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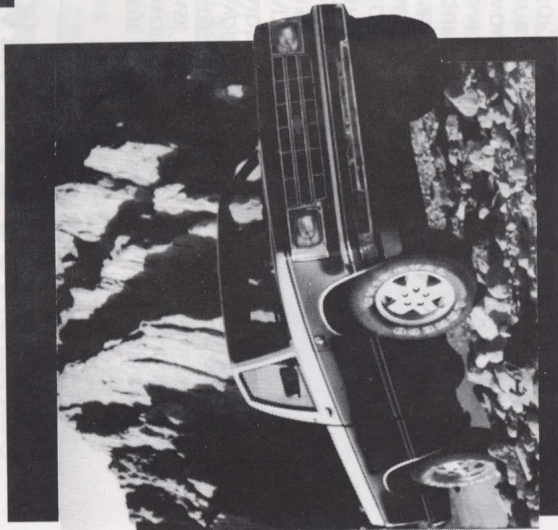
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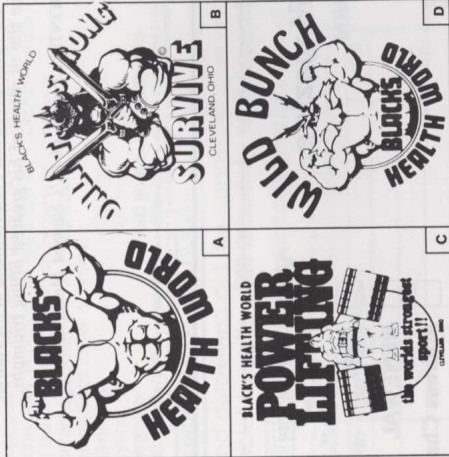
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WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified for each lift, in each set, in each rep, in each cycle, is set out for you by a top Powerlifting Champ. Each month the starting poundages are analyzed, and those at different strength levels than the starting poundages are specified. Simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

Randall Kea's Squat Program
as told by the 1984 A.D.F.P.A National and I.P.F. Junior World Champion, seen receiving his World Championship medal in Australia (below)



Assuming that the lifter coming in to this 12 week squat program is capable of a 450 pound squat, he should be able to put on 25 to 40 pounds on this lift with no problem. When training the squat, as well as the other two lifts, I believe in what I call the "4 Cs" - Condition, Consistency, Control, and Confidence. The first five weeks will be the conditioning weeks of the cycle. During the first 5-8 weeks, use a lifting suit that is 2 to 4 sizes too big, and then go to a light suit at week 9. Make sure that all of your reps are low enough, without question.

Also included in this cycle is a light day for squats as well. On the light day, go up to 100 pounds less than your heavy squat for that week and do two sets of 5 reps. Leg curls, calf work and leg extensions should be done twice a week, after each squat session, doing 3 sets of 10 reps on each exercise.

Randall Kea
2465 Dublin Dr.
Augusta, Georgia 30906

Week 1: 145x10, 145x10, 235x5, 280x10, 280x10, 280x10, 280x10.

Week 2: 145x10, 145x10, 235x5, 275x3, 300x8, 300x8, 300x8.

Week 3: 145x10, 145x10, 235x5, 280x3, 320x8, 320x8, 320x8.

Week 4: 145x10, 145x10, 220x5, 270x3, 310x2, 340x5, 340x5, 340x5.

Week 5: 145x10, 145x10, 240x5, 290x3, 330x2, 360x5, 360x5.

Week 6: 145x10, 145x10, 235x5, 280x3, 320x2, 350x1, 380x3, 380x3.

Week 7: 145x10, 145x10, 235x5, 285x3, 335x2, 370x1, 400x3.

Week 8: 145x10, 145x10, 235x5, 295x3, 340x2, 380x1, 420x3.

Week 9: 145x10, 145x10, 235x5, 310x3, 355x2, 395x1, 435x2.

Week 10: 145x10, 145x10, 235x5, 325x3, 375x2, 420x1, 450x2.

Week 11: 145x10, 145x10, 235x5, 325x3, 385x2, 425x1, 465x2.

At the Meet: 145x10, 145x10, 235x5, 325x3, 375x2, 420x1, 450 1st attempt, 475 2nd attempt, 490 3rd attempt.

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Ask the Doctor

I would like to clarify some of the issues involved in Dan Austin's doping analysis and to answer some of Dan's questions posed in the September issue of POWERLIFTING USA. First, let me state that all International Powerlifting Federation (IPF) testing is done at IOC-approved laboratories which there are only five in the free world. At these laboratories all testing is done by rigid IOC guidelines, there are no shortcuts. The A sample is not frozen since it is tested soon after the sample reaches the laboratory. The B sample is only frozen if first the A sample is positive and second if a significant amount of time is likely to elapse between the testing of the A and B samples. There is some decay in the B sample regardless of when tested. Decay is retarded but not eliminated during the frozen state. Decay is more rapid during the freezing and thawing procedure and while the samples are awaiting testing or are being transported by the laboratory personnel. On looking over the laboratory data I confirmed the facts that Mr. Vierthaler (IPF President) stated in his counterpoint (Aug issue of PL USA). The A sample was slightly over the limit while the B sample was slightly under the limit set by the IOC Medical Committee. If not enough of the substance is present for a positive spectrographic analysis, then that sample is not considered positive no matter what the results of the first test were and no matter how suspect the screening test for the B sample. There is no doubt, therefore, that there was Methemolone present in the A sample, but the rules say that the banned drug must be proven without a doubt to be present in sample B before a lifter is found guilty of doping. There may, however, be more truth to what Dan is saying than is generally believed. He may in fact never have knowingly taken the drug in question. I suspect that some positive doping tests may be a result of the lifter inadvertently taking the banned drug. There are several ways this could occur. The athlete could be taking a vitamin supplement supplied by a well-meaning friend, and this supplement could be or could contain a banned drug. A lifter may think he is getting injections of a substance which is not banned, but in fact is getting injections of an anabolic steroid. For example, some wals which are sold as growth hormone actually contain testosterone and/or Deca-Durabolin. In foreign countries, innocuous over the counter vitamin or pain and cold medications may contain banned substances such as amphetamines and steroids.

Another possible source of anabolic steroids, which has not been adequately researched, is animal products such as glandulars, animal based supplements and meat. Anabolic steroids and androgens are used in many countries to increase the market weight of animals. It is possible to have ingested enough hormones from the eating of meat to give a positive test. Glandular products and liver tablets may represent potent sources of testosterone and anabolic steroids. This is especially true of animal products not originating from North America. For example a popular country for the production of liver tablets, Argentina, does not have the stringent North American standards regulating the use of hormones in animals. Liver tablets (because of the role of the liver in the metabolism of testosterone and anabolic steroids), if taken in large amounts, as is quite likely in natural athletes, may be a particularly potent source for testosterone and other anabolic steroids.

Let I start a rush to glandulars and liver tablets, let me restate my position regarding these products. As was stated in a previous column, the use of glandulars containing animal testosterone may give a positive test for testosterone even though the testosterone in the glandulars is not effective (due to destruction of the hormone by the liver before it reaches the target organs). The same is true of anabolic steroids present in desiccated liver or other animal products. There, hormones are such that, taken orally, all anabolic effect is lost due to destruction in the gut and by the liver, if absorbed. The metabolites produced by the breakdown of the substance by the liver, is subsequently excreted in the urine which may, therefore, test positive for anabolic steroids.

There are, therefore, many possible reasons for a positive drug test when the athlete has not knowingly taken a banned drug. It is possible that Dan could have been the victim of taking too many desiccated liver pills from a country that uses Methemolone to increase the market weight of cattle.

From the letters which resulted from my first "ASK THE DOCTOR" column, it's obvious that most athletes are confused and somewhat misinformed on many issues, particularly the steroid issue. Drug use by athletes has become a center point for a peculiar type of hysteria which reflects more than the obvious problems of side effects of the drugs and the violation of fair play. There are, of course, legitimate concerns over drug use by athletes. These concerns, however, must be placed in proper context, something which is not being done at present. We may just be going through an initial hysterical phase, following what a proper analysis of the situation may be possible with an evaluation of alternatives to drug use, especially steroids. This September the Canadian Federal Government announced a lifetime ban on having and athletic participation if any athlete is found to be using steroids or has a positive test for doping test.

Although there are many books available on the use of drugs, many of the popular ones are inadequate; some are too sensational, some are misleading, some are too liberal in condoning the use of steroids, and others use unsubstantiated information to scare the athlete. There is a real need for factual and unprejudiced sources of information for the interested lifter. An approach to the question of alternatives to steroids, can be found in Dr. Fred Hatfield's book, **ERGOGENESIS**. I will also be found in the growth hormone information series, **Testosterone and Other Substances** in my book **DRUG USE & DETECTION IN AMATEUR SPORTS**. In this column I hope to provide a factual, non-sensational, and non-inflammatory approach to drug use and control. Please send questions to: Mauro Di Pasquale, M.D., 23 Main Street, Warkworth, Ontario, CANADA K0K 3K0.

Dear Mauro: Some of the lifters at my gym are using steroids while they say won't be detected by the drug tests. Also, many lifters have told me that you can mask drugs so they won't be detected in the urine. They feel that by using these substances they can get away with using steroids right up to meet time. Is there anything that's been shown to mask steroid use? **Stan R.**

Dear Stan: Both of the above are popular misconceptions. These misconceptions likely arose due to the inadequacies of early testing techniques. At present any substance which resembles testosterone can be detected accurately. This includes ALL the anabolic steroids presently known, whether oral or injectable, whether foreign or local, whether human or equine, and whether popular or obscure. If someone should come up with a new, totally unknown anabolic steroid, this substance would still be detected and would be suspect immediately. All that would remain is to have the substance biochemically analyzed to determine its molecular structure and function. Examples of detectable anabolic steroids are Anadrol, Anatriphlin, Anavar, Androlone, Bolasterone, Dianabol, Drolban, Equipoise, Excycline, Finogel, Halobolan, Niletar, Nor-dehtylion, Parabolan, Stroma, Winstrol and the many forms of testosterone.

The answer to your second question is no. There is no reliable method to mask the detection of steroids in the urine. The use of compounds such as probenecid, phenylbutazone, diuretics, vitamins, sodium bicarbonate, ammonium chloride, soaps and other chemicals and drugs are not predictably effective. The only effective way to escape detection is to stop taking the anabolic steroid far enough in advance of a competition so that no trace of the drug can be picked up in the urine. The time of detection, that is the time interval from the last dose taken to when the anabolic steroid is not detectable in the urine, varies with the compound used, the dose administered, the interval of time the drug is taken and many other factors. More specific information on this and many other aspects of steroid detection can be found in my book, **DRUG USE & DETECTION IN AMATEUR SPORTS**. **M.G.D.**

Dear Mauro: I've used anabolic steroids three times in my life. About 4 years ago I used 20 mg of Dianabol daily for five weeks. Three years ago I used 20 mg of Winstrol for 5 weeks and earlier this year I used 30 mg of Dianabol for 6 weeks. On reading a popular book about steroid abuse by athletes I found out that the author feels that any use of steroids will compromise my ability to father children. I also read your book which seemed much more factual and reasonable. I'm worried that there may be some truth in what the first author said and that's why I'm writing you. **Steven K.**

Dear Steven: It's highly unlikely that your limited use of steroids will have any effect on your ability to father children. All the studies done so far show that normal testicular function and sperm count return within three months after stopping steroid use. Quite the contrary, testosterone and anabolic steroids are used in some cases of low sperm count. After the use of anabolic steroids for 6 to 12 weeks, there is a rebound effect in the sperm count and in the testosterone level. Although this rise after discontinuation of anabolic is temporary, if timed right the sperm count will be high enough for impregnation. Recently, clinical studies have shown that weekly injections of 100 mg of Deca-Durabolin is an effective male contraceptive. While the Deca is being used the sperm count falls to almost zero and there is atrophy of the testicles (to about one half their normal size). After the injections are discontinued the testicles return to normal size and the contraceptive effect is lost within 6 weeks. **M.G.D.**

Dear Mauro: I've read a lot about how harmful steroids are. Why haven't I seen more of these side effects in the people I know are taking steroids? Is all this talk about problems and side effects just a lot of nonsense, and if the steroids are safe, then why not allow them in competition. **Greg M.**

Dear Greg: There is a real communications problem between the physician and the athlete. When side effects are mentioned not everyone experiences them. In fact, very few side effects are seen in any one individual. However, just because very few athletes have problems with steroids doesn't mean that the athlete has been lied to; only that the frequency of problems has been exaggerated, not the severity of the problem, should it occur. The inference made by a lot of athletes is that since the side effects (so far anyway) of steroids are minimal then the drug shouldn't be banned by the IPF. Unfortunately, these athletes are missing the point. The reason drugs are banned

is not because they are dangerous to health, but because they enhance athletic performance. This is the reason the IPF has also banned amphetamines and other CNS stimulants. **M.G.D.**

(Authors Note: Space requirements make it necessary to edit letters which are printed. In all cases, every effort is made to retain conceptual integrity)

Roberta Segar, was distressed to learn that her "positive" test from the Women's World Powerlifting Championships was made public without specifying that she had tested positive for a bodybuilding, not steroids. She detailed in a letter how preparations for a bodybuilding contest 6 days after the Women's Worlds (which left her with little time to prepare for the latter contest), led her to take a prescribed appetite suppressant called lornalime along with her to the Worlds in hopes that she could begin immediately after the meet to drop some weight and get some definition for the physique event. She confessed these yellow pills for some yellow pills for an anti-inflammatory medicine and took the wrong medication approximately 115 hours prior to the competition. Lornalime apparently contains the substance phenmetrazine which is on the I.P.F. list of banned substances. She was told that the substance and she tested positive on her "A" sample. She was awaiting results of the "B" sample test when she saw in **POWERHOTLINE** that Ruth Shafar was now the World Champion in her class. She points out the problem of having identical penalties from the I.P.F. no matter what substance causes a "positive" drug test, and that without specification of the offending substance many people assume that the lifter was on steroids. She intends to fight to keep her title and believes that "rules can be changed." She had not received formal notification of her suspension at the time she wrote her letter and still considers herself the World Champion until the matter is resolved.

HGH Update. Carol A. Waters, M.T. A.S.C.P. provides information on HGH, a substance that some lifters may have inhaled in to gain strength. In April of 1985, human pituitary growth hormone was approved from distribution for treatment of growth hormone deficiency. This action was taken by the FDA following the death of three adult patients (age 20-34) who had received HGH during childhood. All of these patients died of a rapidly progressive demyelinating illness called Creutzfeldt-Jakob Disease (CJD). It is now very likely that one or more batches of HGH were contaminated with the infectious agent for CJD.

CJD is a rapidly progressive disorder characterized by dementia (confusion, ataxia (clumsiness), coma and death, usually within a year after the onset of symptoms). CJD associated with the use of HGH administration occurred about fifteen years after with the use of a potentially contaminated lot of growth hormone. At present, there is no reported method to determine if other growth hormone samples have been contaminated and no method of detecting the illness until it has begun to develop. For the individuals who have received HGH, we can only wait until the next ten to fifteen years over and symptoms, we can only do not appear. The chance of an individual contracting Creutzfeldt-Jakob Disease is small, even though the high taken HGH (only three of 10,000 treated children developed CJD). However, since the incubation for the virus is ten to fifteen years, it seems logical that the best precaution is to no administer HGH to anyone. The scientific community has been skeptical of the effects of human growth hormone in increasing strength/muscle mass and now there's an even better reason for avoiding a potentially dangerous substance.

The medical society is still skeptical whether the athlete who is administering HGH to himself/herself is really receiving what they paid for. Since HGH can only be extracted from pituitary glands of human cadavers, there is a limited supply available. It is estimated that treatment of an HGH deficient child costs at least \$10,000 per year. How then does the average athlete, who needs two to three times the normal amount, to obtain muscular enhancement, afford this astronomical amount? The athlete may say "I'm taking money-growth hormone!" In response to that statement, fitness mongers have less growth hormone per pituitary gland than human cadavers (about two times less) and they cost approximately \$150 an animal. Add to that the cost of extraction and processing and the cost is well over \$50,000 per year for fitness money-growth hormone. Either the athlete is getting the best deal of his life or he is (probably) buying fillers disguised as growth hormone. The medical community is more alarmed about the athlete receiving fillers than the possibility that there is not any growth hormone in the product. The athlete can never be sure what he is injecting into his body since the FDA (Food and Drug Administration) can not possibly monitor black market drugs. The dealers will tell how great their product is, but can the athlete trust anyone who is trying to make money from such a sale.

The buyer needs to think before he pays for a product about which he knows very little. Maybe it is time that the athlete began asking questions or having samples analyzed. Don't be carried away about what everyone else is taking. Don't be a sucker, think before you abuse any substance. *Morbidity and Mortality Weekly Report (published by the Centers for Disease Control), June 21, 1985; 34:359-366*
The Medical Letter, Vol. 27 (issue 69). "Problems with Growth Hormone", 7/5/1985

Special thanks to Dr. Michael Stelling and Carol Reid. (Division of Endocrinology and Metabolism, Department of Pediatrics UKMC)

Drug Testing Information Hotline, is 800-233-0393. This information is maintained by the U.S. Olympic Committee for all athletes' questions regarding drug testing control matters.

Seniors (A.D.F.P.A. Comparison) Bill Decker did some figuring on the results of both National Championships and we added another comparison, based on the widely held notion that steroids add 10%, to one's total.

Wt. Class	Seniors winners	ADFFA winners	Differ-ence	SKs*	Plus rank	10% rank
52k	432.5	430	-2.5	2nd	2nd	1st
56k	560	495	-65	6th	3rd	3rd
60k	652.5	607.5	-45	4th	4th	1st
67.5k	722.5	672.5	-50	4th	4th	1st
75k	812.5	707.5	-105	5th	3rd	3rd
82.5k	840	745	-95	6th	6th	3rd
90k	920	790	-130	6th	2nd	2nd
100k	920	835	-85	8th	2nd	2nd
110k	982.5	852.5	-130	14th	4th	4th
125k	1000	900	-100	8th	3rd	3rd
SHW	1042.5	980	-62.5	4th	4th	1st

*SKs rank indicates where the winning ADFFA lifter would have placed in the USPF Seniors, and Plus 10% indicates how an ADFFA lifter, with a 10% increase in total would have placed in the Senior Nationals, assuming that 10% represents the increase in strength available from steroids, a number informally confirmed by athletes in non-tested/tested conditions.

U.S.P.F. Sports Medicine Committee...is comprised of professionals who travel around the country to various meets to provide the athletes with optimum medical attention, not only during competition, but also during training periods and, should they be injured, during their rehabilitation. Tom Hyde, D.C., F.A., of Florida is on the committee and the relates that they are currently trying to develop a system by which they can follow an athlete's progress after an injury, monitoring the diagnosis, the prognosis, methods of treatment administered, and the success of the recovery. This information will then be shared by the members of the committee, hopefully at a meeting concurrent with the Senior Nationals. The committee has recently published both a Code of Ethics and a Position Statement on the Use and Abuse of Anabolic Steroids. For further information, contact the Chairperson of the committee, Dr. Richard Herrick, Box 4160, Opelika, AL 36802.

Drug Use and Detection in Amateur Sports

by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

A comprehensive factual analysis of the drugs used by athletes. Discussed are anabolic steroids, testosterone, amphetamines, stimulants, narcotic analgesics, growth hormone, HCG or human chorionic gonadotropin, diuretics, inosine, carnitine, creatine, cortisone, DMSO, vitamin B₁₂, muscle relaxants, anti-inflammatory agents, nicotine, caffeine, and many others. There is also an explanation and discussion of the available analytical detection techniques for these drugs.

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POWER PROFILE

Magruder the Magnificent! as told to John S. Comereski

Jeff Magruder is a man often recognized for his enormous bench presses, but often overlooked for his all-around powerlifting ability. Most heavy bench pressers do not fare well with the squat and deadlift because as Jeff puts it, "All they do is bench." Jeff goes on to add, "I take pride in that I can do all of them, but they (the squat and deadlift) are not as good as my bench."

Standing 5 ft, 9 inches, Jeff packs a solid 250-260 pounds in a shape awed by most bodybuilders, and he has strength that is likewise awed by powerlifters. Unofficially, Jeff has totaled a whopping 2120, but officially his 2011 stands tall. Best attempts of an 800 lb squat, a 740 lb deadlift and a 620 lb bench have never come together during a meet. "Someday," Magruder explains, "I want to hit a 2100 total at 242. I've done it in the gym, but I haven't been able to get it together during a contest."

Although his other lifts are quite elite, it is still his bench press that amazes all. At a bodyweight of 198 lbs, Jeff officially benched 505 lbs. At 220 he did an impressive 580 and while recently at the Nationals he 'smoked' 601, a new USPF world record. That's one heck of a feat, but to Jeff there was a little disappointment because during his cycle he posted a 620 competition bench. There are very few that can come close to a 600 bench and Jeff's been doing it for about 4 years. As a matter of fact, he was benching 500 pounds at a bodyweight of 198 at age 21. Now, Jeff is so highly respected in the bench pressing world that even those who have passed the 650 mark come to Mr. Magruder for benching advice.

Magruder has a vast knowledge about training and nutrition. Much of his 31 years has been spent analyzing and experimenting with various

school training with my brothers, who were preparing for football." With all of this, powerlifting just fell into place.

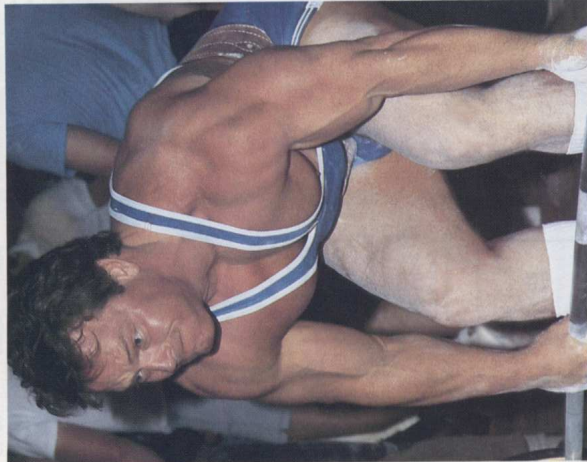
Many lifters are envious of Magruder's lacking the need to gut-suck weight. Such highly demanding weight loss is not a concern to Jeff. When the time comes to lose a few, Jeff simply "cuts a little milk, bread, or ice cream." Jeff adds, "I don't take diuretics, never have, and I'm not going to." He believes in allowing additional time to cut weight. "I've never had any problem with dieting. I don't wait until the last minute to lose it."

There is always high concern among powerlifters regarding recovery time. Between his squat and deadlift sets, Jeff allows about 5 minutes, a little more on heavy days. When it comes to his impressive benching, he cuts his rest time down to approximately 2-3 minutes. "With the larger muscles and heavier weights used during the squat and deadlift, I need additional time to recover between the sets. I warm up somewhat quickly, but once I get past 500 pounds, I start slowing down. With the bench, I move fairly rapidly because if I get too cold in the bench, I lose it."

Unlike many bench press giants, Jeff does not benefit from negatives or forced reps. "I feel forced reps are for bodybuilders," he states. "Evidently forced reps and negatives give Jeff no mental accomplishment. If I can no longer move the iron without your assistance, I'm basically in an isometric situation. I cannot see any advantage to it, unless maybe on the negative side of it." Believe you need the full lift, adds Magruder.

"Well, it is evident that Jeff Magruder doesn't need this type of assistance," Jeff puts it. "A lot of rep. What Magruder does make use of is as 'Jeff puts it,' 'A lot of assistance, bodybuilding exercises.' All of his exercises incorporate complete full ROM movements and the performs assistance exercises like behind the neck presses, and front, side and back deltoid raises."

As with most other well recognized powerlifters, Jeff cycles his workouts. He begins his cycle by performing weeks of 6-day a week bodybuilding workouts, which consist of 3 bench and 3 squat days. As he starts his competition cycle, a Jeff week he had prior to a contest is to 4 days, and cut to these needs like the front squats and do mostly power movement. At this time Magruder performs "Mondays and Tuesdays" on light days and "Thursdays and Fridays" on 8-10 reps/sets for 5 sets and 10 days begins sets of 5 sets of 5 reps. Week 5 begins sets of 3s in 8-10 reps are replaced with sets of 6-8s. When Jeff rolls around, Jeff cuts out all assistance work except tricep extensions. Week

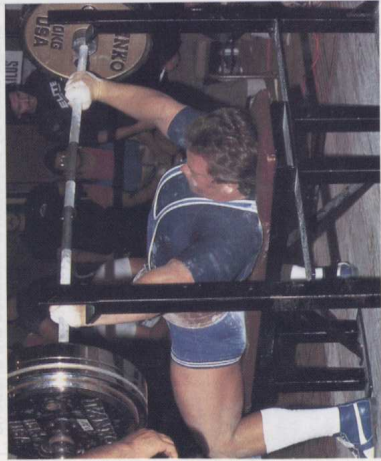


All Around Lifter...not just a bencher, that's Jeff Magruder. Here he puts his massive physique to work on a deadlift, the finisher to a 2 Grand total.

has not only led him to powerlifting success, it has also earned him bodybuilding recognition. Among his vast accomplishments are trophies

up, and a Northwestern Bench Press Powerlifting championship two times and a Northwestern Bench Press champion (198 through 242 classes). He currently holds the National championship bench press record in the 220 class and the Senior and Masters bench press records in the 242 class. He has well over 300 trophies to mirror these and other accomplishments. Although Jeff could accumulate a slew of trophies each month, he says that, "I don't think it's fair to the other lifters. It's their day of glory, but I do go to these meets to help people, judge and maybe do an exhibition."

How did a world-class powerlifter like Jeff get started with the weights? Jeff began lifting weights as a side-line effort, while training with his brothers Mike and Randy for sports. His father purchased his first weight set when Jeff was 14 and paved the way for some serious training at about the age of 15. Jeff adds, "At 16, I participated in a school weightlifting class along with other



Crashing the 600 barrier...that's what Jeff did officially at the Juniors this year, and there's more to come. Both photos on this page by Deb Mitzel.

sets. Week 8: I like to hit a single to see where I'm at. Also during this week Magruder benefits from 5 sets of 2 reps. All of this progression gets Jeff ready to handle what most people consider heavy weight. Unlike some lifters, Jeff goes by feel rather than completely following a paper telling him what weights to go. Jeff adds, "Many make the mistake of starting too high or moving too quickly, especially at the start of a cycle. Many times, he looks back on previous cycle logs to see what has worked and what hasn't. He also believes in pauses in the bench press, especially during the last 5 weeks of his cycle. He attributes much benching success to high neck bench pressing, which he does up until week 7."

What follows is the benching cycle Jeff Magruder uses:

Week 1: Following benching warm-ups, Jeff shifts into high gear and calls upon a high percentage of muscle fibers to get ready or else Monday: 315x8-10 for 5 sets, Thursday: 315x8-10 for 5 sets, Tuesday: 485x5 for 5 sets, Wednesday: 365x8-10 for 5 sets, Thursday: 505x5 for 5 sets. At this point, Jeff is less concerned with his light day. The poundages that he uses usually increase every week, but not necessarily so. At no time during his cycling does Jeff take his light day over 405 lbs. The remaining weeks will show only his heavy days.

Week 4: Thursday: 515-525x5 for 5 sets. Week 5: (The start of 5 sets of 3 reps. A larger jump in weight is possible here.) Thursday: 540-545x3 for 5 sets. Week 6: Thursday: 550x3 for 5

sets. Michelle Silva, Women's Recordkeeper, wants athletes and meet directors to know that records can not count unless the record paperwork comes in. Some lifters write in that they have broken a certain record, and assume that's all there is to make the record books.

Simmons Weight Jack, helps lifters avoid back injuries when changing weights, according to Eric Simmons, as well as making the operation easier. It speeds the operation of meets, according to his studies, as well. Weighing less than 6 pounds, but capable of supporting 3000 pounds, the device is available from Simmons Lifting Systems, Box 2812, Lafayette, LA 70502.

Error...Laney Simone's deadlift of 523 and squat of 485 should have been ranked in the TOP 100 lightweight listing published in the September PL USA.

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Britain's Ron Vaughn held off big deadlifter Bob McKee from the USA to take the 82.5 kg, 40 plus division. He had a big squat at 650 and a 661 Jim Lem? How about Ageless, Incredible, Strong! Once again, Jim showed his magic with the weights and cruised to 659 336 578 victory in the 50 plus 18ers. He looked so young the promoters had him in the 40 plus group until the banquet.

Last year, the great Kjell Skybak of Norway was successful in tricking the American coaches by making his opener deadlift appear heavy and then waiting out Tom Eldridge to win on bodyweight after pulling the shoe was on the other foot. J.B. Adams moved up a full class from 82.5 kg, where he competed at the U.S. National Masters, and I told him to practice getting the big deadlift on the 2nd attempt. J.B. came in a 89.4 kilos and was strong as a bull. His 622 lb. squat and 358 bench, coupled with a 573 deadlift, forced Kjell to a ponderous 666 deadlift attempt, which only went a foot, but the Norwegian showed us a 628 pull in the process. Larry McCauley from last year's team, Larry McCauley, was 3rd, some 80 kilos back.

In the younger group of 90 kilo lifters 2 of the classes 3 strongest lifters of all time were pitted against each other, both on the US team. Ed Gilie was the 1984 world champ and Larry Price was destined to become the 1985 world titlist. They both lifted ponderous weights and were perfect sports about the whole thing, which is one of the many reasons it is a

very tough lifter, after going through the meet with a shoulder injury. Photo by Vern Hollister. Lifters interested in photos from the meet can contact Vern at 2701 Xylon Ave. N., No. 311, New Hope, MN 55427.



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MORE ON REIDAR STEEN

Reidar Steen, Norway's Strongest Man, has finally won that elusive World Championship. After 16 consecutive Norwegian Championships, after winning the European Championship, after collecting enough trophies to fill a dump truck, Steen now holds a World title, the one and only that had eluded him. In 1982, he placed third at the Senior Men's World contest, and in 1984, at the World meet in Dallas, Texas, he placed fourth. Now, at the age of 41, Reidar has won the World Masters championship. He benched, squatted, and deadlifted in an effortless manner, going 9 for 9 with a derrick-like consistency that had the audience watching in respectful awe.

An affable and friendly man, Steen, with his reddish beard and bulk, fits the stereotype of a Viking. Looking like a descendant of Eric the Red, if you put a hat with horns on his head, he'd resemble Fagar the Horrible of the comic strip. When I first saw Reidar in Toronto, he remembered me from taking his picture in Dallas, and he winked cheerfully and shook my hand. He looked in fine shape and ready for the Masters Games challenge, though Master's Games Leggett, the British Coach, teasingly reached out to push at Reidar's midsection and probe his condition. Leggett's hands met a stone wall, however, and Steen's eyes twinkled as George stopped chuckling. The Viking strong man grinned and patted his own stomach, using both hands as if he were playing bongos drums, before he headed up the four, long flights of stairs, like climbing the Matterhorn, to the Toronto YMCA weight room to work out. That Y has won plenty of architectural awards, but few have given them more powerlifters, I'd guess. Only the most dedicated would climb those stairs. Like Steen.

Though on a Thursday prior to his Saturday contest, he handled over 500 pounds on the squat and worked hard on the bench press also. He and the four other NORGE lifters were a pretty serious group, though friendly and helpful as I took pictures and talked to Reidar as best I could, considering the language difficulties. Steen can speak English well enough to be understood. He learned it the year he sailed on a ship to U.S. ports when he was in his teens.

It was after his sailing venture that he sea-legged his way into a club and began training, which he has done now for 23 years. "I bodybuild for five years," he said. "Best finish is Number Three." That early training shows, especially in his chest and upper arms. If my conversion from centimeters to inches is correct, his biceps are just shy of 20 inches, his neck is 19, and his chest is a centimeter over 57 inches, at a weight of 242 pounds and a height of 5'9". One of his fellow lifters offered when they heard him give his arm size that

he curled with 100 kilos. "I do it for two reps and 80 kilos for eight reps." He shrugged his massive shoulders. "It is no special weight. My best exercise is the pressing behind the neck. I do 145 kilos (about 320 pounds). That is very strong, a good lift."

He's had more than one good lift. After getting rid of his bodybuilding trunks, he trained on the power lifts two years before entering his first meet. In the squat, he managed 200 kilos in the squat, 150 in the bench, and 220 in the deadlift. He best since that beginning, sixteen years ago, is a 350 kilo squat, 235 kilo bench, and a 315 kilo deadlift, which Reidar considers his toughest lift, because his fingers and hands are short and blocky, so it is difficult to hold on to the bar. Still, and has remained unbeaten in the Land of the Midnight Sun.

I asked him if he was his nation's strongest lifter. "I have been the strongest man in Norway for many years," he said matter of factly, with no hint of the conceit that some might have. He holds and has held Norwegian powerlifting records "almost too many to count", having continued to set records as he moved up in weight. He held all the them for many years. "Some were recorded as high as the 125 kilo class, the weight at which he won his European championship in 1980. Steen guesses that he currently holds "seven or eight."

Since Norway plans to host some major competitions in the future, I hope that someday, I may see him work out at his club in Trondheim; see the floors and waterways where Reidar and his club mates used to train with single clubs. "Later," he said, "I took a boat with four men and rowed. It was good training." He winked playfully and flexed his right bicep. Then he agreeably muscled his way through a few poses from his bodybuilding days. Had George Leggett seen this demonstration, he wouldn't have kidded Reidar about the shape he was in, as hard as the craggy rocks of the Norwegian coast.

Reidar talked about his family. First, he said he had four children, a boy of 14 who doesn't seem interested in powerlifting, two girls, and then he laughed and made a gesture over his stomach. He'd gotten ahead of himself. His fourth child is not expected until December. By the time this is read, Reidar will have won his seventeenth consecutive Norwegian championship, and he'll be working to support the addition to the family. "I'm a truck driver," he said, in the same manner his American counterparts would say those words, with some pride and a hint of a challenge. Then Norway's Strongest Man turned to the challenge of winning a World title, gave a wink, and went nine for nine.

Vern Hollister



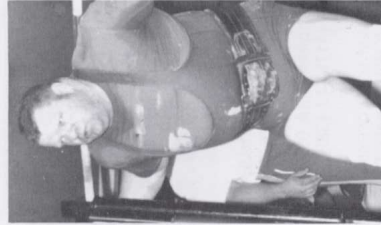
The Strongest Man in Norway...Reidar Steen. Photo by Vern Hollister.

in the USA Nationals at 243 lbs. of bodyweight and a lot of people were scrambling for the medals. Reidar Steen took the 40 plus from Ron Modra, who tried to overhaul him with a 760 deadlift, but failed. Mitch Mitchell lifted as part of the Masters Games (open) contingent and suffered a bad shoulder injury, but managed to stay in the meet through the deadlifts. USA team member David Green also got hurt, an old knee injury, and fell back some places after his first deadlift left him in the hands of Dr. Mauro Di Pasquale. In the 50 plus, Canada's Pat Villeneuve outdistanced many time World Champ Curtis Walker in all lifts. Veteran Jan Monstad came in 3rd.

It was common knowledge among the US coaching staff that Larry Kidney would win, even on openers, in the 275 lb. class, 40 plus. Openers was just about all he got, but 722 501 and a 2nd attempt 749 deadlift did the trick. He was 177.5 kilos ahead of M. Brown, who must be getting tired of playing 2nd fiddle to strong Americans. J. Thompson followed.

In the 50 plus age group, Ed Riley, who has over 400 powerlifting trophies, made his way to the World team for the first time. In 1983, while taking my Category 1 Referee's test I had to sit silently and give him red lights for moving his hands on the bar, as did the other 2 referees while the Jury scowled at us. Now, it was a special joy to be able to coach him to his first World title. Riley almost put 100 kilos on Wallace, who did likewise to Duckett.

Bill Bradford, who was not old enough at the time of the USA National Masters, did turn 40 in time to petition, and in that division (which all the IPF World Masters Powerlifting Championships competitors also competed in) he inched past Jerry Smith in the SHW 40 plus class. The meet's two biggest men had to share the Monster Forearm Award with Larry Kidney, who at 275, is unbelievably BIG!



Big Bill Bradford... (Hollister photo)

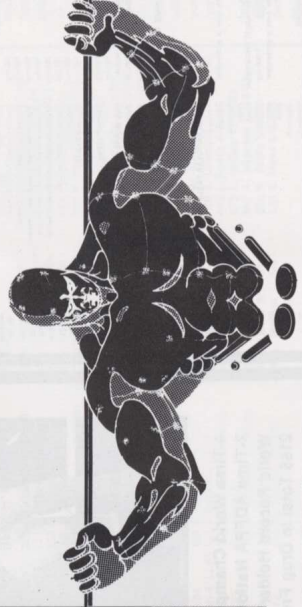
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600 Larry Luckett	485 Jeff Moore	545 P. Surphin	535 B. Lorenz	551 Jim Rush	455 Yui Wells		197.0 Wash, R.
545 Larry Luckett	501 Larry Duran	595 P. Surphin	575 Pete Scholtz	148 DL	286 Mark Messer		312.5 Valinera, R.
1585 Larry Luckett	1267 Jeff Moore	141 P. Surphin	1400 B. Lorenz	146 Jim Rush	1200 Yui Wells		732.5 Bradley, J.
445 Peter DeValva	435 Ray Baxter	400 D. Handley	355 Larry Stone	410 Jim Rush	295 Mark Brockbill		217.5 Bridges, M.
595 L. Dangierfeld	617 Rich Grigliano	666 D. Handley	620 Joe Spack	410 Jim Rush	507 F. Tomannack		325.5 Cuppin, E.
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478 Ernie Frantz	424 Randy Yamada	490 M. Wolf	440 Mike Dalgleish	474 Paul Whitney	240 David Laney		261.5 MacDonald, M.
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515 K. Schonecht	424 Solomon Maggo	507 N. Busick	505 Dan Goddard	242 SQ	500 Paul Whitney		279.0 Magruder, J.
2100 Bill Nichols	573 Alex Moulins	810 B. Russell	710 T. Henderson	242 T.	2000 Paul Whitney		1000 Kuc, J.
705 Alburn	639 Van Brocklin	744 R. Scott	850 T. Henderson	275 SQ	410 Ken Ellett		313.5 Leary
760 Ed Coan	606 Jim McNeil	740 Fitzsimmons	800 T. Henderson	275 DL	610 Ken Ellett		385.0 MacDonald, T.
1890 Phil Solatika	1614 Van Brocklin	1940 R. Scott	2140 T. Henderson	275 T.	1705 Ken Ellett		1005 Hackett, E.
860 John Ware	735 Ben Hart	875 L. Lams	740 John Ford	578 SQ	825 Ken Ellett		445.0 Feby, D.
777 John Ware	777 John Ware	874 L. Lams	705 John Ware	578 DL	520 Mike Moore		385.0 McCormick, B.
2166 John Ware	1813 Ben Hart	2080 L. Lams	1900 John Ware	SHW T	1420 Lee Brunnell		1100 Karmzier, B.

POWER PUBLICITY

...nationwide, lifters are getting the word out about Powerlifting, and the media is surprisingly cooperative, particularly if you are a teenage lifter, a female, a mainstream USA expatriate of those who are a bit outside the mainstream USA expectations of what a weight lifter is, have a built in "angle" to intrigue media outlets and their audiences. If you or someone you know is "special" in powerlifting, contact your local media, and let them know. If you meet with success, send in newscippings, etc. and let us know how you got your point across and received some favorable publicity for the sport of Powerlifting.

Illinois...Rudy Ruetger and "Rudy's Gym" have received a great amount of publicity recently. He ran a meet for high school footballers at the local Jefferson Square Mall, and it was heavily covered with several articles and photos in the HERALD-NEWS. The public relations agency for the Mall also put out a news release on the meet. The coverage noted the footballers and teams involved, but also mentioned Rudy's philosophy and all the work he does with youth, some of whom have gone on to exceptional collegiate and even professional athletic careers.

New Hampshire...Wayne Andrews got from page coverage of his lifting and arm wrestling successes at the World Police and Fire Games on the Sports section of THE TELEGRAPH. He won a silver medal in the powerlifting by virtue of a 661 deadlift, and in the arm wrestling he won a gold medal. The competition involved over 4,000 athletes from all 50 states and 43 countries. The article included a 5x6 photo of Wayne with his medals. Whenever a lifter goes out of state to compete in a national meet, there is a natural interest on the part of the local media to see how the "hometown" boy represented their part of the country in major competition.

California...Chris Hoskins out of Ridgecrest (population 25,000) has done an amazing job of getting publicity in his local paper, the DAILY INDEPENDENT. Almost any time the 5 member Spartan Powerlifting Club is off to a meet, Chris and his "system" get before and after shots in the paper. After meeting with the sports editor, and getting the particulars on submitting photos, etc., he came up with a plan by which 9-11 days prior to a meet he submits an exposed roll of film and white film (his expense) and a draft of pre-meet publicity. The film has shots of the team and lifters in training, plus an identification sheet. The Monday after a contest he drops off another exposed roll of film at the paper. The next day he checks the proof sheet of that roll and identifies the lifters and the amount of weight, etc. He always puts his name and home/work phone numbers on any material he submits, so the sports editor can get in touch with him on short notice. According to Chris "it shows that powerlifters don't have to sit around and wait for the reporters to show up in the weight room. We have a fun, highly organized, legitimate sport and we shouldn't be shy of promoting it."

Wisconsin...Bob Trippahn got representatives of the 3 major television networks in Green Bay to come out and cover his bench press competition. WBAY and WFRV put segments and interviews on their 6 o'clock news programs, and the local paper, the GREEN BAY PRESS-GAZETTE had two large pictures of lifter Brian Piech in their Sunday edition.

South Dakota...U.S.P.F. Teenage Nationals competitor Carl Carlson got some photos, consisted in the ARGUS LEADER in Sioux Falls. The story, with 2 photos, covered an in-depth interview with Carl by Bruce Conway, discussing his achievements in Maine this year, his beginnings in the sport and his plans for the future. He'd like to start a PL team when he gets to Washington High this year to take on the O'Gorman team for the state title.

New Jersey...17 year old John Wardell excels not only in Powerlifting, he was one of the winners in this year's Teenage Nationals, but also in bodybuilding. In a large article, with two big photos of John working out, by Brian Michnowski of THE RECORD, the aspirations and training philosophy of John were described, with some quotes from local gym owners etc. indicating that this young man has the potential to be another Arnold.

Illinois...Dennis Freece of Batavia has had "fantastic" response in getting publicity in local papers regarding the many achievements of his daughter, Michelle, a national teenage champion at 14. A weekly paper has run two major writeups, with photos, on Michelle, and a paper in nearby Aurora also decided to cover her. Dennis asked if the paper wanted to get a news release on her lifting at the Teenage Nationals. In lieu of wanting just the release, they came over and did a major piece on her. Dennis's kind of response notifies the local media whenever his daughter, the BRIGHTON ARGUS, with photos of two women lifters, and a special feature on John, Kenneth, another Teenage National Champion. An article relates how the weight trainees feel about working out and other aspects of the sport.

Ohio...Bud Daily's Olympic Gym in Miamisburg, OH got a front page article, continuing on to a full page article on page 9 of the MIAMISBURG NEWS, with 5 large photos. The inspiring story concentrated on how so many people were recovering from medical problems and injuries at the gym, and Bud Daily's own dramatic tale of how he came back from a bone crushing heavy equipment accident that took him down to 112 pounds bodyweight, to a level of strength that gave him hope of breaking 700 in the deadlift.

Georgia...David Pasanella got a great writeup in the ATLANTA CONSTITUTION regarding his dual football/powerlifting career and preparations for the Junior World Championships in Germany. Dr. Dick Herrick sent in the clipping of the article, which included 2 photos of Dave.

Powerlifting USA BACK ISSUES

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Dec/1981...1981 World Championship report. Clyde Wright Profile, World Master Championship report, Top 100 Lightweight (148 lbs.), Apr/1982...Women's National Championships, Drugs in Powerlifting, The All Time 2000 Total Club, Larry Pacifico Re-miniscences, Top 100 220s Apr/1983...Eddie Pengelly Profile, Mike Bridges, Squat Routine, Off Season Training, Making Weight, Women's World Team Salute, Don Blue, Power Rack Training, Pioneers of Power - Pat Casey, Top 200 242s.

May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isometric, Referee Directory, TOP 275s. Jun/1983...Women's Worlds, Judd Biasiotto Comeback, Vince Anello deadlift routine, Dan Austin, Hatfield on Cycle Training, All Time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Supers.

Jul/1983...Junior Nationals, Whip's Natural Squat Routine, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 520 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s. Aug/1983...Worlds Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift Club, Quad Tests, Jim Kouse Bench routine, Top 100 125ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the Ab-breviated Training Cycle, Ruthi Shaler's Women's Corner, TOP 100 132s. Jan/84...the debut issue of the NEW Powerlifting USA, 1983 World Powerlifting Championships, National Masters meet, LO, C, Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s.

Apr/1984...Women's National, Ed Coan Profile, Chip McCain Deadlift Workout, Overcoming the Chest and Lats by Dr. Tom McLaughlin, Calcium...How Much Do You Need?, Mental Rehearsal, TOP 100 242s May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Directory, Bench Press Form, Calcium, Con-sumer Guide for Exercises, Referee's Corner, TOP 100 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladrner Profile, Joe Ladrner Bench Press Routine, Question and Answer by Roger Estep, Steroid Crackdown, Message from Charlowman, ADFFA Top 20 181s, Top 100 SHWs.

Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.T.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Pro-gram, Masters Records list, TOP 100 114s, First Meet Impressions.

Sep/84...Senior National Powerlifting Report, Drug Free Training by John Kuc, Bench Workout of the Month by Ted Arcidi, Are Anabolics Athrogenetic?, The New Masters Formula, ADFFA Collegiates, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anabolics and Women, Offseason Training, TOP 100 148s, Drug Free 275 TOP 20.

Dec/84...World Juniors/Masters Championships, National Masters Championships, Mathematics of Powerlifting, Bench Press Bar Path, Cyr Strong Man Contest, Jim Cash Bench Press Routine, TOP 100 181s, Drug Free Top 20 Flyweights, Ken Leistner on Heavy Training capability.

Jan/85...National Collegiate, Rick Gaugler Bench Routine, ADFFA TOP 20 Midweightweights, Road to a World Championship by John Kuc, Training Tips from Ted Arcidi, Conquering Anxiety, TOP 100 Flyweights.

Jul/85...Steroid Forum, The Big Business of Anabolic Steroids, Variable Split Training, National Masters, Bret Russell Deadlift Routine, High School Nationals, ADFFA National Collegiate, 2000 Total Club, ADFFA PA TO 220s, TOP 100 Bantamweights, Debbie Poston benches 332.5.

Sep/85...Senior Nationals Report, George Hebble Profile, Teenage Nationals, Kyle Brown Doctor, Rick Weil Bench Workout, Soviet Training by Hatfield, Ask the Doctor, Counter Conditioning, All Trax Lead to Jax, Rick Arrington Profile, First Aid, TOP 100 148s, ADFFA Top 20 275s.

Oct/85...ADFFA Drug Free Nationals, Squating Technique, Training Assistants, Sports Medicine Review, Carlton Stinkin deadlift routine, A.R.P. Bench System, Training Alone, TOP 100 165s, ADFFA Top 20 SHW.

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More From Ken Leistner

For those who have either been involved with or have studied the history of American powerlifting, the rise and fall of numerous organizations is nothing new or startling. Once the USPF was founded and most of the heavy hitters threw their support behind it, the rebellious types were pretty much left to their own devices. The split with the AAU proved factions that refused to leave the older organization's blanket, leading to wild accusations and many befuddled lifters in parts of Pennsylvania and a few other states. The most serious threat to the stability of powerlifting in this country came in 1980 from the National Powerlifting Association. The mess was pervasive enough then to cause the representation of the US by two world teams, although only one was 'official' and lots of asterisks in the world meet results. Once the bickering subsided, everyone looked at each other and the confusion of the preceding months and said, "Gee, what was that all about and what did we accomplish?" soon to be followed by, "Well, that won't happen again."

Of course, it has happened again, for some good and some bad reasons. I suspect that it will continue to happen periodically. Whenever change occurs for 'good reasons' and the end result accomplishes something 'positive', it's tough to criticize, unless, of course, you're one of the fat cats that is cut down a size or two. When change is rammed through to satisfy egos, "prove a point" or make life a little more comfortable for a minority, that change should be minimized.

The new organization this time around is the American Powerlifting Federation, which was born some time prior to the recent Senior National Championships, but one which took on great meaning only after that in July. Ernie Frenz, the founder of the APF, began his organization after considerable talk with the USPF on a number of things. Most of us who were initially contacted by Ernie had a similar response, feeling that he had legitimate gripes, but that the pursuit of a new organization would be an ill-advised way to show displeasure. In short, it didn't seem feasible to form a new federation hamstrung by officialdom, and your suits were being scrupulously inspected at each and every meet they were seen at. Of course, many of those who now wield influence in the new organization, would strongly deny that Ernie's idea was anything but brilliant, from it's inception, but that wouldn't be honest. Ernie has always been very highly respected by most lifters and certainly all who

STEELE TIP Newsletter... in the October, 1985 edition of Dr. Ken Leistner's STEELE TIP Newsletter covers a very simple but effective method of high-intensity training under the title "Original Progression". An in depth football program is laid out, as are some suggested upper back exercises for the deadlift. A complete arm development program is offered, along with articles on "Building Your Squat Pounding" and "The Upper Body Finisher". I'd like to see you in your training session! To subscribe to the STEELE TIP, send \$18.00 for 12 monthly issues to 563 Rica Lane, Woodmere, NY 11598 or see the ad elsewhere in this issue for further information and quotes on how top strength authorities feel about STEELE TIP.

know him and there was strong feeling that there might have been a 'personal' clash in matters involving his sonality and the things he initiated, but the new organization was not widely supported prior to the Seniors. Every lifter has a right to bitch and moan and most do. In fact, one of my Texas based readers accused me recently of biching too much (in regard to the steroid issue), even calling me a "crybaby". It comes part and parcel with the heavy lifts, you're uncomfortable traveling long distances to meets, it's often inconvenient to take time from other things to train as hard as is necessary to succeed, and there is little appreciation for those efforts or results, even from those who love you. Why not complain? Like many large organizations, the USPF got to the point where it was easy to forget that it exists because there are lifters. I used to stand in the parking lot at Malvene High school, teacher commiserating with another lifter whose car had been broken into earlier in the day and listen to them holler about 'the animals, live beyond hope or help. They live by the sword and they'll die by the sword.' I'd take it rather personally because many of the teachers had lived the same of me long before I opened my professional practice, and not too long before I had walked the halls as a teacher and coach. I'd guide their eyes over the huge fence surrounding the school, then direct it to the young men and women walking across the glass lined football field and remind them that the fence, the building, the books and the teachers were all here only because the children were all here only because the so-called 'animals' made our existence necessary. The USPF purposely or not, has at times alienated numerous lifters and for many years, only because it is sometimes forgotten that it exists because of them.

A lot of what many lifters consider ridiculousness has been handed down from the IPF, and for some reason the USPF has always seemed to try to stay on their good side, forgetting that there were times when they did not or could not demonstrate a good side when it came to decisions that affected United States lifters. The overwhelming majority of lifters who compete are ever going to see a state championship, let alone

the organization makes a tough row to hoe. As Mike Lambert pointed out, the number of rebouts at this year's Big Meet was about the same as it always is, or at least what it's been in the past few years. Bombs are to be expected at the Seniors where everyone is lifting right on the edge in order to squeeze out every last kilo. When five kilos is the difference between first and fourth, you would be surprised if it was any other way. The difference this year was not in the numbers, but in the names. Gant, Pacifico, Ladhier, Crain, Gaugler, Sanger, Partigan, Cash, Downell, Kidney, and others all went down at the judge's behest, and while some lifters do have problems missing their squats at the big meets, it is the first time that so many stars bit the dust. I was not at the meet due to personal commitments in New York, one of the few Seniors I've missed recently, and can't comment on the complaints about the judging, which were loud and long. Much of this may be justified, but at every meet lots of guys go down on unpopular calls, about as many last year as this. Maybe the impact is different when the names were Ware, Cavaler, Ruettiger, or Higgins (among the 1984 bombers), but there will always be disputed officiating at every meet, small and big and, yes, maybe it was a bit worse this year than in other years. This only means that the USPF must continue to strive to provide the lifters with the best judges they can. Some of the rash to the APF has sounded like sour grapes, almost as if "These guys messed me over. I'm going where I won't be tested for drugs and the rules aren't as strictly enforced."

Ah, yes, the drug testing. It's the business of each lifter if he or she is going to use anabolic or other drugs, and the reality here is that many of our guys use drugs for the Seniors, where there has previously been not testing, and the Worlds, where there has been, and where, until this year, most of our representatives who chose to prepare with drugs were not caught. Most lifters will not be any more hampered by the testing procedures at the Seniors than at the Worlds, so why panic and jump ship because of the testing? Yes, it's a bit of a hassle having to come off earlier than you want, and using the aqueous stuff when you might want to hang in longer with the oil based preparations, but is dealing with the test such a major production?

If the APF survives because Ernie is pushing to make lifting less complicated for the average lifter, the man or woman in the bush who just wants to compete for the joy of lifting in an organized meet, fine, it's a bit of a hassle having to come off earlier than you want, and using the aqueous stuff when you might want to hang in longer with the oil based preparations, but is dealing with the test such a major production?

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Error... In For the Record regarding the Arizona State records, R. Hopper should actually have been listed as T. (Tony) Hopper in the 220 lb. class.

"...your Speed Training" article in the newsletter contains the best information that I've read on the subject. I hope it gets into the hands of the coaches who need it most.

Ellington Darden PhD, Director of Research, Nauticus Sports/Medical Industries

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A Newsletter for Strength and Fitness from Dr. Ken E. Leistner

Message from the U.S.P.F. President

At the 1985 Masters Nationals held in the DFW/Marriott, Ernie Nagy suggested I comment on how our referees are oftentimes neglected by the great directors and abused by the lifters and the audience. That they travel great distances at considerable expense to themselves to help out is sometimes overlooked. The more splenetic impugns their motives.

A number of our best, senior referees were savaged this year at the Senior Nationals. Accusations continue to reverberate even as I write this, more than two months later. I think Ernie might appreciate Bill Decker's unsolicited response in a letter to me dated September 2.

The last item I want to address is the number of lifters and others who were unhappy with the judging. Referees spend hundreds of dollars of their own hard earned money to attend and help officiate at a meet. Often they don't even get a thank you and more often, they can expect a cool reception and harsh words - mostly behind their backs. But, they come back time after time, doing what they can. There would be no meet without them - necessary evils, I've heard. All of the referees at this meet were well qualified and anxious to do a fair, unbiased, consistent job. From my own observation and that of many others, they did just that. Being a master powerlifter and weightlifter, I'm well aware of the time, money, training and pain that goes into that brief moment on the platform. Most of the referees fall into this category and find it often hurts to throw that red light. Throw it, they must, if an infraction is observed. One red does not deny a lift. In this meet and in every National meet, there are two many bomb-outs, often by top name lifters. Often the real culprit is their own ego, which seems to prevent them from starting with a weight within their capabilities on that particular day, meeting rule requirements. Rarely does anyone get by with rule infractions at a National meet.

As the Power Hotline, Vol. 4, No. 18 (Aug 15, 1985), has pointed out, there were fewer bombouts at the Seniors this year than in several previous years. Why was the outburst against the referees this year at Chicago so vitriolic, when last year we seemed to accept a greater number of bombouts with equanimity? I think the answer is that this year we had present a number of people who stood to gain by fanning the flames of discontent. They did their job well.

Mike Lambert in reporting on the Seniors, *PL USA*, Vol. 9, No. 2 (September 1985) p. 9, remarked that it seemed that Jacoby alone made a noticeable effort to squat deeper after having been red lighted. Others, too, were puzzled with the spectacle of some of our best lifters marching out three times to squat parallel. Normally, world class lifters make considerable effort to adjust, to try to keep their chances alive. Any lemming-like march into oblivion is unquestionably irrational. One can but wonder if head games did not produce a paralysis of will.

I was immediately struck by the Auburn rally. There, disappointment over our failure to test for steroids at the 1982 Women's Nationals was skillfully fanned until the resulting conflagration threatened to consume us all. Whether the devil that is created is a 'twisted' Executive Committee, as at Auburn, or 'twisted' referees as at Chicago, the mistrust engendered by fanning the flames of discontent lingers to sour relationships even years down the road.

Having said all that, I would like to criticize one or two instances of inconsistent officiating at the 1985 Seniors, without impugning the character of our referees.

Ausby Alexander is a Marine. His conduct in the face of what must have been the most crushing disappointment shows him to be a man among men. His coach, Captain Sean Paul Scully, USAF, wrote me the following account on August 14.

During this year's Seniors an unfortunate inconsistency in the enforcement of USPF rules occurred which involved Sgt Ausby Alexander, USMC. After missing an opening attempt at 589 lbs in the squat (Ausby was competing at 67.5 kilos) on what appeared to be a depth problem, he was informed that the sleeves on his 'erector' shirt were not within USPF regulations. He was told back in the warm-up area by one of the meet officials who, at the time, was sitting on the luror's table. Ausby was led to believe that he missed his first attempt due to the shirt violation. Ausby missed his 2nd and 3rd attempts at 600 lbs without an erector shirt, hence 'bombing' out of the contest. This was most distressing to both Ausby and I as we will maintain that he was the strongest man in that class. I must take the responsibility for the weights selected, but the problem arises in that several other lifters in the contest, as you yourself related to me, were allowed to compete using the same style shirt with sleeve dimensions identical to Ausby's alleged 'illegal' attire.

Let me add that Sgt Alexander's Inzer shirt was passed and stamped dur-

ing the official equipment check. The officials at the check-in measured his sleeve from the seam, and found it to be legal. What the rules did not recognize was that not all shoulder seams are at the outside of the delts. In fact, that seam on Sgt Alexander's shirt was nearly halfway up the rear. The effect was to expose his delts while he squatted. Now the jury was sensitive to exposed delts, for such suggests that the lifter may have 'pushed' his sleeves, an explicit 'no-no'. Inspection by members of the jury revealed that the sleeves had in fact not been 'pushed up' and that the lifter shirt had been properly checked in. That should have ended the matter for that day. He should not have been required to remove his shirt between attempts. Later we could have reviewed the language of the rule, or have instructed our referees who check in the equipment and attire. The injustice was compounded by the juries of other sessions permitting lifters to squat in Inzer shirts, their delts hanging out for all the world to see.

Our cultural diversity is one of the great sources of America's strength, but because of the richness of its variety, one finds oneself at times bewildered and confounded. Mike Lambert's report on the Seniors (Ibid, p. 8) relates that Dan Gray upon pulling his winning deadlift, as quite unable to contain his elation, he erupted into a platform dance/shadow box session that was pure elation. Neither the jury nor the referee saw a winning lift.

Perhaps Francis Silva should have lifted with the 181's where the jury was more sympathetic. Alas, he could not make weight and was forced to lift in the 220's before a jury that was not so understanding. In this case, substance following the successful completion of an attempt, Mr. Silva erupted into a hula, his coaches were warned that the lift better knock it off. Let me assure you that in our 50th state the platform referees no more eyebrows, than Mr. Gray's dance earn shadow blowing did. Chicago, in behalf of the USPF I offer an apology to each. Ausby, Alexander and Francis Silva for unnecessary impugning and for uneven application of the rules. The officials involved in the men of good will. They are also human.

Dr. Conrad Cotter, President, United States Powerlifting Federation, Post Office Box 18485, Pensacola, Florida 32523

U.S.P.F. DIRECTORY UPDATE

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Correction to the U.S.P.F. Minutes: the U.S.P.F. Boy's Teenage Nationals were awarded to John Petroff in Missouri, while the Girl's Teenage Nationals were awarded to Lloyd Coon of Michigan, please don't get confused!

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On the A.P.F. Side from Larry Pacifico comes this information: "A few points about the new APF: By now many should have received Ernie's letter along with an application to join the APF. Our organization will honor all records that have exceeded the world records to date. They will be official world records in which a certificate will be issued. We will also honor any record set by the USPF, ADPPA, and IPF. We will also recognize any person who has lost a world title due to drug testing. We feel if everyone was not tested, then it's not fair. So, for instance, John Gamble and Jim Cash as still world champions and will be recognized as such in our printings and records. We want to update the best lifts ever done, but we need your help. Please forward any record high lift in each class that may have been done or know about. Example: Ed Coan at the 1978 world record squat at 859, deadlift at 859, and total of 2204. Sam Samaniego has the 275 world record bench at 639. We need all updates so these records become official world records.

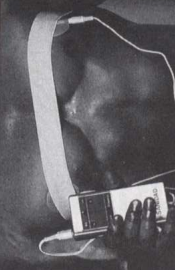
At the APF Seniors in Dayton, June 28 & 29, 1986, we will run the rounds system for the squat and bench only. The deadlifts will be run in the standard way. We feel the rounds system loses its effect for strategy so we feel by running the deadlift in the standard way, some strategy will return. Please let the fans get back into the heat of competition again. Also, the APF will allow the top 2 lifters in the Nationals to compete at the World Championships (WPC) in Hawaii, November 15th & 16th, 1986. Most of the top lifters have either joined us or committed themselves to us. We want you all to consider us. We mean business. We want to 'back and forth' and we want world records back. We need all updates so these records become official world records.

Gus Rethwich notes that the "...entire state of Hawaii is APF..." and discusses some of his reasons for joining up, etc. He is against drug testing because since the sport started up until November of 1982, world records could be set without any testing, and he feels it is not fair to current lifters to maintain the same set of records now that testing is required. He feels that the detector testing is insufficient, and random testing allows steroid users to win, if they are not tested. If at the USPF Seniors next year, the 1st and 2nd placers in a class test positive, an untested 3rd placer could win the class and get on the world team by using steroids. He feels that those who want testing should "put your money where your mouth is" and go to the expense of testing all competitors at a meet. He feels there is not enough money in any organizations coffers to do this. If getting into the Olympics is justification for drug testing, he feels that problems with equipment used at meets and the attitudes of some officials serve to not make the effort worthwhile. He points out the differences between what lifters have made at other meets and in training and what they end up with at the Seniors, as an example that officials are out to intimidate lifters. He feels that for lifters to do their best, you must do the following: (1) use a good, stiff power bar for the squats, to avoid any whipping, (2) don't have practical tests for competitors at the 'dream' meet intended to give more red lights than usual, lifters pay the price after a year's worth of training and expense to get to the meet, (3) use a stage that is at least 4 feet high so the audience can see and one with a wooden surface, (4) use a good, flexible, well-knurled olympic bar for the deadlifts. The rule that the bar can not be changed from one lift to the next in a meet reflects, in Gus's opinion, an attitude by officials that have not had heavy weights in their hands without having been present, and who also criticized Francis Silva's impromptu dance at the Seniors (the USPF didn't have the guts to stand up to this one man and they didn't have the guts to stand up to the IPF. So, we the lifters are taking things into our hands and doing your job USPF!).

Rethwich issues challenge to Mike Hall. Gus has issued a challenge for Mike Hall to come to Hawaii and lift against him on December 14th. If Gus loses, he will give Mike \$750 immediately after the contest. If Gus does not lose, he forfeits no money. He has issued an alternative challenge to meet Hall in Oregon on the same date, with \$500 at stake, if Mike beats Gus in that meet.

Rule Change Comments - Joe Pyra feels that changing the rules and establishing referee's schools will just trade one set of problems for another. Rather than pay referees, Joe would rather see their job be made easier. In one of his meets back in 1973, they marked the lifters leg after weighing in with a line from knee to mid thigh, so that when they squatted below parallel the line would show it, making the judges job easier, and more effective. Larry Eggleston feels that splitting off into various powerlifting factions hurts the sport's credibility as a whole, particularly if the drug issue is involved. John Parr, a USPF National Referee and Regional Chairman, received literature recently soliciting membership in the APF and after reviewing their rule change proposals, he half-facetiously came to the conclusion that "They've got to be talking about something other than powerlifting." Recently, and almost simultaneously, the APF and the USPF came to some similar conclusions regarding rule changes. The USPF recently agreed to place experimentally at meets below the level of national championships a moratorium on certain rules governing the lifting costume, so that any one-piece, one-ply suit may be worn, provided that the leg length does not exceed 15 cm., and that the "message" on the costume or attached logo is not obscene, so that any T-shirt may be worn, with obscenity banned, as above, and on the belt so that any belt may be worn, provided its width does not exceed 10 cm., its thickness exceed 13mm., it conveys no obscenity and its tongue is worn outside the belt, as well as a moratorium on the rule "The bar shall not be changed during the competition unless it is bent or damaged in some way as determined by the referees." (Proposed by the "certain official" referred to by Gus Rethwich) In order to have standardized equipment at major meets in the future, the U.S.P.F. is taking bids for 6 power bars with collars, 6 heavy benches, and 835 kilos of weights. All materials must meet I.P.F. specifications, and written bids are invited from vendors offering their prices on equipment to meet these requirements. Contact John Petroff, 3105 Bullock, Plano, TX 75023. The A.P.F. has indicated that it will not have a committee voting for a lifter's meeting will bring up issues to be voted on by the lifting membership by mail. A simple majority will rule. It will not have banning of lifters or officials for personal, social or professional reasons; the APF is a lifting organization only, not to stand in judgement on outside behavior. It will not have drug testing of any kind. It will not have international federation ruling their lifters. It will not have banning of personal names, clubs, insignias, etc. from personal equipment. Only letters signs, or words designed to hurt another individual will not be allowed, nor will profanity or obscenity. It will not have unacceptable American or World records. All records made in any sanctioned contest with three card holding national referees will count. It will not have ranking of referees; all referees are equal. It will not have a jury of appeals; the three referees will decide. Numerous possible rule changes have been offered up for vote by paid APF/AMPF members recently. (Examples: "May elbow wraps be used in the bench press?", "Should movement of the hands during a squat be a cause for disqualification?", "Should suits be one ply only?", "Should a successful 4th attempt world record count in the total?"; "Should our referees be qualified by written exam only?")

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Question & Answer

Training questions answered by Roger Estep, 1979 Senior National Champion and World Record Breaker at 198 pounds.

DEAR ROGER: I've been training with weights now for two years. All my workouts have been done at home due to the fact that there wasn't a good quality gym to work out in. Recently, however, a first class gym has opened in the area, and I'm more interested in getting into powerlifting. Up until now, I've done mostly bodybuilding. What I would like to know is about a powerlifting program called the Sandusky training method. I've heard that you work out two days per week under this program. If possible could you explain to me in detail how to train under this program, the sets that must be used, reps, etc. plus all the assistance exercises that should be used. I understand Dave Waddington uses this program. I must say powerlifting in Ohio is becoming quite popular. Sincerely yours, **Gary Goldner.**

DEAR GARY: The program you are referring to is the program that was developed in the years while I was living in Sandusky and training with Dave Waddington, Steve Wilson and his brothers, Dave Schueneirth, and Bill Bradford at the famous Olympic Health Club owned by John and Amy Wolfe. The program itself has no secrets. It was your basic one heavy and one medium day a week program, but when you train with the people I just mentioned the workouts are highly motivated and your mental attitude toward training is at a peak. The program consisted of a Monday and a Friday workout with Monday being the light or medium day. On this day we would do light squats, maybe 60 percent of max, for a few reps depending on how you felt that day. The bench press was trained in the same manner. Basically we were just trying to keep a good feel of the weights and keep the muscles facilitated for the Friday workouts. Our assistance work consisted of 3 to 4 sets of lat pulls, triceps pushdowns, leg curls and calf raises. The Friday workout consisted of a simulated meet starting with squats. Waddington and Wilson liked to use 3 sets of 3, while I was always a heavy single lift. The bench press was next with the same heavy reps and sets followed by the deadlift. No assistance work was done on this day because the workouts would take 5 hours. This is a good program which has developed several National and World Champions, but remember, the people you train with will have an effect on your progress. Best wishes, **Roger Estep.**

Message from Women's Subcommittee Chairperson

This month I have asked Mr. Lloyd Coon, Coach of Women's Powerlifting at Swartz Creek High School to share his philosophy and training/coaching techniques. There is a real need to provide information to the teenage lifters and all lifters that are not fortunate to have coaching expertise available. I find what Lloyd has to say informative in addition to being timely with the upcoming championships. **Ramona Kenady**

"After training with weights since 1945 and becoming involved in the Masters movement in 1970, I retired from my Industrial Engineering position with General Motors in 1980 and volunteered to become a "dollar a year" coach for Swartz Creek High School. There were many things I had to sell when the Powerlifting for The High Schooler subject came up. I had to stress that Safety would be the Number One priority, and I had to deal with arguments that squatting will hurt the knees, and bench pressing will damage young ladies' pectoral muscles, and the deadlift should be outlawed. Swartz Creek had a weight room and we have an Athletic Director who believes in weight training, so we are fortunate. It was decided that our weight room would be available after school for no more than 2 1/2 hours a day. We developed individual programs for the lifters, so the time constraint would not be a problem. I put out a call to a Powerlifting club, and shortly had 20-30 young men and women eager to start. After a couple weeks of basic fundamentals, we had an informal meet, which introduced the lifters to the rules, and gave me an idea of how to set up individual routines. Two things I have learned to stress were (particularly with the young ladies) to do an adequate amount of stretching beforehand, and to restrict the lifters from going for a max every workout.

Over the last 6 years, our kids have won championships and set records, but I have realized a different kind of satisfaction. Some kids had a very poor perception of themselves, and couldn't roll 135 lbs. across the platform, but I insisted on progressive training and eventually that 135 was deadlifted, and then 145, and then 150. Then came the change - the way they dressed, the studies, and the self confidence all improved. This is my main satisfaction in coaching.

A coach of teenagers has to be a real leader. If a kid has a problem, it

ATTENTION!!!

The dates published on page 10 of the October 1985 issue of PL USA for the A.D.F.P.A. National Masters are incorrect. Rather than in November, the actual dates are the 19th & 20th of OCTOBER. For further information contact Bill Stiff, 1022 Silverlake Rd., Fenton, MI 48430, 313-629-6472.

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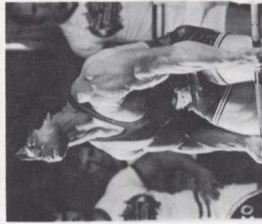
Mon. - Fri. 10 to 9

Sat. 12 to 6

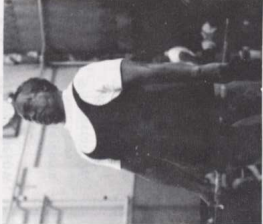
Sun. 12 to 4

★ WHO'S WHO IN POWERLIFTING ★

Whether you're Big Name or No Name, send your picture and details ("Who's Who", Box 467, Camarillo, CA 93011) to this popular feature.



Gary Allor, 24, of Monroe, Michigan lifted in only 4 weeks prior to entering the 1985 Sr. Nationals. A former bodybuilder and bench specialist, he used to train at Troy Hicks gym in Tennessee. He is currently the 3rd best lifter of all time in the 165 lb. class, behind Weil and Rouse. Information from Harold Dushane.



Frank Lamp has stepped down as President of the Australian Amateur Powerlifting Federation after serving for 13 years, probably the longest period of continuous service in any national federation in the world, although Manojit Bose of India is also close. He has also been IFF Vice President for 11 years and will continue in that capacity



3 of Connecticut's top Master lifters (from left), Ted Forbes (242), Saul Shocker (165), and John Yarrone (181), are in hard training for next year's Nationals in West Haven, CT. Saul is the New England representative for UNIPRO in West Haven and also works for the City of New Haven as a Utility Control Specialist. They train at SHW Ken Fantano's MUSCLE FACTORY in West Haven. John and Saul trained together 15 years ago at the New Haven YMCA, also training territory for Mr. World, Mike Katz, and Dr. Squat. Fred Hatfield (then Olympic lifter), Saul left the area when some jazz musicianship opportunities arose (a stint with Natalie Cole), but now the old gang is back together.

Dimethyl Sulfoxide, or DMSO, use has become widespread recently among athletes. DMSO use, as an adjunct to musculoskeletal injury treatment, is commonly seen among lifters. Briefly, the ability to reduce the effects of pain and itching by blocking nerve pathway conduction of inflammation by reducing edema and inhibiting prostaglandin secretion, antispasmodic activity, diuretic activity resulting in increased urine output, tranquilizing action, vasodilation, cholinesterase inhibition, the ability to dissolve compounds such as amyloid and collagen, and lastly, increasing the effects of other drugs used at the same time as "DMSO". As with all drugs, accompanying the desired effects, numerous, and sometimes irreversible, side effects are noted, such as: lens (eye) alterations, changes in the refractory index, anemia, "some liver damage", hyperglycemia, cutaneous erythema and urtication, "hemoglobinuria and hematuria, and lower BUN values. One study noted that "topical application of DMSO was associated with periods of decreased mean separation forces in tendons of mice". The tendons may be highly susceptible to injury in the weakened state. The authors recommended "avoidance of vigorous muscular activity during therapy with DMSO."

Should you ever decide to use DMSO, here are a few suggestions. (1) Use only medical grade, high purity DMSO. Do not use industrial grade or impure DMSO. It bothers me that lifters are ripping off fellow lifters who think they're buying high purity, medical grade DMSO and getting everything from Aloe Vera to distilled water! (2) Carefully wash area with mild, non-deodorant soap and water only. Rinse with water and dry thoroughly. (3) Apply DMSO with a sterile gauze pad, if possible. (4) After 20 minutes, remove the remaining DMSO from the skin. (5) Do not let clothing come in contact with area for at least 1/2 hour after DMSO application. (6) Avoid contact with other chemicals! (7) Do not use Saran Wrap and/or an Ace wrap to cover the area if your skin is sensitive to DMSO. (8) Discontinue use if adverse side effects or reactions are noted.

That bad breath you smell may be your own! Remember, DMSO is a chemical and not a drug and is not for use as a drug for humans or animals! The latter statement of warning was found on a DMSO label, read yours!

behoves the coach to devote some time to it, sincerely, and not just brush it off.

Here is a typical routine for a beginning lifter, based on max. lifts of 150 80x20. MONDAY: after bending, stretching, and warming up. Squat: 45x10, 70x5, 90x5, 110x5, 120x5, 105x5, 90x5, 70x5, 45x10. Bench: 30x10 (with an exercise bar), 45x5, 55x5, 65x7, 50x5, 50x5, 50x4, 30x3, 30x10. Curls: 20x10, 30x10, 20x10. Reverse Curls: 20x5, 20x5, 20x5, 20x5, 20x5. French Curls: 20x3 or 4 sets. Deadlift: 95x5, 115x5, 135x3, 150x2. Stitups. WEDNESDAY: after warmup. Bench: we have a routine in which four different sets are done with varying positions, wide grips for 5, normal reps for 5 with pauses, narrow sets for 5, and one set with hands together for 5. In this instance, based on the 80 pound max, we would use only the bare bar or 45 pounds. Flys: 5 sets of 5 with about 20 pounds. Rows: 45x10, 60x10, 75x10, 90x10, 105x10. Squats: 45x10, 65x10, 85x5. Stitups. FRIDAY: after warmup. Squat: 45x10, 80x4, 110x3, 135x2, 155x1, 100x5. Bench: 30x10, 45x5, 55x3, 65x2, 75x1, 85x7, 55x5. Deadlift: 115x5, 135x4, 155x3, 175x2, 195x1, 205 or 210x1, 115x5. Followed by Stitups, Lat Pulldowns, and Curls, all medium sets. The following Monday, every set shown above would be increased by five or ten pounds. Wednesday's routine would be increased by only five pounds. Friday would vary from 5 to 10 pounds, depending on the individual. This routine is to be followed from four to six weeks, after which a pseudo meet will be held on either a Wednesday or a Friday, in surring enough rest prior to an all out effort, of from 5-7 days after the last workout.

Other factors enter into the training program such as school schedule, minor injuries, forced periods of rest due to illness, and personal factors. School vacations and family vacations can do greatly curtail progress, so the coach has to be patient and understanding. I have found that teenagers will follow about 80-85 percent of the program laid out for them.

The main reason I have had greater success with the girls team than with the boys is that the girls work harder and they want success more. Our total squad consisted of 17 girls and 10 boys this past year. Fourteen girls lettered as opposed to six boys. There were two minor (JayVee) letters awarded also. I am enthused about our girls team this year and could not have a better captain than Chris McCullough. She is a good prospect, has won several titles, and is a very enthusiastic leader of young women. Lloyd Coon

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POWERLIFTING USA MAGAZINE TOP 100

181 1/2 lb./82.5 kg.

for USA lifters competing September 1984 to August 1985

SQUAT

- 1 760 Gougher, R., 12/1/84
- 2 722 Coan, E., 11/25/84
- 3 720 Herring, G., 3/20/85
- 4 705 Topogulos, J., 3/10/85
- 5 705 Topogulos, J., 11/01/85
- 6 705 Takala, R., 7/7/85
- 7 684 Weil, R., 6/2/85
- 8 684 Weil, R., 6/2/85
- 9 688 Gay, D., 6/2/85
- 10 681 Phillips, M., 4/21/85
- 11 680 Karan, D., 12/8/84
- 12 677 Foster, M., 6/2/85
- 13 677 Foster, M., 6/2/85
- 14 672 Mooney, E., 6/2/85
- 15 670 Cooper, J., 2/23/85
- 16 666 Winqquist, M., 4/20/85
- 17 666 Winqquist, M., 4/20/85
- 18 666 Barquera, M., 6/2/85
- 19 661 Dillon, S., 12/15/84
- 20 661 Dillon, S., 12/15/84
- 21 661 Wilkinson, D., 6/2/85
- 22 660 Johnson, S., 5/4/85
- 23 655 Eleman, T., 3/2/85
- 24 655 Eleman, T., 3/2/85
- 25 650 Maupin, T., 12/1/84
- 26 650 Maupin, T., 12/1/84
- 27 650 Penna, R., 3/3/85
- 28 650 Penna, R., 3/3/85
- 29 650 Allor, G., 7/20/85
- 30 645 Gillette, M., 8/10/85
- 31 640 Mosley, E., 4/14/85
- 32 639 Deligioro, M., 5/11/85
- 33 639 Deligioro, M., 5/11/85
- 34 635 Smith, S., 5/19/85
- 35 635 Smith, S., 5/19/85
- 36 633 Schwab, J., 7/1/85
- 37 633 Schwab, J., 7/1/85
- 38 633 Lanzante, P., 12/11/84
- 39 633 Lanzante, P., 12/11/84
- 40 630 Baughn, J., 9/16/84
- 41 630 Baughn, J., 9/16/84
- 42 630 Roy, M., 3/23/85
- 43 630 Vrabel, J., 2/30/85
- 44 628 Bell, D., 6/30/85
- 45 627 Wilkinson, G., 2/9/85
- 46 627 Wilkinson, G., 2/9/85
- 47 625 McElroy, G., 3/31/85
- 48 625 McElroy, G., 3/31/85
- 49 625 Buljat, T., 5/4/85
- 50 625 Haines, D., 6/1/85
- 51 622 St Laurent, M., 12/22/84
- 52 622 Wilson, J., 4/26/85
- 53 622 Purkey, J., 8/17/85
- 54 622 Purkey, J., 8/17/85
- 55 620 Dell, R., 12/8/84
- 56 620 Ford, D., 12/8/84
- 57 620 Parker, J., 2/9/84
- 58 620 Thilly, S., 4/13/85
- 59 620 Thilly, S., 4/13/85
- 60 617 Van Rensburg, N., 9/16/84
- 61 617 Villars, A., 12/1/84
- 62 617 Villars, A., 12/1/84
- 63 615 Fleming, D., 2/23/85
- 64 615 Fleming, D., 2/23/85
- 65 615 Fleming, D., 2/23/85
- 66 615 Stumper, S., 4/13/85
- 67 615 Stumper, S., 4/13/85
- 68 611 Coffman, D., 10/27/84
- 69 611 Coffman, D., 10/27/84
- 70 610 Saldarria, J., 11/3/84
- 71 610 Saldarria, J., 11/3/84
- 72 610 Villanueva, J., 2/27/85
- 73 606 Spier, K., 10/7/84
- 74 606 Spier, K., 10/7/84
- 75 606 Spier, K., 10/7/84
- 76 606 Adams, J., 2/16/85
- 77 606 Adams, J., 2/16/85
- 78 606 Ball, R., 9/16/84
- 79 606 Ball, R., 9/16/84
- 80 605 Greco, J., 5/21/85
- 81 605 Greco, J., 5/21/85
- 82 605 Silva, A., 10/21/84
- 83 605 Silva, A., 10/21/84
- 84 600 Grov, J., 12/1/84
- 85 600 Grov, J., 12/1/84
- 86 600 Harr, C., 1/13/85
- 87 600 Harr, C., 1/13/85
- 88 600 Foch, W., 2/18/85
- 89 600 Foch, W., 2/18/85
- 90 600 Lecher, M., 2/23/85
- 91 600 Lecher, M., 2/23/85
- 92 600 Bepko, J., 3/3/85
- 93 600 Bepko, J., 3/3/85
- 94 600 Hooper, D., 5/12/85
- 95 600 Bloom, C., 2/14/85
- 96 600 Bloom, C., 2/14/85
- 97 600 Mays, M., 1/18/84
- 98 600 Mays, M., 1/18/84
- 99 595 Casco, J., 9/8/84
- 100 595 Casco, J., 9/8/84

DEADLIFT

- 1 766 Gougher, R., 12/1/84
- 2 766 Gougher, R., 12/1/84
- 3 727 Topogulos, J., 3/10/85
- 4 705 Maupin, T., 12/1/84
- 5 705 Topogulos, J., 3/10/85
- 6 703 Takala, R., 7/7/85
- 7 684 Weil, R., 6/2/85
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- 65 615 Fleming, D., 2/23/85
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- 69 611 Coffman, D., 10/27/84
- 70 610 Saldarria, J., 11/3/84
- 71 610 Saldarria, J., 11/3/84
- 72 610 Villanueva, J., 2/27/85
- 73 606 Spier, K., 10/7/84
- 74 606 Spier, K., 10/7/84
- 75 606 Spier, K., 10/7/84
- 76 606 Adams, J., 2/16/85
- 77 606 Adams, J., 2/16/85
- 78 606 Ball, R., 9/16/84
- 79 606 Ball, R., 9/16/84
- 80 605 Greco, J., 5/21/85
- 81 605 Greco, J., 5/21/85
- 82 605 Silva, A., 10/21/84
- 83 605 Silva, A., 10/21/84
- 84 600 Grov, J., 12/1/84
- 85 600 Grov, J., 12/1/84
- 86 600 Harr, C., 1/13/85
- 87 600 Harr, C., 1/13/85
- 88 600 Foch, W., 2/18/85
- 89 600 Foch, W., 2/18/85
- 90 600 Lecher, M., 2/23/85
- 91 600 Lecher, M., 2/23/85
- 92 600 Bepko, J., 3/3/85
- 93 600 Bepko, J., 3/3/85
- 94 600 Hooper, D., 5/12/85
- 95 600 Bloom, C., 2/14/85
- 96 600 Bloom, C., 2/14/85
- 97 600 Mays, M., 1/18/84
- 98 600 Mays, M., 1/18/84
- 99 595 Casco, J., 9/8/84
- 100 595 Casco, J., 9/8/84

TOTAL

- 1 2000 Gougher, R., 12/1/84
- 2 1929 Coan, E., 11/25/84
- 3 1851 Gay, D., 6/2/85
- 4 1854 Phillips, M., 4/21/85
- 5 1854 Phillips, M., 4/21/85
- 6 1823 Topogulos, J., 3/10/85
- 7 1813 Weil, R., 6/2/85
- 8 1813 Weil, R., 6/2/85
- 9 1780 Mooney, E., 6/2/85
- 10 1740 Allor, G., 7/20/85
- 11 1730 Maupin, T., 12/1/84
- 12 1730 Maupin, T., 12/1/84
- 13 1729 Wilkison, D., 6/2/85
- 14 1725 Pierce, D., 5/25/85
- 15 1725 Pierce, D., 5/25/85
- 16 1715 Haines, D., 6/1/85
- 17 1715 Haines, D., 6/1/85
- 18 1715 Richardson, K., 5/18/85
- 19 1705 Stumper, W., 4/20/85
- 20 1705 Stumper, W., 4/20/85
- 21 1703 Bepko, J., 3/3/85
- 22 1700 Karan, D., 12/8/84
- 23 1690 McKee, B., 2/23/85
- 24 1690 McKee, B., 2/23/85
- 25 1686 Cavalier, B., 6/2/85
- 26 1685 Schroeder, T., 11/18/84
- 27 1675 Wilner, J., 12/9/84
- 28 1670 Baughn, J., 9/16/84
- 29 1665 Cooper, J., 2/23/85
- 30 1660 Ford, D., 12/8/84
- 31 1660 Ford, D., 12/8/84
- 32 1647 Farmer, R., 8/17/85
- 33 1642 Coffman, D., 10/27/84
- 34 1642 Danbroggi, R., 12/1/84
- 35 1642 Danbroggi, R., 12/1/84
- 36 1642 Danbroggi, R., 12/1/84
- 37 1642 Danbroggi, R., 12/1/84
- 38 1636 Saldarria, J., 11/3/84
- 39 1636 Saldarria, J., 11/3/84
- 40 1635 Seaborn, J., 11/28/84
- 41 1635 Vrabel, J., 2/30/85
- 42 1631 McCurdy, M., 11/15/84
- 43 1631 Wagman, D., 1/20/85
- 44 1624 Wilson, J., 4/26/85
- 45 1620 Montoya, E., 9/29/84
- 46 1620 Montoya, E., 9/29/84
- 47 1620 Montoya, E., 9/29/84
- 48 1620 Montoya, E., 9/29/84
- 49 1614 Penna, R., 3/3/85
- 50 1614 Penna, R., 3/3/85
- 51 1614 Lanzante, P., 12/11/84
- 52 1614 Deligioro, M., 5/11/85
- 53 1609 Tyree, J., 10/14/84
- 54 1609 Tyree, J., 10/14/84
- 55 1603 Schmidt, B., 7/21/85
- 56 1603 Schmidt, B., 7/21/85
- 57 1603 Culp, D., 6/2/85
- 58 1600 Dell, R., 11/7/84
- 59 1600 Dell, R., 11/7/84
- 60 1600 Dell, R., 11/7/84
- 61 1600 Dell, R., 11/7/84
- 62 1595 Stumper, S., 4/13/85
- 63 1590 Gillette, M., 8/10/85
- 64 1590 Gillette, M., 8/10/85
- 65 1587 Villanueva, J., 2/27/85
- 66 1587 Villanueva, J., 2/27/85
- 67 1581 Vesby, A., 11/15/84
- 68 1581 Vesby, A., 11/15/84
- 69 1581 Vesby, A., 11/15/84
- 70 1581 Vesby, A., 11/15/84
- 71 1576 Spier, K., 10/7/84
- 72 1576 Spier, K., 10/7/84
- 73 1576 Spier, K., 10/7/84
- 74 1576 Spier, K., 10/7/84
- 75 1575 Haines, D., 6/1/85
- 76 1575 Haines, D., 6/1/85
- 77 1575 Haines, D., 6/1/85
- 78 1575 Haines, D., 6/1/85
- 79 1565 Silva, A., 10/21/84
- 80 1565 Silva, A., 10/21/84
- 81 1565 Silva, A., 10/21/84
- 82 1565 Silva, A., 10/21/84
- 83 1565 Silva, A., 10/21/84
- 84 1565 Silva, A., 10/21/84
- 85 1565 Silva, A., 10/21/84
- 86 1565 Silva, A., 10/21/84
- 87 1565 Silva, A., 10/21/84
- 88 1565 Silva, A., 10/21/84
- 89 1565 Silva, A., 10/21/84
- 90 1565 Silva, A., 10/21/84
- 91 1565 Silva, A., 10/21/84
- 92 1565 Silva, A., 10/21/84
- 93 1565 Silva, A., 10/21/84
- 94 1565 Silva, A., 10/21/84
- 95 1565 Silva, A., 10/21/84
- 96 1565 Silva, A., 10/21/84
- 97 1565 Silva, A., 10/21/84
- 98 1565 Silva, A., 10/21/84
- 99 1565 Silva, A., 10/21/84
- 100 1565 Silva, A., 10/21/84

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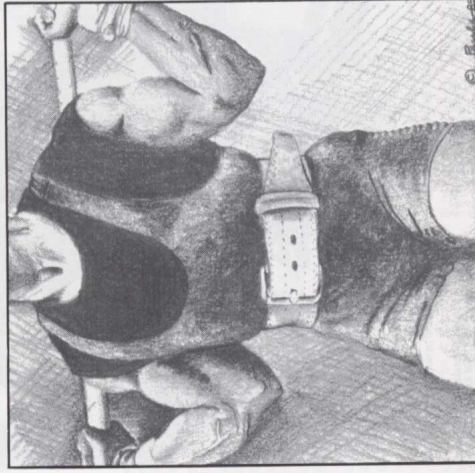
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 - BENEFITS THE IMMUNE SYSTEM
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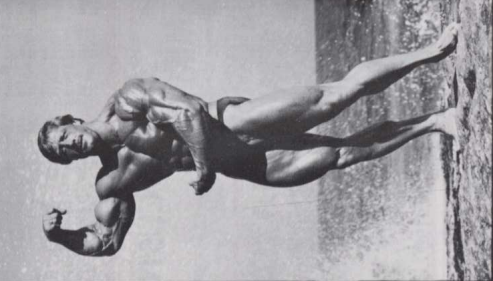
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MDA Sports Festival 31 Aug 85 - Cleveland, OH

	SQ	BP	DL	Total
123	270	180	320	770
132	265	200	360	825
133	265	200	360	825
134	265	200	360	825
135	265	200	360	825
136	265	200	360	825
137	265	200	360	825
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199	265	200	360	825
200	265	200	360	825

Milan Indoor Summer Festival Natural BP and DL contest 31 Aug 85 - Milan, ILL

	SQ	BP	DL	Total
WOMEN	145	320	465	930
T.Campbell	115	325	440	880
Brenda Steele	115	325	440	880
Michelle Steele	115	325	440	880
MEV Under 175	295	305	470	1070
Michelle Woodard	240	470	710	1420
Butch Vandung	240	470	710	1420
Donna Malsbenden	250	435	685	1370
Reid Wirth	215	465	620	1300
Bryan Elliott	195	365	560	1120
Dan Ramms	185	280	415	880
Susan	185	280	415	880
MEV 175 to 200	305	340	395	1040
Sam Langston	250	430	680	1360
Aden Beck	235	425	660	1320
MEV Over 200	340	325	1865	5490
Les Oney	315	475	790	1580
John Streight	315	475	790	1580
John Longoria	315	475	790	1580
Greer, Ben Langston and Gary Everett. Thanks to everyone for a fun drug free contest. Contest sponsored by Langston's gym. Milan Ill. Results submitted by Sam Langston.				

Kilby Invitational 3 Aug 85 - Mt. Meigs, AL

	SQ	BP	DL	Total
OPEN	110	142.5	327.5	580
Robert Fields	75	67.5	122.5	265
Preston Vaughan	75	67.5	122.5	265
Tom Hartzog	65	55	105	220
John	105	67.5	130	302.5
W. McDuffie	90	100	110	300
67-23K	147.5	112.5	185	445
L. Callaway	120	75	187.5	382.5
Tony Goodman	120	75	187.5	382.5
L. Hardnett	120	75	187.5	382.5
Vincent Stephens	117.5	100	132.5	350
John Zed	90	97.5	142.5	330
Duffy Hartwell	67.5	65	140	272.5
Everett Muth	75	60	130	265
5-8K	172.5	145	222.5	540
Jim Holman	172.5	145	222.5	540
Mike Brewer	185	120	200	505
Jim Webber	137.5	112.5	207.5	457.5
Marvin Gray	112.5	102.5	170	385
Cliff Chapman	102.5	115	150	367.5
S. Hubbard	102.5	107.5	147.5	357.5
Bob Melsin	110	92.5	142.5	345

Marigold Bench Press 7 Sept 85 - Chicago, IL

	SQ	BP	DL	Total
1108K	75	52.5	90	217.5
Ed Williams	165	272.5	652.5	1191.5
1115K	107.5	300	443.5	851.5
1125K	107.5	300	443.5	851.5
1135K	107.5	300	443.5	851.5
1145K	107.5	300	443.5	851.5
1155K	107.5	300	443.5	851.5
1165K	107.5	300	443.5	851.5
1175K	107.5	300	443.5	851.5
1185K	107.5	300	443.5	851.5
1195K	107.5	300	443.5	851.5
1205K	107.5	300	443.5	851.5
1215K	107.5	300	443.5	851.5
1225K	107.5	300	443.5	851.5
1235K	107.5	300	443.5	851.5
1245K	107.5	300	443.5	851.5
1255K	107.5	300	443.5	851.5
1265K	107.5	300	443.5	851.5
1275K	107.5	300	443.5	851.5
1285K	107.5	300	443.5	851.5
1295K	107.5	300	443.5	851.5
1305K	107.5	300	443.5	851.5
1315K	107.5	300	443.5	851.5
1325K	107.5	300	443.5	851.5
1335K	107.5	300	443.5	851.5
1345K	107.5	300	443.5	851.5
1355K	107.5	300	443.5	851.5
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1855K	107.5	300	443.5	851.5
1865K	107.5	300	443.5	851.5
1875K	107.5	300	443.5	851.5
1885K	107.5	300	443.5	851.5
1895K	107.5	300	443.5	851.5
1905K	107.5	300	443.5	851.5
1915K	107.5	300	443.5	851.5
1925K	107.5	300	443.5	851.5
1935K	107.5	300	443.5	851.5
1945K	107.5	300	443.5	851.5
1955K	107.5	300	443.5	851.5
1965K	107.5	300	443.5	851.5
1975K	107.5	300	443.5	851.5
1985K	107.5	300	443.5	851.5
1995K	107.5	300	443.5	851.5
2005K	107.5	300	443.5	851.5

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148	Cheryl Popp	280	145	355	780
150	L'Bohoszewski	215*	440*	1005*	
151	Judy Severson	140	100	230	470
152	SHW	325	198*	385*	900
153	Shirley Arnold	340	225	360	920
154	Sally Bahr	205	165	250	620
155	MEN				
156	John Alegria	295	210	405	910
157	Ken Gregh	325	225	430	980
158	Koehn	275	205	410	890
159	Rich Koehn	275	205	410	890
160	Mike Higgins	435	260	500	1195
161	Don Gillespie	350	225	450	1025
162	Don Kossaba	290	185	395	870
163	Rich Koehn-bl	385	295	410	1090
164	Steve Roberts	440	240	520	1200
165	Scott Severson	420	225	445	1090
166	Scott Severson	545	300	540	1385
167	Jim Douglas	505	375	505	1385
168	Bill Piche Jr	490	325	535	1350
169	Mark McLeod	430	245	530	1205

123	Williams-bl	255	150	300	705
124	Tracy Hudson	220	90	280	590
148	Cheryl Popp	280	145	355	780
150	L'Bohoszewski	215*	440*	1005*	
151	Judy Severson	140	100	230	470
152	SHW	325	198*	385*	900
153	Shirley Arnold	340	225	360	920
154	Sally Bahr	205	165	250	620
155	MEN				
156	John Alegria	295	210	405	910
157	Ken Gregh	325	225	430	980
158	Koehn	275	205	410	890
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162	Don Kossaba	290	185	395	870
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169	Mark McLeod	430	245	530	1205

123	Williams-bl	255	150	300	705
124	Tracy Hudson	220	90	280	590
148	Cheryl Popp	280	145	355	780
150	L'Bohoszewski	215*	440*	1005*	
151	Judy Severson	140	100	230	470
152	SHW	325	198*	385*	900
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- L-Threonine.....24.0 mg
- L-Histidine.....24.0 mg
- L-Methionine.....24.0 mg

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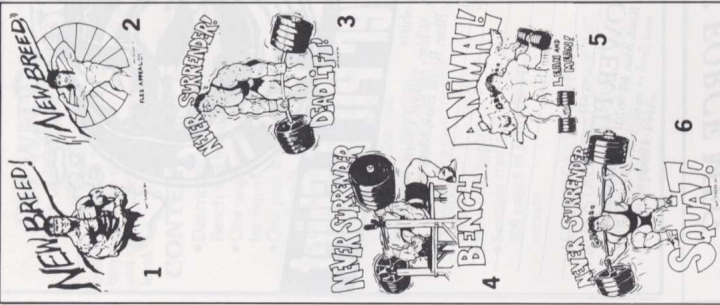
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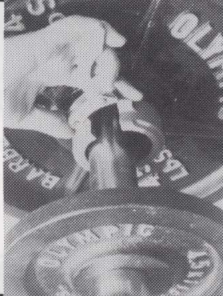
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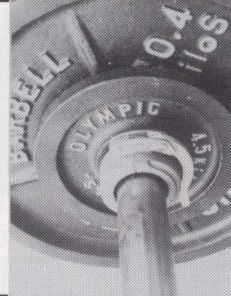
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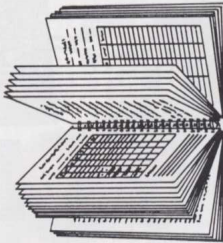


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Power Pictorial



White Lights are Pretty when they light up a big city or light up the eyes of a powerlifter after a successful lift. Ernie Nagy has seen his share of white lights. He is a National Masters Powerlifting Champion for eleven years in a row. Not many lifters can match that record. Ernie started training in 1951 in the Olympic style. Part of his routines were the squat, bench and deadlift because they helped him on the overhead lifts. At 27 years of age, the only place Ernie could find to work out was the YMCA in Steubenville, OH. He encouraged kids who did not participate in other sports to lift weights, not so they could get into college, but also to develop some self confidence. Ernie had a gym in Steubenville, but the cost of traveling to the gym because he could not afford the entry fees for the cost of traveling re-opened the gym in the basement of his house in 1962. After five years he opened it to the public. Since that time, he has trained approximately 2000 lifters, including three fourths of his local police department. Ernie did more with his life than just lift weights. In 1959 he went to work at Weirton Steel Company, so he could support his habit of pumping iron by making steel. He progressed through the system and became a first class welder, which helped him in fabricating some of his equipment. Not only was Ernie a man of steel, he was also a dedicated iron man. Ernie has at least 45 records in powerlifting and he still holds a World Masters record in the bench press at 414 lbs.

Ernie's eleven consecutive US National Masters Championships began in 1975 in Columbus, Missouri, followed by 1976 in Wichita, Kansas, 1977 in Mt. Clemens, Michigan, 1978 in Dallas, Texas, 1979 in Weirton, West Virginia, 1980 in Victorville, California, 1981 in Aurora, Illinois, 1982 in Greensboro, North Carolina, 1983 in Syracuse, New York, 1984 in Fairfax, Virginia, 1985 in Charlotte, North Carolina, 1986 in Weirton, West Virginia, 1987 in Weirton, West Virginia, 1988 in Weirton, West Virginia, 1989 in Weirton, West Virginia. Ernie has been a world postal Masters Olympic lifting match involving 15 nations, and Ernie just happens to be a world champ in that category, as well.

Ernie has been a powerful influence on powerlifting throughout the years. He has always advised his lifters to get their bread and butter lift first, then they can shoot the moon on their second and third attempts. Ernie has been quoted as saying he "would rather have a heart attack attempting a 600 lb. deadlift than have one while watching TV with a Twinkie in one hand and a Coke in the other." Thanks to Jack Hatala for story and photo.

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Bench Press for Cerebral Palsy was held on the beach in Greenwich, CT in August and is reported by Jim Michk, who also sent in the photo below of participant Skip Shaffer with a 300 bench, as judge Bill Romanello looks on at right.



- 110-125 Bob Broadway 68
 126-130 Dennis 177
 Tony Avanti 111
 Skip Shaffer 111
 Paul Mason 60
 Anthony Pallas 76
 Cal Neff 254
 Steve Beaganer 190
 Lenny Fiducia 180
 Joe Vasuturo 127
 J. Nowakowski 134
 Frank Stallaro 112
 Frank Costa 118
 Saul Friedman 251
 Bryan Hector 164
 Vince Pennella 234
 Willson Mason 135
 Wally Gabriel 200
 Dino Carbone 122
- in the women's div. Karen Yeager over bodyweight, alone, taking 1st place. Karen lifted 4 lbs over body on her third attempt of 170 lbs. Teams: West Harrison YMCA, Steubenville, Ohio; Bodyworks, 3d; West Harrison Fitness Ctr; 6th; Y's gym, Met directors: Jim and Dave Michk, meet sponsor: Greenwich YMCA Wt club. Special thanks to Gene M. Romanello, Bill Romanello, Bill Romanello for their unending assistance. Thanks to Jim Michk for results.

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Muscataine Barbell Club, the 1985 Iowa State Team Champions. 1st row from left; Doug Peterson, Craig Koehbe, Cory Barry, and Tim Weikert. 2nd row from left; Scott Keyser, Earl Snyder, Deb Stewart, Bob Jones, Bret Hurbut. Missing from photo: Jack Bunn. Photo courtesy Jim Thacker.

Iowa State Championships 4 May 85 - Des Moines, IA				
OPEN DIV	SQ	BP	DL	Total
114 Michelle Stewart	205	125w	230	560
120 Jack Bunn	285	135	350	770
122 Diane May	210	95	240w	545
132 Earl Snyder	425	230	440	1100
148 Marvin May-bl	450	255	500	1200
165 Doug Peterson	430	260	480	1170
181 Bob Jones	440	270	445	1155
190 Mike Heysing	415	265	445	1125
200 Scott Keyser	425	275	445	1145
210 Pete Stalder	425	325	460	1210
220 Charlie Brown-g	530	355	485	1370
230 Shawn Cannon	515	340	530	1385
240 Doug Peterson	440	280	535	1255
250 Fred Trapp	340	300	425	1065
260 Doug Peterson	600*	355	620*	1715*
270 Bob Jones	525	315	550	1390
280 Bill Sharp	400	330	460	1190
290 Mark Northway	400	345	450	1195
300 Tim Weikert	610	365	600	1575
310 Doug Peterson	600	345	575	1520
320 Scott Diverney	550	380	625	1555
330 Jim Heald	550	380	625	1555
340 Steve Gustafson	430	355	520	1305



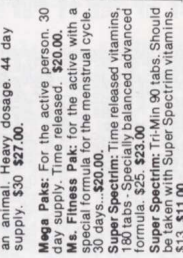
Glen Stevens. The miracle suits have held up through very tough workouts. They are easy to put on and take off and have the support out of the bottom where it counts. I wouldn't use any other suit. Thanks for the 837 lb. squat.



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Super Spectrum: Tri-Min. 90 tabs. Should be taken with Super Spectrum vitamins. \$13 \$11.00.
New Super Spectrum Amino-Anno 1350 mg. Free form crystalline, isolated leucine, tyrosine, threonine, 100% protein. 150 tabs. \$20.00.



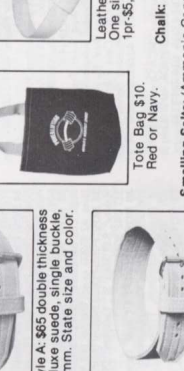
Squat Air Cushion: \$6. A must for those long meets. Red or navy.
Bumper Sticker: \$1 each, 5184, 1087.
*All designs and trademarks protected.

POWER SYSTEMS UNLIMITED

POWERLIFTING EQUIPMENT & SUPPLIES



Miracle Suit: \$30, black. Blue wired & white trim. Sizes: XS-S-M-L-XL-XXL. Give bwt, ht & wt class.
Stretch Suit: \$18. Blue wired & white trim. Sizes: XS-S-M-L-XL-XXL. Give bwt, ht & wt class.



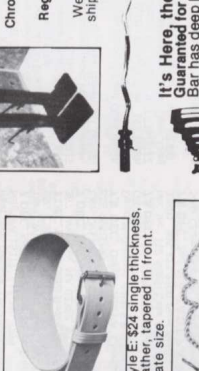
Leather Training Straps: One size fits all. 1 pr-\$5, 2 pr-\$9, 3 pr-\$12.
Chalk: 88 lb. \$65/10 lbs.
Tote Bag \$10. Red or Navy.



Hurricane Wraps: Super II 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70.
Smelling Salts: (Ammonia Caps) \$5/box of 12 caps. D.M.S.O.: 99% pure, 8 oz\$11.00.



SWEAT SHIRTS: \$16. ("Bar It All" available only in t-shirt). Colors: red, navy, gray, black, royal blue, S-M-L-XL (XXL gray & navy only). T-SHIRTS: \$8 (all 3 designs available). Colors: red, navy, royal blue, gray, black, S-M-L-XL. (XXL available in red, gray, & navy only) Give size, design and 1st & second color choice.



Monster Jack Racks: 1 pair. \$270.
Oly. Plate Holder: Heavy weight. \$70.
Chrome Spin Lock Collars: 1 pair. \$60.
Reg. Spin Lock Collars: 1 pair. \$45.
Weights & Equipment shipped freight collect.



Olympic EZ Kurl Bar w/collars, chromed & knurled, \$55.

Glen Stevens
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7 days a week

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Power Belts are an investment.
Don't be fooled by cheaper prices - buy the best.
Powerlifter's Rule Book...\$8 each
Deaflit...\$9/pair, made from Miracle Suit material. S-M-L-XL

Key Chain, \$1
Red-green-blue
Red-green-blue
I-VANKO WORKOUT GLOVES:
S-M-L-XL \$15/pr.

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Red-green-blue
I-VANKO WORKOUT GLOVES:
S-M-L-XL \$15/pr.

Key Chain, \$1
Red-green-blue
Red-green-blue
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G.H. Releasers:

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Stamina: New Combination to Increase G.H. Production. 500 mg. L-Arginine, 250 mg. L-Ornithine, 200 mg. DL-Phenylalanine, 124 mg. Potassium Aspartate, 125 Magnesium Aspartate. 250 tabs was \$38, now \$32.

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All Vitamin Products Manufactured by
BEVERLY INTERNATIONAL

Power Belts: 6 inch suede, quality leather, hand crafted, was \$80, now \$65.

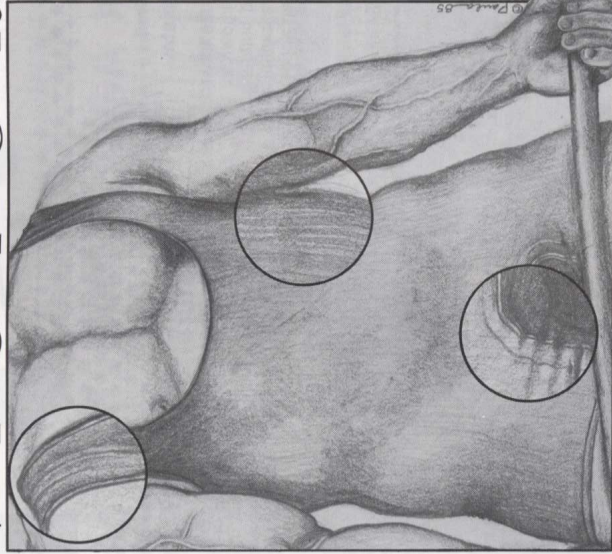
New - Spartan Wraps: Quality made knee wraps, heavy duty, was \$12, now \$7.

- List waist size when ordering belts.
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*Guarantee: THE VICTOR is the only suit in the lifting world that guarantees if you blow the crotch out within one month, you'll not only receive a replacement suit, but \$20.00 back as well... guaranteed!

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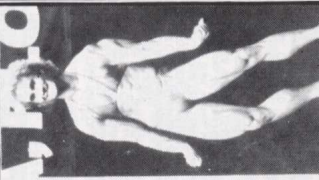
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USA AND CANADIAN ORDERS ADD 5% FOR HANDLING/SHIPPING						
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TOTAL - THANK YOU FOR YOUR BUSINESS						
IF YOU ARE NOT SURE OF YOUR SIZE AND WOULD LIKE YOUR DEALER TO FIT YOU ACCORDING TO YOUR HEIGHT AND WEIGHT, CHECK THIS BOX.						

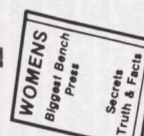
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1,288 mg. per tablet.
Source: Egg and beef.

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Fermented from grains & tastes good, mixes easily without a blender.

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1100 LB. CAPACITY BARS



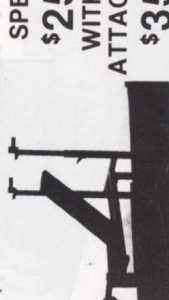
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- USA Step Squat Rack \$289⁰⁰
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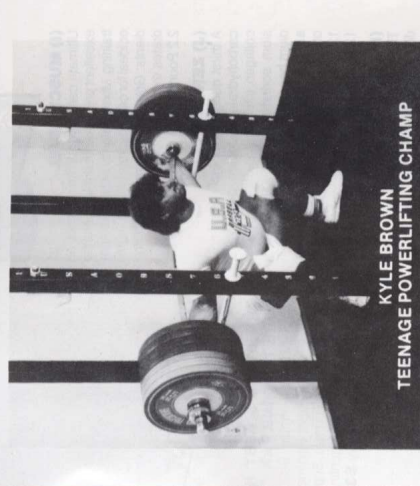
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