



# JIMMIE PACIFICO

BY JEFF "ROBOT" IRION

**Who is Jimmie Pacifico and why should we care?** I'm a competitive multi-ply powerlifter. I compete in the 220-lb. class — that is, until I decide to fatten up to the 242-lb. class. Who knows when that may be, but the tiramisu is calling my name. Height wise, hell, on a good day I'm about 5-foot-9, but normally a tad bit over 5 feet, 8.5 inches. As for who and why anyone should care who I am, no one should. I believe people need to care more about the sport itself. I'm just another lifter — one who loves both divisions of the sport, equipped and raw. Being raised by one of the best powerlifters of all-time, I've learned to care about others rather than focusing only on myself. There are many guys in this sport who I look up to, whether it's for their lifting or simply their character. So to answer your question, we should care more about growing the sport instead of worrying about the self-centered aspect of things.

I think that about wraps it up. Thanks for the interview! Wait, Mark Bell says I need to ask you more questions. When did you start lifting weights? My dad got me into gymnastics at a young age to develop a base for me, he says. Lifting-wise, he started me out light in terms of how much and what movements I was engaging in, and this was at age 8. He wanted to start me out early like the Russians do with their kids, which is why they all turn into freaks later in life! They overpower everyone else, due to long years of muscle memory and muscle maturity.

**What sports did you play growing up? Were you any good?** The first sport I got involved in was track and field. I was a thrower — the good ole shot put and discus. My dad got me fixed with the whole "summer track" ordeal, the AAU and USATF federations. So he and I would travel around the country for meets as well as regional and national championships. They

were based out of age classes, so I started in the 11-12 year-old class during my first year, then continued onto the 13-14 and then onto the 16-17. Each year I would lead the country in the shot put and I think two years I led in both the shot and disc. I won four national championships and a handful of regional and state championships.

I got fascinated with football, and fifth grade was my first year with that. My first year in peewee football, I ran the ball at running back. There was a weight limit of 105 lbs. and I was right at it. In sixth grade I was ready to run the ball again, but the weight limit was 120 lbs. and I had gotten up to 146, so I had to play defense, which I hated. I was a great running back, and I got to play there again in seventh grade, when there was no weight limit. That year they pretty much gave me the ball every time. Our team was so sad that I scored 34 of the team's 35 touchdowns, and I threw the 35th! I ran for more



than 2,500 yards, so that right there explains how sorry we were. I played until the second game my junior year of high school, at which point I got into it with one of the coaches so I quit. Plus, we didn't have an offensive line, so I wasn't about to risk a blown out knee for a team that ended up going one and nine that year (we won the last game I played). So I stepped out and focused on track.

**What was your best throw in high school? How much did you weigh and what were your best lifts at the time?** My farthest throw was 71 feet, 7 inches in my senior year, which led the nation. At that time it was the farthest high school shot put throw since 1990. I went on to win the Nike indoor and outdoor nationals that year as well. I'll say it now and I'll continue to say it - powerlifting movements allowed me to throw the distances I did. My best gym lifts were a 765-lb. single-ply squat my junior year (I focused more on raw movements my senior year) and a 460-lb. bench my senior year, and I weighed about 210 to 215 lbs. I always told my dad I weighed more. He would always say, "Let's go check your weight on the scale in the garage," and I knew if I wasn't heavy enough, I was going to be lectured day after day about needing to eat more. He'd get bent out of shape if I wasn't heavy enough, so I would throw on a pair of boxer briefs (which I never wore since I'm a boxer guy) and put a 10-lb. plate in them. That right there saved me many lectures!

**Wow, that's a lot of information! Weren't you really undersized for a shot putter? How did you manage**



**to compete with the big boys?** Well, they didn't call me the Giant Killer for nothing! I believe the reason why I'm still considered the best shot putter of all time in high school in terms of how far I threw compared to how tall I was is simple: powerlifting and excessive amounts of speed work and plyometrics. From age 10 and onward, my dad had me always doing 40- to 70-yard sprints. I've also always had some pretty decent "pale-face" hops! My senior year someone asked me to dunk a basketball, so instead I dunked the 12-lb. indoor shot.

**You've got a tattoo of the Olympic rings because, as I understand it, you were hoping to go to the Olympics for the shot put. What's the story there?** When and why did you

stop competing in the shot put and focus entirely on powerlifting? Yeah, that right there is what you call a "tattoo regret." I got that tattooed on me with the line my dad always said: "Stay the course." It gave me something to work for and something to accomplish. I've since started my cover-up so I can get that past event out of my head.

I love track and throwing, but I finally just got burned out. I had done it for 11 years, and I was good - but once I hit college the coaches were more focused on Olympic lifting. That made me extremely weak, and it showed in my throws. My freshman year of college I was throwing what I threw during my senior year of high school with the 16-lb. shot. The coaches didn't let me squat heavy; they were focused instead



**that speed work was one of the keys to your success as a thrower. What did your speed work look like? Was it similar to the speed work popularized by Westside Barbell?** To be honest, my speed work was strictly 40-yard sprints and 50- to 100-meter sprints. I would sometimes run with 2-lb. ankle weights when doing 20-yard burst sprints and 40s. I would also use them a lot when doing technique work, since I was a “spinner” in the shot put instead of being a traditional “glider.” I ran on the 4x100m relay since middle school, where during our eighth-grade year my 4x100 team was undefeated, which was amazing. I think we ran a 46.9 that year at our conference championships, beating out the school everyone had their money on. It felt amazing sharing that with my three good friends, who I had teamed up with. I ended up running on the 4x100m team a few times during my high school years, but my dad pressured me to worry more about throwing than possibly pulling a hamstring, which I can respect.

**You started officially competing in powerlifting in 2010. What were your lifts at your first meet? Was it multi-ply?** Oh hell, nothing great at all! I believe I squatted 840 lbs. in a crappy one-piece metal suit, I believe it was double-ply. I pressed 545 lbs. in a single-ply shirt, then pulled a 640 deadlift weighing 209 lbs. After that meet, I knew I wanted to stick with powerlifting. I remember seeing Jake Anderson deadlift something crazy at that meet, more than 800 lbs., and after seeing that, I knew I wanted to deadlift more than 800 pounds one day. So here I am, continuing this journey. I’ve had my ups and downs, like blowing my back out at the end of 2011 and getting kicked out of Westside. I still love Westside, I love Louie and I have some friends who still train there, but leaving Westside was the best thing that’s ever happened to my powerlifting career. That and blowing my back out.

**How soon after your first meet did you start training at Westside?** I ended up meeting Hoff for the first time at a Lexen meet I did in Columbus, Ohio. He told me I was in the wrong gear (metal) and that I should come up to Westside and try out the best powerlifting gear, which we all know is Inzer. Louie and

on snatches and power cleans. The movements that had made me a great thrower were a thing of the past. So after my sophomore year I decided to move home to Dayton, Ohio, to continue to help my dad out at his franchise gyms. After the move, I went back to focusing on powerlifting movements, and I finally got myself into a meet at the end of 2010, for the first time ever.

**You’ve mentioned your dad many times so far. For those who don’t know, fill us in on his powerlifting career.** My dad is one of the best powerlifters of all time, winning nine consecutive IPF World Championships from 1971-79. He would have won his 10th world title in 1980, but got screwed in the Senior Nationals due to a silly rule of not being able to jump 5 lbs. on a lift. Personally, what I find most impressive is that he won a total of 104 competitions. That’s just insane to me! Another one of the most impressive things is the fact he benched 610 (in a tank top) weighing 233, and he wasn’t even wearing wrist wraps. He never wore wrist wraps when benching, to be honest.

**What were your dad’s best lifts?** I still say that my dad is one of the best bench pressers and powerlifters of all time. Even though PowerliftingWatch’s top 20 all-time list has a few of my dad’s stats/numbers wrong, it’s all good. I’ll be happy to give them to you:

**BEST COMPETITION LIFTS**

| Body Weight | Squat | Bench | Deadlift |
|-------------|-------|-------|----------|
| 198         | 694   | 539   | 722      |
| 220         | 816   | 576   | 755      |
| 242         | 832   | 590   | 750      |

**BEST EXHIBITION LIFTS:**

**Squat:** 852 @ 235 (in a meet in Santa Monica as guest lifter).  
**Bench:** 610 @ 232 (in a meet in the UK as guest lifter).  
**Deadlift:** 804 (with straps in training).

**Once your dad had you training for real, what did your training look like?** Well, I actually always did the 5/3/1 method all through middle school and high school. I truly believe that’s the best method to start your powerlifting journey. It creates a great base for your body and gives you tremendous amount of self-confidence, since you’re always PRing [setting new Personal Records].

I didn’t start deadlifting until I was 19. I had maybe pulled five times before then. I did do a tremendous amount of power cleans/hang cleans in high school, though. I didn’t care much for them at all — like I stated previously, I can’t and couldn’t stand Olympic lifting. My dad still lectures me today to throw them into my training since he said that’s what allowed him to deadlift 780 lbs.

**Along with powerlifting, you said**



# WEAK ENDS HERE™

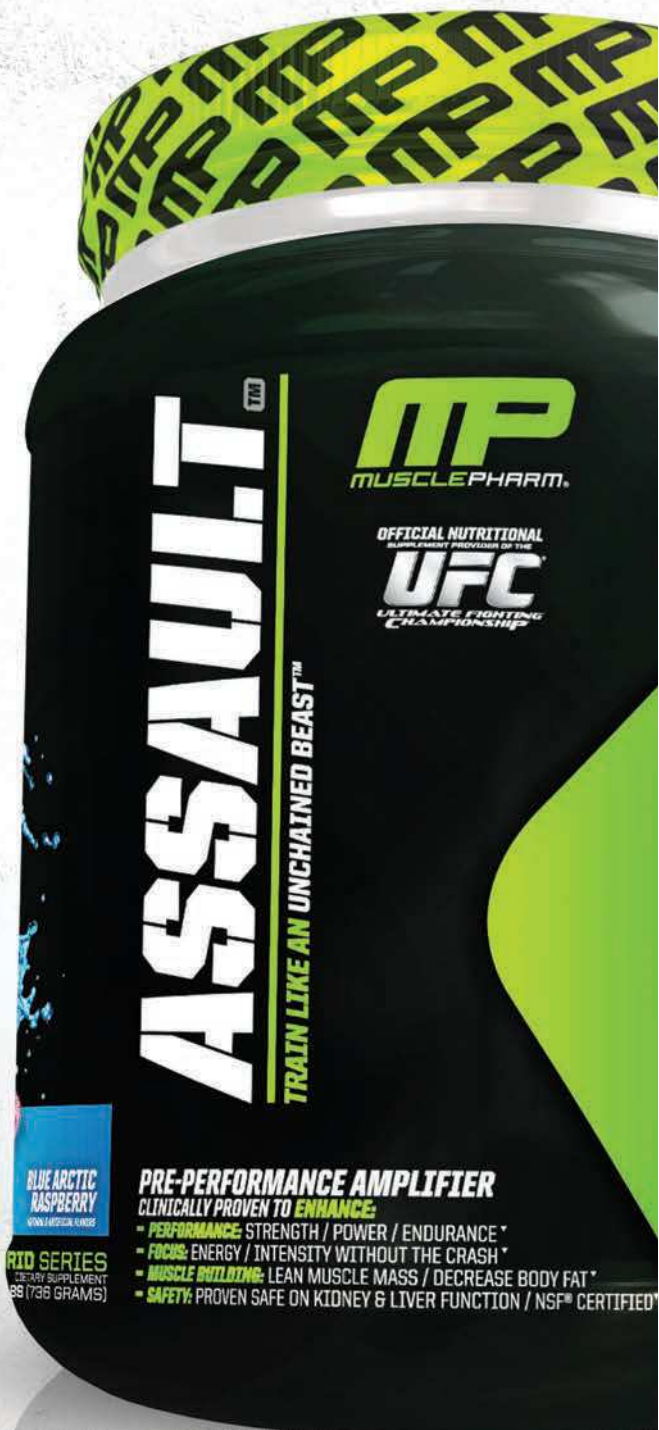
#1 RATED  
PRE-WORKOUT SUPPLEMENT

- ENHANCE FOCUS
- BUILD LEAN MUSCLE MASS
- FUEL POWER FOR LONG-LASTING ENERGY

## MUSCLEPHARM.COM

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints please contact the Publisher.



**PRE-PERFORMANCE AMPLIFIER**  
 CLINICALLY PROVEN TO ENHANCE:

- **PERFORMANCE:** STRENGTH / POWER / ENDURANCE \*
- **FOCUS:** ENERGY / INTENSITY WITHOUT THE CRASH \*
- **MUSCLE UTILIZING:** LEAN MUSCLE MASS / DECREASE BODY FAT \*
- **SAFETY:** PROVEN SAFE ON KIDNEY & LIVER FUNCTION / NSF® CERTIFIED

# LEVIATHAN



**DESCRIPTION:** THE KING OF THE SQUAT SUITS WORN BY THE KINGS OF THE SQUAT. THE **LEVIATHAN** IS A SUIT OF ARMOR THAT LITERALLY STANDS ON ITS OWN.

- THE CANVAS HYBRID™ DESIGN INCORPORATES TOP-GRADE CANVAS AND 4" WIDE Hardcore SIDE PANELS
- INCREDIBLE STOPPING POWER IN THE HOLE



**INZER  
ADVANCE  
DESIGNS**

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

800-222-6897



# INZER ADVANCE DESIGNS

[WWW.INZERNET.COM](http://WWW.INZERNET.COM)

800-222-6897

**THE SHIRT THAT'S ALL THE RAGE IN POWERLIFTING. THE RAGE X IS THE SENSATIONAL SHIRT THAT'S HELPING POWERLIFTERS SWEEP THE EARTH WITH MASSIVE BENCH PRESSES. THE RAGE X IS A STEP ABOVE ALL ROUND-SLEEVE BENCH SHIRTS IN CLEAR QUALITY AND EFFECTIVENESS. THE RAGE X IS THE MOST AMAZING POLY BENCH SHIRT IN THE HISTORY OF THE GAME.**

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

**THE FIRMEST, BEST BELT IN THE WORLD WITH UNMATCHED BUCKLE STRENGTH. AVAILABLE IN ONE OR TWO PRONG ZINC PLATED STEEL, SEAMLESS ROLLER BUCKLE.**

- *All Inzer Forever Belts™ are one solid thickness of the finest, select, exclusive leather. It is not layers glued together cheaply to make thickness as some other brands that can come loose years later. There are no compromises in quality in the Forever Belt™.*
- *Seamless, zinc plated steel roller buckle is unmatched in strength and durability, and it looks great.*
- *The buckle prongs do not waver back and forth. They slide one direction into and out the selected prong hole. This makes it easy to place the prong in the hole, saving you time when getting ready to lift.*
- *Six rows of lock-stitched, corrosive resistant, hi-density nylon.*
- *The edges of the belt are finished with refinement but not rounded. Rounding of the edges lessens the effective width. Therefore the complete competition legal width is maintained in the Forever Belt™.*
- *Finished with top quality, fine suede providing non-slip surface.*
- *Does not turn soft and fold over as another brand's belt tends to do. Conforms to your body shape over time and forever stays rigidly supportive.*
- *High compression riveted with the same rivets as used in the Space Shuttle program. Not bradded. Will never come loose.*
- *Tongue loop is riveted instead of sewn providing further security.*
- *Closer prong holes for more choice in precise fitting.*

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.

For reprints please contact the Publisher.



my dad go way back, and Lou had invited me up to Westside since I was in high school. I met Hoff at a meet in November 2010 and I started driving up to Westside from Dayton, which was about an hour away. After training with Hoff and the night crew, I learned so much. We had a badass crew consisting of Hoff (of course) but also Brandon Lilly, Freddy Bolt, Joe Jester and a few other beasts. All guys taught me a tremendous amount, especially during my second workout ever there. Brandon put me through a vigorous workout, which I loved. Back in that November, I totaled 2,125 at 216 lbs. In April 2011, my first meet as a Westsider, I totaled 2,300 at 219 lbs. That right there shows that the conjugate method works perfectly.

**What made you decide that Westside was where you needed to be?**

My dad knew it was the best route to go and the place to be. My dad had always ordered me suits and shirts but as we all know, my dad was a raw powerlifter and never had experience with equipped lifting. He said that if I wanted to be the best and learn how to truly master the gear, then Westside is the place where I need to train.

**What were some of the most important things you learned during your time at Westside?** Two of the most important things I learned

were accommodating resistance and how to train intensely. Understanding how to box squat the correct way was crucial, as well. I can't point out one single thing, since I believe all that I learned collectively taught me how to be a powerlifter. Louie's statement, which he told me and has always told others — which I didn't understand until he explained it — was that you do not get strong from training the main movements; you get strong from your accessory work. You've got to find your weaknesses and fix them.

**You haven't gotten to where you're at today without having to overcome obstacles. As you already mentioned, you blew out your back while you were at Westside. What specifically was your injury, and what caused it? How did you rehab it and come back stronger than ever? And what are you doing now to make sure that it doesn't happen again?**

It happened freakishly at the 2011 Powerstation Pro/Am in Cincinnati. Everyone was having trouble that day on squats in terms of foot placement underneath the monolift. The Convention Center there in Covington, Ken., was huge with insanely high ceilings, which ended up throwing everyone's depth perception off. I had made my first attempt extremely easily at 935

lbs. Come my second attempt, I jumped to 980 lbs., but what I did was place my feet a little too far back, so when I un-racked it, I was off balance and I fell forward a little. Well, my dumb ass tried to muscle it back into position rather than having the spotters grab it and me saying, "Take it!" That quick shift of the hips trying to get back into position caused a slight "pop" in my lower back. Adrenaline was rushing, so I didn't think anything of it. I attempted to un-rack the weight again, but as soon as I did, I knew something was up.

Probably 10 minutes after that, an insane amount of pain came over me. I'd never felt something so painful in my life, and I thought getting hit in the nuts was bad. I was in tears due to the pain, crazy stabbing along with not being able to straighten my left leg. An MRI later showed a severe herniation of the L5-S1 disc, with fragments of that disc lodged in my nerve canal from the massive blow the disc had suffered. That was the reason I couldn't straighten my leg, along with having excruciating pain in my feet and toes. I tried a series of epidural shots, going the conservative route first before thinking of surgery. They helped a tad, allowing me to then put pressure on my left leg and straighten it. But after more than two months and accumulating nerve dam-

**THE WEST COAST'S LARGEST STRENGTH AND FITNESS EXPO!**

**B BODYBUILDING.COM™**  
PRESENTS

# THE FIT EXPO™

## LOS ANGELES

**\$10 OFF DISCOUNT WITH AD**

Sponsored by SUBWAY® RESTAURANTS

**February 7-8, 2015 • Los Angeles Convention Center**



**Strongman Challenge**



**MAS Wrestling**



Featuring  
**USPA American Cup Powerlifting Championships**

**LOOK FOR MORE FITEXPOS IN 2015**

**CHICAGO**  
MAY 2-3, 2015

**SAN JOSE**  
JUNE 13-14, 2015

**ANAHEIM**  
AUGUST 22-23, 2015

**GIANT EXPO HALL**

Celebrities, Giveaways, Exhibits & Demos

**20 MAJOR CONTESTS**

Bodybuilding, Arm Wrestling, Jiu-Jitsu & Battle of the Bars

**HEALTHY LIVING PAVILION**

Cooking Lessons, Seminars & Samples

**FITNESS CAREER CENTER**

Start/Enhance Your Fit Career

**ONLY \$25 A DAY**

Fun For The Whole Family

**FOR TICKETS & DETAILS: [www.TheFitExpo.com](http://www.TheFitExpo.com)**

**\$10 OFF ONE DAY ADMISSION WITH THIS AD**

LIMIT ONE PER PAID CUSTOMER PER DAY

PM/15



©2014 Doctor's Associates Inc. SUBWAY® is a registered trademark of Doctor's Associates Inc.

Content is copyright protected and provided for personal use only - not for reproduction or retransmission.  
For reprints please contact the Publisher.





age to my leg and foot, I finally grew a pair and got the surgery. I knew if I didn't, I probably would never lift heavy again — and I had a chance of getting "drop foot," which means I would walk with a limp the rest of my life and have no flexion in my ankle and foot.

I rehabbed big time, with massive amounts of stretching and core work. In hindsight, I had always neglected my hamstrings. I know that if I'd had stronger hamstrings at the time, my lower back would have been stronger, so I focused on getting them up to par. Two months and two weeks after surgery, I was back to squatting more than 600 lbs. The doctor who did my surgery did a procedure called a "microdiscectomy," which basically means that he removed all of the disc material in the L5-S1, removed all of the material that had ruptured, and pretty much "pre-aged" me in that area. There's no chance of a future herniation in that area since

there's no more disc there — all that's there is the cartilage. As we all get older, that's what happens to our spine, so I'm thankful for no old-school fusions!

**Why did you say earlier that blowing out your back was one of the best things to happen to you as far as powerlifting goes?** Blowing my back out made me realize where my weaknesses were on my body and which muscles I had neglected focusing on and strengthening. It made me work so much harder to prove to people that you can come back and come back better after blowing your back out. I was lucky that I was still young when it happened, but it proves that no matter what you do in this sport, anything can happen when you least expect it. Just make sure you're prepared for it, know how to deal with it, and fight back on recovery to reach where you were and beyond.

**Why did you get kicked out of Westside?** Towards the end of my stay

at Westside, I was going through some shit. Let's just say that I was in a bad relationship, which made me depressed and caused me to not want to train. I was still having issues with my lower back, not the surgery site, but my SI Joint. I wasn't focused due to all the things going on around me.

I was asked to train with the morning crew. I'm big on having solid, good friends and guys who like to BS around and have fun from time to time. But when I trained in the morning crew, there were only a few guys I truly liked and respected like Luke Edwards, Shane Hammock and Tony Ramos — three extremely genuine guys. It was hard training with guys who are all about themselves. I didn't want to train around them anymore, so I would drive back to Dayton to my dad's and my place and train with the guys there.

Also, when I was training with the night crew, there was a time or two when Lou would get upset with me for what I was filming. I only followed what Hoff was doing in terms of the main movements, but apparently what he was doing (which was making both Hoff and myself strong) wasn't "Westside."

The first time I was kicked out of Westside was when Lou called and told me I couldn't come back to his gym because I had calmly walked out of the gym to take a few deep breaths after one of his interns had flirtatiously brushed his boxers across my girl's face in blatant view of me. Later that night, the guy and I talked and solved it in a civil and respectful manner. Well, a few weeks later, I was kicked out by Lou for "threatening to beat up" his intern (which didn't happen), but I was then allowed to stay. It just seemed the whole time I was there, someone didn't want me there, so it was like walking on eggshells. I still love Louie Simmons, respect him and fully support the conjugate method. But there are still a few guys there at Westside that I do not care for and never will.

**Where do you currently train? How has your training changed since leaving Westside?** I currently train at my gym here in Dayton, Ohio: "Pacifico Power Systems." It's the best lifting environment I've ever trained in, with the best training partners I've ever trained with and the best coach I've ever had

since day one: my dad. My training is still about 75 percent conjugate and always will be, but what I've changed, is the inclusion of raw training. Ever since I started going back to raw work, my geared numbers have skyrocketed. I truly believe that having a strong raw base of strength is the correct way of going about being a top multi-ply/single-ply powerlifter. Too many guys rely on gear to make them strong, but once they take it off, they aren't even as strong as my 181-lb. raw female training partner, Jeanine Whittaker, who squats 550 lbs. I've also incorporated many special exercises that my dad did back in his heyday. My goal is to one day make my gym known worldwide in terms of the amount of top level powerlifters that are here and the numbers they bring to the platform.

**What are some of those special exercises that you now include in your training?** A lot of skull crushers and a movement he did called "body triceps extensions." I'll have to post a video of it sometime; it's real good stuff and I can certainly tell it's helping. There are a few others, but I've got to keep them super-duper secret. I can't have people knowing my secrets! Maybe when I'm a washed up 50-year-old I'll release some ultra-secret stuff. When we release my dad's 475-page book *Champion of Champions* in 2015, you guys will all be able to see every single workout he ever did, as well as follow a timeline of stories and workouts from 1970-85, which includes all nine of his consecutive world titles.

**You said earlier that one of the most important things you learned at Westside was that you get stronger from your accessory work. What are some of your favorite accessory movements?** Well, as Lou has always said, he has an incredible amount of special exercises and it's the lifter's job to find which ones of those work best for correcting and strengthening his weaknesses. I always try to switch them up so I'm not always doing the same thing, that way I'm confusing that specific muscle (whatever it may be) week in and week out. One exercise I try to do a lot though is the banded skull crushers. I like to do eight skull crushers followed by eight presses (angling down to your feet to hit the underneath head of the

triceps), followed by another eight skull crushers. So that's 24 reps in one set. That right there, if never done before, will increase your bench in two to three weeks.

**There's a video on your YouTube channel (username: JPacificoPower) where you get sprayed in the face with pepper spray. Is that a Pacifico training secret?** I try to do anything that will help my mental state of mind, and if that means getting pepper sprayed by 5.3 million SHU Fox Spray then, hell yes. I try to think of stupid shit to get jacked up: pepper spray, tasers, getting punched in the face — anything that will turn me into a man!

Actually, I'm kidding. I had to get sprayed so I could carry pepper spray while working contracted police for the three years I did that, same with getting tased before being able to carry one. They want you to know how it feels when engaging force onto someone else, justifiably. I would post my taser video of me taking the 5-second lightning ride, but it's too hilarious and I scream like a little girl.

**What's next?** I heard that there might be a reality TV show in the works. Well, all I can say is that there are a few big networks my production company and agents are working with to get a show out there to the world following the my business, me, my dad and the bickering between us. It would also follow Holly and I as we train together, our home life, and her life as a fitness model, figure competitor and trainer. It would show the sport of powerlifting, the powerlifting community and the stress of creating a gym empire. There are a few other angles and plots to the show, but you'll just have to wait and see

**I read on the Internet that you're not a very good lifter, that your dad was overrated and that your girlfriend isn't hot. What do you have to say about all of that?** People are always entitled to their own opinions. I believe this particular statement was said on that silly powerlifting forum two days prior to the Westside Pro Invitational meet in an attempt to get in my head, which was a nice try, I must say! Am I a good lifter? That's for the future to find out and others to label. I'm here to try my best and fill a big set of shoes belonging to a man who won nine con-

secutive IPF world titles at a time when that was the meet that everyone competed in, a man who won world titles in three different weight classes and a total of 104 competitions. A man who was given the name "Mr. Powerlifting." So the opinion of him being overrated is silly. Ed Coan and my father are the two best powerlifters of all time, hands down. Lastly, I could give two shits who thinks Holly is hot or not — but judging off all the, "Damn bro, you're a lucky SOB," comments along with the fact that she worked for Maxim, I'm pretty comfortable stating that she's a 10.

**Who would you like to thank?** The most important person has to be my dad. If it wasn't for him and the way he pushed me at such a young age, then I definitely wouldn't be the lifter I am today, nor the athlete. My dad is my best friend and a man I look up to. I'm constantly trying to impress him and look to him to make sure I'm making him proud.

Secondly I'd like to thank Louie Simmons. Louie saw potential in me, and if it wasn't for his invite to Westside and the amazing experience I had learning at the strongest gym in the world, I wouldn't be the lifter I am today. I still look up to Lou and go to him for questions and suggestions, as well as for equipment for Pacifico Power.

I'd like to thank my training partners and crew for pushing me and supporting me, especially Jake Norman who is my right hand man. He's the only guy I'll ever have lift off my benches and wrap my knees for the rest of my lifting career. Why? Because he's just that good.

Lastly, of course I've got to thank Holly for putting up with me when I'm cutting weight and supporting my lifestyle of being a competitive powerlifter. She understands how it is, since she too competes as a stage competitor and has to diet down, but she still stands by my side and keeps my head on straight and is my No. 1 fan. I think being a powerlifter and having a supportive significant other makes it all that much easier. It's more fun having someone who loves lifting just as much as you do. It's a very rare thing to find, but if you're lucky enough to find that person then your life will be amazing.

I'd like to finally thank the Academy for nominating me. Wait, sorry. Wrong speech! **PM**