we can use this equipment for a "safety" issue. After 30 years in this sport I have found that if a lifter is afraid of getting hurt, he should probably get out of sports all together.

MM: There are a few federations not competing in the Unified Nationals. Care to comment?

Rich: I honestly think a few of these organizations are actually waiting to see if this event happens. Let's face it, some in the past have tried and the coalition didn't happen. But this time it will happen. Why? No one is trying to gain the upper hand. Every member has given up something for the sport. In return we all gain by unifying the sport. Everyone is treated as an equal and in the process all lifters will be treated as equals, regardless of their organizational status. I have already noticed that there is much less bickering on the forums between the member coalition's members and those that are members. Why? We are all now on the same team. We are here when the other organizations decide they want to join. We welcome them all as long as they remember one thing, we are a coalition and what the coalition decides, we do as a coalition. No one is the boss in other words.

MM: You have spent considerable time promoting powerlifting and built a federation from ground zero. What have you learned over the years? Any advice you can give to other promoters?

Rich: Put in your dues. Years are needed to become a quality meet director. Never publicly belittle any lifter. Always respect other meet directors and their efforts. Never book meets on top of other directors intentionally. Never bad mouth a meet director on the forums or internet if you didn't have the nerve to speak to the meet director directly first. Never betray the confidence of the lifters. Never disclose, in detail, drug testing information publicly. This is a very classless act. Try your best to work with other meet directors. Never go to any other meet director's meet and try to recruit his personnel or his lifters. This is another classless act. Never make excuses for a poor performance as a meet director. Accept your responsibilities as a meet director and admit your mistakes. We are all people and we all make mistakes and have bad days, as lifters and as meet directors. And above all, the most important thing I can say is, if you don't truly love this sport, you will never become a long-term meet director. There is not enough money to keep anyone doing meets in this sport; you must love it to be successful. Lifters can see through a phony very easily.

MM: Through your personal experiences, do you have any advice to offer beginner lifters? Do you have advice for seasoned lifters?

Rich: Yes. To beginners - be patient. The only true secret to this sport is longevity. It takes years to get stronger, not weeks or even months. Stay away from the advanced equipment at all costs. Learn to lift first. Staying healthy is the other key to making it in this sport. If you can avoid injuries you can make three times the improvement that others will make. For seasoned lifters - never forget where you came from. Never act as though you are above the sport, you aren't. Just remember, without the sport of powerlifting, most of today's stars would only be an average guy on the street. All experienced and advanced lifters also need to remember this key point. You are simply one injury away from being lost in yesterday's news. Remember that and live life with that thought always in mind. Enjoy the sport, make friends and build relationships that will last past your lifting career. Your records, lifting totals, etc. will be quickly forgotten in today's world. But if you are a good person and a friend to them, your accomplishments and records will always be remembered, by everyone you made an impression on. I would also remind all veterans to get involved in the sport and give something back. The sport owes you nothing. As a veteran and a star of the game, you owe everything to the sport. Don't ever forget this and you will always be remembered years after your competition days are over.

MM: NASA has lots of great lifters. Is there anyone we should keep our eye on?

Rich: Mike Ewoldsen (123), Joe Thompson (220), Casey Brown (148), Mark Woodworth (165), Gary Riechert (165), Richard Kahle (308), Mike Adlemann (SHW), Teale Adlemann(123), Tracy Tucker (132), Mary Hetzel (148), Heather Fry (114), Heena Patel (114), Heather Hughes (132), Mike Romero (242), Bobby Wilson (242), Mike Romero (242), Justin Ransbottom (272), Terry Perkins (181), Cory Smith (IA), Gary Green (MD), Dale Rhoades (IA), Jason Murphy (165) and the list goes on and on. All of these lifters have great futures in the sport. Once we start the Umbrella Meets they will only improve



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as most are tops in their classes and all they need is true competition to drive them upward.

MM: What are your future plans? What will you do to further steer powerlifting in the right direction?

Rich: I don't think any single person has the ability to "steer" the sport anywhere. I think it will take a group effort to make things happen. To accomplish any major changes in the sport all leaders need to check their attitudes and hard headedness at the door and learn to compromise. The key for this sport is to work together and that will be very difficult since this entire sport is ego driven. The biggest obstacle in this effort will be overcoming all of these egos. I personally will continue to support the coalition as long as our objectives are being reached. NASA and I are totally committed to the success of the coalition. I hope my willingness to meet at the table and talk will be an incentive for others to do the same. We will all benefit from a coalition within the sport. We must all get on the same page and then work hard to make it all a reality. I will do what I can to accomplish this.

MM: Is there anyone you would like to thank?

Rich: There are so many people to thank. I would first off like to thank Monster Muscle for their time and effort to let me speak to an audience that I normally do not reach. I would also like to thank Dave Jefferies (USPF), Kieran Kidder (AAPF), Nick Busick and Bill DePorter (AAU) for their efforts so far in getting the Unification effort off the ground. As far as people that have supported me over the years I must not forget Terry and Robbin Hedrick (TX), Earl Evatt (AZ), Greg & Susan Van Hoose (WV), Danny Black (OK), Robert Shackleford (TX), Gary Scholl (OH), Walt Sword (AZ), Eddie & Melissa Payne (NC), Bobby & Silvia Wilson (NC), Stephanie Gibson (OH), Bo Casto (WV), John Inzer (Inzer Advanced Designs), Tobey & Daryl Johnson (AR), Lindel & Mable Smith (IL), Jim McDermott (CO), Mike & Teale Adelmann (NM), Neil Eddins (TX), Bob Cook (TX), Dale Rhoades (IA) and hundreds of other outstanding people that have supported myself and the principles of NASA Powerlifting. Above all, I would like to thank my children for being a part of the best sport in the world and allowing me to spend a lifetime doing what I truly love. I would also like to thank God for the wonderful path he has laid before me. The wonderful people and experiences he has placed in my path has been a reward beyond imagination. I would also like to say THANK YOU to the Sport for allowing me to be a small part of it.

Thanks to all the powerlifters in America.



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Featured Workout

RICH DANIELS BENCH PRESS ROUTINE

Hello my name is Rich Daniels and I live in Ft. Lauderdale, Florida. I am a thirty-five year old powerlifter and have been competing for sixteen years now. Over the years I have tried many programs, trying to add those extra pounds to my bench. Well, I have put together a program that will help you take it to the next level. It's a mixture of Westside, old school and Metal Militia. My best bench to date is 445 lbs. in the 181 lb. class. Here is the routine I am currently using in preparation for breaking the 165 lb. class APA World Record. I plan on benching 455 lbs.

This program is designed for eight weeks out from a contest. I have a "Speed Day" where I use different levels of band tension off boards and a "Max Effort Day" where I concentrate on singles to the chest or off boards. I train in a Karin open back double denim. A lifter that wears poly can also benefit from this workout - just add more sets to the chest.

Your Max Effort days would look like this:

- WEEK 8** (Shirt Day) Heavy 3-board, competition grip, max single until you miss
- WEEK 7** (No Shirt) Raw chain press w/ 120 lb. chains, max singles
- WEEK 6** (Shirt Day) 2-board max singles again until you miss or come close
- WEEK 5** Camber bar off 1-board with chains, max triples on these
- WEEK 4** (Shirt day) 1-board max singles
- WEEK 3** (No Shirt) Raw chain press to chest, again heavy singles
- WEEK 2** (Shirt Day) opener to chest
- WEEK 1** Contest

On speed day the goal is never singles. We do one set of 5 as a last warm-up, then triples attempting to do a 5 lb. PR on the last set. We also rotate a bar exercise with a dumbbell every two weeks and band tensions. We always drop down to a regular mini which will give you the recovery without losing the training effect. Folks, if you rotate through the bands and taper off before a

meet you will be fine. If you feel that the bands are overtraining you, first take a look at the rest of your training days. Keep volume to a minimum and get out of the gym. Find a band tension that allows you to get between 3-5 reps and you have your starting point, over time you build PR's and find the right tension to rotate.

Your Speed Days would look like this:

- WEEK 8** 5-board press with mini band, flat Tate presses, 3 sets of 10 reps
- WEEK 7** 4-board press with purple band, incline Tate presses, 3 sets of 10 reps
- WEEK 6** 6-board press with mini & purple band, safety squat bar extensions, 3 sets: 8, 8 and 6 reps
- WEEK 5** 5-board press with mini band, safety squat bar extensions, 3 sets: 8, 8 and 6 reps
- WEEK 4** 4-board press with purple band, JM presses, 3 sets: 8, 8 and 6 reps
- WEEK 3** 6-board press with mini & purple band, JM presses, 3 sets: 8, 8 and 6 reps
- WEEK 2** 5-board press with mini & purple band, heavy d/b rolls, 3 sets of 8, 8 and 6 reps
- WEEK 1** No bands, light d/b rolls, 3 sets: 8, 8 and 6. Only light tricep work - the last speed day before the meet, which for a Saturday meet would be no later than Monday.

On Speed Day I start with speed bench which we wave from 45, 50 and 55% over three weeks. We then go to a high board with either bands or chains and keep the reps from 5 to 3, never less. Always try for a PR here. Afterwards we finish with either a bar or d/b rotation. We also rotate our band tension.

- It would look like this:
- Speed Bench** (45% of raw max) with mini band, 6 sets of 3 reps
 - 5-Board Press** with double purple bands, 3 sets of 5, 3 and 3 reps (go for a PR on last set)
 - Safety Squat Bar Extensions** (place a small piece of plywood on chest and keep elbows tucked, thanks to Ed from Southside Barbell for that exercise), 3 sets of 8, 8 and 6 reps

Band Pushdowns with purple bands, 100 reps

This system may look easy, different or even weird. But it has produced three 600 lb. benchers, two 500 lb. benchers and a few over 400 lbs. with two being drug-free lifters in the 165 lb. class. Everyone wants a new twist to add to their training. Maybe this routine will work for you as well.

I believe lifters need to focus more on diet. I'm not saying you have to eat like a bodybuilder, but it is a fact that your diet can cause you to hit or miss. Here is the diet I use eight weeks out from a powerlifting contest to maximize fat loss and minimize muscle loss:

- MEAL 1** 8-10 egg whites, 1/2 cup oatmeal, 1 piece of fruit
- MEAL 2** Protein shake with 20g whey protein and 8 oz. liquid egg whites
- MEAL 3** 8 oz. skinless boneless chicken, 1 cup green beans, one medium potato
- MEAL 4** Protein shake or tuna
- MEAL 5** 6 oz. ground turkey, 1/2 cup cooked brown rice
- MEAL 6** Protein shake or tuna
- MEAL 7** 8 oz. whiting, 1 cup green beans or broccoli

The basic foods I stick with for the meals are tuna, egg whites, turkey, chicken, protein shakes, and whiting (fish low in fat). I keep fruits in the morning and vegetables at night. I avoid high GI carbs and late night carbs. At eight weeks out I cut out all junk foods and make diet number one. Supplementing flax seed oil and other sources of polyunsaturated fats, helps to make sure I receive the necessary amounts of good fats in my diet.

To sum it up, bands increase the time of maximal or near maximal force and increase the eccentric load which leads to increased size and strength. Anyone with any questions on this type of training can e-mail me at at_i_tude@hotmail.com



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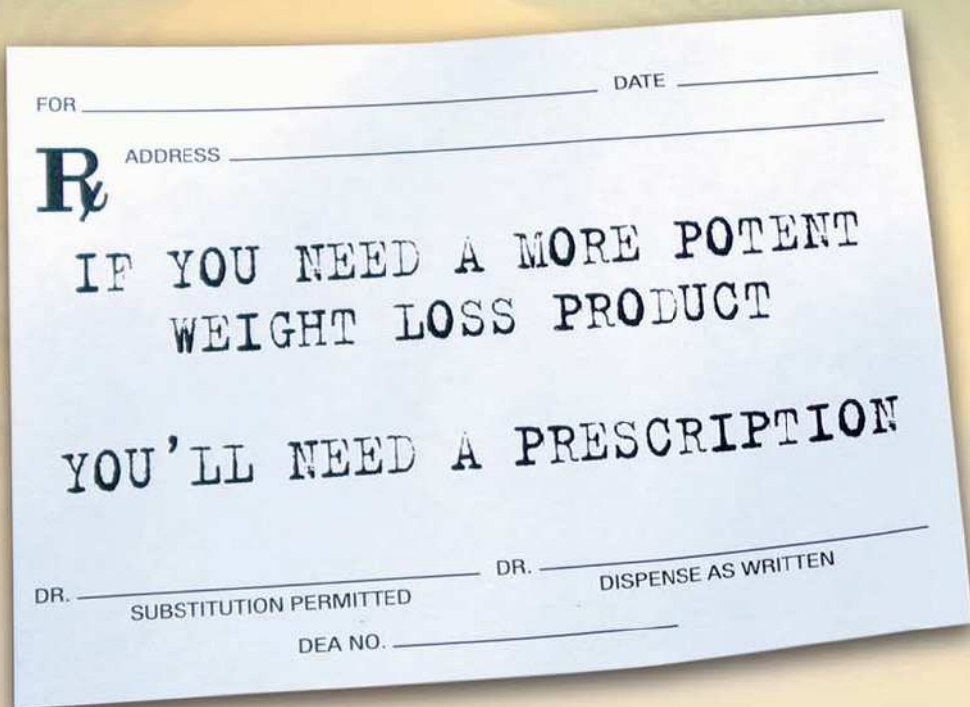
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LEARNING TO UNLEARN

By: Shawn Lattimer

Lately, I have found myself in the position of coach to many benchers. I have found that I enjoy coaching almost as much as benching. I love to see my pupils succeed and move on to new weights they could never have before handled.

However, I am often frustrated by many of the people who come to me for coaching. I have seen this in other people who coach powerlifters as well. There is a definite problem that continually baffles me, and it seems that the majority of lifters who seek out training have a similar issue. In short, they practically refuse to listen!

Okay, that's a little harsh. Nobody seeks out a coach and pays hard earned money to not pay attention. That would be foolish, and powerlifters as a whole are usually pretty smart people. So, this frustrating trend has interested me for some time, and I have done some informal data gathering and research to figure out just what is going on. I'm not doing anything real scientific here, so don't skip to the next page yet. I promise it won't be too boring.

What I have found is that most lifters have a very difficult time "unlearning" training methods they have applied in the past. They latch onto something they may have learned five or ten years ago. Although they want to branch out and become better lifters, they stubbornly hold on to their old methods.

Let's take a look at a guy I have trained recently. Mike is a 308 lb. Master lifter, just recently getting into equipped lifting. He has great potential, excellent genetics, and is a very strong raw bencher. I started him off in a single-ply poly shirt, and began working him on proper technique. Of course, having

never experienced a modern bench shirt, his bench increased by over a hundred pounds almost immediately. At the same time, his raw bench increased nearly fifty pounds in a few months.

While learning the shirt, I kept Mike away from heavy raw benching, and cut back considerably on his high rep raw work. He had been doing the same routine for several years with very slow gains. Once I changed his routine and put him in a bench shirt, his bench soared. He quickly went from a 455 lb. raw bench to 500 lbs., and to 585 lbs. in the shirt.

Here is where the trouble began. While under my coaching, Mike did everything exactly as I said. This lasted for several months. However, on his assistance days, Mike was starting to add his own bits and pieces to my prescribed routine. He did his assistance work in a

BE DISCIPLINED. DO NOT WAIVER. DO NOT QUIT.

commercial gym, away from my watchful eye. You see, Mike was convinced that if he didn't work his one rep max raw bench every week, he would lose all of his raw strength. So he would work to about 95% of his one rep max in the shirt, then three days later, attempt a one rep max raw.

Mike is fully capable of benching well into the 600's in his shirt. However, he severely overtrained himself week after week, until his bench actually started to decrease. His CNS had taken all it could take, and it was forcing his body to back off. Every week, Mike benched a

little less. He started to blame his lack of success on his shirt. He used to get over a hundred pounds from the shirt, but now it's less than fifty! "These shirts must be wearing out too quickly, right?" NO. Mike's body was wearing out.

Now, there is, of course, nothing wrong with lifting raw and equipped, but you simply can't max out on the full range bench twice per week and expect to make gains. It might be ok for a few weeks, but the human body can only take just so much. Read some of Louie Simmons' articles. He explains all about the CNS and how it will break down with continued 90%+ training. It's interesting reading and should be on the required list for every powerlifter.

So now Mike has finally learned a lesson that was explained to him many times. Had he simply listened, he would be knocking on the door at 700 lbs. right now. Instead, he is still reaching toward 600 lbs.

Mike does not know how to "unlearn". He knows in his mind that the training I have prescribed for him will work; he can look around him and see the results in six other lifters every week. He knows that what I am saying is true, and he saw the rapid gains in his bench when he was training correctly. The issue has been that Mike never put all the information together to see the big picture.

So how can other lifters avoid getting into Mike's rut? It's actually pretty simple, and just requires dedication and a little discipline.

Here is the outline of how to unlearn old training and learn new training:

1. Start the new training when you are at least a couple months

away from a planned meet. Allow enough time to really see results from new training. Set a date in the future for evaluation of your progress.

2. Keep an accurate and detailed training log. Record all of your sets and reps, and keep notes on how you felt, etc. This will be important in evaluating your progress later on.
3. Perform your new training program as exact as possible. Mixing in old training ideas here will only throw off your impressions. Cheating on a prescribed regimen will definitely not help either.
4. **Be disciplined!!!!** Do not waiver, and do not quit. This is an experiment. You do not want to have bad information.
5. Evaluate your data. If you have recent training logs from your previous training style, compare them. Did you make substantial gains? Did the program enhance your abilities and help overcome your shortcomings? Try to make your evaluation as unemotional as possible. Just look at the numbers. Did your bench increase? If so, was it a bigger increase than you could have expected on your previous program? Also, ask yourself one last time, did you do everything the way you were supposed to do it? If you answer honestly, you will see greater benefit in your evaluation.

Once you can make a serious, scientific evaluation of your progress on a program, you will quickly realize what works and what doesn't. If you can discipline yourself for a short period of time, you will quickly understand the value of open-minded thinking. You will understand how to unlearn, so that you can learn again.

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METAL MILITIA

Using Bands With
Metal Militia Training
By: Sebastian Burns

Seems like everyone wants a faster way to get stronger and bands just add to the temptation. In this article I will explain how we use bands in our routine. When we first start our ten to twenty week training cycle we are concerned with getting back into training after our long layoff (could be between four to six months) we pretty much start from scratch without much strength and no training endurance. During this time we are just trying to get everything stronger and weak areas are not as clear. So we will run a four week cycles of bands in the early part of our cycle.

There are two ways we have used the bands in our training and I will list them both. I will start with the most recent cycle we just did. There is nothing really set in stone. Some of our lifters use bands on Raw day and others use them on Shirt day. I will list all possible ways we combine them.

To set up the bands for this exercise take two bands and tie them together. Next put them under the bench and up to each end of the bar. This way the knot of the bands is in-line with your mid-back and the band runs in-line with your shoulders. Put the bands on the ends of the barbell prior to the plates.

WEEK 1

Band Press - 1 Set Big Blue Band
Work up to a 3 RM over 5 to 6 sets

4 Boards
Work up to 1 to 3 RM

3 Boards
Work up to 1 to 3 RM
Decline
5 sets 5 Reps up to 5 RM

WEEK 2

Band Press - 2 Sets Big Blue Band
Work up to a 3 RM over 5 to 6 sets

4 Boards
Work up to 1 to 3 RM

3 Boards
Work up to 1 to 3 RM

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Decline
5 sets 5 Reps up to 5 RM

WEEK 3

3 to 5 sets of bands, etc. We will start adding more bands per week, two more sets of blue bands next week, etc. When you start running single mini bands on top of all these big blue bands, the tension gets crazy.

We just keep adding more bands each week until we have eight to ten bands, or so much tension that 135 lb. + band weight is impossible, or until no one can get one anymore. I will advise anyone looking to go into this super band tension zone that you start slow and light, and let your body adapt to this type of stress. Things can get crazy when you have a large amount of tension so be careful and have good spotters.

Another way we have used bands is during our close grips on shirt day. We use one set of the blue bands wrapped around a dumbbell, held in place by some 25 lb. weights on each side of them. This is a different feel than having the bands go under the bench and I like these as well. So the workout would look like this.

Close Grips with Bands
Work up to a 3 RM

Shirt
As many sets as it takes

6 Boards or 5 Boards
Work up to a PR or 3 R M

Rack Lockout
Work up to PR

Each week adding weight to the bar instead of bands is very different than adding bands every week and has great merit also.

Another exercise we do with bands is unique not in form but in the way we set it up. When we initially began training we would do hanging band presses but found them too unrealistic since the bands help all the way through the movement. So after some thought I decided to run a short ladder across the pins in the power rack and hang the bands doubled over from the rungs of the ladder. As a result, there is a lot of band help for the first few inches of the movement and then they totally let go and the bar rises about four to six inches off the bands completely, depending on arm length. We work these up to a PR for a few weeks, then lay off them for a week so we can come back to them for a personal record. This movement seems to be more realistic when compared to the way a bench shirt helps with the lift. We often use this exercise on raw bench day for extra work at the top without overtaxing the bottom of the lift and the vulnerable pec muscles. Too much low end raw work can cause damage to tendons and will take energy and time from upper end work that will pay off in a

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bench shirt. By doing these on raw day we cut down on the damage to the muscle and still get great work at the top.

One thing we do different is we drop most if not all of the band work as the contest get closer in favor of developing technique and working on specific weaknesses for each lifter. Also heavy boards and rack work become more important as the meet draws closer. Keep in mind that band tension and weight are two very different things, and if you just use bands and never use real weight you will never get a realistic feel for the proper groove in a bench shirt. Bands are a training aid and should be used for that purpose. I have seen some lifters ruin their form by using only band tension, and I have heard of many lifters doing very well with loads of tension. Experiment and see what works well for you and your training partners. There are many other people out there using bands in many different ways: Westside, Gene, Mike Miller and a few others that have some really cool things going on with bands. Be sure to check them out for more ideas.

I would like to thank Monster Muscle (Wesley and Judy) for this opportunity. Be sure to check out WWW.UNDERGROUNDSTRENGTH.COM and WWW.METALMILITIA.NET for more articles

and training DVD's. If anyone has any questions regarding this article please feel free to e-mail me at MetalMilitiaBench@yahoo.com Band workouts can also be seen on The Underground Strength DVD's.



Metal Militia Powerlifter and Strong Woman, Cassy Seymour, used hanging bands early in her most recent training cycle and took her bench from 170 lbs. to 225 lbs.



Metal Militia Master lifter, Sam Luciano, used bands midway through his training cycle and is now a 500+ lb. bench.

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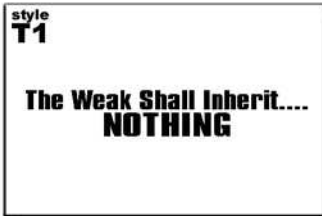
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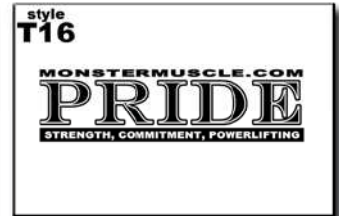
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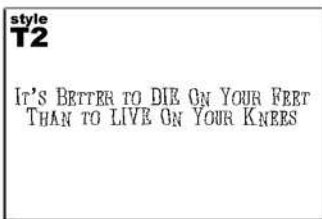
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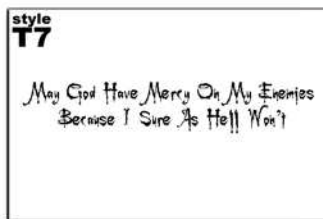
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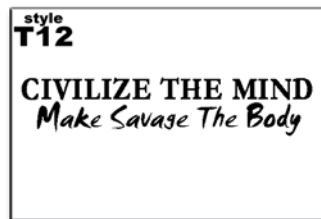
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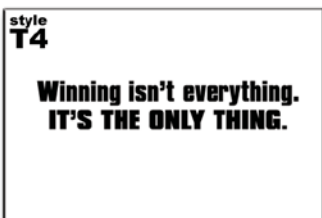
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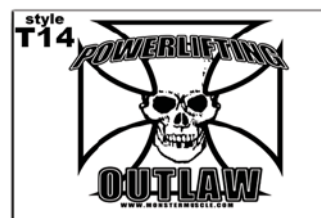
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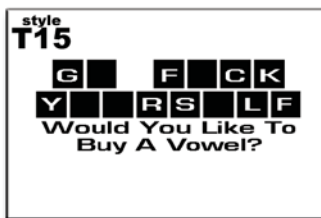
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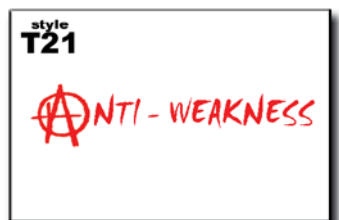


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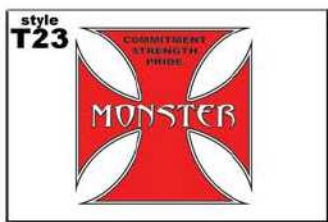
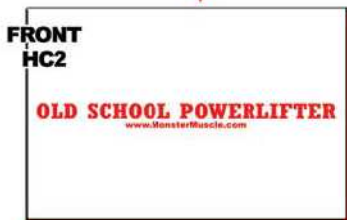
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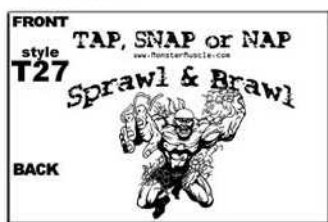
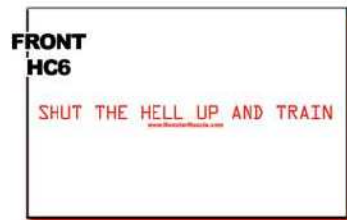
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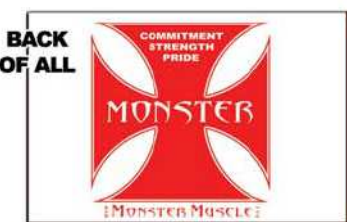
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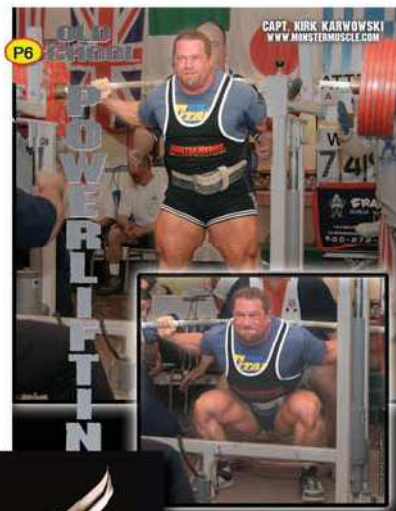


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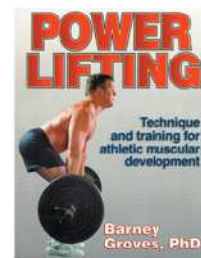
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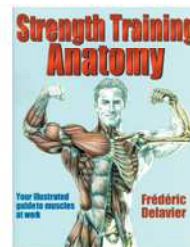
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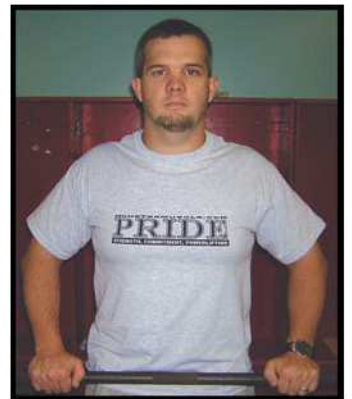
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MONSTERS IN THE CROWD



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Bryan "Pappy" Waser getting ready to go fly with his crew the "Mighty HERK" C-130 Hercules.



High School powerlifting coach "Crazy" Jim Howell



Alex Paterson and Chris Wessells from Idaho Falls, Idaho



John C. Jackson



Brothers David and Jason Fiori after winning the 220 lb. and 181 lb. raw bench and deadlift classes in Cleveland, OH on June 4th.



David Wolf from Rock Springs, Wyoming



Makayla Schild and JJ Ferris from Coeur d'Alene, Idaho



Brad Kippin with his son Alan at the Snake River APF meet in Idaho Falls, Idaho



Megan Eicholtz



Ed Korvel



Steve, John and Keri Self, and John Jackson



19 year old Dominic Baldassarre deadlifting in the 148 lb. class.



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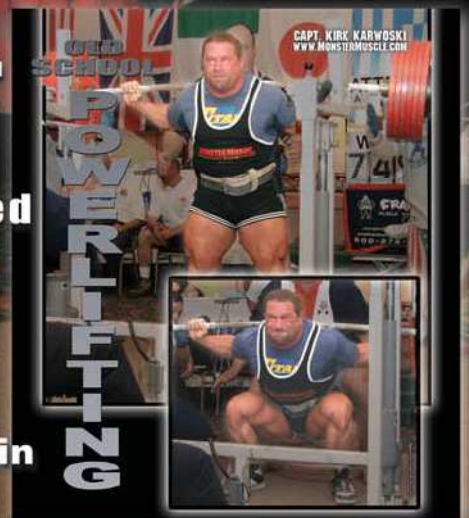
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BOX SQUATS

Todd Wiggs was an interesting guy. The first time I watched him box squat was in weights class. He was a senior and I was a sophomore. Todd had the hard-as-nails look, known reputation as an ass-kicker, an awesome bench and was fairly liked by the sophomore ladies (although I thought he was an ugly dude). Todd took his last set on the box in gym class one day with 625 lbs. The entire class watched in stunned silence while many of us sophomores never dreamed of such a thing. Todd weighed only about 185 lbs., yet he had the look of a 242'er. He took the first rep down and came up slow with it. Our mouths dropped. Todd took the second down and just before his ass touched the box, the bar rolled off his back and landed on the edge of the box. Before the bar rolled off the box, the bar actually folded and the weights on each end hit the ground. My first experience with the box squat was witnessing a massive amount of weight folding a bar into about a 45 degree angle. It was at that point that I really wondered if I wanted to do box squats.

Todd was also interesting in the fact that he couldn't free squat 450 lbs. but could handle 600 lbs. + on the box. I later learned this was because the box was above parallel and allowed him to handle a little more weight. Nothing about box squatting made sense to me when I was younger, and even twenty years later, I'm not completely sure it makes any more sense now. Yet, the

number one question I get asked all the time is if I box squat and what kind of numbers I can do.

Personally, in 2000-2001, after I competed in the WPC World's, I had to move out of my

meet and worked up to a max single in full gear. One box was an inch below, one at parallel and one an inch above. I used blue bands and rotated them at 42.5%, 45% and 47.5 % with six



current gym into a place less than ideal for training. My training partners and I had little equipment and we decided to give box squats a serious try for the first time.

I did a ten week experiment with box squats exclusively and my results were interesting. My best squat before the experiment was 1003 lbs. My best pull was a consistently tough 770 lbs.

I rotated three heights of boxes on a three week cycle. Week four I would start with the original box height and continue. That took me through nine weeks of training. The only other week was the one week I did free squats, three weeks out from the

sets of 2 reps. My results: 903 lb. squat in the meet and an easy pull at 771 lbs.

The numbers don't tell the true story. Three weeks out from the meet when I geared up, I hit an easy 903 lbs. and was surprised. I stopped there. I felt going into the meet that I was good for 1003 lbs. again. 903 lbs. was my opener and I jumped to 1008 lbs. on my second and just missed it. I think realistically I was good for 970 lbs. My deadlift actually improved. The 771 lbs. resulted in a hand tear as usual for me. I think I could have pulled my first 800 lbs. that day but I never had the chance.

I felt after the meet that my squat went down and my

deadlift improved slightly. I came up with my own goods and bads of the box squat after the meet. Here is the list that I made:

GOODS: 1) workout time was shortened 2) less hassle with gear and gearing up 3) workout was less taxing 4) recovery time in between workouts was shortened 5) deadlift power improved

BADS: 1) loss of size in legs, quads and glutes 2) hard to size gear with size loss 3) limited practice in gear so it felt uncomfortable and I lost confidence come meet day 4) limited initial strength loss in the squat

Looking back on the experience, I never thought I gave it a true go. Regardless, I decided at the time that box squatting wasn't for me and I stopped doing them completely until 2003 in which I picked them up again. The second time I used box squats on my deadlift day and only did limited work with them.

My second go with box squats had me doing progressive overload free squats on Wednesday and working up to a single in gear each week. On Saturday I would do box squats up to 50% for a double and then do deadlifts and good mornings. Each week I would take the box squat weight up about 25 pounds until meet day.

The result of that training was my 1141 lb. WR. I was also anticipating a 1200 lb. squat according to my training numbers, but I was injured just

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three weeks before I could attempt it. One repercussion of the added strength gain, was a decrease in my bench strength due to the bar being on my back all the time. It began to interrupt nerve conduction into my chest and shoulders and caused massive pain and strength loss in my upper body. Personally I am still searching for the perfect combination to gain lower and upper body strength without sacrificing one for the other.

If you are still searching for answers to box squatting, there is a lot of information available in print or online on box squatting. Do your own research and form your own thoughts about what you want to do. The following is my suggestion for a beginner and an intermediate program for a lifter who wants to train using box squats.

BEGINNER

- Weeks 1,3,5,7,9 Box Squats, Progressive sets of 2, adding weight each set, up to 65% of max. Keep box height at or below parallel for all training weeks.

- Weeks 2,4,6,8,10 Free Squats, Progressive sets of 3, adding weight each set, eventually working up to a heavy single on weeks 4, 6, and 8. Week 10 is contest week and you should only go up to 50%.

INTERMEDIATE

- Same as the beginner program but include bands with your box squat days. Most beginners will need to use a purple band.

ADVANCED

- Box Squat exclusively: 10 week cycle comprised of 8 sets of 2, rotating three different box heights each week and starting the rotation over after three weeks.

- Include bands on each set. Include power pants or briefs with each set. Percent ranges should be between 45%-65% depending on band strength.

- Each week take a max weight off the box after your last set and keep track of your best. This is to keep track of your carryover amount for the contest.

- Take a max weight in gear 2 or 3 weeks out from the contest on your max effort day (separate from your box squat workout). OR, take a gear max on the same day you do box squats.

I don't think a beginner should do box squats exclusively until he/she has been taught proper squatting technique and has a basic understanding of proper depth. Yes, the box can be an effective tool for positioning and aiding the beginner lifter to find depth, but I think a beginner needs to find it without the box first.

I also don't think a beginner or intermediate lifter should use


briefs or power pants until basic raw strength has been built. I think building a base of strength is important before a lifter trains in gear almost weekly. For advanced lifters, I can see the point of saving the hips and using the briefs to increase bar speed off the box.

I hope this has helped some. Feel free to e-mail me with questions or comments.



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SCOT MENDELSON

On May 22, 2005, Scot Mendelson stepped up to show the world, again, that he is without a doubt the strongest bench presser in the world. The New England Bench Press Classic aggressively marketed their competition, inviting all the top benchers to come and show what they can "really" lift, without a bench press shirt. Very few benchers showed up to the challenge. Mendelson made history that day with a 755 lb. Raw bench press. Then, on August 8, 2005 at the APF California Open, Mendelson captured the 308 lb. All-time bench press record, breaking Ryan Kennelly's record with a 915 lb. bench press. Scot Mendelson is a multiple time world and national champion and an APF/WPO world record holder. He currently holds the all-time 308 equipped record and the all-time largest raw bench press in all weight classes. Monster Muscle recently had the opportunity to catch up with Scot and ask a few questions.

MM: You have a slogan that "Discipline Equals Power." Explain this.

Scot: Hard work pays off. Stay true to your program, training and diet. It is a lifestyle choice. I never cheat on my diet, I don't go out and party. I haven't drank a beer in five years. I am 100% percent dedicated to my lifting and never waiver. You have to identify your priorities and maintain them.

MM: You have been touted as the World's #1 Bencher. What do you think about that? Does pressure come with the label?

Scot: I call myself that. I truly know that I AM the strongest man. I have never been beaten or out lifted by anyone in a meet, unless I bombed out. To me there is no second place. The pressure is

constantly on, but more from me – from my mind. It is certainly a large amount of stress, but I have always wanted to be the world's strongest bencher and have learned to expect the pressure. Every time I compete I throw up beforehand. It is a tradition. I typically lose fifteen pounds of bodyweight before getting on the platform.

MM: Do you feel that you have to perform for the crowd or for others' expectations?

Scot: I never used to think about the crowd, just on the bench press. But as my popularity grew, it was really easy to get sucked into the drama of the world. It happened for awhile. I felt I needed to live up to the expectations and my performance suffered as a result. When I was trying to get that 1000 lbs. in the bench press, I was trying to obtain that number for both me and the people. Now I am back to the "Old Mendy." I am lifting for me now and the numbers will come.

MM: What have you learned over the years in powerlifting?

Scot: Over the years I have learned that the sport of powerlifting is not as pure as I thought it was. Some people give away lifts to people that don't deserve them. I work really hard to be a perfectionist. I personally don't use multi-ply equipment. I used to think that everyone is fair but it is not a fair world. I don't take it too personally anymore. This is the reason why I also lift Raw. When you see me on the platform you know it's all me. I can perform in both areas unlike most lifters. I wish that all the best lifters in the world would turn out and put in on the line so we could see what the real deal is. For most lifters, if they don't have a multiply shirt on, they can't lift anything. Then there are the lifters that have the "tricks" such as pulling their shirts over the elbows and don't lock out the bench, still getting white lights nonetheless. We need consistent rules. Lifters need to wear their equipment correctly and compete in a national or world meet, not some questionable federation or backyard meet.

MM: Who do you consider to be the top benchers today?

Scot: Aside from myself, I believe Garry Frank, Andy Fielder and Ryan Kennelly are the strongest lifters in the world. I'll count Rychlak when he comes up to me with a shirt that counts.

MM: What kind of cross training do you do?

Scot: I do a lot of boxing, muay thai, kick boxing... It helps keep me loose and keeps my stamina up. Most lifters conk out after three lifts. I am good for eight lifts. I'll go 755, 805, 835, 885, 905, 965 and 1005 lbs. in one workout. I am good for multiple heavy lifts. All of that has to do with stamina. Everyone is powerful out of the gate, like a race horse, but all of the sudden the majority of them die off. I learned a lot from watching tennis legend, Martina Navratilova. She really wanted to be a great tennis player but reached a point where nothing could make her get better. Then she cross trained in swimming and volleyball and accomplished feats of wonder in her own sport. She is an incredible woman.

MM: You hold titles in both Raw and Equipped bench press. Which means more to you?

Scot: I feel the fact that I have both titles is really cool. I am the only man to hold both titles simultaneously. Benching over a grand with equipment is a rush, but hitting a 755 lb. raw bench press is not too shabby. It is a hard question to answer because I really like equipment.

MM: You recently competed in The New England Bench Press Classic which invited all the top benchers to bench press Raw for cash prizes. Very few lifters stepped up to the plate. Why do you think so?

Scot: Because they knew I would take the money. Competing Raw is not their deal. They don't have the strength. Most lifters are technicians with equipment. Very rarely do you see both.

MM: We hear that you are a real family man. Tell us about your family and their involvement with your powerlifting career.

Scot: My wife Maricelle is very involved in my career. She trains with me, keeps my head straight and keeps people away from me when I am preparing before I lift. She runs my life and I truly appreciate everything she does. I have three children: Jasmine 2, Troy 4 and Jade 8, who I love dearly along with my wife. We have come from nothing and have created our family, our business

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and have worked very hard for everything we have. Without them I wouldn't be able to do what I do. Years ago I was already lifting 635 lbs. Raw. While eating out with my wife, we bought a powerlifting magazine. There was a state meet approaching close to our home and she encouraged me to do it. My wife is also a champion powerlifter and pulled a silver medal at the WPC Worlds last year, benching 405 lbs. My sister, Shawna, is also a great lifter. I love her very dearly. She is a 2-3 time National Champion and just opened up a gym.

MM: We understand that you have unique training methods? What specifically makes your training unique?
Scott: My training covers all aspects. If you leave a weak area you will have a weakness. You need to be a perfect machine. Most powerlifters aren't athletes; they just lift. When you take an athlete and incorporate powerlifting, you get a much different beast.

MM: Many of the original competitors of Bench America have voiced some dislikes about the event. What is your opinion? Will you compete there again?
Scott: Joe Mukite constantly changes the rules. If he wants to get the best lifters, he needs to keep the rules consistent. They allowed double-ply shirts when I first competed, now only single-ply. If I decide to lift there again, I will lift Raw. I would rather do a 735 lb. Raw bench press on national TV and get the credit of a 900 lb. bench once they figure in all their "deductions."

MM: You just broke Kennelly's bench press record. At the APF Nationals in Detroit earlier this year, you also attempted to break his record. Did you ever get credit for that lift?
Scott: They decided not to give me the lift. It was a mistake and Kieran Kidder didn't want to deal with the controversy. I hit the weight easily, even Ryan Kennelly said it was a good lift and it was his record that I broke. They gave me the world record papers and said to fill them out. I got a red light from the head judge, and the two side judges said they red lighted me because the head judge red lighted me. Technically it was still a world record, because Kennelly's record was hit on a 4th lift after he didn't make the first three. So technically I have the world record with 881 lbs. Everything was screwed up in that meet. I even found out when I got my medal that they put me in the SHW class when I weighed in at 308 lbs. The wonderfully organized APF... The record should

have counted for the 308 lb. class, not SHW. It doesn't really matter to me now because I have the record as of August 8th. But it was a national meet and should have been run to a certain standard.

MM: There was recently a rumor that Glen Chabbot is planning a comeback to break your Raw record.
Scott: I think he is a very strong lifter. I think he has had a lot of bad breaks. I would like to see him back on the platform. Let me know when and where so I know when to beat him.

MM: What would you like to see happen in the sport of powerlifting?
Scott: I think there should be video judging because there are so many mistakes being made. They do it on the tennis court so they could do it at the big meets. If they make a mistake, it should be reviewed. If there was video judging for questionable calls, it would be a perfect sport.

MM: Every time you compete, your wife slaps the hell out of you. Does this help fire you up, or does she really hate your guts?
Scott: It definitely fires me up. It makes me want to kill. It is a form of controlled domestic violence, lol. She does it all the time and even draws blood sometimes.

MM: You are 6'1" and weigh 330 lbs. What is your food intake like? Where do you think your natural bodyweight falls?
Scott: I have no idea. I was 250 lbs. before I started powerlifting seriously. I consume 12,000 calories a day (7500 calories come from weight gainer, my own personal blend). My weight gainer blend was recently picked up by Dorian Yates Approved and will be on the store shelves soon. I eat up to five lbs. of red meat a day, lots of vegetables, chicken and pasta. Weighing over 300 lbs. puts stress on the body. There will be a point when I will slim down to 280 lbs. Right now I am in good health and take care of myself.

MM: It seems like lifters are putting more effort into getting more poundage out of their gear, instead of getting physically stronger. What are your thoughts on this?
Scott: I think it is true, but you can't blame the gear. You have to blame the lifter. It's not the gear's fault that the lifter is lazy. If you build yourself up physically and technically, you can be the best in the world. That is the reason for all the

muscle tears and injuries because lifters are attempting more weight than their body can handle.

MM: How has your training changed since your younger years?
Scott: I have learned much, especially not to over train. I had a habit of over training when I was with the LA Lifting Club. I no longer do any band, chain or speed work because I feel it is bad for my joints. I pay more attention to my body as well.

MM: You were recently involved in a life-threatening car accident. Tell us what happened.
Scott: I was driving along the freeway in California one night. I was in the fast lane when suddenly the car in front of me jerked out of the way uncovering a stopped car that I hit full speed. The talus bone and heel snapped off my foot and my tibia cracked down middle. I also suffered broken ribs and cracked open my head. I think the steering wheel saved me, which by the way I snapped off with my hands. But then seven other cars hit me from behind. I couldn't get out of my car and it was smoking very badly. Many people tried to help but had no luck. Finally the rescue team pulled me out. When they put me on the back board, the two guys couldn't lift me up. It took six guys to carry me to the ambulance. I told them I would have dieted down a bit had I known. I spent the next eight days in intensive care. I thank God and my wife for taking care of the business and the kids. It has been a very rough recovery but I have trained very, very hard. I still can't walk well. Unfortunately my foot healed wrong and I will need surgery to re-break and set my foot. The only thing I can do correctly is bench. Fortunately I bench on my toes. I just want to be able to walk normal again. My doctor told me he had bad news. He said that I may never be able to run again. I told him that I have never run before so I'd get over it, lol.

MM: Who would you like to thank?
Scott: I'd like to thank my wife, both of my powerlifting teams, my lift off man – IFBB Pro Bodybuilding Champ, Moe Anouti (For all of you who want to know who that guy is...), Genard Wells, my workout partner for 20 years and anyone else who has supported me. I'd also like to thank my sponsors: John Inzer, Dorian Yates Approved, BodyQuick, FIT, Forza Strength Systems, Crepinsek's Strength Systems and Karin's Xtreme Powerwear.



What do you HATE about your gym?

We asked this question on the Monster Muscle Forum and here are some of the answers we received. The Monster Muscle Forum gets millions of hits a month and has over eighty thousand posts. Visit the Monster Muscle Forum at www.MonsterMuscleMag.com and get connected to the largest network of powerlifters and strength athletes on the planet.

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"Putting up with guys in the locker room that walk around naked with their towel over their shoulder! Do us a favor...you have a towel for a reason."

WeightFreak

"The nonstop dance/pop marathons with subtle advertisements in between."

Tapout212

"People who lift in their Abercrombie shirts and spend their entire work out curling and watching their arms while they do it."

Rodger

"The guy that tells you he use to squat more than you but doesn't anymore because his doctor told him it was bad on his _____ (insert any excuse of choice.) Also, guys that have more electronic devices with them than the local Radio Shack."

IvoryLion

"Putting away the plates that other people leave on the bars while listening to REO Speedwagon and Air Supply playing in the background. Walking past guys in the locker room who blowdry their hair naked while resting their package on the countertop in front of the mirror. Also, people that sit on the machines reading the paper in between sets."

Traps

"When guys bench and they don't even bring the bar all the way down to their chest. They leave about 2 to 3 inches."

Boom545

"Guys that have I.L.S syndrome – also knows as Imaginary Lat Syndrome."

Pricilla Ribic

"Guys who ask me what body building contest I am getting ready for, people who ask what I bench... doesn't ANYONE care about squats? Couple kissing and hugging in the gym, women who wear too little or too tight, men who forget what personal hygiene and deodorant are , men that forget that some women are not there to be picked upon."

Yoda

"The legendary bicep curling guys we all see who think that the gym is the beach and come in with their Billabong tank tops, shell necklaces, long Hawaiian shorts, Teva sandals, and then do a full workout with 17 and a half different ways to isolate biceps (which they doing wrong anyway) while wearing their fake Oakley sunglasses on the whole time."

Powerlifr2001

"Anyone with a cell-phone, Gomers who use the power rack to hold the bar between sets of 55 lb. curls, people who try to talk to you as you are getting ready to do a set, the Go%da*n rap/hip-hop music, the personal trainers who don't know their a\$\$ from their elbow trying to tell me not to squat "so far down," and the guys who insist on posing and flexing between sets."

Judy Sverchek

"Guys that style their hair around their visors, wear shirts to compliment their tribal band and anyone that walks around with one pant leg rolled up. Guys that introduce themselves as a former Golden Gloves Champion or Navy Seal."

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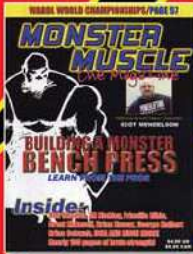
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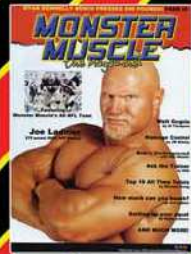
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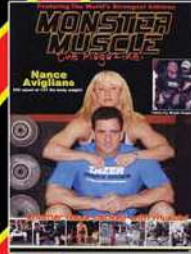
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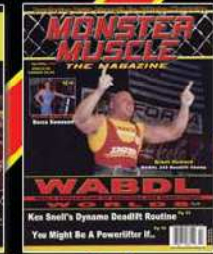
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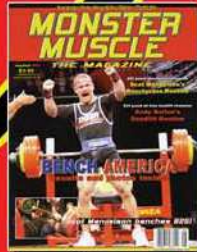
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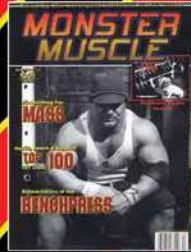
APR/MAY 03



JUN/JUL 03



AUG/SEP 03



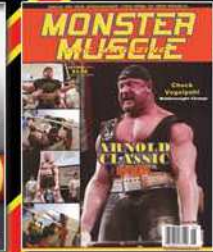
OCT/NOV 03



DEC/JAN 04



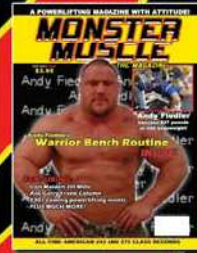
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APR/MAY 05



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MAR 01



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JAN 02



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FEB 2001

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POWERMAG BACK ISSUES
 JAN 01, MAR 01, APR 01, MAY 01, JUN 01
 JUL 01, NOV 01, JAN 02, FEB 02, MAR 02

The rarest issue of either magazine (lowest print count) is February 2001. We have found only a few of these left in our entire store. Collectors who would like this rare issue may purchase it for \$25.

**2005 WORLD GYM BP CHAMPIONSHIPS
COLUMBUS, OH
May 15, 2005**

MEN BENCH PRESS

Name	Division	BP(lbs.)
132		
Zach Ramnytz	Open	215
148		
Alan Yahner	Teen	155
Duane Dillard	Open	250
165		
Matt Waldman	Teen	265
Ben Wemer	Teen	275
Tim Clifton	Novice	285
181		
Barry Sowers	Master	385
Tracy Wylor	Master	385
Steven Lenegar	Teen	315
Jay Drouillard	Novice	360
Jason Fry	Open	600
Cory Farmer	Open	385
Anton White	Open	350
198		
Garry Benford	Master	460
Barry Sowers	Master	460
Jake Augustein	Novice	315
Jon Elick	Open	510
Adam Swauger	Open	500
Dan Diemert	Open	320
220		
Bryan Jones	Novice	305
Seyth Boardman	Open	575
Brain Severs	Open	500
242		
Paul McGeorge	Master	475
Glen Frames	Master	320
Steve Conner	Open	660
Scott Arnold	Open	540
Aaron Hoff	Open	415
259		
Jake Hornback	Teen	185
275		
Tommy Harrison	Open	675
Rob Valentine	Open	620
Palmo Aracri	Open	555
SHW		
Mike Wolfe	Open	825
Robert Vick	Open	650
Derek Weaver	Open	425

WOMEN BENCH PRESS

Name	Division	BP(lbs.)
114		
Jarrie Hardbarger	Open	150
148		
Julia Stamper	Open	285
Beth Sustin	Open	205
165		
Marcia Ferguson	Novice	245
Anna Atkinson	Novice	115
198		
Cheryl Hill	Open	175



Meet directors Karen Dusimia and Kenn Patterson with Monster Muscle rep Al Sverchek.

**ADAU RAW HAGERSTOWN CHALLENGE
HAGERSTOWN, PA
June 25, 2005**

WOMEN POWERLIFTING

Name	Division	SQ	BP	DL	TOT(lbs.)
105					
Natalie Kinard	Teen, Open	132.3	66	187.4	385.7
123					
Cathy Wantz	Master 47-53	55	71.7	49.6	176.3
148					
Diane Crampton	Submaster	154.3	104.8	215	474
Ruth Douglas	Master 40-46	231.5	132.3	297.6	661.4
SHW					
Jennifer Sheller	Open	248	1488	303	700

MEN POWERLIFTING

Name	Division	SQ	BP	DL	TOT(lbs.)
132					
Chris Bloom	Open	314.2	220.5	419	953.7
148					
Jeremy Straver	Open	292	259	374.8	925.8
165					
Jonathan Pentz	Open	347.2	231.5	512.6	1091.3
Daniel Calimer	Open	314.2	226	457.5	997.7
181					
Shawn Shuck	Open, Teen	330.7	341.7	424.4	1096.8
Ed Lough	Master 54-60	275.6	209.4	352.7	837.7



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Doc Junkins 220	Master 61-67	275.6	226	402.3	903.9
Nathan Kinard	Teen, Open	281.5	176.4	275.6	733.5
Alex Wachter	Junior, Open	297.6	286.6	391.3	975.5
Lenny Creatora	Master 47-53	545.6	363.8	545.6	1455
Brian Keener	Open	545.6	352.7	606.3	1504.6
Chuck Miller	Open	540	363.8	584.2	1488
Brian Lapole	Open	424.4	419	501.5	1345
Geoff. McCammon 242	Open	512.6	259	452	1223.6
John Goodie	Master 40-46	424.4	358.2	424.4	1207
Jeff Sandersen	Master 40-46	374.8	286.6	408	1069.4
Chuck Barger 275	Master 40-46	220.5	226	441	887.5
Patrick Kelley 319+	Master 40-46	402.3	380.3	540	1322.6
Paul Tompkins	Junior, Open	457.5	319.7	485	1262
Allen Siegel	Open	292	220.5	419	931.5



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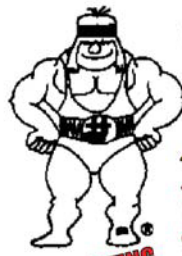
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COEUR D'ALENE, ID
July 30, 2005**

BENCH PRESS		
NAME	DIVISION	BP(lbs)
148		
Dominic Baldassarre	Open	185
181		
Chris Taylor	Junior	200
198		
Russ Nielsen	Master 40-46	270
Bill Elliston	Junior	300
220		
Dave Stevens	Master 40-46	285
242		
Lance Russell	Submaster	335
Richard Fisher	Master 40-46	370
275		
Matt Myers	Open	440
SHW		
Clete Neilsen	Master 40-46	305

DEADLIFT		
NAME	DIVISION	DL(lbs)
75		
Devon Kampen	Youth 10-12	105
132		
Heather Bouke	F. Teen 18-19	170
148		
Judy Svercek	F. Open	400
Dominic Baldassarre	Open	300
198		
Dan Walker	Masters 47-53	360
Bart Wolf	Master 40-46	420
Russ Nielsen	Master 40-46	500
Joel Lagard	GUEST Open	605
242		
Lance Russell	Submaster	500
Richard Fisher	Master 40-46	525
259		
Scott Vest	Junior	450



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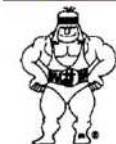
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- OH Regional. Springfield, OH 10-8-05
- Big River Classic. Blytheville, AR 10-8-05
- Can-AM Championships. ND, 10-8-05
- CO Regional. Loveland, CO 10-15-05
- KY Regional. Ravenswood, WV 10-15-05
- E. States Regional. Wheeling, WV 10-22-05
- NC Regional 10-29-05
- TN Regional 11-5-05
- Great Lakes Regional IL 11-5-05
- IA Regional 11-12-05
- WV Regional. Ravenswood, WV 11-12-05
- AZ Regional 11-19-05
- KS Regional 11-26-05

Look for coming NASA events in your area!
If you have any questions or to verify event information contact Rich Peters

NASA POWERLIFTING

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PREPARE PERFORM PREVAIL

**2005 IPA WORLD CHAMPIONSHIPS
YORK, PA
July 16-17, 2005**

MEN AMATEUR POWERLIFTING

NAME	DIVISION	SQ	BP	DL	TOT(lbs)
148					
John Gengo	Master 40-44	430	250	450	1130
David Wilson Sr.	Master 40-44, Open Raw Master 45-49 Raw Open	380	305	480	1165
181					
Fred Piermattei	Master 45-49, Open	650	435	575	1660
Walter Welch	Master 45-49	500	390	500	1390
Jeremy Talarico	Open	585	375	555	1515
198					
Paul Bailes	Junior	750	365	585	1700
Michael Jones	Open	635	380	550	1565
Mike Yontz	Submaster	525	375	550	1450
Michael Welch	Teen 16-17	675	385	520	1580
Clint Williamson	Teen 18-19	505	365	475	1345
220					
Jon Ross	Junior	625	450	650	1725
Charles Blough	Master 40-44	625	440	605	1670
Tim Clifford	Master 45-49	415	135	365	915
Al Moatz	Master 50-54	530	350	500	1380
Edward Collaku	Open, Submaster	660	400	580	1640
Aaron Royhab	Open	555	430	455	1440
242					
Daniel Ochnich	Junior	630	500	575	1705
Howard Owens	Junior	560	275	510	1345
Terry Bumgardner	Open	725	480	565	1770
David Stahl	Open	580	460	545	1585
Stephen Bennett	Open, Submaster	545	470	525	1540
Larry Livermore Jr.	Open	550	440	540	1530
Edward Korbel	Teen 18-19	575	510	525	1610
275					
Dan Wowak	Junior	650	400	550	1600
Bentz Tozer Jr.	Master 45-49	705	500	560	1765
Bob Bellerby	Master 60-64	550	405	450	1405
Shanon Manning	Open	805	575	710	2090
Marcus Brown	Open	—	—	—	—
Peter Hitchcock	Teen 18-19	—	—	—	—
SHW					
Victor Boissiere	Open, Submaster	740	500	740	1980
Mike Bartos	Teen 16 17	700	400	650	1750
Tom Tewel	Teen 18-19	625	540	505	1670
James Pulakis	Raw Open	717.5	425	610	1752.5

WOMEN AMATEUR POWERLIFTING

123					
Megan Eicholtz	Teen 18-19	195	125	250	570
148					
Carol Silverman	Master 55-59	240	65	330	635
181					
Nicolai Meador	Open	430	200	430	1060

MEN PRO POWERLIFTING

148					
Doug Heath	Master 45-49, Open	555	380	465	1400
David Wilson Sr.	Master 45-49	380	305	480	1165
165					
Herb Glossbrenner	Master 60-64	365	255	300	920
181					
Shey Larrisey	Open	725	460	650	1835
198					
Spencer Levy	Master 40-44	550	440	525	1515
220					
James Howell	Master 40-44	650	475	675	1800
Vincent Cooke	Open	775	705	640	2120
Jeff McVicar	Open, Submaster	650	555	545	1750
John Impalomeni	Open	610	410	550	1570
John Cook	Open	530	360	480	1370
Shea Aubuchon	Submaster	710	385	640	1735
242					
Matthew Lewis	Junior, Open	780	500	625	1900
Joe Avigliano	Master 45-49	775	400	600	1775
Robert Cooper	Master 45-49	650	450	650	1750
Brian Weston	Open	1000	565	650	2215
Edward Daubert	Raw Open	660	385	580	1625
275					
Douglas Hollis	Open	815	575	725	2115
Dan Steltenkamp	Open	755	605	595	1955
Mike Stuchiner	Open	775	480	605	1860
SHW					
Richard Safreed Jr.	Master 45-49, Open	860	315	525	1700

WOMEN PRO POWERLIFTING

105					
Elaine Grimwood	Open	360	190	300	850

165					
Mary Jacobson	Master 45-49, Open	315	240	385	940
Tammy Thomas	Open	540	250	485	1275
181					
Angela Martinez	Open, Submaster	455	275	440	1170

MEN AMATEUR BENCH PRESS

NAME	DIVISION	BP(lbs)
165		
Rudy Hillyard	Open	365
181		
Zachary Paige	Open	470
198		
Steve Hartlaub	Master 40-44, Open	537.5
Ricardo Ingravera	Open	390
220		
Joesph Sauble	Open	505
242		
Chris Popovich	Open	585
Stephen Bennett	Submaster	470
Mark Fausey	Open	505
275		
Ronald Yard	Junior	705
308		
John Doherty	Master 45-49	630
Christopher Prisk	Open	525

MEN PRO BENCH PRESS

198		
Spencer Levy	Master 40-44	440
220		
Michael Lindsay	Master 55-59	560
Vincent Cooke	Open	705
Charles Bristow	Open	350
275		
Alan Baker Jr.	Open	700
308		
Bob O'Brien	Master 55-59	460

WOMEN PRO BENCH PRESS

165		
Bonnie Graube	Master 50-54	355
Kelly Feiske	Master 50-54	300

RAW MEANS TRUE POWER



100% RAW Powerlifting Federation was established in 1999 with the goal to showcase Powerlifters safely competing with no special "support" equipment and 100% Drug-Free! We have since rapidly grown to well over 2,000 lifters while increasing our membership worldwide, providing the best platform to prove that RAW MEANS TRUE POWER!

We realize that all federations, equipped or RAW, are only as good as their members. We pledge to train, lead and support our members, while always maintaining the highest standards of honesty, integrity and loyalty to our athletes, fans and our sport!

No Suits, No Shirts, No Wraps & No Drugs! That's 100% RAW Powerlifting Federation!

To learn more about 100% RAW Powerlifting Federation, please visit us online at www.rawpowerlifting.com and let us know how you'd like to get involved. We're always on the lookout for new athletes, host facilities, referees, volunteers and, of course, sponsors.

We invite and encourage you to join our quest for powerlifting excellence, and always welcome your comments, suggestions and words of encouragement.

Train hard, train smart and always remember that RAW MEANS TRUE POWER!

Sincerely,
Paul Bossi
President, 100% RAW Powerlifting Federation



**2004 RAW WORLDS PL CHAMPIONSHIPS & CURRITUCK OPEN BP
CURRITUCK, NC
January 15, 2005**

POWERLIFTING WOMEN

NAME DIVISION SQ BP DL TOT(lbs)

114
R. Ware Teen 12-13 120 70 210 400
165
B. Patrick Teen 14-15 200 115 280 595

POWERLIFTING MEN

123

M. Gadiazia Teen 18-19 225 185 340 775
148
B. Walsh Teen 16-17 270 175 335 780
D. Priddy Teen 18-19 300 160 365 825

165
D. Inman Open 255 165 365 785
L. Gagnon Teen 16-17 315 250 415 980
J. Mcgourn Teen 16-17 290 200 450 940
J. Moore Police/Fire 350 240 405 995
J. Moore Master 45-49 350 240 405 995

181
D. Parrish Open 450 300 500 1250
B. Hooker Junior 20-24 405 235 480 1120
D. Parrish SubM 35-39 450 300 500 1250

198
D. Daffron Teen 14-15 200 155 210 565
E. Snow Teen 16-17 265 — —

242
D. Luks Teen 16-17 380 235 500 1115
4th Attempt 390

275
R. Slate Police/Fire 550 365 620 1535
R. Slate SubM 35-39 550 365 620 1535

319
R. Ware Open 605 475 725 1805
V. Mcdaniel Master 40-44 350 275 450 1075

BENCH PRESS

NAME DIVISION BP(lbs)

105
H. Foster Teen 14-15 110
114

D. Cheese Teen 12-13 75
123
D. Harris Teen 12-13 105

132
M. Lewis Teen 10-11 45
148

D. Richards Teen 12-13 80
S. Talley Teen 14-15 115
C. Cannady Teen 14-15 95

165
T. Warren Teen 12-13 100
J. Marrow Teen 14-15 175

181
K. Glover Teen 12-13 135
M. Jones Teen 14-15 125

198
A. Marrow Teen 18-19/F 135
220

M. Chavis Teen 12-13 100
D. Richardson Teen 14-15 145

242
D. Owens Open 375
D. Taylor Teen 14-15 255

**USAPL RICHMOND OPEN
RICHMOND, VA
4.16.2005**

POWERLIFTING WOMEN

NAME DIVISION SQ BP DL TOT(lbs)

114
A. Sommers Open 269.5 126.5 302.5 697.4
T. Paredes Open 132 99 231 462

148
L. Reames Open 236 176 286 697
165

T. Emrich Open 176 99 231 506
SHW

S. Zabawa Master 45-49 253 187 352 162

POWERLIFTING MEN

165

R. Custalow Teen 18-19 390 231 418 1039
C. Neville Open 401.5 275 478.5 1155

181
J. Jerrett COLL 335.5 187 390.5 1452
D. Smith Master 45-49 429 269.5 385 1083.5

198
E. Shrader Jr. Teen 18-19 357.5 247.5 363 968
B. Jones Junior 20-23 473 297 533.5 1303.5

220
D. Mason Open 533.5 385 561 1479.5
R. Rogers Open 544 401 462 1407

R. Rogers Submaster 34-39 544 401 462 1407
242

J. Richey Junior 20-23 466.4 341 462 1270.5
T. Durrett Open 627 440 605 1672

D. Shifflett Open 572 473 550 1595
D. Shifflett Solo 572 473 550 1595

E. Shrader Sr. Master 40-44 522.5 363 500 1385.5
M. Nichols Master 55-59 346.9 286 445.5 1078

275
T. Gauthier Submaster 34-39 704 555.5 572 1831.5
M. Hanzlik Open 499.5 335.5 522.5 1358.5

G. Mendoza Master 40-44 401.5 341 374 1116.5
SHW

E. Cline Junior 20-23 508 451 407 1364

BENCH PRESS WOMEN

NAME DIVISION BP (lbs)

123
A. Eaton RAW Open 170

165
T. Wilkes RAW Master 40-44 143

BENCH PRESS MEN

165

A. Hollaway Junior 20-23 286
181

J. Alston RAW M 50-54 225.5
J. Bardsley Open M 45-49 324.5

198
D. Berry RAW Open 253
220

R. Young Sr. Submaster 34-39 341
J. Shifflett RAW M 40-44 319

T. Amis RAW 65-69 187
242
K. Stephens Open Submaster 500.5

J. Bates Submaster 346.5

DEADLIFT

NAME DIVISION DL(lbs)

B. Lanowe Junior 20-23 649

**APA BATTLE OF THE CAROLINAS
FLORENCE, SC
April 16, 2005**

PUSH-PULL MEN

NAME DIVISION BP DL TOT(lbs)

181
S. Moore Master I 380 405 785
B. Sword Junior 215 425 640

J. Shoaf Master III — — —
198
R. Eller Junior 230 360 590

220
K. Hogg Teen 340 455 795
J. Rierson Drug Free — — —

242
B. Gardner Junior 405 455 860
C. Liles Open 405 500 905

M. Wade Master I 430 525 955
4th Attempt 455

PUSH-PULL WOMEN

SHW

Junior 75 170 245

BENCHPRESS

NAME DIVISION BP(lbs)

148

F. Mcneill	Submaster 34-39	315
165		
J. Mcelveen	Submaster 34-39	320
198		
A. Ott	Master II	315
P. Byrd	Open	380
J. Rhodes	Drug Free	305
220		
G. Abdon	Master II	435
J. May	Master III	300
242		
G. Rollins	Junior	350
275		
D. Ricafrente	Master II	410
308		
M. Free	Submaster 34-39	—
SHW		
J. Tancil	Master II	—

DEADLIFT

NAME	DIVISION	DL(lbs)
242		
C. Hewitt	Submaster 34-39	500
D. Parts	Teen	425

198.25					
J. Hou-Seye	35-39	185	155	185	525
T. Stuart	SMP	227.5	235	245	707.5
220.25					
M. Becker	MO, 40-44	302.5	211	275	788.5
B. Helmich	60-64	195	150	237.5	582.5
J. Turpin	55-60	272.5	167.5	227.5	667.5
W. Harris	45-49	190	120	240	550
J. Donaldson	40-44	235	175	240	650
242.5					
B. Shackelford	70-79	182.5	125	187.5	495
R. Tavanello	40-44	250	187.5	210	647.5
275.5					
J. Hodges	55-59	267.5	140	327.5	735
J. Hurle	55-59	245	145	205	595
S. Cyranoski	45-49	305	232.5	275	812.5
308.5					
H. Heyman	60-64	200	120	202.5	522.5
C. Clonce	60-64	277.5	172.5	220	670

WOMEN POWERLIFTING

114.5					
H. Patel	SMP, 30-34	107.5	77.5	140	325
123.25					
T. Adelmann	30-34	152.5	107.5	157.5	417.5
148.75					
M. Hetzel	MP	150	85	157.5	392.5
165.25					
S. Bagby	40-49	125	67.5	145	337.5

NASA 2005 MASTER & SUBMASTER NATIONALS OKLAHOMA CITY, OK June 4-5, 2005

MEN POWER SPORTS

NAME	DIVISION	CL	SQ	BP	DL	TOT(kg)
114.5						
H. Patel	CSMP	33.5	—	—	—	33.5
H. Patel	DLSMP	—	—	—	140	140
148.75						
J. Lewis	40-44	63.5	—	102.5	165	331
J. Lewis	C 40-44	63.5	—	102.5	165	331
165.25						
C. Lynn	60-64	50	—	103.5	135	288.5
P. Miller	60-64	47.5	—	82.5	156	286
G. McGuire	60-64	55	—	92.5	135	282.5
G. McGuire	BP 60-64	—	—	92.5	—	92.5
G. McGuire	C 60-64	55	—	—	—	55
G. McGuire	DL 60-64	—	—	—	—	135
135						
P. Miller	SQ 60-64	—	115	—	—	115
181.75						
A. Harrell	CSMP	78.5	—	—	—	78.5
T. Bowland	C 50-54	67.5	—	—	—	67.5
198.25						
W. Smith	BP 60-64	—	—	115	—	115
W. Smith	BPMP	—	—	115	—	115
220.25						
J. Fickel	BP 50-55	—	—	142.5	—	142.5
J. Fickel	C 50-55	73.5	—	—	—	73.5
242.5						
J. Kluff	BPMP	—	—	156	—	156
275.5						
J. Koeper	DL 40-44	—	—	—	261	261
308.5						
J. Crone JR	35-39	82.5	—	190	267.5	540
C. Spurrison	C 35-39	85	—	—	—	85
B. Rogers	M2	70	—	152.5	237.5	460
H. Heyman	M3	62.5	—	120	202.5	385
J. Crone Jr.	SMP	82.5	—	190	267.5	540
SHW						
A. Borden	SQ 40-44	—	275	—	—	275
YOUTH						
S. Hou-Seye	DLYOUTH	—	—	—	25	25

WOMEN POWER SPORTS

123.25						
K. Hughes	40-44	40	—	77.5	137.5	255
R. Hedrick	MP	25	—	50	110	185
K. Hughes	SQMP	—	95	—	—	95
132.25						
K. Rogers	40-44	25	—	65	125	215
148.75						
S. Brilliant	35-39	30	—	45	—	75
S. Hadden	40-44	32.5	—	60	102.5	195
S. Brilliant	C 35-39	30	—	—	—	30
S. Brilliant	SMP	30	—	45	—	75

MEN POWERLIFTING

NAME	DIVISION	SQ	BP	DL	TOT(kgs)
165.25					
C. Lynn	60-64	122.5	103.5	135	361
P. Miller	60-64	115	82.5	156	353.5

MEN PUSH-PULL

NAME	DIVISION	BP	DL	TOT(kgs)
198.25				
T. Stuart	SMP	235	245	475
165.25				
T. Hedrick	MP	130	220	350

WOMEN PUSH-PULL

114.5					
H. Patel	SMP, 30-34	77.5	140	217.5	
123.25					
K. Hughes	MP, 40-44	77.5	137.5	215	
148.75					
M. Hetzel	WMP	85	157.5	242.5	
SHW					
A. McTighe	MP, 50-54	108.5	108.5	217	

WOMEN BENCH PRESS

NAME	DIVISION	BP (kgs)
114.5		
H. Patel	SMP, 30-34	77.5
123.25		
K. Hughes	MP, 40-44	77.5
148.75		
M. Hetzel	MP	85
SHW		
A. McTighe	MP, 50-54	108.5

MEN BENCH PRESS

148.75					
D. West	SMP, 30-34	147.5			
J. Lewis	40-44	102.5			
165.25					
G. Baker	MP	210			
181.75					
D. Lawrence	SMP, 30-34	190			
J. Brydon	35-39	172.5			
198.25					
T. Stuart	SMP	235			
D. Woosley	MP	182.5			
J. Parsons	55-59	160			
W. Smith	60-64	115			
J. Guardado	50-54	120			
J. Hou-Seye	35-39	155			
220.25					
G. Jumper	MP, 40-44	190			
J. Turpin	55-60	167.5			
242.5					
J. Kluff	70-79	156			
L. Elliff	45-49	247.5			
275.5					
J. Lynn III	35-39	182.5			
R. Geller	45-49	237.5			
S. Cyranoski	45-49	232.5			
J. Koeper	40-44	207.5			
308.5					
C. Spurrison	35-39	230			

2005 ADAU POWER DAY
BIGLER, PA
April 30, 2005

BENCH PRESS MEN

NAME	DIVISION	BP(lbs)
105		
A. Zalar	Youth 10-11	80
132		
C. Bloom	Teen 18-19	210
P. Zalar JR	Teen 12-13	130
148		
G. Teeter	Open Master 40-44	270
J. Stayer	Open	240
S. Confer	Master 55-59	185
165		
J. Bardsley III	Teen 16-17	190
181		
J. Bardsley SR	Open Master 45-49	315
L. Howe	Open	295
J. Oregia	Master 55-59	265
198		
M. Tonkovich	Open Master 45-49	360
S. Hough	Open	340
220		
P. Horan	Open	400
M. Holbert	Open	350
B. Simanovich JR	Open	325
A. Campiere	Master 45-49	350
C. Ryce	Master 50-54	245
J. Herbein	Master 65-69	230
	4th Attempt	240
242		
B. Schmidt	Open	435
W. Riddle	Open	335
P. Kelley	Master 40-44	370
N. Seiner	Open Teen 16-17	355
B. Sisko	Open Master 40-44	330
E. Wells	Submaster 35-39	315
J. Brown	Teen 16-17	315
275		
M. Norris	Open	425
D. Anderson	Teen 14-15	375
	4th Attempt	385
A. Buzzeo	Master 40-44	340
D. Swatsworth	Master 50-54	305
319		
W. Simanovich	Master 60-64	315
	4th Attempt	325

BENCH PRESS WOMEN

NAME	DIVISION	DL(lbs)
114		
C. Butler	Submaster 35-39	85
132		
E. Knapp	Junior 20-23	110
R. Blowers	Master 45-49	125
	4th Attempt	135
181		
V. Howe	Open	145
DEADLIFT		
NAME	DIVISION	DL(lbs)
132		
P. Zalar	Teen 12-13	255
148		
J. Stayer	Open	380
G. Teeter	Master 40-44	270
165		
B. Vacante	Open	400
181		
N. Theodorou	Master 50-54	565
J. Oregia	Open	495
198		
T. Fafinski	Teen 18-19	515
A. Luciani	Submaster 35-39	505
220		
B. Simanovich JR	Open	610
M. Holbert	Open	465
C. Ryce	Master 50-54	385
A. Campiere	Master 45-49	370
242		
E. Wells	Submaster 35-39	575
A. Finland	Junior 20-23	540
S. Legensky	Master 45-49	420
275		
D. Anderson	Teen 14-15	460
	4th Attempt	485
	Master 40-44	450
A. Buzzeo	Master 40-44	450
319		
T. Finland	Master 45-49	605
SHW		
D. Fafinski	Master 45-49	500

AAU SPRING BREAK CLASSIC
RICHMOND, VA
April 23, 2005

BENCH PRESS MEN

NAME	DIVISION	BP(lbs)
165		
N. Rigney	Military TN 18-19	152.5
	Teen 18-19	152.5
BENCH PRESS MEN RAW		
114		
H. Foster	Teen 16-17	57.5
T. Ragla	Youth 12-13	27.5
123		
D. Cheese	Youth 12-13	42.5
132		
D. Harris	Youth 12-13	60
D. Richards	Youth 12-13	35
148		
P. Dubose	Masters 55-59	110
S. Talley	Teen 14-15	65
C. Cannady	Youth 12-13	42.5
165		
R. Tanksley	Military M 40-44	110
J. Marrow	Teen 14-15	82.5
S. Madrid	Teen 16-17	87.5
C. Oliver	Teen 16-17	77.5
T. Warren	Youth 12-13	55
181		
T. Dance	Lifetime Open	131
V. Tarabay	Masters 45-49	147.5
J. Gardner IV	Military Open, Open	145
T. Dance	Open	137
G. Marrow II	Teen 16-17	102.5
198		
W. Thacker	Military Open	170
C. Dabney	Military Open	137.5
	Military Sub 35-39	137.5
	Submasters 35-39	137.5
K. Glover	Teen 14-15	70
M. Jones	Teen 14-15	55
220		
M. Lewis	Masters 45-49	142.5
A. Jones	Military Sub 35-39	167.5
N. Jamison	Submasters 35-39	137.5
D. Richardson	Teen 14-15	72.5
242		
R. Fleischauer	Law/Fire/Open	155
D. Adams	Masters 40-44	190
T. Norman	Military Sub 35-39	117.5
D. Taylor	Teen 14-15	117.5
275		
A. Belfield	Lifetime M 40-44	170
	Open	170
	Lifetime Open	170
	Masters 40-44	170
M. McQuade	Lifetime M 45-49	181
	Masters 45-49	181
308		
G. Marrow SR	Lifetime M 40-44	147.5
W. Ferguso	Lifetime M 45-49	160
	Lifetime Open	160

BENCH PRESS WOMEN RAW

NAME	DIVISION	BP(lbs)
123		
J. Tossas	Military Open	47.5
	4th Attempt	50
148		
B. Beasley	Lifetime M 50-54	62.5
	Lifetime Open,	62.5
	M 50-54, Open	62.5
	4th Attempts	65
M. Vaughter	Military Sub 35-39	55
165		
J. Johnson	Military M40-44	77.5
198		
L. Hawkins	Masters 45-49	65
	Military M 45-49	65
198+		
L. Marrow	Lifetime M 40-44	72.5
	4th Attempt	77.5
Y. Ross	Submasters 35-39	80
A. Marrow	Teen 18-19	60

APF CENTRAL FLORIDA OPEN BP & DL
OVIDO, FL
May 28, 2005

BENCH PRESS

NAME	DIVISION	BP(lbs)
165		
B. Schwab	Open	475
J. Land	Junior	335
181		
R. Hines	Open	450
E. Foran	Master IV	205
198		
B. Highnote	Drug-Tested	485
T. Waylos	Open	300
G. Manney	Open, Master I	—
B. Wahrenberger	Submaster 34-39	310
G. Godwin	Master I	275
220		
S. Shackelford	Handicap	125
B. Lessmann	Teen	410
A. Yearby	Open, Master I	585
C. Eaddy	Open	450
A. Medina	Open	375
J. Fore	Master I	355
M. Churchman	Master III	371
242		
D. Shaw	Drug Tested, SubM	565
J. Jordan	Open	480
275		
D. Rollins	Open	635
T. Gainer	Drug Tested, Master II	475
C. Briley	Junior	450
Jack Groenendaal	Master III	225
308		
J. Meloche	Open	600
J. Berry	Submaster	435
SHW		
S. White	Open, SubM	700
	4th Attempt	706

DEADLIFT

NAME	DIVISION	DL(lbs)
165		
B. Schwab	Open	615
R. Lynch	Teen	365
T. Watkins	Junior	425
181		
J. Lynch	Master I	501
E. Foran	Master IV	275
198		
T. Walyos	Open	450
J. Cervero	Drug Tested	645
G. Godwin	Master I	435
220		
B. Lessmann	Teen	430
L. Russell	Open	650
	4th Attempt	670
A. Medina	Open	505
242		
J. Jordan	Open	600
275		
J. Groenendaal	Master III	400

SLP MISSOURI OPEN BP & DL CHAMPIONSHIP
FESTUS, MI
June 4, 2005

WOMEN BENCH PRESS

NAME	DIVISION	BP(lbs)
132		
Lauren Holloway	Teen 13-15, Open	120
	4th Attempt	125
148		
Kim Austermann	Open	195

MEN BENCH PRESS

NAME	DIVISION	BP(lbs)
97		
Jordan Reisenbichler	Teen 13-15	110
114		
Levi Hobeck	Teen 13-15	150
148		
Ryan Russell	Teen 18-19	255
	4th Attempt	270
165		
Cody Randen	Teen 13-15	240
Jeff Ward	Submaster	405

181		
Chris Holloway	Teen 18-19	365
198		
Antonio Garritano	Teen 13-15	220
Ryan Gendron	Junior Men	405
Chris Winter	Junior Men	320
220		
Justin Wantland	Junior Men	430
	4 th Attempt	455
Rico Rojas	Submaster	455
Scott Jones	Master 40-44	425
Dave Noonan	Open	365
242		
Jon Ortmann	Teen 16-17	300
Mark Hairston	Submaster, Open	605
275		
Kevin Hahn	Submaster, Open	650
308		
Tilden Watson	Open	600
SHW		
Charlie Hurd	Open	580
DEADLIFT		
NAME	DIVISION	DL(lbs)
198		
Chris Winter	Junior	465
242		
Jon Ortmann	Teen 16-17	575
Keith Waugh	Teen 18-19	550
308		
Tilden Watson	Open	650

SPORTSFEST ALLENTOWN
YMCA & YWCA PL/BP
ALLENTOWN, PA
July 7, 2005-07-28

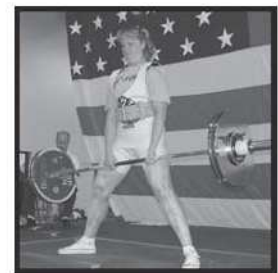
WOMEN BENCH PRESS		
NAME	DIVISION	BP(lbs.)
148		
Shannon Sunday	Open	115
181		
Liana Vereen	Open	120
MEN BENCH PRESS		
114		
Doug Wellington	Teen I	165
123		
Jeff Kaminisky	Teen I	145
132		
Klaus Woodeshick	Teen I	100
148		
Mardis Powell	Open	240
K. Bahchevanoy	Open	360
Chris Thomas	Teen II	170
James Cardillo	Teen II	240
165		
John Monk	Open	275
Joshua Lewis	Open	185
Dwayne Nelson	Teen II	180
Frank Claps	Master V	240
181		
C. Colondrillo	Open	290
Jack Rubio	Open, Master I	365
Ed McCorrison	Open	420
198		
R. Steinhouse	Master I	300
220		
Dale Phillips	Master I	360
John Getz	Junior	365
Mariyan Georgiey	Open	375
Jerry Norrell	Open	440
242		
Chris Kitchen	Open	450
James Murphy	Master I	315
Larry Reese	Master II	340
Fred Ruch	Junior	465
WOMEN DEADLIFT		
NAME	DIVISION	DL(lbs)
148		
Shannon Sunday	Open	225
181		
Liana Vereen	Open	225
MEN DEADLIFT		
114		
Doug Wellington	Teen I	310
148		
K. Bhchevanoy	Open	475
Mardis Powell	Open	350
165		
John Monk	Open	450
181		
C. Colondrillo	Open	500

2005 Snake River PL, BP & DL Championships
June 11, 2005 Idaho Falls, ID

POWERLIFTING							
Name	Division	Contests	SQ	BP	DL	TOT(lbs.)	
Child							
Hylter Hughes	Youth Men 3 yrs	SR	44.09	45.19	45.19	134.48	
Holten Hughes	Youth Men 5 yrs	SR	44.09	45.19	44.09	133.38	
Peyton Wessells	Youth Men 6 yrs	SR	44.09	44.09	44.09	132.28	
Hayden Hughes	Youth Men 7 yrs	SR	44.09	45.19	45.19	134.48	
A.J. Martin	Youth Men 9 yrs	SR	44.09	45.19	45.19	134.48	
148							
Jordan Gibson	Youth Men 12-13	SR	187.39	110.23	220.46	518.08	
Brad Darrington	Teen Men 14-15	SR	225.97	214.95	270.06	710.98	
Jenn Brown	Women Novice	SR	104.72	104.72	137.79	347.22	
Mike Haynes	Submaster Men	AAPF	454.15	325.18	501.55	1280.87	
165							
Jacob Oller	Teen Men 16-17	SR	347.22	231.48	451.94	1030.65	
Alex Paterson	Men Open	SR	374.78	242.51	402.34	1019.63	
Ammon Stephens	Men Open	APF	501.55	347.22	551.15	1399.92	
181							
Priscilla Giddings	Women Junior	SR/AAPF	341.71	176.37	308.64	826.73	
Chris Wessells	Men Open	SR	540.13	352.74	451.94	1344.81	
Carl Lovell	Men Master 45-49	SR	462.97	264.55	473.99	1201.51	
Ron Zeller	Men Master 70-74	AAPF/APF	209.44	165.35	281.09	655.87	
220							
Heather Gibson	Women Open	SR	270.06	203.93	253.53	727.52	
Mason Frost	Men Teen 14-15	SR	374.78	259.04	440.92	1074.74	
Jay Mooney	Men Novice	SR	352.74	314.16	407.85	1074.74	
Daniel Palmer	Men Novice	SR	501.55	363.76	473.99	1339.29	
242							
Ryan Neilson	Men Open	SR	606.27	507.06	551.15	1664.47	
James Shively	Men Teen 18-19	SR	407.85	264.55	485.01	1157.42	
Jason Gibson	Men Open	APF	755.08	523.59	617.29	1895.96	
Anthony Carlquist	Men Open	APF	804.68	303.13	633.82	1741.63	
275							
Joe Wallace	Men Novice	SR	336.20	297.62	287.50	633.82	
BENCH PRESS							
Name	Division	Contests	BP(lbs.)				
114							
Geri Cunningham	Teen Women 13	AAPF/APF	93.70				
123							
Deb Moretto	Women Open	SR/AAPF	143.30				
Shuwan Mu	Men Teen	SR	154.32				
132							
Lori Starger	Women Novice	SR	66.14				
Tori Madden	Women Open	SR	115.74				
Phillip Gilpin	Men Open	AAPF	220.46				
Sarah Thielen	Women Open	SR	148.81				
148							
Tyler Bates	Men Teen 14-15	SR	176.37				
Dave Blaskovich	Men Open	SR	303.13				
165							
Alan Kippen	Men Teen 18-19	SR	170.86				
Mary Zeller	Women 60-61	AAPF	220.46				
181							
Jake Harrison	Men 12-13	SR	143.30				
Jon Cunningham	Men Open	SR	473.99				
Luke Blaskovich	Men Open	SR	429.90				
Rote Chuensiri	Men Open	SR	275.58				
Erik Whitmore	Novice Men	SR	303.13				
Dave Peterson	Men Submaster	SR	369.27				
Jon Cunningham	Men Master 40-44	AAPF/APF	473.99				
Men Open							
Scott Larson	Men Teen 18-19		341.71				
198							
Clinton Hill	Men Open	SR	314.16				
Doug Clayton	Men Open	SR/AAPF	374.78				
Carson Shefts	Men Junior	SR	325.18				
Bob Baker	Men Master 45-49	AAPF	341.71				
Michael Higgins	Master Men 50-51	AAPF	248.02				
220							
Brody Gilbert	Men Teen 12-13	SR	71.65				
Mason Frost	Men Teen 14-15	SR	259.04				
Jay Mooney	Novice Men	SR	314.16				
Gary Hughes	Men Submaster	SR	303.13				
Randy Marchant	Men Master 50-54	SR	363.76				
Kevin Coombs	Men Open	SR	468.48				
242							
Tom Wood	Men Master 50-54	SR	341.71				
David Wolf	Men Master 50-54	SR	374.78				
275							
Joe Wallace	Novice Men	SR	297.62				
Damien Adams	Men Open	SR	468.48				
Ralph Branning	Men Master 45-49	SR	529.10				
Joe Thompson	Men Submaster	AAPF	402.34				
DEADLIFT							
148							
Jenn Brown	Women Novice	SR	137.79				
Mike Haynes	Men Submaster	SR	501.55				
181							
Keith Penny	Master Men 40-41	AAPF	551.15				



Cunningham with a 473 pound bench at 181 bodyweight!



Best female powerlifter, Priscilla Giddings.



From left to right, Mary Louis & Leon Zeller with promoters Linda & Mike Higgins.

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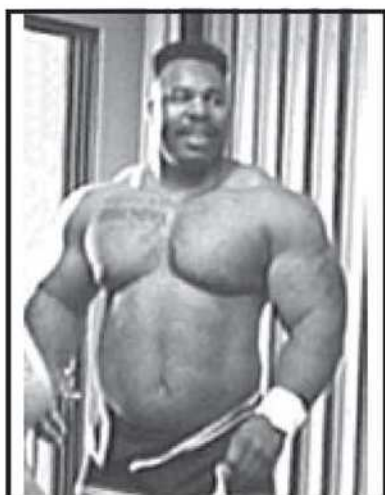
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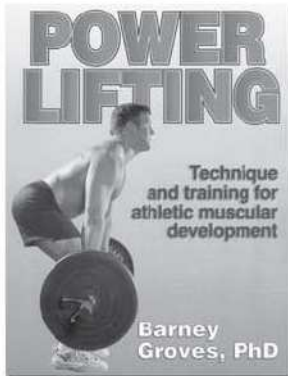
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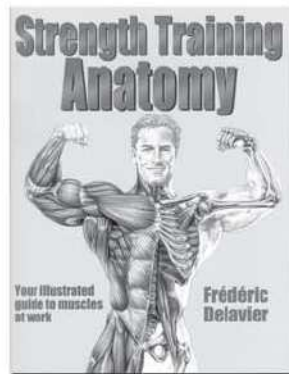


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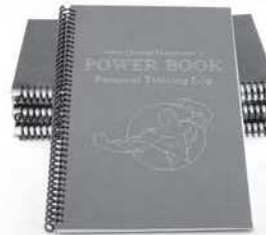
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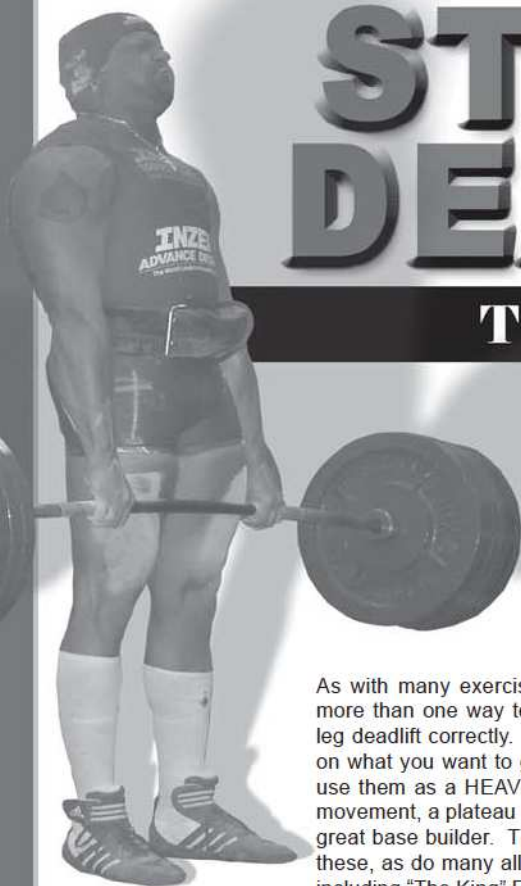
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STIFF LEG DEADLIFTS

THE SGT. ROCK WAY



As with many exercises, there are more than one way to do the stiff leg deadlift correctly. It all depends on what you want to get out of it. I use them as a HEAVY assistance movement, a plateau killer, and a great base builder. The Finns love these, as do many all time greats, including "The King" Ed Coan.

Even the Aussies are hammering these religiously down at Scorps Gym down unda'. Lets get started!



When to do stiff leg deadlifts?

For me I do them nearly year round now. Right now I am a long way out from my next show. So most of my pulling is in the form of stiff leg deadlifts (SLDL). When I start pulling heavy from the floor, I always do one set of five reps after my heavy deadlift work. Nothing keeps your back tight and strong like a heavy set of stiff legs.



What equipment do I need?

Opinions vary. I feel a 3 inch block is perfect for these. I was doing them off a 4.5 inch block and it was just too much. I am not very flexible, and really had to alter my natural groove to touch the floor. I pull these with a contest deadlift bar so I can really get used to the knurling and feel of the bar. I personally prefer an Okie bar and to wear my contest deadlift shoes (wrestling shoes). Other than that, chalk your hands and put on your belt. Throw your straps away as well, not needed.



What is the proper technique?

Here is where opinions really vary. I have made my money, so to speak, by keeping the bar in close to my body. It is safer this way and more like a contest pull because you are trying to minimize gravity's grasp. Bend

your hips on the first rep, like a contest pull and lock it out. This is the starting point. Next, keep your HEAD UP, and lower the bar slowly. Fight to keep your head up the on the whole descent. Let the weight touch the floor only slightly, and while remembering to keep your head up and bar in close to your body, lock it out. I prefer to wear sweat pants when I do sldl, to create a little extra friction and make the movement harder.

STIFF LEG DEADLIFT CYCLE

Here is a solid, proven routine to give you a great cycle for the off season. It is a plateau destroyer. Whether you pull sumo or conventional, stiff legs are a great way to get your pull moving. All stiff leg deadlifts are done off a 3 inch block, with a belt only. I am not a slave to percentages, but I will give you them. Don't deviate too much either way. A good goal is 70 percent of your best contest pull for five reps. For example, if you can pull 700 lbs., your goal weight would be 490x5 reps on the stiff leg deadlifts. Some will do more and some less. Sumo pullers generally are not as strong in this movement. If you pull sumo, you will need to feel it out and adjust as necessary. I have trained numerous people that thought 70 percent for five was unattainable. In the end they all did it, but had to work hard for it. The stiff leg deadlift is no joke and you must work hard. It is money in the bank with a good plan, proper form and dedication. This cycle is based on a 700 lb. puller. My best is 455x10 and 525x5 thus far - soon to change!

WEEK 1

45 percent for 3x10 reps - 315 lbs.

WEEK 2

48 percent for 3x10 reps - 335 lbs.

WEEK 3

51 percent for 3x10 reps - 355 lbs.

WEEK 4

55 percent for 3x5 reps - 385 lbs.

WEEK 5

58 percent for 3x5 reps - 405 lbs.

WEEK 6

61 percent for 3x5 reps - 425 lbs.

WEEK 7

64 percent for 2x5 reps - 455 lbs.

WEEK 8

67 percent for 2x5 reps - 470 lbs.

WEEK 9

70 percent for 1x5 reps - 490 lbs.

WEEK 10

No pulling. Start pre-contest cycle or different off-season cycle.

One month from now you probably will be reading reports like this:

Users who were benching 300lbs 6X jumped to 350lbs 10X!

Users who were deadlifting 315lbs 5X jumped to 375lbs 8X!

Users who were squatting 405lbs 3X jumped to 485lbs 6X!

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The sets of ten are tough, but you have to get through it. I have done a two week on/one off, from pulling in the past with good results. I have recently switched to a weekly pulling scheme, taking one week off every 10 weeks or so with good results. It is all about lifestyle, nutrition, work schedule and supplementation. If your karma is good in life, you can pull every week for a long time. If I feel stiff or don't have the mental tenacity to pull, I simply won't. You must learn to listen to your body. This routine will surely work, and has for many. Three days before this should be your squat day (i.e. squat on Monday, deadlift on Friday). During off-season, I recommend alternating box squats and regular squats, with a belt only. Box squats for 8x2 and regular squats for ten rep sets for a few weeks, and then five rep sets, much like this routine.

You didn't really think you were done yet did you? Here is the assistance work to really make this routine work for you:

Bent rows off the 3 inch box 2x5 reps (no straps, no belt for any assistance). Don't be afraid to use a bit of body momentum here. Use big weights when you get used to this movement (my best 455x5).

Front chins, with weight if you can, 2x5-7 reps

Front lat pulls or cable rowing (alternate) 2x7-10 reps

Dumbbell shrugs 2x20 reps

Regular (also called Russian) hyperextensions 2x10 with weight, 1x20 without weight to really flush out your back

Weighted abs, your choice of movement 4x12-20 reps

On squat day do glute ham raises for 4x10 and heavy abs.

As a side note, the hook grip, as you can see, is becoming more popular (see my friend Travis Mash). This is a great cycle to get started.

Please let me know how this works for you. This will set you up for a 8-12 week peaking routine, which will be covered next issue. Until then PULL HEAVY AND GOD BLESS!

Semper Fi
Sgt. Rock
USMC



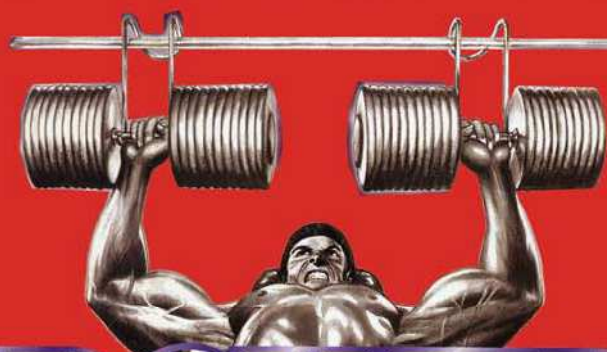
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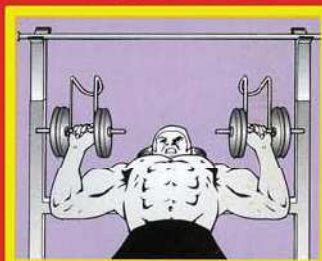
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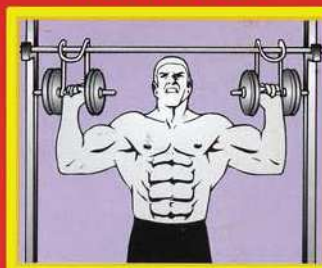
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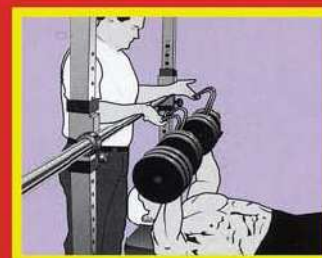
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DONNIE THOMPSON

POWERING HIS WAY TO THE TOP

By: *Billy Mimnaugh*



THOMPSON POWERS HIS WAY TO THE TOP

The 2005 WPO Arnold Classic Powerlifting Championships brought together some of the greatest lifters in powerlifting today. Names like Goggins, Frank, Vogelpohl and Childress were just some of the legendary power gods vying for the prestigious WPO belts and money. At the end of the day, a relative unknown, Donnie Thompson not only took the heavyweight title but also reaped the biggest total of the day.

Donnie Thompson's trek to the top of the powerlifting world actually began in high school. Only playing one season of football, Thompson impressed scouts enough to receive a scholarship offer from the University of Maryland. U of M eventually ran into some recruiting violations and rescinded their offer. Thompson decided to attend Shepard College in West Virginia. It was during this time that Thompson's life changed forever. Thompson, who already was an avid weight lifter, was training in the gym one day when he witnessed power immortal, George Hechter squat 850 lbs. for a triple. Thompson was so impressed that he mustered up enough courage to ask Hechter how he might display the same type of strength and size. Hechter turned and snapped, "Get bigger." Thompson trained like a madman for the next year and ran into Hechter almost a year to the day of their first meeting. Donnie, who had managed to pack on forty pounds that year, hoped to maybe receive a pat on the back for his hard work. Instead Hechter just laughed at Donnie and said, "You're still just a small weak 18 year old." Thompson vowed that he would one day destroy all of George Hechter's numbers and he says, "To this day, every time I feel like quitting, George Hechter's words still ring in my ears. The one thing I'm most proud of is that I've obliterated every number George Hechter ever did. Fuck George Hechter."

Thompson's football career at Shepard was lined with frustration. He was relegated to the bench as the head coach hated how much time Donnie spent in the gym. Finally, before his senior year, Shepard hired a new coach and Donnie got his chance. Thompson was so impressive that he received honorable mention on the small college All-American team. After graduation, Thompson, who's lifelong dream was to play pro football, had tryouts with both the Dallas Cowboys and New York Giants but neither worked out. Thompson spent the next six years playing arena football with the hope of getting a shot at the NFL. Thompson did get a three game stint with the Tampa Bay Buccaneers during the strike season but he soon after completely dedicated himself to powerlifting.

Donnie's first venture into competitive powerlifting was in 1999 at the IPA worlds in York, PA. Competing in the 220 lb. class, Thompson totaled 1750

lbs. on his way to first place and best lifter in the amateur class. Donnie's next meet was in 2000 at the Westside Invitational. He squatted 650 lbs. but bombed in the bench. Donnie was so distraught and embarrassed that he considered quitting, but George Hechter's words kept ringing in his ears. Donnie asked Louie Simmons what to do and Louie instructed Thompson to gain weight. Donnie took his advice to heart and started to gain weight and strength.

Donnie went back to the IPA and lifted at 242 lbs., totaling 1865 lbs. but wasn't satisfied. He kept gaining weight and went to the IPA Nationals jumping into the 275 lb. class. Donnie totaled 2010 lbs. and broke a 2000 lb. total for the first time.

Donnie felt as though he now discovered the secret to huge totals; keep gaining weight and lifting heavy and success will follow. To further increase his weight, Thompson developed a new eating plan. Instead of eating six times a day he started eating two huge meals a day to slow his metabolism. This method worked perfectly. At his next meet, the IPA West Virginia meet, Donnie took his weight all the way up to 301 lbs. and totaled 2130 lbs. Donnie said, "I always lifted at the meets the Westside guys lifted at so that I could lift with and against the best." That's quite a different philosophy from many of today's "big time" lifters. Today, many lift at meets where they know they can dominate and be judged by judges intimidated by the numbers they are lifting, scared to actually put their reputations on the line.

Six months later at the IPA Strength Spectacular Donnie tipped the scales at 317 lbs. and totaled 2195 lbs. In two years time Donnie managed to gain a hundred pounds of bodyweight and put 445 pounds on his total. Donnie felt he was ready for the big time and competed at the first WPO meet in Orlando, Florida. Unfortunately, he bombed in the squat. Once again, he started to doubt if he was a big time lifter after all. "It was Garry Frank who came up to me and said to keep trying. He said my time will come," said Donnie. With Garry's inspiration Donnie was more determined than ever to take his place among the powerlifting greats. In 2001, with his renewed determination, Donnie went back to the IPA Nationals. He weighed in at a staggering 330 lbs. and totaled 2285 lbs. This gave him more confidence and at the IPA Mountaineer he totaled 2400 lbs. at 350 lbs. He finally felt he was on his way to becoming a big time lifter.

Thompson was again ready to prove himself against the greats. In 2002 at the WPO Show of Strength, Donnie went on a rampage of strength, totaling an unexpected 2425 lbs., the third highest total of the meet behind Goggins and rank. Donnie said, "At the Show of Strength I finally felt I belonged and that I had found a home."

2003 and 2004 were trying years for Donnie. Injuries and setbacks ruined his contest preparation before every meet. He blew off his hamstring at a meet in Florida,

and bombed out at the Arnold. Things just wouldn't come together for him. At the next Show of Strength, Donnie "only" managed a 2419 lb. total, despite his hamstring injury. This is a true testament to Donnie's heart. To be able to hit big numbers despite being limited by injuries is the true mark of a great lifter. Thompson sat out the next Arnold Classic due to injury and was feeling pretty low. Once again Garry Frank came to the rescue with uplifting words and advice. Donnie said, "I will always consider Garry a friend and inspiration. He went out of his way to encourage me when I was at my lowest and I won't ever forget that."

The next couple of meets were similar to the others. Donnie bombed at the APF Seniors, and then again at Bill Carpenter's meet in Iowa. Donnie started to give up but again Garry Frank told him to stick with it. Garry had become Donnie's own personal guardian angel, proving once again why this sport is different from all others. Most sports have rivalries where competitors hate each other. Powerlifting rivalries lead to support, respect and admiration.

Donnie decided to start from scratch. He broke down his entire training philosophy. He dropped his canvas squat suit and started using a Metal suit, getting sponsored by Elite FTS. He feels the Metal suit allows him to hit depth better, while the canvas always had him searching for depth and throwing him out of his groove. He started doing a lot of kettlebell training as a form of rehab for his hamstring and delts. Donnie also stopped deadlifting as he seemed to pop hamstrings every time he went heavy. He kept the Westside template but designed it to fit his own needs, learning to adapt and overcome.

At the 2004 Show of Strength, Donnie went berserk. He totaled 2551 lbs., finishing behind Paul Childress. He pulled 832 lbs. without deadlifting in training. Everything finally came together and he was fast becoming everything he had dreamed.



With his training partner, Marc Bartley, Thompson continued his frenzied training pace and at the 2005 Arnold Classic all the hard work paid off. Donnie totaled 2607 lbs. at 375 lbs., obviously not forgetting Louie's advice on gaining weight, and won the super heavyweight crown. His 2607 lbs. was accomplished on 4-9 lifting. Donnie feels a 2800 lb. total is in his future. He says, "I left a lot on the platform at the Arnold."

Donnie is not interested in being recognized as the greatest lifter ever. He simply wants to be mentioned with them. He said, "Ed Coan is the greatest lifter ever and

Garry is the strongest. I just want to be remembered as one of the best. If I can do that, it will all have been worth it." Donnie Thompson is an example of a guy that is willing to sacrifice everything to reach his goals. He could have remained a 220 lb. ripped "chick magnet" but instead took the road less traveled. He knows weighing 375 lbs. will take years off his life. He scares most girls he tries to date and knows that he could be making more money if he pursued a "normal" lifestyle. Instead he devoted himself to becoming a great lifter. He has sacrificed everything to reach his goals. Donnie's life revolves around powerlifting, actually living in a warehouse that he converted into his home and the other half a hardcore powerlifting facility. Donnie isn't normal. A normal man couldn't push his weight from 220 lbs. up to 375 lbs. A normal man wouldn't keep coming back after injuries and be willing to knock years off his life to reach his goals. A normal man wouldn't combine his living quarters with a bunch of power equipment in a ghetto just to be able to put some money away to spend for powerlifting. That's what separates good lifters from great lifters. Guys willing to die for their goals - believing the ends justifies the means. They don't care where or how they live, only for the passion of lifting. Few can understand this type of passion; even fewer have it within themselves. Donnie has an abundance of it. Donnie has gone from the kid George Hechter laughed at into a monster of mass and strength. Thank God for George Hechter. His mocking words have given us the "next big thing" in powerlifting. Donnie Thompson is powering his way to the top.



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Liz Willet

Against The World

further prepare, but I have my spot and thanks to my supporters, I will be able to go.

MM: I read somewhere on the internet, someone arguing that the IPF felt you were "snubbing" them by not attending the Women's Worlds, and therefore had the right to replace you on the team. Weren't you already qualified for the World Games? What is your response to comments like this?

Liz: I followed the rules and qualified for the team. I did what everyone else did. It was not a rule that I had to attend Nationals. I chose to only do one international trip. People can take it as personal as they want. All the reasons posted for my suspension never added up. I don't think but a few people in the USAPL felt snubbed. Most people could care less. People are going to be passionate about what they want to believe. It's okay. Life is too short.

MM: You lifted at the Arnold Classic this year as a guest lifter? What made you decide to compete at that event? How did you perform there?

Liz: Holy Smokes! What made me compete? I got invited. What an honor! I can't even remember how I performed except for the monolift. I remember thinking 705 lbs. felt light. I remember Kara Bohigan and Becca Swanson being the first to offer their help. I remember six thousand people in the audience that LOVE powerlifting. The lights, the music, Kirk totally yelling at me like in the good old days, the best gear man, Wade and more strong men in one venue than you could ever ask for... Wow. I also met Phil Phister and Magnus! I finished and made some new friends. The entire experience was fantastic.

MM: You have always seemed very loyal to the USAPL. You even wore a I-Shirt at the Arnold Classic identifying yourself as a USAPL sponsored lifter. Care to comment?

Liz: Yep, my T-Shirt was from the Bullseye Barbell Club. I went to the WPO with every intention of representing the USAPL as a guest lifter. The bullseye on the shirt obviously did not work.

MM: The IPF has a rule that a lifter cannot lift in the same competition as a banned lifter, yet we see this occurring very frequently without consequence. Do you feel this rule is unfair since it was the reason for your exclusion from the World Games?

was I wrong. There was over 500 girl scouts, from age's seven to twelve, holding hands in the middle of the stadium with me in the middle, talking about strength and powerlifting with a bullhorn. Lots of talk about how girls rule and boys drool... but I think it was one of the neatest things that I have ever experienced. I would not have had that moment without this sport.

MM: So what do you do when you are not on the platform? Do you have any hobbies?

Liz: Well, I love my kid, animals, music and plants. Sounds crazy but I have a new house and really love to be there. Can you call living a normal life a hobby? I am a bit of a collector - mostly trades I have made at powerlifting competitions with friends over the years.

MM: What do you do for a living? You have certainly done a lot of traveling to compete in the IPF. How are you able to manage this?

Liz: I am working two jobs right now but I feel that I have been very blessed with them. I work as a detention officer in our county juvenile facility. I also work as a security officer for our local refinery. With the twelve hour shifts it is getting easier to schedule powerlifting events. Both employers are both very supportive of my endeavors.

MM: You have recently been the subject of many internet forum conversations. In short, you were invited to compete at the Arnold Classic as a guest lifter.

Afterwards you were uninvited to the IPF World Games. The IPF cited your involvement with the Arnold Classic as a violation of their rules. However, other IPF lifters competed in the same competition, as have in the past, and were not penalized. What was the result of this?

Liz: Politics, politics, politics... You really want to read more of it? Well after all the scandal, I have been reinstated and hope the problems will be assessed and corrected. It's really too late for me to

MM: Tell us about you.

Liz: I am 33 years old and I have been lifting for about seven years now. I train at Bellingham Health and Fitness, in Bellingham, WA or where the weight is heavy and the company is good!

MM: What got you started in powerlifting?

Liz: Hank Sowar and Patrick Fern were my first training partners. They were the first to notice me. I was working at the airport throwing boxes when they invited me to lift with them. That was all she wrote... On my first training day I remember doing a deadlift pyramid up and back to 315 lbs. I was hooked after that!

MM: Have you always lifted in the USAPL and IPF?

Liz: Until recently, yes. My very first meets were in the 1990's with the ADFPA. It is all I ever knew.

MM: What do you consider your best accomplishments to date? What are your short-term goals and long-term goals?

Liz: Using a monolift and not walking out with 705 lbs. at the Arnold Classic, lol. That was tough mentally and high. I would have to say my best accomplishment to date would be the Arnold WPO and totally embarrassing myself at the Olympic contest. They say do something every day that scares you. Well, I am good for a few years... My short-term goal is to hold a membership to every federation. In the long-term I want to try it all... But, mostly just be able to lift - on any platform I choose. God willing I have the strength to keep doing it!

MM: What is your most memorable event?

Liz: A few years back I was invited to a Girl Scout sleepover - did not think anything of it. I planned on saying hello, maybe talk about the sport, and do a few demos. Boy

Liz: It is not a fair rule when used selectively. I only think it was this rule that was used because there was nothing else to base my suspension on. It has been misused many times against other lifters and either has to stop or be rewritten. I don't need to rehash my feelings regarding my particular situation. If you are going to use a rule it has to be universal for everyone who drops the \$40 entry fee.

MM: What did the USAPL do as result of the IPF's decision? What support did they offer you in this matter?

Liz: They did nothing, except recommend my suspension. Nothing. They never notified me, or even answered when I tried to go through the process. It was not until I went to the IPF. Once they became involved, then there was a reaction.

Now I don't want to group the USAPL as a whole, they have lots of members that have been very supportive. It's just hard to be outspoken when your platform is threatened. It's a hard deal no matter what.

MM: Some people say that there is too much politics in powerlifting. Would you agree?

Liz: Yes, but it is a double-edged sword. Powerlifting needs politics, especially if we are going to move toward making powerlifting a premier sport that is going to get noticed. I think we need fewer agendas for personal gain.

MM: Do you think that powerlifting will ever reach Olympic stature?

Liz: I don't know why no one talks about the truth on this one. It is almost hush-hush. The rule says to even be "considered" into the Olympics, the sport has to have half of the nation's athletes involved. The only direction that is the right one is unification. There has to be a medium that everyone can agree on.

MM: Will you continue to lift in the USAPL/IPF in the future? Do you have plans to lift in any other organizations?

Liz: Well, never say never... I think it depends on the actions of the federation. I am hurt right now. I have never been treated this badly regarding my hobby for goodness sake. I believe there are still people in the federation that can come back to the mission statement and make it grow again. Do I plan on lifting in other organizations? Yep! I am planning to lift at the Unified Nationals, Bench America and the Arnold Classic - as long as the invitations are open. I will never miss another experience again as long as I can lift. Also, I really want to be invited to Strongwoman contests!

Liz: How can anyone call getting under that weight, the physical strength, mental toughness, and personal triumphs that result, illegitimate? Honestly, I have always wondered if I was good enough to compete on other platforms. To this day if I see someone doing a PR, absolutely loving what they do, I still get goose bumps. Who cares about the federation? It's about lifting the steel, period.

MM: Do you think it is fair that the only way to qualify for the IPF is through the USAPL?

Liz: I think that right now, it's the rule. I think that the USA has to come up with a good reason for the IPF to pay attention. If we ever unify, I don't think it will matter what you call it.



MM: What do you feel has contributed most to your success in powerlifting?

Liz: The people I have met along the way have contributed most to my success. It's not really about the brass ring for me. Sure I like to win but it is about being able to be around folks that understand what we crazies do. A few years ago, if I said I was going to travel the world, meet exotic people, accomplish feats of strength most can't comprehend, I would have been laughed out of the room. It's the people who say, "Go for it! You can do it!" that are the biggest contribution. Thanks for that.

MM: Do you have any sponsors currently?

Liz: Yes: I have been blessed with people who support: RFI, Inzer, Barleans, HOP, MM, Bodybuilding.com, and Quest Nutrition. But mostly it is the individuals who are there when I need it the most - Mom and Dad. I still hope to get the attention of MXP, GNC, Altoids, or something like the boys do, but I am so thankful for everyone who has supported and believed in me. Thank you. I can't say it enough.

MM: Give us a run down on your typical training routine.

Liz: Since the Arnold Classic, I have literally not lifted for about three months except a few times here and there. This has been a first for me. Usually I train 4-5 times a week working the big three on a 5x5 raw percentage. Jackals Gym - their programs rock. Usually I take one day to do all three lifts, and one day for assistance and some cardio. It will be fun to see what I can do in a bench shirt one day, lol!

MM: There are some lifters that lift in the USAPL that feel that it is the only legitimate federation, and are quick to dismiss anything else. Have you ever felt this way? What are your feelings on the different federations?

MM: Is there anyone you would like to thank?

Liz: I would like to thank you for the interview. Of course I would like to thank my family and Stevie. Also, my training partners: Kevin, Dean, Ryan, Darin, Todd and Gilly. I could never ask for better people. I can't forget my employers, RSSI and Whatcom County. I would also like to thank the Lord for giving me the gift of strength and choosing this road for me. There's not much better in the world.

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THE TRUTH ABOUT TENDON PAIN

By Dr. David T. Ryan, BS, DC, CSAS

This may be the single most important article you will ever read. You are very likely to develop a tendon problem if you lift weights. You currently are more likely to be diagnosed wrong by a physician about that tendon problem. Your whole lifting career can be ended because of an improper treatment plan. ARE YOU WILLING TO TAKE THAT RISK?

The tendon is a very dense/fibrous tissue that is formed from the connective tissue of the muscle. It allows for a very sturdy attachment to the bone. It is this tough nature that brings about an obvious problem. It heals very slowly once it is injured. If you rupture it, surgery is your only option.

If you have had tendon pain for a period of time longer than two weeks, you should be very aware that it is not likely tendonitis. That's right; your doctor may have told you for the past two years that your problem is an inflammatory condition requiring you to take NSAIDs (Non Steroidal Anti-Inflammatory Drugs) like they are candy to a child on Halloween. You can be doing even more damage by following that dangerous course of treatment. Dangerous? Yes, because not only are you causing more injury to the injured tendon, the fact is that over 16,000 people die every year from taking Advil, Aleve, Nuprin, Aspirin, etc. They eat away at your stomach and your lining of your heart and kill you.

Now we have your attention! Tendonitis is actually very rare; the tendon is more likely to have a condition known as tendonosis. It may look like the same word, but it is very different and if you are confused at this point, then you understand why most doctors are lost too. Tendonosis is a degenerative condition that is treated completely different from its inflammatory misnomer, tendonitis. The -itis is a suffix that means inflammation. We could go on about this all day- Take a look at the table below to grasp a comparison of the two conditions.

Table 1. Comparing Tendonosis to Tendonitis

<u>Tendonosis</u>	<u>Tendonitis</u>
Very Common	Very Rare
Requires months/years to heal	Requires only 14 days to heal
Treated with therapeutic exercise	Aggravated by exercise
Irritated by NSAIDs	Helped by NSAIDs
Shows up Black on a MRI	Shows up White on an MRI
Degenerative	Inflammatory
Usually feels better after proper training	Hurts to move at all
Responds to Electric stimulation and heat	Irritated by heat
Irritated by Ice and rest	Loves rest and ice
Helped by friction massage	No friction massage
Most not helped by surgery	No help from surgery
Usually cool to touch	Usually warm to touch

Radiological diagnosis of a tendinopathy is best from a MR that is .7Tesla or higher. Just ask what power magnet they use when you are scheduling your visit. Closed MR is better than Open MR and you can ask that too. Most Radiologist will not say that it is tendonosis or tendonitis, they usually call it tendinopathy.

NUTRITIONALLY

Specifically proanthocyanidins (grape seed) that have been suggested to prevent activation of metalloproteases, decrease free-

radical production and stabilize proteins. There hasn't been much work done in humans with proanthocyanidins so there isn't much out there. I'm thinking about 500 - 1000 mg/d to begin. Most of the capsules contain about 100 mg (Nature's Way).

TRAINING FOR TREATMENT

Consider using this approach only after confirming your proper diagnosis with your doctor. Tendon Pathology includes but is not limited to: tendonosis/ tendinopathy, tenosynovitis and peritendonosis, partial and complete tears, subluxation and dislocation, and entrapment. The proper diagnosis is critical to determine your treatment success.

The treatment for tendonosis requires a varied step approach.

- First: Find what area of the movement is affected by pain. Typically tendonosis does not limit your range of motion, except with pain. This means that if your lifting buddy can gently move the joint, then it shouldn't hurt as bad, as long as you are relaxed. You must find out what movement causes you pain.
- Second: **This is to warm up.** We are going to work on the area where the movement doesn't hurt. Now let's say that the painful part of the curl is the part at the very bottom or the bench hurts when the bar is close to your chest. You should warm up using less weight (less than 20% of max). Perform 30-40 reps with a slow speed. If it hurts to move anything, use Isometric contractions and use six different positions in the range of motion, for 6 seconds at 60% of your max for squeezing the muscle, then repeat it 6 times.
- Third: Please note; that this part is likely to cause pain, but not more than 60% or a 6/10. Ten is like Emergency room pain. Using the lighter weight still, enter into that painful range of motion. Do 30-40 reps with a slow speed. Do only one set the first day. Two the next and Three the following and then move to the next step.
- Fourth: Instead of lifting more weight, try to move the weight faster. You might need to alter your lifting style here and go to using bands. Day one; do the movement for 30-40 seconds, day two do 50-60 seconds. Over the course of the next couple of days use a friend to count the number of movements. Try to move faster and faster, until you are moving stupid fast. Training the knees and shoulders might require special machines known as: Orthotrons, available at your local physical therapist, some chiropractic offices and some other specialty physicians clinics.
- Fifth: The next step is to slow down the movement again by 50% and increase the weight by 1-10%. Again, keep in mind that maximum pain is 60% and that speed helps this condition, not heavy weight.
- Sixth: You will also note that the Weider pyramid principle is quite effective here. Begin your group of sets with increased speed and lighter weights more reps. Progress onto sets with heavier weight, slower speed and less reps. Finish by returning to the faster speed, lighter weight and higher reps. Continue to raise the weight on the lower rep sets until you have obtained 80% of your original strength or that of the opposite healthy side. **As your speed increases, you should note a decrease in pain. During this rehabilitation protocol you will have to back up to a previous step several times.**

You can train more often, since you are at sub-maximal levels. It is like jogging everyday, you need to rest, but under most conditions you can recover quickly.

As time goes on, you will be able to return to your pre-injury weight. You will also need to consider that at least once or twice a month, you will need to use speed training/plyometrics to stimulate your tendons to thicken and promote proper collateral circulation around them. Have a great workout

TENDONOSIS REHAB SUMMARY

- Determine the painful movements
- Warm the area up with lighter weights/slower movements
- Train the painful motion using lighter weights/slow movements at first, then progressing to faster and faster movements
- Train at speeds to complete a movement at very high speeds for time intervals of 15, 30, 45, 60 seconds. Special equipment may be required or use of therapy bands.
- Reduce the speed and use more weight (1-10%) still maintaining a slower speed at first, and then progressing to a higher speed.
- Use the Weider pyramid principle to include speed sets with heavier sets.

There are better choices for exercises depending on your particular injury. Trial and error is the best way to determine which are best for your program.

Example of Bench Pressing for Max 150lb Bench Press

Set#	Protocol	Weight (lbs)
1	15 seconds = 30 reps high speed	45
2	30 seconds = 60 reps high speed	45
3	15 reps /2 seconds each way	50
4	10 reps /2 seconds each way	60
5	45 seconds = 70 reps high speed	45
6	60 seconds= 100 reps high speed	45

For additional Reading:

Overuse Tendinosis, Not Tendonitis. Part 1: A New Paradigm for a Difficult Clinical Problem. Karim M. Khan, MD, PhD; Jill L. Cook, B App Sci, PT; Jack E. Taunton, MD; Fiona Bonar, MBBS, BAO THE PHYSICIAN AND SPORTSMEDICINE - VOL 28 - NO. 5 - MAY 2000

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Dr. David Ryan, practices in Columbus, Ohio at the Columbus Chiropractic Centers Medical Director/Chairman, Arnold Classic and Fitness Expo and was a team physician for three of the capital cities' professional sports teams.

Medical Director, 1994/1995 WPC World Powerlifting Championships. Ringside Physician USA BOXING.

Former assistant Strength Coach, Ohio State University. In 1994 the Arthritis Foundation honored him with a national award. He also works with professional football, basketball, rodeo and various professional and Olympic athletes. Send questions in a self addressed/stamped envelope to 6040 Cleveland Ave. Columbus, Ohio 43231



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The Powerlifting

OUTLAW

By: Tommy Fannon

This has been a column I have contemplated writing for quite some time now. However, sometimes being in the throws of an injury is so depressing, why waste even more mental energy on the subject? However, as recovery has started to come into sight and my spirits have lifted somewhat, I figured, what the hell, let's throw it out there.

Let me state foremost that while I will use myself as the primary centerpiece of this article, it's not as though I consider myself a great lifter, nor even a good one. As I've gotten older, I've come to think of myself as a journeyman lifter... someone that's been around a long time, knows the ropes so-to-speak, had an occasional impressive lift but nothing consistent or worthy of bragging. One thing I am very good at is injuring me, so I feel compelled to call myself an expert at damaging my body. With all this being said, let the main part of the article begin.

Here is one important thing to know when you have an injury:

I find that injuries tend to come dangerously in pairs. Back many years ago after I herniated two discs in my lower back, I started pushing my bench pretty hard. Within 4 or 5 weeks, I had managed to tear my right pec. Recently, after tearing my groin, I decided to push my bench and finally knock it over 700. Well, low and behold, within 4 to 6 weeks, I herniated 2 discs in my neck, thereby ending my pursuit of the big bench. There are many reasons injuries tend to come in pairs. I think that for those of us who are obsessed with training, once we are unable to train a certain lift, we redouble our mental and physical energies into a different one. I think this leads to overtraining and injury. When you traumatize your body, I also believe that it makes the rest of your body more susceptible to damage. This is probably because your body is spending a lot of its capacity healing the more serious of damage. Have you ever noticed that as you tax your body with more and heavier weight as you get closer to a meet, you tend to get sick more often? I think this is the same

principle. Your body only has so much in reserve to repair and heal itself from various traumas.

So, what the hell do you do when you have an injury? Well, to answer that we must examine what type of injury you have.

I am not a doctor, but I often play one on the Internet. With that being said, let me give you my layman's breakdown on injury types.

Strains and Miscellaneous Oowies.

These are the kind of things we encounter week in, week out as a powerlifter. Shit just hurts. Bones ache, tendonitis sets in, and sometimes you get weird pinches in odd spots in your body such as your upper back or calf or biceps even. You find yourself forced to hurl yourself out of your car or seat at work just to get up. Clearly, nothing is torn or disconnected, but something just isn't quite right. Sometimes it causes you to limp; sometimes minor discomfort occurs when doing normal everyday tasks, but in general, they do not impede your workouts. Dave Tate has a good term for these: "Fuck it injuries". While they may not feel great, they don't seem serious enough to hamper the lifts, so fuck it... train through them.

Muscle Tears

Slightly more serious than the sprain and strain category, this occurs when something in your body gives out. You know immediately when something like this happens. You can feel it let go.

Now, the younger you are, the more you tend to treat these as 'fuck-it' type injuries. This is a mistake! I can't tell you the number of times I used to twang my pec, had it excessively sore, and even discolored, but the following week went in and benched anyway. This eventually led to a ruptured pectoral tendon.

I find this stupidity is rampant in powerlifting, especially now that gear is overused and can cover things up. If you have been through a serious injury, and you contemplate things for awhile, you will realize that rarely

does a training injury come completely by surprise. There are often episodes leading up to it. Again, I mention pectoral strains and tears as they are the most common. What can be done to prevent a more serious injury? Well, for one, when you strain your pec, do yourself a favor, and take some time for rehab. Massage and high repetition work I find are the best, but let me emphasize this: TIME is the best ally you have. Do NOT rush back into it. Do you really care if it takes you another meet to nail that 20 lb PR? Well, of course you do, but take it from me (and many others) who has completely detached their pec tendons, that will put a more serious dent in your quest for big numbers.

If you have managed to have a somewhat serious pec-tear, I still recommend a lot of high repetition work and most importantly TIME before pushing it again. However, I also believe that using a single ply, open back poly bench shirt can work wonders. It adds an extra bit of tightness and can keep the area free of injury. Since my pec rupture, all my bench work > 315 is done with an old, tattered poly. If you are younger, maybe you don't need this crutch, but I have no problems using it.

Another notorious tear worth mentioning is the groin tear. I went through this one last year myself. This is pretty nasty as the groin is involved in a lot of fun activities outside of lifting. My advice on this one: lots of mobility work and stretching, take 4-6 weeks completely off squatting, and have your girlfriend or wife on top for awhile. Also, explain to her that sex is part of the rehab process and you may get some more. Although it seems to affect everything you do, the groin can and will eventually heal. Here is a little training secret I will let you in on. When you first start on your way back squatting, *always* wear some tight groove briefs, and put some (or a lot) of duct tape around the hamstring and groin area. Tighten it. This really, really helped. I trained with duct tape for about 3-4 months until the area was almost completely better. Gradually I reduced the usage of it. However, as with the bench press, I still use a pair of groove briefs whenever I squat.

Some tears can be worked through. One time a few years back, I actually tore an abdominal muscle doing heavy ab pull downs. It didn't affect any lift at all and only hurt when I did certain ab work or tried to get out of bed in the morning. Rehab for injuries such as this is pretty easy. Listen to your body. If an exercise hurts, avoid going heavy on it. Also, time and blood work are good for these. I immediately attacked this one with super high repetition ab work with very light weights, 3-4 xs per week. This was a relatively short injury.

Ligament and Tendon Tears

The next category in severity is when you actually rip a tendon partially or completely off the bone. The only fix for these types of injuries is surgery. Now, believe it or not, getting a proper diagnosis is often the hardest part. If the tendon completely detaches, you can often see the muscle ball up and it's pretty damn clear all is not well in Kansas. Unfortunately, a lot of tendon injuries are partial tears. Let me make this part perfectly clear: an X-Ray you get in an emergency room will NOT show this. Also, most of the doctors in these emergency clinics or rooms don't know anything about sports injuries. You *need* to see an orthopedic specialist. Most often, the specialist will recommend an MRI to assess the damage. If your doctor refuses to order an MRI, get another doctor. Now, if you have to have your tendon repaired via surgery, this may seem very serious or even career ending to you. Well, it is not. If your doctor tells you before surgery that you will never lift again, find another doctor to do the surgery. Today's surgical techniques and the bonds they use to secure the tendon should allow you to resume normal activities within a reasonable amount of time. But, if your doctor doesn't portray confidence in his own abilities, how can you expect to have confidence? The rehab for a tendon repair is pretty straightforward. The biggest obstacle is going to be your mind. You will probably always relive the moment in your mind when you tendon rips away. You are just going to have to tell yourself it won't happen again, and even if it does, it is repairable. Again, gear will help you overcome some of your trepidation when hitting the heavy weights again. I don't know if it's the psychological feeling of tightness, but whatever it is, it works. If you have fear in your mind when you hit the heavy weights, you will not progress so use whatever it takes to make yourself feel impervious to damage. Buy a rabbit's foot; draw a pentagram, put on 3 bench shirts if you have to. The mind is the key here.

Spinal Injuries and Nerve Damage

Here my friend, you will leave the realm of happy injuries that heal reasonably. Nerve

damage often happens in the case where you injure your spine. I have been through this twice now, once with L4 and L5 herniations from deadlifting, and most recently C6 & C7 herniations of unknown origin. When you bulge or herniate a disc, pieces can shoot out and clip or impinge nerves. When a nerve is irritated or damaged, very funky things occur. The foremost can be pain. And again, getting a proper diagnosis is tricky. The ER or urgent care clinic will likely send you home with a diagnosis of strain/sprain and an order for some Tylenol. One of the reasons for this is herniated discs are not common in young people who do not lift. I pity the person who has to deal with a herniated disc without pain medication. My suggestion: chum up with an old person who has a script for the opiate of your choice because it may be a few days (or weeks) before a specialist can properly diagnose you. The good news is that in a relatively healthy young person, the body begins to heal itself rather quickly. In my case, I had a good friend who helped me medicate, and within a week, the nauseating pain disappeared, and I was ready to begin rehab. The real kicker about nerve injuries is they take a LONG time to heal. A damaged nerve does repair itself, but very, very slowly. The process is infuriating because a damaged motor nerve can wreak havoc on your lifts. You can go from a respectable lift to weak as a kitten within such a short period of time it is mind boggling. So what are the ways to rehab a nerve injury? Well, foremost is making sure that whatever was damaging or impinging a nerve is gone. It has been my experience that often the body will take care of this. Surgery is not often required, and is in fact a last resort, mostly to relieve pain only. I seriously recommend NOT getting caught up in a quagmire of chiropractic treatment for these things. I will catch some flack, but I really distrust the whole profession when they tell you that from an x-ray, they can fix whatever is wrong with your spine. You cannot see a herniated disc on an x-ray, and there is no quick fix for a nerve injury. Save your money and get yourself some massage therapy on the affected area. Relieving tightened or knotted muscles in your injured areas will help the rehab process just as it does with a muscle tear.

I seriously recommend you base your life on something besides competing in powerlifting in times of rehabbing a nerve injury. Trying to stage a 'comeback' within some specified period of time is like beating your head against a wall. My first time through the ringer, I was unable to squat and make any sort of progress for about a year. So, eventually, I just quit trying. I can tell you I was a hell of a lot happier not failing over and over again. I even managed to get myself a tan and some abs for a year or so. When it was time to squat again, I just knew

it. After returning to competition, I eventually squatted 903 lbs, 70lbs over my pre-injury best, so you better believe it will eventually get better. It's just hard to see the light sometimes.....

Most recently, with my bench press down about 200 lbs, I was seriously beating myself up, trying to shirt up week after week in effort to regain my lost strength. Again, very wearisome. Finally, upon the suggestion of one of my training partners, I decided not to even worry about competing for a year. Instead, why not work on a weak lift, which in my case is the deadlift, or maybe even have some fun and try a little bodybuilding, perhaps get into shape so you can play with your kid or screw your girlfriend without getting winded? These are all worthy goals, and you don't need to abandon the sport or weight training altogether.... just shift your focus. I am a much happier (and healthier person) for it. Eventually, I will make my way back on the platform, but what's the hurry? So, what was the point of my diseased ramblings? Not much. I have had pretty severe injuries, and I realize that I probably have more to come if I want to stay in the game. Attending 2005 APF Seniors gave me heart and hope. There were some gnarled and old beat up yet very strong men, lifting well into their late 30s and 40s.

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MAKING WEIGHT 101

By: J.M. Blakely



What is it all about?

Athletes who compete in weight restricted events will always seek an edge in performance. Cutting weight is the practice of dropping several (or many!) pounds just prior to weighing in to make a lighter class and then quickly reconstituting the weight before the actual event. It is not unusual for some athletes to drop one or two classes in just two days. The majority of the weight is water loss and is readily replaced by forcing fluids. The practice can range from harmless to dangerous depending on the athlete and the need. Some athletes will go to great extremes to compete but for our purposes in this primer the extreme cases would be better served by the book "Bodyweight Manipulation for Competitive Sport" by the author. This article will deal with a modest weight loss of 3-9 pounds with 6 pounds being considered a mild cut. The terms "cutting" "making" and "dropping" weight are interchangeable.

In all extreme sports (and powerlifting is one of the most extreme) athletes will pull risky hi-jinks and shenanigans to achieve competitive success. Absolutely none of the methods outlined here are being advocated, encouraged, advised, or suggested by the author. This article will explain and outline some of the practices but endorses none of them. Just because your friends jump off a bridge doesn't mean you should too. I believe that your mother and I would agree on this point.

What can be gained?

As an example let's take an athlete who weighs 226 lbs. and wants to cut to the 100-kg class (220.5 lbs.). He has 2 weeks before his meet and has several options. His first option is to restrict his calories and do lots of cardio and burn off 6 pounds of bodyfat and actually weigh 220. We'll call this the "hard way." This has two big drawbacks though. First he will be starving during the last (and critical) two weeks of training and his energy and training intensity will be compromised. Anyone who has tried to train heavy while dieting knows the inherent difficulty in this. An athlete needs fuel to perform well. Secondly, there is no real advantage to this method. He will

actually weigh 220 just like everyone else in the class.

Another option is to cut weight. We'll call this the "quick way" (we certainly can't call it easy). This takes about two days (as opposed to two weeks) and will not cause any detriment to training. He can dehydrate and then quickly re-hydrate after the weigh-in and due to an effect known as a "rebound" actually compete at 226 or heavier! It would not be unusual to rebound to 229 for some. An added benefit is that during reconstitution (forced eating and drinking) the muscles will actually retain more glycogen (stored carbohydrate in the muscle cells) than usual. They will be "Super-fueled". The athlete has to go hungry and thirsty for about a day but in the end he will actually come out way ahead. He competes at 226 or more in the 220 class and has muscles full to the brim with glycogen and water. *That's* the edge.

Why does it work?

In powerlifting the meets are set up with an early weigh-in. The rulebook for most federations calls for a 24-hour weigh-in. All sanctioned meets will arrange for this. Sometimes a small meet will only offer an evening before weigh-in (around 6 or 7 PM) but most meet directors will provide a 24-hour weigh-in by appointing a representative of the meet to record bodyweight if they can not do it themselves. For a mild cut of 6 pounds an evening weigh-in is OK. But for more drastic cutting a full 24 hours will be needed to replenish food and fluids.

The early weigh-in is why it all works. It would be disastrous to dehydrate and try to lift weights. The muscles would be depleted and one would feel as weak as a kitten. But with a day between the time the athlete steps on the scale and the actual time they step on the lifting platform they can eat and drink back everything they lost. In fact the day without food and water will create a situation of depletion such that when fluids and food are reintroduced, the body over-compensates and stores more carbohydrate in the muscles (glycogen) additionally, the cells also hold extra water to create what is known as tissue leverage which is very advantageous to lifting. Tissue pressure or leverage can markedly improve one's numbers. This rebound effect can not be

achieved without first creating a depleted state. If the athlete did not deplete and just gorged on food and fluid the same effect would not occur. It will not cause supercompensation. Without depletion only normal levels of storage are achieved.

Extreme depletion *causes* supercompensation.

How do they do it?

Assuming the meet is at 10:00 AM on Saturday, the athlete will prepare for a Friday weigh-in at worst case scenario at 7:00 PM. A best case would be at 10:00 on Friday morning allowing even more time to recover. If the lifter needs to drop 6 pounds a final meal would be eaten on Thursday evening at 7:00 PM. This should be light and low in fat and protein and consist mainly of complex (starchy) carbohydrates. Also the last drink can be taken and usually is Gatorade. Usually approximately 32 oz. with possibly some extra electrolytes (sodium, potassium, calcium, and magnesium) may also accompany this meal (optional). This effectively begins a one day fast. Here's why it makes sense: the adult male can hold 7-13 pounds of partially digested food in the 30 feet of intestines. This varies depending on how big the individual is, how much they normally eat, and their bathroom habits (bowel movements). The food in the gut is liquid and is called chyme. It is on its way to the colon where bile salts will be reabsorbed and water will be extracted to harden the stool. The truth is that almost all the nutrition has already been absorbed and all this chyme is just waiting to become a turd. It is essentially dead weight. It is of no benefit to lifting. It fills the bowel and while it weighs something (7-13lbs.) it doesn't aid performance. This really makes one think when someone says you're full of it. It is on its way out.

A seasoned lifter will reason that by cutting off the input to the 30 feet of bowel (fasting) and emptying the 30 feet of bowel (using a mild laxative) the weight of the chyme can be eliminated prior to stepping on the scale. Cleansing the bowel (just as is done routinely in medical procedures for young and old alike for such tests as a colonoscopy) is harmless and rids the body of several pounds. Often this is enough to make the class. The choice of laxative and

the dosage are important and in extreme cases can upset the electrolytes and cause problems. But mild use is what we are talking about here.

The timing is important and can be unpredictable. Some athletes respond quickly and for others it takes many hours to get the effect. Trial and error may be required. With stronger drugs and higher dosages the effect is more reliable but it is better to be safe than sorry so most athletes use the laxative on Thursday night after the last meal rather than on Friday and risk having to run to the john while trying to psych up for a big lift. Also, the athlete does not want to be eating back up to normal weight and the gut still flushing out chyme. That is counter-productive. Timing is critical and experience of utmost value.

After the athlete has successfully made weight the fun begins. A feast of foods high in salt and carbohydrate is undertaken. High fat and protein should be avoided as the body needs fuel for the lift more than anything else. Sweet and salty is a good description of the reconstitution diet. Forcing food really is fun...at first. But in reality it is very tough to keep eating when one is full. The more the better and an athlete's success depends more on the repletion than the de-pletion. All efforts must be made to bring the weight back up. This is hard work and often makes the athlete lethargic and groggy. Athletes who don't have the discipline to fully reconstitute will suffer in impaired performance. For them cutting weight may be a mistake. But for those who will push the fuel back into their bodies, going hungry for a day and forcing extra food in for a day is a great bargain to get the edge of weighing 6-9 pounds heavier than their rivals and having super-charged muscles filled to the brim with glycogen and water.

The fasting is not nearly as hard on the athlete as is the water restriction. A 24-hour restriction is tough both mentally and physically. Some athletes use diuretics and sweating techniques to push out

unbelievable amounts of water (up to 22-25 pounds in 50 hours) but a simple restriction should not cause any electrolyte disturbances or cramping as is seen in the extreme scenarios. The body is *always* losing water from the urine, from sweating, even from breathing out water vapor (if you exhale on a window pane you will see vapor no matter what temperature it is...try it!). By not allowing any water to come back into the body a loss of several pounds will be realized in one day. This depends on temperature and humidity, activity and how much urine volume is produced. But it is remarkable how much weight can be lost by restriction alone.

That's all there is to a mild dehydration-the athlete simply consumes no fluid or food (which by the way has lots of fruit) for about a day. This athlete will be very hungry and thirsty and uncomfortable...until after the weigh-in. Then forcing the fluid is job one.

If the athlete expects a good result in competition, he must fully replenish all of the fluids that were temporarily excreted to make the lighter class. Just how much fluid was lost? As a rule of thumb remember that 16 oz. is about one pound. Imagine a 16-oz. bottle of pop. It weighs about a pound. If the athlete lost 6 pounds, imagine 6 bottles of pop missing from his body. That works out to a little more than 1/2 a gallon. It is a modest amount, really, but if it is not replaced performance will suffer. It would not be uncommon for a normal individual to lose something close to this amount by mowing their yard on a very hot August day. But of course the normal individual would either drink during the mowing session or certainly directly afterward. Staying dehydrated for about a day is much tougher on the system and makes it harder to rehydrate fully. However, it does promote an increase in aldosterone, which can allow for a rebound effect if the athlete is diligent in forcing the fluids back into the system.

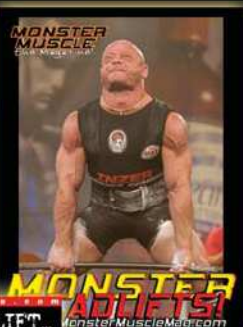
An Overview:

The athlete should begin to drink immediately after stepping off of the scale at the weigh-in. With a modest weight loss as our example no special considerations are necessary but in more severe cases electrolytes and in some very extreme cases even an I.V. fluid infusion may be advisable. For less than 9 pounds nothing like that is required. Simply forcing fluids of any kind will work well. Interestingly, it really doesn't matter what fluid one selects to do the job. Most often it is Gatorade or Pedalyte which have a good supply of electrolytes in them, but plain water or even soda pop works. Even caffeine-containing beverages are OK. It is not true that Caffeine will cause dehydration. Caffeine is a mild diuretic, but if a person keeps drinking caffeine-containing beverages the fluid will still be readily absorbed in spite of the small increase in urine output. So drinking a small amount of caffeine may make you pee a bit, but if you keep drinking, the fluid in the drink is still absorbed. The diuretic effect is out-stripped by the large volume of fluid and dehydration is never a concern. Having said this, in an extreme case of say 15 pounds of water loss it is absolutely inadvisable to use caffeine-containing beverages to re-hydrate. At this level even a small increase in urine output is to be avoided. This situation requires all the help in re-hydrating that can be afforded and there is no tolerance for caffeine whatsoever. In the extreme cases pure water or Gatorade is advocated.

The athlete must continue to force the fluids in until the urine becomes crystal clear. The color of the urine is a marker of it's dilution. If the urine is dark and yellow it is concentrated and the body is still in need of hydration. The kidneys are concentrating the urine to conserve water. They are pushing out the waste in a small volume of fluid. But if the urine is very clear it is dilute and the kidneys are pushing out the same amount of waste but with copious amounts of water. This indicates that the body has plenty of

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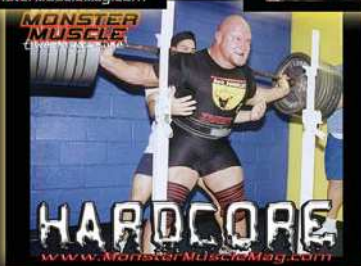
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water to spare and the kidneys don't mind losing some. The athlete must keep drinking until the "crystal clear" stage is reached. This will end up being much more than the 1/2 gallon that was lost. It most likely will be about 1 1/2 to 2 gallons! The rule of thumb is that an athlete can stop forcing fluid and drink as dictated by thirst only after the urine output is at about 500ml per trip to the john, the frequency is 3 trips per hour for 2 hours in a row (6 urinations) and absolutely crystal clear. It would be safe to assume a full re-hydration at this point. The athlete can't stop drinking but can stop forcing the fluids. If a good rebound is desired electrolytes and a strict fluid regimen must still be adhered to but is beyond the scope of this article. A 6-pound loss may not be severe enough to initiate a true rebound effect, so it is of no use to go to all the trouble of attempting all those details. But in some individuals 6 pounds may have a small bump depending mostly on body size (a 132-pound person losing 6 pounds is not the same as a 280-pound person losing 6 pounds; the 132 pounder may get a rebound but the bigger man most assuredly will not). For a mild cut it is inconsistent to expect a big rebound. It will suffice to return to normal weight and compete in the lighter class.

Cutting weight is a method of very quickly dehydrating the body to make a lighter weight class and then just as rapidly

replenishing that fluid and fuel to return the body mass back to the original weight or even a bit in excess of normal. It can be done in less than 2 days (one will often do) but requires an early weigh-in provision to be successful. 24 hours is normally allotted but at smaller meets only an evening before weigh-in is offered. For a cut of less than 9 pounds an evening weigh-in is sufficient, but for 10 pounds or more a full 24 hours will be necessary. Although the use of diuretics, electrolytes, harsh cleansing laxatives, gastric motility drugs, gastric slowing drugs, anti-diuretics as well as severe sweating and sauna techniques are frequently employed, none-repeat: none of that is truly needed to lose a modest amount of water weight (say 6 pounds) and achieve a competitive edge. A modest cut can be facilitated by using nothing more than some will power and going hungry and (very) thirsty for about a day. A one-day fast and a one-day total fluid restriction will easily cut 6 pounds (unless the athlete is quite small).

The most important factor upon making weight is to fully reconstitute the fluids and fuel. A one day feast and forced fluid intake is mandatory to ensure the highest chance for a successful meet result. Many athletes have enough discipline to restrict themselves and cut the weight but then fail to engage that same discipline to

refill. They do poorly. Athletes who do well in forcing the weight back to normal are often surprised to find a beneficial rebound has occurred and they actually end up ahead of where they started!

Cutting weight is no joke and can have very serious consequences. If the athlete is not in excellent health or has heart or kidney problems it is foolhardy to attempt even a small cut. Disturbing the water and electrolyte balance can be harmful in delicate or unhealthy individuals.

The only advice that the author can in good conscience give to an athlete who is thinking of attempting to cut weight is:

1. Don't do it, 2. If you do it, get help and guidance (check with your doctor), and 3. Learn all you can about it.

Cutting weight certainly gives a competitive edge to those in the know. The more drastic the cut, the more risks are involved. Athletes in extreme sports go to extreme lengths to succeed. Every athlete must balance the risks and benefits to any competitive endeavor for themselves. This article would not be complete without this final sentence: KIDS-DON'T TRY THIS AT HOME!



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The point is... American steroid bio-chemists are so far behind the times in steroid technology it's pathetic!! Russian steroid bio-chemists however, are getting more "chemically clever" all the time. In fact, very reliable information has surfaced that a high-level Soviet doping official was actually involved in creating the once undetectable designer steroid THG. By the way, it took a staff of 7 steroid bio-chemists, working 16 hours a day... 3 months to find its *chemical fingerprint on their testing devices*.

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