

RAW TRAINING WITH ROBERT WILKERSON

POWER

MARCH/APRIL 2010

**BIG IRON GYM'S
RICK HUSSEY**
ON EQUIPPED
VS. UNEQUIPPED
TRAINING

**GET TO KNOW...
SHAWN
FRANKL**

**MIKE
TUCHSCHERER**
BEGINNING RTS, PART II

**TRAVIS
ORTMAYER'S**
PLAN OF ATTACK FOR THE
ARNOLD CLASSIC

**MATT WENNING
INTERVIEWS LEXEN
XTREME TEAMMATE**

**CHUCK
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FIRST WORD



There's a lot of exciting stuff flying around at Super Training Gym and Power! Some of it is so exciting I have to keep my lips sealed. But for now, I'll tell you about how pumped I am to have living legend Chuck Vogelpohl be part of this issue. Lexen Xtreme teammate Matt Wenning interviews one of the most intense and competitive lifters of all time.

Vogelpohl has been a top-level lifter for 20 years and is the current world record holder with a 1,140-lb. squat weighing 242 lbs. With muscular development that would make a thousand-pound Silverback Gorilla jealous, Chuck V.'s physique is a by-product of years of brutal training.

His intense workouts have chewed up and spit out many top-level training partners. I know because I have been "chosen" to lift with Chuck V. Yes, chosen. Chuck shouts across the gym and points, "Hey Smelly (that would be me), you're training with me." My heart drops into my stomach and I think oh f***!

But Chuck's not there to humiliate or out-lift you, he's there to make you better. The times I trained with him I was sore for a week, but it made me realize the type of training it takes to be a champion. That is how Chuck trains every day and that's what Chuck is: a champion.

You remember the show with Rob and Big? They called the 400-lb. African-American dude, "Big Black." That guy was huge, but not strong. If you've heard of Big Robert Wilkerson, then you know of a huge man who is stronger than you can imagine his 6-foot, 400-lb. frame to be. Let's call him "Big Wilk" for short. The rage and desire inside Big Wilk allows him to squat 950 lbs. raw and bench press 625 lbs. raw. That's right, folks. A 950-lb. squat in knee wraps and a belt! How in the heck is that possible? One look at his 38-inch quads and you'd believe anything the man says. Big Wilk tells us how he dominates huge lifts on pp.28-31.

We are also excited to have Travis Ortmayer, aka the Texas Stoneman, lend his voice to Power. Ortmayer's passion for Strongman training jumps off the page. Read about his exact training plan for the 2010 Arnold Classic on pgs 38-41. Ortmayer placed third in the 2010 Arnold Strongman competition, which is full of the best strongman on the planet. I spoke to many top-level strongman about Ortmayer, and they all said he going to hard to beat in the upcoming years.

Then "Get to Know" one of the strongest powerlifters ever, Shawn Frankl. His passion for getting after a 2,700-lb. total pales in comparison to his passion for God. His interview (p.51) will have you asking yourself, why in the heck don't I start going to church?

Mike T racked up another "best lifter" award at the 2010 Arnold Classic - his second in three years. He gives you the second phase in the RTS training plan that makes him so dominant in the USAPL on pp.36-37.

New this issue is a little section called "This Chick Can Kick Your Ass, and You May Like It" (pp.16-17). Icelandic lifting bombshell Thelma Olafsdottir "stiffins" our pages with her hotness. Warning: Do not wear a singlet while reading this article, as it has been shown to cause PitchaTent-itis, which is a symptom that causes men to ... never mind. Read the article, drool over the pics and keep it clean, "wood" ya?

I want to thank all the fans of Super Training and Power. ST may be on its way to landing a reality TV show, and it wouldn't be possible without the support of all my peeps out there.

"Either you're in, or you're in the way!"

Mark Bell

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POWER MAGAZINE

MARCH/APRIL 2010

PUBLISHER
Andee Bell • 530-661-7585
andee@thepowermagazine.com

EDITOR-AT-XTRA-LARGE
Mark Bell • SuperTrainingGym@me.com

MANAGING EDITOR
Heather Peavey

ASSOCIATE EDITOR
April Donald

ART DIRECTOR/PRODUCTION
Paul Graff • paul@graffixdesign.com

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ANCHORS AWEIGH

I joined the United States Navy and left for boot camp December 10th, 2002. There I ran miles and miles a day, and did more physical training than I'd ever done before. From there I went on to Advanced School in Texas (where my "before" picture was taken). That's when I decided to start training seriously.

In 2005, I was deployed to Iraq, where I worked out harder than ever, and set my personal bench record of 405 lbs. The gyms were small, hot, and crowded. I was seriously into lifting by that time, but I was missing an important piece of the puzzle—a proper diet.

In 2007 I was deployed to Sigonella, Italy. That's when I discovered BodySpace. The information and support I found there taught me and motivated me to practice a strict diet year-round. The encouragement of the close friends I've gained and the unlimited amount of info have taken my training to a level that I wasn't able to reach before. As "SuperMaine" BodySpace gives me the chance to share what I've learned with other people, to help them achieve what I've achieved!

I've realized that with proper diet and technique (and the fitness experts at Bodybuilding.com) my future holds even more progress and success!

Elijah Maine
(SuperMaine)

Age: 24
Churchville, NY
United States Navy
Petty Officer Second Class

Gym:
NAS Sigonella II Gym
Trains 6 days a week

Favorite Supplements:
Assault
by Muscle Pharm
100% Whey Isolate
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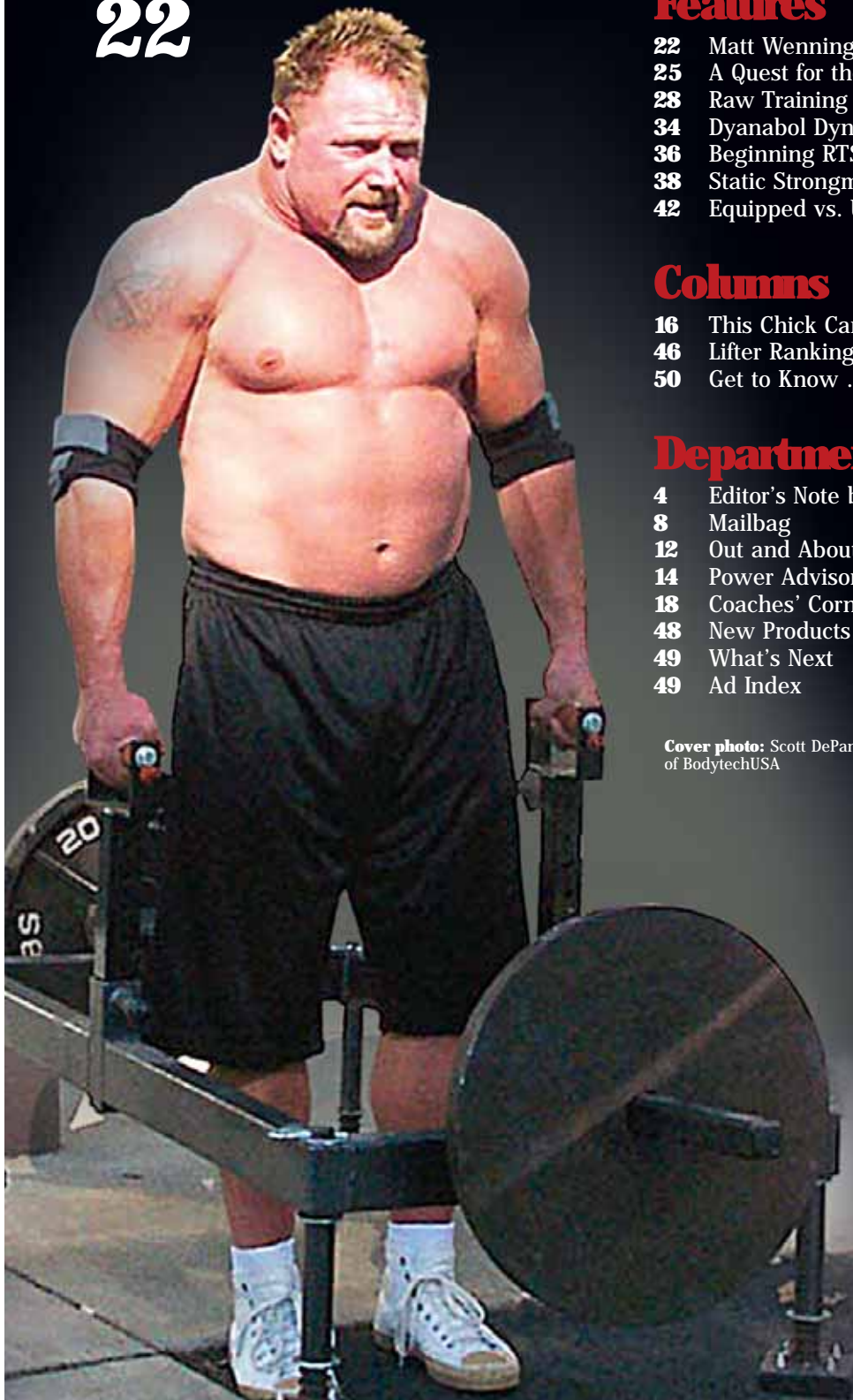
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Cover photo: Scott DePanfilis of BodytechUSA



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Rob Luyando - Team MHP Member
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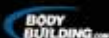
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POWER-FUL PRAISE

To the Editor:

I just finished reading the second issue of Power and am already flipping back through it. The magazine is phenomenal! I am really looking forward to the next issue. The only change I would like to see is wrapping the magazine to protect it from being torn in the shipping process.

Keep up the great work!

Carl Donati

via the Power website

To the Editor:

I got the issue yesterday. I love the magazine. It is great. It is small, but all the information given is great. Thanks for all the help and for putting a magazine like this out.

Brent Pickett

via email

To the Editor:

We just got the first issue in the mail on Saturday and we love it! My husband, Dan, (aka SugarTits on your forum) and I will be lifetime subscribers. Keep up the great work. We already can't wait for the next issue.

Andrea

via email



"SugarTits" from ST gym forum



To the Editor:

I recently received my first issue of Power. I wanted to take a minute to congratulate the magazine staff on the creation of a great source of information and motivation. Keep up the good work.

Timothy

via email

To the Editor:

I wanted to let you guys know how much I enjoy the new magazine. I have been a faithful reader of bodybuilding magazines for a few years, but I train for powerlifting meets. It is nice to read a magazine about powerlifting that you don't have to have a Ph.D. to understand. Keep up the great work, and I look forward to being a reader for a long time.

Josh

Cleveland, Tenn.



Send us your comments, suggestions, gripes or whatever. We would love to hear from you. Submit your questions for Power's staff and advisory board at www.thepowermagazine.com

BY THE WAY ...

To the Editor:

I just got the second issue — it's great! Keep it up. One suggestion is lots of training articles, please. A great column would be about assistance exercises, including details about performance and common mistakes.

Mike Nichols
via email

To the Editor:

I thought the first issue of Power was excellent and I can't wait for the second issue to drop through my letterbox. In terms of future articles, I would be particularly interested in beginner/intermediate training tips and schedules, articles on the individual powerlifts and on the use of equipment for each lift — particularly for those of us who haven't used equipment (other than belts and wraps) before. Articles on the greats of powerlifting, like the piece on Ed Coan, are also a great read and offer insight

into their training methods, which helps us mere mortals! What I would not want to see (and didn't in the first issue) is lots of competition results (leave that to PLUSA and the website). I might like to see some coverage of World competitions, but not regional and national, as there are plenty of sources for that information.

Keep up the good work

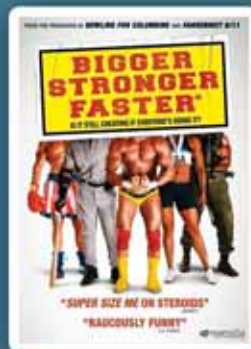
Jim Stringer
via email



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Brian Siders
IPF World Record Total
2,601 lbs. @ SHW

Rob Luyando
World Record Bench
832 lbs. @ 220 lbs.
905 lbs. @ 242 lbs.
947 lbs. @ 247 lbs.

Joe Mazza
IPA World Record Bench
685 lbs. @ 165 lbs.

Vlad Alhazov
World Record Squat
1,250 lbs. @ SHW

Ryan Kennelly
Greatest Bench Ever
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Al Davis
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Jeremy Hoornstra
World Record "Raw" Bench
615 lbs. @ 242 lbs.



Brian Schwab
World Record Total
2,045 lbs. @ 165 lbs.



Shawn Frank
World Record Total
2,630 lbs. @ 198 lbs.



Joe Ceklovsky
World Record Bench
600 lbs. @ 147.6 lbs.

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Out and About

PHOTOS COURTESY OF LAURA PHELPS

2010 LEXEN XTREME PRO-AM IN COLUMBUS, OH

PHOTOS COURTESY OF LAURA PHELPS



Natalie and Phil Harrington



Jerry Obradovich preparing to make his comeback to powerlifting



Detroit Barbell owners JJ Thomas and Clay Brandenburg



Laura Phelps and Chuck Vogelpohl



Laura Phelps, Chara Barker and Dave Hoff



Matt Wenning preparing to bench



Matt Wenning and Dan Dague



Angelo Berardinelli



Fred Boldt and Dave Hoff



AJ Roberts and Dave Hoff helping out Tony Ramos



Jason Pegg, Jim Wendler, and Leigh An Jaskiewicz from Elite FTS



Matt Wenning contemplating his next big lift



Mike "Bull" Blanton, AJ Roberts and Brandon Lilly



Laura Phelps and Clay Brandenburg



Tony Ramos and Laura Phelps

BEST OF THE BEST IN LENEXA, KS

PHOTOS COURTESY OF MICHELE COGGER



Brian Carroll



Brian Carroll and Al Caslow



Rob Luyando



Brian Carroll and Shawn Frankl



Michael Cartinian



Shawn Frankl

LOS ANGELES FIT EXPO



Mark Bell dwarfed by some Strongman competitors!



Tiny Meeker and Hoss Cartwright



Brett "Big Schwag" Wagner and Mark Bell working on "Heavyweights"



Mark Felix and Mark Bell

POWER OUT & ABOUT



"POWER" couple Mark and Andee Bell enjoying a night out



Midtown S&C owner Tara Getty, Mark Bell and Super Training member Janet Loveall



Power fan Quinn Bell enjoying some quality time with the premier issue



Mark Bell working his way to 275

Meet *POWER*'s Advisory Board

***POWER*'s proud to be working with these accomplished lifters and strength coaches.**

Articles from our advisory board will appear in every issue of *POWER*.

If you have any questions for our board, please email them to andee@thepowermagazine.com.

Please include the name of the board member that the question is for in the subject line.



CHRIS CARLISLE
Chris Carlisle is in his ninth year as the University of Southern California's (USC) head strength and conditioning coach. He was named the 2006 National Collegiate Strength and Conditioning Coach of the Year by the Professional

Football Strength and Conditioning Coaches Society. He came to USC from Tennessee, where he was the associate head strength and conditioning coach for three years (1998–2000). The Volunteers football team won the 1998 national title and Southeastern Conference championship. He was a three-year (1981–83) starting offensive lineman at Chadron State College, Neb., and earned All-Area honors.



BRIAN CARROLL
Brian Carroll has been a competitive powerlifter since 1999, when he broke into the sport with bench-only competitions. In 2004, within a year of his first full power meet, he finished second at the WPC Worlds in the open class as a junior, totaling 2,000 lbs. Since

then, Carroll has recorded numerous top-two finishes, including the WPC Worlds, WPO Finals, APF Seniors and IPA Pro-Am. He has added 90-plus pounds to his total each of the past six years, going from 1,752 to 2,660 lbs. Carroll is self-employed as a licensed massage therapist in Jacksonville, Fla., where he owns his own business at Fitness and Me. He enjoys coaching lifters, guiding their training and watching them succeed. Carroll's best lifts in the 275-lb. class include a 1,100-lb. squat, 760-lb. bench and 800-lb. deadlift. He is one of the few lifters in history to be ranked in the top 10 all-time in three different weight classes (220-10th, 242-4th).



SCOTT "HOSS" CARTWRIGHT
Scott "Hoss" Cartwright has been a powerlifter for more than 15 years. His best lifts in the SPF at SHW are a 1,160-lb. squat, 710-lb. bench and 755-lb. deadlift for 2,625 lbs. total. Cartwright trains at Super Training Gym in Sacramento, Calif. He and his wife, Alice, have three children: Jonah, 11; Jack, 9; and Carly, 7.





ZACH EVEN-ESH
Zach Even-Esh is a performance coach for athletes and the owner of The Underground Strength Gym in Edison, N.J. You can find his articles in magazines such as TapOut, Men's Fitness and Muscle & Fitness. Zach's gym is quickly becoming

the hub for strength coaches around the world who want to learn how to turn their passion for strength into a full-time profession. For more information visit www.ZachEven-Esh.com.



ROB LUYANDO
Rob Luyando has been in the game for more than 17 years and has held all-time world records in 220-, 242-, 275-lb. weight classes in the bench press. His best lift to date is a 948-lb. bench press. Rob is sponsored by MHP

(www.GetMHP.com), Overkill Strength Equipment and Super Training Gym. Luyando is also available for online consulting at www.supertraininggym.com/consulting/benchconsultingwithrob.html.



LAURA PHELPS
Laura Phelps represents Westside Barbell in Columbus, Ohio. She is coached by her husband, Shane, and legendary strength training coach Louie Simmons. She has broken all-time world records 20 times in her four-year

career and holds all-time world records in the squat at 165 lbs. (740-lb. squat) and at 181 lbs. (770-lb. squat). Phelps also holds the all-time world record in the bench press at 165 lbs. (465-lb. bench press) and at 181 lbs. (500-lb. bench press). She holds the all-time world record in the total at 165 lbs. (1,720-lb. total) and at 181 lbs. (1,770-lb. total). Phelps holds the highest pound-for-pound total in history, as well as the highest total of all-time by formula, making her the strongest female powerlifter in history.



GENE RYCHLAK JR.
Gene Rychlak Jr. is the first man to bench press 900 and 1,000 lbs., first to lift over 1,000 lbs. in two different disciplines (squat and bench), and the first active competitor to be inducted into the Powerlifting Hall of Fame at York Barbell, York, Pa.

He has more than 27 years of lifting experience, 12 years in meet promotion, has been sponsored by Inzer Advance Designs for the past seven years, and is the IPA (International Powerlifting Association) vice president. Rychlak trains at Southside Iron, 1901 S. 12th Street, Allentown, PA 18103. For more information on Rychlak, upcoming meets and Southside Iron visit www.RychlakPowerSystems.com. For more on the IPA go to www.IPApower.com.



MIKE TUCHSCHERER
Mike Tuchscherer is an accomplished powerlifter with 12 years' experience training and researching the best training methods in the world. He has competed in raw and single ply competitions. He represented the USA and won the gold medal at the

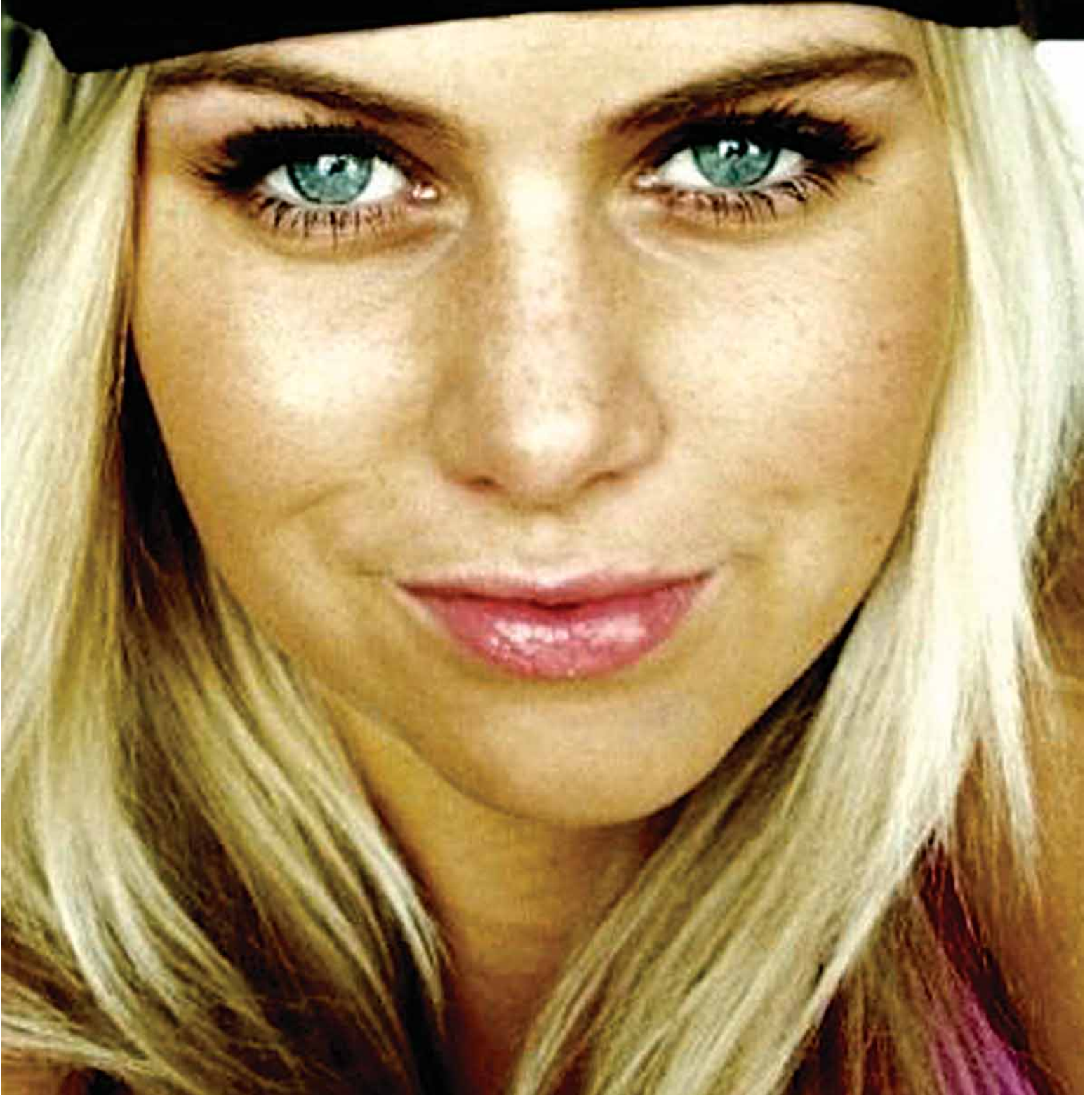
2009 World Games. Tuchscherer's best lifts in IPF competition are a 903-lb. squat, a 644-lb. bench press, an 826-lb. deadlift and a 2,342-lb. total in the 275-lb. weight class.



MATT WENNING
Matt Wenning is one of only a handful of people to total over 2,650 lbs. in a professional competition, hold an all-time world record of 2,665 lbs. in the 308-lb. class, squat more than 1,100 lbs. and bench press and deadlift more than 800 lbs. in a full

powerlifting meet. He is a private strength coach at Lexen gym in Grove City, Ohio; a personal trainer to executives and professionals at Capital Club Athletics; and contracted by the U.S. Army and Washington Township fire department. He also works with physicians, children with disabilities, and has helped five players to NFL contracts.

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





POWER MAGAZINE IS TURNING THE SPOTLIGHT ON SOMETHING THAT EXISTS IN POWERLIFTING, BUT IS ALMOST AS RARE AS THE BALD EAGLE: THE SMOKIN' HOT POWERLIFTING CHICK. OUR FIRST SUBJECT HAILS FROM ICELAND AND TRAINS AT WORLD STRONGEST MAN COMPETITOR MAGNÚS VER MAGNÚSSON'S GYM. MEET THELMA 'OLAFSDTTIR. ENJOY!

POWER: There are a lot of misconceptions about women lifting heavy. Most women are worried they will get too big or bulky. What do you have to say to them?

'OLAFSDTTIR: It takes a lot more than lifting heavy to get big. I have been trying to get muscular for about two years. So far, no such luck!

POWER: How old are you, where do you train and what are you wearing? (Editor's note: Ignore the third part of that question.)

'OLAFSDTTIR: I am almost 24 years old. I train at the local Sport club that I lift for, called "Breiðablik," and at "Jakaból" Magnús Ver Magnússon's Gym. And I'm naked. Oh, wait. You said to ignore that. Never mind.

POWER: How did you get involved in powerlifting?

'OLAFSDTTIR: I was living in Spain studying Spanish and decided to get back in shape and into some kind of routine while I was there. Like so many other girls, my solution was running like a hamster on a treadmill. One day I walked over to the weight section at the gym I was training at, and there was a loaded deadlift bar there on the floor with 90kg (198 lbs.) on it. I had seen some guy messing around with it and decided to give it a try. I didn't really know what I was doing, so I grabbed the bar double over hand and lifted it for two reps — and there was no turning back.

I shortened my stay in Spain and by the time I got back to Iceland I had already ordered my first bench shirt, lifting shoes and a belt. I called up then-Iceland Strongest Man Boris Haraldsson and asked if he was willing to coach me for the qualifier for the Icelandic Nationals, and he was up for it. At first he thought I was kidding, but as you can see it was no joke. I am still doing it and loving every minute of it!

POWER: Let's be honest here. There are not a lot of hot chicks in powerlifting. When you go to a meet and the room is full of men, do you feel like a spectacle?

'OLAFSDTTIR: Ha! I did a little at first, but now not

at all. At my first international meet I remember all the smiles, nods and waves I got when I was waiting for my next lift. It was lovely and quite amusing. After I was done lifting, one guy who had been smiling at me walked up and asked if he could have his picture taken with me. I thought it was some sort of joke, but then they just kept coming! Before I knew it, I was laying in the arms of the whole Finnish National team. It was a fun experience. And having a full room of guys looking at me just makes me want to lift harder and show them what I've got.

POWER: Do you have a boyfriend?

'OLAFSDTTIR: No, I am still looking for my alpha male.

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

'OLAFSDTTIR: It made me feel all giggly and bad-ass. But I also felt very sorry for the poor guy. No matter how heavy I lift, I always feel a man should be stronger than a woman. Those are just laws of nature.

POWER: Do you wear makeup to the gym?

'OLAFSDTTIR: I always lift late in the day, so mascara and lip gloss is something I have on all the time. And, if I'm going for a PR, I always have a lip gloss in my bag, right beside my chalk and ammonia, to reapply for some good luck. Everything is better if your lip gloss is popping!

POWER: What are some of your powerlifting goals?

'OLAFSDTTIR: My long-term goals are to squat 440 lbs., bench 330 lbs. and deadlift 440 lbs. (1,210 lbs. total). I suck at math, so I always aim for something that's simple to add. Short-term goals are obviously to keep improving. As long as I move toward my long-term goals, I'm happy.

POWER: What's next for you?

'OLAFSDTTIR: Getting stronger! Besides that, my next meets are the Bench Worlds in Texas and European Championship in Sweden.

POWER: When are you coming to the U.S.?

'OLAFSDTTIR: I will be coming to the U.S. in late May for IPF Bench Worlds in Killeen, Texas, and I cannot wait. I hear everything is bigger in Texas, so that should be exciting! Of course, I am talking about some big bench numbers. PM





STRENGTH IN NUMBERS

BY ZACH EVEN-ESH

When I was in high school, I remember that many football players were large and in charge. Most were strong as hell and it wasn't odd to see them strolling the hallways weighing in at 205 to 235 lbs. Today, big, strong and fast kids are not the norm. So what's the difference between then and now?

Looking back, those football players were so successful in large part because they trained in groups – and the head coach trained with them rather than barking orders and talking out of his ass because he read about some football program on the Internet. Back then, there was no Internet – at least, I didn't know about it and neither did the coach. I watched them take over the weight room almost every day after school. The weight room had one power cage, two benches, dumbbells, a few barbells, a seated military press bench and some old machines

such as leg extension, leg curl and lat pulldown.

The players lifted heavy, in the three- to five-rep range. There would be a long line behind each bench. It didn't matter if you were the quarterback, fullback or a offensive lineman; they all benched and nobody cared about overworking their shoulders. The coach was benching 315 lbs., as were many other kids. They squatted, did cheat curls (gun show, baby!), standing and seated military presses – and not a whole lot else.

Sure, this program was flawed and their technique wasn't perfect. But the atmosphere and large group environment fostered their ability to break records and created a bonding experience, making them strong in numbers both on and off the football field.



THE LESSON

If athletes or powerlifters want to get strong as hell and achieve their true potential, they must train in groups. It is essential to success. An easy way to organize a training program is to begin with a full body warm-up and pre-hab/rehab work, soft tissue, etc. After the warm-up, begin the workout with a big lift, the most important lift of the day – whatever it is. Hit this lift heavy and hard, and don't worry about long rest periods.

With every exercise, technique is paramount. If technique can't be maintained for the prescribed reps, then drop to a lighter weight. Our athletes usually build up to two quality/heavy sets in the two- to six-rep range.

Following this lift, we perform supplemental training and often begin supersetting to improve work capacity. We want strength endurance, not strength that quits after a few plays or a few minutes of sport time. Our reps are now in the 6 to 10 range.

At the end of the workout, finish with some weak area specialized training, some conditioning, grip and ab work.



The workout is highly organized and keeps athletes together to act as spotters and coaches when not doing their set. Accountability and responsibility is paramount, so we have athletes record their work and check prior workouts with the goal of breaking records and getting stronger, or completing a workout faster.

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COACHES' CORNER

**“If athletes or
powerlifters
want to get
strong as hell
and achieve
their true
potential, they
must train in
groups.”**

THIS IS HOW WE DO IT

1. Warm-up + movement prep:
7–10 minutes
2. Flat bench, floor press or overhead
press movement: Build up to
two heavy sets in the two-to
six-rep range
- 3a. Incline DB bench: four at 6–12 reps
- 3b. Chin-ups/pull-ups: four at max reps
- 4a. Ring push-ups or dips:
three at 10–20 reps
- 4b. Kettlebell shrugs: three at 10–20 reps
5. Grip/abs: five sets of each
6. Prowler/sled work: four at 200 feet
7. Soft tissue work/cool down



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on “Power Exclusive” to see my article on
building up the new athlete. Before little
Joey can squat, bench and dead, there
must be prerequisites. Time to get under
the bar! PM

*Zach Even-Esh is owner of The
Underground Strength Gym in Edison,
N.J., and coaches athletes from middle
school through high school so they can
kick ass like Mark Bell and Randy
Couture.*

*For more info please visit
<http://ZachEven-Esh.com>.*



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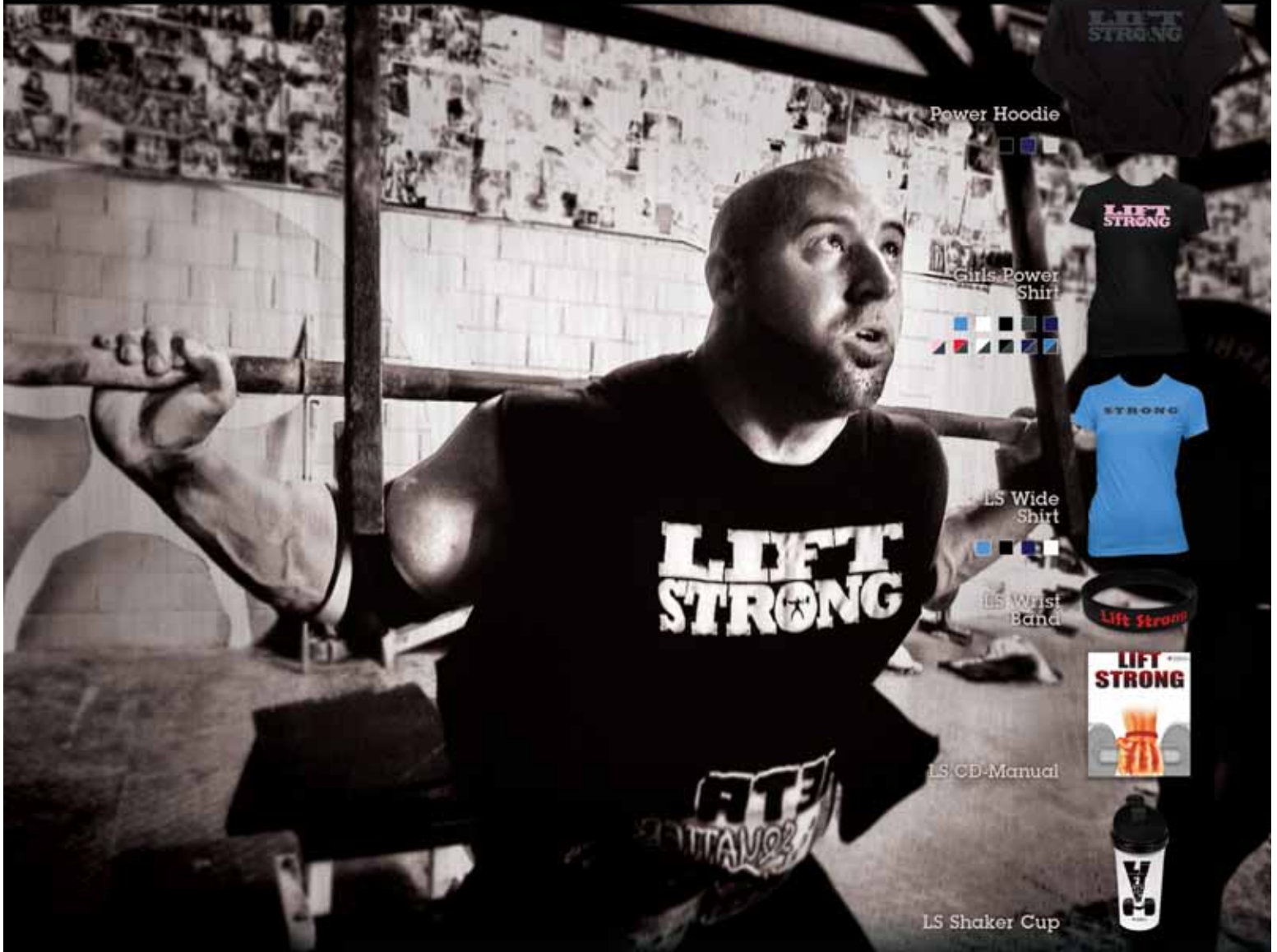
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My Training Partner, Chuck Vogelpohl



BY MATT R. WENNING, M.S.

The name “Chuck Vogelpohl” is the epitome of powerlifting. He is the first lifter that comes to mind for many weightlifters and fans when intensity, drive and longevity are mentioned. His work ethic is what legends are made of, and his discipline is beyond measure. Powerlifters come and go, but Chuck Vogelpohl is a name spoken through many lifting eras.

Vogelpohl is known for his insane squatting power. Some of his squatting accomplishments include the first man to squat over 1,000 lbs. at 220-lb. class or under (1,025 at 220), and more current world record squats of 1,150 at 275 and 1,140 at 242. Deadlifting is also a talent with 800-plus-lb. deadlifts from the 220 all the way to the 275 weight classes in both conventional and the sumo positions. Bench pressing has always been a chore for him, but he consistently presses more than 600 lbs. with a best of 635 lbs. This has given him totals well above the 2,600 mark on many occasions.

Vogelpohl’s training has evolved from old-school, hard-nosed drive to newer methods, including bands, chains, etc. His training ideas have achieved results both with him and some of his best training partners, both past (Matt Dimel, Kenny Patterson, Rob Fusner, Chuck Fought) and present (Matt Wenning). In attempts to keep up with this living legend, his training partners have vomited, passed out and broken body parts. But the people who have been fortunate enough to train and bleed with him will always know they were a part of history and part of a process that brought the world one of the most gifted squatters and weightlifters ever. Vogelpohl currently trains at Lexen Gym in Grove City, Ohio, with Team Xtreme.

MATT WENNING (M.W.): “Chuck, tell us a little about where you’re from and what you do.”

CHUCK VOGELPOHL (C.V.): “I’m originally from Columbus, Ohio. I grew up and lived here all my life. I went to Briggs High School, which was a rough part of town. Fighting and standing up for yourself and your things were an everyday process. In high school I played foot-

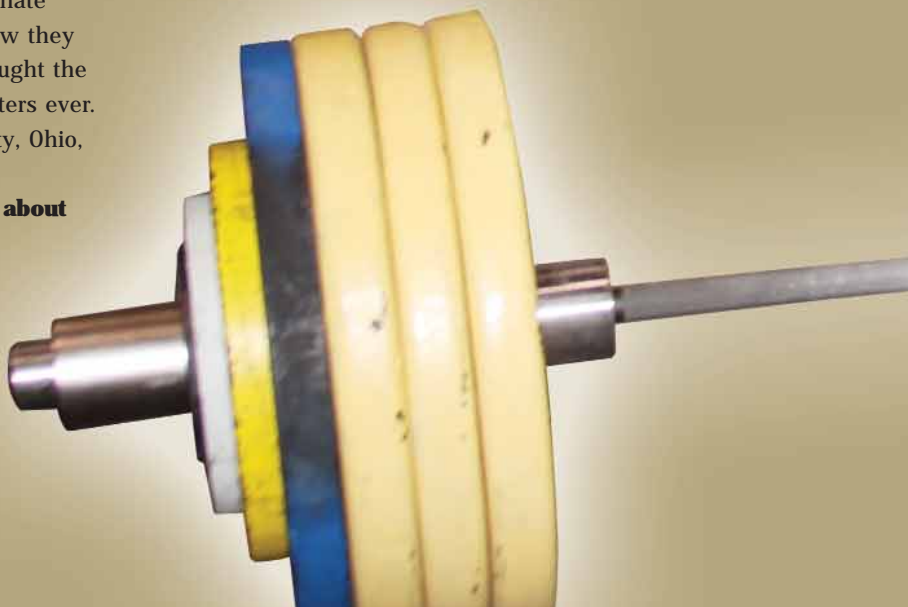
ball and lifted weights a little for that. I did some toughman competitions in my later teens and 20s, and then slowly got more serious about lifting. In one way or another I was always staying in shape.

As far as my profession goes, I work as a corrections officer for the state of Ohio and direct the fitness/wellness program for the inmates. I’ve been in the corrections job for 19 years and held the wellness program spot for 15 years. It’s a pretty easy job that lets me train hard and eat around the clock if I need to. I do small workouts in the gym for extra assistance work. We don’t have much, but we make do.”

M.W.: “How did you start lifting?”

C.V.: “In 1985 I started lifting in high school for football. I would lift in the off-season at the YMCA. I did a bench meet there where I hit a 420 bench raw at 204-lb. bodyweight. This meet had given me a competition bug, so I signed up and went to a powerlifting meet in Lima, Ohio, in that same year. This included squatting 575, benching 400 and deadlifting 650 with a total of 1,625. The following week I worked out at Westside Barbell, which at the time was a commercial gym and open to the public. Some of the other original crew members at the gym invited me to train with them. The gym was a major influence in my direction and my future in powerlifting. That’s where I recall my training really taking off – between 1985 and 1986.”

M.W.: “What were your



favorite competitions and or lifting memories through the years?"

C.V.: "WPO Arnold is where the best lifters and the best memories were for me. I had debated retiring before the WPO had come around, then the benefits of money and competing against the best lifters changed my mind. It was the first time me and many others had the best on one platform. It brought people from all federations and countries to compete to see who was the strongest. I believe that was the closest we will get to a unified powerlifting worlds. I don't see it coming back around in the near future, which is a shame. In the old days you had USPF guys like Cpt. Kirk and Eddy Coan, and then the APF guys, who never really competed



against each other. The WPO started to get big carryover to all federations, which allowed the best to go against the best.

My favorite year and best lifting memory was the WPO finals in 2006, where I did a world record squat and total at 275 lbs. The WPO had the baddest platform, the biggest crowds and the most intensity, period. The next year, 2007, would have been a great year except that I got sick. Oh, well. A few months later I hit the world record 1,150 squat at 275.

As far as memories go in lifting, I know of older lifters' accomplishments, like Larry Pacifico's nine world titles and Don Rienholdt's amazing totals, but I never actually saw them lift. Ed Coan was the guy in my era that totally blew my mind, and everyone else's. His lifting from 181 all the way to 275 was just unbelievable. There will never be another lifter like him who dominates so many for so long. My biggest memory of Coan was at world championship in Dayton, Ohio. I don't remember the year. He did a 942 squat and then he passed out. After the flight order was back to him (15 minutes or so) he came back and did 962. Totally unreal. Steve Goggins was also always at the top of the competitions in many federations and gets a lot of credit in my book.

A more recent memory that stands out is Andy Bolton pulling 1,003 in New York in 2006. That was one of the greatest lifting moments in history. Everyone wondered if it could be done, and in Lake George, N.Y., it happened. That dude is a pulling machine and my hat goes off to him".

M.W.: "What are the main keys to success, in your opinion?"

C.V.: "1.) Consistency in training. You must show up even when you don't feel like it. My lifting ability never came from superior genetics. I worked for every ounce of strength, both through being sick and having other commitments and obligations.

2.) Push through your injuries. Train around them to make consistent process. I like to use duct tape and wraps on everything that hurts. Pain is usually giving you some indicator of muscle weaknesses and imbalances, so I try to find what is causing it and fix it. I



better and therefore recover faster.

My mental state will also not allow me to do slow training, at least not in my younger years, which has made my injuries last longer at times. I'm much more cautious now, but still like to go hard. I mentally push through many of my issues, and I believe my mental state is what has kept me making gains for as long as I have."

M.W.: "What is the best advice you can give to the

beginning lifter who aspires to be at your level?"

C.V.: "You need good training partners who have the same goals as you. They must be there on time, push you past limits you set for yourself and not blow smoke up your ass. There have been a lot of training partners I have had that quit training with me because I wouldn't let them slack on depth, or wouldn't compliment them when the lift was bogus or short-sold. I'm a hard-ass on technique and don't allow my training partners to do things that wouldn't pass in my book.

Start with the basics! So many younger lifters are getting in to gangster bench shirts and suits, only to realize that, at the top, it still comes down to strength. Stay raw for some time to build up your true base and core strength. Too many beginners start in the best gear and wonder why they get hurt, or never get any better. Most of Team Xtreme's training is done raw; gear is used in moderation and true strength is never compromised."

Here's what Vogelpohl's idols and other top lifters have to say about him:

ED COAN: "Everyone talks about intensity and how crazy he is, but no one gives him enough credit for his longevity and how smart and methodical he has had to be in his training to last. He has come back from unbelievable injuries. Regardless of federation, I would consider him one of the greatest powerlifters ever."

STEVE GOGGINS: "When I think of Chuck V., I think of what I try to teach other powerlifters to be: intense, focused with unbreakable concentration and just one bad ass mo-fo. He's like that rap song, Never Scared. I think he is one of the greatest powerlifters and one who worked for all his results. He is the example of what hard work can do." PM

Matt Wenning is one of only a handful of people to total over 2,650 lbs. in a professional competition, hold an all-time world record of 2,665 lbs. in the 308-lb. class, squat more than 1,100 lbs. and bench press and deadlift more than 800 lbs. in a full powerlifting meet. He is a private strength coach at Lexen gym in Grove City, Ohio; a personal trainer to executives and professionals at Capital Club Athletics; and contracted by the U.S. Army and Washington Township fire department. He also works with physicians, children with disabilities, and has helped five players to NFL contracts. He has trained with Chuck Vogelpohl for five years.

don't lay around waiting for the pain to go away. I train as hard as I can around it, and sometimes through it.

3.) Never quit. There are some things I just don't have respect for, and one of them is quitting. I have always tried to live out my goals to the fullest. I believe that's what separates the weak from the strong. Pushing through adversity is just life. Suck it up."

M.W.: "You are a legend to many lifters. Who have been the biggest influences on your lifting and who are your idol(s)?"

C.V.: "In weightlifting, my influences were Eddy Coan. I can't say enough about him; he is a rare breed. Watching him do the things he did was definitely an influence and he is an idol. What more do you have to say than 900-lb. pull at 220? Steve Goggins was also a big influence and a top lifter.

Matt Dimel is just one of those guys who was just so strong it was unbelievable. Many people don't know this, but I suffered a broken neck while wrestling Matt Dimel, which caused some nerve damage in my arms and is why I believe my bench has always faulted behind my other lifts. At least, that's what I will blame it on! Matt could have been one of the strongest lifters ever.

In the beginning, I always wanted to beat Mark Marenlli since he was the strongest lifter at the gym, so that gave me the drive to push past him and start on the path to where I'm at today.

Other than those guys, I don't really pay attention to people outside my current weight class. My influence mostly comes from what I can make myself do, and from my close training partners."

M.W.: "Your body has taken a beating over the years. Tell us about your injuries and how you have overcome them."

C.V.: "Chiropractic care has been a lifesaver for my career and my overall health. Without constant adjustments and work of that nature, I would have had to call it quits some time ago.

Stretching has also been a big component of me staying as healthy as possible. Warm-ups are longer now, and an integral part of my training. I do all types of stretching, from dynamic warm-ups to static stretching, along with lots of liniment gel on my muscles and joints.

After heavy bouts of training, I take Epsom salt baths to relax the muscles and aid in recovery. This seems to help me sleep

A QUEST FOR THE PERFECT WEIGHT

BY BRIAN CARROLL

two more years in the 220-lb. class, with great success. I ended up with a 1,030-lb. squat, 633-lb. bench, a 755-lb. deadlift and a 2,375-lb. total, which is still ranked in the top 10 on the all-time list. Not bad, but that was the best I could do having to cut down to 220 lbs. from upward of 245 lbs.

Once I felt like my time ran out in the 220-lb. class, I went up to the next class, to 242 lbs., in mid-2007 for a very brief time. My weight climbed to higher than 263 lbs. by late 2008. Pretty soon I was cutting 20-plus lbs. just to make it down to 242 lbs. After registering best lifts of 1,052, 785, 771 and 2,570 lbs. total – which, I believe, is now fourth all-time – I finished with that class.

Some people ask, what the hell happened? I know exactly what happened. Every time I cut weight and competed, my body grew. It had to adapt to the requirements that I placed upon it. I starved my body of food, water and nutri-



Brian Carroll at 220



Brian Carroll at 242



Brian Carroll at 275

When I started competing in power lifting in 2003, I was a svelte – even scrawny – but a lean 217 lbs. People thought I was lifting in the 198s because I always looked lighter than I actually weighed. As the years passed, so did the weight classes. By 2005, after fewer than two years of competing, I started to hit what was, for me, some good numbers. My bodyweight climbed to a stouter (and more suiting for my height at 5 feet, 10 inches) bodyweight of about 235 to 237 lbs. My squat went from 705 lbs. to a respectable 925 lbs., bench to 556 lbs. from 424 lbs., and deadlift to 733 lbs. from 622 lbs. I won't pretend that supplements didn't play a part in this, because they obviously did, but gaining 20 lbs. of solid mass and putting about 500 lbs. on my total isn't just about supplements – which are a subject for another time.

Fast-forward five years to 2010. I'm now at the top of the 275-lb. weight class (weighing 280 lbs. first thing in the morning) and besides holding slightly more water and a higher percentage of body fat, I'm simply a bigger and much stronger version of the guy who was lifting at 220 lbs. fewer than three years ago. To give a brief overview of the last five years: after 2005 I went on to lift for

ents, then suddenly gave it all it needed, lifted at 100 percent for a meet and continued to eat for the next week to make up for all the food I missed. It never failed – every time I cut weight, I came back heavier, bigger and stronger. Sometimes it was only 2 lbs., sometimes 6. Even when I tried to slow my body down and eat like a bodybuilder, my body didn't comply. I would either get injured, weak or over-trained. Sometimes I would still keep gaining size, even with a bare minimum of food.

Knowing what I know now, I would say that my body knew better than I did. It didn't want to be a puny 230 lbs. It knew that I needed to be upward of 270 lbs. to best fill out my frame. It also knew that to achieve my best possible squat, bench and dead would require me to become a 275-er.

Sometimes the deadlift can suffer with weight gains. I think that if I were to get to 290-plus it would kill my flexibility and ability to pull effectively. The funny thing is, I never pulled 800 lbs. in a meet until I moved up to 275. I guess this reverts back to my deepest belief in powerlifting, "Listen to your body!"

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RAW TRAINING: The Bench

BY ROBERT WILKERSON



Strengthening a raw bench is like building a house. You start with a solid foundation. As powerlifters, our body is our foundation, so we must develop a routine for the chest, shoulders, back and legs.

“Don’t max out every workout. Instead, work toward increasing muscle growth and development.”

BUILD THE CHEST

Developing the chest is the first step. A chest routine needs to promote growth and develop strength. It should contain basic barbell and dumbbell movements, use different hand positioning and vary the number of sets and repetitions. Recommended chest exercises include barbell/dumbbell inclines, close-grip bench, wide-grip

bench and floor presses.

Remember that weights need to increase with each set. Keep the routine simple for main lifts by performing four to five sets with 12 to 15 reps in the first set working up to a heavy three to five reps in the final set. Try three or four sets for auxiliary lifts and stay between six and 12 reps. Don’t max out every workout. Instead, work toward increasing muscle growth and development.

DEVELOP THE SHOULDERS

The second step is shoulder development. This is a must for lifters seeking constant gains. One bad shoulder equals time off from training, so develop strong shoulders to increase your bench.

Great benchers have a big chest and shoulders. Take it from Nick Winters and Vincent Dizenzo, two



great raw benchers who used over head presses to increase their bench.

Stick with basic barbell and dumbbell movements; they work and guarantee results. The shoulder work-out should be intense, with four or five sets of six to 12 reps using moderate to heavy weights. Recommended shoulder exercises include military presses, dumbbell bench, side laterals and face pulls.

STRENGTHEN THE UPPER BACK

I achieved my biggest gains after I started training my upper back. I was able to finish my lifts and maintain tightness on the bench, and if I neglected my upper back my progress stalled or declined. This is why I believe upper back strength is not just for shirted benchers, but for also for raw benchers.

In a shirted bench, the upper back pulls the bar into the groove, but for a raw bench, the upper back is more for stability. Most lifters miss their lifts because they are unstable on the bench. Weakness in the upper back causes instability while pressing.

Upper back workouts need to be basic, but very intense. Begin with four or five sets of 10 to 12 reps using the heaviest weight possible. Recommended back exercises include lat pulldowns, bent over rows, seated cable rows and shrugs.

DEVELOP LEG MUSCLES

Leg drive gives you the last pop at the end of the lift and great benchers agree that you must train your legs to strengthen leg drive. Ryan Kennelly, Travis Bell and Winters are all great benchers who know the importance of training their legs.

Whenever I see an increase in my squats, I notice an increase in my bench.

The increase may only be 5 lbs. or one rep, but when my legs are stronger my bench is stronger. That is why I recommend all lifters to do some type of leg work-out at least once a week.

The leg work out should be basic: one compound movement of four or five sets performing five to 12 reps using moderate weight. Recommended leg exercises include squats, leg extensions and leg curls.

“In a shirted bench, the upper back pulls the bar into the groove, but for a raw bench, the upper back is more for stability.”

BUILD A STRONG HOUSE

If the foundation is weak, your bench will suffer. But if the foundation is solid, it can withstand great pressure. Use these principals to strengthen your foundation and increase your raw bench. Train hard! PM

RAW TRAINING: The Squat

BY ROBERT WILKERSON



“Over the years, squat training has changed due to the introduction of gear and the push for the 1,000-lb. squat.”



The squat separates the strong from the weak. It takes focus and energy to perform. Whether performed raw or in equipment, the squat is a difficult lift that incorporates many muscle groups and is very taxing on the body.

Over the years, squat training has changed due to the introduction of gear and the push for the 1,000-lb. squat. Squat numbers have skyrocketed due to advancements in equipment, but in the push for big numbers, lifters forgot the importance of raw training.

Now lifters have come to realize they need to develop raw strength to improve their geared lifts, and the same thing that almost erased the raw squat has brought it back bigger than ever. New raw powerlifting federations and lifters like Eric Talment, Scott Weech and John Grove have helped strengthen the raw movement. The truth is, a lifter needs to develop all the squatting muscles – quads, hamstrings, glutes, lower back and abs. An effective raw squat program

is always changing and evolving, but the core of the program remains the same.

BASE SQUAT PROGRAM (PHASE I)

This base squat program focuses on muscle mass first and strength development second. You need to pick core and accessory lifts that are going to increase muscle mass which, in turn, increases strength. Each workout starts with a core mass-builder, like leg presses or hack squats, and then finishes with three to four accessory lifts, which will stimulate muscle growth in the quads, glutes and hamstrings. Notice that chains and bands are not part of this program. The reason is simple: Beginners do not have a deep enough understanding – or muscle – to gain full benefits. The base program is only effective when the program is basic, lifts are rotated constantly, and sets and reps are changed.

Core lifts: Olympic squats, deep hack squats, front squats, close- and wide-stance squats; leg presses.

Accessory lifts (for quads): lunges, single-leg squats, step-ups and leg extensions.

Accessory lifts (for hamstrings): good mornings, Romanian or stiff deadlifts, glute ham raises and leg curls.

PHASE II (MODIFIED WESTSIDE PROGRAM)

Incorporate the following phase after six to 12

months of base training, or if you have hit a plateau and need to take your program to the next level. In this phase, begin incorporating “max effort” and “dynamic effort” training into the program. “Max effort” is when you try to hit a personal record in a given lift on that day. “Dynamic Effort” means moving light weight as fast as possible with some type of resistance, like bands or chains. Max effort is the best way for you to increase your raw squat because raw squatting requires muscle to be strong and explosive.

You need to record a max in each squat movement: low box squats, high box squats, front squats and squats with different bars (safety, camber or buffalo bar). Also, you can record maxes with the addition of bands or chains and with or without knee wraps.

SET PRS EACH WEEK

You should try to set personal records each week. The amount of bands or chains used depends on your strength level. For example, if your best raw squat is between 300 and 450 lbs., then use green bands or 120 lbs. of chains. If your best squat is between 450 and 600 lbs., then use blue bands or 160 to 200 lbs. of chains. Once you gain experience, you can increase band tension or add heavier chains.

This program calls for a three-week wave, de-loading the fourth week. The de-load week is a week to recharge your muscles.

SAMPLE PROGRAM

Here is a sample of my four-week program:

WEEK 1: Parallel box squats for a one rep max with straight weight.

WEEK 2: Box squats with 150 lbs. of band tension for a one-rep max.

WEEK 3: Box squats with 120 lbs. of chains for a one-rep max.

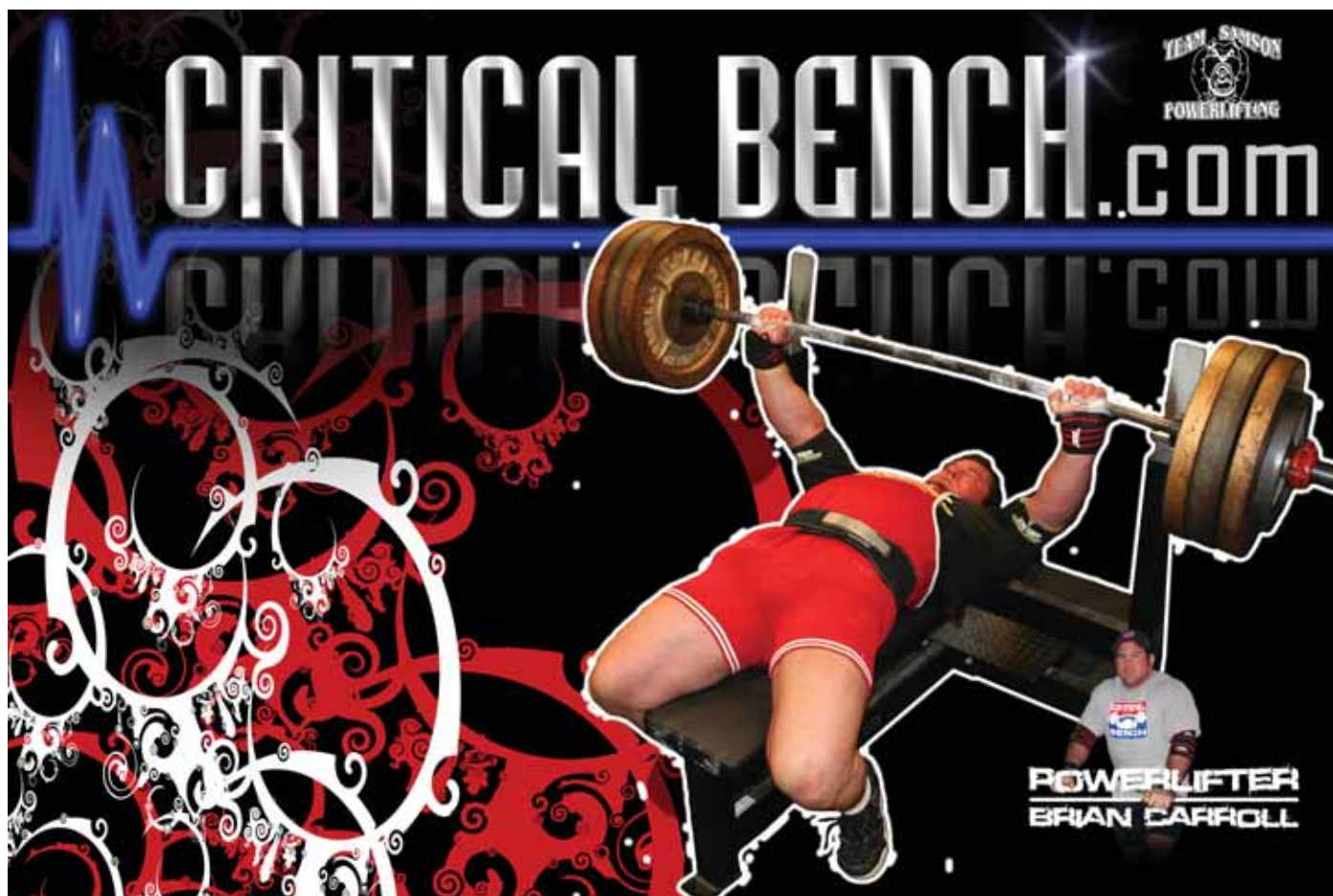
WEEK 4: Deload.

The key to this regime is for you to know your weaknesses so you can incorporate the right accessory movements. For example, if you have a weak lower back you could add the following accessory exercises to your workout:

- Max-effort front squats with chains: five sets of five reps, adding weight each set.
- Good mornings with chains: five sets of five reps, adding weight each set.
- Pull-throughs or glute ham raises: three to five sets of 10 to 12 reps.
- Leg curls: three to five sets of 10 to 12 reps.
- Standing abs.

Throughout this program, find the exercises you are weakest at and make them a focal point. Keep your program changing and evolving...attack your weaknesses and become strong! PM

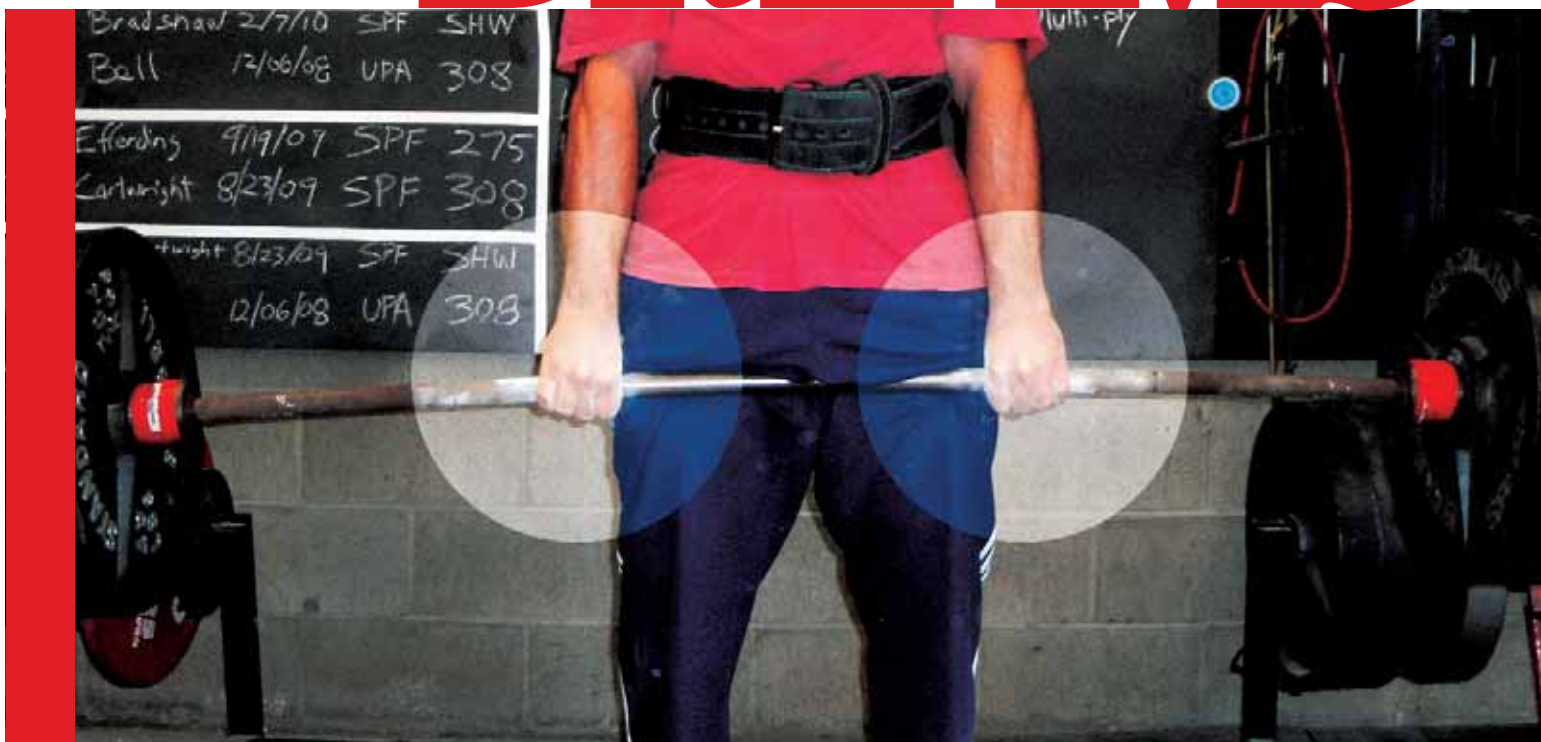
Robert “Big Wilk” Wilkerson teaches world history and coaches strength training and the offensive line for the Escambia County Blue Devils in Atmore, Ala. He is a passionate raw powerlifter who began powerlifting at 15, but didn’t take it too seriously until after he graduated college. Big Wilk has a raw squat of 950 lbs., a 625-lb. raw bench and a 2,150-lb. raw total. In every meet except one he has squatted over 800 lbs. raw, benched 550 lbs. raw and totaled over 1,900 lbs. raw. His personal goals are to reach a 2,300-lb. raw total.



HOOK

BY WADE JOHNSON

DREAMS



Many years ago when I started powerlifting, I never thought about my grip in the deadlift. I always had great grip strength and never lost a pull due to a failing grip. However, as the years rolled along I realized that I was built more for squat and bench press, and that my short arms would hinder me somewhat. I started investigating what I could do to achieve my deadlifting goals.

Because my grip was a strong point, I initially resisted any change. There were training, form and other issues, but one of the things I did that really allowed me to train better and to get my weight moving up was the hook grip. Because I dabbled in Olympic lifting, I knew of it, but my grip was far

stronger using a double-over hand than relying on my Olympic form.

It wasn't until I read an article written by Brad Gillingham that I realized the hook grip could solve my problems. So, I went about it like everyone does and tried it at 135 lbs. Not too bad. Neither was 225 lbs., but then — damnation — 315 lbs. hurt like a sumbitch. I squashed the idea and went back to conventional grip.

I played with the grip for about 18 months. I did singles and got to where I was closing in on PR weights. At a meet in 2005 I did my deadlift warm-up at 315 lbs. and 455 lbs. with the hook grip. It felt so much better, and I decided to go with it. I haven't looked back since.

There were a few issues that led me to the hook grip. With my short arms, I would torque the crap out of my biceps and forearms. I had bouts of tendonitis and didn't want to further injure my biceps. The bigger issue for me was pulling my hips out of alignment. No matter how good my form, it wasn't my lower back but my hips that bothered me.

Using the hook grip helped. I had no more bicep and forearm issues. No more hip issues. I shortened my stroke and improved my form.

HOOK GRIP TIPS

Here are a few quick tips for those of you inter-

ventional. Then I pulled 700 lbs. sumo with a suit and loose belt. These were numbers I had only ever dreamed of pulling.

Give the hook grip a try. I hope it does for you what it has done for me. Until next time, lift heavy, train smart and eat more pizza. PM

“Using the hook grip helped. I had no more bicep and forearm issues. No more hip issues. I shortened my stroke and improved my form.”



ested in giving the hook a whirl.

Start slow. This grip hurts and you will initially feel like your thumbs will pop off. It takes some time for that sensation to stop and, even then, it will occasionally hurt and even be sore.

Start light. This grip is not for the faint of heart. Use warm-ups to get the grip started and then go back to your conventional alternating grip. This will take time!

Use athletic tape. I have even used it in meets – just be sure to check the rules and talk with the meet director to be sure it's OK come meet day. In training, make sure you don't cover the knuckle. It will affect how you close your hands if it's over the thumb knuckle and too tight. Leave yourself a courtesy tab so you can get the tape off when you are done.

Start with singles. Reps are really hard on your hands. I suggest doing singles at first. As time goes on, your thumb will toughen up and you'll be able to deal with.

GIVE HOOK A CHANCE.

I am not a great deadlifter, but I have pulled 672 lbs. in a full meet, gearless and beltless con-

“I played with the grip for about 18 months. I did singles and got to where I was closing in on PR weights. At a meet in 2005 I did my deadlift warm-up at 315 lbs. and 455 lbs. with the hook grip. It felt so much better, and I decided to go with it. I haven't looked back since.”

The year 1959 was very important and profound for me. It was during that year that something inside caused me to want to be much more than I already was.

I wanted to be strong.

It was during a brilliant Saturday morning. I stood with 35 cents in my hand in front of the Wollaston Cinema in Quincy, Mass., waiting to see Hercules Unchained. I was only 6 and, prior to this day, my only understanding of the word “strong” was conveyed in photos of dinosaurs.

Staring down at me from the film’s placard, however, was a photo of its star, Steve Reeves. He was the most muscular human I had ever seen. Hanging off his enormous arms were chains forged from huge obelisks. I had an epiphany, but I wouldn’t know what to do about it for 10 more years.

Ironically, 1959 was the same year gifted scientist and decorated war veteran, Dr. John Ziegler, gave his invention – methandrostenolone – to select weightlifters from the York Barbell Club. The Dianabol dynasty had begun, and this invention would help foster physiques far surpassing Steve Reeves and help create countless lifting records.

I bought my first muscle magazine in 1969. I read all I could get my hands on and marveled at every photograph. Some of those pic-

tures are as vivid now, 40 years later, as they were back then. One in particular was from the March 1969 issue of Iron Man Magazine. On page 44 there is a photo of a middle heavyweight Olympic lifter whose physique rivaled that of the man on the cover: Arnold. The lifter was in the process of pressing in the strictest military fashion overhead – 390 lbs. I would find out years later from the book Steroid Nation that the man that I was looking at in awe was very probably the first American lifter to take Dr. Ziegler’s invention. Ziegler would later sell his invention to the Ciba Corp. for \$100, which renamed it Dianabol.

Dianabol, and steroids in general, have always been a dichotomy to me. Much of the general population and a good number of participants in strength sports believe using androgens amounts to cheating. Also, contraindications attached to compounds that can’t be separated have the potential for serious illnesses. However, its use created larger-than-life role models who, in turn, inspired naïve, non-using neophytes like me to train harder to be more like our idols. In essence, Dianabol gave many of us superheroes that left a positive, lifelong impression. One example is implied on page 20 of Phil Embleton and Gerard Thorne’s fine book, Anabolic Edge, where the authors state, “Gossip has it that a famous bodybuilder with a German accent built his muscles using a combination of Dianabol and Primobolan Depot.” Need I say more?

Before going into specifics, I’d like to travel one last time through my strength sports time tunnel. One summer evening in 1983, my wife and I watched a forgettable movie about track called Personal Best. The “Best” part of the film was the 1972 Olympic silver medal-winning shot putter Al Feuerbach singing a song he composed called “Dianabol.” Its refrain said, “Oh why is there Dianabol at all?”

I decided to find out.

Dr. John Ziegler, of Olney, Md., always refers to himself as, “just another country doctor.” He was certainly far more than that. The 6’5”, 250-lb. Ziegler played football for Penn State before enlisting in the armed forces in WWII. He was wounded on four different occasions and highly decorated. After his convalescence, he received an M.D., with degrees in general surgery, neurosurgery, geriatrics, physical and nuclear medicine. He was appointed as team doctor for the U.S. Olympic weightlifting team in the mid-1950s and went to several world tournaments. In short, he was practically a renaissance man.

To my knowledge, he gave but one published interview about Dianabol, to authors Dr. Bob Goldman and Denie in the April 1980 issue of Muscle Training Illustrated Magazine

THE DIANABOL DYNASTY

BY PETER VUONO



(pp.44–46). When asked if he developed the original Dianabol formula, he responded, “Yes, I worked with the Ciba Co. I think they gave me \$100 for the idea. It was simple. We took testosterone and took out some of the secondary androgenic characteristics.”

In the interview, Ziegler sheds light on why he developed this compound. “I knew the Russians were using testosterone because of the prostate enlargements I was seeing,” he said. “They had to catheterize all these young players, say 22-years-old, just so they could urinate. I got to know one of the Russian doctors of their team and we became real good friends. He admitted to me they were using it and I said to him, ‘It’s so damn dangerous.’”

Ziegler could stand the Russian chicanery no more. As he put it, “I felt the Russians were going to use sports as the biggest international public trick going, and in strength sports especially. They saw it as a political advantage 100 percent.”

After giving prescriptions in 1959 to select York lifters, the compound infiltrated other sports, according to a story in the Oct. 19, 1987, issue of Sports Illustrated by Ron Mix, a former assistant coach to one of the U.S. Olympic teams who introduced steroids to the San Diego Chargers in 1963. That year, in an AFL league championship game, the Chargers defeated the Boston Patriots 51-10. Although it cannot be confirmed that the compound used was Dianabol, since it was approximately four years after its invention, it’s a strong possibility that it was the steroid used.

Today, because of the Anti-Anabolic Steroid Act of 1990 and 1994, Dianabol is no longer manufactured in the U.S. and, at this writing, Western Europe. It is, however, manufactured under a miasma of names, including: Methanoplex, Anabol, Metabolina, Nerobol, Reforvit-B, Pronabol, Metaboline and Naposim. Some of the countries that manufacture methandrostrenolone include Thailand, Mexico, Romania, Russia, Poland, Bulgaria and India. Of those countries and names, the most frequently used is Methanoplex (also known as Anabol), made by Axiolabs of Thailand. It comes in packages of 100 10-mg tablets. The second most popular is Reforvit-B, made by Loeffler of Mexico. It is an injectable (or can be taken orally) liquid that contains 25 mg/ml of methandrostrenolone in a 50 ml bottle.

It is widely believed that the use of Dianabol produces pronounced size and strength. From what I have actually seen and read, this is an indication I can definitely substantiate. One of the indications, however, is a double-edged sword. One way Dianabol produces size is by causing water retention. Water retention can also cause a rise in blood pressure. Other contraindications are acne, aromatization and the shut-down of the user’s HPTA, or hypothalamic-pituitary-testes, axis. It is also just as important to point out that Dianabol is one of a class of steroids known as 17 alpha-alkylated. Alkylation means that the steroid is engineered to include a methyl



group (CH₃) or an ethyl group (C₂H₅). In the case of Dianabol, a methyl group has been placed at the 17th carbon position of the molecule. This allows the hormone to pass through the liver without being degraded. When this happens too frequently, it can cause liver damage. Finally, steroids in general tend to, over time, increase low density lipoproteins. Any athlete who decides to use Dianabol would be wise to have lipids checked frequently, get regular blood pressure checks and have a liver function test, and take careful

note of any rise in the levels of enzymes HGOT and HGPT.

Since everyone is different and we all react in different ways to various medications, I could not with a clear conscience make a recommendation as to dosages. I’d rather leave you with a bit of philosophy. Years ago, one of the best journals for advisement on strength enhancing drugs was the now defunct Dr. Donald Wong’s Muscle Digest. In a magnificent compendium on anabolic steroids, Jeff Everson quotes the Greek philosopher Epicurus, whose words hold as much truth today as they did in ancient Greece: “Him whom a little will not content, nothing will content.”

My thanks go out to strength historian Dave Hartnet for his assistance in the writing of this article. PM

Beginning RTS Part II

BY MIKE TUCHSCHERER

Part One of Beginning RTS (Power Magazine, November 2009, pp.34-35), discussed intensity and its role in the training process. Remember, intensity dictates a large portion of the training effect. Now I would like to discuss how to auto-regulate training volumes to produce optimal training results.

Auto-regulation is important because each person responds to training differently. We all know people who can handle large amounts of volume and seem unaffected. We all also know people who can't handle such large volumes without overtraining. It's important to realize that there is a whole range of training that is neither under training nor overtraining. And, what's more, there is a sweet spot somewhere in the middle that will produce the greatest training effect.

So how do you figure out where the sweet spot is, since it will be different for each person? The answer is auto-regulation. With auto-regulation, training volumes automatically adjust depending on what's best for you. There are no guessing games, much less "trial and error." There are several ways to auto-regulate training, but the most common method used in Reactive Training Systems is called fatigue percents. This method has many benefits for the user. Not only is volume automatically adjusted to the needs and fitness levels of the lifter, but the adjustment occurs in real time. This means if you are feeling sick, volume will be adjusted. If you are not well-rested, volume will be adjusted. This is a very powerful training tool you can use to enhance your training every day.

FOCUS, MIKE! GIMME SOMETHING I CAN USE!

When using fatigue percents, you're trying to measure a loss in your ability to move weights. If you've first implemented the RPE system dis-

cussed in the first article, this will be much easier to understand.

Look at your protocol for the day. As from the previous article, let's say you plan on doing sets of three reps from an 8 to 9 RPE and you plan on using a 5 percent fatigue percent (more on this later – 5 percent is fairly average). We know this means one to three reps in the tank on all work sets. Start your session

by working up to your top set. In this example, that's a set of three at 9 RPE. Let's say you do 405. Now apply your fatigue percent. If you subtract 5 percent from your top set, you get about 385. This means you will continue to work until 385 for three reps yields at 9 RPE. This is a 5 percent loss in your ability to move weight, and it correlates with a certain level of fatigue. This may require many sets or only a few. Each workout will be different, as will each movement. But that's the point – your volume will automatically adjust

up or down to accommodate what your body can handle. This will help you avoid overtraining and ensure that you're getting enough volume for adaptation to occur.

FREE SAMPLES

I like to teach with examples, so let's work through a hypothetical situation.

Let's say our lifter is supposed to squat, doing sets of two reps at 8 to 9 RPEs with 5 percent fatigue. So he goes to the gym, fills up his water bottle and stakes out his Power Rack. The poor guy trains at a commercial gym, so he has to wait until the "shrug brothers" finish their shoulder spasms. (Hey, it's my hypothetical situation. I can do what I want.)



When he finally gets settled into the rack, he goes through his warm-up as normal. That's followed by working up to the heaviest weight of the day. He does a set of two reps that results in a 9 RPE. Let's say our hypothetical lifter gets up to 525 x 2 at 9 RPE. At this point, he applies his fatigue percent: 5 percent. He finds that 5 percent of 525 is about 26 lbs. So he subtracts 26 from 525 and rounds it to a weight he can load: 500 lbs. He will keep working until he does 500 x 2 at 9. This shows a 5 percent loss in his ability to lift.

There are a few ways to go about reaching that level of fatigue. The simplest way is to load 500 lbs. and do repeated sets of two reps until the RPE climbs up to a 9. At that point, you would stop. The other way is to slowly descend the weight, doing a double on each set, until you get down to 500 x 2 at 9. It doesn't much matter how you get there, only that you do get there.

KEYS TO IMPLEMENTATION

If this sounds like an easy system to cheat on, you'd be right. If you're a lazy person, this isn't for you. If you have to be pulled out of the gym with a pry bar, this probably isn't for you, either. This method caters to those I call "controlled-aggressive." You have to be willing to work hard — very hard — to achieve your goals. But if you're more interested in going nuts than being productive, there's not much any system can do for you. Simply put, if you work hard to get stronger, but you also put some thought in your training, this system can be helpful to you.

One thing to keep in mind: Keep your rest intervals under con-

trol. There will be a wide range of effective rest intervals, but if you rest too long for the intensity of work you are doing, you will never get the fatigue you're after. The key to mitigating this is paying attention. Don't take 10 minutes between sets unless you have a good reason.

RPEs play a critical role in implementing this system of training. If you missed the discussion on RPEs, check out the November 2009 edition of Power Magazine or visit the RTS website for more information.

For a deeper understanding on how to use fatigue percents, including information on how to vary the percentages in accordance with your training goals, check out the Reactive Training Manual or visit our forum at www.reactivetrainingsystems.com. There is a lot we can all learn from one another, so join in the discussion! PM

Mike Tuchscherer owns Reactive Training Systems, a company dedicated to individualized physical training. The goal of RTS is to help clients become a dominant force in their sport. Learn more by visiting www.reactivetrainingsystems.com. Tuchscherer is an accomplished powerlifter. He has 12 years of experience training and researching the best training methods in the world. He has competed in raw and single ply competitions and won the gold medal representing the USA at the 2009 World Games. His best lifts in IPF competition are a 903-lb. squat, a 644-lb. bench press, an 826-lb. deadlift and a 2,342-lb. total in the 275-lb. weight class.

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STATIC STRONGMAN POWER:



A guide to increasing base strength and explosiveness for the “heavy” Strongman competition

BY TRAVIS ORTMAYER

I have spent more than half my life in the gym. Ever since I was 12 years old, using plastic 5-lb. weights and a sawed-off broomstick for a bar (which my mom didn’t appreciate), I knew my life would revolve around training in one form or another. Nine years later, my life was changed forever when I was thrown into a Strongman competition.

I was training with Marshall White (a 2009 WSM competitor). He had always wanted to do a Strongman competition. I never thought I could be as strong as the guys on TV, but it was White’s dream, so I decided to help him out at the competition.

The night before the competition I said, “What the hell,” and decided to give it a shot. I ended up in fifth place and couldn’t stop thinking and dreaming about the contest for six months straight afterward. This marked the beginning of a new life for me as an athlete, but I was faced with a completely new challenge: How to get brutally strong yet still be explosive and maintain that energy output over an extended period of time? I have been training for Strongman competitions – and trying to answer that question – for the past seven years.

It took several years and many different training routines to find what worked best for me when it came to being statically strong without compromising my endurance and short-term recovery ability. I will take you through my own training for the most statically heavy Strongman competition in the world: The Arnold Classic.





STRONGMAN TRAINING SPLIT

For a competition like this you need to focus on the following muscle groups: low back, hips/glutes, shoulders, triceps, grip and the often-overlooked lower legs. I train three days a week with this program to allow for sufficient recovery of not only the muscle groups involved, but the joints and nervous system, as well.

THE BASIC SPLIT:

MONDAY: Heavy lower body, light upper body.

THURSDAY: Heavy upper body, light lower body.

SATURDAY: Event training.

*On off days I do light cardio, i.e. taking a walk with my wife and baby son.

MONDAY

I do maximum-effort lower body, speed/endurance overhead press, back and biceps. I'll get to the lower body stuff in a moment, but for the upper body I pretty much keep the same plan:

Warm-up with a couple light sets on each exercise.

1. Axle/log/barbell press overhead: five sets of three with 60 percent of 1 RM (the key here is explosiveness on each rep and only taking 30 seconds between sets).

2. Dumbbell rows, pull-ups or pull-downs: three sets of eight to 15 reps.

3. Curls: about two sets, keeping the weight light. You will get enough biceps work on event day.

I start with the heavy stuff first on Monday, but the training is different from week to week.

WEEK ONE:

- Regular deadlifts, working up to a heavy set of three to five reps with 765 lbs., resetting each rep.

- Rack pulls: One or two reps at 915 lbs. with the bar set at about 17 inches.

Week Two

- Rack pulls again, but trying to go heavier than last week
- Deadlifts standing on a 5-inch block, at one or two sets of eight reps with 635 lbs.

WEEK THREE

- Regular deadlifts. I try to improve on my week one number of reps with 765 lbs.

- Deadlifts standing on a 5-inch block at one set of eight to 10 reps with at least 635 lbs.

WEEK FOUR

- Squats. I will either do a heavy set of five or six reps in a squat suit or a set of bottom position rack squats with the bar starting at about waist height with 650 lbs. for two-plus reps.

Then the cycle begins again.

THURSDAY

Today is maximum effort upper body (overhead press), speed/endurance lower body, chest and triceps.

Warm up with some active stretching and sets of light presses. I usually warm my shoulders up with the 45-lb. bar for a set of 15 overhead presses from the front of the body, 15 behind the neck and 15 or so squats without stopping.

1. Axle clean and press: I work up to a heavy set of four to six reps with 345 lbs., cleaning and pressing each rep then move up to a two- to three-rep max (just one clean) with 380 lbs. or more. Every so often I skip the clean and press set and go for an all-out, heavy set of two to three reps to note any strength improvements.

2. Giant circus dumbbell: This is a one-arm pressing event, so I do a few sets of one-arm presses with the heaviest normal dumbbells I can find. Then I go for a set of 10 to 12 clean and press reps (divided between each arm) with 220 lbs. I won't stop until both arms have locked out — a minimum of five reps each. If your shoulders (and lungs) weren't hurting after all that axle work, they sure as hell will after this!

3. Speed box squats: After warming up with some full range squats, set up a box so you can literally sit on it while squatting — then explode off of it with maximum force. Adding bands to this exercise will really teach your body to move explosively. Depending on the week, I do 365 lbs., plus 300 lbs. in band tension for eight sets of two reps with 45 seconds rest between sets.

4. Tricep pushdowns, dumbbell J.M. presses or close-grip bench off of four boards: three heavy sets of five to ten reps.

5. Incline dumbbell bench press, cable crossovers, flat bench press: Two to three sets of eight to ten reps. I threw in cable crossovers because I personally can't bench heavy anymore due to tearing off half of my left pec and not getting it repaired. I feel that I must still incorporate chest in some way, though, to make sure to stabilize the shoulder joint from all directions.

SATURDAY

As always, warm up with active stretches and some sort of light lifting just to get your blood flowing. Due to my collapsed arches, I



always make sure to warm up my feet and lower legs as much as possible to avoid injuries not only to my feet, ankles and knees, but to the hips and low back, as well. Heavy Strongman training is much more taxing to the central nervous system and joint structures of the human body than any other form of lifting due simply to the fact that not only do you have to lift a weight in a vertical plane of motion, but you also have to move that heavy load from one point to another in the fastest time possible. This is why a proper warm-up is crucial on these event days.

For a really heavy contest I will train three to four events on Saturday out of the following groups:

Truck pull: This event is a brutal way to start your workout because it severely taxes leg and arm strength, as well as your cardiovascular system. It is also a great way to work the lower leg muscles.

Arm-over-arm rope pull: Like the truck pull, this event trashes your CV system. But I like this event when preparing for the Arnold because working with the rope really helps my grip on the axle for that all-important clean.

Farmer's walk: I do two speed runs with 305 lbs. in each hand for 80 feet, then 465 lbs. for 45 feet.

Yoke walk: One or two sets of 800 to 1,000 lbs. for 60 to 80 feet. (I rotate this with heavy farmer's walks, since doing both is too much for my feet.)

Atlas stones: My personal favorite! One week I will load my 460-lb. stone to 48 inches for as many reps as I can until I feel like I'm going to tear all the skin off my arms. The next week I load my 23-inch diameter 520-lb. stone for reps. I am trying to work up to four in a row with this beast, but my best as of yet is two.

All these events are done against the clock to simulate contest conditions.

So now you have the plan that my mentor, Jim Glassman, got me started on, which has worked the best for me when I have to get ready for a seriously heavy show. This program is tough on the body and recovery is crucial, so proper diet and rest are very important. I eat about 6,000 calories a day with about 1,500 of those coming from the 350 grams of protein I force down, spread out between seven meals. As for supplements, I highly recommend Con-Cret creatine pre-workout and Labrada Nutrition's ProV 60 or Lean Mass 60 post-workout. I also use Sorezyme, Elastijoint and BCAA's from Labrada to aid in recovery. Without these supplements, I don't think I'd be anywhere near as ready to train week in and week out.

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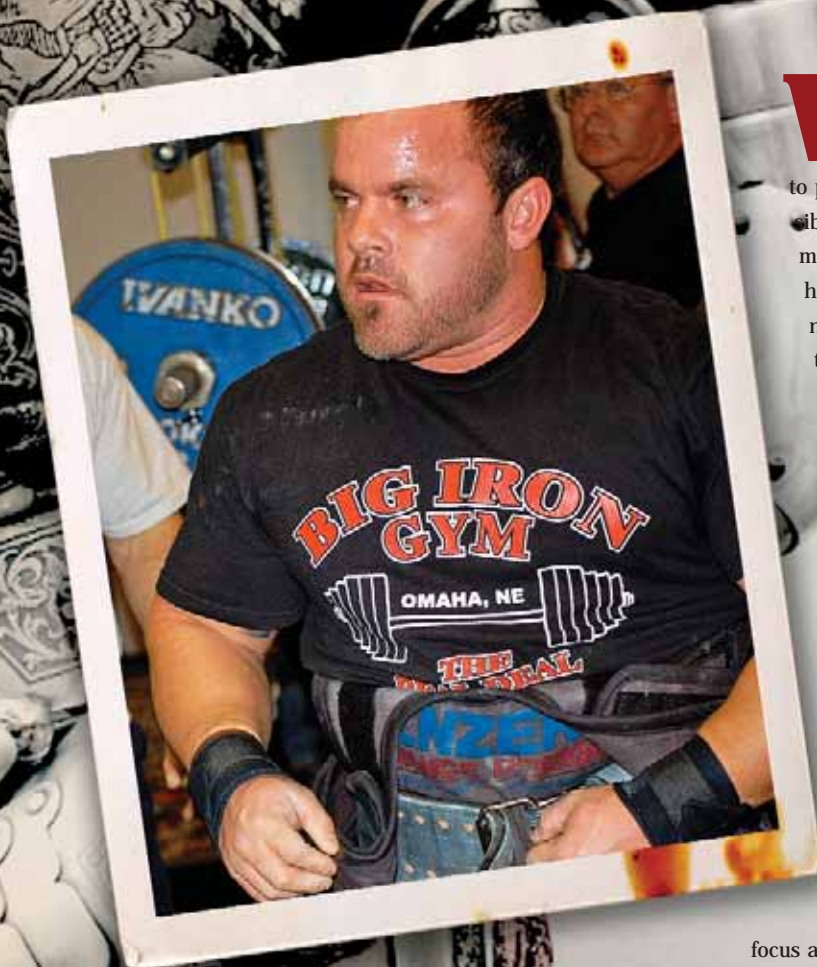
Pro Arena Football Player - Steve Konopka



BY MICHELE COGGER

SUIT OF ARMOR:

**RICK HUSSEY'S
VIEWS ON
EQUIPPED VS.
UNEQUIPPED
POWERLIFTING**



Within the walls of Rick Hussey's Big Iron, the team's focus is always to push the records as high as possible. Currently competing for multi-ply records, Hussey's lifters have their eyes on the biggest numbers. This drive to excel is typical of B.I.G. (Big Iron Gym) athletes.

Once Hussey feels athletes can't get any stronger in multi-ply competitions, they may eventually move down to single-ply or even raw competitions and go after the records in those divisions. But why not do them all at once?

Multi-ply lifters get a lot of criticism for not competing in unequipped divisions, but there is a good reason for this — one so simple, yet easily tossed aside:

To be the best, you have to

focus all of your training around one goal. You can't do a little here and a little there and expect to get the same results.

"Our lifters are going after the all-time multi-ply records and aren't going to sacrifice an ounce of strength just to satisfy anyone's curiosity about how

much they can lift raw,” Hussey says. “And we don’t need Shawn Frankl getting hurt benching 600 lbs. raw, and then be out for a year and never be able to bench over 800 lbs. in a meet again.”

LONGEVITY IN POWERLIFTING

When the goal is setting all-time records, longevity in the sport is absolutely crucial. The best way to stay competitive on the powerlifting scene for many years is to lift equipped, both in competition and training.

To be at the top you need to stay healthy and be able to lift at several meets a year. An unequipped lifter may last five years in the sport, competing once every two years to set a new PR. Equipped

since the team’s inception were caused by warm-ups and assistance done without gear. For example, Frankl injured his back in 2009 under a 400-lb. squat warm-up. He had a bad shoulder throughout 2008 from doing decline bench press with 545 lbs. for sets of five. He lost 70 lbs. on his bench for a year because of using such heavy weight for raw assistance work.

Hussey points out that, “In a 10-year period, no Big Iron lifters have had anything sewn back on.” He believes the gear has helped keep the lifters progressing year after year in the safest way possible.

SMART TRAINING THE B.I.G. WAY

To stay on top in powerlifting, you have to train smart. This is



“Our lifters are going after the all-time multi-ply records and aren’t going to sacrifice an ounce of strength just to satisfy anyone’s curiosity about how much they can lift raw,”

lifters can compete six to eight times a year and put up new PRs every meet. As Hussey points out, “If you do one meet a year, you really still are a novice. That’s only 10 meets in 10 years.”

Injuries are less common in equipped powerlifting than they were years ago, when gear was less evolved. Back then, many great lifters suffered career-ending injuries. Today, 90 percent of injuries occur during warm-ups or raw training. Gear not only helps lifters put up huge numbers, but it also helps keep them on the platform year after year.

In the early 1980s and ’90s, when Hussey was competing, he recalls seeing one or two injuries per meet: ruptured or torn biceps, rotator cuffs, patellas and quads. Today, you see these major injuries once or twice per year. If an equipped lifter does get hurt, it is from improper positioning under the bar rather than from body parts ripping off under the stress of the weight.

During his years as a competitive powerlifter, Hussey accumulated a long list of injuries: both biceps ruptured, left patella torn, right quad torn (leading to six surgeries) and both rotator cuffs torn. Recently he had to undergo another surgery to fix his back after years of strain and damage. Having been through it all, he knows from experience the importance of avoiding injuries to maintain a long career in the sport.

“In my era,” says Hussey, “without the fancy gear, our bodies weren’t able to handle the weight and volume lifters use today.” The injuries common 25 years ago are significantly less common today, and this is highly correlated due to advances in gear. And that is a very good thing. It is extremely rare that you will see a lifter come back to the platform and put up the same or better numbers after major injuries and surgeries. Looking back, Hussey remembers Garry Frank and Chuck Vogelpohl as some of the few lifters who came back stronger after serious injuries.

Consider Big Iron’s lifters. The only injuries they have incurred

why Big Iron lifters don’t compete unequipped when going after multi-ply records. Raw lifting is considered a part of their warm-ups, and while the weights are increased each week, they never do them at maximum effort. Off-season, lifters focus on doing raw work for higher reps, using weight no heavier than 50 to 60 percent maximum effort for conditioning.

This type of lifting does require different form than shirted lifting. And there is a cap to the amount that can be attempted, or eventually you will hurt a pec, shoulder or tricep by benching heavy raw week after week. The same thing applies to squatting as well. Wide stance squats every week without briefs will cause bad hips over time.

All Big Iron pro lifters can bench more than 500 lbs. and squat more than 700 lbs. unequipped, and most do every week in training. They don’t go past that because it adds unnecessary stress to the body that does not help accomplish their current goal. It is not worth the risk to training to hit numbers just so people have something to talk about.

CHOOSE YOUR PLAN

“Whatever your goal is, get a plan and stick to it,” says Hussey. “Our goal is to get the biggest totals and lifts in our federation, so that is how we train. Lifters who do both equipped and unequipped may set a few PRs here and there, but they simply don’t make the gains that Big Iron lifters do.” Hussey calls that being a jack of all trades and master of none. “This sport is very hard on the body, so why make it harder? Why not stay as healthy as you can for as long as you can? Train safe and smart; that is the key to success,” he says.

“In our gym,” Hussey continues, “Frankl and Michael Cartinian can easily do reps with raw records in every lift, but that isn’t our plan right now. You gotta stick with the plan you set out for. Krystal Cary



can bench 315 lbs. off of her chest – but again, that isn't our plan. She is going after the 181-lb. record of 402 lbs., right now and she won't screw it up benching raw and hurting herself."

If your goal is to compete in multi-ply meets, you need to train specifically for that goal. Some guys don't train in shirts, then only put them on at a meet and expect to be able to lift 200 to 300 lbs. more. But gear doesn't work that way. You won't be successful unless your muscles, tendons and bones have adapted to the pressure. "Training in gear has allowed us to condition ourselves so that we come into a contest fresh, rather than worn out and beat up from raw training," says Hussey. "Getting used to the pressure the weight puts on your body will make or break a lifter."

To those who argue that equipped lifting is "cheating," Hussey says, "So what if the gear lets you lift more weight? Isn't that what this is all about?"

Regardless of the amount of plys a lifter is wearing, the biggest number is still the most impressive. "You still go to the circus to look at the elephants, not the monkeys," Hussey continues. "In the gym, we have guys squatting 500 lbs. for reps and no one is impressed. But you put 1,000 lbs. on the bar and everyone stops to watch.

"The gear," says Hussey, "is a suit of armor for going into battle, and my guys are proud to wear it. It's like a football player putting on his jersey or a boxer putting on his gloves."

"The gear, is a suit of armor for going into battle, and my guys are proud to wear it. It's like a football player putting on his jersey or a boxer putting on his gloves."

MOVING FORWARD

Every lifter knows how long they make it through this sport is a roll of the dice. Some don't ever stop, and some do. One thing we do know is that gear helps keep lifters in the game as long as possible.

"We take chances, too, but with big weight – not less weight and no gear. Every lifter should try to be the best at what they want to do, let everyone else do the same, and stop whining."

Since the advanced gear has arrived, powerlifting has been given a makeover. Compared to the sport decades ago, everyone is looking better, lifting better and staying competitive much longer. Lifters today are younger and stronger at the same time. Gear is here to stay. "No one discredits unequipped lifters, and if they want to take chances, let them," says Hussey. "We take chances, too, but with big weight – not less weight and no gear. Every lifter should try to be the best at what they want to do, let everyone else do the same, and stop whining." PM

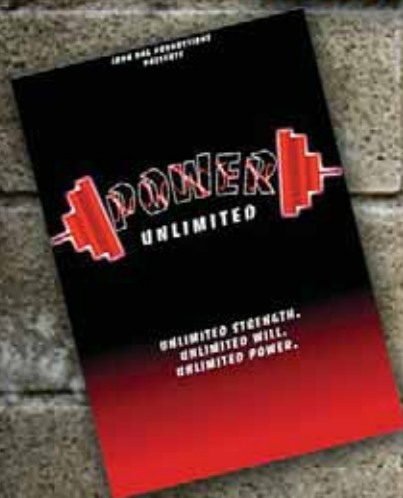


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CURRENT* AMERICAN LIFTER RANKINGS

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TOP 5 MEN, 308, MULTI PLY

TOP 5 MEN, 308, MULTI PLY

SQUAT			
Name	FED	Date	Lift
1. Matt Wilson	APA	2009-11-07	1105
2. Jim Hoskinson	APF	2009-09-12	1102
3. Matt Wenning	SPF	2009-08-23	1100
4. Chris Janek	SPF	2009-10-04	1075
5. Craig Stutes	APF	2009-06-14	1074
BENCH			
Name	FED	Date	Lift
1. Tiny Meeker	WABDL	2009-10-31	900
2. Seth Coker	APA	2009-09-05	840
2. Paul Key	SPF	2009-12-05	840
4. Vincent Dizenzo	IPA	2010-01-30	820
5. Steve Wong	WABDL	2009-03-21	815
DEADLIFT			
Name	FED	Date	Lift
1. Vincent Urbank	APF	2010-02-27	820
2. Matt Wenning	SPF	2009-08-23	800
2. Jake Anderson	SPF	2009-12-05	800
4. Greg Theriot	APF	2009-06-14	777
5. Luke Edwards	IPA	2009-04-19	775
TOTAL			
Name	FED	Date	Total
1. Matt Wenning	SPF	2009-08-23	2645
2. Matt Wilson	APA	2009-11-07	2550
2. Chris Janek	SPF	2009-10-04	2550
2. Tony Bolognone	IPA	2009-04-19	2550
5. Greg Theriot	APF	2009-06-14	2513

TOP 5 WOMEN, 165, MULTI PLY

TOP 5 WOMEN, 165, MULTI PLY

SQUAT			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-10-04	705
2. Stephanie Van de Weghe	APF	2009-06-14	644
3. Sonji Baldwin	APF	2010-02-13	573
4. Brooke Fineis-Curry	IPA	2009-06-28	570
5. Kelly Martin	APF	2009-06-14	534
BENCH			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-10-04	505
2. Yulia Medvedeva	GPC	2009-11-04	380
3. Stephanie Van de Weghe	APF	2009-06-14	374
3. Kelly Martin	APF	2009-06-14	374
5. Melissa Henry	APF	2009-03-21	369
DEADLIFT			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-10-04	510
2. Sonji Baldwin	APF	2010-02-13	473
3. Stephanie Van de Weghe	APF	2009-06-14	462
4. Molly Edwards	IPA	2009-10-25	460
5. Melissa Henry	APF	2009-03-21	446
TOTAL			
Name	FED	Date	Total
1. Laura Phelps-Sweatt	SPF	2009-10-03	1720
2. Stephanie Van de Weghe	APF	2009-06-14	1482
3. Sonji Baldwin	APF	2010-02-13	1416
4. Kelly Martin	APF	2009-06-14	1344
5. Brooke Fineis-Curry	SSA	2009-02-07	1325

TOP 5 MEN, SHW, MULTI PLY

TOP 5 MEN, SHW, MULTI PLY

SQUAT			
Name	FED	Date	Lift
1. Scott Cartwright	SPF	2009-08-23	1160
2. Tony Bolognone	SPF	2009-12-05	1125
3. John Ewing	APF	2009-06-14	1102
4. Ben Brand	SPF	2009-08-23	1075
5. Mike White	APF	2009-06-27	1030
BENCH			
Name	FED	Date	Lift
1. Mike Womack	WABDL	2009-03-28	942
2. Robert Vick	APF	2009-10-17	865
3. Tony Bolognone	IPA	2009-06-28	860
4. Jani Murtomaki	SPF	2009-08-23	855
4. Robert McCray	IPA	2010-01-30	855
DEADLIFT			
Name	FED	Date	Lift
1. Dave Damminga	APF	2010-02-20	815
2. Chad Walker	APF	2009-10-24	805
3. Garry Frank	APF	2009-06-27	804
4. Jani Murtomaki	SPF	2009-08-23	780
5. Tone Barbaccio	SSA	2009-10-17	770
TOTAL			
Name	FED	Date	Total
1. Tony Bolognone	SPF	2009-12-05	2705
2. Jani Murtomaki	SPF	2009-08-23	2650
3. Scott Cartwright	SPF	2009-08-23	2625
4. Ben Brand	SPF	2009-08-23	2570
5. Logan Lacy	APF	2010-02-06	2502

TOP 5 WOMEN, 181, MULTI PLY

TOP 5 WOMEN, 181, MULTI PLY

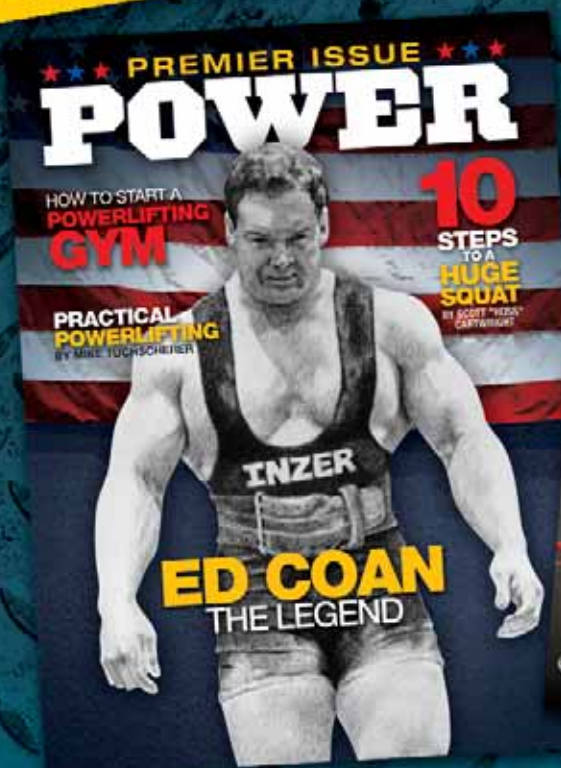
SQUAT			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-08-23	750
2. Krystal Cary	APF	2009-06-14	622
3. Krista Ford	WPC	2009-11-22	606
4. Lynn Boshoven	APA	2009-08-29	600
5. Stella Krupinski	APF	2009-06-14	551
BENCH			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-05-23	500
2. Krystal Cary	APF	2010-02-06	402
3. Krystal Cary	APF	2009-03-21	386
4. Karen Campbell	WABDL	2009-04-25	381
5. Hillary Harper	UPA	2009-12-05	358
DEADLIFT			
Name	FED	Date	Lift
1. Laura Phelps-Sweatt	SPF	2009-05-23	525
2. Lynn Boshoven	APA	2009-08-29	510
3. Hillary Harper	UPA	2009-12-05	501
4. Krista Ford	WPC	2009-11-22	468
5. Stella Krupinski	APF	2009-06-14	451
TOTAL			
Name	FED	Date	Total
1. Laura Phelps-Sweatt	SPF	2009-05-23	1770
2. Krystal Cary	APF	2009-03-21	1405
3. Hillary Harper	UPA	2009-12-05	1372
4. Lynn Boshoven	APA	2009-08-29	1370
5. Stella Krupinski	APF	2009-06-14	1344

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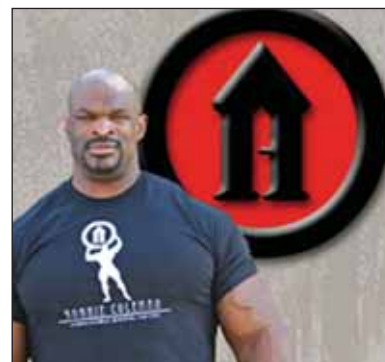
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Shawn Frankl

Shawn "Freakshow" Frankl is a 198/220 lifter out of Rick Hussey's Big Iron in Omaha, Nebraska. Competing for less than a decade, it didn't take long for him to find his place at the top of the rankings, becoming the one to beat among lightweight lifters. At 198, Frankl holds the All-Time highest total (2630), squat (1055), and bench (850) records. He is also the heaviest person to total 13 times his bodyweight. With Hussey's coaching, Shawn is focusing on his next goal of a 2700 lb total at 220. Read on to learn a little more about the "Freakshow".



What is your greatest fear?

Losing a family member or friend.

What is the trait you most deplore in yourself?

Lack of patience.

What is the trait you most deplore in others?

I can't stand liars and phony people.

What is your greatest extravagance?

A free trip to Afghanistan.

What is your current state of mind?

I'm thinking that Mark Bell must have thought of these weird questions.

On what occasion do you lie?

Never. (Oops. Did I just lie?)

What do you most dislike about your appearance?

I'm too short.

What do you most value in your friends?

Loyalty and when they say they will do something and they do it.

What or who is the greatest love of your life?

Jesus Christ!

When and where were you happiest?

When I arrived to see my family for the first time after being overseas.

If you could change one thing about yourself, what would it be?

I'd be taller.

Where would you like to live?

Heaven!

What is your most treasured possession?

My Bible.

What is your favorite occupation?

Pro football player.

What is your most marked characteristic?

I'm very stubborn.

Who are your favorite writers?

Paul, in the Bible.

What is it that you most dislike?

People who steal.

Which talent would you most like to have?

To be able to really jam on the guitar.

How would you like to die?

Get eaten by an alligator.

What is your motto?

Actions speak louder than words.

Which living person do you most admire?

Probably my wife for putting up with me.

What is the quality you most like in a woman?

Their relationship with God.

What is the quality you most like in a man?

Same as above.

Who is your favorite hero of fiction?

Superman.

Which words or phrases do you most overuse?

"Man."

What is your favorite movie?

Men of Honor

Who is your favorite lifter?

Mark Bell! Duh.

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