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POWER

JULY/AUGUST 2013

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STRENGTH COACH
JOE DEFRANCO**

STAN EFFERDING
GOING OUT ON TOP

JUL/AUG 2013 • VOL. 4, NO. 4

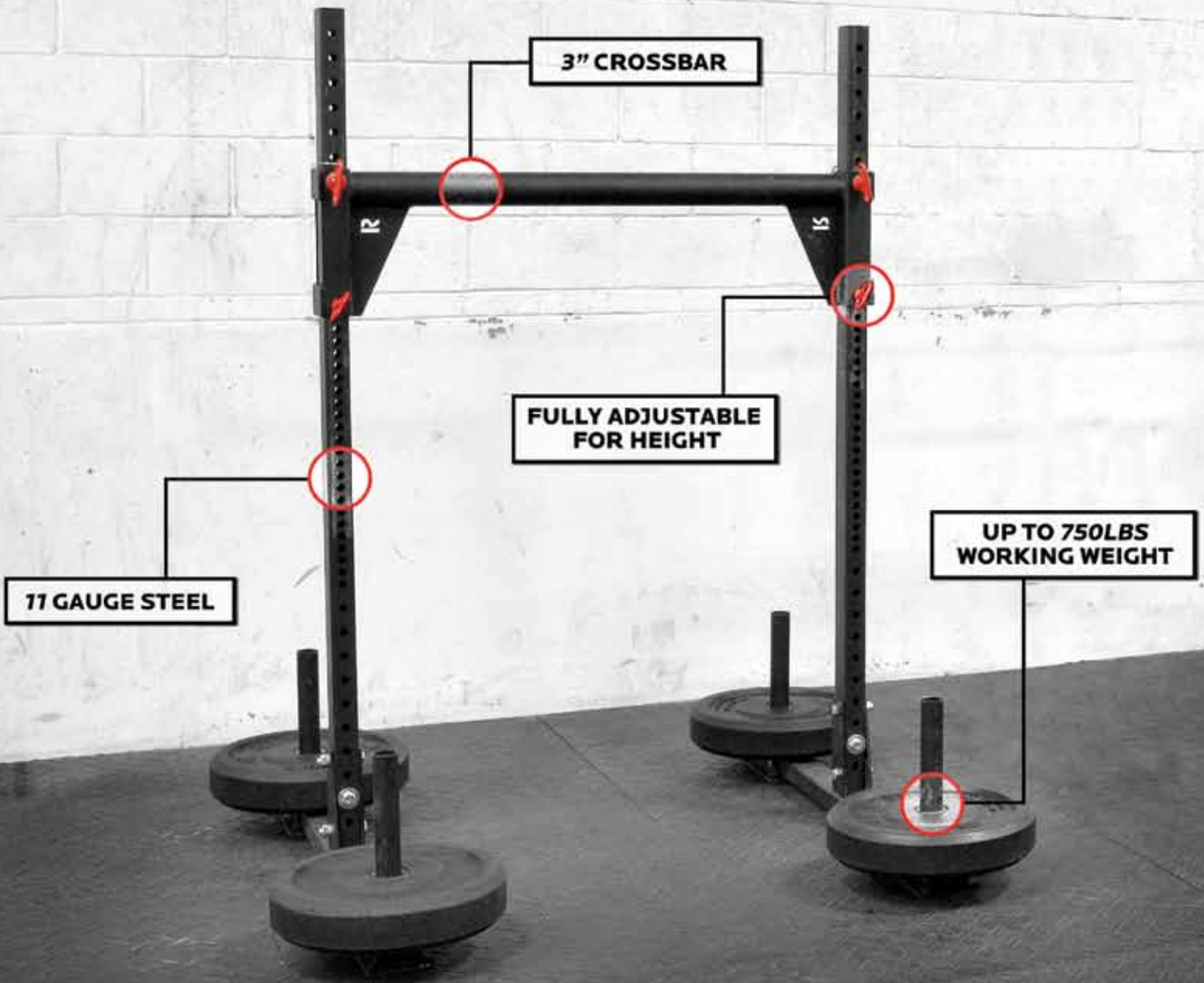


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FIRST WORD



Stan "The Rhino" Efferding is so strong and jacked that he becomes the first powerlifting superstar to grace the cover of Power for the second time. Stan started out his journey as a bodybuilder and now is multiple world record-holder. His latest and greatest feat of strength was a 2,303 world record raw total in which he blasted up an 837 deadlift for 33-lb. personal best. In this packed feature, find out how Rhino continues to get better and break all-time world records in his mid-40s.

Speaking of smashing world records, big congrats goes out to Dan "Goldilocks" Green, who hit huge numbers at the last Super Training meet to break a 40-year-old total record. Dan had a ridiculous day with an 826 squat, 518 bench and 815 deadlift – and weighing 242 lbs. Dan only missed one lift all day on his way to a 2,160 total. Also in the same meet, the Vanilla Gorilla Eric Spoto became the newly crowned king of the bench press with an all-time record 722 lbs. Spoto's lift sent shockwaves that were felt outside of the powerlifting world, and video of his earth-shattering bench was posted on Yahoo's main page.

Big props go out to Tiny Meeker, who toppled the great Ryan Kennelly's shirted bench record. Meeker has been plugging away for years, and his relentless pursuit paid off big when he hit a 1,076-lb. bench. More information on this historic lift will be in an upcoming issue of Power. Congrats, Tiny!

Jon Anderson's legend is growing, and so is his philosophy on Deep Water Training. Jon has been great with sharing secrets he's kept for over a decade. The article in this issue of Power is written by Jasha Faye (Jon's long-standing training partner), who expresses the importance of having good training partners. Anderson saves the best for last when he says he hasn't eaten a carb in more than a decade!

Speaking of legends, Joe DeFranco is a legendary coach who trains everyone from high school wrestling kids to NFL players to multiple WWE world champions. Jim Smith interviews Joe and talks about how he trains such a diverse crowd of athletes.

Many projects are flying around here at the Sling Shot headquarters. I've got books that I'm about to write – yes, books. I have never read a book, so I decided to write one.

Other products in the works are:

- Lilliebridge "World Record" knee wraps.
- Gangsta Wraps, heavy duty wrist wraps worn and endorsed by world record bench-presser Eric Spoto.
- A new "advanced design" Sling Shot is on the production line and will be out soon.

To stay up to date on the latest from the Sling Shot, "like" our Sling Shot Facebook page. As always, follow me on the YouTubes and stay tuned to HowMuchYaBench.net and SuperTraining.Tv!

The hardest part about owning your own business is minding your own.

Mark Bell

Inventor of the Sling Shot

www.HowMuchYaBench.net
www.ThePowermagazine.com
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POWER MAGAZINE

VOLUME 4 • ISSUE 4

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SUBSCRIPTION RATES:

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

Address changes send to

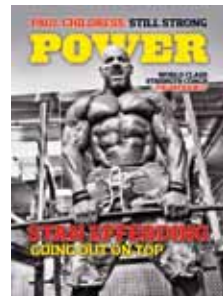
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SUBSCRIPTIONS AVAILABLE AT

www.thepowermagazine.com
www.SuperTrainingGym.com

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

Printed in the USA



Cover Photo by Per Bernal

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FEATURES



COVER STORY

18

Stan Efferding Going Out On Top

Stan Efferding gives us a glimpse behind the curtain and takes us through the day he attempted his world record total – as well as what led him up to that day. Interviewed by Power's own Mark Bell, Stan holds nothing back as he closes the chapter on his competition days.



28

Joe DeFranco

Jim "Smitty" Smith sits down with world renowned strength coach Joe DeFranco to find out how he became one of the most sought after coaches in the world. De Franco coaches NFL players, WWE wrestlers and many other professional and Olympic athletes.



42

Canadian Power: Jay Nera

Ken Whetham introduces us to a raw 220-lb. lifter who is quietly making a name for himself.



48

Big Chill

Paul Childress has a 2,700-lb. total, and he's not done yet. Find out how this true champion of powerlifting is working his way toward even bigger numbers.



36

Deep Water: Training Partners

Once again Jasha Faye tells a colorful tale of his training exploits with one of the most hard-core humans on the planet: Jon Anderson.



30

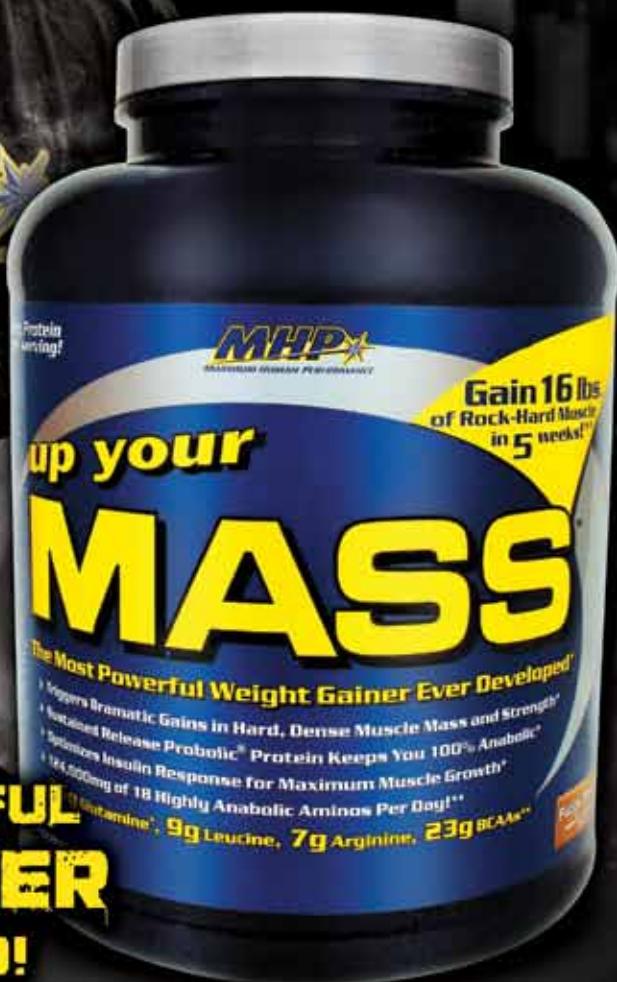
Living the Code

Zach Even-Esh tells us what it takes to run your own gym, train athletes and be a kick-ass strength coach.

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CONTENTS

JULY/AUGUST 2013



COLUMNS

- 12 **MusclePharm Power Spotlight: Jake Prazak**
- 16 **This Chick Can Kick Your Ass...Caitlyn Trout**
- 54 **Top 50 All Time: Men 181 & Women 132**
- 66 **Congratulations**

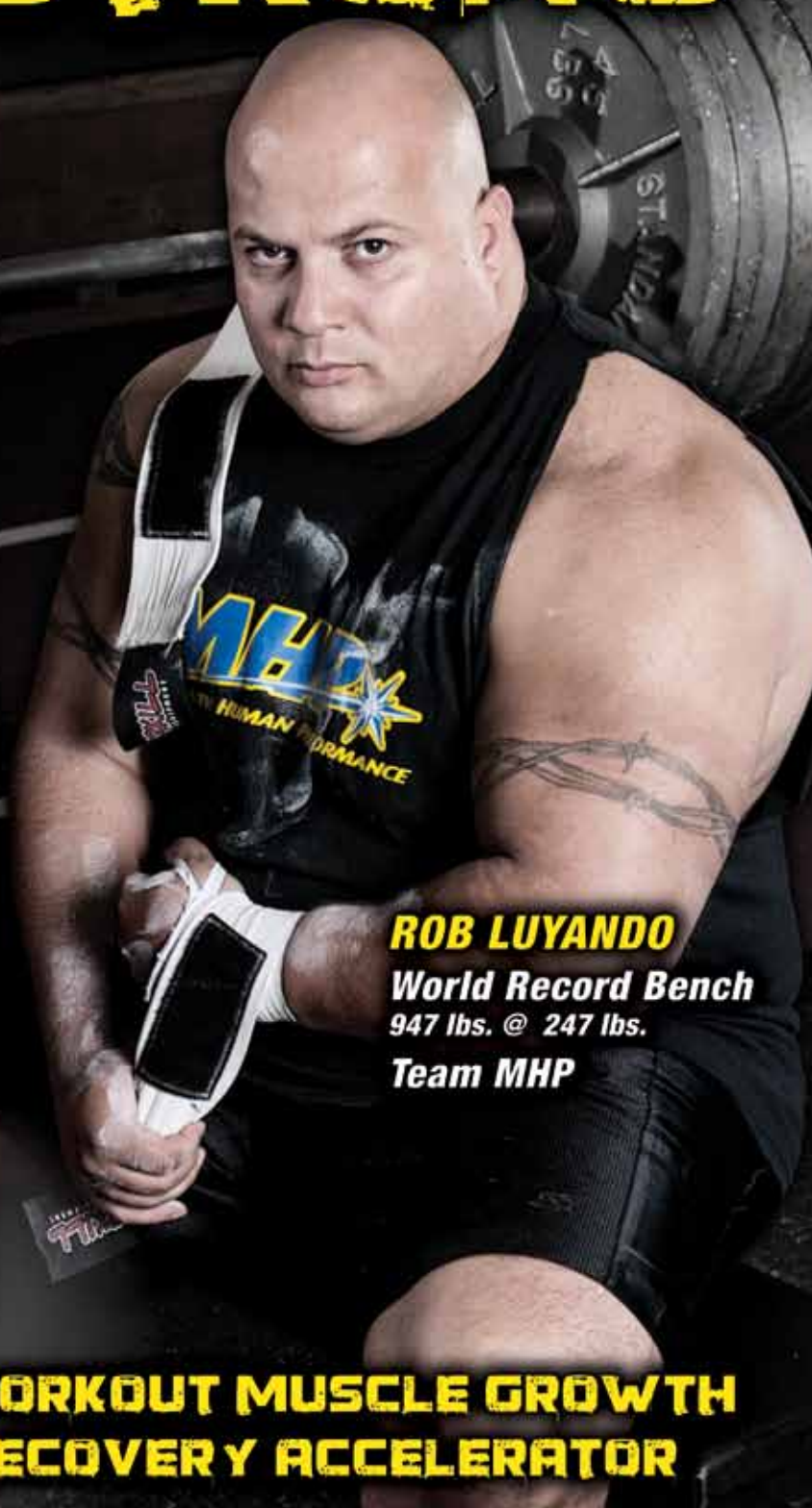
DEPARTMENTS

- 4 **First Word with Mark Bell**
- 10 **New Products**
- 53 **Power Text**



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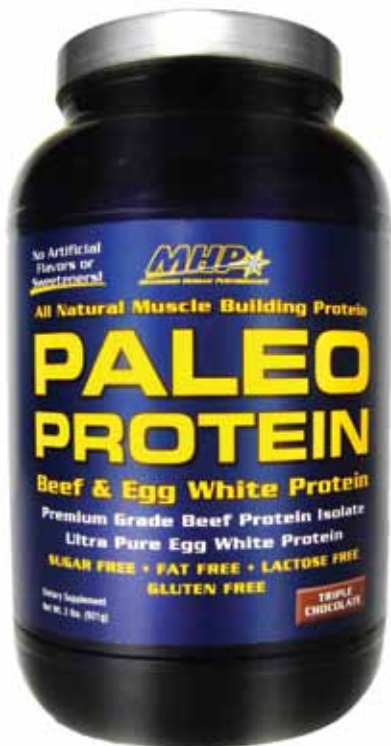


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Sling Shot Hip Circle

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The Hip Circle can be used for hip and glute activation/strength, as well as a dynamic warm-up. Simply put the circle around your knees and go for a long stride walk to get your hips and glutes warm, as well as your entire body. You can fix weak and painful "granny hips" by putting the circle on and walking forward, backward and side to side. You can use it to squat, sumo deadlift (feet out wide), or while walking on the treadmill. Many coaches like Kelly Starrett and Jesse Burdick love using the circle to cue their athletes to force their knees out while squatting and sumo deadlifting.



Sling Shot Sleeve

www.HowMuchYaBench.net

Do you have elbow pain? Bicep or elbow tendinitis? Tennis elbow? Do you suffer from annoying aches and pains in the forearms, biceps and elbows, slowing down your training progress? If you answered "Yes" to any of these questions, the Sling Shot Sleeve is the product you've been searching for. Put this sleeve around your forearm, elbow or knee to alleviate pain — and keep training. The Sling Shot Sleeve is available in five sizes and should fit tightly over the intended body part.

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[^]In a double-blind, randomized, placebo-controlled study, 22 male and female subjects exercised on two occasions. On one occasion the subjects took the Ultra Heat Matrix (UHM) for the duration of 60 minutes before exercise and on the other occasion they took a placebo. Calorie burning was measured over a 180-minute period, including 30 minutes of exercise. When the subjects took Ultra Heat Matrix, they burned 6 times (81%) more calories over 60 minutes pre-exercise, 5% more calories during 30 minutes of exercise and over 3 times (373%) more calories for up to one hour post-exercise compared to when they took the placebo. [†]A study of 28 physically fit and healthy young adult male subjects averaging about 4 hours of exercise a week cycling at 100W showed that those individuals who took the product performed measured by time to exhaustion nearly 6 minutes (12%) longer during the 60-minute time to the second time when taking placebo. ^{††}Product was tested for over 145 banned substances on the 2012 World Anti-Doping Agency (WADA) prohibited list by HFL, a world-class anti-doping lab. ^{†††}These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease. Call 1-800-477-4400 or visit GNC.com for the store nearest you. ©2013 General Nutrition Corporation. May not be available outside the U.S.

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BIG BENCHING WITH JAKE PRAZAK

BY JEFF "ROBOT" IRION • PHOTOS BY SPIRIT WIND PHOTOGRAPHY



There is a man who has been tearing up the bench press all-time world records lately, and if you don't know who he is, then it's time you find out! His name is Jake Prazak. He lives in Iowa and he has his own gym called N.I.P. & Fitness Center. Prazak has the 220 All-Time multi-ply world record with a 909 bench press, and he also has a 920 bench press at 242 lbs. He's lifted in some of the biggest meets in the world, and he is always helping

others. Plus, Prazak is raising money for charities to help the less fortunate. Last year, he raised money for a young man with a life-threatening illness at Relentless Detroit 2012. Prazak is also lifting in this year's Relentless 2013 in Minnesota. Let's find out how Prazak trains to break these all-time records so that we can steal his secrets and break his records.

POWER: Where do you train? What meets are you planning on doing next?

PRAZAK: I train at N.I.P & Fitness

Center in Mason City, Iowa. My next meet is Relentless in Minnesota on March 23 to support the Hope Kids of Minnesota. You can find the gym on Facebook or www.northiafitness.com.

POWER: What type of bench shirt do you wear? How many plies is it? And what do you do training-wise to help you find the groove and break in your shirts?

PRAZAK: I wear three-ply Overkill bench shirts. I usually don't have too much trouble finding my groove with



Overkill shirts because each shirt is custom made to your exact measurements. I perfect the groove one board at a time until I touch.

POWER: What do you do to break in a bench shirt? How do you know if a shirt isn't fitting right, or if it's not performing the way you want it to?

Prazak: The first day in a new Overkill shirt is miserable, but it gets better each session as you and the shirt become one. After four or five sessions, if I feel an adjustment needs to be made, then I will either send it in if something needs to be tightened, or I will stretch it myself if something is too tight.

POWER: What training methods have you used to hit these huge benches?

PRAZAK: My method is simple. If I am strong that day, I will push my body to where I feel extremely uncomfortable. If I have 900 lbs. in mind for a meet, I

"MY METHOD IS SIMPLE. IF I AM STRONG THAT DAY, I WILL PUSH MY BODY TO WHERE I FEEL EXTREMELY UNCOMFORTABLE"

am feeling 1,000 lbs. as many times as I can in the training cycle. If my body says to back off, I do. I listen to my body and nothing else.

POWER: What is the worst advice you have heard when it comes to bench training, and what is the best?

PRAZAK: Worst advice: "You shouldn't train in your shirt so much". I have come to the conclusion that the

people telling me this look for an excuse not to get into their gear weekly. Let's face it: multi-ply gear hurts. If I need a de-load week, it will be in my shirt. Best advice: "You need to live in your shirt." And that's what I do.

POWER: After hitting your first 700-lb. bench, what did it take to get you into the 800- and 900-lb. ranges?

PRAZAK: Living in my shirt week after week for seven years straight, perfecting my form and turning my weak points into my strengths. I am constantly working on my speed and doing accessory exercises that strengthen my bench setup and motion. I traveled all over learning from successful people (Rob Luyando, Rudy Rosales and Bill Carpenter are just a



JAKE PRAZAK

few of the people who have helped me along the way). I do shoulder preventative maintenance every day to try and stay ahead of any problems.

POWER: So living in your shirt week after week has gotten you a 920-lb. bench. How much do you bench raw? 275? Maybe 315?

PRAZAK: I maintain my raw bench between 500 and 550 lbs. My best raw lift in competition is 507 and my best gym raw is 555. I train my raw bench every week to maintain it before I get into my shirt. I train heavy raw because my shoulders are still in good shape and they're my foundation for gear. I like to try and find where my base fails when training raw (basically where my shoulders collapse and elbows flare). This is usually the 600 to 640 range. I enjoy training raw, it just gets very boring to me. Given the choice of laying less than 600 raw or 1,000 equipped, I'll take the 1,000!

POWER: What does a typical week of training look like?

PRAZAK: **Monday:** Lockout/triceps work. Close grip bench to a three-board. I usually do four or five working sets of one to five reps. I also will decline and incline close grip to a three-board for three sets of five reps. If I am going to use bands or chains, this is when I do it. Accessory exercises usually are in the eight to 12-rep range for about four sets.

Tuesday: I alternate heavy squats and deads every other week. I raw squat and dead around 600. Finish with leg accessory work and biceps and forearms. For biceps and forearms, I usually do four exercises, each for four to five sets of 12 to 15 reps.

Wednesday: Back/shoulders. I always start my back workout with 80 to 100 pull-ups, done over four sets with different grips. I then pick five accessories and do four sets of five to 10 reps. Early in the training cycle, I

"I TRAIN MY RAW BENCH EVERY WEEK TO MAINTAIN IT BEFORE I GET INTO MY SHIRT. I TRAIN HEAVY RAW BECAUSE MY SHOULDERS ARE STILL IN GOOD SHAPE AND THEY'RE MY FOUNDATION FOR GEAR"

will do a heavy compound exercise for my shoulders, usually seated dumbbell presses for four sets of about five reps. Accessory exercises for the rest of the shoulders are done with high reps (15 to 30).

Thursday: Rest

Friday: Bench day. This is an example of one of my workouts:

Bar x 12
135 x 10
225 x 8
315 x 6
405 x 4
475 x 2
535 x 1
605 x 1 (base failure)
715 x 2
805 x 2
895 x 2
945 x 1
1,025 x 1 overload to a two-board
845 x 3 three-board

Early in my training cycle, I stick to two-board double and triples. Seven or eight weeks out, I will duplicate the same numbers to a half to one-board. Three or four weeks out I am touching my opener.

Saturday: Rest

Sunday: HIIT [High Intensity Interval Training]. Tire pulling or elliptical sprints, if the weather is bad.

I do shoulder preventative maintenance work every day: high reps with bands, static stretches, rotator cuff movements.

POWER: Which bench press competitor do you admire and why?

PRAZAK: Scott Nutter. I have known him for many years. Nobody in powerlifting gives back more to the less fortunate than Scott. If I, and everybody else, can give back a small percentage of what Scott does, this world will be a much better place!

POWER: What type of supplements do you use for your training, and do you think it's a must for a beginner to use supplements?

PRAZAK: I eat lots of protein, glucosamine and fish oil. I think it is very important for the beginner. When you beat your body up, you have to give back to it, and it is very hard and expensive to do with just food.

POWER: What are your beliefs on training with bands, chains and the Sling Shot?

PRAZAK: I use bands and chains probably once every few months. I like what they do training-wise, it's just that they put different angles of stress on my forearms. And when my forearms are pissed off, bench night sucks! The Sling Shots in our gym get used a lot. From old to young, everybody can benefit from the Sling Shot. I usually use it for an acclimation set between my last raw and first shirted set, or if my shoulders are acting up.

POWER: What is your goal in powerlifting?

PRAZAK: I want to raise the 242 record and be the lightest ever to bench 1,000. More importantly, I want to continue to use my talent to help kids fighting life-threatening diseases. **PM**

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

CAITLYN TROUT

POWER: How old are you, where are you from and what are you wearing?

I am 23 years old, from a small Eastern Kentucky town called Belfry, KY. I'm wearing a black Nike sports bra with pink and black Nike pro spandex; it's my go-to kick ass gym attire.

POWER: Where do you train?

Berea Barbell located in Berea, KY. It's a small garage gym with a very close-knit group of lifters, but big things are always happening around here.

POWER: Tell us about your current best lifts.

My best competition lifts are: 352.6lb squat, 160lb bench, and 365lb deadlift. I am actually the current all-time squat world record holder in the 123lb weight class.

POWER: Do you lift with other girls, or is it all guys?

I lift with mostly guys and one other girl. I get to hear a lot of man talk, dude secrets, dirty jokes, and deal with an abundance of protein farts but somehow I've managed to survive it all so far.

POWER: What do you do for work?

Right now I'm a graduate student at Eastern Kentucky University. I'm currently finishing up my Master's Degree this year in Speech-Language Pathology.

POWER: How did you get involved in Powerlifting?

I began lifting in October 2011 as a total newbie because doing cardio was pretty much the only thing that I knew how to do. I decided to add in weight training because the cardio just wasn't enough to help me reach my fitness goals and I was frustrated. I wanted to gain some muscle but lose body fat but the problem was that I had no idea how to achieve that. A few



months later my boyfriend and current powerlifting coach Corey Hayes talked me into giving powerlifting a try. It started out as a structured way for me to become more fit and put on a little muscle but it quickly turned into a powerlifting addiction that I just couldn't get enough of. Competing for the very first time in April 2012 completely won me

over and I've been kicking ass ever since.

POWER: What do your "normal" friends think of how much you can lift?

All of my friends think that it's pretty cool and perhaps that I'm a freak of nature or something. Even my college professors like to keep up with how my training is going so everyone around me is very supportive. A lot of them still like to give me a hard time about it though because of how dedicated I am to the sport. I'd rather hit the gym than go out for drinks any day.

POWER: 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?

Every girl feels sexy wearing a singlet in a room full of big, hairy, powerlifter men! Ha, just kidding! I don't feel like the center of attention at all honestly; I'm usually too focused on what I'm about to lift to actually think about anything else like that.

POWER: Are you married, have a boyfriend or single?

I have fantastic and extremely supportive boyfriend Corey Hayes, who also happens to be my coach and a pretty great powerlifter himself.

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

Yes, it was in the gym on my college campus last year. There aren't a lot of "powerlifting" type males around that gym. I'll go ahead and let you in on a secret; I'm extremely competitive by nature. I wasn't even supposed to deadlift that day. I was just curious to see if I could out lift this guy (he was making really annoying grunting noises, acting

like a badass doing multiple reps). After I out lifted him, he just grabbed his stuff and walked straight out of the gym. I wasn't sure whether to feel completely empowered or to feel sorry for the poor fella. I'll give him credit though; he put up a pretty nice effort at least!

POWER: Do you wear make up to the gym?

If I get up early to do a morning gym session I won't put any make-up on. Whenever I workout in the evenings with the team I have on make-up because I drive straight to the gym from class. I'm usually in a hurry so I don't bother washing it off. I do always have to have wear one thing though. Earrings. I feel naked without them.

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

I would say that they need to do some research! Lifting weights does not make you bulky, manly, or too big! Just to name a few benefits, lifting aids in losing body fat, helps you gain muscle, feel more energetic, and builds confidence. In my opinion, that is a super sexy combination!

POWER: How has powerlifting helped you?



Where do I begin? Powerlifting has turned me into a much more confident woman and has brought my work ethic to a whole new level. I love the way that powerlifting allows me to showcase my strength and it constantly gives me something to work towards. Because of this sport I have made so many new friends from all over the world. I was able to achieve my fitness goals and it has allowed me to create new, more challenging ones for myself. I feel like powerlifting has given me everything honestly.

POWER: What is your favorite lift?

I absolutely love to squat! Maybe that is why I'm so good at it. I literally feel like there is electricity in the air when I step into the gym on squat day. There's

nothing like it!

POWER: What are some of your PL goals?

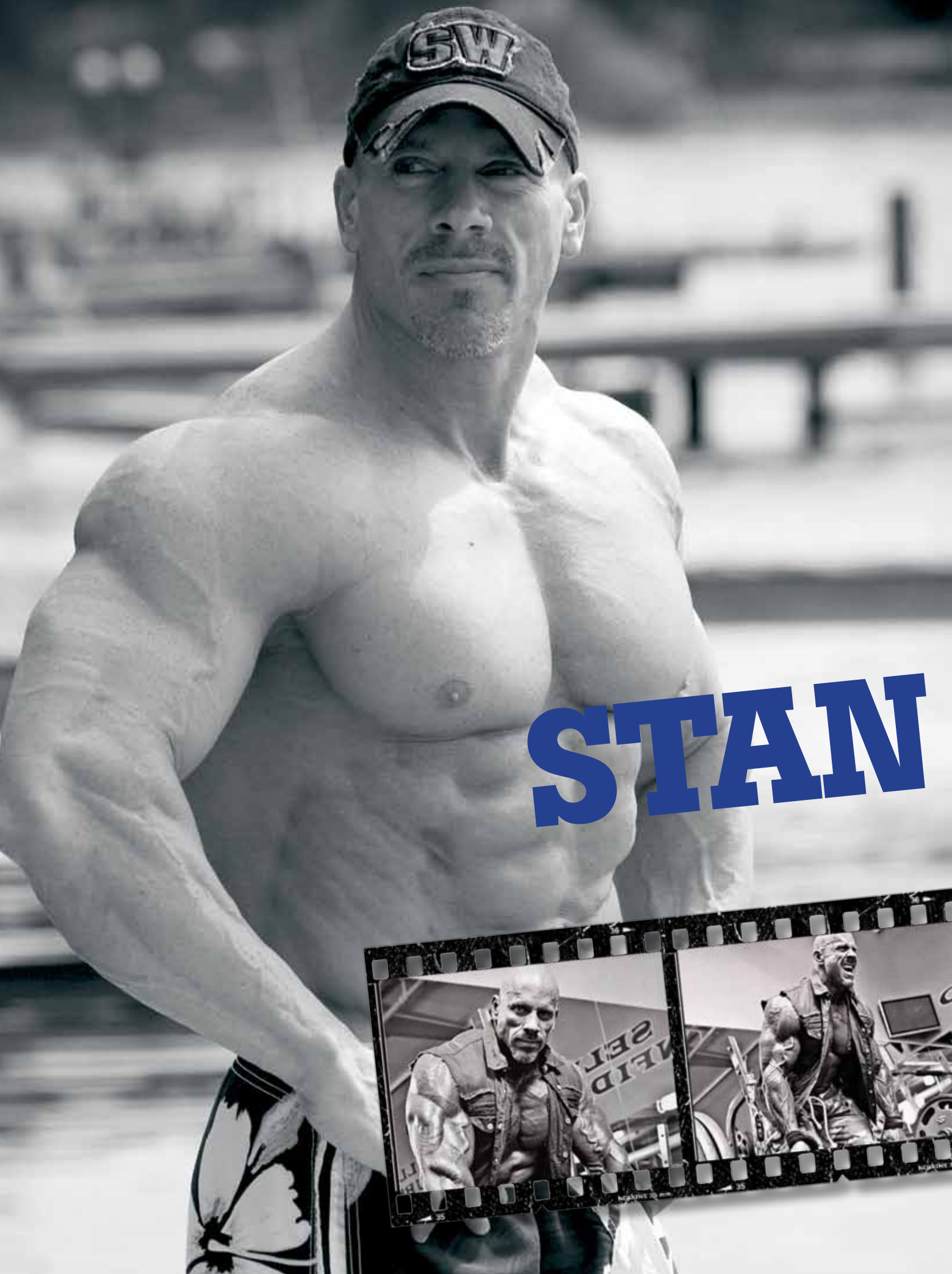
First of all, I want to be a great feminine role model to other women in powerlifting and strength sports. As far as achievements go I would like to break the all-time world record for both total and deadlift in the 123lb weight class, and I want to reach a 200lb or more bench before this December. It may seem like I've set the bar pretty high but I wouldn't expect anything less from myself. I

just want to be the best lifter that I know I am capable of being.

POWER: Anything else you'd like to add?

I just want to put out there that women should not be intimidated by lifting weights. This is not just a male sport; there is room for us girly girls too! Powerlifting is the best thing that has ever happened to me and I am a better person because of it. I think that every woman should at least give it a shot! There's no better feeling than being out there on the platform wearing my favorite pink chucks and pearl earrings, showing everybody that women can be both feminine and strong! **PM**





STAN



POWER: You are the most explosive squatter I have ever seen. However, "Bombs" never exploded so big as when you bombed out at "The Backyard Meet of the Century" last November. Tell us what happened mentally and physically in your first attempt to break the world record.

STAN EFFERDING: I wish I had some great excuse, but it was really a few stupid mistakes that ruined the whole day. I've always prided myself on being very disciplined in and out of the gym. I track every meal, supplement, glass of water, hour of sleep and every workout. I time my rest periods, get regular rehab and therapy, and on and on. I track everything on a spreadsheet and I carefully analyze and optimize it on a regular basis as the meet approaches.

The prep for the November meet was my best ever. I was flying up to train with Super Training in Sacramento every other week. My gym lifts were at all-time highs, having hit a 905 training squat and an 815 deadlift on three different occasions leading up to the meet.

I even bought my own Monolift, Olympic plates, and squat and deadlift bars so I could train with the same equipment here in Vegas that I would be using at the meet. I was 100-percent healthy—and injury-free, but what happened was nothing short of embarrassing.

I pulled a brand new pair of squat shoes out of their box I'd never worn before and, against your advice, I started warming up with them. I've always struggled with my balance on squats due to my hip impingement. The Asics wrestling shoes have a sole smaller than my foot, so there's lots of rollover from side to side. The new squat shoes had a larger, flat sole to help with my stability. But they weren't broken in and they hurt my feet terribly.

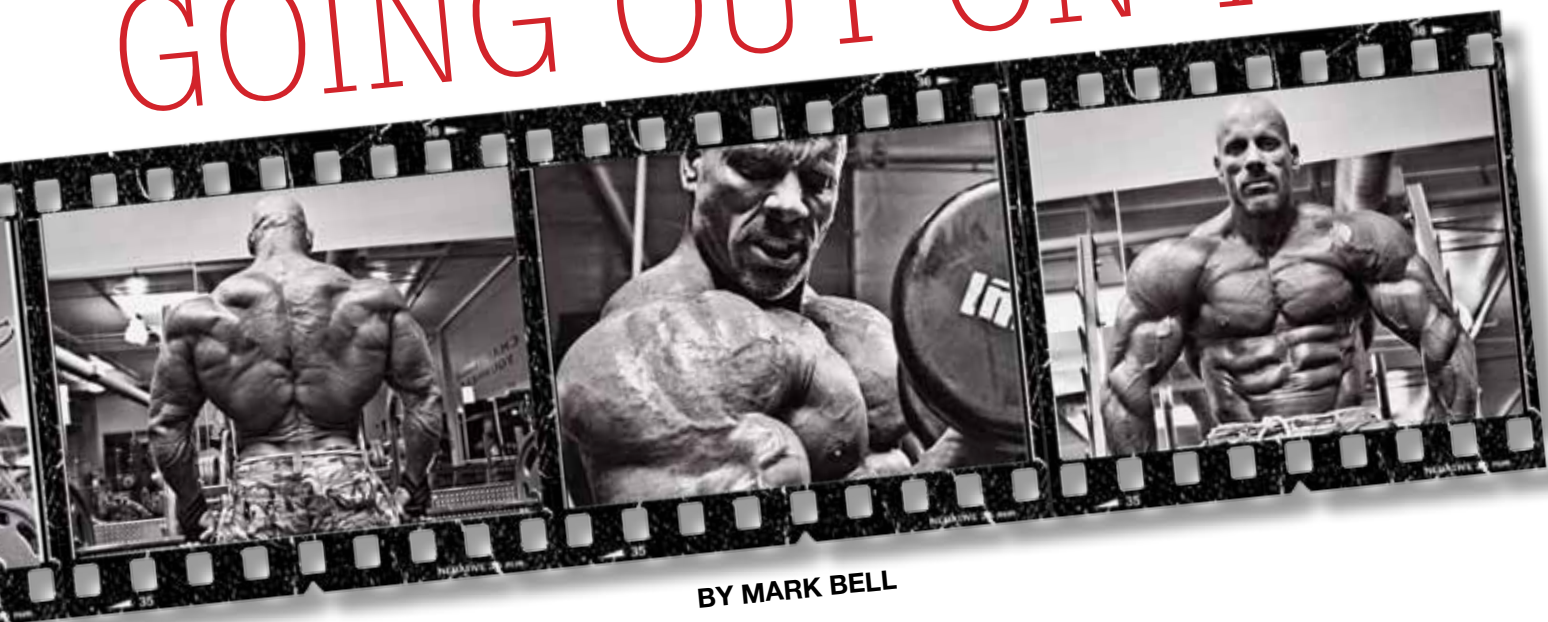
Then I got behind on my warm-ups and, just as I hit a 700 warm-up back stage, I hear over the microphone, "Stan, you're four out." I take at least 10 minutes between sets, so I already knew I'd have to scratch the first lift. I didn't have time to hit an 800 in warm up so I went

from a 700 back stage straight to a 905 on the platform. I got off balance coming down with the 905, so I stood up well before I reached parallel and decided to try it again on the third attempt. By then, I think I had lost my mental edge. Even though I was able to find the hole and come out, I just didn't fight hard enough on my final lift to finish it. Just stupid mistakes.

POWER: Clearly the mistakes you made and the resulting failure only added fuel to your fire. Take us through some details that helped you claim the all-time raw world record total.

EFFERDING: I think you hit the nail on the head. I found motivation in my failure. I admit that I didn't have the same drive going into November that I had in previous years. I was fortunate to have accomplished more than I had expected, particularly considering my age. Training with Flex Wheeler, I was able to earn my IFBB pro card on my first try. Training with Super Training, I was able

EFFERDING GOING OUT ON TOP



BY MARK BELL



Stan with his Rolls Royce Phantom

to set huge PRs and break world records well past my prime. I won the World's Strongest Bodybuilder title on stage at the Mr. Olympia and was signed by Weider to a Flex Magazine contract – all after the age of 40.

Even more importantly, my daughter was born in early 2012 and I really hadn't planned on ever competing again. I didn't feel like I had anything left to prove to myself or anyone in the industry, so I retired from competition after the Flex Pro in February 2012 and was planning to relax by my pool all summer with a box of Bon Bons.

Unfortunately – or fortunately, depending on how you look at it – I met Creed at the gym where I was doing my metrosexual P-90x style, man-kini training. Creed slowly and ever so deliberately began talking in my ear about John Cole's record, how close I potentially "was" to a 2,300 raw total, etc. It wasn't long before I started believing it was possible.

But they were still just numbers, and I lacked a strong personal motivational force. I was also much lighter and weaker than I had been in years after dieting down to almost 250 for the Flex Pro and staying there afterward,

settling into my new semi-retired role as Mr. Mom. Although we trained harder than ever for the November meet, for the first time in my life I really depended on someone else to keep the fire hot. Creed brought out the best in me and kept the goal alive every workout for many months while I slowly brought my weight and strength back up to the point where I could see that 2,300 was within my reach.

I missed achieving that goal in November, which was particularly disheartening because I had hit all the numbers in practice and I watched all that hard work go down the drain over a few rookie mistakes. I had promised my girlfriend going into the meet that this would be my last shot and I would retire. For me to compete at this level is incredibly time consuming and self-absorbed. It's constantly painful and exhausting and it requires all of my time and energy, which isn't fair to my family. So I promised I was done.

Needless to say, I was extremely disappointed after the meet. My girlfriend, being a true veteran of my competitive past, allowed the requisite "48 hour rule" to transpire, during which time she remained quiet as I reflected on

the agony of my defeat and repeatedly assured her of my commitment to hang it up. It was eerily quiet in my house for those 48 hours and then, just as the clock ran out on my two days of self pity, my girlfriend said, "You can't go out like this." Nothing more needed to be said. I thanked her and immediately texted Creed that we'd be de-loading for the month of December and starting Jan. 1 back on the road to 2,300 for March Madness at Supertraining Gym. I had found fire in my failure.

POWER: What type of training does a 46-year-old do to make such great gains after already being at an elite level?

EFFERING: I've actually had to continue to do less as I've gotten older, and focus more on recovery (sleep, nutrition, water, rehab). I had an MRI on my hip over a year ago after getting to a point where the pain was keeping me up at night, and that's where I discovered I had a hip impingement that was causing my femur to grind against my hip socket. I was tearing labrum every time I squatted. The doctor said I needed a hip replacement and I was no longer able to squat heavy without debilitating pain, so I decided to just bodybuild using partial range of motion leg presses and the leg-extension machine. When Creed and I decided to try for 2,300, I knew I needed help.

I reached out to Eddie Coan, who has actually had hip replacement surgery after suffering from years of progressive hip pain. He turned me onto a friend and former training partner, former pro Strongman and head strength coach for UNLV – Mark Phillippi.

I have a degree in exercise science and I've been training professional athletes for more 20 years, so I like to think I know a few things about training and rehab. But I was extremely impressed with Phillippi's training institute and his vast knowledge of strength training and rehab. He implemented a program of stretching, balance, core work and strengthening weak supporting muscle groups. Initially we trained twice a week, and within 60 days my pain had subsided and I was able to squat to depth again – though we did have to adjust my stance so it was even more pronated than in previous meets. There's a video on YouTube of our routine, which doesn't



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Stan benching his way to a world record total!

look like much physically, but it was very demanding for my body and extremely helpful. Even after the pain subsided, I continued with Phillipi on a weekly basis for the entire year, through both meets in November and March. I only squatted every other week and then I only deadlifted on the alternate weeks that I didn't squat. Hard to believe I squatted a 905 only squatting twice a month, but that's how I did it. I benched once a week and even then, only heavy every other week. That was it. Squats or deads on Saturdays and bench press on Mondays. Wednesday was rehab with Phillipi and the rest of the time was CNS recovery (sleep, drink, eat).

POWER: You have a way of simplifying what can sometimes seem so complex. What do you like for assistance work?

EFFERDING: I do very little assistance work during the 10-week prep for a meet. I've come to believe that you get a big squat by squatting, a big bench by benching and a big dead by deadlifting. I stopped box squatting a couple years ago because I can't release and re-engage my hips any more due to the

impingement. I also felt I was just using the touch-and-go box squats as a crutch so I didn't have to man up and do 800-plus pound squats with nothing between me and the floor but air.

I like the way Eddie Coan viewed assistance work as another powerlift and didn't just go through the motions with some bogus set and rep scheme. He strived to lift big and set PRs like when he was behind-the-neck-pressing 405 lbs. With that theory in mind, I would only do one or two "assistance" exercises at most after my basic movement and usually after a brief warm-up. I'd do just one balls-to-the-wall set to failure and be done. A warm-up isn't four sets of 10 reps with ascending weight, either. That's an enormous waste of time and yields no strength gain, while putting plenty of repetitive strain on the joints.

To be specific, my assistance exercise of choice for back on weeks that I don't deadlift is T-bar rows after I squat. I'll do one rep with three plates, one with five, one with seven, then do one set to failure of as many reps as I can with 10 plates and I'm done. That's my assistance work for squat day.

On deadlift day, I'll hit some front squats afterward, just be three reps each plate until I hit 405 for three or 495 for three, depending on how I feel, then one set of chins to failure after I'm done. And even then, that's only if I feel like it. If I hit an 815 dead, I might just call it a day and go eat. I warm up for deads using a band. I drape it over the bar and stand on it as you've demonstrated in your videos. That helps me stay tight throughout the lift while I'm warming up to 315 or so, then I go straight weight doing singles until my max single or double, depending on the day. It's instinctual at that point.

For bench I'll go heavy one week, then the alternate week I'll try heavy inclines followed by triple board presses, then push the leg press sled with my hands for some shoulder work. That's really it. T-Bars, chins, incline presses and some band work. I only want to do exercises that yield an additional benefit from my basic movements. If I'm benching 550 for a triple, what good does it do to follow that with a few sets of triceps push-downs on the cable machine? There are a million examples of wasted

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effort going on in gyms all across America, where lifters do work just to do work but it does nothing for their size or strength. All of my assistance work is done with the same intensity and pyramid scheme as power lifts. If I'm not pushing myself to improve on those lifts like I do on the basics, then it doesn't make any sense to do them at all.

POWER: What do you feel was a key factor in that historic 837-lb. deadlift that locked in the 2,303 total? That was around a 40-lb. full meet PR. What did you do to pull this off?

EFFERDING: My deadlift had been steadily improving since I started widening my stance, pushing my knees out into my elbows and standing over the bar in more of a leg press position. I had tried for two years to sit down behind the bar and pull, and it just didn't work for me. There's a YouTube video where I absolutely smashed a 765 pull in 2009 when I got a 2,070 total, and my chest was almost parallel to the floor when I initiated the pull. I attempted an 830 that day and it came off the floor, so I knew historically that I had it in me to pull in the 800s. It's just a strong position for me to "leg press" the weight off

the floor. Push, then pull.

I think tearing my hamstring on my last attempt when I totaled 2,226 was a blessing in disguise because it forced me to widen my stance and press the weight, which reduced stress on my hamstrings. It was a long time coming, but it wasn't a Hail Mary; I had hit 815 in training before the meet real solid on three different occasions and pulled an 835 to lockout when my grip slipped. I had the utmost confidence I would get that lift. That makes a big difference.

POWER: How do you manipulate your weight so much? You mentioned weighing 250, then you sky rocketed back up to 290-300. Now you're out of the fat boy clubhouse and your Swolo Patrol membership card was re-issued now that you're a jacked and tan 265 lbs. What in the heck is going on? Are there big changes made to your diet and training in these different phases?

EFFERDING: I'm a hard gainer, so to gain weight I have to drastically increase my calories, particularly fats, and reduce my workload. I don't run if I can walk, don't stand if I can sit and I don't stay awake if I can sleep. I eat before and after I train, and I train as little as I can to

get the results I need so I'm building size and strength not tearing myself down.

Dieting and getting shredded is easy for me. 1. Eliminate carbs. 2. Sprint stairs every other day.

Protein remains high and I eat plenty of good fats. I train using the same powerlifts and supporting exercises, but I can't lift as heavy at a reduced body weight. I only do sprints (HIIT training) because it doesn't catabolize muscle tissue and it increases the metabolism for prolonged fat burning effects. Endurance cardio, like 60 minutes on a treadmill, will burn as much muscle as fat, doesn't stimulate the metabolism at the mitochondrial level and stops working very rapidly. That's it!

POWER: You mentioned how diligent you are with your food. Can you give us some general principals that you use for yourself and try to teach others?

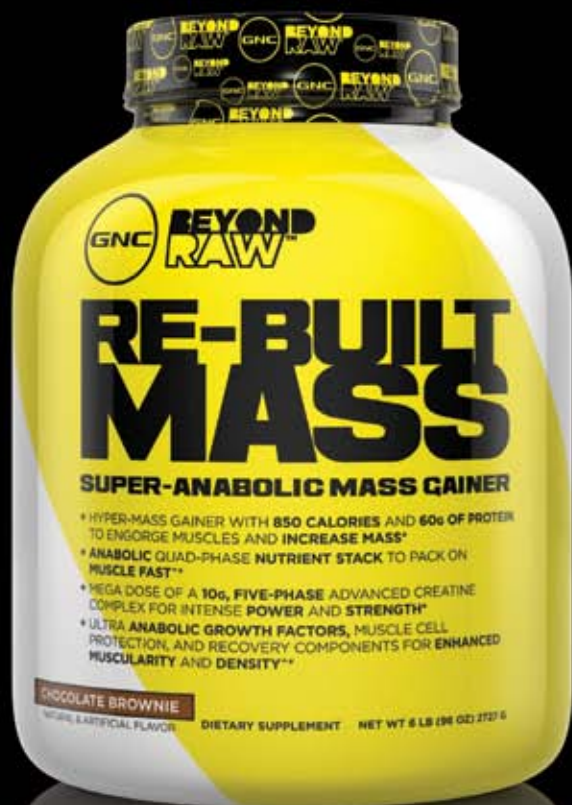
EFFERDING: I eat five to seven meals daily, depending on whether I'm gaining or losing. I eat high quality animal proteins like steak; chicken; eggs; 2 or 3.25 percent Greek yogurt, which helps keep my fats high, along with coconut oil; and I use carbs like potatoes, rice and carbolyn (a supplement). I don't believe you can reach your potential on vegetable proteins like soy or peanut butter or even from drinking a bunch of shakes or eating protein bars. I eat real food and lots of it to build quality muscle. Even when I'm gaining weight I don't jam down pancakes (white flour), pizza, mayo, etc. Not all foods and calories are created equal. I don't overload my system with difficult foods to digest that compete with my ability to eat more quality muscle building foods. It's not complicated, it just takes an enormous amount of consistency and effort to eat enough food. It's a lot harder than training.

Training is the easy part, the fun part. All you do when you train is break down muscle tissue. Muscle growth happens during the recovery phase, eating and sleeping. I focus the vast majority of my efforts where I get the actual results: eating and sleeping. That simply means I'm never up late and never miss a meal.

POWER: Recovery is crucial and you want to get stimulation without annihilation. It seems easy for you to say, "rest and grow," now that you have a base that has been built on



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Stan and Malia with baby Milani



Malia and Milani

30-plus years of athletics and training your nuts off. What does the guy who weighs 180 to 200 lbs. and is kind of "skinny-fat" do?

EFFERDING: I know from experience that results come from the same basic principles of creating a stimulus for growth and then eating and sleeping to grow. I started lifting seriously when I got to college in 1985 and I was 145 lbs. soaking wet. I couldn't bench press 135. I had to take the 45s off and put 35s on just to bench. That was embarrassing.

After three years of training nearly seven days a week, two hours a day — with endless sets and reps of every exercise in Arnold Schwarzenegger's Encyclopedia of Bodybuilding — I competed in my first bodybuilding show in 1988 weighing just 156 lbs. Why was I so light? Because you don't grow in the gym, all you do is break down muscle tissue. I over-trained and under-ate.

The promoter of that show, Mark Delp, invited me to train at his hardcore gym after the show, and that's where I learned the error of my ways. I cut training back to three days a week of basic multi-joint mass building movements like squats, deadlifts, rows, bench, dips and chins, and I started eating and eating and eating.

I drank a gallon of whole milk a day (2,400 calories), and made huge shakes with ice cream, peanut butter, a banana and weight gain powder (crap). I would chug these giant blender-sized drinks so fast, sometimes they would come right back up. When that would happen, I'd

make another one and drink it again. I had a large pizza with extra cheese every night before bed and basically ate as much as I could every day, all day. It took me some time to learn the value of quality foods, but I was young and I was growing for the first time in years. I gained less than 15 lbs. in my first three years of over-training and under-eating, but the next three years of heavy basics and lots of food and sleep yielded almost 50 lbs. of muscle. I stood on stage in 1991 at 203 pounds and won the Mr. Oregon title.

It sounds like a lot, but it was really only 1 lb. a month, and every day of every month was 100% focused on eating, sleeping and training. I finished college and worked full time, but I never missed a work out, a meal, or a full night's sleep. Beginners should learn the meaning of intensity and maximum effort so they don't waste time doing lots of sets and reps that don't create a stimulus for growth.

POWER: Why did you switch to a wide stance conventional deadlift?

Efferding: I didn't have a choice. After I pulled my hamstring on my last deadlift attempt of the 2,226 total, I couldn't just muscle up deads any more without feeling it pull on my hammy when I got close to 800. My squat was stronger than ever and I felt really explosive and powerful out of the hole with the wide stance, so it just made sense that I should try to squat (push) that weight off the floor and use the momentum to power through my sticking

point at the knee. I only deadlift twice a month, so it wasn't a fast transition, but it came together right before the meet and I had a lot of confidence in the stance.

POWER: Walk us through that epic day and legendary 2,303 total. It wasn't all fun and games back stage for you and at one point you almost dropped out of the competition. What happened?

EFFERDING: Once again, I was prepared. I was strong and healthy, hit all my lifts in training and felt confident that this would be the day. Usually after a powerlifting meet, I drop 30 lbs. and step onto a bodybuilding stage. When I bombed in November 2012, I stayed heavy and focused on powerlifting for the March meet. By the time I lifted in the Animal Cage I had my morning weight up to 287 and evening weight up to 295 after eating and drinking all day. I looked like a fat-ass in the cage, but the water retention, bloating and distention was all intentional for maximum strength. There's a video of me weighing in at a meet and I have a six pack, but the next day it looks like a beer belly stuffed full of food and water, and my belt strapped underneath it with a huge inhale for internal pressure. It serves a purpose. I was ready. The heavier body weight forced me to drop more water than usual for weigh ins.

Twelve lbs. is nothing for most experienced powerlifters, but it was a lot for me and that's where my problem started. After I made weight, I wasn't

able to put it all back on during my re-feed. I wasn't able to hold water, even though I was drinking Gatorade and lots of water and food Saturday and back stage at the meet. And no, I didn't take any diuretics to drop weight. At first it didn't seem like a big deal, but I kept sweating during warm-ups and I just didn't feel as powerful as usual. My 800-lb. warm-up squat wasn't as fast as usual, and my body was tightening up. Fortunately, I hit my 865 opening squat with good speed, but I knew I wasn't 100 percent. After missing the 887 second lift, my body started locking up; I had to skip the third lift.

Jesse Burdick was working cramps out of my lower back while I was warming up for the bench. I was drinking a full bottle of water between every warm up set but pissing it all out just as quickly. The water was just dehydrating me more because I didn't have enough minerals and electrolytes in me to hold the water. After a few sets, my hands started cramping so badly I literally had to pry my fingers away from my palms and lay them flat so they wouldn't lock up into a fist again. Two more sets, two more bottles of water and two more trips to the bathroom later, my legs went. Hamstrings and quads, at the same time, locked up hard. I couldn't straighten or bend my legs without pain. I hobbled to the car outside and told my girlfriend to get the keys and take me to the hospital ASAP. She brought you and Jesse instead of the keys because she would be dammed if I bombed again — this was all or nothing.

Jesse went into action and grabbed a handful of powerful hydration tablets loaded with minerals and electrolytes called "NUUN" tablets and crushed them into two liters of water, which I chugged down in about 30 seconds. After 5 minutes, when I didn't have to run to the bathroom, I knew I had a chance. Within 20 minutes my body started to relax and the cramping had subsided. I had just enough time to hit a 500 warm-up bench and opened with 574 on the platform, and hit it relatively solid. I missed 600 on my second attempt but was able to regroup and hit it on the third. It would take another hour of drinking NUUN tablets and eating sandwiches to reach full strength, but by the time I started warming up for deads I knew I

"BEGINNERS SHOULD LEARN THE MEANING OF INTENSITY AND MAXIMUM EFFORT SO THEY DON'T WASTE TIME DOING LOTS OF SETS AND REPS THAT DON'T CREATE A STIMULUS FOR GROWTH. THEN THEY SHOULD EAT AND SLEEP TO GROW"

was back and still had a good chance at John Cole's record and an outside shot at 2,300-plus. Deads were almost euphoric. I never felt so good. I pulled a 705 warm-up back stage so fast I thought it was going to hit me in the chin.

Creed has watched every pull of mine for the previous year. His eyes were like saucers after I hit that 705, and he just started laughing. We both knew immediately that my opener was going to be a piece of cake. On the platform the 799 opener came off the floor so quick you can see me starting to laugh during the lift because I knew I smashed it. 837 would get me over 2,300 and I didn't even hesitate, I knew I could get it so I put it in for my second. It was harder than I thought, but I never lost confidence, I've pulled a million slow deads and I always grind it out when necessary. I had enough in me to celebrate a little at the top before I set it down. Jesse and his "NUUN" tablets saved the day. I ordered a few cases when I got home and I still use them daily. I couldn't have been happier, even with all the ups and downs through nearly a year of training and two meets. I finally surpassed my goal and I got to go out on my terms. After 26 years of competitive bodybuilding and powerlifting, it was all over in a split second when I set the 837-lb. deadlift back down on the platform, shook Eddie Coan's hand and got a man-hug from you and Creed. So glad it's finally over. Don't call me, I'll call you!

POWER: So the curtain is closing, the crowd is heading toward the exit and the lights are getting shut down.

Is there any more lifting or bodybuilding in the future of the Rhino?

EFFERDING: I'll lift forever. It's in my blood. I want to be the best 50, then 60, then 70 I can be. But my focus will have to be on longevity and overall health that includes cardio (HIIT), weight training, a healthy diet and a manageable body weight. I want to be able to keep up with my daughter Milani as she grows up. My baby girl and my longtime girlfriend Malia Tasi have really changed my former life as a rich, jacked and tan bachelor for the better. For example I used to have a Rolls-Royce Phantom and now I have a minivan. Seriously though, without Malia by my side I would not have broken that world record. She was fully supportive, even with an infant attached to her hip 24/7.

I was fortunate in powerlifting not to have blown a gasket pushing myself that hard at my age, and I don't want to look a gift horse in the mouth. Since the meet I dropped 30 lbs. in 30 days and I intend to stay in this condition for the long term. I'm still lifting big on the basics, just a few more reps with as much weight as I can handle. That's simply the most effective way to get results from training, so I'll continue to train that way. Lastly I would like to thank my good friend and longtime training partner back home in Washington, Leo Wells. **PM**

Order Stan's training DVD "Proving It" at www.ProvingItDVD.com



JOE DEFRANCO

BY JIM "SMITTY" SMITH

Joe DeFranco is a world renowned strength coach, his resume includes All-Pro NFL players, MLB players, NHL Players, WWE superstars and UFC fighters. DeFranco's gym has been named one of "America's 10 Best Gyms" by Men's Health Magazine and one of the "Top 5 Most Innovative Gyms in the USA" by Greatist.com.

JIM "SMITTY" SMITH: How did you get started as a coach?

JOE DEFRANCO: I played football my entire life and I always loved training. I can remember begging my dad to write me workouts when I was only 7! Once I started lifting, it made such a difference in how I felt and performed on the field - I became obsessed with it. Becoming stronger and faster literally consumed my thoughts, so I decided to study exercise science when I got to college. While in college, I was always writing programs for my friends and members of the school gym. I haven't stopped since. The rest, as they say, is history.

SMITTY: How long have you been training athletes?

DEFRANCO: I started training athletes (professionally) immediately after graduating from college in 1999. Although I must say, my "early years" weren't as glamorous as many people may think. I started out as an unpaid intern, working as a "floor trainer" and cleaning equipment at a popular health club. This lasted for a year before I was hired as a paid employee. At this point, I started working with a lot of young kids, ranging from 7 to 14 years old. After only a year as a paid employee, I was promoted and became the director of training. It was at this time that I started working with some high school, college and professional athletes. I held that position for four years before leaving to open my own facility.





SMITTY: Tell us a little about your first facility and how you have grown since.

DEFRANCO: My first "gym" was literally a 500-square-foot storage closet located at a local health club. I didn't have enough money (or the business sense) to open up my own facility, so I went to the owner of this health club and asked if I could clean out the downstairs closet and put some of my own equipment in there. He thought I was crazy, but he was more than happy to collect rent on an old room that was collecting dust and spider webs. It still amazes me when I look back and reflect on how that broken-down closet became a legendary "gym." That "gym"

**"BOTH MY PARENTS
HAVE BEEN
MY BIGGEST
INFLUENCES.
TOGETHER, THEY
HAVE TAUGHT ME
HOW TO OVERCOME
ADVERSITY, THINK
POSITIVELY, TREAT
PEOPLE THE WAY I
WOULD LIKE TO BE
TREATED, ALWAYS BE
HUMBLE AND NEVER
BE OUT-WORKED"**

was living proof that size does not matter when it comes to getting results. That place set the tone for my entire business model, and the core values that DeFranco's Gym still lives by to this day!

After three years of renting the closet, it was time to move on to a facility that I could truly call my own. I took every penny that I had earned during the three years and opened up a 2,500-square-foot warehouse gym. After four years in that facility, I moved into the unit next door — a 5,000-square-foot dream facility. I have now been here for three years. February marked the 10-year anniversary of DeFranco's Gym. Being a true meathead with absolutely no formal business background, I am

extremely proud of this milestone.

SMITTY: Who were your biggest influences?

DEFRANCO: Both my parents have been my biggest influences. Together, they have taught me how to overcome adversity, think positively, treat people the way I would like to be treated, always be humble and never be out-worked.

Now that I'm a 15-year "veteran" in this industry, I can honestly say that my upbringing has had the biggest impact on the success of my gym. Sets, reps and training philosophies are secondary to what my parents have taught me.

SMITTY: In your opinion, what is the single biggest mistake most coaches make when training athletes?

"THE GENERAL PUBLIC THINKS THAT EVERY PRO ATHLETE HAS THE STRENGTH OF AN ELITE POWERLIFTER AND THE SPEED OF AN OLYMPIC SPRINTER"

DEFRANCO: There are actually two major mistakes I see all the time. The first one is trying to get too fancy, too soon. Just because you saw a really cool exercise on YouTube doesn't mean you have to do it the first day you're training a new client. You must make sure an athlete is prepared for the stress of an exercise before you implement it.

Secondly, many coaches lack a plan or a system. They just seem to throw a bunch of "cool" exercises at an athlete without any regard for the sequencing or progressions of each exercise.

SMITTY: You're famous for training high-level pro athletes. What are the most forgotten components of their training programs?

DEFRANCO: The general public thinks that every pro athlete has the strength of an elite powerlifter and the speed of an Olympic sprinter. Although many pro athletes are "freaks" with regards to the technical aspect of their sport, it's common for them to lack general fitness, strength and mobility. So

before you get fancy with your new pro client, make sure he or she isn't missing the general physical preparedness that's required for you to start implementing advanced training techniques.

SMITTY: What is more important - genetics or training?

DEFRANCO: I hate to say it, but experience has taught me that good genetics trumps everything. But, proper training will definitely help bridge the gap between a genetically gifted - albeit lazy - athlete and a hard-working

over-achiever.

The rare athletes that are genetically gifted, yet also train like they have something to prove, are usually the ones that go on to become all-pros and hall-of-famers.

SMITTY: How is in-season training different than off-season training for your NFL athletes?

DEFRANCO: Obviously, volume and intensity in the weight room are reduced during the competitive season because technical work (practice and games)

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takes precedence over everything. Every athlete only has a given capacity for each day. After a tough practice or game, you must subtract from what you have planned (in the weight room) for that day or week so you don't over-train your athletes during the season. This will lead to burnout and/or injuries, as the playoffs approach. With that being said, it's important to note that non-starters can handle a higher volume and intensity in the weight room during the season, due to their limited (if any) stress on game days.

SMITTY: I know you've been training Triple H for over two years now. Very few coaches get to train – and become good friends with – a WWE [World Wrestling Entertainment] superstar. What has been your biggest revelation from working with him about WWE athletes and their unique requirements?

“EVERY ATHLETE ONLY HAS A GIVEN CAPACITY FOR EACH DAY. AFTER A TOUGH PRACTICE OR GAME, YOU MUST SUBTRACT FROM WHAT YOU HAVE PLANNED (IN THE WEIGHT ROOM) FOR THAT DAY OR WEEK SO YOU DON'T OVER-TRAIN YOUR ATHLETES DURING THE SEASON”

DEFRANCO: My biggest revelation has been that the physicality and inherent risks involved in sports entertainment are far from fake. The outcomes of the matches may be scripted, but the physical trauma that WWE superstars endure are very real. Triple H has had more surgeries and serious injuries than any NFL player I've ever trained. Preparing Triple H for a Wrestlemania main event match is like training an NFL linebacker, gymnast, bodybuilder and Hollywood stunt man all rolled into one.

It's also important to note that WWE superstars have the most grueling schedule of any professional athlete or entertainer on the planet. The athletes on the WWE's main roster wrestle (on average) four to six nights a week, every week, 52 weeks a year. The majority of their year is spent on the road and there is no off-season. Couple this insane travel schedule with the physical demands

of their “in-ring” work and it’s easy to see why a properly designed training program is so important for these unique athletes.

SMITTY: What are your top exercises for creating power?

DEFRANCO: Here are some of my favorite power exercises (for the more advanced athlete):

1. Squats performed with sub-maximal weights and accommodating resistance.
2. Backward/overhead med ball throw for distance.
3. Prowler push-sprint (10-20 yards).
4. Box jumps or depth jumps.
5. Reactive hurdle hops.
6. Med ball chest pass + broad jump or tire battles.

SMITTY: How has your program changed over the years?

DEFRANCO: The biggest change in my programming has been the importance that’s placed on what I call the “bookends” of the workout. By “bookends”, I’m referring to the warm-up and recovery methods that are programmed after the workout. Ten years ago, I was all about the workout; now I spend just as much time planning the warm-up and figuring out innovative ways to improve mobility and recovery — especially with my professional athletes. I think it’s important for young coaches to realize that a great program is worthless if an athlete is injured, not recovering properly or feels like shit all the time.

SMITTY: What are you most proud of in your career?

DEFRANCO: I think the thing that I’m most proud of is how many lives I’m able to touch/change just by doing something I genuinely enjoy. In my wildest dreams, I never thought having a warehouse gym would enable me to come in contact with — and have a positive influence on — people from all over the world. When I take the time to really step back and think about it, it’s almost surreal. I am truly blessed to be in the position that I’m in.

SMITTY: How has becoming a father changed you as a coach?

DEFRANCO: I don’t think being a father changed me as a coach, but I do feel that being a coach helped me become a better father. Coaching has forced me to deal with a wide range of personalities and situations. For ex-

“MY BIGGEST REVELATION HAS BEEN THAT THE PHYSICALITY AND INHERENT RISKS INVOLVED IN SPORTS ENTERTAINMENT ARE FAR FROM FAKE. THE OUTCOMES OF THE MATCHES MAY BE SCRIPTED, BUT THE PHYSICAL TRAUMA THAT WWE SUPERSTARS ENDURE ARE VERY REAL”

ample, today I trained nine NFL players, a 15-year-old female soccer player, a 45-year-old wealth manager and two high school wrestlers. Some of the NFL guys need to get their balls busted because they are so used to people kissing their ass. The young girl needs someone to be a listener, as well as boost her confidence. Teenage boys need a disciplinarian. Simply put, being a good coach involves much more than just designing programs. My profession has allowed me to practice being a “father” to a variety of different people with a variety of different issues long before I became a real father. This practice has definitely paid off!

SMITTY: Tell us what to expect in your new reality show, Driven Beyond Strength?

DEFRANCO: I am extremely excited about our new reality show because it shows a side of my gym that not too many people get to see. Unfortunately, when most people think about DeFranco’s Gym, they think of loud music, meatheads and chains, but that’s just the surface. Once you peel away the “tough” exterior, you find the true core values of my gym and the true secret to its success. Those things are: family, loyalty, passion and work ethic. Driven Beyond Strength lets the viewer be a fly on the wall at my gym in order to learn what we’re really all about. You can check out past episodes by going to: [\[BeyondStrength.com\]\(http://BeyondStrength.com\).](http://www.Driven-</p></div><div data-bbox=)

SMITTY: What’s coming up for you in 2013?

DEFRANCO: My schedule is definitely filling up. I will continue to train athletes at my facility because I feel that’s the foundation for everything else I do. I never want to lose touch with what’s happening on the gym floor.

Our new certification is blowing up. Smitty, you and I are offering six more dates in 2013 for our CPPS [Certified Physical Preparation Specialist] certification course. We are also expanding into other disciplines this year by offering specialty certs in the following areas — football preparation, weightlifting and Kettlebell training. Readers can learn more by going to www.cppscoaches.com.

I was recently hired by the WWE as a consultant to help design the weight room in their new WWE Performance Center, as well as find them a full-time strength and conditioning coach for their developmental talent. I’m extremely excited and honored to be involved in the development of this state-of-the-art facility. I feel it’s really going to add credibility (from an athletic standpoint) to what WWE superstars must do to prepare themselves for their profession. It’s about time these men and women get the respect they deserve. The grand opening of the facility is scheduled for this summer in Orlando, Fla. I’m really looking forward to seeing the finished product.

Due to the overwhelmingly positive feedback that the first season of Driven Beyond Strength has received, we are already in talks for filming a second season of the show this summer. I am excited that the show has been so well received, and I’m looking forward to seeing where season two will take us. There is also a season one DVD in the works that will include lots of cool bonus footage that wasn’t shown on the online show.

I also have a DeFranco’s Training app for the iPhone in the works. I can’t say much more about it at this point, but soon I’ll be able to give some details, so stay tuned at www.DeFrancosTraining.com!

Finally, I will continue to be the best father I can possibly be to my two angels, Ava & Adriana. And maybe, just maybe, I’ll be able to catch a nap in 2014. **PM**

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Alex and Anthony Kosinski with Jon Anderson.

DEEP WATER TRAINING PARTNERS

BY JASHA FAYE

They used to ship live codfish from Alaska all the way to China. They'd keep them in giant vats in the belly of the ship. By the time the codfish reached China, the flesh was mushy and tasteless. The fish had become inactive and listless. So they came up with the idea to put some catfish in with them. Just one or two catfish in the vat would keep the cod agile and active on the long journey.

The same goes for training partners. You may have the best training partners in the world. Eventually you will learn all of their tricks — and excuses. Training becomes stale and listless. That's why bringing in new blood, catfish, is necessary from time to time. They keep you on your toes. Keep you fresh. Without them nipping at your fins you'd just swim along, business as usual.



My most successful and exciting stretch of training came at a time in my life when I thought my athletic career was over. I had lost about 25 lbs. after what I thought was a career-ending back injury. I was at the Marin Training Center helping Steve Gough coach some kids, when I walked a living legend of the iron game: Jeff Michaels. Jeff is a three-time Olympian and is one of five Americans to ever snatch more than 400 lbs. And he did it at a heavy weight, not super-heavy, where the other four who hold this distinction fall.

Jeff alerted us instantly that his company had relocated him to California and he was making a comeback. To an American weightlifter, this is like Joe Montana or Mike Tyson making the same announcement. He then proceeded to power clean and jerk 341 lbs. in his business suit and loafers.

The next day I showed up with my weightlifting shoes, ready to train with a legend.

Driven by Gough, a Marine and San Francisco cop, the next 18 months were some of the most grueling, competitive,

“EVERY WORKOUT WAS LIKE A HIGH LEVEL COMPETITION, WITH ELABORATE COEFFICIENTS AND HANDICAPS DESIGNED TO KEEP EVERYONE IN THE FIGHT”

legendary and successful deep-water workouts I have ever been a part of. New life had been breathed into our team by the arrival of this catfish. And Jeff knew it. He would talk amazing amounts of trash, make crazy predictions and boasts — only to back it all up with action, or at least go down fighting. Every workout was like a high level competition, with elaborate coefficients and handicaps designed to keep everyone in the fight.

Once, while stretching, Jeff sliced his leg open on the scissors he used to cut tape. It was deep enough to require

stitches, so off he went to Kaiser.

The rest of us snatched heavy doubles. A battle ensued between Jon Tremblay and myself. Jon was a powerlifter-turned-Olympic-lifter who made it as far as the Olympic Trials. We called him Barney because he trained in a purple sweat suit.

It ended with Barney doubling 330 lbs. and me hitting 341 lbs. These were big personal records for both of us and were certainly large enough numbers to shut Jeff’s mouth for a minute or two. Or so we thought.

Jeff returned from the hospital with 24 stitches and a lollipop for everyone, explaining that we all get a trophy for showing up but he is taking the gold that day.

I was stretching and icing when Jeff snatched 346 lbs. for a double for the victory. Stitches and all. That was 1996. I still haven’t heard the end of it.

We need catfish in our lives. Hell, sometimes you are the catfish in your personal and professional lives. I never want to get mushy or tasteless, so I surround myself with catfish. People who

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keep me on my toes. My girlfriend. My kids. Business partners. My coaches. Training partners. I am surrounded by positive, proactive people who help me perform at my best.

Now, there are catfish and there are cod. But at the top of the food chain is where you find the Great Whites. They are valuable assets, if you know how to avoid getting eaten.

Jon Andersen is a Great White. Patrolling the deep waters, waiting for the next victim.

There is a trail of body parts behind Jon on his search for the right training partner. He doesn't discriminate. He is aware that a gamer comes in all shapes and sizes. All ages. You never know when someone will surprise you. You're also never shocked when someone is reduced to rubble.

In a way he's like Forrest Gump, running across the country. Everyone admires and respects what he does, but most people think he's crazy. A few people see the genius in the madness and are just crazy enough to join him. Some stick around. Most make it across a

**"YOU WILL ALWAYS
FIND BIG JON
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BUT SOME, A SPECIAL
FEW, SEEK HIM
OUT LIKE RELIGIOUS
ZEALOTS"**

state or two and fall off. But Forrest just keeps on running.

You will always find Big Jon working out. People will always stand back and admire what he does and most will call him crazy. But some, a special few, seek him out like religious zealots.

For years, Jon searched for this element. He looked around for like-minded

people. Sometimes he drove hours because he heard some guys were doing big things in a warehouse. About one out of 100 such trips turned out to be fruitful. But he learned from every experience. Most importantly, he realized that he had to create his own environment. He knew he had to surround himself with other athletes who were willing to push it at least as far as he was — hopefully further. How could he ever make progress if he was always setting the standard?

Eventually, Jon had a corral of quality training partners. They were spread out around Northern and Central California, and in some cases, the world. Getting them all together at the same time in a central location was nearly impossible. At this point in his career Jon was a professional athlete who had to drive up and down the coast to find good training partners.

So it was no surprise to me when I showed up for one of Jon's infamous Olympic weightlifting workouts and found two eager teenage boys there.

I recognized one of them as Anthony

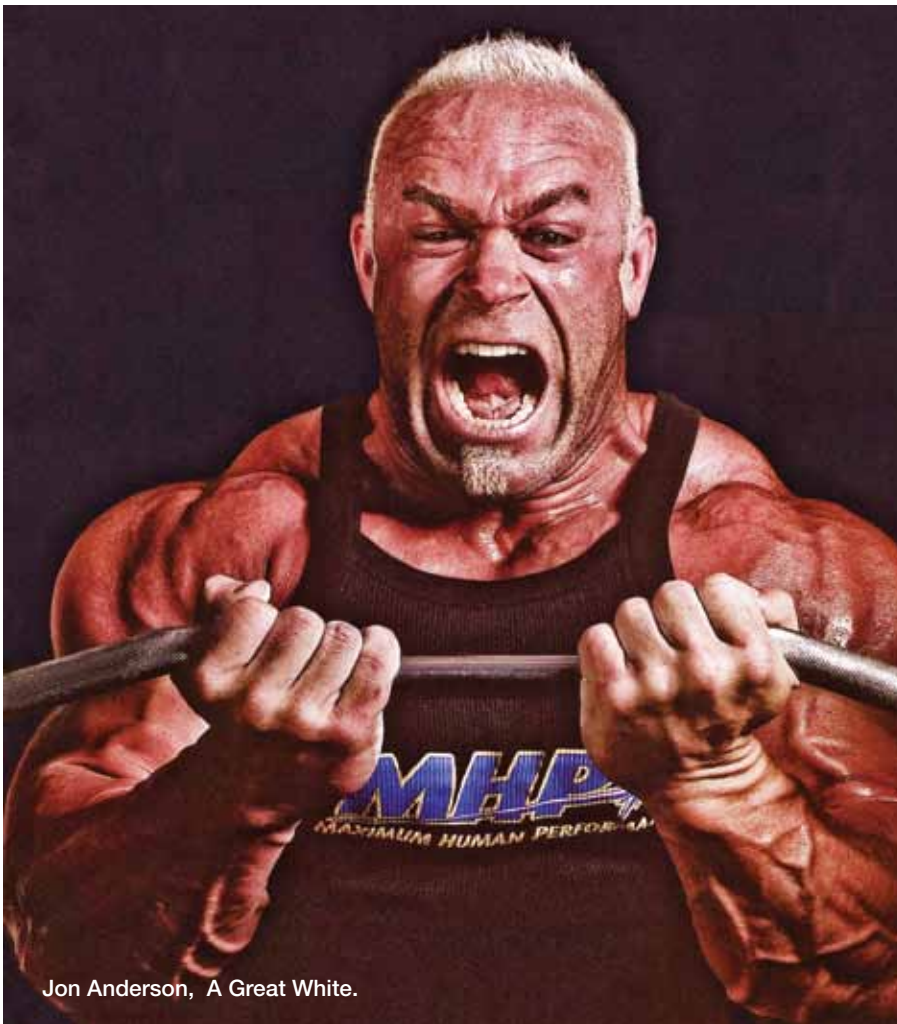
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Jon Anderson, A Great White.

"Kaz" Kosinski, a graduating senior at Marin Catholic High School in Larkspur, Calif. I had worked pre-season with Anthony on his strength and speed. He is a California Sectional Champion wrestler and will attend Cal Berkeley in the fall. With him, is his 16-year-old kid brother. Alex is a lineman at Redwood High School in Corte Madera, Calif. Together they weigh more than 500 lbs., yet neither of them shave yet.

Today's workout: 10x10 power clean and push jerk. While Jon does his set, the boys have to sit in a power-squat position. When he finishes the boys immediately start their set while Jon holds a squat position. Basically what this means is you are doing nearly 20 minutes of continuous work. The only rest you get is from the time the bar leaves your hands until the moment it hits the floor. For Jon, the bar is loaded to 255 lbs. The boys have 135 lbs.

This workout is tricky. It may seem like the cleans are going to get you, but it's really the squat-holds that do you in.

You get to the point where the clean and jerks feel more like rest than the actual "rest" time.

For Jon, a workout like this is a walk in the park. A really dangerous, deserted park next to an insane asylum and a cemetery and a nuclear power plant. But it's a walk he takes almost every day.

The boys, however, have never ventured this far into the abyss.

They each deal with their agony differently. Anthony suffers in silence while his brother shouts and groans as the waves of pain wash over them. But both of them deal with it.

They are working hard, in deep, deep water. Alex's eyes are closed. He has a look of disbelief on his face. But there is no sign of quitting. Anthony is stoic. His face is placid as the sweat pours into his eyes. Wrestlers are always tough.

Jon has found a rhythm. His sets are gaining momentum. He seems to be getting stronger as he gets into deeper water. The boys are hanging on for dear

life, drawing inspiration from Jon. They truly have never seen anything like it.

Around the seventh set Jon runs into trouble. He pulls his pec muscle on the jerk. He's in pain and a little shocked. Confused and unsure the boys start their set. By the time they are done Jon has set his resolve and decided to proceed without the jerks. Suddenly the tables are turned. What was a fairly routine workout for Jon, a workout designed to lure these kids off the beach and into deep water, is now a test of Jon's willpower.

He calls it "the challenge of being a leader." It means that no matter what the situation he has to lead by example. He can no sooner expect a training partner to push past their limits if he isn't willing to do the same, even hurt.

Even young Alex recognizes the power of Jon's leadership. "I know that Jon is going through this with me, alongside me, and that he has gone through it hundreds of times before and survived," he said. "I know I'm gonna get through it one way or another."

Anthony experienced firsthand what this type of training will do for your game. At this year's State Sectionals he was in the best shape of his life, thanks to Jon. "I just had to go out there and wrestle. I never had to worry about being tired." And he loves Jon's training philosophy: "That's when you get better, when you're stretching the limits. That's how every workout is with Jon."

Afterward Jon takes me aside. He admits that he was in deep water toward the end, deeper than he can remember being in a long time. "After my pec went, I wasn't sure I could finish. If those kids weren't here I might not have taken the risk."

Anthony and Alex are stretching. "It's a good thing I ate that giant bowl of pasta last night. I needed the extra energy!"

"That's crazy talk, brother!" Jon is sucking down a protein shake. "Carbs are for the weak!"

How do you get energy for this kind of workout? Don't you need carbs?"

"I haven't eaten a carb in over a decade," laughs Jon.

And you believe it when you see him.

"Tell you what. Come back next week with a notebook and I will tell you all

“IT’S A PRIVILEGE TO TRAIN AT A FACILITY LIKE THIS WITH THE CALIBER OF ATHLETE THAT TRAINS THERE. SO YOU HAVE TO EARN YOUR SPOT. YOU DON’T HAVE TO BE THE BEST OR THE STRONGEST, BUT YOU HAD BETTER COME WITH MOST, IF NOT ALL, OF THE QUALITIES LISTED BELOW. AND YOU HAD BETTER BE TOUGH IF YOU WANT TO TRAIN AT JON ANDERSEN’S STRENGTH COMPOUND”

about deep water dieting.”

Nowadays Jon is tired of running around. He’s a family man now, at a place in his career where people are seeking him out the way he used to search for quality environments. So he cut out the middleman. He found a humble spot about a half a mile from his house in Novato, Calif.

He put your typical gym equipment in there, too. A mono-lift for his powerlifting friends. A competition grade bench press. Olympic weightlifting platforms with Eleiko bars (the Cadillac of bars) for me and my crew. And the cherry on top is the yoke, Conan’s Wheel, stones, etc.

This ain’t your momma’s gym, boy! In fact, the only piece of cardio equipment you will find there, at least for now, is a bar in the squat racks.

And not just anyone can walk in and sign up. You have to be invited. And you have to try out. It’s a privilege to train at a facility like this with the caliber of athlete that trains there. So you have to earn your spot. You don’t have to be the

best or the strongest, but you had better come with most, if not all, of the qualities listed below. And you had better be tough if you want to train at Jon Andersen’s Strength Compound. Because there is a long line of men and women waiting for the same spot if you start to slip.

Here are some of my criteria for a “good training partner.”

- 1. Know the movement.** All of the guts and the talent in the world don’t matter if you think Bulgarian snatch is porn.
- 2. Stay open minded.** You don’t know everything. You probably don’t know much. Keep your ears and eyes open. You might actually learn something.
- 3. Bring a positive attitude.** Nothing will drag a quality workout environment down like a bad attitude. And nothing will salvage a bad workout like a great attitude.
- 4. Be confident.** Nobody wants to train with a pussy.
- 5. Come prepared to work.** Duh. That one’s a no-brainer.

That’s a good start. There are others, like “don’t be a dick” and “be stronger than everyone in the room.” You get the point.

Here are Jon’s criteria

- 1. Accountability.** (This is the big one). Show up and do what you said, or go down trying. Don’t make excuses. Never miss a workout. Be accountable to the spirit of what you are trying to achieve. You have to trust your training partner and he has to trust you – you do that through accountability.
- 2. Durability.** You won’t last long if you aren’t very durable.
- 3. Mental toughness.**
- 4. Heart and desire.** These beat talent every time.
- 5. You’ve got to be crazy.**

Tryouts are this summer. Men and women are welcome. We are also specializing in teen and pre-teen competitive development.

If you think you have what it takes and you’d like to try out for either the powerlifting team or the Strongman team, email Jon at Jon@jatpc.com
If you are interested in trying out for our competitive Olympic weightlifting team, email me at Jasha@jatpc.com. Space is limited. **PM**

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CANADIAN POWER

BY KEN WHETHAM

Canadian beer isn't the only thing that's really strong in Canada. If you listen carefully over the pelting snow and howling wolves, you'll hear the distinct sound of heavy iron being pounded off gym floors across the country.

Jay Nera is one Canadian who pounds heavy iron — with focus, determination and the ferocity of somebody who doesn't just

want to be a good lifter, but the best lifter. Nera is one of Canada's best powerlifters in the raw 220 division, and when I ran into him, we talked about what drives him to want to be the best.

POWER: Where do you live in Canada and what do you do for a living?

NERA: I live in Ottawa, Ontario, where I am co-owner and operator of Dynamo Fit-

ness, the home of Crossfit O-Town and the Dynamo Barbell Club. THEE best gym in the North.

POWER: What are your current rankings and records?

NERA: On Powerlifting Watch's (220-lb.) raw lifter rankings (which do not differentiate between knee wrap and non-knee wrap totals), I have fallen from first to fourth in



a little over a year, thanks to Dan Green, Jeremy Hamilton and Chris Duffin. I hold all off the 100kg records in the CPF (Canadian Powerlifting Federation) a couple in the 110kg class and a RUM deadlift record – but other than those, all of my previous WPC and RUM records have fallen.

POWER: Ouch! How does that make you feel?

NERA: “A man’s greatness can be measured by his enemy.” I am very fortunate that I am a part of what is, in my opinion, the most competitive weight class in raw powerlifting. Andrey Belyaev, Konstantine Pozdeev, Dan Green, Jeremy Hamilton, Sam Byrd, Chris Duffin, Brandon Cass ... I simply can’t list them all, but say my name with any of the aforementioned and I am in good company. The 220 class is made up of the smallest men who can still lift big-man weights. We move the kinds of loads where weight class

doesn’t matter because it’s just damn heavy. We are the “Little Lions.”

POWER: What are your best competition and gym numbers?

NERA: Belt and sleeves, my best competition numbers are 727.5-463-744 and my best gym numbers are 725-475-750.

POWER: How long have you been in the powerlifting game, and what got you interested in the sport?

NERA: I have been powerlifting for almost four years. As soon as I learned of it, I knew it was for me. I was looking for a new discipline and this one just made perfect sense to me. In powerlifting (raw), there are really only two factors, you either improve your technique or you get stronger. The responsibility is solely on your shoulders. There are no politics between you and gravity, just the absolute certainty that the stronger you become the harder gravity will test you because that hunger for more will never end. More, give me more ... powerlifters are gluttons.

POWER: What’s your athletic background?

NERA: I was thrown into a lot of things as a child, gymnastics, diving, tae kwon do and even dancing. At 11, I fell in love with basketball, which I really excelled at because I was a natural leader and one of the fastest kids on the court. Also, it’s a sport you can practice on your own, so I practiced all the time. I also played a little bit of football as a wide receiver. At 19, I walked onto the University of Western Ontario’s football team as a running back, where I bounced around a lot and didn’t get to hit people as much as I would have liked.

After UWO, I decided to test for an ID camp for bobsleigh at a chance to be a brakeman for the 2006 winter Olympics. I was strong, explosive, heavy (230 lbs.) and decently fast, so I went to Calgary to try out. For the most part, it all worked out in my favour and was a great experience.

POWER: Tell us a little bit more about your bobsleigh experience, because that sounds crazy.

NERA: I slid for one year back in 2005-06 for the National Team. I did not compete in the Olympics. I simply wasn’t good enough. I’m fast, but I wasn’t fast enough. I pushed for Lyndon Rush in his early years. The tour is comprised of long days with lots of BS such as polishing runners and walking up racetracks, and your life is on hold for at least half the year because you’re in Europe. The sliding is intense and cannot be replicat-

ed. It was a positive lifetime experience, but at the time it was rough. We crashed in Lake Placid, USA; Konigsee, Germany; Altenberg, Germany; and St. Moritz, Switzerland. We crashed at speeds above 130km/hr, which is no joyride because it doesn’t stop. You keep going down the track blazing fast on your head. It burns your shoulders and hurts your neck. When you’re not crashing, though, what a ride!

I recommend taking a tour bob down a track to anyone who gets the chance. It’s definitely made me a bit of an adrenalin junkie, and lifting scary heavy weights aggressively is one of the few substitutes I’ve found.

POWER: Have you ever considered lifting in gear?

NERA: I’ve competed in gear once, and it was intense. I loved it. My gear was ancient and I felt like a fish out of water, but the squat was especially fun. My body wasn’t used to having that extra 300 lbs. on my back. The squat is pure intensity. My gear was so crappy that after the meet, legend Al Mehan gave me some brand new grid stitched gear. He’s awesome because he didn’t give them out of kindness; he was almost irritated at me for competing with such crappy gear! He’s crazy to share a platform with because Al and his crew are nuts. I would compete at it more, but the majority of the time I train alone so it would be impossible and, also, I like the idea of knowing that I have improved at my discipline and equipment makes that harder to assess.

POWER: What is your most memorable competition and why?

NERA: That’s a toss up between my first RUM competition, where I finally broke the 700-lb. squat barrier and the first WPC Raw World Powerlifting Championships in Russia (with more than 800 entrants) where I shared the platform with guys like Konstantinov, Belyaev and Kisel. At the after party, we were forced to drink glasses of vodka with Kiril Sarychev because we lost a bet on his age, and Misha Koklyaev tried to bash mine and Willie Albert’s heads together because we weren’t Russian.

POWER: Some speculate it’s the Canadian bacon and beer that make you so strong. What do you think?

NERA: Our bacon simply tastes better and makes life in general more enjoyable. Canadian beer has a higher alcohol content than American beer, so it makes us more manly when it comes to playing beer pong or flip cup against Americans. The real trick,





though, is chugging a gallon of maple syrup post-workout. Try it.

POWER: Where do you train? Do you have a coach or training partners?

NERA: I train at Dynamo Barbell. I have a solid cast of training partners: Willie Albert, The Kade Weber Project and Shane Church. Due to timing, I primarily train by myself 90 percent of the time. I don't mind it, and sometimes I actually prefer it. I'm very introverted so I often thrive in solitude. I also like training with others at times because I do miss team sports, and when I'm benching heavy I could definitely use a spot. As for coaching: No. We all learn and bounce ideas off of each other and do our own thing. I'm known for being a little aggressive on the intensity and volume. It's both a strength and a weakness.

POWER: Do you have a particular training protocol that you follow, like Westside, Cube or 5-3-1?

NERA: I have always done my own thing. The principle I hold onto dearest is the SAID principle. If I am going to do something, I have to rationalize why it will be more beneficial than any alternative options. Primarily, I have a Bulgarian attitude toward lifting, stimulus and adaptation. I don't vary the amount of movements I use too often in the same mentality that a samurai doesn't get better from swinging an axe. I don't like to lift below 80 percent and I like to "master" or "dominate" weights and use intuition to moderate the volume. For example, during a training cycle for a competition a few weeks out I might be squatting singles at 95 percent. I will do as many sets as I can until I hit a grind rep. If I do eight sets and it's still moving well, I'll keep going, but if I hit a grind I stop. In the off-season, I'll play with the lighter loads.

POWER: Have you ever suffered any significant injuries during your powerlifting career?

NERA: Yes. My right leg has caused me all types of issues. In the last two-plus years I have not competed at 100 percent. Right now, I am having patellar tracking issues, which forces me to keep my squats light and cry myself to sleep every Tuesday and Saturday night.

POWER: Do you utilize any accommodating resistance like bands or chains in your training?

NERA: I use chains a little for bench press because I'm strong off the chest and weak at the lock out. But for my other lifts, I don't feel that they would be as beneficial for where my sticking points are. I'm not a fan of bands at all. I like the force curves associated with chains, but have never thought highly of bands.

POWER: What would a typical week or training split look like?

NERA: I have always liked training every day but since powerlifting, I have cut it down to six days a week. Generally speaking, Monday, Wednesday and Friday are my upper body pressing days; Tuesday and Saturday are my squatting days; Thursday is my deadlift day. For assistance, I do triceps and shoulders on upper body pressing days and tons of pull-up variations (I love pull-ups). I usually, on lower body days, throw in midsection work randomly throughout the week. I'm the kind of guy who would rather do more sets of the actual lift than finding other assistance exercises to aid the lift.

POWER: Do you follow any specific nutrition plan?

NERA: Broadly speaking, I eat low to moderate-carb Paleo. Everything is centered on getting a healthy dose of protein and

fat with low to moderate carbs. I intuitively moderate carbs depending on how I feel (energy and strength) and look, and how much I weigh. I say "broadly speaking" because I still eat the bread with burgers, I have three protein shakes a day, and I'm a crack head when it comes to BCAAs. I judge foods solely on their nutrient/caloric content. My go-to meals are steak and eggs or bacon and eggs.

POWER: So do you bench press snowmobiles and deadlift dump trucks as part of your training like most Canadians, or would that be considered showing off?

NERA: Far out from a competition I'd love to do stuff like that if it were safe and practical, but I just don't have the implements. I've deadlifted cars and trucks a few times before and I loved it. As far as showing off goes, I'd have to agree with Bruce Lee, who said, "Showing off is a fool's idea of glory."

POWER: How do you prepare mentally for an attempt?

NERA: I treat every lift like a foul shot. I do the same things every time I lift, from the way I set up for the lift to the cues I say in my mind. Repetition is the mother of all skill, and the mind and body are one. Even when I visualize a lift, I repeat the cues and the same routine. The only exception to breaking the process is when I'm squatting a weight that I know is serious and not to be taken casually. At this point, I'll often wind up and smack the bar with my shoulders. Think of it as a racecar revving its engine or a bull pawing at the ground. It's a wake up, a first punch, a commitment and an assertion of future dominance.

POWER: What are some of the changes you've made to your lifting over the years?

NERA: I haven't changed much since I've started powerlifting. I've incorporated a lot more foam rolling and mobility work to aid



APEX

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**WORLD RECORD
PROVEN GEAR**



in recovery/rehab/prehab. I've modified my deadlift technique a little bit (modified after the Fins), moving my feet closer and flaring them, rounding my upper back and tucking my head down. I have a long torso, and this allows me to get my hips closer to the bar. I've also incorporated a lot of modified CAT training into my off-season. I tried it because Sam Byrd convinced me to give it a shot, he knows a little about squatting. I squatted 60 percent eight to 10 sets of five explosive reps (he recommended 5x5, but I don't like easy sessions) in 25 minutes. I tried this twice a week for four weeks. On the fifth week I was lazy and felt like testing my max. I hit 715. At this point, I starting respecting lighter weights a little more, and I realized that for my development I had been grinding slow reps for so long that I needed to focus on my rate of force development.

POWER: Who are some of the lifters you admired when you first started lifting, and now?

NERA: At the start it was Kirk Karwoski, Ed Coan, Doug Furnas, Andrey Belyaev, Konstantine Konstantinov, Sam Byrd. I still respect the same guys, and many more. My competition in the 220 division has a lot of my favourites, Dan Green, Jeremy Hamilton, and especially Konstantin Pozdeev. Pozdeev has an 800kg total in wraps and a belt without his bench. A 400kg squat and a 400kg deadlift ... think about that.

POWER: Do you have any advice for someone entering the powerlifting game?

NERA: This advice goes for anyone trying to accomplish any goal: Embrace the process. Only a man of low self-esteem loses sight of his purpose at the first sign of failure. The mind of a champion looks forward to challenges, expects them and has no sense of entitlement. I feel like I can't answer this question without

using a cliché, so I'm just going to refer everyone to a Ray Lewis inspiration speech video or Al Pacino's "Inches" speech.

POWER: Do you still get excited and amped up when you go to compete at a meet?

NERA: Absolutely. Even when I'm injured, I get excited. The competitive atmosphere excites me. If there's a time to hit a PR, it's at a competition.

POWER: What is your favorite lift and why?

NERA: The squat is the king of all lifts. The deadlift is primal and I love it, guys love to talk about bench pressing and having big arms, but the squat is the only lift that truly elicits that fight or flight response. It's the only one that I get a real rush out of. The weight is literally trying to crush you and, for that moment in time, the world is on your shoulders. It is by far the most extreme of the lifts and requires your entire being to be in the moment.

POWER: What do you do in your spare time when you're not competing or training?

NERA: I'm a pretty old man when it comes to general activities. I work in a high intensity environment where I often feel over stimulated because I'm a fairly introverted person. So I really value my alone time. I am just as obsessed with building my mind as I am with the strength culture. Mike Mentzer said it best: "Man is an indivisible entity, an integrated unit of mind and body." So beyond powerlifting and work, I would say I am an autodidact in philosophy and economics. I can easily spend hours studying. It's just too bad I didn't have the same lust while I was actually in school. I'm not a complete hermit, though. The woman forces me to attend social activities such as dinners, family get-togethers, movies, occasional partying,

more dinners, etc. She just has to drag me sometimes.

POWER: What are your goals for the immediate and distant future?

NERA: Immediate: To get past my injuries. Not-so-distant future: get that all-time raw (no wraps) record at 220.

POWER: Do you think it should be mandatory for all geared lifters to shave their heads and sport some type beard?

NERA: Definitely. If you ever want to get stronger, whether physically or mentally, the secret is to conform. "Strength through unity." Orwell was talking about powerlifting.

POWER: Should it be mandatory for all raw lifters to have long flowing locks like Dan Green and yourself?

NERA: First off, I had the long flowing locks far before Dan Green. He didn't start growing his hair until we had a long discussion about strength training. We were considering all of the training programs and concepts out there; Sheiko, Smolov, basic linear, the conjugate, etc. Then we started discussing historical strength figures to emulate. It came down to Milo and Samson. We decided that raising a baby bull would be too expensive and the process too lengthy, so we opted to get stronger Samson style. And thus, the SAID principle took the back seat to the lovely manes. Sam Byrd and Jeremy Hamilton are jealous of the flow.

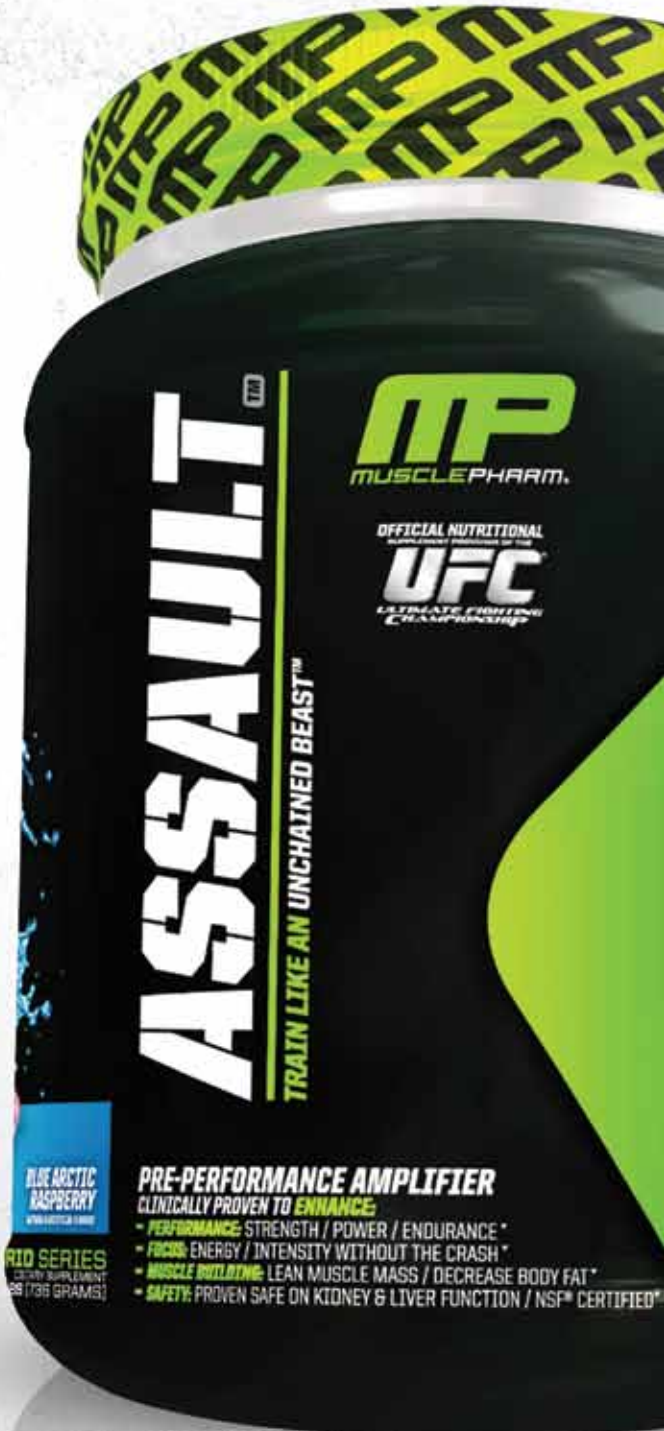
POWER: Is there anyone you would like to thank?

NERA: Bruce McIntyre of the CPF, Eric Talmant, Johnny Vasquez and Dave Bates for their work with RUM and PowerliftingWatch. Jared Daigre of BOAD apparel. The entire 220-lb. weight class and all the judges who keep it real. Anyone who loves powerlifting and doesn't hate on other powerlifters. Power. People who squat to depth. **PM**



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BIG CHILL

BY JESSE BURDICK

I first met Paul Childress 15 years ago in my college gym. I was a pale 180-lb. kid in a tank top in the dead of winter in Buffalo, N.Y., doing a workout right out of the pages of a bodybuilding magazine. Needless to say, I was pretty awesome. When Paul came over to correct me on a form issue and dared to question the magazine's workout routine, I wasn't very receptive. It wasn't until after a few years, a few hospital visits, a move across the country — and realizing that not only was bodybuilding not helping my baseball career, but I wasn't a bodybuilder — that I sought out Paul again.

He was very receptive, welcoming and helpful. This was unexpected, considering the last words I had spoken to him were, "You don't know what you're talking about." Since then he has been a great influence. He is a wealth of training knowledge and strength, and it's my hope that this article will even out my punk-ass, 19-year-old, know-it-all rudeness.

POWER: Give us some history. How and what got you started?

PAUL CHILDRESS: I watched the World's Strongest Man program featuring Don Reinhoudt, who at that time was one of the strongest men on the planet and happened to be from my home town of Buffalo, N.Y. I thought it was incredible. Shortly afterward, I received my first weight set at age 8, which was nothing more than a hollow bar and plastic, concrete filled plates. I benched, squatted and pulled just like the guys on TV, even coming up with exercises I thought would help. Contrary to popular belief, I pioneered the conjugate method before my mentor, Louie Simmons! (Emphasis on the sarcasm.)

POWER: What are your best lifts and what's your competition history?

CHILDRESS: Squat: 1,147 (308), bench: 800 (SHW), deadlift: 821 (308), total: 2,700 (SHW). I started competing at local power meets in high school, with a squat of 505, 315 bench and 505 deadlift in the 198 weight class — raw. Belt only. From then on I was hooked. After my college football career ended at Buffalo State College, I went on to compete in the



local state meets and eventually moved to AAU Nationals in 1996, taking fourth place.

These experiences led me to having the privilege of meeting Louie Simmons and making multiple trips to Columbus, Ohio, to train at Westside Barbell. I started competing in IPA contests, where I placed ninth out of 10 competitors at my first World competition. I learned that it was about being strong as much as it was about being smart.

Louie suggested reading materials and different training philosophies, guiding me to a more promising future. Years later in 2001, at the WPO (RIP) in Orlando, Fla., I took second place at 308, losing on account of body weight. I had squatted 947, benched 600 and pulled 771, all big PRs, which put me on the international scene for the first time. That meet gave me the opportunity to compete at The Arnold Classic, never finishing out of the top three. Most notably in 2003 at the GNC Show of Strength, I won the heavyweight division, having a 10-for-10 day, breaking multiple world records. I totaled 2,500-plus and became the first 308 to break that barrier. In 2005 at the WPO in Chicago, I totaled 2,663 at 308, going eight-for-nine with a world-record squat

of 1,146, 694 bench and 821 deadlift. Work responsibilities took me out of the top for a time, but I have managed to find a great fit and recently totaled 2,700 at SHW.

POWER: What are you doing now?

CHILDRESS: In 2005 I accepted a position as an assistant director of sports performance at the University at Buffalo, where I played a crucial role in the Bulls' 2008 Mid-American Conference Championship in football and first Bowl appearance in 50 years. In addition, I had responsibilities to track and field, baseball and softball. This experience saw multiple All Americans and All Conference athletes, as well as helping three athletes to the NFL – James Starks of the Green Bay Packers who is a Super Bowl Champion, Jamey Richard of the Indianapolis Colts who also appeared in a Super Bowl, and Trevor Scott of the New England Patriots.

In 2011 I moved on to establishing my own business, Absolute Performance, where I continue to train NFL clientele and collegiate athletes, as well as high school and youth athletes. We also provide personal training services, nutritional consultation and rehabilitation services. This gives me the opportunity to help others achieve their fitness and

athletic goals as well as provide me the stability to chase the 3,000 barrier.

POWER: How do you train?

Childress: I follow the true Westside Barbell split, utilizing two max effort days and two dynamic effort days. My training days are as follows – Sunday: max effort upper, Monday: max effort lower, Wednesday: dynamic effort upper, Friday: dynamic effort lower. I took my first trip to Westside Barbell in 1997 and have followed Louie Simmons' philosophy on conjugated periodization ever since.

POWER: Do you have a training crew?

CHILDRESS: Yes. It begins with Joe Dougherty. He has been my main training partner for the last 15 years and also happens to be one of the best 181ers of all time. From there we have a fairly large group of individuals who enter in and out of the group from all walks of life. Bench-only guys, shot-putters, up and coming youth and professional athletes, as well – some among the likes of Tom Schmitt (735 BP), Kris Herbert (750 BP), Gary Larson (745 BP), Sheldon Battle US #4 Shot Put 2005, as well as Trevor Scott and Jamey Richard of the New England Patriots.

POWER: How do you deal with

beginning powerlifters? Advice, guidance?

CHILDRESS: We pretty much throw the young guys in with my group and modify their training to fit what they need to do. We strive to perfect movements (squat, bench and deadlift) before any accommodating residence is added. We train simple and master movements first.

POWER: How do you train athletes from pro to amateur level?

CHILDRESS: We treat pro athletes very similar to high-level lifters. We make things more complicated for them to deal more with performance. The younger guys will have muscular imbalance addressed first and try to fix overall muscular weakness. With the amateur athletes, we look to simply develop a well-rounded athlete.

POWER: Due to your devastatingly good looks, most people don't know that you are a highly regarded mind in strength and conditioning. Can you take us through your education, under the bar education? What has shaped you to be a coach and lifter?

CHILDRESS: I assume you are speaking of my dashing sophisticated appearance. I hold a bachelor's degree in health science and nutrition as well as a master's in exercise science and physical education.

More importantly, I have competed in the powerlifting world for 20 years, my under-the-bar experience has taught me much more than I could ever learn in a classroom. I truly believe that to be a well-rounded strength coach, you need to be educated, but you really need time spent under the bar. Too many young strength coaches rely on book knowledge believing that it is enough to be a strength coach. To be an effective coach, people should train for strength themselves to know what works and what doesn't. In my years of training, through college football to being an elite level lifter, I have been through many different programs — including progressive overload, to HIIT training, to Westside Conjugate Method. The first two worked for a period of time, but the only program that has withstood the test of time is the Westside Conjugate Method.

POWER: You have managed to stay relatively injury free. What has kept you healthy in the gym and on the

platform?

CHILDRESS: When it comes to training, I believe in in-season and off-season training. I don't have to be at 100 percent strength level year-round. My off-season training is spent conditioning and increasing overall general physical preparedness. In-season training is dedicated to developing absolute strength and power. The whole preparatory focus is on meet day and peaking for that day. Only doing two meets a year allows me to maintain that philosophy and stay healthy.

POWER: You mentioned you follow straight-up Westside. Can you tell us

what a typical speed session and cycle would look like for the squat?

CHILDRESS: I'll take you through what I would do for typical meet preparation. We start with a strength/speed face using bands. Two strong (blue), one medium (green) and one light (purple) band. Week one we work up to a squat that is moderately hard — four plates. Week two we work up to a one-rep max. Deload for week three. Second phase has changed over the years but, most recently, we work up to five sets of chains and a set of light bands pulling the bar forward from the bottom of the monolift. This helps us stick with normal percent-

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ages in the 45 to 50 percent range. We deload one more time, then the last phase is circa max. I'll use two blue bands for two weeks, week one working up to something moderately hard, then the last week will be a full one rep max. Throughout the meet cycle I wear squat briefs and a belt. Throughout the year I will wear full gear once in a while but only on maximum effort day.

POWER: Do you use these speed sessions with your newer athletes, raw lifters and athletes who are weak?

CHILDRESS: We certainly do. I believe most athletes have a hard time learning to accelerate and move fast, so we find that speed work is very important for teaching aspects of force development. Part of speed training also includes various forms of jumping using kneeling, box jumping, horizontal jumping and weighted jumps.

POWER: In general, do you use a lot of powerlifting/Westside with many of your athletes and even regular clients?

CHILDRESS: Of course. It's the best way to train.

POWER: You have a nice fat dead-



lift. What do you do for it?

CHILDRESS: For a long time I struggled with the deadlift. When I started powerlifting, deadlifting was not a main focus to the Westside system. We did a lot of box squatting and good mornings. I had to rethink my approach deadlift, training heavy once per month, as well

as speed pulling weekly.

I currently rotate deadlifting variations using deficit, accommodating resistance, rack pulls and the lightened method, more ME days. As for DE day, we pull multiple sets of doubles, varying from straight weight to mini-bands doubled to light bands stretched over the bar. On occasion we add chains but it's more of a hassle, as I typically whack myself in the groin. As for my technique, I am a sumo puller but will pull conventional 25 percent of the time to ensure that there are no weak links in the pull.

POWER: What is the worst and best advice you've ever received?

CHILDRESS: I have been very fortunate to have many great mentors, including Louie Simmons, Buddy Morris, Tom Myslinski and Dave Tate. I can honestly say I haven't received any bad advice.

If I can recall the most memorable piece of advice that still sticks with me today, it's what Louie said to me some time ago: "Get the most out of training, don't let training get the most out of you." **PM**

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POWER: How did it feel to break the all-time 242-lb. raw record?

GREEN: Felt good. That was the first meet I've gone 8/8 going into the last deadlift. That was the best part for me.

POWER: What the hell kind of training are you doing to continue such amazing progress? What's your training week look like?

GREEN: I squat twice each week on Mon. and Wed., bench two or three days and deadlift once on Friday.

POWER: Holy pig cow! I know you said you like to party, but good lord! Are those all full-bore heavy workouts?

GREEN: Yeah, generally not doing any pumping up. Just lifting. I train to beat a large assortment of rep PRs, so there is potential for PRs every workout — if not several times every workout. That way progress is objective and easy to map out.

POWER: Do you go by feel or percentages?

GREEN: Not percentages. Just incremental progression. Small, like 5-10 jumps on bench or more like 15-30 on squats/pulls. And higher reps further out from competition.

POWER: OK, so 650 for 7, then next time 670 or so for 7 or more reps?

GREEN: Yes, kinda like that. But I never go over 5 reps on the main lifts. Further away from meets I still keep the intensity high, just on other exercises that are harder. You call this under-loading, which I have embraced through things like deficit pulls. The way I get PRs, same weight for more reps. More weight for equal reps or equal weight equal reps for more sets. All objective improvements. Gives you the ability to be instinctive but not ridiculous. Or you can be ridiculous. Your choice.

POWER: The Ridiculous Rep Method by Dan Green!
What is a typical Dan Green rep range?

GREEN: My favorite might be four because I probably intended to hit three but just was stronger than anticipated! Usually train between 2-5 reps, I saw it in a video about weightlifting with Mr. Eddy Coan.

POWER: Ed Coan. I think I've heard of him. I think you have the potential to beat his 242 all-time deadlift record. Best of luck to at CAPO in Australia against all those mutants!

ALL TIME HISTORICAL

TOP 50 WORLD RANKINGS: 181 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	935.0	Derek Wilcox (US/87)	4/16/11	Asheville, North Carolina	(SPF)
2	930.0	Michael Carlinian (US/76)	8/22/09	Sharonville, Ohio	(SPF)
3	910.0	Al Caslow (US/80)	8/21/10	Cincinnati, Ohio	(SPF)
4	905.0	Phil Harrington (US/73)	7/29/06	Middletown, Ohio	(APF)
5	859.8	Oleksandr Kutcher (Ukraine/80)	10/22/06	Stuttgart, Germany	(WPC)
6	855.0	Brad Vargason(US/76)	4/29/06	New Castle, Delaware	(APF)
7	854.3	Igor Shestakov (Russia/Canada/69)	3/22/03	Red Deer, Alberta, Canada	(WPC)
8	854.3	Thomas Krawiec (US/82)	3/19/11	Dekalb, Illinois	(APF)
9	848.8	Greg "Spanky" Fields (US/75)	12/2/06	Lake City, Florida	(APF)
10	845.0	Tony Kamand (US/61)	3/28/93	Lancaster, Pennsylvania	(APA/WPA)
11	844.4	Arnold Coleman (US/65)	3/4/05	Columbus, Ohio	(WPO)
12	843.3	Gene Bell (US/56)	4/8/88	Honolulu, Hawaii	(USPF/APF/WPC)
13	837.8	Alexey Sorokin (Russia/85)	11/10/10	Potchefstroom, South Africa	(IPF)
14	836.7	Mike Bridges (US/57)	7/10/82	Dayton, Ohio	(USPF/IPF)
15	815.7	Neville Primich (South Africa/67)	6/22/01	Pretoria, South Africa	(WPC)
16	815.7	Wade Hooper (US/70)	6/14/08	Killeen, Texas	(USAPL/IPF)
17	815.7	Andres "Dre" Vallezza (US/83)	10/13/12	Kennewick, Washington	(UPA)
18	810.2	Brian Tincer (US/70)	5/28/11	New Port Richey, Florida	(APF)
19	810.0	Tony Ramos (US/71)	8/23/08	(Sharonville, Ohio)	(IPA)
20	805.0	Brian Schwab (US/74)	12/11/10	Tampa, Florida	(APF)
21	805.0	Garrett Huffman (US/87)	6/18/11	Gatlinburg, Tennessee	(SPF)
22	804.7	Ron "Lionheart" Palmer (US/73)	5/10/03	Daytona Beach, Florida	(APF)
23	804.7	Mike Danforth (US/69)	3/5/04	Columbus, Ohio	(WPO)
24	804.7	Tyler Tessler (Canada/85)	3/26/05	Okotoks, Alberta, Canada	(WPC)
25	804.7	Tony Runde (US/81)	8/12/06	Dubuque, Iowa	(APF)
26	804.7	Bob Benedix (US/60)	11/2/06	Lake George, New York	(APF/WPC)
27	804.7	Maksim Tomchin (Russia/80)	6/21/08	Riga, Latvia	(WPC)
28	804.7	Stanislav Priakhin (Russia/75)	11/22/08	Palm Beach, Florida	(WPC)
29	804.7	Willie Albert (Canada/80)	5/8/10	Vaudreuil-Dorion, Canada	(WPC)
30	804.7	Mick Manley (US/85)	6/5/10	Chicago, Illinois	(APF/WPC)
31	801.4	Vince Graham (Canada/64)	3/26/05	Okotoks, Alberta, Canada	(WPC)
32	800.0	George Herring (US/59)	3/26/88	Marietta, Georgia	(USPF)
33	800.0	Joe Dougherty (US/65)	4/3/04	Newark, Ohio	(IPA)
34	800.0	Dan Petrillo (US/79)	6/28/09	York, Pennsylvania	(IPA)
35	799.2	Brett "Tadpole" Rapp (US/68)	6/5/05	Detroit, Michigan	(APF/WPC)
36	793.7	Andries Randall (South Africa)	11/9/01	Capetown, South Africa	(WPC)
37	793.7	Sergiy Naleykin (Ukraine/81)	11/12/04	Cape Town, South Africa	(IPF)
38	793.7	Dimitriy Soloviov (Ukraine/70)	3/3/06	Columbus, Ohio	(WPO)
39	793.7	Dmitry Dvornikov (Russia/82)	3/2/06	Ufa, Russia	(IPF)
40	793.7	Aleksandr Romanov (Russia/88)	2/9/07	Chelyabinsk, Russia	(WPC)
41	793.7	Evgeniy Vasyukov (Russia/85)	3/14/09	Vladimir, Russia	(IPF)
42	793.7	Sergey Saransky (Russia/79)	3/14/09	Vladimir, Russia	(IPF)
43	793.7	Andriy Nanyev (Ukraine/84)	11/1/12	Aguadilla, Puerto Rico	(IPF)
44	788.2	Jesse Kellum (US/65)	7/17/88	Columbus, Ohio	(APF/WPC)
45	788.2	Volodymyr Rysev (Ukraine/82)	2/20/10	Kharkov, Ukraine	(IPF)
46	788.2	Igor Muler (Russia/69)	5/28/11	Neryungri, Russia	(IPF)
47	785.0	Charlie Conner (US/89)	3/6/11	Knoxville, Tennessee	(SPF)
48	782.6	Ed Coan (US/63)	7/7/84	Dayton, Ohio	(USPF)
49	782.6	Rick Gaugler (US/54)	12/14/85	Arlington, Texas	(USPF)
50	782.6	Justin Hurley (Great Britain/76)	11/3/06	Lake George, New York	(WPC)

BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	750.0	Jason Fry (US/79)	4/18/09	Columbus, Ohio	(IPA)
2	720.0	Michael Carlinian (US/76)	8/21/11	Covington, Kentucky	(SPF)
3	705.5	Brad Heck (US/81)	6/15/07	Daytona Beach, Florida	(APF/WPC)
4	683.4	Oleg Bazilevich (Ukraine/82)	7/28/07	Krivoy Rog, Ukraine	(WPO)
5	683.4	Chris Dejongh (US/84)	4/21/12	Dubuque, Iowa	(UPA)
6	677.9	Jason Coker (US/75)	3/3/07	Columbus, Ohio	(WPO)
7	677.9	Johnny May (US/67)	5/31/08	Omaha, Nebraska	(APF/WPC)
8	665.0	Jim Kilts (US/72)	2/19/05	ribes Hill, New York	(APF)
9	663.6	Markus Schick (Germany/76)	12/11/04	Mainz, Germany	(IPF)
10	661.4	Sergey Koshkin (Russia/71)	11/3/07	Togliatti, Russia	(WPC)
11	661.4	Sergiy Naleykin (Ukraine/81)	3/26/11	Krivoy Rog, Ukraine	(WPC)
12	661.4	Joe Mazza (US/66)	10/1/11	Yekaterinburg, Russia	(IPA)
13	655.0	Fred Boldt (US/76)	1/27/07	olumbus, Ohio	(APF)
14	650.4	Ryan Wagner (US/87)	3/4/11	Dubuque, Iowa	(UPA)
15	633.8	Tim "Sherman" Hensley (US/81)	7/12/08	Dubuque, Iowa	(UPA)
16	628.3	John Land (US/83)	5/28/11	New Port Richey, Florida	(APF)
17	628.3	Sergiy Kniazev (Russia/76)	3/10/13	Kemerovo, Russia	(IPF)
18	625.0	Brad Vargason (US/76)	4/29/06	New Castle, Delaware	(APF)
19	625.0	Daniel Tinajero (US/87)	4/18/09	Orlando, Florida	(APF)
20	623.9	Adam Mamola (US/78)	7/23/11	Atlantic City, New Jersey	(USAPL/IPF)
21	622.8	Daniel Thurman (US/68)	2/11/12	Elkhorn, Nebraska	(SPF)
22	622.8	Yuki Fukushima (Japan/86)	5/23/12	Pilsen, Czech Republic	(IPF)
23	619.5	Daiki Kodama (Japan/79)	3/2/08	Columbus, Ohio	(IPF)
24	617.3	Vladimir Chadkov (Russia/73)	3/3/07	Columbus, Ohio	(WPO)
25	617.3	Dave Nelson (US/88)	7/11/09	Dubuque, Iowa	(UPA)
26	617.3	Istvan Juhasz (Hungary/74-12)	5/17/12	Bled, Slovenia	(GPC)
27	611.8	James "Priest" Burdette (US/73)	3/4/06	Columbus, Ohio	(WPO)
28	606.3	Don Linerud (US/78)	3/19/11	Missoula, Montana	(WABDL)
29	605.0	Damian Osgood (US/84)	11/3/07	Manchester, New Hampshire	(APF)
30	600.8	Tony Runde (US/81)	1/20/07	Dubuque, Iowa	(APF)
31	600.8	Kalin Chester (US/84)	12/6/08	Jacksonville, Florida	(AAPF)
32	600.8	Corey Evans (Canada/70)	4/4/09	Calgary, Alberta, Canada	(GPC)
33	600.8	Maksim Balakhov (Russia/85)	4/28/12	aint Petersburg, Russia	(IPF)
34	600.8	Askar Shokhanov (Kazakhstan/83)	9/19/12	Almaty, Kazakhstan	(IPF)
35	600.0	Dave Waterman (US/71-12)	3/1/97	Columbus, Ohio	(APF/WPC)
36	595.2	Greg Savino (US/74)	3/6/04	Columbus, Ohio	(WPO)
37	595.2	Yuji Watanabe (Japan/80)	12/3/05	Stockholm, Sweden	(IPF)
38	595.2	Evgeniy Nechaev (Russia/78)	11/3/07	ogliatti, Russia	(WPC)
39	595.2	Garrett Huffman (US/87)	3/2/13	Columbus, Ohio	(XPC)
40	584.2	Jan Wegiera (Poland/65)	7/25/09	Kaohsiung, Chinese Taipei	(IPF)
41	580.0	Dave Kirschen (US/77)	11/19/11	York, Pennsylvania	(IPA)
42	578.7	Angelo Galati (Australia/68)	3/13/10	Melbourne, Australia	(WPC)
43	575.0	Brian Tincer (US/70)	8/21/10	Cincinnati, Ohio	(SPF)
44	573.2	Alexey Vorobiov (Russia/69)	6/8/02	Novgorod, Russia	(IPF)
45	573.2	Arnold Coleman (US/65)	3/4/05	Columbus, Ohio	(WPO)
46	573.2	Janne Poykio (Finland/78)	11/5/05	Helsinki, Finland	(WPO)
47	573.2	Trey Jewett (US/86)	8/5/06	Dallas, Texas	(WABDL)
48	573.2	Igor Kurlov (Russia/78)	7/28/07	Krivoy Rog, Ukraine	(WPO)
49	573.2	Sergiy Konovalov (Russia/87)	2/28/09	Chelyabinsk, Russia	(WPC)
50	573.2	Aleksey Nikulin (Russia/82)	2/25/12	Moscow, Russia	(WPC)

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MEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	793.7	Giovanni Brunazzi (Italy/57)	<6/24/95>	(Landshut, Germany)	(IPF)
2	791.5	Ed Coan (US/63)	7/7/84	Dayton, Ohio	(USPF)
3	788.2	Veli Kumpuniemi (Finland/34)	5/17/80	Zurich, Switzerland	(IPF)
4	782.6	Ron Collins (Great Britain/34)	5/17/80	Zurich, Switzerland	(IPF)
5	771.6	Mike Bridges (US/57)	2/22/81	Findlay, Ohio	(USPF)
6	771.6	Daniele Ghilardi (Italy/71)	11/19/99	Trento, Italy	(IPF)
7	766.1	Rick Gaugler (US/54)	12/1/84	Irving, Texas	(USPF)
8	766.1	Tom Eisman (US/58)	5/10/86	Philadelphia, Pennsylvania	(APF/WPC)
9	760.6	Ivan Shliakhta (Ukraine/81)	6/16/01	Pontreux, France	(IPF)
10	760.6	Oleksandr Kutcher (Ukraine/80)	10/22/06	Stuttgart, Germany	(WPC)
11	755.1	Vladimir Schkirman (Kazakhstan/64)	3/1/92	Moscow, Russia	(IPF)
12	755.1	Roman Szymkowiak (Poland/59)	5/19/95	Moscow, Russia	(IPF)
13	755.1	Mikhail Bulanny (Ukraine/75)	3/11/06	Cherkasy, Ukraine	(IPF)
14	750.5	Vince Anello (US/47)	12/16/73	Bedford, Ohio	(IPF)
15	750.0	Brad Vargason (US/76)	4/29/06	New Castle, Delaware	(APF)
16	749.6	Eddie Coppin (Belgium/60-01)	5/3/87	Birmingham, England	(IPF)
17	749.6	Bill Cavalier (US/45)	3/24/90	Hacienda Heights, California	(USPF)
18	749.6	Jarmo Virtanen (Finland/63)	11/8/85	Espoo, Finland	(IPF)
19	749.6	Dave Carter (Great Britain/63)	12/2/93	Jonkoping, Sweden	(IPF)
20	749.6	Ismo Lappi (Finland/73)	2/28/99	Savonlinna, Finland	(IPF)
21	749.6	Oleg Tchvanov (Russia/79)	3/16/07	Berdsk, Russia	(IPF)
22	749.6	Dan Williams (US/83)	3/5/11	Cleveland, Ohio	(USAPL/IPF)
23	745.2	Tee "Skinny Man" Meyers (US/56)	8/11/07	Manchester, Tennessee	(WABDL)
24	744.1	Vince Keyhea (US/62)	2/13/82	Bay Saint Louis, Mississippi	(USPF/IPF)
25	744.1	Hannu Malinen (Finland/55)	11/13/87	Fredrikstad, Norway	(IPF)
26	744.1	Gene Bell (US/56)	4/8/88	Honolulu, Hawaii	(USPF/APF/WPC)
27	744.1	Ray Benemerito (US/67)	7/16/95	Wilkes-Barre, Pennsylvania	(ADPPA/WDFPF)
28	744.1	David Ricks (US/59)	7/9/00	Chicago, Illinois	(USAPL/IPF)
29	744.1	Seppo Sohلمان (Finland/75)	11/16/01	Sotkamo, Finland	(IPF)
30	744.1	Ruslan Vostrikov (Russia/79)	3/2/06	Ufa, Russia	(IPF)
31	740.0	Daniel Gay (US)	11/15/86	Maui, Hawaii	(APF/WPC)
32	738.5	Kalevi Hedemaki (Finland)	3/14/82	Varkaus, Finland	(IPF)
33	738.5	Claudio Ardini (Italy/53)	7/26/85	London, England	(IPF)
34	738.5	Curtis Payne (US/60)	1/29/89	Oklahoma City, Oklahoma	(USPF)
35	738.5	Andrey Belyaev (Russia/83)	11/7/03	Vejle, Denmark	(IPF)
36	735.2	Sylvester Anderson (US/58)	2/15/89	Long Beach, California	(USPF)
37	734.5	Martin Joyce (US/47)	8/15/76	Arlington, Texas	(AAU)
38	733.0	Jim Grudzien (US/53)	3/13/82	Hacienda Heights, California	(USPF)
39	733.0	Rickey Dale Crain (US/53)	11/3/83	Shawnee, Oklahoma	(USPF)
40	733.0	Oleg Chvanov (Russia/77)	3/4/05	Kazan, Russia	(IPF)
41	733.0	Oleg Turov (Russia/79)	8/11/07	Moscow, Russia	(IPF)
42	733.0	Robert Herring (US/72)	3/7/09	Columbus, Ohio	(USAPL/IPF)
43	733.0	Evgeniy Vasyukov (Russia/85)	9/23/10	Izhevsk, Russia	(IPF)
44	730.0	Dan Austin (US/58)	3/2/02	Stillwater, Oklahoma	(USPF)
45	730.0	Brad Little (US/91)	8/25/12	Cincinnati, Ohio	(SPF)
46	728.6	Vadim Zamornikov (Russia/82)	10/3/03	Syktuykar, Russia	(IPF)
47	727.5	John Topsoglou (US/58)	3/10/85	Lahaina, Hawaii	(USPF/APF/WPC)
48	727.5	Sammy Byron (US)	1/9/88	Lexington, Kentucky	(ADPPA)
49	727.5	Piet Van Haaren (Netherlands/63)	9/27/92	Open Middle Netherlands Championships	(IPF)
50	727.5	Vasyl Kurtyak (Ukraine/61)	11/13/98	Cherkasy, Ukraine	(IPF)

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	2300.0	Michael Cartinian (US/76)	8/21/11	Covington, Kentucky	(SPF)
2	2230.0	Brad Vargason (US/76)	4/29/06	New Castle, Delaware	(APF)
3	2149.5	Oleksandr Kutcher (Ukraine/80)	10/22/06	Stuttgart, Germany	(WPC)
4	2125.0	Al Caslow (US/80)	8/21/10	Cincinnati, Ohio	(SPF)
5	2117.5	Arnold Coleman (US/65)	3/4/05	Columbus, Ohio	(WPO)
6	2110.9	Gene Bell (US/56)	4/8/88	Honolulu, Hawaii	(USPF/APF/WPC)
7	2104.3	Mike Bridges (US/57)	7/10/82	Dayton, Ohio	(USPF/IPF)
8	2072.3	Phil Harrington (US/73)	10/29/05	Chicago, Illinois	(WPO)
9	2060.0	Tony Ramos (US/71)	8/23/08	Sharonville, Ohio	(IPA)
10	2050.0	Derek Wilcox (US/87)	4/16/11	Asheville, North Carolina	(SPF)
11	2026.0	Ed Coan (US/63)	7/7/84	Dayton, Ohio	(USPF)
12	2025.0	Brian Tincher (US/70)	8/21/10	Cincinnati, Ohio	(SPF)
13	2022.7	Evgeniy Vasyukov (Russia/85)	9/23/10	Izhevsk, Russia	(IPF)
14	2017.2	Rick Gaugler (US/54)	12/14/85	Arlington, Texas	(USPF)
15	2017.2	Sergey Bogdanov (Russia/85)	5/12/06	Prostejov, Czech Republic	(IPF)
16	2017.2	Andriy Nanyev (Ukraine/84)	11/1/12	Aguadilla, Puerto Rico	(IPF)
17	2012.8	Kjell Egil Bakkelund (Norway/88)	5/9/13	Pilsen, Czech Republic	(IPF)
18	2006.2	Alexey Sorokin (Russia/85)	11/10/10	Potchefstroom, South Africa	(IPF)
19	2006.2	Volodymyr Rysev (Ukraine/82)	11/1/12	Aguadilla, Puerto Rico	(IPF)
20	2000.7	Ron "Lionheart" Palmer (US/73)	5/10/03	Daytona Beach, Florida	(APF)
21	2000.0	Dan Petrillo (US/79)	6/28/09	York, Pennsylvania	(IPA)
22	1984.2	Andrey Belyaev (Russia/83)	11/7/03	Vejle, Denmark	(IPF)
23	1975.0	Abe Harrod (US/86)	12/18/10	Westerville, Ohio	(APF)
24	1970.0	Joe Dougherty (US/65)	11/18/01	Columbus, Ohio	(IPA)
25	1967.6	Greg "Spanky" Fields (US/75)	12/2/06	Lake City, Florida	(APF)
26	1965.0	Daniel Tinajero (US/87)	2/28/09	Orlando, Florida	(APF)
27	1962.1	Mike Danforth (US/69)	3/5/04	Columbus, Ohio	(WPO)
28	1962.1	Dimitriy Soloviov (Ukraine/70)	3/3/06	Columbus, Ohio	(WPO)
29	1962.1	Jan Wegiera (Poland/65)	5/12/06	Prostejov, Czech Republic	(IPF)
30	1962.1	Sergey Kononov (Russia/87)	2/28/09	Chelyabinsk, Russia	(WPC)
31	1962.1	Sergey Saransky (Russia/79)	3/14/09	Vladimir, Russia	(IPF)
32	1960.0	Jason Fry (US/79)	12/4/11	Cincinnati, Ohio	(SPF)
33	1956.6	Mikhail Bulanny (Ukraine/75)	3/11/06	Cherkasy, Ukraine	(IPF)
34	1956.6	Wade Hooper (US/70)	8/6/10	Aguadilla, Puerto Rico	(USAPL/IPF)
35	1955.0	Garrett Huffman (US/87)	3/11/12	Knoxville, Tennessee	(SPF)
36	1951.1	Daniel Gay (US)	6/29/8	Dayton, Ohio	(APF/WPC)
37	1951.1	Sergiy Naleykin (Ukraine/81)	5/9/03	Sofia, Bulgaria	(IPF)
38	1951.1	Viktor Furashkin (Russia/69)	10/3/03	Syktuykar, Russia	(IPF)
39	1951.1	Dmitry Dvornikov (Russia/82)	3/2/06	Ufa, Russia	(IPF)
40	1951.1	Gennady Eremin (Russia/77)	9/23/10	Izhevsk, Russia	(IPF)
41	1945.6	Stanislav Priakhin (Russia/75)	11/22/08	Palm Beach, Florida	(WPC)
42	1940.1	Igor Shestakov (Russia/Canada/69)	3/22/03	Red Deer, Alberta, Canada	(WPC)
43	1940.1	Willie Albert (Canada/80)	5/8/10	Vaudreuil-Dorion, Canada	(WPC)
44	1940.1	Ilya Khariton (Russia/87)	2/25/12	Chelyabinsk, Russia	(IPF)
45	1935.7	Volodymyr Tykhostup (Ukraine/89)	3/31/12	Kamenets, Ukraine	(IPF)
46	1934.6	Ruslan Vostrikov (Russia/79)	3/2/06	Ufa, Russia	(IPF)
47	1934.6	Johnny May (US/67)	5/31/08	Omaha, Nebraska	(APF/WPC)
48	1934.6	Alexey Ernandes-Ortega (Russia/84)	8/23/08	Berdsk, Russia	(IPF)
49	1929.0	Chris Jenkins (Great Britain/80)	11/22/08	Palm Beach, Florida	(WPC)
50	1929.0	Konstantin Dyashkin (Russia/84)	2/19/11	Berdsk, Russia	(IPF)

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ALL TIME HISTORICAL TOP 50 WORLD RANKINGS: 132 WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	556.7	Nance Greenspan-Avigliano (US/56)	<8/25/02>	(Red Deer, Alberta, Canada)	(APF/WPC)
2	540.0	Amy Weisberger (US/65)	<1/27/07>	(Columbus, Ohio)	(APF)
3	534.6	Inna Filimonova (Russia/76)	<1/21/06>	(Moscow, Russia)	(IPF)
4	529.1	Mary Ellen Jerumbo-Warman (US/58)	<11/9/96>	(Durban, South Africa)	(APF/WPC)
5	519.2	Irina Tatarova (Russia/75)	<3/2/05>	(Kazan, Russia)	(IPF)
6	512.6	Galina Potseluyeva (Russia/80)	<8/25/04>	(Voronezh, Russia)	(IPF)
7	507.1	Marina Medvedeva (Russia/74)	<3/19/10>	(Kursk, Russia)	(WPC)
8	507.1	Anna Ryzhkova (Russia/86)	<2/19/11>	(Berdsk, Russia)	(IPF)
9	501.6	Irina Poletayeva (Russia/82)	<8/23/08>	(Berdsk, Russia)	(IPF)
10	500.0	Jenny Burkey (US/70)	<12/15/07>	(Lake George, New York)	(APF)
11	500.0	Natalie Carr-Harrington (US/83)	<8/20/11>	(Covington, Kentucky)	(SPF)
12	496.0	Eleonora Mahpirova (Kazakhstan/86)	<9/8/07>	(LaGarde, France)	(IPF)
13	490.5	Tatiana Eltsova (Russia/78)	<3/2/06>	(Ufa, Russia)	(IPF)
14	490.5	Margaret Kirkland (US/63)	<6/13/09>	(Palm Beach Gardens, Florida)	(APF/WPC)
15	486.1	Irina Abramova (Russia/74)	<12/2/00>	(Hamm, Luxembourg)	(IPF)
16	485.0	Tatiana Akhmeteva (Ukraine/85)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)
17	479.5	Elena Nikulina (Russia/77)	<3/2/05>	(Kazan, Russia)	(IPF)
18	479.5	Olesya Pokidko (Russia/82)	<3/2/06>	(Ufa, Russia)	(IPF)
19	479.5	Valentina Nelubova (Russia/66)	<3/2/06>	(Ufa, Russia)	(IPF)
20	479.5	Yulia Lukina (Russia/88)	<8/23/08>	(Berdsk, Russia)	(IPF)
21	479.5	Zhanna Ivanova (Ukraine/84)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)
22	474.0	Maria Revva (Russia/77)	<8/25/04>	(Voronezh, Russia)	(IPF)
23	474.0	Sri Hartati (Indonesia/84)	<12/7/11>	(Kobe, Japan)	(IPF)
24	468.5	Elena Fomina (Russia/69)	<3/2/00>	(Syktyikar, Russia)	(IPF)
25	468.5	Dava Matejova (Slovakia/75)	<11/27/04>	(Trencin, Slovakia)	(IPF)
26	468.5	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<11/27/04>	(Trencin, Slovakia)	(IPF)
27	468.5	Mariana Plaksiva (Ukraine/87)	<11/26/05>	(Oroshaza, Hungary)	(IPF)
28	468.5	Anastasia Yakovleva (Russia/83)	<3/2/06>	(Ufa, Russia)	(IPF)
29	468.5	Sari Noviana (Indonesia/84)	<11/10/10>	(Potchefstroom, South Africa)	(IPF)
30	463.0	Beate Amdahl (Norway/69)	<4/9/94>	(National Record)	(IPF)
31	463.0	Nadezhed Malaygina (Uzbekistan/79)	<5/1/03>	(Almaty, Kazakhstan)	(IPF)
32	463.0	Julia Kaufman-Ladewski (US/80)	<6/2/06>	(Las Vegas, Nevada)	(APF/WPC)
33	463.0	Marina Bemova (Russia/81)	<8/19/06>	(Togliatti, Russia)	(WPC)
34	460.0	Jean Forgatsch-Fry (US/86)	<4/13/13>	(Cincinnati, Ohio)	(SPF)
35	457.5	Ruthi Shafer (US/57-10)	<1/30/83>	(Chicago, Illinois)	(USPF)
36	457.5	Mariah Liggett (US/58)	<7/6/91>	(Pittsburgh, Pennsylvania)	(APF/WPC)
37	457.5	Marina Kudinova (Russia/77)	<6/20/97>	(Capetown, South Africa)	(IPF)
38	457.5	Lesya Guminska (Ukraine/80)	<5/31/02>	(Riesa, Germany)	(IPF)
39	457.5	Tatiana Prymenchuk (Ukraine/72)	<11/26/05>	(Oroshaza, Hungary)	(IPF)
40	457.5	Kira Pavlovskaya (Russia/83)	<8/23/08>	(Berdsk, Russia)	(IPF)
41	451.9	Bettina Altizer (US/62)	<4/20/96>	(Wilkes-Barre, Pennsylvania)	(ADFFPA)
42	451.9	Stacy Urso (US/71)	<4/3/04>	(Round Rock, Texas)	(APF)
43	451.9	Lydia Bagina (Russia/78)	<11/2/05>	(Helsinki, Finland)	(WPC)
44	451.9	Gundula von Bachhaus-Fiona (US/Germany/81)	<11/5/08>	(Saint John's, Canada)	(IPF)
45	451.9	Victoria Karlysheva (Russia/93)	<8/31/11>	(Moose Jaw, Canada)	(IPF)
46	451.9	Viktoria Abdulina (Ukraine/67)	<2/24/12>	(Mariupol, Ukraine)	(IPF)
47	451.9	Beth Thomas (US/79)	<10/27/12>	(Columbus, Ohio)	(XPC)
48	451.9	Mervi Rantamaki (Finland/74)	<10/30/12>	(Aguadilla, Puerto Rico)	(IPF)
49	450.0	Abi Grove (US/88)	<4/13/13>	(Cincinnati, Ohio)	(SPF)
50	446.4	Ingeborg Marx (Belgium/70)	<11/29/97>	(Fredrikstad, Norway)	(IPF)

BENCH

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	402.3	Tina Rinehart (US/68)	<3/6/04>	(Columbus, Ohio)	(WPO)
2	375.0	Janet Faraone (US/67)	<6/23/12>	(York, Pennsylvania)	(IPA)
3	374.8	Ludmila Bobchenko (Ukraine/79)	<3/18/09>	(Krivoi Rog, Ukraine)	(WPC)
4	352.7	Tamara Althaus (Germany/76)	<8/7/08>	(Bratislava, Slovakia)	(IPF)
5	352.7	Irina Poletayeva (Russia/82)	<8/23/08>	(Berdsk, Russia)	(IPF)
6	340.0	Amy Weisberger (US/65)	<1/27/07>	(Columbus, Ohio)	(APF)
7	336.2	Valentina Nelubova (Russia/66)	<8/23/05>	(Oriol, Russia)	(IPF)
8	330.7	Gundula von Bachhaus-Fiona (US/Germany/81)	<11/5/08>	(Saint John's, Canada)	(IPF)
9	330.7	Mari Asp (US/Norway/75)	<12/11/10>	(Camp Pendleton, California)	(USPA)
10	330.7	Jennifer Thompson (US/73)	<5/21/11>	(Atlanta, Georgia)	(USAPL/IPF)
11	330.0	Christina Williams (US/66)	<5/30/09>	(Circleville, Ohio)	(UPA)
12	330.0	Abi Grove (US/88)	<4/13/13>	(Cincinnati, Ohio)	(SPF)
13	325.2	Kara Bohigian-Smith (US/75)	<3/15/08>	(Rainbow City, Alabama)	(APF)
14	319.7	Jerri Lynn Lippert (US/73)	<11/16/01>	(Reno, Nevada)	(WABDL)
15	319.7	Yulia Lukina (Russia/88)	<8/11/07>	(Moscow, Russia)	(IPF)
16	319.7	Susse Hougaard (Denmark/84)	<5/26/10>	(Killeen, Texas)	(IPF)
17	314.2	Larisa Vitsievskaja-Soloviova (Ukraine/78)	<11/27/04>	(Trencin, Slovakia)	(IPF)
18	312.0	Anastasia Petrova (Russia/85)	<1/30/13>	(Tyumen, Russia)	(IPF)
19	310.0	Natalie Carr-Harrington (US/83)	<8/20/11>	(Covington, Kentucky)	(SPF)
20	308.6	Rachel Mathias (US/60)	<8/21/94>	(Zionsville, Indiana)	(USPF)
21	308.6	Bettina Altizer (US/62)	<1/31/04>	(Omaha, Nebraska)	(USAPL/IPF)
22	308.6	Galina Potseluyeva (Russia/80)	<8/25/04>	(Voronezh, Russia)	(IPF)
23	308.6	Maria Revva (Russia/77)	<3/2/05>	(Kazan, Russia)	(IPF)
24	308.6	Tatiana Eltsova (Russia/78)	<3/2/06>	(Ufa, Russia)	(IPF)
25	308.6	Marina Medvedeva (Russia/74)	<3/19/10>	(Kursk, Russia)	(WPC)
26	308.6	Sri Hartati (Indonesia/84)	<12/7/11>	(Kobe, Japan)	(IPF)
27	308.6	Anna Ryzhkova (Russia/86)	<2/25/12>	(Chelyabinsk, Russia)	(IPF)
28	303.1	Jennifer Robertson (US/80)	<9/11/04>	(Killeen, Texas)	(USAPL)
29	303.1	Irina Tatarova (Russia/75)	<11/27/04>	(Trencin, Slovakia)	(IPF)
30	303.1	Kateryna Klymenko (Ukraine/85)	<2/23/07>	(Kolomyia, Ukraine)	(IPF)
31	302.5	Anna Blakely (US)	<12/11/93>	(Port Charlotte, Florida)	(APANWA)
32	300.9	Jennifer Thompson (US/73)	<3/2/12>	(Columbus, Ohio)	(USAPL/IPF)
33	297.6	Maki Wada (Japan/68)	<12/6/02>	(Hamm, Luxembourg)	(IPF)
34	297.6	Yula Tachitskaya-Schitskaja-Zhytskaya (Belorussia/78)	<8/8/03>	(Lviv, Ukraine)	(IPF)
35	297.6	Tatiana Prymenchuk (Ukraine/72)	<3/3/05>	(Mariupol, Ukraine)	(IPF)
36	297.6	Mayumi Kitamura (Japan/67)	<11/8/06>	(Stavanger, Norway)	(IPF)
37	292.1	Dava Matejova (Slovakia/75)	<11/27/04>	(Trencin, Slovakia)	(IPF)
38	292.1	Natalia Igoshcheva (Russia/81)	<12/3/05>	(Stockholm, Sweden)	(IPF)
39	292.1	Kristine Hanssen Tutta (Norway/89)	<8/31/10>	(Czech Republic, Plisen)	(IPF)
40	292.1	Natalie Sines (US/72)	<3/19/11>	(Romulus, Michigan)	(APF)
41	290.0	Bianca Stone (US/64)	<12/6/08>	(Murfreesboro, Tennessee)	(SPF)
42	288.8	Dagmar Liptakova (Slovakia/76)	<9/6/10>	(Prague, Czech Republic)	(GPC)
43	287.7	Mariya Dubenskaya (Russia/88)	<5/26/11>	(Soelden, Austria)	(IPF)
44	286.6	Elena Fomina (Russia/69)	<12/8/00>	(Frydek-Mistek, Czech Republic)	(IPF)
45	286.6	Angela Geut (Belorussia/69)	<9/23/05>	(Mosonmagyaróvár, Hungary)	(IPF)
46	286.6	Eva Nikander-Rantanen (Finland/67)	<12/3/05>	(Stockholm, Sweden)	(IPF)
47	286.6	Nigar Mekhtieva (Ukraine/84)	<5/26/06>	(Miskolc, Hungary)	(IPF)
48	286.6	Jalena Bennett (US/84)	<5/30/08>	(Omaha, Nebraska)	(APF/WPC)
49	286.6	Erica Bueno (Brazil/80)	<11/5/08>	(Saint John's, Canada)	(IPF)
50	286.6	Amalia Perez (Mexico/80)	<10/10/09>	(Acapulco, Mexico)	(IPF)

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First woman to bench press triple bodyweight.

First woman to squat quadruple bodyweight.

Done without a bench shirt

Done without a bench shirt

WOMEN'S POWERLIFTING

DEADLIFT

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	518.1	Maria Revva (Russia/77)	<8/25/04>	(Voronezh, Russia)	(IPF)
2	501.6	Larisa Vitsievskaia-Soloviova (Ukraine/78)	<11/27/04>	(Trencin, Slovakia)	(IPF)
3	490.5	Irina Abramova (Russia/74)	<5/21/99>	(Thisted, Denmark)	(IPF)
4	485.0	Mariah Liggett (US/58)	<11/25/88>	(Johannesburg, South Africa)	(APF/WPC)
5	485.0	Sari Noviana (Indonesia/84)	<11/5/08>	(Saint John's, Canada)	(IPF)
6	480.6	Birgit Fischer (Germany/63)	<9/7/01>	(Chemnitz, Germany)	(IPF)
7	479.5	Ruthi Shafer (US/57-10)	<1/30/83>	(Chicago, Illinois)	(USPF)
8	479.5	Irina Tatarova (Russia/75)	<11/27/04>	(Trencin, Slovakia)	(IPF)
9	474.0	Amy Weisberger (US/65)	<2/23/02>	(Columbus, Ohio)	(WPO)
10	474.0	Svetlana Bochko (Russia/63)	<2/26/03>	(Kazan, Russia)	(IPF)
11	470.7	Ingeborg Marx (Belgium/70)	<11/29/97>	(Fredrikstad, Norway)	(IPF)
12	463.0	Alice Kargl (Germany/56)	<5/31/87>	(Perth, Australia)	(IPF)
13	463.0	Heini Laitinen-Toivanen (Finland/67)	<2/27/99>	(Savonlinna, Finland)	(IPF)
14	463.0	Nance Greenspan-Avigliano (US/56)	<6/14/02>	(York, Pennsylvania)	(APF/WPC)
15	463.0	Aigul Gaifulina (Kazakhstan/79)	<5/1/03>	(Almaty, Kazakhstan)	(IPF)
16	463.0	Stacy Urso (US/71)	<10/25/03>	(Plano, Texas)	(APF)
17	463.0	Svetlana Poplavskaya (Ukraine/66)	<3/3/04>	(Kolomya, Ukraine)	(IPF)
18	463.0	Nadezhed Malyugina (Uzbekistan/79)	<11/8/06>	(Stavanger, Norway)	(IPF)
19	463.0	Yulia Lukina (Russia/88)	<3/16/07>	(Berdsk, Russia)	(IPF)
20	463.0	Kira Pavlovskaya (Russia/83)	<8/11/07>	(Moscow, Russia)	(IPF)
21	463.0	Hsiao-Li Hsu (Chinese Taipei/81)	<10/17/07>	(Soelden, Austria)	(IPF)
22	460.0	Denise Johnson (US)	<11/22/83>	(Salem, Oregon)	(NSM)
23	460.0	Diane Frantz (US/37)	<4/18/87>	(Naperville, Illinois)	(APF/WPC)
24	457.5	Vicky Steenrod (US/49)	<5/31/87>	(Perth, Australia)	(USPF/IPF)
25	457.5	Inna Filimonova (Russia/76)	<1/21/06>	(Moscow, Russia)	(IPF)
26	457.5	Tatiana Eltsova (Russia/78)	<3/2/06>	(Ufa, Russia)	(IPF)
27	457.5	Chien-Yu Chou (Chinese Taipei/82)	<5/3/07>	(Kaohsiung, Chinese Taipei)	(IPF)
28	455.0	Carrie Boudreau (US/67)	<5/17/97>	(Taunton, Massachusetts)	(AAU)
29	451.9	Joy Burt-Forsy (Canada/57)	<4/4/97>	(Cornerbrook, Newfoundland)	(IPF)
30	451.9	Pirjo Savola (Finland/68)	<9/22/01>	(Laukaa, Finland)	(IPF)
31	451.9	Valida Iskandarova (Kazakhstan/74)	<5/24/03>	(Chicago, Illinois)	(IPF)
32	451.9	Monique Hayes-Jackson (US/71)	<2/11/06>	(Denver, Colorado)	(USAPL/IPF)
33	451.9	Irina Poletayeva (Russia/82)	<3/2/06>	(Ufa, Russia)	(IPF)
34	446.4	Elena Fomina (Russia/69)	<3/2/01>	(Saint Petersburg, Russia)	(IPF)
35	446.4	Paivi Haapoja (Finland/65)	<5/24/03>	(Chicago, Illinois)	(IPF)
36	446.4	Valentina Nelubova (Russia/66)	<11/26/05>	(Orshaza, Hungary)	(IPF)
37	446.4	Margaret Kirkland (US/63)	<12/1/07>	(Jacksonville, Florida)	(AAPF)
38	446.4	Mariana Plaksiva (Ukraine/87)	<2/20/10>	(Kharkov, Ukraine)	(IPF)
39	446.4	Marina Medvedeva (Russia/74)	<3/19/10>	(Kursk, Russia)	(WPC)
40	446.4	Adriana Cuta (Venezuela/86)	<8/18/11>	(Buenos Aires, Argentina)	(IPF)
41	440.9	R. Matte (US)	<5/7/83>	(Monroe, Louisiana)	(USPF)
42	440.9	Cathy Millen (New Zealand/67)	<12/3/88>	(New Zealand National Championships)	(IPF)
43	440.9	Isabel Garcia (Spain/66)	<3/19/95>	(Tomelloso, Spain)	(IPF)
44	440.9	Vanessa Schwenker-Ware (US/63)	<5/31/96>	(Atlanta, Georgia)	(APF/WPC)
45	440.9	Marina Kudinova (Russia/77)	<6/20/97>	(Capetown, South Africa)	(IPF)
46	440.9	Vanessa Gibson (Great Britain/69)	<7/5/97>	(Derby, England)	(WPC)
47	440.9	Diana Sidorova (Russia/75)	<3/2/01>	(Saint Petersburg, Russia)	(IPF)
48	440.9	Taylor Young (Australia/55)	<8/4/02>	(Queensland, Australia)	(WPC)
49	440.9	Laura Locatelli (Italy/57)	<11/30/02>	(Laukaa, Finland)	(IPF)
50	440.9	Natalia Barbina (Russia/83)	<9/10/03>	(Koscian, Poland)	(IPF)

TOTAL

RANK	LBS.	ATHLETE	DATE	LOCATION	FEDERATION
1	1333.8	Amy Weisberger (US/65)	<3/2/07>	(Columbus, Ohio)	(WPO)
2	1289.7	Irina Poletayeva (Russia/82)	<8/23/08>	(Berdsk, Russia)	(IPF)
3	1285.3	Irina Tatarova (Russia/75)	<3/2/05>	(Kazan, Russia)	(IPF)
4	1284.2	Maria Revva (Russia/77)	<8/25/04>	(Voronezh, Russia)	(IPF)
5	1284.2	Larisa Vitsievskaia-Soloviova (Ukraine/78)	<11/27/04>	(Trencin, Slovakia)	(IPF)
6	1262.1	Marina Medvedeva (Russia/74)	<3/19/10>	(Kursk, Russia)	(WPC)
7	1256.6	Inna Filimonova (Russia/76)	<1/21/06>	(Moscow, Russia)	(IPF)
8	1256.6	Tatiana Eltsova (Russia/78)	<3/2/06>	(Ufa, Russia)	(IPF)
9	1245.6	Valentina Nelubova (Russia/66)	<11/26/05>	(Orshaza, Hungary)	(IPF)
10	1240.1	Yulia Lukina (Russia/88)	<3/16/07>	(Berdsk, Russia)	(IPF)
11	1234.6	Nance Greenspan-Avigliano (US/56)	<8/25/02>	(Red Deer, Alberta, Canada)	(APF/WPC)
12	1229.1	Galina Potseluyeva (Russia/80)	<8/25/04>	(Voronezh, Russia)	(IPF)
13	1223.6	Gundula von Bachhaus-Fiona (US/Germany/81)	<11/5/08>	(Saint John's, Canada)	(IPF)
14	1219.2	Irina Abramova (Russia/74)	<12/2/00>	(Hamm, Luxembourg)	(IPF)
15	1218.1	Anna Ryzhkova (Russia/86)	<2/25/12>	(Chelyabinsk, Russia)	(IPF)
16	1212.5	Sri Hartati (Indonesia/84)	<12/7/11>	(Kobe, Japan)	(IPF)
17	1210.0	Natalie Carr-Harrington (US/83)	<8/20/11>	(Covington, Kentucky)	(SPF)
18	1201.5	Sari Noviana (Indonesia/84)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)
19	1201.5	Tatiana Akhmetmeteva (Ukraine/85)	<11/10/10>	(Potchefstroom, South Africa)	(IPF)
20	1196.0	Mary Ellen Jerumbo-Warman (US/58)	<11/9/96>	(Durban, South Africa)	(APF/WPC)
21	1190.5	Elena Fomina (Russia/69)	<3/2/01>	(Saint Petersburg, Russia)	(IPF)
22	1190.5	Kira Pavlovskaya (Russia/83)	<8/23/08>	(Berdsk, Russia)	(IPF)
23	1190.0	Abi Grove (US/88)	<4/13/13>	(Cincinnati, Ohio)	(SPF)
24	1179.5	Margaret Kirkland (US/63)	<12/1/07>	(Jacksonville, Florida)	(AAPF)
25	1174.0	Mariah Liggett (US/58)	<7/16/88>	(Columbus, Ohio)	(APF/WPC)
26	1168.4	Tatiana Prymchuk (Ukraine/72)	<3/3/05>	(Mariupol, Ukraine)	(IPF)
27	1168.4	Nadezhed Malyugina (Uzbekistan/79)	<11/8/06>	(Stavanger, Norway)	(IPF)
28	1168.4	Eleonora Mahirova (Kazakhstan/86)	<9/8/07>	(LaGarde, France)	(IPF)
29	1159.6	Ingeborg Marx (Belgium/70)	<11/29/97>	(Fredrikstad, Norway)	(IPF)
30	1157.4	Dava Matejova (Slovakia/75)	<11/27/04>	(Trencin, Slovakia)	(IPF)
31	1157.4	Zhanna Ivanova (Ukraine/84)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)
32	1151.9	Marina Kudinova (Russia/77)	<6/20/97>	(Capetown, South Africa)	(IPF)
33	1151.9	Anastasia Yakovleva (Russia/83)	<3/2/06>	(Ufa, Russia)	(IPF)
34	1151.9	Jennifer Thompson (US/73)	<5/21/11>	(Atlanta, Georgia)	(USAPL/IPF)
35	1146.4	Ruthi Shafer (US/57-10)	<1/30/83>	(Chicago, Illinois)	(USPF)
36	1146.4	Elena Nikulina (Russia/77)	<3/2/06>	(Ufa, Russia)	(IPF)
37	1140.9	Aigul Gaifulina (Kazakhstan/79)	<5/1/03>	(Almaty, Kazakhstan)	(IPF)
38	1135.4	Svetlana Poplavskaya (Ukraine/66)	<3/3/04>	(Kolomya, Ukraine)	(IPF)
39	1129.9	Vanessa Gibson (Great Britain/69)	<7/5/97>	(Derby, England)	(WPC)
40	1129.9	Lesya Guminska (Ukraine/80)	<5/31/02>	(Riesa, Germany)	(IPF)
41	1129.9	Valida Iskandarova (Kazakhstan/74)	<5/24/03>	(Chicago, Illinois)	(IPF)
42	1129.9	Hsiao-Li Hsu (Chinese Taipei/81)	<10/17/07>	(Soelden, Austria)	(IPF)
43	1129.9	Chien-Yu Chou (Chinese Taipei/82)	<7/25/09>	(Kaohsiung, Chinese Taipei)	(IPF)
44	1124.4	Vanessa Schwenker-Ware (US/63)	<5/31/96>	(Atlanta, Georgia)	(APF/WPC)
45	1124.4	Svetlana Bochko (Russia/63)	<2/26/03>	(Kazan, Russia)	(IPF)
46	1124.4	Natalia Barbina (Russia/83)	<9/10/03>	(Koscian, Poland)	(IPF)
47	1124.4	Kateryna Klymenko (Ukraine/85)	<2/23/07>	(Kolomya, Ukraine)	(IPF)
48	1121.1	Anastasia Petrova (Russia/85)	<2/25/12>	(Chelyabinsk, Russia)	(IPF)
49	1118.8	Bettina Altizer (US/62)	<5/24/03>	(Chicago, Illinois)	(USAPL/IPF)
50	1118.8	Viktoria Abdulina (Ukraine/67)	<2/24/12>	(Mariupol, Ukraine)	(IPF)

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LIVING THE CODE AS A STRENGTH COACH

BY ZACH EVEN-ESH



I get asked questions every day about what it takes to run your own warehouse gym while training athletes. I get questions about marketing, business plans, building a website, connecting with coaches and the like.

Many strength coaches tell me that they are reading my Power articles, so I wanted to share some real-world experiences to help you move in the right direction.

Rarely, amongst all of these business

questions, are there questions relating to the training aspect.

“Hey, who designed your website?”

“Who designed your logo?”

What ever happened to the most important question of all: “How can I help people get stronger?”

Aspiring coaches and even working strength coaches have lost sight of what is No. 1: giving the athletes you train everything you’ve got, and then some.

Back when I started training athletes, I

didn’t even have a website.

I began training athletes from my parents’ garage, their backyard and the local playground where teenagers hung around to smoke cigarettes and make out with each other. I used that park because the big, beautiful, local park had park rangers and they kicked me out of there for training with Kettlebells. Back then, the general public had no clue what a Kettlebell was.

When I started my first “real gym,”

“WHEN I STARTED MY FIRST “REAL GYM,” IT WAS IN THE TWO-CAR GARAGE OF THE RUNDOWN HOME MY FIANCÉE AND I BOUGHT. THE HOUSE WAS SUCH A HOLE THAT IT TOOK A YEAR BEFORE WE COULD EVEN MOVE IN. I TOOK MY PROFITS FROM TRAINING ATHLETES TO GET THE GARAGE FIXED UP FIRST”

it was in the two-car garage of the rundown home my fiancée and I bought. The house was such a hole that it took a year before we could even move in. I took my profits from training athletes to get the garage fixed up first.

I would use my garage, the backyard and, again, the local playground to train athletes. Every weekend, I had to clean the backyard because the local stray cat would leave me presents like dead mice, dead birds and crap on the porch or lawn.

My climbing rope was from Home Depot and I had to throw it over a high tree branch. I almost lost my eye throwing the chain over the branch so I could lock down the rope. I kept my operation on the DL because I had researched that it was illegal to operate a home-based business unless your home is classified as a residential business.

One sunny weekend day, while training athletes at the local elementary school field, an undercover cop car pulled up. I thought I was going to get arrested for training people out of my house and on school property. I thought my athletes were going to watch me get handcuffed. Luckily, when the cops asked me what I was doing, I wiggled my way out of any problems when I told them I was a teacher in town.

That was long ago, though, and times have changed since those early days of



my business. Yes, you do need to be able to connect with coaches and parents, and get your name out there. But you need to do this in an ethical manner, and training athletes is not easy.

Today, it's easier than ever to open a small warehouse and find affordable equipment. But most coaches don't want their athletes training outside of their weight room. Even the football coach who hasn't won a football game in five years will demand that his athletes train in-house.

Yes, you can open up shop, but can you thrive in this crowded market with the cards stacked against you? The bottom-line answer: Hells yeah. You can

thrive, but I'll tell you this: It will require some serious work earning both a training knowledge sense and a business sense.

TIPS FOR ASPIRING COACHES (AND EVERYONE ELSE)

Don't go big ... at first. I recommend training people and building your clientele before you even think about renting a location. If this means training from your garage, local parks, etc., then do it. If you have the guts and motivation to train people and give them a kick-ass experience without a gym and without the perfect environment, then there is a strong chance you will make it. Re-

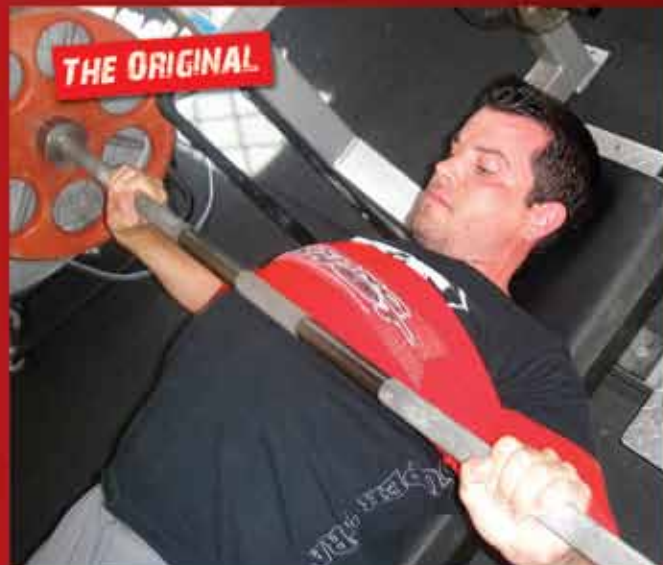
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member, I started in my backyard and then moved to my two-car garage. Joe DeFranco started in a 400-square-foot storage closet inside of a racquet and fitness center.

Choose your niche and train the type of people you really want to work with. The beauty behind starting small, in a garage or outdoors, is that you can be a little picky about who you train. When you go big and have a lot of overhead expenses, you begin to lose your integrity and may start to make questionable decisions, like training anyone and everyone just to cover costs.

When I started training, I trained only wrestlers. I loved it. I was a fulltime teacher and knew exactly who and what personality traits I wanted to work with. And it wasn't someone who wanted to fit into a smaller pair of jeans or a bath-

**“RESULTS COUNT.
BIG TIME. ONE OF THE
BIGGEST FACTORS
THAT HELPS YOU
GROW AS A COACH
AND GYM OWNER
IS THE FACT THAT
YOU DELIVER
AMAZING RESULTS”**

ing suit. I wanted it to be like Rocky IV, where the athletes I was working with had the eye of the tiger.

On the flip side, there are plenty of adults who enjoy this style of training, as well. But my mission was clear: I wanted

to help athletes dominate. I wanted to help weak wrestlers avoid the pain of embarrassment from losing in front of large crowds of friends and family.

That being said ...

Have a mission, and stand for something that truly is from your heart. Don't be a pretender and/or a copycat. There is no integrity in that. Don't be a clone of everyone else. Who do you want to help – and, even more so, who do you want to help so badly that you can truly change their life? Commit to these people, find 100 ways to connect with them and go above and beyond what it takes to show them that you're the real deal.

Why do I say that you need to find 100 ways to connect with them? When I am asked about the one thing I do to grow my Underground Strength Gym, I answer that I don't do one thing, I do

"I LIVE, BREATHE AND BLEED BEING A "MAD SCIENTIST STRENGTH COACH" TO HELP THE ATHLETES ACHIEVE THEIR GOALS — AND THEN SOME"

a ton of things. Some methods work in one area and not the next. Some are successful the first time but not the next. When I find things that work, I stick with them. And if they don't turn out, I am doing 100 other things to connect with the people I want to train.

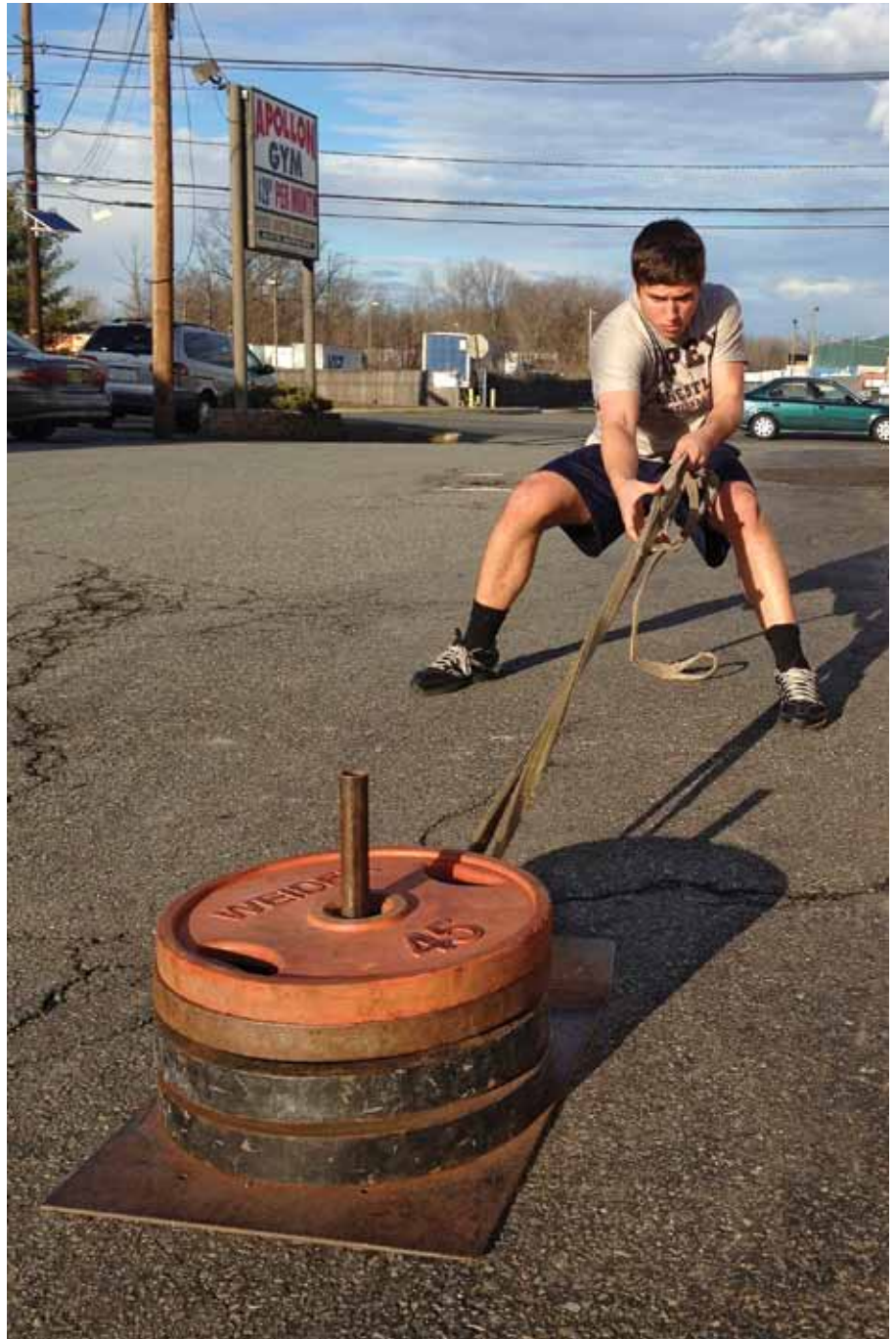
If someone doesn't want to work with you, don't sweat it and move on. Don't waste your time or energy on the close-minded people who are too arrogant and don't truly care enough to want to learn from you and become better.

Results count. Big time. One of the biggest factors that helps you grow as a coach and gym owner is the fact that you deliver amazing results. In the world of saturated coaches, when a parent sees that Johnny just started training with you one month ago and is beating up their little angel who has been training elsewhere for over a year, that says something powerful.

Results are the truth. They deliver what and who you are about.

Stop looking at everyone else. Are you a clone? Are you a robot? Do you bow down and do what the "other coaches" are doing? Seriously, step up and have pride in yourself, your family and your business. Be you. Period. Copying others makes you a duplicate and has no integrity.

When I began training athletes from backyards and playgrounds using stones, tractor tires, sandbags and homemade equipment, people made fun of me left and right. Yep. They laughed at me. My confidence in what I was doing for the athletes I trained gave me a strong sense of pride. I challenged anyone to train a wrestler and pit them against our Underground-trained wrestlers.



I believed. Today, more so than ever, I believe to an even greater degree. I live, breathe and bleed being a "mad scientist strength coach" to help the athletes achieve their goals — and then some. People can smell your passion a mile away. People are attracted to good energy and committed coaches. When you look at everyone else, you are no longer special. You are no longer you. Step up with integrity and build your own following.

TIPS FOR EXISTING COACHES

The tips above apply to everyone,

not just aspiring coaches. Don't brush them off just because you've been running your own show for a while now. It's always good to give yourself a look in the mirror and ask yourself if you are truly being you.

Pursue excellence. Greg Glassman has said this many times, and man do I love this advice. Keep getting better and better at your craft. Period. I've been training since 1989 and have a lot of knowledge, but every time I attend a seminar I look to learn one new thing. I always walk away learning more, but the bottom line is that my learning never

ends. My mission to give to my athletes is too big to allow me to kick back and think, "Oh yeah, baby, I'm good enough."

Marketing mayhem. Do this and don't do that. Train like this and never train like that. If someone needs one-on-one training, give it to them. If they need group coaching, do that. If someone needs mental toughness, then give them exactly what they need.

If you want to show case what you do and who you are, then show proof with testimonials and success stories in the form of video, photos and real-world truth. If your website is over-hyped, you will attract the type of clients you deserve, which is people who want hyped-up fads and gimmicks. These types of people won't be the type of people who respect hard work, sweat and being uncomfortable to achieve success.

SOME FINAL TRUTH

Training athletes is tougher today than ever before. Athletes are distracted by countless things, beyond technology. Their coaches control them. Parents need to be educated so they're not training at Jim Bob's Gym for 50 bucks

"IF YOU WANT TO SHOW CASE WHAT YOU DO AND WHO YOU ARE, THEN SHOW PROOF WITH TESTIMONIALS AND SUCCESS STORIES IN THE FORM OF VIDEO, PHOTOS AND REAL-WORLD TRUTH"

a month just because it's cheaper. And, of critical importance, kids and parents need to be trained in mental toughness and commitment.

When life gets tough, schedules get busy. And even when high school sports end, the training should not stop. You want to teach athletes to train for life. You want parents to stay tough when schedules get crazy. You want kids to be

hungry to train year round, not just in the off season.

If you train athletes, make sure you train adults, as well, to balance out the erratic schedule of competitors as well as the many barriers that slow you down from connecting with athletes.

Momentum is key. Once you get a few athletes and their results start to shine, other people take notice and word will spread. Don't change who you are or pretend to be something you're not as a coach. If you're a hard charger and believe in a certain philosophy of training, then stick to it and prove to everyone that it works.

Being a strength coach is a serious job. Give the athletes all of your heart, and more. I always tell other coaches: On a scale of 1 to 10, give your athletes 20. If you don't have the passion and desire to do so, then you're in the wrong place. **PM**

Zach Even-Esh is founder of The Underground Strength Gym and creator of The Underground Strength Coach certification. For more information, visit www.UndergroundStrength.org or www.ZachEven-Esh.com.

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CONGRATULATIONS



Dan Green



Eric Spoto



Tiny Meeker

Congratulations to Dan Green, Eric Spoto and Tiny Meeker! Dan Green decided to not cut weight; he weighed in big and went big by smashing the all-time 242-lb. world record at the Super Training meet in May 2013. Dan's insane numbers broke down like this: 826-lb. squat, 518-lb. bench and an 815-lb. deadlift for a 2,160-lb. total.

In the same meet the 321-lb. "Vanilla Gorilla" Eric Spoto drilled the all-time biggest raw bench with 722 lbs. Eric is the real deal and a world record holder after just three powerlifting meets.

A few weeks earlier in his relentless pursuit of the all-time geared bench record, Tiny Meeker finally made his dreams come true by hitting a 1,076-lb. bench.

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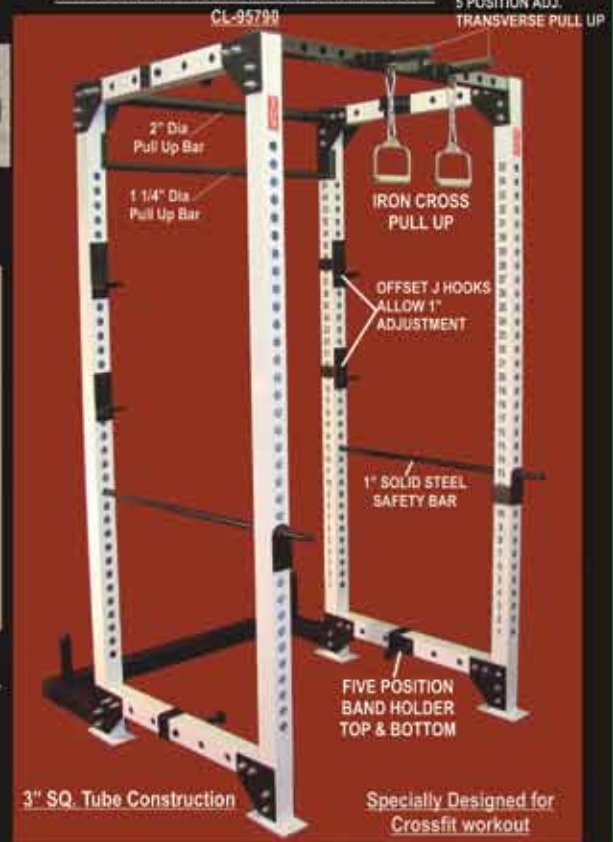


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