

PUTTING THE LONG IN LONGEVITY BY ZAC WHALEN

POWER

SEPTEMBER/OCTOBER 2017

**STRONGER
THINGS:
ICELAND**
BY MATT VINCENT

**THE STORY OF
FURIOUS
PETE**

**FROM COMPETITIVE
EATER TO POWERLIFTING
CANCER SURVIVOR**

SEPTEMBER/OCTOBER 2017 • VOL 8, NO 5

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A large graphic for POWER Magazine. The background is a dark red color with the word "POWER" repeated in a large, white, stylized font with arrows pointing downwards. The text "WANT MORE POWER MAGAZINE" is written in white, bold, sans-serif font. Below this, several magazine covers are displayed, including one featuring Laura Phelps, one featuring Bobby Lashley, one featuring Konstantin, one featuring Chuck Vogelpohl, one featuring AJ Roberts, one featuring Brian Carroll, and one featuring Ansbey Malani. The text "GO TO WWW.THEPOWERMAGAZINE.COM" is written in white, bold, sans-serif font. At the bottom left, there is a small number "4" and the text "SEPTEMBER/OCTOBER 2017".

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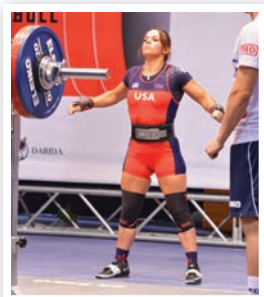


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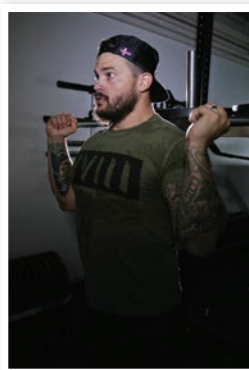
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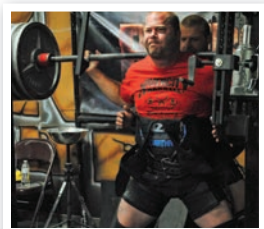
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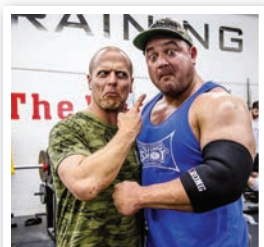
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"AT ONE TIME I STOOD ALONE..."

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



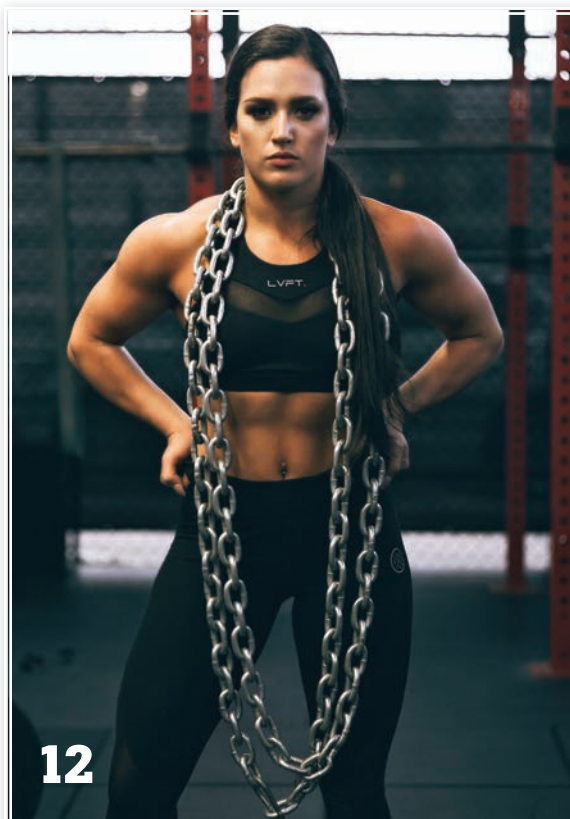
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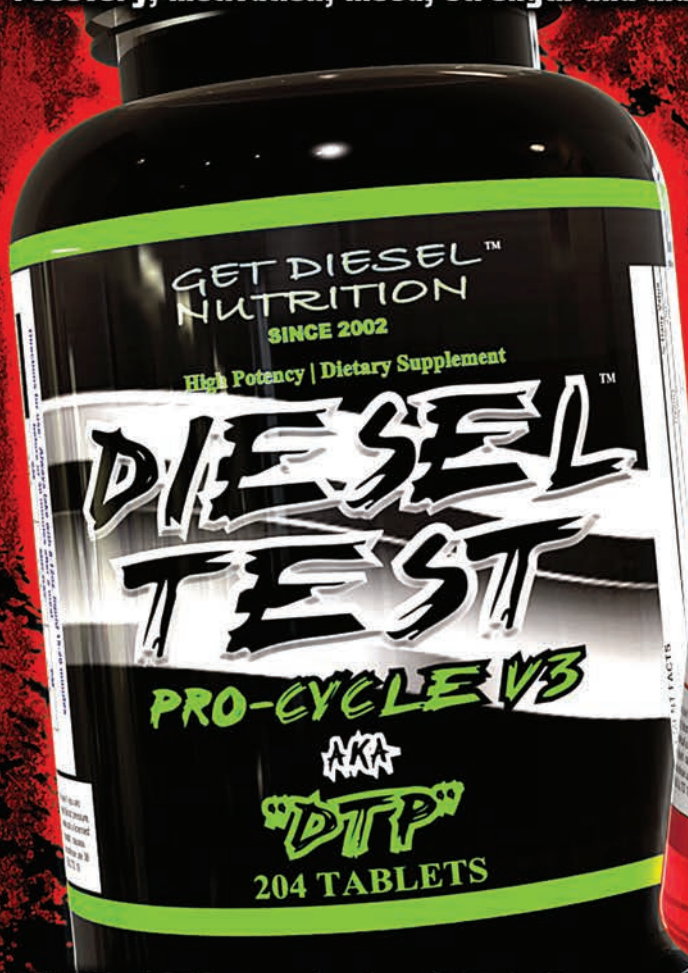
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WHAT COMPETITION?

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JOE SULLIVAN



Age: 24
Height: 5'6"
Weight: 235 lbs.
Hometown: Flint, MI
Gym: Beyond Limits Training
Max S/B/D: 880/507/835
Best Total: 2121 lbs.
Athletic Background: Collegiate wrestling and high school football
Instagram: @joesullivanpowerlifter
YouTube: <https://www.youtube.com/user/njvfvfw>

Why the heck powerlifting?

I was fortunate enough to have been exposed to it in high school, as my school had a club team. It was single-ply and USAPL, but it really drilled form home and taught me patience. Now I use it as an outlet for my obsession and passion to better myself—I've come so far with it. I can only envision myself being the best at it.

Now that we know you're crazy, what are some of your favorite movements that keep you coming back for more, and why?

Prefacing this answer with the claim that runners high is bullsh*t and does not exist. However, if there is any semblance of that in nature, there has to be something to call the feeling you have after taking your body somewhere on a

max effort set. The void, the zone, a flow state or whatever—that is why I'm here. That feeling of accomplishment, knowing my body has more, and [knowing] my mind [is sure of] that keeps me here.

How long have you been moving the iron around?

Since I joined that high school club team! So, [I was] 13 or 14 years old as I had started the summer after grade 8. At that time, I was also severely obese and knew I needed to do something to drop me from my highest weight of 280 lbs. I was butterball-esque.

Where do you currently train?

Beyond Limits Training, in downtown Columbus. We have the best gym members, and if anyone would claim otherwise, I'd challenge them to spend a few evenings there around 5pm. Hearing

athletes and soccer mom's alike cheer for someone to complete an AMRAP set is pretty remarkable.

You competed at the CETC US Open earlier this year and had an incredible 2,121 lbs. total at 220 lbs. BW [bodyweight]. Tell us about the last couple of weeks leading into such a top-level event?

If you don't feel like glass [when you

are] three weeks out—you're doing it wrong. If you don't feel great a week out and are as stress-free as possible—you're also doing it wrong! I was incredibly focused and excited to step on such a large platform and to be surrounded by people you can only call legendary. I was absolutely terrified, but my excitement and my determination outweighed that feeling.

Were there any changes you wish you made with attempts or protocols at the US Open?

Not really! Thomas Neal (my then coach and friend), Charly Joung (my friend/ handler), and myself all made intelligent calls to build as big a total as we could. We called for 804 lbs. on my 3rd pull to beat Belkin, and I don't regret that big jump at all.

Tell us about your day of competi-

tion routine. Is it consistent every meet?

I just try to stay as light hearted and stress-free as possible. I am very "on" when I am lifting the weight, but I try to keep arousal to a minimum in the down time. I just look forward to having my parents and fiancée (maybe wife when this comes out) cheering for me.

What do you do the few weeks following a meet? Does it vary on how the competition went?

I mean, if I bombed on squat and did nothing else, I'd probably get back to it quick. But nine times out of 10, I take the whole week off. I'm so "on" the whole training cycle that I just need a bit of time to relax and watch some movies while I veg out on the couch.

What are some former or current lifters you look up to, and why?

Ed Coan—he is the greatest of all time. I want to come as close to his legacy as I can before all of this is over and done with. Also, Kirk Karwoski because I am envious of his ferocity when [he is] under the weight, and we are both similarly pretty good at squatting.

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

Something mediocre. Drinking and playing video games like a boring human. This isn't even really a question, as I can't imagine not training in some capacity.

What are your 2017/2018 goals?

No 220 has ever totaled 2200 lbs. raw with wraps. If Belkin doesn't do it soon, I want to be the first to [do it] in November. No one is untouchable, and we all need to be reminded of that sometimes. **PM**

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

KATIE CORIO

Age: 23

Height: 5'2"

Weight: 138 lbs.

Hometown: Albuquerque, NM

Occupation: Athlete, Entrepreneur, Influencer

Gym: Fit Athletic, Solana Beach, CA

Current Max S/B/D: S- 292 / B- 170.75 / D- 374 (total of 837.75 lbs., 380 kilos)

Athletic Background: Former volleyball player, NPC competitor, and USPA powerlifter

Let's start by finding out your "Street Cred". What fitness sports have you competed in?

NPC Bikini Shows:

Spartan Championship, May 2014

- 1st place in Novice Bikini A

- 3rd place in Open Bikini B

Ferrigno Legacy, November 2015

- 1st place in Open Bikini B

Jr. USA's (nationals), June 2016

- no place, I think I got 4th callouts!

Powerlifting Meets:

Mock Meet at Convoy Strength, April 2017

USPA Smash Weight Open, June 2017

- 1st Jr. Raw

- 2nd Open

- Best Lifter

At your most recent powerlifting meet, you took 1st in the Raw Junior Division in the 148 lbs. weight class. What are some things you thought went well and some things you would like to fix before your next competition?

Shortly after I set my sights on powerlifting, I was diagnosed with rheumatoid arthritis. RA runs in my family, and I have witnessed firsthand how crippling and debilitating it is. I was heartbroken. I struggled for months with lifting as my joints were stiff, swollen, and painful. About a year ago, I literally couldn't even body-squat due to my immobility and joint issues. I worked like crazy everyday to get my flexibility and mobility to a good place leading up to the meet. Overcoming my diagnosis and stepping on a platform was a source of pride in and of itself.

I never thought in a million years that I would be squatting almost 300 lbs. at my first powerlifting meet! I was so happy walking off of that platform, especially

with my squat performance.

I definitely could have done better with my bench. I smashed my first and second attempts, and on the third one, I got a bit cocky. I got too excited and unracked the weight incorrectly. Once I set myself up for the press, I already felt pretty fatigued from the liftoff. From there, I just got in my head mentally, and the lift was over before it even began. However, you better believe that I am going to get that weight up next time! I am making it my goal to smash the weight that I missed—maybe have it be my second or even my first attempt. Just more motivation to be better!

You're a strong advocate of health and fitness. How has training and following a strength-based training program positively affected your life?

Following a strength-based training program has not only given me a routine, but [it has also provided me with] a purpose. It has provided me with new goals and opportunities. I firmly believe that the benefits of training are just as effective for developing a positive, confident mindset as they are for improving your physical appearance. Being strong in the gym has empowered me to be strong in all other areas of my life.

After competing in my first bikini show back in 2014, I was hooked. I found immense satisfaction from the whole process. I loved the way I felt and looked. Fitness gave me structure and routine. It kept me feeling healthier and focused on a goal.

As I continued on my fitness journey, doors began to open for me. I got the opportunity to train with Lou Ferrigno at Gold's Gym Venice, and I landed some amazing sponsorships with Live Fit Apparel and 1Up Nutrition. This created a platform for me to inspire others to live a more positive and healthy lifestyle. I felt like I was winning at life, and my heart told me that this was the path I was meant to follow. I changed my major from art to kinesiology, and I threw myself full-force into the fitness industry.

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Powerlifting had always been something that I admired from afar. I would gaze in awe at the incredible strength those athletes showcased. As I became more fit, confidence followed, and I set the goal for myself to compete in a powerlifting meet. I had a great experience at my first meet and am eagerly looking forward to competing in another one soon.

Give us a run-down of your training split.

My training split right now looks something like this:
heavy bench, heavy squat, rest, power bench, deadlift, hypertrophy bench/upper body, rest
*after each heavy lift I do accessory and hypertrophy work at the end

You recently graduated from college with a Bachelor's Degree in kinesiology. What path are you pursuing with your new education?

I would love to use what I learned obtaining my kinesiology degree to write health and fitness articles for magazines, blogs, and things of the sort. I am actively using the knowledge I gained in school to better help my online clients reach their goals and to educate people on different fitness and nutrition topics! My degree has also provided a great foundation for my YouTube channel, where I do lots of informational lifting and nutrition videos.

www.youtube.com/katiecoriocutekatiebug

Motivation is something many people enjoy receiving and giving. You've motivated hundreds of thousands lives through social media and in person by sharing your experiences. How has being in the public's eye influenced your life?

Although being in the public eye has its downsides, the pros outweigh the cons by a magnitude. Being able to reach so many people and help them in their daily lives is such a powerful blessing.

I remember reading a quote after learning I had RA that said, "All challenges are an opportunity for growth and I am thank-

ful for the chance to evolve." I decided that I would use my diagnosis to further inspire others who are experiencing similar struggles, and show them that they do not have to be held back by their situation! I wanted to prove that no matter what cards you've been dealt, what obstacles life throws in your path, you can break through that and become whatever you choose.

With every struggle that life presents, my goal is to turn it around into something positive that I can share with the world. Completing my first powerlifting meet has enabled me to prove to women out there that they can be STRONG and being strong is BEAUTIFUL.

My current focus is to show people that they do not have to succumb to the chains of conformity. I want to prove to people that they can, and they should, BREAK THE STANDARD, for everything in their lives. Become better and more than you ever thought possible for yourself.

Breaking the standard in female fitness; breaking the standard for young, aspiring entrepreneurs; breaking the standard for people with disabilities. YOU CAN DO ANYTHING YOU DEEM POSSIBLE. Stop limiting yourself and start breaking the chains of conformity! Strength is EMPOWERING.

Many people might not know this, but you are also an artist. Do you plan on pursuing art in the future?

Yes! Absolutely. The downside of having been so busy pursuing my fitness career is that I have pushed my art passion to the side. Now that I have finished earning my degree, I will have more time to create art! One of my ultimate dreams is to have prints made of my artwork which I hope to make available on my website eventually. Stay tuned!

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THE STORY OF **FURIOUS** **PETE**

COMPETITIVE EATER TURNED POWERLIFTING CANCER SURVIVOR

BY PETE CZERWINSKI
INTERVIEW BY MARIEL TAGG

Age: 31

Height: 6'2"

Weight: 240 lbs.

Current city: Toronto, Ontario, Canada

Gym: Private warehouse gym

Squat: 500 lbs. for 5

Bench: 455 lbs.

Deadlift: 700 lbs.

Education: BA in Mechanical Engineering, MA Manufacturing Engineering; McMaster University

Growing up I was always kind of athletic. I focused on racquet sports and skiing through high school, but never played football or hockey or any of the sports that make you a real Canadian. Eventually I did some weight training to make my legs stronger for skiing, and I noticed a big difference in my power on the hills.

At the end of high school, I developed an eating disorder. I was hospitalized with anorexia midway through my last year of high school at 120 lbs. at 6'2". Life was upside down. About a year prior to that, both my parents were hospitalized for numerous reasons and I was told I might have lymph node cancer. As an only child, I was a little stressed trying to get the grades I needed to get into the universities I wanted to go to, and I felt like I had no control. Everything was going wrong. I wanted to control something in my life, so I started controlling food. Slowly but surely, that control went out the window and I couldn't control myself anymore.



When you develop an eating disorder, you develop an image disorder. You also develop a voice that talks within your head that tells you different things that aren't necessarily true. Things got worse and worse until I was eating one lettuce head and a tomato a day. I might have chugged a couple liters of diet coke and run 10-15 miles every single day. I was dropping weight like crazy. My grades

were not as good as I wanted them to be, and eventually I was hospitalized.

I ended up checking myself out of the hospital after about six weeks, as I was classified as an adult at 16 years old. I told myself I had to get a hold of myself, to get a handle on my life, and to get the grades that I knew I needed to get into school. My dream had been to work for NASA one day, and that was the

goal. I loved science, I loved math, and that's what I wanted to do.

After I got out of the hospital, I went through about 6 months of ups and downs and trying to cheat the doctors. After about six months I got fed up and told myself I finally needed to take responsibility of my actions and be held accountable.

In 2003, I signed up on a fitness forum group on BodyBuilding.com. I decided to talk about my story and posted a picture of myself at my current stage and said "I am going to get better from



"I STARTED DOING DIFFERENT EATING CHALLENGES AND POSTING THEM ON YOUTUBE. I STARTED BREAKING DIFFERENT WORLD RECORDS. I ATE A 72-OZ. STEAK IN 7 MINUTES. THAT WAS MY FIRST WORLD RECORD. AND IT WASN'T LIKE I WAS TRYING TO BREAK THESE WORLD RECORDS, I WAS JUST FAST"

here on in." By doing so, by posting a picture, I would not only be disappointing myself if I failed, but everyone who was looking in, and it pushed me to get better.

It took about three-and-a-half years to overcome anorexia, to get rid of the voice inside my head that told me I'm worthless and fat, and eventually I started living a normal life at the university.

I loved everything about University. During my third year, sometime in 2007, we went out for breakfast after a night





of partying with the boys. We woke up with pretty extreme hangovers, and my buddy convinced us to go to this restaurant with greasy food and a challenge. He challenged anyone to break the record at the restaurant, and I obliged. I managed to double the record. I could have kept going but I didn't want to waste any more time.

It was disgusting. It was a lot of food, and I had a huge headache afterwards from way too many carbs. After that, I started doing different eating challenges and posting them on YouTube. I started breaking different world records. I ate a 72-oz. steak in 7 minutes. That was my first world record. And it wasn't like I was trying to break these world records,

"I DID EATING CONTESTS TILL 2014, BUT I WAS REALLY HEAVY INTO IT UNTIL ABOUT 2012. I DID ABOUT 100 EATING CONTESTS AND WON ABOUT 95% OF THEM. SO IT WAS A GOOD TIME"

I was just fast.

About a year after that challenge, I got asked to come to California for an eating contest which consisted of all the best college and university eaters from North America. It was kind of a big deal – CBS was there covering everything, it

was all televised, it was nuts. It was my first time in San Diego, California, and basically just an excuse to go to California for free and have some fun.

I managed to win that contest and eat 50% more food than the 2nd place person. After that I became hot on the competitive eating circuit. I won 20 contests in a row, which might still be a record. At that point, it was a huge record to win that many contests in a row.

I did eating contests till 2014, but I was really heavy into it until about 2012. I did about 100 eating contests and won about 95% of them. So it was a good time.

Between 2007 and 2011, I had started uploading my videos to YouTube but I



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was inconsistent and didn't really focus on quality. It wasn't a priority at that point. I had about 3,000 subscribers, which was nothing. Then in 2011, I went to a meeting with a bunch of other YouTubers that were much more successful and I learned some tricks about how to make my channel successful. I decided I would give it another year and really pump my YouTube and do better on YouTube. I had just finished my Master's and I was ready to take it more seriously.

Now back track to 2009 when I had started hosting a German television travel show called Abenteuer Leben. It was supposed to be a one-off episode of me traveling to Germany and eating

"I WAS DIAGNOSED WITH TESTICULAR CANCER. IT WAS DIFFICULT TO GRASP AT THAT TIME, BUT I THINK THAT AFTER GOING THROUGH ANOREXIA, SINCE THAT WAS SUCH A MENTAL BATTLE, I WAS ABLE TO FACE THIS A LOT DIFFERENT THAN A LOT OF OTHER PEOPLE"

huge portions of food, but the episode did so well that we ended up traveling around the world, filming 52 episodes. It's not as much about huge portions of

food anymore, but having a good time enjoying the food and culture. It was a dream come true because I got to travel around the world trying food for free after finishing University.

They gave me a contract for about 10 episodes during the year I was really trying to make it on YouTube, and I kinda did! And things kind of just progressed until today. With all of my channels, we're pretty close to a billion views. I guess the world likes food more than fitness. So, while my fitness videos do well, my eating videos do really well.

During that time, I fell in love with fitness over the years. I've done Cross-Fit, I've done weightlifting, I've done bodybuilding, a little bit of Strongman,

and nowadays I like to focus on the strength aspect with the deadlift as my favorite lift.

Then, in 2014, I was diagnosed with testicular cancer. It was difficult to grasp at that time, but I think that after going through anorexia, since that was such a mental battle, I was able to face this a lot different than a lot of other people – I went head on with it and I think I was as positive as I could be throughout the whole thing, creating as much awareness as possible.

October 2014, I had my left testicle removed. My left one was actually three times larger than my right one. That's how I realized there was an issue. And it's an issue that people need to talk about more often, but a lot of males don't because they find it embarrassing. The average person waits an average of five months before seeking help if they do notice an issue or irregularity down there. And with cancer, five months is a long time. But if you tackle this issue right away, that could be the end of it. You can just have your one nut chopped off and you're good forever. And believe



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me, one nut and you're still good. I deadlifted 700 lbs. with one nut. So that one nut is still really strong.

I had a scan 2 months later, and the doctors were a little bit nervous about one area but didn't want to apply radiation or chemo because they didn't know what it was. We noticed about 8 months later that there was growth where there shouldn't have been. They asked me if I wanted to do chemo or radiation to get rid of the issue, and I decided to do radiation because that seemed like the easiest, fastest option at the time.

I did radiation in August/September of 2015 and I was told that things looked pretty good. In January 2017, there were multiple growth areas where there shouldn't have been growth. They told me I had to do chemo, and that was more difficult to swallow because I knew the side effects.

I work my ass off day in and day out. I wake up at 8 a.m., I go to bed at 2 a.m. and I work on everything Furious Pete all the time. All the time. I love my brand and everything about it. Things were going really well and I knew this was going to slow me down.

However, about a week before finding out about the need for chemotherapy, I

deadlifted 700 lbs. I was feeling great. I deadlifted 700 lbs. with all these tumors inside me, but clearly I wasn't healthy at the time.

I knew I was going to lose my hair and it was going to make me weak. I knew I was going to be tired. There was

going to be a lot of setbacks. I wouldn't be able to focus on the things I wanted to. I started chemo and it was two-and-a-half months of straight hell. It was not easy. I lifted throughout the entire process. I went to the gym whenever I could because it made me feel better.





Even the doctors were pushing me to go to the gym because it would make me feel less sick, less tired and so on. There were days when I would go to the gym, and I remember doing 600 lb. deadlifts into my first round of chemo. I was tired but I was still pushing myself. Then there would be days when I would do two sets and I would have to stop. But I

still went and tried to follow my routine and kept going.

I finished chemo in April of this year, and things are looking good. The good thing about testicular cancer and chemotherapy is that they really don't like each other, and they normally don't want to become friends for a long time afterwards. So I'm probably in a good

boat for the rest of my life. That's the good part about testicular cancer, if there's any good part – that chemotherapy usually kills it for good.

And right now, I'm feeling good. We had some scans a few months ago and they think that the rest of what they're seeing is just scar tissue that will scab away. I have more scans in the next month or so and if we're good we're back in business full time.

I'm still not 100%. My testosterone levels are still garbage, and there are days when I get tired. But the doctors said it would take me about six months to get back to normal. And at the end of the day, I'm here, I'm alive, and I'm still doing the things I love to do. **PM**



JENNIFER MILLICAN

Weight Class – 57kg | 125lb

2017 IPF Raw World Champion & Overall Best Female Lifter

Current IPF Raw World Record Holder in Squat – 174.5 kg | 385 lb

Current IPF Raw World Record Holder in Total – 462 kg | 1019lb

Best Wilks to Date – 542.53

What an amazing introduction to USA Powerlifting it has been for you, Jennifer. From day one you have been making waves and it seems to me your future as a competitor has a ceiling as high as anyone we've seen before. Thank you for taking some time to talk with us at POWER Magazine.

JENNIFER: Thank you for having me! Grateful for such a cool opportunity.

You've mentioned to me that you played softball and basketball for most of your life. Where did your athletics all begin?

JENNIFER: I grew up in Mt. Juliet, TN (just outside of Nashville). Played in the local little leagues and schools there.

What were your biggest successes in your earlier athletic years? Do you feel they've contributed to your longer-term success in barbell sports?





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JENNIFER: I think the biggest contributing factor was the lack of fulfilling my potential in the early days of athletics. Of course, hindsight is 20/20, but I didn't take enough control of my own success to really achieve anything. I was cut from the softball team my sophomore year and, in that moment, I decided that I would never leave my own success to anyone other than myself. However, even in the early years, I always had more heart and grit than anyone on the field or the court. So, I think the combination of these two things have been major contributors to my success.

How did you end up getting into CrossFit?

JENNIFER: While I was pregnant with our second child, my husband had gotten really into CrossFit. He would

“THE IDEA OF BEING STRONG AND COMPETING APPEALED TO ME. I HAD ALSO LOST A LOT OF WEIGHT AFTER HAVING OUR SON WHICH ALSO MEANT I LOST A LOT OF SHAPE. I KNEW BUILDING MUSCLE WAS THE ONLY WAY TO GET IT BACK AND I KNEW THE COMPETITIVE ASPECT WOULD KEEP ME COMING BACK, SO IT WAS THE PERFECT FORMULA FOR ME”

come home and tell me stories about some women in the class getting their first pull up and how his name would get circled at the end of a workout. I knew I could do a pull up, and I wanted my name circled! The idea of being strong and competing appealed to me. I had also lost a lot of weight after having our son which also meant I lost a lot of shape. I knew building muscle was the only way to get it back and I knew the competitive aspect would keep me coming back, so it was the perfect formula for me.

Arguably a more important question; how did you make the transition into strictly powerlifting?

JENNIFER: The gym I went to held an unsanctioned push/pull competition. I benched 125 and deadlifted 300lbs for

the first time. I won. When it was over, I said, "now what?" I was handed an entry form to a full power meet and that was it. Hook, line, and sinker.

What do you consider the most essential component of your training? If you could nail your success down to one single line item?

JENNIFER: Consistency.

If you could give one training tip to everyone out there, what would it be?

JENNIFER: I would say be consistent. But since I did; the other tip I often give is about your approach. Watch any successful athlete. Watch their approach to the mound, the free throw line, the tee, the starting blocks. Develop a routine before each lift, do it EVERY time, and for every lift. It becomes rhythmic. You become a machine. It becomes less about the amount of weight on the bar and more about executing the form. From there, it's about imposing your will on the barbell.

Can you break down what a typical training week would look like for you? What is your usual frequency of the competition lifts?

"DEVELOP A ROUTINE BEFORE EACH LIFT, DO IT EVERY TIME, AND FOR EVERY LIFT. IT BECOMES RHYTHMIC. YOU BECOME A MACHINE. IT BECOMES LESS ABOUT THE AMOUNT OF WEIGHT ON THE BAR AND MORE ABOUT EXECUTING THE FORM. FROM THERE, IT'S ABOUT IMPOSING YOUR WILL ON THE BARBELL"

JENNIFER: I train 4 days a week with a typical split. Usually hitting each main lift twice per week during meet prep. I'll do some steady state cardio as I draw near weigh ins. I stretch when I'm near death.

What are your favorite assistance lifts and why?

JENNIFER: Strict overhead press and front squats. I love them for the pure

brute strength they require.

Do you ever use bands, chains, or other kinds of accommodating resistance in your training? If so, how often do you use them?

JENNIFER: I do not currently use any accommodating resistance. I have in the past, when I first started lifting, but haven't in the last 3 years or so.

Which lift has been the most difficult for you to make progress with? What have you done to push it along?

JENNIFER: Bench has been the most difficult for me to make progress with. When I started working with Aaron it was a huge source of frustration. I started benching more frequently, doing more total sets and reps, and had the chance to feel some heavier weights more often. I was also doing a lot more work with varying grip widths, more direct tricep work, and overhead pressing frequently as well. If I had to nail it down to one thing though, I would say that the increase in volume and frequency helped it the most.

Does your training change as you get closer to important competitions?

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JENNIFER: Generally speaking, my training volume drops and the intensity goes up. It often is something like a heavy single for a few sets, and then some heavy doubles for a few sets. And everything else gets heavier too.

Do you have a coach you work with for your training? If so, how do you feel this has been beneficial for you?

JENNIFER: Aaron Thomas has been writing my programming and nutrition for almost 3 years. Hands down, the best investment I've made. He has pushed me through some actual plateaus and some

"GENERALLY SPEAKING, MY TRAINING VOLUME DROPS AND THE INTENSITY GOES UP. IT OFTEN IS SOMETHING LIKE A HEAVY SINGLE FOR A FEW SETS, AND THEN SOME HEAVY DOUBLES FOR A FEW SETS. AND EVERYTHING ELSE GETS HEAVIER TOO"

perceived plateaus. I started training at Wade Johnson's gym about 4 years ago. It is a powerlifting gym through and through. He has invested in competition equipment and has taught me the mental capacity it takes to win and to survive Aaron's programming.

Have you dealt with any major injuries? What did you do to overcome it/them?

JENNIFER: No, nothing major. My arm quit working, literally just quit on a bench press in 2015 and said, nah bro, we aren't doing that for a while.

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Never any pain, just would not fire or complete a lift. The first time competed in the USAPL, I competed with this dead arm and it was the best decision I ever made. That meet taught me to look at the meet as a whole, and not just as the individual lifts.

You previously made a joke with me about your favorite lift being the total. I think it makes sense why you have this mentality after having that first experience where your bench

“IN THE DAYS BEFORE I COMPETED IN USA POWERLIFTING, I CUT TO 114 AND WENT AFTER THE WORLD RECORD TOTAL. I WAS RED LIGHTED FOR DEPTH ON MY THIRD SQUAT ATTEMPT”

was off. What did you end up doing to get past this shoulder issue?

JENNIFER: After that meet Aaron had me take 4 weeks off, it was near the holidays so it was easy to do. I was also seeing a chiropractor regularly. Then when I got back in the gym, just started light and made my way back up. I can't say for sure, because I really let Aaron handle programming, but I think we were pretty cautious moving forward with volume and determining what I

can recover from. I also quit my terribly stressful job.

What is your proudest moment in powerlifting to date?

JENNIFER: My performance at Worlds. No question.

Did you exceed your own expectations in terms of performance there? Seems to me your plan was just laid out and you came in and executed perfectly. It was a great meet to watch.

JENNIFER: Going into Worlds, after studying the competition, I knew it would come down to making attempts. So, you're absolutely right, we had a plan and we executed. It seems counterintuitive, but it was quite humbling to not only win my class but break a few world records and win best lifter. I suppose while I expected to execute my plan, I am not sure I expected so many accolades to come along with it.

On the other hand, what would you consider to be your biggest disappointment in powerlifting to date?

JENNIFER: In the days before I competed in USA Powerlifting, I cut to 114 and went after the world record total.

" I CARVE OUT A NICHE OF TIME THAT CAN BE ALL MINE AND I SPEND IT LIFTING HEAVY SHIT. I'VE FOUND WITH PARENTING, IT'S EASY TO STOP TAKING CARE OF YOURSELF. I HAVE ALSO FOUND THAT I AM NO GOOD TO MY FAMILY IF I HAVEN'T FIRST LOVED MYSELF"

I was red lighted for depth on my third squat attempt. After all the work I had done to make the cut, and to keep my strength up; I let poor form, technique, and nerves get the best of me. Never again.

So many people talk about not having time to train. You manage to work what I assume is full time, you have two children that are quite young, and you have a husband to top it all

off. How do you have enough time in the day to get it all done?

JENNIFER: It's so cliché. But I make the time. I carve out a niche of time that can be all mine and I spend it lifting heavy shit. I've found with parenting, it's easy to stop taking care of yourself. I have also found that I am no good to my family if I haven't first loved myself.

What does a typical day look like for you?

JENNIFER: The majority of the week I wake up early and train from about 5AM to about 7AM. Work is at 8, I pick up the kids at 3, then it's homework, dinner, bath, and bedtime. I am beating the stick every day, haha!

Why do you choose to compete in USA Powerlifting / the I.P.F. as opposed to the alternatively available organizations in the US?

JENNIFER: When I first started competing, I did not compete in USA Powerlifting as I was naive to most of what was going on in the sport. As I started getting better, I began to notice people paying attention to my lifting career. I was also noticing that, to many, being strong and female could be interpreted

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in less than desirable ways. Specifically that I must be on performance enhancing drugs. I want to provide an ideal model to younger women that being strong does not have mean having to use PED's or dealing with their side effects. I believe USA Powerlifting not only does a great job at highlighting both male and female achievements but also drug free strength as a whole.

What is your opinion on the drug testing that you've had to undergo since becoming a more regular part of USA Powerlifting? Lots of people argue that it's illegitimate and easy to pass under the radar but I think you can speak to the fact that it's not quite so simple.

JENNIFER: Well, because I am relatively new to the federation and relatively good right out of the gate, I can confidently say that being completely unaware of drug testing protocols, the first time a doping control officer showed up at my house at 7am on Sunday morning, I had ZERO clue it was coming. I was then asked to stand in such a way that she could see the urine leaving my body....so, yeah, I don't know how to fake that.

I think that not having any idea it was coming is part of the idea! Have you been tested outside of meets more than once?

JENNIFER: Yes, soon after worlds there was a doping control officer waiting for me at my gym. This was again another complete surprise.

What are your goals for 2017 Raw Nationals?

JENNIFER: Well, first is to win the 57kg open class. I also want to take the world record deadlift, though it will be unofficial, and win best lifter.

How about your more long-term goals?

JENNIFER: This is kind of difficult for me to answer because what keeps me coming back is the ceiling. Whatever my ceiling is, that's what I want to hit. I want to break a 400lb squat, I want to bench double body weight, and I want to break a 550 wilks. I want to sweep best lifter at Nationals, The Arnold, and Raw Worlds. I want to go up to the 63's and win that too. I suppose those are my most recent dangling carrots I've tossed around.

Speaking of long term, how do you

"WHATEVER MY CEILING IS, THAT'S WHAT I WANT TO HIT. I WANT TO BREAK A 400LB SQUAT, I WANT TO BENCH DOUBLE BODY WEIGHT, AND I WANT TO BREAK A 550 WILKS. I WANT TO SWEEP BEST LIFTER AT NATIONALS, THE ARNOLD, AND RAW WORLDS. I WANT TO GO UP TO THE 63'S AND WIN THAT TOO"

stay motivated to train year-round?

JENNIFER: I'm not sure that I do. I can expect to not have any motivation AT ALL to train directly after a meet. However, I have learned that motivation comes in waves, and often times, action precedes feelings of motivation. So I just keep showing up and wait for those warm fuzzy feelings and ride them out while they are there.

"IF WHAT YOU WANT IS TO ACHIEVE YOUR GOAL, YOU CANNOT RELY ON FEELINGS. ASK YOURSELF, "WHAT AM I DOING, WHAT ACTION AM I TAKING THAT IS GETTING ME ONE STEP CLOSER TO MY GOAL?" THEN, THE FEELINGS DON'T MATTER. THEY HAVE NO PLACE IN THE PATH TO BECOMING SUCCESSFUL"

I think people don't talk about this idea enough. Lots of times athletes have the expectation of being fired up year-round and think something is wrong when they go through a low period immediately after a competition or at random during their off-season. What advice would you give to people who are currently struggling with dwindling motivation?

JENNIFER: Ask yourself, what are you chasing? What's the goal? If you're chasing a "feeling," stay in bed and wait for the feeling. The feeling will come eventually and it will leave again. If what you want is to achieve your goal, you cannot rely on feelings. Ask yourself, "what am I doing, what action am I taking that is getting me one step closer to my goal?" Then, the feelings don't matter. They have no place in the path to becoming successful. They are fleeting. They are temporary. When you're standing on top of the mountain, you'll know it was your actions that got you there, not your precious little feelings.

Do you feel your mentality and motivation levels play a big role in your success as an athlete?

JENNIFER: Absolutely. While being physically strong is a huge chunk of any success, I would offer that being mentally prepared/strong is as equally important. The good news is that you can train both.

As a change of pace, tell us something nobody would know or guess about you?

JENNIFER: Many people seem to find in surprising that I've got a great sense of humor. I think it's my lack of smiling that throws people off.

And a very important question; what is your favorite food?

JENNIFER: Can I say GOOD food? I have a fondness for family meals and anything prepared with love. I really can't answer this question.....I like all the food. A good cheeseburger is near the top though.

Where can we find you on the internet/social media?

JENNIFER: On Instagram you can find me @jenmillican. I have a blog at poweryourown.blogspot.com

Thanks for taking the time, Jennifer. Good luck at Raw Nationals!

JENNIFER: My pleasure! Thank you, Hani! **PM**

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PUTTING THE LONG IN LONGEVITY

BY ZAC WHALEN

You often hear that powerlifting is a marathon—not a sprint. I disagree—it’s neither. A sprint can be completed in seconds or minutes. A marathon can be completed in hours. Theoretically, you could do either one without stopping for a drink, eating a meal, or sleeping. A better analogy would be to say that powerlifting is like walking from New York to L.A. A trip like that would take plenty of planning and a lot of strategy. There are no shortcuts. It’s a matter of keeping your head down, putting one foot in front of the other, and trying not to veer off course. Staying on a reasonable pace would be key. I started my powerlifting journey back in 2005, and while a lot of people started with me, most have fallen by the wayside. I knew things weren’t going to be easy, and I knew the road would be very long. I’m not gifted with the best genetics, so building muscle and tuning my CNS to lift big weights wasn’t an endeavor that would result in immediate gratification. Even for the gifted, powerlifters age like a good wine. Look at the best lifters from Chuck Vogelphohl to Ed Coan to Brad Gillingham. One thing they all have in common is that they did some of their best lifting in their late 30’s or 40’s, after many decades of competing prior. To make that journey and to achieve your maximum potential, there is no question that longevity is key. Whether it





is burnout, injury, or plateau, there are plenty of exits along the way to success. Here are a few ways to make sure that you keep moving forward, and step by step, get closer to your goals.

Getting Started

When is it the right time to start the journey and enter your first meet? I always see this formula expressed based on numbers. I can squat X weight at Y bodyweight—is it time? What kind of bench press do I need in the 198 class in order to be competitive? These are the wrong questions to ask. The problem with this logic is that in any given meet, you might see an enormous variance in the skill level of the lifters. At the end of the day, powerlifting is a personal sport,

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ARE OR WHAT YOUR BEST
NUMBERS HAVE BEEN,
THERE ARE ALWAYS AREAS
OF IMPROVEMENT THAT
ARE GOING TO TAKE YOU
TO THE NEXT LEVEL”**

and the goal is to hit personal records in a meet under legitimate judging. For your first couple of meets, it doesn't matter what anyone else is doing. You're going to walk away with more experience and a better feel for what the sport is about. So, when is the right time? Since it's a personal sport, the [question] to

ask is whether your mechanics are good enough to compete. Can you complete the squat, bench press, and deadlift with proper form (per the rule book) with 80-90% of your max weights? Pretty simple. Registering for a meet is one of the most motivating things that you can do. It is extremely rare that someone pops up lifting world-class numbers without regularly competing. Almost everyone starts at a lower level and builds their way up along the way. Regardless of how high or low that starting point is, the meet will give you a reference point and will fuel the fire to continue to stay disciplined.

I've Competed, Now What?

For a competitive powerlifter, there



are two basic phases of training. Meet prep, which is the eight to ten week period pre-contest, and off-season, which is everything else. The difference between powerlifting and most other sports is that there is no forced off-season. Gyms are open in the heat of summer and the dead of winter. If you're willing to drive an hour or two, you could find a meet almost every weekend, but generally you want to regulate your year. The best lifters usually tend to stay in the two to three meet per year range. This allows for a couple of meet preps and a couple of "off-season" phases to retool. The purpose of the meet prep is to maximize strength in the lifts, while keeping the execution passable per the rule book. When you're eight to ten weeks out, you don't have enough time to make big, sweeping changes to form or drastically improve weak areas. During this phase, it is time to rely on your strengths and work on putting up as big a total as possible. When the meet is over, it is then time to take a step back to allow for two steps forward, using the contest prep cycle and the meet as a guide on what to prioritize. Regardless how tenured a lifter you are or what your best numbers have been, there are always areas of improvement that are going to take you to the next level. You might notice that you're losing pressure on the un-rack of the squat and need to

revamp your breathing. The rounded back form that allows you to get weights off the floor quickly in the deadlift might be the reason that you encounter terrible lockout issues. Post meet, put your strength on the back burner and

address these areas. For most people, changes won't have an immediate positive impact. While it is tough to see your training weights go down and to know that you could lift more if you reverted back to bad habits, you have to come to

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a realization that the form that allowed you to lift 300 lbs. for the first time, might actually prevent you from hitting 400 lbs. down the road. The theme of off-season should be to perfect your craft and to become as efficient as possible. Often times, you will need to put the ego behind [you] to achieve this. Off-season workouts build the base. The wider the base becomes, the higher the “peak” will be.

Speaking of rep schemes, it’s also important to note that only very advanced or gifted lifters can get away with doing heavy rep sets on main movements. What you end up seeing in practice is a decent first rep, and then form gets worse and worse as the reps go on. Not all muscles fatigue at the same pace, and you’re left with the weak points tapping out early and the strong points doing all of the work. For this reason, still using

“NOT ALL MUSCLES FATIGUE AT THE SAME PACE, AND YOU’RE LEFT WITH THE WEAK POINTS TAPPING OUT EARLY AND THE STRONG POINTS DOING ALL OF THE WORK”

singles becomes a very solid strategy to stick with in off-season mode, but at a percentage of the max that allows for perfect form. This will allow for the weak points to get the work in that they need to develop, and to prevent the strong points from getting more and more out of reach of everything else. This should always be supplemented with plenty of focus on the weak points of the chain, in the form of accessory

work. The best strategy I’ve seen is to pick two to three things to focus on once the meet is over and allow enough time to make some decent progress on those areas before you select another meet and get into a meet prep.

Dealing With Adversity

When you’ve been in the game long enough (think—many years), you start to accumulate some wear and tear. Sometimes, a simple off-season isn’t good enough to recharge and allow for more forward progress. I’ve been pretty fortunate in terms of injuries, but I learned a tough lesson in 2016 when dealing with a couple of herniated discs in my lumbar spine. I’ve typically operated under the mindset that doing anything, even [something] small, would be better than doing nothing at all. After close to a year of trying to push through

“THE KEY HERE IS TO PLAY YOUR OWN GAME. IF YOU HAVE A TRAINING PARTNER THAT HAS THESE TRAITS, OR IF YOU FOLLOW YOUR FAVORITE LIFTER ON SOCIAL MEDIA THAT DOES—BE HAPPY FOR THEM, BUT DON’T TRY TO LIFT OUTSIDE OF YOUR CAPABILITIES”

it, I finally decided to take some time off completely from anything lifting related. No stretching, no weights, nothing. For 10 grueling weeks, I allowed my body to heal, and while it was one of the toughest things I’ve done mentally, it was one of the best decisions I’ve made physically. To my amazement, I was able to return to contest form within a matter of months afterwards, hitting personal bests in two out of three lifts at my first meet back in almost two years. My story here isn’t unique. In fact, I based my decision off of Brian Carroll’s comeback from a similar situation. Times like these can be very difficult to deal with for driven, type A athletes, which fits the powerlifting community to a T. They also tend to be very pivotal points. Pushing into injury can result in making things much worse, to the point of never getting back to competitive shape. A good rule of thumb to consider is that taking time off will never be a career ending decision, but failing to do so could be.

The Outliers

With every rule comes exceptions. In a world with one day shipping, instant coffee, and microwave meals, it’s no question that we want everything as fast as possible. You may have noticed the lifters that hit amazing lifts at young ages or the people who compete 10 times a year and keep progressing. Just like trust fund babies, these people were born with incredible gifts, and they can operate under a completely different set of rules and still be successful. The average person can’t hope to replicate their training schedule or competition plans and see similar results. Going back to the New York to LA analogy, these folks aren’t walking—they’re taking a pri-



vate plane. Despite this fact, you’ll still notice that the ones that don’t burn out and that keep competing will typically change their style and plans down the road as they get older. They will also follow the trend of doing their best lifting later in life. The key here is to play your own game. If you have a training partner that has these traits, or if you follow your favorite lifter on social media that does—be happy for them, but don’t try to lift outside of your capabilities.

Don’t Lose Perspective

A roadtrip that normally takes 20 minutes but ends up taking an hour due to

traffic is a miserable experience. On the other hand, a three-hour drive through the mountains can be a great time. The difference is in [your] expectations. If you think that getting to the top of the sport and nearing your genetic potential is going to be a short and easy trip, you are likely to be unhappy and unfulfilled, and in the end, you are unlikely to ever make it there. Play the long game. Go in knowing that there will be plenty of obstacles and delays, and that the road is certainly not going to be easy. However, if you can keep putting one foot in front of the other, you will eventually look back proudly at how far you’ve come. **PM**

THE TIM FERRISS SHOW

EPISODE #252:

INSIDE THE WORLD OF SUPER TRAINING

MARK BELL

Tim Ferriss has been listed as one of Fast Company's "Most Innovative Business People" and one of Fortune's "40 under 40." He is an early-stage technology investor/advisor (Uber, Facebook, Shopify, Duolingo, Alibaba, and more) and the author of four #1 New York Times and Wall Street Journal bestsellers, including The 4-Hour Workweek and his latest, Tools of Titans: The Tactics, Routines, and Habits of Billionaires, Icons, and World-Class Performers. His podcast, The Tim Ferriss Show – focused on deconstructing world-class performers – is often ranked #1 across all of iTunes (also selected for "Best of iTunes" three years running) and has exceeded 150,000,000 downloads. And I had the honor of being invited on it to talk to him.

TIM: Mark, welcome to the show.

MARK: Thanks Tim, I'm fired up to be here! This is going to be fun.

TIM: Yeah, it's been a while since I've hung out among the goliaths here at Super Training Gym. This is my first time at the new location, I like the new digs.

MARK: I'm glad we got you to the new spot here. We're having a lot of fun here and this is a dream come true. It's 10 years in the making – Super Training Gym has been around since 2006 and I started off in someone else's gym, and then I had my own spot for a while where we were near a funeral home where they were sacrificing all kinds



of animals and stuff like that (that was bizarre). But to be able to come from that and get to this and offer the gym – the gym is free – it's just a dream come true to be able to share knowledge and my mission and goal in life that's to make the world a better place to lift.

TIM: So, explain the business

model. How did you decide that and how does it work?

MARK: When I first did it, one of my good friends asked me "Why are you making the gym free?" Because the gym wasn't always free. It used to be \$125 a month. I just kind of made that value up out of the four times a week that we get

together and the amount of coaching I was offering everyone. To me, it would have been valued a lot more than that. But powerlifters don't typically have that kind of dough, to shell out \$200-300 a month. So, I made it \$125. But when he asked me why I switched the gym to be free, I said "To become rich and famous." And from that moment on, that's when things started to really kick in and things started to really groove. Because at that point, everything started to make a lot more sense to me. It was like Neo in the Matrix. Everything just started to come together, things started to unfold. My brother passed away around that time, and it was just a message to me that life is short. I don't give two f*cks about what other people think – I need to get myself headed in the right direction and do the things I want to do. And I need to follow through with my hopes and dreams, rather than be so fearful of stuff. People tend to be fearful of jumping in with two feet into stuff, and I realized I couldn't have that mentality anymore. I realized that it didn't work for my brother, and it's not going to work for me. So, I needed to forge forward and try to figure out a way to keep moving forward and share the message I want to share. And to do it my own way. So, making the gym free was a byproduct of the Sling Shot being invented and giving me the financial means to make the gym free. But I knew the gym being free was going to give me back everything ten-fold. And, in addition to that, the Sling Shot was made inside the walls of Super Training Gym. So I can never really repay Super Training Gym what it's given to me, no matter how we slice it. So the gym being free is just my way of paying it back to the powerlifting community.

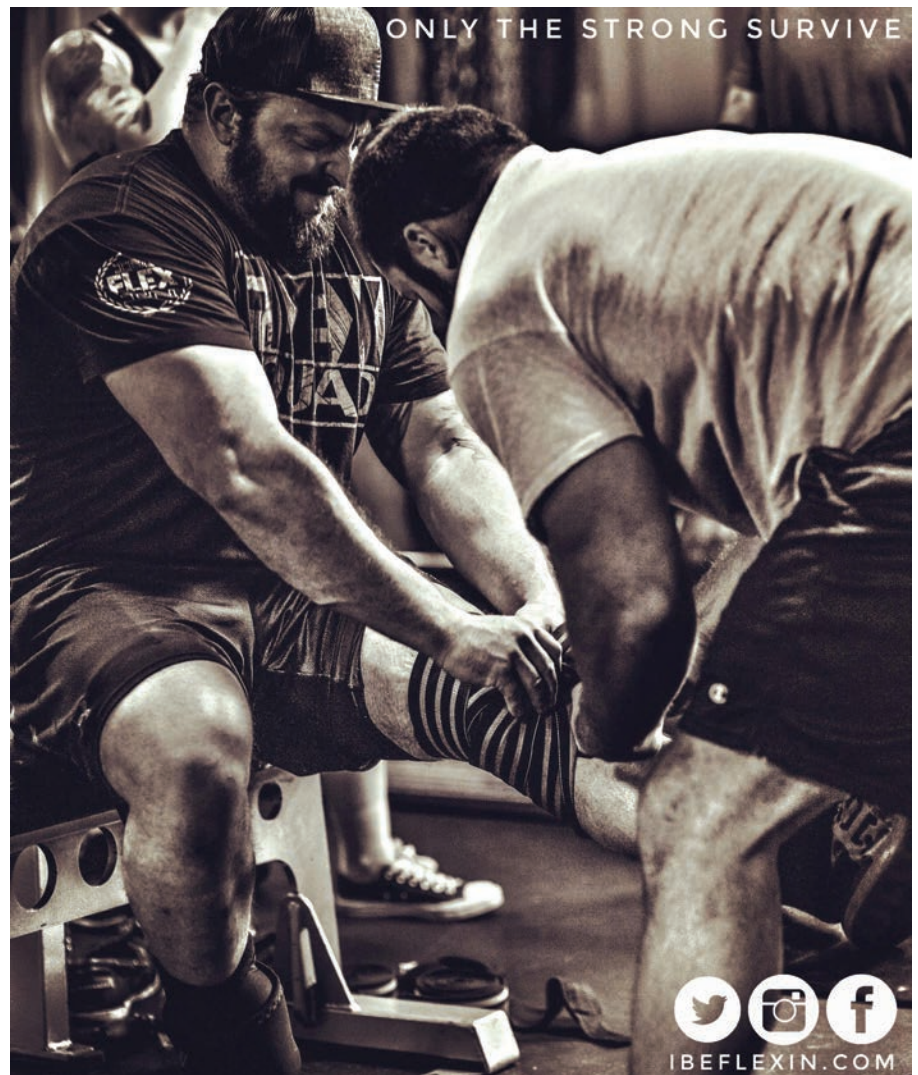
TIM: Did you make that decision in part because it was just consuming 10% of your bandwidth having to keep track of membership payments and all the details that go along with that kind of profit and loss? And by freeing it up, it just made your focus on other things more pure? And what are the rules? Can anybody show up any time they want? Or what's the commitment look like for that sort of thing?

MARK: I like some of the words you just said. You mentioned the word "pure". I'm not the humanitarian of the decade or anything like that. It's nothing

corny or weird, because financial gain is on the front of my mind. It's not in the back of my mind, it's on the front of my mind. I'm a scoreboard driven person, and as an adult, you put point up on the scoreboard by making money. Dollars and cents. So that's kind of the mission. So by making the gym free, it's given me a testing ground for a lot of the products I have. It really opened the doors for a lot of other financial gain that maybe, when I first made the gym free I didn't recognize. But once I made the gym free I just started to think more in terms of, "Okay, I literally own everything that's in here, including the people now. I basically purchased the people in some weird way because they're no longer paying me for my services – I'm allowing them to train here for free with hundreds of thousands of dollars worth of equipment – that gym is so expensive to go over each piece of equipment. Everything is specialized, nothing in there is normal, especially the people, so ev-

everything is a little different in there and because of that, it helped me recognize that I have a really strong testing ground where I can test products. And also, I'm not just a products company. I am 50% products and 50% media – media, social media, YouTube, the magazine – without these different formats to get the message out there then what am I? So it's great to see that it's all working. Trying to make the products popular, trying to make the gym popular, and trying to make money – all those things are definitely on the front of my mind.

You did mention how the gym works. How the gym works is not that complicated. What we do is have an email address that's associated with the gym. It's not plastered everywhere, but if you do work and find it and you're able to communicate back and forth with us, then you're able to come here. So it's not that complicated, but we try not to advertise too much. We don't make it super simple to get here, and then once





you get here we sort of make it a little bit confusing on what is the next step. You know, somebody's like "Hey, I'm supposed to talk to Marcus? I don't know what's going on." And I'm like "I don't know either."

TIM: That just happened like five minutes ago. And I'm like "I don't know who Mark is, I'm just a fly on the wall, I have no idea."

MARK: Yeah, they're like "Don't you own the place?" And I'm like "Yeah, sort of, don't worry about it." So, we make it a little bit confusing. If I see you in here and you're not sweating, I'm not talking to you. There's just no point. We're not going to have conversation with you. I'm not going to help you out of nowhere and just start giving you a bunch of

advice unless I see that you're hungry for it.

TIM: So we're effectively in the recording portion of your office here at Super Training Gym, and someone came in earlier to talk about the schedule. Can you lay out the days of the week and what you do on them?

MARK: For the gym schedule, we get together every Tuesday/Thursday, from about 3 p.m. until approximately 7 p.m. And Saturday and Sunday from about 9 a.m. to 1 p.m. In terms of the training split, it's pretty simple. We do lower body once a week. We do upper body once a week. We deadlift and squat once a week, so really, it's lower body twice in a week. Every Tuesday is deadlifts, every Thursday is bench, and

every Saturday is squats. After a while, it starts to get programmed into your body that "today is a squat day." Rather than it being Tuesday, it's deadlift day. That's how meathead-y we get around here.

TIM: When you start instinctively exploding off of the toilet then you know you have too much pre-workout stimulus and it's squat day.

MARK: That's right.

TIM: First of all, I want to recommend a couple of things. First is two documentaries that I think offer a lot of insight into your background and your family and also your brother, because I don't know if we'll have time to really dig into the details. But "Bigger, Stronger, Faster," which is how we originally met, because I

saw the documentary and I was really impressed. The tagline is "Is it still cheating if everyone's doing it?" and it's about performance enhancing drugs. It's a great doc, which was made by your brother.

MARK: Yeah, and now it's kind of gotten that classic status.

TIM: I liked it so much that I tried to reach out and find you and realized you're in Northern California, and then I traveled to Sacramento to embarrass myself. And the other documentary is "Prescription Thugs" which covers a lot of semi-related topics but also goes very deep with your family. So those are just two things I wanted people to check out for further watching – two sources that I would highly encourage checking out. But you talked a little about your training split. Can you talk a little about Louie Simmons and Westside, and what are some of the key lessons you learned?

MARK: Yeah, I trained with Louie Simmons for about a year. I also worked with him and coached under him for about an additional year beyond that.

TIM: For people who don't know who he is, can you just give them an overview?

MARK: Yeah, Louie Simmons is the owner of pretty much the strongest gym in the history of lifting. He created a community that was so competitive and so strong that thousand-pound squats were routine, 800-pound benches were routine, and 800-pound deadlifts were routine. Keep in mind this is back when geared powerlifting was a little bit more acceptable. Now people have taken the powerlifting gear off. The powerlifting gear was very supportive and adds additional pounds to what you can actually lift.

TIM: And when he refers to "gear" in this particular case, he's referring to multi-ply bench press shirts, deadlift suits, and so on.

MARK: It looks like a straight jacket type deal.

TIM: It improves your leverage.

Mark: Yeah, it improves your leverage. But regardless of what people wore and didn't wear, at the time, that was the style of lifting that was popular. And he created the fastest, most explosive athletes in the game, without question. And he would have what seemed like 10-15 guys at a time just crushing

weights from different weight classes. But year by year, things would change a little bit in the gym, and he would still create monster after monster – it didn't matter. The only thing that would change in there was the names – the numbers would go up a little bit, the names would change a little bit, but it was still the same thing, Westside Barbell kickin' the crap out of everybody. He was a pioneer in the way of bands and chains being utilized in training. The bands and chains helped with accommodating resistance. The weights are lighter at the bottom and heavier at the top. As your body comes into a more advantageous position, you are getting more weight on the bar. As your body is in the least advantageous position, such as in the bottom of a squat or the bottom of a bench press, you have less chain weight or less resistance from the band. So it gives you an opportunity for a lot of things. #1) it can help you produce more force, which is great in any sport. It can also help you to be faster and more dynamic. It's also going to allow you to prevent injuries because, as I mentioned, when you're at the bottom of a lift, there's less when on you. So, for example, if you were to bench press with some bands and you were at the bottom of a lift and you had three plates on the bar – let's just say it's 50 lbs. of bands – at the bottom, with 315 lbs. in plates, it would be about 365 lbs. at the top, and 315 lbs. at the bottom. So you can see the weights are lighter at the bottom, heavier at the top. It allows for acceleration, you can accelerate through the weights, and allows for a kind of consistent tension on those weights. So Louie paired up speed training, dynamic effort training as he calls it, with max effort training. He basically attacked training from two different ways, and there's a third way that I'll address in a second. But the two ways he attacked it were from the perspective of "If I can move faster, if I can become more explosive, I can move more weight." Because in some cases it just becomes a race against the clock. If you go to bench press 300 lbs. and it's going to take you 12 seconds, the odds of you making one rep last that long are not very good. Anybody out there who's listening to this show that can bench press even 300 lbs., take 200 lbs. and try to go 5 seconds on the way down with a 5 second pause and 5 seconds on the way up, and you'll

quickly realize that time management of the lift is crucial. You want to get underneath the weight and get it the hell over with as quickly as possible. So the speed aspect is crucial. The other way he recognized gaining strength was to simply just get stronger – work on handling more weight and different ways and different angles of handling more weight. He came up with a lot of new and different and creative ways of handling big weights so it wouldn't kill your central nervous system and kill your knees and elbows and things like that. He started using a lot of specialized barbells and would squat off of boxes back in the day, then he started squatting off of foam. He's even put springs inside of barbells to create a different effect. This one barbell in particular had a spring in the middle – it kind of looked like the spring on a roll of toilet paper, or something on a Shake Weight – but you would squeeze the barbell together and sure enough it would blow your chest up and crush you. So he had a lot of great, innovative ways to lift. But those were the two main ways he thought of to increase strength. One was to max out and go as heavy as possible, and to choose different exercises each week – that's kind of the basis of the conjugate system. You might do a box squat one week, you might do a regular squat the next week. The variety is both good and bad. Sometimes the variety got so large that you no longer knew what you were doing anymore, and sometimes the variety was a welcome change because you might be a seasoned lifter that was so tired of doing the same shit over and over again. The other huge advantage of changing things up, in a good way, is that you kind of don't know where you stand, which I think is kind of nice because being a competitive lifter and a competitive athlete for so long, you can get really frustrated and the ups and downs can be very negative. Because you want to be kind of even keel as an athlete. You don't want the highs and lows to ever be too great because they can kind of throw you for a loop. **PM**

To hear the rest of this podcast, check out The Tim Ferriss Show on iTunes, episode #252: Inside the World of Super Training – Mark Bell. Or on his website at <https://tim.blog/2017/07/12/inside-the-world-of-supertraining-mark-bell/>

STRONGER THINGS: ICELAND

BY MATT VINCENT

Iceland is no doubt one of the most magical places on earth. This summer, I made my 7th trip to the small island. There is something special about this place that I just can't put my finger on, and this magic tends to grow even more if you're a strength athlete. After 20 years of training to increase performance, my compass has now shifted to seeing how other people do it around the world and what their strength community does.

Iceland is strong. Quite possibly the strongest country per capita, humbly holding eight World Strongest Man titles, over 30 competitors of World Strongest Man, world records in deadlift and numerous powerlifting titles, top-level Highland Games athletes, and some of the most successful Crossfit athletes in the history of the sport.





On my previous trips and my time spent in the highland games, I have had the great fortune to meet the most amazing people. My friends in Iceland have always welcomed me as an immediate part of their family. There are two gyms in Iceland that, as a strength athlete, you should check out.

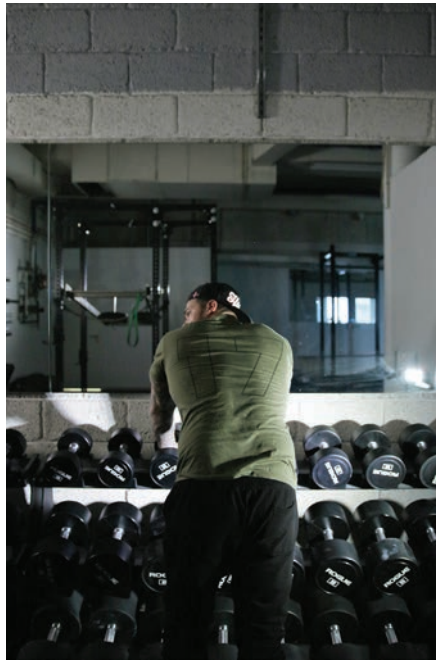
First is the legendary JAKABOL (loosely translated to Cave of Giants). This gym has been owned by four-time World Strongest Man, Magnus Ver Magnusson. I have trained here a few times and gotten to know Magnus pretty well. The other gym is owned by the new kid on the block – Thor's Power Gym, owned by Hapfor Bjornsson. Hapfor has been awesome and completely welcomed me into his gym with my crew of eight, even giving one of my best friends Heisi keys to the facility to let us use it as our own. The gym is not gigantic, but it's perfect and built purely for strength athletes. The equipment is mostly custom, even down to the Rogue rack made extra tall for Hapfor.

One of the things leading to the inher-

“ONE OF THE THINGS LEADING TO THE INHERENT STRENGTH OF THE ICELANDIC PEOPLE COMES FROM SECLUSION. SHIPPING ANYTHING TO THIS ISLAND IS EXPENSIVE, SO THE PEOPLE WILL MAKE AND FABRICATE WHAT IS NEEDED”

ent strength of the Icelandic people comes from seclusion. Shipping anything to this island is expensive, so the people will make and fabricate what is needed. Everything from dumbbells, viking press, platforms, racks for dumbbells, wagon wheels for axles, sleds, yoke, farmers

handles, and stone platforms are all built for this purpose. Maybe that is part of why they are strong – knowing that if they don't build it, it won't be there to use. You simply can't just order this stuff there. (Actually you can, but shipping and customs will more than double the price.) This level of dedication is very apparent there. Hapfor is the easy one to see due to his status. But the other athletes at this gym are also incredible. It's Runar (champion powerlifter and coach), Heisi (professional Highland Games athlete), Sefan Solvi (powerlifting champion, professional strongman with numerous World Strongest Man competitions), and a few more. These guys are part of the reason the gym is successful. This is always true. Weights, equipment, and location are such a small part of



the equation. It is the people that make a gym. It's the vibe that's in the space. This community in Iceland is special. These guys are brothers.

During a day of training in Thor's facility where I hit viking press, bench, and some circuit style cardio, the strongmen

were busy competing in Iceland's Strongest Man. This year was special – they were doing a Husafell carry using the actual stone. For those not familiar, there is a popular Strongman event where you pick up a stone or item in your arms out in front of you and carry it for distance.

This is always referred to as a "Husafell Carry." This is named after a specific stone, location, and story in Iceland. For the first time in many years they are using the actual stone for the competition. I made sure to get out and watch this. Lifting the Husafell was part of my trip.

PR SMASH

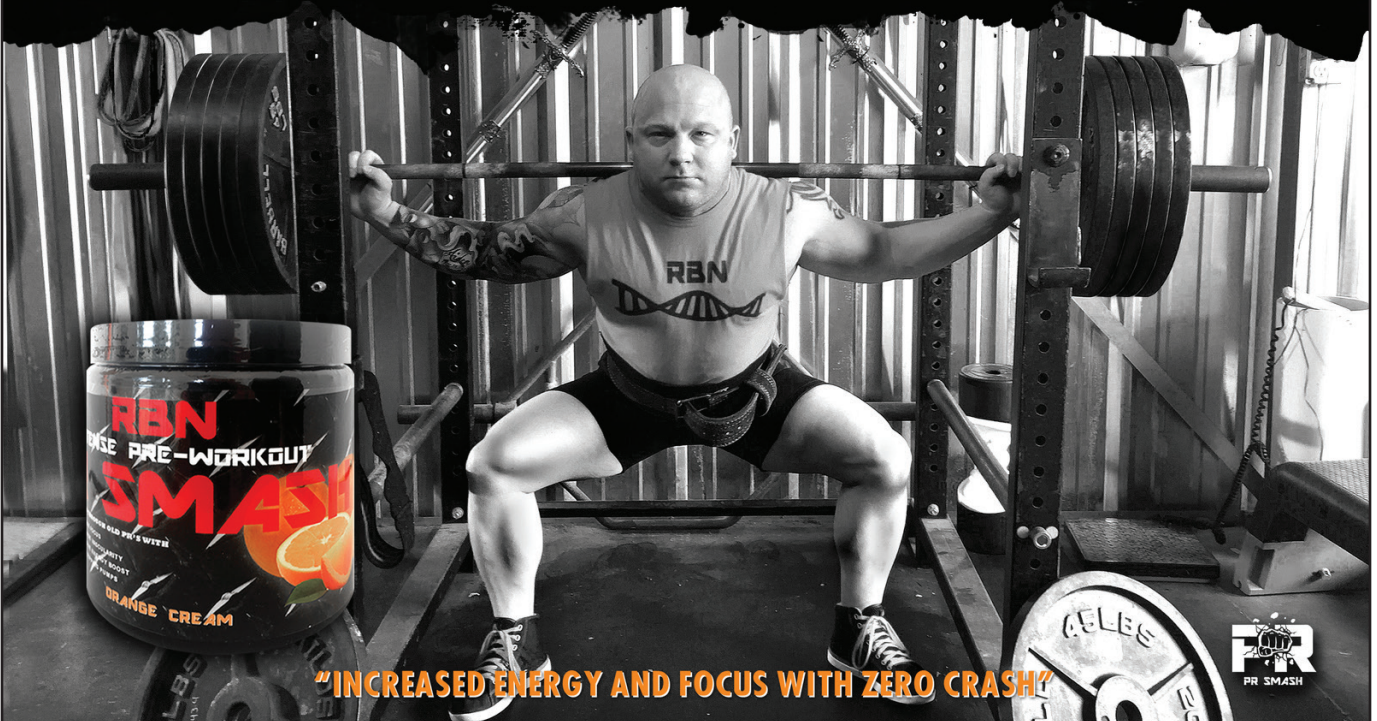
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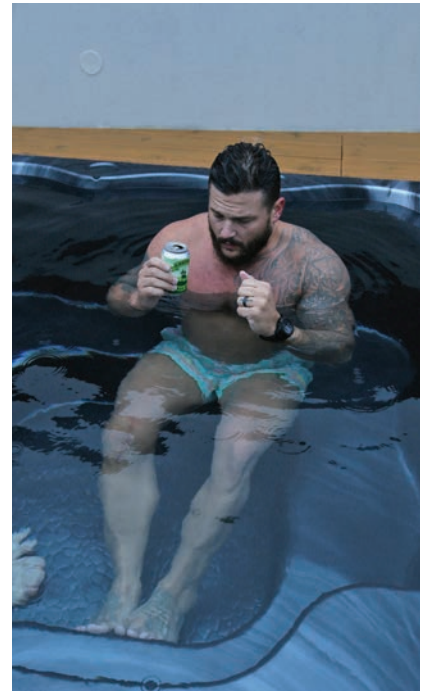




I have put my hands on this stone four times now and managed a good carry one time. The rest, due to my knee, have left me with just the chance to pick it up. With the stone weighing 419 lbs., it is impressive to watch athletes rip it off the ground and walk with it for distance. That day, Hapfor broke the record again with an incredible 90m carry. During his walk, his training partners and fellow athletes cheered on his attempt at the record. Watching this strength family rally around the big man and revel in his success was great to see. There is a shared feeling among this Viking family. While they are competing, they are still mostly focused on their own growth. One person's success has nothing to do with your success or failures. The mindset I find with the Icelandic people is excited about another man's success because that means it is possible for you to do it.

After the Strongman contest we were invited to take part in one of their other traditions. As we made our way back to Hapfor's house for a cookout. The mountain of chicken and pork grilled up for these monsters was impressive. The spread of simple foods in Iceland always makes me happy and reminds me of a way to keep it simple. Meat, potatoes, and vegetables is how most of the meals I had were. Following dinner my crew and I joined in for contrast work. Hapfor has two giant tubs in his back yard, one hot and one extremely cold. How cold? Who knows. It wasn't a solid so





not that cold, but cold enough to make my dangly bits basically disappear. Few rounds of joined suffering and laughing while rotating in and out of the tubs you get out and feel amazing. Cold water baths have always been awesome for recovery. I love that this is part of their routine. Sharing a meal after competition, recovery while laughing at stories, and planning what is next. Maybe things haven't changed that much for the Vikings.

Maybe the Viking way of life hasn't changed to much. Still feels like a strong tribe mentality. Icelandic people have always made me feel at home. Ever since my first trip I have been welcomed into homes to stay, sleep, eat, train, and be fed. These are amazing people and the doors are typically open. It is not just coincidence that I have been to this amazing place 7 different times. It is special and the people make it a destination for me. I know I will continue to go back and spend time with my Viking brothers. Get out and see what works for other people. Maybe a trip to Iceland isn't in the cards for you yet, but I recommend getting out and seeing what other people are doing. I want to see what they are doing that makes them strong. It isn't the sets and reps. It isn't the gym. It is always the people.

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LS McClain

NOT JUST A GREAT BENCHER—
NOW AN IPF WORLD CHAMPION POWERLIFTER!

BY R.L. MURRAY

While watching the IPF World Raw Powerlifting Championships this June, held in Minsk, Belarus, I saw many standout American performances. One of the champions, however, had a particularly interesting story to me. LS McClain came seemingly out of nowhere to capture the World title in the coveted 93kg weight class. We shall see how LS took an opportunity and made the most of it in order to prove that he is also a great powerlifter!

Give us a little background information: how old are you, where do you live, and what do you do for a living?

I am thirty-seven years old and live in New Braunfels, Texas, where I coach cheerleading and strength athletes, and I own my own apparel company. I attended Abilene Christian University, where I played football, ran track, and participated in cheerleading. Currently, I work as a cheer coach at Texas State University and travel extensively throughout the world, conducting cheer camps and seminars. This helped lead to starting my own apparel line, MCCLAIN & CRCL (LSMcClain.com), with many of the proceeds being donated to worthy causes.

So, tell us a little about your travel schedule, and how you work in training on the road.

My business takes me to places like Jamaica, the Bahamas,

Columbia, South Africa, and Europe. The challenge, of course, is arranging for places to train. Fortunately, those hosting me have been amazing at finding gyms —“Whatever you need, we will find it.” Recently, on a trip to Ireland, I was stunned by the workout facility they found. It was in a man’s shed, with homemade plates and equipment. While this may sound unimpressive, rather it was one of the top ten things I have seen in my life! He precision machined the plates and equipment with high quality! The only purchased piece of equipment was the power bar.

Having had the same two training partners and facility for the past twenty years, I cannot imagine how you are able to lift at a world-class level without a steady workout crew or at least a consistent facility.

Granted there are challenges, and [these challenges] are increasing as my numbers go up. It is getting harder to find facilities to accommodate 700 lbs. squat or deadlift sessions! I have been forced to substitute more volume for intensity. A positive factor, however, has been that extensive travel does allow for proper recovery time.

How long have you been strength training, and how long have you been competing?

I have only been competing seriously for the past five years.



I started lifting in high school for sports, where we did some age-group meets. When I got to college, I was naturally required to lift for football and track. To be honest, at that time, I absolutely hated the idea of training and lifting weights. I would hide in my room so that they could not find me when it was time to go lift. After college, I followed the path of many gym goers, lifting for size—I wanted to get bigger and look better. I was following all of the classic bodybuilding programs like Arnold's and Ronnie Coleman's. My only thoughts of maxing were when I was following Ronnie Coleman's plan—I needed a one rep max. I only deadlifted a few times in high school but later happened to see a Dan Green video, so I tried to copy his style.

So how did the competition bug bite you? What happened?

A group of powerlifters in my gym (including Jason Berger and Chris Martinez) were always saying that I should do a meet. I was not overly excited about the idea and resisted for a year and a half. Then one time when they came back from a competition with medals



and trophies, which were displayed in the gym, I thought, "Man, I am stronger than all those guys." Additionally, the camaraderie appealed to me. Meet training then began, with emphasis on technique and meet form. Over the next five or six months, my technique improved, but my numbers went down—struggling to master the paused bench and little things like not dropping a deadlift. Finally, I went to my first USAPL meet, where I squatted 480, benched 419, and deadlifted 606, and won my [then] 90kg weight class [lifting raw].

That first meet still means a lot to me—it was the first time I decided to get up and use my strength for something. If I had not done that, I would have never gotten this far. Most importantly, I fell in love! Powerlifting became the new love of my life. From that point on, I have never looked back.

I first noticed you as a world-class bench presser, watching USAPL Bench Nationals and IPF Classic Bench Worlds. Give us your thoughts on competing in bench only meets and your friendly rivalry with Dennis Ceiri.

Dennis is the best of the best, rivaled only by Jennifer Thompson who is the best bencher who ever touched a weight. Dennis can beat anyone on the planet and has proven it for the past twenty years. But I like that—lifting against the best, it challenges me. It is unfortunate that as a bench only guy, he gets overlooked. He has done so much for our sport. Additionally, you will notice that I am kind of an old school throwback or bench purest, with a narrower grip and a minimal arch.

In the IPF Bench Worlds, you had

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a tough battle with Caleb Voice from Australia for the Silver medal. You opened with 212.5kg / 468 lbs. and Voice followed with 217.5 / 479 lbs. (Dennis Cieri led with 222.5 / 490). Your second attempt of 222.5 / 490 temporarily tied Dennis (but you were slightly heavier) and then the Australian went ahead with 225 / 496 (Cieri was successful at 230 / 507). What was your strategy going into your final attempt?

Voice, the Australian lifter, is a tough, young lifter. If he can stay in the 93kg class, he will be a force to recon with—he looks like a 105kg guy stuffed into a 93kg body! Just a big solid guy. Going into the final attempts, I had the better lot number, which forced him to take 230kg / 507 lbs. first. When he missed it, I hit it for the win. [Note to readers: IPF rules allow two attempt changes in the final round of bench attempts at a Bench Worlds meet, so LS had the option of increasing to 232.5 / 512.6 for the win which would have been necessary because Voice weighed less than McClain].

This was a heady weight selection and management on your part.

Believe it or not, my girlfriend Stephanie plays a major role in this. She is a Math teacher and a numbers person. Before every meet, she runs dozens of scenarios and potential attempt adjustments based on potential misses, weights feeling heavy or light, or what my opponents have lifted. Because of this, nothing takes me by surprise and we are able to make logical attempt adjustments quickly. Stephanie also handles my numbers and percentages in training. She always has the option of number suggestion in our high percentage training sessions—if it looks slow or a [like it's going to be a] struggle, she knows she can at any time have me drop my intensity. She knows how my body responds, and at meets, she calls the numbers and never gets rattled.

It is amazing that for a lifter competing for only five years, you have a lot of World Championship experience. What is it like representing the US at foreign meets?

My first IPF Powerlifting Worlds was in Suzdal, Russia, in 2013, where I came in



nominated 10th, but finished 4th. Next was Potchefstroom, South Africa, in 2014, also a 4th place finish, and then Salo, Finland, a 3rd place finish in 2015. Each time I placed well ahead of my nominated position. I was very blessed at these meets in that several long-time lifters and USAPL Hall of Famers took me under their wings and helped me out, like Greg Paige, Bill Helmich, Angela Simons, Melinda Baum, David Ricks, Brad Gillingham, Anthony Harris, Jennifer Thompson, Matt Gary and Suzanne Hartwig-Gary (who handled me at the meet).

I have never been one to shy away from asking questions or from accepting advice. I am really good at being a sponge. I have been told things like I am warming up too much. In the middle of a meet, Jenn Thompson gave me a bench trick that saved my third attempt. Many lifters, especially young ones, are not as open to suggestions from the older and wiser lifters. Nothing is a substitute for experience.

These meets are an opportunity for me to be a team player—proud to represent the USA. It is hard for me to put myself above my team and my country.

I am curious—what was the bench trick?

At the Arnold, I was competing in the bench raw challenge, after lifting in the full power meet. I had a very left sore bicep from deadlifting, which caused

a significant lag on that side. Jenn told me to shift my grip two fingers toward the sore side in order to help take the pressure off that arm, and it worked.

Let's talk about 2017 IPF Worlds. Coming out of the US-APL Raw Nationals you were ranked third behind Jesse Norris and David Ricks. When did you find out you were going to worlds?

First, I want to comment on how our Nationals are seen in other countries. Many foreign lifters have stated how prestigious they see our competition, and for some lifters, USAPL Nationals are like winning Worlds, especially in the 93kg class. So sometimes a lifter may choose not to participate in Worlds, either through injury or schedule conflict, and it opens the door for other lifters.

When I received the call saying my Wilks score had qualified me for an invitation to the 2017 Worlds, I was very excited.

You were the 4th ranked nomination going into the contest, but with perennial world champion Krzysztof Wierzbicki moving up to the 105kg class (which he won), this left the 93kg class wide open. What did you think going into Worlds?

I got the call right after New Year's Day. I had prayed for more opportunity and more chances to use my blessing. No sooner did I pray than I got the call from Suzy Hartwig-Gary. As she invited me to be on the team, I mouthed to Stephanie, "She just asked me to be on the team!" As soon as I hung up the phone, Stephanie looked me straight in my eyes without hesitation and said, "You are going to win it." Then my sister Kimberly said the same thing; "You are going to win this!" I never doubted I could win it, but [I didn't necessarily believe that] I would win it. Stephanie and I ran the numbers and felt an 825 to 827kg (1818 to 1824 lbs.) total was doable (LS finished with a 827.5kg total).

IPF Worlds... Squats: Your opening squat attempt—270kg / 594 lbs. looked strong, and your second attempt, 285kg / 627 lbs. also looked good, but you missed your third attempt of 292.5 / 644 lbs. You had some distance to make up and ranked

8th out of squats—25kg behind the Czech and Kazak lifters.

For me, I need to just hang in there with my squats and then make up ground with my bench. I did not even want to know the attempts—I left this to Suzy, Stephanie, and Matt Gary.

IPF Worlds ... Bench: Surprisingly, you had some competition for the bench press Gold Medal. You opened with 212.5kg / 469 lbs.—the same as the Czech lifter. On second attempts, he went 220kg / 485 lbs. and you went 222.5kg / 491 lbs. for the lead. Third attempts, he went 225kg / 496 lbs. and made it a European record, then you went 227.5kg / 502 lbs. for the Gold, and you made it.

The first time the Czech lifter, Jakub Sedlacek, and I met was at the 2015 Worlds in Finland. I knew he was a good bencher and a super nice guy. We have a strong mutual respect, and we both want to be known for more than just being great benchers. Jakub looks like a classic bencher, with the thick chest and shoulders (and he utilizes a wide grip and impressive arch), unlike me. People look at me like I should not bench that much. Between attempts, Jakub and I would give each other high fives and fire each other up. Before the last attempt, he grabbed me by the shoulders and said, "Let's go!"

IPF Worlds... Deadlift:

Your subtotal had you in second place—you passed the Kazak lifter (erased his squat lead, beating him by 30kg in the bench), but the Czech lifter was still ahead of you by 22.5kg and the Ukrainian was right behind and was known for a near record deadlift. What were your thoughts going into your opening deadlift?

Many of these lifters were new to me. Having never competed against them before, I did not know what to expect. I never want to know the weight going into a lift—just focus on pulling. After my attempt, I give a plus or minus or in between, so my handlers can make the next selection. My opener (290kg / 639 lbs.) went well and when I looked over at Stephanie, she gave me thumbs



up. On my second attempt (305kg / 672 lbs.), the weight went up easily, but I almost lost my balance at the top, but I held it just long enough for the down signal—I hoped. I was nervous to see if they gave me white lights (they did). I walked back and said, "I thought I was going to drop that."

Now the stage was set for a crazy finish! At the end of the second attempts, you were in fourth place in the total. In a way, you had an advantage because the top three lifters vying for the Gold were not looking at you, but instead, they were changing attempts up trying to outdo each other. Plus, added to the mix, were lifters out of the total running shooting for deadlift medals. Tell us about your last attempt.

Going into the last attempt, I did not even think about winning—just possibly placing. Really all I wanted was to pull 700 lbs. at Worlds—I wanted 317.5kg / 700 lbs. I am not married to numbers, but this was an important milestone for me, and I wanted it. After pulling the weight successfully, but finding it was only 315kg, I was very disappointed. To be honest, I was trying not to act like a five year old in back. "I am pissed and disappointed because I am going to lose and not even be" I stopped mid-sentence when Bill McCarthy said, "Hear that? That miss means you are guaranteed the Silver medal!" Thank God for Bill. He kept me in line!

Now one last pull would decide the Gold medal. It came down to the Ukrainian, Anatolii Novopismennyi's, attempt at 330kg / 727 lbs. I noticed you were in the background cheering for him as he went out to the platform.

Once I knew what was happening, I went out and cheered him on. If someone is going to beat me, I want them to do it with their best lift. When the weight stalled and then dropped, I was standing there like, "You have got to be kidding me." I honestly was stunned. Everyone was yelling and congratulating me, but it still did not seem real. I was trying to make my way to the back for some quiet place to thank God for this when Zydrunas Savickas

(four time World's Strongest Man) found me and said, "Congratulations on being World Champion." That was when it sunk in.

Tell us about the medal ceremony, when you had David Ricks come up on the podium with you. David Ricks is a quality guy. Rather than sulking because he was having a bad day, he began encouraging me throughout the meet. He was the first person to tell me I could be an IPF World Champion, back at Nationals in 2014. What that man means to powerlifting and to me personally is hard to describe. He is in the back of my head every time I lift—every time. He is a great influence, and I admire him so much.

What type of a training routine do you follow—Cube, periodization, 5 3 1, Westside, or maybe something of your own?

I use varied forms of periodization routines with occasional implementation of RPE. Most of my training is completely custom [to my needs as a lifter]. I try to listen to my body more than anything [else]. I use a few unorthodox methods. I need to adjust my training around the big meets I do each year (USAPL Nationals and Bench Nationals, the Arnold, Bench Worlds and hopefully IPF Powerlifting Worlds). Following each meet, I take time off from heavy lifts—more volume and less intensity. Gearing up for a big meet, like bench worlds, I tend to increase the intensity, using maybe 95% to 97% and bench twice a week.

In closing, I want to thank LS for his time and sharing these experiences.

https://www.dropbox.com/sh/y4ipp721we3f6ax/AAD8K_LlfG3ZNdSAWvXHBf8Ra?dl=0

Super Training Corner

The deadlift is typically everyone's biggest lift. It's the final movement in a powerlifting meet—it's the most raw and most barbaric [lift] with the simple act of picking something up. The deadlift can also be a lifter's worst enemy if their arms aren't long enough—they struggle with positioning, or they have bad leverages. Struggling with a specific lift can cause frustration, anxiety, and in many cases, it can even cause it to stay stagnant or decrease. So, for the purposes of increasing your deadlift... STOP DEADLIFTING! Take a break from your weekly regular deadlift session and make time to work on your weaknesses. A stronger back, bigger hamstrings, and better positioning can go a long way. Super Training Gym is about progress, and you clearly are, too. Follow some of the methods that the STrongest Gym in the West uses for 700 lbs.+ deadlifts.

Trap Bar Deadlift is a great bar that changes your positioning and forces you to use more of your quads. It also can put less strain on [your] lower back and really develop your...say it with me—"Traps". The neutral hand position is also great for bicep injury recovery, and [it also] places different tension on your upper body.

Back-Attack was highly recommended by 4x Word's Strongest Man, Brian Shaw. When Shaw came to ST, he couldn't speak highly enough about this machine. The Back-Attack is plate loaded and allows you to use accommodating resistance through bands. By adding bands to the movement, you are forced to be as explosive as possible or you won't finish the movement—very similar to a deadlift.

Safety Squat Bar (SSB)/Cambered Bar Good-Mornings. The SSB is a handled bar that sits higher on your shoulders and frees up your mobility. This removes strain on your elbows and shoulders unlike a straight bar. The Cambered bar is a longer curved bar that sits higher on your shoulders and allows you to place your hands at your side. With a slight bend of the knee, push your butt back, lower your head down, and load your hamstrings. Before sacrificing your lower back positioning, come back up and repeat. These can be used with bands and chains, as well.

Seated Good-Mornings with or without the SSB put a large load on your upper back, as well. Unlike regular good mornings, place your feet about 18" in front of you and slightly wider [than you would a regular good morning]. While maintaining a flat back, lean forward toward the ground and come back up once you've loaded your hamstrings and upper back.

Heavy Barbell Rows are one of the best thick back developers. Change your grip each set, or weekly, to vary your targeted area. Stay in the 5-8 reps range to truly test your back strength. A strong back typically translates to a strong deadlift.

[The] Glute Ham Raise isn't just a CrossFit movement. Loading the back and hamstrings, the GHR allows you to unload your posterior chain before activating it again. The GHR is a great finisher to the day and will tax your hamstring strength. Add a band for extra tension if you're able to easily handle 20+ reps per set.

Now that you've hit a variety of movements other than the standard deadlift for 4-8 weeks, start picking up a deadlift bar and see how you feel. Odds are that you'll be fresher and STronger than ever from the rest that you've gotten from not picking up a straight bar and from the change of movements. [We'll be] back next issue for another routine from Super Training Gym —"The STrongest Gym in the West!"



Current Top 50 Rankings: Men

SQUAT

Rank	Name	Federation	Date	Total
1	Joe Sullivan	USPA	2017-04-15	865
1	Joseph Sullivan	USPA	2017-04-15	865
3	Kevin Oak	WRPF	2016-08-20	859
4	Dan Green	WRPF	2016-08-20	826
5	Tee Cummins	USPA	2017-02-25	815
5	Yury Belkin	WRPF	2016-08-20	815
7	Jacques Williams	RPS	2017-04-01	804
8	Jared Skinner	USPA	2017-05-20	793
9	Jeremy Avilla	USPA	2017-04-15	760
9	Kenneth Coleman	USPA	2017-05-06	760
11	Steffen Smith	UPA	2016-09-24	749
11	Elliott Shults	USPA	2017-07-08	749
13	Brandon Cass	SPF	2016-12-03	740
13	Nick Ramey	RPS	2016-09-17	740
15	Josh Lentz	USPA	2017-04-15	738
16	Mark Chieco	XPC	2017-03-04	735
17	Michael Armendariz	USPA	2017-07-15	733
17	Julio Serrano	RPS	2017-05-27	733
19	Matthew McCormick	USPA	2016-12-10	727
19	Jeff Justo	WRPF	2016-08-19	727
21	Daniel Tinajero	RPS	2017-04-01	722
22	Zach Kuipers	USPA	2016-08-28	710
22	Albert Adams	USPA	2017-04-08	710
24	Shawn Chase	UPA	2017-07-08	705
24	Tony Montgomery	USPA	2016-11-19	705
24	Forrest Bush	IPL	2016-11-12	705
27	Frank Dangelo	RPS	2016-11-19	700
28	Dalton Cissell	RPS	2017-04-29	699
29	Val Huertga	APF	2017-03-25	688
30	PJ Ginn	APF	2017-03-25	683
30	Mike Zach	UPA	2016-11-12	683
32	Brandon Snowden	IPA	2016-12-17	675
32	Walters Ndi	RPS	2016-11-19	675
32	Michael Lauro	XPC	2017-03-03	675
35	Tyler Oldham	RPS	2017-02-18	672
35	Harrison Stickelman	USPA	2017-07-08	672
35	Jordan Jarrell	RPS	2017-01-21	672
38	Jonathan Cornwell	XPC	2017-03-03	670
38	Travis Dyer	XPC	2017-03-03	670
38	Kevin Dickhut	RPS	2016-08-27	670
41	Jonathon Cornwell	RPS	2016-09-17	665
42	Brendan Curry	SPF	2017-02-11	661
42	Andrew Tindal	USPA	2016-11-12	661
42	Val Huerta	WPC	2016-11-07	661
42	Daniel Olajiga	USPA	2017-04-30	661
46	Zac Evans	RPS	2017-04-22	660
46	Jordan Barrett	RPS	2016-08-27	660
46	Cruz Fondriest	XPC	2017-03-04	660
49	James McCanless	USPA	2016-09-27	655
49	King Supa	USPA	2017-06-03	655

BENCH PRESS

Rank	Name	Federation	Date	Total
1	Mark Chieco	USPA	2017-04-22	540
2	Josh Lentz	USPA	2017-04-15	534
3	Michael Dudley	RAW	2016-10-10	523
3	David St Romain	USPA	2017-06-24	523
5	Garrett Griffin	USPA	2017-01-14	518
6	Dennis Cieri	USAPL	2017-03-04	513
7	Julian Bevans	USPA	2016-10-29	512
7	Oakley Walraven	USPA	2016-10-29	512
9	Casey Williams	RPS	2016-12-04	510
10	Karl Pfanztelzer	APF	2016-12-10	507
10	Joe Sullivan	USPA	2017-04-15	507
10	Joseph Sullivan	USPA	2017-04-15	507
10	Yury Belkin	WRPF	2016-08-20	507
14	Jacques Williams	RPS	2017-04-01	501
14	Dalton Cissell	RPS	2017-02-18	501
14	Kevin Oak	WRPF	2016-08-20	501
14	Ls Mcclain	USAPL	2016-10-13	501
14	Jordan Jarrell	RPS	2017-01-21	501
14	Kyle Brown	RPS	2016-10-15	501
20	Nicholas Angelini	APF	2016-09-10	490
21	Dan Green	WRPF	2016-08-20	485
21	Tony Montgomery	USPA	2016-11-19	485
23	Jake Hartman	UPA	2017-07-08	479
24	Russelle Monroe	RPS	2017-03-11	475
24	Brandon Snowden	IPA	2016-12-17	475
26	Benjamin Duran	IPL	2016-11-12	473
26	Chris Droegemeier	USPA	2016-10-15	473
26	Andrew Mower	IPL	2017-04-22	473
26	Ranson Lee	365 Strong	2017-04-22	473
30	Cruz Fondriest	XPC	2017-03-04	470
31	Ian Bernard	USPA	2017-06-09	468
31	Chris Walter	RAW	2016-12-10	468
31	Tom Waldrep	APF	2017-03-25	468
31	Cody Hoferer	APF	2017-03-25	468
35	Kaiser Young	IPL	2016-09-24	466
36	Jodi Tolomieri	RPS	2017-01-28	465
36	Frank Dangelo	RPS	2016-11-19	465
38	Shane Everage	SPF	2016-11-05	463
39	Zach Kuipers	USPA	2017-03-05	462
39	Kenneth Coleman	USPA	2017-05-06	462
39	Elliott Shults	USPA	2017-07-08	462
39	Blaine Houck	USPA	2017-06-24	462
39	Willie Pace	USPA	2017-04-01	462
39	James Lewis	USPA	2017-07-08	462
39	TJ Kropp	APF	2017-05-27	462
39	Drew Bingham	RPS	2017-04-29	462
39	Matthew McCormick	USPA	2016-12-10	462
39	Shane Stewart	USPA	2017-05-20	462
49	Chris Ernest	SPF	2016-11-19	460
50	Carlos Moran	USPA	2016-12-10	457
50	Charles White	USPA	2017-06-10	457

220 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Total
1	Yury Belkin	WRPF	2016-08-20	870
2	Jeremy Avilla	USPA	2017-04-15	837
3	Brandon Cass	SPF	2016-12-03	800
4	Kevin Oak	SPF	2016-11-02	795
5	Andrew Mower	IPL	2017-04-22	782
5	Dan Green	WRPF	2016-08-20	782
7	Jamal Browner	USAPL	2017-03-04	777
8	David Woolson	USAPL	2017-03-04	772
9	Jesse Norris	USAPL	2016-10-13	771
9	Julio Serrano	USPA	2016-11-06	771
11	Luigi Fagiani	USPA	2016-09-10	766
12	Jared Skinner	USPA	2017-05-20	760
12	Tee Cummins	SPF	2016-11-19	760
14	James Yourkoski	USPA	2017-05-06	755
14	Anthony Rodriguez	USPA	2017-05-14	755
14	Kenneth Coleman	USPA	2017-05-06	755
17	Nick Ramey	RPS	2016-09-17	750
18	Joe Sullivan	USPA	2017-04-15	749
18	Ben Rice	USAPL	2017-03-04	749
18	Joseph Sullivan	USPA	2017-04-15	749
21	Justin McGarvey	IPL	2017-04-22	744
21	Christopher Borrego	USPA	2017-04-01	744
23	Nicholas Whitsel	USPA	2017-03-25	738
23	Forrest Bush	IPL	2016-11-12	738
23	Jake Warrington	USPA	2017-04-08	738
26	Kevin Dickhut	RPS	2016-08-27	730
27	Daniel Tinajero	RPS	2017-04-01	727
28	Matt Tedona	RPS	2016-10-22	725
29	Kegan Ramsey	USPA	2017-06-11	722
29	Lucian York	USPA	2017-04-01	722
29	Gary Beerbower	USPA	2017-02-25	722
29	Jim Clifford	USPA	2017-03-11	722
29	Cardell Oliver	USPA	2017-05-13	722
29	Jake Needham	USAPL	2016-10-13	722
29	Ryan Kimball	USPA	2017-07-08	722
29	Kristopher Decker	USPA	2017-04-08	722
37	Chad Croteau	RPS	2016-11-19	720
37	Brian Doberdruk	RPS	2016-10-22	720
39	Garrett Bailey	USAPL	2016-10-13	716
39	James Wilson	USPA	2017-05-20	716
41	Brian Barger	RPS	2016-08-27	715
41	Bryan Doberdruk	RPS	2016-09-17	715
43	Gregory Knight	USPA	2017-05-06	710
43	Sean Olsen	USPA	2017-04-21	710
43	Nick Whitsel	USPA	2016-11-12	710
43	Milan Boneta	USPA	2016-12-03	710
43	Mika Edwards	USPA	2017-07-08	710
48	Tyler Oldham	RPS	2017-02-18	705
48	Benjamin Rice	USAPL	2016-10-13	705
48	Daniel Mocerino	USPA	2017-03-05	705
48	Ross Vanderbosch	RAW	2016-12-04	705

TOTAL

Rank	Name	Federation	Date	Total
1	Yury Belkin	WRPF	2016-08-20	2193
2	Kevin Oak	WRPF	2016-08-20	2150
3	Joe Sullivan	USPA	2017-04-15	2121
3	Joseph Sullivan	USPA	2017-04-15	2121
5	Dan Green	WRPF	2016-08-20	2094
6	Tee Cummins	USPA	2017-05-20	2011
7	Jeremy Avilla	USPA	2017-04-15	2006
8	Jared Skinner	USPA	2017-05-20	2000
9	Jacques Williams	RPS	2017-04-01	1978
9	Kenneth Coleman	USPA	2017-05-06	1978
11	Josh Lentz	USPA	2017-04-15	1923
12	Daniel Tinajero	RPS	2017-04-01	1912
13	Nick Ramey	RPS	2016-09-17	1900
14	Elliott Shufts	USPA	2017-07-08	1895
15	Brandon Cass	SPF	2016-12-03	1880
16	Mark Chieco	USPA	2017-04-22	1879
17	Steffen Smith	UPA	2016-09-24	1862
17	Dalton Cissell	RPS	2017-04-29	1862
19	Casey Williams	RPS	2016-12-04	1860
20	Matthew McCormick	USPA	2016-12-10	1857
20	Julio Serrano	RPS	2017-05-27	1857
22	Jordan Jarrell	RPS	2017-01-21	1846
23	Albert Adams	USPA	2017-04-08	1840
24	Forrest Bush	IPL	2016-11-12	1829
24	Zach Kuipers	USPA	2017-03-05	1829
26	Kevin Dickhut	RPS	2016-08-27	1825
27	Michael Amendariz	USPA	2017-07-15	1824
28	Frank Dangelo	RPS	2016-11-19	1815
29	Shane Langston	365 Strong	2017-04-22	1796
29	Shannon Langston	365 Strong	2017-04-23	1796
29	Luigi Fagiani	USPA	2016-09-10	1796
32	Mike Zach	UPA	2016-11-12	1786
33	Jordan Barrett	RPS	2016-08-27	1780
33	Michael Lauro	XPC	2017-03-03	1780
35	Bryan Doberdruk	RPS	2016-09-17	1775
36	Harrison Stickelman	USPA	2017-07-08	1774
36	Shawn Chase	UPA	2017-07-08	1774
38	Brandon Snowden	IPA	2016-12-17	1765
39	Cruz Fondriest	XPC	2017-03-04	1760
39	Jonathan Cornwell	XPC	2017-03-03	1760
41	Ranson Lee	365 Strong	2017-04-22	1758
42	Brendan Curry	SPF	2017-02-11	1747
43	King Supa	USPA	2017-06-03	1741
44	Durell Cull	RPS	2017-04-29	1735
44	Zac Evans	RPS	2017-04-22	1735
46	Nick Forte	USPA	2017-03-25	1730
46	TJ Kropp	APF	2017-05-27	1730
48	James McCannless	USPA	2016-09-27	1725
49	Andrew Tindal	USPA	2017-01-14	1719
49	Jordan Hanna	WRPF	2016-08-19	1719
49	Corey Clark	RPS	2016-11-12	1719



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Current Top 30 Rankings: Women....

SQUAT

Rank	Name	Federation	Date	Total
1	Rheta West	MMP	2016-12-17	535
2	Stacy Burr	USPA	2017-04-15	501
3	Eva Dunbar	XPC	2017-03-04	475
4	Jessica Wiggins	SPF	2016-11-19	455
5	Yulia Shenkarenko	USPA	2017-04-15	451
6	Shelby Talon	USPA	2017-04-15	446
7	Tracy Jones	SPF	2017-04-22	440
8	Kaitlin Mccanless	XPC	2017-03-04	435
9	Talia Cammarano	USPA	2017-05-20	424
10	Daphne Zhang	USPA	2017-04-15	418
11	Marisa Drew	RPS	2017-04-08	410
12	Barbara Lee	USPA	2017-03-03	407
12	Lyndsay Bramble	RPS	2017-05-27	407
12	Erika Hipwell	USPA	2017-04-15	407
15	Jean Ann Burgland	APF	2017-07-30	402
16	Caterine Gonzalez	WRPF	2016-08-20	396
17	Perla Apodaca	USPA	2016-10-22	391
17	Athena Waldstein	UPA	2016-11-13	391
17	Ahena Waldstein	UPA	2016-11-13	391
20	Iryna Piatrovich	USPA	2017-04-15	385
21	Tasha Whelan	USPA	2017-06-17	380
21	Jaclyn Cornwell	SPF	2017-04-22	380
23	Courtney Norris	365 Strong	2016-10-29	375
24	Erin Collins	USPA	2017-07-08	374
25	Sarah Jane	USPA	2017-03-04	369
26	Lisa Sheipline	SPF	2017-04-22	365
27	Chuquese Huffman	USPA	2017-01-07	363
27	Lindsey Bramble	RPS	2016-09-03	363
27	Noemi Garnica	USPA	2017-01-07	363
30	Tamara Norton	USPA	2017-06-17	358

BENCH PRESS

Rank	Name	Federation	Date	Total
1	Jennifer Thompson	USAPL	2016-10-13	313
2	Stacy Burr	USPA	2017-04-15	303
3	Eva Dunbar	XPC	2017-03-04	285
4	Yulia Shenkarenko	USPA	2017-04-15	275
5	Iryna Piatrovich	IPL	2016-11-12	270
6	Kristen Baril	SPF	2016-11-19	265
7	Noelia Corona-Terry	USPA	2017-07-08	259
8	Rheta West	MMP	2016-12-17	255
9	Tess Heaslip	USPA	2017-07-08	242
10	Stephanie Tomlinson	RPS	2016-10-22	240
11	Meana Franco	USPA	2016-08-14	236
11	Erika Hipwell	USPA	2017-04-15	236
13	Barbara Lee	USPA	2017-03-03	232
14	Elizabeth Johnson	USPA	2017-04-30	231
14	Audrey Jaksich	USPA	2016-10-29	231
14	Blanca Rodriguez	USPA	2016-12-10	231
17	Nicole Rinaldi	RPS	2016-11-19	230
18	Renae Holmdahl	USPA	2017-06-17	228
19	Vikki Traugot	RPS	2016-08-27	225
19	Falon Gallipeau	USPA	2017-04-21	225
19	Daphne Zhang	USPA	2017-04-15	225
19	Janel Vegter	SPF	2017-04-22	225
19	Melissa Lesage	USPA	2017-05-06	225
19	Maureen Clary	365 Strong	2017-04-22	225
25	Caterine Gonzalez	WRPF	2016-08-20	220
25	Jessica Olson	IPL	2016-11-12	220
25	Shelby Talon	USPA	2017-04-15	220
25	Tynie Huffman	USPA	2017-04-15	220
25	Lauren Quinn	RPS	2016-12-10	220
25	Jean Ann Burgland	APF	2017-07-30	220
25	Monica Morris	IPL	2016-11-12	220

www.howmuchyabench.net

148 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Total
1	Stacy Burr	USPA	2017-04-15	529
2	Eva Dunbar	XPC	2017-03-04	515
3	Stephanie Powell	USPA	2017-04-08	496
4	Shelby Talon	USPA	2017-04-15	473
5	Natalie Terrana	IPF	2017-07-04	462
5	Yulia Shenkarenko	USPA	2017-04-15	462
7	Tabitha Gleason	USPA	2017-07-08	457
8	Kaitlin McCanless	USPA	2016-09-27	451
9	Rheta West	MMP	2016-12-17	450
10	Tasha Whelan	USPA	2017-06-17	446
10	Iryna Piatrovich	IPL	2016-11-12	446
12	Kristen Baril	SPF	2016-11-19	445
12	Tracy Jones	SPF	2017-04-22	445
14	Barbara Lee	USPA	2017-03-03	443
15	Aysha Elayan	USPA	2017-01-14	440
15	Caterine Gonzalez	WRPF	2016-08-20	440
15	Perla Apodaca	USPA	2017-01-07	440
18	Samantha Calhoun	USAPL	2017-03-04	435
18	Dyana DuCharme	USPA	2017-01-21	435
18	Chuquese Huffman	USPA	2017-01-07	435
21	Nicole Rinaldi	RPS	2016-11-19	430
21	Erika Hipwell	IPL	2016-11-10	430
23	Noelia Corona-Terry	USPA	2017-07-08	429
23	Suzanne LaForge	IPF	2017-06-24	429
25	Janel Vegter	SPF	2017-04-22	425
26	Jennifer Thompson	USAPL	2016-10-13	424
26	Giselle Mejia	USPA	2017-03-04	424
26	Lyndsay Bramble	RPS	2017-05-27	424
26	Amanda Kohatsu	USPA	2017-07-08	424
30	Jessica Wiggins	SPF	2016-11-19	420

TOTAL

Rank	Name	Federation	Date	Total
1	Stacy Burr	USPA	2017-04-15	1333
2	Eva Dunbar	XPC	2017-03-04	1275
3	Rheta West	MMP	2016-12-17	1240
4	Yulia Shenkarenko	USPA	2017-04-15	1190
5	Shelby Talon	USPA	2017-04-15	1140
6	Tracy Jones	SPF	2017-04-22	1100
7	Barbara Lee	USPA	2017-03-03	1083
8	Kaitlin Mccanless	XPC	2017-03-04	1075
9	Iryna Piatrovich	USPA	2017-04-15	1069
10	Erika Hipwell	USPA	2017-04-15	1063
11	Jessica Wiggins	SPF	2016-11-19	1060
12	Caterine Gonzalez	WRPF	2016-08-20	1058
13	Daphne Zhang	USPA	2017-04-15	1047
14	Jean Ann Burgland	APF	2017-07-30	1036
15	Tasha Whelan	USPA	2017-06-17	1025
16	Lyndsay Bramble	RPS	2017-05-27	1019
17	Chuquese Huffman	USPA	2017-01-07	1014
18	Perla Apodaca	USPA	2017-01-07	1008
19	Talia Cammarano	USPA	2017-05-20	1003
20	Marisa Drew	RPS	2017-04-08	1000
21	Vikki Traugot	RPS	2016-08-27	985
22	Athena Waldstein	XPC	2017-03-04	950
23	Lisa Shepline	SPF	2017-04-22	945
24	Erin Collins	USPA	2017-07-08	942
25	Renae Holmdahl	USPA	2017-06-17	941
26	Noemi Garnica	USPA	2017-01-07	936
27	Jean Ann	USPA	2017-05-06	931
28	Lauren Quinn	RPS	2016-12-10	930
29	Chandra Browne	USPA	2017-02-25	926
30	Giselle Mejia	USPA	2017-03-04	925
30	Sarah Jane	USPA	2017-03-04	925



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AI Tape is an American made Kinesiology Tape infused with active ingredients created by Michael Myer—a CrossFit level 1 certified instructor, USAW Olympic Weightlifting Sports Performance Coach, and current Marine Reservist. The active ingredients (menthol and capsaicin) in the Repair & Recovery line provide a heating and cooling sensation directly to the taped muscle or joint. This sensation is increased with physical activity and continues long afterwards during the recovery phase of the body. Essentially, the tape provides all of the stretch, support, and benefits of traditional Kinesiology Tape but with added pain relieving active ingredients. www.activeintelligence.com Instagram: @activeintell



Reebok Legacy Lifters

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The STrongest straps on the market. There are many times in a pulling movement, such as a deadlift or barbell row, where your grip is the first thing to give out. This isn't ideal when trying to lock out a max effort pull or finishing off a grueling back routine. These extra long straps will help you focus on your movement rather than your grip. These are ideal to use during the off-season, overloading, and accessory work. HowMuchYaBench.net IG: @MBSlingShot



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Phat Fudge was created out of necessity by a private chef when she found that her clients needed a fat-focused and straightforward-ingredient fuel source replacement to gel packets and protein bars. Each ingredient used is deliberately aiming to provide sustained energy, focus, and clarity, while also combating inflammation. Level up your mornings, use it before and during long physical activity, and of course, don't forget to pack a few when traveling. PhatFudge.com and IG: @PhatFudge

Jon Call (Jujimufu)

Age: 31
Height: 5'11
Weight: 230 lbs.
Hometown: Kannapolis, NC
Gym: My garage gym (Gym Fort)
Max: Squat, Bench, Deadlift 560lbs/405lbs/635lbs

Athletic Background: Taekwondo age 13. Tricking (Acrobatic Martial Arts) age 15. Powerlifting age 18. Bodybuilding age 26. I've continued to train all of these disciplines to date currently except the Taekwondo katas and sparring.
YouTube Channel: <http://www.youtube.com/jujimufu>
Subs: 110,000



You're the strongest gymnast on YouTube! How did you get from doing a back flip, to being on TV and all over social media?

I have a knack for making a video viral. It's easy: you take a feat of athleticism and add yelling, costumes, fire, and environmental oddities and humor and voila! You have something that people can relate to and want to share! Media licensing companies will purchase the right to sell your clips from you, and then sell them themselves to larger groups (like television networks or other big media networks). In the process, you make a nice amount of money and your stuff is seen everywhere. It's a win-win! More money, more followers!

What is your acrobatic background and lifting background?

I am a self-taught "trickster". Tricking is an aesthetic blend of flips, twists, and kicks. Tricking started around the year 2000, and has roots in competitive Martial Arts, but borrows from other disciplines like break dancing, gymnastics, free-running, etc. Back then, you just watched clips online and went in your backyard and tried it yourself. That's how 99% of tricksters still learn this stuff. It's not as hard to teach yourself this stuff as you would think. I started doing weight training in a gym around the same time (2000), but didn't actually do anything with a barbell until 2002-2003. Then I started doing the power lifts. A few pointers here and there and a little research and I basically got myself started in that as well.

You're one of the highest energy people in the fitness industry. Do you ever shut it off or are you able to go 100% all the time?

Correction, I am THE highest energy person in the fitness industry! LOL! But yes, I shut it off and give it a rest every day, but have trained myself to keep it on for long periods of time when it matters, like pretty much all day during a 10-hour fitness expo when meeting fans, or during a drawn out daily VLOG episode on my YouTube channel. Start strong, finish strong. The ironic thing is I'm an introvert and live in my head by default, and need more

time to myself than with the company of others, but you'd be surprised how high and for how long you can keep a crazy energy up if you see if like a trainable capacity like strength. It's definitely something that takes training that you do progressively get better at over the years.

What is one of your favorite strength building exercises?

Deadlift, of course. Nothing fancy! Like a lot of people, it's just a good lift and if I had to pick one exercise to live and die by for the rest of my life, that would be the one I pick.

What is craziest physical thing you've ever done?

I'll let my fans answer first, the video the highest number of fans have said was the craziest video they saw of me was when I lifted weights under water.

For myself, it's a tie between the time I did a 225 lbs. front squat while standing on top of another dude's abs, and the time I did no-handed reverse lunges with 300 lbs. while singing the Hawaii Five-O theme.

What is your goal with all this crazy stuff?

My goal is to change physical fitness culture entirely! I want to see more insane garage gyms like my own popping up in videos. I want to see more cultures in fitness, from bodybuilding to gymnastics to strength sports to whatever cross paths and have some fun! I want people to see me making a fool out of myself physically and get a laugh out of it, and feel more welcomed to jump in and find their own way in fitness. I want other leaders in physical fitness culture to see the sheer number of people my antics and crazy stuff attracts, and to really look deeply at why it is attracting people. Why am I getting so many views and followers? It's because my videos make people feel good about themselves if they can watch me have a sense of humor about myself at my skill level! So basically my goal is to make people laugh, feel good, and of course make money and make friends and make a living doing this, and ultimately CHANGE THE WORLD!!!!!! **PM**

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