

Training with **Dmitry Klokov**

POWER

JANUARY/FEBRUARY 2014

**The Great
Don Reinhoudt**



Mike Jenkins
Gone Too Soon

Jan/Feb 2014 • VOL. 5, NO. 1

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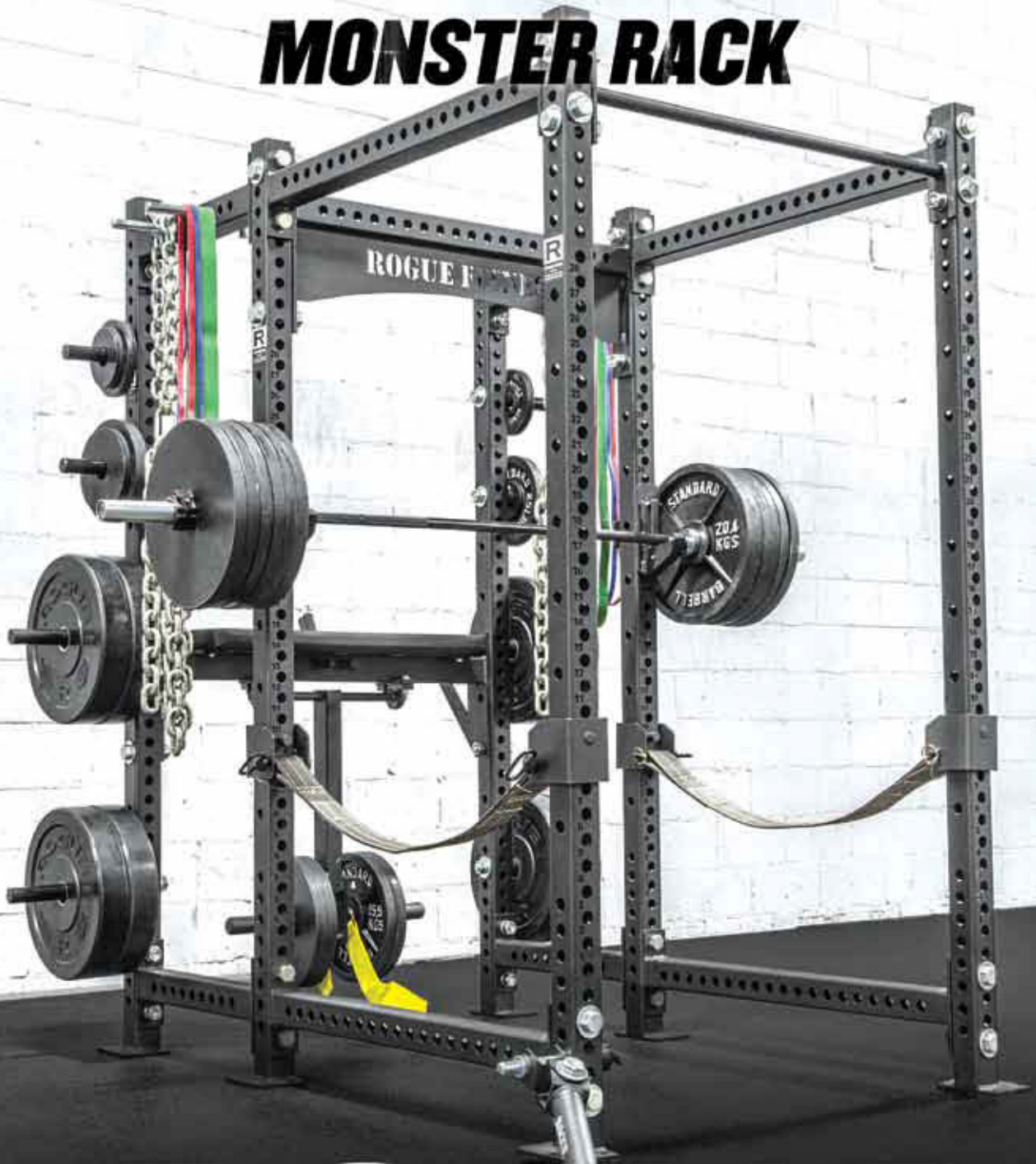
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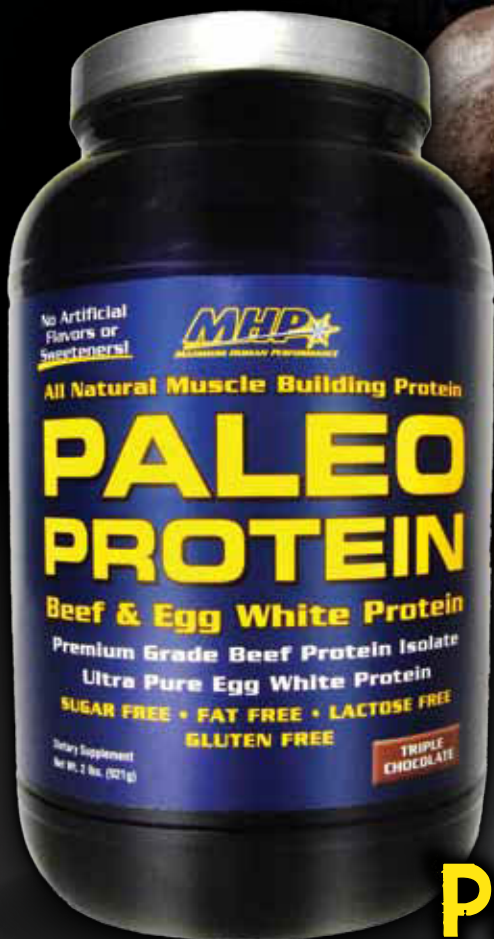


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FIRST WORD



Mike Jenkins

Working and planning a magazine can be brutal at times. Like life itself, if you get ahead and plan ahead, you can stay out in front of it all. However, a lot of time passes from getting an interview completed and going to print. As time goes by, some things change. Normally it's not a huge deal, like someone breaking a world record. We make a quick edit and that's the end of it.

But I was unprepared to get a message from Jesse Burdick telling me that a good friend of ours in the iron game, Mike Jenkins, was dead. I told my wife, then I immediately lost it and started crying like a baby.

The news really sideswiped both my wife and I. As bad as I felt, I knew I had to call Mike's wife, Keri. I talked to her about Mike's Power cover, and she told me how honored he was to be part of it. He was excited to see the cover and finished interview with Matt Vincent. I told Keri I really want to make sure that we did right by Mike and make this issue in his honor.

We decided to leave the interview with Matt Vincent intact, except we added a few comments at the end by those that were close to him. I personally wasn't super close with Mike, but he's someone I connected with quickly. He and I had plans of doing more things in the future together. Mike was very kind yet imposing figure at six-foot-six, 390. Mike was a lot of fun, and the strength community lost a great person way too early.

We also have a mind-boggling interview from legend Don Reinhoudt. His numbers were off the charts, and they were performed on old equipment with no powerlifting gear. Don totaled 2,420 in the '70s, and that number reigned supreme as the biggest raw (non-equipped) total of all time until recently. Andrey Malanichev broke the 38-year-old record by 5 lbs. It took nearly 40 years for someone to catch up to big Don. Talk about being ahead of your time. That's like some Jim Brown/Wilt Chamberlin type of stuff right there.

Josh Bryant talks about how going to jail is great for your strength. Well, not exactly, but Josh does have a new program he's calling Jailhouse Strong. He has some interesting methods that I personally have tried. I nearly died from those methods, but that which does not kill you only makes you stronger – and this is the case with Josh Bryant's training methods.

With all the hype over Raaaaaawww!!!! we decided to now run the all-time top 20 raw lifter rankings with you. Enjoy!

Power doesn't normally do a lot with meet coverage because we are a bi-monthly mag and the "interwebs" beat us to the punch. However, Power higher ups (meaning me) decided that the IPF Worlds is one of the biggest and coolest events in powerlifting. So we decided to run some info. on it with some pics. We have also selected Raw Unity as another worthy event to cover, as it's stacked and packed with many of the biggest names in powerlifting. Plus, I'll be at Raw Unity in Florida on Feb. 7-9, 2014.

And finally, the long awaited Reebok Power Shoe that was created by Jesse Burdick and myself will be for sale on Reebok.com on Feb. 1.

One last thing: A big shout-out to Tiny Meeker for breaking his own all-time equipped bench record, and becoming the first person in history to bench more than 1,100 lbs.!

As always, check out Mark Bell's PowerCast on iTunes or on www.SuperTraining.Tv. Lastly, keep yourself up to date on my Power Project at www.Youtube.com/SuperTraining06, or I'll kill your whole face.

Mark Bell



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FEATURES



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Matt Vincent interviews Mike Jenkins

Matt Vincent interviews Mike Jenkins just weeks before his untimely passing. Mike was a great example of the type of athlete, coach and friend we should all strive to be. He will be greatly missed.



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The Great Don Reinhoudt

In the 1970s, no one was as strong as Don Reinhoudt. He held the all-time raw total record of 2,391 lbs. at 308 until just a few weeks ago (broken by Andrey Malanichev with 2,425 lbs.). R.L. Murray sits down with the big man to take us on a trip down memory lane.



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Autoregulation Part 2

Robert Wannamaker finishes up his two-part series with his final installment. Part 1 appeared in the May/June 2013 edition of Power.



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Dmitry Klokov Part 2: Training

Mike King takes us into the training methods and secrets of Olympic lifter Dmitry Klokov. He is currently in the U.S. giving seminars around the country. Check out his Facebook page to see if he'll be in a town near you.



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Jailhouse Strong: Rest-Pause Training

Josh Bryant explains his training system, which uses simplicity to get you stronger.

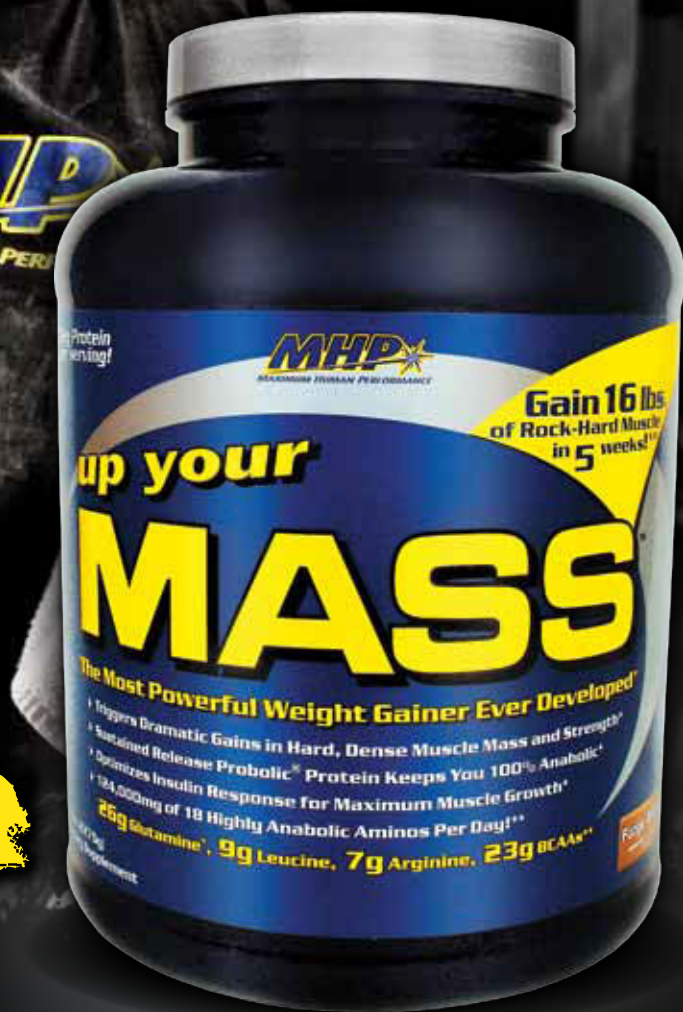
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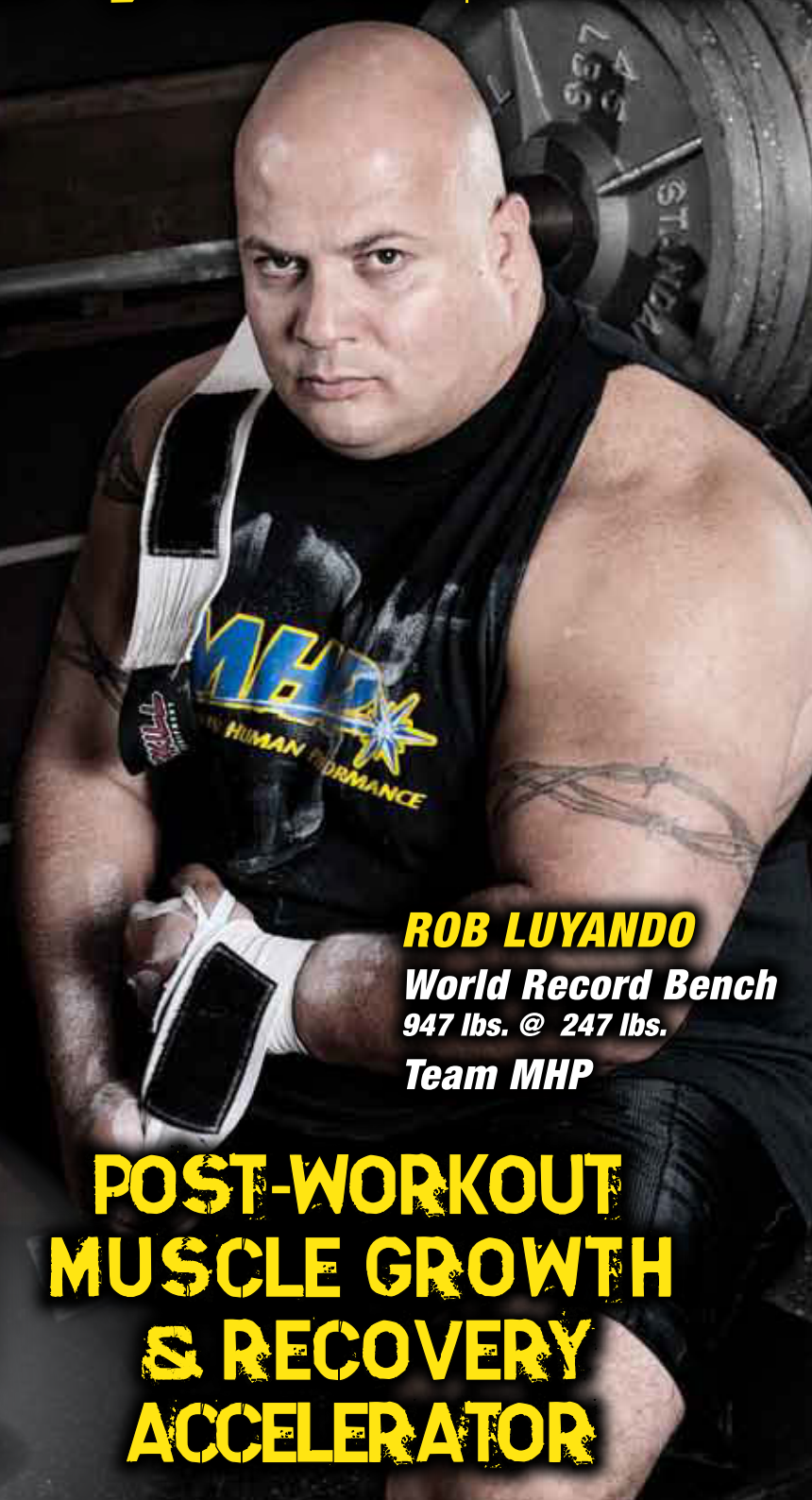
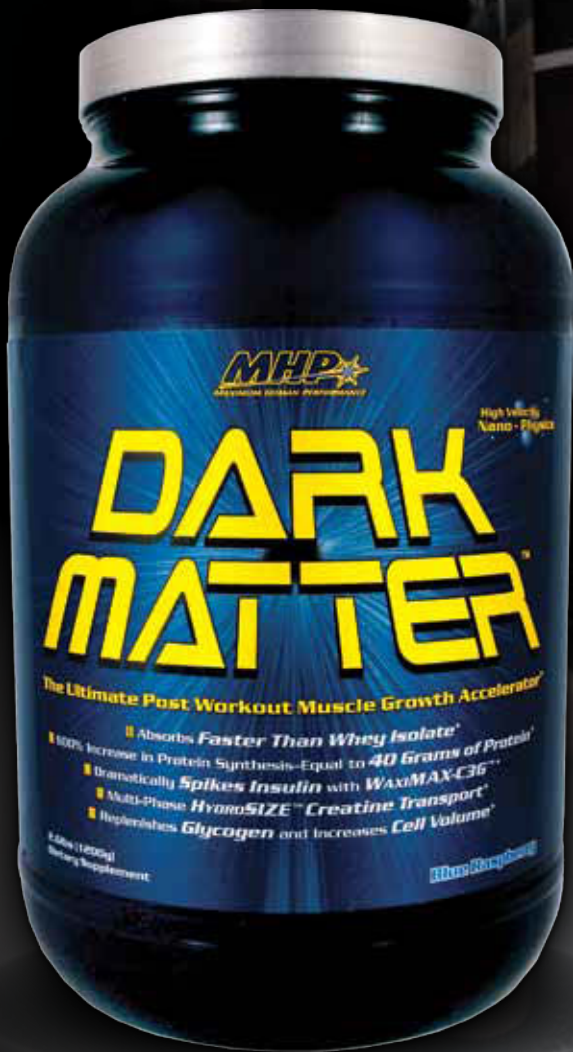
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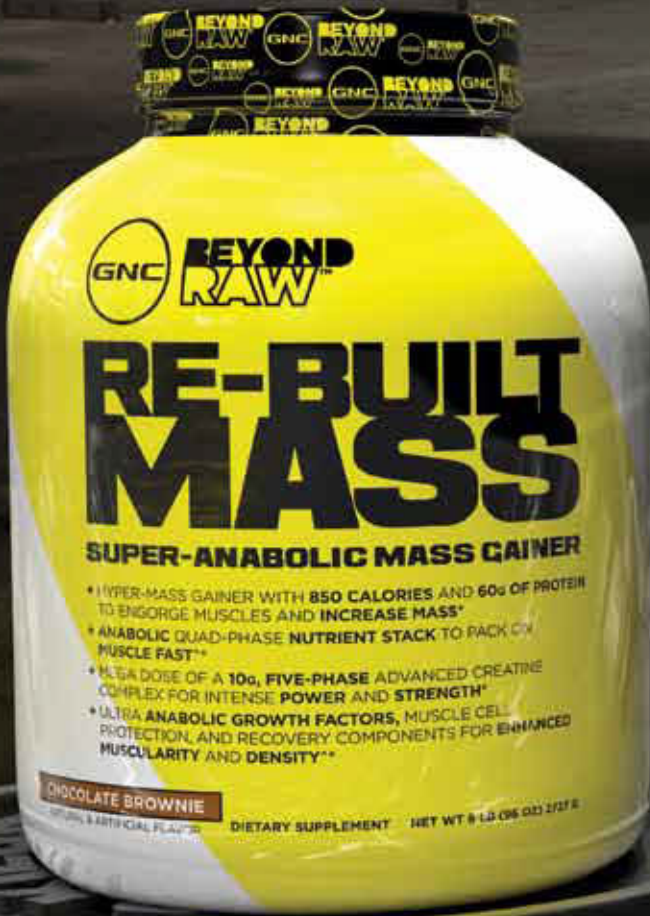


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MOLLY GALBRAITH

How old are you, where are you from and what are you wearing? I am 29 years old, I'm from Lexington, Ky., and I'm wearing Lululemon Wonder Unders and a Girls Gone Strong racerback tank.

Where do you train? I split my time between my own 7,500-square-foot private training studio and a really nice commercial gym that's about a mile from my place. I love my own gym, but sometimes it's nice to change up the atmosphere and train in a really big and busy gym.

Do you lift with other girls, or is it all guys? I've had a ton of awesome male and female training partners over the years, but for the last three or four years I've trained intermittently with a few different women and my business partner, Jim Laird. Lately I've been training with my boyfriend.

What do you do for work? My business partner and I opened our own gym, J&M Strength and Conditioning, three years ago. We have more than 200 clients who participate in semi-private or group personal training, so I train clients and teach group personal training classes. I also do a lot of nutrition consulting online and in person. I am also co-owner of Girls Gone Strong, a website dedicated to providing women with the best training, nutrition, lifestyle and fitness information.

How did you get involved in powerlifting? To be honest, even though I've trained "powerlifting-style" for a long time, I've only dabbled in competition. In 2004 I was dating a guy who competed in both powerlifting and bodybuilding. One day I walked in the gym and they were doing deficit deadlifts. I waltzed over and casually and easily pulled 240 from a 2-inch deficit. Since I hadn't been lifting very long, they were all impressed and convinced me to enter a push/pull meet that was two weeks away. I decided to just enter the "pull" portion and I deadlifted 285 at that meet.

Then I competed in Figure for the next several years. In 2009 I was bitten by the powerlifting bug again and I decided to do a full meet in May. I squatted 237 lbs., benched 148 and deadlifted 341.

Since that meet I've had better gym lifts (a 275-lb. squat and a 165-lb. bench), but I injured my back two years ago deadlifting 300 lbs. for a double from a 2-inch deficit with no belt. I let the bar get away from me and my back hasn't been the same since. It's put a pretty big damper on my training, but I still go

in and do the best that I can depending on how I'm feeling that day. I've hit rep PRs on bench and squat since I hurt my back, but no 1RM PRs.

What do your "normal" friends think of how much you can lift? I get a few different reactions. Some people think I'm crazy, while other people think it's awesome.

The funniest are the people who don't have any concept of lifting or what certain numbers mean. I had a guy call me one time because he swore that I told him that I could squat 800 lbs. and he was calling me to confirm that I said that and prove it to his friends. Umm ... enough said.

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? Ha! I've definitely felt like that once or twice. At my first push/pull meet in 2005, they didn't believe that I was lifting and they kept trying to make me pay admission! I think now that more women are lifting in meets and attending meets, it's a little less shocking to see. Then nice thing is, everyone is extremely respectful.

Are you married, have a boyfriend or single? I have a very serious boyfriend, and I'm very happy.

Do you remember the first time you out-lifted a boy? How did it make you feel? I've been out-lifting and out-running boys since kindergarten! One of my favorite memories is a guy who was deadlifting 135 lbs. at my commercial gym with horrible form. I walked over to the deadlift platform and was

doing my dynamic warm-up. He gave me a look like, "What are you doing over here?" I asked him if I could work in, and he reluctantly said yes and tried to unload the bar.

I looked at the 135, and then looked at him and told him to keep it on there because I needed to warm-up, and proceeded to pull it for a perfect set of 10 while he watched with huge eyes. Then I asked if we could go to 185, and he said yes. We did and he eked out four or five. I pulled another perfect set of 10, and asked if we could go up again. We put 225 on there and he tried to grind out one or two. It was awful. I pulled another perfect set of eight, and at that point he said he was done and he walked away with his tail between his legs.

I wouldn't have gotten so much joy out of it if he hadn't been a snotty jerk when I was warming up.





Oh, and there was another time that I guy was back squatting 155 for five about 3 inches above parallel right in front of where I was safety bar front squatting 165 for 26 reps. That was cool.

Do you wear make up to the gym? Yes, I do. Training is my business, and whether we like it or not, appearance has a lot to do with the impression we make on people. Everywhere I go I am running into potential clients, so I like to look presentable and feel confident. I have gone to the gym plenty of times with no makeup on, but I generally prefer to wear it.

What do you have to say to women who don't lift weights because they think they'll get too big? I actually don't say much at first, but instead I ask questions about why they feel that way. I then validate how they feel and work on educating them. If you make a woman feel stupid when she says she is afraid to get bulky, you will shut her down and she won't listen. If she has lifted in the past and not changed her nutrition, she may have gained some size, in which case, she technically has experienced getting "bulky," in her mind. If that's the case, education is key. She must change her nutrition when she starts lifting to promote a change in her body composition.

I also like to inquire what "bulky" looks like to her. Believe it or not, in a poll that my friend Leigh Peele did, many women found Jessica Biel and Jennifer Garner to be "bulky." At that point, the conversation may be over because you can't convince someone to like or want a certain body type.

That being said, if you can start them off with body weight stuff and slowly progress them toward weight lifting, they almost always fall in love with the changes that are happening in their bodies and stick with it.

How has powerlifting helped you? Powerlifting and just lifting heavy in general has changed my entire life. I've been lifting for almost 10 years now, and the way that it has improved my body, confidence, self-esteem and outlook on life has been tremendous. I love feeling strong and capable, I love looking athletic and muscular, and I love the sense of accomplishment that lifting has given me.

What is your favorite lift? Deadlift used to be my absolute favorite. My best deadlifts include: 341 x 1, 225 x 15, 155 x 54 in 2 minutes (it was a silly CrossFit challenge I participated in).

However, I struggle with deadlifts now because of my back, so as funny as it sounds, Turkish Getups are my favorite lift right now. My best is a TGU with 80 lbs.

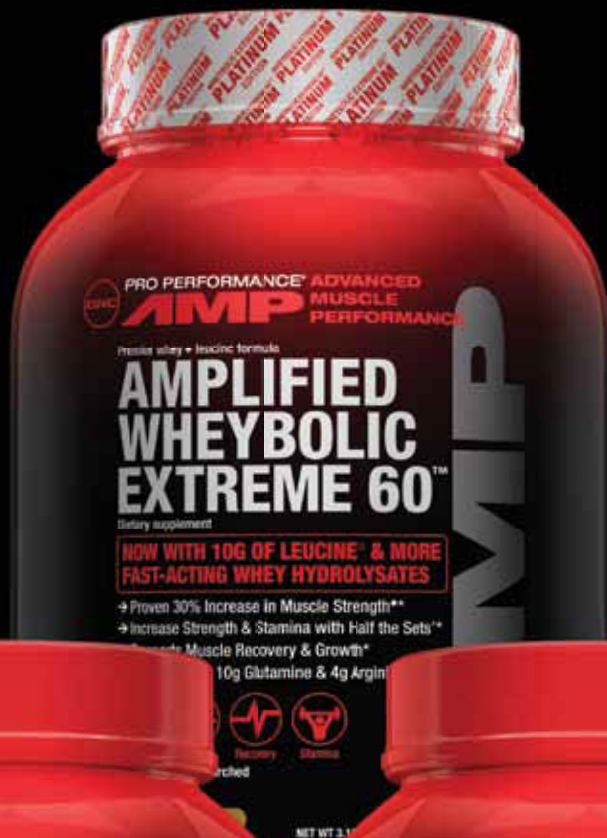
Tell me about your current best lifts. As I mentioned, a nagging injury is hindering my lifting right now, so I just do the best that I can. Squats and deadlifts often cause a lot of pain, so I am not pushing it with those.

I recently close grip benched 140 x 6, DB benched the 55s for 14, and did a Turkish Getup with 80 lbs.

What are some of your powerlifting goals? I'd absolutely love to be lifting (at least mostly) pain free. I always told myself that I'd hit a 185-lb. bench, 300-lb. squat and 385-lb. deadlift, so we will see!

Anything else you'd like to add? I just want to thank you all for featuring me, and for helping to spread the word about females and strength training. Between the work that you all are doing, as well as Girls Gone Strong and the Train Like A Girl Seminar series that I am running with my business partner, the landscape of female fitness information is changing and I think it's awesome. **PM**

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CANADIAN POWER JEREMY HAMILTON

BY KEN WHETHAM

The 220 raw division has to be one of the most competitive divisions in powerlifting, with some of the best lifters in the game vying for position and bragging rights. One of the top contenders in the 220 division, who is part of this elite group, is the great Canadian lifter Jeremy Hamilton. Jeremy trains relentlessly with unyielding desire and passion and has every intention of taking the crown and the No. 1-ranked position in the 220 raw division at Raw Unity 2014.

I had the privilege of meeting Hamilton at an Irish Pub in downtown Toronto to talk about powerlifting. I started the interview by showing him some cards with inkblots and asked him to say the first thing that popped into his mind. It took less than five minutes for my diagnosis: "crazy from being under heavy weights for long periods of time." Notwithstanding, we had a great conversation about powerlifting, training and whether Irish beer could possibly be considered paleo for powerlifters.

POWER: Where are you located in Canada, how old are you and



Eric Talmant talking about putting a raw meet together that would bring the top lifters from every federation to lift under one roof. It really interested me, so I got in touch with him. I had a decent bench and deadlift (440 touch-and-go and 635, no belt, at 198) so I was lucky enough to get an invite. I didn't tell him that I didn't squat and had no idea what I could

what do you do for a living?

HAMILTON: I live in Toronto, Ontario, I am 32 and work as a legal assistant at a family law firm.

POWER: What are your current rankings and records?

HAMILTON: My current ranking in powerlifting watch is No. 2 behind the infamous Dan Green in the 220 division, without wraps. I'm training really hard to take the No. 1 spot. It's only a matter of time. Dan, time to put down the Oreos and get back to 220!

POWER: How long have you been powerlifting?

HAMILTON: I have been lifting since I was 16, but didn't train specifically for powerlifting until I was 26. I started to compete in 2007 at Raw Unity 1. I saw a post on a website from

squat. I tested my 1RM [1 rep max] squat in my next training session and hit 385 lbs. — this was in October and the meet was scheduled for January. I had some serious work to do. For the next three months, I focused on training my squat and ended up squatting 506 at the meet. I have lifted in every Raw Unity meet since.

POWER: What got you interested in the sport?

HAMILTON: I've had an athletic background in Brazilian jiu-jitsu since I was 16 and I started deadlifting to assist with that. I wanted to be strong enough to be able to pick up my opponents if I ever got sprawled on. The strength obsession escalated from there. I saw some provincial records and rankings in a powerlifting newsletter that had guys around my size

weight lifting a bit more than me, and I thought I could catch their numbers. I later realized that those numbers were done in single-ply shirts, and that's when I knew I could compete in powerlifting and do well. So from there, I did what everybody in the greater Toronto Area does: I got in touch with Clint Harwood and started training at his Anvil Powerlifting Club.

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

HAMILTON: Raw only. I've never even tried on a piece of gear and I really don't have any interest in geared lifting. I'm interested in my own pure strength without any assistance. I like the idea of the strongest guy lifting without any gear winning the meet.

POWER: What is your most memorable competition and why?

HAMILTON: There are a lot of memorable competitions but RUM 6 in 2013 is the one I am most proud of because I won my weight class and overall best middleweight lifter. I finally beat my nemesis, Jay Nera, who had beat me two years in a row prior to this meet. Another memorable moment was at RUM 3 when I had the opportunity to be featured on the TV show *Brawl Call*.

POWER: Do you think Canadian bacon, beer and maple syrup are some of the best kept training secrets that Canadian lifters don't want anyone to find out about?

HAMILTON: I think one litre of Maple Syrup post-workout should be mandatory for every Canadian lifter. It's definitely an advantage if you want to get strong! By the way, it's pronounced "aboot." Eh?

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

HAMILTON: At RUM 5 on my first deadlift opener I pulled my bicep tendon and couldn't finish the meet. It took me about six to eight months be-



fore I could hold onto the bar again, so it set my training back significantly. If I would have made my deadlift opener, I could have won the meet.

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

HAMILTON: I train at Fortis Fitness in Toronto. It's an awesome facility with every piece of equipment a lifter would need to get stronger. There are other lifters there, too, so it can make for a great training atmosphere. I mostly train alone and do my own programming. Having a coach when I was a beginner and intermediate lifter would have been great; I just didn't know where to find one at the time. The best thing a lifter can do is to ask other lifters training questions (just don't be an ask-hole). I have 15 years of lifting experience and I am still asking questions and learning.

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

HAMILTON: My typical training week right now looks something like this:

Day 1: I squat and then I deadlift. For squats, I have been experimenting with a C.A.T. method. As a meet gets closer, I start putting heavier weights on my back. For deadlifts I have been pulling with chains. I started this plan with 495 in bar weight, and each session starts with 80 lbs. of chain

weight; I do singles and add chains until I have 220 lbs. of chains on the bar. I add 5 to 10 lbs. of bar weight and start the process over the next week. The goal here is to get 800-plus-lbs. in my hands for as many weeks as I can before the meet. This method is fixing the grip issues I was having.

Day2: Bench day. I usually bench five sets of five, waving weights in the 70 to 80 percent range. Then I will do some other pectoral work, like high rep dumbbell presses and or incline presses or military presses.

Day3: Deadlift up to a top "all-out" set. I start with a weight I can get about six to eight reps with, then I add 15 lbs. a week until I can no longer get at least three reps. I start the wave over again with more weight. After deadlifts I usually do high bar, super-close stance, squatting for quad strength. I think many people overlook the importance of quad strength when it comes to raw squatting and conventional pulling.

Day 4: Military press. Up to a top set and then many back off sets. I will also do some lat work.

POWER: Do you think the beaver as the national Canadian symbol is kind of lame?

HAMILTON: Are you kidding? Have you ever looked up "beaver attacks" on YouTube? Beavers are nasty and have a reputation for

attacking people when provoked. Beavers are pretty cool and I'm a big fan. They've definitely earned their spot on the Canadian nickel. You were asking about the animal, right?

POWER: What is the best thing about being a Canadian?

HAMILTON: Poutine. Beavers.

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

HAMILTON: I've just started using chains for my deadlifts and I'm still evaluating whether I think they're going to help me or not. If they work, I'll keep using them. If not, I'll take them out of my training. In the past, I've used some bands for deadlifting, but they didn't do what I wanted them to do and I felt that they weren't working, so I stopped using them. I thought they would help my lockout and my grip strength, but they actually ended up changing the way I pull. My start got all messed up; I was trying to lock the weight out too early and I was giving up speed from the bottom for it. For the most part I simply use straight weight.

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

HAMILTON: I don't really follow anything specific for powerlifting. I focus on eating a lot of meat and drinking a lot of milk to get extra calories. I eat a lot of homemade food like chili, stew and meatballs.

POWER: How do you prepare mentally for an attempt?

HAMILTON: To get ready for an attempt, I do a lot of pacing and a lot of "self talk" to get myself convinced that I'm going to make the lift. Then I just get under the bar and do it. By competition time, I have been mentally preparing myself for these attempts for at least 12 weeks. The work has already been done and it's time to celebrate all the progress I have made. I can't miss.

POWER: What are your best

competition numbers?

HAMILTON: My best competitions numbers are 722/501/727 for a total of 1,951.

POWER: Best gym numbers?

HAMILTON: My best gym squat is 725, a 495 bench for a double and a 765 deadlift.

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

HAMILTON: When I first started training, I was only lifting two days per week. Since then I've just kept adding training days until I was up to six days per week. Now I train four days per week, and that seems to be the "sweet spot" for me right now. I've dropped any training that doesn't benefit my lifts. If it doesn't work, I don't do it. I am streamlining my training and making it as efficient as possible. There was a time when I wanted to be good at everything - I was obsessed with pull-ups. I would train them multiple times per week and I eventually worked up to 135 lbs. attached for sets of six and a bodyweight attached chin-up (200 lbs.). I was trying to get stronger on these exercises and suffering multiple bicep injuries in doing so. I had to drop them and, in the end, my strength in the powerlifts increased and I don't have anymore bicep injuries. Keep what works and discard the rest.

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

HAMILTON: I didn't know much about the sport of powerlifting when I first started lifting in high school. It wasn't until my first competition at 198 when I realized there were some very talented people in the sport that I could learn from. I admire Ryan Celli who kicked my ass at RUM 1. He's one of the best lifters ever at 198 and he was one of the biggest reasons I pursued powerlifting after my first meet. I wanted to catch his total, but I got too fat for the weight class. I think highly of many elite lifters and espe-

cially my fellow 220 competitors. I am always striving to stay within the pack of awesome lifters I get to compete against, like Jay Nera, Sam Byrd and Dan Green, to name a few.

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

HAMILTON: Stop trying to test your 1RM all the time. Build your strength through repetition and volume. Working up to a max effort is a waste of a training session in my opinion. You want to build the lift not always test it. Powerlifting is a sport that takes patience and demands a lot of time and commitment to do well. Commit to the process of getting stronger and be consistent with your training. Another thing I see a lot of with beginner and intermediate lifters is so many planned de-loads. I don't know how these lifters can predict when they need a rest day/week. I think they are wasting training weeks. It could be a day where you could have set a huge PR or pushed passed a big mental barrier but you wasted the day lifting light or sitting on the couch. Always try to train.

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

HAMILTON: Yes, very. I compete once per year at Raw Unity. I think about preparing for it and achieving my goals all year.

POWER: What is your favorite lift and why?

HAMILTON: It is close between the squat and the deadlift, but I think I have to go with the deadlift. I'm really not a big bench fan; I would be happy if they turned bench into a military press competition. The deadlift is the most basic lift and has the most real world carry over. It's primal. Everyone wants to pick up a car, don't they? Deadlift was the "gateway" for me to start powerlifting.

POWER: What assistance exercises helped each of your lifts the most?

HAMILTON: For squatting, I think getting my quads stronger by do-

ing high-bar, close stance pause squats really helped. The close-stance squat was recommended by Vlad Al-hazov. Vlad squatted 1,250 in multi-ply gear and then pulled 925 in the same meet. I was lucky enough to have him training at Fortis Fitness for a short time and pick up some training ideas from him. For my deadlifts I believe just practicing the deadlift on a consistent basis helped me get stronger. I started training the deadlift more like a skill, lots of heavy reps without going to failure. Perfect practice makes perfect. The best assistance exercise for my bench has been lots of military pressing. Press a lot and you will bench a lot.

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

HAMILTON: I spend almost all of my spare time with my wife, Krystal. I enjoy spending time with my family and having barbecues, or just staying in on a Saturday night and watching Hockey Night in Canada with a Tim Horton's coffee. If you aren't Canadian you won't understand.

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

HAMILTON: My immediate goal for RUM 2014 is to beat Dan Green's all time total at 220 without wraps. After that I want to go down to 198 and try to take both total records there. I struggle to stay above 220, so I think a move down to 198 is possible with the right diet. I also want to be the first Canadian to make the cover of Power magazine. Perhaps when I take the 220 or 198 total record? My distant goals are to continue to get stronger and try to set some records that will stand the test of time.



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

HAMILTON: I don't know what's going on with that. It almost seems like it's an exclusive club. If I had it my way, I'd have hair like Dan Green and Jay Nera, but since I don't and I usually have a beard, maybe I should be lifting in gear?

POWER: What drives you?

HAMILTON: My parents were very inspirational and encouraging when I was growing up. My mother arm wrestled competitively and was an Ontario champion. I think growing up in a competitive environment has helped shape the way that I am. My father used to make me do push-ups for my allowance; strength was always rewarded in my family. I feel like I have the genetics and work ethic to be one of the best lifters and the fear of not realizing my full potential is what drives me the most. It's just an obsession with getting stronger and improving myself.

POWER: If you had the choice of being any superhero, who would it be?

HAMILTON: That's a no-brainer. It has to be the Hulk! How does it get any better than "the madder you get, the stronger you get?" He's perfect! I remember watching the Hulk movie and then going to the gym to train and setting a big bench PR. The Hulk is definitely the perfect superhero.

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

HAMILTON: I do feel this sense of urgency to get stronger and do better, but I think that I have learned to be patient at this stage in my lifting career. I'm always just trying to enjoy the process of getting stronger.

I've had some crappy training sessions where things haven't gone well and I don't take it well, and I'm usually not in the best mood for the rest of the night. But for the most part I do my best to try and stay positive.

POWER: Is there anyone you would like to thank?

HAMILTON: I'd like to thank my wife, Krystal, who supports me and pushes me to do my best. My brother, Tyler, who has been to every meet I've competed at and offers tons of support. I'd like to thank Sean Kelly at Fortis Fitness, who makes sure I have everything I need to help my training progress at his great training facility — the best in Canada! I'd like to thank Eric Talmant, Johnny Vasquez and Dave Bates, the founders of RUM, for creating an amazing meet and promoting raw powerlifting. Lastly, I'd like to thank Mark and Andee Bell and Power magazine for giving me the opportunity to be interviewed. **PM**



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MATT VINCENT AND MIKE JENKINS HAVE A CHAT

Editor's note: This interview was conducted prior to Mike's untimely passing on November 28th. Following the article we have a few words about Mike from those who were closest to him.

PHOTOS BY ROGUE FITNESS AND MHP

Mike Jenkins is a former college and professional football player, captain of the 2004 National Championship James Madison University Dukes. He earned a bachelor's in sports management/business and a master's in athletic administration. Jenkins is a professional Strongman holding multiple world records, and is a two-time World's Strongest Man finalist and 2012 Arnold Classic Champion. In addition to CrossFit Level 1, Mike has completed CrossFit Kids, CrossFit Powerlifting, CrossFit Mobility, CrossFit Strongman and has worked with CrossFit HQ seminar staff.

Matt Vincent, of JTSSrength Systems, had a little chat with him.

MATT VINCENT: We talked a bit at the Celtic Classic Highland Games you came to watch in Bethlehem, Pa., about basic strength ideas and training philosophies. It seems to me that everyone I've met toward the top of their respected strength arena has the same basic ideas. What do you think is the one thing that applies to everyone across all lifting and training?

MIKE JENKINS: I think the biggest thing, though there are many, is that none of us were overnight phenoms. When you reach the level we compete at, it's not just showing up and getting lucky. You've practiced the caber many times in various conditions and in different physical states. I've done events in a climate-controlled gym, but also outside when it's 100-plus-degrees for a few rounds. Our sports, like many, take a ton of time under the bar/implement honing our techniques. It's not a guessing game when I compete; I know how I'm holding the kegs, how many breaths I'll take before I press the log and how many steps I should take between stones. Just like non-fringe sports, we need to take practice serious.

VINCENT: That is something I agree with 100 percent. It is not just simply doing the repetitions that make you good, or give you a chance at great. It is the focus to do all the reps with a purpose. I find it interesting that you do the same as I do when setting up. I know for me, each event has its individual approach; however, I do it the exact same way every time. For me, this eliminates factors. You do it with knowing how many breaths you take, and I do it with how I enter every throw. This is just another thing that, over time, with the right focused reps, becomes part of the muscle memory and can lend you to a better performance. This is one last thing to think about.



reason). There is no substitute for it, no books or seminars that will make up for that part of the puzzle. All of the information you can get is no good unless that base desire and training mindset is there.

With all the different programs available, what do you see as the big consistent ideas that have to be followed in order to get stronger? I know people want a magic solution; I personally think it is simpler than people think. What is your idea?

JENKINS:

I don't deviate from simple movements until they stop work-

As far as being an overnight phenom, this is the one thing I laugh about. I know for most people in Highland Games, I kind of came out of "nowhere" in 2009 and won the world title in 2012. I am sure you get the same thing from people, Matt.

People are not special. What you want to accomplish is going to take a ton of work. Just so I am clear, a ton of work is 10 years. I consider strength a skill or trade just like any other, whether it be tattooing, welding or painting. If you want to be proficient in something it is going to take 10 years. Do you think this also holds for the world of strength and the pursuit of "strong?"

JENKINS: When you came on the Highland Games scene you had a strength background, and track and field, so you didn't quit selling used cars and smash cabers. I get that too; I took my lumps as an amateur and took me three years to turn pro in 2010 — and I had been lifting since 1997, learning as I go. Yes, I'd say it takes seven to 10 years, depending on your background. I'm six in my Strongman career and still getting stronger and trying to hone my skills at events. So a ton of work isn't one kick-ass summer where you train 12 hours a day.

VINCENT: In 1997 I started lifting with a purpose (high school football at the time, but we trained hard with a

ing, and they haven't. Squat, deadlift, press and do some kind of explosive training, and you can keep making gains for years. Some of your accessories may vary, but every gym session is one of the big three in some form. Guys like Kaz and Jon Pall didn't do all this crazy shit; they lifted heavy.

VINCENT: My biggest advice to people is being consistent. I follow same idea, but with six lifts. We are both students of the same school; we just use different verbiage. Squat, pull, press, bench, snatch and clean every week forever. The reps and sets will change depending on what goals you are approaching, but the Marco details will not. I think accessory lifts really are what can make a difference for the individual. This is where things can change depending on athlete and their discipline.

What accessory lifts do you perform? What do you find makes the most help for you as a strongman?

JENKINS: For my pressing, other than overhead, I stick to floor press and incline with different grips. For squats I'll throw in back, front and zerchers, which I think help with stones and carries. For deads I switched to high rep accessories, straight legs, sumo straight leg and heavy rows. I think the sumo straight legs really helped with hitting 400kg at WSM. It's a shame that's par for the course.

For pressing, I hammer triceps. That's where 90 percent of lifts are missed unless it's just way too heavy and pins

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VINCENT: This is where there's a change in our programming. Mine is all about application of force. However, back when I was doing Strongman I definitely covered all my bases the same way. I personally get a ton out of more high reps on my accessories (10 reps for me is high), and really push the explosive side of it.

JENKINS: You know your weights for each event, so do you find if your clean, snatch, squats and pressing go up, you perform better? I realize that a lot is technique. What about added mass does that throw you off?

VINCENT: I do notice a boost in performance when I see the increase in strength. This makes the most progress, however, as long as my technique stays the same or continues to improve as well. The mass thing for me definitely makes a difference. I operate my best about 275 to 285. Once I get out of that range I am either too small and can't counter well enough, or it throws off technique. The verse of that is once I am over 285, I am typically very strong but I get to where I feel too slow. So I have to really stay in that window of fast and strong. Max strength is not really as big of a concern for the games as it is with Strongman. So the key for me is trying to manipulate how strong and fast I can be while in that window.

How many times a year do you compete? And what is your approach to staying healthy while making progress necessary for the weights you guys are handling for training and competition? The weights are absurd, by the way. There are a fair amount of guys in my sport who can't press what you guys are doing on the circus DB with a bar? Do you do lots of mobility work or what are your trouble areas?

JENKINS: In a perfect world I would compete four to six times, do Worlds in September and a something right after, Arnold in March and something right after, and a Worlds qualifier in early summer. That would space them out enough to recover and train for what it is. Arnold is mad heavy and WSM is more moving, so they are very different.



WSM is getting heavier, so it is hard to stay heavy all year – and some of the things are just weights you have to feel like a 530 stone and a 250-plus dumbbell.

Like you, I have dynamic days, Mondays is clean and press with various objects and strict work is another day. I also do some events for speed on event days to give my CNS a break from 1000 yokes. It's like running; you have to run fast to get fast.

Like you said, though, you don't have to be huge and crazy strong. If I'm too bulky, some leverages are off.

VINCENT: Yeah, throwing is such a different ballgame. We do nine events that are relatively the same every weekend (some variation to implements and ground.). But between these last two seasons, I competed 40 times – eight of which are out of the country and all are a plane flight away from home. It's different to train for, since we qualify for our big games based on numbers (and some other black

magic, but the top five guys are always there so numbers still matter). So a bunch of the games are going to be done while you are not at 100 percent. Just back off the day before and give it the best you can. Luckily our weights are light enough that there isn't the stress on CNS.

As far as nutrition, I am sure it takes a ton of groceries to be closer to 400 lbs. I know you eat a ton of good stuff as well, and do it right. Now what I want to know is, since I assume you hate yourself just as much as the rest of us, what are your favorite things to eat or drink until you're miserable?

JENKINS: I could probably eat ice cream and some sort of baked good until I literally exploded. The back-load is a beautiful thing.

VINCENT: True. I'm working with Jesse and Mark, as well.

JENKINS: Where would you live outside the U.S. if you had to move? What's the best place for living and training? Your games seem so laid-back. Are they all like that?

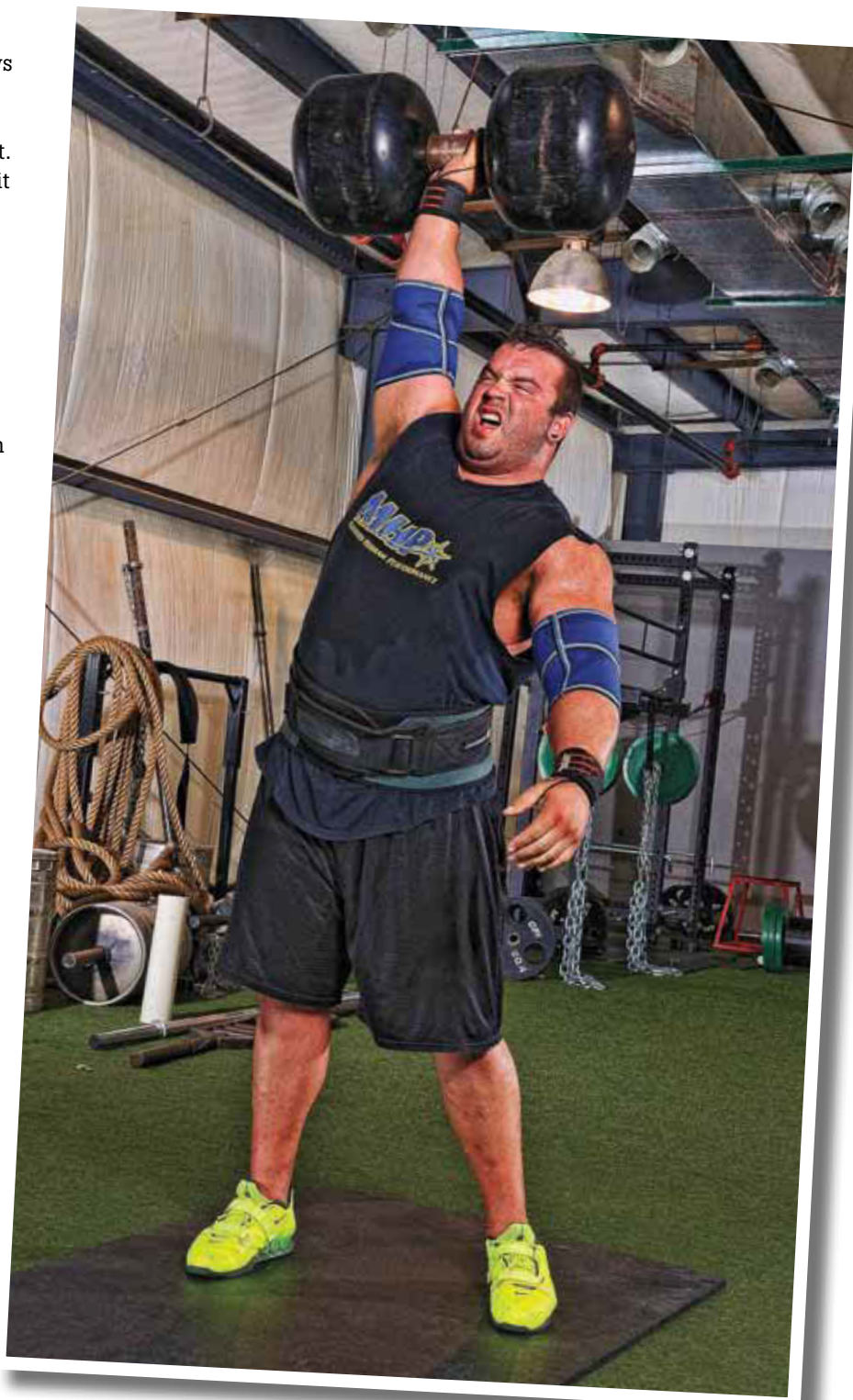
VINCENT: Highland Games as a whole are pretty chill, especially the pro level. There's not much ego, since no one knows about our sport. There's nothing better for an ego check than telling someone you're a world champ, then explain the sport by saying, "You know where the fat guys throw telephone poles in kilts?" So yeah, we have a good time. Also, I only have to be really active for about 1 second every now and then.

I notice that, compared to others like Strongman or powerlifting, guys know how to turn it on and off a bit better. But that comes from throwing a ton. Most games we know where to eat and typically all hang out for drinks after.

As far as me moving outside the U.S., it would have to be Iceland or Canada, but probably Iceland. They have great people and I love the culture; it has some strong history. I could slide right in over there and be at home quick.

What is your typical training cycle like? Where do you begin and how to do change things the closer you get to a contest?

JENKINS: In the off-season I try to up my volume to help recover and improve my static strength in the staple lifts, deadlift, squat and overhead pressing. I tend to shy away from



events to give my body a break, but do try to get in a good bit of conditioning in the form of rowing and sled work. As I get closer to a contest, my training gets very focused on exactly what I have to do in a given contest. I tend to start about 12 to 15 weeks out, usually 15 for a show like the Arnold that is so heavy, so I have more time to prep. As I get closer, my volume goes down and load goes up. This does vary as I get close to Worlds because I may have a log for reps or axle for reps, so I need to continue to train for that



I know that you guys at Gamma are also working with a lot of CrossFit athletes. I have really enjoyed all my experiences with that sport, as well. There are idiots, but there are idiots in everything. Something about people coming in the gym and consistently busting their asses and making progress is hard for me to not jump on board with. I know one of the big issues of CrossFit is the lack of solid programming comprehension. So how are you helping those athletes make progress using your style of training?

JENKINS: I

think all the athletes I work with benefit from getting back to basics. At CrossFit Gamma we don't do anything fancy; it's pressing, squats and pulls with some Olympic stuff thrown in. Every single member has PRed all of those lifts by

doing this, as well as

volume so I can get between six to 10 reps on a given lift.

I will start my cycle around 60 percent of contest weight for high reps, usually max reps for three or four sets, depending on the lift. Every two weeks I will up the weight about 5 percent toward the contest weight and once again aim for max reps. I will do this until I get to contest weight, then go up and over so when I get to the day of I have handled much more than the weight we use. Obviously, for max effort singles in a show, I will try to peak to be able to PR at the contest and lift more than I have at that point.

VINCENT: I also really get a lot out of a higher volume offseason. I feel this helps me with a return to full health. I don't think enough athletes know how to properly program a full year so they can be their best when it actually counts. I learned a long time ago that it was best for me every year to back off and start over building the base for next season.

high-rep accessory work that could be in the strength portion or programmed in the WOD. Also I see too many people try to go in every week and try to hit heavy singles, doubles and triples. Your body can only handle so much of that. Of the advanced CrossFitters I have helped, three have made it to regionals and increased their Olympic lifting and overall strength by doing less Olympic and more squats, pulls and press work. These were not athletes who were new to the Olympic lifts, so they still did skill work. But if your squat goes up 50 lbs. more than likely your clean and jerk and snatch will go up. Also, by these athletes getting stronger, they make the percentage of weight in WODs much less than what it would have been before a strength program. For example, let's take Grace, simple WOD. If I can increase your strict press and push press/jerk by 12 percent, that 135 that is in Grace now becomes lighter in relation to what you were able to lift before. **PM**

1076.9 Pound Bench. Any Questions?



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Remembering Mike Jenkins

Many of you reading this magazine probably know Mike for his pressing strength. However, I can assure you that Mike's shoulder power pales in comparison to the gift he had of making everyone feel like family. Now more than ever, I realize that Mike was changing lives daily. As for me, Mike taught me what true love is. He was the most amazing husband and taught me how to believe in myself and all I am capable of. I will spend the rest of my life trying to make my husband as proud of me as I was of him.

~ Keri Jenkins

I am completely shocked at the news I received on Thanksgiving of Mike Jenkins' passing. I was fortunate to start building a little relationship with Mike over the last few months. He really was as smart, funny and personable guy. He reminded me why I love guys in strength sports. Guys like Mike are what motivate me to always want to be part of this life. I have his wonderful wife, Keri, in my thoughts, and hope for some comfort for her during this challenging time. The world and strength community lost a great one.

~Matt Vincent

Big Mike was more than a massive, powerful and dominating Strongman competitor. He was also inspirational, always upbeat and a blast to talk to. He was a true gentleman and an amazing ambassador for all strongmen and MHP. All of us in the MHP family will miss Mike very much.

~Steve Downs

I can't say enough about Mike. In the short time that I knew him, he made such a lasting impression on me and my family that he will never be forgotten. He had a heart of gold. I will always remember that, no matter how busy he was, he always found the time to talk with you. He was a great role model for all of the members at Crossfit Gamma. He was always smiling and always had an encouraging word. Mike loved his wife, Keri, so much, and they lived their lives for each other. They were always together. When she walked into the room, his smile would get even bigger. He was the best person I ever met. I am fortunate to be able to call him my friend.

~Mike Condran



It's very rare that you meet someone who is larger than life. I have the pleasure to know someone like that: Mike. I will talk about Mike in the present, because to me, he is not gone. Mike's smile can light up a room, and when I think of him, that smile will not be gone. Just as I type, I already choke up ... but then I close my eyes and I see my friend. He wouldn't want us dwelling. He would want us to celebrate who he is and what

he stands for. He wants us all to get better ... get better every day. I am not a religious man, but I do believe that we are put here for a reason. My wife, Dana, and I said, just a night or two after Mike's passing, "There are angels amongst us, all of which are here for good and more than we can understand. Mike was an angel living amongst us." My friend's wings took flight, but he is not gone. He is watching us and telling us to get better, every day.

~Scott Paltos

Mike touched, challenged and changed everyone he talked to. His wife, Keri, told me a story of one of the thousands of emails she got on his behalf. The email began, "You don't know me, but I got to talk to Mike one time ..." The man, a complete stranger, went on to tell a story of how a short conversation with Mike in a sports store while Keri was trying on clothes saved his life. The man walked out of that store and started eating right and working out every day. In a short time, he went on to beat an illness he had his whole life, got off all his meds and is healthier and happier than ever. I know that this isn't an exception or someone telling a story, it was the norm with Mike. Like so many others I am forever changed because of Mike Jenkins, and I challenge everyone to read, ask and discover more about him so his positive impact will never cease making waves around the world. Mike larger than life, and whenever I think of him now, I think this Dr. Seuss quote: "Don't cry because it's over, smile because it happened."

~Jesse Burdick

Mike Jenkins was an incredibly powerful man with a tender heart for others. He had tremendous love for his family and was a loyal friend. But there was one true love, his wife Keri. Mike loved Keri more than anything. She was the most important thing in his life and he made sure she knew it. Their love for each other was epic.

~David Lee

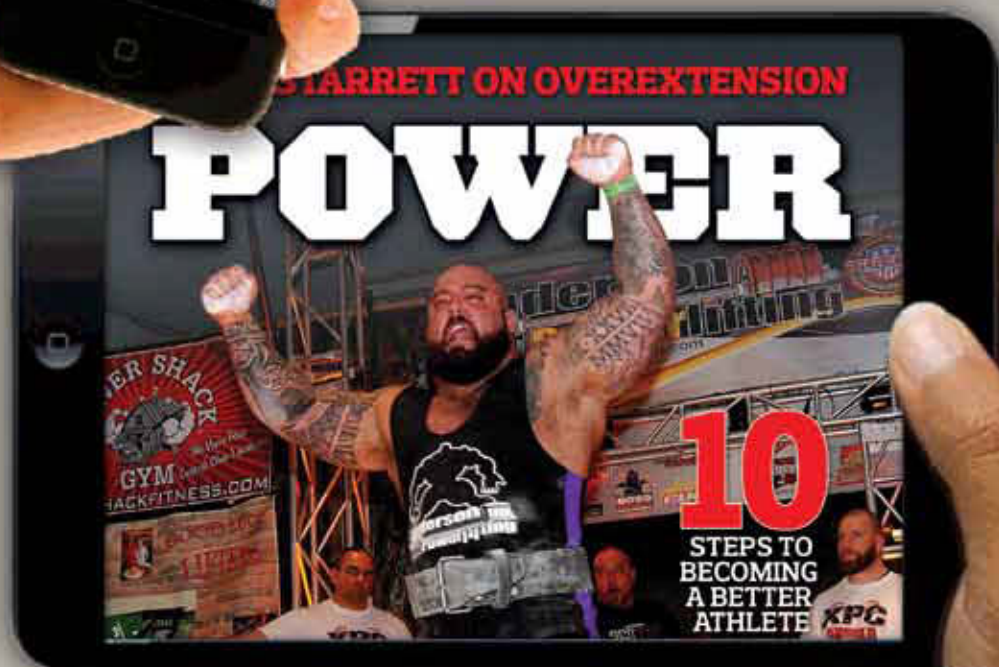
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Don squatting in 1974

THE GREAT DON REINHOUDT

BY R.L. MURRAY

Don Reinhoudt's list of power sports achievements is legendary: World's Strongest Man in 1979, four-time consecutive IPF World Powerlifting SHW Champion (1973-76), three-time National Powerlifting Champion (1974, '75 and '76), and current record holder for the following:

- SHW 2,298 raw total in 1974 AAU without wraps (AAU)
- SHW 2,420 raw total in 1975 without wraps (Eastern Open)
- SHW 934 squat without wraps or suit in 1976 (AAU).

POWER: Where did you grow up and where do you currently call home?

DON REINHOUDT: I grew up in Fredonia, N.Y. I lived in Brocton, N.Y., for 33 years. When I retired and remarried my wife, Pam, we came back to Fredonia.

POWER: What sports did you play in high school and college?

REINHOUDT: In high school, I played varsity football, basketball and track (shot put and discus) - I was All League-All Western New York in all three sports. I played college varsity football and track for four years; I was a starter all four years in college. I went to Parsons College in Fairfield, Iowa, where I had a full ride. I was a defensive

end at 6-foot-3, 260 lbs. in 1963. This is when I started lifting weights. My senior year I was the strongest kid on campus.

POWER: How did you get started in powerlifting?

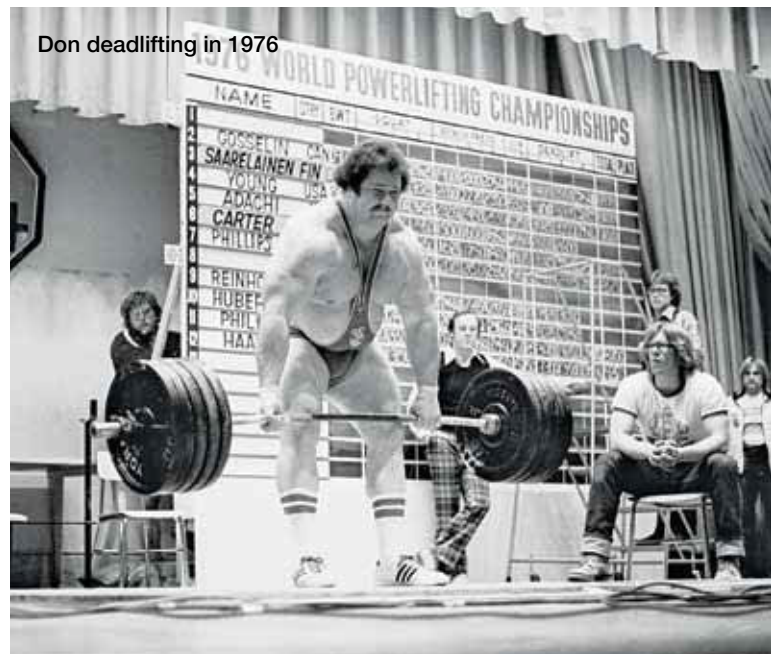
REINHOUDT: I started lifting weights when I was in college, to play football and toss the shot put. In those days, 1963, no one knew anything about lifting, not even in college. We just had a room with weights; no bench, no squat stands, just weights. We only did presses and curls. I didn't bench or squat for several years!

POWER: What were your best lifts in competition?

REINHOUDT: I did a 950 squat at the Seniors in 1973 without any knee wraps. I got two reds and a white light.



Don chalking up



Don deadlifting in 1976

I did a 625 bench at the Seniors in 1974, two reds and a white (I moved my right foot). I did an 895 deadlift in 1975 at the Eastern Open. That was the meet I did 2,420 raw: 915-610-895 for a 2,420 total in 1975.

POWER: You've talked about some interesting lifting partners you have had over the years. Where did you train, and who with?

REINHOUDT: I had a gym in the basement of my parent's house. My now ex-wife Cindy was the World's Strongest Woman, and also my coach. She was in the 165-lb. class and her lifts were 225 in the bench press, a 460 squat and a 405-lb. deadlift — all raw.

I also lifted with two NFL players, Craig Wolfley, a 6-foot-3, 285-lb. guard for the Pittsburgh Steelers, and nose tackle Jim Burt, All Pro New York Giants, 6-foot-1, 280 lbs. I lifted with pro wrestler Lex Luger, at 6-foot-5 and 280 lbs. On my weekends, I would drive with Cindy to Pittsburgh and train with the Steeler linemen. I made some close friends from the World's Strongest Man contest who played with the Steelers at that time. All the linemen, both offensive and defensive, could bench press 500-plus. Jon Kolb did 560 and Mike Webster did 565. Steve Courson, a guard, did 600 lbs. That's when the Steelers won four Super Bowls.

POWER: What did a typical week of training look like when you were preparing for a major powerlifting meet?

REINHOUDT: I would train four days a week: two upper and two lower. I only did the deadlift once every seven days. I would squat heavy once a week and very light the

other. With my bench, I also had a light workout and a heavy one. I did a lot of curls and triceps workouts.

POWER: How do you think your training differed from your contemporaries? Can you share any training secrets?

REINHOUDT: I did a lot of inclines, power rack lockouts, dumbbell workouts and dumbbell presses. The most I did for a dumbbell press was a 200 lbs. press and clean. My best incline was 575 for three.

POWER: Who were some of your chief powerlifting competitors?

REINHOUDT: I had many outstanding competitors, like Paul Wren, Doyle Kennedy, Big Jim Williams, Jon Cole and Jon Kuc.

POWER: Are there any particular lifts made by other athletes that you remember the most?

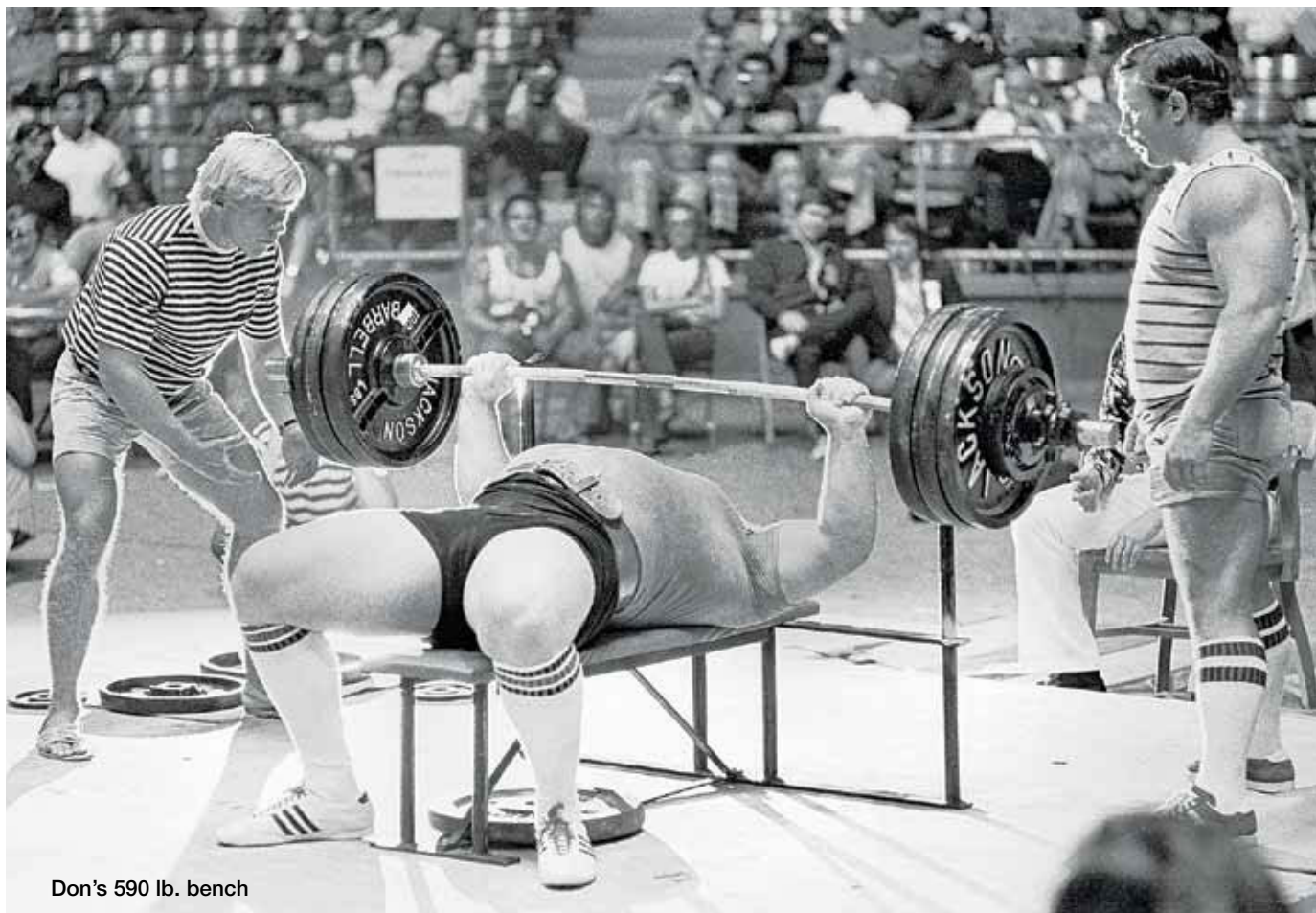
REINHOUDT: I always felt it was an honor to be on the same platform as these guys. It was amazing seeing Jim Williams bench press 675 at the 1972 Worlds (just missing 700, disallowed for lockout). The crowd in York, Pa., went crazy. Seeing Larry Pacifico and Mike McDonald dueling at 198 in the bench press, with Pacifico taking his last attempt at 585 and winning, along with setting the world record. Jon Kuc's total of 2,350 at the 1972 Worlds. I have so many great memories, making friends and meeting people.

POWER: What is your most memorable experience at a major powerlifting meet?

REINHOUDT: At the Worlds in 1973, I took 590 in the bench and Cindy came out and handed off to me. The crowd went wild. At first the judges were not going to allow a woman to hand off, but after I pressed the issue, stating she was my training partner, they allowed it. Once the other competitors found out that Cindy was my coach, they began asking her training questions in the warm-up room.

POWER: Tell us about your transition to competing in World's Strongest Man. What was that experience like?

REINHOUDT: It was very hard! When CBS contacted me with the invitation to the first World's Strongest Man in



Don's 590 lb. bench

1977, I weighed a mere 239 lbs. After I retired from powerlifting following the 1976 Worlds, I lost well over 100 lbs. and had stopped training heavy. I was very excited to take on this new challenge, but I needed time to bulk up. They graciously extended the invitation and I began training. When I showed up at WSM in 1978, I was completely inexperienced at the events. In preparation I just did my power lifts with a lot of power rack work and a lot of inclines, presses, heavy curls, squats and deadlifts – no benches, just heavy inclines.

POWER: After your first World's Strongest Man competition in 1978, how did you adjust your training to come back and win the 1979 WSM?

REINHOUDT: I kind of knew a few events – the WSM was mostly leg and back strength. That was right up my alley: lots of squats, deadlifts and very heavy pulls. I also did a lot of power walking with 60-lb. dumbbells for around a half a mile.

POWER: We've had some interesting conversations with Steve Rogers (AAU powerlifting chairman in New York) about your WSM rivalry with Bruce Wilhelm. What was the competition like, and do you believe Wilhelm's antics (calling you "fat boy" in an interview with Brent Musburger and making disparaging comments about other competitors) helped or hurt you during the competition? Or were you unaffected?

REINHOUDT: Bruce and I were good friends, believe it or not. He was a great athlete and I had the utmost respect

for him. He was very smart and used his mind. I was much stronger than Bruce and he took me for granted. He tried to use his antics to get into my head, but it didn't work. None of the guys liked him; he was truly a smartass. We are still good friends though today and we keep in touch. Bruce didn't have any respect for powerlifters, thinking we were slow. Boy, did I prove him wrong! In fact, I believe to this day that I won the 1978 WSM contest. The tapes showed that I beat him at the tug-of-war; his arm was across the line and I thought I heard the whistle. Once I let up he pulled me off balance and then I crossed the line.

POWER: What was your most memorable World's Strongest Man experience?

REINHOUDT: It was the people I met. It was a fun experience, an entirely new challenge because you tested yourself against different athletes from other sports. Jon Kolb, for instance, was incredible – probably pound-for-pound the strongest guy there. He was a great competitor and very smart. It was through this experience that I was invited to go train with the Pittsburgh Steelers and share ideas.

POWER: Today there seems to be a trend back to raw powerlifting, making your achievements in 1974 and '75 even more impressive and relevant. What are your opinions of the geared lifting events that have allowed competitors to regularly squat over 1,000 lbs. and bench more than 900?

REINHOUDT: I think it is wonderful that many lifters are competing without gear. All of us old farts laugh at all

the gear and equipment that is being used today. Look at Jim Williams' 675 bench in 1972, Pacifico's 585 at 198, my 950 squat with no knee wraps, my 2,420 in 1975 with no wraps and suits. That speaks for itself.

POWER: You have been given credit for a total of 2,391 from what appears to have been a meet in 1975 (a video on YouTube shows lifts and the weight/attempt board). You stated your best competition total was 2,420. What were the details of this meet?

REINHOUDT: It was the Eastern Open, held in Chattanooga, Tenn., every year. This was Paul Wren's hometown and I would go there and lift with him. We used this as a warm-up for Nationals. Paul was a great guy and an outstanding competitor, and I always enjoyed this meet. In 1974, my official lifts were 915 squat, 610 bench and an 895 deadlift for a 2,420 total. I still have the certificate on my wall designating the World Records in deadlift and total from the IPF for this meet. Bob Christ was the committee chairman and the meet director was Jim Taylor. {Don noted that his deadlift record called for an official weighing of the plates, which reduced this lift to 885.5. Apparently, the officials then subtracted 9.5 lbs. from each of his lifts for a new total of 2,391.}

POWER: You didn't wear wraps in some meets. Did you wear wraps at the meet in Chattanooga when you totaled 2,420?

REINHOUDT: No. I squatted the 915 without wraps because the IPF had banned the use of knee wraps in 1973

and '74, but then began allowing them again from 1975 on.

POWER: Two or three excellent lifters are currently closing in on your all-time total record. Two of these lifters, Burley Hawk and Andrey Malanichev, have deep squats and their lifts are technically solid. How do you feel about the possibility of your record finally being broken?

REINHOUDT: I am glad that there are new guys challenging for these records. Records were made to be broken. I am just honored they have stood for so long. I wish them all the luck in the world. {Editor's note: Andrey Malanichev broke Don's All Time total record in early December with 2425 lbs.}

POWER: Anyone who knows you recognizes what a true gentleman you are and how much you give back to the sport. Is there anything you would like to say concerning your overall experiences in these power sports?

REINHOUDT: Thank you. I wanted to give something back to this great sport. I wanted to be a good role model to powerlifting. God gave me a gift! The Lord is most important to me. Without God I never would have been a strong man - I would have been a nothing. God deserves the credit for what I did. I had many great memories and times, making friends and meeting people. I loved powerlifting and I hope in some small way that I gave back to this great sport. I was very blessed and honored in my life to have been able to compete when I did. Those were good years for us all. **PM**

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DMITRY KLOKOV

Part Two: Training

BY MICHAEL KING • PHOTOS BY SIMONE COLOMBO (ONECOL.COM)

For those of you who missed “Part One: Life,” (Power, Nov/Dec 2013), I strongly recommend you read it. It talks about Dmitry Klokov’s life from the very first days that he stepped into the gym and touched a barbell — as well as his coaches, his philosophy on training and his outlook on why the eastern countries have different gear than the U.S. athletes. Klokov also discusses the top-three moments of his weightlifting career and what they mean to him. This was a three-hour interview that addressed anything you would want to know about Klokov’s life and his training. Enjoy “Part Two: Training.”

POWER: What has changed over the years in your training to make you this strong?

KLOKOV: Over the years, I have come to realize that the most important thing in strength sports — and, in my case, weightlifting — is to be strong. In my opinion, if you want to move weight, you have to be strong. If you want to be strong, you have to get stronger. Technique is important, but at my level, you either have it or you don’t. I spent 80 percent of my time in training on strength movements such as squats, deadlifts and presses (strict/push/jerk). With my former coach, at times, I found myself intimidated approaching a certain weight in competitions because I didn’t know if I could lift it or not. At that time, I realized that strength would not be my weakness anymore.

POWER: What were your training hours and schedule like when you were younger, and what is it now?

KLOKOV: When I was still a student, I would train five times a week for two hours a day from 5 to 7 p.m. Since making the National Team, my schedule is as follows: Monday, Wednesday, Friday are double sessions from 11 a.m. to 1 p.m., and then from 5 to 7 p.m. Tuesday and Saturday are single sessions from 11 a.m. to 1 p.m. Sunday is a day off. With that being said, I have my own schedule that I follow that looks like this: I can train as long as I can until I get tired. Sometimes there are weeks without rest. If I feel like I



am tired, I will take a few days off if I have to. It all depends on me, how I feel and what my body is telling me to do. If my legs are lacking, I will train legs.

POWER: Do you program your sets and reps a week ahead or a month ahead?

KLOKOV: I don’t plan ahead. I believe it’s wrong. How can I know ahead of time how I will feel that day? When I walk into the gym I don’t know what I am going to do yet. I believe it is wrong for coaches to program ahead, although I understand that they have no choice.

POWER: Are you saying that it is wrong to have a training program?

KLOKOV: I know how that sounds, but how is your coach supposed to know how you feel, how you slept, how you ate, how you went to the bathroom, how your things are at home, etc.? He doesn’t. It is your body and you should know how you feel and what you are capable of and what your limitations are for that day. Maybe you

shouldn’t even be training that day, or maybe you should be taking your heaviest lifts and not working at 75 percent.

POWER: How do you decide?

KLOKOV: When I start warming up I can tell which body parts are not firing right and are holding me back. At that point, I will always do an exercise that I want to do for myself that will make me feel good so I can have enjoyment from my training session. After that I will work on what’s



ly overload or do you dial it down?

KLOKOV: My volume is way down. For the last two weeks I can go without doing any of the main lifts and if I do them, they are very slow and methodical. I try to be as calm as possible without any emotions – almost in a Zen state of mind. These two weeks I

am lagging. I will do warm up sets and start adding weight. At that point it is all about how heavy we can go for that day. I enjoy pushing myself. It's my personality. I cannot simply do sets and reps at 70 percent. It will make me crazy.

POWER: What do you do when you are getting ready for a competition? How does programming and training change?

KLOKOV: One month prior to any competition I take out my old plans and I always do the same exercises with the same weights. This hasn't changed for years. I have a program that works and I always do the same thing every competition, for many years.

POWER: What does it look like? Do you progressive-

am collecting my energy and conserving the firepower.

POWER: You compete at 105kilo (231 lbs.). What is your everyday weight, and how do you get ready for a competition?

KLOKOV: I used to weigh around 120kilo (264 lbs.), and I was able to handle a lot more weight in training. However, dropping so much weight would allow me to injure myself quite often, and the whole drop would reflect on my performance. During the last two years I decided to keep my weight down during off season. The heaviest I allow myself to get to is about 108kilo (238 lbs.), so I am always in competition weight.

POWER: What is your diet like? How much do you

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eat? How much do you drink?

KLOKOV: I drink a lot. I love water. I do not have a specific diet plan. If I am hungry I eat, if I am not hungry I don't eat. I do not concern myself with having to eat because a certain period of time has passed. I try to eat a lot of soup, oatmeal, farina, rice, fish, eggs and other whole foods. I am not big on meat because it takes too long to process. I like light food because it processes quickly.

POWER: How do you eat on training days?

KLOKOV: Before I train I have some oatmeal or something light like that. After I train I'll have some rice and fish and, before my second session that day, I might have some more oatmeal. It's enough for me. But like I said, if I am not hungry on days off I will not make myself eat. The body must not need it. I enjoy fresh squeezed juices and, when I have a chance to order in the restaurant, I will pick from the healthier options as opposed to pizza and other high calorie foods.

POWER: What's the best way to eat in order to get powerlifting results?

KLOKOV: I can tell you this — and this goes to all the people who train with iron, whether they're powerlifters, weightlifters, Strongmen, bodybuilders, etc. — you have to



decide what you want and what your goals are. If you want to move the most weight you can and what you look like doesn't matter, then get huge like Mikhail Koklyaev and move the most weight you can. Other people want to look good and not move any weight. I prefer to move weight and look good at the same time. It is important for me and I choose to do what makes me happy. So, figure out what you want, figure out your goals and get it done.

POWER: Who was the athlete you admired when you were younger?

KLOKOV: My favorite weightlifter was Pyrrros Dimas. He is a very energetic and charismatic athlete much like myself and I really liked him.

POWER: Tell me about

Khadzhimurat Akkayev and Mikhail "Misha" Koklyaev.

KLOKOV: Misha and I are great friends. I've known him from the first day that I came into this sport, which was in 1999. Misha and I are very similar in character and we have a lot in common. He is a great guy and we always keep in touch. As a matter of fact, Misha is supposed to come to my summer house for a week or so to train, hang out and do an interview for my YouTube channel. He is a great person and a great friend. In regards to Akkayev, unfortunately him being from a different country put us on

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properly with the advice of a doctor, then you will have results. If not, then you will be on other medicine trying to fix the damage you have caused. Everyone is different and will have different results; for that reason it is important to consult a doctor.

POWER: So why do you think Misha speaks so openly about this subject?

KLOKOV: I believe he is doing it to educate people and put the information out there. He knows that he might lose some popularity, but he wants people to know

different paths from the start. Considering that we both competed in the same weight class did not make it any easier. We did not speak. Not once. We would train at the same time in the same gym, live at the same facility, eat at the same cafeteria, but we would never speak.

POWER: What happened to change that? I saw you did an interview with him and you guys seemed quite friendly.

KLOKOV: I think that a similar misfortune of not being able to go to London brought us closer. We started speaking and hanging out. Just a few days ago we admitted to each other how stupid we both were for acting like that instead of valuing each other's company. I had made a mistake in the past — we live and learn.

POWER: I am sure you have noticed Misha's growth in size over the last several years or so. He's about 375lbs now. Additionally, Misha speaks openly about the use of peptides, anabolic steroids and other drugs as they pertain to enhancing performance in sports. What is your view on anabolic steroids in general and in relation to Olympic weightlifting?

KLOKOV: Anabolic steroids obviously exist and there is no question about their use. Misha is in a different sport, so he has the ability to speak about them freely. Me being in an Olympic sport, there are other rules. Everyone who is a competitor in an Olympic sport of any kind has to play by a different set of rules. For us it is a subject that is not discussed. We all know they are around us, but we cannot discuss it. I can tell you this, and follow me on this one please — everyone knows that there are organizations and committees in charge of testing and that we do get tested — if the person passes the test, then there shouldn't be any questions in regards to anabolic use. I think you understand what I am saying.

Other thoughts about anabolic steroids: Everyone knows that it is medicine. As far as any medicine goes, if taken

the truth. The same way insulin came to existence. I do not remember the whole story now, but the person who invented it used to try it on himself until he perfected it. Now it is a very popular and lifesaving medicine.

POWER: Do you think that if weightlifting wasn't an Olympic sport, then the subject of doping would be more in the open?

KLOKOV: My personal opinion is that it is a subject that should not be discussed because the more we talk about it, the less respect the sport has. It's like speaking to a businessman who is going to discuss how many people he robbed and how many documents he forged. You lose respect. Also, in our sport "doping" is "doping." They do not distinguish between anabolic use or water-loss pills. It's all under one blanket term: "doping." Normal people who are not in the sport cannot distinguish the difference between the two. To them it's all the same.

POWER: Let's get back to training. How much cardio do you do?

KLOKOV: Well, 95 percent of weightlifters do not do any cardio. The closest thing to cardio that we do is vertical jumping. We do it for explosive power, but because we do so much of it, it also works the heart.

POWER: What's up with CrossFit? Do you like it?

KLOKOV: I have great respect for this sport because it is for the general public. People in this sport look good — men and women. It makes people healthy and gives everyone an opportunity to perform the exercises. It covers a great range of exercises that people can get better at, and the weight does not have to be huge in order to get better. Most importantly, people feel good and look good. I will not be surprised if CrossFit becomes an Olympic sport.

POWER: Let's talk deadlifting. How do you implement deadlifting into your routine, and how important is it?

KLOKOV: I deadlift every day, seven days per week. I

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love it and it is the most important movement you can do. Your back is your base. You need a strong healthy back. Every single weightlifting movement starts with the deadlift.

POWER: How heavy? What percentage? What set and rep scheme?

KLOKOV: I warm up and hit the most weight that I can that day. It can be one-, two-, three-, five- or 10-rep set. If I'm going to go for one rep, it will be the most that I can handle for that day. I can switch between grips, deficits and other various options, but one constant remains the same: as heavy as I can that day (whether it's a one- or five-rep max for that day).

POWER: No program?

KLOKOV: No. It's based on how I feel. If I pulled 480 and it felt okay, I'll go to 520. If that felt okay, I'll go to 580. Then I see how that pull felt and plan accordingly. Sometimes I'll go from 480 to 680. All based on how I feel.

POWER: How is your CNS [Central Nervous System]? Does the deadlift knock you out?

KLOKOV: The deadlift is the only movement that makes me feel better. If everything hurts and I feel like shit, I deadlift. It doesn't stress me out at all and I only feel better when I do it.

POWER: What would you recommend for training the deadlift?

KLOKOV: Just like everything else in life: Listen to your body, and do what you want and what the body desires. You want an ice cream? Eat it. You want to deadlift on an off day? Go deadlift. There was a period of about two weeks that I snatched every single day. I wanted to do it, so I did it.

POWER: Do you ever train so much that you need to take time off?

KLOKOV: The most I would need emotionally is two days. Physically, seven days.

POWER: What are you thinking about on the way to the platform, once you grab the bar and sit there getting ready for the lift?

KLOKOV: I am so relaxed and so full of energy the day of the competition that I have this energy pouring out of me. I relax for two weeks, listen to relaxing music and not socializing with anyone. When it's that day, I am ready. In regards to sitting and waiting, I am not thinking about anything. I am just sitting there and catching the moment.

POWER: You are emotional. How do you manage?

KLOKOV: You only have a certain amount of gunpowder. You have to light it when you need it. Light it too early and you have no chance. Do the most you can without tapping into it. The best professionals in the world know how to save it and tap into it when needed. I can always tell who is who at a competition. I see kids throwing 200 lbs. up so fast that I think to myself, Holy shit, they are going to snatch 1,000 lbs. But what happens is that around 300 lbs. they start burning out. I almost always fail my last warm up of 400 lbs. because I'm saving it for the platform. Last warm up is a zero-emotion lift.

POWER: What do you recommend for beginners?

KLOKOV: Any beginner in any sport must have a good

coach. Parents should seek out the best coach available in the sport. Those training without a coach must listen to their body. It's okay to skip an exercise and cut a day short if you feel like you can get injured. If you get injured, you will miss a lot more.

POWER: What is your inspiration?

KLOKOV: In life and in sport I demand the impossible to get the maximum results. Give 100 percent to whatever you do. If you do that, the result doesn't matter.

POWER: How does one get on the Olympic team?

KLOKOV: We have two official Russian championships. Russian Championship is the total of the two lifts. It takes place three months before the World Championship, so the best go. Then there is the Russian Cup, which takes place three months before the European Championship. This one awards winners by an individual lift performance as well as the total. Top three lifters from the Russian Championship make it to the camp, of which only two will go. Now, the first place winner has an automatic bid for the World Championship as well as the European Championship. The second and third place finishes compete against each other and the coach has the final say based on several factors such as performance, attitude, health, politics (if you know what I mean), etc. The process is the same for Olympics.

POWER: What are your two favorite exercises for the snatch?

KLOKOV: Deadlift and what I call "trapi," which is performing shrugs all the way to the chin. I have a few videos out there with that.

POWER: How about clean-and-jerk?

KLOKOV: Strong legs via front squat and upper body strength.

POWER: Presses or jerks?

KLOKOV: Presses and jerks. To move a lot of weight you have to move a lot of weight. To press a lot you have to press.

POWER: Back squat?

KLOKOV: Pause squat all the way down. Sit there until you start getting dizzy. Then stand up. My best is 660 lbs. for 10 seconds in the hole. After days with many reps you want to do some jumps to get the speed back.

POWER: Deadlift?

KLOKOV: Deficit pulls. I can really feel my legs here. I want all the weight in my legs.

POWER: Is there a lot of vodka drinking in your sport?

KLOKOV: I would say 90 percent of the people drink. This sport is a huge emotional stress, so we drink to relax. Some drink more some drink less, and it's a normal thing for people to relieve the stress. PM

Michael King owns the Playground Gym/CrossFit Fort Lauderdale (www.CrossFitFtLauderdale.com) in Fort Lauderdale, Fla. The Gym's specialty is strength training and has hosted some of the strongest athletes in the world including Mark Bell, Jesse Burdick, Brandon Lilly, Chad Wesley Smith, Chad Walker, Brian Carroll, Clint Smith, Adam Diggers, Lou Simmons, Laura Phelps, Justin Tooley, Dmitry Klokov, Ilya Ilin, Vasily Polovnikov and many others. King has been coached by Brian Carroll, Brandon Lilly, Mark Bell, Jesse Burdick and is currently coached by Josh Bryant. **PM**

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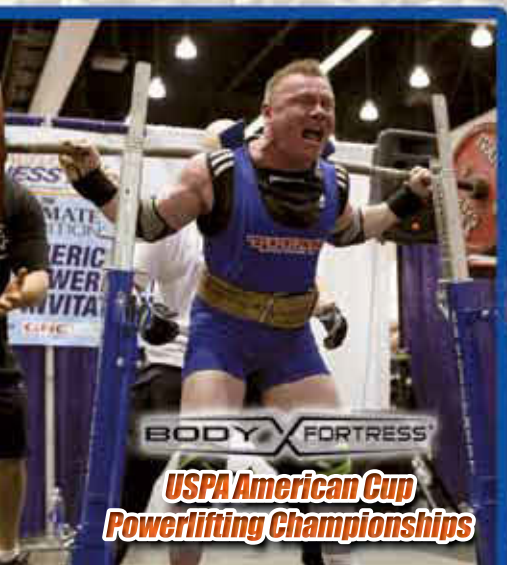
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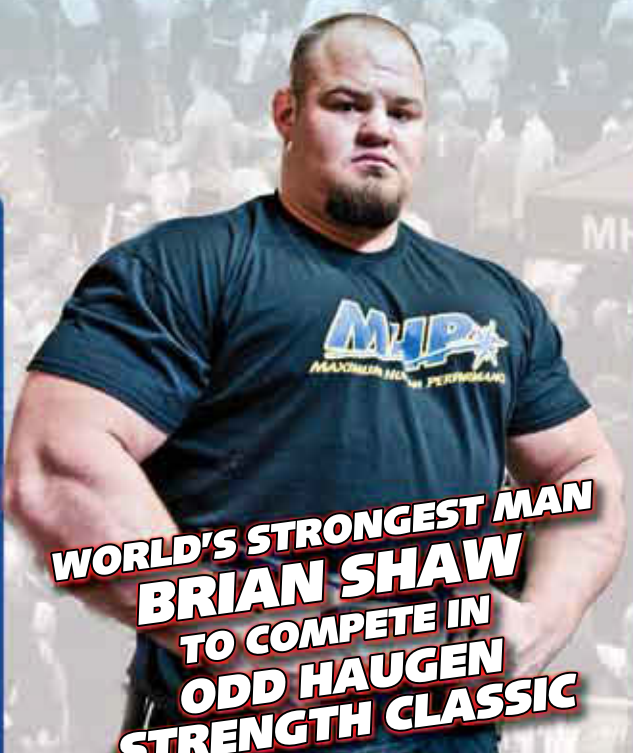
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AUTOREGULATION

PART TWO

BY ROBERT L. WANAMAKER



In part one of this series (Power, May/June 2013), I introduced the concept of autoregulation. I wrote about autoregulating intensity: By turning the traditional approach on its head, the athlete is told to lift to a certain subjective intensity, not to lift to a certain objective weight. Measuring units of this intensity are called RPEs — rates of perceived exertion. In this article, I'll focus on fatigue work, which gives a nice answer to the question of volume, or stress. But first, I promised to talk about an objective measure of RPEs.

OBJECTIVE AND SUBJECTIVE

Our RPE scale is grounded in the concept of the athlete determining the level of exertion. If I'm lifting and shooting for a particular RPE, it's up to me to realize, "Okay, I only had one rep left in the tank," which puts my effort at a RPE 9. Depending on the number of reps, this subjective gauge has insured that I'm working out at the correct intensity to generate the desired training effect my program has prescribed.

Assuming that I've put in my work, that I understand my body and that I'm not prone to misjudging, this tactic works fairly well. However, even if I meet all these criteria, there are times when I'm not sure. Did I really only have one more rep left in the tank? Am I just being a little lazy today?

As it turns out, there is an objective phenomenon that corresponds (imperfectly) to RPE: bar speed. Intuitively, if we think of a 7RPE as corresponding to dynamic effort work, we're already talking about bar speed — that's the primary indicator of good dynamic work. There are a few ways to get a grip on bar speed. First, if your athlete lifts with a group, have one person dedicated to watching the bar speed on lifts. With time, this person will be able to give you valuable feedback:

"You really were grinding on the last couple reps" or "Your last rep was as quick as your first."

If your athlete trains solo, it's still possible to get feedback on bar speed. A video camera can give the lifter some feedback, but that only after the fact. Another option is to use a Tendo unit to actually measure bar speed and receive instantaneous feedback on the speed of a rep. This will also give the athlete valuable data to track; the Tendo will record the speed of every rep and save that until reset for another exercise.



Sometimes, however, the objective measure doesn't give perfect predictive results. For example, if a lifter has been a Tendo and, over the course of a few sessions, has seen that whenever she rates the final rep of a three rep set as RPE 8, the bar speed of the last rep was .21m/sec. So, on a given day, the lifter has been told to complete a set of three reps at RPE 9. The lifter works her way up and finally hits a set that feels like it was pretty close to an RPE 9, but maybe not quite. She checks the Tendo and observes that the bar speed was .21m/sec — so, by bar speed, this was an RPE 8.

The lifter, based on previous experience, chooses to add some weight to the bar — enough weight that would turn the next set into an RPE 9. However, she can't complete the last rep of the set, or completes it only with great difficulty, which is clearly an RPE 10. Assuming that she didn't add too much weight, what happened?

It turns out that there are situations where bar speed just doesn't predict future RPEs in the session as well as the subjective feeling does. Whether this is due to insufficient data, inexperience in using bar speed or something else is an open question. However, the lesson is clear: Don't rule out the subjective feeling in determining the RPE.

WHAT ABOUT STRESS, AKA VOLUME?

I've written about intensity, or weight lifted, and how to use RPEs in this context to have your athlete train to a prescribed intensity. Now I'm going to flip the coin and talk about the other side of autoregulation, the regulation of volume/stress. The first key concept for autoregulation of stress is that of fatigue work.

Fatigue work is done after the lifter has reached the prescribed intensity for the exercise. Let's say we have programmed in squats, for three reps, at RPE 9. Our lifter starts



out with 135 lbs., which doesn't generate any meaningful RPE, then moves up in weight until he hits 405 lbs. At this point, our lifter assesses and decides that he only had one more rep left "in the tank," so he assigns an RPE 9.

In order to get enough volume to insure the desired training effect, the lifter will essentially perform drop sets. These drop sets are not, however, the traditional drop sets talked about in the gym. These sets are carefully prescribed by a fatigue percentage.

Fatigue work is assigned on block-by-block basis and, within each block, on a weekly basis. It's not varied on a daily basis. That is, all fatigue work for the week will be performed at the same percentage.

Working through the example, in this case let's say the programmed work is sets of three reps at RPE 9 with a fatigue percent of four to six.

This prescription means that the athlete will work up to a set at RPE 9, then remove weight from the bar for drop sets. The amount of weight to be removed — the load drop — will range from 4 to 6 percent of the top set.

In our example, the athlete completed the RPE 9 set with 405 lbs. So, we take $405 \times .04 = 16.2$ and $405 \times .06 = 24.3$. The athlete will remove anywhere from 16.2 lbs. to 24.3 lbs. from the bar and do at least one more drop set. Let's say our athlete pulls off 20 lbs., a nice easy number to work with, leaving the bar weight at 385 lbs.

The number of drop sets to be performed is regulated, again, by RPE. Our athlete will continue to do sets with a weight of 385 lbs. until he does a set that he rates at RPE 9 — the same RPE prescribed for the top set. This might be one or three sets. This will be dependent upon many factors — and this is precisely the point of autoregulation.

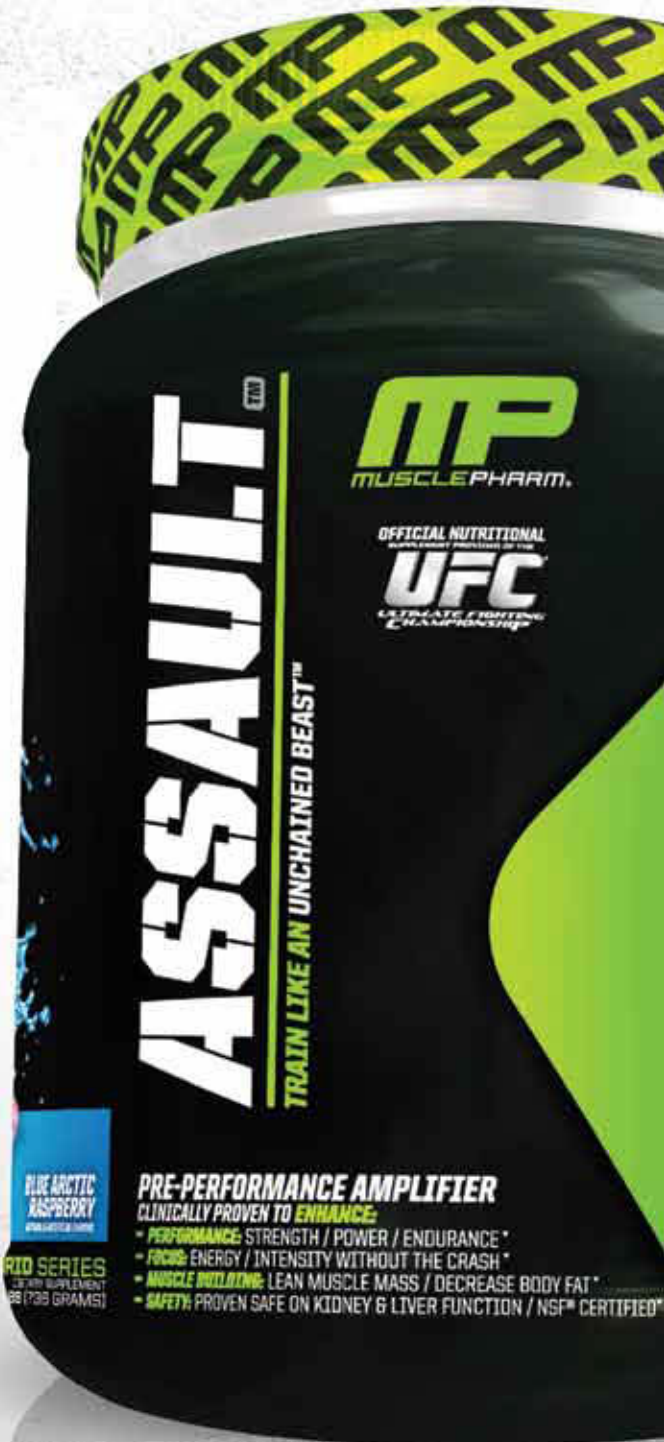
So, in creating a program for an athlete, our prescriptions are going to look something like:

Bench press: 5 reps at RPE 8, load drop 4-6%



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Squat: 3 reps at RPE 9, load drop 4-6%

Military press: 10 reps at RPE 8, load drop 4-6%

Trap bar deadlift, 12 reps at RPE 8, load drop 4-6%

We're not going to prescribe a fixed weight. The RPE takes care of that, and the athlete will work to a given intensity, whether that takes the same, less or more weight than the last time they performed this exercise. Likewise, we're not prescribing a fixed number of sets; this will be determined by the fatigue percentage, and reaching a set that feels like it took the same effort to complete as the top set did.

A few practical points: First, in our example, the range of weight to remove was 16.2 to 24.3 lbs. If the athlete is feeling particularly drained, pulling off 25 lbs. is okay. On the other hand, if the athlete is feeling strong but believes he only has one set remaining, he could pull off 15 lbs. In other words, you can round to a convenient weight.

Second, shooting for the same RPE as the top working set really helps the athlete to think about the RPE. Instead of thinking in terms of number of reps left in the tank, the athlete can focus upon the feel of the exercise. The last rep of this set feels just as grinding as the last rep of the top working set, or maybe, "I'm hitting the same sticking point, and feeling the same way working through it," or, "My body is shaking just as hard" This is a great way to really start thinking through what subjectively perceived physical behaviors signal a specific RPE.

WHERE DO THOSE NUMBERS COME FROM?

Hopefully by this point you understand the key concept that fatigue work is prescribed as a percentage of the top working set, and is then performed until the prescribed RPE is reached a second time. By using RPEs and fatigue work, the challenge of self-regulating stress (volume) is met. Hopefully you also understand how load drops work, and that we calculate the working weight of the drop set by taking a certain percentage of the top set.

But where do those percentages come from? How do we know what to use? These numbers have largely been developed via research conducted by Mike Tuchscherer on his pool of athletes. With that said, there are a few key percentages to note.

0 percent. No drop sets to be performed. This will be used, for example, in the case of limiting stress on the athlete, say,

"THE FUNDAMENTAL ASSUMPTION HERE IS THAT FATIGUE IS CORRELATED WITH RECOVERY. BY MANAGING FATIGUE DURING TRAINING IN THE RIGHT WAY, THE ATHLETE WILL BE ABLE TO ENJOY OPTIMAL RECOVERY AND CONTINUE PROGRESSING. AS SUCH, ANY VARIABLE WHICH IMPACTS TRAINING FATIGUE MAY IMPACT THE RECOVERY PROCESS"

in the week or two prior to their competitive event.

2-4 percent. This will greatly limit the amount of fatigue work performed, used in a "high intensity/low volume" block.

4-6 percent. "Normal" range for fatigue work.

7-9 percent. The high percentages will typically result in higher volume/more sets. Used when we want to wave the volume up, thereby increasing the stress. This could be useful in a developmental block where we want to elicit, say, some hypertrophic changes in the athlete. If done properly, the athlete will see a decrease in performance in the following week. But use this level of stress with caution!

Typically, these ranges would be used to meet specific goals in different blocks in a macrocycle designed for a specific athlete. So, for example, we might rarely, if ever, program 7-9 percent fatigue for an advanced lifter. That's

simply too much stress at the advanced level.

WRAPPING UP

We now have a way to autoregulate volume, still based around RPEs, but incorporating fatigue work in a drop set fashion.

The fundamental assumption here is that fatigue is correlated with recovery. By managing fatigue during training in the right way, the athlete will be able to enjoy optimal recovery and continue progressing. As such, any variable which impacts training fatigue may impact the recovery process.

So, for example, if an athlete suddenly starts taking stimulants prior to training and feels less fatigue during work, thereby doing more work, a variable has been changed. It would then be appropriate to closely monitor progress and make sure that optimal recovery still occurs. The same goes for rest intervals between sets: preach consistency, or preach following through the change to recovery and progression. **PM**

1. <http://www.tendosports.com/TENDO-Units.html>

2. Louie Simmons writes about other uses for the Tendo here: <http://www.westside-barbell.com/westside-articles>

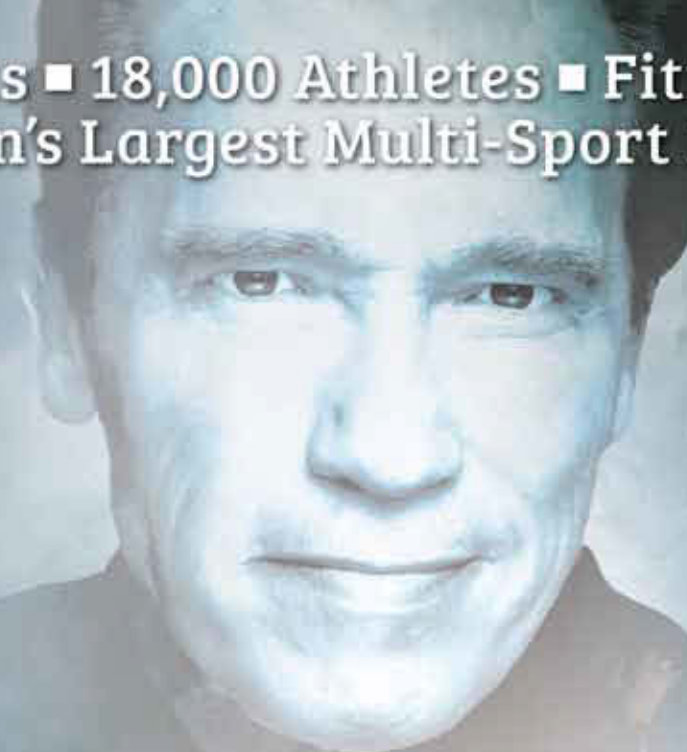
3. I've also had a case where the bar speed indicated I was done with the set (RPE 10), yet I managed to grind out something absurd like eight more reps, setting a huge rep PR for that weight.

4. This should put the lifter in approximately the 85 percent rep max range

5. This fatigue work is one type, called a "load drop" because we're dropping the total load in order to complete fatigue work. There are other types of fatigue work — rep based, time based, distance based — depending on the exercise being trained and which aspect of that exercise we're working to improve.

6. See Mike Tuchscherer's Total Game Plan Strength Summit DVD for a much more thorough and in-depth treatment of this subject.

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JAILHOUSE STRONG

Rest-Pause Training

BY JOSH BRYANT

The Jailhouse Strong Training System revolves around the rest-pause method. Simple necessity is the mother of invention. Prisoners can't improve their bench press with the limited weights — and limited benches — available to them in the yard. They need to maximize intensity while not losing that coveted spot on the bench press. So, they learned to do as many reps as possible, take a short break and repeat.

But don't let the simplicity of the rest-pause method fool you. What prisoners learn in the yard coincides with what scientists have learned in the lab.

I have used this method with some of the best bench pressers in the world, notably Al Davis, Mark Bell and Vincent Dizenso. I have also used this method in hypertrophy training for bodybuilders like Branch Warren and Johnnie Jackson.

This philosophically simple method is a physically brutal workout for gaining size and strength.

HISTORY

During the 1960s, Jim Williams began lifting while incarcerated in Rockview State

Correctional Institution in Pennsylvania. While in the pen, Williams started to experiment with high-volume training and lifting twice a day, concepts which were way ahead of his time. More specifically, he used the rest-pause method with singles to bench press more than 600 lbs. (a feat only a few people on the planet can duplicate, even today).

Similarly, according to an interview with his former lifting partner "Big Jack," the legendary Tookie Williams built a physique in San Quentin using a higher rep version of the rest-pause method. In the 1970s, Williams, IFBB Pro Michael Christian and Big Jack trained together on three bench presses. They would start with a weight they could bench press for eight to 10 reps, take a slight break and try to match the reps on the next bench, then take a slight rest and do the same thing on the next bench. This is the rest-pause method in action.

This method offered plenty of positive results. For example, despite not taking the Weider "company line," Christian was a Mr. Olympia runner-up. Moreover, on a very poor jailhouse diet, more than 30 years ago Tookie



“REST PAUSING IS THE ULTIMATE FORM OF DENSITY TRAINING OR, IN OTHER WORDS, GETTING MORE DONE IN LESS TIME”

Williams would have cleaned house as a top-level natural bodybuilder.

Bottom line: It works.

SCIENCE SPEAKS

This is what scientists have to say. A 2012 study¹ set out to compare muscle recruitment, maximal force and rate of force development changes following different strength training regimens in the squat. The kicker is, they all used the same load (80 percent of their one-rep max) and they all used the same volume (weight x sets x reps).

The study consisted of 14 males with weight training experience. Group A did five sets of four reps with 80 percent of their one-rep max with a three-minute rest interval. Group B completed the same protocol with a 20-second rest. The rest-pause group (C) took the initial set for as many reps as possible, rested for 20 seconds and did subsequent sets for as many reps as possible until 20 total reps were reached.

Maximal isometric squat force (static) and rate of force development were measured before each training protocol and five minutes after.

The results concluded the rest-pause group (C) took an average of 103 seconds to complete all 20 reps, group (A) took an average of 780 seconds to complete all 20 reps and the group (B) average was 180 seconds. Post-workout showed no greater decreases in RFD or maximal force production. Increased motor unit recruitment was observed in the rest-pause group.

Here is what you need to know: The rest-pause group recruited more motor units, completed the workout in less time and didn't suffer greater post-workout fatigue.

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Another 2012 study² showed that a rest-pause program protocol with less volume and the same load was accomplished in nearly half the time of a traditional resistance training program, but post workout resting energy expenditure was much greater with the rest-pause group. In other words, the group that trained in a rest-pause group were burning more calories at rest 22 hours after the session than those training in a traditional style. Basically, for burning body fat, the rest-pause method was superior.

FURTHER BENEFITS

Fast gainers and slow gainers both thrive on rest-pause training. Unlike traditional single repetition rest-pauses that old-time strength athletes swear by, open-ended rest-pause training allows the athlete to adapt the weight to his individual capabilities. A primarily slow-twitch fiber lifter will get more reps, while a fast-twitch lifter will get fewer reps. The bottom line is, both are performing sets at maximum intensity, which prompts strength gains.

EXAMPLE:

- Rest-Pause Bench Press workout
- Set 1-90% AMAP, rest 20-30 seconds 90% AMAP, rest 20-30 seconds 90% AMAP
 - Rest 2-5 minutes
 - Set 2-80% AMAP, rest 20-30 seconds 80% AMAP, rest 20-30 seconds 80% AMAP
- (As Many Repetitions As Possible=AMAP)

Rest-pause training has a no-discrimination policy when it comes to making gains, regardless of genetics. It jives well with auto-regulation, or Weider's Instinctive Training Principle, whatever you want to call it. If your top training weight is 80 percent for the day, you can stop after six reps.

In other words, on an off day, if a rest-pause typically consists of three bouts (initial set then two subsequent ones after brief pauses), you could stop after the initial set of six. On a great day, the first set could be eight reps, the second set after the rest might be three reps and the third set after the rest might be two reps. These three "subsets" are one rest-pause set.

Regardless of performance, the next weeks you can still add 5 or 10 lbs. to the bar and carry on. Rest pausing allows you to continually progressively overload your training regardless of periodization scheme. Most linear progression schemes have no way to account for auto regulation; rest-pauses are the game changer.

HOW TO USE REST-PAUSE METHODS

Determine your purpose. For strength, generally use 85 percent-plus; for size, use 70-85 percent; for muscle endurance use less than 70 percent. Rest-pauses works for all three.

Rest intervals between subsets.
Strength - 20-60 seconds; size - 20-30 seconds; muscle endurance - 10-30 seconds.

Have a spotter monitor rest periods. You need to worry about lifting the weight.

When in doubt, stop. We are measuring reps for the duration of three subsets. If the last rep of a set of bench press was an all-out grinder, you will perform poorly on subsequent sets and

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handicap the total rep count.

Keep rep records. Rest pausing is the ultimate form of density training or, in other words, getting more done in less time. Rep records should be kept for the total summation of all three subsets, or the entire rest-pause set.

FINAL THOUGHTS

From those confined to correctional institutions to those climbing the pro bodybuilding ranks, rest-pause training is responsible for decades of building super human strength and carving physiques of granite. Don't overlook it.

1. Marshall, P. M., Robbins, D. A., Wrightson, A. W., and Siegler, J. C. (2012). Acute neuromuscular and fatigue responses to the rest-pause method. *Journal Of Science & Medicine In Sport*, 15(2), 153-8.

2. Paoli, A., Moro, T., and Neri, M. (2012). High-Intensity Interval Resistance Training (HIRT) influences resting energy expenditure and respiratory ratio in non-dieting individuals. *Journal of Translational Medicine*, 10, N/A. Retrieved Sept. 10, 2013, from the PubMed database. **PM**



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IPF WORLDS

BY HEINRICH JANSE VAN RENSBURG

IPF Worlds took place in Stavanger, Norway. There was a live streaming television crew with five different camera angles; this event had the most live streaming viewer count than any other IPF competition EVER with more than 350,000 viewers.

Lifters competed in front of a live audience of more than 1,000 people from all over the world. There were 181 lifters competing and more than 60 referees from 28 different nations, but the highlights came from the big men. Here is a short summary of the lifts that stole the show.

The 265-plus class was one for the history books, literally. Hometown hero Carl Yngar Christensen squatted a World Open record on his second attempt with 1,031 lbs. He then asked for a massive 1,048 lbs. on his third and smoked it with gas left in the tank.

Viktor Testov from Ukraine bench pressed a huge 816-lb. world open record, biggest ever in IPF.

Andrey Konovalov, from Russia, totaled 2,618 lbs. for the biggest total in the IPF history.

Christensen totaled 2,591 lbs. for a world junior record (yes, he is still a junior), and Testov totaled 2,580 lbs. **PM**



Russian Andrey Konovalov totaled 2,618 lbs. to win the GOLD!



A shot of the massive crowd that cheered on the lifters.



APEX

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IPF WORLDS



Carl Yngar Christensen squat



The warm-up room



Carl Yngar Christensen deadlift

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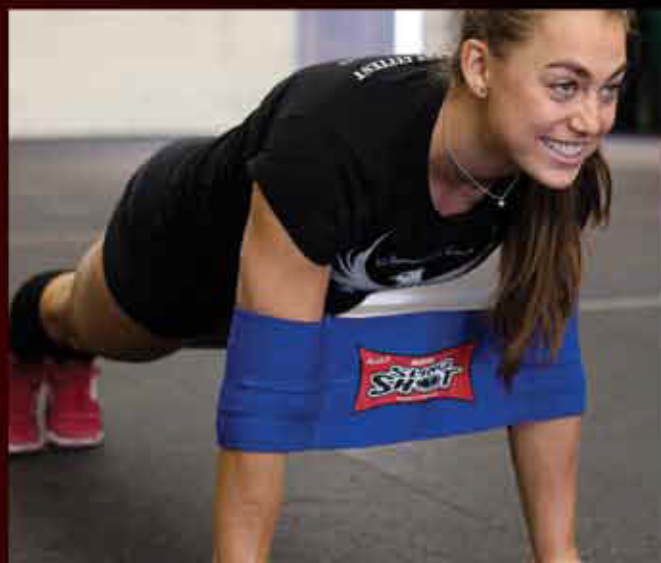
Mark Bell

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Where is the Deadlift?

A note from Michael Soong: Within my listings, I decided to not compile "All Time RAW DEADLIFT Records" due to the following:

1. Please understand the monumental undertaking that it would be to research which historic DL's were done without deadlift suits. Furthermore, many athletes (i.e. Ed Coan) actually prefer to DL without a DL suit. To research ALL historic DL's, and whittle through this information would be realistically impossible.

2. The DL is the Powerlift which is least affected by the equipment. Thus, the discrepancy from comparing raw and equipped DL's should not be quite as extreme as in the SQ & BP.

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	992.1	Andrey Malanichev	(Russia/77)	<12/19/10>	(Moscow, Russia)	(BB)
2	970.0	Sergiy Karnaukhov	(Ukraine/78)	<11/4/07>	(Togliatty, Russia)	(WPO)
3	905.0	Chad Wesley Smith	(US/86)	<8/20/11>	(Covington, Kentucky)	(SPF)
4	903.9	Troy Nash	(US/70)	<9/12/09>	(Rock Hill, South Carolina)	(APF)
5	901.5	Jon Cole	(US/43-13)	<10/28/72>	(Phoenix, Arizona)	(AAU)
6	887.4	Sergey Moser	(Germany/76)	<5/16/10>	(Moscow, Russia)	(GPA/BB)
7	881.8	Holger Kuttruff	(Germany/69-10)	<5/16/10>	(Moscow, Russia)	(GPA/BB)
8	876.3	Ben Seath	(US/90)	<12/10/11>	(Newport, Oregon)	(APA)
9	861.5	John Kuc	(US/47)	<5/21/72>	(Cincinnati, Ohio)	(AAU)
10	859.8	Odell Manuel	(Australia/78)	<6/16/13>	(Melbourne, Australia)	(GPC)
11	830.0	Brendan Stote	(US/86)	<3/31/12>	(Johnston, Rhode Island)	(RPS)
12	826.7	Scott Weech	(US/85)	<12/9/06>	(Burlington, Vermont)	(100% Raw)
13	826.7	Wayne Howlett	(Australia/80)	<12/2/12>	(Villa Maria, Argentina)	(GPA)
14	821.2	Casey "Big Dawg" Sumner	(US/79)	<10/5/13>	(Springfield, Missouri)	(USPA)
15	815.0	Jon Grove	(US/73)	<5/29/10>	(Tampa, Florida)	(APF)
16	810.2	Ernie Lilliebridge Sr.	(US/71)	<11/17/12>	(Dubuque, Iowa)	(UPA)
17	805.0	Harmon Rickman	(US/89)	<5/5/12>	(North Myrtle Beach, South Carolina)	(SPF)
18	805.0	Matthew Davis	(US/73)	<5/3/13>	(Seattle, Washington)	(HPL)
19	804.7	Doyle Kenady	(US/48-99)	<11/10/74>	(York, Pennsylvania)	(AAU/IPF)
20	804.7	Derek Kendall	(US/83)	<8/3/13>	(Park Forest, Illinois)	(APF)

(First man to squat 900 pounds.)

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	701.1	Scot Mendelson	(US/69)	<10/12/02>	(San Francisco, California)	(APF)
2	666.9	Ted Arcidi	(US/58)	<4/1/84>	(Honolulu, Hawaii)	(USPF/APF/WPC)
3	673.5	Laszlo Meszaros	(Hungary/68)	<6/29/13>	(Arkhangelsk, Russia)	(SPSS)
4	665.0	Glen Chabot	(US/66)	<4/6/02>	(Queensbury, New York)	(IPA)
5	663.6	Vladimir Kravtsov	(Russia/72)	<5/28/11>	(Moscow, Russia)	(BB)
6	650.0	Bob Hickey	(US)	<11/20/99>	(York, Pennsylvania)	(IPA)
7	650.0	Al Davis	(US/73)	<11/6/10>	(Dallas, Texas)	(SPF)
8	637.5	Dan Kovacs	(US/70)	<11/20/11>	(York, Pennsylvania)	(IPA)
9	633.8	Steve Wong	(US/68)	<11/18/02>	(Reno, Nevada)	(WABDL)
10	633.8	Allen Baria	(US/71)	<7/10/10>	(Parkersburg, West Virginia)	(USPF)
11	628.3	Lee Moran	(US/55-99)	<12/17/83>	(Santa Cruz, California)	(USPF)
12	628.3	Vladimir Maximov	(Russia/66)	<6/26/10>	(Arkhangelsk, Russia)	(WPC)
13	617.3	Ryan Dewitt	(US/75)	<7/10/11>	(Las Vegas, Nevada)	(AAU)
14	615.0	Ben Graves	(US/78)	<11/29/08>	(Chattanooga, Tennessee)	(SPF)
15	605.0	Aaron Lawrence	(US/70)	<7/27/96>	(Elkins, West Virginia)	(NSM)
16	600.8	Yuri Chelobitchikov	(Russia/64)	<3/25/87>	(Siauliai, Russia)	(IPF)
17	600.8	Josh Bryant	(US/81)	<11/15/03>	(Round Rock, Texas)	(USPF)
18	600.8	Dmytro Golovynsky	(Ukraine/88)	<10/5/13>	(Krivoy Rog, Ukraine)	(WPC)
19	600.0	John "Luke" Iams	(US/49-04)	<4/1/79>	(Bluefield, West Virginia)	(USPF)
20	600.0	Dave Fitzgerald	(US/67)	<12/7/96>	(Oceanside, New York)	(IPA/APF)

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All Time Women RAW Top 20

WORLD RANKINGS IN POUNDS- 198 LB. WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	469.6	Tatyana Merezhko	(Russia/78)	<10/7/12>	(Yekaterinburg, Russia)	(IPA)
2	465.0	Kristy Scott	(US/82)	<5/3/13>	(Seattle, Washington)	(HPL)
3	463.0	Natalya Kuzmina	(Kazakhstan/92)	<6/13/13>	(Suzdal, Russia)	(IPF)
4	451.9	Ielja Strik	(Netherlands/73)	<6/15/12>	(Stockholm, Sweden)	(IPF)
5	446.4	Evgenia Dukacheva	(Russia/83)	<6/15/13>	(Suzdal, Russia)	(IPF)
6	435.4	Ya-Wen Chang	(Chinese Taipei/84)	<6/15/12>	(Stockholm, Sweden)	(IPF)
7	420.0	Shannon Sanders-Nash	(US/72)	<11/12/11>	(Gatlinburg, Tennessee)	(SPF)
8	418.9	Erika Medlin	(US/78)	<3/19/11>	(Kennesaw, Georgia)	(APF)
9	418.9	Anna Karrila	(Finland/88)	<6/3/13>	(Vila do Conde, Portugal)	(WPC)
10	413.4	Cherine Fons	(US/80)	<6/2/12>	(Jonesboro, Georgia)	(APC/GPA)
11	405.0	Victoria Gagne-Hembree	(US/61)	<10/24/99>	(Atlantic City, New Jersey)	(AAU)
12	405.0	Ann Vanderbush	(US/86)	<11/12/11>	(Kenner, Louisiana)	(PRPA)
13	402.3	Taylor Stallings	(US/85)	<1/24/09>	(New Port Richie, Florida)	(RUPC)
14	400.0	Traci Baggett	(US/73)	<1/23/10>	(Guntersville, Alabama)	(SPF)
15	396.8	Tatyana Mescheryakova	(Russia/74)	<12/20/12>	(Gurievska, Russia)	(IPF)
16	391.3	Tiffany McKinney	(US/89)	<12/18/10>	(San Antonio, Texas)	(USAPL)
17	391.3	Alicia Webb	(US/71)	<3/23/13>	(Fort Mill, South Carolina)	(USAPL)
18	380.3	Nora Langdon	(US/42)	<4/14/12>	(Burr Ridge, Illinois)	(AAPF/AWPC)
19	380.3	Anna McCloskey	(US/93)	<6/8/13>	(Laughlin, Nevada)	(NASA)
20	375.0	Audra Harding	(US/69)	<9/10/11>	(Kennewick, Washington)	(UPA)

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	360.0	Shannon Sanders-Nash	(US/72)	<11/12/11>	(Gatlinburg, Tennessee)	(SPF)
2	352.7	Viktoriya Sheludko	(Russia/73)	<4/18/12>	(Rostov, Russia)	(WPC)
3	325.0	Kym Allen	(US/69)	<6/21/97>	(Macon, Georgia)	(APA)
4	310.0	Barb Page	(US/70)	<12/4/11>	(Cincinnati, Ohio)	(SPF)
5	305.0	Kristy Scott	(US/82)	<2/25/12>	(Kennewick, Washington)	(UPA)
6	303.1	Natalya Ogryzko	(Russia/75)	<10/14/12>	(Saint Petersburg, Russia)	(IPF)
7	298.7	Ielja Strik	(Netherlands/73)	<6/15/13>	(Suzdal, Russia)	(IPF)
8	297.6	Kati Luoto	(Finland/73)	<5/16/10>	(Moscow, Russia)	(GPA/BB)
9	292.1	Cathy Millen	(New Zealand/67)	<5/31/92>	(Ghent, Belgium)	(IPF)
10	292.1	Anna Karrila	(Finland/88)	<6/3/13>	(Vila do Conde, Portugal)	(WPC)
11	286.6	Victoria Gagne-Hembree	(US/61)	<5/9/99>	(Moreno Valley, California)	(AAU)
12	286.6	Anna Turaeva	(Russia/78)	<3/25/11>	(Rostov-na-Donu, Russia)	(WPC)
13	281.1	Ludmilla Gaiduchenko	(Ukraine/56)	<11/29/92>	(Uppsala, Sweden)	(IPF)
14	275.6	Lorraine Costanzo	(US/54)	<5/8/88>	(Brussels, Belgium)	(USPF/IPF)
15	275.6	Ann Vanderbush	(US/86)	<8/20/11>	(Atlanta, Georgia)	(APF)
16	275.6	Natalya Kuzmina	(Kazakhstan/92)	<6/13/13>	(Suzdal, Russia)	(IPF)
17	275.0	Karen Campbell	(US/63)	<5/17/08>	(Embden, Maine)	(USAPL)
18	270.1	Gael Mulhall-Martin	(Australia/56)	<5/12/82>	(Adelaide, Australia)	(IPF)
19	270.1	Ulrike Herchenheim	(Germany/62)	<12/15/91>	(Russelsheim, Germany)	(IPF)
20	270.0	Latoya Parrish	(US)	<5/10/08>	(Moyock, North Carolina)	(100% RAW)

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ALL TIME RAW TOP 20 TOTAL

MEN

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2364.0	Jon Cole	(US/43-13)	<10/28/72>	(Phoenix, Arizona)	(AAU)
2	2358.9	Andrey Malanichev	(Russia/77)	<10/22/11>	(Hobart, Australia)	(GPC)
3	2282.5	John Kuc	(US/47)	<5/21/72>	(Cincinnati, Ohio)	(AAU)
4	2248.7	Odell Manuel	(Australia/78)	<6/16/13>	(Melbourne, Australia)	(GPC)
5	2217.9	Konstantin Konstantinovs	(Latvia/79)	<7/4/09>	(Dobele, Latvia)	(AWPC)
6	2204.6	Sergey Moser	(Germany/76)	<5/16/10>	(Moscow, Russia)	(GPA/BB)
7	2202.5	Dan Kovacs	(US/70)	<11/20/11>	(York, Pennsylvania)	(IPA)
8	2165.0	Chad Wesley Smith	(US/86)	<3/5/11>	(Knoxville, Tennessee)	(SPF)
9	2160.0	Hugh Cassidy	(US)	<11/6/71>	(York, Pennsylvania)	(AAU/IPF)
10	2149.5	Mikhail Koklyaev	(Russia/78)	<12/20/08>	(Chelyabinsk, Russia)	(IPF)
11	2127.5	Holger Kuttroff	(Germany/69-10)	<5/16/10>	(Moscow, Russia)	(GPA/BB)
12	2105.4	Scott Weech	(US/85)	<12/9/06>	(Burlington, Vermont)	(100% Raw)
13	2105.0	Brandon Lilly	(US/82)	<6/23/12>	(Columbus, Ohio)	(XPC/RPS)
14	2094.4	Doyle Kenady	(US/48-99)	<11/10/74>	(York, Pennsylvania)	(AAU/IPF)
15	2061.3	Wayne Howlett	(Australia/80)	<12/2/12>	(Villa Maria, Argentina)	(GPA)
16	2055.8	Ben Seath	(US/90)	<12/10/11>	(Newport, Oregon)	(APA)
17	2040.0	Don Cundy	(US/40)	<8/23/70>	(New Orleans, Louisiana)	(AAU)
18	2039.3	Ettore Ewen	(US/86)	<8/21/11>	(Scranton, Pennsylvania)	(USAPL)
19	2030.0	Brendan Stote	(US/86)	<3/31/12>	(Johnston, Rhode Island)	(RPS)
20	2017.2	Casey "Big Dawg" Sumner	(US/79)	<10/5/13>	(Springfield, Missouri)	(USPA)

(Deadlift done without a belt.)

WOMEN

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1234.6	Natalya Kuzmina	(Kazakhstan/92)	<6/13/13>	(Suzdal, Russia)	(IPF)
2	1225.0	Kristy Scott	(US/82)	<2/25/12>	(Kennewick, Washington)	(UPA)
3	1210.0	Shannon Sanders-Nash	(US/72)	<11/12/11>	(Gatlinburg, Tennessee)	(SPF)
4	1207.0	Tatyana Merezhko	(Russia/78)	<6/15/13>	(Moscow, Russia)	(WPC)
5	1185.0	Ann Vanderbush	(US/86)	<11/12/11>	(Kenner, Louisiana)	(PRPA)
6	1179.5	Ielja Strik	(Netherlands/73)	<6/15/12>	(Stockholm, Sweden)	(IPF)
7	1162.9	Evgenia Dukacheva	(Russia/83)	<6/15/13>	(Suzdal, Russia)	(IPF)
8	1140.9	Taylor Stallings	(US/85)	<1/24/09>	(New Port Richie, Florida)	(RUPC)
9	1140.9	Anna Karila	(Finland/88)	<6/3/13>	(Vila do Conde, Portugal)	(WPC)
10	1117.5	Victoria Gagne-Hembree	(US/61)	<10/24/99>	(Atlantic City, New Jersey)	(AAU)
11	1085.0	Barb Page	(US/70)	<12/4/11>	(Cincinnati, Ohio)	(SPF)
12	1055.0	Audra Harding	(US/69)	<9/10/11>	(Kennewick, Washington)	(UPA)
13	1052.7	Erika Medlin	(US/78)	<3/19/11>	(Kennesaw, Georgia)	(APF)
14	1047.2	Tatyana Mescheryakova	(Russia/74)	<12/20/12>	(Gurievska, Russia)	(IPF)
15	1041.7	Leah Collier	(US/80)	<4/24/10>	(Austin, Texas)	(APF)
16	1036.8	Anna McCloskey	(US/93)	<6/8/13>	(Laughlin, Nevada)	(NASA)
17	1030.7	Cherine Fons	(US/80)	<6/2/12>	(Jonesboro, Georgia)	(APC/GPA)
18	1020.0	Angela Adams	(US/76)	<4/13/13>	(Cincinnati, Ohio)	(SPF)
19	1019.6	Tiffany McKinney	(US/89)	<12/18/10>	(San Antonio, Texas)	(USAPL)
20	1005.0	Nicole Miller	(US/85)	<11/20/10>	(York, Pennsylvania)	(IPA)

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Ed in the hole with a 1019 squat.



Ed celebrates after hitting a 2463 total.

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- **WHY YOU SHOULD CHECK IT OUT** - This channel features high quality footage of some of Ed Coan's best lifts. While there may only be 7 videos, they capture some of the finest lifting the world has ever seen. Highlights include Ed's 901 deadlift and 2403 total at 220 and his 1019 squat and 2463 total at 242. If you haven't seen this footage, check it out ASAP. If you have seen it, watch it again. This is basically required viewing for all powerlifters.
- **OUR FAVORITE VIDEO** - "Ed Coan 1998--2463 Total" Watch as Ed puts up the heaviest total ever posted to date... as a 242! As amazing as Ed's 901 deadlift at 220 was, I think this surpasses it as his greatest feat in the sport.

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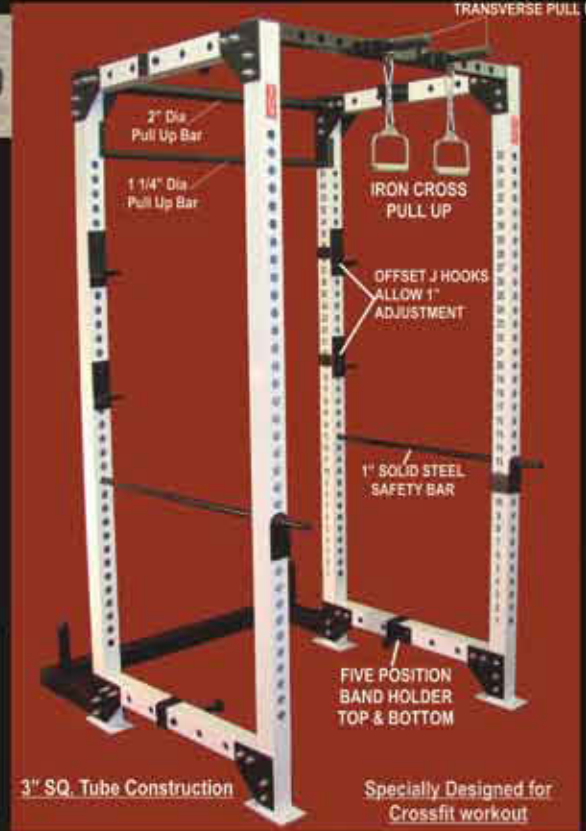


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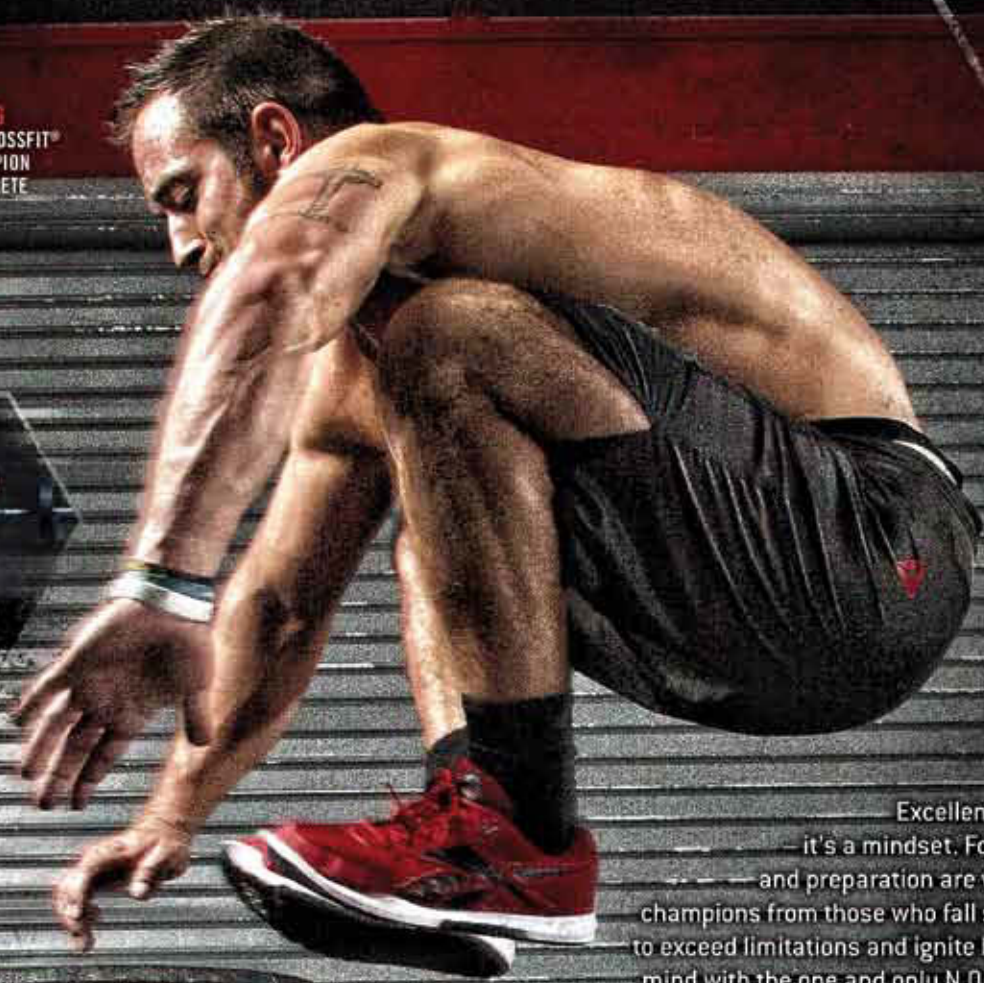
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