

One on One with LaVar Arrington P. 28

POWER

NOVEMBER/DECEMBER 2012



AJ Roberts **Strongest to Fittest**

P. 20

Brandon Lilly's **Cube Training**

P. 36

NOV/DEC 2012 • VOL. 3, NO. 6



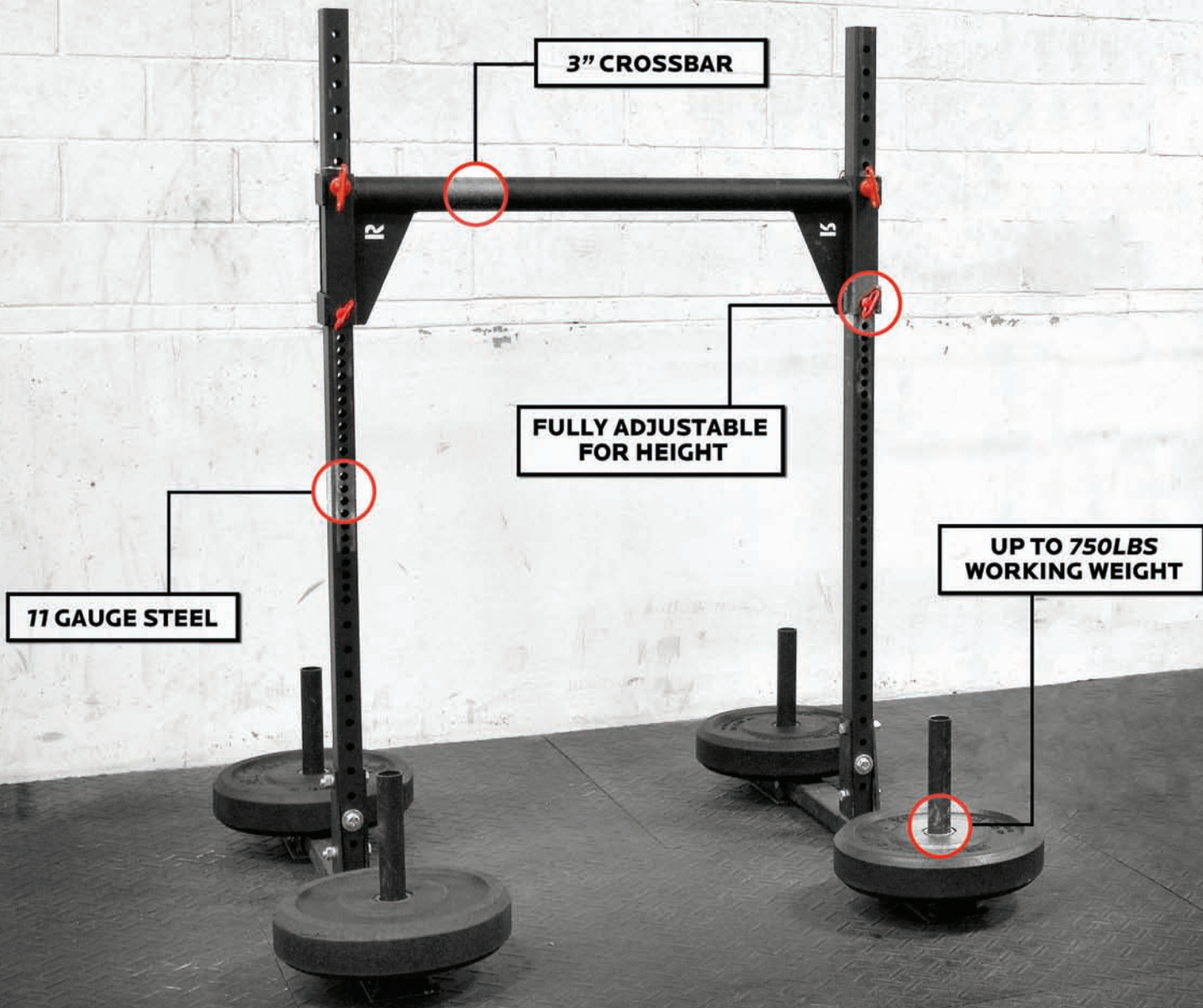
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FIRST WORD

WITH MARK BELL



I once made a list. I guess you could call it a hit list, of sorts. If your name was on this list, it meant I was fixing to smash on you in a power meet. Pretty simple concept.

How did these names pop up on my list? I started small with people I personally knew and expanded it from there. If I knew you – whether friend, foe, teammate or otherwise – your name was on this list. Even Jesse Burdick, my bestest friend of all-time, was on it. As a matter of fact, his entire old gym was on the list.

After I beat you head-to-head or beat your best total, you were crossed off the list. Yes this was a real list written on a sheet of paper. I am admittedly not the best powerlifter, but even with a wife, two kids and three businesses to run, I am as tunnel-visioned as the best of them. A guy by the name of Max Higgins was added to the list right on the spot when he talked smack after a meet. He was crossed off three months later.

Name after name was crossed off the ever-growing list. Then I came across a young and extremely strong powerlifter. There were many rumors that he'd do around a 1,000-lb. squat, seven-something bench and seven-something pull (gulp). I got as bloated as possible for this match-up, and I was able to cross his name off the list. However, I should have only crossed him out in pencil. Years later he not only got the better of me, but he out-totaled me by more than 200 lbs. and became the 308 world record holder. His name is AJ Roberts, this month's sexy cover model. AJ is one of only three men to squat 1,200, bench 900 and pull 800 lbs. AJ put up some huge numbers and is now ready for a new challenge – perhaps an even bigger challenge.

Dan "Lovely Lochs" Green not only looks like a savage but he lifts like one, too. I have never seen improvement like I have seen with Dan. He has a 760 squat, 480 bench and 790 deadlift for a new world record total at 220 lbs. of 2,030 raw. Dan's mullet is a good indication that the guy knows how to party (or play hockey), but this is not the type of party that's fun. In fact, Dan's deadlift party looks and sounds extremely painful.

Remember how hard it was to try to solve a Rubik's Cube? Those things always blew my mind, and some people feel that way about training. Brandon Lilly has helped simplify the complicated by introducing his own cube, the Cube Training System. Brandon has an interesting way of rotating max, speed and the repetition method.

Mr. Robot Pants tackles Marshall Johnson (not physically) in an awesome interview. Learn how a guy who pulls 800 and squats more than 1,000 is terrified of the platform.

"Absorb what is useful. Discard what is useless. Add what is essentially your own."
~Bruce Lee

Mark Bell

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POWER

MAGAZINE

VOLUME 3 • ISSUE 6

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SUBSCRIPTION RATES:

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

Address changes send to

andee@thepowermagazine.com

SUBSCRIPTIONS AVAILABLE AT

www.thepowermagazine.com
www.SuperTrainingGym.com

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

PRINTED IN THE USA

COVER PHOTO CREDIT: ROB HAMMER

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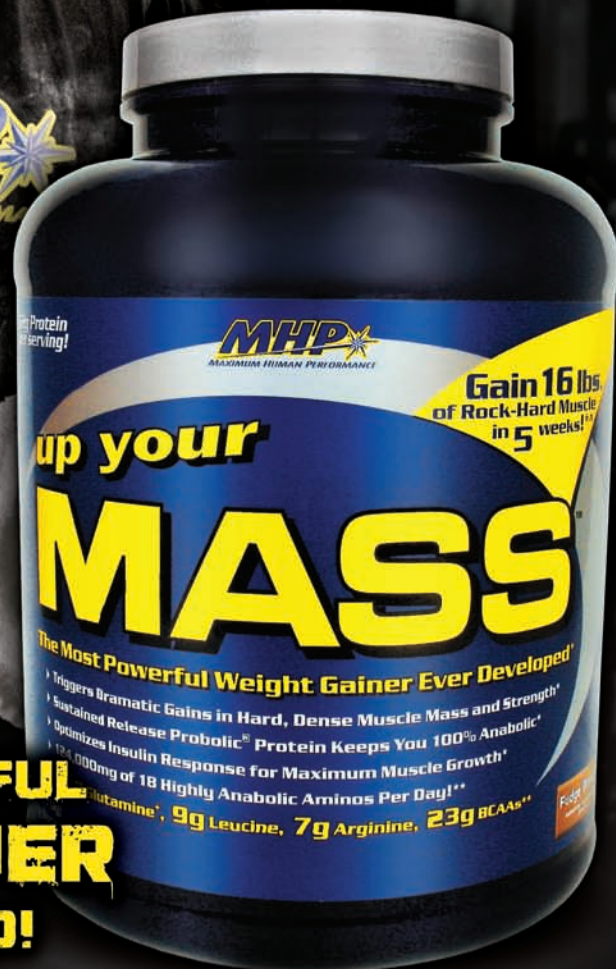
Kiefer explains how H.I.I.T. can melt the fat away while helping maintain muscle mass.

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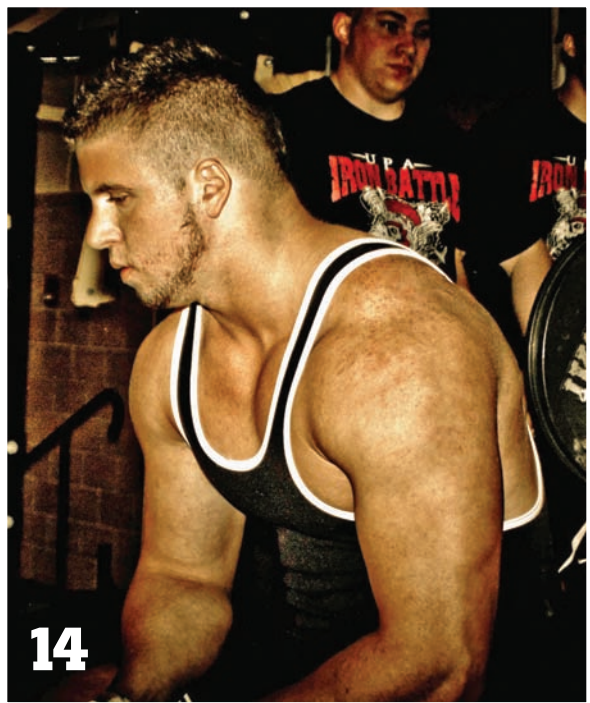
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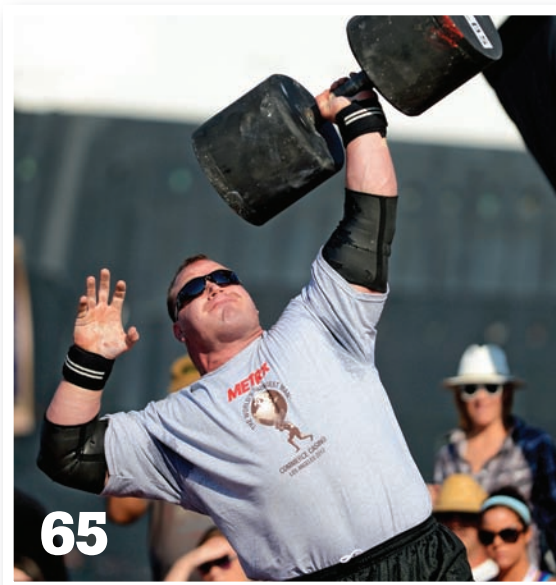


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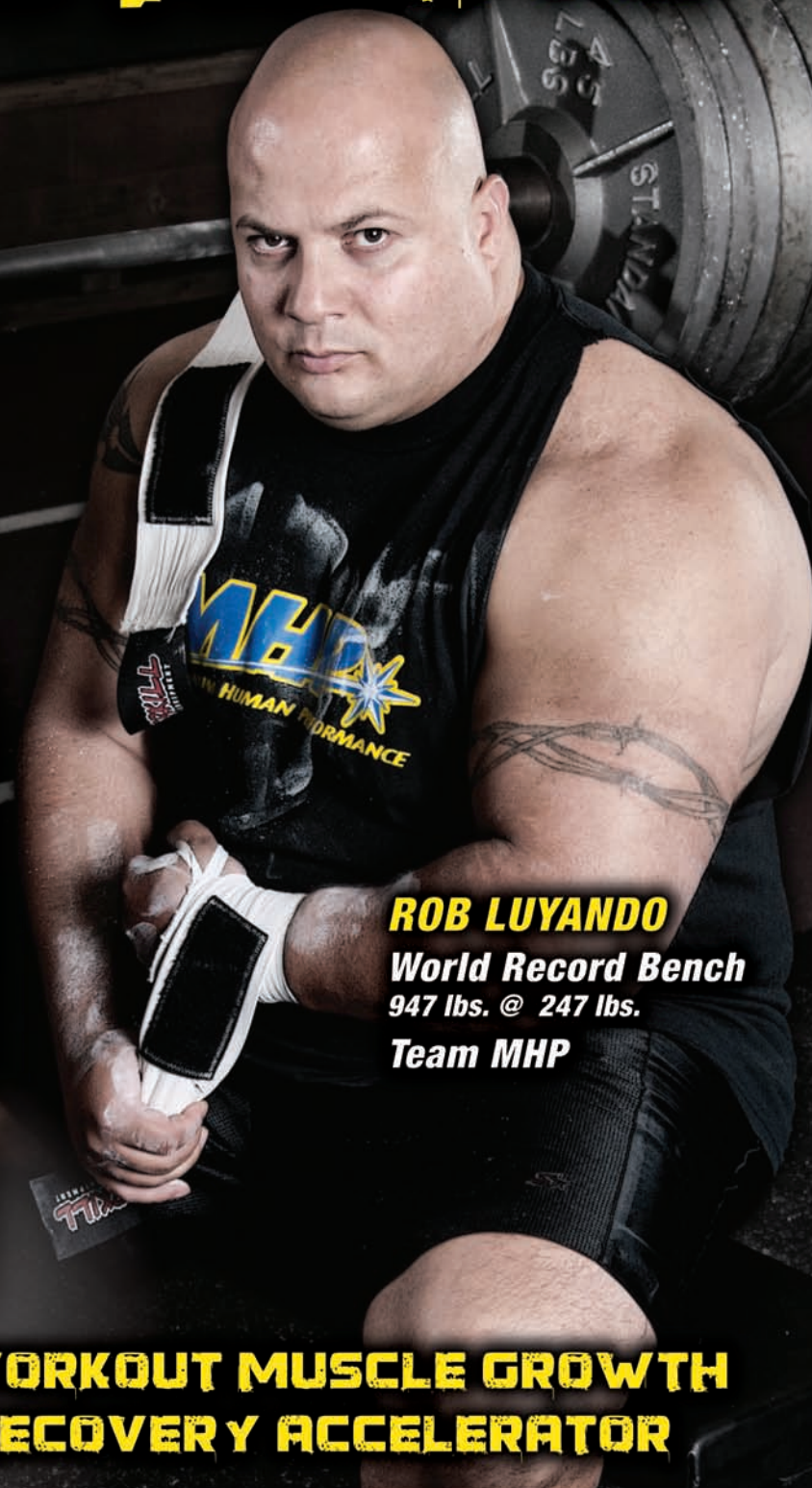
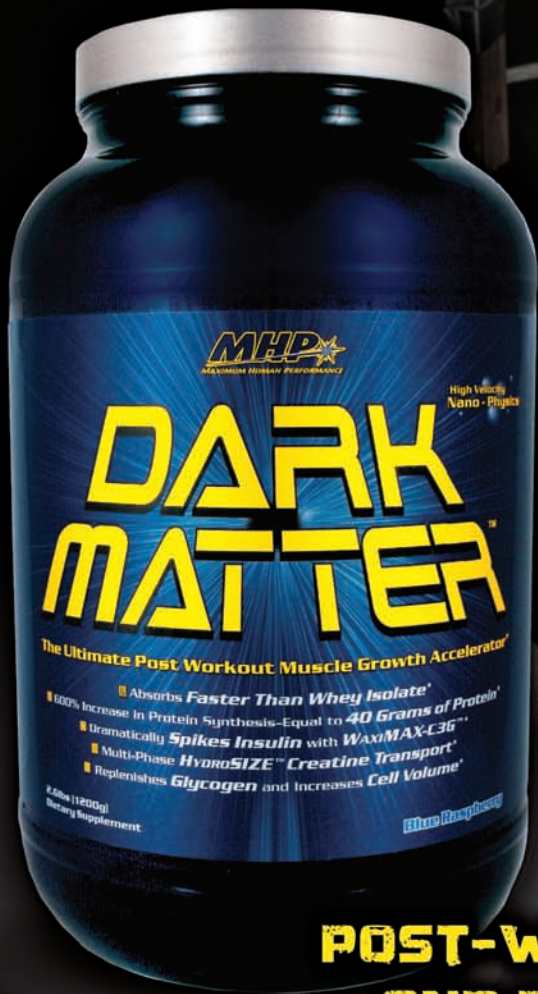
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MAIL BAG



Hello Power,

Hope you and Mark are doing great.

Power is one of the best mags on the market.

This issue was tremendous. I have always admired and respected Matt Kroc and Derek Poundstone, so it was great to see them both in the issue. Kroc has incredible drive and determination in pursuing two sports so successfully. He is a good bet to become a pro bodybuilder in the immediate future. Kroc has a great website as well, and would recommend his DVD to anyone. Derek could easily step on a bodybuilding stage if he wanted to. His physical strength and strength of character are inspirational.

Take care and all the best,

Gerry T.

Via email

CORRECTION

The September/October 2012 edition of *Power* included an incomplete article by Jason Khalipa. The last part of his Q&A was cut off. We apologize for this error.

Here it is in its entirety:

Q&A with NorCal CrossFit owner and world class athlete Jason Khalipa

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 a new level. **PM**

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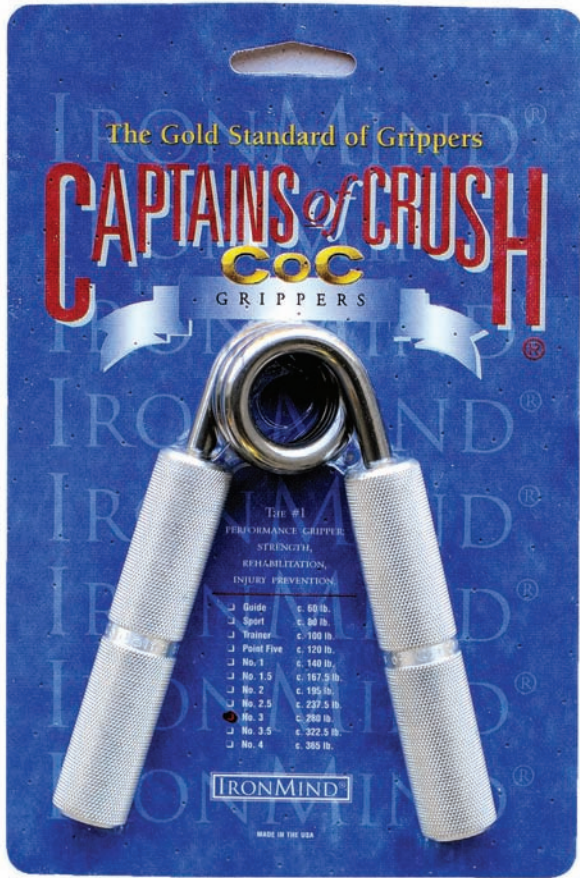
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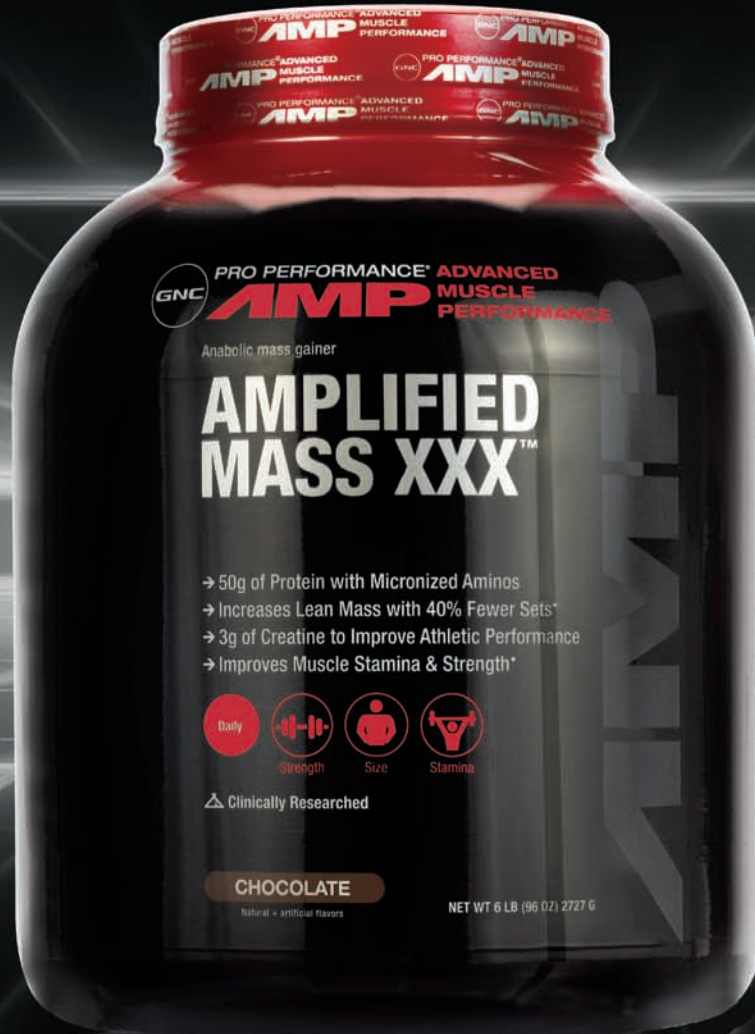
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PETE RUBISH

BY JEFF "ROBOT" IRION

PHOTOS BY CASEY BARBER- WWW.MONSTERPIXEL.NET

WHAT ARE YOUR STATS? I just turned 21. I'm 6 feet tall and I compete raw in the 242s. I often don't even wear a belt, since I do just fine without it.

WHAT IS YOUR PROFESSION? I'm an undergrad student at UW Madison. I'm majoring in soil science, and I've got about three years left of school. A few nights a week I bounce at one of the local bars.

THANKS TO YOUTUBE, YOUR HOME GYM HAS INTERNATIONAL RECOGNITION. THE QUESTION IS: WHOSE HOME IS YOUR GYM IN? The home gym I train at is in my parents' basement. I go home once a week to deadlift there because the equipment is better. I've got a deadlift bar and I can chalk up my hands. The other three days I lift at the university gym.

WHAT ARE YOUR BEST LIFTS IN COMPETITION? I competed at the UPA Iron Battle on the Mississippi. I totaled 1703 lbs. I squatted 611 lbs. with no wraps or belt, benched 352 lbs. and deadlifted 738 lbs. (my opener, I missed 804 lbs.). That was my first full meet in about a year, although I'd done a few deadlift only meets. I'm doing the Nov. 17 meet, which is 11 weeks out. I think I'll be above a 1,900 lb. total by then.

WHAT ARE YOUR BEST LIFTS IN THE GYM? I just hit a 635 lb. squat with no belt or wraps. I've deadlifted 800 lbs. with a belt. And I've benched 405 lbs., but it wasn't with a pause.

MANY OF YOUR YOUTUBE VIDEOS FEATURE YOU DEADLIFTING WITH A WASHER AND DRYER RUNNING IN THE BACKGROUND. HOW MUCH CARRYOVER DOES THEIR PRESENCE GIVE YOU? Everybody is always making a big deal about the washer and dryer giving me magic powers! But honestly, it's probably good for about 100 lbs. of carryover on the deadlift.



HOW DO YOUR PARENTS FEEL ABOUT YOUR LIFTING? My dad is very supportive. He always comes to meets, and he's often there when I'm deadlifting. He films a lot of my training stuff and he does some lifting himself. He's a very skinny and lanky guy, with a typical runner's build. I think that's the reason why I can eat pretty much whatever I want and not put on fat. My mom goes with it, but she's not really in favor of it. She's always telling me I'm too big and too scary. You know, typical mom stuff.

HAVE YOUR PARENTS SEEN THE YOUTUBE VIDEOS OF YOU POSING IN THEIR BATHROOM? HOW DO THEY FEEL ABOUT THAT? That was more when I was doing the whole bodybuilding thing. I pretty much forgot about those videos. My parents don't really follow my YouTube channel. I'm all about strength now, so no more posing videos. I wanna be big, but I don't care about being shredded.



DO YOU HAVE A COACH? WHAT DOES YOUR TRAINING PROGRAM LOOK LIKE? I started working with Josh Bryant 13 weeks ago. He has me training four days a week. Basically, we have two heavy bench days, a heavy deadlift day, and a heavy squat day. It varies a lot from week to week. For example, deadlifts one week could be 15 heavy singles with 1-minute rest, and another week it could be working up to a heavy double. If I'm further out from a meet, maybe seven to 15 weeks out, it's lighter but higher volume. Then those last seven weeks we'll take the volume down but go heavier.

WHAT ARE YOUR TOP TIPS FOR PULLING BIG WEIGHTS? I think this can be applied to the squat and deadlift. To pull big weights, you have to get in the right state of mind. You have to flip a switch. I get really aggressive and try to destroy whatever weight is in front of me. I don't want to talk to anybody, I just get into a whole different mentality. That aggression helps me to lift more weight.

WHEN AND HOW DID YOU GET INTO POWERLIFTING? I did my first powerlifting meet when I was 17. I didn't compete in any full meets for awhile, just a few deadlift-only meets, until recently. Now I'll be competing pretty consistently and trying to get my total up. I didn't really know anybody in powerlifting, it's just one of those things I saw and tried out.

DID YOU HAVE AN ATHLETIC BACKGROUND BEFORE POWERLIFTING? In high school I played football and basketball, and I ran track, specifically the 100m and 200m. My senior year I stopped playing all those sports and focused on lifting because I liked it a lot and was pretty decent at it. Actually, the University of Wisconsin football team has been trying to recruit me. But I'm happy with the success I'm having with lifting, so I don't think I'll try out for the team. I like powerlifting more than football.

YOU USED TO COMPETE IN BODYBUILDING. WHAT KIND OF SUCCESS DID YOU HAVE IN THAT ARENA? DO YOU STILL COMPETE IN IT, OR INTEND TO IN THE FUTURE? I did one bodybuilding show back in 2010 and I got fourth (out of eight) in the teen class. I don't think I really have the structure for it. I like lifting heavy weights without having to worry about what I look like. I've gotten away from bodybuilding and I don't see myself competing in it again.

YOU HAVE A VIDEO ENTITLED "GET SWOLE" WHERE YOU CLAIM THAT FOODS LIKE JOLLY RANCHERS, AIRHEADS AND RICE-A-RONI WILL "PACK ON THE MUSCLE." I CAN'T TELL IF YOU'RE JOKING, OR IF YOU'RE COMPLETELY SERIOUS AND YOU REALLY ARE JUST A FREAK! PLEASE, ENLIGHTEN US. In pretty much all those videos about my diet, I'm completely serious! For the longest time I've been able to eat whatever I want and not get fat. I've still got full abs and I'm getting good results in the gym. My family has those skinny genetics. I've been eating cleaner lately: 24 whole eggs a day, 1.5 lbs. of beef burgers and chocolate milk. It may not be the cleanest, but it's better than I was doing! If I feel like eating something, like candy or chicken tenders, then I'll eat it.

IS THERE ANYTHING ELSE YOU'D LIKE TO ADD, OR ANYONE YOU'D LIKE TO THANK? I'd like to thank my parents for being supportive, and Josh Bryant for helping me out. You'll see a lot more from me in November; everything has been taking off. My squat has improved tremendously. I'll be over 700 with no belt or wraps. Also, my bench will be more than 400. I definitely wouldn't be making this progress without Josh's help. In addition, I'd like to thank my sponsors: USP Labs, Alpha Clothing Co. and Redefine Nutrition. **PM**

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

JULIE MONETTE

PHOTOS BY RICK MURRAY – AMPEDFX

How old are you, where are you from and what are you wearing? I am 35 and from Pleasanton, Calif. I am wearing tiny gym shorts and a “Fit Moms Club” tank top. I’m always in my gym clothes, so they have to be cute.

Where do you train? At Bay Area Family Fitness in Pleasanton. There are quite a few competitors who train there, so I get a lot of support — and I conveniently work there.

Do you lift with other girls, or is it all guys? I have had a few good training partners over the years, some men and some women. I don’t really have a preference as long as they know how to spot. I love to push the envelope and get that last rep in.

Are you in school? Do you have a job? I’m not in school, but I do have my bachelor’s. I am a certified personal trainer and plan on getting an array of certifications in the future. The next one will be specifically for sports nutrition.

How did you get involved in powerlifting? Ever since I was little I’ve been very competitive. I always wanted to be the strongest, fastest or the best at everything. That has stuck with me. Don’t laugh, but I used to weigh 90 lbs. and yes that was after my second child. I started hitting the gym again with the motivation of needing to be impressively strong. I had my heart set on a figure competition, but needed to put on some serious size. I started to incorporate powerlifting into my training and found a new love. With that style of training in combination with a specific nutrition plan, I got up to 110 lbs. That’s a 20-lb. increase, and my body fat percentage went down. I did a handful

of figure and bikini competitions, which was fun. But I wanted to see what it would feel like to win based on my numbers and not what a biased judge thinks of my suit and tan. So I entered into a powerlifting competition, and it felt awesome.

What do your “normal” friends think of how much you can lift?

Most of my “normal” friends are not gym rats, so they don’t really understand what I do. My dad likes to tell his buddies that I can deadlift him (230 lbs.) and says, “She only weighs 100 lbs.!” And my mom tells everyone I’m a bodybuilder, which I’m not.

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?

No way! I never feel like that. Most guys at the meets are so pumped and focused that I don’t think they are checking out girls. Or maybe I’m just so pumped and focused that I’m not paying attention to that stuff.

Are you married or in a relationship? I am happily married and have been for 14 years. He’s good competition for me. It’s been great having his support.

Do you remember the first time you out-lifted a boy? How did it

make you feel? Oh, yeah! I out-lift boys all the time. My favorite is when I out-lift a grown man who outweighs me by 100-plus lbs. It does make me chuckle with pride, but I keep it to myself. There’s no need to rub it in.

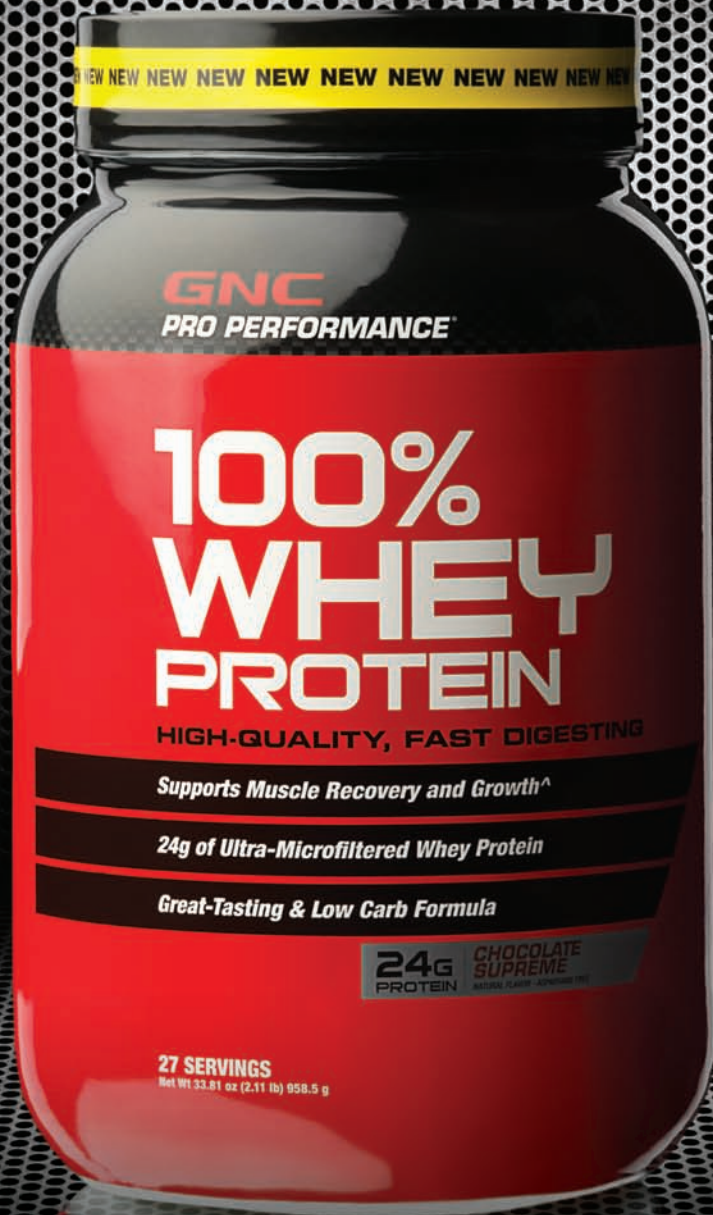
Do you wear make up to the gym? I do. Not to be glam, but it’s because I usually work out in between



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clients. And I only have time to get dressed once a day. No time for primping here. I set it and forget it!

What do you have to say to women who don't lift weights because they think they'll get too big?

After I'm done rolling my eyes (joking), I explain how hypertrophy works, specifically for women. I have this conversation a lot because its part of my job, so I always use myself as an example. I let them know that I leg press 540 lbs. for eight reps x four sets, and this is all I have to show for it. That usually clears things up.

How has powerlifting helped you? There is not enough room in this article to list all the ways powerlifting has helped me. Physically, it has helped transform my body from a "skinny fat," frail mom body to a super lean athletic physique with an ass where it's supposed to be. I have a true appreciation for powerlifting. So does my husband, wink, wink!

What is your favorite lift? Deadlift, for sure. It's my strongest lift and I have the most confidence when I'm doing it.

Tell us about your current best lifts. I have to admit, I'm very new to actually competing in powerlifting even though I've used it for training purposes for years. My first competition was in April this year. I benched 105, squatted 176 and deadlifted 231. I weighed in at 101 that day. It's a start.

What are some of your powerlifting goals? I'm thinking of competing again later this year. My numbers will improve. It's always my goal to beat my own numbers every time.

Anything else you'd like to add? I think it's awesome that Power recognizes women in this sport. Articles like this can clarify all the image stereotypes of a woman powerlifter. And thanks to all the boys who support the lady lifters — not that you have a choice. Ha! **PM**





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LIVE WELL.

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AJ ROBERTS

BY MARK BELL

PHOTOS BY JAMES HAYDEN AND ROB HAMMER

In March 2011, AJ Roberts (from the world famous Westside Barbell) shocked the powerlifting world when he added more than 175 lbs. to his total and broke the 308-lb. all-time world record total. Roberts quickly proved it wasn't a fluke, breaking the record two more times before the year's end. Roberts has even out-lifted the unstoppable Dave Hoff twice, but Hoff won on bodyweight.

Roberts hails from Southampton, England. He has the fourth-highest total of all time (2,855 lbs.), second-highest squat (1,205 lbs.) at 308 lbs., eight-highest bench (910 lbs.) at 308 lbs., and a 815-lb. deadlift. Think about that: a 1,200-plus-lb. squat, 900-plus-lb. bench and 800-plus-lb. deadlift. Roberts, 27, is making huge changes in his life. He has dropped 50 lbs., retired from powerlifting and no longer lives in Columbus, Ohio. He has relocated to sunny San Diego, Calif., and is focusing on a new challenge: CrossFit. That's right, the once 330-lb. rotund and red AJ Roberts is on his way to being a 230-lb. "CrossFittian."

MB: Why did you leave Westside?

AJ: I was fat, sick and nearly dead. Seriously though, I gave everything I had to powerlifting over a 10-year span and, after reaching every goal I had set for myself, I knew it was time for me to walk away. Westside isn't the place for someone who isn't willing to push themselves to the extreme limit, so I knew I had to leave.

MB: Why do you feel other greats have left?

Chuck V, Panora, JL Holdsworth, Phil Harrington, Tim Harold, Jim Wendler, Matt Wenning – even the golden boy Dave Hoff left and came back.

AJ: People leave for their own individual reasons, so I really can't speak for anyone. The way I always saw it was that Louie is the owner and coach. It's his gym, his rules. If you don't want to play by those rules, then you know where the door is. If you can't perform or you're not willing to do what it takes to be the very best, then you shouldn't be there anyway.



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POWER MAGAZINE - NOVEMBER/DECEMBER 21



MB: Why did you move to Columbus to train at Westside Barbell?

AJ: I was running a health club in Kentucky and was slowly beginning to hate life. I had built a garage gym with everything a powerlifter could want, but had zero training partners. I started driving up to Westside once a week to train with the night crew. I'd drive four hours one way, jump out my car, train, then turn around and drive four hours back home. After about two months of that, Louie finally convinced me to move. I knew if I wanted to be a world record holder, I had no other choice but to quit my job, find a place and move to Columbus.

MB: Explain how your bench press went up 40,000 lbs. once you got to Westside?

AJ: Extensions. I had never really done them before, but they became a staple exercise on max effort days. My favorite to rotate between JM presses, rolling dumbbell extensions and skull crushes with mini bands.

MB: Was Westside what you expected?

AJ: It was exactly what I expected. I had a long conversation with Dave Tate before I

moved there. He laid out the good, bad and the ugly, so I knew what I was getting into before I arrived.

MB: Do you force that British accent to appear more smartest, like Mark Bell?

AJ: It's totally fake, but the chicks dig it.

MB: From what I've heard, when you were training at Westside you never free-squatted, never wore the suit with straps up and never wore knee wraps. On the other hand, Dave Hoff (and probably oth-

ers) took the liberty to add some full-gear free squats into their training. How were you able to have the squatting success you did without ever doing a competition squat in the gym?

AJ: I never questioned Louie. I did exactly what he said and didn't vary from the plan. It worked for lifters before me and it's continued to work for the lifters who are still there. People have this misconception you need to be in your gear every time you



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train. It's total bullshit. Get strong and smash weights.

MB: On the topic of squats, you currently have the biggest squat ever done at Westside barbell (1,205 lbs.). Talk to us about the progression from 1,000 to 1,205 while being at Westside.

AJ: I actually went backward before I moved forward. Coming into Westside, my best squat was 1,008 lbs. I had a lot of bad habits that had to be corrected, and although it sucked to swallow my pride and fix my technique, Louie assured me it would all come together. We widened my stance, increased my speed percentages and did a lot of three- to five-rep deadlift work, which carried over to both the squat and the pull. I also dragged the sled and hit the reverse hyper multiple times a week.

MB: I remember you going backward. I was like, "What the hell is going on with that guy?" Many of us get stuck and we need someone to tell us that things will work out if we stick with it. Can you elaborate more on those bad habits that didn't allow you to progress?

AJ: Oddly enough, it was only my squat that went backward. My deadlift and bench were both moving up, so we knew that I was getting stronger, but something wasn't clicking with the squat. My hips had gotten so stiff that I was leaning too far forward to compensate and wasn't pushing my knees out. I started doing a lot of different stretches and mobility work, added in adductor and abductor specific exercises, changed my stance and positioned the bar slightly higher on my back so I could keep my torso upright. At first it felt terrible, but it didn't take me long to get used to the changes. That's when things really started to take off.

MB: You mentioned widening your stance. Was this mainly for a training effect or did you use the same stance in meets, as well?

AJ: I found I wasn't as strong in a super wide stance (touching mono) at meets. I would use a slightly narrower stance and then vary it in training. I did the same thing with my deadlift.

MB: Lay out a sample one-month program that you followed leading to that massive 1,205-lb. squat.

AJ: I talked a lot with Donnie Thompson before laying out my program for the 1,205-

lb. squat. I took his suggestion of squatting twice a week and came up with a plan I thought would get me to my goal. Fridays I performed dynamic effort work keeping the weight moderate and sets high: eight to 10 x2 and then on max effort days I would free squat raw up to a max with various bars and resistance.

MB: So on dynamic effort day (your speed day) you wore squat briefs and on the max effort day you went raw? In this time period, what did you do for your deadlift?

AJ: Exactly. I'd work up to four or five plates (depending on the resistance) raw on speed day, then throw on the briefs for my sets. On max effort day I'd just use a belt and sometimes knee wraps, depending on how I felt. For deadlifts, I'd speed pull and do assistance exercises that targeted the hips, glutes and hamstrings. Other than that, I didn't put any specific focus on the deadlift. I wanted to focus as much as possible on the squat.

MB: Was conditioning ever part of your program while at Westside?

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AJ: I dragged the sled and pushed the pace on speed days. I found there was a fine line between being conditioned enough to finish a meet and conditioning that affected my recovery and strength gains.

MB: You mastered the use of the Super Duper Phenom bench shirt. What techni-

cal cues do you use when you bench?

AJ: Arch, belly up, spread the bar ... explode.

MB: Give us your top tips for building a big-shirted bench.

AJ: Only bench once a month in your shirt; build your raw strength off boards

(two- and three-boards especially; do heavy extensions.

MB: What about all these "bench-only" guys who say they have to be in their bench shirt every week to make progress?

AJ: Westside has two full-meet lifters who have both benched more than 900 lbs., and four or five full meet lifters who have benched 800-plus. I don't think there is any other gym or system in the world that comes close. If people chose to ignore the facts, then that is their choice.

MB: What do you do in the weeks between? Your best bench is 905 lbs., so how does a 545- to 565-lb. raw floor press help prepare you to handle 905?

AJ: You've got to think of the shirts in terms of percentages and not lbs. Instead of saying you get 400 lbs. out of a shirt, you need to think of it as the shirt is giving you a 30 to 40 percent increase in what you can lift. The stronger you are raw, the larger the carryover.

MB: You mentioned that you feel raw board work is important. How did you incorporate it? How many reps and sets?

AJ: I did board work once a month alter-



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nating boards. It was always on max effort day for a single.

MB: Now that you're in San Diego, how often do people accuse you of hiding a beach ball under your shirt?

AJ: Beach ball? Better than a giant exercise ball like back in Ohio.

MB: Is it true that you got into powerlifting because kids kept beating you up because your name is Ashley?

AJ: That'd make a good story, but unfortunately, no. I got into powerlifting after being banned from high school sanctioned sports due to a stupid recruitment rule.

MB: Why did you switch back to pulling conventional at your last meet?

AJ: I felt stronger. I was wrong.

MB: Speaking of deadlifting, explain to me how in the hell are you so explosive off the floor in the deadlift? Is it your mindset? Are you super-duper mad because someone ate the rest of your cheesecake or something? Also, tell us about what you did to clean up your weak point: the lockout.

AJ: You have to get jacked up for the



deadlift and attack the bar. Too many people pussy-foot around and are timid when they pull. It's the last lift of a meet and, to some degree, you have to trick your mind and forget about everything else you've done that day. You have to convince yourself that you feel stronger than ever.

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MB: The mix of cross training and fitness scares the hell out of most strength athletes. But you, my chubby little friend, have not only embraced CrossFit, you're a 255-lb. CrossFitter! Tell us about some of your new goals.

AJ: Quite simply, my goal is to win the CrossFit games. People can doubt me, hate on me, call me crazy, etc. It's nothing I haven't heard before.

MB: Wow, that's a huge statement! Even though CrossFit is just entering the mainstream, the level of competition is through the roof. How do you plan accomplishing such a huge task?

AJ: The same way I broke the world record. Discipline, sacrifice, seeking out those who are smarter than me and, above all else, absolute belief in myself.

MB: Do you feel your strength will be an asset? I know how strong some of these guys are and I'd guess that by the time you get down to your 220- to 230-lb. "CrossFit fighting weight," your strength

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and their strength will be similar.

AJ: It's certainly given me a head start on a lot of things. I believe strength is the foundation for any sport, so it's nice to already have plenty of that. I still follow the conjugate principles but obviously right now maximal strength is no longer the main focus.

MB: Many of our readers may not know that you have been involved in online marketing for years and have even helped me with some projects. Tell us a little about your work.

AJ: I mainly consult with information marketers who have digital products like e-books, audio courses, video training, software, seminars, coaching programs, etc. I help them develop and execute their online marketing strategies. Most recently I have been working with high-level entrepreneurs and small business owners.

MB: Let's talk about a few peeps and what they mean to you. You can thank them, hate them or whatever.

AJ: Iron Gladiators owner Brent Miksell is the guy who started it all. He was the first to believe in me and taught me the disciplines needed to make it in this sport. His early



guidance shaped me as a lifter and set me on the path that I have traveled. I consider him a close friend and I'm honored I was able to learn from such a legendary lifter.

Very few people know this, but Dave Hoff was my first training partner at Westside. He pushed me to be a better lifter, and I hope I

did the same for him. We spoke often, were fierce rivals and shared a mutual respect, when all was said and done.

Simply put, Westside Barbell is my home. I owe Louie and my training partners more than I could ever repay. Guys like Luke Edwards showed me what it means to truly push things further than anyone else. I was inspired every day I walked into that place, and although I'm no longer there, I'm excited to see what the future holds.

MB: Lastly, talk about how you developed the mental capacity to accomplish what some have thought you'd never accomplish. Tell Power readers how you staved off self-doubt to become a world record holder.

AJ: This could be an entire article by itself, but I'll try to summarize. You have to train your mind the same way that you train your body. You must protect it from the negative and feed it with the positive. Be mindful of what you watch, what you read and who you allow to influence you. Learn to control your thoughts, emotions and actions. Trust your gut, face your fears head on and never quit. **PM**

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LaVar Arrington played outside linebacker in the NFL for seven seasons, from 2000 to 2006. He was selected No. 2 overall by the Washington Redskins in the 2000 NFL Draft. While playing for the Redskins, Arrington was a three-time Pro Bowl starter and three-time All-Pro selection. During his collegiate career at Penn State, LaVar was named a first team All-American twice and in 1999 he won the Butkus, Bednarik and Lambert Awards. He was also a phenomenon as a prep star: while at North Hills Senior High School in Pittsburgh, Arrington was the 1996 Parade National Player of the Year, the Bobby Dodd National Offensive Player of the Year, the Gatorade Player of the Year and USA Today Pennsylvania Player of the Year.

Of particular interest to Power readers, Arrington was one of the greatest athletes to ever play the game of football. In addition to his incredible physique, Arrington ran a sub-4.5 second 40-yard dash and reached 40 inches in the vertical jump – at 6 feet, 3 inches and 253 lbs.! Arrington spoke with Power to discuss his own training philosophy, his training views for children and his mission to reintroduce the fundamentals of football to America's athletes through his Xtreme Precision training system.

POWER: First, tell us how you met Mark Bell and how you ended up being interviewed in Power.

ARRINGTON: I had seen Bigger, Stronger, Faster. I am big into film and exercise and I loved it. So, I already knew of "Smelly" and the rest of the Bell family from the film. Then, a buddy got me talking with Chris Bell about a new documentary he was doing, Trophy Kids, which led to Chris connecting me with Mark.

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PHOTO BY JONATHAN THORPE



Arrington tackles quarterback Michael Vick

POWER: What is your training history and how did it evolve from high school, to college and then the pros?

ARRINGTON: In high school, we did a lot of powerlifting and Olympic lifting. We did competitions – I remember deadlifting 400 lbs. in the eighth grade. We also did a lot of explosive movements, like power cleans. College wasn't as much of a hardcore type of training, but more about getting stronger while also conditioning your muscles with more repetitions. We used a lot of Hammer Strength equipment. When I got to the League, I took what worked in high school and college – a mix of power and conditioning – and I also did a lot of stuff I made up on my own. These involved mostly football-geared movements and they were the brainchild that led to Xtreme Precision.

POWER: What do you think is more important to athletic success: genetics or hard work?

ARRINGTON: It's all pieces of a puzzle. Sure, you need physical ability – but you need the attitude and you need the mental aspect.

You need balance. If someone is more mentally prepared than his opponent, but is not as much of an athlete, he will have more of an edge in competition. I was always athletically gifted, but I prepared and trained as if I was not talented at all. Athletic preparation needs to come together like musicians in a symphony – it needs to make beautiful music, not just noise.

POWER: Speaking of preparation, film study is commonplace in football but rare in powerlifting. Why do you think film study is so important to success in sports?

ARRINGTON: When you go into battle, you must study your opponent. You need to know them as well as they know themselves. Also, you need to study your craft to be a master of your craft – studying your skill is imperative to having success.

POWER: What do you think about film study in the weight room?

ARRINGTON: I've seen Marks' videos and I think they're great. If somebody is adept at what they do and gives you advice, you'd be a

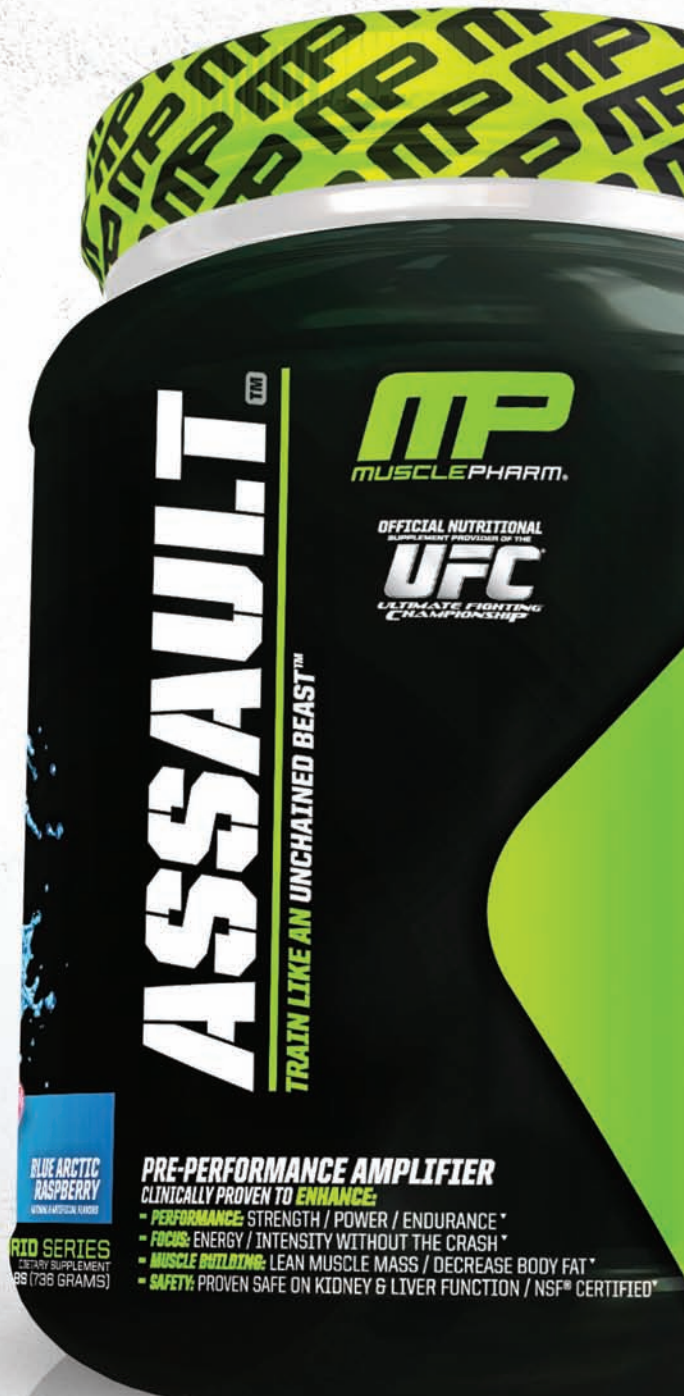
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fool not to listen. To have a guy who is so in tune with how you do something in the weight room and sharing his knowledge is awesome. It's all about proper training and proper technique, whether on the field or in the weight room.

POWER: Let's talk about a subject that every strength and power athlete deals with during his or her career: injuries. Are injuries just a part of football?

ARRINGTON: Injuries? Yes – but name one sport that has different injuries. Basketball, baseball, hockey, etc. all have ACL/MCL tears, broken ankles and torn Achilles tendons. Injuries are a part of competition. People are losing sight of the phenomenon of injuries in sport. The reason people love athletes so much is that they are willing to do things with their bodies, in terms of conditioning and competition, that most people just will not do. Injuries are part of anything that involves competition. Think about boxers. Also, name the top three athletes of all time in America: Michael Jordan, Muhammad Ali, Babe Ruth, maybe Lance Armstrong. Ali is famous for getting hit in the head! The fact is that most people live life without living life.

POWER: Agreed. All athletes, including strength athletes, get injured frequently. Yet, football receives the most media coverage regarding injuries. Why is that?

ARRINGTON: Football is an \$8 billion-plus sport – and that is only counting the NFL, not college or high school. This is where the attention comes from. Based on that level of interest and investment, it is more polar-

izing to talk about head injuries in football now. However, head injuries in football are not new. Also, the most catastrophic sport in the U.S. is cheerleading and it is not a full contact sport. In fact, some people would question whether cheerleading is even a sport. Yet, if I say that on "Sportscenter" or in a national interview, no one would care.

POWER: Could football be made safer?

ARRINGTON: Yes, through educating coaches and players on how to correctly and safely play the game on the lower levels. Right now, the game is not played fundamentally sound in the NFL. There is a lost generation of players in terms of playing the game the fundamentally, bigger, stronger, faster (no pun intended) way. If there is no conscious effort to change the way the game is played, then the players are going to be left to deal with the repercussions of that. This is something that can be avoided, which is why I developed Xtreme Procision.

POWER: What is Xtreme Procision?

ARRINGTON: Xtreme Procision is a comprehensive training platform for the world's next generation of football players. It is designed to give young football players the proper fundamental training before they play the game. Football is a sport we love as a country. Americans absolutely love it. Unfortunately, there are not many programs where young people are being taught the fundamentals. So we created a training platform based on visual learning: shirts, sticks, blocking pads, etc.

Through the platform of Xtreme Procision, we are conquering language barriers between coaches and players. Xtreme Procision makes it easier to execute the fundamentals. It has the ability to

change the way the game is played forever, by changing the value and the quality through making the game safer. Instead of kids acting out Madden or "Sportscenter" highlights, where someone uses the crown of his helmet, Xtreme Procision teaches those young players how to play football correctly and safely. It is going to evolve and revolutionize how players learn the game and players and parents love it.

POWER: This sounds innovative. Has anyone ever done something like Xtreme Procision?

ARRINGTON: Nobody has ever done this. No one has ever come up with a platform or a product that helps players and coaches become better. Our goal is to have Xtreme Procision equipment become as much a part of football as a blocking sled or a practice dummy. We envision Xtreme Procision as an ambassador of

playing the game properly.

POWER: So, with proper training and methods like Xtreme Procision, at what age do you think kids should start playing football?

ARRINGTON: Kids can learn to play football at an early age, from ages 5 and up. They do not need to tackle. They can have alternatives, like flag football. They can play flag football until they are comfortable with the game and are incorporating the fundamentals. At about age 10, they can move on to putting on pads. At that age, they are old enough and smart enough to take specific directions very well. If they are taught correctly at that age to play correctly, then their chances for injury are greatly lessened.

POWER: Similarly, when do you believe children should begin weight training for all sports (with proper training and supervision)?

ARRINGTON: For athletics, I don't think you should be ridicu-

"It's all pieces of a puzzle. Sure, you need physical ability – but you need the attitude and you need the mental aspect. You need balance. If someone is more mentally prepared than his opponent, but is not as much of an athlete, he will have more of an edge in competition"

lously heavy on weight lifting. Joints are precious, and the level of health with joints means everything. There are always alternative ways of developing strength. For instance, I train kids with resistance bands. However, you cannot get around iron – you have to use iron at some point to get stronger. So they must get stronger, but they should do it in the most productive way possible. I suggest that kids start lifting with weights at age 13 or 14, but not heavy weights. It's more conditioning of the muscles, as it is important to be wary of growth plates. Of course, the program must always have a plan and a purpose.

POWER: Finally, I understand your son plays football. Do you feel comfortable with your son playing at a young age?

ARRINGTON: He started at eight and I started at eight, too. He was okay with starting at eight. He's never had an injury because Keno does not tackle with his head. He knows how to carry the

“Injuries are a part of competition. People are losing sight of the phenomenon of injuries in sport. The reason people love athletes so much is that they are willing to do things with their bodies in terms of conditioning and competition, that most people just will not do”

football and how to remove guys in front of him. I was teaching and showing him at a young age and that translated to him being able to put on the pads.

And yes, I am comfortable with him playing at this age. I feel fine with who I am. I had awesome, very educated parents. They did not force me to do something that I didn't want to do. I am the same. I only have two rules for my son: 1) don't be a quitter and 2) play with passion.

POWER: Those are great rules for all athletes! Thank you so much for sharing your time with Power. How can readers learn more about Xtreme Precision and follow what you are up to?

ARRINGTON: You're welcome and thank you for having me. Power readers, don't forget to checkout www.xtremeprecision.com to learn all about the Xtreme Precision platform. Also, to follow what I'm up to, listen to my radio show LaVar & Dukes weekdays from 2 to 7 p.m. on 106.7 The Fan in Washington, D.C. **PM**

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- *RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.*
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THE POWER OF THE CUBE

BY BRANDON LILLY

Having trained at some of the greatest gyms in the world, I have been around some of the strongest powerlifters ever. Never being the strongest, I always fell in line and followed what the other guys would do. I achieved a relative

amount of success falling in place. Looking back over the last two years, I have been bombarded with knowledge that could never be written down or even shared in its entirety – and for that I am a lucky man. But, like every other lifter I know, I hit a wall.



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You could say it was mental, you could say it was physical, but nevertheless I was very near to hanging up my belt as a competitive lifter and enjoying the life of a gym rat.

That was, until I bombed out of the XPC in March 2011. I had a long talk with some old training partners, some of my current training partners, friends and Danny Dague. Danny owns Lexen

“...it looked like I had stopped having fun, and it showed in my training”

Xtreme and watches over all of our training. He pointed out that it looked like I had stopped having fun, and it showed in my training. Then Jimmy Harris, Mike Roush and I decided that we would train together (Mike trained bench and squat separate). The main focus of our training would be getting better. Even if that meant 1 lb. per lift.

Since all of us had become frustrated to some degree with our training, we decided to look at things much differently. I had been following a deadlift program that was given to me by Sakari Selkainaho of the Finnish powerlifting team, and coach of the famous BullFarm team. His program was like this:

Week 1: Max-effort deadlift of some variety.

Week 2: Dynamic effort deadlift from the floor in full gear.

Week 3: Accessory day to assist the deadlift.

Week 4: Start cycle over.

This worked for awhile. Then we decided to change it to the fol-

PRE-CONTEST CYCLE

Deadlift

Week 1: Max-effort off 4-inch blocks for a double (raw or briefs only).

Week 2: Speed pulls (full gear) with double mini-bands, 10 x 1, with 425.

Week 3: Pin pulls just below the knee for three sets of eight (raw) with 495.

Week 4: Max-effort off a 2-inch block for a triple (raw or briefs only).

Week 5: Speed pulls (full gear) with double monster mini-bands, 8 x 1, with 450.

Week 6: Paused deadlifts (raw). Pull weight up to mid-shin, count 2 seconds then explode to top, 3 x 6.

Week 7: Max-effort 2-inch deficit pulls for a single (raw).

Week 8: Speed pulls (full gear) w/double mini-bands, 12 x 1, with 405.

Week 9: Light week of back and leg exercises. Lat pull-downs, rows, GMS, leg press, all done for 3 x 10.

Week 10: Max-effort pull-up to planned second from floor (full gear or raw).

Week 11: Speed pulls, straight weight (full gear) at 50 percent of planned third attempt 5 x 2, with 400.

Week 12: Meet.

Bench

Week 1: Floor press, 5 x 5 with 455.

Week 2: Incline dumbbell press, 3 x 20 at 125 lbs. Rest as much as needed to hit 20 reps in each set.

Week 3: Opener to a one-board in a shirt, or opener for a paused rep off the chest.

Week 4: Reverse band, 5 x 5 with 545.

Week 5: Floor press for 3 sets of 20 at 315 lbs.

Week 6: Up to second attempt off a two-board, then come back down to opener off a one-board.

Week 7: Floor press six sets of two, at 455 lbs.

Week 8: Reverse band bench for 3 x 8 at 500 lbs.

Week 9: All three attempts to a two-board if shirted. (Opener for a double and second for a single if raw.)

Week 10: Opener to a half board if using shirt. (Opener for a 2-second pause on chest if raw.)

Week 11: Floor press with 50 percent of planned third attempt for a double.

Week 12: Meet.

Squat

Week 1: Free squat at 50 percent of planned third attempt, 8 x 3.

Week 2: Work up to 75 percent in briefs for three singles, added Reverse bands at 80 percent x 1, 82.5 x 1.

Week 3: Free squat at 60 percent, 6 x 2.

Week 4: Olympic squats at 4 x 12, 405, 435, 465, 500 weights used.

Week 5: Work up to 80 percent in full gear, add Reverse bands at 85 percent x 1, 87.5 x 1.

Week 6: Work up to 70 percent in briefs 5 x 2, jump to 80 percent with knee wraps for a single.

Week 7: Olympic squats, 3 x 8, 475, followed by 315 to failure.

Week 8: Work up doing singles to opener full gear. Add Reverse Bands at 97.5 percent x 1, 102.5 percent x 1.

Week 9: Work up to last warm up before opener, repeated last warm up for three singles.

Week 10: Work up to second attempt in full gear, add Reverse bands at 105 percent x 1, 107.5 percent x 1.

Week 11: Work up to 50-percent planned third attempt in briefs for three sets of two, then do one set of 12 with 30 percent.

Week 12: Meet.



lowing template:

Week 1: Max-effort dead. Rotating singles, doubles and triples pulling off 4- and 2-inch blocks, and from a 2-inch deficit, but never from the floor. We trained this day raw until four weeks out, when it was a full gear pull off a 2-inch block to test our meet pull.

Week 2: Dynamic-effort dead. Always from the floor, and always with full gear to teach us how to set up properly. Using the gear allowed us to use heavier weight than normal speed pulls and the resistance increase. I believe this made us all more explosive by default.

Week 3: Repeated-effort dead. Instead of the accessory-only movements, this day became dedicated to high-rep deadlifts from pins, blocks, deficits, Romanian deads, etc., and we kept our rep ranges between five and 10 reps.

With this scheme our gains came not only quickly, but faster than we had imagined. We applied this principle to our other lifts, and the results were exactly the same. Thus, our

Cube Method was created.

Sundays were our bodybuilding day. We picked two or three muscle groups that were lagging and do four to six sets for each muscle group along with the staples of military presses, lat pull-downs and abs. It was a brutal but brief workout that kept us growing and progressing. The basic layout looks like this:

Week 1	2	3
Squats	1	2
Bench	2	3
Deads	3	1
	1	2

Bodybuilding is the fourth workout day.

The workouts are rotated in such a way that only one lift per week is maximal, and the others emphasize either speed or muscle work. Every third week, each lift gets a down week. This keeps the body and mind fresh and excited to lift come the heavy days. But it also keeps you focused on your down weeks, because if you slack off in those weeks it's going to show on your max day.

Every person that has been on this program has not only seen their lifts go up, but also their muscle mass has increased, fat has

"...our gains came not only quickly, but faster than we had imagined. We applied this principle to our other lifts, and the results were exactly the same. Thus, our Cube Method was created."



“This formula allowed me to achieve my best geared meet ever, where I totaled 2,530, and a raw meet where I totaled 2,105 at 308 via 800-540-765.”

decreased and the PRs have been amazing. In four months Jimmy Harris, at age 39, saw his raw squat go from 625 to an easy 805 (off a box), bench press jump from 390 to 500 and deadlift from 540 on the ground to 615 from a 2-inch deficit with no belt. I saw my raw bench go from 480 x 3, to 510 x 3, my raw squat go from 660 to more than 800, and my deadlift climb from a gut-busting 725 raw to an easy 775 raw. This formula allowed me to achieve my best geared meet ever, where I totaled 2,530, and a raw meet where I totaled 2,105 at 308 via 800-540-765. The beauty of it all is that I still implemented gear into nearly every training session except the last four weeks before my raw meet. This system can be used for any lifter, raw or geared, or a guy like me who does both. If you have been stuck in the gym and looking for a change, give this a try. I think you will enjoy the results. **PM**

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Marshall celebrates after pulling an 810 deadlift for charity.



HEART

★ ★ ★ OF A ★ ★ ★

CHAMPION

BY JEFF "ROBOT" IRION

PHOTOS BY GILMOUR CREATIVE DESIGNS

At first glance, you might think that Marshall Johnson is just a powerlifter. But beneath the tattoos and piercings, Johnson is both a philosopher and a philanthropist. After reading about his charitable work with kids and all that he's sacrificed on his journey to be the best, I think you'll agree: It's hard not to root for him.

POWER: Who are you and what are your stats: height, weight, age and best competition lifts?

JOHNSON: I'm Marshall "Freakshow" Johnson. I train at Jeff Adkins' P-Town Barbell. I compete in the 275-lb. weight class. I'm 29 and about 5 feet, 11 inches. I used to be 6 feet, 2 inches before I started powerlifting. My best competition lifts are a 1,052-lb. squat, 705-lb. bench, 810-lb. deadlift and 2,568 total. I am sponsored with EliteFTS and Southside Bully.

POWER: Why do you call it a deadlift?

JOHNSON: I actually stole the term "deadlift" from Jeff at the gym. Deadlifts are just that, death! They are the hardest lift, a true test of strength.

POWER: You are covered in tattoos and piercings, yet everyone says that you're the nicest guy.

JOHNSON: I grew up very small and timid. I wanted to be huge and look mean just so people would leave me alone. Before I began any type of weight training, getting tattooed and pierced was a way to self-medicate. There's a lot of serenity in pain. I used to have a lot more piercings. At one time I had 17 in just my head alone. Although I have lost interest in the piercings, I've kept the ones I loved: my septum and stretched lobes. My tattoos are still an ongoing work in progress.

I think that difference in my exterior and who I actually am is very appealing to people. This is who I am, this is the way I think I should look, and I am not going to change for anyone. I don't expect people to accept it, just accept me. That's what I try to inspire others to do.

POWER: Your nickname is "Freakshow." What's the story behind that?

JOHNSON: I got the name Freakshow before I even competed. I used to be a bouncer—a great job for someone petrified of confrontation. At the time I had a lot of holes in my head. One night, while escorting some guy out of the bar, he called me a freak. From then on the other bouncers called me Freakshow. I get some flak from time to time because Shawn Frankl is called Freakshow. But he was given that name as a compliment, and mine was meant as an insult.

POWER: You used to be a bodybuilder. How long did you do that and what kind of success did you have in the sport? When and where did you start powerlifting?

JOHNSON: I trained like a bodybuilder from about 2004 until my first competition in 2008. Tom Kemper held the NPC Upper Midwest show every year in March, so one year I decided to try. I trained for three months and dropped from about 265 to 182 lbs. on stage. I placed in the top five for the light heavies in a group of about 12 lifters. I competed the following year at the same weight, about 183 lbs., and got a very close second place out of about 12 lifters again. I wanted to put on some size for the next year, so I started

training like a powerlifter. After about six months of eating, getting large and lifting heavy weights, I was a powerlifter!

Being big, eating big and lifting heavy-ass weights is more appealing to me. I competed raw for a year or so in the NASA federation with lots of success. After about a year of raw lifting, I slowly moved up the levels of ply. I started single-ply and worked up just one ply every time until eventually I was a full-on gear whore. I think it is very important to get as strong as possible with as little help from gear before you move up in plys.

I do miss bodybuilding and will one day sport my power panties on stage again. There is a distinct difference in the type of mental toughness the two sports take. I absolutely love the struggle, the torture, the hardship and the 24-7 dedication that bodybuilding demands. You need the mental toughness to continue on with the lack of calories, lack of carbs, and lack of motivation. You have to go to the gym one, two, three times a days and bust your ass when all you want to do is quit and die. Powerlifting requires a whole different type of mental toughness. On a weekly basis you have to handle and work with weights that can cause serious harm and injury. It's physically dangerous. To be on an elite level, both sports require a unique type of mental toughness that not many people can maintain. That is why I love them both so much.

POWER: When did you start training at P-Town Barbell and what sacrifices did you make to train there?

JOHNSON: My wife Kathy and I were living in Fargo, ND and training at Anthony Carlquist's and Jason Ehlert's Dakota Barbell when I first met Jeff Adkins, the owner of P-Town Barbell. Kathy and I decided one weekend to make the 3 hour drive to P-Town to train with Jeff and his crew and my mind was made up that day that this is where we belonged. We began training there every weekend and staying at Kathy's parents' house and all of my lifts took off.

At the end of 2011 my wife was graduating college. I knew a big change had to be made to take my training to the next level and finally live my dreams. I had a great job in Fargo: great pay, great hours, great benefits, and most importantly a future. But I knew that if I wanted to make it in powerlifting then P-Town needed to be my permanent home. In January of this year I walked away from a secure future to move closer to P-Town. Nothing comes without sacrifice and nothing great comes without a price. Sometimes I regret moving, question myself about whether or not it was the right thing to do. Deep down, though, I believe that if you are doing what you love, and following your heart then you can't go wrong. All I know is that by the time powerlifting has run its course with me I will be or will have been the best 275-lb. powerlifter in the world.

POWER: That's a pretty lofty goal. How do you plan to take out Dave Hoff? Perhaps with the candlestick in the billiards room? Or maybe the revolver in the conservatory?

JOHNSON: When I say that I want to be the No. 1 275-lb. powerlifter in the world, there is some give to that statement. Whether

it's having the all-time total, or just being the best of my time period, I want to in some capacity be the best in my weight class. I won't even begin to compare myself to Hoff. He is definitely in a realm all his own and will never be equaled. His mentality, to me, is far more impressive that the numbers he puts up. I am absolutely terrified on

the platform. I would kill for just one meet to feel that total absence of fear! To be able to attach as much worry about a 930-lb. opening bench as putting on my shoes and walking down the street.

I know I will squat 1,200 someday. My bench is what is going to keep me away from an untouchable total, but if I can match his deadlift with my bench then there's hope. My equalizer is my deadlift. I am just beginning to scratch the surface of my potential on all three lifts. I have the tools and resources at my disposal now to take my training to a whole new level, and only time will tell where I end up. I will never be a Hoff, Coan or Vogelwohl, but I will be the best Marshall that time allows me to be.

POWER: Why is it that you're such a huge fan of bodybuilder Kai Greene?

Does he know that you're swinging wildly from his lock of hair?

JOHNSON: I have been a fan of Kai Greene for years, but he became a role model of mine in November 2011. I was preparing for a big meet in Dubuque, Iowa. I was on EliteFITS' radar, so the pressure to perform was magnified tremendously. I trained myself into injury and exhaustion for that meet, and I ended up bombing out on deadlifts because my back was mush. I sat behind that stage and balled for 20 minutes. I'd let everyone I loved down, I'd blown things with EPS, all that hard work was for nothing.

Things were pretty dark for a month or so. I was looking for motivation in YouTube videos and I came across a video of Kai Greene after he'd had a disappointing finish at the Olympia after training a whole year for it. I instantly connected with him and the feelings he had. I learned that after 20 years of being moneyless, homeless, job-less and alone, he climbed out of the darkness and is now one of the best bodybuilders in the world. He has a philosophy of positive thinking, positive mental reinforcement and mental strength that appeals to me a great deal. My goal is to one day meet him face to face, shake his hand and thank him because he single-handedly changed my life and doesn't even know it.

POWER: Your first breakout meet was at Relentless 2011. Tell us about that meet.

JOHNSON: The Relentless meet was run by Scott Nutter as a fundraiser for Garth Heckman, a local powerlifter, gym owner and pastor. He had just beaten colon cancer when he was diagnosed with liver cancer. The doctors told him that he had a 50 percent chance of being alive in five years. Every penny from the meet went to the Heckman family. Almost \$20,000 was raised.

Relentless 2012 was the return of Garth Heckman, cancer-free and a competitor in the meet. That was also the birth of the relationship between the Relentless meet and HopeKids, HopeKids is a



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foundation a lot like Make-A-Wish. One of the differences is that they try to get the whole family involved, because the family suffers as well when a member is fighting a terminal illness. HopeKids is now the official foundation for Scott Nutter's Relentless meet.

POWER: What does it mean to be "Carter strong?"

JOHNSON: There were many, many families and kids involved with Relentless, but there was one child who stuck out. Carter, 9, was fighting a brain tumor. His brain surgery and chemotherapy had severely affected his motor skills, vision and legs. He had special glasses because he had quad vision, he had to wear braces on his legs because walking was a huge challenge, and he had lost his hair. He was so physically affected by everything that just being awake for a few hours drained him to the point of exhaustion. But not once did I ever hear him complain, see him cry or look sad. This kid was so young and fighting so much, but he was so strong and he never once quit or complained. Since then I have aspired to be "Carter Strong." He has beaten cancer and is now on the road to recovery.

Scott Nutter's Relentless vision has led to two other Relentless charity meets held throughout the country. I will be heading to Michigan in November for Relentless Detroit. Hopefully there will be many Relentless meets held each year.

POWER: You had another breakout meet back in July at the 2012 UPA Iron Battle on the Mississippi. How did you manage to pull everything together and go nine-for-nine, despite some adversity in your training leading up to the meet, and even in the warm-up room?

JOHNSON: I was officially an EliteFTS sponsored athlete, so I had all the resources of EFS at my disposal: brand-new gear, access to knowledge from Dave Tate and the other sponsored athletes, and just the overall confidence that I did belong, that I was a pro-level competitor.

I also had a very brutal, but very beneficial raw training cycle getting ready for Dubuque. But in true Marshall fashion, I pushed too hard and too far. I ended up hurting my back to the point that I couldn't even hold up my own torso on certain days. So, I took two weeks off about a month and a half out from the meet, and when I came back I destroyed my numbers in training. I felt better, stronger and healthier than ever before. Of course, I pushed it to the max because I felt great, and ended up tweaking my back again. I took the last two weeks of my training cycle off and rest until the meet.

The thought of not training that close to a meet scared the shit out of me. I was the most scared and anxious I had ever been for a meet in my life. But when it was my turn, something happened. All doubt faded and I knew I could hit that weight no matter what. From this experience I learned that I can still train my way — balls to the wall, no mercy — but if I want to train that way then time off is a necessity.

POWER: So you've just hit a big PR total of 2,568.

Unfortunately, you're now dealing with a back injury that's hampering your squat and deadlift training. How do you plan to overcome this? And what is your next goal en route to becoming the top 275 in the world?

JOHNSON: I am searching for ways to still train hard and get stronger without aggravating my back. I have been doing a lot of front squats and leg presses to help keep my legs in check. I actually think this extra effort with my quads will help me in the long run with both my squat and deadlift. I don't have access to a belt squat machine so I have been using a weighted dip belt and squatting with weight hanging off of that. I also discovered that doing deadlifts with the trap shrug bar doesn't aggravate my back. I stand on a platform, though, to make sure the lift starts at about the same height as a regular pull.

Another advantage to my disadvantage is that I have been able to put a lot more focus on my bench press. Being my lagging lift, this is a great opportunity to make up some ground. I have increased the workload and intensity and also added more shoulder-based movements to my training, like overhead press and DB raises.

My next goal is just to come into a meet healthy and hit PRs, whether they are 50 lbs. or 5 lbs. I received some great advice from Shawn Frankl. He said that once he stopped caring about pleasing everyone, winning every meet he entered and hitting monstrous PRs every meet, that's when he really started to dominate in this sport. Train to the best of your ability on any given day, and compete to the best of your ability on any given day. Quit worrying about the stuff that truly doesn't matter and just do what you love.

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

JOHNSON: The best advice I was ever given was to give what you get. There have been a lot of people who have invested their resources, money, time and effort in me. Two people in particular are Tom Kemper and Ed May. They received help when they were younger to achieve their goals, so passing along the favor was just their way of giving back. Ed said, "I want nothing in return, but when the time comes and you can do this for someone else you help them." I want to thank Dave Tate, Matthew Goodwin, and Steve Colescott for believing enough in me to give the chance to live my dream of being sponsored by EliteFTS. Also I want to thank my wife Kathy, my team at P-Town, SouthSide Bully, Dakota Barbell, Stan Efferding, Shawn Frankl, Bob Bruner, Nick Boll, Gregg Damminga, Andrew at BPI, and especially all those people at my gym in Fargo who used to leave notes on our Monolift telling me I was a loser, a cheater and a failure waiting to happen. There are so many others I could thank, so to everyone that has ever helped me live my dreams, I thank you with all my heart and I won't let you down. **PM**



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DEADLIFT PARTY

WITH DAN GREEN

Everyone wants a big, bar-bending deadlift. Pulling big weights wins you meets, impresses people on YouTube and makes you feel generally more important. But if you already deadlift, how do you deadlift more?

Now granted, you could be content with a deadlift that's already "pretty good" if you're more interested in being skinny. If not, however, then the thought of pulling up bars loaded with more and more plates, eyes bulging from swollen red faces, backs straining to survive and defy gravity, hands and arms stretching, tearing ... well, these thoughts likely run through your mind over and over all day, every day. The images of iconic men like Bolton and Konstantinovs, Gant and Peoples, Magnusson and Coan make us marvel at their unbelievable strength and dedicate ourselves to pulling to our own potential. We wonder: how did they train themselves to pull these

impossibly heavy weights? I tend to also wonder how damned stubborn and unreasonable these men must have been to have tirelessly chased lifts that very few people likely believed could be done. In the face of serious injuries and countless failures — the sacrifices — what allows someone to believe that their body can stand up to the task of training for a world-class deadlift? The reality for many of us, though, is that we don't have what it takes and we know it, so we cheat and pull sumo.

This is because sumo gives you the advantage of a shorter range of motion and allows for more use of legs and hips with less stress on the lower back. Gaining these advantages means mastering a lift that requires great technique and flexibility. When I began toying with sumo, my conventional dead had hit a plateau. I was stuck at 660, and despite good hip and groin flexibility, I was only able to progress up to a very challenging 545 sumo max after a month. I decided that sumo deadlifting was clearly not for me. Several months later, still stuck in the mid-sixes, I went sumo again for six weeks. I pulled 585 but always felt like I was squatting the weight up or just straightening out and using all back. So it was back to conventional, and after four more months I'd hit 675 — an improvement, but yet



not that satisfying considering how long I'd been stalled out. A third run at sumo pulling was in order, but before beginning, I was fortunate enough to have met the late Craig Terry and watched him go through one of his deadlift sessions. He followed a simple, yet brutal program, which I later stole and adapted to my own sumo training.

Enter the "Deadlift Party"

When I pulled conventional, I tended to have my greatest gains pulling heavy from the floor, pulling heavy from a deficit or pulling stiff legs. Sometimes I'd set up some bands and pull against them in the rack. When I watched Craig, he basically warmed up and then pulled from the floor for one set of max reps ... maybe five or six. Then he added 50 lbs. and pulled max reps again, this time with the weights resting on 5-inch blocks. He was a weight class lighter than me,

about 40 years old, and was repping with my max and he had been doing it for decades. I was impressed, to say the least. Then he lowered the weight about 100 lbs. and pulled max reps while he stood on a 100-lb. plate. It was brutal to witness, but not very complicated. I wanted a piece of it too. I wanted to party.

So when I got around to giving sumo a third try, I adapted this program. I'd start with a weight I could rep off the floor around four to six times. I hadn't pulled off blocks before — only pins — but I went ahead and stacked all the extra rubber mats our gym had into two 4-inch piles. I started pulling off these, and noticed that I'd often struggle with the first rep of a set, but would tend to pull with better technique as the set went on. At first they were hard, but as I'd set up for each subsequent set I would naturally want to space my feet out a little wider. I started to get the feel for the start of the pull, which was always what felt so awkward. I said in the beginning, my hips were fairly flexible, but not strong.

It is the difference between passive and active flexibility. Passive hip flexibility would be using an external force to essentially pry the hips open. Active flexibility, then, is holding your hips open without an external force — using the strength of the glutes themselves to keep the knees opened up wide. The hips need to be strong to keep pushing the knees out while you are extending your back and hips and driving your legs. If hips are strong, they push the knees out and continuously move closer to the bar, gaining leverage for your thighs and back. Flexible hips that are weak may start close to the bar, but won't be able to hold their position when the legs and back extend with enough force. They are either pushed back away from the bar when the legs drive, turning it into a wide stance stiff leg deadlift, or they stay in position but limit the power of the legs —

the bar feels bolted to the earth and won't budge.

Sumo pulls from blocks were the answer. They allowed me to build the hip strength to get a lot of weight moving and to keep it moving to lockout. It doesn't require as great of flexibility to reach the bar, either, as it is 4-inch higher, so the position was a great starting point for mastering the lift. When people ask for advice to improve their sumo strength and technique, this is always the exercise I think is the most important.

Last but not least, were the deficit deadlifts. These are not for the faint of heart or skinnies. Standing on a 3- to 4-inch box or plate and pulling conventional deadlifts is brutal, but easily adds strength and mass to the back, lats, hamstrings and abs. It compliments sumo training well but it is also my favorite lift to build the conventional deadlift. So,

after pulling sumo off the floor and then blocks, one set of conventional deads from a deficit puts the finishing touch on a festive day of deadlifting. It can be brutal, but this is the workout that quickly gave me hope of progressing my sumo past my conventional dead. Now I have repeatedly pulled over 800 and still compete as a 220.

Is the "Deadlift Party" right for you?

This is the basic template to start partying with:

1. Sumo deadlift: warm-up, then one set of max reps (aim for four to six)
2. Sumo block pulls: 4-inch blocks, two sets of three to five reps
3. Conventional deads: 3- to 4-inch deficit, one set of max reps (aim for four to eight)
4. Additional work for abs, hamstrings and lats can be completed as needed

I've followed this, or something similar to this, for years now. If a bigger sumo deadlift sounds like something you might be interested in, then the "Deadlift Party" may be just the answer. And to ensure continued success, here are some thoughts on how to implement the training in the long-term and how to recover.

The best gains come from consistent, sustained training while maximizing recovery and minimizing wear on the body and fatigue.

Avoid failing reps. When you are not sure if you will hit another rep, often it's best to end the set. This keeps you training with less fatigue and CNS [Central Nervous System] stress, and to utilize better technique. Sometimes it's hard to leave a rep in the tank when you are excited, but I've noticed that progress tends to continue when you



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don't go for crazy grinder reps, and stalls the more often you do. Remember that in the gym you are "training" and not always "testing."

Begin and progress with conservative weights and jumps. The more successful reps and sets you accumulate, the stronger you get over time. Allow yourself to progress steadily. Too heavy too soon will stall your progress. Choose your sets wisely! You have improved if you do more reps with the same weight or a heavier weight for equal reps. As the weeks go by and/or you are approaching a meet, the reps should start to lower and the weights steadily increased. Again, be smart and you'll have more training days and fewer de-loads.

Focus on technique. Mastering technique allows you to lift more weight while straining the joints less. Poor body positioning is akin to a car with a poor tire alignment. It's going to wear out the tires much faster. Your joints can only tolerate and recover so much. If you abuse your hips, you'll then need more time off or you will have to de-load.

Train your weak areas. It's not enough to understand proper technique if you are not strong enough to execute it!

Recover. It's not as exciting as the training part, but rest, soft-tissue work like massages and stretching, and nutrition and sports supplements all play a role in your recovery. Getting yourself to your next training session is your responsibility. Prioritize it and get help



as needed. I enlisted the help of Mike Israetel of Renaissance Periodization for nutritional coaching. He designs my diet to maximize my energy and strength while helping me get my weight down for weigh-ins.

Don't be skinny. Just don't do it. Nothing good ever comes from being skinny.

What's your problem?

Getting your technique dialed in requires dedication and some troubleshooting. When you set up for a sumo pull, there are a few musts in terms of technique and a few options. I have a well-rehearsed technique that is now second nature (which I'll share), and a few ideas for trou-

bleshooting weaknesses:

Position the feet. Mine are wide and turned out 45 degrees or a little more. My shins are right up against the bar. My knees are pointed out at a wide angle and I am pressing against the outsides of my shoes to really engage the hips.

Position the hips. My hips are positioned above the bar as much as possible. Not too low — it's not a squat, but close enough so that I can keep a fairly upright torso during the pull.

Breathe deep. I spot where my hands will grip the bar — just outside the smooth part, with all four fingers on the knurling. Just before I reach down to grasp the bar, I take a deep breath into my belly, pressing my abs into my belt and flexing my lats and chest. I

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want my upper body to be like a battering ram so I can blast into the weight. I'm now holding my breath and committed to the lift.

Grip the bar. With the knees somewhat bent, I bend down to the bar and grip it deep in my palm. I avoid excessively curling my wrists, as this tends to just cause them to uncurl once you begin. When a sharp bar is spinning in your hand it becomes much better at shredding the skin than locking it in tight. I also tend not to try to squeeze the bar too much. I want my arms to feel like hooks so I can pull like I've got straps on and really stretch out for maximum leverage.

Get ready. I quickly pull my head and chest up as I drop my hips. My knees are open, moving my hips close to the bar. I explode upwards.

At this point my hips are pushing out and my legs are driving. I try to pull up until my knees lock and then allow my hamstrings to finish extending my hips. I finish tall and wait for the down signal!

Mastering it is a challenge, but even once you can execute proper technique with lighter weights you may have weak body parts that cause technical failure at heavier weights.

Weak off the floor

Ironically, the best exercise that I find to be the best for building strength off the floor is block pulls. The block pulls allow you to strengthen your hips so much that when you put the bar on the floor, you'll be strong enough to use all of your leg drive and stay in position as the strain sets in.

Then, to build the leg drive up in general, you must perform enough volume of deads off the floor. I believe in deadlifting to build

the deadlift, not good mornings or other fancy non-deadlifting exercises. Sumo pulling strength is so unique that you simply can't replace it. And the advantage of reps with a submaximal weight is that you can work the muscles involved without going above the weight where your technique disintegrates.

Weak lock-out

After the legs have finished straightening out, you must use your hamstrings to pull the hips to full extension. One of the best hamstring exercises is arched-back stiff leg deads. I stand on a tall box, start from the top, keep my back totally arched as I reach down to my shoe tops and pull back up, and do sets of five to eight reps. I like doing these after squatting. My second choice would be doing GHRs [Glute Ham Raises] with a weight or a band behind my neck. Gotta have strong hamstrings!

If I feel like getting fancy, I may pull against bands. This really gives strong feedback on your hip position as you finish the initial pull and attempt to lock-out the weight. Not to mention the challenge it places on your grip. These are great, but very stressful on the body, so they should only be thrown in on occasion.

Lastly, you can never have enough ab strength or upper back strength. Weighted sit-ups are my staple along with high volumes of rowing and chinning. **PM**

Dan Green is the recently crowned world record holder for the 220s. His raw total of 2030 lbs. (760 squat, 480 bench & 790 deadlift) beat out Belyaev's record of 2028 lbs. that was set in 2009. Dan trains at Boss Barbell Club in Mountain View, CA.



TOP 50 WORLD RANKINGS

Can you qualify?

With all of the different federations, categories, and equipment in powerlifting, it seems like everyone holds some kind of record nowadays. But how do you really stack up? This is a no excuses, no holds barred list of the minimum bench, deadlift and total in each weight class to make the Top 50. That includes raw, single-ply, and multi-ply. Did you make the top 50 cutoff for your weight class? If so, that's quite the accomplishment. If not, then get to work!

ALL TIME HISTORICAL MEN'S POWERLIFTING TOP 50 MINIMUM QUALIFICATIONS IN LBS.

WEIGHT CLASS	SQUAT	BENCH	DEADLIFT	TOTAL	X-BODYWEIGHT
114	457.5	292.1	465	1151.9	10.05X
123	505	341.7	512.6	1289.7	10.45X
132	560	385	562.2	1422	10.75X
148	644.9	451.9	628.3	1609.4	10.81X
165	722	518.1	683.4	1802.3	10.90X
181	780	573.2	727.5	1925	10.58X
198	826.7	617.3	755.1	2039.3	10.28X
220	903.9	677.9	782.6	2182.6	9.90X
242	931.5	733	810.2	2292.8	9.45X
275	1000	760.6	830	2370	8.60X
308	1005	793.7	821.2	2403	7.79X
SHW	1008.6	775	826.7	2408.6	

ALL TIME HISTORICAL WOMEN'S POWERLIFTING TOP 50 MINIMUM QUALIFICATIONS IN LBS.

WEIGHT CLASS	SQUAT	BENCH	DEADLIFT	TOTAL	X-BODYWEIGHT
97	292.1	165.3	308.6	738.5	7.61X
105	341.7	203.9	347.2	854.3	8.07X
114	374.8	231.5	385.8	953.5	8.32X
123	402.3	255	413.4	1030.7	8.35X
132	446.4	285	440.9	1113.3	8.42X
148	474	314.2	468.5	1196	8.04X
165	518.1	330.7	496	1284.2	7.77X
181	523.6	341.7	496	1325	7.28X
198	507.1	335	485	1284.2	6.47X
SHW	529.1	363.8	496	1300.7	



APEX

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**WORLD RECORD
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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 275

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1185.0	BRIAN CARROLL	(US/81)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
2	1180.0	CHUCK VOGELPOHL	(US/65)	(3/5/11)	(COLUMBUS, OHIO)	(IPA)
3	1168.4	YEVGEN YARYMBASH	(UKRAINE/83)	(10/11/08)	(MANGUSH, UKRAINE)	(IPA)
4	1168.4	DAVE HOFF	(US/88)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
5	1107.8	MARC "SPUDS" BARTLEY	(US/68)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
6	1105.0	JOE NORMAN	(US/68)	(2/27/10)	(ORLANDO, FLORIDA)	(APF)
7	1102.3	STEVE GOGGINS	(US/63)	(3/1/03)	(COLUMBUS, OHIO)	(WPO)
8	1102.3	ANO TURTIAINEN	(FINLAND/67)	(3/25/07)	(JUVA, FINLAND)	(WPC)
9	1102.3	CHARLES BAILEY	(US/63)	(6/24/07)	(MARIETTA, GEORGIA)	(APC/GPC)
10	1102.3	AL MEHAN	(CANADA/74)	(9/22/07)	(SAINT FRANCISVILLE, LOUISIANA)	(APF)
11	1080.3	JOSE GARCIA	(US/77)	(6/14/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
12	1080.3	MICHAEL GRIFFIN	(US/75)	(11/7/09)	(PLANO, TEXAS)	(APF)
13	1069.2	SERGEY MOSER	(GERMANY/76)	(10/22/06)	(STUTTGART, GERMANY)	(WPC)
14	1058.2	CHARLES "CHAS" FAY	(US/80)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
15	1058.2	JAMES GRANDICK	(US/68)	(9/6/08)	(OMAHA, NEBRASKA)	(APF)
16	1058.2	SERGIY KARNAUKHOV	(UKRAINE/78)	(11/22/08)	(PALM BEACH, FLORIDA)	(WPC)
17	1052.7	MARSHALL JOHNSON	(US/83)	(7/21/12)	(DUBUQUE, IOWA)	(UPA)
18	1050.0	RON "SCOTT" YARD	(US/82)	(9/30/06)	(NEW CASTLE, DELAWARE)	(APF)
19	1047.2	JEREMIAH FREY	(US/81)	(3/22/09)	(OMAHA, NEBRASKA)	(APF)
20	1047.2	MARK "JACKASS" BELL	(US/76)	(2/26/12)	(SACRAMENTO, CALIFORNIA)	(SPF)
21	1041.7	OAN BASSON	(US/78)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
22	1040.0	GREG PANORA	(US/80)	(1/20/08)	(COLUMBUS, OHIO)	(IPA)
23	1036.2	RUFAT AGAYEV	(AZERBAIJAN/75)	(4/22/12)	(ROSTOV, RUSSIA)	(WPC)
24	1030.7	DAVE PASANELLA	(US/62-90)	(5/28/89)	(ROSEMONT, ILLINOIS)	(APF/WPC)
25	1030.7	JUSTIN GRAALFS	(US/79)	(11/29/05)	(OMAHA, NEBRASKA)	(APF)
26	1030.7	ANTHONY CARLQUIST	(US/79)	(3/24/12)	(APPLE VALLEY, MINNESOTA)	(APF)
27	1014.1	FRED HATFIELD	(US/42)	(3/23/87)	(HONOLULU, HAWAII)	(USPF/APF/WPC)
28	1014.1	JIM HOSKINSON	(US/65)	(3/28/04)	(LEWISTON, MAINE)	(APF/WPC)
29	1014.1	IVARS CIRULIS	(LATVIA/80)	(3/3/07)	(COLUMBUS, OHIO)	(WPO)
30	1010.0	GREG "BEETLE" LOWE	(US/55)	(11/14/98)	(HUNTINGTON, PENNSYLVANIA)	(FCI)
31	1010.0	KARL TILLMAN	(US/63)	(8/27/05)	(ROCK HILL, SOUTH CAROLINA)	(APF)
32	1010.0	SCOTT MOUNT	(US/65)	(4/12/08)	(COLUMBUS, OHIO)	(IPA)
33	1008.6	TED FORBES	(US/72)	(6/5/05)	(DETROIT, MICHIGAN)	(APF/WPC)
34	1005.0	JOHN POREMBA	(US/80)	(11/21/04)	(SHAMOKIN DAM, PENNSYLVANIA)	(IPA)
35	1005.0	NELSON CASTELLANO	(US/84)	(5/29/10)	(TAMPA, FLORIDA)	(APF)
36	1005.0	LESTER ESTEVEZ	(US/72)	(10/30/10)	(ORLANDO, FLORIDA)	(APF)
37	1005.0	JUSTIN WINDER	(US/88)	(8/20/11)	(COVINGTON, KENTUCKY)	(SPF)
38	1005.0	JIM BENSON	(US/86)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
39	1003.1	KIRK KARWOSKI	(US/66)	(7/23/95)	(BATON ROUGE, LOUISIANA)	(USPF/IPF)
40	1003.1	MICHAEL ALLOCCO	(US/78)	(6/5/05)	(DETROIT, MICHIGAN)	(APF/WPC)
41	1003.1	MATT WENNING	(US/79)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
42	1003.1	RAY PIERCE	(US/72)	(11/4/06)	(PLANO, TEXAS)	(APF)
43	1003.1	TOBY IRBY	(US/74)	(9/15/07)	(WOODSTOCK, GEORGIA)	(APF)
44	1003.1	ANDY ZAVALA	(US/77)	(12/1/07)	(CONCORD, CALIFORNIA)	(UPA)
45	1003.1	JO JORDAN	(US/73)	(6/14/08)	(KENNESAW, GEORGIA)	(APF)
46	1003.1	JASON GIBSON	(US/73)	(4/3/10)	(SANDY, UTAH)	(AAPF)
47	1003.1	GREG TILLINGHAST	(US/72)	(8/7/10)	(HOUSTON, TEXAS)	(APF)
48	1003.1	CRAIG COOMBES	(GREAT BRITAIN/75)	(11/19/11)	(RIGA, LATVIA)	(WPC)
49	1000.0	JIM WENDLER	(US/75)	(4/17/05)	(NEWARK, OHIO)	(IPA)
50	1000.0	ZECH COLE	(US/84)	(4/2/06)	(ZANESVILLE, OHIO)	(IPA)

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BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1030.7	SCOT MENDELSON	(US/69)	(12/12/09)	(CAMARILLO, CALIFORNIA)	(APF)
2	959.0	DAVE HOFF	(US/88)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
3	948.0	ROB LUYANDO	(US/70)	(7/13/08)	(DUBUQUE, IOWA)	(UPA)
4	898.4	VIKTOR NAYDENOV	(RUSSIA/87)	(6/6/12)	(MOSCOW, RUSSIA)	(WPC)
5	875.0	ROBERT "TEE" MCCRAY	(US/72)	(7/30/11)	(HARTFORD, CONNECTICUT)	(IPA)
6	865.3	RICHIE BRIGGS	(US/84)	(9/6/08)	(OMAHA, NEBRASKA)	(APF)
7	859.8	ALBERTO FRANCO	(US/73)	(11/5/06)	(LAKE GEORGE, NEW YORK)	(APF/WPC)
8	854.3	MARK "JACKASS" BELL	(US/76)	(5/23/10)	(SACRAMENTO, CALIFORNIA)	(SPF)
9	854.3	ALLEN BARIA	(US/71)	(11/13/11)	(PALM BEACH GARDENS, FLORIDA)	(USPF/WPF)
10	845.0	BILL CRAWFORD	(US/71)	(6/25/05)	(GLENS FALLS, NEW YORK)	(APF)
11	843.3	JOHN ZEMMIN	(US/69)	(1/20/07)	(DUBUQUE, IOWA)	(APF)
12	840.0	RON "SCOTT" YARD	(US/82)	(9/30/06)	(NEW CASTLE, DELAWARE)	(APF)
13	835.0	TRAVIS BELL	(US/85)	(12/4/11)	(CINCINNATI, OHIO)	(SPF)
14	832.2	JOHN STEWART	(US/64)	(8/9/08)	(DALLAS, TEXAS)	(WABDL)
15	830.0	VINCENT DIZENZO	(US/69)	(10/23/10)	(CRANSTON, RHODE ISLAND)	(IPA)
16	826.7	ANDY FIEDLER	(US/66)	(8/7/04)	(DUBUQUE, IOWA)	(APF)
17	826.7	TOMMY HARRISON	(US/74)	(11/17/07)	(ANAHEIM, CALIFORNIA)	(WABDL)
18	820.0	GREG PANORA	(US/80)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
19	820.0	TIM GALE	(US/73)	(4/28/12)	(GLENOLDEN, PENNSYLVANIA)	(IPA)
20	815.7	DAVID LEWIS	(US/72)	(6/6/10)	(CHICAGO, ILLINOIS)	(APF/WPC)
21	815.7	VLADIMIR MAXIMOV	(RUSSIA/66)	(11/6/10)	(MIKKELI, FINLAND)	(WPC)
22	815.7	J.B. HILL	(US/74)	(9/10/11)	(HIRAM, GEORGIA)	(APF)
23	815.0	JEREMIAH FREY	(US/81)	(8/23/09)	(SHARONVILLE, OHIO)	(SPF)
24	815.0	HARLEY TIMBS	(US/70)	(2/13/10)	(NASHVILLE, TENNESSEE)	(SPF)
25	804.7	SEBASTIAN BURNS	(US/72)	(6/21/08)	(VALDREUIL-DORION, QUEBEC, CANADA)	(WPC)
26	804.7	JAMES GRANDICK	(US/68)	(9/6/08)	(OMAHA, NEBRASKA)	(APF)
27	804.7	YEVGEN YARYMBASH	(UKRAINE/83)	(10/11/08)	(MANGUSH, UKRAINE)	(IPA)
28	804.7	ZOLTAN CSEPREGI	(HUNGARY/74)	(11/15/11)	(RIGA, LATVIA)	(WPC)
29	800.0	BILL CARPENTER	(US/73)	(4/14/07)	(LAKE GEORGE, NEW YORK)	(APF)
30	785.0	BRIAN CARROLL	(US/81)	(2/27/10)	(ORLANDO, FLORIDA)	(APF)
31	780.0	JOSH MCMILLAN	(US/78)	(7/3/10)	(CINCINNATI, OHIO)	(SPF)
32	777.1	MIKE WOMACK	(US/83)	(11/19/06)	(LAS VEGAS, NEVADA)	(WABDL)
33	777.1	PATRICK PARNELL	(US/66)	(11/20/10)	(LAS VEGAS, NEVADA)	(WABDL)
34	777.1	JOHN BOGART	(US/71)	(4/21/12)	(FAIRMONT, WEST VIRGINIA)	(USPF)
35	775.0	JOEL "CUBAN BULL" TORANZO	(US/71)	(9/15/07)	(NEW CASTLE, DELAWARE)	(APF)
36	775.0	WILLIAM BARROTTI	(CANADA)	(3/31/12)	(ITHACA, NEW YORK)	(IPA)
37	771.6	OLEG KUSHNAREV	(RUSSIA/73)	(3/2/08)	(PERM, RUSSIA)	(WPC)
38	771.6	CRAIG COOMBES	(GREAT BRITAIN/75)	(11/19/11)	(RIGA, LATVIA)	(WPC)
39	770.0	MARCUS COULTER	(US/73)	(8/27/05)	(BEAVER SPRINGS, PENNSYLVANIA)	(USA)
40	770.0	KYLE ROBERTSON	(US/81)	(5/12/07)	(MOCKSVILLE, NORTH CAROLINA)	(APF)
41	770.0	JIM HOSKINSON	(US/65)	(2/19/11)	(ORLANDO, FLORIDA)	(APF)
42	766.1	VLADIMIR KRAVTSOV	(RUSSIA/72)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
43	766.1	RICH MCDOWELL	(US/66)	(4/28/12)	(BRANSON, MISSOURI)	(USPA)
44	765.0	RYAN KENNELLY	(US/74)	(9/6/03)	(KENNEWICK, WASHINGTON)	(APA/WPA)
45	765.0	DOUG SMITHEY	(US/74)	(11/20/11)	(YORK, PENNSYLVANIA)	(IPA)
46	760.6	CURTIS RABON	(US/64)	(1/26/08)	(CLAYTON, NORTH CAROLINA)	(APF)
47	760.6	JASON LASKOWSKI	(US/66)	(6/20/09)	(HOUSTON, TEXAS)	(WABDL)
48	760.6	LASZLO MESZAROS	(HUNGARY/68)	(6/10/10)	(MOSONMAGYARÓR, HUNGARY)	(WPC)
49	760.6	SAM AJMAVAE	(US/72)	(11/4/11)	(RENO, NEVADA)	(WABDL)
50	760.6	PETTERI HOSIO	(FINLAND/79)	(5/19/12)	(BLEED, SLOVENIA)	(GPC)

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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MEN'S POWERLIFTING

*List Includes International Lifters

DEADLIFT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	948.0	KONSTANTIN KONSTANTINOV	(LATVIA/79)	(4/2/06)	(RIGA, LATVIA)	(IPF)
2	904.0	DAN WOHLER	(US/61)	(12/12/82)	(SANDUSKY, OHIO)	(NSM)
3	894.0	ANO TURTAJAINEN	(FINLAND/67)	(2/24/02)	(COLUMBUS, OHIO)	(WPO)
4	888.5	ANDREY MALANICHEV	(RUSSIA/77)	(8/28/05)	(ORIOL, RUSSIA)	(IPF)
5	887.4	MAXIM PODTYNNY	(RUSSIA/72)	(3/3/02)	(SYKTYVKAR, RUSSIA)	(IPF)
6	887.4	MIKHAIL GLAZUNOV	(RUSSIA/74)	(9/27/11)	(YEKATERINBURG, RUSSIA)	(WPC)
7	881.8	STEVE GOGGINS	(US/63)	(3/1/03)	(COLUMBUS, OHIO)	(WPO)
8	881.8	MIKA HILTUNEN	(FINLAND)	(8/27/05)	(TAMPERE, FINLAND)	(WABDL)
9	881.8	ISTVAN ARVAI	(HUNGARY/74)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
10	881.8	KONSTANTIN KONSTANTINOV	(LATVIA/79)	(12/20/09)	(DOBELE, LATVIA)	(AWPC)
11	876.3	ISTVAN ARVAI	(HUNGARY/74)	(11/14/04)	(CAPE TOWN, SOUTH AFRICA)	(IPF)
12	865.3	ED COAN	(US/63)	(6/25/00)	(CHESTER, WEST VIRGINIA)	(USPF/WPL)
13	859.8	SCOTT WARMAN	(US/56)	(3/2/86)	(EL DORADO, ARKANSAS)	(USPF)
14	859.8	ALEXEY PANKOV	(RUSSIA/83)	(6/21/04)	(SOFIA, BULGARIA)	(IPF)
15	859.8	JOSE GARCIA	(US/77)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
16	857.6	ANDY BOLTON	(GREAT BRITAIN/70)	(6/9/92)	(MACCLESFIELD, ENGLAND)	(WPC)
17	856.0	JOHN KUC	(US/47)	(5/11/85)	(CLIFTON HEIGHTS, PENNSYLVANIA)	(ADFFA/WDFPF)
18	855.4	DAVE CARTER	(GREAT BRITAIN)	(12/2/90)	(STONE, ENGLAND)	(WPC)
19	855.4	MICHAEL BRUEGGER	(GERMANY/62-09)	(3/9/94)	(KREFELD, GERMANY)	(WPC)
20	854.3	LARS NOREN	(SWEDEN/61)	(5/4/87)	(BIRMINGHAM, ENGLAND)	(IPF)
21	854.3	DAVE PASANELLA	(US/62-90)	(5/28/89)	(ROSEMONT, ILLINOIS)	(APF/WPC)
22	854.3	MAXIM BARKHATOV	(RUSSIA/81)	(11/12/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
23	850.0	JOHNNY LAMPKIN	(US)	(8/82)	(???, ???)	(FCI)
24	850.0	STEVE WILSON	(US/54)	(6/12/88)	(AKRON, OHIO)	(APF)
25	848.8	TERRY MCCORMICK	(US/46)	(2/12/82)	(HONOLULU, HAWAII)	(USPF/IPF)
26	848.8	DAVE SHAW	(US)	(4/1/84)	(HONOLULU, HAWAII)	(USPF/APF/WPC)
27	848.8	MARK CHAILLET	(US/57)	(6/29/86)	(DAYTON, OHIO)	(APF/WPC)
28	843.3	VITALY PAPAZOV	(UKRAINE/80)	(3/6/04)	(KOLOMYA, UKRAINE)	(IPF)
29	843.3	PATRICK HOLLOWAY	(US/67)	(11/20/10)	(LAS VEGAS, NEVADA)	(WABDL)
30	840.0	CHARLIE DRISCOLL	(US/60)	(4/30/88)	(ANAMOSA, IOWA)	(NSM)
31	840.0	AUDUNN JONSSON	(ICELAND/72)	(4/24/04)	(REYKJAVIK, ICELAND)	(IPF)
32	840.0	LUKE EDWARDS	(US/81)	(3/6/10)	(EAST RIDGE, TENNESSEE)	(SPF)
33	837.8	AARRE KAPYLA	(FINLAND/64)	(10/21/89)	(OULAINEN, FINLAND)	(IPF)
34	837.8	MAXIM GURIANOV	(RUSSIA/75)	(9/14/97)	(BRATISLAVA, SLOVAKIA)	(IPF)
35	837.8	PHIL ANDREWS	(US/55-11)	(6/2/02)	(LAUGHLIN, NEVADA)	(AAU)
36	837.8	BRUCE GREIG	(CANADA/52-08)	(7/93)	(LETHBRIDGE, ALBERTA, CANADA)	(WPC)
37	837.8	DARIUSZ MIROWSKI	(POLAND/77)	(5/14/06)	(PROSTEJOV, CZECH REPUBLIC)	(IPF)
38	837.8	YEVGEN YARYMBASH	(UKRAINE/83)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
39	837.8	DELROY MCQUEEN	(GREAT BRITAIN/76)	(1/28/12)	(ALPERTON, ENGLAND)	(WPC)
40	837.8	RUFAT AGAYEV	(AZERBAIJAN/75)	(6/30/12)	(ARKHANGELSK, RUSSIA)	(WPC)
41	835.0	TOM HENDERSON	(US)	(5/4/85)	(DES MOINES, IOWA)	(USPF)
42	835.0	DAVE PARKS	(US)	(10/18/86)	(MADISON, WISCONSIN)	(USPF/APF)
43	835.0	CHUCK VOGELPOHL	(US/65)	(8/19/07)	(FRANKLIN, OHIO)	(IPA)
44	832.2	JOHN "CHESTER" STAFFORD	(US/76)	(10/30/05)	(CHICAGO, ILLINOIS)	(WPO)
45	832.2	MIKHAIL MOCHALOV	(RUSSIA/74)	(5/24/09)	(SAINT PETERSBURG, RUSSIA)	(IPF)
46	832.2	MICHAEL TUCHSCHERER	(US/85)	(8/21/11)	(SCRANTON, PENNSYLVANIA)	(USAPL)
47	832.2	JOHNNY JACKSON	(US/71)	(1/22/12)	(CORPUS CHRISTI, TEXAS)	(RUPC)
48	830.0	JON COLE	(US/43)	(10/3/71)	(PHOENIX, ARIZONA)	(AAU)
49	830.0	ANDREW "BULL" STEWART	(US/57)	(4/10/99)	(ORLANDO, FLORIDA)	(AAU)
50	830.0	KYLE GULLEDGE	(US/84)	(9/18/04)	(OVERLAND PARK, KANSAS)	(APF)

FIRST MAN TO DEADLIFT 900 POUNDS

WITHOUT A BELT

WITHOUT A BELT

WITHOUT A BELT

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2921.1	DAVE HOFF	(US/88)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
2	2799.9	YEVGEN YARYMBASH	(UKRAINE/83)	(10/11/08)	(MANGUSH, UKRAINE)	(IPA)
3	2730.0	BRIAN CARROLL	(US/81)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
4	2667.6	JEREMIAH FREY	(US/81)	(3/22/09)	(OMAHA, NEBRASKA)	(APF)
5	2620.0	GREG PANORA	(US/80)	(1/20/08)	(COLUMBUS, OHIO)	(IPA)
6	2612.5	ANO TURTAJAINEN	(FINLAND/67)	(3/25/07)	(JUVA, FINLAND)	(WPC)
7	2612.5	JAMES GRANDICK	(US/68)	(9/6/08)	(OMAHA, NEBRASKA)	(APF)
8	2605.0	RON "SCOTT" YARD	(US/82)	(9/30/06)	(NEW CASTLE, DELAWARE)	(APF)
9	2605.0	CHUCK VOGELPOHL	(US/65)	(4/1/07)	(NEWARK, OHIO)	(IPA)
10	2601.5	MARK "JACKASS" BELL	(US/76)	(4/9/11)	(LYNNWOOD, WASHINGTON)	(SPF)
11	2579.4	JOSE GARCIA	(US/77)	(6/6/10)	(CHICAGO, ILLINOIS)	(APF/WPC)
12	2568.4	MARSHALL JOHNSON	(US/83)	(7/21/12)	(DUBUQUE, IOWA)	(UPA)
13	2562.9	MARC "SPUDS" BARTLEY	(US/68)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
14	2551.9	CHARLES BAILEY	(US/63)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
15	2535.3	STEVE GOGGINS	(US/63)	(3/1/03)	(COLUMBUS, OHIO)	(WPO)
16	2529.8	ANTHONY CARLQUIST	(US/79)	(3/24/12)	(APPLE VALLEY, MINNESOTA)	(APF)
17	2524.3	SERGEY MOSER	(GERMANY/76)	(10/22/06)	(STUTTGART, GERMANY)	(WPC)
18	2513.3	IVARS CIRULIS	(LATVIA/80)	(3/3/07)	(COLUMBUS, OHIO)	(WPO)
19	2507.8	CRAIG COOMBES	(GREAT BRITAIN/75)	(11/19/11)	(RIGA, LATVIA)	(WPC)
20	2503.3	JOHN "CHESTER" STAFFORD	(US/76)	(10/30/05)	(CHICAGO, ILLINOIS)	(WPO)
21	2500.0	PATRICK HAKOLA	(US/79)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
22	2491.2	ISTVAN ARVAI	(HUNGARY/74)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
23	2491.2	MICHAEL GRIFFIN	(US/75)	(11/7/09)	(PLANO, TEXAS)	(APF)
24	2485.7	SERGIY KARNAUKHOV	(UKRAINE/78)	(11/22/08)	(PALM BEACH, FLORIDA)	(WPC)
25	2485.7	AL MEHAN	(CANADA/74)	(12/12/09)	(CAMARILLO, CALIFORNIA)	(APF)
26	2480.2	RUFAT AGAYEV	(AZERBAIJAN/75)	(4/22/12)	(ROSTOV, RUSSIA)	(WPC)
27	2475.8	ANDREY MALANICHEV	(RUSSIA/77)	(8/28/05)	(ORIOL, RUSSIA)	(IPF)
28	2458.2	DAVE PASANELLA	(US/62-90)	(5/28/89)	(ROSEMONT, ILLINOIS)	(APF/WPC)
29	2452.6	OAN BASSON	(US/78)	(3/4/06)	(COLUMBUS, OHIO)	(WPO)
30	2450.0	LUKE EDWARDS	(US/81)	(8/24/08)	(SHARONVILLE, OHIO)	(IPA)
31	2447.1	MIKHAIL GLAZUNOV	(RUSSIA/74)	(3/18/12)	(YEKATERINBURG, RUSSIA)	(WPC)
32	2436.1	J.L. HOLDSWORTH	(US/78)	(6/6/04)	(BATON ROUGE, LOUISIANA)	(APF/WPC)
33	2436.1	JASON PATRICK	(US/72)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
34	2436.1	ALAN BEST	(US/83)	(9/24/10)	(LAS VEGAS, NEVADA)	(USPF)
35	2435.0	CHUCK FOUGHT	(US/85)	(4/19/09)	(COLUMBUS, OHIO)	(IPA)
36	2431.7	VITALY PAPAZOV	(UKRAINE/80)	(3/6/04)	(KOLOMYA, UKRAINE)	(IPF)
37	2425.0	ZECH COLE	(US/84)	(8/19/07)	(FRANKLIN, OHIO)	(IPA)
38	2414.1	CHARLES "CHAS" FAY	(US/80)	(12/3/06)	(LAKE CITY, FLORIDA)	(APF)
39	2409.7	VIKTOR TESTSOV	(UKRAINE/89)	(9/4/10)	(CZECH REPUBLIC, PILSEN)	(IPF)
40	2403.0	DOUG FURNAS	(US/58-12)	(6/28/87)	(BLOOMINGDALE, MINNESOTA)	(APF/WPC)
41	2403.0	ED COAN	(US/63)	(6/25/00)	(CHESTER, WEST VIRGINIA)	(USPF/WPL)
42	2403.0	MATT WENNING	(US/79)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
43	2403.0	TOBY IRBY	(US/74)	(9/15/07)	(WOODSTOCK, GEORGIA)	(APF)
44	2400.0	JUSTIN WINDER	(US/88)	(3/3/12)	(COLUMBUS, OHIO)	(XPC)
45	2392.0	CHARLIE TELESCO	(US/85)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
46	2380.0	JOSEPH BAYLES	(US/76)	(4/19/09)	(COLUMBUS, OHIO)	(IPA)
47	2375.5	JUSTIN GRAALFS	(US/79)	(11/29/05)	(OMAHA, NEBRASKA)	(APF)
48	2375.5	ANDREAS GALLAGHER	(US/81)	(6/5/11)	(CONCORD, CALIFORNIA)	(USPA)
49	2375.0	JIM WENDLER	(US/75)	(4/17/05)	(NEWARK, OHIO)	(IPA)
50	2375.0	JEREMIAH MYERS	(US/77)	(6/23/07)	(GROVE CITY, OHIO)	(APF)

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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS IN POUNDS: 198

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	804.7	BECCA SWANSON	(US/73)	(3/3/06)	(COLUMBUS, OHIO)	(WPO)
2	633.8	KRYSTAL CARY	(US/84)	(7/22/12)	(DUBUQUE, IOWA)	(UPA)
3	633.0	DAWN RESHEL-SHARON	(US/55-00)	(5/15/88)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
4	622.8	VALERIA SCHEGLOVA	(RUSSIA/83)	(8/24/08)	(BERDSK, RUSSIA)	(IPF)
5	620.0	LYNNE BOSHOVEN	(US/57)	(4/27/96)	(GRAND RAPIDS, MICHIGAN)	(NSM)
6	617.3	YEVGENIYA MAZAYLOVA	(RUSSIA/82)	(3/5/06)	(UFA, RUSSIA)	(IPF)
7	617.3	YULYA POZDEEVA	(RUSSIA/81)	(3/5/06)	(UFA, RUSSIA)	(IPF)
8	611.8	YULIA KURINA	(RUSSIA/81)	(4/15/04)	(SAINT PETERSBURG, RUSSIA)	(IPF)
9	600.8	KRISTA FORD	(US/66)	(6/8/08)	(NORFOLK, VIRGINIA)	(APC/WUAP)
10	597.5	JESSICA WATKINS-O'DONNELL	(US/80)	(7/13/07)	(SAINT LOUIS, MISSOURI)	(USAPL/IPF)
11	595.2	ALEXANDRA MURASHOVA	(RUSSIA/83)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
12	595.2	TATIANA PUZANOVA	(RUSSIA/74)	(3/5/06)	(UFA, RUSSIA)	(IPF)
13	595.2	TATYANA MEREZHKO	(RUSSIA/78)	(10/2/11)	(EKATERINBURG, RUSSIA)	(IPA)
14	589.7	DEB WIDDIS	(US/60)	(6/4/05)	(DETROIT, MICHIGAN)	(APF/WPC)
15	589.7	YA-WEN CHANG	(CHINESE TAIPEI/84)	(11/11/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
16	584.2	IRYNA KARPOVA-YAVORSKA	(UKRAINE/81)	(3/11/06)	(CHERKASY, UKRAINE)	(IPF)
17	584.2	VALERIA TIMOSHUK	(RUSSIA/88)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
18	578.7	IELJA STRIK	(NETHERLANDS/73)	(5/7/10)	(KOPING, SWEDEN)	(IPF)
19	575.0	ANNA MCCLOSKEY	(US/93)	(1/20/08)	(CARTERET, NEW JERSEY)	(IPA)
20	574.3	INNA OROBETS	(UKRAINE/71)	(3/4/05)	(MARIUPOL, UKRAINE)	(IPF)
21	573.2	CATHY MILLEN	(NEW ZEALAND/67)	(5/28/94)	(ROTORUA, NEW ZEALAND)	(IPF)
22	573.2	IRINA LUGOVAYA	(RUSSIA/74)	(3/11/04)	(KRASNOYARSK, RUSSIA)	(IPF)
23	562.2	SHAWNA MENDELSON	(US/72)	(12/6/03)	(NEW SMYRNA BEACH, FLORIDA)	(APF)
24	562.2	SVETLANA DEDULIA-MIKLASEVICH	(RUSSIA/75)	(2/19/11)	(BERDSK, RUSSIA)	(IPF)
25	557.8	SHELBY CORSON	(US/67)	(6/19/93)	(GREENSBORO, NORTH CAROLINA)	(USPF/IPF)
26	556.7	LORRAINE COSTANZO	(US/54)	(5/8/88)	(BRUSSELS, BELGIUM)	(USPF/IPF)
27	556.7	ALINA POLYANSKAYA	(RUSSIA/84)	(8/24/08)	(BERDSK, RUSSIA)	(IPF)
28	556.7	LAZARA JANET LOVEALL	(US/70)	(3/14/10)	(SACRAMENTO, CALIFORNIA)	(SPF)
29	556.7	ELENA TELICHKO	(KAZAKHSTAN/92)	(7/7/12)	(AKTOBE, KAZAKHSTAN)	(IPF)
30	550.0	CHERYL CLODFELTER	(US/62)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
31	540.1	VIKTORIA POSMITNAYA	(UKRAINE/66)	(5/27/01)	(FRYDEK-MISTEK, CZECH REPUBLIC)	(IPF)
32	540.1	ANNA SLIWINSKA	(POLAND/82)	(6/16/05)	(MARIUPOL, UKRAINE)	(IPF)
33	535.0	ANGELA MARTINEZ	(US/ARGENTINA/66)	(7/23/06)	(YORK, PENNSYLVANIA)	(IPA)
34	535.0	MOLLY EDWARDS	(US/84)	(8/20/11)	(COVINGTON, KENTUCKY)	(SPF)
35	534.6	NATALIA PAYOUSOVA-ZOTOVA	(RUSSIA/75)	(3/2/00)	(SYKTYFKAR, RUSSIA)	(IPF)
36	529.1	CORAL BLAIR	(AUSTRIA/64)	(5/5/00)	(HAIMING, AUSTRIA)	(WPC)
37	529.1	GAINNA LTYVYN	(UKRAINE/83)	(9/11/03)	(KOSCIAN, POLAND)	(IPF)
38	529.1	ALLA KORSHUNOVA-CHATMICHENKO	(RUSSIA/68)	(8/26/04)	(VORONEZH, RUSSIA)	(IPF)
39	529.1	ANNA STARODUBTSEVA	(UKRAINE/83)	(6/15/06)	(BRATISLAVA, SLOVAKIA)	(IPF)
40	529.1	LUDMILLA PROTCHENKO	(RUSSIA/86)	(8/12/07)	(MOSCOW, RUSSIA)	(IPF)
41	529.1	STACEY MANLY	(US/71)	(12/1/07)	(JACKSONVILLE, FLORIDA)	(APF)
42	529.1	SHANNON DETMAN	(US/81)	(3/15/09)	(WILLOWBROOK, ILLINOIS)	(APF)
43	529.1	EVGENIA DUKACHEVA	(RUSSIA/83)	(9/30/11)	(SAINT PETERSBURG, RUSSIA)	(IPF)
44	523.6	TATYANA KIBIREVA	(RUSSIA/86)	(5/29/11)	(NERVUNGRU, RUSSIA)	(IPF)
45	523.6	REBECCA ROBERTS-GORSHE	(US/77)	(6/11/11)	(SUN PRAIRIE, WISCONSIN)	(APF/WPC)
46	518.1	ALI HUSTON	(US/85)	(5/14/05)	(ROUND ROCK, TEXAS)	(APF)
47	518.1	NATALYA SAVINYKH	(RUSSIA/85)	(2/19/10)	(CHELYABINSK, RUSSIA)	(IPF)
48	518.1	RHAEA FOWLER	(CANADA/88)	(11/11/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
49	512.6	GISELE COSTAS-DELGADO	(PUERTO RICO/81)	(6/24/07)	(GUATEMALA CITY, GUATEMALA)	(IPF)
50	512.6	OLGA TIKHOMIROVA	(RUSSIA/89)	(9/3/11)	(MOOSE JAW, CANADA)	(IPF)

HEAVIEST FEMALE QUADRUPLER BODYWEIGHT SQUAT OF ALL TIME

BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	479.5	BECCA SWANSON	(US/73)	(3/3/06)	(COLUMBUS, OHIO)	(WPO)
2	468.5	KAREN CAMPBELL	(US/63)	(5/15/10)	(WISCONSIN DELLS, WISCONSIN)	(WABDL)
3	468.5	VIKTORIYA SHELDUKO	(RUSSIA/73)	(11/15/11)	(RIGA, LATVIA)	(WPC)
4	440.9	SVETLANA DEDULIA-MIKLASEVICH	(RUSSIA/75)	(5/27/11)	(SOELDEN, AUSTRIA)	(IPF)
5	418.9	LUDMILLA GAIDUCHENKO	(UKRAINE/56)	(11/7/04)	(HELSINKI, FINLAND)	(WPO)
6	413.4	VALERIA SCHEGLOVA	(RUSSIA/83)	(2/19/10)	(CHELYABINSK, RUSSIA)	(IPF)
7	407.9	REBECCA ROBERTS-GORSHE	(US/77)	(6/11/11)	(SUN PRAIRIE, WISCONSIN)	(APF/WPC)
8	403.4	IELJA STRIK	(NETHERLANDS/73)	(5/7/10)	(KOPING, SWEDEN)	(IPF)
9	402.3	TAZZIE COLOMB	(US/66)	(12/4/05)	(JACKSONVILLE, FLORIDA)	(APF)
10	402.3	KRYSTAL CARY	(US/84)	(7/22/12)	(DUBUQUE, IOWA)	(UPA)
11	396.8	IRINA LUGOVAYA	(RUSSIA/74)	(3/11/04)	(KRASNOYARSK, RUSSIA)	(IPF)
12	396.8	INNA OROBETS	(UKRAINE/71)	(3/11/06)	(CHERKASY, UKRAINE)	(IPF)
13	391.3	IRYNA KARPOVA-YAVORSKA	(UKRAINE/81)	(11/27/05)	(OROSHAZA, HUNGARY)	(IPF)
14	390.0	KYM ALLEN	(US/69)	(4/26/97)	(QUEBEC, CANADA)	(APA/WPA)
15	388.0	NATALIA RUMYANTSEVA	(RUSSIA/71)	(12/7/03)	(TRENCH, SLOVAKIA)	(IPF)
16	386.9	TIMEA ZAVODSZKY	(HUNGARY/71)	(12/7/03)	(TRENCH, SLOVAKIA)	(IPF)
17	385.8	CATHY MILLEN	(NEW ZEALAND/67)	(12/3/94)	(JARVENPAA, FINLAND)	(IPF)
18	384.0	JAN HARRELL-GABLE	(US/59)	(3/28/87)	(SAN DIEGO, CALIFORNIA)	(APF/WPC)
19	380.3	CHRISTI WITMER	(US/68)	(8/5/06)	(BOCA RATON, FLORIDA)	(APF)
20	378.1	MIN-CHU HUANG	(CHINESE TAIPEI/83)	(5/4/06)	(TAEBAEK, KOREA)	(IPF)
21	374.8	TARJA RANTANEN	(FINLAND/57)	(11/2/05)	(HELSINKI, FINLAND)	(WPC)
22	370.0	MOLLY EDWARDS	(US/84)	(8/20/11)	(COVINGTON, KENTUCKY)	(SPF)
23	369.3	YEVGENIYA MAZAYLOVA	(RUSSIA/82)	(3/5/06)	(UFA, RUSSIA)	(IPF)
24	369.3	MARIA JOHANSSON	(SWEDEN/84)	(8/10/12)	(TERNI, ITALY)	(IPF)
25	366.0	TIFFANY MCKINNEY	(US/89)	(5/20/12)	(BOISE, IDAHO)	(USAPL/IPF)
26	363.8	TATIANA PUZANOVA	(RUSSIA/74)	(3/5/06)	(UFA, RUSSIA)	(IPF)
27	363.8	SVETLANA PALTSEVA	(RUSSIA/69)	(3/26/06)	(SUZDAL, RUSSIA)	(IPF)
28	363.8	NIKITA REZITSKY	(RUSSIA/93)	(9/29/11)	(EKATERINBURG, RUSSIA)	(IPA)
29	360.0	SHANNON SANDERS-NASH	(US/72)	(11/12/11)	(GATLINBURG, TENNESSEE)	(SPF)
30	358.3	ANNA BALAJZY	(POLAND/82)	(8/5/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
31	352.7	NATALIA PAYOUSOVA-ZOTOVA	(RUSSIA/75)	(8/20/01)	(AKITA CITY, JAPAN)	(IPF)
32	352.7	LUDMILLA HAYDUCHENKO	(UKRAINE/67)	(9/4/04)	(BADEN, AUSTRIA)	(AGPC)
33	352.7	ANNA ROSEN	(SWEDEN/72)	(11/4/05)	(HELSINKI, FINLAND)	(WPC)
34	352.7	STACEY MANLY	(US/71)	(12/1/07)	(JACKSONVILLE, FLORIDA)	(APF)
35	352.7	VIKTORIYA SHELDUKO	(RUSSIA/73)	(4/18/12)	(ROSTOV, RUSSIA)	(WPC)
36	350.0	DAWN RESHEL-SHARON	(US/55-00)	(11/2/91)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
37	350.0	MICHONNE BERRY	(US/68)	(10/2/10)	(NASHVILLE, TENNESSEE)	(SPF)
38	348.3	SUSAN JACKSON	(US/65)	(3/24/07)	(PASCO, WASHINGTON)	(WABDL)
39	347.2	IRINA NASKRIPYAK	(RUSSIA/69)	(6/6/03)	(PERM, RUSSIA)	(IPF)
40	347.2	ANNA SLIWINSKA	(POLAND/82)	(9/11/04)	(PRETORIA, SOUTH AFRICA)	(IPF)
41	347.2	ALLA KORSHUNOVA-CHATMICHENKO	(RUSSIA/68)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
42	347.2	RHAEA FOWLER	(CANADA/88)	(9/3/11)	(MOOSE JAW, CANADA)	(IPF)
43	347.2	ANN VANDERBUSH	(US/86)	(6/2/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
44	341.7	ELENA YURIK	(RUSSIA/77)	(5/28/04)	(RYBNSK, RUSSIA)	(IPF)
45	341.7	IRINA GRISHANOVA	(RUSSIA/84)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
46	341.7	MING-CHU HUNG	(CHINESE TAIPEI/83)	(5/5/12)	(UDAPIUR, INDIA)	(IPF)
47	336.2	AGNES SZABO	(HUNGARY/89)	(8/7/09)	(FRYDEK-MISTEK, CZECH REPUBLIC)	(IPF)
48	336.2	EDINA ULVECZKI	(HUNGARY/78)	(5/28/10)	(KILLEEN, TEXAS)	(IPF)
49	336.2	VALERIA TIMOSHUK	(RUSSIA/88)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
50	336.2	NATALYA CHEKHOVSKAYA	(RUSSIA/75)	(3/11/12)	(SUZDAL, RUSSIA)	(IPF)

WITHOUT A BENCH SHIRT

WITHOUT A BENCH 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	604.0	DAWN RESHEL-SHARON	(US/55-00)	(5/15/88)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
2	600.8	BECCA SWANSON	(US/73)	(3/3/06)	(COLUMBUS, OHIO)	(WPO)
3	590.8	YEVGENIYA MAZAYLOVA	(RUSSIA/82)	(3/5/06)	(UFA, RUSSIA)	(IPF)
4	589.7	ALLA KORSHUNOVA-CHATIMCHENKO	(RUSSIA/68)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
5	578.7	IRYNA KARPOVA-YAVORSKA	(UKRAINE/81)	(3/11/06)	(CHERKASY, UKRAINE)	(IPF)
6	573.2	CATHY MILLEN	(NEW ZEALAND/67)	(5/28/94)	(ROTORUA, NEW ZEALAND)	(IPF)
7	573.2	VALERIA SCHEGLOVA	(RUSSIA/83)	(9/22/06)	(SYKTYFKAR, RUSSIA)	(IPF)
8	567.7	IRINA LUGOVAYA	(RUSSIA/74)	(6/6/04)	(CAHORS, FRANCE)	(IPF)
9	551.2	CORAL BLAIR	(AUSTRIA/64)	(5/5/00)	(HAIMING, AUSTRIA)	(WPC)
10	540.1	ALEXANDRA MURASHOVA	(RUSSIA/83)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
11	535.0	CHERYL CLODFELTER	(US/62)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
12	534.6	JESSICA WATKINS-O'DONNELL	(US/80)	(7/13/07)	(SAINT LOUIS, MISSOURI)	(USAPL/IPF)
13	530.2	KATRINA ROBERTSON	(AUSTRALIA/60)	(3/96)	(NATIONAL RECORD)	(IPF)
14	530.0	LISA NAWROCKI	(US/61)	(5/7/89)	(LAKELAND, FLORIDA)	(NSM)
15	529.1	LUDMILLA GAIDUCHENKO	(UKRAINE/56)	(10/15/93)	(KIEV, UKRAINE)	(IPF)
16	529.1	ULRIKE HERCHENHEIM	(GERMANY/62)	-1999	(???, ???)	(WPC)
17	529.1	NATALIA PAVOUSOVA-ZOTOVA	(RUSSIA/75)	(12/2/01)	(FRYDLANT, CZECHIA)	(IPF)
18	529.1	ANGELA MARTINEZ	(US/ARGENTINA/66)	(8/5/06)	(VENICE, CALIFORNIA)	(USPA)
19	525.0	KRISTY SCOTT	(US/82)	(2/25/12)	(KENNEWICK, WASHINGTON)	(UPA)
20	520.0	JOLYNN ARVIN	(US/67)	(11/12/95)	(ROSEVILLE, MICHIGAN)	(APF)
21	520.0	LYNNE BSHOVEN	(US/57)	(10/28/01)	(WYOMING, MICHIGAN)	(NSM)
22	518.1	SUE MEANY	(US)	(3/9/86)	(CANTON, OHIO)	(APF/WPC)
23	518.1	YULIA KURINA	(RUSSIA/81)	(4/12/03)	(CHERKASY, UKRAINE)	(IPF)
24	518.1	YULYA POZDEEVA	(RUSSIA/81)	(3/5/06)	(UFA, RUSSIA)	(IPF)
25	518.1	IELJA STRIK	(NETHERLANDS/73)	(9/22/07)	(EGHEZEE, BELGIUM)	(IPF)
26	512.6	DEBORAH ROSE	(US)	(7/1/89)	(VENICE, CALIFORNIA)	(USPF)
27	507.1	TATIANA PUZANOVA	(RUSSIA/74)	(3/5/06)	(UFA, RUSSIA)	(IPF)
28	507.1	YA-WEN CHANG	(CHINESE TAIPEI/84)	(5/5/12)	(UDAIPUR, INDIA)	(IPF)
29	505.0	ANN VANDERBUSH	(US/86)	(11/12/11)	(KENNER, LOUISIANA)	(PRPA)
30	502.7	CHRISTINE NEFF	(US/80)	(3/24/07)	(PASCO, WASHINGTON)	(WABDL)
31	501.6	LORRAINE COSTANZO	(US/54)	(1/31/88)	(AUSTIN, TEXAS)	(USPF)
32	501.6	BONICA BROWN	(US/88)	(2/18/07)	(BATON ROUGE, LOUISIANA)	(USAPL/IPF)
33	501.6	KRISTA FORD	(US/66)	(6/8/08)	(NORFOLK, VIRGINIA)	(APC/WUAP)
34	500.0	KYM ALLEN	(US/69)	(12/16/95)	(CHARLOTTE, NORTH CAROLINA)	(APA/WPA)
35	500.0	GISELLE COSTAS-DELGADO	(PUERTO RICO/81)	(2/4/05)	(SPOKANE, WASHINGTON)	(APF)
36	500.0	LEIGHAN JASKIEWICZ	(US/79)	(10/25/09)	(COLUMBUS, OHIO)	(IPA)
37	496.0	VIKTORIA POSMITNAYA	(UKRAINE/66)	(5/27/01)	(FRYDEK-MISTEK, CZECH REPUBLIC)	(IPF)
38	496.0	NATALIA RUMYANTSEVA	(RUSSIA/71)	(3/11/04)	(KRASNOYARSK, RUSSIA)	(IPF)
39	496.0	ALINA POLYANSKAYA	(RUSSIA/84)	(2/19/10)	(CHELYABINSK, RUSSIA)	(IPF)
40	496.0	SVETLANA DEDULIA-MIKLASEVICH	(RUSSIA/75)	(2/19/11)	(BERDSK, RUSSIA)	(IPF)
41	496.0	VALERIYA SHEVCHENKO	(KAZAKHSTAN/90)	(7/7/12)	(AKTOBE, KAZAKHSTAN)	(IPF)
42	490.5	LESLIE LOOK	(US/70)	(6/2/02)	(RIESA, GERMANY)	(USAPL/IPF)
43	490.5	INNA OROBETS	(UKRAINE/71)	(3/4/04)	(KOLOMYA, UKRAINE)	(IPF)
44	490.5	LAZARA JANET LOVEALL	(US/70)	(1/23/10)	(ANAHEIM, CALIFORNIA)	(USPF)
45	490.5	REBECCA ROBERTS-GORSHE	(US/77)	(6/11/11)	(SUN PRAIRIE, WISCONSIN)	(APF/WPC)
46	487.2	KAREN CAMPBELL	(US/63)	(6/16/12)	(PORTLAND, MAINE)	(WABDL)
47	486.1	MONICA O'BRIEN-PORTER	(GREAT BRITAIN/67)	(9/22/03)	(BIRMINGHAM, ENGLAND)	(IPF)
48	485.0	JESSEY FERREE	(FRANCE/60)	(6/29/96)	(KITCHENER, CANADA)	(IPF)
49	485.0	SVETLANA ZVARICH	(UKRAINE/80)	(9/11/97)	(BRATISLAVA, SLOVAKIA)	(IPF)
50	485.0	EDITH PONGRACZ	(AUSTRIA/65)	(11/8/97)	(BLACKPOOLE, ENGLAND)	(WPC)

FIRST WOMAN TO DEADLIFT 600 POUNDS

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1885.0	BECCA SWANSON	(US/73)	(3/3/06)	(COLUMBUS, OHIO)	(WPO)
2	1566.4	VALERIA SCHEGLOVA	(RUSSIA/83)	(9/22/06)	(SYKTYFKAR, RUSSIA)	(IPF)
3	1564.0	DAWN RESHEL-SHARON	(US/55-00)	(5/15/88)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
4	1548.7	YEVGENIYA MAZAYLOVA	(RUSSIA/82)	(3/5/06)	(UFA, RUSSIA)	(IPF)
5	1543.2	IRYNA KARPOVA-YAVORSKA	(UKRAINE/81)	(3/11/06)	(CHERKASY, UKRAINE)	(IPF)
6	1521.2	IRINA LUGOVAYA	(RUSSIA/74)	(3/11/04)	(KRASNOYARSK, RUSSIA)	(IPF)
7	1504.7	CATHY MILLEN	(NEW ZEALAND/67)	(5/28/94)	(ROTORUA, NEW ZEALAND)	(IPF)
8	1488.1	KRYSTAL CARY	(US/84)	(7/22/12)	(DUBUQUE, IOWA)	(UPA)
9	1477.1	SVETLANA DEDULIA-MIKLASEVICH	(RUSSIA/75)	(2/19/11)	(BERDSK, RUSSIA)	(IPF)
10	1466.1	TATIANA PUZANOVA	(RUSSIA/74)	(3/5/06)	(UFA, RUSSIA)	(IPF)
11	1462.8	JESSICA WATKINS-O'DONNELL	(US/80)	(7/13/07)	(SAINT LOUIS, MISSOURI)	(USAPL/IPF)
12	1460.6	IELJA STRIK	(NETHERLANDS/73)	(10/19/07)	(SOELDEN, AUSTRIA)	(IPF)
13	1460.0	LYNNE BSHOVEN	(US/57)	(4/27/96)	(GRAND RAPIDS, MICHIGAN)	(NSM)
14	1455.1	ALLA KORSHUNOVA-CHATIMCHENKO	(RUSSIA/68)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
15	1455.1	YULYA POZDEEVA	(RUSSIA/81)	(3/5/06)	(UFA, RUSSIA)	(IPF)
16	1455.1	INNA OROBETS	(UKRAINE/71)	(3/11/06)	(CHERKASY, UKRAINE)	(IPF)
17	1449.5	ALEXANDRA MURASHOVA	(RUSSIA/83)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
18	1433.0	YULIA KURINA	(RUSSIA/81)	(4/15/04)	(SAINT PETERSBURG, RUSSIA)	(IPF)
19	1422.0	REBECCA ROBERTS-GORSHE	(US/77)	(6/11/11)	(SUN PRAIRIE, WISCONSIN)	(APF/WPC)
20	1384.5	NATALIA PAVOUSOVA-ZOTOVA	(RUSSIA/75)	(11/28/99)	(SAINT PRIX, FRANCE)	(IPF)
21	1377.9	DEB WIDDIS	(US/60)	(9/10/05)	(DUBUQUE, IOWA)	(APF)
22	1377.9	YA-WEN CHANG	(CHINESE TAIPEI/84)	(5/5/12)	(UDAIPUR, INDIA)	(IPF)
23	1375.0	MOLLY EDWARDS	(US/84)	(8/20/11)	(COVINGTON, KENTUCKY)	(SPF)
24	1370.0	CHERYL CLODFELTER	(US/62)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
25	1361.4	LAZARA JANET LOVEALL	(US/70)	(1/23/10)	(ANAHEIM, CALIFORNIA)	(USPF)
26	1360.0	ANNA MCCLOSKEY	(US/93)	(6/30/12)	(HARTFORD, CONNECTICUT)	(RPS)
27	1355.8	KRISTA FORD	(US/66)	(6/8/08)	(NORFOLK, VIRGINIA)	(APC/WUAP)
28	1355.8	VALERIA TIMOSHUK	(RUSSIA/88)	(5/11/12)	(MARIUPOL, UKRAINE)	(IPF)
29	1355.0	ANGELA MARTINEZ	(US/ARGENTINA/66)	(7/23/06)	(YORK, PENNSYLVANIA)	(IPA)
30	1350.3	CORAL BLAIR	(AUSTRIA/64)	(5/5/00)	(HAIMING, AUSTRIA)	(WPC)
31	1350.3	STACEY MANLY	(US/71)	(12/1/07)	(JACKSONVILLE, FLORIDA)	(APF)
32	1344.8	TATYANA MEREZHKO	(RUSSIA/78)	(10/2/11)	(EKATERINBURG, RUSSIA)	(IPA)
33	1339.3	LORRAINE COSTANZO	(US/54)	(1/31/88)	(AUSTIN, TEXAS)	(USPF)
34	1339.3	VIKTORIA POSMITNAYA	(UKRAINE/66)	(5/27/01)	(FRYDEK-MISTEK, CZECH REPUBLIC)	(IPF)
35	1333.8	LUDMILLA GAIDUCHENKO	(UKRAINE/56)	(10/15/93)	(KIEV, UKRAINE)	(IPF)
36	1333.8	TIMEA ZAVODSZKY	(HUNGARY/71)	(11/30/03)	(TRENCH, SLOVAKIA)	(IPF)
37	1333.8	ANN VANDERBUSH	(US/86)	(6/2/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
38	1330.0	JOLYNN ARVIN	(US/67)	(11/12/95)	(ROSEVILLE, MICHIGAN)	(APF)
39	1322.8	NATALIA RUMYANTSEVA	(RUSSIA/71)	(3/11/04)	(KRASNOYARSK, RUSSIA)	(IPF)
40	1322.8	ANNA STARODUBTSEVA	(UKRAINE/83)	(6/15/06)	(BRATISLAVA, SLOVAKIA)	(IPF)
41	1317.3	NATALIA POLISCHUK	(UKRAINE/78)	(2/28/03)	(MAKEEVKA, UKRAINE)	(IPF)
42	1315.0	KYM ALLEN	(US/69)	(4/26/97)	(QUEBEC, CANADA)	(APA/WPA)
43	1300.7	ULRIKE HERCHENHEIM	(GERMANY/62)	(11/7/98)	(GRAZ, AUSTRIA)	(WPC)
44	1300.7	SHAWNA MENDELSON	(US/72)	(12/6/03)	(NEW SMYRNA BEACH, FLORIDA)	(APF)
45	1300.7	BONICA BROWN	(US/88)	(4/15/07)	(KILLEEN, TEXAS)	(USAPL)
46	1300.7	ALINA POLYANSKAYA	(RUSSIA/84)	(2/19/10)	(CHELYABINSK, RUSSIA)	(IPF)
47	1295.2	GISELLE COSTAS-DELGADO	(PUERTO RICO/81)	(6/15/06)	(DORADO, PUERTO RICO)	(IPF)
48	1295.2	VALERIYA SHEVCHENKO	(KAZAKHSTAN/90)	(7/7/12)	(AKTOBE, KAZAKHSTAN)	(IPF)
49	1284.2	SHELBY CORSON	(US/67)	(7/31/94)	(HOUSTON, TEXAS)	(USPF/IPF)
50	1284.2	RHAEA FOWLER	(CANADA/88)	(9/3/11)	(MOOSE JAW, CANADA)	(IPF)

HEAVIEST 9X BODYWEIGHT FEMALE TOTAL OF ALL TIME

FIRST WOMAN TO TOTAL 1500 POUNDS

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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MEATHEAD CARDIO

H.I.I.T. can get you huge. Here's how.

BY JOHN KIEFER

You didn't pick up this issue of Power because you wanted conventional wisdom. You're reading this magazine because you want to show convention your middle finger and start doing things the right way — and this applies to everything, across the board. Take fat loss, for example. When

you want to reach ridiculously low levels of body fat, what's the first thing conventional wisdom tells you to do? More cardio. The idea, then, is to put in hours and hours of work on the treadmill, elliptical and bike, right? That, conventional wisdom says, is how you'll get the fat off.



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As usual, however, science tells us something different. Numerous studies have shown that this sort of steady-state cardio isn't even effective for burning fat. It also tells us something most of us don't know: that there's a big time downside to doing tons of cardio, and several things to think about the next time you reserve an hour-long block of your time to step on a treadmill.

DRAWBACKS GALORE

When you perform conventional cardio for long periods of time, it's been found to deteriorate muscle tissue and decrease testosterone levels. That's bad, obviously, but things get even worse. A recent study in *The American Journal of Physiology* found that steady-state cardio decreases the ability of muscles to absorb glucose after training. This happens because cardio immobilizes the GLUT4 transport system, which is responsible for the insulin-regulated translocation of glucose into cells. Cardio further limits hypertrophy by shutting down the mTOR pathway, which is one of the primary regulators of muscle growth. When this happens, you'll burn the same amount of muscle as you do fat.

All isn't lost, though. It's very possible to avoid all of this by doing things in a different way. In fact, it's even possible to make your cardio anabolic [promoting constructive metabolism]. Here are the facts:

RAMP IT UP

The "right" brand of cardio for anabolic fat loss is High Intensity Interval Training (HIIT). This consists, in practice, of a set of bursts of balls-out, massive-output cardio work followed by timed rest periods. This type of cardio is similar to the Partlek style favored by old-school track athletes and it's been around for years, but it's enjoyed a resurgence with this everything-old-is-new-again movement so prevalent in today's fitness industry. It's a simple concept, however, and since we know a lot more about how to program it – in terms of volume, intensity and duration – it's a perfect solution for anyone looking to drop fat.

It's all backed up by plenty of research, too. The *Journal of Strength and Conditioning Research* published recent work showing that HIIT can actually increase testosterone levels and

GLUT4 concentration. Steady-state cardio, as I wrote earlier, has the exact opposite effect. Research has also shown that HIIT increases 24-hour mitochondrial biogenesis. This is the formation of new energy-producing mitochondria in cells, a process that typically shuts down mTOR during steady-state cardio. Last but not least, HIIT sets off an increase in the concentration of myofibrillar nuclei. Hypertrophy depends on increases in this concentration, along with the content of your muscle fibers.

START THE COUNTDOWN

When it comes to the fat burning process, timing is everything. The good news for you, however, is that if you decide to make HIIT your primary form of cardio, there are several tweaks you can throw in to enhance the process and get the fat off much faster.

The first of these tweaks applies to how you space out your workouts. Make sure to schedule your training so that you complete your HIIT sessions up to an hour before you train with weights. Studies have shown that when you time this properly, it can amplify the aforementioned mitochondrial biogenesis. Research in the *Journal of Applied Physiology* also showed that scheduling your training sessions this way also turns on the mTOR pathway of growth instead

of shutting it off – the benefits of which were explained earlier.

Volume is the other key consideration with HIIT. Research has shown that higher-rep, strength-endurance training is the most effective way to complement your HIIT sessions when you're performing both on the same day.

Finally, you'll want to cycle everything. With HIIT, it's most effective to go with four weeks on, followed by four weeks without it. During your HIIT-less cycles, the idea is to focus strictly on hypertrophy to promote mitochondrial biogenesis and an increase in the nuclei effect. When your nuclei density is greater, you can make your muscle fibers larger. The only way to increase the number of intracellular nuclei you have, however, is to perform strength-endurance training. This is somewhat dichotomous because this type of training will actually make muscle smaller. That's how it works, though: to get more nuclei to get bigger, you have to begin by training to make a muscle smaller. This sounds counterintuitive, but it works.

"The 'right' brand of cardio for anabolic fat loss is High Intensity Interval Training (HIIT). This consists, in practice, of a set of bursts of balls-out, massive-output cardio work followed by timed rest periods"

TIME TO GROW

When you're done with your strength-endurance cycle, you'll be left with an increased number of cellular nuclei. Then, once you've started a strict hypertrophy schedule, you'll be able to get bigger than you otherwise could have. It's possible to lose some mitochondrial density here — this makes muscle oxidative — but it takes much longer to actually lose the mitochondria. Simply put, you're alternating between periods of increasing your potential to gain muscle (your "on" HIIT weeks), and periods where you actually fulfill that potential and get bigger and stronger (your "off" hypertrophy cycle).

HIIT can be performed any number of different ways, but to make things as anabolic as possible, the idea is to get as close as you can to maximum power output for 30 seconds, followed by four minutes of rest, for four to six rotations. For your four

"Research in the American Journal of Clinical Nutrition showed that taking leucine-enriched amino acids before aerobic exercise can increase post-exertion protein synthesis by up to 33 percent"

week "on" cycle, you'll be doing this three times each week. I like using spin bikes — the ones in your gym's aerobics room — for this. Don't focus on speed here. Instead, increase your resistance and your rate of force production. This lower cadence will give you a greater surge of testosterone — probably because it simulates a form of resistance training.

SUPPLEMENTATION

To get this right, there's a bit of supplementation you'll need to complement your HIIT cycles. I've long been known as a huge advocate of adding leucine to any supplement plan, and in terms of HIIT, I believe it's especially effective. Here, I'd recom-

mend taking at least five grams of it before your HIIT workouts. Research in the American Journal of Clinical Nutrition showed that taking leucine-enriched amino acids before aerobic exercise can increase post-exertion protein synthesis by up to 33 percent — further proof of leucine's efficacy. **PM**

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Every Man Dies, But Not Every Man Really ~~Lives~~ DEADLIFTS!
 Mark Bell asks seven 800+ deadlifters the same question...

Mark Bell

What helps you break the floor with so much explosive power and what are your 2 favorite exercises to build the lockout of the deadlift and 2 favorite exercises to build explosive power off the floor?



Stan Efferding - 835 deadlift (conventional, raw, gym lift)

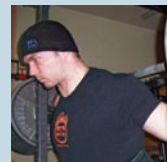
Deadlift speed off the floor has always been my weakness. Heavy pause squatting has helped improve my explosiveness.

Lockouts have been a strength of mine for which I attribute to a history of doing heavy T-bar rows with a range of motion that starts with the weights touching the floor and finishes with my back nearly vertical. I try to pull the weight deep into my belly instead of just touching the weights to my chest.



Eric Lilliebridge - 850 deadlift (conventional, raw, gym lift)

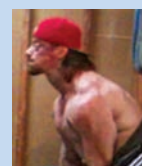
For the floor speed I try to get as much leg drive into the lift as I can. It helps me a lot and almost feels like I'm pushing the weight off the floor on my heels and through my quads. For the lockout I train heavy barbell rows and seated rows to target my lower back more. Also pulling heavy singles helps me work on my form and lockout too. For building explosive power I like doing ab work like leg raises or decline sit-ups with a dumbbell on my chest to build up my core and keep it strong. I feel my abs squeeze really tight when I go to pull the weight off the floor and a lot of pressure against the belt which I think helps a lot with the explosive power.



Mike Tuchscherer - deadlift 860 (conventional, equipped, gym lift)

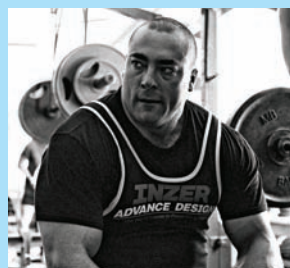
What helps me is pulling straight weight from the floor every week and pause deadlifts. Don't be afraid of pulling a lot!

The best exercises for lockout? Deadlift! Also deadlift plus chains. The best exercise for starting strength? Deadlift! Also deadlift with a pause just after you break from the floor. If you're not practicing regular deadlift often, you're giving up a lot.



Dan Green - 835 deadlift(sumo, raw, gym lift)

I would say just standard sumo deads for 3-6 reps for the leg drive and heavy 4" block pulls give me the hip and torso strength to really rip into the weight. As for lockout, hamstring strength from doing arched back SLDLs with a deficit is my go to exercise. Band pulls aren't bad either. Also a lot of weighted abs and rows.



Konstantin Konstantinovs - 948 deadlift (conventional, raw, no belt)

Hey Mark!

All reps have to be explosive- even warm up sets, focus on the speed! Only use an IPF bar for all types of deadlift, much harder, when you switch to the WPC bar will give much more explosiveness. All assistance exercises for back have to be very explosive, pumping is for boy bands and bodybuilders.

For lockout, heavy band deadlifts (plus 300-350 lbs. on the top of lift) and block pulls off a 10-15 cm (4-6") box. For speed, speed pulls with bands and 3-4" deficit deadlifts.



Ed Coan - deadlift 901 (sumo, raw)

Pause squats, bent rows, and getting the proper positioning before the start. Practicing perfect form.

Mark Bell: Do u feel stiff leg deads helped as well?

Ed Coan: Yes. Did a full cycle in the off season...basically did full cycles of my weak point exercises in the off season.

Mark Bell: Hmmm. Can you give 1 example of that for squat and one for dead?

Ed Coan: High bar squats with a closer stance for weaker quads and stiff legs on a block or regular deads off a block with no belt. 8-10 full weeks, but it really only takes about 4 weeks to bring up a weak point.

On stiffs I would just do 3 weeks of 8, then 3 weeks of 6, then 3 weeks of 4. Pause at the bottom.

High bar squats would be 2 weeks of 8, 4 weeks of 5, 2 weeks of triples, and 2 weeks of doubles.



Jesse Burdick - 810 deadlift (sumo, equipped)

My secret to breaking the floor on the deadlift is setting up properly, being as tight as possible and high blood pressure.

Favorite lockout exercises:

- Dimmel deadlifts
- Speedy pulls against bands

Favorite sharting strength exercises:

- Deficit deadlifts against bands
- Full range good mornings against chains

Mark Bell: Um, I'm not sure if you are aware or even if you care, but you made a typo. You wrote sharting strength..... You're not actually sharting during your deadlifts..... right?

Jesse Burdick: I'm well aware of the sharting and so is my underwear!

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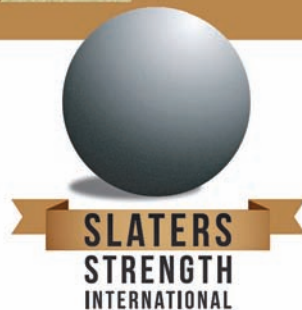


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POUNDSTONE POWER NUTRITION



BY DEREK POUNDSTONE

I've spent most of my life training in the gym for a purpose, either to get bigger and gain muscle or to reach the upper most limits of human strength. During my career as a strength athlete, I've been asked, "How much do you lift?" or "How much do you bench?" For the casual lifter diet is usually the piece of the puzzle most often neglected or approached with less excitement than the actual lifting. Far too often I meet men and women who spend countless hours extracting the most out of their bodies through training, yet when it comes to rebuilding the "temples" they've created, they use the simple approach of lots of calories and lots of protein. In order to put my nutritional plan in context, let me first tell you a little story.

This story starts when I was young, the son of an Airforce EOD tech (one of the guys who disarmed bombs) and a tough Italian woman who would quickly reach for a rolling pin the moment my brother and I got out of line. As a child, my parents seldom ate out; instead, we ate a light natural breakfast devoid of breakfast cereal, a healthy school lunch (not the so-called healthy school lunches mandated by federal guidelines), and a home-cooked dinner

usually containing meat, pasta and veggies. If I was hungry before dinner, I had to ask for a snack; grabbing whatever I wanted was not an option. Mind you, this was three or four hours before dinner. I was lucky if my mom would allow me to eat an apple because, "You'll ruin your appetite." Once dinner was finished, there were no desserts or snacks before bed.

So what does this have to do with nutrition? I haven't mentioned one thing about high protein diets, carb backloading, ketosis or some new method for packing on lean muscle while keeping dreaded body fat as low as possible. That's because the answer is simple: In our society, most people spend their adult lives trying to eat the right things, but cave into their cravings and eat the wrong things. The amount of misinformation about nutrition comes from all directions and trends shift by the decade. I was one of the lucky ones; my mom stuck to the wisdom passed down from previous generations by feeding us natural healthy foods. She fed us only what we needed, not what we wanted. This has been the key underlying factor (besides genetics), to my ability to put on muscle while staying lean.

The answer is simple, but the application is difficult; you must eat the right things at the right time and avoid the "easy" food. Unfortunately, if your parents did not start you out on the right track, eating properly will take more effort. Now that I've depressed most of you with the idea that there is no magic answer, I'll review my current approach to nutrition. I'm not going to lay out my sample diet because it is unique to me and folks have varying goals, training levels, anthropometrics and metabolisms.

MY APPROACH TO NUTRITION

As a high-performance athlete, I need to feed my body often, and protein is the basis for my meals. Although folks who are trying to change their body composition may skip morning meals, it is imperative for me to begin eating as early as possible to ensure I consume my minimum caloric requirements. I will even start the day with a healthy load of carbohydrates to help replenish glycogen levels, although from my experience this is not appropriate for folks trying to lose body fat. My goal during the past year has been to add body mass, even if it is

from fat, because the mass facilitates leverages to handle the heavier weights required in my training and competition. Each meal has

a combination of carbohydrates, fats and protein to ensure an appropriate insulin response to facilitate growth and recovery. Lactose upsets my stomach, so I consume soy milk with my meals and I boost the protein content of each meal with soy protein. I used to rely on chicken shakes, but I found I had to consume digestive enzymes to support digestion, whereas soy is much easier on my stomach. I am fortunate to have had access to the top soy researchers in the world who have answered my questions on using soy for high performance. Since incorporating more soy protein in my daily diet, I have been able to add muscle steadily to my frame without the digestive issues.

The majority of my carbs during the day come from whole sources. Intra-workout I use dextrose, maltodextrin and/or a homopolysaccharide with BCAAs, and post-workout again will be dextrose or maltodextrin with hydrolysates, BCAAs, whey, soy and casein. During the next few hours (post-workout) I take in higher glycemic carbohydrates, and although I do not crave processed foods, I may eat higher caloric foods such as macaroni and cheese. But honestly, eating garbage is a chore and I'd rather just have a steak. Again, I attribute this to my upbringing, so I am the opposite of the average lifter, who might enjoy pizza or cookies, since I'm programmed to enjoy healthy wholesome foods and have a deterrence to the junky, processed foods.

Although it is impossible to copy my nutritional plan and expect the same results, these are the points I believe are important to high performance nutrition:

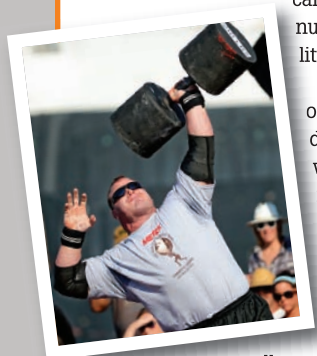
- 1) Eat natural, unprocessed foods throughout the day to maintain healthy levels of body fat.
- 2) Use protein supplements as necessary to boost meal protein content.
- 3) Don't worry about food fat content if it is from a healthy source, such as grass-fed beef.
- 4) Simple carbohydrate supplements are necessary to fuel training intensity.
- 5) Post-workout simple carbohydrates and a variety of protein supplements are necessary for recovery.
- 6) Junky, processed foods, if eaten at all, should be kept to the post workout period.

The indicators I use to gauge the progress of my nutritional plan are my performance and how I look and feel. If I'm working with someone on their nutritional plan who wants to re-composition, I use the same basic principles above and set their nutritional plan based on their lifestyle and training plan. I reinforce that they use the mirror as their key indicator, then body fat measurement, and last would be scale weight. When it comes to the average person off the street, their nutritional plan tends to be much more involved and interesting, but that's a topic for another article. **PM**

Poundstone's world-class strength can be seen on ESPN's Worlds Strongest Man, where he has been a finalist since 2008. He is a full time police officer 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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BRIAN SIDERS

Brian Siders is a world-champion powerlifter and regular participant in the Arnold Strongman Classic. He began participating in powerlifting meets in 1998 and has set several powerlifting world records, including a world-record total of 2,452 lbs. at the 2004 USAPL Senior National Championships and 2,529 lbs. at the 2004 IPF World Championships. He currently has the highest single-ply total ever at 2,650 and is one of only three men to total 2,600-plus in single-ply (the other two being Yarymbash and Malanichev).



Photo courtesy of MHP

What superhero power would you most like to possess? Wolverine's ability to heal from any injury within seconds. Batman's car and fortune would be nice, but I could make do without the mask, cape and gloves.

What is your idea of perfect happiness? The moment when you realize that your pre-workout caffeine buzz just kicked in after being stuck in an office all day. Overall, I would say that the moments after completing anything that gives me a sense of accomplishment, and just spending time with my daughter, family and friends. I find that to be truly happy a balance of working, training and time with people I care about has to be maintained, no matter how difficult it may seem to maintain at the time.

What is your greatest fear? Over-focusing on the future or the past and not enjoying the moment. It's great to have goals and learn from your past, obviously, but if you don't focus on the moment, then what you have learned? Your goals are useless. I don't ever want

to be sitting somewhere and wondering where my time has gone.

What is the trait you most deplore in others? I would say an overly high sense of entitlement or when people expect to be something special without paying any dues. Even the genetically gifted have to work very hard if they want to be the best at something for a significant amount of time. Also, the poor attitude that goes with this and the lack of humility.

What is your current state of mind? Afternoon sludge/sleepy.

What do you most value in your friends? Loyalty, understanding, funny, dedicated, positive.

What or who is the greatest love of your life? To me, love happens in different categories that really are not comparable to each other. My biggest love in interests would be powerlifting. For family it would be my daughter and mom, and my biggest love for a companion would be my girlfriend. **PM**

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