

RAW LIFTING ALL-TIME TOP 20 RANKINGS: SHW

POWER

NOVEMBER/DECEMBER 2013



BRANDON LILLY
ON MEET DAY PREP

**RUSSIAN
SENSATION**

DMITRY KLOKOV

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KLOKOV

NOV/DEC 2013 • VOL. 4, NO. 6

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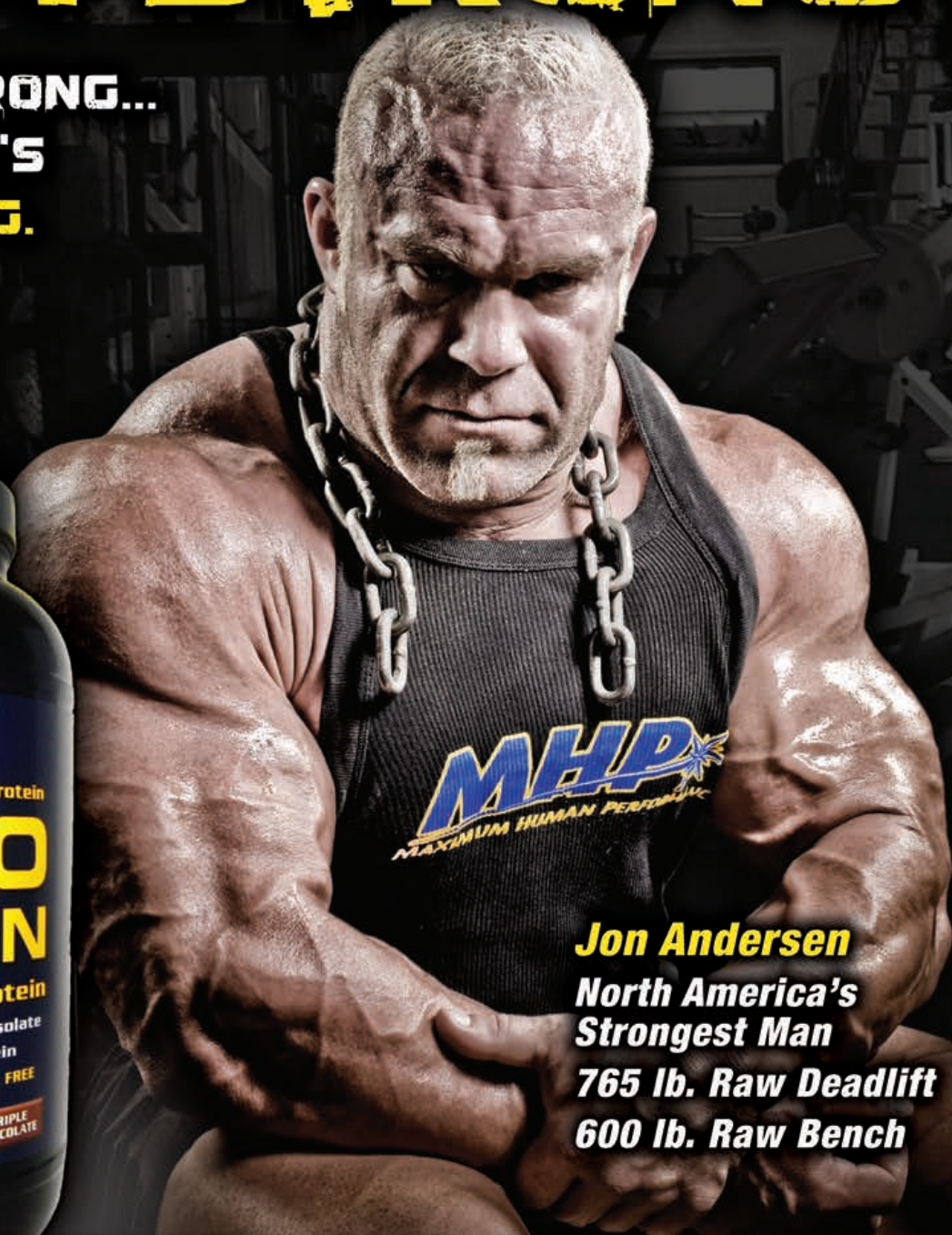
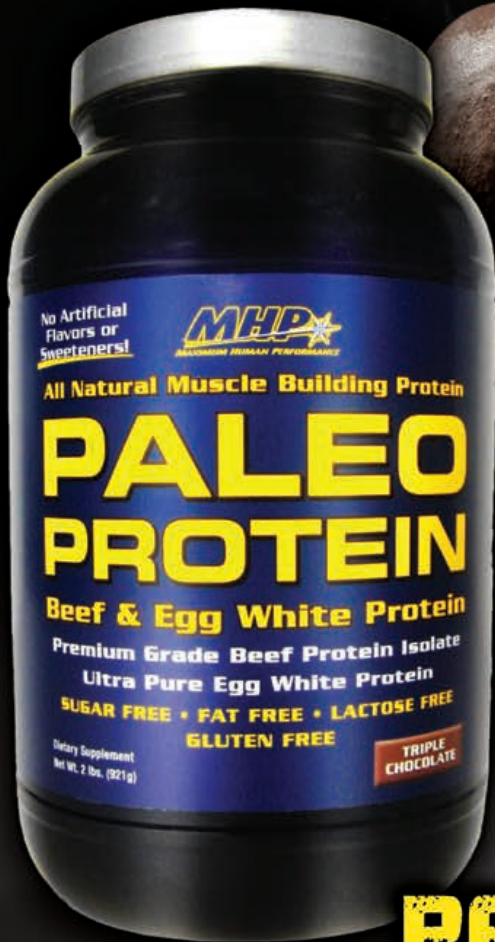


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The Russians are coming

Power magazine (with the help of powerlifter Michael King) outdoes itself once again by revealing another great Russian lifter, one of the most popular lifters the world has ever seen. How does one become so popular in a relatively thankless sport? Well, maybe he's just so dynamic, graceful, jacked, athletic, talented, handsome and strong that many just start to take note – to the point where he captures the imagination of everyone from beginning powerlifters to beginning CrossFitters. This is the case with revered and highly sought-after Russian weightlifter Dmitry Klokov. His brutal workouts are legendary, but not just for lifting heavy stuff. Unlike the overgrown, slow and often fat U.S. lifters like my former self, Klokov has a much different look. With a look so carved-out-of-stone it isn't too far-fetched to think, damn, maybe the Russians really do create their athletes in a lab. But in our brilliantly composed two-part interview, you will find out something much different. Klokov's weapon is his strength. No matter what the obstacle, he looks to getting stronger for the answer.

Another great lifter, Brandon Lilly, gives us a step-by-step guide on preparing for a meet. He starts just after weigh-ins and takes you up to your first three attempts. Great advice for a beginner or pro lifter.

For those of you who are on the road a lot, Matt Vincent makes sure you have no excuses for not working out. His article gives tools and tips for working out and maintaining strength while traveling.

Some lifters, no matter how strong, don't get the recognition they deserve. In this issue we are introducing you to two of lifters: Kade Weber and Jimmy Kolb. Remember them; they will be household names in the powerlifting world before long.

A couple of cheap plugs – many of you know the power of healthy fats in your diet, so do yourself a favor and check out this issue's new products. My in-laws list their olive oil, and it's hands-down the best olive oil I've ever had. They grow the olives themselves and do their own processing and bottling. My mom and dad even helped bottle some of it!

To get more "infotainment," check out the all-new Mark Bell's Powercast on Supertraining.TV and iTunes.

Strength is Never a Weakness.

Mark Bell

Sent from my iPhone 6 and Sling Shot HQ

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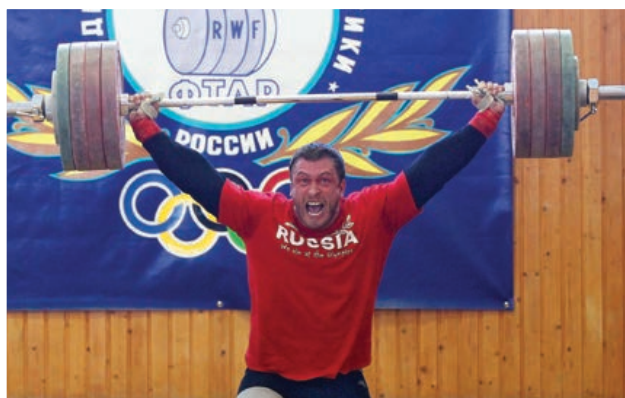
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FEATURES



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Russian Sensation Dmitry Klokov

Michael King talks with Olympic lifter Klokov to discuss his background, training methods and what his future goals are. Klokov will be coming to the US later this year to train and share his knowledge in some seminars. This feature was so detailed that it will run in 2 issues of Power...so enjoy Part 1!

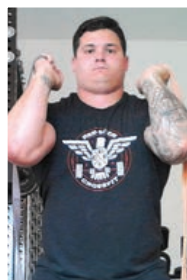


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The Kade Weber Project

At the age of 23, Kade Weber trains 800-lb. deadlifts for reps, easily destroys 600-plus-lb. squats for sets of eight and benches more than 500 lbs. Ken Whetham gives us the de-

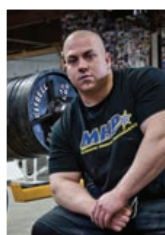
tails on how this young Canadian powerlifter has made so much progress in such a short time.



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Training and Travel Must Haves

Matt Vincent knows how hard it is to train while on the road. Read about how he stays strong while racking up all those miles.



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Big Benching with Jimmy Kolb

Jeff "Robot" Irion sits down with "that kid who benches 900 lbs. in single-ply" so we can learn his tips and tricks for pressing big weights.



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The Strength Journey

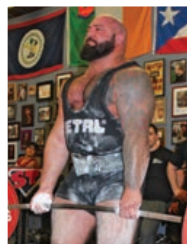
Ken Whetham gives advice on how to follow your own principles and find a path that will lead to success in not only the gym, but in life.



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Strength Coach Mission: Do or Die

Zach Even-Esh takes us back in time to tell a little story of how his coaching days began, and gives some advice to coaches who are just starting out.



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Meet Day

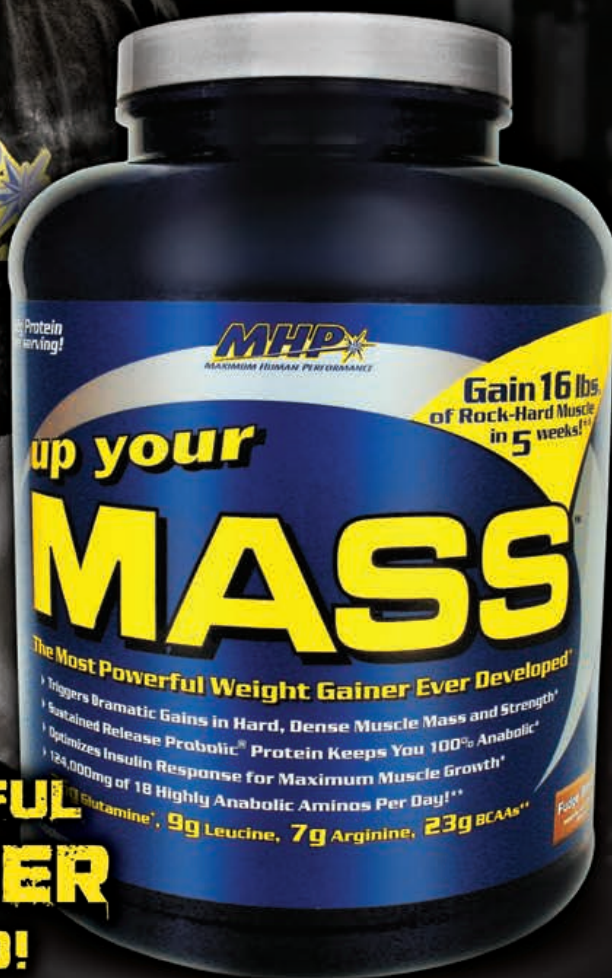
Brandon Lilly breaks down the steps to have a successful meet. His steps begin just after weigh-ins and take you up to your first attempt.

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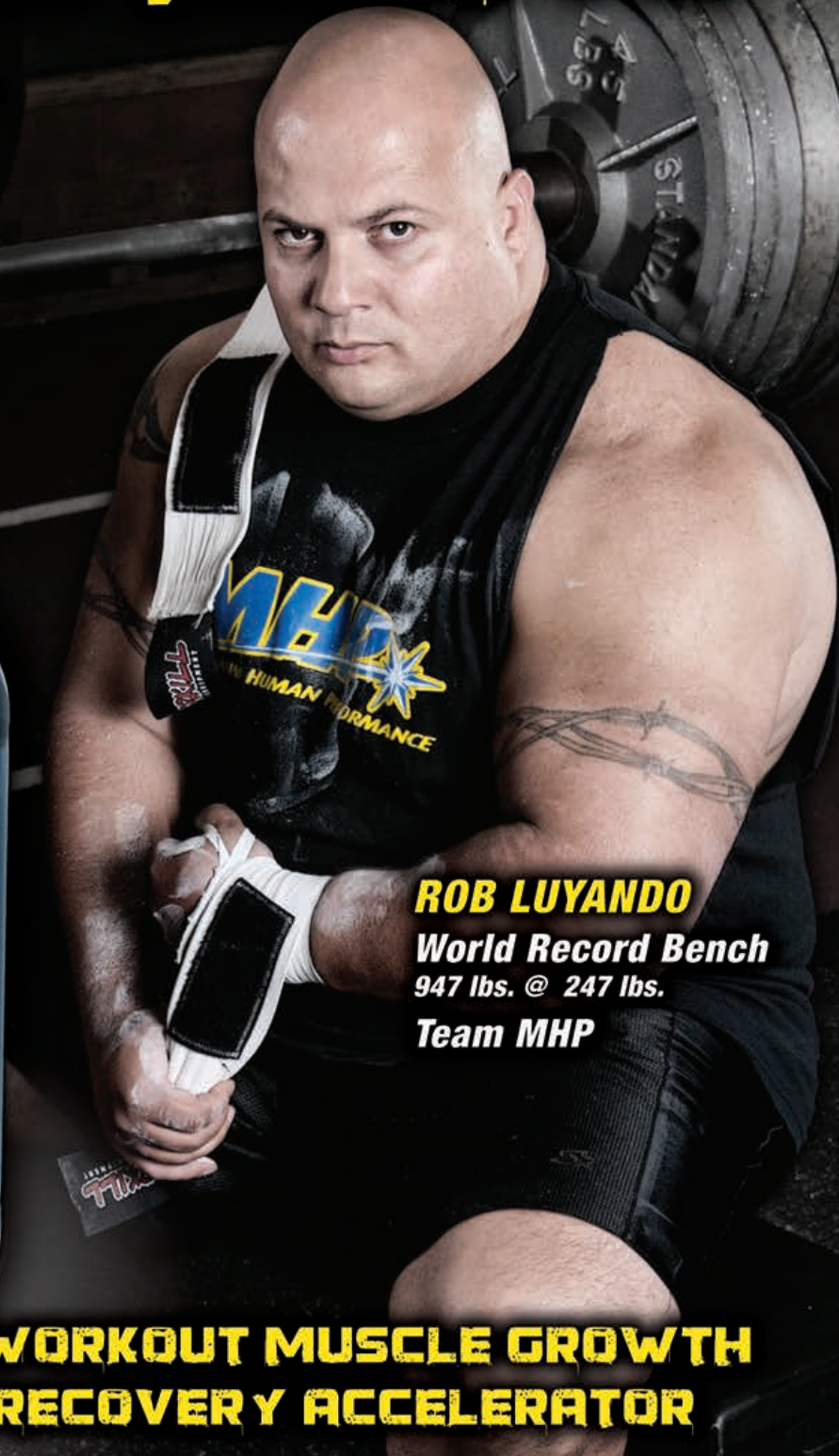
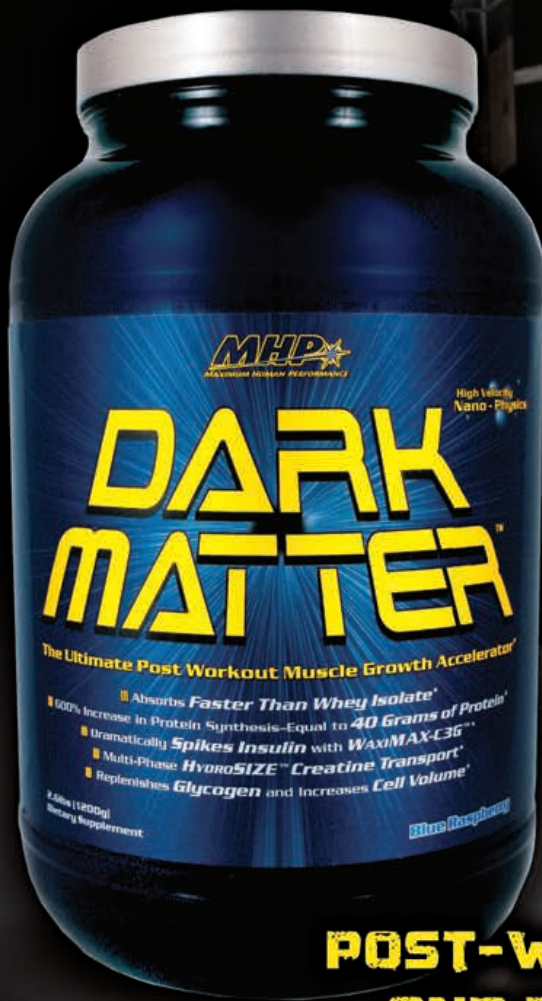
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GREG DOUCETTE

BY KEN WHETHAM



Nitro glycerin comes in a small package, but it's strong as hell – and dangerous. The same can be said about Greg Doucette, who competes in the 198 division.

Most people expend all their energy toward one goal, one accomplishment or in one discipline, but that's too easy for some and that's why Greg also competes as an IFBB bodybuilding pro. Isn't it hard enough to get ready for a powerlifting meet? How can you juggle and be good at both? I spoke to Greg about how he balances his training, nutrition and competition planning to compete in both powerlifting and bodybuilding.

Tell us a little bit about yourself, where you're located in Canada, your age and what you do for a living. My name is Greg Doucette, I'm 37 years old and I reside in Halifax, Nova Scotia. I'm the owner of "Doucette Personal

Training and Consulting." My business focuses on training clients to achieve their goals, and I also offer nutritional consultation for clients who want to learn about proper nutrition. I specialize in preparing competitors to get ready for their competitions or shows. I'm 5 feet, 6.5 inches tall. I compete in the 198 division, but in the off season I usually weigh 210 lbs.

You're an IFBB pro bodybuilder and also compete at a high level in powerlifting. What got you interested in these sports? What first sparked my interest in bodybuilding was actually an episode of "That's Incredible" where a 13-year-old was competing in bodybuilding competitions.

I first began serious weight training at 10 with my father and twin brother. Three days a week we trained our whole body using equipment that my father had constructed by hand. I used to love those training sessions, and they are some of my fondest

memories growing up.

Once I hit age 17 I knew I was ready to compete. I won my first bodybuilding competition. I first began powerlifting when I competed at local bench press contest at a hotel bar where I lifted more weight than grown men as a teenager. In my first official powerlifting meet I set the national record in the bench press for both juniors and seniors on my opening attempt completing 342 lbs. at 148 lbs. bodyweight raw.

What are your best competition and gym numbers so far? Best gym lifts: I've benched 405 lbs. for 15 reps, deadlifted 685 lbs. for five reps and squatted 555 lbs. for six reps and a 600-lb. single on an 11-inch box.

Best raw lifts in a competition lifting in the 198 division: I've squatted 573, benched 529 and deadlifted 678. My 529 bench press was the former WPC world record and my 1,742 total was also a former WPC world record.

What are some achievements you've accomplished in both bodybuilding and powerlifting? Career highlights in powerlifting:

- 2010 raw WPC world record, gold medal bench press and overall winner
- 2010 raw WPC world record total, gold medal and overall winner

Career highlights in bodybuilding:

- 2013 11th place Toronto Pro
- 2013 15th place New York Pro
- 2012 Canadian Nationals Light heavy weight winner (earned IFBB Pro card)

- 2012 Nova Scotia Heavy Weight and overall winner
- 2009 Atlantic bodybuilding overall winner
- 2007 1st light middle and overall

IFBB drug-tested national physique championships

• 2006 Fame muscle amateur and professional world champion

Have you always competed raw, and have you ever considered lifting in gear?

When I first started competing I thought that doing the bench press raw without the aid of a shirt meant that you literally competed with no T-shirt on. I used to test my one-rep max with my shirt off, thinking that was how raw lifting was done.

When I first competed I was lifting raw and was setting national records in contests that allowed shirts. I tried lifting in a single ply IPF approved single-ply bench shirt, squat and deadlift suit. I used an F6 and a Katana, a Hard Core Inzer suit and Metal deadlift suit with knee wraps. I never tried double ply suits or canvas suits and never will.

I honestly hate using powerlifting gear and I'm happy to move forward lifting raw.

What is your most memorable competition and why? My most memorable contest was the 2010 Worlds in Idaho for two reasons. I had a great meet and won my class and the overall along with setting records in the process and I got to spend the weekend with other great powerlifters, and great guys like Willie Albert and Jay Nera.

Have you ever suffered any significant injuries that have prevented you from training or competing? I don't think I have ever not suffered significant injuries. The last time I trained without injury was for the 2010



WPC worlds. After that I tore my ICL and had a meniscus tear that prevented me from training my right leg completely for six months. I also pulled an adductor muscle that prevented me from competing in Moscow when I was setting all PRs in the gym at the time. For the past 10 years I have been suffering from (FAI) syndrome femora ace tabular impingement "cam type," which has constantly made it near impossible to train squats effectively. I have recently had hip surgery and as a result I'm currently recovering. The doctor said in six months I can train again.

How do you balance training for powerlifting and bodybuilding at the same time? All my workouts revolve around the "big three" (squat, bench and deadlift) followed by exercises to make me pretty. In my view this capitalizes on the benefits of both forms of training.

Basically I train my entire body every five days. I do squats, bench and deadlifts on three separate days, and about 50 percent of my workout is spent on the "big three." I believe that intensity not volume is the key to getting strong. One other factor that separates my workout from most is that I believe in doing higher reps in the off season in order to build bigger muscles and allow for joints and injuries to heal.

Do you select meets that allow you to forego bodybuilding training while you prep for a powerlifting meet and visa versa? Basically I just try to do powerlifting and bodybuilding events six months apart so that the diet does not affect my numbers. I do compete while dieting for a show, but I cannot lift quite as much. It's still fun to lift and compete even while not being as strong but I still love the challenge of competing.

I'm curious to know about your nutrition. It's well known that bodybuilders know how to manipulate their diet to achieve unbelievably low levels of body fat. How does your nutrition look prepping for a powerlifting meet compared to bodybuilding show?

Actually, most bodybuilders don't know how to manipulate their diets effectively, and this is one of the main reasons people hire me to coach them. I am an expert at designing effective and enjoyable meal plans that allow people to achieve their desired physique. When I am training for powerlifting, I simply eat more of the same foods that I eat while preparing for a bodybuilding competition. When dieting, my

calorie intake is around 3,000 calories. When I'm powerlifting it approaches 5000 calories. I eat very healthy year round, and I just eat more healthy food at different times of the year depending what my goals are.

Can you give us an example of your typical daily meal plan?

I eat about six to eight times a day. I eat a high protein, moderate carbohydrate and low fat diet that consists of a lot of fruit and vegetables, lower fat meat choices, protein powder and lots of dairy products. I have designed several unbelievable recipes that are not only healthy, but taste so good that I want to eat them all the time.

Do you think nutrition is as important for powerlifting as it is for bodybuilding, and do you think more powerlifters should pay more attention to their diets?

Powerlifters can get away with a lot more mistakes in nutrition than bodybuilders can. If a bodybuilder has even a small mistake in their diet they can lose a competition, whereas in powerlifting as long as you're eating enough it's hard to go wrong. The only time powerlifting nutrition becomes as important as in bodybuilding is when trying to make weight to lift in a lighter weights class.

When your dieting is so strict, do you have crazy carb dreams, hallucinate or have to wear a bib when you drive by a burger joint because you start drooling uncontrollably? I have absolutely no cravings when I diet because I enjoy every single meal I eat. I have personally designed my own diet and the diets of dozens of other athletes, and because my meal plan is so delicious it's actually not that difficult. When my diet is over, I don't even want to change how I eat. I just want



to eat more of the same "diet" foods.

Do you work with training partners or coaches to prepare for events? I train alone most of the time, and I have done so much research and have so much experience that my best coach is myself because nobody knows my body better than I do.

Do you follow any particular training protocol for preparing for powerlifting event? Over the years I have learned not to over-train leading up to a meet. I used to train too much and peak too early. For my last two meets I deadlifted less often and took more time to recover and be fresh for the meet, and it really paid off. I used to always lift more in the gym than at the meet, whereas now I sometimes lift more at the meet than I have in the gym.

How does your training change when you have to focus more

on aesthetics than strength? When preparing for a powerlifting competition, I simply lower the repetitions as the competition gets closer. When I train for bodybuilding I do the exact same training, only my rep range is higher.

Can you give us a sample of a typical training week? On back day I do sumo deads from 15, 12, 10, eight on warm-ups, then one max rep set somewhere in the 600 to 675 range, depending on how close to a meet it is. I then do one set of conventional deads with 90 lbs. less than I used for sumo. If I'm sore, I skip the sumo and I do band assisted conventional deadlift with about the same weight as I use for sumo. If I'm feeling over-trained, I'll skip deads altogether and jump into the

next part of the workout, which is several sets of pull-downs followed by several sets of seated rows followed by T-bar rows and some seratus exercises, and that's it. I usually do 18 to 20 sets total on back day, including my warm up sets.

On chest day I do 135 for 20, 225 for 15, 285 for 12 and 355 for eight. Then I'll do a max set with 400 to 500-plus, depending on how close to a meet it is. I always pause the weight now to avoid injury, and after this I'll do three to five sets of bench press with the SlingShot, followed by three sets of hammer strength and three sets on the pec-dec.

On leg day (when not injured), I do squats with 135, 225, 315, 405 and then a max-rep set with 455 to 545, depending on how close I am to a meet. After this I do three to five sets of band assisted squats. I follow this

up with either five sets of leg press or five sets of the v-squat machine, and then three sets of leg extensions. I don't even do hamstrings anymore, as they are one of my strongest body parts and are always sore from squats. No reason to over-train them.

Your raw bench press is really impressive for a guy who competes in a lighter weight division. What did you work on in the gym to get such an impressive bench at such a light bodyweight? I owe my big bench to 27 years of focused training. Once I hit the age of 13, all the older teenagers and adults would always ask me how much I could bench, once they found out that I worked out. I was doing around 230 at the time, and they would not believe I could lift that much because I was so small and young. Once I showed them I could do it, they would encourage me to keep going. That motivated me to be a strong bencher.

The local gym held an annual bench press contest. I entered each year, and that motivated me to train bench even more. I used to bench five times a week back then, and improved consistently. It was not until age 22 that I discovered the sport of powerlifting. A few weeks before the powerlifting meet I started practicing deadlifts and squats below parallel. I believe that my bench is good because of how many years I put into it. It's not something that happens overnight, without a lot of dedication and hard work.

As far as peaking on the bench for a meet goes, I find that its more important to focus on triceps strength and so the SlingShot helps me use more weight for the desired reps and worked my lockout that much more.

Do you ever incorporate accommodating resistance bands or chains in your training? I use bands all the time for squats and deadlifts but I never use chains. For the bench

"I AM DRIVEN MOST BY PERSONAL IMPROVEMENT. I AM JUST AS EXCITED SETTING A PERSONAL RECORD IN THE GYM AS I AM SETTING A PERSONAL RECORD IN A MEET"

press I often use the SlingShot.

What is your favorite lift and why? My favorite lift is always the one that is improving. If my deadlifts are going up the most, then deadlifts become my favorite. If I am setting PRs on bench, then that becomes my favorite. The most satisfying thing about lifting is personal improvement. It does not matter if I lift more than someone else so long as I am able to lift more than I could in the past.

If there were anything you could do to improve your lifts, what would they be? If there were anything I could do to improve my lifts I'd be doing them already! Seriously, though the only thing holding me back is injuries. If I can get three months of solid training without getting hurt I am positive I can lift way more than I have in the past. Hopefully after my hip heals I be lifting at 100 percent, and in that case I expect some huge totals.

What would your advice be for anyone entering the bodybuilding or powerlifting game? I would recommend that they first compete raw without any gear for at least a meet or two, and keep training the raw lift even once they start using the gear. Too many lifters rely on the gear to get big lifts, but if you do the math; big raw lifts + gear = really huge equipped lifts. Without the raw strength to back you up, the gear can only get you so far.

I recommend that they hire a

coach or train with other lifters, and never stop asking questions. You can never learn too much and the more effort, commitment and dedication you put into lifting the more you will get out of it.

What are your goals for the immediate and distant future? My immediate goal is to fully rehabilitate my hip. I am not allowed to lift, but I am 100 percent committed to doing everything in my power to getting my body healed and lifting at 100 percent again. Once I am fully healed, my goals are to set PRs and try to be the best 198 lifter of all time.

What do you do in your spare time when you aren't training or preparing for a competition? I'm always training or preparing for competition. There is no "off season" for me. I am always focused on improving. In my spare time I am very busy training other clients and helping other athletes achieve their health and fitness goals. When I'm not working I enjoy going to the movies, watching TV, reading and researching new studies on diet, training and supplements.

What drives you? I am driven most by personal improvement. I am just as excited setting a personal record in the gym as I am setting a personal record in a meet. I still enjoy setting records, but personal records to me are just as important if not more important than trying to beat others.

Is there anyone you'd like to thank? I'd like to thank all the people who message me to tell me they like watching my YouTube and Facebook videos, or that I have made a difference in their life and training. I'd also like to thank my clients for believing in me and putting their faith in my knowledge and training programs and trusting me to be there for them when they need me the most.

Thanks for taking the time to interview me. Good luck to everyone in their quest to achieve their goals. **PM**



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JEN COMAS KECK



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

I haven't found any women who train like I do, so I typically train alone. Truth be told, I prefer it that way. I get in my zone and like to focus. Any time I need a spot or another set of eyes on what I'm doing, I typically turn to my husband for assistance.

What do you do for work? I'm a health and fitness writer, and also run an extremely successful blog and nutrition coaching business. In addition to that, I own a mergers and acquisitions firm with my husband and his parents – so, needless to say, my days are quite diverse and very busy.

How did you get involved in powerlifting?

After I competed in Figure, I was dealing with some health and metabolic issues and I needed a mental reprieve from the scale, so I turned to powerlifting. I found that focusing on the weight on the bar – rather than obsessing over my body – was extremely empowering and a breath of fresh air. Besting my own personal records became addicting to me, and with more strength came more confidence. That confidence started to ooze over into other areas of my life, and I was immediately hooked.

What do your "normal" friends think of how much you can lift? Most of them absolutely do not get it. Of course they are supportive of what I love to do, but I'm pretty sure they think it's strange and they don't understand the allure of it, which is okay. A few of them have been intrigued by it and have turned to the iron themselves.

When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention? No. Typically people at meets are very focused on the lifters, as they should be. Granted, I'm a girlie-girl and absolutely stand out a bit, but I feel right at home with the big boys. When I've gone to meets I've always been in workout clothes or dressed down, because I'm there to support the lifters and to see friends – not to draw attention to myself.

Are you married, do you have a boyfriend or are you single? I've been happily married for almost three years now.

Do you remember the first time you out-lifted a boy? How did it make you feel? I've always tried to focus on myself and what I'm doing in the gym, rather than devoting attention to what others are unable to do, whether they are male or female. We are all at different stages with our lifting, and I am

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careful to respect that.

When I see men (or women) struggling with lifts, my first inclination is to help them because I truly want everybody to succeed and reach their goals. With that being said, many men are not open to feedback from a woman when it comes to their lifts, which is unfortunate because some of us could contribute some valuable feedback that could really help them. Open your mind, gentlemen!

Do you wear make-up to the gym? I do! Not a lot, just a little bit, and I always wear cute stuff to train in. My husband told me, "Look good, play good," a few years back, and it's become my mantra. When I look better I just feel better, which carries over to my training. Putting some effort into my appearance isn't for anybody but myself, and a bit of confidence goes a long way! I've found this is also true in life. When I look better and feel better, I'm more productive and generally a happier person.

What do you have to say to women who don't lift weights because they think they'll get too big? This myth is something I've been battling women for years about. I have found that it's most effective to show them proof, so I show them pics of myself and other females who sling some serious weights and still look amazing and feminine.

It's possible for women to add some size, but they have to train and eat specifically for that. Adding size simply isn't going to happen for women through casual weight lifting and a typical diet.

How has powerlifting helped you? I touched on this above, but powerlifting has really helped me focus solely on performance in the gym, which was a new concept to me. Before I started powerlifting, I was concerned with one thing and one thing only, and that was the way I looked. Every exercise I did was for the purpose of making my body look better. Powerlifting shifted that focus entirely, and I was excited about seeing the weight on the bar increase as I become stronger and more efficient. Granted, I still place a heavy emphasis on my physique, but it is no longer my sole focus, and that has been extremely freeing.

What is your favorite lift? My favorite lift is the conventional deadlift. There is something about pulling a heavy bar



off the ground that gets me amped up and just feels so good. It's such a simple movement, yet makes me feel so strong and accomplished.

Tell me about your current best lifts. My best lifts are squat 225, bench 155 and deadlift 315. I've never been a good squatter, because for whatever reason I've never enjoyed it. Blasphemous, I know!

I was a pretty terrible bencher for quite awhile — being relatively lean with extremely long arms at 5 feet, 10 inches isn't exactly the ideal body for a beefy bench. However, I overhauled my bench form and the weight finally started to move. After quite a struggle, I finally hit 135, which was a huge milestone for me, and then the next 20 lbs. came relatively fast and easy.

My 315 deadlift was my crowning glory, and a very exciting moment for me. Three full plates on each side was a long-term goal, and when I nailed it I felt like such a badass! I was walking on sunshine for days afterward. (This video is up on my YouTube channel and has had about 300,000 views.)

What are some of your powerlifting goals? I injured my back a bit squatting over the summer, so I'm working on rehabbing that. I'm still training frequently and focusing more on body building type of stuff, Olympic-style lifting and a whole lot of yoga. I'd like to see myself squat 245 and pull 335 within the next year, which is very doable.

Anything else you'd like to add? Lifting has truly been life-changing for me. You don't have to have aspirations of competing in powerlifting in order to reap the benefits of strength training. Lifting weights will only enhance the quality of your life. Whether it's picking up your kids, re-arranging your furniture or carrying your heavy suitcase through the airport, strength is necessary and makes life easier. Encourage the people in your life to get started — they will thank you! **PM**

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DMITRY KLOKOV

PART 1 – LIFE

BY MICHAEL KING

POWER: How, where and when were you introduced to the sport of weightlifting, and how did the journey begin?

DMITRY KLOKOV: My dad did not want me to be a weightlifter because he went through the sport himself and, at the time, it was not a highly paid sport. It was a high injury sport, and a sport which required a lot of time. My father wanted me to receive a good education, as he had an opportunity to send me to one of the best universities, such as Cambridge and Oxford, and it was really important for him that I receive a good education.

At the same time, most of my father's friends and acquaintances from the days when he attended the University of Physical Fitness were somehow involved in weightlifting and for that reason everyone was telling him to put me into the sport. For a very long time they were pushing him and telling him to do it, and for a very long time he refused. On Dec. 3, 1995, my parents had a very serious conversation in my house with one of my father's longtime friends from the university days, Adolf Yerulin. This person had the most to do with the fact that I became a weightlifter, as he was the main contributor in pushing my father to bring me to the sport. I remember my parents fighting and arguing, and then my father finally broke down. On Dec. 10, 1995, at 12 years old, I became a weightlifter.







KLOKOV'S BEST LIFTS:

Lift	KG.	LBS.
Snatch	206	454
Clean & Jerk	242	533
Squat	325	716
Front Squat	280	617
Strict Press	180	396
Push Press	226	498
Jerk	262	577
Deadlift	340	749
Bench	230	507

KLOKOV: The main problem was that he was very hard headed and somewhat of a dictator. No matter what, I had to listen and do everything he told me. I listened to everything he said up until 2004. At that point I began having my own views, suggestions and opinions to which he would not listen. In 2004 I won the Russian Championship, and even though I thought everything was great, he came to my father and said he did not want to work with me because I don't listen to him.

POWER: Who is your current trainer?

KLOKOV: Since 2004 I am my own trainer. I create my own plan, I work on my technique, nutrition and everything else that has to do with me being a professional athlete. Anything and everything I do, I do myself. All of my successes belong to me. All of my failures are my fault. I am the only one responsible for me and there is not one person who can say that any part of my success belongs to them.

POWER: Do you get advice from other trainers or your friends in terms of programming or technique?

KLOKOV: No. On the contrary — they ask me for help.

POWER: Why? Don't you think it will be beneficial to have someone work with you and help you where help is needed?

KLOKOV: I am a very stubborn person by nature. I have to do it my way. I learn on my mistakes — and even though it may not be the right thing to do, this is how I am. I have to do everything myself. This way, when I succeed, there is not a single person who can say that they had something to do with my success. I have to do it myself, and my way. That's just how I am.

POWER: Once your decision was made, what was the next step?

KLOKOV: The next step for us was to find the best trainer, as this is the most crucial part of any professional athlete. There was a person by the name Genadiy Viktorovich who was a weightlifter and who had trained my father back in his glory days. He was a very well known trainer who trained youth as well as professional athletes. So that decision was made. Even though I played soccer and thought I would be ready for the challenge, when I started weightlifting I was completely out of my element. I had no flexibility and was somewhat uncoordinated.

POWER: What can you tell us about Gendiy Viktorovich?

KLOKOV: He trained champions, gold medal winners and world record holders. He is still training athletes at the highest level. With that being said, he never trained a brand new weightlifter from scratch. His normal practice was to take athletes who already had some

experience and mold them into elite national and international superstars. To this very day I am still the only athlete he trained who had no prior experience.

POWER: Were you ready for this? Did you understand what was going on, being such a young kid and all?

KLOKOV: I have to pay a lot of respect to Genadiy Viktorovich and my father because from day one they began making me a professional athlete. Day one when I stepped into the gym, I was treated like a professional. I had massages two times a week and special sauna treatments for recovery one to two times per week. At 13 years old, my father sent me to live with and observe the national team. He wanted me to feel their energy. By the time I was 21, I knew more about the sport and technique than most professional weightlifters.

POWER: How long did you stay with this trainer?


KLOKOV: He trained me until 2004, when we went our own ways.

POWER: What happened?

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POWER: What about when you go to international competitions and Olympics?

KLOKOV: Nothing changes. I plan my own meet cycle. I pick my warm-ups, my attempts and everything else that has to do with the competition. I have people who just tell me how many athletes are ahead of me and my friends will help me load up the bar. But that's it. It's just me.

POWER: When did you realize that you had talent?

KLOKOV: Not one single person in weightlifting considered me a talented athlete. I can tell you that I consider myself absolutely not a talented athlete. If you consider physical abilities such as strength, speed, flexibility, technique and the like, I had absolutely none. Everything I achieved was due to very grueling training sessions, desire and absolute determination to succeed. What took most athletes one hour of training took me two to three hours, but I did and still do what has to be done.

POWER: When did you realize that you are good at this sport and that you have a potential to be great?

KLOKOV: I realized this when I completed the National requirement in 1998 when I was 15 years old. The next year in 1999, at 16 years old, I became a Master of the Sport, and the following year at 17, I was the International Master of the Sport. At this time I knew that I am good.

POWER: You have a wife and a little girl. How did this change your life as a person and as a professional athlete?

KLOKOV: This changed my life greatly. I met my wife Elena on Aug. 18, 2005, and it so happened that Aug. 18, 2008, was the day I was competing in the Olympics in Beijing. I spoke about this in the interviews and stated that I want to make a present to my wife by winning an Olympic medal. I won silver and told everyone that this was a present for my wife for our three-year anniversary.

POWER: How about your daughter?

KLOKOV: My daughter was born in 2010. When I was getting ready for London, I wanted to make a present for my daughter by bringing her a medal. Unfortunately London did not happen for me, so I will have to wait for the next one. These two women in my life have a



very strong influence on me, and everything is always for them.

POWER: How has your training changed due to the fact that you have a family now?

KLOKOV: Nothing changed at all. Weightlifting is my job. Family is family. Everything has to be in harmony and not get in the way of one another. I am from Moscow; however, the place I lived and trained is located in Toganrog. My father built a weightlifting academy there with his own money and, to this day, it is considered to be one of the best training facilities in Russia. I am very lucky because Elena is one of the few

women in history of this sport who has always lived with her husband. Usually families are located in different parts of Russia as husbands train and live at the training facilities and their wives and kids live at home. I consider myself very lucky because I was able to train at the training facility and go home at night to be with my wife and now my daughter. This makes for a good family atmosphere not having to worry about unnecessary things and, of course, not having the comfort of your loved ones. A lot of athletes struggle with this and it shows on the platform, so I am very blessed that it turned out the way that it did.

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Klokov and his daughter

POWER: Let's talk show business and the shows that you were on. One was a diving show and the other was a dancing show. Is this something that you were looking to do on your own, or were you approached by someone?

KLOKOV: After the Olympic Games I was invited to do a different show. They liked me. They liked my look, my speech, and they just liked me as a personality. From that point on it was a snowball effect.

POWER: Was this a one-time thing or are you looking to do more of these shows and possibly even a movie?

KLOKOV: I love show business. I feel very comfortable in front of the camera and in front of an audience. I was once asked to take part in a movie; however, I was getting ready for the world championship in Turkey and the schedule would not have allowed me to train. But this is very interesting to me and I really do enjoy it a lot.

POWER: Why show business?

KLOKOV: All of my goals and dreams are focused in the direction to repeat the history of Arnold Schwarzenegger. He is not my role model; however, I would love to repeat his history. He won the highest titles in his sport, he is one of the most famous movie stars, and he became successful in politics. I really like his story because there are so many people that give their whole life to one thing. I am not like that. I have a lot of energy and I want to do everything. I want to reflect back on my life and say wow – I lived a great life and I did so many things. I do

not want to be comfortable. I want to do things and achieve goals.

POWER: If you received a role in a major movie tomorrow but you would have to leave the sport, what do you do?

KLOKOV: I'll tell you like this, just like I told my father and my wife: In this sport I am totally full. I am satisfied with my career. I am not saying I would

maybe walk away from the sport. I am saying that I will leave 1,000 percent without giving it a second thought and I would never look back. If I have an offer that makes economic sense and has my personal interest and options to grow and expand, I will leave in a second. Not only will I leave, but I am waiting for this to happen. I will train for another three years for the Olympics in Rio De Janeiro because I am still in the sport. However, if I have an offer, I will pack my bags and leave that minute.

POWER: What's going on with your YouTube channel? It's been 50 straight days now with all the videos. What's going on?

KLOKOV: Before I was in a great shape, so I was showing the people what I can do. Now, I have several goals. First, I want to show the people what I can do and what I am capable of. Second, I want to help grow the sport and show people what it's all about. Lastly, I have a lot of big goals that require money. I want to make money with this channel so I can continue to grow the channel and produce interesting footage, as well as bring the ideas I have to life. I do not need any money from this for



Klokov with wife Elena and their daughter.



personal gain; every dollar made will be put right back into it for growth and expansion. I have a lot of great ideas.

POWER: What are your thoughts about weightlifting around the world?

KLOKOV: During different times there were different leading countries. Back in the day it was America and the former Soviet Union, and then Bulgaria came out as a leading contender. If you pay attention to the sport, there is always a leader that jumps out such as Greece several years back and Kazakhstan today.

POWER: How do these changes happen? Are they due to the available talent or coaching?

KLOKOV: The question is not in the talent, as there is plenty of it in every country. The real determining factor lies in the support of the nation. Whoever the nation – or should I say the government – supports does well. Why did Greece disappear all of the sudden? It is absolutely gone. I'll tell you why. When the president of the weightlifting federation left, the whole program crumbled, as there was no one left to take care of it. The same is happening right now to Bulgaria. The programs used to grow due to the names of the people behind the sport. It was like a brand and huge money was allocated for these programs. When the big names leave the sport, the sport disappears. The reason Kazakhstan is doing so well today is because the president of the weightlifting association



is like a brother to the President of the whole country. Huge money is being put into the sport for it to grow, and “poof” – Kazakhstan is winning gold medals. It's as simple as that. The support of the government determines the outcome of the program.

POWER: What's going on with Russia?

KLOKOV: The Russian weightlifting program has never been huge. There were never huge amounts of money allocated to the sport, and at the same time it wasn't little. It was just enough for the sport to keep going and surviving. Other countries either allocated funds or didn't, and that's the reason they come on the scene and just as quickly disappeared.

POWER: We were blown away by your YouTube comments that said weightlifting is not popular in Russia. Many Americans think just the opposite. Can you discuss that?

KLOKOV: Weightlifting in Russia is absolutely not a popular sport. A lot of Americans still hold the old stereotype from the days of Vasily Alekseev that weightlifting is a popular sport. It used to be, just because – there was no good reason. Perhaps it was popular because there were not many other sports. The whole popularity movement today comes from the United States. For this reason CrossFit, skateboarding, snowboarding and other similar sports are so popular. If a movie comes out in America with some new gadget and shows Leonardo DiCaprio using it, the whole country will

be on it. I would say 85 percent or so of the Russian weightlifters are from very small cities where they are somewhat isolated from the television and all the hype. These cities lack the infrastructure and, more importantly, in these cities they don't need money for the sport. They can just go to the basements in ripped jeans and sneakers and move metal.

POWER: How is Russia currently supporting their athletes, including yourself?

KLOKOV: Ever since Putin became president, the entire outlook on sport changed. Huge amounts of money were put into the infrastructure and, as you can see, some of the largest tournaments and international meets are now being held in Russia. He has done a lot for sports and a lot of credit has to be given to him. Athletes finally started making good money. Before only the “playing sports” athletes such as hockey and soccer were making money. Now individual athletes such as weightlifters are making good money as well. My dad didn't want me to go into this sport for that reason. But now, if you are a world champion, or an athlete of international caliber, you receive phenomenal grants and salaries where you basically don't have to worry about the whole next year of your life.

POWER: Are you pleased with everything?

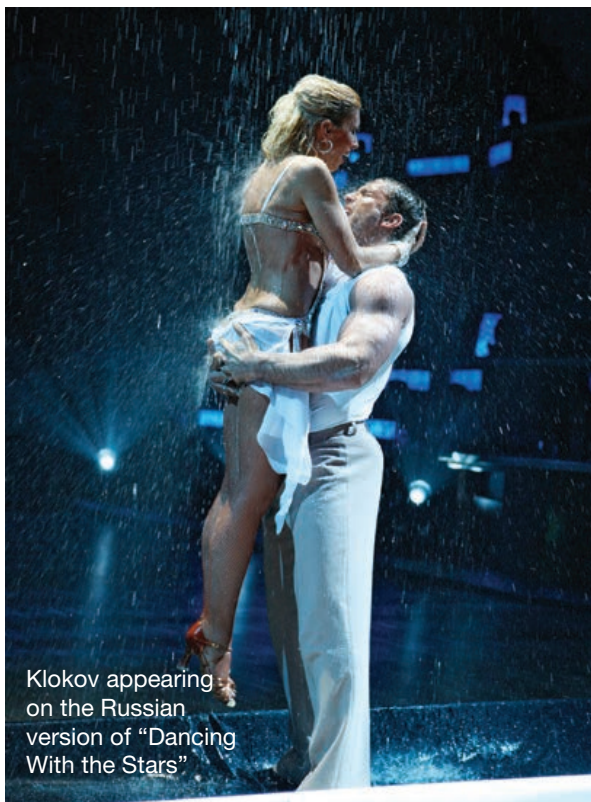
KLOKOV: I can tell you like this: I have enough for life and I live okay and can't complain. However, you cannot do

anything with this money after the sport. It is not enough to save and retire or perhaps buy or build a business. The only hope you have is your name.

POWER: Why are the best strength athletes from the former Soviet Union and surrounding areas like Kazakhstan and Ukraine? America has a lot more resources, but the best athletes are from overseas. When Konstantin was asked this question, he said that our will is weak. What's your take on that and your general thoughts?

KLOKOV: I am certain that the Russian people and the surrounding areas have a very strong and seasoned will. These people are used to the kind of life where they are ready to fight for a piece of bread. Everyone has always lived in order to survive. I repeat – lived in order to survive. There was never enough money for food, so people lived for survival. If you ask most Russian people, they will tell you that they are unsure of what tomorrow will bring. There is a constant fight for survival. Americans for the most part do not have that concern. They live, but there is no doubt of what tomorrow will bring. There is no fight for survival, and that's great and the reason why everyone loves America. It's just different principles of life. In America it's life, in Russia it's survival.

Corruption exists on the highest levels in Russia, ranging from business dealings to dirty police, and all the way up to the government. The person who can come up with more money and bribe the officials wins the battle. With that being said, when athletes train and compete, they do it with different emotions. They know that if they don't perform, their families will starve to death. They approach meets in the same manner. If they don't do well, they won't survive. The reason Germans lost the war is because when it was really cold out, they didn't fight. For Russian soldiers it was different. No matter the weather, they had to fight. One step backward and they will get shot by their own. For Russians, life is like a war. For the same reason you see so many people from



Klokov appearing on the Russian version of "Dancing With the Stars"

other countries do so well in America. They are willing to do what it takes to survive and they cannot afford or allow themselves to become comfortable. I am not just talking about sports – I am talking about work and life.

POWER: What are your plans for the next competitions, and how do you feel?

KLOKOV: I'm getting ready for the World Championship. I am training for that now and after that we will see what happens. So far I feel good and my numbers are where they should be. Unfortunately I have a little problem in my hip and therefore my legs are not exactly where they should be. I am not as explosive and it is preventing me from some heavy lower body training. I am not even thinking about the Olympics yet because it's too far away and, like I said, I would like to leave. But for now I am here. Weightlifting is an unforgiving sport. You are one injury away from being done, so I will just take it one competition at a time.

POWER: How is your strength?

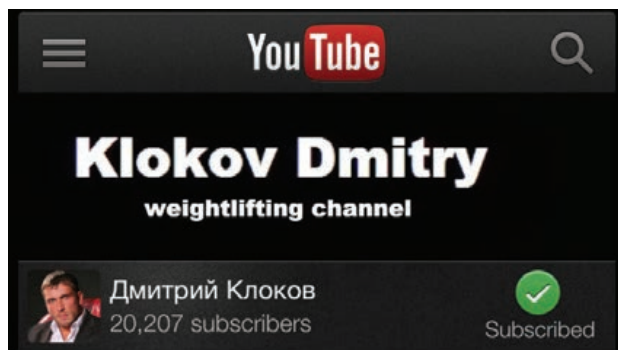
KLOKOV: Overall I feel good. Of course, there are always some issues here and there and the body doesn't

restore itself like it used to when I was 20, but in general I'm okay. As of the last several years I am starting to feel the real strength of a man. The natural male strength. What used to take me six months to achieve strength-wise now takes me two months. The only downside with this is the injuries that come with it and the restoration takes longer than before. So there is somewhat of a balance – you get stronger fast, but you lose more time on rehab.

POWER: What is the achievement you are the most proud of, aside from your family?

KLOKOV: I would have to say there are three – Olympics in 2008 (silver), World Championship in 2005 (gold) and World Championship in 2011 (silver). Of these, only one was the one that really stood out, this was 2011 against Akkaev. The first two were nice, but they were just tournaments. Olympics was a very well paid tournament, but still a tournament. The battle that Akkaev and I had in 2011 is unforgettable. I lifted my biggest weights in this tournament and if I was to leave this sport today, those are the weights that were lifted that I will be remembered by. This tournament will stay in the history of the sport forever. Not only were we teammates, but we were fighting to the very last lift and after we both hit every lift. The winner was determined by 2 kilograms (4.4 lbs.). This was a battle that will be remembered forever. **PM**

Dmitry Klokov will be coming to America in March 2014 for 6 months. He is going to live in Texas and his goal is to travel to different training facilities around the country to do seminars and help people become better athletes. Subscribe to his YouTube channel for daily training videos and updates.



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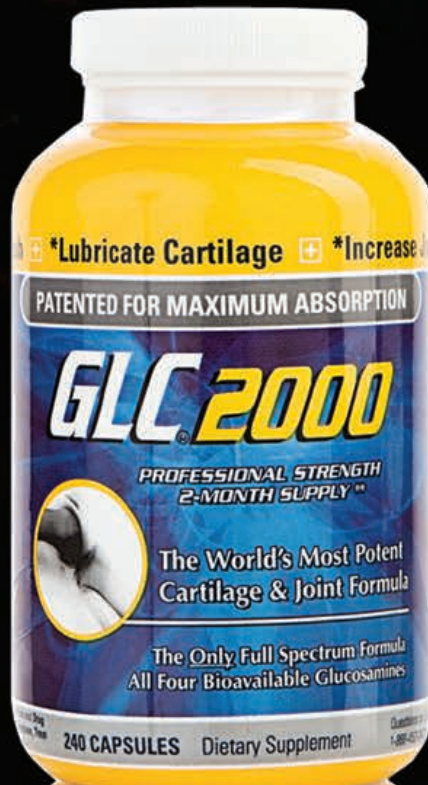


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THE KADE WEBER PROJECT

BY KEN WHETHAM



We've all heard and read about the incredible raw strength of the Lillibridges, Stan Efferding, Dan Green and Brandon Lilly, amongst other great lifters. Way up north, on the Canadian side of the border, a young man by the name of Kade Weber quietly goes about his business of training is his own Animal Cage, Dynamo Barbell, with the intent of becoming one of the best Powerlifting prodigies in existence. At the age of 23, Kade Weber trains 800 lb deadlifts for reps, easily destroys 600+ lb "ass to grass" squats for sets of 8 and benches over 500 lbs for shits and giggles. If you've ever seen the movie Red Dragon with Ralph Fiennes you can use the analogy that Kade Weber is "The Becoming" in the Powerlifting circle who will become one of the best raw lifters of all times.

Kade recently competed at the CPF Canadian Nationals in June and totaled 2017lbs without knee wraps. I was at the CPF Nationals and watched Kade easily pull an 848lb deadlift and just miss his 881lb attempt. One thing that is immediately obvious when you meet Kade Weber is how similar his stature and build is to the powerlifting great Dan Green. I had the privilege to meet up to Kade Weber and his training partner and mentor, Jay Nera at a Sushi restaurant in Ottawa to speak to them about his journey and his plans moving forward in Powerlifting.

Where are you located in Canada, how old are you & what do you do for a living?

I'm 23 years old and live in our Nation's Capital in Ottawa, Ontario. I work for a company that removes Hazardous

Materials from commercial buildings and disposes the material in a safe manner.

What are your current rankings and records?

I have the Junior WPC 242 deadlifting record of 340kg (749lbs) and I recently set the squat, bench and deadlift Junior records in the 275 class at the CPF Nationals last weekend of 305/225/385 kg's (671/495/848) lbs for a total of 915kg (2017 lb total). I also set the Raw Unity Meet records at 242 with a 716lb squat, 506 bench and an 822 deadlift for a total of 2044 lbs.

How long have you been powerlifting?

I've been lifting since I was 16 years old and have been competing in Powerlifting since 2007. I've competed in about twelve meets since 2007.

What got you interested in the



sport?

I went to the gym with the intent "to get jacked" like most normal teenagers but after seeing some of the powerlifting guys train heavy, I decided that I wanted to be really strong instead. The people that trained me and helped guide me in the right direction were really inspirational to me when I was young.

Have you always competed raw and have you ever considered lifting in gear?

My first meet ever was just a belt and wraps. After my first meet I got a "hand-me-down" single ply squat suit and bench shirt and competed for about two years in single ply gear. It was a lot of fun and really different. One day at the gym, Willie asked me "What do you want to do?" I said "I want to squat 500lbs" so he went to a box and picked out a single ply suit and jammed my feet into a set of lifting shoes that were about two sizes too small and pushed me under the bar! I squatted 500lbs that day!

I started getting serious about lifting raw only when Jay Nera and Willie Albert started lifting raw in 2009. I did one multi-ply meet in May of 2010 in Montreal just for fun! I think we trained about three times squatting and benching before the meet. I think I squatted 782, benched 475 and deadlifted 660. It was a lot of fun!

What is your most memorable competition and why?

Clash for Cash in New Orleans in 2012 was my favorite meet when I got to compete with Dan Green and Jay Nera. Our flight had about twelve guys who were amazing lifters and everyone was competing to break records. It was a wild

and crazy atmosphere and there were so many great lifters that I almost wanted to just watch everyone else. It was the first meet I totaled 2000 with 700/500/800. It was the first time I squatted 700 in a meet, benched 500 in a meet and deadlifted 800 in a meet.

Do you think Canadian bacon & beer are two of the best kept training secrets that Canadian lifters don't want anyone to find out about?

I think those are the best-kept secrets for the guys who compete in the 308 or SHW class for sure!

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

I'm lucky that I've pretty much remained injury free so far "knock on wood". Nothing really serious that has kept me from training so I'm really fortunate so far.

Where do you train and do you have a coach or training partners?

I train at Dynamo Barbell in Ottawa, and I consider Jay Nera and Willie Albert to be both my training partners and coaches. I go to both Jay and Willie for advice, then pick out the information from both guys that I think will work for me and apply that to my training.

Do you have a particular training protocol that you follow like West-side, Cube or 5-3-1?

I pretty much follow a straight linear periodization program that builds up volume and intensity as it progresses. I usually train five to six days a week, with two squat days, two bench days and one deadlift day. I alternate light and heavy days with the squat and bench. Sometimes I'll have a shoulder

day, but it depends on how I'm feeling. I like to have about eight to 10 weeks to get ready for a meet and then I ramp up the weight and drop some volume.

Do you use any accommodating resistance like bands or chains in your training?

I do use both bands and chains in training. I prefer to use chains on my deadlift whenever I feel my lockout is weak. Sometimes I'll use chains with squats, but I don't like bands or chains on my bench. My last meet was the first meet I used bands on my deadlifts and I pulled 848.77, so it definitely worked for me this time.

Do you follow any specific nutrition plan to keep strong for powerlifting?

I generally try to eat clean with a lot of protein and vegetables. I try to eat good carbs like oatmeal and rice, but I don't really follow any specific plan. Jay Nera: "If Kade paid a little more attention to his nutrition, maybe he could have made weight at the last meet."

I've heard rumors that the plan to get you insanely strong was to lock you in a basement with nothing but weights and steaks.

It wasn't exactly like that, but it doesn't sound too bad!

How do you prepare mentally for an attempt?

Normally I am pretty calm and relaxed before a lift, but at my last meet my squats and bench didn't go the way I planned. I really wanted that 848 deadlift, so I got Mike Sinclair to slap me a couple of times to get me amped up. It seemed to work because I pulled my 848! Maybe I need to start getting more aggressive before every competition lift.

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What are your best competition numbers?

716/507/848, but not all at the same meet. My biggest total was 2,044 at RUM [Raw Unity Powerlifting Championships].

Best gym numbers?

All my gym numbers are smaller than my best meet numbers except for my bench. 690/515/825.

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

I originally pulled sumo when I began powerlifting. I competed in a meet, hit 660 and failed 700 twice. The first day back to the gym, I tried lifting conventional and pulled 700. I haven't pulled sumo since. I squat with a narrow stance and I think my stance has a lot of carry-over into my conventional deadlift stance. I've noticed when my squat goes up, my deadlift also goes up.

Who are some of the lifters you grew up admiring when you first started lifting?

When I started lifting with Willie and Anton, we were always watching the Russian lifters because Anton is Russian. Andrey Belyaev seemed to be one of my favorite lifters, but I really admired any-

one who was stronger than we were.

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

Surround yourself with the best lifters you can find and develop a good work ethic. Don't expect to be great overnight. It takes a long time of dedication, perseverance and commitment to the sport in order to develop into a good lifter.

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

I think I get more nervous than excited because I'm hoping that I have a good meet and that all of the training I put into getting ready has worked.

Is there anything you could do to improve any of your lifts? If so what would they be?

I need to learn how to squat higher. I think I could squat a lot heavier if I could cut my squat high and just break parallel instead of touch my ass on my heels. This is something I plan on working on for a while to see how it works out.

What is your favorite lift and why?

My favorite lift is the deadlift. It's the one that I'm the most confident with and it's the lift you finish the meet with. The

real competition doesn't start until the weight hits the floor, and I like being the last man standing.

What assistance exercises helped each of your lifts the most?

I don't really do much assistance work for squats, but I do a lot of ab work that I think helps a lot. For example, I like holding a weight while doing GHD sit-ups. For my bench, definitely a variety of dumbbell presses have really helped me a lot. As soon as I started implementing DB presses after my bench sessions, I took my bench from 450 to 500 lbs. Deficit deadlifts have helped me improve my deadlift a lot. I like pulling from about a 3-inch deficit.

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

Eat and sleep, spend time with my significant other, and think about training and getting stronger.

We love Dan Green but we're all tired of being pushed around by him. Truthfully, he is upsetting the balance at Dynamo Barbell by holding the all-time records in the 220- and 242-lb. weight classes. I'd like to go head to head and

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beat Dan Green at a meet in the 242. That would be epic! I'd like to beat Larry Pacifico's all time World Record in the 242-lb. class raw total of 2,080 lbs. without wraps, hopefully soon. I want to pull a 900-lb. deadlift and I'd like to beat Ed Coan's 887-lb. deadlift in the 242-lb. class. Ed Coan is such a dominant legend, holding four all-time World Records in the 181, 198, 220 and 242-lb. classes. It would be an honor to share a record with such a legend.

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

I think it should be mandatory. Geared lifting is like an extreme sport, which demands an extreme look.

What drives you?

I think I have an insatiable desire to always strive to be as strong as I can be and hopefully become one of the best powerlifters ever.

If you had the choice of being any superhero, who would it be? The Hulk?

I don't think I could ever get mad enough or angry enough to turn into the Hulk. Wolverine was my favorite super-

hero growing up as kid. I think it's pretty cool that he can heal his wounds after he gets injured, and having knives pop out of your fists is pretty cool, too.

What is Kade Weber's Kryptonite? What drives you nuts or crazy?

I'm a pretty laid back guy and I don't ever really get worked up about anything. Somebody would really have to do something significant and work really hard to deliberately piss me off. Jay Nera: "We call Kade the 'pale rider' because usually when we're training he looks like he's always falling asleep waiting for his turn to squat. He's like a sleeping giant.

Would you consider yourself to be a Dr. Jekyll/Mr. Hyde type of personality, where you quietly go about your business in the lab and then unleash all of your anger and rage when you hit the platform? Or would you consider yourself to be more like Clark Kent and just take your glasses off and quietly do something super-human?

I am definitely a Clark Kent who quietly goes about his business and gets the job done, but I would like to be more like

Mr. Hyde and get a little more crazy and aggressive when I hit the platform.

Now that you're at your current level of strength, do you get impatient trying to make specific gains?

Everybody wants to be strong fast, but I think at my current level I'm happy with any PR, whether it's 5, 10 or 15 lbs.

How much sushi do you think we just ate, and do you think the restaurant will immediately go bankrupt after we leave?

I think the manager will follow us out and put up the "Out of Business" sign in the front window. They definitely lost money feeding us today.

Is there anyone you would like to thank?

I'd like to thank Jay Nera, Willie Albert and Anton Migounov for spending a lot of time showing me how to get strong and getting me involved in the powerlifting sport. I'd like to thank my girlfriend, Amanda Black, for putting up with all of the time that I spend in the gym and preparing for meets. I'd also like to thank Power for this interview, as well as anyone who helps organize and promote the sport of powerlifting. **PM**

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BIG BENCHING WITH JIMMY KOLB

BY JEFF ROBOT IRION

How old are you and what are your best lifts? I'm 23. My best competition lifts are a 903 squat, 903 bench in single-ply, a 700-lb. deadlift and a 2410 total.

Where do you train and who is your coach? I train at Iron Chamber Gym. The guy who I call my coach is actually the owner, Jeff Begue.

What world records do you hold? I have the all-time heaviest single-ply bench in the 242s with 903 lbs. That lift actually gave me two world records. I just set an RPS world record bench a week or two ago with 850 at 242. When I was a teenager I broke the IPF junior world record in the 220s with 636 (they didn't have a teen division at that time). When I was 20 years old I totaled 2,410 at 220 in the APF, which was the sixth highest all-time total at the time.

What is your ultimate goal? I want to bench 1,000 in a single-ply shirt. The current biggest single-ply bench is 942 by Mike Womack, which he did at SHW. I believe my 903 is the third biggest single-ply bench, behind Mike's 942 and Robert Vick's 909 and ahead of Tiny Meeker's 900.

How is it that you hold numerous world records and have benched 903 lbs. in a single-ply shirt, no less, and yet no one knows who you are? I'm not as well-known as guys like Kennelly, Mendelson or Donnie Thompson. But it's mainly because I don't promote myself like I probably should. MHP is trying to get me to do more of that.

You've hit some big training lifts, including 1,100 off a two-board and doubles with 1,000 off a three-board and 900 off a one-board. Are you going to shock the world by beating Dave Hoff to become the first to bench 1,000 lbs. in a full meet? Full power is something I really want to go after pretty soon. As far as benching 1,000, especially at my lighter body weight, it would be more realistic to do it in a bench-only meet. I would like to hit 900 in a full meet. I've come close (as a 242), but it just hasn't happened yet. I had a perfect meet when I hit that 2,410, but it hasn't happened again since then.

So then are you a full-power guy or a bench-only guy? I mainly compete bench only nowadays and have only done

two full power meets over the last three years, although full power is fun. But I do train all three lifts heavy year-round.

Let's focus on the bench. Has benching always come easily to you and, if so, to what do you attribute this? Very much so. The only bump in the road I've had is that something in my right shoulder is pinched right now and it's hindering my lockout, but it doesn't hurt. Benchng has always come easily. I'm the most inflexible person ever, but I can arch big time on the bench. I have short arms and I take a full width grip and I know how to manipulate the gear to do what I want it to do.

How often do you train the bench? I shirt up every

Monday night and do my overload workouts. On Thursday night I'll do accessory work, stuff like raw top end work (two- and three-board presses, JM presses, dumbbell work), rotator cuff exercises, traction movements for my shoulders.

What's your reason for doing these huge overloads? That's something I've developed myself. I've tried different methods and training programs, and as I've progressed as a lifter and developed my own training style, that's been a constant in my training.

Every week I'm overloading in one way or another. If my goal is to bench 900, then I need to be handling 900-plus every workout. I kind of took that from Kennelly, he was one of my early inspirations.

What kind of shirt do you wear? In competition I have a single-ply Super Katana, stock, off the shelf. No extra scooping or reinforcement or anything like that. In training I use a double-ply Super Katana with grid stitch, which I've competed in on a couple occasions at a lighter body weight. I also have a triple ply Super Katana. That shirt is so radical that I use it for training purposes only. I've wet it down and tried to touch 1,000 but it just won't happen, so it's strictly an overload shirt.

Why do you wear a single-ply bench shirt? Have you always competed in a single-ply shirt? When I first started competing I used multi-ply. The first shirt I ever touched and competed in was a Karin's double denim. My first meet was a push-pull and I ended up benching 585 in that shirt at 220 and 18 years old. I only deadlifted 570, but at least it was raw!



My original mentor, Adam Hicks, had given me the shirt (it was one of his old ones). I owe a lot to Adam. When I first met him, he was the third youngest to bench 700, which he did at age 23. He told me that if I could bench in that shirt, I could bench in anything.

And did that statement hold true? Definitely. I did a lot of research when I was younger and getting into the gear. Everything said to start with a single-ply poly and progress to a denim when you're ready. But Adam just threw me into a denim right away, and I had no choice but to learn perfect technique. My bench went up 100 lbs. every year for three years, from 600 to 900 lbs.

How often do you touch in training? As often as possible. That's one thing I've found over my five years of shirted bench training: The more often I practice touching with weights, the better I do at the meet. Some training sessions are just for overload, but at least every other week I'm trying to get a weight to touch. For example, in my last workout I did three full range doubles with 800 lbs. in a single-ply shirt. I always wear a single-ply shirt when I want to bench full range.

Let's talk more about shirts, Mr. Lord of the Plies. Why do you wear a double-ply shirt in training? And do you feel that it doesn't throw you off because it's the same model? Exactly. The double- and triple-ply shirts have the same groove as the single-ply. So I train in those and save the single-ply shirts for the competitions. The drawbacks to single-ply shirts is that they wear out very quickly, so if I wore them all the time in training I wouldn't be able to use them in meets.

Do you ever bench in your meet shirt in the gym? If I feel as though I need to, I will. But I've taken a brand new, out-of-the-bag Katana, put it on at a meet and gotten a weight to touch.



Granted, I couldn't do that with a two-ply shirt. A multi-ply lifter needs to bench in his shirt, but for a single-ply lifter, I don't think so.

How did you do in the double-ply Katana? The most I ever benched was 900 lbs. in Iron Chamber's non-sanctioned meet. Before that the most I'd ever benched was 810 at 220, in the meet where I totaled 2,410.

You've talked about manipulating the shirt. How do you do that? I can make a single-ply shirt a 900-lb. shirt or a 700-lb. shirt by torquing the sleeves, pulling the neckline down and tweaking the back of the shirt. I can make it so that it takes a little weight to touch or a lot of weight. That's something you can do better with a single-ply shirt than a multi-ply shirt.

How did your bench progress over the years? When I was 18 I hit 585 at 220. When I turned 19 a few months later, I benched 700 and later 740 lbs. at 220. That was a big number to me because Louie Simmons had called me and told me how they had the heaviest bench ever by a teenager, 735 by

Mike Brown at SHW. (The record book shows my lift as 738, but it was really 740!) When I was 20 I hit my first 800-lb. bench in a bench-only meet, still at 220. I also benched 810 in a full meet. At 21 I benched 903, and that is still my heaviest bench in a meet to date.

Why haven't you been able to beat your 903 bench? After benching that 903 in February 2012, my outlook changed completely. The next month I wanted to bench 920, and then it was 950. I competed probably eight months that year. I tore myself down competing so often, and I bombed a few times and got in a rut. So that was kind of a wasted year because I wasn't patient enough to wait until I was ready. This year I've turned things around. I've got my own game plan and my weights are starting to come around. Once I get

this kink in my shoulder worked out and I can lock out weights with my right arm, a new PR will come. But in general, I just need to be patient. At this level, the PRs don't come as quickly as they used to.

Do you train your raw bench much? My rule is that I do not train raw full range. Every time I try to do it I get hurt in one way or another. I don't compete raw, so there's no reason to do it. I used to be able to hit 500 lbs. full-range, but now I won't hit anything over 405 full-range. Hitting 500 raw every week killed my tendons and shoulders. It hurt and it wasn't worth it.

Give us three of your top secret tips for benching big. One thing that comes in handy when wearing very tight gear, is having a great ability to be patient. The gear will slow the bar down, but you have to be patient and wait for it to touch in the right spot. If you can make a big weight touch in the right spot when the shirt is outrageously tight, you'll do well. Another thing is the constant overload. I've done that every single workout for three years straight,



and it's put 300 lbs. on my bench. Lastly, when you're stuck in a rut, people tell you to change things up: change your exercises, training days, rep schemes, etc. I applied that mentality to my bench shirts. For a while I was benching multi-ply and I stalled out, so I tried changing to single-ply. Even though they have the same groove, the shirts will feel different on your body and give you a different stimulus. So in addition to the other ways to change up your training, I change up my bench shirts.

Let's talk briefly about full-power stuff. You bench in a single-ply shirt when you compete full power in multi-ply. Why not compete full-power in single-ply? I'd really like to do a full-power single-ply meet, probably USPA or APF. I used to train at Blackstone's Gym, and the owner of that gym, John Blackstone, hosts one single-ply APF meet per year, so that's probably what I'd do.

Why not go IPF? I competed in the IPF on a few occasions a few years ago. The last USAPL meet was when I hit that

636. I lost my taste for that fed when I had to pay \$135 out of pocket so I could get drug tested in order to keep my world record. That really turned me off from competing with them ever again. I wish there were more federations like them, where there's an even playing field. I really think that would help the sport. And I have entered the amateur division a couple times recently so I could be drug tested. Even though I'm not at an amateur level, it's important to me to get tested. But I don't like the USAPL and I don't plan to compete there again.

For your recent 903 squat at the Arnold Classic, why did you choose to not wear knee wraps? I hate knee wraps! I used them when I was younger and hit my 2,410 total, including a 900 squat. But with the multi-ply gear being so temperamental and all the pressure from the weight, the added pain of the knee wraps is too much to handle. That sounds really sissy, but I find that it distracts me and ends up being a hindrance. Although I will use them from time to time when I'm squatting raw in training.

Let's get back to the only lift people actually care about: the bench. I understand that you're getting married soon. How do you think that will affect your bench press? It can only make it better! I've been with the same woman for three years, and in that time she's only missed one competition. She comes to the gym with me, she knows how to put my shirts on, she knows what I need in meets and training, and she's my camera girl. I'm very excited to get married to her, and it's only going to help.

Is there anyone you'd like to thank? I'd like to thank my wife and all of my family for their support. All of my training partners, past and present. It would be impossible to do it without them; they are relentless in helping me. Also, Titan Support Systems. They've sponsored me for quite a few years. Ken Anderson took me under his wing when I was 19 and has treated me very, very well. MHP picked me up about a year ago, and they've been great to me as well. Without my three main sponsors, a lot of this would not be possible. **PM**





STRENGTH COACH MISSION: DO OR DIE

BY ZACH EVEN-ESH

I was a teacher, and summer was not much of a vacation when I needed money and the credit card debt piled up. I had already been training for more than 10 years and had competitive bodybuilding experience.

I spent many days at the gym training people for free. All of my friends wanted my advice, and everyone wanted to train with me — not just because of my knowledge but because of my energy.

My dad would see me leave early in the morning and come back late at night. He would ask me where I was. I'd tell him, "Training people."

"Are they paying you?" he asked.

"No," I replied. "I love doing this stuff. I do it for free."

My dad shook his head. "You're a lousy businessman."

I felt bad accepting anyone's money. Yet at the same time, I was starving for money and I had no clue how to make it by training people. The year was 2001. I saw a few "personal trainers" at every gym that I went to, and it seemed as if they ruled the gym. You couldn't step on their toes, as the gym was their territory. Deep down, I knew I was better than they were at training people.

I started buying books from the bookstore about the business of personal training. It was all crap telling me to make business cards and flyers and blah, blah, blah.

There was nothing like a strength coach, at least not the I had heard of. I decided to take matters into my own hands. I was going to man up and apply for a "personal trainer" job. It was time to show people that I could do this.

I applied at Jack LaLanne and a place called Spa Lady. Yes, Spa Lady. In my gut, I knew it was the wrong thing to do. I interviewed and completed applications at both places. Deep down, I was actually hoping I would not get hired.

It ate away at me every day and every night as I thought about it and hoped no one would call me back. I literally felt it in my gut that I should not conform and be the typical personal trainer with a clipboard in hand, counting reps and training people who didn't want to lift heavy or smash through plateaus and break PRs.



After a few days of waiting, my cell phone rang while I was walking the boardwalk at the beach. I was down in the dumps mentally and I was out of money. When the phone rang, my stomach got that uneasy knot.

It was the manager of Spa Lady. She told me I was hired and she had clients lined up for me.

I was tired of running away and being scared of speaking my mind. Most of all, I was scared of being just like everyone else. I told her I took a job elsewhere because I didn't hear back from her. I lied to her, and she was disappointed. But in my mind and in my heart, I was saying to myself, "Hell, yeah! Screw Spa Lady and screw everyone!"

I went home and typed up flyers just like the ones you see posted in supermarkets where the phone number can be torn away at the bottom.

It was a horrible flyer, but it was me — and that's what counted. I felt a sense of integrity. My girlfriend drove me to the upscale neighborhoods near our town and I taped the flyers to trees. I was hobbling around, as it was only a few weeks after my ACL surgery — plus I knew that posting signs on trees was illegal. I still taped more than 100 signs on trees.

I didn't get a single call.

I felt bad about it, but it was better than being a conformist.

Back then, Ebay didn't exist, so I purchased some used equipment from newspaper classified ads. I started putting together a gym in my parents' garage, which was small as all heck — a one-car garage with a low ceiling.

I bought a 300-lb. weight set from Costco and told a kid in my neighborhood I would trade an entire summer of training

if he borrowed his dad's truck to help me pick up equipment from a Gold's Gym.

The equipment was being stored in a guy's barn, and it was the beginning of the inspiration for me to put a gym in a barn one day.

We pulled up to the back of the house where the barn stood. The man's backyard was enormous. There was a pond, chickens roaming around, a few goats and his trusty dog.

When he opened the barn, it looked like heaven to me. More chickens were roaming in the barn and there were piles and piles of old-school, deep-dish Ivanko plates: 45s, 35s and 25s. I bought a lot of them. I also bought a chin and dip tower and a dumbbell rack. The ride home we had to put the hazards on because the truck was bottoming out down the highway.

The chin and dip tower went in my parents' backyard on the patio, which didn't impress my dad at all. But I loved it. I started charging athletes \$5 an hour to train with me, because that was the drop-in fee at the local gym.

I saw a wrestler at the local gym and recruited him and his brother. Then some of the football players in the neighborhood wanted to train with me. I started charging \$15 an hour and thought I was big-time.

These athletes did all the basics. I bought a cheap squat rack so we could squat, bench and deadlift. I also had them lifting stones in my backyard. Some were too weak to do dips or chins, which shocked me. I had no clue people could be so weak. I made them do bodybuilding-style negatives and basically beat the shit out of anyone who trained with me.

Stories spread through the neighborhood of kids throw-



APEX

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**WORLD RECORD
PROVEN GEAR**

ADVICE TO MY YOUNGER, LESS EDUCATED SELF. THESE IDEALS STILL HOLD TRUE TODAY.

- Don't worry about everyone else and what they're doing. The last thing you want to do is fit in with them and be a pathetic copy cat. Don't copy others. Instead, innovate and be you.

- Perfection doesn't exist and it's not needed. The No. 1 thing that counts is getting results. Every workout will be flawed, your business will be flawed and nothing will be smooth and perfect. Keep charging; imperfections can be improved along the way.

- Keep your integrity. Just because everyone else is doing the wrong thing or says it's right doesn't mean that is the tried-and-true case. You should always trust your gut instinct. Don't do the wrong thing when deep down you know it's wrong, or if you are hurting others.

- Screw the marketing hype. Eventually the cream of the crop rises to the top. Spend your time kicking ass and taking names, being awesome at what you do. Sure, you'll lose clients to the people who are looking for a coach that is cheaper and closer to home — but so what? Do you really want to work with the people who choose cheaper and closer to home over better? Those people are headaches and you'll regret attracting them into your life.

- LOTS of people will tell you that you can't be successful as a coach. Even those close to you will try to hold you back. Forget them. Do it now because you'll look back and hate yourself for never even taking a shot.

- If you want to rent a place, don't pay rent elsewhere until you have a steady flow of clients that brings in double your rent. And, if you do rent, start small. Hell, find a hardcore gym and test-drive paying the gym owner a flat fee in exchange for use of his gym as an independent coach before you rent a warehouse, buy equipment, paint, repair bathrooms, etc.

- Once you are pumping with clients on a consistent basis, then and only then, should you look for a spot of your own to rent.

- Eventually, everyone will own a warehouse gym. Tires, sleds and Kettlebells will be the norm. If you plan to stand apart, you must keep perfecting your craft or you'll be another face in the crowd. No matter what any guru says, results are No. 1. When you care with all your heart about

your clients, you will pursue excellence.

- Athletes are fickle. They come and go, and their work ethic isn't what it used to be. Grow various parts to your business so that you can focus on what you love and maybe have another coach training adults for you in the morning.

- This biz is hard work, and sometimes you'll question if it's worth it. You will have ups and downs financially and emotionally. That's life, and that's what happens to business owners. You will need to be mentally tough or you'll never survive. Thick skin is a must.

- Read books by Navy SEALs to remind you that hard work is the ticket to much of your success.

- Caring is the ticket. Care with all of your heart for the kids who walk through your doors when you train them. Leave your negative emotions behind and never reveal your problems. This is their time. Never forget that.

- Be careful of partnering up with people or allowing friends into your business. It's pretty damn amazing how your "friends" will change their tune once money and egos are involved. If someone does screw you over, forget them. Their own existence is their punishment. Move onward and upward as always, focusing on taking care of the people that you train with all of your heart.

- Keep evolving as a coach and as a person. When the warehouse gym gives you headaches, find a way to make it better by removing the crap that gives you headaches and keeping it simple.

- Don't let people tell you how to run your business. As soon as you do, you will start losing who you truly are and you will hate what you once loved. Not everyone will agree with you or like you, but that is fine. You are not supposed to be accepted and loved by all. If you are, then you're not passionate enough.

- Take care of your health. Your health is No. 1. Eat strong, rest as you need to, and make sure you get vacation time with family and friends.

- You probably won't achieve success on your own. Make sure you tell the people who support you that you love them.

ing up on the way home from training with me. I had an axe, and had the athletes chopped away at a big tree stump in the backyard.

Stones were carried, pressed, rowed and squatted. Sprints were done with me riding my bike ahead of them — I was still rehabbing my knee post-ACL surgery. I was making a few bucks every day and had no system to anything I was doing.

All I know is that I listened to my gut instincts. I never sold out. I broke the rules. I didn't care that my girlfriend's family

laughed at me. I knew this was just the beginning and I was going to succeed, no matter what. It was do or die.

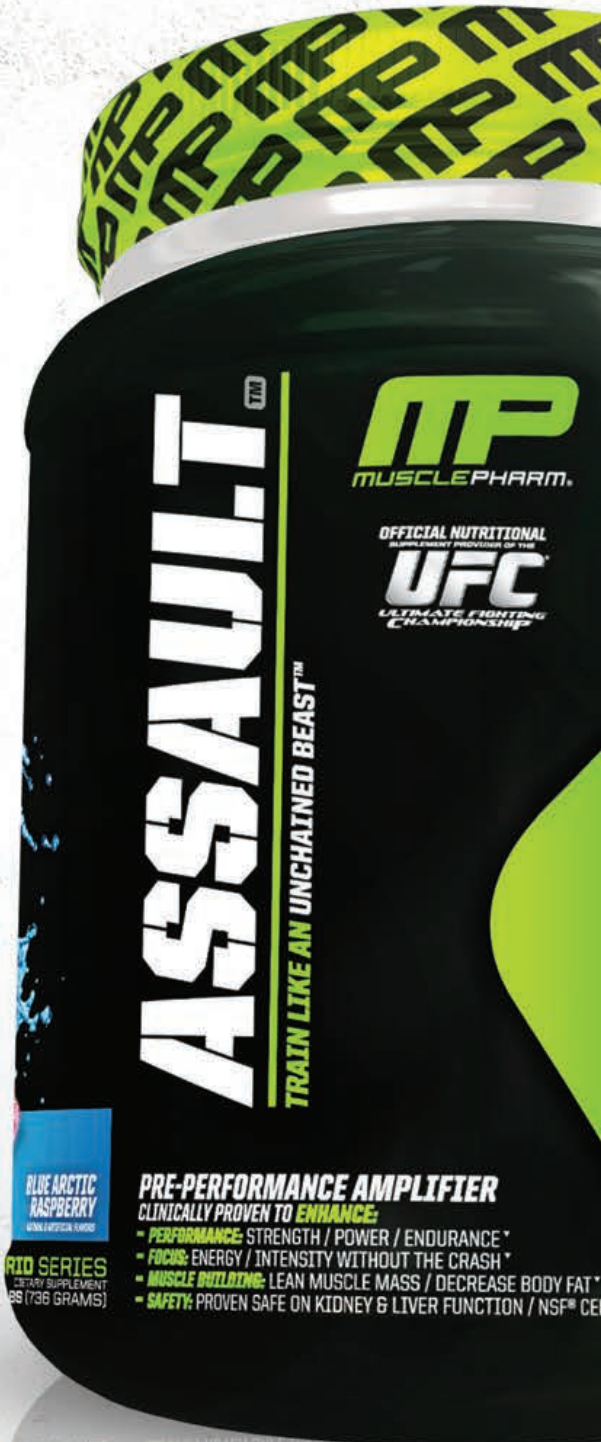
That was just the beginning. **PM**

Zach Even-Esh is founder of the Underground Strength Gym and creator of the Underground Strength Coach Certification. He has trained hundreds of athletes ranging from youth to the Olympic level. He is a consultant for Division 1 wrestling teams, and lives and breathes training athletes. For more info visit www.UndergroundStrength.TV or www.UndergroundStrength.org.



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TRAINING AND TRAVEL MUST-HAVES

BY MATT VINCENT

Getting in decent training on the road is always tough. For the past five years, I've spent about 5,000 to 6,000 miles in my truck and 10 to 15 days a month in hotels all over the country. Making sure that I am getting done what needs to be done for training is never easy with this schedule. I have learned a few tips and tricks that allow you to keep making progress when your training environment is not ideal.

These tricks and tips are for those who can't find a decent place to train on the road. Just so that we are on the same page, I do not consider the crappy 24-hour places decent places to train —

but they are better than not training if you have to get it done. However, almost everywhere that you go, your options will be restricted. Sometimes the hotel gym is going to be your best bet, or you may only have your hotel room. These are the tricky days.

The biggest trick is to decide a plan and go with it. It is way easier to tell yourself, "Screw it, I can't train here." This is bull. Get the work done.

Don't get me wrong — you're not going to train on the road and make gains like you would at home. This is about maintenance and recovery from the brutality that is traveling as a meathead.

You don't fit anywhere and are constantly uncomfortable. Diet is a tough one, as well, so you are probably bloated. This is what you need and what you should do so that when you return to proper gym, you can be in a great position to keep pushing.

Must-haves

There are some essentials that will make traveling much easier. These are things that I do not leave for an overnight trip without — and it can all fit in a backpack.

Sling Shot. The truth is, it's a great tool. You can use it for push-ups if you

BAND PRESS



BAND PUSH



need to do some monster sets. Also, if you do find a gym, it's a great tool for overload work.

Bands. I pack a pair of average and

heavy bands (purple and blue). These give me more than enough resistance to add to any machine or wrap around my back to do push-ups or dips. Also, the

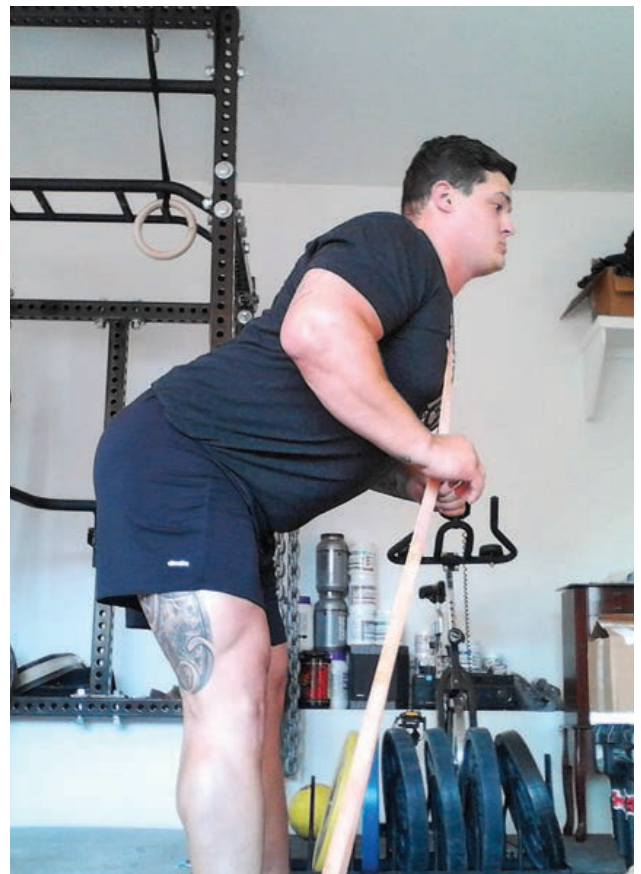
heavies can be used to go beneath your feet and over your shoulders to squat.

Roller. I like a short, hard roller with a little padding that's hollow so the rest

BAND SQUAT



GOOD MORNING



EXAMPLE WORKOUTS

Full Body

Exercise	Option1:	Option2:	Option3:	Option4:
Squat	Double bands 5 sets x 10 reps (1 min rest)	20 sec on, 10 sec rest	Single band: 50 or 100 reps as fast as possible	5 seconds down and fast up x 10 reps x 5 sets
Press	Double bands 5 sets x 10 reps (1 min rest)	20 sec on, 10 sec rest	Single band: 50 or 100 reps as fast as possible	5 seconds down and fast up x 10 reps x 5 sets
Good morning	Double bands 5 sets x 10 reps (1 min rest)	3x10 with pause at bottom	Single band: 50 or 100 reps as fast as possible	5 seconds down and fast up x 10 reps x 5 sets
Up-right rows	Single band 5 sets x 10 reps (1 min rest)	Single band 5 sets x 10 reps (1 min rest)	Single band: 50 or 100 reps as fast as possible	Single band: 50 or 100 reps as fast as possible
SSPU	100 reps as fast as possible	20 sec on, 10 sec rest	5 sets of 10 reps, change hand width every set	50 to 100 reps as fast as possible

Basic Training: Upper Body

Exercise	Sets and Reps
SSPU	5 sets of 20 reps
Press	5 sets of 10 reps
Up-right rows	5 sets of 10 reps
Bent-over rows	5 sets of 10 reps

Basic Training: Lower Body

Exercise	Sets and Reps
Squat	5 sets of 20 reps
Good mornings	5 sets of 10 reps
Lunges	5 sets of 10 reps

HIIT: 5 rounds of each

Sprints	Stairs up and down for 60 seconds	Treadmill: Max incline, push to make tread turn 20 seconds	Parking lot, 100 yards
Push-ups	x 10	x 10	x 10
Rest	1 min	1 min	1 min

of my stuff can fit inside. After sitting on planes or in a truck all day, some recovery and work on mobility is a huge help.

Lacrosse ball. Having something to trigger some deeper tightness is great, and it's small enough to fit in your bag easily.

VooDoo Floss. Another great recovery tool that fits in your bag.

Straps. These help when you find a gym with lighter weights or a decent pull-up bar that is too slick or rubber-coated. You can use it to grind out some bigger sets on dumbbell rows and not worry about your hands failing you.

Shoes. A good pair of kicks you can train/run in is a must. This sounds simple, but I typically carry around five pairs of shoes for competing. My must-haves are Reebok Nanos. I can lift, sprint and jump in them, and they are light and compact.

Liquid Grip. Great for the road where they don't allow chalk.

Jump rope. Weighted or speed, either is fine.

These essentials will give you some options to kick your own ass in any environment.

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How to train

Here are some things I do to get the job done. It is all going to be high-rep and HIIT training, based on using what you have.

Squat: You don't need a barbell. Take your heavy band (or both for more resistance dummy) put it over your head on your traps and run it down the front of you stand on the bottom of the loop. No squat. Your options here are endless. You can do them in sets like regular training. Try and do 100reps in as few sets as possible. Do them in intervals of 20 seconds on and 10 sec rest for 4 min. You can do tempo squats, 5 seconds down and fire up.

Good mornings. With the band in the same position as you'd use for a squat, do good mornings. Push your butt back until your hamstrings and glutes get tight, then squeeze and accelerate up to the top. I love good mornings for posterior chain.

Slingshot push-ups (SSPU). Use your slinger and do a ton of push-ups with varying grip widths. This can cover everything in your upper body.

Upright rows. Stand on the bands and do standing rows.

Bent-over rows. Stand on the bands, bend over and row away.

Standing press. Stand on the bands and hold in rack at shoulders, then press overhead. The band can go around just like the squat set-up, or one on each shoulder and foot.

Sprints. You can do this a few different ways. Use a treadmill on full incline, use the hotel stairs or do it like a savage in the parking lot.

Jump rope. If you don't know how to do this, you need more help than I can provide.

Sets and reps

Try and do 100 reps in as few sets as possible. Do them in intervals of 20 seconds on and 10 seconds rest for four minutes. You can do tempo: five seconds

down and fire up. There is a ton of options do. I recommend focusing on the big multi-joint lifts, squat and bench, then hit the accessory to till failure for a couple sets. A big help for all of this is to get an interval timer app for your phone. Gym Boss is my favorite. **PM**

Matt Vincent is an all-around strength athlete, powerlifter, Olympic lifter, professional Highland Games athlete and 2012 World Champion, and world traveler. Find him at JTSSStrength.com, JTSSStrength.com and Mattvincent.net.

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THE STRENGTH JOURNEY

BY KEN WHETHAM



Anyone in the strength game will be able to give you an account of the journey they embarked upon for getting strong. Chances are there were a lot of twists, turns, hills, valleys and maybe even driving off the cliff a few times before everything came together in a nice, neat little package.

There are so many programs available like Westside, The Cube, Wendler's 5/3/1, Linier Progression, Progressive Accumulation, Smolov and Sheiko — and so much information available through social media for training, programming,

rehabilitation, nutrition, recovery and injury prevention —that, for the most part, it is confusing for the average person to sift through the mountains of training or program data and establish what is viable and what is "bro-science" or "smoke and mirrors."

No wonder anyone getting started in the strength game is easily led astray and spends an enormous amount of time and effort trying to achieve their goals. Their training resembles a cork erratically floating down the river, with no real sense of direction.

One of the things I know for sure is that all high-end lifters have several things in common: they are warriors, they train hard and they train heavy. Getting strong isn't something that happens overnight. These guys spend years working on improving strength. They train hard, they're dedicated and committed to getting stronger, and they possess an insatiable desire to not be average. They've digested mountains of information, tried various programs and training techniques and extracted the gold nuggets, eliminated the fluff and



Whetham and Louie Simmons



Whetham and Mark Bell

found what works best for them to get continued results. For the most part, it's lifting heavy and consistently.

Even though I consider myself to be a newbie to competing in the powerlifting game, I've found relatively good success in a short period of time by abiding to principals that will work not only in the strength game, but in all aspects of your life to overcome and succeed.

Seek out people who know

Why waste time trying to figure out something that other successful people have already figured out? Seek them out and ask questions! There are so many great people in the powerlifting community who are willing to offer advice and share their experiences and training information. When I first started getting serious about competing, I was fortunate to travel to Westside Barbell and talk to Louie Simmons about lifting. Louie was one of the most accommodating and nicest guys I've ever met. He was more than happy to talk about how he sets up training and why it works and was happy to give my wife and I a tour of Westside showing us equipment I've never seen or used before. Louie's been very inspirational. We keep in touch and I've been to Westside to train on numerous occasions, which is an unbelievable experience every time.

I was able to contact Dan Green through social media and he was my inspiration to transition to pulling sumo. Dan explained how he transitioned to sumo, and some of the things to expect and how to overcome any obstacles that would impair progress. I utilize a lot of Dan's advice into my "deadlift party" training and have been making solid progressive improvements.

I've spoken to Brandon Lilly, the "People's Coach" Mark Bell, and every other successful powerlifter I've encountered and cornered at meets or events. Powerlifters are some of the nicest people I've met, even though most look extremely intimidating with their large frames and slabs of muscle bursting through their shirts like they've stolen 100 lbs. of beef and are concealing it under their shirts.

The bottom line is to source out people who know what they're talking about and have a proven track record competing or training lifters who are "rocking" the powerlifting stage. You can meet them in person, find e-books, DVDs and, of course, contact them via the Internet and social media. Join Mark Bell, who has several sites to help lifters through the "Power Project," which spreads the powerlifting gospel through training, videos, answering questions and offering advice on how to continuously improve your training.

Surround yourself with like-minded people

Why struggle trying to figure out how to train or lift competitively, stay focused and keep motivated by yourself? Find a group of people in your area who have similar goals and have experience lifting or competing. I am extremely fortunate to have found a group of lifters in the Toronto area who I train with at "The Anvil" gym along with several great lifters who have years of experience and who have been instrumental in helping me with technique and learning how to lift in gear. Not to mention being genuinely sincere about helping me improve. I probably wouldn't be competing if I didn't have this group of people to train with. Thanks, Anvil Crew!

If you can seek out a group of people who train with the same goals as you, I guarantee you will progress faster and get stronger than you ever thought you would.

Set goals

Once you start lifting, you need to set some small, attainable goals to keep you motivated. If you don't set goals to squat a certain weight or bench a big number, there's not really any motivation to get better. You're just training for the sake of training. The best way to learn the powerlifting game is to compete. Find a meet



Dan Green and Whetham



Whetham and Brandon Lilly

a few months away in your area and register to compete. Nothing will light a fire under your ass more than knowing you have an upcoming competition that you have to prepare for. This will also give you an idea of how to get ready for a competition, how to ramp up your training and rest so you're ready to peak at the right time. Once you've done a few meets, you'll have a good idea of what works for you and you'll always learn from your mistakes. Remember: Everyday is a school day!

Stop procrastinating and do the work

How many times have you talked to people who are going to start their training program next week, or after their holidays, or after their kids have graduated from University, or after the planets are aligned perfectly? You get the idea. There are two types of people: warriors and everyone else. Become a warrior with training and with your desire to excel at everything you apply your energy to in life. My dad always used to tell me, "If you're going to do something, do it right. There's no reason to do anything half-assed."

I've lived by that mantra, and I could never imagine being wired any other way.

Thanks, dad!

Stop making excuses and get to work.

"I USED TO MAKE EXCUSES THAT I'D NEVER BE A GOOD BENCHER BECAUSE I WASN'T BUILT LIKE A BENCHER. MY ARMS HAD THE WINGSPAN OF A 747"

I used to make excuses that I'd never be a good bencher because I wasn't built like a bencher. My arms had the wingspan of a 747. I mean, if I were an orangutan, other orangutans would be teasing me, pointing their fingers and laughing because my arms were twice as long as theirs. I decided instead of making excuses, I'd just get stronger and become a better bencher. I won't set any world records benching, but I'll keep progressing and lifting heavier weights. You are the only person who has control over what you do and how you do it, so it's time to get off your ass and start lifting.

Success breeds confidence, and vice versa

If you told me last year I could squat more than 700 lbs., I would have asked

you how much glue you've been sniffing. I've only been lifting since October 2012. At that time I could squat just over 400 lbs. raw when I got hooked up with my training partners at The Anvil. I competed at my first meet in April 2013 at the ripe old age of 48, and I squatted 705. At my second meet, eight weeks later, I squatted 737. My point is, now that I've pushed myself to lift more than I thought I could ever lift, I'm already drunk with confidence — and now the sky is the limit. My next meet is at Relentless in Michigan in November and I will squat more than 800 lbs. I just will, damn it!

Success breeds confidence, and when you start to get the confidence that you can lift and achieve your goals, you will push yourself beyond any limitations you've previously set for yourself. I sincerely believe that I will squat 1,000 lbs. by the time I am 50. I have to believe I can achieve that to push myself. That's what warriors do.

Find out what works for you

Everyone is different. Not everyone will respond the same to the same program or training or stimulus because of a variety of factors that affect your training. Your age, ability to recover, work schedule, sleep patterns, etc., are all at play. It may take you a little time to figure out what works best with

your current schedule and life commitments. I believe you have to plan to have a certain amount of flexibility in your training schedule. I used to be extremely regimented about my training schedule and lifted as planned no matter what variables arose. I'd lift after a long night shift when I'd been up all night, was exhausted and felt like shit. My training suffered and my progress suffered. Now I'm more flexible about my training schedule. If shift work has thrown a wrench in my energy level, I'll skip a day and pick up where I left off when I feel closer to a normal human being again instead of a glassy-eyed zombie. I sincerely believe this flexibility in my schedule has allowed me to progress even though my training week may change from what I originally planned.

Don't be scared to try a few different variations to see if you respond to a different training template. My biggest deadlift gains happened after I started alternating my deadlift and squats weeks. My training is pretty simple: one shirted bench session, one geared squat session, one raw bench session, one raw squat session per week and every other week I replace the raw squat session with a "deadlift party." This small change has seemed to really help me, and my body has responded with consistent strength gains in all three lifts. This reinforces my belief that recovery from heavy lifting is key to steady progression.

Don't suffer from paralysis by analysis

If you're on a program and it's working, don't get distracted by the next shiny object or new training program. There is so much information and so many different programs that a lot of people try Plan A for a few weeks, then switch to Plan B before Plan A has had a chance to work. Usually after Plan B, Plan C isn't too far down the road or is already in the works. I know people who are constantly changing programs and don't really seem to make much progress. Gee, I wonder why? Now that I've had opportunities to talk to a ton of great lifters and interview some of the top competitors in the game, one thing that is abundantly clear to me is that their training is simple. Almost ridiculously simple.

Training doesn't have to be complicated. If you squat, deadlift, bench and are adding plates in small increments

— whether it's every week, every two weeks or every three weeks — you're going to get stronger. I've found that raw lifters are able to lift more often every week and geared lifters seem to need a little more recovery for their CNS from the weight overload, but overall, training remains simple. Lift heavy and lift often.

Be patient

Squatting 1,000 lbs. or deadlifting 800 lbs. isn't something that happens overnight. Lifters that are tremendously

strong have been training for years to reach the elite level that they are at, and deserve a tremendous amount of respect for the perseverance, dedication and commitment they have to the iron. They are warriors! Be patient. If you're dedicated to lifting heavy and lifting often, you will progress and become a stronger lifter. It's simple; just apply some of the principals outlined in this article to help you along the path to being a better lifter, and then put down your mouse, get to the gym and start lifting. **PM**

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SQUAT

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2	953.5	Marc Henry	(US/71)	<10/29/95>	(Sussex, England)	(ADFPA/WDFPF)
3	934.5	Don Reinhoudt	(US/45)	<4/10/76>	(Findlay, Ohio)	(AAU/IPF)
4	925.9	Sergey Alexeev	(Russia)	<9/18/94>	(Moore Lake, Minnesota)	(WDFPF)
5	925.9	Peter Petras	(Czech Republic/84)	<4/3/11>	(Trutnov, Czech Republic)	(WPC)
6	909.4	Vasil Orobets	(Ukraine/66)	<5/22/05>	(Hamm, Luxembourg)	(IPF)
7	905.0	John Kuc	(US/47)	<11/11/72>	(Harrisburg, Pennsylvania)	(AAU/IPF)
8	903.9	Brent Mikesell	(US/67)	<6/26/04>	(Newport, Oregon)	(IPA)
9	900.0	Burley Hawk	(US/88)	<8/17/13>	(York, Pennsylvania)	(IPA)
10	888.5	Dwon Johnson	(US/77)	<12/4/11>	(Atlanta, Georgia)	(APC/GPA)
11	883.0	Ray Williams	(US/86)	<7/21/13>	(Orlando, Florida)	(USAPL/IPF)
12	881.8	Pall Logason	(Iceland/86)	<4/16/11>	(Iceland Nationals)	(WPF)
13	881.8	Blaine Sumner	(US/87)	<4/1/12>	(Melbourne, Australia)	(USAPL/IPF)
14	870.8	Chad Wesley Smith	(US/86)	<5/18/13>	(Lawrenceburg, Kentucky)	(USPA)
15	865.3	Kent Fleming	(US/88)	<4/20/13>	(Dubuque, Iowa)	(UPA)
16	860.0	Jim Williams	(US/41-07)	<5/6/72>	(Bordertown, New Jersey)	(AAU)
17	860.0	Paul Wrenn	(US/47)	<9/1/74>	(Fort Worth, Texas)	(AAU)
18	854.3	Scott Weech	(US/85)	<1/23/11>	(Tampa, Florida)	(RUPC)
19	848.8	Scott Cartwright	(US/69)	<6/9/12>	(Indianapolis, Indiana)	(UPA)
20	843.3	Dan Harrison	(US/81)	<9/5/10>	(Los Alamitos, California)	(USPF)

Heaviest Squat of all time without a squat suit. First men to squat 1000 pounds without a squat suit.

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	722.0	Eric Spoto	(US/76)	<5/19/13>	(Sacramento, California)	(SPF)
2	715.0	Scot Mendelson	(US/69)	<5/22/05>	(Worcester, Massachusetts)	(Atlantis)
3	711.0	James Henderson	(US/65)	<7/13/97>	(Philadelphia, Pennsylvania)	(USPF/IPF)
4	700.0	Kirill Sarychev	(Russia/89)	<6/29/13>	(Arkhangelsk, Russia)	(SPSS)
5	675.0	Jim Williams	(US/41-07)	<11/11/72>	(Harrisburg, Pennsylvania)	(AAU/IPF)
6	661.4	Bill Kazmaier	(US/53)	<1/31/81>	(Columbus, Georgia)	(USPF/IPF)
7	655.0	Ben Brand	(US/80)	<11/21/10>	(York, Pennsylvania)	(IPA)
8	650.4	Andrew Collura	(US/76)	<8/17/02>	(Lantana, Florida)	(NSM)
9	650.0	Brian Siders	(US/78)	<5/22/05>	(Worcester, Massachusetts)	(Atlantis)
10	650.0	Nick Winters	(US/81-10)	<5/6/06>	(Amherst, Massachusetts)	(Atlantis)
11	650.0	Ryan Kennelly	(US/74)	<9/18/10>	(Kennewick, Washington)	(UPA)
12	639.3	Riku Kiri	(Finland/63)	<9/27/91>	(Birmingham, England)	(WPC)
13	639.3	Roman Polyakov	(Russia/75)	<6/4/12>	(Moscow, Russia)	(WPC)
14	639.3	Rade Savic	(Serbia/84)	<5/20/13>	(Knjazevac, Serbia)	(GPC)
15	639.3	Andrejs Murnieks	(Latvia/80)	<6/8/13>	(Vila do Conde, Portugal)	(WPC)
16	634.9	Pedro Mejias	(US/78)	<7/20/13>	(Woodbridge, Virginia)	(100% Raw)
17	630.0	Rob Wilkerson	(US/81)	<3/31/12>	(Mesquite, Texas)	(HPL)
18	630.0	Aaron Lawrence	(US/70)	<12/22/12>	(Elkins, West Virginia)	(RPI)
19	628.3	Lars Hedlund	(Sweden/49)	<3/4/80>	(Copenhagen, Denmark)	(IPF)
20	628.3	John Dolan	(US/70)	<1/26/08>	(Tampa, Florida)	(RUPC)

Heaviest bench press of all time without a bench press shirt.

First man to bench press 700 pounds without a bench press shirt.

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

All Time Women RAW Top 20

WORLD RANKINGS IN POUNDS- SHW WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	650.0	April Mathis	(US/87)	<8/5/12>	(Asheville, North Carolina)	(SPF)
2	529.1	Anita Millington	(Australia/86)	<3/31/12>	(Tasmania, Australia)	(GPC)
3	507.1	Fang-Yun Su	(Chinese Taipei/92)	<6/15/13>	(Suzdal, Russia)	(IPF)
4	457.5	Jennifer Ebanks	(US/81)	<1/17/09>	(Chippewa Falls, Wisconsin)	(NASA)
5	451.9	Alisha McGlothlin	(US/91)	<4/14/12>	(Burr Ridge, Illinois)	(AAPF/AWPC)
6	450.0	Kristy Reske	(US/77)	<11/17/12>	(Detroit, Michigan)	(APF)
7	446.4	Irina Yarochenko	(Russia/86)	<6/15/13>	(Moscow, Russia)	(AWPC)
8	443.1	Brittney Cornelius	(US/93)	<3/6/10>	(Kokomo, Indiana)	(NASA)
9	440.9	Victoria Gagne-Hembree	(US/61)	<8/26/01>	(San Bernardino, California)	(AAU)
10	440.9	Tamara Solari	(US/84)	<6/27/09>	(Seattle, Washington)	(USAPL)
11	435.0	Kristy Scott	(US/82)	<4/21/12>	(Seattle, Washington)	(HPL)
12	418.9	Monica Augustine	(US/77)	<4/16/11>	(Sandwich, Illinois)	(UPA)
13	418.9	Katariina Nokua	(Finland/73)	<6/15/13>	(Suzdal, Russia)	(IPF)
14	415.0	Ansley Huffman	(US)	<1/26/13>	(North Myrtle Beach, South Carolina)	(SPF)
15	414.5	Molly O'Rourke	(US/83)	<6/29/12>	(Costa Mesa, California)	(USPA/IPL)
16	413.4	Brittany Pryor	(US/86)	<11/30/11>	(Las Vegas, Nevada)	(USPA/IPL)
17	413.4	Bonica Brown	(US/88)	<7/21/13>	(Orlando, Florida)	(USAPL/IPF)
18	407.9	Harriet Hall	(US/50)	<2/18/07>	(Baton Rouge, Louisiana)	(USAPL/IPF)
19	407.9	Chelsea Rebman	(US/89)	<3/1/13>	(Columbus, Ohio)	(USAPL/IPF)
20	407.9	Matile Sitagata	(Samoa/92)	<6/13/13>	(Suzdal, Russia)	(IPF)

Heaviest female squat of all time without a squat suit. Only woman to squat 600 pounds without a squat suit.

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	435.0	April Mathis	(US/87)	<8/24/13>	(Fort Myers, Florida)	(RPS)
2	391.3	Roberta Collins	(US)	<1/11/03>	(West Liberty, Ohio)	(NASA)
3	350.0	Artelia Watson	(US/67)	<8/7/04>	(Waukegan, Illinois)	(APA)
4	341.7	Ludmilla Gaiduchenko	(Ukraine/56)	<4/13/13>	(Crimea, Ukraine)	(GPC)
5	308.6	Kristy Reske	(US/77)	<11/6/12>	(Las Vegas, Nevada)	(APF/WPC)
6	303.1	Myrtle Augee	(Great Britain/65)	<5/21/89>	(Comines, Belgium)	(IPF)
7	303.1	Brittany Pryor	(US/86)	<8/27/11>	(Honolulu, Hawaii)	(USPA)
8	301.6	Victoria Gagne-Hembree	(US/61)	<8/26/01>	(San Bernardino, California)	(AAU)
9	300.0	Barb Page	(US/70)	<3/27/10>	(Richmond, Kentucky)	(SPF)
10	287.7	Lorraine Costanzo	(US/54)	<6/1/87>	(Perth, Australia)	(USPF/IPF)
11	286.6	Wanda Sander	(US/61)	<1/30/83>	(Chicago, Illinois)	(USPF)
12	286.6	Ulrike Herchenheim	(Germany/62)	<5/21/89>	(Comines, Belgium)	(IPF)
13	286.6	Olga Gemaletdinova	(Russia/86)	<3/15/11>	(Bolshevik, Russia)	(IPF)
14	280.0	Dana Shealey	(US/79)	<6/6/10>	(Nashville, Tennessee)	(SPF)
15	275.6	Cynthia Regan	(US/48)	<11/10/91>	(Bendigo, Australia)	(ADFFA/WDFPF)
16	275.6	Julie Schulz	(US)	<9/18/94>	(Moore Lake, Minnesota)	(ADFFA/WDFPF)
17	270.1	Gael Mulhall-Martin	(Australia/56)	<5/12/81>	(Honolulu, Hawaii)	(IPF)
18	270.1	Taina Hakala-Rajala	(Finland/60)	<6/26/91>	(New Delhi, India)	(IPF)
19	270.1	Juanita Trujillo	(US/64)	<5/31/92>	(Ghent, Belgium)	(USPF/IPF)
20	270.1	Molly O'Rourke	(US/83)	<6/29/12>	(Costa Mesa, California)	(USPA/IPL)

Heaviest female bench press of all time without a bench press shirt. Only woman to bench press 400 pounds without a bench press shirt.

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All Time RAW TOP 20

WORLD RANKINGS IN POUNDS- SHW WEIGHT DIVISION

MEN

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2391.5	Don Reinhoudt	(US/45)	<5/3/75>	(Chattanooga, Tennessee)	(AAU/IPF)
2	2350.0	John Kuc	(US/47)	<11/11/72>	(Harrisburg, Pennsylvania)	(AAU/IPF)
3	2336.9	Marc Henry	(US/71)	<10/29/95>	(Sussex, England)	(ADFPA/WDFPF)
4	2325.9	Peter Petras	(Czech Republic/84)	<4/3/11>	(Trutnov, Czech Republic)	(WPC)
5	2320.0	Burley Hawk	(US/88)	<8/17/13>	(York, Pennsylvania)	(IPA)
6	2315.0	Aaron Lawrence	(US/70)	<12/22/12>	(Elkins, West Virginia)	(RPI)
7	2298.3	Benedikt Magnusson	(Iceland/84)	<10/9/10>	(Helsinki, Finland)	(GPC)
8	2240.0	Jim Williams	(US/41-07)	<5/6/72>	(Bordertown, New Jersey)	(AAU)
9	2237.7	Brandon Lilly	(US/82)	<8/11/13>	(Hobart, Australia)	(APC/GPA)
10	2215.6	Scott Weech	(US/85)	<1/23/11>	(Tampa, Florida)	(RUPC)
11	2215.6	Pall Logason	(Iceland/86)	<4/16/11>	(Iceland Nationals)	(WPF)
12	2210.0	Rob Wilkerson	(US/81)	<3/5/11>	(Knoxville, Tennessee)	(SPF)
13	2210.0	Dan Kovacs	(US/70)	<11/18/12>	(York, Pennsylvania)	(IPA)
14	2200.0	Brian Siders	(US/78)	<5/6/06>	(Amherst, Massachusetts)	(Atlantis)
15	2171.6	Chad Wesley Smith	(US/86)	<5/18/13>	(Lawrenceburg, Kentucky)	(USPA)
16	2170.0	Donnie Thompson	(US/64)	<5/6/06>	(Amherst, Massachusetts)	(Atlantis)
17	2160.5	Beau Moore	(US/66)	<1/31/10>	(Tampa, Florida)	(RUPC)
18	2150.0	Ben Brand	(US/80)	<5/9/09>	(New Castle, Delaware)	(APA)
19	2134.1	Ray Williams	(US/86)	<7/21/13>	(Orlando, Florida)	(USAPL/IPF)
20	2120.0	Paul Wrenn	(US/47)	<9/1/74>	(Fort Worth, Texas)	(AAU)

Heaviest unequipped Total of all time.

WOMEN

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1650.0	April Mathis	(US/87)	<8/5/12>	(Asheville, North Carolina)	(SPF)
2	1278.7	Irina Yarochenko	(Russia/86)	<6/15/13>	(Moscow, Russia)	(AWPC)
3	1205.5	Victoria Gagne-Hembree	(US/61)	<8/26/01>	(San Bernardino, California)	(AAU)
4	1179.5	Brittany Pryor	(US/86)	<1/28/12>	(Los Angeles, California)	(USPA)
5	1174.0	Anita Millington	(Australia/86)	<8/25/12>	(Albury, Australia)	(GPA)
6	1170.0	Kristy Reske	(US/77)	<11/17/12>	(Detroit, Michigan)	(APF)
7	1169.6	Molly O'Rourke	(US/83)	<6/29/12>	(Costa Mesa, California)	(USPA/IPL)
8	1168.4	Sonia Manaena	(New Zealand/61)	<3/23/13>	(Melbourne, Australia)	(IPF)
9	1118.8	Fang-Yun Su	(Chinese Taipei/92)	<6/15/13>	(Suzdal, Russia)	(IPF)
10	1114.4	Bonica Brown	(US/88)	<7/21/13>	(Orlando, Florida)	(USAPL/IPF)
11	1102.3	Jennifer Ebanks	(US/81)	<1/17/09>	(Chippewa Falls, Wisconsin)	(NASA)
12	1096.8	Mary Toole	(US/79)	<6/12/10>	(Athens, Georgia)	(APC)
13	1080.0	Angela Adams	(US/76)	<4/14/12>	(Cincinnati, Ohio)	(SPF)
14	1069.2	Tamara Solari	(US/84)	<6/27/09>	(Seattle, Washington)	(USAPL)
15	1058.2	Monica Augustine	(US/77)	<4/16/11>	(Sandwich, Illinois)	(UPA)
16	1052.7	Tatyana Mescheryakova	(Russia/74)	<3/31/13>	(Tula, Russia)	(IPF)
17	1020.0	Ashton Chatelain	(US/93)	<9/11/10>	(Kenner, Louisiana)	(PRPA)
18	1019.6	Aziza Abduraimova	(Kazakhstan/89)	<6/15/13>	(Suzdal, Russia)	(IPF)
19	1019.6	Katariina Nokua	(Finland/73)	<6/15/13>	(Suzdal, Russia)	(IPF)
20	1015.0	LeighAn Jaskiewicz	(US/79)	<4/14/12>	(Fort Lauderdale, Florida)	(SPF)

Heaviest unequipped female Total of all time.

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MEET DAY

BY BRANDON LILLY

Every sport has many ways to judge greatness. In baseball there is batting average, in the NFL a running back is judged on yards per carry, basketball you have points per game. In powerlifting you have the total — a one-dimensional judgment of a person's strength. But why do so many guys go three-for-nine? Or four-, five-, six-for-9? We should be trying to achieve days where seven-, eight- and nine-for-nine are possible. So what about the guys who never display their best on the platform? Maybe that is how you feel.

I'm here to help.

For one thing, if your training is constantly leaving you disappointed at meets, why do you continue with the same principles over and over? Repeating the same actions and hoping for a different result is insanity. That is for a whole different article, but for this article we will be looking at how to have a successful meet. We will begin 24 hours out just after weigh-in. As a side note, I am not going to go into my beliefs about what you should do about cutting weight, but if you aren't lifting for a world record or an elite total, who really cares what you weigh? Come in big and come in strong. That's all I have to say about that.

A lot of guys take the day before a meet pretty lightly, but this would be at the expense of their lifting. I hear of guys under-eating, sleeping all day, or doing too much activity. This should be 24 hours dedicated to fueling the machine that is going to be unleashed on the platform. Here is what I do after weigh-in:

- Immediately drink 32 oz. of Gatorade, water and Bounce Back (Horse Electrolyte) mix.
- Find a Bob Evans or Cracker Barrel and have a big serving of eggs, meat and pancakes. Avoid greasy food. I drink four to six Cokes with the meal.
- Two hours later I have two or three peanut butter and jelly sandwiches, 32 oz. of the above mentioned mix and five or six Oreos.
- Two hours later I go out for lunch: a steak and two pota-

toes. I get my steak medium-well as I don't want to get sick, and I avoid salad to keep my stomach calm. I drink four to six Cokes with this meal.

- Right after lunch I lay down for an hour or two. Upon waking I stretch, do 50 pushups, some BWT squats — just get my body moving and my blood pumping.

- After my "workout," I immediately get a 20-piece chicken nugget order and a large Coke.

- Two hours later, I have dinner No. 1. This is always a hamburger and fries. I love a good burger, and to avoid getting sick I get it medium-well. I also avoid mayonnaise and lettuce because they can upset my stomach. I drink four to six Cokes with this meal, as well.

- My last meal is always a hibachi and sushi. I only go to places that have a great reputation, and if there isn't one, I just go to a steakhouse. I load my hibachi plate and sushi with soy sauce to enhance the bloat.

- Upon waking I immediately have a cup of coffee and take one energy pill to get me up and moving. I try to wake up around 6 a.m. to get rid of any haziness by the meet.

- After getting a shower and dressed, I go to McDonald's and have two bacon egg and cheese biscuits with a large Coke, then I buy two more for later.

- Upon arriving at the meet I eat one of the breakfast sandwiches and save the second one to eat between my squat warm-ups.

As you can see, I don't take fueling lightly — and you shouldn't, either, if you don't want to blow your day.

As far as the meet itself goes, the shift in powerlifting has been that we have to hit a PR on every lift. While that is good, we should be looking at the total. Unless you are a single-lift lifter then the total is your ultimate measuring stick. You need to be well rounded to be the best, so focus on all your lifts, make them all-important. Focus on your total no matter what happens all day, keep the single goal in mind.

Openers. This should be a weight you can easily double,



possibly triple if you had to. This lift gets you in the meet. It is not an indicator of anything other than your intelligence by opening with a reasonable lift to build from. It's not where you start, it's where you finish.

Seconds. Assuming your opener went well and up very easily, then absolutely go for a small 5-lb. PR on your second, as this can set you on a path for a big day. And what if your opener was difficult or you missed? If you missed it, then repeat it. No sense in going up and burying your confidence further. If you struggled with it, take a small jump that will set you up for a small PR on your third attempt. Pad your total as much if you can. On squats, I usually take a 40- to 50-lb. jump from my first to my second. But if my opener feels off or difficult, I will jump 20 to 25 lbs. in the name of adding to the total.

Thirds. This is a display of your best. If you have trained smart, planned your first and second well, then you should get to take a chance here. I always jump about 50 percent of what I jumped from my first to my second. So a 50-lb. jump from first to second would be a 25-lb. jump if I'm feeling great. If I struggled with my opener and barely got my second, I will either wave my third or go for a 5-lb. PR, nothing crazy to

"IF YOUR TRAINING IS CONSTANTLY LEAVING YOU DISAPPOINTED AT MEETS, WHY DO YOU CONTINUE WITH THE SAME PRINCIPLES OVER AND OVER? REPEATING THE SAME ACTIONS AND HOPING FOR A DIFFERENT RESULT IS INSANITY"

further fatigue my body or mind.

We need to get away from constantly comparing ourselves to the next lifter. Sure, be aware of what they are doing, but stay within yourself. Stick to your plan. I hear so many lifters (and I have been guilty too) tell other people their plan for all nine lifts. How can you know? What if you feel amazing, and the bar feels like it's empty on your opener? What if you feel awful in the warm-up room and know your best day isn't in the cards? Plan your openers, and that's it. Don't think about seconds until the first lift is done, because all of that becomes distraction, a cause for doubt — and the last thing you need or want on meet day is doubt or worry.

Start the process in your training, stop chasing PRs in the gym. Use that time to build yourself up and prepare for meet day. Don't be so insecure that if you don't PR constantly you doubt your abilities. Keep pushing limits without going the edge, and I guarantee that on meet day you will have something that you haven't in a while: a sense of entitlement. A sense and belief that you are about to realize the end goal for all your efforts. Never lose sight of your goals, and never put momentary good in front of long-term greatness. **PM**

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BULLMOOSE SOLID OLYMPIC BAR W/REVOLVING ENDS



PULL UP ROPES



POLYDACRON EIGHT STRAND BRAIDED ROPES - 1 1/2" & 2"



FLEXIBLE, NON SHEDDING SOFT ROPES WILL NOT OPEN THROUGH USES

POLYDACRON MEGA JUMP ROPES 1.5" & 2" 8', 9', 10' & 11'

MEGA AB WHEEL



RUBBER BUMPER PLATES

SIZES: 10, 15, 25, 35 & 45 LB.



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KETTLEBELLS: 10 to 200 lbs



HEX DUMBBELLS



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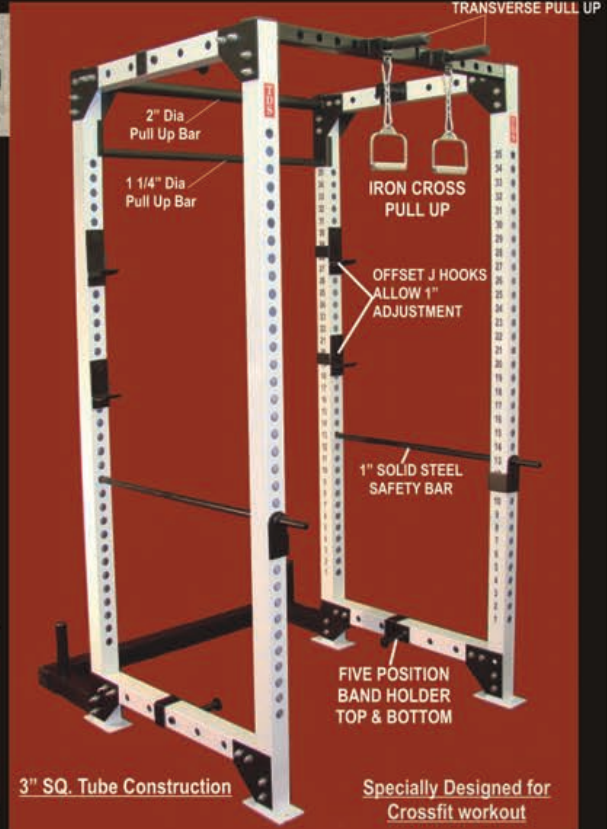
RUBBER COATED DUMBBELL



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TITAN CROSSFIT OPEN RACK - CL-95790

5 POSITION ADJ. TRANSVERSE PULL UP



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