

**OLYMPIC LIFTING** WITH GLENN PENDLAY

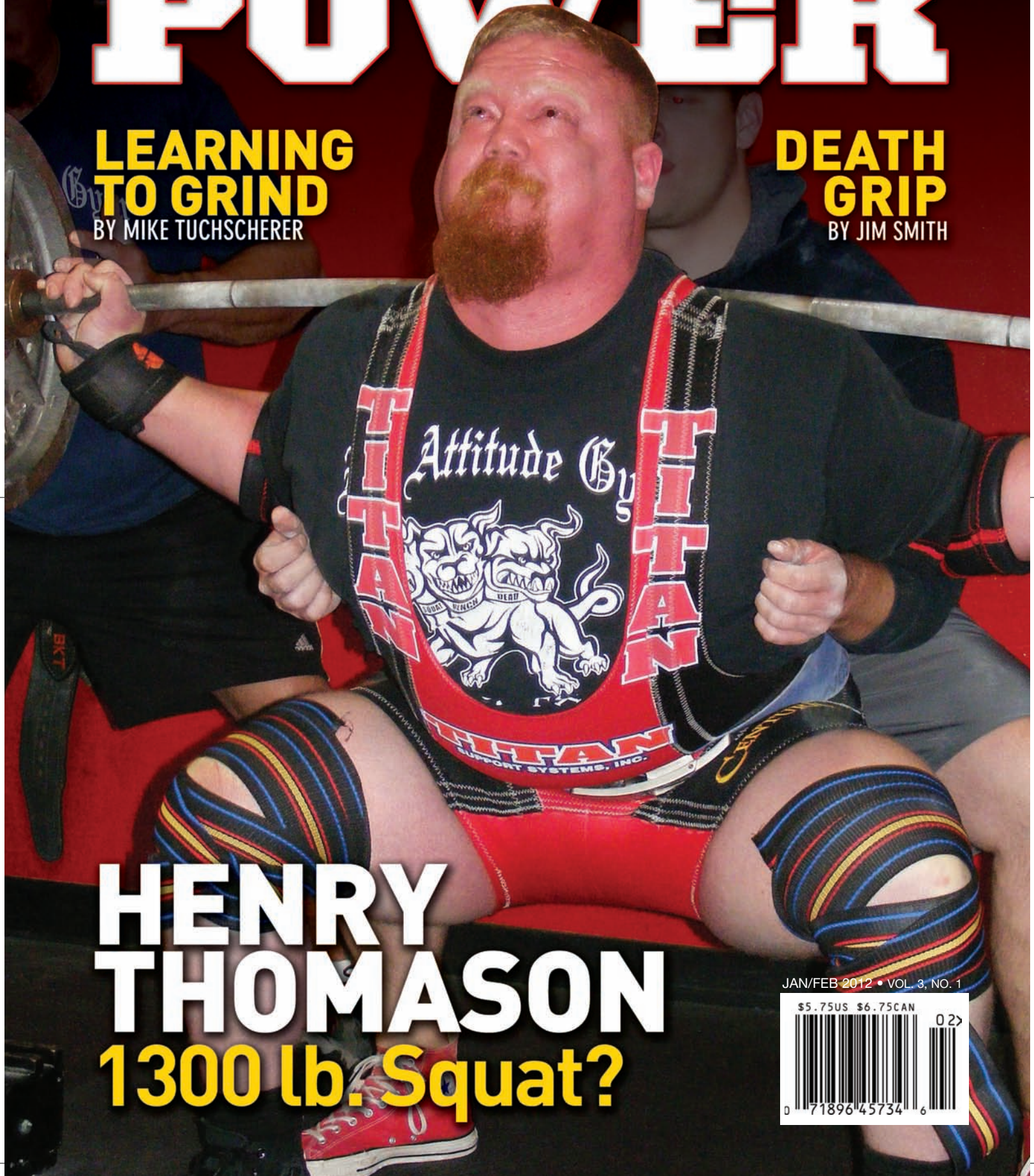
# POWER

**LEARNING TO GRIND**

BY MIKE TUCHSCHERER

**DEATH GRIP**

BY JIM SMITH



**HENRY THOMASON**  
**1300 lb. Squat?**

JAN/FEB 2012 • VOL. 3, NO. 1

\$5.75US \$6.75CAN



0 71896 45734 6

# 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**!

**30g PROTEIN**  
**0 SUGAR ALCOHOLS**  
**SUGAR FREE**  
**LOW CARB**

**NEW!**

**DELICIOUS  
 READY-TO-EAT  
 PUDDING!**



Available in Delicious Chocolate and Vanilla Creme

Available at: **GNC LiveWell** SHOP.NATURALWELLNESS.COM

**Vitamin Shoppe**

**BODY BUILDING**.COM

**PRO SOURCE**.NET

Follow us!  
[facebook.com/MHPstrong](https://www.facebook.com/MHPstrong)  
[twitter.com/MHPstrong](https://twitter.com/MHPstrong)

Call Now or Go Online to Order  
 1.888.783.8844  
[www.MHPSTRONG.com](http://www.MHPSTRONG.com)

**MHP STRONG**

# MHP



## THE WORLD'S STRONGEST MEN ARE POWERED BY MHP.

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.

**THERE'S STRONG... THEN THERE'S MHP STRONG.**



Call Now or Go Online Today!  
1.888.783.8844 • [www.MHPSTRONG.com](http://www.MHPSTRONG.com)

**MHP**  
**STRONG**.com

# 'THE FASTEST' 50 GRAM WHEY PROTEIN INFUSION!

# DEAD

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

## New Technologies Supercharge Your Whey!

ISOFAST 50 is the fastest, purest and most powerful whey protein ever created. This revolutionary Biohydrolyzed Whey Protein Isolate is scientifically formulated for elite powerlifters and strength athletes to help promote greater muscular power and size, inhibit catabolism and improve recovery for superior results. ISOFAST 50 is the only protein in the world to utilize micronparticulated whey protein isolate with Biohydrolase – a new Biohydrolysis Technology – for amazingly fast anabolic activation and strength building development. ISOFAST 50 is also loaded with BCAAs, essential amino acids and glutamine for maximum power and growth.

## ISOFAST 50's Advanced Micronparticulation and Biohydrolyzed Whey Protein Isolate Technologies

ISOFAST 50 goes beyond the industry standard triple microfiltration process for whey protein isolate by introducing two new whey protein technologies. Micronparticulation reduces protein particle size by 1/5th for 5x greater enzyme activation, while Biohydrolysis effectively "hydrolyzes" whey protein isolate for immediate absorption and anabolic action of amino acids. With the development of ISOFAST 50, MHP scientists have achieved their goal in delivering the delicious taste of whey protein isolate with the benefits and speed of whey protein hydrosylate.

**We Made WPI Smaller and Faster,  
So You Can Grow Bigger and Stronger!**



- Micronized Whey Protein Isolate
- Biohydrolyzed For Fast Absorption
- Loaded With Micronized BCAAs

**'THE WORLD'S STRONGEST' MEN ARE POWERED BY MHP.**

Available at:



Join Team MHP!  
facebook.com/TeamMHP  
twitter.com/MHPstrong

Call Now or Go Online to Order Today!

1.888.783.8844

www.MHPSTRONG.com



© 2011 Maximum Human Performance, LLC. All rights reserved. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, cure, treat or prevent any disease. Your results may vary.



## Happy New Year!

Peeps, do yourself a favor and log onto [www.SuperTraining.tv](http://www.SuperTraining.tv). There is no other website like it for free video "infotainment." No other gym puts in the hours Jim McDonald and I do to provide you with free, awesome content.

In this issue, "Death Grip Training" by Smitty shows you how a few small tricks can help build a deadly grip. Grip training can improve everything from your deadlift to your manly handshake. Get ready to break some fingers.

This month's "Chick That'll kick Your Ass" is 8-foot-tall CrossFit superstar Katie Hogan. She has ginormously huge legs — not always the nicest thing to say about a chick, but it's true. Katie is jacked. I saw her box squat 300 lbs. and pull 300 lbs. with no gear. Katie explains how strength is never her weakness and how it helps her kick the crap out of many other "CrossFitters."

Brain Carroll shows you how setbacks can sometimes propel you forward. In Brian's case, it led to a 1,185-lb. squat at 275. A new world record!

Our cover model and main feature this month is up-and-coming lifter Henry Thomason. Wait, an "up-and-coming lifter" with a 1,058 walked out single-ply squat and a 1,207 multi-ply squat? The reason I say he's up and coming is because I believe Henry will squat 1,300 and add about 50 lbs. to both his bench and his deadlift within the next six months. This guy is just a beast, and he's not afraid to ask other lifters for help and advice. You have to respect guys that always want to learn. USAPL, SPF, APF, USPA — Henry doesn't care, he will lift anywhere.

Some of you may or may not be aware that my dad is in intensive care in Queens, N.Y. Long story, but basically he was at death's door and has been on the mend in the hospital for about three weeks. One of the main points and missions of Power is to have content that is relatable to the readers. I would like to share the letter that I read to my dad before he went in for his sixth surgery in hopes that it inspires some of you to reach out to your dad, or to maybe even be a better dad and enjoy your kids and your time here on earth.

### Dear Dad,

*It's me, Mark. Your baby.*

I remember as a kid growing up admiring your strength. I remember being in awe seeing you do yard work and pick up 50-lb. bags of concrete. I remember watching you hammer things, pick things up, build or fix things. I remember feeling your arms and thinking they were hard as rocks! I thought to myself, "I'd like to have arms like that some day." I learned that you don't get that way by sitting around; you've got to work for it. I remember seeing you drenched in sweat. I'd run inside and mom would hand me a huge glass of ice water. You'd guzzle it down all in one big gulp, and say ahhhh! You'd give me a kiss on the head, then you'd get right back to work.

You've been carrying pain around in your body for years, but rarely showed it. You still went on with life having fun and wearing a big smile. Knee surgery, hip surgery and cancer couldn't slow you down. I decided a few years back that you must be indestructible. You have always put others needs in front of your own, and you are my hero! When I sucked my thumb until I was about 10 you probably thought there was no hope for me. But you have given your baby boy all the tools to be a successful man, with my family, my life, my businesses and anything else that pops up. I can handle anything and it's because of you and mom! I hope to be just like you ... only about a foot taller! Get well, dad!

**Mark Bell**



# POWER

## MAGAZINE

VOLUME 3 • ISSUE 1

### PUBLISHER

Andee Bell  
andee@thepowermagazine.com

### EDITOR-AT-XTRA-LARGE

Mark Bell • SuperTrainingGym@me.com

### MANAGING EDITOR

Heather Peavy

### ASSOCIATE EDITOR

Michele Cogger-Atkinson

### CONTRIBUTING PHOTOGRAPHER

Sam McDonald

### ART DIRECTOR/PRODUCTION

Paul Graff • paul@graffixdesign.com

### SUBSCRIPTION RATES:

US Addresses ..... \$29/1 year  
US Addresses ..... \$49/2 years  
International Addresses ..... \$65/1 year  
International Addresses ..... \$115/2 years

### Address changes send to

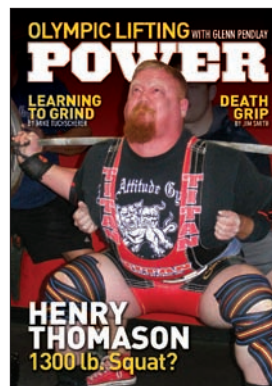
andee@thepowermagazine.com

### SUBSCRIPTIONS AVAILABLE AT

[www.thepowermagazine.com](http://www.thepowermagazine.com)  
[www.SuperTrainingGym.com](http://www.SuperTrainingGym.com)

**POWER Magazine** (ISSN 2150-5411) is published bi-monthly by Power Media. POSTMASTER: please send address changes to **POWER Magazine**, 3447 Koso St. Davis, CA 95618

Printed in the USA



POWER is published 6 times per year by POWER MEDIA. Nothing in POWER may be reprinted, either wholly or in part, without the written consent of POWER MEDIA.

Please consult a physician before beginning any diet or exercise program. Use the information published in POWER at your own risk. The information, products and services contained in POWER may be outdated or include opinions, omissions, inaccuracies or other errors. All information is provided (to the fullest extent of the law) on an "as is or seen" basis and POWER MEDIA makes no representations or warranties (expressly disclaims) of any kind, express or implied with respect to said publication, including the information, content and materials of POWER. Except if specifically stated, to the fullest extent permitted by law, neither POWER MEDIA, nor any of its partners, related or affiliated companies, employees or associates, will be liable for damages arising out of or in connection with the use of POWER or the information, content and materials included in POWER. This is a comprehensive limitation of liability that applies to all damages of any kind, including (without limitation) compensatory, direct, indirect or consequential damages, loss of data, income or profit, loss of or damage to property and personal claims of third parties, health or otherwise.



# APEX

[WWW.PROWRISTSTRAPS.COM](http://WWW.PROWRISTSTRAPS.COM)

**WORLD RECORD  
PROVEN GEAR**

# CONTENTS

JANUARY/FEBRUARY 2012



## FEATURES



### COVER STORY

26

## Mark Bell interviews Henry Thomason

Henry is one of the best squatters in the world. Read about how he plans to bring the all-time squat record back to the USA!



20

### Learning to Grind

Mike Tuchscherer gets technical as he explains how to make the most out of lifting heavy weights.



36

### Death Grip

Jim "Smitty" Smith gives us several different accessory exercises, complete with "how-to" photos, to improve grip strength.



22

### The Uncensored Guide to Getting Huge

Kiefer's nutrition advice is not for the faint of heart. If you are serious about getting huge, this is the diet for you!



42

### 722 to 783

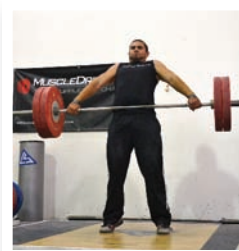
Jesse Burdick considers the deadlift his weakest lift. Here's how he changed that and added more than 60 lbs. to his lift.



32

### Achieving the Impossible

Brian Carroll gives a play-by-play of what he went through in the weeks leading up to his record-breaking meet at the 2011 ProAm.



50

### Fixing Your Snatch

Olympic lifting guru Glenn Pendlay lays out some simple steps to fix your snatch.



# 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

Visit [www.hmb.org/pr](http://www.hmb.org/pr)



HMB is developed, licensed, and marketed by Metabolic Technologies, Inc.



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

# CONTENTS



## COLUMNS

- 14 **MusclePharm Power Spotlight: Eric Lilliebridge**
- 16 **This Chick Can Kick Your Ass...Katie Hogan**
- 44 **Zach Even-Esh**
- 57 **Power Texting**

## DEPARTMENTS

- 6 **First Word**
- 12 **New Products**
- 58 **Get to Know...Chris Bell**



# GET YOKED!

## YOKE IT, PUSH IT OR DRAG IT

[WWW.ROGUEFITNESS.COM](http://WWW.ROGUEFITNESS.COM)



**ROGUE FITNESS**  
CROSSFIT COLUMBUS

**(614) 358-6190**  
1080 STEELWOOD RD.  
COLUMBUS, OH 43212

# POWER NEW PRODUCTS

## GRIP4ORCE

[www.grip4orce.com](http://www.grip4orce.com)

Grip4orce's patented inner-core technology was designed and developed to activate muscles while building grip, wrist and forearm strength. It spreads weight evenly to reduce negative joint strain, and has an internal polymer resistance core (regular and stiff flex), and anti-slip tread design. It forces users' hands into an active grip state, converts bars and dumbbells to a larger 2-inch diameter and can be used as a standalone hand grip device.



## POWER STRAPZ PORTABLE SUSPENSION TRAINING SYSTEM

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

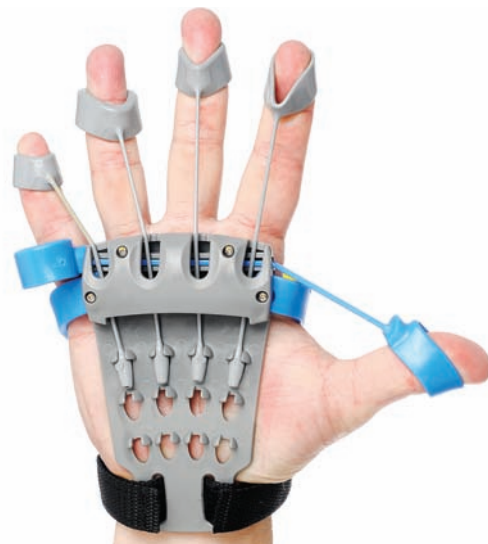
Power Strapz helps users get a great workout anytime, anywhere. It's a universal gym that fits in a suitcase or backpack. The only requirement is a solid door closed into the frame or a sturdy pole. Utilizing body weight, gravity and balance, Power Strapz allows users to do hundreds of exercises for the upper and lower body. It prevents injury by doing away with weights and allowing the user to control the path of motion. Additional features include padded handles and padded foot/arm harnesses, numeric door anchor system, a carry bag and two heavy-duty independent straps — all for \$99.99.



## THE XTENSOR

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

Whether for rock climbing, cycling, weight lifting, fitness or any sport that requires repetitive forceful gripping, the Xtensor is designed to build strength in the hands, wrists and elbows by exercising the hands in the exact opposite direction to how they are used. The science behind The Xtensor is based on building strength, improving muscle balance and increasing blood flow to optimize performance in areas that have been virtually off-limits to typical hand grippers. The goal is to maximize performance while minimizing or reversing imbalances that develop due to forceful repetitive gripping and squeezing.



## SUPER SANDBAG

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

The Super Sandbag is a heavy-duty weighted training bag designed to develop total body strength, stability and endurance. This versatile training tool allows users to execute training exercises to work the upper and lower body to develop explosive power. The removable weight bags can be used as soft weights to increase the intensity of any drill or exercise. The Super Sandbag features durable outer shells and includes four 10-lb. weight bags. It retails for \$59.99.



GNC PRO PERFORMANCE<sup>®</sup> **ADVANCED**  
**AMP** **MUSCLE**  
**PERFORMANCE**  
 THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS



**GNC'S #1 CREATINE PRODUCT**  
**MORE POWER. MORE POTENCY.**  
**MORE STRENGTH. MORE MUSCLE FUEL.**

When it comes to enhancing strength and performance, you can count on our most powerful, #1 creatine product available today. Nothing tops GNC's clinically proven formula for delivering performance that brings out maximum muscularity and muscle density. Millions of sports consumers know this secret – now you can, too.



Increase leg press by 54 pounds\*



Delivers 189% improved muscle creatine absorption\*\*



Gives you a 400% increase in dose efficiency\*

**CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC AND GNC.COM.**

\*In a randomized, double-blind clinical study of 57 healthy young adult males, subjects who took GNC Pro Performance<sup>®</sup> AMP Amplified Creatine 189<sup>™</sup> containing only 1.25 grams creatine significantly improved leg press 1-RM performance by 54 lbs, while subjects on five grams of creatine monohydrate improved by 52 lbs, and the placebo group demonstrated no significant improvement. \*\*In a clinical study of 17 healthy young adults, muscle biopsy results revealed that GNC Pro Performance AMP Amplified Creatine 189 resulted in 189% greater muscle creatine uptake relative to benchmark amounts of ordinary creatine monohydrate powder. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any diseases. Call 1.800.477.4462 or visit GNC.com for the store nearest you. ©2011 General Nutrition Corporation. Ad: Arnell

**GNC**  
 LIVE WELL.



# MUSCLEPHARM POWER SPOTLIGHT:

BY MICHELE ATKINSON

## ERIC LILLIEBRIDGE

BY MICHELE ATKINSON

**WHAT ARE YOUR STATS?** I'm 21, I compete in the 275-lb. weight class but usually sit between 265 to 270 lbs. in body weight year-round. I'm 5 feet, 11 inches and I compete in the raw division (belt and wraps).

**WHAT ARE YOUR BEST LIFTS?** My best lifts, both in the gym and competition, are: raw squat (belt and wraps) – 835 lbs. (gym), 826 lbs. (competition); raw bench – 550 lbs. (gym), 525 lbs. (competition); raw deadlift – 840 lbs. (gym), 800 lbs. (competition). My best raw total is 2,105 lbs.

**WHAT ARE YOUR BIGGEST POWERLIFTING ACCOMPLISHMENTS?** One of my best powerlifting accomplishments was when I totaled 2,065 lbs. raw at age 19. I also deadlifted 800 lbs. raw in competition for the first time at the same meet. It was at a UPA (United Powerlifting Association) meet in Illinois. I have done better since then, but as a teenager that was by far my biggest accomplishment and the one that I'm most proud of. To this day, I

have not seen or heard of any other teenager that has totaled more than 2,000 raw like I have done in the past.

**WHAT IS YOUR FAVORITE LIFT? WHY?** The deadlift is by far my favorite lift. It is a true test of strength. You just grab the bar and pull as hard as you can until you finish the lift. It's the one lift that can take anywhere from 1 second to 10 seconds to fight it up and finish the lift. It's also the one lift that can win you an entire meet. If you're going against someone who can out-squat you by 25 lbs. and can out-bench you by 25 lbs., but you can out-deadlift them by 100 lbs., it's game-over and you won the entire meet just by that one deadlift at the end.

**WHERE DO YOU TRAIN?** I mainly train out of Pro Gym in Oswego, Ill., with Frantz Power Team, the team that I usually compete for. I also train at ZenZen Barbell in Cortland, Ill., every once in a while when my father, brother and I can make it out there. I started out training in my basement for about the first four years I

did powerlifting. But I had to quit and find a gym/powerlifting team because it's too dangerous trying to lift with just a couple of guys in your basement when you require more than just one spotter behind you.

**WHO IS YOUR COACH? HOW HAS HE HELPED YOU?**

My coach has been my father ever since I started powerlifting. He's taught me everything I know about powerlifting, training and how to use the right form and proper technique on all three lifts. He's helped train me ever since the beginning and has been to every single one of my competitions, where we competed together a long with my older brother, Ernie Jr.





**HOW AND WHEN DID YOU GET INTO POWERLIFTING?** I started lifting and training by myself in my basement when I was 13. I had always watched my dad compete before and watched him train in the basement, so of course I wanted to follow in his footsteps and try to be just like him. Once my dad saw that I had taken interest in the sport, he had me start coming to train with him and taught me how to use proper form on all three lifts before even getting started with weights.

**WHAT ARE YOUR SHORT-TERM GOALS?** My goal for my next competition is to break 2,200 raw on the total, and for 2012 I'm going to train as hard as I can to get my deadlift up to 900 lbs. raw as a junior. I've learned from past injuries that staying injury-free is the key to making consistent gains. I haven't had any injuries in more than a year and I've finally started to make consistent gains on all of my lifts. You just have to listen to your body and know when it's time to back off and when it's time to start training hard.

**LONG-TERM GOALS?** My long-term goal is to break the all-time raw world record total in the 275-lb. weight class.

**WHAT DO YOU DO TO GET AMPED BEFORE A MEET OR AN ATTEMPT?** It really depends on the lift. For squatting, I get fired up before I even get underneath the bar. I just think about how the weight is going to feel on my back and how I don't want to fail with the weight. Once I come down with the weight and break parallel, I have to fight it up with everything I have. For bench pressing, I like to be calmer and feel it out as I'm coming down with the weight slowly. Benching requires a lot of technique, especially for me since I use a big arch and try to stay as tight as possible, so I'm more focused on making everything perfect before I even get the bar handed off to me. For deadlifting, I like playing loud music and thinking about how much of a challenge it's going to be for me to rip the weight off the floor and finish it with a strong lock-out.

**IF YOU WEREN'T POWERLIFTING, WHAT WOULD YOU BE DOING?** I would definitely still be lifting weights and training hard to be as big and strong as I possibly can. Once you start seeing the results from all the hard work and effort you put into training, it becomes kind of an addiction to try and become better. The way I see it, there's always room for improvement on anything that you do, whether it be your form, your speed on the lift or your training techniques. You can always become better, you just have to find the right way that works best for you.

**WHAT LIFTER DO YOU ADMIRE MOST? WHY?** I have always admired my father the most. Even before I got into training and powerlifting, I always admired him for the dedication that he has toward everything that he does, with powerlifting being just one of them. He never gave up on me when it came to training, even though he was also helping to train my older brother along with training himself. It took me a really long time to get to where I am now. My training has had a lot of ups and downs and months where I didn't make any gains at all. But my father has taught me to always keep my head up and work through it and never give up on anything. I always strive for more and want to become the best that I can because I know I have a lot of potential, and it's all because of my father's help with training and being there to help guide me in the right direction.

**WHAT ELSE YOU WOULD LIKE TO ADD?** I'm really happy to see raw powerlifting starting to get popular again. I started out competing in a time where every meet I went to, 99 percent of the lifters were competing in gear and I was the only one competing raw besides my brother and father. It wasn't until a couple years ago that I noticed there were a lot more people starting to compete raw; even guys who normally competed in gear switched over and did raw meets. It's nice to see how strong all of these guys really are versus how much they can lift in a suit, because you don't really know how much they're getting out of it until they take it off and lift without it. **PM**

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

# KATTIE HOGAN

**Katie Hogan may be new to powerlifting, but she is well versed in competitive sports. This NCAA double-sport All-American (volleyball and track and field) is also a top CrossFit athlete with a top-20 finish at the 2011 CrossFit games. Here is her story, in her words.**

"Strength has always come easy to me. As a young athlete, wherever I was lacking in technique or experience, I always seemed to make up for with my strength. I first started strength training at what I consider a fairly young age for a female, around 12 years old, in junior high.

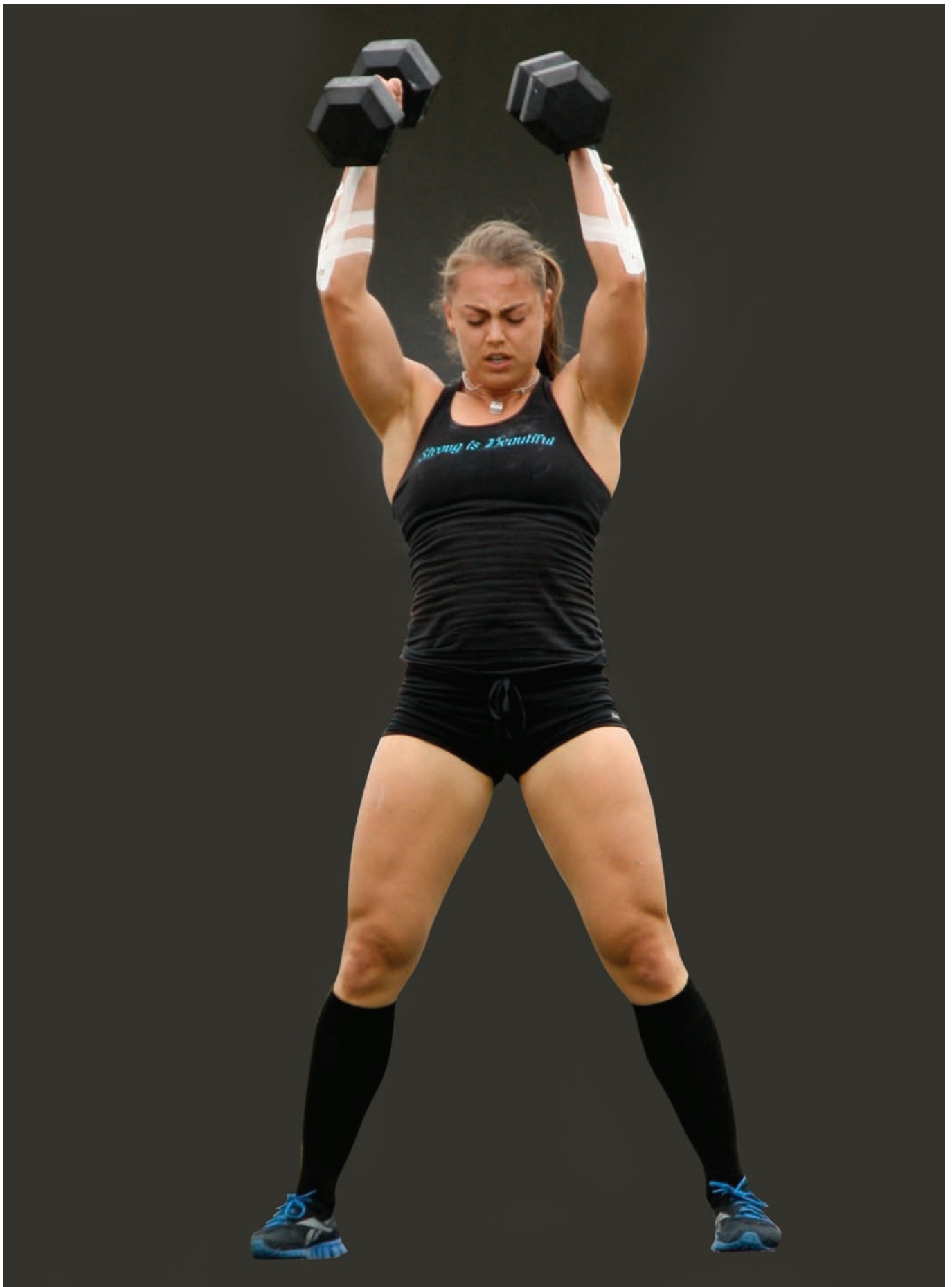
When I started high school and joined the freshman volleyball team I was immediately introduced to a high-level strength and conditioning program, complete with heavy squats, deadlifts, bench press and Olympic weightlifting. Not only did I enjoy training in the weight room after practice, but I also seemed to excel there. Two years later I finally earned a spot on the nationally ranked varsity team. After tryouts, the coach pulled me aside, congratulated me on making the team, and then proceeded to explain to me that while my experience as a volleyball

player was still developing, I more than made up for it with my strength and overall athleticism. The coach had determined that despite my lack of skill on the volleyball court, he undoubtedly needed me in the weight room to push the rest of the team.

After continuing my career in college as a volleyball player and thrower of both the javelin and shot, it had remained apparent that I was a naturally strong athlete. While the other girls on the team were content to keep their lifts light, my strength coaches would keep piling more weight on the bar to see what I could press or squat. It was always something I had taken for granted and never realized how much it set me apart until my teammates had me bench press in front of some members of the men's volleyball team who weren't strong enough to lift the weight that I could. My squat numbers were by far the highest on the team and my strength leant







itself well to Olympic lifting. I loved heavy cleans and, as a result, I also had the highest vertical jump on the team. Rarely did I find myself unable to finish a lift, and in retrospect I wonder how much stronger I could have become during my collegiate career if I had pushed myself even a little more.

Since then, I have found the sport of CrossFit and have been enjoying the challenge of training and competing again. With CrossFit, there are so many different areas to condition and improve that it can be overwhelming to program it all. When looking at a new athlete, one of the first things I want to build is their strength. Along with proper mechanics and technique in the power and Olympic lifts, a foundation of strength in any athlete is a huge advantage. I credit most of my success in CrossFit, thus far, to my strength relative to the other competitors.

There was an event in the 2009 CrossFit Games, one of my first real competitions in the sport, where athletes were required to complete a series of deadlifts in which the weights increased incrementally from 185 to 375 lbs. Having never lifted more than 295 lbs. in practice, I was shocked when I successfully lifted both the 305- and 315-lb. bars and nearly brought the 325 lb. bar to full extension. Looking at footage from the event, it was clear that I was pulling with raw strength rather than the proper form I strive for in practice. The adrenaline had kicked in, and my body started driving the weight up with everything it had.

Throughout the past two years as a CrossFit competitor, I have been training with a supplemental strength program in addition to my daily CrossFit workouts. I'll vary max-effort days with more skill-based lifting days and routinely apply this conditioning to prowler pushes, Atlas stone lifts, weight-vest training and the like. For instance, a week of training may look like this:

**Day 1:** Max-effort box squats; glute-ham raises; 2x1,000m row for time.

**Day 2:** 20-minute CrossFit workout or "met-con" (metabolic-conditioning); 20 minutes of gymnastics skill training.

**Day 3:** Dynamic effort bench press; deadlifts at 70 percent 1RM within a CrossFit workout of 400m runs, Kettlebell swings and push-ups.

**Day 4:** Max-effort squat cleans; 15 minutes of CrossFit; "met-con" of push presses and pull-ups.

**Day 5:** 45 minutes of gymnastics skill training; 6x300m sprints with 2 minutes of rest between.

Each year I have grown stronger and improved on my

personal bests across the board from squats, deadlifts and presses, to Olympic lifting as well. Continuing this strength training has helped me with my endurance on the longer, lighter weight workouts and has allowed me to capitalize on the heavy, max-effort strength workouts. During competitions I'm always hoping the weights will be high; where other girls doubt themselves, I never worry about if I can lift the weights, only how quickly. This past summer at the Southern California Regional Qualifier, I surprised everyone with first-place finishes in two very different events. The first was a 1-Rep Max thruster, where you clean the bar off the ground and in one motion squat and press it overhead. In a tiebreaker between myself and one other competitor, I successfully lifted 10 lbs. above my personal best (190 lbs.) to win. The following day, the event was a longer, more endurance-based workout consisting of 100 pull-ups, 100 Kettlebell swings, 100 double-unders and 100 overhead squats with 65 lbs. This lightweight, high repetition workout should have favored the smaller athlete; however, by keeping a steady pace on the first three exercises I set myself up with an early lead so that once I reached the squats, I was able to hold on and knock them out with relative ease. This was an extremely tiring workout overall, and I know that I would have hit a wall and not been able to finish in first place had I not been as strong.

As a coach, I encourage all of the athletes I work with to build muscle and witness how much it impacts their performance in all aspects of their training. Many of the clients I train have come to me specifically to gain strength and increase their lean muscle mass.

When I program for my clients, there is almost always a strength bias to their CrossFit training, and my sessions with them push their mental and physical capacity in the heavy lifts. I teach not only proper form, but also the mental focus and determination to push or pull a weight that may seem insurmountable.

Being strong is and always has been part of who I am. Just recently, at the CrossFit Powerlifting certification, I surprised myself when I high box-squatted 300 lbs. – easily 40 lbs. more than I'd ever squatted before. By combining my raw strength with the (necessary) proper form with my squat, I was able to achieve a huge personal best. The ability to lift weights gives me a sense of pride and excitement. My career as both an athlete and coach is anchored in my practice of and love for lifting heavy things." **PM**



# "A Professional Wrap Roller"

**Portable**

**Compact**

**Rechargeable  
-High Torque-**

**250 Wraps  
Per-Charge**



"Wholesalers Welcome"



**WRAP  
WRENCH™**  
[www.WrapWrench.com](http://www.WrapWrench.com)



Wrap Wrench, Inc. / Patent Pending / Copyright 2011 / All Rights Reserved

# LIQUID GRIP

"What's in your grip?"  
[www.LiquidGrip.com](http://www.LiquidGrip.com)

## HOT NEW PRODUCT!

"TRAIN HARDER WITH  
LIQUID GRIP"



**Our Athletic Grip Enhancer Is Ideal For:**  
POWERLIFTING • STRONGMAN • MMA  
WEIGHTLIFTING • GYMNASTICS • AND MORE...



Great for use on hands and feet



AVAILABLE IN 2 SIZES  
1.5 oz Carabiner Bottle  
and 8 oz Bottle

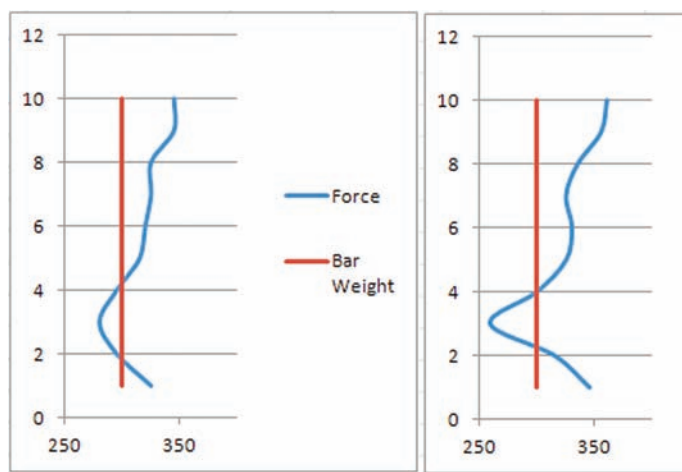


[LiquidGrip.com](http://LiquidGrip.com)

Made in USA

# LEARNING TO GRIND

BY MIKE TUCHSCHERER



(Figure 1)

Have you ever noticed that most top-level lifters have the ability to grind out heavy weights? Of course that's not universally true, but most of them can really struggle through a lift and still come out on top. However, there are lots of other lifters who can't grind to save their lives. For these folks, when the weight hits the sticking point, it's not only like hitting a brick wall – it's like bouncing off it. They hit the sticking point and immediately fail the lift. The good news is, the ability to grind is something we can develop in ourselves and our training partners.

## WHY GRIND?

Who cares if a lift is fast or slow? As long as you complete it, the only thing that matters is the weight on the bar, right? That's true in a competitive sense, but from a coach's standpoint, there's more to be concerned about. Being concerned with your ability to grind out a heavy weight is the same as being concerned about your weaknesses. Improving weaknesses gives us a

basis for stronger performance in the future.

But learning to grind out a weight is more than just developing a skill. Often, this is at the root of weak points themselves. But to really understand this, we have to learn a little about force curves.

I'll try not to bore you with a ton of background information on force curves. If you're interested in the analytical side of training or the programming process in general, I suggest you take a look at my new TGPSS seminar DVD available at [www.ReactiveTrainingSystems.com](http://www.ReactiveTrainingSystems.com). There is a ton of information on that DVD that can help you understand how to customize your training to make it more effective.

Consider the following graphs (see Figure 1). You have two individuals lift a near-maximal 300 lbs., and their force output is graphed. On the horizontal axis, we can see force output. On the vertical axis, we can see time. Obviously the bar weight stays the same throughout the lift. The graph on the left is for a fairly typical lifter. This lifter cannot grind particularly well, though he's not bad. But contrast that with the graph

on the right from a lifter who cannot grind well at all. His strong points are stronger and his weak points are weaker. The end result is that both lifters end up with the same amount of weight lifted.

If you were watching the lifter on the right as he made a max lift, you would notice that he could build quite a bit of speed in the beginning of his lift. And this speed would drop quickly as well as he moved through his sticking point. As the weight on the bar gets heavier, he will get slower in his weak area. At some point, he will get so slow that the bar doesn't coast out of his weak area any longer and he cannot generate enough force in that weak area to get the bar moving again. So, it comes crashing back down.

## TRAINING TO GRIND

I've heard it suggested before that lifters should use max-effort work to learn how to strain. The idea is that straining against a heavy weight will teach you further to strain during max attempts. For someone

who can't grind, asking them to strain during max-effort work is like asking them to lift a PR through sheer force of effort. It's not that they don't want to strain — it's that they can't. Granted, they may be able to strain during some lifts, but chances are those lifts don't target their weak area of the force curve and likely won't result in improved performance.

So what should they do? The first thing to realize is that the best way to fix this kind of problem is not by any particular exercise. If the above example was a bench press, then many people would no doubt try a very low board press or pin press to correct this problem. That's usually not going to work because even if you do get the board height correct, you won't be training the same kind of strength that will transfer well to the contest lift. A better approach is by doing more reps.

The max-effort crowd does get at least one thing right: If you want to get better at grinding (and improve your force curve), then you have to practice. But how does someone practice doing something they can't do? In this case, it's by doing more reps. Instead of doing max effort singles, do triples instead. Do rep work instead of speed work. How many reps really depends on where it fits in your training, but I would normally suggest four to six reps. Work up to a five-rep max instead of doing speed work and see how that plays out in the next several weeks.

If you don't follow the Westside template, the trend is still fundamentally the same: more reps per set. A good friend of mine developed this problem while doing Sheiko-style training cycles. He did an eight-week cycle where he kept the volume and intensity the same, but he simply did more reps in each set. So instead of doing five sets of three at 80 percent, he did four sets of four at 80 percent. That's roughly the same number of reps and the same load, but more reps in each set. The end result was some nice PRs and an ability to grind that he had never experienced before.

## WHY REPS WORK

The reason for doing more reps is this: As the reps go by and fatigue starts to set in, the lifter's force curve gets flatter and flatter. This means they are spending more

time under tension in their weakest position. And that time under tension is highly specific to the way that they will need to perform when they are doing a max effort lift. Doing more reps in the contest lift is a great way to bring up a glaring weak point because it teaches you how to strain by using fatigue as a benefit. It's certainly not easy, but it works!

There's a ton of information you can learn from observing your force curve. The weak point and shape of the force curve

gives us plenty of information to really customize training programs to fit an individual's needs. It helps us determine things such as exercise selection, protocols, training methods and other aspects of program design. You can find out more about this kind of force curve analysis or ask any questions you might have on my website, [www.ReactiveTrainingSystems.com](http://www.ReactiveTrainingSystems.com). I'd be happy to help you implement any of these concepts to help make your training the best it's ever been. **PM**

**Spud Inc**  
**STRAPS AND EQUIPMENT**

**SUSPENSION STRAPS:**  
**\$89.00**

**SLED PACKAGE:**  
**\$120.00**

**3 PLY DEADLIFT BELT:**  
**\$54.00**

**BENCH BELT:**  
**\$49.00**

**THE STRONGEST MEN ON THE PLANET USE SPUD, INC. STRAPS....SHOULDN'T YOU?**

**NUTRITION WAREHOUSE**  
WWW.NUTHOUSESUPPLEMENTS.COM

**SPUD, INC**  
WWW.SPUDINCSTRAPS.COM

9600 TWO NOTCH RD STE 14, COLUMBIA, SC 29223  
**PHONE: 803-788-2852**





# THE UNCENSORED GUIDE GETTING HUGE

BY JOHN KIEFER

*WARNING: This may be diet advice, but this is not advice for the faint of heart, the weekend weightlifter, the couch potato, the Shake Weight warrior or the push-up addict. This is uncensored information about food, training and diet — and most of the time, even if you train without a goal, and half-assed training at that, following my advice won't hurt you. But in this case, you'd better be dedicated to getting huge for a reason and you'd better have a solid foundation to begin. Are you a competitive powerlifter, strongman or bodybuilder looking to push your body to extreme levels of hypertrophy? Keep reading. Everyone else: Go the fuck home.*

**A** long time ago, before I understood about diet and food, when I would have actually listened to Dr. Oz or Dean Ornish and thought they really knew what they were talking about, I hovered at a bodyweight of 200, sometimes a little more, sometimes a little less, but I had a hard time cresting it. I've worked with quite a few athletes who had the same problem. There was some bodyweight at which they just couldn't surpass.

Let's face it: The status quo is never an option. (And if you think it is, I told you to leave earlier, so here's your second warning.) I originally wanted to be a professional bodybuilder, but being 6 feet and 200 lbs. was not going to get me on stage. So I ate. I ate like a fiend: white rice, red potatoes in olive oil, steak, salmon, pork, hamburgers, pasta, vegetables soaked in butter, eggs and pancakes and syrup. I'd get frozen foods, but nothing super-processed like Stover's lasagna. Ice cream for sure, but I stuck with Breyers' because I knew everything on the ingredient list. I ate clean.

I didn't come up with this plan on my own. Bodybuilding magazines did that for me: tons of food, tons of meat, tons of whole-food carbs, tons of protein powder and weight-gainers. I should have been a beast. It didn't happen. I ate nine meals per 24-hour period, getting up twice in the middle of the night to down shakes. Yet my weight barely budged.

Fast-forward to today. I routinely help people go from their sticking point of 210 and take them up to 285 lbs. in a year.



grow, both fat and muscle. But when heading for the extremes of mass, deal with it. As long as you train intensely, about half of the weight gain will be muscle. Strip the fat off later.

## PROCESSED > CLEAN FOOD

Remember, this is to reach extreme levels over anything you may have thought possible. It became clear from my self-experimentation that there is something special about processed food and the greater the processing, the more anabolic the food is. This isn't good for the couch potato. But for the athlete moving from 200 to 285 lbs., it's critical. It is damned near impossible to push past certain size plateaus without junk food.

Science has recently verified this, as well. Take two meals with identical macronutrient breakdown and calories, one extremely processed and the other as minimally processed as possible. The processed one is far more anabolic, pro-

ducing radically different hormonal responses, all of which trigger growth.

You can't get much more processed and junky than some of the fast-food meals where the hamburger patties start as pinkish paste and they add beef flavoring later, or the French fries that are deep fried once at the factory before freezing and deep fried again before being served. Fast food is the ultimate secret anabolic agent. Now we only need to channel as much of that anabolic signaling into muscle growth and minimize fat growth.

What we need here is appropriate application of my pet abbreviation, or MTR (modulated tissue response). We need to shift as much of this anabolism to muscle growth as possible. That means intense resistance training, of course, but these extreme levels of clean mass, we need to tweak the diet as well.

As long as muscle tissue has a consistent and elevated level of free amino acids, it will grow. Whey isolate, whey hydrolysates and casein hydrolysates all work well in this capacity. We also want to make sure things are primed for growth at the genetic level. Insulin does this, as does blood sugar, both of which the junk food will handle. We can do better, however. The branched-chain amino acid leucine amplifies the muscular component of growth even more, making the junk food even more anabolic.

Now, you don't have to believe me and you can try to grow using whole foods and homemade goodies. You will fail. It's the secret to the world's obesity problem: If you eat the least processed food possible, it's extremely difficult to get huge — fat or otherwise. And I mean huge, sizes not seen until the last few decades. Getting above 300 lbs., however you want to do it — as muscle or fat — used to be a matter of genetics. Now, it's as simple as finding the golden arches. **PM**

**A Typical Day in the Life of a Super-Gainer**  
**Breakfast:** Two McDonald's sausage, egg and cheese biscuits, hash brown and cherry pie, 60g whey isolate, 5g leucine.  
**Snack:** A couple of Pop Tarts, a couple of Pillsbury Toaster Strudels, 40g whey isolate and 5g leucine.  
**Lunch:** Denny's Moons Over My Hammy, hash browns and four eggs over medium, 60g whey isolate and 5g leucine.  
**Snack:** Weight gainer shake, 5g leucine.  
**Post-training shake:** One cup coconut milk (from the can, not the watered-down ready-to-drink stuff), six to eight regular-sized Reese's peanut butter cups, 1 to 2 cups of skim milk, 60g whey isolate, 20g casein hydrolysate, 5g leucine thrown in the blender.  
**Dinner:** Grilled chicken and pasta in a cream sauce, 30g whey isolate and 5g leucine.  
**Before bed:** A pint of Ben & Jerry's ice cream, 60g whey isolate, 5g leucine.

## JUNK IT

What happened? What the hell did I figure out? Believe it or not, I didn't figure out anything that everyone in America doesn't already practice. Not even 100 years ago, it cost a nickel to get a peak at someone over 300 lbs. because finding someone that big was not easy. Now, you can see entire herds majestically migrating through Walmart parking lots.

I don't like admitting how I came to understand this super-sizing philosophy: I gave up. I started eating McDonalds and Burger King, Hostess pastries and Little Debbie Oatmeal Cream Pies. Pecan Sandies, Oreos, Reese's cups, candy bars — and I ate out at big-chain, sit-down-type restaurants a lot more often.

I never gave up my every-three-hour protein shake, but I might have that shake with four Filet O' Fish. No, I wasn't carb back-loading. I was front-loading, back-loading and everything-in-between-loading. I even indulged my love of Cool Ranch Doritos.

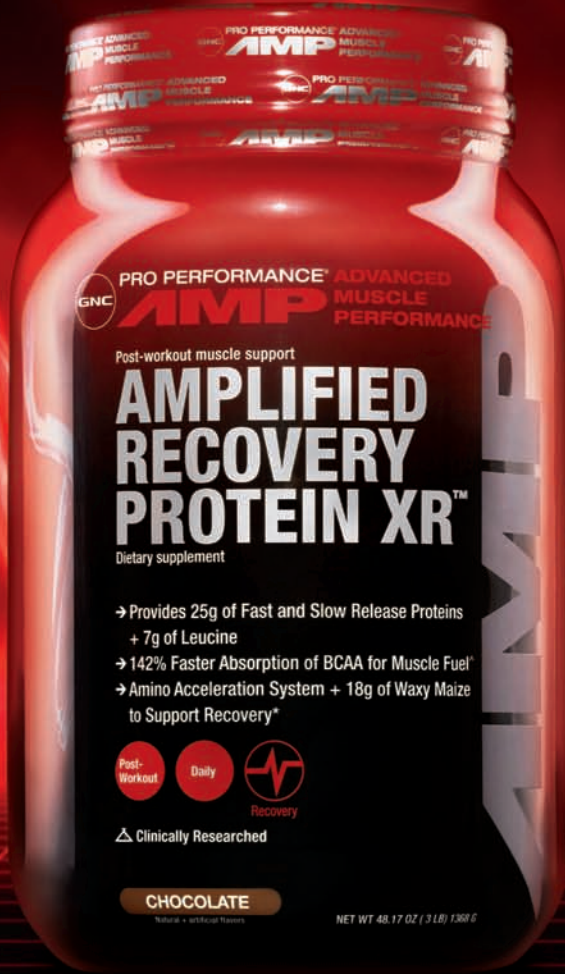
As you might expect, I got bigger, but, interestingly, I wasn't consuming a great deal more calories than I had been. Instead, it just came from junk. The calories came in denser packages, which I enjoyed because I didn't feel like I would explode after every meal. I thought maybe density was the key, so I tried eating whole foods gain, but I made things with lots of butter, I made burgers at home, grilled cheese, milk ... and I stalled. Then it all made sense: shit matters.

At some point, everyone's a hard gainer. It might be hard to gain muscle or it might be hard to gain weight, or even, for some people, it's hard to gain fat (yes, we all hate you). At this point what's needed is massive anabolic signaling. Caveat emptor: Massive anabolism is total anabolism and everything's going to



**NEW**

**GNC** PRO PERFORMANCE<sup>®</sup> **ADVANCED**  
**AMP** **MUSCLE**  
**PERFORMANCE**  
THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS



# INTENSE MUSCLE REPAIR FOR INTENSE TRAINING.

**THE POST-WORKOUT RECOVERY PROTEIN THAT WORKS AS  
HARD TO REPAIR YOUR MUSCLES AS YOU DO TO BUILD THEM.**



142% faster  
absorption of BCAA  
to fuel muscles\*.



25 grams of fast and slow proteins  
plus 18 grams of muscle-feeding waxy  
maize for optimal muscle repair.



Amino Acceleration  
System delivers more  
key aminos faster.

**CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC AND GNC.COM.**

\*In a randomized, double blind, crossover study of 16 healthy male volunteers, subjects experienced significantly higher maximum concentrations of total amino acids, branched chain amino acids (BCAA) and leucine one hour post-ingestion of the protein blend in this product relative to amino acid concentrations measured post-ingestion of whey protein concentrate. Significant differences for the rate of change of BCAA and leucine absorption were also observed relative to the control group. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.888.462.2548 or visit GNC.com for the store nearest you. ©2010 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnell

**GNC**  
LIVE WELL

# HENRY THOMASON

BY MARK BELL

Henry Thomason is one of the best squatters in the world, and when it's all said and done he will go down as an all-time great. His strength is so out-of-this-world that he can jump into any contest and perform well, even drug-tested contests. How many multi-ply guys would be able to do that?

Thomason has the biggest single-ply squat of 1,058 lbs. and he is working on breaking the all time multi-ply squat record. He recently shot up with 1,275 in an effort to best Jonas Rantanen's world record, but came up a little short on depth. Thomason did end the day with a PR and a 1,207-lb. squat. I'm not sure if people understand how hard it can be jumping back and forth between single and multi-ply, but Thomason makes it look easy.

**MB:** What is the deal with your crazy squat? How do you train, really heavy and really often?

**HT:** Constantly working on form and technique. I videotape my lifts and troubleshoot for errors. The trick is to keep your upper torso upright throughout the entire lift. I train the squat once a week, mostly in single-ply gear or old double briefs. A normal training day would be squatting five sets x three reps, then build up to 3x1 up to a PR, but still working on speed and form and getting 2 minutes rest between sets. Every week I change it up: bars, boxes, walking out, bands, chains.

**Example:** Use a mono-lift and a Buffalo bar with a low box, wearing single suit (straps down) with 750 lbs., 5x3. Then build up to 3x1 at 800-950 lbs. with suit straps up and/or knee wraps. Six weeks out from the meet, work on walk-outs or mono-lift. Change the training sets 3x2, then add full gear with 2x1. Lastly, take three weeks of de-loading from heavy squatting.

**MB:** Can you clear up what you said at the end there? What does full gear, two sets of one mean? Also, what kind of weights are you using?

**HT:** Six weeks out from a meet, I start working on walk-outs and/or using a mono-lift. I still do three sets of two reps (training sets 55 to 75 percent) and two sets of one rep, building up to a second attempt on meet day.

Here's an example of a training cycle for a single-ply walk out squat Texas power bar with straight weight:

**Week 1** - Warm up with suit straps down at 700x2 to 750x2; then with knee wraps and straps down at 800x2; then with full gear 850x1 to 900x1.

**Week 2** - Warm up with suit straps down at 725x2 to 775x2; then with knee wraps and straps down at 825x2; then full gear 900x1 to 950x1.

**Week 3** - Warm up with suit straps down at 800x2 to 850x2; then with knee wraps and straps down at 900x2; then full gear 950x1, 1,000x1.

**Week 4** - De-load.

**Week 5** - De-load.

**Week 6** - Meet first 950, 1,020 and 1,060.

**MB:** Oddly enough, a lot of what you wrote is how my hero, Super D, AKA Donnie Thompson, trains. When you perform your 5x3 reps, is there a percentage associated with it or do you just go by feel?

**HT:** Going into the training session the game plan is to try and follow 55 to 75 percent of my last completion max, but keep the same weight for five sets of three reps. The main thing is to look at bar speed and form. If the bar moves slow, subtract weight. If I am using a specialty bar (Cambered, Safety Squat bar bands/chains), I go off of what the warm-ups feel like that day.





**MB:** You squatted 1,058 lbs. in single-ply and 1,207 lbs. in multi-ply. No one is even close to that combo. What's your best raw? Any plans to hit over 900 lbs. in a raw meet?

HT: At this time my raw max without knee wraps is 860 lbs., which I did in training a couple weeks ago while getting ready for a single-ply meet. Yes, I will be lifting raw at the Raw Unity Meet 5 in Corpus Christi, Texas, in January. I have no chance of winning but should be able to make a run at a 903-lb. squat.

**MB:** You've written on Facebook, "Tomorrow I'm going full gear so bring in your lawn chairs and get ready for a long day." I know you are joking around, but it's my belief that things like that are what separate out the good from the great. Donnie Thompson once told me he sometimes has a workout that lasts longer than four hours. Why? He says it's because no one else is doing it, and meets take a long time, so why not be prepared for that? What's your mindset like as you embark on going where no man has gone before?

HT: My mindset is to do the best I can and have fun with it. (And make sure we get it on video!) We really do bring our lawn chairs to the gym so the guys can have their families and friends watch the show. But I do understand where Donnie is coming from regarding the four-hour training sessions. There are several factors that come into play. A good example is on a Sunday morning squat training session when I am preparing for a double-ply contest. It takes me about three hours of training and two hours of drive time. It mostly takes a long time to get the right people in gym to help with coaching, spotting and putting gear on. You have to get everyone committed in the gym so you can hit the work and accomplish your goals out on the platform.

**Here's a rundown of my Sunday mornings at BAG (Bad Attitude Gym):**

- 8 a.m. - Drive 1 hour to the Bad Attitude Gym.
- 9 a.m. - Stretch for 30 minutes and set up any equipment we will be using.
- 9:30 a.m. - Raw squat warm-ups for 30 minutes.
- 10 a.m. - Raw squat training sets for 30 minutes.
- 10:30 a.m. - Put on briefs for 15 minutes.
- 10:45 a.m. - Briefs-only squat training sets for 30 minutes.
- 11:15 a.m. - Add suit for 15 minutes. I need an extra person to help put gear on.
- 11:30 a.m. - Main squat training sets for 30 to 45 minutes with rest. I need someone to wrap my knees and put on my suit, and also to give up calls and/or squat commands.
- 12:15 p.m. - Change over to a deadlift suit for 15 minutes. I



need an extra person to help me take off the squat suit and briefs.

12:30 p.m. - Deadlift movement for 30 minutes.

1:00 p.m. - Drive back on home for 1 hour.

\*Single-ply training and non-gear training days are about 1 to 1.5 hours because of less weight being used and time spent in gear.

**MB:** What are some of your favorite assistance movements for lower body?

HT: I do so many sets of raw and training sets that I really don't do any assistance movements for lower body. If anything, I do raw speed deadlifts or rack pulls in a conventional stance against bands or chains, six to 10 singles with about 50 percent of my contest max with short rest periods.

**MB:** I admire your improvements in the bench and deadlift. After all, it's a powerlifting meet, not a squat exhibition. What have you done to bring up the bench and deadlift?

HT: In the bench, I've been working on technique and form, trying to get the bench stroke short as possible, training in the bench shirt every week and doing heavy board presses and increase shoulder exercises. For the deadlift, using a higher box during my squat training has been a big help. Also always doing some type of deadlift exercise each week and increasing upper back and grip work on non-lower body days.

**MB:** How does a "non skinny" guy like yourself deal with the humidity in Texas?

HT: This past year Bad Attitude Gym has move to a climate-controlled facility, which has been a big help. Also, working in a manufactory plant for 60 hours a week helps me get used to the heat/humidity pretty quickly.

**MB:** I know a few guys that would be perfect for a place with that name. Tell me more about Bad Attitude Gym. What's it like? Who owns it? Who else trains there? Do you guys take anyone or is it selective?

HT: Bad Attitude Gym is a hardcore powerlifting club located north of Dallas in Carrollton, Texas. BAG started out in the garage of Sean Donegan. When it outgrew its original home, it relocated to a warehouse space that allowed more equipment. Then, a few years ago, we moved into a larger climate-controlled facility. We have competed in, and support, every organization. It's our feeling that, as a beginner, you should try them all and find your niche. We support all lifters: pro, amateur, raw, single- and double-ply. Some of the lifters who train at BAG are Sean Donegan, Phillip Wylie, Scott



Prosek, Shae Jones, Adam Nunnalle, Adam Korenke, Mark Swank, Amanda DuVall, Jim DuVall, John Caruso and Alan Borden.

**MB: What are your best single- and multi-ply totals?**

HT: Single-ply 308: 2,303 lbs. (NASA) SHW: 2,403 lbs. (USPA).  
Double-ply 308: 2,500 lbs. (SPF) SHW: 2,650 lbs. (SPF).

**MB: Hey dude, I can't out-total the people I interview, so please start working out. Maybe you should start using band training so you're not so weak.**

HT: Funny, Mark. Real funny. I have been band training! The funny thing about band training for me in the squat is it takes a ton of weight to hit depth. A good example is squatting in a suit and briefs doing a heavy circa-max about two weeks out from a meet. It takes about 1,100 lbs. or so for me to break parallel. So having 600 lbs. in bands and 600 lbs. in bar weight, I only get about 25 percent way down. That's why I have to use so much bar weight in my training. But I do several resisted exercises on



light/speed days, which helps a ton with lockouts on bench and overall raw strength.

**MB: Who are your favorite lifters?**

HT: Randall Harris, Mike Womack, Adam Hires, Alan Best, Tony Cardella, Scott Cartwright, Matt Wenning and Brain Carroll.

**MB: Brian Carroll? Really? Who the heck is that?**

HT: He's a powerlifter, Mark!

**MB: What does it feel like to have nearly 1,300 lbs. on your back? What runs through your head with a big ole weight like that?**

HT: Well, Mark, just load up 1,300 on the bar and un-rack it a couple times. You'll find out real fast what it feels like! No, really, it feels like 500 lbs. on your back and it's the easiest lift of the day. A couple thoughts going through my head during a crazy squat would be "Down, down, down, knees out. UP! Head back, rack it, then smile real big for the camera. **PM**

Stan **RHINO** Efferding  
World's Strongest Pro Bodybuilder

**PROVING IT**  
A Believe Media Film

Discover how to **DRAMATICALLY INCREASE STRENGTH & SIZE**

**SPECIAL PRE-ORDER OFFER**

**\$24.95** Pre-Order  
(\$39.95 After DVD Release in early 2012)

**www.ProvingItDVD.com**

# LEVIATHAN



**DESCRIPTION:** THE KING OF THE SQUAT SUITS WORN BY THE KINGS OF THE SQUAT. THE **LEVIATHAN** IS A SUIT OF ARMOR THAT LITERALLY STANDS ON ITS OWN.

- THE CANVAS HYBRID™ DESIGN INCORPORATES TOP-GRADE CANVAS AND 4" WIDE HARDCORE SIDE PANELS
- INCREDIBLE STOPPING POWER IN THE HOLE
- THE HEAVIEST SQUAT OF ALL TIME (1265) WAS DONE IN THE LEVIATHAN



**INZER  
ADVANCE  
DESIGNS**

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

800-222-6897



# INZER ADVANCE DESIGNS

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

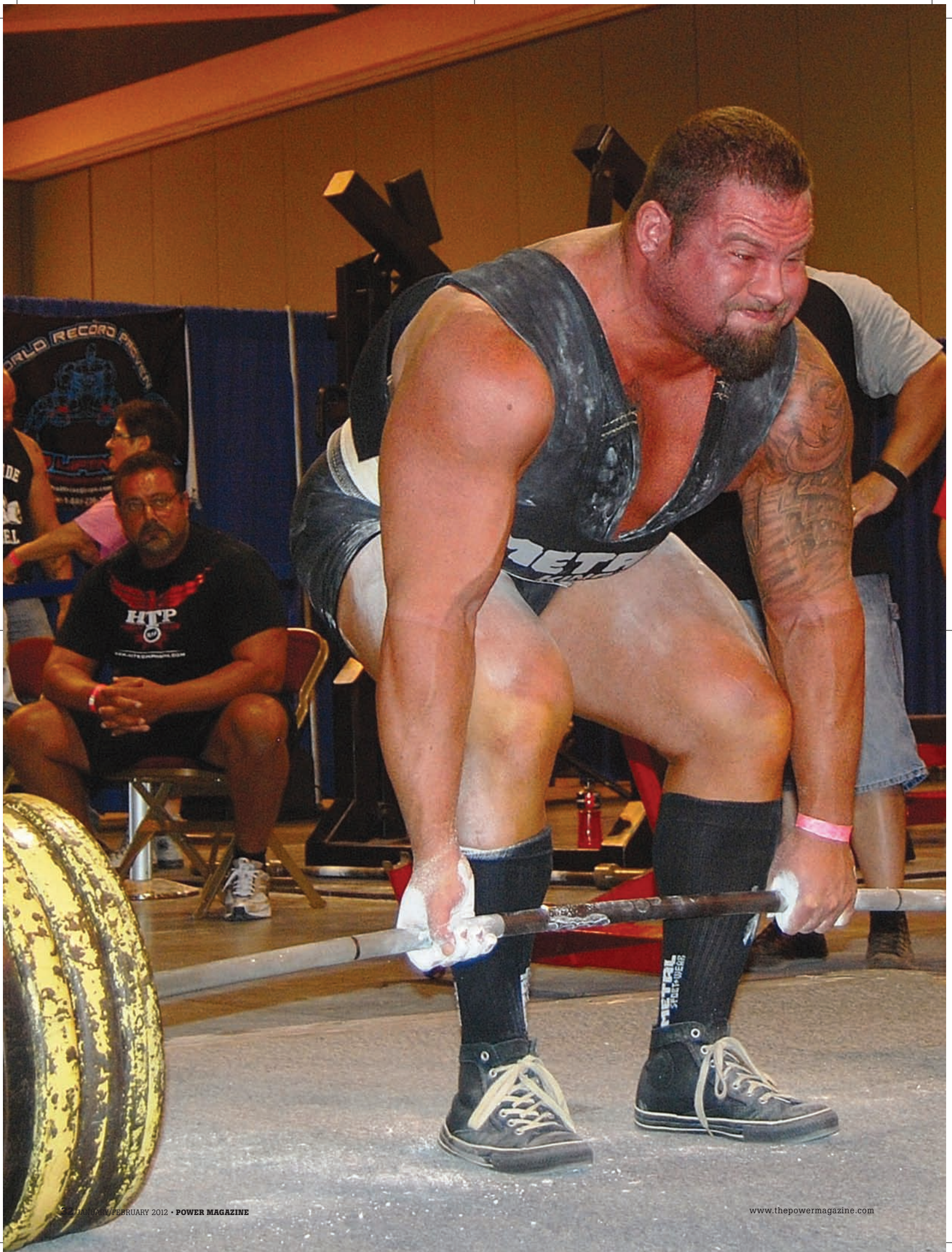
800-222-6897

**THE SHIRT THAT'S ALL THE RAGE IN POWERLIFTING. THE RAGEX IS THE SENSATIONAL SHIRT THAT'S HELPING POWERLIFTERS SWEEP THE EARTH WITH MASSIVE BENCH PRESSES. THE RAGEX IS A STEP ABOVE ALL ROUND-SLEEVE BENCH SHIRTS IN CLEAR QUALITY AND EFFECTIVENESS. THE RAGEX IS THE MOST AMAZING POLY BENCH SHIRT IN THE HISTORY OF THE GAME.**

- *Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.*
- *The combination of several new contours built into the pattern complements the already super RageX system.*
- *SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.*
- *RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.*
- *The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about hundreds of details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.*
- *Stretchy-Back™ makes RageX more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.*
- *RageX in DOUBLE LAYER. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.*
- *Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.*

**THE FIRMEST, BEST BELT IN THE WORLD WITH UNMATCHED BUCKLE STRENGTH. AVAILABLE IN ONE OR TWO PRONG ZINC PLATED STEEL, SEAMLESS ROLLER BUCKLE.**

- *All Inzer Forever Belts™ are one solid thickness of the finest, select, exclusive leather. It is not layers glued together cheaply to make thickness as some other brands that can come loose years later. There are no compromises in quality in the Forever Belt™.*
- *Seamless, zinc plated steel roller buckle is unmatched in strength and durability, and it looks great.*
- *The buckle prongs do not waver back and forth. They slide one direction into and out the selected prong hole. This makes it easy to place the prong in the hole, saving you time when getting ready to lift.*
- *Six rows of lock-stitched, corrosive resistant, hi-density nylon.*
- *The edges of the belt are finished with refinement but not rounded. Rounding of the edges lessens the effective width. Therefore the complete competition legal width is maintained in the Forever Belt™.*
- *Finished with top quality, fine suede providing non-slip surface.*
- *Does not turn soft and fold over as another brand's belt tends to do. Conforms to your body shape over time and forever stays rigidly supportive.*
- *High compression riveted with the same rivets as used in the Space Shuttle program. Not bradded. Will never come loose.*
- *Tongue loop is riveted instead of sewn providing further security.*
- *Closer prong holes for more choice in precise fitting.*





# ACHIEVING THE IMPOSSIBLE

BY BRIAN CARROLL

PHOTOS COURTESY OF KEN RICHARDSON

Sometimes a plan doesn't go as mapped out. In June, I laid out my training cycle for the 2011 ProAm and had high hopes for my lifts, especially my squat. I jumped right into my training cycle, but immediately had some issues. At the end of June, about nine weeks out, I was experiencing some severe lower back/hip/glute tightness (again).

I've dealt with the same pain before and the only thing that seemed to work was to rest, roll and stretch it. Even though the start of the cycle was dismal I kept plugging away, but at six weeks out it was worse than ever. My plan called for 1,005 for a single free weight followed by an opener with reverse bands (1,050). Up to that point in the cycle, I had only taken 900 for a single because I had to shut it down early two weeks prior, so it was time to step it up. As I was warming up, my hip wasn't having it. On the way down (about halfway with 730), my hip was going to snap. I turned it around and knew I was going to get injured if I kept it up. I was devastated because I wasn't even close to where I needed to be at that point in the cycle. I had high hopes to squat big and place well in the biggest multi-ply meet of the year, but I couldn't even squat 455 lbs. less than my goal.

I took off my squat suit and shut it down for the day. I was all but pulling out of the meet and I really had no choice. I was a month and a half out from a big meet, and still had yet to even take something in a last warm-up range. I would have to be crazy to think I could PR with so little time left. I was convinced that I needed time off and away from the heavy weights, and that I was kidding myself if I thought I could be ready in such little time.

I made some phone calls. I got some ideas from Dr. Bernstein and Dr. Estevez, and put them to use right away. The biggest help was rolling my quads on the foam roller everyday, three or four times per day. I did this for a week, as well as stretched



and walked on the treadmill backwards, with high knees. It sounds totally ridiculous, but it worked. The next squat session (five weeks out), I took 1,025 with great speed and no pain. I was back on track, but didn't have much time, so I had to make a choice.

## DECISION TIME

This put me in a unique position. I was finally feeling better, but I was running out of time. Taking a heavy set every week on the squat to make up for the missed time would put me at risk for overtraining — considering I was still pushing the bench and the deadlift hard. So I had to make a decision. In the past I've been able to hit big squats with little preparation because of the confidence I have in my ability to squat big when it counts. I opted to only take two more heavy squats.

I treated both days like they were meet days — with laser focus and intensity. I ate breakfast just like I do on meet day, I went to bed early and was in the same state of mind as in meet mode. I warmed up extra thoroughly, stretched for a long time, took a shit-load of caffeine and was ready to go each time. I knew that I had to make up for the lack of physical preparation with mental preparation.

## FOUR WEEKS OUT

I didn't feel as great as the week before, but the focus and do-or-die mentality made up for it. I ended up stopping at 1,050 reverse band. It felt good, but I didn't want to get ahead of myself. I hammered the assistance stuff: leg presses super-heavy with 1,000 lbs. for 20 reps, adductor and abductor work, abs like crazy. I was doing all of the small things to ensure that my hips stayed loose and didn't start pulling on my back — rolling everyday and doing mobility work.

## THREE WEEKS OUT

I approached the training session the same as the week before. I wanted to take my opener and my second attempt,

which would be a small-gym PR, and then kill the assistance again. This time everything went as planned and I felt ready — 1,050 opener and 1,130 second — smooth and strong. I felt ready for a big PR even though the last time I took more than 1,130 was nine months prior.

## TWO WEEKS OUT

I took it very easy and did triples raw with the SSB and did a lot of sets, but not much weight. Again, I hammered my quads on the leg press and worked my hips with band adduction and abduction work. I was feeling confident at this point. I knew I wouldn't get my squat any stronger by squatting heavy, but I could work on the lockout (quads) and stabilizers (abs, adductors and abductors) more, which could help me come meet day.

## ONE WEEK OUT

This was almost identical to the prior week. I did sets of five instead of three, though, with even lighter weight, and really focused on explosion and getting deep. I did a lot of foam rolling and stretching this session, as well as visualization of what I needed to do the next weekend.

## MEET WEEK

I continued to roll, stretch and do low-intensity cardio all week. I practiced my squat form and did bodyweight squats almost every day to stay limber and push blood around in my lower body. I visualized what I wanted to do.

## MEET DAY

Just like the two heaviest days I took in training (three in all over 1,000), I ate the same, I had the same amount of caffeine, etc. It was just like another training day, but I was working with a lot more rest and confidence. I did the same foam rolling and stretching as every week.

Warm-ups ended at 950 and felt great. The opener was 1,050 — super easy and I didn't get too hyped up. I treated it like a training lift and nothing more and earned three whites. My second attempt at 1,130 was super easy again. I really focused and knew that if I didn't make it, I would be way off from the total I wanted. More importantly, this was another warm-up because I would have also missed my goal



**"A GREAT SUPPORT SYSTEM, ALONG WITH MENTAL TOUGHNESS, ARE THE TWO THINGS THAT CARRIED ME THROUGH THAT CYCLE AND ALLOWED ME TO ACHIEVE WHAT I THOUGHT JUST SIX WEEKS BEFORE WAS IMPOSSIBLE"**

of taking a shot at the WR. I earned three whites for a good lift, fast and deep.

My third attempt at 1,185 WR was easy until the top, where I got on my toes, but still wasn't super hard. I was focused and knew my form would have to be dead-on, since I'd never had this amount of weight on my back, nor did I take more than 1,130 all cycle. I earned three whites and a new WR.

## REFLECTION

I was extremely happy with the depth of the squat considering how some squat records look question-

able, depth-wise. I believe that my mental strength was the real kicker. Did I really get stronger in three weeks of real training? I guess it's possible, but most likely my confidence grew in my ability to squat big when it counted, no matter how little quality training I had in this short cycle. My will to push past all that was in the back of my mind during the training cycle.

Two months later, looking back over the training cycle, I will now only incorporate three weeks in training above 95 percent for the squat since I hit a big PR with such little super-heavy training. I had just the correct amount of heavy training, moderate volume (early on) — and the ton of assistance in the final six weeks really paid off. One thing I did notice was that during the weeks that I deviated from the plan and stayed light for multiple sets in the gear, in the end it helped me get into pretty good condition for the longer training days when I took the weights up near max. I will implement this at the start of my next 10-week cycle and slowly move into the 95 percent range in the last six weeks, as I was forced to this past cycle.

One thing is certain in powerlifting: No two training cycles are ever quite the same. The same goes for your body; you must always listen to it and be willing to adapt and change a plan. In this sport we are always dealing with injuries that can either hold us back or we can learn from — and actually better our training, mental toughness and confidence.

In the middle of this cycle, the thought of actually squatting 1,185 with a bare minimum of training was so ridiculous that I wanted it more, and knew that I had nothing to lose. This was reiterated by my wife, teammates and training partners. A great support system, along with mental toughness, are the two things that carried me through that cycle and allowed me to achieve what I thought just six weeks before was impossible. **PM**

**SETH FEROCCE**  
IFBB PRO

**DANA LINN BAILEY**  
VICE PRESIDENT OF  
ISOLATOR FITNESS INC.



# ISOLATOR™

## TOTAL ISOLATION. UNLIMITED GROWTH POTENTIAL.

It's revolutionizing the fitness industry. When you work your chest, back or shoulders, it's natural that the assisting muscles of your arms come into play. When you use the ISOLATOR, you eliminate those assisting muscles. The result...total isolation and fatigue of the targeted muscle groups, so there's no other option but to isolate and grow.

The ISOLATOR is intensely effective for unique training considerations. Ideal for use with hand and arm injuries, such as torn bicep, carpal tunnel, tendinitis or rotator cuff issues.

## THE CUFF™ EDITION

### INTRODUCING THE CUFF EDITION

The Cuff Edition is a revolutionary tool to enhance your training and obtain total isolation of the biceps and triceps. It isolates your biceps and triceps by eliminating all contraction and stimulation of the hands, wrist, and forearms. The cuff allows the hands to be free of weight, which takes your grip completely out of the equation and allows for absolute focus on the biceps and triceps. The cuff eliminates all pain and stress in the wrist, forearms, and palms due to pressure of heavy weight and excessive grip.

ENTER PROMO CODE "POWER" & RECEIVE 10% OFF!

[WWW.ISOLATORFITNESS.COM](http://WWW.ISOLATORFITNESS.COM)

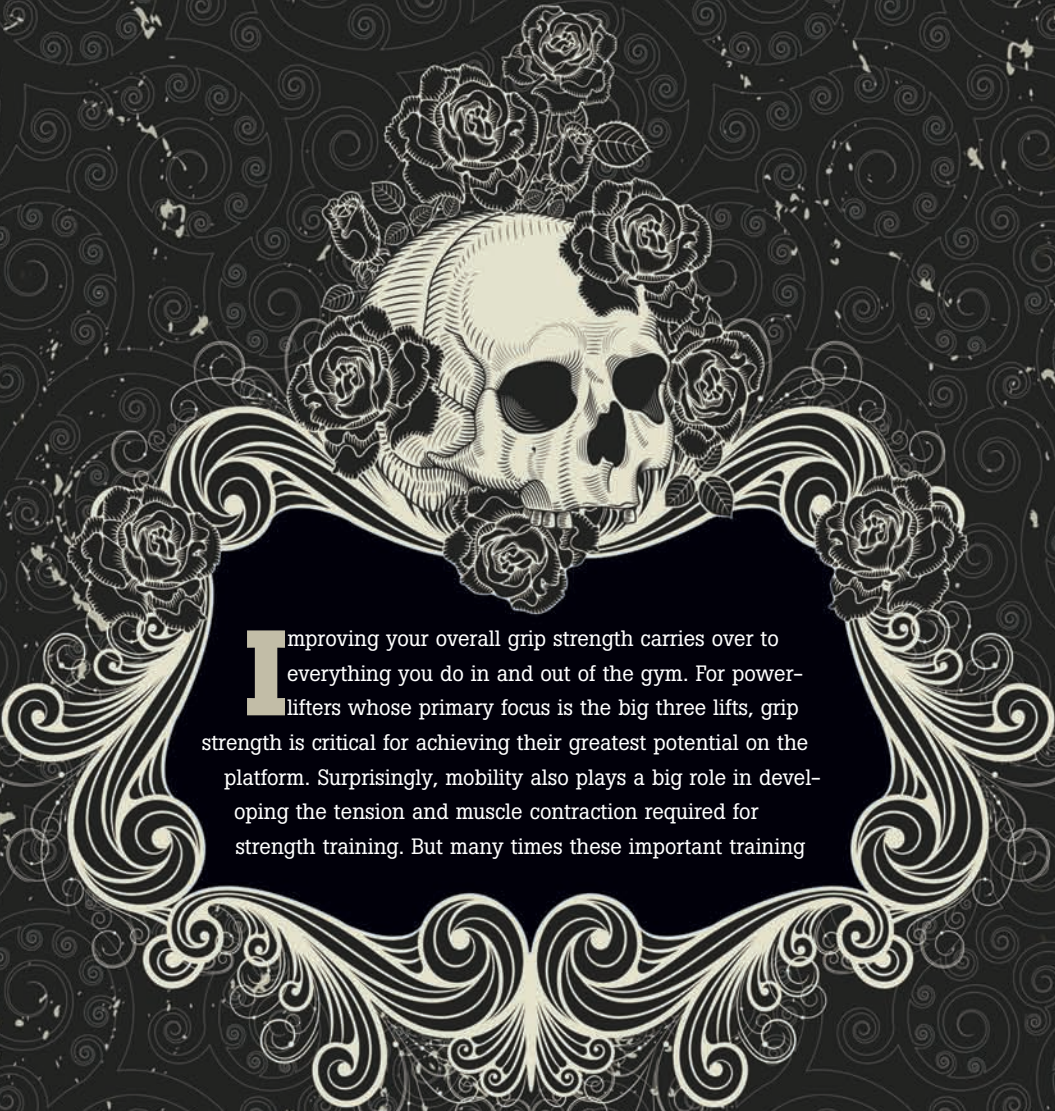
FOLLOW US ON FACEBOOK AND YOUTUBE



YouTube

COPYRIGHT © 2010 ISOLATOR FITNESS, INC. ALL RIGHTS RESERVED. PATENT PENDING.

BY JIM SMITH, C.S.C.S.



**I**mproving your overall grip strength carries over to everything you do in and out of the gym. For powerlifters whose primary focus is the big three lifts, grip strength is critical for achieving their greatest potential on the platform. Surprisingly, mobility also plays a big role in developing the tension and muscle contraction required for strength training. But many times these important training

# DEATH GRIP

More Tension Equals More Strength

protocols are considered an afterthought or left out of the program completely. By simply making grip strength and mobility work a priority in your training, you can make your program more comprehensive and eliminate the restrictions holding you back from hitting that new PR. In fact, most times the impact will be immediate.

To start, we need to better understand which grip exercises are the most important for powerlifters. The five aspects of grip strength are crush, pinch, support, wrist postures and hand health. Pinch and support play the biggest roles in bringing up a weak grip for heavy barbell movements. Support grip and dynamic support grip (exercises: Kettlebell swings and kroc rows) strength involves the fingers supporting the load of the movement, which can be easily seen when performing deadlifts. Pinch grip strength (exercises: one- or two-hand pinch), where the fingers oppose the thumb, is a little more abstract for our application. But let me explain further.

Powerlifters are not only some of the strongest athletes in the world; they are also some of the biggest. High volumes of supplemental work and years of consistent training develops dense full body muscle mass. The hands are no exception. As a result, the ability to hold and control a barbell is impaired. This is because well-developed hand muscles limit the amount of hand surface area around the bar. When this happens, a support grip strength movement turns into a pinching exercise. The hand is opened up to greater extent, due to the thicker hand size, and the thumb is forced into a position that opposes the fingers. Because of this, we will focus on these two specific facets of grip strength.

## MORE TENSION = MORE STRENGTH

Your body functions as a single unit. More specifically, movement is created through a coordination of many muscle groups. And dependent upon the intensity or speed of movement, you recruit varying degrees of motor units. For example, a maximal bench attempt activates more high-threshold motor units than a set of high repetition dumbbell bench.

To increase our potential to move big weights, we must create more tension. If we use the bench press as an example, this means creating tension in the hands by squeezing the bar as hard as possible. Or imagine performing a set of deadlifts with 315 lbs., one with a barbell and one with a Strongman axle, which one requires more lower arm and upper back engagement? A strong grip helps create and transfer more tension throughout the rest of your body. This reinforces the theory of irradiation and should become automatic in your preparation for each set.

Think about this, if we squeeze our fist as tight as possible, not only will our hand get tight; but so will our forearm, bicep, tricep, shoulders and upper back. This gives us a great example of how the body acts as a single kinetic chain. It is this tension that allows us to control, decelerate and move the weight for any compound exercise.

Does this mean that if we strengthen our hands all of our lifts will immediately improve? Not necessarily. For some, yes. But for others it is not enough to train specific grip exercises and expect all tension issues during the squat, bench or deadlift to be solved. Movement restrictions and immobility at the ankles, hips and upper back prevent optimal movement patterns and motor unit recruitment. This is especially true when an external load is added. Increasing your strength potential by improving your grip strength must be a two-pronged approach. We must also incorporate a comprehensive pre-workout warm-up protocol that focuses on soft-tissue quality and extensibility (exercises: foam rolling, lacrosse ball rolling) and dynamic mobility movements (exercises: hip mobility with rotation) to help improve our overall movement.

Rigid upper backs, stiff chests and locked hips are common among powerlifters. This comes from years of heavy benching, box squatting and rack pulls. Consequently, creating optimal amounts of tension through bracing becomes difficult. Unfortunately, when your nervous system senses irritation or restriction it inhibits muscle contraction to protect you. These compensations can arise from a previous injury, programs that don't incorporate dynamic warm-up and mobility movements or just heavy loading with poor movement patterns over a long term. This leads to core instability, bad grooves and an inability to create enough tension to get the job done. In plain terms, if your body senses pain it shuts down the primary muscles that should be doing the majority of the work. Movement will typically still occur because the secondary, supportive musculature takes up the slack. This is when injuries occur.

## IMPROVING YOUR POTENTIAL

Developing your grip strength and increasing the mobility of your hips and upper back, will become a priority in your program. And once you are able to move better, you will be able to start developing more full body tension, which will be enhanced with more focused grip training.

## GRIP STRENGTH EXERCISES

### ONE-HAND PINCH

3-4 sets of ALAP\*

\*ALAP – as long as possible





### TWO-HAND PINCH

3-4 sets of ALAP\*

This is an amazing grip exercise that not only develops pinch grip strength, but also incorporates the entire upper body. A great amount of tension is needed in the arms, shoulders and upper back. To perform this movement correctly, pinch 2- to 25-lb. plates in each hand or pinch 2- to 45-lb. plates with two hands, with the smooth sides out. Go for as long as possible without resting the plates against your legs.



### KETTLEBELL SWINGS

3-4 sets 12-20 reps

Kettlebell swings develop explosive hip extension, power endurance and dynamic support grip strength. This is in contrast to grip strength developed from static movements like heavy rack holds. Dynamic exercises that require grip to be constantly reestablished lead to powerful adaptations and a more real-world application. Siff (from Supertraining) would classify this as "imperfect training," because it is non-optimal patterning for the lifter. It basically accelerates their adaptations and improves their baseline strength levels very fast.



### KROC ROWS

3-4 sets 12-20 reps each arm

Kroc rows further develop high levels of dynamic support grip strength, while developing serious upper back muscle mass. Again, the dynamic nature is the key to accelerating your overall levels of grip strength.

### HEAVY DOUBLE OVERHAND AXLE SHRUGS, DEADLIFTS OR HOLDS

Shrugs: 3-4 sets of 12-20 reps



Deadlifts: Follow the normal rep scheme in your program

Holds: 3-4 sets of ALAP

It goes without saying that you should train your grip every time you perform deadlifts. This is done by pulling double overhand until you can't anymore. For my athletes, when double overhand fails, they move to a hook grip. An alternating grip is just too dangerous for our athletes, especially since most of them come to us with poor posture. To supplement our deadlift grip training, we regularly incorporate a strongman axle into the workout. You can substitute the axle for the barbell for deadlifts, rack pulls, shrugs or even bent-over rows.

# SUPERTRAINING.TV

## New Media From The Strongest Gym In The West

**PROVIDING TRAINING VIDEOS  
AND ENTERTAINMENT FROM THE  
STRONGEST GYM IN THE WEST!**



# SUPERTRAINING.TV

## MOBILITY/BETTER MOVEMENT EXERCISES

Our goal is to not only look at grip strength locally as a weakness; we also want to be more global in our considerations. The goal is to create more core stability while also ensuring that mobility is created in the appropriate joints. To do this effectively, we will follow the joint-by-joint theory. More mobility and stability equates to better overall movement and appropriate muscle recruitment. If we are restricted in the upper back, hips and ankles, coordination of muscle groups (intermuscular coordination) and irradiation (tension) will be limited. Also, immobility or instability at one joint could negatively impact the performance at another joint. For example, hip immobility can present itself at the shoulders with poor posture and impair function or cause low back pain.



### FOAM ROLLING UPPER-BACK

2-3 sets of 30 seconds per area

This movement is performed by setting up on a foam roller with your head, shoulders and hips parallel to

the ground. Roll back-and-forth slowly for 30 seconds to 1 minute from the mid-back to upper back. Improving soft-tissue quality with targeted work improves the extensibility of the fascia and muscles. For powerlifters, this is especially important for the pecs, shoulders,

upper back, glutes and hamstrings. And with more time under the bar, the more important soft-tissue quality becomes.

Fascia is an intricate system of fibrous connective tissue that overlays everything in the body, helps provide joint stability and coordinate movement. Proper hydration and deliberate rolling on a foam roller, or a lacrosse ball, should be coupled with dynamic, full-body movements to have the greatest impact on fascia quality.

### THORACIC EXTENSION ON FOAM ROLLER

2-3 sets of 6-8 reps



For this exercise, lock your hips on the ground and keep your chin in the neural alignment. Hold this posture as you extend with your upper back over the foam roller.

This will ensure that the extension is happening in your upper back and not in your neck. Improving the extensibility of the upper back (thoracic region) directly impacts shoulder function and should be coupled with strengthening/activating the scapular retractors/depressors and mobilizing the hips. Remembering to breath through your belly when you feel the greatest amount of tension, will allow you to re-establish respiratory control and allow you to optimize your bracing potential.

www.HOUSEOFPAIN.COM OR CALL 1-888-463-7246

**AGGRESSION T (\$29)**

**KRAHE T (\$25)**

**HOUSE OF PAIN IRONWEAR**

**LIGHTWEIGHT BARBELL T (\$22)**

**BIG TRIBAL T (\$22)**

**PHOENIX THERMAL PULL HOODIE (\$60)**

**SERIOUS APPAREL FOR SERIOUS ATHLETES!**

MODEL: JESSICA SCOFIELD IS WEARING 03 BURNOUT TRIBAL TANK, OVER 00 YOGA PANTS



### LEVATOR SCAPULAE STRETCH

2-3 sets of 8-12 seconds per side

This is a money exercise for lifters who have overly developed traps and upper back. A program that heavily incorporates pressing movements leads to tight pecs, weakened rhomboids and a forward rounding posture. This results in poor overall

shoulder function and movement of the shoulder blades (scapulae). Also, a tight and immobile upper back inhibits the potential for maximal muscle contraction in the arms by restricting innervation from the brachial plexus. The levator scapulae stretch helps release tension at the shoulders and into the traps.



### BAND SHOULDER STRETCHES

2-3 sets of 10-20 seconds per side, various angles

High volumes of bench pressing and supplemental pressing variations can leave the humeral head internally rotated. Band shoulder stretches that focus on improving external rotation at

the shoulder can help bring you back to neutral. Focus on neutral posture and work to a position where the arm is in line with the torso.



### HIP MOBILITY WITH ROTATION ON BENCH (FOR BEGINNERS)

2-3 sets of 6-8 reps per side

This exercise is considered an integrated mobility movement because it links movements of the lower body and upper body across a neutral and braced torso. Poor breathing patterns and misalignment at the pelvis has implications for neutral positioning at the low back and bad upper body posture. With these exercises, we are working to improve our ability to display extension (along with thoracic extension on foam roller) and rotation in the upper back, while reinforcing a neutral low back position.



By adding integrated full-body mobility drills into your pre-workout routine and focusing on belly breathing, you can immediately improve your strength potential. **PM**

*Jim Smith, C.S.C.S., is a strength coach. Find him at Diesel Strength & Conditioning, online at [www.dieselsc.com](http://www.dieselsc.com).*





TEAM MUSCLEPHARM®  
**CORY GREGORY**  
MUSCLEPHARM PRESIDENT • FITNESS GURU

TEAM MUSCLEPHARM® STRENGTH ADVISOR  
**LOUIE SIMMONS**  
WESTSIDE BARBELL STRENGTH TRAINING ICON



# CONFIDENCE BUILT HERE™

THE MOST COMPLETE LINE OF PROFESSIONAL GRADE SUPPLEMENTATION... EVER.

BUY MUSCLEPHARM PRODUCTS AT [WESTSIDE-BARBELL.COM](http://WESTSIDE-BARBELL.COM)

# 722 TO 783

BY JESSE BURDICK



I have never been a good deadlifter. I can recall in vivid detail walking up to the bar in college, after squatting and benching very well, and missing 405 in front of my team and Paul Childress ... six times in a row.

While I was blessed from the genetic gods to be an athlete, the more important gift I was granted was a blue collar, hard working family. So the only thing I ever knew how to do was to work hard at things when they were hard, and even harder when they got seemingly impossible. So, naturally, I deadlifted all the time; five-by-five it,

German-volumed it, wave-loaded it and volume-trained it. None of that worked, so then I decided to totally ignore it. Surprisingly, that actually helped, but I still was not up to the respectable deadlift I was looking for.

It wasn't until I had a really solid understanding of the conjugate system and how to use it most effectively for me was I able to make the jumps in my training that reflected in my meet deadlifting. What I had found was a happy medium with the deadlift. I found out that, in order to keep progressing, I needed to speed-

deadlift once a week and make sure my max-effort work was cycled in three-week blocks. This was just enough. It helped me keep a feel for the pull. It kept my form solid, my bar speed fast and gave me the confidence I could pull whatever I needed.

## GETTING OVER LIFE

Life happens to everyone and, as a lifter, you need to know and accept it. You need to understand what you are up against when planning a training cycle or planning toward a competition. In the past year, the most important things I could not overcome by any means and effected the flow of my training the most were: 1) I didn't need to deadlift sumo in my gear as long as my box squat was strong and my sumo speed pulls were dialed; 2) Pulling raw sumo negatively effected all of my training; 3) I could base my general level of strength and the effectiveness of training off of my raw conventional deadlift; and 4) traveling a lot meant I needed to ninja myself a workout.

What ended up happening was this: I would speed pull just about every week going back and forth between raw conventional and geared sumo, keeping the percentages between 50 to 70 percent and the reps at either one or three. To keep things fresh and deal with my ADD, due to traveling and scheduling difficulties, I changed the movement up every week I did my speed deadlifts.

**Good mornings.** I always hated good mornings, as well; they are just outright stupid and hard. But they always made my pull move, so I knew had to make sure they were used in the rotation. Done with a straight bar, they adversely affected my bench press. Used for singles, I always ended up hurting myself and turning the movement into a partial squat. So my GMs are always done with a specialty bar while accommodating resistance, using reps of three or five and rotating between a partial and full range of motion. There is also something to be said about the mental aspect of a good morning. When taking out a heavy weight to squat, knowing that with just a little bit less weight you had put your body in the absolute worst position possible and came up with it, should give you the warm fuzzys. Knowing that, amidst the chaos that is a heavy good morning, you kept tight, held your position and overcame the load is the

ultimate confidence booster.

**Squats.** These were business as usual. I did speed squats every possible Friday, using a two- or three-week wave. Almost all my heavy squats were done to a box and were the only lift I used singles for more often than not. Like I mentioned before, my box squats — both speed and max-effort — are the cornerstone of my training. If they are moving fast, form is good and I'm strong, I know my

training is working and I'll be ready for whatever I need to in the meet. When done correctly, a box squat can overload the hips and hamstrings in a way that mimics a sumo deadlift. Breaking the eccentric/concentric chain the box takes away most of the stretch reflex and forces you to overcome a weight, just like you would deadlifting. These are also done in gear and, overall, are much nicer on the hips than sumo pulls, especially if they were done raw.

**Deadlift:** I heavy deadlift for the third week raw, conventional and almost always either on a deficit or against a band, or at times both and for reps between one and five, depending on our severity of stupidity. Any deadlift can ruin my face and week, so I have learned I need to be careful in how I use the loading and positioning for them.

Using the bad position deadlifting did two things for me. Very similar to the good morning, knowing that I've deadlifted close to the weight I might be attempting while standing on wobbly plates and a band that might snap or tear my hands or face apart is comforting and confidence-boosting. Equally important, it forced me to use less weight to train opti-

mally and not necessarily maximally; a big tenant in the "underloading" principles developed and used as TST.

What else changed? On all my max days I took smaller, more varied weight jumps as I approached whatever 90 percent of that day was. I tried my best not to miss any reps, and always took a set where I took about 20 percent off the heaviest weight made that day and did as many reps as I could with it. This has been dubbed the "bell dick" method, as it something Mark Bell and I came up with to help out with time restrictions, volume issues, hypertrophy work and another way to promote competition, have a good day, win a group and set a rep record.



**"IT WASN'T UNTIL I HAD A REALLY SOLID UNDERSTANDING OF THE CONJUGATE SYSTEM AND HOW TO USE IT MOST EFFECTIVELY FOR ME WAS I ABLE TO MAKE THE JUMPS IN MY TRAINING THAT REFLECTED IN MY MEET DEADLIFTING"**



### Examples of max day rotations

Raw conventional deficit pull x 3, 80% x amap.  
 Front squat harness x 5.  
 Full-range spider bar good morning x 5, 60% x amap, one squat, one good morning.  
 Raw conventional reverse green band dl x 3.  
 Buffalo bar squat vs chains x 1.  
 Suspended spider bar good morning vs bands x 3.  
 Raw conventional deadlift for reps using pick a weight 10 lbs. above the previous effort, aiming to out-rep it with the heavier weight.

### Examples of speed squat and deadlift day

Box squat with no hands raw, week 1: 50, 55, 60% x 2 x 3 each; week 2: 55, 60, 65% x 2 x 2 each.  
 Conventional raw speedy pulls, week 1: 405 x 1 x 5, 455 x 1 x 3; week 2: 405 x 3 x 3, 455 x 3 x 2, 495 x 1 x 2.  
 Buffalo bar box squat vs green bands, week 1: 55% x 2 x 5, 60% x 2 x 5; week 2: 60% x 2 x 3, 65% x 2 x 2, 70% x 2 x 2, 80% x 1, 85% x 1.  
 Sumo speedy pulls on mats in briefs, week 1: 405 x 1 x 3, 455 x 1 x 3, 495 x 1 x 3; week 2: 455 x 1 x 2, 495 x 1 x 2, 545 x 1 x 2, 600 x 1.  
 Straight bar to foam vs chains with briefs, week 1: 3 chains a side 50% x 2 x 5, 60% x 2 x 3; week 2: 4 chains a side 50% x 2 x 3, add a chains per side x 2 x 2, add a chain x 2 x 2, add chain x 2.  
 Speedy conventional pulls off floor vs bands raw, week 1: 405 x 1 x 3, 455 x 1 x 3, 495 x 1 x 2; week 2: 315 x 2 x 3, 365 x 2 x 3, 405 x 2, 455 x 2.

## BEAT PARALYSIS BY ANALYSIS

I am just as guilty as the next guy, but there are times where people make the mistake of paralysis by analysis; they think more then they actually train. It fun to sit around and talk shit, training, weights lifted, PRs made and Dancing with the Stars. But if you are or want to be a true iron scientist, the best friends you will ever have are your training journal, training partners and the gym itself.

Write down your training and anything relating that may have affected your performance: didn't sleep, girlfriend dumped you, sun



in your eyes or shoes too tight. This way you know the path you went down and can analyze actual data instead of the theoretical magic numbers and percentages you could have hit.

Training partners are priceless, and are vital to success in powerlifting. But more than having the people there to help spot and load, you need someone to bounce ideas off of and help judge your performance. That person doesn't even need to be in the same gym at times. They just need to know you. That's a rare find, a friend that cares enough to pay attention to you from a far and help you along be it with programming or just the mental grind of a training cycle. Most importantly be that person for others, learn how to coach people and you will learn so much how to better coach yourself.

After everything is said and done, it all comes down to hard work and the effort you put in. The gym is always there. It may be early, late, it could be raining, you might not feel good. No matter what excuse in the book you have, the gym never goes anywhere. It's always there waiting for you. It's there to challenge, disappoint and reward you.

My pull has been a long time coming. It's been a journey where I made more mistakes then actual lifts. There are times when you have to suffer for your success, bleed to get better, be willing to die trying and work to win. I have finally found my groove and refuse to let off the gas pedal or leave the gym until I have a bigger deadlift and total. **PM**

# IRON WOLFE BARBELL

## SPECIALTY POWERLIFTING & WEIGHT LIFTING BARS

THERE IS NO MORE IMPORTANT PIECE OF EQUIPMENT IN THE GYM THAN YOUR BARS!  
OUR "WOLFE PACK SERIES" OF POWERLIFTING AND WEIGHTLIFTING BARS ARE PERFECTLY SUITED FOR THE RIGORS OF TODAY'S STRENGTH ATHLETES. WHETHER FOR TRAINING OR COMPETITION, EACH BAR IS CUSTOM DESIGNED WITH PERFORMANCE IN MIND. BARS ARE AVAILABLE IN AIRCRAFT QUALITY STAINLESS OR ALLOY STEEL USING ONLY THE HIGHEST QUALITY COMPONENTS.

**"ARCTIC WOLFE" SQUAT BAR**  
(our trademark "Blue Bar")  
Item # - 5000S (Stainless Steel)  
Item # - 5000A (Alloy Steel)



**"MACKENZIE WOLFE" SUPER BENCH BAR**  
Item # - 4000S (Stainless Steel)  
Item # - 4000A (Alloy Steel)



**"ALPHA WOLFE" DEAD LIFT BAR**  
Item # - 3000S (Stainless Steel)  
Item # - 3000A (Alloy Steel)



**WOLFE MEN'S "ELITE COMPETITION" & OLYMPIC TRAINING BARS**  
Item # Competition - 7000S / Training - 6000S (Stainless Steel)  
Item # Competition - 7000A / Training - 6000A (Alloy Steel w/ Satin Chrome Finish)



IT'S THE BARBELL THE PRO'S USE!

### POWERLIFTING BARS THE WOLFE PACK SERIES



*Super heavyweight American powerlifter Donnie Thompson broke the All-Time Record Total with a 2,905 lb. lift using the Wolfe Pack Series of stainless steel bars.*



[ironwolfebarbell.com](http://ironwolfebarbell.com)

... It's the barbell the Pro's use!

**WARRANTY**  
10-YEAR LIMITED WARRANTY

## 6

# EXERCISES TO HELP ATHLETES KICK ASS AND TAKE NAMES

BY ZACH EVEN-ESH

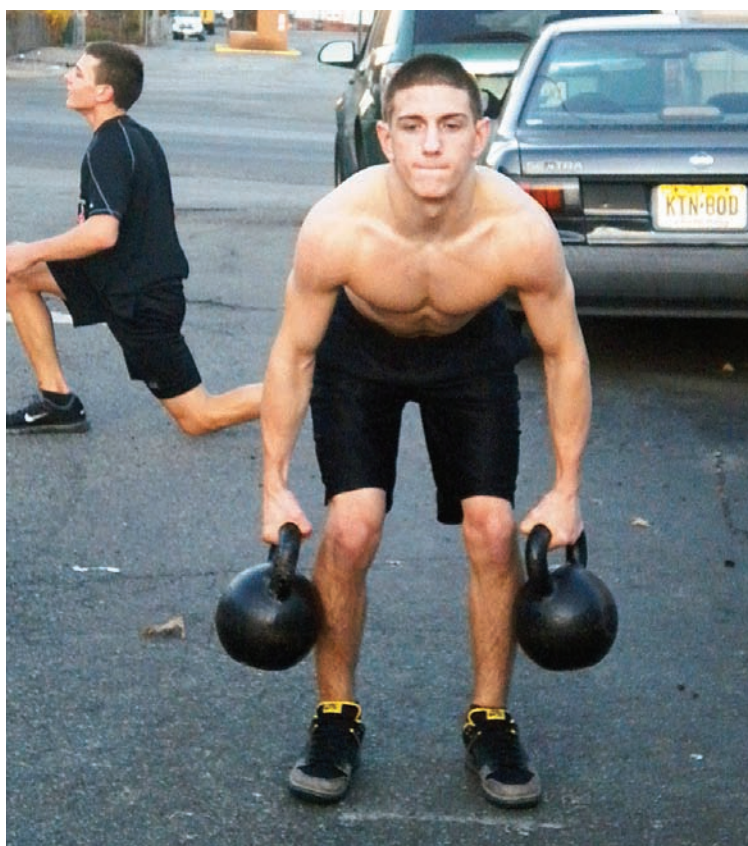
There are many powerful assistance movements out there, but if athletes simply perform the six exercises listed below, along with the many variations of each exercise, they will be kicking ass far beyond the norm.



## BOX SQUATS

When you get an athlete onto a box who can sit back with heavy weight across their back and then explosively stand up and overcome the resistance, you will have a carryover to your overall speed. Movement starts from the feet, and the legs are the foundation of the body. I've found that our athletes who can squat properly — sitting back, with hips back and knees out, controlling the descent and blasting off the box — demonstrate the most speed and power in their sport environment.

The box also gets young athletes into the habit of consistent squat depth. Go into 99 percent of high school weight rooms and



you'll see half- and quarter-squats. I'd rather squat lighter with my athletes and focus on proper technique and speed to get maximum results.

## FARMER WALKS

Using a set of heavy Kettlebells, dumbbells or farmer walk implements, perform a deadlift and then carry that heavy shit! You can do straight ahead walks or perform zig-zag walks. The zig-zag carries will work your legs, hips and abs/obliques much more intensely. Straight ahead carries are excellent for heavier carries and require multiple singles of the deadlift, which also adds up in volume and improves full-body strength and endurance.

The farmer walk also exposes weak areas quickly, almost immediately. If the athlete can't hold the weight, we know there is a weak link in the grip. If the weight pulls the athletes all around like Mark Bell drunk after a shot of creatine and tequila, then we know the legs and entire trunk are weak and unstable.

When an athlete can deadlift a heavy weight, carry it and control it for speed and distance, you know you've got an athlete with strength that won't quit. This is what you call "strength endurance" and is a critical trait for many athletes.

## DEADLIFT

Most of the time we use the trap bar with our athletes. I know, this is against powerlifters' religion, but I have found the straight bar to be too much on an athlete's lower back. If we do use a straight bar, I opt for a lighter weight and focus on speed and explosiveness. For this reason, the deadlift of any type is on my list.



## CLEAN AND PRESS

We attack this movement with multiple variations: sandbag, single and double Kettlebells, single and double dumbbells and sometimes a Strongman log or barbell. The ability to rip a weight off the ground and blast it overhead to a full lock-out with speed demonstrates full-body strength and power, as well as being an overall badass (something I am trying to help Mark Bell become).

## PULL-UPS/ROPE CLIMBS

If you can't do a pull-up, we have a problem. Often it's beyond just having weak pulling muscles. Usually it's because the athlete is carrying excess body fat coupled with being weak. This is a big

issue amongst athletes.

Those who can bang out pull-ups with ease and eventually rope climbs without using leg assistance have proven to have a strength and speed advantage both in the gym and on the playing field. The lats contribute to running speed and, since they are a large muscle group, when the lats and back get stronger, so do our other key movements such as squats, farmer walks and even benching. If the lats are weak, you can't support your body under a heavy bench press, a heavy squat or heavy farmer walks.

## SLEDS/PROWLER WORK

I have never seen such a simple training tool and movement cause so many people to throw up and crumble like Mark Bell and Jesse Burdick sharing an ice cream sundae. The sled and prowler are impossible to perform incorrectly, and the gains in strength, speed and conditioning are extremely fast. As I said before, legs are your founda-



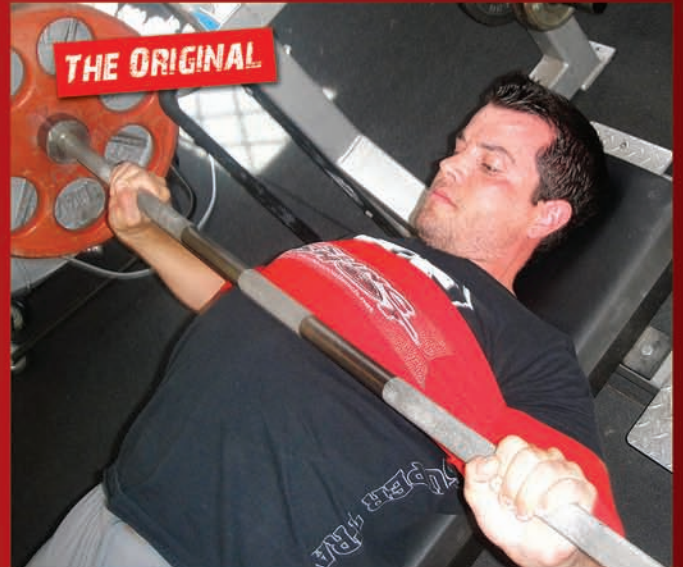
tion. With weak legs, nothing else counts. In addition, being strong is only part of the package, strong and conditioned is much more powerful and beneficial for an athlete.

These six exercises will help you kick ass and take names. Does this mean you shouldn't perform any other exercises? Hell no. Balance the body, include ab work, unilateral upper- and lower-body work, grip exercises, push-up variations and bench press variations. Be smart and focus on quality, not quantity. **PM**

*Zach Even-Esh founded the Underground Strength Gym in New Jersey with a focus on training wrestlers. He blogs at <http://UndergroundStrength.TV>.*

# BENCH HEAVY

CHOOSE FROM OUR NEW LINE OF SLING SHOTS



## THE REACTIVE SLING SHOT

GREAT FOR SPEED WORK AND REPS.

## THE ORIGINAL SLING SHOT

BEST FOR OVERLOAD TRAINING.

Mark Bell

# SLING SHOT

HowMuchYaBench.net



# **WITH NO PAIN** **ONE FOR EVERY BENCH WORKOUT**



## **THE MADDOG SLING SHOT**

FOR EXPERIENCED LIFTERS ONLY! THIS  
DOUBLE-PLY SLING SHOT IS AWESOME  
FOR EXTREME OVERLOAD TRAINING.

## **GREAT FOR PUSHUPS TOO!**

# **ORDER YOURS TODAY!**

Free priority shipping on all orders

[www.HowMuchYaBench.net](http://www.HowMuchYaBench.net)

# FIXING YOUR SNATCH

BY GLENN PENDLAY

**I** teach the snatch with the same progression as the clean: from the top down, as described in the article "Mastering the Power Clean" in the Sept/Oct 2011 issue of *POWER*. Most people can be taught to do a passable snatch within one workout using this method if they have the flexibility. Errors that occur within the first few weeks of training can usually be fixed by simply going back to the three steps of the learning progression to iron things out.

There does come a time, however, when it becomes apparent that a lifter has tendencies to do one or two things wrong and, especially when the weights start to go up, goes back again and again to an incorrect position or movement pattern. Some coaches favor more and more drilling with lighter weights and delaying putting weight on the bar until everything is corrected. But, one of the main ways I like to attack technical difficulties in the snatch is the same way Louie Simmons does in powerlifting, with special exercises that create strength in the right positions and the right movement patterns to "fix" the competitive lift. There are three exercises I use most.

## SNATCH HIGH PULL

In the snatch high pull, instead of going under the bar to catch it, you simply continue the pull until the bar is as high on your chest as you can get it. At the finish, elbows should be high and more above the bar than behind it. Hips should be through, meaning in front of the shoulders, and most lifters will have come up on the toes at least slightly. Do not attempt to maintain the bar in the finish position, just pull it as high as you can and let it drop right back down to the hip. It is important that in dropping the bar back to hip level, you do not take a step forward or backward and are not forced to lean too far forward. Any of these things indicate that your pull was off balance.

We use this exercise primarily to encourage those who do not want to completely finish the pull. With challenging weight on the bar and the goal of getting





*Lindsay Taylor demonstrates the finish of the snatch high pull. Complete extension of the body, elbows as high as possible.*

the bar to at least chest level, even the most stubborn lifter will eventually finish the pull. Another benefit of this exercise is for those who have a pull that is loopy. Doing the high pull will straighten out a pull for most lifters, if they take the time to do it with light weights and pay attention to catching the bar at the hips on the way down without getting off balance before they start to attack the heavy weights.

Contraindications for this exercise are those who tend to bend their arms too early in the pull, or those who tend to wait too long after their hips contact the bar on the second pull before they start to go under. If you have a lifter who does not start to drop under the bar until the bar is somewhere above the belly button, this is not the lift for them as it will only encourage this hesitation.

If this lift is indicated, here is how we work it into the training program. We rarely do this lift alone. I feel that it has much less value in building the correct movement patterns if there is a great time elapsed between doing it and doing a normal snatch. Done by itself, there is also more danger that it will have a negative influence, such as causing a hesitation between the hip explosion and going under, or promoting early arm pull.

We have the most success using it within a complex that includes one or two snatch high pulls directly followed by a snatch from the knee or from the floor. The most common way we use it is to do one snatch high pull, followed by a snatch from the knee without lowering the bar to the floor in between. I think this complex has value for most lifters without contraindicating problems, but for those whom it offers the most value, using it two times a week is usually best. This is an exercise that can be used right up to a competition, as it does not put any special stress on the body that is difficult to recover from. Remember, with this as well as the other exercises mentioned, do not throw regular snatching out the window in order to do another exercise to "fix" your technique in three workouts. Rather, add them in limited quantity and let them slowly and subtly affect both movement pattern and strength imbalances over weeks or even months. When using variations of the competitive lifts, slow and steady usually wins the race.

## SNATCH PULL WITH STRAIGHT ARMS

This is very much like the snatch high pull, but instead of finishing by pulling



*Rob Blackwell demonstrates the finish position of the snatch pull with straight arms.*

# MARCH 1-4, 2012



## 45 Sports ■ 18,000 Athletes ■ Fitness EXPO Nation's Largest Multi-Sport Festival

**SPECTATOR ADMISSION:** Adults - \$10 (plus service charge) per day in advance; \$15 per day at the door; 10 yrs. & under FREE if accompanied by an adult. Includes access to the Arnold Fitness EXPO. No Strollers Allowed. For tickets call Ticketmaster, 800-745-3000 or [www.ticketmaster.com/arnold](http://www.ticketmaster.com/arnold).

[arnoldsportsfestival.com](http://arnoldsportsfestival.com)  

Veterans Memorial ■ Greater Columbus Convention Center ■ Dispatch Ice Haus ■ Arena Grand Movie Theatre  
LC Pavilion ■ Chiller Ice Rinks ■ O.S.U. French Field House ■ Columbus, Ohio USA



your elbows and the bar as high as possible, you simply shrug while keeping the arms straight. Again, you do not attempt to go under or hold the bar in the top position. Simply let it drop back to the crease of the hip, and do so without losing your balance, taking a step forward or backward or bending forward too much.

I use this exercise primarily for those who have one of two problems: premature pulling with the arms or trouble contacting the bar in the correct place on the hip during the second pull. For premature arm pullers, the value is obvious. Go through the motion of the pull a couple of times with no arm bend, and it will make it easier to do the same thing on an actual snatch. Just building good habits. For those who find it hard to contact the bar in the right place on the hip, the problem usually stems from some sort of hesitation somewhere between knee height and hip height, and is often a result of the lifter trying to "gather themselves" for a big effort to get under the bar. Making the pull

as simple as possible and eliminating the mental effects of trying to pull as high as possible or trying to go under the bar more often than not makes it much easier to pull with the right rhythm and speed up to the hip, and extend the hip with the bar high, somewhere around the crease of the hip, rather than lower on the thigh.

In both instances, I have found that doing two or three pulls followed by one snatch from the knee without allowing the bar to be put down throughout the set works the best. We most often do three pulls followed by a snatch from the knee. Why three pulls instead of one, like the snatch high pull? I have found that it just takes a bit more repetition to temporarily ingrain this particular motor pattern, and assure that its effects are felt on the subsequent snatch. Also unlike the snatch high pull, I find that moderate weight is best used here, and there reps makes a moderate weight more challenging. Why moderate weight? With the high pull, it is the extra effort to pull the bar as high as pos-

sible that leads the positive changes in technique, for this you need challenging weights and we use weights that are as heavy as possible and might even approach a lifter's PR snatch. With this exercise, it is the lack of the mental stress caused by the need to put the bar over your head that allows the lifter to settle down and pull in the correct movement pattern. So, it works best with weights in the 70 to 80 percent range. But don't worry, an 80 percent snatch that is preceded by three pulls is quite challenging! Like the snatch high pull, this exercise can be used right up to competition, if need be.

Contraindications for this exercise are those who tend to overextend, or completely shrug the shoulders to the ears already. Luckily, this is rare for arm pullers or those who hit the bar lower on the thigh than is ideal.

## SNATCH WITH A PAUSE BELOW THE KNEE

This third special exercise might just be

LiftingLarge.com

**Super Centurion**  
FORGED BY TITAN

**Sling Shot**  
HowMuchYaBench.net

**Super Katana**  
TITAN

**Spud Inc**  
STRENGTH STRAPS

**TITAN**  
SUPPORT SYSTEMS, INC.  
TITAN DEALER

LiftingLarge.com  
**877-226-9060**

Liquid Caffeine

Non Flavored

**5150**  
energy  
(crazy energy)

500mg Caffeine

Just add to your favorite drink

1.8 fl oz (50ml) ENERGY SUPPLEMENT

Pure Liquid Caffeine for  
the Ultimate Workout

[www.Get5150.com](http://www.Get5150.com)

Use this code for a 5%  
discount: PowerMag

the most universally useful. There are really two ways to do it. One is to simply pull the bar to a position just below the kneecap, pause for about two seconds, then complete the lift. The second, and slightly more stressful way is to go to the pause just below the knee, then lower the bar slowly and under tension just above the floor or so as to barely kiss the floor with little or no weight resting on the floor, then complete a normal lift from that position. If doing the second variation, just make sure that you lower slowly back to the correct start position without having to rest the bar fully on the floor to reposition into a correct start position. This exercise is most useful for a lifter who tends to get out of position at or just below the knee, whether simply through an incorrect movement pattern or through lack of strength. Contraindication is simply the use or overuse with a lifter who is not ready for the stress of the exercise. It is the most difficult of the three, and can produce quite a bit of soreness if overused.



*Spencer Moorman demonstrates correct position for the pause below the knee.*

For the beginner, these are useful because the pause at the knee gives the coach the time to correct form before the lift is completed. At the pause, the lifter might be told to get their weight on the heels, straighten the shins, push the shoulders more ahead of the bar, or any number of corrections before being allowed to complete the lift. In this situation, moderate or even light weight needs to be used.

For a lifter who can hit correct positions most of the time with all but the heaviest weights, employing the first version with challenging weights and a two-second pause with no technical corrections will be the most useful. For this lifter, it is most often strength that keeps the correct positions from being hit as the weight approaches maximum. In this situation, an isometric hold right where the pull is most difficult is just what the doctor ordered. Isometrics are a great way to get stronger, but the downside is that they are very specific and make you stronger only at or near the joint angles where they are employed. The answer is to employ them right where the exercise is the most difficult, as this exercise does. From a mental standpoint, holding that difficult position can give a lifter great confidence in pulling

through that position correctly.

For the advanced lifter, the second variation of the exercise is excellent to provide the pulling muscles with even more stress and build strength through the middle of the pull. It often also builds confidence by forcing a lifter to get under a bar when the pull feels slow. In reality, the pull isn't much slower, but the fatigue from the isometric hold and the controlled lowering of the bar makes it feel slow and hard, and the fact that a lifter can get under a bar with a pull that feels abnormally slow is great for confidence.

Unlike the first two exercises, use of this one is best cut way back or eliminated in the couple of weeks prior to competition. It creates a powerful muscular stress, too much for many lifters to recover completely from while attempting to taper.

Using these three variations of the snatch will gently correct technique over time, as well as encourage strength in the different muscle groups to normalize to the proportions best suited to maximal performance in the competition lifts. Just be sure to not overuse them and pay attention to the contraindications so as not to reinforce a bad habit. **PM**

For the latest  
Powerlifting News,  
Upcoming Meets,  
Results, Rankings,  
Records, and  
much more...

Visit...  
[powerliftingwatch.com](http://powerliftingwatch.com)

**Powerlifting  
Watch**

Covering the  
World of  
Powerlifting

# SUBSCRIBE TODAY! **POWER** MAGAZINE

3447 KOSO ST. DAVIS, CA 95618 • 530-756-6085 • [www.thepowermagazine.com](http://www.thepowermagazine.com)

U.S. \$29     Canada \$39     International \$65     Digital only \$20

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_ Email: \_\_\_\_\_

Credit Card     Check

Credit Card Number: \_\_\_\_\_ Expiration Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

VISA     American Express     Mastercard     Discover

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Want to Subscribe Online: [www.thepowermagazine.com](http://www.thepowermagazine.com)

## POWER AD INDEX

ADVERTISER	WEB	PAGE
APT	PROWRISTSTRAPS.COM	7
ARNOLD EXPO	ARNOLDSPORTSFESTIVAL.COM	53
CRITICAL BENCH	CRITICALBENCH.COM	40
GNC	GNC.COM	13, 24, 59
HOUSE OF PAIN	HOUSEOFPAIN.COM	39
INZER ADVANCE DESIGNS	INZERNET.COM	30, 31
IRON WOLFE BARBELL	IRONWOLFEBARBELL.COM	45
ISOLATOR	ISOLATORFITNESS.COM	35
LIFTINGLARGE.COM	LIFTINGLARGE.COM	54
LIQUID CAFFIENE	INCALI.COM	54
LIQUID GRIP	LIQUIDGRIP.COM	19
MHP	MHPSTRONG.COM	2, 3, 4, 5
MTI/HMB	HMB.ORG	9
MUSCLEPHARM	WESTSIDE-BARBELL.COM	41
POWERLIFTING WATCH	POWERLIFTINGWATCH.COM	55
ROGUE FITNESS	ROGUEFITNESS.COM	11
SLING SHOT	HowMuchYaBench.net	48, 49
SPUD INC	SPUDINCSTRAPS.COM	21
STAN "RHINO" EFFERDING	ProvingItDVD.com	29
SUPER TRAINING GYM	SUPERTRAINING.TV	38
SUPREME PROTEIN	SUPREMEPROTEIN.COM	60
WRAP WRENCH	WRAPWRENCH.COM	19





## JUSTIN RANDELMAN

**Randelman:** My deadlift has gotten stronger but I started having shoulder issues that affect my pressing. Do you think this could be due to a weakness I'm not addressing, or something else?

**Bell:** Most of the issue is probably in your neck/traps rather than your actual shoulder. While you're banged up, try the following:

- 1) Do other stuff light to actually get warm. Rows, pull-downs, curls, lateral raise, light pressing and so on.
- 2) When you bench, use a very low rep range even in your warm up (1-3 reps). People think reps are better when hurt, but that's dumb because you're under the bar longer.
- 3) Limit stress in your shoulders by using a Sling Shot, carpet and/or board until you feel better.
- 4) Ditch the straight bar in the squat. Also, get rid of bands for a week or two.
- 5) Traction your shoulders/neck with bands.
- 6) Use a lax ball to dig on upper rib/trap while lying on the floor. I do this movement with my butt on the foam roller. This puts me at a decline and I can drive the lax ball right into my collarbone, almost right to the bone. Follow this up with a lot of crying!

**Randelman:** Crying? I love it, thanks!

## DAVID HOFF (MEET DAY)

**Hoff:** U R swell. I appreciate your kind, tender words of encouragement.

**Bell:** I wish ur face the best possible results.

**Hoff:** Thank you, sir!

**Bell:** I heard the meet is going good. You can do it, big son!

**Hoff:** I'm gonna giver hell, sir! For my dead I'm opening with 750 for 2,915 PR, then need 795 for 2,960 WR, then 840 for 3,005!

**Bell:** Junior, I just got the news that you missed 795 on the deadlift and then came back and got it on your 3rd attempt yelling, "That's it, America!" while holding the weight at the top and besting Finnish lifter Jonas Rantanen's 308 WR. Congrats on the 2,960 total and now holding the 308 AND 275 WR! 1,200 squat looked flawless, by the way.

**Hoff:** Thank you so much, Mr. Bell. All the squats felt the exact same. I thought maybe 1,200 was mis-loaded as I stood up with it. Ha ha. 1,200 has been one of my all-time goals. So many people have chased and attempted this number. I feel blessed to have had the opportunity. I'm shocked it didn't feel harder. I felt like I could throw another plate on the bar! PM

## ED COAN

**Bell:** What did you do to train yourself to walk out 900-950 and even more than 1,000 lbs?

**Coan:** When I squatted 1,003 the first time, I doubled 964 in training and did a walk out with 1,041 and held it for 5 seconds. Just practice your steps and setup with every set. Do it the same every time.

**Bell:** Oh wow, that's great to know. Did you mess around with that overload walkout much, or just here and there?

**Coan:** Only before a meet.

**Bell:** What about sex before a meet? Or did you starve yourself to stay hungry?

**Coan:** You mean with a partner?

**Bell:** Never mind.

## GET TO KNOW...

## CHRIS BELL

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

X-ray vision, but only through clothes, not skin and bones, and only when I want to use it. Like, not at Super Training.

**What is your idea of perfect happiness?**

Making movies for a living, because it's as close to not having a real job as you can get, it's always changing and always fun. Happy hour is a close second.

**What is your greatest fear?**

Success is my ultimate fear, but I'm learning to embrace it.

**What is the trait you most deplore in yourself?** I'm too nice and not a shark in a business full of very successful sharks.

**What is the trait you most deplore in others?** Ninety percent of people on this planet are full of shit. Stop lying, go out and do something great; don't just make up something that you didn't do.

**What is your greatest extravagance?** My Dre Beats. Three-hundred-dollar headphones to shut people out at the gym!

**What is your current state of mind?** Fired up! Always.

**On what occasion do you lie?** I'm all about honesty and speaking the truth. That's why I love Eminem. Speak the truth and piss people off. Sometimes I'll lie about stupid stuff just to get out of trouble, but that's about it.

**What do you most dislike about your appearance?** I look too much like my brother, Smelly, and he's horrible. Seriously ... my gu t... but I did it to myself and I'm now following Kelly Starett's advice and got on the Paleo diet. So far it's working very well.

**What do you most value in your friends?** I honestly have like five good friends. (My brother being one of them, if that counts.) The reason they are my friends is because they are honest, smart, make me laugh and get hammered with me.

**What or who is the greatest love of your life?** My bulldog, Rocky.

**When and where were you happiest?** Sundance 2008 was the happiest and most stressful time of my life, but after the Variety review came out on day two, I knew Bigger Stronger Faster\* was going to be a hit.

**If you could change one thing about yourself, what would it be?** It'd be a good idea to start drinking more water than alcohol everyday. Other than that, I'm pretty damn awesome.

**What do you consider your greatest achievement?** My greatest achievement was seeing the look on my mom and dad's face as their three sons got a standing ovation at the big Sundance screening. It made me want to cry, but I was up there in front of 500 people.

**What is your most treasured possession?** My new Iphone 4S



and my new girlfriend, Siri, who takes care of everything for me!

**What is your most marked characteristic?** I'm a funny little prick!

**Which historical figure do you most identify with?** The Hulkster and Jack Lambert.

**What is your greatest regret?** My greatest regret is that it took me way too long to believe in myself. I should've made 10 movies by now. I regret not taking things more seriously when I was younger.

**Which talent would you most like to have?** I'd love to be able to draw well. I'm an awful artist.

**What is your motto?** It's more of a favorite quote: "Seeing that bell ring and I'm still standing, I'm going to know for the first time in my that I'm not just another bum from the neighborhood." - Sylvester Stallone in Rocky

**Which living person do you most admire?** My father, who I said wasn't my hero in my movie. But after making the movie, he's become that hero. I also couldn't be prouder of my little brother, Smelly. He's overcome so much to become a champion powerlifter, a great father and husband, and he invented the Sling Shot, which has saved any lifting career I had.

**Who is your favorite hero of fiction?** I have a few: Rocky, Rambo, Conan, the Terminator, Marion Cobranetti from Cobra and, of course, the Ultimate Warrior!

**If you were to die and come back as a person or thing, what do you think it would be?** With my luck, I'd come back looking like Oswald Cobblepot from Batman Returns.

**What is your favorite movie?** Rocky. Pulp Fiction is a very close second.

**Who is your favorite lifter?** Mark "Smelly" Bell, not because he's the best, but he makes everyone around him the best person they can be.

**What do you prefer: single-, multi- or raw?** I think the gear is stupid. How much can you really lift? But I understand that it's part of the sport so you have to roll with it if you want to be the best. I feel that powerlifting would only have a shot at the Olympics if it was raw and, of course, it'd be drug-tested. Some say that'd move the sport backward, but it would actually further the sport. Of course the numbers would be lower, but imagine an 800-lb. raw bench or 1,000-lb. raw squat. It'd be pretty damn impressive.

**Are you married?** In a relationship? Believe it or not, I'm 100-percent single.

**Besides yourself, who would you like to see on the next cover of Power?** Since I always keep my issue in the bathroom, Scot Mendelson would be perfect.

GNC PRO PERFORMANCE<sup>®</sup> **ADVANCED**  
**AMP** MUSCLE PERFORMANCE  
 THE ULTIMATE LINE OF PEAK PERFORMANCE PRODUCTS



# INCREASE MUSCLE STRENGTH BY 30%\*.

**WHEN IT COMES TO ENHANCING STRENGTH, SIZE AND STAMINA, NOTHING BEATS GNC'S TOP PROTEIN FORMULA.**



60 grams of fast-absorbing whey isolate protein with hydrolysates.



7.7 grams of leucine and 8.5 grams of micronized aminos.

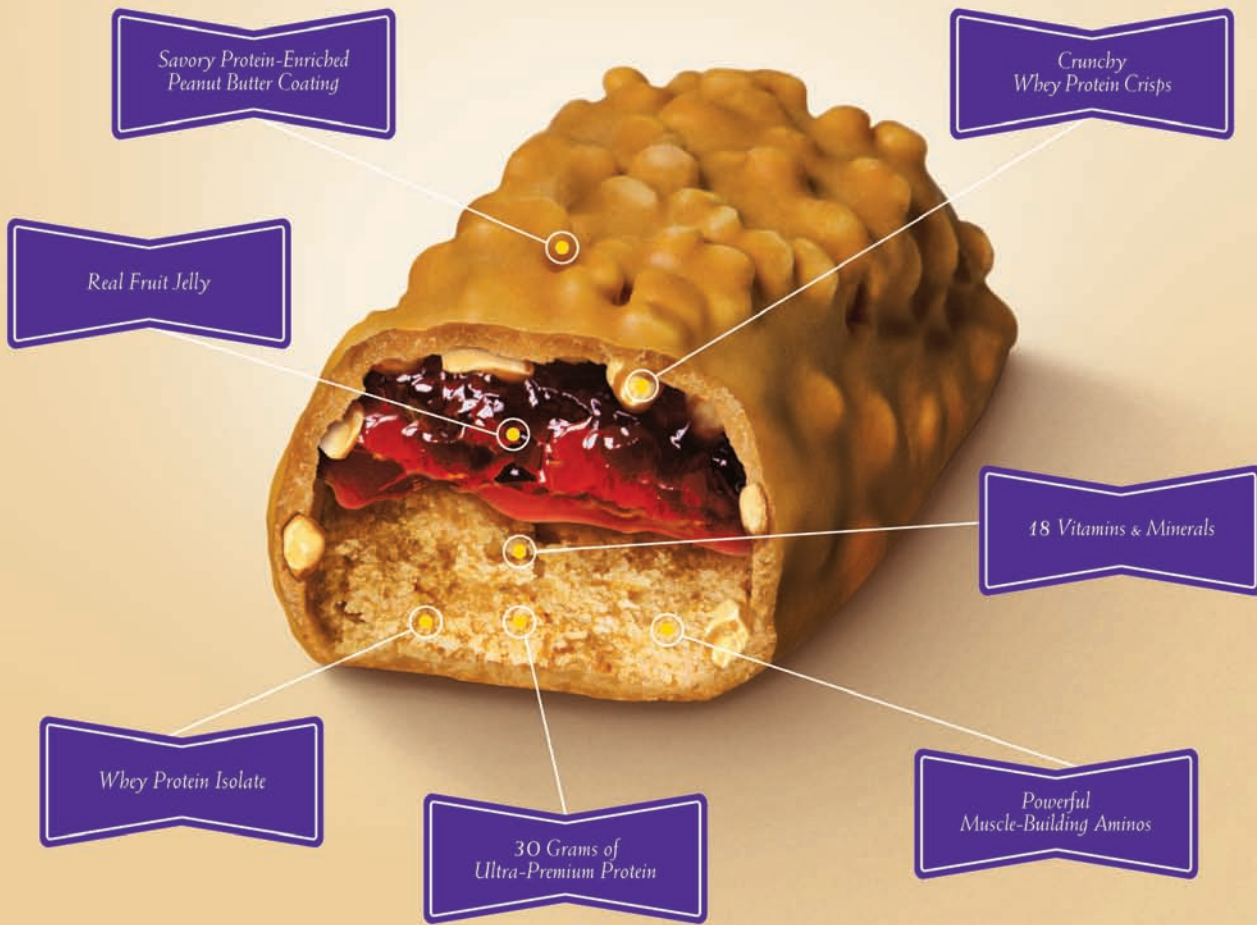


Build strength and stamina with half the sets.\*\*

**CLINICALLY TESTED. PROVEN RESULTS. ONLY AT GNC AND GNC.COM.**

\*An 8-week study of athletes performing an intense resistance exercise training regimen demonstrated that those using this proprietary module of whey protein and leucine had greater increases in muscle strength and size than those on a placebo. \*\*In a clinical study using a reduced volume resistance training protocol, the anabolic module in Amplified Wheybolic Extreme 60 has been clinically shown to provide the same gains in maximum muscle strength and stamina doing one set while using Amplified Wheybolic Extreme 60 when compared to two sets of the same amount of training without supplementation. These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1.888.462.2548 or visit GNC.com for the store nearest you. ©2010 General Nutrition Corporation. May not be available outside the U.S. Ad: Arnell

**GNC**  
LIVE WELL.



# Protein Perfection



NEARLY EVERYONE loves a peanut butter and jelly sandwich, which is why nearly everyone will love Supreme Protein's new masterpiece. Not only does Supreme Protein® Peanut Butter & Jelly deliver on that delicious taste, it also provides a powerful 30 grams of ultra-premium-quality protein, including super-pure, amino-rich whey isolate. High-quality protein such as this promotes a range of powerful nutritional benefits so you get the best of both worlds — a gourmet flavor sensation and true protein perfection! [supremeprotein.com](http://supremeprotein.com)



SUPREME PROTEIN FOR A SUPREME BODY®

