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POWER

JULY/AUGUST 2018

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**PERFORMANCE
AND POWERBUILDING**

BY BEN POLLACK

July/August 2018 Volume 9 No. 4

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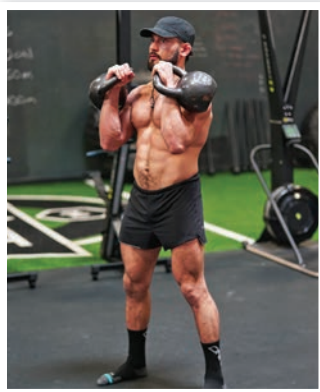
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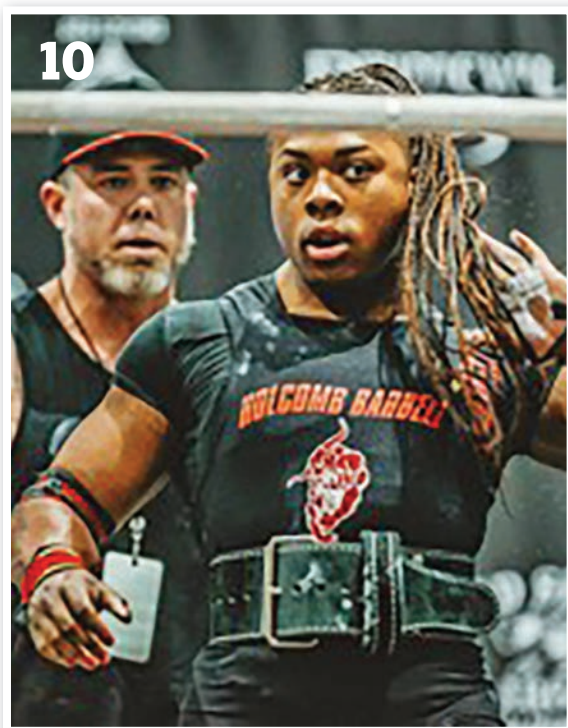
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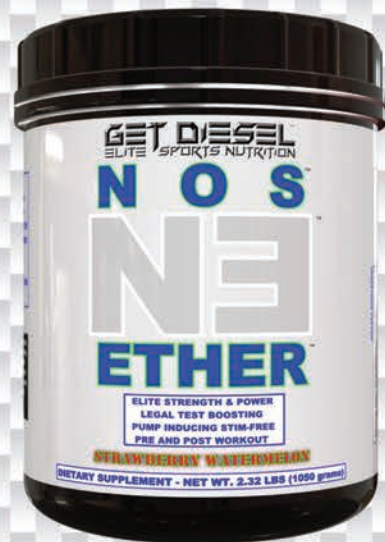
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C.C. HOLCOMB

INTERVIEW BY WADE ZENO



Age: 23

Height: 5'4

Weight: 179

Hometown: Center, Texas

Gym: Primal Strength and Fitness

Max S/B/D: Classic Raw
Max- S:617 B:363 D:607 Raw
Max- s:540 B:363 D:622

Best Total: 1587lbw

Athletic Background: Volleyball, Basketball, dance, powerlifting, and Track and Field

Instagram: @C.C_Holcomb and my team page @goatpowerlifting

POWER: Largest sleeved and wrapped totals of all time in the female 181 lb weight class (also, hold the top 198lbs raw lifter)— how does it feel to be at the top? What motivated you to get to this point? Who are some people that inspire you?

HOLCOMB: It's still a surreal feeling to be at the top of both divisions in the 181lbs weight class. I remember being a little girl dreaming of becoming one of the strongest female or the strongest female powerlifters in the world. Due to a series of events that took place in my childhood, I started powerlifting to feel strong and empowered. My motivation comes from the fear of failure and not allowing adversity and life to conquer me. When I'm lifting, I think about me vs me. I am too determined to not allow my past to determine my future. I'm very blessed to be at the top of the sport at 23 years old, All Glory to God. Jill Mills, Kimberly Walford, and Chleo Van Wyk are my all time favorite lifters and individuals. They embody everything that strength sports represent, strength, beauty, humility, humbled, non-

est, caring, genuine, and successful.

POWER: You put up one of the biggest performances in history on the biggest stage this year at the 2018 US Open. What was the environment like? How did you prepare mentally and physically for meet day?

HOLCOMB: As powerlifters, we work hard for several months to prepare for any given meet. It was honor to be able to compete at the US Open two years in a row. The environment is hardcore and motivating. As an athlete, you know that you have to bring your absolute best, or your competition will beat you. Preparing for the US open, I knew that I had zero room for error in my preparation. I was uncomfortable in ever aspect of my meet prep, including, training, nutrition, recovery, and every day life, but I was determined to be just as good as my competition. Russel Kern, Gracie V, and Steve Dennison did an amazing job with making sure the meet was properly executed.

Every single day I thought about the meet. Everything I did was calculated and well thought out. I was Full-Time college

student, business owner, coach, and I'm in the army reserves., so training for the meet was extremely stressful. When I felt overwhelmed, I prayed, took 10 slow deep breaths, and went back to work. I trusted the process, and gave every single day my absolute best.

POWER: We'll get to your squat and deadlift – but first, your bench. You did your first raw powerlifting meet 2 ½ years ago at age 20, where you benched 303 lbs. in the 181 lb. class. That's quite a phenomenal feat! Since then, your bench press has increased by over 60 lbs. Bench is a lift with which many woman struggle to make progress. Obviously this isn't the case for you. To what do you attribute your success in the bench press? Do you have any advice for people that have plateaued in their progress?

HOLCOMB: Honestly, I have always been naturally good at bench pressing. I have made several changes to my technique, allowing me to recruit more muscle fibers to press more weight. My advice to lifters would be to put their bodies in an

optimal position that will allow the individual to utilize their back, chest, legs, and shoulders. If an individual is experiencing a plateau, drop the weight and rebuild or try different bench variations.

POWER: You go back and forth between sleeves and wraps in your meets. How does your sleeved training/meet-prep differ from that of your wrapped? Is there any carry-over between the two?

HOLCOMB: There is not much difference in the training for sleeves and wraps. I train in sleeves majority of the time, and when it's time to go into wraps, I still do my drop-sets with sleeves. I am able to get roughly 70-80lbs out of my wraps. I use Anderson KLA 4000 wraps. If you visit Anderson website, use reference code HBB18 in their comment checkout section.



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POWER: You have the all-time highest female raw deadlift, regardless of weight class. Needless to say, you're proficient at the deadlift. How do you train your deadlift (e.g. what frequency and what kind of accessory work)? You pull conventional – have you ever considered sumo? Do you or have you ever incorporated sumo deadlifts into your training?

HOLCOMB: I try to give myself at least 20 weeks to prepare for a meet, so I can spend time building strength before peaking. I like high-volume linear progression style training. I try to make my deadlift as hard as possible in the building phase. I love deficits, stiff bars, and heavy rack pulls. I have considered sumo, but I'm build to be a conventional puller. I have never incorporated sumo deadlifts into

my training regime, but I do see myself adding accessory sumo pulls into my off-season training.

POWER: interestingly, your total (1587 lbs.) is 3rd largest all time regardless of weight class, yet you compete in the 181 lb. weight class. April Mathis (SHW) currently holds the all-time largest female total of 1703 lbs. Do you think you're capable of breaking her record and achieving the largest total of all time? Would you need to bulk up to SHW to obtain it, or would you try to obtain it at a lower weight class?

HOLCOMB: April Mathis is hands down on of the greatest female powerlifting Alive. She's a good friend of mines too. I know April only does what it takes to stay ahead of her competition, so you will never truly know her maximum strength, which is exciting and scary at the same time.

I don't see myself reaching 1703 any time soon. I've tried bulking up, and I had more technical problems and injuries at a heavier body weight. The heaviest I've weighed is 210lbs, and I'm my absolute strongest at 179-187lbs. I would try to obtain my largest total at a lower body weight.

POWER: Following up on the previous question, a current topic of debate in the powerlifting community is cut-





ting weight for meets. What are your thoughts on weight cuts in powerlifting? Do you think the 24-hour weigh-in system is a good thing?

HOLCOMB: I don't have enough knowledge to truly put input on this debate. Regardless of what's the cash prize at a meet, I cut weight for two reasons, wilks and health, so I can't speak on why others cut weight.

POWER: For several weeks, your 664 Wilks score was the highest of all time. Recently, Marianna Gasparyan, a female 132 lb weight class competitor, nudged past you with a 666 Wilks score. How do you feel about Wilks score in general? Do you think you'll reclaim the Wilks record in the near future?

HOLCOMB: I couldn't be happier for Marianna Gasparyan. I talked with her the day before, so I wasn't surprised. That's the beauty of the sport of powerlifting, records are meant to be broken. Female

powerlifting is extremely competitive right now. After taking time to rest and allowing my body to heal, I see myself going back to break my own wilks. When I compete, my goal is to better than I was at my last meet.

POWER: What are some of your short-term and long-term powerlifting goals?

HOLCOMB: In two years, I've accomplished my short-term and long-term powerlifting goals. In two years, I am now known as the greatest 181lbs (raw and classic raw) female powerlifter of All Time. The greatest 198lbs raw female powerlifter of all time. I hold 15 ATWR to my name. I hold the largest deadlift of any female in the history of powerlifting. I am blessed. I thank God everyday for giving me the strength, courage, and discipline to accomplish such major feats at the age of 23.

POWER: What does your off-season training regimen look like?

HOLCOMB: Although I refer to it as off-season, I'm always working on cleaning up technique and building strength for the next meet, so I am never really in off-season.

POWER: For elite, top-level athletes such as yourself, diet is crucial. How carefully do you monitor your diet? Is there any food that is a staple in your diet?

HOLCOMB: Working out is the fun part of my training. Diet is 80% of my battle. I monitor my diet everyday, expect one week post meet. I eat the exact same foods every day. Chicken, turkey, eggs, oatmeal, brown rice, sweet potatoes, greens, and water are foods that are staple to my diet.

POWER: What are some of your favorite non-lifting hobbies and interests?

HOLCOMB: My favorite non-lifting hobbies are watching movies, eating, coaching, and going to school. **PM**

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BONNIE SCHROEDER

INTERVIEW BY WADE ZENO
PHOTOS BY 9FOR9MEDIA "ADAM PALMER

NAME: Bonnie Schroeder
AGE: 30
HEIGHT: 5'2"
WEIGHT: 124 lbs.
HOMETOWN: St. Louis, MO
OCCUPATION: Personal Trainer/Online Coach
GYM: The Lab Gym
CURRENT MAX S/B/D: 295/185/391
ATHLETIC BACKGROUND: Track, Body Building, and Crossfit
IG: @bonschro

POWER: You're top 15 all time in the USAPL 57kg (126 lb.) Raw open division. That's quite an accomplishment! How long did it take you get where you are now?

BONNIE: It's definitely been a very long process spanning over the course of many years. I've always been doing some form of lifting since high school, so the foundation was set from an early age. I ran track in high school and college, then I trained in a bodybuilding manner for about five years, then spent a year or two Crossfitting, and didn't actually start powerlifting until I was 27. Once I started powerlifting, I found my niche and there was no turning back. A lot of people don't want to hear that powerlifting takes years to be accomplished at, but it truly does. Having a solid foundation, sticking with it, and trusting the process is key to strength and longevity in the sport. I am only a few years in but have so much further to go and so much more to learn.

POWER: What lifting accomplishment or moment are you most proud of?

BONNIE: I am most proud of my 5th place finish in the 57kg at USAPL Raw Nationals in 2017 and almost getting my 402-lb. deadlift at the 2018 Pro American Meet at The Arnold. Even though I couldn't hold the lock out long enough, I was still incredibly proud to pull that since I had been chasing down 400 for a while.

POWER: Body positivity has been a particularly hot topic in the powerlifting community for the last several months. Would you agree that powerlifting has helped foster an environment that negates the societal stereotypes regarding women's physiques and workout routines? Can you relate to this at all?

BONNIE: I've seen firsthand what kind of positive impact powerlifting can have on a women's self-esteem. It's great to see so many women now getting more comfortable with a barbell and their lives being changed because of it. This is a sport that focuses on pure strength, not aesthetics, and that's been an absolute revelation for many women. While the powerlifting community typically does a wonderful job of empowering women,





I think the fitness community and society as a whole, still have a long way to go. As a female strength athlete, it's impossible not to notice criticism of women who might not be a size four, or those who are considered to be "too masculine" or even "too feminine". Even at the highest level of the sport, including some of the strongest women of all time, these stereotypes still exist, and we still see women being judged for their bodies. It's unfortunate to see some very old-fashioned ideologies still lingering. Luckily, the sport has rapidly been growing in popularity with women and I hope that going forward we will continue to see strides made to reduce and hopefully eliminate these stereotypes.

POWER: Another hot topic in the powerlifting community is water cutting. Being a USAPL competitor, you deal with 2-hour weigh-ins rather



than 24-hour weigh-ins. What are your thoughts on these two weigh-in systems? Do you think one is better for powerlifting than the other?

BONNIE: I think that both weigh in options have their place. 24-hour weigh ins typically allow for more drastic weight cuts and some competitors want or may have to do that while others don't. I don't necessarily think one is better than the other, I just think they offer slightly different options for competitors. USAPL weight classes are also different than other federation's, so having these options for competitors allows them to find which federation might be the best fit for them as an athlete.

POWER: When is your next meet planned? What are your goals for this next meet?

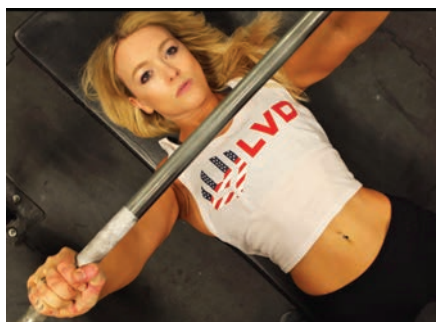
BONNIE: After competing in USAPL Midwest Regionals in July, my next meet



will be USAPL Raw Nationals in Spokane, WA in October. My goals for Nationals are to get over a 900 lb. total and a 480 wilks score.

POWER: Which lift do you find most difficult? Have you ever felt as if you stalled with progress on this lift? How did you overcome it?

BONNIE: My bench has certainly been my slowest progressing lift. It's plateaued a few times and I've learned that the best way for me to personally overcome these plateaus is changing up my frequency, intensity, and variations. Currently I bench three times a week with two moderate to heavy days and one lighter/speed day. I like to incorporate many variations including extra-long pauses, Spoto presses, Larsen presses, and board presses.



POWER: What's your current training split like? How do you prepare for training days? Is there any mobility work or warm-ups that you find particularly helpful?

BONNIE: I currently squat two times a week, bench three times, and deadlift once. I do not subscribe to a Monday, Tuesday, Wednesday plan—I do every-

thing in order, it just might not fall on the same day of the week every week. Every day is auto-regulated, so if I need to adjust on that day, I do it. If I'm not ready for that heavy squat day I have scheduled, I might take one extra rest day. I rest when I need it and I always pay close attention to how my body feels every session. To be at my best for training days I make sure I've done everything in my power to be as recovered as possible. I like to be well fed, rested, and in the best mental state I can be in. Emotional and life stress can take a huge toll on training and I try to be aware of that state just as much as the physical. I like to warm up with the Hip Circle on my squat and deadlift days because my glutes take a little extra time to warm up and the Hip Circle targets them perfectly! **PM**

PERFORMANCE & POWERBUILDING

Age: 30

Height: 5'8"

Weight: 220 lbs.

Location: Austin, TX

Max Squat: 799 lbs.

Max Bench: 424 lbs.

Max Deadlift: 815 lbs.

Records: All-time World Record in 198 lb. raw total in wraps

BY BEN POLLACK
INTERVIEW BY MARIEL TAGG

What's your athletic background? Were you always jacked and strong, or how did you get into the fitness industry?

I started lifting weights for wrestling in high school. I wrestled at 103 lbs. my freshman and sophomore years, and then moved up to 112 lbs. my junior and senior years. So I was always pretty tiny. I've always been a strong deadlifter, but squat and bench I probably started out at 100 lbs. each. And then when I went to college, I happened to be in the same dorm as a guy who held a bunch of junior records in the APF. He got a bunch of us into training, we started a small club, and got some equipment from EliteFTS. They sent us over a couple bars and a bench, so I started training with those guys. That's when I actually started to get a lot stronger and a lot bigger. I was also kind of a late bloomer in terms of growing up.

By the time I graduated from college, I had deadlifted 600 lbs. and squatted 500 lbs. and bench 375, so I was a lot stronger by then. I weighed almost what I weigh now—195-200 lbs.







You have your PhD in physical culture. What exactly is that and how does it inform your career in fitness?

Physical culture is an older term that was used a lot in the very beginning of the 20th century and it started to fall out of favor at the end of WWII when it was

replaced by the term physical education. So that's what most people associate with physical culture, but it really refers to anything having to do with preparing your body for sport or for life. It could be something like lifting weights, but it could also refer to the person who goes

for a walk around their neighborhood everyday just to stay in shape and healthy. Those are both forms of physical culture.

My focus specifically is on strength training and fitness. I'm looking specifically at entrepreneurs in the early 20th century who made their mark on strength training in some fashion. That includes individuals like Jack Lalanne who had the first TV show on fitness in the world; people like Earl Lederman, who sold one of the first successful training courses. So right now, you can buy any number of training courses from a bunch of different people online, including myself, but back then obviously, there was no internet so they were all mail order courses. He sold millions of these courses, he would host events for the people who followed them so they could compete against each other, and he was a really prolific writer for magazines back then.

What is powerbuilding, and how is it different than powerlifting?

For me, if you're focused on powerlifting your goal is to put up the biggest total you can on the platform. And honestly, a lot of the things that are involved in



a typical program are irrelevant to that. Maybe not irrelevant, but they're very tangential. They're not directly going to increase your total on the platform. So, if you're looking at a powerlifting-specific program, you're going to have a huge emphasis on the competition lifts: squat, bench, deadlift, and maybe some slight variations such as close-grip bench and Sling Shot bench. But you're not going to have a whole lot of leg extensions or bicep curls or shrugs. Those things aren't going to give you as much bang for your buck as those other movements. And for most people, if you're not looking to be an all-time world record holder, you've really got to balance everything you've got going on in your life with the energy you put into training.

Now, most people don't want to be an all-time world record holder, they just want to be big and strong and gain muscle. But they don't necessarily care about putting up their very best total, they just want balance. And I think that's awesome. So, for me, that's where powerbuilding comes in. And it's somewhat close to your typical powerlifting routine,



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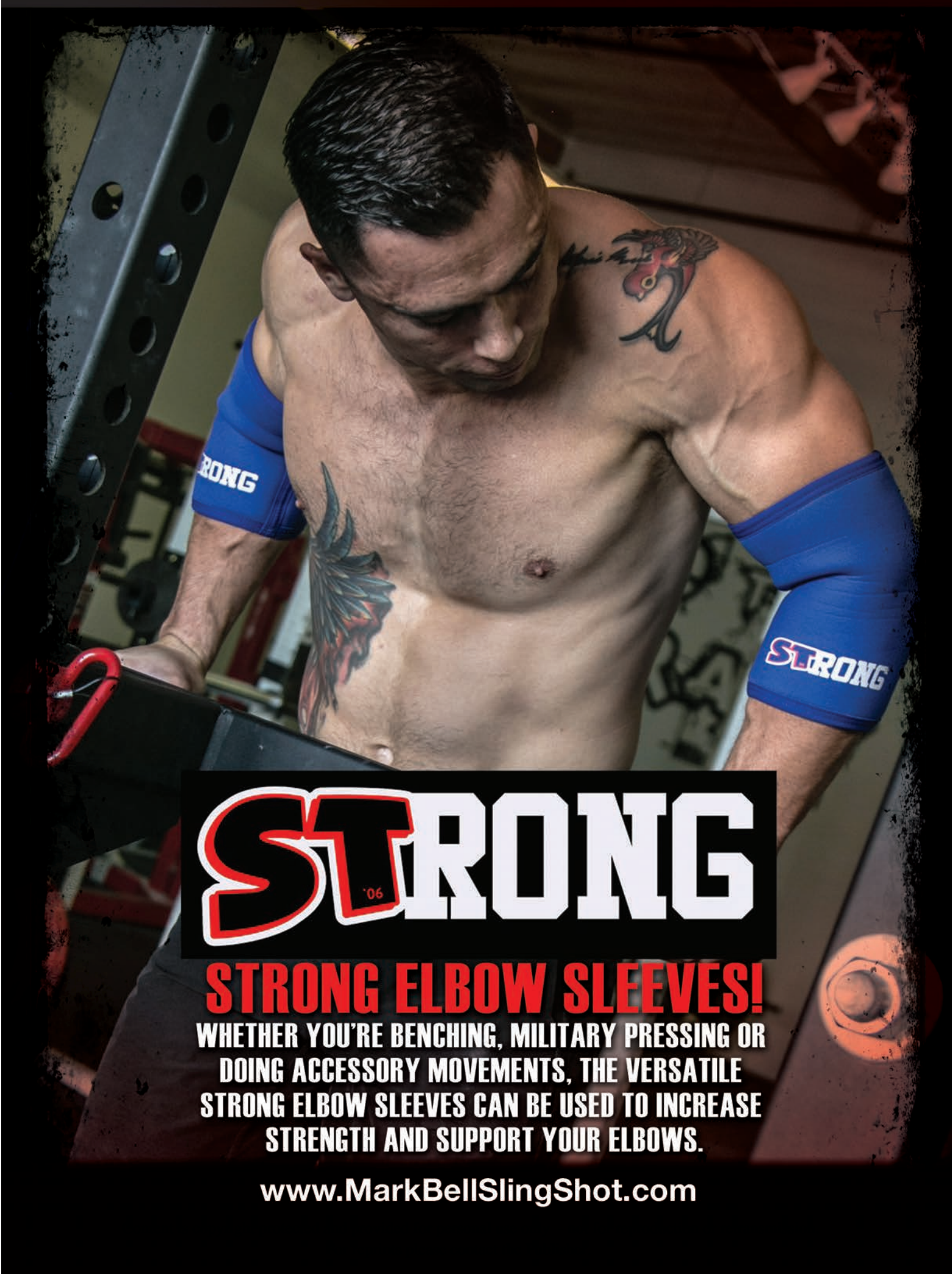
where you have squat, bench and deadlift as cornerstones, but then you have a lot of hypertrophy work that's going to assist, but it's going to provide the volume that you need to be able to grow. So, the difference really comes in the details, where a powerbuilding program is going to rely very heavily on isolation movements and volume, in addition to the big

lifts, whereas a powerlifting program is going to rely almost exclusively on the big lifts.

You said your performance at the Kern Open wasn't what you wanted. How so? What will you do differently leading up to your next competition and in your next prep?

My next competition will be the Tribute

meet in San Antonio, so local for me. And the reason I was disappointed with the open was because my coach and I really pride ourselves on doing a lot of good attempt calls and planning to win the competition as opposed to trying to set records or go all out when it might not be most appropriate. So the goal was really to win the meet, and on my best



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day I really think I could have done that. Part of our strategy was cutting down to 193 pounds so I could have just 2 pounds over my best total, which is roughly what we thought it would take to win. But we kind of got off track somewhere during the meet and so my bench was a little bit conservative because we thought we had wiggle room after the squat, which wasn't the case, and obviously, I missed my first deadlift on grip, which was a

little bit frustrating for me but at that point I was just trying to finish with a big total. I think those were the reasons. You have expectations going into a meet, and I set very high expectations for myself, and even though I performed well I fell short of those expectations.

Now pretty much anyone could look at what I did leading up to the meet and say, "Well, yeah, if course you fell short" because I did a half ass prep. I had a lot

going on with school and everything that I was only half focused on lifting. I was focused on other things. So I only spent about 4 weeks prepping for the meet, wearing knee wraps, training over 90%, and the rest of my prep was light stuff. While I thought that would be okay because I prefer shorter preps in general, it just wasn't enough time to cram it all in.

Some things I will do differently for the Tribute meet include taking longer spe-



cifically getting ready for the meet, but at the same time being mindful and not setting such huge expectations for myself. I just want to go out there, have some fun, smash some weight, and do the best I can. That way I can find the right balance between being prepared enough but not putting so much pressure on myself.

You contribute a lot to EliteFTS. We love them! What's that partnership look like and what do you contribute?

I was really psyched to join the EliteFTS team because, like I said, when I first started out, that was who we really turned to for a lot of information. When Dave brought me on, he said what he was really looking for was the combination of the educational background that I have and then the practical experience in terms of lifting and being on the platform and coaching other lifters. So that's kind of what I try to bring to my section of the

site. I try to incorporate those things so that if there's an aspect of sports psychology or even sport history that might be relevant to your training, I try to explain those in terms that aren't stuffy and academic but might resonate with a lot of different people, and then give some kind of explanation for how to incorporate those into your own programs.

I've seen a few articles titled "Ben Pollack shares his lifting secrets!!"



So, people seem to be curious. What are they?

They're not secrets, right. It's all about consistency and having a smart program. But I think there are things that people don't pay as much attention to that they really really really need to. And the two big things that I would point out would be prehab and mental training. In terms of prehab, everyone is going to get hurt. If you're a competitive powerlifter, at one time or another you're going to get hurt. Hopefully it's something minor where you tweak a muscle, but it might be something major like my torn bicep. So you have to be prepared for that and work to minimize those risks, and that's where the prehab comes in. I like to do a lot of things that I don't see other people doing in terms of prehab care. For example, I know a lot of people avoid using any time of anti-inflammatory medicines like



ibuprofen or naproxen because there is evidence that shows that it might slow muscle growth. But in my opinion, it's more important to stay healthy than worry about minor amounts of suboptimal muscle growth. Obviously, you don't want to overdo it with that type of thing. I'm not suggesting people go out and start taking a ton of Aleve every time they train, I'm just saying you can use these tools carefully. And I use other stuff like elbow sleeves and liniments and all sorts of mobility stuff to make sure that I'm staying healthy before I get hurt as opposed to waiting till I get hurt. So that's one big thing.

The other big thing is the mental aspect of lifting. And I think at some level, everyone knows how important it is, and how much better you perform when you're feeling good and really confident, but at the same time they don't do anything to improve their mental state. I highly recommend that everyone is performing some type of meditation or some type of mental training to prepare their brains just like they're preparing their bodies. For me, that has made a night and day difference in how I perform on the platform. **PM**



STRONG HAS MANY FORMS, FIND YOURS.

A photograph of a brown leather powerlifting belt with a metal buckle. The belt is coiled on a light-colored surface. A circular logo is embossed on the side of the belt, featuring a stylized ape face and the words 'APEMAN STRONG'.The logo is circular with a black background and white text. It features a stylized ape face in the center, with the words 'APEMAN' above and 'STRONG' below. There are small white stars on either side of the ape face.

BENEFITS OF KETTLEBELL FLOWING

BY ERIC LEIJA

Senior Kettlebell Coach at Onnit

WHAT IS KETTLEBELL FLOWING

Kettlebell flowing is typically referred to as a sequence of kettlebell movements that are seamlessly combined into a goal-specific workout. In a kettlebell flow, individual movements can be sequenced strategically in a planned manner or they can be impromptu which is also known as free flowing.

In my programming particularly, I like to combine movements that are both challenging and effective. What makes kettlebell flowing so appealing is that you are able to reap so many benefits in such a short amount of time. It challenges your body muscularly, cardiovascularly, as well as mentally. It allows you to add load to positions not easily accessible with other tools.

HOW THE BENEFITS TRANSFER INTO MY LIFTS

Kettlebell flowing specifically increases body awareness, coordination, improves mobility, and enhances force produc-

tion, leading to massive gains in strength that can translate into your barbell lifts. Training in more dynamic ranges of motion through kettlebell flowing can improve your mobility and strength in these ranges. Learning how to produce maximum force with a lighter weight allows you to refine your technique and master your body control as well as timing to optimize your movement, thus increasing your power. This allows you to practice quality reps with less central nervous fatigue, so you can make gains while recovering strong. Check out more tips for your increasing your barbell lift down below!

ERIC LEIJA'S FAVORITE KETTLEBELL FLOW

Kettlebell flows are my favorite type of exercises because they are so versatile. I do them every day and incorporate them into different parts of my workout. On a heavy lifting day, I use kettlebell flows as a finisher, whereas on a cardio day I use

them for active recovery with a lighter set of kettlebells.

After a heavy day, on active recovery days, I like to use them to help me increase the anabolic training effect of the workout from the previous day by conditioning the same muscle groups with lighter load while going through the same movements patterns. This is a good training technique when used with lower intensity to keep the muscles active, which can help reduce muscle soreness and stiffness.

PUSH-UP TO CLEAN SQUAT TO SWING AND SNATCH

Breakdown:

This is a full body workout to help you recover strong in between your heavy barbell days during active recovery. You can complete this exercise with one or two kettlebells depending on your skill level.

The Push-Up: The first movement of this kettlebell flow is going to be a push-



Push-Up

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Set Up for Clean



Clean

up off the ground. As you complete the push up, jump into a squat position with both kettlebells in between your feet.

The Clean to Squat: As you grab the kettlebells in your squat position, make sure you maintain a long spine and proud chest. Explode up from your legs into a standing position, spiraling the kettlebells around your wrists into your racked position. With the kettlebells in their racked position perform a single squat.

The Swing: Standing tall with the kettlebells in the racked position, perform a single kettlebell swing. Try to fully extend your arms while keeping your

shoulders packed into their pockets, and a long neutral spine as you hinge at your hips, creating tension in your hamstrings.

The Snatch: From downswing of the kettlebell swing, powerfully thrust your hips forward and pull the kettlebell overhead spiraling it around your wrists. Make sure to keep your shoulders packed and a straight wrist while snatching.

FOUR KETTLEBELL EXERCISES TO INCREASE YOUR BARBELL LIFT

Here are four exercises that can help you increase your barbell lift. Each of these exercises can be added in between

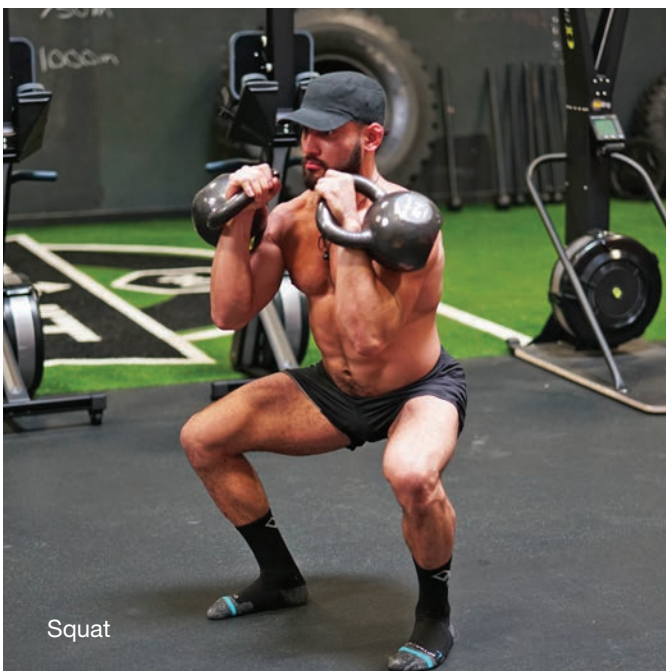
your primary lifts as accessory work.

KETTLEBELL FARMER'S CARRY

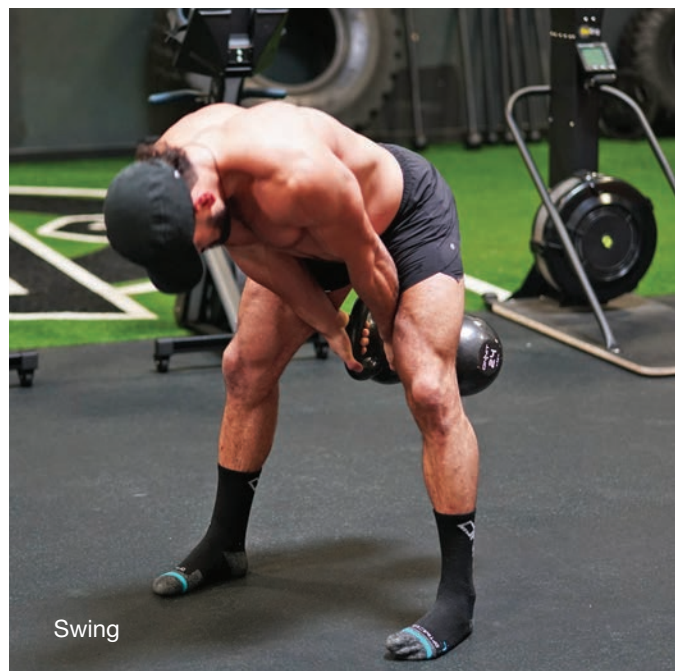
Grip strength can be the limitation to lifting heavy weight. If you can't grip it, you probably won't be able to lift it. At 175lbs I can deadlift 500 lbs. raw with no belt and no straps. The farmers carry is one of my go to exercises to help improve grip strength.

TRY THIS:

While standing tall with a neutral spine and braced core, hold onto two heavy kettlebells (28kgs on each side) and walk



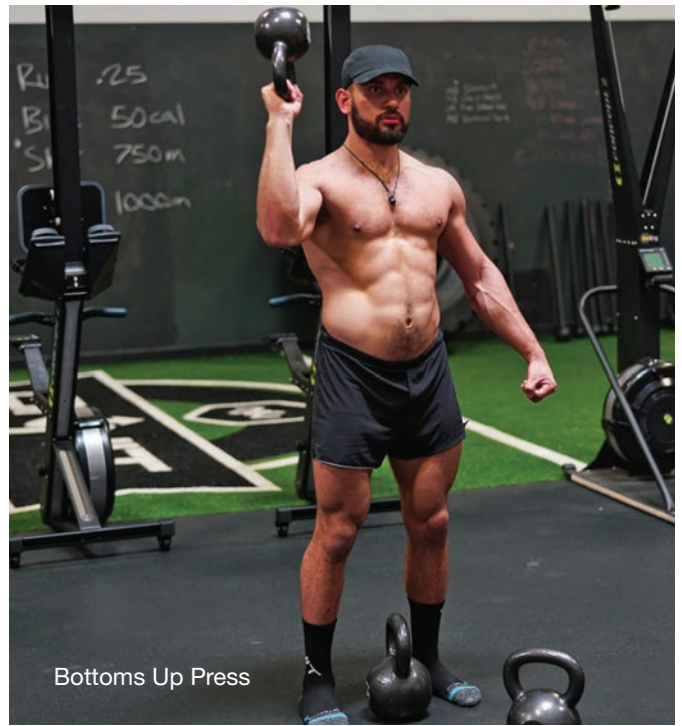
Squat



Swing



Farmer's Carry



Bottoms Up Press

core and try to prevent your ribs from flaring as you rotate it around your head from shoulder to shoulder, alternating sides. Go deep behind the navel of your neck. Keep a tight core and focus on loosening up your shoulders. Perform 12 reps for 3 to 5 sets with a moderate weight (about 16kg).

KETTLEBELL SHINBOX HIP EXTENSION TO HALO

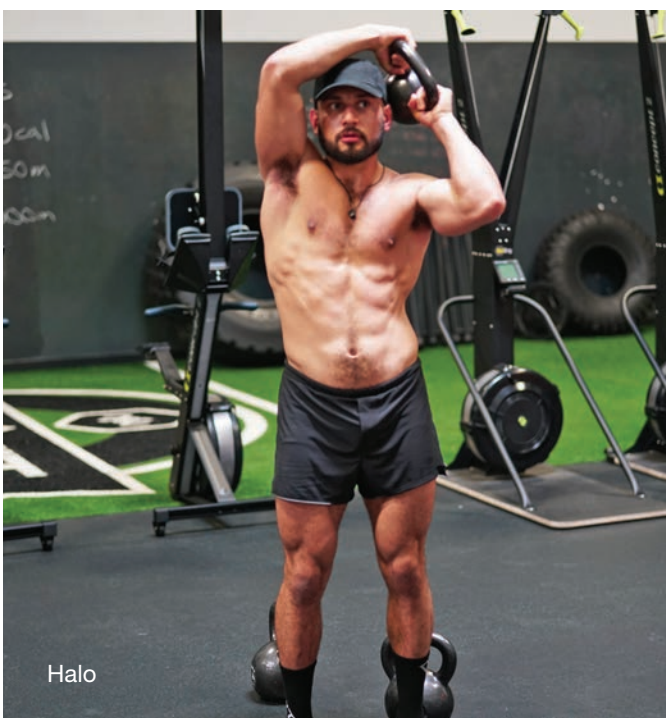
Having strong and durable hips is go-

ing to take your training to the next level by allowing you to generate more force from your hips in your lifts. Shinbox extensions to a kettlebell halo is one of my favorite kettlebell exercises that mobilizes my hips and shoulders simultaneously.

TRY THIS:

Start sitting down. Bend your legs and bring your heels close to your butt, holding the kettlebell upside down by

the horns. Keep your spine as straight as you can and sit your knees over to one side, do your best not to shift your feet around. Lay both knees on the floor and thrust your hips forward coming up onto your knees with a tight core and neutral spine as you perform a kettlebell halo. Come down slow and controlled. Lower your hips down slow and keep your chest proud. Complete 10 reps alternating sides for 3 to 5 sets with a moderate weight (around 16kg). **PM**



Halo



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

TRAINING LIKE TOM KALLAS

BY TOM KALLAS

PHOTO CREDIT: JAIME MILLER*

I was taught at a young age to stay busy and have a hard work ethic. Where and how I grew up heavily influenced my powerlifting career today. I was born and raised in the middle of nowhere. Shabbona, Illinois—look it up, there's not much there. Our family lived in farm country, which means my closest neighbor was a few miles away. We didn't go to town, which was a half hour drive, unless we had to get food.

Most summers consisted of cutting down trees and splitting wood for the winter, while listening to David Allan Coe and chewing tobacco. My brothers and I didn't play many video games or watch much T.V. I was lucky enough that our father set up a little gym in our basement. So at 12 years old I was allowed to start lifting with my dad and brothers. Being the youngest of three, my brothers who also lifted really kept me on my toes and pushed me to keep up with their level.

That basement gym didn't have much. But it allowed us to squat, bench, deadlift, and a little accessory work here and there. While learning to lift in my basement and small middle school gym I was always told squatting was the king of all exercises. So I focused on the squat to perfect my strength and form. I quickly learned that squatting was my niche. By the time I was 16 I was squatting 500 pounds and walking around at about 150 pounds, soaking wet. Around that time I started getting into bodybuilding. I had some troubles with the law and had to straighten myself out. I figured I would put all my time and efforts into that.



Headband logo with 'K' and 'SLING SHOT' text.

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I competed in bodybuilding as a teen for 3 years, and competed in 5 shows. I did well but didn't have the size I felt I needed to keep pursuing it. So I went back to what I knew and started squatting, benching, and deadlifting heavy again. I followed Jim Wendler's 5/3/1 program for a long time. It was simple, yet very effective for me. Soon after, I was taken under the wing by Jon Jursich and he helped me compete in my first meet.

From there I was hooked. I wanted to get my hands on as much information and get as much help as I could. Jon and I then started to train with the Lilliebridge's. They were a wealth of knowledge. I had some of world's best Powerlifters essentially in my backyard and I was very fortunate to train with them for about 4 years. They led to me to two World Record squats in the 165 pound class. Squatting 677 and then 710 a year later to re-break my own record.

We had an awesome training environment.

Ernie Lilliebridge was breaking the 198 records and Eric was chasing a 1000 pound squat at the time. Derek Kendall, also on our team, was chasing 1000 pound squat and reached it very quickly. It was awesome seeing Derek and Eric go back and forth on squats always pushing each other, sometimes until they passed out. It riled you up and got you motivated. There was also my good friend Tom Finn. Who not only seems like a crazy SOB online, as well as in person, but is also a crazy strong SOB. At the time he was benching over 500 pounds on the regular and walking around at 215, he was a walking freak. He was someone I could always count on. He would be at every squat session just there to spot me or load weights or just yell and fire me up. We all need that kind of person in our life and he is it for me 100% of the time. I couldn't have asked for a more intense and inspiring environment.

I've since separated from the team. My day job has kept me very busy and now I am a proud father of a 11-month-old daughter, so my priorities have changed some. No more midnight squat





sessions for me. I've had to make a transition from training with those monsters to mainly training in my garage. I have a decent set up, with the basics, squat rack, bench, leg press and a pull-down machine. So, I've essentially gotten back to my roots of working out in my basement growing up.

It can be tough sometimes to stay motivated when I'm by myself training. I find motivation in just wanting to be the fucking best at what I do. I know I am not the most well rounded athlete. My dominant strength is obviously my squat, it took off at a young age and had been steadily gaining ever since. I want to break every damn record I can while I'm still able to compete in this sport. It would feel like slapping God in the face if I got lazy and just stopped competing. This shit is all I know, it's the only thing I've been very good at. I really don't have to count on anyone but yourself come meet day because my strength is all I have. Although lots of very important people come into play when meet day comes; to support me, to fire me up, and to just have my back. It is just me on

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to pop out of bed at 5am and be in the truck waiting to go to our spot to go drop some trees with my brothers and dad. With having nasty cold winters, I spent all my summers getting firewood for winter. Then I spent my winters clean-

ing up our driveway from all the snow. We had a pretty long driveway so it took a few hours on the tractor. My old man would be at work a lot so it was usually up to me and my brothers to get the snow plowed. I remember more times

than not getting up at 5am and spend 2-3 hours plowing the drive and all the walkways so my old man could get to his truck easier before he went to work, but mainly so my mom could get to her car and wouldn't have to worry about getting stuck in the driveway. I always liked trying to work the hardest or be up the earliest it was just something I took pride in. So having the competition of being up against my older brothers to get the job done but also having my parents proud has really taught me to keep going until the job is done. And I use that with lifting, work, and anything I do in life.

These days, finding guys that split their own wood, or hell even change their own oil is hard to find. God forbid you ask them to drive stick shift. They would most likely look at you like you had three eyes. Call me old fashioned but I like getting a little dirt on my hands, whether it's at work, around the house or lifting in my old garage gym. Where most of the equipment is older than I am. To me being a man is having faith, taking care of your family, and lifting heavy ass weight. Maybe my thoughts are a little skewed and





maybe I listened to a little too much old school country music growing up, but this is how I am. And I apply all of these attributes to powerlifting, and I've been able to build a pretty damn good name for myself.

It can be easy to be selfish in this sport. I've gone through it before and just focused on myself and no one else. It cost relationships and I missed a lot of fun things with friends cause of training sessions that I wanted more rest for or didn't want to risk going out the night before it. That isn't the case anymore, priorities now go in order of God, family, work and then everything else. I now fit powerlifting in my life where it suits and not blow everything off like I used to. I did just break the Squat World Record a few months ago, so I must be doing something right. In order to have a healthy relationship with lifting that is actually enjoyable you need to work your ass off but also find the right balance for you. Breaking the world record for the squat in my weight class was something I live for, the feeling of having over 800lbs on my back fires me

up like you wouldn't believe. There is no other feeling like standing up with that much weight on your back knowing that you just owned it and that over 4x bodyweight can't cripple you. As much

as I love this shit I really don't talk about it much. You won't ever hear me going around town bragging about a world record or what I just squatted the other day. I really tend to keep to myself, and



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garage, but my lovely wife Amber let me slip away on Fridays to squat with a group of awesome guys at ZenZen barbell. I did the majority of my squat training there for my last meet and ended up finally breaking the 198 World Record raw with wraps with a 815.7 pound squat this past March. I've chased that for about two years now, what a damn long two years it had been. A lot of ups and down associated with it, but I was always able to stay the course a big help was Silent Mike, he has been online training me and we finally did it! Also, with the help of the ZenZen crew and guys like Jon Jursich, Cam, and Matt Wallace who were at almost every squat session leading up to my big squat, really gave me that extra push I needed. I talk a lot about being on me own with this sport but honestly all these people I've listed and more have helped me be the lifter I am.

I've been lucky enough to be surrounded by like-minded people which has helped in reaching that goal. So, at the end of the day, make sure you're surrounded by people who only push you towards your goals. Excuses are for the weak. F*ck the haters. **PM**

don't talk about it at all unless someone asks me about any of it. I try to stay humble because at the end of the day no one really cares how much you lift. what matters is what kind of person

you are. And I always try to be a caring individual and always put others needs in front of my own.

This past meet cycle was one of my best ever. I, of course, trained in my

MARK BELL'S POWER PROJECT

EPIISODE 65

WITH STEFI COHEN AND HAYDEN BOWE





MARK: Where'd you guys meet? Let's start with the story.

STEFI: There's two versions to that story.

MARK: What do you mean?

STEFI: There are two versions. Why don't you tell yours?

MARK: Oh, I thought you said there were two virgins in this story. Hey now!

HAYDEN: Well that's news to me.

MARK: Uh oh, I'm going to start a fight!

HAYDEN: The version I'm familiar with is that we were both competing in a weightlifting competition in Miami, because we were both competing in weightlifting at the time. And I thought she was cute so I found her on Instagram, saw that she sold singlets that she was importing from Venezuela.





MARK: For real?

STEFI: I tried.

MARK: You were importing singlets?

STEFI: I was a broke undergrad student. I had to make money somehow.

MARK: Man, you could be locked up for a long time for something like that.

HAYDEN: Yeah so I pretended I was interested in one of her custom singlets so I could start talking to her. And she ended up working out at the same gym as a friend that I knew at the time who owned that gym in Miami, so we arranged to have a workout date type thing. I liked her so I stayed around for an extra week.

MARK: Hmm, stiff legged deadlifts?

HAYDEN: She hadn't even done a sumo deadlift in her whole life at that point.

MARK: You got her to open up, so to speak. Put her in a better position. What are you guys laughing about?

HAYDEN: Yeah, so I hung out with her that week, then started travelling back and forth to see her. We did a few trips together, stuff like that. And my business at the time was all online so it just made sense for me to stay down there.

MARK: Now you realize how ridiculous it is, the spot from behind on the sumo deadlift. It's not necessary. But you didn't care.

STEFI: Not at all.

MARK: So what's your version?

STEFI: I actually didn't mean that there were two versions. I just meant that there was a long and short version. The short version is just that we met at a weightlifting meet, which he usually says. But there's more to that story, which he covered.

MARK: So did you ever get into one of those singlets?

HAYDEN: Eventually, yeah. For a while that's all I wore.

MARK: Was that like the first date? You were like, you've got to wear one of these?

STEFI: It was a requirement.

MARK: So how long have you guys been together now?



HAYDEN: Coming up on three years now.

MARK: So you lift together. You live together. You work together. How does that work? You guys do okay, or you get pesky with each other? Aren't you her coach as well? You don't punch each other? I don't see any bruises.

HAYDEN: I'd be the one with the bruises. No, I think we have a pretty good handle on it all. There's obviously a lot of overlap in everything that we do, but we make sure that the biggest thing for us is having periods of time where we're not talking about training or work. We're just hanging out and watching Netflix or appreciating each other and our relationships without all the other stuff.

MARK: I can just picture you guys sitting there about to watch Netflix, asking

each other "What would you like to do?" And you answer at the same time, "Glute ham raises!" And then you head to the gym and bust out glute ham raises.

STEFI: Yeah, all the time. No, for us it's been very organic. We both just do what we're good at and each one of us doesn't force anything upon the other person. That's exactly how we go about it when it comes to business for example. This is Hayden's second company that he started, so he had a lot more experience when it comes to anything related to online marketing, finance, anything in numbers or business, whereas I had no experience with that. I just knew how to lift and how to get better so that's what I've focused on.

MARK: What was the company you had before?

HAYDEN: It was a company, it still

exists, called Working Against Gravity, that I just sold my interest in prior to starting Hybrid.

MARK: And it was another training type thing?

HAYDEN: Solely nutrition.

MARK: That's pretty cool. So you're coaching her. How have you helped coach her? She's got 16 world records and obviously she's strong. I'm sure she's got a lot of genetic potential to begin with but a lot of it has to be credited to some of the coaching. So what's different? What are you guys doing?

*To hear the rest of Mark Bell's Power Project EP. 65 with Stefi Cohen and Hayden Bowe, visit Mark Bell's Power Cast YouTube Channel or search iTunes Podcasts. **PM***



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A RECORD SETTING MONTH OF POWERLIFTING FOR THE “STRONGEST COUPLE IN AMERICA”

Eva Dunbar and Anthony Hobaica

BY R.L. MURRAY

Eva and Anthony, you two had an amazing month of March powerlifting! Anthony, let us start with you. Tell us about the XPC meet at the Arnold and your lifts (1920 Total, Raw with wraps at 181 lbs., which is 2nd on the “All-Time” list).

My squat went to plan: three-for-three, 700, 745, 770. We knew this lift was a strength of mine and we used it to our advantage to create a lead. Bench went great, also three-for-three, 475, 490, 500. This was my first time benching 500 in a meet, and we selected smaller jumps strategically to help build the strongest subtotal to go after the #1 spot all time. Going into the deadlift I had the opportunity to eclipse Maliek Derstine’s all-time total at 181 (1955 lbs). I started with 650, which has always been a confident opener for me. Once we hit it and secured a strong total, we made the jump to 690 to challenge the record. Unfortunately, things did not go my way – two misses with 690. Unfortunately the misses were completely technical, something I am working to clean up as we speak.

Anthony, tell us about some changes you made from your last big meet, where things did not go your way on the platform.

For starters, my wife, Eva Dunbar, called my attempts perfectly. She also did a great job handling everything behind the scenes, including handing off my bench. She was so intimate with the number ranges I needed to hit, as well as how my body was functioning on meet day. I couldn’t have asked for a more thought-out plan put to near-perfect execution.



This off-season, leading up to the XPC Finals, was dedicated to retooling each of my lifts – becoming a more sound, well rounded, and technical lifter. With the help of Kabuki Strength Coach Brandon Senn and my teammate Dallas Norris (the all-time world record squat holder in the 198 class, 810), I was able to make the most out of my time away from the platform, particularly in the squat. We worked extensively on bar path and hip strengthening/ mobility leading up to the meet.

This is actually the second time in three years I have been fortunate enough to win the overall best raw lifter of this meet – my first win came in 2016. Returning to this venue, I had a good grasp of the meet format and surroundings, which allowed our team to really

hone in and focus on the numbers.

Eva, tell us about your incredible meet the following week, where you broke (or tied) the All-Time Raw World Record for two of the three lifts and the Total!

The meet was magic. I weighed in at 147.6 lbs. and squatted 536.6, benched 315.3, deadlifted 518 for a 1370 Total (Wilks: 638.08).

What was your strategy for these lifts going into the meet?

For squats, the goal in training was to make 500lbs a realistic opener. I knew that if it had some speed, I would be able to chip the current record. So, we planned for this attempt selection. For bench, it had always been a goal of mine to bench three plates. In order to

build a total, I knew I had be smart with my attempts. I opened with an easy 285lbs, which any given day I can do for three paused [reps] in training and then jumped to 303lbs for my second, which was a meet personal record. The plan was to choose my third based on the speed for my second and it was there so we put 315 on the bar and it was a successful clean lift.

Deadlifts there was no real strategy, other than trying to figure out which stance felt more comfortable. I had trained both stances, since I am attempting to switch to sumo, but only had seriously been training in the last five weeks of the prep. We warmed up to 405 in both stances and I felt more comfortable in my conventional stance, so I wanted to make sure that I wasn't going



to miss for the All-Time World Record total. We opened with 485lbs, which broke the total with my first attempt and then with two more successful attempts were able to break the record by 37lbs.

How was your meet prep and weight cut.

Leading up to the meet, everything that could have gone wrong did. As they always say, the harder the battle the sweeter the victory. After being sick, having to overcome a lot of adversity and tacking on an additional five weeks of preparation and trying to hold my peak, my body was starting to feel the effects of the length I had been training to hit the platform.

While prepping for the meet, I had cut back my training to four days a week from my usual six, and I was still indeci-

sive on which deadlift stance I would be using the day of the meet; I was going to pull whichever felt best the day of the competition.

You mentioned this above – both stances. Tell us a little more about this.

I peaked both of my deadlift stances going into the meet. I have always been a conventional deadlift puller, however, my teammates feel as long as I could get into my stance that I could pull more in sumo style as my range of motion is significantly less. The day of the meet we warmed up both stances to 405 to see how they felt and I was more comfortable with my traditional stance. Therefore, we decided to pull conventional.

How were conditions for you the day of the meet?

There was an incredible atmosphere, in a great venue, and the meet was extremely well run. I had all my teammates with me; my mom had travelled twenty-seven hours to help me with my weight cut and share the day with me all the way from New Brunswick, Canada. I felt rested, and rejuvenated from taking seven full days off from the gym and eager to lift. It literally felt like another training day at the gym, exactly how we prepared. I got to share the platform with my teammates, and literally have fun.

There is always a pressure that I place on myself to succeed. I have always been of the mindset that I never chase records or names attached to records. I set numbers that I strive for and for this meet this number happened to be



seventeen pounds higher than the All-Time World Record total at the time. I exceeded this by twenty pounds. I had a fantastic performance going 8/9, only missing my third squat attempt due to a technical error. I finished the meet with a 1370 lb total at 147.6, taking two all-time records, which were the squat and total.

Eva, how long have you been powerlifting and how did you get started?

I am a dual athlete. I have always lifted, but started to compete in competitive bodybuilding back in 2013 winning my provincial overall champion award to give me a lifetime bid to Canadian Nationals. My coach at the time, Greg Doucette recognized my strength and convinced me to do a powerlifting meet. I broke all Canadian national records in the WPC federation and went

“I AM A DUAL ATHLETE. I HAVE ALWAYS LIFTED, BUT STARTED TO COMPETE IN COMPETITIVE BODYBUILDING BACK IN 2013 WINNING MY PROVINCIAL OVERALL CHAMPION AWARD TO GIVE ME A LIFETIME BID TO CANADIAN NATIONALS”

on to win worlds in West Palm Beach later that year. I was about 20lbs off the all time total at this time and went on to compete at the first US OPEN in San Diego, California in April 2015. I was the first woman to total over 1200 – with a 1201 total in the 148 class. I did this

bare knee [no wraps or sleeves]. Then I switched back into women’s physique for my debut at Canadian Nationals in July 2016, held in West Minister, BC, placing 3rd out of twenty-three women. Then I went back into powerlifting mode, met my husband [Anthony] and we got married February 28th, 2017, five days before I was to compete at the Arnold Sports Festival at the XPC Finals event for powerlifting. I won overall and broke the all time total in wraps (1275 at 148). I then switched back to bodybuilding. Due to immigration circumstances, I was not allowed to cross back into Canada until I could receive travel documents (because I had submitted my application for permanent residency). Therefore, I signed up for The North American Bodybuilding Championships, in Pittsburgh PA, held in August of 2017, where I won my IFBB Pro

Card. Then back to Powerlifting I went, but having to overcome many obstacles in this phase. I was training to compete for a meet in Tampa, closer to our home in South Carolina, but after being hospitalized in Vegas when my husband competed at IPL Worlds in November, I didn't fully recover and had to pull out of the meet. Stress from the immigration process and moving from New York, I'm sure all played a part in my lack of recovery.

But, I'm relentless and in my heart I knew signing up with my friends and teammates to do the RPS Meet with in Cherokee, NC was the right decision. It would be my seventh powerlifting meet.

EVA: Can you describe your programming a bit for us. What type of program, do you have "coach" or do you and Anthony do the programming.

I am a Kabuki Strength Sponsored athlete and I have been with them for three years. Their head coach is also my coach. His name is Brandon Senn. He's absolutely brilliant. He understands that as a dual athlete I have to train different in order to maintain my strength



during my bodybuilding phases and keep my aesthetic look while powerlifting. This isn't an easy task. I am gifted in the sense that I can perform copious amounts of volume with intensity for long periods of time before I need a Deload, so it took us some time to learn my limitations and exactly how far I could push things. I also incorporate lots of mobility work into my program to not only keep my posture where it's supposed to be to remain aesthetically pleasing but keep my muscles functioning and firing the way they should be to keep my work volume in my big compound movements.

Anthony, we did a feature on you back in our May-June 2015 edition of Power Magazine. Since then, can you give us some idea of the successes and challenges you have had to overcome?

Yes, you did a feature on me for Power Magazine back in the Spring of 2015, right before I had eclipsed the 181 All-Time historic Sleeve Total. From that meet in April of 2015, I completely

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redirected my focus, wearing wraps in competition to push the All-Time Raw Total at 181 to new heights.

Obviously, there are always challenges. First and foremost, injuries. Since April 2015, I have suffered two injuries, which inhibited my training for significant portions of each year. In 2016, I was forced to retool my bench press completely after rehabbing a tear in my levator scapulae. In 2017, I suffered a hamstring injury during the Kern US Open meet, which kept me off the platform until the end of November.

Another challenge I have faced over the last couple years has been with my mobility. As a young lifter, I took for granted being a healthy, relatively mobile, college football player. But as

“ANOTHER CHALLENGE I HAVE FACED OVER THE LAST COUPLE YEARS HAS BEEN WITH MY MOBILITY. AS A YOUNG LIFTER, I TOOK FOR GRANTED BEING A HEALTHY, RELATIVELY MOBILE, COLLEGE FOOTBALL PLAYER. BUT AS TIME HAS PASSED AND I’VE ADDED MUSCLE MASS TO MY FRAME, MOBILITY WORK HAS BECOME MUCH MORE OF A PRIORITY”

time has passed and I’ve added muscle mass to my frame, mobility work has become much more of a priority. Better mobility = healthier, so I can train more frequently, and more top end weight on each lift!

You wrote that you had to retool your bench after an injury. Can you give us some details of changes you made, why and the impact?

As I mentioned, I suffered a tear in my levator scapulae which affected the entire right side of my back—trap, lat... as a result of the injury, I could no longer get in the same bench stance. Therefore, I switched from a flat foot stance (which I have used for 15 years of competitions) to a stance up on my toes. We had to start from scratch; I needed to relearn

how to make my upper body tight again when laying on the bench, so I could set my feet to create some kind of leg drive. This took months of work, focusing on my stance and pounding accessory movements (such as floor pressing, pin presses, and old fashion board work), to build the bench back to where it is today. At the XPC I made a 15lb personal best, my first 500lb bench in a contest.

So, what is next you the strongest couple in Powerlifting?

EVA: I have already transitioned into a bodybuilding mindset, training program and specific nutrition plan to begin my cut for my pro debut on stage. I will be competing at the Vancouver Pro, in BC, Canada in July and the Tampa Pro in August.

ANTHONY: I will be attending the Kern US Open in May 2018, and likely the Reebok Record Breakers meet at the end of the calendar year.

Because you are both world class benchers, would you mind sharing some additional insights. What was the best advice and / or biggest correction you made in your bench press technique and / or training that helped you Bench?

ANTHONY: Personally the best advice I received was from all time world Bench record holder Joe Ceklovsky. He watched me Bench one day and made a correction that changed my ability to make my pushing platform tighter. For my bench set up, my foot placement is with heels up. After watching my setup he explained by focusing on keeping my heels pressed down throughout the movement not only would I be able to maintain tightness in my platform, but I will be able to transfer my leg drive properly giving me more power through a tough transition from about two inches off my chest to where my triceps could take over and finish to lockout.

EVA: You can be incredibly strong, but once you reach a certain point you have to become a technician in order to successful control the weight to make the lift successful. I can bench 300lbs paused with feet up now all due to understand the "feeling" of what that tightness has brought to my setup. I am excited to see what numbers I will be able to achieve now with the practice and skill development I've had in this last powerlifting training cycle.

Ok, how about suggestions for fa-

vorite bench press accessories?

The two most important bench accessories I have discovered is incorporating feet up benching for stability platform training and working my triceps with weight dips. I don't believe in sticking points in lifts. I think we tend to develop hiccups within our strength curve due to repeated motor skill patterns that we practice with imperfections. It's important to work variations of the lift to strengthen areas that we may be weak in such as the feet up variation or pin presses if you have a difficult time staying tight with increased weight at the chest. Practicing long pauses and then loading the triceps to make them stronger to help finish the lift are crucial in the progression of your bench.

"YOU CAN BE INCREDIBLY STRONG, BUT ONCE YOU REACH A CERTAIN POINT YOU HAVE TO BECOME A TECHNICIAN IN ORDER TO SUCCESSFUL CONTROL THE WEIGHT TO MAKE THE LIFT SUCCESSFUL"

EVA, ANY FINAL COMMENTS:

I have big goals and a vision for both sports. Many people have told me that it's impossible to do what I dream, and all I say is I'm going to show you what my dreams look like. Being good at both sports has its unique challenges and require patience and a discipline that is difficult to put into words. The mental battle in my mind at times in this process is much greater than any weight I have ever put on my back or restriction periods I face with nutrition.

No records, or trophies could ever be as fulfilling as the relationships that I have made in this journey or the knowledge that I have learned along the way that has enriched every aspect of my life. I am truly blessed to do what I love with who I love, and I would not be where I am today without the love and support of my amazing husband.

ANTHONY, ANY FINAL COMMENTS:

Since I was a young student athlete, for one reason or another, I was usually

touted as an underdog (I was undersized for the sports I played). From a young age, I decided to throw out the word "can't" and truly commit myself to going after my goals and dreams, even if they were lofty, through hard work, dedication, and willingness. I saw myself as more desperate to succeed than my peers. Fast forward, I met my wife, Eva. I recognized her relentless pursuit as if I was looking in the mirror. We may have started with different approaches, but the passion was almost identical. Since we have been together, we have focused on our process, what separates us from other competitors. We enjoy it, we love what we do, every step of the journey. Records and victories will come and go, but being able to positively impact others is really our focus. When it's all said and done, it's about how you treat others – that's what people remember... not just a big lift that time will eventually eclipse.

I am just very fortunate that my wife couples as my training partner and best friend. Honestly, it's not everyday that someone gets to compete at the level we do, and it's even more rare that we do it as a married couple. My entire life has been enriched since the day she walked into it. I have a new perspective and respect for the platform, and I don't take one day of doing what we love for granted. Sure, there's a certain dynamic that goes into juggling both of our individual competitive goals. It requires even more detailed planning, taking turns becoming enthralled in the others day to day plan, and a selfless focus in controlling every variable possible to ensure the success of each other on contest day. Personally, even more than my own, there's no greater satisfaction than seeing Eva through one of her goals. I look forward to what the future holds for us!

You can follow Anthony and Eva on Instagram and Facebook:

@evalaurabelle_ifbbpro
@hollywood_hobz

Facebook-

Eva Laura Belle Dunbar
Anthony "Hollywood" Hobaica

R.L. Murray (old guy benching 400 lbs Raw) on YouTube:

Search "R.L. Murray" for my channel.



Instagram Highlight

INTERVIEW BY WADE ZENO

NAMES: Grant Keola Higa "HIGA MONSTER" | **AGE:** 47 years old
HOMETOWNS: Born & raised in Hawai'i. Currently resides in Maple Valley, Washington
GYMS: Kent CrossFit (Kent, WA) and Northwest Athletics (Ravensdale, WA)
INSTAGRAM: @higamonster | **FOLLOWERS:** 26.2k



A true OG in the lifting world – you’ve been doing this for quite some time, haven’t you? Exactly how long have you been lifting in general? Why did you start? What got you into powerlifting? When was your first meet? I appreciate the positive comments bro, it’s an honor to be interviewed by POWER magazine. I first started Powerlifting back in 1992. I grew up on a farm in Hawai’I and was naturally strong but never lifted any weights. I did take Weight Training class in my sophomore year at Waiakea High School but really didn’t follow through with it during the rest of my high school years. My family and I really did a lot of

work on the farm so I didn’t have time for Sports unfortunately. I moved out of my parent’s house and while enrolled at the University of Hawai’i-at Hilo, I worked part-time for a moving company. One of the drivers, Keith Daniels was a 165 lbs. powerlifter. He would compete in a lot of Push/Pull meets and could bench press 320 lbs. for his bodyweight. I was really tripping out on how strong he was because I couldn’t do that...and I weighed almost 200 lbs. It was really humbling. Keith then told me, “If you wanna learn, I will come pick you up at 4:45am cause the gym opens at 5am” I thought, “SERI-

OUSLY? Who wants to go to the gym that frickin early?” But I didn’t have a car and Keith was willing to pick me up, we would train at this old gym called Physiques in Hilo, Hawai’i. Shower, eat and then be at work by 7:30am. These early AM workouts really set the foundation for me to get up and train at early hours. I met people who were working their ass off BEFORE they even started their work day. Seeing that passion and determination from these other blue collar people opened my eyes that shit can be done even if your body is dog ass tired. I competed in my 1st meet in 1992 which was a Push/Pull at Mauka Gym in

Kona. I won the 198 lbs. Novice class (yes I was that skinny LOL) and I was hooked ever since. I still have that trophy stored in my attic as a reminder of my roots!

You're also a professional strongman.

How did you get into that and for how long have you been doing it? It's funny because I fell into Strongman via Powerlifting. I lived in Corvallis, Oregon for 3.5 years and in 1997 the "USPF Bench Press Nationals" happened to be in Portland, Oregon that year. I told my wife that I wanted to go support the large Hawai'i team of powerlifters that were coming to compete. We went up and Odd Haugen was there lifting with the Hawai'i boys. Odd was a big executive for all the 24 Hour Fitness gyms in the state of Hawai'i at the time. And he told me that he was planning to promote a strongman contest in January 1998 called the "Beauty and the Beast-World Strongman Challenge". If I wanted to compete, he would waive my \$100 entry fee. Sure, sounds fun! Why not? My wife put together a little fundraiser at a Par 3 course in town and it paid for our round-trips to Honolulu. I was excited to try this new sport that I was seeing on ESPN all the time (Primm, Nevada). When I got there, I was tripping out because the legendary Magnus ver Magnusson (Iceland) was there, Mark Philippi (USA), Regan Vagadahl (Faroe Islands) and big Joe Onosa'i. WTF did I just sign up for? These were dudes I just saw on ESPN competing for "World's Strongest Man" and now I was going to lift with them? What did I get myself into? Well it was too late to cry about it so here was an example of some of the events. 190 lbs. Log clean and press for reps; 220 lbs. Farmers Walk for distance; and a Lava Rock loading race. Brah, I could only carry the 220 lbs. cylinders for 18 feet! How pathetic was that? LOL. I was a 242 lbs. Powerlifter at the time and thought I was kinda strong but NOPE. Strongman humbled me real quick. I was amazed at how hard and awkward these events were compared to Powerlifting so I wanted to get better at it. Mark Philippi actually won that 1st contest in 1998 and beat Magnus ver Magnusson by the way. Currently, I am the Washington state chairman for Strongman Corporation and promote the "Washington's Strongest Apple" contest every summer up here in Seattle for the past 11 years. I'm extremely thankful for SlingShot and POWER magazine for sponsoring my contest for the past 2 years! Your company

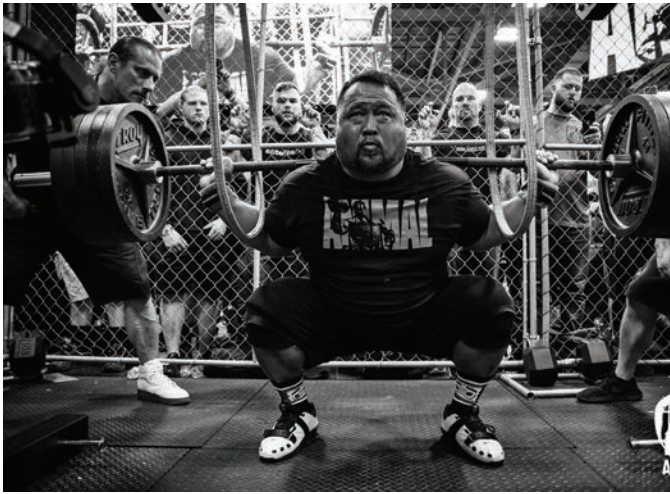
has provided my competitors with some awesome prizes.

You have so much experience! And you've been doing all of this for so long. How do you able to maintain so much longevity in such physically demanding sports? I think it's a combination of learning how to adapt on what has worked best for me after all these years. Unfortunately some minor injuries also affected me along this journey. In 2005 at the "LA Fit Expo Strongman" contest, I herniated my lower back after doing a 955 lbs. Yoke Walk. At the time, I was in the mindset that if my weight belt was tight on me, I was "good to go" for any heavy lifting. That turned out to be a big mistake. I herniated a disc and when I got that cortisone shot into my Sciatic nerve, it was one of the worse pain I ever had to deal with. From that point on, I made it a point to strengthen my CORE as much as possible. And not depend on "equipment only" to give me support. That's why you see me doing a lot of beltless lifting as much as possible. Don't sacrifice heavy ass weight for improper form and possible injury. Build a strong four-

ation underneath so that when you use support equipment, you will be solid and confident to lift a heavy weight. Mobility is also key. Remember when we used to just lift weights with hardly any warm-up at all? That can end up biting you in the ass later. I am always using different tools such as PVC or Foam rollers, lacrosse balls, X-Wife body tempering to prevent any of those adhesions from gumming up my muscles and fascia. My family and I even bought a Thera Gun and we even my kid's use it for their sports recovery after practice or games. Proper nutrition is also important to succeed as a lifter. Being sponsored by Animal Pak for the past 8 years has ensured that I use the best supplements in my training such as multi-vitamins, joint protection, aminos and whey proteins.

Is there any carryover to powerlifting from your strongman training? What type of movements do you think are best for conditioning? What about for powerlifting accessory work? It's funny, I think Strongman training makes Powerlifting easier IMO. I remember being in a Powerlifting contest for the first few years and all the





lifters would complain that the meet was running too fast. After doing Strongman, you learn that you not only have to be Strong but also be athletic. If you're not in top shape, you won't do well in Strongman. So don't think that you only got to be static strong...you need to be in Condition. Yoke Walks make it seem easier to walk out in a bar squat. Farmers Walks makes my CORE & grip stronger for big deadlifts. The only thing that didn't carryover for me was that Log Pressing didn't help my Bench Press IMO. But Zydrunas Savickas used to be an IPF Powerlifter and he seemed to do pretty well in both Log Press and Bench Press for both sports. So don't listen to me on that part. Ha-ha! I always finish each workout with some type of Drag or Conditioning Medley. If I can push through a heavy ass drag like that after a 2 hour workout, it gives me confidence. Knowing that I still have fuel in my gas tank gives me an advantage over my competition. I always tell my training partners to finish their workouts with me by doing a backwards sled drag, Prowler push, anchor chain drag or even a sandbag carry for maximum effort. We go till failure but you need to push it beyond that and we do at least 3 sets. I go, you go, and then another person goes until it's my turn again. Those 2nd and 3rd sets will test your willpower but don't stop cause your starting to feel your legs are giving out on you...see how far you can go in that current state of pain and fatigue. This will give you the edge on contest day because you know that you have been through worse in training prep. Like my friend Da Rulk says, ALWAYS CAN.

You've been competing in powerlifting for 20+ years now. From your perspective, has the sport of powerlifting changed over the last couple decades? How so? Where

do you see it going? It's changed a lot IMO. I started in the old ADFPA in Hawai'i but I also competed in the USPF while in Hawai'i. I've even competed in WABDL meets and did the 1996 AAU Nationals in San Mateo, CA as well. Currently, I am a lifter in the USAPL. I wish that there was just no animosity among federations and we could all just lift and have fun. Back in those days in Hawai'i, we just lifted and had a great time doing it. If someone decides to compete in a drug-tested federation, you should be fully aware if you try to cheat the system and be prepared for the consequences. If not, just go lift elsewhere and not worry about that and have fun. I am proud to say I have been a lifetime drug-free lifter but I hold no ill will to anyone who chooses to lift in the complete opposite way of getting stronger. Sure, I have friends that I know who may have partaken in the secret sauce but they are grown ass adults who make their own choices. They are still my friends and I love them no matter what, I just don't choose to go that route due to what I believe in. I wish that we could all lift under one universal umbrella but it doesn't look like that will ever happen. I do feel that Powerlifting has gotten a huge boost from the online streaming that happens is most major contests now. This is great for the sport! It's pretty cool for the fans around the world to watch their favorite lifters compete online via their computer, tablet or mobile phone for any of the current federations. Because when I first got in the iron game, we had to wait for the results to come in the mail in the next issue of Powerlifting USA. Our world is now about instant gratification and all that media is accessible to us now. We can even replay it on YouTube and watch it before we train! So many people message

me saying how they will watch my videos to get hyped before their workout. That's how we make an impact on our fans and in turn grows our sport.

As an Animal Pak athlete, you've spent a lot of time in The Animal Cage at various Arnold Sports Festivals. What are some of your most memorable moments? What's the craziest thing you've seen? The Cage is unexplainable. It's hard to describe to someone how insane the lifts can be inside of it. This is a lifting exhibition that is on a whole other level. People will line up and stand outside the walls of the Cage for hours...just so they can see their favorite lifter do their exhibition. I have been fortunate to lift in it for the past 8 years. And every year is unique. In 2013 I had a 525 lbs. deadlift for reps vs. P Diesel. We were trying to find a guest lifter to be our Judge so that it was fair as possible. At first, Brad Gillingham was going to be our judge but he couldn't break away from his GNC booth. So as I was walking to the restroom, I bumped into Ed Coan. Said hi to him and asked him how his day was and he told me, "Well I am going to judge your reps today for you and P Diesel". HOLY SHIT. Game on bro! One of the best lifters in the world was going to count my reps, hell yeah! Another cool moment was Dan Green vs. Derek Poundstone in 2015. I couldn't believe how packed the Cage was to see these 2 behemoths go for a Max Deadlift. It seemed like there was only 15 clear on the floor for the bar and both lifters. I think that was topped off this year when Rob Hall vs. Steve Johnson battled in the "600 lbs. deadlift for reps" contest. I seriously thought these guys would maybe get 30 reps or so but Rob pulled 65 reps and Stevie pulled 62 reps while tearing the shit out of his hands too! You should have



You also have a family, and from your Instagram, it seems that you're very dedicated to them and involved with their daily lives as well. I can barely find enough time to eat breakfast in the morning. How do you balance off of this? I just always remind myself that I always want to be there for my wife and kids no matter how tired I may feel. Life is always a GRIND but I truly feel that if we learn how to handle and manage our daily stress, it will make our life much more manageable. My wife and I do not have family that live close by to us, they are all hours away. We can't just ask her parents if they can come watch or pick up the kids from school or practice at a moment's notice. So we have to make things work when it comes to adjusting our work schedules to take our daughters to their sports practices or other school functions. The Higa's are always busy but we work together as a team and always make it work. If it means that I got to wake up early and train at the gym at 5am so that I can take my daughter to school at 8:30am, then so be it. If you're dedicated and have a Strong mindset, you will do whatever it takes for your family. Sacrificing some sleep or having a long work day is minor if you have a goal. My goal is to be the best husband and father that I can to my wife and daughters. Secondly, I want to compete as the best Lifter in my sport of Powerlifting. It's hard to compete in Strongman nowadays due to my kid's Select Softball schedule in the summer but that's ok. I still make time to add some Strongman events in my training to add some fun and variety.

In addition to awesome lifting videos and your daughter Kaiea smashing softballs, you post a lot of delicious food pictures on your Instagram. What's your favorite food? Ha-ha, not gonna lie. I love to eat good food. Of course I don't have a 6 pack of Abs but I pride myself in having a solid CORE. Growing up in Hawai'i we end up eating so many various foods from different ethnicities. But I am a big fan of Sushi as well as a good Ribeye steak cooked medium rare. When I come down to SuperTraining Gym one day, I will definitely have to bring big Marcus @filipinothunder some SPAM Musubis so that he and I can chow down pre-workout! And I am also a big fan of a cold, delicious IPA beer. Much "MAHALO" to POWER Magazine for this interview and for all your support to the entire lifting world! **PM**

seen the bar...so much flesh and blood was grinded into the knurling of that bar. I was right next to Rob encouraging him and saw firsthand what these guys did. This is shit you can't even duplicate. They both didn't wanna quit and as they did more reps, people starting crowding around the Cage and under the large video big screen up above. I still can't believe that event, it was frickin unreal to watch both of those warriors. I love them both and to see their heart and determination was something I will never forget.

What was it like growing up in Hawaii? Did your upbringing help mold you into the athlete you are today? Growing up in Hawai'i is the best thing ever. I truly miss doing all the activities such as going to the beach whenever you want, spear fishing and other camping trips. I also miss talking story with my parents, Aunties and Uncles even if it's just a short visit to say howzit. My family has so much "Aloha" but they also were quick to remind you if you're being disrespectful to anyone. You learn to appreciate where you came from in Hawai'i. As an Animal Pak Athlete, I remind myself constantly on how much of a role model I am to the Hawaiian lifters. I always get messages from people saying that I inspire them and they are proud to see a Local Boy do good up here on the Mainland. That makes it all worth it and inspires me to do better as an Animal Pak athlete. Hearing comments like that from lifters in Hawai'i makes it very special. I just took a trip to the Big Island this past

April and my best friends and I were talking on how we need to plan a weekend where we all meet and bring our kids, take them to a weekend of fishing and camping and have them experience the things we did as kids. I was really heartbroken on June 5, 2018 when I saw a video of the current Kilauea lava flow cover up the Champagne Ponds of Kapoho Bay. This was an area where we used to snorkel all the time growing up but now they are forever gone. But life must go on. We have to adapt, overcome and cherish these kinds of memories forever.

Aside from strongman and powerlifting, were you ever involved in any other sports when you were younger? I never got to play much sports due to our work on the farm. It kinda sucked sometimes because all my friends were playing sports but it's what we had to do. I did try to wrestle in High School but couldn't stick to it due to the farm and had to pull out before the season started. I did however do some Judo and that was humbling as hell. Having a 78 year old Japanese man slam the hell out of me was brutal. Then the other instructor was the worst to partner up with. Sensei Shishido would always choke the hell out of me in the Gi. And he would always say, "HIGA...you use too much muscle while trying to do Judo. Judo is about using your hips, not your muscles up here (as he points to my chest & biceps)" That was definitely an eye opening experience.

You're quite a busy person, with traveling, training, competing, coaching, etc.

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Current Top 50 Rankings: Men

SQUAT

Name	Federation	Date	Squat
Brian Pham	RPS	2018-03-24	507
Richard Hawthorne	WRPF	2017-08-25	501
Jesse Lanuevo	IPL	2017-11-03	468
Richard Navarra	USPA	2017-05-21	457
Kole Metts	USPA	2017-10-28	440
Seyonn Chin	USPA	2018-02-17	418
Jake Weaver	USPA	2017-07-08	418
Dat Vo USPA		2018-02-17	402
Michael Witt	UPA	2018-02-03	385
Noah Phillips	AWPC	2017-09-09	374
Julio Garcia	USPA	2018-03-17	369
David Van	USPA	2017-11-12	352
Tanner Madison	USPA	2017-11-04	352
Derek Winans	RPS	2017-10-21	330
Christopher Castaneda	USPA	2018-03-24	330
Gary Zeolla	APF	2017-09-09	325
Eric Smith	RPS	2018-04-21	325
Cole Oace	USPA	2017-09-16	319
Emmanuel Velasquez	IPA	2017-07-15	315
Tony Beckham	APA	2017-05-13	315
John Alvarez	RPS	2018-03-24	310
Amador Rios	USPA	2018-02-10	303
Rodney Aulridge	RPS	2018-03-10	303
Beckett Scannelli	RPS	2017-05-20	300
Melvin Brown III	APF	2018-03-24	286
Austin O'Briant	APA	2018-03-03	285
Whit Baker	USPA	2017-07-29	275
Trevor Robbins	RPS	2017-12-02	275
Jc Fox RPS		2018-05-05	265
Noah Herzig	APA	2017-10-28	265
Hector Flores	RPS	2017-12-09	264
Joe Ruoto	RPS	2017-12-02	250
Daniel Riddle	IPA	2018-02-17	248
Grant Harris	APA	2018-02-03	245
Joe Catenacci	UPA	2018-01-20	242
Kyle Dalgeish	APA	2017-08-05	235
Bryce Richards	APA	2017-07-15	231
Alec Hart	APA	2017-10-28	225
Drew Smith	USPA	2017-09-02	225
Geoffrey Krug	RPS	2018-04-28	220
Brice Moreland	RPS	2017-06-11	220
Ivan Plunk	APA	2018-04-07	205
Jetairie Covello	APF	2017-11-18	203
Lee Halbig	RPS	2017-11-07	187
Brock Santacroce	IPA	2018-03-10	175
Gavin Hearren	USPA	2018-02-10	159
Jan Ditzian	IPA	2018-03-04	145
Andrew Sheaffer	IPA	2018-03-03	140
Spencer Vaka	APA	2018-04-07	140
Lucas McDougal	APA	2018-01-20	135

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	Brandon Rumbaugh	USPA	2017-09-30	352
2	Adam Zehr	NAPF	2018-03-03	341
3	William Garcia	USAPL	2018-04-14	325
4	Brannigan Coleman	USPA	2018-03-17	303
5	Shorty Sadang	USPA	2018-03-17	297
5	Eduardo Garcia	IPL	2017-11-04	297
7	Danny Krummenoehl	USAPL	2017-10-14	292
7	Jesse Lanuevo	IPL	2017-11-03	292
7	Carman Semenza	RPS	2017-10-28	292
10	Jeron Roberson	AWPC	2017-09-09	287
11	Bao Huynh	USPA	2018-02-10	286
11	Richard Navarra	USPA	2017-05-21	286
11	Brian Pham	RPS	2018-03-24	286
11	Noel Gragas	USPA	2017-07-08	286
15	Devin Gloeck	RAW	2017-10-05	281
15	Charles Brennan	USAPL	2017-10-14	281
15	Seyonn Chin	USPA	2018-02-17	281
18	Eric Porras	USPA	2018-01-20	275
18	Vincent Yacuzzi Jr	USPA	2018-02-17	275
18	Joe Catenacci	APA	2017-09-16	275
18	Elijah Zuniga	USPA	2017-07-29	275
18	Christopher Padilla	USPA	2018-04-07	275
18	Maverick Yabut	USPA	2017-07-08	275
18	Richard Hawthorne	WRPF	2017-08-25	275
25	Charles Rocamboli	USPA	2017-10-01	270
25	Alex Berg	IPL	2017-11-04	270
25	Austin Ayala	RPS	2017-11-04	270
25	Mitchell Ceballos	USPA	2017-06-10	270
25	Charlie Yeng	USAPL	2018-04-19	270
30	Tony Beckham	APA	2017-05-13	265
31	Jake Weaver	USPA	2017-07-08	264
31	Matthew Arremony	USAPL	2017-10-14	264
31	Dat Le	USAPL	2018-01-13	264
31	Kyle Tripp	USPA	2017-10-07	264
31	Romel Reasonda	USPA	2017-07-08	264
31	Raymond Damasco	USPA	2017-08-20	264
31	Kole Metts	USPA	2017-10-28	264
38	Andrew Oreta	USPA	2018-04-07	260
39	JJ Ortiz	USPA	2017-12-09	259
39	Dalton Laco	USAPL	2017-10-14	259
41	Tanner Madison	USPA	2017-11-04	253
41	Ryan Yamashita	USAPL	2018-04-14	253
41	Heath Browning	USPA	2018-02-10	253
41	William Tenerelli	IPF	2017-06-24	253
41	Andres Ramos	USAPL	2018-04-19	253
41	Anibal Pedroza	RAW	2017-06-03	253
47	Dan Hawley	RPS	2018-01-13	250
48	Ravi Sharma	USPA	2017-07-29	248
48	Josiah Price	IPL	2017-11-04	248
48	Peter Estay	USPA	2017-10-07	248
48	Emmet Metzger	USAPL	2018-04-19	248

132 lbs. - Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Richard Hawthorne	WRPF	2017-08-25	606
2	Jesse Lanuevo	IPL	2017-11-03	589
3	Dalton Laco	USAPL	2017-10-14	551
4	William Tenerelli	IPF	2017-06-24	540
4	Dat Vo	USPA	2018-02-17	540
6	Matthew Arremomy	USAPL	2017-10-14	534
7	Kole Metts	USPA	2017-10-28	529
8	Vincent Yacuzzi Jr	USPA	2018-02-17	512
9	Kyle Tripp	USPA	2017-10-07	507
10	Seyonn Chin	USPA	2018-02-17	502
11	Charlie Yeng	USAPL	2018-04-19	501
11	Brian Pham	RPS	2018-03-24	501
13	Andrew Oreta	USPA	2018-04-07	490
13	Maverick Yabut	USPA	2017-07-08	490
13	Brannigan Coleman	RAW	2017-10-05	490
13	Andres Ramos	USAPL	2018-04-19	490
17	Shorty Sadang	USPA	2018-03-17	485
17	Noel Gragas	USPA	2017-07-08	485
17	Jon Lazear	USAPL	2017-10-14	485
20	Richard Navarra	USPA	2017-05-21	480
21	Justin Bonaparte	USPA	2017-05-27	479
21	Dat Le	USAPL	2018-01-13	479
21	Dan Ta	USPA	2017-10-01	479
21	Newton Cheng	USPA	2017-09-09	479
21	Elijah Zuniga	USPA	2017-07-29	479
26	Derek Winans	RPS	2017-10-21	475
27	Emmet Metzger	USAPL	2018-04-19	473
27	Callum Hurst	USAPL	2017-10-14	473
27	Logan Grimm	USAPL	2017-10-14	473
27	Marcus Hernandez	USAPL	2018-04-19	473
27	Danny Krummenoehl	USAPL	2017-10-14	473
32	Chris Lindsay	AAPF	2018-04-22	468
32	Francisco Rodriguez	USPA	2017-12-02	468
32	Mitchell Ceballos	USPA	2017-06-10	468
35	Zackary Thavisack	USPA	2017-12-02	462
35	Eric Smith	USPA	2017-11-11	462
35	Sterling Walker	USPA	2017-09-30	462
35	Jeffrey Ferrer	USPA	2017-12-02	462
39	JJ Ortiz	USPA	2017-12-09	457
39	Christopher Padilla	USPA	2018-04-07	457
39	Joseph Diorio	USPA	2017-05-20	457
39	Austin Ayala	RPS	2017-11-04	457
43	Ivan Rosales	USAPL	2018-04-19	451
43	Nick Gilmore	USPA	2017-09-16	451
43	Jake Weaver	USPA	2018-01-06	451
46	Tyler Harris	USAPL	2018-04-19	446
46	Billy Hernandez	USPA	2017-06-18	446
46	Juan Perez	USPA	2018-04-07	446
49	Chris Yim	SPF	2017-11-11	440
49	Tommy Mo	USAPL	2018-02-03	440
49	Craig Sano	USPA	2018-02-10	440

TOTAL

Name	Federation	Date	Total
Richard Hawthorne	WRPF	2017-08-25	1383
Jesse Lanuevo	IPL	2017-11-03	1350
Brian Pham	RPS	2018-03-24	1295
Kole Metts	USPA	2017-10-28	1234
Richard Navarra	USPA	2017-05-21	1224
Seyonn Chin	USPA	2018-02-17	1184
Dat Vo	USPA	2018-02-17	1140
Jake Weaver	USPA	2018-01-06	1129
Michael Witt	UPA	2018-02-03	1052
Derek Winans	RPS	2017-10-21	1025
Julio Garcia	USPA	2018-03-17	1008
David Van	USPA	2017-11-12	992
Emmanuel Velasquez	IPA	2017-07-15	985
Tanner Madison	USPA	2017-11-04	975
Eric Smith	RPS	2018-04-21	975
Tony Beckham	APA	2017-05-13	965
Rodney Aulridge	RPS	2018-03-10	947
Cole Oace	IPL	2017-11-04	925
Amador Rios	USPA	2018-02-10	916
Christopher Castaneda	USPA	2018-03-24	909
Noah Phillips	AWPC	2017-09-09	909
Beckett Scannelli	RPS	2017-05-20	900
Gary Zeola	APF	2017-09-09	895
John Alvarez	RPS	2018-03-24	865
Melvin Brown III	APF	2018-03-24	821
Joe Catenacci	APA	2017-09-16	815
Whit Baker	USPA	2017-07-29	815
Jc Fox	RPS	2018-05-05	805
Hector Flores	RPS	2017-12-09	799
Trevor Robbins	RPS	2017-12-02	795
Austin O'Briant	APA	2018-03-03	765
Noah Herzig	APA	2017-10-28	740
Grant Harris	APA	2018-02-03	730
Bryce Richards	APA	2017-07-15	727
Kyle Dalgeish	APA	2017-08-05	720
Daniel Riddle	IPA	2018-02-17	716
Brice Moreland	RPS	2017-06-11	705
Alec Hart	APA	2017-10-28	705
Joe Ruoto	RPS	2017-12-02	695
Zachery Lemon	APF	2018-02-17	677
Drew Smith	USPA	2017-09-02	600
Geoffrey Krug	RPS	2018-04-28	590
Ivan Plunk	APA	2018-04-07	580
Lee Halbig	RPS	2017-11-07	567
Jetaime Covello	APF	2017-11-18	534
Cesar Grande	IBP	2017-10-20	515
Lucas McDougal	APA	2018-01-20	505
Jan Ditzian	IPA	2018-03-04	505
Andrew Sheaffer	IPA	2018-03-03	450
Brock Santacroce	IPA	2018-03-10	440



Current Top 30 Rankings: Women....

SQUAT

Rank	Name	Federation	Date	Total
1	Gavin Hearren	SPF	2017-08-26	465
2	Denise Bloom	RPS	2017-12-02	430
3	Bailey Burks	APA	2018-01-20	395
4	Carolina Gutierrez	USPA	2017-10-22	363
5	Emma Hudson	SPF	2018-03-31	190

BENCH PRESS

Rank	Name	Federation	Date	Bench
1	Stacia-Al Mahoe	SPF	2017-11-11	176
2	Heather Connor	NAPF	2018-03-03	159
3	Denise Juarez	USPA	2017-10-07	132
4	Melissa Grix	USPA	2017-11-19	126
5	Brianna Morrison	USAPL	2017-10-14	121
6	Laura Nguyen	USPA	2017-08-05	116
7	Imelda Fowler	USPA	2017-06-10	115
7	Karen Poyner	RAW	2017-06-10	115
7	Noelle Wojnar	USPA	2018-02-10	115
10	Sacita Livingston	USPA	2018-03-17	110
11	Sandra Tran	USAPL	2017-10-14	104
11	Lindsay Ruggiero	RPS	2018-02-10	104
11	Logan Williamson	USAPL	2017-10-14	104
14	Rosalyn Malihan	USPA	2017-06-18	100
15	Gavin Hearren	SPF	2017-08-26	95
16	Ashley Christiansen	RAW	2017-06-03	94
17	Ohara Salcedo	USPA	2018-03-31	93
17	Guilla Pagurayan	USAPL	2018-01-13	93
17	Jill Neziri	RAW	2017-06-10	93
20	Denise Bloom	RPS	2017-12-02	90
20	Alex Pratt	HERC	2017-10-21	90
22	Rocky Luedeker	IPL	2017-11-04	89
23	Maria Magbanua	USPA	2017-10-07	88
23	Lindsey Sauter	USPA	2017-10-14	88
25	Misty Diaz	USPA	2018-02-10	82
25	Arielle Harrison	USAPL	2018-01-13	82
25	Priyanka Malhotra	USAPL	2018-04-19	82
28	Emma Hudson	SPF	2018-03-31	80
28	Rachel Palumbo	RPS	2018-02-17	80
30	Shelby Stricklin	USAPL	2018-01-13	77
30	Pearl Beck	USPA	2018-01-20	77

97 lbs. – Raw with Wraps

DEADLIFT

Rank	Name	Federation	Date	Deadlift
1	Heather Connor	NAPF	2018-03-03	402
2	Stacia-Al Mahoe	SPF	2017-11-11	336
3	Imelda Fowler	USPA	2018-02-10	308
4	Laura Nguyen	USPA	2017-08-05	287
5	Susan Lee	USPA	2017-09-30	286
6	Rosalyn Mailhan	USPA	2017-06-18	281
7	Denise Juarez	USPA	2017-10-07	270
8	Melissa Grix	USPA	2017-11-19	264
9	Koube Ngaaje	USPA	2018-03-17	259
10	Sacita Livingston	USPA	2018-03-17	253
11	Noelle Wojnar	USPA	2018-02-10	248
12	Priyanka Malhotra	USAPL	2018-04-19	242
13	Guilla Pagurayan	USAPL	2018-01-13	236
14	Rachel Palumbo	RPS	2018-02-17	235
15	Karen Poyner	RAW	2017-06-10	231
15	Sandra Tran	IPF	2017-06-24	231
17	Brianna Morrison	IPF	2017-06-24	225
17	Ohara Salcedo	USPA	2018-03-31	225
17	Alex Pratt	HERC	2017-10-21	225
20	Logan Williamson	USAPL	2017-10-14	214
20	Jill Neziri	RAW	2017-06-10	214
20	Dennise Childers	RAW	2017-06-25	214
23	Lindsey Sauter	USPA	2017-10-14	209
24	Bailey Burks	APA	2018-01-20	205
25	Gavin Hearren	SPF	2017-08-26	200
26	Lindsay Ruggiero	RPS	2018-02-10	192
26	Suena Massey	AAPF	2018-04-20	192
28	Denise Bloom	RPS	2017-12-02	190
29	Alexandra Wilson	RAW	2017-06-10	187
30	Phung Le	USAPL	2018-04-19	181
30	Ashley Christiansen	RAW	2017-06-03	181

TOTAL

Rank	Name	Federation	Date	Total
1	Gavin Hearren	SPF	2017-08-26	465
2	Denise Bloom	RPS	2017-12-02	430
3	Bailey Burks	APA	2018-01-20	395
4	Carolina Gutierrez	USPA	2017-10-22	363
5	Emma Hudson	SPF	2018-03-31	190



Super Training Corner

Skwaats go down and up, but a new PR lasts forever!!! You either love or hate the squat and it typically reflects in how you prepare for it and train it. Are you a crank on your favorite Eminem song on your drive into the gym, day dreaming down the highway about how your going to attack the bar and drop the SOB down until your hips snap, crackle and pop, all before driving back up screaming? Or are you the guy (or gal) that coincidentally is "sick" or can't make it in? If you're like most of us and sitting somewhere in the middle, then this short 5-week training block is for you. At Super Training Gym we tend to follow a more linear training approach and progress upwards with the weights each week. In the final days of this last training block, the team introduced a deload week before attempting our new personal records (PR). Be sure to follow the deload week, as it is a critical part to you being successful where it counts. These last weeks were after waives of 10s, 8s, 5s and 3s. So, prior to take this block of 2s and 1s, be sure to have some training volume under your belt. After you come back down from cloud 9 from your recent PR, it's time to prep for the next training block or even your next meet! Be sure to check back net issue for another routine from Super Training Gym – "The Strongest Gym in the West!"

WEEK 1

Squat- 90% x2x2
Pause Squat-5x5
Reverse Hyper-4x10
Back Attack/Good Mornings- 4x15
Hamstring Curl-4x10
Plank- 4 Minutes

WEEK 2

Squat-92.5% x2x2
Pause Squat-4x5
Reverse Hyper- 4x15
GHR-4x10
Single Leg Hamstring Curl-4x20
Plank- 5 Minutes

WEEK 3

Squat- 95% x2x1
Pause Squat-3x5
Reverse Hyper- 4x10
Back Attack/Good Mornings-4x15
Hamstring Curl-4x10
Plank- 6 Minutes



WEEK 4

Squat-
Pause Squat-2x5
Reverse Hyper- 4x15
GHR-4x10
Single Leg Hamstring Curl-4x20
Plank-5 Minutes

WEEK 5

Squat- PR Attempt



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