

LOUIE SIMMONS SPEAKS TO MARK BELL

# POWER

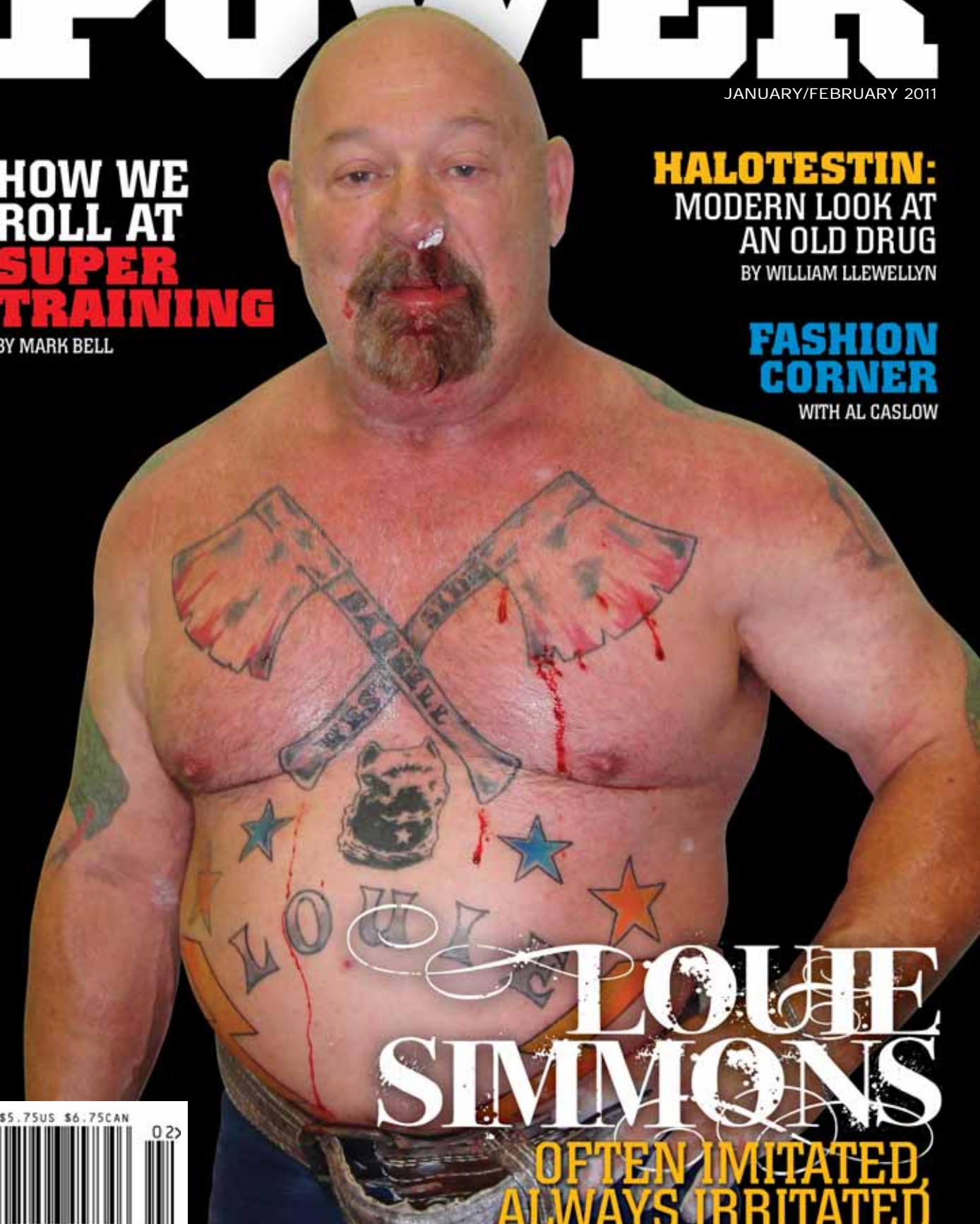
JANUARY/FEBRUARY 2011

HOW WE  
ROLL AT  
**SUPER  
TRAINING**

BY MARK BELL

**HALOTESTIN:**  
MODERN LOOK AT  
AN OLD DRUG  
BY WILLIAM LEWELLYN

**FASHION  
CORNER**  
WITH AL CASLOW



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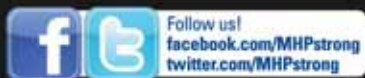
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**Other TEAM MHP Athletes:** **VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW. **RYAN KENNELLY** – Greatest Bench Ever: WR 1,075 lbs. @ 308 lbs. **BRIAN SIDERS** – IPF World Record Total: 2,601 lbs. @ SHW, USAPL Record Total: 2,650 lbs. @ SHW. **BRIAN SCHWAB** – World Record Total: 2,045 lbs. @ 165 lbs. **JOE CEKLOVSKY** – World Record Bench: 600 lbs. @ 147.6 lbs. **AL DAVIS** – Raw Unity Record "Raw" Bench: 633 lbs. @ 265 lbs. **BRANDON CASS** – World Record Deadlift: 810 lbs. @ 220 lbs.

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# SQUAT

**VLAD ALHAZOV** – World Record Squat: 1,250 lbs. @ SHW

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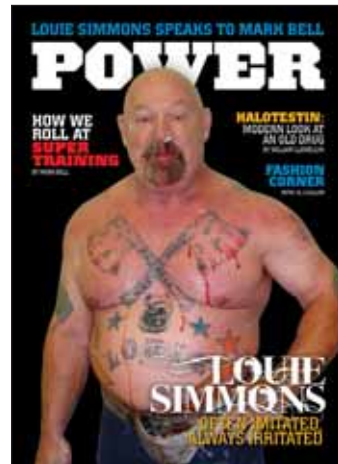
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## The Westside Barbell Issue

Vince Lombardi once said, "Has this game become a game for madmen, and am I one of them?" The answer is, yes it has — and yes, Louie Simmons is a madman. At 63 years old, he earned another elite total. He now has elite totals at 20, 30, 40, 50 and 60 years old. Simmons told me one time that Abraham Lincoln gave him a red light in his first power meet. True story. Simmons has built the strongest gym in the world, Westside Barbell, to be stronger than ever. Westside has been so strong they now keep their eraser right next to the record board at all times. Dave "Jimmy Neutron" Hoff hit a 2,770-lb. total at 275 lbs. and is only the second lifter ever (behind Power writer Donnie Thompson) to bench 900 lbs. in a full-power meet. In Power's interview with Simmons, he tells readers how to manage volume for optimal strength gains. He also shares his thoughts on the weakest lifters in his gym.

The Al Caslow Fashion Corner teaches us how to dress as we go into battle. It has been known for sometime that Al Caslow and Mighty Mouse Shawn Frankl like to be fashion plates and go tear up the night hitting clubs and dancing. You don't believe me? Ask Rick Hussey. The joke is really on me, though, as both these guys hold world records and I do not (I actually hold some USPF/WPF world records, but those don't count, right?) Maybe it's time for me to go cut some rug.

How We Roll at Super Training is the first article of its kind. I talk in depth about how we have utilized the Westside method to produce four 1,000-plus-lb. squatters and six 700-plus-lb. benchers. In addition, helped Stan Efferding add 200 lbs. to his raw total in eight weeks. He did a 2,221 total at 275 lbs. by training side by side with ST.

Paul Southern of Crossfit Pleasonton gives us some comfort by talking with pain management god Kelly Starrett. He is world renowned for his ability to help people improve mobility and performance.

Performance-enhancing drugs are here to stay, ladies and gentlemen. Steroids are powerful drugs. If you are going to take steroids, then you need to know the truth. William Llewelyn gives you the facts you need on a favorite of mine: a very powerful drug called Halotestin, or Halo, as it's known in some circles.

This month's Chick That'll Kick Your Ass, Mandy Bennett, is not just a strong chick. She is also a bra specialist at Victoria's Secret. If I had that job it would take me a few years to learn everything. I'd have to feel my way around.



I was lucky enough to grab this picture with iron brother Nick Winters before his abrupt death. Winters passed well before his time, but he did positively effect a lot of people. I was inspired by and envious of his power and class. The last thing I saw him do was not a lift. I saw him grab a kid's arm at Mr. Olympia and tell him, "Darn, you are going to be way bigger and stronger than me!" The kid's eyes lit up and he looked at his father. "Dad!" he yelled. "Did you hear what he said?"

Knowledge is Power.  
**Mark Bell**  
Editor-at-Xtra-Large







# BENCH

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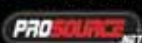
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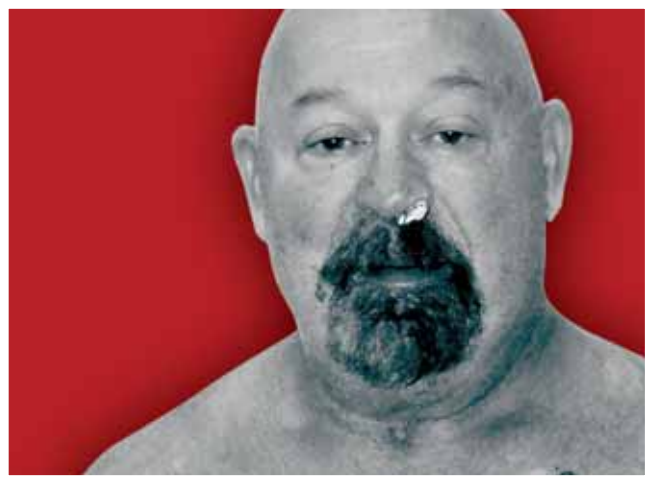
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# CONTENTS

JANUARY/FEBRUARY 2011 • ISSUE #7

## FEATURES



### COVER STORY

28

## Unbreakable

### One on One with Louie Simmons

Power editor-at-Xtra-large Mark Bell sits down with the infamous strength coach Louie Simmons of Westside Barbell in Ohio.



18

## Halotestin: Modern Look At An Old Drug

William Llewellyn literally wrote the book on steroids. In his first article with Power, he takes a deeper look at the "Powerlifter's steroid".



34

## Super Training: How We Roll

Super Training gym owner Mark Bell gives us a glimpse into the methods his team uses to optimize their training week by week.



38

## Mobility: Powerlifter's Secret Weapon

An conversation with CrossFit guru's Kelly Starrett and Paul Southern.



20

## The Secret to Carb Back-Loading

Build muscle and lose fat by eating carbs? It is possible and John Kiefer tells us how.



44

## Focus and Drive, A Personal Perspective

Jon Anderson gives us his story on how he went from a chubby kid to a rock solid Strongman competitor.



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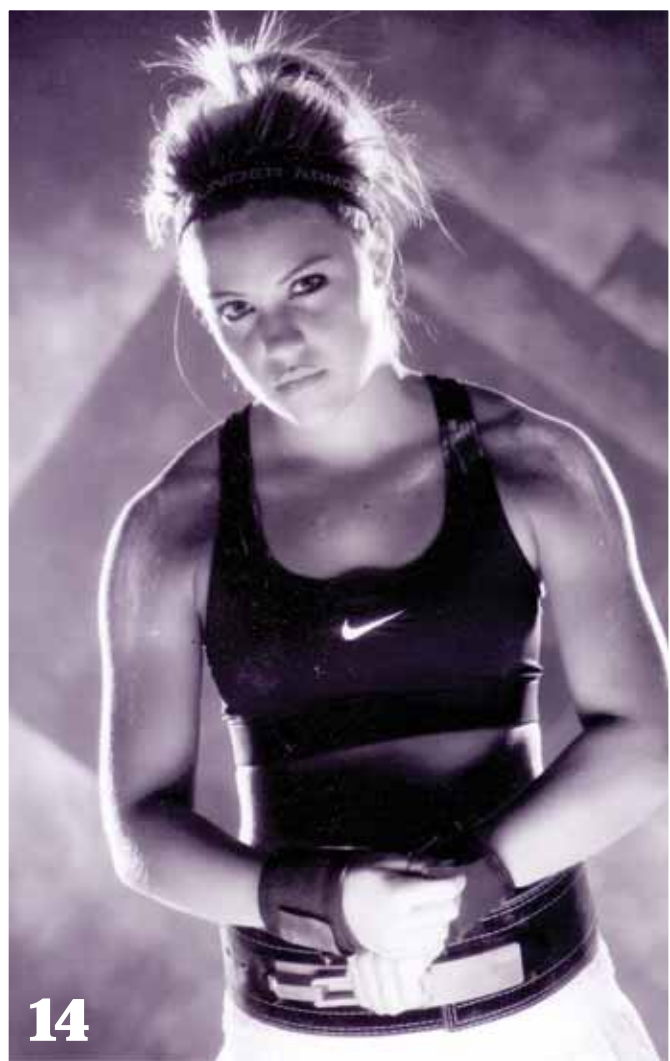
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# CONTENTS



14

## COLUMNS

- 14 **This Chick Can Kick Your Ass...And You May Like It**
- 24 **Fashion Corner with Al Caslow**
- 49 **Get To Know... Mark Bell**

## DEPARTMENTS

- 4 **First Word with Mark Bell**
- 10 **Mailbag**
- 12 **Out and About: Mr. Olympia**
- 16 **New Products**
- 48 **What's Next**
- 48 **Ad Index**



24



49

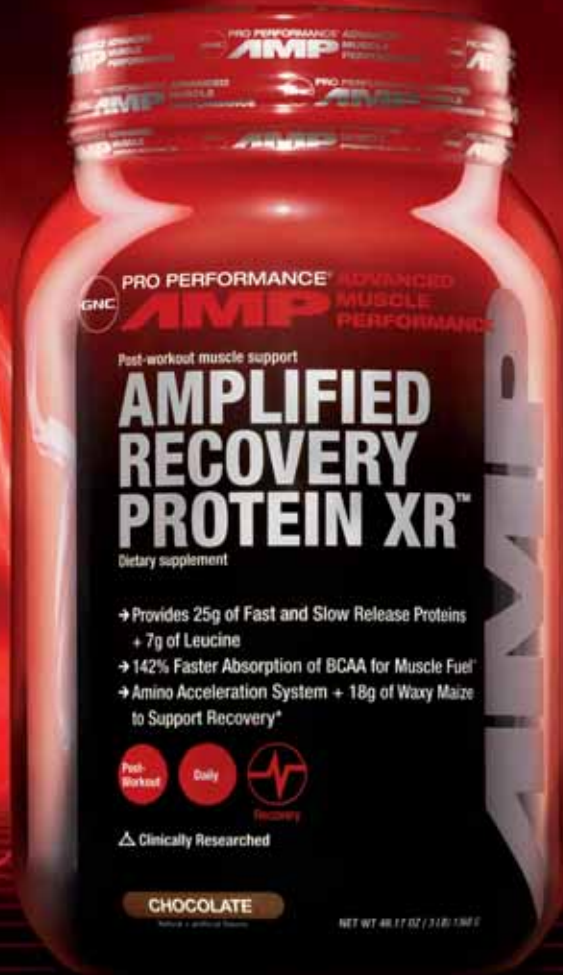




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# MAIL BAG



**To the Editor-at-Xtra-Large:**

Power has definitely become a must-read for me. The November/December 2010 issue was another winner. It had a nice photo of



Mark and Matt Kroczaleski, and it was great to see Kroc here under any circumstances. He's a good guy and amazing athlete.

The firefighter training article was excellent. I told a firefighter friend about it and I hope he will take out a subscription. He is a body builder training for next Masters Nationals in July.

I was impressed with the Dan Harrison piece. It seamlessly blended the personal and athletic. I went through similar life tragedies (I lost my wife and son), and I want to let Dan know how much I respect and admire him.

**Gerry**  
via email

**To the Editor-at-Xtra-Large:**

The digital issue came through perfectly. The magazine looks awesome! Keep up the good work.

**Mark**  
via email

**To the Editor-at-Xtra-Large:**

I listened to your interview on IronRadio. I bought the Sling Shot and decided to check out the magazine too. I like Power; I may be subscribing soon.



I love the Sling Shot. After my pec injury I've had so much trouble going heavy full-range without sharp deep pain afterward. With the Sling Shot, I can already feel the improvements. This is a product that can be used by anyone; from a grandmother in a nursing home trying to do a push-up, to

powerlifters wanting to improve their speed day bench.

You improved my life. Thanks.  
**Dan**  
via email

**To the Editor-at-Xtra-Large:**

I love your magazine. The only improvement I would suggest is that every issue has an article following a group or individual through an actual workout with photos, etc. I know Flex is lame in some ways, but that is one thing they do really well – back workout and leg workout with Ronnie Coleman, chest workout with Branch Warren, etc. I would love to see the same thing with powerlifters.

**Joe M.**  
via email

*The Editor replies:*  
*Thanks, Joe. That is a fantastic idea and we will be adding that feature to Power in the near future!*

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# OUT AND ABOUT



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Critical Bench's Mike Westerdal and Mark Bell



Mark Bell, Scot Mendelson and Nick Winters



Power Team Andee and Mark Bell



Chris Bell, Strongman Derek Poundstone and Mark Bell






Joe Mazza and Rob Luyando



The 4-Hour Body author Tim Ferriss and Mark Bell



Becca Swanson, Mark Bell, Laura Phelps and Melissa Garrett. Everyone in this photo benches over 500 lbs!



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

Hot Chick Interview with

# Mandy Bennett

If you don't already know about Mandy Bennet, you will soon. At 132 lbs., this 18-year-old, lifter is hard to miss at meets. She is known as, "the girl who is always smiling." With three years of competition experience under her belt, this young up-and-comer is one to look out for. Oh, and she's hot, too.

BY MICHELE COGGER-ATKINSON  
ARNOLD CLARK PHOTOGRAPHY



Mandy and her coach  
Rick Hussey goofing around



**Who is Mandy Bennett in 10 words or less?** Mandy Bennett is the most awesome chick around.

**Where do you train?** I train at the infamous Rick Hussey's Big Iron, in Omaha, Neb.

**Do you have a nickname?** Yeah, Roundhead. It came from Rick. Who knows how he comes up with them?

**How did you get into powerlifting?** I started powerlifting when I was 15. I loved lifting weights in high school, so decided to give it a shot for real. My mom googled powerlifting for me and called Rick. My parents were so helpful. They're always 100 percent supportive.

**Do you intimidate a lot of dudes?** I'm told that I do, and I enjoy it.

**What is your favorite lift and why?** The squat. I feel like it's the most intense.

**What is the typical reaction when people find out you are a powerlifter?** They think that I'm lying and say I'm too small to be a powerlifter.

**Do you think you get extra attention because you are a girl?** I definitely think I do, but that's okay!

**I bet you get hit on a lot at meets.** If there is a boy in the junior division, he usually talks to me or asks for my number to "talk about training."

**What is the most embarrassing thing that has happened to you in the gym?** Probably when everyone found out when I drank almost an entire bottle of chew spit on accident. Thanks, dad.

**What are your PRs in each lift?** 323-lb. squat, 185-lb. bench and 309-lb. deadlift. I think. I'll have to ask Rick!

**What is the furthest you have traveled for a meet?** I've been to Florida twice.

**Do you have a boyfriend?** I do. His name is Mick Manley and he trains at Big Iron, as well. He keeps me motivated and on track.

**What do you do for work?** I am a bra specialist at Victoria's Secret.

**In true "Hot Chick" style! So, what outfit makes you feel the hottest?** My hot-pink Leviathan!

**What do you want to be when you grow up?** I want to be a P.E. teacher.

**Who is your favorite lifter?** Rick Hussey, hands down. And I love the whole Big Iron team, as well as Al Caslow and Brian Carroll. Everyone is so helpful and we're all like a family.

**How has powerlifting benefited you?** It's discipline. It keeps me out of trouble and has introduced me to so many people who have become so important to me, and it gives me something to work for. I love the competition!

**What are your powerlifting goals?** I want to break records, I want people to know my name, I want to push myself to do as best as my body can, and I want Rick to be proud of me.

**Do you have advice for other girls who want to get into powerlifting?** Don't hesitate, find yourself a team and go for it! Everyone will be more than supportive, and if you find someone who knows what they're doing, I guarantee they would be willing to help.

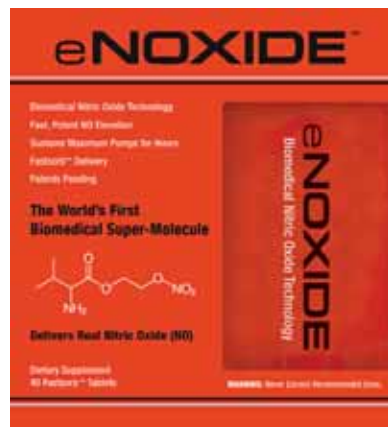
**Anything else you would like to add?** Thanks to Rick Hussey, Mick Manley and my parents for being supportive. Thanks to everyone at Big Iron for looking out for me, and thanks to *Power Magazine* for the interview! **PM**



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designed to work rapidly and deliver high levels of real nitric oxide into the bloodstream. The super-molecule 2-(nitrooxy)ethyl 2-amino 3-methylbutanoate, created exclusively for MuscleMeds Performance Technologies by sports nutrition scientist Mike Farber, is protected under patent #7807716 with other patents pending.

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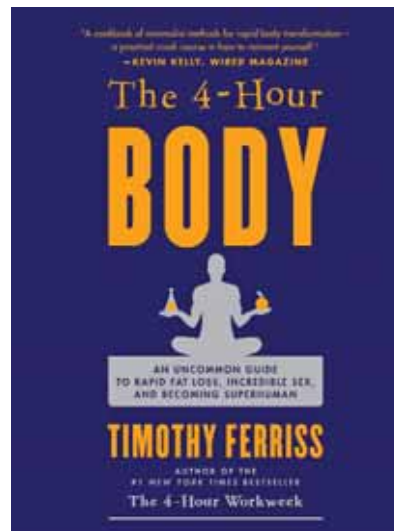
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The 4-Hour Body is the result of author Tim Ferriss' obsessive quest, spanning more than a decade, to hack the human body. It contains the collective wisdom of hundreds of elite athletes, dozens of MDs and thousands of hours of jaw-dropping personal experimentation. From Olympic training centers to black-market laboratories, from Silicon Valley to South Africa, Tim Ferriss, the No. 1 New York Times bestselling author of *The 4-Hour Workweek*, fixated on one life-changing question: For all things physical, what are the tiniest changes that produce the biggest results? (Look for over 2 pages all about POWER's own Mark Bell!)



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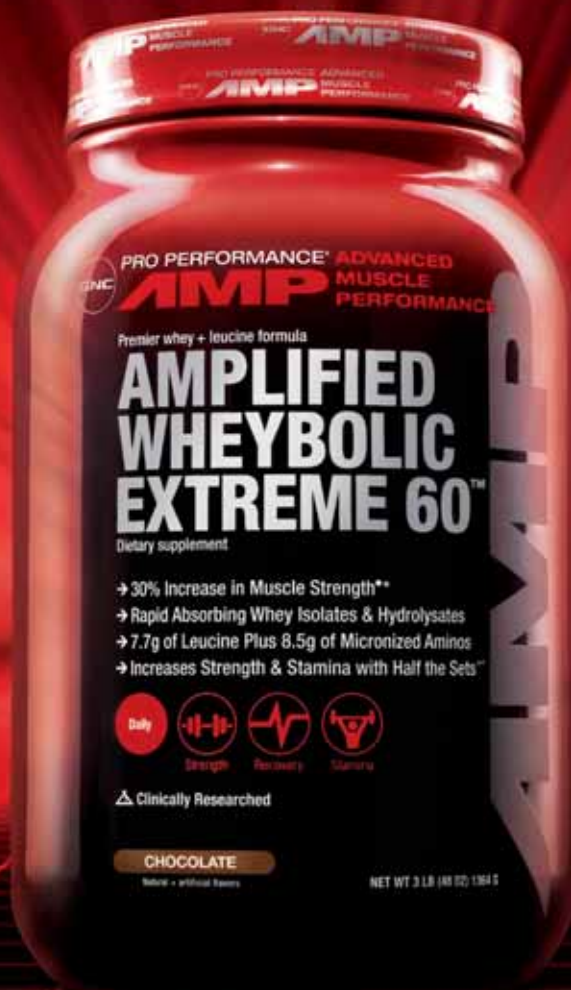
This online, free repository has more sports nutrition, weight training and bodybuilding talk than you can shake a stick at. Maintained by Dr. Lonnie Lowery, its purpose is to preserve lots of highly-rated content and allow it to be distributed for the benefit of the power sport and bodybuilding public. It's mildly entertaining, fairly educational and the audio is all free.





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# HALOTESTIN: MODERN LOOK AT AN OLD DRUG

BY WILLIAM LLEWELLYN

**Halotestin (generic name fluoxymesterone) is an oral steroid derived from testosterone. It is available as a prescription drug in the United States and a limited number of other markets worldwide (like testosterone cypionate, this agent is largely identified as American). Outside of a medical setting, fluoxymesterone is sometimes referred to as a “powerlifter’s steroid.” It is said this distinction is based on a unique ability of this steroid to promote strength without weight gain. Perhaps now is a good time to review the activity of this drug to see if we can understand why it has earned such a reputation among users.**

## AMERICA’S ANDROGEN

Fluoxymesterone is technically classified as an androgen. This means that its activity is more pronounced at supporting secondary male sexual characteristics (development of sexual organs, deepening of the voice, maintenance of libido and sexual functioning) than building muscle. Its relative androgenicity prompted the FDA to approve this drug for the treatment of hypogonadism, or low androgen (testosterone) levels in men. In this context, it is essentially an oral alternative to topical or injectable testosterone medications. It is also approved for the treatment of androgen-responsive breast cancer in women.

Though sold in the United States, fluoxymesterone is no longer widely prescribed here. As an oral and somewhat liver-toxic steroid, it is not ideal for long-term androgen replacement. There have also been many new treatments for breast cancer since fluoxymesterone was first approved decades ago, making it less necessary in that area of medicine. It remains available as a generic prescription drug here, though the number of companies making it has scaled back considerably over the years. Brand-name Halotestin from Pfizer is gone, and there is only a generic version or two left. Since it is not widely sold in other countries, this drug could officially be on the endangered species list very soon.

## ANDROGEN OR ANABOLIC?

Being an androgen doesn’t necessarily preclude a steroid from having anabolic activity. Both anabolic and androgenic properties are mediated via the same cellular receptor, and thus cannot be entirely separated. Fluoxymesterone should still be thought of as a muscle-building steroid. Compared to the traditional androgens Proviron and dihydrotestosterone, it is actually much stronger in this regard. The thing that makes the other two androgens so weak (anabolically speaking) is that they are readily broken down by an enzyme (3BHS) in muscle tissue. Some mistakenly think that, as an “androgen,” fluoxymesterone must be the same way. It actually is not as susceptible to this enzyme, and is able to stick around in muscle long enough to impart an anabolic effect.

It would be wrong to consider fluoxymesterone a bulking steroid. Muscle gains made while taking this steroid are admittedly mild compared to testosterone, methandrostenolone and oxymetholone (the common bulking steroids). This may be partly due to fluoxymesterone not converting to estrogen. For bodybuilders, this trait means that its use won’t result in excess water or fat retention. This also makes it well suited for cutting purposes. It is not, however, the best trait for raw mass. It has long been understood that the best “bulking” steroids are partly estrogenic. Although its role is not yet fully explained, estrogen appears to be involved with several metabolic activities that support the muscle repair and growth process.



## TOXICITY

Fluoxymesterone is usually regarded as a “harsh” steroid. It has a distinct level of liver toxicity. In fact, studies comparing it to other prescription oral steroids suggest that this is the most liver toxic. While generally overblown in the media, the possibility of placing strain on the liver with this drug should not be ignored. Fluoxymesterone can also be taxing on the cardiovascular system, causing a strong unfavorable shift in cholesterol (HDL/LDL) values. This may increase the likelihood of developing atherosclerosis over time. Regular use of any strong oral steroid is not advised for this



reason. Fluoxymesterone can also be harsh in a cosmetic sense. As a strong androgen, it is prone to causing oily skin and acne, and even aggravating hair loss for those genetically predisposed.

## PRACTICAL APPLICATION

Fluoxymesterone is supplied in 2-, 5- and 10-mg tablets. In the limited markets where the drug is available outside the U.S., the higher 10-mg dose is most prominent. The prescribed dosage for androgen replacement therapy in men is in the range of 5- to 20-mg per day. When used for off-label (sports and bodybuilding) purposes, the daily dosage tends to hover around the high end of clinical, maybe 10- to 25-mg per day. As a liver toxic oral, the intake duration is short. Cycles may be as brief as three or four weeks, or as long as six to eight weeks. Higher doses or longer durations of intake are not widely advised given its harsh profile.

The use of fluoxymesterone tends to fall into one of two categories: complimentary or standalone. As a complimentary, or "stacking," steroid, it may provide additional anabolic or androgenic effect in any variety of cycle types (strength, bulking, lean mass, cutting). It tends to be highly versatile since it is not dictating the character of the cycle, only adding to its potency. As a standalone steroid, however, fluoxymesterone is much more limiting. It is usually taken in situations where strength, lean muscle or cutting is desired, but not bulk. Body weight may increase, but not substantially. Athletes in weight-restricted competitions can indeed find this drug useful for aiding performance without dramatically altering the weight class.

## SUMMARY

Fluoxymesterone's reputation as a strength building steroid is warranted, though it would be a mistake to consider this a "pure" strength-promoting agent. This is still an anabolic steroid, which will support tissue protein synthesis and weight gain. Bodybuilders shouldn't discount this steroid entirely. It might be more appropriate to look at fluoxymesterone as an androgenic cousin of Masteron or Primobolan. You tend not to see bulk, but lean high quality tissue gain. Any debate over its character, however, may be entirely academic very soon. Like Masteron and Primobolan, the future of fluoxymesterone as a human pharmaceutical is in doubt. Whatever value powerlifters may find in this substance, they might not be able to take advantage of it for much longer. **PM**

### ABOUT THE AUTHOR:

*William Llewellyn is CEO of Molecular Nutrition and author of the bestselling anabolic steroid reference guide Anabolics, presently in its 10th edition. Llewellyn is widely regarded as one of the world's foremost authorities on performance enhancing substances. We've asked him to stop in and discuss some of the more interesting and pressing issues for Power readers. None of the information provided is meant to constitute medical advice.*

*If you have a question for William, email him at [questions@anabolicsbook.com](mailto:questions@anabolicsbook.com).*



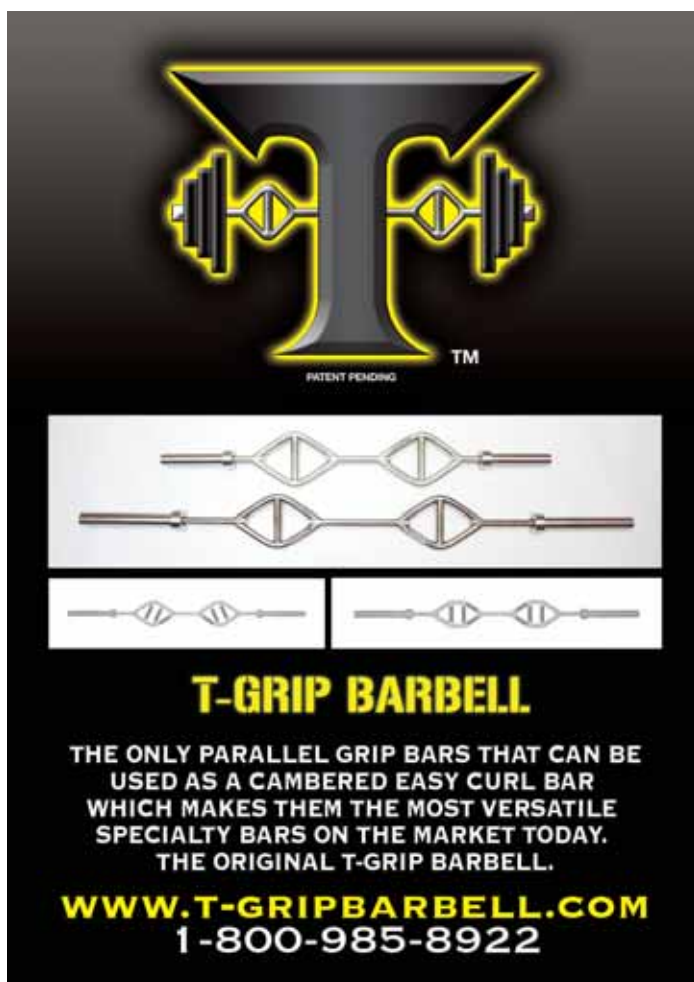
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# THE SECRET TO CARB BACK-LOADING

BY JOHN KIEFER

Sometimes I forget how easy life seems. I stay pretty lean throughout the year, so when I order one of the gargantuan entrees at The Cheesecake Factory, clean the plate and move on to the apple crisp with the 3 lbs. of whipped cream, I feel the eyes on me. I, however, have a diet where splurging is necessary.

In strength sports, the balance between body fat and lean tissue dictates success. Too much, and the lifter diets down for weeks, sacrificing mass and strength to cut weight; too little and strength is crippled. Improving strength, increasing muscle mass and maintaining the ideal level of body fat seems impossible — especially for those of us who were raised with the modern diet of convenience in the United States. But it's not impossible.





## THE KEY TO BALANCE

To balance our body fat and lean tissue, we need help from a pharmacokinetically diverse substance: carbohydrates. Ingesting carbs triggers a host of hormonal responses, nearly all of which signal growth. That's why people often have a love-hate relationship with carbs. Sure, they make you grow, but they're bipartisan: They make both fat cells and muscle cells grow.

Carbs are a two-faced bastard. Want to be muscular and strong? You need carbs. Want to stay tight and lean? Skip the carbs. The insulin released when you eat carbs makes fat cells efficient at storing fat and conserving energy, i.e. insulin changes the amount of energy your body derives from food. This spits in the face of "a calorie



is a calorie," but from the point of view of statistical physics, "a calorie is a calorie" makes no physical sense whatsoever. If I told you it was impossible for your car to get better mileage on the interstate than in the city, you'd call me an idiot. The same is true of the body: With carbs the body gets more energy out of food – the body gets better mileage.

Complicating things, the interplay between carbs and insulin affect a host of hormones, enzymes and transcription factors in positive and negative ways. Depending on your past diet, it can significantly alter strength. Most of us need steady insulin levels to operate at peak performance. Levels can be high or low, but the body needs consistency. For the strength athlete, every meal or every missed meal can be the difference between a PR training session and getting stapled to the bench.

It sounds bleak: Being strong means being fat. As a physicist and someone who pursues elite strength, my first instinct is, "screw that," but I didn't have an answer. After almost two decades of combing through medical research and a few years refining it with elite athletes, I can say, "screw that," and mean it.

**“CARBS ARE A TWO-FACED BASTARD. WANT TO BE MUSCULAR AND STRONG? YOU NEED CARBS. WANT TO STAY TIGHT AND LEAN? SKIP THE CARBS...”**

## KEEP IT SIMPLE, STUPID

The solution is so simple it's almost stupid. Keep the body as inefficient as possible, but still let insulin trigger growth in muscle tissue. Fat cells become wasteful but muscles still get the signal to grow. You could, conceivably grow muscle while losing body fat. At the very least, you could grow muscle and build strength without adding body fat.

Carb back-loading does just that. I won't get into the details here. For those who want the hardcore science, you can find it online at <http://dangerouslyhardcore.com/370/carb-back-loading-the-final-follow-up>. It works. Ask Brian Carroll,



who has totaled 2,700 lbs. in the 275-lb. weight class. Ask Mark Bell, or a host of other powerlifters at various levels.

### HOW TO CARB BACK-LOAD

1. *Don't eat carbs before resistance training (or before 6 p.m.)*
2. *Try to schedule training start times for between 3 and 5 p.m.*
3. *Load up on carbs and protein through the night after training.*

That's it. Of course, this might seem familiar. It's the

**“DON'T THINK YOU CAN GO IN, DO SOME FROUFROU SESSION WITH YOUR BIG-BOX GYM TRAINER THEN BACK-LOAD. YOU MIGHT AS WELL SIT ON THE COUCH ALL DAY AND START HAMMERING BACK THE DORITOS...”**

whole, “load up on carbs after lifting,” thing, right? But if that’s all you take from this, you’re missing the point. Starches and sugar can be stored most easily as fat in the first half of the day, but after resistance training, muscles can absorb sugar while fat cells have a difficult time doing so. Referring to the efficiency argument above, if you don’t eat carbs for most of the day and save them for after resistance training (all night after resistance training) the body becomes amazingly inefficient, but muscle retains the ability to grow, recover and repair without you getting fat.

Implementing it’s easy: steak and eggs, ham and cheese sans the bread, cottage cheese and almonds, any combination of fat and protein for each meal in the first half of the day before training. After training, a carb-loaded protein shake, then load up: pizza, bread, pasta, muffins, bananas. Keep in mind that you also want to keep your protein levels high through the evening to make sure the muscles get the needed nutrients. Even if that means downing a protein shake before your cheese pizza. Do it. Eat until you sleep.

## **KNOW THE RULES**

Don’t think you can go in, do some froufrou session with your big-box gym trainer then back-load. You might as well sit on the couch all day and start hammering back the Doritos come 5 p.m. You need to train heavy and intensely. No super-sets or forced reps are necessary, just an intense, heavy training session. Muscle tissue needs to be loaded for the changes that allow them to absorb sugar sans insulin. You should be pushing to near failure for several sets, or handling massive loads. And the harder you lift, the more carbs you burn, the more that you can push back into the muscles when back-loading.

You may think that going without the carbs before training is going to kill your strength and endurance, but it’s the opposite. Without fighting the fluctuations in blood sugar from eating carbs, the body reaches homeostasis and the nervous system fires with greater efficiency. Most people report almost immediate strength gains of 5 percent within a few days of carb back-loading.

## **HERE’S A TYPICAL DAY:**

**Breakfast:** Sausage, eggs, tomato slices with *Tobasco* sauce

**Lunch:** Steak, broccoli with butter

**Snack (3 p.m.):** Low-fat cottage cheese, almonds

**Snack (pre-training):** High-quality protein shake (about 20 to 30 grams of a casein or whey hydrolysate)

**Snack (post-training):** High-quality protein shake (about 20 to 30 grams of a casein or whey hydrolysate) with several ripe bananas or a carb powder, like maltodextrin.

**Rest of the evening:** Pizza, hamburger with bun, mashed potatoes, etc.



## **A SIMPLE PLAN**

Not everyone can train at the perfect time, and there are adjustments you can make, but the easiest is to stick to this guideline: Eat carbs starting at either post-training or 6 p.m., whichever is later. If you train in the morning, have a protein shake after your session, but leave out the carbs and start eating them at dinner. If you train late, load up as much as possible before bed after your session ends. There are more ways to modify this for almost any scenario, but that’ll have to wait for another article.

*John Kiefer has a Masters in Physics and is the author of The Carb Nite Solution. For more on Kiefer, you can check out his website at [www.dangerouslyhardcore.com](http://www.dangerouslyhardcore.com)*



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# FASHION CORNER

**In this three-part series, I am going to tell you about gear: how best to fit it, train for it and alter it. Elite and or veteran lifters, through time, have learned what the best product is and how to best train with it. As a beginner, my training partners and I gained knowledge and experience not through veteran leadership, but from trial and error. And now, anyone getting started in powerlifting can save time, energy and money by reading this article.**

## THE SQUAT

We'll start with the squat. Specifically, briefs and suits. Multi-ply powerlifting has evolved into a massive poundage sport. Guys are learning their gear and maximizing every thread of their item to increase poundage. As I attempted to do this myself, I learned a lot about the items, their design and influence on lifters' technique.

One aspect I want emphasize is that a lot of beginners can get carried away with support and carryover. This is where the problem begins and the learning curve lengthens. In essence, focus more on comfort and ability, meaning what you can use and perform well in. So, if you're using something that demands a lot of time and help, it's probably slowing you down as the focus goes from training to gear learning.

Briefs. When choosing a brief I made the mistake of asking so and so what they used and why. What I later found out was that briefs influence how my form behaved, how difficult depth becomes and how awkward I feel squatting. The more I played around and used some of my teammates as guinea pigs, I learned that a person's make-up is actually a good indicator of how to size and choose their brief type. Things like leg length, torso and squatting style.

How does leg length impact your form with briefs on? Simple: the more stopping power a brief has, the more you fight through the groove because of the longer range of motion. If you cannot get to depth with briefs using 45 to 50 percent of your best competition squat, then your briefs will create more trouble than reward. The more fight you have, the more your form goes in the toilet. Knees come forward sooner than preferred and the back rolls over, making depth even harder to obtain. Your squat becomes a good morning.



My recommendation for a long-legged individual is to rely less on the briefs and more on the suit. When choosing a brief, look for a material that is not compromising, something more stretchy and forgiving than the tougher, made-for-stopping-power materials. This will pop hard; a stretchy material will have a huge stretch because of the long range of motion due to long leg length. If you want a

tougher brief, wear one that isn't extremely tight. You need to be conservative in picking your size.

Squat stance. This was very hard for me to figure out because I was not consistent in my stance width. I have used many briefs in my time and it was solely because of my lack of a consistent stance. I wasted a lot of time and effort switching back and forth in both gear and stances. However, what I did find was what worked best for whatever stance I was in. I have finally developed comfort in my stance because I stopped listening to others and just stayed with what was best for me.

So, how does a brief impact your squat stance? Think about it for a minute. When squatting

wide you are most dependant on being able to stay balanced and attracting the glutes and hams. This has a lot to do with your hips. When squatting slightly shoulder-width wider and in, you depend more on keeping upright and being able to sit back just enough to get the glutes and hams involved.

If you squat wide, the hip support is in demand. Therefore the brief should have very, very tight hips and the legs should just be snug, not tight. As you sit back, you want the support. A lot of wide stance lifters have balance issues. With hip support you can minimize the lack of balance from sitting back so much. The tight hips in briefs will return that support and also create a nice tension pattern to create good pop. Allow the legs to be looser than normal – that is a key. If the legs are tight and squeeze at the bottom of the brief



# DE CASLOW



leg, this lack of flexibility in that area will increase the tension to bring your knees in and forward. You will fight to get to depth, and specially to sit back as you get deeper. With these ideas being the focus, you can choose a brief with a stiffer more sturdy material.

Narrow-stance individuals want exactly the opposite: tight legs starting from the bottom seam to about two or three inches up, while the hips are snug and not tight. You are not as wide, so your range of motion will be longer. The tighter the legs, the more resistance the brief provides. Because of the narrow stance, balance is usually not an issue, nor are knees coming in. They will come forward, but usually only a normal forward tracking because of the stance width. You might also pick a not-so-stiff material. You want it to stretch and provide that nice pop by allowing you to reach depth but also be stretching hard. The less it stretches, the less you will be able to sit back and, worse yet, stay upright and arched.

Altering your briefs. If you already have briefs and starting over from a brand new pair is just not affordable, here are some recom-

mendations for what you can do to alter the ones you have. For wide-stance squatters, think about bringing the legs up, meaning making them shorter. For the hips, have a seamstress use a very sturdy thread (upholstery) and run it up the hips multiple times, each time bringing it in toward the middle. Start small though, about a half-inch to one inch on leg length and about a quarter-inch in per hip side.

For medium- to narrow-stance squatters, take your briefs and have the bottom of the legs tightened. Unfold the bottom fold and have a seamstress run multiple stitch rows from midway on the leg to the bottom, coming in each time. Start with one-third-inch in on each leg. Then have her re-fold the bottom and stitch it back to close it up. Something I have also done in the past was to cut the front layer off the briefs, starting from the top part of the legs up to the fold at the very top. Basically this left the legs two-ply, the rear two-ply and the front hip and stomach panel one-ply.

Next issue: Bench Shirts!

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**I**m not sure if anyone has ever noticed how many times Louie Simmons said he has broken his back. Well, I sure have. It would be one thing if he was referring to one broken back, but he has broken it at least twice — and depending on what day you catch him on that number could be up in the double digits. Lou has broken more than just his back in training, but what will never break is his will and desire for strength.

Louie's more-guts-than-brains approach has gotten the attention of those who seek strength. Ever see those stickers of Andre the Giant that say, "Andre The Giant has a Posse?" Well, Louie Simmons has a posse, an army of strength fans around the globe. Andre was larger than life, and so is Louie Simmons, the greatest strength coach of our time. He is my sensei and second after my pops in terms of being my idol. He is powerlifting's Vince Lombardi and Bret Favre rolled into one.

Lou has pushed our thankless sport to new heights. Go to your local college or strength facility and you'll see bands and chains. Maybe a few boxes for squats and maybe even a reverse hyper and sled. This is all because of Louie Simmons. He didn't invent all of it, but he did bring it to the forefront and made people believers.

He stands around 5 feet, 6 inches on a tall day. He's from Columbus, Ohio, and has inspired a movement in strength the world has never seen. One reason he is so well respected is because he is not just a coach, he's also a lifter.

Louie is battle-tested and war-torn, but not retired. He had a run at making elite totals and posting some of the top lifts for 30 years. And guess what? At over 60 years old, he isn't done yet! Louie once summed up his philosophy in the film *Bigger Stronger Faster\** by saying, "When you go to war you go to kill, not get killed."

Before Super Training was ever even a glimmer in my eye, I trained at the strongest gym in the world: Westside Barbell.

I rubbed elbows with and soaked up information from a network of strength fanatics ranging from 1,100-lb. squatters to soccer coaches from other countries. You see, folks, Westside Barbell is a special place that people from all over the world seek out.

Louie has inspired thousands by offering his own experience, as much as he can handle, to advance others. It doesn't cost anything to be a member of Westside Barbell, but don't be fooled — there is a price to be paid. Lifters pay with their hearts and souls. If they don't, they will be pushed aside. Westside Barbell has no sign out front. There are no easy directions to get to it, and that's the way Lou likes it. Take the time to find out what he does and where he does it and he will share everything with you, as he does with me in this interview.

**POWER:** How did you get Westside Barbell started?

**LOUIE SIMMONS:** Well, basically I started it myself years ago. Some Ohio State grad students started training with me, and actually in 1980 we were YMCA national champions — not team champs. There were seven of us, and every one of us was a national champ. I took the idea of the Westside Barbell Club in Culver City, Calif., because they were very innovative, and this was back in the late '60s when I was going into the Army. I had a 410-lb. squat at 14 and at 19 I still had a 410-lb. squat. That's when I started reading about box squats, around 1968. After three months of doing box squats I did a 450-lb. squat, then six months later I did 500 lbs. and it was a dream come true. By 1973 I was doing 630 in a meet at the 181s with no gear. Plus, I took my deadlift from 525 to 670 lbs. in that meet. That's where I got my first elite, in Toledo, Ohio, in February 1973. So that's how I started, just trying to represent Westside Barbell Club. Then when Peanuts West died, the gym basically fell apart. I took it over and trademarked the name in the '80s.

**POWER:** Who were some of your early training partners?

**SIMMONS:** Bill Woodaker, Tom Pullucci (who was the first 800-lb. deadlifters in 1982), Sangers, a 198-lb world record holder in 1984.

**POWER:** Tell me about Amy Weisberger. She's been with you a long time.

**SIMMONS:** Amy's been here for 25 years. She came here with a 716 total and someone said you'll never get any stronger, and of course you know she's totaled 1,440 lbs. That was an insult to Amy and myself.

**POWER:** How did you get your group to grow over the years and stick around?

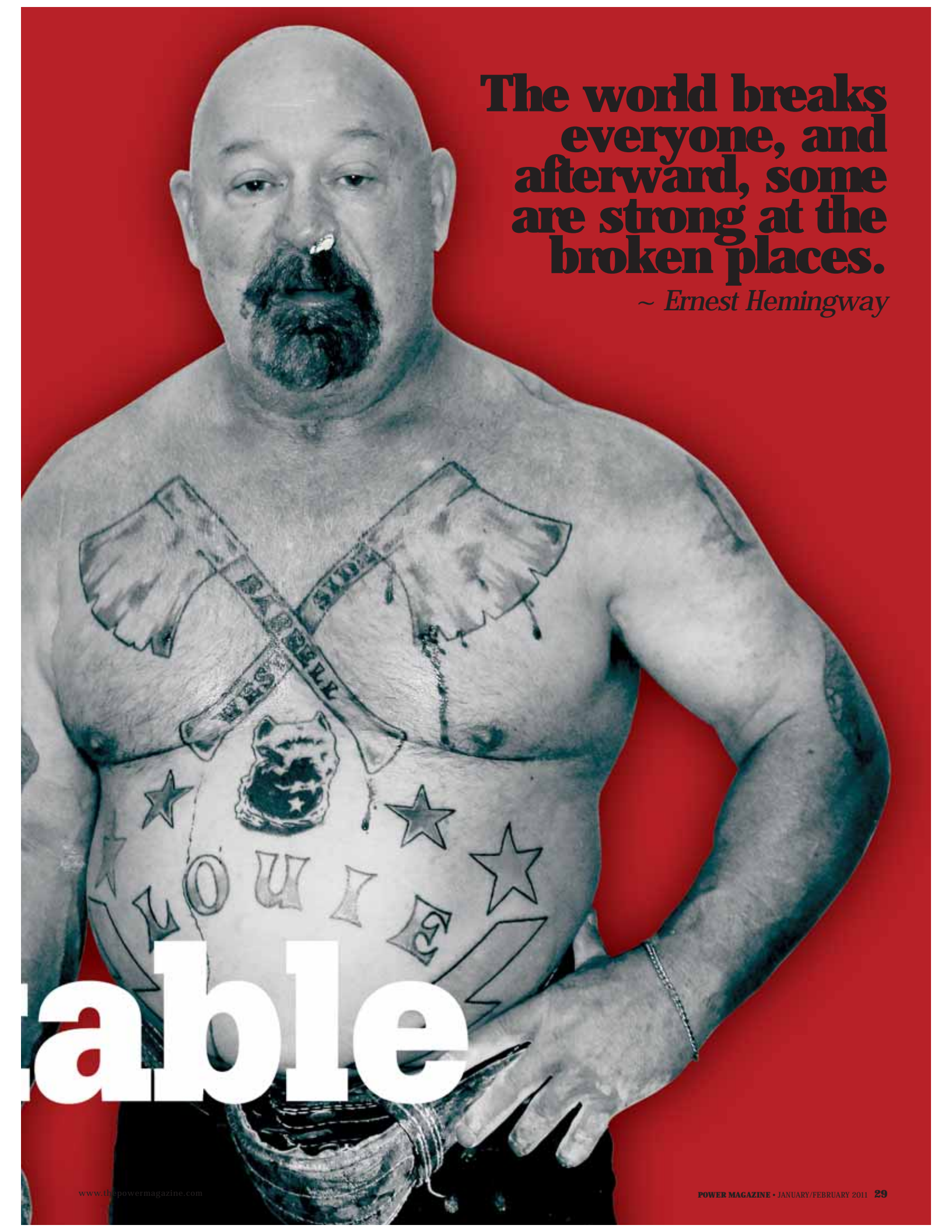
**SIMMONS:** Well, it's a private gym and we're here for basic experiments and excellence. So you get a tight group together, even though it's an individual sport they all work as a team and everyone roots for each other — that's how we got better. In 1983 I broke my back for the second time and I had to change what I was

# Unbreak

## ONE ON ONE WITH LOUIE SIMMONS

BY MARK BELL





**The world breaks  
everyone, and  
afterward, some  
are strong at the  
broken places.**

*~ Ernest Hemingway*

**table**



Jean Fry, Louie and Jennifer Shackelford



Westside Barbell

doing. That's when I started with the Soviet Union methods. That's when the gym really started to come up. Everyone wanted to know how I recovered from my back injury, so everyone started training with the same methods. What we did in the '80s paved the way for the '90s and 2000s. It's a roadmap to success. One of my newer lifters, Jake Anderson, went from a 1,960-lb. total to 2,500 lbs. in one year, and he's just beginning!

**POWER:** Talk to me about some of your newer lifters, like Dave Hoff and A.J. Roberts.

**SIMMONS:** Hoff started lifting at 14 and at 15 he was already squatting 800 lbs. I think he totaled 1,870 that year (805-515-650) and at 19 he was the only teen to ever squat 1,000 lbs. — and he still is. Now his best total is 2,750 lbs. Mike Brown was a teenager who benched 735 lbs. He was a monster and ended up squatting 1,074 at 308 lbs. A.J. Roberts trained with Brent Mikesell out in Washington and then came here. He's been making great progress and is a very positive influence in the gym. I don't like to make predictions, but I think he can put another 100 lbs. on his total. Brandon Lilly and Shane Church are a few more new guys who are doing really great.

**POWER:** All the members of Westside are there by invitation only. How do you divide into training groups? Will you kick someone off the Monolift if their strength levels aren't matching up with the group?

**SIMMONS:** Most of our groups are broken out by strength. We have a morning crew and evening crew. It's our obligation to help people if they are here. No one is more important in this gym than the weakest person. If you attack an army you attack the weakest soldier, not the strongest. So we always try to bring the weaker lifters up. A guy at the top shouldn't need the most attention. Those who have trained here for a while know that every lift is coached. The top guys should have it down pretty well; all I do is intervene small amounts in between training. Like A.J. Roberts, I've made some small suggestions and it's crazy what he's done.

**POWER:** You coach these guys for a few months or years and they return the favor by coaching the new guys, correct?

**SIMMONS:** Exactly. We try to teach them to lift and to coach at the same time. I think you have to understand your trade to be good at it.

**POWER:** Without giving away any secrets, what's new at Westside?

**SIMMONS:** I don't talk about anything "new" until we prove it, which takes about a year. But as far as training itself, we've been paying a lot more attention to controlling volume —pushing up the volume on speed days. A lot of our squat workouts will be over 10,000 lbs. followed by 15,000 lbs. of deadlifts. All accomplished in 30 minutes. So it went to a much higher volume with a greater decline in volume three days later on max effort. By pushing up the

volume, we've all gotten into better shape.

**POWER:** When you say, "pushing up the volume," what exactly do you mean?

**SIMMONS:** We do lots of rack pulls with around 350 lbs. band tension, plus 350 lbs. weight. We'll vary that down to a monster, sometimes two to three plates. Then we'll do speed pulls on the platform mostly ultra-wide sumo. We do a lot more sets of deadlifts, just to get in better condition and build stronger muscles. The

Russians and the Ukrainians are very strong deadlifters and that makes them strong all over.

**POWER:** What are some of the things that have remained the same at Westside over the years?

**SIMMONS:** Lots of reverse hypers, lots of sled pulling, lots of belt squats. I've been doing a lot of research for my new book, and I've realized that the top guys did enormous amounts of volume. The ones who can adapt to the volume are the greatest lifters. The strongest men in the gym handle the heaviest weight most often. So, it's not, "Did you out-squat me by 20 lbs. today?" It's, "Did you squat 2,000 more lbs. than I did?" I wrote an article about controlling volume. To raise a 400-lb. squat to 450, you have to jump 600 lbs. It's actually 600 lbs. of volume for every 50 lbs. you want to raise in your squat all the way through. A 1,000-lb. squatter has to do twice the volume that a 500-lb. squatter does. It's mathematics. In 1983, applying science to weight training was what turned me around.

For example, we train at 50 to 60 percent for speed work with 25 percent band tension, so if you took a 500-lb. squatter he would train with 250 lbs. up to 300 lbs. — and the 300 would be 10 doubles, which is 6,000 lbs. of work. If you're a 1000-lb. squatter and you just want to maintain that 1,000-lb. squat, you would have to do twice the volume. Your weights would be 500 up to 600 lbs., so 600 lbs. x 2 for 10 doubles is 12,000 lbs. of work — twice the volume of the 500-lb. squatter.

I did an experiment with Todd Brock, Kenny Patterson and Eskel Tomlinson. They all trained 405 to 480 lbs. in three-week waves with three or four sets of chains and they all got record squats of 804 lbs. At 50 to 60 percent, that's how I arrived at these types of numbers. All my 1,000-lb. squatters have to squat 600 lbs. with 440-lb. bands. If they do that on a box with straps down, then we know they are a 1,000-lb. squatter. When Bologne jumped to 650 he squatted 1,015 lbs. When he went up to 700 he squatted 1,100 lbs., and when he went up to 720 at 440 bands he squatted 1,125. It's all math.

**POWER:** Can you briefly explain the weekly breakdown of Westside Barbell?

**SIMMONS:** A typical week looks like this:

Friday is speed squatting. It can be explosive strength, speed strength or strength speed. So, very fast or alter with very slow. We also do our circuit max near maximum weights for a contest.

Sunday is speed benching. That's where we handle 40 to 50 percent with bands and chains. No less than eight triples. In fact, we are doing some experiments right now with 16 triples — raising volume.

Monday is max-effort day for squat. That's where we max out with some type of box squat, good morning and deadlift in a rack or box. (You need 72 hours to recover from max effort.)

Wednesday is max-effort for the bench. We do an assortment of floor press with bands and chains, incline/decline, band press, board press, foam press. You name it we do it. Different grips, etc.



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Louie lifting on 12-4-10



David Hoff (Neutron) and Louie



Kettlebell training- Westside style

**POWER: What about gear?**

**SIMMONS:** We move up in gear as the weights go up. I found out years ago that we have to box squat down with the canvas suit over our briefs because we usually get down in a second or less, then you go to a meet and it takes 3 seconds. Our timing was off for the concentric phase. For bench shirts, most of our guys will put a shirt on once a month. I think gear is rough on your body and if you are using gear too much you are not building strength. Gear will only do so much; you have to get strong.

**POWER: Tell me about the reverse hyper. How did you invent it?**

**SIMMONS:** I broke my back in 1973 and no one could fix me. I was on crutches for 10 months. Back hypers would kill me, so I got to thinking, what if I did the reverse? I did, and I had no pain. It pumped up my back and the rest is history. I kept it a secret for years and I decided to patent it. I got my first patent in 1994 and my last patent in 2009 and I have a patent pending right now.

**POWER: How did you come up with concepts of bands/chains/Kettlebells?**

**SIMMONS:** We don't do a lot of Kettlebell work, but we do hang them off bars. How that started was because of Tony Ramos. He had a shoulder/neck injury and I told him to take some Kettlebells and do bottoms up. Then I came into the gym one day and he's got the Kettlebells hanging off a bar. When I got a shoulder injury I hung some Kettlebells off a broom stick and three months later I benched 300 lbs. So Tony is responsible for that concept!

The contrast methods of training came about because years ago we were training with weight releasers. Then this old man called me up, Rosenthal, and he asked me about the weight releasers. He says that's like hooking chains to the bar. And I said, "What do you mean?" He said that if you hook chains to the bar it would de-load when you lower the bar and reload when you raise the bar. So that's how I got the concept, by talking to this guy.

I got some bands from Dick Hartzell and started using them they totally changed the gym. The bands have an advantage because they cause over speed eccentrics, and the reversal strength is the key to all strength.

**POWER: How do you train someone to generate that reversal strength when they are slow?**

**SIMMONS:** It's a few things: You need verbal commands, you got to get them out wide (in the squat), and use more bands and a little bit of weight because the faster down, the faster up. Reversal strength is stored in the body's connective tissue, ligaments and tendons.

**POWER: What are some of your goals?**

**SIMMONS:** My goal is to stay healthy and continue making elite totals for as long as I can. I want to make a few more before I hang this up.

**POWER: What are some keys to owning the strongest gym ever?**

**SIMMONS:** It takes a lot of dedication and having the right people in the gym. If you got a bad person in the gym, you gotta kick 'em out. If you run with the lame, you're gonna develop a limp for sure. You need to have smart goals and take it one step at a time.

**POWER: Who is the greatest lifter you ever coached, and what made them different?**

**SIMMONS:** It would be really hard for me to pick one. We have had so many great lifters. Kenny Patterson broke 10 WR, George Halpert broke 12 WR, Joe McCoy was World Champion at 19. Matt Smith, Dave Hoff (Neutron), Greg Panora, Chuck V. ... it's just too hard to say who is the greatest. They are all great.

**POWER: What is the common theme among all these great lifters?**

**SIMMONS:** Drive. Although they all had different personalities, they all had a drive to succeed. Some get beat and they fall apart. Others never seem to mind. Neutron's never had a bad meet when he's had a bad meet. He may even turn out to be my best, but after all, he's my latest! You know, your best girlfriend is your latest. He's got a great personality.

**POWER: You mentioned personality. I remember being at Westside and knowing Chuck V. and Chester. They are very similar in strength, but couldn't be more different in personality. You said once that some lifters train to fill voids in their personality. Can you elaborate on that?**

**SIMMONS:** Chester was very introverted and it did take a lot of stimulus to keep him going. Chuck was like a kamikaze. He left it all in the gym sometimes. I was actually a lot like Chuck. Sometimes I would try to get him to hold back a little bit, but his personality just won't let him. But you can't change Chuck. He broke several records in the squat and is one hell of a lifter. In fact, I would say that the two strongest guys I've had in my gym are Chuck and Panora. They are about on an even par.

**POWER: What is the craziest thing you've ever seen at Westside – a lift or a fight?**

**SIMMONS:** We had the Iowa coach in here, and Jim and Richie got in a fight while squatting. No one stopped squatting, they finally got exhausted and the fight broke up. No one even seemed to care!

Lifting wise, the most amazing thing I ever saw was Chuck V. squatting 885 lbs. with 640 lbs. of bands on the bar off a parallel box (1,525 lbs total). That was about the craziest thing I have ever seen.

**POWER: What are some of your thoughts on raw lifting and the different plys?**

**SIMMONS:** Everyone can do what they want. There is room for everyone. I've lifted raw, single-ply and double-ply. Someone asked me once how have I stayed in the game for so long. I was in the top 10 for 30 years. I think it's because of the innovation of better equipment. It has kept me together. I tore two holes in my stomach



back in 1980, and suits back then were like wearing Calvin Klein underwear. If it wasn't for the better gear, I wouldn't be able to powerlift all these years.

**POWER:** Were the Calvin Klein underwear performance enhancing? Or can you not talk about that?

**SIMMONS:** I can't talk about that. Trade secret.

**POWER:** Tell me a little about the history of gear. When was the first time you saw it, and was it embraced or were people like, "what the f\*\*\* is this?"

**SIMMONS:** There were no bench shirts before 1984 or '85, and I was a top-10 bencher without a bench shirt and a top-10 bencher with a bench shirt. People complain, but they just need to learn. You don't go to a gun fight with a knife. Squat suits came out about 1976 and they weren't much. I saw some advertised in PL USA for \$29.95 and they did nothing but cut holes in your traps and legs. But there was no way you weren't gonna wear one. I wasn't sure the first bench shirts gave you anything, but if you're gonna wear one then I'm gonna wear one.

**POWER:** The first squat suit was almost like a stiff canvas material, right?

**SIMMONS:** Yes, but it didn't do anything. It wasn't made right. It was super tight on the legs and tight on the traps. It literally made you bleed. It might have given me 25 lbs. on the squat.

**POWER:** So lifters just accepted the gear? No one questioned it?

**SIMMONS:** I've never heard good lifters complain about gear. If you're a good lifter and something new comes out, you're gonna get it. I recall weighing in with Fred Hatfield in 1979 in Canada at the North American Championships, and back then knee wraps

gave you like 5 lbs. in squat. Fred had these knee wraps like five times thicker than I've ever seen. So they tell him you can't wear them. He asks, why not? So they measured them and the width was correct. What he'd done is cut up jock straps and sewn them together to make knee wraps. Back then everyone took every advantage they could.

I'm not gonna let anyone have an advantage over me. And you're not, either. You and Neutron battle in the bench, you are gonna have the best shirt you can find, and so will he. Let the best man win. The shirt's not winning. You guys are gonna win.

**POWER:** Now for a serious question: If Westside Barbell was a wrestling group in the WWE, what song would they come out to?

**SIMMONS:** Iron Man.

**POWER:** Now tell me what you got going on with CrossFit.

**SIMMONS:** I'm doing CrossFit seminars. You know, as I am getting older, I need to try and educate. I was asked to work with CrossFit to teach them proper powerlifting and programming and organization. The thing about Crossfit is that they are very energetic and willing to learn anything. I give them a lot of credit. They are not out there just trying to make money. They are trying to teach the general public how to be healthy — and all the women are hot.

**POWER:** Thanks Lou. Anything else going on with Westside? How about your website, [www.westside-barbell.com](http://www.westside-barbell.com)? Or any new inventions?

**SIMMONS:** We are in the middle of a re-design with the site, and I'm working on some new inventions that I can't talk about right now. **PM**

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# SUPER TRAINING: HOW WE ROLL

BY MARK BELL, EDITOR-AT-XTRA-LARGE

The road paved by Louie Simmons and his elite lifters gives me confidence that his program works. Why do I feel it works? How about 20 800-lb. deadlifters! The Russians used to do a lot of testing on their weightlifters, and Lou adapted a lot of those principles. Now he has his own testing ground at Westside Barbell. Through science, math and lots of trial and error, Lou has come up with the "Westside Barbell Method." Time and time again this method has

not just worked for Lou and his lifters, but for thousands of athletes all over the world. My gym, Super Training (ST), was started in 2006, and this is the method we have used from day one.

I trained at Westside for a little more than a year in 2004. Simply put, if you're not at Westside it's hard to know exactly what Louie is working on next. There is some variation between what we do at ST and what they do at Westside Barbell. But we utilize all the general







ideas of Westside Barbell. As Lou says, “Our results justify our methods.” I also use lifter feedback and trial and error to figure out what will work best for ST. The program we use consists of three different methods: repetition, dynamic and max effort.

### **REPETITION: BE JACKED.**

This method uses higher reps and moderate weights to promote bigger muscles. Remember a bigger muscle will create better levers. That’s something to think about for all you fat guys who don’t even look like you work out. More often than not, a bigger muscle is a stronger muscle.

The repetition method also gives you a chance to strengthen where you are weak and allows you to train the smaller muscle groups. It’s used in every workout after the main dynamic or max effort methods are completed. Also known as the “bodybuilding method,” it includes a lot of standard bodybuilding protocols, such as three to four sets of eight to 12 reps. You can also implement super sets at this stage of the workout.

Work on getting a pump. There, I said it. Pump. Seriously, bodybuilders know how to build muscle like no other athlete on earth, so why not employ some of their methods to slap on some muscle?

### **DYNAMIC EFFORT: BE FAST**

This day is devoted to three concepts: bar speed, form and conditioning. Bar speed is key. Start with about 50 percent of your one-rep max and move the weights fast. Move the bar with violence. Try to exert as much force as possible on every rep. Bands and chains are often added to the bar to give you more optimal weights that will allow you to generate more force. Ingrain great form. Perfect practice makes perfect. Work on your conditioning through high volume and short rest intervals. Eight to 12 sets of two to three reps with 60 to 120 seconds rest.

Remember, it’s important to go up in weight about half the time after your speed work is done. If you used 250 lbs. plus a green band for eight sets of two, then go ahead and take about three or four more heavy sets. Try 275, 300, then 315. These heavier sets will really test your courage and strength as you try to keep your form in a fatigued state. On top of that, it’s just fun!

You will have one day a week devoted to training fast. This is known as dynamic effort, speed training or force training. This day

is designed to refine your form and make your body produce as much force as possible. Because you’re teaching your body to produce force and explode, it’s common to use either bands or chains to give you optimal weight to accelerate. The use of bands and chains is referred to as accommodating resistance.

In addition, this day can be devoted to higher volume and conditioning. I suggest being in a group of three to five lifters and going one person after the next. Rest periods can be as short as one minute and, if you’re out of shape or doing heavier sets, you can use up to three minutes. The weights on this day will normally start out at around 50 percent. Raw lifters may be up in the 70 percent range. But again, focus on bar speed and not bar weight.

How do you know if you’re too slow? If the weight slows down during any part of the concentric phase then it may be too heavy. If you have to lower the weight super slowly, then the weight may be too heavy. Your eccentric phase (lowering of the bar) should be one to three seconds. Your concentric (raising of the bar) should be one to two seconds. You’ll notice top lifters standing up with massive weights up to 1,000 lbs. faster than you can get up off a couch. That’s explosive power at its best.

Some notes: On a lower body day, some type of box squat is used every week. You may use two or three-week waves for the weights and the bar. On speed bench, some type of bench is always used, i.e. floor press, board press, regular bench.

On lower-body day, the outfit needed is typically a pair of Chuck Taylor shoes, a belt and a pair of powerlifting briefs. It’s my belief that even raw lifters should use briefs from time to time. This will allow you to overload the squat and keep the hips supported. For upper-body speed bench, a pair of wrist wraps and a Sling Shot is a good idea.

I know, I know, that was a cheap-ass plug — but it’s not like I’m saying you have to buy my one-of-a-kind multi-purpose wraps that can go on your elbow, forearm, wrist or knee. I’m not saying you have to buy my amazing shoulder stabilizing Sling Shot. It’s simply a recommendation from my website, [www.HowMuchYaBench.Net](http://www.HowMuchYaBench.Net). Seriously, though, the Sling Shot will allow you to add more volume, use more weight and keep your shoulders and chest from feeling destroyed.

### **MAX EFFORT: BE STRONG**

Lift the heaviest weights possible for a one- to three-rep max. Some newer lifters may want to hold back on this a bit as they adapt

to the new training methods and exercises. Switch up exercises every week or every other week and max out. Select exercise variations of the squat, bench and deadlift. Warm up with low reps so you don't burn yourself out. Record your max and try to beat it. Get back to the same exercise every four to six weeks.

Make small jumps in weight as you get near your max. Doing extra sets is better than missing weights. The best lifters in the gym very rarely miss. This may mean that they're only going to 95 percent or so. However, this can still make you stronger as it builds confidence for you. It also teaches your body what it's like to make big lifts instead of missing them. Stronger lifters will often times make better choices with how they pick their attempts. Choose wisely.

## HOW WE DO AT ST

**Tuesday:** Max effort squat/deadlift. This day has more of an emphasis on deadlifts. At ST we simply rotate the max effort work as seen in the quick example below. You will see that even our speed deads might be done on our max effort day. Remember there is more than one way to skin a cat. If a deadlift is not performed as the main movement, it may be used as an assistance movement for reps or speed.

### SAMPLE MAX EFFORT LOWER BODY MOVEMENTS:

- **BOX SQUAT WITH VARIOUS HEIGHTS AND BARBELLS.** I like using the cambered bar and safety bar on these days on a parallel or slightly below parallel box.

- **GOOD-MORNINGS.** My favorite is chain suspended good-mornings with chains on the bar, so the barbell is resting in the chains and it also has chains on the end of the barbell for added resistance. I like to do them from different heights, ranging from lining it up with my groin and lining it up with my sternum while it's resting in the chains.

- **DEADLIFTS.** conventional, sumo, reverse band, off mats or off the rack. You can also deadlift while standing on mats to create a greater range of motion. My favorite deadlifts are with chains, standing on mats and reverse band.

### ST SAMPLE THREE-WEEK BREAK DOWN OF MAX EFFORT EXERCISES

**WEEK 1:** Low box squat to a max set of one to three reps. Follow this up with six to eight sets of one or two reps of speed deadlifts. You will use 50 to 70 percent of your max pulling against bands or chains. Don't get caught up with the number crunching too much — you're not a nerdy accountant (no offense, Pops). Lift weights and ask questions later.

**WEEK 2:** Reverse band deadlift followed by raw squats, four sets of four to six reps, or reduce the weight and perform three sets of five reps on the reverse band deads.

**WEEK 3:** Suspended good-mornings — followed by crying, then finish up with a little bit of death. Warning: It is better to blow out a hammy than it is to blow out an o-ring.

**THURSDAY:** Max effort bench. The focus here is to go to a one-rep max for some type of bench press like movement. I'm a fan of doing floor presses. Donnie Thompson suggests you get a small mat to lay on while doing floor presses so the shoulder blade doesn't grind on such



a hard surface. Keep in mind you will switch exercises every week. I like doing floor press against bands or chains, as well. Another exercise I like is reverse band bench and reverse band bench in the Sling Shot. Nine-hundred-pound bencher Dave Hoff of Westside Barbell is the person who recommended this lift to me.

### SAMPLE MAX EFFORT EXERCISES FOR UPPER BODY:

- Floor press. My two favorites are against bands or chains.
- Board press. One, two or three boards.
- Sling Shot bench, with or without reverse bands.
- Bench against bands or chains.
- A full-range regular bench press can be used, but we do not do this at ST.

**SATURDAY:** Dynamic effort squat/deadlift. This day is focused more on the squat. I enjoy the fantastic feeling of doing three-week waves. I'll also use two-week waves from time to time as well. I don't get all crazy about the percentages, but a good rule is to use about 50 percent for week one, give or take 5 to 10 percent and use that as a starting place. So a wave may look like this if you squat 500 lbs, increasing the bar weight by about 3 to 5 percent each week.

### Example:

**WEEK 1:** 50 percent 250 lbs., plus a green band for 10 sets of two.

**WEEK 2:** 55 percent at 275 lbs., plus a green band, for eight sets of two, working up in weight to a heavy double.

**WEEK 3:** 60 percent at 300 lbs., plus a green band, for six sets of two, then work up using singles. Go to 90 percent and do not miss!

It is a common practice to do eight to 10 sets of one to two reps on speed deadlifts after dynamic squats. The percents would normally be about 60 to 80 percent depending on how fast you can move the weights.

I'm not a fan of de-loading or any such word, so I simply start the next cycle over where again you'd start with a lighter load in the 50 percent range. I hate to get on a rant, but screw it, it's my magazine — I will anyway. What do you need to de-load from? Why is everyone always crying about being hurt? Pain is part of this sport, train for pain. Train your pain tolerance and please stop being a big fat baby. Remember this: no brain, no pain! Stop thinking about it so much and just lift. I seriously don't want to hear how you missed the lift because your knees came in. The truth is you missed the weight because you have the hip strength of 90-year-old grandma. You know the kind. They use walkers with the tennis balls under the front. I'm just as guilty as the next guy in terms of making excuses, but remember that the road to nowhere is paved with excuses.





**I DIDN'T INVENT TOILET PAPER, BUT I'M SMART ENOUGH TO USE IT.**

~Louie Simmons

**SUNDAY:** Dynamic effort bench. I use a variety of bars, bands and chains. The set and rep scheme is normally eight to 10 sets of three reps with about 50 percent of max. On occasion I will do six sets of five reps or six to eight sets of four. The main focus is explosive power and having your form be the same throughout most of the sets and reps. The best lifters make their last few reps look the same as their first few.

Typically I use the mastodon bar, or the fat bar on speed day. Every few workouts I'll do a floor press for the speed sets. I prefer to do at least two-week waves but sometimes I end up wave-less. I feel it's important to lift and work with my team as much as possible. So if I come in and Big Roy wants to use straight weight for the day, I'll hop in on that. You'll get a better workout by training with other guys rather than following some stupid spread sheet. I have made this mistake more than once.

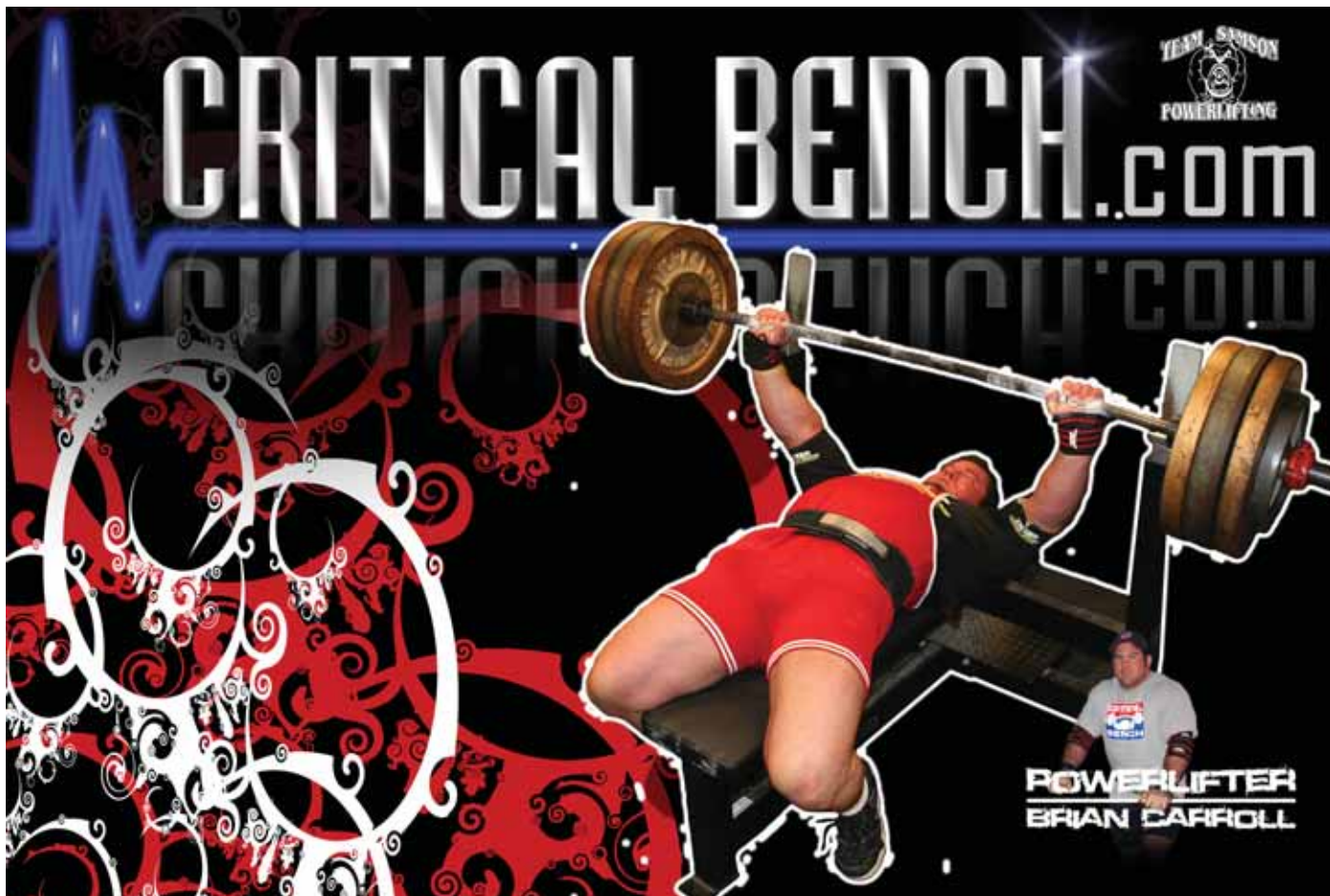
I like using the bamboo bar with Kettlebells after I do my speed

## WRAP IT UP

Remember to always follow up these main event exercises with assistance work. Choose exercises that will build and strengthen the muscles involved in the bench, squat and deadlift. This is also a great time to work on weak areas.

Do your homework and buy products that will help you to become as strong as possible. Hop on the Internet and start looking up information on Louie Simmons and Westside Barbell. Buy Louie Simmons' book *The Westside Book of Methods*. Many of the bands, chains and barbells mentioned in this article can be purchased from Louie at [www.Westside-Barbell.com](http://www.Westside-Barbell.com).

Give this program a shot. Don't just try it out for a week and say it doesn't work. Give it at least a month take time to learn your trade and understand the program. Above all else, realize that the best lifters train hard and you need to as well, no matter what program you follow. Surround yourself with the best and most positive people that you can. One rotten egg can make the whole room stink. At Super Training we roll with this motto: "Either you're in or you're in the way." **PM**





A group of people in a gym are performing a mobility exercise on the floor. They are in a low, crouched position with their hands on the floor and heads tucked down. The gym has various equipment visible, including a pull-up station, a rack of barbells, and several rowing machines. The floor is dark and appears to be rubber matting. The background is a plain white wall.

# MOBILITY: A POWERLIFTER'S SECRET WEAPON

AN INTERVIEW WITH KELLY STARRETT BY PAUL SOUTHERN

Kelly Starrett received his doctor of physical therapy in 2007. His popular mobility seminars sell out worldwide. His [www.mobilityWOD.com](http://www.mobilityWOD.com) site had more than 600,000 visitors in the first 80 days. Starrett's background as an athlete and coach includes high school and college football, paddling whitewater slalom canoe on the U.S. canoe and kayak teams, and leading the men's whitewater rafting team to two national titles and competition in two world championships. He owns and operates San Francisco CrossFit.







**“I use the word “mobility” and not stretching because stretching doesn’t necessarily work. Stretching typically refers to a muscle. Muscular stiffness and muscular position is complicated. It’s based on the joint position, neuromuscular control, midline stabilization and how glued-down you are from the workout the day before”**

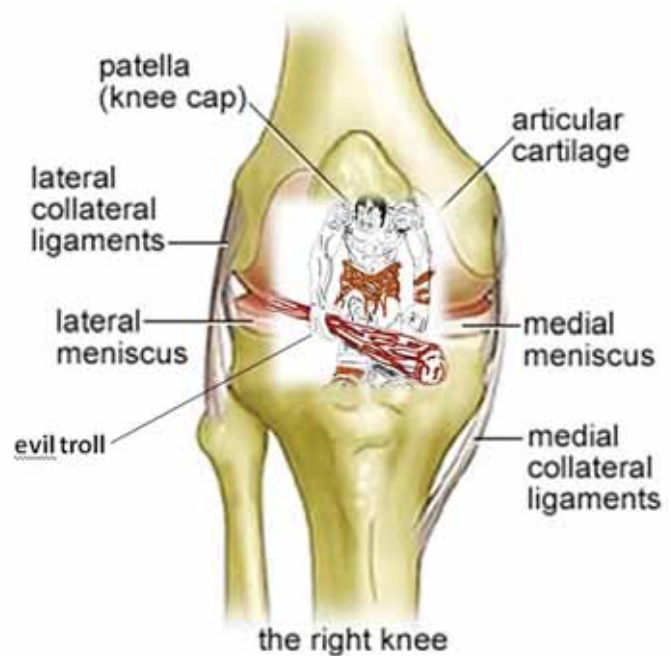
To say that Starrett is in high demand is an understatement. In the two weeks before this interview, he was in Scandinavia, Chicago and Los Angeles helping athletes improve their performance. This is in addition to being a father and husband, running a burgeoning gym and rehabbing athletes as a doctor of physical therapy. If you attend one of his seminars, check out his website or get a chance to talk with him, you will understand why. Starrett has a really big brain. Sure, there are a lot of big-brained people hanging out at coffee shops near colleges, sneering at dumb people and doing nothing for mankind. But Kelly has a higher purpose. He takes complex ideas about human performance, rehab, kinesiology and health and breaks them down into single-serving niblets of legitimacy for those trying to improve their human condition. If your knee bothers you after a workout, should you run to a surgeon to cut you open and remove the evil troll under your patella, or should you learn how to manage your own business? I’ll take the latter, and K-Star is showing the way.

As a physical therapist and coach, Starrett works with athletes at the top of their game: professionals, olympians, state champions, CrossFit Games-winners, record-setting powerlifters, etc. He sees a lot of these athletes as being like Ferraris driving around with the handbrake on. With a dark gray-primered door. Oh, and a 55-mph tire under the banged-up right front quarter panel ... dragging a tree branch under the rear differential. These athletes are operating at a ridiculously high level and they still have so much more to give if they could just get into better positions and improve the quality of their tissue.

So I got Starrett on the phone for half-hour. And this is what we talked about.

**SOUTHERN:** I’m wondering if you can clear up some confusion. What is the difference between your mobility research and the stretching poster that came with my Uncle’s Bo-Flex?

**KELLY:** I use the word “mobility” and not stretching because stretching doesn’t necessarily work. Stretching typically refers to a muscle. Muscular stiffness and muscular position is complicated. It’s based on the joint position, neuromuscular control, midline stabilization and how glued-down you are from the workout the day before. So when you are just looking at muscle length, it is a short alley. What we really have to do is focus more on position. I consistently



see that really good athletes, especially strength athletes, are potentially working at the limits of their position. If we can’t optimize position, then we have really lost the chance to optimize mechanical advantage. We’ve lost the chance to optimize the best length tension relationship of the joint, the musculature that affects the joint and the soft tissue that supports the joint.

**SOUTHERN:** Can you give me an example?

**STARRETT:** Classically, I see guys that get short in the hip capsule. As soon as we improve their flexion by mobilizing the joints into the back of the socket, by using a movement bias and working on hip flexion we are then challenging the hip capsule tissue. Suddenly that joint rests more mechanically efficiently in the back of the socket. The hamstrings have a better mechanical advantage. The leverages improve. And I’m un-impinged. So I have more movement and setup options. God forbid I’m flipping a tire and not just lifting a barbell. We see athletes working at the end range of their mobility, anyway. When you are at the end range of your muscles, you’re weak and soft there, too. You just don’t have a lot of length tension overlap. So, lo and behold, you have fundamental (type 1) movement errors all the



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# **BENCH HEAVY WITH LESS PAIN**



“ In April I benched a personal best of 550 lbs. raw, then I trained with Mark Bell and the Sling Shot and 5 months later I benched 606 lbs raw! Tendonitis was preventing me from training heavy. Mark had me use the Sling Shot for my bench press and I was able to train pain free and increase my bench at the same time. ”

- Stan Efferding

“ I got my Sling Shot yesterday and I really like this thing! I have a pain in lower position in bench press, but with the Sling Shot it went away! I did 480 lbs for 5 reps with my close grip. You cannot bench close grip in bench shirt and I don't like wearing a shirt, but I will use the Sling Shot all the time in my bench program for many different things... most importantly in recovery from chest and shoulder injuries. ”

-Konstantins Konstantinovs

*Mark Bell*

# **SLING SHOT**

HowMuchYaBench.net

[www.HowMuchYaBench.net](http://www.HowMuchYaBench.net)

time. For example, if you are over-extended in the thoracic spine (upper back), if your thoracic spine is stiff and you tilt the whole thing back and you look like you are broken at the bottom of your rib cage, it turns out that your lower traps just don't turn on effectively. Then, if you can't stabilize your scapulae, you can't provide a stable platform from which to press off. The basic pieces of this are: What are the limiting factors toward getting athletes into a good position?

**SOUTHERN:** Is throwing a leg up on the 12-inch box for a little 10-second hammy stretch going to get you to your next PR? Or will it work out that hamstring pull from last week's co-ed softball train-wreck?

**STARRETT:** Traditionally, athletes come to mobility and come to these issues only as a way of getting out of injury. And that is a fault of physical therapists, physicians and chiropractors alike that they do not impress upon the athletes that this is an issue of performance. It's very simple. Pain is not a sophisticated enough mechanism to drive a paper change about performance. What is significant is that,

**“The coach cannot cue an athlete into a better position, although cueing could be an issue. If we get an athlete into a better position, then we see a commensurate change in power output, wattage, poundage and rep count.”**

if you have a capsular problem in the hip and we notice that you cannot get into a good position, and we get you to work on that, then we see an immediate change. We expect that your pain should resolve. We expect that your dysfunction should resolve. That is the easy stuff. But more importantly, if we are doing the right things, we see a change in power output, we see a change in strength output, and we see a change in work capacity. Choose your piece. That is how we know this stuff works.

**SOUTHERN:** So the right mobility work can help someone become a world-class athlete?

**STARRETT:** What's nice is that, when we are chasing an idea of the best joint congruency, safest joint position or most integrated spine, these are also all the ways that I create the best leverages and best mechanics in the human being. Right? Mark Bell deadlifts in a way that he loads all his tissues in order. He is able to keep his spine neutral. He loads his hips early. He tensions at the knee and hamstrings by tensioning in the right order. It speaks to his mechanical efficiency and prowess.

Now what we need to say is that, if athletes cannot get into these good positions, then it's not an issue of working harder or pulling more effectively. The coach cannot cue an athlete into a better position, although cueing could be an issue. If we get an athlete into a better position, then we see a commensurate change in power output, wattage, poundage and rep count. At the same time I am also going to capture tissue health, mobility and extensibility, and injury prevention. I expect that. But by focusing on performance first, I'm going to get those other beneficial things as a derivative.

**SOUTHERN:** So how do we get athletes to mobilize their areas of restriction?

**STARRETT:** We know how to eat (theoretically), we know how to train, we recover, we obsess over the details, we watch weightlifting videos — yet when we have knee pain, we don't understand where to start. Or we don't understand how we are being inefficient. Or how we are running around with the brakes on. We used to play this game with rental cars a long time ago ... uh, er, I mean I have heard about this game. In the game, you keep the gas pedal floored all the time in the rental car. By the way, I'm not saying you should do this. But it has happened. Potentially. So you keep the gas pedal floored and then accelerate and decelerate with the brake. Right? You can run the car that way and it is very hard on the car. It's called Gas'O Brake'O.

A lot of athletes are playing Gas'O Brake'O. When they have pain or tissue failure, most of the time, 99 percent of the time, it is not traumatic. It is an issue of having a slap tear because they were in a bad position and there was translational loading. Or they had to make a movement compromise based on poor mechanics. So if we focus on the mechanics and we focus on positioning, then we can see changes in force production and we have tissue protection.

We play Gas'O Brake'O until we have a shoulder problem. And then we scramble around to figure out what's up. If you tweak your back or tweak your shoulder and miss a training micro-cycle or a training cycle and you have to lay off heavy pressing for two weeks to recover your shoulder, then I'm two weeks ahead of you. If you can't stabilize your back because your hips are tight and you have a little back tweak, I get a week ahead of you training and you can't catch up. There are only 52 weeks in a year and if you give up a week, I've got you. Especially since the difference between first place and last place is 1 percent. The difference between a gold medal and not is miniscule. And so why are we not paying attention to these little details?

**SOUTHERN:** You have a CrossFit, or conjugate way of approaching mobility. Can you talk about that?

**STARRETT:** We don't do the same training model every single day. Why should I mobilize or stretch the same way every single day? And we don't. It doesn't work. Athletes don't do it. So now we have these big strong athletes with huge work capacities, playing Gas'O Brake'O, wondering why they tore their labrum. Wondering why they have an impinged hip capsule. These things are so easy to spot. We are talking about issues of longevity and we are talking about issues of performance. And they are one in the same. PM

This interview is continued in the next issue of Power magazine. Can't wait to find out about all the mobility bits that you are missing? Go to Starrett's [www.mobilitywod.com](http://www.mobilitywod.com) for daily mobility recommendations. Doing a few minutes of work per day will make a dramatic difference in performance in a short amount of time.

**About the Author:** Paul Southern has gathered a large following of fitness enthusiasts together under the CrossFit Pleasanton banner and built a successful real gym (Re-Active Gym) in the SF bay area of California. He served five years as a Fleet Marine Force Corpsman. Since then Paul has been a coach and entrepreneur. When he is not in the gym, he is spending time with his kids and the ball-n-chain.

**Note:** Kelly Starrett will be at CrossFit Pleasanton March 27th 2011 for a Mobility Seminar. Go to [www.crossfitpleasanton.com/events](http://www.crossfitpleasanton.com/events) to sign up.





# APEX

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# FOCUS AND DRIVE

## A Personal Perspective

BY JON ANDERSON

PHOTOGRAPHY BY JEREMY MAURER/JERMAURER.COM, COURTESY OF MHP

**Look at me. I guarantee you're not imagining that I started out as a pudgy, cookies-and-ice-cream-loving little boy. My body has become my trademark, but it wasn't just the gift of good genetics that got me here. I have put almost 25 years of hard training in, and my physique speaks for itself. The path I chose has paid off, and it's interesting to look back to when my intense personality was directed only toward satisfying my sweet tooth.**



Waking up early on a Saturday morning to run errands with your parents is torture for an eight-year-old boy. My mom and dad never questioned why I didn't want to go along for the ride. Little did they know I had plans of my own. As I watched their car slowly pull out of the driveway, I made a beeline for the kitchen. I grabbed the freezer door and threw it open, only to find the ice cream container completely empty.

Panic quickly set in. I made an about-face and frantically bolted for the front door – I had to catch my parents. The thought of being stuck at home alone without my sugary obsessions was painful. The car was nowhere in sight; it was time to take action.

I made a mad dash across the lawn, hopped the neighbor's fence and pounded on their door with tears rolling down my face. Within minutes the neighbors and I were racing down the road to catch my parents. In my eight-year-old mind this was a drastic situation that called for drastic measures. Even then, I would go to any length to get what I wanted. To this day, my parents have no idea that the driving force behind my frantic need to be with them was ice cream. The years to follow were filled with countless trips to the corner store to spend any money I had on my favorite sweets.





## A NEW OBSESSION

By the time I reached my teens, I could no longer use being big-boned as an excuse. Round was a better description of my appearance. This, accompanied by the reality that I was a late bloomer, did not help matters. I still laugh at pictures of what I call my fold-over titties, or man boobs. Most of my athletic endeavors left me in the “average” category. There was no burn in my belly, unless it was for a Snickers. That is, until the day I saw the movie Conan the Barbarian.

As funny as it sounds, something truly clicked. I was never the same. From that point on, there was only one objective, one focus. I wanted to be big, but not just showboat big. I wanted the strength to back it up. From there, the lifelong quest was upon me. Training was the only thing that mattered. I would frequently skip classes in high school to go to the weight room, even though I had a weight training period. One hour a day wasn't enough.

Keg socializing was left on the sidelines, as the fire for training still ran strong in college. Making sacrifices was not a problem as long as it brought me closer to my goal. I spent most days training alone – no partner, no spot and no one to hold me back. This is where my off-the-wall training principles were born. I put together workout routines with insane amounts of volume and pounds. When I think back, I admit that I was probably severely over-trained, but I loved every minute of it.

I didn't buy all the B.S. written in mainstream muscle magazines. All the numbers everyone else reported didn't bring about the muscle failure I was looking for. I always had extra gas in the tank to push a little more. I taught myself to train past the point of pain. My motto became, “Don't let your head get in the

way.” There were no magazines like *Power* to give me outside-the-box training advice to reach maximum potential. So I continued to push the limits, making progress every step of the way.

My extreme nature spread into nutrition, as well. I reshaped my diet entirely and pushed the metamorphosis into high gear. Gone were the sugary desserts, and in their place was all-mighty protein. I would eat as much flesh as I could get my hands on. To this day, I still eat 4 to 6 lbs. of protein a day.

## CONQUERING STRONGMAN

One summer, my best friend, Josh Fink, convinced me to try a Strongman competition. The sport gave my training new focus, and my drive was magnified beyond what most people can understand. I have always been an all-or-nothing kind of guy, and this was no exception.

I won my first competition. Within the first year I was traveling around the world as a pro. All the years of training with my outside-the-box attitude finally made sense. I was able to put the insanity to use. After establishing myself as a top contender, I quickly gained recognition and popularity in the sport. My physique stood out among the more traditional Strongmen, and my charismatic personality turned heads.





## A NEW CHALLENGE

After several successful years in Strongman and a few wins under my belt, other opportunities began to present themselves. One opportunity was so lucrative that it took me away from the sport I love. It was then that my pro wrestling career began.

I had wrestled throughout high school and had several years of MMA training, which made the transition smooth. The power, speed and agility a wrestler needs to be successful was already there.

Now I split my time between two federations and cross the globe on a regular basis. CMLL and New Japan Pro wrestling have made me a consistent part of their rosters. My popularity has spread, with the help of sold-out arenas, and my regular television coverage makes performing in front of 30,000 people just another day. The wrestling ring has given me an outlet to once again put my extreme training to use.

## USING BUILDING BLOCKS

No matter what training technique you chose to torture yourself, remember that you can't build a massive body without proper building blocks. I continue to eat as much protein as possible. I rely on two resources to make my protein requirements: Grassland beef and MHP.

The proof is in the pudding ... or not. I have proven that hard work and sheer determination can overcome many things. My workouts and nutrition continue to follow time-tested basics: consume lots of protein and train like a madman. Focus, become the best at whatever it is you choose to do and don't let anything get in

your way. Someone who was once a placid, sugar-driven couch potato is now a 300-lb. locomotive showing no signs of slowing down any time soon. **PM**

## TRAINING TIPS

I was not born with big legs, so leg training is a focal point. Here are a few examples of my extreme training techniques:

### SQUATS

**Warm-up:** Pre-select three weights, then pyramid up in three-rep sets until the heaviest weight is reached.

**Workout 1:** Three sets to failure technique. Starting with the heaviest weight, execute each set until true failure is achieved. I take as much time as I need for vomiting and recuperation between sets. Here is an example of the weights I use regularly, and my PR reps: 600 lbs. x 15 reps, 500 lbs. x 24 reps, 400 lbs. x 15 reps.

**Workout 2:** 30-rep pyramid technique.

Choose a weight with which you can easily complete 30 reps. Gradually increase the weight with each of the following sets, completing 30 reps each time. Once you have reached a weight that is too heavy to complete 30 reps, pyramid down. Here is my PR for this brutal technique: 135 lbs. x 30 reps, 185 lbs. x 30 reps, 225 lbs. x 30 reps, 275 lbs. x 30 reps, 315 lbs. x 30 reps, 365 lbs. x 30 reps, 405 lbs. x 30 reps, 455 lbs. x 30 reps.

(The first set on the decent is the most painful, in my opinion.)

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**CROSSFIT ENDURANCE**

BY BRIAN MACKENZIE

**WESTSIDE FOR THE RAW SQUAT**

BY ROBERT WILKERSON

## POWER AD INDEX

ADVERTISER	WEB	PAGE
ANDERSON POWERLIFTING	ANDERSONPOWERLIFTING.COM	13
APT	PROWRISTSTRAPS.COM	43
ARNOLD SPORTS FESTIVAL	ARNOLDSPORTSFESTIVAL.COM	31
CRITICAL BENCH	CRITICALBENCH.COM	37, 47
GNC	GNC.COM	9, 17, 50, 51
INZER ADVANCE DESIGNS	INZERNET.COM	26, 27
LIQUID GRIP	LIQUIDGRIP.COM	33
LOS ANGELES FITNESS EXPO	LAFITNESSEXPO.COM	23
MHP	MHPSTRONG.COM	2, 3, 5, 7
PRIMO CHALK	PRIMOCHALK.COM	19
SLING SHOT	HowMuchYaBench.net	41
SUPREME PROTEIN	SUPREMEPROTEIN.COM	52
T-GRIP BARBELL	T-GRIPBARBELL.COM	19
TITAN	TITANSUPPORT.COM	11



GET TO KNOW...

# MARK BELL



**What superhero power would you most like to possess?**  
Teleportation.

**What is your idea of perfect happiness?**  
Having a happy family.

**What is your greatest fear?**  
Failure.

**What is the trait you most deplore in yourself?**  
That I can't read.

**What is the trait you most deplore in others?**  
Dishonesty.

**What is your greatest extravagance?**  
My Kilo plates.

**What is your current state of mind?**  
Check my Facebook status.

**On what occasion do you lie?**  
To get ahead.

**What do you most dislike about your appearance?**  
My face.

**What do you most value in your friends?**  
Goofiness.

**What or who is the greatest love of your life?**  
My wife and kids.

**When and where were you happiest?**  
In the gym tomorrow.

**If you could change one thing about yourself, what would it be?**  
Stronger or smarter.

**What do you consider your greatest achievement?**  
Going 10 for 10 at APF Seniors in Las Vegas and inventing the Sling Shot all by myself.

**What is your most treasured possession?**  
The Sling Shot

**What is your most marked characteristic?**  
My underwear are always marked.

**Which talent would you most like to have?**  
To dance like Al Caslow.

**What is your motto?**  
Either you're in, or you're in the way.

**Which living person do you most admire?**  
My dad.

**Who is your favorite hero of fiction?**  
Spongebob.

**If you were to die and come back as a person or thing, what do you think it would be?**  
A lesbian.

**What is your favorite movie?**  
Braveheart.

**Who is your favorite lifter?**  
Chuck Vogelpohl.

**What do you prefer: single-ply, multi-ply or raw?**  
Multi-ply, like my toilet paper.

**Are you married? In a relationship?**  
Married.

**Besides yourself, who would you like to see on the next cover of Power?**  
Since that is totally up to me, I can't answer. Wait and see! **PM**



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