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POWER

MARCH/APRIL 2017

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BY ED COAN



THE MOUNTAIN

Hafþór Júlíus Björnsson

MARCH/APRIL 2017 • VOL 8, NO 2

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A large, stylized promotional graphic for POWER Magazine. The background is a dark red with a repeating pattern of the word 'POWER' in a lighter red, slightly offset. Overlaid on this are several magazine covers from different issues. The central text reads 'WANT MORE POWER MAGAZINE' in large, white, bold letters. Below this, in a similar font, is 'GO TO WWW.THEPOWERMAGAZINE.COM'. The covers shown include: 'Laura Phelps', 'Chuck Vogel', 'Konstantin', 'Bobby Lashley', 'Travis Ortmayer', 'AJ Roberts', and 'Brian Carroll'. The overall design is dynamic and emphasizes the magazine's focus on bodybuilding and fitness.



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BY MARIEL TAGG

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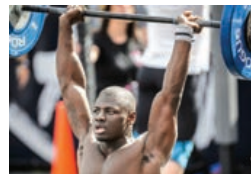
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"AT ONE TIME I STOOD ALONE..."

I was almost the only believer in weight training for athletes. Now there are thousands of coaches who are teaching weight training to their teams, and hundreds of thousands of athletes, improving their athletic ability through weight training" – Bob Hoffman

**...Still standing
ALONE**



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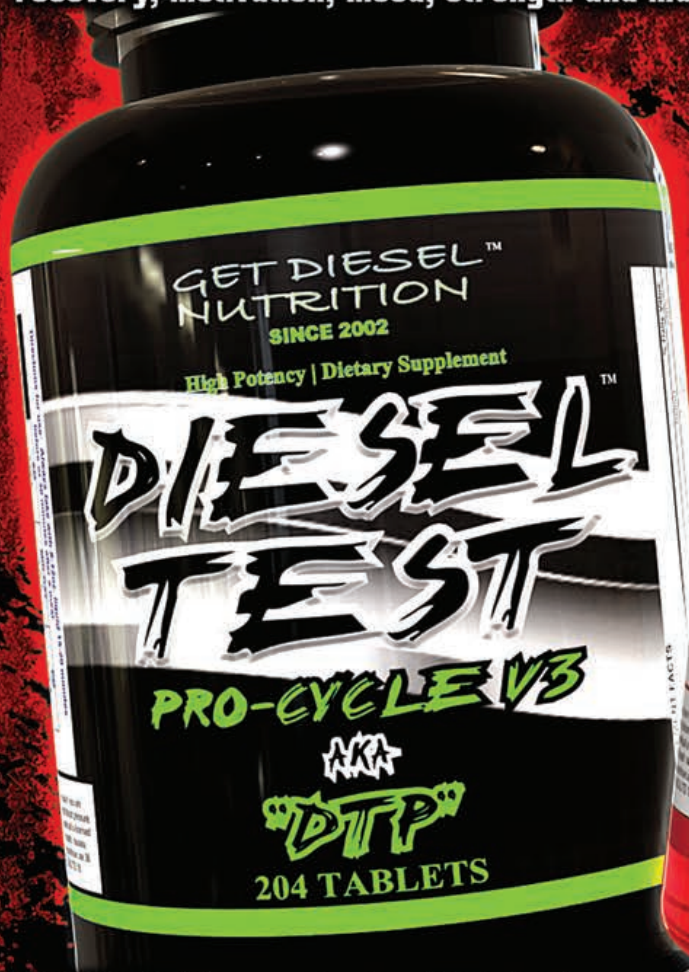
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STEVE GENTILI



Age: 31
Height: 6'3
Weight: 290 lbs.
Hometown: Chicago IL
Gym: Hybrid Fitness
Max Squat: 733 lbs.
Max Bench: 567 lbs.
Max Deadlift: 826 lbs.
Athletic Background: Football/Track
Instagram: @Ptfitness500

You just competed at the LA Fit Expo American Cup. How did you do?

Overall, I did ok. I managed to set PR's [Personal Records] on all of my lifts, but it definitely wasn't the meet I was hoping for. Ended the day with a 2126 lbs. total.

What are your biggest powerlifting accomplishments?

I think my biggest accomplishment would be my ability to keep getting better each meet. [This accomplishment is] credited to [having the opportunity] to be around great coaches and athletes, as well as training in a great environment.

You are an all-around great PL [powerlifter]. How are you able to keep all of your big three lifts so competitive at 275 lbs.?

Well, that wasn't always the case, and it was a big learning curve for me. Being able to take criticism and apply different techniques to my training has helped, but ultimately, it was just a lot of hard work. [It involved] trying things

out, seeing what worked, and working my butt off.

What does your training split look like? Has it changed over the years?

Most recently it has been two days of squatting, two days of benching, and one day of deadlifting. It has changed in a lot of different ways, and it continues to evolve. I've done everything from bodybuilding splits to whole body workouts at various points in my life. I think the biggest adaptation I've made is learning how to properly rest. Not only resting between sets but everything from when and how to deload to the amount of sleep I need to get.

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

I'm pretty self-motivated. I don't need a lot of external stimulus, so I focus on achieving my lift, and that's really it. I get a lot of feedback that I look pissed off while lifting, but I'm actually calm—just very focused.

Who are your biggest fans?

[My biggest fans are] my friends, the people I train with, and my girlfriend. They deal with me daily and continue to support me even when I'm tired and beat up. My family is proud of me, and they respect the work I put in, but I feel that they wish I participated in a lower risk sport.

We have seen you training at a few gyms in the LA area. Do you like to hop around?

Yeah, I like different gyms for different reasons. It allows me to keep things exciting, so it doesn't get monotonous. Barbell Brigade will always be my home though, and I love the people there.

What is your favorite PL movement?

It's hard to say because I enjoy all of the big three, but squatting has been such a challenge for me that I believe I've learned to love it the most. The challenge it presents me with forces me to keep actively seeking new routes of progres-

sions, and every pound I put on a PR is that much more satisfying.

You are extremely Jacked and Pale for the 275 lbs. class. How are you able to maintain your strength and stay lean?

Well, I think you misspelled tan, but just like the pigment of my skin, I owe my leanness to genetics. I have always been a hard gainer—I would eat and eat to the point of making myself sick, and I would never gain weight, so staying lean is now a product of that. Also, my tiny calves, but I'm not sensitive about it or anything. Just saying the shin savers were overdue in my opinion.

What are your 2017-2018 lifting goals?

Doing a high 700+ squat, benching 600 lbs., and breaking 2200 total.

What are your long-term goals in life?

I love the sport of powerlifting, but that's only one aspect of my passion—fitness. I'd love to branch out and do more in the field. Ultimately, [I would like to] be in a place to reach a lot of people and not have to nickel and dime them to do it.

Is there anything you would like to add?

I just opened my own studio in Pasadena, California—come check me out at

Hybrid Fitness.

Shout out to your sponsors and supporters.

I just re-signed with Beast Sports Nutrition, and they are giving me an opportunity this year to introduce powerlifting to a larger audience, so I thank them for that, as well as the supplements they provide. Obviously, [I would like to give a shout out to] Mark and the rest of the Slingshot crew for your continued support and influence. I started working with Matt Vincent and HVIII Brand Goods, so I'm thankful for the opportunity to be a part of such a cool brand (I'm not that cool). **PM**



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MINNA PAJULAHTI

BY SAKARI SELKAINAHO

Can someone be smoking hot and super strong at same time? Oh yes—just look at the pictures. What is even more unique is the way that Minna transfers individual sports to teamwork in her two teams of fitness sports. Today, she is also great promotion for powerlifting, doing world-class meets and breaking records.

Tell us little about yourself.

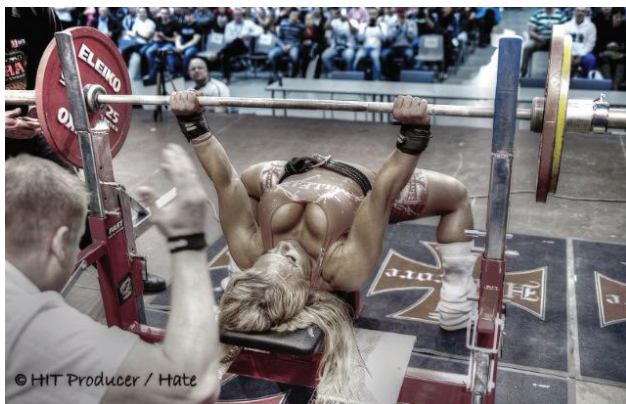
I'm Finnish, living in Nokia. I work as a flight attendant, and I coach two fitness teams: Pro Elite and Elite Academy. I'm an IFBB Women's Physique Pro, a professional powerlifter, [and I] train at Bullfarm.

How did you find fitness, and how did you start competing?

I started my competitive career in rhythmic gymnastic and cheerleading. After ten years of gymnastics, I wanted to try something else. [I wanted to try] something [that would

allow me to] compete as an individual. [At the time], my ideal woman figure was muscular, and I remember when I was little girl that my grandmother showed me her biceps and how powerful she was. I think that she was the first influencer in my future choices. Someone then asked me if I did bodybuilding and [that prompted me to] start looking for more information about that. Building muscle and doing





routines hooked me right away, and I started to compete in fitness when I was 19-years old.

What are your best accomplishments in fitness?

Multi Finnish Champion, Junior Fitness Worlds 2nd place, Arnold Classic USA 2nd place, and after turning IFBB Pro, I did Fibo Power 5th place and Toronto Pro 7th place. [I also achieved] WPD: Karina Nascimento Pro 6th place, Arnold Classic USA 11th place, Mozolani Pro 5th place, and Puerto Rico pro 9th place.

You also compete in powerlifting. How did you start that?

I started that when my Achilles tendon snapped. I had done bench and some squats for years while [I was] bodybuilding, and one day I thought, "I want to try my max", so that was my moment. I started training bench with my crutches next to the bench. It was important that I got a really good coach in powerlifting from the start, Jani Ihalainen, so I learned right away the [proper] and safe lifting techniques. He also plans my training programs, which have helped me to develop in this sport and now...well now, I'm so into benching, deadlifting, and squatting. The whole thing—I'm a powerlifter!

What are your best numbers?

Squat 185 kg / 407 lbs.
 Bench 123 kg / 271 lbs.
 Deadlift 205.5 kg / 453 lbs.
 Total 496 kg/ 1093 lbs. in the 75 kg / 165 lbs. category

How do you train the three lifts?

Twice a week, I train bench, I squat twice a week, and I deadlift once. There is max, speed, pyramids, timed-sets, boards, chains, Slingshot, etc. [My] program and training are really versatile. Jani Ihalainen is a master in that—he does all of the planning, and I just execute [it].

What does your diet consist of?

It is more "free" now that I'm not prepping for any shows, but I eat a lot of protein, eggs, meat, milk products, and good fats such as olive oil and nuts. Some days I eat only protein and fats—some days there are more carbs. When I'm on a diet, it's really strict. Then it's protein and good fats—that works for me.

Thank you, Minna, for taking time [away] from your busy schedule for this interview. Good luck with all of your future endeavors! PM

An Interview with The Mountain

Hafþór Júlíus Björnsson

BY MARIEL TAGG

Tell us a little bit about Game of Thrones - your role in it and how it came to be.

I was contacted by HBO – at first I thought it was a joke. They then asked me to come in for an audition where I was asked to deliver some lines from the script, do some fighting movements and then lift the casting director up over my head. I guess they liked it.

Do you have a traditional acting background? Has being an actor been a dream of yours at any point, or is it something that kind of just happened because you're so enormous?

No I don't have any acting background. Being a strongman has some similarities with being an actor. The first man to win World's Strongest Man four times, Jón Páll Sigmarsson, was one of the first to prove that. He was very popular but not all strongman competitors are popular. I love interacting with people both in competitions as well as on the screen.



Age: 28
Height: 6'9"
Weight: 416 lbs.

BEST LIFTS:

Squat - 405 kg/ 891 lbs.
Bench press - 250 kg/ 550 lbs.
Deadlift - 450 kg/ 990 lbs.



What's your athletic background or background with any other sports? Have you ever gotten into basketball or football?

I started going to basketball training with my friend, who is now deceased. He stopped training after a month but I kept on going. At one point I was training with the Jr. National Team (twice

becoming Nordic Champions and once European Champions) until an ankle injury stopped my career. I actually broke my ankle and went had surgery – started training after rehab and then broke it again. Then I decided to take a break from basketball and started lifting weights – in the beginning, to prepare for playing more basketball, but then my

body responded phenomenally well to lifting weights and I got very strong and muscular super fast from having been built more like a basketball player.

Do you think you could ever play American football since you're so fast and athletic?

I was actually asked to do that but I chose not to. I probably could have





made a good football athlete. Who knows and who cares. I am very dedicated to the things that I choose to do – you can try to imagine everything I have to do to maintain my body, my physical abilities, training for acting and participate in all the projects I do.

If I were to mention the following

names, what do you think of? Eddie Hall, Brian Shaw, Bill Kazmaier, Magnus Ver Magnusson.

Strongest deadlifter. 2nd place 2017. Legend. Viking.

Iceland's population is about 330,000 people, which isn't very big. Yet it produces some of the world's

most elite Strongman competitors: Jon Pall Sigmarsson, Magnus Ver Magnusson, you... to name a few. Why do you think that is?

It is definitely genetic. Have you seen how beautiful the Icelandic women are? Now we also have some of the toughest female competitors, two world champi-



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“Food, timing, hydration and taking care of my body for optimum performance. Really no secrets there, just time and hard work”

How big were you when you were like 10 years old? Were you always a huge kid?

I was always tall and strong compared to my school mates, but both my father and my grandfathers are very strong.

When did you know you were going to be good at Strongman? Or when did you realize you were going to be a good fit for the sport you're in now?

When I competed in my first show, The Westford Viking in 2009 and set a world record that still stands – carrying a close to 500 lb. stone for distance, in my first competition.

You're working with our friend Stan Efferding! Let's talk a little bit about that. What does that look like,

ons in Crossfit,

Yeah, same goes for women in Crossfit. Annie Mist Þórisdóttir and Katrín Tanja Davíðsdóttir,.... Do you have a theory as to why this is, with such a small population, the population that you have is so strong? Why

are these Icelandic men and women dominating some of these sports when Iceland doesn't have such a huge population to choose from?

I think it's the same with Annie Mist Þórisdóttir and Katrín Tanja Davíðsdóttir, Icelandic genetics and work ethic.

and what are you guys working on?

It's just about staying with the basics. Food, timing, hydration and taking care of my body for optimum performance. Really no secrets there, just time and hard work. Stan is highly motivating and knows how to take care of business. I can't recommend him enough.

Tell us a title bit about yourself outside of your career. Most people know you as The Mountain on Game of Thrones and as one of the World's Strongest Men, but I'm sure there's more than that. What do you do for fun or in your free time? What is something that people would be surprised to know about you?

I love spending time with my family, my daughter, my girlfriend and of course my dog Ástrikur. I am also very close to my parents and my siblings. I also like playing frisbee golf and am a gamer but very seldom get a chance for that.

On behalf of everyone at Super Training and POWER Magazine, thank you so much for your time. PM



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COACHED UP BY ED COAN

I went to Mark and Silent Mike's seminar and I didn't know what to expect. But I was really impressed at how Mark gets his message across to the people about how much he loves it.

He's fortunate with the success he's had so far being a wrestler, meathead, powerlifting-loving guy, and he's doing it to give back because he can. And when he's doing it with passion in his voice, when you hear someone's passion in their voice, because I've been doing a lot of seminars, people just get up there and they recite "This is how I train. This is why. This is what you should do for your diet." And they recite. And everyone is sleeping. You never learn anything. But if you can trigger someone's brain to where they can share your passion - because the reason they're there is because they want to get better.

They love it, probably just like you do. But a lot of people don't know it yet - they haven't been doing it long enough to know what it really means and what it can mean if you really do it. I was just going to [the seminar] to hang out and listen. I didn't know he was going to involve me. But one of the things he said was that if you truly love to do this, you want to find the best way to do it so that you can do it for the rest of your life. Instead of shooting for records. Instead of shooting for glory, or whatever. Internet sensation. Just try to get better. I tried to get better every single time I did a training cycle - just a little bit better - and that's what I did.

If you do four training cycles a year and get a little bit better each time, and you're not putting yourself out there so much that you're not risking anything, you'll be way better after a year.

You're just putting in the work time and time again. But what happens after 5 years. 10 years. You're way better than where you started. And that actually holds true in every single sport that you could try.

See, I do all this martial arts stuff now, but look what happens to some of the guys who are the best in the whole world - like Cody Garbrandt - where was he five years ago? Was he the best in the world yet? No. But what did he do? He trained every day just to try to get better, just a little bit. But a little bit every day over five years adds up to something huge and fantastic. You're not an overnight success - you put in work since you were a kid try to get to that spot. But if you do it right, that's what happens.





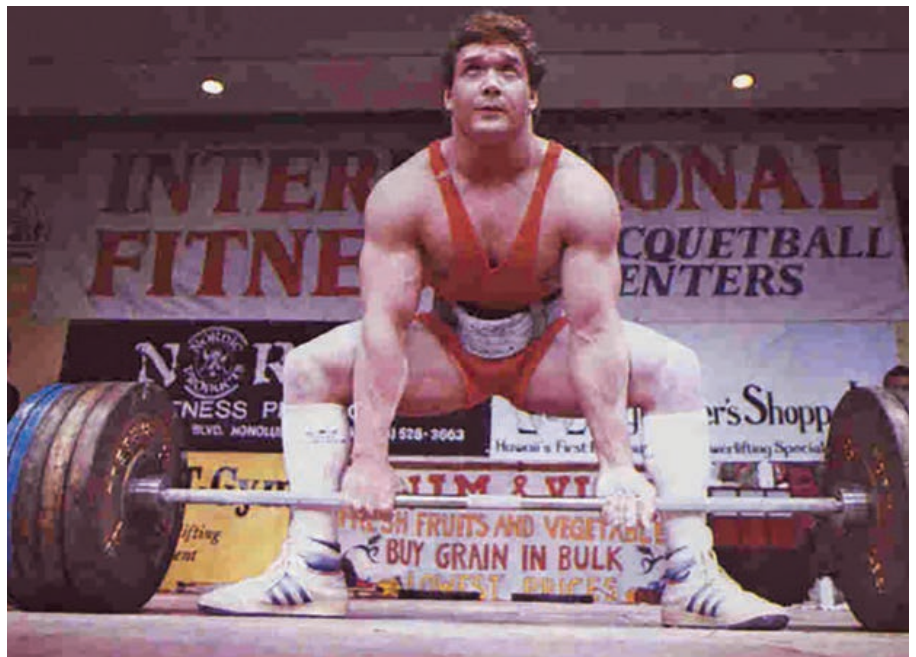
Everyone isn't gifted enough to be a world champion, but everyone is gifted enough to be better than they were. And that's exactly what Mark said – I've been saying it for a long time. But to hear him say it the way he said it was pretty cool.

It's only about getting better. That's the motivational part. If you want bigger arms or bigger this or that, you have to train and put in the work, but have a plan and stick to it. Because you're not going to be Phil Heath overnight.

As far as having a plan, I would keep it basic bodybuilding stuff and try to go a little bit heavy at first. Because sometimes it takes at least two years or more to build a proper base so that you can build upon that base.

You can't just all of a sudden squat, bench and deadlift three times a week and expect that to last forever. Because there are a lot of guys who do that now, with a lot of high volume, and there are definitely a few successes. Like that guy Bryce Lewis, he's a really smart, great, very athletic kid – I saw him doing running backflips. And that high volume works for him. So a lot of routines can work. But it's about how you pick your numbers – and staying true to yourself.

I didn't do as high of volume as far as frequency – I did something old school before anyone knew about that. So mine was more of a powerlifting/body-



building mix, but I cycled all of those exercises. I cycled my close grips and my inclines and my bent rows and my shoulder presses and my stiff legs and all the other big heavy exercises just like I would a squat bench and deadlift. To get stronger – so that way I didn't have weaknesses in those areas, and I got bigger and looked cool, too. But I never thought of it that way. I just loved getting stronger. And then I figured, "You know what, I really like this strong part." And I tried bodybuilding one time and

I just didn't really get as much satisfaction out of it until I started doing heavy lifting. And that's when I watched Bill Kazmaier and Larry Pacifico on TV, on ABC's Wild World of Sports on Sundays, and I was like wait a second. You can be that big, plus be that strong, and not have to diet and pose? That's what I want to do! I didn't have to be Arnold or Franco Colomбу anymore – I could be them. So that's what I set out to do.

And I was lucky that when I was a kid, I had no hand-eye coordination. I



had to go to IIT Institute of Technology at night with my horse blinders on and glasses to even learn how to bounce a ball on a line and all this stuff. So I think that helped me not have an ego and keep me real. I never tried to be the man or be this or be that. I just tried to be me and get stronger because I loved it.

In that respect, I was pretty lucky. I had some really good people help me a little bit at the beginning but not that much. I just sucked up all the information I could. But now there's just too much information out there, not all of it good. And see, if it takes that long to lay down a good base, as soon as something doesn't work, people change the program.

Usually with the limited amount of programs that are out there – I mean, there are so many, but there are a limited amount that are really good – you've got to try to find the one that works for you. And if it doesn't work, go back, write everything down again, be honest with yourself – which is freakin' hard, if all guys were honest with themselves they'd probably end up in the fetal position on the floor for 20 minutes everyday – and stick to it. Because sooner or later, it's going to click or you'll click with it. But it comes to a point where, as long as you're picking your numbers right, it's going to happen. But usually it's your

“I WAS LUCKY THAT WHEN
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INSTITUTE OF
TECHNOLOGY AT NIGHT
WITH MY HORSE BLINDERS
ON AND GLASSES TO EVEN
LEARN HOW TO BOUNCE
A BALL ON A LINE AND
ALL THIS STUFF”

own fault why a program that's pretty sound isn't working. And it's usually because you picked all your numbers wrong.

Here's what I do:

I'll sit down and write down a program – not type on a computer or anything like that – I will write down a program in pencil, because I know I'm going to need an eraser, and I'm going to go through X amount of weeks of my training cycle, including assistance work. I'm going to fill in Week 1 to Week 10 or 12, or whatever week it is, with every set, every rep, every weight, for every single exercise I'm doing. I don't care what exercise it is – it gets written

down. So then I have a starting point and a finishing point and now I just start filling everything in.

So after I'm done with it, I look and make sure my starting point was okay, make sure my jumps from week to week to week were okay, and make sure the last part of it, where you're peaking, is okay. Now, if I look at that – and that's every set, every rep, every weight because if you mess up a set with your assistance work, that can affect your main exercises – so as long as those are okay, now you've got a good program. And if you don't, then you take that pencil and that eraser and you erase it and write it down again.

If it takes you five times to do and then you've got the perfect training cycle, and you make it through that whole cycle and you make strength and muscular gains, look at what happens to your brain, your positivity, your motivation, your confidence that comes with that. That's huge.

Now you've got a template that you can use for a very very long time, as long as the next time you do that training cycle, you don't try to just go crazy and up all those weights. You up those weights a little bit. And if you've made everything a little bit stronger through each training cycle, your whole body is going to be way stronger. **PM**

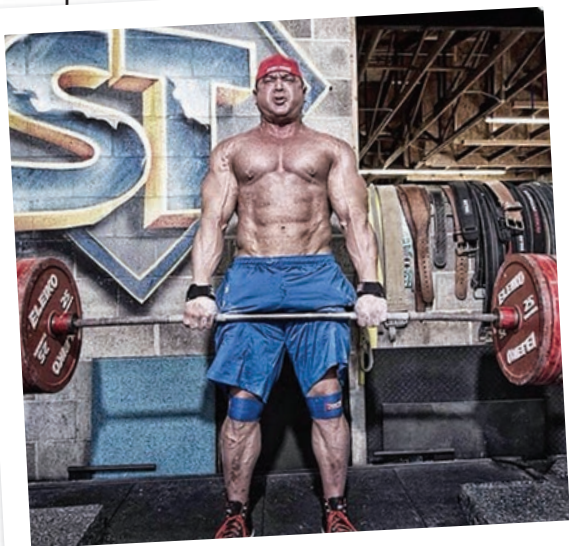
WAR ON CARBS

WHY AND HOW I'M USING KETOSIS TO LOSE FAT

BY MARK BELL

This is Mark Bell, and we're talking about ketosis. Many of you have been trying to follow along the "Road to 600"—the 600 lbs. bench. On my path to the 600 lbs. bench, I started to actually weigh 600 lbs. I was trying to get as big as I could handle in order to make sure that I was able to hit a big ol' bench press of 600 lbs. Things we're going well—training was going well, lifting was going well—I did 505 lbs. for four reps, and on the last rep, I blew out something in my pec. Since that time, I've been riddled with injuries. It's now time for me to shift gears, so I'm shifting back towards the Jacked and Tan plan—shifting back towards the War on Carbs, getting into ketosis, and dropping a bunch of weight! A lot of people ask me why I choose this style of diet. It's something that I've done on and off since I was a teenager, and it's something that has always worked well for me. It sounds really extreme, but once you get some momentum [going], it's not that bad. Here are some of the nuts and bolts of the diet: One of the huge advantages of this diet is that it pulls weight off of you pretty quickly. Two disadvantages are: 1) You don't get to eat any carbs, so discipline-wise, it can be difficult. 2) As a lifter and as someone that takes pride in lifting

heavy weights, another somewhat disadvantage of [this diet] is that it does rapidly pull weight off of you. Due to the fact that it's pulling weight off you quickly, you do lose strength. When people shift to a diet like this, some may notice that they don't feel great because their body is used to running on sugar. It takes time to get used to the diet sometimes. For myself, I've always thrived on ketogenic diets and have never noticed a loss in energy. On my Instagram, people ask me all of the time if I'm losing strength and/or energy because I'm on a ketogenic diet. That's not a factor. I'm not losing energy, and I'm not necessarily losing strength. I lose strength because I lose weight, and that's what happens on any diet. While losing weight, the only way that you can maintain your strength, or in some





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“ANYONE THAT LOSES A SIGNIFICANT AMOUNT OF WEIGHT WILL [ALSO] LOSE STRENGTH. ONCE YOU START TO TALK ABOUT LOSING MORE THAN 15-20 LBS.—IT KIND OF DEPENDS ON THE SIZE OF THE PERSON TO BEGIN WITH—YOU’RE GOING TO START TO NOTICE A SIGNIFICANT LOSS IN STRENGTH”

cases even increase your strength, is if you lose weight really super duper slowly. So, if you lost 10 lbs. in the course of 12 months, you may be able to have some increases in [your] strength. If you lose 10 lbs. in one month, then you are

more than likely going to see a loss in strength. On top of that, anyone that loses a significant amount of weight will [also] lose strength. Once you start to talk about losing more than 15-20 lbs.—it kind of depends on the size of the person

to begin with—you’re going to start to notice a significant loss in strength. So as a powerlifter, this can be a disadvantage to the diet, but again—I’m not lacking any energy, and it’s because of the way the diet works. It’s also because of what you’re supposed to do on the diet, which I will explain now. The ketogenic diet is a low-carb, high-fat diet that causes

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weight loss and provides numerous health benefits. The basis of a ketogenic diet is to get your body to utilize fat as energy. A ketone has been quoted as being the “fourth macro-nutrient”—so you have carbs, fat, protein—those are the three known macros. Well, there’s another source of fuel, and it’s called the ketone. A ketone is a fractionated fat that your body makes because you’re in a state of ketosis—your body has switched its fuel supply to run almost entirely on

fat, as opposed to glucose. Insulin levels become low, and fat burning increases dramatically. Ketosis is a survival mechanism of your body—it’s literally a starvation mode. The ketones can provide you with energy, and they can also help to preserve muscle mass. You can get into ketosis many different ways. Starvation is one of them, and dehydration can be another. Here’s another way of getting into ketosis: People talk about “body-hacking” and [other] things of that nature. This

might be something that you think falls into that category because it is different, but by eating no carbohydrates, moderate protein, and high amounts of fat, your body shifts gears into burning fat—this fat is being stored as body fat and burning the ketones in your body. So the way to get into ketosis is to not eat any carbohydrates, and to eat high amounts of fat, and moderate amounts of protein. But what is a moderate amount of protein? What is considered “low carbs”? What is considered “no carbs”? What does that mean?

CARBS

When it comes to carbs, you’re not deliberately eating any carbohydrates [on this diet]. However, there are carbs in just about everything you eat. Even a strip of bacon may have one gram of sugar in it. Literally, almost everything that you eat will have some carbs in it. Salad dressings, vegetables themselves, etc. But what we’re really more concerned with are the more impact and direct carbohydrates. Impact carbs would be something that is high in sugar, like a soda. Really, it is anything that has maybe over



10 g of carbs. You don't want to eat any deliberate carbohydrates—a [serving] of oatmeal, a [serving] of rice—things that you would normally equate to fuel and to being healthy are restricted on this diet. They're not utilized to get into ketosis. So, you're trying to keep your carbohydrates as close to zero as possible for the day. But again, throughout the day, you may still achieve 50 g of carbs and sometimes even slightly higher due to the fact that there are trace carbohydrates all around us. There are some carbohydrates that can be allowed, such as fibrous carbohydrates and sometimes [even] sugar alcohols that are in protein bars and things of that nature. Fibre, which is found a lot in green vegetables, is going to be good and healthy for us, and it is something that you want to try to eat while you're on a ketogenic diet since you're not eating any other forms of carbohydrates—some people will even suggest taking a fibre supplement.

PROTEIN

Protein intake would probably be 1 g per pound of body weight or less. So for myself, I weigh 280 lbs.—I would

“A KETONE IS A FRACTIONATED FAT THAT YOUR BODY MAKES BECAUSE YOU'RE IN A STATE OF KETOSIS—YOUR BODY HAS SWITCHED ITS FUEL SUPPLY TO RUN ALMOST ENTIRELY ON FAT, AS OPPOSED TO GLUCOSE”

probably have between 250 and 280 g of protein per day. I could probably even lower that more because you can [bring] the fat content up, and the fat content can help preserve muscle mass. There are different equations throughout the internet, too. If you're interested, you can check out different ratios that they give. For me, I try to go 1:1. That means, if I'm going to eat about 280 g of protein for the day, I'm also going to eat about

280 g of fat—give or take a few grams here and there. I don't count anything. These are estimates of the way that my meals break down. I usually have five or six meals a day. Another advantage of a keto diet is that you're not on the hook for eating six meals a day like you are with a

bodybuilding style diet. The reason you're required to stick to those six meals in a bodybuilding style diet is because you don't want to ever put yourself in a compromised position—you don't want to ever get hungry. By eating these amounts of fats, you can go much longer than the average person without having any cravings to go off of the diet. Food sources that you can eat for your protein might include any red meat, sausage, bacon, salami, pepperoni, cheese, etc. Any forms of meat, really. Even chicken. You want to [eat] more of a regular chicken, like a rotisserie chicken, or something with the skin on because that will add fat to it. We also have eggs, butter, and some different types of dressing such as ranch, blue cheese, and some of the oil-based dressings. A lot of them don't really have carbohydrates, so



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me lose weight. In a 20 day period, I’ve lost about 20 lbs., and I think I’ll lose another 20 lbs. in the next month. The hardest part is getting over the hump and kissing the carbohydrates goodbye, but you have to hang in there. It takes a good 12-14 days. So I know right now as you’re reading this, you’re thinking, “ What? I can’t eat pasta? I can’t eat bread?” No, you can’t eat it. You’re not allowed to eat it. You’re removing those things from your diet. You’re removing soda, ice cream, pizza—you’re removing all of these things from your diet. But remember, it’s getting you closer to your goals. Remember that once you make it past that 12-14 day period, you also end up going into what I refer to as the “ warp zone” when you don’t care too much about what

other people are doing because you’re taking pride in what you’re doing. It’s hard to explain, but anyone who has been driving down the street and are caught by the emotion of a song and are just having a really awesome day—that’s how it feels—like you’re hitting your stride. This happens on other diets too—it’s just about the momentum, feeling great, and getting those few compliments about how you look great. For each person, those weights are different, so if you don’t get a compliment right away, hang in there because it may take a while, especially if you’re really big. I lost 20 lbs. and nobody noticed right away, so it might take knocking off 20-30 lbs. before someone asks you what you’re doing differently. Those compliments can really help you, but hang in there, and you’ll be able to lose the weight that you want to lose. **PM**

those are okay. Condiments are okay for the most part. You may want to watch something like ketchup because it’s easy to overdo it a little bit.

FATS

Obviously, your fat sources will come through the foods you eat, and then you have different types of oils—coconut oil, olive oil, fish oil, etc. Coconut oil and

the MCT oils seem to convert to energy a little faster. MCTs convert to ketones even faster, so that will be beneficial on a ketogenic diet. Now, you can also buy ketones which you couldn’t do in the past. This will help you get into ketosis faster, and it might give you a good source of fuel. Now you have some of the basis of the diet. Again, this is a diet that I switched to in order to help

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DAILY UNDULATING PERIODIZATION AND VOLUME TRAINING

BY KATIE ANNE RUTHERFORD

"Train each body part once per week. Otherwise, you will be overtraining".

Is this something that you have ever heard in passing at the gym? And is it something that you believe or have believed in the past to be true? A common topic of conversation in any gym you step into is training frequency. Is a body part that is trained more than once per week indeed over-trained? During my early years spent in the gym, I believed this notion. In my short time of bodybuilding and powerlifting over the past 8 years, I have followed many methods including the typical bodybuilding split of working each body part (legs, arms, shoulders, back, etc) only once per week. I questioned if progress would be stunted by working each muscle group more than once per week. How times have changed in addition to my perspective.

I was first introduced to the concept of focusing on overall weekly training volume and more importantly, on increasing volume throughout the entire week and not only in a single session, while reading about hybrid training programs. I was subsequently introduced to Dr. Mike Zordous and his research on DUP (daily undulating periodization). DUP is a training system and NOT a training routine. DUP manipulates training variables (frequency, intensity, and volume) throughout a specific block or training cycle to optimize performance and results.

The overarching key to progression is the amount of volume that you are attaining over a training session, week, or total cycle. The amount of volume done in one single session is important, but takes a back seat to the bigger picture of volume undulation along with intensity and frequency throughout a training cycle.

If you want to get better at something, how do you do it? Practice! My guess would not be that one would choose limit themselves to performing a task that they want to improve upon only once per week. You would likely want to practice multiple times per

week. When simplified, the same concept applies to powerlifting training and DUP. The number of times per week that an individual will perform a certain lift will depend on a multitude of factors, including training history and individual goals. However, the most effective way of adding in additional volume and PRACTICE is simply increasing the frequency of the lift you are trying to capitalize on. This is one variable that can be manipulated to optimize strength or muscle gains.

When I was first introduced to daily undulating periodization training, the first question that entered my mind was something along the lines of, "won't I be sore almost every day if I am squatting 3 times per week instead of 2?". Well, it depends. A proper DUP program will progress volume at an appropriate rate and rotate between different types of sessions each time you go to the gym (strength, hypertrophy, power). In simplified terms, not everyone should be squatting 3x per week, and not everyone should be benching 2x per week. Some people should be deadlifting once per week, while others could greatly benefit from two sessions. If volume is progressed at an appropriate rate, excess muscle damage should be avoided successfully. Subsequently, excess muscle soreness is avoided. Look at your prior history of training and determine what you have made progress (or not made progress on) in the past. This is important - no two programs for trainees looking to compete or add significant percentages to their total should be the same.

With high frequency training, DUP training, and the focus on volume, the key question that should be answered is how do I progress volume at an appropriate rate? Generally, this does not mean going into the gym and reaching failure with each session. I had this misinterpretation of the data when I first started DUP training. Rather, when starting to increase volume or frequency, it should be relatively conservative to ensure burnout is avoided. This is a





reason why the RPE (rate of perceived of exertion) chart or RIR (reps in reserve) concept is important to communicate with your coach or monitor yourself as you add in frequency. Picking a weight that you CAN successfully do for the prescribed weight (say, for example, RPE of 8, or two reps left in the tank on each set) will avoid excess muscle damage, allow you to progress without feeling excessively sore, and allow a trainee room for improvement.

Increasing frequency to multiple times per week is also the perfect opportunity to stimulate muscle protein synthesis in the said muscle group more than once per week. More stimulation leads to more opportunity for growth! If your main focus is physique based and you want to grow your shoulders, why limit yourself to once per week? If you hit a specific amount of volume one day per week (let's say a total of 20,000 pounds of volume), that would be a total of $52 \times 20,000 = 1.04$ million pounds of volume over the course of a year. If an individual had instead broken up their volume into 2 sessions per week at LESS volume per session, but greater frequency (2x per week for example at 15,000 pounds of total volume for shoulders), total volume

would reach 3.78 million pounds in that year! In reality, each session would likely be more manageable and a bit shorter, but investing in a higher frequency will likely yield better long term results. Stimulating the muscle group 2x per week would also allow for increased Muscle Protein Synthesis throughout a given week and more opportunities for muscle building and growth.

Increasing frequency from a powerlifting perspective can also be great for sheer practice. Before I hit the platform at a meet, I want to feel confident in my lift and form. For these reasons, one day per week of practicing sub-maximal work may be ideal for those who are wanting to build explosiveness, refine technique, build confidence, and reap the benefits of increased volume.

Before diving into a program or increasing your volume right off the bat, it is important to realize that each person is different and will respond to stimuli at various rates. That is why it is important to figure out what training method is most sustainable and attainable for YOU. Just because one program works for an individual lifter, does not mean it will work for you.

Remember that increasing frequency

will not cause you to be over trained if done properly, and the amount of times per week you train a certain body part or lift will depend on your goals and training history. The main goal with DUP or high frequency training programs is to progress on as little added volume needed to make progress and cycle through volume or intensity phases based on your goals and competition aspirations. Simply put, if you are progressing on an amount of volume prescribed in your current training program, then there might not be a need to add in any extra at that specific time. Wait until progress stalls and reevaluate.

DUP is an idea that can be applied to almost any training program. Adding in higher rep days at a lower percentage of a lifter's 1 RM in hypertrophy rep ranges will increase muscle size and cross sectional muscle area. It is also the perfect opportunity to practice form and technique under loads that are not close to 1RMs.

Training blocks for DUP will vary based on each individual's goals and how close they may or may not be to a meet. As intensity builds getting closer to a meet, volume will likely drop. As the lifter works in rep ranges closer to their 1 RM, fewer repetitions will be



performed. However, higher rep days at lower percentages can also be included in an intensity block for practice and additional muscle stimulation. Maintaining some muscle hypertrophy is important for muscle mass maintenance and mechanics practice.

DUP can also be applied to upper body work such as overhead press, pull ups, barbell rows, bicep curls. Rep ranges that work on hypertrophy (6-10 reps) can be undulated with rep ranges focusing on strength (3-5 reps). The most important factor for hypertrophy and strength is total volume. Therefore, as strength increases, loads able to be performed in the hypertrophy ranges will also increase. This will lead to greater volume overall.

Ideally, a lifter will be able to recruit muscle fibers in the hypertrophy range as well as the strength and power ranges. Typically, DUP can be set up with hypertrophy, power, and strength days. As meet day gets closer, you may start adding in max work that is supplemented by other variations in repetitions (such as a strength, power, and hypertrophy days). In one phase of my squat training program, I was training squat 4x per week. One day of strength, one day of hypertrophy, one of power, and one of conservative maxing. This is simply an example and there are infinite possibilities for each lifter's program.

For bodybuilding and powerlifting training, the devotion to more strength or hypertrophy training will vary, with bodybuilding focusing on the latter. It is important to remember that power, and hypertrophy are all interdependent on

each other. If you are a powerlifter, you cannot get stronger without maximizing cross sectional area of the muscle which is achieved by hypertrophy work. If you are a bodybuilder, you will limit the amount of weight you can move on your hypertrophy day if you do not work in the strength rep ranges.

Big lifts are skills, and the more frequently you train, the more practice you get. DUP is a system of training than can be applied for any individual

who has lifting goals, both aesthetic and strength related. As with any program, training history and goals should be considered first and foremost along with the understanding that your program should be sustainable and enjoyable. Consistency and dedication to the process are what will really bring you results in the long run.

Zordous, Mike. "DUP Training". VIP Camp. University of South Florida. August, 2015. Lecture. **PM**

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THE ULTIMATE 5-STEP GUIDE TO GETTING SHREDDED

By Chris Hintz

Chris Hintz

Height: 6'3

Weight: 225lb

Body fat: 6-10% (depending on the season)

Age: 31

Gym: All over

Hometown: Sacramento, CA

Background:

Collegiate Rugby: University of Arizona 07'

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Getting shredded is an obtainable goal for practically every body. Typically the mistakes that people make when trying to get shredded have nothing to do with their actual nutrition and more to do with not knowing how to set realistic goals and how to go about measuring progress. There is an abundance of information online in regards to how to lose fat but it usually falls short in addressing the underlying issues of human behavioral psychology.

We live in an instant gratification society when it comes to news, products, and the promise of unrealistic results with products. Working with thousands of clients over the years the biggest thing I try to communicate is that anything worth having takes time, hard work, and patience!

Depending on how far away you are from obtaining a 6 pack, (this is the benchmark for being shredded since it means there is little fat left on the body elsewhere) will determine the length of time you need to follow a structured plan to making sure every thing you do is bringing you closer to your goal. For example, if you are currently sitting at 32% body fat for a man, then a 22% decrease in body fat is required in order to have a decent 6 pack. This can be obtained in as little as 3 months time (see Grant's pictures for proof) if you stay the course.

THIS MEANS....

1.) Don't sabotage your own efforts!

Not trying to incorporate "cheat meals" or the occasional alcoholic drink in the process. The quickest path to results is the direct one. Don't make it harder on yourself by doing things that constantly set you back and further push out your goal deadline because it eventually will lead to you giving up. This is why people start and restart diets all the time. Consistency of effort is lacking, therefore consistency of results will not be achieved. The battle for losing fat is an every day adventure of making sure you have all your meals prepared and ready to go before the day even starts. It means leaving nothing to chance and always being prepared with that next meal on deck. If you want to look like a Spartan then you must make eating your #1 priority.

(side note) Your body's cells are in a



constant state of replenishment so every single calorie you consume is building your new muscle tissue, cartilage, bone, organs, etc. or being stored as excess energy (body fat). This process happens incredibly fast (bone tissues regenerates in 6 months and this is the slowest process your body undergoes) therefore it is entirely possible to build a brand new body with all new material (food is the building blocks) in as little as 3 months.

2.) Set aggressive goals! If you want to lose 30 lbs. give yourself only 8 weeks to do it! This makes every single day important in reaching your goal. Therefore every single meal you

eat each day is equally as important. Nobody stumbles upon a 6 pack, nobody ever wakes up one day without having first put forth the required effort and has a 6 pack. If you haven't obtained one yet its because you haven't made it enough of a priority. You value other things more. You prefer eating non-nutritional calories, drinking alcohol, sleeping in, or whatever excuse you give for why you aren't shredded. You cannot have your cake and abs, too. This is why I am not a fan of tracking macros (aside from it being incredibly tedious) because it lets people believe that eating junk food based off of some macro calculator is

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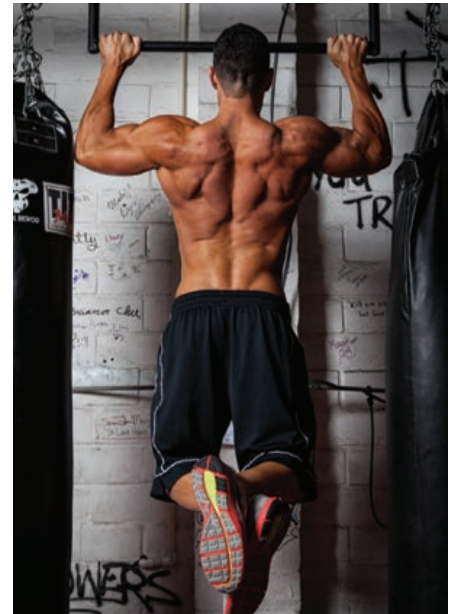
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“Consuming sugar because you can is a sure fire way to send yourself into a tailspin. Eating sugar leads to chemical reactions in the brain that create an insatiable demand for more sugar and more calories”



still a path to getting shredded. This is not to say you cannot implement these strategies during a maintenance phase where you wish to maintain a low body fat % but it is not a good idea to try this

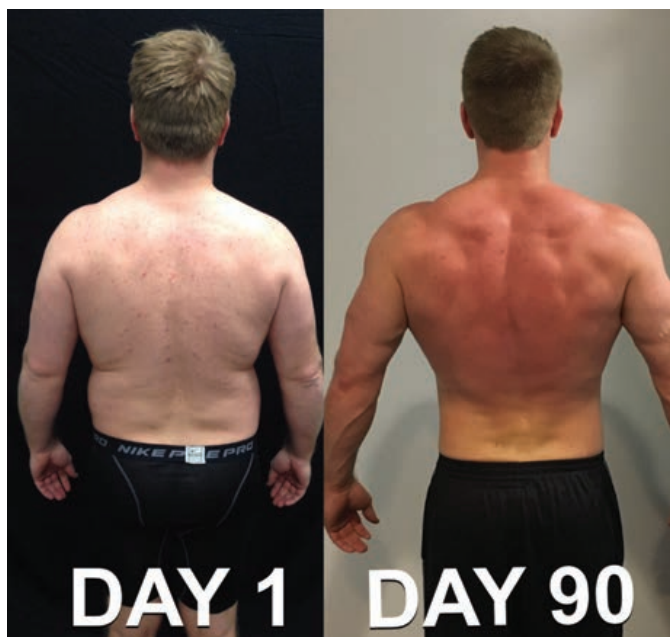
when in the transformative phase of any program. Consuming sugar because you can is a sure fire way to send yourself into a tailspin. Eating sugar leads to chemical reactions in the brain that create an insatiable demand for more sugar and more calories. Best just to abstain from it in order to prevent a cascade of unwanted hormones flooding your body.

3.) Document everything! If results are to be obtained then they must be

measured! My favorite measuring stick is the almighty progress pictures. This is where being a narcissist can come in handy. Many people struggle to take pictures because they don't like what



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they see. Facing your true self and forcing yourself to take a weekly picture accomplishes a few things: 1. Accountability- when you know you have a picture each week to take then you know that each of the 7 days in that week need to be on point in order for you to see progress. Too many people think eating good during the week and blowing it every weekend is going to create enough change in their body to see a difference, it won't. 7 days is a small window of time but its enough time if you do it right to see some very noticeable changes in your physique. If you don't see

change in 7 days then you most likely won't see change in 7 months with whatever effort level you put forth that week in the gym or with your diet. This also means don't let yourself spend more than 2 weeks trying something with your diet that isn't producing results! (note: you must be giving it your 100% effort). Stringing together consecutive weeks of small progress will lead to big changes in the end. Why would you deviate from your plan if you're seeing results every single week. If you don't take the pictures its much easier to think you can cheat because you haven't been looking at your body every week. The mirror lies, pictures don't.

4.) Practice Discipline. The more days in a row you turn down bad food choices and make the right ones the



stronger you will become in learning to say no to things that take you away from your goals. This is how you become a master of your own body instead of a slave to your desires. If you want that sexy beach body but you can't say no to eating cookies when somebody brings them to the office, then you are not cut out for this life. Discipline is truly the key to obtaining anything worth having. You build this through repeated actions that reinforce good behavior. (Pro tip: using a calendar to mark off successful days gives you a constant visual reminder of how far you've come.)

5.) Sustain Momentum- the old saying goes that it takes something like 21 days before you develop good habits that can last. I find this to be pretty much true. The first 7-10 days of doing

anything new can feel like the hardest and longest time. But before you know it its been a month and then you're already probably halfway to reaching your goal. Fat loss is like compound interest, it will accelerate over time in terms of seeing results. The less fat you have on your body the more impact those same week to week changes start having on your physique visually. Losing 1 lb. of pure body fat when you only have 10 lbs. of non essential fat to work with can drop you a full body %. Remember, time is always slow in the moment but flies when you look back at it.

One day of "dieting" can feel like an eternity and vice versa, 3 months can fly by in the blink of an eye. So you might as well set yourself up with some decent goals so that you can look back on 90 days and be proud of what you've accomplished. Otherwise summer will be here and you still won't have obtained that body you really wanted, instead you will have got the body you deserved, good or bad.

For more information, contact Chris Hintz at Chris@fivestarin.com
 Owner: Fivestar Sports Nutrition: est. 2011- present (www.fivestarin.com)
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 #shredderprogram **PM**

ATHLETE: MAX AITA
GYM: JUGGERNAUT TRAINING SYSTEMS
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ATHLETES TO WATCH: CHANDLER SMITH

Age: 23

Height: 68"

Weight: 192 lbs.

Current Gym: Gyms at West Point, and Crossfit 785 in Manhattan

Best Squat: 475 lbs.

Best Bench: 365 lbs.

Best Deadlift: 615 lbs.

Clean and Jerk: 345 lbs.

Snatch: 282 lbs.

Tell us a little bit about your athletic background. I hear you were a wrestler.

Yes ma'am. I played football and wrestled. I wanted to be a basketball player but it turns out I was too short for that. So my freshman year of high school, I started wrestling. That's one of the only sports that's really good for being small, and I was kind of unathletic, so I did that all through high school.

I walked onto the wrestling team at West Point when I got there. I wrestled all four years – was academic All-American and got to be team captain. I never did anything super cool as far as winning matches, because I really wasn't all that good. But it taught me a lot about getting after it every single day, so it was a very good experience.

Last year was your breakout year in Crossfit as you were chasing down Ben Smith. Tell us a little bit about that, and what made you even want to try Crossfit.

It was actually super cool – I met Spencer Hendel who I first saw a video of back in 2010 doing something in preparation for the regionals that year. I sent him a message on Facebook, he sent me one back, and I got started in my basement. I did it on and off during the 2010-2011 year – it helped me get trained up to go lose the state championship match for wrestling.

After I got over that a couple months later, I realized I needed to start getting back in shape to go to West Point, so I was training at a local gym. And a guy who was getting ready to open up a Crossfit gym said I could go for free if I helped him build it – so I helped him build it.

When I got to West Point, I was in good shape because of it and I enjoyed it a lot. So anytime I wasn't wrestling or cutting weight for wrestling, I was doing Crossfit there. I knew once I finished up with wrestling (my last match was when we beat Navy, February 22, and I had torn a ligament in my thumb) that it was time to go get good at this Crossfit thing.

I didn't get to do the Open that year but then I trained up for it and did the Open the next year, in 2016, and made it to Regionals where I lost to Ben Smith – heroically, I guess.

So what does it mean for you to make such a big impact so quickly as kind of an unknown guy?

It's super humbling – I feel like sometimes I need to tread carefully and show the respect and deference to the folks who have earned it because I'm pretty overrated as an athlete. I haven't even been to the Games, and





there are plenty of athletes who have gone to the Games who maybe haven't gotten the same media attention or feedback from the fans that I have.

I'm super grateful for that, and I try to remain really conscious of that. I try to respond to every single person who has ever sent me a message because I recognize how special of an opportunity it is.

It's almost not fair that it's been given to me over other folks, so I'm just grateful to be able to put a positive in people's lives. For instance, if every time I post a picture and it's something that adds to people's lives, it has the potential to reach a lot of folks and help a lot of people have a good day. I'm grateful for the opportunity to be a blessing in people's lives in that regard.

Do you believe your own hype?

Absolutely not, not even close. That workout [at the Open] – I have super good leverage for the deadlift, and we run all the time for PT, and we do a lot of sit ups, too. So that was a really good workout for me. In general, that weekend had good workouts for me. I was on a team that won Wodapoolooza, but the two other guys were Games athletes so I was just lucky to be on the team.

I haven't really accomplished anything individually yet. I think that I haven't really justified the attention that I've received. And I'm not going to crush people this year – we've got a bunch of field training coming up and everything so I think I've just been a guy who's been pretty lucky. And I had a lot of things go right that have gotten me to

this point and I can't keep doing that, so I'm going to have to pay the piper eventually and people will realize I'm not as good as they may think.

But as long as I'm aware of it. My goals have never changed – I've always wanted to make the Games in 2022 so I'm on pace to do that. Even though it will be upsetting to disappoint folks, I can live with that.

So are you active military, and what made you want to join the military?

Yes ma'am, I'm active duty right now. I read a book when I was six years old and that kind of got me interested in West Point. And when I started wrestling my freshman year, one of our coaches was an old West Point wrestler and our team captain was getting ready to head to West Point, so that kept me interested. And when it came time to make the decision, it was the place I could go for free so I wanted to help mom out.

I thought I could walk on to the wrestling team there, so it just really had everything. There was never any question that I wanted to go to West Point – I just knew that's what I wanted to do. But neither of my parents were in [the military] or anything.

Where do you get your drive?

Mom and dad. Mom is super, super driven. She taught at my high school and was just a constant hard worker. Dad played in the NFL for eight years and was a Strength & Conditioning Coach for 16, so I've been surrounded by people who were actually good athletes, as opposed to just good at Crossfit.

I got a little bit of an inferiority complex just trying to be the athlete that my dad was. But I think that's pretty much it. I've always liked winning a lot.

For instance, I'm sure there have been more times that I've won, but I've always been the person that's really stuck on losses. And I still get really fired up about stupid things. Like, I lost a race in third grade and I think about that about once a week. Or I didn't make a team in 5th grade, or I didn't graduate first physically. All of these things seem like little things, but they really stick with me.

All of these things should have been signs that I was on the right path, but they are the things that keep me from wanting to lose again. So I have to win.

Your flare, those infamous sunglasses. Was the sun in your eyes, or where did they come from? You said they were regrettable in hindsight, why?

laughs No, the sun was not in my eyes, because we were indoors. So after event 5, I go out there, I lose to Ben Smith, somehow everyone ignores that fact and I get really internet famous overnight.

My phone died immediately afterwards since I hadn't turned off notifications. I woke up the next morning, turned my phone on, and I had like 15,000 notifications. I was completely unfocused and wanted to avoid talking to people – that was my way of trying to stay in my own headspace. In retrospect, obviously it didn't look professional but really it was just my coping mechanism. I was trying to hide how scared I was.

Where are you training currently?

There are a few gyms on post at West Point, and I'm doing PT here. Otherwise I train at Crossfit 785 in Manhattan. In between that, I have some degree of notoriety for traveling to train. Anywhere there's a good training partner and someone I can learn something from, I'll go. I try to stay aware of the fact that there's a lot that I don't know, so it's super cool to be working with the people who are recognized within their own sport – because there's a lot to learn from the specialists, and the expertise that other people have across all disciplines can't be denied.

I think every time you're getting out of your normal facility, there's an opportunity to learn, and that learning is where the biggest growth occurs. **PM**

MARK BELL'S POWERCAST #180

WITH STAN EFFERDING - SMALL
CHANGES, HUGE IMPACTS

Before recently appearing on the show Shark Tank to pitch his invention, the Kooler, Stan Efferding returned to the Powercast to talk about how your success in business is shaped by how you get started and how very small changes in your diet and workout plans yield the biggest results. Attention to detail is important, but how do you decide which details to focus on? Stan shares his well-reasoned point of view.

MARK: We're here with Stan 'The Rhino' Efferding - we've got his Kooler right here, and I'm going to move it out of the way because it's big and it's got a lot of stuff in it.

JIM: It looks like he made the Cooler cooler.

STAN: I did.

MARK: There are some pockets on it and places to put your stuff.

STAN: I actually have a Kooler 2.0 coming out that's even cooler than the Kooler.

MARK: But you can't really talk about it though - it's like top secret, right?

STAN: No, I can talk about it.

MARK: It carries your weapons and stuff, maybe?

STAN: The Kooler 2.0 is even cooler than the Kooler - I put a keychain/carabiner on it, the lid is a pop-off lid and easier to take off, there are pill pockets for your amino acids, etc.

MARK: Let's talk about the business side of this thing. A cooler like that, or a giant thermos, whatever you want to call it, has got to be a pain in the ass to figure out how to make something like that.

Mark Bell







STAN: Yeah, you've got to draw out a plan, so I had an engineer create a CAD drawing. We have an engineering firm, so originally I started out with our engineer.

MARK: Why do you have an engineering firm? Let's back this up.

STAN: Yeah, if you don't have one of those then you have to hire and engineer.

MARK: So what are you engineering that you need a firm, sir?

STAN: Well that was a business I started years ago. We started submitting bids for baggage handling systems at airports. There was a big opportunity in the space as a result of 9/11 – all the airports throughout the country had to be retrofitted to go through special TSA screening. And that was \$4 billion worth

of work.

MIKE: How do you know some of this stuff?

STAN: It was just something that kind of came to us. People are always pitching ideas to potential investors. We took a look at it on the construction side and discovered that the engineering – the CAD drawings, the as built and the supervision – would probably be a more lucrative long-term opportunity. So that's what we started. And it was really just a matter of putting the pieces in place so that we could bid the projects, because there was actually funds there to be earned. That was right around the time that the real estate market collapsed, so there weren't good investment opportunities in the real estate market, there weren't in the stock market. So we were kind of in search of something.

MARK: It was also kind of in between you selling your other business and getting more into the bodybuilding and powerlifting scene, right?

STAN: Yeah. You know you're kind of forced to change along the way – sometimes businesses change. You know, the real estate market crashing had a big impact on my real estate investments and the FCC changing the ruling in respect to the Baby Bells pricing changes even what my phone company was doing at the time. So you're kind of just compelled to continue to morph and change, which has happened to me in powerlifting and bodybuilding now that I'm close to age 50. So at some point you just need to redefine yourself, make the change, and move forward.

MARK: So was this a long process to get the Kooler made?

STAN: It was, and I didn't think it was going to be. You send them a plan, they make a product, they send it back to you and you think you're done. But the problem is, with manufacturing in China, they're not terribly creative. They just copy things. And then they unfortunately sometimes don't copy it to the expectations you anticipate – it's not a usable product. So we had to go back and forth, back and forth, fine tuning things. Quality control. You've experienced that. Something as small as the stitching or the threading on something like this.

MARK: And it's one thing to make something, use it for a little while, give it to some friends, they mess

around with it, and it turns out the thing you made only lasts like two months. You didn't expect that – now you've got to go back to the drawing board and make sure all the pieces are fitting properly and is tight the way you want it.

STAN: And you get a lot of good feedback from customers, too. After we rolled out the initial product, we got a lot of good feedback. So a lot of what went into the Kooler 2.0 was customer suggestion. We drastically improved the plastic that's in it – you can drop this off a building and it won't crack. And that was because we had to put a different blend of plastics.

MARK: And you learn as you go along – like maybe that wasn't an option at first.

STAN: Yeah, and just adding something simple like the keychain holder was a big deal and now we've got the Kooler Caddy that we just mentioned. Because you go to gyms now and you can't put your wallet and keys in the locker. You can't leave them in your car, and you can't carry your bag out on the floor. So you see people walking from

“... COMPELLED TO CONTINUE TO MORPH AND CHANGE, WHICH HAS HAPPENED TO ME IN POWERLIFTING AND BODYBUILDING NOW THAT I'M CLOSE TO AGE 50. SO AT SOME POINT YOU JUST NEED TO REDEFINE YOURSELF, MAKE THE CHANGE, AND MOVE FORWARD”

machine to machine to machine carrying their wallet, keys, phone, headset, two-fisting their water and their pre-workout drink, and they pick it all up and they lug it all around and they end up doing that all around the gym. So now you can put your wallet, your keys, your iPhone, your headset, all in the Kooler Caddy.

And then this stuff stays cold. In Vegas, it's hot out and I don't want to drink warm water and I don't want to drink warm protein.

MARK: Is it fun for you?

STAN: That's the big thing – it is fun for me. I've spent the bulk of my career doing things that aren't necessarily exciting.

MARK: Yeah, I would consider you a real entrepreneur. Some people might say that I am one, but I don't think I am one, because my definition of an entrepreneur is someone that makes money in a lot of different areas. And I've only focused in on one. But you were focused in on a lot of different areas. Maybe all those areas you weren't always that excited about or that passionate about, but they were opportunities.

STAN: They were opportunities. They were the best income potential but weren't necessarily the most entertaining on a day-to-day basis.

To hear the rest of POWERCAST #180, visit the SuperTraining06 YouTube Channel at www.YouTube.com/Super-Training06 **PM**

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“INCREASED ENERGY AND FOCUS WITH ZERO CRASH”

BUILDING HABITS FOR SUCCESSFUL EATING BEHAVIORS

The Missing Piece

BY LAURIN CONLIN, MS

It is no secret that eating healthy takes planning and preparation. There is so much information out [there] nowadays that something relatively straightforward [can become] very confusing and overwhelming. However, eating for your goals and being consistent isn't really that difficult. In my opinion, the missing piece is not taking the time to build the proper habits and routines into your daily life in order to create successful eating behaviors. If you are reading this magazine, you likely have several habits and routines [already] built into your training each week. They can range from simple [habits]—like pre-planning what specific days you'll train—to complex, like a complicated periodization program. You wouldn't expect training to be successful simply by chance, so why treat your nutrition plan that way? This article will give you a few simple and practical guidelines on how to build habits into your daily life that will create positive and sustainable eating behaviors.

Planning Your Week

The first place to start is by taking a look at the week [ahead]. Know what dinners are coming up, such as whether you have any social events or work meetings that you have to be a part of. Then, roughly estimate how many meals you'll be eating out and how many meals you'll need to prepare. While this sounds very simple, taking a look at the week [ahead] will give you the same ability to plan and prepare—quite like planning your week around your specific training days.



Make a Grocery List

Making a grocery list is a small change in your week that can have a massive impact on your ability to stick to your diet. How many times have you walked into the [grocery] store and came home with a bunch of sh*t you don't need? While I'm very encouraging of a flexible diet, sometimes too much flexibility will steer you in the wrong direction and sabotage your efforts. Referencing the first point of "planning your week"—see how many meals you need to prep and [how many meals] you will be eating out for will be important when writing your list. Make a grocery list only for what you will need that week. Over time, you can become more flexible in this approach too, but I have

found great success with sticking to the list and then adding in an extra treat here or there depending on what looks good or is on sale. The list doesn't have to be highly structured and/or take a lot of time out of your day to do. Simply writing the weekly staples, such as fruits and veggies and then whatever you plan for your prepped meal, will be a game changer to your dietary adherence.

Meal Prep

Having a plan for the week and a plan for the grocery store are small, simple changes that can become routine for you. They require little to no effort for a large reward. I wish I could say the same thing for meal prep, but this does require a little more effort. However, meal prepping can

save you a great deal of time during the week, and it can make you more likely to stick to the plan. When you meal prep, you also ensure that you are creating a more consistent, daily calorie intake, which is important for your long-term nutrition goals. I'm sure most of you can relate to the feeling that you are just constantly in "prep, cook, clean, repeat" mode if you are making each meal fresh. Since most people are busy and have full time jobs, it simply doesn't make sense to not meal prep if you're someone who is taking their nutrition and training goals seriously.

My recommendations are to prep at least two meals for each day for a few days at a time. For example, I eat four to five meals per day. In the offseason,

I will meal prep two meals for three to four days at a time, twice per week. Side note—I do believe in food tasting good (this is part of adherence), so I do not suggest prepping food for the whole week unless you absolutely must [do so]. My day will then look like this—breakfast made fresh, two meals ready and prepped, one to two meals and/or snacks freshly made or eaten out. Now I have the structure and convenience of having two meals prepped that I can either take them with me or heat them up at home while also maintaining flexibility with some fresh meals. If I am prepping for a competition, I will have less flexibility and will generally prep all of my meals (besides breakfast), but that is extreme. Most people envision meal prep to be some miserable bodybuilding food—six meals a day, same chicken and rice, etc. That’s not the picture I’m trying to paint here as it’s not realistic or sustainable. By simply establishing the habit of having a few meals prepared and ready for you to eat is a habit that will invariably lead to greater diet success. The amount you prep—whether

that’s one or four of your meals—will depend on how much structure you need that week. That level of structure can change week to week, but the habits will still be there.

Always Have Back Up

Another habit I’ve found incredibly helpful for myself and my clients is to always have back up food. There are so many great tasting and nutritionally sound convenient options nowadays—you are setting yourself back if you do not keep “back up food” around. A few top suggestions include protein powder, protein bars, beef jerky, pre-portioned nut packets, carb powders, and whole food powders (a few companies make these). If the option is in powder form, simply portion a scoop or two in a shaker cup, and put it in your car. If the option is packaged, throw it in your bag and you’re out the door! With how convenient healthy options have become, there is no excuse to not be prepared.

Prepare the Night Before

Ever wake up and just feel all out of

sorts? Like you’re scrambling to remember everything and feeling rushed? The last routine that I would highly encourage everyone to try will help with just these types of feelings. Preparing things the night before is a small habit that can set you up for success the next day. This seems to be a theme, right? Having your morning coffee and supplements ready to go, your food prepped and clothes laid out, can make your morning more efficient and get your day going on the right foot.

It’s All Cumulative

While these recommendations for building positive routines and habits towards more successful eating behaviors range from simple to a bit more time consuming, all of the effects are cumulative. Adding in small changes will add up to larger, more positive effects. According to research, it takes about 66 days to create a new habit—so be patient. By implementing these practices, you finally have the missing piece that will help you create sustainable eating behaviors for long-term success. **PM**



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HIP CIRCLE

2x forward walk: 20 Steps
2x backward walk: 20 Steps
2x right side shuffle: 10 Steps
2x left side shuffle: 10 Steps
20 air skwaats

PULL or PUSH A SLED

3x 40-yard push/pull

BAND WORK

3x 30 face pulls

BOX JUMPS

20 box jumps to a 12-24" box

This short warm-up will not only give your muscles, joints, and tendons time to properly adjust to the rigorous training you're about to put them through, but it will also give you an opportunity to get your mind focused on the tasks ahead. Add this pre-training protocol to your training routine, and you'll reap the rewards for decades to come. More training methods in the next issue from Super Training Gym – "The Strongest Gym in the West!"



Current Top 50 Rankings: 308 -

SQUAT

Rank	Name	Federation	Date	Squat
1	Eric Lilliebridge	UPA	2016-07-16	1052
2	Ben Moore	USPA	2016-07-23	865
3	John Hallman	RPS	2016-09-03	854
3	Nicholas Best	USPA	2017-01-07	854
5	Jabez Burford	XPC	2016-03-05	845
6	Brandon Carpenter	APF	2016-06-11	843
6	Nick Best	USPA	2016-04-23	843
8	Rich Justice	XPC	2016-09-17	835
8	Matt Fryfogle	SPF	2016-03-12	835
10	Robert Hall	WRPF	2016-08-20	832
10	Dustin Speed	USPA	2016-06-25	832
12	Justin Graalfs	XPC	2016-03-05	830
12	Dave Keiser	RPS	2016-04-16	830
14	Billy Tutko	RPS	2016-05-28	810
15	Chris Hepler	RPS	2016-08-06	805
15	Ian McKay	IPA	2016-07-16	805
17	Marcus Sannadan	SPF	2016-11-05	804
17	David Williamson	SPF	2016-04-02	804
17	Ernie Lilliebridge Sr	UPA	2016-04-16	804
17	Edward Mckinnis	USPA	2016-06-25	804
21	Cyprian Thompson	XPC	2016-03-04	800
21	James Searcy Jr	SPF	2016-03-12	800
23	Tanner Hysell	RPS	2016-10-22	790
24	Derek Wade	RPS	2016-05-28	782
24	Shane Haller	APF	2016-12-03	782
26	Brad Crawford	APA	2016-07-30	777
27	Skyler Woolard	SPF	2016-09-23	775
28	Nathan McLaughlin	UPA	2016-01-23	771
29	Pitt Connelley	RPS	2016-07-16	760
30	Exson Rodriguez	RPS	2016-06-11	755
30	Nicholas Chaprales	IPL	2016-11-12	755
32	Jason Weaver	RPS	2016-04-23	750
32	John Ruoppo	RPS	2016-06-25	750
32	Patrick Maguire	RPS	2016-11-12	750
32	Jayne Campbell	RPS	2016-04-16	750
36	Stephen Ballard	USPA	2016-08-06	749
37	Shay McQuiston	USPA	2016-07-16	738
37	Jeff Clabo	SPF	2016-12-03	738
39	Robert Lee	USPA	2016-06-18	733
39	Spenser Remick	UPA	2016-01-23	733
41	Justin Oblisk	XPC	2016-12-04	725
41	Michael Bales	RPS	2016-04-30	725
43	Brian Budzinski	UPA	2016-11-14	722
43	Eduardo Martinez	IPL	2016-11-12	722
43	Tyler Ward	USPA	2016-07-10	722
46	Boone Wilson	SPF	2016-11-05	716
46	Kevin Nason	USPA	2016-07-16	716
48	Jacob Pickett	IPA	2016-03-05	715
49	Matthew Rice	IPA	2016-03-05	705
49	Dustin Gates	USPA	2016-06-18	705
49	Wyatt Morrison	USPA	2016-10-15	705

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	James Strickland	USPA	2016-12-10	633
2	Matt Wenning	UPA	2016-01-23	611
3	Zahir Khudarayov	RPS	2016-04-23	606
4	Robert Hall	WRPF	2016-08-20	589
5	Jacob Havelind	USPA	2016-10-15	584
6	Wayne VanNostrand	365 Strong	2016-07-10	575
7	Tim Evans	USPA	2016-10-29	573
8	Nick Summers	USPA	2016-08-20	567
8	Jaisyn Mike	USAPL	2016-07-16	567
10	Michael Bales	RPS	2016-04-30	565
11	Tim Smith	USPA	2016-02-13	562
12	Justin Kearns	IPA	2016-06-26	560
13	Eric Lilliebridge	UPA	2016-07-16	551
13	Billy Tutko	RPS	2016-05-28	551
13	Sione Tupouniua	USPA	2016-09-10	551
16	Matt Fryfogle	SPF	2016-03-12	550
16	Mahir Whitsett	RPS	2016-04-16	550
18	Matt Disbrow	RPS	2016-08-13	545
18	Chuck Hudson	USPA	2016-02-20	545
18	Patrick Maguire	RPS	2016-07-23	545
21	Jaran Rutledge	APF	2016-05-06	540
21	Barrett Prudue	USPA	2016-08-06	540
23	Mario Germany	IPA	2016-09-10	535
24	Nick Coleman	USPA	2016-07-16	534
24	Edward Mckinnis	USPA	2016-06-25	534
24	Zac Meyers	USPA	2016-06-25	534
27	Dustin Speed	SPF	2016-03-20	529
27	Thomas Paynter	USPA	2016-10-22	529
29	Barry Gershman	USPA	2016-11-20	524
30	Peter Edgette	MSA	2016-04-30	523
30	Lonnie Dickinson	IPL	2016-09-24	523
30	Jeff Younker	USPA	2016-07-10	523
30	Nicholas Best	USPA	2017-01-07	523
34	John Walker	RPS	2016-09-24	520
35	Robb Philippus	USPA	2016-01-23	518
35	Nick Best	USPA	2016-04-23	518
37	Ben Moore	USPA	2016-07-23	507
37	Derek Wade	RPS	2016-05-28	507
37	Sean Coetzee	APA	2016-10-08	507
37	Kevin Nason	USPA	2016-07-16	507
41	Kevin Smith	RPS	2016-12-04	505
42	Dustin Gates	USPA	2016-06-18	501
42	Michael Oatis	USPA	2016-08-06	501
42	Derrick Martin	USPA	2016-02-20	501
42	Sam Webber	USPA	2016-12-10	501
42	Ian Soderqvist	MSA	2016-04-30	501
42	Tony Seatts	APF	2016-10-07	501
42	Marcus Sannadan	SPF	2016-11-05	501
42	David Williamson	SPF	2016-04-02	501
42	Lucas Banks	USPA	2016-08-08	501
42	Jeremy Herring	USPA	2016-02-27	501

Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Eric Lilliebridge	UPA	2016-04-16	903
2	Brad Crawford	APA	2016-07-30	865
3	Nicholas Best	USPA	2017-01-07	843
4	Ian Soderqvist	MSA	2016-04-30	815
5	Nick Best	USPA	2016-04-23	810
5	Tanner Hysell	RPS	2016-10-22	810
7	Robert Hall	WRPF	2016-08-20	804
7	James Searcy Jr	USPA	2016-10-29	804
7	Nicholas Chaprales	USPA	2016-08-08	804
7	Ben Moore	USPA	2016-07-23	804
11	Jeff Younker	USPA	2016-07-10	793
12	Jeremy McClintic	USPA	2016-03-12	782
13	Patrick Raquet	RPS	2016-06-11	780
14	Tyler Ward	USPA	2016-07-10	777
15	Spenser Remick	UPA	2016-01-23	771
15	Jaisyn Mike	USAPL	2016-07-16	771
17	Kevin Smith	RPS	2016-12-04	770
17	Stephen Davis	RPS	2016-06-12	770
19	Tom Emerlander	MSA	2016-04-30	766
20	Matt Disbrow	RPS	2016-08-13	760
20	Derrick Martin	USPA	2016-02-20	760
20	Patt Porter	USPA	2016-08-06	760
20	Thomas Paynter	USPA	2016-10-22	760
20	Derek Wade	RPS	2016-05-28	760
20	Edward Mckinnis	USPA	2016-06-25	760
26	Robb Philippus	RPS	2016-04-23	755
26	Dustin Speed	USPA	2016-06-25	755
26	John Ball	USPA	2016-10-08	755
26	Dave Keiser	UPA	2016-08-06	755
30	Steven Davis	RPS	2016-10-22	750
31	Eduardo Martinez	IPL	2016-11-12	749
31	Josh Garrison	USPA	2016-04-16	749
33	Lance Ross	IPL	2016-09-24	744
33	Jared Neal	USPA	2016-11-05	744
35	Exson Rodriguez	RPS	2016-09-03	738
35	Robert Adams	USPA	2016-11-19	738
37	Shane Haller	RAW UNITED	2016-02-21	737
38	Rich Justice	RPS	2016-05-21	735
38	Mark Swatling	RPS	2016-05-07	735
38	Jabez Burford	XPC	2016-03-05	735
41	Peter Knutsen	XPC	2016-09-17	730
41	Jayne Campbell	RPS	2016-04-16	730
43	Zachary Moss	USPF	2016-05-22	727
43	Matt Wenning	UPA	2016-01-23	727
43	Ernie Lilliebridge Sr	UPA	2016-04-16	727
46	Pete Knutsen	XPC	2016-03-04	725
46	Matt Fryfogle	SPF	2016-03-12	725
48	Joe Stella	USPA	2016-10-15	722
48	Pitt Connelley	RPS	2016-07-16	722
48	Jose Elias	IPL	2016-11-12	722
48	Stephen Ballard	USPA	2016-08-06	722

TOTAL

Rank	Name	Federation	Date	Total
1	Eric Lilliebridge	UPA	2016-07-16	2458
2	Robert Hall	WRPF	2016-08-20	2226
3	Nicholas Best	USPA	2017-01-07	2221
4	Ben Moore	USPA	2016-07-23	2177
5	Nick Best	USPA	2016-04-23	2171
6	Matt Fryfogle	SPF	2016-03-12	2110
7	Brad Crawford	APA	2016-07-30	2105
7	Dustin Speed	USPA	2016-06-25	2105
9	Edward Mckinnis	USPA	2016-06-25	2099
10	James Searcy Jr	SPF	2016-03-12	2050
10	Derek Wade	RPS	2016-05-28	2050
10	Tanner Hysell	RPS	2016-10-22	2050
13	Nicholas Chaprales	IPL	2016-11-12	2044
14	Rich Justice	RPS	2016-05-21	2035
14	Jabez Burford	XPC	2016-03-05	2035
16	Billy Tutko	RPS	2016-05-28	2033
17	Dave Keiser	UPA	2016-08-06	2028
18	David Williamson	SPF	2016-04-02	2011
19	Michael Bales	RPS	2016-04-30	2000
19	Brandon Carpenter	APF	2016-06-11	2000
21	Ian McKay	IPA	2016-07-16	1980
22	Spenser Remick	UPA	2016-01-23	1967
23	Ernie Lilliebridge Sr	UPA	2016-04-16	1951
24	Pitt Connelley	RPS	2016-07-16	1934
24	John Hallman	RPS	2016-09-03	1934
24	Exson Rodriguez	RPS	2016-06-11	1934
27	Chris Hepler	RPS	2016-08-06	1930
28	Shane Haller	APF	2016-12-03	1918
29	Stephen Ballard	USPA	2016-08-06	1901
29	Tyler Ward	USPA	2016-07-10	1901
31	John Ruoppo	RPS	2016-06-25	1900
32	Patrick Maguire	RPS	2016-11-12	1885
33	Dustin Gates	USPA	2016-06-18	1884
34	Kevin Nason	USPA	2016-07-16	1873
34	Jeremy McClintic	USPA	2016-03-12	1873
36	Eduardo Martinez	IPL	2016-11-12	1868
37	Marcus Sannadan	SPF	2016-11-05	1861
38	Justin Oblisk	XPC	2016-12-04	1855
39	Nathan McLaughlin	UPA	2016-01-23	1851
40	Cyprian Thompson	XPC	2016-03-04	1840
40	Collin Rhodes	WRPF	2016-08-19	1840
40	Peter Knutsen	XPC	2016-09-17	1840
43	Jason Weaver	RPS	2016-04-23	1835
44	Boone Wilson	SPF	2016-11-05	1828
45	Jacob Pickett	IPA	2016-03-05	1825
46	Robert Lee	USPA	2016-06-18	1818
47	Sean Coetzee	APA	2016-10-08	1813
48	Pete Knutsen	XPC	2016-03-04	1810
49	Jeff Clabo	SPF	2016-12-03	1806
50	Chris Hawthorne	USPA	2016-04-16	1802
50	Nathan Crane	APF	2016-05-28	1802

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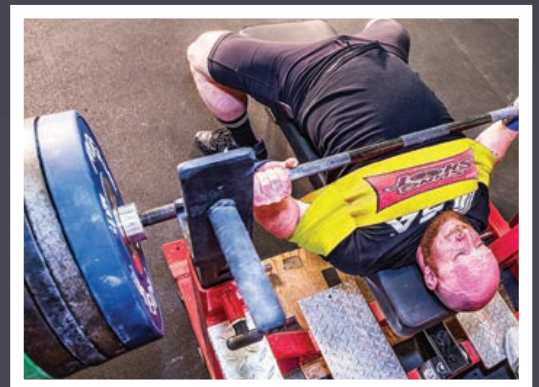
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Current Top 30 Rankings: Women....

SQUAT

Rank	Name	Federation	Date	Squat
1	Crystal Tate	XPC	2016-03-05	610
2	Chakera Holcomb	WPF	2016-08-20	567
3	Macy Armstrong	IPA	2016-12-17	500
4	Kelli Sanders	WRPF	2016-08-20	496
5	Sammi Jo	RPS	2016-04-23	485
6	Amy Johnson	SPF	2016-04-16	475
7	Jennifer Payne	IPA	2016-12-17	470
8	Leah Davis	UPA	2016-07-17	451
9	Tara Wolf	APF	2016-07-31	440
9	Timminy Haycock	IPL	2016-11-12	440
9	Beth Tarkany	SPF	2016-04-16	440
12	Markeice Harris	USPA	2016-10-08	435
13	Jessica Belt	USPA	2016-01-23	424
13	Kimberley Raber	UPA	2016-01-24	424
15	Cassandra Blackman	IPA	2016-03-19	415
15	Shannon Burke	RPS	2016-03-19	415
17	Sabrina Provoast	SPF	2016-04-16	410
18	Lydia Jones	IPA	2016-03-05	405
19	Ericka Mahler	USPA	2016-05-21	402
20	Alexis Eliopoulos	365 Strong	2016-10-29	385
21	Alyssa Way	UPA	2016-07-08	374
21	Taylor Welch	APA	2016-04-23	374
23	Brittney Sinker	RPS	2016-05-21	370
24	Kelsey Clifton	UPA	2016-04-23	369
24	Crystal Bowman	SPF	2016-06-18	369
24	Kristen Torres	RPS	2016-03-26	369
24	Jade Socoby	APF	2016-05-07	369
28	Lisa Sheipline	SPF	2016-04-16	365
29	Emily Nantz	USPA	2016-08-13	363
30	Shelly Yates	IPA	2016-07-16	360

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	Shannon Nash	365 Strong	2016-10-29	365
2	Chakera Holcomb	USPA	2016-04-30	319
3	Molly O'Rourke	USPA	2016-07-09	275
3	Crystal Tate	XPC	2016-03-05	275
5	Kelli Sanders	WRPF	2016-08-20	270
5	Alexis Eliopoulos	365 Strong	2016-10-29	270
5	Macy Armstrong	IPA	2016-07-16	270
8	Tammy Walker	USAPL	2016-03-06	264
8	Timminy Haycock	IPL	2016-11-12	264
10	Ericka Mahler	USPA	2016-05-21	259
11	Jessica Belt	USPA	2016-01-23	253
11	Alicia Webb	USAPL	2016-03-04	253
11	Markeice Harris	USPA	2016-10-08	253
11	Ann Vanderbush	WPC	2016-11-09	253
15	Molly Edwards	RPS	2016-08-13	250
16	Sammi Jo	RPS	2016-04-23	248
17	Nikki Cassel	RPS	2016-03-12	245
18	Sabrina Provoast	SPF	2016-04-16	240
19	Ogechi Akalegbere	USAPL	2016-10-13	236
20	Amy Johnson	SPF	2016-04-16	235
21	Natalie Hanson	USAPL	2016-03-04	231
21	Daniella Melo	USAPL	2016-10-13	231
21	Sebrina Davis	USAPL	2016-10-13	231
21	Riki Napiorkowski	USPA	2016-09-10	231
21	Kimberley Raber	UPA	2016-01-24	231
26	Jenny Nocas	USAPL	2016-10-13	225
26	Jennifer Payne	IPA	2016-12-17	225
26	Casey Gaspari	UPA	2016-12-17	225
29	Casey Redd Gaspari	IPA	2016-08-20	220
29	Brandi Sneed	RAW	2016-06-25	220

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DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Chakera Holcomb	USPA	2016-04-30	562
2	Crystal Tate	XPC	2016-03-05	550
3	Kelli Sanders	WRPF	2016-08-20	501
3	Tessa Urbank	USPA	2016-07-09	501
3	Ann Vanderbush	WPC	2016-11-09	501
3	Sammi Jo	RPS	2016-04-23	501
7	Sebrina Davis	USAPL	2016-10-13	496
8	Molly O'Rourke	USPA	2016-07-09	479
9	Sabrina Provoast	SPF	2016-04-16	475
10	Melanie Douglas	USPA	2017-01-07	473
11	Monet Bland	USAPL	2016-10-13	468
11	La Tosha Cleaver	NASA	2016-11-12	468
13	Amy Johnson	SPF	2016-04-16	465
13	Macy Armstrong	IPA	2016-12-17	465
15	Jessica Belt	USPA	2016-01-23	462
16	Beth Tarkany	SPF	2016-04-16	460
17	LaTosha Cleaver	NASA	2016-08-20	457
18	Daniella Melo	USAPL	2016-10-13	451
19	Alexis Eliopoulos	365 Strong	2016-10-29	450
20	Natalie Hanson	USAPL	2016-03-04	446
21	Randi Lee	USPA	2016-06-11	440
21	Ericka Mahler	USPA	2016-05-21	440
21	Danielle Drew	USPA	2017-01-07	440
24	Jennifer Payne	IPA	2016-12-17	435
24	Tara Wolf	UPA	2016-11-13	435
26	Kim Price	USAPL	2016-10-13	429
27	Molly Edwards	RPS	2016-08-13	425
27	Karrie Macknair	RPS	2016-09-24	425
29	Markeice Harris	USPA	2016-10-08	424
29	Nathalie Green	RPS	2016-05-14	424
29	Crystal Bowman	SPF	2016-06-18	424

TOTAL

Rank	Name	Federation	Date	Total
1	Crystal Tate	XPC	2016-03-05	1435
2	Chakera Holcomb	WPF	2016-08-20	1427
3	Kelli Sanders	WRPF	2016-08-20	1267
4	Sammi Jo	RPS	2016-04-23	1234
5	Macy Armstrong	IPA	2016-12-17	1215
6	Amy Johnson	SPF	2016-04-16	1175
7	Jessica Belt	USPA	2016-01-23	1140
8	Jennifer Payne	IPA	2016-12-17	1130
9	Sabrina Provoast	SPF	2016-04-16	1125
10	Markeice Harris	USPA	2016-10-08	1113
11	Beth Tarkany	SPF	2016-04-16	1110
12	Timminy Haycock	IPL	2016-11-12	1107
13	Ericka Mahler	USPA	2016-05-21	1102
14	Alexis Eliopoulos	365 Strong	2016-10-29	1085
15	Tara Wolf	APF	2016-07-31	1067
16	Kimberley Raber	UPA	2016-01-24	1030
17	Lydia Jones	IPA	2016-03-05	1010
17	Casandra Blackman	IPA	2016-03-19	1010
19	Crystal Bowman	SPF	2016-06-18	1009
20	Brittney Sinker	RPS	2016-05-21	985
21	Kelsey Clifton	UPA	2016-04-23	959
22	Shannon Burke	RPS	2016-03-19	955
23	Shelly Yates	IPA	2016-07-16	940
23	Karrie Macknair	RPS	2016-09-24	940
25	Anjelica Glaspie	RPS	2016-11-12	925
25	Jade Socoby	APF	2016-05-07	925
27	Lisa Shejline	SPF	2016-04-16	915
28	Alyssa Way	UPA	2016-07-08	914
29	Casey Gaspari	UPA	2016-12-17	909
30	Candyce Sannadan	SPF	2016-03-20	903

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IG: @Get_Diesel



Russel Orhii



Age: 22

Height: 5'7"

Weight: 190 lbs.

Hometown: Houston

Gym: Alphalete

Max Squat: 633 lbs.

Max Bench: 385 lbs.

Max Deadlift: 700 lbs.

Athletic Background: I played football in high school and walked on at Texas Tech for a semester.

YouTube Channel: Russel Orhii

Instagram: @Russwole

Are you a Bodybuilder or a Powerlifter? Which training style do you prefer?

I like to refer to myself as a powerbuilder. I love to do both so I try to have a balance of the two in my training split.

Have you ever experienced a serious injury that has prevented you from any physical activities?

I tore my ACL back in high school which kept me from squatting for a year. However, I have managed to stay pretty healthy since then.

How did you get started in the YouTube World?

I started watching fitness YouTube videos my freshman year in college. I watched CT Fletcher, Mike Rashid and Big Rob every morning for motivation to hit the gym. Through them, I found other fitness YouTubers that took more of a vlog approach. Their readiness to share their lives in hopes of motivating/helping others drove me to create my own channel!

What are your favorite and least favorite aspects of being a "YouTuber"?

My favorite thing about being a "YouTuber" would have to be connecting with people all around the world. I really enjoy the sense of community YouTube brings. Someone in the Netherlands can feel like they are in Houston, Texas just by watching a vlog I made! I also get to hear amazing stories from people that have overcome adversity. My least favorite thing would have to be filming workouts. It's fun for the most part but my workouts tend to suffer here and there when I'm trying to get multiple angles of me performing a movement.

What are your long-term athletic goals?

I want to be able to squat 700 lbs. and deadlift 800 lbs. I also want to get better at playing pickup basketball games with my friends. My shot is getting there but it is very inconsistent.

Do you have any hobbies other than training?

I really enjoy listening to podcasts. I used to draw all the time but I have stopped after training became such a huge part of my life. One of my favorite things to do is listen to a podcast while drawing on some shoes.

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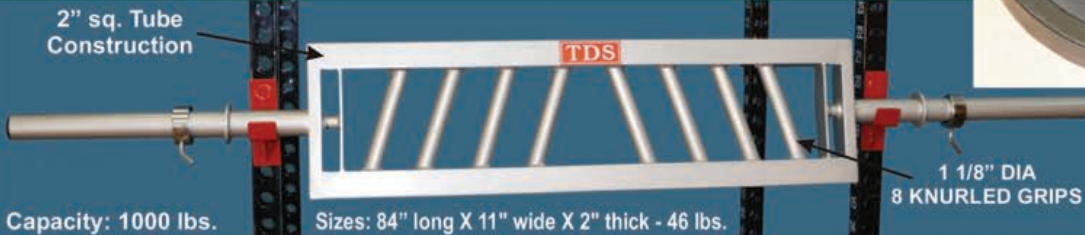
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