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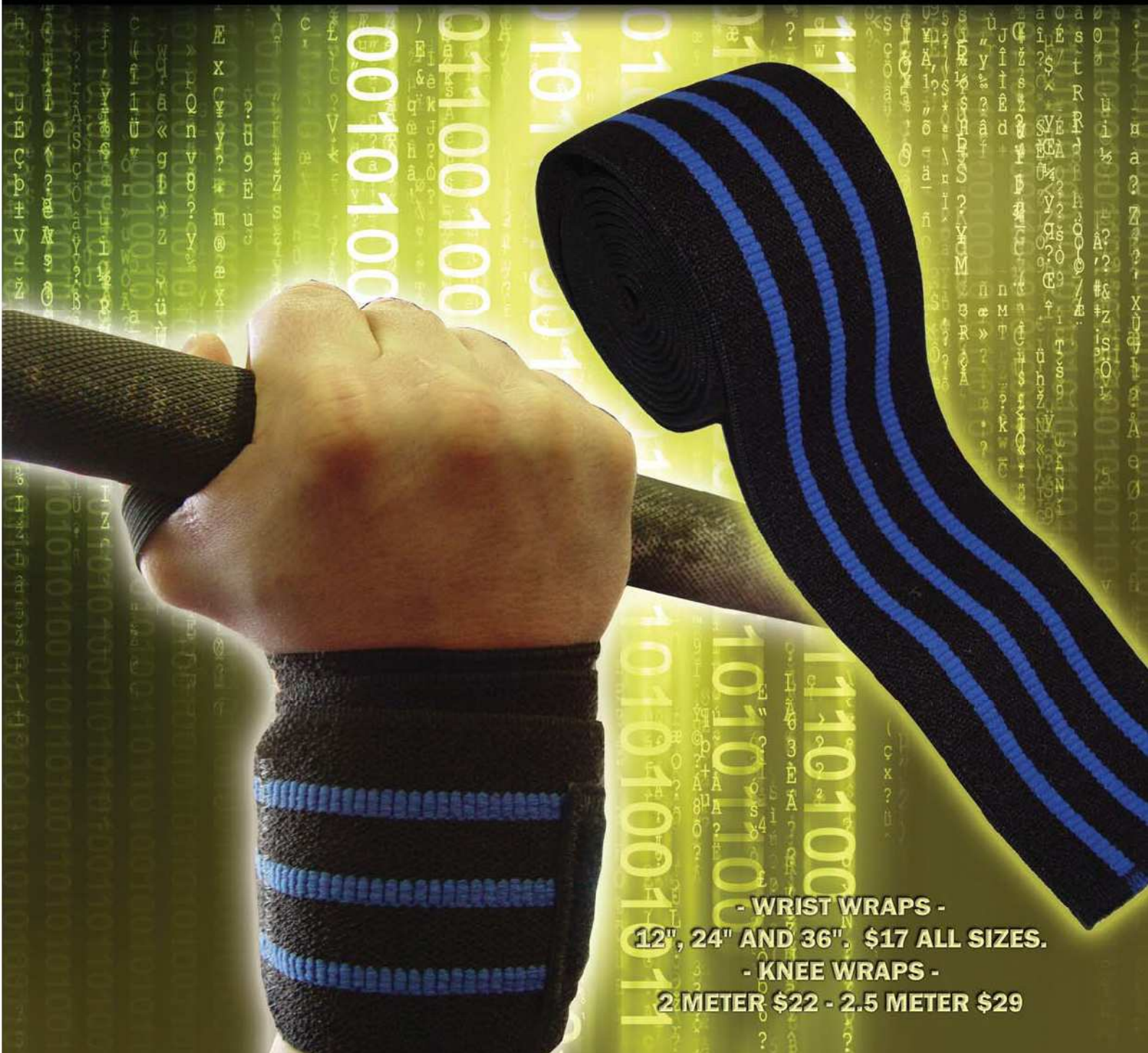
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Muscle Magazine.

Monster Muscle the Magazine  
is published bimonthly by:  
Monster Muscle the Magazine  
405 North 2nd Street  
Coeur d'Alene, ID 83814.

Annual US subscriptions are  
\$21. Canada annual  
subscriptions are \$30.  
Periodical postage paid in  
Coeur d'Alene, ID and  
additional mailing offices.

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VOLUME 5, ISSUE 3  
Aug/Sept 2005

## CO-PUBLISHER'S LETTER JUDY SVERCHEK



Since I have been working with the magazine I have met many great people and I have learned a lot. We are constantly evolving and although it seems like there are some big changes, we are still on track with the same goals. We have welcomed some new staff members since the last issue as well and it will be nice to have the added help. I want everyone to know that we try hard to keep good variety in the magazine and attempt to include meet results from all the different organizations. It is still concerning to me that many promoters don't send in their results, pictures or write-ups and then say that we don't support them. Articles and materials are always welcomed. We have some amazing lifters and athletes that are constantly giving back to the strength community by sharing their knowledge with our readers and I am always appreciative of this.

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New Year's is quickly approaching and it is a great chance for us to learn something new, to try an improve our shortcomings and to heal any broken bonds. Life is too short. So lift in more than one federation, try other brands of equipment, give Raw lifting some well deserved attention and, most importantly, focus on your health and family.

As always, I would like to thank our advertisers, subscribers, and distributors that make the magazine possible. Please support the companies advertising in the magazine. Many of them offer Monster Muscle specials and free catalogs. Check them out and tell them Monster Muscle sent you!

*Judy Sverchek*

Judy Sverchek  
Creative Director, Monster Muscle Magazine

## CO-PUBLISHER'S LETTER WESLEY KAMPEN



What is going on here? Good question... Judy has been promoted! These past few months have been good and bad for me. We have went through some major changes that were, at times, very overwhelming. But, business is going good and we are expanding in many exciting ways. The bad part is that I need a break. I got into this because I love powerlifting. Being a one man army and handling every aspect of the magazine by myself for 5 years has really kept me from doing what I enjoy and forced me to deal with only the stressful and, many times, the ugly side of powerlifting. I won't get into the politics of powerlifting and the handful of jackasses that I am privileged to occasionally deal with... My point is that I have worked really hard to keep things going in the right direction, but I need to get back on the platform. I need this as much as you do. Thankfully I met Judy. She did a lot of the layout and work in the last issue and it turned out great. Judy is the hardest working person I know and she brings a lot to the table. Not only is she a phenomenal athlete, she is also very knowledgable. She came on board and turned everything upside down and it seems to work better that way. It really feels good to have help. I have been doing this alone for so long I started to forget why I started in the first place. Things are starting to smooth out and someday I might be on schedule. I really appreciate everybody's patience and support. If it wasn't for all the encouraging comments, e-mails and phone calls, I would have probably quit a long time ago.

Again, thank you and I will see you on the platform!

*Wesley Kampen*

Wesley Kampen  
Publisher, Monster Muscle Magazine

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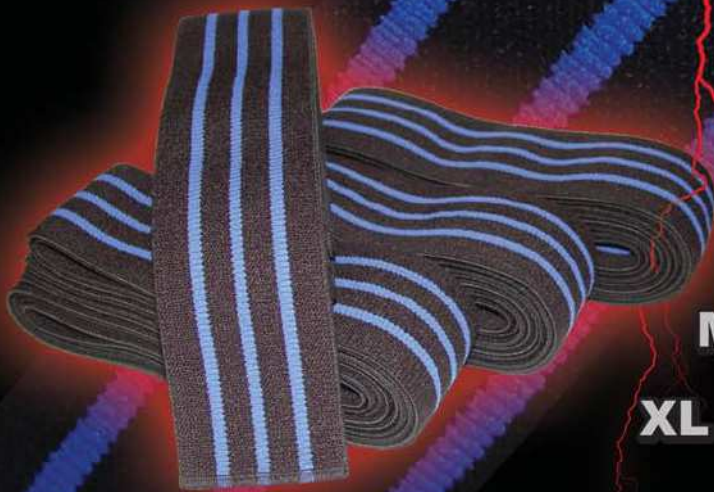
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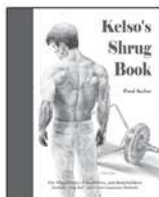
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# Tweak Your BENCH TECHNIQUE

BY MIKE AND TEALE ALDEMANN

Between the two of us we have over 25 years of powerlifting experience with over 100 meets under our collective lever belts. We have run over 20 meets and have seen so many bench styles that it boggles the mind. As all the special techniques and tricks come and go the basics remain the same. These techniques apply if you bench unequipped or with a bench shirt. These techniques must be practiced with every rep whether you are warming up or hitting doubles in a bench shirt. You must also bench with the same technique whether

you have your bench shirt on or not. In years past you could bench with one groove, put a bench shirt on and bench with another groove. Today's new high tech shirts are not that forgiving. You must train the same without a bench shirt as you do in a shirt.

Setting your body up on the bench is crucial to getting white lights. Your upper and lower back are the key to your big bench. I know some of you are thinking, "These people have no idea what they are talking about." Read on and take a few technique tips to the gym and give them a try.

Most people think of arching on bench and only think of the butt to shoulder arch. You actually have 2 arches that need to be trained and practiced. The first is the butt to trap arch or you can call it the north/south arch. The second is the left rear deltoid to right rear deltoid arch or the east to west arch.

First, lie down on the bench with your hands on the bar or bench rack for leverage. Begin by pulling your right shoulder blade in towards your spine as far as possible. Pull the left shoulder blade towards your spine in the same manner. At this point you should feel like you are laying on a small tennis ball right between your shoulder blades. Hold onto the bar or bench rack and pull your heels back until you are on your toes and begin pushing your body horizontal along the bench towards your head. What you want to do by pushing with your legs is to get your neck and upper trap to touch the bench and also shorten the distance from your hips to your shoulder blades. Now if your back is not cramping by now we will throw in one more thing. Take your right shoulder blade and squeeze it down towards the top of your right hip. All the time keeping it pulled into your spine. Do the same with the left shoulder blade. This is where the east/west arch comes into play. If you have done all this correctly you shouldn't be able to hold it for more than 10 seconds or so. You will be able to increase this time period and the intensity that you can hold it with a couple of special exercises that we will get to further down the page.

Now with your back fully cramped up take the bar at the maximum width grip that your federation allows. The wider your grip the shorter your bench stroke will be. Your elbows should be out and the bar should be sitting in your lower palm directly over your shoulders. If you set the bar high in your hand this will throw off your leverages and put undo strain on the wrists.

Start your decent of the bar in an arc towards your lower chest or upper belly. On the decent your elbows should start tucking in towards your torso. At the point the bar touches your chest, sternum or upper belly your elbows should be tucked into your sides. You need to think of the lowering of the bar as pulling your body or chest up into the bar.

The press up should begin with the flexing of your glutes and abs. Push the bar in same path that you brought it down in. As you arc back up rotate your elbows out so that they are pointed away from you at lockout. As you push the bar upwards visualize pulling the bar apart like it is made out of taffy. The lockout should consist of locking your elbows while keeping the upper back locked in place. A big problem we see is people reaching with their shoulders at lockout. Both of your arches should stay tight until you get the rack command. If you let your shoulders relax towards lockout you will actually have to push the bar an inch or more farther. If the bar floats towards your face on the press you have most likely relaxed your lats and allowed your elbows to flare out to soon.

We have a couple of special exercises that we use to strengthen the upper back muscles and teach to gain more muscle control. The first one we call the incline pull. We set up an incline bench in front of a high pulley machine. Using the longest pull down bar we place our hands at legal bench press grip width. We then set our east/west and then our north/south arch. The bar is pulled to the same position that it would touch on the regular bench press. We hold it at the chest for 2 to 3 seconds and return the bar to arms length without losing the upper and lower back arch. We normally do 4 sets of 6 reps. The amount of weight doesn't really matter. What matters is how hard you can contract and drop your lats.

The second exercise is done on the same pulley machine (with the attached seat) and the same handle attachment. Sit upright as if you were going to do a pull down in front of you. Relax your shoulder blades and let the weight pull you arms up. Using only your lats and upper back shrug down bending your elbows only slightly. You can bend back a few degrees and look upwards to make the exercise a little more effective. The bar will only be moving a few inches. Hold each rep for about 3 seconds. Again we do 4 sets of 6 reps. We hope we have given you a few things to think about and try. The setup on the bench needs to be practiced over and over to



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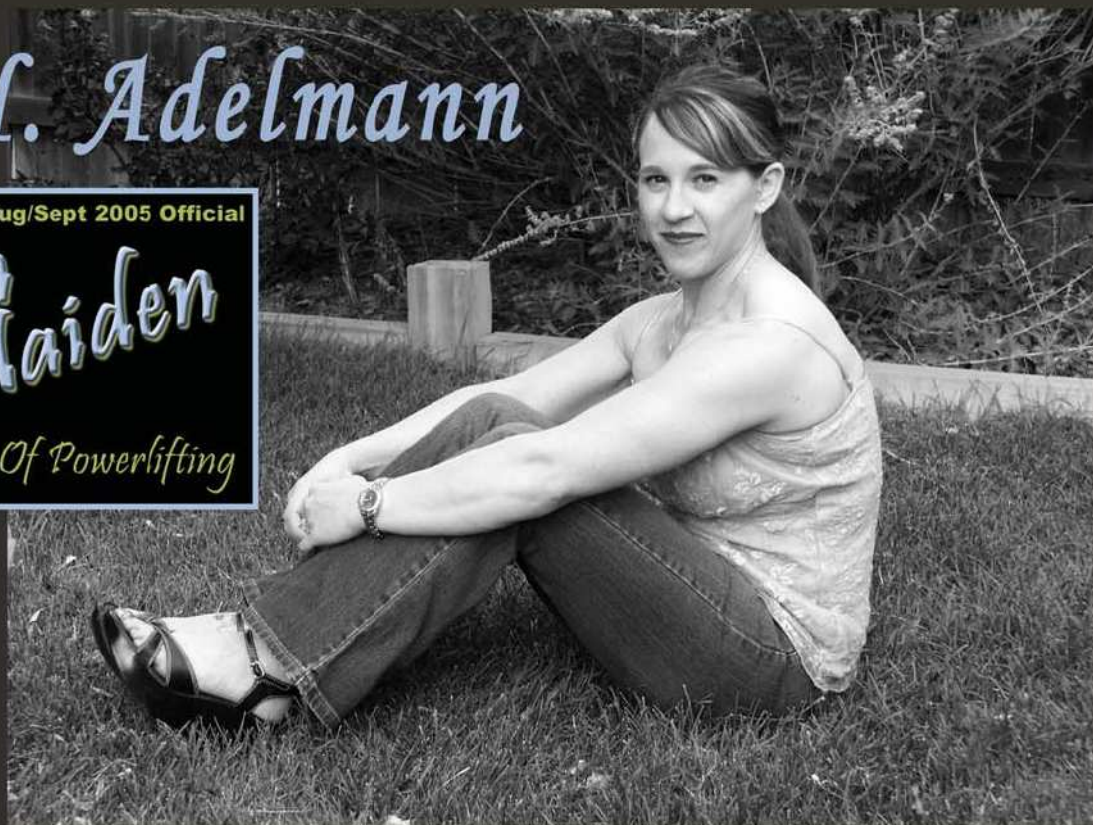
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# Teale H. Adelman

Monster Muscle Aug/Sept 2005 Official

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**Name:** Teale Adelman

**Birth Date:** August 12, 1971

**Birth Place:** I was born in Chicago, IL. But have lived in New Mexico most of my life.

**Marital Status:** Married

**Height & Weight:** 5'0 122lbs.

**Occupation:** Administrative Assistant

**Hobbies:** Powerlifting/Scrapbooking

**Favorite Food:** Desserts are my favorite.

**Competition Class:** 123 and 132

**Favorite Lift:** I'm a pretty consistent deadlifter and enjoy this lift. Benching is my best lift, pound for pound, but I have a lot more training to do for it to become my favorite lift.

**Federation(s):** NASA and AAU

**Began Competing:** I started powerlifting as a Bench only lifter in 1996. I upgraded to Full Powerlifting in 2002.

**Accomplishments:** I am currently the top female Powerlifter, Push/Pull and the top female bencher by bodyweight in NASA.

2003 NASA female bencher of the year

2004 NASA female referee of the year

2004 NASA female athlete of the year

January, 2005 athlete of the month- Rio Rancho, NM

**Best Lifts to date:** Bench 264lb, Squat 353lb, Deadlift 355lb and total 926lb.

**Favorite Quote:** "Women will change the nature of power, rather than power changing the nature of women."  
Bella Abzug

**Who would you like to thank:** My best friend, trainer and husband Mike. Our powerlifting team: Bill, Jeff, Elaine, Ricky and Chris. Thanks to Titan and Monster Muscle for your support.

**What motivates you:** I'm eager to perfect my lifting techniques. I want to be a better lifter by lifting smarter. Watching lifters that use good form and technique is very motivating. I learned a lot during a Metal Militia training seminar I attended.. My bench went from a 225 to a 265 by utilizing the techniques I learned. Being open-minded by trying new exercises, using bands, chains and boards has increased my strength and control of the weight.

**Websites:** LiftingLarge.com, nasa-sports.com



# ANDY BOLTON

## AND HIS QUEST FOR THE FIRST 1,000 POUND DEADLIFT

RAW AND UNCENSORED INTERVIEW BY SGT. ROCK



**Tell us a bit about your background, where you grew up, family, sports, etc.**

I grew up in Leeds in West Yorkshire, England. At age 11 I started doing the 100m sprint where I quickly became one of the fastest kids for my age in the country. At age 13 I began playing rugby league (the English version of your NFL). I made it to the national level but had to quit at age 17 due to a bad back injury. That's when I saw some guys benching... I was hooked but my dad would not let me train until I was 18 years old, saying I was too young. As for family, I have an older sister, Rose, who lives in Canada and a younger brother who lives near me. My mum and dad are still living near me in Leeds and my wife of seven months, Stacy, who I met in the US during one of my shows.



**When did you start training with weights?**

I started weight training at age 18. Right from the start I was strong. The first time I ever lifted squatted I squatted 500 pounds and deadlifted 600 pounds. Lads from the gym thought I had trained before, but no, it was my first time. That's when it all started.



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

Well, I do as little as possible, ha ha. I don't want anything to get in the way of powerlifting. But seriously, I do some driving for a photo company and also I sell supplements (Dorian Yates Approved) as they are my sponsor.



**Tell us about your contest history.**

Jan/1991 - Local 600, 360, 760 - 1st. Mar/1991 - Local 640, 360, 780 - 1st. Sep/1991 - Junior British 748, 440, 814 - 1st. Mar/1992 - Junior British 792, 484, 855 WR - 1st. Mar/1992 - WPC Worlds England 836 JWR, 484, 836 Jr. 1st. and 2nd. to Scott Warman. Jun/1993 - British Championships 881 WR, 462, 830 - 1st. Nov/1993 - WPC Worlds France 902, 484, 841 - 1st. Then from 1994 to 1999 I competed in Strongman shows where I tore my quad, snapped my bicep tendon and earned two shoulder operations. In 2000 I made my powerlifting comeback. Mar/2000 - Local 902, 533, 881 - 1st. Oct/2000 - WPC Las Vegas 924, 539, 896 WR - 1st. Jun/2001 - British 929, 572, 902 - 1st. This was the first time I pulled an official 900 in competition (had already pulled 935 in the gym at age 21). Nov/2001 - WPC Africa 924, 550, 920 WR - 1st. Jun/2002 - British 968, 589, 924 - 1st. Nov/2002 - WPO 902, 588, 926 - 3rd. Mar/2003 - 1002, 600, 933 Jun/2004 - British 1034, 440, 836 (Just missed 951). Oct/2004 - WPO 1112, 627, 881 Mar/2004 - WPO 1056, 583, 858 Oct/2004 - WPO 1116, bombed on the bench, 602 Mar/2005 - WPO 1124, 574, 909 Jun/2005 - British 780, 607, 937



**When is the 1000 lb. deadlift going to happen?**

Well to pull 1000 lbs. will take a lot of energy and power, which I feel I have but I don't think it will happen in a full meet. Well, not after 1100 lb. squats anyway. It will be when I can take it easy on squats and that's sometime after the Arnold Classic next March. Still, I am hoping to pull around 970 lbs. after a big squat maybe at the WPO Finland on November 6th.



**Who is the best deadlifter in the world?**

The best deadlifter in the world is Andy Bolton. Nobody else has pulled more times over 900 lbs. than me - seven times to date. I have also pulled the all-time highest deadlift, 937. There is nothing else to say.



**What do you think of the challenge of Benedikt Magnusson? Will he overtake Andy Bolton - he is only 20 and has done 903 officially?**

Yes, this guy is strong, very strong, but before he gets to me he must pass a few other guys first. What about Tibo, and Gary? They have both pulled well over 900, but I wish him all the best.







**Q** How is powerlifting in England different from powerlifting in the United States? What improvements can be made here in the states?

Here in England powerlifting is a very small sport and not very well known. But in the USA it seems everywhere you go somebody knows who you are. I am not sure if I would make anymore improvements in the states. I would like to make more of a lifestyle change - settle in the USA and who knows, do a 3000 lb. total someday.

**Q** So the rumors of you relocating to the United States are true?

Yes, that is true. My wife of one year is originally from the Boston area but some of her family live in Florida. Since I know some lifters down there it would be perfect. We would probably move to Tampa Bay.

**Q** What would you cite as the main reasons for your success? What has made you one of the best?

Hard work. I never ever give up and never will. If I have a training problem I will make sure I seek the best possible person to help me and I will work 110% until i get it right. I have passion for this sport it's what I am.

**Q** Who do you consider to be the best three-lift man alive?

Wow, that's tough... Garry Frank has done the most on paper but is not consistent. I really do believe that I am. I can squat 1100 lbs. every time and pull over 900 lbs. As soon as my bench gets sorted I will be very hard

to beat. I got started working with the Rage X and it seems to be working well.

**Q** I will say a name, tell me what jumps in your head.

Garry Frank- Awsome strength but needs to be more consistent. A nice guy. He has so much power - very hard to beat. Donnie Thompson- He has made big jumps in last two years and is now a big threat. Kieran Kidder- The man who made it all possible. He gave us the WPO and without him powerlifting would not be the same. Ed Coan- A legend. What else can you say? The man is awesome. He helped me at the 2003 WPO and it was an honor. Brent Mikesell- The greatest squatter of all time. Brent is a great guy and a good friend. Thanks for helping me withmy new squat suit.

**Q** Is there anyone you would like to thank?

Yes, I would like to thank a few people who have supported me along the way: Dorian Yates Approved/CNP, Brian Batcholdor, Kerry Kayes, Dave Beattie, Forza, and Metal. I would also like to thank the guys from Leeds where I live and train. Finally Sgt. Rock and John Inzer for the equipment. Watch out, I will be the first to hit a 1,000 pound deadlift.



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# SHOULDER FIX-IT 101

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

Medical Director, Arnold Fitness  
Weekend Editorial Advisor, Muscle  
& Fitness Magazine  
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I have injured my shoulders more than any other joint in my body. I work with most of the strongest athletes in the world. Some athletes train around a shoulder injury for years, others try every insane treatment, including magnets and various injectables, instead of getting the proper diagnosis and also realizing they can correct the problem with proper training.

## SHOULDER FACTS

The shoulder is the most complicated joint in the body to rehabilitate. Why? It has more mobility and speed than any other joint in the body. The shoulder moves at 5730 degrees per second (dps), approximately 80% faster than the knee at top speed (2000 dps). Because of its seemingly complex nature, most individuals take up knitting or 12 ounce curls to avoiding training. Recently, I worked with an elite level powerlifter who had a hole in one of his shoulder tendons about the size of a dime. I referred the patient to an orthopedic surgeon (Dr. Rick Fisher, Cardinal Orthopedics-Columbus, Ohio) who felt that surgery wasn't the best answer. He recommended that this athlete work on a rehab program that would allow him to compete in six weeks. Something intense! That's right, a step by step exercise program to increase flexibility and strength and power. Injuries to the shoulders supraspinatus muscle are the most common sports medical injury.

Many times the shoulder injury will have several additional components, including the back/neck/shoulder girdle, etc. Most good orthopedic surgeons are very reserved about attempting surgery unless there is a major tear, since there is a better chance to rehab the shoulder. For example, when trying to repair a torn pec tendon repair is associated with how it is made. Most tendons are very fibrous and thick, but the pec tendon looks like Jello flattened out by a rolling pin with parallel strings running through it. Your best chance at repairing partial tears is by rehabilitating the tissue

and doing it the right way with plyometric/speed training.

If a doctor tells you to quit lifting and to get on NSAIDS (Non Steroidal Anti-Inflammatory Drugs), you should consider finding a new doctor. Consider that over 16,500 people die/year in the US from reactions from those simple over the counter drugs. (British Medical Journal, June, 1999.) Short-term use of Advil, Aleve, Nuprin, Motrin, Aspirin (white willow bark) and

**“If a doctor tells you to quit lifting and to get on non steroidal anti-inflammatory drugs, you should consider finding a new doctor.”**

other NSAIDS (less than three weeks) are usually safe, but continued use will destroy the protective lining of your stomach and heart. I have seen several athletes who have been unable to compete or came close to death with long term NSAID use. One of the best and safest NSAID's is Bextra, ask your doctor about it. It is 4000 times more selective, which means it leaves your heart and stomach alone, but who knows, it might get pulled from the shelves like VIOXX, or others.

## SHOULDER TRAINING STARTS HERE

Take on the shoulder step by step. Try to workout without passing the 60% pain level. In time your strength will improve and your pain level will reduce.

One of the first steps to understanding shoulder rehabilitation is learning anatomy. I know it might not be fun, but it is necessary.

### BONES 1. Bones of the shoulder:

- A. Clavicle (Commonly known as the collar bone.)
- B. Scapula (Also known as the wing bone.)
- C. Humerus (The upper bone in your arm.)

### JOINTS 2. There are three joints (where bones come together) of the shoulder region.

The first two listed below make up the shoulder girdle.

- A. **The clavicle.** Mainly it is active with shrugging movements. When this joint is injured a grading scale of 1 (minor) through 3 (severe) is used to evaluate the

degree of separation as seen on a x-ray.

**B. Glenohumeral** — the combination of the upper arm bone and the outside area of the scapula make up this joint. This joint is responsible for most all the movements of the shoulder. Shoulder dislocation always refers to this joint. These can occur in any direction, but the anterior-inferior (forward and down) normally occurs the most frequent.

**C. Sternoclavical** — composed of clavicle (collar bone) and sternum (breast bone). This joint primarily operates during the shrugs, although, part of its function is to stabilize the shoulder girdle in place. Normally, this area becomes injured when the entire shoulder girdle is forced backwards or

towards the center of the body (like getting slammed into the wall in Hockey).

**MUSCLE 3.** Muscles of the shoulder. Here is a simple definition of what they do, in particular how they effect the more common movements such as the bench press.

The rotator cuff (SITS) Supraspinatus, Infraspinatus, Teres Minor, Subscapularis, others muscles of the shoulder include the Teres Major, Latissimus Dorsi, Trapezius, Pectorialis Major and Minor; corico- brachialis, Biceps, Deltoid, Sternocleidomastoid, Rhomboid Minor and Major, Serratus Anterior.

## SOME KINESIOLOGY WITH YOUR EGGS?

The Humerus (your upper arm) is flexed (drawn forward, bench press) by the Pectoralis major, anterior fibers of the Deltoideus, Coracobachialis, and when the forearm is flexed, by the Biceps brachii; extended (drawn backward, bent-over rows) by the Latissimus Dorsi, Teres major, Posterior fibers of the Deltoideus and when the forearm is extended, by the Triceps brachii; it is abducted (arm drawn away from the body, lateral raises) by the Deltoideus and Supraspinatus; it is adducted (arm is drawn toward the side of the body, like one arm rows) by the Subscapularis, Pectoralis major, and by the weight of the limb; it is rotated outward /external rotation (similar to bent-over lateral raises) by the Infraspinatus and Teres Minor; and it is rotated inward / internal rotation (cable cross-

overs) by the Subscapularis, Latissimus Dorsi, Teres major, Pectoralis major, and the anterior fibers of the Deltoideus. With the arm over head, any motion is stabilized or controlled by the Coracobachialis. Circumduction (similar to a underarm throw in fast pitch softball) is the combination of the above movements to allow the greatest degree of movement of any joint.

## IMPORTANT POINTS ABOUT THESE MUSCLES

- Some muscles are major movers of the joints, others only stabilize.
  - If you were to cut away the tendons of the rotator cuff, the Glenohumeral joint goes from completely closed to a 2.5 cm gap. Now you can understand how important the rotator cuff muscles are in stabilization of the shoulder. Some of the research done by Dr. Richard Fisher showed, the more weight placed on the shoulder in the bench press resulted in more stabilization of the Glenohumeral joint. Less joint shifting as you use more weight!
  - Muscles are accompanied by surrounding soft tissue, these include bursa sacs, major ligaments, nerves and arteries. It is possible to have scar tissue associated on any of these structures. It may be necessary in some cases to have a surgical procedure to remove that scar tissue.
- Now that we have a clear understanding of anatomy and how it works the next step is learning the steps to evaluating your problem. Your physician/ physical therapist must help you with this phase.

## The First step: Find the limited movement.

Movement of a joint is called Range Of Motion (ROM). There are standards or normal movement ranges. Comparing the normal side to the damaged side is an easy way to determine your limits. Some individuals who have injuries on both sides must have a physician or physical therapists assist them in discovering their limits of motion.

There are two forms of ROM: ACTIVE (AROM) - where you move the joint. PASSIVE (PROM) - where the doctor moves the joint for you while you relax.

NOTE WHERE THE PAIN OCCURS DURING THE RANGE

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## OF MOTION TESTING, RECORD THAT FOR COMPARISON LATER.

The ranges of motion to be examined are:

- Abduction and Adduction: With the arms straight at your side raise the arms over your head.
- External Rotation and Abduction: reach behind your head and touch the top of the opposite scapula.
- Adduction and Internal Rotation: reach in front of your head and touch the opposite shoulder.
- Internal Rotation and Adduction: reach behind your lower back and raise the arm to the bottom of the scapula.
- Scapular movement: 2:1 ratio of arm abduction to scapular movement. For every 2° of arm abduction, 1° of scapular movement should also occur. This important area is commonly overlooked during examination. Frozen shoulder syndrome starts here. There are other areas of ROM, but these will be uncovered during the next section of muscle testing.

Note any deficiencies or improvement in your journal. Check your progress in the future by comparing your good side to your injured side in a mirror.

### The Second Step: Begin testing your muscles in particular movements.

Realize some of your strength testing can be done in the gym during your workout. You may need to adapt your exercises and use dumbbells to compare one side to the other, however, during rehabilitation bilateral movements (using a barbell) promotes faster strength gains.

The nine motions we are going to test are: flexion, extension, abduction, adduction, external rotation, internal rotation, scapular elevation (shoulder shrug), scapular retraction (position of attention), shoulder protraction (reaching) and overhead flexion (throwing a ball). Test these movements with the following exercises:

- Flexion & Scapular Protraction: Reverse grip-bench press.
- Extension: One-arm bent over rows
- Abduction & External Rotation: Lateral shoulder raises.
- Adduction & Internal Rotation: Cable cross-overs / dips.
- Scapular Elevation & Retraction: Dumbbell shrugs up and back.

Overhead Flexion: One-arm dumbbell pull-overs.

Another excellent exercise to consider is the "Rotator Cuff Shoulder Roll." Performed with your arm holding a dumbbell, elbow bent at 90 degrees, upper arm perpendicular to the bench, midway down on a flat bench, only the shoulder blade (scapula) touching the bench; keep your thumb pointing to the ground as you move the dumbbell from above your head to below your shoulder. A more advanced way to do this exercise is with a barbell. Grab the barbell a little wider than shoulder width with palms facing inward. Now raise your elbows (keeping your upper arm only rolling - your upper arm is parallel with the ground) start with your forearms pointing down to the ground (like a scarecrow). Now raise the forearm in a circular motion, in that you rotate the upper arm, making a half circle as you raise the bar over your head. Keep your elbow at the same height throughout the movement.

I would strongly discourage you from doing any behind the neck military presses below the earlobe. They tend to separate the shoulder joint to an abnormal degree. Do military presses in front of the neck and not lower than the earlobe.

### **STAY BALANCED**

With all your exercises, work on balancing the strength of the joint equally in all directions. An unbalanced joint, especially the shoulder, will eventually cause further injury or ligamentous laxity and osteoarthritis. The head of the humerus will wear on the ball and socket joint and eventually tear the Teflon-like covering in joint called the glenoid labrum.

Write down your weaknesses in a journal and we'll cover the correct exercises to work on.

### The Third Step: Work on increasing your range of motion.

When your tissue is injured it heals with scar tissue, not fresh new cells, just protein branches called collagen. For about the first three weeks scar tissue is forming therefore, lifting weight too early is counter productive; however, it is quite essential to work on passive then active ROM. You should be aware that once the scar tissue has stabilized you must begin exercising the area with weights as soon as possible.

Please note that some research has shown that use of NSAIDS on a repetitive basis results in additional scar tissue formation. Additional research indicates that cross frictional massage and deep tissue massage to the tendon, helps promote new blood vessel growth and speed healing.

### **INJURY EVALUATION**

At this point you should be past the initial 48 hours of ice treatment. Also, you should have been seen by a health care professional to properly assess your injury. After that point, we will discuss each level relative to your range of motion improvement. In other words the more movement without pain the better you are. Your physician will usually grade your injury as severe, moderate or mild. Remember any NUMBNESS should be evaluated by a doctor immediately. Long term radiating pain or numbness (over six weeks) should be evaluated by a neurologist prior to exercise. Never train with pain greater than 6 on a scale of 0-no pain to 10-worst pain possible.

Many doctors use several evaluating levels to rate your injury. If your injury is rated as:

**Severe:** (As evaluated by a professional). If this is your diagnosis discuss your use of: Passive Range of Motion (PROM): Injured joint is moved through a painful range of motion by another person, usually a licensed Physical Therapist. PROM is done for three weeks. Do not lift on that joint for three weeks. You may even need to get manipulated under anesthesia. You can still do isometric exercises twice a day. Contract the muscle for 12 seconds at 60% of your maximum ability for 6 sets. Do 6 different positions in the range of movement. Then re-evaluate, if your PROM is within 80% when compared to your uninjured side you can begin speed training, if not, you must complete two more weeks of PROM and isometrics until you meet that 80% range. Then move on to speed training.

**Moderate:** (As evaluated by a professional). Passive Range of Motion (PROM) for two weeks. You can still do isometric exercises twice a day. Contract the muscle for 12 seconds at 60% of your maximum ability for 6 sets. Do 6 different positions in the range of movement. Then re-evaluate, if your PROM is within 80% when

compared to your uninjured side you can begin speed training, if not, you must complete two more weeks of PROM and isometrics until you meet that 80% range. Then move on to speed training.

**Mild:** (As evaluated by a professional). PROM for one week: You should be within 80% of the unaffected side. You should continue to lift, but not if your pain is greater than 6 (scale 0-10) Once your range of motion has returned to normal compared to the opposite side, it is time to begin the speed program.

Keep in mind you are still healing so you need to continue stretching (after a workout is best since the area is warm). The stretch should be held steady for 15-20 seconds and repeated three times. Continue three times a week for the rest of your life. Yes, the rest of your life. When you injure the ligament and muscle, these areas heal with scar tissue. That scar tissue needs to be kept mobile. Over time, with inactivity, the scar tissue will form adhesions and loose what little blood supply it has. Flexibility is just like strength, it is easier to keep the flexibility than trying to regain range of motion. Manipulation or chiropractic adjustments provide maximum full range of motion in the spine and/or extremities, but are no substitute for the athlete doing self-stretching. Always continue to train the opposite side even though you can't train the injured side. This actually helps you recover the injured side quicker. 4

### **STRETCHING REHAB**

Various forms of stretching are rather aggressive. Proprioceptive Neurofacilitation (PNF) is one of the best ways to overcome many chronic limited range of motion. This is a type of stretch where you contract the muscle very hard to cause it to fatigue and then you use the antagonistic reflex to allow the muscle to lengthen. Sound confusing? There are two references at the end of the article for text on stretching; get them, read them, do them. More than half of the chronic athletic injuries out there could be helped by simply having the person begin a prescriptive PNF stretching program.

### **STRENGTH REHAB**

Strength: (Rehabilitation) To begin only after a professional consultation and return to exercise has been

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# SHOULDER FIX-IT 101

approved by your physician. ROM should be 80% of the unaffected side or of normal range of motion.

## PUTTING IT ALL TOGETHER

Now, if you thought the previous part was tough, get up, pour a glass of filtered water with ice and get ready. With rehabilitation various parameters of the lift allows you to control the level of rehabilitation you are in. These parameters include:

1. Frequency: How often you lift.
2. Sets: A group of repetitions.
3. Repetitions: Lifting through a range of motions and return to the starting position.
4. Weight: Using less is better. Better to contract the muscles in the shoulder while performing the movement.
5. Speed of movement: Speed of reps. Slower is better in the early phase. Increased speed must be explosive as you progress.
6. Rest period: Time between sets. More rest between sets at the early phase, less at the end.
7. Amount of movement (Range of motion): Detailed later in this article
8. Intensity: How hard you try

The most common mistake that everybody makes is lifting too much weight too early and doing reps too fast. We will review the two most commonly misused parameters for rehabilitation with weights; speed and ROM. Follow the advice to the letter if you want to continue to improve your strength. If you don't follow the protocol, you will eventually plateau off in your strength prior to your maximum pre-injury strength. If you have already plateaued in lifting

strength, start by dropping your weight in half and follow one of the following protocols to regain and improve your strength. Just a brief mention to you employers out there: (QUICK HINT) Have some type of light duty work available to your workers, it allows them to return to full duty quicker.

## REHAB LEVEL ONE – ROM

The first variable we will adapt is the ROM. When an injury occurs the body splints the area with muscle spasm to prevent further injury. This spasm restricts the range of motion. You must regain as much joint mobility as possible after an injury to prevent the onset of arthritis and/or atrophy. Osteoarthritis (Os-tea-O-ar-th-ri-tis) is the most common form of arthritis. It is merely the body forming calcium growths to stabilize an unstable area. Arthritic changes can begin as early as one week after an injury. Unnecessary immobilization of the shoulder can arthritic changes as quickly as two days. 5

Most physical therapists recognize five phases of rehabilitation. Range of motion is closely coordinated with the progression of exercise.

- Phase 1: Forming complete passive range of motion
- Phase 2: Initiating movement, muscular contraction
- Phase 3: Initiating movement with full active range of motion
- Phase 4: Strengthening with full range of motion
- Phase 5: Functional Rehab: The special action of retraining the

athlete to their level of previous competition speed.

## REHAB LEVEL TWO – SPEED OF MOVEMENT

As range of motion improves, you will need to improve the joints speed of improvement without pain. As movement begins with weight we usually follow these steps:

Phase 1-3 Slow - partial movement (isometric) Avoid training painful areas with weight. Begin by contracting the muscle (isometrically) for six seconds at 60% (a little more than half of what you can do before you feel pain begin). Repeat for 6 sets resting one minute between sets. Train around the painful area of movement. By training around the areas of pain this allows you to actually affect the injured area since there is a physiologic overlap of about 15 degrees beyond the ROM, to each side of the area you training. 6 Once you have obtained 80% of your AROM most physicians will instruct you to proceed to the next phase.

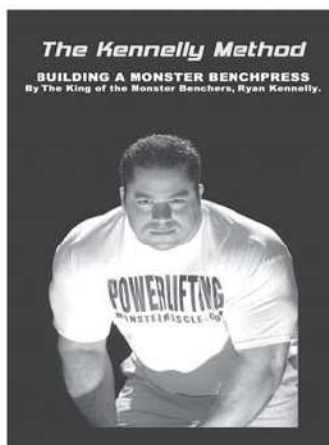
Phase 4 Slow - complete movement (isotonic) Fast - partial movement (isokinetic) Slow movement with weight, full range of motion. Then shorter movements with quick contractions in the middle of the ROM.

Phase 5 Fast - complete movement (isokinetic) Special machines called Orthotrons (Ortho-trons) are designed to allow you to exercise over a particular range of motion at a particular speed. This is where the value of a well equipped rehab facility and a well

trained physical therapist is judged. You aren't likely to find machines like this in a gym, they are very expensive. Slow movement (six seconds concentric-up, six seconds eccentric-down). Mid-Fast movement (two seconds concentric, two seconds eccentric). Fast movement (less than one second concentric, less than one second eccentric).

Wondering if the slow movement (Constant motion-NO SHOCK) really works? Joe Montana returned to the football field very quickly when it was used on his lower back injury.

Eventually you want to move explosively fast, slowly increase your speed as well. This helps coordinate the muscles to work together at faster speeds which resembles true athletic activity and causes the muscles to grow in a way that strengthens the connective tissue. Realistically, you should train like this at least once a month for the rest of your life to work on only explosive (plyometric) movements. For example if you typically bench 315 then you should try doing 135 for 8 sets of 8 reps with only 30 seconds between sets. Moving the bench press so fast that you are doing about two reps per second. This plyometric training thickens the ligaments and tendons. It is necessary to do this to improve the strength of the area. You can also judge it by doing a push up and trying to clap your hands after you have pushed yourself off the ground. As you improve you can try to clap your hands twice before lowering back



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to the ground. I have never seen a shoulder problem exist after an athlete can clap twice on a push up for 25 reps.

## USING STRAPS FOR SPEED

Training with rubber straps will allow for constant tension during high speed training. You must have some experience using them and one of the best groups around to explain this is Westside Barbell and Elite Fitness Systems. Look you can either buy the straps for less than a hundred bucks or buy an Orthotron machine starting around \$200,000.

Lastly, the importance of training for speed is involved with the speed of the shoulder. You need to coordinate your muscles to work at higher speeds. Explosiveness is more important than strength in any sport. Ever try to stop a tiny "speeding" bullet?

## PUTTING TOGETHER YOUR FUNCTIONAL REHAB PROGRAM

Weight, Sets and Reps: Get out the calculator and the pencil because here comes the math. Start with how often you should train an injured joint. In a study done by Matthews in 1957 and redone in 1981, research found that if you rehabilitate five days a week, it is more beneficial than only training 4 or 3 days a week. Both studies only used a five day work week not a six or seven day program (couldn't get the researchers to work weekends). Since Dr. Don Matthews was a professor and friend of mine, I feel that I can extrapolate off this study and suggest that you work the injured area 7 days a week until you reach Phase 5, then reduce to 3 then 2 days a week. You can

train more frequent due to the reduced intensity of rehabilitation and your body will recover much faster than doing high intensity bodybuilding.

## MORE TECHNICAL JARGON

Zinovieff, DeLorme-Watkin and McQueen are just a few of the techniques that explain how many sets, reps and the amount of weight you should use. They all base their principles on the progressive resistive theory. In general, most recommend ten repetition maximum. As far as how much weight to use? Enough to just get ten reps! Real tough, huh? Some of the best results increase the number of sets you perform as your shoulder strengthens. In other words, you start with doing 3 sets. Once you are able to perform 11 reps on your last set, simply add a set until you are doing 5 sets. When you can perform 11 reps on your last set, then add 1 to 1.5 pounds and drop your sets back to 3. This allows you to work on strength first and then develop speed and endurance. One of the important factors in healing an injury is to promote increased circulation in the scar tissue. Remember, if you are bored with your rehab program, you are probably right on track. You should always leave feeling that you could do more.

Here is an example of how a program should progress:

Exercises: Dips, cable cross-overs, reverse bench press and pullovers.

	Weight(#s)	Sets	Reps	Speed
Day 1	10	3	10-10-11	slow
Day 2	10	4	10-10-10-8	slow
Day 3	10	4	10-10-10-10	slow
Day 4	10	5	10-10-10-10-11	slow

Day 5	11	3	10-10-8	faster
Day 6	11	3	10-10-10	fast
Day 7	11	4	10-10-10-10	fast

## OTHER USEFUL EXERCISES:

Floor Presses are done by lying on the floor with your legs straight, lowering the weight and resting/relaxing on the elbows for a second then pushing the weight up. Similar to box squats. It is sort of a plyometric training that allows for increased coordination of the muscles and increased fiber recruitment. This exercise can be modified by returning to the bench and placing various thickness of boards on your chest and resting the weight on the board, then quickly pressing the weight off. This technique is commonly used by the members of Louie Simmons's Westside Barbell (where most world record holders train), who also constantly vary their grip. Simply find your weak point in the movement of the bench press or military press and work on the plyometric program from there. This is also sometimes referred to as pin presses however the use of a cage and pins is not as realistic as the free form bench press movement. Remember that this is a quick movement and requires you to be in the Phase 5 level of rehab. You must lower the weight slowly to the floor and then explode the weight to the top. This is great for a majority of injuries such as the torn pec, separated A-C, rotator cuff tear, etc.

Use bands to train!

## Pullovers- (Straight Arm) -

exercise works the Coracobrachialis, which is responsible for a majority of the stabilization of the A-C joint.

Bicep Curls - should be modified to bring the bar to your forehead at the end of the movement. The bicep helps stabilize the A-C joint better when the arc of the movement ends with the bar at your eyebrows.

Rotator Cuff Roll - see prior description in this article.

Reverse Grip Bench Press - Like it says your grip is backwards, this forces you to keep your elbows in to your sides and lower the bar to your stomach, (hint, this movement will help you overcome bad bench techniques which halt your progress) varied width is also used on this movement.

Dumbbell Fly/Press - which ever hurts the most. Once your strength is approximately 80% of your preinjury strength it is time to increase your speed of movement (Phase 4).

## Partial Movements/Lock-outs

Bench Press - by simply holding more weight than you normally bench as a PR, you build psychological confidence and you will stabilize the golgi-tendon organs (little switches located in your tendons that tell your brain that the weight is too heavy and cause your muscle to let go). It is very important to overload after an injury since the golgi-tendon organ is very hypersensitive to weight.

That's it. No tricks, no gimmicks. Just hard work and lots of it. Each program requires some modification so check with your physician if you note any of the following:  
•Pain in the chest (clutching-type pain)

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- Radiating pain in the arms, wrist or hands
- Any numbness
- If your strength doesn't increase 14% in 4 weeks

Continue utilizing the suggested exercises until you die or they take the evening news off the air, which ever comes first. You may be avoiding bench day or hate shoulder day since the strength is gone or the pain is too much. Try the above stated program in its entirety; you have a lot to lose if you don't. Many of the principles explained will apply to the rehabilitation of all the joints after injury. I recommend that you discuss you progress with your physician to best accommodate your exercise program.

### WORKOUT WITH LESS PAIN

Several other medical approaches may assist with a more painless workout. Arthroscopic surgery is a simple technique of cleaning off the rough edges on the tissues to allow them to work with less friction. Recovery is quick and usually uncomplicated. Acupuncture - needles!!!! Calm down, it is painless. This technique uses the stimulation of some nerves to calm others down. This is a retraining treatment and requires several visits to work; however, you should see some improvement within a few visits. A word of caution, states vary in their requirements for license. Some of the best training is with Doctors of Oriental Medicine (DOM) and MD or DO and DC's. Several medical schools are beginning to teach this technique. Remember the Chinese have used this as a main form of medicine for over 11,000 years.

Supplements - Most effective from the literature and my personal experience are products with Glucosamine Sulfate and Chondrotin Sulfate and MSM (Organic Sulfur). Now please note you shouldn't take herbs with medications unless you check with your pharmacists. Not your doctor - your pharmacist. Also note that taking NSAID's (Advil, Motrin, Ibuprophen - containing drugs) will lower your Sulfur content and cause more scar tissue to form and also lower the effectiveness of the aforementioned chemicals. Note also that the Center for Disease Control, Atlanta, GA, indicated that in 1998, that 16,500 deaths were associated with the use of NSAID's. Bextra is a newer NSAID that is out, which is 4000 times more selective, meaning that it leaves your heart and stomach alone.

### Bio

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 Championship. 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

Dr. Richard Fisher (Orthopedic Surgeon) practices in Columbus, Ohio



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### Suggested Reading

Voss, D., et al: Proprioceptive Neurofacilitation: Patterns & Techniques, PHILADELPHIA, PA: Harper & Row, 1985.

### Glossary

Tendon- The tissue that connects the muscle to the bone.  
Rehabilitation- Scientifically designed exercise program for injuries or illnesses.  
Arthritis- Deterioration of cartilage and general wear on the joint surfaces, due to a ligament's instability.  
Atrophy- Shrinking of tissues like muscles.  
Range of motion- The distance that a joint allows the bones to move in.  
PNF- Proprioceptive Neurofacilitation, a complex stretching technique (read the book).

# COMING EVENTS!

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 7 - Florida Police/Fire PL/PP/BP. Location: Lakeland, FL For more information contact: Jim (813) 782-7965

JAN 21 - Iron Chamber Gym BP/DL Championships. Location: East Canton, OH. For more information contact: Chane Cline (330) 323-1811 ironchambergym@hotmail.com

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

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

FEB 11 - APC BP Nationals. Location: Athens, GA For more information contact: L.B. Baker (770) 725-6684

FEB 11 - PRIDE Bench Press and Deadlift. Location: Coeur d'Alene, ID Raw & Equipped For more information contact: Judy or Wesley Kampen (509) 868-2192 For records and entry forms visit [PridePowerlifting.com](http://PridePowerlifting.com)

FEB 12 - Cooper Classic. Location: Chester, WV. For more information contact: Rob Cooper (740) 283-3447 rwooper2@junio.com

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

FEB 18-19 - USAPL Florida State PL. Location: Ft. Meyers, FL For more information contact: Jim Dundon (239) 590-7709

Feb 25 - APF Northeastern Open BP. Location: Manchester, NH For Information contact Jamie Fellows or Dave Follansbee (603) 626-5489

FEB - New England Raw PL/BP/DL. Location: Cranston, RI For more information contact: Joe Reeves (401) 952-9166

MAR 6 - 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 (239) 590-7709

MAR 18 - APF/AAPF Alabama PL and BP Championships. Location: Attalla, AL. For more information contact: Buddy McKee (256) 442-4002 mastermonster@comcast.net

MAR 18 - APA Southeastern Regional. Location: Williamston, SC. For more information contact: (864) 286-0532 kathryn264@charter.net

MAR 19 - Lawrence Co. Super Bench Press & Deadlift. Location: Newcastle, PA. For more information contact: Charles Venturella (724) 654-4117

MAR 25-26 - APF/AAPF Southwest Championships & AAPF Police and Fire Nationals. Location: Plaza Hotel, Las Vegas, NV. For more information contact: Mark Swank or Carol Upton (702) 245-6852 or (702) 656-6762

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

MAR 25 - AAU Bench Press Nationals. Location: Baltimore, MD. For more information contact: 410 265-8264

APR 1 - Arkansas State BP. Location: Little Rock, AR For more information contact: (501) 860-6851

APR 01 - 3rd Annual Heart of America BP/DL Championships. Location: Collinsville, IL. For more information contact: John Hudson (217) 377-4640 jhudson@uiuc.edu

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

APR 15 - PPL Georgia State Drug-Free. Location: Augusta, GA. For more information contact: Tee Meyers (706) 790-3806

APR 15 - USAPL Richmond Open PL & BP. Location: Mechanicsville, VA. For more information contact: Phillip Battle P\_Battle@hotmail.com

APR 15 - APC/UAPC IL State Powerlifting Championships. Location: Bradley, IL. For more information contact: Brandon (815) 325-3365 williamson6529@yahoo.com

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

APR 22 - Iowa Open State BP/DL Championships. Location: Oskaloosa, IA. For more information contact: Wayne Hammes (641) 673-5240

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

MAY 6 - New England States Open PL Championships. For more information contact: Greg Kostas (781) 447-6714

MAY 13 - APAFit For Life Day Baddest Bench in the South. Location: Shreveport, LA. For more information contact: Ryan Cidzik (315) 794-1836 RCidzik@yahoo.com

MAY 26-27 - Kumite Classic. 10 Major Events. Location: Monroeville, PA. For more information contact: (724) 861-5162 kumite@comcast.net

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

JUL 17 - PPL Southeasterns "Drug-Free". Location: Augusta, GA. For more information contact: Tee Meyers (706) 790-3806

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DIGITAL AND PHYSICAL COPY DISTRIBUTION  
A. Total number copies: 29,041  
B. Paid and/or requested circulation: (1) Paid/requested outside-county mail subscriptions 8,180 (2) Paid in county subscriptions: 21 (3) Sales through dealers and carriers, street vendors and counter sales: 7,550 (4) Other classes mailed: 1,200 (5) Paid online distribution US and foreign: 6,320  
C. Total paid and/or requested circulation: 21,271  
D. Free distribution: (1) Outside County: 1,540 (2) In-County: 1,050  
E. Free distribution outside the mail: 5,180  
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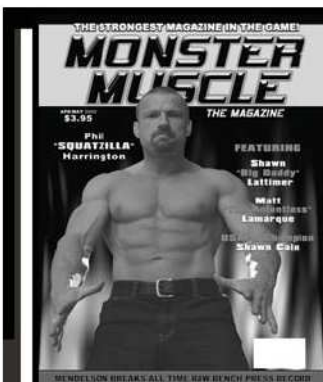


Over the past three months, I have been fascinated by Dr. Judd Biasiotto's series of articles entitled, "The Hypocrisy Of Sport." In this series, Judd tries to show the downward spiral of morality both in sports and in our society in general. He focuses much of the series on the rampant use of "illicit" drugs in athletics, coming to the conclusion that using drugs is cheating and just another example of the downfall of Western civilization. This article will not debate Judd's premise, nor defend drug use. What I will attempt to do is show how Judd, in his desire to prove a point, uses wild speculation, innuendo and outright dishonesty in his quest to defend his position. Much of Judd's series focuses on infamous Olympic sprinter, Ben Johnson, and his chief rival, Carl Lewis. Judd describes the buildup for this rivalry in their 1988 Olympic match up in the 100 meter dash. This is where the revisionist history begins. Judd describes Ben Johnson as a man who a few years earlier was a "skinny little kid" and now came out of nowhere to challenge the great Carl Lewis at the Olympic games. However, according to his biography (easily accessed through a simple Google search), Ben Johnson was a 19 year old wonder kid at the 1984 Olympics, netting two bronze medals for Canada in the 100 meter dash and the 4X100 meter relay. In 1987, Johnson had crushed Lewis at the World Championships in the 100 meter. While he suffered through an injury plagued season in the buildup to

the 1988 Olympics, he was hardly a "skinny kid" who came out of nowhere. Judd also states that no one gave Johnson a chance to beat Lewis at the 1988 games when, in fact, many actually predicted Johnsons win. After Johnson had obliterated Lewis at the 1987 World Championships, many were rating Johnson as the pre-meet favorite, assuming Ben could come in free of injury. Judd's contention that no one gave Johnson "snowballs chance in hell is just another example of Judd's lack of knowledge in the history of Olympic sprinting. Judd concludes his Ben Johnson diatribe by implying Johnson never ran well again after his failed drug test in 1988 following his gold medal stomping of Lewis. However, the fact is, Johnson re-qualified for the 1992 Olympic games for Canada in the 100 meter dash. It would seem qualifying for the games and making it to the semi-finals would imply that he actually did run well again, despite Judd's contention to the contrary. Incredibly, while knocking Johnson, Judd elevates Carl Lewis, in his series, to that of a moral, drug-free legend with an unblemished record. In fact NOTHING could be further from the truth. According to an article published in SLAM Internet Magazine in May of 2003, Lewis had failed seven drug tests in his career. In 1983, 1984, 1985, 1987 and three times in 1988, Lewis failed tests and the authorities looked the other way. Furthermore in 2003, Lewis actually admitted he had tested positive three

times for banned substances. On April 24, 2003, Lewis said, "Who cares. I failed a drug test. Hundreds of American athletes used and were allowed to escape punishment." By admitting he used drugs, Lewis was also admitting that he had perjured himself in 1989 when he testified in front of Congress, at the Biden commission on drug use in sports. Lewis told congress that he had never used illegal drugs. Astonishingly in 1988, Lewis tested positive for THREE banned substances -hardly someone with an unblemished record. Judd failed to mention any of that. He also ignored the fact that Lewis was also arrested for DUI. Judd, who once wrote in the May 1990 issue of Powerlifting USA that "alcohol is a beautiful drug" probably doesn't think DUI is as serious as Ben Johnson's "sins," so he simply ignored that piece of information. Judd goes on in his article to impugn the integrity of Marion Jones, perhaps the greatest women track athlete in the history of this country. He implies that she is a "cheater" because of her use of "illicit" drugs. However, what are the facts? The facts are these. Marion Jones has NEVER failed a drug test. She has passed a staggering 160 tests and, in addition, passed five in 2000, the year of her Olympic victories. What facts does Judd have for maligning Marion Jones? Innuendo and rumor from her ex-husband CJ Hunter, who failed twelve drug tests and a man Jones left for fellow sprinter Tim Montgomery? Judd also discussed the testimony of disgraced BALCO founder, and convicted drug trafficker, Victor Conte. Hardly concrete proof of drug use by Jones. But, Judd does not need facts to prove his words. No. He merely speculates and thinks that is enough to prove his point. After personally convicting Marion Jones, without a

single shred of evidence, Judd then goes on to defend Lance Armstrong and imply that Lance, despite the many rumors to the contrary, is in fact a drug-free athlete. Recently a French newspaper, L'Equipe, has published evidence that contradicts this contention. A reporter covering Armstrong went to the UCI Anti-doping Agency to research whether or not Armstrong had been allowed to use testosterone after his bout with cancer. Armstrong gave permission to the agency to publish his test results and traces of the banned substance EPO was found in his system. Many Europeans believe that Armstrong has avoided detection for years because of his close ties to the UCI. Many instances such as Armstrong's \$500,000 donation to the UCI suggest to many there is a conflict of interest to say the least. Whether Armstrong has or has not used illicit drugs, the fact remains that there is far more evidence and rumors of his use than that of Marion Jones' use. Yet, Judd seems to convict Jones and absolve Armstrong. In conclusion, perhaps Judd is right about the hypocrisy in sports. Maybe drug use is cheapening records and sullying the games purity. However, if you are going to make allegations against individuals, you better make sure you have evidence to back up your claims. Judd, in his series, does neither. Powerlifting USA used to be the only magazine lifters could read to get information on powerlifting. With the advent of Monster Muscle, that is no longer the case. In order to remain relevant, I hope that publications better make sure writers like Dr. Judd get their facts straight before ruining peoples reputations, or they just might find that they are on the bottom looking up at competing publications.



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## The Powerlifting

# OUTLAW

By: *Billy Mimnaugh*

### THE POWERLIFTING WIFE

I've noticed over my career in powerlifting that we lifters constantly use terms like hardcore, sacrifice, work ethic and commitment when describing our dedication to the sport of powerlifting. However, we rarely give credit to the real heroes of our sport, the people who have as much time and energy invested as we do in our pursuit of strength, and that's the the poor wives who put up with us day in and day out. Never complaining but always supporting and sacrificing everything for us. So, I thought I'd write a list of some of the garbage that these brave women have to put up with and to finally give them some credit for our success.

1. Your day finally is winding down and you sit on the couch to relax and your husband scoots over. In what you first think is a show of affection, he then asks, "Can you massage my shoulder?"
2. You need to wear surgical gloves and mask to grab the laundry out of the laundry basket because the husband's clothes are filled with blood from popped zits and bar wounds. The underwear has brown streaks and everything is soaked wet from sweat (you hope).
3. Your husband pulls his shirt off and asks you to scratch his back but his skin looks like a pepperoni pizza and you can barely hold back your dry heaves.
4. Your husband wakes you up at 4:00 AM and asks you to help him put on his socks.
5. Your ready to go out to a restaurant and your husband asks you which Westside shirt looks the best with his black sweatpants.
6. Your husband can squat over 900 lbs. and bench 600 lbs. but can't lift a bag full of garbage and take it outside.
7. Your husband gives you his paycheck and you realize that you've just spent half of it on milk.
8. You want to take a walk on a sunny fall day, but your husband says, "Are you kidding, and burn extra calories?"
9. Your son has a school function that you attend and one hour into it your husband leans over and says, "It's time for me to eat, lets go."
10. The door is stuck because of humidity and you ask your husband for help. He says, "And take a chance of pulling a pec? No way."
11. Your expecting an important phone call while taking a shower and the phone rings. You scream for your husband to get it. Later you ask who called and your husband replies, "Sorry I missed it. I got stuck on the couch and couldn't get out in time."
12. Every family vacation is spent in some God forsaken town, in a chalky, loud and sweltering gym, sitting there on a hard metal chair for 6 hours, watching a bunch of fat, bald, gated men lift weights...
13. The last family picture you have is your wedding picture taken 15 years ago, yet on every wall in your house is a picture of your husband standing with his heroes in the sport.
14. Your family picture is actually the picture of your husband with Louie Simmons, who is spoken

about so much that he is referred to as "Uncle Louie."

15. Your husband trains at a gym that is 500 miles away from Westside Barbell but you have to watch Chuck Vogelpohl squat on tape and watch your husband sit there mesmerized at a scene he has watched 2,000 times before.
16. Your couch leans to one side because your 300 lb. husband does a free fall from a standing position to sit and then remains in that seat for hours on end.
17. Your husband sits on the couch, packed in ice for an hour after workouts and then wants a hug as his freezing wet skin rubs on you, forcing you to take yet another shower before going to bed.
18. You clean the kitchen every night before retiring to bed and every morning the same egg yolk somehow manages to find the side of the washing machine.
19. You can't tell your friends or co-workers what your husband does for fear that someone will ask about steroid use.
20. Your dinner time conversations over the day's events revolve around the postings on GROWORDIE.COM.
21. Your bank account is drained because your husband has spent thousands to purchase Westside tapes hoping to get one piece of information.
22. Your husband has quit fifteen jobs over the years because they interfered with his training.
23. After coming home from a meet, the bag of equipment remains in the middle of the living room floor for a week, with everything spilling out and chalk spewing out into the air.
24. Your closet looks like a Chuck Taylor warehouse. When you ask your husband needs to keep the old pairs he says, "I squatted my first 800 lbs. in those. I'm never getting rid of them."
25. Every time your husband is around another lifter he asks, "Am I bigger than him?"
26. You haven't gone out on a Friday night in fifteen years because Friday is a training night.
27. You've missed every wedding, family function, funeral etc. for fifteen years because your husband is training for a meet and can't miss a workout.
28. You wake up at 2:00 AM upon hearing a noise, only to find its your husband doing abs because he skipped them in the gym and felt so guilty he couldn't sleep.
29. Your husband hasn't remembered a birthday or anniversary in years but knows how many weeks, months, days and minutes he is from his next meet.
30. When you finally get a family vacation you can't enjoy it because your husband is freaking out because there is no gym in the area. See #31.
31. You plan a vacation based on the gyms in the proposed area.
32. Your husband's entire wardrobe costs less than his squat suit.
33. Your husband thinks that wearing his "good Chucks" is dressing up.
34. It takes your husband 20 minutes to get from the bed to the shower because he is pain from an

injury but yells at you when you suggest that perhaps he shouldn't train that day.

35. Your rent is due, your behind on the bills and your husbands only concern is that he has to hit 550X2 the next workout.
36. Your husband can remember every lift Chuck Vogelpohl has done in his career, yet somehow he can't remember to pick up the loaf of bread you asked him to get after work.
37. Your husband has quit yet another job and took one making 400 dollars a week. When you get your credit card bill, you see a charge for 1200 dollars to Elite Fitness for a reverse hyper machine. He explains, "Don't you understand? This will add fifty pounds to my pull!"
38. Your husband has pushed his weight to over 330 lbs. yet when he looks in the mirror he says, "Why can't I get bigger?"
39. Your husband's neck is now over 23 in. yet when you ask what he is going to train today he says, "Traps and neck - they look a little small..."
40. You introduce your husband to your boss after bragging what a good guy he is. Later your husband reemarks, "Yeah, he makes a lot of money, but what can he squat?"
41. Your husband watches the congressional hearings on steroids and screams throughout the entire session as though the congressmen can really hear him.
42. You watch in horror at the devastation of the recent hurricanes and your husband says, "Yeah, but can you imagine the government is having more hearings on steroids in sports?"
43. You just dusted and cleaned the entire house when your husband comes home from the gym, takes his shoes and socks off and then starts rubbing his toes together, leaving a huge pile of lint and dead skin on your just dusted coffee table.
44. Your husband thinks you won't be able to find him when you come home from work, so he leaves a trail, of dirty clothes, as if they are breadcrumbs, from the living room to the bedroom so you'll know where he is.
45. You watch Danny Bonaduche's new reality show and think Danny is the calm one compared to your husband.
46. You go into the bathroom and it looks like a slaughterhouse with blood splattering everywhere. You've learned to ignore it and envoke the "Don't ask, don't tell," approach.
47. You wake up at night only to step on a piece of glass from a vial of your husband's supplements. Once again - don't ask, don't tell.
48. Your husband has every issue of Powerlifting USA and MONSTER MUSCLE neatly put away in a box, sorted by date, but somehow he has lost his medical insurance card.
49. Your husband spends a half hour before you go out sorting through his T-shirts to find the one with the least holes.
50. When you ask your husband when he is going to retire and live a normal life, he replies, "I will quit my job before I quit lifting."

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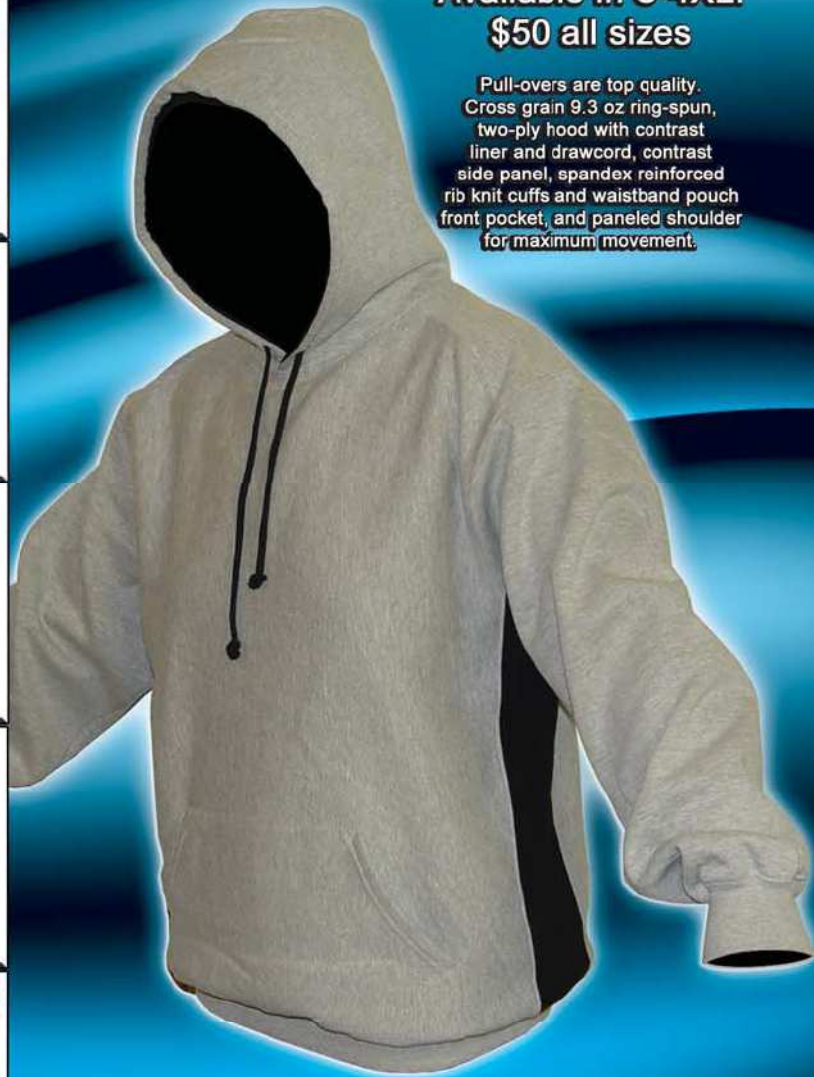
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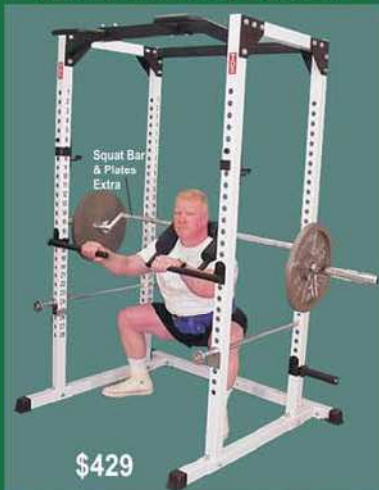
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# SHIRT BLOWOUT

Have you ever blown out a bench shirt? I don't mean a little rip, or some stitching popped. I mean a real, honest, shirt torn from neck to navel blowout. I recently had this experience in a big way, and it got me thinking.

Now, I've had the little tears and whatnot, and I even had the entire are tear out on one of my denim shirts. The weight comes down in a hurry. Those incidents had involved 600-700 pounds. Nothing to sneeze at, but my recent experience certainly beat all for me.

Let me set the scene: I'm about 6 weeks out from the WPO Bench Bash for Cash. When I get close to a big meet, I usually go to Mike Miller's Nazareth Barbell every Saturday for shirted bench training. My training has been moving along very well, and I feel I'm finally ready to get back into the 900's. I work up to about 845 in my trusty black Inzer double denim. Then I decide to get out the mother of all badass shirts, the Inzer Ultimate Denim. I use a grid stitch, radical cut Ultimate with reinforced seams from shoulder seams and reinforced neck. This shirt will stand up by itself. It is some seriously heavy fabric.

So I take 905 for ride. I get it within about a half inch of touching, and just can't get it any farther, so I slam it back up. Felt easy. I talk to one of my training partners, Bobby Fields, and he agrees that a weight like 925 should touch and still be in my range. When it comes my turn, I set my shirt, snap my lever belt, and set up on the bench.

My handlers do a 3-person handoff, because it's too difficult for a single person to hand off this much weight smoothly. The weight comes into my hands, and I feel confident. It doesn't even feel heavy. I go down my mental checklist like always:

1. weight steady-check
2. deep breath in-check
3. break elbows loose wide and descend-check
4. push heels down hard-check
5. tuck the elbows hard-check
6. stomach up to the bar-check
7. flex quads-check
8. press call—————???????

I was less than ¼" from touching, and the world went upside down. I thought I heard a gunshot, and suddenly, all the pressure of the shirt disappeared!! I felt no weight in my hands anymore!!

My first thought was that the bar had broken. Then I realized I was being helped back to the rack, and I had completely blown out my bench shirt. The mighty Ultimate Denim had met its match. There was simply too much Lattimer stuffed in a too-small shirt!

It's a very weird feeling to blow out a shirt like that, and it definitely changes your opinion of the people who spot you. My spotters, the great men and women of the Nazbar Power Team along with my handoff guy, Tone Barbaccio, had the bar off me so fast it never actually touched me. That is why I thought the bar had broken; all the weight was taken off by the spotters.

Now, when I am lifting heavy like this, we generally enlist at least 5 spotters. This consists of the handoff guy, one spotter on each end of the bar, and additional person at each end ready to scoop the plates and lift if needed.



Spotting is a skill in and of itself, and it is one all too frequently taught or learned. At most meets, spotters are volunteers, and often they do not have the proper experience to know how to spot on the bench. I have seen everything from spotters with hands in their pockets to being too far from the bar to reach it, let alone in time.

So, short and simple, proper spotting should work as follows:

1. Make absolutely sure the spotters are strong enough, or numerous enough to handle the weight being lifted.
2. Make sure spotters are not being distracted by other duties or issues during the performance of the lift.
3. Spotters should stand with feet apart, knees bent, and abdomen tight so they are ready to take the load of the bar if needed.
4. The spotters' hands should be interlocked and under the bar at all times during the lift. The spotters' hands should be within 1-2 inches of the bar at all times.
5. Here is the skill part: The spotters' eyes should be concentrating on the bar and the lifter's arm simultaneously. Especially, the elbow should be noticed. Most times, the first visible motion will happen at the elbow. The eyes need to scan quickly from the bar to the lifter's arm all throughout the lift.

Why is this important?? Well, human reaction time really isn't all that fast. It can take well over ½ second for the eye to brain to hand connection to be complete. So, for a barbell dropping, accelerating at 32 feet per second squared from full lockout, the bar could be moving at 11 miles per hour by the time the spotter reacts. Try catching something heavy going 11 miles per hour. Most likely, it will rip out of your grip. At 11 miles per hour, 500 pounds can do some serious damage. I really don't want to see what 900 pounds can do.

So do all lifters a favor. When you see poor spotting, educate. Make sure you explain why, and how, to spot properly. It may even save someone's life.

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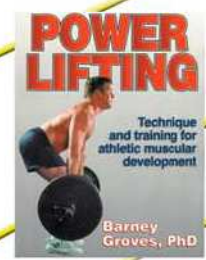
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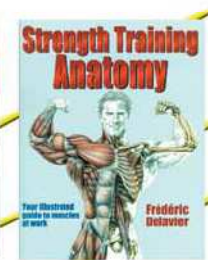
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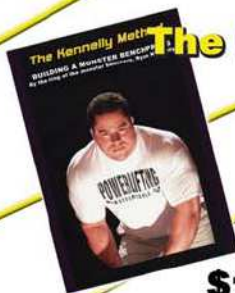


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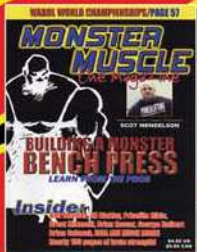


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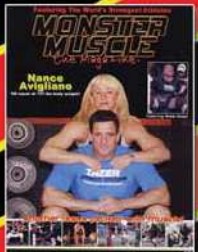
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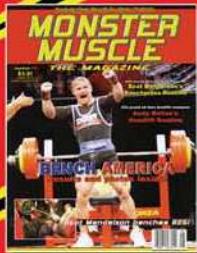
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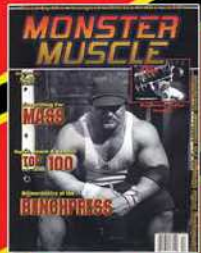
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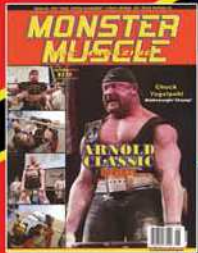
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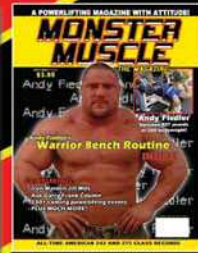
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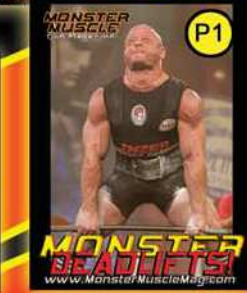
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# METAL MILITIA

## Metal Militia Squat Training

By: Sebastian Burns

So you think Metal Militia training is all about the bench press? Well what most people do not realize is that the principles for gaining strength while using supportive powerlifting gear is all pretty much the same. Also these principles are pretty simple to understand. You will always have support in the bottom of the lift when wearing a bench shirt or a squat suit. So it is more logical to train the areas of the lifts that are not supported to gain maximum benefit from the use of supportive gear. Unfortunately this logic is often lost on most lifters. While it is important to train all areas and aspects of the lift, it is also most important to recognize and train the areas that will produce the biggest and best results to your powerlifting total. And, when you are talking about lifting in gear, this means getting stronger at the middle to top end of the movement and learning to use your gear. We have discussed many times in my articles the importance of getting stronger and increasing the volume and workload to the top end of the bench press. Those who have heeded these words are enjoying a new level of benching never thought possible. It only seems logical to apply the same technique to training the squat.

After you think about it for awhile you will see that it becomes even more logical to get strong at the top given the extra support you get from briefs, knee wraps and a canvas or denim squat suit. You now have twice as much support squatting as in the bench press. With knee wraps you now gain the extra spring and they help out of the bottom and through the middle and to the top of the movement.

Let's break down the aspects of training the lift. First we have the top of the lift, which we have already decided to be a very important factor in our training routine. This is by no means the only factor in the lift but rather just a vital piece to a bigger puzzle. The other factor in this puzzle is learning to squat with a

squat suit on. Some people train hard and then try to add this in at the last minute. This never works. What some people don't understand is that this is the movement you will actually be doing on the day of the contest. Logic dictates that this is also an area that should be given the utmost attention. Far too many lifters are using other exercises to improve their main lifts instead of the main lifts with full ROMs. In this day and age of big support there is a whole new aspect to the lifts themselves. Learning and improving technique and the ability to control bone breaking support has become the name of the game. This is what powerlifting has become today. You either get on board or get left behind. This is what has always intrigued me about powerlifting. It is not only about how strong you are but how smart you are and how efficiently you spend your training time and learning gear and body angles.

It is important to recognize where you need your work. Just like in bench training it is important to assess what skill level you are at in your full gear so you can build a routine around that. If you have never squatted in a suit before or have trouble with bending over too far, balance trouble in your suit stance, or not being able to get decent depth, you will need to direct your full attention to these problems early on in your training cycle. There is no sense doing a bunch of elaborate exercises if you do not have your form down to a tee first. So if you are in that category, increase your volume of fully suited-up squats. Take the time to learn new body angles to help you reach a competition depth. Instead of just piling more weight on and thinking that you just need more weight to get there. This is never a good idea because you never practice in the full groove of the movement. While it is easier to reach a depth with more weight, it should be perfected at sub-maximum weights to ensure you will be able to reach depth with your opening squat. This is the most important lift of

the meet and it sets the stage for the rest of the competition. I like to feel confident that I can hit depth with any weight during a meet. This will keep nervous energy to a minimum and put your mind at ease when getting ready for a meet. One less thing to worry about come meet day.

Lets move on to a few workouts. I will list 2 workouts that focus on the top and midrange of the squat along with suit lifting.

### SQUAT WORKOUT 1

#### High Box

(18" to 20" Depending on Body Shape)  
8 to 10 Sets of 3 Reps. Work up to a 3 RM.

#### Mid Box

(1 ½ to 2 inches lower than High Box)  
6 to 8 Sets of 3 Reps. Work Up to a 1 to 3 RM. Early in the cycle do a lower box on this day also - at or slightly below parallel.

#### Squat Suit On

Start with a lighter weight and work up to a training max or a double. It is important to learn balance with your suit on so do sets of 2 to 3 reps on the way up. Be sure to have someone calling your depth and also experiment with foot placement and foot angle to get depth. You will need someone who will call you true depth so you can get a feel for your technique changes. Remember that with powerlifting we are always trying to shorten the range of motion on all exercises. You are trying to move the bar in the shortest distance to obtain depth. So just like in benching, it is important to keep your position throughout the entire lift. Even the smallest deviation in form could have devastating effects on your lift. Some of the things that should always be worked on is staying as straight as possible when squatting down. This should also be practiced on box squats. Often I see people bending forward or letting their knees go forward. If you watch someone squat from the sideview, as soon as they start to bend

at the waist their hips stop going down. This means you are bringing the bar lower and you are not getting any closer to hitting depth. You also must learn to push into the support of the suit. If you slack on this at all during the lift you will bend forward or let your knees slip forward avoiding the support. This is also very important to practice in your full gear, including wraps, so you learn how to manipulate the support of wraps, tight suit and belt. I personally believe this to be the most important aspect of training the squat and any other lift that involves supportive equipment. A large percent of your training time must be spent learning how to use your supportive gear. Getting stronger at the upper end of the movement is the key to using this support to the maximum degree. Therefore, the lift becomes a balance between these two factors.

This workout can be done every other week.

### SQUAT WORKOUT 2

#### Low Box Squat With Bands

Start with one band the first week and work up to a max triple adding plates.

The next week add another set of bands and repeat the 3 RM. If you do this every two weeks you should be strong enough to reach your previous bar weight.

#### Squat Suit

Work up to a heavy 2 or 3 RM. You will be extra tired from using the bands and it will not be possible to hit a heavy single. Here is a chance to get some work in while you are tired. This kind of work can really build some strength that will be useful on meet day.

To add more volume on this day you could do some sort of good morning or stiff leg deadlift for sets of 5 to 10 reps. I am confident that if you apply some of these principles into your squat training you will see great results in your meet squats. In closing, I would like to touch on the importance of getting as many full squat reps as possible in your squat suit. Just as in bench pressing, the full movement in full gear is a movement in itself and needs to be practiced. If you are always a little high or unable to get legal depth you will always be disappointed at the meet when hitting full depth is essential. It is better and much less stressful knowing you can make

depth on your opener. It is always best to be relaxed and confident on meet day. I would like to thank Wes and Judy for inspiring me to write these articles in Monster Muscle. Finally, I would like to thank all those who have e-mailed and called me with positive feedback. Feel free to e-mail me with any questions at MetalMilitiaBench@yahoo.com



Sebastian Burns

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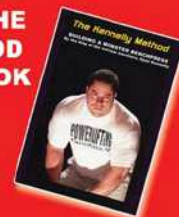
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# RICHARD HAWTHORN

## LIGHTWEIGHT PHENOM

Monster Muscle Magazine recently had the opportunity to catch up with lightweight powerlifting sensation, Richard Hawthorn. Hawthorn has proven himself to be one of the strongest lightweight lifters in the world. Competing in the WPO 123 lb. class, Hawthorn has squatted close to six times his bodyweight, deadlifted 5 times his bodyweight and bench pressed close to 3 times his bodyweight in competition, and he is only 21 years old.

**MM: Tell us about yourself and how you got started in powerlifting.**

**Richard:** I am 21 years old, from Biloxi, Mississippi. I have always been into sports and competed in football, baseball and track during school. I began lifting weights in ninth grade and have always been strong. My friend Tony Caprari got me started competing. He trained me for a year and a half for some high school meets. My first meet was the 2000 WABDL Riverfest. I competed in the 114 lb. class and if I remember correctly, squatted 250 lbs., benched 210 lbs. and deadlifted 350 lbs. I was hooked after that and I knew I wanted to continue competing in powerlifting. My very next meet was the WABDL World Championships in Reno, Nevada where I won both the Teenage and Open divisions.

**MM: What made you decide to compete in the APF and WPO?**

**Richard:** I wanted to compete in a full meet and to see how I would fair against the APF competition. The APF is the door-opener for the WPO. I began competing in the WPO three years ago. I love the excitement, the crowds and the energy. The WPO certainly offers me the best competition and it is my favorite federation. I have also competed in the USAPL once or twice awhile back. Six months ago they wanted me to train for the

Junior's team. I may lift in the USAPL in the future.

**MM: Do you prefer three-lift meet?**

**Richard:** Definitely. I think full meets are more fun and much more competitive. I have only been competing in three-lift meets for some time now with the exception of guest lifting at a WABDL meet 2-3 weeks ago.

**MM: Where do you train?**

**Richard:** I train at the Powerpit Gym with Joe Ladnier. We have a nice size powerlifting team. We travel and compete together regularly.

**MM: You have certainly gained a respectable reputation in the sport of powerlifting. What are your best competition lifts?**

**Richard:** In competition, my best to date in the 123 lb. and 132 lb. class has been a 675 lb. squat, a 314 lb. bench press and a 584 lb. deadlift. My gym PR's are a 733 lb. squat, 341 lb. bench press and a 595 lb. deadlift. I also have the Teen Men and Open Men WABDL world record in the 123 lb. and 132 lb. class.

**MM: What is your biggest motivating factor?**

**Richard:** I want to show that it isn't about being the biggest guy - you can be strong no matter what your size. I want to show that anyone can do something if they work hard. When I am getting ready to lift, it is the crowd that fires me up. I am there to put on a show for them. The better the crowd, the better I perform.

**MM: Are you preparing for any competitions?**

**Richard:** I am planning to compete in the WPO in October. I am shooting for at least 350 lbs. in the bench press, 750-800 lbs. in the squat and 600-620 in the deadlift. The

competition will be fierce. I will be squaring off against a lifter from Germany who just broke the world record total.

**MM: It always seems like the heavyweights get the sponsors and the endorsement deals. What are your feelings on this?**

**Richard:** Unfortunately, when it comes to sponsors, size matters... The bigger guys typically get the spotlight. I like watching them lift but it is common for the lightweights to get tossed to the side. It is very frustrating try to find sponsors. We work just as hard as the bigger guys. We are putting up 3-4 times more up on our bodyweight yet it is 3-4 times more difficult to get a sponsor.

**MM: What is your biggest obstacle in achieving you goals?**

**Richard:** Money. Right now I work two jobs and I know it greatly detracts from my potential. If I could get a major sponsor I could guarantee some huge numbers. I believe I could be the strongest person in the world, pound for pound. I am also expecting a child soon.

**MM: How would you describe yourself?**

**Richard:** I'm a fighter. The only person that can stop me is me. I always try my best to prove someone wrong. I believe I can do pretty much anything if I put my mind to it. I work hard and do what I have to do to achieve my goals. I don't talk about myself very much. I just like to get on stage and show what I can do rather than talk about it.

**MM: Where do you see yourself in a few years?**

**Richard:** Right now I am trying to start my own business, so hopefully that works out well. In powerlifting, I should be claiming the lightweight trophy every year at the Arnold Classic.

**MM: Is there anyone you would like to thank?**

**Richard:** I'd like to thank the Power Pit Gym and all my workout partners, especially Joe

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Ladnier. Also, Wesley Brentley, Tony and Ryan Caprari, and Allen Massey. I would like to thank Sicily's Italian Buffet for sponsoring me.

**MM: What is your most memorable moment?**

**Richard:** My first WPO meet. It was so new to me – a huge crowd, a whole new group of people and the lifters all helped get me pumped up before I lifted.

**MM: How do you balance work and training?**

**Richard:** I train three times a week: Monday, Wednesday and Saturday. My employers try to work with me to accommodate my training schedule.

**MM: What is your typically training program like?**

**Richard:** I bench on Mondays, deadlift on Wednesdays and squat on Saturdays. I don't follow any set program. I've never done any bands or boards... I train based on how I feel. Once and awhile I will do box squats to strengthen my legs and work on getting out of the hole, but pretty basic other than that.

**MM: What kind of gear do you wear? What are your feelings on this topic?**

**Richard:** I wear a Rage X bench shirt, a Marathon deadlift suit and a canvas squat suit. I like to train raw but I am very careful. I feel gear plays a great role in safety. I typically work with my gear eight weeks out from competition.

**MM: Based on your personal experiences, what don't you like about powerlifting?**

**Richard:** The judges need to be more consistent on their calls. For example, one lifter can move their feet and get called for it, then the next lifter moves their feet and doesn't get called. I also notice inconsistencies in judging when it comes to uneven lockouts.

**MM: Do you notice a difference in the judging process when comparing lightweights to heavyweight?**

**Richard:** I think there is a big difference. In bench press, the heavyweights have a much shorter stroke because they have bigger arms and typically larger stomachs. It is the same case in the squat. Heavyweights have the advantage of bigger legs and body structure and can reach parallel easier.

**MM: Do you have any words of encouragement for other lightweights out there?**

**Richard:** Give it all you got. Hard work will payoff in the end. Don't get intimidated or discouraged by bigger people, you can do just as good as or better than them. Work hard, against all odds.



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# MONSTERS IN THE CROWD

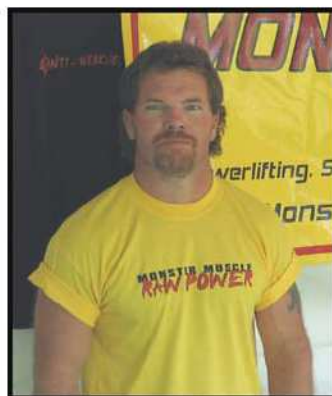
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Champions from September 11, 2005, United We Stand BP & DL Championships in New Castle, Pennsylvania.



Richard Lee holding his Sept 1955 trophy and Sept 2005 trophy - showing the longevity of powerlifters. Interestingly enough he paid \$1 to enter his first meet.



John Monk



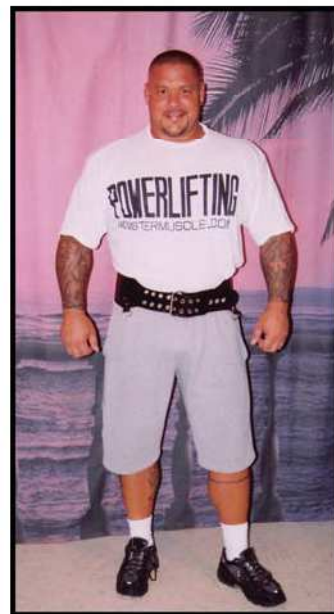
Bert Conklin with "Crazy Jim" Howell



Chris Yarborough and Mike Gorman



Ashleigh, Amy, and Amanda



Bob Mueller from Dubuque, Iowa is one of F.C.I. Pekins strongest. Member of the 500 pound RAW bench club and recent rep contest winner (225 for 50 reps).



Grant Garner competing at the Grater Houston Open.



Powerlifting is a family affair! Picture is from SLP Open World Bench Press and Deadlift Championships. Elizabeth (10yo) deadlifted 185, Eleni (3yo), Jeff (41yo) bench pressed 530, and Emily (8yo) deadlifted 105.



Michael Carson



Tom Rice

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Juan from Spokane, WA



Deno Thomatos going hardcore at Mahany's World Gym in Aurora, CO.



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# HISTORY IN THE M

## Becca Swa

Becca Swanson grew up in Papillion, Nebraska. She was the middle child amongst three other brothers and sisters and almost died due to spinal meningitis while an infant. "The doctors fed me through the veins in my arms and feet until they were no longer usable. They brought a priest to my bedside. I almost died," remembered Becca. Her incentive to become an athlete came very early, and watching her parents being athletic played an active role in her development. "My dad played basketball at church; we always watched sports together on television and my parents always took us to their softball games. We all did sports because we wanted to, not because we had to," she recalled. Becca began competitive diving and volleyball in the 6<sup>th</sup> grade. She also competed in the high jump in between seasons. "Volleyball was my favorite. I was very good at it and went to several camps in addition to the regular season," she added. Becca was comfortable growing up as a bigger girl. Weighing 150-160 lbs., and with

her broad shoulders and muscular legs, it was apparent that she was destined to be an athlete. "I felt I wasn't built like other girls. I didn't fit into the same clothes or have a thin waist and I had big boobs. I look at pictures of me when I was younger and there are so many pictures of me flexing," Becca laughed. "So apparently I thought of myself as a muscular person and I was comfortable with that. I think I was pretty proud of it. Athletics is what made me fit it." Becca was one of the top athletes out of her graduating class of five hundred. After high school she was asked to fill a spot on the Lincoln volleyball team. The experience taught her that she had not yet found something she really liked, not like powerlifting would later on. "It was hard playing volleyball at Lincoln and not being the best at it. I didn't eat, breath and sleep the game like the others – I felt like a failure," she remarked. Becca went to work for a small company in Missouri and joined a gym along the way. One would think that she jumped right into the gym

scene, but instead of discovering her future talent, Becca realized that she didn't know what she was doing. After returning to school, she went to Omaha to work for the same company. "I looked in the phone book for a hardcore gym and that is how I met Rick... When signing up Becca told Rick she wanted to become a bodybuilder. "He said 'whatever...' like I was joking. I was kinda' chunky with size D boobs. I had some muscle mass but nothing to show off really," she explained. Becca had already done some research on her new interest and discussed a deadlifting article she saw in Flex Magazine. From that day forward, under the supervision of Rick, Becca began her journey toward her pinnacle of strength. "The first day I deadlifted I pulled 250 lbs. and a month later I pulled 350 lbs. in my first meet," she recalled. Becca bounced back and forth between powerlifting and bodybuilding. "It was so hard for me to decide. Should I go out and get the highest total of any female, or place last in a bodybuilding show? It should have been a no-brainer but was a difficult choice for me nonetheless," she said. Becca went on to break several records and at the 2001 APF Nationals and she pulled the highest deadlift and total of any female. From that point on it was all history in the making.

Becca is very candid when asked about her goals and training. She is quick to attribute all her success to Rick, her coach and mate since late 1995. "He has always set attainable goals for me, one step at a time. I have been on the scene since 2001 and my total has gone from mid 1500 lbs. to a mid 1900 lb. now in 2005. None of my goals have been unrealistic, just baby steps," she added. Rick has given me lots of guidance and put a lot of time and energy into me for free. There are so many people that he trains for free and unfortunately many take him for granted. I would like to think that one day

these people will look back and realize that nobody helped them like Rick has. He is at the center of my career and masterminds this entire project. He, alone, creates this world that I walk and live in. All I have to do is listen and train hard. I owe him everything," vowed Becca.

In addition to her powerlifting achievements, Becca has also competed in Strongwoman competitions. "I don't consider myself much of a Strongwoman competitor although I won nationals in 2002. It just wasn't that exciting. I feel like it really doesn't get you anywhere. You can't compare your achievements to others like the records in powerlifting. With powerlifting you can also compare yourself to people throughout history as well," explained Becca. "At this point in time I really don't have any interest in trying any other sports. It would be an awful waste to get injured and lose everything I have worked so hard to attain," she added. Becca learned a hard lesson last year at a Strongwoman competition where she sustained double bicep tears during the tire flip event – something she is unlikely to risk again.

In addition to her vigorous training and competition schedule, Becca and Rick own and operate Big Iron Gym in Omaha, Nebraska. Although Becca graduated with a degree in Mechanical Engineering from the University of Nebraska, Lincoln in 1998, she devoted herself to the dream of Big Iron Gym instead of pursuing a career. "Our gym is a very unique place. It is home to forty people from all walks of life that train 3-4 days a week under the guidance of Rick. A girl maxing at 135 lbs. in the bench press is no less important than me benching 500 lbs.," she said. "It seems like I work a hundred hours a week. Doing everything I can just to keep the gym open and I come away with literally nothing, just covering my groceries and mortgage. My whole entire life

# MAKING Swanson

revolves around this dream. Although ninety-five percent of the time I feel confident that everything I've done in my life has been worth it, sometimes I wonder if I have taken the wrong path or wasted my time... Aside from training and running the gym, there is no time for anything else. My only time outside of the gym is to grab a bite to eat or maybe to run a few errands. I go home at ten o'clock at night get here eight in the morning. I have certainly sacrificed my entire life as far as family and free time goes. Yet, despite all the stress I am still happy. At least my job is social and overall I am doing this for my own purpose - to see what my own physical capacity is. Although Becca lacks balance in her daily schedule, together her and Rick make things work. "Rick takes care of everything at home and I maintain the work life. I work 74 hours a week and I sleep in on Sundays to try and recover, she said. "I have learned to leave my problems at work, like financial worries, clients, etc. That is important. And, no matter how busy things get, I am always consistent with my training, nutrition and supplements," she added.

In addition to the sacrifices Becca makes in her daily schedule, she misses out on much of the family time that she craves. "My family is great. We stay in good touch and visit each other often. My favorite role outside of weight lifting is playing 'Auntie B,'" laughed Becca. Due to the seriousness of her lifting, she has typically excluded her family from her competitions. "I don't invite my family because I feel like I have to entertain them if they come. They are not family events and it took years for me to get them to understand. I don't pressure or invite family anymore. They are always welcome to come but it makes me feel guilty because I can't interact with them the way I want to. I have to concentrate on myself or on my team. Anymore, I don't tell them about my upcoming events or tell them how I did afterwards. My next event in Chicago is kind of an exception. I have lots of family out there and I have invited them to come see me lift. If I total 2000 lbs. it will be something for them to see and remember," she hopes.

Standing 5'9" tall and weighing 240 lbs. Becca knows that her presence can be intimidating. I asked if men are also intimidated by her. "They should be," she laughed. "I think it's great. Many people expect me to be mean or unapproachable but I'm not. I don't think fellow powerlifters feel threatened by my presence but the general public - yes," she added. Becca

also touts 27" quads, 54" shoulders and 17.5" biceps and calves - not the typical anorexic standards encouraged by today's media on young girls. "I feel really comfortable with my body and I am proud to have people see it. I don't ever feel like I want to look like the rest of the girls. I fit in my frame I think I have a lot more to offer looking like this than looking like everyone else. I think it is unfair that all the magazines endorse a female shape that isn't usable for a lot of women. I could remember only once in my life when I wanted to be thin but then I soon realized that I wasn't made to be a small person. So I figured that if I can't be skinny then I am going to be as big as possible. I am very happy with my body, but at times hate the way I look. I am usually a leaner person. I embody the sport of powerlifting and keep my weight where it needs to be for strength. Looking in the mirror and seeing pictures of a beefier me is sometimes hard. But, I keep those feelings at bay and know there will be a day where I can loose the fat and look more presentable," told Becca.

Since last fall there has been a team of students from Ithica College filming a documentary on Becca Swanson. The storyline is based on her quest for a 2000 lb total. The college even made a promo video for Becca and her team to sell to raise money for their trip to Finland. In addition to the



documentary, Becca has new training DVD's available for sale on her website, all proceeds going to fund her trip to Finland as well. After undergoing double bicep surgery June 2004, Becca has made a successful



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recovery and had her best meet to date in June 2005. Although not her best individual lifts, she performed her best total, 1952 lbs. Her bench press has been the most difficult to recover because of lost rotation in one arm at the wrist and elbow. Despite this obstacle, Becca competed in Chicago four weeks later and captured a 507 lb. bench press. Her best lifts to date are an 843.2 lb. squat, a 507.0 lb. bench press and a 650.3 lb. deadlift. Becca has plans to compete in the WPO Semi-finals, October 29-30 in Chicago and plans to exceed a 2000 lb. total. She hopes to max that in Finland the week after – incredible! Her long-term goal is to compete at the Arnold Classic in the 198 lb. division and total 2000 lbs. Check out Becca's website at [www.BeccaSwanson.com](http://www.BeccaSwanson.com) for up to date news, stats, pictures and to order one of her new DVD's.

### Becca Swanson's Three-Lift Contest Preparation.

This is the exact program and numbers Becca Swanson did preparing for the 2005 Arnold Classic.

#### SQUATS

Done on Saturday.

#### WEEK 1

Warm-up to 500  
No Suit 550x3, 585x3, 605x3

#### WEEK 2

Warm-up to 545  
600x3, 635x3, 655x1  
Rack work up to 725 3x3 Top End

#### WEEK 3

Warm-up to 575  
625x1, 655x3, 675x1.  
Down to 635x3

#### WEEK 4

Warm-up to 585  
655x1, 705x3, 725x1 with briefs on  
Rack work up to 805 3x2

#### WEEK 5

Warm-up to 600  
675x1, 725x2, 750x2 Suit On/Straps  
Down  
Down to 655x3

#### WEEK 6

Warm-up to 625  
705x1, 750x1, 775x2 Suit On/Straps  
Down  
Rack work up to 875 3x2

#### WEEK 7

Warm-up to 625  
725x1 Suit On/Straps Down  
Straps Up 775x1, 825x2  
Down to 705x2

#### WEEK 8

Warm-up to 625  
725x1 Suit On/Straps Down  
Straps Up 805x1, 855x2  
Down to 655x3 deep no straps

#### WEEK 9

Warm-up to 625  
725x1 Suit On, Straps up on set  
before the first.  
Max Sets 805x1, 850x1, 870x1 My  
Best

#### WEEK 10

Warm-up to opener 625  
725x1, 775x1, 804x1

#### WEEK 11

Meet Day  
1) 804 2)854 3)872 4)903?  
Got hurt on my 903 attempt. Happens  
sometimes. Maybe next time!

#### BENCH PRESS

#### WEEK 1

Warm-up  
1 Board: 315  
3 Board: 365x3, 385x3, 405x3  
4 Board: 425x3

#### WEEK 2

Warm-up  
1 Board: 315  
3 Board: 365x3, 400x3, 425x3  
4 Board: 455x3

#### WEEK 3

Warm-up  
1 Board: 320  
3 Board: 365x3, 405x3, 455x3  
4 Board: 475x3

#### WEEK 4

Warm-up  
1 Board: 325  
3 Board: 365x3, 405x1, 465x1, 495x2  
4 Board: 510x2  
2 Board: 475x2

#### WEEK 5

Warm-up  
1 Board: 325  
3 Board: 365x3, 405x1, 465x1, 505x2,  
515x2  
2 Board: 495x2

#### WEEK 6

Warm-up  
1 Board: 330  
3 Board: 375x3, 415x1, 470x1, 500x1  
2 Board: 525x2  
1 Board: 500x2

#### WEEK 7

Warm-up  
1 Board: 330  
3 Board: 375x3, 415x1, 475x1, 505x1,  
535x2, 545x2  
2 Board: 530x2

#### WEEK 8

Warm-up  
1 Board: 335  
3 Board: 300x3, 425x1, 400x1, 515x1  
2 Board: 545x2, 565x2

#### WEEK 9

Warm-up  
1 Board: 335  
3 Board: 385x1, 425x1, 485x1  
2 Board: 520x1  
1 Board: 540x1  
Chest: 550?

#### WEEK 10

Warm-up  
Go to opener

#### WEEK 11

Week of meet.

#### DEADLIFTS

Done on Wednesday with  
Back and Abs.

Weeks 1-5 done on a 4 inch  
block and overhand.

#### WEEK 1

Warm-up to 455  
475x5, 495x3 455x5

#### WEEK 2

Warm-up to 475  
495x5, 515x3, 475x5

#### WEEK 3

Warm-up to 485  
505x3, 525x2, 455x5

#### WEEK 4

Warm-up to 505  
525x3, 535x2, 475x3

#### WEEK 5

Warm-up to 525  
530x2, 540x2, 550x1

Weeks 6-10 remove box and use  
normal grip.

#### WEEK 6

Warm-up to 500  
Suit On/Straps Down 570x2, 585x2

#### WEEK 7

Warm-up to 500  
Suit On/Straps Down 575x1, 585x2  
Straps Up 605x2, 620x1

#### WEEK 8

Warm-up to 500  
Suit On/Straps Down 585x1, 600x2  
Straps Up 625x2, 640x1

#### WEEK 9

Warm-up to 500  
Suit On/Straps Down go to opener for  
2 reps 600-620

#### WEEK 10

Meet Day  
My best 1)628 2)644 3)650 4)672  
Lost my grip at lockout on my 4th lift.



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# IN THE HOLE

WITH BRENT "SQUAT KING" MIKESELL

## MORE IS BETTER

I find it interesting these days how so many lifters train. There is a wide assortment of training logs and diaries online now, so anyone can check out who is lifting what and how. Seems there is a variety of lifting with many people lifting Westside, many doing Metal Militia training, many using bands, not using bands... Just a lot of different things. But I find one lifter's training very interesting. This lifter's training is the very thing I have found to be the key to increasing strength. That lifter, in particular, is Brian Siders.

Of all the training logs I have seen, Brian has the longest most grueling that I have encountered. Well, for a powerlifter anyway. We can get into strongman workouts later. Typical sets and reps are far beyond what most powerlifters are performing today. And that includes some of the world's top lifters.

Westside training workouts shouldn't last longer than 90 minutes, yet I doubt any of Brian's workouts are under 2.5 hours. And, as Brian progresses, those workouts may get longer yet! Many lifters training Westside style are reportedly adding mini workouts in



between their normal ME days and dynamic days. Why? Because they need to increase their volume in order to increase their strength.

Volume increase will lead to an increase in strength. The trick is to find the limit to the point of no return and to not go past that point to avoid overtraining. The more sets and reps you can perform over a period of time, combined with more weight you can push, will ultimately improve your overall strength.

In my own experience, here's a reflection of my past

workouts from the time I was a teenager until now:

At sixteen years old, I did ten total sets a week in the bench and squat and five total sets a week in the deadlift and power clean. Back then I could squat 275, bench 205, deadlift 500 and power clean 205. Rarely, if ever, did I do assistance work. Workouts were forty minutes long.

At eighteen years of age, I was averaging fourteen sets per week in the bench and squat, and eight sets a week in the deadlift

and power clean. Assistance work was rare and light. Workouts were about eighty minutes. My lifts then were 550 in the squat, 315 in the bench, 690 in the deadlift and 325 in the clean.

At thirty years old, I was averaging eighteen sets per week in the bench and squat, ten sets a week in the deadlift, assistance work was heavy but I only did a few exercises. My average workout time was 105-115 minutes. My lifts were 825 in the squat, 505 in the bench and 770 in the deadlift.

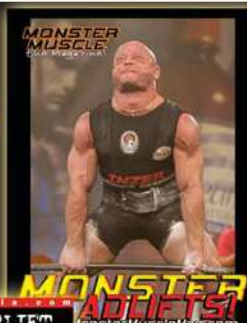
At my peak at age thirty-six, I averaged twenty sets in the bench, sixteen sets in the squat, twelve sets in the deadlift, mini workouts in between, double workouts daily, and heavy assistance exercises for lots of sets and reps. My average workout time was 2.5 hours. My result was 1141 in the squat, 617 in the bench and an 810 pull - my highest total ever.

The question then becomes, how does a lifter increase volume? Here are some things a lifter can do to increase volume.

1) Increase your weight. This is the worse one in my opinion because it always ends in failure

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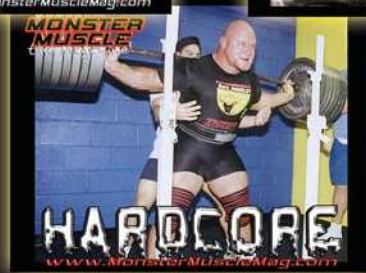
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somewhere with a missed attempt. When you start missing lifts, your volume drops and your CNS gets taxed. Weight increases should be minimal at times.

- 2) Increase the number of reps you are doing in your exercises.
- 3) Increase the number of sets you are doing in your routine.
- 4) Add new exercises to your assistance/accessory work.
- 5) Add a new training day. This can be a full workout or a mini workout. It should take the place of a missed workout. The mini workout can be as little as ten to fifteen minutes and a small number of sets and reps for any exercise or muscle group.
- 6) Add a second workout on the same day as an existing workout. This is not to replace work that should be done in the first workout but done in addition to the first workout of the day.

These are just a few things that can be done to add volume but are a quick resource for increasing volume.

Remember that increases don't always have to be big ones either. For example, grip specialists sometimes use buckets of sand to train with. One particular grip specialist would add a small handful of sand to his bucket each time he trained his grip. A handful of sand! Almost nothing in terms of each days increase in volume, but over time, it added up substantially.

Increases in volume are important the last few weeks before a meet as well, the time when so many lifters cut out their assistance work. Most lifters begin doing more singles and doubles, focusing on lower rep training. When that happens the CNS is stressed and volume drops. If anything, assistance work should be increased to accommodate for this volume drop. Despite this fact, so many lifters decide that cutting out assistance work is better. Truthfully, they do so, (I am just as guilty.) because the workouts get longer and time becomes an issue.

In conclusion, try to increase volume in areas that you need to work on. For added shoulder strength try to add extra exercises that will help you strengthen that muscle. Or, stay with the same exercises you have and increase the number of sets and/or reps. Or further yet, add another mini workout the same day or the next day to target that area again.

Does this work for a drug-free lifter? Yes, it does. It just means the drug-free lifter has to

be more aware of overtraining and soreness and pay better attention to recovery methods. The same basic principle applies to both drug-free lifters and those that are not. To increase overall strength, the volume must be increased as well.

Why then, doesn't everyone lift all day every day? And the answer to that is obvious isn't it? Every lifter has a point of no return. Life is finite and so is our strength. Older lifters have full time jobs, spouses and kids to worry about. Just getting to the

gym is a chore in itself. Younger lifters are busy worrying about making their place in the world so they are in class, working and discovering the thrill of an orgasm is more important than lifting. The point is, to get stronger you will have to increase your volume. That also means you have to increase your time. THAT also means you have to increase your commitment.


Determine the level of commitment you can make and push yourself to that limit. Pay particular attention to soreness

and overall fatigue. And, of course, the number one thing to watch is your strength and see if your modifications pay off. At some point in your training career, you will experience a level of stagnation. That is when you must decide if you are going to increase your volume and time to overcome it, or if you are plenty happy with where you are at.



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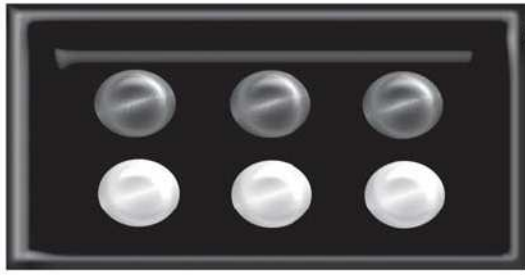
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# BEHIND THE LIGHTS

Featuring Darrell Latch

Darrell Latch is the owner and promoter of Son Light Power powerlifting federation and currently hosts more powerlifting meets per year than any other promoter. Mr. Latch has devoted his time and energy to promoting the sport of powerlifting and uses Son Light Power as a catalyst to encourage the influx of new lifters to the sport.

**MM: Tell us about yourself.**

**Darrell:** I am 57 years old and live in Tuscola, Illinois. I have five children with my wife Susan: Christine 37, Melissa 36, Tammy 35, D.C. 26 and Joey 17. We also have five grandchildren. I have five college degrees in Agriculture, Forestry and Theology, including my doctorate from Vanderbilt University in Nashville, Tennessee. I have been the owner and operator of Son Light Power Gym since 1988 and I am the most prolific promoter of powerlifting events in country.

**MM: Tell us about your personal powerlifting experiences.**

**Darrell:** I competed from 1980-2000 until an auto accident and degenerative hip forced my retirement. Despite this I still hope to return someday! I have thirteen world records and thirty-four national titles competing in the AAPF, AWPf, NPPC, LNPS, USARBPF and SLP. I have also held national and international judges cards for the ANPPC, APF, AAPF, WPC, NASA, LNPS, USARBPF and SLP.

**MM: What motivated you to create a new federation?**

**Darrell:** I have always said that I never wanted to start a major organization, even though I created the Lifetime Natural Powerlifting Society in 1994 and the USA 'RAW' Bench Press Federation in 1996 (to fill a void I felt the other organizations were not filling at the time). My intention was never to try to be the biggest, or even compete with the major organizations, but to offer a chance for lifters (many of them younger and/or first-time competitors) to compete in a more "laid-back" atmosphere - free of politics, to learn about the sport, meet new friends, and just have fun! After hosting one of the largest ever drug-tested national meets, for a major organization in 1999, I received numerous calls from people around the country. They said they were tired of all the "politics" in the sport. This prompted my decision to finally start SLP.

**MM: Tell us more about SLP.**

**Darrell:** Son Light Power is an offshoot of my gym, by bearing the same name. I always felt a gym should encourage the lifter to develop not just physically, but mentally and spiritually as well. Balance is one of the keys, not only in lifting, but in life as well. I have been promoting competitions since 1984. When preparing for my first meet, the local gym owner told me, "It will never work!" The meet yielded fifty lifters in the local mall with 300-500 spectators. It was great! In the past twenty-two years, the results of every meet I held have always been sent into the powerlifting magazines, every meet has had a write-up, and every lifter who ever lifted in one of my meets has always been mentioned in the write-ups by name (even if they bombed out). No other promoter has ever done this! I've had as many as twenty-nine pictures in a single issue, and I try to send in pictures of lifters who have never been in the magazine before. Every meet I hold, I personally run, because I know how I want my lifters treated. I will never take the chance of having another promoter treat my lifters badly, either by politics, arrogance or poor awards. I could easily have promoters in almost every state conducting SLP meets and I could be much larger (at this point I am the third largest organization in powerlifting). But that is not what I want. I am the only major organization that does not charge for a membership card, have never charged a late fee, always give away great trophies, and send free certificates to everyone who sets new

state, national and world records. I never bomb out lifters (unless they choose not to take an extra lift to stay in a meet, though when they do they place at the end of their class), and have given teenage lifters as many as five lifts just to stay in a meet. If you have ever been to one of my meets, you would see that I am the meets biggest cheerleader, always yelling words of encouragement to all of the lifters, always trying to help them correct their form, always offering words of advice.

**MM: How do you consider SLP different from other organizations?**

**Darrell:** I'm not in this sport just for the money. I'm not afraid of someone breaking my past records. I'm not threatened by someone or critical of someone who truly loves the sport and always wants the very best of every lifter. I don't play games. I could easily make five times the money I do (while I struggle just to make a living) but I feel this is what I am supposed to do. You see, this is my ministry - not one in which I stand up and talk about religion, but a ministry in which I strive to help everyone do their best, to be their best, and maybe this experience will carry over into the rest of their life.

**MM: You have fallen victim to much criticism due to you flexibility in the sport's rules. For example, you allow lifters to take more than three attempts, let them lower their weight, not wear a singlet and sometimes you are the only judge. What is your response to this?**

**Darrell:** I have never really said much in response to those who criticize me, but I am really getting sick and tired of those (who for the most part have never even been to one of my meets or who have never even met me) who don't understand what I am all about and what my organization really stands for. In a world of reality shows and accepted bad manners, it really hurts me that people can be so negative, so judgmental... Most of my meets are smaller meets, with a high number of new lifters. If I required all the equipment and strictness, which I do expect in my larger meets, most of these new lifters would bomb out and never return to the sport. What's wrong with being a little more lenient with these new lifters and at the same time show them what they are doing wrong. In most meets I will stop the competition just to show a new lifter what they are doing wrong, or maybe even give them a second attempt while they are still on the platform. What better way is there to learn? Can you imagine how many thousands of new lifters I have brought to the sport over the last twenty-three years? And yes, most of the time I am the only judge, but my more experienced lifters know when a lift is good or not, and I always have at least three qualified judges when a lifter is going for a big lift. You can ask anyone. I have never given a gift for someone's first 500, 600 or 700 lb. bench press and, I have turned down a lot more big lifts than I have passed. I'm just sick of all the criticism!

**MM: How many meets are you currently holding per year? How does that affect your life?**

**Darrell:** I am holding more than eighty meets this year, more than any other promoter ever in the sport, and I run them all myself. As I began to make less and less with my gym, out of necessity, I began putting on more competitions until it got to the point that most of my income now comes from the competitions. You have to realize that I really love the sport, but the most enjoyable thing about it is the great friends you make over the years, and the joy of helping someone do their very best at a meet.

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**MM: What are some of the most common mistakes you see your lifters making on the platform?**

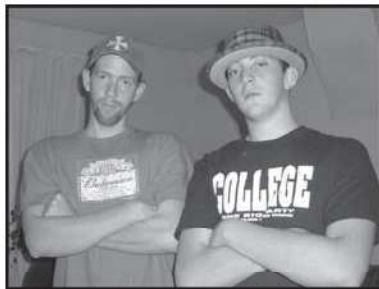
**Darrell:** Typically, the most common mistake I see is not picking a good opening weight. With the stronger bench shirts, many younger lifters tend to feel with the shirt they can bench much more than they are really capable of. Choosing the wrong opening weight, along with little or no experience using a shirt in competition, often causes their form to suffer. This is especially predominant with the newer or younger lifters - poor form. I would have to say in the last three years I have seen some of the worst form ever in all three of the lifts, but especially in the deadlift. With so many younger lifters being trained in the "sumo" deadlift (which in reality is not a deadlift, but a hip lift...and can never be compared to the standard deadlift) most of their form is just terrible! Someone needs to teach these kids better form!

**MM: Your sons play a major part in your events. Tell us more about this.**

**Darrell:** I actually have two sons who have helped me a lot over the years. Three years ago at the SLP Ohio State Fair Bench Press/Deadlift Championships we had 122 lifters. At the time, my son D.C. was twenty-two and Joey was fourteen. We started the meet at 12:00 noon and by 6:00 PM. the meet was over, the trophies were given out and the boys had both of the vans loaded and ready to go! During the meet the bar was never misloaded, and the bar never touched any lifter's chest on a missed attempt. As soon as the lift was attempted, the bar was loaded for the next lifter, which

calculates out to a lift a minute! Tell me of anyone else who could do that?

Now, Joey, who has been loading those hundred pound plates since he was eleven, has been my main helper for the past six years. And I would have to say he is the best loader/spotter in the sport. Joey is undoubtedly the hardest working teenager in the sport of powerlifting!



D.C. and Joey Latch

**MM: With your years of experience, what advice would you offer a first-time promoter?**

**Darrell:** For those who want to promote a powerlifting meet, it is always best to begin with a BP/DL or single-lift meet. Less work, less help needed, less time for the meet... Honestly, most first-time promoters ALWAYS lose money. The only way around this is having some type of sponsor. Always give away nice awards, which to me shows respect to the lifter. Who wants to pay a \$50.00 entry fee for a \$5.00 trophy? Also, have good spotters, this is especially important with today's equipment. But the main objective should be to have fun! This sport is no place for attitudes. Just have fun!

**MM: Do you think there will be a resurgence in Raw lifting?**

**Darrell:** Presently the sport is changing so much. With lifters getting an additional two hundred pounds or more on the bench press and two hundred to three hundred on the squat with supportive equipment, it's just not the same sport as it was twenty years ago. And even though it's nice that some of the athletes are making some money at some of the meets, the sport of powerlifting has, in the past, always been an amateur sport. So many times, as with other sports, we lose some of the love of the sport, with our quest for fame and money. Stronger equipment, more drugs, more ways to cheat (as some would say)? But, there is a place for the supportive equipment, and I feel it has been good for the sport. It's just not the same as lifting Raw. Because of the often massive amount of gains made due to equipment, I am seeing a rising interest in lifting Raw again.

**MM: What are your future plans?**

**Darrell:** I plan on continuing to promote my various competitions, try to improve the quality of the meets, and hang onto my gym. But, with the economy the way it has been the past few years and my added expenses, I am eventually going to have to find some kind of sponsorship to keep going.





### Top 5 bench presses in all weight classes

#### 114 Pound (52.0 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	402.3	(182.5)	*3.65X Andrzej Stanaszek (Poland/71) 11/5/03 (182.5 kg. @ 50.0 kg.) (Vejle, Denmark) (IPF)
2.	391.3	(177.5)	*3.51X Andrzej Stanaszek (Poland/71) 11/18/94 (177.5 kg. @ 50.6 kg., without a bench press shirt) (South Africa)(IPF)
3.	381.4	(173.0)	*3.38X Naoya Ikeda (Japan/70) 6/29/02 (173.0 kg. @ 51.25 kg.) (Nikko, Japan) (IPF)
4.	374.8	(170.0)	*3.29X Andris Rudulis (Latvia/77) 12/5/03 (170.0 kg. @ 51.6 kg.) (Trencin, Slovakia) (IPF)
5.	374.8	(170.0)	*3.29X Sergey Fedosienko (Russia/82) 3/11/04 (170.0 kg. @ 51.75 kg.) (Krasnoyarsk, Russia) (IPF)

#### 123 Pound (56.0 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	424.4	(192.5)	*3.438X Konstantin Pavlov (Russia/73) 8/25/05 (192.5 kg. @ 56.0 kg.) (Orjol, Russia) (IPF)
2.	418.9	(190.0)	*3.442X Makoto Ohtsubo (Japan/68) 6/3/00 (190.0 kg. @ 55.2 kg.) (Osaka, Japan) (IPF)
3.	414.5	(188.0)	*3.36X Hiroyaki Isagawa (Japan/53) 11/5/03 (188.0 kg. @ 55.9 kg.) (Vejle, Denmark) (IPF)
4.	413.4	(187.5)	*3.37X Magnus Karlsson (Sweden/67) 11/14/96 (187.5 kg. @ 55.7 kg.) (Salzburg, Austria) (IPF)
5.	407.9	(185.0)	*3.36X Yuji Miyazaki (Japan/68) 12/6/02 (185.0 kg. @ 55.1 kg.) (Hamm, Luxembourg) (IPF)

#### 132 Pound (60.0 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	474.0	(215.0)	*3.59X Ayrat Zakiev (Russia/81) 3/4/05 (215.0 kg. @ 59.85 kg.) (Kazan, Russia) (IPF)
2.	463.0	(210.0)	3.50X Kenichiro Matsumoto (Japan) 10/2/04 (210.0 kg.) (Tokyo, Japan) (IPF)
3.	457.5	(207.5)	*3.48X Ravil Kazakov (Russia/82) 11/10/04 (207.5 kg. @ 59.7 kg.) (Cape Town, South Africa) (IPF)
4.	453.0	(205.5)	*3.43X Hiroyaki Isagawa (Japan/53) 12/7/01 (205.5 kg. @ 59.88 kg.) (Christchurch, New Zealand) (IPF)
5.	451.9	(205.0)	*3.42X Toshihir Kawakami (Japan/63) 9/1/01 (205.0 kg. @ 59.86 kg.) (Takamatsu, Japan) (IPF)

#### 148 Pound (67.5 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	520.0	(235.9)	*3.525X Joe Ceklovsky (US/74) 2/19/05 (520.0 lb. @ 147.5 lb.) (Tribes Hill, New York) (APF)
2.	518.1	(235.0)	*3.534X Markus Schick (Germany/76) 5/24/03 (235.0 kg. @ 66.5 kg.) (Giessen, Germany) (IPF)
3.	510.0	(231.3)	*3.51X Greg Warr (US/69) 6/4/94 (510.0 lb. @ 145.5 lb.) (Eufala, Alabama) (NSM)
4.	507.1	(230.0)	*3.41X Brian Schwab (US/72) 10/29/05 (230.0 kg. @ 67.4 kg.) (Chicago, Illinois) (WPO)
5.	501.6	(227.5)	*3.42X August Clark (US/62) 3/1/03 (227.5 kg. @ 66.6 kg.) (Columbus, Ohio) (WPO)

#### 165 Pound (75.0 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	650.4	(295.0)	*4.00X Markus Schick (Germany/76) 3/5/05 (295.0 kg. @ 73.7 kg. Only man to bench 4X bodyweight.) (Columbus, OH) (WPO)
2.	615.0	(279.0)	*3.74X Joe Mazza (US/66) 10/2/04 (615.0 lb. @ 164.5 lb.) (Pottstown, Pennsylvania) (IPA)
3.	584.2	(265.0)	*3.57X Daiki Kodama (Japan/79) 12/3/04 (265.0 kg. @ 74.3 kg.) (Cleveland, Ohio) (IPF)
4.	562.2	(255.0)	*3.41X Brad Heck (US/81) 10/2/04 (255.0 kg. @ 165.0 lb.) (Omaha, Nebraska) (APF)
5.	551.2	(250.0)	*3.36X Fred Boldt (US/76) 3/1/03 (250.0 kg. @ 74.4 kg.) (Columbus, Ohio) (WPO)

#### 181 Pound (82.5 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	665.0	(301.6)	3.66X Jim Kilts (US/71) 2/19/05 (665.0 lb.) (Tribes Hill, New York) (APF)
2.	663.6	(301.0)	*3.87X Markus Schick (Germany/76) 12/11/04 (301.0 kg. @ 77.7 kg.) (Mainz, Germany) (IPF)
3.	623.9	(283.0)	*3.48X Fred Boldt (US/76) 10/29/05 (283.0 kg. @ 81.3 kg.) (Chicago, Illinois) (WPO)
4.	622.8	(282.5)	*3.45X Jason Fry (US) 10/29/05 (282.5 kg. @ 81.9 kg.) (Chicago, Illinois) (WPO)
5.	620.0	(281.2)	*3.43X Brad Vargason (US/76) 12/11/04 (620.0 lb. @ 181.0 lb.) (Royersford, Pennsylvania) (APF)

#### 198 Pound (90.0 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	688.9	(312.5)	*3.47X Mike Wolfley (US/77) 10/29/05 (312.5 kg. @ 90.0 kg.) (Chicago, Illinois) (WPO)
2.	685.6	(311.0)	*3.46X Scott Rabine (US/71) 9/25/04 (311.0 kg. @ 89.8 kg.) (Orlando, Florida) (WPO)
3.	683.4	(310.0)	*3.45X George Halbert (US/71) 3/3/01 (310.0 kg. @ 198.0 lb.) (Columbus, Ohio) (WPO)
4.	677.9	(307.5)	*3.42X Shawn Frankl (US/77) 11/5/05 (307.5 kg. @ 90.0 kg.) (Helsinki, Finland) (WPO)
5.	652.6	(296.0)	*3.29X Jesse Kellum (US/65) 11/8/02 (296.0 kg. @ 90.0 kg.) (New Orleans, Louisiana) (WPO)

#### 220 Pound (100 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	782.6	(355.0)	*3.56X Vitaliy Ponomarenko (Ukraine/74) 11/5/05 (355.0 kg. @ 99.6 kg.) (Helsinki, Finland) (WPO)
2.	771.6	(350.0)	*3.54X Matt Lamarque (US/74) 11/13/04 (350.0 kg. @ 218.0 lb.) (Reno, Nevada) (WABDL)
3.	735.0	(333.4)	*3.52X Jesse Kellum (US/65) 4/26/03 (735.0 lb. @ 209.0 lb.) (New Roads, Louisiana) (NSM)
4.	733.0	(332.5)	*3.40X George Halbert (US/71) 9/8/01 (332.5 kg. @ 97.8 kg.) (Daytona Beach, Florida) (WPO)
5.	717.6	(325.5)	*3.27X Kenny Patterson (US/72) 3/4/05 (325.5 kg. @ 99.6 kg.) (Columbus, Ohio) (WPO)

#### 242 Pound (110 Kilogram) Men's Weight Division — Bench Press

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	801.4	(363.5)	*3.51X Matt Lamarque (US/74) 6/11/05 (363.5 kg. @ 228.0 lb.) (Honolulu, Hawaii) (WABDL)
2.	772.5	(350.4)	*3.25X Brad Kelley (US/71) 3/5/05 (772.5 lb. @ 238.0 lb.) (Williamston, South Carolina) (APA)
3.	771.6	(350.0)	3.18X Jason "Action" Jackson (US/64) 11/13/04 (350.0 kg.) (Reno, Nevada) (WABDL)
4.	766.1	(347.5)	*3.18X George Halbert (US/71) 9/25/04 (347.5 kg. @ 109.4 kg.) (Orlando, Florida) (WPO)
5.	744.1	(337.5)	*3.10X Bill Carpenter (US/73) 3/6/04 (337.5 kg. @ 108.95 kg.) (Columbus, Ohio) (WPO)

**275 Pound (125 Kilogram) Men's Weight Division — Bench Press**

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	845.0	(383.3)	*3.08X Bill Crawford (US/71) 6/25/05 (845.0 lb. @ 274.5 lb.) (Glens Falls, New York) (APF)
2.	826.7	(375.0)	*3.07X Andy Fiedler (US/66) 8/7/04 (375.0 kg. @ 269.0 lb.) (Dubuque, Iowa) (APF)
3.	767.5	(348.1)	*2.81X Vincent Dizenzo (US/69) 12/14/03 (767.5 lb. @ 273.0 lb.) (Canterbury, Connecticut) (APA)
4.	765.0	(347.0)	*2.78X Ryan Kennelly (US/74) 9/6/03 (765.0 lb. @ 275.5 lb.) (Kennewick, Washington) (APA/WPA)
5.	755.1	(342.5)	2.74X Mike Womack (US/83) 7/23/05 (342.5 kg.) (Dallas, Texas) (WABDL)

**308 Pound (140 Kilogram) Men's Weight Division — Bench Press**

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	914.9	(415.0)	*3.02X Scot Mendelson (US/69) 8/7/05 (415.0 kg. @ 302.5 lb. Heaviest male 3X bodyweight bench.) (Sherman Oaks, CA) (APF)
2.	902.5	(409.4)	*2.94X Ryan Kennelly (US/74) 12/4/04 (902.5 lb. @ 307.0 lb.) (Kennewick, Washington) (APA)
3.	854.3	(387.5)	2.77X Steve Wong (US/68) 8/6/05 (387.5 kg.) (Portland, Oregon) (WABDL)
4.	848.8	(385.0)	*2.82X Paul "Tiny" Meeker (US/71) 6/18/05 (385.0 kg. @ 301.0 lb.) (Springfield, Ohio) (NASA)
5.	800.0	(362.9)	*2.67X Vincent Dizenzo (US/69) 4/9/05 (800.0 lb. @ 300.0 lb.) (Norwich, Connecticut) (APA)

**SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division — Bench Press**

	Bench Press	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	1005.0	(455.9)	*2.69X Gene Rychlak (US/68) 11/21/04 (1005.0 lb. @ 374.0 lb. First man to bench press 900 pounds. Only man to bench press 1000 pounds.) (Shamokin Dam, Pennsylvania) (IPA)
2.	859.8	(390.0)	*2.14X Shawn T. Lattimer (US/76) 3/6/04 (390.0 kg. @ 181.9 kg.) (Columbus, Ohio) (WPO)
3.	837.8	(380.0)	*2.23X Garry Frank (US/64) 4/3/04 (380.0 kg. @ 170.5 kg.) (Jacksonville, Florida) (APF)
4.	825.0	(374.2)	*2.66X Scot Mendelson (US/69) 7/5/03 (825.0 lb. @ 310.6 lb.) (Chicago, Illinois) (NSM)
5.	825.0	(374.2)	*2.05X Mike Wolfe (US/75) 5/15/05 (825.0 lb. @ 401.5 lb.) (Columbus, Ohio) (APF)

**SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division — Deadlift**

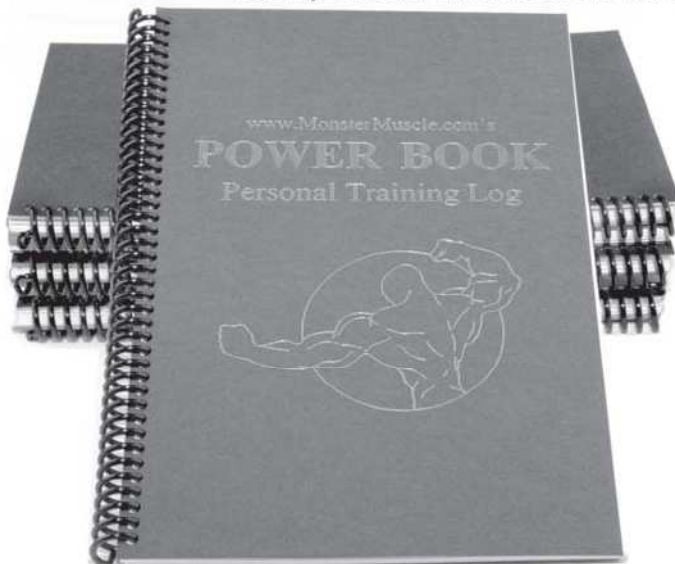
	Deadlift	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	970.0	(440.0)	*2.78X Benedikt Magnusson (Iceland/84) 11/6/05 (440.0 kg. @ 158.5 kg.) (Helsinki, Finland) (WPO)
2.	942.5	(427.5)	*2.73X Andy Bolton (Great Britain/70) 11/6/05 (520.0+287.5+427.5=1235.0 kg. @ 156.7 kg.) (Helsinki, Finland) (WPO)
3.	931.5	(422.5)	*2.54X Garry Frank (US/64) 11/9/02 (422.5 kg. @ 166.05 kg.) (New Orleans, Louisiana) (WPO)
4.	927.0	(420.5)	*2.91X Tibor Meszaros (Hungary/67) 11/27/04 (420.5 kg. @ 144.55 kg., without a belt) (Trnava, Slovakia) (GPC)
5.	925.0	(419.6)	*2.58X Gary Heisey (US/57) 3/15/92 (925.0 lb. @ 358.0 lb.) (Lancaster, Pennsylvania) (APA/WPA)

**SHW (308+ Pound/ 140+ Kilogram) Men's Weight Division — Total**

	Total	X-Bwt	Male Lifter/ Nationality/ YOB/ Date/ Actual Weight/ Exact Bodyweight/ Location/ Federation
1.	2805.4	(1272.5)	*7.46X Garry Frank (US/64) 4/3/04 (492.5+380.0+400.0=1272.5 kg. @ 170.5 kg. First man to total 2500 pounds. First man to total 2600 pounds. Only man to total over 2700 pounds.) (Jacksonville, Florida) (APF)
2.	2722.7	(1235.0)	*7.88X Andy Bolton (Great Britain/70) 11/6/05 (520.0+287.5+427.5=1235.0 kg. @ 156.7 kg.) (Helsinki, Finland) (WPO)
3.	2678.6	(1215.0)	*4.86X Jeff Lewis (US/70) 10/30/05 (545.0+355.0+315.0=1215.0 kg. @ 250.05 kg.) (Chicago, Illinois) (WPO)
4.	2623.5	(1190.0)	*6.75X Chad Aichs (US/72) 10/30/05 (500.0+367.5+322.5=1190.0 kg. @ 176.4 kg.) (Chicago, Illinois) (WPO)
5.	2607.0	(1182.5)	*6.94X Donny Thompson (US/64) 3/5/05 (465.0+345.0+372.5=1182.5 kg. @ 170.5 kg.) (Columbus, Ohio) (WPO)

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# TO SITUP OR NOT TO SITUP

By Rickey Dale Crain

Every television network has, at one time or another, aired an infomercial on an abdominal gadget. This constitutes in most people's minds what abdominal work is all about. Most people in or out of the gym have virtually no idea how to put together an abdominal workout. Their training usually consists of buying a product on television and doing it a few times for a few weeks, expecting to look like a 24-year old male super model. **NOT!**

In other words, we throw a few sets of this and that together and expect it to work. Or, we do a few sets of sit ups and leg raises a couple of times a week before, during, or after a workout and, PRESTO, super abdominal muscles are expected. By the time we are twenty-five or thirty years old we already have the pork and pooh of a fifty or sixty year old. We can do better than that, though. It is time we change the attitude and the mindset of not only the Sunday afternoon athlete, but the competitive one as well. It is time to strengthen the midsection, the support system for heavy weight training like squats and deadlifts, and to use some preventive medicine for the lower back which seems to haunt athletes and others as they age.

For years I prided myself as having good or great abdominal muscles, especially for a powerlifter.

First, you need a goal and then you need a plan. It is no different than if I wanted to bench press three hundred pounds by the end of the year. I need to have a goal of a six pack and it can be accomplished with a plan. I'll show you a few of the better abdominal exercises I have used over the years.

You ask, "Why do WE NEED abdominal training?" As an athlete or Sunday afternoon quarterback it never hurts to be strong in that midsection. As previously stated it prevents injuries of all kinds and will always help you train heavier than you might otherwise be able to and in a safer way as well.

The second seems to be the most obvious: to look good - the women (wives and girlfriends) love them. I never saw a guy that didn't like some abdominal muscles showing; neither did his wife or girlfriend. Most people who powerlift, Olympic lift, bodybuild, or train for a specific sport should be after an abdominal six pack and the core strength that comes with it.

In sport specific training strong abdominals are a must in contributing towards your best performance. It is always true that a strong midsection is needed to support, protect, and give explosive strength and power throughout the body.

Sports specific abdominal training is superior over nonspecific abdominal training, but we will not go into that at the moment. We will deal with abdominal work that should enhance your performance in all sports as well as the side benefits of better appearance.

Injury prevention is the other added value of doing consistent and heavy abdominal work. The exact role of the

abdominal muscles and other trunk stabilizers has been known among powerlifters for twenty to forty years, but it has never seemed to be completely comprehended by most athletes, until recently.

Having done thousands of reps a week, of different types of abdominal work since the early sixties, both with and without weights, I have developed a lot of different types of exercises that do work. Even Bill Starr, in his 1976 classic book, The Strongest Shall Survive, wrote that the abdominal muscles, "...can be strengthened in a wide variety of ways. Sit ups, crunches of all types, leg raises, and trunk rotation movements all involve the abdominal muscles to different degrees." Bill Pearl's 1986 Keys to the Inner Universe lists

and graphically illustrates over a hundred abdominal and trunk exercises! Despite all this information, there seems to be a gap in the knowledge (or usage and admittance of such) and the actual practice of them. Most individuals do only one or two different types of abdominal work. Be smart and pick a number of different kinds to strengthen the midsection from all angles and in all areas for maximum protection and power. Pavel Tsatsouline's books and video's/DVD's on ab and midsection strengthening exercises are also valuable.

The question I am always asked is, "How many times a week should I do them?" Different goals require different answers. The frequency for a person interested in minute

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changes in looks and strength will do less than one who is really serious about strength gains, injury prevention, and looks.

Weighted abdominal work, like any other type of weight training, will require some rest between sessions during the week; abdominal work with high reps can be done daily or even multiple times during the day, as muscle endurance training requires less recovery than strength training stomach work. If your primary concern is injury prevention and strength training I would do weighted and non-weighted abdominal work three to four times a week after your heavy workouts. On the other days you can throw in non-weighted high rep abdominal work. Let's look at a few routines. Remember that abdominal workouts are as numerous as the grains of sand on the beach. The only limits are you and your imagination.

**WORKOUT 1**

A good, basic, non-weighted abdominal routine involves 4 different exercises done in a superset like fashion. First, do a crunch type sit up with feet firmly locked

in place on a sit up board or something similar, fold your hands across the chest and do a motion of up and down, but not all the way up or all the way down. Second, do a standing twist motion (I do these sometimes with an empty broomstick- this is optional). Keep the hips and lower body facing straight ahead and only the upper body rotating ninety degrees to each side. Count one rotation to each side as one rep. Third, get back on the floor for leg raises; and remember not all the way up or all the way down to the floor. Finally, do a standing side bend. With your hands to your side, bend to each side, back and forth, while counting one rep after a completion from each side. These four make up the workout. Do all four, as fast as you can, one after the other. Start with thirty-three reps of each, once through, then thirty-three reps again once through. On the third time through do thirty-four reps. After working through the sets three times you will have totalled a hundred reps of each of the four exercises. That will give you a total of 400 reps. You can do this one to four times a day,

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depending on what kind of shape you want to achieve. For example, once in the morning, once before a workout, once after a workout, and one more time at night.

### WORKOUT 2

A good weighted abdominal workout to build some size and strength is simply five sets of ten reps. You can cycle down to five sets of five reps for better strength results. Hold a weight against your chest, feet locked, knees slightly bent and do the situp, going not quite all the way up or all the way down. I actually used to put the weight behind my head, but this is way too difficult for most and if done incorrectly can result in lower back strain or injury. Finish off with five sets of ten reps of side bends with a dumbbell in each hand (one hand at a time). This is a great workout to try four to six times a week. You will be amazed at the support that you will reap from these for those big squats and deadlifts.

### WORKOUT 3

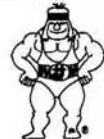
Start out lying on a bench, with your feet hanging off the end and your hips just barely on the end of the bench. Hold onto the bench with your hands just behind your head grasping the sides of the bench. Do a full leg raise and pullover. Feet dropping to within a few inches of the floor and pulling/lifting up so they are perpendicular with the bench. Keep your knees straight, legs together, and toes pointed. Do five sets of ten to twenty-five reps.

These three basic abdominal workouts will cover all your bases in whatever you wish to accomplish. You can create more as you want or as you become bored with the above.

Remember that diet is extremely important for achieving the six pack look. Strength can be had without a bodybuilding-style diet but a visual six pack usually takes some dedication and consistency in keeping the calories under control.

Big, strong abdominal muscles will give you the support required for powerlifting, support to prevent injuries in sports, and a six pack for your ego. So go ahead and SITUP!

Contact me with questions at [rcrain@charter.net](mailto:rcrain@charter.net).  
 Rickey Dale Crain, b.b.a., i.s.s.a.  
 IPF/WPC/IAAU World Champion  
 2000 Powerlifting Hall of Fame Inductee



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A

2

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4

4

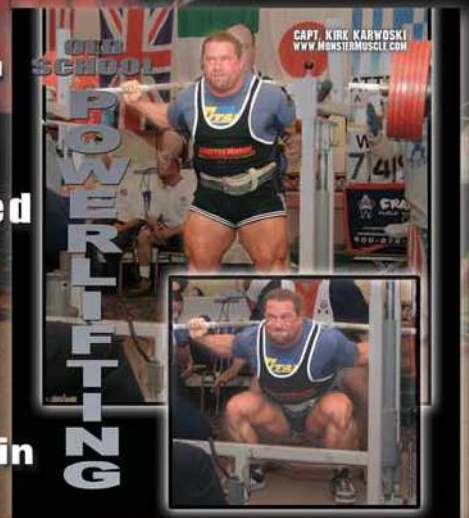
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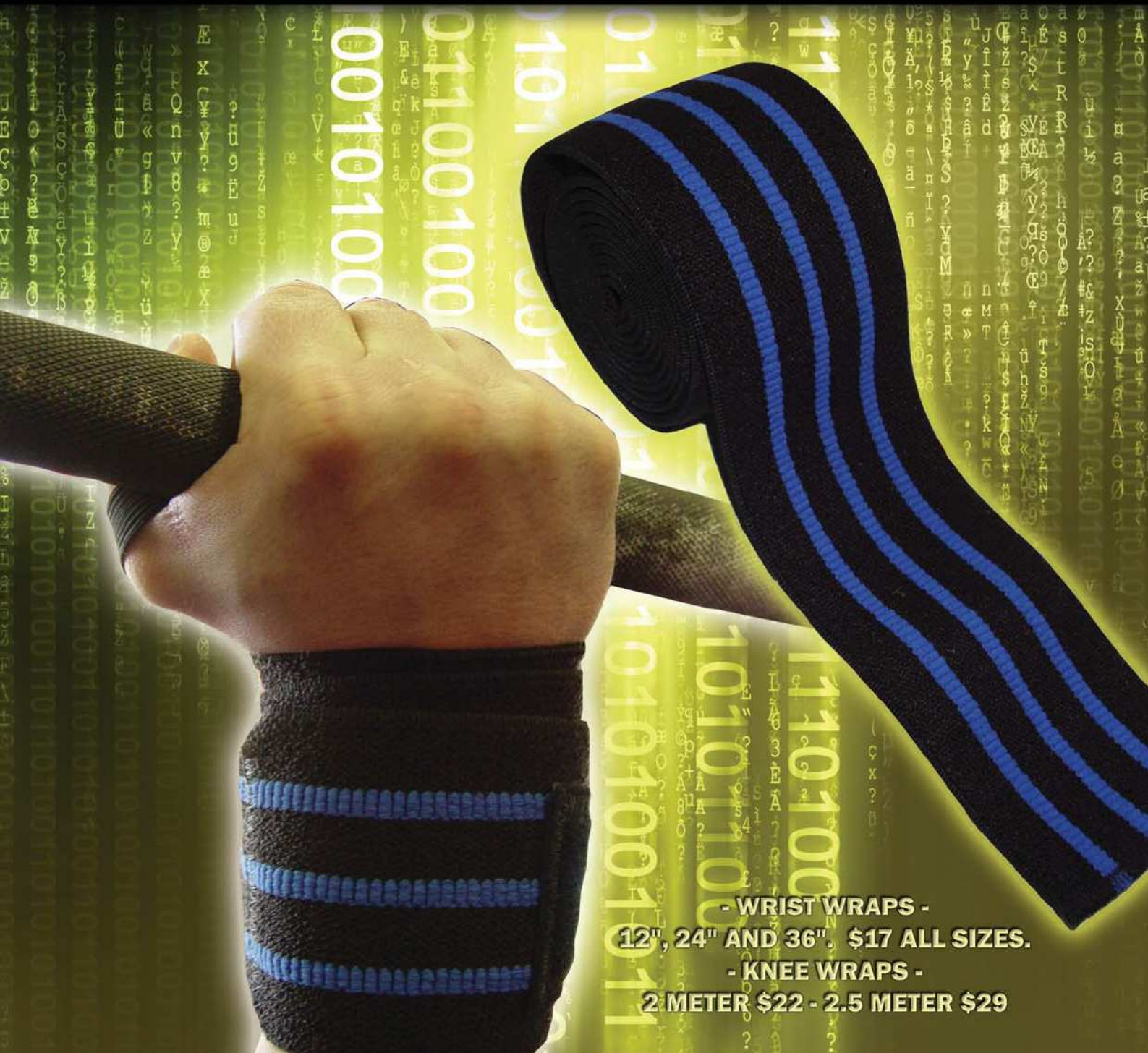
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