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SEPTEMBER/OCTOBER 2016

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# JESSE NORRIS



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**PAUL KELSO**

SEPTEMBER/OCTOBER 2016 • VOL 7, NO 5

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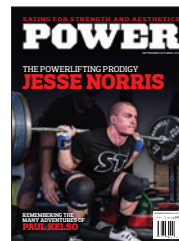
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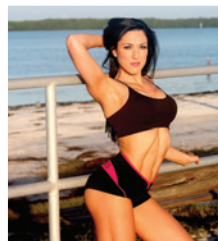
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# STRONG

# SPOTLIGHT

## STEVE "THE FORSAKEN WARRIOR" JOHNSON





**Steve, what are your personal stats?**

I'm 6'2". I compete in the 275 lbs. weight class. Normally, I hover in the upper 280's/low 290's during meet prep. I'm bearded with a lot of chest and back hair.

**You're a big guy. What are your best lifts on and off of the platform?**

Off of the platform, my best lifts are a 775 lbs. squat, 485 lbs. bench, and an 835 lbs. deadlift. On the platform, my best lifts are a 750 lbs. squat, 475 lbs. bench, and an 820 lbs. deadlift.

**You've been lifting for some time now. What are your biggest powerlifting accomplishments?**

One of my biggest accomplishments is pulling over 800 lbs. in competition. The other is qualifying for the XPC [Xtreme Powerlifting Coalition] Finals at the 2016 Arnold, where I hit my biggest total to date. I ended up with a total of 2045 lbs. It was a 67 lbs. increase from one meet to another in just three months.

**It's obvious which lift is your Strongest, but which is your favorite lift? Why?**

My favorite lift is definitely the deadlift. The deadlift is my "bread and butter" lift. I know I'm good at it, and I feel like I can always rely on it in the meets to give me a big total. You can't argue a deadlift. Either you lift the weight or you don't. There are no calls or controversy for depth or whether you got a quick press command or something. It's a no bullsh\*t lift. Pull it, stand up and hold on!

**Where do you train?**

I train at a lot of gyms in Chicago, mainly at a gym called the Barbell Compound. It's an old school powerlifting/bodybuilding gym that is open

24 hours a day. It's not pretty, but it has the "take no prisoners" hardcore atmosphere. It's mostly athletes and competitors of some sort that train there. The music is blaring, they have chalk, chain, ammonia, and there is also a lot of screaming going on. I would like to say it's where I got my start.

**Has anyone coached you throughout your powerlifting career?**

I've never had a powerlifting coach. I'm self-taught. The first time I set out for coaching/programming was about a month ago. Currently, I've been working with Josh Bryant of Jailhouse Strong to help me increase my bench. I basically learned how to powerlift by watching YouTube videos and reading articles about form. Watching guys like Stan Efferding, Louie Simmons, Dan Green, and of course, Mark Bell. I don't have a coach, but I have one badass training partner and girlfriend. Her name is Lauren Quinn. She gives me lift-offs, wraps my knees, slaps me, and knows the right things to say to get me fired up!

**How and when did you get into powerlifting?**

I started out as a normal gym rat lifting at my local commercial gym and doing basic bodybuilding type workouts. The goal at that time was just to not be fat and to find a girlfriend. I read tons of articles on Bodybuilding.com about lifting and different bodybuilding splits. Around 2010, I found a magazine that had an article in which Stan Efferding explained his deadlifting routine. I thought his numbers were obscene. I instantly researched Stan and started putting his routines to the test, which were along the lines of "powerbuilder" type workouts. Quickly, I was getting stronger and stronger. I did my



first sanctioned meet ever in December of 2015 where I achieved a 1987 lbs. total. Before that, I would do a bunch of backyard meets, which kind of built me up to a bigger one [competition] when I felt I was ready. After doing the meet in December and coming up just shy of a 2000 lbs. total, I found out that I had qualified for the 2016 XPC Finals at the Arnold Classic where I hit my biggest total.

**Do you have any background in any other sports or activities?**

From 2004-2007, I was fighting in a ton of MMA bouts. I was much smaller in weight and had some background in wrestling. I fought mainly at 225 lbs., and I also had a few fights at 205 lbs., if you can even believe that given my current size. I had a few knockouts, submissions, and referee stoppages for wins and a handful of losses. As far as cardio goes, my conditioning during that

time was awesome, and my strength was always unmatched. I didn't end up pursuing a career in fighting anymore shortly after healing from a surgery on a broken metatarsal in my foot where the bone actually came through the skin and required surgery and pins. Up until last year, I also played semi-pro football for a team in Chicago for four seasons. I played as a nose tackle on defense and was known for my speed and strength. I stopped playing football so that I could remain injury free in order to focus on my passion for powerlifting.

**What are your goals for the 2016-17 season?**

Right now, the goal for 2016 is to bring my best work to the Boss of Bosses 3 meet and break a 2100 lbs. total. This year, I would also like to focus some of my training on deadlifting and pulling 900 lbs. The reason for that is to compete on the mainstage at the 2017 Arnold in the "deadlift only" competition

put on by the XPC. [I want to] pull 900 lbs. there.

**What are your long-term goals?**

I have a laundry list of long-term goals. I guess the main ones would be to establish myself as one of the top lifters in the United States, as well as opening my own strength and conditioning facility.

**What do you do for work?**

My main career is in law enforcement. I work as a correctional officer at a jail in Chicago called Cook County Jail. Currently, I am going on my ninth year there. I also do personal training and online coaching and programming as well.

**Who is your biggest fan?**

Without a doubt, my biggest fan is my girlfriend, Lauren. She has been with me through some real tough times in my life and always has positive words and encouragement for me. Our chemistry in the gym and in our personal lives is on



a level that I've never experienced with anyone else. She's got my back. She knows all of my lifts and how to spot me. She knows how I wrap my knees and what my accomplishments are in the sport. We live this lifestyle together, both as high-level competitors in our respective sports. She is by far my number one supporter and fan.

**Do you have any meet day superstitions?**

I wouldn't call it a superstition, but I definitely make sure I poo before I squat.

**What do you do before a big attempt in order to get amped up?**

I turn on a song by the band, The Old Firm Casuals, called, "This Means War". That song just gets me so jacked up every time! It is fast-paced with lots of screaming. I start yelling and grunting; Lauren is slapping me in my face and back. I try to get as angry as possible. I think about my kids and how

they would want me to do this for them. Then, I just go for it. I try to drown out the fear of missing the lift or getting injured by just getting angry.

**If you weren't powerlifting, what would you be doing?**

If I weren't powerlifting, I would probably still be playing football. I love football. It was a chance to show off my athleticism and strength. [It was] kind of like a test to showcase what your body can do with all of the years of weight training. I enjoyed being large and having running backs do double takes, and I would be right on their ass for the tackle. Or I would still be going to work like every other blue collar worker, wondering what I could have done if I stuck with my sport and telling stories of my best high school football stats to everyone at the local bar.

**Which lifter do you admire most?**

I really admire Stan Efferding. Once I found out who Stan was, I watched every video and read everything he had. I wanted to know everything about him and his training style. I aspired to have a physique and strength just like him. Although I haven't quite achieved his physique, I would say that I'm doing quite well. Besides Stan's strength and physique, I also admired his knowledge and experience on training in general. He is an extremely smart guy. Stan is definitely a huge inspiration in my powerlifting career.

**Anything you would like to add?**

Check out my partner-in-crime, Lauren Quinn, and myself on Instagram. We have some really cool videos of us training together that are going to be released soon. We are like the new Rob and Dana Linn Bailey, but way stronger. Find us on Instagram @forsakenwarrior and @lauren\_quinn16. **PM**

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

## KRISTIN POPE

BY STEVEN GRANZELLA

**How old are you, where are you from, and what are you wearing at the moment?**

I am 27, from Atlanta, Georgia. I was born and raised in the Dirty South. I am wearing shorts that don't fit right because I squat every day and a Lulu sports bra - the usual.

**Where do you train?**

I'm part of Team Oly Concepts, based out of Altamonte Springs, Florida. So, one week out of the month, I lift at One EW Altamonte CrossFit with my coach. When I am home in Atlanta, I mainly lift at CrossFit Atlanta, Marietta Barbell, and the "Pope Dungeon" gym in the basement of my house that was built in the 1920's.

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

I mainly lift all by my lonesome! I train with my Pit Bull rescue puppy, Truffle, every day. When I am with my team, it is a co-ed mix of weightlifters.

**What do you do for work?**

I own a Nutrition Consulting company called Barbells & Bows. I coach flexible dieting, mainly to athletes involved in CrossFit, weightlifting, and powerlifting. I also coach soccer moms and triathletes - I love it all. I am very passionate about what I do, and it keeps me very busy.

**How did you get involved in weightlifting?**

I started my fitness journey by teaching Les Mills BodyAttack classes and dabbling in some CrossFit style workouts at my local Gold's Gym. From there, I joined a CrossFit affiliate gym and did CrossFit for a little under a year. I missed making Regionals by a few spots and ended up needing surgery on my ankle from an old gymnastics issue. Upon coming back, I decided to focus only on lifting instead of getting back into CrossFit. In 2014, I jumped into my first meet not knowing a lot about weightlifting or being very good at it.

**What do your "normal" friends think of how much you can lift?**

I haven't talked to those people in a long time, so I have no idea (just kidding). Most of my friends that do not lift are former athletes as well - a lot of my old gymnastics teammates - so they understand the dedication and can appreciate what I do.

**Due to your hotness and athletic ability, do you feel [like you are] the center of attention around men when training**



**or at competitions?**

When I lift with a lot of guys, I do feel like the center of attention. Usually, I can out-lift them so it doesn't bother me when they are staring, etc. I can command the respect of the room pretty easily. My traps scare off any creeps, too, so that helps.

**Do you remember the first time you out-lifted a**

**boy? How did it make you feel?**

I started out decently strong from my background in gymnastics, so I think that the first time I did squats, I did more than some guys in the Globo gym I was at.

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

I like to wear mascara, but that is about it - otherwise, I look like I'm half asleep when I show up to morning training sessions. I am not really into makeup. I am "girly"-ish... but makeup seems like a waste of time.

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

That's fine. More booty gains for the rest of us.

**How has weightlifting helped you?**

Weightlifting has been a coping mechanism to deal with anxiety, an outlet for my athleticism after feeling like I didn't get to "finish" my gymnastics career, as well as a form of self-expression. Weightlifting has also given me a way to reach a lot of people that I have been able to help in a positive way.

**What is your favorite lift and why?**

I love to snatch. The snatch is one of the fastest human movements possible, and it is so complex. There is always a way that you can get faster or more efficient, and it's so frustrating and challenging so it keeps you coming back for more.

**Tell me about your current best lifts.**

I snatched 82kg/180 lbs. and clean and jerked 101kg/222 lbs. in competition in the 63kg/138 lbs. weight class at Nationals this year, which were both PRs [Personal Records]. I back squat 312 lbs. and recently started messing around with some bench press, and the most I have done so far is 170 lbs.

**What are some of your weightlifting goals?**

I want to snatch over 200 lbs. and total 200kg in competition. Those are the next goals to check off of my list. I also want to represent the USA on an international team as a long-term goal. **PM**





**Age:** 23  
**Height:** 5'8"  
**Weight:** 198 lbs.  
**Location:** Nampa, Idaho

**CURRENT MAXES**

**Bench:** 441 lbs.  
**Deadlift:** 826 lbs.  
**Squat:** 766 lbs.  
**Total:** 2033 lbs. (All-Time World Record)





# JESSE NORRIS

## THE POWERLIFTING PRODIGY?

BY MARIEL TAGG

**W**ith a total more than ten times his body weight, twenty-three-year-old Jesse Norris is arguably one of the best pound-for-pound powerlifters in the world. After testing positive for a banned stimulant in 2015, he will return to compete in the USAPL with “nothing to prove” – except that he can still break his own records.

**POWER:** First, how about a brief background about your powerlifting career so far?

**JESSE:** I started lifting in the eighth grade, and I started powerlifting during my freshman year in high school. Throughout my high school career of powerlifting, I was competing in single-ply in the USAPL/IPF. I started in the 165 lbs. weight class, moved to the 181 lbs. class during my sophomore year, and competed there for the next three years. Sophomore year, I went to Brazil for IPF Worlds, and I took second place in my class. Then, junior and senior year, I took first place in both the Czech and Canada IPF World events, and I have [achieved] various world records through that.



After high school, I didn't compete for about two years. I started working at Bodybuilding.com, and I was a volunteer firefighter for a while. Once everything slowed down a bit, I took the turn and focused back on powerlifting, doing the classic raw stuff.

My first meet at 198 lbs., I think I squatted 700, benched 400, and pulled 750, setting an 1850 total at my first meet back. Over the last two to three years, I've just been competing again through USPA and USAPL and resetting

"THE RECORDS ARE  
A HUGE ACCOMPLISHMENT  
FOR ME. [IT IS A GREAT  
ACCOMPLISHMENT TO]  
BE ABLE TO SAY THAT  
I HOLD THE GREATEST  
TOTAL OF ALL TIME  
AT 198 LBS"

records. My best meet was at the Reebok Record Breakers at Jesse Burdick's gym last October.

**POWER:** Even though you're so young, you've set world records and turned a lot of heads. What do you consider your biggest powerlifting accomplishments?

**JESSE:** The records are a huge accomplishment for me. [It is a great accomplishment to] be able to say that I hold the greatest total of all time at 198 lbs. so far and that a lot of kids and



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younger guys look up to me. [I am proud of] getting to be seen as kind of a role model for them and someone that they can look up to – they want to follow in my footsteps. Those few things would be my greatest accomplishments, I think.

**POWER:** So, around ST Gym, you've been referred to as "basically the strongest kid in the world." Do you attribute this to training, genetics,

mentality, or what? In your opinion, what has made you so good at such a young age?

**JESSE:** It's definitely a combination. I mean, a lot of people are going to say genetics, and I do have good genetics, but a lot of it comes down to dedication. I've been doing this consistently for the last ten years of my life. I've never really taken a break, even when I was

going through fire training, I was still working out. So, the dedication makes the difference.

Obviously, there's a mentality behind the training, and the goals that I set. I've never really followed anyone throughout my lifting career. Maybe other people follow myself, or maybe [they follow] Ed Coan or any of the greatest lifters of all time – they want to see how

they workout. For myself, I always did my own thing and followed my own type of training that I personally liked and came up with. It worked for me.

**POWER:** Let's talk about testing positive and being suspended. It would be great if you could clear the air on that.

**JESSE:** I went to Raw Nationals last year, and I took a product called Craze, and it had some banned stimulant in it. Since it was a full WADA panel, they tested for anything and everything, and I tested positive for a banned stimulant that was in my pre-workout. I was banned from the USAPL for six months. At this time, I'm free and clear to go back and compete, which I'll be doing here in a couple of weeks.

I think that the general public just sees that I tested positive, and they think, "Oh, he's on steroids." However, that is not the case. It was a stimulant that got me banned.

Another thing to touch on about that, for any lifters in the USAPL or IPF, just be cautious of anything that you put into your body because there's a lot of

**"STEROIDS, OR NO STEROIDS. I HAVE NEVER [TAKEN PEDS], BUT IF SOMEONE WANTS TO DO PERFORMANCE ENHANCING DRUGS, THAT DOESN'T CHANGE MY OPINION OF THEM. THAT'S THEIR CHOICE, AND IT'S TOTALLY UP TO THEM"**

supplements and different things out there that you wouldn't realize have banned substances in them. That was the case for me. So, there's something for everyone else to take from this.

**POWER:** Do you feel the need to prove that you're simply that much stronger than everyone, even without PEDs?

**JESSE:** I don't necessarily think that there's anything or anyone I need to prove myself to. I think a lot of people that follow me would understand. They

don't necessarily care if someone is on steroids, or if they are not on steroids. They're more focused on the fact that this is a strong dude doing what he does. I think I take that away from most things – this is what I do. Steroids, or no steroids. I have never [taken PEDs], but if someone wants to do performance enhancing drugs, that doesn't change my opinion of them. That's their choice, and it's totally up to them.

But I compete for USAPL – that's the federation I grew up in, and it's a personal choice of mine not to take PEDs. So, regardless of what anyone else thinks, it's not a huge deal for me.

**POWER:** Do you have any plans of competing in the USAPL again? Do you have any upcoming meets, or where can we see you compete next?

**JESSE:** Raw Nationals. So, I'll be doing a meet in the USAPL, and then I will go to Raw Nationals once again.

**POWER:** Can you give us a quick breakdown of what your training routine looks like?

**JESSE:** Sure thing. Here's a week. Monday: Deadlifts and bench.

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Mark Bell

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Tuesday: Front squats and overhead press.

Wednesday: Accessory work, such as isolation on triceps, chest flies, some HIIT training – so sprints, the prowler, pull-ups – just all sorts of isolation-type movements with the cardio.

Thursday: Deficit deadlifts, usually on an axle bar. So, the axle bar has a two to three inch grip, and the deficit is also two to three inches off of the ground, so it just changes up the deadlift and makes it a lot harder. Then, [I do] light bench or pause bench.

Friday: Friday is the same as Wednesday – a lot more isolation and cardio.

Saturday: Regular back squats and heavy bench, and I usually incorporate the Sling Shot® there on Saturdays as well.

Sunday: Sunday is either a rest day or another isolation and cardio day.

“NOW I DON’T KNOW IF EVERYONE HAS THAT [ABILITY TO KNOW THEIR BODY WELL], BUT I’VE TRAINED BY MYSELF FOR FIVE TO SIX YEARS NOW, SO I’VE BECOME MORE ACCUSTOMED TO LISTENING TO MYSELF AND WHAT MY BODY IS DOING”

I guess cardio in powerlifting isn’t super common, but it’s something that I preach – HIIT training and doing sprints with a prowler, and stuff like that kind of activates your explosiveness and develops your fast-twitch muscles. I think that’s important in being a better and more well-rounded athlete.

**POWER:** Are you your own coach, or do you follow someone else’s program?

**JESSE:** The first few years, I had Steve Rayborn, and he helped me out during my high school career. I followed him and took a few things from him. I moved on, and since then, I’ve started doing everything on my own, and the last five years, I’ve been coaching myself.

**POWER:** Recovery is a buzzword lately, and athletes are interested in each other’s recovery methods. Do

**you have a recovery regimen?**

**JESSE:** [I recover with] ART (Active Release Therapy) as much as possible, and myofascial release is something I do before and after every workout, just with a foam roller. As far as actual rest days go, it's all based on how my body feels. I try to listen to my body. If I'm feeling like there's a day that I am needing a little extra time or rest, like on Sunday after heavy squats, or if I'm going into Monday's deadlift workout and my back is fried, then I'm going to take it [a rest]. If I'm feeling decent enough to get in some cardio and a workout, then [I will train]. Everything I do is mainly trying to listen to my body and get a feel for that.

Now I don't know if everyone has that [ability to know their body well], but I've trained by myself for five to six years now, so I've become more accustomed to listening to myself and what my body is doing.

**POWER:** You say you've trained by yourself for so long, but I'd imagine that if you were doing a program or something that someone out there would want to follow it. So, when you say "by myself," you mean it's literally just you?

**JESSE:** Yeah, it's just by myself.

**POWER:** Really? I feel like if there were guys around you, they'd want to be training with you in order to get better. So, are they just like, "That guy's too strong," or what?

**JESSE:** Yeah, I don't know. Maybe they're intimidated - I'm not sure. I don't think I come off that way. I've really never been asked, "Hey, can I come train with you?" There have been a few guys here and there who might do a workout with me, but I don't have any set workout partners, so a lot of my training is just by myself.

**POWER:** Wow. You must be really self-motivated then to just get in there by yourself everyday. A lot of people need a support system, or they are motivated by their training partners who hold them accountable, but that's not the case for you. So, what motivates you?

**JESSE:** Ultimately, for me, it's all about seeing what my body is capable of and how far it can go. I used to be mo-

**"MY SHORT-TERM GOAL IS OBVIOUSLY TO DO THE STATE MEET AND QUALIFY FOR NATIONALS. I DON'T THINK THAT'S NECESSARILY A PROBLEM, BUT WE'LL SEE. LONG-TERM - THAT'S MORE TOWARDS MY NEXT TOTAL, WHICH COULD POTENTIALLY BE SHORT-TERM. IN THE FUTURE, I DEFINITELY WANT TO SET A HIGHER TOTAL OF 2050 RAW IN THE 198 LBS. WEIGHT CLASS. I'D ALSO LIKE TO DO THE MEET IN WRAPS AND SEE WHAT I CAN DO THERE"**

tivated to set the pace, thinking, "I want this record" or "I want to go to Worlds". After being there and doing those things, I lost those motivations. Now I'm at the point where it's like, "Okay, no one has ever set this total for powerlifting," and I'm kind of on my own. Seeing what I can do motivates me. That's my ultimate motivation, besides staying strong and being a role model for others.

**POWER:** If you could give a piece of advice to any aspiring powerlifters, what would it be?

**JESSE:** The biggest thing I would tell anyone is this - you can get a coach, and you can follow them and what they have to say - you can follow Mark Bell, myself, Ed Coan - but everyone's a little bit different. So, always trust yourself, listen to yourself, and find what works best for you.

**POWER:** I know you're a very goal-oriented individual. What are some current short-term and long-term goals that you have for yourself?

**JESSE:** My short-term goal is obviously to do the state meet and qualify for Nationals. I don't think that's necessarily a problem, but we'll see. Long-term - that's more towards my next total, which could potentially be short-term. In the future, I definitely want to set a higher total of 2050 raw in the 198 lbs. weight class. I'd also like to do the meet

in wraps and see what I can do there. I'm thinking along the lines of maybe a 2100 total in wraps.

Other than that, I'm still thinking about trying different sports, such as strongman. I just did my first strongman competition, which was fun. I'm also looking at CrossFit and stuff like that. For me, I like to try out different things and to be considered athletic. Having different things to do, being good at all things, and being very well-rounded is something that's important to me as well. Those are all kind of short-term and long-term goals.

**POWER:** What does your diet look like?

**JESSE:** Typically, during the week, I do all of my meal prep, and I keep it pretty simple. Just some lean ground turkey, brown rice, and some kind of vegetable. During the week, I try to get about 300g of protein, same with carbs, and fats are just naturally occurring. So, meal prep is done throughout the week, and I eat that same meal three to four times a day. Then, I have protein supplements and things like that on the side.

On the weekend, it's kind of an If It Fits Your Macros-based diet. I'll take myself out for sushi, have a beer - stuff like that.

**POWER:** What is one thing that people would be surprised to know about you?

**JESSE:** That's a tough one. I'm actually a pretty big gamer. I don't think many people know that. I play a lot of games, and I've never done any game competitions, but I've been thinking about doing a gaming channel on YouTube, along with my own channel, or something like that.

**POWER:** What games do you play?

**JESSE:** Whatever. I only play on the Xbox right now - I'm a big Halo fan. But [I will play] whatever comes out, and I know there are some big ones coming out here soon, so it should be interesting. But yes, I like to play games. I have played games all of my life, and that's another thing I enjoy doing.

**POWER:** A huge thanks from all of us at POWER Magazine for your time, and we look forward to your success on the platform in the next couple of weeks. PM





# POWERLIFTING BASICS: REMEMBERING THE MANY ADVENTURES OF PAUL KELSO

BY JOHN GREAVES III



Paul with three-time USA Olympic Weightlifting Team coach Jim Schmitz at Jim's Valencia Street Fitness Center in San Francisco, March 2002

Paul Kelso passed away on Monday, July 11. His death added another name to the sad list of legends of the Iron Game who have left us. I say sad, but honestly, we should celebrate his life! Paul Kelso packed more living into his seventy-nine years than some of us would if we had three lifetimes.

I was possibly the last person to interview Paul. It was surreal because he was always one of my heroes - a lifter with less than average genetics but with a passion for writing about strength sports.

If not for Paul Kelso, we might all still believe that the only way to shrug a bar was straight up and down. Kelso's Shrug Book, where he introduced his "Kelso Shrug Principle" was only one of this prolific strength journalist's accomplishments. He also wrote the successful book, *Powerlifting Basics: Texas-Style - The Adventures of Lope Delk* and traveled as a correspondent for *Powerlifting USA* in Asia. His byline has appeared in articles for *Muscular Development*, *HardGainer*, and *Ironman*, to name a few. Making the



Paul Kelso (left) with his older brother Mark. Paul was age 15 ½ and Mark was 18. Paul said he weighed 147 lbs. in this shot taken not long after he started bodybuilding.

most of his self-proclaimed average build and poor leverages, Paul Kelso's love affair with the Iron Game took him from North Dallas, Texas (where he started training as a junior in high school) to Japan and finally to Batangas, Philippines where he lived with his bride Sumiko until he passed away peacefully at age seventy-nine.

I struck up an acquaintance with Kelso

through the magic of Facebook because we had a mutual friend in Jordan Wong. That led to an email exchange with one of the humblest icons in strength sports.

**Mr. Kelso, I really appreciate you taking the time to talk to me. When I first asked to interview you, you expressed doubt that anybody would want to read about you. You've achieved a lot of accomplishments.**

#### **Why does it surprise you that magazines would want to run your story?**

Well, I was never a famous champion or record setter or "MR." anything. Dick Burke of Oklahoma City was putting on odd lift and powerlifting shows maybe as far back as 1960. I attended such meets at the old Dallas YMCA in those days. I didn't compete. I was an observer, a coach, a reporter of meets,



Paul at 18 years old, about 192lbs.

and an interviewer of champions. On a few occasions, I was also an investigator who discovered where the bodies were buried. I did popularize a training principle and helped establish the Gerard Trap Bar. I also wrote a couple of books.

**The February 2016 issue of Iron Man Magazine called the Kelso Shrug one of "nine exercises that are criminally underappreciated by most guys in the gym".**

I wasn't aware of the Iron Man mention. That's gratifying and flattering.

**Back in the Fifties when you started lifting, most lifters trained together. You didn't have separate gyms for powerlifting and bodybuilding. Guys did gymnastics, bodybuilding, and weightlifting, and you were expected**

**to be as strong as you looked and flexible.**

Yes, in the old days we were often the same people. That is, gymnasts entered lifting or bodybuilding on occasion, or even vice-versa. Although there was a lot of crossover between [Olympic style] weightlifting and bodybuilding, the percentage of trainees that competed in weightlifting was always fairly low in comparison to the overall number of people training for sports or bodybuilding. We might lift in the afternoon and hang around to do the bodybuilding contest that night.

**Do you think the CrossFit movement is a throwback to how lifters used to train?**

I am concerned about whether the

CrossFit coaches know what the heck they are doing from some of the videos I have seen. Just about anything that popularizes exercise is good.

**I know that you liked the twenty rep squat schemes, but those were done differently than today when you see powerlifters or bodybuilders doing high rep squatting. So tell me, what would a typical training day for a twenty-year-old Paul Kelso look like, and what were your goals at the time?**

I did a lot of the Joe Hise/Peary Rader twenty rep breathing squats, which included Hise Shrugs, Rader chest pulls, and Behind Neck Presses. Plus, I also did Oly style lifts such as front and box squats. I also did incline bench pressing. Funny, but flat bench presses were not really in vogue then as we were going overhead, and powerlifting didn't really take off until the late sixties. I used to do the floor press way back in the day – 1920s? [This involves] lying on the floor and rolling the bar from behind the head to the chest and then keeping it moving with a heave. I suppose it [the bench press] really became popular when Doug Hepburn, Reg Park, Pat Casey, Chuck Sipes, and others began putting up huge numbers.

**What were your best numbers?**

Mediocre and so-so. 97kg/215 lbs.-100kg/220 lbs. in military press and snatch (either style) and a 120kg/264 lbs. clean and jerk, all at around 95kg/208 lbs [bodyweight]. I was probably 25 or 26 years old when I did them, and [these lifts all happened] in the gym, not in meets. However, in the mid-1990s, at age 55 or 56, I could still squat and deadlift over 400 lbs.

**What about those shrugs? What sort of poundages did you work up to in them?**

I started fooling around with the movements as early as the mid-1960s. I often worked up to poundages with shrugs that were more than I could with the basic exercise. I usually worked with about eighty per cent. I could do 2 to 3 reps of the Bench Shrug with my best single bench [one rep max]. I knew I was on to something.

**The reality is that you came up with, or at least were the first to write about, multiple shrug variations including a shrug to help maintain lateral stability in the bench arch.**

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Paul with other members of Matsumoto Gym in Utsunomiya, Japan, the home of many of Japan's best powerlifters and bodybuilders. Paul is in the top row, second from left. Hire Mastumoto, the owner, is on the lower right.

**Which shrug variation do you think is the most out of the ordinary, and why should lifters do it?**

Doing shrug variations in the cable crossover machine, with either high or low positions, is not ordinary. It creates unique stress from usually unattainable angles. Actually, some [lifters] did shrug rows back in the 1930s, shrugging first then pulling. Charles A. Smith wrote about a shrug variation back in 1951 in an early Weider mag. This exercise that he illustrated made a comeback a few years ago as the face pull.

**Along those same lines, you've said that the Kelso Shrug isn't actually a shrug but a principle. Can you explain what you mean by that?**

[What I mean by that is that] a number of known exercises can be continued after the arms and pulling abilities fail, by moving the weight with scapular retraction or the opposite. There are a few moves that are negative, like the Bench Shrug. It's not just one movement.

**Being a principle and not a specific exercise, does the Kelso Shrug make it easier when other iron game writers claim they came up with this or that shrug before you did?**

I don't doubt that a few did. A number of writers have renamed moves or forgotten to cite my work. Maybe they just didn't know about my work. However, I once had a big shrug article in MD, with Arthur Peacock modeling, which included the Bench Shrug. Not even a year later, another writer published an article about his invention, the Serratus Shrug. It was the same thing. So it goes.

**You mentioned in Kelso's Shrug Book that you benefitted from mentoring provided by National Olympic Lifting Champion, Sid Henry, but you said that's a tradition that's largely gone.**

There was a sort of a tradition in the old days of "passing it on." I used to really get burned up as I got older and was training in a commercial gym, and some Twinkie would interrupt me mid-set. [This Twinkie] would tell me I am "doing it wrong" and offer to train me for a fat fee per session. I admit to being rather rude a few times.

**Who were some other big name strength athletes that you had the opportunity to meet and train with?**

Heroes from the bodybuilding magazines in early days were Grimek, Ross,

Reeves, Dellinger, and "Zabo." The [members of the] York Olympic Team were the real icons. I talked to John Grimek of York on the phone, and I've trained with Mr. Texas, Glenn Bill Williamz. I thought Chet Yorton was terrific. I knew guys such as USA world team member, Sid Henry, the national heavy weight weightlifting champ, as well as Texas champs in the 1950s, the Gilliland brothers. [I also knew] Roy Smith, a one-hand lifts old-timer champ, pro wrestlers Ray Gunkel, Tarzan Mike Lane, Hugh "Tex" McKenzie, and I once sparred with Lou Thesz, and twenty other scufflers.

**What was your signature move in professional wrestling?**

Anything Lou Thesz did, I did. Also, [I did] the Cobra Twist, which I learned from Cyclone Anaya, a terrifically built Mexican guy. I think the move is more commonly known as an 'abdominal stretch.'

**If you could go back to that time, what would you do differently?**

Probably stay with Olympic style lifting. I enjoyed the 'feel' of it - the elation of executing a dead solid perfect and quick lift. I would take a year or more

off sometimes, as I was a part-time musician for years, but always went back to it. I had periods of heavy smoking and drinking. But I always went back to training. I was about 46 years old when I took the Dean job at a small college in East Texas in 1983. [They had] a great basketball team but no weight room! I fixed that quickly! By training with the team, I was in great shape again at 226 lbs. by 1985.

**You didn't start powerlifting until you were over 40 years old?**

I quit trying to compete in powerlifting pretty quickly. With my height of 6'2" and my lanky, long arm/short thigh bone structure, I was told by experienced lifters and coaches that I needed to get my weight up to 280-300 lbs. Maybe try some sauce. I was already in my forties, so I passed on that. My weight got up to 255 lbs. in Japan, so I did something about it. I got down to 235 lbs. Then I had a gallstone and bladder removed, as well as an appendix a few months later. I dropped down to 207 lbs. I don't recommend that protocol.

**You continue to train now in your seventies. Do you think that not spe-**

**cializing in any one aspect of strength sports helped prolong your ability to train hard and avoid injury?**

Yes, I think the variety was good. I have been lucky to avoid serious injury. I busted my nose three times, [endured] some cracked ribs - that's about it.

**You mentioned that when you were 65, you were trying to lose weight. Is that still the case, or are you focused on a different goal?**

I don't go heavy anymore - I just do simple bodybuilding. Today, I wave around dumbbells in the 25-40 lbs. range, and I do moderate trap bar leg lifts. Sometimes I work up the clean and press fairly high - I love the feel of the movement. I weigh about 230 lbs. at 6'1". I'm trying for 220 lbs., but I am not a fanatic about it. I had a stent put in for a heart problem in 2009, so I do breathing moves again, but I do not overextend. I don't do squats as the pads in my spinal column are squished down to nothing and [squatting would be] risking pinched nerves.

**What advice would you give to older athletes or anyone seeking to imitate your longevity?**

Advice? Keep training regularly or even semi-regularly. I am one of two retired guys in this beach community (there are maybe forty guys) who uses weights. A few are walkers; a few golf. I absolutely recommend several weight sessions a week.

**You were a prolific writer with over one hundred and fifteen articles for Powerlifting USA, Ironman Magazine, Muscular Development, and some others. How did you start your writing career?**

[I started with] high school and army newspapers - small town weeklies. The first iron game article I wrote was in 1984 for the March issue of PLUSA. I had previously written numerous letters to iron game editors.

**It appears that you were influenced by the work of John McCallum.**

Who wasn't?

**Who were some of your other influences?**

I was also influenced by the style from the columns of Joe Bob Briggs who was quite popular in newspapers throughout 1988-1993, I think. He wrote of social problems, not iron. As for my training



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ideas...I had read and tried everything. Strength and Health, the old Iron Man, every mail order course you can think of, and weight lifting 'Oly' style.

In the 1980s and 1990s, some bodybuilding magazines were accused of publishing articles that purported to be written by bodybuilding champions but were actually ghostwritten by staff members.

There was a lot of ghost writing. Many stories were allegedly published here and there by famous bodybuilding champs who were just about illiterate when personally interviewed. Dr. Ken Leister and Charles A Smith did a lot of that for Weider. I did not do that.

### **How did you build a writing career in that environment?**

Most of the editors I knew over the years were fine guys – Mike Lambert of PLUSA, Stuart McRobert of HardGainer, Jan Dellinger of Muscular Development, and Steve Holman of Iron Man. I also knew Peary Rader, founder of the original Iron Man, Randy Strossen of IronMind, Dennis Unitt, editor of the International Powerlifting Fed magazine, and others, including some in Japan. I did send one article to a prominent magazine and got no reply. Six months later, they published my story under the name of a staff writer.

### **You traveled with the Japanese powerlifting team as a correspondent. That sounds like something that the average strength sports writer would kill for. I know I wouldn't be mad if my editor sent me to cover meets or bodybuilding competitions overseas (hint, hint). How did you make that happen?**

Susumu Yoshida, the President or sometimes Secretary-General of the Asian organization within the IPF, speaks and reads English beautifully. He had been reading my articles in PLUSA in the late 1980s. I visited my son, then teaching in Japan, in August of 1989, but had written Susumu asking for an interview while I was there. He invited me to travel with the Japan team to the Asian contest in Taiwan. I decided to stay in Japan for one year to be with my son and check out the lifting scene. I stayed for seventeen years, traveling to half a dozen countries. This opportunity was unique, and as I was single at the time that I grabbed it. I

quickly found a teaching job, and I was set for a new adventure.

### **Did you get to interview any of your heroes?**

Powerlifting [heroes]? Inaba, Isagawa, Brad Gillingham, Ausby Alexander, Sly Anderson, Sivokon, the Chinese women's team, and all of the USA ladies at the 1995 World Games in Japan. [I also interviewed] champions at the World Games in 2001, etc. I interviewed lifters from twenty countries beginning in 1990 and up until 2010.

### **What were some of your most memorable articles? Which ones stand out to you?**

[My article in] Men's World in the year 2000 – it was about DiPasquale's failed attempt to merge his organization with the IPF at the 2000 Congress, squabbling between India and China teams for several years, Powerlifting On The Ping (1992) – all PLUSA, plus biographies of Asian stars. I also cleared Grahamme Fong, former IPF President, of charges that he once sold PEDs [Performance Enhancing Drugs] to lifters. I also wrote HardGainer and PLUSA articles defending the Gerard Trap Bar against unscrupulous detractors. Talking about my articles could be a separate interview!

### **How did you make the leap from writing articles to writing books?**

The Lope Delk articles were a series that ran in PLUSA from 1988 into 1990, maybe fifteen pieces in all. I got them together, added here and cut there – voila! This is a great way to make a book. First, sell it chapter by chapter, then compile. Get paid twice for the same material! Some Shrug Book articles appeared in HardGainer originally.

### **Your experience as Dean of that college provided the material for the characters in Powerlifting Basics. Does this include Squatlo? I'm hoping that Squatlo is based on a real dog that I can meet in heaven one day.**

Squatlo was a real dog, a medium labrador body with Dachshund legs. He helped us with dinner whenever he could.

### **You created a powerlifting timeline chart. What was the motivation behind that?**

I used timelines in history and literature courses, as well as many types of them in academia. There were none in

powerlifting, but [there was] one hell of a lot of arguing and misinformation bopping around in the game. I worked on it off and on for three years, corresponding with old timers extensively.

### **What lifts were contested in the early odd lift competitions?**

Early "odd lifts" that were contested might be squat, bench, barbell curl, behind the neck press, deadlift, and even one hand lifts. There was no standard or rule. The selection varied from meet to meet. As I recall without looking it up, the first "National" power meets in 1963-64 had settled on the three lifts currently used.

### **Do you have any plans to update the chart in order to include the feats of strength being accomplished by raw lifters?**

I am working to update it now from September of 2007 forward. I could use some help. Send me your suggestions. Yes, raw information should be included. I will not list "world records" from twenty-five bogus "World" federations.

### **What about magazine writing, or are you done with that part of your life for good?**

I'm pretty sure I am done. I am 79 years old, a little old to be crawling on my belly by the platform or stage apron at a world meet, trying to get decent photos. I will try to do a scrapbook publication of my favorite pieces this year!

### **Where can people find your books and products and where can they go to learn more about you?**

My Kelso's Shrug Book (print or Kindle) and short story collection, Jack Ruby's Last Ride (print) are from Wheatmark Inc., but available from Amazon.com, Barnes & Noble, etc. on the net. Amazon carries my biography information on that site. My novella Purple Hearts (Won't Pay The Rent) is on Kindle with more to follow soon. Powerlifting Basics: Texas-Style, is from IronMind and available on Kindle.

**I'm truly grateful for the chance to talk to Paul. Having him tell me "good job" after he read the final draft of this article will always mean a lot to me. Paul was cremated in accordance with his wishes and his ashes scattered over the water so he could once again visit all of the many places he loved in life. Fair winds and following seas Brother! PM**

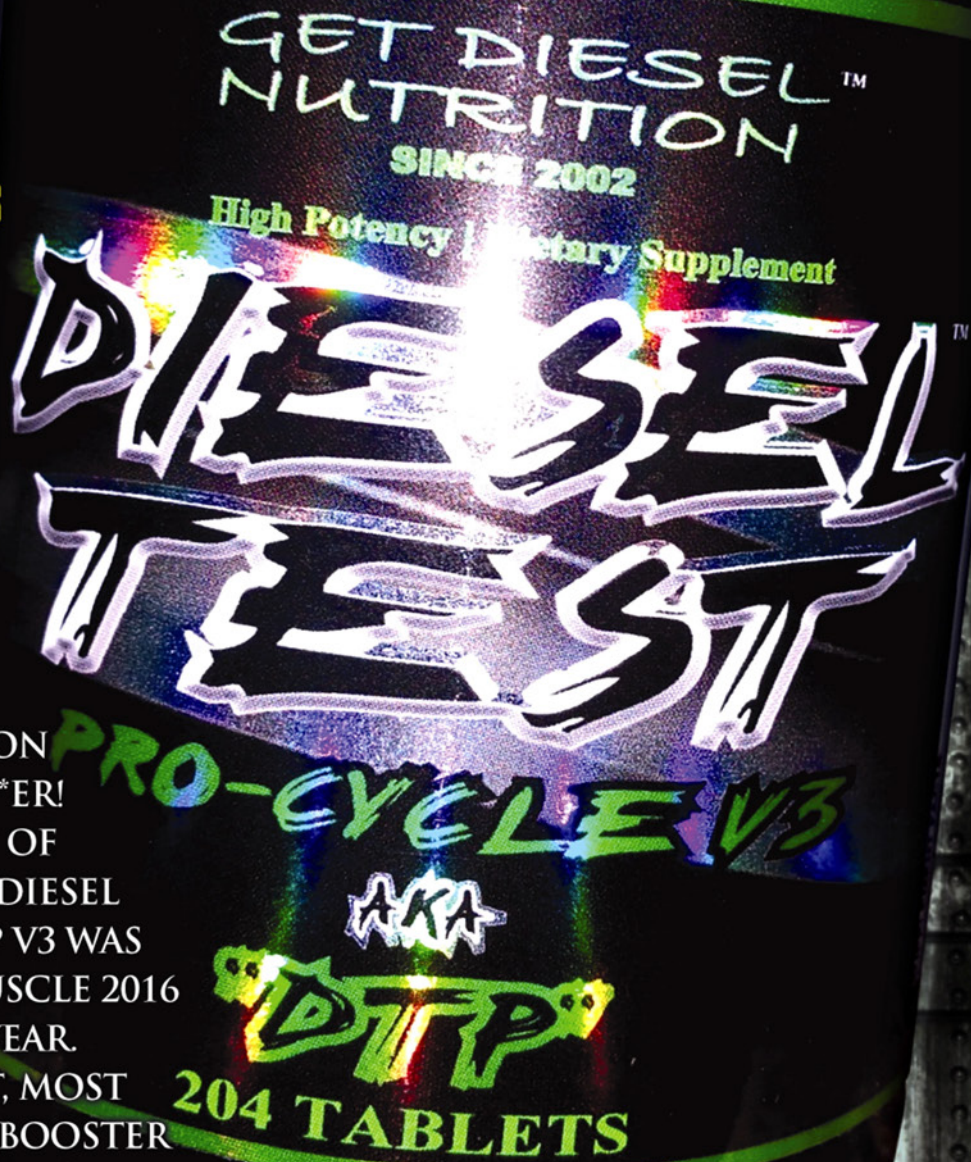


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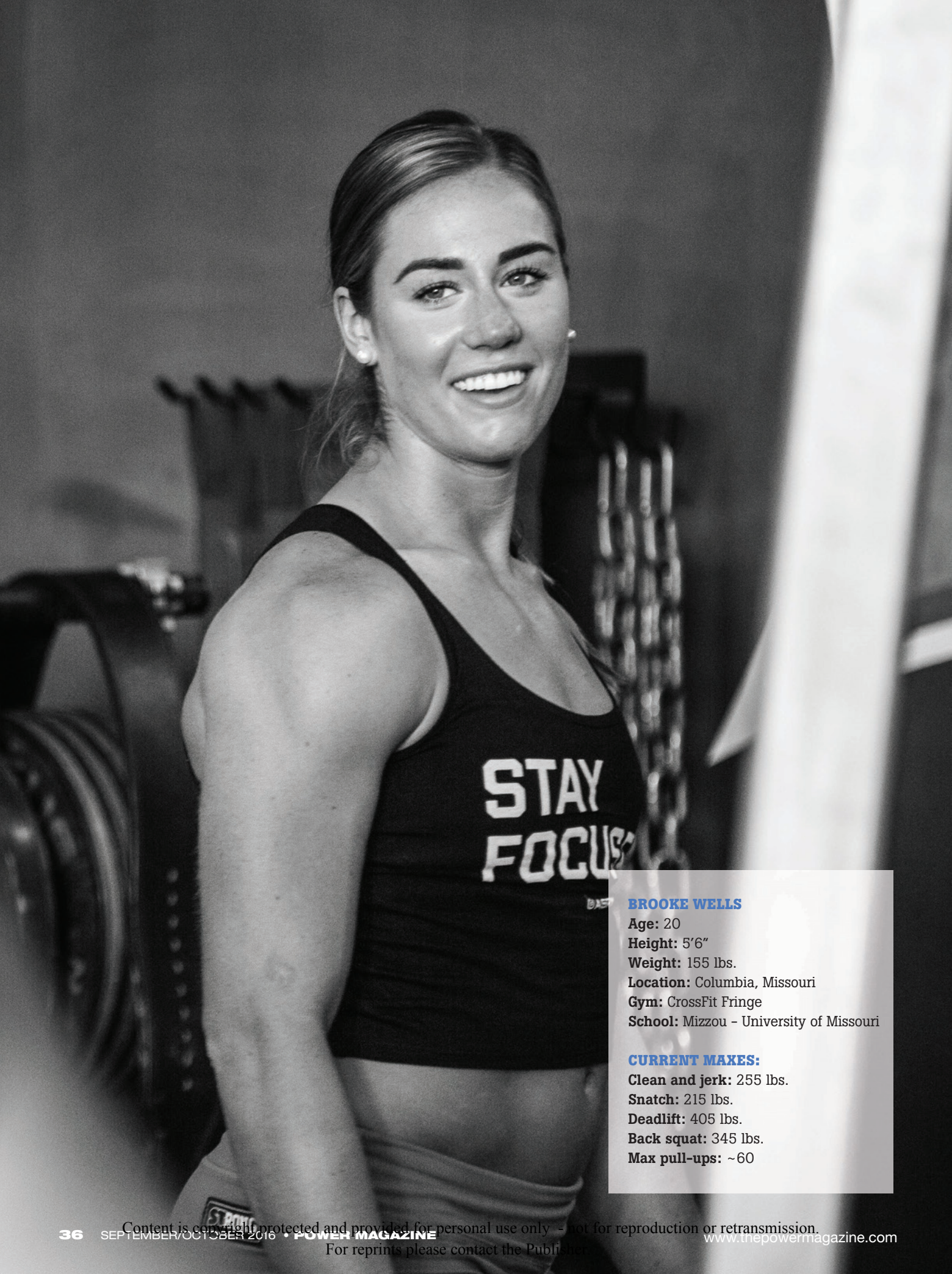
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Bench set up with 3 chains so one link will be on the ground at lockout.



**BROOKE WELLS**

**Age:** 20

**Height:** 5'6"

**Weight:** 155 lbs.

**Location:** Columbia, Missouri

**Gym:** CrossFit Fringe

**School:** Mizzou - University of Missouri

**CURRENT MAXES:**

**Clean and jerk:** 255 lbs.

**Snatch:** 215 lbs.

**Deadlift:** 405 lbs.

**Back squat:** 345 lbs.

**Max pull-ups:** ~60

# CrossFit's Comeback Kid

# BROOKE WELLS

BY MARIEL TAGG



**C**urrently in the spotlight for her unbelievable comeback at CrossFit Regionals and her noticeable assets, Brooke Wells is a twenty-year-old on a mission - to place at the CrossFit Games. [Since this article was written, Brooke placed 6th at the 2016 CrossFit Games. Ed.]

**MARIEL:** First of all, congratulations on qualifying at Regionals! Now, I know you had a pretty rough first day, which you then turned around to come back and murder days two and three. What was going through your head that first night after day one, going into the second day?

**BROOKE:** Well, I knew that I did not want to be in that position, but I had already prepared myself for it. I knew going into it that the second event just

wasn't one of my strengths, so I totally expected to be at the bottom of the pack on that one. I mean, I didn't think I would be that low, but I knew it was going to be close.

**MARIEL:** What was the second event?

**BROOKE:** Nate. It was 4 strict muscle ups, 7 handstand pushups, and 12 dumbbell snatches. Muscle-ups have never been my strength, so I knew it wasn't going to go that well. Honestly, I knew that was going to be the only bad event, and it motivated me to do really well on day two. So, I think that if that hadn't happened, I wouldn't have fought so hard on days two and three.

**MARIEL:** Can you give us some details about that weekend? What place did you finish in for each of the events, and what place did you get overall?

**BROOKE:** Ok, I'll tell you what I placed in each event.

- Event 1: 1st
- Event 2: 32nd
- Event 3: 1st
- Event 4: 2nd
- Event 5: 7th
- Event 6: 1st
- Event 7: 11th
- Overall: 3rd

**MARIEL:** So what changed for days two and three? Was it just the event lineup, or was it your mindset?

**BROOKE:** I mean, we knew what the events were, and I knew that events three and four were going to be in my wheelhouse because they were basically about who could suffer the worst. So after event number two, I just had the mindset that I was going to die in order to get on that podium.



**MARIEL:** Was there anything going through your head during days two and three that you used to push yourself?

**BROOKE:** Honestly, I just kept thinking about the Games. I mean, I've trained all year to go back to the Games, so I wasn't going to let that one event take that away from me.

**MARIEL:** Do you have any specific goals for when you compete at the Games next month?

**BROOKE:** A future goal is to definitely be on the podium at the Games, but I think that's more of a future goal. A

realistic goal this year is to be in the top ten. I wrote that down at the beginning of the year. A podium spot would be cool one day, but I think that's more of a future plan.

**MARIEL:** Well, it is good to have short-term goals, too. Now let's pretend the majority of our readers don't know who you are – can you give us a brief history of your CrossFit background thus far?

**BROOKE:** I started CrossFit when I was a senior in high school, and the reason I started was to supplement my track. Then I decided that I liked CrossFit

better, and that I had more of a future and potential in CrossFit, so I pursued it. In 2013, I went Team for the first time at Regionals, and then last year was my first time to go Individual, and I qualified for the CrossFit Games – I actually won my region. Then this year I qualified again.

**MARIEL:** So are you still a full-time student, and how does that impact your training?

**BROOKE:** I am a full-time student. I base my school schedule around the time I want to train. CrossFit is still my first priority, but I definitely want to finish school, too. It keeps me busy, and it keeps me out

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of trouble. It's definitely hard to balance but it's all about setting your priorities.

**MARIEL:** Given that you have such a big following on social media, can you talk a little bit about that and how you've used it to market yourself?

**BROOKE:** I just try to keep my social media pretty personal and relatable to other people. Before I was super big into CrossFit, I would check other people's social media. This helped me figure out what people want to see because of what I used to want to see, such as what products top athletes use, etc. I try to post what I'm doing so that other people know where to start.

**MARIEL:** So, bigger picture, how do you think social media has impacted the growth of CrossFit as a sport and the development of the CrossFit community?

**BROOKE:** I think that especially with the Explore page and everything – people have been posting their lifts or PR's – when I see stuff like that or post stuff like that, I think it inspires people to want to start CrossFit.

**MARIEL:** I know you get a lot of attention for your butt on Instagram. In general, men say some creepy things on social media – does that ever bother you, or do you welcome the attention?

**BROOKE:** It doesn't bother me because I don't let any comments affect me. If they're super inappropriate then I'll delete them, but I don't think it's that big of a deal.

**MARIEL:** What's the creepiest thing that anyone has ever said or done to you on social media?

**BROOKE:** Anything butt-related is just really weird. They say some weird things that they would like to do to my butt. I think they forget that there's someone behind the screen reading it.

**MARIEL:** At the young age of 20, you have so many years ahead of you to grow and take advantage of your athleticism and wherever it will take you. What are your specific goals for yourself at the moment and in your career?

**BROOKE:** Right now, I'm just focusing on doing well at the Games because I think that will lead to other opportunities. I just want to have fun with it – I never want it to be like a job. I also just started a clothing line, so I'm excited about that. It's called Focus – it's through Life AsRx, but it's my line.

There are so many fun opportunities that we get to do as athletes so I am just taking that all in. Right now, I'm just concerned about my performance and inspiring other people.

**MARIEL:** On that note, assuming young girls are starting to look up to you as a role model, is there any advice you would give them if they wanted to pursue a career in CF?

**BROOKE:** My main thing is to set your priorities. At my age, there are so

many other things I could do in college, like go out all the time or whatever. Being young, people don't think they can accomplish what I have, but just setting your priorities and getting them done is the main thing.

**MARIEL:** Well, a huge thanks for taking the time for this [interview]. I know you're super busy with school and training, and we look forward to watching you compete! Best of luck at the Games.

**JEREMY HAMILTON**  
**2,123** AT **220**  
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# BRYCE LEWIS

CREATOR OF THE STRENGTH ATHLETE

BY STEVEN GRANZELLA



**POWER:** How did you get into powerlifting? What makes you stay in the sport?

**BRYCE:** I originally played volleyball in high school and college, and I enjoyed the team atmosphere and the sport immensely. I was captain of my team in college, and during that time, I stumbled upon [bodybuilding.com](http://bodybuilding.com) while I was trying to find out more information to become a better volleyball player. It was then that I transitioned to bodybuilding for a few years, and I found myself enjoying the strength side of lifting more than the preparation involved in bodybuilding – namely, the long diets and the challenging cardio sessions. Some of my friends started competing in powerlifting, and I followed suit. I think that after my first



competition, I decided that the sport was for me, and I've been competing now for six years. As for what keeps me in the sport, it's really just a way to push myself further. I've met some amazing individuals over the past few years, and powerlifting continues to be about self-discovery and improvement. It's an outlet [that allows me] to

be competitive in an almost cooperative sense, and it's also a way to help others achieve the same. Powerlifting is this wonderful sport where your competitors cheer you on – they want you to succeed just as much as you do. You rarely find that in other sports.

**POWER:** You discuss mobility a lot on your channel. Why do you feel this is a necessary topic?

**BRYCE:** Back when Kelly Starett started making his numbered series of videos, I ate those up. I labeled them and binge-watched them like people do with Netflix now. I just hadn't seen anyone apply stretching in this complete sense and relate it to barbell sports the way that he did. It was approachable, and it was down to earth. I took the pieces that worked well



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for me, and I wanted to help others where I had been helped. Hopefully, I now have a more complete picture of mobility versus flexibility, as well as the variation in movement among athletes. [I've also learned about] the relationship of bone structure and proportion to mobility demands, and I'm better able help people as a result. I'm no expert, but lifting pain-free and enjoying it are things that I'm passionate about, and I'm happy to share that information with everyone. I've slowed down on posting content to YouTube in a big way recently because of everything The Strength Athlete has going on that requires most of my time, but I hope that people still find the videos helpful.

**POWER:** You compete in USA Powerlifting, which is one of the strictest

**federations in regards to squat depth, bench pauses, and drug testing.**

**Why do you choose to compete in USA Powerlifting?**

**BRYCE:** This is a fantastic question. First, I compete in a drug-tested federation because I am drug-free myself, and I support drug-free lifters. I want to compete on as level of a playing field that exists, which I think is offered through USA Powerlifting. I don't doubt that there are athletes using PEDs [Performing Enhanced Drugs] in tested federations, but for drug-free competition in the United States, there is no better option. Increasingly, athletes who compete at a high level in USAPL are being tested out of meets with WADA [World Anti-Doping Agency] standard tests, and officials are actively targeting

athletes who may be using. It's clear that they are after a level playing field and playing by the rules.

In my experience, USA Powerlifting judging has been strict, but fair. Meets are well-run, and there are large national competitions. There is also a progression from local to worldwide drug-free competition with clear selection processes. The competition is extremely tough with the high quality of lifters across all weight classes, gender, and age divisions. In short, it's as close to the national governing bodies of track and field, gymnastics, weightlifting, and other individual skill-based sports as we can expect to have. The officials and people involved really want to see the lifters do well. It's been a blast, and I think it's our



best hope of seeing powerlifting exist in higher levels of sport.

**POWER:** Yourself and a group of coaches have created The Strength Athlete. Who is involved, and what is the purpose?

**BRYCE:** The Strength Athlete is an online powerlifting coaching company that I started three years ago, with the purpose of providing effective coaching and support for raw, drug-free powerlifters of all skill levels. We are now four coaches strong and have been able to help hundreds of athletes prepare and succeed in competitions around the world. I work with Hani Jazayrli, who I believe has been at Super Training Gym quite regularly, along with Eric Bodhorn and Chris Aydin. We are all practicing powerlifters ourselves. We use a combination of video, written form, and other interactive media to deliver the best coaching experience we can. We also offer in-person handling of lifters at competitions, including nutritional strategies and attempt selections to aid our athletes. It has always been my goal to give back to the sport that has given me so much these past few years, and I put out free resources on our website from time to time in order to help athletes with attempt selection and programming for powerlifting.

**POWER:** What are your long-term plans as both a coach and a lifter?

**BRYCE:** Long-term, as a coach, I realize that powerlifters want to be coached by someone relevant and strong. After we can no longer compete at the highest levels of our sport, in order to bolster our reputation and to be effective coaches into our old age, we need to continue providing excel-



lent resources and effective coaching. As athletes, we must be more than our talent levels – we must be teachers, role models, active in the sport in other ways, and we also must be able to

stand the test of time. Long-term, it is my plan to revolutionize the way online coaches interact with their athletes [and improve] the type of data that can be collected and analyzed. [I want to change] the way online coaching businesses operate for the better.

As a lifter, I have just achieved a world record total in the 105kg open weight class. While I don't think that record will last for long, I hope to be competitive at the highest levels for some time to come, stay injury-free, and progressively increase my own total. Lifts-wise, it would be amazing to squat 700 lbs., bench 500 lbs., and deadlift 800 lbs. I aim to represent USA at the IPF Classic Worlds as soon as I can achieve a first place finish at the national competition. **PM**

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# EATING FOR STRENGTH AND AESTHETICS

WHAT YOU NEED TO KNOW  
TO MAXIMIZE BOTH

BY LAURIN CONLIN, MS

If you are reading POWER Magazine, you are likely a strength athlete in some capacity. If you're a strength athlete, performance is the number one most important outcome of your training. The day of your meet or event, you are at your peak performance physically and mentally, and you're ready to hit some PR's [Personal Records]. At this exact point, your physique isn't of utmost importance – performance is. Contrast that with physique-based competitions, where on the day of the show, all that matters is your symmetry, conditioning, and your overall presentation. At this dieted and depleted state, your performance may be at an all-time low, but the judges could care less if you deadlift 95 or 300 lbs. How would eating for these two starkly different types of competitions be similar in any way? In this article, I'll discuss the primary differences between eating for performance versus eating for aesthetics, while also shedding light on the similarities that you may not have known existed.



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THE RECOVERY”**

especially on training days. If you're cutting weight just to make weight for a meet, the best cuts usually require the least amount of time spent on dieting, while focusing instead on water and sodium manipulation among other methods not related to chronic calorie restriction. Another visible difference is the competition day outcome. Physique athletes are dieting down to body fat levels that are very low and not maintainable for the long-term. Getting to such low body fat levels, no matter the method, will elicit performance decrements. On the contrary, if a strength athlete is too lean, they can potentially harm their performance by negatively effecting leverages, and they could also increase their chances of injury and impairing the recovery. If you are a strength athlete who is actively trying to drop weight, you will somehow need to create a deficit, and reducing calories is part of that equation (along with increasing workload a.k.a calories expended). The timeline of weight loss should be as slow and extended as possible in order to keep performance at its peak and to make sure that body fat does not drop so low that it negatively affects training and recovery.

To recap, the major difference between strength athletes and physique athletes is the calories that are consumed and how they affect training. At some point, a physique athlete will feel a performance decrement from reduced calories over an extended deficit but that is the nature of the sport. A strength athlete should never sacrifice their performance in the gym for their physique.

One main (and probably obvious) difference is that an on-season physique competitor will be calorie restricted for an extended period of time. For a time frame reference, most competitors wouldn't think about prepping for less than 12 weeks. A typical competition

prep lasts for roughly twelve to twenty-four weeks, with exceptions in both directions. Unless you are a strength athlete in the process of dropping a weight class, or if you are losing weight for health reasons, I would not actively try to be in a calorie restricted state,



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## Inclusive vs. Exclusive Dieting and the Effects on Body Composition in Resistance Trained Individuals

Laurin Conlin, Danielle Aguilar, Bill Campbell, Dayne Norton, Katie Coles, Eric T. Dexler, Nic Martinez  
University of South Florida, Performance & Physique Enhancement Laboratory – Tampa, Florida

### ABSTRACT

**BACKGROUND:** There is limited research on how rigid vs. flexible dieting strategies affect weight loss and even less research investigating these effects on weight regain. The purpose of this study was to compare an inclusive vs. exclusive diet on weight loss and subsequent weight regain in resistance-trained (RT) males and females in a randomized, parallel group design. **METHODS:** Twenty-seven resistance-trained male (n=11) and female (n=16) subjects (25 ± 5.7 years; 168.6 ± 8.3 cm; 75.7 ± 11.4 kg) participated in this investigation. A 20-week trial period consisting of a 10-week diet phase and a 10-week post-diet phase was implemented for this study. Participants were randomized to an inclusive diet (ID; a flexible diet comprised of non-specific foods) or an exclusive diet (ED; a rigid diet comprised of specific foods) group. Participants adhered to a 25% kcal reduction from their current caloric consumption during the first 10-weeks of the intervention (diet phase) and then were instructed to eat however they chose for the final 10-weeks of the study (post-diet phase). Also, participants were asked to not make changes to their current training program. Body composition was assessed via amplitude mode ultrasonography using a seven-site skinfold equation to evaluate percent body fat (%fat), fat mass (FM), and fat-free mass (FFM). Measurements were taken at 5 time points: (baseline, 5, 10, end of diet phase), 16, and 20 weeks. Data were analyzed via a 2-factor (2x5) between-subjects repeated measures analysis of variance (ANOVA). The criterion for significance was set at p < 0.05. **RESULTS:** No baseline differences existed between the two dietary groups on any dependent variable. During the 10-week weight loss phase, both groups significantly reduced bodyweight (ID: baseline = 77.5 ± 10.5kg, post-diet = 75.6 ± 11.5kg; ED: baseline = 73.9 ± 12.4kg, post-diet = 71.3 ± 11.6kg; p = 0.002); fat mass (ID: baseline = 16.7 ± 4.4kg; post-diet = 15.0 ± 3.8kg; ED: baseline = 16.7 ± 6.8kg, post-diet = 14.1 ± 4.4kg; p < 0.001) and body fat% (ID: baseline = 21.6 ± 9.3%, post-diet = 19.5 ± 8.9%; ED: baseline = 22.8 ± 7.4%, post-diet = 19.9 ± 7.5%; p < 0.001). FFM did not change during the diet phase. During the post-diet phase, no significant differences were observed between the dietary groups for body weight, fat mass, and body fat%. In contrast, a significant diet x time interaction (p < 0.001) was observed for FFM with the inclusive group gaining a significant amount of FFM (+1.53kg) in comparison with the exclusive group (-0.59kg). **CONCLUSIONS:** An inclusive or an exclusive diet strategy is equally effective for weight loss during a caloric restriction diet in free-living, RT individuals. It appears that a flexible diet is beneficial in creating a greater anabolic environment post-diet. During the post-diet period, there were no differences in time spent in resistance and aerobic exercise modes nor were there any differences in protein intakes between the two diet groups. More research should evaluate additional physiological effects of inclusive diets and weight regain in a variety of individuals (including lean individuals).

### BACKGROUND

There is debate on whether or not a flexible approach to dieting is as effective as a rigid dieting strategy. The purpose of this study was to compare an inclusive vs. exclusive diet on weight loss and subsequent weight regain in resistance-trained (RT) males and females in a randomized, parallel group design.

### METHODS

Twenty-seven resistance-trained male (n=11) and female (n=16) subjects (25 ± 5.7 years; 168.6 ± 8.3 cm; 75.7 ± 11.4 kg) participated in this investigation. A 20-week trial period consisting of a 10-week diet phase and a 10-week post-diet phase was implemented for this study. Participants were randomized to an inclusive diet (ID; a flexible diet comprised of non-specific foods) or an exclusive diet (ED; a rigid diet comprised of specific foods) group. Participants adhered to a 25% kcal reduction from their current caloric consumption during the first 10-weeks of the intervention (diet phase) and then were instructed to eat however they chose for the final 10-weeks of the study (post-diet phase). Also, participants were asked to not make changes to their current training program. Body composition was assessed via amplitude mode ultrasonography using a seven-site skinfold equation to evaluate percent body fat (%fat), fat mass (FM), and fat-free mass (FFM). Measurements were taken at 5 time points: (baseline, 5, 10, end of diet phase), 16, and 20 weeks. Data were analyzed via a 2-factor (2x5) between-subjects repeated measures analysis of variance (ANOVA). The criterion for significance was set at p < 0.05.

No baseline differences existed between the two dietary groups on any dependent variable. During the 10-week weight loss phase, both groups significantly reduced bodyweight (ID: baseline = 77.5 ± 10.5kg, post-diet = 75.6 ± 11.5kg; ED: baseline = 73.9 ± 12.4kg, post-diet = 71.3 ± 11.6kg; p = 0.002); fat mass (ID: baseline = 16.7 ± 4.4kg; post-diet = 15.0 ± 3.8kg; ED: baseline = 16.7 ± 6.8kg, post-diet = 14.1 ± 4.4kg; p < 0.001) and body fat% (ID: baseline = 21.6 ± 9.3%, post-diet = 19.5 ± 8.9%; ED: baseline = 22.8 ± 7.4%, post-diet = 19.9 ± 7.5%; p < 0.001). FFM did not change during the diet phase. During the post-diet phase, no significant differences were observed between the dietary groups for body weight, fat mass, and body fat%. In contrast, a significant diet x time interaction (p < 0.001) was observed for FFM with the inclusive group gaining a significant amount of FFM (+1.53kg) in comparison with the exclusive group (-0.59kg).

### CONCLUSION

An inclusive or an exclusive diet strategy is equally effective for weight loss during a caloric restriction diet in free-living, RT individuals. It appears that a flexible diet is beneficial in creating a greater anabolic environment post-diet. During the post-diet period, there were no differences in time spent in resistance and aerobic exercise modes nor were there any differences in protein intakes between the two diet groups.

More research should evaluate additional physiological effects of inclusive diets and weight regain in a variety of individuals (including lean individuals).

Table 1. Body Composition Data

	Inclusive Diet Group					Rigid Diet Group					Comparison
	Baseline	5 Weeks	10 Weeks	16 Weeks	20 Weeks	Baseline	5 Weeks	10 Weeks	16 Weeks	20 Weeks	
Body Weight (kg)	77.5 ± 10.5	76.8 ± 10.8	75.6 ± 11.5	75.2 ± 11.4	75.0 ± 11.4	73.9 ± 12.4	73.2 ± 12.1	71.3 ± 11.6	70.8 ± 11.5	70.6 ± 11.5	p < 0.001
Fat Mass (kg)	16.7 ± 4.4	16.2 ± 4.2	15.0 ± 3.8	14.8 ± 3.7	14.6 ± 3.7	16.7 ± 6.8	16.1 ± 6.5	14.1 ± 4.4	13.8 ± 4.3	13.6 ± 4.3	p < 0.001
Body Fat %	21.6 ± 9.3	21.2 ± 9.1	19.5 ± 8.9	19.3 ± 8.8	19.2 ± 8.8	22.8 ± 7.4	22.1 ± 7.2	19.9 ± 7.5	19.6 ± 7.4	19.5 ± 7.4	p < 0.001
Fat-Free Mass (kg)	60.8 ± 10.1	60.6 ± 10.6	60.6 ± 10.7	60.4 ± 10.7	60.4 ± 10.7	57.2 ± 10.9	57.1 ± 10.9	56.7 ± 10.7	57.0 ± 10.7	57.0 ± 10.7	p < 0.001

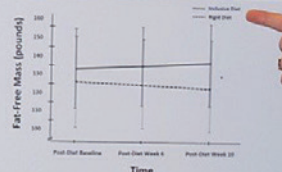


Figure 1. Fat-Free Mass (kg) over time for the Inclusive Diet and Rigid Diet groups. Error bars represent standard deviation.

Note: This study was supported by The Bill Lyne Foundation

Above all, calories should be monitored in order to maximize performance and recovery in the strength athlete. If you are someone who is actively dieting, make sure your timeline is appropriate (read – the slower the better) as to avoid negatively affecting all of the aforementioned areas.

While there are distinct differences between the nutrition requirements of these two sports, there are also a lot of similarities. In recent years, being a dual athlete has become increasingly popular. Many competitive physique athletes are using powerlifting and other strength sports as competitive outlets during the off-season. They are also using them as a way to increase accountability during their diets to continue to push their training. However, if you are trying to be at the very top end of either sport, you will need to prioritize one over the other at some point. That being said, you can find many similarities between strength and physique sports on sound nutrition principles.

## “IT IS IMPORTANT TO PRIORITIZE NUTRIENT-DENSE FOODS WHETHER YOU’RE A STRENGTH ATHLETE OR A PHYSIQUE ATHLETE”

We have already established that calorie balance will be different for each sport, as well as different for each individual athlete based on their ultimate goals – adding weight, dropping weight, stepping on stage, etc. Within that context of calorie balance, we should also touch on the importance of quality food. It is important to prioritize nutrient-dense foods whether you’re a strength athlete or a physique athlete. As someone who follows a flexible diet, I am someone who doesn’t believe in “good” or “bad” foods” or placing certain foods as “off-limits”. However, in my

opinion, nutrient-dense foods should be the foundation of any athlete’s diet. If you are a larger athlete who is eating many calories per day and who has their protein and fiber requirements in check, then, yes, go ahead and eat more calorie dense options. But that should not be the premise of your diet nor should you strive for it to be! Incorporating a wide variety of nutrient-dense foods into your diet will likely improve your ability to train harder and recover optimally.

Another similarity between strength and physique athletes is the need to optimize their training stimulus. While the training may look different in certain aspects, such as the time spent on the main lifts versus time spent on accessory work, both athletes are trying to get the most out of their training. A smart physique athlete will try to optimize their training in order to get the best response, much like a strength athlete would. Periodizing your training is one piece of the puzzle while proper diet, nutrient timing, and supplementation



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YOU DON’T NECESSARILY  
WANT AROUND  
TRAINING”

can all play a role too. While nutrient timing will not make or break your training, it can greatly influence your training that day and also affect subsequent recovery. My general recommendation is to prioritize eating protein and carbohydrate rich meals around training with less of an emphasis on fats. As a dieting physique competitor, this will become even more important as carbohydrates are reduced over the course of the competition prep. Likewise, if you are dropping weight as a strength athlete, it is important to maximize every variable in order to elicit the greatest training stimulus. Having protein in your pre- and post-workout meals will ensure that you are stimulating muscle protein synthesis and blunting muscle protein breakdown. Your body is able to uptake carbohydrates more effectively with the training stimulus, thus structuring carbohydrates around training can augment that response and make sure that you are using the carbs as effectively as possible. I do not recommend too much fat pre- and post-workout since it will slow digestion, which you don’t necessarily want around training. If you are a numbers person, having ten percent or less of your daily fat intake in your pre- and your post-workout meal would be ideal or roughly twenty percent of your daily fat targets around training. I am a big advocate of adding fats into your diet, but for optimal performance and recovery, I would suggest incorporating the fats into your other meals that aren’t directly around training.

To sum up, there are more similarities than one might think between eating for the two sports. Whether you are a strength or a physique athlete, you will benefit from incorporating a wide variety of nutrient-dense foods into your diet and also incorporating nutrient timing



principles that focus on performance and recovery. These recommendations are assuming that you have your total calories and overall energy balance in check. Without knowing these factors first, timing your post-workout meal will be far less important in the grand scheme of things. However, if you are someone who is serious about your goals and wants to maximize every last detail, concepts like the foods you choose to eat and nutrient

timing can make a positive impact.

Keep in mind that these are general recommendations and should be treated as such – the exact percentage of carbs, protein and fat should all be individualized to YOU the athlete, and the small details (like exactly how many carbs to eat after you train) will look different for everyone. Remember to always stay open-minded and to always experiment on yourself. Happy eating and happy lifting! **PM**

# HIFON SMITH

BY HANI JAZAYRLI

**MULTIPLE IPA WORLD RECORDS**

**IPF WORLD RECORD HOLDER  
IN THE DEADLIFT**

**2ND PLACE FINISHER AT THE 2016  
ARNOLD SPORTS FESTIVAL PRO  
AMERICAN WITH 2082 LBS. TOTAL**

**USA POWERLIFTING 4TH RANKED  
MALE RAW LIFTER BY WILKS**

**HANI:** Hifon, thanks for doing this interview for POWER Magazine. We are excited to learn more about you!

**HIFON:** First of all, I would like to thank you and POWER Magazine for taking the time out [to interview me] and showing interest in me.

**HANI:** Tell us a little bit about who you are. I've seen you at several high-level USA powerlifting competitions in the past year (Raw Nationals and The Arnold to name two), and you've been putting on absolutely savage performances!

**HIFON:** Yes, it's been a great journey. I started as a 242 pounder last year, and as you know, USA Powerlifting and the IPF don't have the 242 [weight] class anymore. It has been a transition to move up in weight and get adjusted.







**HANI:** On the note of high-level competition, I do know that you received an invite to attend the IPF Classic World Championships. However, I don't think that you're going. Is there any particular reason for that?

**HIFON:** As for worlds, the timing wasn't right! I had just opened a new gym, and the amount of timing and focus wasn't right.

**HANI:** Let's rewind a little bit. Where did your athletic career begin? Were you a part of any traditional team sports growing up?

**HIFON:** I started my career play-

ing football and participating in Track & Field. At that time, I discovered my ability to move weights, but of course, [it was] on a smaller level.

**HANI:** In our previous conversation, you said that you grew up in a tough neighborhood and that you had to make some tough choices. If you don't mind, could you give us some insight as to what you meant?

**HIFON:** Well, as far as my childhood and upbringing went, I had an easy and a tough life in terms of both following and leading the crowd. I've made bad choices growing up in rough neighbor-





hoods and maneuvering through tough streets, which made me the person I am today. Now, I know better to do better!

**HANI:** How did you get into powerlifting specifically?

**HIFON:** After training for football and

track, I noticed weightlifting came much easier to me.

**HANI:** What do you do for work?

**HIFON:** I am a personal trainer, and I just opened my own gym in May.

**HANI:** Do you handle your own

coaching? If not, whom do you work with to get yourself ready for competitions?

**HIFON:** Yes, I do handle my own coaching. I don't train very long for the big meets. When I do, I train at

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Exile Fitness. I have a group of great guys there to assist me for the last six weeks, and of course, the same group of guys travel with me. In actuality, we all have jobs to do, and it's a great formula.

**HANI:** What does your training look like on a weekly basis? How frequently are you hitting the "big three"?

**HIFON:** Well, I start about six weeks out, and I pretty much hit every lift once per week, including the big three.

**HANI:** Would you say that you're regularly training with heavy weight



or do you spend more time in the lighter side of the spectrum?

**HIFON:** My off-season is definitely on the lighter side of things. Meet prep is definitely heavier.

**HANI:** Have you dealt with any major injuries?

**HIFON:** Funny you should ask this. I hadn't dealt with any until last week when I fell at work after slipping on sawdust. I haven't injured myself training, though - I just try to be extra careful in my training process.

**HANI:** Do you take any supplements?

**HIFON:** I take a multi-vitamin, and that's about it!

**HANI:** How about your diet? Do you do anything special there with having had to gain weight for the heavier class?

**HIFON:** To be perfectly honest, I eat everything in the house but the couch. Seriously though, Hani, I just [increase] my calorie intake with protein, carbs, fats, and fluids. This allowed me to gain size and lift heavily.

**HANI:** What's your favorite food?

**HIFON:** I am a seafood lover, and I love me some pink salmon.

**HANI:** Tell us something that we wouldn't guess about you!

**HIFON:** I'm hilarious! I am family oriented, I love to travel, and I enjoy listening to music. It soothes my mind and prepares me for training. In addition, I am an avid reader.

**HANI:** Thanks for talking to us, Hifon.

**HIFON:** It's a pleasure to be recognized for this great sport of powerlifting that I am so passionate about. Thank you for the opportunity to share a part of my vision with POWER Magazine. **PM**



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# Super Training Corner

## Upper-body Accessory Work

**J**acked and Tan isn't just a gimmick — it's a way of life. Super Training Gym is a big proponent of "look like you lift." That's not to say that everyone walking around ST looks like Stan "The Rhino" Efferding, but our athletes must put some effort towards not being a complete slob. In the off-season, ST athletes lessen specificity with the main movements, while increasing accessory movements. The workout outlined below was completed after already having benched and utilized the Sling Shot as a secondary movement.

### **DB SHOULDER PRESS:**

5reps x 80s, 90s, 100s, 110s, 120s

### **DB SIDE RAISES:**

20lbs x3x20reps

### **CABLE ROPE FACE PULLS:**

90lbs x3x30reps

### **FLAT BENCH ROLLING TRICEP EXTENSIONS:**

60lbs x5x8reps

### **EZ BAR SKULL CRUSHERS:**

95lbs x4x12-20reps

### **WALK-THE-RACK-UP SINGLE ARM HAMMER CURLS:** (30-second rest)

Start with 10lbs and increase 5lbs until you can't complete 5 reps on each arm.

### **WALK-THE-RACK-DOWN SINGLE ARM SUPINATING CURLS:** (30-second rest)

Start where you ended with Hammer Curls. Complete 5 reps, then drop 5lbs each set until you get to 10lbs.

This upper-body accessory work can be completed on it's own or included on a day after your main movements, and will serve as an effective addition to your arsenal. Check out more training methods in the next issue of POWER Magazine from Super Training Gym – "The Strongest Gym in the West!"





# Current Top 50 Rankings: Men, 165 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	Wes McCormick	IPA	2015-11-07	Multi-Ply	840
2	Jason Murphy	XPC	2016-03-05	Multi-Ply	735
3	Sandy Tepper	RPS	2015-08-29	Multi-Ply	715
4	Brian Crowe	IPA	2016-03-05	Multi-Ply	650
4	Rico Rodriguez	USPA	2015-12-05	Single-Ply	650
6	Brian Schwab	APF	2015-12-05	Single-Ply	644
6	Cory Campbell	APF	2016-02-06	Single-Ply	644
8	Kevin Torres	IPL	2015-11-12	Raw with Wraps	622
9	Justin White	APF	2015-10-23	Single-Ply	600
9	Michael Stemcosky	USPA	2016-01-19	Raw with Wraps	600
11	Allen McVane	APF	2015-09-12	Single-Ply	595
12	Ty Slaughter	THSPA	2016-04-02	Single-Ply	590
13	Andrew Holmes	UPA	2016-04-16	Raw with Wraps	589
13	Sergio Luna	UPA	2015-08-01	Raw with Wraps	589
15	Kyle Keough	UPA	2015-08-01	Raw with Wraps	584
15	Paul Nguyen	RUPC	2016-01-31	Raw	584
17	Abraham Ramirez	THSPA	2016-04-02	Single-Ply	580
17	Ja'Vontay Williams	THSPA	2016-04-02	Single-Ply	580
19	Daniel Hernandez	THSPA	2016-04-02	Single-Ply	575
19	Chayce Grevey	THSPA	2016-04-02	Single-Ply	575
19	Eliseo Garzoria	THSPA	2016-04-02	Single-Ply	575
22	Xavier Romero	USPA	2016-07-09	Raw with Wraps	573
22	Ronald Tarvin	GPC	2015-09-14	Raw with Wraps	573
22	Rostislav Petkov	RPS	2016-04-23	Raw with Wraps	573
25	Taylor Bissell	THSPA	2016-04-02	Single-Ply	570
26	Rogelio Pulido	THSPA	2016-04-02	Single-Ply	565
26	Jacob Gracia	THSPA	2016-04-02	Single-Ply	565
28	Taylor Atwood	IPF	2016-06-25	Raw	562
28	Joe Brandenburg	RUPC	2016-01-29	Raw	562
30	Brandon Maddox	USPA	2016-04-02	Raw	556
31	Javier Rodriguez	THSPA	2016-04-02	Single-Ply	555
32	James Fuller	USPA	2016-02-13	Raw with Wraps	551
32	Jay Fresh	UPA	2016-04-16	Raw with Wraps	551
32	Joshua White	USPA	2015-11-07	Raw with Wraps	551
32	Kyle Keough	RUPC	2016-01-29	Raw	551
36	John Jurado	THSPA	2016-04-02	Single-Ply	550
36	Leonel Salinas	THSPA	2016-04-02	Single-Ply	550
36	Drew Young	UPA	2015-11-07	Raw with Wraps	550
39	Jesse Rodriguez	THSPA	2016-04-02	Single-Ply	545
39	Dane Steadman	USPA	2016-01-23	Raw	545
41	Jared Hernandez	THSPA	2016-04-02	Single-Ply	540
41	Matthew Collier	THSPA	2016-04-02	Single-Ply	540
41	Asa Spade	THSPA	2016-04-02	Single-Ply	540
41	Mark Burnette	RPS	2016-07-16	Raw with Wraps	540
41	Stephen Lehew	IPF	2016-06-25	Raw	540
41	Brahlaun Thompson	LHSPLA	2016-03-18	Single-Ply	540
47	Rex Voils	UPA	2015-09-19	Raw with Wraps	534
47	Micah Marino	USPA	2016-01-23	Raw	534
49	Arturo Mancias	THSPA	2016-04-02	Single-Ply	530
49	Miguel Ayala	RPS	2015-11-21	Raw with Wraps	530
49	Tucker Beal	XPC	2016-03-04	Raw with Wraps	530

## BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Wes McCormick	SPF	2015-12-05	Multi-Ply	565
2	Jason Murphy	XPC	2016-03-05	Multi-Ply	530
2	Sandy Tepper	XPC	2016-03-05	Multi-Ply	530
4	David Lenius	WABDL	2016-03-19	Single-Ply	512
5	Rico Rodriguez	USPA	2015-12-05	Single-Ply	502
6	Ilya Kokorev	USPA	2015-09-18	Single-Ply	462
7	Cory Campbell	APF	2016-02-06	Single-Ply	451
8	Brian Crowe	IPA	2016-03-05	Multi-Ply	450
9	Chino Davila	WABDL	2015-08-29	Single-Ply	440
9	Dylan Price	WABDL	2016-04-09	Single-Ply	440
9	Phillip Brewer	SPF	2015-10-03	Raw	440
12	Brian Schwab	APF	2015-12-05	Single-Ply	435
13	Rostislav Petkov	RPS	2016-04-23	Raw	429
13	Branden Ha	USPA	2016-09-13	Raw	429
15	Brandon Maddox	USPA	2016-04-02	Raw	424
15	Alfredo Evangelista	WABDL	2016-03-12	Single-Ply	424
17	Eric Stone	UPA	2016-07-08	Multi-Ply	418
17	Taylor Atwood	IPF	2016-06-25	Raw	418
17	Mike Ciupinski	USAPL	2016-03-06	Single-Ply	418
20	Jason Manenkoff	USPA	2016-04-16	Raw	413
21	Craig Wargo	IPA	2015-10-31	Multi-Ply	410
22	Jon Cunningham	APF	2016-03-05	Single-Ply	407
23	Charles Paige	IPL	2015-11-01	Raw	402
23	Kevin Torres	IPL	2015-11-12	Raw	402
23	Sharraye Long	USPA	2015-10-31	Raw	402
23	Micah Marino	USPA	2016-01-23	Raw	402
23	Nick Graley	USPA	2016-02-20	Single-Ply	402
28	Dyke Naughton	RPS	2015-09-19	Multi-Ply	392
28	Damian Fronzaglia	USAPL	2016-03-06	Raw	392
28	Daniel Thurman	USAPL	2016-03-06	Single-Ply	392
31	Eddie Webber	RPS	2016-03-26	Raw	391
31	Rick Peters	RPS	2016-04-30	Single-Ply	391
33	Justin White	APF	2015-10-23	Single-Ply	385
33	Daniel Medina	NASA	2015-11-21	Single-Ply	385
33	Daniel Williams	USPA	2015-08-08	Raw	385
33	Barry Kunkel	WABDL	2016-03-12	Single-Ply	385
33	Kyle Keough	RUPC	2016-01-29	Raw	385
38	Dane Steadman	USPA	2015-08-29	Raw	380
38	Michael Stemcosky	USPA	2016-01-19	Raw	380
38	Stephen Lehew	IPF	2016-06-25	Raw	380
41	Kenny Lyons	WABDL	2015-08-29	Single-Ply	374
41	Greg Norby	USPA	2015-12-05	Raw	374
41	Peter Hoang	USAPL	2015-10-15	Raw	374
44	Andy Naiyanet	APF	2015-10-17	Raw	369
44	Mark Burnette	RPS	2016-07-16	Raw	369
44	Bobby Morgan	USPA	2015-10-03	Raw	369
44	Nam Do	USPA	2015-10-03	Raw	369
48	Ty Slaughter	THSPA	2016-04-02	Single-Ply	365
48	Andy Kaszubski	WABDL	2016-04-09	Single-Ply	363
49	Eric Lumpkin	WABDL	2016-03-12	Single-Ply	363
49	Blake Lehew	USAPL	2015-10-15	Raw	363
49	Jeramie Dawley	WABDL	2016-03-12	Single-Ply	363
49	Josiah Harris	USPA	2016-01-09	Raw	363
49	Nu Akalegbere	USAPL	2015-10-15	Raw	363
49	Nick Israel	USAPL	2015-10-15	Raw	363
49	Ronald Tarvin	GPC	2015-09-14	Raw	363
49	Josh Moore	IPL	2015-11-12	Raw	363
49	Joshua Moore	USPA	2015-08-29	Raw	363
49	Bernardo Separa	USPA	2016-03-19	Raw	363

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

## DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Micah Marino	USPA	2016-01-23	Raw	728
2	Paul Nguyen	RUPC	2016-01-31	Raw	727
3	Rico Rodriguez	USPA	2015-12-05	Single-Ply	667
4	Joseph Greene	USPA	2015-08-15	Raw	661
4	Rostislav Petkov	RPS	2016-04-23	Raw	661
6	Kyle Keough	RUPC	2016-01-29	Raw	644
7	Garrick Dzoan	IPL	2015-11-12	Raw	639
7	Joshua White	USPA	2015-11-07	Raw	639
9	Sandy Tepper	RPS	2015-08-29	Multi-Ply	635
9	Craig Randolph	RPS	2015-10-17	Raw	635
11	Kevin Torres	IPL	2015-11-12	Raw	633
11	Jordan Likens	UPA	2016-04-16	Raw	633
13	Eliseo Garzoria	THSPA	2016-04-02	Single-Ply	630
14	DeMarcus Williams	NASA	2015-11-21	Raw	622
15	Wes McCormick	IPA	2015-11-07	Multi-Ply	620
16	Miguel Ayala Jr	RPS	2016-03-19	Raw	618
17	Ryan Spencer	USAPL	2015-12-05	Raw	617
18	Stephen Lehew	IPF	2016-06-25	Raw	613
19	Blake Lehew	USAPL	2015-10-15	Raw	611
19	Taylor Atwood	IPF	2016-06-25	Raw	611
21	Jonathan Chunn	APF	2015-12-13	Raw	606
21	Andrew Holmes	UPA	2016-04-16	Raw	606
21	Stephen Justice	USPA	2015-12-05	Raw	606
21	Ronald Tarvin	GPC	2015-09-14	Raw	606
21	Tyler Chovanec	SPF	2016-03-12	Raw	606
26	Jaquan Smith	RPS	2016-02-06	Raw	605
27	Taylor Bissell	THSPA	2016-04-02	Single-Ply	600
27	Dylan Price	WABDL	2016-04-09	Single-Ply	600
27	Rogelio Pulido	THSPA	2016-04-02	Single-Ply	600
27	Darren Flagg	APF	2015-08-08	Single-Ply	600
27	Nicholas Hardy	GPC	2015-09-14	Raw	600
27	Miguel Ayala	RPS	2015-11-21	Raw	600
27	Nick Hardy	GPC	2015-09-13	Raw	600
27	Eric Lapointe	USAPL	2015-10-15	Raw	600
27	Vincent Falzetta	APF	2016-03-12	Raw	600
27	Jordan McKenzie	USAPL	2015-10-15	Raw	600
27	Tom Elgort	RPS	2015-11-22	Raw	600
38	Brandon Maddox	USPA	2016-04-02	Raw	595
39	Sergio Luna	UPA	2015-08-01	Raw	589
39	Cory Campbell	APF	2016-02-06	Single-Ply	589
41	Chayce Grevey	THSPA	2016-04-02	Single-Ply	585
42	Jonah Howell	USAPL	2015-10-15	Raw	584
42	Xavier Counce	USPA	2016-07-09	Raw	584
42	Chance Brady	RUPC	2016-01-29	Raw	584
42	Joe Lazarin	RUPC	2016-01-29	Raw	584
42	Xavier Romero	IPL	2015-11-13	Raw	584
42	Robert Ali	USAPL	2015-10-15	Raw	584
48	Jason Jackson	IPF	2016-06-25	Raw	578
48	Nnawugwu Akalegabere	USAPL	2015-08-01	Raw	578
48	Peter Hoang	USAPL	2015-10-15	Raw	578

## TOTAL

Rank	Name	Federation	Date	Division	Total
1	Wes McCormick	IPA	2015-11-07	Multi-Ply	2000
2	Sandy Tepper	XPC	2016-03-05	Multi-Ply	1860
3	Rico Rodriguez	USPA	2015-12-05	Single-Ply	1820
4	Jason Murphy	XPC	2016-03-05	Multi-Ply	1810
5	Cory Campbell	APF	2016-02-06	Single-Ply	1686
6	Paul Nguyen	RUPC	2016-01-31	Raw	1669
7	Micah Marino	USPA	2016-01-23	Raw	1665
8	Rostislav Petkov	RPS	2016-04-23	Raw with Wraps	1664
9	Kevin Torres	IPL	2015-11-12	Raw with Wraps	1658
10	Brian Schwab	APF	2015-12-05	Single-Ply	1653
11	Brian Crowe	IPA	2016-03-05	Multi-Ply	1650
12	Kyle Keough	UPA	2015-08-01	Raw with Wraps	1603
13	Taylor Atwood	IPF	2016-06-25	Raw	1592
14	Kyle Keough	RUPC	2016-01-29	Raw	1581
15	Brandon Maddox	USPA	2016-04-02	Raw	1576
16	Justin White	APF	2015-10-23	Single-Ply	1554
17	Andrew Holmes	UPA	2016-04-16	Raw with Wraps	1548
18	Ronald Tarvin	GPC	2015-09-14	Raw with Wraps	1543
18	Joseph Greene	USPA	2015-08-15	Raw	1543
20	Stephen Lehew	IPF	2016-06-25	Raw	1534
21	Sergio Luna	UPA	2015-08-01	Raw with Wraps	1521
22	Chayce Grevey	THSPA	2016-04-02	Single-Ply	1520
23	Michael Stencosky	USPA	2016-01-19	Raw with Wraps	1510
23	Jason Manenkoff	USPA	2016-04-16	Raw	1510
25	Allen McVaney	APF	2015-09-12	Single-Ply	1500
26	Dane Steadman	USPA	2016-01-23	Raw	1493
27	Ty Slaughter	THSPA	2016-04-02	Single-Ply	1490
28	Taylor Bissell	THSPA	2016-04-02	Single-Ply	1485
28	Stephen Justice	USPA	2015-12-05	Raw with Wraps	1485
30	Joshua White	USPA	2015-11-07	Raw with Wraps	1482
31	Eliseo Garzoria	THSPA	2016-04-02	Single-Ply	1480
32	Blake Lehew	USAPL	2015-10-15	Raw	1477
33	Rogelio Pulido	THSPA	2016-04-02	Single-Ply	1475
34	Craig Randolph	RPS	2015-10-17	Raw	1470
35	Miguel Ayala Jr	RPS	2016-03-19	Raw with Wraps	1468
36	Miguel Ayala	RPS	2015-11-21	Raw with Wraps	1460
37	Greg Norby	USPA	2015-12-05	Raw	1455
38	Mark Burnette	RPS	2016-07-16	Raw with Wraps	1450
39	Joe Brandenburg	RUPC	2016-01-29	Raw	1449
40	Dorian Parris	USAPL	2015-10-15	Raw	1444
41	Jonathan Chunn	APF	2015-12-13	Raw	1438
42	Xavier Romero	USPA	2016-07-09	Raw with Wraps	1421
42	Joe Lazarin	RUPC	2016-01-29	Raw	1421
44	Nicholas Hardy	GPC	2015-09-14	Raw with Wraps	1416
44	Nick Hardy	GPC	2015-09-13	Raw with Wraps	1416
46	Drew Young	UPA	2015-11-07	Raw with Wraps	1415
46	Jacob Gracia	THSPA	2016-04-02	Single-Ply	1415
46	Ja'Vontay Williams	THSPA	2016-04-02	Single-Ply	1415
49	Thomas Sodini	RPS	2015-09-19	Raw with Wraps	1405
49	Peter Hoang	USAPL	2015-10-15	Raw	1405
49	Luis Ortuno	USPA	2016-01-09	Raw	1405
49	Nnawugwu Akalegabere	USAPL	2015-08-01	Raw	1405



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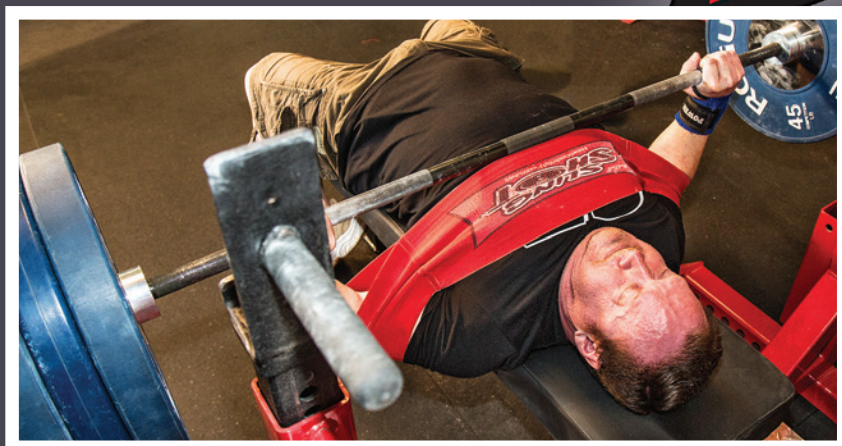


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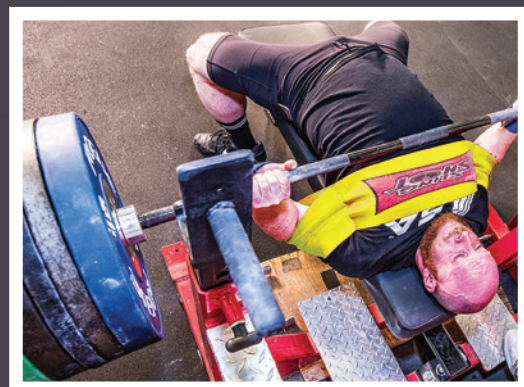
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# Current Top 30 Rankings: Women 114 lbs....

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	Marianne Kosonen	SPF	2016-04-16	Multi-Ply	465
2	Marie Cavazos	THSWPA	2016-03-08	Single-Ply	375
3	Shana Miller	RPS	2016-07-16	Raw with Wraps	369
4	Lisa Guggisberg	RPS	2016-04-23	Raw with Wraps	347
5	Catrina Garcia	THSWPA	2016-03-08	Single-Ply	340
6	Suzanne Hartwig-Gary	IPF	2016-06-25	Raw	337
7	Abril Salinas	THSWPA	2016-03-08	Single-Ply	330
7	Jenn Rotsinger	USPA	2015-08-29	Raw	330
7	Danielle Columby	USPA	2015-08-29	Raw with Wraps	330
10	Lindsey Craft	RPS	2015-12-12	Single-Ply	325
10	Maura Shuttleworth	UPA	2015-12-05	Multi-Ply	325
12	Julissa Ortiz	THSWPA	2016-03-08	Single-Ply	320
13	Miranda Smith	THSWPA	2016-03-08	Single-Ply	315
13	Sophia Romero	THSWPA	2016-03-08	Single-Ply	315
13	Stephanie Gonzalez	THSWPA	2016-03-08	Single-Ply	315
13	Alexis Torres	THSWPA	2016-03-08	Single-Ply	315
13	Kelsey Green	THSWPA	2016-03-08	Single-Ply	315
18	Janie Ramos	THSWPA	2016-03-08	Single-Ply	310
18	Dontoria Butler	LHSPLA	2016-03-19	Single-Ply	310
20	Amanda Lopez	IPL	2015-11-12	Single-Ply	308
20	Maura Shuttleworth	UPA	2016-07-08	Multi-Ply	308
22	RIAN KINNEY	THSWPA	2016-03-08	Single-Ply	305
22	Klarissa Gonzalez	THSWPA	2016-03-08	Single-Ply	305
24	Danielle Columby	USPA	2016-02-20	Raw	303
24	Blanca Villoch	USPA	2016-02-27	Raw	303
26	Katherine Espinoza	THSWPA	2016-03-08	Single-Ply	300
26	Danielle Bacon	THSWPA	2016-03-08	Single-Ply	300
28	Marisa Inda	USAPL	2015-10-15	Raw	297
29	Belen Morales	THSWPA	2016-03-08	Single-Ply	295
30	Kimberly Kim	IPL	2015-11-12	Raw with Wraps	292

## BENCH PRESS

Rank	Name	Federation	Date	Division	Bench
1	Maura Shuttleworth	UPA	2015-12-05	Multi-Ply	248
2	Marianne Kosonen	SPF	2016-04-16	Multi-Ply	240
3	Maura Shuttleworth	UPA	2016-07-08	Multi-Ply	236
4	Emily Hu	USPA	2015-08-29	Raw	233
5	Angelina Hong	USAPL	2016-07-16	Raw	220
6	Shana Miller	SPF	2016-04-16	Raw	210
7	Ginger Burton	USPA	2016-01-23	Raw	204
8	Lindsey Craft	RPS	2015-12-12	Single-Ply	203
9	Jenn Rotsinger	USPA	2015-08-29	Raw	198
9	Marisa Inda	IPF	2016-06-25	Raw	198
11	Victoria Vargas	IPF	2016-06-25	Raw	181
11	Kirstie Cantrell	APA	2016-04-23	Raw	181
13	Tina Daneshmand	IPF	2016-03-05	Raw	176
13	Danielle Columby	USPA	2016-02-20	Raw	176
13	Blanca Villoch	RUPC	2016-01-29	Raw	176
16	Dontoria Butler	LHSPLA	2016-03-19	Single-Ply	175
16	Klarissa Gonzalez	THSWPA	2016-03-08	Single-Ply	175
18	Abigail Narvaez	THSWPA	2016-03-08	Single-Ply	170
18	Stacia Al-Mahoe	RPS	2016-04-23	Raw	170
18	Suzanne Hartwig-Gary	IPF	2016-06-25	Raw	170
18	Amanda Lopez	IPL	2015-11-12	Single-Ply	170
18	Lisa Guggisberg	RPS	2016-04-23	Raw	170
18	Lindsey Craft	RPS	2015-12-12	Raw	170
24	Kimberly Kim	IPL	2015-11-12	Raw	165
25	Stephanie Gonzalez	THSWPA	2016-03-08	Single-Ply	160
25	Marie Cavazos	THSWPA	2016-03-08	Single-Ply	160
25	Savannah Day	THSWPA	2016-03-08	Single-Ply	160
25	Amanda Rodriguez	THSWPA	2016-03-08	Single-Ply	160
29	Samyra Abweh	USPA	2015-09-12	Raw	159
29	An Le	USAPL	2015-10-15	Raw	159
29	Cheryl Anderson Edelstein	USAPL	2015-09-26	Raw	159

www.howmuchyabench.net

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

## DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Jenn Rotsinger	USPA	2015-08-29	Raw	396
2	Lisa Guggisberg	RPS	2016-04-23	Raw	385
2	Marisa Inda	USAPL	2016-03-04	Raw	385
4	Tina Daneshmand	IPF	2016-03-05	Raw	374
4	Danielle Columby	USPA	2016-02-20	Raw	374
4	Emily Hu	USPA	2015-08-29	Raw	374
7	Payal Ghosh	USAPL	2015-12-13	Raw	371
8	Anna Arkhipova	USPA	2015-09-18	Single-Ply	369
9	Stacia Al-Mahoe	RPS	2016-04-23	Raw	363
10	Marianne Kosonen	SPF	2016-04-16	Multi-Ply	360
11	Jennifer Nguyen	USPA	2016-02-20	Raw	353
12	Cheyenne Renteria	USPA	2015-10-18	Raw	352
13	Julissa Ortiz	THSWPA	2016-03-08	Single-Ply	350
14	Shana Miller	SPF	2016-04-16	Raw	345
15	Victoria Vargas	IPF	2016-06-25	Raw	336
15	Suzanne Hartwig-Gary	USAPL	2015-10-15	Raw	336
15	Lindsay Schwartz	UPA	2016-04-17	Raw	336
15	Kate Cohen	USAPL	2015-10-15	Raw	336
15	Cheryl Anderson Edelstein	USAPL	2015-09-26	Raw	336
15	Dawn Molina	USPA	2016-06-26	Raw	336
21	Annie Diu	USPA	2015-12-12	Raw	330
21	Jessica Enriquez	APF	2015-12-13	Raw	330
21	Heather Faas	USAPL	2015-10-15	Raw	330
21	Micheale Morgan	USPA	2015-08-22	Raw	330
21	Kelli Hoopes	RAW	2016-07-08	Raw	330
21	Dontoria Butler	LHSPLA	2016-03-19	Single-Ply	330
27	Blanca Villoch	USPA	2016-02-27	Raw	325
27	An Le	USAPL	2015-10-15	Raw	325
27	Katherine Espinoza	THSWPA	2016-03-08	Single-Ply	325
27	Kathyrine Tumada	USPA	2016-04-30	Raw	325
27	Shelly Grossberg	USAPL	2015-10-15	Raw	325
27	Kayla Wampler	THSWPA	2016-03-08	Single-Ply	325

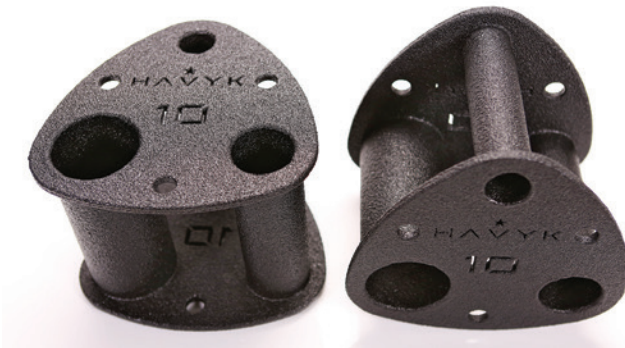
## TOTAL

Rank	Name	Federation	Date	Division	Total
1	Marianne Kosonen	SPF	2016-04-16	Multi-Ply	1065
2	Jenn Rotsinger	USPA	2015-08-29	Raw	925
3	Shana Miller	SPF	2016-04-16	Raw with Wraps	915
4	Lisa Guggisberg	RPS	2016-04-23	Raw with Wraps	903
5	Emily Hu	USPA	2015-08-29	Raw	884
6	Marisa Inda	IPF	2016-06-25	Raw	870
6	Maura Shuttewort	UPA	2015-12-05	Multi-Ply	870
8	Danielle Columby	USPA	2015-08-29	Raw with Wraps	865
9	Danielle Columby	USPA	2016-02-20	Raw	854
10	Marie Cavazos	THSWPA	2016-03-08	Single-Ply	850
11	Suzanne Hartwig-Gary	IPF	2016-06-25	Raw	838
12	Maura Shutteworth	UPA	2016-07-08	Multi-Ply	832
13	Tina Daneshmand	IPF	2016-03-05	Raw	826
14	Julissa Ortiz	THSWPA	2016-03-08	Single-Ply	825
15	Lindsey Craft	RPS	2015-12-12	Single-Ply	815
15	Dontoria Butler	LHSPLA	2016-03-19	Single-Ply	815
17	Blanca Villoch	USPA	2016-02-27	Raw	805
18	Miranda Smith	THSWPA	2016-03-08	Single-Ply	790
19	Victoria Vargas	IPF	2016-06-25	Raw	788
20	Klarissa Gonzalez	THSWPA	2016-03-08	Single-Ply	785
21	Stacia Al-Mahoe	RPS	2016-04-23	Raw with Wraps	782
22	Stephanie Gonzalez	THSWPA	2016-03-08	Single-Ply	780
23	Alexis Torres	THSWPA	2016-03-08	Single-Ply	775
24	Kimberly Kim	IPL	2015-11-12	Raw with Wraps	771
24	Amanda Lopez	IPL	2015-11-12	Single-Ply	771
26	Catrina Garcia	THSWPA	2016-03-08	Single-Ply	770
27	Belen Morales	THSWPA	2016-03-08	Single-Ply	765
27	Danielle Bacon	THSWPA	2016-03-08	Single-Ply	765
29	Dawn Molina	USPA	2016-06-26	Raw	757
30	Lindsey Craft	RPS	2015-12-12	Raw with Wraps	755



# POWER

## NEW PRODUCTS



## HAVYKtriads

Unlike conventional dumbbells or kettlebells, HAVYKtriads offers multiple grip combinations, positions and sizes for increased training efficiency, intensity and versatility. They can be held in one or two hands, allow for proximal, distal and 'racked' loading and offer standard, 'fat' and strongman-sized grips. Their hybrid design challenges an athlete's control and strength like no other weight, while reducing the need for excessive overload. As with all HAVYK products, HAVYKtriads are designed and manufactured in the USA using laser-cut, urethane-coated, solid steel plate. Ready to #unleashHAVYK? Visit [HAVYK.net](http://HAVYK.net) or @HAVYKgear on Instagram and twitter for additional information.



## MYSYRUP

Missing your pancakes drizzled with maple syrup during prep? Maybe you're working to cut sugar from your diet, and are looking for alternatives to satisfy your sweet tooth. In steps Myprotein's MYSYRUPS! With zero sugar and zero fat, these are the perfect choice for indulging, pre-competition.

The five flavors – Blueberry, Butterscotch, Chocolate, Maple and Raspberry – cover any syrup cravings you may have, whether it's adding sweetness to a latte, drenching waffles with syrupy goodness, or livening up a fruit salad. Reinvent your breakfasts, snacks and desserts with just the simple squeeze of a bottle.

Zero sugar, zero fat... Zero guilt!

Available at [us.MyProtein.com](http://us.MyProtein.com)



## Callus Repair Cream

Callus Repair Cream helps reduce the build up of calluses, which can lead to blisters. Daily application can help you train longer without having to take time off to wait for your blisters to heal. Just apply a small amount to your hands and rub with a pumice stone daily so that you can get back to your active lifestyle without worrying about calluses. Visit [MyoBreathe.com](http://MyoBreathe.com) to learn more.



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## MEG SQUATS

<https://www.youtube.com/user/megangallagherlifts>

# Megan Gallagher

Photographer Lisa Haefner

### How long have you been lifting and YouTubing?

I started tracking my progress on YouTube with lifting videos about two years ago, which is when I decided to train for powerlifting. After a bikini show and a CrossFit stint, I ran the Smolov base cycle and then peaked my squat to 300 lbs. My "Road to 300" video made the rounds on the Internet, and I started posting more [content] and sharing my strength journey with the world. Today, the channel has over 70,000 subscribers, or as I like to call them, Strong Strong Friends.

### What is your favorite type of lifting style and why?

I lift with the goal of improving my raw powerlifting total. I've trained with different aesthetic or performance goals in the past, and this is the one that has stuck for the longest. One of my favorite things about training for strength is the longevity. My goal is to stay healthy and get excited about where I'll be once I've had a solid ten years of training in me.

### Do you YouTube full-time, or do you have a "real" job?

The channel is presenting exciting financial opportunities, so I have more flexibility and resources to invest in making the channel more interesting. I'm still a full-time Communications Director for an international business, and I also have a side business where I illustrate and design for one of the largest print publications in the world. My goal is to grow the Strong Strong Friends brand and coaching business so that I can commit to making the world a stronger and happier place on a full-time basis.

### I've watched you do a lot of powerlifting over the last year. What are your best lifts in the gym and on the platform?

My best meet was at the 2016 Arnold Classic. My coach, Ryan Espiritu and I went 9/9 with meet PRs [Personal Records] across the board:

**Squat:** 130kg (286 lbs.)

**Bench:** 70kg (154 lbs.)

**Deadlift:** 175kg (386 lbs)

### My all time best gym lifts are:

**Squat:** 143kg (315 lbs.)

**Bench:** 72.5kg (160 lbs.)

**Deadlift:** 174.5kg (385 lbs.)

### You have conducted a lot of interviews. Who is one of your most memorable interviewees and why?



Hands down - Gracie Vanasse. The video is called "Gracie Vanasse Made Me Cry." One would think the tears were from her slapping the sh\*t out of me (she did), but I got extremely emotional when I had the opportunity to lift with her.

On camera, I had a moment where I truly appreciated myself for making the decision to pursue strength training. I was lifting with a woman who made that decision easy for me, and I was also training with women who were inspired to compete because of my own videos. Everything seemed to come full circle, as if I had contributed something to my sport and to the world. I feel like I've done my job when a woman tells me that I inspired her to pursue her own strength. That's when I know I'm doing something right.

### What makes you different than all the other fitness YouTube channels?

Fitness YouTubers get stale to me when they only feature themselves [in their videos] and when the most interesting thing they do is have a YouTube channel. I want to be an elite powerlifter who also has a kick-ass YouTube channel, not the other way around. The platform I've grown leaves me responsible to speak for the strength community, as well as give back to it. While I'm willing to put in the work to grow my following and create content, I try my hardest to make sure that the strength athletes I look up to are being recognized.

**My social media: Instagram/Twitter @megsquats**

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4" dia Bar Pad for Neck comfort



Multiple Hand Grips at ideal locations  
Can be used from either direction  
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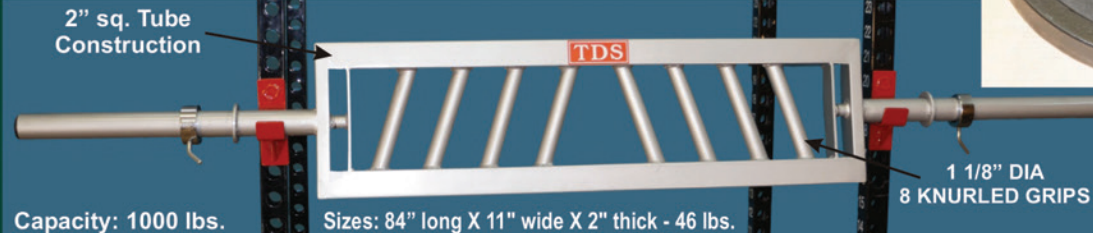
Sizes: 94" long X 17" wide X 3" thick - 65 lbs



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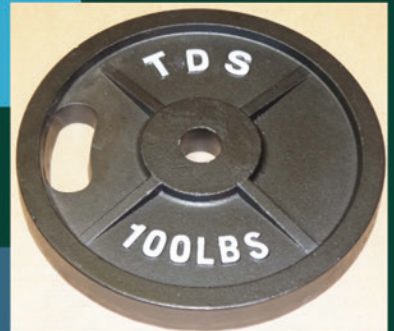
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