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POWER

MARCH/APRIL 2014



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THE BENCH PRESS

MARK BELL
Powerlifting Mogul

MAR/APR 2014 • VOL. 5, NO. 2

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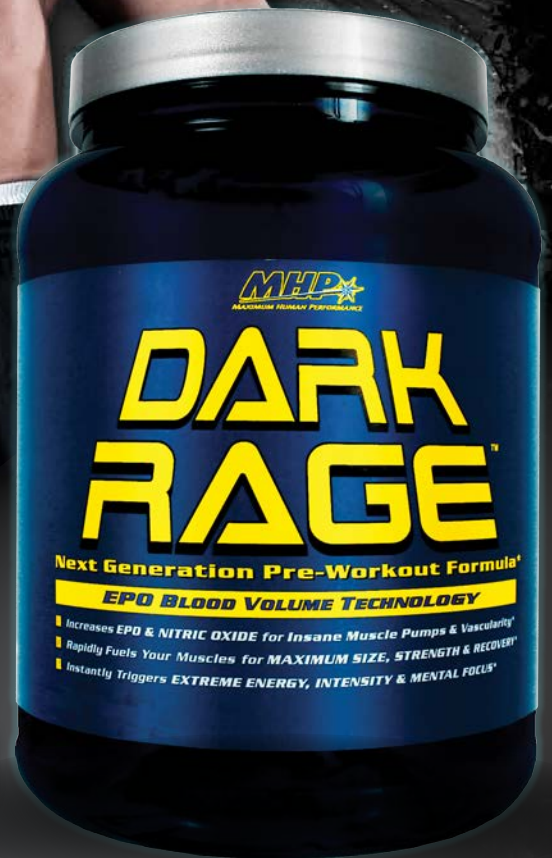
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Mark "Smelly" Bell Issue

Hey, that SOB on the cover is the most "handsomest" in the history of Power. Yup, that's me on the cover. All I can say is, it's been a long time coming – and the first person I'd like to thank is myself. Actually, big thanks to Zach Even-Esh for asking great questions.

Speaking of Even-Esh, he interviewed "Megamind" Jesse Burdick. Have any of you ever sat there and wondered how much Burdick's head weighs? I, personally, can't stop thinking about it. I'm guessing about 89-lbs. Deep inside that giant sledgehammer of a head, and behind all the cobwebs, I picture a rat (that is in ketosis) wearing a helmet hard-wired to Burdick's head. Every time the rat hits a rep with a 3x bodyweight deadlift, he gets fed a chunk of bacon! The energy output by the rat is what helps power 25 percent of Burdick's head.

My booy Fatty Matt Vincent wrote an article about the things he learned that are more important than his total. He lays out some old-school, simple ideas that are extremely effective.

Brandon Lilly breaks down the bench press. He gives some great advice, but it's not a secret and it's not something you can get quickly and easily. Lilly tells us the key to a huge bench is to be huge. No surprise there, right? But most don't understand that big lats can help with improved stability and injury prevention, and even just help you put up more weight.

Power Text features the ultimate squatting machine, Eric Lilliebridge. He gives some great advice on some new things he's implemented into his training to put nearly 100 lbs. on his already world-record squat.

As always, subscribe to my Power Project YouTube page www.YouTube.com/SuperTraining06. Also look for new products from www.HowMuchYaBench.net, including 2.0 (stronger) elbow sleeves and hip circles, Katie Hogan wrist wraps, pink hip circles and mini gangsta wraps!

Strength is Never a Weakness.

Mark Bell

Sent from my iPhone 6 and Sting Shot HQ

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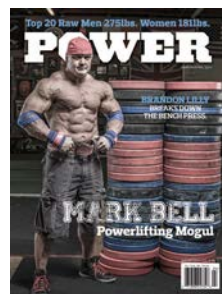
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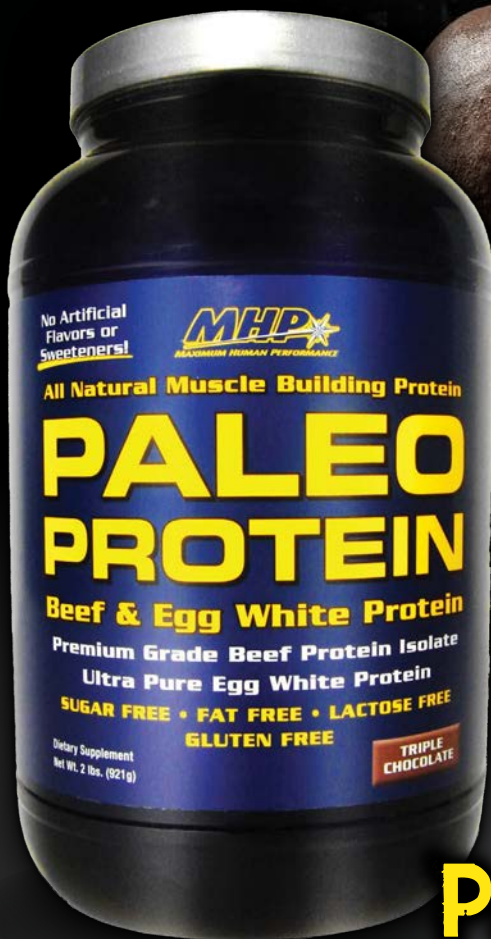
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FEATURES



COVER STORY

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Mark Bell: Powerlifting Mogul

Elite powerlifter, inventor (and newly granted patent holder), coach, business owner, shoe designer, husband and father – any one of these things would be a great accomplishment, but Mark Bell is all of these things. Zach Even-Esh digs deep to find out where the drive to make such a big impact on the sport of powerlifting comes from.



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Breaking Down the Bench Press

World-class powerlifter Brandon Lilly tackles the topic of bench pressing and what he's found are the best methods for training.



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Training For Life

Jesse Burdick discusses how he balances being a single dad of twin girls with his busy lifestyle of training himself and others to be top-notch powerlifters.



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10 things I Learned from Training

(more important than my total)

Matt Vincent talks about his strength journey and how it helped him become not just a better lifter, but a better person.

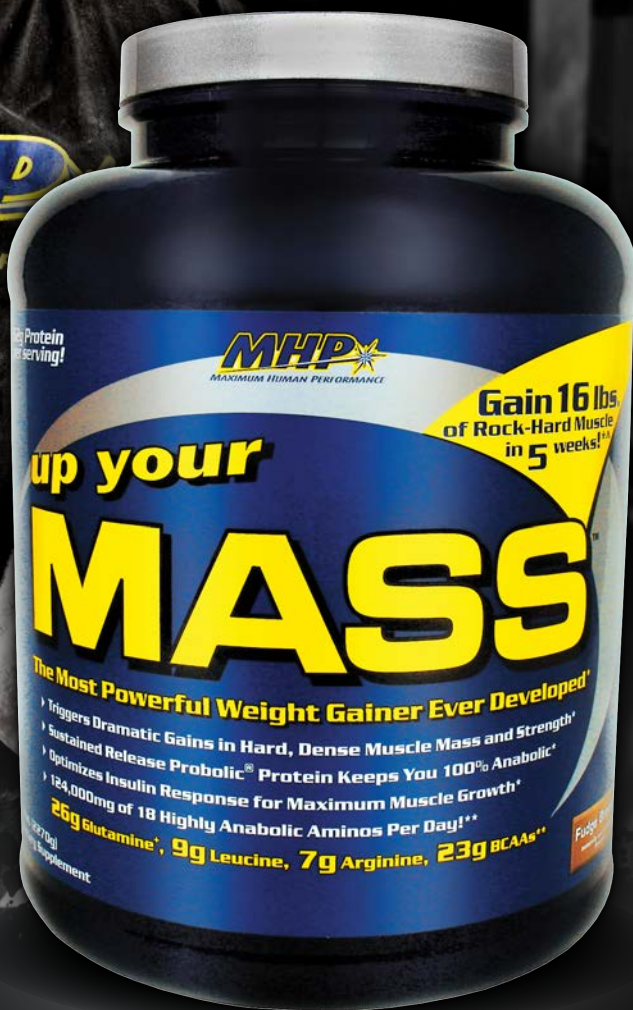
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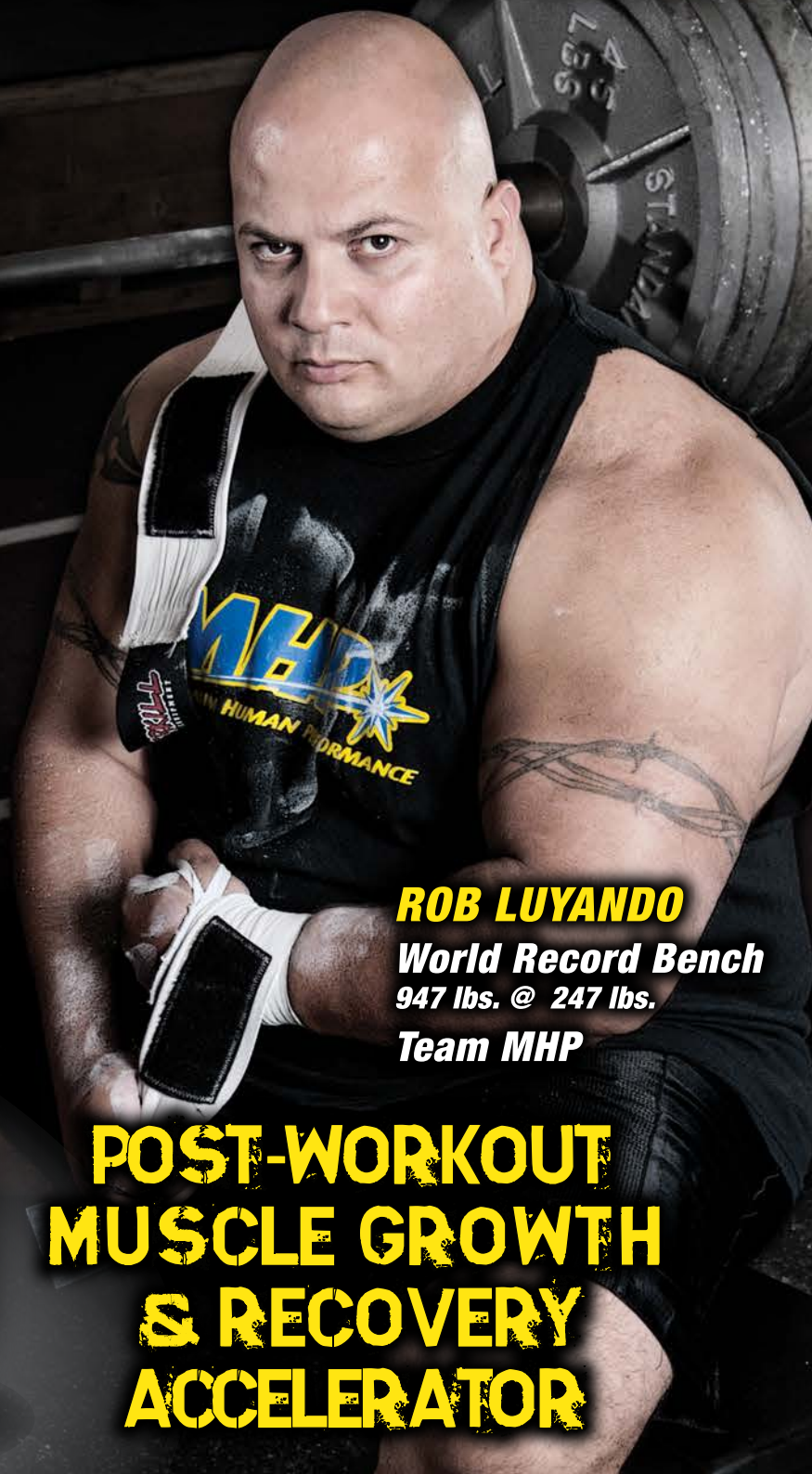
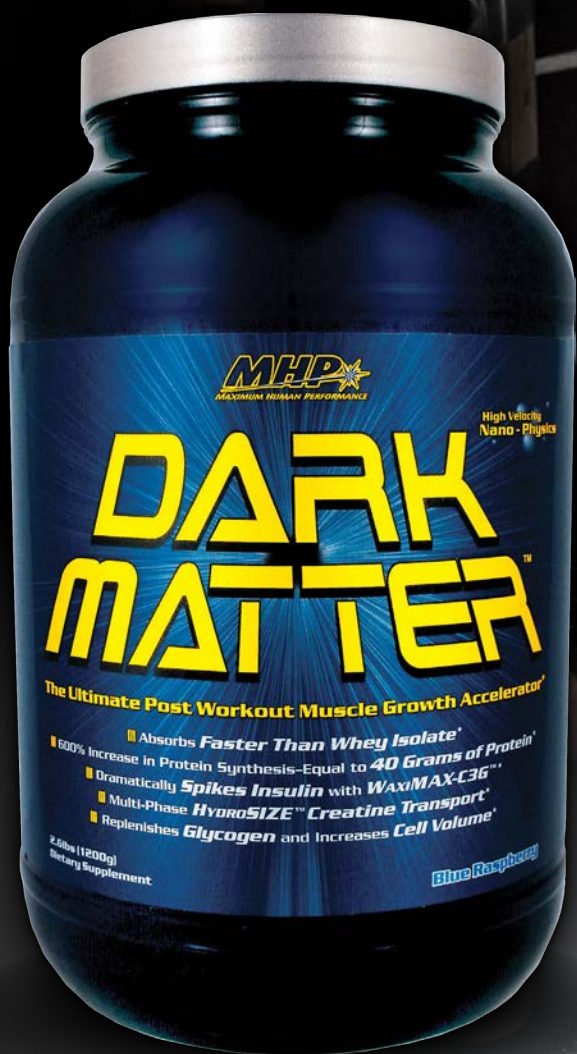
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Bench Blokz are a high-density, anti-bacterial, space-age material developed to make a more convenient method of board press training available to bench press enthusiasts who lift alone or with a limited number of spotters. Unlike traditional board press, which requires at least two spotters, the Bench Blokz press can be used by a lone lifter because it attaches securely to the bar by means of channels in the material. Offering three board heights in one unit, load tested to 700 lbs. and weighing just under 1 lb., it is functional, convenient and easily transported.

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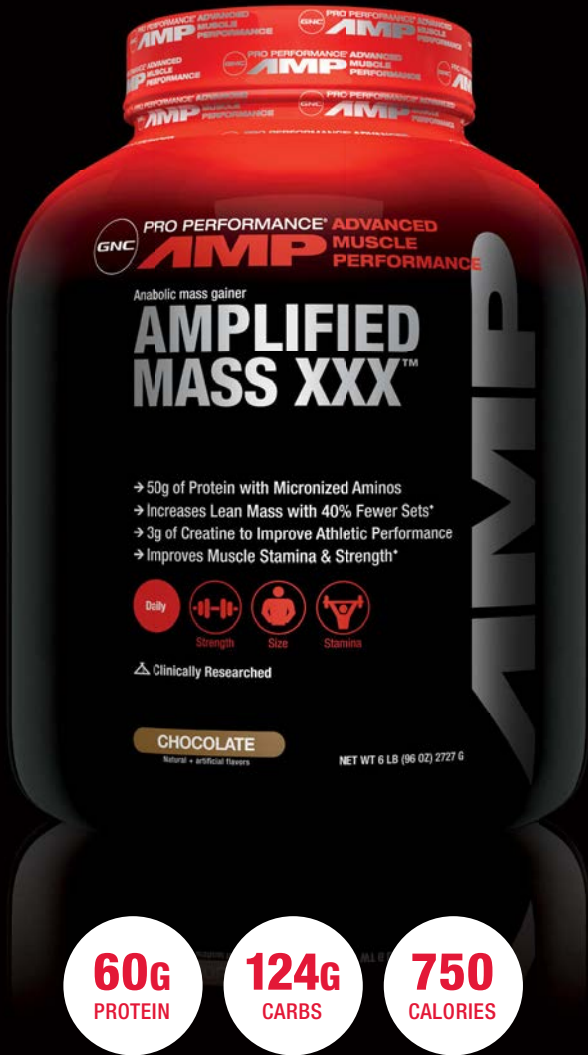
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**THIS CHICK CAN KICK YOUR ASS...
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Amy Chatfield



How old are you, where are you from and what are you wearing? I'm 35 years old (I've been told that makes me a puma). I was born and raised in Bristol, Conn., but have lived in Ft. Lauderdale, Fla., since college. I'm wearing a sundress, of course! I'm very girly when not in the gym and I love the Florida weather, as you don't have to wear too many clothes.

Where do you train? I am a CrossFit trainer at The Playground Gym, where I first started powerlifting with the boys in 2010. I also train for CrossFit at Muscle Farm.

Do you lift with other girls, or is it all guys? I began lifting with all guys and still prefer lifting with men. Seeing them lift heavy inspires me! They also tend to push harder to get "one more rep." And I tend to have a more sarcastic, dirty sense of humor that fits in with the boys.

What do you do for work? I have been a flight attendant for 12 years. I get asked a lot how I stay on track traveling so much, but I find it easy. I love finding gyms to visit when away for work or on vacation. I also love to cook and pack my own food, but you can find healthy options pretty much anywhere. No excuses.

How did you get involved in powerlifting? I got involved in powerlifting thanks to The Playground Gym owner Mike

King. I joined for CrossFit, and when he saw I needed more strength training, he introduced me to powerlifting and Brandon Lilly's Cube method, which I followed and had great gains. He also convinced me to sign up for my first powerlifting meet, and then I was hooked.

What do your "normal" friends think of how much you can lift? My "normal" friends seem split on the issue. Some say they are inspired by how much I can lift, but I'm pretty sure some of the guys are secretly scared or intimidated by me.

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? I feel like the men I lift with, even with all the testosterone flying around, tend to be more interested in checking each other's asses out. (Sorry to throw you guys under the bus.) At the powerlifting meets I've been to, the guys also seem very into each other's, um, form and maxes. And let's be honest, no one looks good in a singlet.

Are you married, have a boyfriend or single? I have a boyfriend. We live together. He is also into lifting and CrossFit, so it's great we can share a healthy, active lifestyle, although sometimes it does get a little too competitive.



Do you remember the first time you out-lifted a boy?

How did it make you feel? I don't remember the first specific time I out-lifted a boy, but I do remember in a CrossFit workout a few men moving away from me, saying they didn't want to work out right next to me as I make them look like "little bitches." Can I say that? Editor's note: You most certainly can.



Do you wear make up to the gym? Yes! Not tons of it, but I don't feel being strong and being feminine and pretty have to be mutually exclusive.

What do you have to say to women who don't lift weights because they think they'll get too big? I want to slap some sense into them! I have this conversation very often with my female friends. I have never lifted heavier in my life and have never been leaner or smaller. Lifting heavy builds muscle, and that creates amazing feminine physiques and torches fat.

How has powerlifting helped you? Powerlifting has helped me in a few ways. I definitely walk around with a new



sense of confidence. The goals I have set in the gym and on the barbell have taught me dedication and perseverance, which naturally spilled over into my regular life. It also has helped me become a much stronger CrossFitter.

What is your favorite lift? My favorite lift has to be the sumo deadlift, although I do love squatting, too. Who doesn't love a big, strong booty?

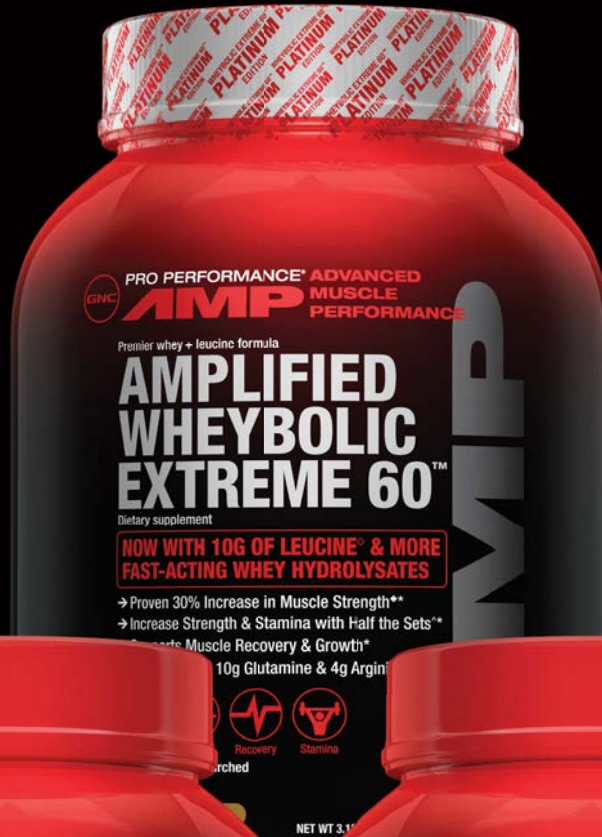
Tell us about your current best lifts. My

current best lifts are bench, 145. Squat, 245-250. Deadlift, 345. Clean-and-jerk, 175.

What are some of your powerlifting goals? I achieved my last powerlifting goal of qualifying for Raw Unity Meet 7 at the 132 weight class, with a total of 710 lbs. My current goal is just to continue getting stronger and adding lbs. to my lifts.

Anything else you'd like to add? I definitely credit powerlifting with greatly improving my CrossFit abilities and changing my physique. Being a CrossFit trainer, competitive powerlifter and encouraging women and men to live a strong and healthy lifestyle has been very rewarding. And I highly recommend all women give lifting heavy a try. **PM**

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PAUL VAILLANCOURT

BY KEN WHETHAM

I ran into Canadian Strongman Paul Vaillancourt in a booth at the Toronto Pro Show in 2011. I spoke to him briefly about his training simply out of curiosity, and I'm not embarrassed to say I still have an autographed picture of Paul heaving an atlas stone that hangs on the wall of my gym at home.

I contacted Paul and tracked him down at one of his gyms in Arnprior, Ontario. My adventurous trek began into Northern Ontario, where I was sure that if my car broke down I'd be screwed — mostly because I didn't bring a spare set of snowshoes or skis, and I swore I could hear hungry wolves in the distance that would love a 270-lb. man-steak for dinner. I knew I was getting closer to Arnprior when the only radio stations I could receive were in French and all the cars were driven by people with silver/blue hair going fast in the slow lane and slow in the fast lane. I finally arrived in Arnprior and found Paul coaching a class of athletes at his facility. Shaking his hand was like putting my hand into a hydraulic vise with no off switch. After tweaking my phalanges and metacarpal bones back into somewhat of a hand



formation, we were able to talk about strength, training and the sport of Strongman.

POWER: Where are you located in Canada, how old are you and what do you do for a living?

PAUL VAILLANCOURT: I'm 34 years old and live in Renfrew, Ontario. I own two gyms called Ultimate Fitness, one in Arnprior, Ontario, and one in Renfrew. Our gyms are training facilities for CrossFit-style general fitness, and we have lots of powerlifting equipment as well as offer training

for powerlifters and a wide spectrum of athletes.

POWER: What are your current Strongman rankings?

VAILLANCOURT:

The only ranking system for Strongman is based on how you place at Nationals each year. In 2011 I placed fourth in Canada and I've been Ontario's strongest man three years in a row, from 2009-11.

POWER: Are you the strongest Strongman competitor in Canada?

VAILLANCOURT: I am one of the strongest competitors in Canada, but definitely not the strongest. Yet.

POWER: How long have you competed in

Strongman?

VAILLANCOURT: I've been competing for seven years. I started in 2006.

POWER: What got you interested in the sport?

VAILLANCOURT: I was competing in a local powerlifting push/pull competition and they had a Strongman competition at the event that I thought I'd try. I had so much fun. I was hooked immediately and started to research some training and competitions, and the rest is history.

POWER: Rumor has it you're not

the only strength athlete in the household.

VAILLANCOURT: My wife, Sarah, is a very accomplished Canadian powerlifter and holds several records in the CPU and IPF. In fact, we're getting ready to fly to New Zealand for the Commonwealth Championships. We have three lifters from our club competing at the championships with the Canadian team, and I am the head coach of the Canadian powerlifting team. In fact, Sarah was featured in Power's July/Aug 2011 issue.

POWER: Does Sarah ever demand you wear a singlet while deadlifting or squatting?

VAILLANCOURT: That's a funny question, but I do keep my singlet hanging in the closet and put it on once in a while to chase her around the house. Or for special occasions, when I need to dress up.

POWER: What is your most memorable competition or event, and why?

VAILLANCOURT: The 2011 Canadian Nationals was probably my most memorable event because of my fourth-place finish overall in Canada. In the same competition, my favorite event was the truck pull, where I placed first. We had to pull a full size front-loader for 100 feet. It was a lot tougher than pulling a transport truck because of all the heavy gears and larger tires.

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

VAILLANCOURT: I do all my gym training at our gym facilities, and I also have an off-site Strongman facility where I practice for specific Strongman events like atlas stones, tire flips and farmers walks, etc. I have a few training partners in my area that train together for the specific event training and I also travel to Quebec as often as possible to train with Mike Saunders



who is the World's Strongest Man Masters Champion.

POWER: In your opinion, what is the biggest difference between training for Strongman and training for powerlifting?

VAILLANCOURT: The biggest difference, in my opinion, is that I use the squat, bench and deadlift as a means to improve and increase my base strength. When I get stronger, I train the sport specific events to improve my skills and technique to get better at each particular event. I believe conditioning is a bigger part of Strongman than powerlifting.

POWER: What does a typical training week look like?

VAILLANCOURT:

Tuesday: Squat or deadlift. I alternate squats and deads each week, as

I've found deadlifting each week is difficult to recover from fully. My best success has come when I keep the rep ranges between three to five reps on my main lower lifts. I feel like it has better carryover to Strongman, where "for reps" events are common.

Depending on the volume and intensity of the main lift, I vary the volume of the accessory work, but typically it looks like this:

- RDL or GHR, three to five sets of eight to 12 reps
- Weighted abs or ab wheel, three or four sets of 10 to 20 reps
- Prowler sprints, three to five sets of varying loads and rest intervals.

Thursday: Upper Accessories.

Standing military presses almost

always cleaned from the floor, as we don't ever encounter a pressing event tin Strongman that is from a rack.

I've used Jim Wendler's 5/3/1 method and many variations of it over the last few years with a fair amount of success. When my pressing was at its best, I was using the standard 5/3/1 set up on military.

Chins, four to eight sets of five to 10 reps; face pulls and shoulder retraction exercises for three or four sets of 15 to 20 reps (pick one); DB row, pendlay row, barbell rows for three to five sets of six to 10 reps (pick one); lying DB extension or barbell skull crushers for three to five sets of six to eight reps.

Saturday: Events training. I pick events based on an upcoming competition, and/or based on if it was a squat or a deadlift week. Usually if I squat on Tuesday, then farmers walks are performed on Saturday; visa versa for deads and yoke.

- Log, circus DB or axle press, typically as DE work, five to 10 sets of two or three reps for speed and technical practice using 55- to 75-percent loads.

- Moving event, farmers walk, super yoke (pick one) alternating one week of heavy carries and one week of speed/endurance work.

- Atlas stones alternating one week of heavy singles and doubles, one week of five stone runs varying loads and platform heights, one week of reps with a single stone.

- Tire flip, truck pull, carry and drag medleys (pick one for endurance work) for two to four sets, typically using time parameters and the focus on conditioning.

Sunday: Hypertrophy/ACC work:

- Front squat, three to five sets of five to 10 reps

- DB bench or DB military, three to five sets of eight to 15 reps

- Chins or pull downs, three to five sets



- Delts ad triceps, three to five sets for each.

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

VAILLANCOURT: We use bands quite a bit for speed deadlifts, and also overhead pressing movements. In my opinion, the bands really help with speed and muscle recruitment, especially when you're trying to peak to get ready for an event.

I haven't really use chains in my training yet, but plan on trying to implement them more moving forward.

POWER: Do you follow any specific nutrition plan to keep strong to compete in Strongman?

VAILLANCOURT: I've always been a "hard-gainer," so I try to consume a ton of calories. I've been working with a nutritionist, Shelby Starnes,

who has set up a program to basically force-feed me to achieve the gains I'm looking for at competition time. I try to consume a minimum of 6,000 calories per day, and I try to eat clean because I notice my performance isn't as good if I eat dirty or have too much processed food. I consume about 20 lbs. of meat per week, so we have a pretty hefty grocery bill to keep well fed.

POWER: How do you prepare mentally for an attempt?

VAILLANCOURT: I always visualize a successful attempt and, depending on what event it is, I adjust my level of arousal or intensity to match the skill required for that particular event.

POWER: What are your best competition numbers?

VAILLANCOURT: My best log press is 350 lbs., my best deadlift is 730 lbs. and my best yoke walk is 1,200 lbs. for 20 feet.

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

VAILLANCOURT: I train a lot less volume than I used to, and I also do a lot less conditioning throughout the year. Now I just condition specifically to prepare for an event when I need it. I don't squat and deadlift every week like I used to. I alternate every other week and I feel that helps a lot with the ability to recover properly.

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

VAILLANCOURT: Bill Kazmaier, for sure! I also admired Hugo Girard, Magnus VerMagnusson and Svend Karlson.

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

VAILLANCOURT: You have to find the best local guys to train with and then sign up for a competition right away to compete. Don't wait around until you think you're ready or you'll never be ready.

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

VAILLANCOURT: Absolutely! We're lucky that there are usually really large crowds at Strongman events. It's hard not to be pumped up when you're competing in front of two or three thousand screaming people.

POWER: What is your favorite Strongman event and why?

VAILLANCOURT: Atlas stones are my favorite event. It's very primal, and most people can relate to how tough it is to pick up a large stone and lift it onto a platform.

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

VAILLANCOURT: Glute-ham raises have been really good to help my lower body strength. A lot of my training is very basic simple movements, but I think commitment to training and consistency is the key to getting stronger.

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

VAILLANCOURT: I want to be able to log-press 350 lbs. again by spring, and I'd like to deadlift 800 lbs. within the next 12 months. I'd like to earn the title of Ontario's Strongest Man again and chase the podium at Nationals. I'm a competitive person, and I'd like to continuously improve on all my lifts and events.

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

VAILLANCOURT: In June 2012, while competing in a contest, I injured my neck during an overhead pressing event and then further irritated it the next week while carrying a super yoke. It was a significant setback for the 2012 season and it has slowed my overhead pressing progress into 2013, as well. Injuries are part of the sport and everyone deals with them. I try not to complain about it, just look at it objectively and find a solution. I feel lucky that I've only had one injury in six years of competition.

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

VAILLANCOURT: Absolutely. I think anyone that says they're not impatient isn't being truthful with himself or herself. But at the same time, I've been around long enough to understand that it's a long process that takes years and not weeks to reach a very high level and mastery of ones sport.

POWER: If there's anything else you want to add?

VAILLANCOURT: You don't need to provoke me to "go crazy;" I've been there for a long time now!

I'm really glad that Mark Bell created Power. I wait by the mailbox every month for the next issue. When I see him post pictures of the new cover on the book of faces, I usually set up a tent and camp out at the end of my

driveway to wait for its arrival.

This past summer, I was lucky enough to be filmed for a one-hour TV documentary about Strongman. Here in bacon and beer country, and more specifically the motherland of strength, Quebec is where the Strongman sport is a huge spectator sport. There is a big appetite for Strongman, and we have a very big following.

A Quebec-based documentary channel, Canal D, has already filmed a six-part TV documentary. Each one-hour episode follows the daily life and summer competition schedule of a different Canadian Strongman. It has been in the making for more than two years. They followed me around at home and work for three days to capture what it's like to be me. And they also followed me to a few competitions during the 2013 season. The other athletes featured are all French speaking, so I'm the lone English guy who will have sub-titles!

It was a really cool experience and I'm very excited for it to go to air (September 2014 is the set release date). I'm hoping that it will help drive the popularity of the sport and, being the big-time attention whore that I am, I'm super pumped to have a show about me! I've seen a trailer and so far it's looking pretty amazing. The director and crew worked their balls off this summer.

POWER: Is there anyone you would like to thank?

VAILLANCOURT: I am always gracious for any help I get in life and in sports, so this could easily become a very long list. I would like to thank my beautiful wife, Sarah, for putting up with me for so long. Thank you to my gracious sponsors. A big thanks has to go out to my training crew and my training partners from afar – they all know who they are. Good training partners become great friends, and are absolutely invaluable. And thank you for driving five hours to hang out and talk about training and competing. **PM**



FINISH FIRST

MARK BELL

Powerlifting Mogul

BY ZACH EVEN-ESH
PHOTOS BY BSN

ZACH EVEN-ESH: Lots of people see you as a successful guy, but don't know much about your past. They see the Sling Shot, Super Training, Power magazine, Mark Bell's PowerCast, The Power Project, the sponsorship from bodybuilding.com and BSN, the Reebok shoe deal, etc. But you have a past, and you don't talk much about it.

I remember seeing you on the first Westside Barbell VHS tape on special strengths. I also saw you on MTV where John Cena, yourself and a few other guys were auditioning for a pro wrestling gig. Talk to us about your past, the failures, the obstacles and the things that fired you up to become the man you are today.

MARK BELL: Mr. Evil-ish, you are quite the stalker! I wish I could say I cared about your "career" as much as you care about mine. My past is my past and I can't talk about it too much due to several legal issues (the cops never did find the body of the guy that kicked my football into the woods). Anyway, I can talk a wee bit about a thing or two.

I have had the chance to rub elbows with some very high-level people. My brothers and I were a big influence on bringing John Cena into pro wrestling, and my brother Maddog actually helped coach him for awhile. It was clear John was a "somebody" when we first met him. However, this didn't mean that he didn't have to work hard. John is a workaholic and perfectionist. When I first met him he was 250 to 260 lbs. and probably 6- to 8-percent body fat. The dude looked insane, and my brothers and I knew he'd blow the doors off the wrestling industry. Well, after eating crap, getting underpaid and being hated on by many, John got his chance on TV with the WWE. He worked so hard to get to that moment, there was no way he'd fail. Every rep, of every set from the time John was a kid, every grueling wrestling workout, every bump and all the dieting and prep that went into making John who he was led to that moment against Kurt Angle. When John was put the ultimate test, he aced it. Watch the match, look it up — the pace that they go at is insane! It wouldn't have went that perfectly with anyone else in the world, and it's because John Cena is a man with no quit in him, and a work ethic that most just can't understand. Those are the kinds of things that fire me up!



The other great thing about pro wrestling is that I rubbed elbows with many low-level people, too. I knew I didn't want to follow the paths they did. Wrestling helped me grow up and become more mature. You see some "cray cray" stuff in pro wrestling. Admittedly, I struggled with figuring out what I wanted to do and who I wanted to be. But my dad's advice always rings in my ear. He said the most important thing about knowing who you are is knowing who you are not. That always made sense to me, and it can allow you to find your way without comparing yourself to people, which can sometimes be very dangerous and toxic.

I don't have many failures in my life because I am not a talker, I'm a doer. I seek out the best people who can help me achieve my goals.

When I was a kid I wanted to box, so I went to Kevin Rooney, the dude who trained Tyson! Rooney told me, "Kid, you have the power of a tank but you

need to run 2 miles in under 14 minutes or you're wasting your time." That meant I'd have to run before school because I wouldn't have time to do it after. So there I was at age 15, 240 lbs. running at 5:30 am with icicles hanging off my face!

When I wanted to wrestle, I went to the best: Jim Cornett. When I decided to leave wrestling and pursue my real passion of powerlifting, I went to the Yoda of the strength training, Jedi Master himself Louie Simmons, the owner of Westside Barbell. I always knew going to the best and surrounding myself with the best was the key to accelerated learning.

I also played a lot of sports as a kid and knew how to win, but I also knew how to handle losing. Learning how to cope with things that you have no control over is a huge part of life, business and ultimately your own happiness.

EVEN-ESH: When you left Poughkeepsie and went to Ohio for wres-

ting, you wound up training at Westside Barbell. Did you travel to Ohio alone? How did you get the guts and the money to head out and move? Did you hold down a job while wrestling and training to make ends meet?

BELL: Dude, this is like 74 questions in one. I lived in Los Angeles before making the move to Columbus, Ohio. I met my wife Andee at Sharkeez in Hermosa Beach, near the chip room. We moved to Columbus so I could train at Westside and wrestle at the WWE training grounds in Louisville, Ken. We also had our son, Jake, in Columbus. At this point I didn't work; in fact, I haven't really done much in terms of working until I was about 32. The wifey was the breadwinner. I guess her current addiction to Amazon Prime is kind of payback for that time period.

I am not suited for a 9-to-5 job, so I never bothered to try and hold one down. I also can't work for anyone. That's a big reason why I will not do

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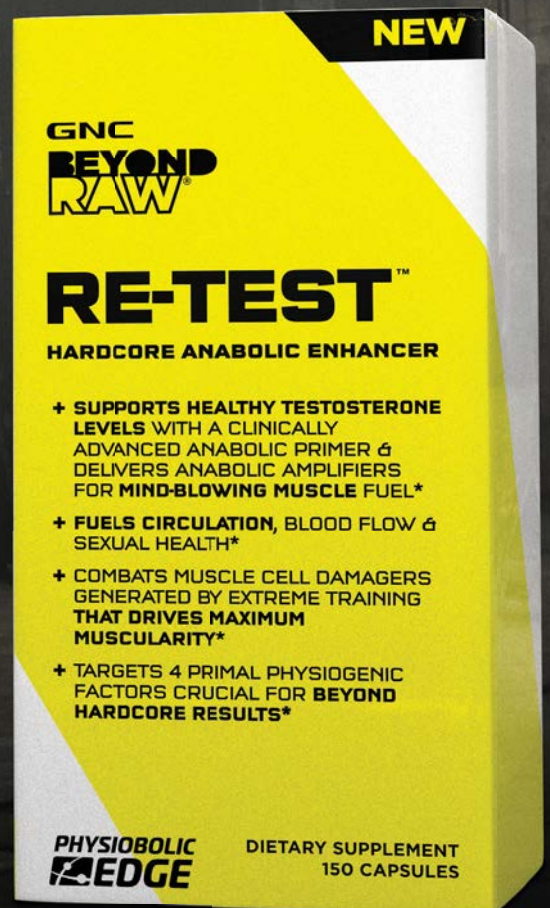
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personal training. Once that person pays you, you have to work for them. Besides, what will they pay you? In my opinion, and maybe it's a cocky one, but how much are they going to pay me? Whatever the amount, I don't feel it's really worth it. If I teach someone how to deadlift and they use that instruction the rest of their life or it helps them avoid getting back surgery, is that worth 50 bucks? Is that worth 100 bucks? In my opinion, if I take the time to explain a lift from top to bottom, then it would be worth thousands. At that rate I'd have no customers, so I just say screw it — let's just make it free.

I'm going way off topic, but this is my magazine. Super Training Gym is free now, as well. The reason I made Super Training free is that what I get in return out of Super Training is priceless, what I share with my team inside those walls is priceless. Super Training has made me a better lifter and a better person, and I have made huge strides as a coach. Super Training is also a home away from home — my team and I have a blast in there. It's like having a second family. A screwed-up second family that I never

wanted, but a family none the less.

EVEN-ESH: The first pics I saw of you were on the T Nation forums. You weighed about 210 lbs., you were shredded and built like a brick shit house. I was impressed, but a lot of people weren't. I know you had intentions of sharing your training and nutrition, and you were honest about using steroids, and they attacked you for it. I think that was one of the first times you experienced some hate from the Internet. Lots of coaches fear the haters and instead choose to remain out of the public eye. How did you deal with haters back then, and how do you do it today?

BELL: Haters are welcome. Then, now and always. I'm the real deal and I understand there are plenty of reasons to hate on me. I put myself out there a lot, I'm jacked, tan and handsome, and I love to have fun. What's there to love, really? Some get annoyed by my rapping or silly one-liners and take me the wrong way. People who want to hate on me, are jealous or try to copy me? Just grab a number and hop in line. These

fools trying to knock off my Sling Shot invention? Give me a break. None of these people have a creative bone in their body and they are simply not on my level, whether on the platform, in business or in life. Sometimes you have to spell things out for people like that. I'm a creator, a leader and an innovator who will not be held back, slowed down or stopped by anyone. The momentum of this freight train can't be derailed. You are either on board or you're tied to the tracks. Choo! Choo! Choo! I know I will be imitated but I will not be duplicated.

EVEN-ESH: In your older brother Chris Bell's first movie, *Bigger, Stronger, Faster*, you seemed very shy and almost insecure in front of the camera. I see a completely different person today when you make YouTube videos and speak in front of people. How and why were you able to improve your confidence?

BELL: Coach Zach, that's what makes you great, my man. You're able to see and identify things many cannot. I am shy and admittedly quite awkward in social settings. Or at least, I feel that way.



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As a kid I was so shy it was crippling at times. Speaking up about what I liked or didn't like was too nerve-racking for me, so I always chose the path of least resistance. I would just go with the flow and roll with the punches. However, I'm a dreamer who always went to the beat of his own drum. I have always known that you can't get behind the masses and follow otherwise all you know is what's directly in front of you. My path was not going to be dictated by a teacher or guidance counselor. I remember they wanted me to play an instrument or take French. I thought, Why complicate things with another language when I have so many issues reading and articulating English? They thought music would help broaden my horizons, and I knew that wasn't the answer. So I never did learn a second language, play an instrument or even read a book cover to cover. I didn't know much, but I felt I really knew what was right for me.

Just like we mention in the film *Bigger, Stronger, Faster*, the Bell brothers knew muscles were the answer. Building myself up in the gym gave me confidence in football, basketball (yes basketball), track, boxing, pro wrestling and lifting. Even though I was pretty good at lifting, it took many years of hard work before I realized I had something most didn't. For some unknown reason, lifting felt right to me. You can ask my mom; she will tell you stories of my brothers and me following the snow plow from our house to the gym on snow days. The gym is a huge part of my life, and a very large part of who I am. Powerlifting made me go from what felt like a super-zero to a superhero. It gave me the confidence to teach others and to eventually stand in front of the masses and become the "People's Coach." Powerlifting, to me, is more than just lifting to become big and strong. It's a test of intestinal fortitude and a challenge

issued to every fiber of your being right down to your bones. Powerlifting became "empowered lifting," which helped build my body and my brain.

I have become a lot more confident and I think much differently than I did back then. I invent things people didn't know they needed until I made them. Taking public speaking in school was my most feared thing, and that is why in the Power Project (my YouTube channel: [Youtube.com/Supertraining06](https://www.youtube.com/channel/UCSupertraining06)), I mention that you should "embrace your fears and follow through with your dreams."

EVEN-ESH: Louie Simmons was a big influence on you, and I know you and Jesse were helping to run the CrossFit powerlifting courses. You guys were kicking ass, but like many partnerships there are bumps and obstacles at times. You were removed from this position, but you didn't let it affect you. How do you turn obstacles or setbacks into a

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positive opportunity, from a personal and business perspective?

BELL: "The hardest part of owning your own business is minding your own." I must keep the blinders on and my eye on the prize. I have a very full picture of where all this leads, and anything that doesn't appear in that picture has become insignificant to me. That isn't easy to do, but that's what needed to happen. All I can do is be good to those who are good to me, nothing more and nothing less. Re-read that line: Be good to those who are good to you and don't waste your time and energy on anything

else. Nearly impossible to do, but great words to stand by and it's advice that would probably help you to live to be 150 years old.

To get to your question more directly, what came from those seminars is the Reebok CrossFit Lite TR, a.k.a. the Reebok powerlifting shoe, and a relationship with a multi-billion dollar company. The shoe has some strong legs behind it and it will have a long life, but the things I learn on a daily basis with Reebok will live with me forever. Knowledge is power, and I just keep getting stronger. I feel like Obi-Wan when he told Vader, "Strike me down

now and I will become more powerful than you could possibly imagine!"

EVEN-ESH: You've got two kids, run a magazine, create various Sling Shot products and are in the best shape of your life. You seem to be climbing higher in all areas of your life all at the same time. Who or what is your motivation to succeed? What does a typical day look like for Mark Bell?

BELL: Like everyone, some days are more hectic than others. The more things I have going on at once, the better. It fuels my ADD. Things get a little tough for Andee and I when we are trying to get Power to print, but in general I have a cushy lifestyle of just eating, training, pooping, sleeping and repeating. I'm privileged and blessed to have what I what I have and I do not consider it work. You will never hear me say, "Oh, I can't do it, I have to go to work." My wife takes care of all the hard stuff. I've always admired firemen, police officers, doctors and the military. I certainly would never be able to do any of those jobs, and I'm thankful we have people that do them and do them well. I'm blown away with the work my mom and dad did to raise my brothers and me. My dad went to the same job for 30 years wearing a suit and tie. Who the heck could do that? And why would anyone do that? I consider that a huge accomplishment, bigger than what I do. If I can fill my dad's size 8 shoes with my size 13s, my life would be complete. He's my hero!

To pick the hardest part of my day would end in a tie between getting my socks and shoes on and figuring out how much time I'm going to spend pooping that day. Both of those tasks consume way too much of my time!

EVEN-ESH: Your oldest brother passed away a few years ago and I recall a video where you stated how you harness your anger and emotions to drive you to create new products like the Sling Shot. How has your brother's passing changed you as a person?

BELL: Death is a part of life. My brother passing was a real kick in the nuts. I think part of me was always worried about my brother. When he passed, my mind seemed to kick into

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overdrive and I started thinking more clearly, with more focus and purpose. I'm not really sure how or why it worked out that way, but that's what happened. I would like to share with everyone that my brother was bi-polar and he suffered to find self-worth. This was impossible for me to understand because my brother was one of my heroes. I remember seeing him smash home runs, run people over on the football field and do many other great things, which normally included kicking someone's ass in spectacular fashion. My brother was extremely popular and loved by many, and he had a lot of love in his heart for everyone except himself. I will always openly talk about my brother in hopes that it can help others understand the complicated struggle of someone who is addicted to drugs. It's easy to sit back and criticize people who have problems with drugs and alcohol. God knows addiction and mental illness isn't pretty. But you must realize it can happen to just about anyone. I grew up in the same house as my brother, with the same amazing parents that he had. Do not

look down on these people – they feel bad enough about themselves already. As hard as it may be, I encourage all of you who have friends or family struggling with drug addiction or mental illness to reach out to them. Maybe there is something you can do to help. They may be mad and refuse the help, but they also might be dying for someone to stick their hand out. Just remember, you cannot apply logic to people who are not logical, and it's likely that you may get hurt. Do your best with them and try to be as positive as possible. Your time with them may be cut short, or you may be able to save a life!

After my bro passed, it really drove the point home to me to be a doer and not a talker and a dreamer. I'm going to live my dreams while I'm awake, but most will take their dreams to their wake. Forget that. I'm going to do the things I want to do, buy what I want to buy, drive what I want to drive, live where I want to live and accept nothing but the best from myself and those around me.

EVEN-ESH: You get lots of questions and answer them via video on

YouTube. Is there a question you wish someone would ask but never have? What question is one that must be asked and answered by you?

BELL: With 1,300 videos on my YouTube.com/SuperTraining06 page, which I call the Power Project, there aren't too many questions I haven't covered. The ones I enjoy the most transcend the weight room because I always felt that lifting was the answer for me. Like I mentioned earlier, there was just something so right about it that made me feel good. Sometimes it's as simple as that. Do you feel better than you did the day before? Are you doing things to improve yourself? To me, lifting is very black-and-white in terms of results: are you getting stronger; are you getting more jacked; are you leaner?

I love accepting the role as the "People's Coach." That isn't a self-proclaimed nickname (neither is Smelly, by the way). The name was given to me by my friends at Bodybuilding.com. When it comes to the Power Project, that is more difficult – thinking up raps to slap and answering stuff with

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energy and enthusiasm while being informative and entertaining isn't as easy as it looks. I refer to it as "infotainment." My goal is to get more than 100,000 subscribers by the end of the year, so if you're not part of the Power Project Army now, then go subscribe to my YouTube.com/supertraining06 page. Join the masses and enjoy the free content! I also like questions by people who wasted a lot of time and money going to school for marketing or business and now they're asking me business questions! I always knew school was useless and now I have proof. Anyway, I love the Power Project Army and I feel we are just picking up steam. It's my vision and goal to reach more and more people and to make the world a better place to lift.

EVEN-ESH: What are the big mistakes people make that hold back their ability to break through barriers and truly get strong? Is it a programming mistake or a mental mistake?

BELL: Brute Strength, form and mobility are all crucial aspects of becoming stronger. You can't get stronger if you have shitty form, so to make progress, 50 percent of your time needs to be focused on form and the other 50 percent on getting stronger. I do this myself using the methods used by team Lilliebridge (heavy every other week and working on form in between). Many want to point to mobility being a huge problem and on some levels, I'd agree. Pain management and longevity are giant pieces of the pie, so if you want to be around for a long time you better be taking care of yourself and mobilizing via the info from my supple leopard friend, Kelly Starrett. Basically it comes down to form, strength and mobility. You can't spend all your time focused on one aspect; you need to work on all three to get stronger. When it comes to common mistakes people make, it's usually going too heavy too often.

EVEN-ESH: You're always giving

"advices" (as Arnold would say) on what you coined "The YouTubes" to people with questions on life, lifting, business, etc. What "advices" would you give to your children with regards to life and lifting?

BELL: That's one hell of a closing question. Things with kids can be complex. Here is my take, though. I cannot teach my kids math, how to read, sing or dance, but I will teach them how to lift weights and the importance of health and fitness. They can do as they please with that information, but I will expose them to the trade I know and love.

My advice to them is the same advice my dad gave me: Part of knowing who you are is knowing who you are not. This is something that has really stuck with me over the years. It simplified things for me and made me understand that it's okay to be me. I do not have to be a copycat; I can be creative and innovative. I do not need to repetitive to be competitive. This really opened up my head and helped me think of a million possibilities for myself and my family.

I realize that my kids, Jake and Quinn, are not me, and it's likely they will have other interests. It's my job to make sure they have the best opportunity to pursue those interests. I'm here to support, make sure they have fun and to make sure they are safe. I already share with them on a daily basis that life is a lot less complicated when you do what's right and make good choices. Lastly I'll tell them life is "more funnerest" when you don't waste your time hating others. Do things that make you happy and have fun!

In closing, I would like to thank my brother, Christopher "Boar" Bell, for being a great mentor and positive influence on my life. He taught me as a teen that drinking and doing drugs isn't for the cool kids, it's actually for the losers with no goals, direction or discipline in their life. Lifting has and always has been my answer for everything and Boar, I can't thank you enough for letting your little bro Smelly tag along with you to the gym and meets. Now that I'm 14 times stronger than you I'm sure you regret it, but thank you for showing me the ropes and exposing me to powerlifting. **PM**

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BREAKING DOWN THE BENCH PRESS

BY BRANDON LILLY

This article is something quite different than what you are probably used to. It's not full of promises that you will someday be the greatest bench presser ever. There is no "easy way to bench 500 lbs." There is no one-size-fits-all, cookie-cutter system of reps and sets with picture perfect percentages that will make you a great bench presser. If that was the case, everyone would be awesome at the bench.

This article is dedicated to giving you real, tried-and-true information. How do I know? Well, I talk to great lifters every day. I can share parallels in thought and remove the limitations of methodology. The only method that I have found cohesive among the truly great lifters is that no matter what their base program (Westside, Cube, Sheiko, block periodization, etc.), it is highly modified and personalized. So, if you want to keep believing that your favorite lifter is doing the method you Googled in an article from five years ago, then I've got a contract waiting for me in the porn industry when I am done lifting.

THE TRUTH

When it comes to building a massive bench press, what you need to realize right away is that you are not going to achieve this if you look like a stick figure. I look at great benchers over time, and it is alarmingly obvious that these men have the following:

Huge arms. This means biceps and triceps. So many times the biceps are overlooked and undertrained, but the truly great benchers realize how much the biceps leverage against the forearms, and how beneficial this is to drive the weight off of the chest. Look at Eric Spoto or Scot Mendelson. Both have forearms at or above the 20-inch

mark. They receive the weight and stabilize it on the way down.

On the back of most powerlifters' arms is usually some god-awful deformity of mass that most mortals call triceps. In a big bencher, what you will find is that it is usually an overdevelopment in this area that makes them amazing benchers. Some are genetic mutants, others are blue collar, but without big guns your bench is going to lack severely.

Lats. I spoke with several of my bench friends (all who bench north of 600 lbs. raw), and when asked what the most important muscle in the bench is, all but two said the lats. The other two said the brain, and I can't fault them for that.

The lats are even more misunderstood and undertrained by up-and-comers than the arms. If utilized properly, the lats can be trained to lower and stabilize the weight, as well as being the first muscle that fires to begin the reversal of the weight you are lifting. I believe the lats have a tremendous lifting ability, so I train them five days a week. Other big benchers agree; some train them two or three times a week, others four to six. You will adapt. Get used to training your lats.

Shoulders. One of the easiest fixes in your bench is the shoulders. A few methods came out that were popular for geared lifters, and the information began to spread that overheads and shoulder work weren't that important because a bench shirt would keep the shoulders tight and help prevent injury. In my mind that is all well and good, but I like my body to protect itself, and one of my favorite benchers (Bill Kazmaier) was also a pretty damn good overhead presser. If it was good enough for Bill, it's good enough for me.



But in all honesty, I have yet to train a client that began doing overheads who didn't send me a message raving about how much better their bench was doing, along with the stability they felt while benching. No material will ever replace real strength.

Pecs. Every guy who walks in the gym wants a chest like Arnold. To

have a big bench press, you need a big set of pecs — but not in the same way as a bodybuilder. The pecs help by contracting hard off the chest, and again flexing hard at the top to assist in lockout.

What does all that information have to do with anything? It sets in stone the truth about what makes a big bench.

No amount of reps, heavy weight, speed work, de-loads, bands, chains or boards will build the bench of your dreams if you don't know how to train the bench, and understand the individual parts of the movement and all the muscles that are involved. It's kinda like having a hot car, but no keys.

THE BENCH PRESS

No matter what level of bench presser you are, there are a few key points that I always look to with lifters that are crucial, and they can be the cornerstone for success.

Set up properly. Make sure you are centered on the bench, grab the bar evenly, flex your glutes and position your feet so that you can push hard down through the floor. Lastly, just before you take the bar out, set up tall on your traps and take a big breath into the belly and get as "big" as you can. Remember that you cannot complete a lift properly if it doesn't start properly.

Receive the bar. If you ever hope to bench big, you must prepare your body for the weight that is about to be over

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you. Once you have perfected your setup, you need to learn to receive the bar. I do this by beginning the bar-body connection by squeezing my hands as tightly as possible. Don't think it will work? Sit in a chair and make a fist as tightly as you can. Do you feel your forearms, biceps, triceps and lats tighten up? That is the foundation for how you want to receive the bar.

I take one big breath when I bench. I count, "one, two," then take my breath and on what would be "three" I get the handout. I try to position it in a straight line just below where my sternum is if it were touching my chest. I wait for the spotter's hands to clear the bar, and I begin my decent.

Lower the weight. How you lower the bar can make or break the entire lift. I tell lifters to lower the bar as quickly as they can, all while maintaining control of the bar. Most lifters need to bring their elbows into the body as they lower the bar, as this creates tightness throughout the arms and into the lats. What I have found for myself and for others is that a 90-de-

gree position on the chest is ideal. This is when the wrist lines up with the elbow from all viewing angles and allows for a strong pressing position. Imagine punching something; you want as much of the body in line with your wrist to generate maximum force. Same rule applies. Lastly, do not lose tightness once the bar is on your chest. Stay as tight as possible to prepare for the reversal.

Explode off the chest. If everything is correct up to this point, you will be set up to drive the bar perfectly off the chest. I often see lifters fall apart with one simple failure: They let their wrists go soft and end up pushing the bar back into the rack. This will not happen if you are gripping the bar properly. Next, when the bar is leaving the chest, you should be driving the heels down hard through the floor and back. One common mistake people make is pushing in the wrong direction. They feel as if they should push "down" into the floor, but what should actually be happening is pushing the heels down as if you were to be driv-

ing your head off of the bench. This will case the body to rise even higher on the traps, extending the rib cage upward, thus shortening the lockout. While all of this is happening, you should be driving up with the arms but allowing the elbows to uncoil outward so that they stay in line with the bar. This is crucial, and will make locking out much, much easier.

The lockout. This is the most challenging of all the "parts" because it is when many people perceive all of the hard work is done. I see many lifters miss at this portion of the lift because their mind lets them go into "cruise control" when in reality, you should be driving harder than ever at this point. In training, many powerlifters do short reps, or "bodybuilding" reps, where they don't fully lock out their reps. For many, this equals a death sentence on competition day. I was told by Bob Coe and Dave Hoff during my time at Westside to overly lock every rep. Bob said, "It won't make a difference in a week or maybe a month, but in six months, a year, five years, those last

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few lockout inches will add up." That was the single best bench advice that I ever got.

As you are driving upward and locking out, try to follow the bar with your eyes so you are locking out just above the nose, or directly above the eyes. The last thing is to always make sure you hold it for a second before you rack. It teaches you to lockout under control, and this carries over to the competition.

YOUR OWN APPROACH

I could sit here and preach to you that The Cube Method is the be-all, end-all — that it will make you the best bencher in the world — but no method can claim that. As I said above, the greatest lifters all have their own approach to the bench.

This is what I know is necessary for building the best bench possible:

- Train reps when you are further away from a competition and build up the weak areas in your bench with compound and individualized movements. Focus more on heavier weights as the competition draws near.
- Train the entire body with the

“MIX IT UP. DON'T EXPECT WHAT WORKS TODAY TO WORK FOREVER. MILK WHAT WORKS FOR AS LONG AS YOU CAN, BUT ADMIT WHEN IT STOPS AND BE READY TO ADAPT”

focus of all the powerlifts. It sounds crazy, but if you can begin to understand how each body part compliments the three powerlifts, the more easily you will train those body parts because you understand it is necessary for the end goal.

- Film your sets. This will make you a YouTube star, but more importantly, this will allow you to watch your form over and over, and find your flaws. If you hit a new PR but it was achieved with bad form, realize that moving forward you will need to address the form

issue or new PRs will become harder and harder to achieve.

- Warm up properly. I see so many guys jump through their sets so quickly that it makes no sense when they attempt a max weight. Then again, I see others that warm up for an eternity before they take a maximum weight. Practice this, and find an ideal set of warm-up sets and reps that allows for peak performance.

- Train your back like your life depends on it.
- Set goals — short-term, long-term, whatever it takes to keep the train moving forward — and keep your goals in focus. Also, make sure that you have a plan that supports those goals. Make a plan and stick to it.

- Mix it up. Don't expect what works today to work forever. Milk what works for as long as you can, but admit when it stops and be ready to adapt.

There is no magic trick or special method that will make you a big time bench presser, but if you apply these principles and weave them into your training, you will not only find yourself a happier lifter, but with a bigger bench to boot. **PM**

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TRAINING FOR LIFE

BY ZACH EVEN-ESH

POWER: You're a single dad and a business owner, and you've conquered many obstacles thrown your way. Thanks for sharing your insights with Power readers. How old are you, where are you from, and when and why you did you start lifting weights?

JESSE BURDICK: I'm 34. I'm from Erie, Pa., and I live and work in Dublin, Calif. I started working out at about 15 years old at a local physical therapy clinic because, I as a freshman in a very competitive high school athletic program, I needed and wanted to be a bigger and better baseball player.

POWER: How the heck did you find your way to a hospital PT clinic? Most people end up at the local Y or a local gym.

BURDICK: I never really knew or asked, to be honest. I used to go to a doctor there; looking back at it now, it could have been covered by insurance. It didn't last for long, maybe a year or two.

After that, between water polo, fall ball, swimming and the season approaching, I didn't have time for anything else but schoolwork. Soon after I was pulled up to varsity baseball, I became a one-sport athlete. While that was amazing, working out took a backseat to going to every camp and playing in every league I heard about. I remember being told I needed to be a bigger kid, but was never told how or even given the time to get there.

There was a time, as a freshman, I was in a small group in the cage with a junior and two seniors, all who ended up being either D1 or minor league players. I saw them really turning their hips into the ball and I understood what it meant to "drive" the ball. I tried over and over to do it and just never got it. I was frustrated and sat down. Soon an assistant coach sat down. I told him I didn't know why I couldn't sit back and drive into the ball like those guys. He was very matter-of-fact. "They have a waist and hips and an ass," he said. "You don't have any of those right now. You are a gap hitter and they are power hitters."

POWER: Most people who fall in love with the iron somehow have the fortune of a mentor helping them in the gym. Those mentors usually find the lifters. Who mentored you, if anyone at all?

Burdick: You are 100-percent right, I was found by my college strength and conditioning coach, world-record powerlifter Paul Childress. He saw me rocking a muscle mag workout and thinking that growing an inch on my biceps would make me a better baseball player. Paul was very kind and told me that what I was attempting to do probably wasn't the best idea.

Knowing everything — because I read it from a bodybuilding magazine — I told him I had it handled and not to worry about it. He laughed and let me continue. My baseball didn't get better, but I did look better and managed to do enough cardio to put myself in the hospital three times and give myself mono, which resulted in me having to redshirt my sophomore year. Soon after, I started to listen. Paul educated me on how to train and pointed me in the direction of powerlifting, everything conjugate and Russian.

POWER: Did he guide you in training with written workouts or did he tell you to check out certain books or websites? What resources motivated you the most?

BURDICK: I found Bill Star, Charles Poliquin and the like on my own, and it took a



few years for me to run the course and need more information. That's when I turned back to Paul. He turned me onto Westside Barbell methods, all the Russians manuals and everyone over at elitefts.com. Paul's name opened a lot of doors for me. I would call Louie Simmons or Dave Tate or Jim Wendler and be able to actually talk them or visit them. The help they gave me was unbelievable. I have been trying to pay it forward for more than 10 years.

Through these connections I hooked

up with a powerlifting gym in northern California and encouraged to head out there. I hopped on a train for an hour, waited for one of the owners to pick me up, and was sold once I walked through the door. While I had read everything I could possibly read to that point and talked to the greatest thinkers out there, it wasn't until I got to an actual gym and applied what I read did my real education begin. I commuted for more than two hours on public transportation four times a week

in order train there.

POWER: Most people can't get their ass to the gym three times a week, even if the gym is only a few minutes away. What made this gym so special?

BURDICK: The gym was called Diablo Barbell, and it was the only powerlifting gym in the Bay Area that I got positive feedback from. Also, Dave Tate said he'd dealt with the owners and they were cool. I had tried doing a lot of the conjugate system on my own at a commercial facility and it just wasn't going as I had hoped. When I called up the owner, he invited me to come check it out and be taken through a workout. One problem was that I didn't have a car at that time, and the 45-minute train ride only got me within about 5 miles. The owner told me that if I was willing to travel that far, he would pick me up from the station.

When I finally got to the gym, it was instantly perfect. It had a Monolift, bars that I had only read about, chains everywhere, bands, sleds and many

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other powerlifting tools. More importantly, it had a small crew of dedicated lifters who would always show up, work hard, push each other and never back down. It was exactly what I needed; a locker room mentality, a team, a sport and a coach.

POWER: About three years ago you and Power's Mark Bell held your first seminar for "the masses," so to speak.

BURDICK: We couldn't give the damn seminar away. I emailed every CrossFit in New Jersey and those close in Delaware, Philly and NYC. I was pissed that two elite powerlifters were willing to unleash their knowledge, and even the powerlifters at my gym next door didn't sign up.

POWER: Yet you guys said that even if only one person signs up, you'll fly cross-country to make someone strong. On top of it all, you lost your brother literally a day or two before the seminar, and you still showed up. Where does your commitment to life, not just lifting, come from?

BURDICK: Something like the death of a sibling is about as bad as things can get. Luckily I had my long-lost brother Mark with me, helping me every step of the way. If it wasn't for him, there is no way I would have gotten out of bed, let alone get on a plane. We talked about what we were doing, why it was important to us and to everyone involved. In the end, it was something we had to do in order to keep our vision alive and give me something to grip and stay in reality.

I blame all my hard headedness, tenacity and commitment on my parents. My dad worked swing shifts loading and unloading trucks in a paper mill to come home and coach my brother, sister and me in whatever sport season it was. He worked a massive number of hours, drank massive amounts of coffee, seemingly never slept and was always around for us. I remember one summer he and his union were on strike, and he had to go out and do handyman work and paint houses to keep us fed. He left before sunrise and came home after dark, sunburnt. This

was all while my mom raised three kids separated by four years, and the two boys were absolute maniacs. She made every meal, made sure we had everything we ever needed, kept us as clean as she could and was the happiest, most positive person I have ever met. My parents taught me that there is nothing I can't handle, learn or do. It all comes down to hard work. If I ever had a question about things, there was always an answer in a book.

POWER: You're the father of two twin girls. How do you get your training done as a father and business owner? What tips do you give the other parents out there for training and life?

BURDICK: I consider my girls, Kaycie and Sophia, the best things that have ever happened to me on every level possible. They give me drive, focus and motivation. I have never been more sleep deprived, stressed and an emotional wreck while getting my best work done and lifting my best, all because of them.

I think that everyone's situation is

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different, but there are lessons that are universal. The trickiest and most misunderstood concept is that in order to be the best parent you can be, you need to be the best “you” that you can be. What this really means is that it’s easy for parents, especially new parents, to become consumed by their new situation and lose touch with who they really are. It will sound selfish, but some of the best advice I ever got was to set aside time to get to the gym and work my ass off. I fought this and thought I was being a bad dad. But there is nothing else in my life like the gym. I have been an athlete my whole life, and to not have that physical competitive aspect made me someone who I wasn’t — and that dude wasn’t good at anything.

Setting goals has also been huge for me and the parents I’ve worked with. The key is to take a realistic look at life and then make decisions. If you have four hours a week to lift and want to bench 500 lbs. or lose 100 lbs., that’s an awesome goal — but it may have to be a long term goal. It’s just as effective to start off with the goal of getting to the gym everyday, and then move to benching 300 and losing weight. The positive personal feedback from friends and family will make the next, smaller goal doable, reachable and desirable. I have goals that I still haven’t checked off my list, but there was a time when I had to put those goals aside and reach for something I could touch. It was a temporary ego hit, but I quickly got over it when my hard work and progress started to pay off and get attention.

POWER: Talk to us about your

daily schedule and how you find energy and motivation to train with the hours you put into the gym. Also, do you train alone or with partners? Give the guys and girls out there who lift alone your most critical tips.

BURDICK: My life and schedule revolve completely around my girls. As they have gone from daycare to kindergarten and now into first grade, my daily routine was in a constant flux. Now that their hours have pretty much become “normal,” I wake them up at about 7:30 a.m. and have them ready and fed by 8:15. After that we are out the door. I get them to school, grab more coffee and I’m off to the gym. I train clients from 9 to noon, then the powerlifting team comes in and I usually work out with them. I run back to get the girls at 2:15. After school we usually have a snack, then homework and some free time.

Three days a week I go back to the gym for evening sessions for groups and the late powerlifters. I am very lucky that everyone at CSA gym is so kid-friendly and cool with the girls. The girls love it at the gym and usually come with me most days to play and hang out. The girls have two CrossFit kids sessions, Krav Maga and swim lessons throughout the week, so between running back and forth from those and the gym, once we get home it’s dinner, showers and bed. I am very lucky that my girls are so great and love everything they do. I am also blessed that in the past year I met the love of my life, she has been a huge help. The girls adore her and her family. So while my schedule looks

and sounds nuts, having Katie around has made our lives more peaceful and amazing.

I am in a very fortunate position right now where I only have to work out alone a few times a week. I usually do my main lifts with the team and coach at the same time; this doesn’t leave me much time for all the accessory lifts and the extra stuff, like stretching, mobilization, tanning and the like. I will end up catching that later in the day whenever I can fit it in. Thanks to a great crew of lifters, I am very rarely doing a main heavy lift on my own. The best advice I can give people who work out alone is to have a very clearly laid out plan. I have found that if there isn’t a plan in place, there is far too much wiggle room to procrastinate and ends with not getting things done. Also, just because you work out alone doesn’t mean you can’t train heavy or hard. Be detailed in your goals and very honest in programming what you are capable of, and pay close attention to how you feel each day. This should help you dictate the road to your goals.

POWER: If you could only give one piece of advice for training and one piece of advice for life, what would be your top tips for each?

BURDICK: I think in both instances you need to find something to live for and something to train for. You need to be motivated and have goals for both. In so many ways training is my life, but I don’t live for it. I train for me, to be a better me every day — because I live for my girls and they will never get anything but the best me I can be. **PM**

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THINGS I LEARNED FROM TRAINING

(MORE IMPORTANT THAN MY TOTAL)

BY MATT VINCENT

All too often strength training gets boiled down to your total or maxes. They are important if you are a competitive lifter. However, I have been part of almost all disciplines of strength sports for 17 years, there are some things I have learned that far outweigh those accomplishments. It's about the journey.

I have been fortunate enough to travel the world to compete, post an elite total in both raw and geared powerlifting, win a Strongman contest, post a respectable total in a weightlifting meet, and become a world champion in the Highland Games (my current focus). I would trade all of these things for what I have learned from training. These lessons aren't only for the elite; they are there for anyone willing to make strength training a serious part of their lives.

10 LESSONS

1 Self-reliance. Trust yourself. No one is going to do it for you. After enough years under the bar and getting it done when it counts, you learn that you will be able to step up when it matters. The ability to confidently know that you will rise to the occasion and give your best when push comes to shove is priceless. This goes for all parts of life, whether it's stressful work, life, difficulties, family or anything that gets hectic. You know that you will pin your ears back, run full force into it and weather the storm to come out better on the other side. Most people crumble into quivering piles when things get hard. Powerlifters, however, know how to handle themselves because they've been testing and pushing for years.

2 Hard work. Being able to work hard without constant positive reinforcement is a skill that will carry more weight in your life than your shoulders ever will. Work has to be done, and chances are it is going to suck. You can do it because you know the countless hours you have spent devoted to training in the cold, the heat

or with injuries to get to the goal. You know that you will keep pushing and doing until the job is done. Let's face it: In strength training, there is no winning. You can never beat the weight; there is always another plate or pound to put on the bar. This doesn't stop us from sacrificing and plowing ahead. Being able to push yourself harder than the next guy will pay off in jobs and the rest of your life. You know you are willing to do more than they are to succeed.

3 Consistency. There is no short-term success that matters. Everyone is concerned with immediate gratification. I expect the device in my pocket to immediately give me responses to any question I have about anything. With life and training and anything that matters, it is not the first brick that gets laid that matters, but how the last one went down that counts. This is about all the years you have put in. I have spoken to the strongest people on the planet, and all of them agree that if you want to get strong, it boils down to this: Squat heavy and often for the next



10 years. There is no way around it, no way to cheat it. You have to do the work. Showing up every day to put in your licks is the key to being successful. There is nothing you will do today that is going to make a big difference, but adding up 10 years of more right decisions than wrong makes all the difference.

4 Discipline. You have goals that matter to you. These are not for anyone else. There are times when you will sacrifice for the greater good. Being able to tell yourself “no” is a lesson most people never learn. This ability to keep yourself accountable to a goal that only matters to you is going to benefit you in every day of your life and future. Whether it is passing on dessert, hitting all your sets and reps, doing accessories or saving money, you can do it. It is about preparing to reach something better. Conditioning yourself to do these things will pay off tenfold when you have to do something you don’t want to do.

“NO ONE IS GOING TO MAKE A LIFETIME RUN AT TRAINING WITHOUT SCARS. IT COMES WITH THE TERRITORY. YOU HAVE HAD INJURIES AND ARE GOING TO HAVE MORE”

5 Problem-solving. No one is going to make a lifetime run at training without scars. It comes with the territory. You have had injuries and are going to have more. These minor setbacks are merely hurdles on the way to accomplishing your goals. Getting hurt is not the end to training, but merely a road blocks that lead to you figuring out another way to approach your goals. Not everything has a clear-cut plan; you keep plugging

away until you get past it and back on the path. These struggles are going to happen in your life, from the minor to the major. Take a deep breath and think, then attack. If this doesn’t work, try again. Challenges are not going to stop you.

6 Prioritize. Determining the hierarchy of what matters to you and sticking to it helps you succeed. Sacrifices and concessions have to be made. You know how to do things so your goals get accomplished. There are times in life where you have more to do than there are hours in the day, and sometimes things like social life or sleep get the short end of the stick. This is what it means to be an adult and make the right decisions. You can do whatever has to be done. You know what is the most important to you. Maybe this started out as you wanting to make weight or hit a certain total, so you sacrificed and became a bit of a robot. This skill will be there forever. Now it is about paying the mortgage and taking care of your family, and

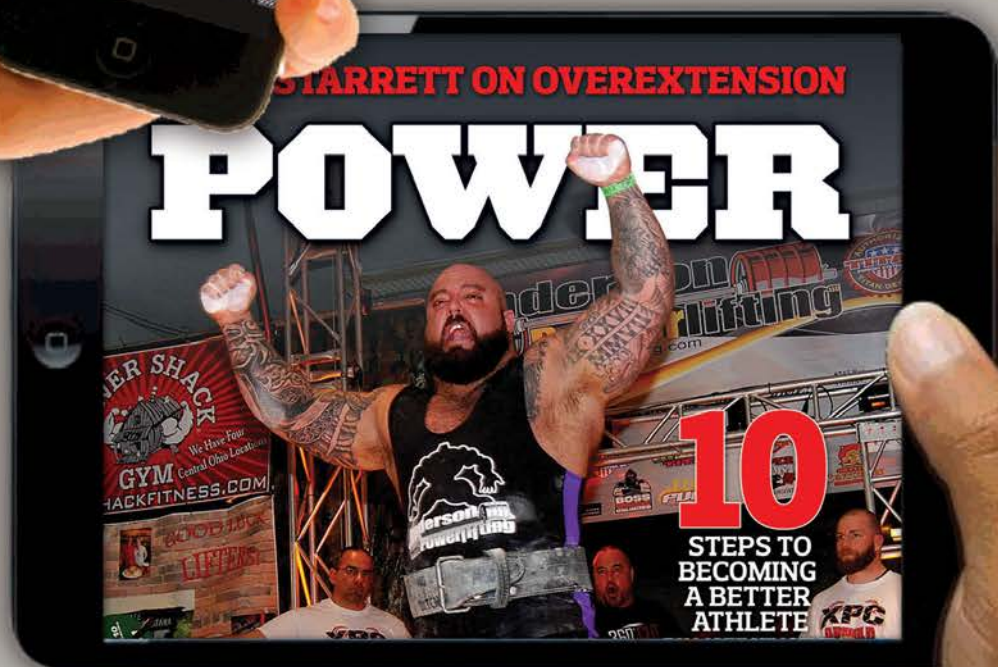
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you know the fun can wait. It is not all about your needs first.

7 Shut up. Through all the years of training, you have learned that there are people who know more than you. Guess what – they also know that there are people who know more than they do. So you learned a long time ago that it serves better to just shut up and listen. Learn what you can and start applying it to your goals. You don't attend some functions, whether a lifting seminar or work meeting, to show off your skills. Be humble and act like a newbie and do what you are told. If you truly have the skills, then they will be recognized. Game respects game. Remember that sometimes you are there to learn, not teach.

8 Listen to your body. Years of training have put you more in tune with your body than regular

“THROUGH ALL THE YEARS OF TRAINING, YOU HAVE LEARNED THAT THERE ARE PEOPLE WHO KNOW MORE THAN YOU. GUESS WHAT – THEY ALSO KNOW THAT THERE ARE PEOPLE WHO KNOW MORE THAN THEY DO”

people. You know when you feel your best or just a little off. You know when it is time to keep pushing hard and when it's time to back off and get on it another day. You know how different

things affect you and what it takes for you to be at your best. You know how to set yourself up to give yourself the best chance of success. You also know when it is time to pump the breaks before a disaster happens. You know how your body reacts to stress and how you are going to handle it. You have eliminated a lot of surprises. You know the difference between injuries and pain. Some things are pushed through, others you have to go around – either way, you are moving forward.

9 Stay healthy. Your health is your own, and the responsibility for it lies only in your hands. You are not some ham-and-egger who is mystified by weight loss or strength gains. You know what it takes. You also know what you are doing to your body. You know that you operate better, and how you feel when you are healthy. You know the difference. You can't put your hands over your face

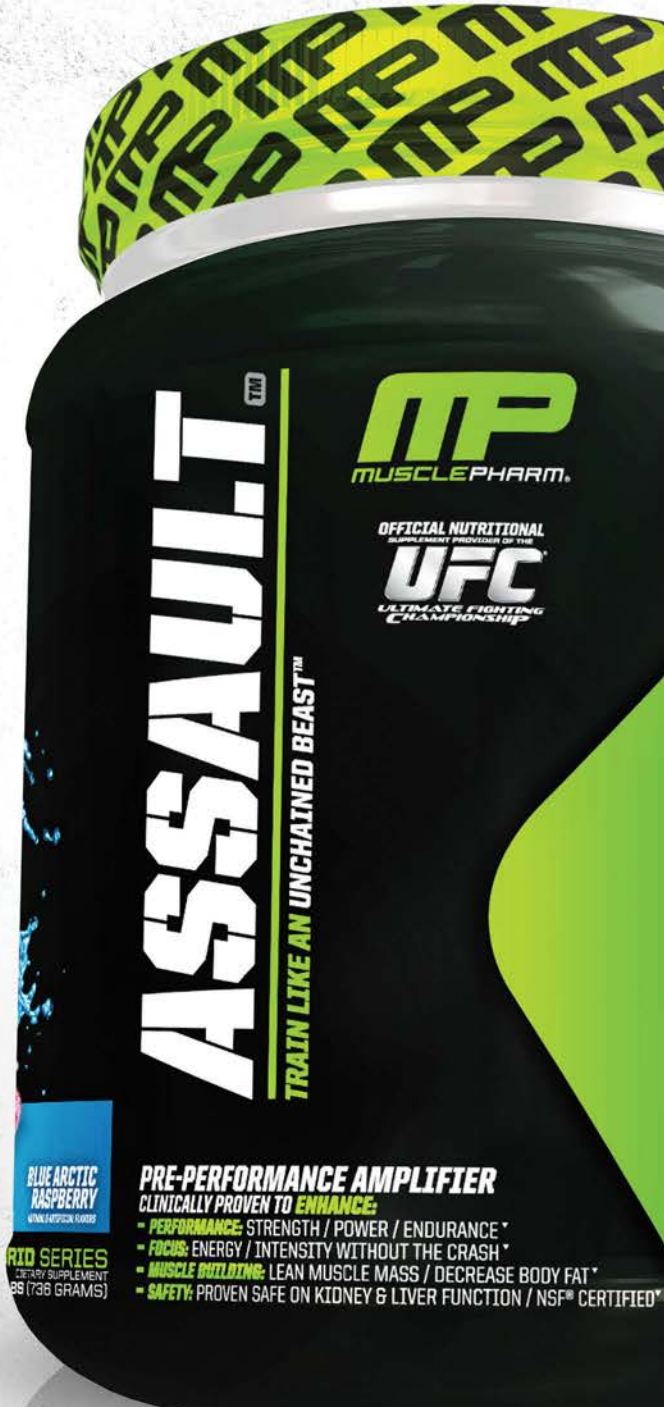


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and say, "I didn't know cigarettes are bad for me." You know the consequences of the actions you take, and you make the right steps. You know that being strong helps you in everything in your life. This is something that has always mattered to you and will always matter. The focus may change, but never the less you care about your body and your health. Getting the most out of your body takes a lot of combined effort and knowledge. You can apply it and make the most of your life and the body you have. Because you have chosen to be healthy, you get to experience anything that comes your way. You will never let your health or body hold you back from something. The body is an amazing machine with a pretty simple set of rules for maintenance.

10 **Experience life.** This one applies to all of us who have stuck to training and competing for years. The things that happened while training have been far more memorable for me than anything

else. This is the one thing that keeps on giving back. Getting to meet people with the same goals and aspirations who also know the struggle is a shared brotherhood. These people are going to help you become who you want and accomplish your goals. I have bled with people all over the world and seen things I could have never imagined, all due to my success in strength training. This is out there on different scales. Travel and go to contests, train at other gyms and meet other people who love the things you do. It doesn't matter where you are, the bars and weights are all the same. The hard work and path to get there are the same, and you share that common ground. It is about the journey, and less about the success. I would trade all my championships and winnings for the experiences I have had getting them.

It doesn't matter how much weight you lift or what sport you decide to compete in. Stepping under the bar or on the platform is going to teach you more than you will ever learn

from what three guys sitting in chairs think of your lifts. If you have trained hard and only gotten out of it your total, then you have missed the point of what training is all about. We are not all going to be elite lifters or world champions; it's the training that makes you elite in life. These lessons are what make you the person you are. There is no way to lie to the weights; you have to dig in and figure it out. Weights don't root for you or against you, they just are.

There is more to life than your total. Don't get caught up in the hype. Enjoy the journey and the life experiences that come with it. No one and nothing can take any of those things from you. These lessons are yours, and are learned in the most honest way: through hard work and perseverance. **PM**

*Matt Vincent is a strength athlete. Follow him on Twitter (@MatSOawesome) and his training log on www.JTSstrength.com He is also the author of training books, *Training LAB* and *Throwing LAB*.*

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POWER TEXT WITH ERIC LILLIBRIDGE



MARK BELL: It's rare to see a pro like yourself make drastic changes, but I've got to tell you I was floored when I (675 raw) gave you (850 raw) some advice and you actually took it! What do you think triggered you to listen to information outside of your own camp?

ERIC LILLIBRIDGE: I've always been very open-minded when it comes to training. I've made a lot of changes in my form, meet prep training and a lot of my accessory work, as well, over the past year. You pointed out something on my deadlift form that I had ignored for a long time. With my old form I used to dip my hips way too low trying to get as much leg drive into the start of lift as I could. But because my arms aren't very long, it would pitch me forward sometimes and cause the lift to be much harder. When you mentioned that you thought it would be a good idea to try bringing my grip out a little bit and starting with my hips a little higher, I had a good feeling that it would help me out. And with time, practice and training, it led me to my biggest full-power meet deadlift ever with 385 kg-848 lbs. @ 275 lbs.

BELL: To be honest, it was very hard for me to give you advice due to the amount of respect I have for you and your pops. As per my advice, what changes did you make to your deadlift?

LILLIBRIDGE: I went ahead and moved my grip out about an inch, maybe a little more, on both sides so my hands are closer to the rings on the bar. I feel that moving my grip out has made my lockout stronger and I'm able to pull through at the top a lot easier. My stance has been moved out a little bit, too, with my feet slightly pointed outward. And I've been pulling with my hips higher from the start. I've also started to incorporate some reps in my deadlift training, like triples and doubles, all dead-stopped reps paused on the floor, instead of all heavy singles like I used to do for my meet prep training.

BELL: Let's talk about da skwaaat! You made big changes there as well. Why, and what's it doing for ya?

LILLIBRIDGE: I decided to try out the low bar position on my back and see how it would work for me. Just wanted to give it a shot and see if it would make my squat worse or make it better. It was very uncomfortable the first couple weeks I was training with it, but within a month I was already repping 800-plus for an easy triple. Within two months I had beat my best ever triple high bar, which was with 835, and beat it with 850 x 3. The next workout after that I did 881 for an easy double, which I have never even come close to before. So it's obvious that the low bar is getting better and stronger for me every heavy workout I've been doing for this meet prep training. I'm going to stick with it. I will be attempting more than 900 at my next meet the UPA Power Weekend on Nov. 16 in Dubuque, Iowa.

Editor's note: Eric smashed 925 at this meet for another world record and he won \$500 bucks cash money from his sponsor, HowMuchYaBench.Net — aka me!



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All Time Men RAW Top 20

WORLD RANKINGS IN POUNDS- 275 LB. WEIGHT DIVISION

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	925.9	Eric Lilliebridge	(US/90)	<11/16/13>	(Dubuque, Iowa)	(UPA)
2	870.8	Mauro Spinardi	(Argentina/80)	<12/4/11>	(Atlanta, Georgia)	(GPA)
3	869.0	Jon Cole	(US/43-13)	<9/17/72>	(Denver, Colorado)	(AAU)
4	865.3	Stanley Efferding	(US/68)	<3/24/13>	(Sacramento, California)	(SPF)
5	859.8	Mikhail Brylin	(Russia/84)	<5/28/11>	(Moscow, Russia)	(BB)
6	850.0	Greg "Beetle" Lowe	(US/55)	<6/14/01>	(Bellefonte, Pennsylvania)	(ADAU)
7	830.0	Scott Smith	(US/70)	<4/18/09>	(Mesquite, Texas)	(HPL)
8	825.0	Eric Fenton	(US/75)	<11/16/13>	(Merrick, New York)	(RPS)
9	815.0	George Frenn	(US/41-06)	<8/21/71>	(Los Angeles, California)	(AAU)
10	806.9	Matt Sohmer	(US/93)	<9/21/13>	(Peabody, Massachusetts)	(EPFUS)
11	805.0	Perry Ellis	(US/82)	<9/15/12>	(New Orleans, Louisiana)	(PRPA)
12	804.7	Troy Nash	(US/70)	<9/22/07>	(Greenville, South Carolina)	(APA)
13	800.0	John Carydes	(US/87)	<1/26/13>	(Newark, New Jersey)	(RPS)
14	800.0	Mark Miller	(US/85)	<7/20/13>	(Columbus, Ohio)	(RPS)
15	800.0	Eric Semifero	(US/76)	<10/19/13>	(Russellville, Arkansas)	(SPF)
16	793.7	Kamo Simonyan	(Russia/71)	<3/18/10>	(Kursk, Russia)	(WPC)
17	793.7	Stanislav Shvetsov	(Russia/88)	<12/11/10>	(Kursk, Russia)	(WPC)
18	793.7	Konstantin Askhabov	(Russia/75)	<12/15/12>	(Suzdal, Russia)	(WPC)
19	793.7	Sergey Moser	(Germany/76)	<12/8/13>	(Tampere, Finland)	(GPA)
20	784.8	Mohamed Bouafia	(Algeria/76)	<6/16/13>	(Suzdal, Russia)	(IPF)

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	669.1	Vladimir Kravtsov	(Russia/72)	<12/25/11>	(Moscow, Russia)	(WPA)
2	661.4	Laszlo Meszaros	(Hungary/68)	<10/4/09>	(Rostov, Russia)	(WPC)
3	650.4	Ted Arcidi	(US/58)	<11/13/83>	(Westminster, Maryland)	(NSM)
4	639.3	Allen Baria	(US/71)	<12/11/10>	(Parkersburg, West Virginia)	(USPF)
5	633.8	Jeremy Hoomstra	(US/81)	<11/9/13>	(Defuniak Spring, Florida)	(APA)
6	628.3	Jari Sjoman	(Finland/65)	<10/4/97>	(Helsinki, Finland)	(WPC)
7	628.3	Ryan Dewitt	(US/75)	<10/9/11>	(Las Vegas, Nevada)	(AAU)
8	620.0	Stan Barmore	(US/88)	<8/5/12>	(Asheville, North Carolina)	(SPF)
9	617.3	Dmitry Kasatov	(Russia/77)	<11/9/08>	(Krivoi Rog, Ukraine)	(WPC)
10	614.4	Tom Hardman	(US/53-13)	<10/23/82>	(Atlanta, Georgia)	(USPF/IPF)
11	611.8	Doug Young	(US/44-05)	<4/3/78>	(El Dorado, Arkansas)	(AAU)
12	606.3	Sam Samaniego	(US/55)	<7/7/85>	(Chicago, Illinois)	(USPF)
13	606.3	Stanley Efferding	(US/68)	<9/19/09>	(Sacramento, California)	(SPF)
14	605.0	Ben White	(US/76)	<7/26/03>	(Glens Falls, New York)	(IPA)
15	600.8	Lee Moran	(US/55-99)	<7/24/83>	(Austin, Texas)	(USPF)
16	600.0	Joey DeGiovine	(US/75)	<2/28/09>	(Orlando, Florida)	(APF)
17	600.0	Vincent Dizenzo	(US/69)	<7/14/13>	(Merrick, New York)	(RPS)
18	595.2	Vladimir Mironov	(Russia/59-97)	<2/4/89>	(Chelyabinsk, Russia)	(IPF)
19	589.7	Petro Onishchuk	(Ukraine/88)	<11/14/11>	(Riga, Latvia)	(WPC)
20	585.0	Wayne Von Nostrand	(US/69)	<4/21/12>	(Columbia, South Carolina)	(APF)

All Time Women RAW Top 20

WORLD RANKINGS IN POUNDS- 181 LB. WEIGHT DIVISION

SQUAT

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	520.3	Tatyana Merezhko	(Russia/78)	<12/6/13>	(Tampere, Finland)	(GPA)
2	518.1	Jill Brown-Mills	(US/71)	<11/3/01>	(Seguin, Texas)	(USPF)
3	512.6	Jeanine Whittaker	(US/72)	<11/3/13>	(Sacramento, California)	(SPF)
4	505.0	Stella Krupinski	(US/62)	<10/2/10>	(Nashville, Tennessee)	(SPF)
5	463.0	Taylor Stallings	(US/85)	<1/30/10>	(Tampa, Florida)	(RUPC)
6	463.0	Kristy Scott	(US/82)	<6/30/13>	(Santa Clara, California)	(USPA)
7	460.0	Robyn Lupton-Blankenship	(US/74)	<5/23/09>	(Nashville, Tennessee)	(SPF)
8	440.9	Tara Green	(Canada/89)	<6/30/13>	(Santa Clara, California)	(USPA)
9	418.9	Alyssa Smith	(Canada/91)	<2/24/13>	(Tampa, Florida)	(RUPC)
10	396.8	Elena Povolotskaya	(Russia/78)	<3/25/11>	(Rostov-na-Donu, Russia)	(WPC)
11	385.8	Anna Karrila	(Finland/88)	<11/30/12>	(Villa Maria, Argentina)	(GPA)
12	385.8	Ann Vanderbush	(US/86)	<2/24/13>	(Tampa, Florida)	(RUPC)
13	385.8	Govicka Kepae	(Nauru/94)	<12/8/13>	(Auckland, New Zealand)	(IPF)
14	380.3	Therese Janc	(US/73)	<11/6/13>	(Las Vegas, Nevada)	(USPA/IPL)
15	380.0	Traci Baggett	(US/73)	<9/26/09>	(Fort Walton Beach, Florida)	(APA)
16	380.0	Jaime Jackson	(US)	<10/26/13>	(Norfolk, Virginia)	(SPF)
17	374.8	Jessica Gilbert	(Australia/89)	<12/8/13>	(Auckland, New Zealand)	(IPF)
18	369.3	Amy Simmer	(US/70)	<6/1/13>	(Minneapolis, Minnesota)	(USPA)
19	365.0	Kathy Goliszek-Fields	(US/73)	<4/22/07>	(Leesport, Pennsylvania)	(IPA)
20	365.0	Deniz Odar	(US/64)	<1/29/12>	(Newark, New Jersey)	(RPS)

BENCH PRESS

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	330.7	Beverly Francis	(Australia/55)	<5/12/81>	(Honolulu, Hawaii)	(IPF)
2	325.2	Jill Brown-Mills	(US/71)	<3/20/99>	(Austin, Texas)	(USPF)
3	325.2	Shannon Sanders-Nash	(US/72)	<9/11/10>	(Rock Hill, South Carolina)	(APF)
4	314.2	Kristy Scott	(US/82)	<6/30/13>	(Santa Clara, California)	(USPA)
5	313.1	Anna Turaeva	(Russia/78)	<10/26/13>	(Prague, Czech Republic)	(WPC)
6	305.0	Stella Krupinski	(US/62)	<9/5/09>	(Salem, Virginia)	(SPF)
7	292.1	Dawn Reshel-Sharon	(US/55-00)	<7/27/88>	(Moscow, Russia)	(APF/WPC/IPF)
8	286.6	Yelena Sheverdina	(Russia/68)	<10/2/10>	(Yekaterinburg, Russia)	(WPC)
9	281.1	Jennifer Reid-Weyland	(US/56)	<9/11/82>	(West Somerville, Massachusetts)	(USPF)
10	281.1	Ann Vanderbush	(US/86)	<2/24/13>	(Tampa, Florida)	(RUPC)
11	281.1	Darya Kogadeeva	(Russia/78)	<6/13/13>	(Moscow, Russia)	(WPC)
12	280.0	Kate Baird	(US/60)	<9/27/08>	(New Castle, Delaware)	(APA)
13	280.0	Robyn Lupton-Blankenship	(US/74)	<5/23/09>	(Nashville, Tennessee)	(SPF)
14	275.6	Cathy Millen	(New Zealand/67)	<11/2/91>	(Pakuranga, New Zealand)	(IPF)
15	275.0	Kimberly Perez	(US)	<11/6/10>	(Dallas, Texas)	(SPF)
16	275.0	Angela Rayburn	(US/73)	<10/15/11>	(Hattiesburg, Mississippi)	(SPF)
17	270.1	Victoria Gagne-Hembree	(US/61)	<5/12/81>	(Honolulu, Hawaii)	(USPF/IPF)
18	270.1	Joanne Smith-Williams-Schaeffer	(Great Britain/Netherlands/67)	<3/4/90>	(Manchester, England)	(IPF)
19	270.1	Ludmilla Protchenko	(Russia/86)	<10/14/12>	(Saint Petersburg, Russia)	(IPF)
20	270.1	Anna Karrila	(Finland/88)	<11/29/12>	(Villa Maria, Argentina)	(GPA)

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

ALL TIME RAW TOP 20 TOTAL

MEN

TOTAL

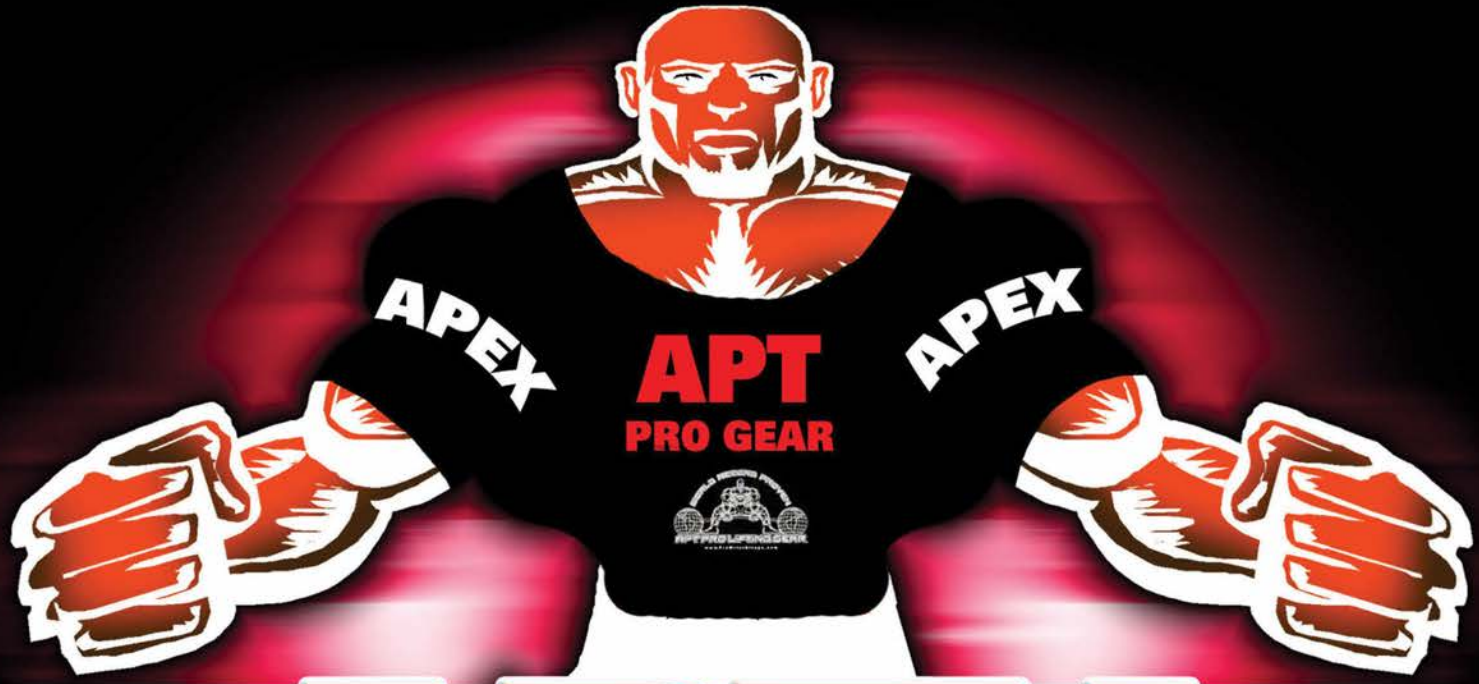
RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	2303.8	Stanley Efferding	(US/68)	<3/24/13>	(Sacramento, California)	(SPF)
2	2259.0	Jon Cole	(US/43-13)	<9/17/72>	(Denver, Colorado)	(AAU)
3	2221.2	Eric Lilliebridge	(US/90)	<11/16/13>	(Dubuque, Iowa)	(UPA)
4	2171.6	Konstantin Konstantinovs	(Latvia/79)	<12/20/09>	(Dobele, Latvia)	(AWPC)
5	2130.0	Greg "Beetle" Lowe	(US/55)	<6/14/01>	(Bellefonte, Pennsylvania)	(ADAU)
6	2130.0	Scott Smith	(US/70)	<4/18/09>	(Mesquite, Texas)	(HPL)
7	2107.6	Mauro Spinardi	(Argentina/80)	<12/4/11>	(Atlanta, Georgia)	(GPA)
8	2105.0	John Kuc	(US/47)	<11/6/71>	(York, Pennsylvania)	(AAU/IPF)
9	2075.0	Perry Ellis	(US/82)	<9/15/12>	(New Orleans, Louisiana)	(PRPA)
10	2072.3	Mikhail Brylin	(Russia/84)	<5/28/11>	(Moscow, Russia)	(BB)
11	2055.8	Michael Tuchscherer	(US/85)	<8/21/11>	(Scranton, Pennsylvania)	(USAPL)
12	2050.3	Kamo Simonyan	(Russia/71)	<3/18/10>	(Kursk, Russia)	(WPC)
13	2050.3	Stanislav Shvetsov	(Russia/88)	<10/7/12>	(Yekaterinburg, Russia)	(IPA)
14	2050.3	Sergey Moser	(Germany/76)	<12/8/13>	(Tampere, Finland)	(GPA)
15	2050.0	John Carydes	(US/87)	<1/26/13>	(Newark, New Jersey)	(RPS)
16	2032.5	George Frenn	(US/41-06)	<8/21/71>	(Los Angeles, California)	(AAU)
17	2028.3	Alexey Malunin	(Russia/78)	<3/31/13>	(Tula, Russia)	(IPF)
18	2026.5	Don Cundy	(US/40)	<8/30/69>	(York, Pennsylvania)	(AAU)
19	2022.7	Dennis Cornelius	(US/79)	<6/30/13>	(Santa Clara, California)	(USPA)
20	2022.7	Tee Popoola	(US/84)	<9/14/13>	(Long Beach, California)	(USPA)

WOMEN

TOTAL

RANK	LBS.	ATHLETE	NATIONALITY/YOB	DATE	LOCATION	FEDERATION
1	1344.8	Jill Brown-Mills	(US/71)	<11/3/01>	(Seguin, Texas)	(USPF)
2	1300.0	Stella Krupinski	(US/62)	<10/2/10>	(Nashville, Tennessee)	(SPF)
3	1262.1	Tatyana Merezko	(Russia/78)	<12/6/13>	(Tampere, Finland)	(GPA)
4	1256.6	Kristy Scott	(US/82)	<6/30/13>	(Santa Clara, California)	(USPA)
5	1251.1	Jeanine Whittaker	(US/72)	<11/3/13>	(Sacramento, California)	(SPF)
6	1245.6	Taylor Stallings	(US/85)	<1/30/10>	(Tampa, Florida)	(RUPC)
7	1180.0	Robyn Lupton-Blankenship	(US/74)	<5/23/09>	(Nashville, Tennessee)	(SPF)
8	1157.4	Ann Vanderbush	(US/86)	<2/24/13>	(Tampa, Florida)	(RUPC)
9	1124.4	Elena Povolotskaya	(Russia/78)	<3/25/11>	(Rostov-na-Donu, Russia)	(WPC)
10	1074.8	Alyssa Smith	(Canada/91)	<2/24/13>	(Tampa, Florida)	(RUPC)
11	1063.7	Anna Karrila	(Finland/88)	<11/30/12>	(Villa Maria, Argentina)	(GPA)
12	1058.2	Tara Green	(Canada/89)	<6/30/13>	(Santa Clara, California)	(USPA)
13	1052.7	Therese Janc	(US/73)	<11/6/13>	(Las Vegas, Nevada)	(USPA/IPL)
14	1036.2	Lynne Boshoven	(US/57)	<5/18/13>	(Dearborn, Michigan)	(APF/WPC)
15	1035.0	Jen Proulx	(Canada/77)	<9/15/12>	(New Orleans, Louisiana)	(PRPA)
16	1020.0	Deniz Odar	(US/64)	<1/29/12>	(Newark, New Jersey)	(RPS)
17	1000.0	Jaime Jackson	(US)	<10/26/13>	(Norfolk, Virginia)	(SPF)
18	992.1	Amy Simmer	(US/70)	<6/1/13>	(Minneapolis, Minnesota)	(USPA)
19	992.1	Tania George	(Great Britain/70)	<9/1/13>	(Kent, England)	(WPC)
20	985.0	Kathy Goliszek-Fields	(US/73)	<4/22/07>	(Leesport, Pennsylvania)	(IPA)

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



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About Chris Duffin: "I'm 36 years old and I compete in the 220 and 242 weight classes. My best multi-ply lifts are a 1,010 squat at 220, 672 bench at 220 and 801 dead at 198. I've only finished one raw meet and that was two years ago, so there is a big separation between my 1,946 at 220 total and where I am now. I co-own Elite Performance Center in Portland, Ore., which is an 8,800-square-foot strength training facility that is by far the best of its kind in the Northwest. EPC has various athletes, but the majority are comprised of powerlifters and Strongmen."

What is a kabuki?: "A Kabuki warrior was the Japanese warrior who painted his face or wore a mask into battle. I chose this as the name for my channel and blog because, as the top line of my website (www.kabukiwarrior.com) states, 'A warrior lives his passions and never compromises following the path toward his dreams.'"

Why you should check it out: "I do a weekly compilation of my training with a voiceover commentary talking about why I do things the way I do. I also film some specific instructional videos. I find that this is the easiest way for me to answer questions, and also to create reference material to work with when coaching my team. I use a GymAware system for capturing all the details on bar movement and put some of that into my videos, and discuss how I use that in my training. I've been logging my training online and on YouTube for going on seven years now and try to be as transparent with my training and approach as I can be. I don't know of any other top-level guy who puts in the detail or has the transparency that I do with my training. I really enjoy helping and pushing people to exceed what they think their limits are. This falls into everything I do and why I have succeeded in my career, and why my YouTube channel is the way it is."

Chris' favorite videos: "Those would be a 900x1 (almost 2) deadlift, an 805x3 squat and a 440x37 deadlift (double bodyweight at the time). Those are all raw or with straps, in the case of the deadlift."

Also check out: "I have several playlists on my channel to make it easier to find what a person is looking for: instructional videos, classic videos, PR videos and meets (which there isn't a whole lot of)."

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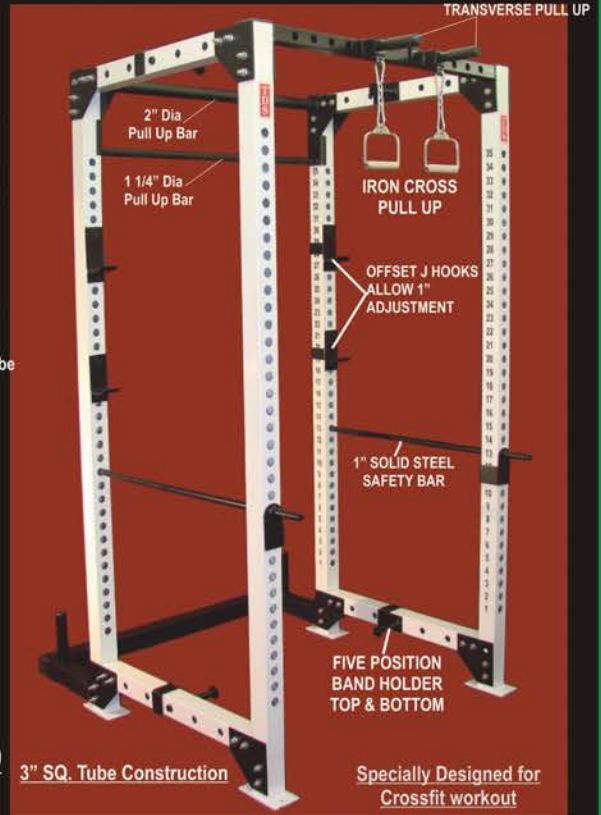
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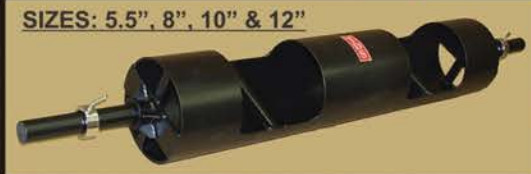
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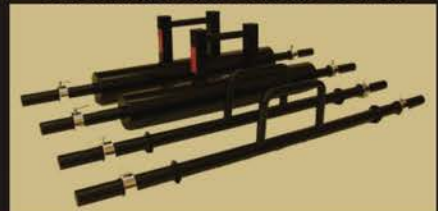
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