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ON THE COVER...Paul Anderson, Prototype for Powerlifters, courtesy of MUSCULAR DEVELOPMENT
NEXT MONTH...the World Championships from Finland

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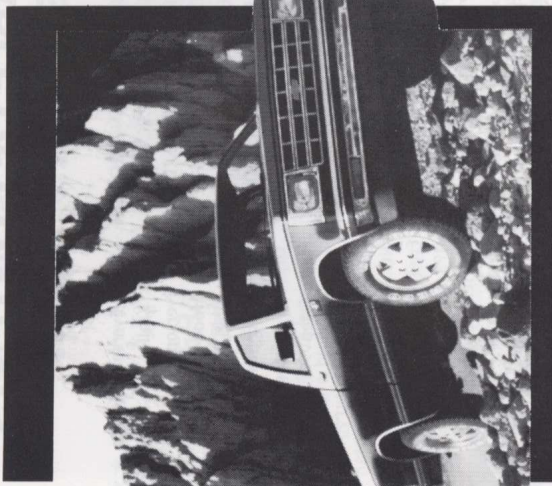
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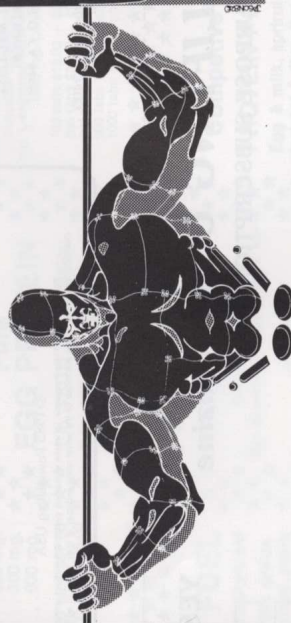
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POWER PROFILE

MOSCOW, 1955. Gorky Park. The World Weightlifting Championships

The men in their tweed coats and the women with their craggy, weather-beaten faces grew restless. "What is this fat man about? Why does this American make a mockery of our Alexander?" The crowd pressed forward. Backstage, the Soviet trainers scurried about. One of them smirked. "So, another capitalist play from Hoffman. He sends here no Davis. He sends no Schemanski. Instead, he sends this fat man to sell his protein powder."

Outside the crowd became disturbed, almost indignant at what was transpiring. Mindless to their thoughts, Paul Anderson asked the loaders for 182.5 kilograms for his first attempt. Four hundred and two pounds of defiant steel lay at his feet. People crained their necks and stiffened their backs to see. "Who is this interloper who dares ask for this press?"

Alexander Medvedev, World Champion, peered out behind the curtains. He knew the dangers of lifting in the cool weather. It was raining besides and that made it worse. In the breeze and mist, he had just pressed 321 pounds, some 60 pounds off the world record, but it was more than enough to win today. Or so he thought.

Anderson laboriously approached the ponderous bar. He addressed the crowd politely, sighing heavily as he did. Bending at his bulbous waistline, Anderson encircled his thickened fingers around the cold knurling. He tightened his 10" wrists. With a grunt and a sudden tug of his 33" thighs, Anderson whipped the bar to his massive chest and arose out of the squat, much like you and I get up off the couch. He set and waited for the signal that would make him a legend.

"Press!" shouted the head judge. Anderson's deltoids and triceps sprang into action and, in about the time it takes for a man to turn his head to glance at a beautiful woman, Anderson had the bar overhead. There in the cold Moscovian drizzle, Paul Anderson became the first man to military press 400 pounds.

While it may be true that the Russian hordes couldn't understand the genetic uniqueness of this man's body, one thing they did understand was strength. Immediately the Soviet media pronounced Anderson "The Wonder of Nature." Some referred to Anderson as "Mr. America", unaware or oblivious to the fact that the AAU already bestowed that title on Steve Kilsanin in 1955. No matter. On that day, in Gorky Park, Paul Anderson became legend.

To hear many experts tell it, Paul Anderson, born in Toccoa, Georgia, in 1932, is the strongest man to ever claim God's Earth as home. While it's undeniable that old strength tales are

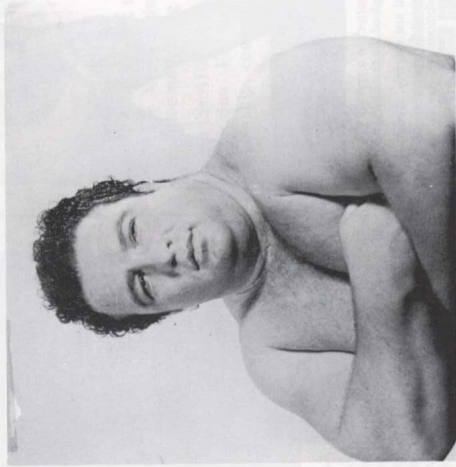
By all credible accounts, Paul was a good athlete with explosiveness ala Jon Cole or Ben Patena. At a bodyweight of over 320 pounds, Anderson standing long jumped over eight feet and ran a sub five second 40 yard dash. Like Kazmaier, he was an outstanding football player, running back at Furman while weighing 240 pounds. Talk about your average block of granite!

In fact, when Anderson began training for football, he found out on his first or second attempt at any exercise, that he could outlift anyone. Strength fascinated him, just as the piano would you if you found out your train I assessed the faculty of a Master of Beethoven.

In 1951, after about six months of weight lifting, Anderson weighed 275 pounds. He was 19 years old, and had a 20" arm and 32" wrists. During the time he squatted 460 pounds sans belt or wraps, and the photos indicate he was obese parallel. According to the official statistics on such things, this was more than anyone had squatted with, ever.

He continued in 1953. Anderson was done with football, giving strength and weightlifting his all. A friend convinced him to enter the Tennessee olympic lift championship, though he had no practical lifting experience. Nevertheless, he did 275, 225, and 325. He also gave a squatting exhibition after only 660 pounds. The next eight months after starting his 400 lbs, he cleaned and jerked 400 pounds!

In the spring of 1954, Anderson weighed 300 pounds. At a exhibition with Bob Peoples in South Carolina, Paul squatted 700 pounds. Later, he tried 750, but missed, only because the weight rolled over his head! Although his training centered on squats, Paul began thinking the olympic lifts in earnest with hopes of making the 1956 Olympic team for the USA. He



In his Prime... Paul Anderson was the personification of muscular mass and size. This photograph and others credited to MD are from the files of MUSCULAR DEVELOPMENT Magazine, courtesy of Editor Ian Dellinger.

FROM THE EDITOR... Paul Anderson was a giant of a man who was decades ahead of his time. Without a World or even National Championship of Powerlifting for him to dominate, he had no formal competitive avenue to express his awesome excellence in the Power Three. Still, with his size and unmatched strength, he forged the notion of Power and Lifting together, planting a seed in the imaginations of the gym denizens of his day that has burgeoned into what millions now recognize as modern Powerlifting. When odd lift specialists of various ilk were crudely mastering their craft, before Powerlifting had even been identified as a sport, Paul came along and did all there was to do in the world of strength, better, in many ways, than anyone since. We salute the First Citizen of Powerlifting, Mr. Paul Anderson.

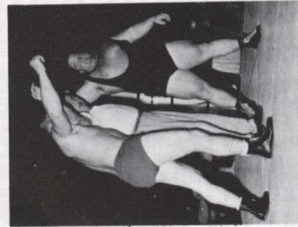
Mike Lambert, POWERLIFTING USA.

like wine, getting better with age, in this case, the facts do seem to justify most of the claims.

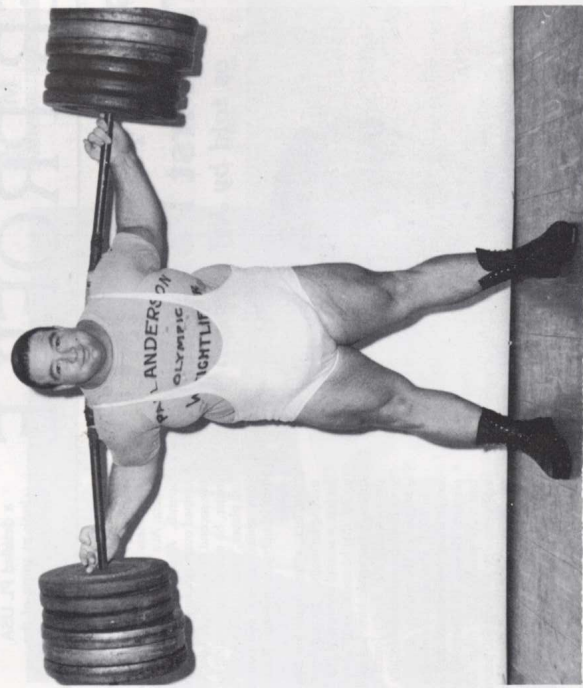
Consider his physical plant. In the early Sixties, when Anderson was at his strength peak, he weighed 370 pounds at about 5'9". Built on an awesome height-weight scale, Anderson would have weighed roughly 460 pounds if he was as tall as Bill Kazmaier. Simply stated, the man had great leverage.

He had short arms, good for benching; thick thighs and butt,

perfect for squatting, and he had an enormous waistline, also good for squatting. His back was short, which afforded him fairly good leverage in the deadlift, even with this small hands and short arms. It was stated in MUSCULAR DEVELOPMENT, that no one possessed knee tendons as thick and large as Paul. From top to bottom, fore and aft, to knees, wrists, ankles and breadth of belly, Paul Anderson was inordinately well constructed for supporting massive poundages.



Pro Wrestling... claimed Paul Anderson's amateur status. MD photo.



The Happy Squatter. Paul usually squatted on a springy Olympic bar, holding far more weight than it was ever designed for, sans collars so enough of the thick plates could be loaded onto the bar. *WJ Photograph.*

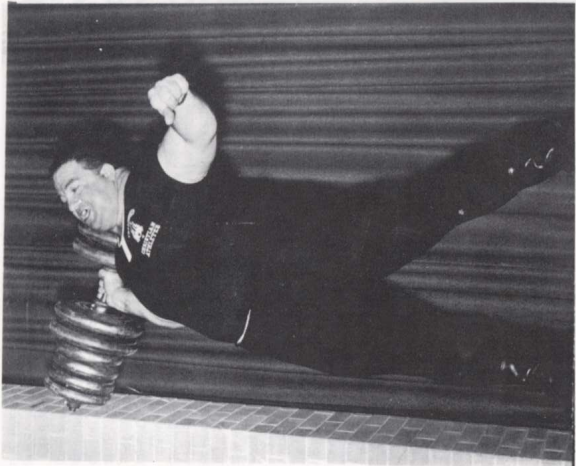
son was in his prime, at 370 pounds. At this stature, Anderson claimed a 62" chest, 24" arm and neck, and 36" thighs. Today, some lifters can exceed some of these lifts, but no one has cared to even try to exceed Anderson's 6,270 pounds back lift. Powerlifters aren't necessarily skilled in the olympic lifts, but a man such as Jon Cole or Bill Kazmaier, properly trained, might have lifted what Andy did in the olympic three and Kazmaier, of course, benched and deadlifted more. I also believe Kazmaier could have pushed pressed as much with proper training. Hechter, Moran and Kenady all squat comparably considering the differences in depth, but which lifter could do all of these lifts, including the back lift without wraps and belt, twenty years ago, and WITHOUT STEROIDS! Exactly zero, my friends, and that's what makes Paul Anderson so special.

Based on the best available evidence, I would estimate that Anderson could have officially totaled 2280 in the powerlifts back in 1964, his total consisting of a 900 squat, 600 bench and 780 deadlift. I'm of the opinion that, used over the period of 10 years, anabolic steroids add at least 25 percent to a person's ultimate total. All things considered, if he had so chosen to lift under the sports pharmacology doctrines of some of today's top lifters, Anderson would have totaled at least 2500-2600 pounds. I see no reason why, if Anderson had chosen to specialize on it, he couldn't have benched 700 pounds before Williams and Arctid. He had a better structure for it than anyone else.

I'll agree that this is all very subjective because the fact of the matter is that Anderson's lifts are mostly unofficial and they'll stay that way forever. What you can't deny is that he did everything without any competition, any steroids or helpful suits and wraps, and twenty years ago! Dr. Fred Hatfield, who knows a thing or two about strength, says the following: "It's so hard to measure especially pressing and squatting, or in slow speed movements, Anderson was clearly the strongest man, but he would have been hard pressed to win the strong man competitions for example, because of speed and structural limitations. Furthermore, I think, given the depth to which he squatted, that Kenady, Hechter and Moran are his equal, discounting any effect of steroids or wraps, but then again that may be discounting an awful lot!"

Anderson, from my understanding, did not do a lot of benching. It wasn't in vogue then, so we can not really say what he could have done. I doubt the 625 pounds bench, only because he didn't seem to practice it much, although he certainly was built well for the bench. Training science is just so much better today. What would have he done today, under present conditions? A shillad of weight, that's what! To me, asking whether he was the strongest man who ever lived is sort of like asking who ever lived in the greatest boxer of all time. Was it Dempsey, Louis, Mar-

Rowan and Martin movie, has to be able to squat that much! It's noteworthy that Anderson did not wear wraps and sometimes not even a belt. Anderson himself claims the following best lifts: squat: 1170 pounds, bench press: 625 pounds, deadlift: 780 pounds, clean and jerk: 485 pounds, snatch: 375 pounds, push press: 545 pounds and a one arm dumbbell press with 300 pounds for 11 reps. As mentioned, all of these lifts were made when Anderson



Repping Out 300 lbs. in the dumbbell press. One of Paul's feats that has never been equaled. *Photo courtesy Peary Rader of IRON MAN Magazine*

What we do know though is that over the last couple of years Paul Anderson has been laid low and is currently fighting the biggest battle of his life. Since his youth, Paul has suffered from a rare kidney disease. On June 1, 1983, he underwent a kidney transplant at Mayo University in Minnesota. His older sister donated the kidney. Since his other kidney is suspect as well, Paul must keep his bodyweight low, probably below 200 pounds from now on. Paul's two femurs alone seem like they must weigh 100 pounds, so it's a big drop for him, but he knows it's life saving therapy.

Paul is retired today and lives with his wife Glenda and daughter Paula on his 56 acre youth home in

Vidalia, Georgia. Anderson's youth home serves as a conduit for channeling juveniles (all boys in his home in Georgia) who have crossed the law back into society. Paul now has two other such homes in the South and is planning a new youth home in the Washington, DC area. All of these homes are non-profit, and as such, are subsidized through tax-exempt donations from Christian and various other sponsors around the country.

Great strength makes for great legends, but the legend of Paul Anderson goes beyond his physical power and into the realm of moral fiber. We in the Powerlifting world salute a great strongman and humanitarian and wish him Godspeed in his fight for health.



You Be The Judge. of Paul's squat depth with 900 pounds on the bar. *Photo by R. F. Bissell courtesy of Peary Rader of IRON MAN Magazine.*

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BEV FRANCIS

Powerlifting's Newest Media Star

as told to David Krall

with regard to life as a whole. 'He talked about the quality of life,' says Bev. 'Not just athletics. The track and field certainly did change my life, but it wasn't just the change and field. It was the whole environment I was in.'

Bev started to dabble in powerlifting which was a natural progression from her weight training in track and field. She says that when there were a few women powerlifters bench pressing over 200 pounds, she and a number of girls who trained with her were capable of lifting that much. Franz had emphasized weight training and Bev thinks that he had been looking for a woman who would 'train flat out for strength,' and found her in Bev. 'He saw that I wasn't held back by the thought of being strong,' says Bev. Indeed she was not. Her achievements in powerlifting are amazing. At the 1985 Women's World Championships she totaled 1243 pounds in the 181 pound class.

In the past two years Bev has begun bodybuilding, competing in the Caesar's World Cup staged for PUMPING IRON II. Franz was less than enthusiastic about her decision to begin bodybuilding, like many athletic coaches. Nevertheless, he wanted her to go to anything in which she could be a success. 'It was happy for me to get into bodybuilding as long as I didn't become skinny and I wasn't worried because Bev is impressive than the other competitors, even though the discrepancies in the judging placed her eighth. That aside, her appearance created a nucleus in women and in the future continues even now.'

All the training and the different sports Bev has competed in force the typical question: Why? Where does

creditable reports, she was damn good at it. Her fling with the pointed toes and tutus lasted until she hit 16. Now her dancing energies are converted into what I call 'Muscle Breakdance,' and she is damn good at that too.

Bev was fortunate enough to bump into one Franz Stampf, a coach famous for his innovative conditioning techniques. Old Franz had coached Roger Bannister towards the first sub four minute mile and with Bev he put the machinery in motion for the first time 3000 pound bench. Bev set right out tossing the shot and javelin and running fast to retrieve them after she threw them. In between things of joy, like a 57 foot shot put, she glided across 100 meters faster than Flash Gordon, recording a legal 11.5. Those legs can move! Are you listening, all you coaches who think lifting slows you down?

As is only rational, Bev flung her track interests aside for a love affair with the barbell. When Bev pushes

MORE ON BEV FRANCIS

So much has been written and said about Bev Francis recently that I felt a rare sense of anticipation when I finally got the chance to interview her. The rendezvous on her parley was a greasy spoon in Reseda, California just south of Gold's Gym. Bev and soon to be husband, Steve, were in town on business, topped off with a bout of tossing steel at the end of their hectic day.

With all that has been intimated over the past years about Bev, I half expected a woman-beat-the-7-Up commercial. Instead, I was greeted by an intelligent, reserved woman, extremely dedicated to the world of strength, and one who has not added her muscles and power through pills or steroids. Bev was the best surprise of the day. In my world of interviewing would-be-Arnolds, time after time, it was good to listen to a person (with a normal voice by the

change in her running stride, an indication that she was hurt. Bev would not stop. 'He said she felt she was quitting for the first time. She says she has 'grouched out' to an extent. Now I don't overreact, I came to my senses about three weeks ago.'

The type of training Bev designed in is typical of those used by competitive athletes. Bev is not a monster, that is, she does not want to control over her body and its ability to perform. That Bev learned not to overtrain indicates the additional maturity she has gained from all the athletic training and her association with Franz Stampf. She is wondering how her track and field career would have turned out if she had not abused her body. 'At least I can say I tried my hardest.' She never wanted to be an 'armchair athlete.' There are those who watch the receiver drop the football and say they could have caught it. They will tell you they were destined to athletic excellence, or at least a spot on the team. If only, Bev says, 'I'd prefer to throw my lot in and risk failing. I want to be able to say, 'I did try my hardest and this is what I've done.'

Drugs are believed by some to be the necessary for maximum performance in a number of sports, especially bodybuilding and powerlifting. This belief is a sad one, but pervasive nevertheless. Many people who look at Bev Francis and read about her lifting abilities will convince themselves she uses copious amounts of anabolic steroids. Their reasoning is that no woman could be strong without drugs. However, consideration must be given to the fact that Bev has plenty of genetic potential on her side. There were strong women who probably had the muscular size Bev does decades before any athlete had heard of anabolic steroids. Hard work enters the equation as well. In short, it is possible for the right woman to possess the potential for developing great muscular size and strength. Cynics still ask, 'But does Bev Francis use steroids?' Bev says she does

not, she doesn't like them and that they aren't necessary. 'I think the drugs will make it easier to prove women can be tough and wonderful.' She says she isn't a 'fighting feminist,' as she puts it, and she enjoys, then great. But if nothing comes, I'm not going to endure reflect the mistakes made over the years. However, it certainly doesn't reflect her character fully. To see Bev as an intelligent, interesting individual, with no distorting reference to her physique, is important.

Bev's body is what draws people's attention. It is, in some respects, a reflection of her personality. Determination and discipline can be seen in that body and the injuries it has endured reflect the mistakes made over the years. However, it certainly doesn't reflect her character fully. To see Bev as an intelligent, interesting individual, with no distorting reference to her physique, is important.

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Bev Francis, leading her Australian team to victory in the Women's World Championships in Adelaide, Australia back in 1983, the first time the USA Women's team had been defeated in World competition.

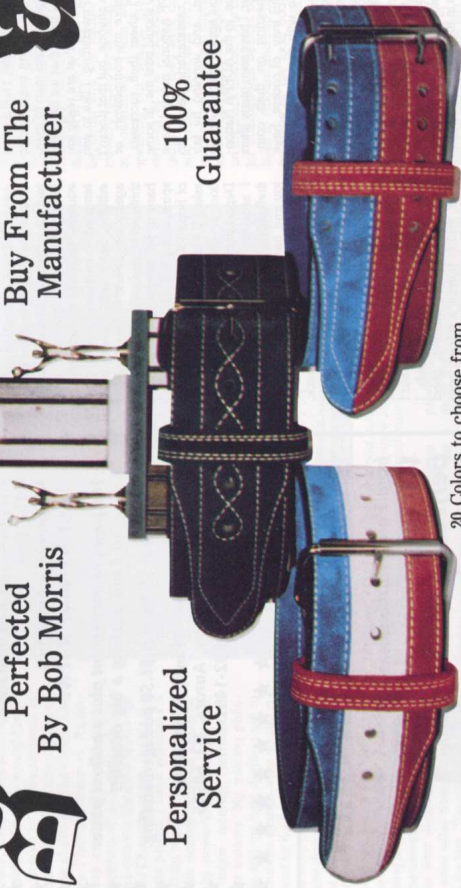
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(continued from last month)
General Instructions for Part 1 Intermediate Workout

While there are some similarities between your first routine and this new one, you will, for the most part, be making quite a change in your methods of working out. Stretching is something you will become familiar with. Some people think stretching is a waste of time. The truth is that it has been proven to reduce the frequency of injuries. Before you start any heavy workout a short stretching session will be time well spent.

Abdominal work will increase in the intermediate stage. It will only take five minutes to complete, so do not neglect your abdominal muscles. A strong midsection will help you through your years in powerlifting. During the first four months of the intermediate stage the squat, deadlift and bench routines are based around six sets of five repetitions. At this point in your training six (6) sets and five (5) reps is a good compromise between high reps and the development of power. 6x5 will work you hard. These reps build substantial power, lots of size and toughen up tendons and ligaments.

Monday and Thursday are squat and deadlift days. The squat is done first because this is the natural order in a contest, and because the squat will not affect your deadlift as much as the deadlift will affect your squat. If done first, right after the squat and deadlift, three sets each of lat bar rows and pull ups are done. Both of these exercises give the lats a good workout and help with the deadlift. Leg extensions and leg curls follow. This leg work will supplement your squats to give all the muscles of your thighs a complete workout. The last exercise of the routine is the calf raise. Do not be afraid to do a little of the squat, and it prevents having a set of well developed thighs atop a set of toothpick calls. If you are backing in the calf area here is your chance to change things.

Tuesday and Friday your workout starts with stretching and abdominal work. Bench pressing is next. When your bench work is complete, an arm routine consisting of preacher curls, dumbbell curls, pushdowns and lying tricep extensions is performed. Strong arms come in handy in the sport of powerlifting. A pair of stout arms helps push the big benches, pull the heaviest deadlift and greatly reduce the chance of arm injury, an occurrence that has been on the increase in recent years. We should all be seeking complete development, so the performance of forearm work is important. Wrist curls and extensions will toughen the forearm and increase gripping strength. The shoulder is quite susceptible to many injuries. By doing a good shoulder routine you can decrease the chance of recurring one of these injuries. Standing presses and side lateral raises are two effective and easy to perform exercises for the shoulders. The workout is finished off with four sets of fifteen calf raises. Wednesday is a rest day. Saturday and Sunday

TRAINING

INTERMEDIATE TRAINING

as told by **John Kuc**

barbell plates from sliding backwards. To perform the lat bar row, saddle the bar and space your feet a little wider than shoulder width. Bend and grasp the bar with both hands, behind the weights. Lean the body forward about 45 degrees. Keep the back straight. Pull the bar up until the inside of your forearms butt up against the part of the body where the abdomen and chest merge. Lower the bar back to the starting position and don't let it touch the floor until the exercise is done.

Pull Down - The pull down is done on the lat machine. Grasp the bar slightly wider than shoulder width. Sit or kneel, making sure of the correct grip position first. The arms must be fully extended and elbows locked. Slowly pull the bar down behind your head until it touches the bottom of your neck. Return to starting position. Once you start the exercise the weights on the machine should not touch the floor.

Legs - Leg Extensions - Sit on the end of a leg extension machine. Place your feet against the lower pads of the machine. Sit upright and hold on to the sides of the machine. Push your feet against the pad and extend the legs until your knees lock out. Lower the weight back to starting position.

Leg Curls - Lie on your stomach on the leg extension machine. Place your heels under the upper pad of the machine. Hold on to the front of the machine so your body does not move. Curl your legs up until the upper and lower legs meet. Return to starting position.

Arms - Preacher Curl - The preacher curl can be done standing or sitting, depending on what type of bench you have available. Grasp an EZ curl bar with both hands on the outer cambers. Position yourself and lean into the bench until it's top catches you under the arms. Extend your arms until the bar is at the bottom of the bench. This is the starting position. Curl the bar all the way up to starting position. Do not let your elbows move or flare out sideways during the curling movement.

Standing Dumbbell Curl - Bend over and pick up two dumbbells. Stand up with your feet spaced about twelve inches apart. Hold the dumbbell at the sides of your thighs with the palms turned inward toward the right and left is one repetition. When the dumbbells clear the thighs turn your palms upwards and curl the dumbbells to your shoulders. Return to original starting position, returning the dumbbells to the side of the thighs with palms facing in.

Side Bends - Place a long sick or empty bar across your shoulders and hold it at its ends. Stand with your feet at shoulder width. Alternately bend to the left and right at the waist, not the hips and knees. A bend to the right and left is one repetition.

Lat Bar Rows - In order to do lat bar rows you will need at least a six foot bar anchored to the floor, so it can pivot at it's anchor point. Place a car collar on the other end of the bar about ten to twelve inches from the end. This will keep the

Push Down - Stand facing the lat machine. Take a palms down grip on the bar with hands spaced six inches apart. The feet should be spaced to give you a solid base. Pull the bar down to chest level, keeping upper arms and elbows against the sides of your body. Your upper arms and elbows remain in this position throughout the exercise. Press the bar down in a semi-circular path until you lock out your elbows. Return to starting position in a controlled reverse motion.

Wrist Curl - Pick up a barbell with a palms up grip, hands spaced twelve inches apart. Sit down on the end of flat bench. Space your feet ten inches apart. Lean forward and rest your forearms on the top of your thighs. Your wrists should be over your knees with your hands past the knees. Lower the bar as far as it can go without discomfort by bending the wrists downward. Curl the bar up as high as you can go. Lower back to the starting position.

Wrist Extension - The wrist extension is similar to the wrist curl except you grip the bar with a palm down grip. Use the same distance spacing between your hands and between your feet. Position your hands over your knees at the wrists. Lower the bar down as far as it will comfortably go. Curl the weight up as high as you can go and return to bottom position.

Shoulders - Standing Press - Space feet a little less than shoulder width. Grip the barbell with a shoulder width spacing between the chest. Lock your knees and hips. Do not bend backwards. Press the weight overhead until the elbows lock. Lower the bar back to the chest.

Side Lateral Raise - Pick up two dumbbells and hold them at the side of your thighs with the palms turned in toward the thighs. Space your feet twelve inches apart. Keep your elbows locked and raise both dumbbells out to your sides in a semi-circular motion until they are a little higher than your shoulders. Lower the dumbbells back to your sides in a controlled manner. The palms must remain in the same position throughout the exercise.

Rear Deltoid Raise - Space feet eighteen inches apart. Pick up two dumbbells. Bend your knees slightly and bend at the waist so your upper body is 45 degrees forward. Your arms should be hanging straight down, with a dumbbell in each hand. Your palms should be turned toward each other. Raise the dumbbells up from your sides in a semi-circular motion until they are a little higher than the shoulders. Return to the starting position. Keep the elbows locked during the exercise.

Knowing when to add resistance to your lifts can be difficult and confusing. There is no set method of increasing training poundages. Right now, while you are working with high reps and sets, increase poundages by small amounts on a regular basis over a long period of time. The most important rule to observe is never add weight at the expense of proper form or the chance of becoming injured.

WORKOUT of the Month

This is an 8 week bench press routine designed for the beginning to intermediate lifter who is capable of pressing 250 pounds for a single at the beginning of the cycle. The goal of the routine is to increase the bench press 25 to 30 pounds during the cycle. I realize every lifter's body won't respond the same way, but in my mind a 15 to 20 pound increase from this routine should be considered good progress. Train with a good partner and try to use good lifting form when performing the exercises.

For the first couple of weeks you should bench press three days a week to build a good foundation using the touch and go method (but not properly before each workout to avoid injury). In the latter weeks of the routine, one day is used for a heavy day, while the other day is used for pause reps only.

Assistance exercises are very important for this routine. When doing the assistance exercises, add a rep or two for each set during the first 3 weeks. Then for the remaining weeks, add more weight and reduce the number of reps down to 5 or 6. Also, add 1 additional set to the assistance exercises.

Good luck with your training. Please send questions or comments to: Freddie Higgins, 1010 W. Russell, Peoria, IL 61606.

Week 1: Monday: Warmup: 135x6, 165x5, 190x3, 215x3, 200x2. 200x1. Incline Bench, 3 sets of 10 reps (maximum weight possible for 10 reps). Dips: (bodyweight only) 3 sets of 12 reps or as many reps as possible. Tricep Cable pushdowns: 3x10 (maximum weight possible). Chinups: (use the same grip as the bench press) for 3x10 or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium weight).

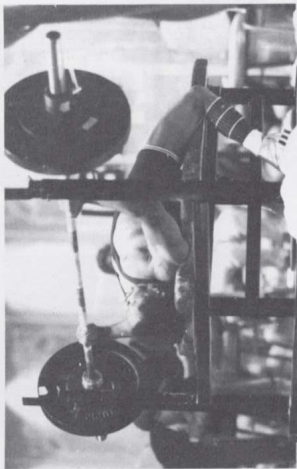
Wednesday: (same as Monday)
Friday: Warmup: 135x6, 165x5, 195x3, 220x3, 205x2. Incline Bench Press: 3x10 (maximum weight possible for 10 reps). Dips (bodyweight only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max wt. possible). Chinups: (same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

Week 2: Monday: Warmup: 135x6, 165x5, 200x3, 225x2, 215x1. Incline Bench Press: 3x10 (body wt. possible for 10 reps). Dips (body wt. possible for 10 reps) or as many as possible. Tricep Cable Pushdowns: 3x10 (max wt. possible). Chinups: (same as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

Friday: Warmup: 135x6, 165x5, 205x3, 230x2, 220x1. Incline Bench Press: 3x10 (max wt. possible for 10 reps). Dips: (body wt. only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt. possible). Chinups (same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

A new concept in weight training instruction. A workout by workout, set by set, rep by rep plan with exact training poundages specified over the entire span of a strength training program, laid out for you by a Powerlifting Champion. Each month, a different lift is analyzed. For those at different strength levels than the starting poundage indicated, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and the starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600, multiply poundages by 1.2 (600 divided by 500).

Fred Higgins Bench Routine



Freddie Higgins... has been one of the top ranked benchers in his weight class for years, as well as winning the Jr. Nationals and ADFPA Nationals.

Week 3: Monday: Warmup: 135x6, 165x5, 210x3, 235x2, 225x1. Incline Bench Press: 3x10 (max. wt.). Dips (bodyweight) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt.). Chinups: (same grip as bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium weight).

Wednesday: (same as Monday)
Friday: Warmup: 135x6, 165x5, 215x3, 240x1, 230x1. Incline Bench Press: 3x10 (max. wt.). Dips: (bodyweight only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt. possible). Chinups: (use the same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

Week 4: Monday: Warmup: 135x6, 165x5, 220x3, 245x2, 235x1. Incline Bench Press: 3x10 (body weight possible for 10 reps). Dips (body weight possible for 10 reps) or as many as possible. Tricep Cable Pushdowns: 3x10 (max wt. possible). Chinups: (same as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

Friday: Warmup: 135x6, 165x5, 225x3, 250x2, 240x1. Incline Bench Press: 3x10 (max wt. possible for 10 reps). Dips: (body wt. only) 3x12 reps or as many as possible. Tricep Cable Pushdowns: 3x10 (max. wt. possible). Chinups (same grip as the bench) for 3x10 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 (medium wt.).

Incline Bench Press: 4x5 (add wt. if possible). Dips: (body wt.) 3x20 reps (as many as possible). Tricep Cable Pushdowns: 4x5 (add wt. if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 reps (max. wt. possible).

Week 6: Monday: Warmup: 135x6, 175x5, 225x1, 250x1, 270x1. Incline Bench Press: 4x5 (add wt. if possible). Dips: (body wt.) 3x20 reps (as many as possible). Tricep Cable Pushdowns: 4x5 (add wt. if possible). Chinups: (same grip as the bench) for 3x20 reps or done to exhaustion. EZ Bar Curis: (done standing) for 3x10 reps (max. wt. possible).

Tuesday: Warmup (pause reps every Thursday for the rest of the routine): 135x6, 180x3, 205x1, 220x1, 230x1. (Keep the same assistance work).

Week 7: Monday: Warmup: 135x6, 180x3, 230x1, 255x1, 275x1. (Keep the same assistance work).

Thursday: Warmup (pause reps on bench): 135x6, 180x3, 225x1, 250x1, 260x1. (Keep the same assistance work).

Week 8: (Contest Week) Monday: Warmup: 135x6, 180x3, 230x1, 255x1. (Keep the same assistance work). Saturday: (Contest Day): Warmup: 135x6, 180x3. From this point pick your attempts by the way you feel. They should reflect your last pause workout with the assumption that your lifts will be heavier in the meet. Do 225x2, 1st attempt 255, 2nd attempt 270, 3rd attempt 280 or 285.

GOOD LIFTING!

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5. The fifth commandment is to lift with your legs, not your back.
6. The sixth commandment is to lift with your chest, not your head.
7. The seventh commandment is to lift with your stomach, not your back.
8. The eighth commandment is to lift with your back, not your neck.
9. The ninth commandment is to lift with your feet, not your hands.
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More From Ken Leistner

Powerlifters are interested in lifting weight, as my son always says, 'heavy weights', thus, their primary concern is muscle tissue. Conversations always revolve around sets, reps, peaks, techniques and ever-increasing weights, because the lifting is done by the muscles of the body. Having spent enough gym time trying to lift heavier and heavier weights, reduce my time in the gym, and gain some small resemblance to the mighty Maxick, my major preoccupation for many years was also muscle. Unfortunately, my recent clothing problems have made me direct attention to the heart which allows the rest of my one area that operate, and if there's one area that my powerlifters can always use more information about, it's the heart.

Aerobics aside, cardiovascular ability is perhaps the last thing a competitive lifter considers when drawing out a lengthy training cycle. It's understood by the simplest Neanderthal that the prevention of cardiac disease or circulatory degeneration is important if one plans to be around all of those years after retiring from the platform, but other than limited amounts of perfunctory jogging or cycling in the spring or summer, little concentration is placed upon the cardiovascular system by the overwhelming majority of competitive lifters. I thought that some information on heart function would stimulate readers to pursue the matter further and perhaps do something constructive for their health as well as their lifting.

The heart is a wonderful piece of tissue, considering the efficiency with which it does so much. It's amazing that a person can get psyched to the limit, float his organs in a sea of steroids and speed, step under 600 plus pounds and not have it explode or otherwise malfunction. Before a recent competition, one 181 pounder came to my room and asked, 'I would take his pulse and blood pressure. I think I'm going to have a heart attack, my chest. Hey, the lifting wasn't for another day or two, but this fellow was already going over the top, the result of pre-meet anxiety and a healthy load of diuretics. I assured him that his vital signs were moderately, but not dangerously elevated, and suggested that he try to relax before he left his best lifts in the bathroom. Dr. Herrick and I

never treat the words of a concerned lifter with humor because we know that certain abuses of the sport, in conjunction with the psychological influences can, and perhaps one day will, cause a heart attack in the warm up room or on the platform.

Did you ever wonder how the heart can tool along at its normal rate and then go right to the edge just before you get your first squat? I will assure you that it doesn't just happen and having some understanding of the process may help you better use your body's capabilities. Each individual's heart will pump a certain amount of blood into the arteries each minute. This is termed one's cardiac output. In order to increase that output, the amount of blood that is pumped on each beat must increase (termed the stroke volume) or the number of beats per minute must increase.

The volume of blood pumped by the heart is controlled by nervous reflexes and internal, or intrinsic regulators. One of the primary determinants of blood volume that is pumped out of the heart, is the amount of blood that is brought into the heart by the veins. Whatever amount is brought into the heart is pumped out and the heart has to adapt to certain alterations in flow minute to minute. Without getting too detailed, the physiological law reads: Within physiological limits, the heart will pump all the blood that comes into it without allowing excessive damming of blood in the veins. This occurs because the heart, like all skeletal or striated muscle, has the ability to contract harder if it is stretched. It has been postulated that this stretching action brings the actin and myosin filaments (the contractile aspects of muscle tissue) into better position for maximal contractions. When heart muscle is stretched by increased amounts of blood flowing through it, certain metabolic changes occur in the tissue which leads to a stronger contraction.

Heart rate is controlled by a

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
1986 USPF Seniors	909	1053	1218	1405	1603	1708	1835	1912	2000	2083	2105
1986 USPF Juniors	870	1019	1168	1372	1554	1669	1769	1868	1956	1989	2000
1986 APE Juniors	840	960	1080	1240	1400	1560	1675	1815	1930	1930	1960
1986 APE Seniors	880	1000	1150	1270	1430	1590	1750	1875	1950	2050	2060
1985 YMCA Nationals	900	1064	1146	1279	1405	1565	1700	1755	1800	1870	1870
USPF Teen Nationals 14-15	625	720	785	875	925	975	1005	1050	1075	1100	1125
USPF Teen Nationals 16-17	700	795	905	1050	1100	1175	1250	1300	1325	1340	1360
USPF Teen Nationals 18-19	800	875	1035	1175	1300	1400	1470	1480	1490	1500	1505
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
1986 USPF Nationals	518	562	601	639	672	744	805	865	920	970	
1985 YMCA Nationals	579	623	667	711	749	827	893	959	1025	1080	

contractions, whereas lack of calcium can have the same effect as an abundance of potassium. If you shun dairy products and depend upon calcium or multi-mineral tabs for your calcium, rethink it and know that many mineral preparations do not assimilate well in the body. I have a number of x-ray films which show undigested mineral or calcium pills in the intestines, and if this was the only calcium source, it's obvious that there could be a serious problem.

Sodium ions compete with calcium so that excess sodium will inhibit the action of calcium as it effects muscle contraction. Thus, too much sodium will depress heart action. In reality, this is rarely a problem but I've seen diuretic abuse that would stunt the most cynical, so nothing can be taken for granted.

Before a training session begins, and especially prior to a max lift, there will be an emotionally induced heart rate increase. This occurs as nerve centers in the brain become activated and as they then affect the sympathetic and parasympathetic nerves that travel to the heart. Adrenaline release also affects the heart rate and as we all know, it is possible to get the adrenaline kicked off if your head is in the right place. Once exercise actually begins, nerve reflexes speed the heart rate. These nerve impulses may come directly from muscles and joints. Nerve fibers in the spinal cord and brain then react, influencing the heart muscle. Blood gases change with exercise, and receptors take this information and process it, leading to changes in heart rate. All of these changes allow the lifter to work harder, longer and with great intensity. When exercise stops, most of these processes reverse themselves.

Knowing that many physiological changes must take place for the heart to function properly during heavy training sessions, the intelligent lifter will make sure that he or she does nothing to inhibit or negatively influence cardiac function. The use of diuretics and anabolic steroids, drugs with alter electrolyte balances and muscle tissue chemistry, can be very dangerous to those who push to the limit. A proper warm up should be taken, not only to insure increased heart to prepare for increased blood flow demands. Amphetamines should be avoided, not only because they're not well suited for a sport such as powerlifting, but also because of the possible arrhythmias and rapid heart beats which may occur. Remember that the heart will pump more blood per unit of time if it beats faster, but there is a limit to that, and if your psyching, lifting and drug use speeds the heart beyond that limit, blood pumping becomes very inefficient, possibly leading to death. It's happened in many other sports and with the attitude of some of our lifters, it could easily happen to us. This brief summary may inspire you to read further into the workings of the heart, but as always, common sense and a knowledge of one's own body will be the best protection against injury and mishap.

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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 am a novice in Powerlifting. I wonder if you can send me a good bench press routine to follow. I'd appreciate it. **Greg Brokus**

DEAR GREG: Every National and World Powerlifting champion has a bench program designed and developed by these individuals, and no two programs are the same. However, all routines have several factors in common, such as positive mental approach, proper technique, heavy training using low reps, adequate rest between sessions, and proper nutrition. Your mental approach is as important as the physical portion of your training. You have to believe that you can reach the goals you have set for yourself. Set yourself into a good environment. Where everyone is a serious lifter and distractions are kept to a minimum. The people you train with should give you positive reinforcement and help build your confidence.

Proper technique in the bench press may take some experimentation on the lifter's part. Technique includes foot spacing, hand spacing on the bar, proper breathing, contraction of the bar on the chest, just to mention a few factors that are included in technique. Technique is best practiced with light weights and be performed during your warmups. I would recommend that you try to see a few sessions with a successful powerlifter and get him to watch your technique. I know it might take some extra driving time to get this help, but believe me, it's well worth it.

Your training should consist of one heavy bench day and a light to medium day. On the heavy day you should use as much weight as you can for low reps. The number of reps you use is up to you, and how you feel mentally and physically. Sets of five doubles are popular with most of the famous powerlifters, but the objective is to use heavy weights and low reps and keep pushing yourself to the limit.

The light day should be used to develop technique and the muscles used in benching should only be fatigued slightly. By not burning yourself out on the light day, you'll give your maximum energy for your heavy reps on the next bench day. During your off days, you should get as much rest as possible and eat well, because this is the time that your body is adjusting to the stress that you have subjected it to. You might find a minimum of two days rest between bench sessions. Your diet should consist of plenty of protein, to help build muscle tissue, carbohydrates for energy, and vitamins for overall health. You should try to eat six smaller meals a day, as opposed to two or three larger meals. This will give your body a constant supply of energy and nourishment. If you apply the basic principles of training outlined for you here, you will surely make progress. If you neglect any of the basics, it will hamper your progress.

Best Wishes, **Roger Estep**

Correction...to one of our TRIVIA answers in the Oct/85 edition of POWERLIFTING USA comes from Ireland, pointing out that Jon Pall Sigmarsson is also a Powerlifter who has won the World's Strongest Man title.

From Ausby Alexander...I would like to extend my appreciation to my coach, Capt. Sean P. Scully, USAF, for the rebuffal of my misfortune at this year's Sr. Nationals. And to Dr. Conrad Cotter, Pres. USIFPF, I would also like to extend a hearty thanks for your enlightening words concerning those instances of inconsistent officiating at the 1985 Sr. Nationals. My desire to excel and become one of the "best" powerlifters has grown ever so much since reading your apology. Thank You. Semper Fidelis (Always Faithful), SSGT Ausby S. Alexander Jr., USMC.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Basic Nutrition Primer as told by Jack Digangi R.D., M.S.

of bodyweight. Thus, a 148 pound lifter would need 75 grams of protein daily, just to cover it. You are asking your body to take 4-6 hours (or longer) to digest that food into energy, and fats are just about with calories, sometimes, excess and simply avoid any and all types of fried foods, whenever possible. Instead, bake, broil or broil your foods. I'll go along with a little vegetable oil or some margarine for added taste, but stay away from greasy, heavy, calorie-laden fats. You look much better, feel much better, be healthier and your stomach won't have to work so hard breaking down those foods.

CALCIUM: Calcium is what your bones are made of. A very high amount (more than one gram of protein bodyweight) can actually leech out calcium. Holding a few pounds of calcium on your back with bones that are not strong like beer without a spotter risks at best, and if you're not careful, you can get hurt. Eat and game exercise that load to you.

VCP or the ones that load to you. One is milk or any type of dairy product. The second is any type of dark green leafy vegetable. These vegetables will give you what you need to get into the habit of drinking milk, skim or 1 percent please. A glass in the morning will do. I also put a fruit yogurt in the refrigerator and take it out at night as a snack a couple times a week. It's a good treat, like ice milk, but not as many calories. Try it, it's pretty good.

IRON: What's the irony? You mean like the iron in a 20 kilo plate, or the iron in a nail? Yep, the same kind. Our body uses iron to make up a molecule called hemoglobin, which is protein and iron, to carry muscles. If you breathe to your muscles, if you hemoglobin, because you're not eating enough iron rich foods, then your body and muscles will literally

be starving for air. It's the same thing that happens when your car doesn't get enough air. It coughs and chokes and you're lucky you can wind it up to 30 miles per hour in 3rd gear. When you're doing your sets of 10, 12s, your body demands, ab- solutely has to have oxygen to carry out and refuel your muscles. With less air than what you need, you feel tired, worn out, lazy. Pay attention to this little mineral called iron.

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Food is food, right? I mean, it really doesn't matter all that much? You just go ahead and eat the food that you like, lift hard, use heavy weights and you'll get stronger. You really don't believe that by not getting every single solitary vitamin, mineral and whatever else it's really going to make all that much difference in your body? Why? Why? Why? I'm sorry about missing your RDAs (Recommended Dietary Allowances). Why haven't I feel like eating whatever I feel like eating for a long time now? Sometimes it's funny, but most of the time I think how low little lifters, really think through their entire program. It is very interesting to see the wide variety of food and nutritional patterns each lifter maintains. Yes, some do eat sweet and fried foods, while others have a perfect score in the RDA. Each nutritional approach is different, just in training routines. Ask 10 lifters on their own to in- crease the bench and you'll get at least 10 different answers, but if you follow closely, you will see a great guidelines you have to follow if you expect any type of consistent pro- gress. Don't kid yourself. If you expect to pick up for a meeting using sets of 10-12 reps on your squat, you'll fall way short of your projected opener. And the same, if you're training hard and you're not taking care of your body. You're not going to be a lot more than that to make them grow. Let's be frank at some of the basic nutritional guidelines you should be following and learn why food can be more than just food.

PROTEIN: You have to have protein. Muscles are made from protein and if you're not getting your protein every day, then you won't get any new protein from them. My feeling is that to gain protein at all, you need to eat protein at all on every meal and if you snack, snack on your meal foods. Protein powders, liquids and pills are all fine. Work these into your program, but get your share of protein each and every day. Miss just one day and you've lost the protein you've built up, and you've lost the protein you've lost and the one to make up. Here are some of the better protein sources:

For any animal meat, beef, pork, veal, fish, poultry, eggs, figure about 7 grams of good quality complete protein for every ounce of meat. Dairy products: milk, cottage cheese, yogurt, etc. yield 1 gram for every 1 ounce. Vegetable protein such as soy leaguines, etc. offer 6-8 grams per ounce. How much protein do you need daily? Try to get at least 1/2 gram of protein for every 1 pound

of bodyweight. Thus, a 148 pound lifter would need 75 grams of protein daily, just to cover it. You are asking your body to take 4-6 hours (or longer) to digest that food into energy, and fats are just about with calories, sometimes, excess and simply avoid any and all types of fried foods, whenever possible. Instead, bake, broil or broil your foods. I'll go along with a little vegetable oil or some margarine for added taste, but stay away from greasy, heavy, calorie-laden fats. You look much better, feel much better, be healthier and your stomach won't have to work so hard breaking down those foods.

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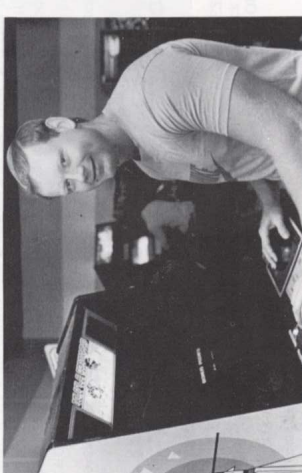
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★ WHO'S WHO IN POWERLIFTING ★



Jim and Becky McCarty tied the marriage knot recently. Becky is training for Powerlifting and hopes to enter the Indiana State Women's meet. Jim, totaled 1760 at mid- chweight, on Sept. 13th, and did Olympic lifts of 314 and 385 at 167.



Roy Shildt pulled a TOP 100 ranking 568 deadlift as a middleweight in 1981 and found that the confidence, character, and discipline to be successful that he derived from Powerlifting also carried over into other fields. Recently in the computer game "Missile Command" he established a world record, featured in the 1986 edition of the Guinness Book of World Records, along with a photograph of him as the first computer athlete to be inducted into the Video Game Hall of Fame. Photo courtesy Roy.

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

Starting November 1, USPF registrations will be processed by Athlete's Registry, P.O. Box 389, Roy, Utah 84067. American Sports Management will not be handling our 1986 registrations. Athlete's Registry had submitted a significantly lower bid. Our decision to change registration firms in no way reflects upon the quality of A.S.M.'s service, which has been unqualifiedly excellent. Our parting was amicable.

The U.S.P.F. with more than 9,000 persons registered, dominates powerlifting in the world. In fact, the depth of our talent makes the Senior Nationals the most demanding contest in most of the weight classes. We have been sending teams representing the United States of America to the world powerlifting championships, the women's world powerlifting championships, the junior world powerlifting championships and the master's world powerlifting championships.

The USPF has been responsible for standardizing the conditions of competition in the regional state and local meets throughout the United States in order that a weight lifter in Florida may be fairly compared with the weight lifter in Alaska. We have always led in experimentation and proposed rule revision. We operate clinics to upgrade our referees. Through our special development meets and reduced registration fees for high school students we are building the foundation for future expansion. Our classification patch program is an important morale builder in many of our prisons. New events, such as the Armed Services Championships and the Police and Fire World Games, each sanctioned by the U.S.P.F., are catching on quickly. At the request of the California Police Olympics Federation, we have agreed to keep national powerlifting records for sworn policemen and firemen.

These activities are supported by your dues. Let us, especially our referees and officials, support them by purchasing our 1986 memberships as soon as possible during the new registration year, which starts November 1. The one-dollar increase has been earmarked for drug testing.

Conrad Cotter, President, Box 18485, Pensacola, FL 32523
ATTENTION: The NEW 1986 U.S.P.F. Registration form can be found on page 51 of this edition of POWERLIFTING USA (as well as being published in future editions of the magazine). New registrants can send in their application right now and be covered for all U.S.P.F. events in 1986 PLUS those in the remaining part of 1985. By the way, the new U.S.P.F. registration service for 1986, the Athlete's Registry, is run by veteran lifter/official Jan Shendow.

ALL UNITED STATES REFERES! John Pettit at 3105 Bullock, Plano, Texas 75023 is making up a directory of all current International and National Referees in the United States. It is very important that all such referees contact John immediately and provide their name and address so they can be contacted directly in the future and updated regarding upcoming rule enforcement and interpretation changes being put in force by the U.S.P.F.

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.



Alesia Constantine is 17 years old and lifts under the direction of her coach, Glenn Stevens of Power Systems Unlimited in New York. Her best lifts are 200 squat, 135 bench, 225 deadlift. After 16 weeks of training, she will enter her first bodybuilding contest. Photo and information provided by National Referee Pat Stevens.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Russian Peaking System

By Fred Hatfield PhD and David Keaggy Coaches, 1985 US World Championship Team

Among space physicists, and perhaps a few frustrated scientific-inclined journalists, there's an old saying: America sends men to the moon in a Cadillac; the Soviets send them to the moon in a tin can.

The comparison between the incredibly advanced technology of the West and the just as incredible precision state of technology in the Soviet Union was made clear to Dave Keaggy and myself as we travelled and attended lectures on training in that Communist empire.

Those poor fellows have only one thing going for them. Like salmon who singlemindedly battle their way upstream to ancient spawning areas, the Soviet's determination to succeed has become a matter of historical fact in the world of international sport as well as the conquest of space travel.

They do it with early generation computer hardware, armies of obliging athletes as research subjects, and cold, calculating objectivity. If it works better than the old way, adopt it. If it doesn't, scrap it. In the world of strength training, they've generated training programs that work, and work well, despite the seeming contradictions of established Western dogma on the subject.

We came back from Moscow with volumes of notes, tables, graphs and books on their training methods. We observed, firsthand, great athletes in training. Now that two years have passed since our trip, we also know that they've got their training act together, perhaps a bit better than their Western counterparts who have the luxury of high technology to assist them. The Russians do it with nothing but barbells, a few archaic kettlebells, stall bars, and an occasional bench propped between some poorly constructed power racks.

We have adopted one of their systems to powerlifting. That system was presented in past issues of FLUSA, MUSCLE & FITNESS and SPORTS FITNESS magazines. Now we're about to present another training system, one used to peak for a contest. We know it works, we know it's objective and thoroughly researched, and we know the reason why it works.

The great value of the program is the built-in cycling technique that allows complete restoration. You cannot overtrain on this program. In our opinion, overtraining is the chief cause of bombouts among young and intermediate powerlifters in this country (notwithstanding the problems often quoted about inept judges).

The System
During the nine weeks preceding a contest, you'll train the squat and bench press twice weekly, and the deadlift once weekly. For the first two or six weeks of the peaking cycle, normal assistance work should follow each workout on the lifts. Your training technique in each of the three lifts should match that which you'll use in competition during the last month or so, but before that, high bar squats, stiff legged deadlifts, and chest isolation benches (wide grip, elbows out) should predominate in

Russian Competition Peaking Cycle

Monday

Week 1 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 2 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 3 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 4 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 5 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 6 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 7 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 8 SQ-70x2.75x2.80x2x6
BP-70x2.75x2.80x2x6
Week 9 Rest

Note: Read 70x2.75x2.80x2x6 as follows: 70 and 75% of your max for 2 reps, one set each, and 6 sets of 2 reps at 80% of your max for that week.

Wednesday

DL-70x2.75x2.80x2x6
DL-70x2.75x2.80x3x6
DL-70x2.75x2.80x2x6
DL-70x2.75x2.80x5x6
DL-70x2.75x2.80x2x6
DL-70x2.75x2.80x5x5
DL-70x2.75x2.80x4x4

Friday

SQ-70x2.75x2.80x3x6
BP-70x2.75x2.80x3x6
SQ-70x2.75x2.80x4x6
BP-70x2.75x2.80x4x6
SQ-70x2.75x2.80x5x6
BP-70x2.75x2.80x5x6
SQ-70x2.75x2.80x6x6
BP-70x2.75x2.80x6x6
SQ-70x2.75x2.80x5x5
BP-70x2.75x2.80x5x5
SQ-70x2.75x2.90x4x4
BP-70x2.75x2.90x4x4
SQ-70x2.75x2.95x3x3
BP-70x2.75x2.95x3x3
SQ-70x2.75x2.100x2x2
BP-70x2.75x2.100x2x2

Contest
1st attempt - 95%
2nd attempt - 105%
3rd attempt - 107.5%
(all 3 lifts - SQ, BP, DL)

Drug-Free Gains: Myth or Reality?

Dear Fellow Powerlifters & Coaches,

You've all been informed to death about the pros and cons of steroid use. Well...perhaps *misinformed* is more accurate. And, you've no doubt made up your minds about the philosophical issues involved -- is it ethical? Are the benefits greater than the risk?

Friends, there's a whole new generation of young athletes out there who deserve better than what we've had in the way of "reliable" information! It isn't enough to let it go with a simple "Well, nothing ever happened to me" attitude. Sure, it's true that there is some useful and accurate information regarding methods of use, how to beat the tests, how to avoid side effects, and the like. It's true that many responsible folk -- and I like to include myself in that group -- have offered some reasonable advice in the past. For instance, Dr. Mauro DiPasquale's recent book is quite informative and accurate -- state-of-the-art, you might say. So are Dr. Jim Wright's, Dr. Bill Taylor's, and Jeff Everson's recent additions to the literature on steroids. Some folk, in crusader fashion, write of impending doom from using steroids -- no one likes to consider the prospects of dying in some smelly locker room!

None has hit the nail on the head! None has offered viable alternatives to steroids! None has given the kids coming into our sport a way to break away from steroid mentality which proclaims that championship status cannot be attained without anabolic drugs!

Yet, there are alternatives! Indeed there are! But no one has ever put all the pieces together in such a fashion that the available alternatives gave them as much (or more) as can anabolic steroids in the way of increased strength, size or athletic performance.

I sincerely believe that it can be done! Let me give you just one example of a technique that has, until recently, gone totally unexplored. ATP -- adenosinetriphosphate -- is the universal energy source. Every living creature on God's earth needs ATP in their muscles to make them contract. What if there were a way of increasing the available ATP to such a level that prodigious energy were available? What you could normally bench for two reps you'd be able to bench for three or four reps with more ATP. ATP stores can be increased five-fold inside of eleven days, according to some very compelling research I have just reviewed. And, the possibilities are mind-boggling!

That's just one avenue. There are amino acids, sterols, various herbal preparations, electrostimulation, amazingly effective psychological techniques, and -- of course -- vastly improved training practices, too. These, and literally dozens of other ergogens are the subject of my upcoming book, *ERGOGENESIS: Peak Athletic Performance Without Drugs*. *ERGOGENESIS* is long overdue -- I believe it has the capability of revolutionizing sport. I believe that it has the capability of fostering a whole new generation of young athletes who will turn their backs on anabolic steroids as a primitive tool of desperate athletes. But old or young, you owe it to your sports career to become all that you can become.

My book, *ERGOGENESIS*, isn't the final word on what kinds of techniques, substances or principles to apply in your quest for athletic greatness. No such authority exists. But the book is most certainly a step in the right direction -- especially for the kids coming up behind us.

Years in Sport and Fitness,

Fred Hatfield

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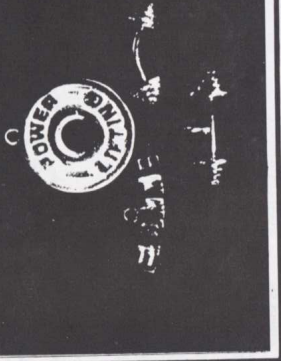
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well over 3000 pounds and looked massive. He spotted as a member of the Athletic Club Soest, the hosts for the meet.

Virtanen of Finland was Best Lifter with 506.03 Schwartz points, followed by Gerald Snyder (USA) with 486.99 and Nanda with 480.27.

The awards ceremonies were great with the flags and anthems playing. The banquet was held in an ancient building, and its antiquity and the great buffet were enjoyed by all.

On Monday morning, 2 vans were rented from meet director Udo Guppert and the team, minus Passarella and Boyer, went south to Bavaria for some sightseeing. First stop was the 700 year old incorporated, walled city of Rothenburg ab der tauber, the oldest and best preserved walled city in Germany. Then we went south to Dinkelsbühl with its 1000 year old town center. Racing along with its "Romantic Way" to Heideberg, we slept within sight of its old castle on a precipice over the city. In the morning, after the big guys had slowly sated their hunger, we were off to New Ulm on the Danube, taking in both the famous river and the giant cathedral, which is the world's tallest at 528 feet. Then we went on to Ludwig's fabled castle at Neuschwanstein and a look around and in it. A slow breakfast cost us a look at Lindertof, one of the world's most beautiful palaces, but a stint through Austria led us to Oberammergau, Germany's wood carving capital and a great meal at the same Gasthaus that had served the USA Men's World team down from Munich, and the same Ober, or waiter, who remembered you and your guys. Apparently you behaved yourselves as we had many happy memories. From there we were off to Munich, in the latter of Oktoberfest, and the famed Hofbrauhaus. Later, at 2 AM, we zip-ped northward through fabled old Nurnberg and onto Frankfurt for the long flight home.

All in all, it was a great championships, with new friendships formed and some great sights seen. Next year the Junior Worlds will be in Bombay, India, a country in which many cultures are superimposed, and one with 99 languages, with the official one being English. South Asia is gearing up for next year's USA Junior World team and their bid for yet another World team title. I didn't forget as much German as I thought I did! Aufweidesehen!

IPF Junior World Championships

19-22 September 1985

Soest, West Germany, (kilos)

	SQ	BP	DL	Total
52kg Snyder/USA	190	102.5	205	497.5*
Satymurthy/IND	170	100	207.5	477.5
Maxwell/Guy	175	90	205	472.5
Yliokinen/FIN	195*	127.5*	150	472.5
Clay/GB	165	97.5	185	447.5
DeOliveira/BRA	160	90	195	445
Sorrentini/ITA	135	70	150	355
Lachmann/AUT	120	70	120	310
Jaspirtar/INDO				
56kg Nanda/INDO	210*	107.5	225	542.5*
Chandrasekhar/IND	192.5	117.5	190	510
Chandrasekhar/IND	207.5	127.5	217.5	552.5
Halder/IND	182.5	102.5	200	485
McNamara/IRE	182.5	95	200	477.5
DeCavallo/BRA	165	90	200	455
Niemonen/FIN	150	90	190	430
Ugur/WG	130	90	162.5	382.5
McStratidge/CAN	175			
60kg Fretzheim/NOR	197.5	127.5	225	550
Bredal/NOR	202.5	110	215	527.5
Shivaprasad/IND	197.5	105	222.5	525
Cardella/ITA	180	120	225	525
Dallen/GB	185	105	217.5	507.5
Duffy/IRE	190	85	205	480
Paisson/ICE	142.5	100	185	427.5
67.5kg Yrjogesson/SWE	242.5	135	250	627.5
Mezzanotte/BEL	245	115	252.5	612.5
Ronkainen/FIN	210	150*	230	590
Jackoni/GB	220	130	235	585

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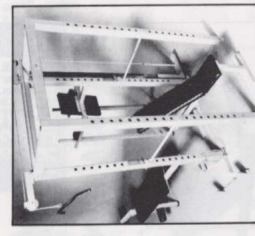
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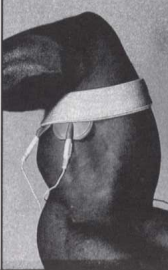
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The WORLDS Are Coming! The next issue of POWERLIFTING USA will have our on the scene report of the I.P.F. World Powerlifting Championships from Espoo, Finland, but if you don't want to wait for the next issue of PL USA to find out what happened, if you're one of those people who have to have the results in hand as soon as possible after the competition, then here is another publication that you may be interested in. POWER HOTLINE is a companion publication to PL USA. It comes out twice each month, and each issue is sent out via First Class Mail, whereas PL USA is sent out monthly under a "2nd Class Mailing Permit" and takes from 10 days to 2 weeks to be delivered. POWER HOTLINE provides its readers with flash reports of major competitions, plus the latest "hot gossip" about Powerlifting. PLUS many other interesting tidbits of information that you're not going to find in any other source. POWER HOTLINE is consistently, year after year, the quickest and most comprehensive source of news on Powerlifting and related information. A one year subscription to POWER HOTLINE consists of 24 issues, rushed to you via First Class Mail, while the news inside is still news, and it is available in North America for \$28.00 US. Overseas subscriptions are sent out via Air Mail, 24 times a year, and are available for \$39.00 US. Checks should be made payable to POWERLIFTING USA and sent to Box 3238, Camarillo, CA 93011. Now, back to the WORLD POWERLIFTING CHAMPIONSHIPS. We will return from Finland the day after the competition, and hope to have the results and flash report out to current POWER HOTLINE subscribers the very next day. If you don't currently subscribe to POWER HOTLINE, you can still get the World Championship flash report by sending in your subscription fee right now and indicating that you want to start your subscription with that issue. We should be able to send the World Championships Flash Report out the same day we get your order. The sooner you subscribe to our POWER HOTLINE order, the sooner you get that World Championship report. ORDER NOW!

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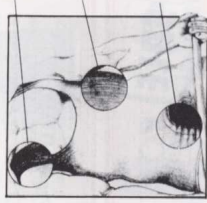
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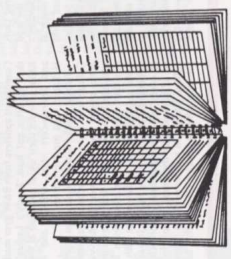
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3rd annual Viking Open

Table with columns: Name, Age, Weight, and various performance metrics for the 3rd annual Viking Open.

20 Apr 85 - Chicago, IL (kilos)

Table with columns: Name, Age, Weight, and various performance metrics for the 20 Apr 85 - Chicago, IL (kilos) event.

14 Sept 85 - Marysville, CA (kilos)

Table with columns: Name, Age, Weight, and various performance metrics for the 14 Sept 85 - Marysville, CA (kilos) event.

14 Sept 85 - Monroe, NC

Table with columns: Name, Age, Weight, and various performance metrics for the 14 Sept 85 - Monroe, NC event.

Central Carolina Open

Table with columns: Name, Age, Weight, and various performance metrics for the Central Carolina Open event.

South China Women's Open

Table with columns: Name, Age, Weight, and various performance metrics for the South China Women's Open event.

28 Sept 85 - South China, Me

Table with columns: Name, Age, Weight, and various performance metrics for the 28 Sept 85 - South China, Me event.

181-225

Table with columns: Name, Age, Weight, and various performance metrics for the 181-225 weight class.

amount of ADPEA... of the accident it would be a chore for us to... Iron Horse Open... 14 Sept 85 - Marysville, CA (kilos)

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Table with columns: Name, Age, Weight, and various performance metrics for the 181-225 weight class.

Table with columns: Name, Age, Weight, and various performance metrics for the 181-225 weight class.

Table with columns: Name, Age, Weight, and various performance metrics for the 181-225 weight class.

athletic programs including their new weight room. We also wish to thank all the members who worked so hard to make this year's meet helped out at the meet. We are grateful to our state referees, especially Terry Lewis who worked the entire meet and brought another record and who were judged on a token award before the BP started, could do so. Report submitted by John Hurle.

14th annual MSSA Hawleye Open
24 Aug 85 - Des Moines, IA (Kilios)

WOMEN	SQ	BP	DL	Total
M. Reese	92.5	42.5	200	235
S. Terry	102.5	42.5	112.5	257.5
O. Greenwald	190	127.5	200	517.5
D. Danielson	205	110	175	490
B. Donnelly	230	137.5	222.5	590
S. Fisher	147.5	147.5	197.5	492.5
F. Trapp	270	160	252.5	682.5
D. Carlson	147.5	90	177.5	415

Derby City Classic
29 June 85 - Louisville, KY

BENCH PRESS

WOMEN	SHW	DL	Total
M. Schaefer	157.5	107.5	165
T. Prince	155	92.5	192.5
J. Bengtsen	270	170	265
R. Hussey	252.5	170	265
R. Kovinus	227.5	132.5	227.5
M. Willard	142.5	122.5	185
W. Dralle	135	132.5	182.5
T. Wainger	242.5	172.5	260
R. Chigger	237.5	137.5	240
K. Grigger	237.5	125	205
R. Erickson	190	115	227.5
D. Spenger	292.5	195	300
B. Stuart	240	190	230
T. Matuka	237.5	132.5	227.5
S. Hines	237.5	132.5	227.5
C. Driscoll	305		

New Jersey Open Class III
30 June 85 - Fair Lawn, NJ

114	SQ	BP	DL	Total
Ken Willem	270	165	340	775
Wayne Callant	260	210	415	885
Fred Pierce	245	145	385	775
181	245	140	385	770
Justo Bautista	285	205	315	805
Arthur Jacques	475	295	515	1285
Brian Callahan	515	300	400	1215
Tom Boone	425	260	410	1095
Leo Manole	435	305	460	1200
Rich Schmalzel	435	305	460	1190
Tom Incedion	415	265	480	1160
Regan Grotak	255	185	350	790
Barbara Gillin	225	130	270	625
Dillon Mabel*	365	225	460	1050

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DISCONTINUED

14th annual MSSA Hawleye Open
24 Aug 85 - Des Moines, IA (Kilios)

Derby City Classic
29 June 85 - Louisville, KY

American Cup - Sandusky, OH
14 Sept 85

148	SQ	BP	DL	Total
D. Evangelista	350	250	415	1015
Steve Soils	425	320	500	1245
Tom McGowan	540	330	530	1400
Bob Fisher	565	275	585	1425
Dave Kenne-gel	670	345	685	1700
Tom Blank	640	410	625	1675
D.S. Schwinnth	700	435	665	1800
Dave Kaulick	550	405	575	1530
Tom Larzasa	755			
Terry Wallick	600	410	500	1510
MASTER DIV	690	515	745	1950
Bill Bradford	700	515	745	1960

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A-1-S \$89



A-1-S \$66



A-1-S \$68



A-1-S \$59




A-1-S \$30



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A-1-S \$25



A-1-S \$25

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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 Reminiscences, 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 100 242s, May/1983...Hawaii International, National Collegiate, Mike MacDonald Bench Routine, Kevin Fisher, Isokinetics, Retiree Directory, TOP 275s, Jun/1983...Women's Worlds, Judd Biasotto 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, Women's Natural Nationals, Overtraining by Fred Hatfield, Making Weight, Chip McCain Squat Routine, 550 Bench Press Club, Don Cundy - Pioneer of Powerlifting, TOP 100 114s.

Aug/1983...Worlds...Greatest Deadlifter, Deadlifting Secrets, 800 lb. Deadlift club, Quad tears, Jim Rouse Bench routine, Top 100 123ers.

Sep/1983...Senior National Championships, American Drug Free National Championships, Ricky Dale Crain Deadlift Cycle, Hatfield on the abbreviated Training Cycle, Rubi 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, L.O.C. Banned Drug list, Injury Proofing, Police/Firefighters Nationals, TOP 100 181s.

Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing 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 Forum, Calcium, Con-sumer Guide for Exercises, Retiree's Corner, TOP 100 275s.

Jun/1984...Hawaii Invitational, National Collegiate Championships, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Breakdown, Message from Chairwoman, ADEFA Top 20 181s, TOP 100 SHWs.

Jul/1984...Women's World Championship Report, Jim Cash Deadlift Workout of the Month, Dave Schneider Profile, S.I.H. by Jeff Everson, Power Gym Directory, Drug Free Top 20 198s, Bob Wahl Power Profile, 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 Altherogenic?, the New Masters Formula, ADEFA Collegiates, How to Wrap Your Knees, TOP 100 132s, Shoulder Injuries.

Oct/84...Medical Research Review, Jim McCarty Profile, Gus Rethwick 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 Cham-pionships, Mathematics of Powerlifting, Bench Press Bar Path, Cy Strong Man Contest, Jim Cash Bench Press Routine, TOP 100 181s, Drug Free Top 20 Flyweights, Ken Leisner on Heavy Training capability.

Jan/85...National Collegiate, Rick Gaugler Bench Routine, ADEFA TOP 20 Midheavyweights, Road to a World Championship by John Kuc, Train-ing 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, ADEFA National Collegiate, 2000 Total Club, ADE-FA TOP 20 220s, TOP 100 Bantamweights, Debbie Poston benches 332.5

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

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

Nov/85...Dr. Fred Hatfield and the Magic Leg Machine, Randall Kea Drug Free Squat Program, Magurder the Magificent, Ask the Doctor on Drug Testing, World Masters, Reider, Slem Profile, D.M.S.O. Intermediate Training by John Kuc, TOP 100 181s, ADEFA TOP 20 114s.

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All American Open Bench
28 Sept 85 - Holyoke, Ma

Steven Quan	275	Maurice Roy	410
John Johnson	148	Ken Brace	370
Bob DiSasio	265	F. Jalkowski	355
Ron Cross	255	Tom Martin	315
Tom Martin	360	Rick Howe	330
B. Cazalle	320	J. Petri	275
D. Macdonald	315	W. Hayes	550
Don Yergau	275	WOMEN	114
181		Paul Renda	400
		C. Yakevitz	80
		198	
		Jana Sullivan	70
		Mark Rogers	460
		Colleen Mason	130
		Fred Lisias	455
		Walter	100
		Bob Orchard	148
		220	
		J. Chmielecki	195
		Peer Shuren	470
		Julie Lacasse	85

Held at John Lynch JR High School, meet directed by John Lynch, Jr. Zardis, emcee: Joe Zardis, MC: Mike Pezotte Jr. Outstanding lifters men: Tony Hayes, women: J. Chmielecki, team trophy: J. Hitchburg, 2nd: Big Daddy's. Thanks to Ed Adamovic for results.



Debbie Poston with husband Rick and the Road Warriors wrestling team outside their Athlete's Fitness Center in Tampa. Debbie won Ms. America Medium Tall Class this year with her title as the Biggest Woman Benchlifter of all time. Her training book is selling very well. Rick sent in this photo.

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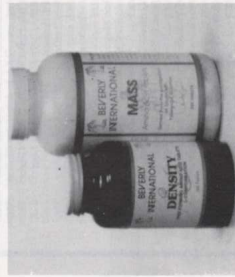
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Average strength increase; in pounds	133.16	61.4
Average strength increase per body part; in pounds/chest	19.84	8.9
back	26.57	8.7
shoulders	30.86	17.0
legs	57.78	24.6
TOTAL	135.05	
Average girth; size increase in inches	2.84	.4

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Chillicothe Team Lifters, standing (l-r) Arthur Hall, Robert Sternberg, Fermin Diaz, and Doug Ricker (kneeling). Official CCI photo courtesy Sternberg.

SHW

Rich Shepard	540	365	600	1505
Rich Shepard	450	355	505	1310

Thanks to Robert Sternberg for results.

Albert Lea Bench-Deadlift

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BENCH PRESS	105		DEADLIFT	
WOMEN	135		OPEN	105
OPEN	170	105	OPEN	105
J. Brown	165			
M. Jenkins	170	105		
M. Morrison	165			
D. Carlson	167.5	181		
T. Wellport	157.5	181		
W. Brook	150			
W. Lavaller	145			
A. Anderson	167.5	255		
M. Edelen	165			
T. Chapler	155			
M. Sindt	177.5	245		
S. Lindamond	200	275		
BELOW 3		307.5		
D. Cronan	150			
M. Schultz	130			
J. Reia	130			
M. Edelen	137.5			
M. Svait	127.5			

Thanks to Rich Peters for results.

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Burke's Outdoor Deadlift Meet
14 Sept 85 - Alma, MI

114	G. Johnson	270	S. Severon	450
115	M. Smith	260	J. Aullins	400
116	R. Cleveger	250	T. Carnes	360
117	L. Roman	190	J. Severson	300
118	R. Bultro	420	R. Williams	300
119	J. Algeria	405	Ron Mills	675
120	J. Williams	305	K. Balmach	555
121	K. Gregg	430	D. Gannage	550
122	J. Henson	415	M. Zyzanski	550
123	R. House	300	T. Hernandez	540
124	T. Ward	480	S. Schweigert	480
125	F. Toins-bl	620	T. McMillan	650
126	D. Esomay	450	R. Conolly	650
127	J. Henderson	435	B. Morrill	650
128	H. Henderson	435	D. Burke	630
129	H. Munniquoz	430	R. Kohler	515
130	J. Hernandez	450	G. Evers	515
131	C. Flores	325	D. Manning	460
132	J. Alford	210	R. M. Alford	460
133	B. Cowles	550	R. Abidal-jabbar	450
134	J. Hallem	515	E. Milligan	630
135	D. Hogan	505	E. Bohl	515
136	J. Smoker	570	T. Snyder	515
137	B. Hillier	470	B. Emens	460
138	B. Fowler-bl	620	Pat Dabbs	560
139	B. Anderson	455	D. Spritz	530
140	D. Lasker	590	D. Satter	530
141	J. Smoker	570	T. Snyder	515
142	B. Hillier	470	B. Emens	460

Extra div champs: Women: V. Elks, Masters: 800 from Gym, Saginaw: 45 lbs. Burke's body.

Notes Being Counted. Bill Seno points out that concerning the 16,000 questionnaires which were sent out by Larry Pacifico and the APF, the votes will only count if the voter is a current member of the APF or if he submits a membership along with the questionnaire. Some voters are not signing their names anywhere, and they have no idea who sent them.

Arrested in Cincinnati. ...according to Tom Davis was a physician who had his home searched and roughly 700,000 individual doses of amphetamines plus "other drugs" were found. This action was taken at the behest of the Ohio Board of Pharmacy, in accordance with their new "steroid bill".

Chillicothe Correctional Meet
Sept 85 - Chillicothe, OH

121	122	123	124	125	126	127	128	129	130	131	132	133	134	135	136	137	138	139	140
132	133	134	135	136	137	138	139	140	141	142	143	144	145	146	147	148	149	150	151
152	153	154	155	156	157	158	159	160	161	162	163	164	165	166	167	168	169	170	171

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IRON DEN BENCH
21 Sept 85 - Bedford, Pa

116-140	117	118	119	120
D. Shaffer	175	J. Sicker	340	
D. Williams	166	B. Simpson	220	
T. Evans	155	B. Kowalczyk	425	
141-165	142	143	144	145
M. D'Angelo	280	R. Felton	280	
T. Chiodo	240	O. Kruel	435	
C. Bischof	160	D. Chiodo	420	
R. Young	305	M. Rosenrater	400	

Thanks to Debbie Rosenrater for results.

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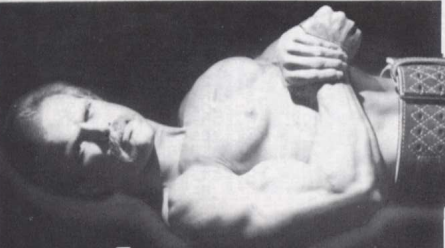
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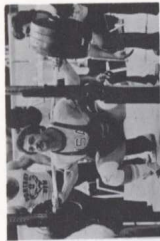
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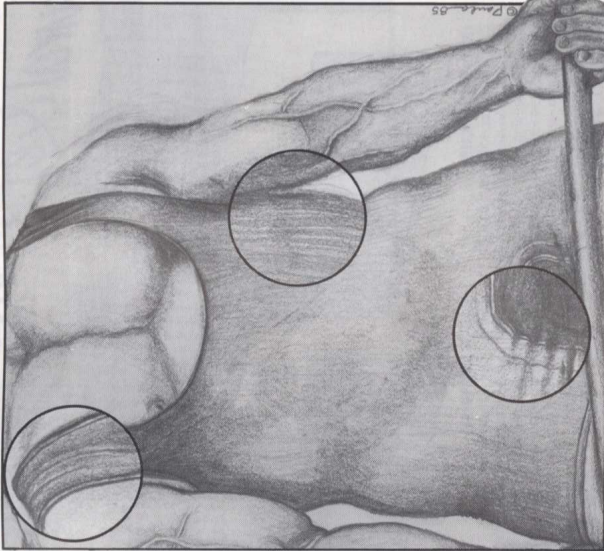
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