

CUTTING WEIGHT WITH KEVIN OAK

POWER

JULY/AUGUST 2016

BEN SMITH

THE FITTEST MAN
IN THE WORLD



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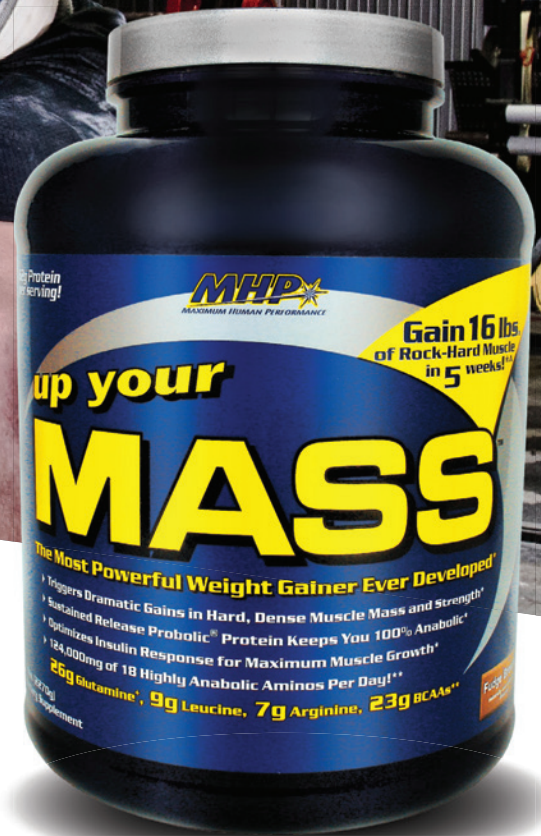
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Strong Thoughts for Strong Lifts

As with any sport, a lot is known about powerlifting but a lot remains unknown. Advances happen all of the time, and what works for someone today might not work for them tomorrow as they get stronger and/or older. We all must keep an open mind and be willing to change and adapt as time moves forward. Zac Whalen discusses how to keep progressing in this tough sport.



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For a quarter century, Suzanne "Sioux-Z" Hartwig-Gary has made her presence known in the 114 lbs. class. John Greaves III catches up with Sioux-z for a telephone interview where she explained how she has dominated in this sport for so long.





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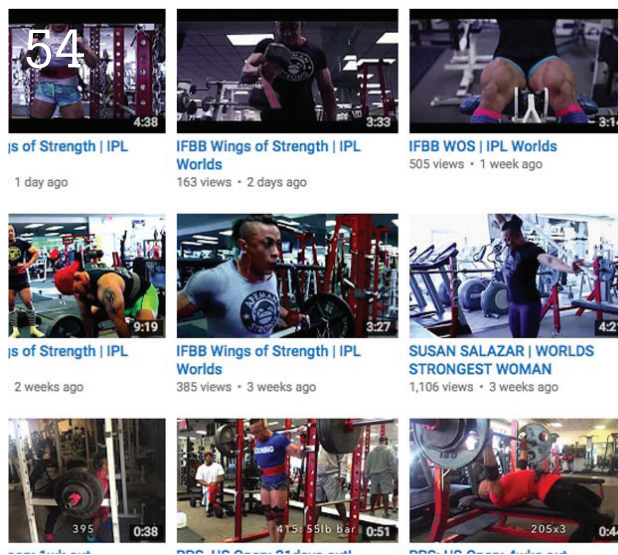
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LEAVE THE TUPPERWARE AT HOME.

CHRIS BRIDGEFORD

BY STEVEN GRANZELLA



What are your personal stats?

I currently live in Ames, Iowa. I'm 21 years old, and I compete in the 242 lbs. and 275 lbs. [weight] classes. My walk around weight is about 260 lbs. and I'm 6'1".

What are your best lifts on and off the platform?

Gym PRs [Personal Records]:
Squat – 770 lbs. x 2 with wraps,
705 lbs. without wraps.
Bench – 475 lbs.
Deadlift – 840 lbs.

Meet PRs:

Squat – 788 lbs. with wraps
Bench – 468 lbs.
Deadlift – 749 lbs.

What are you biggest powerlifting accomplishments?

I've totaled 2,000 lbs. as a 21-year-old. I have also squatted and pulled over 700 lbs. in the same meet as a 20-year-old. I totaled 1918 lbs. within my first year of starting powerlifting. I've set a few American Records in the USPA, as well.

What is your favorite lift? Why?

Part of me really wants to say the deadlift just because it's the easiest lift to let out all of your anger and frustrations, but everyone says that, so I'm going to have to go with the squat. The squat is my favorite lift because when I started powerlifting, it was my worst lift just from years of squatting with terrible form and not knowing how to squat properly. So, I had to work very hard to improve it. Now, it is my strongest competition lift, so it's really rewarding to see it go from one end of the spectrum to the other.



Where do you train?

I've been lucky enough to train at several awesome places. Starting out, I trained at Shawn Frankl's Big Iron Gym in Sioux City. Then, I moved to Ames and started training at the famous 22nd Street Barbell, run by Wesley Keith in Des Moines. I currently do most of my training at the Iowa State Weight Club, which has an awesome atmosphere. A lot of college kids train at this gym that are focused and just want to get strong. I'm also finishing setting up my own garage gym. It's very exciting, and it's close to completion; only a few small things I need, and it will be ready for full-time training!

Do you have a coach? How has your coach helped you?

I worked with Matt Wenning for over a year since my training is a conjugate

format. I loved working with Matt because he actually taught me the purpose behind everything involved in my programming, so I eventually became confident enough to handle my own training which is what I currently do. I also train others with a lot of the principles of training that Matt taught me.

How and when did you get into powerlifting?

I grew up working on the farm and living out in the country, so I've always been used to physical labor. I began playing sports in junior high, and I immediately fell in love with strength training. I didn't actually begin powerlifting until my sophomore year of college when one of my best friends bullied me into doing a meet with him. He told me time and time again that I was a baby for being scared to

do it. So obviously, I competed and got hooked.

Do you have a background in any other sports?

I began playing football and wrestling in junior high all the way through high school. I was a state medalist for wrestling in high school. I received a scholarship to wrestle for Morningside College after graduating, and I wrestled there for three years.

What are your 2016-2017 goals in powerlifting?

In 2016, I would like to total 2000 lbs. raw without wraps at 275 lbs., which I'm actually planning on doing on June 18th. Then, my plans after that are to cut down to 242 lbs. again for IPL Worlds in November and go for a 2000 lbs.+ total without wraps.



What are your long-term goals?

My long-term goals are to squat and deadlift over 900 lbs. and to hold All-Time-World Records in the 242 lbs. and 275 lbs. weight classes.

What do you do for work?

I actually just accepted a job offer here from the county jail to be a correctional officer.

Who are your biggest fans?

My amazing girlfriend, Sara who competes with me and always pushes me in the gym. My close friends, Byron, Ian, Ben, Chase, Jacob, Andrew, Austin, and Fico who are all awesome training partners.

Do you have any meet day superstitions?

No, not really. I recheck my travel bag several times though because I always have that nightmare before a meet where I've actually gone to the meet and literally forgotten everything I need.

What do you do to get amped up before a meet or a big attempt?

It depends on the day and how I feel. I like hardcore music to get my blood flowing. I focus on visualizing completing the lift over and over until it's engrained in my head. Other days, I get very pissed off before big lifts and think about bad sh*t going on in my life or bad sh*t that hasn't even happened to me. Of course, my training partners and my girlfriend love to slap the sh*t out of me even if I don't ask for it.

If you weren't a powerlifter, what would you be doing?

I might still be wrestling if I hadn't found powerlifting, or I would probably be focusing on beginning my law enforcement career, even though I already am. Whatever it may be, I would apply the same intensity to it as I have for this sport.

Are there any lifters you admire?

I would have to say I admire Rob Philipus (or quadslikerobb as most know him) the most as a lifter and just as a human being in general. I've had the

opportunity to meet and train with him multiple times. He's one of the nicest and most humble people I've met. He was a college wrestler as well so it's cool to see another wrestler be successful in this sport. On top of that, he has shown me that you can be dedicated to this sport and dedicated to your family, career, or whatever it may be if you eliminate distractions in your life.

Is there anything you'd like to add?

I'd like to thank Adam Rodriguez, Silent Mike, and Mark Bell for the awesome Sling Shot gear I have received as well as the opportunity to be featured in POWER magazine. It means a lot to me to be noticed by the biggest names in the sport. I'm hoping to make the trip out to California soon to train at Super Training Gym because it has been something I've wanted to do for a long time.

Facebook: my athlete page is "Chris Bridgeford Powerlifter"

Instagram: @bridgeford242 **PM**



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THE FITTEST MAN ON EARTH

AN INTERVIEW WITH BEN SMITH

By Mariel Tagg

After winning the 2015 CrossFit Games and earning his title as the Fittest Man on Earth, Ben Smith hopes to bring home the gold again this year. In the meantime, Sport's Illustrated ranked Smith number three on its list of "Fittest 50" male athletes in sports today – with Michael Phelps at number thirty-one and LeBron James at number two. Naturally, we wanted to find out what makes this machine run.

POWER: Congratulations on recently securing your spot as number three on Sports Illustrated's Fittest 50, right behind LeBron James at number two. With this target on your back, has anything changed for you as far as your training goes, or are you still doing the same old thing?

BEN: Thanks, that was pretty cool, and I wasn't expecting it. Maybe one day we'll all get paid the same – that's what I keep saying.

As far as whether or not it has changed anything – not really. Last year, I won the CrossFit Games and that really helped solidify my confidence, knowing that I'm training the correct way and doing the right thing, but there hasn't been any more pressure. I feel like I've always put more pressure on myself to compete well, and it's been that way every year since I started, so I don't think this year is any different.

POWER: Well yeah, if you're winning then you're doing it right! Let's pretend the majority of our readers don't know who you are. Can you give us a brief synopsis of your CrossFit background?

BEN: I started doing CrossFit in college when I was playing college baseball. My goal in the long run was to be a professional baseball player, and I wanted to be the best at it, so I used CrossFit to train for that – to get stronger, faster, and be more

STATS

Age: 26

Height: 5'11"

Weight: 195 lbs.

Location: Chesapeake, VA

Gym: CrossFit Krypton

Years training CrossFit: 10 years, since 2006

LIFETIME MAXES

Clean & Jerk – 370 lbs.

Snatch – 300 lbs.

Deadlift – 515 lbs.

Back squat – 520 lbs.

Max pull-ups – 76



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athletic on the field. Then in 2009, I entered a CrossFit competition near me, and I ended up winning the competition, and then I went to the CrossFit Games for the first time. I graduated college and opened a CrossFit gym later that year. I started coaching and training there, and since then, I've been doing CrossFit and sticking with it. These days I'm not coaching as much as I would like to – I have a lot of help – but that's what I do now. I have the gym, and I train.

POWER: What does a typical day in your life look like? A regular, average day.

BEN: A regular, average day – I get up in the morning. I normally have breakfast around 8:30 – 9 a.m. I eat breakfast, answer emails and do stuff around the house. Then my first training session usually starts around 10. I train from 10 a.m. to about 12:30 p.m., and then I'll eat lunch. We head back to the gym and train from about 2 – 3:30 p.m. for our second session of the day. Then I'll head home again – I'll get to hang out with my wife for a little bit. I have to cut the grass today, so that's on my list. Then I'll eat some more food before my last session that normally starts at about 5 or 5:30 and lasts for an hour and a half.

POWER: So you mentioned your wife, and I know your training partners include your brothers. Overall, what role does your family play in



your training and success?

BEN: I got married a little over a year ago, but before that, my family and I all lived together, and they have always been really supportive. My brothers and I were always playing sports growing up – football, basketball, baseball, track – we did everything. Whatever was in season is what we would do. So we really focused on our athletics. We really enjoyed that and that’s what we got along doing. My family has always been really supportive in whatever I’ve wanted to do. When we picked up CrossFit, they loved it. My dad’s dream job since he was younger was to own his own gym, so he absolutely loves it. As far as my brothers go, they grew up doing all of these sports with me, and since they’ve picked up CrossFit, we’ve all been training together. Within maybe the last two years, we’ve really been training together a lot, and it’s been a lot of fun.

POWER: Given that your siblings are athletic too, it sounds like you’ve had the advantage of good genes. Do you agree or disagree?

BEN: I agree, yes, we have good genes, but there’s a lot more to it than just having good genes. We’ve been doing athletics since I can’t even remember. So it’s a little bit of both. Hard work has a lot to do with it, too.

POWER: So since you’ve already won the Games, earned a top-three spot on SI’s Fittest 50, and put together a list of other honorable mentions, what are your goals this year?

BEN: My end goal is to win the

CrossFit Games again. I want to be the best CrossFitter and the best athlete that I can possibly be.

My goal when I started doing CrossFit and what attracted me to it was the idea that it made you this super athlete – someone who could be strong but could also do gymnastics, run long distance, swim, go out on a baseball field and be athletic – someone who could do it all. So you’re always doing something new, having fun, and training differently. You also get a lot of hate from different parts of the community because you do so many different things, but you just have to remember to have fun with it, no matter what you’re doing. The idea of being a super athlete was what always attracted me to CrossFit and that was always the goal – just to be the best athlete I could be.

POWER: Back to your brothers... do your brothers share your goals, or how do they differ given that you’re at different stages in the sport?

BEN: My middle brother, Alec, is 23 years old. He was a gymnast up until the age of 14 or 15 when he was in a car accident. He messed up his shoulder and couldn’t do gymnastics anymore. Then, in the last three or four years, he got really into CrossFit. He competed at the Regionals with me, where he placed tenth last year. The Regionals are the qualifier for the CrossFit Games, so his goal is to make the CF games and compete there on that level.

My younger brother is 19 – this is only his first year doing CrossFit – and

he also competed at Regionals. I think he just wanted to do his best at Regionals this year and make it to that level, but it takes a little bit of time to master the sport. He’ll be there every year so it’ll be good, and he’ll work his way up. I think he also wants to make the CrossFit Games, but I can’t speak for him.

POWER: If you could define the CrossFit lifestyle, what would it be?

BEN: I think the CrossFit lifestyle is really just hard work and perseverance. Those are the two things that this sport teaches really well. It also teaches you about the importance of community. If you work out at a CrossFit gym, the community is huge, and that’s a big part of it. You’re around people that all have goals that are similar to yours, and you help each other by pushing each other through challenges. Hard work and perseverance are key components because every day the workouts are really challenging, and they’re going to push you to your limits both mentally and physically. Just being able to get through that every day makes everyday life a little bit easier, or just feel a little bit easier anyway.

POWER: Given that nutrition is a factor in any lifestyle, how important is your diet, and what does it look like?

BEN: I think diet is one of the most important parts of the whole thing and it is the biggest key to success no matter what your goals are. It’s also something that’s very overlooked. As for my diet, I don’t have a super strict diet just because I’m training all day, and I can really eat whatever I want. Not to say that I do eat whatever I want. Maybe two to three days a week I’ll have a cheat meal like pizza or a burrito, and everything else is really just clean food. I try to get protein, carbs, and fat in every meal and eat real foods. I don’t follow anything super strict, just a balanced diet.

POWER: The CrossFit Games are coming up here pretty quickly. How does your training change as you get closer to a competition?

BEN: So I train all year round, and I don’t stop. I train every single day. Leading up to a competition, it is just the intensity that picks up. You have to train for that intensity and how tough



the games and the events at all the competitions will be, so you have to push the pace a little bit harder.

POWER: So are you creating your own workouts, or are you using someone else's program. How does that work?

BEN: Most other athletes have coaches and people who help them. I have done everything by myself since I started. I do all of my own programming. I program for the gym, and we all workout together in a group every day. We bounce ideas off of each other, but I've done all of my own programming. It seems to have worked thus

"HARD WORK AND PERSEVERANCE ARE KEY COMPONENTS BECAUSE EVERY DAY THE WORKOUTS ARE REALLY CHALLENGING, AND THEY'RE GOING TO PUSH YOU TO YOUR LIMITS BOTH MENTALLY AND PHYSICALLY"

far so I'm not going to change anything that works.

MARIEL: What do you consider your biggest accomplishment to date?

BEN: In my CrossFit career, it's definitely been sticking through the last seven years and finally, on my seventh try, winning the CrossFit games.

POWER: If you had to pick one, what would be the most memorable moment in your CrossFit career thus far?

BEN: Oh, that's hard. So I finished third place twice at the games, and then I finished first one year. All of them felt really good because I think they were each really big accomplishments in my opinion. The first one felt really good because it gave me the confidence to know that I'm doing something right – that I should be there and that I can win it. So that first third place finish really meant a lot.



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POWER: What would your ultimate achievement be? For example, if you were to do "x" you could retire happy.

BEN: I don't think that I'll ever have that because if you do have that then you've lost your edge. You always have to want a little bit more. You always

have to be striving for something more. You always have to have a goal and want to be better. So I don't know that I'll ever have the "Alright, I'm good, I'm done" feeling. I'll always be competitive, and I will always want to try to compete. I think the day I stop compet-

ing will be the day I just don't want it anymore – when I mentally just don't want to do it anymore, and I want to move on and do something else, something different.

POWER: Yeah, you can go be the best at something else!

BEN: Exactly. It doesn't go away, it just changes.

POWER: Do you have any inspirations or mentors, and who are they?

BEN: My biggest inspiration has got to be my dad. All it takes is a parent telling their kid that they can be the best at whatever they do, and that's more motivating and inspiring than you

**“YOU ALWAYS HAVE
TO BE STRIVING FOR
SOMETHING MORE.
YOU ALWAYS HAVE
TO HAVE A GOAL
AND WANT TO
BE BETTER”**

could ever think possible. It may seem silly as a parent, but your kid believes it, and they know they've got to work hard for it – it's been very motivating. My mom and dad have raised us all really well and told us that we could be anything if we work hard enough for it, and I truly do believe that. My wife is also so supportive of me in everything that I do, and she's always there for me in the ups and downs. Same with the rest of my family and all my friends at the gym. It's like a big community, and it is that community support that keeps me going and makes it fun and enjoyable every day.

POWER: What does your recovery regimen look like, or do you have one?

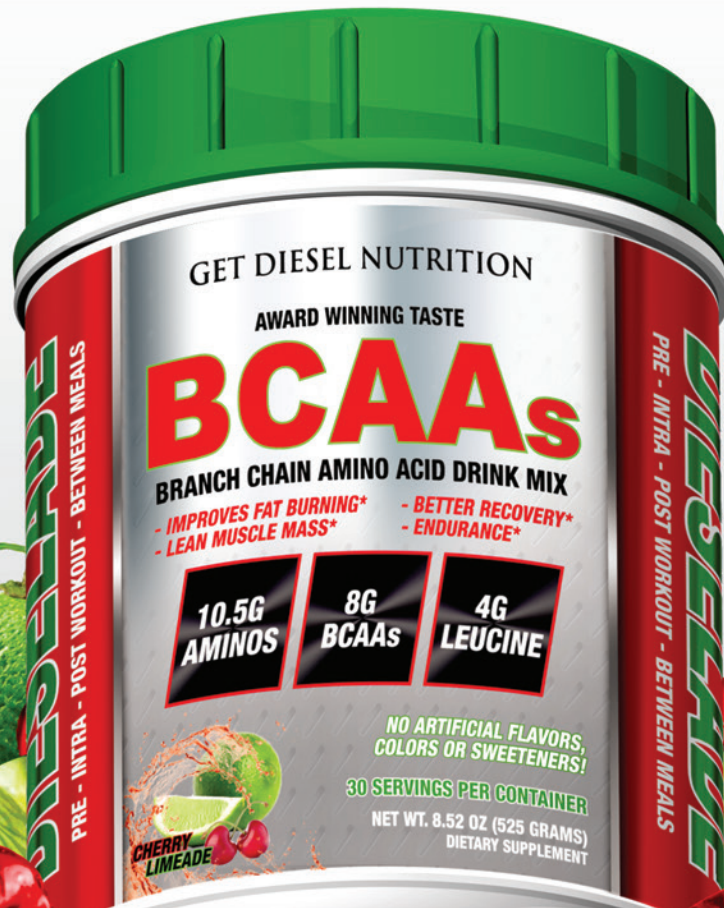
BEN: The only time I'm not training is when I'm sleeping. Sleep is huge. I normally sleep eight to ten hours every night.

POWER: A big thanks from all of us at POWER Magazine for your time, and we look forward to watching your success at the Games. I'd say good luck, but you don't need it. Thanks again. **PM**

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STRONG THOUGHTS FOR STRONG LIFTS

By Zac Whalen

"Out of every one hundred men, ten shouldn't even be there, eighty are just targets, nine are the real fighters, and we are lucky to have them, for they make the battle. Ah, but the one, one is a warrior, and he will bring the others back."

-Herictetus, 500 B.C.





Even in the most hardcore of gyms, people are constantly coming and going. Getting to the top is hard work, and it doesn't come easy. At RiverCity Barbell, we cater to powerlifters and have been fortunate enough to be a home for a handful of world class lifters and even one all-time World Record holder. During one of our recent training sessions, one of my good friends and a fellow training partner/coach and I were having a conversation about some of the newer lifters at our gym and whether or not they would be successful. He and I have been together for years and have had many such conversations before. Almost always, we are right about predicting the future. I once told a new lifter at our gym that his first meet would be good, and his second meet would be great. Indeed it was - he totaled Pro and was top ten in his weight class in that second meet, squatting 820, bench pressing 600, and deadlifting 690 at 220lbs. All of this occurred only a year and a half after his first powerlifting training session. I would hazard a guess that these conversations

happen at most hardcore gyms and that the veterans that have been around for a while are all probably very good at making these predictions. I would also bet that [the criteria] used to make these calls is rarely all physical, but rather, includes the intangibles, mostly mental. It seems strange for a totally physical sport, right? Let me explain why it isn't.

Show me a weak point, and I'll show you an accessory movement to fix it. Show me bad form, and I bet I've seen and fixed worse. Show me a bad attitude, a problem dealing with failure or setbacks, and a bad work ethic, and I'll ask you to find another hobby. I've been fortunate enough to train alongside, compete against, and coach some really great lifters. While all vastly different people, there are some commonalities between the people that make it to the top, and most are on the mental side. Take a look at some of the traits below, and ask yourself if they fit you. Are you a warrior, or are you a target?

Willingness to Be Lead But Know When to Freelance

The role of a coach is to help you get

the easy pounds. If you've ever been in a decent gym, you know that small changes can make big differences, even for people who have been lifting a long time. It's not uncommon for a change in foot placement to yield 10-20 lbs. to a squat. Changing a grip width can add 5-10 lbs. to a bench press. A good coach can see and prescribe the right changes that can add weight to the bar without the lifter actually getting stronger. The same goes with accessory movements - I've seen a lifter go from not being able to hold form on a squat to hitting massive PR's [Personal Records] in a handful of weeks by simply fixing one weak point. For those without access to good coaching, there are a ton of great programs out there, and most of the popular ones will work for most people. The best lifters are the ones that can take this advice or these templates and put them to work within the confines of their program. They are the lifters that think outside of the box in order to further improve. Great lifters instinctively know what repetition ranges work the best for their accessory movements. They can dictate rest



periods and frequency. They know by feel what exercises yield results, and they can typically provide rationale for why they do what they do.

Great lifters also know when to rely on their instincts and put themselves in the best position to succeed when the weights get heavy. I have often told lifters to concentrate on technique during warm-ups, and after 90%, just focus on completing the lift. This doesn't mean that technique goes out the window, but it means that you have to trust your body to do the right thing. Perfect repetition builds perfection when the weights get heavy, so the warm-ups are always critical. Gravity has a way of throwing things off track, but the form breakdown should be minor, if at all, as things get heavier.

Know and Understand Your Role

You should always be striving to be the biggest fish in the biggest pond. The best learning opportunities come when you are able to surround yourself with people that are stronger and better than yourself and then work to catch up with them. That being said, respect the hierarchy. If you are the tenth best lifter at the gym, you are likely to be treated as such. This means that the amount of coaching time and attention you get is limited, and you have to find

a way to add value as you progress. At this level, you should be helping those below you and watching those above you in order to figure out how they got to where they are now. When Aria Attia, current world record holder in the deadlift with 915 lbs. at 275 bodyweight was training at RiverCity Barbell, he would literally stop the gym during his heavy sets. People would make it a point to show up on those days to watch. When you go to the circus, you come to see the elephants, not the mice. As an up-and-comer, you should be the first to show up and the last to leave. Spot and load weights for others without being asked. Take initiative and lead. Show that you are committed. This will get you further with your peers than any PR ever will.

A word here about genetics. I have always been interested in fast cars, and performance mods [modifications] on cars are a good analogy for how different people react in the gym. The example here would be the stock Honda Civic versus the stock Ford Mustang. I drove a Civic in high school, and I knew that adding a performance exhaust would net me a small gain in horsepower. My good friend drove a Mustang, and a performance exhaust would give him fifty horsepower. That said,

I've seen some Honda Civics that are very fast, but they have a lot more work put into them. My point here is that if you were born a Honda Civic (as I was), be realistic and understand that you aren't going to progress at the rate of someone born as a Mustang. If you're in my camp, become an absolute technician. Your form better be spot on, and you better be knowledgeable, but you can do very well if you have the desire.

Always Have a Plan, and Execute on it

Great lifters always come equipped with a plan. Each training session is thought out in advance and goals are set. If it's a max effort day, the goal is a particular weight, and it's realistic. If it's a sub-max day, there is consideration as to how the weights should move or feel. PR's are recorded and managed, and variables are kept in consideration. Great lifters very rarely miss weights in training. They know when to push and when to back down. It's always better to leave weight on the table than to overshoot your capabilities. Often times, it is best to develop a goal and work backwards. If the goal is to squat 500 in the meet, you should have a rough idea of how much you would need to work with for sets of 3 and 5 and on variations in order to achieve that goal. Rarely should you be surprised on the negative side. If anything, expectations should be exceeded come meet day.

As with any sport, a lot is known about powerlifting but a lot remains unknown. Advances happen all of the time, and what works for someone today might not work for them tomorrow as they get stronger and/or older. We all must keep an open mind and be willing to change and adapt as time moves forward. Great lifters are open to ideas from any place they can get them, and they decide what to take and what to leave. If it works, it is kept. If not, it is discarded and possibly revisited later. In my ten years of powerlifting, I have seen some really gifted people go nowhere and some really poorly suited people do very well. Again, mindset is everything. Embrace the struggle, and enjoy the journey. Come in with a plan, and the results will follow. Master the mental side, and the physical side will be easy. **PM**





CUTTING WEIGHT WITH KEVIN OAK

BY MARIEL TAGG



STATS

Age: 30

Height: 5'11"

Weight: 250 lbs. (current)

Location: New York City

Gym: Coliseum

Years Powerlifting: 3

CURRENT MAXES

Squat: 850 lbs. in knee wraps (no wraps is 785 lbs.)

Bench: 518 lbs.

Deadlift: 766 lbs.

Total: 2127 lbs. – World Record Raw Total in 220 lbs. weight class

Former collegiate sprinter, Kevin Oak, started powerlifting less than three years ago. Today, he holds the World Record Raw Total in the 220 lbs. weight division, and he cut twenty-eight pounds of water to get it.

MARIEL: Besides being the renowned @oakstrong on Instagram, can you give us a brief overview of your powerlifting career?

KEVIN: Well I haven't really been powerlifting that long, but my biggest achievement so far would be the world record at the LA Fit Expo in January (at 220 lbs., Kevin holds the World Record Raw Total of 2,127 lbs.).

MARIEL: So you haven't been doing powerlifting that long, but you didn't get to be this athletic phenom overnight. What does your athletic background look like?

KEVIN: I was a runner most of my life. I was a sprinter. I com-

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peted throughout college and went to Villanova University – ran all four years. Then I graduated and started working in the city. I wasn’t running anymore so I needed something to do in order to stay in shape and get rid of stress. Once you’re an athlete, you always kind of have to do something because it’s a part of you. So I started just going to the gym – the easiest thing to do – and started lifting weights. I hadn’t planned on competing, but I kept getting stronger and stronger, and I still had that competitive spirit. After a while, the two just came together since I found out that I was hitting numbers that would be pretty competitive in powerlifting. I thought I might as well do it.

MARIEL: Were you still running at all when you started lifting?

KEVIN: Well I started lifting for track at the age of 16, but back then, I was just doing bench press and accessory work. It helped a lot with my endurance.

I actually didn’t like lifting at first. I was just doing it because my coach told

“I WAS HITTING NUMBERS THAT WOULD BE PRETTY COMPETITIVE IN POWERLIFTING. I THOUGHT I MIGHT AS WELL DO IT.”

me to do it. I didn’t really care – I was a runner. But once the season came around, I was a lot quicker because I had put on some muscle.

MARIEL: So between being a runner and becoming a competitive powerlifter, did you put on a bunch of weight? I can’t imagine it’s as easy to run with that much muscle, or is it?

KEVIN: Yeah, I was much lighter. The heaviest I was when I was a runner, my senior year of college, was about 185 lbs. Now, I’m about 250 lbs.

MARIEL: Okay that makes sense be-

cause I’m thinking, “250 lbs. is hard to run with!” Anyway, I know you do some pretty heavy-duty weight cuts. What is the most you’ve ever had to cut, and over how many days was it?

KEVIN: The most I’ve cut is 28 lbs. in LA. I went from 248 to 220. That was rough.

It’s hard to say how many days it took. I started water loading the Saturday before [the competition], and weigh-ins were on Friday so about a week before that [I started cutting]. When you are water loading, you end up putting on weight. So you lose most of the weight in the last day or two, which is when you end up cutting food and water about forty hours out.

MARIEL: Are you just miserable, or does it not affect you?

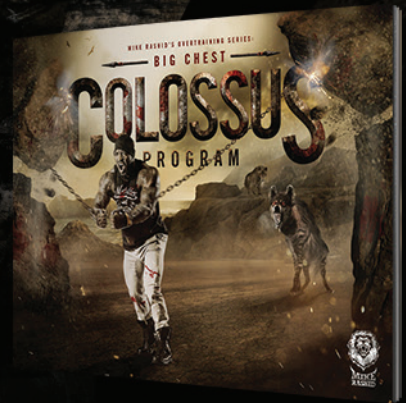
KEVIN: No, it’s pretty miserable. [Laughs] It’s not fun.

MARIEL: So, in my world, I see UFC fighters cut weight and they’re miserable which makes sense to me. But then you guys have to go and perform.

KEVIN: Well it’s harder for them be-

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cause they're in a combat sport. I just have to get under the bar. The worst that could happen if I don't rehydrate properly is that I could miss the lift. It's not really a big deal. If you're not properly hydrated, and you're getting hit in the head and in the body, then that's a big deal.

MARIEL: Well my question is whether you think it impacts your performance – either positively or negatively – or are you totally recovered by the time you're ready to lift?

KEVIN: It has a huge mental impact. But, because I am aware of that, I can ignore it pretty well. It definitely affects you slightly, but it's hard because you're basically going down a weight class. So, relatively speaking, you are stronger even if you don't get the total you could have gotten. Like, if I didn't cut weight, I could have had another

"I TRY NOT TO CHANGE MY DIET. THAT'S A BIG THING FOR ME BECAUSE IT KIND OF DEFEATS THE PURPOSE. A LOT OF GUYS WILL BE WAY OVERWEIGHT SO THEY WILL DIET DOWN INTO THE [DESIRED] WEIGHT CLASS. THEN THEY WILL DO A 20-LB. CUT, AND THAT USUALLY DOESN'T END UP VERY WELL"

30-40 lbs. on my total, but I'd be a weight class higher. And, to me, in another weight class higher, you probably want to be adding another 100 lbs. to your total. So it's kind of a give and take.

MARIEL: What does weigh-in day look like for you? Are you cutting up until the last minute? How does your diet change as you get closer to a competition?

KEVIN: I try not to change my diet. That's a big thing for me because it kind of defeats the purpose. A lot of guys will be way overweight so they will diet down into the [desired] weight class. Then they will do a 20-lb. cut, and that usually doesn't end up very well. So I try to start lighter and gain weight during the entire training cycle. For instance, my last training cycle I started in the high

230's, so I just gained a little weight and kept going up and up until I was close to 250.

I try to only cut water. I try to not cut carbs because I think it makes it that much harder to get the weight back on if you're that depleted. I know a lot of guys will cut carbs or change their diet, but I try to keep it exactly the same. I'd rather just have to work harder and cut more water, which I know I can get back on, than to start actually losing body weight.

MARIEL: So how does training change as you get closer to a competition?

KEVIN: In the beginning, it's just going to be more volume, and the weight is going to be lighter. As the weeks go on, the weights go up, and the volume goes down.

MARIEL: Are you writing your programming or using someone else's? Do you have a coach?

KEVIN: I coach myself and other people. I coach a bunch of guys in person at the gym, and I do online training as well.



Right now, I'm just training for the Boss of Bosses 3 meet in Mountain View, CA in the 242 lbs. division, no wraps. I think a bunch of guys are doing that [competition], and I'm looking

forward to it.

MARIEL: That's right near us - we'll have to come out and watch! Thanks again for your time, and I look forward to seeing you compete. **PM**

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SUZANNE “SIOUX-Z” HARTWIG

SPEAKS OUT ON LIFTING
AND BUILDING A LEGACY

BY JOHN GREAVES III

For a quarter century, Suzanne “Sioux-Z” Hartwig-Gary has made her presence known in the 114 lbs. class. That’s longer than Jesse Norris and Pete Rubish have been alive! At the 2016 Arnold Classic, she posted another raw open squat record to climb to the number one spot in both open and masters. This was in a class with tough competitors like Marisa Inda, Shana Ratcliff, Ginger Burton, Jen Rotsinger, and Kim Tran. Sioux-z is an IPF International Referee, a member of the IPF Women’s Committee and has been named Open Raw National Team Head Coach for the period from 2016-2018. I visited Supreme Sports Performance & Training, the facility she owns and operates with her husband/coach Matt Gary.

JOHN: Suzanne, thanks for taking the time to talk to me. I know you’re not feeling well so we’ll keep this as short as possible. Let’s begin with your nickname, “Sioux-z”, because it’s a little different.

SUZANNE: It’ll try to sum it up in a short version. When I was about twenty-two years old, I was telling a friend how frustrated I was that people were always spelling my name wrong. I would get special awards, cards from friends, and my name was often spelled incorrectly. I used to spell it Suzie. I know there are a lot of ways to spell it, but I figured if someone was giving me a special award or was a long-time friend, they would be sure to spell it correctly. I was about to move from South Dakota to Maryland. That’s where the Sioux River, Sioux Falls, and Sioux Indians are, and I decided to take a little of South Dakota with me. I now spell it “Sioux hyphen z”. This way, if someone spells it wrong then it’s my fault. Once they see it, they’d probably get it right.





JOHN: You've had a long, successful career in powerlifting. What are some accomplishments that stand out above the rest? I know you were in the USAPL Hall of Fame in 2011.

SUZANNE: It was a great honor to be inducted to the USAPL Hall of Fame. My biggest goal was just to make it on the platform drug free at the IPF Worlds. So in 2003, when I won the Open World Championships, it was definitely an unexpected highlight - a pinnacle of what I worked for. Getting my first Master World Record was pretty awesome, as well as squatting 400 lbs. and now having the Open world record in the squat. Those are the accomplishments that I'm most proud of because

I'm forty-seven, and I don't know how much longer I can fend off the young ones.

JOHN: You're an icon in the sport. I know you were coached by Kirk Karwoski, but who did you look up to?

SUZANNE: [I looked up to] Bettina Altizer when I first started. She was a female lifter from Virginia. She was really friendly, and she was supportive of me. Carrie Boudreaux was another person that I looked up to as she was strong and really friendly. It's funny that there isn't any one specific person [that I look up to] because I have met so many great people in powerlifting, and I've become friends with many of them.

I am most amazed by Wei-Ling Chen.

JOHN: Speaking of Captain Kirk... he's got a reputation as an intense lifter. How was he as a coach?

SUZANNE: I wouldn't say he was super intense or anything. He was fired up for me, but he knew the kind of person that I am and that I don't like to be screamed at or crazily fired up. He was excited for me, but he didn't try to get me really, really hyped.

JOHN: Let's talk about your training. What are your best lifts?

SUZANNE: COMPETITION LIFTS EQUIPPED/RAW

Squat 402 lbs./334 lbs.(Raw Open and Master World Record in IPF)

Bench 226 lbs./181 lbs.
 Deadlift 374 lbs./347lbs.
 TOTAL 975 lbs.(Master WR)/846 lbs

GYM LIFTS RAW

Squat 333 lbs.
 Bench 192.5 lbs. (before neck injury)
 Deadlift 325 lbs.

JOHN: You and I have both done the Smolov program. It's a lot harder than it appears on paper. What's the minimum training age you would say someone should be at before you would recommend they do a program like Sheiko or Smolov?

SUZANNE: I did it and had good results, but I don't think the results are sustainable. Every single person I know who has done it has gotten injured. They lost ground - they may have hit a big number, but then they really dropped backwards. So at least five years [of training/lifting experience]. You could do it your first year, and you might be fine because you have no idea what your real numbers are, but you could also get hurt and lose

“VARIATIONS OF THE BENCH, INCLUDING LONG PAUSES, MEDIUM GRIP, AND I ALWAYS DO PULL-UPS AFTER BENCHING FOR SOME POSTERIOR CHAIN. FOR DEADLIFTS, I JUST DO VARIATIONS OF DEADLIFTS. IF YOU'RE A SUMO LIFTER, YOU COULD DO CONVENTIONAL SOMETIMES. YOU COULD ALSO PULL OFF OF BLOCKS, DO RACK PULLS, OR ROMANIAN DEADLIFTS”

ground when you should be riding the wave of a new lifter.

JOHN: Have you had to overcome any injuries over the course of your career?

SUZANNE: I had a bulging disc in my neck in 2003. I did a lot of rehab and didn't compete for a year. I had to take some exercises out of rotation and continue to do strengthening exercises for my upper back. Other than that, I've just had a few nicks here and there.

JOHN: What about stalled lifts? What lift has given you the most trouble over the years?

SUZANNE: When I first started lifting, I weighed 105 lbs. I competed for ten years in that weight class, and as I put on muscle I had to diet more and more. As a result of that, my bench in competition didn't go up for seven years. Then I went up a weight class, and weighing only 112 lbs., my equipped bench (in the old shirts that didn't give much) went from 170 lbs. to 214 lbs.! Other than that, my deadlift gave me trouble after my bulging disc in 2003 since I had to cut out a bunch



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of movements. It stalled for years, but I stayed patient and worked hard at what I could do until it started moving again.

JOHN: What are your favorite assistance movements for the squat, bench and deadlift?

SUZANNE: Variations of the bench, including long pauses, medium grip, and I always do pull-ups after benching for some posterior chain. For deadlifts, I just do variations of deadlifts. If you're a sumo lifter, you could do conventional sometimes. You could also pull off of blocks, do rack pulls, or Romanian deadlifts. For squat, we just squat. Sometimes [we do] pause squats. In the past, [we did] box squats, as well as a front squat every now and then, but I'm not really flexible.

JOHN: What other non-powerlifting movements do you like for your training plan?

SUZANNE: Prowler. I also do some kettlebell work. Other than assistant work, I just do the big three in season. I'm not in season as much now as when I was doing equipped and raw. I was

pretty much in season almost the whole year then.

JOHN: That's right. Didn't you used to use your raw lifting as training for the equipped part of the season?

SUZANNE: Even when I was preparing for an equipped competition, I always had a day where I did the big three lifts raw. When they started having Raw Nationals and then Raw Worlds in 2011, I began competing in both. In 2012, I didn't do the Arnold as I had five other competitions. I had Equipped Nationals in May followed by Raw Worlds four weeks later. Then I had Raw Nationals about five weeks after that and then Equipped Master Worlds a month later, followed finally by Equipped Open Worlds. Basically, I was training fairly heavy equipped and raw most of the year!

JOHN: I've heard from two different sources that using equipped lifting could be a good way to supplement for a raw lifter. For example, in the case of an injury. What's your take on it?

SUZANNE: I'm not sure. If people are not already equipped lifters it can take a while to learn the equipment. Also, it's a different movement pattern lifting equipped from lifting raw. Due to that fact, I wouldn't really recommend it. That being said, long ago, I had a minor hamstring problem, and I just put on my really loose suit bottoms earlier than I normally would have in order to help protect the hamstring. I'd always lift equipped once a week when I was doing it, and once week I was lifting raw, so my body was used to it. I knew it almost as two different exercises. If you have new people, and they're still learning how to master the technique of squatting and then you throw a piece of equipment on them, it could really throw off their movement patterns. So if someone was going to use equipped lifting to help them to train through an injury with their raw lifting, maybe they could put on something that wasn't so supportive. Besides, you could just be overloading it and making it worse. Unfortunately, a lot of people think, "Oh! I have equipment...I should



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go heavier". Well, if you're trying to let something heal, putting something on tight and adding more weight isn't necessarily the best way to do it.

JOHN: I didn't see a lot of machines in your facility. Do you think that machines play a role in a powerlifter's development?

SUZANNE: We have a FreeMotion machine with a bunch of different attachments that let you do pulldowns and curls etc. If we had more room, we'd probably have a leg press [machine], especially for people who are rehabbing things. Most people, even if they're rehabbing things, can use free weights and do different exercises such

"IF YOU HAVE NEW PEOPLE, AND THEY'RE STILL LEARNING HOW TO MASTER THE TECHNIQUE OF SQUATTING AND THEN YOU THROW A PIECE OF EQUIPMENT ON THEM, IT COULD REALLY THROW OFF THEIR MOVEMENT PATTERNS"

as step-ups. We also have bands [they could use] - they'll hook it to something and use those.

JOHN: I was going to ask you about specialty bars and bands and how you guys implement them in your training. How do you program them in?

SUZANNE: I haven't found that using bands helped me much. I'm so short, so chains on the deadlift don't really do much either. Some people use them, but I don't implement them anymore, and I think that new people think they seem so cool. I really don't recommend them for people unless they've been training for a while. Again, it's the movement pattern, and you're changing it drastically when you add bands. I use bands when I wrap it around a pole and I'm stretching. I also use bands for

good mornings - not with any weight on my back but just as a loosening up exercise. When we program them in, it doesn't replace the big three - they are in addition to [the three lifts].

JOHN: What do you do for recovery?

SUZANNE: I get massages. I see a chiropractor. I also like to use a hot tub.

JOHN: Do you still do those contrast baths like you did when you ran Smolov?

SUZANNE: Smolov was only four

weeks of my life. I'll do them when it's summer again. I don't do much of that when it's winter!

JOHN: I don't blame you! Do you have to deload after meets, or can you just jump right back into the gym?

SUZANNE: I'm back in the gym maybe two days later, but I'll go lighter maybe for a week or so.

JOHN: You're sick right now as we're doing this interview. What allowances

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do you have to make when you're sick, or do you just take time off?

SUZANNE: I don't typically get sick but my balance was off today. So today I just decided that I was not going to pout and not train. Normally, I'll just go in and do what my body will let me do. Often, I'll find that I can do what's prescribed but just a little less or with more rest between sets. So maybe I'm supposed to do sets of five, but I'm feeling a little under the weather so I do sets of three. I just tell people, "If you're feeling off, and your form and your technique isn't hurting because of it, then you can come in and do some-

thing and it might actually make you feel better".

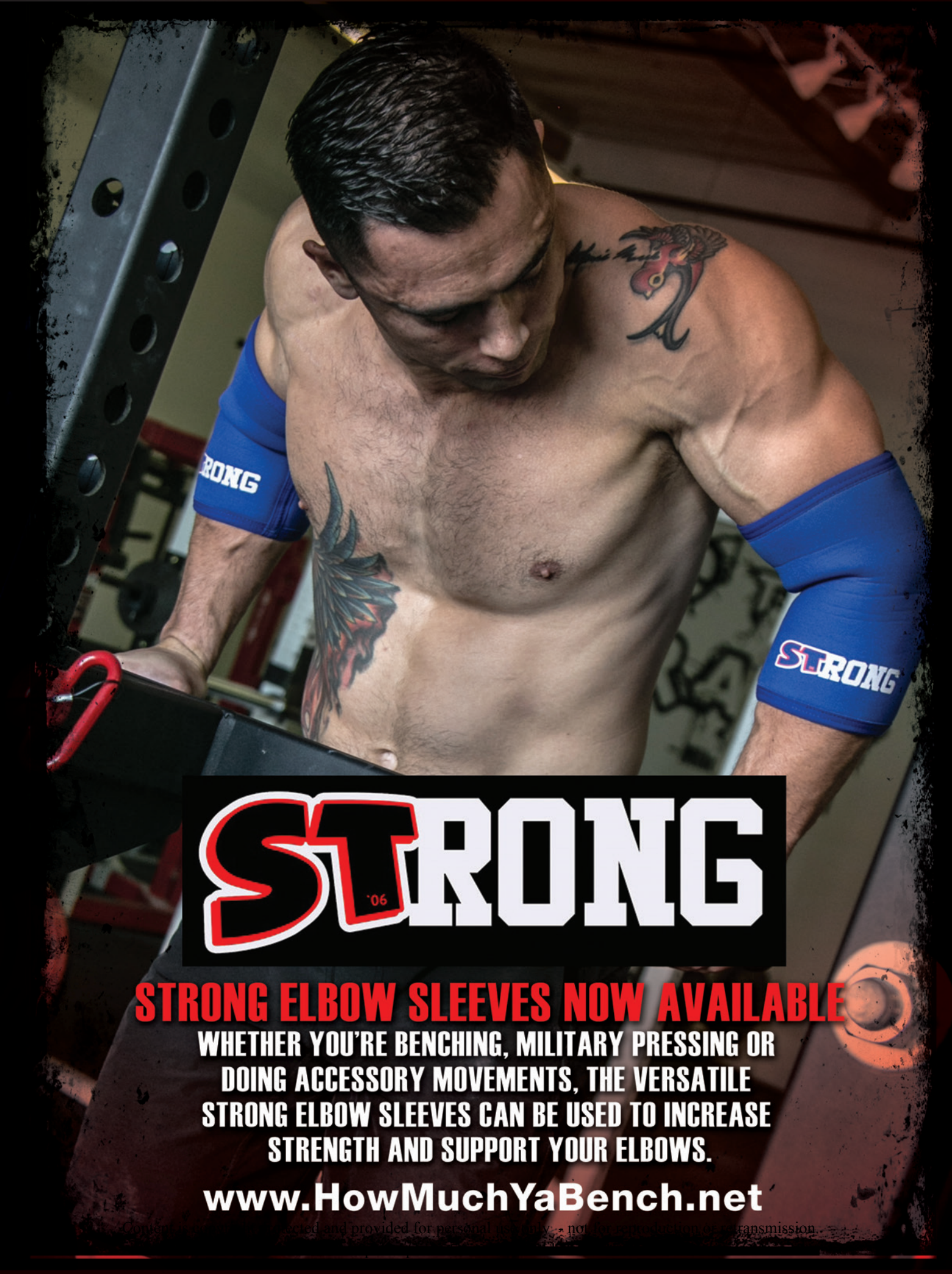
JOHN: Due to endorphin release?

SUZANNE: Exactly! But if you go in and everything is off because you're feeling so bad that your form isn't good, then you're just going to hurt yourself - or you're going to reinforce bad habits.

JOHN: You are coached by your husband Matt. You're a coach, a corrective exercise specialist, a gym owner, and an athlete. Plus, [you do] bookkeeping and manage your friend's foundations. Is it hard to turn all of that off and just relax?

SUZANNE: Not for me! I can just

flip a switch and be someplace else. Once when I was dating Kirk, and his mother was at a competition, she came in the back and we were chatting. Then I heard that I was in the hole. I said, "Excuse me", I turned around, closed my eyes, went out and nailed my lift, came back, and picked up the conversation. Chat, chat, chat, chat, chat. I heard my name, I was three out, I said, "Excuse me", and went into my zone. Later, Kirk told me he was going to yell at his mom and make her leave because she was distracting me but he said, "You went ten for ten, and you were relaxed". At that time, if it was a



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support other lifters, especially the up and coming lifters". I recently interviewed Paul Kelso, the former Powerlifting USA correspondent and author of *Powerlifting Basics: The Adventures of Lope Delk...*

SUZANNE: Yep, I know who he is.

JOHN: He said that one of the things about today's lifters, as opposed to when he was coming up, is a lack of willingness to pass on knowledge. Is the way that you see it a natural outgrowth of the way you came into the sport, having a coach like Kirk Karwoski so early on?

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SUZANNE: No, I think the following is the difference. I think there are a lot of people out there that want expert advice but don't even know the people [to ask], and that's where you get a lot of that. I have people who don't train here, and don't work out with me but they have me set up their training program, or I don't see them very often but they hire me to go to a meet and handle them. Before I handle them, I spend time with them, going over what they've been doing, reviewing their videos, and coming up with a game plan. Handling them on "Game Day" so the only thing they do at a meet is lift what's on the bar. We did that for free for years, but now we have a gym and it's part of our business. Now that being said, in the gym, I'm giving free advice and correcting people that are here when I'm here. At powerlifting meets, I'm always hearing from people, "Wow

record, you could take fourth attempts if you wanted to. I could never do that! I can't flip the switch. I said, "I can't be focused the whole time, thinking about just my lifts the entire time. I need to be listening to music, or I need to be somewhere else or I'll be overanalyzing".

JOHN: When Matt pushes you too hard in the gym, do you threaten him? Like, "You're going to be cleaning out the gutters when we get home?"

SUZANNE: I have no idea what his least favorite chore is, but that's not

how we roll. I'm thankful that he sets things up. I might go, "Really? You want me to do that many?" And he'll be like, "Yeah you can do it," and I always can. Honestly, he couldn't make me work hard in the gym - I have to do it myself. He can give me hard work to do, but I love it. We coach each other in the gym and at meets. I push him and he pushes me - it works great.

JOHN: You said, that you'd like to be remembered for "... your love of the sport and willingness to help

that tip that you gave me at the last meet has helped me so much". When I'm lifting and I see people doing something, I'll say, "When we're done lifting, come and see me - I have some ideas that'll help your squat or your deadlift. I'd like to tell you how you could warm up and it'll be easier for you". I still do that at meets all of the time. Free! Matt does the same thing. So, we still give back, and we still help people. I think it's still out there a lot.

JOHN: Any sponsors you'd like to thank?

SUZANNE: SBD is my raw sponsor - they've been wonderful working with me. I just started working with them, and Titan Support Systems has been my equipped sponsor for over twenty years.

JOHN: I assume that you're getting ready for Worlds, but beyond that, do you have any concrete plans for competitions in 2017-2018? I know you have a coaching commitment for Team USA. Do you plan to compete as well as coach?

SUZANNE: After IPF Raw Worlds in Killeen, TX this year I will be prepping

"WHEN I'M LIFTING AND I SEE PEOPLE DOING SOMETHING, I'LL SAY, "WHEN WE'RE DONE LIFTING, COME AND SEE ME - I HAVE SOME IDEAS THAT'LL HELP YOUR SQUAT OR YOUR DEADLIFT. I'D LIKE TO TELL YOU HOW YOU COULD WARM UP AND IT'LL BE EASIER FOR YOU"

for USA Powerlifting Raw Nationals in Atlanta, GA in October. Moving forward in 2017, I hope it will be a repeat of this year- starting with the Arnold Sports Festival, then the IPF Raw Worlds, and followed by USA Powerlifting Nation-

als in order to qualify me for the next year's world championships. I will coach lifters from the local to international level also. I plan to compete and coach as long as it is in God's plan. Hopefully, [I will compete] for many years to come.

JOHN: Is there anybody you'd like to recognize or thank before we close?

SUZANNE: My husband because he's always supportive [of me]. He's my biggest fan although maybe my dad would argue and say he is. I have a lot of friends and family that have helped me along the way. Of course, [I'd like to thank] God - without Him, I wouldn't be able to do anything.

JOHN: Where can people follow your training and learn more about you?

SUZANNE: I don't post a whole lot about my training, but if they go to www.SupremeSportsPT.com they can learn about the gym. My email is there if they need to contact me. I'm Siouxz Hartwig-Gary on Facebook and @siouxz52kg on Instagram. **PM**



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KABUKI STRENGTH 

Super Training Corner

Fat Dan's 83 lb. Increased Skwaat

BY SILENT MIKE

Fat Dan is a very gifted and explosive athlete, but he had a few technical flaws in his Skwaat. There are multiple ways to get STrong. 1) Just getting STronger and building muscle etc. 2) Getting better at the movement and building the skill. 3) Power – learning how to use and recruit more muscle fibers at once. For Dan, all I did was have him train in the 70-80% range with a lot more volume than he was used to. Dan was fairly efficient in the Skwaat already but had topped out his strength with minimal volume in his training. Here is a three-week wave of Fat Dan's Skwaat training. Day 1 was performed after deadlifting, and Day 2 is on its own day.

WEEK 1

Day 1: Skwaat - 3x5 @ 65% [of his one-rep max]

Day 2: Skwaat - 4x5-8 @70%
Pause Skwaat - 3x5-8 @55%

WEEK 2

Day 1: Skwaat - 4x5 @65%

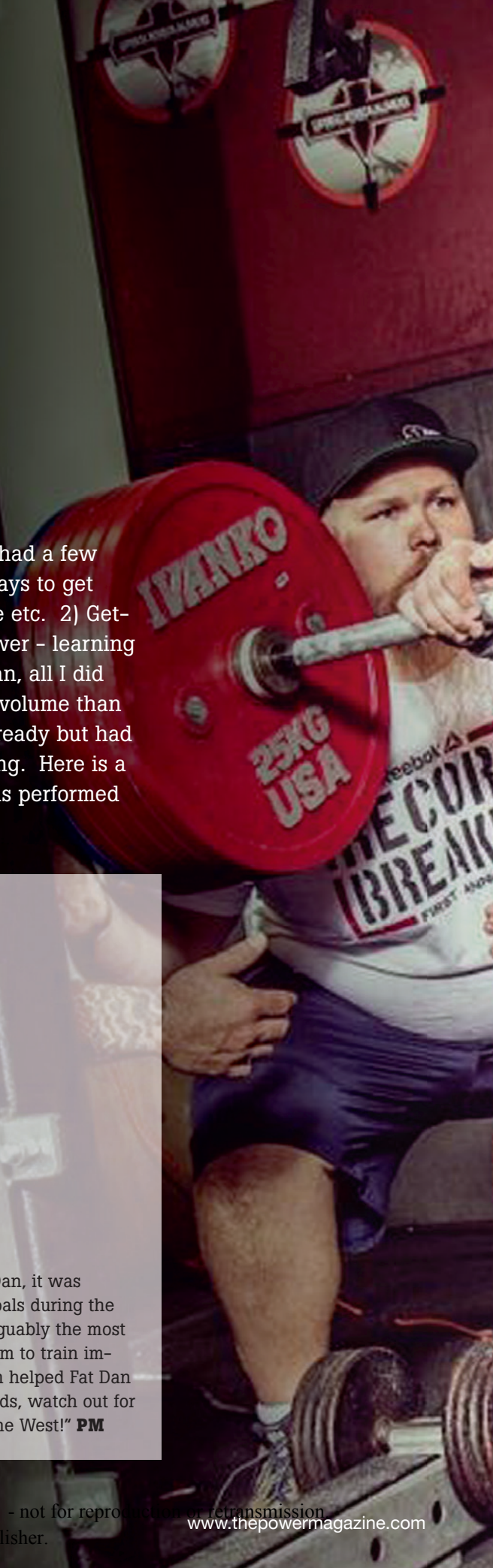
Day 2: Skwaat - 6x4 @75%
Pause Skwaat - 5x3 @60%

WEEK 3

Day 1: Skwaat - 5x5 @65%

Day 2: Skwaat - 5x5-8 @70%
Pause Skwaat - 4x5-8 @55%

Finding which method [works best] to get STronger is crucial. For Dan, it was important to get plenty of volume, as well as to keep focus on his goals during the off-season. The twelve to sixteen weeks leading into a meet are arguably the most important because athletes often lose focus. In turn, this causes them to train improperly for the weeks to follow. This high-volume Skwaat program helped Fat Dan add 83 lbs. to his Skwaat within one year. For more training methods, watch out for the next article from Super Training Gym – "The Strongest Gym in the West!" **PM**





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Current Top 50 Rankings: Men, 181 lbs...

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	Tom Krawiec	APF	2016-04-02	Multi-Ply	859
2	Marcus Morris	RPS	2015-08-29	Multi-Ply	855
3	Micah Marino	IPA	2015-10-24	Multi-Ply	815
4	Mike Strom	APF	2015-06-28	Multi-Ply	804
5	Eddie LoneEagle	UPA	2015-08-01	Multi-Ply	755
6	Maliek Derstine	IPL	2015-11-14	Raw with Wraps	749
7	Mike McGivern	USPA	2015-10-17	Raw with Wraps	727
8	Tom Kallas	SPF	2015-06-27	Raw with Wraps	716
8	Maliek Derstine	USPA	2016-01-23	Raw	716
10	Anthony Hobaica	XPC	2016-03-05	Raw with Wraps	705
11	Angelo Berardinelli	RPS	2015-12-06	Multi-Ply	700
11	Thomas Knight	RPS	2015-10-03	Raw with Wraps	700
11	Ken Wright	RPS	2015-06-20	Multi-Ply	700
14	Jonathan Harder	XPC	2016-03-05	Raw with Wraps	690
15	Mike Lucia	RPS	2015-12-12	Raw with Wraps	683
16	Nathan Garcia	THSPA	2016-04-02	Single-Ply	680
17	Gary Slater	USPA	2015-11-07	Raw with Wraps	677
18	Artem Bykhovets	USPA	2015-09-18	Single-Ply	672
19	Brantley Thornton	USPA	2015-08-29	Raw with Wraps	661
20	Christian Anto	XPC	2016-03-05	Raw with Wraps	650
20	Richard Jorgenson	RPS	2015-11-21	Raw with Wraps	650
20	Tyr Morford	RPS	2015-08-08	Multi-Ply	650
23	TJ Dunsmoor	RPS	2016-02-27	Multi-Ply	645
24	Chantz Carter	USPA	2016-03-19	Raw with Wraps	644
25	Bradley Ettinger	RPS	2015-11-22	Raw with Wraps	635
26	Everado Araujo	THSPA	2016-04-02	Single-Ply	630
27	Brad Ettinger	RPS	2015-08-08	Raw	625
27	Richard Norris	RPS	2015-07-18	Raw with Wraps	625
27	Van Shamblyn	THSPA	2016-04-02	Single-Ply	625
30	Chris Garcia	USPA	2015-09-12	Raw	622
30	Matt Schenone	APF	2015-12-05	Raw	622
32	Kevin Torres	USPA	2015-07-11	Raw with Wraps	617
33	Brett Good	RPS	2015-09-19	Raw with Wraps	615
33	Nate Grimm	RPS	2015-06-20	Raw with Wraps	615
35	Ryan Baylark	USPA	2015-06-27	Raw with Wraps	611
36	Brett Gibbs	USAPL	2016-03-04	Raw	606
36	Travis Leeper	APA	2016-04-23	Raw with Wraps	606
36	Anthony Hobaica	USPA	2015-08-29	Raw	606
36	Sean Baker	GPC	2015-09-12	Multi-Ply	606
36	Bob Fabiano	APF	2016-03-12	Multi-Ply	606
41	Kyle Hoyt	XPC	2016-03-04	Raw with Wraps	600
41	Richard Aluko	USPA	2015-08-15	Raw with Wraps	600
41	Cameron Arnett	SPF	2015-12-05	Raw with Wraps	600
41	Larry Dyles	GPC	2015-09-13	Raw with Wraps	600
41	Ryan Macarico	RPS	2015-11-14	Raw with Wraps	600
41	Michael McCann	XPC	2016-03-05	Raw with Wraps	600
41	Sergio Luna	UPA	2016-04-16	Raw with Wraps	600
41	Shane Shepperd	RPS	2015-10-03	Multi-Ply	600
41	Michael McCann	XPC	2016-03-05	Raw	600
41	Carlos Daniel Llosa	RUPC	2016-01-31	Raw	600
41	Carlos Llosa	RUPC	2016-01-29	Raw	600
41	John Haack	USAPL	2015-10-15	Raw	600
41	Steve Creedon	APF	2016-03-12	Multi-Ply	600
41	David Isenberg	SPF	2015-07-18	Raw with Wraps	600
41	Tate Richards	THSPA	2016-04-02	Single-Ply	600

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Michael Bingham	RPS	2015-08-29	Multi-Ply	650
2	Mike Strom	APF	2015-06-28	Multi-Ply	606
3	Marcus Morris	RPS	2015-08-29	Multi-Ply	605
4	Tom Krawiec	APF	2016-04-02	Multi-Ply	600
5	Micah Marino	IPA	2015-10-24	Multi-Ply	580
6	Dana Walker	USPA	2015-08-15	Single-Ply	562
7	Deron Agaran	USPA	2015-09-13	Single-Ply	529
8	Maliek Derstine	IPL	2015-11-14	Raw	523
9	Ken Wright	RPS	2015-06-20	Multi-Ply	510
10	Artem Bykhovets	USPA	2015-09-18	Single-Ply	485
10	Jonathan Harder	XPC	2016-03-05	Raw	485
12	Shane Shepperd	RPS	2015-10-03	Multi-Ply	480
13	Bob Grell	AAU	2015-09-24	Single-Ply	479
14	Anthony Hobaica	RPS	2015-12-12	Raw	475
14	TJ Dunsmoor	RPS	2016-02-27	Multi-Ply	475
16	Angelo Berardinelli	RPS	2015-12-06	Multi-Ply	465
17	Brett Gibbs	USAPL	2016-03-04	Raw	454
18	Randy Francis	WPC	2015-07-25	Multi-Ply	442
19	Bradley Ettinger	RPS	2015-11-22	Raw	440
19	Mathew Daisa	USPA	2016-04-16	Raw	440
19	David Isenberg	SPF	2015-07-18	Raw	440
19	Ryan Macarico	RPS	2015-11-14	Raw	440
23	Daniel Sisneros	WABDL	2015-08-29	Single-Ply	436
24	Jay Shimabuku	USPA	2015-09-13	Single-Ply	435
25	Cesar Medina	RPS	2016-03-19	Raw	430
25	Mike McGivern	SPF	2015-06-20	Raw	430
27	John Haack	USAPL	2015-10-15	Raw	429
27	Jorge Valdes	USAPL	2015-06-13	Single-Ply	429
29	Brandon Boronda	USPA	2016-02-06	Raw	425
29	Darrell Brassell	SPF	2015-06-06	Raw	425
29	Michael McCann	XPC	2016-03-05	Raw	425
32	Bobby Body	APF	2016-05-06	Raw	424
32	Chris Garcia	USPA	2015-09-12	Raw	424
32	Gary Slater	USPA	2015-11-07	Raw	424
32	Brantley Thornton	USPA	2015-08-29	Raw	424
32	Bob Levering	WABDL	2016-03-05	Single-Ply	424
37	Jordan Berke	USAPL	2015-06-13	Raw	420
37	Brad Ettinger	RPS	2015-08-08	Raw	420
39	Joe Domingues	APF	2015-07-25	Single-Ply	418
39	Shane Ahlo Jr	WABDL	2016-02-21	Single-Ply	418
39	Kevin Torres	USPA	2015-07-11	Raw	418
39	Jon Gerhold	USPA	2015-06-13	Raw	418
43	David Cabral	RPS	2015-10-17	Raw	415
44	Jamie McDougal	IPF	2015-06-06	Raw	413
44	Justin Sepe	APF	2015-07-18	Multi-Ply	413
44	Steven Granzella	SPF	2015-11-07	Raw	413
47	Jay Semifero	UPA	2015-06-27	Raw	410
48	Bruce Randall	IPL	2015-11-12	Raw	407
48	Chris McMullen	USPA	2015-10-31	Raw	407
48	Brandon Boronda	USPA	2015-06-06	Raw	407

Free For All! (Raw, Single-Ply or Multi-Ply)

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Micah Marino	IPA	2015-10-24	Multi-Ply	795
2	Micah Marino	IPL	2015-11-12	Raw	727
3	Chris McGrail	IPL	2015-09-18	Single-Ply	705
3	Chris Garcia	USPA	2015-09-12	Raw	705
3	John Haack	USAPL	2015-10-15	Raw	705
3	Brett Gibbs	USAPL	2016-03-04	Raw	705
3	Chris McGrail	APF	2016-03-05	Raw	705
8	Michael Lear	USPA	2015-09-12	Raw	683
9	Anthony Hobaica	XPC	2016-03-05	Raw	680
9	Bradley Ettinger	RPS	2015-11-22	Raw	680
11	Colby Gardner	USPA	2015-10-17	Raw	677
11	Maliek Derstine	IPL	2015-11-14	Raw	677
13	Ron Garofalo	USPA	2015-09-18	Single-Ply	672
13	Abner Nazario	USPA	2016-02-20	Raw	672
13	David Herrera	APF	2016-05-08	Raw	672
13	Alex Tertitski	USAPL	2015-10-15	Raw	672
17	Jonathan Harder	XPC	2016-03-05	Raw	670
18	Oluwaseun Jubril	APF	2016-03-12	Raw	666
19	Jeremy Silva	USPA	2016-01-30	Raw	662
20	Nicholas Austin	USPA	2016-01-09	Raw	661
20	Richard Aluko	USPA	2015-08-15	Raw	661
20	Mike Lucia	RPS	2015-12-12	Raw	661
20	Brantley Thornton	USPA	2015-08-29	Raw	661
20	Vashon Peryman	USPA	2015-11-22	Raw	661
25	Zack Parker	RPS	2015-10-03	Raw	660
26	Marco Galindo	USPA	2015-11-22	Raw	655
26	Mike McGivern	SPF	2015-06-20	Raw	655
26	Jacob Hartman	UPA	2015-11-07	Raw	655
26	Jake Hartman	UPA	2015-11-07	Raw	655
26	Emmanuel Adeagbo	USPA	2015-06-13	Raw	655
31	Israel Spottedhorse	USPA	2016-02-27	Raw	650
31	David Isenberg	SPF	2015-07-18	Raw	650
31	Christian Anto	XPC	2016-03-05	Raw	650
31	Michael Condo	USAPL	2015-10-15	Raw	650
31	Steven Coburn	UPA	2015-09-19	Raw	650
31	Richard Norris	RPS	2015-07-18	Raw	650
37	Marcus Morris	XPC	2016-03-05	Multi-Ply	645
38	Richard Jorgenson	RPS	2015-11-21	Raw	640
38	Ryan Macarico	RPS	2015-11-14	Raw	640
38	Thomas Knight	RPS	2015-10-03	Raw	640
41	Aaron Mitchell	GPC	2015-09-13	Raw	639
41	Charlie Dickson	USAPL	2015-10-15	Raw	639
43	Ben Siegel	RPS	2015-09-19	Raw	635
44	Eddie LoneEagle	UPA	2015-08-01	Multi-Ply	633
44	Jonathan Chunn	APF	2016-05-08	Raw	633
44	Travis Leeper	APA	2016-04-23	Raw	633
44	Jeff Hanselman	USAPL	2015-10-15	Raw	633
44	Brandon Mose	USAPL	2015-10-15	Raw	633
44	Bruce Randall	IPL	2015-11-12	Raw	633
44	Jon Gerhold	USPA	2015-06-13	Raw	633
44	Jonnie Candito	IPF	2015-06-06	Raw	633
44	Sean Noriega	USAPL	2016-03-04	Raw	633

TOTAL

Rank	Name	Federation	Date	Division	Total
1	Micah Marino	IPA	2015-10-24	Multi-Ply	2190
2	Marcus Morris	RPS	2015-08-29	Multi-Ply	2100
3	Tom Krawiec	APF	2016-04-02	Multi-Ply	2082
4	Mike Strom	APF	2015-06-28	Multi-Ply	1962
5	Maliek Derstine	IPL	2015-11-14	Raw with Wraps	1951
6	Maliek Derstine	USPA	2016-01-23	Raw	1901
7	Anthony Hobaica	XPC	2016-03-05	Raw with Wraps	1860
8	Jonathan Harder	XPC	2016-03-05	Raw with Wraps	1845
9	Mike McGivern	SPF	2015-06-20	Raw with Wraps	1805
10	Brett Gibbs	USAPL	2016-03-04	Raw	1765
11	Eddie LoneEagle	UPA	2015-08-01	Multi-Ply	1758
12	Bradley Ettinger	RPS	2015-11-22	Raw with Wraps	1755
13	Artem Bykhovets	USPA	2015-09-18	Single-Ply	1752
13	Chris Garcia	USPA	2015-09-12	Raw	1752
13	Mike Lucia	RPS	2016-02-13	Raw with Wraps	1752
16	Brantley Thornton	USPA	2015-08-29	Raw with Wraps	1747
17	Ken Wright	RPS	2015-06-20	Multi-Ply	1740
18	John Haack	USAPL	2015-10-15	Raw	1736
19	TJ Dunsmoor	RPS	2016-02-27	Multi-Ply	1705
20	Thomas Knight	RPS	2015-10-03	Raw with Wraps	1695
21	David Isenberg	SPF	2015-07-18	Raw with Wraps	1692
22	Ryan Macarico	RPS	2015-11-14	Raw with Wraps	1680
23	Christian Anto	XPC	2016-03-05	Raw with Wraps	1675
24	Brad Ettinger	RPS	2015-08-08	Raw	1670
25	Anthony Hobaica	USPA	2015-08-29	Raw	1669
26	Angelo Berardinelli	RPS	2015-12-06	Multi-Ply	1665
27	Tom Kallas	SPF	2015-06-27	Raw with Wraps	1658
28	Kevin Torres	USPA	2015-07-11	Raw with Wraps	1653
28	Gary Slater	USPA	2015-11-07	Raw with Wraps	1653
30	Shane Shepperd	RPS	2015-10-03	Multi-Ply	1640
31	Richard Jorgenson	RPS	2015-11-21	Raw with Wraps	1635
32	Ryan Baylark	USPA	2015-06-27	Raw with Wraps	1631
32	Bob Grell	AAU	2015-09-24	Single-Ply	1631
34	Jake Hartman	UPA	2015-11-07	Raw with Wraps	1630
34	Jacob Hartman	UPA	2015-11-07	Raw	1630
36	Darrell Brassell	SPF	2015-06-06	Raw with Wraps	1625
36	Michael Mccann	XPC	2016-03-05	Raw with Wraps	1625
36	Richard Norris	RPS	2015-07-18	Raw with Wraps	1625
36	Michael McCann	XPC	2016-03-05	Raw	1625
40	Jon Gerhold	USPA	2015-06-13	Raw	1614
41	Travis Leeper	APA	2016-04-23	Raw with Wraps	1609
42	Richard Aluko	USPA	2015-08-15	Raw with Wraps	1603
42	David Herrera	APF	2016-05-08	Raw	1603
44	Lauren Cohen	RPS	2016-02-06	Raw with Wraps	1600
45	Carlos Llosa	RUPC	2016-01-29	Raw	1598
45	Carlos Daniel Llosa	RUPC	2016-01-31	Raw	1598
47	Bruce Randall	IPL	2015-11-12	Raw	1592
47	Jonathan Peebles	USAPL	2015-10-15	Raw	1592
49	Nathan Garcia	THSPA	2016-04-02	Single-Ply	1590
50	Brandon Mose	USAPL	2015-10-15	Raw	1581
50	Chantz Carter	USPA	2016-03-19	Raw with Wraps	1581

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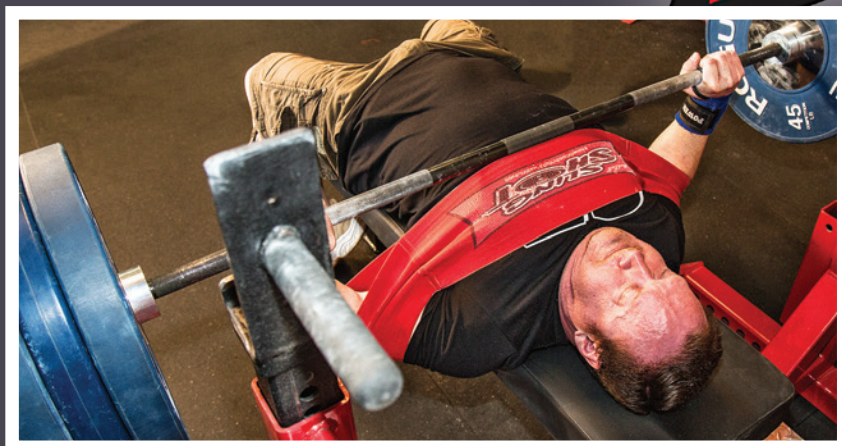


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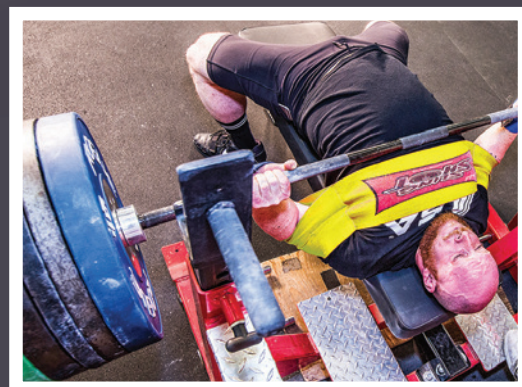
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Current Top 30 Rankings: Women 123 lbs...

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	Margaret Kirkland	APF	2015-10-17	Multi-Ply	440
2	Melissa Stevens	SPF	2016-04-16	Multi-Ply	430
3	Jennifer Millican	SPF	2016-04-16	Raw with Wraps	420
4	Martha Salaya	THSWPA	2016-03-08	Single-Ply	380
5	Alana Montes	THSWPA	2016-03-08	Single-Ply	375
5	Ravyn De Angel	THSWPA	2016-03-08	Single-Ply	375
7	Shelly Cannon	USPA	2015-09-18	Single-Ply	374
8	Elizabeth Grundy	IPA	2016-03-19	Multi-Ply	370
9	Rachel Allbaugh	UPA	2015-08-02	Raw with Wraps	369
10	Jennifer Millican	USAPL	2015-12-13	Raw	363
11	Jasmine Vasquez	THSWPA	2016-03-08	Single-Ply	360
12	Lisa Guggisberg	RPS	2015-10-03	Raw with Wraps	355
13	Shelly Cannon	USPA	2016-02-28	Raw with Wraps	354
14	Suzanne Davis	USPA	2016-02-20	Raw with Wraps	352
14	Criselda Fajardo	IPL	2015-11-12	Raw	352
14	Danielle Overcash	RUPC	2016-01-29	Raw	352
17	Alexis Bradford	THSWPA	2016-03-08	Single-Ply	345
18	Stephanie Cohen	APA	2016-04-23	Raw with Wraps	336
19	Brianna Ruiz	THSWPA	2016-03-08	Single-Ply	335
20	Kelly Lin	USAPL	2015-10-15	Raw	330
20	Chassity Sims	THSWPA	2016-03-08	Single-Ply	330
20	Renee Schantin	SPF	2015-11-08	Raw with Wraps	330
20	Stefanie Cohen	RUPC	2016-01-29	Raw	330
24	Kimberly Kelley	THSWPA	2016-03-08	Single-Ply	325
24	Janelle Castillo	THSWPA	2016-03-08	Single-Ply	325
24	DaKevia Neal	THSWPA	2016-03-08	Single-Ply	325
24	Bianca Hernandez	UPA	2016-04-17	Raw with Wraps	325
24	Andrea Romero	UPA	2015-09-26	Raw with Wraps	325
29	Courtney Dillard	THSWPA	2016-03-08	Single-Ply	320
29	Nanci Calixtro	THSWPA	2016-03-08	Single-Ply	320
29	Lindsey Craft	XPC	2016-03-05	Raw with Wraps	320

BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Janet Faraone	RPS	2015-10-24	Multi-Ply	305
2	Emily Hu	RPS	2016-04-23	Raw	275
2	Shelly Cannon	USPA	2015-09-18	Single-Ply	275
4	Melissa Stevens	SPF	2016-04-16	Multi-Ply	270
5	Margaret Kirkland	APF	2015-10-17	Multi-Ply	242
6	Elizabeth Grundy	IPA	2016-03-19	Multi-Ply	240
7	Jennifer Millican	SPF	2016-04-16	Raw	215
8	Laura Niedermayer	RPS	2016-03-12	Raw	200
9	Lindsey Craft	XPC	2016-03-05	Raw	195
9	Jasmine Vasquez	THSWPA	2016-03-08	Single-Ply	195
11	Kelly Lin	USAPL	2015-10-15	Raw	192
11	Janis Finkelman	UPA	2015-08-02	Raw	192
11	Sin Leung	RUPC	2016-01-29	Raw	192
14	Alana Montes	THSWPA	2016-03-08	Single-Ply	190
14	Jessica Cockreham	RAW UNITED	2016-04-16	Raw	190
16	Melody Wissekerke	GPC	2015-09-12	Raw	187
16	Kourtney Seymour	USPA	2015-08-08	Raw	187
16	Katrina Dajano	USPA	2015-08-29	Raw	187
19	Suzanne Davis	USPA	2016-02-20	Raw	182
20	Samantha Hernandez	SPF	2015-12-12	Raw	181
20	Rachel Allbaugh	UPA	2015-08-02	Raw	181
20	Suzanne Davis	WABDL	2015-05-23	Single-Ply	181
20	Andrea Romero	UPA	2016-01-23	Raw	181
24	Martha Salaya	THSWPA	2016-03-08	Single-Ply	180
24	Courtney Dillard	THSWPA	2016-03-08	Single-Ply	180
24	Sarah Gautreaux	THSWPA	2016-03-08	Single-Ply	180
27	Danielle Overcash	RUPC	2016-01-29	Raw	176
27	Donna Bareng	IPL	2015-11-12	Raw	176
29	Giovanna Valdez	THSWPA	2016-03-08	Single-Ply	175
30	Brandy Holloman	GPC	2015-09-13	Raw	171

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Free For All! (Raw, Single-Ply or Multi-Ply)

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Suzanne Davis	USPA	2016-02-20	Raw	460
2	Janis Finkelman	UPA	2015-08-02	Raw	454
3	Suzanne Davis	WABDL	2015-05-23	Single-Ply	435
4	Danielle Overcash	RUPC	2016-01-29	Raw	424
5	Jennifer Millican	SPF	2016-04-16	Raw	420
6	Alana Montes	THSWPA	2016-03-08	Single-Ply	415
7	Emily Hu	RPS	2016-04-23	Raw	407
7	Criselda Fajardo	IPL	2015-11-12	Raw	407
9	Kimberly Kelley	THSWPA	2016-03-08	Single-Ply	405
10	Stephanie Cohen	APA	2016-04-23	Raw	402
10	Rachel Allbaugh	UPA	2015-08-02	Raw	402
12	Janet Faraone	RPS	2015-10-24	Multi-Ply	400
13	Stefanie Cohen	RUPC	2016-01-29	Raw	385
14	Margaret Kirkland	APF	2015-10-17	Multi-Ply	380
15	Katherine Kasabuske	USAPL	2015-10-15	Raw	374
15	Melissa Barber	USAPL	2015-10-18	Raw	374
17	Martha Salaya	THSWPA	2016-03-08	Single-Ply	370
17	Jasmine Vasquez	THSWPA	2016-03-08	Single-Ply	370
17	Melissa Stevens	SPF	2016-04-16	Multi-Ply	370
17	Chassity Sims	THSWPA	2016-03-08	Single-Ply	370
17	Jessica Cockreham	RAW UNITED	2016-04-16	Raw	370
17	Lisa Guggisberg	RPS	2015-10-03	Raw	370
23	Sin Leung	RUPC	2016-01-29	Raw	369
23	Andrea Romero	UPA	2015-09-26	Raw	369
25	Amanda Shay	USAPL	2016-03-06	Raw	363
25	Lakesha Manning	USAPL	2015-10-15	Raw	363
25	Lodrina Cherne	IPF	2015-06-06	Raw	363
25	K Shawne Scott Sundreth	APF	2015-10-03	Raw	363
25	Katrina Dajano	USPA	2015-08-29	Raw	363
30	Lauren Giacovas	IPA	2016-03-05	Raw	360

TOTAL

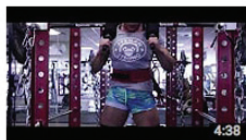
Rank	Name	Federation	Date	Division	Total
1	Melissa Stevens	SPF	2016-04-16	Multi-Ply	1070
2	Margaret Kirkland	APF	2015-10-17	Multi-Ply	1063
3	Jennifer Millican	SPF	2016-04-16	Raw with Wraps	1055
4	Suzanne Davis	USPA	2016-02-20	Raw with Wraps	996
5	Shelly Cannon	USPA	2015-09-18	Single-Ply	981
6	Alana Montes	THSWPA	2016-03-08	Single-Ply	980
7	Emily Hu	RPS	2016-04-23	Raw	975
8	Elizabeth Grundy	IPA	2016-03-19	Multi-Ply	960
9	Danielle Overcash	RUPC	2016-01-29	Raw	953
9	Rachel Allbaugh	UPA	2015-08-02	Raw with Wraps	953
11	Janis Finkelman	UPA	2015-08-02	Raw	950
12	Martha Salaya	THSWPA	2016-03-08	Single-Ply	930
13	Jasmine Vasquez	THSWPA	2016-03-08	Single-Ply	925
14	Criselda Fajardo	IPL	2015-11-12	Raw	920
15	Stephanie Cohen	APA	2016-04-23	Raw with Wraps	898
16	Jennifer Millican	USAPL	2015-12-13	Raw	892
17	Lisa Guggisberg	RPS	2015-10-03	Raw with Wraps	890
18	Kimberly Kelley	THSWPA	2016-03-08	Single-Ply	885
19	Stefanie Cohen	RUPC	2016-01-29	Raw	881
20	Shelly Cannon	USPA	2016-02-28	Raw with Wraps	872
21	Andrea Romero	UPA	2015-09-26	Raw with Wraps	870
21	Jessica Cockreham	RAW UNITED	2016-04-16	Raw	870
23	Lindsey Craft	XPC	2016-03-05	Raw with Wraps	860
24	Sin Leung	RUPC	2016-01-29	Raw	854
25	Katherine Kasabuske	USAPL	2015-10-15	Raw	837
25	Kelly Lin	USAPL	2015-10-15	Raw	837
27	Chassity Sims	THSWPA	2016-03-08	Single-Ply	835
28	Courtney Dillard	THSWPA	2016-03-08	Single-Ply	830
29	Sarah Gautreaux	THSWPA	2016-03-08	Single-Ply	820
29	Lauren Giacovas	IPA	2016-03-05	Raw with Wraps	820



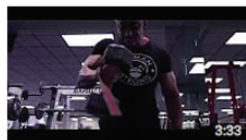


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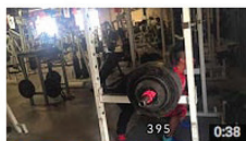
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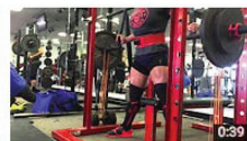
RPS US Open: 1wk out



RPS US Open: 21days out!



RPS US Open: 4wks out



RPS US Open: 4wks



RPS US Open: 4wks out

You have a nine times bodyweight powerlifting total and hold an IFBB Pro card. What does a typical training session look like for you in order to maintain your strength and physique?

My training sessions involve both bodybuilding and powerlifting movements. I train six days a week, most of which are split into a morning session and an evening session, due to my work schedule. I also include a daily fasted twenty-minute cardio session first thing in the morning to start my day.

A typical training day looks like this:

AM: Twenty-minute fasted cardio on the step mill at the fat burner level.

Bodybuilding accessory movements, such as the shoulder press machine (4x12), incline dumbbell press (4x12), triceps, and lateral pulldowns, all four to five sets of fifteen repetitions, and I finish with some core work.

PM: Twenty-minute mobility and stretching

Main powerlifting movements. For example, a dynamic effort upper body day might include speed bench against bands and a drop set with some volume at about fifty percent.

What powerlifting weight classes do you compete in, and what are you best competition lifts?

I lift in both the 123 lbs. and 132 lbs classes. In April, I competed in the RPS US Open in the 132 lbs. class. I weighed in at 131.2 lbs., and my lifts were a 435 wrapped squat, 259 bench and a 468 deadlift. I totaled 1162, breaking

my previous 132 lbs. all-time world record total of 1157. In the 123 lbs. class, my best competition lifts are 402 wrapped squat, 214 bench, and a 451 deadlift giving me the 123 lbs. all-time world record total of 1069.

What do you feel you have to offer women in the POWER community?

I feel that by sharing my experiences both as an elite level powerlifter and an IFBB bodybuilding professional, I can advocate for women in the POWER community. There are so many stigmas out there about "women who lift heavy weights" - I have heard it all. When I post my training videos, it is about me and my personal journey. I am proud of my accomplishments and what I do as an athlete; I feel so empowered. I want to refute all of those stigmas. I want other women to also feel empowered. I want to be an example, showing that "strong is sexy". I want women to be confident and proud of their own personal progress by doing whatever makes them happy.

What's next for Susan Salazar?

I want to switch it up a bit. I have scheduled the IFBB Wings of Strength show in Scottsdale, AZ as my bodybuilding debut in September of this year. Although I will be prepping for the stage, I will continue to train my main POWER movements because you never know what meet may come up. I always like to be ready, just in case. But as of now, I am planning on hitting the platform in November at IPL Worlds in Las Vegas, NV.

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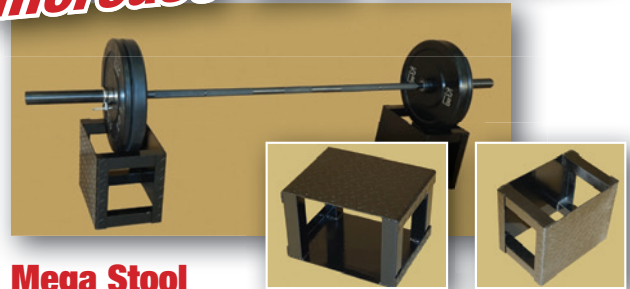
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