

POWERLIFTING TO STRONGMAN BY ALAN THRALL

POWER

JANUARY/FEBRUARY 2017

BART KWAN AND GEO ANTOINETTE

DOMINATING

Humbly



CHOICES IN POWERLIFTING

BY BRYCE LEWIS

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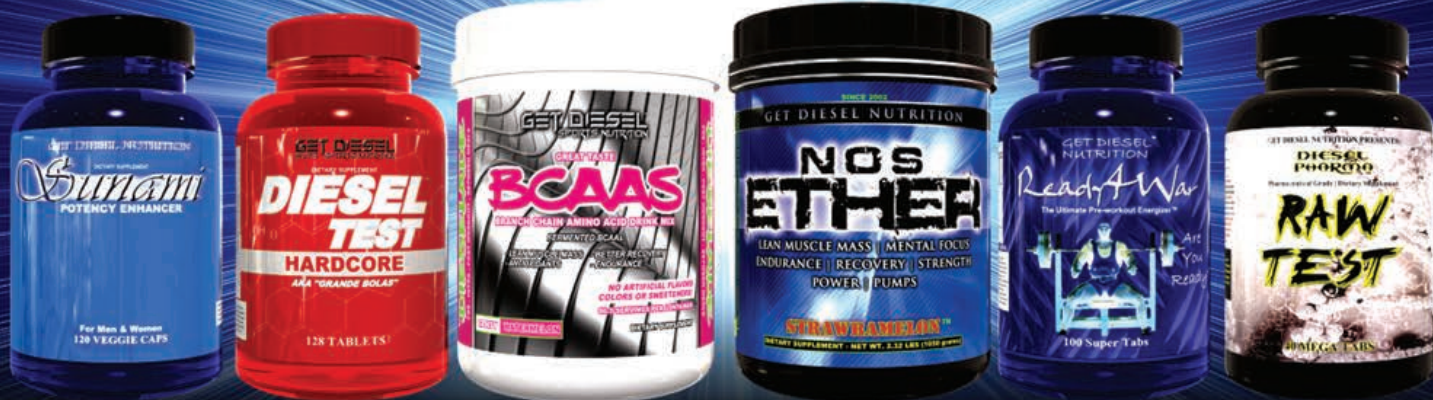
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FIRST WORD



As a young kid, I envisioned that there would be a powerlifting gym that would have hundreds of members, because I was always so passionate about powerlifting. Over the years, no one has been able to execute that until Mr. Bart Kwan came along, with his lovely wife Geo Antoinette. No one has been able to execute putting together such a powerhouse gym like this because it takes the correct environment, along with the right amount of publicity. Bart was able to build up his Instagram, YouTube, Twitter, and Facebook followings – and so was Geo – and they combined their superpowers to make this megagym that now has over 400 members – a gym they call Barbell Brigade.

The gym has only been open for a few years, but these two are on a tear like no one's ever seen before. So, the reason why Bart and Geo appear on this cover of POWER Magazine is not necessarily for their strength in their powerlifting numbers, it's for their strength as a team – to be able to put together the best powerlifting gym that's ever existed before. There have been many great powerlifting gyms over the years – and many great lifters inside those gyms – such as Super Training Gym, Westside Barbell and many others, but no gym has had the impact that Barbell Brigade has had as far as developing more powerlifters and helping spike the sport of powerlifting in the way that Barbell Brigade has done.

In this issue, you're also going to see my boy John Gags (Gaglione) coaching up Larry Wheels. Larry Wheels is a phenom – 21 years old, one of the youngest people to come onto the scene and just tear things up. He's got all-time world records already in the 242 lb. weight class. He successfully deadlifted 826 lbs. in his last meet – squatted 771 lbs. and bench pressed 573. He had a great head-to-head battle with Kevin Oak and was able to nail an 826 lb. deadlift at the end of the Reebok Record Breakers meet to beat Oak as the best overall lifter at the competition.

Meanwhile, hot chicks are popping up all over Instagram these days, coming from a background of bikini competitions or modeling, jumping into powerlifting. Natasha Aughey is no different. Natasha has started powerlifting recently under the tutelage of my boy Silent Mike, and she has started to put together some impressive numbers to say the least.

STrong Spotlight with Ben Moore is intriguing because Ben Moore is the guy who got JP Price into powerlifting – and my hat goes off to Ben for getting such an awesome lifter into the sport. JP Price has successfully squatted 1,000 lbs. walked-out – one of the first Americans to ever do so. But Ben Moore is a powerhouse himself – a powerhouse from Kansas City, and he's recently dropped a lot of weight, so check him out in our STrong Spotlight.

And then we have Bryce Lewis and Alan Thrall – both guys who have come to Super Training Gym. Alan Thrall is currently training at Super Training when he's not at his own gym, Untamed Strength. But we also recently asked him to contribute to POWER Magazine and he agreed. Check out the article he wrote about going from being a powerlifter to a strongman.

Bryce Lewis always has great information, always has great energy and outstanding content. I admire the way he's able to look at powerlifting in a much different way than others. Check out his article about whether it's good to have a ton of choices – or not – in powerlifting.

2016 was a kick ass year for Super Training Gym. It marked 10 years of Super Training Gym, along with about five years of Sling Shot. I appreciate all the fans that have been following along – our YouTube channel has successfully grown to over 200,000 followers, and our other channels are following the same trend. I appreciate people sharing the information. I feel I was put on this earth to make the world a better place to lift, and you guys are making that possible. Later.

Mark Bell

Sent from my iPhone 8 and Sling Shot HQ

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BY MARIEL TAGG



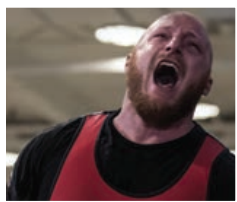
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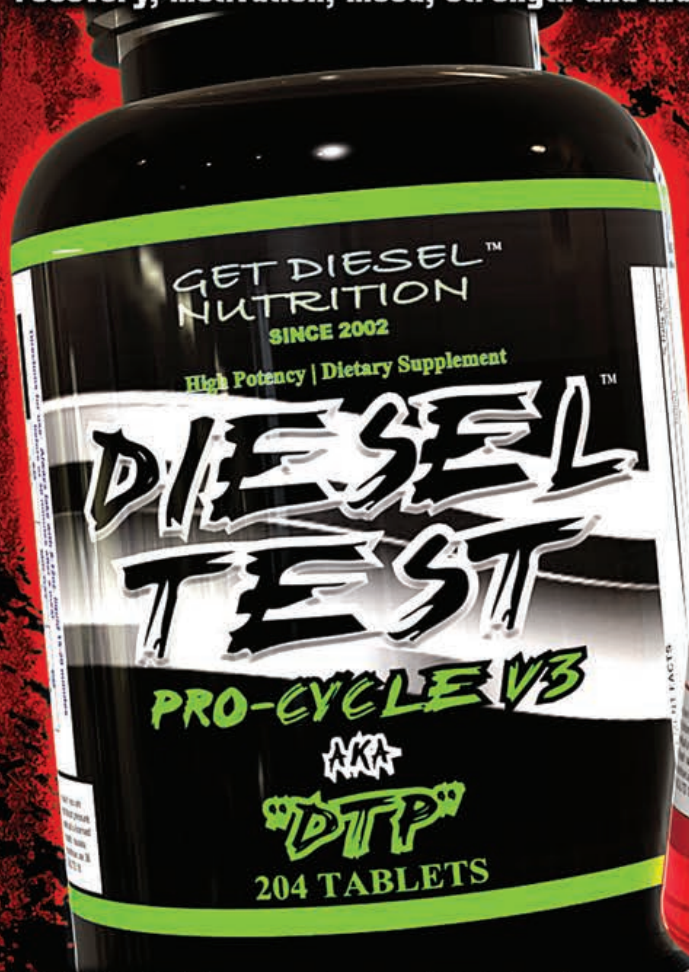
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BEN MOORE

Ben Moore found his way into Super Training Gym a few weeks back and we took the opportunity to ask this strong mofo some questions about lifting.

Height: 5'10"

Weight: 298

Age: 39

Gym: Impact Elite Gym in Kansas City, Missouri

BEST LIFTS:

GYM

Squat: 865 lbs.

Bench: 515 lbs.

Deadlift: 815 lbs.

PLATFORM

Squat: 865 lbs. in wraps

Bench: 507 lbs.

Deadlift: 804 lbs.

We know you're strong, but what are your biggest powerlifting accomplishments to date?

Probably getting invited out to the American Cup in LA. That was the biggest meet I've done so far.

What is your favorite lift? Why?

The deadlift – because I'm good at it.

Who is your coach? How has he or she helped you?

I've used a few different ones over the years, and my current one is Michael Greeno at our gym. He's helped me by basically keeping my mind right and make sure I'm following the plan.

How and when did you get into powerlifting?

I got into powerlifting in high school as a freshman. We had a coach for football that was from Nebraska and big into powerlifting and got us involved. So I did a couple high school meets. I think I bombed out of my first meet on the squats. And I just kind of got hooked. I started lifting for football and just kept lifting after that.



Do you have a background in other sports?

I played football in high school, but not college. I was a cheerleader in college. And then I got involved in Strongman – I got all the way to lightweight pro as a strongman and then decided I wanted to jump back into powerlifting. I've done a little bit of equipped lifting, but not very much. I've already beaten my equipped total – raw. So I got back into raw lifting about five or six years ago and I'll stay here. It's just too easy with travel and everything else. And I can usually find a place to train with someone wherever I am. So I'm here.

What are your 2017 goals?

A 2200 lb. total, and I'm at 2177 right now, so somewhere over 2200 lbs. I want to do that at 275 lbs. I've lifted at 308 for about the last year and a half, and I've just been dropping body weight slowly. I was walking around at about 335 lbs. – I'm down to about 296 in the morning right now. So as soon as I can get to about 290 lbs. I can cut from there.

Long-term goals?

To continue to compete, but also bring up younger lifters in the sport. We've got about 30 lifters at our gym now of

all kinds of different levels – all the way from somebody like JP Price who squats over 1,000 lbs. and benches over 6, all the way down to somebody who hasn't even done their first meet yet. So it's kind of nice to bring those people up, too.

What do you do for work?

I'm a Territory Manager for a company called Digital Doc that sells high-resolution cameras to dentists.

Who are your biggest fans?

My little girls – I have three little girls. A 13-year-old, a 10-yr-old, and an almost eight-year-old. So they're my three biggest fans.

You train with JP Price. What's your training relationship with him like?

JP and I started our team at the gym. JP met another guy that went to our gym, asked him about powerlifting, and he said he was a bench-only guy and told JP to come talk to me. So he messaged me and we got together and started training. His first meet I think he squatted maybe 6, benched 4, and deadlifted 550 lbs. And that was 3 years ago. Now he's squatted 1,003 lbs. in wraps, benched 611 lbs., and deadlifted 744 or so.

We train together as much as we can,



but he travels too so usually we get together to squat on Sundays. That's our big team day. And if I'm in town I'll bench and deadlift with him, but Sundays are usually the days we can get together.

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

I honestly don't know. This is what I've



done for 25 years now, so I'm not really sure what I would do if I didn't do this.

What lifter do you admire the most?

I know this sounds cheesy but probably JP just because he's put in the work



to be where he's at and I've seen it from the ground up, and it's been pretty cool to see that. Someone who started from a decent base and has become world-class. **PM**

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NATASHA AUGHEY

Age: 23

Height: 5'6"

Weight: 160 lbs.

Hometown: Ottawa, Ontario

Gym: GoodLife Fitness & Dynamo Fitness

Max Squat: 315 lbs.

Max Bench: 205 lbs.

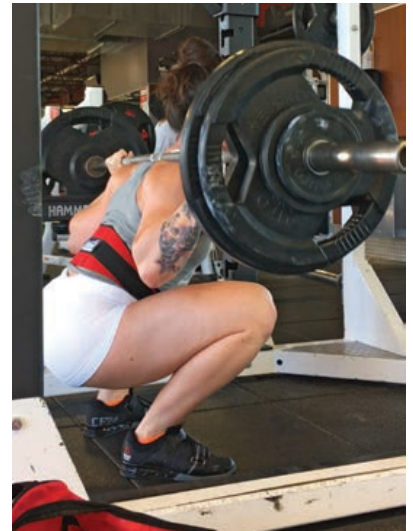
Max Deadlift: 390 lbs.

Athletic Background: Figure competitor and working towards [becoming a] powerlifter

What's your athletic background? Do you find it to help your current training?

I started playing sports when I was young. I tried out for every sports team in school. I played touch football the most, during and outside of school, for about five years. I was also very active with swimming lessons and gymnastics. During high school, I got my first gym membership, and in 2012, I decided to try a figure competition. I have now competed in three shows and have [achieved] considerable success, being crowned Miss Figure Ottawa and placing third in my class at the Ontario Provincial Championships. I definitely think being active my whole life has fuelled my passion and commitment for sports and my willingness to try new things.





What are you currently training for? What are your long-term goals?

Having put aside figure training for now, I'm currently training to do my first powerlifting meet! As for long-term goals, it may be too early to say as I am also wanting to experiment with [the] olympic lifts, and I definitely find CrossFit to be an exciting sport that I may also give a try! For now, I'm definitely loving branching into powerlifting and will continue to pursue that for the next while to see what I can do in the sport.

What's your favorite powerlifting movement? What is your least favorite powerlifting movement?

This is a tough one! I actually really enjoy all powerlifting movements, but if I had to choose a favourite, it would be deadlifts. My least favourite would probably be bench, although I am close to benching more than my father, so that keeps me interested!

You're clearly jacked. What's a sample of your day-to-day diet to help maintain your physique?

My diet isn't actually the same everyday. Just like with my training, I'm trying new things to keep dieting interesting! Recently, I've been following a flexible diet and counting macros. So, as long as I hit my protein/carbs/fat [goals] for

the day, I can eat whatever I want. I do try to keep it clean most of the time. My current macro breakdown for training days are 200g carbs, 40g fat, and 150g protein. I have one refeed during the week on a leg day which is 275g carbs, 45g fat, and 150g protein (definitely my favourite day!).

What does your training split look like on and off season?

Given my current focus on powerlifting, my training split looks a little like this:

- Monday:** Leg Day 1
- Tuesday:** Back and arms
- Wednesday:** Rest
- Thursday:** Bench (more chest work, triceps)
- Friday:** Leg Day 2
- Saturday:** Upper body (volume bench, shoulders, back and biceps)
- Sunday:** Rest

Favourite cheat meal?

Another tough one! Food is good, like really good, so choosing a favourite cheat meal isn't easy. My all-time favourites are burgers, sushi, desserts, and breakfast food. When I'm not eating gourmet donuts, I usually mix and match within that set!

Instagram: @natashaughey_

Bart Kwan

Age: 32

Height: 5'9"

Weight: 200 lbs.

Gym: Barbell Brigade

What year did Barbell Brigade open? 2013

Hometown: Monterey Park, CA

Best squat: 475 lbs.

Best bench: 390 lbs.

Best deadlift: 600 lbs.

Athletic background: MMA, muay thai, high school wrestling, and running from the cops

Education: BS in Psychobiology

Marine Corps Reserves: 2003 - 2009

Geo Antoinette

Age: 33

Height: 5'11"

Weight: 145 lbs.

Hometown: East Los Angeles, CA

Best squat: 235 lbs.

Best bench: 120 lbs.

Best deadlift: 336 lbs.

Athletic background: Collegiate volleyball

Education: BS in Marketing



BART KWAN AND GEO ANTOINETTE

DOMINATING

Humbly

The logo turned the barbell into an icon. The slogan gave athletes an ultimate goal. And the gym has brought powerlifting into the mainstream like no other gym has done before.

Meet the creators of Barbell Brigade. You've seen their faces, you know their names, now read the story of how Bart Kwan and Geo Antoinette gave rise to the modern powerlifting movement with hard work and a healthy sense of humor.

You may know them from:

- ☠ Barbell Brigade Gym
- ☠ Barbell Brigade Apparel
- ☠ Popbar
- ☠ Beaw Vlogs
- ☠ Barbell Brigade Productions
- ☠ JK Films
- ☠ JK Party
- ☠ JK News

As far as I know, it all started with a YouTube video about 9 years ago. Now you're known as the co-founder of JustKidding Films, the owner of Barbell Brigade, and just opened a Popbar in Rowland Heights. Walk us through the genesis of your career as a YouTube star turned business owner. Where did it all start?

Bart: It started off with me and Joe, my partner at JK Films, meeting at this MMA gym in Monterey Park, CA. Everyone at that gym was really serious and trying to act and be hardcore, and we were the ones always messing around. We took fighting seriously, because we really enjoyed fighting, but we always had a lighthearted sense of humor. Because of that, we started hanging out outside of MMA and we ended up going to the same community college.



A year or two years passed and Joe sent me a video on YouTube called "Mr. Chin SAD DAY." He had filmed from his mouth down, flipped it upside down, and put two eyes on his chin. He made it about how his dog died or something, and I thought it was really funny. At this time, we thought YouTube was just like MySpace – just a place to store video – so I made "Uncle Sam Gets Jacked" and I sent it to him not knowing that other people would see it. And we developed a fan base almost immediately.

During the summer when we were transferring from community college to our University, we had nothing to do. So we thought, "Hey, people seem to like these videos, why don't we just make more?" So we made our partnership official and called it "JustKidding Films."

From that point on, we kept making videos, but we were both at our respective four-year universities. So we took

a little break to focus on our academics. When we were about to graduate, we thought, "Now or never – we either use our degrees and put the YouTube and comedic video stuff behind us, or we pursue this comedy thing wholeheartedly and use school as a back-up to fall on later." We chose the latter.

The first year was actually pretty hard. We both had full-time jobs and every single day we would meet, Monday through Friday, from 7 p.m. to 11 p.m. to write. Then we would work during the day, and on Saturday and Sunday we would film all day. So we had an entire year of seven-day workweeks, 12 hours a day, just to get the channel started. We knew that's what we had to do to get the YouTube up and running and be able to quit our other jobs, so we put in a lot of work in the beginning.

After a year of doing that, we were finally able to pay ourselves \$1000 a

month. At that point we had at least our basic necessities covered, and we decided, "Okay, cool. Let's do this full-time." And from then on it just slowly started to build.

So there's obviously a big jump from that to opening a gym. How did you get into powerlifting?

BART: I got into lifting when I was 15 years old due to a lot of my older brothers' friends that were in jail. They were the Asian versions of Kali Muscle and CT Fletcher, and those were the people I learned from. I got more into bodybuilding and fitness around 2012 – because you can only get so far benching and curling everyday – and I started to wonder how strong I was compared to other people. Since I came from an MMA background where there was a lot of competition, I tried out a powerlifting meet. I did my first powerlifting competition and from then on I was just hooked.

Geo, who was my girlfriend at the time, was super supportive. So we started looking for powerlifting gyms and there were none in LA. That's when we came together and thought, "Hey, what if we created one?"

At that time I was getting into Crossfit, too, so the original vision of Barbell Brigade wasn't just powerlifting, but more functional fitness: crossfitters, olympic weightlifters, powerlifters – anyone who wanted to use a barbell and their body to workout versus just a bunch of machines – that was the main goal.

Since we were already doing JK [Films], we came together and decided to set aside one hour a day to write out this business plan. We didn't know anything about brick-and-mortar, so we bought a random book from Barnes and Noble to help us.

We were just sitting on the ground at Barnes and Noble, and this book had a worksheet, so after you do the chapter it forces you to write the answers down about your business. So we thought, "Oh cool! If we fill out this book, we can probably get a good idea of what we want to do with this gym." And we did that for another year.

I think there's a recurring pattern here: it takes like a year of planning to get anything done, I guess. And we were able to launch in October of 2013.

Okay so you touched a little bit on Geo's involvement, and obviously Geo is a big part of your team in all regards. Tell us a little bit about what role you play and how you make up the other half of your power duo.

GEO: So before even jumping into JK Films, Bart, Joe and myself were just friends. And they would make these videos and send them out to their friends, myself included, and I was like, "This is the dumbest thing I've ever seen." Because everyone knows you have this set path: you go to college, you find a job, and that's the path that's already been paved for us. So I saw it as such a waste of time while I was trying to study and get my grades up so I could get a good job, and I thought, "You guys are just playing around over here."

Cut to two or three years later, Bart and I end up getting together, and I come into the picture right when Bart



and Joe decided to really take JK [Films] on, head-on, and pursue it in full force. Being Bart's girlfriend, I told them if they needed me to help out with anything that I could definitely do it because I had already graduated.

They knew I had a degree in Marketing, so they asked me for help with editing in Photoshop. And the more I started helping them out, and the more I started understanding the "why" of the JK movement, the more I fell in love with it.

At that time, I was a banker. I was working at a bank making really good money living on my own, but because the company "why" was so strong and so positive and so community-based, that I was like, "Ok, I really hate my job. What can I do to be a part of this movement?"

It was a really small team in the beginning. So it started out as, "Oh we need someone to hold the camera. Here Geo, you do it!" Or, "Hey, we need a girl in this skit. You're gonna be that girl!"



It was never anything very specific that they needed of me, it was just, "Okay, there's a hole here. How can we use Geo to help us out with that?"

As the team started growing, I stayed more on the creative end of things. And then Bart got that itch, missing competi-

tive sports and the team environment.

I wasn't too big into weightlifting at that time. I was more the cardio bunny because I was scared of getting too jacked and overall intimidated. I had the mentality of, "Like, what if I get too many muscles?" Completely ignorant. So

Bart got me, little by little, to start doing more weight training.

Then it all came down to this first powerlifting meet, and I think there were only like 40 people at the entire meet.

BART: That includes everyone – the lifters, the judge, the referees, the janitor that's sleeping in the back. The entire meet was 40 people.

GEO: And maybe a third of them were female. So the girls were competing first, and this girl came up to squat and she was so cute and very attractive and looked very feminine, totally great body, and she squatted two plates like nothing. And in that moment I thought, "Oh man this is so cool!" I realized I could remain super feminine and look super cute but be badass.

You guys are considered trendsetters and two of the most popular influencers in the barbell community. You made powerlifting popular and there's never been a gym like yours ever before. Every famous person or YouTuber is showing up at Barbell Brigade, and every YouTuber and their mom is trying to open a gym. So how did you do it, and to what do you attribute this success?

BART: That's so true! And what's so funny about that is that after we opened our first gym, there were so many YouTubers that came up to me like, "Dude, that's so inspiring!" And I'm like, "Oh cool, thanks!" And they're like, "I'm going to open one too now!" And I'm like, "What? That's not inspiring! That's copying me, you liar!" But they say imitation is the best form of flattery, so that's cool.

But yeah, everyone and their mom is opening a gym now, and good for them! Because I think ultimately it's just about growing the sport, and I would like to see powerlifting on ESPN one day. So whatever it's going to take to grow the sport, I'm totally cool with.

GEO: And ever since the beginning, we never thought about competing with any other gyms. We knew we had this very specific style of training, and we couldn't find a place to facilitate that, so we decided to do our own thing just for the sake of us having our own playground.

It was never about profit. It was never about any of that stuff. It was more about bringing together like-minded



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success,” but I think you covered it. That sense of community and positivity and family all working toward one goal – that’s the stuff that you just don’t get everywhere else – and that’s what separates you from the rest.

BART: I think what separates us from the rest is that we’re really real with ourselves. So we know we’re not the best, we’re not the biggest, we’re not the strongest. But what we do know is that we are the most family-oriented and we really care about every single person that comes in.

And the people we’re trying to service are everyday people – whether you’re teacher, a doctor, a policeman, and you’re just trying to be a better, stronger version of yourself, and you just need the right environment and family to help support you – that’s really what we’re all about. And I think because we stick to that, we are successful.

Given your considerable success, our readers might take this interview and mistake you for the cocky gym owner who thinks he’s an expert at everything, but it sounds like you’re



people and creating this really cool community where everyone could lift and thrive and grow together.

Even in choosing our staff – we chose staff who were like-minded and all about

positivity and community and family. We really made it a point to create something that encompassed all of that.

So, the next part of my question was, “to what do you attribute this

just not that guy. I know you pay your way into seminars for you and your staff to stay up-to-date. Can you elaborate on this? Maybe how you do view yourself and your role in the community, or your philosophy behind continuing education?

BART: So I had an opportunity a few months back to attend a weightlifting seminar, and at the time I thought, "I don't even do weightlifting, but since there are weightlifters at my gym, I would love to learn more about it so that I could better serve our members." So me and Geo and our camera guy went to the seminar and I learned a lot.

I also recently attended a Sheiko seminar by one of their powerlifting coaches, and last month I went to a seminar about screen writing.

The type of person that I am, I just really enjoy learning from people and I feel like there's never too much to learn. The more you learn, the better your product will be and the better you can serve the people that you're trying to service. That's a pretty big and important part of my philosophy.



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Bart, when I Google your name, one of the most popular questions is about your ethnicity. And I heard that for a while you made a point of not disclosing your ethnicity – why was that?

BART: Oh, okay! That dates back to when Joe and I first started doing comedy. We did a lot of sketch comedy stuff where we played all kinds of Asian characters. And at this time, we felt very strongly about pushing Asian-American comedy forward because, in the comedy sector, you had black comedy, you had Latina comedy, and you had white comedy. And we just really wanted to tell an Asian-American story. Our story is very hard to tell, however, because there are a million different Asians and they don't all identify with each other.

We wanted to unify Asians. So we decided not to disclose our ethnicity so we could just play different Asian characters and hope that they liked us for who we are. Finally, we created this channel called Just Kidding News – which is our most successful channel now – and because of that we surpassed our original goal, which is not only to unite Asians, but now white people watch it, black people, Indian people... everyone. When we go out to do our shows: before, it would be like 90% Asian fans, but now it's completely mixed. And for me personally, I decided I didn't need to hold onto the secret of who I am anymore because people see far past that now.

Most important lessons you've learned about business?

BART: 1) No one is going to know your vision better than you do. So before you can explain anything to anyone, if you're not 100% on why you're talking about, no one else is going to be able to know what the hell you're talking about.

2) I think it's really important to stay flexible because the world changes constantly. So what's popular now won't be popular later, and the thing that you enjoy doing most can easily become work, and become a task and a chore. So being able to adapt and stay flexible is key, in terms of being able to stay afloat.

GEO: One of the things I was going to say was not to take yourself too seriously. But that still touches upon his point about being flexible.

BART: Some people touch themselves, that's okay.

GEO: What? No. No he said exactly what I was going to say.

BART: Wow, out of all the things you just stole those two exact things.

You did so well, she couldn't follow up. So, if you could give young entrepreneurs one piece of advice, what would it be?

GEO: Don't stop. If you hit a road block, just keep going. Like Bart said, he took the words right out of my mouth. When you believe in something, definitely genuinely believe it 100%. Stay committed to it. And people are going to tell you no, and things around you are going to try to stop you, but if you truly believe in your dream, nothing should stop you. Even if it takes you 10 years to complete it, you just need to keep pushing forward. Chip away at it every single day.

BART: I think what I would tell young entrepreneurs is to have fun. I think a lot of people, especially with social media, they get caught up with the idea of being an entrepreneur. So they see the lifestyle and all these things that surround being an "entrepreneur" that they think they're after, but if you don't love what you do, you're easily going to be defeated.

Like for me and Joe, in the beginning of JK Films, we were starving for probably the first five years of our company. But what made up for it was the amount of fun we had. We were so satisfied with our work, and we had so much fun, that it didn't really matter how much money we were making.

Now we're a seven-figure company, but it takes being able to have fun and love what you're doing to be able to go through all the peaks and valleys to get your company to a sustainable place.

Goals for 2017 – in lifting and in life.

BART: In 2017, my goal is to squat 500 lbs., bench 400 lbs., and deadlift 600 lbs., while weighing under 200 lbs.

I always considered myself just average guy – average height, average genetics, average everything – and for me, for someone that start this late in the game, if I can total 1500 lbs., that's a pretty good lifetime goal for myself. So that's something I have been striving to achieve.

GEO: A life goal that we're both looking to do in 2017 is to start our family!

A baby Kwan! And on that note, is





there anything else you'd like to share with our readers?

BART: For both me and Geo, I think it all really started off knowing who we are – we're just fun-loving, goofy people, pursuing something that we love to do. Which, in the beginning, was making comedy. We were just having fun, and that led us to putting two-and-two together, and now we created a gym and an apparel company that are both very fun. Unlike a lot of the other fitness brands that are either trying to be really cool or really angry all the time,

for us it's just like, "Let's have fun. Be goofy. Live life."

We took that kind of approach and that's what ties JK [Films] to Barbell Brigade, and even into our own personal blogs and all the seminars that we do. I think, especially in lifting, there's a lot of ego. And people who are at a very high level in something, it's hard for them to humble themselves and start all over in another discipline. But for us it's like, "who cares. F*#@ it. Let's go. Oh there's a new CrossFit seminar that can teach me how to do burpees? F*#@ yeah, let's

go learn that." And I think it's that very chill and have fun type of mentality, and the way we live life, helps tie everything together. Just being able to roll with the punches and give everything our all. And I think that's how we've been able to transition from one business to another very seamlessly.

On behalf of Super Training Gym, POWER Magazine, and the rest of the powerlifting community, I thank you so much for your time, hard work, and contributions to the sport and can't wait to see what's next. PM





TRANSITIONING FROM POWERLIFTING TO STRONGMAN

BY ALAN THRALL

The sport of powerlifting is growing in popularity now more than ever. Whether you're a competitive or recreational lifter, the pursuit of strength is an exciting journey that always leaves you wanting more. Once you hit a milestone or a PR [Personal Record], you are instantly back to setting new goals.

Powerlifting will always let you know where you stand in terms of strength. As they say, "The Iron never lies. 300 lbs. is always 300 lbs." Tracking your progress as a powerlifter is simple: "What was your total then? What is your total now?" If it's higher, you've improved. If it's lower, well, let's not talk about that. This black and white contrast involved in powerlifting is what many lifters get hooked on. Chasing numbers is motivating. It doesn't matter if they are world record numbers or your own personal numbers – reaching that number gives you a sense of accomplishment.

This is also what drives some powerlifters crazy. Not seeing your numbers improve can be very discouraging. Failing or struggling with numbers that you have handled with relative ease in the past is a slap in the face – you know that you are not improving. I've known some powerlifters who get so wrapped up around their squat, bench, and deadlift numbers that they no longer enjoy training. Many lifters simply become tired of the three big lifts. They are burnt out on specificity. For some, strongman can be a welcoming sight because of the variation – not to mention how appealing it is to watch someone lift a stone or pull a semi truck. The circus type lifts in every strongman competition can be quite a spectacle to watch. The average Joe might not be able to relate to what a 700 lbs. barbell feels like, but they know a semi truck is heavy!

Powerlifting can also be an unrewarding sport in terms of recognition. It can be easy to get lost in all of the divisions, classes, and groups: raw, classic raw, w/wraps, w/sleeves, single-ply, multi-ply, full power, push/pull, bench only, weight classes, and age groups. You could go

through an entire meet without knowing who you are actually competing against – if you're even competing against anyone. Strongman, on the other hand,





awards the top heavyweight and the top lightweight as "The Strongest." At the top level, there aren't any weight classes, age groups, or subdivisions. He or she is the strongest man or woman — period. There aren't any trivial rules separating the competitors, such as [your] head stays in contact with the bench, [your] head can come off the bench, heels down, heels up, "deadlift bar" this and "squat bar" that. In strongman, having everyone compete on the same playing field gets rid of a lot of this segregation. For former athletes who are seeking some spotlight, a podium finish at a local strongman event can satiate their hunger for competition.

I am by no means implying that strongman is better than powerlifting. These are just common reasons that powerlifters provide when they state that they want to start training in strongman.

THINGS TO KNOW

The great thing about working with powerlifters who want to start training for their first strongman competition is the fact that they are already strong — hopefully. Strength is the most important attribute of a strongman competitor. I know it sounds obvious, but I've seen plenty of amateur strongmen/strongwomen who focus too much on event training and not enough on

getting stronger. A wise man once said, "Strength is never a weakness." With that said, other

physical attributes such as athleticism, conditioning, and mobility are vital to your success as a strongman. I have beaten many competitors who were much stronger than me simply because I was better conditioned, or due to the fact that my mobility allowed me to pick up an odd object

that the big, immobile competitors couldn't budge. Picking up an atlas stone, for example, is essentially an extreme deficit deadlift with your knuckles scraping the ground. Picking up a 385 lb. stone is not an easy task if you can't move well. Flipping a tire is no different — your knuckles are scraping the ground, and you have to get into a very deep squat position in order to get low on the tire and be as efficient as possible. Like any sport, mobility will also determine your longevity. The better you are able to move, the less likely your chances of getting injured.

Cardiovascular capacity and muscular endurance are usually the weakest areas for a "powerlifter turned strongman". Most events in a strongman competition are maximum reps for 60 seconds. There will always be a medley event where the competitor has to carry a number of objects back and forth with sprinting in between. Some of the medley events last 90 seconds. There might even be an event with no time limit — just go for as long as you can go. Just like with powerlifting, you have to be able to put everything together on competition day. It doesn't matter how much you can deadlift in the gym — it matters how much you can deadlift at the meet after three squat attempts and three bench attempts — sometimes at the end of an eight-hour day.

STRONGMAN COMPETITIONS USUALLY INCLUDE FIVE EVENTS:

- Press event (log, axle, keg, circus dumbbells, viking, etc.)
- Deadlift (axle, off tires, car, etc.)
- Medley (kegs, sandbags, husafell, etc.)
- Grip event such as farmer's walk
- Loading event (atlas stones, kegs, sandbags, etc.)

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you recover between events? How much will you have in the tank when they call your name for the final event? You might be able to carry a 275 lbs. keg for 50 ft. with relative ease, but can you do it after pulling a truck and pushing a 600 lbs. sled for 50 ft.? Conditioning is hard and it's uncomfortable. That's why a lot of powerlifters avoid it. Bench pressing 400 lbs. is fun, and it only takes a couple of seconds. Making yourself uncomfortable and out of breath for 15-20 minutes at the end of every training session is not an easy task for a weak-minded individual. Saying things like, "Conditioning is stupid! What is this...Crossfit?!" is just a macho man cover-up that people say to justify being lazy. Hate it or love it, conditioning needs to be a part of your routine as a strongman competitor.

THING TO GET GOOD AT:

PICKING THINGS UP

Strong powerlifters will almost always excel at static deadlift events in a strongman competition for obvious reasons. If you prefer pulling with a sumo stance, I would suggest focusing on your conventional pull because sumo stance is never allowed in strongman. Your hands must be placed outside of your legs. I would highly suggest trying to get your hands on some strongman equipment (sandbags, kegs, farmer's handles, stones, etc.) in order to familiarize yourself with picking up odd objects (go to the gym locator on StartingStrongman.com to find a gym near you). It's also a necessary change of pace for your accessory work and a great way to challenge yourself. Some powerlifters become so specific with their training that they aren't building as much strength as they could be.

They are just improving a skill. They are becoming technicians. Case in point, I've seen powerlifters who can sumo deadlift nearly 600 lbs., but literally fail to pick up a 200 lbs. sandbag. A lot of this has to do with lack of familiarity and/or a lack of variation in their routine. Get better at picking all things up off of the ground.

PRESSING THINGS OVERHEAD

A strong bench press is a great head start to a strong overhead press. However, a strong bench press does not automatically mean you have a strong overhead press. If you have a terrible overhead press — you need to work on it. Pressing events will always be overhead — never lying down on a bench. You should start prioritizing the standing overhead press above the bench press — it is no longer a competition lift, so you don't need to treat it like one. Your training approach for the overhead press does not have to be any different than your approach to any of the other main lifts. Perform the lift one to three times per week. Rotate between a heavy, repetition, and a speed/light day.

Some powerlifters are not limited by their overhead press strength, but rather, they are limited by their inability to get into a comfortable overhead press position. Tight anterior and lateral shoulders, deltoids, chest, lats, and biceps lead to internal rotation of the shoulder, which makes it difficult to stabilize weight overhead. Individuals with poor shoulder mobility will press the weight out in front of them rather than directly overhead. This is not ideal, and it will lead to missed reps. Being able to stabilize weight overhead is going to be very important, especially as you start to fatigue during

an event that calls for maximum reps in 60 seconds. The judge will not give you the "down" command until the weight is under control and directly overhead. The "down" call will not be given if the lifter's head is behind the implement. YouTube has many videos about how to improve shoulder mobility with various stretches and drills.

RUNNING WITH THINGS

Picking things up off of the ground is a great start, but now you need to be able to move with it. Imagine how difficult it is to walk out a 600 lbs. squat — now imagine carrying an 800 lbs. yoke for 80 ft. Imagine standing up with 600 lbs. in your hands, and now imagine walking 200 ft. with 600 lbs. in your hands. You get the point. To make things [even] more difficult, the weight you're required to carry is not always evenly loaded across your back or in your hands. Sometimes, you'll have to carry a keg partially filled with sand or water, a slick atlas stone with nothing to grab onto, or my favorite, an oddly shaped natural stone. All of these objects will be carried in front of your body — making running with them a difficult task. Your trunk strength will be tested. Each step you take leaves you balancing on one foot for a split second, all while supporting several hundred pounds. Unilateral movements such as walking barbell lunges are a great accessory movement for strongmen/women.

TOP 5 EXERCISES:

The following exercises are some of the best [moves] for a first time strongman competitor [to implement] without any strongman equipment. Deadlifts would probably have to be number one, but if you're a powerlifter, you're already doing them.

PUSH PRESS

A push press is an overhead press [that involves using] your legs and your upper body. In strongman, you are allowed to strict press, push press, or [push] jerk most implements overhead. Learning how to use your whole body to press weight overhead will help increase your maximum numbers and your repetition numbers. The key to a great push press — other than having a great strict press — is having a solid rack position where

you can rest the implement on your shoulders. The more secure your rack position, the better the transfer of force from your legs. Think about driving the weight overhead with your entire body and finishing the movement with your arms. Practice the timing and coordination needed for this lift. The push press is not only great for developing upper body strength, but it is also an excellent movement for building overall power throughout your entire body. There is a reason why discus, shot put, and javelin throwers utilize the push press in their off-season.

HIGH REP SQUATS

These are hard. Having a loaded barbell on your back for a set of squats lasting two minutes will tax your legs, hips, obliques, upper back, and lungs. Most strongman events are a test of how badly you really want it. You have to spend a lot of time in the gym being uncomfortable. I cannot think of a better exercise for building mental toughness than a heavy set of 20 rep squats. If nothing else, the purpose of this exercise is to strengthen your mind. Flipping a 700 lb.

tire for reps, carrying a 700 lb. yoke, and then dragging a 500 lb. sled backwards takes a lot of muscular endurance in your legs. Fifteen to twenty rep squats with 55-65% of your one rep max will better prepare you.

ROWS

Back strength, grip strength, and arm strength will be useful for nearly every event. Pulling on a rope, carrying a keg, rowing a sandbag/stone into your lap, and holding a Conan's wheel in the crease of your arms all require strong pulling muscles. Rows in any form (barbell, dumbbell, kettle bell, cable, sled, etc.) should be incorporated into a strongman's routine. Row hard, row heavy, and row often.

FARMER'S WALKS

Almost every strongman competition will include a grip event. Farmer's walks are easy to incorporate for anyone with access to heavy dumbbells. Pick them up and walk for a couple hundred feet or until you can no longer hold onto them. Focus on moving straight ahead — avoid rocking side-to-side, taking short quick

breaths, walking heel to toe, and bobbing up and down.

SUICIDES

Strongmen/women need to be conditioned. Even at the top level, the best [competitors] are well conditioned despite weighing 400 lbs. Being in good cardiovascular condition will be important for the moving events when you have to superset multiple movements. It will also improve your ability to recover between events. Conditioning doesn't have to mean jogging three miles — it should resemble the events [that you will do during a strongman competition]. [Perform an exercise at a] high intensity for 30-60 seconds, rest, and repeat [the movement] four to five [times]. Set up one cone 10 yards away, a second cone 20 yards away, and a third cone 30 yards away — sprint to the first [cone] and back, sprint to the second cone and back, and then sprint to the third cone and back. That's one set. Perform five sets with 60-120 seconds of rest between sets. Suicides can be performed as sprints, sled pushes, sled drags, or even while carrying something heavy.



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ACQUIRING EQUIPMENT

In the beginning, strongman was more of a spectacle than an actual sport. Competitors would gather from multiple sports and occupations – football players, powerlifters, bodybuilders, track and field throwers, farmers, and construction workers. These men would participate in circus-style events, hoping to win the title of “The World’s Strongest Man.” Now, the popularity of strongman has grown so much that it has become its own sport – competitors can specialize as “strongman/strongwoman.” Competitors will come into an event with plenty of practice and familiarity with the implements. It’s not uncommon to see first time competitors at any local competition who have never used some of the implements.

However, if you want to be competitive at a higher level, you will eventually have to get your hands on some equipment. StartingStrongman.com has a gym locator where you can search worldwide for strongman equipment near you. If you would like to get your hands on some of your own equipment, you can get the basics for little to no cost. Tractor tires can be found for free if you go to an old tractor/farming tire depot and ask for any unserviceable tires. It costs them money to recycle these useless tires, so if you are willing to take it off their hands for free, they will most likely oblige. Sandbags can be used for

carrying and loading. A firmly packed sandbag will mimic an atlas stone pretty well. An old military bag with a sturdy liner can be purchased at any military surplus store. Go to your local college campus and pay some frat boys for their empty beer keg. If you know a welder who needs some work, you can have them put together some farmers handles, an axle, a log, a frame, etc. There are even plenty of YouTube videos about making your own strongman equipment with Home Depot supplies. Being creative, resourceful, and opportunistic goes a long way in strongman.

PROGRAMMING

For most strongmen, 75% (or more) of their training is with a barbell. Squats, deadlifts, presses, and rows are the most important exercises for any strongman. Most strongmen who do not have everyday access to strongman equipment will train the events one day per week – usually with a crew in order to ease the hassle of setting up, resetting, and cleaning up the events. If you are limited to only using strongman equipment once per week, or even a couple of times per month, I would suggest following a basic powerlifting-style program during the week, including two lower body days and two upper body days per week. Jim Wendler’s 5/3/1 set and rep scheme is popular amongst strongman competitors because of the maximum rep set each training session.

Your training should be geared towards your upcoming meet. If the competition includes multiple max effort events, and it’s considered a very heavy competition, I would suggest dropping the volume and increasing the weight/intensity as your competition approaches. If your upcoming competition includes repetition events and multiple medleys, it’s probably not wise to spend too much time trying to increase your one rep max squat. If you do have access to the strongman essentials – axle, farmer’s handles, sandbags, stones – I would suggest following a light, medium, and heavy rotation in your training.

I am a big fan of the style of programming that is carried out by two-time Maryland’s Strongest Man, Brian Alsrue of Neversate Athletics. He devotes four days per week to his training. Two lower body days and two upper body days.

He will rotate each day between light, medium, and heavy. Each day is broken up into three parts: strength, accessory, and strongman. These three parts will also rotate between light, medium, and heavy.

A TYPICAL WEEK WILL

LOOK LIKE THIS:

Light = 3-5 reps @ 60-70% ~ 30 total reps

Medium = 8-12 reps @ 70-80% ~ 25-30 total reps

Heavy = 1-3 reps @ 80-90% ~ less than 12-15 reps

DAY 1

Upper body strength (light)

Upper body accessory (medium)

Upper body strongman (heavy)

DAY 2

Lower body strength (medium)

Lower body accessory (heavy)

Lower body strongman (light)

DAY 3

Upper body strength (heavy)

Upper body accessory (light)

Upper body strongman (medium)

DAY 4

Lower body strength (light)

Lower body accessory (medium)

Lower body strongman (heavy)

Rotating your training day like this will allow adequate recovery, and it will ensure that you don’t overdo it on any given day. Maximum weight atlas stone loads after maximum weight deadlifts would be very difficult to perform.

WRAPPING UP

Transitioning from powerlifting to strongman is not as daunting as people make it out to be. Stick with a basic strength-training program while introducing some basic strongman movements – overhead press, carrying, and loading. Start improving your muscular endurance, your work capacity, and your conditioning. Sign up for a local competition on Strongmancorporation.com and start training with whatever you have access to. On competition day, learn from the veterans, network with other strongmen/women in your area, have fun, and get better! **PM**

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CHOICES IN POWERLIFTING MORE IS NOT BETTER

BY BRYCE LEWIS



The powerlifting world and its number of available options have expanded exponentially in recent years. Athletes, as well as people just getting into the sport, are faced with a barrage of options for coaches, free programs, information, books, YouTube videos, tips, tricks, and equipment purchases. I'm sure we've seen this growth in many other sports as the barbell becomes increasingly popular on the coattails of CrossFit – and now more recently with the Olympics, which usually causes a small, short-lived upswing in sport participation worldwide.

I've been reading a fascinating book called "The Paradox of Choice" by Barry Schwartz after seeing his TED talk some number of years ago. That talk still resonates with me – [the idea] that more choice, and more freedom of choice, can be a bad thing, leading to more time spent choosing and less satisfaction with the choice you actually made. Today I'd like to apply that discussion to the use of powerlifting training to increase one's total.

It used to be that when you were looking around for a way to begin powerlifting, you had to talk to an actual powerlifter who you might have run into at your gym, or maybe you happened to

see a competition in person and were perhaps given a borrowed book to flip through. I began powerlifting after this time, and my main exposure to powerlifting was through the Internet, where the number of choices had already begun to expand more, as resources were passed freely and made available online. Early on, if you only had five options to choose from for a powerlifting training program, your satisfaction in that choice would be higher than the hundreds of choices we have today. This is supported by research showing that when people are given more choices as a consumer, they are both less likely to actually buy the product being offered, and are also more dissatisfied if they actually choose one. This is in part because of the feeling that you could have chosen otherwise and that there are now hundreds of other choices.

In powerlifting, the problem is made worse because every choice is reversible, meaning that at any point, you can decide to stop running a specific training approach and begin something else. Reversibility adds to the reduced satisfaction of one's choice because choices are now noncommittal; you could be running Westside one day and then switch to Sheiko another, without extra

cost or associated trouble. The freedom to switch at any time, instead of being extra freedom, ends up being a source of reduced happiness and satisfaction.

This isn't to say that choice is inherently bad, especially in powerlifting. We've seen an absolute explosion of the amount of free and widely made available good information on exercise science from experts in the field who are actively involved in contributing to a growing body of scientific knowledge, and I think we're better off for it. At the same time, those extra bits of information come with a cost.

How common is it now to be carrying along your merry way and following your specific training approach of choice, only to see a new study show up about increased training frequency being beneficial, only to question your own approach and whether or not you are making the best use of your time?

Powerlifters are particularly prone to being what Schwartz calls "maximizers"; people who, when faced with a decision, try to find the best or highest quality of product (or training program) they can find. This is opposed to being "satisficers"; people who are seeking out "good enough" for themselves. In a sport where we are trying to maximize



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volume per unit of time, recovery, mobility, strength increase per unit of time, and performance in competitions, it is no wonder that we would be “maximizers” when faced with the prospect of looking for programs or coaches.

“Maximizers” scan the field of available options and are looking for the best option they see. The reason this makes things more difficult in powerlifting is that you need to examine every approach out there and look at their merits and faults. [You need to look at] who has had success, what the science says, and [you need to go] down a checklist of deciding factors before making a choice. By the end of it, you choose a training approach, coach, or a piece of equipment and think, “Is this really what I want? Could I have been better off with a different option?” That lingering doubt is the cause of higher rates of “_____ hopping”, where you can fill in the blank with “program”, “equipment”, “coach”, and so on.

As I’ve been a coach for a while, I think the average athlete stays with TSA [The Strength Athlete] for 6-9 months and then drops off for attrition, finance, or other reasons. We’ve had athletes for shorter, and athletes for much longer, but the question I’ve always wondered

is, “How are things with other coaches, and more importantly, how were things [done] in the past? Are athletes making smaller time commitments because there are more options to compare to? Are they less satisfied with the choices they make generally because there are more choices?” These are some things that I would love to find out.

Social media compounds the problem. By its nature (and in some ways it is a wonderful thing), we’re able to stay connected with other friends and athletes around the globe and see their trials in their own training. [We’re able to see] their successes, their failures, and their training as a whole. At any time, we’re seeing snapshots of 100 or more different training approaches, and we are expected to be satisfied with our own choice in the face of other athletes’, often-times extreme, progress in strength. Even if they’re making the same exact progress that you are, you still wonder, “What are they doing right that I’m not? How can I maximize [my training]?” So, we see 100 or more “advertisements” every day for different training methodologies, pieces of equipment, coaches, strategies, lifting techniques, and so on. Even as we strive to stay satisfied, we’re comparing [these factors] all of the time.

This is one reason why Barry Schwartz hypothesizes that we can’t treat a field of larger options as a field of smaller options. Why can’t we pretend a group of 20 chocolate samples is actually a group of six chocolate samples, and make a choice accordingly? “First, an industry of marketers and advertisers makes products difficult or impossible to ignore. They are in our faces all the time. Second, we have a tendency to look around at what others are doing and use them as a standard of comparison.” Last, Schwartz brings up the possibility that we can suffer from “the tyranny of small decisions”. As “maximizers”, we think of considering just one more option, and then another, and then another until we’ve considered everything.

This is a tall order. Consider too that the “market” of training approaches contains some [approaches that are] designed for beginners, intermediate level athletes, and advanced, elite powerlifters. How many of those are actually right for someone at your level, and how many do you still compare [yourself] against, “just in case”? I think we view the field of options as all viable, even though a part of us knows that we need something catered to us as individuals.

With the increase of coaching and



coaching options, the number of available programs becomes nearly infinite. Each coach could easily design a dozen iterations of a training program, all that would be catered just to you, and each might look different. This brings the number of total options for training alone even higher.

The scene seems rather bleak. Faced with an explosion of options, we are less satisfied, and we spend more time choosing than ever before. What can we actually do to curb that tide? I'll list some of Schwartz' guidelines based on current psychological research below, but before that, I'd like to add another from powerlifting specifically.

Underneath the surface of many training approaches are some basic truths about good training strategies. On the surface, they can look quite different. Some use percentages, while some use autoregulation. Some have a top set with back-offs, and some have straight sets. Some have 6x3 while some have 3x3 on two separate days, and on and on. Understanding that sport specificity, progressive overload, and the manipulation of volume, intensity, and frequency are at the base of all of these approaches (or should be), should be freeing. Understanding basics of exercise science and strength training should allow you to look at the field of options and understand a little more about them without needing to concern yourself with the surface level details. You might look at

spaghetti, penne, rigatoni, fusilli, farfalle, linguine and be so bogged down as to never choose, or you could see that they are all just pasta extruded in different shapes and that any of them will do. It is easier to see the forest, instead of looking at every tree specifically.

ON TO SCHWARTZ' GUIDELINES:

1) Choose when to choose: Under-

stand that sometimes you need to limit the field of options. For example, restrict yourself to really looking at three training approaches. Restrict yourself to only following a handful of friends' training [approaches], where comparisons can run rampant otherwise.

2) Be a chooser, not a picker: Reflect on what makes a decision impor-

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tant itself, or maybe [realize that] the real answer isn't even created yet or on the field of options. A picker just decides from available options. Schwartz calls pickers "relatively passive selectors" versus a chooser who can avoid just following the group.

3) Be less concerned with maximizing: Be more concerned with making the most of your present approach than you are about finding the perfect one out there. I imagine this one is tantamount to being happy in the moment in powerlifting training.

4) Think about the costs of missed opportunities: Think about all of the uses for your time and mental energy associated with making a choice and how that time could be used in better, more fruitful ways.

5) Make your decisions nonreversible: For the love of all that is good, this is a golden tip for powerlifters. When choosing a powerlifting training approach, think of it as a real commitment and not as something that you can back out of just by doing something different. Commit, and be merry.

6) Think more positively about your choice: Research bears out that thinking about the good things in your choice [is better than thinking about] all of the

potential (sometimes totally fabricated) ways we can imagine things to be better. Ground yourself in what is good about the choice you made, and find gratitude in that.

7) Regret less: On the same note, aim to experience less regret for all of the choices you didn't choose. Life is complex, and training factors are innumerable, which can mean that one training approach that's perfect for someone else could be way too much work for you. This could lead to reduced results, overtraining, injury, and so on. It might only appear perfect for you in your head.

8) Watch out for newness to wear away: Switching to a new training approach, piece of equipment, or coach, is exciting. They all involve new things to examine, experience, talk about, and feel. Not surprisingly, a large dopamine rush has been associated with certain purchase types, and this rush can actually be addicting. This leads some [people] to just look for "new" and not look for "correct". Understand that the newness of any training approach will fade away, and prepare yourself for that.

9) Control expectations: It's easy to see Frank putting 200 lbs. on his total in a year and expect the same for your-

self; "If I do what he's doing and work harder than he's working, I should make even more progress than he's making." If only things were that easy! Limit the expectations you place on yourself for progress in quantified ways. Focus on what it feels like to be training and to be an athlete.

10) Limit social comparison: We've talked about this at length above, but the common quote, "Comparison is the thief of joy" fits well here. I'm not really sure how best to tackle this in the digital age besides purposefully putting blinders on to your friends and other athletes, but that might be what it takes for this particular set of choices.

11) Learn to embrace constraints: Less choice can mean more contentment, and forcing yourself to limit the field of options is one great way of increasing happiness. Picking A, B, or C is easier and will lead to more satisfaction than picking A through Z.

If you found the ideas in here worthwhile, please consider Schwartz' short book, "The Paradox of Choice". You may also find some basic readings in strength training and nutrition worthwhile for "seeing the forest for the trees". I suggest Eric Helms' two excellent e-books, available here, as one more choice. **PM**

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HOW **MACROS** CHANGED MY GAME

By Andy Askow

BACKGROUND: Andy Askow is 22 years old and a student at the University of Wisconsin – La Crosse in La Crosse, Wisconsin where he studies Exercise and Sport Science. Andy is a competitive powerlifter in the USAPL/IPF, a powerlifting/sports performance coach, and a research assistant in UWL's Human

Performance Lab. After he finishes at UWL, he plans to pursue a Master's Degree, and eventually, he hopes to finish schooling with a PhD in Exercise Physiology. His best classic raw lifts (raw with sleeves) are a 366 kg. squat, 230 kg. bench press, and a 317.5 kg. deadlift.

Although I'm only a 'young buck' in the eyes of most powerlifters, I've been around the sport for as long as I can remember. I grew up in a small town in central Wisconsin with a population of less than 1,000 people. There wasn't much to do besides eat crappy food (with the exception of cheese curds) and

play sports. I was much better at eating crappy food than competing, but when I was introduced to the weight room in middle school, I was hooked. My best friend's father, Erich Mach, encouraged me to start training for high school football and powerlifting. Several years have passed since then, but the weight

room is still a staple in my life, and so is eating (obviously). However, in the last year and a half, I can truly say that eating has been the single most important factor leading to my recent successes in powerlifting.

First, [here's] a little back story to set the stage. Throughout my life, it seems





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as though I've always been the fat kid. I was the kid that was too heavy to run the ball in youth football. I had to cut weight just to make the heavyweight division in high school wrestling. After I graduated and went to college, I got even bigger. I continued to gain weight, thinking it was somehow associated with improving my performance. This was until the 2014 USAPL Men's National Championships where I weighed in at just over 400 lbs. and bombed out of the competition. This was sort of a reality check for me, and it eventually led me to my decision to start getting leaner while at the same time, switching it up to raw lifting. On January 17, 2015, I competed at the USAPL Wisconsin State Open and finished with a total of 1,890 lbs. with



plenty left in the proverbial tank. Five months later, on June 11, 2015, I totaled 1,891 lbs. and won the IPF Junior World Championship with almost nothing left in the tank. When I returned home from the meet, I knew that something needed to change.

At the time, I was only eating around 3,800 calories a day. I felt run down, beat up, and I wasn't getting anywhere with training even though I was busting my butt day in and day out. Enter Dr. Andrew Jagim and Dr. Matt Andre. One day after class, I asked AJ (Dr. Jagim) if

I could possibly come into the Human Performance Laboratory to do resting energy expenditure [REE] testing. REE is the amount of calories burnt while at rest and can be used to estimate your total daily energy expenditure [TDEE]. When we did the test, I found out that my REE was right around 3,000 calories per day; just at rest! This meant that I was likely undereating by a relatively large margin. We did a body composition assessment the same day, and I was 362 lbs. at 40.9% body fat (oink). We determined that I was likely undereating

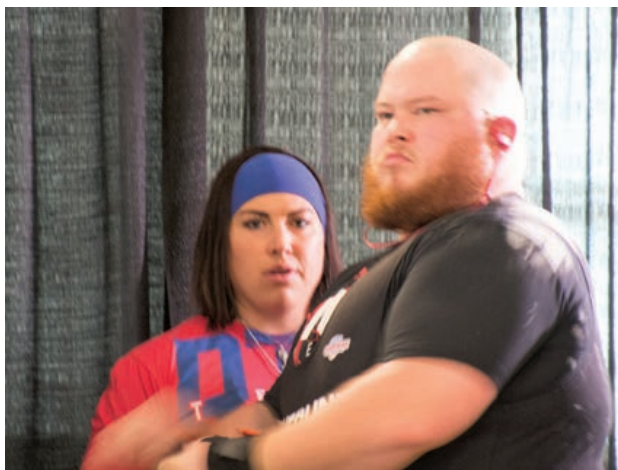


by several thousand calories and failing to hit several macronutrient targets, particularly during periods of intense training.

We immediately bumped up my calories to around 6,000 per day and slowly tapered them down to 5,000 to maintain my weight, depending upon my competition schedule. This meant that I needed to start tracking my food intake, which was something I had never done before. At first, it was hard. I was trying to eat 'clean' foods only, and the sheer

I'VE MADE TREMENDOUS PROGRESS IN MY TRAINING. I FEEL BETTER, PERFORM BETTER, AND I HAVE MORE ENERGY. I'VE ADDED 64 LBS. TO MY SQUAT, 40 LBS. TO MY BENCH, AND 60 LBS. TO MY DEADLIFT

volume of food I had to eat absolutely killed me. I felt full and bloated all of the time. My life became a game of eating as much as I could without puking. I hated food. Then, I adopted a flexible dieting model or "If It Fits Your Macros" [IIFYM] approach. I know flexible dieting has a negative connotation to a lot of people. The truth is, that as far as body composition and weight management goes, the evidence points to the fact that "calories in versus calories out" is the single most important factor. Every macronutrient



has been demonized at some point in time. Fats were demonized for causing heart disease, carbohydrates for causing weight gain, and protein for causing kidney dysfunction. Most recently, sugar has been attacked for increasing insulin levels in the blood, decreasing fat oxidation, and leading to increased body fat. This claim, although it makes sense on paper, doesn't seem to hold true in practice and is largely unsupported by the current body of scientific literature. For this reason, I chose to make eating less of a chore, and instead, I make sure that I hit my macros.

I've now been tracking my food for over a year straight, and it has become a part of my daily routine. I don't even think about it anymore. If I cook something, I weigh it and then eat it. I've gotten good enough to estimate portion sizes when I eat out. I don't stress about food. If I want a pizza, I'm going to eat a pizza, and I'll make it fit in my macros. I'm still fat, but I've made significant body composition changes while continuing to improve my performance on the platform. In a recent body composition assessment, I weighed in at 372 lbs. at 33.4% body fat. Also in this time, I've made tremendous progress in my training. I feel better, perform better, and I have more energy. I've added 64 lbs. to my squat, 40 lbs. to my bench, and 60 lbs. to my deadlift all while eating more food, losing body fat, and gaining fat free mass.

The moral of the story is that what you do in the weight room is worthless without being conscious of everything else. I wasted a lot of time busting my butt in training and getting weaker. This applies to anything in life. If you want to be a top level athlete, [then you need

to realize that] nutrition, hydration, and recovery efforts outside of sport training are key. If you want to be a top-notch student, learning cannot end when you leave campus. If you want to build a

business, you can't just work your 40 hours a week and be satisfied. Consistent effort, surrounding yourself with experts/coaches, and an unrelenting drive builds champions. **PM**



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Mark Bell's POWERCAST

EPISODE 174: LARRY WHEELS AND JOHN GAGLIONE

FEATURING:

Mark Bell

Silent Mike

Jim McD

Larry "Wheels" Williams

John Gaglione

Larry Wheels

Age: 21

Squat: 771 lbs.

Bench: 573 lbs.

Deadlift: 826 lbs.



Fresh off his stunning 2171 lb. total in the 242 lb. weight class – squatting 771 lbs. walked-out in sleeves, benching 573 lbs., and pulling an incredible 826 lbs. – Larry Wheels visited the Powercast with coach John Gaglione to talk about breaking records and training to be the best.

MARK: We're here today with Danny DeVito and Arnold Schwarzenegger... Er... John Gaglione and Larry 'Wheels' Williams.

JOHN GAGLIONE: Ah, and the jokes begin.

MARK: John, how long have you had your gym for?

JOHN: I've been in business for about five years, and I've been coaching powerlifting for about 10, so a little over a decade. I've been at this current location for about 4 to 5 years, in Farmingdale. I started inside a wrestling club, and we moved to our second location last May. So we're moving on up, and now we're breaking world records.

MARK: So how'd you meet Larry, this mutant over here?

JOHN: It's kind of a funny story,

actually. I got a text from Stan 'the Rhino' Efferding saying that he was going to be in the area doing a seminar upstate and he also wanted to stop in. Larry was only 19 – it was a little over two years ago – and he and the Rhino came down for a seminar. So they walk through the door and Stan wanted to have a deadlift workout, and who's going to pass up a workout with a legend like Stan? So we've got Larry in there, Kevin Oak, Creed, Efferding – all these 700+ lb. deadlifters – and at the time my PR was 640 or 650. But I had all these studs



coming into my house so I had to show up, and that's the only time I've successfully pulled 700. And then [Larry] comes in and just obliterates 700 for a triple. But Rhino, he's no spring chicken so he decides he's going last, and he pulls 700 lbs. for one rep, then two, then three, then four, just to get that one extra rep.

Long story short that's kind of how we got connected. And then last August we started working together on and off. He was still learning, wasn't always following the program exactly. But he's really matured and this past year we've just seen tremendous growth. To see him grow from totaling barely 1900's to now almost 2200 lbs. total, shattering the world record by over 70 lbs. and he's just getting started.

MARK: Larry, with your background, you already have a ton of strength and you're already built like a mofo. What made you think you needed a coach?

LARRY: I wasn't sure about my potential in powerlifting until I first met John and I realized that I didn't now what I was doing. I was just doing it for fun, to pass the time. Then, when Stan Efferding started talking about my potential, that's all I needed to hear. I was ready to start taking it more seriously at that point.

MARK: So it was maybe something you weren't thinking about that much, about being a great powerlifter. But

you were just going in and training, lifting heavy and seeing how you could do with your strength?

LARRY: Exactly. When I first started, I really just wanted to get bigger. I didn't really care too much about getting stronger; I just hated being skinny and not filling out my shirts.

MARK: You still look really skinny. It's kind of embarrassing.

LARRY: I just felt that focusing on bodybuilding alone, my self-esteem was getting kind of low because I was too concerned about how I looked. And no disrespect to any bodybuilders, I just felt like I was being too vain. Too selfish. There was no one behind me, it was just all about me. But in powerlifting, I have guys like John behind me, and my workout partner, and a couple sponsors like Apeman and Live Well. Thanks to Live Well for keeping me healthy, especially this past year. Without them, I don't know where I'd be.

Mark: How'd you get into lifting weights, period?

LARRY: I started out in St. Martin at age 14. Down there, hardly anyone speaks English – it's a French Caribbean island.

MIKE: Does everyone look like you down there?

MARK: Yeah, where is that? Is it near New York, or where is it?

LARRY: No, it's south and it's near Haiti. South of Florida. I definitely was

not a very confident kid. I got bullied a lot and taken advantage of. It was just a rough island. I could hardly communicate with any of the kids down there, and my mom had just moved out of the city because she wanted an easier life for us. Personally I hated it. I don't really like the hot climate everyday, I like the seasons. And I also couldn't go to school down there because it was only French and Dutch. There was only one English school. It was a private school and we couldn't afford it. So I had nothing to do except ride my bike everyday and skip rocks. I had to find something to do with my time.

MIKE: And then video games showed up.

LARRY: Video games showed up – World of Warcraft, things like that. No, I got a pull-up bar from O'Dell's. That's what got me started. I did chin-ups everyday, push-ups. Saved enough money for a barbell. And got a couple 45's, just started doing floor presses everyday.

MIKE: How'd you even know what a floor press was?

LARRY: YouTube. I couldn't get my elbows past the floor so that's the best I could do. There were two gyms on the island, but I had to be 16 to join.

MARK: Your mom was real supportive though; she bought the weights for you?

LARRY: Yeah, she bought the weights for me. She supported me until I was



about 17 and started making money on my own.

MARK: What kind of weights were you moving then, when you were just doing floor presses and stuff? Do you remember at all?

LARRY: Yeah I started out with a 35 on each side for sets of 8. I just went until I felt a pump, then stopped. I really didn't know rep schemes or anything – I didn't know that until I was about 18 or 19.

MARK: So without a lifting rack, if you're just doing a floor press, you just throw the weight back behind you?

LARRY: Yeah, throw it right behind me. Or push it forward and just roll it down my stomach. I would do curls with

it, just figured out whatever I could do with a barbell. Pretty much like what I do now – I only train with a barbell. But now I have a bench and squat rack.

MARK: So you built up some pretty good strength and muscle that way?

LARRY: Yeah, actually I have some pretty good throwback pictures from when I was 15 and I was ripped. It's on my Instagram.

MIKE: When did you move back to New York with more normal society?

LARRY: When I was 16. And as soon as I got back to the city, I couldn't wait to join a gym. That was the first thing on my mind. After being out of school for a couple years, I would either have to start in the 8th grade at 16 years old, or just

get my GED. So that's what I did.

MARK: How'd you get involved in powerlifting?

LARRY: J's BIG GYM when I was 17.

MARK: What were these gyms like that you were going to when you were 17?

LARRY: They were commercial gyms. They weren't powerlifting gyms. They were bodybuilding gyms, and the environment was all bodybuilders. Except this one particular guy...

MARK: But they were all jacked right?

LARRY: Yeah they were all jacked.

MARK: Where I'm from in New York it was the same way. I can't remember anybody that was under 250 lbs. Every body was f*#@#in big.

LARRY: Yeah, and that's what pushed me to get huge. I was like, "Well, I'm the smallest guy in the gym and that's got to change." And my workout partner at age 17, he happened to be a veteran from Iraq and he was crazy. He got me into partying and taking all sorts of crap, and told me a little bit about powerlifting.

MARK: Where are mom and dad at this point?

LARRY: Dad, he left when I was two years old and mom was still up in the Bronx. She keeps an eye out for me but thinks powerlifting meets are too long and smelly and boring and loud.

MARK: She's f&*%in right. You've got a smart mom.

MIKE: Did you play any traditional sports growing up? You said you rode your bike and stuff.

LARRY: ust video games.

MARK: Did you still go to school at all or no?

LARRY: Well I got my GED when I was 17, and I was in a program where I was only in school for 3 hours a day. It wasn't very conventional.

MARK: So it wasn't like you went to school where there was P.E. and somebody finds out that you run a 10.5 hundred-meter dash.

LARRY: No, not at all.

MARK: Once you had your friend talk to you about powerlifting, did you start competing right away, or you started lifting heavier,

LARRY: Yeah, he wasn't too into it himself. He was just into lifting heavy and being big. But I just wanted to have a goal to work towards. And that was



at the time when I was getting over bodybuilding and wanted to try something new. And me not having a background in sports, I was never on a team, I just dreamed. And he showed me some pictures of him bending the bar and I just thought that was the coolest thing. And just seeing the plates lined up on the bar – being the strongest guy in the gym is all I wanted to do. I had pretty simple goals when I was 17. I just wanted to get stronger at that point. And I was getting stronger at a very fast rate. I had newbie gains. It was ridiculous. And I wanted to keep getting stronger at a really fast rate.

MIKE: Did you continue to learn on YouTube and stuff or at that point were you just out there smashing?

LARRY: No, I continued to learn. Though it was still mostly YouTube. I stuck to 5x5 until I was about 19. And that's about it. I've always kept it really simple and it's always worked out for me. Every time I tried something new – dumbbell presses, paused deadlift – at that time, it was just too much for me. Incline bench was the most I would do.

MARK: **Keepin it simple. And how'd you do at your first powerlifting meet?**

LARRY: RPS Newark, I was 18, I did it in knee wraps. I think I squatted 700, and a 500 bench, and a 725 deadlift.

MARK: **Did you have anyone who coached you? Did this guy teach you how to squat and stuff, or not really?**

LARRY: He just taught me how to be really aggressive. And that was about

it. He didn't know what he was doing. He just taught me how to be aggressive and confident, but I didn't really learn technique until this year.

MARK: **So you said you started taking stuff at age 17. That's not old enough to vote, it's barely old enough to drive, it's not old enough for a drink. Do you look back at that moment a little bit and maybe kind of resent someone who presented it to you at such a young age, or are you okay with it?**

LARRY: I could have said no, and I said yes. I knew exactly what I was doing, I knew the consequences. I knew my balls would shrink, and I knew that I might get gyno and this and that, but I accepted it. I was just passionate about getting bigger.

MARK: **So you already had some knowledge of it, and knew what you were getting into.**

LARRY: Yeah, I knew what the worst could be. And knowing that, I decided that as long as it was in moderation, I would take as little as possible and I would be fine. I didn't drink, I didn't do any other drugs, and I turned out fine.

MARK: **Yeah, it seems to be working okay! John, give us more of your background. I know you did some wrestling as well.**

JOHN: Yeah, I was an athlete as well, a football player but wrestling was really my passion. And what I really liked about wrestling was that it was

1-on-1 and your fate was in your own hands. Everything was a direct result of what you put in. If you won, it was your fault. And if you lost, it was your fault. I learned a lot from wrestling. I had a lot of injuries, though. I always trained very hard and I actually started getting into powerlifting around 8th grade. My first time benching on the little narrow bench with sand weights and the hooks-in, I benched 80 lbs. I remember in 9th grade struggling to squat 135 lbs. Which I now know that at the time that was a high box, it wasn't even to depth. But I started realizing that I could control my strength, and the stronger I got, the better I performed on the mat. But I didn't really train the right way, and I had a lot of injuries.

I tore my oblique in my junior year. I tore my hamstring in my senior year. And basically my senior year I was wrestling on one leg. I beat some all-state guys, I beat some all-county guys, but my goal was to be an all-county wrestler, and I ended up losing in double-overtime in the round to place in counties. It was one of the most devastating things.

I'm not going to lie, it messed up my head for a while, but honestly losing that match was probably the best thing that could have happened to me.

To hear the rest of POWERCAST #174, visit the SuperTraining06 YouTube Channel at www.YouTube.com/SuperTraining06

The Road to Recovery

with Casey Williams

BY JOHN GREAVES III



Since raw powerlifting began to grow in popularity, the sport has seen a number of young stars. Numbers that were once thought only reachable with the assistance of lifting gear are falling left and right. But what happens when flesh and bone start to give? Most magazines lose interest when champions are no longer in the spotlight, but we believe this game is about grit under pressure. Victories are often won away from the lights, likes and YouTube hits. We want to see what champions do when tendons and ligaments rebel against hoisting loads that were formerly supported by single-ply poly and canvas with extra seams to help out of the hole. Enter Casey Williams. After a bright start in powerlifting where he broke records and

stood shoulder to shoulder with today's strongest lifters, reality tapped him on the shoulder in the form of multiple lower body injuries. Rather than ignore the warning signs, Casey pumped his brakes. We spoke recently about the importance of small victories in training, his new approaches to training, and his views on using single-ply as a tool as he rebuilds towards his goal of toppling records and dominating the 242 lbs. class.

Casey, I have to say thank you for granting me this interview. It's impossible to get good information in front of people without input from athletes like you, so I appreciate it. Let's dive into it! You came into powerlifting on a real tear, and you broke the all-time 220 lb. class world record drug tested squat in 2012 at IPA Nationals. You

placed first at RUM 7 in the 242 lb. class. What are some of your best gym and platform numbers?

Actually, to go back, I think I placed last at RUM 6, first in the 242's at RUM 7 and 8, and I took second by Wilks to Malinichev at RUM 7, if you know who that guy is. For the most part, I'm not an ego lifter. I think we all have it in us somewhere, but mine doesn't run my training. So for me, all of my best numbers have been on the platform, except for the deadlift.

GYM LIFTS

Squat: 760 lbs. (800 lbs. with reverse bands)

Bench: 515 lbs.

Deadlift: 750 lbs. (both sumo and conventional)^o



In your opinion, regardless of numbers, when was your last good platform performance?

It would have been RUM 8. I went 810, 540, 744 - something like that.

You're known as a regimented, organized person. Is this something that you've had to develop in order to balance your powerlifting and your utility industry careers?

I'm pretty sure you just called me boring, but I'll let it slide. I am boring though. Early in my career, I would stick to the plan religiously, which is a good thing. As I've progressed, I've learned to be more flexible in my day-to-day training, but I keep the end goal in mind the entire time. As I'm walking myself through this answer, I think I need to get back to some of the regimen that got me to where I am, but again, it's all a learning process. As far as balancing work and training, it comes naturally. I played college football at a very competitive academic school. We didn't get any breaks for playing football, except from one teacher who I won't name. In fact, most of the time we were subject to extra scrutiny in the classroom. It made me who I am today. So I put on my dress clothes, go to work and compete. Then I leave, stuff my face, put on my gym shoes and compete. It's the same ends just different means - although, one pays the bills and the other can become an expensive hobby.

You've been doing a fair number of seminars lately, both at the EliteFTS compound and elsewhere. Do you find that you're more able to do seminars now that your competition schedule

isn't as active?

Yeah, I guess it was a way of staying active and keeping my mind off of my own training for a little while. To be honest, seeing something click in somebody's head during a seminar makes me feel the best. To successfully teach someone else and empower them - there aren't too many feelings that are greater in the universe.

So about your injury...you said that while you were training for RUM, RPS Boardwalk Brawl, and XPC Finals, you pulled your left adductor, left hamstring, and left glute four to six weeks apart. Later, you mentioned that you were diagnosed with anterior pelvic tilt and a slight rotation to the right. How did you discover the problem?

I have to thank Dani Overcash and Dave Tate ahead of time for their help throughout this whole sidetrack of a situation. So, the anterior pelvic tilt is relatively common, and the slight rotation kind of just happened. The way that I squat, namely, a wide stance, sitting back, and stressing the posterior chain finally made my left leg say, "Uncle". I pulled my left adductor before RUM 8, pulled my left hamstring a few months later and then my left glute a few months after that. I wasn't looking for the problem, but I couldn't miss the signs.

If it is any consolation, when I saw you at the USPA Drug Tested Raw Open, it didn't look like you were nursing an injured hip. I thought you were trying to walk cool. You had a little dip when you walk, you know?

I guess I've been hanging around

Steve Goggins too much! Ha ha!

You had a busy competition schedule before you were injured -three to four full meets a year with some push/pull meets thrown in here and there. Do you feel that played a role in your injury?

I was good for three full meets a year and one push/pull early on. That quickly changed a couple of years ago. I don't think that played a big role in the injury, but there's no telling for sure. Moving forward, I'd like to stick to two meets per year.

You are an EliteFTS sponsored athlete. Was it fate that paired you up with a company that has some very strong athletes on the roster, many of whom have also had to deal with major injuries over the course of their career?

Yeah, we're all f*cked up in one way or another. Some would argue that a lot of us have suffered serious head injuries that lead us to where we are today!

What advice have you gotten from your fellow EliteFTS teammates and coaches about dealing with your injury?

Most of the advice has come from Dave and Dani. After that, I've been fortunate enough to have support from everyone that I'm close to - Steve, Bob Youngs, Marshall Johnson, the lovely Yessica Martinez, and Vince Dizenzo, just to name a few.

Your blog describes a candid conversation with Dave Tate about this. The conversation was great because you both pointed out that the smart thing to do wasn't what he would have



done or what you wanted to do, but ultimately, it is what would lead to you being one hundred per cent when you resumed training.

Yeah I said, "Dave, give me some advice here" and he said, "What would I do?" And I said, "No Dave, I know what you would do. You'd go compete and tear something and just deal with it. What should I do?" He replied with, "Take six weeks off. You can do the elliptical". I responded with, "And you can go f*ck yourself!" Just kidding around, but I knew what he was trying to say.

Six weeks off from all training except for the elliptical! Was that a bitter pill to swallow?

At that point, I needed more of a mental break than I needed a physical break. It was good.

How was that first training session back?

I was scared to death that I wouldn't be able to load the bar by the time I got back to training, but it always comes back pretty quickly. I came back, and I was ready to attack some weights and get on to the rehab and fix some things. That came with its own set of frustrations, but speaking from today's squat, it felt great. I finally got back to analyzing - but not overthinking - and just squatting.

You had some decent weight on there. What was it? 645?

Yeah, last week I squatted 625, and today I squatted 645 for a double.

That was in briefs, right?

Yeah, I'm not going to get greedy with it. It felt good.

So often, strength athletes and

specifically powerlifters, resist going to physical therapy because there's a perception that physical therapists are out of touch with our needs as competitive lifters. You have your fellow EliteFTS teammate, Dani Overcash, handling your rehab. How is it working with a therapist who also competes in powerlifting?

I can't say enough about how helpful Dani has been. She's the only therapist I've worked with during my powerlifting career, but she understands that we're not looking for perfection. We're not looking for my squat to be perfectly symmetrical, but we want it to be functional, and we want to avoid injury.

Do you program for yourself, does Dani handle your programming, or is it a collaborative effort between you, her, and Dave etc.? What sort of progress have you seen since your rehab process began?

Dani, Dave, and I all have an email chain going where I'm giving them weekly updates. It goes something like this: Dave tells me to quit being a pussy, and Dani is very motherly and tells me that everything will be alright. I'm reading a great book called The E-myth by Michael Gerber. All entrepreneurs have three people inside of them. There's the Entrepreneur, and that's me in this case because I have the vision of where I want to go. Then there's the Manager, and that is Dave making sure that I don't screw anything up. Finally, there's the Technician - that's Dani working through the process. But yes, I write my own programming, and those two will guide me through it. It's based off of my

feedback. The problem is certainly not fixed, but now I'm equipped to feel when my squat is off versus before when I was squatting blindly. Also, my breathing has gotten better. I'm learning to get to neutral in order to reduce the pelvic tilt, which will make me more powerful. I'm also working on bracing properly.

You have an impressive bench - you got a bench PR [Personal Record] of 500x2 right before going into your six-week elliptical jail.

I did it and I was like, "Damn!". The most I'd ever benched going into RUM 8 (when I hit 540) was when I did 550 in the gym for a single, I think. So, I knew I was on track. It was kind of frustrating and kind of cool knowing that it was all coming together.

The videos that stand out in my mind the most are the bench video with Dave Tate coaching [you] and your video of training chest and shoulders with him from October 2015. You've been emphasizing the bench more since you started having issues with your squats, right?

I didn't necessarily emphasize the bench, but here is the short version of that story...I was in town training with Dave and he sucked me into a bodybuilding session. By the end, he was looking at me going, "I figured out your f*cking problem. You don't have any triceps. Your shoulders and pecs are f*cking huge, but you have baby triceps." So, the following weekend I visited Dave and Matt Smith, and they spent an hour with me fixing my bench. At the end of the day, my issue was this simple - I was breathing into my belly

instead of my chest. Therefore, I wasn't able to maintain pressure against the bar when I touched, and I was letting the bar sink too far. All of that [work and training] to figure out that I was breathing incorrectly.

Is finding something positive, like improving another lift or bodypart while you're rehabbing the injury, an important part of not letting your injury drive you crazy?

Yeah, certainly. I was almost at a point where I was feeling sorry for myself. I'd take one step forward in the squat then three steps back the next squat session. But that's exactly it - you have to enjoy the small victories and take the failures as learning opportunities.

The videos of you training through your injury have ended up being some of the most educational and helpful videos that I've seen. Did you all plan to make the videos of you training your weak points as a way to educate the powerlifting community about the value of bodybuilding methods, at least as accessory work?

So, Dave was going to help me with my bench either way, but he figured he'd invest a little time and money into it and turn it into something he could give back to the powerlifting community. I send it to my online clients to watch regularly.

To me it seems like the injury has made you more of a coachable athlete in a way.

You hit the nail on the head. I didn't learn a whole lot from competing at RUM 7 and 8 and doing well on big stages. I definitely learned a little bit from that but nowhere near what I'm going through right now. When the wheels start to come off, you can either keep doing the same stuff over and over, or you can fix it. Rehab-wise, I'm proud of committing to fixing the issue. I could have kept competing, but I likely wouldn't have ended up where I wanted to be years from now as a result. So to sacrifice now for a stronger future is what's in my head and keeping me going.

I don't know if powerlifting is the only sport like this, but you have the tension

between wanting to tough it through and not being the guy that quits after one bad day, and you also have the sensible side that's like, "You know if you keep this up you're going to get hurt".

It's a pendulum. You go back and forth. I got to the point where I wasn't even squatting any more - I was just going through the motions. "Oh, that hurts, maybe I should stop".

It's made worse because everybody you know who's not a lifter is telling you, "If you keep lifting those heavy weights, you're going to get hurt!" So, you get used to telling them to shut up. You have this constant argument with other people, yourself, and sometimes with the bar! How do you shut all of that up and say, "I'm going to do the smart thing"?

I'm going back to attacking the weight. [I'm] saying, "Don't quit too early, just push it a little and see what happens". If something doesn't feel right for that day, I shut it down and move onto unilateral assistance work in order to try to balance everything back out.

You've said that you want to bench

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600 lbs. raw at 242 and break the all-time 242 lbs. raw with wraps total. Are these goals still as prominent now, or have they been pushed down the road a little since the injury?

I was well on my way to both the 220 and 242 world records before this set back. Keep in mind that I'm a little 242 - weighing around 238 most meet days. I'll be transparent with it. For me, to get back on the platform and do worse than what I've done in the past would be frustrating.

Do you plan to find a meet to just see where you're at, or do you intend to hit a big meet right off the bat?

Are you in my head? I spoke with Dan Green, and he was gracious enough to invite me to Boss of Bosses. I wanted desperately to do Boss of Bosses and have an epic return to the platform. Based off of my work situation (in addition to my recovery being behind where I wanted it to be), it's just not in the cards. I promised him that I'll be out there before it's all said and done, and I'm looking forward to that.

So, is switching to single-ply a way to get you back on the platform faster?

For me, to throw gear on is a way of throwing in a variable that will help keep me healthy and help me to not compare to what I've done in the past. It's kind of a win-win. I'll have Marshall help me - he's been good with his single-ply prep, and he understands the raw side of it because he's kind of get-

ting into it now. However, I'll be back here for a big raw meet in the next year, so don't count me out.

So what's your training like now?

On Sundays, [I do] sumo deadlifts, working up to max triples for four to six weeks, and then I'll do heavy singles every other week. The "off week" is usually speed work, but I'll do technique work instead with less than 50% bar weight if I'm feeling really awful. For assistance work, I do block pulls, deficit pulls, or stiff-legged deadlifts.

On Tuesdays, I do heavy bench, working on building volume in the 80% range for four to six weeks. Then, I ramp up the intensity and drop volume for the last six weeks. I can typically bench heavy every week without any fatigue. For assistance work, I go huge on triceps extensions and quarter dips right now. Dave gave me those as homework in order to fix my bench.

Thursdays, I squat. This is where it gets interesting. Some weeks, I squat to a box, some weeks it's pause squats, and sometimes it's a 5x5 for speed. Really, it just depends on what my body feels like it can handle. Box squats have been the "go to" as of late because they are minimizing the shift that I'm seeing out of the hole.

As far as programming goes, for the first four to six weeks I'm building volume in the 80% range (now for me, that 80% would be based off of a 90% training max, or to simplify, it would

be closer to 70% of my best meet lift). Then, I'll ramp it up and hit doubles or singles, going heavy every other week, opposite of deadlifts.

On Fridays, I pretend to be a bodybuilder. I'll do some form of dynamic effort bench. Lately, it's been Spoto presses with feet up against double mini bands. From there, I'll hit multiple rows, face pulls, rear delts, and hammer curls - all light weight and mostly "tempo-ed" to keep the muscles under tension for extended periods of time.

Whose idea was it to do the staggered deadlifts? What's the advantage of those?

I was having an issue with getting my left leg to fire properly, as my quad and my IT band were kind of binding up. I was looking for a way to get more weight on one side, and I didn't want to lean. I didn't want to twist or torque so I just started to play with a staggered stance. I only did it for a couple of weeks, and I felt like it helped me work through some of the issues. It wasn't an integral part of what I would do, but it's a variable that I would go back to at some point.

What about Hatfield Squats? Are you trying to get quads like Robb?

Hatfield squats are great. It's almost like you're turning it into a belt squat. Obviously, your spine is still loaded but you can kind of stabilize with your hands; [they] put everything on your quads. So I'm going to keep pushing those and see how that works. My hamstrings and glutes are pretty strong so I think I need to bring my quads up.

Are the briefs another tool that you're going to keep in the toolbox even after this rehab period is over?

I've kind of always used briefs, maybe for a month or two after a meet cycle, just to get away from the norm. That's the advice I've gotten from guys along the way, such as Goggins and Donnie Thompson.

EliteFTS makes a lot of toys. Is a perk of being injured that you get to play with even more toys in the gym?

I have to budget myself otherwise I'd have my own EliteFTS compound in Pittsburgh.

How do you avoid the temptation to do so much work on stabilizers and smaller muscle groups during rehab that you start neglecting progress on



your competition lifts?

To be honest, I probably neglect the smaller stuff more than the bigger lifts. I wanted to get under a bar and squat before I wanted to test the waters with unilateral work - for better or worse.

There have been several cases of raw lifters who've overcome significant injuries in order to come back stronger on the platform. For instance, Chad Wesley Smith overcoming herniated discs, Brandon Lilly's return from the devastating injury to his knee, and recently, Jordan Wong who is on track to equal or better his world record squat in a few months. Does this encourage you when you see what others have overcome?

Yeah, I think of Jordan specifically when you bring it up. His squat looks as good, or better, than it did before. That's certainly encouraging, but if I don't have it in me to want to come back better, then watching those guys won't make a damn difference.

Before we close, you're also sponsored by Onnit, which isn't exactly a traditional pairing for a powerlifter. How did you hook up with them?

I listen to the Joe Rogan Experience podcast religiously. I used their supplements for a year or so before reaching out to them. As we got to know each other, they were great about bringing me on board, and it's been a fun ride ever since. They're a down to earth company, and they run their business the right way.

What role did they play in your recovery process?

Well, strength sports aren't their thing.



If anything, I'm an advisor to them . . .

I know they cater to mostly MMA and other non-strength athletes, but MMA guys especially have to deal with tendon and joint issues due to BJJ . . .

I actually went to one of their movement classes one weekend before I hurt myself. They were teaching you how to get to move in neutral, as well as different ways to squat. I took in as much as I could, and I started to realize as I was working through the injury that stuff would have prevented it! Long story short, they're really good with movement patterns, and it was a good weekend; it was just too little too late for me.

What do you hope other lifters will take away from your injury and how you've handled the recovery process?

I want to put together something comprehensive that people can look at as a whole process. Here is what caused the issue, and here is what I did to fix it from a rehab, recovery, and programming standpoint. It will also tell them how to avoid it.

Where can people find you if they want to learn more about your training, or if they want to sign up for one of your seminars?

I usually post any upcoming seminars or online coaching/programming openings on my IG account- THECASEYWILLIAMS. Other than that, I'm on EliteFTS.com and Onnit.com

Casey, thanks again for taking time to share your experiences with me! I wish you the best of success on the platform for many years to come! PM

Super Training Corner

New Year's Resolutions come and go, but a bench press PR lasts forever! Start the year off STRong with a strength building bench press session that will step up your bench game to Mark Bell's status. The key to a STRonger bench press is... to bench press! This routine will incorporate moderate/heavy raw bench pressing followed by some overloading with the Sling Shot.

Team ST incorporates the Sling Shot for additional volume or weight overloading after our raw sets. Throwing on one of the four Sling Shot variations for additional sets will train your lockout, central nervous system, and form. Using the Sling Shot for 2 sets, 2 times per week will equal 208 extra sets a year on the bench press. Be sure to eat up and get ready to feel some heavy weights.

PAUSE BENCH PRESS:

80% 6x4 reps

SLING SHOT BENCH PRESS:

85% 4 reps

90% 4 reps

INCLINE DB PRESS:

3x8 reps

FLAT DB PRESS:

2x15 reps

ROLLING TRICEP EXTENSIONS:

(Heavy)

5x10 reps

CABLE PUSH DOWNS:

3x30 reps

Something to always consider during your training sessions is form. The better your form is the better you'll lift – and, ultimately, the more you'll lift. Warm up sets and all working sets should be considered opportunities to solidify your form. Take as much time as you need for your main working sets while decreasing your rest periods for accessory work. With that in mind, be sure to have fun. More training methods in the next issue of POWER Magazine from Super Training Gym – "The Strongest Gym in the West!"



Current Top 50 Rankings: SHW division -

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	Squat
1	JP Price	RPS	2016-04-23	1003
2	Daniel Bell	UPA	2016-01-23	981
3	JP Carroll	SPF	2016-01-16	945
4	Brandon Allen	USPA	2016-01-23	936
5	Josh Morris	RPS	2016-07-16	870
6	Dan Bell	UPA	2016-07-16	854
7	Tyler Obringer	RPS	2016-09-17	850
8	Bob Dicochea	RPS	2016-04-23	848
9	David Douglas	USPA	2016-01-23	837
9	Dan Neundorf	RPS	2016-05-14	837
11	Dan Kovacs	IPA	2016-03-05	825
12	Dustin Slepicka	APF	2016-02-06	815
12	Casey Sumner	USPA	2016-10-08	815
14	Ruby Harbin	RPS	2015-12-06	810
15	Corey Britton	IPA	2016-07-23	805
16	Bryan Alm	UPA	2016-11-12	804
16	Adam Ward	UPA	2015-12-05	804
16	Kevin McHugh	RPS	2016-02-13	804
19	Raige Hollis	RPS	2016-04-23	800
19	Patrick Hall	RPS	2016-07-30	800
19	Chris Crisman	RPS	2016-06-12	800
22	Jason Pegg	RPS	2015-12-06	775
23	Jason Supko	RPS	2015-12-05	760
24	Ian Mckay	IPA	2016-03-05	755
24	Daniel Stomaiuolo	SPF	2016-03-20	755
26	Nicholas Acree	365 Strong	2016-07-10	750
27	Ernie Lilliebridge	RPS	2015-12-12	749
28	Doug Staley	USPA	2016-06-25	738
29	Thomas Armstrong	RPS	2016-08-27	725
30	Alberto Toriz	USPA	2016-10-01	722
30	Marc Villere	USPA	2016-08-06	722
32	Joshua Payton-Dennis	RPS	2016-08-27	720
33	Joey Hernandez	USPA	2016-10-08	710
34	Jake McAlpine	RPS	2016-08-13	705
34	Sergio Lopez	UPA	2016-01-23	705
34	Elias Abner	IPL	2016-11-12	705
34	Harold Collins	365 Strong	2016-07-10	705
34	Trevor Vassor	USPA	2016-03-19	705
34	Joe Mass	USPA	2016-06-18	705
34	Trev Mahoney	USPA	2016-02-20	705
41	Kyle Woods	RPS	2015-12-12	700
42	Justin Garrett	RPS	2016-06-11	699
42	Norman Black Jr	IPL	2016-11-12	699
44	Lucas Bonefield	APF	2016-09-16	688
44	Wallace Mateen	USPA	2016-01-19	688
46	Ben Weldon	USPA	2016-08-06	683
46	Josh Boettcher	UPA	2016-07-16	683
48	Garrett Lapolt	RPS	2016-07-30	675
48	Eric Pace	RPS	2016-04-30	675
50	Tom Mackie	USPA	2015-12-05	666

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	JP Price	SPF	2016-11-05	639
2	Leroy Walker	USPA	2016-01-23	633
3	Julius Maddox	MSA	2016-04-30	628
4	J.P. Price	USPA	2016-10-16	622
5	Richard Ficca	USPA	2016-02-27	611
6	David Douglas	USPA	2016-07-09	606
6	Josh Morris	RPS	2016-07-16	606
8	Thomas Davis	USAPL	2016-03-06	600
8	Robert Wilkerson	USPA	2016-02-20	600
10	Jake Johns	USPA	2016-07-09	584
11	Jaisyn Mike	USAPL	2016-10-13	573
11	Brandon Allen	USPA	2016-01-23	573
11	Jamar Randolph	USPA	2016-09-27	573
14	Dan Kovacs	IPA	2016-03-05	570
15	Daniel Morjal	APF	2016-05-06	567
16	Dennis Cornelius	USAPL	2016-10-13	562
16	Robert Mayzer	RPS	2016-04-30	562
18	Joe Barnes	RPS	2016-05-21	560
19	James Heely	IPF	2016-06-25	551
19	Kole Carter	365 Strong	2016-11-19	551
21	Mike Otero	USPA	2016-04-23	545
22	Dominic Mantrana	USPA	2016-08-06	540
22	Ray Williams	IPF	2016-06-25	540
24	Jaime Ortiz	USPA	2016-01-23	534
25	Chris Crisman	RPS	2016-06-12	530
26	Daniel Bell	RPS	2016-04-23	529
26	Rob Marshall	APA	2016-04-23	529
26	Bryan Alm	UPA	2016-11-12	529
29	Nicholas Acree	365 Strong	2016-07-10	525
30	Jeff Barnes	RUPC	2016-01-29	523
31	Casey Sumner	USPA	2016-02-20	518
31	Aaron Morman	RAW	2016-06-26	518
31	Mark Danyluk	USPA	2016-09-27	518
31	Armando Parra	USPA	2016-08-13	518
31	Chris Hughes	IPL	2016-11-13	518
36	Tyler Obringer	RPS	2016-09-17	515
37	Michael Carter	USPA	2016-02-20	512
37	Trevor Morris	USPA	2016-06-04	512
37	Beau Moore	USAPL	2016-09-11	512
37	Dan Bell	UPA	2016-07-16	512
41	Brandon Lilly	WRPF	2016-08-20	507
41	Andre Dunn	USPA	2016-08-13	507
41	Jamey Grotjahn	USAPL	2016-10-13	507
41	Andy Askow	USAPL	2016-01-16	507
45	Ian Mckay	IPA	2016-03-05	505
46	Tom Haviland	MSA	2016-04-30	501
46	Wallace Mateen	USPA	2016-01-19	501
46	Adam Ward	UPA	2015-12-05	501
46	Jim Ray	USAPL	2016-04-17	501
46	Craig Hoffer	APF	2016-05-06	501

Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Dominic Mantrana	USPA	2016-01-19	848
2	Ray Williams	USAPL	2016-10-13	844
3	Jeff Barnes	RUPC	2016-01-29	826
3	Jake Johns	USPA	2016-07-09	826
3	Josh Morris	RPS	2016-07-16	826
6	Nicholas Acree	365 Strong	2016-07-10	825
7	Daniel Bell	RPS	2016-04-23	821
8	Mike Otero	USPA	2016-04-23	815
9	Corey Britton	IPA	2016-07-23	805
10	Dustin Slepicka	APF	2016-02-06	804
11	Domenick Minnici	RPS	2016-09-17	800
11	James Searcy	SPF	2016-03-12	800
13	Brandon Allen	USPA	2016-01-23	793
14	Dan Kovacs	IPA	2016-03-05	790
15	James Heely	IPF	2016-06-25	782
16	Chris Hughes	IPL	2016-11-13	777
16	Justin Long	USPA	2016-09-10	777
18	Andy Roof	USPA	2016-06-25	771
19	JP Price	SPF	2016-11-05	761
20	David Douglas	USPA	2016-07-09	760
20	Tyler Obringer	RPS	2016-09-17	760
22	Robert Mayzer	RPS	2016-04-30	755
22	Joey Hernandez	USPA	2016-10-08	755
22	J.P. Price	USPA	2016-10-16	755
22	JP Carroll	SPF	2016-01-16	755
22	John Haughney	USAPL	2016-10-13	755
27	Bill Lee	APF	2016-05-08	749
27	Bryan Alm	UPA	2016-11-12	749
27	Bob Dicochea	RPS	2016-04-23	749
27	Dan Bell	UPA	2016-07-16	749
27	Shelby Nero	USPA	2016-10-15	749
32	Dennis Cornelius	USAPL	2016-10-13	744
32	Brandon Lilly	WRPF	2016-08-20	744
34	Justin Davis	USAPL	2016-10-13	733
34	Dan Neundorf	RPS	2016-05-14	733
34	Kevin McHugh	WRPF	2016-08-19	733
37	Chris Crisman	RPS	2016-06-12	730
37	Eric Pace	RPS	2016-04-30	730
39	Jaisyn Mike	USAPL	2016-10-13	727
39	Cameron Gillespie	RAW	2016-06-05	727
39	Lakeem Bradberry	USAPL	2016-10-13	727
39	Ernie Lilliebridge	RPS	2015-12-12	727
43	Tyree Dunn	USAPL	2016-03-06	722
43	William Burrell	USAPL	2016-10-13	722
45	Grant Higa	USAPL	2016-10-13	716
46	Markcus Millner	RPS	2016-08-27	715
47	Doug Peters	USAPL	2016-10-13	710
47	Lucas Bonefield	APF	2016-09-16	710
49	Casey Sumner	USPA	2016-02-20	705
49	Tom Haviland	MSA	2016-04-30	705
49	Wallace Mateen	USPA	2016-01-19	705

TOTAL

Rank	Name	Federation	Date	Total
1	JP Price	RPS	2016-04-23	2364
2	Daniel Bell	UPA	2016-01-23	2303
2	Brandon Allen	USPA	2016-01-23	2303
2	Josh Morris	RPS	2016-07-16	2303
5	JP Carroll	SPF	2016-01-16	2200
6	Dan Kovacs	IPA	2016-03-05	2185
7	David Douglas	USPA	2016-01-23	2182
8	Tyler Obringer	RPS	2016-09-17	2125
9	Dan Bell	UPA	2016-07-16	2116
10	Nicholas Acree	365 Strong	2016-07-10	2100
11	Corey Britton	IPA	2016-07-23	2090
12	Bryan Alm	UPA	2016-11-12	2083
13	Chris Crisman	RPS	2016-06-12	2060
14	Bob Dicochea	RPS	2016-04-23	2055
14	Dustin Slepicka	APF	2016-02-06	2055
16	Casey Sumner	USPA	2016-02-20	2028
17	Adam Ward	UPA	2015-12-05	2006
18	Kevin McHugh	WRPF	2016-08-19	1989
19	Dan Neundorf	RPS	2016-05-14	1945
20	Ruby Harbin	RPS	2015-12-06	1940
21	Jason Supko	RPS	2015-12-05	1935
22	Ian McKay	IPA	2016-03-05	1905
23	Joey Hernandez	USPA	2016-10-08	1901
24	Raige Hollis	RPS	2016-04-23	1900
25	Wallace Mateen	USPA	2016-01-19	1895
26	Ernie Lilliebridge	RPS	2015-12-12	1884
27	Alberto Toriz	USPA	2016-10-01	1879
28	Daniel Stornaiuolo	SPF	2016-03-20	1846
29	Joe Mass	USPA	2016-06-18	1835
30	Lucas Bonefield	APF	2016-09-16	1824
31	Trevor Vassor	USPA	2016-03-19	1813
32	Justin Garrett	RPS	2016-06-11	1807
33	Eric Pace	RPS	2016-04-30	1805
34	Joshua Payton-Dennis	RPS	2016-08-27	1800
34	Thomas Armstrong	RPS	2016-08-27	1800
34	Patrick Hall	RPS	2016-07-30	1800
37	Doug Staley	UPA	2016-07-08	1780
38	Jake McAlpine	RPS	2016-08-13	1770
39	Elias Abner	IPL	2016-11-12	1769
39	Trev Mahoney	USPA	2016-02-20	1769
39	Ben Weldon	USPA	2016-08-06	1769
42	Dan Holmes	USPA	2016-04-02	1736
43	Ethan Gonzalez	USPA	2016-07-09	1730
43	Josh Boettcher	UPA	2016-07-16	1730
45	Joshua Beckett-Flores	RPS	2016-06-25	1720
45	Trevor Vasser	RPS	2015-12-12	1720
47	Kyle Woods	RPS	2015-12-12	1715
48	Harold Collins	365 Strong	2016-07-10	1710
49	Marc Villere	USPA	2016-08-06	1708
50	Ben Dewig	RPS	2016-06-12	1705
50	Benjamin Dewig	RPS	2016-01-16	1705

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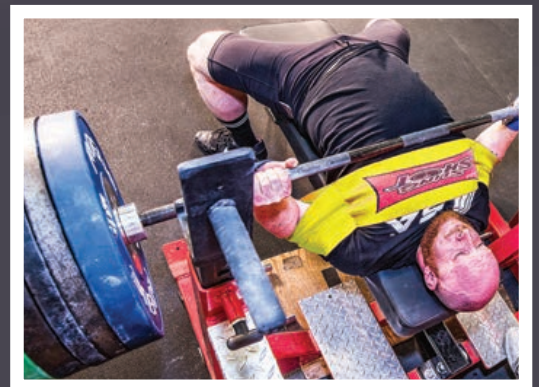
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Current Top 30 Rankings: Women....

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	Squat
1	Samantha Coleman	UPA	2016-07-08	661
2	Nicole Ordway	UPA	2016-04-17	567
3	Katelyn Odonnell	XPC	2016-09-17	515
4	Thalia Soto	IPL	2016-11-12	512
5	Sara Berlin	RPS	2016-05-28	501
6	Alaina Hernandez	RPS	2016-08-27	475
6	Kristin Wykoff	IPA	2016-07-16	475
8	Abigail Wade	USPA	2016-04-29	474
9	Caitlin Ciaccio	USPA	2016-08-06	468
10	Jessica Chicke	UPA	2016-11-13	451
11	Mindy Underwood	XPC	2016-03-05	450
11	Miranda Chisom	SPF	2016-03-26	450
13	Kara Savernick	IPA	2016-08-20	425
13	Jessica Bowersock	RPS	2016-06-12	425
13	Renee-Rose Garcia	RPS	2015-11-22	425
16	Amenah Razeghi	USPA	2016-01-23	424
16	Leah Davis	RPS	2016-05-28	424
16	Selena Edmondson	SPF	2016-06-18	424
19	Kaitlyn Harlan	XPC	2016-03-04	420
20	Alison Vanelli	RPS	2016-04-30	410
21	Makala Davis	IPL	2016-11-10	402
21	Azar Khoshkbarie	USPA	2016-08-06	402
23	Tera Kinnane	RPS	2016-06-11	385
24	Taylor Ray	USPA	2016-08-27	380
25	Miranda Austin	RPS	2016-07-16	374
26	Brandi Sneed	USPA	2016-08-13	369
26	Vanessa Hearn	UPA	2016-04-17	369
26	Amy Thomas	RPS	2016-05-14	369
26	Ashley Neal	USPA	2016-10-15	369
30	Arleasia Mcgee	RPS	2016-08-06	365

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	April Mathis	RPS	2016-05-28	451
2	Samantha Coleman	UPA	2016-07-08	391
3	Bonica Lough	IPF	2016-06-25	332
4	Katelyn Odonnell	XPC	2016-09-17	320
5	Lisa Quevedo	USPA	2016-10-01	308
6	Bradina Anae	IPL	2016-11-12	303
7	Sara Berlin	RPS	2016-05-28	292
7	Colleen Fitzpatrick	UPA	2016-07-08	292
9	Cindy Gonzalez	USPA	2016-04-02	281
10	Angela Rayburn	USPA	2016-01-19	275
11	Kaitlyn Harlan	XPC	2016-03-04	270
12	Mindy Underwood	XPC	2016-03-05	265
13	Nicole Ordway	UPA	2016-01-23	264
13	Leeann Hewitt	USAPL	2016-10-13	264
15	Jade Dickens	USAPL	2016-03-06	253
16	Tabitha Miller	USAPL	2016-10-13	242
16	Azar Khoshkbarie	USPA	2016-11-10	242
16	Aissa Galang	APF	2016-05-06	242
16	Michelle Fayant	USAPL	2016-10-13	242
20	Alaina Hernandez	RPS	2016-08-27	240
21	Amanda Pospisil	USAPL	2016-01-23	237
22	Gwendolyn Brandon	USAPL	2016-10-13	236
22	Melissa Copeland	USAPL	2016-10-13	236
22	Tracy Goodwin	USPA	2016-10-28	236
25	Cindy Sermeno	MSA	2016-04-30	231
25	Janelle Hartwig	USPA	2016-10-22	231
25	Becci Holcomb	USAPL	2016-10-13	231
28	Kara Savernick	IPA	2016-08-20	230
29	Abigail Wade	USPA	2016-04-29	226
30	Tiffany Togsala	USPA	2016-07-16	225
30	Jerriann Doll	USAPL	2016-03-06	225

SHW division - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Brittany Pryor	USPA	2016-04-09	562
2	LeeAnn Hewitt	IPF	2016-06-25	524
3	Sara Berlin	RPS	2016-05-28	512
3	Bonica Lough	IPF	2016-06-25	512
5	Samantha Coleman	UPA	2016-07-08	507
5	Bradina Anae	IPL	2016-11-12	507
7	Ashley Prichard	USPA	2016-08-13	501
8	Katelyn ODonnell	XPC	2016-03-05	500
9	Vanessa Hearn	UPA	2016-04-17	485
9	Makala Davis	IPL	2016-11-12	485
9	Sarah Brenner	USAPL	2016-10-13	485
9	Lisa Quevedo	USPA	2015-12-05	485
13	Kristin Wykoff	IPA	2016-07-16	480
14	Becci Holcomb	USAPL	2016-10-13	479
15	Amenah Razeghi	USPA	2016-11-10	473
15	Tabitha Miller	USAPL	2016-10-13	473
15	Caitlin Ciaccio	USPA	2016-08-06	473
18	Janelle Hartwig	IPL	2016-11-12	468
19	Kaitlyn Harlan	XPC	2016-03-04	465
20	Melissa Copeland	USAPL	2016-10-13	462
21	Lakshmi Meadows	USAPL	2015-12-05	457
22	Abigail Wade	USPA	2016-04-29	452
23	Cassie Williams	USAPL	2016-10-13	451
24	Mindy Underwood	XPC	2016-03-05	450
25	Kristen Harold	USAPL	2016-10-13	446
25	Randi Lee	USAPL	2016-10-13	446
27	Meg Ayers	USPA	2016-06-25	440
28	Aneesa Said	USAPL	2016-10-13	435
28	Amy Thomas	RPS	2016-05-14	435
28	Rebecca Foster	IPL	2016-09-24	435
28	Thalia Soto	USPA	2016-07-09	435

TOTAL

Rank	Name	Federation	Date	Total
1	Samantha Coleman	UPA	2016-07-08	1559
2	Katelyn Odonnell	XPC	2016-09-17	1330
3	Sara Berlin	RPS	2016-05-28	1306
4	Nicole Ordway	UPA	2016-04-17	1262
5	Kristin Wykoff	IPA	2016-07-16	1175
6	Mindy Underwood	XPC	2016-03-05	1165
7	Kaitlyn Harlan	XPC	2016-03-04	1155
8	Abigail Wade	USPA	2016-04-29	1152
9	Thalia Soto	IPL	2016-11-12	1135
10	Caitlin Ciaccio	USPA	2016-08-06	1124
11	Alaina Hernandez	RPS	2016-04-30	1115
12	Amenah Razeghi	USPA	2016-11-10	1107
13	Makala Davis	IPL	2016-11-10	1091
14	Jessica Chicke	UPA	2016-11-13	1080
15	Kara Savernick	IPA	2016-08-20	1065
16	Vanessa Hearn	UPA	2016-04-17	1058
17	Leah Davis	RPS	2016-05-28	1047
18	Renee-Rose Garcia	RPS	2015-11-22	1040
18	Miranda Chisom	SPF	2016-03-26	1040
20	Jessica Bowersock	RPS	2016-06-12	1030
21	Selena Edmondson	SPF	2016-06-18	1003
22	Azar Khoshkbarie	USPA	2016-08-06	997
23	Michelle Bentley	RPS	2016-09-03	975
23	Taylor Ray	USPA	2016-08-27	975
25	Tera Kinnane	APF	2016-03-12	964
26	Brandi Sneed	USPA	2016-08-13	953
26	Amy Thomas	RPS	2016-05-14	953
28	Miranda Austin	RPS	2016-07-16	947
29	Nicole Fox	SPF	2016-04-16	945
30	Angie Becker	RPS	2016-09-03	932

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We will now call this the HVIII Proprietary Gas Blend. We may consider selling it as a standalone item, so stay tuned.





Josh Hancott

www.youtube.com/bigboomhancott



Age: 23
Height: 5'9
Weight: 170 lbs.
Hometown: St. John's, Newfoundland, CAN
Gym: Reps Fitness
Squat: 260kg/573 lbs.
Bench: 180kg/396 lbs.
Deadlift: 272.5kg/600 lbs.
Athletic Background: 10 years of hockey; soccer

What kind of athletic background do you have to become a powerlifting IPF Jr. World Record Champion?

I transitioned from a background in ice hockey to powerlifting at the end of high school. I found myself enjoying training in the gym much more than attending hockey practice. I started lifting weights in 2009, started competing in 2011, and won a Jr. world title in 2014.

You suffered a serious back injury this year. What exactly happened and how has it changed your training?

My back injury became extremely noticeable to me in early 2015. I can't pin point one single event, but I do remember waking up and barely being able to get out of bed one morning. I had horrific sciatic nerve pain and struggled to do simple tasks; sitting or standing, I couldn't escape the pain. I went from squatting 500x8 in training, to barely being able to squat 315x5. So this was a massive hit to my confidence level. I really have not been the same athlete since.

What are your future plans in the strength industry?

My plan is to help out as many people as I can work towards their strength goals. In 2011 when I started gaining some large interest in the sport, I would watch Mark Bell on a consistent basis. My favourite videos were him training with The Rhino. I draw a lot of inspiration from Mark because he has leveraged a business in the strength industry by helping others. Mixing passion with business seems like a genius idea, if you ask me.

You co-founded Gold Signature Coaching. What are some of the differences between your methods and other online training protocols?

The fitness industry has a lot of 1-man-army online

coaches, who are independent and work on their own. I actually started that way myself, so I totally respect that. With Gold Signature Coaching, the goal is to build a team of coaches from different areas around the world, both male & female, who have similar beliefs towards training. Right now we are a small team with 3 coaches in the company. The commonality that us coaches have is that we compete at a high level in the IPF, giving us world class experience. On top of that, we want to see other people succeed and guide them get there in any way possible. There's no better feeling than to get that "thank you" email from an athlete saying you've made a huge impact on, not only their lifting ability, but on their outlook of life. That's what we strive for at Gold Signature.

How long have you had a YouTube channel? What is your favorite and least favorite part about maintaining your channel?

I've had a YouTube channel since 2014, but didn't start frequently uploading until 2015. My favorite aspect of having a YouTube channel is when I get to meet subscribers who enjoy and really appreciate my content. Usually this is at a fitness expo; powerlifting meet; or a seminar. That really gives me some additional motivation.

My least favorite part of having a YouTube channel is the self-inflicted feeling of having "no privacy." But at the end of the day, I wouldn't change anything.

YouTube Channel: Josh Hancott

Instagram: @joshhancott

Snapchat: joshhansquat

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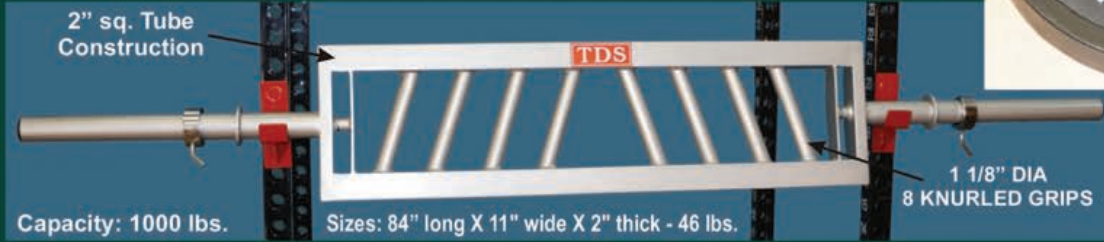
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