

JEREMY HAMILTON DEFEATS A POWERLIFTING LEGEND

POWER

NOVEMBER/DECEMBER 2015

DEEP THOUGHTS WITH
BRYCE LEWIS



CHAD WESLEY SMITH
THE JUGGERNAUT

NOVEMBER/DECEMBER 2015 • VOL. 6, NO. 6

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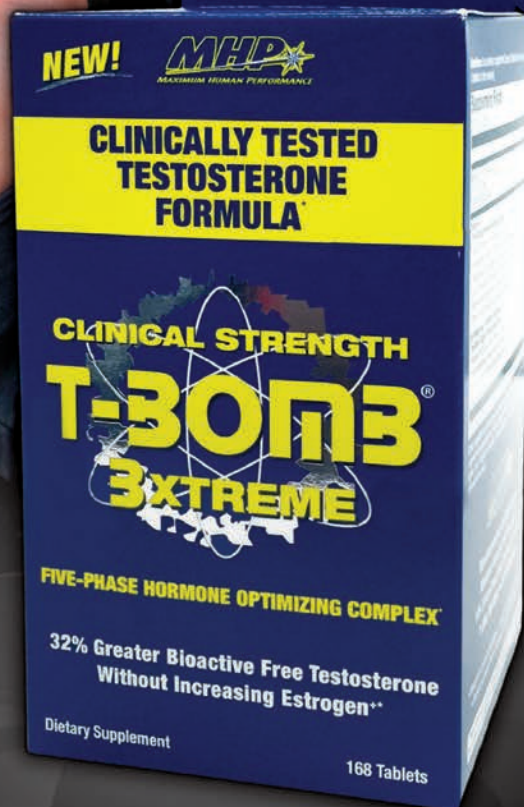
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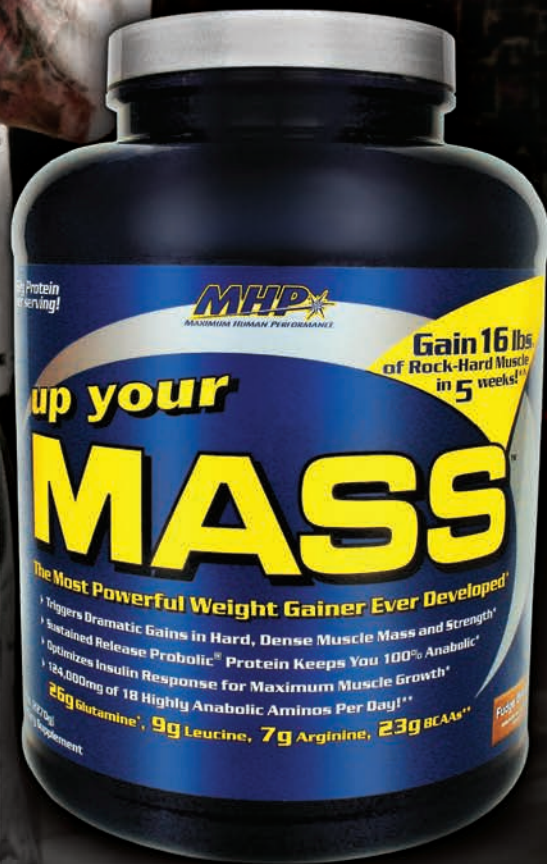


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FEATURES



COVER STORY

20

Chad Wesley Smith: The Juggernaut

CWS is not just a great powerlifter, he's a coach, author, business owner and international male model. OK, we made that last one up, but Chad is all over social media and the internet with his team and consistently churning out awesome content and athletes. Read all about how he became The Juggernaut.



30

Jeremy Hamilton- The New King of the 220's!

Ken Whetham got a hold of Jeremy just after his big win over powerlifting great Dan Green at Boss of Bosses 2. Find out how he prepared for that match up and what is next for this legend in the making!



46

How to Squat with Ed Coan.... need we say more?



36

Jesse Norris Interview by Hani Jazayrli

Jesse has burst onto the powerlifting scene as one of the most exciting young lifters to grace the platform in a long time. With his amazing physique and awesome totals, we are expecting big things from this young Adonis



50

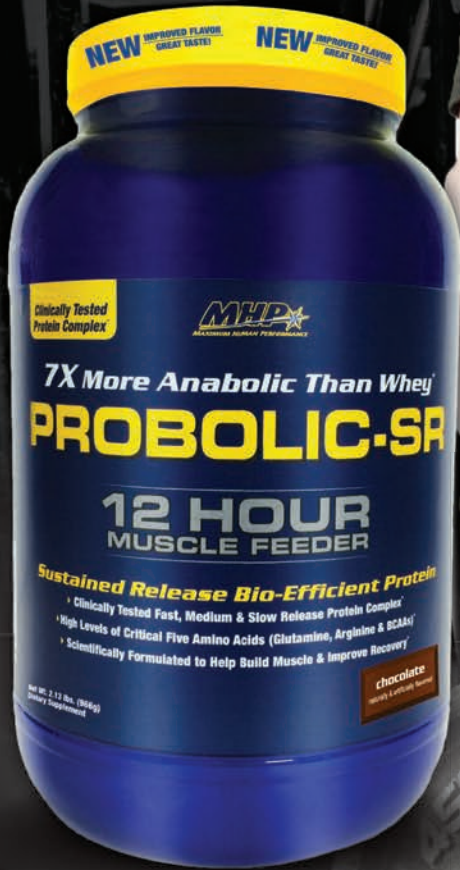
Deep Thought with Bryce Lewis

Does a degree in philosophy help with powerlifting and being a good coach? If you have followed the career of Bryce Lewis, then the answer is Yes! Learn more about this dynamic lifter and what he has in store for the future.

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+*Effect of Protein Blend vs. Whey Protein Ingestion on Muscle Protein Synthesis Following Resistance Exercise, Dr. Rasmussen, et al., 2012.

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CONTENTS

NOVEMBER/DECEMBER 2015



12

COLUMNS

- 12 **MusclePharm Power Spotlight: Bruce Mason**
- 16 **This Chick Can Kick Your Ass....Marisa Inda**
- 66 **Featured YouTube: Russian Invasion**

DEPARTMENTS

- 10 **New Products**
- 58 **Top 50 Rankings: Men 275lbs. & Women 181lbs.**



16



66

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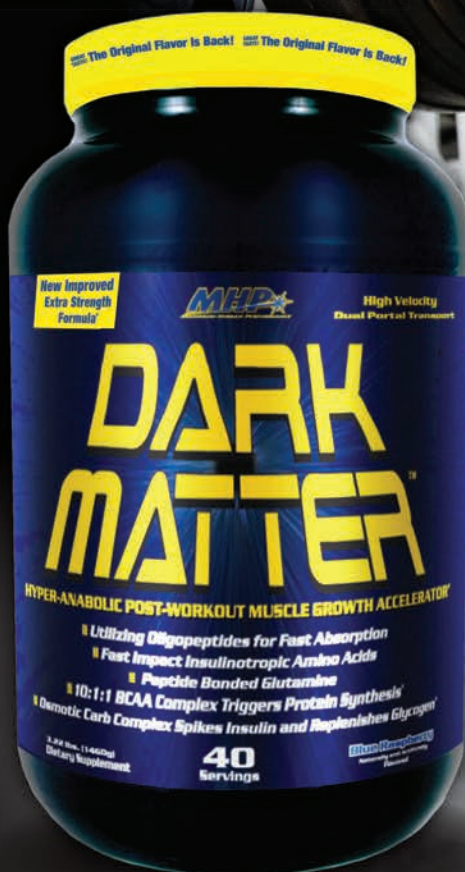
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BRUCE MASON

BY KEN WHETHAM



There are always new lifters emerging onto the powerlifting platforms that are younger and stronger than ever. Once in a while, you get a sense that a lifter is going to become one of the best and strongest in the game. Even though raw lifting seems to be taking the lion's share at most meets, there are still athletes lifting in gear and trying to achieve insane numbers. I believe Bruce Mason is going to be one of the

best geared lifters in the immediate to near future. At 26 years old, Bruce has already squatted over 1000 lbs in competition and an 1100 lb squat will be within his reach in the early New Year. Keep your eye on this young stud and watch him post some amazing numbers very soon!

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

I was born and raised right outside the greater New York City. I currently

reside in Akron, Ohio. I am 26 years old and I'm a Chemical Technician, creating synthetic rubber in the Research and Development branch for Bridgestone America's.

What is your educational background?

My educational background is a Bachelor's in Exercise Science with a Minor in Foods and Nutrition at Ashland University. I received my Master's Degree in Exercise Physiology with a



concentration in pulmonary and cardiac rehabilitation while teaching at the University of Akron for two years. I am now back in school in order to pursue a degree in Chemical Engineering.

What are your current rankings and records?

My current ranking in Powerlifting Watch is 6th in the nation. I have the 38th all time squat record in the 275lb multi-ply weight class. In 2014, I took 1st in the APF Senior Nationals and 3rd in the WPC World's. My best overall competition lifts are a 1,003.8lb squat, 644.5lb bench and 705lb deadlift at 275lbs. My best meet total as a 275lb multi-ply lifter is 2,310lbs as of April of 2015.

How long have you been powerlifting?

I have been powerlifting since the age of 18. When I started my undergraduate studies, I was fortunate enough to join a very well ranked team

at Ashland University. We competed in single-ply gear in the USAPL Federation. After 4 years of competing, I started my journey into multi-ply gear. Since then, I have changed gyms twice to where I have found my little piece of heaven at Duke's Iron Zoo.

What got you interested in the sport?

I became interested in this sport long before I knew what powerlifting was. In high school, there was a 1000lb club where you got to write your name on the wall (box squat, bench, trap bar deadlift). I wanted to be strong enough to one day write my name on that wall. Finally, when I was a senior in high school, I was able to receive that pleasure but it wasn't enough. The iron bug bit me. From that experience on, I wanted more.

You recently squatted 1003 lbs in competition and you're only 25 years old. What are your short-term and

long-term goals in the sport?

My short-term goal is to slowly increase my total while staying healthy. I am here for a career in lifting. This is something I would like to do all of my life. My long-term goal is to squat 1,200, bench 800 and deadlift 900 in competition. I will be transitioning to the 308 lb weight class by next year.

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

Yes, I have always competed in gear. When I have reached my goals in multi-ply gear, I will transition. I am not sure what I will transition to yet but I am sure that path will show itself when I become the powerlifter I long to become.

What is your most memorable competition and why?

My most memorable competition happened this past year when I finally squatted my first 1003.8lb



squat. Everything was perfect that day. I dreamt of that day since I first started competing. Overcoming injuries and completing my first long term goal was a feeling that I can only explain as the "Pink Mist." Powerlifting is not a three-day per week job for two hours at a time. It is a 24/7 job - if I am not eating, I am training. When I am not training, I am rehabbing, and when I am not rehabbing, I am sleeping. Putting so much effort into your passion

and reaching your goal is incredibly rewarding. I am so thankful for the support [I have received] over the years because the only time it is not a team environment is when you walk onto the platform.

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. Are sausage gravy, grits and Bud Lite your best kept secret to a

bigger total?

The best kept secret that I have found is called the "get big shake", coined by my best friend. Chocolate milk, quart of ice cream, corn syrup, peanut butter, raw eggs and malted milk powder as a drink. A minimum of 3000 calories of heart attack and bloat. This is not a meal replacement, as he would tell me. It is to fill you up between meals.

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

I suffered a very bad car crash 3 years ago. It shifted my spine to the point where I could not get out of bed, let alone workout. It took 2 years to get to a point where I was able to finish a powerlifting meet. I met many specialists and doctors who were able to do very little due to it being my spine. With time and many different types of treatment, I am now almost completely pain free.

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

I train out of a gym called Duke's Iron Zoo in Akron, Ohio. I have many training partners who truly create the perfect powerlifting atmosphere. We all push one another and correct form through each lift. There is not one lifter who doesn't need coaching in one form or the next.

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

Truthfully, I do not have a set protocol. I like to follow a conjugate training method where I alternate different bars with bands and chains. I set up 4 week phases with sets of 5s, 3s, 2s, and a ME [Max Effort] day of 1 rep sets. I alternate squat, bench, and deadlift to where I never max out on all three in the same week. All accessory work and main movements are there to increase my weak point movements.

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

I am a huge believer in accommodat-

ing resistance. I use bands and chains in almost every workout. They are great for explosive movements and overloading the top end of almost any exercise.

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

The only plan I follow as a rule of thumb: 6 to 7 meals a day with 1000 calories per meal. I try to only have two of those meals as protein shakes. There is nothing that can fully replace real food.

How do you prepare mentally for an attempt?

I am a very calm lifter overall until I get under the bar. I do not believe in expelling lots of energy or yelling or shaking the weight before I go to lift. I like to feel every little motion my body is under before I unleash my inner drive. Moments before I go to lift, you will see me stare into an abyss where there is no longer a crowd, judges, or even family - there is only the bar and I. With every attempt, there is no hesitation that I will miss that lift. If you second guess yourself or are unsure if you can complete the lift, then you have already missed it.

What are your best competition numbers?

Squat-1003.8
Bench-644.5
Deadlift-705

Best gym numbers?

Squat-1040
Bench- 665
Deadlift-755

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

The biggest change I have made to training is taking my ego out of gym lifting as much as possible. Training is to increase my lifts for meet day, not the gym. Training weak movements is not easy because you cannot go as heavy and you can really wreak havoc in your mind if you don't look at the

bigger picture.

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

The lifters I grew up admiring were Christian Mello, Jim Wendler, Jeremy Fry, and Donnie Thompson.

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

The best advice I can give is to be patient when entering powerlifting. In my opinion, learning technique is more important than being a genetic freak of strength. The person who has perfect technique will have more success if the drive and passion to be great is present.

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

I still get very excited and amped when competing at meets. Many times I have felt like I have forgotten how to squat under my first attempt at a meet because my adrenaline is rocketing! These movements have become second nature to me where I must trust the training that my coach has put me through. I don't see a meet where I would no longer become excited to compete.

What is your favorite lift and why?

The squat is my favorite lift. It reminds me of Charles Atlas holding the world on his shoulders. In my mind, squatting is the ultimate technical movement. There is nothing like [trying to] balance with over 1000lbs on your shoulders as you try and stand up with it.

What assistance exercises helped each of your lifts the most?

For the squat, it was band tension box squats. The power and force needed to jump off of a box as the weight increases is indescribable. For my bench press, it was medium and high pin presses.

For the deadlift, it was purely deadlifting more. There is nothing that can replace the deadlift.

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

In my spare time, I enjoy eating and prepping new meals for myself. I eat all of the time. Keeping the food I eat interesting can be difficult at times. I am also a part-time student. There is always plenty of learning and homework to be done. I believe, above everything, that as long as I am learning, I will be happy. Even if it is just random trivia.

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

Being an athlete, I will always be impatient. I wanted to be one of the greats yesterday, not today, or in the future. Everything I do is to embody my beliefs. I want to, and will, make a positive impact on this sport.

What drives you?

Passion drives me. Fear drives me. Being average drives me. The feeling of the Iron on my back, sinking into my soul and overcoming any doubts I once had drive me. Knowing that this sport is about longevity and every choice I make will impact my total at my next meet. When you only have about 2 meets a year, that is 363 other days where every choice will dictate how you compete on that day. That is what drives me.

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

The superhero I would be is my granddad. He fought and was injured in WWII while being legally blind in one eye, raised a loving family and owned his own hardware store. He gave back to the community/church without cost or second thought. He fought cancer and always laughed about life. That's a superhero.

Is there anyone you would like to thank?

The people I want to thank most are my family and Duke from Duke's Iron Zoo. He saw something special in some runt of a kid. [I'm also thankful for] all of the friendships I have gained from being under the Iron. Team EliteFTS has been a second family to me, as well and my Canadian family way up north.

PM

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

Marisa Inda

BY CHAD WESLEY SMITH
PHOTOS BY GABE NEYRA

Q: Tell me about your athletic background before getting into powerlifting? What made you want to start competing in powerlifting?

A: I was a gymnast for over 10 years and once I realized that I wasn't going to be good enough to take it to the next level, I needed an outlet. I tried track, hated it but I still managed to letter somehow. I even did jazz dance at one point, which I also hated, yet I still remember all of the routines. Luckily, I found my way into the gym at 17 years old and fell in love with it. I competed in bodybuilding and did my first show at 17. I won a lot of the local shows, as well as Teen Nationals and I even placed ok for a natural athlete in the bigger shows like the Jr. USA's. I kind of feel like this was the heyday of the bodybuilding era with people like Flex Wheeler, Kevin Levrone and Shawn Ray at the helm. For the women, Sharon Bruneau was my all time favorite because she had muscle, femininity and just an overall package that really appealed to me. However, I learned early on that I would only go so far being clean and as the women kept getting bigger and bigger, it was headed in a direction that I didn't want to go in. I kept training, focused on school and my family, but really missed competing and that's when I saw an entry form for a powerlifting meet and thought, "Why not? I've always been strong", and I just decided to enter. I'm really thankful that I did because I have met a ton of great people and PL is a lot less subjective than BB.

Q: So many people know you as the 'dancing pullup girl from Ellen'. What was it like being on a big TV show and how have your calisthenics helped your lifting?



A: Haha, yes...had I known that pull-ups were going to be my claim to fame, I'd have done it a lot sooner. It was kind of a whirlwind, to be honest, from uploading a video on a Thursday to having it go viral by Friday and then getting a call from the producers of the show the following week. I didn't have time to really process what was going on. In fact, I thought the call was a joke and I kept asking the poor girl if she was for real. It was really cool to be invited on the show, but I have to laugh at people when they ask me how much money I made off it, as if I suddenly became rich and a celebrity trainer to the stars. Sorry everyone, I am still me and the only stars I train are all my

amazing clients that show up day in and day out. It was an awesome experience and a cool story my kids can tell their kids because I don't think I'd ever be invited to a talk show for my acting skills.

I love calisthenics and next to gymnastics, it has helped with my lifting a lot. Not only does it take a ton of strength to pull off the planche holds, but it also teaches body awareness. So often, good technique is overlooked when it's a max effort lift, but I've found that being more aware of what my body is doing means I can set up tighter in the beginning of a lift. Hopefully, I can carry that tightness throughout, which means it'll look a lot less effortless and hopefully feel that way too.

Q: You [consistently] maintain a nearly stage ready physique. Do you follow any specific diet protocol?

A: I used to follow a bodybuilder style diet when I competed which meant I ate 6 meals a day and weighed out everything, but now I just watch my portions and eat whatever I want. One of the great things about consistent training and age is that it is a lot easier to stay lean without trying so hard. Not everything is wasted on youth, I suppose.





Q: What is your favorite lift and what is one tip that you have for people to improve it?

A: Bench is my favorite lift, especially because most women hate anything that has to do with the upper body, so it's really gratifying to be a decent bencher. [My] number one tip is to stay tight once you get set. This means don't move your feet or wiggle around once you unrack that bar - the tighter you can keep the body, the more control you'll have of the bar.

Q: Social media brings both positives and negatives to powerlifting. How do you deal with the negativity that you're presented with?

A: It's really unfortunate that people hide behind the anonymity of the internet, but it's not a new thing for women that lift or have muscle. I've learned to let comments roll off [my back] and I

don't internalize them because I love lifting, I love being strong and I do this for me. As hard as it is, I've also learned not to respond to the comments because the type of people that make them feed off of it and they love to get a rise out of you. Although, sometimes a good "f*ck off a**hole" makes the soul feel right again.

Q: What advice do you have for women looking to get started in competing?

A: If it's something you want to do just jump in and do it. Don't feel like you have to explain your reasoning to anyone. You're never too old, too weak, too novice, too anything to compete. Besides, you never know how good you could be at something or what direction it will take your life if you never try.

Q: What advice do you have for balancing motherhood and training hard/competing?

A: My kids have been my biggest fans. They have grown up in and around the gym so they love it and see that being in shape doesn't take 5 hours a day like some people think. In the beginning, it was an adjustment, but you find a way to schedule it in and get it done. If anything, you become better at time management because you don't have a choice - kids have homework, they need to eat and have their own activities, but it's not impossible. Having kids doesn't mean that your competitive goals cease to exist.

Q: What is your favorite thing about your coach? (Editor's note, Marisa is coached by the interviewer of this story and this month's cover model... CWS!)

A: The professional me would say his amazing ability to write great programming, but who am I kidding - it's his thighs and eyes. **PM**

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CHAD WESLEY SMITH THE JUGGERNAUT

BY MARK BELL

IRON CRED -

Height: 6'1"

Weight: 360 lbs.

Age: 29

Best lifts to date: Squat 959 lbs. (in wraps), 848 lbs. (in sleeves), 567 lb. Bench, 810 lb. Deadlift, Best Total 2314 lbs. (in wraps), 2226 lbs. (in sleeves).

MB: What do you do for work?

Chad: I'm the owner and CEO of Juggernaut Training Systems

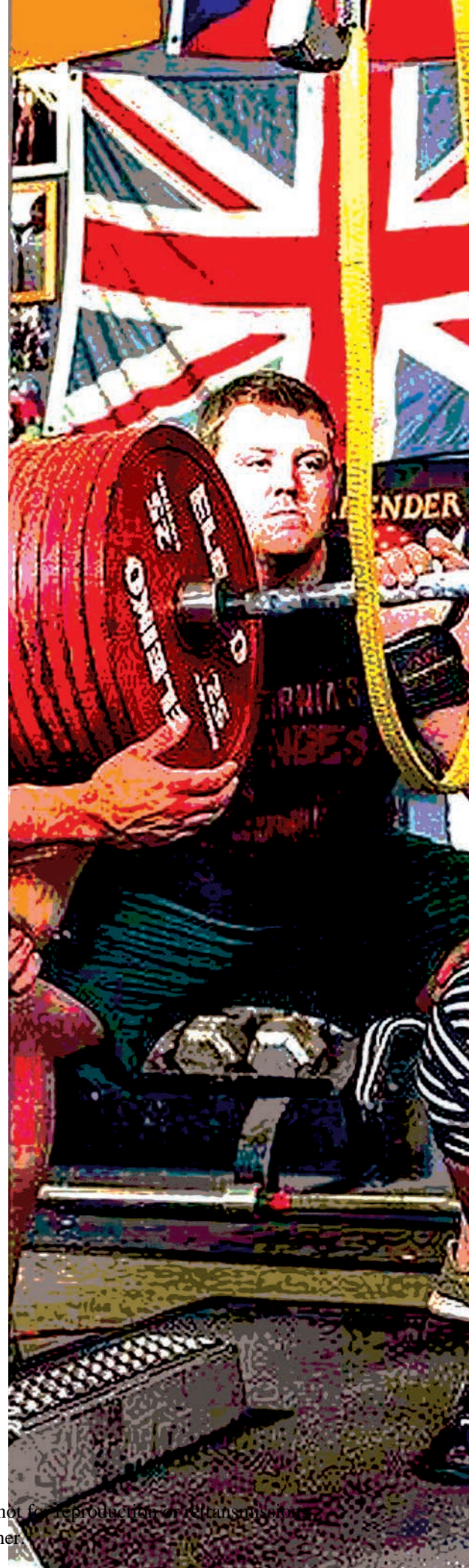
MB: How long have you been doing that work...in other words, when was Jug started?

Chad: I started Juggernaut right out of college during the fall of 2009. It began as a Sports Performance Training facility and since then, it has morphed into a strength education company, publishing near daily articles and videos to help improve powerlifters, weightlifters, CrossFitters, coaches, physical therapists and anyone just looking to improve. I also travel to coach seminars all over the world and I also write and help create eBooks.

MB: You started a business right out of college? I don't know much about college, but aren't most college kids broke? Did you rob a bank? Or did you just cut back on your Taco Bell habit to save dough for Juggernaut?

Chad: I was fortunate enough to be able to find a private investor that believed in my vision. I remember writing a 'business plan' (or at least what I thought was a business plan) for her and making the presentation and everything. That was only 6 years ago and it seems like 6 lifetimes ago.

MB: You now have your own gym, as well as the powerful online presence of Juggernaut. Has the success surprised you? Or have you been underwhelmed? What, if anything, surprised you the most about your business?





Chad: When I started Juggernaut, I definitely never envisioned that hundreds of thousands of people would be visiting our website every month or that I would get to travel around the world teaching people how to lift better. At this point though, it's hard for me to keep perspective on the popularity of the company. On the one hand, I'm so deep in it and just doing the day to day stuff that it seems like it's my job - then on the other hand, when I get to go to something like the Arnold and so many people want to take their picture with me, that's really cool but I'm just a guy that lifts and writes. I'm very competitive, so even though the site gets a lot of traffic, there are other sites out there that I know we have better content than. However, they get more traffic so I'm always thinking, "Well, if they get 10 million hits, then I should get 15 million".

MB: Why would anyone, or should anyone, trust a guy with 3 names?

Chad: Wesley is actually my dad's first name, so in part, I like to use all 3 names as an ode to him. I was adopted at birth into an amazing family and am eternally grateful that my parents, even though they already had 2 sons of their own, decided to bring home a #GiantHeadedBoy like myself. They even decided to keep me after finding out how much I would increase their food bill. I also use my full name because of the confusion between myself and Red Hot Chili Peppers drummer, Chad Smith and just because 'Chad Smith' is such a plain white guy name. I like to feel distinguished.

MB: Why do you brag about having the biggest knee caps in the game?

Chad: My girthy knees are my greatest genetic trait, besides my mesmer-

izing blue eyes. When I was young, I hurt my knee in a basketball game and the team mom was examining it and was shocked by how swollen it was already. This was until my mom told her to, "Look at the other one" and then she just found out that I was blessed with elephantitis of the kneecaps.

MB: You are over 350 pounds! Is eating as much work as training or



have you always been that big and fat?

Chad: I actually don't eat that much - I'm just naturally very big. At birth, I was 10 pounds and 3 ounces. When I was 14 years old, I was 5' 8" and 175 pounds and when I was 18, I was 6' 0" and 275 pounds. Now, at 29, I'm 6' 1" and anywhere between 350-365.

MB: You have a background as a track and field athlete. What did you do in track? And how well did you perform?

Chad: I threw the shot put from when I was 8 (I was a sprinter then too, until age 13) until I was 24. I went on a track scholarship to UC Berkeley and then transferred to Concordia-Irvine where I threw 19.46m, which is almost 64 feet and won 2 NAIA [National Association

of Intercollegiate Athletics] National Championships. I threw for 1 year after college and threw 20m, almost 66 feet and was ranked in the top 15 in the US. The US is stacked in the shot put and routinely has 5+ guys in the top 15 in the world.

MB: Sounds like things were going great. What made you steer away from track?

Chad: I really only have interest in competing at the highest levels of whatever I'm doing and I just wasn't going to be able to do that for shot put anymore. Most elite level shot putters are training nearly full-time with the help of sponsors or they just live like hobos. Certainly, they aren't working 70+ hours per week like I was at the start of Juggernaut. Also, my coach, Len Bluetreich, who had coached me throughout my last 2 years of high school and last 2 years of college, passed away from cancer shortly after I graduated college. It was very difficult to continue training without him.

MB: I have heard rumors that you also earned a pro card in strongman? Is that right? That's not just something people "pick up" out of nowhere! What's the deal?

Chad: Yes, in late 2011, I was getting really overwhelmed with work and I was trying to keep pushing my numbers up in powerlifting. At the time, I thought I was done competing. I lost about 30 pounds and was just training to train. Then about 4 months after my last powerlifting meet, I saw an ad for California's Strongest Man which was about a week away and I decided to try it out for fun. I'd never done most of the events but I got 5th [place] and had a great time, even though it was in some of the worst weather I've ever seen in

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Orange County. From there, I spent all of 2012 competing in Strongman and won North American Strongman Nationals in November 2012 and earned my pro card. I competed back and forth in powerlifting and strongman for the first part of 2013 and got to compete against guys like Nick Best, Mark Felix and Dave Ostlund and even beat some of them. When I herniated 2 discs in my back in June 2013, I decided that coming back, powerlifting gave me a little more control in my training and a better chance to keep my back healthy. So, I've just stuck to that since, but I'd like to do another Strongman show in 2016.

MB: Biggest thing you learned over the years about training yourself (evolution)?

Chad: What hard work really is. When I began working with Josh Bryant in late 2010, I was shocked (and scared) by the first workout he sent me. The per session volume was so far beyond something I would have ever written for myself and it was more than I ever thought I could handle, but I did it and thrived. Since then, understanding how to really push towards Maximum Tolerable Volume for myself has been huge.

As far as one concept that really stands out, how to properly breathe and brace my trunk has been huge. Big thanks to Dr. Quinn Henoch and Ryan Brown for helping me learn how to do that. It has had a profound effect on my performance, as well as my back health, particularly as I rehabbed 2 herniated discs in June 2013.

MB: Biggest thing you learned over the years about programming/training other people and now managing multiple people?

Chad: To go along with the above point, I think people are capable of much more work than they believe. Pushing people's volume up is the simplest and most effective way to improve size and strength. Also, my programming now compared to 5 years ago looks so much simpler, using simpler set/rep schemes and less exercise variations—specificity is much more prioritized. Helping people understand why you're having them do something is also very necessary when working with multiple athletes. If they can understand the motive behind the madness, they'll be able to give you more directed feedback and make small



individual adjustments on their own.

MB: It appears that you do a lot of online coaching. Do you also get a chance to physically see a lot of the athletes you work with? Also, do you think it's a "must" for the coach to physically meet the athlete they work with?

Chad: Fortunately, I get to coach my highest level lifters in person (Jake Johns, Marisa Inda and Kevin Torres) at least 1-2x/week. In-person is certainly more helpful for technical coaching and getting a feel for what their lifts look like, but it's not a must. The thing I like most about working with athletes in person is that you can help them un-

derstand how to adjust weights within the context of a session better, whether they need to work up because they look strong or back off because things are moving well, when to cut some accessories after great primary work, etc.

MB: Explain to Power the evolution of your light medium heavy rotation?

Chad: Rotating through the light/medium/heavy days is something that James Smith first introduced me to as a way to manage fatigue while still keeping a high weekly volume. If you try and overload (more weight and/or more volume) every session, then fatigue will accumulate too quickly and you'll get overreached and eventually, overtrained.

Building in the lower intensity days lets you recover a bit while still working towards your goal.

MB: Who has had the biggest impact on the way you set up and program training?

Chad: James Smith, Josh Bryant, Brandon Lilly and Dr. Mike Israetel have had a great impact on me. I had the good fortune to employ James from 2011-2012 and that was like a Masters program or even beyond. He clarified so many topics that you hear people pretend to understand from books like SuperTraining, Science and Practice of Strength Training etc., but nobody really does. Well, he really did and I got to see him put it into practice and it made training seem very simple to me.

Josh made me understand what hard work really is and what I was really capable of handling and thriving on.

Brandon is always a great resource for me to bounce ideas off of - we don't do things quite the same way but his perspective is always valuable to me.

Dr. Mike is so knowledgeable across the board and whenever I have a doubt

about something or need clarification on little details, I know that he will have a good answer for me.

MB: You keep mentioning James Smith...is that the dude that used to be the Thinker on EliteFITS? I remember that guy could kill everyone with science and training methodologies! What the hell is that guy up to nowadays? I need to track him down and see if he can write some cool articles that no one would be able to understand for Power.

Chad: That is the man indeed. James is a great guy and I learned a ton from him. Sitting across the desk and watching him put all of these seemingly complex sports science ideas into practice everyday was like a Masters program and beyond for me. After his time with Juggernaut, he went on to be the Physical Preparation Coach for Portugal's National Rugby Team and now he is back in the US, mostly doing consulting with the military. I can connect you, if you'd like.

MB: I know you're getting more and more into your business. Do you have

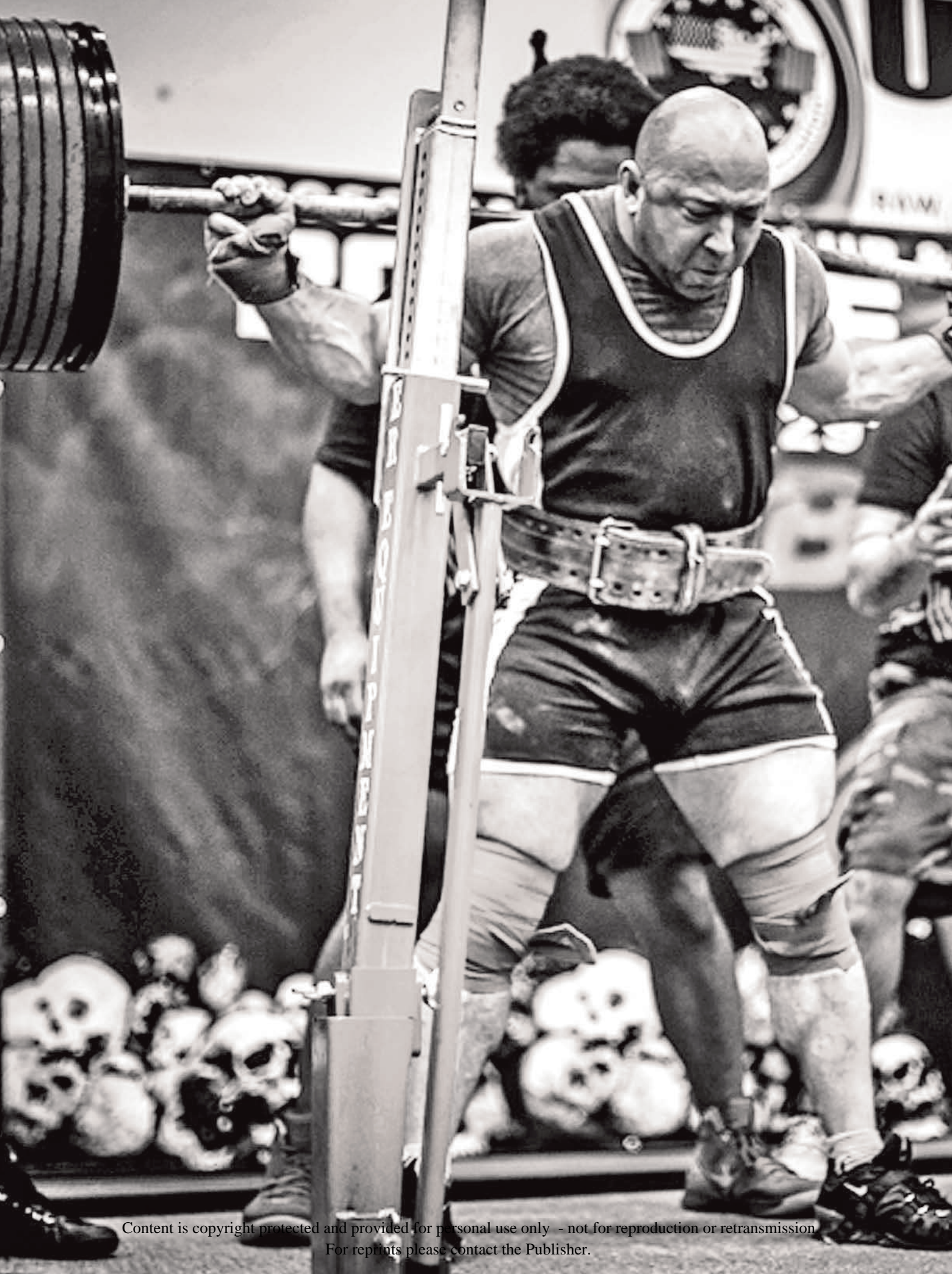
an exit strategy from powerlifting so that you can focus more on business PRs rather than platform PRs?

Chad: Definitely. I've been really happy with Juggernaut's growth over the last 6 years and I know my days as a high level competitor are numbered. I want to hit some specific numbers (1000+ squat and 2400+ total) and then move on to focus more on Juggernaut and some other projects. Maybe I'll even get ripped like you one day...nah, never mind.

MB: What's next for Chad Wesley Smith in powerlifting and in business?

Chad: Powerlifting wise, I'm competing twice this fall/winter, once in Australia and once in Russia. If those go to plan, they'll be my last serious competitions, for awhile at least. Business wise, I want to keep growing Juggernaut's reach through improved content, more strategic partnerships, expanding our reach on the YouTubes and just continuing to do what we do better. I have an exciting opportunity that will hopefully help powerlifting and weightlifting get some more big time exposure in 2016. **PM**







THE NEW KING OF THE 220'S! JEREMY HAMILTON

BY KEN WHETHAM

Every king in history has faced challenges against rival kingdoms and has gone to battle in order to protect and defend his empire and retain his crown. Many wars, bloody battles, and losses of unimaginable contemplation have sprinkled history throughout mankind's existence for many centuries. In August of 2015, the battleground for the 220 lb raw with wraps division was set on the platform at the Boss of Bosses II meet in Mountain View, California. The last two knights battling for the crown at the end of the tournament were defending champion Dan Green and Jeremy Hamilton. After the dust settled, the battlefield left trodden with the blood, sweat, spent ammonia capsules and ghosted exertion of hundreds of warriors...one warrior remained standing; the "New King of the 220's" - Jeremy Hamilton.



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How does it feel being the new “King of the 220’s” after beating Dan Green head to head at the Boss of Bosses II meet in California?

It always feels good to have your hard work rewarded in competition and it was exciting. However, five minutes pass and the same old feelings and thoughts of “I could have done more, I am capable of more” return. As a powerlifter, I don’t think you can ever feel content – you are always chasing more. Once I arrived home after the meet, I took two days off of training and then got right back into it so I could be ready to defend my record. I feel fortunate to have been

able to showcase my abilities at such a great meet.

Can you give us your recollection of the Boss of Bosses II meet?

BOB2 is one of the best, if not the best meet, I have ever attended – although RUM holds a special place in my heart, too. There were many factors that contributed to how well run BOB2 was. For instance, they brought in elite lifters and treated them well. The location was great and the advertising and communication leading up to the meet were well done. There was also live stream in HD with interviews – this stream was on another level. There was a press

conference, an awards dinner and a lot of spectators. The announcers also did a good job by making sure the crowd was aware of how close the competition was during the meet. I think that all of these factors created a high level of interest in the meet and definitely helped me with my performance. No detail was overlooked and Dan Green and Sparkle [Dan Green’s wife] did a phenomenal job. My hope is that other meet organizers learn something from this meet.

For once, it felt like there was unity in the sport. There was representation from across the world at this meet and big name lifters attended. Even if they weren’t lifting, they still came and made an appearance.

Aside from hitting PR’s [Personal Records], other highlights for me on this day were having Derek Kendall tell me that I was his new favorite powerlifter, and meeting Ed Coan and comparing our hand sizes.

What was it like for you going head to head with Dan Green and realizing that you had a chance to beat the legend?

I am a competitor and Dan was the only person ranked above me, so of course, I jumped at the opportunity to go head to head with him. I want to compete against the best. This is only a sport if there is competition. People don’t realize that Dan and I have competed against each other for years – he has won a couple and I have won a couple. Nothing changes...we both go back and train and meet again on the platform another day.

I have always thought that I could catch the world record; it was just a matter of time and conditions. I knew that I could get ahead on subtotal if I picked perfect attempts. Then, it would come down to who is having a better deadlift day. After my deadlift opener of 727, I was pretty confident that I could pull whatever I needed to win on this day.

At what point in the meet did you realize that you had a chance at setting an all-time world record?

I realized this before meet day – probably back in May when I started training for BOB2. I thought I could go over the previous 2,110 WR but I also knew it really just comes down to the day of the competition. On the day of the com-



petition I had a lot of anxiety but once I started warming up, I felt a bit better. Once I established a lead in subtotal, I got a bit of a confidence boost. After my DL warm-ups, I felt really good. My last pull before the platform was 661 and I barely had to grip it and it flew off the floor. I felt very good after that.

How did you prepare for this meet and did you do anything different from previous meets?

This was my first time ever using “fake elastic knee muscles” (wraps) so preparation was quite different for me. Training in wraps is difficult when you are wrapping yourself, so I decreased my squat volume significantly. I planned for a minimum triple with a weight and then added to it every week. Every week felt better in the wraps. I started with 645x3 and my last two squat workouts were 735x4, and 775x2. I also did very little pulling, only going over 700 once in training. Shortly after that, I tore my hand open so I shut it down early to save it for the meet and I ended up pulling 784. I think the heavy squatting and

“I HAVE ALWAYS THOUGHT THAT I COULD CATCH THE WORLD RECORD; IT WAS JUST A MATTER OF TIME AND CONDITIONS. I KNEW THAT I COULD GET AHEAD ON SUBTOTAL IF I PICKED PERFECT ATTEMPTS. THEN, IT WOULD COME DOWN TO WHO IS HAVING A BETTER DEADLIFT DAY”

keeping my hands well rested is what helped me set this PR.

How much weight did you have to cut for the meet and how did you manage it, ensuring you had tons of strength on meet day?

The heaviest I got in my training cycle was 240 and that was a few weeks out

of the meet. My regular diet consists of a lot of milk and cookies, so typically when I have to cut weight, I just stop drinking/eating milk and cookies a week out. I was 235 two days out from weigh-ins and I ate my last meal 24 hours before weigh-ins. The night before weigh-ins, I went to bed at 229 and woke up in the morning at 225. Then, I cut the rest [of the weight] in a hot shower with a sauna suit on. It sucked. The best cut I’ve ever done was 10lbs in a shower sauna in 2 hours. This cut did not go nearly as well - the weight took a lot longer to come off. I think cutting is stupid unless you have a chance at setting a record. I have also never used diuretics to cut - I’m scared that they would stay in my system and prevent me from putting the weight back on. I don’t want the slightest trace of diuretics in my system when I already have a hard time putting the weight back on and [I also have a difficult time] rehydrating. I’m super paranoid about that. I got my weight back up to 235 by competition time.



Was it difficult to travel to a different part of the country where there was a time-zone change and how did you prepare physically and mentally for the change?

Not really. I travel to the U.S. quite a bit. The time change was not that big of a deal - it made the day feel really long but that's about it. I have had to fly to every single one of my competitions.

The first meet I did (RUM 1) in Florida was stressful because I didn't know what I was getting myself into having never competed in powerlifting before. I didn't get any sleep the night before and I remember being awake at 3am, staring into the hotel bathroom mirror and thinking, "Why the f*ck am I doing this?" Taking that first big step was one of the best decisions I have ever made.

Now that you're #1, how will that

affect you in your lifting career moving forward?

I don't think this affects me much in my lifting career. I love to train and get stronger. It may have a positive impact on other things that I work on, such as the seminars that I have been hosting with my friend and fellow powerlifter, Jay Nera. Being ranked #1 could help promote and grow our seminars.

You're a relatively quiet, mild mannered Canadian; have you had any interest in companies picking you up for sponsorship opportunities yet?

I'm holding out for a milk and cookie sponsorship.

I like to keep things simple - I just want to lift and get stronger. I entertain offers but I'm selective with who I want to be associated with. The right fit, along with having my goals and

schedule align well with a sponsor are very important to me. I don't want to be sponsored for the sake of being able to tell people that I'm sponsored.

Although not formal sponsorships, I do have an existing network that has helped me tremendously. Omar Isuf and I have been working together for the past couple of years and I am featured on his YouTube channel regularly. This has been a huge benefit to me - promoting my name and achievements outside of the powerlifting community.

Sean Kelly, the owner of Fortis Fitness, provides me with an excellent training facility with the best equipment.

Jordan Moffitt, creator of Bacon and Barbells, Mark Bell and Silent Mike at Super Training have also helped me out by sending me lifting gear / apparel.

Can you give us an outline of your

training and how you prepared for this meet?

I train 4 days per week because that is all the time I can tolerate in my current gym environment. If I had a private garage gym, I would probably train daily.

I generally squat and do DL assistance on day 1

Benching on day 2.

DL and front squats on day 3

Benching and other pressing on day 4.

I almost never come out of the 70-80% range until the last 4-6 weeks before a meet.

I have learned to be more flexible in my training as anything can happen at any time and I just need to listen to my body and do whatever it needs to do in order to get stronger. An example of this is my training cycle leading up to RUM 8. I was injured and couldn't back squat at all. I took two weeks off from training completely in the middle of my training cycle, which left me with only five weeks until the meet. At five weeks out, I was very weak and I needed to build my leg strength fast. Still not being able to back squat, I decided to front squat.

I front squatted 17 days in a row – as much as I could for as long as I could and when I topped out and hit a FS PR [Front Squat Personal Record], I switched to back squat and hit a PR of 600x10 (no wraps) on my first session back. I ended up squatting 744 (no wraps) at the meet and totaled 2,017. I consider this a big accomplishment as only two other people in the weight class have ever went over 2K in competition without wraps – Dan Green and Andrey Belyaev.

For BOB2, I had to learn how to squat with wraps so I could compete in the Battle of the 220s. The weights got heavy quickly in wraps so I did less volume. This allowed me to be fresh for every squat session. I didn't want to be tired and learn an incorrect motor pattern – I wanted to be able to be aggressive with the reps in order to catch the rebound that you can get from the wraps and perform perfect practice.

Is there anything that you changed in your training leading up to the meet that you feel pushed you to a different level or gave you more confidence?

No, I only ever push for small increases in strength. I'm realistic; I don't expect huge changes year-over-year. I

think this is an important point – I see many novice and experienced lifters set unrealistic expectations and overextend themselves; they burn out rather quickly and don't improve their totals. Pushing for small improvements has enabled me to become stronger every single time I step on the platform. This is what gives me confidence.

Now that you've competed with wraps and have had great success, are you planning on continuing to compete with them?

"I LOVE GETTING STRONGER AND I LOVE COMPETING AGAINST THE BEST LIFTERS, I DON'T LOVE DOING MEETS. I THINK DOING TOO MANY MEETS IS COUNTERPRODUCTIVE TO GETTING STRONGER"

I don't like wraps but I think that when / if someone breaks my record, it will be tempting to put them back on. It would be nice to go into a meet fat and bloated for once – 242 no wraps sounds nice. (Takes bite of cookie)

You've always competed raw without wraps in the past. What made you decide to change?

I've been pretty vocal about my opinion on wraps – I don't like them. I think they're silly and they're too much of a hassle for me. I put them on because I wanted to participate in the Battle of the 220s where some people compete in wraps exclusively. The Battle of the 220s ended up just being Dan and I because others pulled out of the meet for whatever reason.

Is there anything you plan to change moving forward as far as competing in more meets?

I love getting stronger and I love competing against the best lifters, I don't love doing meets. I think doing too many meets is counterproductive to getting stronger. One, maybe two meets per year, is enough for me.

What are your short-term and long-term goals now after having such a monumental meet?

Short term is to pull over 800; once I can lock that down and be good for it in a meet then I can start looking at a really big total.

Long term, hard to say, going over 2100 in the 242s no wraps would be fun, so would going 2200 in wraps at 220...

How does it feel knowing people will now be saying that Jeremy Hamilton is the guy to beat?

I haven't heard anyone say that – a lot of competitors are thinking it though. I think I was underrated but that's okay with me. I like to keep a low profile.

When can we expect you to go head to head with Dan Green again to defend your world record?

I would like to go up a weight class and ditch the wraps, but my feelings may change if my record gets beat. I definitely think the record I set is within reach for others so if / when it gets beat I'll try and meet them on the same platform.

Is there anyone you would like to thank that helped you to reach the number one spot in the world?

I have so many people to thank – I hope I don't forget anyone.

– Firstly and most important, my wife Krystal, she is my biggest supporter.

– My training partners; Nigel Morton (Captain Planet), Martin Wong, Jordan Moffitt.

– Sean Kelly, the owner of Fortis Fitness, where I train.

– YouTube sensation, Omar Isuf.

– My Chiropractor, Chris Klachan.

– Mr. Robot Pants from Super Training. He was kind enough to travel two hours to wrap my knees for the meet. He did a wicked job. He was my secret weapon on meet day.

– Eric Talmant for starting the raw movement. Without RUM, I may have never started in powerlifting.

– Alastair MacNichol – he was really supportive at the meet and helped a lot with picking my DL attempts.

– The Super Training crew. Specifically, Mark Bell and Silent Mike. Mark has promoted my lifts and sent me lifting gear and put me in his magazine. Silent Mike introduced me to Robot Pants and also came out on meet day. A great crew at Super Training for sure

– Mr. Christie for making a mean chocolate chip cookie. **PM**

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**THE
JESSE NORRIS
INTERVIEW**

BY HANI JAZAYRLI

Thanks for making time for this interview, Jesse. I know you're a busy guy.

No problem, thanks for having me.

Tell us a little about how old you are, how long

you've been training, and your best lifts in the gym, as well as in competition.

I'm 22 years old and I've been training seriously since the age of 13 but I have been active in sports

WER BE THAN AGE





my whole life – football was my first passion before powerlifting. For as long as I can remember, fitness has been a part of my life. The gym business runs in my family. Two of my uncles own gyms and my mother taught group fitness [classes] for many years. I measure [my] best lifts in the gym from a different perspective. When it comes to my day-to-day training, my goal is not to max. However, I am focused on hitting specific volumes and loads. Every training session can't be perfect but I push as hard as possible to hit the goals that I have set for every single session. I get a lot of questions about volume and how I manage and/or recover from training this way – my answer is consistency. My body has acclimated to training this way over the years; I am also not one for taking too much time off. One exception

“EVERY TRAINING SESSION CAN'T BE PERFECT BUT I PUSH AS HARD AS POSSIBLE TO HIT THE GOALS THAT I HAVE SET FOR EVERY SINGLE SESSION”

I make for lower volume in the gym is my front squat, which I have pushed to a comfortable 495. I definitely have more room to play here but I enjoy pushing this lift in the lower rep range. To date, my best meet lifts are a 750 squat, 440 bench and 825 deadlift with a 2015 total at 198. This is an all-time record in the

198lb weight class.

Do you come from a traditional sport background? Tell us a little about it, if you do.

Yes, for the most part I think I grew up just like any other kid. I started out playing football very young, and then I got into track. However, I had a major concussion during my freshman year of high school. This kept me from being involved in the sport any further. At that point, I'd already been lifting weights, not competitively, but I knew the ins-and-outs. My high school powerlifting coach recognized my skill and encouraged me to pursue the sport. When I needed to make the call to move on from football, powerlifting became my dedicated sport. I currently compete several times a year in addition to a few special events for Bodybuilding.com and Animal. Lifting



in The Cage has been something I look forward to each year. Professionally, I work for Bodybuilding.com as a Support Specialist within the Customer Service Department. I also do some personal training and online coaching. I'm working on my website Phenomathletics.org - you can expect that to launch this winter. I also have a few larger personal projects in the works.

Are you involved in any other sports or hobbies outside of powerlifting?

I currently train some different strongman events, as I do compete locally every now and then - no sports other than that. Outside of training, I collect guns and I'm a motorcycle enthusiast. You will often find me working on my truck or some other project around the house. I enjoy building and fixing things.

What made you decide to get into powerlifting? It's obviously a good fit,

"I WILL COMPETE IN THE USAPL AND IPF AND I CAN PRETTY MUCH BE GUARANTEED MORE THAN ONE DRUG TEST. I'M NOT CONCERNED WHETHER OR NOT I WILL PASS, BUT IF SOMEONE IS CONCERNED, THEY SHOULD CHOOSE ANOTHER FEDERATION"

but surely something served as the influence.

Well as mentioned earlier, the gym business runs in my family - one of my uncles was a competitive strongman. That got my interest, but as soon as I started lifting in the eighth grade, I was hooked. It started with the desire to just get stronger for football. It seemed natural for me - I felt comfortable in the gym. It didn't take me long to realize that I was strong; in fact, I was stronger than anyone else in my class. I mentioned that my high school coach encouraged me to pursue powerlifting. After my football injury, he really took me under his wing; his coaching and support got me started in competitive powerlifting and have had a huge impact on my success.

What has been your proudest moment to date in the sport?

My proudest moment in the sport was



finally hitting over 10x bodyweight total at 198 without wraps. It was a great feeling - all of the hard work up to that point had paid off. That feeling is something I chase every day - putting in the work and then testing yourself it what it's all about. I know I have more in me and that is what drives me every day.

What are your favorite aspects of powerlifting?

My favorite aspect of the sport is that anyone can do it. It doesn't require much to be involved in the sport. It puts everyone on an even playing field and it brings like-minded people together. I have met some of my best friends through powerlifting.

What are your least favorite as-

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pects?

I'd like to see all of the different federations use a similar rule book. This is because I continue to see "records broken" in one federation but [these records] did not meet the same requirements in another federation. Although I love seeing the sport grow, all lifters should be held to a certain standard that everyone understands.

Do you think you would be equally as skilled as you are in powerlifting in another sport?

I believe that I could be equally skilled; I was doing very well in football before my concussion. I believe that hard work, dedication and consistency trump any kind of natural "talent".



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What motivates you to keep working hard?

My biggest motivation is just becoming better and showing others that hard work will lead to success.

It seems you're very gifted on both fronts, however, if you had to pick only one, would you rather have excellent genetics or an excellent work ethic and why?

I'd rather have an excellent work ethic, reason being the challenge and overcoming the challenge is much more rewarding than naturally just being good at something.

Which one do you think you have more of?

I believe I have a [better] work ethic. I wasn't always great at lifting and I started right along everyone else. I just spent more time in the gym. As with everything, I believe hard work and dedication will overcome any natural talent or great genetics.

A lot of people look right past all of the hard work, genetics, and strategic training to make accusations that you're using performance-enhancing

drugs. I'm curious...does this upset you at all? Does it motivate you?

I don't pay much attention to what other people say or do. Most people don't really have the discipline to dedicate themselves and they would rather take the easy road. I stay focused on my own life and the people in it. The people I care most about in life know the truth. They know me and what I stand for and they also know about my dedication to my training.

Related to that topic, it seems to me that a lot of the love for powerlifting is getting lost in bitterness between drug tested and non-drug tested athletes these days. Personally, I don't care who does what so long as everyone is straightforward and honest. Do you think this is poisoning the sport at all?

I agree - as long as everyone is straightforward, I believe that there is no harm done. Many top lifters will admit to using performance-enhancing drugs or they just won't compete in drug tested federations. For example, I will compete in the USAPL and IPF and I can pretty much be guaranteed more than one drug

test. I'm not concerned whether or not I will pass, but if someone is concerned, they should choose another federation. As far as what I see, I'm caught in the middle of it with everyone's accusations or disbelief. However, I feel that it's such a small percentage of the lifters that are actually concerned with the subject. It's mostly the ones that feel that they can't compete against the top lifters of their class. Yet, that is not what the sport is about - the sport is about becoming your best self. Or at least, that is what it means to me. Sure, I want to be the best. But first I'm going to focus on what I need to do to become a better lifter. I don't focus on what anyone else is doing. The people that are going to bring more awareness to the sport and help it grow are the ones that truly understand this. So all in all, I don't think it will hurt the sport. Hopefully, it will draw a line that everyone can follow, whether you are using performance-enhancing drugs or not.

I hear that you've been doing some powerlifting coaching. How is that going for you? Do you provide any

services that set you apart from the other coaches that competitors can choose from?

I am. I'm a certified personal trainer, so I do that now and then. With my time constraints, online training is a much better option for me. The guys that I train get personal advice from me and they also receive some one on one coaching. The one thing that sets me apart from other coaches or trainers is that I offer the program that I have built for me over the years of training and experience. I do happen to have quite a bit of experience with powerlifting or general strength training. Although, of course, this is what I've found works best for me. It may not work best for everyone else. It will certainly give any lifter a great foundation to build off of.

Do you see coaching as something you want to expand or is it simply a hobby?

I would really like to expand on it. I believe that with my years of training and experience, I have a lot to offer to other lifters who might not have the experience or who might not know where

"THE ONE THING THAT SETS ME APART FROM OTHER COACHES OR TRAINERS IS THAT I OFFER THE PROGRAM THAT I HAVE BUILT FOR ME OVER THE YEARS OF TRAINING AND EXPERIENCE"

to begin. I'd love to help grow the sport and to help others avoid any mistakes or injuries that I have experienced in the past. I'm currently in the works of putting together a website. Hopefully, soon I will have a variety of services and there's even a possibility that I will have some products to offer to other lifters.

It looks like USAPL Raw Nationals is the next competition for you. This should be an exciting meet! You'll be in the 93 Kilo class, right?

Yep, you can expect to see me on the platform in the 93kg class.

Should we be keeping our eyes out for you to set some records? Do you plan to go for the best possible day you could have or are you simply hoping to achieve high enough numbers to win your class?

Keep your eyes open. As with any meet, I plan to do better than my last. So as long as training goes right within the next 6 weeks, we should expect more than just a win.

Assuming that you make the US national team for the IPF Classic World Championship, you are pretty limited in terms of what competitions you can do going forward. It's a pretty big commitment. Many of the multi-national competitions held throughout the country are basically off limits. Is this concerning for you at all or are you only interested in IPF top-level competition?

I'm really not concerned. I'm ready for the commitment and as previously stated, I always try to outperform my last meet. I'm expecting a big day at Raw

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Nationals. The time in-between nationals and worlds should allow me enough training time to once again hit some personal bests.

Do you have any opinions on the other federations that you've competed in? Good, bad, or ugly - I'd like to hear it all!

None that I've competed in, which are USPA and USAPL/IPF - both are great federations and they follow the rulebook to the dot, to my knowledge. There have been some other meets I've seen online in other federations that do not do the powerlifting world justice. As stated earlier, I hope that we can do something to make sure all federations can follow the same rulebook.

We all want to know the secrets. Can you tell us some details about your training?

Secrets? I really don't have any. I train almost every day. Some weeks, I have

to take a Sunday off now and then but otherwise; it's 2-3 hours in the gym a day. I don't believe in overtraining, but you can train smart by listening to what your body needs.

Speaking of which, it's amazing just how strong you've gotten. From where you are now, are you still seeing measurable progress?

It can be hard at times as there is not always so much progress to see. I believe that everyone will eventually hit their limit, but I also don't believe I'm there yet. Within the last two years, I've rarely seen any kind of jumps in the weights that I train with, but I'm always striving to attain an extra rep or set if my body allows me to.

How does your training change when you are nearing competitions?

A lot of people ask me why I always work with such high reps. Honestly, I don't. As I'm nearing a meet, I will begin

to work with heavier weight and lower reps. So, not quite as much volume as any of my followers normally see. Other than that, I also will be checking my body-weight day to day. I try to stay within 5lbs of my weight class. So being that I'll be competing in the 205's, I'll be just fine. I'm normally within 200-205lbs, being used to having to compete in 198's.

It seems to me that the key to succeeding in the long term when it comes to powerlifting is staying free of big injuries. It's definitely not a sport for the impatient. What do you do to ensure that you stay healthy?

It is definitely important to stay injury free. Not only if you want to compete, but also for your future. I know that when I'm older I'm going to feel what some of this training has done to me. The big thing for me, however, is to listen to my body. If I need to take a day off because I'm exhausted or too sore to train effectively, I will take a day off. However, I don't do this often and I do my very best not to make excuses. It's important to also understand your limits. Nobody in the world is invincible. Other than that, I always try to stretch, foam roll, and warm up properly before training. I also push to have proper nutrition.

I've seen your videos on Instagram and I've talked with you about this in person, but I don't think we went over this in detail. Why do you do so much conditioning? Surely, there is potential there for it to affect your ability to gain strength.

I'm sure there is potential for it to affect my strength but the main reason I do conditioning is because I want to stay lean and feel active. I consider many of the things I incorporate into my training to be functional. Meaning, "Is there a possibility of me actually needing to train this way in the future?" So the way I do conditioning is more for power and speed - you'll never see my on a 2 mile run, as that wouldn't help me one bit. But sprints definitely help with contracting your fast twitch muscles, and if you want to stay lean, there are benefits in that, as well. Don't forget the benefits you get on your cardiovascular system. Come meet day, a lot of guys are breathing heavy and sweating in their warm ups. Sure, I sweat but it certainly doesn't burden me as it does someone that is not conditioned.

Your diet has got to be serious in order to match your training and help you stay as lean as you do. Give me some insight on what a day in the kitchen looks like for Jesse.

To me, it's really not rocket science. During the week, I do follow a laid out meal plan. In the morning, I usually have a 50g protein shake with some coffee and I snack on jerky until about 9am. At that time, it's my first meal, which is usually around 30g of protein and 20g of carbs. Usually, it consists of egg whites and potatoes. My next meals are ground turkey, brown rice, and green beans. Again, this is around 30g of protein and 20g of carbs. I have 3 of those meals throughout the rest of my day, as well as another 50g protein shake after training. During the weekends, it's very flexible dieting. I basically just try to eat healthy and take in as much protein as possible. I don't consider it a strict diet to follow, but for me, it works.

Do you think your body composition has any affect on your strength potential? You're seriously lean by powerlifting standards.

If anything, it has increased my potential for strength. The way I see

it, the more muscle you have, the more strength you potentially have. Fat is stored energy which can come in handy come meet day but to me, it is unwanted body mass.

What's your opinion on the "IIFYM"/flexible dieting style? (Tracking macronutrients with no worry as to where they come from)

Well, I don't necessarily disagree with the concept, as I've certainly made the excuse of drinking beer in order to get some extra carbs in. But I definitely feel like when you eat healthy and make smart decisions, you ultimately feel better. So trying to eat cake and jerky as a post workout, you probably won't be feeling the best later that night.

How about supplements? What do you take regularly?

I feel like supplements help me. Definitely from a nutrition standpoint more than anything, as I will use protein supplements to help raise my protein intake and help with recovery. Other than that, I regularly take L-carnitine and CLA to help my body utilize fat as energy. I'll take fish oil, as this is pretty much proven to help you with many different functions of your body. Other than that,

I will almost always take a pre-workout - I feel like they definitely help me reach another level, which is always wanted when I'm trying to make personal bests.

What's your favorite food that you don't regularly fit into your day?

I love frozen yogurt and spaghetti. But I certainly can't always be having that amount of carbs.

What would a perfect weekend look like for you?

A perfect weekend? I'd love to take a ride up into the hills on my motorcycle, find a secluded area by a creek and do myself a little fishing. Of course, all after doing some heavy squats.

Tell us one thing that nobody would know about you!

Well, that's a hard one. I'm a pretty open person! But I suppose to any stranger I might be perceived as intimidating. I'm really just a quiet person and I often keep to myself. I'm rarely one to start the conversation. But if you ever get the chance, come up and say hi - I'm more than happy to answer any questions or give advice.

Thanks for taking the time to do this interview, Jesse. I wish you the best of luck in all your future endeavors. PM

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HOW TO SQUAT WITH ED COAN

TRANSCRIBED BY MICHAEL OCHNICKI FROM YOUTUBE.COM/SUPERTRAINING06

MARK: Take us through the squat from the very beginning. Where do you start? What should be in your head when you're walking up to the bar?

ED: The first thing about the squat is that every single set you do - no matter if it's without any weight on the bar or if it's with five plates - you want to walk up to it, grab the bar, set up underneath it and get tight underneath it. Use the same exact steps [walking] out. Every single thing has to be the same every single time. This will allow for no variables to be left, so worrying about your setup is taken out of it.

When I first get under the bar, I like to tighten up every muscle from the back of my neck all the way down to my spine and squeeze everything in - from the rear delts to the lats - even into the lower lats. I always think about keeping my triceps pulled into my lats. As well, squeeze the heck out of the bar! Then, you're locked in and protected against rounding and loosening.

When we're talking about the actual squat, don't just think of it as pushing with your legs; you have to use your back at the same time. As you push off the floor, you want to also drive your back up into the bar as hard as you can and pop your chest up. Drive the bar straight up with your chin and chest - not back - or you might fall on your ass! It is similar to a good morning or the old Paul Anderson back lift. The timing is important and we really want to make sure that we are pushing with the legs and the back together. If you're only pushing with the legs, your squat turns into a two part lift with your butt shooting up and you end up doing a good morning to finish the lift. You see this happen a lot and it's either because the person's back is too weak or they are just not concentrating on using it.



MARK: What are you doing with your feet when you walk the weight out? How do you find your stance? Should people make an immediate switch to a different stance or work on it a little bit each session until the new stance is comfortable?

ED: Your stance is determined by feel. If you are bigger and "hippy," you can handle being a little wider and more "opened up" with your stance. If you're not, you're usually a little bit closer [with your feet] because you don't have that girth. You'll have a closer stance and the bar will be higher up. In my training, I did a lot of both. I never had a problem with lower bar power squats—my weakness was my quads. I never had really big legs, so my off-season was spent doing high bar close stance squats to correct that weakness.

With your feet, you want them pointed out a little. Try standing with your feet shoulder-width apart and your toes pointed straight forward. Now keep them there but turn the toes out just a few degrees and what do you feel? Your glutes tighten up. Just by pointing your toes out a little bit, you'll activate more glute, which is a big, strong muscle. As

long as your toes are pointed out a little, you can open up the taint and push the hips back a little more. If you keep your toes straight, the squat becomes all quads like an Olympic lifter's. Some people won't be comfortable immediately pointing the toes out more. In that case, you can slowly make the change by just pointing your toes out a degree or two more each week. Make the change slow and steady so that your body can adapt to it. It's like when someone tries sumo for the first time after pulling only conventional. "Oh I tried it and I couldn't pull as much." Well, that's because you have to set the pathway first. You have to stick with changes for a while to see how your body adapts to them. You can't just try things once and decide, "Oh, that doesn't work." It's all about repetition. When my hip was messed up, I didn't squat for two and a half years. The first time I took a squat out off the rack after that, I walked up to it the same way, took it off and everything felt like I was home. It was just perfect again. Nothing felt bad at all.

MARK: How should you start the actual squat? What's the first cue on the way down?

ED: An old cue for initiating the squat is “push the knees out”. That cue works for a while but you will eventually notice that when you push your knees out, they will still go forward. So, usually I try to open up the groin and sit back more. It lets you use more hamstring and glute in the movement. “Open your taint” should be the new “Knees out!” It gets a nice breeze flowing, too. When we were doing the How to Squat video for the YouTube channel (www.YouTube.com/user/Supertraining06), I could hear the ocean when Silent Mike bent over, like he’d whipped out a giant conch shell.

If you are finding that your knees cave in, I have always found that reps are the answer. Repetitions cure it. If you’re the first one down the street after a snow storm, you’re screwed. You want to be that 100th guy after the pathway has set. You just have to keep doing reps and it starts correcting itself – strengthening up little weak points and letting you get the motor pattern down better. This will cause your body to know what it’s supposed to do at the right time.

MARK: What are the steps you go through in your head when you walk the weight out? What should someone do, and not do, during the walkout?

ED: Control is number one with the walk-out of the squat. You have to take your time. Take your time! Everything’s tight, stand up, let the bar settle, little step back, little step back, foot out, other foot out, and you’re set. What happens a lot of times is that guys will stand up and immediately try to walk back but the bar is still whipping around. You haven’t let the bar settle. So, when you walk back, you are dealing with all of that reverb and you never get as tight as you could have because you didn’t let the body absorb any of it.

When I’m taking my breath, in the beginning, I’ll take a big one through my nose when I get under the bar. I hold it until I have the bar walked out and I’m set to go. Then I’ll take one more quick breath through the nose and start the lift. I don’t want to see what a lot of guys do – they take such a big breath that the shoulders rise – then, you’re actually loosening up and that’s not what we want to do. You want to keep that back locked in. I prefer to breathe in through the nose because you can brace your diaphragm and chest in better and



that helps prevent upper back rounding.

MARK: How do you use your belt? Do you think it should be worn higher or lower? Should you force your stomach out into it?

ED: I don’t do anything particular with my belt. Where you wear it is really just a matter of preference. Taller guys might like it a little higher and shorter guys might like it a little lower. People say to push out into it and things like that, but I’ve always just kept my abs as tight as I could. I never pushed out into the belt because it arches your lower back. Then, all the weight is on your lower back and that’s dangerous. I would, however, wear it a lot tighter in the squat than the deadlift. Your belt was the only thing you were allowed to tighten up or change on the platform in the IPF. You couldn’t mess with your suit or anything, so I made sure that belt was on tight!

MARK: What do you do with your head during the squat? Where do you keep your eyes?

ED: I like to keep my head neutral. At a meet, I actually don’t see or notice anything – I just hear myself trying to think and keep it together. However, my eyes stay in the same spot as training. Looking down will start to roll the shoulders forward, and looking up will make it hard to use your back in the movement. When I keep my head neutral I can use my back—I like just being neutral.

MARK: When you shifted from raw lifting to geared, were there any considerations you had to make? Did you have to change things in your form or

your cues for the lifts?

ED: For me, there wasn’t a big difference in form or stance between geared and raw lifting because I had little oompa-loompa legs, and I could drop into the lift with the same technique. Today, the equipment is more restrictive and you have to go wider to get the weight down. There aren’t that many guys that are very wide and proficient. A lot of guys are trying to bring the multi-ply squat form that they’ve seen on so many videos into raw lifting and it won’t work. It won’t work at all—you don’t have that brace up there in the hips. You can try pointing the toes forward with this kind of stance like a lot of the guys used to do, but you’ll find that your hips will lock up and you’ll never hit depth. At a meet, you’ll ask why you got red-lighted and you’ll hear, “Well, your chest was below parallel, but your hips weren’t!” When I coach people, I ask them to video themselves from a front-side angle. This is the best place to see where things are going wrong. You can take a look at your own form with videos and start to pick out what is working and what isn’t.

MARK: When would you decide to use knee wraps in your training? How did you use them in the off-season as opposed to right before a meet? What do you think when people suggest that you were barely equipped or, on the opposite end, when they say that your strength relied on equipment?

ED: In my training, I wouldn’t use knee wraps for a lot of the off-season just to get things strengthened up. Then, in-season, it takes a few weeks to get used to knee wraps again and at first it feels

like sh*t—worse than raw! But then your body starts to adapt and learn how to hit that hole and rebound. You need to practice in the wraps for at least a few weeks before you go and use them in a competition. I mean f*ck, if I had the Sling Shot wraps back then, I would have squatted a million frickin' pounds! That shows you the advancement of the materials [available to lifters now]. It's the quality of the wrap that's improved a lot. Our wraps back then were nothing like yours now. It was still equipped, though. To say "Oh, Eddy Coan was as raw as can be, and he never used crazy wraps" - that's bull! I still used what I had in order to get something out of it. If they didn't work, I wouldn't have used them! You have to be happy with yourself and the way you are lifting. "Why did you get into lifting in the first place? I wanted to get stronger." So if you're getting stronger, you've won already. That's why we all did it. All of my trophies and medals? I've donated some of them to the Special Olympics, or my sisters have some as paperweights at their houses. It's not about the trophies. When I got inducted into the Hall of Fame by Arnold (Schwarzenegger), the best part of the whole thing with powerlifting was the journey I got. Look at the friends I have from all over the world. I wouldn't be here right now. You and Chris wouldn't be my friends right now. If I didn't have powerlifting, I wouldn't have the best woman in the world with me. So, what's worth more, a trophy/record, or that? The memories are going to last me. My lifts are going to last me. I'm happy with what I did and the way I did it. That's it.

MARK: Do you think that people need individualized accessory work and programs? Or is training more simple than that?

ED: When I first start coaching someone, I coach them how I would coach myself. Then, as time goes on, the different little nuances come out as far as body type, what they can handle as far as workload and volume. Then it's just little off-shoots—the same program, but different, it starts to change a little. That's what I think everyone should do; keep it simple and then add little things in. All the assistance work in the world doesn't mean anything if it doesn't help your main lift and have any carry-over.

MARK: If you could narrow down

everything we've talked about today on the squat to just three tips, what would they be?

ED: To break the squat down into 3 big points:

1) Your setup has to be perfect.

Practice your setup from your walk up to the bar, how you get under it - get tight, take it out and catch your breath. The weight feels so much lighter when you set up perfectly. When you go down with it, that's a different story!

2) Once you've walked out, make sure that you take another good breath while keeping your back and everything else locked in - squeeze your abs as tight as you can. Get braced.

3) When you start going down, open

"IF YOU HAVEN'T COMPETED AND YOU'RE NOT PLANNING ON IT, YOU SHOULD. EVERYONE NEEDS A GOAL. TO JUST GO INTO THE GYM AND WORK OUT DOESN'T MEAN ANYTHING"

up your taint first and then sit back just a little bit. Drive with your legs when you hit the bottom and push your back up into the bar at the same time. It must be at the same time or your hips won't come through.

MARK: What are your two favorite assistance exercises for the squat?

ED: Two of my favorite assistance exercises for the squat are just a high-bar, closer stance squat, and pause squats. When you pause in the hole, you teach yourself how to stay tight, and the only way to get up properly is to use everything the way that you're supposed to - pushing with your glutes, hamstrings, quads, and back at the same time. I mostly did sets of 5 reps down to doubles for these movements, but I also used sets of 8 and 10. If you want to build a faster race car, build a bigger engine! Back then, powerlifters were separate and bodybuilders were the crazy ones. We didn't realize back then that what they were doing was pretty damn good with their diets and everything and we should have learned a little bit from them.

MARK: After a meet, some people get the post-meet blues; they shuffle around for a few weeks and don't

really know what to do. How did you get ready for the next meet and keep pushing yourself to lift heavier and heavier weights?

ED: Right after a meet, in order to get myself ready for the next competition, I would just go in the gym and do some light squats, benches, and deadlifts - I'd do some stretching and then the next week, I'd be rejuvenated and ready to go again. Then, I would start a new cycle based on the numbers from the old cycle. I'd look at my notes and see where I started and where I ended up. "My weak points are this. My numbers ended up like this." Well, I might have to change my numbers a little bit. I might have to use a different exercise. If you keep notes like that, you have already written your script for the next meet with what you did for the last one. It is hard to be honest with yourself and point out your weaknesses. It is easy to say, "Ok, well I'm really good at rack deadlifts from below the knee, so that's all I'm going to post up on Facebook and Instagram." If you're honest with yourself and you work on your weaknesses, all of a sudden, that weakness is kicking in later and later in the weights. Your weaknesses will always be your weaknesses, but strengthening them will keep them at bay until you reach heavier and heavier weights.

MARK: To wrap this up, can you tell everyone why they should be powerlifting and competing?

ED: If you haven't competed and you're not planning on it, you should. Everyone needs a goal. To just go into the gym and work out doesn't mean anything. There's a difference between training and having a goal, and you'll be really proud of yourself and realize what you've got in the tank. Everyone wants to be stronger. Everyone wants to feel better. Guys and girls will both notice a change in their bodies and have better confidence. What girl doesn't want to have firmer legs, a rounder and tighter butt - have less body fat, and feel more empowered? And guys, with our fragile male egos, who doesn't want to feel stronger? Everyone wants to look better and feel stronger. **PM**

Find Ed on Instagram at @eddycoan, and visit his website, www.strengthinc.com

For full video go to [Youtube.com/submit/pertraining06](https://www.youtube.com/submit/pertraining06)



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DEEP THOUGHTS WITH

BRYCE BRYCE LEWIS

BY HANI JAZAYRLI

HANI: What's up Bryce? Thanks for taking some time to answer these questions for us and giving us a look into your mind!

BRYCE: It's absolutely my pleasure.

HANI: What is your educational background? Do you think this non-traditional educational background has had a positive or negative impact on your ability to make judgments in the sport?

BRYCE: I began higher education in mathematics and switched about halfway through. I ended up finishing with a degree in philosophy from UCLA. I'm not so sure that this background favors coaching powerlifters more than exercise science might, but I'm happy to have done it. I do feel that some of the lessons in critical thinking that I've learned continue to play a positive role in my life and my decisions. More of the judgments in the sport come from my education in powerlifting, strength training concepts and real world experience rather than my traditional education.

HANI: Have you always been an athlete? Where did it all begin?

BRYCE: Not always. I guess if I had to go way back to elementary and middle school, I did play tennis and participated in diving while at summer camps and my parents bought me a home lifting setup when I was young. It was a basic bench press with a lat pulldown and leg extension attachment. I knew next to nothing about lifting at the time, but I did work myself up to a 135lb bench press at one point. Later, in tenth grade, my friend and I tried out for our high school volleyball team, and I've been doing some kind of regular exercise since then. Volleyball grew to be one of my biggest passions before barbell sports; I went on to coach at the same high school that I played for and I also [coached] at the competitive club level. Barbell lifting began seriously at age 18 during my first year of college.

HANI: What are your favorite things to do aside from lifting?

BRYCE: Outside of lifting, I enjoy spending time with my wife and dogs. I like hiking and I am also a bit of a foodie, so sometimes we take the time to make great food at home or go explore one of the many outstanding restaurants in Denver where we currently live. I enjoy reading and listening to audiobooks or podcasts about consciousness, neuroscience, and psychology. I also love video games and technology, in general. Lately, Microsoft Excel and its many uses have been a hobby of mine as an extension of coaching for The Strength Athlete, which is our portal for helping powerlifters become better athletes.







HANI: Do you think this volleyball background has any effect on your current abilities as a strength athlete?

BRYCE: Definitely! I think I got lucky in that regard. I was recently looking through Periodization, 5th Ed. and found a comparison of the energy systems of different sports. I wasn't too surprised to see that the energy systems in volleyball and weightlifting are pretty darn similar, requiring 90/10/0% respectively from phosphagen, glycolytic, and oxidative energy systems. Other sports that fall into that same category include short distance speed skating, swimming, judo, fencing, golf, gymnastics, football, diving, short distance cycling, short distance track runs, and field events. You can see the pattern; they are all explosive short bouts of work or individual repetitive skill sports - the same that we observe in powerlifting. Even among that list though, there are some that are purely upper body dominant, and I was lucky to be involved in a sport that included an absolute ton of jumping.

HANI: You coached volleyball too,

right? Why didn't you continue?

BRYCE: Unfortunately, there is very little money involved in being a volleyball coach, even at the club level. Unless you are an NCAA DIII, DII, or DI head coach, or your name is very well established, it's going to be difficult to make a career. Even then, if your team has a few bad seasons, the same as other team sports, the spotlight is on you and you may get fired. It's unstable. I still love volleyball and working with kids - getting to know them was a highlight of our competitive seasons, but it just wasn't in the cards as something sustainable.

HANI: Do you feel you gained a skill set while coaching volleyball that has transferred into your powerlifting coaching? Does it make you different from other coaches?

BRYCE: Definitely, I think it has in a few ways. I've had to become proficient at capturing the attention of large groups of teenagers and running them through full two to three hour practices. I've also had to learn how to manage time and energy. You have to be mindful of both

the individual and the group at the same time. You have to understand when a drill is going well, and you also have to be able to recognize when you might be losing attention or not getting the required result. While distance coaching for powerlifting is a different animal, there's some carryover in one's ability to connect with an athlete - understand when you have great adherence and when things need to change.

I've learned how to give criticism, which is sometimes hard for coaches to do. We have to be both firm and understanding. We need to realize the nature of the mistake or the correction that we're looking for, and at the same time, empower the athlete to correct it on their own without feeling like we are punishing them or that they are letting us down. I think it's a fine line to walk, but it's also at the base of seeing change in athlete's behaviors.

The street runs both ways, and I've used some of my knowledge of nutrition and nutritional strategies to help my volleyball athletes succeed in the past, too.

HANI: I hear you did a bodybuilding show with your dad a few years back. How was that experience? Did you work with any particular coach?

BRYCE: Yeah! Before powerlifting, I did natural bodybuilding and I had a chance to step on stage with my dad, who was also early into pursuing bodybuilding in the masters division. It was a once-in-a-lifetime experience and while neither of us won any high placing, it was also an NPC [National Physique Committee] show, rife with drug users, so we were at somewhat of a disadvantage. I really enjoyed us both going through the same prep and sharing that experience. We both prepped either under Layne Norton or 3D Muscle Journey...we have used both coaches, I just don't recall which coaching service prepped us for that specific show. In any case, the training was different than what a powerlifter would be doing, with a fair amount of assistance and single-joint movements targeting more of the body than the normal powerlifter's workout would.

HANI: Has Layne changed much between then and now?

BRYCE: I'm not sure. I only knew Lane in a coach to athlete capacity then, and now, it's exactly the opposite. I know

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him only as a friend and not as a client or an athlete. However, the intensity and passion that he brings to his training sessions and his life seem identical to the Layne that I remember during bodybuilding.

HANI: I don't know that anyone reading this, not any more than a few anyway, would ever willingly go through the diet to do a bodybuilding show. When did you make the choice to focus on fun things like lifting heavy stuff instead of your biceps and how dark your tan could get?

BRYCE: Ha! Actually it was a slow shift in my motivation to compete in bodybuilding combined with seeing friends start to compete in powerlifting that got me interested in the idea. For me, it was that the rigors of bodybuilding prep, its length, and finally, the reward of stepping on stage, no matter how you placed, just didn't justify it. I knew my heart just wasn't into it, especially after I experienced how much fun and rewarding my first powerlifting competition was. Plus, the food! Luckily, as powerlifters, we don't have to be as lean as a competitive bodybuilder at the time of competition, and I cherish that fact all of the time. It wasn't really a sudden switch. It was more gradual and even after my first powerlifting competition, I still told others that I might do another bodybuilding show, but I think I knew deep down that the switch was more permanent.

HANI: You have some seriously developed muscle. More developed than you see on a lot of powerlifters these days. This may or may not be related

to your background in bodybuilding training. Do you think the larger baseline of muscle mass has helped to increase your strength potential?

BRYCE: I definitely think it's related to my athletic background, both on the bodybuilding side and the volleyball side for the lower body. It's no secret that a bigger muscle has the potential to move more weight, and I think all the hypertrophy work in my past, whether intentional or otherwise, has helped in powerlifting. During the bodybuilding training, there was still a focus on progressive overload, a combination of lower load hypertrophy work and heavier load strength work - these blend really well when trying to drive progress over time. This has led me to develop a better frame for powerlifting.

I'm sure that if I decided to train specifically for powerlifting back then, instead of bodybuilding, I'd be even BETTER off now with an even higher total. So I'm not trying to say, "Train like a bodybuilder first before you train like a powerlifter," in case readers are coming to that conclusion. Training for powerlifting better will help make you a better powerlifter! But what I am saying is that considering the development of the athlete and their long term goals probably involves spending long periods of sub-maximal training, getting in substantial volume in addition to heavier training, and finally, that we need to consider the training age of the athlete and structure training accordingly.

HANI: What are your medium and long-term goals?

BRYCE: In the medium term, I've got USAPL Raw Nationals on the horizon and plan to just put up a better total than my last meet and continue getting stronger. In the long term, I would love to stay injury-free to the extent that I can. When it comes to my goals for lift numbers though, I feel setting end-goal oriented numbers is kind of irrelevant - it would be cool to squat 660lbs, to bench 500, and to deadlift 800 at some point in my lifetime.

HANI: How long have you been training in total?

BRYCE: Ten years! I'm 28 now and first started barbell training at 18. I played volleyball for another few years before that, which might count towards that number.

HANI: How about the total time that you've been specifically competing in powerlifting?

BRYCE: This year marks five years of powerlifting competition.

Hani: What does your training look like on a weekly basis? Do you train heavy often?

BRYCE: Training at my level is heavily centered around the competition lifts. I've got a short list of movements I do in my training and I'm performing them relatively frequently. I bench 3-4 times per week, squat 3-4 times, one of those front squatting for now, and deadlift 2 times per week. Most of that work is without variation, allowing me to hone technique and just continue building quality volume. Training is nonlinear but there is still a general pattern of heavier loads and lower repetition towards a meet. You could call my training DUP (Daily Undulating Periodized) at the weekly level, and more linear across weeks and months. For assistance work, I'm doing some grip work for my deadlift, some lat work, triceps, and abs.

HANI: How about your diet? You've got to be eating something special with pecs like those!

BRYCE: For now, I'm trying to eat into the 105kg category from a bodyweight of 215. It's a slow process and I don't want to put on too much body fat. I'm consuming somewhere in the neighborhood of 200-225g protein, and 3500 total calories or thereabouts. The breakdown of carbs and fat is less set on a regular basis at this point of the year. As an aside, I think it's worth mentioning that focusing on nutrition is something

powerlifters only recently started doing, and it's a welcome change. In a weight class sport like powerlifting, we have to consider the dietary element to maximize our athlete's performances.

HANI: Do you have someone doing your programming and nutrition for you? If so, how did you find and choose this person?

BRYCE: I do. I'm lucky enough to be coached by Eric Helms from 3D Muscle Journey. We met in the days when the bodybuilding.com forums were still really popular, and 3D Muscle Journey (3DMJ) was just forming. Also, Eric was competing at my first bodybuilding competition, and we hit it off and kept in touch. He's been with me through the transition from bodybuilding to powerlifting, and he's now stayed with me throughout the powerlifting [career], roughly five or so years. I looked for a person who cares about their athletes, cares that their methods don't just work, but work for specified reasons, and who has a track record of proven success. Not to toot Eric's horn too much, but he continually gives back to the lifting community through ongoing research in nutrition and exercise science, and I couldn't be happier than to be coached by him.

HANI: In your opinion, what are your greatest lifting achievements?

BRYCE: My recent meet was by far my best for a number of reasons. I have a habit of breaking down and underperforming on meet day because of anxiety and overthinking things. I feel like I've finally made some progress on this side of lifting, and am glad to be able to talk about it, as it is not often discussed. I also went 9/9 for the first time that wasn't a warmup meet, and I set four all-time PRs - squatting 617, benching 446, and deadlifting 722, just under 1800 total and 500 Wilks.

HANI: Would you rather have good genetics or good work ethic? You can only pick one.

BRYCE: I'd rather have good work ethic for a number of reasons. A good work ethic carries over into other areas of your life, while good genetics are only good for the sport in question. Also, a good work ethic allows you to continually commit dedication and discipline year after year, continuing to grind away and make progress that just doesn't happen if someone only has good genet-

ics. Luckily, powerlifting is a sport that one can continue to improve upon and compete in at a high level for decades, and in fact, there are open level world champions who are in their 40s. It's more important to just continually make progress than it is to have good genetics, though we expect eventually that champions at the top must have some balance of these two factors.

HANI: Is it true that your beard makes you stronger?

BRYCE: Without a doubt! Beards also improve training recovery by 32.4%.

HANI: What do you feel are the biggest and most common mistakes powerlifters make?

BRYCE: That's a great question. The first thing that comes to mind is missing the forest for the trees. People really get bogged down in the details of this or that approach. They can also get caught up in a specific recovery tool, special accessory movement, periodization scheme, rep range, frequency, intensity, and any of the other variables from the myriad of topics we're bombarded with on a daily basis. What's important? Squatting, benching and deadlifting relatively heavy, while adhering to a progressive overload. At the very least, we need to be able to sort the relative importance of these training concepts so that we know how much stock to put into any single one. Eric Helms has a great YouTube video series on the topic of priorities.

Next is patience. Progress is great, and I think the nature of social media allows us to easily see a dozen examples of progress on a daily basis. I think that makes us expect progress at a faster rate than it actually comes. We have to be patient and enjoy the process. I try to imagine myself still pursuing this sport and still making progress in 10 years. Putting your training today in the context of the next decade allows you to see that progress really comes from the accumulated efforts over time.

HANI: If you could give one piece of advice to every powerlifter reading this magazine, what would it be?

BRYCE: This might change the next time I'm asked this question, but today, the advice is to become a better thinker. Understand basic principles of logic, the scientific method, the most common cognitive biases, and put those things

to work when you read articles or talk with people in our lifting community at large. A few beautiful byproducts of this are that you will be less certain about conclusions or your beliefs, but you will also be better able to critically evaluate new information. The things you accept will be accepted for good reason, and the things you call out as bullsh*t will be denied for good reasons. If enough people do that, we're going to end up really advancing our sport, ourselves and each other.

HANI: Do you agree with the idea that athletes must sacrifice big pieces of their lives in order to be successful in strength sport?

BRYCE: Definitely not. I think it's a romantic (but wrong) idea that you have to sacrifice everything for this dream, this one goal, or this one achievement. Some might even say it's necessary that if you want to be the best, you have to sacrifice everything. First of all, speaking in absolutes doesn't get us very far but I can think of a myriad of athletes that are literally the best at their sport in the world, or the best at any one thing in the world, and still manage to have healthy familial relationships, healthy sleeping and eating habits, friends, and are functioning members of society.

Maybe you have to make accommodations at certain parts of a training cycle or incorporate daily habits that other people don't. You aren't striving for the same things that other people are, so obviously, your habits and behaviors will be different. But to assume you can't be great without putting your life on pause is wrong.

HANI: Since we are on the subject of coaching, I'm interested to hear your opinion about your business, The Strength Athlete. Obviously, you may have a little bias, but that's okay. There are so many options available with the popularization of online coaching these days. How do you see that The Strength Athlete is different from other coaching services available to the masses?

BRYCE: We can't say that we're unique, but we are all lucky enough to have great mentors and we are all able to bring our own experience and a strong appreciation of evidence-based practice to the table. We try to focus on the complete picture, assessing where

the athlete is when they join TSA and combining custom training, nutrition, technical feedback, mobilization, positioning, warmup, and everything else we can think of to improve the athlete in a system. Above all of this though, I think the most important thing is caring for the athletes as people, and not just as numbers on a page or as a means to a bigger bank account. We try to be professional in an industry where "email me for coaching" on your Instagram profile is often as professional as it gets.

HANI: This is more specifically about you personally. How would you describe your coaching style?

BRYCE: I like having athletes train sub maximally a majority of the time. I also like them to build quality technique and volume, with a strong focus on the competition lifts and complex loading strategies. Programming is a puzzle to me, and I think that's one of the things that I love about it. Every mesocycle for every athlete is a puzzle to solve, and I get to combine that with care for the athletes both in training and in their daily lives.

HANI: Do you think powerlifting coaching is something that can be used to its full value by lifters of all levels from novice to advanced?

BRYCE: It's probably the case that rank novices would benefit more from having a coach in person. Their coaching would be centered more heavily on the technique and building a solid training base than any kind of programming. Novices can most likely increase load on a daily or weekly basis. Being there in person and supervising the lifts would be my preference, though I don't really ever get to do that. By the time progress slows a little, coaching shifts less on the technical side of things (maybe a small correction every few weeks) and shifts more to creating programming approaches that the athlete can continually progress through. If we're talking about coaching itself, absolutely, it can be used at all levels. In the same way that a shot-putter or basketball player needs coaching from the very early stages onward, so too does the powerlifter. People can succeed well on their own using the Internet and books as resources, but I think they would still be better off with a coach.

HANI: What do you think are the best free resources out there for the people who can't afford hands on

work with a coach?

BRYCE: You can learn a huge amount on your own, and we've compiled a fair number of free resources for people at thestrengthathlete.com/resources, including by-topic information. In today's powerlifting culture, it's not the availability of information that is a problem - it's the ability to discern good information from bad information. In other words, there is a lot of "noise in the system." This is one of the reasons why my advice above is so much needed; to develop a filter to protect against bad information or misinformation.

Besides the free resources, there are also some low-cost options, such as The Reactive Training Systems Classroom. This is a new full course on powerlifting and bodybuilding from Shredded by Science, taught by Eric Helms, Mike Zourdos and others. There are also many other seminars you can attend and ask questions to your heart's content. These are just a couple that come to mind immediately; the list goes on.

We also offer consultations designed to either prepare a customized training approach for the athlete, or alternatively, talk about technique, programming concepts, mentoring and more.

HANI: If you were just getting into the sport, hell even just getting into lifting, where would you start?

BRYCE: I would build the technique of basic movement patterns at a fundamental level, including proper hip hinging, bracing, moving limbs in synchrony, and other basic level coordinated movements. Depending on the sport, eye-tracking drills, foot movement drills, and explosive training are all good ideas before sport-specific training. Next, incorporating some amount of a challenging form of cardio sport such as GPP [General Physical Preparedness], plyometrics, etc. to continually build resistance to injury and a better-rounded base before specializing in one's sport of choice.

If we're talking powerlifting and people come to TSA with maybe a small background in general sport, we start at a base amount of volume and frequency. This will allow them to both progress and build good technique - we will supervise that process with frequent feedback.

HANI: A couple less technical questions. These ones are important! What is your favorite food?

BRYCE: On the savory side, I've got to go with sushi, though that's a really tough one. On the sweet side, I like anything chocolate.

HANI: What would your perfect Saturday look like? Start to finish. Don't skip any good details!

BRYCE: Some constant soundtrack of my all-time favorite music follows me everywhere I go. All the food I have is the best food I've ever eaten, but doesn't leave me full and sluggish. I get out into nature a little and I spend some amazing time with my wife and dogs. I do something that leaves me feeling creative, inspired, and accomplished. Maybe a massage in there too, some drawing, and some new PRs in the gym with my friends who are all magically here even though most of them live in other states or countries. As the day winds down, some time watching a good movie on the couch with my wife, and our two dogs are close by. There's a fireplace on and a feeling of comfort, safety, and contentedness washes over me.

HANI: If you had to pick only one hobby, aside from powerlifting of course, to continue for the rest of your life, what would it be and why?

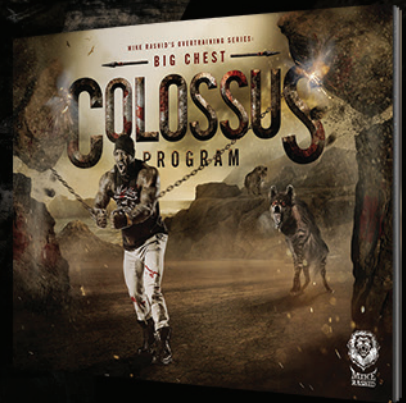
BRYCE: I would pursue, in depth, the studies of consciousness and neuroscience. That's the second biggest love of mine, and pursuing research and reading on all related topics brings me joy. Knowing how the physical brain creates our sensations of self, agency, free will, etc. - these are all qualities we take for granted on a daily basis and is something I've been fascinated with for a long time, and will continue to be. How we think, where we go wrong in thinking without knowing, and the easy and hard problems of consciousness are studied from the combined fields of neuroscience, cognitive neuroscience, biochemistry, computer science, psychology and related subfields, and many more. I can be perfectly content with a life of coaching athletes and helping them succeed, but I will also always love the previously mentioned questions, and the search for their answers.

HANI: Last but not least...tell us a Bryce Lewis secret!

BRYCE: I used to be a big emo kid! I had long straightened hair, side-swept bangs, eyeliner, and painted nails. The whole nine yards. **PM**

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Men's 275 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	Jim Grandick	SPF	2014-09-27	Multi-Ply	1063
2	Tory Pelzer	XPC	2015-03-06	Multi-Ply	1020
3	Anthony Carlquist	UPA	2015-08-02	Multi-Ply	1003
3	Bruce Mason	UPA	2015-04-25	Multi-Ply	1003
3	Anthony Chirico	UPA	2015-04-18	Multi-Ply	1003
6	Jo Jordan	UPA	2014-11-08	Multi-Ply	1000
6	Steve Acquaro	IPA	2015-03-14	Multi-Ply	1000
6	Levi Niswander	IPA	2014-10-11	Multi-Ply	1000
9	Henry Thomason	SPF	2015-01-31	Single-Ply	975
10	Jose Garcia	WPC	2014-11-15	Multi-Ply	970
11	Jonathan Byrd	RPS	2015-08-28	Multi-Ply	960
11	Tony Chirico	XPC	2015-03-06	Multi-Ply	960
13	Justin Redding	SPF	2014-09-27	Multi-Ply	942
14	Pat Helber	UPA	2014-11-08	Multi-Ply	935
15	Matthew Haumesser	RPS	2015-04-18	Multi-Ply	915
16	Brian Billings	XPC	2015-03-06	Multi-Ply	910
17	Elliot Baum	IPA	2015-03-14	Multi-Ply	905
18	Andrew Willard	APF	2015-03-28	Multi-Ply	903
19	Justin Enes	IPA	2015-06-21	Multi-Ply	900
20	John Kirkpatrick	APF	2014-10-18	Multi-Ply	881
21	Shawn Knowles	RPS	2015-05-30	Multi-Ply	875
22	Lonnie Newman	UPA	2015-04-25	Multi-Ply	865
23	Ryan Ruddy	IPA	2015-07-10	Multi-Ply	860
23	Jake Norman	RPS	2015-05-09	Multi-Ply	860
25	Bobby Gonzales	THSPA	2015-03-28	Single-Ply	855
26	Dennis Cornelius	USPA	2015-02-07	Raw with Wraps	849
26	Scott Dobbins	USAPL	2015-04-11	Single-Ply	849
28	Ernie Lilliebridge Sr	UPA	2015-05-16	Raw with Wraps	843
29	Matt Disbrow	RPS	2014-12-07	Raw with Wraps	840
29	Joey Rogers	XPC	2015-03-06	Multi-Ply	840
31	Saifolla Tilyeubyerd	WPC	2014-11-15	Single-Ply	837
32	Jim Swanson	RPS	2015-04-18	Multi-Ply	835
33	Kevin Frey	UPA	2014-11-15	Multi-Ply	832
34	Shaun Kopplin	WPC	2014-11-15	Multi-Ply	826
35	Jeff Brown	UPA	2014-11-08	Multi-Ply	825
36	Chris Papillion	SPF	2015-07-18	Single-Ply	821
36	Dennis Cornelius	USPA	2015-04-18	Raw	821
36	Matt Sohmer	USAPL	2015-04-12	Raw	821
39	Gabriel Rodriguez	THSPA	2015-03-28	Single-Ply	815
39	Rich Justice	RPS	2015-08-28	Raw with Wraps	815
39	Dustin Gray	APF	2015-03-22	Multi-Ply	815
39	Ryan Mitchell	THSPA	2015-03-28	Single-Ply	815
39	Grant Pullin	SPF	2015-06-13	Multi-Ply	815
44	Robert Rivera Jr	RPS	2015-04-18	Raw with Wraps	810
44	Nick Roman	UPA	2015-04-25	Raw	810
44	Joe Sauble	IPA	2014-11-15	Raw with Wraps	810
47	Patrick West	USPA	2014-11-22	Multi-Ply	805
47	Craig Clites	APF	2014-12-20	Multi-Ply	805
47	Jeff Cotter	GPC	2015-09-16	Raw with Wraps	805
50	Tee Popoola	USPA	2015-02-07	Raw with Wraps	804
50	Carlos Martinez	APF	2015-03-22	Multi-Ply	804
50	Matt Claussen	UPA	2014-11-14	Raw with Wraps	804

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Travis Bell	IPA	2015-03-14	Multi-Ply	900
2	Elliot Baum	IPA	2015-03-14	Multi-Ply	830
3	Tim Gale	RPS	2015-08-28	Multi-Ply	800
4	Rich Putnam	RPS	2015-08-08	Multi-Ply	785
5	Jim Grandick	SPF	2014-09-27	Multi-Ply	777
5	Rich Putman	USPA	2015-04-18	Multi-Ply	777
7	James Phraner	RPS	2015-04-25	Single-Ply	775
8	Henry Thomason	SPF	2015-01-31	Single-Ply	765
9	Rich McDowell	EPF	2015-03-28	Multi-Ply	750
10	Tommy Harrison Jr	WABDL	2015-04-11	Single-Ply	749
11	Tim Gale	RPS	2015-04-18	Single-Ply	740
12	James Hunter	WABDL	2014-11-22	Single-Ply	735
12	Jonathan Byrd	RPS	2015-08-28	Multi-Ply	735
14	Brady Stewart	USAPL	2015-08-30	Single-Ply	733
15	Tim Moon	WABDL	2014-11-22	Single-Ply	727
16	John Zemmin	UPA	2014-11-08	Multi-Ply	720
17	Joedon Breda	XPC	2015-03-06	Multi-Ply	710
18	Joey Murphy	WABDL	2014-11-22	Single-Ply	705
18	Anthony Carlquist	UPA	2015-08-02	Multi-Ply	705
20	Anthony King	RPS	2015-08-28	Multi-Ply	690
21	Anthony Chirico	UPA	2015-04-18	Multi-Ply	683
21	Willard Crossen Jr.	WABDL	2014-11-20	Single-Ply	683
23	Eric Doublin	SPF	2015-01-10	Single-Ply	677
23	Jeremy Auerbach	USAPL	2015-03-08	Single-Ply	677
25	Steve Diel	RPS	2014-12-07	Multi-Ply	675
26	Pat Helber	UPA	2014-11-08	Multi-Ply	660
27	Lonnie Newman	UPA	2015-04-25	Multi-Ply	650
27	Jeremy Hoonstra	APA	2014-11-08	Raw	650
27	Joey Rogers	XPC	2015-03-06	Multi-Ply	650
27	Steve Acquaro	IPA	2015-03-14	Multi-Ply	650
31	Brad Klinger	USAPL	2014-12-14	Single-Ply	644
31	Bruce Mason	UPA	2015-04-25	Multi-Ply	644
33	Richard Douglas	RPS	2015-04-18	Multi-Ply	635
34	Justin Redding	SPF	2014-09-27	Multi-Ply	633
35	Marcus Wild	XPC	2015-03-06	Multi-Ply	630
35	Jay Denton	RPS	2015-06-20	Multi-Ply	630
35	Tony Chirico	XPC	2015-03-06	Multi-Ply	630
38	Eric Hubbs	APF	2015-04-10	Multi-Ply	628
39	Jo Jordan	RPS	2015-05-30	Multi-Ply	625
39	Hewe McNelly	RPS	2015-04-18	Multi-Ply	625
41	Kevin Frey	UPA	2014-11-15	Multi-Ply	622
41	Jose Garcia	WPC	2014-11-15	Multi-Ply	622
43	Aaron Brown	APF	2015-03-28	Multi-Ply	617
44	Jim Swanson	RPS	2015-04-18	Multi-Ply	615
44	Timothy Albanese	IPA	2015-06-21	Multi-Ply	615
46	Darren Kaleleiki	WABDL	2014-11-19	Single-Ply	612
47	Carlton James	SPF	2015-07-18	Single-Ply	611
48	Ryan Ruddy	IPA	2015-07-10	Multi-Ply	610
48	Justin Enes	IPA	2015-06-21	Multi-Ply	610
50	Wayne VanNostrand	USPA	2014-11-22	Raw	608

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Nick Weite	USAPL	2015-03-08	Single-Ply	859
2	Jake Norman	RPS	2015-05-09	Multi-Ply	850
3	Jon McDonald	IPL	2014-11-08	Raw	848
4	Tom Emelander	USPA	2015-02-07	Raw	843
5	Aria Attia	RPS	2015-04-18	Raw	830
6	Patrick Holloway	WABDL	2014-11-21	Single-Ply	826
7	Brian Laudick	USPA	2014-12-06	Raw	804
7	William LeBlanc	USAPL	2015-03-08	Single-Ply	804
9	Kade Weber	RUPC	2015-02-07	Raw	793
9	Mike Hedlesky	USAPL	2015-03-08	Single-Ply	793
11	Travis Mc Cormick	WABDL	2014-11-22	Single-Ply	782
12	Dennis Cornelius	AAU	2014-12-27	Raw	781
13	Tanner Hysell	RPS	2015-01-31	Raw	780
13	Brian Billings	XPC	2015-03-06	Multi-Ply	780
15	Michael Howell	USPA	2014-12-06	Raw	777
15	Darryl Howell	USPA	2014-12-06	Raw	777
17	Mark Miller	SPF	2015-05-09	Raw	775
18	Joshua Dakin	USPA	2015-02-14	Raw	771
18	Jason Payne	APA	2014-10-04	Raw	771
20	Michael Lackey	IPA	2015-03-07	Raw	770
20	Matt Sohmer	IPA	2015-03-07	Raw	770
22	Charlie Lyons	USPA	2015-05-30	Raw	766
23	Colby Ballinger	WABDL	2014-11-22	Single-Ply	762
23	Greg Panora	RPS	2015-04-25	Raw	762
25	Robert Rivera Jr	RPS	2015-04-18	Raw	760
25	Patrick Raquet	RPS	2015-06-06	Raw	760
25	Steve Flaming	RPS	2015-04-18	Single-Ply	760
25	Steve Gentili	USPA	2015-06-20	Raw	760
29	Dustin Ellis	SPF	2015-01-10	Raw	755
29	Derrick Martin	USPA	2015-05-02	Raw	755
29	Justin Clifford	USPA	2014-10-25	Single-Ply	755
32	Dave Keiser	RPS	2015-04-18	Raw	750
32	Steve Acquaro	IPA	2015-03-14	Multi-Ply	750
32	Eddie Debus	RPS	2015-03-21	Raw	750
35	Jesse Drache	APF	2015-07-11	Raw	749
35	Nick Roman	UPA	2015-04-25	Raw	749
35	Justin Clifford	USPA	2015-04-25	Raw	749
38	Justin Enes	IPA	2015-06-21	Multi-Ply	745
39	Jose Garcia	WPC	2014-11-15	Multi-Ply	744
39	David Zyski	RUPC	2015-02-08	Raw	744
41	Grant Pullin	SPF	2015-06-13	Multi-Ply	740
41	Matthew Haumesser	RPS	2015-04-18	Multi-Ply	740
41	Kevin Smith	RPS	2015-08-28	Raw	740
41	Mike Lackey	IPA	2015-06-21	Raw	740
45	Michael Tuchscherer	IPF	2015-06-06	Raw	738
45	Jared Martin	IPF	2015-06-06	Raw	738
45	Tee Popoola	USPA	2015-05-23	Raw	738
48	Patrick West	USPA	2014-11-22	Multi-Ply	735
48	Jim Swanson	RPS	2015-04-18	Multi-Ply	735
50	Trey Love	WPC	2014-11-15	Multi-Ply	733
50	Justin Norman	APF	2015-04-11	Raw	733
50	Lexington Plummer	USPA	2015-04-04	Raw	733

TOTAL

Rank	Name	Federation	Date	Division	Total
1	Jim Grandick	SPF	2014-09-27	Multi-Ply	2546
2	Henry Thomason	SPF	2015-01-31	Single-Ply	2440
3	Anthony Carquist	UPA	2015-08-02	Multi-Ply	2436
4	Steve Acquaro	IPA	2015-03-14	Multi-Ply	2400
5	Jonathan Byrd	XPC	2015-03-06	Multi-Ply	2365
6	Anthony Chirico	UPA	2015-04-18	Multi-Ply	2352
7	Jose Garcia	WPC	2014-11-15	Multi-Ply	2336
8	Levi Niswander	IPA	2014-10-11	Multi-Ply	2325
9	Bruce Mason	UPA	2015-04-25	Multi-Ply	2309
10	Pat Helber	UPA	2014-11-08	Multi-Ply	2300
11	Justin Redding	SPF	2014-09-27	Multi-Ply	2281
12	Justin Enes	IPA	2015-06-21	Multi-Ply	2255
13	Tony Chirico	XPC	2015-03-06	Multi-Ply	2250
14	Matthew Haumesser	RPS	2015-04-18	Multi-Ply	2240
15	Lonnie Newman	UPA	2015-04-25	Multi-Ply	2204
16	Jo Jordan	RPS	2015-05-30	Multi-Ply	2200
17	Jake Norman	RPS	2015-05-09	Multi-Ply	2185
17	Jim Swanson	RPS	2015-04-18	Multi-Ply	2185
19	Dennis Cornelius	USPA	2015-02-07	Raw with Wraps	2166
20	Brian Billings	RPS	2014-12-07	Multi-Ply	2155
21	Dennis Cornelius	USPA	2015-04-18	Raw	2138
22	Joey Rogers	XPC	2015-03-06	Multi-Ply	2125
22	Joedon Breda	XPC	2015-03-06	Multi-Ply	2125
24	Grant Pullin	SPF	2015-06-13	Single-Ply	2115
25	Scott Dobbins	USAPL	2014-04-11	Single-Ply	2112
26	Kevin Frey	UPA	2014-11-15	Multi-Ply	2105
27	Greg Panora	RPS	2015-04-25	Raw	2102
27	Greg Panora	RPS	2015-04-26	Raw with Wraps	2102
29	Tim Gale	RPS	2015-04-18	Single-Ply	2100
29	Matt Disbrow	RPS	2014-12-07	Raw with Wraps	2100
29	Jay Denton	RPS	2015-06-20	Multi-Ply	2100
32	Jeffery McDowell	RPS	2015-01-31	Multi-Ply	2085
33	Jon McDonald	IPL	2014-11-08	Raw with Wraps	2083
34	Marcus Wild	XPC	2015-03-06	Multi-Ply	2080
35	Shawn Knowles	RPS	2015-05-30	Multi-Ply	2075
36	Ryan Ruddy	IPA	2015-07-10	Multi-Ply	2070
37	Kade Weber	RUPC	2015-02-07	Raw	2050
37	Chris Papillon	SPF	2015-07-18	Single-Ply	2050
37	Steve Diel	RPS	2014-12-07	Multi-Ply	2050
40	Nick Roman	UPA	2015-04-25	Raw	2039
41	Andrew Willard	APF	2015-03-28	Multi-Ply	2033
42	Aria Attia	RPS	2015-04-18	Raw with Wraps	2030
43	John Kirkpatrick	APF	2014-10-18	Multi-Ply	2028
44	mke Lackey	IPA	2015-06-21	Raw with Wraps	2025
45	Cody Giampa	USAPL	2015-08-22	Single-Ply	2022
46	Robert Rivera Jr	RPS	2015-04-18	Raw with Wraps	2020
47	Tee Popoola	USPA	2015-05-23	Raw	2017
48	Michael Lackey	IPA	2015-03-07	Raw with Wraps	2015
49	Bobby Gonzales	THSPA	2015-03-28	Single-Ply	2010
49	Craig Clites	APF	2014-12-20	Multi-Ply	2010

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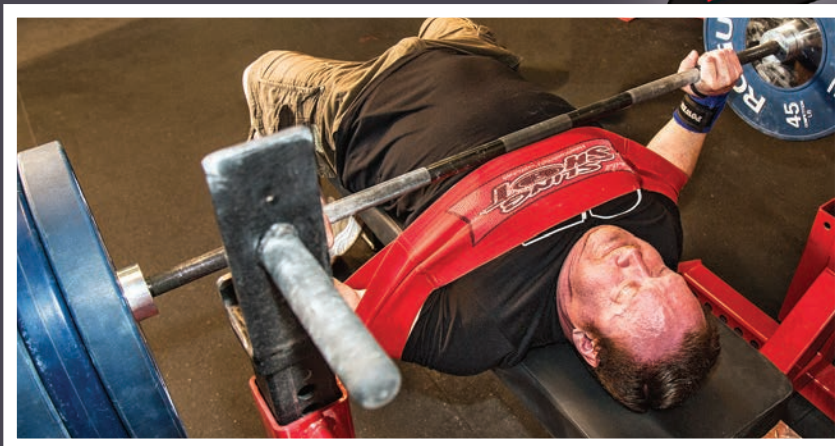


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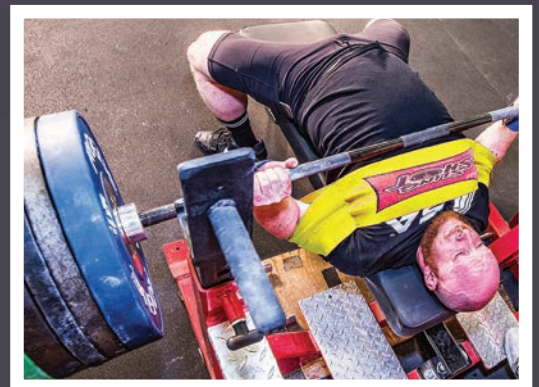
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Women's 181 lb. All-Time Top 30

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	Tara Green	XPC	2015-03-06	Multi-Ply	640
2	Anna McCloskey	IPA	2015-03-14	Multi-Ply	630
3	Diane Gmitter	RPS	2015-06-20	Multi-Ply	605
4	Krista Ford	WPC	2014-11-15	Multi-Ply	573
5	Katey Brent	SPF	2015-04-11	Multi-Ply	545
6	Jeanine Whittaker	SPF	2015-04-11	Raw with Wraps	540
7	Allison Lockhart	XPC	2015-03-06	Multi-Ply	535
8	Liane Blyn	USAPL	2015-03-07	Single-Ply	523
9	Dana Rygwelski	SPF	2015-04-11	Multi-Ply	515
10	Angie Denney	SPF	2015-09-05	Multi-Ply	485
11	Amy Payne	UPA	2015-03-27	Raw with Wraps	451
12	Kristie Smith	SPF	2015-04-11	Raw with Wraps	450
13	Alicia Webb	USAPL	2014-10-25	Raw	441
14	Jennifer Payne	UPA	2014-11-08	Raw with Wraps	440
15	Kristie Smith	IPA	2014-10-11	Multi-Ply	425
16	Julia Shropshire	USAPL	2015-04-11	Single-Ply	424
17	Natalie Hanson	USAPL	2015-03-06	Raw	418
18	Emily Wilcox	SPF	2015-02-21	Raw with Wraps	415
19	Michelle Coile	APC	2015-06-27	Raw with Wraps	413
20	Jessica Belt	USPA	2015-07-10	Raw with Wraps	407
20	Tarra Oravec	RUPC	2015-02-08	Raw with Wraps	407
22	Lynne Boshoven	APF	2015-03-28	Multi-Ply	402
22	Leonetta Richardson	USPA	2015-05-16	Raw	402
24	Nicki Ianson	USPA	2015-07-11	Raw with Wraps	391
25	Cheyenne Lies	USAPL	2015-04-11	Single-Ply	385
25	Dana Rygwelski	RPS	2014-11-01	Raw with Wraps	385
25	Shana White	USAPL	2014-10-25	Raw	385
28	Christie Civetta	USAPL	2015-04-11	Single-Ply	380
28	Kimberley Raber	UPA	2015-08-02	Raw with Wraps	380
28	Kayla Heal	UPA	2014-11-08	Raw with Wraps	380
28	Randi Lee	USPA	2015-02-07	Raw	380

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Liane Blyn	USAPL	2015-03-08	Single-Ply	413
2	Anna McCloskey	SPF	2015-04-11	Multi-Ply	365
2	Tara Green	XPC	2015-03-06	Multi-Ply	365
4	Natalie Hanson	USAPL	2015-03-08	Single-Ply	341
5	Allison Lockhart	XPC	2015-03-06	Multi-Ply	335
6	Katey Brent	SPF	2015-04-11	Multi-Ply	310
7	Leonetta Richardson	USPA	2015-05-16	Raw	303
7	Emily Jondron	WABDL	2015-07-18	Single-Ply	303
7	Alisha Howard	WABDL	2014-11-21	Single-Ply	303
10	Diane Gmitter	RPS	2015-06-20	Multi-Ply	300
10	Kristie Smith	IPA	2014-10-11	Multi-Ply	300
12	Jeanine Whittaker	SPF	2015-04-11	Raw	275
12	Kristin Johnson	APF	2015-03-22	Raw	275
12	Tarra Oravec	RPS	2015-08-28	Raw	275
12	Tracy Draher	APF	2015-06-13	Raw	275
12	Brenda Hermann	WABDL	2014-11-21	Single-Ply	275
12	Angie Denney	SPF	2015-09-05	Multi-Ply	275
18	Helen Hankerson	USPA	2015-05-01	Raw	270
19	Krista Ford	WPC	2014-11-15	Multi-Ply	253
20	Kristie Smith	SPF	2015-04-11	Raw	250
21	Emily Wilcox	SPF	2015-02-21	Raw	245
21	Deniz Odar	RPS	2015-07-11	Raw	245
23	Nicki Ianson	USPA	2015-07-11	Raw	244
24	Stephanie Stephens	USPA	2015-09-18	Raw	242
24	Lynne Boshoven	APF	2015-03-28	Multi-Ply	242
24	Michelle Coile	APC	2015-06-27	Raw	242
27	Christie Civetta	USAPL	2015-04-11	Single-Ply	236
28	Alicia Webb	USAPL	2015-03-06	Raw	231
28	Tina Robinson	USAPL	2015-03-07	Raw	231
28	Lynne Boshoven	WPC	2014-11-15	Single-Ply	231
28	Jessica Belt	USPA	2015-07-10	Raw	231
28	Allison Hind	USAPL	2015-01-25	Raw	231
28	Lynne Boshoven	WPC	2015-07-25	Raw	231

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DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Leonetta Richardson	USPA	2014-10-04	Multi-Ply	523
2	Jeanine Whittaker	SPF	2015-04-11	Raw	520
3	Diane Gmitter	RPS	2015-06-20	Multi-Ply	510
4	Anna McCloskey	IPA	2015-03-14	Multi-Ply	505
5	Tarra Oravec	RPS	2015-08-28	Raw	500
6	Anna McCloskey	WPC	2014-11-15	Raw	485
7	Sebrina Davis	IPF	2015-06-06	Raw	479
8	Allison Lockhart	XPC	2015-03-06	Multi-Ply	475
9	Lynne Boshoven	APF	2015-03-28	Multi-Ply	473
10	Leonetta Richardson	USPA	2015-05-16	Raw	468
11	Liane Blyn	USAPL	2015-03-07	Single-Ply	462
12	Katey Brent	SPF	2015-04-11	Multi-Ply	460
12	Alexis Pihoker	RPS	2015-04-18	Raw	460
14	Krista Ford	WPC	2014-11-15	Multi-Ply	457
14	Jessica Stewert	USPF	2014-11-22	Single-Ply	457
16	Shana White	USAPL	2014-10-25	Raw	451
17	Kristie Smith	SPF	2015-04-11	Raw	450
18	Alisha Howard	WABDL	2014-11-19	Single-Ply	446
18	Nicki Ianson	USPA	2015-07-11	Raw	446
18	Jessica Belt	USPA	2015-07-10	Raw	446
21	Amy Payne	UPA	2015-03-27	Raw	440
21	Kayla Heal	UPA	2014-11-08	Raw	440
21	Alicia Webb	USAPL	2015-03-06	Raw	440
24	Sabrina Reiffer	WPC	2014-11-15	Raw	435
24	Ashley Hale	RPS	2015-06-20	Raw	435
24	Brittany Demmer	UPA	2015-02-01	Raw	435
24	Jennifer Payne	UPA	2014-11-08	Raw	435
28	Crystal Taibi	RPS	2015-07-18	Raw	430
29	Tracy Draher	APF	2015-06-13	Raw	429
29	Jessica Stewart	USPA	2015-02-07	Single-Ply	429

TOTAL

Rank	Name	Federation	Date	Division	Total
1	Anna McCloskey	IPA	2015-03-14	Multi-Ply	1485
2	Tara Green	XPC	2015-03-06	Multi-Ply	1430
3	Diane Gmitter	RPS	2015-06-20	Multi-Ply	1415
4	Liane Blyn	USAPL	2015-03-07	Single-Ply	1388
5	Allison Lockhart	XPC	2015-03-06	Multi-Ply	1345
6	Jeanine Whittaker	SPF	2015-04-11	Raw with Wraps	1335
7	Katey Brent	SPF	2015-04-11	Multi-Ply	1315
8	Krista Ford	WPC	2014-11-15	Multi-Ply	1284
9	Angie Denney	SPF	2015-09-05	Multi-Ply	1160
10	Leonetta Richardson	USPA	2015-05-16	Raw	1157
11	Tarra Oravec	RPS	2015-08-28	Raw with Wraps	1150
11	Kristie Smith	IPA	2014-10-11	Multi-Ply	1150
11	Kristie Smith	SPF	2015-04-11	Raw with Wraps	1150
14	Lynne Boshoven	APF	2015-03-28	Multi-Ply	1118
15	Dana Rygwelski	SPF	2015-04-11	Multi-Ply	1115
16	Amy Payne	UPA	2015-03-27	Raw with Wraps	1107
17	Jennifer Payne	UPA	2014-11-08	Raw with Wraps	1100
18	Alicia Webb	USAPL	2014-10-25	Raw	1096
19	Jessica Belt	USPA	2015-07-10	Raw with Wraps	1085
20	Nicki Ianson	USPA	2015-07-11	Raw with Wraps	1082
21	Tracy Draher	APF	2015-06-13	Raw	1074
22	Emily Wilcox	SPF	2015-02-21	Raw with Wraps	1065
23	Anna McCloskey	WPC	2014-11-15	Raw	1063
23	Sebrina Davis	IPF	2015-06-06	Raw	1063
25	Shana White	USAPL	2014-10-25	Raw	1047
25	Natalie Hanson	USAPL	2015-03-06	Raw	1047
27	Anna McCloskey	GPC	2015-06-09	Raw with Wraps	1041
28	Alexis Pihoker	RPS	2015-04-18	Raw with Wraps	1025
28	Lynne Boshoven	WPC	2014-11-15	Single-Ply	1025
30	Kayla Heal	UPA	2014-11-08	Raw with Wraps	1015



Arm yourself with an automatic translator, get ready to convert kg to lbs, and let's check out the YouTube channels of some top lifters from Russia!

Kirill Sarychev

www.youtube.com/user/kiruha101



This 26 year old behemoth has benched 718 lbs in competition, making him the #1 threat to Eric Spoto's 722 lbs world record. He's also pulled a massive 859 deadlift in a meet, and 881 in the gym with straps, surely making him the strongest push-pull lifter ever!

Be sure to watch

"Kirill Sarychev & Andrey Skoromnyy - Bench Press: Powerlifting vs Bodybuilding" -- Listen, I mean, read the subtitles as Kirill talks about his bench technique and training.

In case you missed it

At around 16:30 in his interview with Konstantin Konstantinovs (with English subtitles), KK recounts a conversation with Benedikt Magnusson in which he said, "Benny, many powerlifters think that your 460 kg deadlift was done with fake plates." Benni laughed and replied, "That's OK. Let them think that. I pulled 470 kg (1036 lbs) in my gym twice."



Vadim Kahuta

www.youtube.com/user/VadimKahuta



If you don't know his name, learn it, because he's the current world record holder in the bench press at 220! For over 30 years the record was Mike MacDonald's 582. In 2013, Adrian Larsen broke that with a 585 bench. Since then, Vadim has broken the record three times with 586, 589, and now 591.

Be sure to watch

"All time record of 268.5 kg bench press by Vadim Kahuta" -- 591 at 220 for a new world record! It looks like he hurt his hand during the lift, but it must not have been too bad because he went for 595 on his next attempt.

Also check out

"Vadim Kahuta bench press 272.5 kg / Vadim Kahuta Benchpressing 272.5kg" -- Watch as Vadim nearly hits a 600 bench at 220. It looks like it's only a matter of time until he gets it.

Aleksey Nikulin

www.youtube.com/user/alNikulin



This Russian phenom formerly held both the raw w/o wraps (694) and raw w/ wraps (738) squat world records at 181. He's also pulled 694 raw in competition, and 727 in the gym. If you're looking to watch videos of a lightweight Russian squat and deadlift machine, be sure to check out his channel!

Be sure to watch:

"Squats" -- The title may not be very descriptive, but the video shows Aleksey squatting 650, 677, and 694 without wraps, good for a new world record at 181.

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One Pair Spring Lock Collars



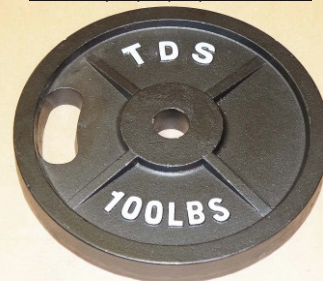
Special Package: \$799.95 + S&H
(Total weight - 650 lbs)
(CODE-p7a27t5)

MEGA AB WHEEL



OLYMPIC PLATES

SIZES: 5, 10, 25, 35, 45 & 100 lb.

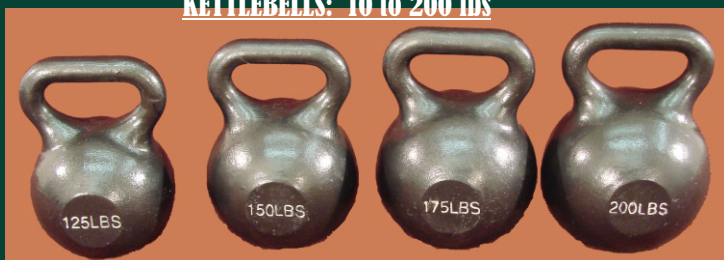


POWER LIFTING BELT - 1/2" THICK

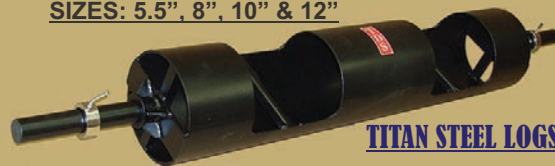


SIZES: M, L, XL, XXL

KETTLEBELLS: 10 to 200 lbs

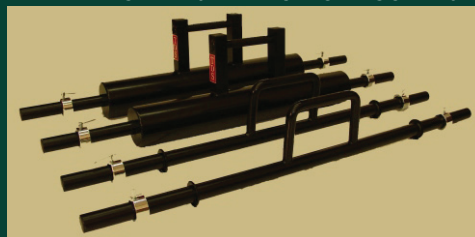


SIZES: 5.5", 8", 10" & 12"



TITAN STEEL LOGS

FARMER'S WALK - 2" & 5"
BLACK FINISH WITH CHROME COLLARS



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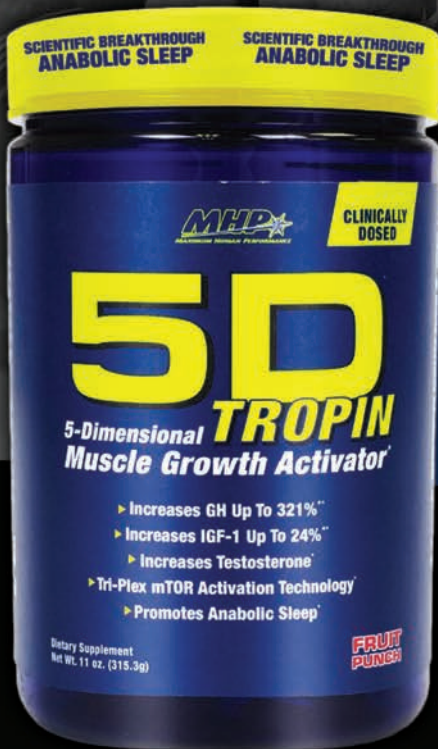
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