



MUSCLEPHARM POWER SPOTLIGHT:

BY MICHELE ATKINSON

CHAD WALKER

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PHOTOS COURTESY OF KEN RICHARDSON

What are your stats? I am 30 years old, I weigh 330 lbs. most of the time, I am 6-foot-2 and I lift in multi-ply gear.

What are your best lifts? My best lifts are 1,100 squat, 755 bench and 825 deadlift. These were not all done at the same meet, so my best total is 2,655.

What are your biggest powerlifting accomplishments? Getting a sponsorship from Elitefts.com. Another huge accomplish-

ment was squatting 1,100 lbs. at the XPC meet in March.

What is your favorite lift? Why? The deadlift. I like the dead because when you are competing in a meet it is the last lift, so everyone is usually exhausted and it is fun to see people dig in and pull big weights.

Where do you train? In my garage in North Port, Fla.

Do you have a coach? My coaches are Ken Richardson, Don



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Chad with son Magnus

Daubert and Josh McMillan, and my training partners. They help me by giving me honest feedback about my training and form.

How and when did you get into powerlifting? My great friend Matt Kroczaleski introduced me to powerlifting while I attended Ferris State University in 2000. He was a member of the weightlifting club I joined. Matt taught me a lot about powerlifting and mental toughness. He encouraged me to compete and still helps me to this day. I can't thank him enough for all of the help he has given me.

Do you have a background in other sports? Yes, I played hockey from age 4 to 15. I enjoyed it but I started getting too big, so I started playing football. I also wrestled and threw shot and discus for Jackson High School in Jackson, Mich.

What are your 2012 goals? To qualify for and compete at WPC Worlds.

Long-term goals? I want to become the top SHW in powerlifting.

What do you do for work? I am a police officer in Florida. I am in the K-9 Unit and my partner is a 2-year-old German Shepherd named Atlas.

Who are your biggest fans? My wife Kelly and son Magnus. My friends and family are also very supportive and actually travel to most of my meets no matter where they are.

Do you have any meet superstitions? No superstitions, I just get really nervous and feel like I am going to throw up. This lets me know I am ready and it will go away after my opening squat.

What do you do to get amped before a meet or before an attempt? I usually take at least a week off and try to relax. If I get too amped during the week, I will feel exhausted. As far as getting amped for an attempt, I usually think about someone or something that is pissing me off. I am not an angry person, but there is

always a great supply of these thoughts that can fire me up.

If you weren't powerlifting, what would you be doing? I would be a member of a local gym. I would walk around wearing a sweet cut-off and a velcro

belt trying to be as swole as possible. I might even join Planet Fitness ... Bang! ... Pow! Wow, I am glad I love to train heavy and I don't have to worry about that!

What lifter do you admire most? Why? There are a ton of lifters I admire. Truly anyone who lifts because they love it and doesn't get caught up in all the hype is a lifter I admire.

What influenced you to start competing in Pro/Ams? A few years back I competed at Orland Barbell's Fall Classic. Brian Carroll competed there and was being helped by Shawn Frankl. After the meet I was talking with both of them, which was cool because I knew they really had no clue who I was but they took the time to talk with me. During the conversation Shawn asked what my next meet was and I didn't have one planned. He explained that if I wanted to get better I would have to go to higher-level comps like the Pro/Ams. The next Pro/Am was in August 2011, and I was there. They were right, because if you are not challenging yourself to improve, you will just remain average. Since then I competed at the XPC meet and now I am training for APF Senior Nationals and then Worlds. I also earned a spot at the XPC meet that is going to be held at the Arnold Expo Center in March 2013. So a big thanks goes out to Brian Carroll and Shawn Frankl.

Is there anything else you would like to add? Thank you for the opportunity to do this interview. If anyone wants to follow my training, I post my training log on the elitetefts website. **PM**