

**ALL TIME TOP 50 RANKINGS: Men 308 and Women SHW** P. 54

# POWER

SEPTEMBER/OCTOBER 2012

**Eat Fat to  
Burn Fat?**

By John Kiefer P.60

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Kroczaleski**

**Powerlifter to  
Bodybuilder** P.20

**Strongman  
Derek  
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SEP/OCT 2012 • VOL. 3, NO. 5



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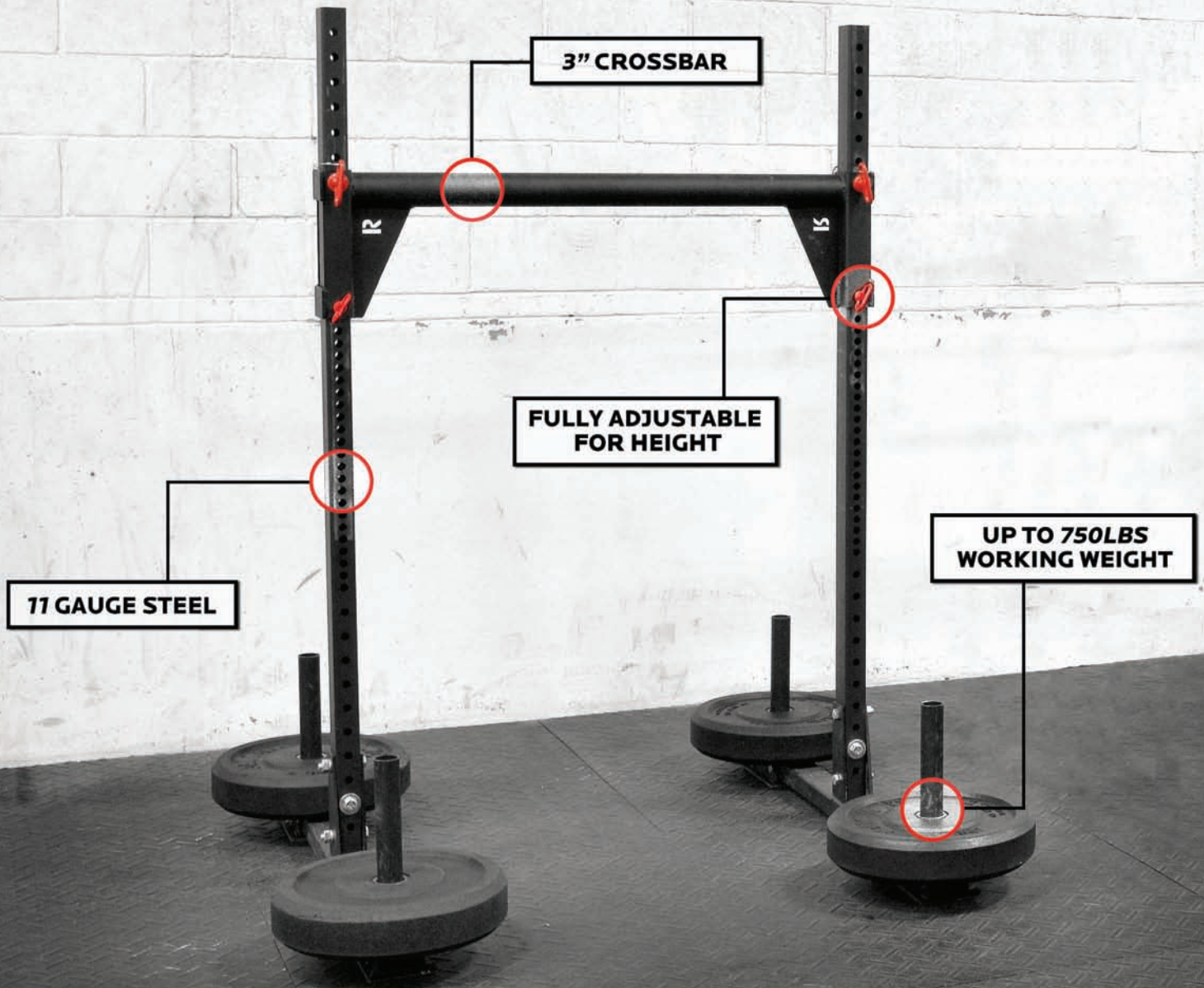
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## POWER: YOUR WEAPON AGAINST WEAKNESS

I'm going to give myself a much needed pat on the back (if I can figure out how to reach it). For my wifey, the publisher, I'll give her a much needed spank on the ass for yet another job well done with Power. Yes, she gets spanked whether she's good or bad. Also, not to brag, (OK here comes some bragging) but we are the only strength/powerlifting publication in the world and we will continue to grow and expand. Power is devoted and honored to be your strength manual and your ultimate weapon against weakness!

I'd like to welcome a new addition to the Sling Shot family, Sam McDonald. Sam works his butt off slanging Slingers all day and this has freed up more time for Andee and I to put into Power. Let's not forget about the addition of ST's very own Jeff "Mr. Robot Pants" Irion to the Power staff. Mr. Robot Pants has the demeanor and sense of humor of a pizza box. However, Robot didn't just get his name for being dry and stiff as a board, he also got the name for being smart. This dude is sharp and he has the brainpower of a 1,000 nerds. Check out the precision dedicated to every article he does. On top of that, Robot has a Pro total, so he knows his way around the platform. In this issue Robot interviews Carl Yngvar Christensen, aka CYC. CYC is one of the strongest cats on the planet. You doubt me? You say, "Who the hell is CYC?" Read the article. This kid is on fire and you should consider yourself lucky that he is not in your area to gobble up all the records. I don't recall seeing anyone hit such huge weights with solid stability and form. In addition to that, this 21 year old "man child" is 6 feet, 2 inches, 357 lbs.!

So how about our cover model, Matt Kroc? He's a former 220-lb. world record holder who is on a mission to become a pro bodybuilder! Out of all the interviews I have done for Power, this one holds a special place in my heart. (Everyone, all at once: "1-2-3 awww.") I got to really know Matt. The interesting part is that I have known him for about seven years, but we never talked about anything other than meathead stuff. It has been fun getting to know him better. Matt is a genuine, hard working person and I hope to see him reach his goals. Hard not to root for a guy who bust his arse in the gym so hard he bleeds, passes out or both.

Eat fat to burn fat. Wait. Huh? Check out John "The Carb Nazi" Kiefer's article about how fat can help you lose weight.

As part of showing you just how efficient Power is, we killed two Sam Byrds with one Derek Poundstone. OK, that was a corny joke, but funny nonetheless. Just a little name-dropping game I have been playing for years. Maybe I'll make a full article about it just to amuse myself. Sam "The Squat Machine" Byrd is on his way to becoming a lawyer. Yeah I know, as if you didn't hate him bad enough for having a six pack and chiseled jaw, now he's going to be ripping people off for a living. I'm not sure what I hate on worse: the 635 squat he nailed with no hands or the six figures he's about to make. Derek Poundstone answers a question about blending powerlifting and Strongman principals to make himself an incredible Strongman athlete. Derek then turns the tables and asks the question, "Can Strongman make you a better powerlifter?" Derek is not just a 320-lb. freak, he's also a great writer who has committed to appearing in every issue of Power.

Just as Power and SuperTraining.TV are great resources for strength, so are the powerlifting seminars that Jesse Burdick and I run. We will be at the following locations coming up, and we hope to see you there.

### 2012 Dates:

Van Nuys, Calif., Sept. 15-16

Decatur, Ga., Oct. 20-21

Frisco, Colo., Nov. 10-11

Oakland, Calif., Dec 1-2

I want to give a shout out to my big brother Chris "Boar" Bell, who is double-chin deep in his second documentary. I would say, "Good luck, Boar," but I know his flick Trophy Kids will be amazing. I admire how he sacrificed many aspects of his life for his passion. In the end, the message will get across and Big Brother Maddog will hear us loud and clear.

Strength is never a Weakness,

### Mark Bell

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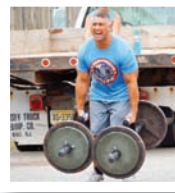
Mark Bell sits down with Kroc to get the story behind his amazing physique and his journey toward becoming a pro bodybuilder.



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### The Ant and the Hurricane

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### The Most Important Training Tool You'll Ever Need

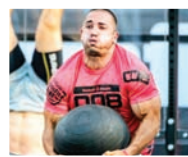
Zach Even-Esh dives into this article with some guidelines to help you become a better athlete and person.



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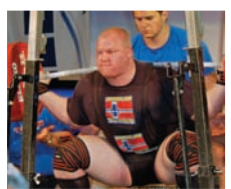
As a former winner of the CrossFit Games, Jason knows a thing or two about how important strength training is to his workout routine. Learn more about how he uses it to help improve his endurance and stamina.



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### Eat Fat to Burn Fat

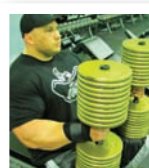
John Kiefer is at it again with advice on how to get the body you want without sacrificing strength.



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### Taking the Long Road

Most people have not heard of the giant Norwegian Carl Yngvar Christensen, but they will. CYC, as we like to call him, is lifting his way into history ... and he's only 21!



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### Six-Week Bench Program

Raw bencher Eric "Vanilla Gorilla" Spoto breaks down his bench routine.

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**JOE MAZZA** – World Record Bench: 705 lbs. @ 165 lbs.

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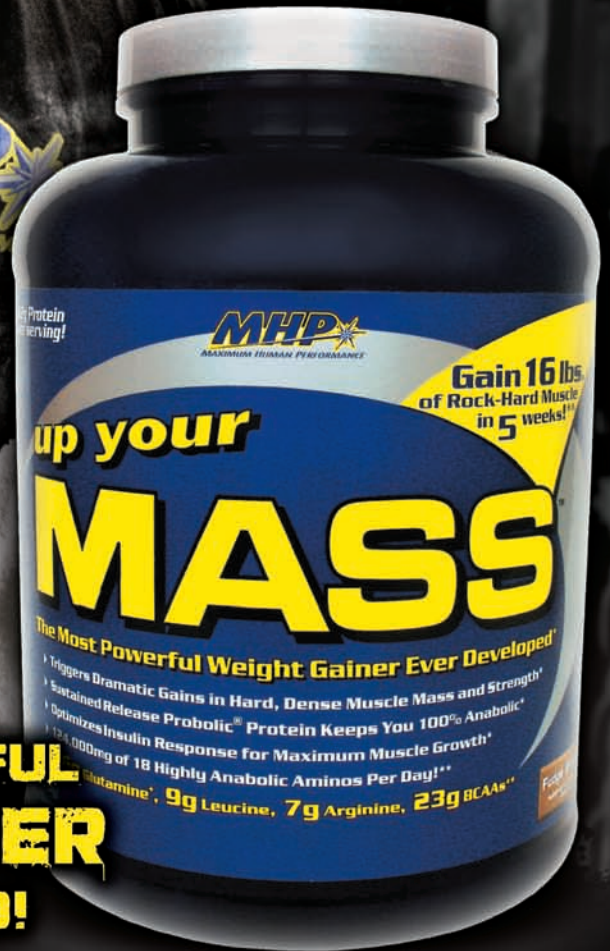


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# MUSCLEPHARM POWER SPOTLIGHT:

## CHRIS JENKINS

BY JEFF "ROBOT" IRION  
PHOTOS COURTESY OF GRANT BEAN

### **POWER: What are your stats?**

**JENKINS:** I'm 30 and I compete in the 198- and 220-lb. divisions. I previously dropped down to the 181-lb. division to break the WPC European deadlift record with 710 lbs. at the 2008 WPC worlds in Miami. I compete raw and in multi-ply with the WPC and single-ply with the USPA in America.

### **POWER: What are your best lifts?**

**JENKINS:** Raw, no knee wraps at 198 lbs.: Squat, 608 lbs. (WPC EU & WR record), bench 396 lbs., deadlift 733 lbs., total 1719 lbs.

**Multi-ply at 181 lbs.:** Squat, 793 lbs, bench, 490 lbs, deadlift, 710 lbs, total, 1929 lbs.

**Multi-ply at 198 lbs.:** Squat, 821 lbs., bench, 534 lbs., deadlift, 782 lbs., total, 2,055 lbs.

**Single-ply at 220 lbs.:** Squat, 733 lbs., bench, 473 lbs., deadlift, 683 lbs., total, 1,873 lbs.

### **POWER: What are your biggest powerlifting accomplishments?**

**JENKINS:** **1)** Winning the WPC worlds in 2009 at 198 lbs. after a fantastic battle with some stiff competition; **2)** Breaking the 198 WPC/GPC junior world record with a 736-lb. deadlift; **3)** Breaking the WPC European and World Raw squat record (no knee wraps) with 608 lbs.; **4)** Winning the USPA Mr. Olympia Pro Invitational, 220-lb. division, at last year's Mr. Olympia contest.

### **POWER: What is your favorite lift? Why?**

**JENKINS:** I love to deadlift. It's very gratifying if I get a personal best on my pull at a contest or in the gym. For me, the deadlift has the biggest mental aspect attached to it of all three lifts. It has become very popular over the last few years. When I was deadlifting 330 kg (727 lbs.) as a junior, there were a few lighter lifters pulling those numbers conventional, but now they are popping up everywhere. Now it seems like it's not "how much can you bench" but "how much can you deadlift?"

The squat would be a very close second for me. My coach Gareth Hives back squatted 600 lbs x3, ATG (ass to grass) before the 1990 Commonwealth Games, where he took silver in the clean and jerk and total. His best front squat was 529 lbs., without a belt or wraps. He's a big inspiration to me and we hit a lot of squats in our training, sometimes four or five times in a week. He was the inspiration behind me going for the raw WPC world record.

### **POWER: Where do you train?**

**JENKINS:** At the Warehouse Gym Port Talbot, Universal Gym in Cardiff, and the Port Talbot Judo club.

### **POWER: Who is your coach? How has he or she helped you?**

**JENKINS:** My coaches are ex-Commonwealth Games weightlifting double medalist Gareth Hives, Sensei Ian Tulloch and Sensei Ryan Morgan. Gareth is a fantastic coach and he is one of the greatest weightlifters to come out of Wales. Gazzy is very methodical and has helped me break stupid habits, and my lifting confidence has improved greatly over the last few years. My judo coaches Ian and Ryan are like good cop, bad cop. Ian is a former Commonwealth games super heavyweight champion. A big bear of a man, with incredible speed, he has weighed more than 170 kg (374 lbs.) on the mat fighting and his hands are massive. Ryan has been such a positive influence on my training and life in general. Our judo club is a family club and Ryan has a lovely way of keeping training interesting but easy to learn.

### **POWER: How and when did you get into powerlifting?**

**JENKINS:** Believe it or not, my first sport was karate. I wanted to start karate after watching Van Damme in *Kickboxer* and *Bloodsport*. I trained with the Fairfield Karate Club under Cedric Wellington, Mike "Tubo" Mainwaring and the Welsh Bushi Kai. Karate made me a lot stronger and gave me confidence, and it made me flexible and athletic from a young age. My grandfather encouraged me to run to help my karate, and when I started high school I ran for West Glamorgan and Wales. When I needed to get stronger legs to help my running, my grandfather took me to train with Commonwealth weightlifting champion Mike Brown. Mike was a well-respected Strongman, powerlifter and Olympic weightlifting champion in the local community. A beast of a man at more than 130 kg (286 lbs) and 6'2", he was also a very good arm wrestler. He even coached Gareth Hives when he was a young lifter. My first world championship was in Dallas, Texas, in 2001 with the AWPC. I had never been to America before and it was there that I had my first taste of competition, and I was hooked.

### **POWER: Do you have a background in other sports?**

**JENKINS:** Yes, from a young age I competed in track and field. I ran at the county level in West Glamorgan, and then later at the

national level for Wales. I was a sub-11 second 100-meter runner. I have trained and competed in martial arts most of my life. I hold a black belt in Wado-Ryu karate. I also train in judo, which next to powerlifting and weightlifting, is my passion. I competed back in 2010 at the Salisbury and High Wycombe in the judo opens and got silver medals in both in the 90-kg division. I used to compete in boxing for a few years, to add another dimension to my karate training, and I had an amateur record of 7-0. I've even had the honor of training with UFC Welterweight champion Georges St. Pierre, who flew over to Roger Gracie's academy, to help Roger train for his fight with Trevor Prangley in Strikeforce.

**POWER:** Impressive. But do you think that training and competing in judo hampers your powerlifting at all? Or vice versa?

**JENKINS:** First off, there are some benefits to training judo: My grip has become much stronger, my recovery is better and I don't fatigue in a powerlifting contest. I feel judo is a life skill and it gives me discipline and confidence when facing real life situations. I'm not scared to try and cross train to improve my athletic ability and speed, and I have definitely become more explosive since training judo.

On the flip side, from a powerlifting perspective, as my old coach Mike Brown used to say, "You can be a jack of all trades and a king of none." I train judo to relax and it's a great stress reliever, but I have drastically cut my judo sessions down for the next five or six months to concentrate on my powerlifting goals. There is no way I could hit my best numbers training judo a couple of times a week, it would be impossible to recover and the risk of injury is very high.

**POWER:** What are your 2012 goals?

**JENKINS:** One of my main goals was to defend my title at the WPC British Championships, which I successfully did last week. Now my focus is defending my Mr. Olympia Pro Invitational title in September. After that my next goal is to win the WPC worlds in November, out in Vegas. I have a big battle on my hands!

**POWER:** What weight class will you be in at this year's WPC Worlds and who is likely to be your stiffest competition?

**JENKINS:** I would like to move up to the 220-lb. class and compete with the big boys. I plan to put some muscle on leading up to the Olympia contest, and if I can get up to a full 220 over the coming months then I would like a shot at the 220 WPC title. Andrey Belyaev will be there and he is amazing, I'm a big fan of his lifting. I'm also a massive fan of Russian lifting in general, along with their the culture. I really admire the attitude and drive



of the Russians.

**POWER:** Long-term goals?

**JENKINS:** To deadlift 865 lbs. at 198 and to win the Welsh judo championships.

**POWER:** What do you do for work?

**JENKINS:** I'm a technician and work for a company called Virgin media. I'm also a personal trainer and am sponsored by Gaspari Nutrition.

**POWER:** Who are your biggest fans?

**JENKINS:** My two cats, Xena and Troy. Well, I should say wild horses, not cats. They bloody run about my home like wild bulls! My fiancée Louise is a massive support to me. She is knowledgeable about Olympic lifting, and she is very good at motivating me when I'm at a contest and picking attempts. My family members are all very supportive and they are crazy fanatics, they scream at shows even if they don't really know what's happening! It's hilarious, but they mean well. I drag my parents along to contests if I'm competing locally and they are like "what is this crazy sport our son is doing!"

**POWER:** Do you have any meet superstitions?

**JENKINS:** There's a funny thing I do if I have a contest in England, which is where a lot of the UK contests are based. A lot of

people might turn their noses up to this, but I will say it anyway. There is a very large bridge that separates England from Wales, it's called the Severn Bridge. I'm a fluent Welsh speaker; it's my first language so I'm very patriotic about being Welsh. There is a huge sign as you enter England that reads "Croeso I Lloegr" ("Welcome to England"). I tend to roll my window down and spit out the window at the sign for luck. Before the 2009 WPC worlds, I peed on it!

**POWER: What do you do to get amped before a meet or an attempt?**

**JENKINS:** The mental aspect for me is very important in how I compete. I keep my mind very clear, as long as I have done what I can in training I go to the contest with confidence. I like to be very calm and focused before a lift. I save my energy and let it out on the bar. Before the deadlift I tend to let out a roar, then settle myself. Focus is everything. I like to listen to music and inspirational quotes. My fiancée says very motivating things to me before I lift that really get the fires burning, personal things about my family and close friends, things that really wake me up and make me realize why I'm there competing and push me to raise my game.

**POWER: If you weren't powerlifting, what would you be doing?**

**JENKINS:** Trying to get on the Welsh judo team or weightlifting team to go to the Commonwealth Games.

**POWER: What lifter do you admire the most?**

**JENKINS:** David Rigert and Ed Coan are two athletes I have admired from a very young age. My coach Mike Brown, who sadly passed away last Christmas, was a big fan of David Rigert and our gym had a black and white picture of him on the wall. I used to look at that picture as a young teenager in awe. I used to love listening to Mike tell me stories about how fearless Rigert was, that he was the first of the really ripped weightlifters with a fantastic physique, stories of him fighting with police when drinking vodka, and the incredible lifts he did during the '70s.

As for Eddy Coan, he was also on our gym wall, a picture of him winning the IPF worlds, with his trademark yellow Inzer singlet on. I had the pleasure of meeting him at the 2008 WPC worlds in Miami. He said to me, "I had a dream last night that God told me I was better looking than you." He had me in stitches, great guy. He has to be the most humble, down-to-earth and



friendly person I have ever met in sports, next to George St. Pierre. He is the true essence of what being a champion is all about, and he has a very positive influence on other lifters.

I'd also like to add that I really admire and look up to my grandfather, Ray Williams. He was a fireman in the Navy, and after leaving the service he competed in Olympic weightlifting and a number of other sports like judo. He is one of the kindest and most down-to-earth people you will ever meet. He is in his 80s and he's still climbing ladders and chopping trees down in his garden. He's marvelous for his age and he attributes it to a sporty lifestyle when he was younger.

**POWER: Is there anything else you would like to add?**

**JENKINS:** I once caught a mugger in my hometown of Port Talbot. He had mugged a 90-year-old pensioner, and the poor lady had all her savings with her, about £98 in total. A 26-year-old male weighing about 220 lbs. attacked her and stole her bag containing the money. I was parked on double yellow lines and did not want to get booked by the traffic warden, so I was running in the direction of my local supplement store. I was just at the entrance of the store when a few people came running up the street screaming that a lady's bag had been stolen. I could see two older chaps fighting with the mugger. He seemed to break away and run in my direction, as he got closer to me I threw him with Uchi Mata and put him in an arm lock until the police arrived. **PM**



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# POWERLIFTER TO BODYBUILDER?

## THAT'S A KROC

BY MARK BELL

Matt "Kroc" Kroczaleski?

"Yo, Bell. Matt Kroc hasn't done jack squat in powerlifting in years. Why is he hogging the pages of Power?" It's simple: Matt Kroc is a badass. He's totally jacked and he's an awesome two-sport athlete. Not to mention he's a former world record holder at 220 with best lifts of a 1,014 squat, 738 bench, 810 deadlift and an official total of 2,551 (more than 11.5 times body-weight). Since then, he has moved on from powerlifting to bodybuilding. Kroc is one of those dudes who can't just do something for fun; he has to do everything full-bore. He's on a mission to be a pro bodybuilder and in this interview, he openly shares his diet and training information.

**MB:** These rumors have been circulating for the last few years, so I will just come out and ask: do you really dress up like a chick?

**KROC:** Of course I do. When you're this beautiful, it would be a crime not to.

**MB:** Wow, that must look hot! Would you ever consider doing the women's Pro AM at Super Training, all dolled up?

**KROC:** Only if Becca Swanson came out of retirement.

**MB:** Well, we both know Becca would kick your ass and then steal your high heels. What drove you to switch from powerlifting to bodybuilding?

**KROC:** I needed a new challenge. After finally getting the all-time total record at 220, I experienced a letdown and felt like I needed something more difficult to go after.

**MB:** What's more fantastic: being rubbed with pro-tan by a jacked guy while wearing a banana hammock or being helped into briefs by a big, fat, hairy dude?

**KROC:** All depends on who's doing the rubbing but they both rate pretty high on the fabulous scale.

**MB:** How's your strength nowadays?

**KROC:** My one-rep maxes in the big three [the squat, bench press and deadlift] are down a bit, but overall my strength is still on the same level. It wouldn't take much for me to get my strength to PR (personal record) levels if I chose to focus exclusively on powerlifting.





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POWER MAGAZINE



**MB:** How do you think concentration curls would affect your squat?

**KROC:** Concentration curls are the absolute base of any great training routine. Without them, you might as well not even set foot in the gym.

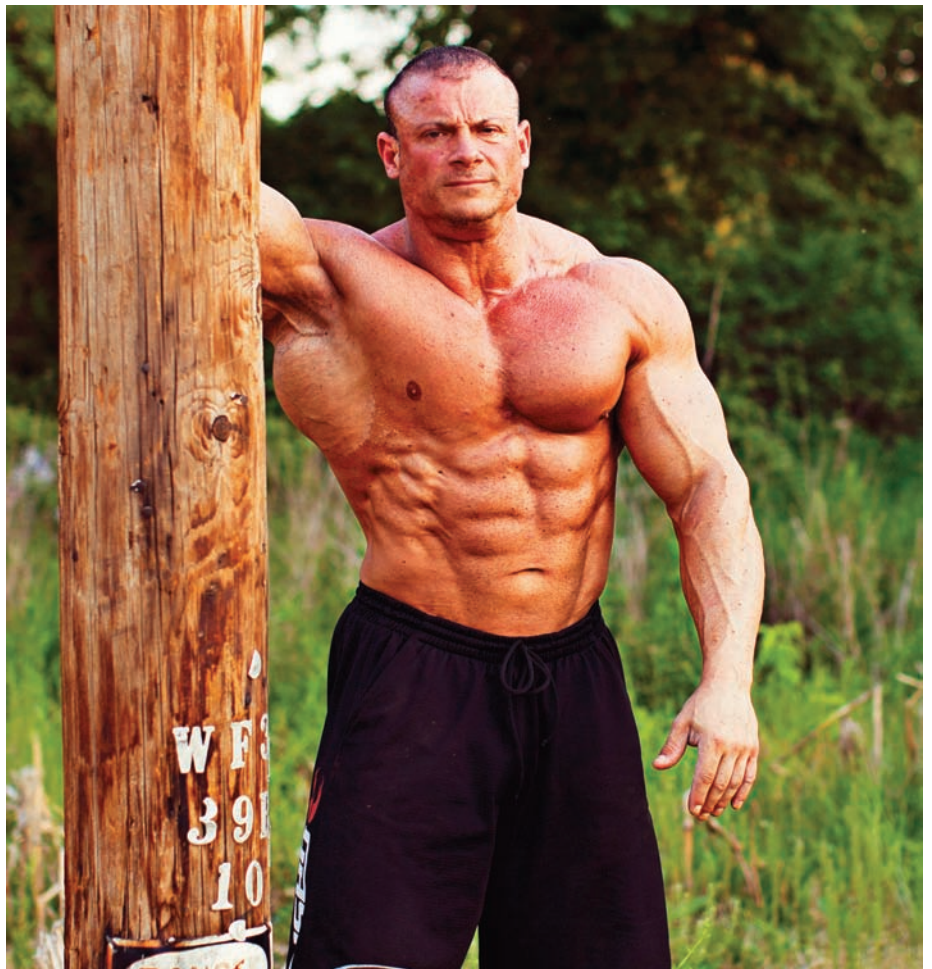
**MB:** Would you eat differently now if you were powerlifting, and why?

**KROC:** Definitely. Eating like a bodybuilder has made me realize just how important and how much difference a perfect diet can make over a decent one. The vast majority of powerlifters would benefit greatly by putting more effort into their nutrition.

**MB:** You used to work with Shelby Starnes. How did you ever take him seriously with those little glasses?

**KROC:** Who ever said I took him seriously? Ha, just kidding! Shelby helped me out a ton and he set me in the right direction – in fact, he planned my diet going into my last show. I'm grateful for the knowledge and the help he provided me with.

**MB:** Tell us about your diet. What are some main things you try to focus on? Can you give us an example of a typical



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# "THE VAST MAJORITY OF POWERLIFTERS WOULD BENEFIT GREATLY BY PUTTING MORE EFFORT INTO THEIR NUTRITION."

## day on your diet in and off-season?

**KROC:** Off-season is more about growth, so I increase everything but carbs and overall caloric intake more than anything else. However, the diet is still designed to keep me as lean as possible, while adding size. Pre-contest, I have used carb cycling and more of a high protein, moderate fat keto-type diet, but either way, the key to getting leaner is the adjustments you make as the diet progresses. Typically, this involves carb manipulation and increasing cardio. My food choices are very similar in both modes, but the quantity of them varies quite a bit.

This is my current diet: (off-season, "lean gain mode")

**Meal 1:** Six whole eggs, six additional egg whites, 1 cup oatmeal (dry measure); for protein: 68g, carbs: 58g, fat: 42g, calories: 900kcal.

**Meal 2:** 75g whey protein isolate (I use MuscleTech Nitro Isolate 65) and 2 tbsp all natural peanut butter; for protein: 84g, carbs: 7g, fat: 16g, calories: 500kcal.

**Meal 3:** 12 oz (raw measure) lean meat (chicken breast, turkey breast, tuna) and 1/3 cup walnuts, 1 cup brown rice (cooked measure); for protein: 87g, carbs: 38g, fat 37g, calories: 850kcal.

**Meal 4:** Same as Meal 2.

**Meal 5:** 12 oz (raw measure) lean meat (chicken breast, turkey breast, tuna) and 1/3 cup walnuts, 1 cup brown rice (cooked measure); for protein: 87g, carbs: 38g, fat 37g, calories: 850kcal.

**Meal 6:** Training shake (drop this on non-training days), whey protein isolate (I use MuscleTech Nitro Isolate 65), fast absorbing non-fat carb powder (I use MuscleTech Intravol); for protein: 60g, carbs: 60g, fat: 0g, calories: 500kcal.

**Meal 7:** (post training meal) 12 oz (raw

weight) round steak trimmed, 2 cups white rice (cooked measure); for protein: 83g, carbs: 86g, fat: 27g, calories: 750kcal.

**Meal 8:** 12 oz (raw measure) trimmed top round steak, six whole eggs and salad with 1.5 tbsp extra virgin olive oil and 1 tbsp vinegar for taste; for protein: 118g, carbs: 11g, fat: 83g, calories: 1,300kcal.

### Macronutrient daily totals:

Training day – protein: 670g, carbs: 305g, fat: 260g, calories-6,150kcal.

Non-training day – protein: 610g, carbs:

245g, fat: 260g, calories: 5,650kcal.

**MB:** Dude, do you have to crap in a bathtub after eating that much food?

**KROC:** Don't be ridiculous, I just pop off manhole covers and take care of business that way.

**MB:** Oh. Hey, remember those crazy-ass weight loss drops you used to do back in your powerlifting days? Tell us a little about that. How did you do it and how did you keep it effective and fairly safe?

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**KROC:** Honestly, I was just doing what had to be done regardless of what that entailed. I would sweat out all of the weight in a 24-hour period, with my largest cut being 35 lbs. when I broke the 220 all-time total record in 2009. I would turn my hotel bathroom into a steam sauna and basically spend 24 hours in there with 5-minute breaks every 30 minutes. I wouldn't eat or drink anything except two pieces of toast with peanut butter at strategic times during the cut. I never slept during the night unless I was ahead of schedule. It was definitely one of the more difficult things I have done. It required a lot of mental toughness to keep going and it tested my limits of accepting pain and discomfort. To keep it safe, I typically avoided all diuretics, timed my cut to get me down and back up in as little time as possible and began replenishing all of the lost fluids and body weight as fast as possible the second I stepped off of the scale. Eating and drinking 35 lbs. worth of food and liquids in one day

## "I WOULD TURN MY HOTEL BATHROOM INTO A STEAM SAUNA AND BASICALLY SPEND 24 HOURS IN THERE WITH 5-MINUTE BREAKS EVERY 30 MINUTES"

was often as challenging as the cut itself, but absolutely necessary to perform at my best onstage.

**MB:** What's the biggest thing powerlifters can learn from bodybuilders, and vice versa?

**KROC:** Powerlifters can learn a lot by watching the discipline and commitment bodybuilders exhibit in their training and in

their lives. Successful bodybuilders live their sport 24/7 and sacrifice a lot to be good at what they do. Bodybuilders would benefit greatly by adopting the intensity and tenacity of the top powerlifters' training styles. The best powerlifters all approach their training with an unmatched intensity and focus.

**MB:** Wow, that is some great insight! Do you think your experience in the military helped prepare you for self torture?

**KROC:** Definitely. While I had pushed myself hard training for football and wrestling prior to entering the Marines, it was in the Corps where I realized just how much further I could push my body. It wasn't just in a training sense; it also included sleep and food deprivation as well as the ability to endure psychological manipulation. Those lessons were instrumental in becoming the athlete and the person that I am today.

**MB:** I have seen many videos where you train so hard you just hit the ground.

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Do you enjoy pain and agony?

**KROC:** I don't enjoy the actual sensation of pain any more than anyone else, but I do find a real sense of accomplishment from pushing my body beyond the limits of what I thought I was capable of. I am also an extremely competitive person and view most things in life as a competition, so I am always trying to push everything further than anyone else can.

**MB:** Where is the toughest place to shave?

**KROC:** Definitely the taint.

**MB:** Who shaves your back, and how do I land that gig?

**KROC:** My wife Lauren. And Mark, do we really need to go over that again?

**MB:** What are your workouts like as a bodybuilder? What's the main goal of each training session?

**KROC:** My training sessions have a lot more volume now. I still train hard and heavy, but my rep ranges are often 10 to 20, and I rarely ever work up to heavy singles, doubles or triples. I typically pick three to five exercises per body part and perform

## "I WOULDN'T EAT OR DRINK ANYTHING EXCEPT TWO PIECES OF TOAST WITH PEANUT BUTTER AT STRATEGIC TIMES DURING THE CUT"

several sets of each, trying to hit the muscles from multiple and varying angles. However, I still prefer the basic compound movements over isolation-type exercises, and they still form the base of my training. I also incorporate a lot of techniques that drive a high volume of blood into the muscles, like drop sets, giant sets, super sets etc. The idea here is to stretch the fascia around the muscle tissue, thus allowing more room for growth.

The goal of each training session is to

facilitate growth. Unlike powerlifting, there really aren't specific numbers or targets for each training session, but I do plan things ahead of time and know what I need to get done when I walk into the gym. Mostly, it's just putting in the work that needs to be done and being patient with the results.

**MB:** What are your weakest areas and how do you plan to bring them up?

**KROC:** My arms, shoulders and legs were all lagging behind my chest and back when I first converted over from powerlifting, as is typical with lifters coming from a primarily strength-based training program. Since then I have managed to make good progress with both my shoulders and arms, but due to a knee injury that is holding my leg training back, they are still behind.

To correct this, I am trying hard to get my knee healed up so I can train my legs with the intensity and volume they need. Once the knee is ready for it, I'll hit my legs hard with tons of volume based around the basic compound movements, like squats and leg presses for quads and different types of stiff

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legged deadlifting supplemented with variations of leg curls for the hamstrings.

**MB: What's next for Matt Kroc?**

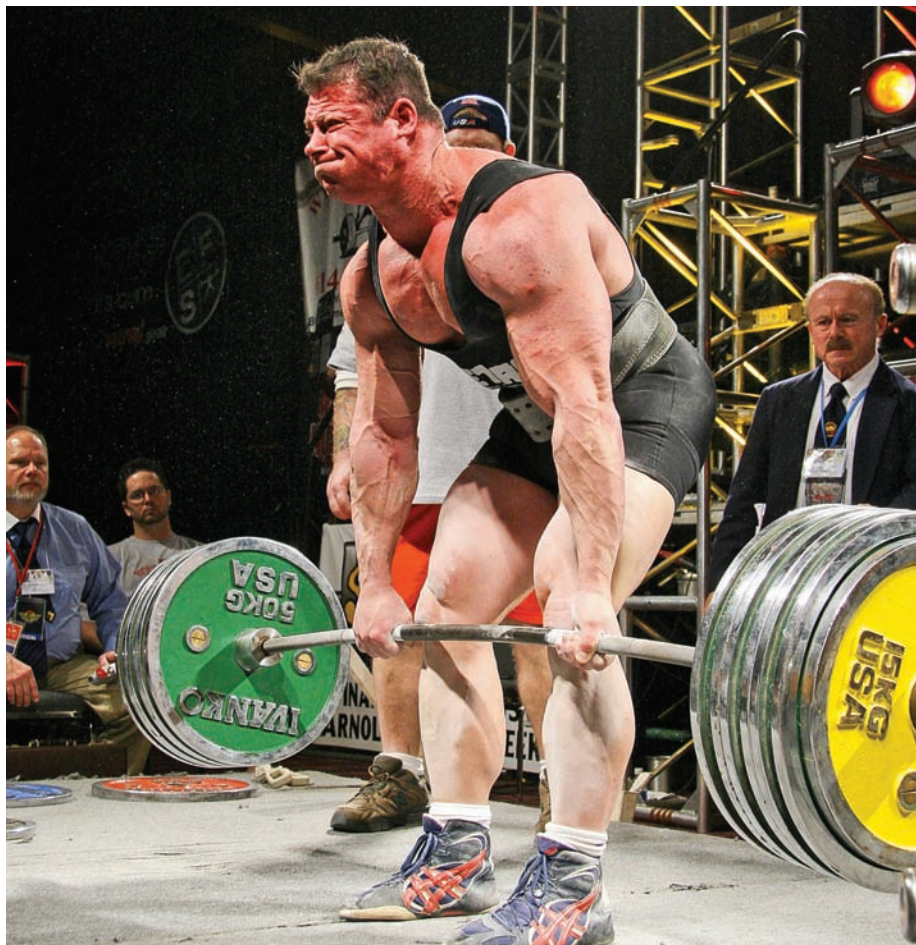
**KROC:** Continue to work toward my pro card in bodybuilding. Once I achieve that, I'll reevaluate everything and go from there.

**MB: Will you ever return to powerlifting?**

**KROC:** I don't have any plans to at the moment, as I need to focus on my bodybuilding goals 100 percent in order to achieve them, but I can tell you that I do get the itch to train heavy often. I would love to get back on the platform and chase a few goals I have, like hitting a 900 pound deadlift.

**MB: How can people find out more about you? Do you have a website?**

**KROC:** Those that are interested can "like" my Matt Kroc Facebook page, follow me on Twitter (@mattkroc), follow my training logs at [www.elitefts.com](http://www.elitefts.com) and, of course, my website has tons of info about me: pictures, videos, articles I have written, t-shirts, DVDs and other stuff that you can find at [www.mattkroc.com](http://www.mattkroc.com). **PM**



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# THE ANTI AND THE HURRICANE

(AKA THE STORY OF RICHARD HAWTHORNE)

BY THOMAS EISEMAN  
PHOTOS COURTESY OF HOUSE OF PAIN

**Richard Hawthorne won Alex Campbell's Night of The Living Dead Deadlift contest (NOTLD) in 2011 by a wide margin with an amazing 611-lb. pull weighing only 125. That is one of the best pulls, pound-for-pound, in the world! Since then, he has deadlifted 610x4, weighing 130, in the Animal Cage at the Arnold Sports Festival. Then he competed, only weeks later, at Hardcore Powerlifting's MHP Hercules 2012, where he deadlifted 600-lb. raw, weighing 130. All of these performances were peerless and performed at top-notch deadlift contests and venues.**

**POWER:** Starting with the NOTLD, tell us a bit about your training and preparation and your experience of the different events, including how you feel about the event and your performance at each show.

**HAWTHORNE:** Well, to be honest, I haven't had a complete and solid training cycle ever since I've been back on the scene in January 2011 at Raw Unity 4. For NOTLD, I did train my deads by lifting off a 7-inch box to strengthen the bottom part of my lift. Then I did mid-shin lockouts, because that's where my bar speed is the slowest. All of my training is done completely raw, no belt to keep my core strength up. I only lift in my suit for competitions or seminars. For the NOTLD I had mixed feelings because I lifted 600x2 in the Animal Cage just two months prior. I didn't get to train as I should have — and to top it off, I weighed an unexpected 125.6, which worried me. As for the event and venue itself, it brought a lot of energy to me for the simple fact that I'm lifting with the best of the best, which is an honor — not to mention a chance for an extra cool \$1,001 in my pocket. I would be lying if I said that the money wasn't a big motivation. Now for the Animal Cage at The Arnold Classic, it is a bit different because when I walk in a powerlifting venue people know me and what I'm capable of, plus it's thousands of people watching me do what I do with doubt and disbelief. That's where I work the best. I crave that.

**POWER:** I met you at the 2003 World Association of

Bench-Pressers and Deadlifters. At that competition you won the 123-lb. weight class and received the Outstanding Lifter Award for a 573-lb. world record deadlift for the open division. You were only a teenager, and I was absolutely amazed.

**HAWTHORNE:** Thanks, that means a lot. I think that was my first worlds, and what an experience that was! Talk about being nervous. People I've never seen asked what I was going to pull and bragged about me as if they'd seen me lift. I didn't know how to react to that. I felt like I had the world on my shoulders, and I had no choice but to lift big or be a big disappointment to everyone there. No pressure!

**POWER:** You are obviously a tremendous athlete. I heard you can dunk a basketball. How tall are you?

**HAWTHORNE:** When I played basketball I was able to dunk, but it has been awhile. I'm 5 feet, 4 inches. I also ran track and played football. I competed in the hurdles, pole vault, 400-meter run and filled in where needed. In football I played running back, receiver, slot receiver, corner back, safety and even middle line backer. They couldn't see me, but they felt me.

**POWER:** You're sponsored by a restaurant called Sicily's Italian Buffet, yet you weigh 132 lbs. What gives?

**HAWTHORNE:** I eat relatively clean, and no fast food. Period. I still have a very high metabolism, but that will



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POWER MAGAZINE • SEPTEMBER/OCTOBER 29



probably only last for two more years or so.

**POWER:** What supplements do you recommend and take?

**HAWTHORNE:** I can recommend supplements all day for the people who want me to recommend their product, but I don't yet have a major sponsor. I don't depend on supplements; I just take a basic whey protein. The only supplement I've stuck with since high school is a basic creatine.

**POWER:** Have you considered moving up a weight class or nine?

**HAWTHORNE:** Why? This is my natural bodyweight and I'm doing pretty well. I still have plenty room to get stronger, and when I have to move up naturally, then that's when I'll move up. I don't have to diet to be in this weight class.

**POWER:** How old are you? Where were you born and where do you live?

**HAWTHORNE:** I'm 28 and was born in Biloxi, Miss. I still live there.

**POWER:** Where did you grow up and go to school?

Hawthorne: I grew up in a very competitive and athletic neighborhood that did nothing but play sports day in and day out at the neighborhood park. You name it, we played it. Out of this single neighborhood, it produced a couple of NFL players, a minor league baseball player, a few females who played higher level college basketball, and two powerlifting world champions (Tony Caprari and myself).

**POWER:** Who gave you the nickname "Ant," and what's the story behind it?

**HAWTHORNE:** Back in 2003-04, when I competed in WPO, Kieran Kidder introduced me for my lift with many different nicknames, like the "Man Child" and the "Phenom". When he announced me as the "Human Ant," it stuck to me like a nursing pup. The irony of it is that I can't stand ants. As for the name, I like it. It fits, Kieran

probably didn't even think twice when he said it, let alone remember saying it.

**POWER:** Have you ever been mistaken for Lil Wayne?

**HAWTHORNE:** Man, can I ever get away from it? It was cute seven years ago when I first started growing my hair out.

**POWER:** Do you have any other hobbies?

**HAWTHORNE:** Yes, music. I created, along with two of my best friends, a small production company about six years back. We produced and wrote for numerous people and one or two big-name artists who have worked with our product.

**POWER:** You are incredibly strong at all three lifts. What are your best competition lifts and gym lifts?

**HAWTHORNE:** In competition (suited):

Squat 675 lbs. at 132  
Bench 328 lbs. at 132  
Deadlift 611 lbs. at 125.6  
Total 1573 lbs. at 132

**In competition (raw)**

Squat 507 lbs. at 130  
Bench 303 lbs. at 130  
Deadlift 600 lbs. at 130  
Total 1361 lbs. at 130

**In training**

Squat 733 lbs. at 132 suited  
Bench 310 lbs. x 2 at 130 raw

**POWER:** In addition to the performances mentioned above, what are some accomplishments in powerlifting and other areas



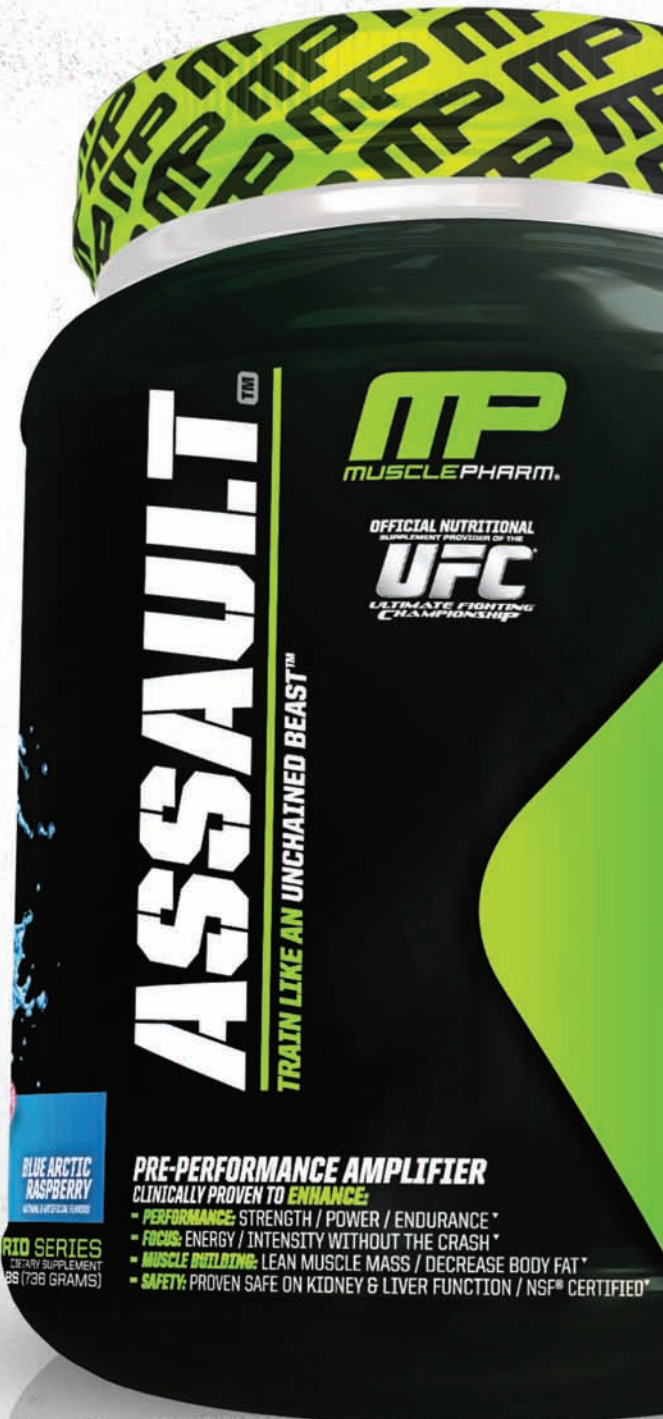
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of your life of which you are most proud?

**HAWTHORNE:** The 600-lb. raw pull at 130 I did at the Clash of the Titans. I know I haven't even tapped into my potential yet. People look at me crazy when they congratulate me and I reply, "Thank you, I'm trying." I know that lift is by far not my best (not at my full potential) and I'm still trying to get there. Failing and getting back up and finding another way.

**POWER: How did you get your start in powerlifting?**

Hawthorne: I started young, in the ninth grade. St. Martin was known for its powerlifting team and was trying to fill the roster. All they needed was a 114-er. I lived in the same neighborhood as the Capraris, and once at their house they got on the subject of powerlifting so Tony started to do what Tony does and convinced me to lift. From there I went onto the state meet four years in a row. I won my first three meets and my senior year I was disqualified "for wearing briefs." I won my very first state championship by pulling 325 lbs at 114, and that was my beginning in the powerlifting world. I finished with numerous state records that I still hold.

**POWER: Why do you no longer compete in all three lifts? Any plans to do a full meet in the future?**

**HAWTHORNE:** I do, and I prefer competing in full meets. I just have a lot going on and I'm not going to half-ass train for a full meet and make a fool out of myself. I'm very critical of myself. I do have Raw 504 Clash for Cash in my sights, but I am recovering from a pulled hamstring and a slight lower back problem due to tight hamstrings. However, "Road to Raw 504" is in effect.

**POWER: Whom do you train with?**

**HAWTHORNE:** I train with my business partner and my team of young guys, who have tremendous potential! Southern Elite powerlifters will be in the light in the near future.

**POWER: What is your training routine? Is it the same the year-round?**

**HAWTHORNE:** I always lift by how I feel, from warm-ups and from set-to-set. Not everyone can train that way. The following is just my routine for the main lifts:

- 8 weeks out - 10x10
- 7 weeks out - 8x4
- 6 weeks out - 8x4
- 5 weeks out - 3x6
- 4 weeks out - 3x3
- 3 weeks out - 3x6
- 2 week out - 3x3
- 1 week out - openers
- Week 0 - rest

**POWER: How do you choose your weights?**

**HAWTHORNE:** I choose my sets from my previous workouts, how I feel that day and how the previous set went. You never know how the weight will feel from day to day. You may have missed a



meal or had a long workday; the percentages you're supposed to hit won't always happen. I am a very technical lifter, and reps are just as important as the weight in my book, but by no means am I saying to punk out on a weight! Be honest with yourself and get good quality lifts and you can't fail.

**POWER: What advice do you have for other lifters as to what makes you successful?**

**HAWTHORNE:** It's simple:

Nothing in this world comes easy — and if it does, it's going to end fast and be devastating. Stay consistent and positive. Powerlifting is a competitive sport, but you are your biggest competition. Worry about what you have to do, nothing else.

**POWER: What is your mental preparation to ready yourself for an attempt?**

**HAWTHORNE:** I visualize my lifts. I go so far as to isolate myself from everything and everyone to clear my mind of any thoughts other than the weight that will be in front of me and what I have to do. I am a very emotional lifter. In all my lifts on YouTube, or if you have seen me lift in person, it seems as if I'm calm, cool and collected, but I'm far from that! I am in a state of inner chaos!

**POWER: What technique tips do you find effective?**

**HAWTHORNE:** For deadlifting, a lot of people have to be reminded that it's not a pull, it's a push. Train yourself to push the weight to your knees then push your hips forward. It's easier said than done, but be patient and stay strict.

**POWER: What kind of gear do you use?**

**HAWTHORNE:** I train absolutely raw, no belt in all three lifts. It's been since the Arnold Classic 2005 that I lifted in a squat suit or a bench shirt. I have all old gear that I might have to hop into for the USAPL Nationals in Orlando.

**POWER: Tell us about your family.**

**HAWTHORNE:** Both sides of my family are from Prentiss, Miss., a small country town. My father was one of five children and my mother was one of 15. Both of my parents worked; my dad had two jobs. They did a great job of being providers and they made sure we were all in church every Sunday. I am the youngest of four siblings, two sisters and a brother. We went on many family trips, but made it back to the dirt roads of Prentiss for the holidays to enjoy our big family.

**POWER: Let's hear about your life just prior to hurricane Katrina, how the disaster affected your area and your life, and how you made it through.**

**HAWTHORNE:** The fourth week in August 2005 I was 21 years old, worked two jobs, was a full-time powerlifter and trained at Joe Ladneir's Powerpit Gym. My girlfriend was pregnant and due in about a week. I worked so much that I didn't watch TV or pay attention to the news, so when my girlfriend asked what we were going to do for the hurricane, I was like, "Hurricane?" We packed some things up, taped the windows and moved things around in the apartment to prevent as much damage as possible. The day before the storm, I was interviewed for my first real magazine spread about



the Arnold Classic and the GNC Show of Strength. I told the writer about the huge 733-lb. squat I put up in training and how I was at least looking for a 700-lb. competition squat at the Show of Strength. Little did I know that would be the last thing I did for powerlifting for the next six years. My daughter was born 14 days after the storm on Sept. 11, 2005.

**POWER:** Now you own and run Southern Elite Gym & Training Facility.

**HAWTHORNE:** In 2010 I was training in a horrible gym. The equipment was literally falling apart and no one had any intention of replacing it. So a guy I was training, Big Red — he's my partner now — and I started to buy our own bars and lock them up at the gym. The last straw was when we were doing decline bench during my set with 225-lb., and the bench collapsed. So we started buying pieces of equipment, but we needed a building. Red found a great location and it has been growing ever since.

**POWER:** Let's hear a bit more about your business and how many hours a week you work.

**HAWTHORNE:** It's a gym based around powerlifting, circuit



training, sports performance for kids and trying to get bodybuilding back down here in south Mississippi. I work about 65 to 70 hours per week.

**POWER:** What are your goals and plans for this year and beyond?

**HAWTHORNE:** My goals are to be financially stable, have more time with my daughter and family, and to do what I love: lifting heavy-ass weight!

**POWER:** Who has made a difference in your life, and who would you like to thank?

**HAWTHORNE:** I thank my family and friends and all of the others who support me. I give a special thanks to the following people, who have been mentors to me at some point in my life: Gary and Brenda Hawthorne, Louie Langlains, Allan Massie, Tony Caprari, Robert Taylor, Keith McQueen and Walter Gary. To anyone I

have forgotten; please charge it to my mind and not my heart.

**POWER:** Thank you for setting the standard so high, for the pleasure and honor of interviewing you and for your story and inspiration!

**HAWTHORNE:** The pleasure is all mine. **PM**

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**N**early all competitive fighters use weight training to improve their skills. Weight training makes athletes faster and stronger while improving their coordination and overall power. The discipline around weightlifting neatly enhances the martial artist's skills, but could the reverse be true? Should competitive lifters bring critical elements of martial arts training to the platform?

When many people think of martial arts they envision the high-flying hijinks of kung fu flicks or perhaps the stodgy repetition of strip mall dojos. Neither of these truly reflect the complexity of martial arts as I know them. Looking at the name itself, one observes an apparent paradox. "Martial" refers to the military element, wherein the individual is broken down and taught to function within a unit, sacrificing for the whole without exception or hesitation. "Art," by contrast, is the ultimate expression of the individual. The sensei in her strip mall dojo trying to get her students to perform a technique exactly the same is teaching a craft rather than an art. If you do a freehand water painting, that is art; it may be terrible, but it is art. If you go to a ceramics class and make a paint-by-numbers duck, it is craft. It may be perfect, but it is not art because it lacks individual expression.

Thus the term "martial arts" seems to be at odds with itself. It is the denial of the individual while at the same time, it is the rising of that individual. This dichotomy is critical to the purpose of martial arts, which is ultimately the betterment of one's self to the benefit of one's community. Powerlifting is not so far removed, though it rarely claims such lofty goals. Time in the gym is sacrifice. We leave a pound of sweat on the floor for every pound we add to the bar. We read, study, watch videos and learn everything we can about form, technique and equipment, but in the end, we have to find what works for us and only us. On the platform, just as in the cage, you are alone. Listen to your coach, learn from your teammates, but in the end focus on yourself.

# CHIKARA-DO

## *The Way of Power*

BY MIKE REILLY

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In the world of Mixed Martial Arts (MMA), intensity is as much a part of the game as is sweat. Intensity fuels the fire for a fighter, but it is also a force that he must constantly control. A fighter who is too intense becomes blind to opportunities and makes costly mistakes, and any mistake can end a fight or even a career. Having intensity in a fight is easy. From the moment fighters enter the arena, they are on an adrenaline rush. The problem is figuring out how to use it.

For powerlifters, intensity is often just masked rage. Lifters get psyched up and storm the bar. This can work to a point, and that point is usually the personal record (PR) attempt. Suddenly, raw desire pushes technique aside as weights crash and tendons tear. In the rush of excitement, we often forget to dance with the one that brought you. Technique is as critical to a great lift as is intensity: two dichotomous forces that must be melded together to reap the most benefit. In martial arts training, we focus on perfect form. For every punch thrown at a foe we throw 100 at a bag, 1,000 in the air and 10,000 in our mind. As a powerlifter amalgamating intensity with technique, we know when form is perfect because the weight suddenly feels light, and we walk away smiling and free of pain.

Eastern Arts use the word "mushin," meaning "no mind," to describe the perfect mental state. For a fighter, it is critical to flow, react and counter without conscious thought. To throw a simple right cross, a fighter needs to turn his hips, pivot on his toes, snap his arm, twist his hand, sit on the punch to drive down and through the target at the point of impact, and then recoil his hips to pull his arm back. There is only a fraction of a second to see the opening, judge the distance and deliver the strike; if you have to think about it, the opportunity is already gone. In powerlifting we also must complete complex physical sequences under tremendous stress. If

you have to think about driving your heels, your breathing, putting your head up and so forth while under the weight, you are already crushed. When you step on the platform, everything needs to happen instinctively. Your body exists for one purpose: to move the weight. Your mind is blank, and your body reacts as it has been trained. Many people compete with the desire to win, but it is training that secures victory. Step to the platform free of desire, trusting wholly in your training.

Lifters need to cultivate the same level of focus. Time spent in the gym perfects your form to where every movement is your natural movement, performed without conscious thought. This allows you to give maximum effort at maximum intensity without sacrificing technique. It is in training where you also discover yourself. We all have unique differences, hitches and motivations, so time spent in the gym is not just about self-improvement but it's also about self-awareness. The better you know yourself, the easier you will be able to find what works for you. It will be those unique differences that allow you to become an artist and to excel above the norm.

## TIPS FOR BUILDING INTENSITY AND FOCUS

**Training to failure.** This concept is often overused and done incorrectly. What people think is failure is more often than not just the first wall. When I say failure I mean "done", "shot", "finished". In a six week training cycle I will have lifters do a one time session of what we call "burn to bar." Starting with 85 percent of a single rep max (SRM) and the bar loaded with smaller incremental weights, you lift to first failure. Failure is at the chest, not the rack. Spotters re-rack the bar, strip a plate from each side, and immediately go again to failure, repeating the process of going to failure and stripping weight until you are lifting the naked bar. Physically this set is

great for forced adaptation, but I use it more for the mental aspect. Intensity will keep you going when everything else has stopped. At the end of a "burn to bar" set, most people cannot actually feel their arms, and know they are moving them only by visual observation; the body drives forward by sheer mental will. When everything else is gone, only technique remains. Tapping into that will separate the good athletes from the great ones.

**Visualization.** We can all see ourselves on the platform ripping the weight off of the ground for a new PR. This is critical to success, but you need to take yourself further back. Visualize your warm-up, applying your gear, and your chalk, and your setup. Slow it down in your head. See every muscle and every movement. Hear the calls, the crowd and your coach. Create in your head the scene you want and it will come to be. The path we build in our heads will be the easiest one for our feet to walk as mental preparation becomes physical application.

**Prepare for war.** All sports are warfare disguised. MMA, it is



said, wears the thinnest veils. In ancient times there were only two sorts of sports: combat sports and running sports. The message is clear; if you can't fight, you had better be able to run. Powerlifting falls pretty squarely in the world of combat. Most of us have a zero shot of running away anyway, so we stand our ground and break whatever is in our reach. One of my favorite quotes can actually be attributed to an Olympic lifter, Donny Shankle: "You got to pull on that bar like you're ripping off the head of a goddamned lion." No matter what stands before us, we need to give everything in

one moment.

Many martial arts utilize a yin-yang symbol for good reason; little else so fully represents the conflicting natures that we as athletes must bond together: raging intensity to controlled form, taught techniques to individual nature, physical to mental. By adding martial disciplines to your training, you can harness the dichotomy of forces to become a better, faster and stronger powerlifter in all respects. **PM**

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# TAKING THE LONG ROAD

BY JEFF "ROBOT" IRION

PHOTOS COURTESY OF WWW.STYRKELOFT.NO

**C**arl Yngvar Christensen has been putting up some massive lifts for a few years, which says a lot because he's only 21. He hit a huge 2,502-lb. total in the IPF and it looks like he could dominate the SHW division for years to come. Power caught up with this kid to talk to him about his controversial training techniques, what it's like to be a powerlifter in Norway and what's in store for him.

**POWER:** Do you speak English?

**CHRISTENSEN:** Yes. We have schools here in Norway. I've had English in school for seven years or so.

**POWER:** Meanwhile, I'm stumbling my way through poorly translated versions of Norwegian web pages trying to get some background information about you. Anyway, what is your height, weight and age?

**CHRISTENSEN:** 188 cm (6'2"), 357 lbs., 21 years old.

**POWER:** When did you start competing in powerlifting?

**CHRISTENSEN:** I started lifting when I was 13 or 14 in the basement on my father's old Weider bench. I remember I bench pressed exactly the same weight (three sets of 10 with 59 lbs.) three times a week for at least a year. I spent a couple of years in the basement doing only light bench presses and other upper body exercises before I entered the local gym. There I started training squats and deadlifts as well. In autumn of 2007 I entered the powerlifting club. I entered my first competition in December 2007. It was a small local competition in the club and I lifted without gear, just knee wraps. I did 573 - 363 - 606 for a 1,543-lb. total.

**POWER:** What are your current best lifts and what world records do you hold?

**CHRISTENSEN:** My best squat is 981-lbs. I benched 727-lbs. at the Norwegian Powerlifting Nationals on June 3, 2012. And at the GNC deadlift competition at the Arnold Classic I pulled 832-lbs. My best total is 2,502-lbs. (981 - 710 - 810) from the European Open on May 12, 2012. I don't care much about records. For me it's the competition that counts. So I'm not even really sure about what which world records I hold, but I think my squat and total are IPF world records for both Jr. and Open in the SHW class.

**POWER:** Let's talk about the IPF SHW squat record. The heaviest "official" squat that has ever been done in IPF competition is Shane Hamman's 1,008-lbs. Brian Siders and Dmitry Ivanov have both successfully squatted 1,014, but the IPF doesn't count their lifts because they bombed on the bench. Furthermore, in 2011 the IPF decided to restructure its weight classes, changing the SHW class from +125 kg to +120 kg. The bottom line is that you now hold the IPF SHW squat record with your 981-lbs. I won't name names, but Mark Bell says your squat record isn't legitimate and he wants to know when you're going to squat more than 1,014-lbs.

**CHRISTENSEN:** Well, I don't like to talk about numbers that I may or may not lift in the future. Either you lift it or you don't. I have little respect for people standing on the sidelines saying that they could do this or that,

blah blah blah. Do it! But since you are asking, I can't say when I'm going to squat more than 1,014-lbs., but I can say that I will squat a lot more than that in the future.

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

**CHRISTENSEN:** I'm a student. I study constructional engineering at a university. I just finished my second year and I have one year left for a bachelor's degree.

**POWER: In the U.S., powerlifting is very much a fringe sport.**

**What is powerlifting like in Norway?**

**CHRISTENSEN:** Powerlifting is also a fringe sport in Norway, although it varies a little from town to town. For example, in my town the people now know a little about it since they have seen me in the local newspapers. In general I would say that if you randomly



asked people on the street in the capital (Oslo), only one or two out of 10 would know what it is. Most people mistake it for weightlifting since they have seen it on TV from the Olympics. That's very typical in the news, they often say "weightlifting" when they are showing "powerlifting". Powerlifting is on the rise now in Norway for sure, and weightlifting is getting smaller and smaller.

**POWER: I saw some training videos of you online and they were shocking, to say the least. Squatting 694-lbs. in your underwear? Crushing a full soda can? Are these the kinds of training methods that got you to where you're at now?**

**CHRISTENSEN:** They are not training methods. The squat in the underwear was a project with Lars Samnøy, the national junior team coach, and the Norwegian Powerlifting Federation. They were making a 3D model of the lift or something. I didn't mind, so I did it to help my friend Lars, since it was for his master's degree. The soda can is just a cool trick.

**POWER: What does your training look like? Do you have a coach?**

**CHRISTENSEN:** We have an established and well-coached national team in Norway. My trainer is Dietmar Wolf. He is the national open team coach. He is very well known in the IPF, but probably not so much in the U.S. because you have so many feds other than IPF/USAPL. He has done a great job in Norway of educating regional- and club-level trainers.

Every lift I do in training is planned to the detail by Dietmar, every set and every rep. He coaches everyone on the national team, and I only do as he says. I don't know anything about percentages and that stuff, but I'll explain it the best I can. I train Monday through Friday, and I do a variation of squat, bench press and deadlift on each day. Supplemental exercises involve lots of rowing for the upper back and traps, and they're spread throughout the week.

I can give an example on deadlift, it can be like this:

**Monday:** Deadlift from 5 cm below knee and stiff-legged deadlift.

**Tuesday:** Deadlift with wide grip.

**Wednesday:** Reverse band deadlift.

**Thursday:** Sumo deadlift.

**Friday:** Normal deadlift.

Friday's workout might break down like this: Warm-up, bicycle, stretch. Usually I'm already warmed up since we always squat before deadlifts, so all I do is stretch my hamstrings a little before deadlifting. Then I do warm up sets with 135, 225, 315 and working sets could be like: 6x405, 5x440, 4x4x495.

As for set, reps and weight, Dietmar sets it all up in Excel on his computer. I don't know exactly how he measures it out, but he tweaks the amount of weights and reps up and down from week to week depending on where we are on the calendar.

**POWER: Where do you train?**

**CHRISTENSEN:** Most of the time I train at the local gym in my town with a few friends. It's an okay gym but I train as much as possible in my powerlifting club, Brumunddal AK. It's a very good club, mostly because of the trainers. Dietmar lives and trains there and Roger Eriksen, Norway's first junior world champion in powerlifting, is now the club trainer. Before him we had the great Jørgen Haug as club trainer. Also, many other good lifters train there but it is a 40-minute drive from my town and a 30-minute drive from the town where I study, so it's not so often that I go there. I know you are all thinking, "A 30-40 minute drive is nothing," but you Americans have another mentality when it comes to driving. I've heard about Americans driving 5-6 hours one way just to go to a restaurant.

**POWER: I've never heard of anyone driving that far to go to a restaurant, but this is your interview so you can say whatever you want! Your meet squats are always deep and fast. Does Dietmar call your attempts? Why don't you put some weight on the bar?**

**CHRISTENSEN:** Yes, Dietmar calls my attempts for the most part. I'm glad I don't have to think about it. In the IPF you only have 1 minute after the lift to call the next attempt, and then you have to follow up on the scoreboard to see what your competitors have called. I don't have time to do all of that! Plus, I'm usually the heaviest lifter, so we have to be a little smart with the calls because the other lifters can call their attempts to try and win by body weight.

Dietmar likes to be a little conservative with the weights that he calls because he is all about long careers. Theoretically it takes about 10 to 15 years, maybe longer, for a drug-free athlete to reach his or her potential in powerlifting. We have seen so many good junior lifters burn out after a few years of international competition.

My squats might look fast, but between the heavy weights and the gear, the lift almost always feels heavy, no matter how easy it is. So the feeling can be very different from how it looks!

**POWER: In one of your YouTube videos you say that it was**

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only your "second time (squatting) over 100 kg since Sept. 4, 2010." Were you injured or something?

**CHRISTENSEN:** Yes, I was injured, and I still am. It's my knees. There is always something wrong with them. Nothing super serious, but always some irritation — like Osgood-Schlatter syndrome, jumper's knee, Sinding-Larsen-Johansson syndrome and others. It has always been a problem, no matter what I do. Soccer, snowboarding, skateboarding and other things that I did when I was younger gave me trouble with my knees, as well. My father is the same way.

Right now, after this spring's competitions, it is really bad. So sometimes I have to really ease down on the squat training. This is something that really holds me back.

**POWER:** From watching your YouTube videos, there were two bench movements you seem to like that really stood out: benching with your feet in the air and incline benching with bands. Can you explain to us the reasoning behind both of these movements?

**CHRISTENSEN:** Well, I don't like or dislike anything; it's Dietmar that has the control. Of course, we have a dialog on what works and what doesn't, but he is the boss! Benching with feet up is like a lazy man's floor press, although the floor press has never been an exercise we have used. It's a good bench variation because you don't get the same tightness as if you had your feet on the ground and full leg drive. So it's a little more taxing on the upper body than normal bench press.

Incline with bands is because incline bench can be a little tough for big guys' shoulders at the bottom, so it's a way to train incline bench with light enough weight at the bottom and a little extra weight at the top so you get some training out of it.

**POWER:** Regarding your deadlift, I noticed that you used to use a hook grip but have since converted to a mixed grip. Why the switch?

**CHRISTENSEN:** Every time I came up to around 777-lbs. and over I felt the hook grip start to slip. At the Arnold in 2011 I lost my grip with 815-lbs. After that, I thought that it was ridiculous to let the grip decide the deadlift, especially when you have big hands and you normally don't have grip problems. Unfortunately, I don't have quite big enough hands for a heavy hook grip.

Everything is better with a double overhand grip, so it is best to pull with a hook grip. I have this problem with the deadlift where the bar digs into my thighs and it stops. This often gives big guys trouble with their deadlift lockout, and the problem is worse on the side of the supinated/under hand because that shoulder is automatically a little more behind than the other. So, on that side it digs even more into the thigh.

I am now trying a little more with hook grip again in training to see if I can get it to work. If only my hands were a little bigger! Damn, I would give so much for an extra centimeter of fingers!

**POWER:** Do you have any affiliation with [www.thepowerlifters.com](http://www.thepowerlifters.com)? If so, what can you tell us about that site?

**CHRISTENSEN:** That's Stian Walgermo's site. He is a fellow lifter of mine on the national team. It's actually a site that started out from his bachelor's degree in computer engineering. It's a very good site for training journals with all sorts of statistics and graphs and whatnot. He has asked me over a hundred times to start a jour-

nal there but I'm too lazy! Dietmar keeps track of my training and statistics for me, so I see no reason to keep track of it myself. It's a great site that I would recommend to everyone that makes their own training routine.

**POWER:** I saw an article about how you won the sports award in Hedmark, and apparently you got \$10,000. Tell us about this award and what you did to earn it.

**CHRISTENSEN:** I received the award for sport in Hedmark based on my achievements in the year 2010 (Hedmark is my region, Norway is divided into 19 regions). I got 10,000 Norwegian kroner, which is about \$1,692, I think. I was presented with the award at Norway's Idrettsgallaen ("the Sports Gala," a televised show that honors the past year's Norwegian sports and athletes' achievements).

**POWER:** Speaking of money, let's talk about the Cup of Titans. Your recent 2,502 total would've earned you second place this year (15 kg behind Malanichev), and you would've won 350,000 rubles (more than \$10,000). Any chance we'll see you at a future Cup of Titans meet?

**CHRISTENSEN:** Unfortunately, it's not allowed for IPF lifters to compete in the Cup of Titans anymore. For that reason, you won't see me in that competition ever, but it's a really interesting meet so I enjoy watching it, just like I enjoy watching WPC meets, Strongman, etc. For me, it's only drug-free sport that I will do. Besides, if one chooses IPF competition and drug-free lifting, it's certainly not for the money, because there is none!

**POWER:** Would you ever compete raw? Perhaps in the IPF's new classic division?

**CHRISTENSEN:** First, I have to say that I like the equipment. I do hope the equipment will stay forever. Not any new and more extreme equipment, or less, but just like it is now. I would compete raw if the IPF took the equipment away, but I hope the equipment stays.

I can accept people's arguments against equipment, such as they want to see what the lifter can lift without "help," it's easier and the sport becomes available to more people but there is one argument I hate, and that is when people say the equipment is unfair because one lifter "gets" more from it than another. Bullshit! Then, everything is unfair. It's about training with the gear and how tight the gear is, nothing else! Short arms, long arms, short thighs, blah blah blah, those factors will be at play in raw lifting, as well.

I will agree with one thing: Powerlifting can take away the equipment, no problem. In fact, that would be easier, but I don't want "easier". Then again, I'm not doing powerlifting because I love wearing a tight shirt, I do it because I like measuring my strength and striving to be the best. That can be done fine with or without gear. Bottom line: Gear is not unfair!

**POWER:** Is there anyone you'd like to thank?

**CHRISTENSEN:** I would like to thank my family and my friends. As for powerlifting, I would like to thank my former trainer Jørgen Haug and my current trainer Dietmar Wolf. PM

For more on CYC, including training videos, visit:

<http://www.youtube.com/user/CYCElverum/videos>

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<http://en.allpowerlifting.com/lifters/NOR/christensen-carl-yngvar-12948/>



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**WORLD RECORD  
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# THE MOST IMPORTANT TRAINING TOOL YOU'LL EVER NEED

BY ZACH EVEN-ESH



**B**efore I dig into what I feel is the most important training tool you must have in the gym or where ever it is that you train, I want to start with a story.

About one-and-a-half years ago, Smelly and Jesse Burdick were setting up to do a seminar at my gym in New Jersey. This was before they were running powerlifting courses for CrossFit. I connected gyms all around New Jersey, New York City and close cities in Pennsylvania and Delaware.

The sign-ups were extremely low. We couldn't even give the damn seminar away. I reached out to many of the local CrossFit gyms multiples times. Nothing, not even a reply.

I told Smelly we should cancel the seminar or postpone it for

another time. I told him how bad I felt that he would be traveling across country for this seminar and would likely be losing money.

After many attempts to delay Smelly and Jesse from traveling here, Smelly said, "Listen. I'm coming to New Jersey no matter what. I don't care if only one dude shows. One way or another I'm gonna teach someone how to get strong!"

It was at that moment I saw how committed Smelly was to powerlifting. There was no faking it. He was committed 100 percent. Jesse had just lost an immediate family member literally a day or two before the event. He flew to his family in New York and then flew into New Jersey.

These guys taught me much more than powerlifting that week-

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end. They taught me about friendship, commitment, integrity, honesty and passion. I was able to get serious coaches to come and experience the seminar. Every single coach left that weekend talking about how it was the best seminar they had ever been to.

I was blown away, as well. I'll never forget that weekend and the way Smelly and Jesse overcame so many obstacles to make that seminar happen. That was when I began thinking about what it means to "live the code."

## LIVING THE CODE

Living the code means living by a select few rules and, no matter how badly the shit hits the fan, you keep on charging. I came up with four critical rules for living the code.

**1. Honesty.** Be honest to yourself and to others. You can't bullshit anyone and certainly not yourself with what you are doing. When you honestly put all your heart and soul into doing something, you can walk tall no matter the end result.

**2. Integrity.** Do the right thing, even when no one is watching. Stick to your core values and stick to your code. Years ago I remember promoting a product that a friend of mine had released. He is a great guy and has great information, but his style does not mesh with my style — nor would it have been beneficial to my readers.

I promoted his course as a favor and I received two or three unhappy emails. Those emails were enough to tell me I did the wrong thing. Deep down, I knew it was not a good fit for my readers. That day taught me a serious lesson: If it's not the right thing to do, and deep in your heart and your gut you have the slightest feel-

ing it's the wrong thing to do, then do not do it. Period. End of story.

I see how Smelly pulls no punches in this magazine. I'm sure there are people offering him lots of money to promote this or that—but deep down, he knows what aligns with his integrity and his code. I'm impressed to see this in every issue.

At the end of the day you should be able to look into the eyes of the people you love and tell them what you've done. If it doesn't make them proud of you, it's likely you're taking wrong turns somewhere.

**3. Commitment.** Be fully committed to what you do. If you work with others on a project, prepare to carry them when the going gets tough and vice versa. If you said you're going to do something then come hell or high water, you must get it done. This requires mental and physical toughness.

**4. Work Ethic.** Success doesn't come to procrastinators or lazy asses. Prepare to sweat and bleed plenty if you plan to climb your own Mt. Everest. I say this all the time to my athletes: "Get comfortable being UNcomfortable."

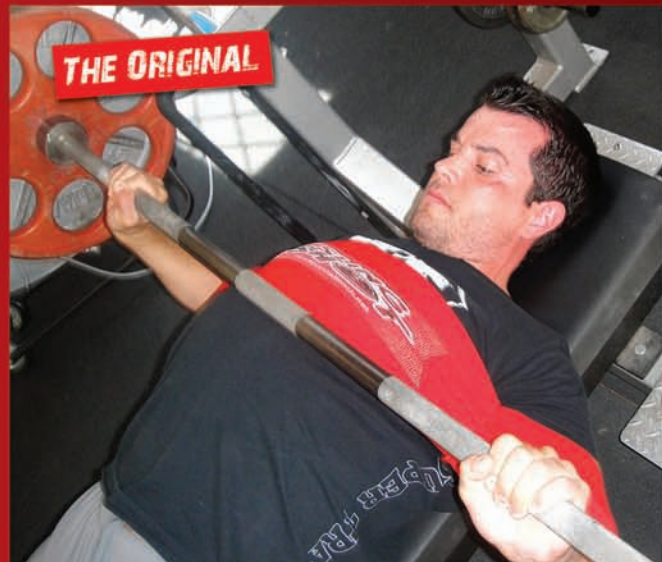
Now, the best thing you can do is create your own code, something you will live by. You'll notice that it's all in the mind, which is where I'm going next.

## ATTITUDE

As training gets more scientific and companies have more money to spend on creating new pieces of gym equipment, people are forgetting that most important training tool one can have is the attitude

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you bring to the gym.

I like to tell people our workouts are a blend of science and hell. We dial in the sets, reps, rest periods, etc., but we also have elements of the workout that pushes the mind and body to new heights.

With perfectly orchestrated workouts we are going against what really happens in life and sports, which is a shit-ton of chaos and unpredictability. Life and sports are uncertain. Anything can happen at any time.

If you are used to following a perfect workout, then you're likely to have a breakdown when the shit hits the fan. There are plenty of



times where I see a workout we have written on the board and I walk up and erase it. Sometimes our athletes need a serious ass whooping, where they push their body to a point beyond what they once thought was possible.

We get them to break through these obstacles. These breakthroughs help them build the mind. If you know anyone who is achieving high levels of success in any area of their life, you likely

know this person as being mentally tough.

Not long ago I noticed some of our athletes were beginning to lose that edge ever so slightly. It was a hot day and I was in a rare mood. I knew they needed a workout to push them over the top.

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So, I had them partner up and grab a sandbag approximately 50 percent of their bodyweight, some slightly heavier. They each ran 100 meters with the sandbag and then switched carrying the bag. We then performed the following exercises in 30-second sets: Shouldering, which is where you rip the bag from the ground to the shoulder, then back squats, forcing them to wrestle the bag overhead and onto their backs. We then ran another 200 meters, switching the sandbag carry at the midpoint. Once again, back to 30-second training sets: power cleans from the ground, back squats and shouldering again. They ran back to the gym for the finish: heavy push-ups with chains draping over the neck coupled with heavy Kettlebell farmer walks.

The athletes had fire in their eyes. They were alive. I didn't count sets, reps or any of that shit. We were done when I saw they attacked this workout with fury. Their intensity determined when we would finish.

There are times when we'll do squats for sets of two, set after set after set. I won't count sets and refuse to allow the athletes to count. I might have a pre-determined time in my head, say 30 min-

utes of squats in groups of three to five, after every set performing five pull-ups, five ring push-ups and five reps of any ab exercise.

The first 10 to 15 minutes seems normal, but as the time begins to pass, the legs and body begin to feel the effects of the squats. The mind plays tricks on you, tells you to stop, to train optimally, to not stress your CNS and blah blah blah.

The athletes learn to dig deep and they begin to embrace the grind, no longer seeing it as a grind. Instead, they see it as a challenge — and fun. Soon enough, they begin to find comfort in the UNcomfortable and pain becomes something they find pleasure in.

Only you really know if you personally need to kick your own ass and drop the science for a bit. Maybe you're a coach and your athletes need it? Only you know. Have fun with it, and keep your technique in check as always. Time to get comfortable being UNcomfortable. **PM**

**“As training gets more scientific and companies have more money to spend on creating new pieces of gym equipment, people are forgetting that most important training tool one can have is the attitude you bring to the gym”**

*Zach Even-Esh is a strength and performance coach and founder of the Underground Strength Gym in Edison, N.J. For more information, visit [www.UndergroundStrength.TV](http://www.UndergroundStrength.TV)*

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-Richard Hawthorne

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610LB X4 @ 130LB! 4.7X BW!

**DEADLIFT:**  
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600lb @ 128lb WABDL WR!  
1/24/11 DLRAW RUM 4, Tampa, FL  
584lb @ 130lb World Record!  
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# Q&A WITH NORCAL CROSSFIT OWNER AND WORLD CLASS ATHLETE JASON KHALIPA

BY MARK BELL

**POWER:** How has strength training helped you become the athlete you are today?

**KHALIPA:** Strength doesn't come over night. It takes a lot of hard work and dedication. Strength training allows me ultimately to lift larger loads. Additionally, it allows me to move moderate loads better. Endurance and stamina can be developed in a relatively short period of time. Strength on the other hand is a commitment. In CrossFit, just having conditioning won't cut it. Having the ability to lift large loads is a must.



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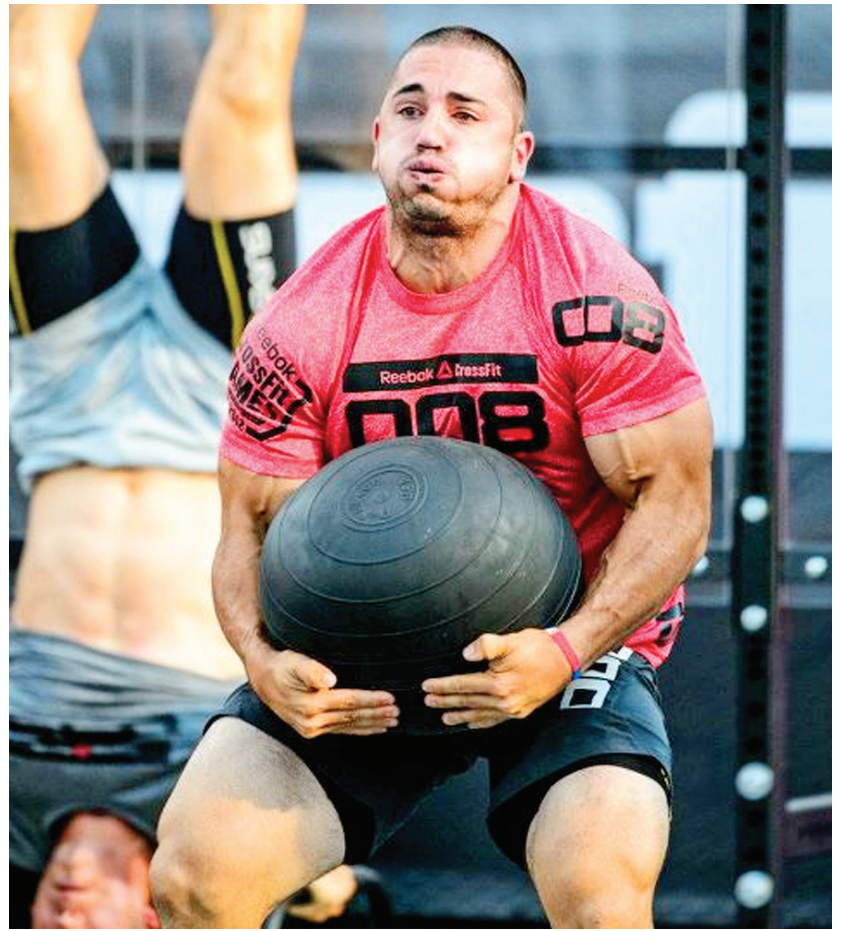
**POWER:** You have a good combo of being jacked, strong, fit and athletic. What kind of diet do you follow?

**KHALIPA:** My diet is relatively simple. I eat meat, veggies and nuts. I try to avoid gluten and dairy. Occasionally I love throwing in some nachos and banana bread, though.

**POWER:** You're known for having a huge work capacity. Where does that come from? Is that all heart and guts, or is that just your training style?

**KHALIPA:** It's probably a combination of both. I put in a very high amount of volume when I train. I have consistently trained for years and developed the capacity to put in that type of volume. For me, it's really a byproduct of time under tension. Performing hundreds of reps will develop my engine, comfort with the movement, and technique.

Anyone who competes in the CrossFit Games or does CrossFit at all needs heart and guts. Pushing yourself to your absolute limits is the only way to train and compete. I think about it as a "man test." Every Games I mentally and physically prepare myself for a lot of pain. In the end, the pain allows me to feel alive and know that I pushed myself to



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# ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 308

## SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1267.7	JONAS RANTANEN	(FINLAND/82)	10/8/11	(HELSINKI, FINLAND)	(GPC)
2	1205.0	ASHLEY "A.J." ROBERTS	(US/GREAT BRITAIN/85)	3/11/12	(KNOXVILLE, TENNESSEE)	(SPF)
3	1200.0	DAVE HOFF	(US/88)	12/4/11	(CINCINNATI, OHIO)	(SPF)
4	1196.0	MATT WENNING	(US/79)	4/16/11	(SANDWICH, ILLINOIS)	(UPA)
5	1157.4	AL MEHAN	(CANADA/74)	1/29/11	(MONTREAL, CANADA)	(WPC)
6	1150.0	ANTHONY BOLOGNONE	(US/76)	12/5/10	(CINCINNATI, OHIO)	(SPF)
7	1147.5	PAUL CHILDRESS	(US/71)	3/3/07	(COLUMBUS, OHIO)	(WPO)
8	1135.0	HENRY THOMASON	(US/79)	11/6/10	(DALLAS, TEXAS)	(SPF)
9	1130.0	JAKE ANDERSON	(US/86)	8/21/11	(COVINGTON, KENTUCKY)	(IPP)
10	1124.4	MARC "SPUDS" BARTLEY	(US/68)	11/4/06	(LAKE GEORGE, NEW YORK)	(WPO)
11	1110.0	JONATHAN BERNOR	(US/75)	2/17/07	(TRIBES HILL, NEW YORK)	(APF)
12	1107.8	JIM HOSKINSON	(US/65)	3/16/08	(RAINBOW CITY, ALABAMA)	(APF)
13	1105.0	MATT WILSON	(US/79)	11/7/09	(NEW CASTLE, DELAWARE)	(APA)
14	1104.5	SERGIY KARNAUKHOV	(UKRAINE/78)	2/14/09	(KRIVOI ROG, UKRAINE)	(WPC)
15	1102.3	VLADISLAV ALHAZOV	(ISRAEL/77)	3/27/05	(OKOTOKS, ALBERTA, CANADA)	(WPC)
16	1102.3	SCOTT WEECH	(US/85)	12/4/05	(JACKSONVILLE, FLORIDA)	(APF)
17	1102.3	ANO TURTIAMEN	(FINLAND/67)	11/4/07	(TOGLIATTY, RUSSIA)	(WPO)
18	1102.3	SCOTT "HOSS" CARTWRIGHT	(US/69)	6/1/08	(OMAHA, NEBRASKA)	(APF/WPC)
19	1090.0	CHRIS JANEK	(US/77)	7/30/11	(ROGERS, ARKANSAS)	(SPF)
20	1085.0	CHUCK FOUGHT	(US/85)	1/18/09	(COLUMBUS, OHIO)	(IPA)
21	1085.0	MATTHEW "SHANE" HAMMOCK	(US/87)	3/6/11	(KNOXVILLE, TENNESSEE)	(SPF)
22	1080.3	MARK "JACKASS" BELL	(US/76)	12/11/11	(SACRAMENTO, CALIFORNIA)	(SPF)
23	1074.8	MIKE BROWN	(US/85)	3/3/07	(COLUMBUS, OHIO)	(WPO)
24	1074.8	CRAIG STUTES	(US/73)	6/14/09	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
25	1063.7	JEFFREY VAUGHN	(US/77)	12/2/07	(JACKSONVILLE, FLORIDA)	(APF)
26	1058.2	ANDREY MALANICHEV	(RUSSIA/77)	5/21/11	(SAINT PETERSBURG, RUSSIA)	(COT)
27	1055.0	DAIN SOPPELSA	(US/83)	8/21/11	(COVINGTON, KENTUCKY)	(SPF)
28	1052.7	CRAIG GALLO	(US/72)	10/30/05	(CHICAGO, ILLINOIS)	(WPO)
29	1052.7	SYLVESTER CRUMBLY	(US/69)	6/17/07	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
30	1052.7	MIKE WHITE	(US/76)	6/28/08	(KALAMAZOO, MICHIGAN)	(APF)
31	1047.2	KARL TILLMAN	(US/63)	11/2/06	(LAKE GEORGE, NEW YORK)	(APF/WPC)
32	1040.0	ZECH COLE	(US/84)	1/20/08	(COLUMBUS, OHIO)	(IPA)
33	1038.4	OAN BASSON	(US/78)	3/1/03	(COLUMBUS, OHIO)	(WPO)
34	1036.2	MATTI LEHTO	(FINLAND)	10/8/11	(HELSINKI, FINLAND)	(GPC)
35	1036.2	YEVGEN YARYMBASH	(UKRAINE/83)	6/3/12	(SOTCHI, RUSSIA)	(IPA)
36	1030.0	AARON LAWRENCE	(US/70)	6/10/06	(STEVENSVILLE, MARYLAND)	(NPA)
37	1025.1	MICHAEL ASKEW	(US/70)	11/4/06	(PLANO, TEXAS)	(APF)
38	1025.1	JOHN EWING	(US/80)	12/10/11	(GADSDEN, ALABAMA)	(APF)
39	1020.0	JOHN MANLY	(US/63)	2/23/08	(ORLANDO, FLORIDA)	(APF)
40	1020.0	LUKE EDWARDS	(US/81)	4/19/09	(COLUMBUS, OHIO)	(IPA)
41	1019.6	DAVE "BULLDOG" BEATTIE	(GREAT BRITAIN/61)	11/21/08	(PALM BEACH, FLORIDA)	(WPC)
42	1014.1	HOLGER KUTTROFF	(GERMANY/69-10)	10/10/04	(ATLANTA, GEORGIA)	(WPO)
43	1014.1	MICHAEL GRIFFIN	(US/75)	11/1/08	(CARROLLTON, TEXAS)	(APF)
44	1014.1	SCOTT BURGESS	(US/75)	3/1/09	(SACRAMENTO, CALIFORNIA)	(UPA)
45	1014.1	JARKKO KEISALA	(FINLAND)	4/3/11	(ROVANIEMI, FINLAND)	(GPC)
46	1008.6	JASON CROSS	(US/78)	12/8/07	(WESTBROOK, MAINE)	(APF)
47	1008.6	GREG THERIOT	(US/83)	6/1/08	(OMAHA, NEBRASKA)	(APF/WPC)
48	1005.0	CHARLES BAILEY	(US/63)	10/4/09	(NASHVILLE, TENNESSEE)	(SPF)
49	1005.0	JOHN MORROW	(US/72)	7/24/10	(NORTH MYRTLE BEACH, SOUTH CAROLINA)	(APF)
50	1005.0	BRANDON LILLY	(US/82)	12/5/10	(CINCINNATI, OHIO)	(SPF)

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## BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1075.0	RYAN KENNELLY	(US/74)	11/8/08	(KENNEWICK, WASHINGTON)	(PRIDE)
2	965.0	DAVE HOFF	(US/88)	12/4/11	(CINCINNATI, OHIO)	(SPF)
3	942.5	PAUL "TINY" MEEKER	(US/71)	2/18/06	(PASADENA, CALIFORNIA)	(APF)
4	930.0	GLENN RUSSO	(US/70)	5/26/07	(WEST HEMPSTEAD, NEW YORK)	(APF)
5	914.9	SCOT MENDELSON	(US/69)	8/7/05	(SHERMAN OAKS, CALIFORNIA)	(APF)
6	914.9	ROB LUYANDO	(US/70)	11/10/07	(OMAHA, NEBRASKA)	(APF)
7	913.8	VLADIMIR MAXIMOV	(RUSSIA/66)	3/20/11	(JFA, RUSSIA)	(IPA)
8	905.0	ASHLEY "A.J." ROBERTS	(US/GREAT BRITAIN/85)	8/21/11	(COVINGTON, KENTUCKY)	(SPF)
9	881.8	STEVE WONG	(US/68)	11/17/06	(LAS VEGAS, NEVADA)	(WABDL)
10	881.8	RICHARD LIGIER	(FRANCE/74)	11/22/09	(BOURNEMOUTH, ENGLAND)	(WPC)
11	881.8	BILL CRAWFORD	(US/71)	6/26/10	(MONTREAL, CANADA)	(WPC)
12	865.3	TOMMY HARRISON	(US/74)	7/10/10	(BATAVIA, ILLINOIS)	(UPA)
13	859.8	JONAS RANTANEN	(FINLAND/82)	10/8/11	(HELSINKI, FINLAND)	(GPC)
14	855.4	MIKE WOMACK	(US/83)	7/8/06	(RANCHO CARDOVA, CALIFORNIA)	(WABDL)
15	840.0	SETH COKER	(US/86)	9/5/09	(FULTON, MISSISSIPPI)	(APA)
16	840.0	PAUL KEY	(US/74)	12/5/09	(NASHVILLE, TENNESSEE)	(SPF)
17	840.0	MATTHEW "SHANE" HAMMOCK	(US/87)	3/10/12	(KNOXVILLE, TENNESSEE)	(SPF)
18	837.8	CLINT HARWOOD	(CANADA/72)	12/10/11	(WATERLOO, ONTARIO, CANADA)	(WPC)
19	837.8	SAM AUMAAE	(US/72)	3/24/12	(PORTLAND, OREGON)	(WABDL)
20	832.2	JOHN EWING	(US/80)	12/10/11	(GADSDEN, ALABAMA)	(APF)
21	830.0	JAKE ANDERSON	(US/86)	4/30/11	(COLUMBUS, OHIO)	(SPF)
22	827.8	JAMES WILLIAMS	(US/73)	9/10/11	(HIRAM, GEORGIA)	(APF)
23	826.7	MARK "JACKASS" BELL	(US/76)	10/25/08	(SACRAMENTO, CALIFORNIA)	(UPA)
24	820.0	VINCENT DIZENZO	(US/69)	1/30/10	(NEWARK, NEW JERSEY)	(IPA)
25	815.7	MIKE MITCHELL	(US/77)	7/31/09	(BURR RIDGE, ILLINOIS)	(AAPF/AWPC)
26	815.7	RADE SAVIC	(SERBIA/84)	5/17/12	(BLED, SLOVENIA)	(GPC)
27	815.0	MATT WENNING	(US/79)	8/24/08	(SHARONVILLE, OHIO)	(IPA)
28	815.0	ANTHONY BOLOGNONE	(US/76)	4/19/09	(COLUMBUS, OHIO)	(IPA)
29	815.0	BRIAN CARROLL	(US/81)	4/14/12	(FORT LAUDERDALE, FLORIDA)	(SPF)
30	810.2	MIKE GUAY	(CANADA/88)	6/26/10	(MONTREAL, CANADA)	(WPC)
31	810.0	BRANDON LILLY	(US/82)	7/9/11	(CINCINNATI, OHIO)	(SPF)
32	805.0	JEFF PESHEK	(US/63)	7/16/06	(WORTHINGTON, OHIO)	(APF)
33	805.0	JOEL "CUBAN BULL" TORANZO	(US/71)	12/2/06	(RIVERHEAD, NEW YORK)	(APF)
34	804.7	JANI MURTOMAKI	(FINLAND/81)	6/11/06	(JUVA, FINLAND)	(WPO)
35	804.7	VLADIMIR KRAVTSOV	(RUSSIA/72)	3/3/07	(COLUMBUS, OHIO)	(WPO)
36	804.7	MIKE DELAVAL	(US/62)	3/31/07	(HOUSTON, TEXAS)	(APF)
37	804.7	TOM WEBSTER	(US/85)	7/15/07	(COLUMBUS, OHIO)	(UPA)
38	804.7	JUSSI TUOMAINEN	(FINLAND/77)	11/17/07	(ANAHEIM, CALIFORNIA)	(WABDL)
39	804.7	MATT HOBMEIER	(US/83)	7/12/08	(DUBUQUE, IOWA)	(UPA)
40	804.7	BILL GILLESPIE	(US/60)	4/25/09	(WISCONSIN DELLS, WISCONSIN)	(WABDL)
41	804.7	ILKKA LUKKARINEN	(FINLAND/88)	11/19/11	(RIGA, LATVIA)	(WPC)
42	804.7	PAUL HARRIS	(US/71)	11/18/11	(DUBUQUE, IOWA)	(UPA)
43	804.7	JOHN BOGART	(US/71)	11/19/11	(CLARK SUMMIT, PENNSYLVANIA)	(USAPL)
44	802.5	PETER MLYNARCIK	(SLOVAKIA/80)	4/30/11	(SLOVAKIA NATIONALS)	(GPC)
45	800.0	JOHN ZEMMIN	(US/69)	1/14/06	(CLAWSON, MICHIGAN)	(APF)
46	800.0	JIM HOSKINSON	(US/65)	3/13/10	(BRUNSWICK, GEORGIA)	(APA)
47	800.0	CLINT EWALD	(US/78)	3/6/11	(KNOXVILLE, TENNESSEE)	(SPF)
48	800.0	JOEY SMITH	(US/74)	9/18/11	(KNOXVILLE, TENNESSEE)	(SPF)
49	793.7	TOMI RANTANEN	(FINLAND/80)	11/1/06	(GHENT, BELGIUM)	(GPC)
50	793.7	VIKTOR TESTSOV	(UKRAINE/89)	2/25/12	(MARIUPOLE, UKRAINE)	(IPP)

HEAVIEST BENCH OF ALL TIME, REGARDLESS OF WEIGHT CLASS

HEAVIEST FULL MEET BENCH EVER, REGARDLESS OF WEIGHT CLASS

List compiled by Michael Soong, "All Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for future rankings, please email Michael your meet results: [soongm@comcast.net](mailto:soongm@comcast.net) • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com/> • <http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>  
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# MEN'S POWERLIFTING

\*List Includes International Lifters

## DEADLIFT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	939.2	KONSTANTIN KONSTANTINOV	(LATVIA/79)	7/4/09	(DOBELE, LATVIA)	(AWPC)
2	909.4	MAXIM PODTYNNY	(RUSSIA/72)	12/10/01	(NYAGAN, RUSSIA)	(IPF)
3	906.1	VINCENT URBANK	(US/87)	10/22/11	(ELIZABETHTON, TENNESSEE)	(NOTLD)
4	903.9	DOYLE KENADY	(US/48-99)	4/6/86	(HONOLULU, HAWAII)	(USPF/APF/WPC)
5	903.9	ANDREY MALANICHEV	(RUSSIA/77)	5/24/08	(SAINT PETERSBURG, RUSSIA)	(IPF)
6	900.0	CHUCK FOUGHT	(US/85)	1/18/09	(COLUMBUS, OHIO)	(IPA)
7	898.4	ANDY BOLTON	(GREAT BRITAIN/70)	11/19/00	(LAS VEGAS, NEVADA)	(WPC)
8	892.9	MIKHAIL KOKLYAEV	(RUSSIA/78)	12/20/08	(CHELYABINSK, RUSSIA)	(IPF)
9	889.6	LARS NOREN	(SWEDEN/61)	4/4/87	(JARFALLA, SWEDEN)	(IPF)
10	887.4	GERRIT BADENHORST	(SOUTH AFRICA/62)	10/14/90	(PESCARA, ITALY)	(WPC)
11	883.0	ALEXANDER KLYUSHEV	(RUSSIA/83)	3/5/06	(JFA, RUSSIA)	(IPF)
12	882.5	JON COLE	(US/43)	10/28/72	(PHOENIX, ARIZONA)	(AAU)
13	881.8	RUDI KUJESTER	(GERMANY/55)	8/27/88	(MANNHEIM, GERMANY)	(IPF)
14	881.8	YEVGEN YARYMBASH	(UKRAINE/83)	6/3/12	(SOTCHI, RUSSIA)	(IPA)
15	865.3	TERRY LONG	(US/59-05)	3/6/83	(GREENSBORO, NORTH CAROLINA)	(USPF)
16	865.0	JEAN-FRANCOIS CARON	(CANADA/82)	4/24/10	(MASCOCHE, QUEBEC, CANADA)	(WPA)
17	860.0	JAKE ANDERSON	(US/86)	4/30/11	(COLUMBUS, OHIO)	(SPF)
18	859.8	BRUCE GREIG	(CANADA/52-08)	12/10/94	(LETHBRIDGE, ALBERTA, CANADA)	(WPC)
19	859.8	MAXIM GURIANOV	(RUSSIA/75)	9/20/98	(KALUGA, RUSSIA)	(IPF)
20	859.8	ANO TURTAINEIN	(FINLAND/67)	3/1/03	(COLUMBUS, OHIO)	(WPO)
21	848.8	DAN WOHLER	(US/61)	11/11/84	(HUNTINGTON, WEST VIRGINIA)	(USPF)
22	848.8	YURIY SPINOV	(UKRAINE/62)	10/17/93	(KIEV, UKRAINE)	(IPF)
23	848.8	AUDUNN JONSSON	(ICELAND/72)	4/16/05	(REYKJAVIK, ICELAND)	(IPF)
24	848.8	RYAN BRACEWELL	(US/83)	9/10/11	(KINGWOOD, TEXAS)	(WABDL)
25	843.3	ANDY KERR	(GREAT BRITAIN/47)	11/28/82	(GLOUCESTER, ENGLAND)	(IPF)
26	843.3	LOU GRANDE	(US)	4/17/94	(ROSEMONT, ILLINOIS)	(APF/WPC)
27	843.3	BRENT WILLIS	(US/90)	9/17/11	(LAS VEGAS, NEVADA)	(USPA)
28	840.0	MARK CHAILLET	(US/57)	11/16/86	(MAUI, HAWAII)	(APF/WPC)
29	840.0	AARON LAWRENCE	(US/70)	6/10/06	(STEVENSVILLE, MARYLAND)	(NPA)
30	837.8	PETER VRASDONK	(NETHERLANDS)	4/7/85	(HAGUE, NETHERLANDS)	(IPF)
31	837.8	RIKU KIRI	(FINLAND/63)	1/21/89	(KOTKA, FINLAND)	(IPF)
32	837.8	VITALY PAPAISOV	(UKRAINE/80)	3/28/02	(UKRAINE)	(IPF)
33	837.8	TOMAS PODLIPNY	(CZECH REPUBLIC/77)	5/14/08	(NOVY BOR, CZECH REPUBLIC)	(GPC)
34	837.8	SERGIY KARNAUKHOV	(UKRAINE/78)	2/14/09	(KRIVROY ROG, UKRAINE)	(WPC)
35	836.0	JOHN KUC	(US/47)	5/21/72	(CINCINNATI, OHIO)	(AAU)
36	833.3	ISMO AMAN	(FINLAND/55)	8/13/83	(TAMPERE, FINLAND)	(IPF)
37	832.2	DON CUNDY	(US/40)	9/71	(HONOLULU, HAWAII)	(USPF/IPF)
38	832.2	BILL KAZMAIER	(US/53)	5/4/79	(HONOLULU, HAWAII)	(USPF/IPF)
39	832.2	JAY PIEKUT	(US/56)	6/14/81	(BOISE, IDAHO)	(USPF)
40	832.2	ANDREY DRACHEV	(RUSSIA/85)	5/29/11	(NERYUNGRI, RUSSIA)	(IPF)
41	827.8	MAGNUS VER MAGNUSSON	(ICELAND/63)	4/30/91	(REYKJAVIK, ICELAND)	(IPF)
42	826.7	MIKA HILTUNEN	(FINLAND)	5/6/01	(VAASA, FINLAND)	(WPC)
43	826.7	LEE BARRY	(US/76)	8/12/01	(ORLANDO, FLORIDA)	(WPO)
44	826.7	VLADIMIR MURAVLEV	(UKRAINE/75)	3/6/05	(MARIUPOL, UKRAINE)	(IPF)
45	826.7	JONAS RANTANEN	(FINLAND/82)	4/3/11	(ROVANIEMI, FINLAND)	(GPC)
46	826.7	ALAN BEST	(US/83)	9/16/11	(LAS VEGAS, NEVADA)	(USPA)
47	826.7	PAT MCGETTIGAN	(US/70)	3/3/12	(COLUMBUS, OHIO)	(USAPL/IPF)
48	825.0	BRAD GILLINGHAM	(US/63)	2/1/97	(SAINT PAUL, MINNESOTA)	(ADFFA)
49	825.0	DAN KOVACS	(US/70)	6/27/10	(YORK, PENNSYLVANIA)	(IPA)
50	821.2	MARK PHILLIP	(US/66)	6/16/96	(SAINT LOUIS, MISSOURI)	(ADFFA)

## TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2960.0	DAVE HOFF	(US/88)	12/4/11	(CINCINNATI, OHIO)	(SPF)
2	2954.2	JONAS RANTANEN	(FINLAND/82)	10/8/11	(HELSINKI, FINLAND)	(GPC)
3	2855.0	ASHLEY "A.J." ROBERTS	(US/GREAT BRITAIN/85)	3/11/12	(KNOXVILLE, TENNESSEE)	(SPF)
4	2755.0	JAKE ANDERSON	(US/86)	8/21/11	(COVINGTON, KENTUCKY)	(SPF)
5	2670.0	CHUCK FOUGHT	(US/85)	8/24/08	(SHARONVILLE, OHIO)	(IPA)
6	2665.0	MATT WENNING	(US/79)	8/24/08	(SHARONVILLE, OHIO)	(IPA)
7	2662.1	PAUL CHILDRESS	(US/71)	10/30/05	(CHICAGO, ILLINOIS)	(WPO)
8	2660.0	MATTHEW "SHANE" HAMMOCK	(US/87)	3/6/11	(KNOXVILLE, TENNESSEE)	(SPF)
9	2656.6	AL MEHAN	(CANADA/74)	1/29/11	(MONTREAL, CANADA)	(WPC)
10	2650.0	CHRIS JANEK	(US/77)	7/30/11	(ROGERS, ARKANSAS)	(SPF)
11	2645.5	YEVGEN YARYMBASH	(UKRAINE/83)	6/3/12	(SOTCHI, RUSSIA)	(IPA)
12	2629.0	MARK "JACKASS" BELL	(US/76)	12/11/11	(SACRAMENTO, CALIFORNIA)	(SPF)
13	2601.5	ANDREY MALANICHEV	(RUSSIA/77)	5/21/11	(SAINT PETERSBURG, RUSSIA)	(COT)
14	2600.0	AARON LAWRENCE	(US/70)	6/10/06	(STEVENSVILLE, MARYLAND)	(NPA)
15	2600.0	JONATHAN BERNOR	(US/75)	2/17/07	(TRIBES HILL, NEW YORK)	(APF)
16	2562.9	MARC "SPUDS" BARTLEY	(US/68)	11/4/06	(LAKE GEORGE, NEW YORK)	(WPO)
17	2562.9	JOHN EWING	(US/80)	12/10/11	(GADSDEN, ALABAMA)	(APF)
18	2557.4	ANO TURTAINEIN	(FINLAND/67)	11/4/07	(TOGLIATTI, RUSSIA)	(WPO)
19	2557.4	GREG THERIOT	(US/83)	11/22/08	(PALM BEACH, FLORIDA)	(APF/WPC)
20	2550.0	ANTHONY BOLOGNONE	(US/76)	4/19/09	(COLUMBUS, OHIO)	(IPA)
21	2550.0	MATT WILSON	(US/79)	11/7/09	(NEW CASTLE, DELAWARE)	(APA)
22	2540.8	VIKTOR TESTSOV	(UKRAINE/89)	2/25/12	(MARIUPOL, UKRAINE)	(IPF)
23	2537.5	SERGIY KARNAUKHOV	(UKRAINE/78)	2/14/09	(KRIVROY ROG, UKRAINE)	(WPC)
24	2530.0	BRANDON LILLY	(US/82)	4/14/12	(YORK, PENNSYLVANIA)	(RPS)
25	2529.8	ALAN BEST	(US/83)	9/16/11	(LAS VEGAS, NEVADA)	(USPA)
26	2525.0	JIM HOSKINSON	(US/65)	8/16/08	(TEMPE, ARIZONA)	(APF)
27	2520.0	JOHN MANLY	(US/63)	2/23/08	(ORLANDO, FLORIDA)	(APF)
28	2513.3	MIKE BROWN	(US/85)	3/3/07	(COLUMBUS, OHIO)	(WPO)
29	2502.2	MIKE WHITE	(US/76)	6/28/08	(KALAMAZOO, MICHIGAN)	(APF)
30	2475.0	CLINT EWALD	(US/78)	3/6/11	(KNOXVILLE, TENNESSEE)	(SPF)
31	2469.2	VLADISLAV ALHAZOV	(ISRAEL/77)	3/27/05	(OKOTOKS, ALBERTA, CANADA)	(WPC)
32	2465.0	LUKE EDWARDS	(US/81)	4/19/09	(COLUMBUS, OHIO)	(IPA)
33	2463.7	AUDUNN JONSSON	(ICELAND/72)	4/16/05	(REYKJAVIK, ICELAND)	(IPF)
34	2458.2	SCOTT WEECH	(US/85)	12/4/05	(JACKSONVILLE, FLORIDA)	(APF)
35	2458.2	JUSSI TUOMAINEN	(FINLAND/77)	5/25/08	(VIENNA, AUSTRIA)	(WPC)
36	2458.2	CRAIG STUTES	(US/73)	6/14/09	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
37	2455.0	ZECH COLE	(US/84)	1/20/08	(COLUMBUS, OHIO)	(IPA)
38	2452.6	JEFFREY VAUGHN	(US/77)	12/2/07	(JACKSONVILLE, FLORIDA)	(APF)
39	2440.0	CHARLES BAILEY	(US/63)	10/4/09	(NASHVILLE, TENNESSEE)	(SPF)
40	2436.1	MICHAEL ASKEW	(US/70)	11/4/06	(PLANO, TEXAS)	(APF)
41	2436.1	SCOTT "HOSS" CARTWRIGHT	(US/69)	6/16/07	(CONCORD, CALIFORNIA)	(UPA)
42	2435.0	DAIN SOPPELSA	(US/83)	8/21/11	(COVINGTON, KENTUCKY)	(SPF)
43	2430.6	GERRIT BADENHORST	(SOUTH AFRICA/62)	10/14/90	(PESCARA, ITALY)	(WPC)
44	2430.6	MATTI LEHTO	(FINLAND)	10/8/11	(HELSINKI, FINLAND)	(GPC)
45	2425.1	CHARLES "CHAS" FAY	(US/80)	12/5/09	(JACKSONVILLE, FLORIDA)	(APF)
46	2425.0	HENRY THOMASON	(US/79)	2/19/11	(PLANO, TEXAS)	(SPF)
47	2425.0	ANDREY DRACHEV	(RUSSIA/85)	5/29/11	(NERYUNGRI, RUSSIA)	(IPF)
48	2425.0	TOM KELLY	(IRELAND/68)	11/19/11	(LIMERICK, IRELAND)	(GPC)
49	2414.1	GREG TILLINGHAST	(US/72)	12/11/10	(ORANGE, TEXAS)	(APF)
50	2403.0	OAN BASSON	(US/78)	6/8/03	(LOS ANGELES, CALIFORNIA)	(APF/WPC)

List compiled by Michael Soong, "All Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com/> • <http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>  
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# ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: SHW

## SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	854.3	BECCA SWANSON	(US/73)	10/29/05	(CHICAGO, ILLINOIS)	(WPO)
2	738.5	GALINA KARPOVA	(RUSSIA/68)	2/26/12	(CHELYABINSK, RUSSIA)	(IPF)
3	700.0	MELISSA GARRETT	(US/78)	12/5/10	(CINCINNATI, OHIO)	(SPF)
4	683.4	OLGA GEMALETDINOVA	(RUSSIA/86)	5/5/11	(PILSEN, CZECH REPUBLIC)	(IPF)
5	661.4	LIZ WILLETT	(US/72)	7/9/04	(BATON ROUGE, LOUISIANA)	(USAPL/IPF)
6	661.4	ASHTON CHATELAIN	(US/93)	5/28/11	(NEW PORT RICHEY, FLORIDA)	(APF)
7	661.4	DOROTHY SHAW	(GREAT BRITAIN/63)	7/3/11	(ALPERTON, ENGLAND)	(GPC)
8	655.9	IRINA LUGOVAYA	(RUSSIA/74)	2/19/11	(BERDSK, RUSSIA)	(IPF)
9	650.4	MACHIA DUDLEY	(US/86)	11/3/06	(LAKE GEORGE, NEW YORK)	(APF/WPC)
10	650.4	TATYANA GRIGOR	(RUSSIA/70)	5/29/11	(NERYUNGRI, RUSSIA)	(IPF)
11	639.3	ANASTASIA PAVLOVA	(RUSSIA/68)	3/3/05	(KAZAN, RUSSIA)	(IPF)
12	630.0	SANDI "CANDYAZZ" MCCASLIN	(US/64)	12/2/06	(RIVERHEAD, NEW YORK)	(APF)
13	628.3	LORRAINE COSTANZO	(US/54)	11/22/87	(DAYTON, OHIO)	(APF/WPC)
14	625.0	KAREN SIZEMORE	(US/64)	4/12/03	(NEWARK, OHIO)	(IPA)
15	622.8	LAZARA JANET LOVEALL	(US/70)	7/24/11	(PLEASANTON, CALIFORNIA)	(SPF)
16	617.3	CHIA-SUI LEE	(CHINESE TAIPEI/77)	11/7/99	(NYMBURK, CZECH REPUBLIC)	(IPF)
17	617.3	ELENA AVILKINA	(RUSSIA/77)	2/27/03	(KAZAN, RUSSIA)	(IPF)
18	615.0	APRIL MATHIS	(US/87)	10/29/11	(ORLANDO, FLORIDA)	(APF)
19	611.8	JUANITA TRUJILLO	(US/64)	7/31/94	(HOUSTON, TEXAS)	(USPF/IPF)
20	611.8	IRINA YAROCHEENKO	(RUSSIA/86)	5/22/11	(SAINT PETERSBURG, RUSSIA)	(IPF)
21	610.0	JESSICA WATKINS-O'DONNELL	(US/80)	8/9/08	(DAYTON, OHIO)	(USAPL)
22	606.3	CHEN-YEN CHAO	(CHINESE TAIPEI/71)	5/23/98	(MO I RANA, NORWAY)	(IPF)
23	606.3	VICTORIA OLENITSA	(UKRAINE/84)	3/4/05	(MARIUPOL, UKRAINE)	(IPF)
24	600.8	HARRIET HALL	(US/50)	3/11/06	(ANCHORAGE, ALASKA)	(USAPL)
25	600.8	HILDEBORG JUVET HUGDAL	(NORWAY/83)	9/19/09	(SANDNES, NORWAY)	(IPF)
26	590.0	SAVANNAH ROSALES	(US/89)	3/14/08	(KILLEEN, TEXAS)	(THSWPA)
27	584.2	TIFFANY VARGAS	(US)	3/31/07	(OKLAHOMA CITY, OKLAHOMA)	(NASA)
28	584.2	INNA OROBETS	(UKRAINE/71)	11/7/08	(SAINT JOHN'S, CANADA)	(IPF)
29	584.2	ANITA MILLINGTON	(AUSTRALIA/86)	7/31/11	(MELBOURNE, AUSTRALIA)	(IPF)
30	578.7	VALERIA SCHEGLOVA	(RUSSIA/83)	9/11/03	(KOSCIAN, POLAND)	(IPF)
31	578.7	REBECCA COOK	(US/93)	3/27/11	(CORPUS CHRISTI, TEXAS)	(USAPL)
32	575.0	JOLYNN ARVIN	(US/67)	3/29/97	(KALAMAZOO, MICHIGAN)	(APF)
33	573.2	YA-WEN CHANG	(CHINESE TAIPEI/84)	11/12/10	(POTCHEFSTROOM, SOUTH AFRICA)	(IPF)
34	562.2	SHANREKIA BOWER	(US/75)	9/24/10	(LAS VEGAS, NEVADA)	(USPF)
35	556.7	KATRINA ROBERTSON	(AUSTRALIA/60)	12/6/98	(OCEANIA, NEW ZEALAND)	(IPF)
36	556.7	KRISTY RESKE	(US/77)	4/2/11	(WEST PALM BEACH, FLORIDA)	(AAPF/WPC)
37	551.2	YULIA KURINA	(RUSSIA/81)	6/15/01	(PONTRIEUX, FRANCE)	(IPF)
38	551.2	ANNA GANENKO	(UKRAINE/75)	2/28/02	(ODESSA, UKRAINE)	(IPF)
39	551.2	TETYANA VARLAMOVA	(UKRAINE/89)	4/20/10	(KOLOMYA, UKRAINE)	(IPF)
40	551.2	KATARINA NOKUA	(FINLAND/73)	11/12/10	(POTCHEFSTROOM, SOUTH AFRICA)	(IPF)
41	551.2	JIE-WEN CHEN	(CHINESE TAIPEI/90)	12/6/11	(KOBE, JAPAN)	(IPF)
42	545.6	JAN TODD	(US/48)	1/31/81	(COLUMBUS, GEORGIA)	(USPF/IPF)
43	545.6	SHELBY CORSON	(US/67)	4/24/93	(WATERVILLE, MAINE)	(USPF)
44	545.6	MARY ALVARADO	(VENEZUELA/83)	9/12/02	(SOTCHI, RUSSIA)	(IPF)
45	540.1	SARAH GREENUP	(US/82)	2/12/06	(DENVER, COLORADO)	(USAPL/IPF)
46	540.1	BRENDA VAN DER MEULEN	(NETHERLANDS/78)	11/6/09	(NEW DELHI, INDIA)	(IPF)
47	534.6	JOANNA CONNER	(US/64)	6/4/05	(DETROIT, MICHIGAN)	(APF/WPC)
48	529.1	ULRIKE HERCHENHEIM	(GERMANY/62)	9/18/94	(OROSHAZA, HUNGARY)	(IPF)
49	529.1	NATALIA PAYOUKOVA-ZOTOVA	(RUSSIA/75)	9/27/00	(SOTCHI, RUSSIA)	(IPF)
50	529.1	PATRICE R. CURRY	(BAHAMAS/66)	10/31/03	(RICHMOND, VIRGINIA)	(AAU)

FIRST WOMAN TO SQUAT 700 POUNDS. ONLY WOMAN TO SQUAT OVER 800 POUNDS.

FIRST WOMAN TO SQUAT 600 POUNDS.

DONE WITHOUT A SQUAT SUIT OR KNEE WRAPS. HEAVIEST FEMALE SQUAT OF ALL TIME WITHOUT A SQUAT SUIT.

FIRST WOMAN TO SQUAT 500 POUNDS.

## BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	600.8	BECCA SWANSON	(US/73)	3/8/08	(OMAHA, NEBRASKA)	(APF)
2	535.0	MELISSA GARRETT	(US/78)	12/5/10	(CINCINNATI, OHIO)	(SPF)
3	531.0	SHANNON POLE-SUMMERS	(US/84)	3/18/06	(PIEDMONT, SOUTH CAROLINA)	(APA)
4	468.5	IRINA LUGOVAYA	(RUSSIA/74)	2/19/10	(CHELYABINSK, RUSSIA)	(IPF)
5	463.0	NATALIA PAYOUKOVA-ZOTOVA	(RUSSIA/75)	3/12/11	(BOLSHEVIK, RUSSIA)	(IPF)
6	451.9	LUDMILLA GAUDUCHENKO	(UKRAINE/56)	2/4/07	(MELITOPOL, UKRAINE)	(IPA)
7	451.9	LISA MILLER	(US/76)	6/30/07	(WILLOWBROOK, ILLINOIS)	(APF)
8	451.9	GALINA KARPOVA	(RUSSIA/68)	2/19/11	(BERDSK, RUSSIA)	(IPF)
9	450.0	KAREN SIZEMORE	(US/64)	3/30/02	(CHARLESTON, WEST VIRGINIA)	(IPA)
10	450.0	RACHEL NUTTER	(US/71)	4/14/12	(CINCINNATI, OHIO)	(SPF)
11	446.4	JOANNE SMITH-WILLIAMS-SCHIFFER	(GREAT BRITAIN/NETHERLANDS)	5/28/10	(KILLEEN, TEXAS)	(IPF)
12	446.4	SANDRA LONN	(SWEDEN/74)	8/13/10	(BRATISLAVA, SLOVAKIA)	(IPF)
13	444.2	HILDEBORG JUVET HUGDAL	(NORWAY/83)	11/6/09	(NEW DELHI, INDIA)	(IPF)
14	425.0	SANDI "CANDYAZZ" MCCASLIN	(US/64)	7/12/08	(BRADFORD, PENNSYLVANIA)	(SSA)
15	424.4	MACHIA DUDLEY	(US/86)	2/04	(OMAHA, NEBRASKA)	(APF)
16	420.0	DEBORAH FERRELL	(US/64)	5/27/06	(MISKOLC, HUNGARY)	(USAPL/IPF)
17	418.9	CHEN-YEN CHAO	(CHINESE TAIPEI/71)	5/2/03	(ALMATY, KAZAKHSTAN)	(IPF)
18	418.9	TATYANA GRIGOR	(RUSSIA/70)	5/29/11	(NERYUNGRI, RUSSIA)	(IPF)
19	415.0	APRIL MATHIS	(US/87)	10/29/11	(ORLANDO, FLORIDA)	(APF)
20	413.4	INNA OROBETS	(UKRAINE/71)	11/7/08	(SAINT JOHN'S, CANADA)	(IPF)
21	413.4	ASHTON CHATELAIN	(US/93)	6/2/12	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
22	412.3	LIZ WILLETT	(US/72)	5/1/04	(VILLA PARK, ILLINOIS)	(BENCH AMERICA2)
23	407.9	JEAN PUTNAM	(US)	2/15/04	(MANCHESTER, NEW HAMPSHIRE)	(USPF)
24	407.9	VICTORIA OLENITSA	(UKRAINE/84)	11/27/05	(OROSHAZA, HUNGARY)	(IPF)
25	407.9	KATE RADON	(US/81)	11/5/06	(LAKE GEORGE, NEW YORK)	(APF/WPC)
26	407.9	DANA SHEALEY	(US/79)	11/6/11	(SACRAMENTO, CALIFORNIA)	(SPF)
27	402.3	AGNES SZABO	(HUNGARY/89)	8/5/11	(PILSEN, CZECH REPUBLIC)	(IPF)
28	400.0	JOLYNN ARVIN	(US/67)	2/8/98	(COLUMBUS, OHIO)	(APF)
29	400.0	JESSICA WATKINS-O'DONNELL	(US/80)	8/9/08	(DAYTON, OHIO)	(USAPL)
30	391.3	ROBERTA COLLINS	(US)	1/11/03	(WEST LIBERTY, OHIO)	(NASA)
31	391.3	AMY HARTMAN	(US/86)	2/4/12	(ORLANDO, FLORIDA)	(APF)
32	391.3	BRENDA VAN DER MEULEN	(NETHERLANDS/78)	5/11/12	(MARIUPOL, UKRAINE)	(IPF)
33	385.8	JAN HARRELL-GABLE	(US/59)	7/11/87	(SAN DIEGO, CALIFORNIA)	(APF/WPC)
34	385.8	ANNA GANENKO	(UKRAINE/75)	8/6/04	(VRSAK, SERBIA AND MONTENEGRO)	(IPF)
35	385.8	IRINA NASKRIPYAK	(RUSSIA/69)	12/5/04	(CLEVELAND, OHIO)	(IPF)
36	385.8	MELINDA LOMBOSI	(HUNGARY/78)	5/25/12	(PILSEN, CZECH REPUBLIC)	(IPF)
37	380.3	SVETLANA PALTSEVA	(RUSSIA/69)	5/28/04	(RYBINSK, RUSSIA)	(IPF)
38	380.3	TARJA RANTANEN	(FINLAND/57)	3/5/06	(COLUMBUS, OHIO)	(WPO)
39	380.3	SIDNEY THOMS	(US/53)	6/28/08	(WILLOWBROOK, ILLINOIS)	(AAPF)
40	380.3	OLGA GEMALETDINOVA	(RUSSIA/86)	2/19/11	(BERDSK, RUSSIA)	(IPF)
41	380.3	ANITA MILLINGTON	(AUSTRALIA/86)	11/12/11	(PILSEN, CZECH REPUBLIC)	(IPF)
42	374.8	KELLY FRANKLIN	(US)	11/14/04	(RENO, NEVADA)	(WABDL)
43	374.8	ANASTASIA PAVLOVA	(RUSSIA/68)	3/3/05	(KAZAN, RUSSIA)	(IPF)
44	374.8	SVETLANA SEMA	(RUSSIA/76)	3/11/12	(SUZDAL, RUSSIA)	(IPF)
45	369.3	KRISTA VAN AMERONGEN	(US)	6/9/07	(OLYMPIA, WASHINGTON)	(WABDL)
46	369.3	HEATHER TILLINGHAST	(US)	3/27/10	(GREENWELL SPRINGS, LOUISIANA)	(APF)
47	369.3	LEILA DUHEM	(FRANCE/63)	4/21/12	(AURORA, COLORADO)	(IPF)
48	369.3	CATHERINE GERARD	(FRANCE/67)	5/17/12	(BLED, SLOVENIA)	(GPC)
49	365.0	BRANDY HIRAI	(US/63)	1/28/06	(WAIANAE, HAWAII)	(USAPL)
50	363.8	ULRIKE HERCHENHEIM	(GERMANY/62)	8/20/94	(FRANKFURT, GERMANY)	(IPF)

FIRST WOMAN TO BENCH PRESS 600 AND 550 POUNDS. ONLY WOMAN TO BENCH PRESS 600 POUNDS. HEAVIEST FEMALE DOUBLE BODYWEIGHT BENCH PRESS OF ALL TIME.

HEAVIEST FEMALE BENCH PRESS OF ALL TIME WITHOUT A BENCH SHIRT.

DONE WITHOUT A BENCH PRESS SHIRT.

List compiled by Michael Soong, "All Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com/> • <http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>  
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# WOMEN'S POWERLIFTING

\*List Includes International Lifters

## DEADLIFT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	683.4	BECCA SWANSON	(US/73)	11/5/05	(HELSINKI, FINLAND)	(WPO)
2	595.2	OLGA GEMALETDINOVA	(RUSSIA/86)	5/5/11	(PILSEN, CZECH REPUBLIC)	(IPF)
3	580.9	KATRINA ROBERTSON	(AUSTRALIA/60)	12/6/98	(OCEANIA, NEW ZEALAND)	(IPF)
4	580.0	APRIL MATHIS	(US/87)	10/29/11	(ORLANDO, FLORIDA)	(APF)
5	573.2	DOROTHY SHAW	(GREAT BRITAIN/63)	6/00	(PORT TALBOT, WALES)	(WPC)
6	567.7	DAWN RESHEL-SHARON	(US/55-00)	12/1/89	(STONE, ENGLAND)	(APF/WPC)
7	567.7	IRINA YAROSHENKO	(RUSSIA/86)	5/22/11	(SAINT PETERSBURG, RUSSIA)	(IPF)
8	565.0	LISA NAWROCKI	(US/61)	5/6/90	(LAKELAND, FLORIDA)	(NSM)
9	565.0	JOLYNN ARVIN	(US/67)	2/8/98	(COLUMBUS, OHIO)	(APF)
10	556.7	VICTORIA OLENITSA	(UKRAINE/84)	3/4/05	(MARIUPOL, UKRAINE)	(IPF)
11	556.7	TATYANA GRIGOR	(RUSSIA/70)	3/16/08	(UFA, RUSSIA)	(IPF)
12	551.2	GALINA KARPOVA	(RUSSIA/68)	3/3/05	(KAZAN, RUSSIA)	(IPF)
13	551.2	IRINA LUGOVAYA	(RUSSIA/74)	8/22/09	(ORIOL, RUSSIA)	(IPF)
14	551.2	JESSICA WATKINS-O'DONNELL	(US/80)	5/23/10	(CLEVELAND, OHIO)	(USAPL/IPF)
15	545.6	CHIA-SUI LEE	(CHINESE TAIPEI/77)	5/23/99	(THISTED, DENMARK)	(IPF)
16	540.1	MARLENE LEWIS	(US)	3/19/88	(PHILADELPHIA, PENNSYLVANIA)	(USPF)
17	540.1	ANASTASIA PAVLOVA	(RUSSIA/68)	3/3/01	(SAINT PETERSBURG, RUSSIA)	(IPF)
18	540.1	JOSEFIN BRANDER	(SWEDEN/78)	11/16/08	(LAS VEGAS, NEVADA)	(WABDL)
19	535.7	NATALIA PAVOUSOVA-ZOTOVA	(RUSSIA/75)	9/27/00	(SOTCHI, RUSSIA)	(IPF)
20	534.6	CARLOSS LOTT	(US)	10/26/85	(HATTIESBURG, MISSISSIPPI)	(USPF)
21	534.6	ULRIKE HERCHENHEIM	(GERMANY/62)	12/8/96	(ERBA, ITALY)	(IPF)
22	534.6	TETYANA VARLAMOVA	(UKRAINE/89)	11/6/09	(NEW DELHI, INDIA)	(IPF)
23	534.6	SONIA MANAENA	(NEW ZEALAND/61)	7/31/11	(MELBOURNE, AUSTRALIA)	(IPF)
24	530.0	SUE MEANY	(US)	11/16/86	(MAUI, HAWAII)	(APF/WPC)
25	530.0	CHERYL CLODFELTER	(US/62)	5/3/08	(FREDERICKSBURG, VIRGINIA)	(IPA)
26	528.1	VALERIE PERRY	(US)	6/19/92	(LAS VEGAS, NEVADA)	(NASA)
27	523.6	LORRAINE COSTANZO	(US/54)	6/1/87	(PERTH, AUSTRALIA)	(USPF/IPF)
28	518.1	LUDMILLA GAIDUCHENKO	(UKRAINE/56)	2/4/07	(MELITOPOL, UKRAINE)	(IPA)
29	512.6	CHEN-YEN CHAO	(CHINESE TAIPEI/71)	5/25/03	(CHICAGO, ILLINOIS)	(IPF)
30	512.6	LIZ WILLETT	(US/72)	3/4/05	(COLUMBUS, OHIO)	(WPO)
31	512.6	LAZARA JANET LOVEALL	(US/70)	4/9/11	(LYNNWOOD, WASHINGTON)	(SPP)
32	507.1	WANDA SANDER	(US/61)	5/12/81	(HONOLULU, HAWAII)	(USPF/IPF)
33	507.1	MYRTLE AUGEE	(GREAT BRITAIN/65)	5/21/89	(COMINES, BELGIUM)	(IPF)
34	507.1	ANNA ROSEN	(SWEDEN/72)	11/16/08	(LAS VEGAS, NEVADA)	(WABDL)
35	507.1	BRITTANY PRYOR	(US/86)	1/28/12	(LOS ANGELES, CALIFORNIA)	(USPA)
36	505.0	LEIGHAN JASKIEWICZ	(US/79)	7/10/10	(HILLIARD, OHIO)	(IPA)
37	501.6	CONNIE PRICE-SMITH	(US)	2/15/98	(ST. LOUIS, MISSOURI)	(USAPL)
38	501.6	TALOVE CHANEY	(US)	4/5/98	(DALLAS, TEXAS)	(NASA)
39	501.6	VALERIA SCHEGLOVA	(RUSSIA/83)	9/11/03	(KOSCIAN, POLAND)	(IPF)
40	501.6	HARRIET HALL	(US/50)	10/9/03	(REGINA SASK, CANADA)	(USAPL/IPF)
41	501.6	PATRICE R. CURRY	(BAHAMAS/66)	10/31/03	(RICHMOND, VIRGINIA)	(AAU)
42	501.6	KAYLA TAUJEL	(US/89)	11/21/05	(RENO, NEVADA)	(WABDL)
43	501.6	TATYANA ILYNA	(RUSSIA/82)	3/5/06	(UFA, RUSSIA)	(IPF)
44	501.6	JOANNE SMITH-WILLIAMS-SCHAEFFER	(GREAT BRITAIN/NETHERLANDS/67)	5/13/06	(PROSTJEJOV, CZECH REPUBLIC)	(IPF)
45	501.6	KYM ALLEN	(US/69)	5/13/06	(TURNER, MAINE)	(APF/WPC)
46	500.0	KAREN SIZEMORE	(US/64)	4/12/03	(NEWARK, OHIO)	(IPA)
47	500.0	MELISSA GARRETT	(US/78)	10/3/09	(NASHVILLE, TENNESSEE)	(SPP)
48	496.0	ELENA AVILKINA	(RUSSIA/77)	2/27/03	(KAZAN, RUSSIA)	(IPF)
49	496.0	MACHIA DUDLEY	(US/86)	11/3/06	(LAKE GEORGE, NEW YORK)	(APF/WPC)
50	496.0	INNA OROBETS	(UKRAINE/71)	2/21/10	(KHARKOV, UKRAINE)	(IPF)

## TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2050.3	BECCA SWANSON	(US/73)	10/29/05	(CHICAGO, ILLINOIS)	(WPO)
2	1708.6	GALINA KARPOVA	(RUSSIA/68)	2/26/12	(CHELYABINSK, RUSSIA)	(IPF)
3	1700.0	MELISSA GARRETT	(US/78)	12/5/10	(CINCINNATI, OHIO)	(SPP)
4	1675.5	IRINA LUGOVAYA	(RUSSIA/74)	2/19/11	(BERDSK, RUSSIA)	(IPF)
5	1659.0	OLGA GEMALETDINOVA	(RUSSIA/86)	5/5/11	(PILSEN, CZECH REPUBLIC)	(IPF)
6	1610.0	APRIL MATHIS	(US/87)	10/29/11	(ORLANDO, FLORIDA)	(APF)
7	1609.4	TATYANA GRIGOR	(RUSSIA/70)	5/29/11	(NERVUNGRU, RUSSIA)	(IPF)
8	1559.8	VICTORIA OLENITSA	(UKRAINE/84)	3/4/05	(MARIUPOL, UKRAINE)	(IPF)
9	1543.2	ANASTASIA PAVLOVA	(RUSSIA/68)	3/3/05	(KAZAN, RUSSIA)	(IPF)
10	1532.2	DOROTHY SHAW	(GREAT BRITAIN/63)	6/00	(PORT TALBOT, WALES)	(WPC)
11	1532.2	CHEN-YEN CHAO	(CHINESE TAIPEI/71)	5/25/03	(CHICAGO, ILLINOIS)	(IPF)
12	1530.0	JESSICA WATKINS-O'DONNELL	(US/80)	8/9/08	(DAYTON, OHIO)	(USAPL)
13	1526.7	MACHIA DUDLEY	(US/86)	11/3/06	(LAKE GEORGE, NEW YORK)	(APF/WPC)
14	1521.2	LIZ WILLETT	(US/72)	9/21/03	(IRVING, TEXAS)	(USAPL)
15	1500.0	KAREN SIZEMORE	(US/64)	3/30/02	(CHARLESTON, WEST VIRGINIA)	(IPA)
16	1499.1	IRINA YAROSHENKO	(RUSSIA/86)	5/22/11	(SAINT PETERSBURG, RUSSIA)	(IPF)
17	1493.6	HILDEBOG JUVET HUGDAL	(NORWAY/83)	9/19/09	(SANDNES, NORWAY)	(IPF)
18	1496.9	CHIA-SUI LEE	(CHINESE TAIPEI/77)	5/23/99	(THISTED, DENMARK)	(IPF)
19	1485.0	JOLYNN ARVIN	(US/67)	3/29/97	(KALAMAZOO, MICHIGAN)	(APF)
20	1482.6	ASHTON CHATELAIN	(US/93)	6/2/12	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
21	1477.1	LUDMILLA GAIDUCHENKO	(UKRAINE/56)	2/4/07	(MELITOPOL, UKRAINE)	(IPA)
22	1477.1	INNA OROBETS	(UKRAINE/71)	11/7/08	(SAINT JOHN'S, CANADA)	(IPF)
23	1446.2	KATRINA ROBERTSON	(AUSTRALIA/60)	12/6/98	(OCEANIA, NEW ZEALAND)	(IPF)
24	1438.5	VALERIA SCHEGLOVA	(RUSSIA/83)	9/11/03	(KOSCIAN, POLAND)	(IPF)
25	1438.5	LAZARA JANET LOVEALL	(US/70)	7/25/10	(PLEASANTON, CALIFORNIA)	(SPP)
26	1433.0	NATALIA PAVOUSOVA-ZOTOVA	(RUSSIA/75)	1/21/06	(CHEREPOVETS, RUSSIA)	(IPF)
27	1427.5	HARRIET HALL	(US/50)	3/11/06	(ANCHORAGE, ALASKA)	(USAPL)
28	1425.0	SANDI "CANDYVAZZ" MCCASLIN	(US/64)	12/2/06	(RIVERHEAD, NEW YORK)	(APF)
29	1422.0	LORRAINE COSTANZO	(US/54)	11/22/87	(DAYTON, OHIO)	(APF/WPC)
30	1422.0	JOANNE SMITH-WILLIAMS-SCHAEFFER	(GREAT BRITAIN/NETHERLANDS/67)	5/13/06	(PROSTJEJOV, CZECH REPUBLIC)	(IPF)
31	1411.0	JUANITA TRUJILLO	(US/64)	7/31/94	(HOUSTON, TEXAS)	(USPF/IPF)
32	1405.4	ULRIKE HERCHENHEIM	(GERMANY/62)	9/18/94	(OROSHAZA, HUNGARY)	(IPF)
33	1405.4	ELENA AVILKINA	(RUSSIA/77)	2/27/03	(KAZAN, RUSSIA)	(IPF)
34	1377.9	DAWN RESHEL-SHARON	(US/55-00)	12/1/89	(STONE, ENGLAND)	(APF/WPC)
35	1377.9	SONIA MANAENA	(NEW ZEALAND/61)	7/31/11	(MELBOURNE, AUSTRALIA)	(IPF)
36	1366.9	KYM ALLEN	(US/69)	5/13/06	(TURNER, MAINE)	(APF/WPC)
37	1366.9	ANITA MILLINGTON	(AUSTRALIA/86)	7/31/11	(MELBOURNE, AUSTRALIA)	(IPF)
38	1361.4	PATRICE R. CURRY	(BAHAMAS/66)	10/31/03	(RICHMOND, VIRGINIA)	(AAU)
39	1361.4	KRISTY RESKE	(US/77)	6/4/05	(DETROIT, MICHIGAN)	(APF/WPC)
40	1361.4	KATARINA NOKUA	(FINLAND/73)	11/12/10	(POTCHEFSTROOM, SOUTH AFRICA)	(IPF)
41	1355.8	YA-WEN CHANG	(CHINESE TAIPEI/84)	11/12/10	(POTCHEFSTROOM, SOUTH AFRICA)	(IPF)
42	1350.3	BRENDA VAN DER MEULEN	(NETHERLANDS/78)	11/6/09	(NEW DELHI, INDIA)	(IPF)
43	1350.0	LISA NAWROCKI	(US/61)	10/20/90	(LAKELAND, FLORIDA)	(APF)
44	1336.0	ANNA GANENKO	(UKRAINE/75)	2/28/03	(MAKEEVA, UKRAINE)	(IPF)
45	1330.0	SUE MEANY	(US)	6/7/86	(AKRON, OHIO)	(APF)
46	1322.8	TETYANA VARLAMOVA	(UKRAINE/89)	4/20/10	(KOLOMYA, UKRAINE)	(IPF)
47	1306.2	VICTORIA GAGNE-HEMBREE	(US/61)	6/2/02	(RIESA, GERMANY)	(USAPL/IPF)
48	1306.2	DANA SHEALEY	(US/79)	11/6/11	(SACRAMENTO, CALIFORNIA)	(SPP)
49	1305.0	LEIGHAN JASKIEWICZ	(US/79)	7/10/10	(HILLIARD, OHIO)	(IPA)
50	1300.7	CARLOSS LOTT	(US)	10/26/85	(HATTIESBURG, MISSISSIPPI)	(USPF)

FIRST WOMAN TO TOTAL 1600, 1700 AND 1800 POUNDS. ONLY WOMAN TO TOTAL 1800 POUNDS.

LIFTS DONE WITHOUT A SQUAT SUIT, KNEE WRAPPS OR A BEACH PRESS SHIRT. HEAVIEST UNEQUIPPED FEMALE TOTAL OF ALL TIME.

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

# YESSICA MARTINEZ

**How old are you, where are you from and what are you wearing?** I am 21 and Colombian/Dominican. I was born in Queens, N.Y., and raised in Miami, Fla. I am wearing my pajamas, but the type will remain secret.

**Where do you train?** At Idolmaker Physique and Performance located in Miami, Fla.

**Do you lift with other girls, or is it all guys?** I've had the pleasure of training with Jennifer Petrosino, but I usually train alone.

**Are you in school? Do you have a job?** I am a full-time student and recently transferred to Florida International University. I also work full time at a Behavioral and Development Center as an administrative assistant.

**How did you get involved in powerlifting?** I first started training at the gym as a high school athlete when I played basketball and volleyball. My trainer approached me, noticing that I was stronger than the girls and even some of the guys, and asked if I would ever consider powerlifting. Ironically, I didn't know much about the sport — but after my first PR, I was eager to see how much my body could do and became hooked.

**What do your "normal" friends think of how much you can lift?** They never believe me! It came to the point where most people wouldn't know what powerlifting is, so I would say, "I get my physique from doing Zumba."

**When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention?** To be honest, I don't really pay attention to that, even if I was. I am so in the zone and concentrating on smashing weights that I've programmed my brain to only respond to the depth callers.

**Do you have a boyfriend?** Yes. The gym.

**Do you remember the first time you out-lifted a boy? How did it make you feel?** The first time I out-lifted a boy was in high school, but then again the skinny legs and big upper bodies from doing chest and biceps every Monday, Wednesday and Friday is a big thing in Miami. So my legs are bigger than the majority, but I definitely felt powerful and accomplished.

Photos courtesy of LM Photography  
by Luis Munoz and Rick Murray



**Do you wear make-up to the gym?** I prefer not to, but I go to the gym straight from work, so at times I do. I feel a bit too girly with make-up while training and I'm just trying to get PRs. There's nothing pretty about that.

**What do you have to say to women who don't lift weights because they think they'll get too big?** I ask where they get their information. You will not grow traps by picking up dumbbells overnight.

**How has powerlifting helped you?** I believe powerlifting teaches you discipline and challenges your abilities further than you can ever imagine. When competing, if you are strong and have the drive to overcome expectations, then you are noticed and respected. But it is the expectations within yourself that are a battle to overcome — the personal records of the deadlift, bench and squat that encourage you to perfect, apply and test your ability to become better not only as a lifter, but a human being. Powerlifting keeps me sane and keeps me strong physically and mentally.

**What is your favorite lift?** I can't decide whether it's deadlift or

bench. I don't deadlift much, but when I do on max effort days I've pretty much hit a PR every time. With bench, I have PRs in mind that I want to hit. So, it's either/or, I suppose. It's all about the excitement.

**Tell us about your current best lifts.** My current best raw lifts are 305 lbs. in squat, 320 lbs. in deadlift and 180 lbs. in bench.

**What are some of your powerlifting goals?** I definitely want to keep at it. I'll probably be 60 using multi-ply gear and doing only half of what I can do now, but I want to leave a lasting impression. I have PR's in mind; I am training right now for the Pro/Am in Ohio and pushing myself for that 200-lb. bench, 340- to 350-lb. deadlift and 320-lb. squat. In the end, we all want to be stronger. I think it's your attitude, presence and having an open mind that people will remember. But it doesn't hurt to be known as one of the strongest.

**Anything else you'd like to add?** My appreciation for this opportunity and for all who have helped me through this experience. I couldn't be more thankful. **PM**

# EAT FAT TO BURN FAT

## A Counterintuitive Approach to Shredding

BY JOHN KIEFER

**I**n the early days of spreading my crazy dieting gospel – we’re talking more than 10 years ago now – I’d get bombarded with one question over and over. It’s one that people still sling my way: do you need to eat fat to burn fat?

This, of course, makes no sense. Eating fat to burn fat? We are what we eat, so if we eat fat, we’ll get fat – not lean. It’s straight-up logic, right? Logic, however, only helps us find the next question to answer, because in the real world, human logic fails more times than it correctly predicts. Take Einstein, for instance. His seminal work, from general relativity to pioneering discoveries in quantum mechanics, seems totally illogical, yet it’s how the world works.

If you think just a little bit harder – and I recommend this practice highly to the world of bodybuilding diet gurus – then stripping fat from the diet to burn fat is stupidity at its finest. The body is an adaptive organism that regulates hormone secretion and enzyme production based on the food that we ingest. Ingest carbs all the time, and the body will build all the machinery necessary to burn carbs efficiently and store the overage just as effectively. Eat nothing but protein, and the body becomes efficient at breaking long protein chains into simpler fractions for energy – including muscle tissue. Eat mostly fat and ... well, you figure it out.

As an example of “eating-fat-to-burn-fat”, let’s look at medium-chain triglyceride ingestion. Medium-chain triglycerides (MCT) reside in vast abundance in coconut fat, and are somewhat short chains of carbons (all fats are long carbon chains). The common mix is normally C8:0, C10:0 and C12:0. The “C” represents carbon, the first number is the quantity of carbon atoms and the second number is the amount of unsaturation. These little guys are pure saturated fat, but with a surprising property: most ingested fat takes three or more hours before the body can access it for fuel or storage. MCT absorbs quickly and is available immediately.

When the body can access fat immediately, it burns it. MCT oil ingestion triggers ketone production, which is not easy to do with diet alone. Ketones help fuel the cells of the nervous system, as well as other tissue in the body, when quick energy is needed from fat molecules. MCT can also represent the idea of a negative caloric



load. In Obesity Research and in the International Journal of Obesity and Related Metabolic Disorders, researchers demonstrated that by simply adding MCT oil into the diet, it increased fatty acid oxidation. Eating fat, they found, burns fat.

There’s more to this story, though. Many studies – especially ones quoted by governmental agencies – show that eating a diet high in fat, accompanied by a lot of carbohydrates, results in massive fat gain, not fat loss. It evidently takes more than just eating fat to burn fat. It also requires avoiding carbs.

Carbs, as we know, trigger insulin release.

Insulin does one thing incredibly well: make body tissue grow. If that tissue is muscle, awesome. Most of the time, however, it’s fat. Not so awesome. Insulin does this via several mechanisms, but two of the most important are insulin’s regulation of lipoprotein lipase (LPL) and hormone-sensitive lipase (HSL).

Think of LPL as equivalent to the glucose-transporter (GLUT) system – the one that carb back-loading manipulates for effective fat loss and simultaneous muscle gain. GLUT pulls sugar into fat and muscle cells to either be used as energy or to be stored as fat in fat cells and glycogen in muscle cells. LPL pulls fatty acids into fat and muscle cells for storage or energy, respectively. Like the GLUT, LPL is also highly regulated by insulin, but only in fat cells. When insulin levels rise, LPL concentration skyrockets on fat cells, allowing them to pull in massive amounts of fat to store. It’s a good thing that there’s usually sugar around at the same time because the sugar that gets pulled in with the fat forms glycerine molecules – the backbone of triglycerides, the creamy filling of fat cells. Fat cells, you’ll notice, are a lot like Twinkies.

Insulin has the opposite effect of LPL in muscle cells, however. When insulin levels rise, they decrease the concentration and function of LPL in the muscle. This has one direct consequence: your muscles literally can’t burn any of the fat floating around in your system. They’re forced to depend on carbs. Where does all that extra fat go? Yep, your miniature Twinkie storage system.

A group of scientists even published a review of the metabolic downside of carbs at breakfast time in the British Journal of Nutrition. One thing they observed with people eating a breakfast full of carbs, is that muscles have a hard time burning fat for the rest

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of the day. The culprit? LPL is turned off in muscle tissue with insulin around — and it skyrockets in fat cells.

Okay, if we can't eat carbs, then what about an all-protein diet — or at least a heavy protein diet like all of those famous physique prep coaches use? Eating nothing but protein should be the holy grail, but it's not. Although lots of studies explore how well high-protein diets (extremely high-protein) preserve muscle tissue and accelerate fat loss, they're only examining obese populations. If you want to get ripped, this becomes a problem because there's another lipase player on the field: hormone-sensitive lipase (HSL).

HSL is responsible for getting fat back out of fat cells by breaking triglycerides down into fatty acids that can mobilize out of fat cells and get used for energy elsewhere. Insulin shuts off HSL in fat cells at the same time it shuts off LPL in muscle cells, so this all makes total sense. Why release fat from the fat cells if the muscles can't burn it? Large influxes of amino acids, however, can also cause insulin release — and some can do so independently, like the branched-chain amino acid leucine.

Aside from the insulin problems, the amino acids themselves can shut down HSL activity. Cytotechnology journal researchers recently discovered that the sulfated amino acids (methionine, cystine and cysteine) shut down HSL activity all by themselves, with no insulin needed. With all this downregulated, inactive HSL, it becomes difficult to get fat out of fat cells.

These ultra-low-fat and ultra-low-carb diets, however, work for pre-contest prep. Where's the discrepancy? Well, why do you think people pop fat-burners like they're Pez pre-contest? Because it's necessary to make the high-protein lipolytic. Stimulating the beta-adrenergic pathway in fat cells (the same pathway adrenaline stimulates) forces HSL activity to turn back on in fat cells, increasing fat burning in muscles. This has consequences, though. Over time, the body becomes insensitive to adrenal compounds, nullifying the effect. These diets essentially have to rely on a ton of chemicals to fix the problems they create in the first place.

It's simple. When you eat predominantly fat, your body doesn't like to store it, so it burns the shit out of it. Whenever you try one of

the other two routes (ultra-low-fat or ultra-low-fat and -carb), you need chemical assistance to make things work. By the way, did I mention that ultra-low-carb diets stimulate LPL activity in muscles while decreasing LPL activity and sparking HSL activity in fat cells? I guess I just did, so there you go.

This is where The Carb Nite Solution (Mark Bell's current protocol) comes into play. Eating all fat is great — it even downregulates the enzymes necessary to turn carbs into fat — because it makes you burn fat. If you stay ultra-low-carb for too long, however, metabolism starts to drop off and fat burning slows down. Carb Nite

addresses this beautifully. By eating carbs one night per week (note, one night), you can store all of your fat burning processes without gaining fat. It's quite elegant in its simplicity and power.

Carb Nite (and my other creation, carb back-loading) contains long periods where we hope to utilize this information to keep the body burning fat

while preserving muscle tissue, so we need to know how much fat it takes to keep the body functioning as a faster burning furnace. The general rule of thumb is to eat a diet that's 70 percent fat by calories and the rest predominantly from protein (not including pre-training nutrition). This comes down to 1 gram of fat for every gram of protein. Normally the minimum protein intake for an athlete is 1 gram per pound of body weight.

To calculate this final value, take your body weight: let's say 250 lbs., then you will need 250 grams of protein. Subtract the protein content of your post workout shake (say 50 grams) and this leaves you with the total fat intake for the day for shredding fat on Carb Nite while still preserving strength and muscle mass: 200 grams of fat. This is a solid baseline to start from, but keep in mind, you may be able to eat more, but only slightly less to maintain a loss of body fat.

So, after all of this science, do you need to eat fat to burn fat? Definitely, irrefutably, yes. **PM**

*Editor-at-Extra-Large sidenote: My second week on the carb nite diet I ate fried buffalo wings for seven days in a row and I lost 8 lbs.! Foods like bacon, wings and steak make the diet easy.*

**"...EATING A DIET HIGH IN FAT, ACCOMPANIED BY A LOT OF CARBOHYDRATES, RESULTS IN MASSIVE FAT GAIN, NOT FAT LOSS. IT EVIDENTLY TAKES MORE THAN JUST EATING FAT TO BURN FAT. IT ALSO REQUIRES AVOIDING CARBS"**

# POUNDSTONE POWER



BY DEREK POUNDSTONE

**I**n general, improving strength on the squat, bench and deadlift improves a Strongman's performance; however, is the same true for a powerlifter using Strongman movements in their training for a meet? Over the years, I have heard the argument that the bench is not a Strongman event, so it is not a useful exercise; yet, the bench press is the single most productive assistance exercise for increasing my overhead log press. Powerlifters do not have to walk or carry weights in competition, so the same type of argument may be used to discount the use of strongman movements to improve the squat, bench and deadlift. The issue is a matter of specificity and the resulting transference of the developed strength qualities from one exercise to another. Competing in a Strongman competition and expecting a powerlifting total to increase is not a realistic expectation for an advanced lifter. However, the strategic use of Strongman movements in a powerlifting training cycle will yield positive transferable strength qualities. My top-three Strongman events that powerlifters may benefit from by including them as assistance exercises in their training cycle are: Yoke Walk, Carry & Drag, and Farmer's Walk.

The mistake that is often made by powerlifters and Strongmen alike, when training with Strongman movements, is that they train these movements too heavy and too frequently. Some of the best gains in training that I have had are when I backed off on the weights and instead, did lighter weights for a longer distance. Early on in my Strongman career, our training group lifted heavy every weekend and we literally tore our bodies apart. This caused a spinal cord hematoma, herniated discs, fractured vertebrae, torn menisci, rotator cuff and labral tears, ruptured bicep tendons, and



pec major tears. I'm sure we'll find out about other issues as we get older. My current training methodology has allowed me to continue to increase my strength levels while avoiding major injuries. This is significant considering out of all the top-level actively competing professional Strongmen in the USA, I have been doing this the longest.

The Yoke Walk is a tremendous movement for increasing the core musculature and is used to support heavy squats and deadlifts. The obliques and the rectus abdominus co-contract with the hip musculature to enable locomotion, without which hip abduction would not be possible while under the load of the yoke. The lats, traps, and erectors are also contracting strongly to provide stiffening of the spine. The support provided by these muscles during the Yoke Walk is directly transferrable to the support required to stabilize the core during the squat or deadlift. Through our training, we have found that in order to build the core musculature, a lifter should use a load that is 30-50% of what is considered heavy for that particular lifter. My competition Yoke weights are typically around 1000 lbs., so in training, I will use 500 lbs. The distances walked with this weight are relatively longer than those that are achieved with a heavier weight, and typically range from 200 ft. to 500 ft. for multiple sets. The pace must be slow and controlled, with the lifter focusing on footwork and core contraction, in order to benefit the most from performing these.

Next, the Carry & Drag Strongman event is a superset comprised of usually a keg carry followed by a sled drag. The implements may vary but the concept and the benefits are the

same. Both components work the body isometrically and concentrically while eliminating the eccentric component, which reduces myofibril damage. The Carry works the arms and upper back isometrically, while the posterior is recruited dynamically to move with the implement. Powerlifters are well aware of the benefits of the sled, so I won't need to get into that. This event should be performed with lighter weights as a tool to increase general physical preparedness, as a recovery method, or to increase cardiovascular conditioning. The weights, distances, and duration will depend on the intended performance benefit. Powerlifters may already perform sled drags but by adding a Carry to the mix, they can further modulate the training adaptation.

To develop a strong supporting grip and a thick upper back, the Farmer's Walk is one of the best Strongman exercises. We perform this one with a variety of weights and distances but care must be taken to modulate the frequency in order to avoid overuse injuries and CNS [Central Nervous System] fatigue. The pace, like the Yoke Walk, is slow and



controlled with focus on footwork, core contraction, and upper back / shoulder girdle position. The lifter should keep their shoulders flexed anteriorly, so the traps take the majority of the load while walking. Performing this movement with the shoulders pulled posteriorly will place excessive load across the clavicle and, in particular, the sternoclavicular joint which can become strained under heavy loads or when the traps become excessively fatigued.

These movements and techniques are applicable to Strongmen, powerlifters, and the average person that wants to get stronger and leaner. They are just another tool in your arsenal to accomplish your goals and just like any tool, they are ineffective unless used properly. Do not rely on them solely; rather, use them as an adjunct in your current training to help you achieve your goals. **PM**

*Poundstone's world-class strength can be seen on ESPN's World's Strongest Man, where he has been a finalist since 2008. He is a full time police sergeant for the Naugatuck PD, owner of Poundstone Performance Training Center, a soy protein spokesperson and global ambassador for the Special Olympics.*

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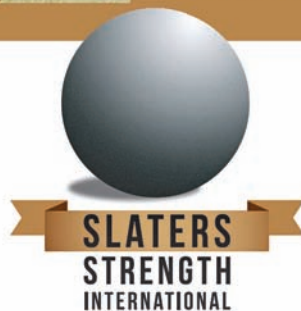


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# SIX-WEEK GORILLA BENCH PROGRAM

BY "VANILLA GORILLA" ERIC SPOTO, THE UNCROWNED KING OF RAW BENCHING

I have tried a few different templates that are percentage-based, but I never knew if I was improving week to week. If one week has 90 percent for a triple and then the next workout has 85 percent for five reps, it's hard to determine if your strength is progressing each week. I like more instant gratification when it comes to training, so I keep it simple and motivating.

This is my basic bench cycle, based on triples. I start the training cycle with a weight I feel I can get a hard triple. After four or five warm-up sets pyramiding up, I go to my predetermined weight. If the triple comes up easy, I add weight (usually 5 to 15 lbs.). If the weight is too heavy, I take some off so I can get a hard three reps. Now I have my starting weight. My goal is to add about 5 lbs. every week over six weeks. If all goes well, you should have added 25 lbs. to your triple.

If you hit the triple on any of the sets, go up 5 lbs. the next week. For example, in week four, if on your third set you only get a double, you still go up 5 lbs. in week five because you hit your triple on the first two sets. If one week you can't get a triple on any of the sets, stay at that weight for the next week and try to hit the triple that week. You can do this exact training cycle with the addition of bands



and/or chains. Just determine your triple with the set amount of bands or chains you want to use, then add the 5 lbs. every week.

## WEEKLY GOALS

### WEEKS 1-6

(BASED ON A 315 TRIPLE)

**Week 1:** 315, three sets of three reps

**Week 2:** 320, three sets of three reps

**Week 3:** 325, four sets of three reps

**Week 4:** 330, four sets of three reps

**Week 5:** 335, five sets of three reps

**Week 6:** 340, five sets of three reps

After this cycle is complete, I hit up singles to see where I am. From there I shift to bodybuilding-type stuff for sets of six to 15 reps.

Assistance exercises (pick two chest and two triceps movements)

**Dips**  
**Incline dumbbell**  
**Floor press**  
**Close-grip flat or incline**

**Dumbbell flies**  
**JM press**  
**Pushdowns**  
**Skull crushers**

I would do this every Monday for the six weeks. Every Thursday is dynamic bench day and every third Thursday is high-rep bench day in place of the dynamic training for that week.

Take your time. If things feel heavy it's because they are; back off a little and you'll be able to continue to move forward without getting hurt. **PM**

GET TO KNOW...

# SAM BYRD



Sam Byrd Squats 635 lbs. with NO HANDS in The Cage at the Arnold Classic Expo 2012.

**What superhero power would you most like to possess?** The power of persuasion.

**What is your idea of perfect happiness?** Getting paid well to do what you would do anyway for free. That allows time for pursuit of other interests for a healthy work/life balance, and being surrounded by a solid support system of family of friends.

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

**On what occasion do you lie?** I'm a lawyer. I don't lie, I spin the truth.

**What do you most value in your friends?** Integrity.

**When and where were you happiest?** Today. I live to make every day happier and more meaningful than the last. I never want to wake up and realize my best days are behind me.

**If you could change one thing about yourself, what would it be?** I wish I was a little bit taller. I wish I was a baller. Wish I had a girl who looked good I would call her. I wish I had a rabbit in a hat with a bat and a '64 Impala.

**What do you consider your greatest achievement?** Overcoming self-doubt. Without that achievement, it is unlikely I would ever achieve anything at all.

**What is your most treasured possession?** My reputation.

**What is your most marked characteristic?** My witty sense of humor and action hero good looks.

**What is your greatest regret?** That I didn't get enough time on this earth with my dad.

**Which talent would you most like to have?** Photographic memory.

**What is your motto?** You can achieve anything you desire so long as you are willing to work and sacrifice for it.

**What is your favorite movie?** The Borne Trilogy. I'm waiting for the Legacy.

**Who is your favorite lifter?** Misha Koklyaev. The best all-around strength athlete on the planet. He performs at the top echelons of Olympic weightlifting, Strongman, and powerlifting – and always with a smile on his face.

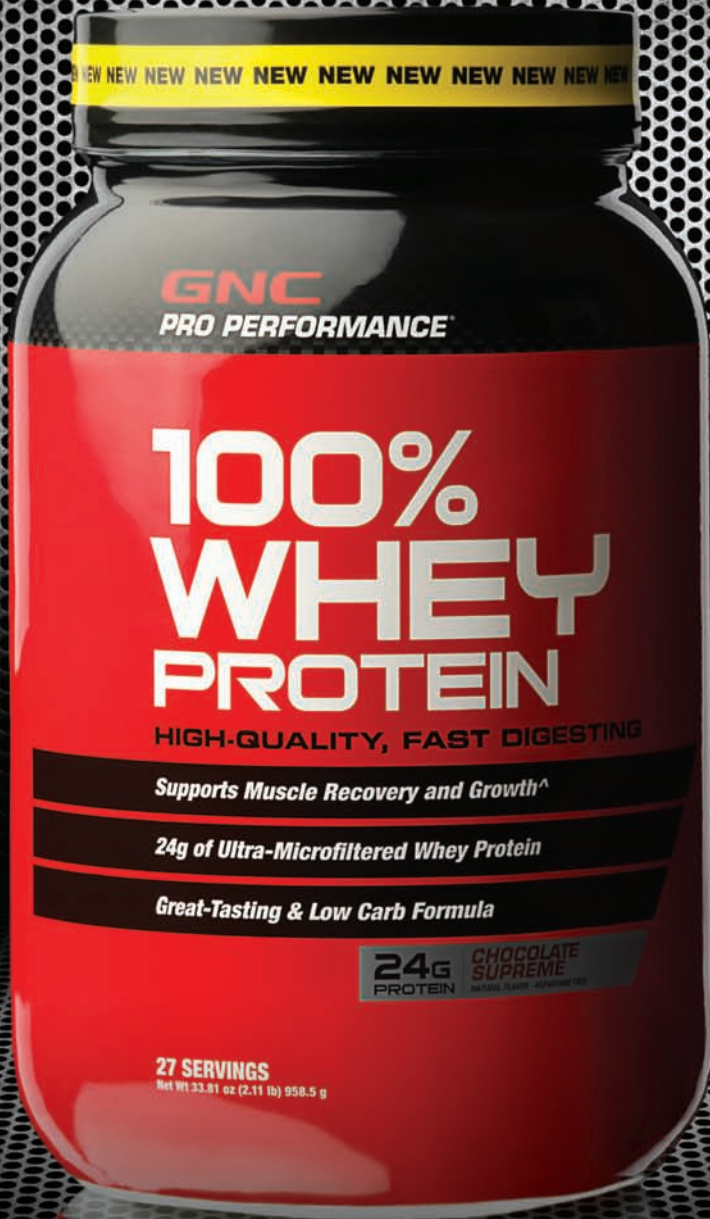
**Are you married? In a relationship?** I'm in a relationship with Faith West, my biggest fan and the best person I know.

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

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