

Powerlifter To Bodybuilder – Shawn Frankl

POWER

JULY/AUGUST 2014

**Benefits of
Powerlifting**
by Matt Wenning



JON ANDERSEN

Triple Threat

PRO Wrestler/Strongman/Bodybuilder

JULY/AUG 2014 • VOL. 5, NO. 4

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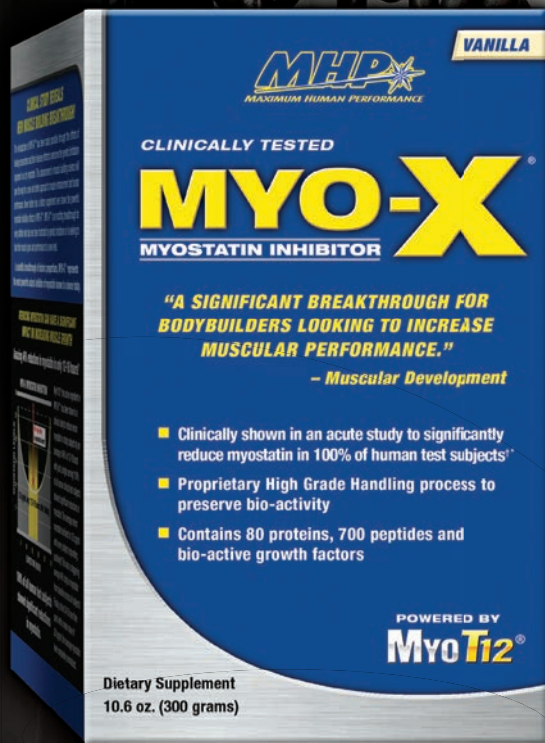
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FIRST WORD



Another issue of Power is in the can. The amount of great lifting going on across the globe is overwhelming. Some of the raw lifters of today are surpassing the geared lifts, which is really astonishing if you consider a bench shirt can assist you 100 to 200 lbs., a squat suit can do the same and a deadlift suit can give you 50 to 100 lbs. Lifters like Eric Lilliebridge and the now-retired Stan "Rhino" Efferding have eclipsed the 2,300-lb. mark with no squat suit, no bench shirt and no deadlift suit. I personally love all forms of heavy lifting, but I think about this: Eric Lilliebridge totaled 2,353 raw in the 275-lb. weight class, and my best single-ply total is 2,358 lbs. at 308 lbs. Phew — at least I beat him by a few pounds ... for now. By the time this issue gets in your hands, he might eclipse that number by a long shot. Seems like these youngsters are everywhere, and more and more lifters are kicking my ass.



Speaking of people beating me, check out the ever-so-jacked Brandon Smith, who put up a 540-lb. bench at 242 a few days before I was about to compete. I said to myself, "I got to beat that guy and get ahead of him on the lifter ranking for the No. 1 spot." I then proceeded to hit 545 at 242 and surpass him. Well, crap — that didn't last long because he came right back and hit 562 to blow me off the map. Like the saying goes: If you can't beat him, join

him! Power caught up with him to see what his training is all about. Now you, me and everybody else has the ammo to ramp up our bench presses.

Matt Wenning has set all-time world records in both multi-ply and raw, including a recent 832-lb. squat without knee wraps. Matt is a longtime strength coach with a great understanding of all the "science" stuff behind picking up heavy things. What's great about Matt is his ability to take his complex knowledge of strength and dumb it down to something that is much more digestible for all of us. He gives us insight into how and why powerlifting is good for everyone, not just football platters, wrestlers and dudes who want to be big. Some powerlifting can be beneficial for men and women, regardless of their goals and age. In fact, I'd say the day you can no longer squat or deadlift is the day your entire body starts to regress. Matt writes a great article that showcases the strength of powerlifting.

Ever wonder what the hell ever happen to one of the best lifters of all time, Shawn "Freak Show" Frankl? Fear not, because Power ran him down and got an update of what he's been up to.

This issue's cover boy is none other than Mr. "Deep Cheeks" Jon Andersen. Where do I start with this guy? Nearly every story about him seems nothing more than a tall tale or an urban legend. Some examples of his legendary ways: He hasn't eaten a carb in a decade; he once performed 110 reps with 225 lbs. in the power clean; he sprints the Lankershim stairs, passing CrossFitters and spandexed weekend warriors. As frightening as it may be, and as hard as it may be for all of us mortals to swallow, Jon is a superior being. His strength, conditioning and legacy grow every day. He went from pro Strongman to pro wrestling, and is now trying to become a pro bodybuilder at age 42. Jon's stubbornness and "Deep Water" way of thinking has lead him to believe that what does not make you stronger, kills you!

Folks, please tune into Mark Bell's PowerCast which is available through iTunes, YouTube and can easily be found at SuperTraining.TV.

Mark Bell

Sent from my iPhone 6 and Sling Shot HQ

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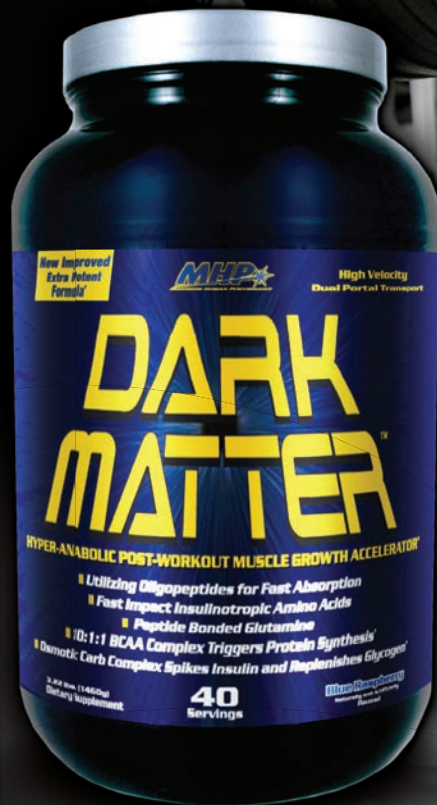
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FEATURES



COVER STORY

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Jon Andersen is one of the hardest working athletes to ever make the cover of Power. Dive into Deep Water as Mark Bell sits down with Jon to see how his intense training and nutrition programs bring him success day in and day out.



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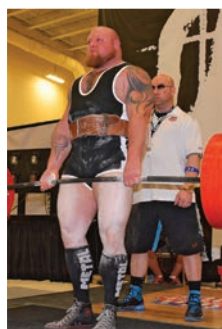
Shawn "Freak Show" Frankl graced the cover of the November/December 2010 edition of Power to showcase his amazing dominance in the powerlifting world. Now he's moved on to the sport of body-

building. We find out how and why he decided to make the switch.



42 Injury and Forced Specialization

Bob Wanamaker tells his story of how setbacks and injuries led to changing the way he trained, and helped him break through barriers.



46 Powerlifting and Its Importance to the Population

Matt Wenning is passionate about powerlifting and helping everyone get stronger, and we mean everyone! He stresses the importance of being strong no matter your age, gender, profession – or any other excuse that comes to mind.



38 Building Muscle and Shredding Fat

Michael Cazayoux is a top CrossFit athlete and coach. He gives

some great tips on how to build muscle and shred fat – because we all want to be "Jacked and Tan," right?

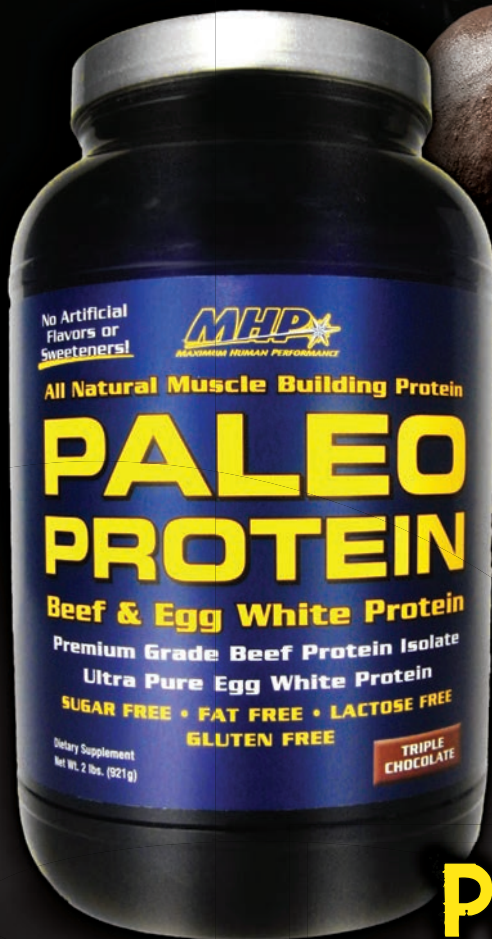


50 I Can Bench More Than Mark Bell

Brandon Smith has no idea that we changed the title of his article to this – but he can, so we did. Brandon is a great bencher and we asked him to share his story and give us some training and diet tips.

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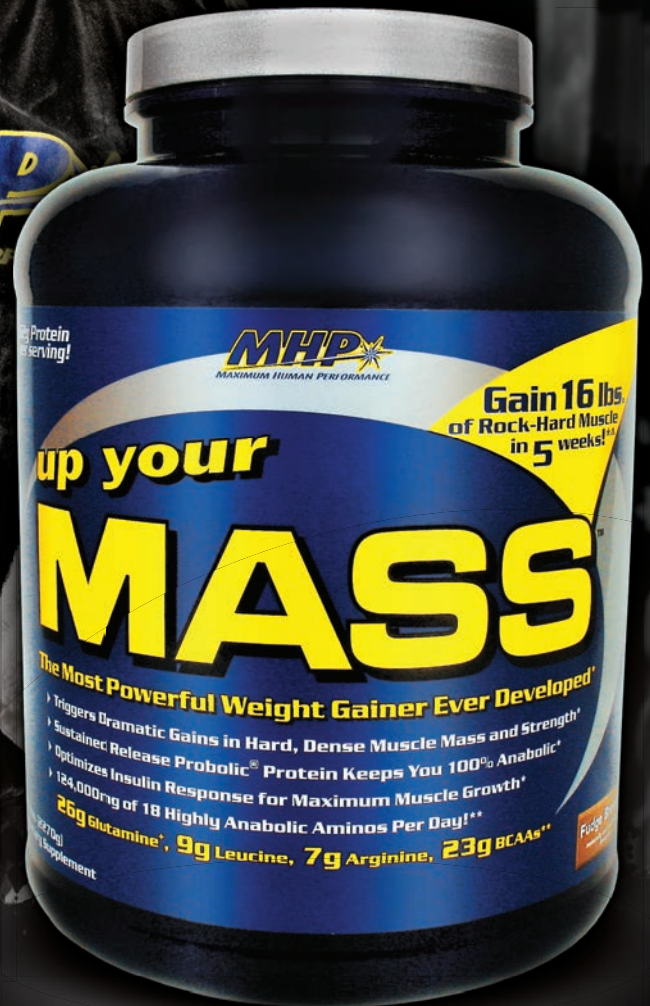


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ips All Natural food company creates better-for-you, protein-packed snacks. The company's ch(ips) harness the power of egg whites to deliver a delicious snack chip with a crisp, satisfying crunch. Each 1-ounce serving delivers 7g of protein — as much as two egg whites — with half the fat of fried chips and fewer carbs than



baked chips. They are Pressure-Puffed, never fried, non-GMO and gluten-free. ips All Natural come in 1- and 3-ounce sizes and four flavors: aged white cheddar, barbeque, cinnamon and sea salt & black pepper. Available online at select retailers nationwide.

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All About Powerlifting

allaboutpowerlifting.com/buy-the-book/

All About Powerlifting, by Tim Henriques, blends the styles of Rip's Starting Strength and Arnold's Encyclopedia of Bodybuilding into one text aimed specifically at powerlifters and those who love to lift weights. This 486 page book includes the history of powerlifting, instructions on how to perform and train competitive lifts, rules of competition, nutrition information, meet-related issues and in-depth interviews with elite powerlifters from the past and present, including Kirk Karwoski and Jennifer Thompson. The book is written for new and advanced lifters and focuses primarily on raw powerlifting.



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SAMMY COHEN

How old are you, where are you from and what are you wearing? I am 21 years old and I was born and raised in Hollywood, Fla. I live in Orlando, where I study finance at the University of Central Florida. I am always wearing gym clothes everywhere I go; dressing up is a rare occasion for me. I love to be as comfortable as

possible at all times.

Where do you train? I train at the University of Central Florida's Recreation and Wellness Center, where I first started bodybuilding and powerlifting in 2013.

Do you lift with other girls, or is it all guys? I train with one girl, but the majority of the time I train with guys. One of them is Nate



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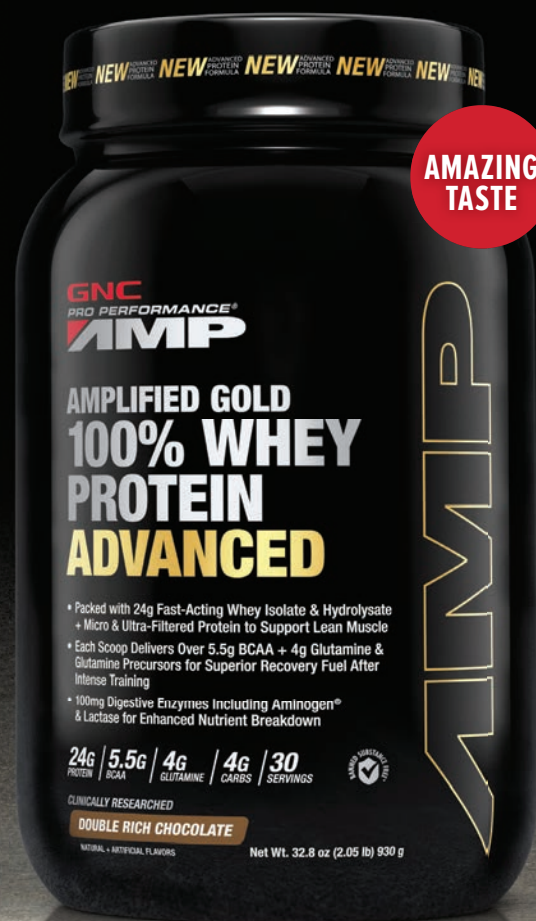
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McCoole, who is currently the strongest teen in the world.

What do you do for work? As of now I am fulltime student, but I do have a part-time job working downtown and an internship at Fan Experiences working with the NFL and NCAA.

How did you get involved in powerlifting? I competed in gymnastics for 13 years, so I have always been an extremely athletic person. When I came to college I met my boyfriend. He worked at the gym and had competed in powerlifting and bodybuilding, and convinced me to do a figure competition. I began training bodybuilding/hypertrophy-style training for four months and competed in my first figure competition in April 2013. In the offseason I wanted to try something new, so my boyfriend and his roommate convinced me to give powerlifting a try. It started out as something for me to just try and have fun with, but it quickly turned into something that I loved. Nate wrote me a program and I competed in my first powerlifting competition in fall 2013, where I qualified for RUM7, and I have been increasing my strength and kicking ass ever since.

What do your "normal" friends think of how much you can lift? All of my friends are super supportive and think that its pretty awesome that I can lift that much for my size. But some still give me a hard time and can't relate to the fact that I would rather be at the gym instead of going out for drinks for my happy hour.

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? Even though every girl feels really feminine and sexy wearing a singlet – I'm kidding – I honestly don't feel like the center of attention at all. I am usually too focused on my lifts and hitting PRs than to be concerned with anything like that.

Are you married, have a boyfriend or single? I have an amazing boyfriend, Lance Hickey, who is extremely supportive and pushes me harder than I push myself. He is also the person who introduced me to bodybuilding and powerlifting and is an awesome powerlifter as well.

Do you remember the first time you out-lifted a boy? How did it make you feel? I don't remember the exact time I out-lifted a boy, but considering I go to a campus gym with a bunch of frat boys decked out in neon and cut-offs, it happens much too often. It makes me feel really good because I am a competitive person by nature, but I'm pretty sure I

embarrass them.

Do you wear make up to the gym? I do wear makeup sometimes, if I come from class or work, but for the most part I don't. I've never been one of those girls who gets all dolled up for the gym. I'm there to get sweaty and lift heavy. I want to impress people with how much I lift, not with the way that I look.

What do you have to say to women who don't lift weights because they think they'll get too big? Besides the fact that it is just a stupid statement that goes hand in hand with people telling me "not to get too big?" I would say that they need to do some research. Lifting weights doesn't make you manly. It aids in losing body fat and increasing strength. Personally, it has made me feel more energetic and confident in the way that I look and carry myself.

How has powerlifting helped you? Powerlifting has helped me in so many ways. It has definitely given me a new sense of confidence. It has brought my work ethic to a whole other level and has shown me what it means to truly be dedicated. Powerlifting has not only allowed me to achieve my fitness goals, but it encourages me to create more new and challenging ones as well.

What is your favorite lift? I love bench. It's by far my best lift, and every week I look forward to bench day more than any other day. That's probably why I am so good at it!

Tell me about your current best lifts. My current best lifts from RUM7 are 182 bench, 250 squat and 303 deadlift in the 132 weight class.

What are some of your powerlifting goals? As far as personal records go I hope that by the end of the year I can reach a 200-lb. bench a 300-lb. squat and a 400-lb. deadlift. Although to some people it may seem unattainable, I know that I will get there. I set the bar high for myself because to be the best you need to act and think like the best and I will give 100 percent of my effort until I accomplish my goals.

Anything else you'd like to add? I hope that I can inspire women to be strong individuals to make goals for themselves and set out to achieve them. Powerlifting and lifting weights in general is not just for men, and women should not feel intimidated. Powerlifting has changed me as a person and has given me the confidence and determination to not only succeed on the platform, but in life as well. I couldn't be more thankful. **PM**

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CANADIAN YOUNG GUN ALASTAIR MACNICOL

BY KEN WHETHAM

I'm very fortunate to know and train with one of Canada's young, up-and-coming Canadian raw powerlifters, Alastair MacNicol. Interviewing different lifters gives me the opportunity to see how diversified training and nutritional regimens can be, and I am continuously impressed by Al's work ethic and his ability to train daily and, more often than not, twice a day.

Al continues to make gains and get stronger while training and fueling his body with a questionable nutritional protocol that would make most performance nutritionists scratch their heads and roll their eyes in disbelief – maybe even dry heave. During training I've seen Al scarf down chocolate bars, cookies and ice cream cakes, and drink his "secret strength" ingredient, "Cherry Coke," while staying strong and lean. It works for Al, but I'm sure if I tried a similar approach I could easily reach SHW and experience the infamous powerlifting "bloat" many lifters cherish.

Introduce yourself. Where you live, how old are you and what do you do for a living? My name is Alastair MacNicol, I'm 27 years old and I live in Toronto, Ontario. I work as a coach at Quantum CrossFit where I develop training programs for athletes and people looking to improve their strength and conditioning.

What are your current rankings and records? As far as I know I



don't hold any rankings, but I set the Canadian National deadlift record with a 706 at 220.

How long have you been powerlifting? I've been training for 12 years in some capacity and competing for the last five years.

What got you interested in the sport? I've always been interested in strength and did the typical chest/biceps/chest split in high school. When I got to university I was recruited onto the cheerleading team and needed to get stronger in order to throw girls (it was consensual ... honest). I figured the best people to look to for informa-

tion on getting stronger were strength athletes, so I started reading articles on Strongman, Olympic lifting and powerlifting. Powerlifting really clicked with me. I think it's the best test of strength. You can't be weak anywhere and be a good lifter. You need strong legs to squat, a strong upper body to bench and a strong back and grip to deadlift. I also liked that the events were consistent so it was easy to compare lifters and accurately assess how you measured up.

Do you think it's ironic that both you and powerlifter Dan Green were both cheerleaders in University?

Maybe that's the secret. If I can get close to Dan's level, maybe we'll see a bunch of powerlifters take up cheerleading! To be honest, I think cheerleading set me up really well for powerlifting. As a sport it requires strength and explosive power, and it's originally how I got into strength training. Without cheerleading I would have never found powerlifting. The big indicator lift for us was the squat. The more you could squat, the higher you could throw a girl, so that's what we spent all our time working on. That developed an appreciation for hard squat training, which transitioned well into powerlifting. I also had an intense coach who wouldn't accept anything less than perfection, and that mentality has stuck with me ever since. I feel that's a big part of any success I've had.

Have you always competed raw? Have you ever considered lifting in gear? I've always competed raw. I did my first three meets in knee wraps before I became disenchanted with wraps and got rid of them. Since then the only piece of gear I use is a belt, sometimes. Geared lifting doesn't hold any appeal to me. I understand some people really enjoy it, but I just have no desire to use any of that stuff.

What is your most memorable competition and why? Probably RUM-VII. I competed on both days one and two. On day one I hit a PR total and my first 700-plus deadlift. The next day I squatted without a belt and went on to actually beat my total from the first day and PR my deadlift again. I was very happy to finish in third place behind two of my favorite lifters, Dan Green and Jay Nera.

You squat with a very low bar position on your back. How did you arrive at squatting with such a low



bar technique? Trial and error. I used to have a more traditional squat stance, with the bar fairly high and my feet pretty narrow. I found my upper back was rounding in the bottom, so I tried lowering the bar a little and that seemed to help – but then I needed to widen my stance to accommodate the slight increase in forward lean. This process repeated over the course of several years, where I'd make a little tweak here and there, bringing the feet in or out slightly, bar placement, hand position, etc. I started looking down because I was getting stuck half way up and couldn't seem to grind. I'd seen Mike Tuchscherer looking down and our squats had a number of similarities, so I tried it out and it worked like a charm. Ultimately I arrived at the squat stance I have now. It seems to work best for me.

Where do you train, and do you have a coach or training partners? I don't have a coach. I do all my own programming. I train at three different facilities: Quantum Crossfit, Fortis Fitness and the Anvil. Since I train so often, I find it refreshing to change up the environment. Between the three gyms I have a host of different training partners, and that gives me a number of different viewpoints and opinions regarding training so I'm not lacking for ideas and information.

Do you think it's fun to pick on old guys that train at the Anvil? You're damn right! Are you still upset I

beat you in our deadlift race to 700? You have to take victories where you can get them, and how embarrassing would it be to get out lifted by someone old enough to be your grandfather? You need to put an old guy like that in his place, even if he is old as dirt. No mercy.

Do you have a particular training protocol that you follow like Westside, Cube or 5-3-1? My training revolves around frequency and specificity. I train as often as I can using almost exclusively the contest movements and a few similar variations. I do very little/almost no assistance work. My volume and intensity are waved in a basic block periodization approach. A standard 12-week competition cycle would look something like this:

Accumulation phase (five weeks). The volume is highest during this phase, weights are mostly between 70 and 80 percent. I like to do lots of sets of low reps. I feel this builds more consistent technique than fewer sets of high reps

Transmutation (five weeks). The volume drops here and the intensity increases, 85 to 100 percent on the heaviest days. The emphasis shifts from multiple sets to hitting top sets and rep maxes in the one to five range (usually 1 and 3RMs).

Realization (three weeks). This is the peaking/taper part, so the goal is reducing fatigue while still maintaining training stimulus. The volume drops way down but the weights stay pretty heavy, upward of 90 percent until a week out, then I'll drop the weights down too to taper and come in strong at the competition.

Depending on how long I have to prep for a competition, that basic structure can be lengthened

or shortened as needed. Sometimes I only have five to seven weeks to prepare for a meet; in that case the phases would only be one or two weeks each.

As for specifics, I train seven days a week. I'm primarily concerned about the amount of work I get done per week, rather than what I do on a specific day. I track my weekly volume in the competition lifts, number of reps and average intensity. Because I train so often, there's a lot of fluidity. If I need to push a heavy workout backward or forward a day or two, it's not a big deal since I'll be training then anyway. The basic setup looks like this, but again it's not set in stone:

Monday: AM easy squat (high bar w/ pause or front); PM easy squat.

Tuesday (recovery workout): Deadlift (usually deficit pulls); easy bench (optional).

Wednesday (key workout): Heavy squat (competition style, this is the primary squat session); heavy bench; easy deadlift (either paused, band pulls or just lighter pulls from the floor).

Thursday: AM easy squat; PM deadlift (usually paused DLs) or squat again.

Friday (recovery workout): Easy squat (high bar w/ pause or front); bench.

Saturday (key workout): Heavy deadlift (primary deadlift session); medium-heavy squat (goes by feel depending on the DL, ideally similar to Wed.); light bench.

Sunday (recovery workout): Easy squat; bench accessory.

I have two or three "key workouts" during a week. These are the most important training days – usually highest in terms of volume or intensity, and where the most important work gets done. Key workouts are the most mentally demanding as well. My other training days are either "recovery workouts," which are lower in terms



of workload. I'm still practicing the movements and "greasing the groove" but the mental energy required to get through the training session is minimal. I never have to mentally get fired up for anything on these days.

Anything else falls in the middle, just your standard workmanlike training day.

I think of powerlifting as a skill. Just like any other skill, in order to master it, you need to practice. The more hours of dedicated practice I can put in, the better I'll get.

What is the best thing about being a Canadian? Our balmy winters.

What are your immediate and future goals? My best total is 1,688, so the next goal is to break 1,700. After that I have my eye on 1,800-plus in the near future. Beyond that, 2,000 seems like it would be pretty cool. As a competitor I don't see why I'd ultimately aim for anything less than the world record. No idea if I can get there or not, but it seems like a good goal to aim for.

Do you use any accommodating resistance like bands or chains in your training? Almost none. I'll pull against bands for a few weeks leading up to a competition. Occasionally I'll use chains if I need to handle some high intensity, but I'm not up for heavy straight weight.

Do you follow any specific nutrition plan to keep strong for powerlifting? God, no. I use Cherry Coke

is my pre-workout drink! To be honest, I really don't focus very hard on nutrition. I'm mostly concerned with getting in enough calories to fuel and recover from training so I try to eat as much as I can. Most days I think it's a lot, but I don't count calories, or stress about meal timing, portion size or anything like that. I try to eat plenty of meat, rice and vegetables (I probably should eat more) but beyond that it's just

quantity. I also eat more fast food than I'd recommend to just about anyone.

How do you prepare mentally for an attempt? For me there's a perfect mental zone in between calm and hysteria, where it's 100 percent focus. The world just kind of disappears and there's nothing but me and the bar, and time kind of slows down. It doesn't matter what's loaded, I treat it exactly the same. I think of myself as a machine. I'm going to execute this rep exactly like the thousands I've done before. I usually repeat "execute" to myself over and over as a cue. There's no anger, no fear. I just do the lift exactly the way I've trained to do it. It's just weight on a bar, there's nothing special about it.

What are your best competition numbers? In competition I've done a 601 squat with a belt and a 584 without one. I've benched 380 and deadlifted 716. My best total is 1,688 at 220.

Best gym numbers? I've squatted 550x3 and deadlifted 660x3, but my biggest single lifts are all in competition.

What are some of the changes you've made to your lifting over the years? When I started, I did a lot of programs and jumped from one to the next. Some worked well and some didn't, but they didn't teach me to think for myself. Eventually I started looking into the methodologies behind the programs and trying to decipher

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which training principles worked well or didn't work well for me. Then I started building my own training around the principles that made sense and worked for me. Training became less about a specific program and more about a long-term process for gradual improvement. The specifics of my training change meet to meet, but the theories that guide it remain the same.

Who are some of the lifters you grew up admiring? Kirk Karwoski was the first guy who really made me say "holy sh*t" when I watched videos of his lifting. His squatting was hugely inspirational. Steve Goggins was another guy with a mind-boggling squat (and deadlift). When I started getting into competition, Jay Nera and Jeremy Hamilton were both on the rise. Being Canadian and in the same weight class, they were lifters I looked up to. Finally, Konstantin Konstantinovs is another lifter I admire. His 939 deadlift without a belt is my favorite lift ever done in the sport.

Do you have any advice for someone entering the powerlifting game? Perfect your technique, hammer the basic lifts and don't get caught up in finding the next best program. Instead, focus on figuring out the training principles that work for you and program around those. Be prepared to spend years and even decades to reach your goals.

Do you still get excited and amped up when you go to compete at a meet? I still get nervous and rarely have an appetite at competition. I always consider this a good sign. When I started, I spent two years competing in every competition I could find, so I became as familiar as possible with a competition environment. All told I did 13 competitions in two years. At this point I've competed at more than 20 different meets, so competition is very familiar and nothing really phases me. I never get amped up; it's all about focus. In my mind, I'm there to do a job.

What is your favorite lift and why? My best lift is the deadlift, but

the squat is my favorite by far. I'm not sure exactly why. It's the most mentally challenging, in my opinion, and something about stepping out with a mind-numbingly heavy weight is just primal — like Atlas carrying the world on his shoulders. There's nothing more satisfying than standing back up and denying the weight that's trying to crush you.

What assistance exercises helped each of your lifts the most? I do almost no assistance work. I use a couple close variations of the contest lifts that I feel carry over well. For the squat I use high bar squats with a pause and occasionally front squats. For bench I do inclines and OHP, and for deadlifts it's mostly deficit pulls, deads against bands or paused deadlift (either right off the floor or below the knees). To be honest, I think most of my progress has come from simply doing the contest lifts more often and for more total working reps.

What do you do in your spare time when you're not competing or training? Well I work as a coach, so I spend a lot of my time researching and writing training and working with people trying to get stronger, leaner and healthier. So I don't get away from that atmosphere very much at all. Otherwise I try to relax as much as I can. I spend a lot of time hanging out with my girlfriend, Christine. I also have my friends from school I don't see regularly, so I like to get together a couple times a year to catch up and go out. I also love to walk. I walk for 30 to 90 minutes every day before I go to sleep. I find it very relaxing.

Now that you're at your current level of strength, do you get impatient trying to make specific gains? I actually think I've gotten more patient as I've gotten stronger. Part of what it took to get better was taking a long-term view of training. I now plan my training in yearly cycles. I have goals I want to achieve in three, five and 10 years. When I'm looking at training on that kind of scale, what's one bad

workout, or even a few months of less-than-stellar progress? It's nothing in the grand scheme of things, and part of the natural ebb and flow of training.

You can't always be pushing through the roof. You have peaks where training goes incredibly well, which are inevitably followed by valleys where progress slows down. This is natural, and once I figured that out I started to plan for it. Now, after I have a particularly good run of training, I intentionally lower the stress and let my training slow down and my body recover. When I gear up for another big run, I find I'm better prepared to hit PRs and push past my previous strength levels.

What drives you? I had something of an epiphany around the time I squatted 405. I wasn't particularly gifted at strength growing up, and I'd never considered being able to handle 400 lbs. on any lift. I realized that if I wanted to and I worked really hard at this, I could become good, maybe even great. I might have to work harder than the next guy, but if it was something I really wanted and I was willing to put in the work, I could achieve it. The belief that I have the potential to become a world-class lifter has been fuelling me ever since.

If you had the choice of being any superhero, who would it be? Come on, the villains were always way cooler than the heroes. I'd go with Darkside. He regularly kicked the crap out of Superman and the entire Justice League single-handedly.

Is there anyone you would like to thank? My girlfriend is incredibly supportive. She's been to almost every meet I've ever done, where she acts as videographer and handler and makes food and drink runs as needed. Thanks to my vast array of training partners, especially those at the Anvil. Thanks to Quantum CrossFit for giving me the opportunity to hone my skills as a coach and develop a better understanding of programming. Finally, thanks to my parents for encouraging me to pursue my passions. **PM**

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IN-SHA



JON ANDERSEN TRIPLE THREAT

BY MARK BELL

POWER: Mr. Andersen, before we dive into how many times a day you poop, your deep cheeks, how many pounds of meat you eat and how you “haven’t had a carb in the new millennium,” let’s back track a bit. For those who have not heard you on my podcast, and for those who haven’t read your previous articles in *Power*, we need to bring everyone up to speed on what’s going on with you and your mutant ways. Tell us a little about your transition from Strongman to pro wrestling, and now into bodybuilding.

JON ANDERSON: My true love is strength and it will always be. My career as a Strongman was one of the best times in my life. I was lucky in the fact that during the time I was in Strongman, the landscape was much different. There was one point where we were getting monthly checks from IFSA. Strongman was also one big federation for the first half of my career. Now in Strongman, like many other strength sports today, there are so many federations and the sport gets watered down. Either way, this was a very memorable time of my life and I am grateful for every moment I had in the sport of Strongman.



Like many things in life, there is a time to move on. One chapter closes, another one opens. For me, a back surgery was what brought this change to the forefront. I was not ready to hang

up the lifestyle I had worked so hard to create. So at the time, wrestling looked like the best road for me to go. I had my agent create a fake wrestling resume, we sent it off to a few Japa-

nese wrestling companies and we got a bite. I really didn't know anything about wrestling going over there. My agent told me if I screwed this up, I probably would never get another shot in Japan. Seven years later I can laugh about this, but let me tell you – at the time I was shitting in my pants.

As my contract in Japan went from full-time to part-time, I needed something else to do with my spare time. If I don't have something to obsess about, I become very unhappy. I asked Acheim Albrecht if he would be my prep coach, and off we went into the bodybuilding world. Now I am hanging up my boots and putting on a very small pair of trunks – posing trunks. So ultimately, I went from a shirt shorts and a weightlifting belt, to knee-high leather boots and speedo, to a very small pair of posing trunks. The further my career goes, the less clothing I seem to be wearing.

My training has been the common thread of all this. My "Deep Water" philosophy has allowed me to change from one venue to the next without too

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much trouble because I have a mindset and a program that keeps me in great shape all the time. I am currently in the prep phase for a contest where I will shoot to win my IFBB BB pro card – which means I would win my pro card in my second contest. The larger the obstacles, the harder I work.

I am really enjoying this new venture of bodybuilding because it presents challenges I haven't negotiated too often, such as dehydration. I have always been disciplined with my diet and training, but now even more. I weigh all of my food down to the gram – not ounce, because that measurement is too large for me to be exact. During a prep, I know down to the gram exactly how much protein I am taking in per day. Currently I am eating 750g of protein per day. Not 725, not 765 – 750. I love the chase of a nice big goal. I love to test my limits. I love to test my mental capacity for pain and discomfort. And most of all, I love to try to do things that don't seem doable. This is the stuff that makes me tick. I've never understood people who



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become complacent with their lives following the rules of society. I love to say, "Break the rules, not the laws." Who cares what the neighbors think? Who cares what people in general think? And the big one: Who cares about what society thinks? You make your own choices, you pick your own path. Most importantly, you pick what you want in life. So get up set your goals and get to work.

POWER: Before we move forward, what the heck is the deal with the 750g of protein? That would be 3g per pound of bodyweight if you weighed 250. You're probably a little heavier than that, but still that's a lot of protein. Normal recommendations are 1g per pound of body weight for

people who are very active or super jacked. You sometimes hear people say 1.25 to 1.5g of protein per pound of bodyweight per day. You eat at least at double that. What's the deal?

ANDERSON: Yes, it is a boatload of protein. And yes, it is much more than what standards and recommendations say. And yes, people question my methodology. And yes, it is very difficult to stay on a diet regimen like this. And yes — and most importantly — it is unbelievably effective.

I have never been interested in following the leader. It is very difficult to find new ground when you are always the second one in line. Therefore, you need not to be afraid of trying new things and forging your own path.

This is exactly what I am all about. My philosophy of life is all about testing the limits finding new ways to accomplish goals and reaching goals faster than what was thought to be possible. Following standards or rules is the most boring thing I can think of. Just put me in a box and bury me now. You determine your future, you determine your fate. It takes uninterrupted commitment and hard work. With those two factors in place 100 percent, the only thing that stands between you and your goal is time.

POWER: That ends up being like 5 lbs. of flesh a day! What does the rest of your diet look like?

ANDERSON: I have eaten 5 lbs. a day of animal flesh for probably the last two decades. On occasion I am known to eat as many as 10 or 11 lbs. in one day. Beef is my favorite source of animal flesh. Specifically, grass-fed ground beef. I believe that it is easier for the body to digest because it is already ground up — or, as I refer to it, predigested. I will also get quite a bit of protein from omega-3 eggs. And, of course, the almighty protein powder out of convenience or post-workout. I believe that higher levels of protein are much more anabolic than what the standards indicate.

When I've experimented with really, really high levels of protein I also experienced really, really high levels of forward progress. So it's simple math for me. This part of my nutrition philosophy is ultimately what led me to squeeze all the carbs out of my diet completely. When you want to be successful, you start cutting the weak links. Protein is a necessity to any diet. Fat is also another macro that are absolutely necessary not only for energy, but for the overall health of the body. Then that leaves the carbohydrate. Once I experimented with very high levels of protein with carbohydrate removed, I soon realized that I did not need carbohydrates to function in life or athletically at a high-level. I walk around at about 300 lbs., and there is never a time where my abs are not out in full force.

POWER: Okay, so with protein jacked through the roof, what are your fat levels? Do you even count carbs, or do you totally avoid them?

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ANDERSON: Carbs are for the weak. The only thing I count is protein. I like to make sure that I have my minimum requirements per day. If I had my choice, I would eat more like 1,000g per day. However, that is a very difficult task. I try to avoid carbohydrates altogether. Unintentionally digested carbohydrates, as I call them, do tend to sneak their way in to my diet. There are a few grams in protein powder, there are a few grams in peanut butter. They're everywhere! At first it seemed like a full-time job trying to avoid carbohydrates. Once I got the hang of it, it wasn't so bad. With as much as I need to eat, any way you slice it I'm going to get about 30 to 50g of unintentionally digested carbs per day.

Ultimately, fat is what I use to control my weight and condition. A good place to start with fat is to eat about half the amount of protein you get

on a daily basis. If you feel like you are gaining too quickly, trim back the amount of fat. If you feel like you are losing weight or strength too fast, up the amount of fat. You will realize very quickly that once you get past the first three or four weeks, you will feel much more comfortable. Your blood sugar will be regulated all the time. You will never have the ups and downs that go along with unstable blood sugar. The way I see it, the carbohydrate is hands-down the weak link of the three macronutrients. Protein is the building block for muscle and can be used in excess for a fuel. Fat is a great source of fuel and essential for the body and mind to be healthy. Now, the ever-weak carbohydrate can only be used for fuel; it has no other purpose. It is the only macronutrient that serves one purpose — clearly the weak link. Once you eliminate the carbohydrate

from your diet, a whole new world will open in front of you. Your body will burn fat more efficiently and you will gain muscle faster than you ever imagined. That's the American dream inside the fitness world. Why would anybody not want to try it?

POWER: As far as protein and fat, where should some people reading this start?

ANDERSON: If you want to be aggressive, a good start point is 2g of protein per pound of body weight. I program myself even higher than that. Half of that it is a good starting point for fat: 1g of fat per pound of body weight. The fat intake is subject to how your body deals with digesting fat and using it for a source of fuel efficiently, so you need to pay attention and make adjustments accordingly. If you don't want to be quite so aggressive, you can start with 1.5g protein per pound of body weight. If you're committed to mediocrity, you can go with 1g of protein per pound of body weight.

You need to make sure you supplement good fats into your diet. Fish oil, avocado, nuts and any grass-fed animal products are great sources of good fat. The body needs a balance of fats in order to use them efficiently. You must also do the same with protein. All proteins are not the same. Make sure to have complex profile of different proteins in your diet on a daily basis. I recommend beef, chicken and eggs as solid sources of protein. Try not to rely too much on protein powders. Real food is always better.

POWER: Did you avoid carbs when competed in Strongman?

ANDERSON: The reason your bodyweight drops when you lower your carbohydrate intake is because carbs are the primary source of fuel. If you have more fat in your diet — the way it should be — you wouldn't have an unstable bodyweight based upon your carbohydrate intake. Fat is a much more stable source of fuel. Once your body adjusts to lower carbs, you will have a more stable blood sugar level. Unstable blood sugar leads to all sorts of problems. Most people don't understand that they are experiencing low blood sugar problems, such as laziness irritability and even forgetfulness. It is

very hard to perform anything with low blood sugar.

For the past 20 years I have had an extremely low- to no-carbohydrate intake and I function perform at a high level. When I was competing in strength, I used carbohydrate in certain circumstance much like a tool. Not a crutch, a tool. To me, carbohydrates are something to be used only when necessary. For example, when I was competing in Strongman and participating in a two- or sometimes three-day contest, I would use carbohydrates only to reload my system after a long day of competing. There would not be enough time for fat intake to replenish my body's need for fuel. So in those cases, I still kept my regular diet, but I used carbohydrates on top of my normal diet to reload my system. But there is no need for carbohydrate intake on a daily basis.

POWER: So what about just using something like rice, 30 to 60g three or four hours before training, to help get a pump and bloat up a little for the workout?

ANDERSON: First of all, if you're going to eat that rice it needs to be directly after the workout, not before. I guess it all comes down to this: Do you want to be mediocre? Or do you want to do something that will be challenging and force your body to adapt and grow? It takes large obstacles of any kind to make your body adapt. Ultimately, you want to force adaptation to yield forward progress. Making it easy on yourself and your body does not force adaptation of any kind.

There are circumstances where carbohydrates may be necessary. However, recovering from a workout when you have 24 hours to do so is not one of them. Let's say you were scheduled to have two or three really aggressive workouts in a single day. As we all know, that would have to be a special circumstance because the body cannot recover from that type of training day in and day out. This would present a circumstance where a person would need to eat a bit of carbs after each workout. Fat would not load into the system quickly enough for one to be ready to kick ass again in just a few hours.

Back to your question: No, I do not believe carbs should be used before



a workout. And I believe they should only be used after a workout if there is a circumstance that presents itself that makes carbohydrate intake absolutely necessary. Making gains is not about what you want to do, it's about what you should do. If doing what was easy made people big and strong, we would live in a society of big, lean people. Spend an afternoon walking through any city in America and you will see that we are not a society of big lean people.

POWER: What about all the whining about energy loss, and people saying their muscles feel flat with out carbs?

ANDERSON: Yes, they have a legitimate gripe — but the body will adapt. People who complain about something as small as feeling flat and low on energy are soft and would never make it. If you don't have the discipline to

deal with feeling flat in low on energy, then you definitely don't have what it takes to move forward in a program like mine.

POWER: You jumped into bodybuilding and already, with just one victory in a local show, people are chirping about you being a legitimate threat to win some big shows. How much do you weigh on stage, and what's the most you ever weighed while still looking lean?

ANDERSON: There is no question that my 20-plus years of intense, heavy training has given me the base to move into the bodybuilding world with some conviction. I take one step at a time. The next step for me is to win my pro card. But I have looked much further into the future and am wondering how far I can take this bodybuilding thing. The bigger the obstacle, the harder it makes me drive

and work.

I was about 275 before I started to drop water 36 hours before the show. I dropped about 10 lbs. of water and was stage ready. I felt like a shrimp, but in the bodybuilding world, 265-ish on the stage is huge. Just 48 hours after the show I had already gained 20 lbs. It's crazy how the body can change so rapidly. It really intrigues me. I believe I will come in a bit heavier and drier in July.

POWER: It's probably frustrating to bodybuilders who have spent so much time focusing in on bodybuilding, only to fall short of your on-stage, jacked-and-tan weight of 265. Why do you think powerlifting and Strongman have given you an advantage in bodybuilding? Also, are there any drawbacks to all that heavy lifting, physique-wise?

ANDERSON: Many of these bodybuilders don't have the muscle density that lifting heavy weights and doing Strongman gave me. A perfect example would be the thickness in my back. Many bodybuilders have a visible Christmas tree in the mid to low back, but no real muscle density, no thickness. My contest weight is more than their off-season weight.

There have been a few drawbacks from all the years of heavy training. The thing that I notice is the width of my trunk. Over the years my obliques have developed much more than if I was lifting just for aesthetics. Thank God I have very wide shoulders and upper back to offset all of this. I am also doing a few different abdominal exercises to narrow my waist, as well as working on the sweep of my quads to create the hourglass effect.

Pittsburgh in July will be my second show, and I will be bigger harder and more shapely than I was for the Governor's Cup. I am not the guy who does exceptionally well the first time I do anything. I am a creature of habit and I learn through repetition.

The question I ask myself daily is, How far can you take this, and how quickly can you get to a high level in the bodybuilding world?

POWER: You have some insane records. What's the Strongman deadlift that you killed – 500 lbs. for how many reps? Share some other terrify-

ing examples of your extreme lung capacity.

ANDERSON: Funny you say that, because when I look in the mirror I still see a fat 13-year-old kid. Deep Water was largely developed based upon me not having much to start with, and here I am, three decades later. My training has been brutal almost from the beginning. I never thought, I want to squat 405 for three sets of five. I thought, How many times can I squish 405 in one set? Based upon that style of training, I was able to achieve some pretty crazy stuff.

(side note: all lifts were performed raw, with a belt.)

Squat: 700x10 reps; 600x16 reps; 500x26 reps; 405x44 reps.

Front squat: 405x21 reps.

Deadlift: 500x21 reps performed in 60 seconds, which still stands as NAS national record.

Bench press: 585x1 reps; 405x19 reps.

Narrow grip bench press: 545x1 reps; 315x26 reps.

Standing press: 405x5; 315x17.

Power clean: 220x101 reps (no, that is not a typo, but it may have been the most painful 10 minutes of my life).

This style training is what really keeps me alive. You are not only training your body, you are training your mind. It takes a great amount of preparation and mental focus to drive yourself through pain thresholds to accomplish sets like these. After doing this for so many years, my mind can take my body to a point of failure much easier than when I was young and developing the Deep Water philosophy and techniques.

POWER: Is it important for you to record your rep records and maxes?

ANDERSON: I have never had a training log. I have never recorded my training or personal records. If your goal is to play in the NFL, do you need to write down your goal? Hell no, you don't. You live it. You eat it. You sleep it. You dream it. If you can't remember your victories and defeats in the battles, then you are not truly committed. When I set my goal to squat 405 for more than 40 reps, I did not have to write that down to remind myself what I was trying to achieve. After a brutal set, I was lying on the floor trying not to black out, choking

back vomit, and it was very clear to me why I was in such pain. You don't forget why you do it. Pain is a great reminder of your goal and what you're trying to achieve. Personally, when I am truly committed, I start to have dreams about reaching my goal.

POWER: No doubt Power readers are now on their way to train. Get us hyped up! Give us a speech to help us squeeze the most out of our next workout.

ANDERSON: At the age of 42, I still commit myself to large workloads and extreme levels of hard work. In my quest for my bodybuilding pro card, I have committed to getting up at 4 a.m. every day. There is no weekend in my world.

There's no question that recovery plays a big role in training and making gains. However, what I think people fail to realize is the body will adapt to what ever you put in front of it. People use the word "over-trained" as if it's a way to stay on the couch when they should be headed to the gym. Through years of training like a madman, my body adapted. Now I am able to stomach workloads most people cannot imagine.

People don't understand the benefits of training their bodies, minds and souls all at the same time. True commitment is not just a physical thing; it comes from within. It is a spiritual experience. As you develop the mental toughness and the overall feeling of mental immortality, you start to feel as if you can accomplish anything with hard work. That's where the magic happens. Once you turn this corner of mental toughness, anything becomes possible with true commitment.

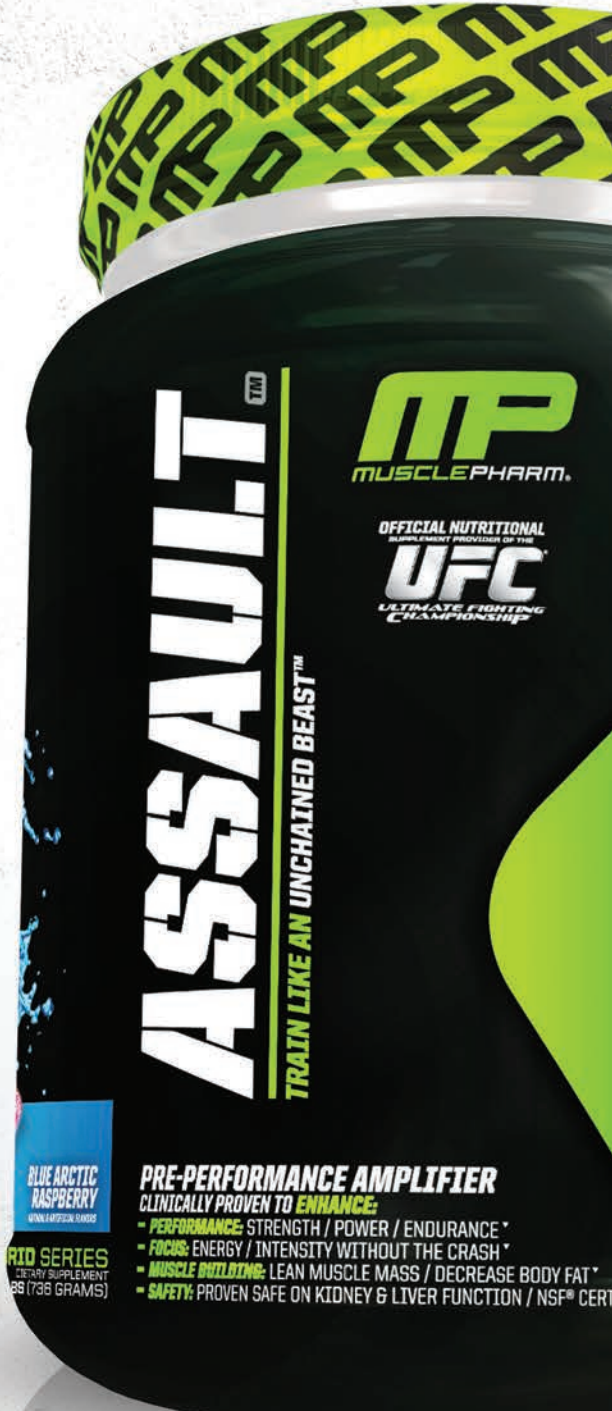
My challenge to all of you reading this is that you step up your game by challenging yourself every single day whether it's with diet, strength or conditioning work. Don't worry about the science of this or that. Put on your blinders and don't worry about the pain and soreness of tomorrow.

Out-work others around you, be positive, be patient, believe in yourself and the hard work that you put in, make your own path, blaze your own trail, and swim yourself into Deep Water with no regard to how to get back to shore. **PM**



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POWERLIFTER TO BODYBUILDER

BY SHAWN FRANKL

Training as a powerlifter under the great Rick Hussey and Big Iron Gym was one of the greatest opportunities in my life. Rick built powerlifters like a mechanic built fast, powerful engines. As a powerlifting coach, he knew how to get you to move weight from A to B using all of the power and explosion that your body could release, and do it time after time in that same sweet groove. It was like your body was a piston, performing each rep the same way every time.

Rick taught me that the way to keep increasing your strength was to always train the weaker parts of your lifts. In return it would improve your entire lift. The weak areas might move around in time, but if you adjusted your training to your weak spots, you could keep getting stronger. While powerlifting, we trained heavy every workout, five days per week, and we always handled heavy weight on all of our movements. Most of our reps were doubles and singles on squats and bench press. On deadlifts it was a bit different.

I trained with more volume at the beginning of my training cycle and tapered down the closer I got to a meet. We always tried to lift explosively because the faster you can get the weight from A to B, the more power you have.

My diet while powerlifting was pretty much eat as much as I want of whatever I want, but make sure to get as much protein as possible every day. There really wasn't much of a strict routine. I just knew where I wanted to keep my bodyweight and I tried to keep it in that range, depending on what weight class I was trying to make. I got to eat all the goodies. Ice cream was always at the top of my list.

I really love powerlifting and always will, but when Rick passed, I just didn't have the same desire to do it anymore. It just didn't feel the same without him, and I had been getting injured quite a bit in the last two years. I felt then that I was almost lifting for Rick. I know how much powerlifting meant to him, and he once told me he was living through me. If he were still here today, I'm sure I'd still be doing it.

Then there was bodybuilding — a new adventure! It was something that I'd always wanted to try. I've been focusing on bodybuilding now for almost three years. This is my journey.

DIET

I decided to do a show and started



dieting for it. I stuck with the diet for about a month, but it was clear that I was dropping weight too fast. I was losing muscle, I felt flat and I just wasn't eating enough. At that point, I got in touch with a friend of Rick's named Todd Smith. He had been Mr. Natural Olympia several times, so I jumped at the opportunity to work with him. Todd took me under his wing and shared a lot of his training and diet knowledge with me.

Todd's way of dieting was mainly about food choices. He wants your stomach to do a lot of the work. A lot of people have you start out eating clean and doing cardio, but Todd likes to get your stomach and your body working for you so that you don't have to do as much cardio and so that you can keep as much muscle as possible. He believes in making the smallest changes in order to get the best results. He set up a baseline diet for me, which included all of the typical bodybuilding foods. For protein, he had me eat steak, chicken, fish, eggs and ground turkey. Carb sources were oatmeal, cream of wheat, sweet potatoes and brown rice. And of course, I ate all kinds of greens: broccoli, asparagus, spinach, etc. These foods are staples in my diet, both in the offseason and going into a show; Todd simply adjusts the amounts.

Under Todd's guidance, I started eating more food and my muscles filled back out, and at the same time I was getting leaner. In fact, I'd never eaten so much food before. I had to work up to eating that frequently and in those portion sizes, that way my body could recover from workouts and put on muscle. I was eating a lot of food every couple of hours, so my stomach was always working and burning lots of food. The eating really is the hardest part about bodybuilding.

So that was the baseline diet. From here, Todd made small adjustments as the show approached, lowering fats and carbs. He didn't lower protein too much; he just opted for different sources. For example, he had me switch from steak to chicken and then to fish. A lot of times people make drastic changes, but Todd believes in making the smallest amount of change in the diet to yield the greatest amount of change in the body. This allowed me to lose fat, but fill out at the same time. He threw in cardio toward the end as a final step for getting ready for the show. That's another thing: When people do cardio all the time, it loses its effectiveness. When they stop doing it, they gain weight. By saving cardio until the end, it's more effective. Plus, no one wants to do cardio all the time.

I dieted for a total of 20 weeks for my first show. I came in as a light-heavyweight, weighing in at 190 lbs. (the upper limit is 197). I placed first in my weight class, although I didn't win the overall. I felt that, over the course of the diet, I was able to put on muscle while losing fat, mainly because

I was eating so much.

I did a second show where I dieted down to the middleweights, weighing in at the upper limit of 176 lbs. I did have to lose some muscle to do it, but I still won my weight class. I just wanted to see if I could do it because I knew I wouldn't be able to get down to middleweight again, since my body would keep growing due to the way I'm eating.

Looking back to my powerlifting career, I never realized how much eating correctly could have helped me. It helps your muscles recover faster because they're getting the nutrients they need. I could have held more muscle and less fat. I'm about 220 right now, which is about the biggest I

ever was while powerlifting, but I look like a different person. As a 220 powerlifter, I was bloated and I have no idea what my body fat percent was. Now at 220, I'm probably 9 or 10 percent body fat, and I look like a bodybuilder.

Plus, because of the kinds of food I'm eating now, I feel healthier. When I was powerlifting, my blood pressure was pretty high. All I kept track of was my protein. Beyond that, I'd eat anything, including a lot of bad things, like sugar and ice cream. When I first cleaned up my diet, my body craved all of the bad foods I used to eat. But after only a short period of eating healthy, I didn't crave the bad stuff anymore. When I did have cheat meals, I couldn't eat that much bad food or I would feel

sick. I remember eating so much junk after my first bodybuilding show that I was up puking all night. I just couldn't stop eating because it tasted so good. That didn't happen again after my next show! Don't get me wrong, I have cheat meals, but usually Monday through Friday I'm pretty consistent. Overall I feel much healthier and it has become a part of my lifestyle.

TRAINING

Training-wise, one of the hardest parts of the transition was learning how to go to failure. I was so used to moving weight from A to B, as opposed to focusing on keeping all of the tension on my muscles the entire lift until I couldn't do any more reps, then using a spotter to do forced reps. While I did do some isolation movements when I was powerlifting, the focus was always on moving as much weight as I could. I've learned that bodybuilding is all about bringing as much blood into the muscle as possible so it can grow. I've slowed down and I focus not just on pushing the weight up, but on controlling it down, flexing the muscle as I'm pushing it up, and then squeezing at the top, always keeping tension on the particular muscle that I'm trying to develop. Most people don't realize how important the up, down and squeeze of each rep are. Before, I'd go as heavy as I could and aim for a certain number of reps, but I've since learned that I can

“LOOKING BACK TO MY POWERLIFTING CAREER, I NEVER REALIZED HOW MUCH EATING CORRECTLY COULD HAVE HELPED ME. IT HELPS YOUR MUSCLES RECOVER FASTER BECAUSE THEY’RE GETTING THE NUTRIENTS THEY NEED”

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- Six rows of lock-stitched, corrosive resistant, hi-density nylon.
- The edges of the belt are finished with refinement but not rounded. Rounding of the edges lessens the effective width. Therefore the complete competition legal width is maintained in the Forever Belt™.
- Finished with top quality, fine suede providing non-slip surface.
- Does not turn soft and fold over as another brand's belt tends to do. Conforms to your body shape over time and forever stays rigidly supportive.
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make just about any weight effective by doing the rep strictly and by flexing throughout the entire movement.

For powerlifting we did singles, doubles and triples. Now I do reps from 10 to 12, and up to 20 for leg movements, but the reps are performed differently. I'll use the leg press as an example. The key is to not lock the legs out at the top because that takes tension off the quads. I'll lower it under control, use my muscles to stop the weight, then push it up under control and stop three-quarters of the way up. When I'm working my quads, I want the tension on my quads the whole time. You have to fill up the muscle with blood and stretch out the fascia. It has to hurt. I do this with all my isolation movements.

That said, my body has always responded well to heavy lifting. I still need to handle heavy weight on my main movements like squats, bench press and deadlifts. And I'll still do some of those in a powerlifting way, moving weight from A to B, but my reps are between five and 10. This keeps the density of my muscles and it helps me keep separation in my muscles. Of course, after I do those lifts I do lots of higher volume sets on isolation exercises in order to drive blood into the muscles and force them to grow. By combining training aspects from both powerlifting and bodybuilding, I'm able to get full, dense, separated muscles.

It's hard to compare my strength levels now to what they were when I was powerlifting because I never really max out, I don't train as heavy as I did when I was powerlifting and I don't use any gear. I don't go as heavy because I don't need to — although with deadlifts, I still pull heavy enough. I've done 735 for a triple, whereas with powerlifting, my best was 780 in a meet. But when I train heavy now on squat and bench, I'll do five to 10 reps. I'll try to go as heavy as I can, but it's not as heavy as I could do for one to three reps. So I can't really compare.

I've recently started doing some raw bench meets. My good friend Rob Luyando introduced me to the Relentless powerlifting meet, which is a meet to raise money to support kids with life-threatening illnesses. When he asked me to do this meet, I couldn't say no. For me it is all for the kids and putting smiles on their faces for the short time we get to interact with them, and letting their families know that there are people that care about them and their situations. At the same time, I can't help but think of my great friend and coach Rick Hussey who passed away three years ago from cancer. I know he is smiling down on us as we lift for a great cause, and I will always lift for him as well when I get up on the platform.



Relentless Detroit was in November. I only trained for a month for it. Before then, I'd been retired from powerlifting. I did pretty decent — I weighed in around 216 or 217 and ended up benching 540 raw. Next up I'm doing the Relentless meet in Minneapolis. I've had longer to train for this one, so I'm hoping to bench closer to 570. My raw bench is almost as strong as it was before, probably within 20 or 30 lbs. But I'm getting older, too.

As I mentioned before, I was getting injured a lot in my last two years of powerlifting. Now that I'm bodybuilding, I'm still getting injured because I still train hard, but it's different. When

I was powerlifting, every day when I got out of bed my muscles had a deep, bad, hurt feeling, like I'd been hit by a truck. I felt deep, to-the-bone sore, like tendons. But now, my muscles just feel really sore normally (except when I tear them). Now, I feel exhausted when I leave the gym and it's my muscles that feel sore, but not my bones and tendons (except when I push it too far). I need to get better at listening to my body and not doing that crap.

Even with all that I've learned about training for bodybuilding, I don't know that I'd change anything with how I trained for powerlifting. What we were doing worked, it just beat the hell out of you. It's like playing in the NFL. No matter how you train, after 10 years you're going to be beat up. My goal at the time was to be the best, and my training got me what I wanted. I'd like to say that I would have taken more down weeks, but what if I hadn't accomplished what I did? My training worked, and I continually got stronger from year to year. But the heavier you go, the more beat up you'll get, and that's a fact. Especially considering that I was a smaller guy, I wasn't a 300-plus-pounder.

For me, all of this is about more than just powerlifting or bodybuilding. When you commit to something and you say you're going to do something, you need to finish it. I don't care what happens, you need to follow through. Case in point, about two or three weeks out from my first show I tore part of my quad while squatting 550 for reps. My leg was all black and blue, from the top of my leg down to my calf. I had them paint over it so you couldn't tell, but unfortunately my leg didn't have any definition because it was swollen. No matter. If you tear one quad, show the other! And that's what bodybuilding is all about: hiding your weak spots and showing your good ones. It worked, because I still won.

When it comes to competing, you'll never be satisfied with where you are. You want to be at your best, but you'll never be there. But you still need to do it. **PM**

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BUILDING MUSCLE AND SHREDDING FAT

By Michael Cazayoux, B.S., CSCS, USAW



Everyone wants to get jacked and strong. Very few want to get there and look like a fatty. It's not an easy task to accomplish. In the words of Chris Farley, "I know from experience, dude, if you know what I mean." Before I tell you how to get jacked and strong, here's my story.

I grew up in Louisiana playing football and baseball. I also competed in powerlifting and weightlifting during high school, but I recorded no noteworthy numbers. I had a hard time putting on muscle due to drug issues. After moving to Utah and getting some treatment, I was introduced to CrossFit. I was 160 lbs. and hadn't lifted in 18 months. Over the next year and a half, I gained 25 lbs. of muscle. At 185 lbs., my deadlift one-rep max went from 385 to 515 lbs., and my back squat one-rep max from 315 to 425 lbs. The first year I did CrossFit competitively, my team (Ute CrossFit) placed ninth at the International CrossFit Games in Carson, Calif. In 2012 and 2013, we placed first.

I've learned from legendary weightlifting coach Gayle Hatch. I've started a business with seven-time USA World Team weightlifter Matt Bruce. I've worked in strength and conditioning at Southern Utah University and LSU with teams including soccer, track & field, football, gymnastics, volleyball, basketball and tennis. I've trained powerlifters, weightlifters, CrossFit competitors, sedentary individuals and athletes from just about every sport. Now I'm writing a thesis on different periodization models to complete a master's degree in sports performance.

With that out of the way, let's talk about how to get jacked and strong.

STRENGTH

To build strength, you must recruit the highest threshold motor units. These are the big mover muscles of the body, like the gluteus maximus (butt) and gastrocnemius (calves). To do this you have to either move near max loads or move sub-max loads very explosively. And you

must do this often.

Typically, this is done by performing sets of one to five reps at high intensity. Very simple. If you pair consistent training in these rep ranges with adequate rest and recovery, you will get stronger.

HYPERTROPHY

Getting bigger is simple, too. Rule No. 1: Consume more calories than you expend. Rule No. 2: Tear up a bunch of muscle. Here are some details.

Eat excess calories. For protein, I suggest at least 1.7-2g/kg body weight. These calories should come from real food. Shakes do not count toward this calorie count.

Tear up a lot of muscle tissue. It is widely agreed upon by strength and conditioning professionals that the best rep range to stimulate muscle growth is six to 12 reps per set. The recommendations for number of sets and rest vary. The German volume 10 sets of 10-type training might be the most potent stimulus for hypertrophy, but we need to train

heavy and often to gain strength. That is why I like three to four sets for this type of training. I would also suggest a 30- to 60-second rest for single movements and a 60- 90-second rest for supersets.

Finally, when trying to gain lean muscle, you should never go too long without eating. I suggest keeping mixed nuts and dried fruit with you at all times. This packs a lot of quality calories.

FAT LOSS

The fastest way to lose fat is to stop eating, but the fastest way to do it without dying is to stop eating carbohydrates. Since glycogen is an energy reserve in the muscle of stored glucose (carbohydrates), you should probably

looks like. On this program, you will be lifting four days a week, twice a day, for less than an hour.

For beginner and intermediate lifters, I recommend following this exact program for a month. After a month, change up some of the movements. For advanced or elite lifters, I recommend following this for one or two weeks, then changing some of the movements. When doing so, keep a few things in mind:

- In what direction am I pushing or pulling the weight (i.e. plane of motion)? For example, a pull-up is a vertical pull and a row is a horizontal pull.

- What part of my body am I targeting? Many in this program are very compound movements that work multiple

phosphate system. This is the primary source of energy for max strength and power lifts. The PM session is dedicated to training the glycolytic system. This system is the primary source of energy for strength and power endurance. It is also the energy system we must focus on to increase lean muscle mass. On this program, you can definitely combine the two sessions, but your max strength might take a little longer to increase.

MONDAY: MAX EFFORT LOWER

AM session:

1. **Work up to a three- to five-rep max on the following movement** (no more than five sets building up):
 - a. Week 1: Front squat.

“TO BUILD STRENGTH, YOU MUST RECRUIT THE HIGHEST THRESHOLD MOTOR UNITS. THESE ARE THE BIG MOVER MUSCLES OF THE BODY, LIKE THE GLUTEUS MAXIMUS (BUTT) AND GASTROCNEMIUS (CALVES)”

eat some carbs unless you want your performance to drop down to the level of a 7th-grade school kid.

Now, here's the problem. Carbs are generally anabolic, which means they help both your muscle and fat cells grow. So here's how you can pump those carbs straight into the muscle cells (or at least predominantly): Eat them immediately after a workout. After a strength training or interval type workout session, your muscles are starving for glycogen (sugar found in carbohydrates). There is much debate on how long this window lasts. However, your best bet is to just get those carbs down the hatch as soon as possible. On rest or active recovery days, try to eat as few carbs as possible. Try to eat as many vegetables as possible on these days.

For the following workout plan, I would recommend getting about 50g of carbs after each morning workout and 75g after each afternoon workout. If you want to get more specific, I would recommend roughly .8 to 1.0g/kg/lbm. The more total reps you perform, the more carbs you will need. These numbers are based on your lean body mass rather than your total body weight.

THE PROGRAM

Here is what a program designed to get bigger, stronger and leaner actually

looks like. On this program, you will be lifting four days a week, twice a day, for less than an hour. For example, the deadlift targets the posterior chain (back half of the body) and the front squat targets the anterior chain (front half of the body).

By constantly varying the max-effort lifts, you may be able to avoid the overtraining state altogether. However, due to the relatively high overall load of the program, I recommend taking a de-load week at least once every month. For advanced lifters, you may have to de-load once every three weeks to avoid overtraining. During a de-load week, drop the intensity down to 75 percent or below on the max-effort days. Often times, people will hit new records following a de-load week. That is just one more incentive to take one.

I recommend training the upper and lower body on different days for athletes who need to gain lean muscle mass. Very simply, this allows you to accumulate a much larger total load per muscle group/joint than if you did full body workouts.

Research has shown that power output decreases after roughly one hour. That is one reason I recommend splitting up your training sessions into shorter blocks. This also allows you to train different energy systems on different sessions. In this program, the AM sessions are dedicated to training the creatine

- b. Week 2: Trap bar deadlift.
- c. Week 3: Olympic-style back squat.
- d. Week 4: Rack pulls.

2. Three sets of

- a. Barbell step-ups (five reps)
- b. Barbell hip-ups (five reps)

3. Accumulate 50 leg lifts hanging from a bar with two-second eccentric. You can break these up into any set/rep scheme you like, just make sure to get all 50. Control the legs down for two full seconds on the way down for each rep.

PM Session: Repetition lower:

1. Four sets of

- a. Bulgarian split squat (six reps) with front foot elevated (four-second eccentric).

- b. Glute-ham raises (six to eight reps).

2. Three sets of

- a. Leg press (15 to 20 reps).
- b. Reverse hyperextensions (10 reps).

TUESDAY: ACTIVE RECOVERY

Option A: Do nothing. This is absolutely acceptable.

Option B: Sled walks. Perform a light sled drag for 400 meters. Increase the volume over time.

Option C: Low and slow cardio. Bike, row, swim, elliptical or any other low impact device for 45 to 90 minutes at a heart rate between 130 and 150 BPM.

Option D: Low impact interval training, but only if you are still feeling fresh.

Pick from a bike, row, swim, elliptical or any other low impact device. Use a one-to-one work to rest ratio for no more than 20 minutes. So you could go 30 seconds hard followed by 30 seconds very slow for 10 minutes.

WEDNESDAY: MAX-EFFORT UPPER

AM Session:

1. Bench Press (max set of three to five).

- Week 1: Fat bar bench press.
- Week 2: Reverse grip bench press.
- Week 3: Floor press.
- Week 4: Narrow grip bench press.

2. Four sets of

- Dumbbell bench press (four reps).
- Bent-over rows (four reps).

3. Three sets of

- Chin-ups to the sternum, weighted if possible (five reps).
- Weighted dips (six reps).

PM session: Repetition upper.

1. Four sets of

- Skullcrushers to the chin with a four-second eccentric (six to eight reps).
- Inverted row with four-second eccentric, weight to chest if possible (six to 10 reps).

2. Three sets of

- Weighted pushups, plate on back or weighted vest if possible (15 to 20 reps).
- Dumbbell curls on incline with four-second eccentric (eight to 12 reps) with an 45-degree incline, back on bench.

3. Three sets of six reps each YTW on incline holding light dumbbells (45-degree incline with chest on bench).

THURSDAY: ACTIVE RECOVERY

Option A: Do nothing. This is absolutely acceptable.

Option B: Sled walks. Perform a light sled drag for 400 meters. Increase the volume over time.

Option C: Low and slow cardio. Bike,



the entire time. Do without weight if this is too hard. Rest as needed.

PM Session:

Repetition lower

1. 1¼ front squats with four-second eccentric (four sets of six reps)

2. Four sets of

- Walking dumbbell lunge (eight to 12 reps).
- Single leg deadlift with barbell (10 reps).

3. Monster walks, each direction with moderate band tension (three sets of 10 reps).

SATURDAY: SPEED DAY UPPER

AM Session:

1. 9 sets of 3 reps of Speed Bench with chains (vary grip every set):

Week 1 at 50%; Week 2 at 55%; Week 3 at 60%; Week 4 at 50%

- Set 1 - Index finger on outside of smooth.

- Set 2 - Thumb length from smooth.

- Set 3 - Index finger on knurling

2. 3 sets of 5 reps of Shoulder Press

3. 4 sets of

- 5 reps of Single Arm Dumbbell Row

- 6 reps of Dumbbell Incline Bench

PM session: Repetition upper.

1. Max-rep chin ups (three sets).

2. Three sets of

- Weighted dips (eight to 12 reps).

- Dumbbell Cuban press (eight reps).

3. Three sets of

- Dumbbell skullcrushers with four-second eccentric (eight to 12 reps).

- Straight bar French press with four-second eccentric (eight to 12 reps).

4. Three sets of

- EZ bar curl (with four-second eccentric) (eight to 12 reps).

- Ab-wheel rollouts, or use a barbell with small plates on each side (10 reps).

PM

row, swim, elliptical or any other low impact device for 45 to 90 minutes at a heart rate between 130 and 150 BPM.

Option D: Low-impact interval training, but only if you are still feeling fresh. Pick from a bike, row, swim, elliptical or any other low impact device. Use a one-to-one work to rest ratio for no more than 20 minutes. So, you could go 30 seconds hard followed by 30 seconds very slow for 10 minutes.

FRIDAY: SPEED DAY LOWER

AM Session:

1. Speed box squat (eight sets of two reps)

- Week 1 at 50 percent.

- Week 2 at 55 percent.

- Week 3 at 60 percent.

- Week 4 at 50 percent.

2. Reverse lunge with front foot elevated, bar on back (five sets of three reps).

3. Romanian deadlifts (three sets of five reps).

4. Accumulate three minutes in a forearm plank with a 25- to 45-lb. weight on your back. You must keep low back pushed up against plate for

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INJURY & FORCED SPECIALIZATION

A CASE STUDY IN WINNING

BY ROBERT L. WANAMAKER

I've written before about living with setbacks and trying to make progress in spite of them. Call it "working through" or "working around," whatever you like. Sooner or later, we all seem to get a ding or two here and there, and have to avoid working a particular muscle group.

My most recent "workaround" took place after tearing my left hamstring in a Strongman competition. During the rehab period, the trick was to find a way to make progress in something, somehow, despite the injury. Full body work was clearly not an option. In fact, it's pretty tough to even clean a log or push press it with a bum leg.

I decided to work on my incline log press. This event is often included in Strongman competitions, which take place indoors, in the cold months. Pressing, in general, has always been my weakest strength, and incline log is no exception.

Over a three-month period I managed to increase my incline log press from a 1RM of 275 lbs. to a 1RM of 300 lbs. — a roughly 10-percent increase in performance. This was not a case of "newbie" gains or due to "muscle memory." This was a lifetime PR, and I've been training consistently since 2006. I'm a terrible presser for a number of reasons, mostly structural. Not only did I set a lifetime PR, but I did it in record time. Normally, 10 to 12 weeks of training would see no increase in my pressing.

LESS IS MORE: SPECIALIZATION

Part of my success, no doubt, was due to specialization. I batted things around with Mike Tuchscherer of Reactive Training Systems, and we decided that for 10 to 12 weeks, while I healed, it was paramount to keep all loading off the hamstrings. I would certainly not do any training requir-





ing legs, and would even avoid standing while overhead pressing for the most part. Any standing overhead work would be very light, and I would stop immediately if I felt any pain in the hamstring.

Notice that I didn't just add more exercises. My specialization routine forced me to cut back on all other work. I'm beginning to think that there's something to the phrase "you can't have it all."

I have a few reasons for thinking this was important: First, I've struggled with my pressing and never made quick gains. I've tried many different things: bands, chains, boards, bottom-up pin presses, various degrees on the incline bench, different accessory movements. Sure, I've progressed, but it's hard, slow work. To suddenly add 10 percent to a problematic lift means that something changed.

Another reason is what other people, non-lifters and lifters alike, started telling me in October. I started to get a lot of compliments from random folks in my daily life – "Hey, you've put on size," or, "Your shoulders have grown." The 20-something medical assistant at my neurosurgeon's office noticed and complimented me on how much size I had added. There's absolutely no feeling like being middle-aged and getting a compliment from a young hot-

tie to put some meaning into your life.

So, pretty clearly, there was some important change in my life that permitted me to suddenly add some upper body mass and strength. Going through my logs, the only major change I made was the forced specialization.

LOADS AND DE-LOADS

Another indicator was the feeling of not having to take a de-load during this period. I struggle a bit with de-loading weeks. During a de-load I start to feel recovered, but I also feel like I'm taking a step backward in certain areas, especially in my ability to strain. One thing I noticed during this 10-week period was that I never really felt like I had to fit in a de-load.

That's not to say I didn't work hard. By the end of the 10-week program, my shoulders were starting to ache quite a bit. More than once, they woke me up at night throbbing with pain.

The specialization, which brought about a decrease in stress and volume, may well have brought about an increase in recovery. I watched my diet fairly closely and made sure to not gain weight, even though I was not training nearly as much. I want to mention these factors because you might be able to manipulate differently – and better – than I did. For example, you might work on



This cue — keeping the elbows together and driving the weight back instead of up — helped me consistently activate the larger muscles of the upper back so that my shoulders weren't the only movers. It doesn't look like a huge difference on video, but it was easy to feel when I got it right.

Some of the incline log work involved using chains; I typically added 60 lbs. of chain and adjusted the feeders so that only the last link was on the ground at lockout. Chains are great; the progressive resistance helps teach me how to focus and grind.

Other exercises included dumbbell pressing, incline bench and incline benching off pins, with a dead stop on each rep. We didn't include much in the way of side laterals or any other exercise really geared for hypertrophy; to learn to press, I pressed.

Pulling day was kept easy.

Some 18-inch deadlifts done with high reps. Seated, chest-supported rows; pulldowns; and some dumbbell rows largely rounded out the pulling. For the most part, reps were kept at eight and above on these exercises.

I also felt free to back off on pulling day whenever the hamstring whined; if it whined during warm-ups with 135 lbs. on the bar, I was done. If it whined on rep five of a 10-rep set, I stopped. I wasn't pulling for strength, or hypertrophy. I was pulling to keep my body moving a bit, to keep my hips mobile and not totally lose the feel for the movement.

WRAPPING IT UP

I learned a few things from this cycle. From a programming perspective, I learned that specialization can yield good results as well as giving the athlete a needed break to recover from injury or over-reaching. From a psychological standpoint, my desire to train full-body and hard was higher by the end of this cycle than it had been in quite some time. Absence doth make the heart grow fonder, I guess.

Injuries are inevitable in strength sports. Despite all our preventive work, sooner or later most of us will face a potentially sidelining injury. I learned that by resetting my expectations and goals, I was able to continue training with an injury, and set a personal record.

I'll take that as a win. **PM**

increasing your recovery capacity through the basics of more sleep, duct-taping your whiny mother-in-law's piehole shut, otherwise removing some of life's little stressors, or eating more healthy food.

However, as a 51-year-old athlete, it's entirely possible that I needed the decreased overall stress and volume in order to make the gains I did. This is why we all keep training logs, monitor our progress and tweak our approach. It's also why all of this is a multi-year endeavor!

SO, WHAT DID I DO?

As you probably guessed, Mike put together a 10-week program for me. Distilling the program down to its essence: it was two pressing days a week and one limited pulling day. Intensity and stress were kept in check; we only hit "high" level marks a couple times.

That means reps were generally kept high: nothing lower than three (until testing day) and never an all-out effort. Of necessity, very little cardio was done during this period aside from easy walks with my dogs.

Pressing days revolved around a main lift and a few supplemental lifts. One day focused on incline log pressing as the main exercise. The second day focused on typically seated military pressing as the main exercise.

From a technique perspective, I really worked on activating my traps and upper back during the pressing, and on keeping this activation constant from exercise to exercise. My military pressing, for example, wasn't strict: I didn't let my elbows flare.

1076.9 Pound Bench. Any Questions?



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POWERLIFTING AND ITS IMPORTANCE TO THE POPULATION

BY MATT R. WENNING, M.S. SPORTS BIOMECHANICS

Photo credit: Ken Richardson

In my 20-plus years of professional lifting, coaching and helping many achieve their individual goals and sporting endeavors, I have learned one major thing: Powerlifting and its movements are for everyone, regardless of their ability and needs. There are no machines that replace the squat, deadlift or bench press. Many may argue this point, but I'm here to educate those people.

POWERLIFTING MOVEMENTS MAKE YOU STRONG

This may sound like a general statement, and it is. But many things come back down to one thing: strength. If you are not strong, your limits are finite. Furthermore, your injury level during certain tasks, moving, lifting, running, etc., is at a much higher rate. Being strong is sometimes the only way to combat an environment that is less than optimal. And those situations are all around us, every day. People argue that squatting and strength training are dangerous. I'm here to argue that being weak is dangerous.

This environment is no place to be weak. With this much equipment, endurance will only get you so far. Being stronger may not only help you move, but it could save your life.

Let's face it: our American population is getting bigger. Most fire departments and hospitals deal with this on an hourly basis. Unfortunately, our strength level in these fields is lacking, which increases injury rates. My local fire department in

Dublin, Ohio, has an average deadlift of 320 lbs. across 130 firefighters and medics. How strong are the people who take care of you?

Whether moving objects in the garage, the house or helping out friends, we have all been put in situations where our strength is tested.

The real point is that, regardless of your needs and/or background, strength at a higher level will allow your life to become easier, even if it's as simple as getting out of a chair. Remember that strength allows us to keep doing the easy things in life. As we age, our strength decreases after around 35 years old. What you build from the ages of 25 to 40 is what you will slowly wean off of in your later years. Many of the clients at my facility want one thing: to perform better at the game of life. Strength is an

asset regardless of your goals.

POWERLIFTING MOVEMENTS HELP COMBAT AGING AND DECREASED TESTOSTERONE LEVELS

Another great benefit to back squats, deadlifts, etc., is that it builds a beefy testosterone base naturally. After a heavy squat session, the body tends to secrete loads of testosterone and other muscle building components in order to heal the vast tissue damage. Although everyone's testosterone levels are different, you can optimize your own levels by making sure you're doing the big, strong movements. But going in and doing your general



circuit of machines may have only marginal results. The real changes involve the large movements of powerlifting at moderate and high intensities.

Powerlifting movements increase ligament, tendon and bone strength while decreasing arthritis

We have all seen the commercials for osteoporosis (bone density issues), arthritis and joint medication. The real answer is that joint health may be dictated by more joint movement, as well as increased ligament and tendon

density. In my opinion, the only real way to get lasting results is to be a relatively strong squatter, deadlifter and bencher (compared to bodyweight), and to train using large multi-joint movements for your entire life.

My good friend and client Earl Bruce, former head coach of Ohio State University's football team, is 81 years old. When he started with me, his arthritis was so bad that I considered turning him away from training.

But with my continued drive to

challenge new obstacles, I took on the task. Earl was frustrated after four knee operations and multiple post surgery issues due to aging joints, and a lack of strength. After six months of training (mostly powerlifting-specific), his knees are free from aggravation and he is capable of dragging sleds in excess of 200 lbs. for 10 minutes straight, not to mention squatting well over his bodyweight, and he can now get out of bed without pain. Powerlifting helped an 80-plus-year-old man with little weightlifting experience have a better quality of life. It can for you, as well.

POWERLIFTING FIXES IMBALANCES

Strength training in a powerlifting fashion helps to create better posture throughout your life. Some of the most fit and physically sound older people I have met are the ones that used to be great lifters. Why is this? Powerlifters know the value of evaluating posture and structural weaknesses on a daily basis. Great powerlifters are masters of exposing weak muscle groups and making them better. Most other types of training ignore weak points and play on genetic strengths to complete the tasks.

Powerlifting movements are required to have minimal to no weak points, so most issues are caused by weak posterior chain muscles (lower back, hamstrings, glute activation, etc.). The amusing part is that these are the same muscles that most people are weakest in. It only makes sense to use exercises that will strengthen these areas for our future health.

For most people, strength training is a means to better health. The only way to optimize this is to train your weak points and make sure you are attacking your largest muscle groups. A proper powerlifting based movement routine will not only make you stronger in lifting movements, but also any activity where strength is needed.

Powerlifting has put me at better shape at 33 than I was at 18. My body fat is lower, and my strength is not even comparable now to when I was a senior in high school. If you can't say the same, maybe powerlifting movements can help. **PM**

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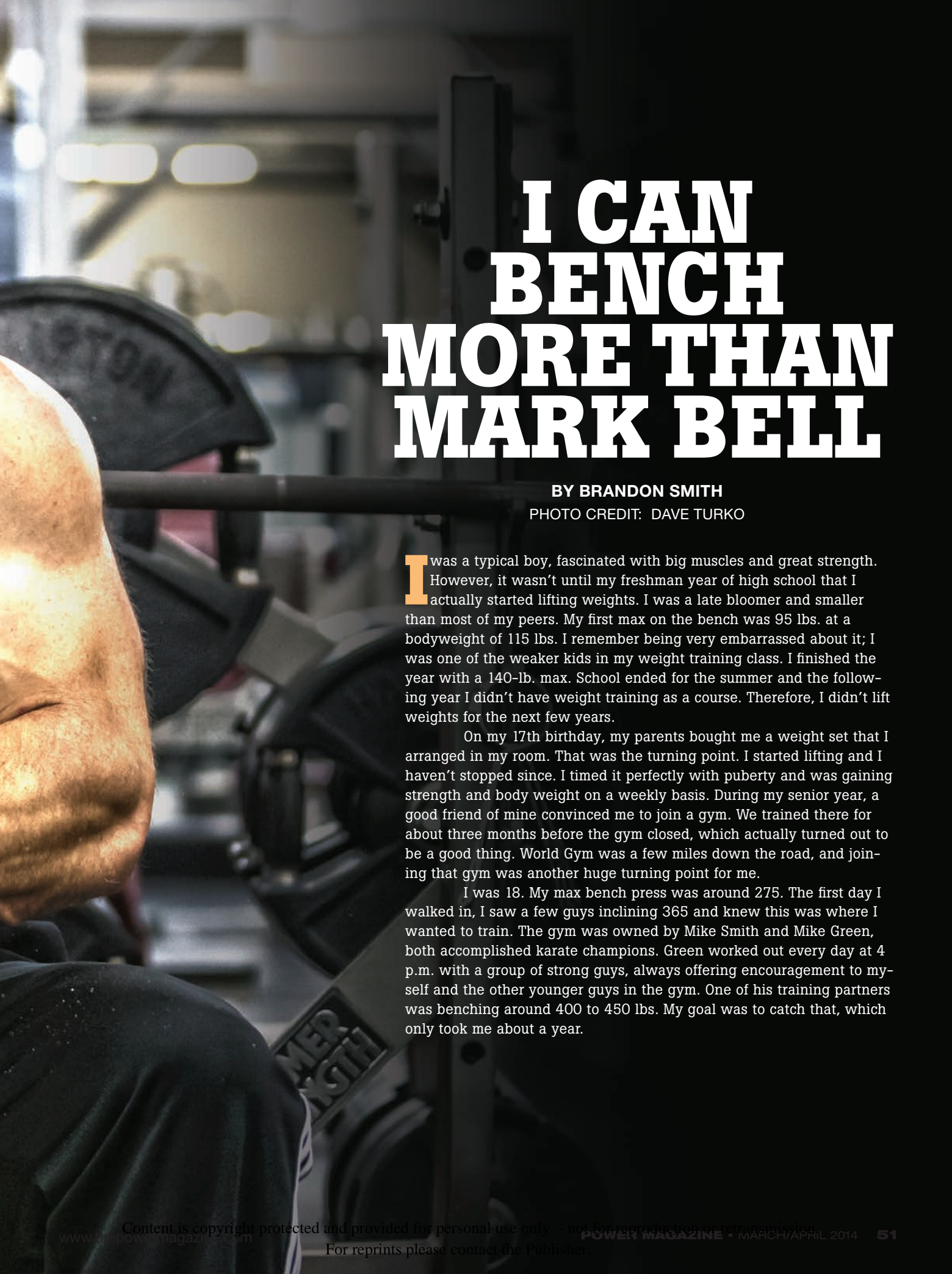
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I CAN BENCH MORE THAN MARK BELL

BY BRANDON SMITH

PHOTO CREDIT: DAVE TURKO

I was a typical boy, fascinated with big muscles and great strength. However, it wasn't until my freshman year of high school that I actually started lifting weights. I was a late bloomer and smaller than most of my peers. My first max on the bench was 95 lbs. at a bodyweight of 115 lbs. I remember being very embarrassed about it; I was one of the weaker kids in my weight training class. I finished the year with a 140-lb. max. School ended for the summer and the following year I didn't have weight training as a course. Therefore, I didn't lift weights for the next few years.

On my 17th birthday, my parents bought me a weight set that I arranged in my room. That was the turning point. I started lifting and I haven't stopped since. I timed it perfectly with puberty and was gaining strength and body weight on a weekly basis. During my senior year, a good friend of mine convinced me to join a gym. We trained there for about three months before the gym closed, which actually turned out to be a good thing. World Gym was a few miles down the road, and joining that gym was another huge turning point for me.

I was 18. My max bench press was around 275. The first day I walked in, I saw a few guys inclining 365 and knew this was where I wanted to train. The gym was owned by Mike Smith and Mike Green, both accomplished karate champions. Green worked out every day at 4 p.m. with a group of strong guys, always offering encouragement to myself and the other younger guys in the gym. One of his training partners was benching around 400 to 450 lbs. My goal was to catch that, which only took me about a year.

By 19, my bench was at 405 and by 21, I hit 500 for a single touch and go. I never really deadlifted and my squat, even though I trained it just as hard and consistently, didn't progress like my bench. We had a few guys competing in powerlifting by then who encouraged me to enter a meet. Raw lifting wasn't popular at the time, and I was told that I would need to compete in lifting gear, which I never have been interested in. I decided not to compete and just continued to train. I had hit my goal of 500 without much exposure to the lifting world outside of Merritt Island, Fla. This was back in 2000-01 — pre-internet for me — and I didn't have access to records or current information. I basically just coasted along for 10 years with no real goals in my weight training and never competing.

A few years before I turned 30, I found out I had melanoma. I underwent surgery to remove the site of the cancer as well as a few lymph nodes, fearing that the melanoma had metastasized. Everything turned out to be

fine, but the experience taught me that life is short. If there is anything that I want to do, I'd better get to it. Tomorrow isn't a guarantee for anybody.

I started looking into powerlifting again, seeing that raw lifting was gaining popularity. After a little thought, a good friend and I decided to compete bench only in an APF meet on Feb. 23, 2013, where I lifted 518 on my third attempt. I did three meets that year, ending with 540 lbs. Currently my best competition bench is 568.

So that's how I got here. And now I'm hoping to get 600 in the 242 class by the end of 2015.

TRAINING AND DIET

My training is more bodybuilding style than powerlifting. My weekly training split looks like this:

Back and biceps. Back training consists of deadlifts or heavy rows, followed by pull-ups and maybe one more exercise to finish the muscle group. Biceps are trained more for hypertrophy with higher reps and a total of seven to nine sets. I cut out deadlifts

leading up to a meet, simply because I want to eliminate as much risk of injury as possible and really focus my efforts on benching.

Chest and abs. I've basically used the same chest routine for the last 13 years, with slight modifications. Here are a couple example workouts.

Workout A (my current numbers)
Warm-up: 445x6; 485x5; 485x5; 485x5

Workout B: 445x3; 445x3; 520x2; 520x2

After that, I do weighted dips for three sets of six to eight reps. As I've gotten stronger, it's gotten harder to load up the dip belt with enough weight, which has caused me to increase my reps per set to around 10, but I feel that six to eight is ideal. I finish with three sets of crunches. I used to do three sets of five reps on incline bench as well, but I dropped them because they were causing severe pec cramps after training. I realized that I was doing more work than my body could handle. Plus, I've never felt that

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inclines helped my flat bench, anyway. It paid off, and at my next meet I hit a 28-lb. PR [Personal Record] over what I'd done six months prior.

Quads, hams and calves. I start with squats and generally I'll work up to a one max hard set. A knee injury really dictates how my squatting will

go week to week, and the low volume is strictly due to the bad knee not allowing any more. Squats are followed by high rep hack squats, then on to leg curls and calf raises.

Shoulders and triceps. Shoulder training is always started with a heavy pressing movement. Lately it has been

seated dumbbell press - four working sets in the five- to eight-rep range. Then it's on to side raises, dropping the rest periods to no more than 90 seconds. Then, I work my way straight into front raises, then continuing on to rear delts. For all of these, I do three working sets with short rests. The pressing is done as a mass/strength

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builder; all additional shoulder work is strictly for hypertrophy. Triceps are started with skull crushers, three working sets in the six- to 12-rep range (depending on how the elbows feel that day), followed by pushdowns and machine dips. Occasionally I'll change up the exercises. Most triceps work is again concentrated toward hypertrophy, as most of the heavy strength building is done on chest day.

The goal while in a strength building phase is to add 5 lbs. to my bench weights each workout. For example, if workout A was 485x3 sets of five reps, then next time around I would shoot for 490x3 sets of five reps. It's really very simple. I've never used bands or chains. Sometimes I will toss in a heavy negative on my last set.

If I am unable to go up 5 lbs. each week, I have two ways to approach this, depending on how I'm feeling strength wise. Let's say that last week I benched 485 for three sets of five, but didn't feel extremely confident about 490 in the upcoming weeks. For the first method, I may start again at 485 the following week, then move up to 490 for my last two sets, or maybe even just my last set. And then the next time I begin my workout of sets of five, I would then start with 490 and lift that for all three sets. Basically, this splits the 5-lb. jump over several weeks but still allows for continued progression. The other method would be to just stay with 485 for my sets for a few weeks until I'm confident enough to move up to 490. I feel it's very important to always hit your numbers, even if that means not adding any weight that week. By going too heavy and missing a rep, it can easily trigger you to back slide a little and it could also be a blow to your confidence. At least, that has always been my experience

After a meet, I'll discontinue workout B (triples and doubles) and stick with sets of five each week. I'm just trying to maintain the strength that



I've built, not attempting to add more weight to the bar. If I feel I am struggling a little, I may reduce my working weight by 5 or 10 lbs. and try to hold that. I never make a drastic decrease in the weights, as I want to hold all of the strength that I've built. Therefore, when I begin my next strength building phase, I'm very quickly hitting new rep PRs, which will translate into a higher max.

As you can see, I like to get some good volume in for my bench training. I've always liked the extra volume, but it is a fine line and too much can be counterproductive. I think everyone needs to explore that [the extra volume] and determine what is right for them. I've never been a fan of heavy singles in training and I have actually felt that they really don't help me in strength building. Sometimes they've had a reverse effect and have actually caused me to back slide. I think holding back a little is generally the best approach for continued progression. I will only train heavy singles one time per strength building cycle, which is about two weeks prior to the competition. I like to hit my opener and second attempt in the gym before

the meet. This way I can walk into the contest with confidence knowing that I have the strength to hit my numbers that day.

I do train the squat and deadlift, but I don't compete in full power because I want to win, and not only win, but compete for records and rankings. I'm not a good squatter (best is 500 raw), never have been. My deadlift is okay; my best is 600 raw. My bench has always stood above my other lifts. I'll never be a great full-power competitor, so that is why I opt for bench only.

My diet is very strict. I have been eating basically the same meals for the last 10 to 12 years. I make slight adjustments if I'm trying to gain or lose bodyweight. Two chicken meals per day, two beef meals, eight eggs, potatoes, broccoli, spinach and oatmeal are staples in my weekly diet.

I drift from that slightly on the weekends just to add a little variety.

As far as any advice I can give Power readers, here are a few points:

1. Make small jumps in weight; large increases too fast will just make you hit plateaus.

2. I don't believe training to failure is great for strength building. I've always made my best progress leaving one in the tank.

3. This one is for long-armed benchers like myself - I never lockout my reps in training unless I'm doing doubles or singles. I like 3/4 reps as it helps keep my rep tempo up (bar speed), which I feel builds power and explosiveness. With long arms, taking every rep to full lockout can fatigue the triceps very quickly and, in my opinion, limiting the weight you can lift causes a negative effect on your strength building efforts.

4. Don't miss workouts and don't miss meals. I have a predetermined plan every time I walk into the gym. Lifting is the easy part. Cooking, eating, avoiding activities that could be detrimental to your training goals are what make the difference between success and being average. **PM**

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350-LB. POWER TEXT

Derek Kendall is a huge man at 6 feet, 1 inch, and 350 lbs. He is very close to breaking the all-time squat record of 1,015 set by Andrey Malanichev. Derek blew up 1,019 recently, but the lift was turned down. Let's hear from the big man himself as to what has helped him add nearly 200 lbs. to an already strong squat.



POWER: What are some key factors in your squat moving from 800-ish to knocking on the door of the biggest squat ever?

DEREK KENDALL: I think the biggest difference has been squatting every other week and recovering better. Also, having a good coach and training partner like Ernie Sr. has made a huge impact. With all that being said, the intensity has to be 100 percent. If you come to the gym at 90 percent, you're gonna get your ass handed to you by the weight.

POWER: When you first started with the Lilliebridges, was your goal to figure out how to squat more than Eric?

KENDALL: No, that was the farthest thing from my mind. I was just trying to stay close. Then once I realized I could stay close to him, my confidence started to build. I would let him pick the numbers and we would just start to compete from there. I would always try to squat last, though. Something I learned from Eric Sr., who had a tendency to throw on an extra nickel on the bar when he squatted last.

POWER: You are plenty capable of the WR squat and probably 2,350 total or more. But you haven't had the squat or the total you want yet. What is going to be the key to posting a WR squat and big total, and get that monkey off your back?

KENDALL: Well, I've gotta stay injury-free, first and foremost. All I can do is control what I do in the gym. Leading up to your meet I hit PRs every week. Went to your meet, felt great and the opener was easy, but unfortunately I got hurt. I couldn't control it. It was just something that happened. I'm not gonna change anything right now. I'm gonna look for a meet this summer and try it again.

POWER: Give us three favorite assistance movements to build the squat.

KENDALL: Front squats, leg extensions and high rep down-sets for squat.

POWER: Leg extensions, hmmm? Interesting! You also have a big, fat bench what has helped you from 500-plus to 600.

KENDALL: A lot of close grip work and pausing most of my reps. I always pause anything under eight reps. It makes the lift harder and safer, in my opinion.

POWER: We'd ask about deadlift but the Lilliebridge family asked us not to. To be an official Lilliebridge you must pull 777 or more. So, according to Ernie Sr., you haven't done diddy-poo yet.

KENDALL: Thank you?

Men 220 lb. Current

SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Chris Duffin	APA	4/5/14	859
2	Sam Byrd	APC	8/11/13	854
3	Dan Green	SPF	11/2/13	804
4	Tee Cummins	RUPC	2/9/14	766
5	Carlos Reyes	RUPC	2/9/14	760
6	Ernie Lilliebridge Jr	APF	12/14/13	755
7	Andre Franco	UPA	11/16/13	733
7	Matthew Schmidt	USPA	3/29/14	733
9	GREG WISE	APA	11/9/13	727
10	Anthony Santora	RPS	12/8/13	725
11	Dan Kyser	RPS	6/15/13	720
12	Max Aita	USPA	6/29/13	705
12	David LaMartina	RUPC	2/9/14	705
12	Kevin Oak	RUPC	2/9/14	705
15	Corey Hayes	SPF	11/2/13	688
16	Robert De La Rosa	SPF	9/28/13	685
17	Kyle Sheridan	RPS	4/26/14	680
17	Bob Merkh	RPS	5/17/14	680
19	Paul Oneid	RUPC	2/9/14	672
20	Matt Tedona	RPS	8/17/13	670
20	Brandon Franklin	SPF	3/8/14	670
22	Mark Greenstein	RUPC	2/9/14	661
22	Matt Moore	IPL	11/9/13	661
22	Luis Vasquez	IPL	11/9/13	661
25	Carlos Moran	RPS	10/13/13	660
25	Charly Joung	RPS	5/17/14	660
27	Tom Finn	WUAP	11/10/13	655
27	Val Huerta	UPA	3/29/14	655
29	ANDY BOWEN	APA	11/9/13	650
29	JACQUES WILLIAMS	APA	11/9/13	650
31	JOHN PETRUZZI	IPA	6/22/13	645
32	Matthew Ginion	RPS	4/12/14	640
33	Justin Perez	UPA	3/29/14	639
34	Matthew Wiedemer	RPS	12/15/13	630
35	John Even	UPA	11/16/13	628
35	Ryan Kimball	APA	4/12/14	628
37	Leland Sharpe	USPA	6/29/13	622
37	Colin Evans	USPA	10/5/13	622
39	Brian Scott	RPS	6/15/13	620
39	MICHAEL MAHONEY	RPS	4/19/14	620
41	Michael Bishop	RUPC	2/9/14	617
41	Valentine Huerta	UPA	11/16/13	617
41	Korey Pfeiffer	UPA	2/15/14	617
41	Nathan Boone	USPA	3/15/14	617
41	Michael Peltz	USPA	2/22/14	617
41	Blair Longmire	USPA	3/29/14	617
47	Pete Rubish	UPA	7/20/13	611
47	Benjamin Boettcher	UPA	4/12/14	611
47	Josh Nichols	USPA	3/29/14	611
50	Eric Leitman	USPA	10/5/13	606
50	Danny Grigsby	USPA	11/30/13	606
50	Ben O'brien	USPA	2/22/14	606

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RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Adrian Larsen	APF	6/22/13	573
2	Shawn Frankl	UPA	3/29/14	545
3	Dennis Cieri	USAPL	8/17/13	523
3	Anthony Evans	RUPC	2/7/14	523
5	Eric Downey	RUPC	2/7/14	507
5	Jeremy Hamilton	RUPC	2/8/14	507
7	Dan Green	RUPC	2/8/14	501
7	Torey Taylor	APA	4/12/14	501
9	Colin Evans	USPA	10/5/13	496
9	GARRETT GRIFFIN	APA	11/9/13	496
11	Kevin Oak	RUPC	2/9/14	490
12	Josh Lentz	UPA	11/16/13	485
13	Bob Zappo	UPA	11/16/13	475
13	Stephon Ashcraft	RAW	12/7/13	475
15	Jared Burton	IPL	11/9/13	473
15	Paul Miller	USPA	11/9/13	473
15	Bob Zappolo	USPA	2/1/14	473
15	LS McClain	NAPF	2/28/14	473
15	Tom Finn Jr	APF	3/15/14	473
15	Kenneth Coleman	USPA	3/15/14	473
21	Mark Greenstein	RUPC	2/9/14	468
21	Tom Finn	WUAP	11/10/13	468
21	Korey Pfeiffer	UPA	2/15/14	468
24	Brian Scott	RPS	6/15/13	465
24	Bob Merkh	RPS	1/25/14	465
26	JACQUES WILLIAMS	APA	11/9/13	463
26	GREG WISE	APA	11/9/13	463
28	Jesse Kellum	USPA	6/29/13	462
28	Matthew Schmidt	IPL	11/9/13	462
28	Ben O'brien	USPA	2/22/14	462
31	Jeff Flynn	IPA	10/19/13	460
32	Martin Gunjak	WPC	7/20/13	457
32	Konstantin Koshechkin	APF	10/5/13	457
32	Andrew Brunell	UPA	3/29/14	457
32	Jay Nera	RUPC	2/8/14	457
32	Anthony Insinna	USPA	2/15/14	457
37	Johnny Do	RPS	5/3/14	455
38	Kaiser Young	USPA	3/29/14	454
39	Tommy Norris	USPA	5/26/13	451
39	LS McLain III	IPF	6/16/13	451
39	ANDY BOWEN	WPA	7/27/13	451
39	Mason Cervantes	USPA	1/25/14	451
43	John Elick	RPS	6/15/13	450
43	JOHN PETRUZZI	IPA	6/22/13	450
43	Jon Elick	RPS	10/6/13	450
43	Mike Lackey	IPA	10/19/13	450
43	James Faust	SPF	3/8/14	450
43	Matt Tedona	RPS	5/17/14	450
49	Sammy Graham	RAW	10/5/13	447
50	Stacy Dedrick	USPA	7/13/13	446
50	Sean Flanagan	RAW	10/5/13	446
50	Joe Schaffer	NASA	8/3/13	446
50	Josef Schaffer	USAPL	2/1/14	446
50	Ernie Lilliebridge Jr	UPA	2/15/14	446
50	Aaron Johnson	USPA	1/11/14	446

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Top 50 Rankings, RAW

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Dan Green	RUPC	2/8/14	826
2	Brandon Cass	USPA	3/14/14	821
3	Luigi Fagiani	IPL	11/9/13	777
4	Matt Moore	IPL	11/9/13	771
4	Ernie Lilliebridge Jr	UPA	2/15/14	771
6	Dan Kyser	RPS	6/15/13	765
7	Ben O'brien	USPA	2/22/14	760
8	Chris Duffin	APA	4/5/14	738
9	John Bostick	USPA	6/15/13	733
9	Matthew Schmidt	USPA	3/29/14	733
11	Jay Nera	RUPC	2/8/14	727
12	Kyle Sheridan	RPS	4/26/14	725
13	Gregory Johnson	USAPL	7/20/13	722
13	GREG WISE	APA	11/9/13	722
13	Mason Cervantes	USPA	1/25/14	722
16	Alastair MacNicol	RUPC	2/9/14	716
17	Kevin Oak	RUPC	2/9/14	710
18	JOHN PETRUZZI	IPA	6/22/13	705
18	Cardell Oliver	USPA	10/5/13	705
18	Patrick Curtis	USPA	12/14/13	705
18	Brandon Gerdes	USPA	1/25/14	705
18	Jonny Jarrett	RPS	4/26/14	705
23	Carlos Reyes	RUPC	2/9/14	701
24	Dave Haggett	RPS	10/13/13	700
24	Brandon Franklin	SPF	3/8/14	700
24	Jesse Jeffers	RPS	5/17/14	700
24	Matt Tedona	RPS	5/17/14	700
28	Garrett Bailey	USAPL	7/20/13	699
28	David LaMartina	RUPC	2/9/14	699
28	Garrett "Bottesy"	USAPL	7/20/13	699
31	Ian Bell	IPF	6/16/13	694
31	Michael Bishop	RUPC	2/9/14	694
33	Tee Cummins	RUPC	2/9/14	688
33	Josh Nichols	USPA	3/29/14	688
35	Pete Rubish	UPA	7/20/13	683
35	Aaron Boyd	RAW	6/29/13	683
35	Valentine Huerta	UPA	11/16/13	683
38	Jake Frazier	SPF	12/7/13	680
39	David Ricks	USAPL	7/20/13	677
39	Chris Mantese	USPA	10/5/13	677
41	Drew Hall	RPS	6/8/13	675
41	Carlos Moran	RPS	10/13/13	675
43	Mark Greenstein	RUPC	2/9/14	672
43	Ryan Kimball	APA	4/12/14	672
45	Bryce Lewis	USAPL	2/1/14	666
46	Ryan Plourde	RPS	6/29/13	665
47	Shaun Trimarco	RAW	6/29/13	661
47	Michael Bennett	USPA	9/28/13	661
47	Chuck Krutulis	USPA	10/12/13	661
47	George Pessell	IPL	11/9/13	661
47	Paul Miller	USPA	11/9/13	661
47	Val Huerta	UPA	2/15/14	661
47	Michael Peltz	USPA	2/22/14	661
47	Tony Montgomery	USPA	3/29/14	661

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Dan Green	SPF	11/2/13	2050
2	Chris Duffin	APA	4/5/14	2039
3	Ernie Lilliebridge Jr	UPA	2/15/14	1951
4	GREG WISE	APA	11/9/13	1912
5	Kevin Oak	RUPC	2/9/14	1906
5	Matthew Schmidt	USPA	3/29/14	1906
7	Carlos Reyes	RUPC	2/9/14	1902
8	Dan Kyser	RPS	6/15/13	1885
9	Tee Cummins	RUPC	2/9/14	1879
10	Matt Moore	IPL	11/9/13	1835
11	Ben O'brien	USPA	2/22/14	1829
12	Mark Greenstein	RUPC	2/9/14	1802
13	JOHN PETRUZZI	IPA	6/22/13	1800
13	Matt Tedona	RPS	5/17/14	1800
15	Bob Merkh	RPS	5/17/14	1790
16	Corey Hayes	SPF	11/2/13	1780
16	David LaMartina	RUPC	2/9/14	1780
18	Brandon Franklin	SPF	3/8/14	1775
19	Kyle Sheridan	RPS	4/26/14	1760
20	Carlos Moran	RPS	10/13/13	1755
21	Tom Finn	WUAP	11/10/13	1747
22	Luis Vasquez	IPL	11/9/13	1736
22	Paul Oneid	RUPC	2/9/14	1736
24	Kenneth Coleman	USPA	3/15/14	1730
24	Korey Pfeiffer	UPA	2/15/14	1730
26	Dave Haggett	RPS	10/13/13	1720
27	Ryan Kimball	APA	4/12/14	1719
28	Robert De La Rosa	SPF	9/28/13	1710
29	Michael Bishop	RUPC	2/9/14	1708
30	Michael Peltz	USPA	2/22/14	1703
30	Chris Mantese	USPA	10/5/13	1703
32	Anthony Santora	RPS	12/8/13	1700
32	Brian Scott	RPS	6/15/13	1700
34	JACQUES WILLIAMS	APA	11/9/13	1697
35	Andrew Brunell	UPA	3/29/14	1692
36	Matthew Wiedemer	RPS	12/15/13	1690
37	Alastair MacNicol	RUPC	2/9/14	1675
37	Blair Longmire	USPA	3/29/14	1675
37	ANDY BOWEN	APA	11/9/13	1675
40	Ryan Plourde	RPS	1/25/14	1670
41	Josh Nichols	USPA	3/29/14	1669
42	Adam Ferchen	RPS	8/10/13	1665
43	Val Huerta	UPA	2/15/14	1664
43	Max Aita	USPA	6/29/13	1664
45	Mike Lackey	IPA	10/19/13	1660
46	Ignatius DeFranco	RPS	5/3/14	1650
47	Charly Joung	RPS	5/17/14	1645
48	Valentine Huerta	UPA	11/16/13	1642
49	Luke Huntzinger	SPF	3/8/14	1640
50	Leland Sharpe	USPA	6/29/13	1631

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SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Susan Salazar	SPF	4/12/14	1000
2	Caitlyn Trout	RUPC	2/9/14	947
3	Lakesha Manning	SPF	3/1/14	845
3	Jennifer Millican	SPF	9/7/13	845
5	Janet Faraone	UPA	12/14/13	835
6	Emily Hu	SPF	3/23/14	826
7	Heena Patel	NASA	2/15/14	821
8	KOURTNEY KUEHN	APA	11/9/13	788
9	Kourtney Khuen	APA	4/12/14	782
9	Marsha Long	APA	4/12/14	782
11	Mayra Armijo	SPF	11/3/13	766
12	Pamela Eamranond	SPF	11/3/13	755
13	Ashley Paiz	SPF	11/3/13	744
14	Mylene Silva	APA	10/26/13	730
15	Jamie Rubbo	APC	6/22/13	727
16	Bobbie Benabides	SPF	6/1/14	722
16	Valerie Calhoun	SPF	11/3/13	722
18	Paula Sheynerman	SPF	4/12/14	720
19	Krysti Hughes	NASA	8/3/13	716
20	MARISA NALLIE	IPA	9/21/13	700

BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Emily Hu	SPF	3/23/14	209
2	Janet Faraone	UPA	12/14/13	200
3	Susan Salazar	SPF	4/12/14	195
4	Marsha Long	USAPL	3/15/14	192
5	Jennifer Millican	SPF	9/7/13	185
6	Krysti Hughes	NASA	8/3/13	181
6	Carmella Mattingly	USPA	3/15/14	181
8	Emily Santos	USPA	8/3/13	170
8	Mylene Silva	APA	10/26/13	170
8	KOURTNEY KUEHN	APA	11/9/13	170
8	Caitlyn Trout	RUPC	2/9/14	170
8	Lynne Homan	NAPF	2/28/14	170
8	Kourtney Khuen	APA	4/12/14	170
14	Kelly Lin	USAPL	7/20/13	165
14	Jeannea Burritt	USPA	11/10/13	165
14	Elena Nulvesu	USAPL	11/17/13	165
14	Toni Kemper	USAPL	2/1/14	165
14	Heena Patel	NASA	2/15/14	165
14	Jackie Hong	RAW	2/21/14	165
20	Paula Sheynerman	SPF	4/12/14	160

Top 20 Rankings

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Susan Salazar	SPF	4/12/14	425
2	Caitlyn Trout	XPC	10/6/13	385
3	Tina Daneshmand	USPA	3/29/14	380
4	Heena Patel	NASA	2/15/14	374
5	Lakesha Manning	SPF	3/1/14	365
6	Suzanne Davis	USPA	1/25/14	363
7	Janet Faraone	UPA	12/14/13	360
8	Desiree Morgan	USPA	4/26/14	352
9	Carmella Mattingly	USPA	3/15/14	347
10	Alyssa Haveson	USAPL	1/26/14	345
11	Emily Hu	SPF	3/23/14	341
12	Pamela Bartz	USAPL	7/20/13	336
12	Aundie Koppes	UPA	11/17/13	336
14	Mayra Armijo	SPF	11/3/13	330
14	Elena Nulvesu	USAPL	11/17/13	330
14	Shelly Cannon	RUPC	2/8/14	330
14	Krista Bergeron	USPA	3/29/14	330
18	Pamela Eamranond	SPF	11/3/13	325
19	Jennifer Millican	SPF	9/7/13	320
20	Valerie Calhoun	SPF	11/3/13	319
20	Sin Leung	RUPC	2/8/14	319
20	Natalie Sardinia	USPA	12/14/13	319

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Susan Salazar	SPF	4/12/14	1000
2	Caitlyn Trout	RUPC	2/9/14	947
3	Lakesha Manning	SPF	3/1/14	845
3	Jennifer Millican	SPF	9/7/13	845
5	Janet Faraone	UPA	12/14/13	835
6	Emily Hu	SPF	3/23/14	826
7	Heena Patel	NASA	2/15/14	821
8	KOURTNEY KUEHN	APA	11/9/13	788
9	Kourtney Khuen	APA	4/12/14	782
9	Marsha Long	APA	4/12/14	782
11	Mayra Armijo	SPF	11/3/13	766
12	Pamela Eamranond	SPF	11/3/13	755
13	Ashley Paiz	SPF	11/3/13	744
14	Mylene Silva	APA	10/26/13	730
15	Jamie Rubbo	APC	6/22/13	727
16	Bobbie Benabides	SPF	6/1/14	722
16	Valerie Calhoun	SPF	11/3/13	722
18	Paula Sheynerman	SPF	4/12/14	720
19	Krysti Hughes	NASA	8/3/13	716
20	MARISA NALLIE	IPA	9/21/13	700

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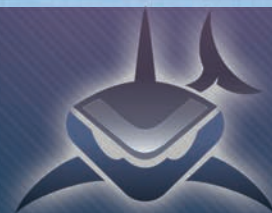
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APEX

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**WORLD RECORD
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Featured YouTube Channel

Everett Wade: www.youtube.com/user/etwade



About the channel owner: My name is Everett Wade. I compete in raw, drug-tested powerlifting in the 181 and 198 weight classes. My best gym lifts are a 637 squat (raw with wraps), 390 bench and 615 deadlift. My best competition lifts are 600/370/600. In 2012 I was ranked No. 4 at raw squats in the 181 class on the PL Watch rankings. I have a passion for raw lifting, and my channel is mostly devoted to this.

The main thing people always complain about with powerlifting is its lack of unity: there are so many federations, records, etc. While this still remains largely true, I think the Internet has helped to give powerlifting a sort of organic unity. Even if powerlifters aren't competing in the same feds, they still feel competitive with other lifters via YouTube and other mediums.

Several years back I felt that U.S. lifters should have more awareness of the amazing lifting going on in other countries. Accordingly, the implicit aim of my YouTube channel is to help people see lifts that they probably wouldn't otherwise see. I've especially tried to fuel competition between American and Russian lifters. My viewership is strongest in the U.S. and Russia, so it seems I'm accomplishing this goal to some degree. This sort of international competition is becoming more of a reality in the last year or so, with big names from all sorts of countries attending big competitions with CAPO, GPA and Raw Unity.

Why do you choose to set your compilations to classical music? I noticed that powerlifters have extremely varied musical tastes — just listen to the variety of music at a competition like Raw Unity where competitors lift to their own music. I felt that I couldn't use rap, metal or any other genre without alienating a specific portion of my subscribers — or at least making them mute the music on my videos. I settled on the music put out by guys like Mark Petrie and Zack Hempsey, who write music for movie trailers. This instrumental approach seems to capture the drama of powerlifting without really turning many viewers off. Most of my subscribers respond positively to the tracks on my compilations.

How do you get some of this footage? I swear you have spy cams setup in Russian gyms! Finding a lot of these more obscure lifts isn't

quite as difficult as one might think. I try to keep up to date on Russian (and other) foreign lifters' progress by being friends with them on European social networking sites. Also, there are often videos posted on YouTube that are titled in Cyrillic or other non-Latin alphabets, so sometimes these lifts will be on YouTube, but just posted in such a way that few Americans would ever see them.

What is your favorite video of yours that you've posted? It's difficult to choose! I've really enjoyed making all of my raw squat compilations, as I've become somewhat fixated on squatting in my own training. I really liked putting together the recent video of Malanichev's 1,014 squat and 2,469 total, as I felt it was a huge moment for raw powerlifting in so many ways. Similarly, I've had a lot of fun making my most recent promo vid for the GPA Worlds 2014 and the Russian Kings Tour.

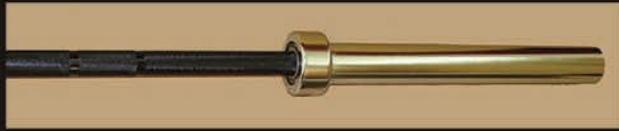
While my compilation videos are more of an effort on my part to put lifts from a number of countries side-by-side, events like Malanichev's total and the GPA Worlds are the fruition of this idea: lifters traveling internationally and going head to head with one another.

Who are your top-five favorite lifters? My favorite lifter would have to be Malanichev. I've been following him since before he had even done any raw competitions, so it's been great to watch his progress over the years. I also really like the Russian 181-lb. lifter Alexey Nikulin. His squatting is especially ridiculous. He's squatted 716 lbs. raw (above the current all-time 181 WR) in training at a bodyweight of only 179 lbs. He's a special inspiration since I lift in the 181s and I'm so focused on squatting. As far as American lifters, I really like Derek Kendall and Ray Williams, both of whom are doing some ridiculous squatting in the SHW category. Obviously, it's hard for me to stop at just five lifters, but if I had to name one more, I'd have to name Sam Byrd as a big squatting inspiration. I was a fan of his for a long time, and I've even trained with him a few times when he lived here in Memphis. It was great to see him do some ridiculous lifts in training, and it was really the first time I'd witnessed that sort of world-record squat strength firsthand.

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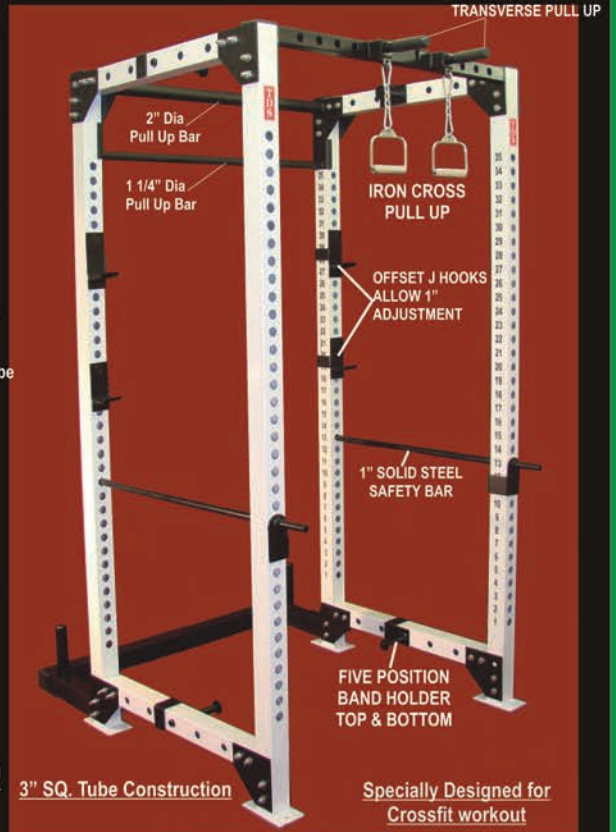
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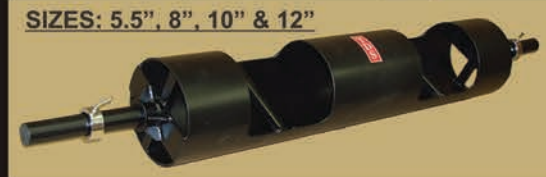
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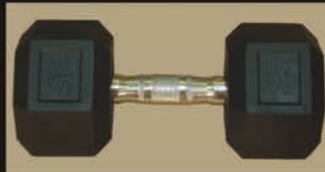
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