

**HURT OR INJURED?** A Q&A With Hoss Cartwright & Jesse Burdick

# POWER

• **TRICKERY**  
with Donnie Thompson

• **STRONGMAN**  
Is it for you?

• **THREE METHODS  
TO HIS MADNESS**  
By Matt Wenning

Get to know  
**KARL  
GILLINGHAM**

**+**  
**LOCKOUT  
WORK  
THAT  
WORKS**  
BY ROB LUYANDO

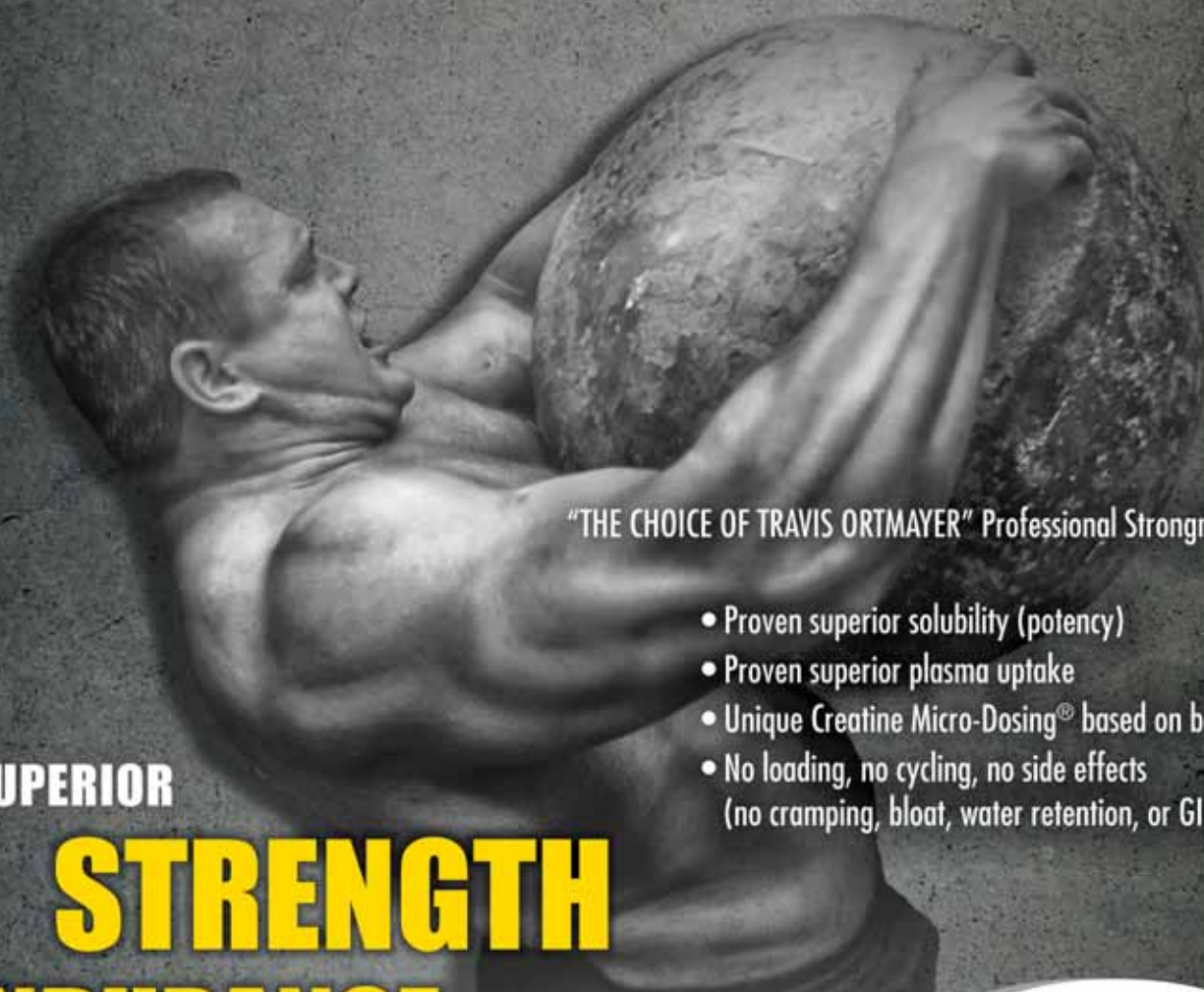


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## Powering up the Newsstands

Everyone has a reality TV show in today's world, so why not me? A major cable network that is a big fan of MMA is funding a pilot for a Super Training show. Hopefully by the time this goes to print we will have finished shooting and signed a full-season contract.

Big news for Power! Starting with Issue No.4, Power hits the newsstands at Borders, Barnes and Noble, Hastings and more. Tell your friends to pick up a copy!

In this issue, Power's new associate editor, Michelle Cogger, interviews powerlifting icon Konstantins Konstantinovs (pp.28-33). KK is so powerful that when you say his full name, you have to say his first name twice! The raw Russian is revealed and we kept a lot of his own writing intact through translation to keep the interview just the way he would want it: raw.

"Get to know" Karl Gillingham (p.51). He lives his life the way he trains: with pride, determination and consistency. Karl is in his 40s, but still fights for position against the young goliaths of Strongman. He is able to stay in the pro ranks through good, old fashioned hard work.

Jesse "I date girls just old enough to go to prom" Burdick is a strength coach and personal trainer who collaborates with good ole, stumpy, grumpy Hoss Cartwright on the topic of hurt or injured (pp.22-25). Hoss likes to use his thick headedness to bully his way through injuries, while Jesse applies a more systematic approach.

Imagine a lifter who could squat about 1,100 lbs. and bench and dead 800 lbs. The list of lifters who can do that is very short. Lexen Xtreme's Matt Wenning (308 lbs.) is consistently doing those massive weights on the platform and, on top of that, he just keeps getting better! Read how Matt's style of training can help you bust through barriers (pp.42-44).

Zach Even-Esh introduces us to Curls. Yes, curls. As in doing 10 sets of 10 reps in the power cage kind of curls. No, just kidding. Curls is a person, one of Zach's crazy experiments gone wild. Read about how Curls goes from "average Joe" to stud (pp.16-17).

Do you ever go to a meet and feel strong, but just can't lock the darn weight out on a heavy bench? Learn how to turn your weakness into your strength in Rob Luyando's lockout article (pp.40-41).

Dan Harrison has been on fire lately as a raw powerlifter and Strongman athlete. I have seen him add a good 70 lbs. to his frame, more than 150 lbs. on his squat and 100 lbs. in his deadlift – and I have only known him for a little over a year. Dan's secret weapon may be his gigantic ass. His "assets" would make a hippo say, "Damn, that dude has a huge ass". When he walks, his ass looks like two raccoons in a duffle bag fighting over some food. I swear there is a lot going on down there. It's just ridiculous. Perhaps his new name should be Ass Attack? See if Dan's take on Strongman training is right for you (pp.36-39).

Speaking of ass, Power is keeping the "Hot Chick" column. Don't hate on these girls for not being of world-class strength. They serve their purpose for those lonely nights. Abi Grove has a nice spread in this issue of Power. She talks about her athletic background and a bunch of other stuff, I think. Who really cares? Her body is so firm, tight and tan, with those perfect ... Whoops! Sorry about that. Anyway, enjoy this issue of the most powerful magazine on the planet.

*Knowledge is Power*

**Mark Bell**  
Editor-At-Xtra-Large



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

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

MANAGING EDITOR  
Heather Peavey

ASSOCIATE EDITOR  
Michele Cogger

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

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

Address changes send to  
andee@thepowermagazine.com

SUBSCRIPTIONS AVAILABLE AT  
www.thepowermagazine.com  
www.SuperTrainingGym.com www.Amazon.com

*POWER Magazine* (ISSN 2150-5411) is published bi-monthly by Power Media. POSTMASTER: please send address changes to *POWER Magazine*, 609 Crystal Springs Dr. Woodland, CA 95776



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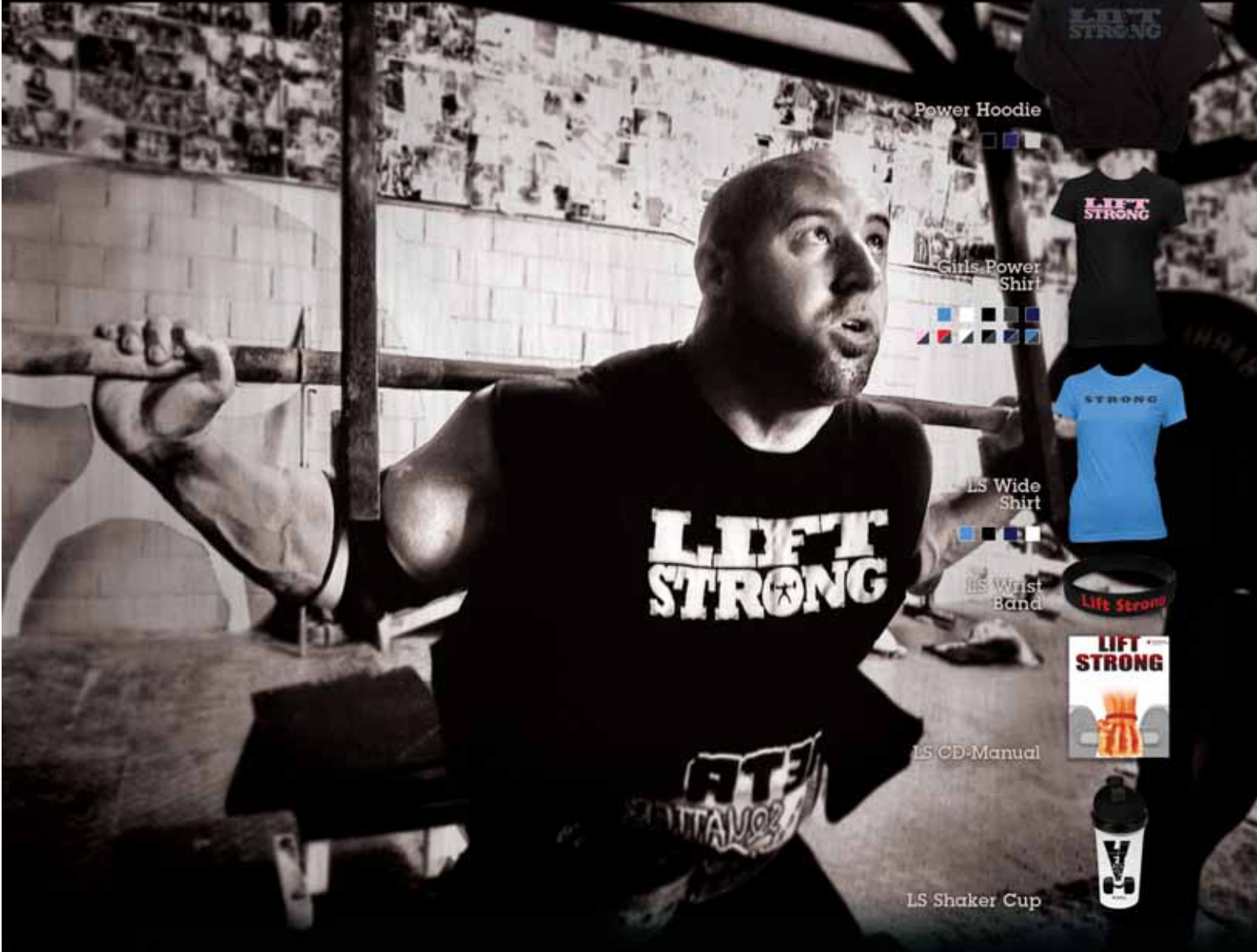
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**Rob Luyando**  
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947 lbs. @ 247 lbs.

**Joe Mazza**  
IPA World Record Bench  
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**Vlad Alhazov**  
World Record Squat  
1,250 lbs. @ SHW

**Ryan Kennelly**  
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**Jeremy Hoornstra**  
World Record "Raw" Bench  
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**Brian Schwab**  
World Record Total  
2,045 lbs. @ 165 lbs.




**Shawn Frankl**  
World Record Total  
2,630 lbs. @ 198 lbs.



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

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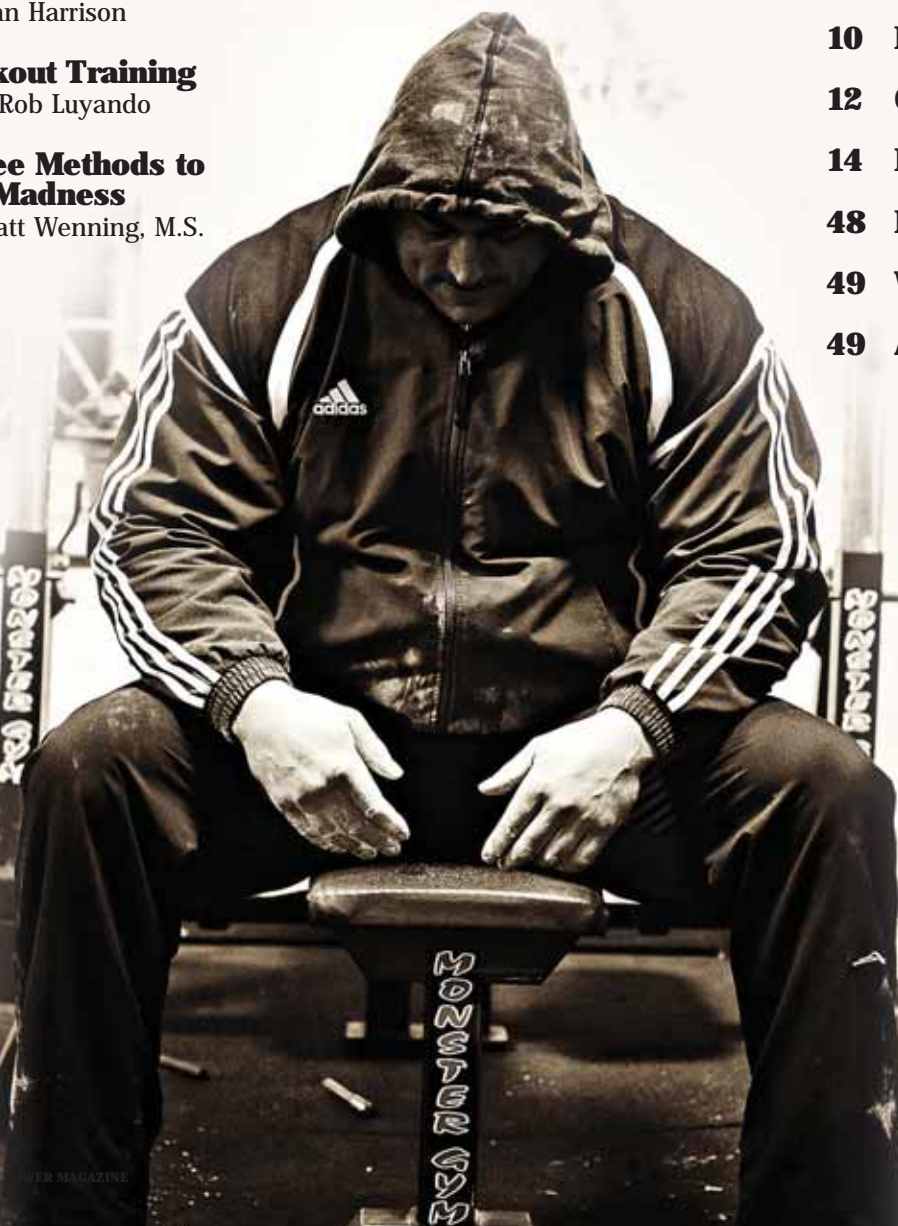
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**Rob Luyando - Team MHP Member**  
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# MAIL BAG



### To the Editor:

I received the latest edition of *Power* in the mail on Tuesday. I read it cover to cover sitting in my truck in the parking lot of the post office. I had to read the whole thing before I drove home. *Power* is building a rock-solid foundation by doing an outstanding job of combining raw and equipped lifting with topics strength athletes want to read in a format that's easy to read.

I have one spouse-induced suggestion I have been told I must relay. The article about Thelma Olafsdttir got my wife, who is also a powerlifter, fairly worked up. It had great pictures, but my wife informed me that we don't care about what Chapstick Olafsdttir wears, or even that she wears it. We want to know what she's doing to get that big bench and her training plans for getting that 1,200-plus-lb. total. I was informed that if I want to look at pretty faces, my wife is going to give me a subscription to *Playboy* and *Penthouse* (thank you!). The focus on the female lifters is great because it's so often overlooked, but we want to know what they are doing in the gym and on the platform.

My wife then benched a big PR that night when we trained. So, all I can say is keep up the good work. I'm waiting for my next *Power* to arrive. I know it'll have more great reading and there'll be more PRs.

**Jack Kottwitz, DVM**  
via email

### To the Editor:

Thank you! The magazine arrived and it looks like another terrific issue. Why not consider a Facebook page for the magazine? There is a large powerlifting, strongman and bodybuilding community there.

**Gerry**  
via  
[www.thepowermagazine.com](http://www.thepowermagazine.com)

### The Editor replies:

*We do have a Facebook page! Become a fan of Power today.*

### To the Editor:

I want to commend you on another great issue. I particularly liked the "Raw vs. Equipped" article with Rick Hussey. I am a die-hard raw lifter, but after reading that article and getting Rick's perspective, I have decided its time to give equipped lifting a try. Keep up the good work.

**Randy Cairns**  
via email



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

**To the Editor:**

I am a huge fan of your publication. I have been incarcerated since I was 17 years old (12 years this year) and began powerlifting in prison. We have the bare minimum of rustic equipment – and it's all outdoors. (This makes winter training very interesting!) As there are no strength coaches or trainers here, I rely on magazines like *Power* to learn the best and most productive methods to build raw, drug-free strength. Keep up the great work. Without people like you, people like me may have never found the strength to change. I'm in it for the long haul!

**Aaron R.  
Lincoln, Neb.**



**To the Editor:**

I love the magazine and definitely like the strongman training. To take *Power* to the next level, all forms of strength sports and training should be included. Powerlifting should remain preeminent but, along with strongman, Olympic lifting, Highland games, heavy athletics, grip and MMA (who doesn't like fighting?) should be included.

**Jeff H.  
via [www.thepowermagazine.com](http://www.thepowermagazine.com)**



**To the Editor:**

First allow me to just express my profound admiration for your work. The second I picked up *Power* I thought it was the greatest thing to hit powerlifting since the invention of the squat bar. With powerlifting being the focal point of my life for the last four years, I don't think I can ever give it up.

In August I will be going to college at Saint Joseph's University in Philadelphia, Pa. Do you have any tips or tricks to help me start a new team in college? I refuse to give up my lifestyle just due to a change of address. Please help me to continue doing what I love most.

**Frankie Thelmo  
MDHS powerlifting captain  
via [www.thepowermagazine.com](http://www.thepowermagazine.com)**

## ARNOLD CLASSIC 2010



Team MHP and friends: Jeremy Hornstra, Rob Luyando, Kevin Frey, Michael Cartinian, Jeremy Frey, Shawn Frankl



Nick Winters enjoying his free lunch



Sly Stallone still on top!



Donnie Thompson talks with Dick Hartzell of Jump Stretch



Mike Miller and Mark Bell



Charles Glass and Mark Bell



Mark Bell and UFC Fighter Thiago Silva



Mike Tuchscherer and Mark Bell



Hoss Cartwright, Mark Bell, Hege Nielson, Ed Coan and Stan Efferding



Stan Efferding and Ben White



Ed Coan and Stan Efferding with Power's "Hot Chick" Thelma 'Olafsdttir



Mark Bell and Strongman Phil Phister



Hoss taking a break from squatting in Universal Nutrition's Animal Cage



Mark Bell, Stan Byrd and Hoss Cartwright

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# POWER

## ADVISORY BOARD

# Meet *POWER*'s Advisory Board

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

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

If you have any questions for our board, please email them to [andee@thepowermagazine.com](mailto:andee@thepowermagazine.com).

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



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

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



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

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



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

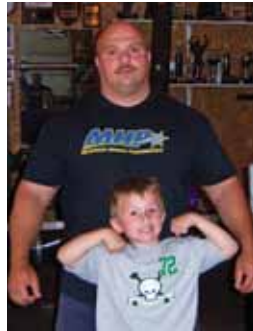


# POWER



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

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



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

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



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

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



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

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



**MIKE TUCHSCHERER**  
Mike Tuchscherer is an accomplished powerlifter with 12 years' experience training and researching the best training methods in the world. He has competed in raw and single ply competitions. He represented the USA and won the gold medal at the 2009 World Games.

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



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

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



BY ZACH EVEN-ESH

# STRENGTH Through Adversity



The first real clients I ever trained were wrestlers. They were average, but hungry as all hell to become dominant in their sport. Average didn't cut it for them. Their attitude separated them from the rest of the pack. Their attitude also motivated them to take the road less traveled.

The road less traveled just so happened to be going through hellish workouts no one else dared take part in, minus a select few in the state of New Jersey. But, for those who took part in our workouts, the rewards were massive. We trained as a group, never in a one-on-one setting. I wanted an atmosphere that allowed them to build from one another's intensity and emotion. It was the eye of the tiger or not at all. There was no in between.

As our wrestlers' success stories spread through the state, a few football players began taking notice. They knew that football was a combat sport, just like wrestling. They understood the need to learn hand fighting, to develop mental and physical toughness, brute strength and conditioning that never quits. This meant that they, too, would be training differently than the typical football player.

I've trained strong football players before, guys who could bench 315 lbs., deadlift and squat 405 lbs. But that meant nothing to me because I wanted to see high intensity being maintained for 48 minutes. Instead, I saw these guys throwing up their lunch after flipping a tire for three reps, or their grip and entire body giving out when it was time for their second set of heavy farmer walks. This was a problem. I needed to step up their game and throw them to



the sharks. They were going to train with the wrestlers, as a team. It was time for them to go through hell with their newfound brothers.

## BUILDING A TEAM

What we built was a team. These wrestlers and football players worked together and built a brotherhood. This is what made them strong — not just as individuals but as a team. This how I build athletes into beasts at The Underground Strength Gym.

They train together and go through hell together. The intense workouts build character, not just strength. It's no different then what Special Forces endure in training to ensure they form a brotherhood in case of a war. For these athletes, they endured war every time they had a game, match or tournament.

The workouts my athletes fight through at The Underground are certainly more complex and more complete then what the typical football team did when I was in high school, or what the typical football team does now. The computer era has destroyed the days of playing endless hours of "kill the man with the ball" or wrestling on the front lawn until someone damn near passed out. Today, all of these kids have special skill coaches and all types of other specialty coaches. But no one is granted "special" rights at my gym. If you don't bust your ass, you're kicked out. Those of you who have been around the block a few times know that hard work and success go hand in hand.

## MEET CURLS

This brings me to a story of our strongest and most dominant athlete. His nickname is "Curls," not because he does Hammer Curls with 110-lb. dumbbells, but because he used to sport a long, curly hairstyle.

Curls began training with me before I even owned a warehouse gym. The "gym" then was located in my garage, with other portions of the training taking place in the backyard and behind a school. When Curls was younger, I taught him in elementary school physical education class. He was the slowest, chubbiest and least athletic kid in the class — perhaps even the grade.



Curls showed few signs of being a future beast. His training with me began at age 16, which was the start of The Underground. It was brutal. Plenty of box squats, trap bar deadlifts and heavy Kettlebell swings. The non-traditional training pushed him beyond what his mind and body were used to. Sandbag clean and press, carrying tree logs, climbing rope that hung from a tree branch 20 feet above the ground. At the school down the street, hill sprints, truck pushing and dragging sleds from various directions for 10 to 12 minutes non-stop molded his body into a one-man wrecking machine.

Workouts were finished by throwing Kettlebells aggressively on the grass then sprinting to them. He repeated that exercise again and again for 6 minutes, non-stop. Curls became stronger, bigger and faster than anyone on his team and destroyed anyone who got in his way on the football field.

In his senior year, Curls went out for the wrestling as a first-time wrestler. He did some serious damage to the local competition. His athleticism and style of training had molded him into not just a football player, but into a well-rounded combat athlete. He could run, jump, crawl, push and pull heavy loads and was able to impose his will against those who got in his way. His confidence was sky high and, through the use of various training tools and lots of athletic movements, he was able to pick up wrestling skills rather quickly. Most other high school kids weighing 215 lbs. had man-boobs. At 215 lbs., Curls was ripped.

He shocked other athletes, including NFL players, when he competed in Joe DeFranco's Strongman contest and dominated the competition. People were shocked and didn't think such an athlete could

be built like a brick shithouse from a garage gym using homemade conditioning tools I hauled around in the back of my truck.

Curl's success was achieved through adversity. Nothing he earned ever came easy. The same is true for all powerlifters. Frightening levels strength and performance must be forged through nothing less than adversity. PM

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#### 1. IN THE GARAGE

- 1a. Kettlebell swings: 5 x 6 reps
- 1b. Trap bar deadlift: 5 x 3 - 5 reps

#### 2. BACKYARD TRAINING: MAXIMUM ROUNDS IN 10 MINUTES

- 2a. Log carry "Zercher style" around backyard x 1 Lap
- 2b. Log squats "Zercher style" x 10 reps
- 2c. 16 lb. Sledge hammer strikes x 20 reps

#### 3. FIELD WORK

- 3a. Truck Push 3 x 100'
- 3b. Sled drags forwards / backwards mixed in with sled pressing / rowing x 10 minutes non-stop

These workouts lasted no longer than one hour and were a brutal mix of strength, power, conditioning and mental toughness.

*Zach Even-Esh owns The Underground Strength Gym in Edison, N.J., and coaches athletes from middle school through high school so they can kick ass like Mark Bell and Randy Couture. For more information visit <http://zacheven-esh.com>.*

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# TRICKERY

## GET OUT OF PAIN, AND TRAIN

BY DONNIE THOMPSON

**How many powerlifter or Strongman competitors deal with pain on a daily basis during training? Just about all of them. If not, they are between the ages of 16 and 21, or they don't train at a high-risk level. I am 45 years old and have been lifting since 1979. For the most part, I train heavier now than I have my whole life.**

The often-quoted and copied Louie Simmons told me personally back in 1998, "If you compete in powerlifting at an elite level, there is a 100-percent chance you will be injured." If they're training hard, their bodies are taking some abuse. Sometimes it feels like the stronger lifters get, the weaker they feel. How can this be? Why is it that I am 370 lbs., can squat an average of 1,000 lbs. and bench more than 600 lbs. in some form week to week – yet I can't even lift a keg over my head without being in severe pain? A male cheerleader is more functionally strong than I am, and that just isn't right.

### COLLAGEN TO THE RESCUE

You are only as good as your collagen. Type I collagen is the biological material that makes up ligaments, bones and tendons. Over time, your collagen levels deplete or de-materialize. There isn't a way to regenerate collagen, so powerlifters must learn to get around this issue. And this is where pain comes in. Not everyone can afford expensive orthopedic procedures to fix the kinks they develop over the years. What about the everlasting elbow tendonitis? Or the shoulder that always hurts and has half its range? Then there's the knee. With four major ligaments and a bunch of huge tendons running into the knee, nothing can go wrong there, right? And let's not forget our friend, the lower back. I could go on for years on how to fix that. Once you sift through all the available information, it can feel like there is no solution to any of these ailments other than to quit training.

Don't quit. There are answers, and they are simple: trickery therapy! One of the greatest minds in sports injury is Dick Hartzell, of Jumpstretch band fame. Hartzell has a band exercise for every ailment and they are effective. Three things I learned from the big Hartzell concerning injury and performance are: One, distract the injury; two, compress the area; and three, move. Movement is the key. You literally trick the part of the body that is in pain to feel better. (These three principles apply providing there is no break or fracture.)

By distracting the joint, you relieve pain. Compression restricts all blood flow. Once it is released, blood floods the area – and it is visible. It pushes all the "junk" out of the area. Does it aid in heal-

ing? Yes! But, every time we train it is considered a set back. So we must trick the body into working pain-free to maximize the weight. A comfortable lifter lifts more weight. So if your pain is minimized and manageable, your lifts go up. Whenever you are going through sharp shooting pain, nothing is going up!



### ELBOW PAIN

Most of us have elbow pain from benching, but we can trick the elbow into being pain free. Get an average green band of about 2 inches. Have your training partner wrap your elbow about 2 inches above and below the center of elbow pain. Use any wrap method you want. This will stay on for about 1 to 2 minutes. Slip-knot the green band around your elbow, as pictured, and attach the band to your post on the bench. Pull the band tight and bend the elbow in a flared position. Let it snap back. Keep this up for about 10 reps, then reposition the hand another hand's-width further away. Repeat. One more hand's-width further. Repeat. Get out of the contraption and you are ready to go. Repeat this without the compression band throughout your training as much as you need to. It will not tire you out for your sets.





## SHOULDER PAIN

## SHOULDER PAIN

The body works in spiral, diagonal planes. Using the compression band, wrap your shoulder, as pictured. Wear a shirt when you do this wrap to avoid pinching. Slip your hand in a regular or strong band. Start distracting your shoulder, being very careful not to bend your arm as you suck the shoulder into the socket. There will be a slight 90-degree rotation of the thumb to a vertical position once the shoulder is sucked into the socket. You are distracting and deloading the shoulder joint. Do this for about 2 minutes and get out. Repeat this throughout your training without the compression band. Ten to 20 reps at a time are plenty.



## OUTER CHEST PAIN

Try this before and during your bench. Put a strong band around the top of your weight tree, making sure the tree has enough weight to stay upright. Now, place the band over the center of your pain like a strap over your shoulder. Walk out and lean into the band. Start round punching movements – not ballistic, but circular. Then do some rotations with your shoulder. Be sure to walk out far enough to make the band dig in. Blood will flood to the area and it will loosen up very fast. Now you will have practically no pain in your muscle when benching.

## LOWER BACK PAIN

Hook the strong band directly above you. Big guys will need to use two bands. Attach the band at least 7 feet high. Place the band on the problem area of your lower back. Lay back until you are on the floor and pull your feet to your glutes. Now start to lift your hips and move them around. Go every direction you can move. Then place one leg Indian-style over the band and start moving around. Cross both legs Indian-style. Twist and rotate as much as you like to



## OUTER CHEST PAIN



get movement in the lower vertebrae. You might feel like a stripper during a pole dance at times, but what the hell? You are going to benefit! This is total lower back distraction.



## LOWER BACK PAIN

## KNEE PAIN



# “Distraction, compression and movement... that is the secret to spot specific problems before training and post-training therapy”

## KNEE PAIN

Most old-school powerlifters who played football have problems with the meniscus tendon. It is painful when they walk and sit. However, it does not stop them from squatting and deadlifting, and actually starts to feel better as they lift. They should get the compression band out and wrap it up. Big guys might need two. Hook a green or blue band from about 7 feet up. As the picture indicates, lay back and start pulling the knee towards your chest. Then pull to the outside. Then on the inside. Do about 10 reps apiece. Try to get through it twice. Repeat if necessary without the compression band.

## TRICKS AND TIPS

There are many other tricks you can use with the band. Over the years, we have learned a lot of exercises that get rid of pain. Remember: distraction, compression and movement. That is the secret to spot specific problems before training and post-training therapy. If you plan to be in this game for the long run, you will

cross paths with injury. How you treat yourself is very important. What is more important is what you prevent. Spend an extra 45 minutes or so a day on injury prevention. Flexibility is key.

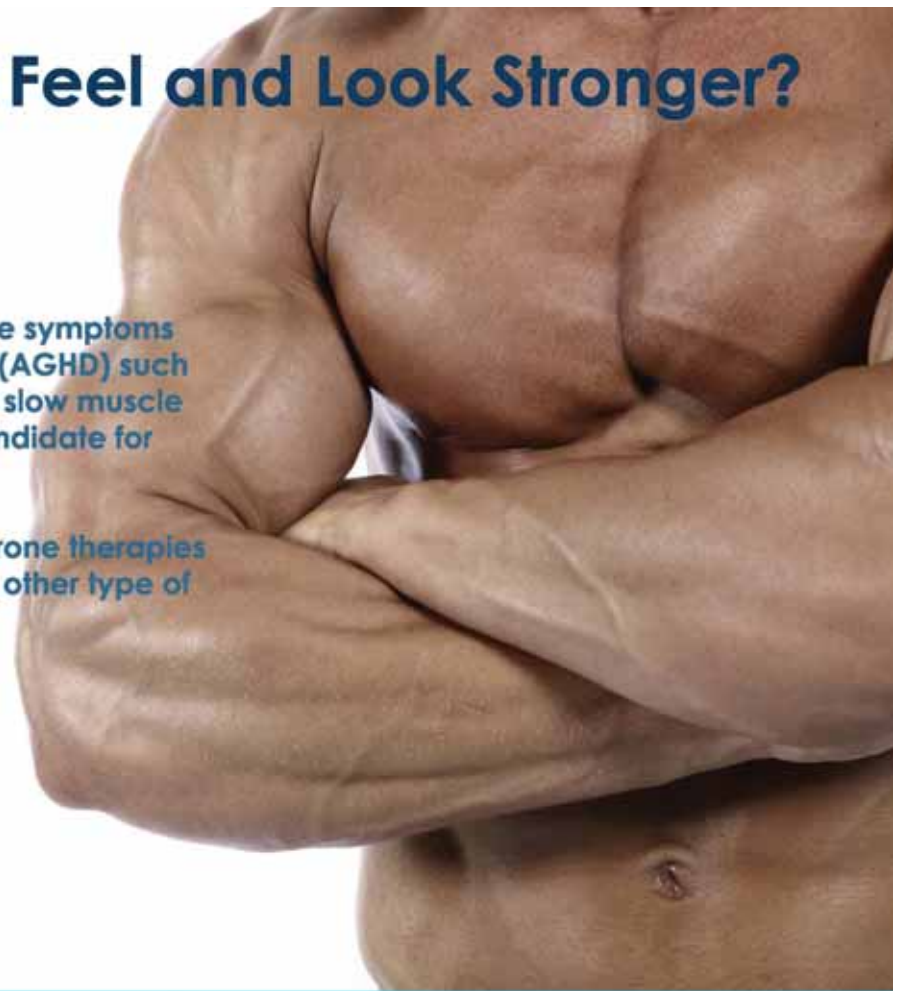
The days of walking in the gym and throwing on a plate each set with no preparation will soon come to an end. It will be time to take another approach, or you can just quit. I can't tell you how many people I have seen on the covers of magazines and endorsements who just disappear. We ask what happened to them and the answer is clear: They are gone. Stick around by being smart. Think for yourself. Be better prepared through knowledge and research. Learn from people like Hartzell, whose bands have advanced all our totals. Tricking the body to get what you want out of it is better than suffering.

Trickery as prehab and rehab is nothing new. We have tried to trick our brains with drugs, lies and the size of the weights we put on the bar. Now try distraction and compression. Trick the pain away and lift hard again. We need all our effort for the training session, not the pain avoidance. Train and work! **PM**

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# DON'T BE SOFT Being Injured VS. Being Hurt

## A Q&A with Hoss Cartwright and Jesse Burdick

Hoss Cartwright and Jesse Burdick met years ago at a Power Gym in Northern California. One guy asked the other, "Hey, wanna go to In & Out burger after training?" It was love at first bite.

Cartwright has more guts than brains, and more double chins than you can count on one hand. He uses violent force and brute power to lift big weights. His mom once told him, "Son, you can break an anvil."

Jesse Burdick is a very strong lifter himself, not on the level of being "Hosstrong," but strong, nonetheless. He uses his head to lift at an optimal level and gain strength. Burdick trains clients and athletes using a systemic approach that allows for growth, while keeping injuries at bay. Take a look at how differently these powerlifters approach the issue of being hurt or injured.

**POWER:** What's your philosophy for dealing with injuries?

**HOSS CARTWRIGHT:** Don't be soft!

**JESSE BURDICK:** I have found that the best philosophy for dealing with injuries is to deal with them systematically and scientifically in order for them to never come back.

**POWER:** In your opinion, what's the difference between being injured and being hurt?

**CARTWRIGHT:** An injury is something that keeps someone from participating. Being hurt means that there's pain or discomfort, but you can continue to participate.

The real difference for most people is in the mind. If someone breaks their leg, they clearly can't squat for a while. If someone tears part of their calf muscle on a first attempt in the squat,





**“An injury should be something that stops you from doing something because you will certainly make it worse. Being hurt is not something to take lightly, and usually means there is a way to continue an activity if done safely”**

it may be painful but they can still take a second and third attempt. Only you know how bad the pain is and what you can or can't do.

Strength sports require athletes to be on the edge of catastrophic injury at all times. At WPC Worlds in 2006, I tore my triceps on my first bench attempt. I had been experiencing pain in my triceps for weeks, so when it popped I had no clue what it was. When I asked Jesse what the sound was, he said, “Dude you tore your triceps.” My response was, “Go tell them I'll take the same weight for my second attempt.” Jesse gave me that look you get from someone who thinks you're a complete idiot. That was an example of me not understanding that I was injured. But my philosophy is that it's going to take something pretty drastic for me to back off in a meet.

**BURDICK:** As evidenced by Hoss' story, the difference between an injury and being hurt is a very individual one. In general, I agree with Hoss. An injury should be something that stops you from doing something because you will certainly make it worse. Being hurt is not something to take lightly, and usually means there is a way to continue an activity if done safely. Like Hoss mentioned, being hurt is more of a mental issue for people than a physical one. Oddly enough, if you look at some of the truly great performances by the truly great athletes, you will usually find that they are all hurt. Oftentimes it gives their minds something to concentrate on and lets their play go on autopilot, which is when they are at their best.

**POWER: How important is flexibility to being injury-free?**

**CARTWRIGHT:** I don't know, and I don't really care.

Stretching takes too long and doesn't seem to make me stronger, so it's pretty low on my priority list. I squatted 1,160 lbs. without stretching, so maybe you don't need to stretch.

**BURDICK:** I think a key distinction needs to be drawn here between flexibility and mobility. For our purposes, it should be understood that flexibility is the length of a muscle and mobility is a description of how a joint moves. There are very few sports that require great flexibility, where almost all sports require mobility. There is no way yoga class is going to help Hoss squat 1,200 lbs. Maybe it will help promote blood flow to areas of his body and therefore help him recover faster and possibly be injury-free.

Mobility, on the other hand, could help Hoss very much because he is relying on his hips and knees, both joints, to move a certain way. If he increases their possible movement, then maybe next time he won't have a million Internet haters talking about his squat not being deep enough. Also, being more mobile would help Hoss keep the stress of the weights on the joints he wants them on, and not hurt himself by compensating.

**POWER: How important is the sled to prevent injury?**

**CARTWRIGHT:** I have used the sled for rehab, but never for preventive work. The sled makes me too tired to lift heavy, so it's not important to me.

**BURDICK:** The sled is a great tool for both rehab and prehab (which is basically doing rehab exercises before you get hurt). It is



**“...that was an example of me not understanding that I was injured”**

easy enough for a novice to use for general physical preparedness and can be made hard enough for an elite lifter. Across the board, it is one of the first things I suggest for people for both rehab and prehab.

**POWER:** How important is the foam roller to prevent and help injury?

**CARTWRIGHT:** It looks dumb and makes no sense. Plus, the foam roller reminds me of the pillow my wife used when breast-feeding our kids.

**BURDICK:** I think a foam roller is a very important tool to help prevent injury (when used pre-workout), and great to help you recovery from injuries you already have (when used post-workout or on a non-workout/restorative day).

**POWER:** How do you deal with other powerlifters with aches and pains?

**CARTWRIGHT:** I ignore them like they have the plague. Not only do I find injuries contagious, but they also become an attitude killer for those who are not injured. When someone in the gym walks around talking about their so-called injuries all the time, it kills the gym's intensity.

**BURDICK:** I am always willing to help people out with suggestions, ways around and through things. After a while, when then haven't taken any of my suggestions or done any of their own research and are still complaining about that injury, I channel my inner-Hoss and ignore them.

**POWER:** What was the biggest injury you never sought medical attention for?

**CARTWRIGHT:** I tore my right bicep while deadlifting. Ice directly after the tear was important. But more important than that was changing my grip in the deadlift so I could pull the next week. It was rather funny. My right arm was black and blue, but with my hand over (not under) I was able to deadlift at about 75 percent. I didn't have the biceps reattached because I don't think it's necessary to powerlift.

**BURDICK:** I tore my left pec and pec minor while benching. I went to the docor but there was nothing to be done, really. I took it upon myself to do my own rehab with the sled, ice, rest, stretching and ART. I also had to relearn how to bench in order to keep stress off the joint.

*The biggest lesson we can learn is to know our bodies — and their limits. Everyone's definition of being injured or being hurt will be different. Know what your definitions are, and train smart. PM*



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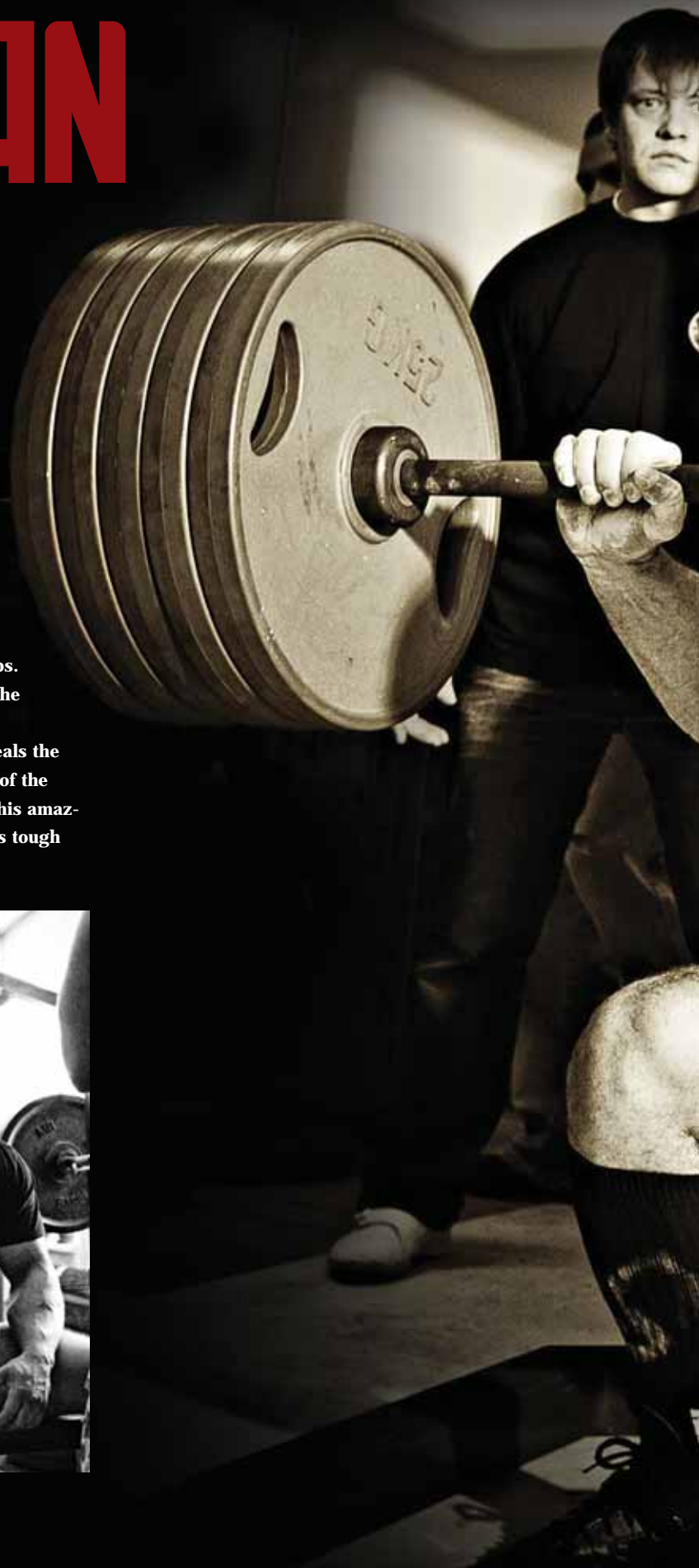
# THE RAW RUSSIAN REVEALED

*An interview with  
Konstatins Konstantinovs*

BY MICHELE COGGER

Best known for his astonishing raw deadlift strength, Russian powerlifter Konstatins Konstantinovs (who resides in Latvia) is a man whose actions speak louder than words. Standing at 6 feet, 3 inches tall, this 31-year-old bodyguard is well known for his impressive powerlifting records and training videos. But, due to a language barrier, little is known about his unique training programs and ideas. His world-record raw deadlift (without a belt) of 939 lbs. marks his place among the very best in the world. However, he has his eye on setting the bar even higher.

In this exclusive interview with *Power*, Konstantinovs reveals the details of a deadlift training program that has made him one of the toughest competitors in the sport today. He also reveals that his amazing strength is not built by chance, but rather the result of his tough mental discipline and commitment to his craft.

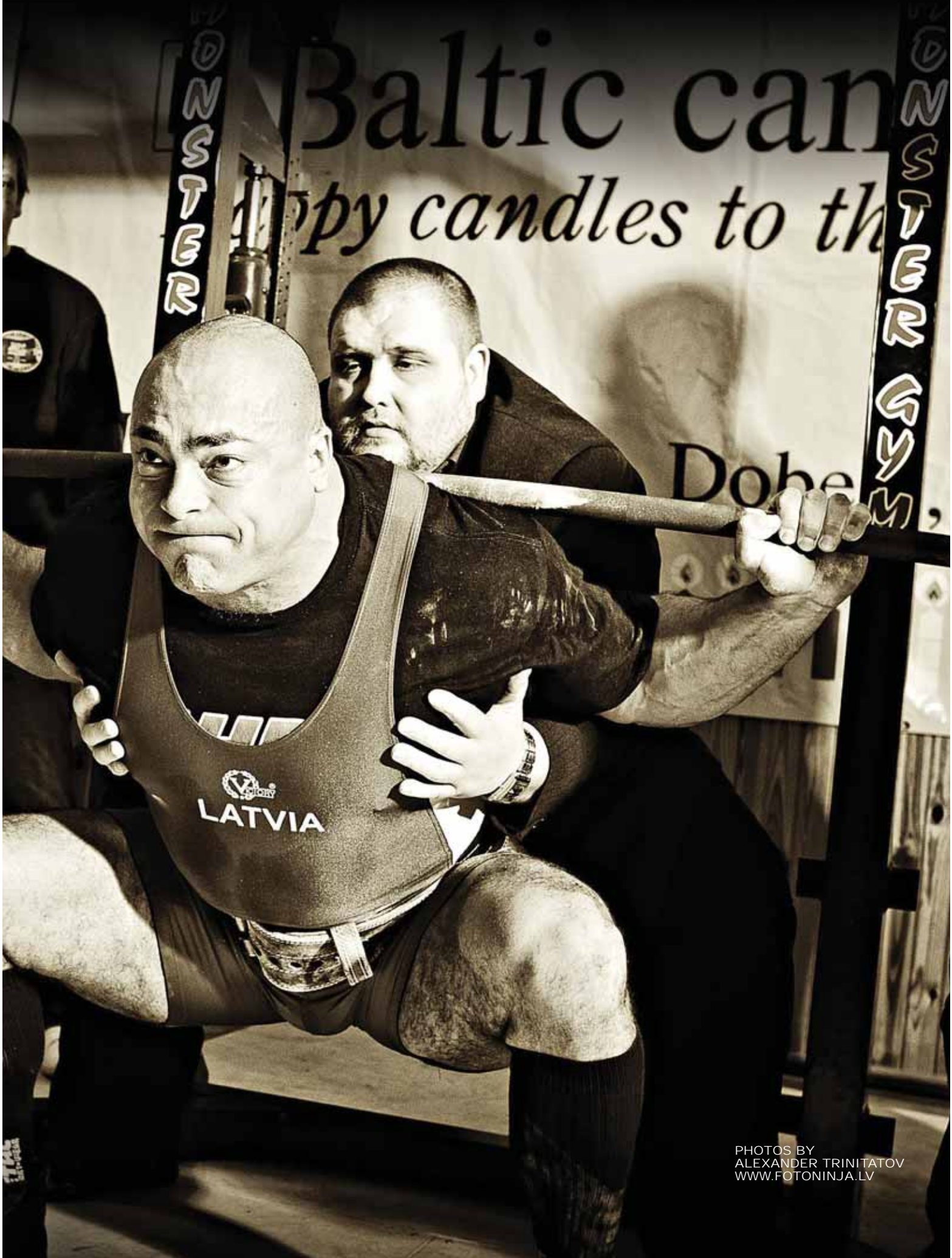


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made man, and nobody can tell me, “I did it for you and you would be nothing without me.”

This is crucial for me; I avoid being dependent on anyone in my life. Failing to score, making mistakes or getting injured is my own fault; while all laurels of victory are also only mine. I develop my own programs for workouts, nutrition and recovery, but I always keep in touch with newest sports and medical literature. I strive to continue developing and learning. Sports science is always developing, so I keep in touch with modern research.

## DEADLIFT PROGRAM

**MC:** Let's get into what people are really curious about: your deadlift program.

**KK:** Deadlift was always my favorite in powerlifting. Genetically, I am tended to it. I lifted 215 kg (473 lbs.) when I was 15 years old, weighing 160 lbs. at 6 feet tall. The program was pretty simple. I performed a maximum lift once a week, each time trying to beat my own record. Now, lifting workouts are in priority. I consider deadlifts to be the classical indicator of real strength.

**“I rarely repeat the same workout, but rather each time I will try something new, since lifting loves diversity.”**

**MC:** How did you get started in powerlifting?

**KK:** I started my sports career when I was 6 with Olympic gymnastics, continued with unarmed self-defense and judo. Wrestling workouts were combined with power workouts. I was strong from my childhood; I could do six chin-ups at the age of five, and 42 chin-ups at the age of 11. I always liked power exercises, and I was just pumping my muscles and developing my power abilities until I was 15. At the age of 16, I started to practice powerlifting more seriously.

**MC:** Were there any certain people who influenced you?

**KK:** I always was keen on sports, but no one has forced me nor persuaded me to be an athlete, even in my early childhood. I enjoyed my workouts and never had any idols back then, nor do I now. I like the quote: “You shall not make for yourself an idol, live your own life.”

**MC:** What do you remember about your first competition?

**KK:** My first contest was Olympic gymnastics at the age of 6. I was very nervous, but I did my best and took first place at my age group. After that I participated in many different contests. I like competing, and I especially like the spirit of competition.

**MC:** Do you currently train with a coach, or have you in the past?

**KK:** I never had a coach in powerlifting and go on without one now. In my early years, I obtained information by reading sports magazines, communicating with athletes in the gym and applying my knowledge. Now, years later, I understand that a good coach in my young age would have prevented me from making many mistakes. However, it's important for me to realize that I am a self-



**MC:** What does your current program look like?

**KK:** I do two deadlift workouts in 13 to 16 days, depending on my recovery and well being. If a planned heavy workout wasn't successful, I postpone it.

## DAY 1 — HEAVY DEADLIFTS

I rarely repeat the same workout, but rather each time I will try something new, since lifting loves diversity. I perform deadlifts on the box at 5, 10, 15 and 20 cm in height, deficit deadlifts on the box at 8 to 10 cm (3 to 4 in), lifts to knees, lifts from hang position, classical lifts from the ground and Romanian lifts. I perform at least two types of deadlifts during each workout, and if more strength is left, I

will do up to four. I always listen to my intuition during a workout, and it is always right.

I also use a different number of repetitions, from ultimate to once or twice in a set. My workout takes three to four hours. Generally, I use an IPF Q-bar\*, which makes the workout more complicated, but I like it. The IPF Q-bar makes me stronger. When using a WPC deadlift bar for deadlifting before a contest, I can feel a great difference. This bar makes lifts much easier.

*\*The IPF Q-bar has much less bend and flex than a regular deadlift bar, making it a much tougher bar to lift with.*

I perform lifts with a pause in the lower position, inhale strongly before each repetition and strain my abdomen muscles maximally. I never use straps, since I lift all weights differently. Currently, my priority is raw, so I don't even wear a belt. I perform 15 to 20 sets each workout, and average about three, five or 10 repetitions. Resting pauses are not long, and I move with rather quick speed.

## DAY 2 — SPEED DEADLIFTS

I lift with an IPF Q-bar from the floor with rubber bands, adding about 130 kg (286 lbs.) at the top. I do six to 10 sets with maximum speed and force in an explosive manner. Speed is very important in lifting. I add 5 kg (11 lbs.) each workout, so typically I start with 200 kg + 5 kg (440 + 11 lbs.) each workout and reach 235 to 240 kg (518 to 529 lbs.), with two or three minutes of rest. If I feel enough strength, sometimes I work with bands until the maximum, and so far my best result is 317.5 kg (699 lbs.) + 130 kg (286 lbs.) of bands without a belt. The best exercise for a strong lockout is lifting with rubber bands.

**MC: You pulled the biggest raw deadlift ever last year without even wearing a belt. Is there a reason you choose not to wear one?**

**KK:** I like lifting without a belt; it means real raw power for me. It's just you and the weight, nothing more, and it's much more challenging. Someone who doubts can try to repeat his best deadlift without a belt, suit and straps. The difference will be dramatic. Anyway, lifting without a belt is hardcore. I really enjoy fighting with weight and counting on nothing but my own strength. Many people consider it dangerous, but as Russians say, "Nothing ventured, nothing gained."

Before a set of 426 kg (939 lb.), I made up my mind for this weight, and my belt was lying in front of me. A weak man inside me whispered, "Put it on, it will help you," but another part of me said, "Lift it without a belt or lose and go back home." And I went out and lifted it without a belt. Only those who can overcome their fear and their uncertainty can be a success. That's my position.

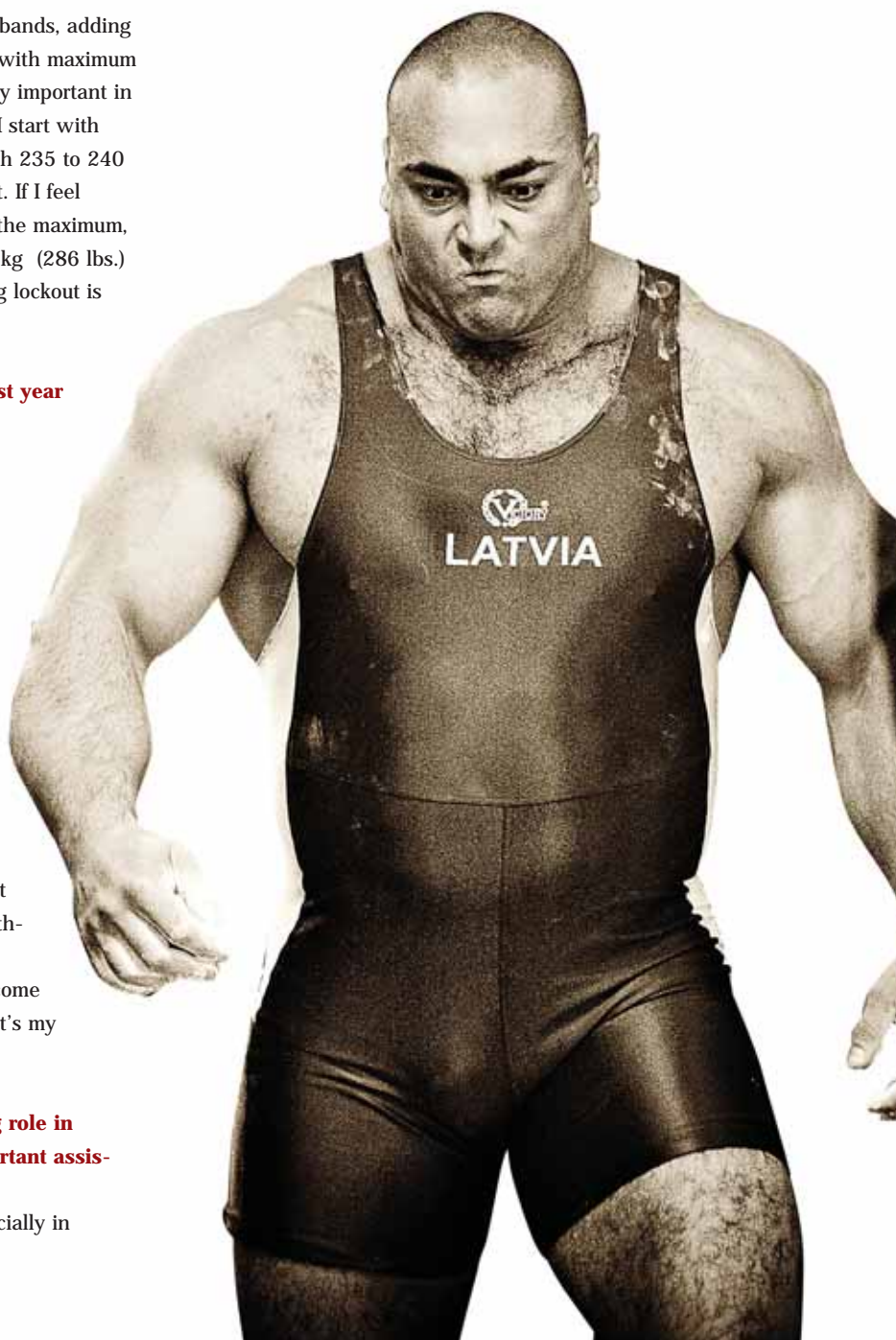
**MC: Do you believe assistance work plays a big role in improving your deadlift? What are your most important assistance exercises?**

**KK:** Assistance exercises are very important, especially in

improving the deadlift. Lifting is like a chain: You can't lift more than the weakest link allows. I do many additional exercises, including hyperextensions, reverse hyperextensions and upper and middle back exercises. Very heavy chin-ups with additional weight are mandatory, mostly with bands. But with maximal quick snatches, speed is all that matters, even in optional exercise. No pumping, just heavy explosive work. I perform optional exercises at every lifting workout, dividing them into groups.

**MC: What about grip? Do you do any specific exercises for that?**

**KK:** If you want to have a strong grip, diminish your use of straps and let your hands become stronger. I recommend straps only when they are really needed, but I never use them. My best friends are chalk and magnesium. But the grip requires strengthening and developing, and I prefer heavy grip hand flexors for this purpose. I always use them during my workout, and believe they are great in improving grip strength.





for me. I do five to 10 repetitions in a set, following my feelings. Among extra exercises I can mention different ways of pressing, with bands, negative press and press from a board. I train my triceps only beside a block in standing position with heavy weights. I like bench pressing, but I perceive it as rest between heavy deadlifts or squats. In comparison with a deadlift workout, pressing 200 kg (440 lbs.) six to eight times is a child's game.

**MC: What are your thoughts on abdominal strength with regards to your competition lifts?**

**KK:** Abdomen muscles are vitally important for raw lifting, and I pay much attention to their training. Lifting without a belt is successful only with strong abdomen muscles. I do eight to 10 sets of different exercises. All are heavy, with six to 10 repetitions for power. I strive to make my abdomen muscles grow bigger and stronger – it's my personal belt that I always carry with me. Among exercises, I like bending/standing beside wall bars with bands. It's a common workout used by guys at Louie Simmons' gym (I took many of my workout principles from Louie, and I have great respect for him as a person and coach).

**“I like lifting without a belt; it means real raw power for me. It's just you and the weight, nothing more, and it's much more challenging.”**

**MC: What are your top five tips for a better deadlift?**

- KK:** 1.) Each to his trade. Search for your own way, your individual methods and individual technique. We are all individuals. The same thing can do a lot for one and do nothing for another. Your best results are attainable only with an optimal individual solution.
- 2.) If you want to get results in deadlifting, you must love it and enjoy it with full commitment, and the result will not be long in coming.
- 3.) Diversity! Have less routine and more new ideas and solutions in your workouts.
- 4.) Speed. All movements should be quick and explosive.
- 5.) Proper recovery, since back muscles take so long to recover. Sauna, massage, water massage, and stretching are vitally necessary.

## OVERALL TRAINING

**MC: How do you structure your squat training?**

**KK:** I squat in Olympic manner now, and the second raw workout is squat with bands, again following my mood and feeling. I do Olympic squats in three to five reps for five to eight sets. I squat three times with bands, sometimes at maximum weight without straps and a belt, and then do some sets in knee wraps and belt with bigger weights.

**MC: What about your bench training?**

**KK:** I train bench press every other day, doing about 15 workouts per month. I press with narrow grip – it's the optimal width





**MC:** You are much leaner than most of the 275-lb. lifters you compete against. Do you have a structured diet based on your goals in the gym?

**KK:** My biggest problem is increasing weight and muscles. Therefore my goal is increasing weight, so consequently I follow a high-calorie diet with sports additives.

**MC:** What does a typical day of eating look like for you?

**KK:** I have six meals a day; of them three meals are normal food, including meat, beef, chicken, plenty of vegetables and fruits, and lots of water. In addition, I take carbohydrate-protein mixtures. I eat at any time of a day, and probably more overnight, but still each kilogram is hard to get.

## BEYOND TRAINING

**MC:** What goes through your head before a big lift?

**KK:** Psychological condition is very important for me, especially in lifting. I like to make myself aggressive, goal-oriented and having no fear of maximum weight. It's the only way to set a record. For many years, I have only one word in my mind before a heavy set: speed. My supporters always shout that. It helps me to concentrate and to make a maximally quick lift.

**MC:** What are your thoughts on raw vs. geared lifting?

**KK:** I am very glad to see growing popularity of raw powerlifting. It's good to have a choice. When I started my career in powerlifting, we had only one IPF federation and we were forced to comply with their rules and equipment. Personally, I prefer conditions and contests of the WPC, especially since a raw division has been introduced. Now, athletes have wide opportunities, they can perform with equipment or raw – it's up to them. I made my choice for raw! It's the only way to show real human power, in my opinion.

**MC:** What are your current goals? Are there any specific records or achievements that you want most of all?

**KK:** Of course, I have goals. There are many achievements to accomplish. For instance, to bench press 600 lbs. raw and deadlift more than 900 lbs. raw in the same contest. Just to press 600 lbs. raw with narrow grip is a very interesting task for me. Deadlifting 950 lbs. raw, without a belt, is also among my goals. I also would like to improve absolute records of raw in full power that remain unbeaten for many years.

**MC:** There is a lot of hype surrounding the Andy Bolton Deadlift Challenge scheduled for mid-2011. What are your thoughts on this type of competition? Are you planning on attending?

**KK:** Oh, Andy Challenge 2011 is extraordinarily interesting! I will enjoy watching this event. I have great respect for Andy. He is a strong, goal-oriented athlete. But I will support Benny (Benedict Magnusson) if he participates. I am of the opinion that he has the biggest potential in deadlifting. I am not planning to compete; right now I have other priorities. But I would like to lift with Andy on stage, maybe in a gym; noise does not matter much to me.



However, I would prefer to lift without a belt, and without a deadlift suit. Then we can see who is actually stronger. I hope someday Andy and I will make it happen; all he needs is to take his belt off. I am sure it won't be a great problem for such a strong man like him. If Andy overcomes me without a belt, I will be happy to shake his hand and even will give him a good hug.

**MC:** What is the worst mistake you see others make in their training?

**KK:** Many young powerlifters start to force results, using pharmacology excessively despite necessity to make a good base, when they need to prepare the musculoskeletal system for ultimate loads while still at a young age. Another common mistake is improper recovery and lifting excessively heavy weights in a gym (I sometimes make this, too).

**MC:** Do you think genetics or technique plays a bigger role in powerlifting?

**KK:** Genetics matter a great deal in our sport. You can teach methods almost to every athlete, but the champions and record-breakers are only naturally endowed people.

**MC:** What is the best advice you have been given?

**KK:** The best advice I ever got was from a wonderful athlete, Anu Turtiainen, from Finland. He showed me methods of lifting, showed me how he lifts, and I developed my own technique on this basis. It helped me to attain great results in the deadlift. Anu gave me some precious advice, and I really appreciate it. Thank you, Anu!

**MC:** What advice do you offer other lifters who hope to follow in your path?

**KK:** I would like to say that powerlifting is a wonderful sport for really strong men. Enjoy it and do your best and the result will not be long in coming. I think that every real man can develop his physical and mental strength and has to do it, and powerlifting is a great tool for it! **PM**

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

Power has tracked down another hot powerlifting chick. Enjoy reading all about Abi Grove!



**POWER:** Let's get right to it. Have you ever worked out naked?

**GROVE:** Well, only if you count pillow fights.

**POWER:** How do you maintain a great body while still lifting weights that would crush your average man?

**GROVE:** Strength training should not result in increased muscle mass in those sports where the key quality is endurance of moderate work output. In no case should the training ever produce a decrease in relative strength of any muscle groups in the body. What I think you are really asking is, do I do bicep curls? As Ed Coan once said, "Biceps are like ornaments on a Christmas tree." Meaning no, I do not.

**POWER:** How old are you, where are you from and what are you wearing?

**GROVE:** I just turned 22, I train out of Local's Gym in Lynnwood, Wash., and I am wearing your red thong.

**POWER:** Does squatting in a tight thong give you any support out of the hole of a deep squat?

**GROVE:** Sadly, Inzer has not produced the Leviathong yet, so that would be a no.

**POWER:** How many sports bras do you need to wear for Kettlebell swings and plyo jumps?

**GROVE:** Fewer than you and most of the loveable dudes you train with at Super Training.

**POWER:** Do you enjoy spotting other girls on deep squats?

**GROVE:** Really, dude?

**POWER:** How did you get involved in powerlifting?

**GROVE:** The owner of my gym, Jesse Ward, signed me up for my first meet with the crew of lifters from our gym's "mancave." Since then, they've been awesome training partners. However, I like to think that I really got into powerlifting when I started dating my boyfriend, who also doubles as my coach.

**POWER:** When you go to a powerlifting meet with a room full of men with massive levels of testosterone, do you feel like the center of attention?

**GROVE:** Mostly I just feel exceedingly short, but hey — that's been true for most of my life. Besides that, I have noticed that people at meets are pretty rad. And hey, if you get a free t-shirt because you are blonde and have booty shorts, it's not that bad. (Hint: I like free t-shirts!)

**POWER:** So, you have a boyfriend? (Just say no. It's more interesting that way. Or say it's an open relationship!)

**GROVE:** My boyfriend and I actually have a love triangle going on — with the gym. When the other person comes home late, it's

not lipstick or cologne we look for on our clothes — just chalk and the smell of ammonia.

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

**GROVE:** It was rather humiliating for us both, as I am not one to emasculate. I hope the encounter showed him that it is a biological imperative that he squat more, bench more and deadlift more. Get to work, bitches.

**POWER:** Do you wear makeup to the gym?

**GROVE:** Only when it was already there from something else. I am surrounded by big, sweaty dudes and a bunch of bars. Really, who is looking?

**POWER:** What are some of your powerlifting goals?

**GROVE:** I just reached a big one with my 200-lb. raw bench. Damnit, now I guess I have to get another one because that is not nearly enough! I would like my raw lifts to end up somewhere in the neighborhood of 325 squat, 225 bench and 375 pull. After my boyfriend gets all his gear, we'll talk about finding some gear for me to mess around with and get stronger. But, I think I would still want to compete raw.

**POWER:** What's next?

**GROVE:** Summer is the best season at our gym. We have Crossfit Regionals coming up and we are also hosting a series of meets at our gym in Lynnwood — powerlifting, Olympic lifting and Highlander/Strongman competitions. I will hopefully be competing in at least one of each and helping run the rest.

**POWER:** What do you have to say to women who don't lift weights because they think they'll get too bulky?

**GROVE:** I say you are right! Go find some bagels and an elliptical and get to work! More weight for me!

**POWER:** Who's your favorite powerlifter?

**GROVE:** Ryan Kjolso

**POWER:** You like to do Crossfit games, and from what I hear you are outstanding in the contests. Do you feel powerlifting is a big reason why you do so well?

**GROVE:** Yes, if for no other reason than when I started Crossfitting it put a barbell in my hands almost every day. I weigh around 125 to 130 lbs., and in everyday workouts the weight prescribed generally didn't seem that bad. But when Crossfit started getting more keen on competition, they jacked all their weights up, which squished a lot of girls my size. Seeing that happen got me more into powerlifting. So, for Crossfit I force myself to do workouts and scale the prescribed weight upward. From there I have laid a Westside regimen as the groundwork for my training, along with Crossfit. I find that powerlifting has allowed me to be more efficient in Crossfit training and, conversely, Crossfit has allowed the same in powerlifting. **PM**




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**Str**

**S**trongman is definitely one of the most extreme sports around. How can you compare kicking a soccer ball around or bouncing a basketball with running 100 feet as fast as possible with 900 to 1,000 lbs. on your back? Or strapping into a harness and pulling a semi-truck uphill 100 feet? Or picking up and running with 350-lb. objects in each hand, feeling the flesh tear off your palms as you sprint for the finish line, all the while trying to stay ahead of the 330-lb. beast of man running next to you? He is trying to take your title, trying to out-muscle and dominate you. Will you defeat him? This is Strongman.

Strongman is a combination of all of the strength sports and includes some athletic influence from football, one of the most brutal sports in existence. It borrows from powerlifting, Olympic weightlifting, Highland Games and even wrestling. While it does require a significant element of endurance, it is not the same type of endurance required from runners or fighters, who use 40 to 80 percent intensity for long periods of time. Once the whistle blows in a Strongman show, competitors typically have 75 seconds to push the throttle way past 100 percent with more intensity than they ever believed possible. Their legs are burning, their hands are cramping up, they fight for every breath and strain as hard as possible against a 1,000-lb tractor tire over and over again. To fight that last 380-lb. stone up the platform, they use anything they can: arms, hands, even their face. Anything to get the job done as quickly and powerfully as possible. Pain is nothing compared to the agony of quitting or failing.

Powerlifters can use Strongman training to change up training routines and beef up lifts. My squat was stuck at 450 to 500 lbs. for a few years, but after less than a year of strongman training I walked into a gym and buried five reps of 500 lbs., and three reps of 550 lbs. the next week. My deadlift went up 10 to 20 lbs. a month once I began Strongman training. I came into Strongman with a 600-lb. deadlift. After about six months I pulled 625 lbs., a month later I pulled 640 lbs., then about five months later I tried a max and got 680 lbs. My bodyweight gains were also dramatic. After three years at 215 to 225 lbs. no matter what I ate, I started Strongman training. Months later I was 235 lbs., then 240 lbs., and I weighed in at my first show at 244 lbs. A few months after that I was 250 lbs., then 260 lbs., and a year after I started Strongman training I was around 270 to 275 lbs. There's just something about



lifting a heavy weight and carrying it – like hauling an 800-lb. yoke on your shoulders for 50 feet over and over again, or dragging a super-heavy anchor chain that seems to tax the body so much harder than a few sets of squats.

## GETTING STARTED

Getting started in Strongman is not very difficult on paper. All you need to do is find a group of strongmen in your area and ask if you can train with them and give the events a try. The easiest way is to check online. Late, great Strongman Jesse Marunde has a great website and forum where you can find local Strongman groups at [www.marunde-muscle.com](http://www.marunde-muscle.com) (click on Forums).

I was introduced to Strongman by a friend who hooked me up with a local group called the Freak Factory. He also hooked me up with one of the living legends of Strongman, Odd Haugen. I trained with the Freak Factory for a brief time, and I learned the meaning of true hard work and mental toughness. But up in the hills of Ventura with Haugen, there were many magical days of incredible training, mentoring and discipline. Strongman training was a fresh break from the traditional power training I had been doing in the gym for years, and I was immediately hooked.

## SOLID FOUNDATION

The only thing that can hurt you when you start Strongman is a lack of a foundation in the power lifts, squat, bench press and dead-

# Strongman

## Is it for you?

BY DAN HARRISON

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lift. If you have never lifted weights before, you will be at a severe disadvantage with Strongman because very heavy weights are used in many ways, and it is easy to get hurt without that foundation. Recommended minimums for gym lifts to have a decent start at strongman is a 400-lb. squat, at least 500-lb. deadlift (preferably more) and a 300-lb. bench press.

Many strongmen downplay and ridicule the flat bench press, but it is my experience that increasing my flat bench press has greatly aided overhead lifts. All the extra triceps power has taken me very far in overhead performance. The deadlift and squat build tremendous power in the lower body and most, if not all Strongman events rely heavily on lower body power, as well as an iron core and a low back you could crash a freight train into without damaging.

If you have a great workout your first day training Strongman, then stick with it if that's what your heart truly desires. Always ask lots of questions and try to make friends with the best strongmen you can find. They will help guide and keep you on the right path with your training and nutrition. If you are serious about becoming the best you can be in Strongman, I highly recommend that you purchase some of your own equipment. I made fabulous progress my first two years in Strongman training nothing but events. I put on tons of muscle and became very good at the events in a short period of time. I also broke through many physical barriers I couldn't seem to pass with my previous own gym training. For the very first few months of my Strongman experience, I only trained once a week because I would go so hard on



Strongman day that I was sore all week and couldn't do much else. I had scars all over my forearms from the Atlas Stones. After I adapted to the initial shock of the training and under Haugen's advice, I added two more days of training during the week. My training schedule for about two years was as follows:

**Tuesday:** One heavy lower body event for many sets, either yoke, farmer's walk or heavy sled drags.

**Thursday:** One overhead event for many sets, clean and press with the log or axle. Training heavy cleans with the log or axle (a 2-inch-thick bar) was very important – the easier the clean, the easier the press.

**Sunday:** Strongman events. I did whatever the group was doing, including Atlas Stones almost every week along with yoke, farmer's walk, truck pull, front carry, any type of medley, heavy drags with an anchor chain, etc.

I made amazing progress with this schedule. When I had added a fourth day for extra heavy back work (barbell rows, some deadlifts), I hit a wall in my progress and only resumed growing when I eliminated it. I needed to add crucial gym lifts into my training schedule after the first two years because I simply needed more brute power in some areas the events did not seem to hit, but I believe any beginner serious about Strongman needs lots of hours training Strongman events to really build that

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THE POWER





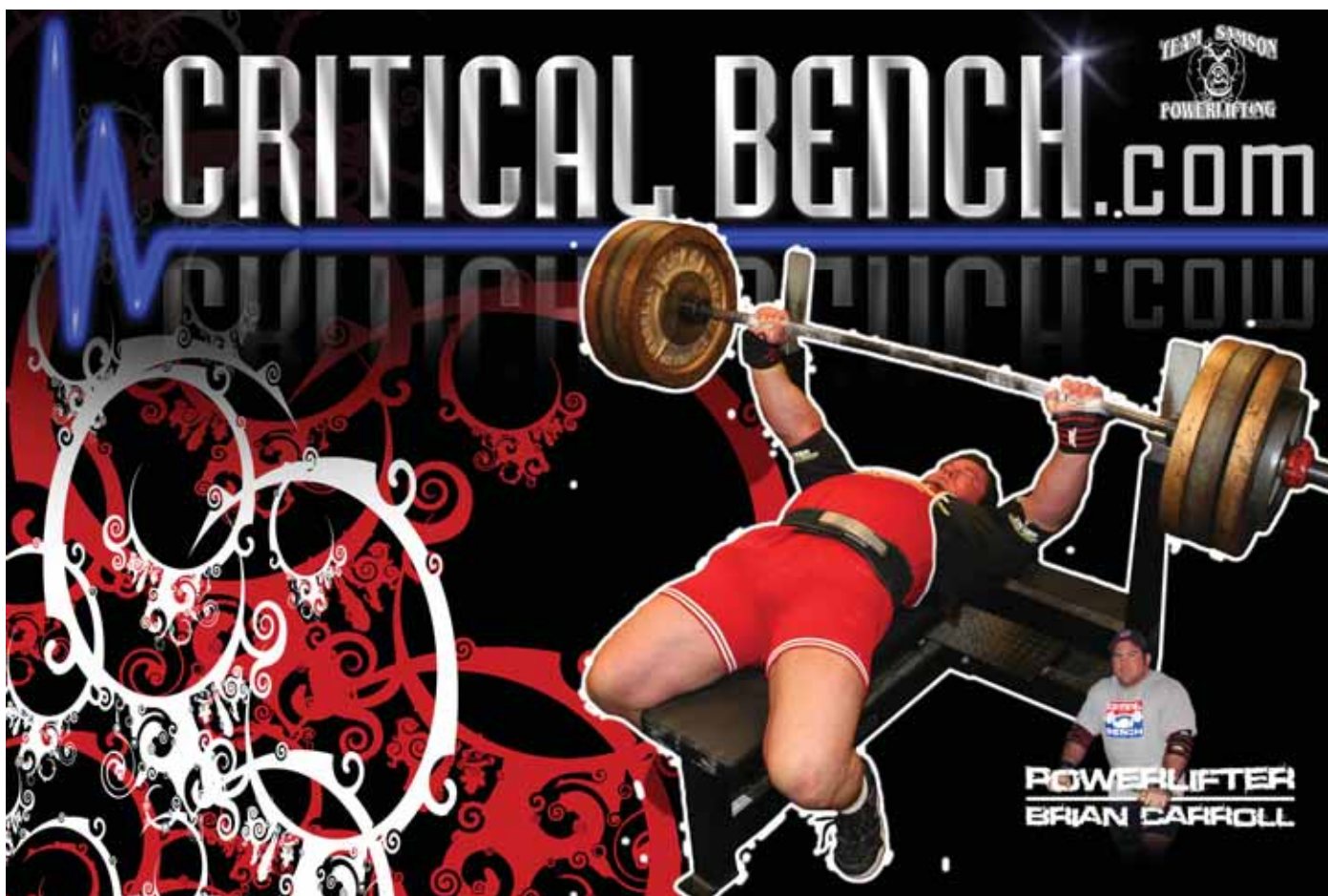
foundation and technique.

Once you master the events, it's time to again change your training to decrease the volume of event work and increase powerlifting training. After all, if you have two strongmen with equal technical proficiency on the events, the stronger one will always win. Yes, you can defeat a stronger athlete if you have better technique in many cases, but why not have great technique and great power? The best have both. PM

**“If you have a great workout your first day training Strongman, then stick with it if that’s what your heart truly desires. Always ask lots of questions and try to make friends with the best strongmen you can find. They will help guide and keep you on the right path with your training and nutrition.”**



*Dan Harrison has competed in more than 40 Strongman competitions, was the 2006 NAS Amateur Strongman of the Year, and placed first in both the 2008 California's Strongest Man and the 2010 Southern California's Strongest Man competitions. He started competing in powerlifting in 2008 and his best raw lifts are a 821-lb. squat, 468-lb. bench and 777-lb. deadlift at 342 lbs. He holds the No. 4 spot on the PowerliftingWatch.com rankings for his weight class and division.*



# Lockout Work that Works

BY ROB LUYANDO



**T**he first 10 years of my training I never worked on improving my lockout strength on the bench. My younger brother was a big Westside Barbell fan and bought all of its videos and books on powerlifting. I just kept training and laughed at him. I was strong — no way in hell was a book or a video going to make me stronger. We trained at the same gym but never really trained together. He did all these crazy exercises, while I just did what I thought worked for me: full-range raw benching. I was benching 500 lbs. raw pretty easy; he was struggling with 400 lbs. I thought I must be doing something right.

In 2004 I started training with Team Carpenter and learned a lot about wearing equipment. Carpenter introduced me to the concept of using boards. I saw some improvements in my strength, but still wasn't sold on all those fancy exercises my brother was doing.

In the summer of 2004 my brother and I both competed at an APF meet. I was in the 242s and he was in the 275s. He's eight years younger than I am, so no way in hell was he out-benching me. Well at that meet I hit my first 611-lb. bench. I was feeling pretty good

about myself. My little brother was in the next flight. He opened up at 500 lbs. and jumped right to 645 lbs. His technique wasn't dialed in, so the shirt locked up about 1 inch from touching and he just pressed the weight to lock out like it was nothing. He took another 30-lb. jump and I knew if he touched he was going to lock it out and make me look real bad. I was lifting off for him and had to fight the urge to give him a helicopter handoff. Again he took the shirt 1 inch from touching, the shirt locked up and he pressed the weight to lockout with little effort. I just shook my head in disbelief.

I decided to take lockout work a lot more seriously. I incorporated four- and five-board lockouts religiously. My bench continued to climb, and I was sold. My brother faded away from powerlifting, so I didn't feel the need to try any other of the fancy exercises he had learned from reading books.

In 2006 I met Paul Key and we hit it off. He trained out of Westside Barbell for some time and is a huge fan of using band resistance for lockouts. I was pretty bullheaded about trying bands, so I let him talk me into trying chains. I stole my brother's chains and





rigged them for speed benching.

Around 2007 one of my training partners bought a full set of bands and brought them to my gym. Having no idea how to use them correctly, I almost killed myself. I had to swallow my pride and call Key to ask him how to use bands and get the most out of them. Thanks to his pointers, I started throwing in bands from time to time. And my bench continued to climb.

## LOCKOUT TRAINING

In my current training routine, lockout work is as important as shirt training. I like to do four-week phases of lockout and speed work. The phases look something like this:

Four weeks of straight-weight four- and five-board lockouts for sets of three, holding each rep for a three count. I do as many sets as possible, increasing weight each set until I can no longer get

three reps. Once I hit failure, I add 20 lbs. and jump to a five-board. As soon as I am done with heavy lockouts, I move right into speed benching with a low board and chains for five sets of five reps as fast as I can.

Four weeks of heavy-band tension four- and five-board lockouts for sets of three, dropping the weight and exploding to lockout as fast as I can. For speed work I use straight weight for five sets of five reps as fast as possible.

I do floor presses with straight weight in sets of three until I can't hit a triple. Then I do two sets of singles. For speed work I bench with doubled mini-bands with low boards and do five sets of five as fast as possible.

Each week I try to increase the weight of my last three sets so I am finishing with three personal records each week. It doesn't always work that way, but that is what I shoot for. I increase the weight on speed benching every few weeks, making sure I am still hitting good speed.

I keep things pretty basic, but I have found that cycling my lockouts works best for me and doesn't beat my body up too much. The bottom line is, change things up once in a while to keep making progress. For me, keeping it simple works the best.

Powerlifting has been an ongoing learning experience for me, and the best advice I can give a young lifter is to keep an open mind and never be afraid to try something new. You never know. It may work for you. You think you know it all? That's when you stop making gains. **PM**



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# Three Methods to His Madness

BY MATT WENNING, M.S.

*Matt Wenning has been powerlifting for nearly 20 years. He has been one of the best of many organizations, ranging from the USAPL to the WPO. He has broken an all-time world record in the 308-lb. class, benched and deadlifted more than 800 lbs., and squatted more than 1,100 lbs. Through training and coaching, he has learned what it takes to be strong and stay strong, and what it requires to keep goals in order while juggling many of life's distractions.*

*To achieve his results, Wenning uses a modified Russian system based on the use of maximal efforts, speed work and repetition. Zatsiorsky, from the USSR, and his professors at Ball State University were the first to explain this system to the western world. Wenning's education and experience has helped utilize and alter his methods to realize their fullest potential.*

## METHODS

I believe each of the three methods listed below is equally important. Powerlifters' needs determine how these methods will interact with his or her training.

**1. Maximal efforts** are designed to teach the body and mind to strain. This method must be used consistently in order to achieve great results. I utilize this method one to three times for upper and lower body in a week (combined).





**2. Dynamic efforts** are very important to teach the muscles and nervous system to fire in an explosive manner. One of the first people to understand and utilize this method was Dr. Fred Hatfield (a 1,000-lb.-plus squatter in the early days of minimal gear).

I use this method 1-2 times per week for upper and lower body (combined).

**3. Repetition** is used to develop muscle mass and increase ligament and tendon strength. This method must be used to create more cross sectional muscle, and therefore more horsepower. It's used for almost every training day, usually with the weaker muscle groups and some bigger lifts (good mornings, belt squats, deadlifts, bench etc).

These methods all have a relationship and help each other to advance one another. Missing one of the components will eventually stall the others. Balancing these methods is crucial.

## SPECIFIC TRAINING

When training in today's advanced gear, it is necessary to accommodate to the body pressure and groove of the equipment. But there is a progression.

Beginners who have been powerlifting for three or four years need to worry more about getting strong, doing raw meets and building a solid base before learning how to use more advanced gear. Lifters who get strong too fast are at high risk for fractures and injury. Many times coaches and other lifters will push an athlete too soon to reach the top.

Intermediate lifters (2-5 years) need to use gear more often while still retaining their raw base. This allows great increases in lifting performance and the continuing development of their raw ability.

Advanced lifters (7-plus years) usually need a good balance of raw and gear training to make progress. Ignoring a certain aspect of their training will cause big changes in numbers and increase injuries.

## CHANGES IN THE TRAINING METHODS/EXERCISES

The system and exercises are constantly modified, with feedback from training, technique and meet results. Many times in training, skilled training partners can find issues before they become meet problems. Technique changes tell you that certain muscles are not doing what they are supposed to and need reinforcement through accessory work, or verbal commands. Finally, most times your numbers going up or down in meets will tell you how effective you're training is, and what the next step to progress should be.

These three feedback tools ensure constant progress when analyzed correctly. This could be changing maximal efforts from one-rep maxes, to three- five-rep maxes to increase volume and hypertrophy. Changes could also be in the form of splitting workouts from one big session, to two

smaller workouts to restore energy if the main exercises (squats or benching) have taxed the body too much. A six-hour break will allow better recovery, if needed.

## TRAINING PLANNING

It is important to have your training planned properly to ensure optimal recovery between workouts, and to ensure recovery of the muscle groups trained. The 72-hour rule between two lower or upper workouts ensure the same muscles are ready to proceed with training. The nervous system must also recover to make constant progress. The key to this is optimal recovery. This example shows what a proper layout looks like.

### SUNDAY: UPPER

Use the speed bench and repetition to create a high amount of bar speed, develop major and minor pressing muscles, and develop all stabilizers.

### TUESDAY: LOWER

Use repetition and flexibility to restore and build more muscle, as well as create flexibility for squatting and deadlifting by doing beyond full-range exercises like super-deep squats or platform deadlifts. This ensures proper form and decreased injury.

### THURSDAY: UPPER

Perform max-effort bench presses and isolated accessory work to develop high pressing strength and work on weakness by isolating muscles and sticking points.



Team Xtreme




## SATURDAY: LOWER

Perform max-effort and meet-specific squat and deadlifts with minimal accessory work. This training day is designed to make powerlifters comfortable with pulling heavy after squatting hard. This is a modified maximal effort day for the lower body.

During the off-season, back down on max-effort work just slightly to restore the body. Bring up repetition to develop muscle mass in lagging muscle groups. For five weeks after a meet I switch to 5 RM max

effort work in order to keep intensity lower for a short time. Off-season should be a time to maintain strengths and work on weaknesses.

This knowledge/training template has allowed me to make constant progress with world class lifters all the way down to beginners. They real secret is knowing what to change and when to change it. Much of the change is individual and can be difficult. My exercises come from many sources and I always look for new things to try. Once you stop learning, you stop progressing. **PM**



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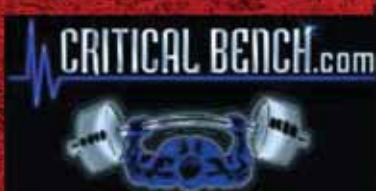
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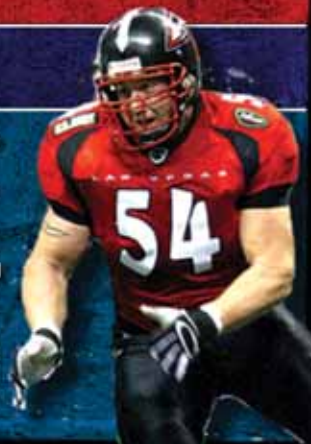


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# CURRENT\* AMERICAN LIFTER RANKINGS

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## TOP 5 MEN, 242, SINGLE PLY

### TOP 5 MEN, 242, SINGLE PLY

SQUAT Name	FED	Date	Lift
1. Mike Mastrean	NAPF	2010-03-06	903
2. Tony Harris	NAPF	2010-03-06	859
3. Jessie Betzinger	USAPL	2010-01-30	843
4. Steve Mann	NAPF	2010-03-06	810
5. Jeff Douglas	USAPL	2009-06-14	804

BENCH Name	FED	Date	Lift
1. Ryan Girard	USPF	2009-05-24	705
2. Christopher Carson	WABDL	2010-02-13	677
3. Kevin Mayer	USAPL	2009-09-13	633
4. Dennis Reneau	USPF	2010-03-27	628
5. Chris Pappillion	WPF	2009-11-14	622
5. Bryon Brubaker	WPF	2009-11-14	622
5. Ed Macauley	WABDL	2010-03-13	622

DEADLIFT Name	FED	Date	Lift
1. Tony Harris	NAPF	2010-03-06	771
2. Vasil Gushterov	NAPF	2010-03-06	738
3. David Muro	USPF	2009-07-04	733
3. Jerry Capello	WABDL	2009-06-13	733
3. Mike Mastrean	NAPF	2010-03-06	733
3. Chad Holmes	USAPL	2010-03-13	733

TOTAL Name	FED	Date	Total
1. Mike Mastrean	NAPF	2010-03-06	2210
2. Tony Harris	NAPF	2010-03-06	2132
3. Chris Pappillion	WPF	2009-11-14	2072
3. Jeff Douglas	NAPF	2010-03-06	2072
5. Jessie Betzinger	USAPL	2010-01-30	2028

## TOP 5 MEN, 275, SINGLE PLY

### TOP 5 MEN, 275, SINGLE PLY

SQUAT Name	FED	Date	Lift
1. Charles Bailey	SPF	2009-05-23	1005
2. Scott Smith	WPF	2009-11-14	909
2. Alan Best	USPF	2010-01-23	909
4. Mike Tuchscherer	IPF	2009-07-26	903
5. Tony Harris	IPF	2009-10-02	892

BENCH Name	FED	Date	Lift
1. Mark Bell	USPF	2010-03-06	771
2. David Lewis	WABDL	2010-02-20	755
3. Allen Baria	USPF	2010-04-03	744
4. John Bogart	USAPL	2009-09-13	724
5. Sam Aumavae	WABDL	2010-03-13	722

DEADLIFT Name	FED	Date	Lift
1. Mike Tuchscherer	IPF	2009-07-26	826
2. Patrick Holloway	WABDL	2009-10-31	821
3. Nick Weite	ADFPF	2009-12-05	804
3. Mike Hedlesky	IPF	2010-03-06	804
5. Tony Harris	USAPL	2009-05-03	782

TOTAL Name	FED	Date	Total
1. Charles Bailey	SPF	2009-05-23	2400
2. Mike Tuchscherer	IPF	2009-07-26	2331
3. Alan Best	USPF	2010-01-23	2320
4. Mark Bell	USPF	2010-03-06	2265
5. Scott Smith	WPF	2009-11-14	2259

## TOP 5 WOMEN, 132, SINGLE PLY

### TOP 5 WOMEN, 132, SINGLE PLY

SQUAT Name	FED	Date	Lift
1. Kendra Miller	USAPL	2010-03-27	380
2. Brittany Backes	USAPL	2010-01-30	363
2. Jennifer Gaudreau	NAPF	2010-03-06	363
4. Ellen Stein	IPF	2009-10-02	358
5. Andrea Cazares	USAPL	2010-03-27	352

BENCH Name	FED	Date	Lift
1. Jennifer Thompson	USAPL	2009-09-13	325
2. Heena Patel	NASA	2009-05-16	281
3. Jill Darling	USAPL	2009-04-18	253
4. Jennifer Gaudreau	IPF	2009-05-30	231
5. Helen Sauer	IPF	2009-04-18	225

DEADLIFT Name	FED	Date	Lift
1. Heena Patel	NASA	2009-05-16	407
2. Kendra Miller	USAPL	2010-03-27	402
3. Ellen Stein	IPF	2009-10-02	396
4. Jennifer Gaudreau	NAPF	2010-03-06	363
5. Andrea Cazares	USAPL	2010-03-27	358

TOTAL Name	FED	Date	Total
1. Kendra Miller	USAPL	2010-03-27	986
2. Jennifer Gaudreau	NAPF	2010-03-06	947
3. Brittany Backes	USAPL	2010-01-30	920
3. Ellen Stein	IPF	2009-10-02	920
5. Andrea Cazares	USAPL	2010-03-27	870

## TOP 5 WOMEN, 148, SINGLE PLY

### TOP 5 WOMEN, 148, SINGLE PLY

SQUAT Name	FED	Date	Lift
1. Pamela Bartz	IPF	2009-09-12	429
2. Alyssa Hitchcock	USAPL	2009-09-19	424
2. Pam Bartz	NAPF	2010-03-06	424
4. Jennifer Cowan	SPF	2009-05-30	391
4. Erin Walterman	USAPL	009-06-20	391

BENCH Name	FED	Date	Lift
1. Leonetta Richardson	WPF	2009-11-14	319
2. Ulyana Pikhunyk	USAPL	2009-09-13	308
3. Erin Walterman	USAPL	2010-01-30	275
4. Lori Steele	USAPL	2009-05-30	242
4. Alyssa Hitchcock	USAPL	2009-09-19	242

DEADLIFT Name	FED	Date	Lift
1. Alyssa Hitchcock	IPF	2010-03-06	468
2. Jennifer Taylor	WABDL	2009-06-13	425
3. Erin Walterman	USAPL	2010-01-30	424
4. Jane Mc Cubbin	WABDL	2009-04-25	418
5. Teresa Jacobs	WABDL	2010-03-13	416

TOTAL Name	FED	Date	Total
1. Alyssa Hitchcock	USAPL	2009-09-19	1118
2. Erin Walterman	USAPL	2010-01-30	1091
3. Pamela Bartz	IPF	2009-09-12	1058
4. Pam Bartz	NAPF	2010-03-06	1052
5. Jennifer Cowan	USPF	2009-05-30	997

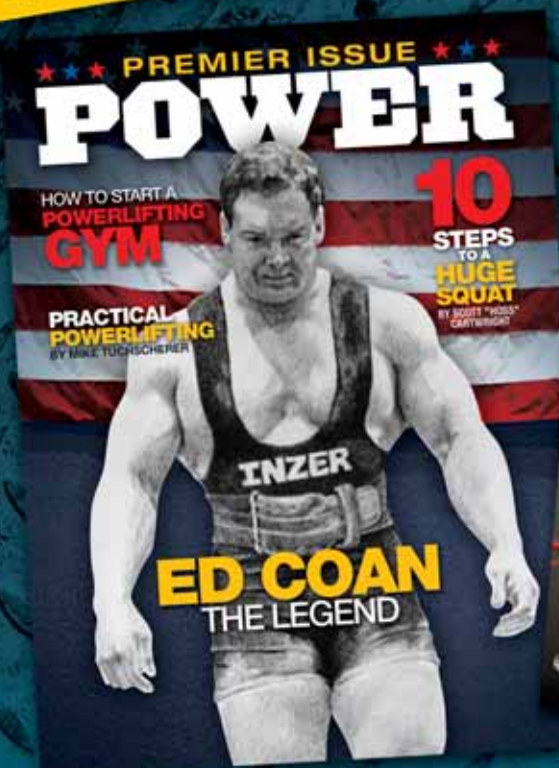
For complete Lifter Rankings (Top 50) in every weight class for Raw, Single Ply and Multi Ply, log onto [www.PowerliftingWatch.com/yearly-rankings](http://www.PowerliftingWatch.com/yearly-rankings)

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# Karl Gillingham

At 6'3", 305 lbs., Karl Gillingham is a US National Strongman Champion and ESPN World's Strongest Man competitor. Karl has been competing in Strongman since 1998 and has been ranked in the top five nationally every year he has competed. Karl's first contest in Strongman was the US Championship in which he won. Since that time Karl has traveled the world competing in over 40 top national and international contests including the prestigious World Super-Series Championship and the World Strongest Man contest. Here is a little bit more about this amazing Strongman...

**What superhero power would you most like to possess?**

The ability to fly.

**What is your greatest fear?** Being ordinary.

**What is the trait you most deplore in yourself?**

Not being perfect.

**What is the trait you most deplore in others?**

Dishonesty.

**What is your greatest extravagance?** My Bio Pro 190

bio-diesel processor.

**What is your current state of mind?** Content, but in

transition.

**On what occasion do you lie?** Only if it protects

someone from undo harm.

**What do you most dislike about your appearance?**

Not being ripped enough!

**What do you most value in your friends?** Loyalty.

**What or who is the greatest love of your life?** My wife, Pam.

**When and where were you happiest?** On my wedding day.

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

I would like to be as durable as Mariusz.

**What do you consider your greatest achievement?** Twenty-

five years of longevity as a top strength athlete.

**What is your most treasured possession?**

My house (and home gym).

**What is your most marked characteristic?** Honesty.

**Which historical figure do you most identify with?**

Abe Lincoln.

**What is your greatest regret (disappointment)?** An overtime

loss in basketball playoffs my senior year.

**Which talent would you most like to have?**

World's Strongest Man.



**What is your motto?** Do what's right. Do your best. Do unto others as you wish them to do unto you.

**Which living person do you most admire?** Outside of my family, I think Lance Armstrong for his unbreakable willpower.

**Who is your favorite fictional hero?** Captain America.

**If you were to die and come back as a person or thing, what do you think it would be?** A dog.

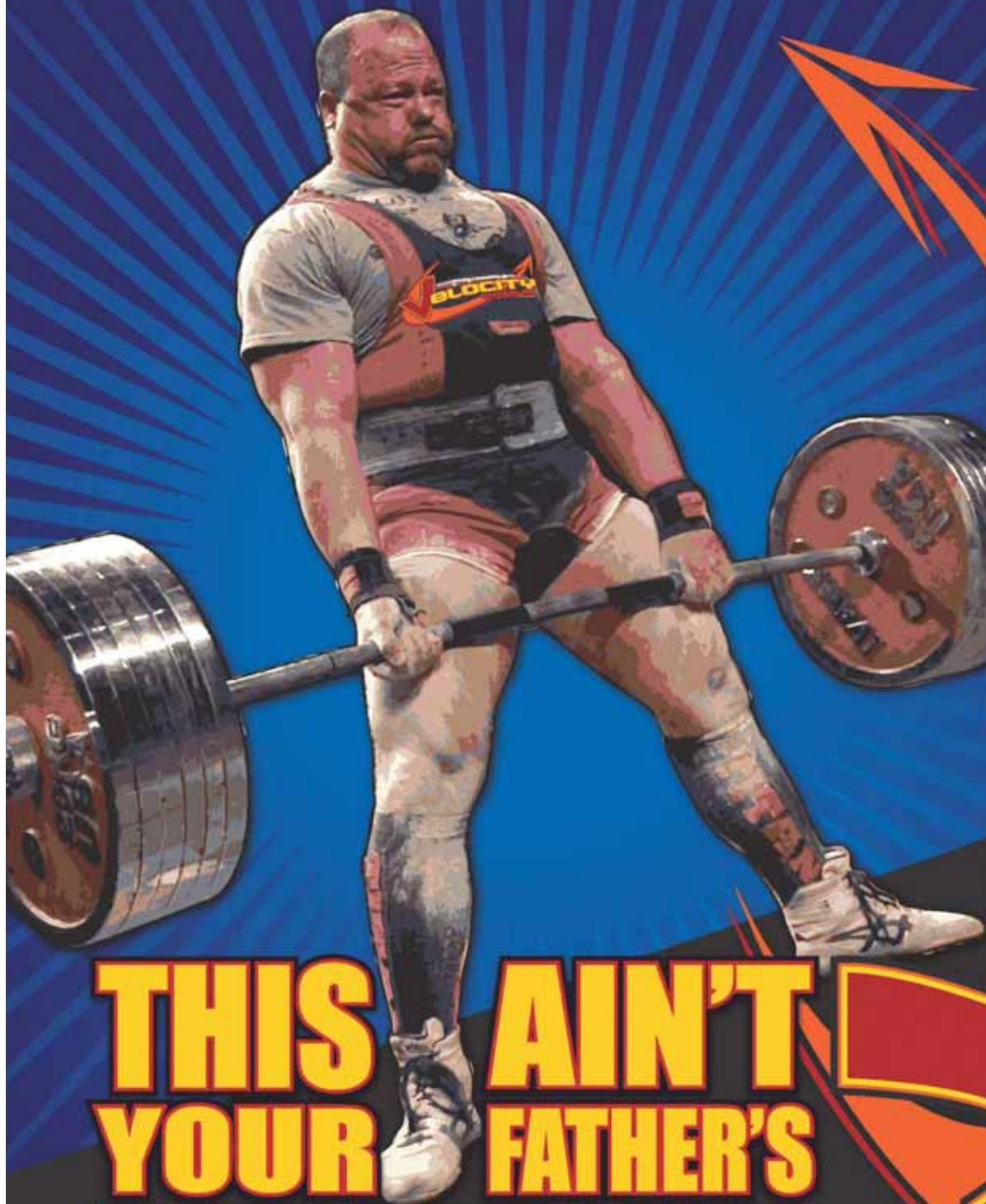
**What is your favorite movie?** Rocky.

**Who is your favorite lifter?** Brad Gillingham.

**What do you prefer: single-ply, multi-ply or raw?** Raw.

**Who would you like to see on the next cover of Power?** Zydrunas Savickas.

For more information on Karl, please visit [www.jackalsgym.com](http://www.jackalsgym.com).  
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