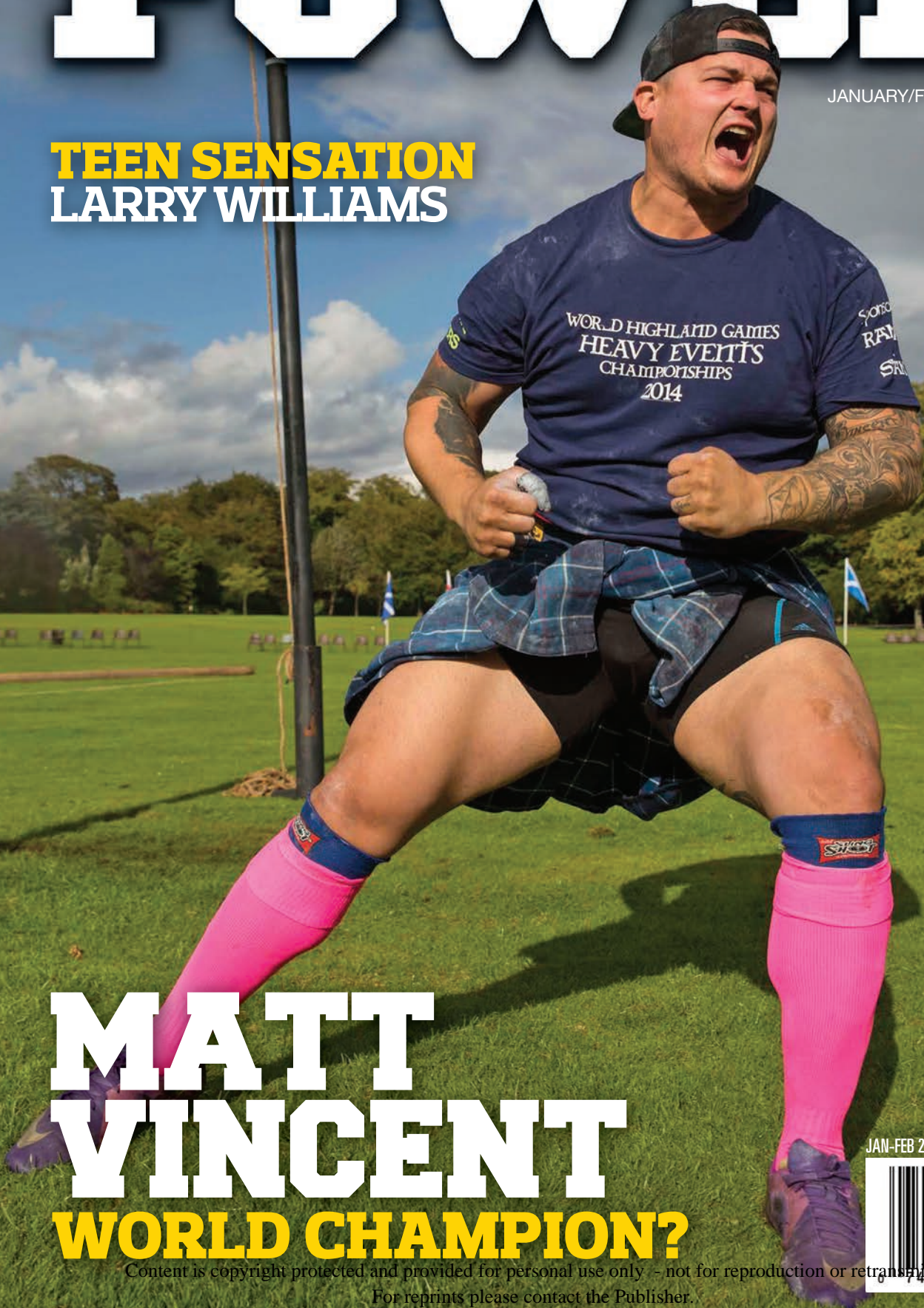


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JANUARY/FEBRUARY 2015

TEEN SENSATION
LARRY WILLIAMS



MATT
VINCENT
WORLD CHAMPION?

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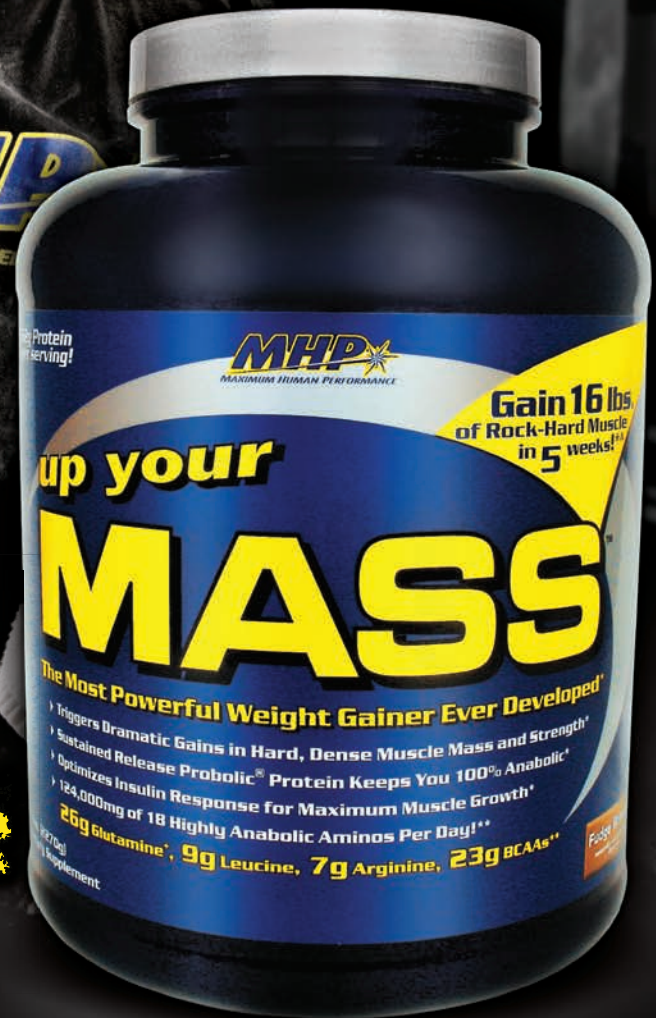
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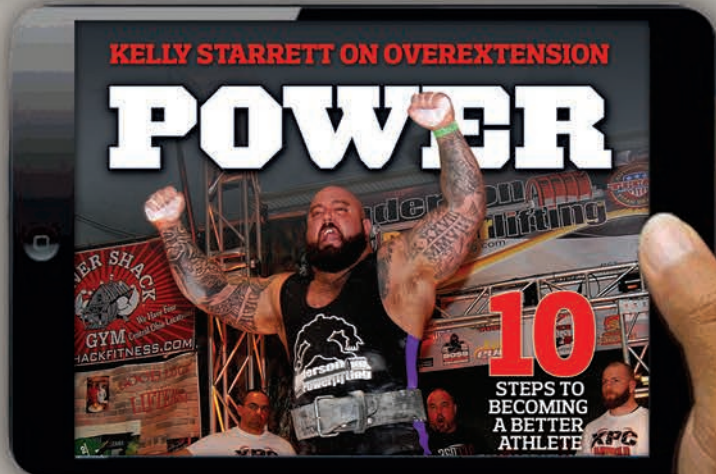
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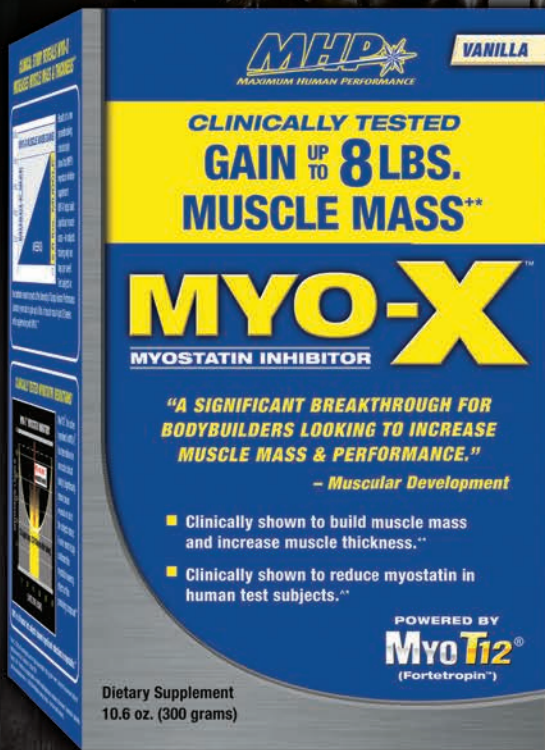
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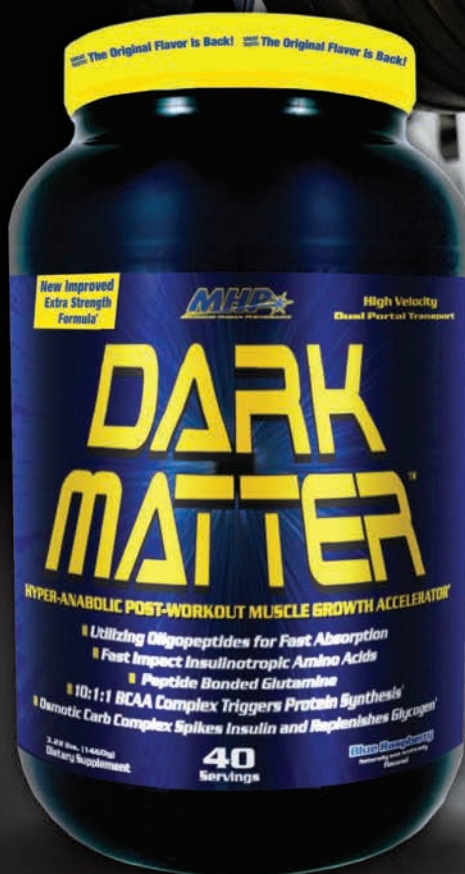
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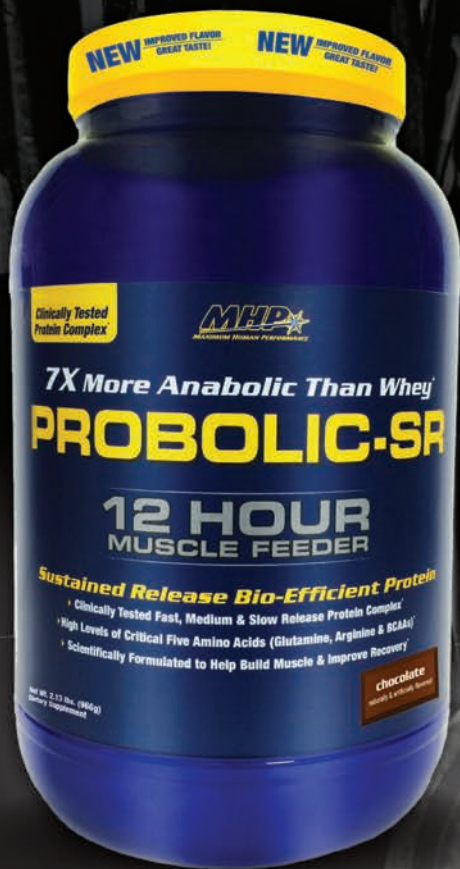


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Strength LAB By Matt Vincent

www.mattvincent.net

Explosive Strength and Maximum Power for Athletes.

This book is the follow up from Matt Vincent's Training LAB. The first book was a block periodization training program aimed

at strength athletes specifically those training for the Highland Games. Matt is the 2012 Highland Games World Champion. He also also competed at a national level in Strongman, Weightlifting, and Powerlifting. He also participates in Crossfit helping athletes when he can with programming and becoming the strongest athlete they can become.



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FAMILY STRENGTH THROUGH POWERLIFTING THE WHETHAM'S

BY KEN WHETHAM



There aren't too many families that get the opportunity to experience competing together at the same Powerlifting competition. In April 2014, I had the privilege of competing with both my wife, Sheri and my son, Austin, at a CPF meet in Cornwall, Ontario where Sheri and Austin competed for the first time.

There is definitely a different dynamic to competing when you have to try and focus on your own lifting as well as make sure that other members of your family are properly prepared and are focused on getting ready for their attempts. It's an incredible experience but it is also mentally draining. Or I'm probably just getting too damn old! Besides getting old, I am extremely proud of my wife and son for being brave enough to pursue such an undertaking on the platform. Both have gone on to compete in other meets and my

wife now holds 8 Canadian National records and 3 World records.... So safe to say, she's enjoying her Powerlifting experience so far!

My son Austin has always been a good athlete and has been involved in team sports growing up. He's played football, rugby and AAA hockey so he's been exposed to sports that are physically demanding, where strength and conditioning are key factors attributed to performance.

I have always been involved in sports growing up, namely hockey, football and soccer. I am also continuing into my professional career in Law Enforcement as a Police Officer and now as a Firefighter. Being in good physical condition has always been an asset and a requirement in order to be effective at these professions. As long as I can remember, I have always competed. I think it's a personal way of validating and testing my training, strength and

physical condition. Anytime that I've competed, I've always had the mindset to excel and exceed beyond what was expected. I can't explain why I'm wired that way but I take it as a positive attribute. I competed in several Kettlebell competitions in Long Cycle and Biathlon and always did extremely well winning numerous events in North America. When I started on the Fire Dept. I competed in the Firefit Combat Challenge and was runner-up in 2011 at the Canadian Nationals in Medicine Hat AB and won the National Championship in 2012 in Baie-Comeau Quebec. I was always lifting weights to a certain degree and Powerlifting seemed like a natural transition for me even though I started late and did my first competition at 48! I've been competing for less than two years and I'm happy with my progress so far. At the Canadian Nationals in June this year I went 832/507/705 for a 2044 Total. I have lots to work on but



I'm confident I will continue to progress and my numbers will get a LOT better! The appeal of Powerlifting for me is the opportunity to push yourself to a fine line between accomplishment and crushing defeat. Trying to squeeze every last ounce of energy and strength out of your body during a max effort attempt, offers a personal satisfaction and a sense of achievement that can't be replicated. The appeal is intoxicating.

The biggest story regarding an incredible accomplishment is my wife Sheri's journey to competing in Powerlifting. In 2009, Sheri had spinal decompression fusion surgery to her lower back. She had two steel rods and 4 bolts placed along her L4:L5. Sheri remained out of commission and basically spent six months in bed unable to bend, lift, twist or reach. After twelve months, she was given the OK to start trying to get her mobility and strength back. We both agreed that we wanted to try and get her back as strong and resilient as possible so we started to train with light kettlebell swings and progressively used heavier weight as Sheri's strength began to return.

Sheri Whetham: I have always been interested in weight training and I have always been physically active.

In 2009, I had a life altering set back that changed my life. I had major back surgery: spinal decompression/fusion surgery that resulted in steel rods and bolts being screwed into my back. I was unable to bend, lift, reach or twist for 6 months while in a back brace. One year after surgery, once the Dr. gave me the green light to start training again, Ken and I decided to be pro-active and strengthen my back to become healthier and more resilient than ever before. We started with kettlebells and within a few months I competed in my first kettlebell competition. Ken always believed in the three main lifts of powerlifting to increase strength so that was next on my list of training regimens to make me strong and resilient. I started training periodically during the past couple of years just to get strong. On vacations, Ken and I would visit places like Westside Barbell, Elite FTS, and I was inspired by Louie Simmons to get my back even stronger. I was amazed at how my body was changing, getting leaner, muscular and stronger so it was a steady diet of training squats, bench press and deadlifts.

Why did you decide to try powerlifting? After watching my husband compete in his first event last year, it intrigued me to see if I had it in me

to compete in Powerlifting. I was amazed at the amount of strong women who were also doing this sport and knew that I was as strong as a lot of the women competing. Relentless Detroit was really the turning point for me - the camaraderie and the family atmosphere was awesome. The event raised money for terminally ill kids and made me think that it was more than just about lifting heavy - it was about heart and soul. I knew while watching that event that I too could lift. I was inspired to get stronger and I set my first goal by signing up for my first event in April 2014 and began to train.

HOME GYM

It is really easy to train when you have the right equipment in your own home gym, and a "live-in coach". Ken continually pushes me beyond my limits and inspires me to be the best I can be. He leads by example and our home gym is a testimony to that, nothing short of impressive. We have a Monolift, a competition bench, a reverse hyper, over 1500 lbs in weights, chains, bands, a power rack and our home gym has all sizes of professional kettlebells ranging from

18lbs all the way up to 115 lbs! There really is nothing we don't have at home to train with so there are no excuses!

What do you think about it now that you have competed? I've done very well so far; after competing in two meets, I hold 8 national records and three world records. I think I will always continue to train for Powerlifting because being strong and resilient is a great way to continue good health. We've met a ton of great people through training and competing and everyone is very supportive and eager to offer advice and is very encouraging. It really seems like a family atmosphere and it is fun. There is no age limit either. I have witnessed 13 year olds all the way up to a 77-year-old man competing. I am 52 years young myself so you are never too old to start. I am competing at the WPC Worlds in Palm Beach Florida in November for Team Canada. I believe you always need a goal, something to aim for and improve upon so I can see myself continuing to compete for a while longer. In fact, during our vacation on Aug 15th, Ken and I attended the Elite FTS Powerlifting Workshop Experience in Columbus Ohio - what an amazing experience. If you asked me a year ago where I would be in the Powerlifting scene, I never in my wildest dreams could have imagined going to the World Championships and representing my Country at the age of 52 in my first year of lifting!

SHORT TERM GOALS?

My first goal is to dedicate more time to consistent training, getting stronger with proper nutrition as well as focusing more on myself. Between working full time, coaching people and teaching fitness classes I was not taking enough time for myself. Now I am focused and I am always trying to be better than I was yesterday.

LONG TERM GOALS?

Bench Press 200 lbs (and eventually take the world record for bench. I currently hold the World record for Squat,

Deadlift and Overall total).

Squat 300 lbs Raw

Deadlift 400 lbs

Win the WPC World Championships in November 2014, Palm Beach Florida!

Someday I would like to try competing in a Body Building Competition.

LEADING BY EXAMPLE

I always believe that leading by example is the way to live your life. My kids look up to me and take their health and nutrition seriously as well. As a coach I believe you must walk the walk and not just talk the talk. I'm continually trying to better myself, being the role model I believe I should be. I encourage people to be the best they can be and am always inspiring others to take their fitness and nutrition to the next level. Why be ordinary when you can be extra-ordinary?

I want to inspire, I want someone to look at me and say: "because of you I didn't give up".

AUSTIN WHETHAM

What got you interested in Powerlifting?

I have been going to the gym for a few years now, but after seeing my Dad at his first competition, I became interested. My Dad has been a positive influence in everything I do - he supports me in all the sports that I participate in and he helps drive me to work harder than everyone else, put in a solid effort all the time, and be the best I can be.

Why did you decide to try Powerlifting?

After talking to my Dad about powerlifting and after he helped me to learn some technique with the lifts, he convinced me to try a competition. Dad made sure I knew all the commands for the lifts and we practiced so I knew what to expect at the competition. I became more confident with my lifting and made the decision to attend my first meet.



What did you think about competing in your first meet with other members of your family?

I was very nervous and excited. I had a blast, met new people and learned a lot about lifting. Everyone at the meet offered advice and wanted me to do my best. It was a great first experience!

How do you feel now after you've competed?

I feel more confident and driven to improve and succeed in future competitions. I competed in my second meet in June at the CPF High School Championships in Kitchener, Ontario. Powerlifting is something I'd like to continue to improve on and definitely continue competing.

Do you have any short-term goals?

I would like to work on a solid training routine that will help me to continue improving my strength and my lifts. My current goal is to be able to complete a 225lb bench press.

Do you have any long-term goals?

I would like to compete in a Provincial or National competition and place first in my division.

Do you think you'll continue to strength train for the rest of your life?

I will definitely continue to strength train for the rest of my life. It keeps me focused, helps my performance in sports and makes me feel happy, healthy and confident. Strength training will always be a part of my life.



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MATT VINCENT IS COOLER THAN YOU

BY MARK BELL

PHOTOS BY ROBERT PERRY, WWW.ROBERTPERRY.CO.UK

Matt Vincent is the self proclaimed biggest, strongest hipster on the planet. I checked the inter webs and it turns out that he's right! Who knew? Matt is covered in ink from nearly head to toe, including one terrifying looking tattoo of Leather Face on his arm. Matt is a 2 time Highland Games Champion who is into reading, movies, eating and maybe even a little boozing. Matt is proficient at all lifts including, squat, bench, deadlift, clean and jerk, snatch - you name it and Matt can perform it. So for a big guy, Matt is pretty athletic. But in my mind, what has always separated Matt Vincent from any athlete I have seen or dealt with is his ability to always have a good time no matter what is going on. Let's take a look further into Matt's life and see what we can find out.

MB: To say Matt Vincent is unassuming as a world championship athlete is like saying Kim Kardashian only kinda has a big ass. I mean, don't get me wrong - you're a big-framed guy at about 6'1 and over 260 pounds but you are no Stan Efferding, that's for damn sure. What has been your secret to looking so average?

MV: I'm standing at a towering 6' so that keeps people at bay because it's so intimidating. At my massive size, I could be the next Thor Björnsson. Look him up - he plays The Mountain in Game Of Thrones. It's bizzare how identical we look! I will give all the credit to looking super average to some decent genetics and 25 years of shit diet, mixed with 18 years of completely functional training. Most guys like yourself spent a considerable amount of their training career trying to look pretty in underwear on stage or in your case, wrestling with oily dudes. I bet the first 15 years of my training, nothing got done over a set of 5. Also, since everything I was doing was designed to make me stronger and move faster as a thrower or athlete, hypertrophy wasn't a concern. At some point, especially with throwing, you need to be able to move. Being too big and muscle bound can get in your way. All those things sound like a reasonable truth, but the main issue is I love beer, bourbon, cheeseburgers and beer. I can drive those dirty bastards two at a time into my gut. Being a guy who at one time was pumped to stop by McDonald's to purchase a couple rounds of McGangbangs (Double cheese burger with a chicken sandwich jammed in the middle), I didn't have much concern for physique.

I am now paying for those sins as I get older and have been busting ass to not be so damn fat. Seems to be working, but slow and steady. Just like I got fat, this is going to take time.

MB: Ok so you're trying to be less fat. How fat were you? How much did you lose and how did you lose it?

MATT VINCENT: I was pretty fat. Not like circus fat. Just doughy. I kept waiting for the baby fat to fall off or have a sweet growth spurt, but it never happened.





So I took matters into my own hands and decided to try eating the right things consistently for a long time. It was time for the life style change. Start treating myself like an athlete if I want to perform like one. All in all, I am down about 30lbs. I did it working with Jesse Burdick and basically following a keto approach to my diet. Eventually when the season really fired back up and I needed performance to start being my priority again, we started adding carbs in PWO. This has been awesome for me. I feel much better. I sleep better, look better, recover better, and I am a lot more motivated to keep kicking ass.

Diet has been the very weak link in my chain for a long time, and it still is. I didn't really learn anything in the last year of dieting since I am just doing what I am told. Not like I want to try to coach anyone who is looking for real progress in their diet or trying to get ready for the stage. I can help some fat people be less fat. That was my goal. Performance still has to be the main objective but there are times

during the season where the focus can drift slightly.

I have always done cardio as well. I think conditioning as an athlete is imperative to success. I'm not trying to go run a marathon or anything, but I just think as a human trying to be in my peak physical years, I should be able to run some sled pushes, take part in a fun CF WOD [CrossFit Workout of the Day], or sprints without dying.

MB: I'll never forget the first time I met you. I was thinking, "Who is this frumpy fat owl looking guy? Is he serious does he compete in something?" Haha good god I am judgemental, huh? Maybe I should get that checked out...Anyway, do you have some kind of athletic background that gives you an advantage over guys that are bigger and look like they were born to kick a lot of ass?

MV: Yeah! I have always been pretty athletic. I can't think of much that I tried that I wasn't at least decent at. Don't get me wrong, I wasn't great at anything. Football in HS - I had offers to play for some smaller local schools,

but luckily for me, I was a better shot-putter than a short slow guard. This got me to LSU [Louisiana State University] on the track team where I was an invited walk on and eventually earned a Skolly. Those were a fun four years. I didn't take it as seriously as I should have. I was having more fun hanging out with my friend's band, meeting girls, smashing head bouncing, and living a semi sketchy lifestyle.

You're right on with the guys who look born to kick ass. Even though Highland Games is not the most well known strength sport, we have some insanely strong talented guys competing. I am the shortest of the group by 2-3" and right now I am giving up about 40lbs. So I have to make up for it with explosive power and technique. The years of throwing in college are a huge feather in my hat coming into the sport. Since the sport relies so much more on technique than just strength I can get away with it. The field is really even - you have to figure out a good balance between Strength, Speed, and Technique.



MB: LSU Track? Isn't LSU track legendary? Isn't that one of the best track schools in the world? How did you earn a scholarship amongst such stiff competition?

MV: At the time the throws group was rebuilding. LSU is awesome at track and we hung, like 6 national championships while I was there between Men and Women. None of this success was due to my performances. I was able to post points at conference consistently and earned a spot. They are kicking ass now in the throws. I think I would have a tough time making the travel team. Good thing I am out of there and that I found a great sport to compete in that allows all of my talents to work together. If you keep looking and digging for something more and more obscure, eventually you can find something you're awesome at.

MB: So tell us what Highland Games even is?

MV: Highland Games are the tradi-

tional heavy athletics event pre-dating the Olympics. Clans in Scotland would gather and bring their strongest men out and have them compete in different tests of strength. There are 8 traditional events that are contested internationally. We throw two stones like the shot put. One is 16 lbs thrown with full approach like Shot put. The other is 22lbs or heavier called a Braemar and is thrown standing with no approach. We throw two weights for distance - a 56lbs heavy weight and a 28lbs light

weight. These look like a block of steel at the end of a short chain with a ring handle. They were traditionally used in weighing grain at markets. They are thrown by spinning two times while holding on with one hand. Two hammers, as well. As you can guess, there is a light one and a heavy one that are 16 and 22 lbs. These are thrown for distance by winding it around your head three times and releasing it. We throw a 56lb weight over a bar for height. And last and most well known



is the caber. This is one everyone knows. We are the fat guys in kilts throwing telephone poles. You have to pick it off the ground vertically, balance it, run with it, stop and turn it end over end. Occasionally, we throw a 20lbs bag with a pitchfork for height, this is called sheaf.

MB: Now that sounds like a game to me. Sounds kinda fun. Throwing stuff like telephone poles, rocks and heaving stuff with a pitch fork. Sounds like a blast! How do you train for these odd events?

MV: Just like you train for the events you compete in. Tons of reps to get good at them. You have to acquire the implements and find a field to throw them in. I really love training for it. It is nice to be out in my field and throw for an hour or so with some music by myself. One of my favorite things about the games is being outside for training occasionally. That is just for the throwing side of it. I train in the gym 3-4 days a week depending on the time of

season and what current goals are.

I follow my program Strength LAB in the gym. I do simple strength and power programming, focusing on big lifts and using Olympic lifts to develop power. The sport is great for me since it really is about finding a balance between strength, speed, and technique. If you focus too long on any of them alone, the others will suffer and you will not throw as far.

MB: Is it true that drinking beer is very common during the game itself?

MV: Yeah, I wouldn't say it is an every game thing, but there is nothing wrong with having a beer during a long day outside. Hell! I had a couple beers between my Snatch and Clean and Jerk at my last weightlifting meet. The camaraderie side of the Highland Games is excellent. The top guys usually spend anywhere from 10-20 weekends together from April until the end of September. It's a long season and we all enjoy a good time and a giant amount of ball busting. Most of the games for

me are spent laughing a ton. In fact, that is when I am at my best. Relaxed and telling jokes. If I am loose on the field, laughing a lot then watch out. There is very little of the typical drama or dick measuring in the other sports. I always hated that posturing bullshit. I think we all have an idea in reality of how ridiculous it is that we realize how fortunate we are to get to travel the world throwing rocks for fun and profit. So we get to enjoy ourselves, put on a show, throw far, and have a drink.

MB: Profit? You are considered a Pro but you don't get paid for it, do you?

MV: Yeah we sure do. It is pretty great and it is a nice addition to my regular income for sure. I think the amount the guys make varies quite a bit in the top ten, leaning heavy on the top. But, if you can make it to the Pro level, you for sure will no longer be paying to play. It really is a great opportunity and experience. The games really take care of us. They fly us out

1076.9 Pound Bench. Any Questions?



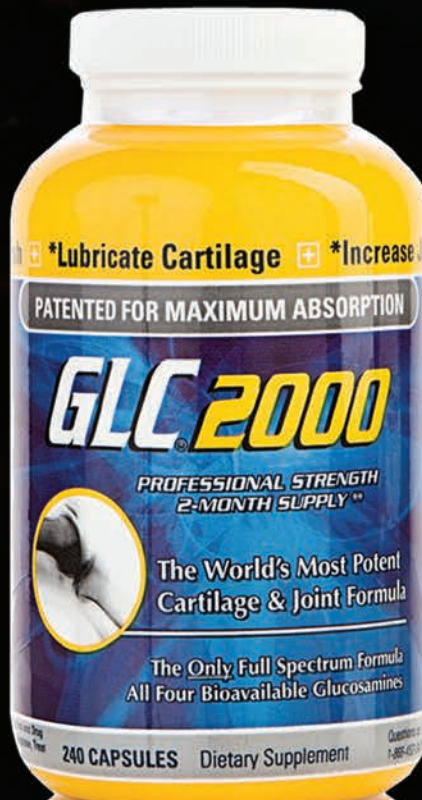
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or give us travel money, take care of hotel, and prize money for placing at the games.

MB: What can athletes, powerlifters, weightlifters and CrossFitters take from the Highland Games?

MV: For me, throwing has always been the combination of all of those types of strengths. I need some of the max strength of a powerlifter to make things feel light. I need the timing, balance, and speed like a weightlifter. I compete in 9 events over the course of about 7 hours, all outside in the sun. So some level of conditioning is going to help a ton. I love the CrossFit workouts that are in my program. I think these help me learn to recover faster so that I can give my next attempt all that I have. Also, better conditioning means faster recovery in training, which means you can train more often than the next guy if he's not up on at least some conditioning. As an athlete, I am spinning, pushing, and creating leverages so that I can apply the max strength and power that I built in the gym.

For people looking to be part of something, I think it is a great sport.

There is a high end that is obtainable by semi regular people. I mean, we make it look easy and that is from seriously the 10,000+ good reps that we have put into training. There is a lot happening in 1.5 seconds of each throw. I need everything to happen, as fast as possible and it needs to land in the right order. This is not different than any athlete needing their body to perform when they want it to.

For me the last big thing is learning to compete. Get out and compete in something. I don't give a shit what it is. Find a passion, work hard at it, and then put those skills to the test against yourself and others. It is amazing how much this carries over to my real life. Being able to have the confidence to know that you can perform at your best under pressure is the biggest lesson any athlete can learn. That ability to rely in yourself is huge.

OUTSIDE THE GAMES

MB: I have known you for a few years now and at a young age it seems like you lived several lives. Tell us about your music days working with bands and stuff.

MV: Those years were a lot of fun. Like a lot of kids, I didn't have really any focus. I was bent on having a good time. I have never been musically talented. I can't play well enough to do a sound check on a triangle. So I was a "hanger on" trying to live vicariously through my friends who are kicking more ass than me. So, not much different than now. But seriously, it was a great time. I figured out my place and took to it. I figured out my skill was working hard and showing up on time. Being accountable and reliable in the music industry was a rare commodity, so I found myself working with the band as a tour manager. This sounds like a big deal but it means that I drive a van, sell merch, babysit, and make sure that dick bar owners paid up. The last one is where things got fun and tricky. Being a big guy and seeming to be someone that a bar manager would rather not have as a problem, made some of those transactions easier. We got kicked out of a couple places and had some rumbles. It was a great experience, but eventually responsibility started rearing its ugly face.

That has really always been my



driving force. I want to experience as much as I can in the few years that I get to explore this planet. Trying to find that balance of kicking ass in a career and being a vagabond has been a challenging one. I don't want to live that life again, but I wouldn't trade it. I think those experiences got me to where I am now. I can slag T-shirts and merch like you wouldn't believe. I was paid a percentage of what I sold at the merch booth, and many nights I did better than the band. It was a ton of fun. Seeing the country with your 7 or 8 best friends in a van is something lots of people never get to do. You have a couple small windows in your life to throw caution to the wind and ride something out. That was a good one.

MB: What's the deal with all the tats man? And the hipster thing? Being into fashion isn't exactly the most manly thing. Wearing skinny jeans when you're whatever the exact opposite of skinny is, is unbecoming. What's with the hipster thing?

MV: Just to be clear on the hipster thing. I personally find it funny that I am described that way. Style of dress, for sure, in some ways. But it seems

that label comes from the strength crowd since I choose to have style in anyway at all. I think not choosing to wear elastic pants all the time makes people think I am a hipster. But I get it. The tattoos have been an on going and likely never ending collecting process. It started by just wanting to do it. Then it turned into trying to collect art from the various artist in the field I like. I am attracted to people who operate with passion. If you are going to do something, be fucking good at it. Why wouldn't you want to be the best? I don't get that attitude. I am not trying to skate through life.

As far as fashion goes, I don't really know. It is more of the same stuff. If I can choose to look great or be a fucking slob, I'll choose nice every time. I am sure that part of it is my absolute disdain for any tough guy bullshit. The posturing, style of dress (Affliction, jeans with colored stitching, always sleeveless shirts, always listening to metal, talk about pussy all the time, scumbag types) and attitude I find exhausting. So this is my way of running away from anything that would lump me in with those douche bags. I

just want to laugh a lot and have fun. I don't need/want anyone to think I'm a badass. I can handle myself when the time comes. I compete well and show up when the time counts. I keep my word and I follow through on the shit I say I am going to do. I want to be a guy you can count on. Sorry that is a little off base form the question.

The hipster crowd is making awesome food, art, music, and cleaning up shitty neighborhoods. I am on board for that. I just hate the elitist thing. Since I am 31, with an awesome job and a nice house I find that part funny. I can walk both lines happily. Good coffee, bourbon, cigars, food (tacos), craft beer, and nice clothes I am in, what's not to love.

MB: You're huge into books and movies to the point where you know the writers, directors and actors. What are your favorite books and movies?

MV: Movies seem to have consistently been my favorite form of art. I like reading but rarely sit still long enough outside of the shitter to read anything. I'd rather watch a movie. Less investment of my time. I really like

Danny Boyle (28 Days Later, The Beach, Trainpotting), Wes Anderson (Rushmore, The Life Aquatic), Quentin Tarantino (Reservoir Dogs, Inglorious Bastards, Django Unchained, DeathProof) are some favorite movies and directors. I just really appreciate the attention to detail those guys give. 28 Days Later may be a perfect movie for me. Character is someone they manage to have you route for the entire time. This is tough in horror cause typically they make really obvious shit decisions. As soon as that happens I am out and I am routing for the bad guys. An example of that would be like Texas Chainsaw Massacre. Those dick kids come into their house and then get dead. If those kids don't make shit decisions like, pick up hitch hikers, and ignore their gut they would live.

Books go a very different route. Cormac McCarthy (Blood Meridian, No Country for Old Men, The Road) is amazingly talented and his character development is awesome. Some serious feels in that shit. I like old horror novels like Marry Shelley's Frankenstein, Edgar Allan Poe, and Chuck Palahniuk are always awesome. Also auto biographies have been jumping more into my hands lately. Mike Tyson's is awesome.

MB: You wrote a few books, have your own website, travel often, do your own marketing and you're married. On top of that, you found time to become the two - time world champ, all while having a real job that pays well. How do you manage it all?

MV: Oh yeah and don't forget I started my own web series called Drifta Lifta - check it on my YouTube channel. Part of it is being motivated to do it. Starting something is where people fall short. Whether it is the standard "I'll do it tomorrow" or whatever, I don't stand for that. If there is something I am thinking about and want to do, I just get started right then. No more procrastinating. No more excuses for myself. No more tolerating my own ingrained lazy bullshit. I don't want to be that guy who thinks, "Well I could have or should have". Fuck that. I did it. Pass or Fail - I did it. I gave it a go and will learn from the experience. I never feel comfortable that tomorrow is guaranteed. Not in a morbid way,

but that today I have control over and the time is now. Writing my first book Training LAB for the Highland Games was a really great experience. That thing only exists cause I made it happen. The training is what I still do that got me where I am. Throwing LAB and Strength LAB were necessary follow ups for me to voice more of my ideas. People want to train like Athletes. They want to be strong, explosive, athletic, and fit. That is what Strength LAB and the philosophy behind it is about. Really proud of all of them and my Mobility programs.

I figured out how to be really efficient with my time. I multi-task pretty well, and don't relax or sleep much anymore. I have certain anxieties about not doing enough or working hard enough. I want to do a lot of awesome stuff and I am learning that all that awesome shit is expensive. I was really broke for about a three years longer than I wanted to be after college. I refuse to let that ever happen again. I am not driven by the number in a bank account, but I am driven by the freedom and options that making a good living provides for me and my family. I do also tend to be a bit of a shut in when I am home. I have a gym in my garage, full of awesome Sorinex equipment (look at the subtle plug), office at home, and no kids (Just a couple dick head dogs). If it isn't for work, I rarely leave my house. I don't go to bars anymore. I did that and did it right for a number of years. Got to the point that you realize it is the same people telling the same tired ass stories and not doing anything new. This isn't what I wanted so I got out of that routine.

I am really goal oriented. I can give myself a carrot (or multiple ones in reality) to chase and focus really well to do what needs to be done to accomplish those goals.

MB: Last question friendo, why is your brother the embodiment of what a great NFL player should look like and you look like a fat owl? Seriously, was it hard growing up with such a mutant? I believe Andy is 6'5, 320 and not fat. He played some pro ball for a while as well correct? Did that drive you to do great things on your own?

MV: That dude for sure has some

tools I can't bring to the table. Lucky for me, I got that realization early. Finishing playing high school football, it had never registered to me that there was a chance that I wouldn't be playing more football at the collegiate level. Since he was my only brother, it just seemed like the natural progression of life. Then when it wrapped up, I didn't really want to do that. Which is good because no one was really interested in recruiting a 6' fat lineman. But I found a home with track that worked out great.

Andy has undoubtedly had the biggest influence on me. He is my best friend and there are not a lot of days that we don't talk at least once. We now work for the same company and get to push each other in our careers as well as sport. I wouldn't say it was ever a competitive thing. It was always more that we just wanted the best for the other. I never grew up believing that one person's success had any dictation on the amount of success that I could have. He was a great influence. He was a great student and a much easier kid to deal with than me. I am a bit of a lunatic as you can see by now, but it has all seemed to workout.

I always want to kickass at anything I am doing. I want to be the best at it. That is in me. But having that same thing in a brother who was ahead of me, definitely set the bar of not settling for anything. I learned that if I wanted something, it was my job to figure out how to get it and what direction I needed to go to get there. That route is different for everyone. The key is to figure out what works for you and understand your strengths and weaknesses. Always play to your strengths and work on mastering a couple of things.

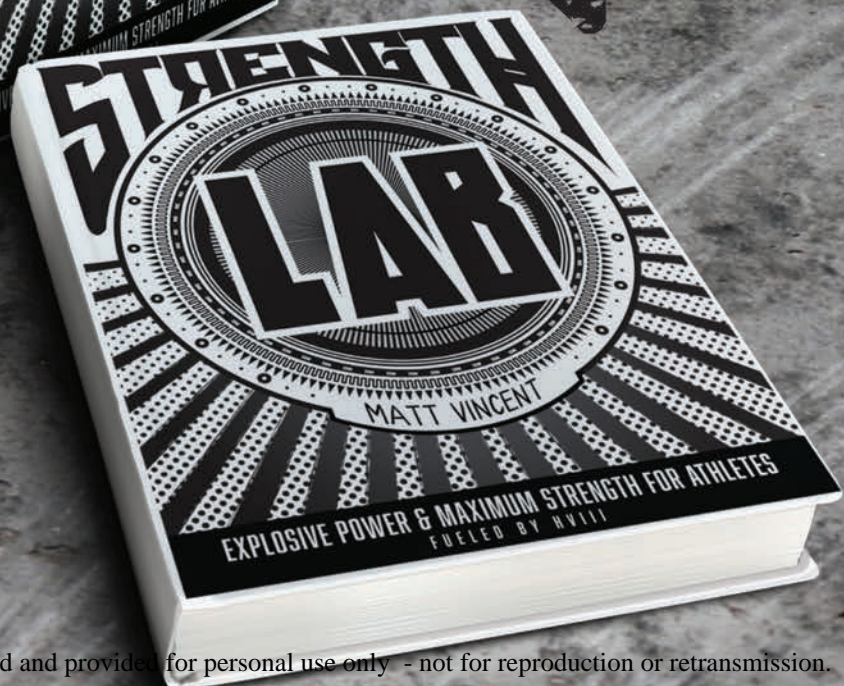
The other thing I learned growing up with him is don't let other people drag you down. If someone, even a friend, becomes a problem and hassle, fuck 'em, they have to go. I want to surround myself with other driven and motivated people. This makes me better always. Getting to know you, Andee, Jesse, Wendler, Krissy, Drew, and countless others, have made me want to do more and be a better person.

Mark thanks and keep spreading the HVIII!!! **PM**

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COMPETITION ADVICE FROM MATT VINCENT

Deciding to train for and take part in a strength sport is a solid, rewarding move. Congrats. Taking that a step further and making the choice to compete separates you from all those who sit there and talk about it.

We all train for a reason. I love the sport, but I also train better for a competition. Without that push and accountability, you are missing out on a big part of what is great about strength sports. If you're nervous about getting out and competing, I have some words for you.

I have competed in everything from track and field for LSU, to weightlifting, Strongman, powerlifting and now the Highland Games all around the country and the world. All of these things started somewhere with a first competition. This is my advice for how to be ready for that day, and how to handle yourself.

FIND A COMPETITION

Start there. This gives you ample time to familiarize yourself with whatever you are going to be tested in on that day. Sign up and pay your entry fee. Get this out of the way and get to work. This date is coming whether you are ready or not. I also recommend that you find something as local as you can for your first competition. This will alleviate unnecessary travel stress. This doesn't need to be something you have spent years training for. Just pick something and go for it.

EMBRACE BEING A NOOB

Check your ego on this one. I hate to break it to you, but chances are you are going to suck at your first contest. If you don't suck, then you have waited far too long to start competing. This is a real chance to get out and have fun competing. There are no expectations on how you should do. Whether you win or finish DFL you will still go to bed and wake up the next day. Go in, have fun, and remember that it's okay to be a little lost. Ask questions and see if this is something you like and want to continue training for. If you hate it, then now is the time to find something else that you like.

COMPETITION PREP

Once you know when you are going to be competing, then you can start to figure out how many days you need to give yourself in order to have the best chance at being 100 percent for game day. It gets easier the more you do it. Everyone is different, and figuring out what works for you is important. My recommendation is that you start backing off the week of your first contest. Now, don't just bail! Start doing active recovery work. Lift light, do lots of stretching, get it together mentally. By the time I get on the platform or am ready to throw, I have taken thousands of mental reps and visualized exactly what I want to do. Do not go crazy for this competition. If you eat like crap most of the time, then continue to do that. Change one thing at a time. If you never foam roll, don't start that day. Do your normal routine and give it hell.

COMPETITION DAY

For your first contest, you should be pretty excited and keyed up. Expect some anxiety — this is important. This is your body starting to operate and get firing. This is the feeling you want to enjoy: that slight panic your brain and guts start expressing. Dive into this and control it. Manage it, pick some calm music until it is time to turn on, breathe, laugh, tell jokes and have some fun. Get comfortable with this uncomfortable situation.

One of the biggest tools I use to manage competition anxiety is the thought that none of this matters. I basically expand on how big the planet is and continue to zoom out in my head, thinking of all the billions of years that the known universe has been going, all of the things that have happened, all the things that will ever happen. I tell myself that my performance today probably won't be that important in the grand scheme of things. This way I can just get the job done and perform like I am supposed to. This is the moment I train for, so I get it done. Figure out what works for you mentally. I have seen more people succeed who can manage to stay calm until it counts than those who stay up all day. You can't do

it, so do not try. Relax and give your body as much help as you can.

FIGURE OUT WHERE TO GO FROM HERE

After you are done with your first contest, then you can decide where your strengths and weaknesses are. Figure out if you had fun. This is important — this is not your job, it is a hobby, and hobbies are fun. If you didn't like the competition environment or the people you compete with, then find something else. I promise there is something out there for you.

If you had fun and want to continue, start making some adjustments and see where you can improve for the next test. I know that this sounds intuitive, but I see people all the time who compete and don't get the results that they want, but continue doing the things that got them those results. Make a plan and move forward. Do you need to get better at the events, strength, speed or being a competitor? All of these things take some direction to improve.

Luckily, there are tons of programs for the first three skills I mentioned. Being a better competitor is a bit trickier. This takes time and competition experience. You need to know how your body is going to hold up when it is told to produce results. This is something you can master and manipulate.

Now that you are officially a competitor, keep improving. Keep testing yourself, even if you are doing it in training occasionally with goals that you set a deadline to reach. Learning how to perform at your best when you want to, is key to getting better at this. Work on that. **PM**

Matt Vincent is an all-around strength athlete competing in Strongman, powerlifting (raw and geared), track and field, weightlifting and the Highland Games. He travels the world competing with top athletes. He won the title of World Champion in the Highland Games in 2012. He is the author of Training Lab, a book and program designed to help strength athletes build max strength and power. Learn more at mattvincent.net.

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JIMMIE PACIFICO

BY JEFF "ROBOT" IRION

Who is Jimmie Pacifico and why should we care? I'm a competitive multi-ply powerlifter. I compete in the 220-lb. class – that is, until I decide to fatten up to the 242-lb. class. Who knows when that may be, but the tiramisu is calling my name. Height wise, hell, on a good day I'm about 5-foot-9, but normally a tad bit over 5 feet, 8.5 inches. As for who and why anyone should care who I am, no one should. I believe people need to care more about the sport itself. I'm just another lifter – one who loves both divisions of the sport, equipped and raw. Being raised by one of the best powerlifters of all-time, I've learned to care about others rather than focusing only on myself. There are many guys in this sport who I look up to, whether it's for their lifting or simply their character. So to answer your question, we should care more about growing the sport instead of worrying about the self-centered aspect of things.

I think that about wraps it up. Thanks for the interview! Wait, Mark Bell says I need to ask you more questions. When did you start lifting weights? My dad got me into gymnastics at a young age to develop a base for me, he says. Lifting-wise, he started me out light in terms of how much and what movements I was engaging in, and this was at age 8. He wanted to start me out early like the Russians do with their kids, which is why they all turn into freaks later in life! They overpower everyone else, due to long years of muscle memory and muscle maturity.

What sports did you play growing up? Were you any good? The first sport I got involved in was track and field. I was a thrower – the good ole shot put and discus. My dad got me fixed with the whole "summer track" ordeal, the AAU and USATF federations. So he and I would travel around the country for meets as well as regional and national championships. They

were based out of age classes, so I started in the 11-12 year-old class during my first year, then continued onto the 13-14 and then onto the 16-17. Each year I would lead the country in the shot put and I think two years I led in both the shot and disc. I won four national championships and a handful of regional and state championships.

I got fascinated with football, and fifth grade was my first year with that. My first year in peewee football, I ran the ball at running back. There was a weight limit of 105 lbs. and I was right at it. In sixth grade I was ready to run the ball again, but the weight limit was 120 lbs. and I had gotten up to 146, so I had to play defense, which I hated. I was a great running back, and I got to play there again in seventh grade, when there was no weight limit. That year they pretty much gave me the ball every time. Our team was so sad that I scored 34 of the team's 35 touchdowns, and I threw the 35th! I ran for more



than 2,500 yards, so that right there explains how sorry we were. I played until the second game my junior year of high school, at which point I got into it with one of the coaches so I quit. Plus, we didn't have an offensive line, so I wasn't about to risk a blown out knee for a team that ended up going one and nine that year (we won the last game I played). So I stepped out and focused on track.

What was your best throw in high school? How much did you weigh and what were your best lifts at the time? My farthest throw was 71 feet, 7 inches in my senior year, which led the nation. At that time it was the farthest high school shot put throw since 1990. I went on to win the Nike indoor and outdoor nationals that year as well. I'll say it now and I'll continue to say it - powerlifting movements allowed me to throw the distances I did. My best gym lifts were a 765-lb. single-ply squat my junior year (I focused more on raw movements my senior year) and a 460-lb. bench my senior year, and I weighed about 210 to 215 lbs. I always told my dad I weighed more. He would always say, "Let's go check your weight on the scale in the garage," and I knew if I wasn't heavy enough, I was going to be lectured day after day about needing to eat more. He'd get bent out of shape if I wasn't heavy enough, so I would throw on a pair of boxer briefs (which I never wore since I'm a boxer guy) and put a 10-lb. plate in them. That right there saved me many lectures!

Wow, that's a lot of information! Weren't you really undersized for a shot putter? How did you manage



to compete with the big boys? Well, they didn't call me the Giant Killer for nothing! I believe the reason why I'm still considered the best shot putter of all time in high school in terms of how far I threw compared to how tall I was is simple: powerlifting and excessive amounts of speed work and plyometrics. From age 10 and onward, my dad had me always doing 40- to 70-yard sprints. I've also always had some pretty decent "pale-face" hops! My senior year someone asked me to dunk a basketball, so instead I dunked the 12-lb. indoor shot.

You've got a tattoo of the Olympic rings because, as I understand it, you were hoping to go to the Olympics for the shot put. What's the story there? When and why did you

stop competing in the shot put and focus entirely on powerlifting? Yeah, that right there is what you call a "tattoo regret." I got that tattooed on me with the line my dad always said: "Stay the course." It gave me something to work for and something to accomplish. I've since started my cover-up so I can get that past event out of my head.

I love track and throwing, but I finally just got burned out. I had done it for 11 years, and I was good - but once I hit college the coaches were more focused on Olympic lifting. That made me extremely weak, and it showed in my throws. My freshman year of college I was throwing what I threw during my senior year of high school with the 16-lb. shot. The coaches didn't let me squat heavy; they were focused instead



on snatches and power cleans. The movements that had made me a great thrower were a thing of the past. So after my sophomore year I decided to move home to Dayton, Ohio, to continue to help my dad out at his franchise gyms. After the move, I went back to focusing on powerlifting movements, and I finally got myself into a meet at the end of 2010, for the first time ever.

You've mentioned your dad many times so far. For those who don't know, fill us in on his powerlifting career. My dad is one of the best powerlifters of all time, winning nine consecutive IPF World Championships from 1971-79. He would have won his 10th world title in 1980, but got screwed in the Senior Nationals due to a silly rule of not being able to jump 5 lbs. on a lift. Personally, what I find most impressive is that he won a total of 104 competitions. That's just insane to me! Another one of the most impressive things is the fact he benched 610 (in a tank top) weighing 233, and he wasn't even wearing wrist wraps. He never wore wrist wraps when benching, to be honest.

What were your dad's best lifts? I still say that my dad is one of the best bench pressers and powerlifters of all time. Even though PowerliftingWatch's top 20 all-time list has a few of my dad's stats/numbers wrong, it's all good. I'll be happy to give them to you:

BEST COMPETITION LIFTS

Body Weight	Squat	Bench	Deadlift
198	694	539	722
220	816	576	755
242	832	590	750

BEST EXHIBITION LIFTS:

Squat: 852 @ 235 (in a meet in Santa Monica as guest lifter).
Bench: 610 @ 232 (in a meet in the UK as guest lifter).
Deadlift: 804 (with straps in training).

Once your dad had you training for real, what did your training look like? Well, I actually always did the 5/3/1 method all through middle school and high school. I truly believe that's the best method to start your powerlifting journey. It creates a great base for your body and gives you tremendous amount of self-confidence, since you're always PRing [setting new Personal Records].

I didn't start deadlifting until I was 19. I had maybe pulled five times before then. I did do a tremendous amount of power cleans/hang cleans in high school, though. I didn't care much for them at all — like I stated previously, I can't and couldn't stand Olympic lifting. My dad still lectures me today to throw them into my training since he said that's what allowed him to deadlift 780 lbs.

Along with powerlifting, you said

that speed work was one of the keys to your success as a thrower. What did your speed work look like? Was it similar to the speed work popularized by Westside Barbell? To be honest, my speed work was strictly 40-yard sprints and 50- to 100-meter sprints. I would sometimes run with 2-lb. ankle weights when doing 20-yard burst sprints and 40s. I would also use them a lot when doing technique work, since I was a "spinner" in the shot put instead of being a traditional "glider." I ran on the 4x100m relay since middle school, where during our eighth-grade year my 4x100 team was undefeated, which was amazing. I think we ran a 46.9 that year at our conference championships, beating out the school everyone had their money on. It felt amazing sharing that with my three good friends, who I had teamed up with. I ended up running on the 4x100m team a few times during my high school years, but my dad pressured me to worry more about throwing than possibly pulling a hamstring, which I can respect.

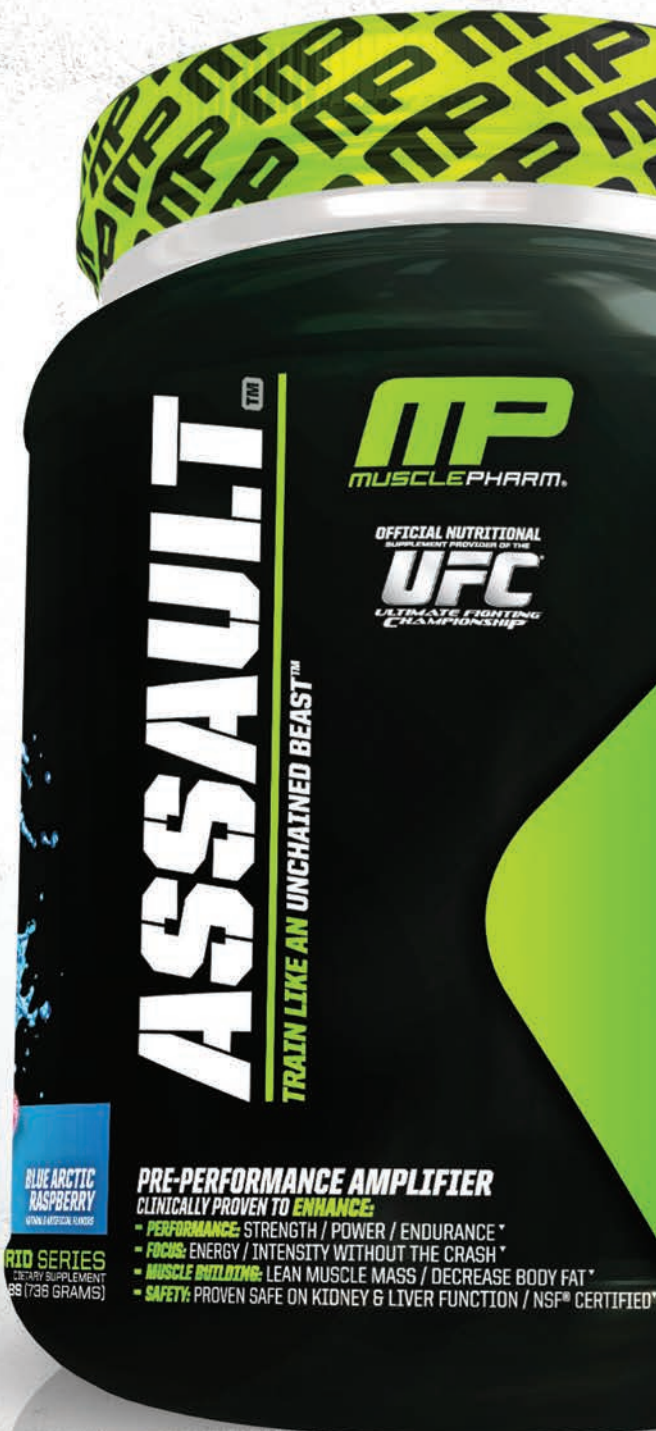
You started officially competing in powerlifting in 2010. What were your lifts at your first meet? Was it multi-ply? Oh hell, nothing great at all! I believe I squatted 840 lbs. in a crappy one-piece metal suit, I believe it was double-ply. I pressed 545 lbs. in a single-ply shirt, then pulled a 640 deadlift weighing 209 lbs. After that meet, I knew I wanted to stick with powerlifting. I remember seeing Jake Anderson deadlift something crazy at that meet, more than 800 lbs., and after seeing that, I knew I wanted to deadlift more than 800 pounds one day. So here I am, continuing this journey. I've had my ups and downs, like blowing my back out at the end of 2011 and getting kicked out of Westside. I still love Westside, I love Louie and I have some friends who still train there, but leaving Westside was the best thing that's ever happened to my powerlifting career. That and blowing my back out.

How soon after your first meet did you start training at Westside? I ended up meeting Hoff for the first time at a Lexen meet I did in Columbus, Ohio. He told me I was in the wrong gear (metal) and that I should come up to Westside and try out the best powerlifting gear, which we all know is Inzer. Louie and



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my dad go way back, and Lou had invited me up to Westside since I was in high school. I met Hoff at a meet in November 2010 and I started driving up to Westside from Dayton, which was about an hour away. After training with Hoff and the night crew, I learned so much. We had a badass crew consisting of Hoff (of course) but also Brandon Lilly, Freddy Bolt, Joe Jester and a few other beasts. All guys taught me a tremendous amount, especially during my second workout ever there. Brandon put me through a vigorous workout, which I loved. Back in that November, I totaled 2,125 at 216 lbs. In April 2011, my first meet as a Westsider, I totaled 2,300 at 219 lbs. That right there shows that the conjugate method works perfectly.

What made you decide that Westside was where you needed to be?

My dad knew it was the best route to go and the place to be. My dad had always ordered me suits and shirts but as we all know, my dad was a raw powerlifter and never had experience with equipped lifting. He said that if I wanted to be the best and learn how to truly master the gear, then Westside is the place where I need to train.

What were some of the most important things you learned during your time at Westside?

Two of the most important things I learned

were accommodating resistance and how to train intensely. Understanding how to box squat the correct way was crucial, as well. I can't point out one single thing, since I believe all that I learned collectively taught me how to be a powerlifter. Louie's statement, which he told me and has always told others — which I didn't understand until he explained it — was that you do not get strong from training the main movements; you get strong from your accessory work. You've got to find your weaknesses and fix them.

You haven't gotten to where you're at today without having to overcome obstacles. As you already mentioned, you blew out your back while you were at Westside. What specifically was your injury, and what caused it? How did you rehab it and come back stronger than ever? And what are you doing now to make sure that it doesn't happen again?

It happened freakishly at the 2011 Powerstation Pro/Am in Cincinnati. Everyone was having trouble that day on squats in terms of foot placement underneath the monolift. The Convention Center there in Covington, Ken., was huge with insanely high ceilings, which ended up throwing everyone's depth perception off. I had made my first attempt extremely easily at 935

lbs. Come my second attempt, I jumped to 980 lbs., but what I did was place my feet a little too far back, so when I un-racked it, I was off balance and I fell forward a little. Well, my dumb ass tried to muscle it back into position rather than having the spotters grab it and me saying, "Take it!" That quick shift of the hips trying to get back into position caused a slight "pop" in my lower back. Adrenaline was rushing, so I didn't think anything of it. I attempted to un-rack the weight again, but as soon as I did, I knew something was up.

Probably 10 minutes after that, an insane amount of pain came over me. I'd never felt something so painful in my life, and I thought getting hit in the nuts was bad. I was in tears due to the pain, crazy stabbing along with not being able to straighten my left leg. An MRI later showed a severe herniation of the L5-S1 disc, with fragments of that disc lodged in my nerve canal from the massive blow the disc had suffered. That was the reason I couldn't straighten my leg, along with having excruciating pain in my feet and toes. I tried a series of epidural shots, going the conservative route first before thinking of surgery. They helped a tad, allowing me to then put pressure on my left leg and straighten it. But after more than two months and accumulating nerve dam-

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age to my leg and foot, I finally grew a pair and got the surgery. I knew if I didn't, I probably would never lift heavy again – and I had a chance of getting "drop foot," which means I would walk with a limp the rest of my life and have no flexion in my ankle and foot.

I rehabbed big time, with massive amounts of stretching and core work. In hindsight, I had always neglected my hamstrings. I know that if I'd had stronger hamstrings at the time, my lower back would have been stronger, so I focused on getting them up to par. Two months and two weeks after surgery, I was back to squatting more than 600 lbs. The doctor who did my surgery did a procedure called a "microdiscectomy," which basically means that he removed all of the disc material in the L5-S1, removed all of the material that had ruptured, and pretty much "pre-aged" me in that area. There's no chance of a future herniation in that area since

there's no more disc there - all that's there is the cartilage. As we all get older, that's what happens to our spine, so I'm thankful for no old-school fusions!

Why did you say earlier that blowing out your back was one of the best things to happen to you as far as powerlifting goes? Blowing my back out made me realize where my weaknesses were on my body and which muscles I had neglected focusing on and strengthening. It made me work so much harder to prove to people that you can come back and come back better after blowing your back out. I was lucky that I was still young when it happened, but it proves that no matter what you do in this sport, anything can happen when you least expect it. Just make sure you're prepared for it, know how to deal with it, and fight back on recovery to reach where you were and beyond.

Why did you get kicked out of Westside? Towards the end of my stay

at Westside, I was going through some shit. Let's just say that I was in a bad relationship, which made me depressed and caused me to not want to train. I was still having issues with my lower back, not the surgery site, but my SI Joint. I wasn't focused due to all the things going on around me.

I was asked to train with the morning crew. I'm big on having solid, good friends and guys who like to BS around and have fun from time to time. But when I trained in the morning crew, there were only a few guys I truly liked and respected like Luke Edwards, Shane Hammock and Tony Ramos - three extremely genuine guys. It was hard training with guys who are all about themselves. I didn't want to train around them anymore, so I would drive back to Dayton to my dad's and my place and train with the guys there.

Also, when I was training with the night crew, there was a time or two when Lou would get upset with me for what I was filming. I only followed what Hoff was doing in terms of the main movements, but apparently what he was doing (which was making both Hoff and myself strong) wasn't "Westside."

The first time I was kicked out of Westside was when Lou called and told me I couldn't come back to his gym because I had calmly walked out of the gym to take a few deep breaths after one of his interns had flirtatiously brushed his boxers across my girl's face in blatant view of me. Later that night, the guy and I talked and solved it in a civil and respectful manner. Well, a few weeks later, I was kicked out by Lou for "threatening to beat up" his intern (which didn't happen), but I was then allowed to stay. It just seemed the whole time I was there, someone didn't want me there, so it was like walking on eggshells. I still love Louie Simmons, respect him and fully support the conjugate method. But there are still a few guys there at Westside that I do not care for and never will.

Where do you currently train? How has your training changed since leaving Westside? I currently train at my gym here in Dayton, Ohio: "Pacifico Power Systems." It's the best lifting environment I've ever trained in, with the best training partners I've ever trained with and the best coach I've ever had

since day one: my dad. My training is still about 75 percent conjugate and always will be, but what I've changed, is the inclusion of raw training. Ever since I started going back to raw work, my geared numbers have skyrocketed. I truly believe that having a strong raw base of strength is the correct way of going about being a top multi-ply/single-ply powerlifter. Too many guys rely on gear to make them strong, but once they take it off, they aren't even as strong as my 181-lb. raw female training partner, Jeanine Whittaker, who squats 550 lbs. I've also incorporated many special exercises that my dad did back in his heyday. My goal is to one day make my gym known worldwide in terms of the amount of top level powerlifters that are here and the numbers they bring to the platform.

What are some of those special exercises that you now include in your training? A lot of skull crushers and a movement he did called "body triceps extensions." I'll have to post a video of it sometime; it's real good stuff and I can certainly tell it's helping. There are a few others, but I've got to keep them super-duper secret. I can't have people knowing my secrets! Maybe when I'm a washed up 50-year-old I'll release some ultra-secret stuff. When we release my dad's 475-page book *Champion of Champions* in 2015, you guys will all be able to see every single workout he ever did, as well as follow a timeline of stories and workouts from 1970-85, which includes all nine of his consecutive world titles.

You said earlier that one of the most important things you learned at Westside was that you get stronger from your accessory work. What are some of your favorite accessory movements? Well, as Lou has always said, he has an incredible amount of special exercises and it's the lifter's job to find which ones of those work best for correcting and strengthening his weaknesses. I always try to switch them up so I'm not always doing the same thing, that way I'm confusing that specific muscle (whatever it may be) week in and week out. One exercise I try to do a lot though is the banded skull crushers. I like to do eight skull crushers followed by eight presses (angling down to your feet to hit the underneath head of the

triceps), followed by another eight skull crushers. So that's 24 reps in one set. That right there, if never done before, will increase your bench in two to three weeks.

There's a video on your YouTube channel (username: JPacificoPower) where you get sprayed in the face with pepper spray. Is that a Pacifico training secret? I try to do anything that will help my mental state of mind, and if that means getting pepper sprayed by 5.3 million SHU Fox Spray then, hell yes. I try to think of stupid shit to get jacked up: pepper spray, tasers, getting punched in the face — anything that will turn me into a man!

Actually, I'm kidding. I had to get sprayed so I could carry pepper spray while working contracted police for the three years I did that, same with getting tased before being able to carry one. They want you to know how it feels when engaging force onto someone else, justifiably. I would post my taser video of me taking the 5-second lightning ride, but it's too hilarious and I scream like a little girl.

What's next? I heard that there might be a reality TV show in the works. Well, all I can say is that there are a few big networks my production company and agents are working with to get a show out there to the world following the my business, me, my dad and the bickering between us. It would also follow Holly and I as we train together, our home life, and her life as a fitness model, figure competitor and trainer. It would show the sport of powerlifting, the powerlifting community and the stress of creating a gym empire. There are a few other angles and plots to the show, but you'll just have to wait and see

I read on the Internet that you're not a very good lifter, that your dad was overrated and that your girlfriend isn't hot. What do you have to say about all of that? People are always entitled to their own opinions. I believe this particular statement was said on that silly powerlifting forum two days prior to the Westside Pro Invitational meet in an attempt to get in my head, which was a nice try, I must say! Am I a good lifter? That's for the future to find out and others to label. I'm here to try my best and fill a big set of shoes belonging to a man who won nine con-

secutive IPF world titles at a time when that was the meet that everyone competed in, a man who won world titles in three different weight classes and a total of 104 competitions. A man who was given the name "Mr. Powerlifting." So the opinion of him being overrated is silly. Ed Coan and my father are the two best powerlifters of all time, hands down. Lastly, I could give two shits who thinks Holly is hot or not — but judging off all the, "Damn bro, you're a lucky SOB," comments along with the fact that she worked for Maxim, I'm pretty comfortable stating that she's a 10.


Who would you like to thank? The most important person has to be my dad. If it wasn't for him and the way he pushed me at such a young age, then I definitely wouldn't be the lifter I am today, nor the athlete. My dad is my best friend and a man I look up to. I'm constantly trying to impress him and look to him to make sure I'm making him proud.

Secondly I'd like to thank Louie Simmons. Louie saw potential in me, and if it wasn't for his invite to Westside and the amazing experience I had learning at the strongest gym in the world, I wouldn't be the lifter I am today. I still look up to Lou and go to him for questions and suggestions, as well as for equipment for Pacifico Power.

I'd like to thank my training partners and crew for pushing me and supporting me, especially Jake Norman who is my right hand man. He's the only guy I'll ever have lift off my benches and wrap my knees for the rest of my lifting career. Why? Because he's just that good.

Lastly, of course I've got to thank Holly for putting up with me when I'm cutting weight and supporting my lifestyle of being a competitive powerlifter. She understands how it is, since she too competes as a stage competitor and has to diet down, but she still stands by my side and keeps my head on straight and is my No. 1 fan. I think being a powerlifter and having a supportive significant other makes it all that much easier. It's more fun having someone who loves lifting just as much as you do. It's a very rare thing to find, but if you're lucky enough to find that person then your life will be amazing.

I'd like to finally thank the Academy for nominating me. Wait, sorry. Wrong speech! **PM**



EMBRACING THE IRON

CANADIAN FEMALE POWERLIFTERS

BY KEN WHETHAM

It's very apparent that more and more women are participating in a number of sports like Crossfit, Weightlifting and Powerlifting that demand physical strength, conditioning and commitment to strength training that would embarrass most men. I've noticed at the last few meets I've attended that the number of female lifters is increasing. Not only is it great that these women are competing, the strength and the weight they are lifting is nothing short of amazing! I personally believe that whether you are male or female, strength training is one of the most important aspects for remaining healthy and

resilient. I am sincerely impressed with the fact that these women are lifting weights and getting stronger and have realized that lifting weights and strength training don't make you too big and bulky, they make you shapely, lean and sexy! There's nothing sexier than a woman who is physically strong and looks strong!

I've had a chance to speak with some of Canada's predominant female Powerlifters from different backgrounds, ages and various parts of the country. I want to share their stories about their athletic backgrounds, how they found Powerlifting, what motivates them to compete and how they setup their training.



SARAH LEIGHTON

Age 34, Renfrew Ontario Canada
 Best Lifts: 463/286/434 Total: 1183lbs

I live in Renfrew, ON, Canada. I am 34, but can pass for 25 which I hope I can maintain for a while yet. I am part owner of two Ultimate Fitness Gyms - I work many long hours, but I can't imagine doing anything else.

I've always been a team sports girl, even from a young age. Being very shy, I think being involved in sports helped me grow confidence, although I am still pretty timid but definitely competitive. Throughout high school, I gravitated towards mostly hockey and rugby. Being shy never prevented me from enjoying the rough stuff. Rugby was a blast! I dabbled in everything, but never really had any interest in any individual sports.

After being involved in the gym for about a year, I started training to help me become stronger at sports. Following Joe Defranco's West Side for Skinny Bastards was the obvious choice. My good friend Shane Church decided that he was going to compete in a powerlifting competition in 2008, and he said "Hey, you are pretty strong, you should try too!" I thought no way, I have to wear one of those tight outfits in front of people!!

I competed and it was awesome! I decided that I was going to do it again. Not only did it give me focus in my



training, but the feeling of being up on the platform with people cheering me on was nothing I had ever experienced before.

My training programming comes from Mike Tucherserer, at Reactive Training Systems. I have been using Mike since I bombed at my first World Competition in 2011. He uses an RPE system (Rated Perceived Exertion) to control how much volume or load I use each training session. The days that I feel less than 100%, I get the work in and the days I

feel awesome, I train my ass off.

I typically train Sundays, Tuesdays, Thursdays and Saturdays.

My usual set up is:

Sunday: Deadlift variation, Bench variation, Deadlift assistance

Tuesday: Squat, Bench variation, Bench assistance

Thursday: Deadlift, Bench variation, Squat variation

Saturday: Bench, Squat variation, Overhead or bench variation

Variations include pin presses, pin squats, rack pulls, deficit pulls, RDL's [Romanian Deadlifts], Incline press, Military press.

I do a lot of paused lifts, combined with occasional band work. Also, when I compete in equipment, my training leading into a competition will change to make sure that I get enough time in my gear. It is up to me to get in some extra accessory work, like upper back and ab work. I just fit it in wherever I can. Chins, Face Pulls, Rows, Ab wheel, etc.

Now I train specifically for Powerlifting. I love the Olympic lifts, but I just can't justify spending much time on them and I am way too wimpy for strongman.

How do you respond when other women say they don't want to lift weights because they don't want to get too bulky?

I knew this question was coming! Bulky to everyone is relative. I don't train for appearance, I train to be strong. Most women see my arms and say "I want my arms to look like yours!" but when it comes down to it, they don't realize that to have shape to your arms, you have to lift weights. To have a booty, there has to be muscle! Now that being said, if there is too much fat overtop of muscle, that will definitely give a bulky appearance. Women have no idea what they want though, because their body image of themselves is so skewed. I find that once women get a taste of lifting, they enjoy the empowerment, and eventually the physical results come. You can't argue that great feeling you get when someone notices "that line on the back of your arm..." The only problem is trying to find clothes that fit...

My proudest achievement is winning Best Female Lifter at the IPF Oceania/Commonwealth Championships in NZ

last December 2013, where I went 9 for 9. I had the best meet of my career on the other side of the world with over 400 lifters!

I was also named Ontario's Female Athlete of the year in 2012 by the Ontario Powerlifting Association.

Winning my first Nationals in 2011 was pretty awesome too, because I ended up with Best Female Lifter!

MY BEST LIFTS:

Best equipped competition lifts all in IPF

Squat: 210kg (463)

Bench: 130kg (286)

Deadlift: 197kg (434)

BEST RAW IPF LIFTS

Squat: 150kg (330)

Bench: 105kg (231)

Deadlift: 177.5kg (391)

Short term goals: I've had a stressful year so far in business and in other aspects of life, so I am looking to go to World's this November in Denver. Just getting there will be a success, so if I can go and have another 9 for 9 day with some good lifts I will be totally satisfied with that.

Long-term goals: I want to place top 5 at Worlds....Before Master!!

I'd like to thank my Grandma for passing along these big squatting legs that I hated oh SO much growing up. I have now come to terms with them, and wouldn't change a thing! My family and (small group) of friends are always supportive. Also, all of my gym clients support me and feed me with constant encouragement, and in return I hope I provide them with a good role model and coach.

I don't really train with a group per se, but the guys at the gym help me out whenever they can, which I appreciate a lot.

Last but not least, I have to thank my coach and hubby Paul for all of the long hours he has spent wearing down his knuckles wrapping my knees, swimming me into my bench shirt, and sweating through 3 t-shirts while handling me at a meet. I couldn't do it without him.

Oh yeah! And thanks to you, Ken, for including me in this article, and of course Mark and Andee for giving me my second debut in their awesome magazine.



GRACE RYBA

Age 20, Oshawa, Ontario, Canada
Best Lifts: 345/200/415 Total: 960 lbs

My name is Grace Ryba and I am from Oshawa, Ontario. I am currently 20 years old and I've been involved in Powerlifting for about two and half years.

I am a graduate of the Sports Administration program at Durham

College and I have been accepted into the local Ironworkers Union and will begin my career as an Ironworker in September of this year.

I was always heavily involved in sports as a teenager. Between rugby, wrestling, hockey, and basketball, there was never an off-season while I was in high school. When I went to college, I played two seasons of Varsity rugby for the Humber Hawks in the Lock and Prop positions. Although I absolutely loved playing rugby, powerlifting took the front seat as soon as I got my feet wet with a full power competition in 2012.

My interest in Powerlifting began when I started working out around 15

years of age at a commercial gym in Oshawa, Ontario. Initially, I started working out because I wanted to be in shape for whatever sport I had going on at the time, and to look like the athlete I was; muscular, toned, and fit. I quickly learned that I loved working out and it wasn't long before I started training and dieting more seriously. I competed in my first (and last) figure competition in June of 2011 - placing 4th out of 6 women, weighing a whopping 122lbs.

The competition came and went and I never seemed to feel overly excited or accomplished about it - there was something missing from the entire experience. After the show, I didn't have any guidance in regards to what I needed to do in order to better my physique, so I did a lot of experimentation. Somehow, I ended up with a heavy barbell across my back and that's when things changed forever. I fell hard and fast in love with powerlifting and through the encouragement of my buddy, Jeff S., I entered my first competition in June of 2012, which was CPF Nationals. At that meet, I met one of my now closest friends, Richard "Tiger" Singh, and he showed me the ropes of proper training, technique, competition, and diet. Now at 20 years old, I



have been competing for two and a half years and have grown my total from 560lbs/255kg to 960lbs/436kgs.

My Training: I wish I could write something very specific here, but I can't. I'm still at the point in my "newbie" training that I continue to get bigger and stronger just by lifting heavy and pushing myself. I don't follow any particular programming nor do I train under the guidance of a coach. With that being said, I don't train blindly and just hope for the best on the platform. After doing a competition, I'll reflect on it- what went well, what didn't go well, were there any surprises, where were the technical errors? I'll go on to my next training cycle with those questions in mind.

I am not a flawless lifter yet- I have to work on technique during every workout. Through time under the bar, I have found what works for me. It's hard to believe that in 2012, I squatted with a shoulder width stance, benched with a flat back, and pulled conventionally.... I do the majority of my lifting without a belt so that I build up as much raw strength as I can.

I alternate between heavy squatting and higher volume squatting every other workout. As the weights get heavier and there are breakdowns in form, I spend extra time targeting that issue. Before the IPA Strength Spectacular in June of 2014, I was struggling to hit depth with anything over 315lbs. I spent a number of weeks squatting to a low box and I ended up smoking parallel by a couple of inches with 345lbs at that competition. Squat accessories involve a lot of static glute work and hypertrophy for the legs and

upper back.

Bench-pressing as a powerlifter can be a real challenge when you work-out alone- self handing-off maximal weights can be intimidating. The factors that built (and continue to build) my bench the most would be the building of my lats and learning technique. Tons of back hypertrophy work and incline barbell pressing took my bench from terrible to "not-so-bad". It is rare to see me do single rep sets on the bench press because building technical consistency from one rep to another has helped to grow my press. I try to break up my benching into two workouts: one workout for building power off of the chest and the other workout for building a lockout. Bench accessories include a lot of lat and tricep hypertrophy.

I'll never forget the first time I changed my stance from a conventional stance to a sumo stance and pulled an all time PR off the floor, right then and there. Once I did some experimenting and found a very comfortable and consistent sumo technique, I flew through the mid 200's and into the mid 300's. I was designed to pull with a sumo stance! I train my deadlift heavily- I never pull more than 3 reps a set and I pull every rep as hard and fast as I possibly can, no matter what weight is on the bar. Pulling from a deficit of about 2 inches has been very useful for me when progress slows down. This approach to training is very taxing and I pull once a week at most. My deadlift and squat stances are very similar so I get a fair bit of carryover between the two movements.

Not all of my training is specific to powerlifting. It has only been a short while since I've been involved in the sport so a considerable amount of my training is devoted to building a foundation through hypertrophy work. I compete at 165lbs and hope to continue growing strong, lean muscle as I move through the heavyweights.

I spend the 10 weeks leading up to a competition focusing purely on peaking the big 3. After a competition, I try not to get right back into heavy lifting but rather

spend about 4 weeks on bodybuilding and higher volume training. This way I can give my body a bit of a break

while still building up my lagging muscle groups. I am such a fan of women being fit and muscular so it is important to me that I'm both big and strong.

How do you respond when other women say they don't want to lift weights because they don't want to get too bulky?

That has to be my biggest pet peeve! Aside from men saying women shouldn't be too muscular. I am such a fan of women being strong and muscular and I've had that opinion ever since I got involved in competitive sports. I am well aware of the fact that a lot of women don't aspire to be "big and buff". However, there are a lot of women that do! To the women who fear that lifting heavy weights will make them big and bulky; get over it and get under the bar. It takes years of consistency and discipline to put on that kind of size. It won't happen overnight or even over a couple of training cycles. I can almost guarantee you will love the journey to getting stronger. To the women who want to carry a built body, all the power to you!

In regards to powerlifting specifically, I find it to be so empowering when I get under a heavy bar and push myself through the training, not to mention the unexplainable feelings that come from hitting a huge PR on the platform. This sport has been my "go to" during a very hard time in my personal life and I think that I would be in a very different position both physically and mentally if I didn't lift.

My short-term goals: To hit a 1000lb total by the end of 2014 or by the debut competition of 2015.

My long-term goals: I want to take the WPC raw records as Junior and eventually as an open lifter in the 75kgs and 82.5kgs classes. In the future, I'd like to compete at RUM and WPC Worlds Championships.

Thank you to my friend Tiger for sharing his wealth of knowledge and experience with me, and thank you to my mother and sister for supporting all of my pursuits in athletics. Thanks to my dad for always being present in spirit. Thanks to all who have helped me, encouraged me, and motivated me along the way.



BRONWEN SAPIR

Age 28, Vancouver British Columbia Canada
 Best Lifts: 255/165/365 Total: 785

I work as a Fitness and Physique Coach and I am a mother of two young boys aged 1 & 2.5 years.

I've been an athlete my whole life, coming from a background of track and field, basketball and soccer. After an Achilles' tendon injury, I started training in the gym and fell in love with lifting heavy.

I became interested in Powerlifting because of my husband, Amit Sapir who is an IFBB pro bodybuilder. Amit comes from a background of powerlifting and Olympic weightlifting. With his guidance and support I competed in my first ever figure show this year. It was a great experience and I'll continue to compete but I recently entered my first powerlifting meet at the CPF Canadian Nationals and fell in LOVE with powerlifting. I am a very competitive person by nature and powerlifting is the door I've been searching for to get back into a competitive sport.

Training: I'm using a combined version of the Cube method from Brandon

Lilly and a bodybuilding style protocol. It's a mix of powerlifting training for strength and bodybuilding training for training weaknesses and helping with hypertrophy so it will fit my needs for competing in both sports. Basically I have a speed day, a rep day and a max effort day and it's changing each week. I also do 2-3 other days a week that include a lot of intensity technique and more hypertrophy work that allows me to get stronger and work towards my goals as a figure competitor as well.

I just started to gear my training more towards powerlifting. Up until now I was doing a lot of Olympic lifting and bodybuilding type training for physique purposes and functional training. I've always done lots of squats and deadlifts (Olympic style, not powerlifting) and now I'm trying to switch my lifting style in order to be more successful in powerlifting.

Bench pressing is new for me. Coming from a physique sport and training in Olympic lifting, I was focusing a lot more on shoulder and tricep work so I did a lot of overhead pressing and close grip bench press so this is a lift I really need to concentrate on.

How do you respond when other women say they don't want to lift weights because they don't want to get too bulky?

I always have to laugh at this because anyone who trains seriously knows it's not so easy to put on size. People are always surprised to find out that lifting weights will actually help them burn fat and look much leaner than doing just cardio which will make them look "skinny-fat". If it was only that easy!

At my first meet at the CPF Canadian Nationals, I took 1st place 75kg open class and I took 5th place in the Krack Klassic Open Figure Tall.

My best lifts to day are a 255lb squat, a 165lb bench press and a 365lb deadlift.

Short term goals: To compete at the WPC World Championships in Florida representing Canada. I expect to make new PR's in all of my lifts there. I would like to get to 405lb deadlift, 315lb squat and 225lb bench.

Long term goals: Since powerlifting is a new journey for me, this is just the beginning. I haven't even started yet, so I have all the room in the world to improve. I'm not a World Class lifter yet, but I'm hoping to stand and compete with the best in the next few years.

I would like to thank my husband, Amit Sapir for introducing me to this sport. He's there with me everyday in the gym, pushing me harder and helping me every step of the way.

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HILDA SIEGEL

Ottawa Ontario Canada

Best Lifts: 242/165/330 Total: 737 lbs

My athletic background: I taught yoga for years and used to run marathons in my late 20's. I have always struggled with my weight even with running and yoga.

I became interested in Powerlifting when I was training with Paul Vaillancourt and Sarah Leighton from UF gyms. Sarah is one of the best female lifters in Canada. I started with boot camps and personal training and loved how my body was responding to training. Paul talked me into doing a local push pull that they were hosting and I was hooked from there.

My Training: I train my bench twice a week with one heavy day and a speed or rep day. I squat and deadlift once a week. I also do body weight exercises including chins, dips, handstand push-ups and pull-ups once a week. My coach Willie Albert designed my program for me and coaches me on all my lifts. He has helped me increase my lifts a lot in the short time since moving back to Ottawa.

I train mostly for powerlifting but I have done other things while training for powerlifting, including the "Tough Mudder" and a bikini competition. I

also do cardio daily and eat well to maintain my weight.

How do you respond when other women say they don't want to lift weights because they don't want to get too bulky?

I personally have seen a huge difference in my appearance since I started powerlifting. I lost 30 pounds and have maintained it and I have muscle but still look feminine. As females we don't have the same genetics as men to put on that much mass to look bulky.

My best lifts so far are a 242lb squat, a 165lb bench and a 330lb deadlift.

I have set the National records for my age and weight classes and I just placed first in my division at the CPF Nationals in Nova Scotia and won best female Amateur Raw lifter. I have ran three full marathons and two half marathons. I wasn't fit as a child; in fact I was overweight and had a lot of health issues so strength training has been a positive experience for my strength and health.

Short term goals: Continue to compete and improve. I really want a 250lbs squat and 175lbs bench. I remember trying to reach a 315lbs deadlift and never thought I would get there. Moving forward, I have no idea what to expect.

Long term goals: Continue to lift as long as I can and keep improving along the way. I would like to compete one day with both my children in a meet.

I'd like to thank both my mother and father. Without them, I wouldn't be able to train the way I do. Thanks to my coach Willie Albert and Jay Nera for letting me train at Dynamo Barbell. Thank you to Paul Vaillancourt and Sarah Leighton for putting up with me for years and introducing me to powerlifting and all of the amazing women I met in the sport.



PAMELA BOSKO

Winnipeg Manitoba

BEST LIFTS: 350/198/405 Total: 940lbs

Even though my name is Pamela, most everyone in the powerlifting community calls me 'PBo'. I was born and raised in Winnipeg, MB and it seems like I'm here to stay. I've lived in Vancouver, Toronto and Windsor but I keep coming back home to Winnipeg. I lift out of McDole's Gym in Winnipeg (www.mcdolesgym.com). I'm 41, never been married and don't have kids. I've got a permanent sidekick named BoBo who is my 7.5 yr old Boxer/Australian Shepherd. He and I are a Certified Therapy Dog team and when I'm not working, training or crocheting, he and I work with people who could benefit from the unconditional love of a dog. I work as a Commercial Building Inspector and although I really enjoy my job,



I wish I could crochet for a living. Any spare moment I have, I can be found with a hook and yarn madly working on my next creation. I am heavily involved with Relentless powerlifting and use my crochet skills to fundraise for the Relentless Detroit Foundation and HopeKids.

My Athletic Background: I grew up in the 70's and 80's back in a time where kids actually played outside and weren't glued in front of a TV screen or computer. I was always busy and active and naturally drawn to sports. I played pretty much any sport in school that I could, even if I wasn't good at it. I was good at anything I tried my hand at but definitely not a superstar by any stretch. As I got older and moved away from team sports due to variety of reasons, I found strength sports. It was love at first squat.

What got you interested in Powerlifting? I didn't even know what powerlifting was until a guy at the gym asked me one day if I was a powerlifter. I had no idea what he was talking about so I started to do some research and was immediately interested. I also came across the sport of strongman while doing my research and thought it looked like fun. At the time, I was unable to bench or do any pressing due to my shoulders, so the variety of strongman appealed to me. I dabbled in strongman for a couple of years while

recovering from three shoulder reconstructions and once I could bench, I made my way over to powerlifting. I've been competing for about 4 or 5 years and don't want to be anywhere but under a bar, on a platform or somehow involved with the sport.

My Typical Training Block: I work with Dan Green from Boss Barbell in Mountain View, CA. There's a saying I love, which is, "Don't worry about the horse, just load the cart." I let Dan load my cart and I just do the work that he outlines for me. Depending what injuries I have or what weaknesses I need to work on, Dan tailors my split, exercise selection and rep scheme accordingly. I've worked on my own and have had decent success but have had much greater success working with Dan. Left to my own devices, I tend to underestimate my capabilities.

I train specifically for powerlifting but do strongman events from time to time.

How do you respond when other women say they don't want to lift weights because they don't want to get too bulky?

I don't. I just smile. I won't speak to achievements in other athletic competitions, because frankly, they were so long ago that A) I can't even remember them and most importantly B) no one is really interested in something I did as a teenager or in my early 20's. I have achieved a

fair bit in my short powerlifting career but the last thing I will talk about is any records I have set or own. Yes, I have quite a few and to me, they are meaningless because of how watered down the sport has become. Unless I one day own an All-Time World Record, I will keep mum on any 'records'. I've gone as far as not announce that an attempt would be a record attempt before taking the lift because I knew I wouldn't submit the record form even if I got the lift. As for achievements, I have been ranked in the top 10 of my weight class for the last 3 years or so. I look at the women above me in the rankings as motivation and inspiration. They remind me of what is possible. An achievement I am really proud of is becoming involved in Relentless. Relentless in my opinion is the best thing to happen to powerlifting as it has brought out the good in so many people, not to mention having raised hundreds of thousands of dollars.

Competing raw without wraps, my best competition lifts at 148 lbs are: 350 lbs squat, 198 lb bench, 405 lb deadlift and 940 lbs total. Unless it happened on the platform, training lifts are just that, training lifts and not worth mentioning.

My short term goal is to total 1000 lbs as a 148 lb. This number haunts me. I know I have that total in me and I will get there.

Until I hit an 1000 lbs total, I don't look beyond that other than staying healthy enough to stay in this sport as long as possible. I want to be one of those old ladies wearing a bright coloured sparkly singlet well into my 80's on the platform.

Thank You's: Without question, I would like to thank Chris McDole of McDole's Gym. Hands down, without him, I would not be doing what I'm doing to the level I'm doing it. Not only did he see something in me that I never knew existed, but he also provided and continues to provide an environment for me to succeed. I'd also like to thank Scott Nutter and Mike Hamilton for having the vision and desire to create Relentless and for JJ Thomas and Tommy Westhoff for grabbing the ball and running with it in Detroit. I'd also like to thank Dan Green for always keeping me pointed in the right direction. **PM**





LARRY WILLIAMS

The Biggest Big Kid Ever

BY MARK BELL

When I started hearing about a teenage kid doing things in powerlifting that veteran lifters aren't doing, I lifted an eyebrow and said, "Hmmm." Then one day, I got a text from multiple raw world record holder and former pro bodybuilder Stan "Rhino" Efferding that said, "Larry Williams is the real deal. The kid is a true freak. Check him out! He looks like a bodybuilder and has some insane strength potential."

That's all I had to hear. I immediately hit up Larry "Lottawheels" Williams and offered to feature him in the next edition of Power. He is not just a raw lifter, he's also raw in life. The answers below do not contain one ounce of bragging or flare. He is the real deal, as Efferding said, but his lifting is going to be much louder than his humble voice.



MARK BELL: Okay, Larry. So a kid stole your bike and you cried and cried. On your way home from school you walked by a gym and heard the clank of the iron calling your name?

LARRY WILLIAMS: No, it wasn't really like that, although there was some bullying going on when I was in the Caribbean. I mainly started lifting because I was bored and wasn't in school at the time. I wanted to get big and strong because I was so skinny. I couldn't afford a gym and I was too young to join one when I first started, so I used cinder blocks and a broomstick as my weights for bench press and curls.

BELL: Wait a second. You did what? Did any neighbors see you lifting cinder blocks? What did your parents think of this hobby?

WILLIAMS: I had a friend who tried doing it with me who was a little overweight. That's it. I lived with only my mom, so she thought it was a good habit to get into.

BELL: That's a funny visual: Two big teen kids throwing around some cinder blocks in the front yard like they were in "the yard." Anyway, aside from the iron bug biting you hard, did anything catch your interest? I picture a young, jacked kid like yourself wrecking fools on the gridiron or smashing kids in wrestling. Did you play other sports? Were you athletic?

WILLIAMS: I am very athletic; it's

still very easy for me to dunk a basketball. As a kid I was always the fastest runner around, but there were no sports I was interested in. But the first time I picked up weights, it was love at first sight!

BELL: When you started lifting, did you just start out on Day One like a mutant?

WILLIAMS: When I first started out I

and tan. Is that genetic, or is this something you work at? Do you follow a specific diet plan?

WILLIAMS: I got very lucky with my genetics and I follow the "see-food diet". I see food, I eat it! The tan is a gift as well, no sun needed.

BELL: You're about 250 lbs. of muscle. You honestly eat whatever the hell you want?

WILLIAMS: That's how it is at the moment. I'm sure that in three or four years I'll have to diet.

BELL: Well, it's official. I hate you and so do our readers. You hit a 1,965 total at 19 weighing about 250. That total is insane, and maybe only second to the great Eric Lilliebridge. However, if you stay in the 275 class, you run into a buzz saw in Lilliebridge, one of the greatest lifters of our time

with a 2,353 total. If you drop to 242, you also run into another multiple world record holder and future hall of famer Dan Green. It seems like you're screwed either way. Are these things you think about, or are you focused in on your own goals?

WILLIAMS: I plan on dropping to the 242 class and, although Dan Green is top contender right now, I still have time to improve. Age is on my side, so I'm in no rush. It's a marathon, not a sprint. I will not sit here and tell you I will beat Dan or Eric; that's not my style. I'm going to put in the work to

"USING THE THREE-BOARD BENCH PRESS AND SLINGSHOT WEEKLY HAS HELPED MY LOCKOUT STRENGTH QUICKLY. I FIND I CAN GRIND THE LOCKOUT NOW INSTEAD OF COMING TO A COMPLETE STOP"

wasn't very strong. I was benching 135 for three or four reps and hit 225 for one at 15. I was squatting and deadlifting 315-365 at 15 years old.

BELL: Those numbers are pretty good, but recently you hit a 565 bench in training. How were you able to bench such a huge weight at 19 years old? Have you been working on anything in particular?

WILLIAMS: I was actually very surprised that day with my bench. I've been hitting more volume lately and using boards and the slingshot weekly.

BELL: You look extremely jacked

make me better and see where I end up. Something we all know is true: You never know what freak will pop out the woodwork next, anyway.

BELL: What are some major contributors to your strength gains over the last year?

WILLIAMS: Kevin Oak has been my biggest contributor this past year. Since my first meet, I thought he was jacked, very strong and humble. Since he recruited me into Coliseum Gym in Queens, he has been giving me non-stop pointers and excellent advice on my technique. If it wasn't for him, I wouldn't even be able to drive to this great powerlifting gym because I don't have a license.

BELL: No license? Larry No Wheels? Why no license?

WILLIAMS: In the city there are subways and taxis everywhere – not to mention traffic, and parking is difficult and expensive. I find it much easier to use the subway.

BELL: Yeah, Kevin Oak is an animal, but that's funny that he's your driver. Training-wise, what have you worked on that has resulted in some major gains?

WILLIAMS: I'm very grateful to have him as a coach. He knows his stuff. Squeezing my quads and glutes as hard I can while bringing my legs in together as close as I can comfortably really helps me get tight and a real solid drive. Using the three-board bench press and Slingshot weekly has helped my lockout strength quickly. I find I can grind the lockout now instead of coming to a complete stop.

BELL: People see a dude like you and they want to know what the hell you're doing. Give me a sample week of training.

WILLIAMS: I start the week off with deadlift on Sunday, working a 6x4 with 80 percent. On Tuesday I'm back doing squats and bench. I stick to a 6x4 right now and am keeping a nice shape, as well as getting stronger. Thursday is squat and bench again, with a 4x8 for each. My plan is pretty simple: I use a lot of barbells with a lot of weight, and I pick it up a bunch of times.

BELL: Many athletes use revenge or redemption as a something that fuels their fire. Are you like that? Did

something set you off in your life to turn you into the savage you are today? If not, what's your motivation? What makes you want to move mountains?

WILLIAMS: I've always found lifting fun, and I've always lifted for myself. I love the feeling after working for and setting a big PR. The challenge to always get better is what keeps me going.

BELL: Your awesome strength and physique has and will continue to

inspire others. As someone who used weights to build confidence, what words of wisdom would you like to share with people?

WILLIAMS: The fact that kids are looking up to me when I'm still just an overgrown version of a kid is overwhelming! But I'd say leave the ego at the door and be patient. Lift the weights you can lift. Results will come. Planning accordingly and staying consistent are most important, and cannot be drilled home enough. **PM**

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RAW COMBAT USA

FOLLOWING A DIFFERENT PATH...

AARON LAWRENCE, MBA
BRAZILIAN JIU JITSU BROWN BELT
PHOTOS BY CHRIS DORR

In 2007, I weighed 382.6lbs (oh snap) with a 64 inch chest, 23 inch biceps and 34 inch thighs. I was JACKED, not sloppy, but just BIG and THICK. In June of that year, in one week, I squatted 905 raw (Belt and Knee Wraps), raw paused benched 670 and raw deadlifted 870 for an aggregate total of 2445lb. I was feeling pretty good about myself, but that Saturday in my home I was walking and I noticed my shoe was untied. I tried to bend over and tie my shoe but I could not bend over. WTF!

I was so big and thick that the simple act of tying my shoe was an effort - I had to bend down on one knee, hold my breath and tie my shoe.

At that moment I had an epiphany: I was going to die if I continued on this path.

2 weeks later, I did my first BJJ [Brazilian Jiu Jitsu] class. It was the hardest thing I

had ever done in my life. I could not move, I had no cardio and I quit in my head 10 times before the class was over. But I sucked it up and went to Wednesday's class, even worse since now I was sore as hell. I had serious reservations about this.

Before you know it, a week passed, then a month, then 6 months, then a year. Then you slowly realize you're getting better, you can move, you have some cardio, some endurance, you are not always tapping out.

7 years have passed and I was blessed to be awarded my Brown Belt in Brazilian Jiu Jitsu, under Blackbelt PhilWhitelock and Master Roberto Maguilla DeSilva.

What added to this successful transition was the modification of training protocols that increased the muscular strength endurance aspect of my training. In the beginning of my training for BJJ, I still wanted



“ THE HARDEST PART WAS ALLOWING MYSELF TO LIFT RELATIVELY LIGHTER WEIGHTS AND LEAVING THE MINDSET OF TRYING TO BE AN ELITE POWERLIFTER TO TRANSITIONING TO ONLY NEEDING THE STRENGTH OF A MEDIOCRE/AVERAGE LIFTER BUT ONE WHO HAS A TREMENDOUS AMOUNT OF STRENGTH AND MUSCLE ENDURANCE”

to perform my power movements with some weights but did not want to add on much muscle size. Most workouts were singles, countless short intense rep training sessions to stimulate deep muscle fibers but would not inhibit my recovery.

From 2007-2012 this method of training worked extremely well, which was documented in the Sept/Oct 2013 issue of Power Magazine. Like most programs, body adaption to intensities and volumes occurred. The hardest part was allowing myself to lift relatively lighter weights and leaving the mindset of try-

ing to be an elite powerlifter to transitioning to only needing the strength of a mediocre/average lifter but one who has a tremendous amount of strength and muscle endurance.

WHAT TO DO....

Changes to intensity and variables manipulation was a must. Training Brazilian Jiu Jitsu 6 days a week for 2 plus hours in addition to the Striking and Conditioning classes and weight training was having a major impact on my body.

One new change was the amount

of weight lifted, during my Powerlifting training from 2006-2012, I would squat/deadlift 5-10 sessions a week and bench 12-18 sessions as well, always using a conjugated method to constantly keep the body in shock.

Currently the first workout of the week is either a max effort for squat or deadlift (conjugated) but only to the point of keeping my RPE to around 8-9, never a true max effort. Time between sets was down to 1-minute, elimination of ALL supportive gear (belts, straps or wraps, except on a rare occasion). This was immediately followed up with a pressing movement (benching, incline, shoulders) etc then an Olympic Speed Movement.

EXAMPLE OF A WEEK WOULD FOLLOW.

MONDAY

Raw (beltless) Conventional 120lb chain Deadlift, 405x3, 455x3, 505x3, 555x3, 605x3, if feeling fresh might push for a heavier weight (all with chains, 1 minute sets) (RPE 8 or so),

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Raw Pause Bench to 1-inch Pad Plus 100lb of chains, 315x3, 365x3, 405x3, 455x3, (all with chains, 1 minute sets), Snatch Grip Deadlifts (beltless) 405x6x2, 1 minute sets, followed up with 200-400 12lb hammer swings and 20 minutes of jumping rope.

WEDNESDAY

Raw (beltless) Olympic Purple Band 12 inch box squats (speed) 315x5x2, 405x2, 455x2, 505x2 (against Purple bands, 1 minute sets), 100lb Plate Bench Press: 100-300 reps for time, Walk Front Lunges to Shoulder Press 95-135lbs for either steps or sets, followed with 200-400 medicine ball slams

FRIDAY

Barbell Cleans (95lbs-225lbs)
DB Bench
Hyper Extensions
100lb Plate Rows
Jumping Rope

“I NO LONGER HAVE TO TRY AND BE ELITE POWERLIFTING STRONG BUT HAVE ONLY AVERAGE POWERLIFTER STRENGTH BUT WITH EXTRA MUSCULAR ENDURANCE”

1 minute each exercise as many reps as possible, 30 sec rest. Repeat 3-5 Rounds, or set up additional stations for different rounds. Brutal. Additionally, in between days incorporate battling rope, bodyweight and sandbag drills in a rounds system for added conditioning.

The following week I will switch to a Squat Version Max Effort and mix of variables during the week, never repeating the same workout in

a cycle.

I no longer have to try and be Elite Powerlifting Strong but have only Average Powerlifter Strength but with EXTRA muscular endurance. Brown and Black Belts should be able to Grapple 10, 15, 20 minutes sessions for over an hour without stopping, that is the level that separates good from great.

Another major change has been the nutritional requirements that I need to sustain long training periods. One way I drop weight extremely fast was following Mark’s Outline of the CarbNite Plan. It worked extremely well, dropped from 342lbs to 276lbs in 16 weeks. I was very happy but the only issue was that I was running out of gas at the end of BJJ class due to the lack of carbs in my eating.

So I switched to more of an ALL Natural, No Preservative Eating Program. Some would call it Paleo but I don’t follow their ideas on grains and legumes.

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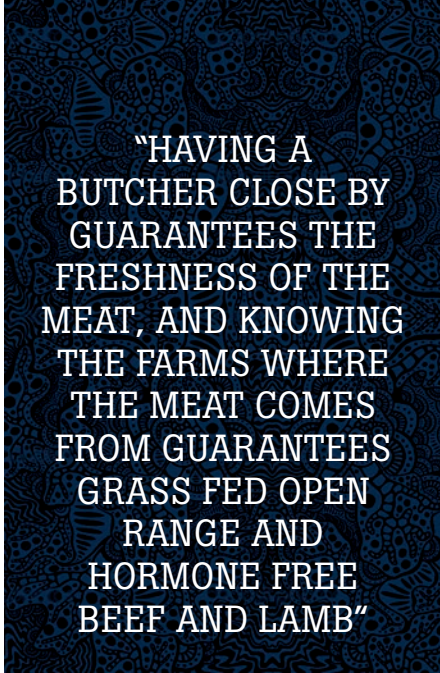
Meal 2 Lunch: 10oz of Meat or Fish, Green Leafy Vegetables (Raw), 1-Tomato with Olive Oil, 16 ounces of water

Snack 2: 1 piece of fruit, 16 ounces of water

Meal 3: 6-10oz of Meat, 1 cup of Grains (brown rice, cous cous, etc) Green Leafy Vegetables, 16 ounces of water

Snack 3: Kale Smoothie with Coconut Water and assorted fruits and vegetables

Depending on Training Protocols, the amounts of food and drinks will vary. Try and drink close to a gallon of water a day. I eat only enough during the day to keep the edge off of my hunger,



some days are less or more depending what the schedule entails.

I mix up Fattier Cuts of Meat with Fish and other Seafoods so I don't get into too much of a routine. Having a butcher close by guarantees the freshness of the meat, and knowing the farms where the meat comes from guarantees grass

fed open range and hormone free beef and lamb.

Additionally living on the Eastern-shore allows access to the freshest seafood year round and a large stable of corn feed venison and other wild game to choose from.

As one gets older, you have to accept the fact that your body will change and that recovery takes a bit longer. You might ache or hurt a little longer but that does not mean you still not can compete and train. You just have to readjust your goals and implement new strategies in accomplishing your new ambitions.

I could have stopped after the first class, and stayed on the path that I was on, but I would not be here today...

The choice is yours, which is simple...

Will You or Won't You Do What is Necessary to Succeed... To Improve The You in You?

Namaste and Bushido to Everyone.

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Men 165 lb. Current

SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Tom Kallas	WUAP	6/28/14	677
2	Reggie Dukes	RPS	9/20/14	575
3	Mike McGivern	USPA	3/15/14	573
4	Micah Marino	USPA	6/19/14	573
5	Chris Godoy	USPA	6/7/14	562
6	Taras Chavarha	IPL	11/8/14	556
7	Tony Conyers	RAWUnited	4/26/14	555
8	Shay Larrisey	USPA	6/7/14	551
9	Travis Leeper	USPA	10/25/14	545
10	Jason Schuitz	RUPC	2/9/14	540
11	Mike Brown	SPF	10/25/14	535
12	Gary Slater	USPA	7/12/14	534
13	James Fuller	USPA	2/15/14	529
14	David Flees	IPA	11/15/14	525
15	Bill Lotter	RUPC	2/9/14	523
16	Dane Steadman	USPA	7/19/14	518
17	Rex Voils	SPF	10/25/14	515
18	Micheal Stemkosky	APA	4/12/14	512
19	Addison Crantham	SPF	9/27/14	505
20	Joe Keith	APA	4/12/14	501
21	Matthew Reep	SPF	1/18/14	500
21	Nathan Grimm	RPS	6/7/14	500
21	Brian Chia	SPF	9/27/14	500
24	Angelo Borreggine	UPA	4/26/14	485
24	Nathan Poage	UPA	7/20/14	485
24	Sammy Pajcic	SPF	9/27/14	485
27	Frank Meola	IPA	4/26/14	483
28	Jeff Hanselman	WNPF	2/22/14	480
29	Isaac Miller	IPL	11/8/14	479
30	David Moya	USPA	12/14/13	473
30	Chris McMullen	APA	4/12/14	473
30	Steve Acosta	USPA	7/19/14	473
33	Garreth Kaplan	IPA	4/26/14	465
34	Ronald Tarvin	APA	11/8/14	463
35	Ryan Irwin	USPA	8/30/14	462
36	Tyler Goins	USPA	6/7/14	462
37	Andrew Gooley	IPL	11/8/14	457
38	Sandy Tepper	RPS	1/25/14	450
38	Victor Mercado	RPS	8/16/14	450
40	Steven Granzella	SPF	3/23/14	446
40	Rolliz Pangilinan	USPA	3/22/14	446
40	Mitchell Rothbardt	SPF	6/1/14	446
43	Stanley Dutton	RPS	10/11/14	440
44	Mathew Sowards	IPA	11/15/14	440
45	Vahana Dorcis	USPA	7/19/14	440
45	Joseph Shedosky	RPS	9/13/14	440
47	Jason Jones	RPS	11/1/14	435
48	Ryan Hammons	IPL	11/8/14	435
49	Jarred Allen	USPA	10/4/14	435
50	John Matulevich	RPS	9/27/14	435
51	Tanner McFarland	SPF	3/1/14	435

BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Phillip Brewer	RPS	2/22/14	500
2	Branden Ha	IPL	11/8/14	424
3	Jason Manenkoff	USPA	11/8/14	418
4	Rostislav Petkov	USPA	7/19/14	418
5	Matthew Reep	IPA	11/15/14	411
6	Tony Conyers	RAWUnited	11/8/14	405
7	Nick Israel	USPA	11/15/14	402
8	Taylor Atwood	USAPL	7/19/14	396
9	Gary Slater	USPA	1/26/14	392
10	Darren Matsumoto	USPA	8/24/14	386
11	Reggie Dukes	RPS	9/20/14	385
12	Tom Priest	RPS	10/11/14	385
13	Felix Santos	USPA	1/11/14	385
14	Eddie Webber	USPA	7/26/14	381
15	Brandon Maddox	USPA	10/25/14	380
16	Mike McGivern	USPA	3/15/14	380
17	Durrell Cull	IPA	10/18/14	370
18	Daniel Ly	IPL	11/8/14	369
19	Chris McMullen	APA	4/12/14	369
20	Ted Cox	RPS	10/25/14	365
21	Bruce Randall	IPL	11/8/14	363
22	Casey Jensen	USAPL	12/14/13	363
22	Steven Granzella	SPF	3/23/14	363
22	Michael Rosky	USPA	2/15/14	363
22	Jonathan Peebles	USAPL	7/19/14	363
22	Micah Marino	USPA	6/19/14	363
22	John Watkins	USPA	6/14/14	363
28	Ryan Diogo	RPS	10/11/14	360
29	Michael O'Brien	RPS	3/8/14	360
30	Johnny May	USAPL	7/19/14	358
31	Edwin Walker	USAPL	10/25/14	352
32	Ravy Phoun	USAPL	2/15/14	352
32	Joe Keith	APA	4/12/14	352
32	David Kennedy	NASA	6/7/14	352
32	Scott Sullivan	USAPL	7/19/14	352
36	Mike Brown	SPF	10/25/14	350
37	David Flees	IPA	11/15/14	350
38	Justin Mazza	RPS	2/15/14	350
38	Jason Fink	XPC	3/22/14	350
38	Addison Crantham	SPF	9/27/14	350
41	Ronald Tarvin	APA	11/8/14	347
42	Paul Nguyen	RUPC	2/8/14	347
42	Markus De	USPA	10/18/14	347
44	Thomas Stover	USPA	3/22/14	347
44	Dane Steadman	USPA	7/19/14	347
46	Rich Baye	IPA	4/26/14	345
46	Jake Fait	APF	2/9/14	345
48	Jeffrey Racimo	USPA	8/24/14	341
49	Micheal Stemkosky	APA	4/12/14	341
49	Joshua McEllen	APF	4/27/14	341
49	Anthony Lucas	USAPL	7/19/14	341
49	Cody Houser	USAPL	7/19/14	341

Powerliftingwatch.com

Top 50 Rankings, RAW

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Paul Nguyen	RUPC	2/8/14	717
2	Micah Marino	USPA	6/19/14	717
3	Vashon Perryman	RUPC	2/8/14	688
4	Ed Manmano	USPA	4/5/14	672
5	Chris Godoy	USPA	7/19/14	650
6	Tony Conyers	RAWUnited	4/26/14	645
7	Steven Lopez	IPL	11/8/14	640
8	Michael Hart	RAW	4/5/14	628
8	Rostislav Petkov	USPA	7/19/14	628
10	Reggie Dukes	RPS	9/20/14	615
11	Brian Chia	SPF	9/27/14	605
12	Cody Lefever	IPL	11/8/14	600
13	Durrell Cull	IPA	10/18/14	600
14	Nathan Poage	RUPC	2/9/14	600
14	Jarett Menzel	RPS	12/8/13	600
14	Jeff Hanselman	WNPF	2/22/14	600
14	Taylor Atwood	USAPL	7/19/14	600
18	Bill Lotter	RUPC	2/9/14	595
19	Gerardo Rivera	USPA	4/26/14	589
19	Mitchell Deskis	USPF	6/6/14	589
19	Jonathan Chapa	USAPL	7/19/14	589
22	Tom Kallas	WUAP	6/28/14	584
23	Nick Israel	USPA	11/15/14	584
24	SCOTT SULLIVAN	USAPL	2/1/14	584
24	Cody Garner	USPA	7/19/14	584
26	Tim Lamando	USAPL	4/26/14	578
26	Shay Larrisey	USPA	6/7/14	578
28	Prentice Ruth	USPA	8/24/14	573
29	Markus De	USPA	10/18/14	573
30	Travis Leeper	USPA	10/25/14	573
31	Jared Daigne	USPA	10/25/14	573
32	Daniel Carinci	USPF	6/6/14	573
32	Daniel Thiel	USPA	8/16/14	573
32	Branden Sanchez	USPA	7/26/14	573
35	Kyle Pocalyuko	RPS	8/9/14	570
36	Braden Sanchez	IPL	11/8/14	567
37	Garrett Gonzales	USPA	1/18/14	564
38	Ronald Tarvin	APA	11/8/14	562
39	Mike McGivern	USPA	3/15/14	562
40	Stanley Dutton	RPS	10/11/14	560
41	Jason Manenkoff	RPS	5/17/14	560
41	Justin Caputo	RPS	6/26/14	560
43	Ryan Irwin	USPA	8/30/14	556
44	Bruce Randall	IPL	11/8/14	556
45	Arthur Bui	USAPL	7/19/14	556
45	Miquel Pou	APF	8/3/14	556
47	Chris Balance	USAPL	4/12/14	555
47	Sammy Pajcic	SPF	9/27/14	555
49	Darren Flagg	APF	6/8/14	553
50	Brandon Maddox	USPA	10/25/14	551
51	Corey Wilsey	USPA	8/30/14	551

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Micah Marino	USPA	6/19/14	1654
2	Tony Conyers	RAWUnited	4/26/14	1600
3	Tom Kallas	WUAP	6/28/14	1587
4	Reggie Dukes	RPS	9/20/14	1575
5	Mike McGivern	USPA	3/15/14	1515
6	Chris Godoy	USPA	7/19/14	1482
7	Matthew Reep	SPF	1/18/14	1465
8	Taras Chavarha	IPL	11/8/14	1432
9	Shay Larrisey	USPA	6/7/14	1432
10	Gary Slater	USPA	7/12/14	1428
11	Travis Leeper	USPA	10/25/14	1427
12	Bill Lotter	RUPC	2/9/14	1427
13	Brian Chia	SPF	9/27/14	1420
14	Jason Schultz	RUPC	2/9/14	1405
15	Mike Brown	SPF	10/25/14	1400
16	David Flees	IPA	11/15/14	1400
17	Dane Steadman	USPA	7/19/14	1399
18	Jeff Hanselman	WNPF	2/22/14	1385
19	Rex Voils	SPF	10/25/14	1375
20	Ronald Tarvin	APA	11/8/14	1372
21	Micheal Stemkosky	APA	4/12/14	1366
22	Joe Keith	APA	4/12/14	1361
23	Nathan Grimm	RPS	6/7/14	1360
23	Addison Crantham	SPF	9/27/14	1360
25	Nathan Poage	RUPC	2/9/14	1344
25	Chris McMullen	APA	4/12/14	1344
27	Sammy Pajcic	SPF	9/27/14	1340
28	Ryan Irwin	USPA	8/30/14	1328
29	James Fuller	USPA	2/15/14	1322
30	Steve Acosta	USPA	7/19/14	1306
31	Frank Meola	IPA	4/26/14	1305
32	Sandy Tepper	RPS	1/25/14	1300
33	Steven Granzella	SPF	3/23/14	1284
34	Ryan Diogo	RPS	10/11/14	1275
35	Mathew Sowards	IPA	11/15/14	1275
36	Isaac Miller	IPL	11/8/14	1273
37	Stanley Dutton	RPS	10/11/14	1265
38	Ryan Hammons	IPL	11/8/14	1262
39	Andrew Gooley	IPL	11/8/14	1256
40	Rondell Gulley	IPL	11/8/14	1251
41	Angelo Borreggine	UPA	4/26/14	1250
42	Joshua Cioca	RPS	9/20/14	1240
43	Rolliz Pangilinan	USPA	3/22/14	1240
43	Tyler Goins	USPA	6/7/14	1240
45	Mike Polis	APA	3/1/14	1235
45	Steve Decker	RPS	4/26/14	1235
45	Kirill Sheynerman	APA	3/1/14	1235
48	Rob Brooks	USPA	8/16/14	1234
49	Vahana Dorcis	USPA	7/19/14	1234
50	Zeb Jones	SPF	9/27/14	1225

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SQUAT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Rheta West	RPS	1/25/14	500
2	Robyn Blankenship	SPF	4/12/14	465
3	Rebecca Roberts	APA	10/4/14	424
4	Kristy Scott	USPA	7/19/14	413
5	Kristy Hawkins	SPF	11/9/14	407
6	Amy Clark	USPA	2/15/14	407
6	Michelle Keaulana	UPA	7/20/14	407
6	Kayla Heal	UPA	7/20/14	407
9	Leonetta Richardson	SPF	4/12/14	400
10	Donna Williams	USPA	5/17/14	396
11	Stephanie Walker	SPF	4/12/14	390
12	Stephanie Diaz	RPS	9/13/14	380
13	Rebecca Traylor	RPS	9/13/14	370
14	Nancy Sarieh	USAPL	11/22/14	352
15	Leah Smith	USPA	10/25/14	352
16	Ally Baker	USPA	6/14/14	352
17	Malinda Sanchez	SPF	11/9/14	347
18	Caitlin Sullivan	UPA	7/20/14	347
19	Michelle Coile	USPA	5/24/14	341
20	Jenica Allen	RPS	6/28/14	340
21	Alaina Cordone	RPS	8/9/14	335
22	Bella Martinez	USPA	8/16/14	330
23	Cheri Rushing	USPA	6/14/14	330
24	Tara Hutsell	USPA	11/22/14	325
25	Jessica Belt	SPF	5/10/14	325
26	Melissa Brown	SPF	11/15/14	320
27	R Lee Whitaker	NASA	6/6/14	319
28	Amy Berardinelli	RPS	10/25/14	315
29	Danielle Szocik	RPS	10/11/14	315
30	Danielle Hoddinott	RPS	7/12/14	315

BENCH PRESS

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Robyn Blankenship	SPF	4/12/14	305
2	Tracy Draher	APF	6/8/14	281
3	Donna Williams	IPL	11/8/14	275
4	Leonetta Richardson	USPA	7/19/14	275
5	Rebecca Roberts	APA	10/4/14	264
6	Stephanie Walker	SPF	4/12/14	250
7	Kristy Scott	USPA	2/15/14	242
8	Danielle Szocik	RPS	10/11/14	240
9	Danielle Diesel	RPS	10/12/14	240
10	Bernice Fuss	USPA	1/25/14	238
11	Alanna Casey	RUPC	2/8/14	236
12	Cindy Shockman	USPA	9/20/14	236
13	Pam Hoffman	NASA	4/19/14	236
14	Kristina Dobyms	USPA	6/7/14	234
15	Kristy Hawkins	SPF	11/9/14	220
16	Hope LaFreniere	RPS	3/29/14	220
16	Priscilla Ribic	USAPL	7/19/14	220
16	Shawna Purcell	APF	6/21/14	220
19	Michelle Keaulana	UPA	7/20/14	214
20	Lindsay McGuire	SPF	7/19/14	210
21	Vanessa Garris	USPA	2/15/14	209
21	Michelle Coile	USPA	5/24/14	209
21	Chelsea Savit	USAPL	7/19/14	209
24	Rheta West	RPS	1/25/14	205
25	Stephanie Diaz	RPS	9/13/14	205
26	Tara Maier	USPA	1/25/14	203
27	Betty Heriford	USPA	10/4/14	198
28	Kandice Kinney	USPA	8/24/14	198
29	R Lee Whitaker	NASA	11/8/14	198
30	Jen Combs	USPA	2/15/14	198
30	Amy Clark	USPA	2/15/14	198
30	Jessica Bryant	USAPL	7/19/14	198
30	Rori Alter	USAPL	7/19/14	198

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Top 30 Rankings

DEADLIFT

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Nancy Sarieh	USAPL	11/22/14	501
1	Kristy Scott	USPA	2/15/14	501
3	Stephanie Walker	SPF	4/12/14	500
4	Rebecca Roberts	APA	10/4/14	457
5	Leonetta Richardson	USPA	7/19/14	457
6	Alanna Casey	RUPC	2/8/14	451
7	Donna Williams	IPL	11/8/14	446
8	Robyn Blankenship	SPF	4/12/14	435
8	Kayla Heal	APF	6/8/14	435
8	Leslie Hofheins	USPA	5/17/14	435
11	Leah Smith	USPA	10/25/14	429
12	Kristy Hawkins	SPF	11/9/14	418
13	Sandra Sebastian	USAPL	2/15/14	418
13	Jessica Bryant	USAPL	7/19/14	418
15	Lindsay McGuire	SPF	7/19/14	415
16	Tatiana Buys	USPA	4/26/14	414
17	Latosha Floyd	USPA	8/24/14	413
18	Jenna Doyle	USPA	1/25/14	413
18	Mikelina Belaineh	USAPL	7/19/14	413
20	Angela Bivens	USAPL	10/25/14	411
21	Tracy Draher	APF	6/8/14	407
21	Tiffany Wohlers	USAPL	7/19/14	407
21	Pam Hoffman	NASA	4/19/14	407
21	Shawna Purcell	APF	6/21/14	407
25	Stephanie Diaz	RPS	9/13/14	405
26	Laura Radecki	USAPL	11/1/14	402
27	Shanie Dasrath	APF	10/18/14	402
28	Haley Kavelak	NAPF	2/28/14	402
28	Priscilla Ribic	USAPL	7/19/14	402
28	Rori Alter	USAPL	7/19/14	402

TOTAL

RANK	ATHLETE	FEDERATION	DATE	LBS.
1	Robyn Blankenship	SPF	4/12/14	1205
2	Rebecca Roberts	APA	10/4/14	1146
3	Stephanie Walker	SPF	4/12/14	1140
4	Leonetta Richardson	SPF	4/12/14	1120
5	Kristy Scott	USPA	2/15/14	1118
6	Donna Williams	IPL	11/8/14	1107
7	Rheta West	RPS	1/25/14	1070
8	Kristy Hawkins	SPF	11/9/14	1047
9	Nancy Sarieh	USAPL	11/22/14	1019
10	Michelle Keaulana	UPA	7/20/14	1003
10	Kayla Heal	UPA	7/20/14	1003
12	Stephanie Diaz	RPS	9/13/14	990
13	Amy Clark	USPA	2/15/14	964
14	Leah Smith	USPA	10/25/14	947
15	Danielle Szocik	RPS	10/11/14	930
16	Pam Hoffman	NASA	4/19/14	903
17	Ally Baker	USPA	6/14/14	898
18	Alaina Cordone	RPS	8/9/14	890
19	Cindy Shockman	USPA	9/20/14	887
20	Jessica Belt	SPF	5/10/14	887
20	R Lee Whitaker	NASA	6/6/14	887
22	Rebecca Traylor	RPS	9/13/14	880
23	Michelle Coile	USPA	5/24/14	876
24	Caitin Sullivan	UPA	7/20/14	870
25	Amy Berardinelli	RPS	10/25/14	860
26	Shelly Drehmer	UPA	7/20/14	854
26	Laurie Smith	USPA	7/12/14	854
28	Abby Citrin	NASA	12/21/13	837
28	Cheri Rushing	USPA	6/14/14	837
30	Malinda Sanchez	SPF	11/9/14	832
31	Kaitin Foster	APA	11/8/14	832

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Featured YouTube Channel

www.youtube.com/user/DJPLER



ABOUT THE CHANNEL:

If you're looking for rare, classic footage of powerlifting legends Ed Coan and Mike Bridges, then this channel is the place to go. Sure, the quality isn't great -- most of the videos are a camera recording a TV screen. But these clips of Gene Bell, Rickey Dale Crain, Anthony Clark, Larry Pacifico, etc. are one of a kind.

OUR FAVORITE VIDEO:

"Mike bridges 837 sq 181" Before Ed Coan's reign, Mike Bridges was the king of the powerlifting world. While it's unfortunate that there isn't more footage of his lifting, this clip offers a glimpse of Bridges at his best. Watch as the compact powerhouse nails a massive squat.

FUN FACT:

You know that famous picture of Ed Coan setting up to deadlift in a black Quads Gym T-shirt and his trademark yellow singlet? This YouTube channel has a video of that lift: "Ed coan 832 deadlift (famous picture)"

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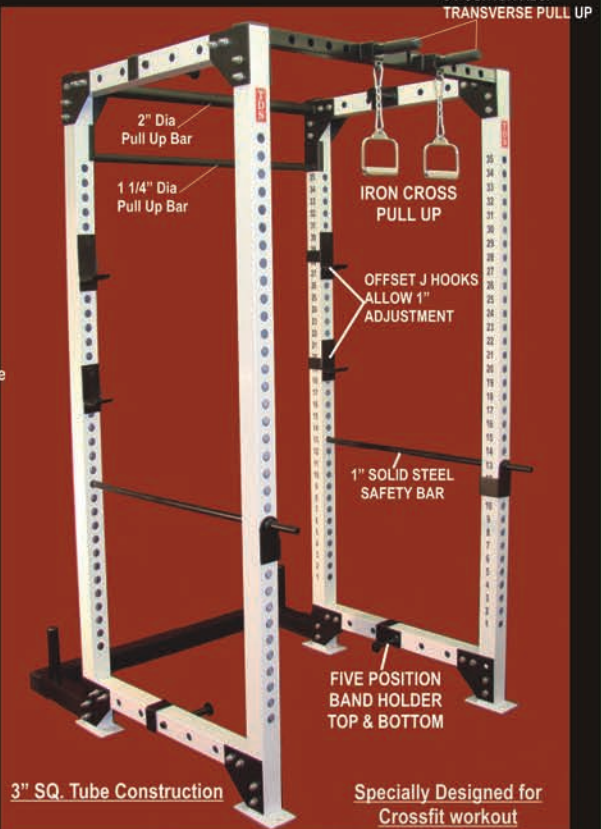
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TITAN PARALLEL BARS



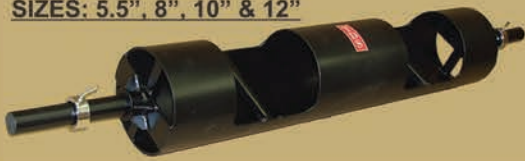
PARALLETES COMBO BARS

Deep Knurled 1.25" Tube



TITAN STEEL LOGS

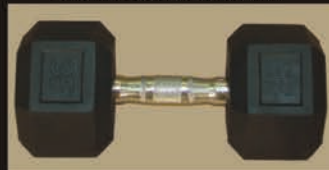
SIZES: 5.5", 8", 10" & 12"



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