

FAILURE IS THE BEST COACH BY MATT VINCENT

POWER

JANUARY/FEBRUARY 2018

*Stefi
Cohen*

**THE KEY TO HER 4X
BODYWEIGHT DEADLIFT**

BY MARIEL TAGG

**HOW DO YOU
SHOW UP
WHEN THE
CHIPS ARE
DOWN?**

BY ZACH EVEN - ESH



JANUARY/FEBRUARY 2018 • VOL 9, NO 1

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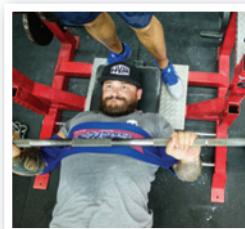
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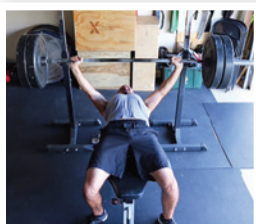
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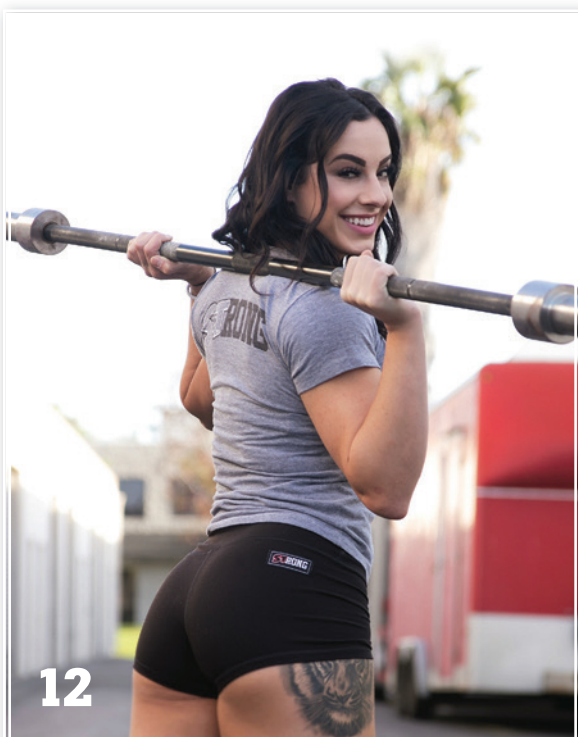
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ROBB PHILIPPUS



Age: 35
Height: 5'10" on a good day
Weight: 315 lbs.
Hometown: Hudson, FL
Current location: Glenwood, IA
Gym: Unaffiliated
MAXES:
Squat: 903 lbs. raw / 922 lbs. in sleeves / 959 lbs. in wraps
Bench: 534 lbs.
Deadlift: 755 lbs.
Best Total: 2,179 lbs. in sleeves and 2,237 lbs. in wraps

Athletic Background: Played football, wrestled (State Champ) and weight lifted (bench and C/J) in high school. Wrestled in college for two years at the NAIA level, progressed after college into martial arts, Judo and amateur MMA (8-1). Currently powerlifting.

Instagram: QUADSLIKEROBB

Let's just jump right into it.... your quads are huge! Do you attribute your massive legs to squatting 922 lbs. or do you attribute your 922 lb. squat to your massive legs?

The answer is twofold. I most definitely attribute my squat to the size of my quads, though I would tie the leg size back to riding BMX bikes as an adolescent, football, wrestling, weightlifting in high school and probably some genetics in there too! That response is only skin deep though. If we were going to really assess all the variables leading to a big squat or simply being physically strong, I would look elsewhere: activities, sports or even genetics are irrelevant, in my experience.

If one thing stood out to attribute to my leg size, squat amount, and success measured on any scale, it would be showing up and trying to work just past where I thought I was uncomfortable. For exam-

ple: riding a bike for distance, eventually you learn the pain subsides and that you can continue to push past the pain; during football, it could have been trying to out-work the guy next to you even when your lungs or legs said stop; during my short (6 yrs.) wrestling career I learned or applied more of the mentality that there is always someone out there working and I needed to work harder than this metaphorical/imaginary opponent.

In August 2017, you set the 308 lbs. weight class All-Time World Squat Record with 922lbs in sleeves. How was your prep leading up to this point? Did you have the ATWR in mind?

The prep leading up to this meet was horrendous. I strained/tore my right oblique deadlifting 8 weeks out. This prevented me from deadlifting for 6 weeks. I also had more discomfort using a belt while squatting so I didn't wear a belt the entire prep. As far as having an ATWR in mind, I have been very fortunate in my short time in this sport. Since my third meet, I have been able to chase an ATWR. On a perfect day mentality, "If I feel good, I'm going to be positioned to hit X on my third or fourth." Back then, the ATWR was held by Matt Wenning at 832 lbs., I broke it with 837 lbs. Since then the record has sky rocketed by way of Eric Lilliebridge at

914 and 920 lbs. I attempted 916 over the years 3 times and missed every time.

What does your training split look like? Does it fluctuate or stay similar year-round?

My training has consistently been a 4-day split. The first day of week, which would be Saturday or Monday, is my main squat day. Two days later, I squat as a warm up to pull heavy. Days 3 and 4 are normally focused on pressing: one sub-maximal, such as an OHP and one a barbell bench. My training fluctuates in that my off-season is less focused on program and more on how I feel during program peak: 8 hours sleep with plenty of water or 4 hours sleep sweating my ass off all day, I am still going to hit the numbers I have called out.

A lot of top level powerlifters incorporate a steady nutrition plan into their daily life. Do you count macros, eat whatever the hell you want or somewhere in between?

Something in between is pretty accurate, I dislike counting micros, I believe in listening to your body and feeling satiated! I do measure or keep track of protein, salt (like more on everything) and water, at least a gallon a day preferably closer to 2 on training days. Outside of this, it changes depending on where I am in my training of course, bulk or off season is everything I can reach, prep is no refine sugars sometimes and last week before meet is always low, low carbs for my cut. I have played with carb backloading and really believe this is something everyone should experiment with! Seems to offer the greatest potential to fit the results desired and the practicability of different lifestyles.

The day of a meet, what are some of the things that are going through your head?

To be honest, very little in the form of thoughts, mentally I'm more focused on relaxing and believing in the training I've complete thus far, believing in my abilities

to perform when the time comes. There is some visualization of successful lifts, what good looks like, preparing to see what I know will happen and then committing to executing.

Do you prefer meet prep or off-season training?

This is really dependent on where my training is going, because I love the ability to go off of feel, ride out that good day and simply get lost in the weights... In meet prep I like the discipline of hitting measured milestones in a linear approach though prep is definitely more challenging, with fatigue mounting as you near the end of peaking...

What are your powerlifting goals for 2018?

Squat a grand in wraps, break 2200 lbs. in sleeves and drop a weight class somewhere in between. Above all, stay



healthy so I can continue having fun with a bar on my back!

If you had to explain your motivation for lifting and competing, what keeps you pushing?

Really, to be honest, it's all about that moment when you finish a hard set or training session, blood and sweat is all



behind you, you walk a little lighter and breathe a little easier! You just improved yourself over the YOU that you were yesterday, and even if the improvement is minuscule from one day to the next, in 100 days, 1000 days or 10,000 days you will have built something no one else on earth could build! **PM**

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AYSHA HALEY

POWER: What got you into powerlifting?

The main reason I started powerlifting was from following women like Krissy Mae Cagney and Marisa Inda. Those women played major roles in the beginning of my journey. I wanted to see just what my body was capable of and was looking for an outlet, and

I found that in lifting. I was absolutely fascinated with these women that were lifting such heavy weight and I wanted to be doing the same. I had some body image issues, wasn't the most confident, and eating disorder issues and I really wanted to overcome those obstacles and just become stronger and healthier mentally and physically. I wanted to be

in the best shape of my life and have a body that I wasn't ashamed of. After the first time I stepped on the platform, I was hooked. Granted I have only been powerlifting for about a year and a half now and I know I have so much more to learn about the sport.

POWER: You recently competed in the 148lbs weight class and totaled 969lbs (341/187/441) and took 1st in your weight class and 2nd best female lifter. However, the meet didn't go as well as you had anticipated. What are some of the things that vary between meet prep and day of that you think contributed?

This last meet did not go nearly as well as I had anticipated. I am not going to sit here and give excuses on why I didn't do as well as I thought I should have, but there were a few issues that were not ideal. First, I came down with bronchitis a few days before the competition and I was coughing like crazy. My chest was killing me and I was still extremely sick and fatigued on meet day. It's always a little challenging when you have to travel for a meet as well, holding water and being in a different environment. I only slept 3 hours the night before the competition, and I feel like all those little things just

Age: 25 years old
Height: 5'6
Weight: 150 lbs.
Location: Baton Rouge, Louisiana
Occupation: Medical assistant
Gym: Motivate Performance Center in Lake Forrest
TRAINING MAXES:
Squat: 363 lbs.
Bench: 195 lbs.
Deadlift: 440 lbs.
COMPETITION MAXES:
Squat: 341 lbs.
Bench: 187 lbs.
Deadlift: 441 lbs.
Athletic Background: Volleyball and football





added up so my performance was not what it should have been. Meet day is also so different from training because you're doing all 3 lifts and it makes for an extremely long day. Things can come up unexpectedly and you just have to do your best. Moving forward, I'm hoping my next meet goes better than this last one did.

POWER: How do you find balance between work, training and life?

Finding balance can be very challenging at times. Especially working in the medical field, my days are very long. I'm supposed to get off work around 5:30pm but most of the time I'm there till 6:30 and sometimes close to 7. I get off way later than expected, I don't always feel like going to the gym after a long crazy day of seeing patients but I just down some pre-workout and suck it up and go because it has to be done. I still have a life outside of the gym. I like spending time with friends and just relaxing when I do have some down time.

POWER: Give us a run-down of your training split.

This is my usual workout split for most of the year.

- Monday: squat/quads
- Tuesday: bench/back/arms
- Wednesday: deadlift/posterior chain
- Friday: squat/quads
- Saturday: bench/shoulders/back

When I am peaking for a meet, I will only train 4 days a week and the volume goes down as the weights get heavier. Whenever I have an off day or free time

on the weekends I also like to hike and ride my bike. I really enjoy being outdoors and in the sun and doing anything nature related. Most people don't know that about me.

POWER: You've made some across the country moves within the past year. Has the transition from one town to another affected your training?

Like anything new in the beginning, the transition was tough. I was really homesick at first and had to get used to the time change so I was extremely tired the first few weeks. I had to get situated but after about the first few weeks I started getting used to everything. Finding a gym was simple. There are a lot more powerlifting-friendly gyms out here. The community is big and very supportive. I like seeing the growth of powerlifting, especially all the new females, and I have met some extremely inspiring lifters being in California now.

POWER: What are your long-term goals both in and out of powerlifting?

My main powerlifting goal is achieving a 1k total. That has been my main goal since I began, I think for a woman that is extremely impressive. It doesn't really matter how much you weigh. I think as a woman if you can total that much that's pretty damn amazing. My second goal is reaching a 500-pound deadlift. I know it will take some time but I do believe that I will be capable of getting there one day. Those are my two long-term goals.

POWER: You're in great shape

and strong. What do you attribute to finding the balance of aesthetics and being able to deadlift triple your bodyweight?

I love how lifting weights lets you shape your body the way you want to look. I have always lifted to build muscle to look fit and be strong. I do a ton of traditional bodybuilding exercises with a lot of volume along with the main powerlifting exercises. I believe having more muscle overall doesn't just look better but also adds to my strength in powerlifting. I also follow a pretty strict diet during the week to fuel my body to perform the best that I can and I just feel better when I eat healthier. But everyone who knows me knows my obsession with doughnuts, and it's kind of a weekly weekend adventure to travel around and find new doughnut shops and try different flavors!

POWER: What keeps you motivated?

I get asked that question more than anything. I am very self-motivated. When I make up my mind about something I do what it takes to get it done! But I also pull motivation from others on social media and YouTube. It's been extremely amazing to form friendships with women in powerlifting that push me and keep me going. I want to motivate and be a great example to other girls but doing it a way that is mine, without sacrificing your beliefs or changing for anyone else. I'm a girly, makeup loving, doughnut eating, heavy lifter and that won't ever change. **PM**

Steph Cohen



The key to her 4x bodyweight deadlift

INTERVIEW BY MARIEL TAGG

Height: 5'

Weight: 123 lbs.

MAXES:

Squat: 180 kg/ 396 lbs

Bench: 92 kg/ 202 lbs

Deadlift: 240 kg/ 525 lbs

Gym: Hybrid Performance Method in Miami

Athletic background: Soccer, Crossfit, running, Olympic weightlifting

POWER: Congratulations on your recent lifts! How does it feel to have gotten such significant numbers in your lifts as a woman?

STEFI: It feels really good to be able to break the stereotypes, especially in the powerlifting world where people think that you get bulky and big and manly if you lift heavy. It feels really good to shut those people up and kind of go against the norm.

POWER: Tell me about your powerlifting journey—how it got started and what got you here.

STEFI: It started in 2015, back when I was doing only Olympic weightlifting, and I met Hayden. He was a powerlifter so he was teaching me how to deadlift and bench and started pushing my squat a little bit more. I really liked it because it was right after the time when I started grad school, and Olympic weightlifting requires more focus and mental strength, so it felt good to have hard powerlifting sessions despite the fact that I had been sitting down in class for eight hours. I could grind out the power lifts, so that's what got me started.





Stefi Cohen throwing some weight around at Super Training Gym

POWER: Seeing as how you achieved the 4x bodyweight deadlift, how did your training change to take you from a 350 lb. deadlift to your new current record?

STEFI: The main thing I changed was that I used to be very focused on whatever was written on the program. So, we write out the Hybrid Method programs with the same template, and that's exactly what I would follow. And I refused to deviate ever from what was written. I would do the exact amount of sets and exact amount of reps, and the exact weight that the sheet said—regardless of what I ate or how I felt or emotional stress I might have been under. I just felt like if I weren't doing that then I

“THE GENERAL CONSENSUS BASED ON THE LITERATURE IS THAT FEMALES ARE ABLE TO TOLERATE A LITTLE BIT MORE VOLUME THAN MEN. BUT AT THE SAME TIME, IT'S ON A CASE-BY-CASE BASIS”

wouldn't improve. And I started realizing, after getting injured in January, that you need to be able to auto regulate. I describe autoregulation as your ability to take responsibility for your own training and be connected with how you are feeling during a particular training session and be able to make the necessary adjustments day by day. So it's not necessarily RPE (rate of perceived exertion) Autoregulation is even changing the complete day. So let's say my back is smoked from a heavy deadlift session from a few days ago and I'm supposed to squat heavy. Maybe I decide not to do it that day, but to swap it for an upper body day that's later on that week, or I'll focus on other types of accessories



or focus on cardio. That really made a difference in my training because I was able to push myself really really hard when I was feeling good, and let my body rest when I was not. So that way I was able to get past my injury and heal and get stronger.

POWER: What's something that you've discovered about your own body in training that might be different from somebody else's?

STEFI: I don't know what somebody else is doing but pretty much just about understanding what your body's limits are on a day to day basis. It's based on things like your range of motion, that's something that I look at when I'm warming up. I find out if I can touch my toes.

"THE MAIN THING IS TO BE PATIENT, BECAUSE AS ATHLETES WE TEND TO FORGET TO HAVE FUN IN OUR TRAINING SESSIONS EVERY DAY AND FOCUS ON DOING YOUR BEST EVERY DAY"

That's a reflection of your central nervous system—whether you are flexible enough. You tense up when your CNS is tired so that is something I always check. Is my lower back stiff? So I apply some physical therapy principles into the autoregulation principles.

POWER: As a female, do you take any specific considerations in your programming that would be different if you were programming for a male athlete?

STEFI: No. The general consensus based on the literature is that females are able to tolerate a little bit more volume than men. But at the same time, it's on a case-by-case basis. Some males might be able to tolerate more volume.



So it's more individualized. For example, I can squat more times a week than Hayden. But I don't know if it's because I'm a woman or it's because I'm Stefi Cohen and he's Hayden.

POWER: What advice would you give to aspiring powerlifters?

STEFI: The main thing is to be patient, because as athletes we tend to forget to have fun in our training sessions every day and focus on doing your best every day. We get so fixated on a particular number or meet or whatever that might be for someone that we forget that the most important thing is today—not what's going to happen tomorrow or next week or whatever. Patience is #1.

POWER: I know you've said cardio has really helped your lifting. How? And how do you incorporate it?

STEFI: Cardio is one of those things

"I DON'T PARTICULARLY FOCUS ON ONE MORE THAN THE OTHER. SOMETIMES SQUAT JUST GOES BETTER THAN DEADLIFT. I DON'T KNOW WHY BUT I DEFINITELY NOTICE THAT WHEN MY SQUAT IS GOING REALLY WELL AND I'M ABLE TO PUSH IT REALLY HARD, IT KIND OF TAKES A TOLL ON MY DEADLIFT"

that depends on what type of exercise we're talking about. For me, cardio means circuit training. So, for example, let's say I'm doing an upper body day. Maybe I'll add in a few heavy farmers carries or sled drags or sled pushes or some kettlebell swings or kettlebell lunges or something like that without rest. I pick 2-3 exercises and do them in a circuit without rest to jack up my heart rate and get a sweat on.

POWER: Your deadlift and squat are both very impressive, so when you're training for one, how is your training for the other impacted?

STEFI: I don't particularly focus on one more than the other. Sometimes squat just goes better than deadlift. I don't know why but I definitely notice that when my squat is going really well and I'm able to push it really hard, it

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Stefi Cohen pulls 525 lbs. to beat the world record in 2017

kind of takes a toll on my deadlift. My back gets a little bit tired and I can't push myself as hard in deadlift and vice versa. But it just comes and goes in waves.

POWER: So what's your theory on recovery and what methods do you implement for yourself?

STEFI: I'm not the best to ask that question to because I've been really busy with grad school, an internship, and clinical rotations so right now I work 8 hours a day. I think it's the same for a lot of people—most people have a lot of job stuff outside of the gym. But I think the most important thing for recovery is sleep and nutrition. If you think of it as a pyramid, food and nutrition are at the top and all the other things are extra. They are not necessarily a necessity but can help. How much? I don't know. But things like soft tissue work, seeing a massage therapist, would be something to definitely consider.

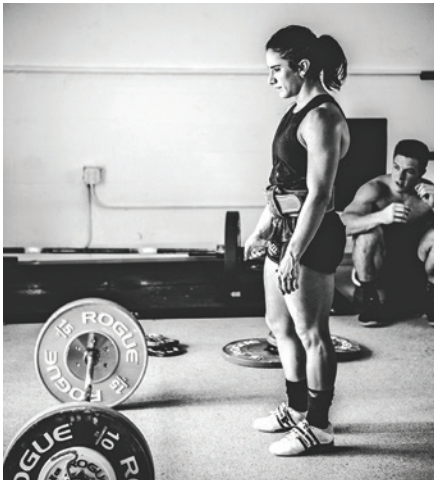
POWER: Now that you've blown the record out of the water, what are your



goals now and what's next for you?

STEFI: My biggest goal with powerlifting is a 600 lb. deadlift. That's my ultimate deadlift. So I'm going to retire if one of two things happen—either I deadlift 600 lbs. or I literally physically can't lift anymore.

POWER: Well you're well on your way. Thank you for your time, and from everyone at POWER Magazine, we look forward to seeing you continue to succeed. **PM**



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CELEBRITY TRAINER **MILTON HARRIS** HELPS THROUGH HURRICANE HARVEY

INTERVIEW BY MARIEL TAGG

Age: 37

Height: 6'1"

Weight: 250 lbs.

Gym: One2One Training Center

MAXES:

Squat: 585 lbs. x 2

Bench: 455 lbs.

Deadlift: 500 lbs.

Athletic background: Played football at collegiate level

POWER: What got you into powerlifting specifically?

MILTON: I wanted to try something different because I was in the bodybuilding world – back and biceps, chest and triceps, stuff like that. I really wanted to shock my CNS and just do something different, so I adjusted to compound movements. That's all I've really been doing – the bench, squat, and deadlift – to see how they could improve my strength. I always liked the idea of taking my training to the next level, and I'd never done any deadlifts before, so that helped me elevate my training a lot.

POWER: So you have a bodybuilding background?

MILTON: I don't have a "bodybuilding background" but I did about 6 NPC shows for Men's Physique, which is considered bodybuilding. I have an athletic background.

POWER: I hear you're training a lot of guys in the Houston area. Who are these guys and what are your training methods for them?

MILTON: People I train include Slim Thug, Bun B, and Z – Ro, to name a few. And my methods just depend. It just depends on what their goal is. Every person is different and every method is different. I just ask that they give me 100%. Of course I like to shock their bodies with a lot of drop sets and super sets, stuff like that. I like to get the most out of each workout so most of the time we're doing two things at once. Because I don't believe they're going to do their cardio when they leave—I like to get their heart rate up when I have them in my presence. Then after that, I like to take them outside to do some circuit training with things like burpees, ball slams, tire flips, etc. We utilize everything inside and outside the gym.



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Celebrity trainer
Milton Harris at his
gym in Texas



“WHAT WE DO EVERY MONTH IS TRY TO GET 12 KIDS, 6 GIRLS AND 6 GUYS, AND TAKE THEM TO BREAKFAST FIRST, THEN TO CHURCH, THEN TO BRUNCH, THEN TO DIFFERENT PARTS OF THE CITY, TAKE THEM TO MY GYM TO GO THROUGH A SHORT WORKOUT, AND SHOW THEM DIFFERENT WAYS OF MAKING MONEY BESIDES SELLING DRUGS OR SOMETHING ELSE THAT MAY BE ILLEGAL. THEN WE TAKE THEM TO MY FRIENDS’ OUTREACH RECOVERY CENTER FOR PEOPLE WHO HAVE BEEN THROUGH DRUG ABUSE OR SINGLE-PARENT HOMES.

POWER: You’re doing a lot of work in your community outside of training. Tell us about it.

MILTON: Me and Slim Thug actually grew up together. I’ve known him since 1998, and we formed the Boss Life Foundation. That’s the name of his record label also. What we do every month is try to get 12 kids, 6 girls and 6 guys, and take them to breakfast first, then to church, then to brunch, then to different parts of the city, take them to my gym to go through a short workout, and show them different ways of making money besides selling drugs something else that may be illegal. Then we take them to my friends’ outreach recovery center for people who have been through drug abuse or single-parent homes. We also have a lawyer on our team to help them out. Basically everyone on our team has a story they can preach to kids about how they don’t want to be our age wishing we had known back then what we know now. Because I didn’t have this type of advice when I was growing up. Football saved me, but when you’re on your own you have to learn for yourself. So we’re trying to give these kids a chance, and at least give them a chance





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to learn. We keep in contact with them, take them to different activities, and keep an eye on them. We just really try to show them a good time and, at the same time, try to teach them something that will help them carry on and become a better person and a better citizen to help this world out and give back.

POWER: Hurricane Harvey—how has it affected your community and how does it feel to be a part of the rebuild?

MILTON: Man, Harvey really had the city shut down for about a month and a half. And parts of the city are still shut down because they're trying to rebuild. They've been tearing the sheet rock out but once you tear the sheet rock out, you still can't





stay in that house. You have to get a different apartment or hotel or figure something else out. So to actually get out there and help people repair these houses, or bring supplies, if they need toiletries or anything, it makes you feel

good on the inside. And you're doing it for free. And we don't do any of this for public attention. We're not posting about it every time we do something good because you should want to do good things for other people. It's just the right thing

to do. Since I have a truck, I went to go deliver sand bags to my sisters' house, and on the way there I wasn't sure if I was even going to make it. But I knew I had to do it, because if I didn't get these sand bags to her then her whole house



may be gone. It was a little chaotic. But we just had to realize that it was a catastrophe situation and all about helping the next person get a better night's sleep or have a better day.

We also had food drives and got a bunch of BBQ and took it to homes

around the area. Because when you go through something like that, you don't want a sandwich. You want that kind of food that makes you feel like you're at home with your family.

And we didn't post any of this online or anything because that's not what it's

about. It's about helping people.

POWER: From everyone at POWER Magazine, we thank you for your time and look forward to seeing your continued outreach in your community.

Find Milton on Instagram at @milton-huslfit



STRONG HAS MANY FORMS, FIND YOURS.



THE RECENT EXPLOSION OF DEADLIFT PERFORMANCE

BY PAUL LEONARD

If you are like me, a longtime powerlifter, you are very much aware of the incredible number of absolutely huge deadlifts that have been pulled in the first three quarters of this decade. From Benedikt Magnusson's 1014lb. masterpiece in Texas to the recent mind blowing hauls of Eddie Hall and Jerry Pritchett, we have seen an outright assault on the record books as well as on the average lifter's belief on just what can be lifted. After careful examination of these other savage's success and the realization that my best official pull of 750lbs. "just won't cut it" and is soon to be eclipsed as the raw bench record, I have come up with the following reasons why the deadlift performance has exploded exponentially in the past eight years.



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The main reason for the increase in deadlift performance is that today's world-class strongmen practice the conjugate method with their training. While being tested in the disciplines of the yoke, dragging, farmers walk, tire flipping, stone lifting, medleys, towing, and power stairs to name a few, these savages have built their bodies

and deadlift muscles up to strength levels few believed could be achieved. For all you powerlifters who would do geared squat workouts during which you did three singles in 30 minutes, a Pro Strongman was bending his legs and overloading his posterior chain for hundreds of reps per workout. We now know who is stronger due to this

increased workload and subsequent increase in GPP.

Multiple-time World's Strongest Man winner Brian Shaw's videos and prior podcasts indicate he trains the conjugate method and the results are proof that Brian can pull anything he needs to win, all while performing other taxing feats of strength such as bus pulls,



carrying medleys, 700-plus-pound squats for high reps, all the same day or day before he pulls over a grand. Brian implements specialty bars, the back-attack machine, bands and chains in his quest to be the best. Brian's performance continually improves while he

remains injury free or comes back from injuries to be stronger than ever.

In the old days, national level power meets would have a lifter or two in each class, many of whom would work themselves into a frenzy to pull a high 700 or over 800-pound deadlift. Now

there are videos online of Zydrunas Zadvickas pulling over 900 pounds in what appears to be a fitness-center-type gym with nary a second thought to the magnitude of such an accomplishment. This blunt force trauma to a hapless pile of iron shows how a world-class Strong-






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man has surpassed 99 percent of most competitive powerlifters. By subjecting themselves to tortuous training, today's modern strength athlete has created a superhuman level of capability.

Another factor which has raised the stakes in the strength world is social media. Feel kind of sluggish as you are warming up to pull? Watch some videos of Pete Rubish as he violates a bar in front of a helpless washer and dryer. Wondering if you have what it takes to go to the edge? Marvel at Jerry Pritchett as he pulls a huge personal record at the Arnold or at a powerlifting meet in



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- *Extra Reinforced front shoulder seams add support and security for this radical design. Thicker, Extra Reinforced neck.*
- *The combination of several new contours built into the pattern complements the already super RageX system.*
- *SOLID SEAM™ technology keeps the sleeves where they are supposed to be, working in unison with the body, not jittering or faulting with the bar. You will increase your bench press and keep it safe to boot. Proven in numerous world records.*
- *RAGE X IS FOR EXPERIENCED BENCH PRESSERS ONLY PLEASE! RageX goes into new territory where unbelievable results from a poly shirt happen. The RageX will continuously amaze you at how much you can bench press. Bench pressers report regularly how much fun the bench press has become for them because of this amazing bench press shirt. The increased weight you will bench press will take practice to become accustomed to. Strength gains will result from handling the increased weight. Confidence will rise from one training session to the next.*
- *The RageX is the bench shirt for those who want an immediate step up to stratospheres of bench press power because it is a MORE AGGRESSIVE design than any other company knows how to make. This is not only about sleeve angle and elementary things such as that. It is about hundreds of details creating a cumulative effect that is undeniably the best. The most Quality and Results are yours in the RageX.*
- *Stretchy-Back™ makes RageX more effective and easier to get into. It allows the lifter to custom-fit on the spot by allowing the neck to be lowered down the body and the sleeves to be lowered down the arms. The fitting adjustments allowed by the Stretchy-Back™ provide the effect of an Open-Back but with a back that is completely enclosed. The Stretchy-Back fabric also breathes easier, creating comfort.*
- *RageX in DOUBLE LAYER. Go Double Layer and increase the longevity and comfort of the RageX bench shirt. Or choose Single Layer for single-layer competition restrictions.*
- *Guaranteed. Absolutely guaranteed you will bench press more than in any other round-sleeve bench shirt.*

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- *Seamless, zinc plated steel roller buckle is unmatched in strength and durability, and it looks great.*
- *The buckle prongs do not waver back and forth. They slide one direction into and out the selected prong hole. This makes it easy to place the prong in the hole, saving you time when getting ready to lift.*
- *Six rows of lock-stitched, corrosive resistant, hi-density nylon.*
- *The edges of the belt are finished with refinement but not rounded. Rounding of the edges lessens the effective width. Therefore the complete competition legal width is maintained in the Forever Belt™.*
- *Finished with top quality, fine suede providing non-slip surface.*
- *Does not turn soft and fold over as another brand's belt tends to do. Conforms to your body shape over time and forever stays rigidly supportive.*
- *High compression riveted with the same rivets as used in the Space Shuttle program. Not bradded. Will never come loose.*
- *Tongue loop is riveted instead of sewn providing further security.*
- *Closer prong holes for more choice in precise fitting.*

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

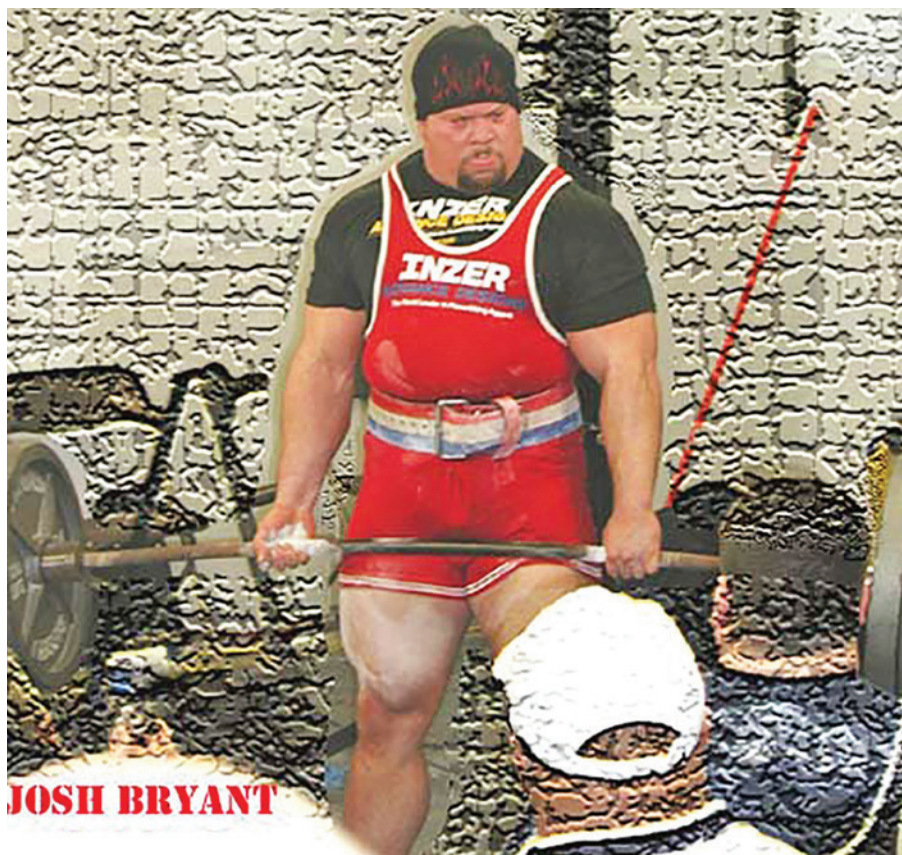
Strongman Jerry Pritchett pulling the elephant bar deadlift record at 1,031 lbs in 2017



Utah. For the sumo pullers, feast your eyes on Dan Green or the GOAT Ed Coan as 900lbs. is ripped up to submission. Today's YouTube videos, Instagram posts, and the content put out by Super Training Gym is inspiring people like us all over the world.

The final reason the deadlift has increased greatly in the lifetime that the Power Magazine has existed is because the emphasis on raw strength in competition has finally made lifters overload their bodies in such a manner that they actually got physically stronger. Period. No squat numbers are going up due to three layers of gear, or reverse bands, or high judging. Lifters actually had to get stronger and as a result, the most basic of all caveman lifts—picking up the heaviest rock, has dramatically improved.

Powerlifters and fellow strength athletes—so much can be learned from each other. When Benni broke 1014lbs., he credited his success to building his body a la Ronnie Coleman. When Patrick Holloway pulled 870 at 45 years of age, he was the first to credit training



Paul Leonard and his team of powerlifters



partner Jerry Pritchett with making him stronger through Strongman training. As for me, I pulled my best deadlift of 750lbs. at the APF Seniors to tie my then training partner Josh Bryant for the biggest pull in the 308lb. weight category. I did this after I trained and competed in Strongman for two years at the infamous Freak Factory in Downey, California.

Lifters, find every obsessed lifter you can and get with each other, learn from each other and let us build upon each other's success. As Mark Bell says, let's make the world a better place to lift.

Paul Leonard

A competitive powerlifter for 30 plus years whose greatest accomplishment has been the friends I have shared this journey with. **PM**



IN THE GARAGE

BY BUD PEARCE

Some people use their garage to park cars. Some use it as a laundry room. Some use it to hold all of their lawn and garden tools, bike racks, extra furniture, yard sale purchases, and other knick-knacks. But for me, I use it as a gym. In fact, when we first bought our house, the garage was a big selling point. Having your own gym right outside your door is not only commitment to your passion, it's convenient. Today, you can ride through various neighborhoods and see this landmark displayed proudly through an open garage door, mounted timers on the wall, and American flags hung proudly overhead. The garage gym is quickly on the rise, but it takes time to build.

THE EQUIPMENT

Having a gym you call home is pretty cool, but having a home gym is even better. My garage gym started with an old jump rope, a 50-pound kettlebell that I bought used from a sports equipment store, and a medicine ball that was quickly falling apart, leaving chunks of canvas all over the floor. But you can bet that I put each of these pieces of equipment to use almost daily. Slowly over time, I started adding in various pieces of equipment. It was a long process, one that took a lot of patience, but it was worth it in the end. Look at building your garage gym like a carpenter would at building his tool chest. There's no reason to buy a table saw before you buy a hammer. Priority is key in this process.

Like many of you, I've searched online for different pieces of gym equipment. My mouth would water when I saw certain items, thinking "that would be perfect for my garage." However, it's not that simple. You have to look at your garage gym as an investment. Something that grows in equity over time. By that token, you can't go out and buy the biggest, coolest piece of equipment from the start. Instead, look for something that will give you the most bang for your buck. Based around your fitness goals, you can easily decide what equipment is used most frequently in your programming. The staples are almost always the same. A barbell, some plates, and a rack are common essentials. But even with these, you can get a little



Bud Pearce preparing to lift inside his garage gym.

more detailed. Barbells come in different types and prices. My first barbell was used, very rusty, and bent. It was dirt cheap and got the job done for the time being. I had to get another one soon after though and this was a more conscious decision. When finding the right barbell, look for something that will last and applies to your goals. Ex. If you're a powerlifter, you don't need a weightlifting bar. On a related note, clean your barbell with a wire brush and perform routine maintenance on it to prevent everyday wear and tear.

Plates should be viewed under the same light, something durable and a good price. However, don't buy the first set you see. Shop around and see where you can buy your best deal. Shipping costs add up with a lot of weight, so look for the

free shipping option too. If you happen to live close enough to the dealer, go pick up your new plates instead of paying for the shipping. I've driven to numerous facilities to load my car up with new equipment. And I had a smile on my face the entire ride home. And don't forget about garage sales as well. There are always people out there that are willing to sell used fitness equipment for a good price and that's where you can save a lot of dough. A lot of people covet bumper plates, but don't neglect iron. It's just as effective and cheaper.

There are all kinds of racks out there. There are some now that can easily fold into your wall, saving a ton of space when not in use. Again, shop around. Look at what you need for your program and what fits inside your garage. A fitness enthusiast (CrossFitter) may want a pullup bar added in on their rack. Or a powerlifter may want a full cage for their rack (although this can be pretty expensive). I personally love the solo squat stands for a rack in a garage. Although not quite as stable as a full rack or cage, they can handle heavy loads, adjust easily, and save a lot of space inside of a garage.

All of the above items would be considered a First Priority when building your garage gym. The Second Priority items will vary depending on the athlete. Powerlifters may want to add in specialty bars next, or heavy dumbbells. Strongmen



Matt Vincent rocking out inside his garage gym that he has used to help him recover from 5 knee surgeries.

may search for a log while a CrossFit athlete will want kettlebells or gymnastic rings. No matter what it is you are looking for, I would recommend creating a chart of your most used items. Rank everything in order and then start at the top and work your way down. Create a plan of action for building your dream gym and follow through.

Many people forget about this, but flooring is also an investment on equipment. Based on your garage floor, you may want to look into layering it with matting of some kind to prevent cracks and save your equipment from damage. This can get costly, depending on the size of your garage and the thickness of your mats, but will save you headaches in the long run. I have used single sheets of horse stall mats and rolls of flooring. Personally, I like the rolls of flooring better. They cover a good amount of space and are easy to cut if you need to make them fit. Equipment dealers usually carry flooring, but you can also check out your nearest home improvement center also and save on shipping costs.

DIY projects are also easily forgotten. Many people are apt to buy name brand equipment, but honestly, some things can easily be made for a quarter of the price. Plyo boxes, storage shelves, and jerk blocks are easy projects for the garage gym owner that can add a lot of personal pride when using them and save the bank account. Plus, it's just cool to build things with your bare hands. And honestly, you can get creative with the stuff you have instead of buying the

expensive items. Load a heavy barbell and walk with it instead of buying a yoke. Use bands and tie a set of plates together for a homemade atlas stone. Creativity can really spice up your programming and also make it seem like you have more equipment than you actually have.

The last piece of business when it comes to your equipment is how you need to organize it inside your garage gym. I have set up many gym floor plans through the years and it all starts with the basic flow of where you will get the most work done. Considering the space of a two-car garage, you most likely need to align your equipment along the walls. At the beginning, this will be simple. But as you add your new equip-

ment in, you need to think about space saving ideas.

Personally, I like to keep all my plates stacked vertically. You can organize them by weight, but stacking them makes them easier to grab and out of the way. Bars can be stored on your walls (with the right support system) or if you have a lot of them, buy a vertical storage rack. I have one and it hardly takes up any room in my garage as it sits in the corner. Boxes are stacked on top of one another, racks are against the wall, bands and chains are hung on the walls. Basically, keep everything away from the center. I also have all of my power tools and some of my son's riding toys stored in the garage as well. But I take advantage of shelves to keep everything organized and out of the way.

I have grown my garage gym from a few random pieces of equipment to a true fully-functioning gym. I have all kinds of equipment now based around different training protocols. And the best tip I can tell you above all is don't spend money you don't have on stuff you don't need. Everything I bought was through a thought-out process in which finances played a major factor. Save your money in the beginning and gradually build your gym into what you want it to be.

THE MENTALITY

Of course, many people have a fear of owning a garage gym because more than likely, they know they will have to train alone. There is no doubt about the positive effects of training with a group



A QUICK GUIDE TO BEGINNING YOUR GARAGE GYM WITH THE RIGHT EQUIPMENT BASED ON YOUR GOALS.

Each athlete may have different priorities depending on their training protocols.

1st Priority: This is must-have equipment. You cannot train without it.

2nd Priority: These are pretty important pieces. You can use these pieces almost daily, but normally for accessory-type work.

3rd Priority: These are the really cool pieces of equipment you want. Either because it is a special modality or just something different to train with every now and then.

Save Your Money: These are pieces of equipment that can get expensive and sometimes aren't used as frequently as other items. You should look for discounted prices and/or inexpensive alternatives.

POWERLIFTING

1st Priority- Bar, Plates, Rack, Bench
2nd Priority- Bands, Chains, Sled/Prowler
3rd Priority- Dumbbells, Flooring
Save Your Money: Specialty Bars

WEIGHTLIFTING

1st Priority- Bar, Bumper Plates, Rack
2nd Priority- Pullup Bar, Plyo Box, Platform
3rd Priority- Bench, Dumbbells
Save Your Money: Jerk Blocks

STRONGMAN

1st Priority- Bar, Plates, Rack (w/ Yoke)
2nd Priority- Bench, Log
3rd Priority- Sandbags, Kettlebells, Kegs
Save Your Money: Atlas Stones

GENERAL FITNESS

1st Priority- Bar, Plates, Rack
2nd Priority- Pullup Bar, Plyo Box, Kettlebell
3rd Priority- Gymnastic Rings, Rower
Save Your Money: Wall Clock



Pearce getting a sweat on during a squat workout inside his garage gym.

of people. Their shouts of encouragement add fuel to the fire and give you a huge confidence boost. But I'm here to tell you that training solo has its advantages too.

Before you start any kind of training program, you have to list your goals. We all want different things and that should always be at the forefront of your motivation to train. This goes double if you are training alone. By establishing your goals, this trains your focus to think in detail. When you are training alone, you have to be as detailed as possible so that you can stay on track and not waste time. There is a simple trick I use when I'm by myself. I set a clock and do a lot of EMOM (Every Minute on the Minute) work. This allows me to limit my rest period, be quick in transitions of movements, and keeps my brain thinking on my goals and not about the fact that no one is watching. This will also keep your heart rate up which will help with your adrenaline and overall conditioning.

Your motivation level can also be improved by training in your garage. Because it is your gym, you can decorate and create your own atmosphere however you want. You're a bodybuilder? Add a poster of Arnold and Ronnie Coleman to your walls. You can add your own personal touch however you see fit. I have a big whiteboard on my wall that I constantly add names, phrases, max lifts, or anything else that can add to my motivation level of that day. Hang your medals you have earned or photos of different competitions you have competed in to keep you focused. Blasting your favorite music through a sound system

can also help. The point is, you can make your garage gym your own place to train as well as be positive on your goals. Even when I'm not training, I like to be in my garage. Simply put, my gym makes me happy and yours should too.

First and foremost, I encourage all of you to be safe because lifting weights is always dangerous, especially when you are by yourself. With that being said, the real solo battle begins when attempting max effort lifts. Going to maximum when you are by yourself can be physically and mentally challenging. When there isn't a roomful of people around you, heavy weights look even heavier. However, by putting yourself in this position over and over in your garage, you become accustomed to the feeling and will adapt. It may take time, everyone adapts differently, but it will happen. Using the trick of the clock to work faster is very important when lifting heavier. You force your brain to not think about the weight because there isn't enough time. By constantly moving, you set yourself up to be in a better mental condition when attempting a max effort lift. Some will argue that you need to give yourself time in between lifts due to the body's need to recover. But that argument doesn't apply when you are training alone. If you are mentally beat before you attempt the lift, then it doesn't matter how much your body recovered. Besides, if you are getting that winded, then you are also improving your conditioning which in turn will help everything else in your body. Be an athlete!

I live in Georgia. One of the contributing factors to hard workouts in my ga-

rage is the weather. It is extremely hot in the summer. Gnats are everywhere and it is usually full humidity. Working out in these conditions each day definitely adds to your mental toughness. But don't use this as an excuse not to train. Use it to take pride that no one else is doing what you are doing. Taking your workout outside is another way to create a spark for your workout. A driveway creates another solid place to train and mixes up your normal everyday routine. By constantly changing what you are doing, creating a new atmosphere or new motivation for the day, you are giving yourself new options and adding variance to your training. Searching for a PR? What is your best 5-rep box squat while training in the direct sunlight in your driveway? Creative workouts can easily create a confidence boost.

After putting yourself through workout after workout by yourself, your mental toughness grows by leaps and bounds. Soon, you won't notice that no one else is around you. You'll be able to complete the day's tasks with your own motivation. Sluggish days will come; they always do with any kind of training. But stay focused on your goals each day and you will set yourself up for success. Take pride in grinding out workouts when no one is watching. A garage gym can add many things to your program, including new environments, inspiration, and mental toughness.

THE FAMILY

For me, the reason to have a garage gym is simple. I do it for my family. Like many of you, I have spent an inordinate amount of time in a gym. We all are addicted to the pain and the iron. It's what draws us all together into a barbell family. However, by spending so much time with our barbell family, we are neglecting our true family. And that is not acceptable.

My wife and I have always worked out together. Earlier in our marriage, we were members at a number of gyms. We have always had fun training together, but there were many times we were training without each other. As we decided to grow our family, we knew that our gym time had to change. But by having our garage gym, we aren't cutting our frequency of fitness.

I'm sure many of you have experi-

enced this problem. Arguments have probably happened with your significant other regarding the amount of time spent at home versus the gym. While both sides have their points, your priority should always be family. There is a small percentage of people that are providing for their family based on the amount of time spent at the gym (professional athletes), and while training is their job, they too could benefit from having a garage gym.

Training at home allows you to be constant and present. The thought of missing my son's first steps because I was at the gym petrified me. When I'm training in my garage, I know that I can cook dinner, hang out with my family, and train all at the same time. There isn't a place that I would rather be than with my family. Now I can get a workout in while my son naps. I can bring a dumbbell inside the house and do curls while my son is eating his lunch. But the best part is, I can bring my son into the garage while I am working out. Kids grasp things so quickly and by working out in front of your children, you are teaching them that fitness is important and normal for your family. Not to brag,

but my son was already squatting a PVC pipe before his first birthday! And I never taught him. He just grabbed the pipe and copied what I was doing. Spend quality time with your family and everything else will fall into its correct place.

START NOW

When I first began piecing my garage gym together, I just wanted a place to train when I knew I didn't have the time to get to the gym. As my job got busier and my family got bigger, slowly but surely, I noticed that I could easily create my own gym and not worry about spending time somewhere else. A garage gym can be your one-stop-shop for staying home and working out. It can be your place of solitude and music-blaring fitness center. It is completely yours and you can create it however you want. Prioritize your life and see where the gym fits in. If you need a change, start building your garage gym now and focus on your training while staying at home!

Bud Pearce

Warner Robins, GA

@onthepatformsc

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BULLETPROOF PODCAST #432

BIGGER, STRONGER, FASTER: POWERLIFTER MARK BELL & HBO FILMMAKER CHRIS BELL

A self-made entrepreneur and inventor, Mark Bell is ranked as one of the Top 10 powerlifters of all time. Leveraging his career as a professional athlete to kick-start his businesses, Mark built the renowned Super Training Gym, and created Super Training Products, LLC, a multimillion-dollar empire built on the success of his first invention, the Sling Shot®. Chris Bell, also a powerlifter like his little brother, is an acclaimed documentary filmmaker with impressive HBO and Netflix credits under his belt. Best known for producing “Bigger, Stronger, Faster”, featuring his brothers, his other raw and relevant films include “Trophy Kids” and “Prescription Thugs”. In today’s wide-ranging and intimate conversation, Dave talks to the Bell Brothers about everything from addiction, to the use of steroids, to different workout techniques and ketogenic diets, to the overall mindset of food, nutrition and exercise. You won’t want to miss a moment of this compelling and honest discussion about the keys to achieving your goals, overcoming addiction, and the importance of embracing community.

CHRIS: I’m Chris Bell, I’m a filmmaker.

MARK: I’m Mark Bell, I’m a powerlifter and entrepreneur.

DAVE: So, Mark is a world and American record holding powerlifter, and about 300k people follow what he does on Instagram. And he could clearly crush me with his bicep if he wanted to. Although I might be able to crush [Mark] with my calves. He built Super Training Gym, which Men’s Health said was one of the 30 best gyms in America, so [Mark] knows a thing or two about picking up heavy things.

MARK: Yeah, I’ve been lifting since I was 12 years old and I’m now 41.

DAVE: And you’ve also invented

something called the Sling Shot, which is something you can use for changing your physiology during pushups. I just did 15 pushups with this strange band across my chest. It makes it so that when you’re at the weakest point of a pushup, you need less muscle activation, which is a good thing because it protects your shoulders. Seems like a good move.

MARK: It’s a product I created because I tore my pec several times. Being a competitive powerlifter and pushing the envelope the way that I was, I went from bench pressing over 600 lbs. to 700 lbs. to a final 804 lb. bench. And I realized that in my training, handling these amounts of weight with both my arms pinned behind my midline was



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"I CREATED (SLING SHOT) BECAUSE I TORE MY PEC SEVERAL TIMES. BEING A COMPETITIVE POWERLIFTER AND PUSHING THE ENVELOPE THE WAY THAT I WAS, I WENT FROM BENCH PRESSING OVER 600 LBS. TO 700 LBS. TO A FINAL 804 LB. BENCH" — MARK

causing a lot of stress in my pecs, and I eventually tore both of my pecs—a total of 3 tears to come up with the invention. I always say I'm probably the only patent-holder that can claim that I've torn my pecs to make my product. But the product is a supportive upper body device that allow you to handle more weight for more reps and more sets, which gets you more volume and a lot more work. It also allows you to do a lot more work on the eccentric, the lowering portion of the exercise. And in addition to that, it allows you to do it with better form.

DAVE: It's a great product but we're not going to talk about it the whole show. We're not an affiliate or anything, but the guy knows a lot about exercise and has done some cool stuff in



10 YEARS AGO I WAS OBSESSED WITH GETTING STRONGER. I WAS STILL OBSESSED WITH POWERLIFTING AND THE FACT THAT I HAD THIS MORAL DILEMMA EXHIBITED RIGHT IN MY OWN FAMILY. — CHRIS

the space. And on my other side here is Mark's brother Chris. He made the documentary "Bigger, Stronger, Faster", "Trophy Kids", and "Prescription Thugs." These are documentaries you've seen on HBO.

CHRIS: HBO was Trophy Kids and the others are on Netflix.

DAVE: I think most people listening have at least probably seen the name "Bigger, Stronger, Faster." Everyone is interested in at least one of those things, so a great name for a movie. And you interviewed a lot of people around the world for a lot of these things.

CHRIS: Yeah, about 10 years ago I was obsessed with getting stronger. I was still obsessed with powerlifting and the fact that I had this moral dilemma exhibited right in my own family. We have an older brother, Maddog, he actually passed away after we made Bigger, Stronger, Faster. But the reason we made the movie was because I was in the middle of two brothers, and I wasn't sure what the steroids were doing to them and how it affected them. And in the end I wanted to make a decision whether or not this was something I wanted to get into, or if it was something that was really bad. So that's where the movie came from. Now, 10 years later, we have different goals.

DAVE: It's actually kind of cool, so I want to talk about steroids and see what you guys think about that. I've been very openly using testosterone since I was 26 years old.

MARK: Oh my god.

DAVE: The reason for the was when I was 26, my mom had more testosterone than I did naturally. Which was a bit of a problem. So when I started taking



"WHEN I STARTED TAKING BIOIDENTICAL, PHYSIOLOGICAL REPLACEMENT DOSES, NOT POWERLIFTING DOSES, IT WAS LIKE "WOW, SOMEONE TOOK THE GLOVES OFF. MY BRAIN STARTED WORKING AGAIN." SO PEOPLE SAY "OH, THAT'S A BAD THING." BUT LET ME JUST TELL YOU, IF YOU'RE 70 AND YOU HAVE THE TESTOSTERONE LEVELS OF A 30 YEAR OLD, YOU'RE GOING TO LOVE YOUR LIFE" — DAVE

bioidentical, physiological replacement doses, not powerlifting doses, it was like "Wow, someone took the gloves off. My brain started working again." So people say "Oh, that's a bad thing." But let me just tell you, if you're 70 and you have the testosterone levels of a 30 year old, you're going to love your life. And if you have the testosterone levels of a normal 70 year old, you're probably not going to like your life as much. That's just how it is. So when we talk about steroids today, we're going to separate the anti-aging, medical use of them, versus the "I want full control of my biology." But we're also going to talk about nutrition, keto, powerlift-

ing, exercise techniques, and I want to pick both your brains because you both have interesting perspectives. And you're brothers, you grew up together, so there's got to be a good story you're going to tell us.

CHRIS: Absolutely.

To hear the rest of this podcast, check out *Bulletproof Radio* on iTunes, episode #432: *Bigger, Stronger, Faster: Powerlifter Mark Bell & HBO Filmmaker Chris Bell*

Or on the *Bulletproof* website at <https://blog.bulletproof.com/bigger-stronger-faster-powerlifter-mark-bell-filmmaker-chris-bell-432/>





FAILURE IS THE BEST COACH

BY MATT VINCENT

My worst failure was in 2012 at the Highland Games National Championship with the top 10 athletes from the United States competing. It is one of the biggest games with one of the biggest prize purses. I was on fire that weekend. I managed 5 PRs in 8 events. I had won 5 events as well and got nothing lower than a 3rd place going into the last event.



Needless to say, I had a very comfortable lead going into the last event. Anything better than 7th place and I had it locked in. Well, the worst-case scenario happened. For the Weight Over Bar event, I am normally pretty competent to throw 17' which would have gotten me in the top 3. I opened at 14' and hung all three of them out in front of the bar. This got me a dead last, cost me the win, and about \$1800. This sucked and is one of the only things in my athletic career that I have lost sleep over. This sucked big time. But I knew this was my mistake and I learned a few things from it.

“WINNING CONTESTS, SETTING PRS, AND BREAKING RECORDS IS GREAT BUT IT IS THE SHORT SIDE OF WHAT YOU CAN BE GETTING FROM COMPETING AND TRAINING”

I needed to change my technique to be more consistent. I was also now aware that things would never go worse than this. I survived and was

able to return to win it another year as well as another World Championship. The key here is that the failure taught me a lot.

Through my time in sports, one thing that has always driven me crazy: the people who practice what I call failure avoidance. This is where someone trains and trains but never competes. Like they are constantly looking for a magic number that will make them ready to enter the arena. These people are paralyzed by the idea of coming up short to some imaginary line that they have created for themselves.

I did things totally different. I spent



my time in the Highland Games competing as often as I possibly could against whoever (20+ times a year for 9 years and in my off season would enter Olympic lifting meets, powerlifting meets, even a 5K). Even as an amateur, my first contest was done as a novice with little experience. I just went to have some fun and see what it was about. Many athletes think they need to be at a certain level to ever give it a go in competition. I think this is huge mistake.

Winning contests, setting PRs, and breaking records is great but it is the short side of what you can be getting from competing and training. All the

“FAILURE, IF YOU’RE WILLING TO LISTEN, CAN TEACH YOU HOW TO MAKE MOVES SO YOU DON’T MAKE THE SAME MISTAKES”

lessons that you learn about yourself during that process is what matters. It’s about developing yourself as a better, stronger human. While we love to celebrate success, I am here to tell you that Failure is a much better coach and teacher than success ever will be. This

is no different than the rich kid who had the keys to the kingdom handed to him at birth. You never get to appreciate the struggle. This is where your guts and mental game are created. It’s these failures that teach you everything. Failure teaches you about your mistakes, your weak points, and where you have room for improvement.

Failure, if you’re willing to listen, can teach you how to make moves so you don’t make the same mistakes. This gives you time to avoid things like injury. It can also teach you how to properly recover or get mentally back in the game when things go bad. The truth



is that if you do anything long enough, you're going to have failures. You will miss lifts, bomb out from bad selection, be ill-prepared for a contest, or even choose gear that isn't the best for you. It is through this trial and error that we learn. And this is where you get to develop your craft.

It is through these failures that you

can go back to the drawing board more experienced, less green, and better prepared for the next attack. Eventually, through doing enough of this, you can start to see failure coming. You know that one or two more reps is going to cause an injury. It's that same sense of failure in the past that teaches you the important difference between pain that

can be worked through and pain that needs to be listened to.

Success doesn't give you any of this. It just validates the things you did. While that is great, if something works, why change? Just because something worked doesn't mean there isn't a better way for you. But the good news is that no one reading



“JUST BECAUSE
SOMETHING WORKED
DOESN'T MEAN
THERE ISN'T A BETTER
WAY FOR YOU”

this article will have a life full of only success. It is always a mixed bag. For those novice lifters out there (less than 10 years under the bar) DO NOT BE DISCOURAGED. Listen to these lessons and failures to make yourself a better athlete, competitor, and person. This doesn't just speak to life in the gym or on the platform. This skill has helped me tremendously with running multiple businesses. In just the same way I have failed in competition, I have also failed in business. My first business at 22 (a bicycle shop) wasn't a great move. Lots of lessons in failure came from that. But I know what decisions not to repeat.

Take time to listen to your mistakes. Own your failures. Take responsibility and make adjustments. This life is yours to live. If you're someone who is looking for success in life and training, then you've got a lot of failures coming. So get used to them and learn from them as much as you can. They are not life-ending. Be smart and you will come out the other side stronger and more experienced. **PM**





HOW DO YOU SHOW UP WHEN THE CHIPS ARE DOWN?

BY ZACH EVEN – ESH

I'll be damned.
Life is f—ing TOUGH!

Just when you think things are going well, you get punched in the face! The world doesn't care. People might say they care, but listen, people have their own things to worry about.

Well, we've got a few options here. Or maybe we don't.

Option # 1: Quit. Give up. Move on.

Option # 2: Fight like a hard-charging MFer.

To put things in perspective, I remind myself that my "problems" are not really "problems". Think about it.

I have a roof over my head. I have an iPhone. I have food on the table. WTF "problem" is there?

Another reminder: My first and middle name are names after my grandfather's brothers who were killed in the holocaust. My grandparents escaped Poland and fled to Russia during the holocaust, then to Israel. My grandfather fought in the Polish Army, the Russian Army and the Israeli Army.

That's my perspective. It's also the reason I fear getting comfortable. I'll train in my garage where it's cold and cramped, where my equipment is limited and things are basically "imperfect". Those imperfec-

“AS YOU BREATHE HEAVY BETWEEN SETS OF HEAVY DEADLIFTS, YOU REALIZE YOU ARE THE UNCOMMON MAN OR WOMAN. YOU KNOW THE NORMAL MFRS ARE SITTING ON THE COUCH OR ALREADY SLEEPING. THAT SLIGHT EDGE FEELS GOOD, DOESN'T IT??

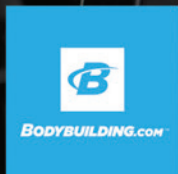
tions are where you find beauty. It's also where you find out about yourself.

You can't blast the music because the kids are sleeping and it's past 10 p.m. at night. It's cold and you're not "properly warmed up". Amidst these challenges, you feel an inner power that you can take pride in.

As you breathe heavy between sets of heavy deadlifts, you realize you are the Uncommon man or woman. You KNOW



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"STRENGTH IS A CHOICE.
THE BARBELL WILL
NEVER JUDGE YOU. IT
WAITS FOR YOU. IT GIVES
YOU ONLY WHAT YOU
PUT INTO IT. YOU CAN'T
CHEAT THE BARBELL. IT'S
ALWAYS THERE FOR YOU,
THE IRON NEVER LIES"

(THANKS, HENRY ROLLINS.)

the normal MFers are sitting on the couch or already sleeping. That slight edge feels good, doesn't it?

Oh hell yea. What about those guys who were in their 40s, as you are now. But back then they said, "Oh I used to lift a lot but then life happened and you'll see, one day you won't have time."

I was a teenager back when they said it to me. Then I heard it as I was in my early, mid and even late 20s. In my



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mind I KNEW..... I KNEW I was not like them and I never would be. YOU have to know deep down the same for yourself. Life might beat other people down into being normal but not you, NOT you.

Strength is a choice. The barbell will never judge you. It waits for you. It gives you only what you put into it. You can't cheat the barbell. It's always there for you, the iron never lies. (Thanks, Henry Rollins.)

As I type this, I have a video playing in the background, A Football Life: Pat Tillman.

Holy crap was this guy a hard-charging machine of a man. He was the guy you could always count on. He was the guy you would want to be in a fox hole

“EVERYTHING WAS BIGGER THAN WHAT WAS ON THE SURFACE FOR TILLMAN. FOOTBALL WAS MORE THAN A GAME TO PAT TILLMAN. BEING A GREAT TEAMMATE WAS HIS PRIORITY DURING THE GAME. IF A REPORTER GAVE HIM CREDIT, HE DENIED THE CREDIT AND COMPLIMENTED HIS TEAM”

with if all hell broke loose. He didn't want credit. Instead, he wanted to help his team achieve more.

He also took the motto of Stand for something or Fall for Anything to a different level. If he believed in something, he stood up for it. Yes, I believe we call that being a LEADER. He created other leaders and it all worked full circle—he made them better and in turn his own performance elevated higher and higher.

Everything was bigger than what was on the surface for Tillman. Football was more than a game to Pat Tillman. Being a great teammate was his priority during the game. If a reporter gave him credit, he denied the credit and complimented his team. Nowadays, every kid the

"IF YOU'RE READING THIS THEN YOU'RE STILL ALIVE. LIFE IS DAMN GOOD. YOU'VE GOT A ROOF OVER YOUR HEAD, FOOD ON THE TABLE AND ACCESS TO A BARBELL. I DON'T THINK IT'S EVER GOING TO GET EASIER, I THINK WE ALL JUST HAVE TO GET STRONGER!"

weight room thinks he can only train if the iPod has his special music playing.

REALLY? Your obstacle is that your favorite music isn't playing? Often times the best music is your heart thumping, the plates rumbling and the echoing sounds of your grunts as you battle your inner weakness.

What about when you travel for competition and the crowd is cursing you or booing you? In that moment, you need to embrace the imperfect environment. Your favorite music won't be playing, that's for damn sure.

When the chips are down, who can you count on? First and foremost, can you count on yourself? Take care of your OWN business and then you can help others elevate to a greater level.

I'm not sure how long you've been reading The POWER Mag but years ago Smelly & Jesse Burdick traveled to NJ to put on what we call "The Greatest Seminar Nobody Ever Knew About It."

Basically, we couldn't even give the seminar away. I told Smelly to cancel the seminar because he would lose money flying here, getting a hotel and his expenses would far exceed the 1 person who signed up.

Finally Smelly told me, "Dude, shut the f*ck up. I'm flying over there no matter how many people are signed up and I'm teaching Mother F—ers how to be STRONG."

To add more obstacles, Jesse's brother had passed away a few days prior to the seminar. Jesse flew to his brother's funeral and then flew into NJ. I never knew this happened until months later.

These guys taught me a lesson: Don't



talk about it, BE ABOUT IT.

So here's the deal: if you're reading this then you're still alive. Life is damn good. You've got a roof over your head, food on the table and access to a barbell. I don't think it's ever going to get easier, I think we all just have to get

STRONGER!

Zach Even - Esh is the Founder of The Underground Strength Gym, an author, consultant and a family man. You can connect with Zach at

<https://ZachEven-Esh.com> or on social media @ZEvenEsh **PM**

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TOP QUALITY APPAREL OR YOUR MONEY BACK

Super Training Corner

Productive Warm-Ups

Guest Coach: Matt R. Wenning M.S.

Being the Strongest Gym in the West requires constant growth. If you're not moving forward, you're moving backwards. Top level powerlifter, Matt Wenning, came to ST about 6 months ago and took the team through some great training-day warm-ups that not only get you ready to train hard, but work on your general physical preparedness (GPP). We asked Matt to take over ST Corner and discuss how to take your training the next level. So, grab a notepad and pen and get ready to learn.

Over the last 25 years, I have done nearly 50 meets and broken 3 all-time world records. In this time, I have utilized and tried many training protocols and various ways to not only get stronger but also improve my technique and reduce or eliminate injuries.

After this journey, I have found that nothing does all of this quite like warming up correctly. Warm-ups not only increase blood flow and elasticity of soft tissue, when done correctly they also potentiate lagging muscle groups. Potentiation simply means to train muscles in the hope of having them activate more in a given movement.

For example, let's use my lifting goals:

In 2013, my raw squat was 771. With a little in the tank (but not much) I knew that my hips and legs had to get stronger, but how? My traditional squat volume was already pretty high so I had to figure out a way to make my legs stronger but not

increase mileage on my spine. So in came the belt squat!!!! After cutting it apart 20 times, re-welding and changing/modifying designs, I came up with the perfect alternative to back squats—a way to not only attack more squatting but do it in a traction environment and actually rehab my spine as I got older.

Another issue I realized was that my 600-raw bench press was no longer there after a massive squat. I had done a 600 lb. raw bench but only in a bench meet.

My fitness and ability to perform under fatigue was hindering my performance, but I felt that my energy level couldn't withstand any more after the main lift.

So I devised a plan—maybe I should do more work before the main lift. If I could slowly increase my work capacity then I would be able to have more energy to bench and deadlift after my big squat. I started off light to make sure I still had energy. So here is what I suggest:

Belt Squats

90lbs. - 4x25 reps (which doesn't sound like much but let's do the math:

100 reps x 90lbs. is 9,000lbs.!!!!)

By using the belt squat, you increase volume of squatting without the spinal loading. This helped to get my legs and hips very strong, without aggravating my back or making my body feel like I was hit by a truck.



Reverse Hypers

50lbs. - 4x15 reps (again: 60 reps x 50lbs. is 3,000lbs.)

Keeping the lower back tight and strong is a problem for almost all lifters. Plus the warmth and flexibility is key to keeping injury at bay.

Leg Curls

40lbs. - 4x25 reps (100 reps x 40lb. is 4,000lbs.)

Maintaining a proper hamstring-to-quadriceps strength ratio is always a constant battle. Training hamstrings is a must for all athletes and powerlifters, so don't neglect your posterior chain.

So, in a warm-up we are loading 16,000lbs. of extra work in before the main lift! But the weights are more manageable so fatigue is minimal.

What I noticed was after a trial period of about 10 weeks is that I was able to bench more on my upper body days, able to deadlift much more after squats and my squat form was actually improving due to attacking the weak muscle groups!

After 1 year, my warmups were at this volume (and not affecting my main lifts)

Belt squat

4x25 or 100 reps with upwards of 400lbs. = 40,000lbs.

Leg curls

4x25 or 100 reps with upwards of 100lbs. = 10,000lbs.

Reverse hypers

4x15 with 100lbs. or 70,000lbs.

And doing all this work within 15min!

THIS WAS MY END RESULT:

Squat: From 771lbs. to 832lbs. world record, raw-no-wraps and then 865lbs. the next year

Bench: From 583lbs. to 606lbs.—one of the top benches in the world as a full lifter— up to 611lbs. the next year

My bodyweight went from 305lbs. and 22% body-fat to 294lbs. and 16% body-fat

So, to recap: If your fitness level, technique or muscle mass is lagging, don't forget warm-ups! Pre-training volume can be a valuable tool to increase your lifts and balance your weak points. To learn more from Matt, find him on IG: @RealMattWenning or at Wenningstrength.com.

Check back next issue for another routine from Super Training Gym – "The Strongest Gym in the West!" **PM**

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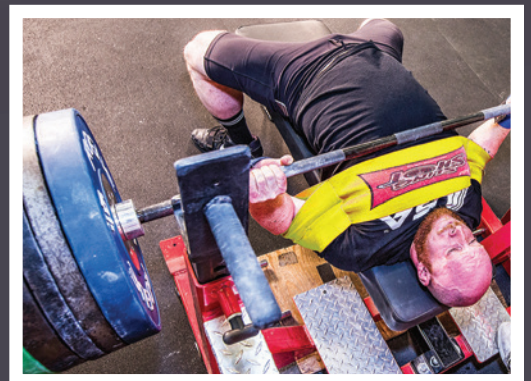
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Current Top 50 Rankings: Men

SQUAT

Rank	Name	Federation	Date	Squat
1	Dallas Norris	365 Strong	2017-08-12	782
2	Maliek Derstine	IPA	2017-07-15	775
3	Ben Pollack	USPA	2017-06-03	750
4	Mike McGivern	USPA	2016-12-10	738
5	John Haack	USPA	2017-04-15	722
6	Christian Anto	RPS	2017-04-08	715
7	Erbol Nauanov	USPA	2017-04-15	705
8	Michael Mccann	365 Strong	2017-04-22	701
9	Marcus Morris	RPS	2017-03-18	700
9	Jonathan Harder	XPC	2017-03-04	700
11	Anthony Hobaica	USPA	2017-04-15	688
12	Kody Blazek	UPA	2017-07-22	683
13	Jonathan Chunn	APF	2017-05-27	650
14	Edward Ryckman	USPA	2017-08-27	644
15	Justin Merrigan	RPS	2016-12-03	640
16	Zach Homol	IPA	2017-04-29	635
17	Ryan Raynier	UPA	2017-11-18	628
17	Randy Rabon	365 Strong	2017-04-22	628
17	Travis Rogers	USPA	2017-11-11	628
20	Travis Leeper	RPS	2017-03-25	622
21	Roy Glenn	USPA	2017-07-08	617
21	Hayden Bowe	USPA	2017-03-03	617
23	Tom McNeill	APF	2016-12-17	606
24	Danny Moorehead	XPC	2017-03-04	605
25	Daniel Lindlow	RPS	2017-04-29	600
25	David Isenberg	USPA	2016-12-10	600
25	Patrick Kelly	APF	2017-03-26	600
28	Kyle Miller	XPC	2017-03-04	585
28	Jose Martinez	RPS	2017-05-20	585
30	Cody Nolen	USPA	2017-09-09	584
30	Sergio Luna	APF	2017-03-25	584
32	Michael Stemcosky	USPA	2017-03-25	573
32	Colton Iwasaki	UPA	2017-01-21	573
32	James Fuller	USPA	2017-02-18	573
32	Mackie Fleishman	USPA	2017-08-19	573
32	Brad Ettinger	USPA	2016-12-03	573
32	Chance Brady	USPA	2017-08-12	573
32	Matt Borquez	365 Strong	2017-04-22	573
39	Luke Pelton	XPC	2017-03-04	570
40	Johann Lara	RPS	2017-05-20	565
41	Jay Fresh	UPA	2017-01-21	562
42	Oscar Cummins	RPS	2017-04-29	556
43	Andrew Holmes	USPA	2017-04-01	551
43	Ulyses Gonzalez	USPA	2017-09-09	551
43	Franklin McCoy	RPS	2017-03-25	551
46	Jordan Hines	XPC	2017-03-04	550
47	Peter Katsuleas	APF	2016-12-17	545
47	Scotty Hatlevig	USPA	2017-05-13	545
47	Thomas Thibault	RPS	2016-12-03	545
50	Jordon Miller	USPA	2017-04-08	540
50	Joshua Sutton	USPA	2017-10-21	540

BENCH PRESS

Rank	Name	Federation	Date	Squat
1	Maliek Derstine	IPA	2017-07-15	505
2	Phillip Brewer	APA	2017-03-11	490
3	Anthony Hobaica	RPS	2016-12-10	480
4	Jonathan Harder	XPC	2017-03-04	470
5	Travis Harris	USPA	2017-10-14	453
6	Dantrell Carter	USPA	2017-02-25	451
6	Kody Blazek	UPA	2017-07-22	451
8	Zach Homol	IPA	2017-04-29	450
9	Mackie Fleishman	USPA	2017-08-19	446
9	Michael McCann	365 Strong	2017-04-22	446
9	John Haack	USPA	2017-04-15	446
12	Merdan Nursahedov	USPA	2017-09-30	440
13	David Isenberg	USPA	2016-12-10	429
14	Jacob Williams	USPA	2017-07-22	424
14	T.J. Mosley	RAW	2017-06-10	424
14	Mike McGivern	USPA	2016-12-10	424
14	Drew Thompson	USAPL	2017-10-14	424
14	Dexter Jones	USAPL	2017-10-14	424
14	Chris Garcia	IPL	2017-11-04	424
20	Nick Schodowski	RPS	2017-06-11	420
21	Zeb Jones	USPA	2017-03-04	419
22	Nick Israel	USPA	2017-05-20	418
22	Sean Noriega	USAPL	2017-10-14	418
22	Jonathan Losa	USAPL	2017-10-14	418
22	Matthew Reep	APF	2017-01-07	418
22	AJ LaFleur	USPA	2017-02-11	418
22	Jon Gruden	IPF	2017-06-24	418
28	David Bassett	USPA	2017-08-26	413
28	Joel Shell	USPA	2017-03-25	413
28	Brian Burritt Sr	APF	2017-02-19	413
28	Brian Burritt	APF	2017-02-18	413
28	Robert Miller	USPA	2017-09-30	413
28	Ronald Tarvin	USPA	2017-07-08	413
34	Adir Noriega	USPA	2017-10-21	407
34	Michael Kimura	IPL	2017-11-04	407
34	Ryan Baylark	USAPL	2016-12-03	407
37	Zach Miller	USPA	2017-05-20	403
38	Brandon Boronda	USPA	2017-07-08	402
38	Ben Pollack	USPA	2017-06-03	402
38	Casey Castillo	USPA	2017-03-04	402
38	Daniel Lindlow	RPS	2017-04-29	402
38	Monquill Parks	APF	2017-05-06	402
38	Ryan Raynier	UPA	2017-11-18	402
38	Cesar Medina	USPA	2017-05-20	402
38	Aj Prapavat	USPA	2017-03-25	402
46	Ronald Fox	RPS	2017-05-25	400
47	Bobby Body	APF	2017-03-11	396
47	Chris Lukefahr	USPA	2016-12-10	396
47	Russel Orhii	USAPL	2017-10-14	396
47	Zachary Yamamoto	USPA	2017-05-20	396

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181 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Division	Deadlift
1	Ben Pollack	USPA	2017-04-15		755
2	Yangsu Ren	USAPL	2017-10-14		749
3	Chris Garcia	USPA	2017-05-06		738
4	Kody Blazek	UPA	2017-07-22		733
4	Trevor Jaffe	USPA	2017-08-27		733
6	Marco Galindo	USPA	2017-10-21		727
7	David Herrera	IPL	2017-11-04		723
8	John Haack	USPA	2017-04-15		716
9	Daniel Howell	USAPL	2017-10-14		706
10	Wayne Knight	USPA	2017-03-04		705
10	Abner Nazario	IPL	2017-09-30		705
10	Nicholas Austin	USPA	2017-08-12		705
13	Micah Metz	RPS	2017-04-22		700
14	Ren Yangsu	USPA	2017-03-18		699
14	Dean Chung	USPA	2017-07-22		699
16	Russel Orhii	USAPL	2017-10-14		688
17	Mike McGivern	USPA	2016-12-10		683
18	Angelo Fortino	AWPC	2017-09-09		677
18	Jonathan Chunn	APF	2016-12-17		677
20	Maliek Derstine	IPA	2017-07-15		675
21	Sean Collins	USAPL	2017-10-14		672
21	Ryan Raynier	UPA	2017-11-18		672
23	Israel Spottedhorse	IPL	2017-04-23		667
24	Anthony Hobaica	USPA	2017-04-15		661
24	Josh Hyaduck	USPA	2017-04-01		661
24	Marcus Adodo	USAPL	2017-10-14		661
24	Michael Lear	APF	2016-12-10		661
24	Micheal Lear	USPA	2017-04-21		661
24	Sean Noriega	USAPL	2017-03-04		661
30	Jonathan Harder	XPC	2017-03-04		660
31	James Mapp	RPS	2017-01-28		655
31	Damon Bly	IPL	2017-11-04		655
33	Ramon Cloud	365 Strong	2017-10-28		650
33	Demietrich Baker	USPA	2017-08-20		650
33	Zachary Parker	USPA	2017-10-28		650
33	Jamal Mitchell	USAPL	2017-10-14		650
33	Ryan Baylark	USAPL	2016-12-03		650
38	Nick Schodowski	RPS	2017-06-11		645
39	Travis Rogers	USPA	2017-11-11		644
39	Richard Yun	USAPL	2017-10-14		644
39	Romhree Howard	IPL	2017-11-04		644
39	Cody Jaeger	USAPL	2017-03-04		644
43	Marcus Morris	RPS	2017-03-18		640
43	Christian Anto	RPS	2017-04-08		640
43	Ben Siegel	XPC	2017-03-04		640
46	Frank Oben	USPA	2017-05-13		639
46	Xavier Romero	USPA	2017-06-24		639
46	Jon Gruden	IPF	2017-06-24		639
46	Premar Namnama	USPA	2017-06-10		639
46	Dennis Levine	USPA	2017-04-08		639
46	Mitchell Deskis	USAPL	2017-10-14		639

TOTAL

Rank	Name	Federation	Date	Division	Total
1	Maliek Derstine	IPA	2017-07-15		1955
2	Ben Pollack	USPA	2017-06-03		1891
3	John Haack	USPA	2017-04-15		1884
4	Kody Blazek	UPA	2017-07-22		1868
5	Mike McGivern	USPA	2016-12-10		1846
6	Jonathan Harder	XPC	2017-03-04		1830
7	Anthony Hobaica	USPA	2017-04-15		1818
8	Dallas Norris	365 Strong	2017-08-12		1764
9	Michael McCann	365 Strong	2017-04-22		1754
10	Christian Anto	RPS	2017-04-08		1740
11	Zach Homol	IPA	2017-04-29		1720
12	Ryan Raynier	UPA	2017-11-18		1703
13	Marcus Morris	RPS	2017-03-18		1700
14	Travis Rogers	USPA	2017-11-11		1665
15	Mackie Fleishman	USPA	2017-08-19		1642
16	David Isenberg	USPA	2016-12-10		1636
17	Jonathan Chunn	APF	2016-12-17		1620
18	Edward Ryckman	USPA	2017-08-27		1609
19	Roy Glenn	USPA	2017-07-08		1598
20	Cody Nolen	USPA	2017-09-09		1592
21	Dantrell Carter	USPA	2017-02-25		1587
21	Brad Ettinger	USPA	2016-12-03		1587
23	Tom McNeill	APF	2016-12-17		1570
24	Travis Leeper	RPS	2017-03-25		1559
25	Zeb Jones	USPA	2017-03-04		1557
26	Danny Moorehead	XPC	2017-03-04		1555
27	Chance Brady	USPA	2017-08-12		1554
28	Justin Merrigan	RPS	2016-12-03		1545
29	Michael Stemcosky	USPA	2017-03-25		1543
29	Randy Rabon	365 Strong	2017-04-22		1543
29	Hayden Bowe	USPA	2017-03-03		1543
32	Michael Lear	APF	2016-12-10		1537
33	Daniel Lindlow	RPS	2017-04-29		1532
34	Kyle Miller	XPC	2017-03-04		1530
34	Micah Metz	RPS	2017-04-22		1530
36	Sergio Luna	APF	2017-03-25		1521
37	Scotty Hatlevig	USPA	2017-05-13		1510
38	Matt Borquez	365 Strong	2017-04-22		1505
38	Ben Siegel	XPC	2017-03-04		1505
40	Levi Perez	USPA	2017-07-15		1504
41	Zachary Parker	USPA	2017-10-28		1499
42	Paul Maley	RPS	2017-04-08		1490
43	Patrick Kelly	APF	2017-03-26		1488
43	Stefan Larsen	IPL	2017-11-04		1488
45	Brandon Boronda	USPA	2017-07-08		1482
46	Matthew Reep	APF	2017-01-07		1477
47	Jose Martinez	RPS	2017-05-20		1475
48	Luke Pelton	XPC	2017-03-04		1470
49	Alfred Villoch	USPA	2017-08-27		1466
50	James Mapp	RPS	2017-01-28		1465
50	Albert Geddes	XPC	2017-03-04		1465

Current Top 30 Rankings: Women....

SQUAT

Rank	Name	Federation	Date	Squat
1	Blanca Villoch	USPA	2017-11-19	435
2	Jodie Burford	RPS	2016-12-04	425
3	Jessica Brown	USPA	2017-04-15	407
4	Shana Miller	RPS	2017-01-14	400
5	Sarah Brown	RPS	2017-11-11	386
6	Jenn Rotsinger	USPA	2017-03-04	374
7	Natalie Newhart	USPA	2017-04-15	336
8	Emily Hu	USPA	2017-04-15	330
9	Emily Gillespie	XPC	2017-03-04	325
9	Amanda Blau	SPF	2017-04-22	325
11	Antoinette Bashir	HERC	2017-02-18	320
12	Andrea Riley	USPA	2017-07-29	314
12	Kaylie Klitzing	USPA	2017-04-15	314
14	Megan Thompson	USPA	2017-09-16	308
14	Jessica Fresh	USPA	2017-04-01	308
16	Morgan Colling	USPA	2016-12-10	303
16	Dawn Molina	USPA	2017-04-15	303
18	Kajilla Jacomo	APF	2017-05-27	281
18	Melina Arcos	USPA	2017-03-11	281
20	Lindsay Crosby	AWPC	2017-09-09	275
21	Yanet Millan	APF	2017-05-27	270
21	Melissa Holland	RPS	2017-06-03	270
21	Shira Bardfield	RPS	2017-09-16	270
24	Annie Fry	SPF	2017-04-22	265
24	Jennifer Allen	RPS	2017-04-08	265
26	Haley Schneirha	SPF	2017-03-11	264
26	Alexandria Hibbs	USPA	2017-08-20	264
26	Amanda Armistead	RPS	2017-05-06	264
26	Gabrielle Sanchez	USPA	2017-07-08	264
30	Adriane Borho	RPS	2016-12-03	260

BENCH PRESS

Rank	Name	Federation	Date	Squat
1	Emily Hu	USPA	2017-04-15	253
2	Shana Miller	SPF	2017-04-22	225
3	Blanca Villoch	USPA	2017-11-19	220
4	Marilyn Coutinho	USPA	2017-03-25	209
4	Jennifer Millican	IPF	2017-03-04	209
6	Jenn Rotsinger	USPA	2017-03-04	203
6	Robin Davis	USPA	2017-08-20	203
8	Sarah Brown	RPS	2017-04-29	198
8	Natalie Newhart	USPA	2017-04-15	198
8	Lauren Rutan	USPA	2017-07-08	198
8	Jessica Brown	USPA	2017-04-15	198
8	Jackie Hong	WABDL	2017-02-25	198
13	Dani Overcash	USPA	2017-08-26	192
13	Kaylie Klitzing	USPA	2017-04-15	192
15	Sarah Moorman	USPA	2017-08-20	187
15	Allison Robinson	IPL	2017-11-18	187
15	Morgan Colling	USPA	2016-12-10	187
15	Miranda Chambers	USAPL	2017-10-14	187
15	Ita Pantilat	USPA	2017-10-21	187
20	Bonnie Schroeder	USAPL	2017-10-14	181
21	Jodie Burford	RPS	2016-12-04	180
22	Jamie Roberts	USPA	2017-02-11	176
22	Dene Dainotto	USPA	2017-05-13	176
22	Wendy Heaslip	USPA	2017-05-06	176
22	Melissa Barber	USPA	2017-07-29	176
22	Shannon Kehoe	USPA	2017-03-25	176
27	Amber Abweh	USPA	2017-08-26	171
28	Taylor Barron	USPA	2017-03-25	170
28	Robin Pacholder	USPA	2017-05-13	170
28	Rosario Espinoza	USPA	2017-02-18	170
28	Lisa Jones	USPA	2017-01-07	170

123 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Squat
1	Melissa Barber	USPA	2017-07-29	440
1	Dani Overcash	USPA	2017-08-26	440
3	Blanca Villoch	USPA	2017-08-27	425
4	Jessica Brown	USPA	2017-04-15	424
5	Jenn Rotsinger	USPA	2017-03-04	413
5	Jennifer Millican	IPF	2017-03-04	413
7	Amber Abweh	USPA	2017-06-18	408
8	Emily Hu	USPA	2017-04-15	407
9	Jodie Burford	RPS	2016-12-04	405
10	Sarah Brown	RPS	2017-11-11	402
11	Bonnie Schroeder	USAPL	2017-10-14	391
12	Shana Miller	RPS	2017-01-14	380
13	Robin Pacholder	USPA	2017-05-13	374
13	Gabrielle Mamani	IPF	2017-06-24	374
15	Megan Thompson	USPA	2017-09-16	369
15	Rachel Orbach	USAPL	2017-10-14	369
17	Andrea Riley	USPA	2017-07-29	363
17	Lindsay Crosby	AWPC	2017-09-09	363
19	Tiffini Mann	RPS	2017-09-16	360
19	Amanda Blau	SPF	2017-04-22	360
21	Robin Davis	USPA	2017-08-20	358
22	Sylvia Lovanrack	USPA	2016-12-10	352
22	Nicole Lamartine	USPA	2017-06-17	352
24	Melinda Spencer	USAPL	2017-10-14	347
24	Lacey Massari	USAPL	2017-03-04	347
24	Morgan Colling	USPA	2016-12-10	347
24	Kristen Norris	USPA	2017-08-26	347
28	Lauren Rutan	USPA	2017-07-08	341
28	Gillian Tedeschi	APF	2017-10-28	341
28	Andrea Hillman	USAPL	2017-10-14	341
28	Kaylie Klitzing	USPA	2017-04-15	341

TOTAL

Rank	Name	Federation	Date	Squat
1	Blanca Villoch	USPA	2017-11-19	1080
2	Jessica Brown	USPA	2017-04-15	1030
3	Jodie Burford	RPS	2016-12-04	1010
4	Shana Miller	RPS	2017-01-14	1000
5	Jenn Rotsinger	USPA	2017-03-04	992
5	Emily Hu	USPA	2017-04-15	992
7	Sarah Brown	RPS	2017-11-11	981
8	Natalie Newhart	USPA	2017-04-15	870
9	Amanda Blau	SPF	2017-04-22	855
10	Kaylie Klitzing	USPA	2017-04-15	848
11	Andrea Riley	USPA	2017-07-29	843
12	Morgan Colling	USPA	2016-12-10	837
13	Megan Thompson	USPA	2017-09-16	821
14	Lindsay Crosby	AWPC	2017-09-09	793
15	Emily Gillespie	XPC	2017-03-04	790
16	Dawn Molina	USPA	2017-04-15	788
17	Antoinette Bashir	HERC	2017-02-18	780
18	Jessica Fresh	USPA	2017-04-01	777
19	Shannon Kehoe	USPA	2017-05-20	766
20	Annie Fry	SPF	2017-04-22	750
21	Gillian Tedeschi	APF	2017-10-28	744
22	Kajilla Jacomo	APF	2017-05-27	733
23	Jamie Miller	USPA	2016-12-10	716
24	Alexandria Hibbs	USPA	2017-08-20	710
24	Amanda Armistead	RPS	2017-05-06	710
26	Rachel Wood	USPA	2017-01-14	705
26	Melina Arcos	USPA	2017-03-11	705
28	Crystal Lara	IPL	2017-11-04	699
28	Gabrielle Sanchez	USPA	2017-07-08	699
30	Kayla Welch	APF	2017-03-25	688





Massthetics

NAMES: Simon Otero, Garrett Gonzales | **AGES:** Simon 31, Garrett 30
HOMETOWNS: Valencia County, New Mexico | **GYM:** Legion Iron Gym | **YOUTUBE SUBS:** 52,000



You both are relatively functional members of society. What was the main reason for starting a YouTube channel and continuing to post content on it regularly?

Simon started the YouTube channel initially just as a means to track his progress and not necessarily as a content delivery channel. I was training at a local gym and eventually ran into Garrett. Long story short, we ended up training together and combining forces to create Massthetics. The direction of the channel quickly moved towards powerlifting and specifically the deadlift as well as chronicling our misadventures along the way.

Your fan base isn't huge, but your fans are die hard. To what can you attribute your cult following?

Although we had no idea what Massthetics as a brand would become when we started, we quickly began to differentiate ourselves from the monotony of bland YouTube fitness vlogging of

showing their boring life that revolved around attempting to copy the Christian Guzman template that only works for him. Being honest and real is probably the most common compliment we get and we were initially surprised that so many other channels could go through the chore of maintaining an artificial personality for the camera. But that really has become our niche—being completely real, utterly offensive, and showing that you don't have to be a nob to succeed in YouTube or in life. We may "not give a f*ck" and jump around like assholes in the gym, but we've also both deadlifted over 700 lbs, Simon is a professional during the day, and Garrett is a nuclear engineer by degree and about to graduate from medical school and hopefully match in plastic surgery. I think our fan base, the now infamous Massthetics Legion aka Long Mint Legion, can appreciate that we don't bullshit, love not taking ourselves seriously, and wreck shit IRL while doing it.



If you could go back 4 years to when you started your YT channel, what would you do differently and why?

Reflecting back on how everything started, we really wouldn't change anything. Our growth has been 100% organic and the following that we have cultivated is extremely loyal and we are very grateful for that.

You both have some strong numbers in the gym. What are a few of your maxes?

Deadlift:
 Simon: 725lbs.
 Garrett: 710lbs.

Looking at the beginning of 2018, what are your plans for YT?

2017 was a transitional year of sorts for us because we didn't have a gym to go to after being exiled from the only powerlifting gym in the city. But for 2018, our very own multi-phase gym that we've been planning will be operational, so most of the content on the YouTube will revolve around training there. We're still going to film stupid shit like wearing onesies while shooting guns driving Ferraris, but most of the content will go back to what grew our fan base in the first place--being total assholes and deadlifting stupid amounts of weight attached to an irresponsible amount of rubber bands. Regular discussions about the benefits and drawbacks of dating a girl with a bigger d*ck than you will predominantly be on our podcast, simply called "Massthetics Podcast." **PM**



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