

THE SCIENCE BEHIND THE SQUAT SUIT

# POWER

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**POWER CLEAN**

WITH GLEN PENDLAY

Get  
Ripped,  
**Get  
Strong**

BY JOHN KIEFER

The World's Strongest Bodybuilder

# STAN EFFERDING

SEPT/OCT 2011 • VOL. 2, NO. 5

\$5.75US \$6.75CAN



# THE ULTIMATE HIGH PROTEIN

## MHP RAISES THE BAR... ONCE AGAIN!

Your New #1 Choice for a  
Delicious High Protein Snack!

### NUTRITION FACTS COMPARISON

Power Pak Pudding vs. the Leading Protein Bars

Per Serving	Power Pak Pudding	Leading Protein Bars*
Total Calories	190	350-400
Protein	30 grams	30 grams
% of Cals from Protein	63%	30-34%
Total Fat	4.5 grams	13-16 grams
Calories from Fat	40	120-144
Total Carbohydrates	9 grams	27-34 grams
% of Cals from Carbs	19%	27-39%
Sugars	0 grams	6-9 grams
Sugar Alcohols	0 grams	13-27 grams

In a side-by-side comparison, it's easy to see that MHP's Power Pak Pudding is the superior high protein snack in every nutritional category. Power Pak Pudding is the smart snack choice for a lean, healthy body!

\*Average profile of popular high protein bars.



# SNACK!

# The PROOF Is In The PUDDING!

MHP, the most trusted brand of world class powerlifters, is raising the bar once again with its new delicious, ready-to-eat **Power Pak Pudding**. Finally – a great tasting muscle building power snack that delivers the highest quality protein without the loads of commode exploding sugar alcohols found in most bars! If you've eaten a few high protein bars lately you know exactly what we are talking about. Feed your muscles and power-up with the new #1 muscle building power snack – MHP's **Power Pak Pudding**!

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# MHP



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MHP dominates the powerlifting world with a team of the most respected world record holders. This elite group of athletes continuously breaks their previously set records time and time again to raise the bar and leave their competitors in the dust. What is it that fuels these strongmen to accomplish such unimaginable feats? The answer is simple – Our athletes use only MHP products to power their bodies and bring their lifts to unbelievable heights. MHP supplementation is the key to their continuous record-breaking feats of strength.

**TEAM MHP Athletes:** **MICHAEL CARTINIAN** – All-Time World Record Total: 2,265 lbs. @ 181 lbs. **JEREMY HOORNSTRA** – World Record "Raw" Bench: 615 lbs. @ 242 lbs. **ROB LUYANDO** – World Record Bench: 832 lbs. @ 220 lbs., 905 lbs. @ 242 lbs., 947 lbs. @ 247 lbs. **JOE MAZZA** – All-Time World Record Bench: 705 lbs. @ 165 lbs. **SHAWN FRANKL** – World Record Total: 2,715 lbs. @ 220 lbs. (Pictured from left to right.)

**Other TEAM MHP Athletes:** **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: World Record 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ SHW. **BRIAN SCHWAB** – World Record Total: 2,045 lbs. @ 165 lbs. **JOE CEKLOVSKY** – World Record Bench: 600 lbs. @ 147.6 lbs. **AL DAVIS** – Raw Unity Record "Raw" Bench: 633 lbs. @ 265 lbs. **BRANDON CASS** – World Record Deadlift: 810 lbs. @ 220 lbs.

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WHEY PROTEIN  
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**DEAD**

**SHAWN FRANKL - World Record Total: 2,715 lbs. @ 220 lbs.**

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## Rhino Power Issue

We are consistently adding great writers to Power magazine and I want to thank everyone involved. This issue we are excited to have added Olympic lifting coach Glen Pendlay. Then we also have guys like Rob Luyando, Brian Carroll, Matt Wenning, Mike Tuchscherer and Donnie Thompson, who all have added tremendous content and insight. By the way, my wife cranks out like 90 percent of this thing by herself. She makes the entire thing come together. She rides me until all the content is in. Hmmmm? She's what I like to call a workhorse!

This issue is packed out with powerlifting! Including a scientific powerlifting gear test, Strongman, Olympic lifting, nutrition and more. We will be at the 2011 Mr. Olympia in Vegas pimpin' out our magazine, Sling Shot products and the Sling Shot Challenge winner. We will also attend the Arnold Classic in March 2012.

Coach Zach Even-Esh deals with many types of athletes, but his niche is working with kids. Zach talks about how he gets his athletes prepared to bench press. Meaning, don't just start doing some sloppy type of bench if you're a pencil neck geek. Read up on Zach's article and learn how to earn the right to bench press.

World-renowned strength coach Glen Pendlay teaches us how to incorporate cleans with decent form in about 20 minutes. Many coaches and athletes write off Olympic lifts because they are hard to teach. Glen shows you that while it ain't easy, it really isn't that hard to clean.

Because I'm full of awesomeness, Power Texting kicks ass again. Rob Luyando, AJ Roberts, Brandon Lilly, Ed Coan, Dave Hoff, Kelly Starrett, Alan Best and Jesse Burdick all chime in with some outstanding info.

The "breakfast Nazi," John Kiefer, strikes again. This time he shows his hatred for carbs. Kiefer talks about an approach to get strong while getting ripped. And although I disagree with many of the points he makes, I agree with the main message: You do not need to be a BFF (Big Fat F\*ck) to be a SMF (Sick Mother F\*cker).

We get some amazing research on powerlifting suits from my good friend from Boone, S.C., Jarred Skynard (1,035-lb. squatter at 220). He gives us the science behind how a squat suit may work. His study reveals that a squat suit doesn't provide huge changes in concentric force. Wait – huh? Really? A squat suit doesn't help you much on the way up? Well, you have to read the study because clearly a squat suit does help you a ton on the way up; however, it's mainly due to how it affects you on the way down. We will hopefully be able to put Jarred to work on some more projects like this, as very little research has been done.

Speaking of ripped and strong, Stan Efferding is the ultimate blend power and rippedness, not to mention he lives fat like someone from MTV's "Cribs." Stan is a bit of a throwback, the kind of guy that you'd love to hate, but his old school work ethic has inspired thousands. Stan eats, sleeps and lives a lifestyle that lends itself to him making improvements every single day in powerlifting or bodybuilding. He doesn't waste his time trying things that he thinks may work, he sticks to the basics and keeps himself surrounded by knowledgeable people ... ahem, like Mark Bell. Stan sticks to things he knows will have a fast impact on his training. He is a big believer in eating big, resting big, lifting big and repeating until he gets the results he wants. Sounds too simple, but they say the smartest people in the world are able to simplify things the best for the masses. This interview with Stan will get you fired up to get up off your ass and apply what he is preaching.

Making the world a better place to lift.

### Mark Bell

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# POWER

MAGAZINE

VOLUME 2 • ISSUE 5

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**WORLD RECORD  
PROVEN GEAR**

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SEPTEMBER/OCTOBER 2011

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## Interview with Stan “Rhino” Efferding

Stan Efferding is an amazing powerlifter. He’s also “The World’s Strongest Bodybuilder.” That’s right, he’s both. But Stan didn’t become this strong and built through luck or genetics. He works his butt off every day to get where he is, and stay there.



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We all know lifting gear helps us lift more weight – but how does it work? Powerlifter and super-nerd Jared Skinner gives us the science behind the squat suit.



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At 275 lbs., Jason Bergmann isn’t considered “small” – unless you’re in the land of Strongman. He tells us how he’ll take down his “giant”

competition as he prepares to become the World’s Strongest Man.



# Our Science. Your Results.

The results are in the science.

HMB doesn't need the hype when it has the science to prove its ability to bring you the results you're looking for. Discovered, developed, and tested by university researchers, HMB has been proven to play a key role in maximizing training results. HMB has been shown to help increase lean muscle mass by 133 percent, to improve recovery with a 97 percent reduction in muscle damage from intense exercise, and to improve endurance with an 84 percent increase in VO<sub>2</sub> max.

"HMB has allowed me to **push** my squat and deadlift training beyond previous barriers."

*Brad Gillingham, Powerlifter*

"My **strength, conditioning,** and **recovery** is the best it has been."

*Eric Todd, Strongman*

"HMB helps keep me **lean, strong,** and ready for more training!"

*Jennifer Dietrick, IFBB Bikini*

"HMB has done wonders with my **recovery** and **growth.**"

*Bryce Holmes, Bodybuilder*

"HMB helps me to actively **recover** from the **toughest** training."

*TJ Tollakson, Triathlete*

"HMB continues to give an **edge** over the competition."

*Bryan Dermody, Powerlifter*

With all the science backing HMB, many athletes have made it part of their training regimen and have discovered the benefits for themselves. As you can see from these athletes' testimonials, HMB works for them, and, more importantly, it can work for you!

Go to **HMB.org** to view more testimonials and to see the scientific studies that show how HMB can improve strength, recovery, and endurance. Then follow the link to buy HMB and start getting the results you want!

# HMB

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\* All of the individuals providing testimonials in this ad are sponsored athletes or have received the ingredient HMB as a gift from Metabolic Technologies Inc.

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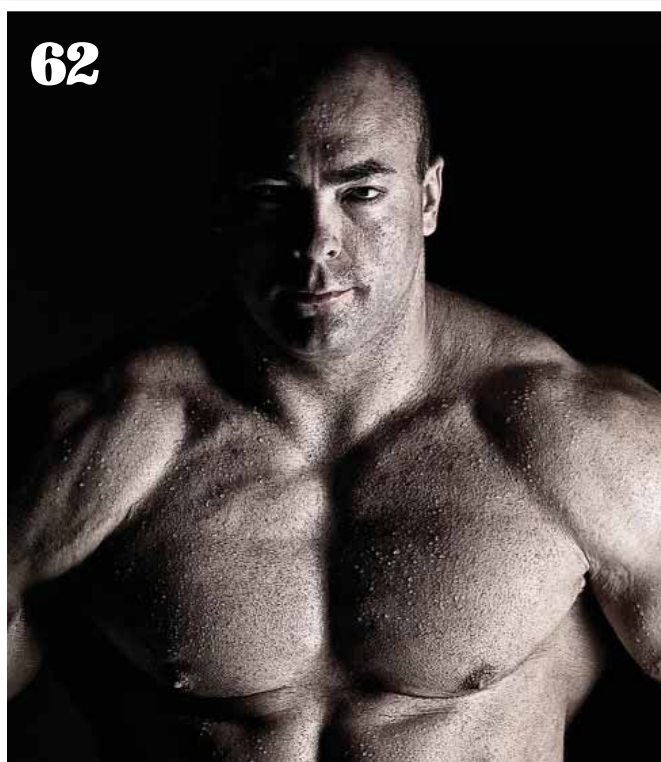


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# "BODYBUILDING LEGENDS WERE RIGHT - THIS KIND OF PUMP IS LIKE AN ORGASM!"

SINGLE DOSE OF YOK3D  
TAKEN ON WORKOUT DAYS



DAILY DOSE OF OTHER  
POPULAR PUMP PRODUCT\*\*



WHICH WOULD YOU RATHER TAKE?

Dear Fellow Lifter,

Every now and then a product will come across my desk that I immediately KNOW is different...

And not just a little different, but REALLY different...

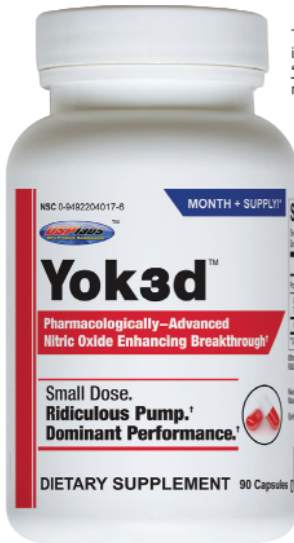
And as soon as our guys kept saying things like "Man, the pump from these tiny pills is off the charts. My muscles are full, pumped and hard as a rock. I feel different. I feel Yoked!" I knew we were on to something...

**The Little-Known "Reverse" Nitric Oxide Pathway That's Giving Beta-Testers Sick Bicep Pumps On Leg Day...**

Up until this point, "pump" products have mainly relied on one pathway to increase Nitric oxide (or N.O.), the classical L-Arginine-NO -Synthase pathway...

**What if I told You There Was Another Pathway?**

And, what if I told you there was a single compound that utilized both pathways at the same time?



**Nitrate-Nitrite What?**

This particular compound yields the nitrate ion, which works through a little-known "REVERSE" pathway, called the nitrate-nitrite-nitric oxide pathway...

In essence, nitrate is reduced to nitrite, which is further reduced to N.O...

Yet, this second pathway is also exciting because it can generate nitric oxide via several routes that are enzymatic and non-enzymatic, making this pathway, in some respects, a more reliable and better overall way to increase N.O. (1-4).

**The "Reverse" Nitric Oxide Pathway Is Like Striking Oil In Your Backyard While Planting A Tree...**

Furthermore, this pathway becomes much more important and is favored over the classical pathway in conditions where oxygen levels are much lower and to some extent acidification occurs in a given tissue (i.e weight training), allowing for vasodilation to occur and oxygen to be transported in these conditions.

By combining the "reverse" pathway with the classical pathway, we can utilize both to obtain very high N.O. levels to achieve a level of vasodilation never experienced before.



*"You weren't lying about those little pills bro. I don't know what the hell you sent me, but this is sick... My arms ballooned up from high-rep squatting...haha... AND I set a damn P.R.! Listen man... Tell Jacob this is his sickest creation yet. Speechless bro... SPEECHless!"*  
- Steve Tauriello - Pittsburgh, PA

**USPlabs Yok3d™... So potent & unique it:**

- Contains patented Arginine Nitrate!
- Promotes hard, vascular pumps - no more bloated, puffy pumps!
- Only taken on workout days! days of gagging down 8,10, even 12 huge chalky pills a day just to get a pump.
- Supports dominant gym performance!
- No more horse pills - smaller size 0 capsules.
- Incredible value - each bottle lasts a month or more!

Who knew pills so small could elicit such an *enormous* pump? Who knew *only* using on workout days was enough to dominate the gym?

The wait is over - USPlabs Yok3d™ is here. Simply pop a few of these bad boys before hitting the gym and experience the highly potent "reverse" Nitric Oxide pathway!

The entire supplement world is *buzzing* about USPlabs Yok3d™ & for good reason...

I highly suggest you pick up your supply of USPlabs Yok3d™ today...

**Get hard. Get pumped. Get Yok3d™.**

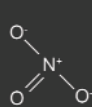
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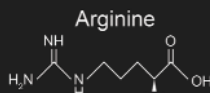
## Little-Known "Reverse" NO Pathway (Nitrate - Nitrite - NO)



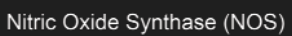
Conversion is best suited for anaerobic or low oxygen conditions; along with higher lactic acid. Examples include weight lifting, sprinting, etc. Uses enzymatic and non-enzymatic mechanisms for conversion.

Causes vasodilation and as a result may improve oxygen and nutrient flow resulting in greater exercise efficiency by reducing the amount of oxygen and energy needed in the form of ATP and phosphocreatine during exercise and muscle contraction resulting in greater resistance to fatigue, potentially allowing more reps and longer exercise periods. Furthermore, by improving nutrient flow, recovery and an environment more conducive to muscle growth may be fostered.

## Classical L-arginine-NO-synthase pathway



Arginine may also help prevent nitrate tolerance



Vitamin C improves bioactivity/bioavailability of NO potentially by increasing NOS. Conversion occurs best in aerobic conditions. Completely enzymatic.

\*Based on 3-5 capsules per workout, up to 4 workouts per week.

\*\*Based on label dosing for individuals under 190lbs.

(1-4) For full references, please visit [www.USPlabsdirect.com/Yok3d](http://www.USPlabsdirect.com/Yok3d).

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# THIS CHICK CAN KICK YOUR ASS, AND YOU MAY LIKE IT!

# JEAN FRY

BY MICHELE ATKINSON

PHOTOS BY BRIAN HYRNE/BRIAN MATTHEW PHOTOGRAPHY AND JAMES HAYDEN

**1) Who is Jean Fry in 10 words or less?** Strong-willed.

**2) Where do you train?** Every M-W-F-S morning alongside some of world's best at Westside Barbell.

**3) Do you have a nickname?** Oh yeah – “Mean Jean” seems to be what the guys have latched onto; it's even stitched into my chucks. “Jean Machine” is a close second.

**4) How did you get into powerlifting?** I was 15, trying to be a track sprinter, and had never worked out. A coworker sent me to Scott Vickery of Ironman II in my hometown of Fremont; I was addicted from my first bench press. He showed me the ropes until I left for OSU, where a group of us got together to form a PL club, and Doug Heath was kind enough to let us train in his basement gym. Then Louie gave me the invite at the first Pro/Am, and I have been at WS since 2007.

**5) What is your favorite lift and why?** Easy, squat. It provides a very odd sense of security to know my body is capable of holding over 400 lbs.; I love to observe lifters' faces as they get under the bar.

**6) What is the typical reaction when people find out that you are a powerlifter?** Question No. 1: “What's that?” Followed by, “But you're still tiny!”

**7) Do you think you get extra attention because you are a girl?** From non-powerlifters who attend meets, yes – just because of the stigma that anything weight-related is a “man's sport.” From the PL community, not at all.

**8) Do you get hit on a lot at meets?** No, at least not in anything other than a joking way. I have worked hard to establish myself and gain respect as a both a solid lifter and an ambassador of sorts for females in the sport. I like to think that's why people approach me in conversation. Plus, I have a husband, and most people know that.

**9) What's the most embarrassing thing that's ever happened to you in the gym?** Ha! You name it, I've either ran into it, dropped it on my feet, cracked my head on it, or gotten stuck in it.

**10) What are your PRs in each lift?** I have totaled elite in three weight classes (114, 123, 132), hitting 400 squat, 250 bench, 350 deadlift for a 1,000 total at 123 lbs. in March. A personal achievement was making the WS board with a 230 bench at 114.

**11) What is it like to be married to bench press champion Jay Fry?** Do inquiring minds want to know? Actually, it's no different than being married to working man Jay Fry. We do normal married people stuff! We train independently of each other and have our

own opinions about our training, but we understand the pre-meet PMS, long hours at the gym and wanting to go to bed early because of a big workout tomorrow. We call it lifter-to-lifter respect between the squatter and the bencher of the family.

**12) What do you do for work?** I'm a physical therapist servicing a commercial gym in Columbus, but in the beginning stages of launching my online training and nutrition counseling business, JF Personal Training ([www.jeanfry.com](http://www.jeanfry.com)). I'm extremely passionate about what I do and am so lucky to be in the position to impact lives for the better every day.

**13) How has powerlifting benefited you?** It's given me an outlet. I have always had a full plate, with multiple jobs, the Air Force and Ohio State, then throw in family and social life – forget about it! Training and competing, although demanding of my time, was what kept me sane.

**14) Where do you feel your success in the sport has stemmed from?** Everyone I have mentioned so far have contributed to the things I know, and am still learning. I was also an only child, so my parents could have easily said, “No way,” from the beginning. I am both lucky and grateful to them that they let me explore. I don't need physical competition to succeed; the discipline the military taught me and self-motivation is plenty. Long-term personal goals drive me, not who is going to do X meet at X weight class.

**15) What are your powerlifting goals?** PRO total at this year's Pro/Am (1,025 at 123); crack the all-time Top 10 list!

**16) Do you have advice for other girls who want to get into powerlifting?** If you want to be a powerlifter, be a powerlifter. Be proactive in your own training. Take the time to learn the training methods and history behind the sport; know why you're doing the things your doing, instead of sitting around waiting for someone to tell you what's next. Don't settle for being the “picture girl” at a meet, when you should be helping teammates by spotting or loading plates in the warm-up room. If it's too crowded, be sensible and get out of the way. You'll be respected more. If you're thinking of trying it, do it! Never be afraid of the weight. It's empowering. You must be able to both accept criticism and save social hour for after the meet. The platform is a place for business.

**17) Anything else you would like to add?** Lift heavy, eat smart, stay injury-free. Work hard, set goals, be patient and check your ego at the door. There are a lot of strong people in the world, but it's mental toughness that will surpass beyond the B.S. Those who don't have it will weed themselves out. **PM**





# POWER TEXTING WITH MARK BELL

I hope everyone enjoyed this installment of Power Text. I'm going on a 1,440-hour break. In the mean time, check out [www.SuperTraining.Tv](http://www.SuperTraining.Tv). Until next time, Big Sons!

## GET A GRIP

**Mark Bell:** What have you guys done to improve grip for the deadlift?

**AJ Roberts:** I don't train grip. My forearms always seem beat up as it is. When I had an issue of dropping the bar at meets all I did to correct it was hold onto it longer in training and not drop the bar on speed pulls. The added time under tension fixed the issue.



**Dave Hoff:** Good day, big son! Most of the time I do static holds with a mastadon squat bar, typically 4-5 sets of 30 seconds working with a double over hand grip getting up to 365-405ish. Also I get 35-lb. hex. dumbbells and stand them up and grip the top for 4-5 sets of 30 seconds.

**Brandon Lilly:** I do a lot of hanging with a weight belt on for time. I used to have fat grips I'd hang on with. I feel that works best for me. I used to do lots of plate pinches.

## THE GREAT ONE SHARES HIS WISDOM

**Mark Bell:** Hey, shrimp! Give me your top 5 favorite assistance exercises for powerlifting.

**Ed Coan:** No problem, chubs. Pause squats, close-grip benches, stiff-leg deadlifts standing on a 3-inch block, bent-over rows, reading and watching everything you can find on powerlifting.

**Mark Bell:** What are some things you ran into that made you weaker or set you back?

**Ed Coan:** Injury, a technique flaw that I didn't fix fast enough, overtraining — and getting involved in the politics of powerlifting can destroy you!

## SLING SHOT TALK WITH MY BEST(EST) BUDDY

**Mark Bell:** Yo Burdick, we are collecting data on what the Sling Shot does. Have you seen any common themes?



**Jesse Burdick:** Yes, fathead, I have.

**Mark Bell:** Well?

**Jesse Burdick:** Well, what? Ha ha, that's what you do to me all day long, prick! With the Sling Shot I have seen an increase of at least double the amount of reps when compared to the same weight raw. For example, I did 405 for 3 raw, then I hit 405 for 6 on the next set with the Sling Shot. I have seen this with many other lifters and athletes who I train.

**Mark Bell:** I wanna kill my whole face tonight in the gym. How should I do it?

**Jesse Burdick:** Front squats ought to bury that fat face of yours six feet under. Try 3 tough sets of 3 and try to actually break parallel, you fat cheater. Or if your double chins prevent front squats, destroy yourself with some good-mornings against bands or chains.

**Mark Bell:** Break parallel? I don't want to be 86ed from ST!



## BEND AND STRETCH, REACH FOR THE STARS

**Mark Bell:** Gumby, give me 3 basic things you'd do for an athlete to prepare for a heavy squat or sumo dead workout.



**Kelly Starrett:** 1) Get warm already. Bell, you're like an elephant leopard. It takes some time to actually get blood into your gigantic ass. I hear people doing crazy work sets then setting PRs. Congrats. You were finally lifting and properly warmed up. Prowler yourself to death prior to your main workout. Your big beautiful rear-wheel drive is like a matted-down grilled cheese with nails running through it. You've got ass lamination syndrome.  
2) Grab a lacrosse ball or a bottle of Mark Bell's Rogaine and start getting those tissues ready to slide.  
3) Get your hip capsule open and your hip in the right place. Grab a band and distract your hip while kneeling on the knee, and drive your hip out the back of your butt for 2 minutes. You will improve your mechanics, leverage and position. Ask Super D, it works.

**Mark Bell:** How long will all this take? I wanna lift!

**Kelly Starrett:** 5 minutes on the prowler, 2 mins per butt roll, 2 mins per hip mobility.

You spend twice that much time trying to wipe your butt.

**Mark Bell:** True. Will all that stuff make me weaker?

**Kelly Starrett:** Never. Bell, you were weak to begin with! This is not old-school static stretching, this is mobility work which will prepare you to be in better positions for the exercises you're about to do.

## HOOKIN'

**Mark Bell:** I have been messing with hook grip. How long does it take to get used to that shit?

**Alan Best:** (who has pulled 804 with a hook grip in competition): It will take a little while, but you never fully get used to the pain. If you are just starting out I would do dumbbell rows and bent over rows as a way of killing that nerve. Jumping into heavy deads is hard for most.

**Mark Bell:** I pulled 5 plates today that way, and ouch! I'll keep it up for 4-6 weeks and try the rows and stuff.

**Alan Best:** Just use in a meet because you never feel any pain when at a meet. Oh, and I weigh about 301 right now, so I'm officially a badass.

**Mark Bell:** That's disgusting. I love it!

## SINGLE-PLY VS. MULTI-PLY

**Mark Bell:** Rob, what do you feel is the difference between single-ply and multi-ply?



**Rob Luyando:** When I first started out in the sport I only used single-ply shirts — for no other reason than my dumb ass didn't know that multi-ply shirts were available. I didn't know much back then; I would throw on my shirt about two weeks out from a meet and see what I could bench full range.

**Mark Bell:** I don't recall asking you for your life history.

**Rob Luyando:** Shut the hell up, Bell.

**Mark Bell:** Sorry, Lord Luyando.

**Rob Luyando:** That training style worked for me back when I had a 500 raw bench and my best single-ply bench was 585 at 242. It took Tommy Harrison beating me at the state fair and Big Iron's Aaron Wilson handing my ass to me wearing double-ply denim shirts to get me realize I had a lot to learn. Harrison hit a 600 and Wilson a 620. I felt like a little girl who just got smashed.

I bought my first double-ply shirt shortly after that. I learned that I had to live in the shirt to learn it. And I did just that. I found that it wasn't as easy to go full range in multi-ply shirts as it was in single-ply. I had to introduce boards into my training to make the shirts work for me. My numbers started to climb fast over the next few years. I broke numerous all-time world records and suddenly found myself getting stale with training.

I looked back at my training for the single-ply vs. multi-ply to see what was different. The conclusion I came up with was that nothing was different. My speed was the only thing that seemed to change. Single-ply beats me up more because there isn't nearly the shoulder support as in a multi-ply shirt. The multi-ply beats me up more than the single-ply because of the heavier workload I am able to handle. So, to answer your question, Mr. Bell, the difference between single-ply and multi-ply lifting is the layers of ply.

**Mark Bell:** Thanks, Rob. Next time I want someone to carry on a conversation by themselves I'll give you a ring.

EASY AS

# 123

BY JIM SMITH, CSCS, RKC

**Author Bio**

*Jim Smith, CSCS, is a strength coach with [dieselcrew.com](http://dieselcrew.com). He co-authored the AMPED Warm-up System with Joe DeFranco at [ampedwarmup.com](http://ampedwarmup.com)*

## GETTING DEEPER IN THE SQUAT

Go to any gym in the world, and one thing is universal: you'll see someone squatting high. These lifters are typically new to training and have bad technique, are lifting weights too heavy for their current strength level or are too immobile to hit depth. For powerlifters and other strength athletes who have been training for a while, the latter is typically the issue. With years and years of box squats, full squats, good mornings and sled or prowler, their joints have taken a beating. And this beating comes with a price: immobility of the ankles, hips and upper back.

Now, when you lose movement in joints that require mobility, the stresses are distributed across the joints (above and below) that typically require stability. This means tight ankles, hips and upper back present themselves with knee pain, lower back pain and shoulder pain. But there is good news. Hitting depth again and easing the aches and pains can be as easy as 1-2-3.

### THREE STEPS FOR A DEEPER SQUAT

**STEP 1.** Increase the mobility of the ankles.

**STEP 2.** Increase the mobility of the hips.

**STEP 3.** Increase the mobility of the upper back.

The absolute best way to hit depth pain-free is to ensure that your warm-up is very thorough. If you spend 10 to 15 minutes before getting under any weight working on your mobility and breaking a sweat, you'll not only hit depth but you won't have all of the pain in your hips afterward.

For your lower body training session, the movements that you use to prepare for the workout should not only be bilateral (two feet side-by-side) but also single leg

training (staggered feet in parallel). This will help to improve your balance, coordination and glute activation, and provide a great dynamic stretch on the hip flexors. Movements like lunges (all variations), Bulgarian split squats with the rear leg elevated, one leg hip thrusts and step-ups should be incorporated.

Four other movements that can be used before your workout in the warm-up or progressively in between your primary movements are ankle mobilization drills, overhead band wall squats, hip flexor stretch (with rear leg elevated) and seated glute stretches. These movements will increase the mobility of your ankles, hips and upper back. This will be the key to hitting depth on your squats. **PM**

## ANKLE MOBILITY



### 1. ANKLE MOBILITY, 2-3X10 REPS ON EACH ANKLE

Stand facing a wall or on the side of a bench approximately 1 ft. away. Keeping your foot flat on the ground, drive the knee forward tracking over the foot. Ensure that the foot remains flat and in constant contact with the ground throughout the movement.

ment. The stretch is brief and is not held, as you will move into the tension and then back out.

## OVERHEAD BAND WALL SQUATS



### 2. OVERHEAD BAND WALL SQUATS, 2-3X10 REPS

Overhead band wall squats must be done in an upright position or you'll hit the wall. Start at approximately 1 ft. away from the wall and put your arms locked overhead stretching a jump stretch band. Make sure there is tension in the band and the arms are locked and "reaching up." Squat down without touching the wall. If you feel you are going to fall backward, place a bench behind you to fall back on. If you can perform the required repetitions without a problem, get closer to the wall. The goal is to work up to performing the required volume (sets x reps) while standing with both feet about 1 in. away from the wall. As you warm-up and get more mobile, your wall squats will start getting deeper and deeper.

## HIP FLEXOR STRETCH



### 3. HIP FLEXOR STRETCH (WITH REAR LEG ELEVATED), 2-3X10 STRETCHES ON EACH SIDE

Place a foam pad on the side of a bench. Kneel down and place one knee on the pad and the instep of the same side foot on the bench. The opposite leg should be planted in front a little beyond 90 degrees. While maintaining a neutral (straight) and braced torso position, place the hand on the back of the hip for the forward leg and drive forward stretching the hip flexor (rectus femoris) on the elevated leg. Do not hold the stretched position, but rather move into the tension and move back out. Also, do not lean forward to gain additional range of motion; stay upright with your posture throughout the duration of the movement.

## SEATED GLUTE STRETCH

### 4. SEATED GLUTE STRETCH, 2X8-10 STRETCHES ON EACH SIDE

Your front leg is bent and the back leg is straightened. As you lean forward, the goal is to lay flat over the front leg, while keeping the torso parallel to the ground. If there is knee pain during this movement, the front leg should be opened up to approximately 90 degrees.

Improving your overall mobility and incorporating a thorough warm-up will go a long way to helping you hit your goals of a deeper squat. Every lifter is unique; additional static stretching can be added within the pre-workout dynamic warm-up to address specific restrictions that prevent the proper execution of the primary lifts. This unique combination will help you hit your target worksets and remain injury-free. The key is to make these movements a priority in your workouts. **PM**



# INTERVIEW WITH STAN "RHINO" EFFERDING

BY MARK BELL

PHOTO CREDIT: PAVEL YTHJALL AND  
SOCALPHOTOGRAPHER

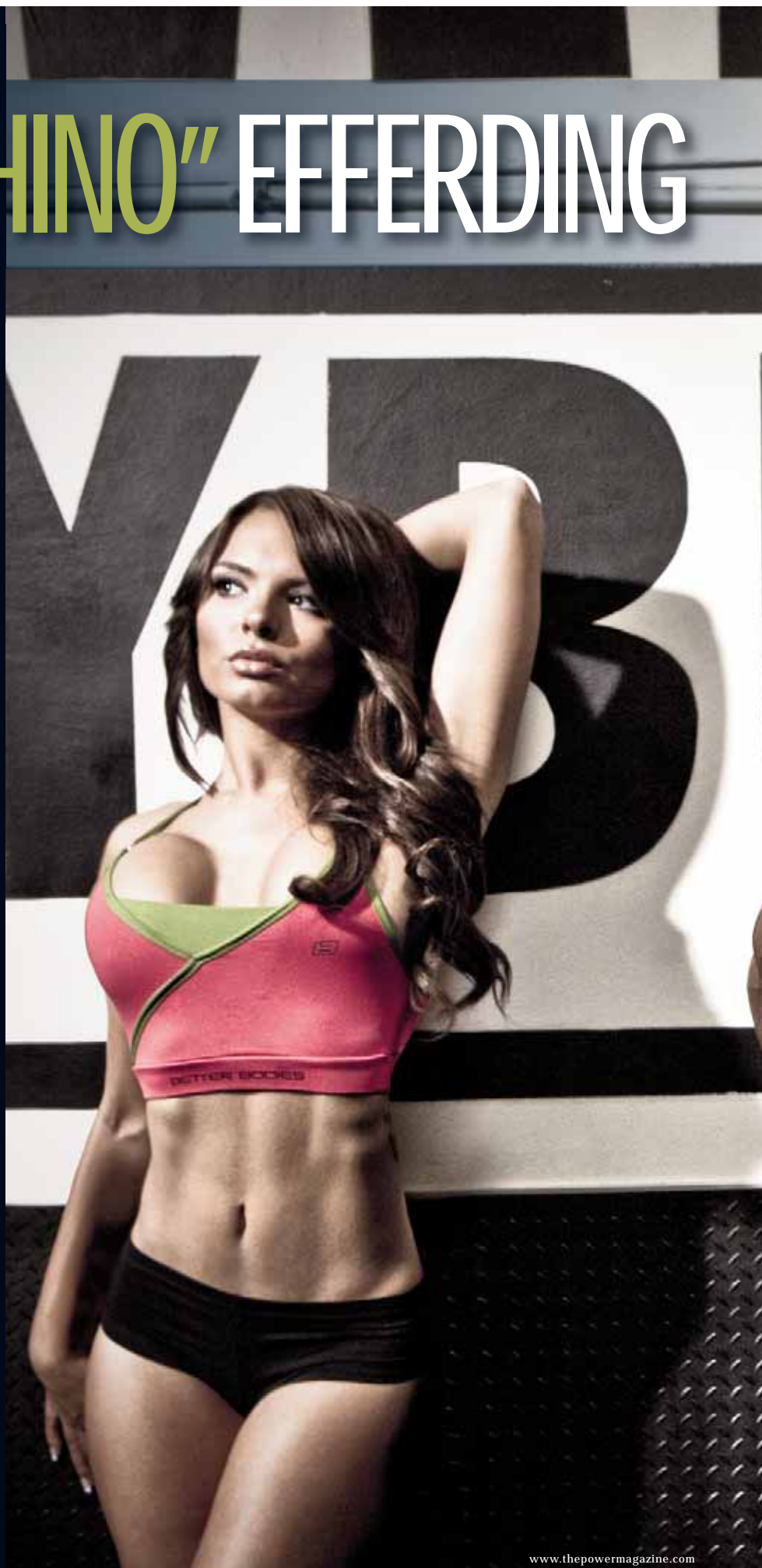
*A nut swinger's disclaimer: My name is Mark Anthony Bell and I can sometimes be found swinging off of Stan Efferding's fun bag. There, I said it — now get in line so you can swing next.*

Stan Efferding, aka Rhino, has a fitting nickname, as this beast seems to be made out of something different than the rest of us. He's perhaps the most well rounded raw powerlifter ever. Efferding's best are a 854-lb. squat, 606-lb. bench and 793-lb. pull.

I remember the first time I saw him deadlift. I thought to myself, There is something different about this dude, even aside from all the strange breathing and noises he makes. Bellowing through the gym, I hear, "Haaaatiiiightttt upppp! Shooowssshhhh!" I said, "Um, Stan, you made all that noise for only 315 lbs.!" He said, "I did? I don't know. I'm old. I make that noise just sitting down sometimes."

Before Efferding ever came to Super Training I told my team that no one would ever come in there and impress me. I trained in dungeon gyms from the time I was 12 or 13. I saw Shawn Sarles curl 225 lbs. for reps; I saw Mike Pizzanno squat 765 for a triple in a cheap belt, jeans and work boots at Mid-Hudson Bodybuilding; I saw Joe Garlip punt my New York Jets football into the woods ... mother f\*cker! Oh, whoops, I got off track.

As I got older I trained at Gold's Gym in Venice, Calif., and I saw some high-level bodybuilders doing all kinds of crazy stuff. I trained at Westside Barbell and I saw Chuck V., John Stafford, J.L. Holdsworth, Dave Tate and Joe Bayles crush huge weights. I saw world-record lifts smashed right in the gym. I saw Chuck V. pull and squat with such precision and strength that it didn't matter what weight was on the bar!







**“I WAS THE 98-LB. WEAKLING, FOR REAL. I WRESTLED AT 98 LBS. IN HIGH SCHOOL AND DIDN’T HAVE TO DIET. I WAS 140 LBS. WHEN I GOT TO COLLEGE AND COULDN’T BENCH MY OWN BODYWEIGHT.”**

But when Efferding walked into Super Training for the first time, I must admit I was impressed. He squats like he’s winding up a crank. The descent takes a good six-Mississippis, and it looks like he’s squatting in four layers of powerlifting equipment but he’s just wearing a belt. Then all the sudden some crazy explosive power comes from within and he lets out this loud battle cry (or mating call?): “Haaaashaaauppppp!” He then reverses the weight like he’s going to jump out of the gym. The scary thing about Efferding, other than his face, is that he prepares for a power meet in a six- or seven-week time frame. His 2,226-lb. raw total with just a belt and some chalk is not too bad for a guy who’s a part-time powerlifter.

Before we get rolling, Efferding’s No. 1 fan — his mother — wrote in to Power. “When Stan was 14, he went to school, played soccer, held down three jobs, kept his room clean and balanced the books for one of his employers who just couldn’t seem to do it,” writes Connie Efferding. “Stan was able to handle all of that and more. How? Did you ever try to hold a rhino back? You didn’t hear any of this from me.”

## THE INTERVIEW

**MARK BELL:** How did you get that nickname “Rhino?”

**RHINO:** I was training with Flex Wheeler in San Jose, Calif., in summer 2009. Flex was preparing me for the Masters Nationals and he nicknamed me the ‘White Rhino’ because I was pushing a lot of weight around during training. I think it’s more likely because he

had a hard time remembering ‘Efferding,’ and his other nicknames weren’t fit to print!

**MARK:** Most people don’t like to talk publicly about finances, but most people are also broke as a joke. I had the chance to crash at your hizzy and it’s something straight out of MTV cribs — complete with a Bentley, Rolls-Royce, hyperberic chamber, hot tub, jet skis and a crazy view of the American Lake. Not to mention a theater room — not a TV room, but a movie theater with 10 leather recliners! So, what the hell is your deal? Do you import cocaine? Or were you born with a silver spoon in your mouth and mommy and daddy bought you that house?

**RHINO:** Ha! I wish it were that easy. It’s been a long time coming. For my 12th birthday my mom got me a job at 7-11 and I’ve been busting my ass ever since. I’ve delivered newspapers, flipped pizzas, worked at a bakery, loaded trucks for UPS, managed apartments and worked heavy construction to put myself through college.

After college I worked for 12 years doing maintenance (plunging toilets) and managing progressively larger multi-family properties. After that I spent a few years as vice president of a telecommunications company. Using my hard work ethic and the intellectual property I earned from my business experience, I finally ventured out and started my own telephone company. I sold my house, cashed in my 401K, ran up \$120,000 in credit card debt and spent a year eat-

ing dollar meals at McDonalds before I finally turned a profit. Eventually it became a very successful venture with 100 employees serving customers in 25 states.

I invested my earnings in real estate for a number of years. I purchased, operated and sold multi-family properties, invested in commercial real estate and built single-family subdivisions.

You and I met after the real estate market crashed. Investments had dried up and nothing was selling, so I had a lot of free time on my hands. I spent this time training and returned to competitive bodybuilding and powerlifting, which I had put on hold back in 1997 to pursue my career. I get bored easily, so I also started a company in Dallas and opened a gym in Washington to keep my mind occupied while I was training.

So, no cocaine, no silver spoons, no overnight successes, just three decades of blood, sweat and tears.

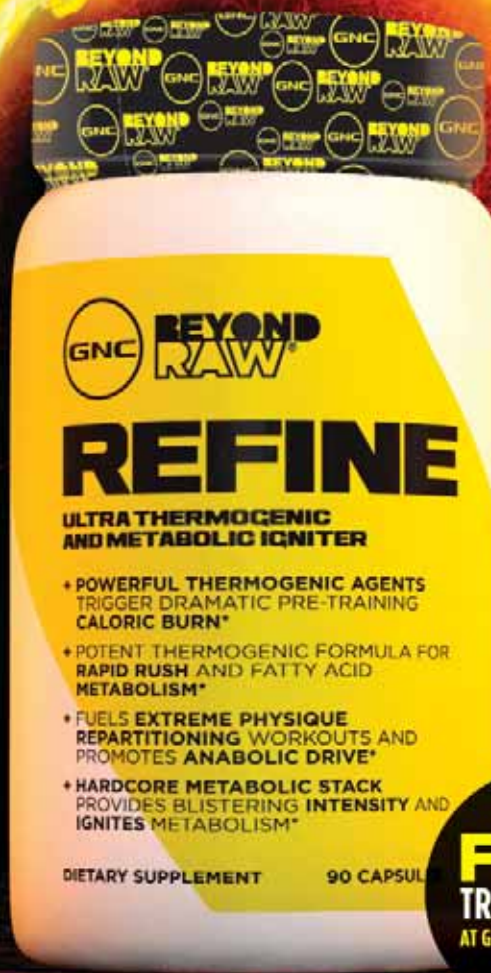
**MARK:** Tell us about your gym. I heard that you sell raw milk there. Is the milk raw because you drink it and you lift raw? Or is the milk from cows that have never been in a squat suit?

**RHINO:** After training with you at Super Training Gym, I realized the benefit of having the right equipment and the right atmosphere to help improve my powerlifting. I tried driving an hour or more to train with powerlifters in my state, but it was hit-or-miss and the facilities weren’t complete or were only open certain hours, so I just opened my own gym. I filled it with all the hardcore pow-



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erlifting and bodybuilding equipment I needed, such as a Monolift, Forza presses, boxes, chains, bands, dumbbells up to 200 lbs., bodybuilding equipment, cardio, circuit training, Crossfit, specialty bars and Olympic bumper plates. Then I put in an automated access system so it's open 24 hours.

Flex Wheeler and I collaborated on the business plan and used his name to help promote the gym. We now franchise the concept for other gym owners. Readers can check it out online at [www.FlexWheelerFitness.Com](http://www.FlexWheelerFitness.Com).

As for the raw milk, I drink it because it still has all of the vitamins, minerals and digestive enzymes, which are otherwise destroyed in the pasteurization process. I buy it from a local dairy and keep it my cooler at the gym for myself and members.

**MARK: Why are you such a jerk? You're 275 lbs. with 5 percent body fat, you're the strongest bodybuilder ever and one of the strongest raw powerlifters of all time, and you're loaded. I mean, seriously? You might have best combo of being the most ripped, jacked and richest person in the world. What drives you to be the best?**

**RHINO:** I've never looked at it that way. I only see the shortcomings and those goals that still remain unrealized. I didn't grow up big, strong or rich, so it's not part of my identity.

I was the 98-lb. weakling, for real. I wrestled at 98 lbs. in high school and didn't have to diet. I was 140 lbs. when I got to college and couldn't bench my own bodyweight. I was on a soccer scholar-

ship and my coach told me to hit the gym and pack on some mass. I spent the summer lifting and was hooked. I quit soccer and started training. But I did everything wrong, and after three years of training I was still only 160 lbs. *Diary of a Wimpy Kid* – that's who I see when I look in the mirror, not the Rhino.

That perception has been only further engrained in me, as I've never been the biggest or the strongest guy in all the years I've been training. Not even in my own gym. I began my training with IFBB pro bodybuilder Aaron Maddron when we were teenagers, and he was massive even then. When he moved I began training with 300-plus-lb. collegiate and professional football players. I've always been the smallest. It's funny because I've never seen myself as strong since I always trained with guys that were bigger and stronger than me, and I was just trying to lift as much as them.

After 10 years of "bodybuilding" I totaled 2,000 lbs. in the first three-lift meet I ever entered – and was surprised I won. I had no idea if that total was good or bad. I was just lifting what we tried to lift in the gym. I wasn't training with powerlifters, didn't have a powerlifting coach and had never been to a powerlifting meet.

Even now, when I travel to train with Flex or to Gold's Venice to train with Charles Glass – or training with you and your team at Super Training in Sacramento or with Eddie Coan at Quads Gym in Chicago – I'm constantly humbled by the level of talent. Hell, I've even trained with that damned teenage phenom Eric Lilliebridge, who squats and deadlifts more than me! I need to find a gym with weak people.



**SETH FEROCCE**  
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**“I EAT AT LEAST SIX TIMES A DAY AND CONSUME APPROXIMATELY 2G PROTEIN PER POUND OF BODYWEIGHT. I EAT ALL ANIMAL PROTEINS, SUCH AS EGGS, STEAK, CHICKEN AND FISH. I EAT PLENTY OF COMPLEX CARBS, LIKE OATMEAL, RICE, POTATOES AND YAMS.”**

You get the point. I've just always tried to do the best I can with what I've been given. I try to learn as much as I can and to be as disciplined as possible in order to continue to improve. Always being the smallest meant that I've had to work harder and be smarter to keep up with everyone else. Every meal, every workout and every hour of sleep became a necessity, not a luxury.

**MARK:** Okay, let's try and figure this out right now. People really want to be big, strong and ripped like Rhino. So how can our readers grow a horn and become “Rhino-like”?

**RHINO:** It's 90 percent nutrition. Training is the fun part. It's the eating that takes all the discipline. Sure, I spent years training hard and heavy, but that only broke down the muscle tissue and created the stimulus for growth. It's the recovery phase, eating and sleeping, where all the growth occurs.

I eat at least six times a day and consume approximately 2g protein per pound of bodyweight. I eat all animal proteins, such as

eggs, steak, chicken and fish. I eat plenty of complex carbs, like oatmeal, rice, potatoes and yams. I also take in plenty of fats, mostly mono-unsaturated and poly-unsaturated. I use coconut oils, macadamia nut oil, olive oil and peanut butter.

When I need to lean out I'll actually add a meal and reduce my overall carbs. It sounds counter-intuitive, but as much as 80 percent of your daily calories are burned by your metabolism, not from cardio or training, so I stimulate the metabolism with more meals and let my body do the work for me. When dieting for a bodybuilding show I work up to nine or 10 meals a day around the clock, and the fat melts away while I preserve muscle tissue. Cardio will just strip away muscle and make you smaller and weaker. When I reduce carbs, I eat them only for breakfast and post-workout so they are used to replace muscle glycogen and not stored as fat. I never drastically reduce mono- and poly-fats, never miss meals and never completely cut out carbs. That's a quick way to get weak!

To gain weight, I reduce the number of hours I spend in the gym, sleep more and add more fats to my diet. Remember, muscle is protein, but the muscle cell that manufactures muscle is made up of protein and fat. The mono- and poly-fats penetrate the fatty muscle cell membrane much easier than saturated fats, so it's important to understand that not all calories will yield the same benefits for your body. I also avoid lengthy cardio sessions and only use brief sessions on the bike to stimulate blood flow and clean out lactic acid as a recovery aid the day or two following leg training. Maybe two 10-minute sessions daily, as needed, after leg day for a few days.

At my age, 43, I'm careful to get enough rest and sleep. I also incorporate massage therapy to help with recovery and I ice post-workout even when I don't have pain, so I can stay ahead of repeti-

tive strain injuries and/or tendinitis. I ice religiously, strapping ice pads to my elbows, hip or knees as needed for a few hours post-workout and at night, 20 minutes on, 20 minutes off. It's the No. 1 therapy recommended by surgeons and sports medicine doctors, but it's the least-used by athletes because they think popping a Tylenol will do the trick and icing is a pain in the ass. A few years ago I couldn't even do a leg extension because my knees were so bad with tendinitis. It taught me to be more disciplined with warming up, icing and resting. I went from thinking I could never compete again to squatting 800 for doubles with no knee wraps, and no pain. I won't use Cortisone shots at all or NSAIDs for any extended period of time because cortisone weakens the joint and NSAIDs prevent the joint from rebuilding itself. I had great results using Pentosan Equine, which both reduces inflammation and rebuilds cartilage and helps repair joints.

I won't do exercises that cause joint pain, opting instead to

Stan deadlifting 793 lbs. without a belt.



choose exercises that don't hurt. Holding the bar while squatting puts tremendous strain on my elbow tendons, so I only squat with a straight bar every other week and use a safety squat bar for the other workouts to let my elbows recover. Squatting also puts a lot of stress on my hip, which has a bad calcium deposit, so I use a squat box most of the time to prevent hip pain. I even do my warm ups at a meet off a box to save my hip for the platform when I need it.

It's the same with heavy benching — lots of strain on the shoulders and elbows — so every other workout I use bands and a two-board to keep myself from going too deep, which places most of the strain on the joints. On heavy days I always use elbow wraps or the Sling Shot in all my warm-up sets, and might only do a couple raw sets for my max raw doubles and triples to minimize repetitive strain. I do the same at a meet. You'll always see me in elbow wraps for my warm-ups. I save everything for the platform. There's a big difference between tendon strength and repetitive strain. Rep after rep on a naked elbow doesn't improve tendon strength. Stressing it with a few heavy doubles and letting it recover will build tendon strength. Repetitive strain is just strain. Endless sets and reps won't build muscle or joint strength.

Coming from a bodybuilding background, I've always trained all of my muscle groups from a variety of different angles. I didn't know it at the time, but the main reason I'm strong is because I have balanced strength and no weaknesses. It's important to use ancillary exercises when powerlifting. In Eddie Coan's book, he

talks about how he would start with his basic powerlifting movement and then move on to supporting exercises with a variety of rep ranges to build strength, mass and to balance out his physique so he didn't have any weaknesses.

I don't have a crazy squat like Malanichev or an insane deadlift like Konstantinovs, but I'm sufficiently strong and balanced at all three movements, which helps me achieve a big total.

With my diet, I train my metabolism slowly over a couple months to handle more food, much the same way you train your muscles to handle more weight — progressively. If you only bench 200 and want to bench 400, you can't go into the gym tomorrow and load 400 on the bar and ask for a lift-off. Trying to stuff yourself full of 7,000 calories won't work, either. I train my metabolism by starting with a certain volume of food I can handle, then bump it up each week or every other week as I become hungry and can handle more food. I might start with four eggs and a half-cup of oatmeal for breakfast and gradually work up to six or eight eggs, a cup of oatmeal and a banana by slowly and incrementally adding more food. I might start with an 8-oz steak and a half-cup of rice, then increase that slowly to 10 oz then 12 oz and my half-cup of rice will build to three-quarter-cup and then a full cup as I can handle more food. It takes discipline to measure each meal and eat all five meals, then add a sixth and keep increasing the volume. Sometimes I have to wake up at 6 a.m. and get my first meal in, then go back to sleep and wake up at 8 a.m. for meal No. 2. By starting early, I can get more meals in. Sometimes I'll



also eat my last meal before bed at 10 p.m. and have a protein shake and some peanut butter sitting on my nightstand so I can get up at 1 or 2 a.m. to slam it down and go back to sleep. That's how I get stronger and stay lean at the same time.

As for supplements, I'm a big believer in food first and only using supplements to augment a meal, never in place of a meal. I like to eat all my food, not drink it. Even when I travel and can't take all my meals, I sometimes stop and grab a grilled chicken breast sandwich at Subway or a fast food place (always without cheese or mayo, of course) and it's times like these when I have a protein shake and aminos to help augment that meal to get enough quality protein. I'll also drink a protein shake post-workout to get lots of pre-digested whey to the muscles quickly (75g) – but I'll eat carbs, usually white rice, so my body has something to chew on.

I take ZMA (zinc and magnesium) every night. I take a multivitamin daily and add some extra vitamin D since I live in the mostly overcast northwest and don't get much sun. I drink glutamine during my workouts and I take glucosamine and chondroitin for my joints. I take omega 3s and, although I do add fruits and vegetables to a number of my meals, I also supplement a small amount of fiber to reach my 30 to 35g a day. I can handle a small amount of creatine, 5g daily, but more than that will cause me to cramp no matter how much water I take in. When I'm "dieting" for a bodybuilding show, I eat less red meat (two meals with steak a day, down from five) and take in more chicken and fish, so I'll add some free-form aminos to those meals. Chicken only yields about 9g of protein an hour while it's digesting, so I like to hit myself with another 10 or

20g of aminos, which my body will utilize quickly while the chicken digests. I take a non-stimulant energy formula that has a host of great ingredients that help with energy and fat mobilization, such as CoQ10, L-Carnitine, B12, chromium, etc. I don't take stimulants to train because they increase cortisol release, which everyone knows is bad! I also don't want to attenuate to stimulants, such as caffeine, in case I need them at a powerlifting meet when I want my body to respond to them.

I get blood tests at least quarterly for a good look at where I'm low or high on many different important markers. If you don't know what your body needs, then how do you know where to supplement? I go online to [www.privatemdlabs.com](http://www.privatemdlabs.com) and order the "male ultimate aging profile," which has four pages of tests that include proteins, blood sugars, cholesterol, kidney and liver enzymes, cardiac risk, prostate specific antigen, iron levels, c-reactive protein, hormone levels, etc. It's an invaluable tool you can use to optimize performance.

In summary, I've used all of the tools available to me with incredible consistency and discipline over many months and years in order to achieve my goals. I constantly evaluate my performance and when I'm not making progress it's always because I'm not doing everything I'm suppose to. It's never someone or something else, and there's no one to blame but me. That's what I love about both sports. The more you put into it both mentally and physically, the more you get out of it.

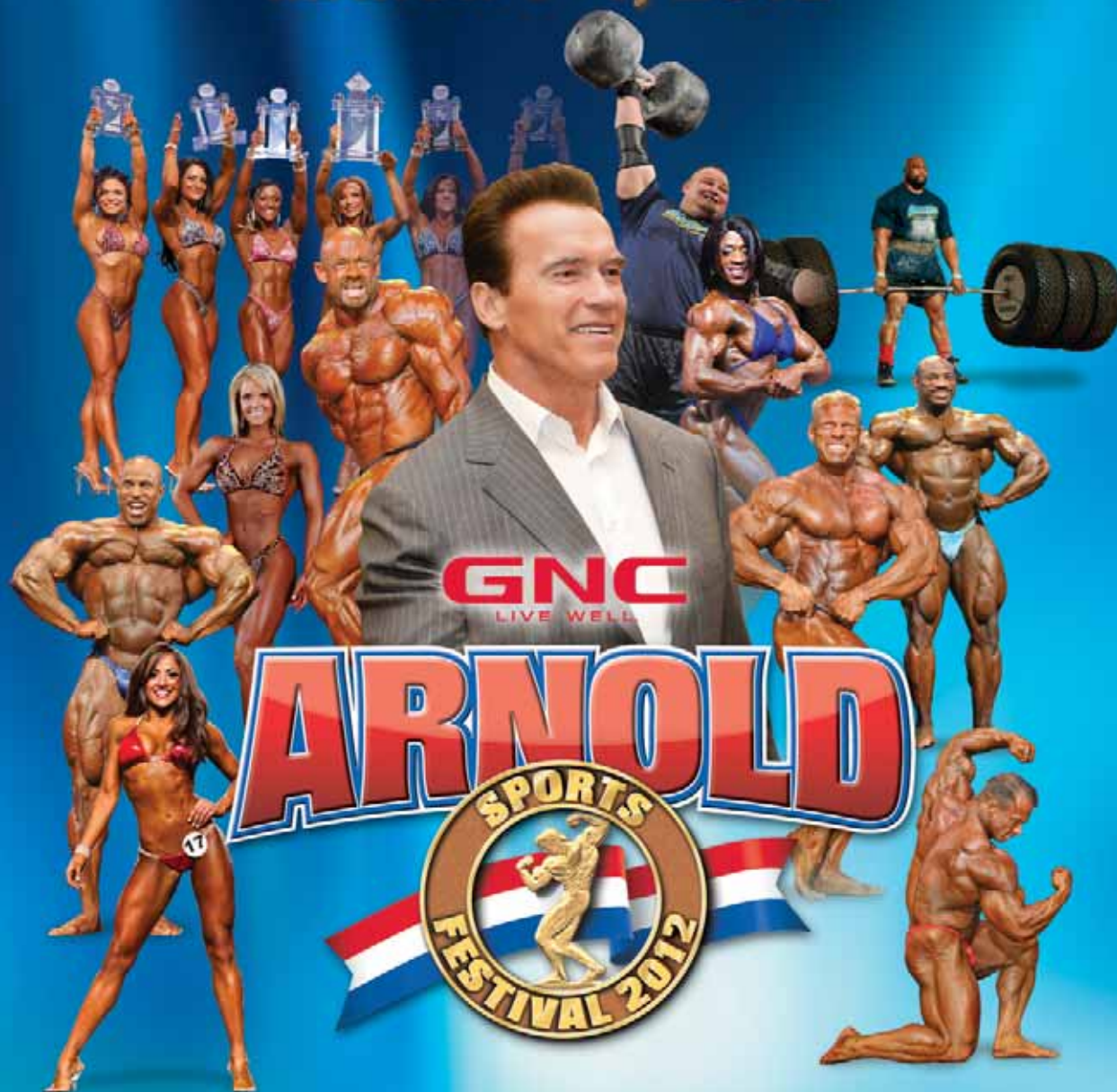
**MARK:** Wait a minute! I watch Oprah all the time and I never heard her speak such nonsense as this, "As much as 80 percent of your daily calories are burned by your metabolism, not from cardio or training. I stimulate the metabolism with more meals and let my body do the work for me." This can't be true for people who really want to drop body fat, right? I mean, I thought models and actors just didn't eat at all? You eat more often and burn more calories, and don't need cardio? Are you trying to make everyone fat?

**RHINO:** We all love Oprah, but she's perfect testimony to the failure of dieting and cardio and she's acknowledged it many times on her show with her roller-coaster weight problems. Weight Watchers and jogging strip off as much muscle as fat. The body becomes less efficient at burning calories and eventually they will gain all the weight back, and more, as soon as people stop starving themselves.

By feeding your muscles, your metabolism will drastically increase and your body will burn more calories while at rest. The muscles are the engine that burns the fuel. The more muscle you have, the more fuel you will burn.

Cardio is the least effective tool you have at your disposal to burn body fat. I can't tell you how many women have come to our gym frustrated with their body fat and tell me they jog 5 miles and eat twice a day. It's not rocket science. It's simple and it's 100 percent effective. Eat at least five meals a day. Consume 50 percent of your calories from quality lean animal protein sources included in each meal. Then 20 percent of your calories come from complex carbohydrate sources eaten at breakfast and post-workout meals only. The remaining 30 percent of the calories are primarily from mono- and poly-unsaturated fats. Do a brief, intense cardio session upon waking on an empty stomach and do heavy resistance training at least three days a week. It's simple and 100-percent effective. Hey, I thought

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this was Power magazine. How did we get to Oprah?

What powerlifters need to know, Mark, is that you went from 320 lbs. to 275 lbs. and got stronger utilizing the same nutrition methods.

As a matter of fact, I just got a call from powerlifter Bryan Hall, who has worked extensively with Josh Bryant and Ryan Kennelly, and we were discussing the very same methods which he used to get down from 320 lbs. at 25 percent body fat to 290 lbs. at 15 percent body fat and brought his waist down from 48 to 39 inches. It works for everyone, whether you're a housewife trying to fit in a bathing suit for the summer or a fat-head powerlifter who reads Power magazine.

**MARK:** Let's talk more about your training. Give us some ideas/principals Rhino follows along with a sample workout or two.

**RHINO:** At the end of the day, you have to train extremely heavy and hard for many years if you want to be freakishly big and strong. I push myself to the limit in the gym. It's not entertainment or a social hour for me. I'm there for one reason and one reason only: to get better. Sure, I have fun. Everyone who's ever trained with me knows I love it, but it's only because I'm busting my ass and getting results. That's what makes it fun for me.

Having said that, it's not all physical. To compete at a professional level you have to train smart. I've already shared a great deal of information about my diet, training and recovery, but it's very important for me to add that there's no substitute for great coaching. My best raw PL total was 2,070 lbs. before I had any coaching.

Six months after that total and with two months of intense daily coaching with you at Super Training Gym, I increased my raw total by more than 150 lbs. to 2,221 lbs. And I had already been training and competing at a very high level for more than 20 years! It's all documented on numerous YouTube videos. Both meets: the 2,070-lb. raw total in March 2009 and the 2,221-lb. raw total in September 2009, along with much of the preparation training we did in July and August.

We just proved it wasn't a fluke when I took off the knee wraps and beat my wrapped raw total with a new PR and world record 2,226 lbs.

You drastically changed both my bench and squat form, tweaked the deadlift and used strength training techniques I had never used before, such as boxes, chains, bands, partials, lockouts, floor presses, etc. Up until that point I was really just a strong bodybuilder. You made me into a world record powerlifter.

I think readers will get more detailed information about workouts from checking out your site and training videos at [www.SuperTraining.TV](http://www.SuperTraining.TV).

I will, however, add my own experience regarding recovery time. At 43 years old, my body won't recover from two squat workouts and two bench workouts a week. I had to listen to my body and either sit out or shorten some of the training sessions while at Super Training. It was hard for me because I'm a competitor and I wanted to challenge everybody for every set and every rep. Ultimately, I had to focus on what would make me strongest for the meet so I could only squat once a week and only deadlift every other week. For benching, I could train one heavy day and one speed day. That's it. I train less than four hours a week for optimum strength. The rest is eating and resting to recover and grow.

**MARK:** Wow, you sound like a big baby: eating, sleeping, eating, napping, eating, pooping your pants and crying. Growing up my favorite athlete was Bo Jackson. He could hit a home run one day and score a touchdown the next. I admired that this guy was a top-level, two-sport athlete. Now, let's be honest, what Bo did and what you're currently doing are quite different. However, you are basically a two-sport pro athlete. Tell us some of the differences that make it tough and tell us some of things that crossover into both sports.

**RHINO:** It's physically challenging to compete in any sport at an elite level. I've read many studies in many countries that demon-

strate that more athletes fail mentally than physically. They might not end up in the looney bin, but they become crippled with self-doubt and are unable to emotionally manage the highs and lows of training and competing. They burn out.

Flex constantly used visualization techniques with me and helped me to understand that “where the mind goes, the body will follow.” I think competing in both sports is actually an advantage for me because when I get mentally exhausted from bodybuilding (dieting, posing, daily doubles, etc.), I look forward to training heavy and getting strong again. When my body gets tired of heavy-ass powerlifting sessions, my CNS gets overloaded and I’m exhausted from the added bodyweight, I can look forward to trimming down and chasing pumps in the gym again for my next bodybuilding prep.

It does hurt me a bit because heavy squatting and deadlifting creates a thick muscular core, detracting from the ideal bodybuilding physique, which rewards a smaller waist. Also, for me, my legs don’t respond to low reps (doubles and triples) so powerlifting restricts my leg development. For size, my legs respond to more repetitions and I should ideally spend a full year or 18

almost an hour of warm-ups to build up to squatting an 800-lb. double, but an hour is a general rule. I need to get out, eat and recover!

**MARK: Give us an example of how you train to be a fat, bloated-faced, strong-as-an-ox powerlifter vs. how you train to be a skinny, tan, vascular, ripped bodybuilder.**

**RHINO:** I’ve covered some of this, but powerlifting is more fats, larger meals, more sleep, fewer training sessions, fewer reps (two to five), heavier weights.

Bodybuilding is less fats, smaller more frequent meals, daily training splits (large bodypart in the morning for 40 minutes, small body part in the evening for 20 minutes) for more reps (six to 12).

Of course, when bodybuilding you have to mow your back (man-groom) so there isn’t a big jungle bush hanging out of your Speedos, tan so the lights don’t reflect off of your pasty polar bear skin when on stage, drop water to be shredded and have some other dude in a Speedo rub oil all over your body before you go out on stage. It would sound pretty gay until someone sees you and the fat fruit-cakes on your powerlifting team putting each other’s lifting gear on. Now that’s gay.

## “AT THE END OF THE DAY, YOU HAVE TO TRAIN EXTREMELY HEAVY AND HARD FOR MANY YEARS IF YOU WANT TO BE FREAKISHLY BIG AND STRONG.”

months building more volume in my legs if I want to improve my placing in bodybuilding.

Occasionally, some couch potato will chime in claiming I could do better if I’d just choose one sport or the other. I’m not sure how much better I could do. I earned an IFBB Pro Card and set a couple powerlifting world records, so I must be doing something right.

At the end of the day, I do what I feel like doing, what I enjoy doing and I do it for myself and nobody else. All the rest is gravy!

**MARK: Tell the people of Power how you train. Give us some bullet point tips that we can take to the gym with us.**

**RHINO:** On average, I’ll train each body part once a week. I’ll train a heavy basic movement first and select a rep range based on what I’m preparing for. It’s two to 5 reps for powerlifting or five to 12 reps for bodybuilding. Except for bodybuilding leg training, where I shoot for 20 reps. Still heavy, but more reps. For instance, I might squat 500 for 10 reps then immediately jump on the leg press and knock out another 10 to 20 reps with 10 to 14 plates on a side. After a heavy basic I will select another exercise and do two heavy, hard “growth” sets. I don’t warm up again and I don’t pyramid the weights and reps. I just grab the heaviest weight I can handle for six reps then my spotter helps me with two more, then I do a negative or two. You don’t have to do a lot of volume if you’re using maximum intensity. It looks a lot like Dorian Yates program and Mike Mentzer before him. I’ve been training for more than 25 years, so I’ve seen and tried it all. This method is most effective for me. I have light days where I don’t push myself as hard, but it’s based on how my body feels.

I try to train for less than an hour, maybe three or four times a week at most. Powerlifting sessions take longer because it takes me

**MARK: Can you give us three tips for bodybuilders to gain size and three easy things powerlifters can do to shed some body fat?**

**RHINO:** To gain size bodybuilders need to eat more, train less and use heavy, basic movements.

To shed fat, powerlifters need to increase protein intake, increase meal frequency and time their carbs so they are utilized as muscle glycogen and not fat (breakfast, post-workout).

**MARK: In closing, what’s next for Rhino? Marriage? More world records? Chase down the all time raw total regardless of bodyweight?**

**RHINO:** For the first time in three years, I don’t have a firm plan. Between powerlifting and bodybuilding, I’ve competed about every 90 days for the last three years. I’m just enjoying training for the time being. I had planned to defend my World’s Strongest Bodybuilder title at the Mr. Olympia this year, but nobody stepped up to challenge me so it’s not going to happen. I’ll have a booth at the Olympia (booth #228) with you and Flex Wheeler, which should be fun.

I have my eye on a number of things. I placed ninth at the IFBB Flex Pro this year and I’d like to improve on my performance and take a top-five placing in an IFBB show in 2012.

I took KK’s 275-lb. raw world record this year and I’d like to take his 308-lb. raw world record, as well. And, of course, I always have my eye on John Cole’s 2,250 raw total set in 1974.

So much to do, so little time to do it. I turn 44 this year. My window of opportunity closed years ago, but somehow I keep making improvements. So long as I keep getting better, I’ll keep competing. It’s like I keep saying, “I’m one good injury away from retiring.”

Wish me luck! **PM**

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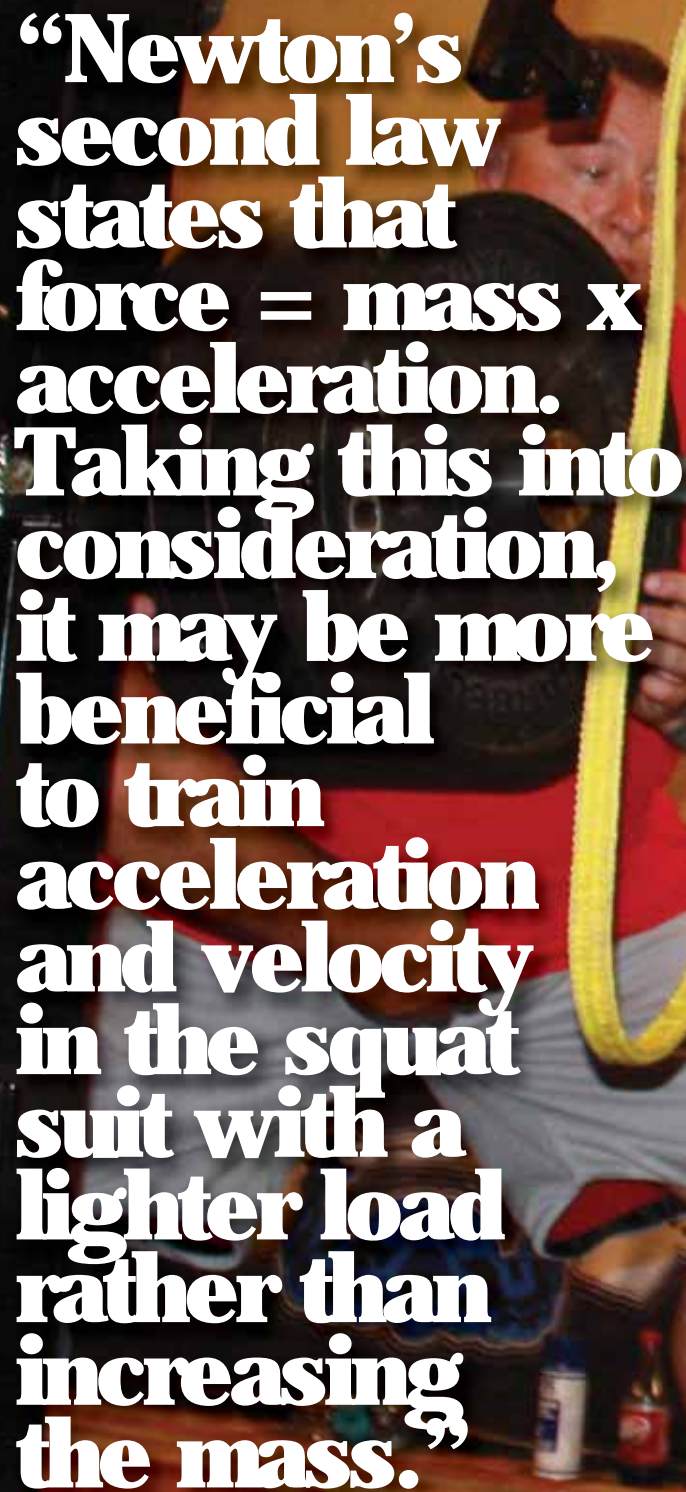
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# THE SCIENCE BEHIND THE SQUAT SUIT

BY JARED SKINNER

**Over the past few decades we have witnessed the evolution of the sport of powerlifting, from meager beginnings as a series of circus “odd lifts” — where lifters’ idea of gear was a leather belt and an uni-tard — to the superhuman level that it has evolved into today. But what has changed over the past 70 years?**

Humans haven’t evolved to be faster or stronger. It is true that we have learned more about the mechanics and physiology of the human body, thanks to the research done in labs and universities. We have revolutionized powerlifting training programs and technique, thanks in part to Louie Simmons, the late Rick Hussey and countless others. But what has pushed the sport to where it is today is the advancement of the equipment that we use. Theoretically, powerlifting equipment has the potential to double an athlete’s best raw lift. There is no argument as to the effectiveness of the equipment; this has been proven in countless meets with thousands of different lifters. However, no scientific data exists to substantiate these claims. Until now.



**“Newton’s second law states that  $\text{force} = \text{mass} \times \text{acceleration}$ . Taking this into consideration, it may be more beneficial to train acceleration and velocity in the squat suit with a lighter load rather than increasing the mass.”**

*Jared Skinner squatting 1035 lbs. at 220*



## THE RESEARCH

The study is entitled, “Kinetic and kinematic analysis of the squat with and without supportive equipment.” What the #&%@ does that mean? In layman’s terms, the study examines how athletes’ performance variables and movements changed with and without the squat suit. So before we get to breaking down the study, let’s make sure we cover the basics.

The performance variables examined in the study were force, velocity and power during the eccentric (descending) and concentric (ascending) phase. The term “force” is defined as a push or pull action of a particular body; in this investigation we are concerned about the amount of force our body exerts on the barbell. “Velocity” is defined as the rate at which an object changes its position; in other words, the speed at which we are able to move the barbell. Lastly, “power” is described as the rate at which energy is used or created from other forms, or the amount of force it takes to move the barbell a particular distance over time. The study also focused around bar path and was analyzed during the squats.

There are currently no investigations that have reported on the biomechanical implications of using the squat suit, examining the differences in peak force, velocity, power and bar path. It is theorized that this is due to the suit’s ability to store elastic energy during the eccentric phase of the squat and the release of it in the concentric phase. The same effects are observed with squats that utilize the stretch shortening cycle.

## THE TESTING PROTOCOL

The testing was divided into three sessions, each separated by at least one week. Participants were asked not to perform any lower body activity for the 72 hours pre- and post-testing to ensure minimal fatigue and adequate recovery between the multiple sessions. Eight elite or professional-level male powerlifters who displayed competent technique in utilizing a squat suit and had a minimum of four years of resistance training and powerlifting experience were utilized for this investigation.

Day 1: A squat one repetition maximum (1RM) was assessed after an appropriate warm-up protocol. The warm-up protocol consisted



**“THE PERFORMANCE VARIABLES EXAMINED IN THE STUDY WERE FORCE, VELOCITY AND POWER DURING THE ECCENTRIC (DESCENDING) AND CONCENTRIC (ASCENDING) PHASE”**

of multiple repetitions at loads equal to 30 percent (8-10 repetitions), 50 percent (4-6 repetitions), 70 percent (2-4 repetitions) and 90 percent (1 repetition) of the subject’s estimated 1RM. During all attempts, subjects were required to lower the bar to a point where the knee angle was 70 degrees. Subjects’ foot placement, bar position and rack height were recorded and used for the remaining testing sessions until the subject completed the study. It is important to note that the subjects were instructed to perform the 1RM testing in the same style of foot placement and bar position as if they were squatting with or without a squat suit.

Day 2 and 3: Session two and three involved, in a randomized order, squatting either with or without a squat suit. Two repetitions with five minutes of rest between each repetition were recorded for trials utilizing 80, 90 and 100 percent of 1RM, also in a randomized fashion. Each participant used a suit that was tailored to fit the subject based on the subjects’ height and measurement of the waist, hip, chest and upper thigh.

Results: Results indicate that peak concentric forces are similar

between the squats with and without supportive equipment at all intensities. However, during the 100-percent trial, eccentric force was significantly higher with the suit. Concentric velocity was significantly higher during squats at all intensities with the suit, when compared to those without. However, concentric power was significantly higher with the suit during the 80- and 90-percent trials. Bar path analysis determined there was not a significant difference in horizontal displacement, but there was a significant difference in vertical displacement at all intensities.

## SO WHAT DOES IT ALL MEAN?

Dynamic vs. max effort. Previous research has shown that vertical velocity in squats has a direct relationship on the amount of muscle force exerted on the bar. Vertical bar velocity was indicative of subject technique and was therefore considered the most meaningful parameter regarding performance. The results of this study indicate the squat suit allowed for a higher velocity at all intensities compared to the “raw” condition. These results coincide with past research as well as the initial hypothesis, that the suit would

enhance these variables. The squat suit allows an athlete to maintain a higher power output when compared to the squats without the suit. Although there was a slight difference in peak concentric force within the two conditions, there was no significance between the two conditions. This is surprising given the fact that most competitive powerlifters are able to increase their 1RM with the squat suit. From this investigation one can assume that the ability to lift a heavier load is more dependent on increasing velocity rather than mass.

Newton's second law states that force = mass x acceleration. Taking this into consideration, it may be more beneficial to train acceleration and velocity in the squat suit with a lighter load rather than increasing the mass. Both methods will increase force output but the suit may be able to accentuate the acceleration component even more and allow lifters to produce a greater force.

One of the best ways to utilize velocity or acceleration training in the squat exercise is utilizing bands, reverse bands, chains, etc. This is also known as variable or accommodating resistance, allowing for a greater resistance at the top of the squat and lower resistance at the bottom of the squat. Previous research has suggested that utilizing bands will elicit higher force, power and velocity during the squat exercise. This is a common practice among many powerlifters, especially those who utilize the Westside method and with the success of their lifters it is hard to argue with the results.

#### **Example workout (utilizing velocity training):**

**EXERCISE:** Squat w/ band(s)

**BAR WEIGHT:** 40 to 50% of 1 RM

**BANDS:** 20 to 30% added

**REPS:** 3

**SETS:** 5-6

**REST:** 1 to 2 minutes

It is important to perform all squats explosively as possible during the concentric phase. This will allow you to maximize your velocity during the squat and may ultimately lead to greater force production and a PR.



**“ONE OF THE BEST WAYS TO UTILIZE VELOCITY OR ACCELERATION TRAINING IN THE SQUAT EXERCISE IS UTILIZING BANDS, REVERSE BANDS, CHAINS, ETC.”**

## **A MORE EFFICIENT SQUAT**

Another finding in the investigation indicates that there was no significant difference in horizontal displacement of the bar. However, vertical displacement of the bar was significantly different between the two conditions. There was a greater vertical displacement in bar path during the raw trials compared to the squat suit trial. One explanation as to why there was significantly more displacement in the raw group was the fact the suit allowed the lifters to remain more upright during the squat relative to their hip position. A posterior shift in the hips at the bottom of the squat would cause excess vertical displacement and a decrease in performance. Although both groups both had a forward inclination in bar path in the eccentric phase, it is speculated that knees during the raw condition moved inward and was a determining factor in the squat.

Other research has shown similar results when examining highly trained powerlifters. Trunk, hip and knee horizontal displacements were greater in the less skilled group and could elicit a decrease in performance. This suggests that the squat suit helps to minimize

these variables and help increase squatting performance. These results may not be typical when using novice lifters or powerlifters that compete without the use of the squat suit in training and competition.

## **THE FUTURE**

The fact is; there is little to no research on the effects and function of powerlifting equipment. After during a search I found fewer than 50 scientific articles that dealt with powerlifting even in general. Of those, only five dealt with equipment. Most of what we know about equipment comes from manufactures, talking to other powerlifters and watching hours of YouTube videos. This being the first investigation comparing the different variables of the squat exercise with and without the use of the squat suit, future research will help to best delineate how to use the squat suit during the course of an athlete's training program and competition in order to maximize performance. **PM**

# EARNING THE RIGHT TO

BY ZACH EVEN-ESH

# BENCH

I don't know how you feel, but nowadays kids just don't respect the iron. Heck, newbies don't respect the iron. This is how they do curls in the power rack and on the bench: 95 lbs for sets of five. Hells no. It's time to earn your way to the barbell and be king of the weight room.

At The Underground Strength Gym, new athletes don't touch a barbell for at least one month, no matter how much they tell me they can squat, bench or deadlift with their football team. Talk is cheap; action is where it's at.

Before they can earn their way to the bench press, I want to see a handful of exercises dominated. Notice I didn't say "good" or "proficient." I want to see athletes dominating these exercises so they understand that the barbell needs to be respected first and foremost.

## FOCUS MOVEMENTS

We use focus movements with our athletes to strengthen their upper body enough to earn their right to bench. These movements teach them how to engage their entire body so when they finally do bench, they understand that the bench press is not just an upper-body pushing lift. Instead, it is a full-body lift.

- Push-ups with varied hand positions
- Push-ups with chains on neck, back or belt
- Push-ups with weight vest
- Push-ups with Kettlebells (body elevated on boxes)
- Dips on bars/rings
- Band pushdowns from varied angles
- Recline rowing on ropes or rings
- Pull-ups with varied hand positions and varied bars
- Pull-ups plus chains, weight vest or weight belt
- Rope climbing



Advanced lifters can go ahead and use the above exercises as assistance or supplemental work after hitting a heavy bench or dynamic bench day and perform them for high reps. The body-weight exercises won't beat up the joints as much as free weights will, and you can load them up with external resistance variations to hit muscles from many different angles that free weights simply can't hit.

Below are two sample upper-body workouts for our high school athletes. One is for a beginning/intermediate lifter who can't bench yet, and the other is for an advanced athlete/lifter using the bodyweight exercises for supplemental work.

**BW = Bodyweight**

**SM = Submax effort (leave one or two reps in tank)**

**Max = Maximum reps/all-out effort**

## BEGINNER/INTERMEDIATE

**1)** Weighted push-ups using Kettlebells (hands/feet on box): Start with 1 x 15 reps with BW; add weight 1 x 8; then add more weight 1 x 6. Add weight again and perform 3 x SM effort in 6- to 8-rep range.

**2)** Mixed grip pull-ups: Perform 1 warm-up set with BW, then add weight if possible (or continue BW) and perform 4 x SM in 5- to 8-rep range.

**3)** Kettlebell Farmer Walks: Perform 1 warm-up set, then 4 heavy sets x 150 ft.

**4A)** Band triceps pushdowns: Perform 3 x Max (20- to 30-rep range)

**4B)** Recline rows on rings or ropes: Perform 3 x Max

**5)** Grip and ab training: Perform 3 sets of each, choosing any challenging movements.





**“FOCUS MOVEMENTS WITH ATHLETES TO STRENGTHEN THEIR UPPER BODY ENOUGH TO EARN THEIR RIGHT TO BENCH”**

- For abs, we favor leg raise variations and plank variations
- For grip, we perform Captains of Crush, Rolling Thunder and Dumbbell Hex Holds

**ADVANCED BENCH/ UPPER-BODY**

- 1)** Floor press + chains: Perform 5 x 3 - 5 reps.
- 2A)** Rope climb variation (vertical or recline): Perform 4 times.
- 2B)** Ring push-ups + chains: Perform 4 x SM (last set is Max).
- 3A)** Recline rows on rope or rings: Perform 3 x Max.
- 3B)** Dumbbell shrugs: Perform 3 x 10-15 reps.
- 3C)** Band pull-aparts: Perform 3 x 20 reps (10 overhand grip / 10 underhand).
- 4A)** Thick rope curls: Slide 2-inch rope through a Kettlebell and perform 3 x 6-8 reps.
- 4B)** Lying XT's with Kettlebells: Perform 3 x 12 - 20 reps.
- 5)** Grip/abs: Perform 4 times each.

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Stay tuned for my next installment on building the high school athlete. **PM**

*Zach Even-Esh is a strength and performance coach located in New Jersey and is the founder of the Underground Strength Gym. For more information, visit <http://ZachEven-Esh.com>.*

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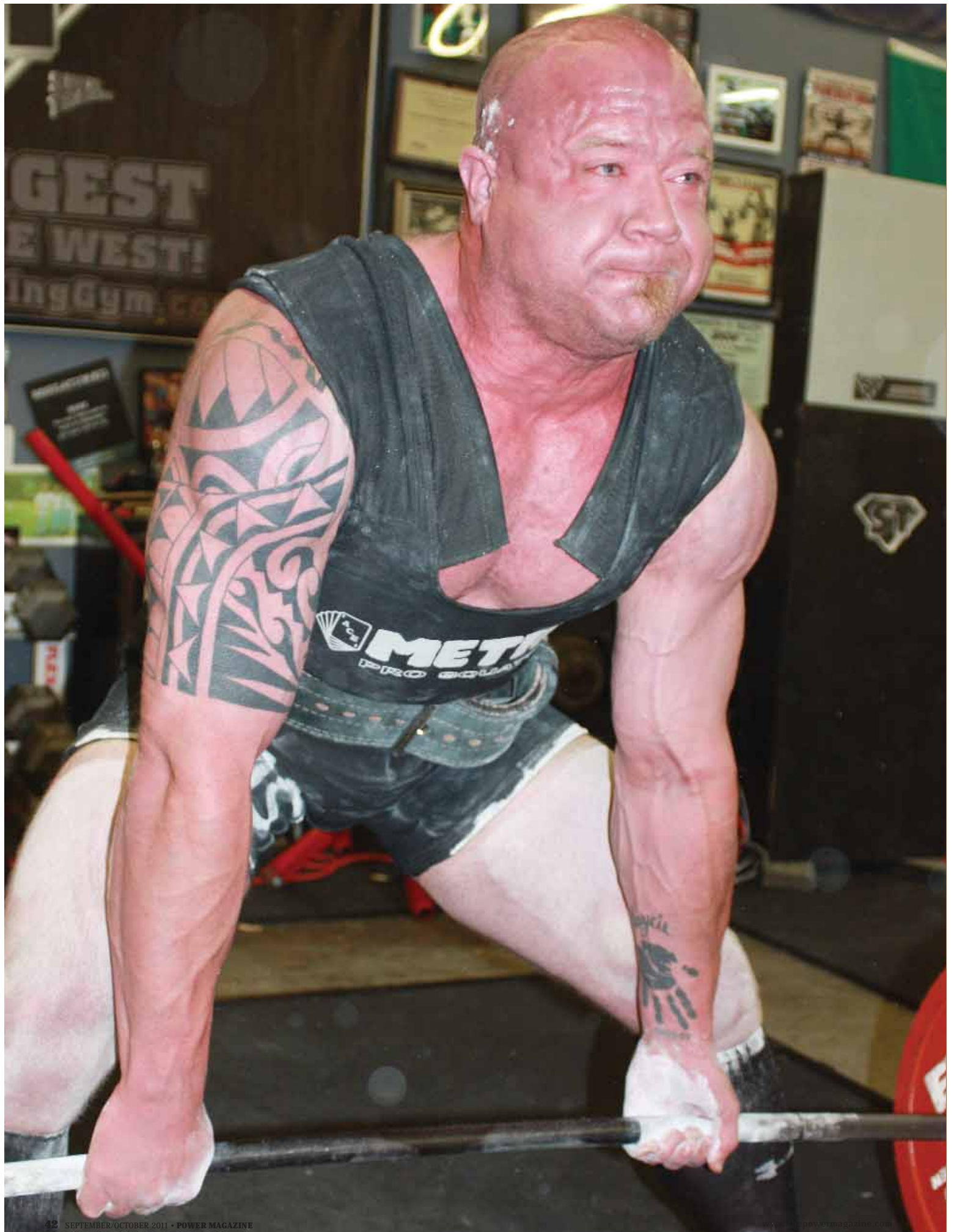
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# Get Ripped, Get Strong

BY JOHN KIEFER

**Squatting a thousand pounds is awesome. Squatting a thousand pounds with six-pack abs is fucking badass. Hell, for most guys squatting a grand or more, just a two-pack would be badass. But it's almost an accepted genetic defeat that if you want to be strong, then you'll look like a 300-lb. plush toy complete with bulbous keg-ab action and Marlon Brando good looks — fat Brando, not A-Street-Car-Named-Desire Brando.**

Enter Jesse Burdick. When I first met Burdick in late 2010, at 278 lbs. he was obviously closer to fat Brando — and, arguably, he'll never have good looks, young-Marlon-esque or otherwise. But I wasn't there to fix his face, I was there to discuss an interesting goal: drop to 220 lbs. and pick up a fourth elite total in a new weight class. Burdick asked if I could do it. Of course I said, "yes." Then he asked if I could do anything about the size of his head, and he discovered my Achilles' heel.

Normally the freaks get all the glory, shredded from week to week, year to year, ever increasing in strength and size but never in smoothness. The rest of us seek the advice of the "physique gurus" who know one diet — usually straight out of Bill Reynolds' Sliced — and carb cycle us right down to a puny, depleted, six-pack wielding weakling. That's fine if you want to get on stage, but not so good if you want to squat 700-plus, bench 500-plus and dead lift 700-

To get ripped, the standard prescription is a bodybuilder's diet, even if it's modified with haphazard carb cycling. And that's if you're willing to eat the specified number of rice grains 12 times per day, rotated by four hours counterclockwise starting from each day that begins with a 'T'. At the end of it, you might be mistaken for a CrossFitter or men's Physique competitor, and no self-respecting athlete wants that.

There is a simpler way and one that preserves as much strength as it does muscle. I'm often known for carb back-loading because, despite the intricate detail and meticulous research needed to develop and refine the diet, it's stupid-ass simple to do and it works. Who can't understand this: Don't eat carbs all day until 5 or 6 p.m., then eat whatever you want — as much as you want — to lose fat and, while you're at it, put on some muscle at the same time. It doesn't take a rocket scientist to comprehend that one.

### THE PRESCRIPTION

Being familiar with Carb Back-Loading from my web articles, when we started, Burdick expected something more fun than what I had in mind. Getting shredded, and getting shredded fast without sacrificing muscle, takes a different procedure, although it still requires manipulating carbs. The subject has been explored in the performance industry for several decades. Dr. DiPasquale published what was the start of a well-researched version of this technique with The Anabolic Diet. The biggest problem: He still had to rely on conjecture to come up with the procedure. When he wrote the book, the research didn't exist for him to refine it.

Fast-forward a decade-and-a-half from Pasquale to Kiefer, when I created The Carb Nite Solution (CNS). Like I said, I may be known for carb back-loading, but I first developed a precision diet for fat loss while maintaining muscle mass, one that anyone can use in its most basic form for fat loss — not weight loss, fat loss.

It's simple. For the majority of the week (six days), you keep carbs to an absolute minimum, 30g or less per day. Think about that for a minute: 30g. That's two slices of bread for the entire day. It sounds impossi-



Jesse Burdick at 278

**“DON'T EAT CARBS ALL DAY UNTIL 5 OR 6 P.M., THEN EAT WHATEVER YOU WANT — AS MUCH AS YOU WANT — TO LOSE FAT AND, WHILE YOU'RE AT IT, PUT ON SOME MUSCLE AT THE SAME TIME. IT DOESN'T TAKE A ROCKET SCIENTIST TO COMPREHEND THAT ONE.”**

ble, I'm sure, but since we're using a word not yet included in the dictionary — carbs — we may as well give it a proper definition. A carb is a usable carbohydrate, a starch, sugar, glycerine or a sugar alcohol (yes, the body metabolizes sugar alcohols in much the same manner as it metabolizes sugar after a week of consumption, with rare exception). I exclude fiber from the definition of carbohydrate because metabolically, it has almost nothing in common. Sure, chemists may lump them all together, but we're far more sophisticated in our knowledge of human metabolism than basic chemistry, and what we know is that fiber acts nothing like sugar or starch. Nothing.

With 30 grams of carbs or less per day,

the body starts to do what you might expect: burns large amounts of fat. Unfortunately, as time goes on, without carbs in the diet — more precisely, with sustained low-level insulin levels — the anabolic and metabolic hormones responsible for preserving muscle and burning fat begin to tank. Diet writers know this and that's why they prescribe a cheat meal or day, almost regardless of diet type. Not only does it have a psychological component (which can cause overeating), it also reignites the metabolism to start burning fat again.

### CNS SYNOPSIS: DEPLETION:

For the first nine days keep carbohydrates to 30g or less per day — equivalent to two slices of white bread. Fiber does not count as a carbohydrate in this total. Eat enough food to keep hunger under control without worrying about counting calories.

### CARB NITE:

Day 10 begins like the previous nine days, but starting at around dinner time (sometime between 4 and 6 p.m.) you must eat a sizable amount of carbs: spaghetti, apricots, pie, potato-chips, bread, bananas, bagels, donuts, ice-cream, cookies, cheesecake and almost anything else you've been craving. You should eat carbs for the rest of the evening — this includes all the way until bedtime and maybe even a midnight snack.

### DAY AFTER YOUR FIRST CARB NITE:

Go back to 30 grams or less of carbohydrates per day, the same as your first nine days.

### LONG HAUL:

For up to six months, continue this cycle of having a Carb Nite at least once per week — but you must keep them at least four full days apart. For instance, if you have a Carb Nite on Friday, you cannot have your next Carb Nite any sooner than Wednesday.

Without the proper foundation, however, cheat nights, cheat meals or cheat days will either do nothing, or actually add more body fat, maybe sparking the growth of

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new fat cells. I researched the shit out of Carb Nite to ensure that you lose fat, keep muscle and never take one step back for every two or three forward, you only progress. And you'll achieve the maximum effect without the negatives by eating a shit-ton of carbs one night a week. Not one meal, not a whole day, not a morning, but one night — about six to eight hours. Think of it as carb back-loading, except you load only once per week (technically the reason each works is unrelated, but I do explain carb back-loading as a generalization of Carb Nite at times).

Burdick, much to his credit, trusted me, although most people don't when I start recommending zero carbs to get ripped and strong. Let's be honest, you probably lost interest the minute I said ultra-low-carb with a 30g per day limit. Everybody knows that once you strip carbs out of the diet, your strength goes to shit, no exceptions. The physique gurus say so, the big-box gym trainer says so, hell, even your CrossFit-loving mother-in-law says so; what choice do you have other than to believe?

You can listen to the truth and modify your training to take advantage of the processes that make you stronger when you eliminate carbs from the diet — or you can fold to peer pressure, diet down, blow out your nervous system and feel like shit. Me, I'd rather cut down from 240 to 200 lbs. and increase my bench from 355 to 405 lbs. at the same time — which I did about six years ago after deciding I'd become a fat-ass from writing software 80-plus hours a week.

### **HOW IS THAT EVEN POSSIBLE?**

Of course, there's still that nagging voice: These diets shed a lot of water and deplete glycogen stores — and that zaps strength. I tend to agree, at least in the short term. You may feel weaker for the first week or two, something I warned Burdick about, and everyone else who wants to give it a try, but strength quickly rebounds.

The change in water balance — not dehydration, but a decreased amount of stored water — doesn't affect raw strength. Glycogen stores, empty or full, also have no affect on strength, although depleted glycogen stores can limit the total amount of reps in a set at a given



**“THIS VOLUME VS. INTENSITY PROBLEM TRIPS UP LIFTERS, EVEN EXPERT LIFTERS, WHENEVER THEY HAVE TO DEAL WITH CARB-DEPLETED TRAINING. THIS WAS THE IMPETUS BEHIND THE CREATION OF MY SHOCKWAVE TRAINING, WHICH HAS EVEN FOUND USE AS SUPPLEMENTAL TRAINING IN SEVERAL POWER-LIFTERS’ TRAINING PROTOCOL.”**

weight. But it doesn't matter much when training in rep ranges of one to five, a powerlifter's sweet spot.

I'm the first to point out that a lack of negative side effects is not the same as an advantage. As I pointed out, strength increases within a few weeks because of enhanced activation of the sympathetic nervous system, which controls release of catecholamines such as adrenaline and noradrenaline. Anything that up-regulates sympathetic nervous system activity is

called an ergogenic aid; stripping carbs from the diet is ergogenic.

Without carbs, the instant the body experiences the massive loads associated with resistance training adrenaline is released faster, muscle cells respond stronger to it and the threshold needed to trigger release is lower. Since carbohydrates interfere with the actions of adrenaline, this isn't a big surprise and explains the almost instant 5- to 10-percent increase in strength most people experience when going low-carb.

Low-carb diets also affect the intensity or amplitude with which the nervous system will fire. This affects any power-development activities, such as all flavors of powerlifting. When given the signal to explode through a movement, the nervous system gives a stronger signal once adapted to a low-carb diet. Coming out of the hole on the squat, pressing from the stretched position on bench or pulling from the floor all get easier.

Finally, the lack of carbohydrates increases psychomotor performance, which is, essentially, the ability to maintain coordinated movements under stress, whether physical or mental. Holding proper form on all lifts gets easier. Any sport requiring precise technique under massive loading demands a high degree of psychomotor performance.

### **TRAINING MODIFICATIONS**

You can't train with extreme volume when using CNS to shred down and get strong. The nervous system recovers quickly with carbs, but not so well without. Burdick figured this out pretty quickly, as he tried a normal training schedule for the depletion phase and just as quickly abandoned it. You can push until you're wiped out, but you better have a couple weeks reserved to recover because that's how long the nervous system can take to recover after being over-trained.

So Burdick cut his training down to a few warm-up sets of higher reps, then handled the heavy loads for one to three reps over a handful of sets.

This volume vs. intensity problem trips up lifters, even expert lifters, whenever they have to deal with carb-depleted training. This was the impetus behind the creation of my Shockwave training, which has even

Jesse Burdick at 220 with Mark Bell



found use as supplemental training in several powerlifters' training protocol. It's a great way to get maximum result from your training without jeopardizing an over-taxed nervous system. Implementing Shockwave training and Carb Nite all at once was more than Burdick was willing to trust me on, but he's starting to come around.

### **SO CUT THE VOLUME AND GAIN SOME STRENGTH. GO-TIME**

Burdick hit the mark and weighed in at 220 lbs. Actually, he hit the mark three times. With his new physique, the leverages were totally different and his powerlifting gear did not fit his new V-shaped physique like it had his former keg-centric abdomen, even after getting back up to almost 260

lbs. the day after weighing in at 220.

It's hard to fathom, but a combination of effects makes it easier than expected. First, muscles hold a lot of weight and water in glycogen stores. Without ingesting carbs for so long, Burdick held no excess weight from stored glycogen. After so long with out the carbs, once you reintroduce them the body can hold more than double the normal amount, including more than double the water that goes with it. Basically, it was just strategic eating immediately post-weigh-in to fill up every last bit of available space with sugar and water.

### **THE RESULTS**

It took a few tries, but Burdick had figured out the mechanics and leverages of his new physique in the borrowed equipment. **PM**

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# THE POWER CLEAN

## IT'S REALLY NOT THAT HARD...

BY GLEN PENDLAY



Figure 1: The Rack Position



Figure 2: The Power Position



Figure 3: Full Extension

In many ways, Olympic weightlifting is the odd man out in the world of strength sports. Powerlifting, Strongman and even bodybuilding seem to have more in common with each other than they do with weightlifting. They have more similar training techniques and programming, more exercises in common, and even the physical abilities of the lifters are similar. Show me a good Strongman and you're usually also showing me a guy who could do well in a powerlifting meet with little or no specific preparation. Several bodybuilders have lifted world-class weights in the powerlifts, and many powerlifters could give a good account of themselves in a bodybuilding show just by going on a diet.

Then you have weightlifting, a sport that doesn't favor the huge upper body that is the norm in other iron sports. A sport where flexibility requirements dictate that too much muscle mass in the wrong places can even be a detriment to performance, and the dynamic nature of the sport relegates slow or static strength and hypertrophy to a lower priority. These things combine to make the training plan for a weightlifter worlds away from that of most other strength athletes. Most of the exercises are different. The programming is different. Even the mental approach to the lifts is 180 degrees away from sports like powerlifting and Strongman. You won't see many powerlifters or Strongmen who can walk into a weightlifting competition and do well without specific training. The physical qualities needed are just too different to make the transition without considerable time and effort.

## THE POWER CLEAN

Despite all this, there are several exercises used by weightlifters that have a lot to offer athletes in the other iron sports. Chief among them is the power clean. Many who could benefit from this exercise shy away from it because they buy into the notion that the Olympic lifts are impossible to do correctly without a coach, or take considerable time and effort to learn. In reality,

power cleans are not that difficult. They are the simplest variation of the competitive weightlifting exercises and don't require much time to develop adequate technique. They don't require extreme flexibility; usually even the guys with the 20-inch arms and tight shoulders that go along with a big bench press can manage them with few problems. And they produce results that are applicable to any strength athlete.

One area of an Olympic lifter's physique that often compares favorably to athletes in other strength sports is back thickness. From the spinal erectors to the traps, a good weightlifter's back displays impressive thickness and a density that just isn't developed without pulling weights off the ground. People wanting to develop an impressive back can benefit by using an explosive pulling exercise like the power clean as part of their training.

Power cleans have been used to train the deadlift since the beginning of the sport of powerlifting. Guys like George Hechter used power cleans as a primary assistance exercise to develop huge deadlifts decades ago (in his particular case, 800-plus lbs.), and they continue to be used along with other explosive pulling techniques today. There are more than a few guys who, like myself, that have found their deadlifting ability increase considerably when they quit training the deadlift and instead focused on weightlifting based pulling exercises like the clean and power clean.

## LEARNING THE LIFT

Approaching the process of learning the lift in steps is the key to learning to do it quickly and in an efficient, effective way. Start at the top and work down.



Figure 4: The Catch Position



Figure 5: The Hang Position



Figure 6: The Start Position

**RACK POSITION.** Before starting the actual lift, it is helpful to learn the rack position, or the position of the bar on the shoulders (see Figure 1). Each lift will finish in this position, and it is helpful to experience it first so you know what to expect when you rack the bar. Simply take a slightly wider than shoulder width grip on the bar, and set it across your shoulders. Hands should be just outside of the shoulders, not resting on top of the delts. How much outside of the shoulders is a matter of personal preference and flexibility, but 1 to 3 inches works for most people. The bar should rest on top of the deltoid muscle, not on the clavicle or on the wrists. To achieve this it is often helpful to think of shrugging the shoulders up and forward. If you find this position difficult, stretching the wrists, shoulders and lats will help. It also helps to let the bar simply lay across the fingers instead of being held securely in the palms of the hand, and to relax the hand and wrist. Most larger men will have to do this, and also might find this position more comfortable and attainable with a bit of weight on the bar. Many a great weightlifter in the heavier weight classes cannot get an empty bar onto their shoulders, but can do a good job once the weight on the bar gets to several hundred pounds.

**POWER POSITION.** Once you are comfortable with this position or at least familiar with it, it's time to actually learn the lift. The first

step is to start with the bar in the power position (see Figure 2). This is achieved by standing straight with the bar in your hands and in front of you, chest out and shoulders back, then bending the knees about 6 inches. Do not lean over the bar excessively; the shoulders should stay vertical above the bar, and the bar should slide down the thigh very little or not at all as you bend the knees. If bending your knees allows the bar to slide down the thigh to a significant extent, then you are probably bending your torso forward too much, or letting your shoulders droop as the knees bend. This position is easiest to learn if you have your weight on your heels. Stop in this position and get comfortable there. From here you initiate the lift and propel the bar upward by simply extending the knees and hips, similar to a jumping motion. Then, while the bar is still moving up via the momentum you have developed by the

explosive extension of the body, you reverse directions by bending the knees again, pushing the hips backward and rotating the elbows through to catch the bar in the rack position.

**FULL EXTENSION.** When your body is at full extension (see Figure 3), the hips will be slightly in front of the shoulders with the knees still slightly bent. This gives the body the shape of a bow or banana.

**DEEPER CATCH.** With light weight, this part requires very little downward movement. With heavier weight, the bar won't go as high and the knees will need to bend more, with the hips also ending up further behind the knee to achieve a deeper catch (see Figure 4).

**HANG POSITION.** The second step is to move the bar down to the hang position (see Figure 5). You get to this position by first assuming the power position, then flexing the hips until the bar is just below the kneecap, resting against the patellar ligament. In this position, the shoulders are out in front of the bar and the shins are near vertical with the weight on the heels. As you bend at the hip to lower the bar, use the lats to push backwards against the bar and keep it up against the thigh and slowly rotate the arms so that the elbows face outward. Starting with the shoulders back in the power position helps a lifter correctly tighten the upper back and

discourages arm pulling, maintaining the tight upper back as you rotate the elbows out puts the shoulders in the ideal neutral position for pulling. From this position, extend the hips (without allowing the knees to straighten) until you are back to the power position then initiate the same jumping motion to rack the bar.

The most common mistakes are not keeping the weight on the heels, continuing to bend at the knee as the bar travels down the thigh, not engaging the lats and keeping the bar close to the legs, or locking out the knees when moving back into the power position instead of maintaining a bit of flex. Since you begin doing this addition slowly, these faults are easy to correct, even easier if you have someone to watch you and make sure you aren't doing something that you don't realize you're doing. Just make sure you continue to do the movement slowly from the power position down to the hang position and back up again until you are doing it right and can speed up without any change in the movement pattern. It is helpful to speed it up slowly, not all at once.

**START POSITION.** Once you are doing a passable job of moving the bar from the hang position, it's time to do the lift from the floor. To get to the start position (see Figure 6) on the floor, stand up straight and bend the knees to get to the power position, then flex the hip to get to the hang position. Then, when the bar is just below the kneecap, again bend at the knee to lower the bar to the floor. It helps to pause at each position on the way down to familiarize yourself with the positions that you will be moving through when you lift the bar back up. As you move the bar from the knee to the floor, your weight will transfer forward from the heels of your feet toward the forefoot. Key points to the start position are the weight forward on the foot, the knees out over the bar, the bar directly above the base of the toes, and the shoulders directly above or slightly in front of the bar.

**FULL LIFT.** You are now in the correct position to do the full lift. Raise the bar off the floor by extending the knee in a fashion that pushes the knee back and out of the way of the bar, and allows the bar to swing slightly towards you as it travels upwards. Engage the lats to push backward on the bar and insure that this happens. You should feel your weight move from being on your forefoot to your heels as you lift the bar from the floor to below your knees. When you first start from the floor, it is helpful to first stop at the hang position with the bar just below the kneecap to ensure that the correct positions are being maintained, and your weight has moved toward your heels. From there move through the rest of the lift just like you have already done. Speed up and take out the pause at the knee as you are able to do so without incorrect positions.

## THREE MISTAKES TO AVOID

Although not the easiest exercise in the weight room, the power clean is a straightforward movement. If three mistakes can be avoided, it can be accomplished by most within a short amount of time.

**MISTAKE 1.** The first mistake is to initiate the extension of the body by bending the arms. The arms do have to bend during the power clean, but from the power position the first movement is from the hips, and the bending of the arms is more like follow through. If you are having trouble, get someone to watch you and make sure that the first thing that happens when you start the movement is

extension of the hips and knees.

**MISTAKE 2.** The second mistake is continuing to pull upward on the bar with the arms once the full extension position is reached. Your hips and legs supply the force and the bar continues to move upward because of momentum as you move to catch it. It's not necessary or productive to pull upward on the bar after full extension has been reached. If you are having a hard time getting the elbows rotated through to a correct rack position and always end up catching the bar with the elbows pointing down, this usually means you are pulling with the arms too much and too long, and therefore don't have time to rotate them under the bar.

**MISTAKE 3.** The third mistake is to catch the bar with the hips in front of the shoulders. Besides interfering with peak performance in the exercise, this also has the potential to aggravate or injure your lower back. Arm pulling can contribute to this, but it is the easiest mistake to fix. Usually it just has to be pointed out, and the backward motion of the hips as you move to catch emphasized. One exception to this is the lifter for whom flexibility problems prevent a secure catch position unless the torso is inclined backward. In this case, there is no shortcut; you must work on your flexibility.

## TIPS AND TRICKS

One thing I have found very helpful in getting this movement right is the emphasis of the forceful "stomping" of the heels into the platform when catching the weight. You do not want to pick your feet up high, and a high-level lifter might just barely have his heels come off the floor at the end of the pull. But for the beginner just learning the lift, an emphasis on the forceful return of the heel when catching can help prevent all the above mistakes. It is impossible to pull the bar up with the arms when the feet are off the floor (think about it, you just can't do it), and forceful return of the heels to the platform requires that they leave the floor at the end of the extension of the body. If someone standing 10 feet away can hear your heels hit the platform as you catch the bar, it will go a long way toward keeping you from overusing your arms in the pull. It is also near impossible to make a substantial noise with your heels when you catch if you are catching by bending backwards instead of pushing your hips back. Try it — it's not easy. Emphasizing a forceful return of the heels to the platform will encourage almost everyone to catch in a safe hips back position.

The lift from the power position is the heart and soul of the power clean. If you can do this, you have 90 percent of it. Some people will get it in 5 minutes. If you are not one of them, keep at it and don't progress from here until you have it at least mostly right. Any significant mistakes that aren't corrected will only be magnified if you move on before correcting them, and your ultimate performance in the exercise as well as its usefulness in your training will both be diminished.

It will take many people less than 20 minutes to go through this progression and be doing pretty good power cleans. Others might need to stop at the power position or hang position for a while, even training from these positions for several sessions before moving on towards the start position off the floor. But rest assured, even if it takes you a few sessions to get it right, it will be well worth the effort. **PM**



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# THE GIANT- KILLER

BY JASON BERGMANN

I've always been fascinated with strength. Growing up as a farm boy I was taught that being strong wasn't just about how much weight you could lift once. Strength was also how far I could carry heavy tractor weights and how fast I could unload a truck full of cow feed. One of my greatest memories is the challenge of hooking up the tractor to a wagon full of grain. My brothers and I were always trying to outdo each other, and if you couldn't pull the wagon to the tractor you were admitting that you were weak. Trying to pull a five-ton wagon may not seem that hard, but try doing it on gravel at 130 lbs. and you have a real challenge. This is when I started looking at strength differently. When I attempted to lift, pull or push something, I was always checking all the variables that would allow me to use all my strength to move more weight and to be stronger.

I learned how to carry two feedbags at a time to make fewer trips. I found the best hand placement to carry odd objects and I learned how to first get the five-ton wagon moving and then keep it moving and hook it up. I look back and laugh at some of the stuff we did as farm boys to prove our strength, but these early lessons helped me excel in Strongman. And now I compete against giants.

Before Strongman I worked out at a commercial gym for years trying to get stronger. I was the strongest guy in the gym. My overhead was 300, bench was 500, squat was 600 and deadlift was 700 lbs. I was "elite," according to most strength standards. I was the top 1 percent of the population. So why didn't I feel strong? In 2003 I saw a re-run of the '99 World's Strongest Man competition, and everything changed. I was amazed to see this smaller Strongman, Jouko Ahola, not only competing with giants, but beating them. I was hooked. The following year I started training for my first Strongman contest. It felt so good to challenge myself to learn new ways to lift heavy objects. Over the course of six months my strength was going through the roof and I had added 25 lbs. of lean muscle to my frame.

## TRAINING

I break my workout into three categories: strength, hypertrophy and muscle endurance. Depending on the contest and my current strength levels will dictate how I train from week to week. I always train in that order: strength first, size second, endurance third. A typical leg workout is as follows:

**MONDAY** – Legs  
**STRENGTH:** Box squats  
**WEIGHT:** 750 to 850 lbs.  
**REPS:** 2 to 6  
**SETS:** 3 to 5

**HYPERTROPHY** – Front squats or full squats  
**WEIGHT:** 450 to 550 lbs.  
**REPS:** 8 to 12  
**SETS:** 3 to 5

**ENDURANCE:** Sled drags or prowler push  
**DISTANCE:** 60 to 120 ft.  
**SETS:** 3 to 6



This workout doesn't include warm-up sets. Total sets including warm-up would be around 25 to 30 sets. I'm lucky if I can get this done in an hour and a half.

I like this program because I can adjust the volume of each category according to my progress. If I need to get my squat stronger, I may do more sets in the strength phase and drop the number of sets in the hypertrophy phase. If I know the next contest has a log press for reps, I may cut back on a set or two of the heavy presses and add an extra set or two of log clean-and-press. This allows me to train heavy year-round without losing strength. I've tried to take a week off from training before a contest and then take it easy the first week back from a contest, but I lose too much strength. So I keep the sets heavy up to the contest but cut the volume down a little.

**TUESDAY** – Shoulders, chest, triceps

**WEDNESDAY** – Off

**THURSDAY** – Deadlift and back

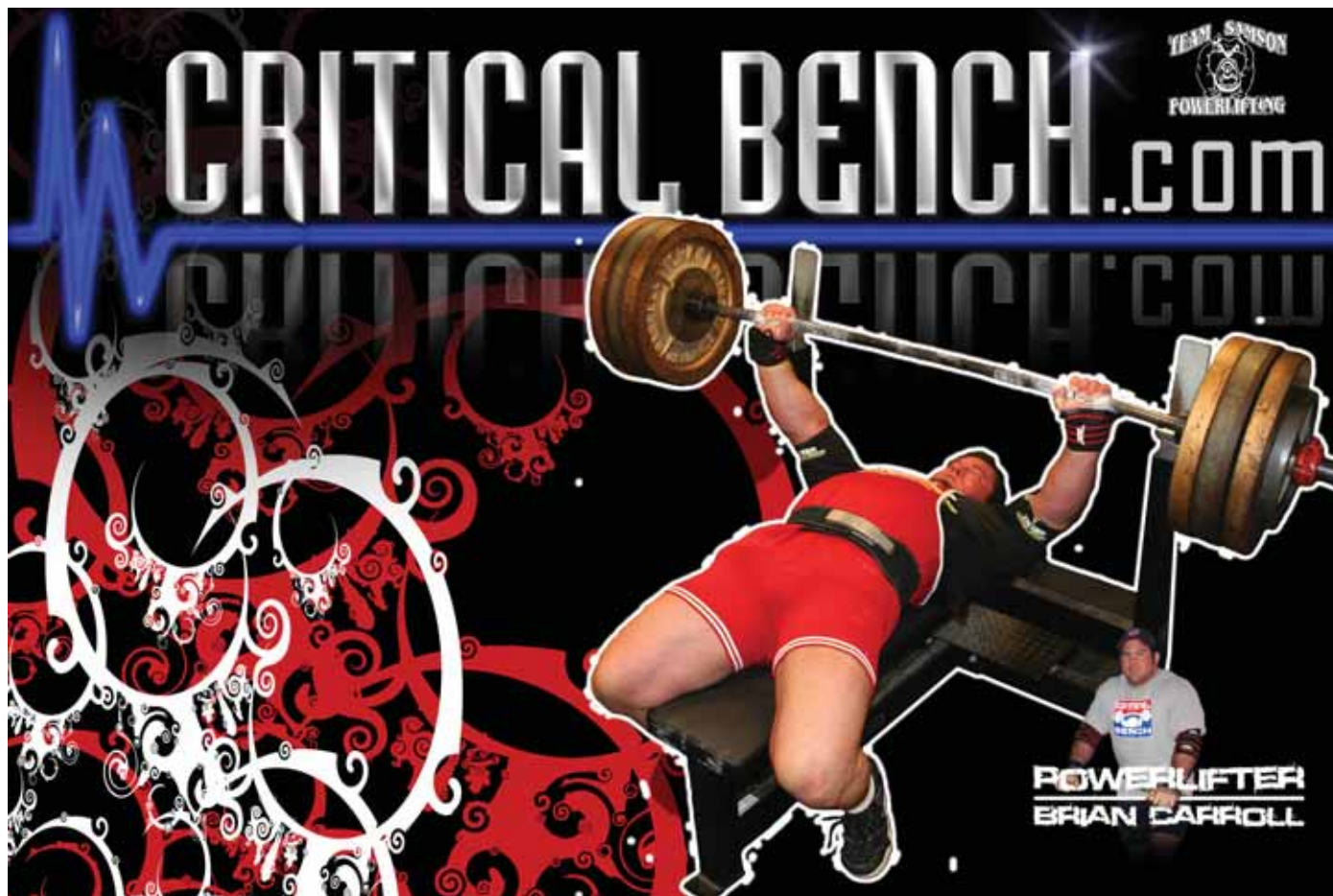
**FRIDAY** – Pressing events and technique work

**SATURDAY** – Moving events (farmers, yoke, truck pull) and stones

**SUNDAY** – Off

## FORM AND TECHNIQUE

It still amazes me how many people don't work on technique. Your body is going to get stronger at a certain rate depending on your training and recovery. The only way to get stronger faster is by perfecting your form and technique. The days of winning because you could lift the weight when no one else could are gone. Now, at the top level, you don't just have





to lift the weight, you have to do it faster and for more reps. So if you can nail down your form and perfect your technique, you will be stronger.

I recommend watching the technique of the top guys to find out



what they do differently, and then try to replicate it. I have hours and hours of video of myself in events. I take notes during training on hand position, foot position and anything else I think would give me an edge on lifting more weight. Then I watch training video for hours, take more notes and try to apply that to the next event session. I did this for months until I perfected my technique.

This may come off as a little obsessive to some, but I've worked with some very strong people who were convinced they couldn't get any stronger. After spending some time looking at their technique and making a few adjustments they hit a PR.

Strongman is more than just the WSM contest. The Strongman events can be applied to supplement most training programs, and the weights can be altered so anybody can try it. I'm excited to be a part of the World's Strongest Man Affiliate Program ([www.TheWSMAffiliateProgram.com](http://www.TheWSMAffiliateProgram.com)) that launched this summer. Professional Strongman and 2010 WSM finalists Nick Best and Dave Ostlund, along with myself, were selected as the official WSM certification instructors and we will host certs together all over the country. This will give me a chance to show even more people the benefits of Strongman training, and how to apply the training and techniques used by some of the best Strongman in the world. PM

*Jason Bergmann, Appleton, Wisc., has competed in Strongman for seven years. He won the amateur heavyweight division weighing 240 lbs. in 2004. He turned pro in 2005 and finished fourth in the Mohegan WSMSS to qualify for 2007 World's Strongest Man in Anaheim, Calif. He's competed in WSM for four years.*

An advertisement for Strongman training gear. The background is a rusty metal wall. At the top, the text "SUPER TRAINING SHIRTS, TANK TOPS AND HATS" is written in large, bold, yellow letters. Below this, there are three photos: a man in a black tank top with "TEAM ST" on it, a group of three women in black shirts with "ST" on them, and a man in a black cap with "ST" on it. At the bottom, the text "FOR SALE AT WWW.HOWMUCHYABENCH.NET" is written in large, bold, white letters.

# POWER NEW PRODUCTS



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## RHINO POWER GEAR

[www.rhinopowergear.com](http://www.rhinopowergear.com)

Steve and Shelley Denison, owners of Rhino Power Gear, announce the launch of their new power gear line and website at [www.rhinopowergear.com](http://www.rhinopowergear.com). Rhino Power Gear merchandise includes men's, women's and kids apparel, including the popular women's Rhino racerback tank; the best-selling Rhino duffel bags; and the Rhino powerlifter-tested knee and wrist wraps.



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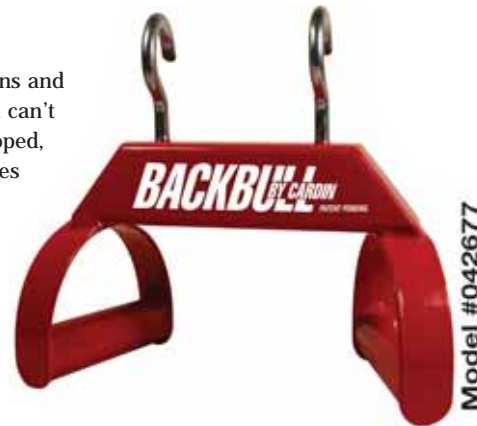
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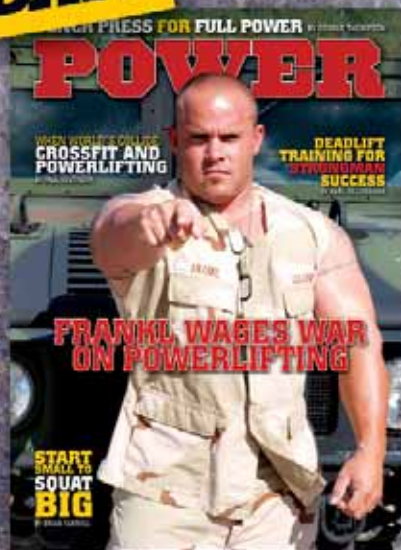
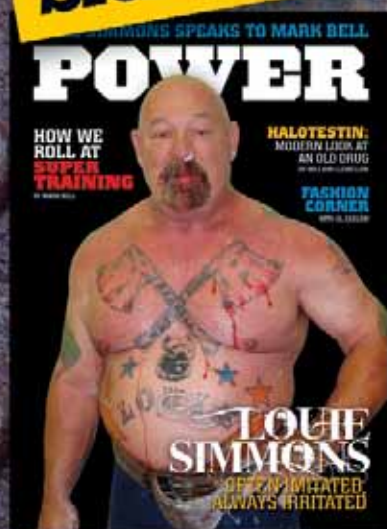
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# KONSTANTINS KONSTANTINOV

**What superhero power would you most like to possess?**  
Invisibility.

**What is your idea of perfect happiness?** To live in harmony with myself, doing what I love.

**What is your greatest fear?** A proctologist. I hate it if someone touches my ass.

**What is the trait you most deplore in yourself?** Obstinacy.

**What is the trait you most deplore in others?** Treachery.

**What is your current state of mind?** I'm always positive, aggressive and mysterious.

**On what occasion do you lie?** Sometimes I lie, but it's just for fun.

**What do you most dislike about your appearance?**  
I have very bad vision and I wear glasses from childhood. I hate it and wish to have eyes like a hawk.

**What do you most value in your friends?**  
Loyalty, faithfulness.

**What or who is the greatest love of your life?** My wife and powerlifting.

**When and where were you happiest?** Most of the time I am pretty happy and positive. I don't like when people are depressed and complain all the time.

**If you could change one thing about yourself, what would it be?** I wish to have very big legs. My legs are like chicken legs, too skinny. (Not very good for squatting!)

**What do you consider your greatest achievement?**  
Deadlifting 939 lbs. without a belt.

**What is your most treasured possession?** Genetics.

**What is your most marked characteristic?** The ability to overcome adversity and obstacles in life and achieve my goals.

**Which talent would you most like to have?** To know the future.

**What is your motto?** Gold medium.

**Which living person do you most admire?** Lady Gaga and Colonel Kadafi.

**Who is your favorite hero of fiction?** Shrek.

**If you were to die and come back as a person or thing, what do you think it would be?** An African-American pro bodybuilder.

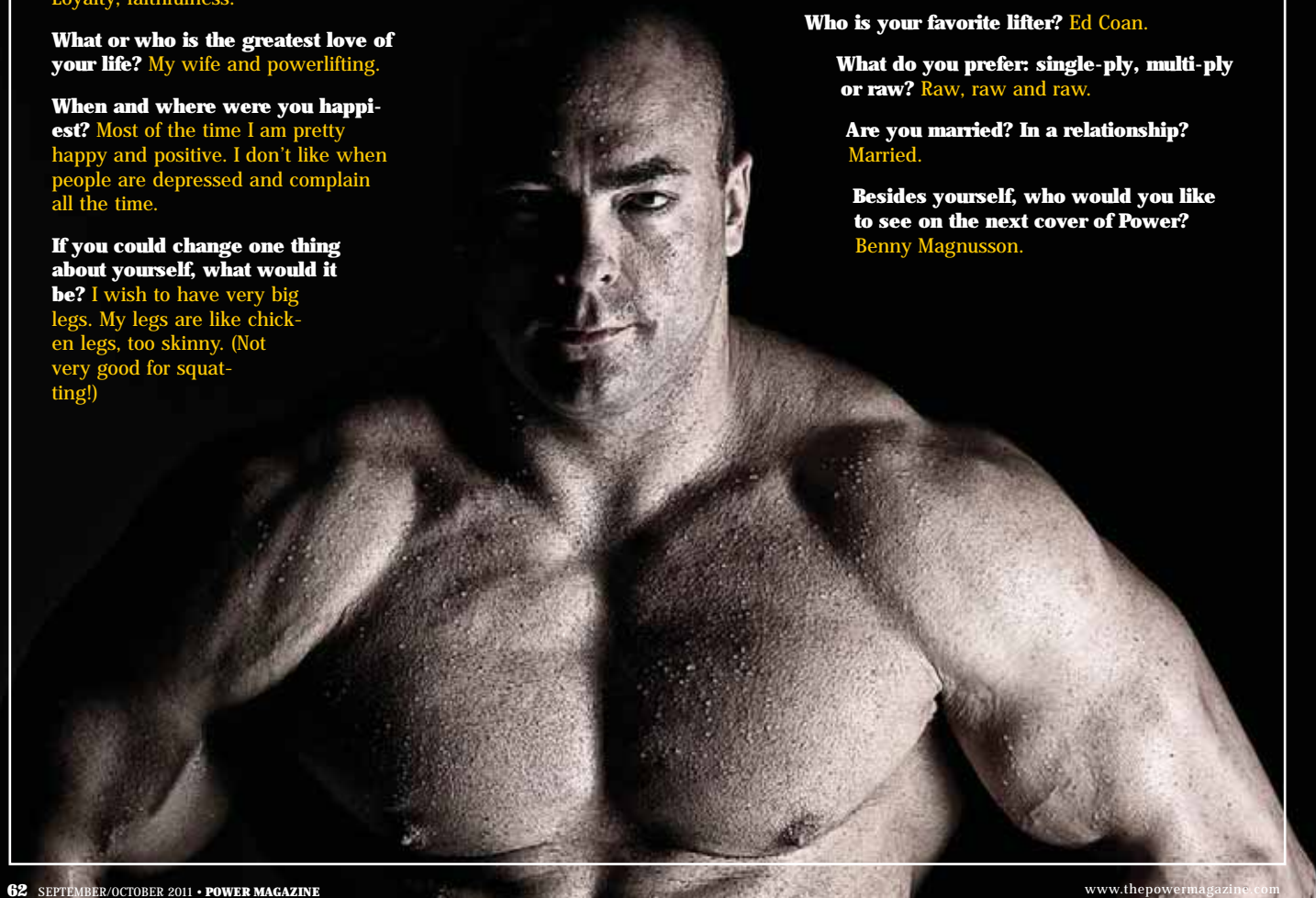
**What is your favorite movie?** Troy.

**Who is your favorite lifter?** Ed Coan.

**What do you prefer: single-ply, multi-ply or raw?** Raw, raw and raw.

**Are you married? In a relationship?** Married.

**Besides yourself, who would you like to see on the next cover of Power?**  
Benny Magnusson.





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