

THE CHARLES POLIQUIN INTERVIEW

POWER

MARCH/APRIL 2013

CROSSFIT'S
MATT CHAN

JON ANDERSON'S
DEEP WATER TRAINING

**ERIC
LILLIEBRIDGE**
AS RAW AS IT GETS

MAR/APR 2013 • VOL. 4, NO. 2

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The Lilliebridge Issue

I used to tell people I was a pro wrestler. That would get laughs and a lot of negative comments, even though at the time it was true. Over the last few years people have said, "Damn, dude. What the hell do you do?" I'd say, "I'm a powerlifter." Rarely did anyone ever know exactly what that meant, but those who knew a little would ask, "HOW-MUCHYABENCH?" I'd tell them my best is 854. Then I'd get more laughing, or confused faces. Then they'd ask, "Well, what do you do for work?" I'd say, "Pick up heavy stuff." That answered never satisfied people, either.

I have also tried to tell people that I'm an inventor. That I invented something and even got it to market. But again, no one seems to buy the inventor thing. Maybe it's because I don't wear glasses. I don't know. Keep in mind that I don't really fit in the hippy town where I live (no offense to Davis, Calif.). I just hang out all jacked and minding my own business in various coffee shops around town typing out Power on a tiny ass screen with a tiny ass keyboard, and some stranger will say, "What are you doing?" I say, "Well, I'm a magazine editor." They say, "Huh," and make an ugly face.

So now I tell people that I don't do anything. It's actually easier and more expected nowadays. But the truth is, my wife and I put a lot of work into each and every issue of Power. We are hard at work getting you the strongest people in the world to give you the best training information out there. This issue we were able to reel in some huge names, like Charles Poliquin, Derek Poundstone, Ed Coan, Jon Anderson and Konstantins Konstaninovs.

KK gives us some interesting insight as to why the Russians are better deadlifters than Americans.

Derek Poundstone tells you how to make your shoulders huge, healthy and functional for big presses.

Charles Poliquin's Q&A is short but stacked with great info.

Jon Anderson gives us the skinny on his "Deep Water" training philosophy — essentially training for the swim out to the deep water, not leaving any in the tank for the swim back.

Last but not least, we have super-stud Eric Lilliebridge. Learn how this young world record holder trains to get his huge results.

Getting these guys rallied up isn't easy, but if this is my actual job, then I love my job and I'll continue to pour my heart into it. I love being able to follow my dreams and support my family at the same time.

As the Harboughs say, "Who has it better than us? Noooo body!"

Strength is never a weakness,

Mark Bell

Inventor of the Sling Shot

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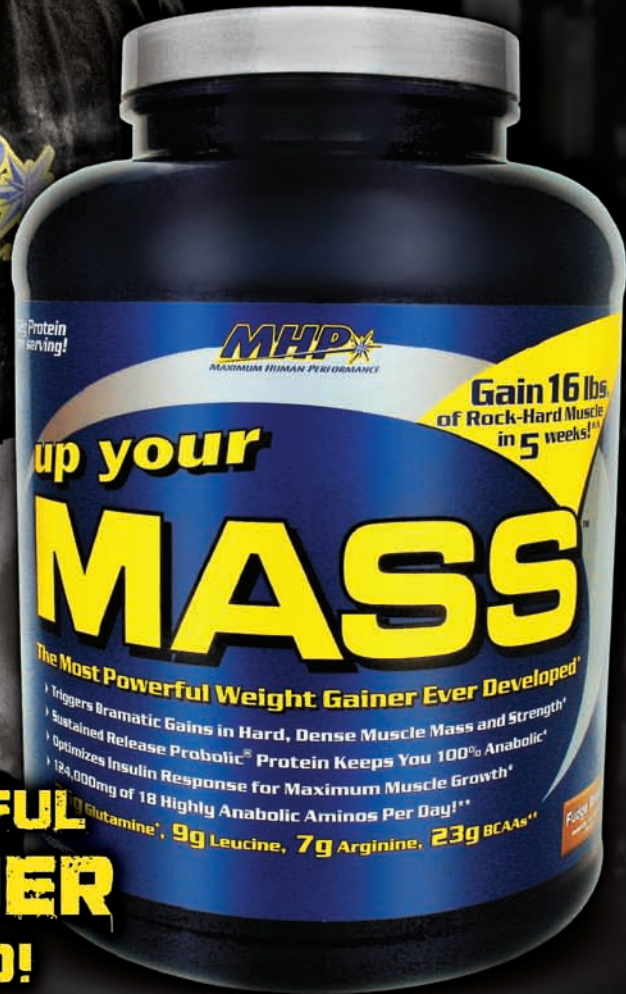
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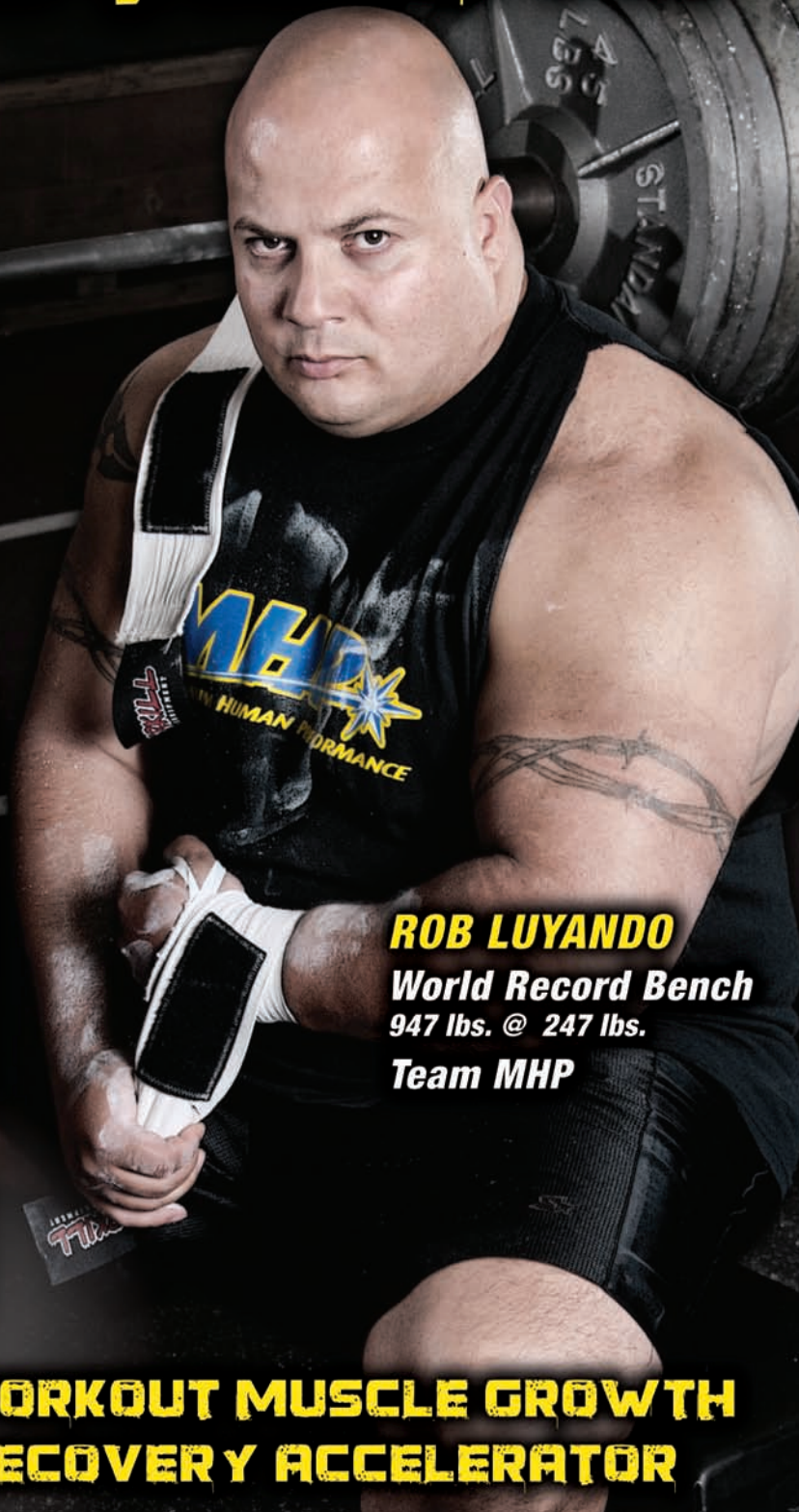
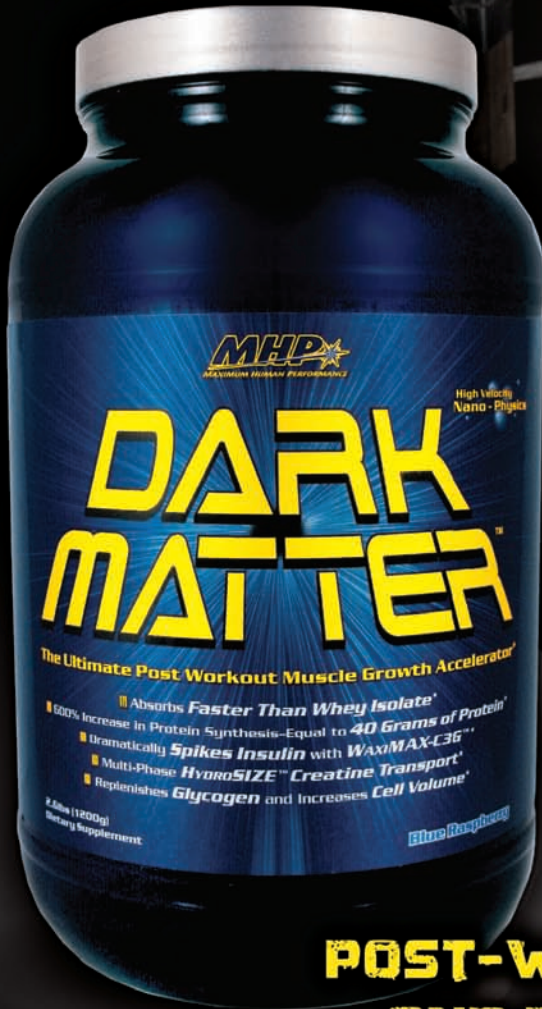
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DANIEL TINAJERO

Tell us your age, weight, height and occupation. I'm 25 years old and 230 lbs. I work in product manufacturing for flight simulators. I'm in my fourth year at the University of Central Florida, where I study electrical engineering. I have always been good with math and physics, but my passion is in strength and fitness. After I get my bachelor's in electrical engineering, I would like to become a trainer and work closely with committed, serious athletes. I would like to be the full package trainer that can offer routines and diet, with all of the credentials as well as experience to back me up.

When did you start lifting weights? And when did you start training specifically for powerlifting? I started working out in a class for weightlifting in 2000 as a high school freshman. The head coach of the school's weightlifting team was the class teacher, and after a few conversations he persuaded me to try out for the team. I took first place in my first meet at 129 lbs. with a 155-lb. bench press and a 125-lb. clean-and-jerk. I was hooked from that day forward.

You've competed raw, single- and multi-ply. What are your best lifts in each discipline? My best lifts raw are a 545-lb. squat, 429-lb. bench and 650-lb. dead at 198. Single-ply best lifts are a 755-lb. squat, 650-lb. bench and 683-lb. dead at 198. Best multi-ply numbers at 220 (weighed in at 201 lbs.) are a 900-lb. squat, 700-lb. bench and 725-lb. dead.

Where do you train? I train at a garage gym called 5150 Barbell in Oviedo, Fla. I co-founded it along with Tony Cobaugh, who will be making his powerlifting debut in the APF Southern States meet in February. Everyone we have lifting here is strictly powerlifting-oriented, with the exception of one NAGA grappler. We currently have 10 members, and we hope to continually grow and find a larger structure to expand.



We have the basic powerlifting equipment, as well as some lighter Strongman equipment to help work conditioning and other forms of strength.

What does your training program look like? Training will differ depending on the time of year and how far out I am from the next meet. At this point, I am just under two months away from the SPF Ironman in Cincinnati, Ohio. With school starting next week, my training is going to change up a bit.

The weekends are reserved for heavy days. On Saturday we all shirt up, and I mainly train on one- and two-boards. I am very comfortable touching in a shirt, so I will generally only touch once before a meet at about three weeks out. On heavy bench day, I try to keep the focus on triceps and lockout strength.

Sundays are heavy squat day,

where I generally do box squats and will likely start to add in heavy pulls from the floor afterward. I try to keep the focus on legs for the most part and avoid excessive back stress, other than what I get from squatting. On de-load weeks I opt for light Strongman moves such as stone work with around 125 lbs., tire flips and zercher/squat bar walks (similar to yoke work).

Tuesdays used to be raw bench work, primarily focusing on the shoulders and pecs. I am going to move solely to overhead work and shoulder assistance moves due to repeated pec injuries over the last two years. This will include super light military presses, standing push presses, Klovov presses and a wide array of shoulder raises. I'm always open to trying new mobility moves for the shoulders because I lack flexibility there.

Wednesday had previously been devoted to deadlifting and sometimes front squats, but I will now make this solely mid- and upper-back work. This could include any type of row work you could imagine as well as shrugs and hopefully cleans, if I can regain the flexibility to do so. Waist/hang cleans are my number one favorite exercise to work the traps. I don't feel shrugs are one-tenth as effective as an explosive clean workout. I may also

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throw in abs and biceps on this day, depending on the amount of time spent doing back work.

You started out putting up big numbers in the 165s. Now you're putting up big numbers in the 220s. Tell us about your weight gain process. Are the 242s in your future?

I graduated in 2005 weighing 160, so I competed in the 165-lb. class up until 2007 at the AWPC World championship. I never thought it was possible to be able to put on as much weight as I have. I have always been a huge advocate of being as strong as possible before moving up to the next weight class. Due to various injuries, I was forced to throw a lot more volume in than I would have liked, but I cannot say that it wasn't for the best in the long run.

I competed in the 181-lb. class up until late 2009. My last full meet at 181 was APF senior nationals where I went 738/600/617 for a 1,956 total. I also closed out the year with a successful 625-lb. bench at a bench-only meet in Orlando, Fla. I had very high hopes and aspirations for breaking the all-time total at 181, held by Mike Cartinian. Needless to say, it was very difficult for me to accept moving up from that weight class, but I simply outgrew it too fast.

I competed in the 198-lb. class for most of my single-ply career up until very recently. I squatted 755, benched 650 and pulled 683 in the APF single-ply championship. I also benched 683 lbs. in the USPA Baddest Bench at the Big Show in Rock Springs, Wyo.

In between these single-ply competitions at 198, I also competed at 220 in the multi-ply world. I weighed in around 201 each time, but it was poor timing on my part for cutting to 198. My best lifts multi-ply at 220 have been my 900-lb. squat, 700-lb. bench (in a single-ply shirt) and a 725-lb. pull.

At this point in time, my sights are set on lifting either 220 or 242 at the SPF Ironman meet this march. I hope to sustain my 235-lb. body weight and make the cut, but it's not essential for me to make 220. I will be focusing on competing against a few friends, namely Jason Coker and Chris Pappillion.

As someone who has put on a lot of muscle, give us your advice on gaining weight. Eat! Learn not only how to force it, but more importantly when to force it. Lean mass is always the most sought-after goal for the average gym rat, but no one wants to take the time to do the research. There are a million different ideologies out there. Read up on a few that are done by people that have been around the block a few times. Try out different things, because what works for you may not be what top-notch champion so and so used. I cannot attribute any one method to my success as I have tried plenty of different diets (carb backloading, carb cycling, etc.), but I do have a few principles I stick to:

1. For quality mass, put in quality food. I have made my



biggest gains when I started to get good clean sources of nutrients. No more fast food garbage, frozen pizzas or whatever the newest synthetic food craze is. I'm not saying that you can't have garbage from time to time. I'm only saying to be sure to get enough quality nutrients in throughout the day. Then, if you have room, garbage it up.

2. Do not skip meals. This is a constant battle for any busy human being, but you find ways to make it happen. You should feel the same angst and paranoia from missing a meal as you do from missing a workout. After all, diet is a huge component in this game.

3. Sleep! America has become such a busy network and opened up so many possibilities to always be busy. We must not forget that to break the body down and rebuild, it requires sufficient amounts of recovery time. Sleep is the No. 1 aspect that I have trouble with, and I always have since high school. I had insomnia at an early age, then that turned to fatigue and exhaustion once I started college full time. Now it is a constant battle between sleep apnea, college, work and whatever else I may have going on at the time.

What are your goals for 2013? 1. Injury prevention and increasing my mobility. These are two things that are often forgotten in the pursuit of strength, but are so critical to longevity in this sport. If I can achieve this, I would like to place some focus back on getting my raw bench up again.

2. Putting 1,000 lbs. on my back for the first time, whether with reverse mini bands, or to a high box, or any combination you could think of. I want to feel a grand this year.

3. Re-learning how to deadlift in gear. This has been a frustrating lift over the last year. Honestly, there is no real reason that this lift shouldn't have gone up significantly. The training has been there, and the raw strength has gone up. I just need to pinpoint the technical errors and fix them to transfer the increase over to equipped lifting.

4. Keep up to date with the most effective ways to stay big, healthy and strong. One of my biggest passions is being able to help others achieve success, and I have to stay on top of my game to help them do the same. **PM**

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THIS CHICK CAN KICK YOUR ASS... AND YOU MAY LIKE IT! HOLLY HELTON



How old are you, where are you from and what are you wearing? I am 25 years old, from Surprise, Arizona. I am wearing a black Inzer t shirt and some sweats.

Where do you train? I train at Urban Strength and Fitness in Surprise, Arizona.

Do you lift with other girls, or is it all guys? Primarily men however recently a few of the women of Urban Strength have joined our deadlift and upper body training days! I would love to have more women on the team, that's my goal...to inspire other women to enjoy lifting as much as I do.

What do you do for work? I work as an absence management specialist processing family and medical leave of absence and short term disability claims. I also recently started Urban Strength Nutrition; a nutrition consulting business primarily to help friends and family reach their fitness and nutrition goals.

How did you get involved in Powerlifting? By training at Urban Strength and Fitness! I started training here for bodybuilding to compete in bikini at the Arizona NPC show in July of 2012. My husband started lifting in June with the Urban Strength team and I saw how much he loved it. My first day of lifting was the morning after my NPC bikini competition. From that day on, I was hooked!

What do your "normal" friends think of how much you can lift? I don't think they really know or understand what powerlifting is; when they hear or see my numbers, they think I'm crazy! I love being able to share my joy with my friends and hope to inspire them to take one step at a time towards their goals. If I can do things that seem impossible or crazy to me in only a few months, I hope to show them they can also!

When you go to a PL meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? Not at all. I feel like one of the guys, one of the team. Feels like a room full of a bunch of brothers, all standing behind each and every lift.

Are you married, have a boyfriend or single? On July 21,

2007 I married my best friend, Daniel Helton.

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

Not exactly, because all of the Urban Strength men lift much more than I do! But I do remember the first time I squatted 300 and the crazy excitement from the team made me feel great! Made me want to get stronger and lift more!

Do you wear make up to the gym? Yes, basic eye make up when we train evenings after work (no time to wash that all off).

What do you have to say to women who don't lift weights because they think they'll get too big? It's a myth! Lifting weights in the right way will lean your body out! It is NOT going to make you big or bulky. That would come from your food or diet! If you lift heavy with a lean and clean meal plan, the only part of your body that will get bigger is your butt!

How has powerlifting helped you? Powerlifting pushes me beyond the limits and goals I've set for myself. Hitting new personal records reminds me that I can do the things that I put my mind to. Seeing others on the team exceed their goals pushes me to reach for mine.

What is your favorite lift? The SQUAT.

Tell me about your current best lifts?

Squat: 147.5kg/325lbs

Bench: 70kg/154lbs

Deadlift: 120kg/264lbs

Total: 744lbs

What are some of your PL goals? I have only been lifting since August 2012 and competed in one meet in October of 2012. My goal is to continue training, to get stronger and to total elite one day!

Anything else you'd like to add? I'm so thankful for the Urban Strength powerlifting team, for the best sponsor; USPlabs, friends, family and my amazing husband Daniel for standing behind me supporting and pushing me to reach for my goals and dreams. Thank you Power, for this amazing opportunity to be a part of your magazine! **PM**



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ERIC LILLIEBRIDGE

AS RAW AS IT GETS

BY MARK BELL

PHOTOS BY KEN RICHARDSON AND SAM MCDONALD

One look at Eric Lilliebridge and you realize this dude is made out of something different than the rest of us. This guy (or should I say kid?) must be a movie star or a comic book hero, right? Is it the tan? The perfectly groomed eyebrows? How jacked he is? Or is it the fact that his quads are probably bigger than his waist? Perhaps it's because his traps are so large that they look like they are coming out of his ears. Whatever the case, this superhero has no cape. Instead, he is equipped with a belt, knee wraps and a super-tight singlet that looks like it is painted on. At 22 years old, his strength has never been a weakness. Eric has a 2,204 raw total, an 881 world record squat, a 500-plus bench, and an 800-plus deadlift. Now he has his sights locked on a 900-lb. squat and a world record total.

MARK BELL: You deadlifted 800 lbs. at 19. When did all of this madness start?

ERIC LILLIEBRIDGE: It all started when I was 13 and I really started to get serious about my training. My brother started training with my dad before I did, which motivated me to want to lift and be as strong as my brother was. I trained for a full year with my dad and brother before I did my first powerlifting meet at 14.

BELL: What was it like growing up in a family where so much seems to center around the gym?

LILLIEBRIDGE: Growing up watching my dad train and compete, my brother and I would just sit there and wonder how he could lift all that weight. It was really awesome sharing that bond. They've become my best friends and the best training partners that I could possibly ever ask for.

BELL: Did you guys all go to the gym together with your dad?

LILLIEBRIDGE: We trained out of our basement gym for a good five years before we started training with a team with good equipment. When

we started training with Zenzen Barbell, all of us made really great gains. Not only because of the gym atmosphere and having more people there to watch and critique our form, but the equipment was amazing compared to what we had at home. It was the first time we actually trained with a squat bar and a deadlift bar.

BELL: What was it like the first time you beat your dad and brother in a lift?

LILLIEBRIDGE: The first time I beat my brother was when I was 16. We were training hard to pull 600 lbs.; it was a huge goal for the both of us and I was finally able to pull it weighing in at 195 lbs. That was the first time I surpassed him on the deadlift. At that time, my dad was squatting 700-plus, benching 500-plus and pulling upper 700s raw, which seemed damn near impossible for me to ever get up to. It wasn't until I graduated high school that my numbers started to come close to his.

BELL: Where did your conventional "squat the weight off the floor" deadlifting come from?



LILLIEBRIDGE: I copied that exactly from my dad. I never used to “dip down” and get a lot of leg drive off of the floor; I used to pull a lot with my hamstrings and lower back off of the floor. I would watch my dad’s deadlift form closely and I would see that when he dipped down, it almost looked as if he was driving all the weight off of the floor with his legs. It took me awhile to figure out the form, but once I did, my deadlifts shot up like crazy.

BELL: What’s up with you wearing your belt much higher than most lifters?

LILLIEBRIDGE: Over the years, I started to notice that wearing the belt lower didn’t really do anything for me. In fact, I didn’t feel much support from it at all. One day I

“All I think about when I approach a lift is how bad I want to conquer the weight. It’s me vs. the iron and I’m there to win”

just decided to try wearing my belt higher on the squat and deadlift, and I could instantly feel a lot more pressure in my upper abs – like the belt was actually doing something for me. When I’m pulling, it helps keep me upright and it prevents my

back from rounding over. The bottom of the belt is about a half inch above my naval.

BELL: Will you ever lift in gear?

LILLIEBRIDGE: I tried gear when I was 17. It just wasn’t for me. I found it crazy that just by putting on briefs, I could squat 200 lbs. more than I could squat raw. When it comes to training, I want to get stronger, not just lift more weight.

BELL: You totaled 2,204 back in July via 854-529-821 (squat, bench, deadlift), on an incredible nine-for-nine day. You’ve done two meets since then - while you’ve managed to hit an 881 (World Record) squat in one of those meets and an 850 pull in the gym, you haven’t been able to put it all together on the platform like you did back in July. What were the factors that led to your nine-for-nine meet? And why haven’t you been able to surpass that total?

LILLIEBRIDGE: My training went really well this past summer and everything just came together really well during that training cycle. Not every training cycle is always going to be better than the last. I wasn’t 100 percent going into the “ST Backyard

ERIC LILLIEBRIDGE		BEST MEET LIFTS				BEST GYM LIFTS		
Age	Weight Class	Squat	Bench	Deadlift	Total	Squat	Bench	Deadlift
16	198	479	330	600	1410	500	365	615
17	242	617	418	672	1708	585	430	661
18	275	733	435	766	1934	750	510	800
19	275	765	500	800	2065		530	
20	275	804	507	760	2072	835	550	815
21	275	804	523	804	2132		555	
22	275	881	529	821	2204		550	850

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Meet of the Century" this past November. A few weeks before, I had strained my pec really badly benching 550 lbs. paused in the gym (which was a huge Personal Record). I was surprised that I was even able to bench at that meet. Two weeks after that, I competed again at the UPA [United Powerlifting Association] Power weekend and I was one second away from breaking my old PR total. I squatted 881 lbs. (the all-time world record raw with wraps at 275), benched 512 lbs. and pulled 837 lbs. I had the 837-lb. pull all the way up to lock out, and as soon as the head judge gave me the down command it slipped right out of my hands. If I had made that deadlift I would have totaled 2,232 lbs., which would have beaten my old total by 28 lbs. and given me another nine-for-nine day.

Bell: What are you thinking about when you unrack a squat and hold it for 7 minutes before squatting?

LILLIEBRIDGE: All I think about when I approach a lift is how badly I want to conquer the weight. It's me vs. the iron and I'm there to win. My mind is clear and all of my focus and energy is put into making the lift. When I stand up with the weight and I unrack, I'm just trying to find the perfect



Eric, Ernie Jr. and Ernie Sr. at the ST Backyard Meet

"From day one my dad taught me that form was the key to being successful in all the lifts and staying injury free."

spot before I start coming down. It's all about balance. I like to be in full control of the weight throughout the entire lift.

Bell: What's up with your wardrobe? Even when you are training, you Lilliebridges match. Then there is the intimidating "All-Red Lilliebridge Family Jump Suit." You guys come rolling through looking like Ballers. Does your mom help with this or do you have an eye for fashion?

LILLIEBRIDGE: We have Team Adidas matching red pants and jackets to wear to the gym and for warm-up. Sometimes it's hard to get warmed up in just a cut-off shirt and a pair of shorts. I also like to have the pants and jacket with me at the gym so I can stay warm in between my heavy attempts. Otherwise, everything else I wear at the gym I pick out myself! When I train for a meet, I'll usually squat and deadlift in my singlet.

Bell: An 881-lb. raw squat (WR) is really just freaking crazy. Can you talk us through what your training is like now and also what your training was like to get you to 600 and 700 lbs.?

LILLIEBRIDGE: My squat training really hasn't changed much since I started powerlifting. The way my dad taught me to train and get stronger was by doing pyramid training cycles. I'd work up to one top set and rep it to failure. After the first few warm-up sets, everything is normally done for one rep until I get to my top set weight;



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Eric deadlifting 600 lbs. raw at 16 years old



that way I'm not fatigued by the time I'm at the set that matters the most. Really, the only thing that has changed is the rep ranges. I used to like doing anywhere between five to eight reps on a top set to start out the training cycle (depending on the weight) but over the past couple of years going from a 700 squat to 800 and onto almost 900, I've cut down the start rep ranges.

I start out my meet training cycle for squats by picking a weight that I think I can max rep for five reps (instead of starting with a weight I thought I could do for eight reps) and basically just pyramid up from there by adding weight and dropping a rep for the next squat session. By my last rep day, I like to try a weight for a max triple. My final workout is usually two weeks out from meet day and I like to practice some heavy singles. I usually work up to a weight I would take for an opener or second attempt and that's it. I don't take a weight that's near my limit because I like coming into the meet feeling 100 percent recovered and fresh. Also, a few years ago I switched from squatting and pulling in the same week to every other week. So I only squat twice a month and deadlift twice a month. That allows me to go hard and heavy on both lifts, pushing them to the limit and focusing on one of them each week. Usually, within 14 days I'm 100-percent recovered and ready to go heavy again.

Bell: In that 14-day span that you have off from a deadlift or squat, do you do any

light deads or squats?

LILLIEBRIDGE: I used to a few years ago. After a while I didn't really notice any benefit to doing the one light lift on the day I was doing the other lift heavy, so I quit doing them. For the past two years I've been squatting one week, then deadlifting the next week and alternating back and forth every other weekend.

Bell: How are you training your bench?

LILLIEBRIDGE: When I train for a meet,

I do heavy pauses for one week (usually three sets of singles with two sets of heavy board work after). The next week, I'll go lighter and work up to a top set for max reps. Usually on my lighter days I start the training cycle with a weight I think I can max rep for 12-plus reps and work up from there every other week. Recently I started benching with a wide grip again (ring fingers on the rings), which is the grip that I used to bench with for years. I now alternate weeks doing wide grip and narrow grip (about an inch inside the rings). On the wide grip day I'm doing paused reps, three sets of two or three reps following a drop set of max reps paused, using a weight I can do for eight-plus reps. On the narrow grip day, I'm working up to a top set of max heavy reps and then doing a couple sets of board work afterwards.

Bell: Your squats and pulls are so explosive and the form is always the same. Do you attribute this speed and acceleration to dynamic effort squat workouts with bands or chains, or does your dad have you doing something else?

LILLIEBRIDGE: The form came from a lot of practice. From day one, my dad taught me that form was the key to being successful in all the lifts and staying injury free. It



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APEX

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took me many years to get my form down on all three lifts. One thing that really helped was recording all of my workouts. Watching yourself lift is a really good way to make yourself the best you can possibly be.

I don't train with bands or chains, and I never have speed days. The speed on my lifts developed over time. My deadlifts never used to be really explosive like they are now. When I first started training with Chris Hickson a couple of years ago (800-lb. raw deadlifter at 18 years old), I always wondered how he was so fast and explosive with his pulls because he didn't train his pulls any differently than I did. From watching him, I learned to pick up more speed off the floor, so training with him has helped develop my explosive power a lot, too.

BELL: What are your three favorite assistance exercises for bench, squat and dead?

LILLIEBRIDGE: For bench, I like doing board work, which has helped my lockout a lot. I also like doing cable pec flies and triceps cable extensions after benching, usually five sets of 12 to 15 reps. For squats and deadlifts, I do the exact same accessory work. Either bent-over rows with a barbell

“If you're wondering why I work my traps, biceps, forearms and delts every workout, it's mainly just for looks and because the only way I have noticed that I get bigger in those areas is by working them more often, but not very heavy. Just high sets and reps.”

or seated rows. To target the middle and lower portion of my back, I do upright rows, leg extensions and reverse leg curls, usually five sets of 15 to 20 reps on each exercise.

BELL: Ok, now we are going to let the fans ask questions. These are from my Facebook page (www.FaceBook.com/MarkBellSuperTraining):

Mike Mireles: What's your greatest motivating factor?

LILLIEBRIDGE: Being only 56 lbs. away from breaking the all-time world record raw total (with wraps) in the 275-lb. weight class. My best is 2,204 lbs., and the all-time world record raw total at 275 is 2,259 lbs. This is what has been motivating me the most over the past year. My goal for 2013 is to break that total, unless someone else breaks it first (Stan Efferding). Then I'll have to try and chase that total, too!

Matt Beechey: What's the worst injury you've had and how did you overcome the injury?

LILLIEBRIDGE: So far I have had three hamstring tears and one pec tear. I'm rehabbing from a hamstring tear I had on Dec. 8, but compared to the other hamstring tears I've had, this one is nowhere nearly as bad. I would have to say the second hamstring tear that I had was by far the worst injury. Before that happened, I had deadlifted 800 raw in competition at 19 years old. It took me a year before I got back to that level again. The recovery time took forever and mentally, it was very hard to overcome.



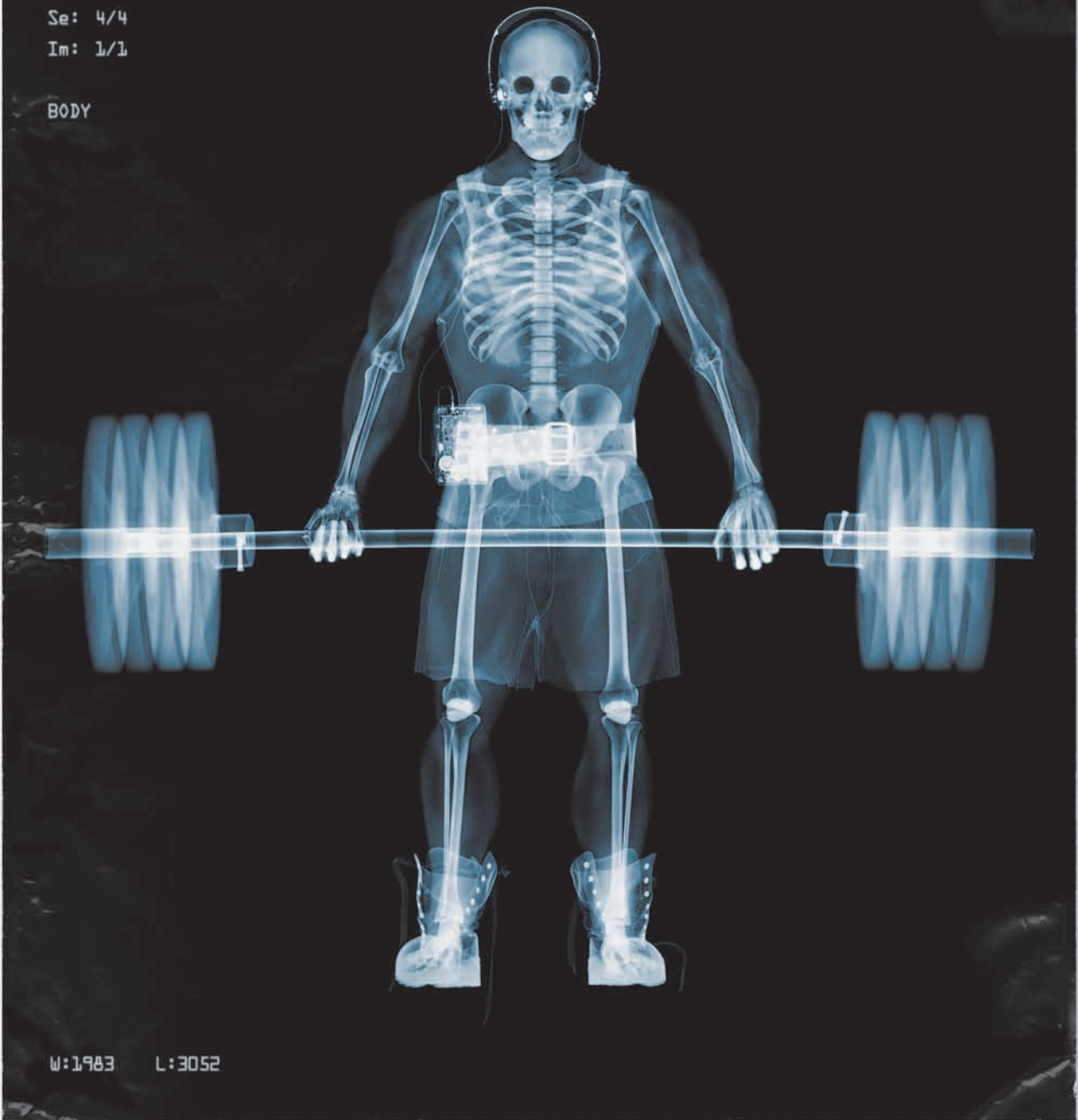
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Every time I'd go to pull the weight off the floor, I'd hold myself back because I was afraid it would tear again. All I did was let it heal and rest and approached the weights slowly again week after week until I was back to where I used to be.

Michael Bautista: What is your weekly training split?

LILLIEBRIDGE: I train three days per week. Monday is an accessory workout that consists of doing upright rows, bicep curls, wrist curls and lateral raises. Wednesday is bench day and for accessory work after benching, I'll do cable pec flies, triceps cable push downs and if I have enough energy, then I'll do some upright rows, bicep curls, wrist curls and lateral raises again just to get

a pump. Saturdays, I alternate my squats and deadlifts every other week and for accessory work I do leg extensions, hamstring curls, standing calve raises, bent rows or seated rows, upright rows, bicep curls, wrist curls and lateral raises. Saturday is usually a three- to four-hour workout because I do pretty much all the accessory work in one day (except for my chest and triceps). If you're wondering why I work my traps, biceps, forearms and delts every workout, it's mainly just for looks and because the only way I have noticed that I get bigger in those areas is by working them more often, but not very heavy. Just high sets and reps.

Krish Shaun Gilmore: Do you incorporate box squats?

LILLIEBRIDGE: Not at all. I always take my squats all the way down in training to work on my explosive power out of the hole. I guess you could say I just like keeping everything basic and simple: deadlift from the floor, squat all the way down and bench with full range with a pause. I've never been into doing box squats, bands, chains, speed work and stuff like that on any of my lifts.

BELL: Okay champ, here is your chance to give us a speech. Now you are the coach about to lead us into battle. Give us some words of wisdom to help us get to the next level.

LILLIEBRIDGE: Getting to the next level all depends on you and on how badly you want it. The only one holding you back from doing anything is yourself. If you continually say you can't do something or you'll never be strong enough, then you never will. You have to constantly keep yourself motivated and have something to shoot for. Always stay hungry for more. Be happy with your goals and achievements but never too satisfied. Motivation is the key to success, especially when it comes to training and powerlifting. I'm always striving for more and to make myself better with my form, technique, strength and physique.

BELL: Anything else you want to add?

LILLIEBRIDGE: I would like to thank my dad and brother (Ernie Sr. and Ernie Jr.) for everything they do for me. If it wasn't for them, I wouldn't be the person I am today. Shout-outs to Chris Hickson and George Leeman — you guys are awesome and great training partners. You guys help push all of us and keep us motivated to the fullest. Shout-out to Bill Carpenter for putting on the most kickass powerlifting meets I've ever been to and making it such a great experience every time I compete in your competitions in the UPA — and also for letting me date your daughter. Big shout out to Dr. Robert Buchla, the owner of Pro Gym for giving us a great place to train and awesome equipment to train with. Big thanks to Chris Mason, the owner of AtLarge Nutrition for sponsoring me for these past couple of years. All of you guys have made my powerlifting experience the best I could possibly ask for, and I thank you all for that. **PM**



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TRAIN LIKE A LILLIEBRIDGE

BY JEFF "ROBOT" IRION

Eric and Ernie Jr. will tell you that they learned everything they know about training from their dad. So we went straight to the source (Ernie Lilliebridge Sr.) to learn the training secrets that have been passed down from generation to generation.

IRION: What input do you have in your sons' training?

LILLIEBRIDGE: At this point in the game they're pretty much seasoned veterans, and almost all of their training comes instinctively. We all train together [omitted comma] and we're all on a pretty close training cycle: same sets, reps, exercises, etc. It's more of a group thing than me dictating at this point, and we all train each other. I'll give them pointers, but we all value each other's opinion on every set, every rep, every day. So in a sense, we all coach each other. We stay in constant con-

tact on a daily basis, and we're always talking about training we've done and training that's to come. So while I'm still the boys' coach, we're really more of training partners at this point.

IRION: In addition to coaching some great lifters, you're quite an accomplished lifter yourself. What are your best meet lifts?

LILLIEBRIDGE: My best squat is 810, best bench is 518 and best pull is 777. I had 805 locked out but it slipped out of my hands. My best total is 2,011. In the 308-lb. raw division, I am ranked No. 1 in the mas-

ters and No. 4 in the opens. If I can hit my numbers at the next meet, I will take the No. 1 spot in the opens, as well.

IRION: How do you guys go about training for a meet?

LILLIEBRIDGE: It's a very simple plan, basically a pyramid training cycle that repeats itself. We work backwards from a projected max, which is either the best you've done or what you're looking to do. If things are going well, we will "up" the projected training max for the cycle. Each week we work up to those triples, doubles, and singles and it gets us ready to com-



Eric, Ernie Sr. and Ernie Jr. in 2004



pete. We'll work up to our top set using singles, so as not to waste energy. We stress form and technique, and every rep is of the utmost importance.

A six-week training cycle is ideal, but eight weeks is fine, too. At 12 weeks out, we're just playing around and having fun. But we're never that far out from being ready to compete. We're always hitting heavy weights. The only difference is that maybe instead of hitting 800 for one, we're hitting 700 for five.

I will say that trying to peak all three lifts at the same time is extremely difficult to do. When you're at a high level, it's very hard to push one lift up without sacrificing the other two.

IRION: What is your training schedule?

LILLIEBRIDGE: Saturday is a heavy squat or deadlift day. Wednesday is our bench day and that alternates from week to week, between heavy and light. Although when I say that we bench light, what I mean is we bench with less weight but more reps. Also, we usually switch to a close grip on light days, whereas we use a wider competition grip on the heavy days. All sets and reps are determined instinctively and they change from week to week.

Depending on the work schedule of myself and Ernie Jr., we might have an assistance day as well. But as we get closer to a meet, we cut it out and do the accessory work on the two main training days.

IRION: Give us an example of a training cycle for a lifter looking to squat 800 lbs.

LILLIEBRIDGE: If you want to squat 800 at a meet, start eight weeks out and hit 700 for max reps; you should get five or more. Since we alternate squatting and deadlifting each week, your next squat will be in week six, where you'll take 725 for max reps, aiming for at least four. Four weeks out, take 750 for max reps, and you should get at least three. Two weeks out, take 775 for max reps, which should be at least a double. Then at the meet go for 800 or more. And keep in mind that these numbers can change from week to week. If you're feeling stronger than you expected, then up your projected max.

IRION: What kind of assistance work do you do?

LILLIEBRIDGE: In general, all of our assistance work is done with light weights to get a pump. Everything is strict and controlled, and we try to feel the muscles working.

Squat. We mainly do leg extensions, lying or reverse leg curls and calf raises. Everything is high reps (15 to 20) and about four sets. We pyramid the weights and get a good pump. The squat works your body, the assistance work [change to "exercises"] works your muscles. We do this right after the heavy training. We've tried to do accessory work later in the week, but it doesn't work as well. Since we're pre-

fatigued from the squat, we don't need to go as heavy on the accessory work so that there's less chance of injury.

Deadlift. Depending on how the day went, we might finish with some bent-over rows, DB [dumbbell] rows, seated rows, upright rows or stiff-legged deadlifts. Everything changes except the ab work; that's carved in stone. If you're really exhausted after the pulls, you might just call it a day. It's a completely instinctive program. The only thing we're going to do that day is the movement itself, and everything depends on feel.

Bench. On the heavy day, you hammer your pecs and shoulders. We usually do a backdown set of max reps with pauses. Not heavy enough to hurt ourselves, but something like 12 reps. We might follow that with incline benching - maybe not. Then DB pec flyes or, if the pecs are hurting, cable crossovers. Again, it's all about stretching and pumping. On the light days, we use a close grip and pound the triceps. We'll usually incorporate board work, keeping the grip close and the emphasis on the triceps. Then we'll do some type of triceps work, like cable pushdowns, alternating between one and two hands.

IRION: Do you feel it is necessary to use a variety of assistance exercises in order to work the muscle from different angles and make sure you have all your bases covered?

LILLIEBRIDGE: Absolutely. The assis-



tance work is easily as important, if not more important, than the main movements. The competition lifts train movements, not muscles. We break it down into the accessory work to hit each muscle. But it's usually done bodybuilding style: light weight, high

reps. If you go heavy on everything, then you'll beat yourself up. That's the thing with accessory work: not enough and you risk injury, too much and you risk progress (and also injury). We've never gotten any good results from training accessory work heavy.

One thing I've noticed (and this is not a knock on geared lifting) is that a lot of equipped guys will throw on their gear and do some lifts, and when the gear comes off, they go home. Also, everything is singles. They're not building strength with their accessory work, and they never exercise their muscles without their equipment to build themselves up. We train to get stronger, not to lift more weight. We will lift more when we get stronger. That is the name of the game.

IRION: Eric has spoken about maintaining a base level of strength. How do you decide what that base level should be? Is it a percentage of your best meet lifts?

LILLIEBRIDGE: We try to stay pretty close to our meet numbers. We never drop below 10 percent of those numbers, and usually, we keep it around 5 to 8 percent. We try to keep our strength at a level where we could peak for a meet in four to six weeks and be at our previous best, if not better. That's necessary because we like to compete five or six times a year.

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Some of the other top pros only compete once or twice a year. Staying near your peak level can take a toll on your body and your joints, so you have to stay on top of your nutrition and recovery.

IRION: In addition to being raw lifters, you and your sons are all relatively narrow-stance squatters and conventional deadlifters. Why do you guys favor the closer stance? Do you see any value in using wide-stance squats or sumo deadlifts to build up your competition lifts?

LILLIEBRIDGE: In training, we practice both sumo and conventional on the deadlift, but we don't go so heavy. I've been in the game for 26 years and a lot of the guys who go wide have hip problems later in life. To each their own. In the deadlift, we like a very narrow stance because you can use your quads to really pop the weight off the floor. It's like compressing a spring, especially when you add in a belt. In meets, we like to put the belt a little bit higher, drive down more, and compress and try to get our hips underneath us [this switched from "we" to "you"]. If you can keep your hips down when you pop it [the bar?] off the floor, then you can finish the lift pretty easily. But if your butt shoots up, then the lift is over.

For squats, we use kind of a medium stance: not so narrow that it stresses the knees, not so wide that it stresses the hips.

IRION: Let's talk about meet day. How do you go about selecting your squat attempts?

LILLIEBRIDGE: Open with something you can get for four or five reps because every platform is different. So we go conservative on the opener and feel it out. Take a decent jump, 50 to 75 lbs., for the second. Depending on how that goes, pick your third (could be a 25- to 50-lb. jump). Everything makes a difference! How strict are the judges? Is the platform solid? Is the monolift good? What knee wraps are you using and how tight are they? We usually make our third attempts with more in the tank, which means our backs aren't cashed out for the deadlifts. The training is hard and necessary, but there's so much going on at the meet that makes a difference [add, "in how we determine our attempts"?]. There's a lot of strategy

involved, both mental and physical.

IRION: Eric has overcome several hamstring tears, and Ernie Jr. has overcome a herniated disk. And you've had more than your fair share of injuries over the years. What is your protocol for coming back from an injury?

LILLIEBRIDGE: Assuming surgery isn't needed, rehab is done as advised by the physician. We start with light lifting and progress from there. We use a slow, intuitive approach and take it instinctively, but we're more aggressive than what a doctor will recommend. We'll come back and work the injured area as soon as we can in order to get blood flow and to maintain range of motion.

We use what we have available to us. We consume more protein to help with the muscle repair. We always take a multivitamin and high doses of fish oil, and we eat clean. We err on the side of safety and being conservative. But when you're pushing the envelope, injuries are a part of the game. **PM**



Eric Lilliebridge, Eric Spoto and Stan Efferding



To see Eric Lilliebridge throw some iron around in the flesh, head to Columbus, Ohio February 28-March 3, 2013.

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PROTEIN SUPER-DOSING: SOUND STRATEGY OR PSEUDO-SCIENCE?

THE TRUTH ABOUT YOUR DAILY PROTEIN REQUIREMENTS.

BY JOHN KIEFER

Protein is good. Ergo, it follows that more protein is more good, right? That's the premise under which it appears that many of us operate, and it seems like it would be easy to figure out whether this makes sense. But there's more to the question of protein super-dosing than a simple "yes" or "no."

FIRST PRINCIPLES

Before we get into anything else, I need to explain how muscles actually grow. Two processes compete within your muscles at all times: protein breakdown and protein synthesis. The signaling for each of these acts more or less independently. To increase muscle mass, the gap between these two processes must be widened by lowering muscle protein breakdown (MPB), while raising muscle protein synthesis (MPS).

These processes can be differentiated by looking at how much dietary or otherwise exogenous protein incorporates into muscle, and how much is excreted. There are a variety of different ways this has been done, historically, and it's how scientists can determine the dietary protein levels needed to maximize MPS.

Achieving maximum MPS requires more than just eating a certain amount of protein. Timing, protein type and insulin response create a whirlpool of anabolic effects, making it a rather complicated process to achieve a maximum anabolic state. The question, then, is not how much protein you should be consuming, but how to keep free amino acid levels at the right level, at the right time, for the right duration. There's more to this than simply spiking levels with whey or casein hydrolysates throughout the day. Done the wrong way, this can actually increase muscle protein breakdown.

THE REST OF THE STORY

It would be very easy to point to things famous bodybuilders have said over the years, invoking the likes of Ronnie Coleman or



Dorian Yates to argue that you need at least 2 to 4 grams of protein per pound of body weight in order to grow. Before you go that route, however, there are a few things you need to understand. First off, Coleman and Yates don't need to read this article, because whatever they used to do, whether it was right or wrong, they grew. If you really want to mimic their respective styles, you'd have to go even further back and choose a different set of parents in order to secure yourself the same genetic advantages they had.

Here, however, is where we get to the other part of this whole thing: decreasing muscle protein breakdown. Despite the power of growth signals like insulin, the negative regulators of growth (like myostatin) have far more influence on hypertrophy. Resistance training causes specific adaptations to decrease negative regulators. It also increases the amount of protein reused within the muscle. More specifically, it decreases amino acid turnover. We grow more muscle, but we also lose less muscle, too.

If you subjected professionals like Yates or Coleman to tracer-method studies and biopsies, their rate of muscle growth would be the same as – or slightly higher than – the average-sized lifter, and that rate would still be optimized with 1g-per-lb. of protein per day. The rate at which they lose muscle, however, would be significantly lower – along the lines of 10 times less. Unlike us, they lose nearly none of their hard-earned muscle mass.

The reason? Lower protein turnover.

THE SUPER-DOSING LIFESTYLE

If anything I've said thus far has resonated, and you've starting putting the pieces of the puzzle together, you're likely wondering whether super-dosing your protein will have any effect at all. If

that's the case, you're also wondering whether there's any reason at all to keep spending so much money on tubs of casein and whey, and pounds of fish and beef.

Typically, when people begin super-dosing with protein, they do so because they've tried everything else, and they're desperate. At first, you'll feel great. You'll recover more quickly from your workouts, you'll tighten up and your training will improve for a few weeks. After that, however, things go downhill fast. You'll start losing your appetite, you'll become lethargic, and your gains will stall.

All this excess protein makes you feel good initially, for a number of reasons. First, you were likely eating too few calories, not too few grams of protein. When dietary protein levels go above the 1g-per-lb. mark, the only metabolic change that occurs is protein oxidation. Your body starts getting energy from protein, and it begins replenishing glycogen reserves by converting the amino acids into glucose through a process called gluconeogenesis. This excess protein is neither making you bigger nor stronger. Rather, your body is finally getting enough substrate to use for energy, and it can now shift from catabolic to anabolic to get you growing again.

PICK YOUR POISON

Does toxicity exist at high dietary protein levels? Well, there's no evidence of this in the scientific literature. Kidney function is normal, if not enhanced, and bones become stronger. So, why not get all your extra calories from protein? Why not keep your carb and fat levels low or moderate and make up the difference with protein, consuming

three or more grams per pound of body weight every day?

Well, if you're concerned with building strength or mass, there's plenty of reason to forego this extra protein. In nitrogen retention studies, when less nitrogen is being flushed from the body than is being taken in – and in which higher doses of protein don't cause greater levels of nitrogen excretion – the body doesn't incorporate the unaccounted for protein into muscle tissue. It reaches the point where it can no longer clear the massive amount of urea. If your body can't get rid of this, it builds up throughout the day in your system.

This sounds bad, of course, but the only real consequences are the aforementioned loss of appetite and lethargy. If you're hitting the gym after work, you're screwed, because that's when urea buildup begins curbing enthusiasm and focus. The saturation point, taken from the accumulation of data, appears to be around 1.3g-per-lb., so there's a little wiggle room between optimum and inferior.

So, what we have here is the fact that scientific research and empirical data make it clear that going over the 1g-per-lb. mark is unnecessary, wasteful and potentially detrimental for strength and physique athletes. Of course, I'm not opposed to high-protein diets in all situations. Because of dietary protein's ability to accelerate metabolism, preserve muscle mass, curb appetite and avoid being stored as fat, increasing protein content in the diet – or shifting macronutrients in favor of higher amounts of protein – is ideal for losing body fat, whether you're a physique competitor or an obese beginner. **PM**

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GENERATION MEEK **STOP SUCKING!**

BY MIKE REILLY

If you're a regular Power reader, you are simply going to nod your head and agree with most everything written here. You already have a commitment to your health and your strength. You already embrace your power. You exercise, push yourself and pursue excellence like it is your next meal. You are the choir, and while preaching to the choir is nice, it doesn't accomplish much. So here is my challenge to you fellow Iron Tamers: Take this article and go find that middle-aged, dumpy, lazy sack of a half-man. Grab him by the wobble and force him to read this! Here is what I want to say to him:

There is a problem with being weak. It is a problem that affects every area of your life, from the boardroom to the bedroom. It affects your kids, your wife, your friends, your community and most of all - yourself. If that 15-year-old kid who bought all those Zeppelin albums could see you now, he would laugh. And if he knew you were him, he would cry. The man you became is not the man you were envisioning, and that sucks. It is time for you to lose the excuses and get stronger. Note, I didn't say lose weight or get toned. I said get stronger, and it starts today.

Nearly every client I have tells me the same thing. They have the same excuses, the same issues and the same goals, and it is the goals that kill them. At a typical first client meeting, I ask them what their goals are, and the No. 1 answer is, "I want to lose weight."



"You have a specific weight in mind?" I ask. "Do you care about losing strength, muscle size?"

"Well," they answer, "I want to lose the fat and keep the muscle. You know, get toned." At this point I have to sit on my slapping

hand and patiently explain that there is no such thing as "toned." I also explain that getting fit is not in itself a goal, but rather a byproduct of achieving a goal. Universally, with all of these clients, their major weakness is their weakness.

In today's world, strength among everyday people is underestimated. Today's world is style over substance, and something as pragmatic as strength is just not sexy enough. However, without strength, everything we try to accomplish in the gym is more difficult.

EVADING THE TRAPS

The first trap is cardio. Guys push it on the cardio machine. They lose a bit of weight, but when they hit that first wall they realize running in place doesn't feed their souls. They get beat up without doing anything. Lack of will becomes dread, and laziness turns to loathing. The excuses become louder, more convincing, and now those guys belong to a gym they will never go to again.

Then there is a diet lie. There are so many of these diet myths it is hard to keep them straight. No fat, low fat, no carbs, juicer, powder or pill diets. Dieticians moralize food as though the fear of sin will keep Ho-Hos off your lips. Nearly every New Year's diet will

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help you shed 15, 20 or 40 lbs. in just a few months – but come Christmas, you will have it all back, plus a little bonus. The simple truth is that everything you need to know about diet you already know. Your body knew before your brain. But we actually believe we do not know what to eat. We listen to advertising written on packages instead of the plain truth we know in our hearts.

The other day I saw a commercial from a margarine company talking about how in the “old” days “we ate butter on everything.” They mocked past generations and bragged about our superior food knowledge and technology today to create a better “butter-like” substance. Of course, there are a few problems. One, we are overwhelmingly fatter than even 30 years ago. Two, our food has less nutritional value. And three, it frankly tastes like a dog’s behind. I’ll save you an entire article on eating right and give you just a few tips:

1. Shop the edges of the store (vegetable, meat, dairy and fruit). Skip the bread wall and walk produce twice.
2. If your great-grandmother would not recognize it as food, it isn’t food. The less processed, the better. If they need a lot of packaging to sell it, you do not need it!
3. Remember this Farrakhan rule: “If it’s white, it is wrong.”
4. Eat whole foods. Yes, they are often higher in fat, but not all fat is bad. Yes, there are many fats with little nutritional values, processed vegetable oils, corn syrups, etc. However, fat from whole food and even some animal fat is great for you - body and soul.
5. Your diet will change. It will change seasonally and with your

level of activity. But for now, keep it simple, stupid.

6. You’re a grown-up, so cook your own food. Cooking is a basic skill. Take control over what you put in your mouth. If you have \$500 worth of video game equipment but do not own one decent pan, well, that would explain the flabby butt, now wouldn’t it?

EXCUSES, EXCUSES

I do not want to sound unsympathetic, but we have become a generation of pussies. We are weak, fat, slow and stupid. My generation had mid-life crises at 32, and by 40 we have all the piss and vinegar of tepid tea. Where is the discipline, the sacrifice? Where is the willingness to sweat, the embrace of a challenge? We play video games, watch too much TV, eat garbage too often, read too little. We failed to exceed our fathers. But it is not too late.

You can still be the man that the boy you once were would be proud of, a man your wife still wants to be with, a man worthy of reading these pages. But you need to get off your ass and go wreck something. Walk past the elliptical and bikes. Stroll by the preacher curls and ignore the self-congratulating narcissist posing by the mirror. Find a trainer who can push and pull some serious weight and listen to him or her. Drop your pride or any notion that you know what you are doing. Show up, shut up and learn. You are going to do three lifts – squats, bench and deadlifts – and with those three lifts you are going to reclaim your manhood, reclaim your strength and reclaim your future.

You will do this, or you will die with regrets. **PM**

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FROM FAT TO JACKED: MARK BELL

BY JEFF "ROBOT" IRION

On May 27, 2012, Mark Bell attempted a 1,085 squat and got his ass kicked. The end. Or was it? Bell decided that it was time for a new chapter in his powerlifting career, so he dropkicked a bunch of fat, clothes-lined his "diabesity", got ripped and is looking to put up some big numbers in the 242s. Read on to find out how he did it, and how you too can stop being a BFF*.

**Big Fat F*ck*

How tall are you, what do you weigh and how fat did you used to be? First off, I want to start out by saying that I'm not only a powerlifter, the editor/founder of Power, an entrepreneur and the inventor of the Sling Shot from HowMuchYaBench.net. In addition to all of that, I'm jacked, tan and ripped.

My fat PR was 330, now I'm 255 to 260 with about the same size head/face. As for my height, I recall going to a doctor many moons ago and I was 72 inches on the dot. I think powerlifting has made me shorter. My wife claims I'm "6 feet if I'm lucky", and that I'm "not a big guy". I'm not sure if she's talking about my body or a certain body part, but either way it's humbling.

Why did you decide to embark on this weight loss journey? "The journey of a thousand miles starts with a single step." My embarking started after an injury. The hugeness was always meant to be temporary. I didn't know when I'd stop being a BFF, but I always knew I'd go back to being jacked and tan. My ole wrassling coach, the late Rip Rodgers (he's still alive but it would sound much better if he was 6 feet under), used to say, "Bell, you need to be G*dda#n ripped, tan and vascular." I really took that to heart and I always knew (even as I watched myself get fatter) that Rip was right. Fat, drunk and stupid is no way to go through life, Mr. Robot Pants.

After I fell squatting with 1,085, I knew my powerlifting career was dead in some ways, but not over. I realized that I could attack things from a different angle and finish out this last chapter the way I want and on my own terms. The numbers may come from different spots, but in the end, I will total more at 242 than I ever have at any level of fatness.

My brother used to tell me that I have more guts than brains, but I guess that's what helps me excel. I like being uncomfortable, I like a good challenge, I enjoy pain and working hard. In fact, I like a challenge so much that I make things up for me to accomplish. For example,



“So this journey is my journey, one that I made for myself to achieve - nothing more than self-improvement. This mission, accomplished or not, will make me tougher, smarter and more jacked. It will teach me a lot about myself that will help carry over from the gym to my businesses and to my life.”

get down to 242 and be stronger than ever. I like pain so much that after I fell, I didn't visit one doctor, even after being off of my feet for a few weeks, because I wanted to work it out on my own.

So this journey is my journey, one that I made for myself to achieve - nothing more than self-improvement. This mission, accomplished or not, will make me tougher, smarter and more jacked. It will teach me a lot about myself that will help carry over from the gym to my businesses and to my life.

How has this weight loss affected your strength? I am clearly weaker. However, it

is hard for me to accurately assess this as I never felt like I was good at anything anyway. I do feel a loss in strength on the bench, but I also hurt my shoulder pretty badly after trying to come back from my epic tumble. Another thing about the bench is that we typically train it raw more than our squats.

On all the lifts, none of my gear was fitting for a while, so I'm working on getting that squared away. The real test will be my next meet. That will tell the whole story. I always put the most value in the total. Goal No. 1 is to go over 10-times my body-

weight. Goal No. 2 is to get into the top-50 all-time on each lift. Goal No. 3 is to try to beat my best total ever. If I bench 800, I will have done that in four different weight classes. I'm also hoping to pull over 800 lbs.

Some say you gain strength in your deadlift when you're not a BFF, but I'd say that only happens after you learn how to pull with your different leverages. Also, it may help to drop 10 lbs. of bloat, but losing 50 to 60 lbs. and totally changing your body composition is like having a new body. I notice when I pull that I can't take as long to set up. So far it seems that if I just drop and go without taking too long to set up, I perform better. I think I used to push off my belly and sit into the suit more when I was fatter.

This new body thing is a real b*tch and it makes me feel like one sometimes. I don't feel weak, but I feel like I need to relearn how to lift. In the squat, my right side is catching up to where it was when I was fat, but when I plant my left foot (injured side), I don't feel solid and powerful. When I set up for my first 1,000-lb. squat, I remember planting my foot and saying to myself, "This is going to be a lot of fun!" So sometimes I simply don't feel the same sensations that I did before. However, I do feel and look sensational.

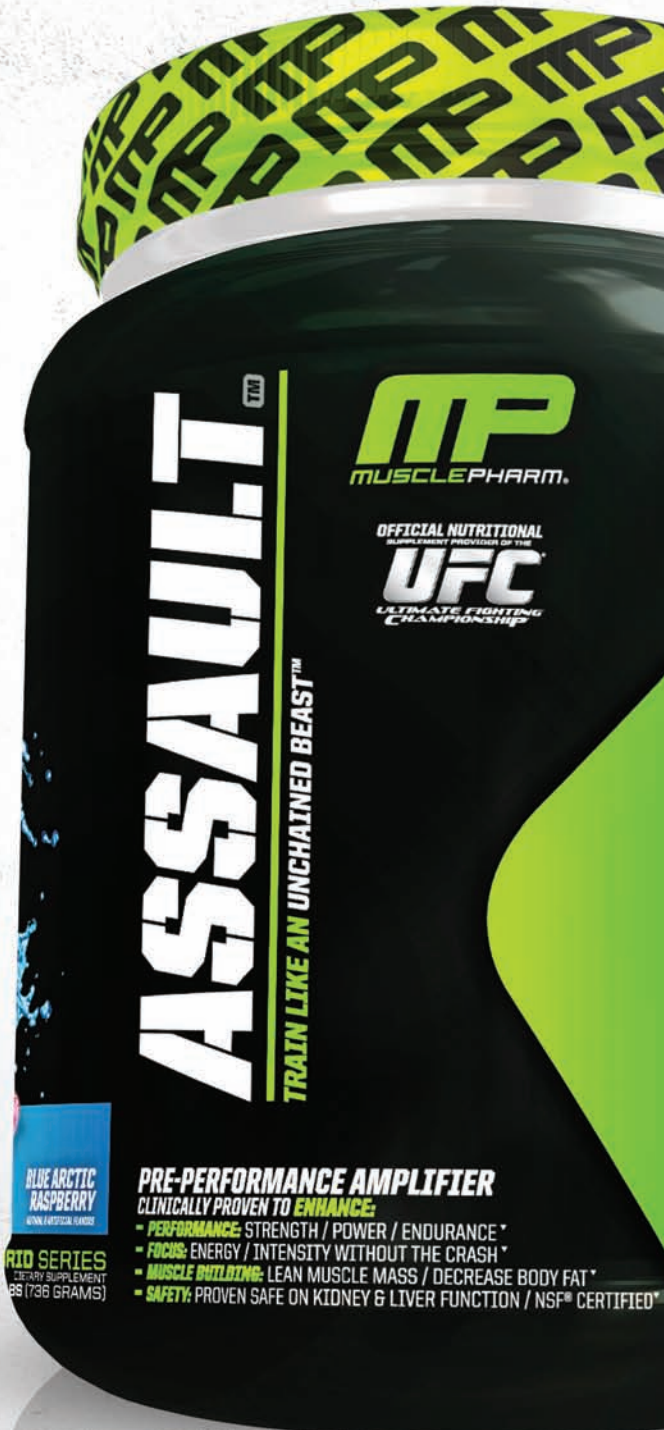
Lastly, when it comes to training, I feel I can handle more than ever and work out for hours, which I sometimes actually do.

You used CarbNite to achieve this weight loss. By now, probably everyone reading this knows the basics of it. But for those readers who live under a rock and don't know what CarbNite is, give us a concise summary. CarbNite is a no-carb, high-fat/protein diet. This type of diet makes your body rely on fat as its main source of energy. To break up the cycle, on the seventh day of eating limited carbs, after about 6 p.m., you can eat some carbs. Start out with healthy choices and then have some peanut butter cups and ice cream before the night is over. Try not to turn your carb night into a day-long fat marathon. Just eat two things that are horrible and not 50 things. Also, it's one night you fat asses, not anything more than that. The diet is very effective at allowing you to maintain muscle mass, and while energy levels are not always optimal, they're still pretty damn good. For those of you that



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Mark with his mom Rosie in 2010



Mark and his buddy Adam MacLaughlin, Halloween 2011

want to drop some pounds, CarbNite is extremely effective.

What were some staple foods for you while you were on CarbNite? This is a great topic because people think, Oh man I'm on a diet, I'm screwed! To some extent you are correct, and you have every right to cry about it or be mad. However, could you imagine eating steak, whole eggs, bacon and buffalo wings (I call 'em "wangs!") and still drop weight rapidly? In an event I called "wang-onomics," I had wangs the first seven days of CarbNite and lost 8 lbs.

I used things that I really like that are rich or overboard in flavor to keep me on the plan. Things like bacon, chicken with skin, sushi with no rice, pastrami, salami, a product called YumNuts, Primitive Fuels jerky/nut combo, buffalo wings about once a week, small and occasional amounts of cheese. I also like True Nutrition's whey protein isolate and Team Skip protein, and Muscle Pharm's Muscle Gel along with their BCAA caps and Amour V. I use heavy cream as a treat in my coffee about once a week. Between intra- and post-workouts, I would consume 100g of whey protein isolate. I played with BCAA drinks, but they just didn't taste or smell good to me. You don't need to eat or drink things you don't like to be successful with fat loss. Also, if you eat a little bit of carbs here or there, say less than 15g at a sitting, you can still make progress on a ketogenic type diet. If progress slows or stops, then go back to being strict.

What about fruits and vegetables? Did you eat much of those while on the diet?

Fruit, no. Veggies, yes, if they got in my way, as they sometimes are in my Thai food. Soups and salads are for women. Fruit

"I feel cardio is best used for six to eight weeks at a time. Doing it every day at the same pace for months on end won't do much for you except maybe chew up some calories."

is dumb unless it's blueberries. But just in case cancer knocks on my door, I do supplement with a product called Super Green Drink from the company Cell-Nique. It tastes pretty good and is loaded with fruit and veggie stuff without all the sugar.

Everyone on the YouTubes is talking about your jackedness. What's going on there? Just to be clear, Mr. Pants, I invented "The YewTewbes." The talk is a byproduct of losing body fat. I had some people ask me if I got bigger even though I had lost mad weight. Shows you how fat and gross I must have been, I guess. I always had muscle and I took great pride in not only being able to lift the part but also to look the part. But in my quest to get bigger, I let myself get too fat. I will openly admit that I did drift too far into fatness. Most don't realize it, but it was always a short-term moment. I have been

pretty lean for well over a decade, with the exception of a year or three.

Did you modify your training at all while you were dieting? I did change my training, but that's because of my fall, not my diet. As I started feeling better, my training ended up being about the same. I like hard work, long workouts and supersets. I have been lifting like that for years. If I'm not in the gym for a long time, I feel like I'm not doing everything I can to make myself better.

Cardio. Did you do it? Due to low activity from being injured, I took up some cardio. I did it two to four times per week for 20 to 40 minutes. Normally, I'd hit some smaller muscle groups after that for six sets of 10 to 15 reps, nothing fancy. After I leaned out I dropped the cardio for a few weeks. As of this week in mid-January I just brought it back. I feel cardio is best used for six to eight weeks at a time. Doing it every day at the same pace for months on end won't do much for you except maybe chew up some calories. However, it won't have the impact that you are looking for unless you make changes to it and occasionally get rid of it. Kiefer talks about H.I.I.T. (high intensity interval training) in the March/April edition of Power. Check that out to get the details of interval training for cardio.

Currently, I feel like I can handle more training, and I'd like to include some boxing and hill running. I will incorporate some of that soon. I think.

You did a lot of traveling for seminars and such while on this diet. How did you manage to stick to the diet while on the road? Success is a choice. In order to reach your goals you need to realize that, "We are

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a byproduct of what we repeatedly do; excellence then, is not an act, but a habit." Teach and ingrain good habits in yourself and you will become rock solid against obstacles and self-doubt.

Eating out while on a no-carb diet is not hard. As soon as you sit down, order a salad —hey, and maybe some wangs! Just make sure they are not breaded. That way if others are smashing bread and stuff, at least you've got something in your face.

I think we've all seen the movie *Bigger, Stronger, Faster**. Is there anything you'd like to say along those lines? Maybe Lance Armstrong (who my brother did try to contact) could have spoken up at that time and maybe he'd be further ahead than where he is now.

Anyway, it is important to share the truth. I stand by what I said in the film as far as steroids are concerned. But to those of you who don't know, there are a lot more things out there other than steroids that can aid in changing your body. I used products like T3, T4 and Clenbuterol. I'd use this stack for about two weeks, then I'd jump off of them and take Yohimbine on an empty stomach, along with Burn from True Nutrition and Shred Matrix from Muscle Pharm.

What legal supplements did you find effective for fat loss?

- Hard work, deadlifts and steak. All of which are totally legal, I think.
- Some extra activity on top of what you are currently doing.
- Cardio for 30 to 40 minutes, two or three times per week, can work well in cycles of two to three weeks. I chose to do cardio on an empty stomach, first thing in the morning.

“Eating out while on a no-carb diet is not hard. As soon as you sit down, order a salad —hey, and maybe some wangs! Just make sure they are not breaded. That way if others are smashing bread and stuff, at least you’ve got something in your face”

effective that way.

- Lifting weights doesn't get enough credit for turning your body into a furnace. Build muscle and you'll burn calories while you're just chilling.
- Yohimbine [an alkaloid with stimulant effects] on an empty stomach. I down about four of these at 4 a.m. and then go back to bed.
- I already mentioned Shred Matrix and Burn.
- I also like coconut oil a lot, as I feel it helps you to use fat as energy.

• Lastly, find a protein that you like and

can digest well. Iso-Pure, True Nutrition's Team Skip blend and Pro-Peptide are my favs.

Tell us about "Fat Shake". What's in it? And what is its purpose?

Fat Shake is a trademark of Robot Pants Inc. and Super Training Products, LLC. I know it's rare for people to steal my ideas and not give me credit for inventing them, so I'll let you guys in on my big fat secret. Fat Shake was something I came up with because I have had cravings for candy and ice cream. These damn cravings happen around the same time every day, between 7 and 8 p.m. So Fat Shake was invented to help stave off the evil carb cravings. It consists of raw cashew butter, raw coconut butter or Cacao Bliss (look it up!), two to three scoops of whey protein, glutamine, creatine, probiotics and last but not least, a punch in the face. I blend it all up in my \$500 blender, then pour it out and drink about half of it while I chill and watch TV. The shake is somewhat filling and full of healthy fats and proteins.

You eat dark chocolate a lot. What's the reason for that?

Dark chocolate rules! I love it. I normally eat one bar of dark chocolate about twice a week after a heavy or supposed-to-be-heavy training session. Dark chocolate is fibrous and full of antioxidants. I normally eat 80-percent cocoa or higher.

So you used CarbNite to drop all that fat. Now that your weight is about where you want it to be, what does your diet look like?

I still go very low carb on non-training days. Training days, I just follow how I feel. Sometimes I'll have pre-, intra- and post-workout carbs. Total carbs for the day are still under 200. Intra-workout carbs come from what I call the "Country

Grammar". This big momma consists of 100g of carbs (sometimes more) and 100g of protein. If I feel the workout is going to be brutal, I'll add more carbs. If the workout is going to be mild, I might only use about 50 carbs. After two or three movements are completed, I mix up the Country Grammar with some water and sip it through the rest of the workout.

The point of my nutrition is mainly based on recovering from that day's workout and reloading for the next, and the Country Grammar has definitely helped with this. Intra- and post-workout nutrition is highly effective because you are using fast-acting carbs and protein to flood your blood stream and get those nutrients into the muscle cells. I've been a big believer in post-workout shakes for over a decade.

Certain points of the week are easier for me due to my workout and life schedule, so I will often times go two to four days in a row with no carbs, except for some intra-workout carbs. I'm a simple person and I weigh myself everyday, and if I weigh too much then I'll eat less and/or consume less carbs.

OK, but what about the long term? Will you continue to eat this way for the rest of your life? I feel that diet and training will always be a part of my life, but they are ever-evolving and as I find out more info and get more feedback from my own body, I will make adjustments. So no, I won't be on this exact diet the rest of my life.

The people want to know: Will you ever set foot on a bodybuilding stage? No.

You've been in powerlifting for 20 years, and during that time your weight has been up and down. But mostly up. Looking back on your lifting career, what would you do differently with regards to diet and your weight? Nothing. I'm happy to have hit the numbers I've hit, and even at my grossest, I'd still at least eat to try to build and maintain muscle mass. I'm happy that I still have the USPF [United States Powerlifting Federation] Open Total and Bench Records, and I'm pretty sure I'm one of the only lifters to ever get a World Record Total by out-benching their squat and pull!

What advice do you have for a young lifter regarding diet and body weight? Get strong and let your body grow. Do not let yourself get too fat or too out of shape, but eat enough to support growth with your

workouts. If you are newer to lifting and you want to be strong, do not go on a low-carb diet. You may, however, want to manage carbs on non-training days.

If you had to drop the weight all over again, would you do anything differently with your diet? Nope. CarbNite all the way. And while I'm at it, a big thanks goes out to my fat coach, Jesse Burdick, for helping me all the way through with this diet.

Any last words? You are one good meal away from starting your diet and you are

one good workout away from getting stronger. Don't let yourself get down, don't let negative thoughts eat you alive. Avoid negative people as much as possible. Don't be afraid to fail; failure is necessary to your success. Go train with everything you've got and believe in yourself and what you're doing. Life is short and sometimes painful, so in the meantime you might as well be a bad ass and get as strong as possible. Strength is never a weakness! **PM**

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DEEP WATER WITH JON ANDERSON

BY JASHA FAYE

The Larkspur stairs. Anyone who has ever experienced them shudders when they are mentioned. Anyone who has ever run them with Big Jon Andersen has a story to tell.

Training with Jon is always an interesting experience, and how I was first exposed to what we now call “deep water training.” It’s pushing yourself without any concern for the “swim back.” Never leaving anything in the tank for tomorrow. Always testing your physical and emotional limits during a workout.

It is my seventh Sunday on The Stairs. The fact that I still get the invite every week is a testament to my willingness to push my

workouts into deep water. (Or a testament to my stupidity.) Either way I am here again. I am sick. I am cramping up. I am screwed because I still have two sets to go.

The week before, an Olympic weightlifter I coach had begged Jon to let him join us. Emile Brock is a Muni bus driver and a strength athlete. He wants to break into the Strongman scene and knows training with Jon is a great place to start.

We all warned Emile to skip breakfast and be ready to work. This is an exclusive club and Jon does not suffer quitters or whiners. He chooses his training partners carefully. He only trains with people

he knows will push him and get the most out of themselves. That’s how he stays sharp.

The program is five sets, skipping a step, full speed. There are nearly 150 steps, with a landing about halfway up. One set takes about a minute. When the first athlete hits the landing, the next one starts. If there’s someone new, Jon makes it interesting by following him. “If I catch you, I’m knocking you down and you have to start over.”

Emile his third set when his breakfast boomeranged on him. It was obvious to everyone that he had failed to heed our warnings and had eaten half a dozen eggs, toast and some bacon.

Wiping the barf from his gasping mouth, he looked up at Jon with pleading eyes. “I’m done. I can’t go on,” he gasped between heaves.

Jon is patient at first. “That’s okay, brother. Get it all out so you can finish the workout.” Simple.

Emile looks at Jon with amazement and horror. “I can’t finish,” he sputters.

“You can do it, Brock,” I groan through what seems like a gallon of saliva. I am close to barfing too. “Hang tough, homie.”

But he is unresponsive, lying in the tall grass. Jon gives him another



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chance. "This is it, brother, this is why you came today. Push through the pain. That's the only way to improve."

But Emile is not hearing it. "I'm sick, dude!"

Now Jon is pissed. This is affecting his workout and burning valuable time.

"Listen, brother," he growls. "This is your last chance. You can tear up your dance card if you quit because you will never train with me again." With that, he sprints up the rest of the stairs, grunting like its feeding time at the zoo.

This week it's my turn to hit a wall. I'm three sets deep and the lactic acid dump is crushing. It feels like hot lead has been poured into my glutes and quads. I am in deep water.

Everyone, including Jon's six-year-old daughter, Taylor, is waiting at the top for me. There are also several other enthusiasts walking or jogging up and down for their own version of torture: a beast of a powerlifter-turned-Strongman named Ricki LaRocha and some skinny marathon-types. One in particular is wearing the latest jogging gear and makes cute remarks about the meat factory on the stairs. He had asked if he could join us. Jon said yes, as long as he does them our way. "Don't start what you can't finish."

"I'll try and keep up," he laughs sarcastically.

Ricki hits the landing, so off I go. By the time I hit the landing I am speaking in tongues and trying to remember my name. The second flight seems to have tripled in distance. By the time I approach the final stretch I am moving in slow motion, feebly pumping my arms and pulling my feet out of what feels like quick dry concrete. I see Jon and Taylor screaming at me, but I can only hear my blood

pounding in my ears and my own mantra — keep moving — repeating in my head.

There is no joy in finishing, only pain. It's difficult to stand, so Ricki and I are rolling around in the middle of the street, moaning in agony. Jon extends his giant paw to help me up. As I stand, the nausea returns with a vengeance. I didn't eat breakfast, but last night's pasta is threatening to make an appearance just as marathon-man gets to the top.

"Atta-boy," smiles Jon. "Only one set left."

Ricki somehow laughs and groans simultaneously. I begin to laugh too, but my laughter turns into a heave and there's no turning back. Since I hadn't eaten breakfast, it was particularly tough to get the food out of my belly. I am a big man and don't do anything quietly, especially barf. Nobody likes to see or hear that, especially if they are feeling sick themselves.

"You gonna puke, brother?"

I am doubled over in pain. I look at him and all I can say is, "It's in the mail."

In true form, Jon is cracking up, making jokes.

In fact we are all having a good laugh, even me, between hurls. All of us, that is, except marathon man. He is not happy. "You guys are killing me," he groans. He looks bad. Sort of green around the edges. As my puking intensifies, he becomes more and more uncomfortable. Jon recognizes it and starts to egg him on. "Dude doesn't look so good," he laughs. "Looks like he might be giving back that latte he rented!"

"Ha, ha," says marathon man as he stands up to escape the

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smell. His eyes rolled into the back of his head and he fell like a tree, face-first down the stairs, out cold.

We look at each other and laugh in amazement. We sprint as fast as our ruined legs can manage down the 15 or so stairs that he has fallen before marathon man's face broke the fall.

He is a mess. His face is bleeding and bruised. But he is smiling because he has no idea where he is. He is in very deep water. Drowning, in fact.

"Hey guys, what's up?"

"You passed out and fell down the stairs," I say, fighting back the laughter. "But you'll survive."

Bewildered and confused, we pull marathon man to his feet. He is near tears now. "Please don't tell my wife. She'll never let me run the stairs again."

"Don't worry, brother," laughs Jon. "Your secret is safe with us."

We load him into Jon's truck after we watch him try and negotiate the stairs down. He is still very shaky and could really hurt himself.

As we drive him home, all I can think about is how grateful I am that marathon man took a fall when he did, thus ending the workout.

Now don't get me wrong. Running The Stairs will not make you a super-human. They might not even be difficult for a certain kind of athlete. But doing them the way Jon does them, with Jon, will push any athlete into deep water. The anaerobic nature of climbing stairs means that the lactic acid builds up in an athlete's legs almost immediately.

And the burn that comes with it doesn't go away until long after the workout. Stair training works both the aerobic and the anaerobic system. During the high intensity efforts, the anaerobic system uses the energy stored in the muscles for short bursts of activity. Anaerobic metabolism works without oxygen, but the by-product is lactic acid. As lactic acid builds, the athlete enters oxygen debt (deep water), and it is during the recovery phase (rolling around in the street) that the heart and lungs work together to "pay back" this oxygen debt and break down the lactic acid.

By performing high intensity intervals that produce lactic acid, the body adapts and burns lactic acid more efficiently during exercise. This means athletes can exercise at a higher intensity for a longer period of time before fatigue or pain slows them down.

But I have never seen Jon slow down. He is always the last man standing. And he weighs 300-plus lbs.!

"It's a lifestyle within training," he says when asked about his pain and discomfort tolerance, which remains high when those around him are reduced to puddles of mud. "You can either go

through the motions and barely finish, or you can bring all of your heart and resolve to the workout. There is a comfort in knowing you gave it your all. Something to lean on when the pain starts."

And that's the rub of it. When the pain starts. For most athletes this kind of pain marks the end of an intense workout. For Jon, the pain is simply a marker, a buoy in the water telling him there is more to come. "If you don't get through the first barrier, where it seems unbearable, you won't get into deep water," he says. If you are able to push through, you find a window where things still hurt, it still sucks, just not as bad. That's when things start to shut down.

"That's when you unhook the governor in your mind," Jon muses, like he's thinking about a lost love or a Caribbean breeze. "You know the shut-down is imminent and you begin to wonder if you can force yourself to do one more rep." He looks me dead in the eyes, as serious as I've ever seen him. "There is always one more. Always. You just gotta keep digging."

That's when you get to the deep water. When drowning is the least of your worries."

As we drive away from marathon man's house, Jon glances over at me with a big grin. "Don't worry, brother. I didn't forget about your last set just because dude took a swan dive. I'll get it out of you yet. We're doing cleans tomorrow."

Sample stair workout

First find some stairs, like those in a college or high school stadium. In rural areas, stairways up hillsides

or trails can work. It's best if there is at least 150 to 200 stairs.

A good beginner workout would be to set your mind to five sets. Walk the first one, every other stair. Then immediately turn around and walk back down. Rest three times as long as it takes to do the set before starting your second set. Run this one, full speed, every other step, returning immediately after you hit the top, resting at the bottom for three times as long as that set took. Repeat two more times for a total of three, then walk the fifth set.

If you are comfortable, you are not doing it right or you are fitter than you thought. Increase your effort and reduce rest time to twice the duration of the set. Also adding sets will intensify the deep water effect. Doing 10 sets with a two to one recovery time would be hard Jon's way. For anyone. Make sure you don't eat first. Make sure you arrange a ride home or have time to rest before you drive, walk or ride. Bring a good attitude and be ready to work.

"You're not sprinting these like you have eight more sets," says Jon. "Run them as if you are being chased by a bear." **PM**

"By performing high intensity intervals that produce lactic acid, the body adapts and burns lactic acid more efficiently during exercise. This means athletes can exercise at a higher intensity for a longer period of time before fatigue or pain slows them down."

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CHARLES POLIQUIN

BY MARK BELL

MARK BELL: Your world popularity has increased a lot in the last six years. How do you explain that?

CHARLES POLIQUIN: I started my own certification program in 2006, and now we have certified coaches in 72 countries. We also have one of the most popular strength training websites in the world, and it's available in more than a dozen languages. As for my work, I've been concentrating on developing courses. In the fall we'll start offering courses in Olympic lifting, powerlifting, mixed martial arts, etc. For example, we'll have a course that will be taught by a former Navy Seal and member of the Special Boat Service, the British equivalent to the Navy Seals. And soon we'll be launching a personal training certification.

BELL: What do you feel is the best diet protocol for strength athletes lifting for strength and muscle?

POLIQUIN: I think it's the Paleo diet, because that's what our bodies are designed for. The more we eat like a cave-man, the bigger and stronger we'll get. From skeletal remains, we know that ancient man was a big dude with lots of skeletal muscle. And he certainly wasn't eating Twinkies and drinking Dr. Pepper! He had a better ratio of omega 3s, a better calcium-to-magnesium ratio, and a more alkaline diet. In fact, French research shows that a main factor in why we lose mass as we age is how acidic our diet is.

So for gaining strength, the more we can eat like a native, the faster we'll get there. Case in point, the average Lakota Native American ate 8.8 lbs. of meat per day, and they were tough sons of bitches to deal with! And with that much meat, there's not much room for carbs.

BELL: Give us your thoughts on carb backloading.

POLIQUIN: I've advocated that style of diet for years, since 1982. It's nothing new to me. You don't want carbs before you train because it increases serotonin and makes you feel lazy, so you need caffeine and other stimulants in order to get amped up for your workout. You're designed to eat protein early in the day and carbs at night. But you need to earn your carbs. If you're a fat bastard, you don't deserve carbs.



Charles Poliquin and Ben Pakulski

All of this goes back to one of my most copied articles, "The Meat and Nut Breakfast." This meal raises acetylcholine and dopamine, making you more driven and giving you a better attention span. All the Olympians I've trained have used this—it's the true breakfast of champions. Of course, postworkout you'll eventually need to sleep, so you need to increase GABA and serotonin, and the way to do that is to switch to a higher percentage of carbs.

BELL: What do you feel are some of the best supplements for guys who want to gain muscle and strength?

POLIQUIN: Let's say we go by budget. Here's my top five:

1. I think the most important one is to take 40g of BCAAs during training, so spend your money on that. Of all the supplements, I find that it's the one that's most anabolic. When people stop using it, they can really tell how well it was working.

2. Essential amino acids (EAAs) or whey make a huge difference when taken post-workout. There's a lot of research to back it up, and I have a lot of experience that shows this as well. The problem is that a lot of people are intolerant to whey, and it will increase inflammation in the body, so those people do better with EAAs. And provided that you're lean, a well-designed, multi-source carb powder will help with mass gains. I make a product called Quadricarb for just this purpose. But the first

thing you should do is get lean because that improves your insulin sensitivity. Carbs will only make a fat bastard fatter.

3. Fish oil has so many health and performance benefits, so I rank it at No. 3.

4. Magnesium. I'm convinced that many people don't make gains in the gym simply because they don't consume enough magnesium.

5. A well-structured multivitamin and mineral supplement. I know from doing a lot of physiological work with elite athletes that a deficiency in even a single mineral can limit muscle growth, and a lot of the time it's zinc.

BELL: You've always prescribed rep tempos to your athletes. Do you still do this, and what is the advantage of athletes using slow descents?

POLIQUIN: Yes, we still do this. After all, the human body hasn't dramatically evolved in the 30 years since I introduced this technique. But keep in mind that slow descents are only one tempo variation that we use. I said it before the research showed it: The athletes who vary their tempo the most gain the most strength, size and power.

Since you asked, let's talk about slow descents. There's research that shows, especially for hypertrophy, that slow descents are very important. As for strength, there was a great study in the late '70s that showed that the best raw (or nearly raw)



Ben Pakulski, Mary-Pier Gaudet, Lee Desoiza and Charles Poliquin

powerlifters in the world used very slow descents. And there's plenty of research that shows that people who can control the weight better on the eccentric portion of lifts have the least injuries.

BELL: In my opinion, you introduced the world to postworkout shakes, BCAAs, fish oil, vitamin D3, ZMA, grass-fed beef and a bunch of other stuff that has stood the test of time. So, what's next coming down the pipeline that can help us kick more ass?

POLIQUIN: I think magnesium is an underutilized supplement and that in the next few years people will realize that magnesium and zinc deficiencies are the two biggest reasons that people don't make gains. Our bodies operate best on large intakes of these two minerals. I've taken people who've been losing size and strength for years, put them on a protocol of high magnesium and zinc, and they start making gains again. Our food supply used to have a lot of these minerals, but now it's very low on them.

BELL: I see a lot of people jumping around in gyms and doing some odd versions of cross-training. Is this effective for body comp? I always thought diet dictates body comp and all you can do in the gym is gain muscle and strength. Are these people who bounce around actually shooting themselves in the foot?

POLIQUIN: Are there a lot of idiotic forms of exercise? Yes. Can you burn body fat in the gym? Yes. If you do it right, then training and diet have a synergistic effect. So there are some people who use sound principles and training techniques in their cross training, and the result is that they lose body fat. But there are others who are spinning their wheels and getting hurt.

BELL: How do you feel about kipping pull-ups?

Poliquin: Kipping pull-ups look like a penguin having a seizure! I've had people come in who claim they can do 100 kipping pull-ups, but they can't do one true pull-up

without cheating. On the flipside, some guys we train can do 40 to 50 strict pull-ups, and they blow CrossFitters out of the water. My basic principle is to ask, "How much tension can you apply on the muscle?" With kipping pull-ups, the answer is, "not much."

BELL: What about Kettlebell swings?

POLIQUIN: When I've talked to chiropractors and orthopedic surgeons, they've told me that Kettlebell swings are a great source of business for them. I say, if you want to mess up your back, then go right ahead! In fact, the guy who invented the dumbbell came up with it as an improvement to the Kettlebell.

BELL: How do you kill a cold?

POLIQUIN: My way to kill a cold is a really high dose of vitamin D. I've used as much as 1 million IU of it in a single sitting. I advise 10g of glutamine every hour. And this may sound gross, but take a Q-tip, dip it in rubbing alcohol and rub the inside of your nostrils. If you kill it in the nose, then it won't spread elsewhere! Those tricks should help you get back on your feet quickly.

BELL: Rapid fire! Give me your thoughts on the following.

POLIQUIN: Creatine: It's valuable, but I still think that for it to work you need to load it, despite what some studies say — those studies use wussy training protocols. If you train hard, you need to load it.

Coconut oil: It's great! It's good to kill bacteria in your gut, to burn body fat and to gain muscle. I rate it very highly.

BCAA: To me, it's the most important supplement.

Fish oil: Also at the top of the list. It works on every type of gene known to man. There's a receptor for omega 3s on every type of tissue. You can find at least one study backing it up for every disease you can think of. Mauro DiPasquale pointed this out to me in 1994.

Whey protein: Great. Low cost. As long as you tolerate milk proteins, it's a great product.

Multivitamin: A must.

Caffeine: I'm a big fan of caffeine, as long as you put tyrosine and phenylalanine with it. I have my own supplement called Java Stim. I sell a boatload of it, and we get a lot of repeat sales. Bottom line, caffeine is your friend. It's one of the best legal training aids you can use. **PM**

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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 220 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1100.0	SAM BYRD	(US/81)	(6/7/08)	(GATLINBURG, TENNESSEE)	(SPF)
2	1060.0	SHAWN FRANKL	(US/77)	(8/21/10)	(CINCINNATI, OHIO)	(SPF)
3	1050.0	DONDELL BLUE	(US/75)	(10/28/06)	(INDIANAPOLIS, INDIANA)	(MPF)
4	1035.0	JARED SKINNER	(US/87)	(6/5/10)	(NASHVILLE, TENNESSEE)	(SPF)
5	1030.7	BRIAN CARROLL	(US/81)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
6	1025.0	CHUCK VOGELPOHL	(US/65)	(3/30/02)	(CHARLESTON, WEST VIRGINIA)	(IPA)
7	1010.0	CHRIS DUFFIN	(US/77)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
8	1008.6	CHRISTIAN SIMMONS	(US/80)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
9	1003.1	JOE NORMAN	(US/68)	(12/3/06)	(LAKE CITY, FLORIDA)	(APF)
10	1003.1	MICHAEL SCHWANKE	(US/78)	(6/14/08)	(KENNESAW, GEORGIA)	(APF)
11	1003.1	MATT KROCZALESKI	(US/73)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
12	981.1	LARRY HOOK	(US/69)	(3/2/07)	(COLUMBUS, OHIO)	(WPO)
13	981.1	VADIM DOVGANYUK	(UKRAINE/87)	(3/2/07)	(COLUMBUS, OHIO)	(WPO)
14	976.6	JESSE KELLUM	(US/65)	(11/7/03)	(ATLANTA, GEORGIA)	(WPO)
15	970.0	TRAVIS MASH	(US/73)	(3/4/05)	(COLUMBUS, OHIO)	(WPO)
16	970.0	GLENN BAGGETT	(US/73)	(12/5/09)	(NASHVILLE, TENNESSEE)	(SPF)
17	965.0	ADAM DRIGGERS	(US/72)	(12/11/10)	(TAMPA, FLORIDA)	(APF)
18	964.5	ED COAN	(US/63)	(11/22/87)	(DAYTON, OHIO)	(APF/WPC)
19	960.0	PHIL HARRINGTON	(US/73)	(4/12/08)	(COLUMBUS, OHIO)	(IPA)
20	953.5	COREY AKERS	(US/75)	(6/6/10)	(CHICAGO, ILLINOIS)	(APF/WPC)
21	950.0	JASON COX	(US/72)	(11/20/04)	(SHAMOKIN DAM, PENNSYLVANIA)	(IPA)
22	948.0	CHRIS "OX" MASON	(US/72)	(3/3/06)	(COLUMBUS, OHIO)	(WPO)
23	948.0	ANDREY BELYAEV	(RUSSIA/83)	(3/19/10)	(KURSK, RUSSIA)	(WPC)
24	945.0	JIMMIE PACIFICO	(US/88)	(3/6/11)	(KNOXVILLE, TENNESSEE)	(SPF)
25	937.0	PAUL URCHICK	(US/59)	(5/18/97)	(AURORA, ILLINOIS)	(APF/WPC)
26	937.0	HARALD SELSAM	(GERMANY/68)	(3/4/05)	(COLUMBUS, OHIO)	(WPO)
27	937.0	TYSON HUBBARD	(US/81)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
28	935.0	VLADIMIR VENGLOVSKI	(UKRAINE/79)	(8/22/09)	(SHARONVILLE, OHIO)	(SPF)
29	930.0	JASON COCKER	(US/75)	(8/25/12)	(CINCINNATI, OHIO)	(SPF)
30	925.9	KONSTANTIN MILYUTIN	(UKRAINE/78)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPC)
31	925.9	SERGIY NALEYKIN	(UKRAINE/81)	(7/28/07)	(KRIVOI ROG, UKRAINE)	(WPO)
32	925.9	JUHA SOMEROJA	(FINLAND/75)	(3/13/10)	(LAHTI, FINLAND)	(GPC)
33	925.9	JAMIE BURKE	(GREAT BRITAIN/75)	(3/26/11)	(BALLYMONEY, IRELAND)	(GPC)
34	925.0	WILLIAM "CARTER" CARTER	(US/77)	(12/6/08)	(MURFREESBORO, TENNESSEE)	(SPF)
35	925.0	CLINT SMITH	(US/79)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
36	920.4	GENE BELL	(US/56)	(11/2/06)	(LAKE GEORGE, NEW YORK)	(APF/WPC)
37	920.4	HENRY FLETCHER	(US/63)	(6/14/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
38	920.4	ABE HARROD	(US/86)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
39	920.0	DAN BLANKENSHIP	(US/78)	(1/20/08)	(COLUMBUS, OHIO)	(IPA)
40	914.9	BOBBY FRANKL	(US/81)	(3/22/09)	(OMAHA, NEBRASKA)	(APF)
41	910.0	YURY CHAKUR	(US/BELGIUM/80)	(12/11/10)	(TAMPA, FLORIDA)	(APF)
42	909.4	JEROME BAILEY	(US)	(6/1/96)	(ATLANTA, GEORGIA)	(APF/WPC)
43	905.0	MIKE FESSENDEN	(US/67-10)	(12/13/03)	(SPRING LAKE, MICHIGAN)	(APF)
44	905.0	SCOTT ROWE	(US/74)	(11/18/07)	(YORK, PENNSYLVANIA)	(IPA)
45	903.9	KEVIN HAMMERTON	(GREAT BRITAIN/66)	(7/14/96)	(MACCLESFIELD, ENGLAND)	(WPC)
46	903.9	DAN FEDDEMA	(CANADA/69)	(3/27/05)	(EDMONTON, ALBERTA CANADA)	(WPC)
47	903.9	KYLE ROBERTSON	(US/81)	(10/29/05)	(CHICAGO, ILLINOIS)	(WPO)
48	903.9	MARK HAIRSTON	(US/67)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
49	903.9	TONY ACOME	(US/72)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
50	903.9	ANDREY AYVAZOV	(RUSSIA/82)	(11/3/07)	(TOGLIATTY, RUSSIA)	(WPO)

BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	909.4	JAKE PRAZAK	(US/77)	(11/18/11)	(DUBUQUE, IOWA)	(UPA)
2	903.9	JASON COCKER	(US/75)	(1/23/10)	(LOS ANGELES, CALIFORNIA)	(APF)
3	875.0	SHAWN FRANKL	(US/77)	(8/21/10)	(CINCINNATI, OHIO)	(SPF)
4	832.2	ROB LUYANDO	(US/70)	(1/20/07)	(DUBUQUE, IOWA)	(APF)
5	810.0	JIMMY KOLB	(US/90)	(2/20/11)	(WEST LAFAYETTE, OHIO)	(APF)
6	788.2	CLINT SMITH	(US/79)	(6/14/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
7	782.6	VITALY PONOMARENKO	(UKRAINE/74-08)	(11/5/05)	(HELSINKI, FINLAND)	(WPO)
8	771.6	MATT LAMARQUE	(US/74)	(11/13/04)	(RENO, NEVADA)	(WABDL)
9	766.1	DONDELL BLUE	(US/75)	(3/2/07)	(COLUMBUS, OHIO)	(WPO)
10	766.1	MATT MINUTH	(US/80)	(11/22/08)	(PALM BEACH, FLORIDA)	(APF/WPC)
11	766.1	JAMES "PRIEST" BURDETTE	(US/73)	(11/10/12)	(MINNEAPOLIS, MINNESOTA)	(APF)
12	760.0	MIKE WOLFFLEY	(US/77)	(2/20/10)	(TRIBES HILL, NEW YORK)	(SSA)
13	755.1	JUHA SOMEROJA	(FINLAND/75)	(3/13/10)	(LAHTI, FINLAND)	(GPC)
14	750.0	SCOTT SCEPPE	(US/78)	(2/16/08)	(TRIBES HILL, NEW YORK)	(SSA)
15	750.0	KRIS HERBERT	(US/84)	(8/6/11)	(ROCHESTER, NEW YORK)	(IPA)
16	745.0	JASON FRY	(US/79)	(2/4/12)	(CINCINNATI, OHIO)	(SPF)
17	738.5	MATT KROCZALESKI	(US/73)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
18	735.0	JESSE KELLUM	(US/65)	(4/26/03)	(NEW ROADS, LOUISIANA)	(NSM)
19	735.0	GARY LARSON	(US/82)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
20	733.0	GEORGE HALBERT	(US/71)	(9/8/01)	(DAYTONA BEACH, FLORIDA)	(WPO)
21	733.0	CHRISTIAN SIMMONS	(US/80)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
22	733.0	TONY ACOME	(US/72)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
23	730.0	CHRIS SMITH	(US/68)	(4/12/08)	(COLUMBUS, OHIO)	(IPA)
24	727.5	JOHN BERDING	(US/66)	(10/17/09)	(DUBUQUE, IOWA)	(UPA)
25	727.5	ANDREY BELYAEV	(RUSSIA/83)	(11/6/10)	(MIKKELI, FINLAND)	(WPC)
26	725.0	TIM "SHERMAN" HENSLEY	(US/81)	(1/15/11)	(ZEELAND, MICHIGAN)	(APF)
27	725.0	JIMMIE PACIFICO	(US/88)	(8/25/12)	(CINCINNATI, OHIO)	(SPF)
28	720.0	JEFF JOHNSTON	(US/78)	(12/5/10)	(CINCINNATI, OHIO)	(SPF)
29	717.6	KENNY PATTERSON	(US/72)	(3/4/05)	(COLUMBUS, OHIO)	(WPO)
30	716.5	TOM WALDREP	(US/64)	(7/21/12)	(ROMULUS, MICHIGAN)	(APF/WPC)
31	715.0	JIM PHRANER	(US/84)	(8/12/12)	(ONEONTA, NEW YORK)	(USPA)
32	711.0	BRAD HEIN	(US/80)	(10/2/04)	(OMAHA, NEBRASKA)	(APF)
33	711.0	RICK MARRAMA	(US/82)	(4/16/11)	(PORTLAND, MAINE)	(WABDL)
34	710.0	SCOTT ROWE	(US/74)	(2/7/09)	(TRIBES HILL, NEW YORK)	(SSA)
35	706.6	TREY JEWETT	(US/86)	(11/16/08)	(LAS VEGAS, NEVADA)	(WABDL)
36	705.5	SCOTT ALBANO	(US/74)	(3/6/04)	(COLUMBUS, OHIO)	(WPO)
37	705.5	TRAVIS MASH	(US/73)	(3/4/05)	(COLUMBUS, OHIO)	(WPO)
38	705.5	JEMIN MAMEDOV	(RUSSIA/AZERBAIJAN/74)	(6/6/12)	(MOSCOW, RUSSIA)	(WPC)
39	705.0	KYLE ROBERTSON	(US/81)	(1/22/05)	(CLAYTON, NORTH CAROLINA)	(APF)
40	705.0	VINCENT COOKE	(US/71)	(7/16/05)	(YORK, PENNSYLVANIA)	(IPA)
41	705.0	MICHAEL SCHWANKE	(US/78)	(8/22/09)	(SHARONVILLE, OHIO)	(SPF)
42	701.1	HENRY LEHTOLA	(FINLAND/81)	(12/15/12)	(JUVA, FINLAND)	(WPC)
43	700.0	JOEL REYES	(US/70)	(8/23/08)	(KENNEWICK, WASHINGTON)	(PRIDE)
44	700.0	DANIEL TINAJERO	(US/87)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
45	700.0	RAMI HAAPARANTA	(FINLAND/76)	(9/24/11)	(HYVINKAA, FINLAND)	(WPC)
46	700.0	MUSTAFA AKHMADOV	(AZERBAIJAN/80)	(5/31/12)	(SOTCHI, RUSSIA)	(IPA)
47	694.5	JESSE SOULE	(US/76)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
48	694.5	EVGENIY NECHAEV	(RUSSIA/78)	(5/31/12)	(SOTCHI, RUSSIA)	(IPA)
49	688.9	TONY ATKINS	(US/79)	(10/29/05)	(CHICAGO, ILLINOIS)	(WPO)
50	683.4	VADIM DOVGANYUK	(UKRAINE/87)	(11/5/06)	(LAKE GEORGE, NEW YORK)	(WPC)

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

*List Includes International Lifters

DEADLIFT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	901.7	ED COAN	(US/63)	(7/28/91)	(DALLAS, TEXAS)	(USPF)
2	848.8	ANDREY BELYAEV	(RUSSIA/63)	(6/25/11)	(ARKHANGELSK, RUSSIA)	(WPC)
3	843.3	BRANDON "C4" CASS	(US/74)	(11/3/12)	(BLUE SPRINGS, MISSOURI)	(USPA)
4	837.8	JIM CASH	(US/49)	(7/8/84)	(DAYTON, OHIO)	(USPF)
5	837.8	ALEXEY ZVARYKIN	(RUSSIA/79)	(3/16/08)	(JFA, RUSSIA)	(IPF)
6	837.8	OLEKSIY OMELCHEENKO	(UKRAINE/79)	(9/29/12)	(LAS VEGAS, NEVADA)	(IPL)
7	830.0	CHAD HOLMES	(US/71)	(2/24/96)	(TUSCOLA, ILLINOIS)	(SLP)
8	826.7	ALEKSEI VISHNITSKIY	(UKRAINE/79)	(11/17/01)	(SOTKAMO, FINLAND)	(IPF)
9	821.2	STEVE GOGGINS	(US/63)	(12/6/87)	(DALLAS, TEXAS)	(USPF)
10	821.2	ROBERT WASHINGTON	(US)	(10/28/89)	(GREENSBORO, NORTH CAROLINA)	(USPF)
11	821.2	KONSTANTIN POZDEEV	(RUSSIA/84)	(8/27/05)	(ORJOL, RUSSIA)	(IPF)
12	821.2	MIKHAIL KIM	(RUSSIA/80)	(1/22/06)	(MOSCOW, RUSSIA)	(IPF)
13	821.2	DAN GREEN	(US/83)	(9/29/12)	(LAS VEGAS, NEVADA)	(USPA/IPL)
14	815.7	JOHNNY JACKSON	(US/71)	(6/16/01)	(PLANO, TEXAS)	(INSA)
15	815.7	YURIY FEDORENKO	(RUSSIA/74)	(10/4/03)	(SYKTYVKAR, RUSSIA)	(IPF)
16	815.7	CHUCK VOGELPOHL	(US/65)	(3/5/04)	(COLUMBUS, OHIO)	(WPO)
17	815.7	MAXIM BARKHATOV	(RUSSIA/81)	(11/13/04)	(CAPE TOWN, SOUTH AFRICA)	(IPF)
18	815.7	IVAN FREYDUN	(UKRAINE/81)	(11/12/05)	(MIAMI, FLORIDA)	(IPF)
19	811.3	VINCE ANELLO	(US/47)	(3/29/77)	(CULVER CITY, CALIFORNIA)	(AAU)
20	810.2	OLEKSIY NAZARENKO	(UKRAINE/77)	(3/6/05)	(MARIUPOL, UKRAINE)	(IPF)
21	810.2	MATT KROCZALESKI	(US/73)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
22	810.2	KONSTANTIN LEBEDKO	(RUSSIA/81)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
23	805.0	CHARR GAHAGAN	(US/76)	(1/20/01)	(SAINT AMANT, LOUISIANA)	(USAPL)
24	804.7	SHERMAN BACKUS	(US/47)	(9/26/82)	(NASHUA, NEW HAMPSHIRE)	(USPF)
25	804.7	JIMMY PEGUES	(US/64)	(2/18/88)	(EL TORA, CALIFORNIA)	(USPF)
26	804.7	JANNE TOVANEN	(FINLAND/66)	(11/16/96)	(SALZBURG, AUSTRIA)	(IPF)
27	804.7	MICHAEL SCHWANKE	(US/78)	(6/14/08)	(KENNESAW, GEORGIA)	(APF)
28	804.7	ALEKSANDR OBUKHOVICH	(RUSSIA/87)	(10/20/12)	(KRASNODAR, RUSSIA)	(WPC)
29	801.4	GERHARD DEPNER	(AUSTRIA/58)	(6/20/99)	(LIENZ, AUSTRIA)	(WPC)
30	801.4	MICHAEL KALTER	(US/NETHERLANDS/75)	(7/15/01)	(OMAHA, NEBRASKA)	(IPF)
31	800.3	AARRE KAPILA	(FINLAND/64)	(5/14/88)	(MURNAU, WEST GERMANY)	(IPF)
32	800.3	BRIAN REYNOLDS	(GREAT BRITAIN/71)	(2/28/99)	(BIRMINGHAM, ENGLAND)	(IPF)
33	800.3	GEORGE HERRING	(US/59)	(12/12/04)	(LAWRENCEVILLE, GEORGIA)	(WABDL)
34	800.0	WYLIE WEBSTER	(US/72)	(3/13/93)	(LIBERTY, TEXAS)	(THSPA)
35	800.0	JAMES MORTON	(US/69)	(4/13/96)	(NEW CASTLE, DELAWARE)	(ADPPA)
36	799.2	TONY STEVENS	(GREAT BRITAIN/50)	(9/29/84)	(NUNEATON, ENGLAND)	(IPF)
37	799.2	TRAVIS MASH	(US/73)	(10/18/03)	(GAUTIER, MISSISSIPPI)	(APF)
38	799.2	ALEXEY KHUDYAKOV	(RUSSIA/79)	(1/17/04)	(CHEREPOVETS, RUSSIA)	(IPF)
39	799.2	ANDREY IVANETS	(BELORUSSIA/84)	(5/6/10)	(KOPING, SWEDEN)	(IPF)
40	799.2	ERIK GUNHAMM	(SWEDEN/92)	(8/31/12)	(SZCZYRK, POLAND)	(IPF)
41	799.2	IAN BELL	(US/92)	(8/31/12)	(SZCZYRK, POLAND)	(USAPL/IPF)
42	793.7	JOE HOOD	(US)	(4/27/86)	(LONGVIEW, TEXAS)	(USPF)
43	793.7	JAMES CARNEY	(GREAT BRITAIN/67)	(10/24/93)	(MACON, FRANCE)	(WPC)
44	793.7	ALEXEY SHAROVATOV	(RUSSIA/78)	(3/13/04)	(KRASNOYARSK, RUSSIA)	(IPF)
45	793.7	SERGEY MASHINTSOV	(RUSSIA/87)	(9/24/10)	(IZHEVSK, RUSSIA)	(IPF)
46	788.2	CHIP MCCAIN	(US/59-91)	(11/9/80)	(ARLINGTON, TEXAS)	(USPF/IPF)
47	788.2	KEVIN FISHER	(US/55)	(6/3/84)	(SAN DIEGO, CALIFORNIA)	(NSM)
48	788.2	RAY HARRIS	(US)	(2/18/88)	(EL TORA, CALIFORNIA)	(USPF)
49	788.2	GALIM ISMAGILOV	(RUSSIA/75)	(10/4/03)	(SYKTYVKAR, RUSSIA)	(IPF)
50	788.2	ALEXANDER GRACHEV	(RUSSIA/77)	(11/3/05)	(HELSINKI, FINLAND)	(WPC)

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2715.0	SHAWN FRANKL	(US/77)	(8/21/10)	(CINCINNATI, OHIO)	(SPF)
2	2551.9	MATT KROCZALESKI	(US/73)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
3	2502.2	MICHAEL SCHWANKE	(US/78)	(6/14/08)	(KENNESAW, GEORGIA)	(APF)
4	2500.0	DONDELL BLUIE	(US/75)	(10/28/06)	(INDIANAPOLIS, INDIANA)	(MPF)
5	2450.0	CLINT SMITH	(US/79)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
6	2447.1	ANDREY BELYAEV	(RUSSIA/83)	(11/6/10)	(MIKKELI, FINLAND)	(WPC)
7	2430.6	JUHA SOMEROJA	(FINLAND/75)	(3/13/10)	(LAHTI, FINLAND)	(GPC)
8	2414.1	TRAVIS MASH	(US/73)	(3/4/05)	(COLUMBUS, OHIO)	(WPO)
9	2410.0	JIMMY KOLB	(US/90)	(2/20/11)	(WEST LAFAYETTE, OHIO)	(APF)
10	2408.6	ED COAN	(US/63)	(7/28/91)	(DALLAS, TEXAS)	(USPF)
11	2408.6	SAM BYRD	(US/81)	(9/15/07)	(WOODSTOCK, GEORGIA)	(APF)
12	2392.0	CHRISTIAN SIMMONS	(US/80)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
13	2375.5	BRIAN CARROLL	(US/81)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
14	2367.8	JESSE KELLUM	(US/65)	(11/7/03)	(ATLANTA, GEORGIA)	(WPO)
15	2360.0	CHRIS DUFFIN	(US/77)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
16	2347.9	LARRY HOOK	(US/69)	(3/2/07)	(COLUMBUS, OHIO)	(WPO)
17	2330.0	JASON COKER	(US/75)	(8/25/12)	(CINCINNATI, OHIO)	(SPF)
18	2320.4	CHUCK VOGELPOHL	(US/65)	(11/7/03)	(ATLANTA, GEORGIA)	(WPO)
19	2315.0	JARED SKINNER	(US/87)	(6/5/10)	(NASHVILLE, TENNESSEE)	(SPF)
20	2309.3	IVAN FREYDUN	(UKRAINE/81)	(11/11/10)	(POTCHESTROOM, SOUTH AFRICA)	(IPF)
21	2303.8	JOE NORMAN	(US/68)	(12/3/06)	(LAKE CITY, FLORIDA)	(APF)
22	2300.0	JIMMIE PACIFICO	(US/88)	(3/6/11)	(KNOXVILLE, TENNESSEE)	(SPF)
23	2292.8	TONY ACOME	(US/72)	(6/17/07)	(DAYTONA BEACH, FLORIDA)	(APF/WPC)
24	2290.0	VLADIMIR VENGOLOVSKI	(UKRAINE/79)	(8/22/09)	(SHARONVILLE, OHIO)	(SPF)
25	2280.0	DANIEL TINAJERO	(US/87)	(3/11/12)	(KNOXVILLE, TENNESSEE)	(SPF)
26	2270.8	KYLE ROBERTSON	(US/81)	(10/29/05)	(CHICAGO, ILLINOIS)	(WPO)
27	2270.8	SERGIY NALEYKIN	(UKRAINE/81)	(7/28/07)	(KRIVORY ROG, UKRAINE)	(WPO)
28	2270.8	JAMIE BURKE	(GREAT BRITAIN/75)	(3/26/11)	(BALLYMONEY, IRELAND)	(GPC)
29	2270.0	KONSTANTIN MILYUTIN	(UKRAINE/78)	(1/20/08)	(COLUMBUS, OHIO)	(IPA)
30	2265.2	KONSTANTIN LEBEDKO	(RUSSIA/81)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
31	2265.2	YURIY CHAKUR	(US/BELGIUM/80)	(11/11/12)	(LAS VEGAS, NEVADA)	(APF/WPC)
32	2260.0	ILKKA MURSU	(FINLAND/77)	(8/24/08)	(SHARONVILLE, OHIO)	(IPA)
33	2254.2	JESSE SOULE	(US/76)	(4/25/09)	(DUBUQUE, IOWA)	(UPA)
34	2254.2	ABE HARROD	(US/86)	(6/3/12)	(MYRTLE BEACH, SOUTH CAROLINA)	(APF/WPC)
35	2250.0	PHIL HARRINGTON	(US/73)	(4/12/08)	(COLUMBUS, OHIO)	(IPA)
36	2250.0	ADAM DRIGGERS	(US/72)	(10/30/10)	(ORLANDO, FLORIDA)	(APF)
37	2237.7	JAMES CARNEY	(GREAT BRITAIN/67)	(10/24/93)	(MACON, FRANCE)	(WPC)
38	2237.7	MAXIM BARKHATOV	(RUSSIA/81)	(3/5/05)	(KAZAN, RUSSIA)	(IPF)
39	2237.7	GLENN BAGGETT	(US/73)	(6/6/10)	(CHICAGO, ILLINOIS)	(APF/WPC)
40	2232.2	COREY AKERS	(US/75)	(6/6/10)	(CHICAGO, ILLINOIS)	(APF/WPC)
41	2221.2	KENNY PATTERSON	(US/72)	(10/8/04)	(ATLANTA, GEORGIA)	(WPO)
42	2215.6	ANDREY TARASENKO	(RUSSIA/75)	(5/13/06)	(PROSTJEVO, CZECH REPUBLIC)	(IPF)
43	2215.6	VADIM DOVGANYUK	(UKRAINE/87)	(11/2/06)	(LAKE GEORGE, NEW YORK)	(WPC)
44	2210.1	TONY ATKINS	(US/79)	(10/29/05)	(CHICAGO, ILLINOIS)	(WPO)
45	2210.1	TYSON HUBBARD	(US/81)	(11/4/06)	(LAKE GEORGE, NEW YORK)	(WPO)
46	2204.6	STEVE GOGGINS	(US/63)	(12/6/87)	(DALLAS, TEXAS)	(USPF)
47	2204.6	SERGIY PYEVNYEV	(UKRAINE/78)	(7/25/09)	(KAOHSIUNG, CHINESE TAIPEI)	(IPF)
48	2200.0	VINCENT COOKE	(US/71)	(11/12/06)	(YORK, PENNSYLVANIA)	(IPA)
49	2199.1	CHRIS "OX" MASON	(US/72)	(10/29/05)	(CHICAGO, ILLINOIS)	(WPO)
50	2193.6	OLEKSIY OMELCHEENKO	(UKRAINE/79)	(7/14/12)	(SAN JOSE, CALIFORNIA)	(IPL)

List compiled by Michael Soong, "All Time Historical Powerlifting World Records/Rankings" statistician. To make sure your lifts are considered for future rankings, please email Michael your meet results: soongm@comcast.net • <http://www.powerliftingwatch.com/records> • <http://www.thepowermagazine.com/> • <http://www.criticalbench.com/powerlifting-benchpress-halloffame.htm>
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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 165 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	775.0	LAURA PHELPS-SWEATT	(US/80)	(3/11/12)	(KNOXVILLE, TENNESSEE)	(SPF)
2	644.9	STEPHANIE VANDEWEGHE	(US/55)	(6/13/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
3	617.3	YULIA ZAUGOLOVA	(RUSSIA/81)	(3/16/08)	(UFA, RUSSIA)	(IPF)
4	606.3	MARINA KUDINOVA	(RUSSIA/77)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
5	600.8	JULIE SCANLON	(US/76)	(3/5/04)	(COLUMBUS, OHIO)	(WPO)
6	600.8	SHANNON HARTNETT	(US/65)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
7	600.0	LYNNE BOSHOFEN	(US/57)	(5/8/09)	(WYOMING, MICHIGAN)	(APA)
8	600.0	BROOKE FINEIS-CURRY	(US/77)	(10/16/10)	(TRIBES HILL, NEW YORK)	(SSA)
9	595.2	ELENA POVOLOTSKAYA	(RUSSIA/78)	(11/1/07)	(TOGLIATTI, RUSSIA)	(WPC)
10	585.3	JULIA KOSTUROVA	(SLOVAKIA/89)	(5/18/12)	(BLD, SLOVENIA)	(GPC)
11	584.2	SVETLANA DEDULA-MIKLASEVICH	(RUSSIA/75)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
12	573.2	SARAH KELLER	(US/83)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
13	573.2	SONJI "SHORTY" BALDWIN	(US/69)	(2/13/10)	(KENNESAW, GEORGIA)	(APF)
14	573.2	YULIA MEDVEDEVA	(RUSSIA/79)	(6/29/11)	(PRAGUE, CZECH REPUBLIC)	(WPC)
15	567.7	LAURA DODD	(US/57)	(11/21/91)	(LAS VEGAS, NEVADA)	(APF/WPC)
16	565.0	CAROL ANN MYERS	(US/66)	(12/17/05)	(IRMO, SOUTH CAROLINA)	(APF)
17	565.0	KARA BOHIGIAN-SMITH	(US/75)	(1/27/07)	(COLUMBUS, OHIO)	(APF)
18	562.2	REBECCA ROBERTS-GORSHE	(US/77)	(6/5/04)	(BATON ROUGE, LOUISIANA)	(APF/WPC)
19	562.2	JILL BROWN-MILLS	(US/71)	(11/19/05)	(AUSTIN, TEXAS)	(IPA)
20	562.2	GALINA POTSSELUYEVA	(RUSSIA/80)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
21	560.0	DEB WIDDIS	(US/60)	(9/16/06)	(OVERLAND PARK, KANSAS)	(APF)
22	551.2	DAWN RESHEL-SHARON	(US/55-00)	(5/11/91)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
23	551.2	ANNA TEREITYEVA	(RUSSIA/75)	(8/24/05)	(ORIOU, RUSSIA)	(IPF)
24	551.2	PRISCILLA RIBIC	(US/72)	(12/2/06)	(PALM SPRINGS, CALIFORNIA)	(USAPL/IPF)
25	546.7	ANA ROSA CASTELLAIN	(BRAZIL/85)	(11/1/12)	(AGUADILLA, PUERTO RICO)	(IPF)
26	545.6	OLENA KOZLOVA	(UKRAINE/90)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
27	545.6	YELIZAVETA BIRUK	(UKRAINE/88)	(2/25/12)	(MARIUPOL, UKRAINE)	(IPF)
28	542.3	ELANA ZHUKOVA-SOUKHOROUK	(UKRAINE/72)	(6/22/99)	(THISSED, DENMARK)	(IPF)
29	540.1	ANNE SIGRID STIKLESTAD	(NORWAY/75)	(5/21/97)	(CAPETOWN, SOUTH AFRICA)	(IPF)
30	540.1	VALIDA ISKANDAROVA	(KAZAKHSTAN/74)	(3/18/01)	(ALMATY, KAZAKHSTAN)	(IPF)
31	540.1	LESYA GUMINSKA	(UKRAINE/80)	(5/28/05)	(YLITORNIOLA, FINLAND)	(IPF)
32	540.1	OLGA PANTINA	(RUSSIA/79)	(2/18/10)	(CHELYABINSK, RUSSIA)	(IPF)
33	540.1	ANGELA MCNAMARA	(IRELAND/73)	(9/18/12)	(BARDEJOV, SLOVAKIA)	(GPC)
34	540.0	TAMMY THOMAS	(US/70)	(7/16/05)	(YORK, PENNSYLVANIA)	(IPA)
35	540.0	JESSICA SCOFIELD	(US/82)	(6/30/12)	(HARTFORD, CONNECTICUT)	(RPS)
36	535.0	HEATHER HULSBURG-LEE	(US/78)	(5/29/04)	(BETHLEHEM, PENNSYLVANIA)	(IPA)
37	534.6	TERRY BYLAND-ROHAL	(US/60)	(1/26/85)	(BOSTON, MASSACHUSETTS)	(USPF)
38	534.6	TATIANA PUZANOVA	(RUSSIA/74)	(3/2/01)	(SAINT PETERSBURG, RUSSIA)	(IPF)
39	534.6	KELLY MARTIN	(US/70)	(6/13/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
40	534.6	ELIZABETH FREEL	(US/75)	(9/28/12)	(LAS VEGAS, NEVADA)	(USAPL/PL)
41	531.3	JENNY MILLIRON-O'NEIL	(US/IRELAND/75)	(7/23/11)	(LIMERICK, IRELAND)	(GPC)
42	529.1	LARISA IVANOVA	(UKRAINE/63)	(2/28/02)	(ODESSA, UKRAINE)	(IPF)
43	529.1	YULIA GOMAN	(RUSSIA/84)	(9/22/06)	(SYKTYFKAR, RUSSIA)	(IPF)
44	529.1	SVETLANA TSVETKOVA	(RUSSIA/80)	(2/18/10)	(CHELYABINSK, RUSSIA)	(IPF)
45	529.1	YULIA MEDVEDEVA	(RUSSIA/86)	(2/19/11)	(BERDSK, RUSSIA)	(IPF)
46	525.0	TERI MANGINI	(US/82)	(5/10/08)	(NEW CASTLE, DELAWARE)	(APA)
47	523.6	DEBRA EARNEY	(US/53)	(5/31/96)	(ATLANTA, GEORGIA)	(APF/WPC)
48	523.6	OLGA CHUVILEVA	(RUSSIA/79)	(3/16/07)	(BERDSK, RUSSIA)	(IPF)
49	519.2	SUMITA LAHA	(INDIA/64)	(6/25/91)	(NEW DELHI, INDIA)	(IPF)
50	518.1	CATHY MILLEN	(NEW ZEALAND/67)	(6/25/91)	(NEW DELHI, INDIA)	(IPF)

BENCH

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	530.0	LAURA PHELPS-SWEATT	(US/80)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
2	451.9	KARA BOHIGIAN-SMITH	(US/75)	(3/18/06)	(ATTALLA, ALABAMA)	(APF)
3	440.9	YULIA MEDVEDEVA	(RUSSIA/79)	(12/2/12)	(YEKATERINBURG, RUSSIA)	(WPC)
4	429.9	JULIE SCANLON	(US/76)	(3/5/04)	(COLUMBUS, OHIO)	(WPO)
5	418.9	SVETLANA DEDULA-MIKLASEVICH	(RUSSIA/75)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
6	407.9	DARILYN DODDY	(US/90)	(7/21/12)	(ROMULUS, MICHIGAN)	(APF/WPC)
7	403.4	PAULA SUZUKI	(US/68)	(6/10/00)	(WARREN, MICHIGAN)	(APF/WPC/WBC)
8	402.3	SARAH KELLER	(US/83)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
9	402.3	SONJI "SHORTY" BALDWIN	(US/69)	(6/8/08)	(NORFOLK, VIRGINIA)	(APC/WJAP)
10	402.3	YELENA SHEVERDINA	(RUSSIA/68)	(6/6/12)	(MOSCOW, RUSSIA)	(WPC)
11	397.9	ANNA TEREITYEVA	(RUSSIA/75)	(8/24/05)	(ORIOU, RUSSIA)	(IPF)
12	391.3	DEBRA EARNEY	(US/53)	(11/11/95)	(CHICAGO, ILLINOIS)	(APF/WPC)
13	380.3	MARINA KUDINOVA	(RUSSIA/77)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
14	380.3	GALINA POTSSELUYEVA	(RUSSIA/80)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
15	375.9	LEONETTA RICHARDSON	(US/77)	(11/9/12)	(LAS VEGAS, NEVADA)	(USAPL/PL)
16	374.8	STEPHANIE VANDEWEGHE	(US/55)	(12/13/98)	(AURORA, ILLINOIS)	(APF/WPC)
17	374.8	YULIA ZAUGOLOVA	(RUSSIA/81)	(8/24/05)	(ORIOU, RUSSIA)	(IPF)
18	374.8	KELLY MARTIN	(US/70)	(6/13/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
19	374.8	NATALIA SAMARINA	(RUSSIA/84)	(5/27/11)	(SOELEDEN, AUSTRIA)	(IPF)
20	374.8	ELIZABETH FREEL	(US/75)	(1/28/12)	(LOS ANGELES, CALIFORNIA)	(USPA)
21	370.0	AMY WEISBERGER	(US/65)	(11/12/05)	(YORK, PENNSYLVANIA)	(IPA)
22	369.3	MELISSA HENRY	(US/71)	(3/22/09)	(OMAHA, NEBRASKA)	(APF)
23	369.3	YULIA MEDVEDEVA	(RUSSIA/86)	(11/10/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
24	363.8	JANI HARRELL-GABLE	(US/59)	(12/3/88)	(COLUMBUS, OHIO)	(USPF/APF/WPC)
25	363.8	MARI ASP	(US/NORWAY/75)	(6/2/06)	(LAS VEGAS, NEVADA)	(APF/WPC)
26	363.8	YELIZAVETA BIRUK	(UKRAINE/88)	(2/21/10)	(KHARKIV, UKRAINE)	(IPF)
27	363.8	ANNE HEIKILA	(FINLAND/78)	(9/24/11)	(HYINKAA, FINLAND)	(WPC)
28	358.3	SHANY GILBERT	(CANADA/90)	(5/8/10)	(VAUDREUIL-DORION, CANADA)	(WPC)
29	358.3	JULIA KOSTUROVA	(SLOVAKIA/89)	(5/18/12)	(BLD, SLOVENIA)	(GPC)
30	356.0	CHRISTY NEWMAN	(US/77)	(6/1/07)	(THISSED, DENMARK)	(IPF)
31	355.0	BONNIE GRAUBE	(US/54)	(7/16/05)	(YORK, PENNSYLVANIA)	(IPA)
32	355.0	BROOKE FINEIS-CURRY	(US/77)	(6/28/09)	(YORK, PENNSYLVANIA)	(IPA)
33	353.8	KAROLINA ARVIDSON	(SWEDEN/85)	(5/5/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
34	352.7	JILL BROWN-MILLS	(US/71)	(11/19/05)	(AUSTIN, TEXAS)	(IPA)
35	352.7	ANASTASSIYA GUSEVA	(KAZAKHSTAN/89)	(11/10/11)	(PILSEN, CZECH REPUBLIC)	(IPF)
36	352.7	BALOGH PIROSKA HORVATHNE	(HUNGARY/72)	(11/7/12)	(LAS VEGAS, NEVADA)	(WPC)
37	347.2	SVETLANA SHARIFULLINA	(RUSSIA/79)	(12/3/05)	(STOCKHOLM, SWEDEN)	(IPF)
38	347.2	ANA ROSA CASTELLAIN	(BRAZIL/85)	(11/1/12)	(AGUADILLA, PUERTO RICO)	(IPF)
39	342.8	RHAEA STINN-FOWLER	(CANADA/88)	(5/27/10)	(KILLEEN, TEXAS)	(IPF)
40	342.8	ANTONINA MAROCHKO-KOVAZEVA	(UKRAINE/89)	(2/25/12)	(MARIUPOL, UKRAINE)	(IPF)
41	336.2	REBECCA ROBERTS-GORSHE	(US/77)	(12/2/06)	(LAKE CITY, FLORIDA)	(APF)
42	336.2	HILLARY HARPER	(US/79)	(2/16/08)	(LOS ANGELES, CALIFORNIA)	(USPF)
43	336.2	LIANE CATALDO-BLYN	(US/72)	(3/7/09)	(COLUMBUS, OHIO)	(USAPL/IPF)
44	331.8	VIIRPI PUKILA	(FINLAND/67)	(11/4/11)	(RENO, NEVADA)	(WABDL)
45	330.7	CLARA KASBARIAN	(FRANCE/59)	(4/29/01)	(MILLENVILLE-LOUBET, FRANCE)	(IPF)
46	330.7	TATIANA YAKOVLEVA	(RUSSIA/69)	(8/6/04)	(VRSA, SERBIA AND MONTENEGRO)	(IPF)
47	330.7	TATIANA SKRIPKA	(UKRAINE/87)	(9/8/05)	(FORT WAYNE, INDIANA)	(IPF)
48	330.7	MARIA PANFEROVA	(RUSSIA/77)	(3/4/06)	(UFA, RUSSIA)	(IPF)
49	330.7	VIKTORIYA SHELDUKO	(RUSSIA/73)	(11/2/07)	(TOGLIATTI, RUSSIA)	(WPC)
50	330.7	PRISCILLA RIBIC	(US/72)	(3/8/09)	(COLUMBUS, OHIO)	(USAPL/IPF)

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WOMEN'S POWERLIFTING

*List Includes International Lifters

DEADLIFT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	584.2	ELANA ZHUKOVA-SOUKHOROUK	(UKRAINE/72)	(5/22/99)	(THISTED, DENMARK)	(IPF)
2	560.0	LAURA PHELPS-SWEATT	(US/80)	(8/23/08)	(SHARONVILLE, OHIO)	(IPA)
3	556.7	PRISCILLA RIBIC	(US/72)	(6/24/07)	(GUATEMALA CITY, GUATEMALA)	(USAPL/IPF)
4	556.7	YULIA ZAUGOLOVA	(RUSSIA/81)	(8/24/05)	(ORIOL, RUSSIA)	(IPF)
5	552.9	TERRY BYLAND-ROHAL	(US/60)	(1/26/85)	(BOSTON, MASSACHUSETTS)	(USPF)
6	551.2	ELIZABETH FREEL	(US/75)	(1/28/12)	(LOS ANGELES, CALIFORNIA)	(USPA)
7	545.6	SARAH KELLER	(US/83)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
8	545.6	OLENA KOZLOVA	(UKRAINE/90)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
9	541.2	MARINA KUDINOVA	(RUSSIA/77)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
10	540.1	SVETLANA ZOLOTOVA	(RUSSIA/80)	(8/26/04)	(VORONEZH, RUSSIA)	(IPF)
11	535.7	SHANNON HARTNETT	(US/65)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
12	534.6	LAURA DODD	(US/57)	(11/21/91)	(LAS VEGAS, NEVADA)	(APF/WPC)
13	534.6	ANJA WIEZKOWIAK	(GERMANY/75)	(5/22/99)	(THISTED, DENMARK)	(IPF)
14	534.6	DANIELA SELL	(GERMANY/70)	(12/2/00)	(HAMM, LUXEMBOURG)	(IPF)
15	534.6	TAYLAR STALLINGS	(US/85)	(1/21/12)	(NEW PORT RICHEY, FLORIDA)	(APF)
16	530.0	JESSICA SCOFIELD	(US/82)	(6/30/12)	(HARTFORD, CONNECTICUT)	(RPS)
17	529.1	CATHY MILLEN	(NEW ZEALAND/67)	(6/25/91)	(NEW DELHI, INDIA)	(IPF)
18	529.1	TAMARA BAGRIY	(UKRAINE/74)	(3/4/04)	(KOLOMYA, UKRAINE)	(IPF)
19	529.1	SVETLANA TSVETKOVA	(RUSSIA/80)	(3/15/09)	(VLADIMIR, RUSSIA)	(IPF)
20	523.6	LIZ ODENDAAL	(NETHERLANDS/54-98)	(3/26/95)	(NORTH SCHARWOUDE, HOLLAND)	(IPF)
21	523.6	DALJANN JAMES	(US/87)	(3/1/08)	(COLUMBUS, OHIO)	(USAPL/IPF)
22	523.6	YELIZAVETA BIRUK	(UKRAINE/88)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
23	518.1	ANNA TERYNTYEVA	(RUSSIA/75)	(5/21/04)	(VORONEZH, RUSSIA)	(IPF)
24	518.1	LESYA GUMINSKA	(UKRAINE/80)	(3/4/05)	(MARIUPOL, UKRAINE)	(IPF)
25	512.6	DEBBIE SORENSON	(US)	(11/1/86)	(PARKERSBURG, WEST VIRGINIA)	(APF/WPC)
26	512.6	LISA SJOSTRAND	(SWEDEN/68)	(8/9/97)	(LAHTI, FINLAND)	(IPF)
27	512.6	SVETLANA BOCHKO	(RUSSIA/63)	(1/22/04)	(CHELYABINSK, RUSSIA)	(IPF)
28	512.6	KIMBERLY WALFORD	(US/78)	(4/23/05)	(RICHMOND, VIRGINIA)	(AAU)
29	512.6	ELENA POVOLOTSKAYA	(RUSSIA/78)	(3/19/10)	(KURSK, RUSSIA)	(WPC)
30	510.0	LYNNE BOSHoven	(US/57)	(6/13/04)	(GRANGER, INDIANA)	(NSM)
31	507.1	IRENE FRANGI	(ARGENTINA/64)	(11/28/98)	(NATIONAL RECORD)	(IPF)
32	507.1	JILL BROWN-MILLS	(US/71)	(3/29/03)	(ROUND ROCK, TEXAS)	(APF/USPF)
33	507.1	YULIA GOMAN	(RUSSIA/84)	(9/10/05)	(FORT WAYNE, INDIANA)	(IPF)
34	507.1	REBECCA ROBERTS-GORSHE	(US/77)	(12/2/06)	(LAKE CITY, FLORIDA)	(APF)
35	507.1	LINDA OKORO	(US/87)	(10/13/12)	(ELIZABETHTON, TENNESSEE)	(NOTLD)
36	501.6	HEIDI WITTESCH	(AUSTRALIA/57)	(10/16/88)	(NATIONAL RECORD)	(IPF)
37	501.6	JACKIE PIERCE-AUSTIN	(US/64-99)	(4/22/89)	(ORLANDO, FLORIDA)	(ADFFA)
38	501.6	EILEEN OWEN	(US)	(7/89)	(ABACAN, SIBERIA)	(AICEP)
39	501.6	TAMRA DIANDA	(US/61)	(7/26/91)	(DALLAS, TEXAS)	(USPF)
40	501.6	KARA BOHIGIAN-SMITH	(US/75)	(11/30/02)	(MARIETTA, GEORGIA)	(APC)
41	501.6	LUDMILLA TSELENKO	(UKRAINE/86)	(2/28/03)	(MAKEEVA, UKRAINE)	(IPF)
42	501.6	YANA PETRENKO	(UKRAINE/81)	(9/11/03)	(KOSCJAN, POLAND)	(IPF)
43	501.6	JULIE SCANLON	(US/76)	(5/15/05)	(CHESAPEAKE, VIRGINIA)	(APF)
44	501.6	SHANY GILBERT	(CANADA/90)	(1/14/12)	(MONTREAL, CANADA)	(WPC)
45	501.6	MELODY MELO	(US/93)	(9/29/12)	(LAS VEGAS, NEVADA)	(USPA/IPL)
46	500.0	DEB WIDDIS	(US/60)	(9/16/06)	(OVERLAND PARK, KANSAS)	(APF)
47	498.2	JANICE ROGE	(US/58)	(6/89)	(ITALIAN GAMES)	(WPC)
48	498.2	CORAL BLAIR	(AUSTRIA/64)	(7/13/96)	(MACCLESFIELD, ENGLAND)	(WPC)
49	496.0	HEIDI CARMEN	(US)	(1/26/85)	(BOSTON, MASSACHUSETTS)	(USPF)
50	496.0	DEBRA EARNEY	(US/53)	(6/21/87)	(ATLANTA, GEORGIA)	(APF/WPC)

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1800.0	LAURA PHELPS-SWEATT	(US/80)	(8/21/11)	(COVINGTON, KENTUCKY)	(SPF)
2	1543.2	YULIA ZAUGOLOVA	(RUSSIA/81)	(8/24/05)	(ORIOL, RUSSIA)	(IPF)
3	1516.8	SARAH KELLER	(US/83)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
4	1499.1	MARINA KUDINOVA	(RUSSIA/77)	(3/3/05)	(KAZAN, RUSSIA)	(IPF)
5	1482.6	STEPHANIE VANDEWEGHE	(US/55)	(6/13/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
6	1456.2	ANNA TERYNTYEVA	(RUSSIA/75)	(8/24/05)	(ORIOL, RUSSIA)	(IPF)
7	1455.1	ELIZABETH FREEL	(US/75)	(1/28/12)	(LOS ANGELES, CALIFORNIA)	(USPA)
8	1449.5	SVETLANA DEDULIA-MIKLASEVICH	(RUSSIA/75)	(5/24/03)	(CHICAGO, ILLINOIS)	(IPF)
9	1439.6	YULIA MEDVEDEVA	(RUSSIA/79)	(4/10/11)	(CHELYABINSK, RUSSIA)	(WPC)
10	1430.0	JULIE SCANLON	(US/76)	(12/20/03)	(GLENS FALLS, NEW YORK)	(IPA)
11	1422.0	JILL BROWN-MILLS	(US/71)	(11/19/05)	(AUSTIN, TEXAS)	(IPA)
12	1417.6	SHANNON HARTNETT	(US/65)	(5/30/08)	(OMAHA, NEBRASKA)	(APF/WPC)
13	1416.5	KARA BOHIGIAN-SMITH	(US/75)	(6/7/03)	(LOS ANGELES, CALIFORNIA)	(APF/WPC)
14	1416.5	SONJI "SHORTY" BALDWIN	(US/69)	(2/13/10)	(KENNESAW, GEORGIA)	(APF)
15	1411.0	YELIZAVETA BIRUK	(UKRAINE/88)	(2/25/12)	(MARIUPOL, UKRAINE)	(IPF)
16	1405.4	GALINA POTSELUYEVA	(RUSSIA/80)	(2/26/12)	(CHELYABINSK, RUSSIA)	(IPF)
17	1402.1	ELANA ZHUKOVA-SOUKHOROUK	(UKRAINE/72)	(5/22/99)	(THISTED, DENMARK)	(IPF)
18	1400.0	JESSICA SCOFIELD	(US/82)	(6/30/12)	(HARTFORD, CONNECTICUT)	(RPS)
19	1394.4	REBECCA ROBERTS-GORSHE	(US/77)	(6/5/04)	(BATON ROUGE, LOUISIANA)	(APF/WPC)
20	1388.9	PRISCILLA RIBIC	(US/72)	(12/2/06)	(PALM SPRINGS, CALIFORNIA)	(USAPL/IPF)
21	1383.4	YULIA MEDVEDEVA	(RUSSIA/86)	(2/19/11)	(BERDSK, RUSSIA)	(IPF)
22	1377.9	OLENA KOZLOVA	(UKRAINE/90)	(11/5/09)	(NEW DELHI, INDIA)	(IPF)
23	1373.5	JULIA KOSTUROVA	(SLOVAKIA/89)	(5/18/12)	(BLED, SLOVENIA)	(GPC)
24	1370.0	DEB WIDDIS	(US/60)	(9/16/06)	(OVERLAND PARK, KANSAS)	(APF)
25	1366.9	SVETLANA TSVETKOVA	(RUSSIA/80)	(2/18/10)	(CHELYABINSK, RUSSIA)	(IPF)
26	1365.0	LYNNE BOSHoven	(US/57)	(5/8/09)	(WYOMING, MICHIGAN)	(APA)
27	1365.0	BROOKE FINEIS-CURRY	(US/77)	(10/16/10)	(TRIBES HILL, NEW YORK)	(SSA)
28	1357.6	TERRY BYLAND-ROHAL	(US/60)	(1/26/85)	(BOSTON, MASSACHUSETTS)	(USPF)
29	1356.9	ANA ROSA CASTELLAIN	(BRAZIL/85)	(11/1/12)	(AGUADILLA, PUERTO RICO)	(IPF)
30	1350.3	ELENA POVOLOTSKAYA	(RUSSIA/78)	(3/19/10)	(KURSK, RUSSIA)	(WPC)
31	1344.8	DEBRA EARNEY	(US/53)	(5/31/96)	(ATLANTA, GEORGIA)	(APF/WPC)
32	1344.8	KELLY MARTIN	(US/70)	(6/13/09)	(PALM BEACH GARDENS, FLORIDA)	(APF/WPC)
33	1339.3	DANIELA SELL	(GERMANY/70)	(12/2/00)	(HAMM, LUXEMBOURG)	(IPF)
34	1339.3	SVETLANA ZOLOTOVA	(RUSSIA/80)	(7/30/04)	(MOSCOW, RUSSIA)	(IPF)
35	1333.8	LESYA GUMINSKA	(UKRAINE/80)	(3/4/05)	(MARIUPOL, UKRAINE)	(IPF)
36	1330.0	DAWN RESHEL-SHARON	(US/55-00)	(5/23/92)	(MILWAUKEE, WISCONSIN)	(APF/WPC)
37	1328.3	CATHY MILLEN	(NEW ZEALAND/67)	(6/25/91)	(NEW DELHI, INDIA)	(IPF)
38	1328.3	TAMARA BAGRIY	(UKRAINE/74)	(3/4/04)	(KOLOMYA, UKRAINE)	(IPF)
39	1322.8	TATIANA PUZANOVA	(RUSSIA/74)	(3/2/01)	(SAINT PETERSBURG, RUSSIA)	(IPF)
40	1322.8	YULIA GOMAN	(RUSSIA/84)	(9/22/06)	(SYKTYFKAR, RUSSIA)	(IPF)
41	1317.3	LAURA DODD	(US/57)	(11/21/91)	(LAS VEGAS, NEVADA)	(APF/WPC)
42	1311.8	ANJA WIEZKOWIAK	(GERMANY/75)	(5/22/99)	(THISTED, DENMARK)	(IPF)
43	1311.8	ELENA IGNATENKOVA	(RUSSIA/71)	(5/22/99)	(THISTED, DENMARK)	(IPF)
44	1311.8	MARIA PANFEROVA	(RUSSIA/77)	(3/4/06)	(UFA, RUSSIA)	(IPF)
45	1311.8	LIANE CATALDO-BLYN	(US/72)	(3/7/09)	(COLUMBUS, OHIO)	(USAPL/IPF)
46	1311.8	MELISSA HENRY	(US/71)	(3/22/09)	(OMAHA, NEBRASKA)	(APF)
47	1306.2	VALIDA ISKANDAROVA	(KAZAKHSTAN/74)	(3/18/01)	(ALMATY, KAZAKHSTAN)	(IPF)
48	1306.2	INGER BLIKRA	(NORWAY/61)	(11/9/06)	(STAVANGER, NORWAY)	(IPF)
49	1306.2	ELIZAVETA IVANOVA	(UKRAINE/88)	(5/8/08)	(FRYDEK-MISTEK, CZECH REPUBLIC)	(IPF)
50	1300.7	ANGELA MCNAMARA	(IRELAND/73)	(9/18/12)	(BARDEJOV, SLOVAKIA)	(GPC)

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KK

MB: How and why are the Russians so damn powerful and awesome? Is there something in the Vodka?



KK: Yes, our nation much stronger physically and mentally. You ask why? How many years you had a war in America, of all history? Very few. Yours life in America is rich, simple and too easy. In Russia it is totally different. For more the 1,000 years in Russian history, we have war for more than 350 years. It make since. This war is for our land, our life, and our independence. This is what makes us so fucking strong. It's nothing in Vodka, it's all in Russian spirit, blood and soul. We are and will always be stronger. We will always kick the ass of anybody who tries to mess with Russia!

MB: Hey, wait a second. I've seen Rocky 4 and the American kicked the shit out Drago! Remember that?

KK: Cool movie, love it! But it just a movie! I think in real life winner can be different!

MB: What does your deadlift program look like?

KK: My training program for 6 weeks in deadlift: All the time in deadlift routine I do something different. Heavy training one in 12-14 day, depending how I feel. Between heavy days I do speed pulls with bands, but not just one rep - 2 or 3 reps in one set and each rep I go 20 lbs. higher. For example, 465-490-500 lbs. + bar + 300 lbs. from bands. I have two guys on each side put a 10-lb. plate on the bar after each rep. I do a minimum of 4-5 sets of these triples with speed, next training session I put about 20 lbs. more on the bar. I mostly use a regular bar not a deadlift bar. This builds grip and make me tougher. For heavy days I do a different exercise each time, but never go too heavy, always keeping something in the tank. I love to do reps 3-5 sometimes 10, depends how I feel. Deficit deadlift, block deadlift, shrug bur deadlift, touch-and-go, dead stop on the floor, Romanian deadlift, sometimes with bands, sometimes with chains, a minimum of 2 different deadlifts a day if it feels good 3-4 deadlift in one training session. 1-2 working sets usually 5 reps in each different exercise. A lot of assistance work, hard, very heavy. It's key for my program. If I get stronger in assistance exercise, I get power in deadlift. Reps 6-15 and try to put more weight each training session. This program works very good for me. I cannot do some plan in paper and keep this plan for months, I better just kill myself, I hate having plans. In Russia we say, "When human beings make plans, God laughs all day long!" Speed, power in assistance exercise, many different ways and positions in deadlift, this is my secret for a big deadlift!

MB: When can I get you out here to the US to lift? I'll pay for everything, you lift everything.

KK: One day I will give you big Russian hug in California, but for now I am recovering from an injury. I hope to compete this summer!

MB: A Russian hug? Ehhh...

KK: Bro, I don't give a f@ck what people think! I will give hug for Stan too, he is my American hero! Say hi from me to Stan and Eric Lilliebridge, I have respect for these guys!

ED COAN

MB: I consider heavy weights leading to a break down in form. That being said, in your opinion, did you go heavy on squat, bench and dead every week?



Ed: Yes. Never to failure, but definitely heavy!!

MB: What about slight injuries or being sick? Did you plow through it or just skip a session or two?

Ed: Blew through sickness. When injured, I would alter my style slightly, but still go heavy.

MB: What if the week before sucked? Did you force it or did you reevaluate the weights you selected?

Ed: Evaluate why it sucked. Usually was because of bad form or slight injury. I would NEVER miss! Being honest with one's self about your ability is quite important! My cycles were planned out well.

MB: How did you perfect your form? Combo of reps? Feel? Feedback from training partners? Feedback from your own body?

Ed: All of those. Reps usually helped the most. Lying my new base down after every cycle.

MB: Ok I got it. Lift within your means. Lift what YOU NEED to get better and not worry so much about what you want to lift or what others are doing?

Ed: That's it! PM

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MATT CHAN

MORE THAN HOT DOGS AND CUPCAKES

BY DAVID "TITS" TITTLE

Matt Chan is a firefighter who also happens to be one of the fittest men on the planet. In the most competitive fitness event in the world, the Reebok CrossFit Games, Chan finished fourth in 2010, tenth in 2011 and second in 2012. Chan is one of the most popular CrossFit athletes in the world, and a lot of that has to do with providing the community with hot dogs and cupcakes. Well, not literally. But Chan, who is decorated with nearly every certification you can think of, did make up a strength and conditioning program of his own called "Hot Dogs & Cupcakes."

DAVID TITTLE: "Hot Dogs & Cup Cakes," aka HD&CC, seems to program toward strength. How has that impacted the CrossFitters who follow it?

MATT CHAN: This is specifically a strength program for CrossFitters. Using powerlifting and the conjugate system, I account for the fact that CrossFitters have other demands such as gymnastics and conditioning. Powerlifting movements and explosive movements are crucial in the development of CrossFitters. Working on squats and deadlifts helps strengthen weaknesses.

DT: From what you've seen in the majority of your CrossFitters, where is the biggest strength deficiency?

MC: It varies from individual to individual. Females tend to lack upper body strength. Males tend to have a weak posterior, which comes up during deads and back squat. Typically females use a lot of extra movement when doing body exercises. When females are asked to do strict movements, they struggle to find a position of power. One of the focuses of hotdogs is to build positions. We build mechanics and strength by hitting positions with strict form. To answer your question more directly, I see weakness in primarily the upper back, hips and triceps.

DT: In your mind, what sort of one-rep max numbers should athletes strive for if they're interested in being in the top 20 at regionals?

MC: 315-lb. front squat
275-lb. squat clean and jerk
225-lb. snatch, 450-lb. deadlift
400-lb. back squat

275-lb. bench press (This shows pressing power but doesn't require flexibility. For CrossFitters it's rare for bench pressing to show up in major workouts.)

275-lb. overhead squat (For showing an athlete's potential, overhead squatting tells me a lot about an athlete — flexibility, dorsiflexion, core strength, upper body flexibility and external rotation. It takes a ton of body awareness and is a very athletic movement. I



also love watching someone box squat because it's a great way to easily measure someone's strength potential.)

DT: Can you lay out a three-week training cycle?

MC: In our class setting, three days:

Max Effort (M/E) Lower body (Monday). Squats, good mornings, deadlifts, variations in movement, reps, pauses, bar variations — try and set a PR in all. Repetition method with a lower percentage after main lifts. Dynamic effort (D/E) deadlift or squat, varying number of reps, bands/chains, non-maximal load. Focus is strength with speed, but also fast hamstring contractions. Follow up with work on weaknesses: hamstring, glutes, lower back.

Classes are an hour, so accessory work can be limited depending on what an athlete needs to focus on most. The introduction of intensity during accessory work has resulted in a more favorable adaptation.

D/E Day (Tuesday). Olympic weight lifting combos (more recent). Olympic lifts still exist in a dynamic setting. More focus on speed and good positioning. Increased power output for each lift. The percentages used in D/E days go up in each wave. We've played with these percentages over the years and have found that starting 40 to 50 percent for upper body and 50 to 60 percent for lower body works well. As long as athletes can move the load fast, that's a general guideline. Accessory work is usually in the form of gymnastics work, or typical powerlifting accessory work.

M/E (Thursday). 72 hours rest from Monday, so the CNS has recovered along with muscle tissue. One to six reps of upper body, bar variations, bands/chains. Follow up press with sub-maximal load, maximal reps. Repetition method and also some good hypertrophy work. Accessory work: triceps, lats, gymnastics work, shorter conditioning workout with focus. What I'm aiming to do is build strength through repetition. The intent is that the accessory work is very targeted. I like to think of it as focused conditioning work. There's a goal in mind.

The only things that really change, wave to wave, are the percentages and accessory work. We try and introduce as much stimulus as possible to keep everything fresh. The fourth week is a de-load week and allows athletes to recover.

DT: How important do you think a solid base of strength is — not just for competitive athletes, but for people in general?

MC: People need to be stronger than they think they do. Public perception considers endurance athletes as the top athletes, but being well rounded is more beneficial. The ability to lift a load allows you to be independent. Lifting heavy stuff is fun. You can see a numerical and immediate change in your ability. People love that! **PM**

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Julia Child, you’d end up
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SHOULDERS TO BOULDERS

BY DEREK POUNDSTONE

I began my career as a strength athlete with weak shoulders. This might come as a surprise to most, as most of my records encompass feats of strength overhead. I can recall when I used to struggle with a 185-lb. push press; I now struggle with more than twice times that while only weighing 40 lbs. more. What follows is what I have learned over the past 10 years of being a Strongman athlete.

Form is paramount. I see so many gym goers who force themselves into being big pressers by simply pressing huge amounts of weight with little regard for how the shoulders work best. This results in an overreliance on the front delts, causing a muscle imbalance that will always pull the shoulders forward. This leads to shoulder injuries. How many of your gym peers do you know that have shoulder pain? After years of heavy pressing, I suffer from no such pain and those I work with have the same benefit. When proper form is utilized, shoulder pain can be corrected.

What is proper form? The simple answer is to get away from pressing with your shoulders and elbows in line, creating a straight line across your back, through your shoulders and into your elbows. Correct form is your elbows being slightly forward of your shoulders, by only a few inches. Your elbow and wrist will of course be in line; if they're not, you will apply too much pressure to your triceps. With your elbows slightly forward, begin the press by pressing up them back once you start clearing your forehead. While doing this, you will notice your medial delts come into play for the press. This is the desired effect, and the key to greatly increasing both shoulder size and strength. In order to better feel the medial head of the delts while pressing, feel free to do side laterals before all of your pressing. This will help fire the medial delts. This is specifically important if you find that you had dominant front delts.

Time to grow. Now that we've broken down the press, how do you put together a routine that will pack on the shoulder mass and strength? To begin, I've always prioritized shoulders at the beginning of the week, but I also will press overhead twice a week; shoulders are the only body part I will train twice a week. I train shoulders twice a week since I focus one day on overall

volume and the second day to work on just a single strength movement. The first day I will start out with a standing press such as log or axle. I will do three to eight sets of reps ranging from four to 12. If I'm training with higher reps, I will do far less sets. The heavier I go, the more sets I will need to get the volume. If you don't have a log or axle, you can use a barbell. Other variations of the axle and log include using bands in the rack to stimulate more triceps for lockout strength.

I follow up the standing press with a seated strict press, dumbbells or barbell. Again, three to eight sets, depending on the reps I choose. I will finish out the routine with lateral raises to the side and rear, if I didn't start with the side laterals. Three sets of each for higher reps above eight are plenty, as it forces blood into the area and will help round out your shoulder training. I used to shrug on shoulder day, but have switched up to shrug with deadlifts as my traps are pre-fatigued after deadlifting and I seem to get more carry-over into my deadlift.

The second shoulder day. On my second shoulder day I do shoulders to warm up for general Strongman movements, such as yoke carry, frame carry and atlas stones. I perform five sets of clean and presses with an axle, log or giant circus dumbbell. I find this day is what stimulates strength, as I'm generally focus more on the weight being used and not the actual volume. I try and seldom fail, and generally work in the 80- to 90-percent weight range slowly increasing the weight over the weeks until I'm performing a few singles at or above 90 percent, again trying not to fail. I will save the failures for every few months as I try and push my strength to new levels.

The shoulders are often trained to focus on the front delts, but incorporating the medial delts into the press will help generate more power and balance the shoulders out so as not to cause a muscle imbalance. Prioritize shoulders by doing them after days off. Pressing twice a week is key as the delts are small muscles and recover quickly. One day of general volume making sure to hit the three heads, front, medial and rear and a second day of clean and pressing to stimulate strength gains. Now sit back and watch your shoulders grow. **PM**



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2-1/4" DIA - Black only



FLEXIBLE, SOFT AND STRONGER THAN OTHER ROPES

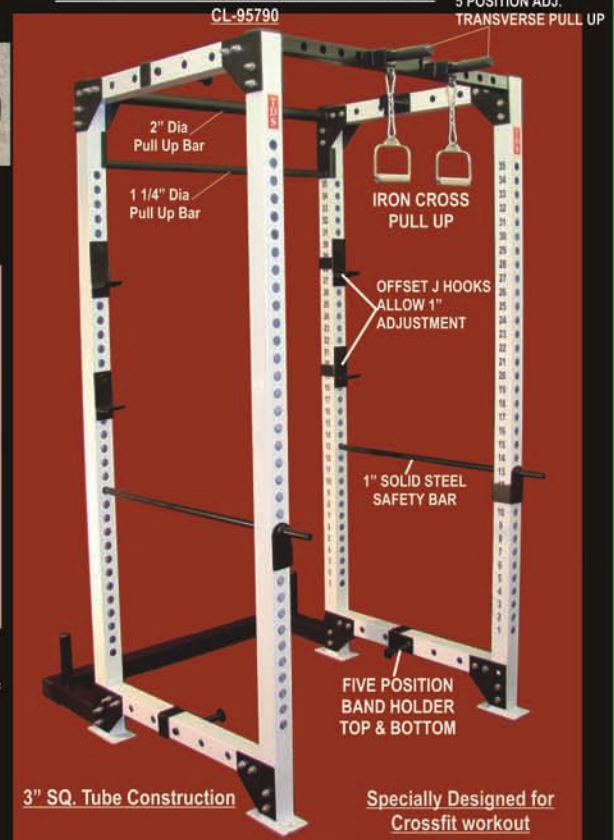
MEGA AB WHEEL



RUBBER BUMPER PLATES
SIZES: 10, 15, 25, 35 & 45 LB.



TITAN CROSSFIT OPEN RACK



KETTLEBELLS: 10 to 200 lbs



EXTRA WIDE KETTLE BELL HANDLE



UNBEATABLE PRICES & QUALITY
SINCE 1974

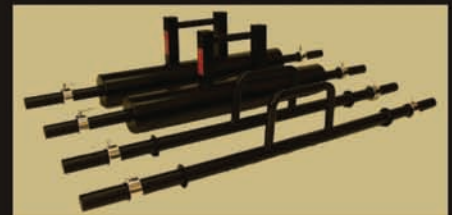
MEGA SHRUG BAR



BENCHES, CALF MACHINES
DUMBBELL RACKS, LAT MACHINES
PLATE HOLDERS, POWER RACKS
SMITH MACHINES, PLATES
HEX DUMBBELLS, BARS,
WEIGHT SETS
STRONGMAN EQUIPMENT
AND MORE!!

1000 lb. Capacity
Deep Knurled for Better Grip
1.25" Dia. Steel Bar - Knurled & Chrome Plated
Plates, Stand & Collars are not included

FARMER'S WALK - 2" & 5"
BLACK FINISH WITH CHROME COLLARS



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Advanced, ultra-hardcore performance enhancing multivitamin system combines **70+ ingredients** in a convenient daily pack. Targets multiple genetic pathways to help support testosterone levels, prime your body for intense training, fuel anabolism, maximize protein synthesis and increase strength, power and recovery. Features anabolic compounds including aminos, D-aspartic acid and fenugreek.

70+ INGREDIENTS	900MG OMEGA-3S	600MG FENUGREEK
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