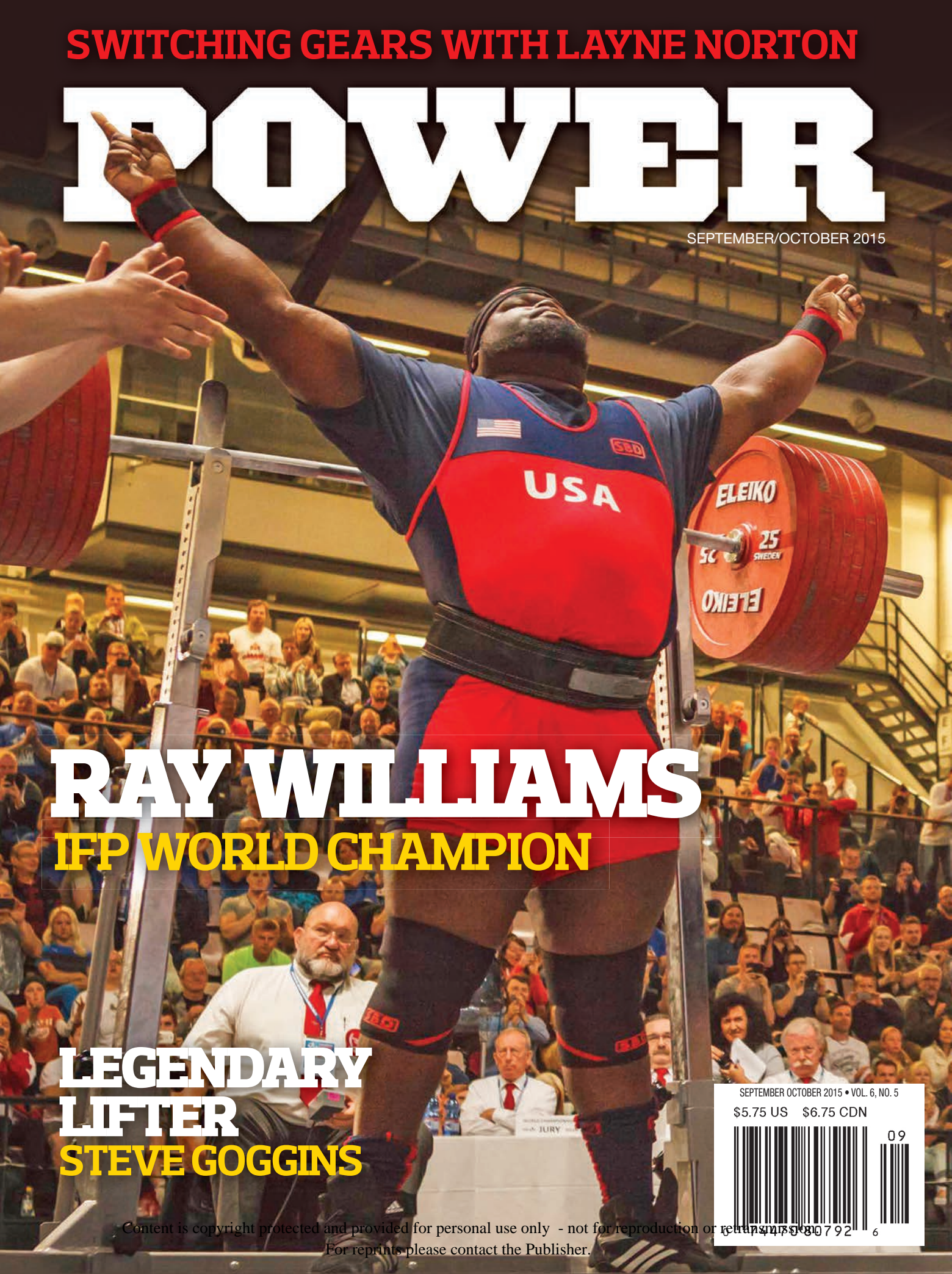


SWITCHING GEARS WITH LAYNE NORTON

# POWER

SEPTEMBER/OCTOBER 2015



## RAY WILLIAMS IFP WORLD CHAMPION

LEGENDARY  
LIFTER  
STEVE GOGGINS

SEPTEMBER OCTOBER 2015 • VOL. 6, NO. 5

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# POWER MAGAZINE

VOLUME 6 • ISSUE 5

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## SUBSCRIPTION RATES:

US Addresses: \$29/1 year  
US Addresses: \$49/2 years  
International Addresses: \$65/1 year  
International Addresses: \$115/2 years

## Address changes send to

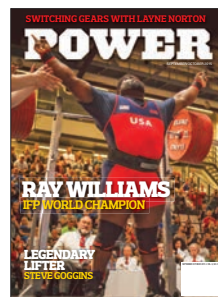
andee@thepowermagazine.com

## SUBSCRIPTIONS AVAILABLE AT

www.thepowermagazine.com  
www.SuperTrainingGym.com

**POWER Magazine** (ISSN 2150-5411) is published bi-monthly by Power Media. POSTMASTER: please send address changes to **POWER Magazine**, 4516 Redbud Dr., Davis CA 95618

## Printed in the USA



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## FIRST WORD



## Ray Williams (a.k.a Optimus Prime) Issue

Power keeps trucking along and now we have picked up some more contributors, Bryce Lewis and Hani Jazayrli. I'm really excited about this because these guys can give this magazine some more USAPL/IPF representation. This is important to me because IPF is one of the most legitimate federations out there and on top of that, they have outstanding athletes.

In this first issue that brings these two studs (Bryce and Hani) on board, we were able to get an outstanding interview with Layne Norton via Hani. Bryce took on interviewing the big man from "The Sip" -Mississippi's own Ray Williams. Ray shares a heartbreaking story that gives us insight as to why he was pointing to the sky throughout his triumphant victory at IPF Worlds. Ray Williams is all heart - when he points to the sky with his index finger extended, it's for a greater purpose other than boasting that he's number one.

Chad Wesley Smith gave us a great article on Rotating Efforts. Chad has made such huge advancements with his own lifts that you can't ignore his methods. Chad's Juggernaut Training System has also been working great, not only other lifters, but for all types of athletes.

We were able to catch up with Legend Steve Goggins who had compiled an insane resume of lifts in his powerlifting career, including being the first man to squat 1100 pounds! I was at that meet in Columbus, Ohio - it had a huge impact on me and what I thought I was capable of doing.

As always, look me up on Instagram and Twitter. I'm @MarkSmellyBell. I want to thank all of you for helping my YouTube grow to over 100k in subscribers. If you haven't checked it out, please do so at YouTube.com/SuperTraining06.

*Inspire, Don't Just Instruct!*

## Mark Bell

*Sent from my iPhone 6 and Sling Shot HQ*

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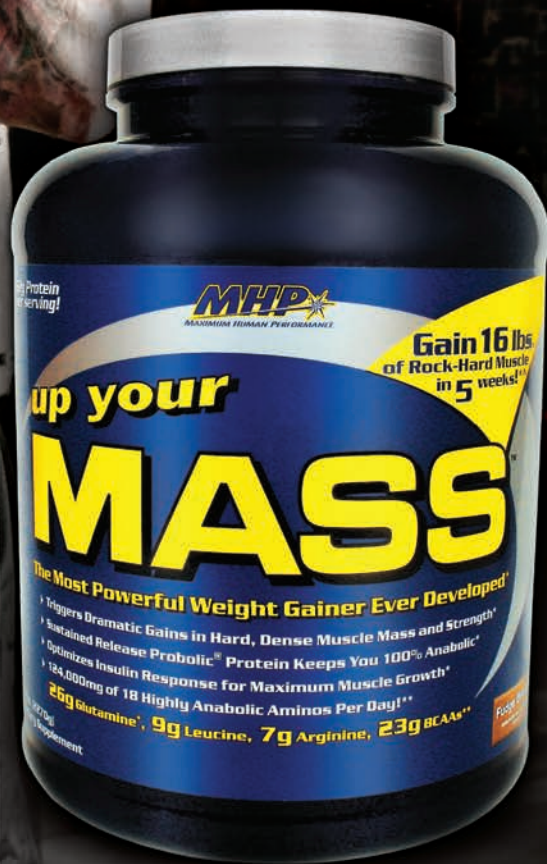


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## FEATURES



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### IFP Champion Ray Williams

Bryce Lewis interviews one of the best lifters in the world right now, as Ray Williams just set a new IPF World Record Total of 2205 lbs! Learn more about this gentle giant and what motivates him to work so hard.



30

### Unsung Legend

John Greaves is back to interview one of the legends of the Iron Game, Steve Goggins. He competed against some of the

world's best, including Ed Coan and Kirk Karwoski. Still at it at age 51, Steve has turned his attention to coaching and helping a new generation of lifters become world champions.



40

### Switching Gears with Layne Norton

Not many world class powerlifters and say they have also successfully competed on the body-

building stage, but that's exactly what Layne has done.

Hani Jazayrli sits down with Layne to discuss his awesome appearance at the IPF Worlds and what his future plans are in the worlds of powerlifting AND bodybuilding.



48

### Rotating Efforts for Maximum Results

By Chad Wesley Smith

Call it what you will - undulating, rotating, variation or anything else. There is no denying that presenting strategic stimulus changes to your body is a great way to improve strength and manage fatigue.



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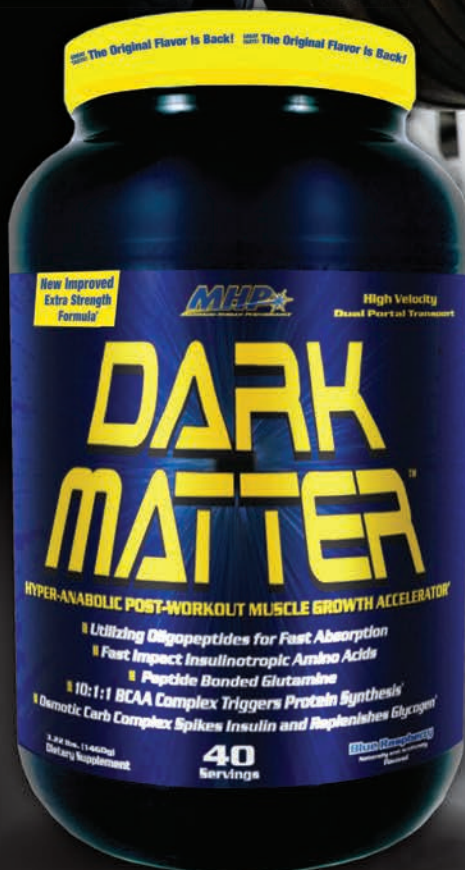


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## NEW PRODUCTS



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The exterior cover is a high-grip synthetic material designed for hard use. We made the pad a higher density so that it gave a true board-like experience. We dropped 500 pounds from two feet on the pad and it compressed less than one eighth of an inch. This pad would be equal to a two-board.





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# PAUL ONEID

BY KEN WHETHAM

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

I live in Ottawa, Ontario. I am 27 years old and I work as a Functional Rehabilitation Specialist for Manulife/John Hancock, as well as run my own online training website, Master Athletic Performance.

### What is your educational background?

I graduated with Honors in Human Kinetics from the University of Ottawa, and I travelled south to complete a Master's of Science in Exercise Science from the University of South Florida and a Master's of Science in Sports Management from Robert Morris University.

### What brought you down south?

I originally moved to Tampa to intern with the USF [University of South Florida] Bull's Strength and Conditioning staff. During that summer, I was accepted into the Master's of Exercise Science program. After a year of interning and studying, I was lucky enough to land a position as an assistant with Todd Hamer at Robert Morris University. I spent 2 years as an assistant strength and conditioning coach with the Colonials while studying for my Master's in Sports Management. When my degree was done, I had to return to Tampa and finish up at USF. I had taken my job at RMU without completing my degree from USF. Lucky for me, a great friend of mine, Justin Thiel, had just gotten the head job at the University of Tampa and brought me on short term as his assistant there.



### Are you still coaching?

After I finished my degree at USF, I was fortunate enough to be given the opportunity to be the first full-time Head Strength and Conditioning at Queen's University in Kingston, Ontario. I spent 8 months in that role. Since I left Queen's, I have been running a business, Master Athletic Performance, doing online coaching and training. This allows me the opportunity to work with some young lifters, as well as some professional athletes. I still coach, but not in the same capacity as before. The lifestyle of the collegiate Strength and Conditioning coach is not for the faint of heart. To be completely honest, I got burnt out. I had to do what was best for me and I stepped away from a job that I

truly loved. That was one of the hardest decisions of my life.

### What are your current rankings and records?

Currently, I believe I am ranked 8th all-time in the squat, with 800lbs and 18th all-time in the total, with 1930lbs raw with wraps in the 220lbs weight class.

### How long have you been powerlifting?

I did my first meet in the summer of 2011, so that would be just over 4 years now.

### What got you interested in the sport?

I began competing in powerlifting after my first year interning as a Strength and Conditioning coach at the University



of South Florida. I decided to compete as a way to become a better coach. I truly believe that the best coaches are the ones who practice what they preach because your athletes will see that you demand the same dedication of yourself as you do from them. This sentiment was reinforced by many of the mentors I had during my time coaching.

**Have you always competed raw and have you ever considered lifting in gear?**

I have always competed raw and have no plans to put gear on. I use wraps to squat, so to the Internet judges, I am already a big enough cheater.

**What is your most memorable competition and why?**

I think the most memorable competition is always the last one in which you compete. Each meet is special and has its own separate challenges and triumphs. My last meet in Fair Haven, Vermont was the same weekend as Raw Unity. I had registered for Raw Unity, but due to financial reasons, I was unable to make the trip to Florida. Instead, I found an RPS [Revolution Powerlifting Syndicate] meet within driving distance of my home and competed as if I was on the same stage. The meet was amazing and full of great local lifters. I also had the pleasure of competing against another top 220lbs lifter, Carlos Reyes, who had pulled out of RUM, as well. We pushed each other the whole day and he ended up beating me by 10lbs because I don't know how to bench press. I ended the day with a 95lbs PR total, my first 800lbs squat and my first 700lbs pull. This meet was special for me not only because of my big PRs, but because it was the culmination of a lot of change in my life. It truly echoed the fact that training mimics life. For me, this meet was all about overcoming adversity and proving to myself



that I can accomplish any goal I set my sights on.

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

Ken, I wish I had a witty answer to this question, but I need to be honest... I am an utter embarrassment when it comes to being stereotypically "Canadian." I don't drink beer or eat bacon and I cannot remember the last time I had maple syrup. I also never played hockey, never shot a moose with a crossbow and I have never fist fought a bear. I am also not overly polite; I hate apologizing to other people for their own mistakes and I don't say EH or "about". I don't own any red flannel and I absolutely HATE snow, being cold and winter. To all the Canadian readers out there, I am truly sorry.

**What is the best thing about being a Canadian?**

Having lived in the US for 4 years and being part of a culturally mixed family (my father emigrated here from Lebanon when he was in his 20's), I have a unique perspective on what it means to be Canadian. To me, being Canadian is about being a part of something greater than you. As a Canadian, you are a member of one of the most diverse and accepting nations in the world. Everyone is able to come together and be accepted no matter their color, culture, and religion etc. Not only that, but the diversity that makes up our nation is celebrated. I think that is pretty special!

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

I have been very fortunate for the fact that I haven't had to suffer any





“practice” allows me to perfect my technique and build my structure so that when it comes time to peak for a meet, my body is prepared for the heavier weights. I believe that as long you are taking care of your nutrition and recovery, volume is your best friend. I train 6-7 times a week in between meets. This will depend on how I am feeling and what I have going on in my life. Each day has a different main lift or emphasis and I follow that up with a lot of bodybuilding style work in order to build up my weak links.

**Do you utilize any accommodating resistance, like bands or chains, in your training?**

We use a lot of bands in our training for accessory work, mostly due to the fact that we don't have any cable machines. On main lifts, I use accommodating resistance sparingly. I am a more explosive lifter, so I do not perform much dynamic effort work. I have experimented with chains on my deadlift and bench press during submaximal work, but have had varying levels of success. I will say that I prefer chains to bands because I feel the bands influence the bar path too much. Overall, I would say that I prefer practicing the competition lifts as they are performed and using their variations in my accessory work.

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

I keep my nutrition very simple for the most part. I eat a lot of the same foods every day and I do not deviate often. I have a very sensitive stomach and when I eat foods that I am not accustomed to, it will often cause undesirable effects. I eat low carbs, moderate fat in the morning and then eat high carbs, low fat around my training time (usually around 5pm). Typically, this ends up being 4 meals, plus my training nutrition. I do

not count anything religiously, but I aim for 250g protein, 250g carbs and about 75g fat. I know what you're thinking and yes, I do eat like a figure girl/ Cross-Fitter and you bet your bottom dollar that when they come out with a super heavyweight men's bikini division, I am going to be all over that!

**How do you prepare mentally for an attempt?**

I am not the type of lifter that gets very fired up or angry before I lift. In fact, I actually lift terribly when I am excited. Before a lift, I always remind myself that lifting the weight is why I am there. It is why I showed up. It is why I worked so hard. I run through 2-3 mental technique cues. I take a sniff of ammonia, take a deep breath, push out hard into my belt and exhale quickly. Then my mind goes blank and I go to work. No yelling. No screaming. Just controlled aggression.

**What are your best competition numbers?**

My best competition numbers are an 800lbs squat, 430lbs bench and a 700lbs deadlift.

**Best gym numbers?**

I don't often train maximally, which I think is why my Instagram is so boring, but my best gym lifts are 750x2 in the squat for 2 sets, 425x1 for 3 sets on the bench and 640x1 for 2 sets on the deadlift.

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

I used to follow my own Westside template up until I started training with Jay and Kade in 2014. It got me to an elite raw total, but I definitely stalled in my progress. Since then, I have all but eliminated maximal lifting from my training and focused on improving my proficiency in the big three lifts through practice, practice and more practice. Strength is a skill and just like shooting jump shots, you have to master the mid range before you can step behind the arc.

**Who are some of the lifters you grew up admiring when you first**

significant injuries that cost me time away from training. I did slightly tear both hamstrings in a small push/pull meet after switching to pulling sumo, but I rehabbed very quickly and didn't miss any training time.

I take a lot of time to maintain my mobility and the balance in my structure. I attribute my resilience to injury to this work. I have to be honest though; I do have small aches and pains, just as any other lifter. The key is to take care of them consistently. I am a huge proponent of chiropractic care.

**Where do you train and do you have a coach or training partners?**

I train at the strongest gym in Canada, Dynamo Barbell Club. I do not have a coach, but I have the best training partners I could ever ask for in Jay Nera and Kade Weber. They push me everyday and have taught me more about powerlifting than I think they even know.

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

I do all of my own programming, with a lot of influence from Jay. I do a lot of submaximal work and perform the competitive lifts often. I believe this



### started lifting?

Not to sound like a fan boy, but as a young lifter I looked up to Jay Nera, Jeremy Hamilton and Kade Weber because they are all such technical lifters and they are Canadian, as well. I also admired the European lifters such as Pozdeev and Belayev. I admire any lifter who has truly mastered their craft. I think when someone has mastered a lift then their performance is truly beautiful to watch.

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

Do not think that you are going to light the world on fire in your first meet. I bombed my first meet. Powerlifting is a sport where time is your friend. While there are exceptions, the top lifters are all in their mid-thirties and even Stan Efferding set the all-time record in his forties. Powerlifting is a marathon and not a sprint. You only get one body and you are best served to treat it with respect.

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

As I mentioned before, I train 6-7 times a week. After my last meet, I took the Sunday off and then trained for 58 days in a row. This isn't because I think it's what I need to do to be successful, it's because I LOVE TRAINING! When I train for a meet, the last 2 weeks I may only train a total of 5 times. When it comes to the day of the meet, I am so excited to lift that I actually tell my handler to make me sit down, because if not, I'll be pacing around or wasting energy. I love competing and every time is as exciting as the first.

### What is your favorite lift and why?

I love the squat. I think that a perfectly executed squat is one of the most amazing displays of strength and control. The feeling of standing up with a weight that could literally kill you is something that is tough to compare. It also helps that I am not horrible at it.



### What assistance exercises helped each of your lifts the most?

I attribute my strength in the squat to the front squat. I use front squats to build up my quads and midsection. When my front squat feels good, I know my competition squat feels good. In the bench, I would have to say the strict overhead press. Big, strong shoulders and triceps are the key to a strong press. I know that when I PR my overhead press, a PR on the bench will soon follow. For the deadlift, I would have to say the semi-stiff legged (Romanian) deadlift off of a deficit for sets of 10. I pull sumo, but my mid-back has always been a weakness. These [semi-stiff legged deadlifts] absolutely hammer that area, as well as the low back, glutes and hamstrings. If you get strong in this lift, your competition lift will go up, conventional or sumo.

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

I work a full-time job, run a side business and am currently exploring other opportunities professionally. So, other than working and training, I do not get a lot of spare time but I do my best to manufacture it. I am fortunate to have my entire family and my girlfriend's family living in Ottawa and we spend time with them whenever possible. We have a cottage just outside the city as well, so most of my weekends in the summer are spent there. I would also be lying to you if I didn't say how much I love a good nap.

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

I am anticipating a lot of hate for this answer...no, I do not because I absolutely love the process. It teaches you so much about yourself and enriches the rest of your life. That being said, I have increased my total by 200lbs in the last year, so I haven't had to be very

patient at all.

### What drives you?

I compete in powerlifting for myself and no one else. I use powerlifting as a means to improve myself and I use those lessons in other areas of my life. I mentioned earlier that training mirrors life. I truly believe that. The more I invest myself in training, the more success I see in other areas of my life. On the flip side, I still coach and I still mentor young coaches, so by competing and being successful, I set an example for them to follow. That is a huge motivator for me.

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

HULK – he is a scientist, but can turn into a violent monster. He also has a heart of gold, just like me.

### Is there anyone you would like to thank?

My family, for always supporting me; My amazing girlfriend, Pam Anstey, who is tougher than me;

Jay Nera, Kade Weber, Shane Church, Willie Albert and the whole Dynamo Barbell/ Crossfit Otown family;

Jordan Moffit and Vanessa Baez of Bacon and Barbells Co. for always having the best swag in the business;

My mentors and friends that I have been lucky to have along with me on my journey – Frank Wintrich, Todd Hamer, Cam Davidson, Mark Watts, Jennifer Petrosino, Skyler Farley, Ralph Petrella, Marc Hickok, Ron Mckeefery, Mike Baravecchio, Casey Williams and so many more. **PM**



# This Chick Can Kick Your Ass... And You May Like It!

## Laurin Conlin

**L**aurin Conlin is an IFBB [International Federation of Bodybuilding and Fitness] Bikini professional and a Master's candidate in Exercise Science. She is an online coach, entrepreneur and owner of LoCoFit LLC.

### Laurin, give us your stats...height? Weight?

My weight fluctuates, as I'm not someone who stays "stage lean" year round! I enjoy my off-season thickness and how I feel when I weigh more: Off-season: 140-145; Competition: 125-130.

### Where do you train?

When I am in South Florida, I train at Power Sports Academy. When I am in Tampa, I train at the North Powerhouse or at my friend's garage gym.

### Do you lift with other girls or is it all guys?

I typically lift with all guys, with the exception of the garage gym where I train with Paul Revelia's wife. His wife and I train with very similar styles, so it works out perfectly. Usually, I can't find other girls who train consistently like myself. Training with guys, both bodybuilders and powerlifters, has always been the 'norm' for me.

### How did you get involved in powerlifting?

My boyfriend introduced me to powerlifting a few years ago! I went down to Power Sports Academy and was hooked after that. It's been about two and a half years since then and I have utilized variations of the main lifts to train for my physique competitions – Figure previously, Bikini currently.

### What about your competition history and powerlifting numbers?

I am an IFBB Bikini Pro. I earned my pro card by winning the Overall Bikini title at the 2014 NPC [National Bodybuilding Championships] Nationals. Before earning my pro card, I also competed at the national level as an NPC Figure competitor. I see a lot of new competitors who get discouraged when they don't place in the top 5 or earn their pro cards early on in their career. I competed in 9 shows – 4 NPC national qualifiers and 5 national shows – before I turned pro!

I have competed in one powerlifting meet, USPA [United States Powerlifting Association] Battle of the Bay, earlier this

year. My lifts were: Squat – 253 lbs., Bench – 138 lbs. and Deadlift – 281 lbs. I have always incorporated compound lifts into my training, but never focused exclusively on powerlifting, since I was always prepping for shows. I do not like to half ass anything and I've always wanted to be 'all in' when training for a meet so it was perfect to prep for the meet during

this past off-season! I am really competitive and hate taking time out from competing so this was a great goal to set for myself. I would encourage anyone who is taking a dedicated off-season to do the same!

### What are a few must haves for the gym?

Angry music, BCAA's, my hip circle and Elite FTS bands.

### What do you have to say to women who don't lift weights because they think they'll get too big?

Sadly, I still see this come up a LOT. I try and tell girls, "Look, I've been lifting for years and I haven't gotten 'too big'!" That's actually why I switched from Figure to Bikini because I 'tried to get big' and couldn't. I try to explain the concept that muscle maturity and density take time, which most readers here know, but it isn't common knowledge like we'd hope it to be. I also like to say that 'lifting heavy doesn't make you bulky, not being stage lean makes you bulky.' There is a difference and people like to jump to the conclusion that they've gained 10 pounds of muscle offseason! Likely, when you are at your desired leanness, you will have only added better shape to your muscles – especially the glutes, girls.

### What is your training like?

My training stays relatively the same off-season and during competition prep. If I am dieting for a physique competition, then there is less focus on powerlifting and more accessory work to compliment my physique goals, and vice versa. The other main difference is my cardio (detailed below). There are two very important things that I never program for in regards to my training – I do not believe in relying on long duration cardio during my off-season (like a lot of competitors do) and I do not cut out the compound lifts at any point in the year







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(unless I have an injury). I may not lift as heavy close to a show since a lot of my intensity is directed towards my HIIT [High Intensity Interval Training] - my overall strength goes down and I am cautious for injury related purposes, but I maintain specialty compound lifts year round.

Off-season: I have limited (if any) cardio and it will all be from interval training. During the offseason, when I am eating adequate amounts, I find I can train for longer sessions and keep my intensity high. I would say as a general 'rule' that during the off-season, I have less frequency (typically 4-5 days) per week with longer sessions. There are exceptions, of course, but I typically like running 5-day splits. I also use this time to focus on heavy lifting and building my overall strength, which inevitably decreases while I diet.

Competition: During competition prep, I am doing HIIT very frequently - typically 4 days per week. I also add

a bit of moderate intensity cardio (read warm-up/cool-down). During this past prep for my pro debut, I added in 'cardio squats'. This is new but I really like them! I have been squatting ~75 lbs. for 6 x 8 with 45 seconds rest, once per week. During prep, I don't feel like I can keep my intensity as high for as long (like during my off-season) so I typically have shorter training sessions. Again, a general 'rule' for competition prep would be more frequency (typically 5-6 days) per week with shorter sessions. There are always exceptions but I typically run 6-day splits during my competition prep. I always take one day off of lifting per week during competition prep (unless it's peak week). As I mentioned before, I do not cut out the compound lifts but I focus 'less' on them and direct my attention to more accessory work for my physique goals.

Training for strength and training for physique are not mutually exclusive but I do believe that at some point in your

prep (for either powerlifting or physique), you need to distinguish what is more important to you and program accordingly.

#### **What is your diet like?**

I follow a flexible diet where I track macros year round. Closer to a competition, I will be very strict with tracking but off-season, I am more lenient with my numbers and "guesstimate" frequently. I do not restrict food groups during competition prep - however, calorie dense 'fun foods' that people associate tracking macros with are very limited because I enjoy eating voluminous foods when I am dieting! I absolutely love cooking and I love variety and flavor, so flexible dieting has been the best thing I could have started following as a competitor. My approach is simple - competition diets do not have to be monotonous and boring; likewise, just because it 'fits', it does not mean that I have to eat it. My goal with flexible dieting is to eat a variety of nutrient dense foods while being able to enjoy foods that I like in moderation!

#### **How has powerlifting helped you?**

Powerlifting has no doubt improved the package that I bring to the stage! Using variations of the main lifts has shaped my physique differently than if I were to just focus on machines and more 'isolation' type training. I heavily incorporate accessory work, isolation movements etc. to my training and I think they are great. However, I feel that having variations of the main lifts as my base of training (specifically squat and deadlift - I don't bench much) has really given me an advantage. Not only have I improved my physique training this way but I can also maintain my muscle mass while dieting and typically do far less cardio than most competitors because my resistance training is so intense.

#### **What are some of your future goals?**

My future goals are to get my current research study published, qualify to compete in the 2016 Bikini Olympia, deadlift 300 pounds and continue to expand my consulting business. By using these various platforms, my goal is to always provide knowledgeable, quality content while challenging the norms within the fitness industry! **PM**



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# Bryce Lewis Interviews

## RAY WILLIAMS

PHOTOS COURTESY OF SBD APPAREL LIMITED

### Ray, what got you into powerlifting?

Back in 2012, my brother, William Burrell, did the King of the Beach meet and he told me that it was one the best decisions he had ever made - he met a ton of cool guys and he got to compete. At the time, my brother and I were just lifting and communicating our gains by phone to see who was lifting the most. So, after he competed at King of the Beach, we both started training more seriously towards being powerlifters and on October 12, 2012, I competed in an APA [American Powerlifting Association] meet. My squat was 800, my bench was 425, and my deadlift was 610. I had no idea what rack commands were, I did not know any of the rules for powerlifting, but I knew I liked it and that I was hooked.

### What does a typical day look like for you?

I coach football at Itawamba Community College, so after weights and practice, I normally supervise the ICC fitness center from 6-9, so most of the time I take advantage of my time there and workout the entire time. I only go to Power Zone Gym in Popper town, MS on squat and deadlift night because those are the nights I really want to cut loose and go hard.

### What do you like the most and what do you like the least about the sport?

I love the fact that powerlifting is full of a bunch of men and women who are all nice people and who are all working towards the same goal, which is being the best, and we are all doing it in our own ways. I also like the fact that powerlifting is a brotherhood because when I first got into this sport, I reached out to so many

**NAME:** Ray Orlando Williams  
**AGE:** 28 yrs  
**HEIGHT:** 6'0"  
**WEIGHT:** 370 (167 kg)  
**COMPETITIVE CLASS:** 120+kg

**BEST LIFTS IN COMPETITION:**  
**SQUAT:** 938  
**BENCH:** 534  
**DEADLIFT:** 755

**BEST LIFTS IN TRAINING:**  
**SQUAT:** 955  
**BENCH PRESS:** 545  
**DEADLIFT:** 800

**IPF CLASSIC WORLDS 2015 LIFTS:**  
**SQ:** 938  
**BN:** 518  
**DL:** 750  
**TOTAL (FOR A NEW IPF WORLD RECORD):** 1000.5 kgs (2205lbs)





guy for advice and all of them were so eager to help me. Even today, if someone asks me for advice on something I always do my best to help them. What I don't like is the fact that this sport is not more televised; there is a huge audience in the powerlifting world. There are literally millions of people who follow this sport and there are no televised meets. I turned the television on one day and saw that the spelling bee was on ESPN and then turned the TV off. I mean no offence...there is tons of practice and preparation that goes into the spelling bee, but come on ESPN!!

**If powerlifting didn't exist, what other hobbies would you be pursuing?**

I would still lift weights, but I would probably do a lot more cardio, or maybe even take a shot at strongman competitions.

**What do you contribute your powerlifting success to?**

The death of my daughter in February of 2011. SaRaya Marie Williams was born and she lived for 11 days and during those 11 days, I saw a little

**"MY TRAINING NORMALLY CONSISTS OF A LOT OF 5X5 LIFTING WHEN I'M MONTHS OUT FROM A MEET, BUT THE CLOSER I GET TO THE MEET, I CUT MY REPS AND ADD MORE WEIGHT"**

girl that fought her butt off. If she was having a problem, the doctor would tell her mom and I what they would do to fix the problem. At the end of every talk with the doctor, she/he would always say "We are going to keep our fingers crossed", but no matter what, SaRaya fought back and it got to the point where her body just wasn't able to keep up the fight. The doctors told us what we had to do and we spent her last few moments on this earth with her in an empty room in the NICU, and even then she still continued to fight. So on that day, my life changed and I dedicate

everything I do to my daughter.

**We all have support networks that give us balance and help us achieve our goals. Who's in your support network? Who are the people this wouldn't be possible without?**

My friends and family have always had my back throughout all of my powerlifting ventures. Prime example: While I was going through my divorce, my brother drove all the way from Birmingham just to make sure I was ok and he helped me take the frustration out in the gym. This also wouldn't be possible without my boy, Adam Gore, who I met when I moved to Fulton in 2011 - that guy has been like family to me since day one and I owe him so much because he had my back when I didn't even know what I was going to do. Most importantly, God, who has brought me out of the darkest part of my life, and continues to bless me as I work to be the best man that I can be.

**TRAINING:**

**You post a lot of big squats on social media, but I don't think people**



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**have an idea of how you normally train. What does your training generally look like? Does training change as you close in on competitions? Does training differ for the squat, bench, and deadlift?**

Well, only recently, my bench and deadlift have gotten decent enough to post and show off. My training normally consists of a lot of 5x5 lifting when I'm months out from a meet, but the closer I get to the meet, I cut my reps and add more weight. I do the same in bench and deadlift. Plus, I coach football so I'm often in 90+ degree heat, so I really have to listen to my body as far as my training goes. The mind may be willing to move big weight but the body may not be able to.

**Knowing how much value you place on coaching, as you coach football, why have you never bothered with a coach yourself?**

I value and take advice from Matt Gary - he is the closest thing I have ever had to a coach since I have started powerlifting because he still lets me do what I do,



but at the same time, he gives me advice on how to get the most out of the lifts and how to stay healthy for competitions.

**What made you decide to compete in the USAPL/IPF when there are all of these other federations these days?**

Well, it was actually just luck! I competed in the Alabama State Championship, hosted by Daryl Haskew, in 2012 and that was the first time I hit 900+ with nothing but a belt on. They told me that my total would qualify me for Nationals in Orlando, so I went and





really enjoyed the meet and met Blaine Sumner, Kimberly Walford and Mike Tuchscherer. I also learned about the IPF Hall of Fame and that became my ultimate goal - to one day be put in the IPF Hall of Fame. The only way to do that is to only lift in the USAPL/IPF.

**Where do you see the future of powerlifting? Raw powerlifting especially seems to be growing these days.**

Honestly, I see it being huge because more and more people are getting into the sport and most of them are compet-

ing raw. One day, I see powerlifting being as big as CrossFit and Strongman. It may take a little more time... a powerlifting meet is not as exciting as watching a man pull an airplane or a semi truck, but the sport definitely has a huge fan base and I don't think it will be long before it is on ESPN and other networks.

**Let's talk about IPF Worlds. What did the lead up to that competition look like for you?**

Basically, I kept my training the same and did not stop lifting heavy because I didn't know if I would be able to get a workout in once I got to Finland. Luckily, the hotel I stayed at had a very nice fitness center. I didn't change anything at all- I wanted to be hitting on all cylinders when I got to Finland.

**Can you take us through the competition...what coaching decisions were made to put you in the best possible position to win?**

Matt and Suzanne Gary were in charge of my attempts. Mr. Gary came up with my game plan and Mrs. Gary and I executed it perfectly. I developed a good





relationship with Matt Gary in South Africa in 2014 at IPF Classic Worlds. I told him the numbers I had hit in training and he told me that he would set my attempts and I had to trust him. At that time, I was nursing a glute injury and I really didn't know what I was doing since it was my first time competing at Worlds. I put my full trust in him and he helped me win my first championship.

**What's your mindset like as you are walking out to the platform? Are there cues that you're thinking about?**

When I take the platform, I'm thinking about everything that I am representing...all of the people that helped me get there and most importantly, the day when I was sitting in an empty room holding my daughter as she fought for her life. When I snap my belt, I let all of that emotion come out. No matter what happens though, I will give all the glory to God - NO MATTER WHAT HAPPENS!

**As a world record holder, what keeps you motivated?**

Coaching football teaches you to celebrate for the night but when you wake up, you go back to the drawing board and start preparing for your next opponent. In my case, my next opponent is that 1000 pound squat that I have been chasing since I started powerlifting.

**What goals do you have for yourself in the next few years?**

To stay healthy and continue to do awesome things in the squat.



**TRAINING-RELATED:**

**Have you dealt with any injuries or setbacks that you had to fight through? What did you do to overcome them?**

Over the past 2 years, I have been dealing with a glute injury that will not go away. I just amped up my accessory work and I now do more glute/hamstring/posterior chain work. I have not fully overcome the injury but I just do my best to keep those muscles strong.

**Do you experience any joint pain as a world record-holding squatter?**

The only joint pain I feel is in my elbows but that's just tendonitis, and I have had it since I was a college football player.

**What do you do to ensure you hit depth on the squat?**

It's hard to explain but as a powerlifter, I have spent so many hours in the







gym that it just comes naturally. I know exactly where my spot is and I just drop down, hit it, and explode out of the hole.

**If you could give the “new guys” some words of advice, what would you tell them?**

Find out what works for you. I understand that everyone wants to follow programs and training routines but first, you must find out what works best for you and what you are good at. For example, I suck at bench and I’m okay at deadlift, but I love to squat. So, before you can get good at this sport, find out what works for you.

**How do you manage a yearly schedule of state, national, and international competitions?**

I try to do at least three meets a year excluding worlds, but that all depends on health and funds as well because powerlifting is an expensive sport.

**NUTRITION:**

**I think it’s the general trend that a lot of the guys in the 120-kg and 120+kg classes don’t focus on nutrition too much and they just make sure they’re eating enough. What’s your**

**“COACHING FOOTBALL TEACHES YOU TO CELEBRATE FOR THE NIGHT BUT WHEN YOU WAKE UP, YOU GO BACK TO THE DRAWING BOARD AND START PREPARING FOR YOUR NEXT OPPONENT. IN MY CASE, MY NEXT OPPONENT IS THAT 1000 POUND SQUAT THAT I HAVE BEEN CHASING SINCE I STARTED POWERLIFTING”**

**daily diet like and what guidelines do you follow in regards to nutrition? Does it change throughout the year?**

I love rice and bread; in my daily diet, I eat a lot of rice. Going into the world championship this year, that’s all I ate...

rice and lamb. I had the best bloat that I have ever had in my life.

**What does a typical day of food look like for you?**

Lots of carbs and protein. I have a problem getting enough water because it’s tough to stay hydrated when I’m outside all day. I do my best to eat as many carbs and intake as much protein as possible, but believe it or not, if I don’t eat like a horse, I will lose weight very quickly.

**Any supplements you use?**

I stick to protein, joint supplements, pre-workouts, and glutamine.

**JUST FOR FUN:**

**What’s your favorite food?**

Rice, I love rice.

**Top 3 ways to spend a Saturday?**

Laying in my bed, watching movies and eating snacks.

**What’s your warmup room playlist?** You always seem to have headphones on.

I love everything except country. All kinds of rap, hard rock - anything that makes you get crunk and ready to move big weight. **PM**





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# UNSUNG LEGEND

AN INTERVIEW WITH HALL OF FAME  
POWERLIFTER STEVE GOGGINS

BY JOHN GREAVES III

PHOTOS COURTESY OF KAELA KENNEDY

**S**teve Goggins is one of the unsung heroes of the Iron Game. Despite tough battles against legends such as Ed Coan and Kirk Karwoski, Goggins has remained relatively unknown despite decades of record setting performances. He was the first to squat 1102 lbs in competition at a bodyweight of 263 lbs! He was also the first to squat 500 kilos and pull 400 kilos in the same meet and the first 242-pound and under lifter to squat 1000 lbs.

While he didn't win every competition, for years, Goggins seemed invulnerable. To quote Elite FTS CEO, Dave Tate, "In over thirty years of powerlifting, roughly a quarter century of that handling weights in excess of 800lbs, he's never suffered a serious injury. Never."

If this were a comic book, the streak would continue unbroken. But even a tank occasionally needs repairing. In 2000, Goggins' left hip began to bother him. Still, he continued to lift heavy.

Two years ago, at 49 years old, Goggins pulled an 800lb raw deadlift but was already suffering from a degenerative disc disorder as well as arthritis.

In February of 2015, he underwent surgery to replace the bad hip. After such a monumental career, many lifters would rest and enjoy the fruits of their labor. Instead, Goggins turned his focus to his other passion, which was passing his wealth of hard won knowledge onto the next generation of young lifters. But that doesn't mean he has hung up his own singlet yet.

I caught up to Goggins at his home in Marietta, Georgia where we listened to Barry White and Michael Jackson while discussing his phenomenal career, his thoughts on the state of powerlifting and his plans to return to the competition platform.







**Hello Mr. Goggins, thanks for giving me this interview. To start off, how old are you right now?**

I'm 51.

**Until recently, you didn't get as much notice as some of your contemporaries. So, for those who don't know you and your stats, how tall are you and what weight classes did you compete in?**

I'm 5'8" and I competed in the 242lb class during my last few years competing. Also, I dabbled in the 275lb class in the WPO [World Powerlifting Organization] but my main class was 242 - early on, it was 220.

**What are some of your accomplishments in powerlifting?**

**COMPETITION LIFTS** (Equipped)

**Squat:** 1102 lbs. in the 275 class - I was weighing 260-263 and that was while dressed and finished eating. This was because I was underweight trying to make 275. I just ate, got dressed and weighed in that morning. I squatted 1045 at 242.

**Bench:** 600lbs

**Deadlift:** 881 lbs.





#### **GYM LIFTS**

**Squat:** 800 lb. raw training squat

**Bench:** 520

**Deadlift:** 950 lbs. with straps (exhibition lift)

#### **Were you playing sports as a kid? What made you start lifting?**

I played football in high school - I

was a running back. I wanted to get stronger for football. I basically went on from there just trying to be stronger. I was the strongest one on my football team.

#### **You started training with a 90 lb. weight set your mom bought you, right?**

When I was twelve, I remember that I was crying. I remember it was close to Christmas and I said, "Mama, I want a weight set for Christmas." My mother said "I don't want you to get hurt".

I was like, "I won't get hurt. I just want to get strong for sports!" So it just broke my heart and I cried.

Later on, I thought about it and decided to just keep begging her. So, I kept asking her and asking her and she finally broke down and bought it for me.

#### **So she just got tired of seeing you with your lip stuck out and she gave in?**

Exactly! Plus, [we were living in] the country so we didn't have anything else to do. I stuck car rims on that weight set. It wasn't just the 90lb set. - after I advanced, I stuck brake drums and everything on that weight set.

#### **What drew you from football to the sport of powerlifting?**

I wanted to be strong and also, it was seeing the other guys in the sport on ABC Wide World of Sports, watching a little bit of that, seeing Eddie Pengelly, Kaz. Those guys would come on TV and it got me motivated.

#### **Who were some of your mentors in the sport of powerlifting? Who taught you the ropes?**

I can't really say that I had any mentors per se. I trained in a YMCA in Virginia and I had a couple of guys that I ran past [training philosophies] every now and then but we really didn't train together. It was Ivan Menno, William Link - those

types of guys pretty much mentored me. I would just look out there and see who was the strongest [lifter] and I always had a goal to be stronger. I was watching guys like John Gamble, and other big time guys in Virginia, lift. Seeing that, and like I said, watching Wide World of Sports, that got me into it more than anything. I always just wanted to be the best I could be. But I never really gravitated towards one individual as far as having a mentor or anything. As far as heroes, James "Hollywood" Henderson, the first man to bench over 700lbs Raw, was someone I admired because he turned his life around with weights and held a lot of IPF [International Powerlifting Federation] records.

#### **What do you think about today's shift over to Raw powerlifting?**

Well, my honest opinion is that raw is fine. The thing about gear is that the people who make it need to keep it consistent and stop trying to make it better. Just make it so that it's safe, like it was when it first came in the sport. I mean, gear was supposed to make it [lifting] safe, give you a little bit of help and that's all. You'd get thirty or forty pounds and if you mastered it, you'd get forty or fifty. Nowadays you might get three hundred pounds out of a single ply shirt!

#### **Have you ever competed Raw?**

Yeah, but not enough. It wasn't in my era. But if it was in my era, I would have competed in it a lot. Just seeing the way guys are doing it now and enjoying it - I love it. If I was in this era [of raw lifting], I would compete with them raw. I mean, our gear wasn't too much better than raw is anyway. In the long run, it's all about who's the strongest, not who has the best equipment.

#### **What organizations have you competed in and where do you**



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**plan to compete if and when you return to the platform?**

I've done WPC [World Powerlifting Commission], APF [American Powerlifting Federation], WPA [World Powerlifting Alliance], USPF [United States Powerlifting Federation], WPO and IPF. As far as if I do get to come back from rehabbing this hip sur-

gery? When I come back, I'll probably do bench only, some deadlift. I don't know if I'll ever compete in a full meet again. I just want to pull some big deadlifts. I want to pull 800 again, while having fun. And it'll probably be in the USA.

**You've said in the past that you like the idea of having a platform**

**for the best lifters to compete head to head. Do you think that events like the annual Raw Unity Meet are a step in the right direction?**

I do. I think they started off in the right direction. I think if themselves as well as the other meet directors can get it right, so that you don't have the same type of meets on the same day of the year, you can get more people on the same platform at the same time

**So do you favor something like a tournament system?**

Yes! That's what it should be. That's what State, Nationals and Worlds used to be until we got too many organizations. People don't care about Nationals, they just want to go to a meet and get a total. It used to be that you would go to the State meet trying to qualify for Nationals. You wanted to win Nationals so you had a shot at going to the Worlds. Whether it was APF Worlds, IPF Worlds, you wanted to go to Nationals and place high. Even if you didn't win, you wanted to place high. Nationals meant a lot to us. If you went to Nationals and lost, you were depressed. Nowadays, they don't care. That's what should change - make the meets so that they mean something. Not that powerlifting isn't great, it's totally awesome! We just need to find a way to make it so that everybody's not a champion. You have forty people in a meet and you have forty first place trophies. You have some people who go to the meet trying to enter every class just to get a medal. That's like giving those trophies in school - the participation trophies? We're too grown up for that.

**Shifting gears, there are stories from the old days about guys getting together, drinking and deciding to just throw weight on the bench and start training. What are some stories from back then**



**that nobody knows about that you can reveal? The statute of limitations is up, so now's your chance to drop dimes on people!**

I don't know if I have any [stories]. There's a couple that are told about me, but none that I have on anybody else. Um, that's a good question. I'd have to think about that. I'll have to come back to that one.

**But you did have some memorable battles on the platform? Which ones stand out the most to you and who were your toughest competitors?**

I first started out and battled Jim Cash during Senior Nationals when I was on the Armed Forces Powerlifting Team. That was a good battle. After that, I'm going to say, I had a couple of battles with Kirk Karwoski - I had a couple of mistakes. I won one and he definitely won a big one over me! That was a very big one. I think that was the biggest one I ever lost. The night before weigh-in, I had a friend of mine tell me to take some Epsom Salts to try to cut weight. That's not the most memorable battle, but it means the most. Other ones would be against Willie Wessels, APF Senior Nationals. I hit the 1032 record squat there. At that time, that 1032 was the most that had ever been squatted. Also another one was going against Ed Coan at the Mountaineer Cup but because he blew his knee out, it kind of let the sails out of that. That would have been the most meaningful. That was the one.

**You mentioned Captain Kirk and you mentioned Ed Coan among your memorable battles. Those are guys that most powerlifters look up to. Are those some of the names you feel you should be considered on par with?**

Oh definitely, because there wasn't anybody else underneath me and them! It just depended on

where you competed. I was young, so I made some mistakes. I made some coaching errors as well as some mistakes in coaching myself. I think that has made me a better coach today because I didn't always coach myself the best that I possibly could have. I could have done a lot better if I'd had somebody like me now, advising me on what to do, how to pick first attempts, second attempts, or how to pick training attempts. It would have been better.

**You got inducted into the York Barbell Hall of Fame last fall. When it first happened, you were almost speechless. Has it sunk in to you that you're in the Hall of Fame?**

That was pretty awesome - that was an amazing feeling. Being voted in with everybody else along with those guys, I mean, for a long time I wanted to be in that same spotlight with them. I wanted to be respected as they were. It felt like it took a long time to get to that point. At some points, I felt like I would never get there. I always respected them but it seemed for a while that I didn't get the respect that I deserved. It felt like this for years and years in the sport when I was really at my best. It came later on, so I mean, it really means a whole lot especially because I worked really hard and I know how good I was and I know how hard it was to get there.

**So, everyone looking at your career sees what you're doing now and maybe some remember what you did when you first started out. But what did your training look like as an intermediate lifter? In other words, what did you have to do to get from being a pretty good lifter to being a great lifter? If you look at meet results, there are lot of guys squatting in the 5s, deadlifting in the sixes.**

**You don't have a ton of guys squatting in the sixes and sevens and deadlifting in the sevens or eights. What does it take to clear that hurdle?**

Really, just to stay at it day in day out - paying attention to your body. When I got to the point where I was as an intermediate lifter, I knew I could be great because I kept making gains. Each time I went into the gym, I made gains. So my mindset was to stay consistent. Every now and then, I'd hit a wall and I'd take a de-load day. The only time I'd take a de-load day was when I got to the gym and I couldn't do what I wanted to do. I'd get mad, pack my bag and leave the gym. I couldn't take time off - your competition is already up here and if you're making gains, they're making gains too. So you don't have time to waste! When you're sitting at home reading stuff and you see your competition being called the greatest, your mindset is that you've got to go train!

**Do you think that having good technique allowed you to keep hammering at it and not get hurt?**

I really do, even though I had my own special techniques. I think my deadlift was pretty much flawless and my squat - I had my own special technique even though some people thought it was wrong. I think it was the best way you could do it. And that's one thing that worked for me - my squat helped my deadlift and my deadlift helped my squat. In turn, I did assistance work that worked for both and it made both lifts flourish.

**Speaking of special technique, in your most famous lift, you squatted 1102. You did that while using technique some people would say is incorrect or might question. (Steve descends to a certain point and when he gets to about parallel, he then bends**



**at the waist and almost puts his chest on his thighs. After hitting bottom, he then has enough back strength to stand erect with the weigh.) How important is it for someone to identify the best way for their body to do a lift as opposed to what the cookie cutter, YouTube form Nazis might try to push on people?**

I used to call my squat wrong but I was the strongest one squatting that way. You know, I used a lot of back and a lot of hamstrings and I knew how to use my whole body and not just my quads. So I'm going to say it was not wrong. After studying it for years, I started to break down how others squat and now I see that it's not as bad as I thought it was. It's actually excellent.

**And it carried over to your deadlift correct?**

Yes, exactly.

**I think you told Steve Colescott in an interview that it's harder to hit depth now because of your squat style. How does that fit with what you're saying?**

I think that during the last five or six years, it was hard for me to hit depth because my hip was going bad. I didn't really know that's what it was. It just kept tightening up and tightening up, so I wanted to believe it wasn't that and I thought I could fix it.

**And that's partly because, in twenty years, you had never been injured. So, you had no reason to believe it was anything serious?**

Right. In twenty years, I haven't had anything that would keep me out of the gym for more than until the next workout. You know what I mean? I had an IT [Iliotibial] band strain but that's it.

**And now you recently had hip replacement surgery. You said you suffer from arthritis and degenerative disc disease. How**

**did it affect you mentally to go through such a long career without injuries then all of a sudden, bam you need surgery?**

Man, its tough! I guess because I never had it happen. I mean, I know where I am in my career and I know I'm not who I used to be anyway. At some point, you've got to realize that I can't pull 400 kilos anymore, even if I was to be 100 percent [injury free]. I mean, I think I can still pull 365 kilos though!

**Yeah, because it hasn't been that long since you pulled 800lbs at an Elite FTS Learn to Train seminar.**

Oh yeah, I think I can still go back and pull 800. I'll say, mark the calendar, give me a year and I'll pull 800 again. After ten months, surgery and time to train, I'll pull 800 again. There's no doubt in my mind. They said there's no restrictions on this hip thing, so why not?

**Speaking of deadlifts and assistance work, Dave Tate said that you were one of the few people he has ever seen do a rack pull correctly. You've done over 1000lb rack pulls. What's different about the way you approach the rack pull compared to how you see others do it?**

Most people try to pull the bar up their legs. They lean back and try to slide the bar up their legs. The way you do a rack pull is that you stand over the bar with your feet directly under the bar like the bar was on the ground. You pull the bar straight up and you push your hips inward. Of course, your chest comes up but you don't need to lay five inches back or you're not simulating the deadlift and you won't get the carryover that you need from the rack pull. You do it like you're finishing up a deadlift. You don't need to lay back like you're laying in the bed.

**Some lifters like to get fired**

**up for their attempts while some guys are calmer. What's your take on how to best mentally prepare for attempts in competition and how is it different from preparing to do a lift in training?**

There is no difference. I try to get as emotionally motivated as possible -whatever it takes to get the lifter fired up for the lift.

**Let's talk about coaching athletes. How is your training different as a coach than what you did/do for yourself?**

I back off a lot with them. If I see something I don't like, I'll just drop down. They'll always go, "I'm okay though" and I say no. Sometimes, I've trusted them to push it and it didn't work out. You get one chance and after that, I say no - I know what's going on and we do it my way.

**Many old school lifters preferred linear periodization. Is this a style of training you prefer or do you play around with conjugate programming or is it all instinctive? What's your approach to programming for yourself and your lifters?**

I like linear periodization and instinctive [programming]. I'm very instinctive - I go based on what I feel and what I see.

**Do you still prefer to hit a heavy single then drop back down to heavy triples with your athletes?**

I do the heavy singles sometimes, but it depends on the lifter, where we're at in the cycle, whether we're in the off season and how heavy we need to go. It also depends on what's on the agenda and what has worked for them in the past. I'll test that style on people and if it doesn't seem to work, I'll move on and try something else. I'm never stuck on one certain thing. For example, are they weak in the hamstrings? I can't do heavy singles to address that. For



that, I need reps.

**A lot of lifters want to be strong in six months. How long do you think it realistically should take, say a 198lb lifter, to hit a 500 Squat, 400 Bench, 600 Deadlift with good training, recovery, if they remain injury free?**

It depends on what he could do before. If he wants to squat 500 and he can squat 450, it depends on the person - depends on their genetics. We can work him, work him and work him. In six months to a year, he could hit those numbers. Depends on the work ethic, consistency, how good their coach is and whether they pay attention to him. It takes consistency from both the coach and the lifter.

**And would you say the same for women?**

That goes for women and men. I have an easier time training women

because they listen better - they do exactly what you say. I have some guys who listen too, but it's easier with women because they don't question you, they believe in you. Guys sometimes don't see you as trustworthy but when you get the ones that do, they flourish. Then once they see results, you've got them. Some ask you for your opinion, then go and do their own thing anyway. That doesn't work. You got to have them 100 percent! And that's what I demand of all the people I coach.

**How do you identify weak points?**

I'm looking at how the hips shoot up, how the body moves and if the body is in the right position when the bar gets to a certain place. If your head's not in the right place when the bar gets to a certain spot, I'm saying stuff like, "squeeze your

hips forward" or "keep your head up". Depending on the person, I might say, "keep your head neutral" if it's a squat. Flex your hips before you start, squeeze your butt in. I would say that's my strong point. It's hard to explain - I would have to see a lifter doing it and then I could tell you what they're doing wrong.

**As an Elite FTS athlete you have access to a lot of toys. A lot of those developed in order to help Dave Tate train around his own injuries. What special training equipment do you like?**

I like the Safety Squat Bar and the new shoulder saver they have - that's one of my favorites. As far as accessory toys, I'm pretty old school. I mean most of my accessories are that I stand on a block. I don't like too many specialty bars, like the bamboo bar. I'm not saying it's not good - it just hasn't worked for me.

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I think bands and chains are definitely good. There's definitely a place for it in the sport, if you learn how to do it right. We don't use it as much in training with my team, Goggins Force, because it takes a lot of time to set some of that stuff up. And if I do it, I want to do it throughout the whole cycle and sometimes we just don't have the time. Not that I wouldn't do it, it's just that there's so many meets coming up and so many tools that you might never get to use them and that's okay!

We got stronger never having used those tools and the whole point is to get strong. It's not necessary - we didn't use it in the old school and the Europeans don't use it and they're beasts. As long as you change up the rep scheme and all of that, that's all that matters. But if you're a person who gets bored or you have the opportunity to use it, then yeah, use it.

**Your team is Goggins Force. Who are some of the members of Goggins Force?**

I don't want to forget anybody, there are a lot of them. So as not to single anyone out, members of the team can be seen at gogginsforce.com under lifter profiles.

**One Goggins Force member who I want to talk about is Canadian National IPF Record Holder, Meana Franco. How is the experience been of taking her from Novice to National Champion so quickly? She had only done one bench competition then in a short time, she's at Nationals competing and doing well. How was it to take somebody and duplicate some of what happened with you early in your career?**

It feels great because then they come back and tell you, "thank you so much". Over three or four weeks, a couple months, three months, they'll actually notice the changes

they're making. They'll come back and kind of review it by saying things like, "I can't believe I'm making these gains. Before I couldn't do this, couldn't do that". So it feels awesome to hear them say that they're steadily getting better. That's the whole point - if you can't get them better, I feel like I'm failing them. I take pride in helping somebody train. If they're not getting better then you don't want to hold on to somebody if you're not doing them justice.

**So she's just one of your lifters who you do programming for online. How different is it to train somebody online vs having them right in front of you where you can give immediate feedback as they train? How do you handle not being able to give physical cues when necessary for example?**

You have to get them to understand what you're saying. You have to type those words in some bold print sometimes -all caps or whatever. You get them to understand what you're saying and go "Look! This is what I need you to do. I need you to do this, I need you to block out everything else that's around you. We're going to do this on your warm up sets from the beginning when we start this next session all the way up. I want to see this on each one of your warm up sets and I want you to video them and I want to see you do each one of them correctly before we go on to heavy weights". And we just work it that way because I've got to be on top of it to make sure it's going right the whole time.

**Aside from the lifters you coach, is there anybody you admire in the sport now? Who do you like to watch?**

Oh, there's plenty of people I admire. I like to watch Eric Lilliebridge - I like some other lifters too but I don't want to leave anyone out. You

have Maliek Derstine - he's a young guy, 181 pounder. You have Kimberly Walford, she's one of my favorites to watch. There's quite a few of them.

**Here's the most important question of this interview. Tee "Skinny Man" Meyers has claimed that your goatee is a hair weave! Is there any truth to this statement? The readers deserve to know the truth!**

Tee is crazy. We go way back from when we were at Fort Hood, TX. He was on my team and I used to coach him back then. He's a great athlete and a great guy - a trip. I can't say anything about him. I can't think of anything good enough to top him.

Well, very few people can out-talk Tee Meyers, so no worries.

**How do you want to be remembered by generations to come?**

As one of the strongest of all-time. Training hard, doing my best, passing my knowledge on to others. Not to be average.

**Are there any sponsors you'd like to thank or anybody you'd like to recognize before we close?**

I'd like to give a shout out to anyone who's representing Goggins Force; that's what means the most to me right now - my team. Of course I'd like to recognize Elite FTS as my sponsor. And I'd like to thank Angela, my fiancée, for sticking with me. If it wasn't for her, we couldn't make this work. I'm also involved as the state chairman of USPA chairman for Georgia. It's a battle trying to put on meets. I'd like to thank Steve Dennison for letting me be a part of that organization.

**Where can people follow your training and learn more about you? On Instagram @gogginsforce**

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# SWITCHING GEARS WITH LAYNE NORTON

BY HANI JAZAYRLI

**HANI:** Thank you for taking the time to do this interview. I think I speak for just about everyone when I say I am super impressed with your performance at the IPF [International Powerlifting Federation] Classic Worlds, as well as your other recent competitions.

**LAYNE:** Thanks, it was an amazing experience. Over 800 lifters representing 55 different countries, with over a week of lifting - it was pretty insane. I'm just really happy I got healthy enough to be able to display my skills and have my best meet at the biggest meet of my life.

**HANI:** Tell us about your background. With such a strong history in bodybuilding, what made you cross over to the more strength related side of things? Do you see yourself crossing back over to bodybuilding any time soon?

**LAYNE:** I always enjoyed lifting heavy even when bodybuilding and I was already pretty strong when I started formerly powerlifting. I had around a 500 squat, 350 bench, and 600 deadlift when I crossed over. I guess what I grew to love about powerlifting was that you actually had to perform on competition day, whereas with bodybuilding, most of your physical training is before the show. I enjoy both, but that aspect of powerlifting in particular, I enjoy more than bodybuilding. Plus I get really bad nerves when I compete, and at least with powerlifting, I can channel those nerves. I am not sure when I will compete in bodybuilding again, but I think I likely will. My shelf life in bodybuilding is probably an older age than it is in powerlifting, so right now I'm just enjoying lifting heavy and nailing PRs [Personal Records].

**HANI:** Were you into any other sports prior to bodybuilding and powerlifting?

**LAYNE:** I lettered in varsity baseball in high school. I was decent at it, but definitely not great. I also ran cross country, if you can believe that. Can I blame my skinny calves on that?

**HANI:** What motivates you to keep working as hard as you do?

**LAYNE:** I want to leave a legacy. I think the worst thing that can happen in life is that you die and give no one any reason to remember you.



**HANI:** You're a family man, probably like many people reading this. It seems like you fit so much into your day! Between coaching, training, fishing and parenting, how do you do it all? What does a day in the life of Layne Norton look like?

**LAYNE:** Chaos [laughter]. Honestly, learning how to delegate to others has been a big deal for me. I have a few assistants now that help me. Unfortunately, I got so used to running every aspect of my business that I still try to micro-manage [everything] and it hurts me in terms of my time. So, learning to get good people who I trust to help free up my time has been crucial. Another thing I've had to get good at is saying 'no' to people. Many people will unknowingly take advantage of you if you keep agreeing to do every single

things went to sh\*t in some aspect of the research and they had to find a way to keep it going and to problem solve. As for academics, remember that just getting a PhD or MS is not enough. You have to be GOOD at what you do. So you need experience, as well.

**HANI:** What is something you'd love to see researched that hasn't yet been covered by academia in the field of strength training?

**LAYNE:** I'd like to see more done on tapering. I think most of the data out there is on sprinters and other forms of sport. I think something specific to training would be really cool.

**HANI:** Are you currently or do you have any plan to be involved in any active research? If so, what would you be most interested in?

**LAYNE:** Yes, I am still involved as an

**"I WANT TO LEAVE A LEGACY. I THINK THE WORST THING THAT CAN HAPPEN IN LIFE IS THAT YOU DIE AND GIVE NO ONE ANY REASON TO REMEMBER YOU"**

little thing that comes up. So, I've had to learn how to turn down things, as hard as it is for me.

**HANI:** After obtaining your Ph.D., why did you decide not to take the tenure track route? Do you have any advice for other Ph.D. candidates in regards to achieving success outside of academia?

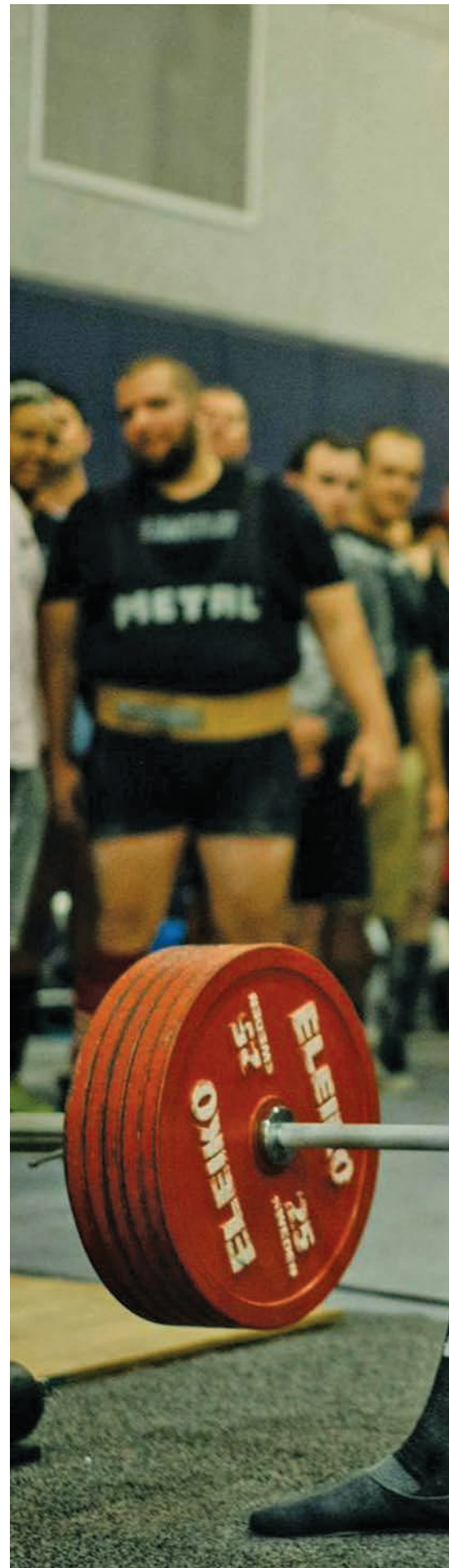
**LAYNE:** I think academia and PhD/MS research is great because you learn things that you couldn't possibly learn without having been involved in research. That's not a knock on coaches who don't go to grad school, but it's just a fact and anyone who has gone to grad school and done research will tell you that. I'm not saying someone can't be a great coach without it...they can. But it's definitely icing on the cake. It forces you to think critically, outside the box, and to rely on your knowledge and adaptability to solve problems on the fly. No matter how neat and clean something looks published in a journal, the chances are high that at some point,

advisory role. I'm interested in organizing more research on inclusive vs. exclusive dieting, as well as post show reverse dieting vs. just ad libitum feeding. These are things that intrigue me greatly.

**HANI:** The BioLayne foundation is intriguing. What is your ultimate vision here?

**LAYNE:** I'd love to get to the point where we can fully fund research studies and give out well over 100k of research grants a year. The first year, we gave out \$10,000 and this year we gave out \$20,000, so I'm really hoping that continues to improve. Unfortunately, many people talk the talk about wanting to see more research in bodybuilders and powerlifters, but very few people walk the walk and put their money where their mouth is.

**HANI:** If you had to choose right this second whether to permanently commit to bodybuilding or powerlifting, what brand of knee sleeves would you wear in your next meet? Seri-











ously, though, which sport would you go with and why?

**LAYNE:** [Laughter] Probably powerlifting, but that's just how I feel right now, today. Could be different tomorrow.

**HANI: Speaking of powerlifting; what do you enjoy the most about it? And what do you enjoy the least?**

**LAYNE:** What I enjoy the most is the mathematics and science of it. The numbers are very clear and there is quite a bit of scientific data in order to formulate things. Because of people like Matt Gary, we even have scientific data about how to carry out attempt selection and meet day strategy, so I love that

aspect of it. I also love that it simply comes down to myself vs. the bar. Either I lift it or I don't. If I miss, it wasn't because someone subjectively didn't like the way my abs looked, you know? What I enjoy the least is probably the time commitment. I love to train, don't get me wrong, I'd train all day, but I'm very busy and I have a family. So, when I get to overreaching and I'm training 3-4 hours, 5-6 days a week, it takes quite a bit out of me.

**HANI: Out of all the organizations [out there], you choose to compete in USA Powerlifting and the International Powerlifting Federation. Can you tell**

**us a little about the factors you considered when making this choice?**

**LAYNE:** Well, I competed in many other organizations when I started, simply because there was no USAPL meets near me. Then, I got scared by people who told me the USAPL didn't let you have fun, etc. But after I did a meet with them and especially after I did nationals, I knew I wouldn't compete anywhere else. I am not an elitist, but the fact of the matter is, no other organization is nearly as deep and competitive as the USAPL. Heck, at nationals, I had over 70 guys in my weight class alone. At worlds, there were over 50 different countries represented...no other organization gets close to that. Further, they are IOC [International Olympic Committee] recognized, which is enormous.

**HANI: In your experience, is it true that the judging in IPF and USAPL is stricter than other federations?**

**LAYNE:** Overall, yes. More specifically, I'd say that they are much more consistent than any other organization. I did a meet one time where I felt it was pretty obvious that I was being held to a different standard than the other lifters with regards to squat depth (obviously, this is just my opinion and I could be completely wrong). Now, I have no issue being held to a high standard. Obviously, the USAPL is very strict regarding depth, but I want to know that everyone else is being held to that same standard. In my opinion, the USAPL has always been consistent.

**HANI: You've just finished your workout with 668 pounds. You're set for the squat command. What is going through your mind?**

**LAYNE:** Honestly, I only have a few things I think about. 1) Big air and brace 2) Hips back 3) Knees out. That's pretty much it. I'm already jacked up out of my mind, I don't need much else.

**HANI: Tell us about your training. I've seen your videos and it seems brutal! Why push so hard when you're close to a competition?**

**LAYNE:** I think most people underestimate what they are capable of. I used to let how I feel during training dictate my training progressions and that is completely inappropriate. Part of training correctly means that at certain points, you are going to overreach. Now,



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the biggest issue is making sure that you don't get injured, so there is a fine line between overreaching and injuring yourself. But if you feel like crap but you aren't injured, there is no reason to take an easy way out just because you 'feel' bad. Who gives a damn about how you feel during training - what matters is how you perform on meet day. I credit Ben Esgro and Mike Zourdos to opening my mind on this. I always used to get very nervous about how weak I'd feel 1-2 weeks out from a meet as a result of overreaching - now I've done it so much it doesn't bother me. But if you'd seen me a week out from nationals in 2014 you'd have sworn there's no way I'd squat over 600 [laughter].

**HANI:** Does your long term plan include staying in the 93 kilogram weight class? Or do you plan to grow into being a 105?

**LAYNE:** Ha, good question. I'm actually pretty comfortable at 93kg. I don't cut much weight to make it. I'm pretty lean at 93kg, but not so much that it significantly affects my performance in a negative way. Now, Ben and I have discussed it. My squat would probably go up and my bench would almost certainly go up. But would it be enough to win at 105kg? Who knows? It's not like the 105kg class is a cake walk.

**HANI:** It seems like you've dealt with some injuries lately. Has this had a significant impact on your training style?

**LAYNE:** Somewhat. I got hurt a week before the Arnold during my last overreaching session. My lower back tightened up after squats. I didn't think it was too bad, so I ended up finishing deadlifts afterwards and the next day I woke up and could hardly stand up. I was really worried that I wasn't going to be able to do the Arnold. Fortunately, I healed up enough to be able to go, but it was frustrating because based on the numbers I was hitting during training,

I would have been good for quite a bit more on the squat and deadlift. After the Arnold, I kept trying to train through it and it kept getting worse. So, finally I had to take some time off from squatting and deadlifting. I was really worried that I wouldn't be back to competition form by worlds, but during the last 2 weeks, my training really came together and I was able to compete unhindered by my injury. I still train very very very hard, but I'm trying to be more attentive to when I am 'beat up' vs. when I may have actually injured something. I'm pretty mentally tough but that can get me into trouble because I will run myself into the ground if left to my own de-

**"I THINK MOST PEOPLE UNDERESTIMATE WHAT THEY ARE CAPABLE OF. I USED TO LET HOW I FEEL DURING TRAINING DICTATE MY TRAINING PROGRESSIONS AND THAT IS COMPLETELY INAPPROPRIATE. PART OF TRAINING CORRECTLY MEANS THAT AT CERTAIN POINTS, YOU ARE GOING TO OVERREACH"**

vices. So, I'm trying to be smarter about knowing when to dial it back.

**HANI:** In a recent video, you stated that you were using higher intensities to maintain your strength more effectively on lower frequency. Can you elaborate on why you did this? Is this something that wouldn't be optimal in the long term?

**LAYNE:** Basically, after worlds was over, both Ben and I decided that I needed to have a 'break' of sorts. I've been going really hard for almost 2 years now and I needed to back off a bit to make sure that I heal up completely before we decide what to do next. So, I was cutting down my frequency and volume. In order to maintain strength, keeping intensity up is important. So, I programmed in conservative maxing every other week on squat and bench press to help me maintain strength while I take a 'break' and decide what's next for me.

**HANI:** The bench press is a stubborn lift. This seems to be the case for almost all lifters. Do you have a plan in place to push it past that 400 mark?

**LAYNE:** I think the bench press is one of those things that's a pure time/volume issue. You can't just grind it out like other lifts because you are laying down. The plan is to just continue increasing volume and working on technique and I believe that in time, I will get there. It's funny because I'll get people who will say, "Why don't you just bench 400 already?" Wow, I wish I thought of that... I guess I'll actually try now. I push my bench just as hard as the other two lifts - it just happens to be my worst lift.

That said, my bench was still 11th out of 21 lifters in my class at worlds, so I'd say it's not terrible since it was middle of the road at worlds.

**HANI:** You have a massive social media following. In reality, you are probably one of the first, if not the first, personalities that

people will see or hear about when digging into information on powerlifting or bodybuilding. Do you feel any pressure to set a particular type of example?

**LAYNE:** Pressure, no. But I do try to demonstrate that you can live a life of integrity and still be successful. I'm afraid many people have become cynical in this day and age. They truly believe that the only way you can be successful is to be a scumbag or a liar. Whenever I'm making decisions in competition, business, anything, I try to think, "What would I want my son to do in my situation?" I want to make my family and the people who care about me proud more than anything. Not just proud of my accomplishments, but proud of the way that I live my life every day.

**HANI:** You've been in the business of online coaching since before it became a fad. You've obviously seen the development from the inside out. How



**have things changed over the years?**

**LAYNE:** I think the explosion of online coaches is good and bad. On one hand, there are a LOT more really good coaches out there. For years, I felt like I was the only guy beating his head against a wall of broscience. Now, there are a lot of really good choices out there. But that also means there are a lot of REALLY bad choices out there. Some people who have only competed once think that they are now qualified to be a coach. It's frustrating, especially as someone who takes his craft seriously.

**HANI:** A bit more of a science specific question here. What are your thoughts specifically on the protein

intake recommendations from the Academy of Nutrition and Dietetics?

**LAYNE:** In terms of 'need', they are dead on. But 'need' is a different question than what is 'optimal' for strength and muscle. Right now, they recommend 1.2-1.7g/kg. I think the high end of that range is close. But based on research in our lab, closer to 2.0-2.4g/kg would be my recommendation

**HANI:** Some of us like to train a few or more pounds heavier than what our weight class allows. Could you lay out a strategy that you would prescribe to cut a small amount of bodyweight for an athlete competing with a 2 hour weigh in? How about for an athlete cutting a little more weight competing with a 24 hour weigh in?

**LAYNE:** First off, I think the less weight you have to cut, the more likely you are to perform close to your gym sessions. So, if I can get someone as close as possible without cutting water or electrolytes, I do that. I actually personally like to cut to a few pounds under the weigh in the day before the meet. That way, I can eat up to the competition, have plenty of energy and if I have a high lot number, I don't have to worry about being super dehydrated

when warm ups start. If we are dealing with someone who is right on the edge and we have to get restrictive with water and sodium, I'll cut sodium to half of what is considered normal 2 days out, water normal. Then I'll cut sodium to a minimum the day before and cut water to half of normal. The morning of weigh in, depending upon weight, I will have them eat something that is low in weight but high in calories... like a pop tart or a candy bar. After they weigh in, immediately have them down a lot of fluid and electrolytes like Powerade, Gatorade, or even Pedialyte along with some easily digested foods

"I THINK THE EXPLOSION OF ONLINE COACHES IS GOOD AND BAD. ON ONE HAND, THERE ARE A LOT MORE REALLY GOOD COACHES OUT THERE. FOR YEARS, I FELT LIKE I WAS THE ONLY GUY BEATING HIS HEAD AGAINST A WALL OF BROSCIENCE. NOW, THERE ARE A LOT OF REALLY GOOD CHOICES OUT THERE. BUT THAT ALSO MEANS THERE ARE A LOT OF REALLY BAD CHOICES OUT THERE"

that are high in calories. I will have them keep eating and drinking as their GI allows. For a 24 hour weigh in, the process is similar but can be more extreme with saunas and increased water cutting as they will have 24 hours to recover before competing.

**HANI:** What's the maximum amount of weight you think would be reasonable to cut for weigh-ins of both kinds?

**LAYNE:** For a 2 hour weigh in, probably about ~4% of bodyweight. For a 24 hour weigh in, probably about double that. Obviously, you can do more and make weight, but your performance will be severely hampered.

**HANI:** What does your diet look like on a typical day?

**LAYNE:** It changes every day to an extent. Current macros on training days however are 225g protein, 400g carbs, and 100g fat.

**HANI:** What supplements do you take?

**LAYNE:** Whey Protein, BCAA, Creatine Monohydrate, Betaine, Citrulline Malate, Nootropics like Huperzine A, Fish Oil, L-Carnitine L-Tartrate, and a few others. Of course caffeine, as well... typically from coffee and Pepsi max =).

**HANI:** What would your ideal Saturday night look like? (Let's assume you have a weekend off!)

**LAYNE:** Spend the day fishing, come home to a great home cooked meal from my mother-in-law and have dinner with the family. Play with my son for an hour or two. Put him to bed and

then have a movie night with my wife. Top it off with some ice cream and an hour of video games and I'm happy. I'm afraid I'm not super flashy.

**HANI:** Do you have a favorite food?

**LAYNE:** Ice Cream. A daily staple.

**HANI:** Can you give me a short summary on this reverse dieting

business and how it could be used for powerlifters? It seems like a pretty hot topic.

**LAYNE:** Well, it's complex and nuanced but essentially the benefit could be that someone could get their calories up to a high level allowing them to stay leaner than just eating a crap load post diet. This means good performance without having to cut as much weight for the next meet, meaning more strength retention potentially.

**HANI:** What is something that our readers don't know about Layne?

**LAYNE:** Not sure if there is much people don't know about me. I'm a pretty open person and I don't really hide a whole lot of things about myself. One thing people might not know is my wife, Isabel and I met on match.com.

**HANI:** Thanks for taking the time to do this for us!

**LAYNE:** Thank you! **PM**





# ROTATING EFFORTS FOR MAXIMUM RESULTS

BY CHAD WESLEY SMITH  
PHOTOS BY STEVEN TUETI

**C**all it what you will - undulating, rotating, variation or anything else. There is no denying that presenting strategic stimulus changes to your body is a great way to improve strength and manage fatigue.

Well-designed training should include planned periods of overreaching by presenting significant overload while also allowing for proper recovery and adaptation. In my training design, I achieve this by rotating through High, Medium and Low days of relative intensity and volume.

Training in the proper intensity ranges is critical to optimally developing the physical qualities necessary for powerlifting success - Hypertrophy, Strength and Technical Prowess (Peaking).









**Hypertrophy** is best developed in the 60-75% range for sets of 6-12 reps.

**Strength** is best developed in the 70-85% range for sets of 4-6 reps.

**Technical prowess** is best developed in the 85-100% range for sets of 1-3 reps.

Rotating through those rep and intensity ranges during the same training cycle allows you to optimally develop your target physical quality while

“ TRYING TO PRESENT AN OVERLOAD (TRAINING THAT IS MORE CHALLENGING THAN WHAT YOU’VE DONE BEFORE) IN EACH SUCCESSIVE WORKOUT IS A SUREFIRE WAY TO QUICKLY ACCUMULATE MORE FATIGUE THAN THE ATHLETE IS ABLE TO SUCCESSFULLY RECOVER FROM”

avoiding specific fatigue and staleness from doing the same type of work every session. Trying to present an overload (training that is more challenging than what you’ve done before) in each successive workout is a surefire way to quickly accumulate more fatigue than the athlete is able to successfully recover from, with the possible exception of very beginner athletes.

Now, the moment you’ve all been waiting for - what does this rotation actually look like...



### HYPERTROPHY

**Low Day:** 60-65% for sets of 10-12 reps

**Medium Day:** 65-70% for sets of 8-10 reps

**High Day:** 70-75% for sets of 6-8 reps

### STRENGTH

**Low Day:** 70-75% for sets of 6 reps

**Medium Day:** 75-80% for sets of 5 reps

**High Day:** 80-85% for sets of 4 reps

### TECHNICAL PROWESS

**Low Day:** 85-90% for sets of 3 reps

**Medium Day:** 90-95% for sets of 2 reps

**High Day:** 95-100% for sets of 1 rep

Within the course of a training block (3 weeks in my designs), we will often see each type of day 2x in the squat and bench and 1x in the deadlift. This could vary from lifter to lifter but generally speaking, most are able to tolerate train-



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ing more frequently in the squat and bench than they can in the deadlift. This would manifest itself in the following manner...

**WEEK 1**

- Monday-Squat:** Low Day
- Tuesday-Bench:** Medium Day
- Wednesday-Deadlift:** High Day
- Thursday-Off**
- Friday-Squat:** Medium Day
- Saturday-Bench:** High Day
- Sunday-Off**

**WEEK 2**

- Monday-Squat:** High Day
- Tuesday-Bench:** Low Day
- Wednesday-Deadlift:** Low Day
- Thursday-Off**
- Friday-Squat:** Low Day
- Saturday-Bench:** Medium Day
- Sunday-Off**

**WEEK 3**

- Monday-Squat:** Medium Day
- Tuesday-Bench:** High Day
- Wednesday-Deadlift:** Medium Day
- Thursday-Off**
- Friday-Squat:** High Day
- Saturday-Bench:** Low Day
- Sunday-Off**

Within this structure, the daily exercise selection and total volume would be dictated by the lifter's ability to recover, as well as their level of fitness (how strong are they). Where the lifter is in



regards to a meet (farther away=less specificity, closer=more specificity) also needs to be taken into consideration.

To ensure that the training plan as a whole is presenting you with overload, just make sure that your second Low Day is harder than your first Low Day and follow suit with Medium and High Days. There is no need to be overly analytical about where exactly you are within the

given percent ranges - learn to be intuitive about your training and take ownership for your decisions and results.

This is just a brief overview into one effective way to apply the Scientific Principles of Strength Training towards successful program design. Hopefully, you can take some good information from it in order to help you get stronger and perform better on the platform. **PM**



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# POWER TEXTING

BRYCE "SQUASH" LEWIS, CHAD "BIG KNEES" WESLEY SMITH AND JESSE "MEGA MIND" BURDICK

**BELL:** If you have an athlete that's slow off the floor sumo what are a few things you guys would do?

**LEWIS:** It's pretty common to be slow off the floor in sumo with the nature of the lift. I'd focus on them being comfortable with slow bar speed and really working to get the bar moving. Paused deads just off the floor are great too.

**WESLEY-SMITH:** Echoing the "it's normal to be slow idea", but improved positioning will go the farthest to improvement so improving movement through the groin and hips will help. Also pause squats of all variations. Lastly Sumo is cheating!

**BURDICK:**

1. That's kind of normal so I'd tell them to stay patient, keep posture, and keep pushing.
2. For big assistance I'd look to things like box squats, ultra wide sumo pulls (both stiff and regular).
3. Small assistance wide stance heavy Kettle bell swings, long distance (200m) hip circle walks.
4. Prioritize adductor in rolling stretching mobility, just make sure it isn't stuck to quad or hammy. This way you can idealize the position and do so longer (ie stay more patient more longer).

**BELL:** What if dat ass shoots up then the weights come off the floor?

**LEWIS:** Pause deads in various positions helps a lot. 1-2 second pause usually does the trick.

**WESLEY-SMITH:** If the hips are shooting up, they're likely too low to begin with. Better starting position is what I'd be looking at most.

**BELL:** Ideas for a fixing a crappy deadlift grip?

**WESLEY-SMITH:** Hold onto your last rep for 10 seconds in each set. 30 on hold, 90 off rest for 3 rounds starting at 50%. Then build weight from there. Grippers, but not open and close, just hold closed for time.

**BURDICK:** I agree it's all about holds. Go double-double until 70% every time. Holds at top of all pulls. Adding bands to the deadlifts and the holds will also be great.

**LEWIS:** Crappy grip I recently went through this myself. Programmed heavy comp grip holds with belt and chalk for 8-12secs 2-3x/week, periodized like any other movement. Worked great for me.



**BELL:** Bryce, you said you did these out of rack just a lockout and a hold right?

**LEWIS:** Exactly, I set rack just below lockout so it's less of a deadlift and more of a hold. Over 8 weeks, worked from having trouble with 495 to being confident with 675. It resulted in a 722 pull in competition with some to spare.

Be sure to check out Ed Coan's Favorite Skwaat and Deadlift Assistance Exercises on my YouTube.com/SuperTraining06 channel. Ed talks about some brutal, but effective, exercises to bring up your pull and squat. Ed also reveals his favorite grip exercise that allowed him to pull over 900 pounds!





# Men's 308 lb. All-Time Top 50

For these rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply.

## SQUAT

Rank	Name	Federation	Date	Division	Squat
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	1115
2	Chris Janek	XPC	2015-03-06	Multi-Ply	1105
3	Paul Childress	IPA	2015-03-14	Multi-Ply	1080
4	Shane Hammock	IPA	2014-08-16	Multi-Ply	1075
5	Allan Mehan	XPC	2015-03-06	Multi-Ply	1060
5	Marshall Johnson	UPA	2014-11-08	Multi-Ply	1060
7	Jesse Luczyk	RPS	2014-10-25	Multi-Ply	1050
7	Justin Graalfs	XPC	2015-03-06	Multi-Ply	1050
9	Jake Anderson	XPC	2015-03-06	Multi-Ply	1030
10	Eric Lilliebridge	UPA	2015-04-18	Raw with Wraps	1025
11	Corey Miceli	UPA	2014-11-07	Multi-Ply	1015
12	Derek Wade	XPC	2015-03-06	Multi-Ply	1005
13	Curt Porter	SPF	2015-03-21	Multi-Ply	1000
14	Christian Mello	IPA	2014-08-16	Multi-Ply	975
15	Nate Harvey	IPA	2014-08-16	Multi-Ply	965
16	Frankie Puopolo	UPA	2015-03-27	Multi-Ply	953
17	Charles Fay	WPC	2014-11-15	Multi-Ply	947
18	Darren Turley	WPC	2014-11-15	Multi-Ply	936
19	Karl Tillman	APF	2015-01-17	Multi-Ply	931
20	Henry Thomason	USPA	2014-10-11	Single-Ply	920
21	Daniel Bell	RUPC	2015-02-08	Raw with Wraps	914
21	Eric Lilliebridge	UPA	2015-01-31	Raw	914
23	Bill Fritz	XPC	2015-03-06	Multi-Ply	905
24	Erik Nyki	IPA	2014-08-16	Multi-Ply	900
25	Robb Philippus	RUPC	2015-02-08	Raw with Wraps	881
26	Ben Moore	SPF	2015-03-16	Raw with Wraps	855
27	Dain Soppelsa	APF	2015-03-28	Multi-Ply	854
27	Robb Philippus	IPL	2014-11-08	Raw	854
27	Harmon Rickman	RUPC	2015-02-08	Raw with Wraps	854
30	Harmon Rickmon	SPF	2014-11-15	Raw with Wraps	850
30	Scott Cartwright	UPA	2014-11-08	Multi-Ply	850
32	Matt Wenning	RUPC	2015-02-08	Raw with Wraps	843
33	Jesse Anderson	SPF	2015-03-29	Raw with Wraps	837
34	Bert Underwood	APF	2015-04-25	Multi-Ply	826
35	Rich Justice	RPS	2015-05-16	Raw with Wraps	825
36	Joseph Cox	XPC	2015-03-06	Multi-Ply	820
37	Jean-Fancois Caron	RUPC	2015-02-08	Raw with Wraps	815
38	Brandon Allen	USPA	2015-02-07	Raw with Wraps	810
38	Dan Maki	UPA	2014-11-08	Raw with Wraps	810
40	Mike Neuendorf	IPA	2014-10-18	Multi-Ply	805
41	Robert Lee	USPA	2014-09-19	Single-Ply	804
41	Mike White	APF	2014-10-11	Multi-Ply	804
43	Chris Hepler	RPS	2015-04-25	Raw	800
43	Isaac Zeng	RPS	2015-01-25	Raw with Wraps	800
45	Nate Butler	USPA	2015-04-25	Raw with Wraps	799
46	Mathew Davis	USPA	2014-08-16	Raw with Wraps	777
47	Richard Ficca	RUPC	2015-02-08	Raw with Wraps	771
47	Domenick Minnici	RUPC	2015-02-08	Raw with Wraps	771
47	Brian Budzinski	UPA	2015-04-16	Raw	771
47	Brian Budzinski	RAW	2015-05-16	Raw with Wraps	771
47	David Zyski	USPA	2014-09-19	Single-Ply	771

## BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	1005
2	Shane Hammock	IPA	2014-08-16	Multi-Ply	840
3	Glenn Russo	USPA	2014-10-25	Single-Ply	832
4	Andy Bosnyak	IPA	2014-10-25	Multi-Ply	815
5	Paul Childress	IPA	2014-08-16	Multi-Ply	810
6	Christian Mello	IPA	2014-08-16	Multi-Ply	775
7	Jake Anderson	XPC	2015-03-06	Multi-Ply	770
8	Chris Stinson	SPF	2015-02-21	Single-Ply	760
9	Chuck Hudson	USPA	2015-05-02	Single-Ply	755
10	Allan Mehan	XPC	2015-03-06	Multi-Ply	750
10	Marshall Johnson	XPC	2015-03-06	Multi-Ply	750
12	Roger Ryan	USPA	2015-05-03	Single-Ply	749
13	Derek Wade	XPC	2015-03-06	Multi-Ply	735
13	Nate Harvey	IPA	2014-08-16	Multi-Ply	735
15	Jonathan Byrd	RPS	2014-10-25	Multi-Ply	725
15	Jesse Luczyk	XPC	2015-03-06	Multi-Ply	725
17	Robert Lee	USPA	2015-06-06	Single-Ply	722
17	Welch Bill	WPC	2014-11-15	Single-Ply	722
19	John Stewart	WABDL	2014-07-26	Single-Ply	710
19	Jason Gibson	USPA	2015-04-25	Multi-Ply	710
21	Henry Thomason	USPA	2014-10-11	Single-Ply	705
21	Dain Soppelsa	APF	2015-03-28	Multi-Ply	705
21	Erik Nyki	IPA	2014-08-16	Multi-Ply	705
24	Bill Welch	WABDL	2014-11-21	Single-Ply	699
25	Brad Klinger	USPA	2015-04-18	Single-Ply	683
25	Jim Hoskinson	USPA	2014-11-15	Single-Ply	683
27	Justin Graalfs	XPC	2015-03-06	Multi-Ply	680
27	Curt Porter	SPF	2015-03-21	Multi-Ply	680
29	Darren Turley	WPC	2014-11-15	Multi-Ply	666
30	Sean Sullivan	RPS	2014-08-09	Multi-Ply	665
31	Mike White	APF	2014-10-11	Multi-Ply	650
31	Karl Tillman	APF	2015-01-17	Multi-Ply	650
31	Erik Johnsen	UPA	2014-11-07	Multi-Ply	650
34	Dave Forstner	WABDL	2014-11-22	Single-Ply	644
35	Bert Underwood	APF	2015-04-25	Multi-Ply	639
36	Robert Gormus	UPA	2014-09-06	Raw	635
37	Bill Taylor	APF	2015-03-21	Multi-Ply	633
37	Wayne VanNostrand	APF	2015-05-15	Raw	633
37	Charles Fay	WPC	2014-11-15	Multi-Ply	633
40	Joshua Held	RPS	2015-05-17	Single-Ply	630
41	Dave Forstner	WPC	2014-07-19	Multi-Ply	617
42	Joseph Cox	XPC	2015-03-06	Multi-Ply	615
43	Bill Taylor	WPC	2014-11-15	Single-Ply	611
44	John Micka	USPA	2015-05-30	Multi-Ply	606
44	Darrin Guerra	USPA	2015-03-28	Single-Ply	606
46	Bill Fritz	XPC	2015-03-06	Multi-Ply	605
47	Scott Cartwright	UPA	2014-11-08	Multi-Ply	600
47	Corey Miceli	UPA	2014-11-07	Multi-Ply	600
49	Richard Ficca	RUPC	2015-02-08	Raw	589
50	Allen Baria	USPA	2015-02-07	Raw	584
50	Jaran Rutlidge	APF	2015-03-21	Raw	584
50	Matt Wenning	RUPC	2015-02-08	Raw	584

For this round of rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply. And since the SHW's weren't exactly carrying their weight in the rankings, for this particular instance of the rankings we're throwing all the weight classes into the mix. It's the ultimate powerlifting free-for-all!



# DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Eric Lilliebridge	UPA	2015-01-31	Raw	887
2	Shane Hammock	IPA	2015-03-14	Multi-Ply	860
3	Jean-Fancois Caron	RUPC	2015-02-08	Raw	859
4	Shawn Doyle	IPL	2014-11-08	Raw	837
5	Curt Porter	SPF	2015-03-21	Multi-Ply	820
5	Corey Miceli	UPA	2014-11-07	Multi-Ply	820
7	Russ Petty	USPA	2014-08-16	Raw	815
8	Daniel Bell	RUPC	2015-02-08	Raw	810
9	Mike White	APF	2014-10-11	Multi-Ply	804
10	Dave Hoff	IPA	2014-08-16	Multi-Ply	800
11	Lance Ross	IPL	2014-11-08	Raw	788
12	Donny Moran	APA	2014-11-08	Raw	782
12	Edward McKinnis	USPA	2015-06-06	Raw	782
14	Josh McKinnis	SPF	2015-01-10	Raw	777
15	Ben Moore	SPF	2015-05-16	Raw	775
16	Ernie Lilliebridge Sr	GPA	2014-11-24	Raw	771
17	Paul Childress	IPA	2015-03-14	Multi-Ply	770
18	Justin Clifford	APF	2014-12-13	Single-Ply	766
18	Josh Kubeck	WABDL	2014-08-16	Single-Ply	766
18	Brandon Allen	USPA	2015-02-07	Raw	766
18	Jeff Breich	APF	2015-05-15	Raw	766
18	Kevin Thompson	USPF	2015-03-28	Raw	766
23	Marshall Johnson	UPA	2014-11-08	Multi-Ply	760
23	Adam Loyd	USPA	2014-08-16	Raw	760
23	Derek Wade	XPC	2015-03-06	Multi-Ply	760
26	Patrick Raquet	RPS	2015-02-21	Raw	755
26	Patt Porter	USPA	2015-03-21	Raw	755
26	Sherwood Harris	APF	2015-04-11	Raw	755
29	Nate Harvey	IPA	2014-08-16	Multi-Ply	750
29	Scott Cartwright	UPA	2014-11-08	Multi-Ply	750
29	Christian Mello	IPA	2014-08-16	Multi-Ply	750
29	Craig Peters	RPS	2015-04-18	Raw	750
29	Jake Anderson	XPC	2015-03-06	Multi-Ply	750
34	derrick martin	RAW	2015-02-07	Raw	749
34	Nick Chaprales	APA	2014-11-08	Raw	749
34	Seth Ewan	USPA	2015-01-10	Multi-Ply	749
34	Matt Wenning	RUPC	2015-02-08	Raw	749
38	David Zyski	USPA	2014-09-19	Single-Ply	744
39	Jaisyn Mike	USPA	2015-05-23	Raw	738
39	Justin Sager	UPA	2015-03-27	Raw	738
39	Kevin Smith	RUPC	2015-02-08	Raw	738
39	Exson Rodriguez	RUPC	2015-02-08	Raw	738
43	Allan Mehan	XPC	2015-03-06	Multi-Ply	735
43	Justin Graafls	XPC	2015-03-06	Multi-Ply	735
45	Bill Newman	USPA	2014-12-13	Raw	733
46	Isaac Zeng	RPS	2015-01-25	Raw	730
46	Rich Justice	RPS	2015-02-21	Raw	730
48	Spenser Remick	UPA	2014-11-15	Raw	727
48	Robb Philippus	IPL	2014-11-08	Raw	727
48	Jl Holdsworth	WPC	2014-11-15	Raw	727

# TOTAL

Rank	Name	Federation	Date	Division	Total
1	Dave Hoff	IPA	2014-08-16	Multi-Ply	2920
2	Shane Hammock	IPA	2014-08-16	Multi-Ply	2740
3	Paul Childress	IPA	2015-03-14	Multi-Ply	2625
4	Marshall Johnson	UPA	2014-11-08	Multi-Ply	2550
4	Jake Anderson	XPC	2015-03-06	Multi-Ply	2550
6	Allan Mehan	XPC	2015-03-06	Multi-Ply	2545
7	Derek Wade	XPC	2015-03-06	Multi-Ply	2500
7	Curt Porter	SPF	2015-03-21	Multi-Ply	2500
7	Christian Mello	IPA	2014-08-16	Multi-Ply	2500
10	Justin Graafls	XPC	2015-03-06	Multi-Ply	2465
11	Nate Harvey	IPA	2014-08-16	Multi-Ply	2450
12	Corey Miceli	UPA	2014-11-07	Multi-Ply	2435
13	Eric Lilliebridge	UPA	2015-04-18	Raw with Wraps	2425
14	Jesse Luczyk	XPC	2015-03-06	Multi-Ply	2400
15	Eric Lilliebridge	UPA	2015-01-31	Raw	2353
16	Karl Tillman	APF	2015-01-17	Multi-Ply	2303
17	Henry Thomason	USPA	2014-10-11	Single-Ply	2281
18	Erik Nyki	IPA	2014-08-16	Multi-Ply	2280
19	Mike White	APF	2014-10-11	Multi-Ply	2259
20	Charles Fay	WPC	2014-11-15	Multi-Ply	2237
21	Darren Turley	WPC	2014-11-15	Multi-Ply	2221
22	Dain Soppelsa	APF	2015-03-28	Multi-Ply	2210
22	Daniel Bell	RUPC	2015-02-08	Raw with Wraps	2210
24	Scott Cartwright	UPA	2014-11-08	Multi-Ply	2200
25	Jean-Fancois Caron	RUPC	2015-02-08	Raw with Wraps	2182
26	Matt Wenning	RUPC	2015-02-08	Raw with Wraps	2177
27	Bert Underwood	APF	2015-04-25	Multi-Ply	2171
28	Bill Fritz	XPC	2015-03-06	Multi-Ply	2150
29	Robert Lee	USPA	2014-09-19	Single-Ply	2110
30	Ben Moore	SPF	2015-05-16	Raw with Wraps	2105
30	Brandon Allen	USPA	2015-02-07	Raw with Wraps	2105
32	Robb Philippus	IPL	2014-11-08	Raw	2088
33	Joseph Cox	XPC	2015-03-06	Multi-Ply	2080
34	Richard Ficca	RUPC	2015-02-08	Raw with Wraps	2066
35	Harmon Rickmon	SPF	2014-11-15	Raw with Wraps	2065
36	Shawn Doyle	IPL	2014-11-08	Raw	2055
37	Harmon Rickman	RUPC	2015-02-08	Raw with Wraps	2044
38	Denis Feise	RPS	2015-03-22	Raw with Wraps	2040
39	David Zyski	USPA	2014-09-19	Single-Ply	2033
40	Nate Butler	USPA	2015-04-25	Raw with Wraps	2028
41	Rich Justice	RPS	2015-02-21	Raw with Wraps	2020
42	Edward McKinnis	USPA	2015-06-06	Raw with Wraps	2006
42	Robb Philippus	RUPC	2015-02-08	Raw with Wraps	2006
44	Isaac Zeng	RPS	2015-01-25	Raw with Wraps	2000
44	Dan Maki	UPA	2014-11-08	Raw with Wraps	2000
46	Jesse Anderson	SPF	2015-03-29	Raw with Wraps	1984
47	Greg Mahin	USPA	2015-02-07	Raw with Wraps	1973
48	Joshua Held	RPS	2015-05-17	Single-Ply	1970
48	Leland Tien	RPS	2014-08-16	Raw	1970
50	Kevin Smith	RUPC	2015-02-08	Raw with Wraps	1967



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# Women's 198 lb. All-Time Top 30

For these rankings, we're taking the top lifts out of raw, raw with wraps, single-ply, and multi-ply.

## SQUAT

Rank	Name	Federation	Date	Division	Squat
1	Jeanine Whittaker	XPC	2015-03-06	Raw with Wraps	550
2	Mindy Underwood	UPA	2014-11-08	Multi-Ply	500
2	Leslie Bunch	RPS	2014-10-25	Multi-Ply	500
4	Katey Brent	UPA	2014-11-08	Multi-Ply	490
5	Crystal Tate	UPA	2015-05-04	Raw with Wraps	479
6	Macy Armstrong	SPF	2015-01-24	Raw with Wraps	450
7	Aura Morris	SPF	2014-11-09	Single-Ply	446
8	Jennifer Gimmell	APF	2015-03-21	Multi-Ply	440
9	Sammi Jo	USPA	2015-06-13	Raw with Wraps	436
10	Angela Adams	SPF	2015-04-11	Multi-Ply	435
10	Jessica Lilly	GPA	2014-11-21	Raw with Wraps	435
12	Shannon Luce	RAW UNITED	2014-10-11	Raw	425
13	Angela Adams	SPF	2014-11-15	Single-Ply	420
14	Mindy Underwood	RUPC	2015-02-08	Raw with Wraps	407
15	Nora Langdon	APF	2015-03-28	Multi-Ply	402
16	Shannon Michael	RPS	2014-08-09	Raw	400
17	Tessa Urbank	USPA	2015-03-22	Raw	396
18	Claudia Morales	RPS	2014-12-07	Raw	385
19	Angel Compton	USPA	2015-03-28	Raw	380
19	Sabrina Provoast	RPS	2015-05-09	Raw with Wraps	380
19	Beth Tarkany	SPF	2015-04-11	Raw with Wraps	380
22	Abby Mass	IPA	2015-03-14	Multi-Ply	375
23	Kim Alfaro	RPS	2014-10-11	Raw	370
23	Katelyn Odonnell	RPS	2014-11-15	Raw	370
25	Deanna Gerdesmeier	USAPL	2015-02-21	Raw	369
26	Therese Foy	UPA	2015-03-27	Raw with Wraps	363
26	Rowena Bagayas	USPA	2015-04-25	Single-Ply	363
26	Tazzie Colomb	USPA	2015-05-30	Raw with Wraps	363
29	Sammi Johnson	IPL	2014-11-08	Raw with Wraps	358
29	Crystal Tate	RUPC	2015-02-07	Raw	358
29	Irma Arredondo	USPA	2015-05-23	Single-Ply	358

## BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Karen Campbell	WABDL	2015-06-13	Single-Ply	507
2	Angela Adams	SPF	2015-04-11	Multi-Ply	335
3	Kristy Scott	USPA	2015-02-14	Raw	325
4	Angela Adams	SPF	2014-11-15	Single-Ply	300
5	Rowena Bagayas	USPA	2015-04-25	Single-Ply	286
6	Jeanine Whittaker	XPC	2015-03-06	Raw	280
7	Mary Denning	WABDL	2014-11-21	Multi-Ply	264
7	Jennifer Gimmell	APF	2015-03-21	Multi-Ply	264
9	Katelyn Odonnell	RPS	2014-11-15	Raw	260
9	Macy Armstrong	XPC	2015-03-06	Raw	260
11	Mindy Underwood	UPA	2014-11-08	Multi-Ply	255
11	Katey Brent	UPA	2014-11-08	Multi-Ply	255
13	Tazzie Colomb	USPA	2015-05-30	Raw	248
13	Mindy Underwood	USPA	2014-08-24	Raw	248
13	Olympia Soto	WABDL	2014-08-23	Single-Ply	248
16	Angel Compton	USPA	2015-03-28	Raw	242
17	Leslie Bunch	SPF	2015-04-11	Multi-Ply	240
18	Crystal Tate	UPA	2015-05-04	Raw	236
19	Lynne Boshoven	APF	2015-06-13	Raw	231
20	Therese Foy	UPA	2015-03-27	Raw	225
20	Linda Gerking	WABDL	2014-11-21	Multi-Ply	225
20	Megan McBride	UPA	2015-03-27	Multi-Ply	225
20	Amber Simpkins	USPA	2015-05-31	Raw	225
20	Cindy Tilton	RPS	2015-04-26	Raw	225
20	Sammi Jo	USPA	2015-06-13	Raw	225
26	Sabrina Provoast	RPS	2015-05-09	Raw	220
27	Shannon Michael	RPS	2014-08-09	Raw	210
28	Aissa Galang	WPC	2014-11-15	Raw	209
28	Kathy Wetenhall	WPC	2014-07-19	Multi-Ply	209
30	Claudia Morales	RPS	2014-12-07	Raw	205



# DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Kristy Scott	USPA	2015-02-14	Raw	567
2	Crystal Tate	UPA	2015-05-04	Raw	529
3	Jeanine Whittaker	XPC	2015-03-06	Raw	505
4	Macy Armstrong	XPC	2015-03-06	Raw	485
5	Sabrina Provoast	RPS	2015-05-09	Raw	475
6	Lynne Boshoven	APF	2015-06-13	Raw	473
6	Sammi Jo	USPA	2015-06-13	Raw	473
6	Debra Ester dos Santos	WABDL	2014-11-21	Single-Ply	473
9	Rhonda Watts	USAPL	2015-02-21	Raw	462
10	Leslie Bunch	SPF	2015-04-11	Multi-Ply	455
11	Mindy Underwood	UPA	2014-11-08	Multi-Ply	450
12	Tessa Urbank	USPA	2015-03-22	Raw	446
13	Anna Knapski	WABDL	2014-07-26	Single-Ply	440
14	Marcia Darbouze	USAPL	2014-09-21	Raw	435
14	Jessica Lilly	GPA	2014-11-21	Raw	435
16	Erin Miller	RPS	2015-04-25	Raw	430
16	Katelyn Odonnell	RPS	2014-11-15	Raw	430
18	Tazzie Colomb	USPA	2015-05-30	Raw	429
18	Sammi Johnson	IPL	2014-11-08	Raw	429
18	Mindy Underwood	USPA	2014-08-24	Raw	429
21	Shannon Luce	RUPC	2015-02-07	Raw	424
21	Alaine Barrea	USPA	2014-07-26	Raw	424
21	Angel Compton	USPA	2015-03-28	Raw	424
24	Beth Tarkany	SPF	2015-04-11	Raw	415
25	Angela Adams	SPF	2014-11-15	Single-Ply	410
25	Angela Adams	SPF	2015-04-11	Multi-Ply	410
25	Claudia Morales	RPS	2014-12-07	Raw	410
25	Brittney Sinker	RPS	2015-05-17	Raw	410
29	Cindy Tilton	RPS	2015-04-26	Raw	405
29	Shannon Michael	RPS	2014-08-09	Raw	405

# TOTAL

Rank	Name	Federation	Date	Division	Total
1	Jeanine Whittaker	XPC	2015-03-06	Raw with Wraps	1335
2	Crystal Tate	UPA	2015-05-04	Raw with Wraps	1245
3	Mindy Underwood	UPA	2014-11-08	Multi-Ply	1205
4	Macy Armstrong	XPC	2015-03-06	Raw with Wraps	1185
5	Angela Adams	SPF	2015-04-11	Multi-Ply	1180
6	Katey Brent	UPA	2014-11-08	Multi-Ply	1165
7	Leslie Bunch	SPF	2015-04-11	Multi-Ply	1160
8	Sammi Jo	USPA	2015-06-13	Raw with Wraps	1136
9	Angela Adams	SPF	2014-11-15	Single-Ply	1130
10	Jennifer Gimmell	APF	2015-03-21	Multi-Ply	1080
11	Sabrina Provoast	RPS	2015-05-09	Raw with Wraps	1075
12	Mindy Underwood	RUPC	2015-02-08	Raw with Wraps	1063
13	Katelyn Odonnell	RPS	2014-11-15	Raw	1060
14	Angel Compton	USPA	2015-03-28	Raw	1047
14	Jessica Lilly	GPA	2014-11-21	Raw with Wraps	1047
16	Tazzie Colomb	USPA	2015-05-30	Raw with Wraps	1041
17	Shannon Luce	RUPC	2015-02-07	Raw	1036
18	Lynne Boshoven	APF	2015-06-13	Raw	1030
19	Crystal Tate	RUPC	2015-02-07	Raw	1025
20	Tessa Urbank	USPA	2015-03-22	Raw	1003
20	Rhonda Watts	USAPL	2015-02-21	Raw	1003
22	Claudia Morales	RPS	2014-12-07	Raw	1000
22	Shannon Michael	RPS	2014-08-09	Raw	1000
24	Therese Foy	UPA	2015-03-27	Raw with Wraps	992
25	Sammi Johnson	IPL	2014-11-08	Raw with Wraps	981
26	Beth Tarkany	SPF	2015-04-11	Raw with Wraps	960
27	Erin Miller	RPS	2015-04-25	Raw	950
28	Rowena Bagayas	USPA	2015-04-25	Single-Ply	947
29	Cindy Tilton	RPS	2015-04-26	Raw	945
30	Aura Morris	USPA	2015-05-16	Single-Ply	942



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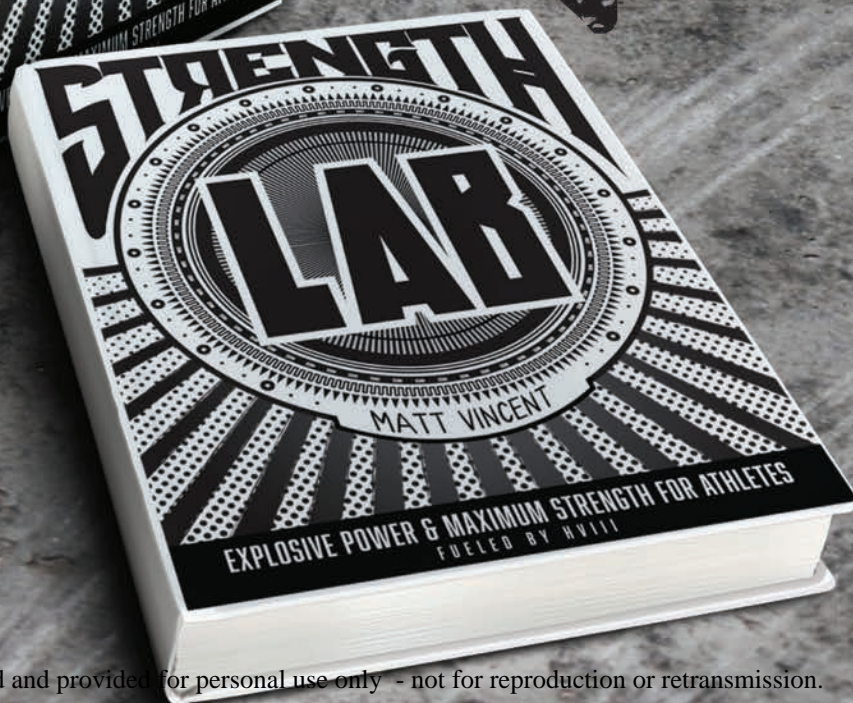
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## Featured YouTube Channel **Zahir Khudayarov**

*(search YouTube for Zahir Khudayarov and make sure to spell it right!)*



**WHAT CAN YOU TELL US ABOUT ZAHIR:** That's a good question! Not much is known about Zahir. That is, with the exception of his absurd squat strength -- he holds the raw world records with wraps at 242 (881) and 275 (992), and he has done 1014 in the gym! He has also benched 617 in competition and totaled 2270, both at 275.

**WHERE IS HE FROM?** According to powerlifting meet results, Zahir is from Azerbaijan, which is a small country bordered by Russia, Georgia, Armenia, and Iran. Their official language is Azerbaijani, so presumably, that's the language that Zahir speaks. BOOM! You just learned world geography from a powerlifting magazine!

**BE SURE TO WATCH: EVERY SQUAT VIDEO THAT ZAHIR POSTS!** But if we had to pick just one, we'd go with "Zahir Khudayarov Squat RAW 3 x 440 kg (968 lbs)." Right after the set, Zahir walks up to the camera and delivers a speech that's chock full of F-bombs, bleeps, and foreign sound-ing words. And then he says, "Me coming back. Very fast coming back. Me told you! Me took everyone! Me coming back".

**ALSO WATCH:** "Zahir Khudayarov 400kgx3 Squat Raw." In this video, Zahir delivers a full-blown speech between the 2nd and 3rd reps in which he drops a lot of F-bombs and yells repeatedly that, "He's coming". It kind of makes you think back to Arnold's famous speech... anyway, after he has gotten all of that off his chest, Zahir smashes the 3rd rep and racks it. And then he adds, "Me coming! Very fast coming! Very, very fast coming! Very fast! Never ever no one gonna kill me! Me killing everyone! World killing! World!"

### **THINGS THAT MAKE THIS CHANNEL AMAZING:**

1. Zahir's Jerry curls.
2. Zahir's crazy rants.
3. Mistimed bleeps that completely fail to censor the copious amount of F-bombs that Zahir and his crew drop.
4. The fact that Zahir would rather squat out of some janky-ass pull-away squat rack than the monolift that can clearly be seen in the background!



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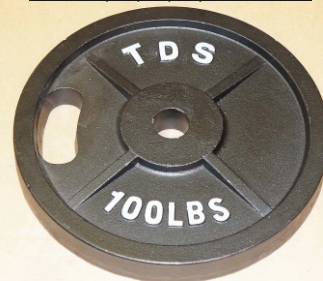
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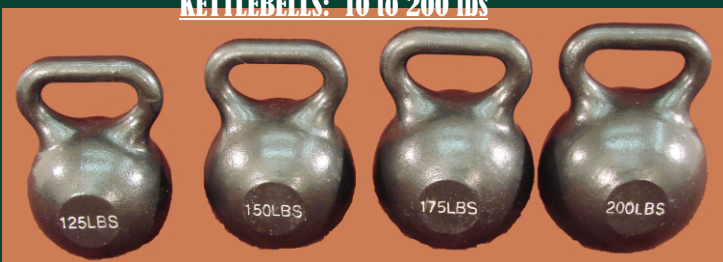


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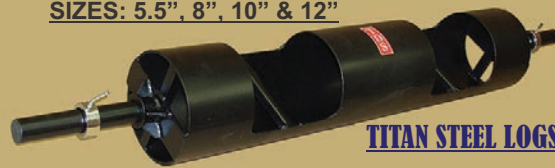


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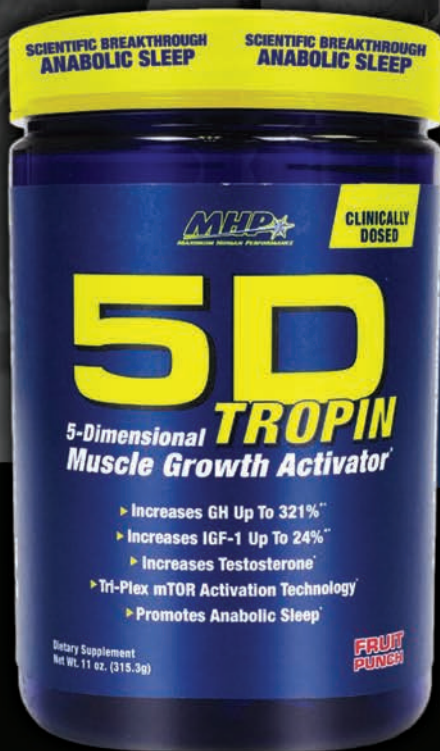


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