

NEW: COACHES' CORNER WITH **ZACH EVEN-ESH** AND USC'S **CHRIS CARLISLE**

POWER

JANUARY 2010

**STRONGMAN
TRAINING**

BY KARL GILLINGHAM

**UNDERSTANDING
TESTOSTERONE**

**SMALL CHANGES FOR A
BIG TOTAL**

BY BRIAN CARROLL

**CHOOSING A
BENCH
SHIRT**

BY ROB LUYANDO

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FIRST WORD



The debut of **POWER** was outstanding and I want thank everyone involved from the writers to the readers. We had some excellent feedback from our subscribers. Our goal is to absorb what is said, both positive and negative, and allow that information to help guide us.

In this issue, we've added "Coaches' Corner" and a Strongman article by Pro Strongman Karl Gillingham. Karl is one-third of the strongest trio of brothers to



walk the face of the earth: the Gillinghams. Karl and his family have been around the strength circles for years and they know their trade well. Look for more Strongman articles in upcoming issues of **POWER**.

Coaches' Corner has Chris Carlisle, the head

strength coach at the University of Southern California, and New Jersey's own Internet icon Zach Even-Esh. Their coaching tips may help you become a better coach, trainer or crazy parent that forces their kid to kick everyone's ass at their given sport.

"Hoss" Cartwright writes about his top-secret spreadsheet training and the benefits of goal-setting.

The underrated Brian Carroll gives you a look inside his current training system. He's hit some huge numbers lately and approaches his lifting by training hard and using his fat, bloated head.

Laura Phelps, who graces our cover, reveals some details about her big squat and ... her big butt? Seriously, take another look at the cover and appreciate her lower body development. It's unreal. Laura competes at 165 lbs. and routinely bangs out reps with 100-lb.-plus dumbbells on the bench, hammers out tons of reps on pull-ups and has totaled well over 10 times her bodyweight. Read her article and try not to feel like you should jump off a bridge because you're feeling inadequate.

By the time this is in your hands, my fat face will be thinner; I'm moving to the 275-lb. class. Wish me luck – I'm going to need it. As my wife always says when I'm walking out the door for a meet, "Good luck at the weigh-ins."

Knowledge is POWER,

Mark Bell

POWER MAGAZINE

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ANCHORS AWEIGH

I joined the United States Navy and left for boot camp December 10th, 2002. There I ran miles and miles a day, and did more physical training than I'd ever done before. From there I went on to Advanced School in Texas (where my "before" picture was taken). That's when I decided to start training seriously.

In 2005, I was deployed to Iraq, where I worked out harder than ever, and set my personal bench record of 405 lbs. The gyms were small, hot, and crowded. I was seriously into lifting by that time, but I was missing an important piece of the puzzle—a proper diet.

In 2007 I was deployed to Sigonella, Italy. That's when I discovered BodySpace. The information and support I found there taught me and motivated me to practice a strict diet year-round. The encouragement of the close friends I've gained and the unlimited amount of info have taken my training to a level that I wasn't able to reach before. As "SuperMaine" BodySpace gives me the chance to share what I've learned with other people, to help them achieve what I've achieved!

I've realized that with proper diet and technique (and the fitness experts at Bodybuilding.com) my future holds even more progress and success!

Elijah Maine
(SuperMaine)

Age: 24
Churchville, NY
United States Navy
Petty Officer Second Class

Gym:
NAS Sigonella II Gym
Trains 6 days a week

Favorite Supplements:
Assault
by Muscle Pharm
100% Whey Isolate
by Kaizen



Speaking of anchors... ↴



<http://read.bodybuilding.com/true>

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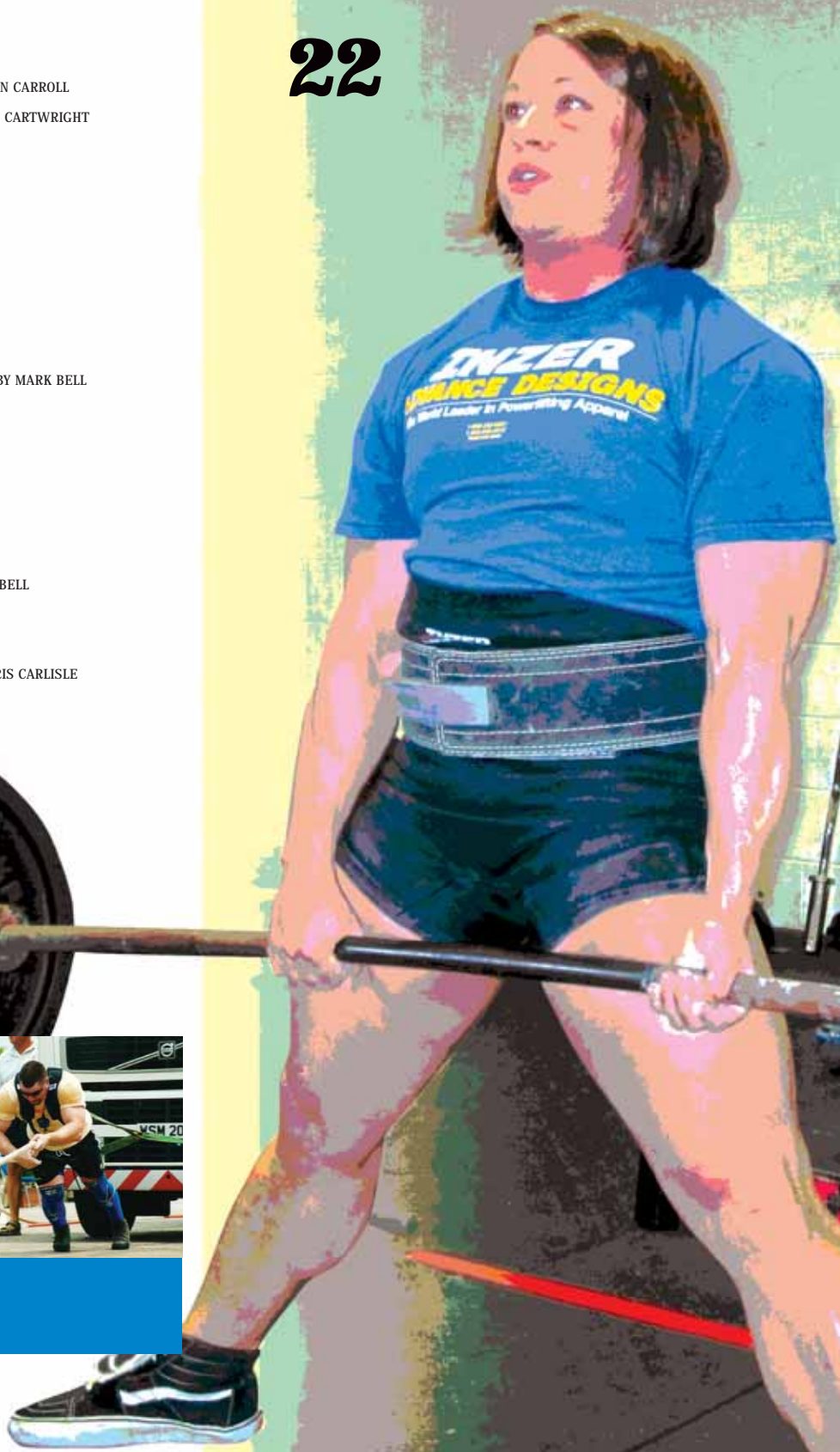
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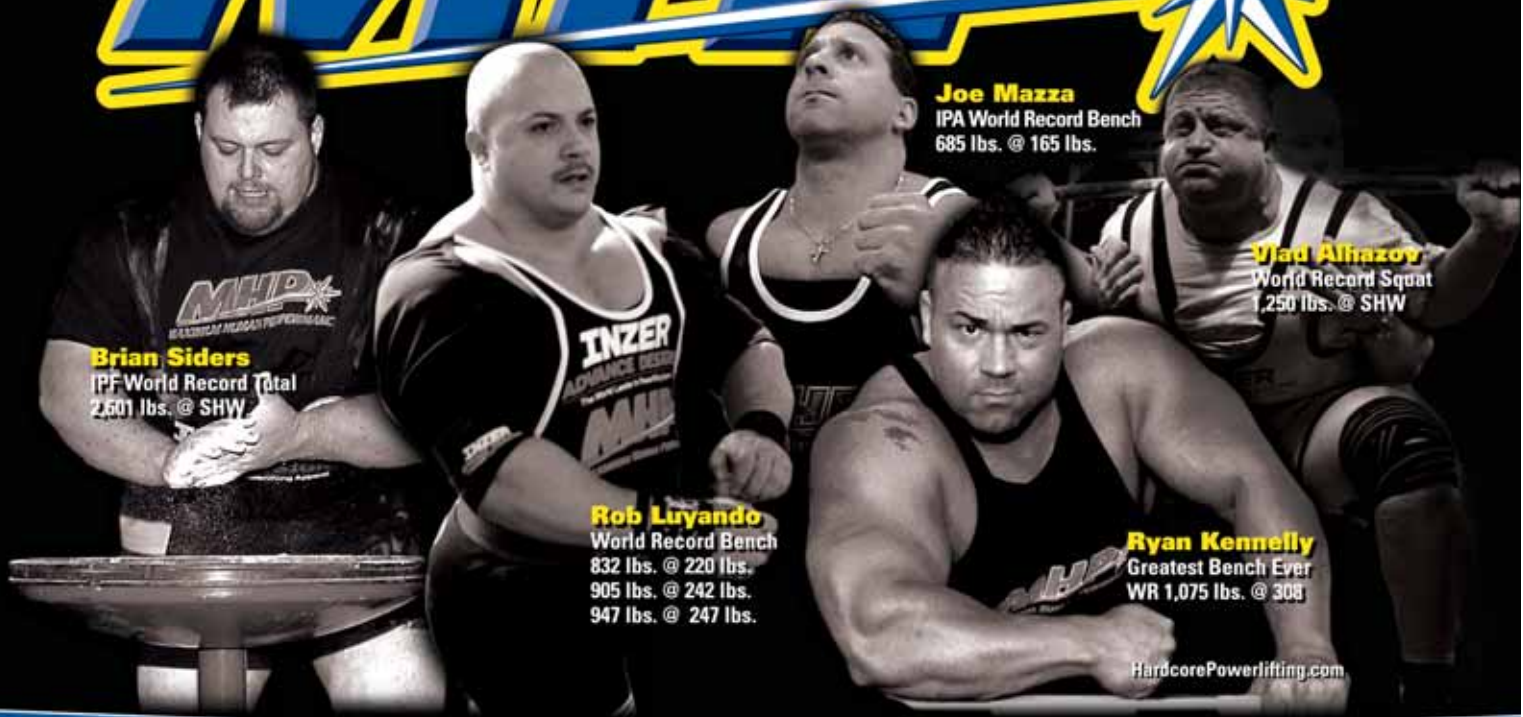


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MHP



Brian Siders
IPF World Record Total
2,601 lbs. @ SHW

Joe Mazza
IPA World Record Bench
685 lbs. @ 165 lbs.

Vlad Alhazov
World Record Squat
1,250 lbs. @ SHW

Rob Luyando
World Record Bench
832 lbs. @ 220 lbs.
905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

Ryan Kennelly
Greatest Bench Ever
WR 1,075 lbs. @ 308

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Dennis Cieri
IPF World Record Bench
634 lbs. @ 198 lbs.



Jeremy Hoonstra
World Record "Raw" Bench
615 lbs. @ 242 lbs.



Brian Schwab
World Record Total
2,045 lbs. @ 165 lbs.



Shawn Frankl
World Record Total
2,630 lbs. @ 198 lbs.



Joe Ceklovsky
World Record Bench
600 lbs. @ 147.6 lbs.

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MAIL BAG



To the Editor at X-tra Large:

I just got the first issue of *Power*. It is an excellent magazine and well worth the subscription price. You've covered some of the great names in the sport and the layout is terrific.

It's great to see content about Stan Efferding. He is a great guy. I saw him win a bodybuilding pro card at Masters

Nationals and it was well deserved. My area is mainly bodybuilding. I have judged a few shows and worked with a few powerlifters who went on to bodybuilding, like Joe Ladnier and Lance Johnson.

Your First Word column choked me up. I'm sorry about your brother, Mike, and offer my condolences. I lost my wife and son several years ago in an accident, so I understand your grief. A good friend of mine is bi-polar and many do not recognize how severe this condition can be. With all of your contributors, this magazine should be a success and find its audience. Best of luck. I'm already looking forward to the next issue.

*Gerry
via email*

To the Editor at X-tra Large:

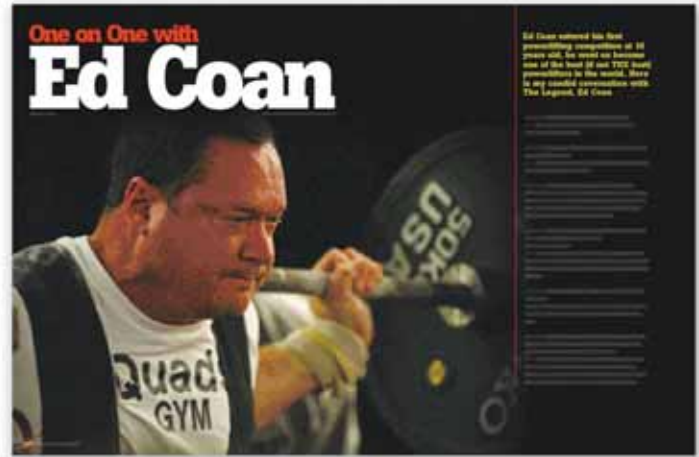
Power is f*ing cool. The pictures are amazing. Thanks for making me look good, and thanks from every powerlifter on the planet!

*Ed Coan
via email*

To the Editor at X-tra Large:

I thought the premiere issue of *Power* was great – beautifully assembled, a great article on Coan, all around well-done. I look forward to the next issue.

*Mike
via email*



To the Editor at X-tra Large:

I just want to say the premiere issue was top-class, especially the tips from Hoss. The interview with Ed Coan was very good, too. More interviews from previous lifters would be brilliant. I'm looking forward to the next issue!

*Rob
Ireland*

To the Editor at X-tra Large:

I'm a subscriber from Sweden who is a beginner in the sport of powerlifting and I like the magazine. Finally I don't have to read those crappy bodybuilding magazines that are 90 percent advertising. *Power* is written with both humor and knowledge. The only downside is that I read it in one day and have to wait for the next issue to come! I am a beginner in the sport. Don't forget about us!

My goal is to one day own and proudly wear an "I got 99 problems" ST T-shirt. That just has to be the coolest T-shirt I've seen.

*Dennis
Sweden*

Send us your comments, suggestions, gripes or whatever. We would love to hear from you. Submit your questions for Power's staff and advisory board at www.thepowermagazine.com



To the Editor at X-tra Large:

I thought the first issue was excellent. I was genuinely excited when it arrived in the mail and I read the whole issue in one sitting. I have re-read it one article at a time since then, and my opinion hasn't changed.

I would love to see articles on nutrition (preferably from Stan), and maybe articles on injury rehabilitation and/or prevention for the regular person who may not have access to E-stem or ART. I will continue

to look forward to the next issues. Keep up the good work.

*R. Scott
via email*

To the Editor at X-tra Large:

I love *Power*. So far I have read it three times. Please include more about nutrition, if you can.

I'm at the University of Colorado at Colorado Springs. I have two lifting partners here and we are all type 1 diabetics. I was hurt in Iraq in 2005 and, after physical therapy, I used techniques from powerlifting to get back fully on my feet — kind of inspired from the comment from "Hoss" Cartwright in the movie *Power Unlimited*. After three years of solid, slow training, I can now bench 275 lbs., squat 455 lbs., and dead lift 505 lbs. Hopefully I'll be able to come back fully. I just wanted to say how much I have enjoyed your premiere issue.

Jesse

To the Editor at X-tra Large:

I'm loving the magazine so far! I've read the first issue about six times and am already twiddling my thumbs for the next issue. It's great to finally have a powerlifting magazine that appeals to all federations and has articles that revolve around training, technique and equipment, rather than just showing meet results.

I'm sure you have lots of ideas for future issues, but I would really like to see a Q&A section, if you're willing to tackle questions from readers. I'm a novice powerlifter from a small town. While I have two training partners who have competed at international competitions (both have competed at IPF junior worlds and won medals), we are always refining and tweaking our training and technique. We usually manage to help each other when struggling with barriers, but it would be awesome to have the ability to ask the real pros for help or suggestions! So, a Q&A section in your magazine would rock! I would love to pick your brains.

Also, a review page would be awesome too that compared new and current equipment with other similar brands — or even offered personal reviews on gear. The ads in your magazine are great, but I would like to know what you guys actually think about products!

*Mike
Nova Scotia, Canada*

Thanks for the great comments. We are working on adding a Q&A section and use our website to gather reader's questions. Log on to www.thepowermagazine.com to submit your questions for Power's staff and advisory board.

To the Editor at X-tra Large:

I would like to thank and congratulate you for bringing this new and exciting publication to the masses. Outside of PLUSA, newsstands across the country are completely vacant of any bonafide powerlifting resources, until now. *Power* was long overdue in a market that is over-saturated with a million-and-one bodybuilding publications, each as useless as the next. So, for having the guts to throw your hat into the proverbial ring, I will always be grateful — and I will always be a subscriber.

The premier issue is absolutely fantastic. I was like a kid on Christmas morning when it arrived in my mailbox, and who better to grace the cover than Ed Coan, a true living legend. Kudos to everyone working hard at *Power*. Your efforts are very necessary and much appreciated. Thanks for your time, and keep up the great work!

*Brent
via email*

Meet *POWER*'s Advisory Board

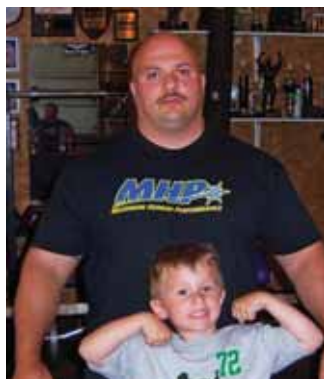
POWER's proud to be working with these accomplished lifters and strength coaches. Articles from our advisory board will appear in every issue of *POWER*.

If you have any questions for our board, please email them to andee@thepowermagazine.com. Please include the name of the board member that the question is for in the subject line.



**SCOTT "HOSS"
CARTWRIGHT**

Scott "Hoss" Cartwright has been a powerlifter for more than 15 years. His best lifts in the SPF at SHW are a 1,160-lb. squat, 710-lb. bench and 755-lb. deadlift for 2,625 lbs. total. Cartwright trains at Super Training Gym in Sacramento, Calif. He and his wife, Alice, have three children: Jonah, 11; Jack, 9; and Carly, 7.



ROB LUYANDO

Rob Luyando has been in the game for more than 17 years and has held all-time world records in 220-, 242-, 275-lb. weight classes in the bench press. His best lift to date is a 948-lb. bench press. Rob is sponsored by MHP (www.GetMHP.com), Overkill Strength Equipment and Super Training Gym. Luyando is also available for online consulting at www.supertainingym.com/consulting/benchconsultingwithrob.html.



ZACH EVEN-ESH

Zach Even-Esh is a performance coach for athletes and the owner of The Underground Strength Gym in Edison, N.J. You can find his articles in magazines such as TapOut, Men's Fitness and Muscle & Fitness. Zach's gym is quickly becoming the hub for strength coaches around the world who want to learn how to turn their passion for strength into a full-time profession. For more information visit www.ZachEven-Esh.com.



MIKE TUCHSCHERER

Mike Tuchscherer is an accomplished powerlifter with 12 years' experience training and researching the best training methods in the world. He has competed in raw and single ply competitions. He represented the USA and won the gold medal at the 2009 World Games. Tuchscherer's best lifts in IPF competition are a 903-lb. squat, a 644-lb. bench press, an 826-lb. deadlift and a 2,342-lb. total in the 275-lb. weight class.

POWER



LAURA PHELPS

Laura Phelps represents Westside Barbell in Columbus, Ohio. She is coached by her husband, Shane, and legendary strength training coach Louie Simmons. She has broken all-time world records 20 times in her four-year career and holds all-time world records in the squat at 165 lbs. (740-lb. squat) and at 181 lbs. (770-lb. squat). Phelps also holds the all-time world record in the bench press at 165 lbs. (465-lb. bench press) and at 181 lbs. (500-lb. bench press). She holds the all-time world record in the total at 165 lbs. (1,720-lb. total) and at 181 lbs. (1,770-lb. total). Phelps holds the highest pound-for-pound total in history, as well as the highest total of all-time by formula, making her the strongest female powerlifter in history.



GENE RYCHLAK JR.

Gene Rychlak Jr. is the first man to bench press 900 and 1,000 lbs., first to lift over 1,000 lbs. in two different disciplines (squat and bench), and the first active competitor to be inducted into the Powerlifting Hall of Fame at York Barbell, York, Pa. He has more than 27 years of lifting experience, 12 years in meet promotion, has been sponsored by Inzer Advance Designs for the past seven years, and is the IPA (International Powerlifting Association) vice president. Rychlak trains at Southside Iron, 1901 S. 12th Street, Allentown, PA 18103. For more information on Rychlak, upcoming meets and Southside Iron visit www.RychlakPowerSystems.com. For more on the IPA go to www.IPApower.com.



JESSE BURDICK

Jesse Burdick spent the last decade working as an NSCS certified personal trainer and certified strength and conditioning specialist. He is a licensed massage therapist, as well as an Active Release Techniques Level II specialist, making him one of the most sought after rehab/prehab consultants in strength sports. Burdick was an NCAA Division I baseball player and has competed at the semi-pro level in Canada, New York and California. He competes as an Elite level powerlifter in two weight classes, is an amateur strongman and also runs the Prevail Power Team out of ReActive Gym in Pleasanton, Calif. His best lifts are a 903-lb. squat, 585-lb. bench and 711-lb. deadlift. Check out www.reactivegym.com and www.prevailfitness.com for more information on Burdick.



CHRIS CARLISLE

Chris Carlisle is in his ninth year as the University of Southern California's (USC) head strength and conditioning coach. He was named the 2006 National Collegiate Strength and Conditioning Coach of the Year by the Professional Football Strength and Conditioning Coaches Society. He came to USC from Tennessee, where he was the associate head strength and conditioning coach for three years (1998-2000). The Volunteers football team won the 1998 national title and Southeastern Conference championship. He was a three-year (1981-83) starting offensive lineman at Chadron State College, Neb., and earned All-Area honors.

WVBAR

Out and About



Mark Bell, Bonnie and Alan Aerts at WABDL World's in Reno, NV



Mark Bell, Steve Wong, Ken Anderson of Anderson Powerlifting at WABDL World's in Reno, NV



Midtown Strength and Conditioning co-owner, Tara Getty



Mark Bell's parents: Rosemary and Mike "Sheldon" Bell supporting their son at WPF World's in Las Vegas



POWER Publisher Andee Bell, Ed Coan and POWER Associate Editor April Donald at WPF World's



Mark Bell, Chuck LaMantia (DJ Big Fat Chuck) and Andee Bell at WPF World's



Ed Coan with the locals in Las Vegas



Mark and Andee Bell, Ed Coan, Shelley and Steve Denison at the Hard Rock in Las Vegas



Mark Bell, Gene Rychlak and Hoss Cartwright posing outside of York Barbell



Matt Wenning, Mark Bell and Hoss Cartwright are ready for the buffet!



Mark Bell with ESPN's own Lee Corso



Scott "Hoss" Cartwright stuffing his face in Las Vegas



Hoss Cartwright, Mark Bell, Niko Hulslander - owner of Garage Inc.



Big Benchers: Vincent Dizenzo, Mark Bell, Gene Rychlak



WPF World's 308-lb winner Piper Donald!
(OK, she stole the medal from uncle Mark)



Mark Bell and Gene Rychlak at the IPA Nationals at York Barbell



Danny Dague, owner of Lexen Xtreme



Ryan Horn- VCU Strength coach, and Mark Bell



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Choosing and Breaking in a Bench Shirt

BY ROB LUYANDO

Are you in the market for a new bench shirt? Before taking measurements and comparing prices, first find out the rules of the Federation in which you intend to compete. Once you have learned those rules, then you can get out the tape measure and start shopping.

MEASUREMENTS AND OTHER ADVICE

- Taking measurements when you are all pumped up can throw off the sizing, so take true measurements when you are relaxed.
- Lifters with less experience should go with a basic shirt regardless weather it's single- or double-ply. More experienced lifters should get a shirt as jacked as they can handle.
- Pick one shirt and train with it until you've mastered it. Don't order four or five shirts and then wonder why you can't figure out which shirt to use and why they don't perform the same way. One of the biggest problems I faced as a sponsored lifter was having too many shirts. At first it was cool. Every day was like Christmas when the UPS man showed up. But I wasted time trying to figure out which shirt to wear instead of concentrating on my training.
- The shirt you train in should be the shirt you use to compete in. Practice how you play.
- Train with people who have experience with bench shirts. Surrounding myself with experienced lifters was the best move I ever made for training and making gains.



BREAK IT IN

If the bench shirt you purchased was measured correctly, it should be pretty tight the first few times you wear it. Keep in mind that you may not be able to start out with your normal competition grip. Assuming the lifter breaking in the shirt is a 600-lb. bencher, here is what I would recommend for the first workout.

- 405 lbs., 3 reps, 2 sets off 3 board
- 425 lbs., 2 reps, 1 set off 3 board
- 450 lbs., 2 reps, 1 set off 2 board
- 475 lbs., 2 reps, 1 set off 2 board
- 500 lbs., 2 reps, 1 set off 2 board
- 525 lbs., 2 reps, 1 set off 2 board
- 550 lbs., 1 rep, 1 set off 1½ board

I wouldn't push the shirt any lower that first workout. If you have to start with a close grip your first set or so, try to force out a finger each set after that until it's a legitimate competition grip.

By your second or third workout, you should be able to get the shirt full range — but it will take some work. Any questions? Contact me on Super Training Gym forums (www.SuperTrainingGym.com).

LIFT STRONG

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Dumbbell Shirt



Power Shirt



LS Wide Shirt



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Girls Power Shirt



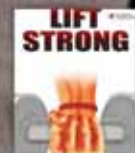
LS Wide Shirt



LS Wrist Band



LS CD-Manual



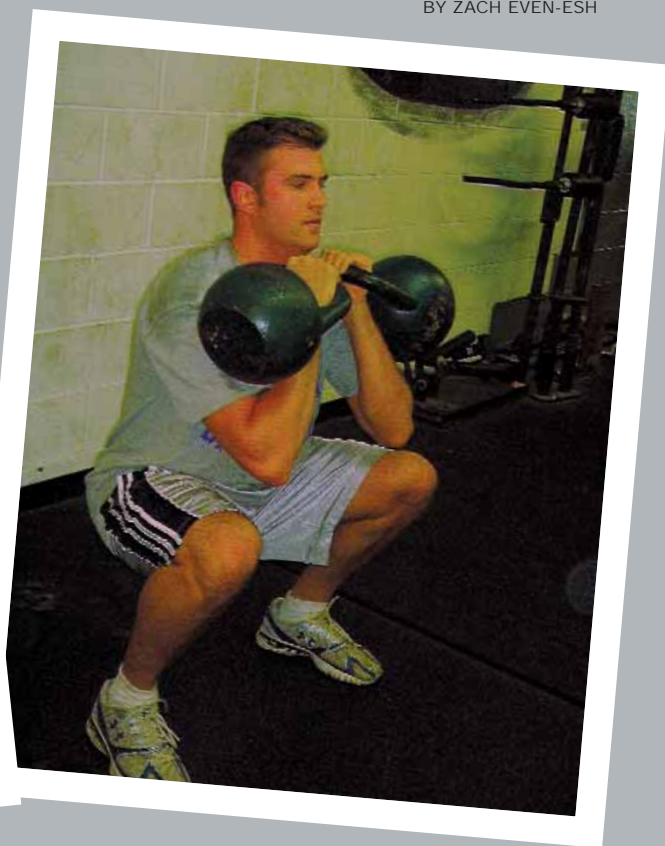
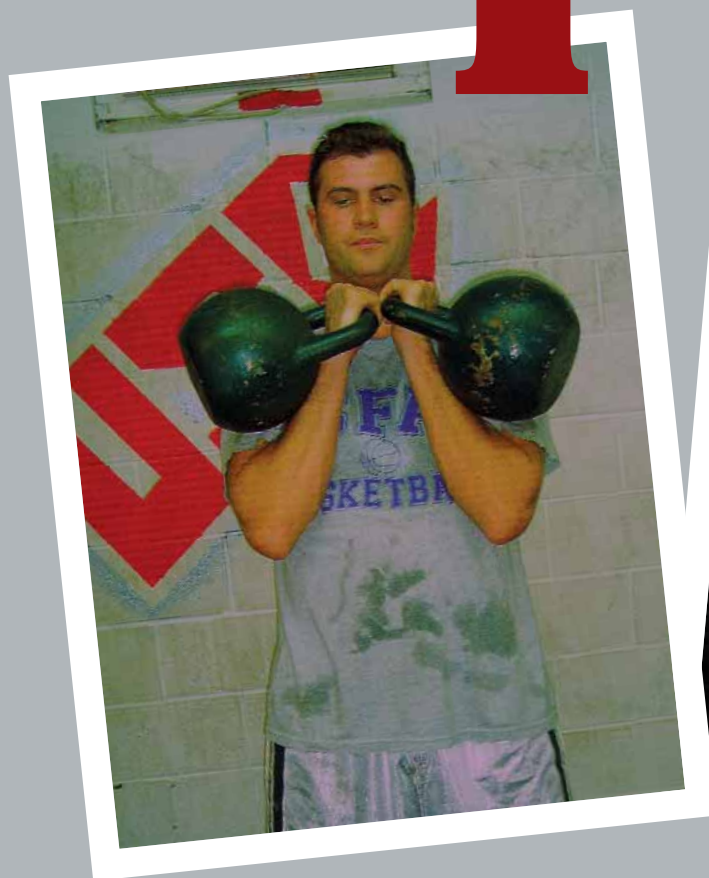
LS Shaker Cup





Got Squat?

BY ZACH EVEN-ESH

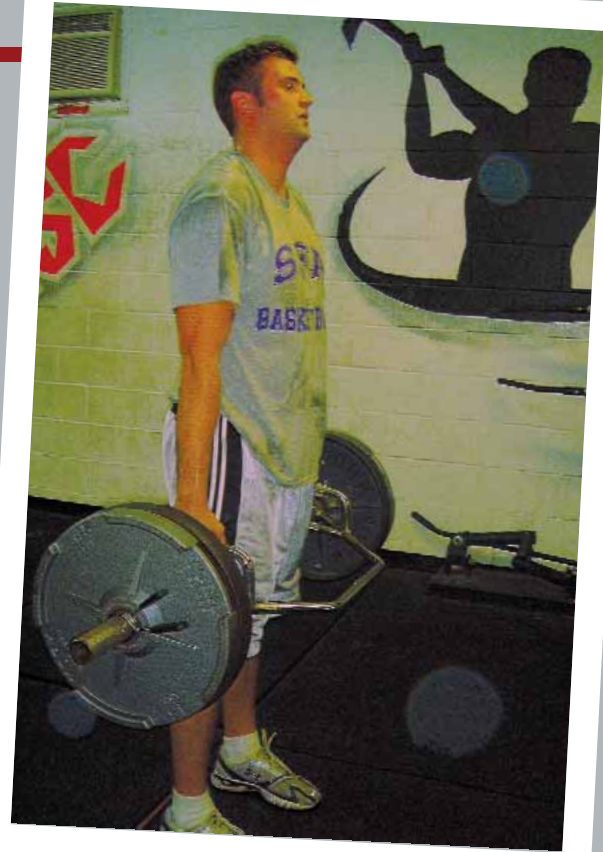
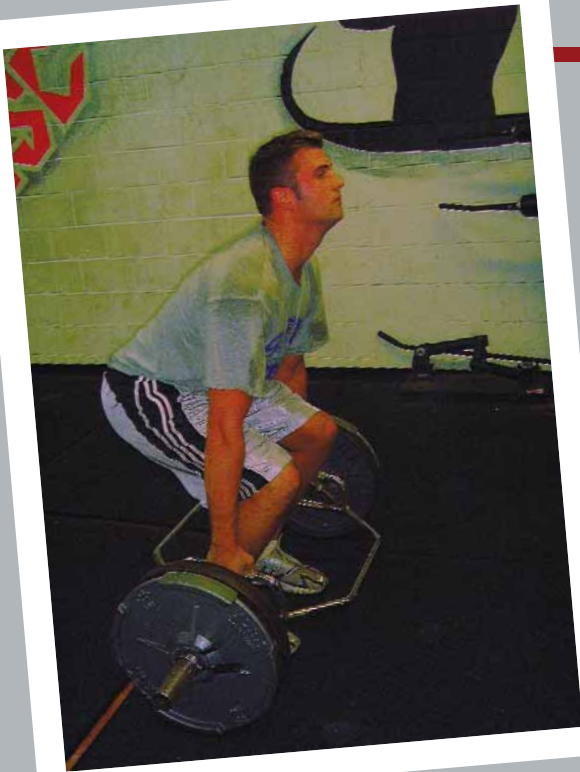


One thing I know for sure: Whether you train for powerlifting competitions or use powerlifts to improve your athletic ability, you will get hurt. If you've been training for a few years, you have undoubtedly experienced some type of injury. As a powerlifter or serious power athlete, you may have injured your lower back. This can

cause problems with the good old back squat, box or no box, and the deadlift.

Some people quit when they get injured and lay in bed until they've healed, which can possibly take months. Others find ways to work around injuries while bringing themselves back to full health and strength. I fall in the latter category.

When I injure my lower back, I can often find a variation of the squat and/or deadlift to continue training and bring myself back to health. In addition, using a variety of squats and deadlifts can help avoid overuse injuries and mental burnout, and help bring up my numbers in the squat and deadlift.



VARIATIONS AND TOOLS

Check out these squat and deadlift variations using different tools. Use these movements at your own discretion. I encourage you to become the master of your own body and do as Bruce Lee said: “Absorb what is useful, discard what is not, add what is uniquely your own.”

ZERCHER SQUATS — This variation forces you to push the hips back, keep the chest high and force the knees out. Using a thick bar works best, and you can perform them with or without a box.

TRAP BAR DEADLIFTS — These mimic the squat more than the deadlift and place less strain on the lower back. This is also a great introductory lift for a young powerlifter in the preparation phase. Increase difficulty by standing on 45-lb. plates to extend the range of motion.

KETTLEBELL SQUATS — This movement minimizes spinal loading and strengthens the abs. As you squat down, keep your knuckles together and elbows pointing downward. A common mistake is elevating the elbows up and out, which takes a lot of pressure off of the abs.

STONE LIFTING — Lifting stones, especially atlas stones, can put you in a precarious position. But it can also strengthen your back in the round back position and improve hip mobility and flexibility. You can deadlift the stones up and down, squat them up and down or load stones onto platforms, which will help you develop speed from the bottom position as you rip the stones off the ground and onto high objects.

SOFT TISSUE WORK

To remain healthy, it’s critical to stay open-minded to new movements and try different methods. It’s also critical to include soft tissue work. Use foam rollers, lacrosse balls and hard medicine balls to roll on and break up scar tissue. The body can take quite the beating through powerlifting and athletics, so make sure to utilize soft tissue work during warm-ups, between sets and after workouts.

Zach Even-Esh is the owner of The Underground Strength Gym in Edison, N.J. For more information on his training methods visit www.zacheven-esh.com.

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Flexibility

The key to success in today's sporting world is to develop a complete athlete. If you compete, or if you just love to train, you need to look at how you can continue to make positive gains.

I believe you must have a great philosophy so you know why you are being successful, and also why you aren't making gains. A great philosophy is like a set of train tracks. Going through the training life, the more successful you become means you stayed on track. If you start having problems, you've probably been derailed.

At the University of Southern California (USC), our philosophy is very simple: "How To, How Fast and How Much." "How To" deals with technique and preparation, "How Fast" deals with the speed of the movement and the speed at which we progress and "How Much" deals with the amount of weight or the number of reps and sets.



HOW TO

As athletes come into our program, usually as freshmen, the coaching staff feels they are closer to a high school athlete than to a college athlete. Because of this, we need to train with great focus on “How To” do things right. As the athlete learns great technique, we can then begin to focus on how fast the athlete is moving. To improve, we need to move at game speed in all our movements.

HOW FAST

The transition to “How Fast” usually comes around the summer going into the athletes’ sophomore year. By this time, they are closer to a college athlete than to a high school athlete. The final transition comes about during the winter of their sophomore year.

HOW MUCH

The beauty of this philosophy is that if the athlete begins to have issue in moving at full speed, we can revert back to “How To” and make sure the technique is correct. If the athlete cannot move at game speed, the weight or amount of work is too much. If they are not working at game speed, they are not becoming a better athlete. If we are not improving athleticism, we are not doing our job.

THE ROLE OF FLEXIBILITY

Now that we have our philosophy set, we need to focus on how we are going to go about our work. To completely develop an athlete, I need to start with the flexibility and core (abdominal/low back) strength.





With this in mind, I feel that USC's flexibility and core programs are on the cutting edge. We have connected with top professionals across the country to develop a program that will help our athletes play at the highest level throughout the season. Our job is to reduce the chance of injury. I use the

term "reduce" because you can't remove all chances of injury in the explosive, dynamic world of football.

STRETCHING ISN'T THE END

Flexibility has to do with stretching, but it also has a lot to do with hydration and nutrition. With this in mind, we teach our athletes about all of these ideas. Stretching isn't the end, it is a means to an end.

In practice we have the option of two different types of stretches. When we have practices without pads, we do more dynamic movements (combining stretching and movement). With pads, we will do more sport-specific dynamic movements. With both stretches we will also do a series of joint flexibility and stretching techniques.

After practice we have two opportunities to post-stretch the athletes. The athletes working out in the weight room have the opportunity to use foam rollers and stretch bands to work on their flexibility. Athletes who are not scheduled to work out after practice will have the opportunity to do a dynamic post-stretch which aides in their recovery.

When school starts we do a dynamic stretch warm-up with their agility and quickness workouts, which takes 15 minutes. Then we warm the athletes down for 5 minutes after the workout. This means that 20 of our allotted 45 minutes of workout time is spent on flexibility, core and movement training. The rest of our time is spent

aggressively maintaining strength levels.

The flexibility of our athletes is a priority of USC's program. We take the necessary time to keep our athletes able to play at the highest levels — with the understanding that injuries are always a possibility, no matter how flexible an athlete has become.

This attitude toward flexibility is also seen in our strength training portion of our program. To lift more weight, overall flexibility must be a major focal point of any program.

Too many athletes want to get right into their program and will do some light stretching before they get going. I have found that the younger the athletes, the more "bullet-proof" they believe they are. As athletes become more mature and survive a few injuries, they begin to take more time during the preparation phase.

When I came to USC, Coach Pete Carroll outlined his belief in how a strength program fit into his overall philosophy. Carroll said we needed to "prepare at the highest level, to practice at the highest level, in order to play at the highest level."

To carry on this philosophy in the movement and strength portion of the program, we work tenaciously to ensure that our athletes are better prepared than any other athlete in the world. This type of energy can be seen by some as extraneous, but I believe that our ability to prepare our athletes at the highest level is one of the keys to our continued success.

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Big Butt = Big Squat

BY LAURA PHELPS

I've advanced quickly since I started powerlifting, thanks in large part to my background in gymnastics. My tendons and ligaments are thick and strong, and I've maintained a great deal of flexibility since I gave up the sport. But, the most beneficial side effect I maintained from my years in gymnastics is a large butt. It's simple math. Flexibility + big butt = big squat! Louie Simmons will tell you – you want a bigger, more powerful squat and deadlift? Grow a butt! I do everything I can to maintain such a portly backside.

Though I constantly change and experiment with new exercises, here is an example of my typical training sessions within a few weeks of a competition.



MONDAY — OFF

TUESDAY — DYNAMIC-EFFORT SQUAT/MAX EFFORT DEADLIFT

Dynamic-effort squats: I use a safety squat bar plus a green band on the bar and a purple band over the plates. I set a 205-lb. bar weight and perform eight sets of two reps.

Max-effort deadlift: These are super-wide deadlifts in briefs only, worked up to a PR 505 lbs. I place wide collars on the insides of the plates to avoid smashing my toes when I put the weight down. I widen my stance about 3 inches on each side. This exercise has helped my Sumo technique tremendously, as it has taught me to push my hips through right from the start of the pull.

Accessory exercises: I use the back attack machine at 135 lbs. plus a purple band, and perform three sets of six reps. I love this machine. I can change the settings to work primarily my lower back, but I often set it to target my hamstrings and glutes.

- Reverse hypers: I set it at 330 lbs. and do three sets of 12 reps. I don't let the weight swing through. Instead, I stay tight all the way down and stop the weight at 90 degrees to prevent momentum.
- GPP: Prowler sprints for 100 yards, then a superset with backward sled drag for three set of 100 yards. I used to slack with my GPP and noticed that I was exhausted going into deadlift at a meet. When I am consistent with my GPP, I have much more stamina during a meet, my bodyweight stays under control and I am in all-around better shape.
- For my abs I do



pull-downs with the rope on the cable crossover, heavy, for varying reps and static holds.

WEDNESDAY — OFF

THURSDAY — DYNAMIC-EFFORT BENCH PRESS

I use 145 lbs. bar weight plus mini-bands for nine sets of three reps (three sets with a standard grip, three with a medium grip and three with a wide grip). I also do a raw rep set at 275 lbs. for eight reps. I typically do some sort of raw rep work following dynamic-

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Model: Krystal Nicole wearing Skull-Heart T.
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An advertisement for House of Pain sportswear. It features a woman in a purple crop top and black bikini bottom. Surrounding her are several pieces of clothing: a red long-sleeve t-shirt, a blue 2-color tribal t-shirt, a camouflage tribal t-shirt, a blue tribal sleeveless tank top, and a blue thin strap y-back tribal tank top. Each item has a price tag. The background is a textured gray wall with the House of Pain logo and name.



effort bench press, changing the rep scheme every few weeks and performing anywhere from three to eight reps. When I started focusing some of my efforts into my raw bench press, it had a direct effect on my shirted bench. My raw bench went up 50 lbs. and my shirted bench went up more than 40 lbs.

Assistance exercises: I do the incline dumbbell press for three sets of eight reps using 100-lb. dumbbells. I perform incline presses every week, but I occasionally rotate with flat or decline dumbbell presses. • I also do wide-grip chins, three sets of 10; lat pulldowns at 200 lbs. for three sets of eight reps; and low rows at 200 lbs. for three sets of eight reps. • I use shoulder rehab exercises and dynamic stretching, focusing on the rear delts to prevent a shoulder imbalance or injury.

FRIDAY — OFF

SATURDAY — MAX EFFORT SQUAT/DYNAMIC-EFFORT DEADLIFT

For the squat opener trial for the meet, I worked up to 705 lbs. in full gear. I typically take my opener four to five weeks before a meet, prior to Circa Max cycle, to allow my central nervous system to recover. If it's during Circa Max, I'd work up to a max single with 160 lbs. of chains onto a 12-inch box, for example.

Dynamic-effort deadlift: I use a 225-lb. bar weight plus mini bands for eight sets of singles.

Accessory exercises: I do glute ham raises against a purple (light) and monster mini-band for three sets of 12 reps — yet another great butt-building exercise. • Kettlebell swings, 75 lbs., three sets of 12 reps. • Light reverse hypers, 90 lbs., three sets of 20 reps. I keep one light day of reverse hypers during the week for lower

back rehab. I don't have a back injury and I don't want one! • For conditioning I do Airdyne sprints at 80/50 RPM intervals. • I finish with abs.

SUNDAY — MAX-EFFORT BENCH PRESS

Using a double ply RageX, I work up to a 340–350-lb. bar weight plus one purple (light) and monster mini-band per side. This is done to a two-board to work lockout. My goal is to have approximately 100 pounds more weight at the top than I will use on my heaviest attempt at the meet. This has improved my release in a shirt and helped me be less hesitant with the weight. I would only recommend a two-week wave of this exercise, as any more can torture the arms. I typically do much of my max effort bench work raw, but as I approach a competition, I spend the last five weeks working in my shirt.

Assistance exercises: I do close grip dumbbell presses using



100-lb. dumbbells plus a mini-band around my back for three sets of eight reps. • Then Kettlebell skull crushers for a max set of eight reps. • I do tricep pushdowns, three sets of 10 reps. • I finish up with abs and do straight leg sit-ups with a medicine ball on the glute/ham machine.

People often ask me how I train, particularly whether or not I do special exercises that are beneficial for women. As you can see, I don't necessarily do much differently than any male lifter. Women can do much of the same training men do; we simply need to be more aware of our strength level and capabilities. Don't get caught up trying to hang with the guys! Women don't typically carry the same body mass as men and our composition is different, making it all the more important to focus on perfect form and technique.

Many times when I am training at Westside, I am on a separate bench or monolift. I know what I am capable of handling and I've spent years experimenting to find what works for me. I will continue to experiment and evolve with my training. It is a never-ending game, but I am up for the challenge!

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Fit or Fat Lasagna

POWER

In the world of powerlifting and other weight training sports, gaining and losing weight is a constant battle. Below are two lasagna recipes designed with both these goals in mind. Maximize the protein, minimize the fat and balance the carbs. Best of all, they both taste great! Choose the recipe based on your goals. Whip up one for yourself and have leftovers for the week, serve it to the family or impress a date.



FIT LASAGNA:

2 tsp. olive oil
10 oz. ground extra lean turkey breast
1 medium onion, chopped
1 (28-oz.) can diced tomatoes
1 (6-oz.) can tomato paste
¼ cup grated Parmesan cheese
1 tsp. dried basil
1 tsp. dried oregano
½ tsp. sugar
12 no-boil lasagna noodles (3½ x 6 ½-inch sheets)
2 cups fat-free cottage cheese
1 cup shredded mozzarella

FAT LASAGNA:

2 tsp. olive oil
10 oz. ground beef
1 medium onion, chopped
1 (28-oz.) can diced tomatoes
1 (6-oz.) can tomato paste
½ cup parmesan
1 tsp. dried basil
1 tsp. dried oregano
½ tsp. sugar
12 no-boil lasagna noodles (3½ x 6 ½-inch sheets)
2 cups ricotta cheese
1 cup shredded mozzarella

Preheat oven to 350 degrees (F). Spray a 8 x 13-inch baking pan with nonstick spray.

Heat the oil in a large nonstick skillet over medium-high heat. Add the meat and onion and cook until no longer pink, about 5 minutes, breaking the meat apart with a spoon.

Stir in the tomatoes, tomato paste, Parmesan, basil, oregano and sugar; bring to a boil. Reduce heat and simmer 5 minutes, uncovered, or until slightly thickened.

Spread one-third of the sauce in the baking pan; top with three of the noodles. Spread with half of the cottage or ricotta cheese and top with three more noodles. Repeat the layering once more, ending with the sauce. Sprinkle with the mozzarella. Cover pan with foil and bake until bubbly, about 1 hour. Uncover and bake until the top is golden brown, about 10 minutes. Enjoy!

Fit Lasagna nutrition info (1/8 of lasagna): 303 cal., 8g fat, 35g carbs, 22g protein.

Fat lasagna nutrition info (1/8 of lasagna): 433 cal., 22g fat, 35g carbs, 23g protein.



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Small Changes for a Big Total

BY BRIAN CARROLL

My training has varied over the years. The more I try to complicate the training cycle, the worse off I am. Keeping it simple and using a little bit of what others do to be successful has been key for me. I have sorted through many different methods. Some worked, some kept me stagnant and others pulled me backward. This time around, I incorporated different things in my cycle, as well as took away some things that I wasn't sure I could do without. Here are a few changes I made, with the help of some advice from Adam and Clint (Team Samson), Al Caslow (SOS) and Shawn Frankl (BIG).



INCREASE REPS

The biggest change I made was incorporating more reps, whether it be on assistance exercises (sets of 12) or working doubles on the big three movements. I have always stuck with singles when I was using full gear. It was comfortable, so I knew I needed change. Multiple reps are not comfortable, especially at 85 to 90 percent.

SEPARATE THE DEADLIFT

I added a separate day to work the deadlift. This was big for me because I'd trained the squat and deadlift on the same day for four years. That method worked great for me, but it ran its course. I had to move a few things around, which was sometime inconvenient, like when I drove to Adam's an extra day to pull (and eliminate some bodybuilding movements).

ADAPT TO THE NEW LOAD

Not having a full week to recover between the squat and deadlift bothered me. I was worried that I would be beat the hell up con-

stantly, and therefore wouldn't go anywhere. The answer to my worries was simple: Don't go all out every week, save some in the tank and don't expect to have every training session feel good, especially if you are going balls-out three days a week. Know when to shut it down, though, but not out of laziness or cowardice.

ALLOW FOR RECOVERY TIME

I truly believe that proper recovery is essential to be at your very best. That being said, I think there is a fine line you can ride during a meet prep cycle and get the best of both worlds. You can train brutally heavy for weeks in a row, but take a down week to recover every third or fourth week. Give your body a break to avoid curtailing your gains and get into severe over-training status. The bottom line: You have to listen to your body.

Use proper nutrition for optimal recovery. Creatine, glutamine, multivitamins, fish oil (forget flax; it's garbage), protein powders and, most importantly, get plenty of good food and calories. Use anything you can: foam rollers, massage therapy, E-stim, cardio and/or short, light blood-flushing exercises to help recover from these monster workouts. We have enough things to worry about

“We have enough things to worry about that are, most of the time, out of our hands. Take care of what you can and let the rest take care of itself, because it will.”



**Use proper nutrition for optimal recovery.
Creatine, glutamine, multivitamins, fish oil
(forget flax; it's garbage), protein powders and,
most importantly, get plenty of good food and calories.**



Brian and his girlfriend Ria Black

that are, most of the time, out of our hands. Take care of what you can and let the rest take care of itself, because it will.

TRAINING LOG

At first look, my training schedule may look very unorthodox. My split has been this way for a while, with the exception of a designated deadlift day. This is my split:

MONDAY: bench work. It's usually shirted bench, floor press, close grip board press, incline press (we pick two). I finish off with some pec flies and some rope press-downs.

TUESDAY: deadlift work. This consists of pulls from floor, block pulls of 4- and 6-inches and stiff legged deadlifts (all worked both sumo and conventional). I follow it up with shrugs, abs, lat pulls, glute-ham raises and/or reverse hypers.

THURSDAY: assistance work. I exercise shoulders, triceps, biceps and chest. This is a blood-flushing day for recovery.

FRIDAY: squat work. I do free squats in briefs or full gear. On de-load weeks I do safety squat bar (SSB) raw squats. I finish off with quad extensions, weighted rope crunches and glute-ham raises or reverse hypers.

I also do cardio three times per week for 25 minutes, year-round, on the treadmill or bike.

PRE-MEET TRAINING

My pre-meet training lasts for 10 weeks or so, and I'm in full gear two out of three weeks, followed by a de-load week. Here is a look at my exact pre-meet cycle from six weeks out:

WEEK 1: Squat, to a top set of 1,005 lbs. for two reps in full gear; bench, de-load floor press 405 lbs. for eight reps; deadlift, worked raw stiff (conventional and sumo) standing on a block to 515 lbs. for three reps with no belt.

WEEK 2: Squat, de-load worked to 850 lbs. for one rep in full gear; bench, worked up to 800 lbs. for one rep, two-board Super Duper Phenom (SDP); deadlift, conventional pulls to 700 lbs. for two reps and pulls with the weight on 6-in. blocks to 750 lbs. for two reps.

WEEK 3: Squat, singles to a final set of 1,025 lbs. for two reps in full gear; bench, worked one board SDP to 825 lbs. for one rep; deadlift, doubles conventional (full gear) to a top set of 725 lbs.

WEEK 4: Squat, de-load SSB for sets of five (raw) to 500 lbs. for five reps; bench, de-load floor press; deadlift, off this week (moved to Friday)

WEEK 5: Squat, to a last warm-up (before opener) 1,005 lbs. for one rep; bench, last warm-up 715 lbs. for one rep, 1.5-boards SDP; deadlift, 50 percent for three singles. All work is completed six days out from competition.

WEEK 6: Off (meet week).

ORLANDO BARBELL MEET RESULTS (OCT. 24, 2009)

SQUAT- 1,040 lbs., 1,080 lbs., 1,100 lbs. PR (all good lifts)

BENCH- 760 lbs., 780 lbs. (780 was ruled no lift on second attempt due to raised butt, passed my third attempt)

DEADLIFT- 740 lbs., 800 lbs. PR (both good attempts, passed third attempt – torn hand)

END RESULT- 2,660 lbs. at 272 lbs. (second-highest total of all time)

Thanks again to the Lord, Ria, Team Samson, Shawn Frankl, Al Caslow, John Inzer, Mike Westerdal, my parents for their willingness to play chauffeur and everyone who gave me advice or help over the years. I wouldn't be where I am without it! Brian Carroll is second all-time at 275 lbs. (2,660), third all-time at 242 lbs. (2,574) and 11th at 220 lbs. (2,375).

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Shawn Frankl - Team MHP
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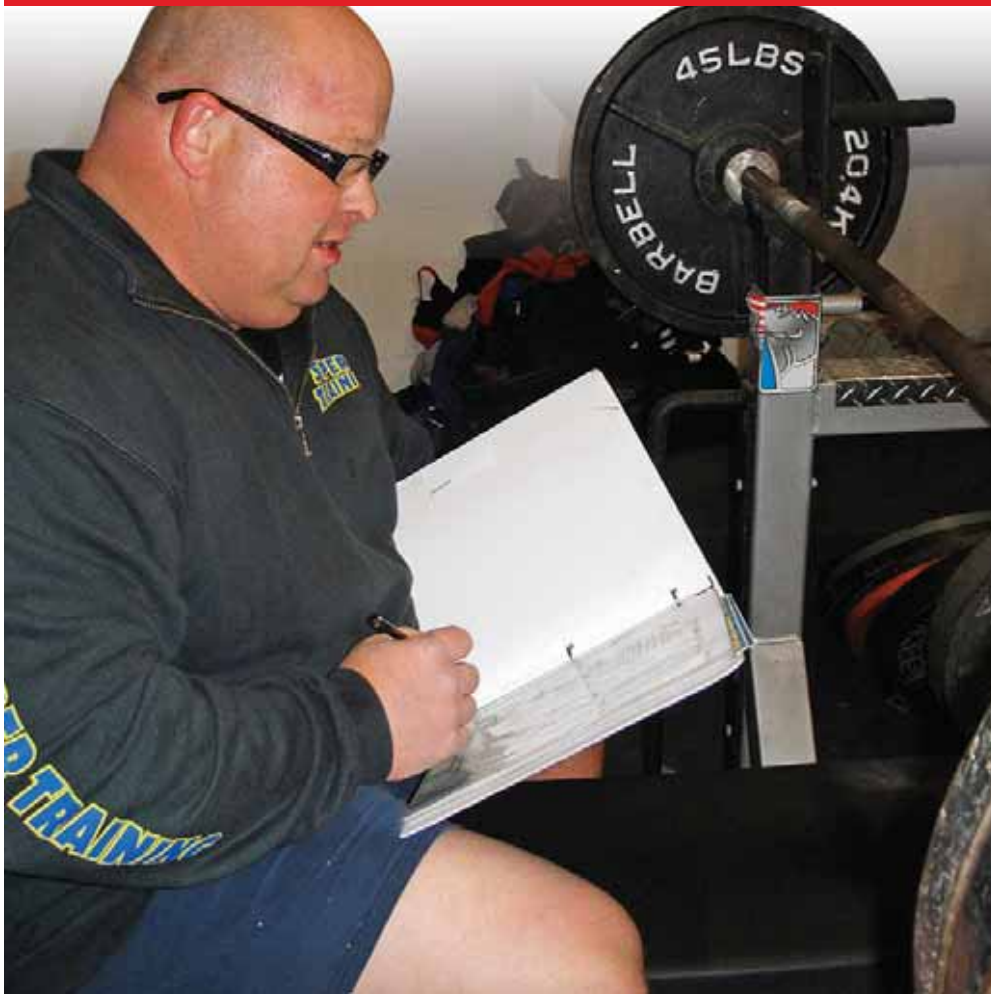
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I get tons of flack for the giant spreadsheet I use to plan my training at Super Training Gym. It's important that I know days in advance what the lifting plan will be for a specific session. Each session has a goal, which helps keep me focused through the session. After training Sunday morning, I usually look at what is planned for Tuesday. From Sunday morning until Tuesday night, I'm thinking about Tuesday's training session. The downside is that if I am having a bad day and miss my goal, it eats at me for weeks — even if I do well the next week.

So why plan your training? In business we set short-, mid- and long-term goals. It's the same idea when mapping out a plan for the next meet. Daily goals are short-term. The suit-up or shirted test days are mid-term goals. Long-term goals are meet lifts. Don't set goals like, "I want to bench press 800 lbs. by the end of the year." Goals that can only be achieved over long periods of time do not truly contribute to success within a 10- or 12-week training cycle. The focus for a great training plan needs to be 100 percent about that 10- or 12-week cycle.

KEEP IT SHORT-TERM

The giant spreadsheet is mainly for short-term goals. It has a list of every one of my max-effort movement personal records (PR). For example, in week two of the training cycle I am scheduled to do an Anderson squat at 38 inches. My spreadsheet says my PR is 820. I usually set a goal to beat one PR per training session by 5 percent (not 5 lbs.; that is stupid and weak). I take a few attempts in warm-up, knowing that I want to take a shot at 865 lbs.

How often have you been in the gym to do a max-effort movement, yet have no idea what your personal records are? You think you hit it, but when you get home and check, you find that you hit 30 lbs. below your PR. So, short-term goals need to be met weekly. If I am hitting short-term goals, the plan also becomes a gauge for how my training is going. If I am not getting PRs, then I need to find out why.

ACE THE MID-TERM

Mid-term goals are placeholders during

Plan for Ultimate POWER

BY SCOTT "HOSS" CARTWRIGHT

Many lifters plan their training over the course of a 10- to 12-week training cycle. Some plans are very detailed, scripting out the number of sets, reps and specific weights for the full cycle. This can include core and supplemental movements.

On the other end of the spectrum are lifters who train by feel. They have a mental plan, but know they have good days and bad days. These lifters adjust their training as they go based on how they feel. The issue I have with these lifters is that they never have a goal for training sessions.

Movement	Date	Amount	Date	Amount	Date	Amount	Date	Amount	Date/Amount	goal
Reverse Green Band DL 5'8"	1/15/06	700	8/29/06	765	9/12/06	775	3/1/08	815		815
GCB GM 42"	12/15/05	510	8/11/06	700	11/8/06	710	3/27/07	805		735
GCB GM 40"	11/28/06	710								775
GCB GM 38" with 80lbs chain	2/13/07	785								805
SSB Box Squat 14"	1/9/06	625	8/15/06	710						805
SSB Box Squat 15"	1/9/06	720	8/15/06	805	9/26/06	845	11/18/06	900	3/28/07	925
Anderson SSB 42"	1/22/06	605	9/5/06	800	4/17/07	855				850
DL Straight Weight	2/6/06	710	7/30/06	720	10/15/06	735	8/11/07	744		765
Rack Pulls pin 4	1/20/06	745	7/15/06	755	9/15/06	775				805
GCB SQ with green over plates	1/2/07	600	4/24/07	695						700
Raw Squat	1/9/07	765								
SQ 3 blues	12/15/06	600								
SQ 3 blues & 1 Green	1/31/07	415								
Sq no box	6/7/07	1070								
GCB GM 38" dbled Purples	5/1/07	590	10/11/01	650						650
SSB Box Squat 15" Blues	9/11/07	800								
Reverse band Sq	3/23/08	1155								
Rack Pulls pin 4, MNTRS Dbled	10/6/07	545								

the training cycle. I suit-up and squat in weeks six and 10 of a 12-week program. The week six goal is 95 percent for one rep, with the idea of making sure I handle the weight. The week 10 goal is an opener with speed. These goals are not PRs, but rather making sure the weight is comfortable and that training has prepared me for solid openers.

THE LONG HAUL

Long-term goals are the most fun and put the most on the line. When I map out my 10- or 12-week plan, I set goals for the meet. I adjust those goals based on training performance throughout the cycle. The important goal is the overall total. If you are a three-lifter, this should always be the No. 1 focus.

I have an attempt plan that will map out how I can get to my total goal. Obviously, there are always other mini meet goals to hit, but the most important goal is your total. If the training plan was executed properly, then the total goal will be met.

PLAN FOR ULTIMATE SUCCESS

I believe lifters need a plan to get to their ultimate goal. This plan needs to be well thought-out and written down. Once the plan is written, it's time to execute it. After you have executed your plan and get a big PR total, you'll believe in the plan. And after you hit your PR total, the next morning you'll wake up and think, What the hell? I can do more! Then the planning starts again.

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When an athlete approaches me for coaching, I have a big task on my hands. There is a lot of information I have to gather about them so I can write the most effective training programs possible. For each athlete, there are many small details that affect the way they will respond to training. My job as a coach is to find out what those details are and address them in training.

Since I conduct the majority of my coaching via email, I have developed some specialized questionnaires to help me extract these details about each new athlete. I pair that with the general knowledge base I have built up, and the results speak for themselves.

But how can you, as a powerlifter, do this for yourself?

How do you get a training program tuned in to your body's unique responses? Fortunately for you, you have much of the information you need already. Many lifters who are in the intermediate and advanced stages of powerlifting already know the nuances of how they respond to training, as well as the fundamentals of how a powerlifting training program should work — things like adequate recovery, training with low reps, etc.

Where many powerlifters get lost is when addressing volume, intensity, frequency, specificity, etc. Although understanding each of these topics at a high level can get complicated, a good working knowledge of them doesn't have to be.

INTENSITY!

I developed the Reactive Training System (RTS) in part to provide athletes with this fundamental working knowledge. When I bring in a new athlete to RTS, one of the first things I teach them is intensity. People have different perceptions of what intensity means, but for the purposes of powerlifting, it almost always refers to the percentage of your one-rep max (1RM).

Intensity is probably the variable which most determines your training effect. Your intensity determines whether you get stronger and bigger, build endurance and so on. As you educate yourself more and more about your training, pay special attention to what effects are produced by which intensities.

There are several ways programs seek to measure training intensity. Some require the athlete to lift a percentage of their one-rep max. Others are based off of a one-rep max minus x

number of pounds. Still others use a certain rep max as a gauge. When I bring a new athlete into the program, we usually use a sophisticated version of the last example. To understand how this works, you need to first understand RPEs.

Beginning RTS

BY MIKE TUCHSCHERER

RP WHAT?

RPE stands for Rate of Perceived Exertion, or how hard a particular set felt. It's fairly common to hear people tell about an "easy triple" or a single they really had to grind out. These terms are fairly ambiguous and will likely mean different things to different people. RPEs are a numerical scale from 1 to 10 based on how hard a set feels. Each number has a rather specific meaning.

RPE DEFINITION

- 10 Maximum effort, no reps left
- 9 Could've done one more rep
- 8 Could've done two or three more reps
- 7 Bar speed was fast when I pushed with max effort

RPEs below 7 are usually for warm-up sets and restoration work. The benefit of using RPE is that you can be much more exact with how the weights felt. It might seem cumbersome at first to rate each set on a number scale, but you'll quickly become used to it and use it comfortably.

WHAT DOES IT HAVE TO DO WITH INTENSITY?

In RTS, we give intensity recommendations as a reps and RPE pairing. So, I might say do three reps at a 9 RPE. You'll know to work up to a weight that you do for three reps and when you rack it, you think to yourself, "Yeah, I could've done one more rep."

This type of intensity recommendation has many benefits over

percentage guides. Probably the biggest benefit is that it is flexible with your body. As you get stronger, the weights will naturally get heavier. If you're having a bad day and you're not capable of what you normally can do, it automatically adjusts the weights to fit your ability on that particular day.

It's interesting to note that your body responds to the weight on the bar and what you do with it — not to a magic percentage. Using a percentage gets you to load the correct



weight. When used properly, it's not a bad way to go. But percentages aren't very often used properly. It's much easier to use a rep-and-RPE pairing both from the perspective of a coach and of an athlete. It requires less busywork on the part of the coach, and the increased flexibility pays big dividends to the athlete, as well.

HOW SHOULD YOU IMPLEMENT THESE IDEAS?

You can start by converting your percentage-based program into a RPE-based program.

RPE	12 reps	10 reps	8 reps	7 reps	6 reps
10	62	66	71	74	77
9	60	64	68	71	74
8	58	62	66	68	71
7	56	60	64	66	68

RPE	5 reps	4 reps	3 reps	2 reps	1 rep
10	80	85	90	95	100
9	77	80	85	90	95
8	74	77	80	85	90
7	71	74	77	80	85

Using the charts above, find the reps your program calls for on the top axis. Then trace down until you find the percentage your program requires. If you follow that line to the left, you will find the appropriate RPE to train with.

For example, let's say your program requires you to do three reps at 85 percent. First, you find the column that says three reps. Then you trace down until you find 85 percent. Finally, follow that line left to find your RPE. In this instance, you can see that you need to train with three reps at a 9 RPE. This will approximate 85-percent loads for most athletes.

A word of caution: I strongly recommend you do not estimate your one-rep max using this chart.

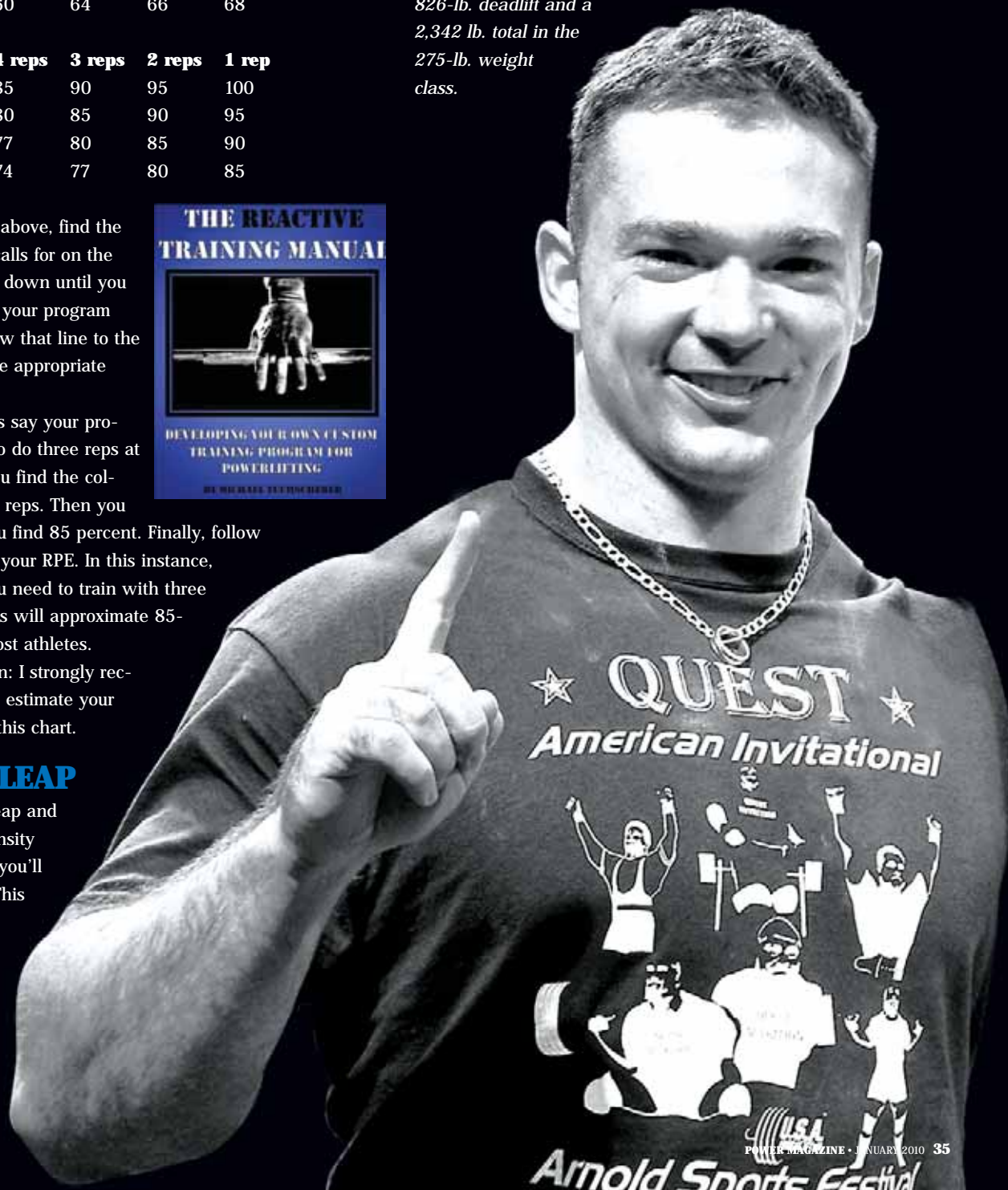
TAKE THE LEAP

If you take the leap and use RPE-based intensity programming, I bet you'll be happy you did. This style affords you greater control based on how your body is

responding to training, and it does so in real time. This is a very powerful tool and can help you bust through your PRs. Make sure you check out the next issue of POWER where I will cover tools to help with volume management.

Mike Tuchscherer is the owner of Reactive Training Systems, a company dedicated to individualized physical training. The goal of RTS is to help athletes become a dominant force in their sport. Learn more by visiting www.ReactiveTrainingSystems.com.

Mike is an accomplished powerlifter. He has 12 years of experience training and researching the best training methods in the world. He has competed in raw and single-ply competitions. He won the gold medal representing the USA at the 2009 World Games. His best lifts in IPF competition are a 903-lb. squat, a 644-lb. bench press, an 826-lb. deadlift and a 2,342 lb. total in the 275-lb. weight class.



STRONG TRAINING



I live in the small town of Northfield, Minn., 40 miles south of Minneapolis. I usually train alone in a 30-by-30-foot garage I built strictly for training. Sometimes my youngest son joins me for Olympic lifting and once every other week Dave Ostlund comes down to train. Over the past year I have competed five times. A few years ago I competed as often as 12 times per year. Economic factors and age have slowed this pace down a little, but the frequency of competition requires that I still increase my strength levels and my conditioning year-round.

When I first started strongman I was training most of the year as a powerlifter and only trained for events on the weekends.. The nature of the modern strongman contest requires a tremendous degree of strength, conditioning, skill and mental toughness. I had to change my approach to incorporate specific movements found in the contests, as well as increase my conditioning in order to be successful.

After returning from multiple World's Strongest Man contests, I knew the sport had progressed to the point where I would have to increase my training frequency. No longer could I get by with three workouts per week, year-round, as I did as a powerlifter. I was also faced with another problem: I wanted to get better both strength-wise and athletically, but still find time for recovery. Increasing both strength and conditioning at the same time can be a conflict.

I spend the winter focusing mainly on power movements, overheads and static strength. This is by necessity, as winter in Minnesota pretty much shuts down the outdoor training. In the spring I focus more on events, with power movements still making up at least half of my gym time. Increasing brute strength is a necessity to match up with international competitors.

I break my long-term plan into two six-month segments. During the first six months I focus my workouts on core movements, increase my cardio conditioning and do just enough event work to stay sharp. Event training sessions are slightly shorter to allow for recovery from the intense gym workouts. I also do close-grip bench during this time to increase muscle mass.

My diet has improved over the years to decrease recovery time and increase lean muscle mass.



MAN



BY KARL GILLINGHAM



FIGURE 1

FORMULA TO DETERMINE THE TOP WEIGHT FOR EACH SET

(12-WEEK PROJECTED MAX X EFFORT X REPS)

Week 1	65% x 5 reps	Week 7	70% x 5 reps
Week 2	75% x 5 reps	Week 8	90% x 3 reps
Week 3	70% x 5 reps	Week 9	85% x 3 reps
Week 4	80% x 4 reps	Week 10	95% x 2 reps
Week 5	75% x 4 reps	Week 11	90% x 3 reps
Week 6	85% x 4 reps	Week 12	100% x 1 rep



“I perform a full squat using a wave intensity approach to the top weight set.”

I cut out the junk six days a week and follow a supplementation program courtesy of GNC Pro Performance.

THE FIRST SIX MONTHS

The six-month program goes something like this, with some adjustments as required for fatigue or injury:

MONDAY — I perform a full squat using a wave intensity approach to the top weight set (see Figure 1), and adjust reps from five to one as poundage changes. Squats are done with only a belt and Reband knee sleeves, as required. I do approximately seven sets per squat session including warm ups. I calculate all workout weights using an excel spreadsheet I developed to help me plan each workout. I also do the Brad Gillingham 5x5 program once a year.

Assistance work: I perform a full Olympic snatch using the same wave approach. My snatch technique is not the best, and this turns into more of a power snatch plus overhead squat. I am working to improve my technique. I finish with one additional strongman event.

TUESDAY — I use the treadmill for 20 minutes for high-intensity cardio.

WEDNESDAY — I perform a log or axle press, alternating every other week. For all my overhead movements I use an Olympic weightlifting program called Safe Strength Pro 4, available from Safe USA. It is based on exercise science developed for Olympic

athletes. I just substitute my log and axle press for the clean and jerk portion. Percentages are similar to the squat program, but the sets and reps differ.

Assistance work: I do the close grip bench press, Jackal's Gym 5x5 or use the wave intensity approach. I finish with the power snatch and one strongman event.

THURSDAY — I play basketball or go mountain biking and do weighted sit-ups.

FRIDAY — This is when I do deadlifts (see Figure 2). I follow three programs for deadlift, and I also do the Coan/Philippi program as well as Brad Gillingham's deadlift program. Everything works some of the time, but nothing works all of the time. You must continually shock the body in order for it to grow.

Assistance work: I do lat pulldowns or chins (body weight x 10–15 reps), reverse hypers or bent rows (three sets of 10–15 reps), stiff-leg deadlifts and front squats to a top set of three to five reps, and finish with one strongman event.

SATURDAY — I perform a standing dumbbell clean and press or rack press. Event or cardio is optional.

THE NEXT SIX MONTHS

After the winter months of the year are completed, hopefully I have set new PRs in the full and front squat, axle and log press, and deadlifts. All of my heavy max events need to improve to reach the goal.

Everything works some of the time, but nothing works all of the time. You must continually shock the body in order for it to grow.

FIGURE 2

FORMULA TO DETERMINE THE TOP WEIGHT FOR EACH SET OF DEADLIFTS

(12-WEEK PROJECTED MAX X EFFORT X REPS X SETS)

Week 1	65% x 5 reps x 2 sets	Week 7	70% x 5 reps x 2 sets
Week 2	75% x 5 reps	Week 8	90% x 3 reps
Week 3	70% x 5 reps x 2 sets	Week 9	85% x 2 reps
Week 4	80% x 4 reps	Week 10	95% x 2 reps
Week 5	75% x 5 reps	Week 11	90% x 3 reps
Week 6	85% x 4 reps	Week 12	100% x 1 rep

My focus changes slightly for the next six-month approach. I need to improve my speed and endurance for the moving events, and also my grip strength. Of course, I would like to get stronger on core movements, as well. I plan to do that by increasing the event load of my training and still do power movements first thing in the workout to stay strong. The events I work on are influenced by upcoming contests. The program will be planned out somewhat like this:

MONDAY — I do squats, either the front squat or power rack squat alternating every other week. I do the farmer's walk and the yoke.

TUESDAY — Rest.

WEDNESDAY — I alternate the log or axle press every other week. I do the power snatch or full snatch, Conan's wheel or the sandbag carry, and stones every other week.

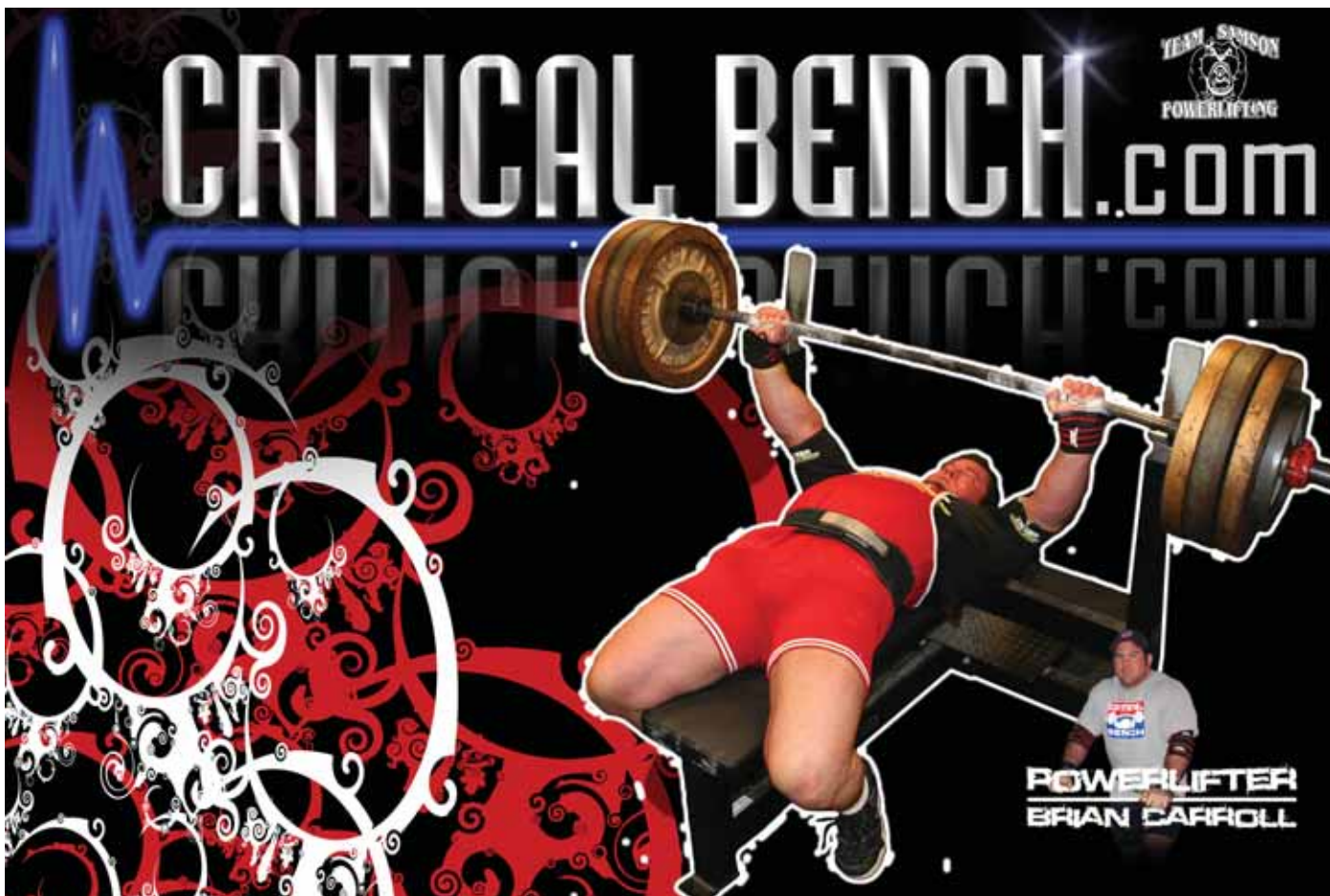
THURSDAY — Time to go mountain biking.

FRIDAY — I alternate deadlifts from floor and power rack, and do the tire and drag.

SATURDAY — I do the standing dumbbell press and grip work.

SUNDAY — I go for a short and intense mountain bike ride.

This type of program has helped me win nine professional contests. Adjustments are always required, especially in strongman. Fatigue, injury and upcoming contests require flexibility in the training schedule. Rehab and prehab needs to be done, as well — on a daily basis to maximize longevity. The idea is to stay fit, strong and injury-free.



TESTOST

As far back as I can remember, I've always been a little different from the norm. My summer pleasure reading this year was John Hoberman's *Testosterone Dreams: Rejuvenation, Aphrodisia, Doping* (University of California Press, 2005). To me, one of the most profound and dramatic substances in channeling the direction of history and world events is indeed the male hormone, testosterone. Because of the nature of this hormone and its development of aggression and sexual development, testosterone has played a major role in both love and hate and war and peace. In so many facets of our lives, unbeknown to us, it has been an unstoppable force.



ERONE

BY PETER VUONO



WHAT IS TESTOSTERONE?

Testosterone is an endogenous hormone, meaning that it is made within the body. It is manufactured in both the testes and adrenal glands. Men produce about 5 to 10 milligrams per day naturally, and women produce approximately one-tenth of a milligram per day.

Among testosterone's many functions are building up tissue; increasing strength and muscular size; reducing body fat and pain from tendonitis; increasing respiratory rate, vascularity, post-training recovery rate and aggressiveness; developing genitalia and pubic hair; and changing voice.

Athletes and those suffering from low testosterone (hypogonadism) can supplement or replace the hormone with exogenous testosterone via injection or as a gel.

WHAT ARE THE RISKS?

Too much exogenous testosterone, which comes from outside the body, may cause one or more of the following aftereffects: increased or decreased sex drive; changes in frequency of erections and ejaculations; functional sterility; breast enlargement, called gynecomastia; night restlessness; nausea; headache; irritability and benign prostate hyperplasia (BPH). The potential for experiencing these side effects varies depending upon age, individual differences, how the hormone is prepared, dosage and duration of use.

Older athletes should use caution with exogenous testosterone. The prostate enlarges with age. Testosterone, with the help of the enzyme 5-alpha reductase, changes into a more powerful hormone known as

TESTOSTERONE THROUGH TIME

The following timeline shows how testosterone has evolved:

1935 — Testosterone is synthesized by German scientist Adolph Johann Butenandt, winning for him the Nobel Prize for chemistry in 1939.

1945 — Adolph Hitler and SS troops receive dosages from physician Ernst Gunther Schenck, who was with Hitler until his suicide at the end of WWII (*Time*, April 29, 1985).

1954–1958 — Russian athletes use testosterone as sports enhancers.

1959 — American Dr. John Ziegler creates the world's first anabolic steroid, Methandrostenolone. It is sold to Ciba Pharmaceuticals for \$100 and renamed Dianabol.

1963 — Dr. Ziegler's invention is taken to professional football by a former Olympic trainer (*Sports Illustrated*, Oct. 19, 1987).

1981 — Dan Duchaine, the "Steroid guru," writes and sells 80,000 copies of *The Underground Steroid Handbook*.

1984 — The Bay Area Laboratory Collaborative (BALCO) is founded.

1990 — The Anabolic Steroid Control Act is a federal law.

2000 — The anabolic steroid Norbolethone is synthesized. Samples are given to BALCO executives then make it to the hands of major Olympic coaches (*Steroid Nation*, ESPN, 2007).

2001 — "Clear," or Tetrahydrogestrinone, an undetectable steroid, is synthesized.

2001 — 11 percent of all Major League Baseball players test positive for performance enhancers.

2004 — The Anabolic Steroid Control Act is updated to include 18 performance enhancers on the controlled substance list.

dihydrotestosterone (DHT). Large quantities of DHT in the prostate can cause incidences of BPH, which can interfere with the normal flow of urine. Any athlete aged 40 years or older would be wise to have his PSA (prostate specific antigen) level checked frequently if taking either exogenous testosterone via either injection or gels.

Peter Vuono is certified personal trainer who has had over 70 articles published on strength and bodybuilding for various strength journals. He also lectures on the dangers of drugs in sports for colleges and high schools around the US. If you have any steroid related questions for Peter, please submit them to: andee@thepowermagazine.com, subject: Steroids



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Trouble-shooting the BENCH PRESS

BY MARK BELL



Why use your lats on the bench? The best reason, in my opinion, is to create some crazy-ass blasting power off the breasts. (Yes, I said “breasts.”) You can become a human version of a hydraulic jack. As you bring the bar lower and lower toward your body, you’ll tighten up so much you’ll feel like a loaded spring. Even better, using your lats can save your shoulders by creating less shoulder rotation and less stress on the shoulders.

In powerlifting, there is a right and a wrong way to perform a bench press. But sometimes just knowing the right way is not enough. It can take months or even years to understand how to perform a lift with great execution. Here is the fast track to trouble-shooting a pressing issue.

I’ll tell you how to use your lats in a bench press. Remember, nothing works better than hard work. If you want mercy, go to church. If you want to lift big, hit the gym full speed ahead. After all, effort takes no talent.

BENCH PRESS WITH BOARDS

Bench press off three boards while keeping your upper back and lats tight until you get the hang of it. Then work your way down a board until you are able to perform the movement with full range.



HERE IS HOW THE EXERCISE SHOULD BE PERFORMED FROM START TO FINISH:

- 1.** Before you even think of un-racking the weight, make sure you set up on your traps by pinching your shoulder blades together.
- 2.** With a training partner holding three boards on your chest, un-rack the weight and hold the bar at arm’s length.
- 3.** Retract your shoulder blades in and down toward the bench. Bring the bar as close to the boards as you can without bending your elbows.
- 4.** Flex your upper back and lats. If you never “set” the weight into your lats, you’ll never be able to use them.
- 5.** Lower the weight with your lats.
- 6.** Stay tight as you make contact with boards.
- 7.** Press hard with your lats and push yourself into the bench as the bar shoots up toward lockout.

Repeat the above steps with one less board each week until no boards are needed.

Try adding this tip to your speed day. Do it before your speed work or instead of the speed work. Work up slowly using sets of five and make sure you get every rep right. Perfect practice makes perfect.

TRAINING TIP OF THE MONTH

BY WADE JOHNSON



Not being a naturally gifted lifter, I have had to find every way to tweak my form and training to maximize gains and hit bigger and bigger lifts. When I first started competing, my bench press was horrible. I struggled with every aspect of the lift. But after making some changes in form and technique, I found movements that helped me push up bigger numbers. Now I use specialty shrugs in my bench and auxiliary workouts.

In bench sessions, I perform heavy shrugs. That's the traditional shrug everyone does. However, I also do auxiliary work and incorporate certain movements, including the chest-supported row shrug, cable crossover shrug and shrug-down. I will share with you how I do these, and why they may help your bench press.

CHEST-SUPPORTED ROW SHRUG

The chest-supported row shrug uses the chest-supported row machine. We use a plate-loaded machine, but use whatever is available. The lifter sets up to row, but shrugs back instead of pulling the weight up — as if to touch the chest with the machine. Pinch the shoulder blades as you would when setting up on a bench. Bend the elbows slightly, pull the chest up high and squeeze for a two-count. Two or three sets of six to eight reps are plenty. Use a grip that will mimic your bench grip within reason, depending on the available equipment. Also, set your body up high so the pad top hits you roughly on the top part of the abs. This will put you in the bar path of the bench press. I learned this movement from my pal, Linda Schaefer.

CABLE CROSSOVER SHRUG

I was introduced to the cable crossover shrug by Collin “Pooh Bear” Rhodes. Simply get in the crossover machine, grab the handles and take a healthy step back. Mimic having a bar in your hands with the handles, and shrug by pulling the shoulder blades together. Shrug enough so that you have a slight bend in the elbows, and push the chest up as if you were trying to create more surface area with the chest. Hold that for a two-count and then back out. I tend to lean back a bit when doing this movement. You will want to start light at first and once you get accustomed to the feel of the movement, the weight will come.

Specialty



SHRUG-DOWN

The last movement is the shrug-down. I typically use a pull-down with a neutral grip, but I've used Hammer Strength pull down machines, as well. The movement is just what the name implies. I grab the handle and set up like I'm going to do a pull-down, but instead I shrug downward. The same two-count static hold applies here, as well. This movement came about in email conversations with my pal, Paul Kelso. Paul wrote Kelso's Shrug Book, which I would suggest reading if you're interested in shrugs.

I usually do these movements on off-days from the gym, which is

when I do auxiliary work. The idea is to squeeze and not go too heavy. You can easily see how useful these movements are when doing a max attempt in the bench press. When the lifter pinches the shoulder blades together and really expands the chest, the hope is to be absolutely stable and create a bigger and higher surface space with the chest. If you do not have the static strength to hold that move when the bigger weights are put in your hands, you will flatten out – and there goes that max attempt.

Give these a try and hopefully they help you push your bench numbers up. Until next time, lift heavy, train smart and eat more pizza.

Shrugs

Big Fish in a Small Pond

BY GENE RYCHLAK

I hear powerlifters piss and moan at every meet about their lifts not getting stronger. They are reluctant to leave the status and comfort of their current lifting situation in an effort to improve their game. I sometimes call it the “Powerlifting Napoleon Complex.” These same people unequivocally pass judgment on those whose lifts are passing theirs like they’re standing still. “He’s juicing.” “How much shit do you think he’s taking?” “He’s a walking pharmacy.” It’s true in some cases, but most of the criticized lifters have improved by immersing themselves in an environment that nurtures growth and surround themselves with experienced lifters from whom they draw knowledge.

I did that same thing 20-some years ago when I became disenchanted with the lack of quality equipment and experienced lifters at my local community center. I searched out a “powerlifting gym” and, low and behold, I found better equipment and people who had incredible knowledge. Had I not done that, who knows where I’d be today? Would I have accomplished the feats under my belt? I know the answer is an emphatic no.

Fast forward to today. My private retreat Southside Iron has been in existence for the last three-plus years. It’s where I keep the equipment I use to run meets: Two monolifts, two comp benches, one huge power rack, glute/ham raise, reverse hyper, every type of bar you can think of, a full compliment of Iron Wolfe Pro bars, chain, bands, utility benches and more plates than is strictly necessary. In three years I have seen lifters come and go. There are many lifters in the surrounding area, varying from the beginner and intermediate level to a good amount of advanced powerlifters. And what baffles me is that they have a true powerlifter’s dream right under their noses, but few of them have found their way through the door. They “make do” by walking out of squat racks that aren’t “power” friendly, trying to bench on benches 15 inches off the floor with 9-inch wide pads, if that. Trying to lift with generic “power” bars smoother than a baby’s ass with sleeves that lock up under anything more than 315 lbs. Oh, and that’s if they’re allowed to put that much weight on a bar. Good luck trying to use chalk or baby powder in that commercial gym. You’d have better luck making a bomb.

Don’t get me wrong, I do have some local powerlifters who come in for their final training when a meet is coming up. But think of what gains they could see by consistently being in an environment like Southside. Instead of local lifter, I get guys who drive more than

two hours on Sunday mornings to train with my crew and me. Some drive four to six hours one way to lift under our watchful eye, just to work on their technique or get tips from some of the sport’s best.

At my gym, everyone is welcome. Visitors are given the same opportunity to train as the members and often get more attention because they are there to learn.

Unfortunately, most are afraid to walk in the door. In their world, they are seen as “Top Dog” – but their egos can’t handle the fact that they would no longer be at the top of the food chain outside of their gym. Some can’t handle the fact that I have two – count ‘em, two – women who have benched 315 lbs. or better in competition. One of them is my wife, Ame; the other is Michelle Borzok, who is handling around 400 lbs. at 148 lbs.



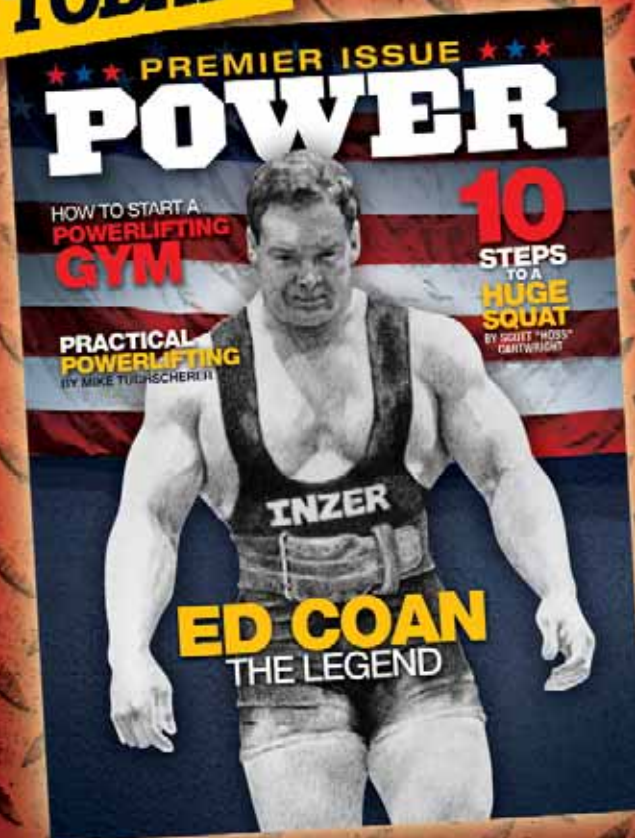
Another thing is they also don’t want to hear that they may be doing something wrong. They’ve done all the reading possible, memorized videos for set-up or routines, written and rewritten training programs – they couldn’t be doing anything wrong. I don’t waste my time arguing these things. Eventually they will get tired of talking and then, if they are ready to listen, I’ll tell them if they are doing something wrong. They might need to adjust their setup, they might be overtraining, but most don’t listen. And the next time I see them they are still doing the same weights because to make most of the improvements instead of stepping back with the weight until they perfect their form. If they did that, they wouldn’t be able to show off in the gym, training volume like a bodybuilder.

In their commercial club world, whether it be LA Fitness, Gold’s Gym, the local Y or whatever else is out there, they are “king.” But what are they king of? Office guys working out to fit their underwear? Pimple-faced teens trying to get big to get a girlfriend? Wanna-be thugs or pretty boys who choke you out with their cologne? If their opinion is what matters, then go ahead – let your ego hold you back. As an athlete, you are only as good as the people with whom you surround yourself. Train in a substandard environment and you will achieve substandard results.

Why do you think there are gyms with elite lifter reputations? Because those who want to be the best seek the best, learn from the best and achieve their goals. So, instead of complaining, swallow your pride, do one of the easiest exercises to improve your lifting, ask for help and train with someone better than you. I’ve been lifting for 28 years and I still ask for advice.

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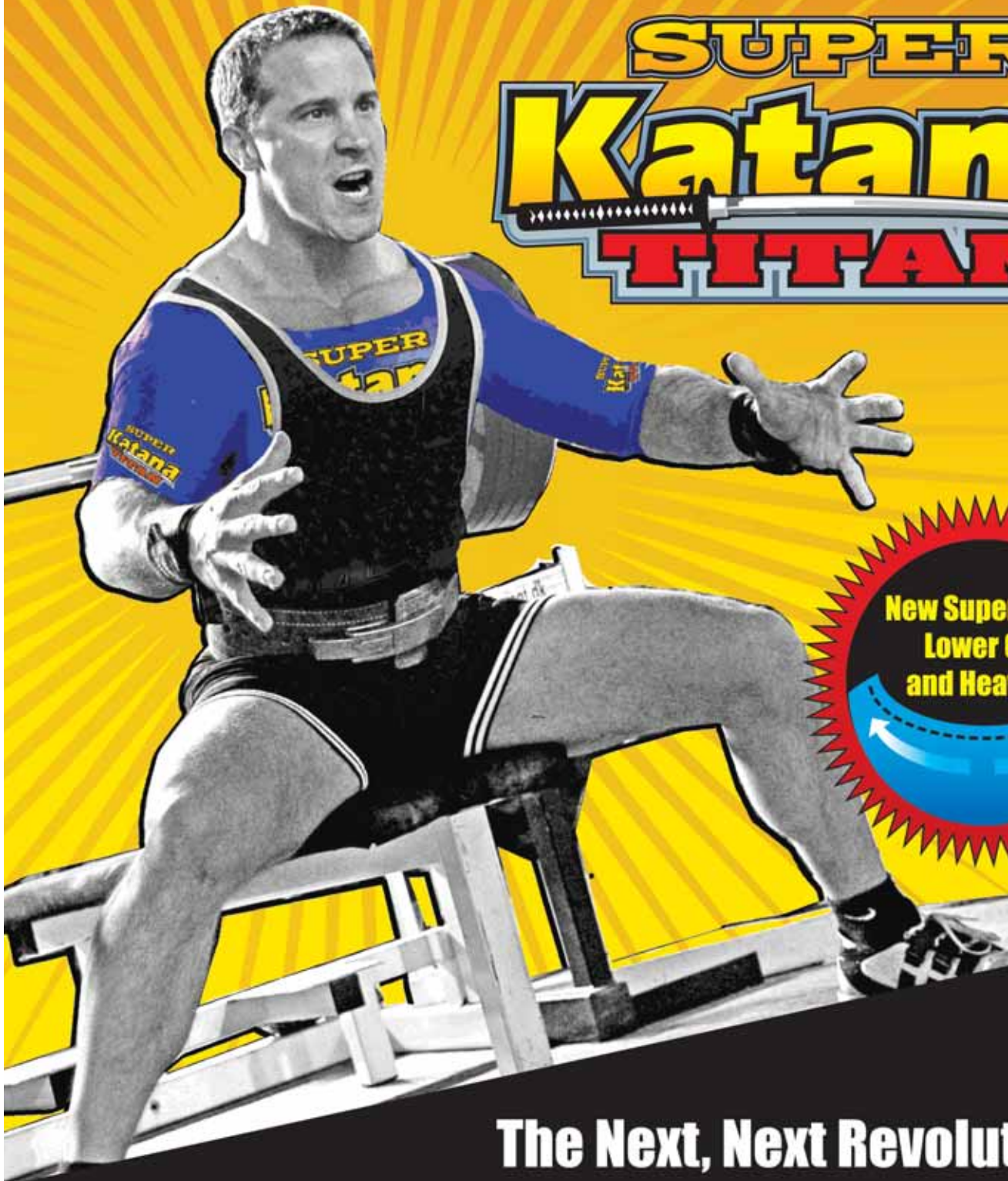
Shannon Hartnett

1. **What is your idea of perfect happiness?**
Contentment
2. **What is your greatest fear?**
Death
3. **What is the trait you most deplore in yourself?**
Pushing to be an over-achiever
4. **What is the trait you most deplore in others?**
Laziness
5. **What is your greatest extravagance?**
Real estate
6. **What is your current state of mind?**
Currently thinking of what my next adventure will be
7. **On what occasion do you lie?**
To save someone's feelings
8. **What do you most dislike about your appearance?**
My deadlift scars
9. **Which living person do you most despise?**
All of Fox Network
10. **What do you most value in your friends?**
Loyalty
11. **What or who is the greatest love of your life?**
My dog Rosa Parks
12. **When and where were you happiest?**
When I am spending time with animals
13. **If you could change one thing about yourself, what would it be?**
My anger
14. **What do you consider your greatest achievement?**
Climbing Mt. Everest
15. **Where would you like to live?**
Where I am living now
16. **What is your most treasured possession?**
All of my animal skulls (Camel, Tasmanian Devil, Bear, Whale, etc.)
17. **What is your favorite occupation?**
Marine biologist working with dolphins and whales



18. **What is your most marked characteristic?**
Stubbornness and bull-headedness
19. **Who are your favorite writers?**
Currently Markus Zusak of *The Book Thief*
20. **Which historical figure so you most identify with?**
Amelia Earhart
21. **What is it that you most dislike?**
Judgement
22. **Your greatest regret?**
That I listen to others instead of listening to myself
23. **What talent would you most like to have?**
To fly
24. **How would you like to die?**
Fast and hard
25. **What is your motto?**
War is not healthy for children and other living things
26. **Which living person do you most admire?**
Billy Jean King
27. **What is a quality you most like in a woman?**
Straightforwardness
28. **What is a quality you most like in a man?**
To be in touch with his feminine side
29. **Who is your favorite hero of fiction?**
Underdog
30. **Which words or phrases do you most overuse?**
"Sorry"
31. **If you were to die and come back as a person or thing, what do you think it would be?**
A spotted dolphin in the Bahamas
32. **Who are your heroes in real life?**
All my friends who have raised their children on their own
33. **Favorite movie?**
What's Eating Gilbert Grape?; *Little Miss Sunshine*
34. **Favorite lifter?**
Paul Anderson

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