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A.P.F.



Powerlifting Championship

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Schedule of Events: Competition opens Saturday, June 28th at 10:00 a.m. for the 114, 123 and 132 lb. weight classes. After a brief intermission lifting will continue at 3:00 p.m. for the 148, 165 and 181 lb. weight classes.

Sunday, June 29th at 9:00 a.m., competition will begin for the 198 and 220 lb. weight classes. Following the intermission lifting will continue at 2:00 p.m. for the 242, 275 lb. classes and the super-heavy weights. (Please Note: the Round System will be in effect for the squat and bench lifts only, while the deadlift will be conducted in standard rotation.)

Awards will be presented to the TOP 3 lifters of each weight division . . . the most spectacular awards ever! As an added bonus the TOP 2 lifters of each division will be eligible to compete in the A.P.F. World Championships, November in Hawaii.

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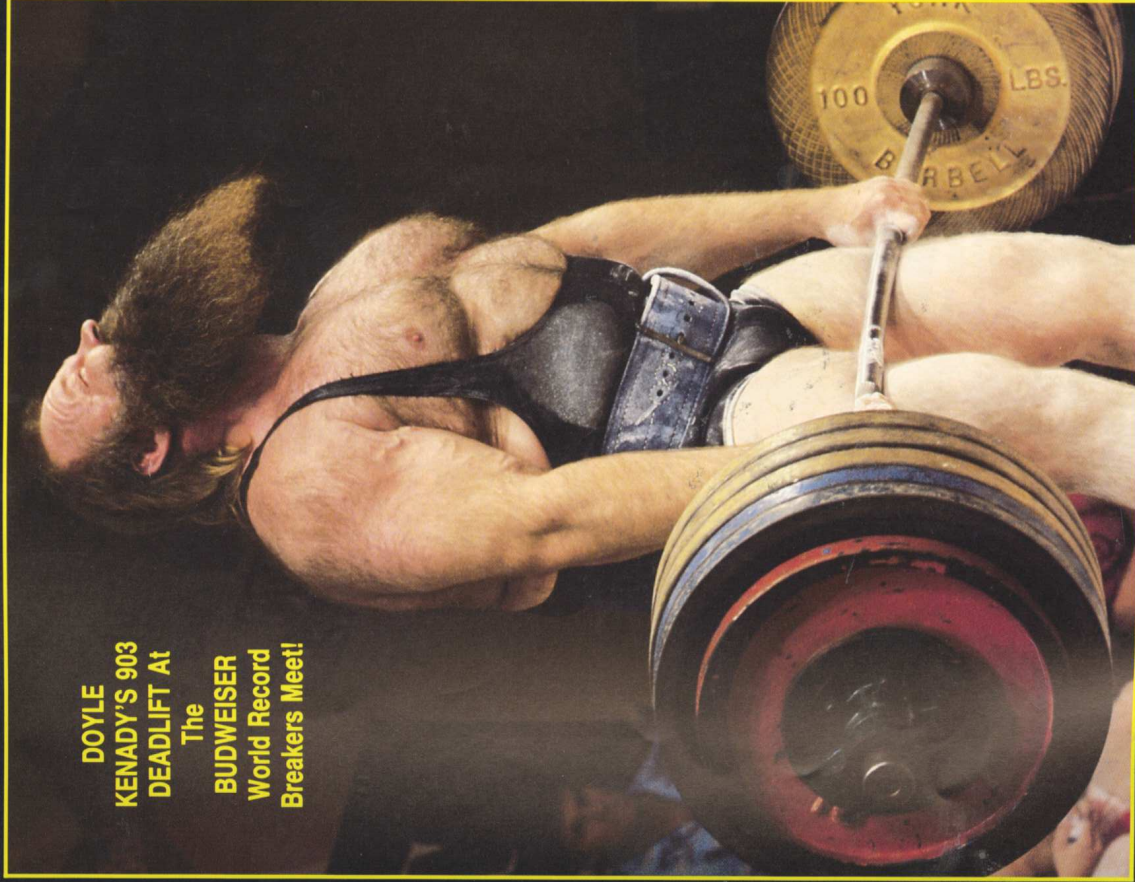
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ON THE COVER...Doyle Kenady's 903 deadlift at the Budweiser World Record Breakers Meet. Ed Douglas Photo

NEXT MONTH...USPF National Masters Championships

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A.D.F.P.A. Women's Nationals.....by Sue Elwyn



Carla Dunlap did a posing exhibition between sessions, and Bev Francis spoke to an enthusiastic group of seminar participants as well. All photos taken by Marjorie Chaset.

103 contestants lifted in the 1986 ADFPA Women's National Powerlifting Championship, making it the largest all-women's meet ever. There were several new American and National meet records set, and some very tight competition. Two women lifted at 44 kg, but the class had a quality of 10. In Leisa Oliver squatted an A.R. 143 lbs out total, a record 335 (738 lbs). She also won Best Lifter of the first session, the Champion of champions award, Best Squat, and Best Bench Press. Flora Ciccone placed 2nd at 135 lbs. Karen Smith won the Best Lifter award. Shirley Gutierrez of the West Coast Power Team repeated as A.R. 47.5 kg class champion.

An A.R. 125 kg squat class was the only bench press in the lift-off category. Her 47.5 kg deadlift and her back were suffering from the recent California State meet, but her open lifting 127.5 kg was enough for the win and her new National meet record total of 335 lbs. She won the 14.16 yr. old teen division. She lifted well enough to place 4th in the Open division as well.

The 50.5 kg class was wide open for the first time with the absence of Majik Jones. Majik tore a pec a few weeks earlier. I was curious to see Delawarean lifter Nan Troubridge. I'd never heard of her before, but she had the highest qualifying total in the class. She's 6'4, 105.5 lbs, she won easily against tough competition from Stiff lifter Melissa Froberg. In what was perhaps the biggest surprise of the meet she won Best Deadlift award over World Record holder Nancy Belliveau. Nan is short, muscular, and built for the sport. Once again, the 53 kg class was the competitive highlight of the meet. Everyone was anticipating a close contest between defending champ Melanie Getz and former USPP National Champ Nancy Belliveau. They weren't disappointed. Shelley Pettingill took an ear-

ring 137.5 followed by Getz and local lifter Sandy Easter with 132.5. In the A.R. she then followed it with a strong 85 kg 4th attempt, which proved to be a major mistake. Mel had a 5 kg lead going into the deadlift. Even though Nancy had an off day, just making her 2nd attempt 160 kg, it was enough to tie Mel and win by lighter bodyweight. Marsaa pulled ahead of Pettingill to take 3rd.



Sheila Ward was one of several repeat winners from the 1985 competition.

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COMPETITORS: Have you qualified for the ultimate competition of the year? Send for your packet today. Entry fee: \$40.00 (waived for winners of the 1985 ADFPA Men's Nationals).

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1986 ADFPA Women's Nationals

5/6 Apr 86 - Boston, MA

	SQ	BP	DL	Total
Leisa Oliver	130.0	75.0	130.0	335.0
Flora Ciccone	100.0	47.5	127.5	275.0
Shirley Gutierrez	125.0	70.0	127.5	322.5
Debra Burke	112.5	60.0	125.0	297.5
Trica Mathis	90.0	50.0	117.5	257.5
Tommy Berger	105.0	47.5	100.0	252.5
C. Porritt	92.5	55.0	97.5	245.0
Donna Wicker	107.5	50.0	65.0	222.5
Alana Millich	80.0	35.0	97.5	212.5
Nan Troubridge	70.0	42.5	82.5	195.0
Michelle Frere	127.5	65.0	150.0	342.5
Melanie Getz	120.0	65.0	137.5	322.5
Shelley Pettingill	125.0	60.0	142.5	327.5
Shelley Ward	117.5	60.0	122.5	300.0
Becky Potter	97.5	55.0	115.0	267.5
Connie Meredith	82.5	62.5	122.5	267.5
Michelle Sheerin	97.5	47.5	120.0	265.0
Mickey Smith	97.5	42.5	117.5	257.5
Traci McCafferty	130.0	47.5	—	—

53 kg class, defending champ Cindy Palmer nearly bombed in the squat. It took 2 attempts to make her 127.5 opener. She had no such problem in the bench press making a strong 87.5 kg A.R. to pull ahead of Pauline Gerard by 2.5 kg. Pauline came out of retirement to make all 3 squats and take the early lead. Fran Krauss and 17 yr. old Michelle Sheerin hung in at 3rd place. In the dead lift Krauss and Palmer pulled away (pun intended) to place 1,2, with Gerard 2.5 kg back in 3rd.

Sharon Norman placed 4th and was top teen in the class, as she just made her opening D.L. Sheila Ward did it again at 58.5. She won for the second straight year and also took Best Lifter for the 2nd session. Anticipated competition from Tam Thompson never materialized as Sheila squatted an A.R. 165 to take a big lead over Tam. Sheila locked it up with a total, plus she 162.5 D.L. and 41.5 total, plus she went 9 for 9. Thompson won 2nd with a close battle between Tamme Sheppard, Andrea Sortwell, and newcomer Billie Scott for 3rd. At 63 kg, 16 yr. old Lisa Bailey was in first in the sub-total with good, balanced lifting. Merry Walters and Pat Wagner were 2.5 kg apart for 2nd with Ver-

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Sharon Norman	170.0	100.5	187.5	468.0
Kim Vandy	170.0	80.0	177.5	427.5
Christie Kling	175.0	82.5	167.5	425.0
L. Pyskotic	142.5	72.5	122.5	337.5
Linda Bahler	155.0	92.5	165.0	412.5
Shirley White	162.5	72.5	172.5	412.5
Linda Finnegan	137.5	90.0	175.0	402.5
Michelle Frere	135.0	70.0	160.0	365.0
Janna Steise	125.0	75.0	162.5	362.5
Ardette Smith	137.5	72.5	142.5	352.5
Shelley Ward	130.0	62.5	130.0	322.5
Sharon Norman	80.0	37.5	110.0	227.5
80 kg	165.0	105.5	167.5	438.0
Lisa Noble	190.0	87.5	175.0	452.5
Chris Sorenson	165.0	85.0	170.0	420.0
Marie Acaca	145.0	82.5	177.5	405.0
Judy Fabel	157.5	67.5	172.5	397.5
M. Greenspan	147.5	75.0	160.0	382.5
Sue Picketts	127.5	72.5	125.0	325.0
80 kg plus	108.0	50.0	121.5	279.5
Sharon Mink	195.0	122.5	187.5	495.0
Cindy Regan	210.0	97.5	185.0	492.5



On a Comeback...Paulaine Gerard used to lift for Purdue as Paulaine Hoehn.



Nancy Belliveau...used her pulling power to just edge out Melanie Getz in the 55.5 kg class, defending champ Cindy Palmer nearly bombed in the squat. It took 2 attempts to make her 127.5 opener. She had no such problem in the bench press making a strong 87.5 kg A.R. to pull ahead of Pauline Gerard by 2.5 kg. Pauline came out of retirement to make all 3 squats and take the early lead. Fran Krauss and 17 yr. old Michelle Sheerin hung in at 3rd place. In the dead lift Krauss and Palmer pulled away (pun intended) to place 1,2, with Gerard 2.5 kg back in 3rd.

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peared close to a hitch at the top, but 3 whites appeared.

In the team competition West Coast Power Team won by 1 point over Stiff's Gym with Swartz Creek taking the team title as they brought a full team of 10 teenage lifters.

Women's Nationals founding mother Michelle Greenspan took time out from Chioprac school to make her lifting debut at this meet and help her team to victory. High quality video-tapes of the meet are available, and look for segments on the ESPN and USA cable networks.



Deb Mitzel...is accomplished both as a lifter and as a photographer. Her work has appeared in some of the Weider publications, and we've used some in POWERLIFTING USA.

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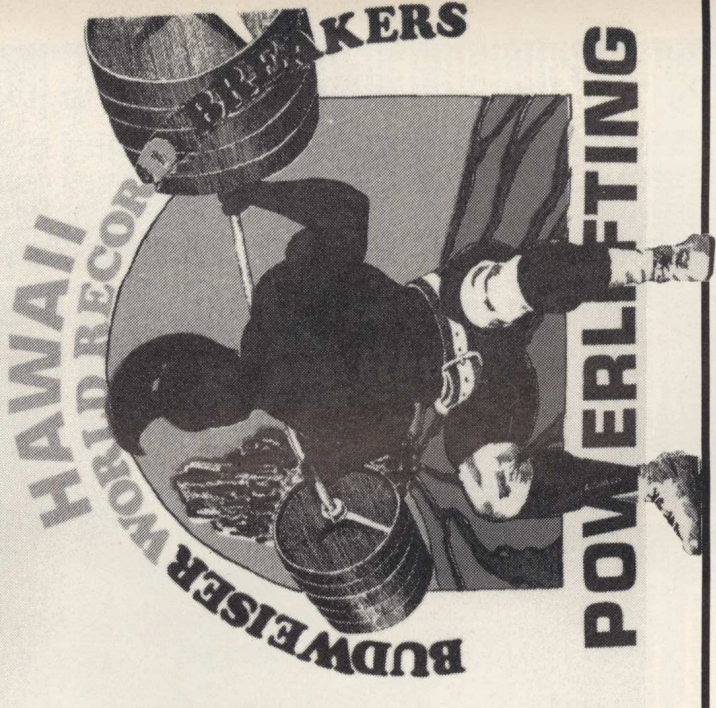
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The Hawaii Meet!

Flash Report by Mike Lambert, Editor

No longer is Gus Retnawich's extravaganza called the Hawaii Invitational. With new sponsorship, it's now the Budweiser World Record Breakers Meet, and still the forum for strength's greatest expressions.
Jeff Madson, steeved for competition in New Zealand, welcomed the chance to compete here, and set himself toward a world record 515 lb. bench deadlift. Jeff had done 515 in training, and almost 630, but his opener was hard and 2 lifts at 515 remain on the plywood.
Satoshi Kaneshiro continued Hawaii's tradition of placing top level lifters with a 1360 lb. total, but with his obviously poor footing, he may rue up to the 165 lb. class, where 1515 total earned him the Best Lifter award for the islanders. Dave nearly took it over in the class as County-dan Rick Cilly and Texas John Inzer had all kinds of problems. Cilly, with only 3 power meets under his belt, had loads of strength, but was hobbled with bad luck and inexperience. In the bench, after some technical troubles, his final with 462 was effortless, but drew reds as he simply forgot the clap. Inzer also came close to bombing in the bench and settled down and got his 3rd. His 650 deadlift was a toy, and 733 was in the bag both times, but his grip came undone just short of lock-out.
Rick Weil had his travail as well. On each attempt at 567 he mistimed the clap, got it, and then lost his drive on the lift and couldn't get it up. By the way, before and after his record busting attempts, Rick willingly helped out anyone who needed assistance on the platform.
Mr. America competitor Bill Bushy came out from Illinois with an in-

credibly developed upper body, and surprising power in each lift. He even guest posed afterwards. Francis Silva had broken an ankle playing softball some time back, and was off pace in the squat, but dang near got both his 578 bench tries. Ernie Martin, a local veteran of this contest, was just off knee surgery, but happily had the first day of his lifting life anyway.
Bill Nichols, out of Illinois, was primed to squat 900 and he did it twice, though, he exceeded the long standing world mark of Dan Wohlert. Fiercely determined to succeed, Ernie's strategy of arching accordingly, the slow start, and the fast finish, worked out for him when he went out with his 10 attempts. Big and ball strong, Harold Zimecki, a local lifter, lifted Nick Zimecki, his brother, at the meet. Dave Shaw took the title in the 275 lb. class beyond another local favorite, Greg Lefcourt, known as the "Monster Man" and as an HPD, SWAT team member. He and the incredibly thick Dexter Chad went at it for island bragging rights on the state bench record. Dex came super close to pushing out 578 with his gigantic arms. Fred Hatfield did not total out this class, having grip problems with his deadlifts, but who cares? He finally crashed the 1000 lb. squat barrier officially, with Mike Scott that was sold as heck. MC announced the lift as "one thousand eight hundred pounds" and Fred even tried a barbending 1052 and came up with that, as well, but it was high, just missing a 920 squat and making all his benches, before putting on the show of shows in the deadlift. Each attempt was incredibly strong,



Bill Nichols came up with 909 twice, but it wasn't passed. Douglas photo

and his 4th attempt 920 might also have gone, had he not been distracted. This was an exhibit of true power, no artifice, no gimmicks, no special equipment. His recent 890x3 in training, without straps, was no fluke. Dwayne Fely came back, bigger (363 bodyweight) than ever, but his explosion with 986 wasn't enough, and he had further technical troubles in the bench.
Gus Retnawich has put on 10 of



Now Who's the Best Squatter? Fred Hatfield finally succeeds with 1008!

Budweiser World Record Breakers Meet/6 Apr 86/Honolulu, HI

	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL3	Total	
Jeff Madson	220	...	154	374	485	516	518	859
Satoshi Kaneshiro	591	501	523	363	374	374	865	501	534	534	1366
John Inzer	633	672	672	319	319	319	991	650	733	733	1642
David Rick	551	564	564	363	363	363	914	551	584	600	1515
Rick Cilly	628	661	661	440	462	462
Rick Weil	220	567	652	567
							401	567
220	655	655	722	418	440	462	1184	655	710	738	1895
Bill Busby	705	744	782	534	576	576	1278	600	1878
Francis Silva	694	716	787	374	402	418	1135	600	644	666	1802
Ernie Martin	821	870	989	485	501	512	1372	705	749	749	2121
Bill Nichols	733	733	749	413	429	429	1146	633	655	...	1779
H. Nakagawa	609	600	659	413	413	429	1030	705	744	744	1735
Nick Zimecki	769	760	...	473	498	...	1234	771	804	...	2039
Dave Shaw	606	606	...	319	319	...	914	516	672	705	1813
Greg Lefcourt	220	735	807
Doyle Kennedy	953	1008	1052	501	523	523	1510	749	749	793	2297
SHW	848	920	...	507	529	545	1394	832	870	903	2297
Doyle Kennedy	903	986	986	561	561	501	1405	132	1537
Dwayne Fely											

U.S.P.F. Collegiates as told by William Slish



When? Rich Wenner, almost burnt out, held on to win his 4th national title in less than a year.
deadlifting to claim 1st place over Mary Beth Genaro of West Chester University.
105 lbs.: Karen Anderson of Texas Southern, a 4th place finisher in 1985, set a new bench press record with a lift of 154.25 lbs. and pulled three successful deadlifts to win the title. Karen also set a new total record of 683.25 lbs. Tanya Talton of La. Tech. moved up to 2nd place with balanced lifting and ended her college career as a three time All-American. Linda Thomas of La. Tech. was a composed 3rd.
114 lbs.: Bonnie McGee, a freshman from Temple University in only her second meet of U.S.P.F. Placings would be determined by testing the next fittest until an athlete who passed the testing was determined. Thus, all results of this meet are unofficial, pending results of the testing.
The meet began on Saturday morning with the sixth Women's Collegiate Championship. Despite a drop in entrants for the second consecutive year, 25 lifters, 5 new competitors were set and the competition was excellent and exciting in several classes.
118 lbs.: Dolly Herrshberger of Louisiana Tech. used superior squatting and

Wong of Arizona State, who had the best squat of the class, as Wolford claimed his first national title. Bubba finished 2nd at 123 in 1985. Edmundo Franzaglia of Gammon U. edged Scot Charone of the U. of New Orleans for 3rd on bodyweight.
148 lbs.: Ty Stapleton of the U. of Oklahoma dominated the 148s as he set a new squat record of 556.5 lbs. and a new total record of 1482.5 lbs., shattering the old mark by 50 lbs. Ty was the outstanding lifter of this season by a wide margin. Pat Keenan of Kent State held off Donnie Jackson of La. Tech. for 2nd place. Saturday's competition ended.
The middleweights teed it up on Sunday morning as expectations of excitement generated by the larger lifters began to grow.
165 lbs.: Jesse Kellar Jr., the 1985 champion at 148, rode Jr., the squat and bench press to the title. Jesse represented the U. of New Orleans and was also the 1985 Junior National champion at 148. Howard Krieger of Colorado State U. rebounded from a bomb in 1985 to finish a strong 2nd this year and Pete Gort of Morris County College also came back from a bomb last year to claim 3rd. Michael Hancock of Tarkenton State U., the 1984 champion, made two valiant but unsuccessful attempts at a new deadlift record and finished 4th.
181 lbs.: Rich Wenner of Arizona State did not set any records on the platform, but he may have set an unofficial record for most championships in one year. Rich has now won the 1985 ADFFPA Collegiates, the 1985 ADFFPA Nationals, the 1986 ADFFPA Collegiates in March, and now the 1986 U.S.P.F. Collegiates. Coach Tim McClellan says Rich may take a day or two off.

198 lbs.: Mark Payne of Oklahoma State had an undisputed 7th place finish in 1984. In 1985 he moved up to 4th. In 1986 he moved third in the record book. Mark's deep third squat of 760.5 lbs. shattered the old mark and was the heaviest squat of the entire meet. Mark followed his squat with good benching and fine deadlifting for a 1840 lb. total and 1st place. Mark Northcutt of SW Texas State used balanced lifting for a strong 2nd place effort and Paul Poscente of Oklahoma was 3rd. Payne was also Outstanding Lifter of this season.
220 lbs.: Soren Sorenson in one flight as the meet ran into its final session. Sunday afternoon.
Western Oregon rode a big 462 bench and a bigger 716 deadlift to victory. Brian Zappitello of Kent State edged Erwin Reyes of Oklahoma State for 2nd when Reyes could not reel in a 677 deadlift. Sorenson was also the Outstanding Lifter in the heavyweight division.
242 lbs.: Robert Trawick of Illinois-Chicago added drama to his victory by taking three attempts to successfully complete his opening deadlift after a flawless 6 for 6 performance opened a large subplot. head. Joe Gaziano of Lafayette College came back to pull a 672 lb.

deadlift on a third attempt to claim 2nd place from North Oklahoma College. Bubba could have pulled into the lead with his opening deadlift, but three tries failed to meet with the judges approval and Clark was a casualty instead of a champion.
275 lbs.: Jeff Ferguson of Georgia State took 1st place as his competitor, Henry Hamilton of Abilene Christian, the 5th place SHW in 1985, bombed in the squat for the second time in three years.
SHW, John Renstra, a first team All America offensive guard for the Temple Football Owls, claimed the title for the Iron Owls after finishing 2nd in 1984 and 1985. John, who is expected to be a first round NFL draft pick, totalled 1868, the high mark for the meet. Victor Shampton, a 3rd place finisher at 275 in 1985, out-squatted Renstra with a fine 722 lb. effort but could not keep pace thereafter. He finished 2nd representing Clayton Jr. College.
Louisiana Tech. repeated as team champions, with the Naval Academy second and Oklahoma State third. Tech also claimed the combined team title for the second consecutive year and Dr. Billy Jack Talton was again named Collegiate Coach of the Year.
Formal bids for the 1987 Championships were not tendered but groups from Dallas, Texas, headed by John Pettit, and from Temple University are rumored to be candidates. Thanks again to all at the University of Illinois-Chicago for their efforts.

(Author William Slish is a former champion collegiate powerlifter.)

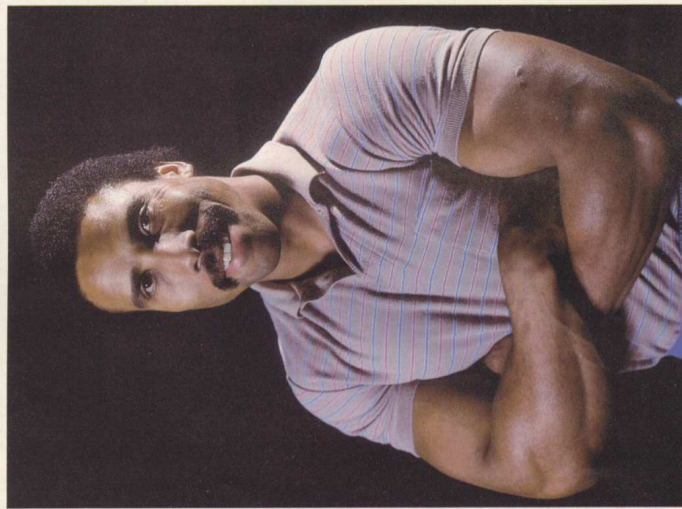


Justin Weisberg, lifted in both the ADFFPA and U.S.P.F. National Collegiates and directed the latter meet.

Table with 10 columns: 57 Women, SQT, SQT, SQT, BP1, BP2, BP3, Sub, D1, D2, D3, Total. Rows list various athletes and their performance statistics.

POWER PROFILE

A Light That Brightly Shines as told by John Luthy



Mike Shines...people like him are the lifeblood of Powerlifting. Photo courtesy John Luthy

Every state has its legends. Those who have conquered the mountains or begun a new era or initiated new beliefs among its citizenry. Idaho is no different. It is a rugged state founded by rugged men and is, in its primitive way, perhaps more mystical than most, with legends of strong men abounding.

In sport there are parallels, allowing us to revere those who stood above the rest, setting new standards of excellence. Above all, we revere those who are a combination of forces, of strength, dignity and leadership. Such a man is Idaho's Mike Shines.

For those of us who were there in the beginning, it is hard to believe ten years have passed. I remember the first time I met Mike at Boise's YMCA. I was 28, he was 23 and he schooled me on the basketball court. Having already lifted for 7 years, he was rock hard at 170 lbs., and had the speed, quickness and grace of a true athlete.

Returning to the weight room, where I felt more secure, I soon found Mike to be the best possible lifting partner and friend. Little did I know what the future held. Workload changed forever one day in 1976 when a new member entered the gym. Lee Ellisberg, on a trip after law school in Colorado, introduced Mike to power training, and, in particular, the effort, which was Mike's specialty. For some reason Lee could work a special magic on all of us, making us train with all our manly might, but we all knew Mike discovered the magic. As is often the case in our sport, Lee shortly moved on back to Denver and a new law practice, but the fire had been lit. I am reminded of Lamar Gant and his legendary marathon and his legendary, marathon case with Mike Shines, who would spend hours in the gym helping others, but completing set after set, building a foundation of strength almost as an afterthought.

Mike's focus was then, and is now, on young people and others less gifted than himself. Any workout could be interrupted to help someone. Never in ten years have I seen him refuse to help another, no matter the weight on the bar or importance of the lift. Never a cross word, never a heated exchange. As I said, he was a perfect partner, who was always supportive, stable and committed.

Life again changed forever with the addition of California State 181 lb. champion Peter Gutierrez

a detailed PL USA look at some of the best lifters in the world

as part of a greater activity, as an aside, and as a sidelight to his true pursuit. Michael Shines, as I reflect, always seemed to lift somewhat detached from the mania that surrounded the rest of us. The sport at its best mirrors his integrity and spirit, but it has supports or distorts them. It has been an avenue of expression, but not really necessary for a lifetime of achievement.

The winning continued; two time Northwestern United States Champion, and Best Lifter, another Inland Empire Championship and Best Lifter; two more State titles and Best Lifter. It all looked so easy. After four to six weeks (maybe) of training for most meets, Mike would hang close in the Squat (usually around 550-600) and the bench (around 380), and then pull a deadlift to win. I've seen him do a fairly easy 675 after a 6 week cycle.

Mike Shines is an achiever, not only through the competitive arena, but now as a successful businessman and teacher. He has reached that rare balance that allows a man to be himself. At 33, Mike is a proven health facility manager, with knowledge and experience that surpasses the norm. Mike is so commonly an encourager. He's an instructor who can do what he asks of his students, offering leadership through the best possible example. By 1981, though, he was by no means finished with his accomplishments. Mike achieved another pinnacle as YMCA coordinator of the 1981 Junior Nationals. Those who follow our sport will recall the accolades generated by that event. As meet director, I say to all, it could not have been successful without Mike.

In this and every sport, the measure of a man must be more than the sum of his parts. It must be comprised of the spirit itself, but it is composed of his athletes. Perhaps the most tangibly what links athletes to the never know. To those who come after, to be rewarded by labors accomplished and dreams already fulfilled.

Michael Shines has done much for Idaho Powerlifting. He is a part of its history and is a solid cornerstone for its future. For his friendship, leadership, and quiet dignity, the athletes of this state salute him and offer a warm and richly deserved thank you.

John Luthy is on the Executive Committee of the U.S. Powerlifting Federation

This article is written with the young, partly experienced, lifter in mind, who is capable of squatting 600 pounds. The program should increase the lifter's maximum weight by at least 20 to 30 pounds.

Before the start of each training session, you must do some stretching and some sets of empty bar squats as a warmup, this being as important as anything else in the routine.

Always when squatting, use good form, breaking below parallel. Never get in the habit of squatting high. Always be sure of breaking parallel when you squat.

About the 8th week of the program, start wearing knee wraps. At a point around 4 weeks prior to the meet, start wearing your lifting suit and wrapping your knees tighter.

As for assistance work, the plan for Monday's workout is to work the back of the legs harder and on Friday you hit the back of the legs harder. Assistance work is dropped later in the cycle, because at that point it is time to start concentrating on the squat itself.

If you need more information, you can call or write me. Good luck with your workouts.

Mark Girtton
1111 Ramona Road
Myerstown, PA 17067
Phone: 717-866-2309

Week 1: MONDAY: 145x10 for 2 sets, 235x8, 325x5, 385x5, 430x8 for 3 sets, leg press 4x8, leg curls 4x8, leg extensions 4x8, toe raise 4x10.
FRIDAY: 145x10 for 2 sets, 235x8, 295x5, 345x8 for 3 sets, front or back squats 4x6, leg extensions 4x8, leg curls 4x8, toe raise 4x10.

Week 2: MONDAY: 145x10 for 2 sets, 245x8, 325x5, 395x5, 440x8 for 3 sets, leg press 4x8, leg curls 4x8, leg extensions 4x8, toe raise 4x10.
FRIDAY: 145x10 for 2 sets, 245x8, 305x5, 355x8 for 3 sets, front or back squats 4x6, leg extensions 4x8, leg curls 4x8, toe raise 4x10.

Week 3: MONDAY: 145x10 for 2 sets, 255x8, 335x5, 405x5, 450x5 for 3 sets, leg press 4x8, leg curls 4x8, leg extensions 4x8, toe raise 4x10.
FRIDAY: 145x10 for 2 sets, 255x8, 315x5, 365x8 for 3 sets, front or back squats 4x6, leg extensions 4x8, leg curls 4x8, toe raise 4x10.

Week 4: MONDAY: 145x10 for 2 sets, 265x8, 355x5, 415x5, 480x5 for 3 sets, leg press 4x5, leg curls 4x5, leg extensions 4x5, toe raise 4x10.
FRIDAY: 145x10 for 2 sets, 265x8, 325x5, 385x8 for 3 sets, back or front squats 4x5, leg extensions 4x5, leg curls 4x5, toe raise 4x10.

Week 5: MONDAY: 145x10 for 2 sets, 275x8, 425x5, 490x5 for 3 sets, same assistance work as Monday, Week 4.
FRIDAY: 145x10 for 2 sets, 275x8, 335x5, 395x8 for 3 sets,

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 over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For example, this month the training weight in direct proportion. For example, if your lift is 400, and a starting lifting for the program is 500, multiply the training poundages by .8 (400 divided by 500); your lift is 600 multiply poundages specified by 1.2 (600 divided by 500).

MARK GIRTTON 14 Week Squat Routine

same assistance work as Monday, Week 4.
Week 6: MONDAY: 145x10 for 2 sets, 275x8 for 2 sets, 365x5, 435x5, 500x5 for 3 sets, same assistance work as Monday, Week 4.
FRIDAY: 145x10 for 2 sets, 275x8, 345x5, 405x8 for 3 sets, same assistance work as Monday, Week 4.

Week 7: MONDAY: 145x10 for 2 sets, 275x8, 365x8, 445x5, 510x5 for 3 sets, same assistance work as Monday, Week 4.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 425x8 for 3 sets, same assistance work as Monday, Week 4.

Week 8: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 520x5 for 3 sets, same assistance work as Monday, Week 4.
FRIDAY: 145x10 for 2 sets, 275x8, 355x5, 415x8 for 3 sets, same assistance work as Monday, Week 4.

Week 9: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 530x5 for 3 sets, same assistance work as Monday, Week 4.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 425x8 for 3 sets, same assistance work as Monday, Week 4.

Week 10: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 515x3 for 3 sets, light leg extensions 4x5, light leg curls 4x5.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 505x5 for 3 sets, light leg extensions 4x5, light leg curls 4x5.

Week 11: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 535x3 for 3 sets, same assistance work as Monday, Week 10.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 505x5 for 3 sets, same assistance work as Monday, Week 10.

Week 12: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 420x5, 470x5 for 3 sets, same assistance work as Monday, Week 10.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 515x3 for 3 sets, same assistance work as Monday, Week 10.

Week 13: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 505x5 for 3 sets, same assistance work as Monday, Week 10.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 515x3 for 3 sets, same assistance work as Monday, Week 10.

Week 14: MONDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 505x5 for 3 sets, same assistance work as Monday, Week 10.
FRIDAY: 145x10 for 2 sets, 275x8, 365x5, 455x5, 515x3 for 3 sets, same assistance work as Monday, Week 10.

Week of the Meet: MONDAY: Go to your planned opening weight for 2 singles and quit.
WEDNESDAY: Squatting.
MEET DAY: Open at 565, 2nd attempt - 605, 3rd attempt 620-630.



Mark Girtton...one of the best Midheavyyweight squatters in the American Drug Free Powerlifting Association.

THE STEEL TIP

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

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More From Ken Leistner

In the April 1986 issue of Powerlifting USA I made some pointed comments about the state of the sport. I noted the mentality that makes lifters prey to those who would take advantage of their compulsion to lift heavier and heavier weights and offer to them things that would not help their lifting, their ability to lift more in the three competitive lifts.

In order to maintain a proper perspective and not view the rest of my comments from an antagonistic posture, we have to define strength. In the narrow world of competitive powerlifting, strength can be defined as the ability to lift a certain amount of weight in three specific motions; the squat, bench press and deadlift. To the rest of the world, including the athletic world, strength may have nothing to do with the three lifts and in fact, may have little to do with lifting weights in any manner. The latter view is almost inevitable for most lifters to accept because they have committed their egos to an activity that they can do relatively well. Most lifters engage in the sport because they have had some success with it and have received gratification from that participation. You may feel like a punk because Ed Coan continues to do things that are beyond your imagination, but in comparison to those you work or socialize with, there will always be some measure of positive reinforcement from training. A Class IV lifter is still much stronger than the average man or woman and that does, in fact, count for a lot when you lift weights in order to fulfill a need to be strong. Still, those who respect strength and understand that it's attainment is not limited to those with favorable leverages for three distinct lifts, cannot help but laugh or sigh deeply when examining the current state of powerlifting.

I don't even attempt to discuss the steroid issue here. In fact, I rarely discuss it with my athletes for any reason. Those who have decided to use anabolic drugs will and have, as will make any difference. Despite the danger so, and nothing any one else, as will make any difference. Despite the danger so, and nothing any one else, as will make any difference. Despite the danger so, and nothing any one else, as will make any difference.

The newly inaugurated drug tests in the past few years, there will be little difference in winning totals and the winners will most likely be among those who have dominated their respective classes for the past few years.

Those who have chosen to lift 'drug free' will do so with a crushing attitude. I would much prefer to see someone lift without the use of anabolic steroids, but I don't view the issue with the favor usually reserved for religious, political or family related matters. The state of powerlifting is mired in the performance of an entire industry that panders to the insecurities of the lifting community. You would have to be a fool to lift without a supportive suit and/or wraps on. If only because everyone else will have a significant advantage over you. It's not quite akin to walking on a football field without your helmet on, but no one wants to give you an advantage.

You will find few lifters willing to give up their suits and wraps, only because they do not want to lift less than they have been, even in training. It matters not that the suits add pounds to the squat and possibly the deadlift without adding any degree of strength or muscle tissue mass to the body. The ego involvement of many is so great, that at one university the offensive line has a 'squating day' where all of the players wear suits and wraps. None of these men compete as powerlifters and none has to display their 'strength' with a maximum single in the squat. Yet they all have the gear on as if they were in a meet. You can justify the use of the 'armor' because you have to practice the skills of the sport in order to compete well and for the competitive lifter, this is true. But why do football players have to wear suits and wraps? If we all were honest, the answer applies not only to them but to most of us: in order to lift more weight. Lifting that weight may not have anything to do with an increase in actual strength, but it is a welcome salve to an ego that needs constant reinforcement.

Norb Schemansky, an olympic lifter who was certainly one of the strongest men to come out of the United States, once told me that he did not like the powerlifts because 'they weren't a test of true strength'. On the days that I would grind out my twentieth squat with over three hundred pounds, I'd think about Mr. Schemansky's comment and say, 'What do you call this, a lack of strength?' However, because the time has come when no true powerlifter would dream of lifting in a meet without all of his 'stuff', I give more thought to Schemansky's words. The suits are not protective. They have been designed, very well, to increase one's ability to lift more weight. For those with injury, knee wraps may or may not offer some protection while squatting, but they too have one primary purpose, to increase one's ability to lift more weight. Note that I did not say 'increase one's ability to lift more weight'. There is a word of difference.

The t-shirts, underwear, and other supportive items will remain with us, continue to improve, and will probably allow one to lift more weight. Until lifters decide that they are more interested in being strong than 'lifting more weight' with the help of increasing amounts of exogenous support, they will continue to get further and further from the fountain of true strength.

AN OPEN LETTER FROM THE NATIONAL CHAIRMAN, AMERICAN POWERLIFTING FEDERATION

The Lifter's Revolution picked up speed after the Senior Nationals in Chicago, 1985. We are gaining momentum, but we do not promise to peak for quite some time. The A.P.F. has welcomed officials from the U.S.P.F. and we encourage others who feel the need to change ships before they sink. Our organization is young but eager to satisfy the strong needs of our membership. Our World Powerlifting Congress consists of many countries already committed and several countries in the process of joining this new and exciting movement.

In our opinion, the "other organization" has shown no support for the lifter from 1982 through today. They encourage us to lift in their meets, and in some cases explain how to beat the infamous test, yet when we get caught they leave us stranded, ridiculed and feeling like criminals. They spend most of the organization's money on tests designed to catch lifters who have made a conscious decision to train differently. No organization in the free world has the right to hurt a lifter's performance by imposing silly rules and arguing about spray stickum, centimeter of cloth and power recipes. We will not tolerate red light judges who make a name spilling our best efforts.

The A.P.F. promises strong competition with a minimum of excessive red tape. Our priorities are: safety for the lifter, paid expenses for lifters and officials, rules that are made by the lifters and brought up for amendment every six months, a new fairer power formula that will be changed, if need be, every three years. Who is better to make the rules than the people who have to lift by them? The A.P.F. vows to be the strong foundation that the lifters need - we will sanction meets and take care of the paperwork, so that our members can get the recognition they deserve. An A.P.F. meet will always be strict, but at the same time fair!

Now for more good news... Our Champions, men and women, are going to Hawaii in November to proudly represent America, all expenses paid through our oncoming sponsors. Which brings me to the most important news... Individual lifters, clubs are quickly discovering that we are the alternative. We are presently negotiating with television stations for full sponsorship of our contests. The future looks strong, but we need all members or sponsors with a desire to grow with us. Everyone is invited to attend our upcoming Senior Nationals in Dayton, Ohio. For more information contact Larry Pacifico, Bill Seno or myself. We are ready and willing to answer any and all questions. Thank you, ERNIE FRANTZ, National Chairman

Ernie Frantz, 31 N. Broadway, Aurora, IL 60505, 312-892-1491
Larry Pacifico, Box 14152, Dayton, OH 45414, 513-898-7245
Bill Seno, 3841 Lawn, Western Springs, IL 60558, 312-246-3457

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TOTAL	135.05	
Average girth; size increase in inches	2.84	.4

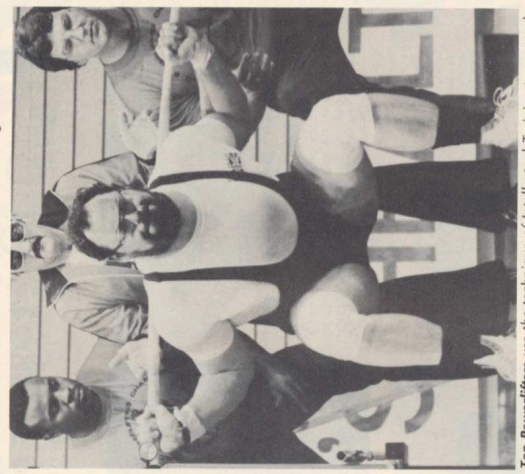
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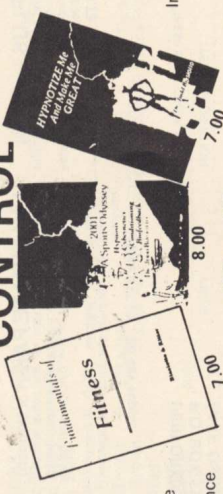


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There is little doubt that in recent years scientific innovations in the field of sport have significantly enhanced athletic performance. Research in the field of psychomotor development has consistently revealed that the more information afforded an athlete about the physiological, psychological, and mechanical demands of the sport in which he is to engage, the more likely he is to excel. Research has also shown that advances in equipment, pharmacology, nutrition, biomechanics, cybernetics and psychology have significantly elevated athletic performance.

Although we are heirs to the Judeo-Christian ethic which states in principle that there is a linear relationship between hard work and success, that concept has all but lost its credibility in the field of sports. No longer can an athlete expect to excel simply by out-working everyone else. Today's athlete must be multi-dimensional. He must supplement hard work with scientific means if he is to be successful. For this reason, most athletes and coaches are searching for scientific techniques that will enhance performance.

There are several studies which have explored the influence of intellectual training upon athletic performance. For example, Biasiotto, Ferrando, and Bear utilized one hundred male college students, found a significant increase in strength scores on the three powerlifts when the subjects were given intellectual training which dealt with the physiological, psychological, and biomechanical demands of these lifts. These findings were compared to a control group who received no special attention and who were exposed only to the demands of the three powerlifts. At the completion of the eight month study, the experimental group not only exhibited superior strength scores, but also a significantly better attitude toward the task at hand. The results of similar studies are in accord in dealing with the more information extended to an athlete about the demands of his sport. The more likely it is that he will excel.

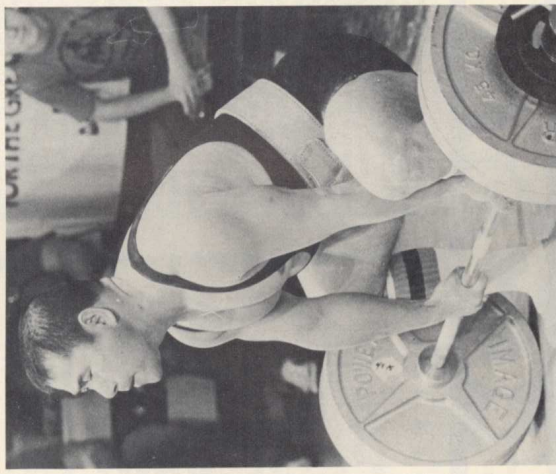
For this reason, many Eastern-bloc countries such as Russia, Czechoslovakia, and East Germany insist that coaches expose their athletes to the theory and mechanics of the sport. Only recently has the United States incorporated a similar systematic program of intellectual training for their elite athletes. Of course, most American athletes do engage in some form of intellectual training. Such training, however, is seldom systematic or detailed. It generally consists of reading unscientific publications or talking with fellow athletes. Without question, even this type of meta-method is beneficial, however, a more comprehensive program is recommended for the serious athlete.

Intellectual training may take several forms and concern various topics. For instance, when the authors were actively competing in powerlifting, we went about procuring as much information as possible about strength training and powerlifting.

NUTRITION CORNER

by Jack Digangi

STRESS & NUTRITION as told by Jack Digangi, RD, MS



Stress is defined in many ways by many different disciplines. It is mental to the psychologist and physical to the physician. There is positive stress and negative stress. However, you perceive stress, it will affect your performance with the bar and on the platform. In this month's edition of Nutrition Corner, we'll take a look at how stress will affect your nutritional status.

First, let's focus right on our immediate interest, Powerlifting. We know all too well the physical stress of a double bodyweight squat, the stress of doing some reps, as well as the stress of the recuperation period. There is also the stress of planning for, worrying about and psyching up for those squats. Powerlifters are surrounded by both mental and physical stress. And one way or another, it will affect your progress.

The last 15 years or so has brought about a wealth of scientific studies yielding evidence of the enormous changes in the body that stress produces. There are changes in metabolism, which can, and does, affect all of your food digestion and absorption of nutrients. Here are the nutrients that we'll examine closely in this article. They are: Protein, calcium, iron, vitamin C, the B-complex vitamins and calories. Remember that while under physical stress, any supplementers constantly are, any nutritional status can and will hurt your lifting performance as well as your overall health. It is vital to your well-being to progress to maintain a quality diet of these nutrients as so to not let anything hinder your total.

With all the emphasis on protein, I doubt that any powerlifter is lacking in it. In fact, I would say that it is more likely that powerlifters get MORE protein than they actually need and beyond what is good for them. Your protein sources are the meat, fish, and poultry, all yielding about 7 grams per ounce. Milk will give you 1 gram per ounce and cheese about 8-10 grams per ounce of good complete protein. Take half your bodyweight in pounds and express that number in grams to determine your total daily protein need. For example, if you are 181 pounds, try to get about 90 grams of quality protein per day. For health reasons, keep the meats very lean and avoid frying any foods. That extra fat is unhealthy, looks bad and won't put your total up one more pound.

It is important to also keep in mind that protein is big in the body not only to push the big weights around but for immunity, defense systems and blood integrity, bone strength and many, many other complex and vital functions. Protein is like your workout, get too much, and it can hurt your progress, or get too little and it'll hinder your progress. Get the right amount you need to rebuild for the next workout. Now let's take a look at calcium.

Energy from the foods we eat. A lack of any of the B-vitamins will definitely result in a lowered energy production. Where do you get the B-vitamins? You get them from enriched breads and cereals. The wheat or dark breads have more nutrition than regular breads, and check the label for cereals that are fortified. These have a wealth of B-complex vitamins as well as complex carbohydrates, both necessary for energy production. Another important vitamin is Ascorbic Acid, or Vitamin C. Vitamin C has the unique function of producing collagen. Collagen is the substance that is literally the "cement of the body" as it holds the cells together. You need a daily supply of vitamin C because it is water soluble and cannot be stored in the body. Just think of all the stress and pressure that a bench press exerts on your body. Adequate vitamin C will help your total as you continue to build stronger and larger muscles.

Some foods that are high in Vitamin C are any type of citrus fruits or juices. Recommend about 1,000 milligrams every day, for sufficient Vitamin C. However, if you believe you need a supplement, then by all means don't supplement over 2,000 mg per day as that level is the body's saturation point. Any excess will pass right through the body! It is also recommended to get plenty of fruit daily. In addition to getting plenty of fruit, you need to get plenty of fiber. Finally, one is fluid management. You need to get plenty of fluid. You need to get plenty of fluid. You need to get plenty of fluid. You need to get plenty of fluid.

Now let's look at iron. With all the iron-rich meats powerlifters eat, I don't think many of their diets are low in iron, but it is one of the most neglected nutrients. Your body needs plenty of oxygen for your workouts as well as for your recuperation from those workouts. It's the mineral iron that makes the hemoglobin come out of the lungs and into your cells. Fred's high iron like beef, pork, and chicken are eaten in great quantities by powerlifters. Liver is the highest source of iron, however any type of beans, peas, enriched grains, and cereals and dark green leafy vegetables are also high in iron. The success of your workouts and your recuperation are very much dependent on iron to help deliver vital oxygen to our muscle cells.

The stress of competition is a tremendous drain on your nutritional reserves to detail just how vital strong bones are when you're supporting several hundred pounds on your back, and your bone strength is directly related to the amount of calcium intake. Deplete your body of calcium and your blood extract calcium from your leg bones, arm bones, etc. Your body cares about maintaining health—a constant level—and not about doing PRs in the squat.

There is also another function of calcium and that is its complex mechanism in muscle-nerve impulse transfer. Easy to move your body makes from blinking your eye to a PR bench requires calcium in order for the muscle to properly contract today? Did you get enough calcium today? The classic source is dairy products, milk, cheese, etc. with soybeans, the dark green leafy vegetables. There is another source that is recommended and that is a supplement if you feel you can't get all the calcium you need as a powerlifter, then by all means supplement your diet with calcium. Figure that you need about 1,000mg per day. An 8 oz glass of

Nutritionally,
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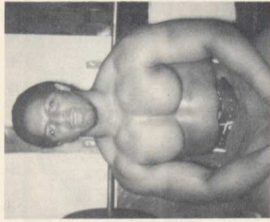
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★ WHO'S WHO IN POWERLIFTING ★

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.



Adrian Byrd, now 19, has been training since the age of 12. Now at 5 ft, 5 in., and 210 pounds on the South Carolinian, from Pacolet Mills, benches 470, and squats over 500 for 5-6 reps. He is training for a 500 pound bench press, and feels that eventually, with proper training, he will be unbeatable in Powerlifting. Thanks to Adrian for info and photo.



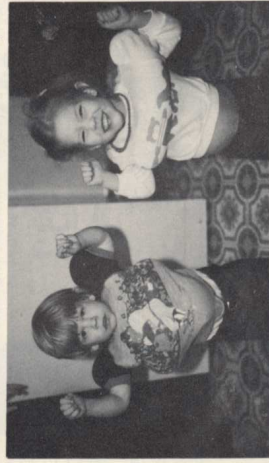
Dave Mitchell, 23 years of age, weighing 154 pounds, set 4 Junior Canadian records in the 165 lb. class at the Ontario Intermediate Championships. This was only his 4th full Powerlifting contest and he placed second in his weight division. Dave also helps coach rising star Rick Grillo by mail and phone. Thanks to Dave for this photo and information.



Mary Anne Price placed 3rd in the Women's Nationals, and holds all the Virginia State records in Powerlifting for her weight class. Recently she placed 3rd in the Hampton Novice Bodybuilding Championship. She trains at the Ft. Eustis Army Base in Newport News, one of the best gyms on the peninsula. Photo and information by Sid Price.



Debbie Stewart won the Iowa State Championships at 114 with lifts of 205 125 230 560, in her first meet. She is now a nursing student at Arizona State University and is training for the Ms. Phoenix show. In the meantime, she's done lifts of 185x8 for 2 sets in the squat, and 135x4 for 2 sets in the bench press. Thanks to 'faithful trainer' Bob James for photo.



"From Muscles in Vallejo to Muscles in Nashville, you're our SPECIAL Grandpa and we aren't afraid to say so!" That's the greeting on this photo from 1 year old Michael and 3 year old Tiffany in California, grandchildren of Mary Anne Price and Chuck Braxton in Tennessee. Chuck, who plans to lift at the USPF Women's Nationals in New York this year, is just as crazy about these kids as the late Mr. Braxton. By the way, in case you haven't figured it out, these kids have "bulked up" with the help of a few balloons.

POWER PUBLICITY is really catching on. The examples of publicity that lifters and promoters of the sport have gained recently has turned into a flood! Here's what we mean:

Illinois...David Dunne of the CHICAGO HEIGHTS STAR got a photo of himself and fellow lifters in the CHICAGO HEIGHTS STAR prior to his recent bench press tournament, and got an excellent fan turnout at the meet.

Massachusetts...George Toma contacted the BOSTON HERALD Sports Desk, and, voila, an article on his training partner, Joanne Shear, appeared in the paper, describing her workouts and what Powerlifting means to her. According to Joanne "it seems like everybody in Boston saw it!"

Illinois...Sandi Brody found a new way to get publicity for lifters, by contacting their workplaces. Mardy Sikat got his photo in the Chicago Public Library's Newsletter. Sandi notes that although the circulation of such newsletters is small, the other employees tend to read everything in the publication and keep them around longer than they would a regular newspaper.

Texas...Jim Griffin got extensive newspaper coverage of his recent contest in Bastrop, Texas with numerous photos and articles in the BASTROP ADVERTISER & COUNTY NEWS and the BASTROP COUNTY TIMES.

North Dakota...Jan Larson sent in an article from the MINOT DAILY NEWS, which highlighted the promotion efforts of Sgt. Jack DeShields, a veteran competitor in military meets worldwide and in North Dakota as well. The article showed how Jack's work with the sport tied in the community of Minot with lifting activities on a national scale.

New Jersey...Joe Pyra had his lengthy powerlifting career chronicled in the MOUNT OLIVE CHRONICLE starting from the very moment that he decided to train with weights, April 1, 1962, at 5PM. He also got mention in his New Jersey State meet in the state's largest paper, the STAR LEDGER.

Connecticut...Joe Steele got some ink in the NEW HAVEN REGISTER in a news section devoted to a local high school, where he is a teacher, with an article about his unique approach of using a power meet to raise funds for the Senior Class at Wilbur Cross High School. Why Not?

Michigan...the BRIGHTON ARGUS ran some nice photos of local law enforcement personnel who competed in the Upper Midwest championships.

The bold caption for 3 different photos was "Police Pump Iron".

New York...Mark Kody's media coverage for his Tri Valley Drug Free Open meet was one of the finest examples we have ever seen. He invited the ONEDA VALLEY DISPATCH to every organization meeting held prior to the meet, and if they weren't there, they were kept abreast of what was going on. The result was a total of 7 different articles on the competition, before and afterwards. He sent press releases to the 3 local commercial television stations, and one of them spent an hour at the meet, and showed a 5 minute segment on the air. He also had a good contact at the local public television station, and they taped the meet and have been showing segments a couple of times a day since then. Furthermore, one of those involved in the meet was interviewed, live, for 30 minutes by WAMER radio and they broadcast the results the day after the meet. JOB WELL DONE, MARK!

Missouri...when lifters from Mac's Gym traveled to the Missouri State ADFPA meet and took the team title, Rick Tucker and Rick McReynolds decided to submit a team photo and article on their accomplishment. Rick says "We figured the worst they could do was can it. Well, they printed it, which goes to show you, you can't win, if you can't play." The team photo was on the front page of the St. Patrick's Day edition of the COUNTY NEWS.

Virginia...Nina Buck sent in a clipping of a nice article in the Langley Air Force Base newspaper, THE FLYER, covering the victory of David Pattaway, who is stationed aboard the base, at the Interservice Powerlifting Meet. Local Star makes good on the National scene!

Kansas...a tremendous article appeared in the Sunday Magazine section of the TOPEKA CAPITOL-JOURNAL, written by Roger Aschliman with extensive photo coverage by Bern Ketchum, including a terrific wide angle cover shot of lifter Nathan Burnett that covered nearly half a full newspaper page by itself. The 2 full page article, sent in by Bill Drybread, explained how the sport functions, its history, etc. in conjunction with the Kansas State meet.

New Hampshire...Wayne Andrews doesn't miss a chance. Whenever his team competes, their performance is noted extensively in the local NASHUA TELEGRAPH, highlighting each individual team member's lifting.

New York...likable Mike Giardina got mention of his recent bench press meet in the local paper, through a Letter to the Editor! Why Not?!!

Missouri...Randy and Mary Frazier got a full page of photos from their Missouri ADFPA meet in the INDEPENDENT JOURNAL. How? Well, there were a load of records set at the meet, many of them by local lifters, and there were women and masters competitors, who got a lot of attention because they are not typical of the public perception of a "weight lifter" any time he sets a foot on a platform with his bar.

Arkansas...Dr. Darby Johnson continues to get his lifters' attention established on a national level with an extensive network of local media representatives, and besides, he sets an American Masters record almost every time out.

Virginia...Mary Price got a nice article in the Ft. Eustis Army Paper, after placing 3rd in the USPF Women's Nationals. Her husband, Sid, is stationed on the base and naturally the base paper is going to be interested in her accomplishments. It just takes a phone call to get these people rolling!

Illinois...the Flames Power Club at the University of Chicago got a nice writeup in a very logical place, the school newspaper. It helped build up interest in their upcoming USPF National Collegiate meet.

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DEAR ROGER: Maybe you can help me. I am confused about powerlifting and how powerlifters train in season and off season. I get confused about the cycle training I read about in many articles, going from high reps to low reps. I work out 4 days a week, bench, squat, deadlift, and I do bodybuilding to assist these exercises to reach a peak. I also get confused after you reach a new max. How long should you lay off, how to start up again, when to reach for a new max. I have a book, but when I read it, I get confused on how they reach maxes. Also, how much should you increase the weight between sets. I read that you should do maxes once a month. I also take no drugs. I would appreciate your time to help me. Sincerely **Mike Garfield**

DEAR MIKE: I'm going to outline the basics as far as the way I have trained for 15 years and the way the majority of national and world ranked powerlifters train. Most successful lifters train each of the two powerlifts twice a week; one day heavy, 3 to 5 sets of 5 reps or less. Anything over 5 reps is not considered heavy enough weight. The number of reps is an individual thing. Some lifters do sets of 5, while others do singles. Whatever is more comfortable for you, psychologically, is what you should use. On your light day you keep the weights light and do 2 to 3 sets of 8 to 10 reps. The subject of cycle is also up to the individual, but the majority of successful lifters train hard most of the year and take time off only after a big contest. To reiterate basics: (1) Train each powerlift two times a week, once heavy, once light. (2) Keep high intensity training up until a contest. (3) Take a week off after the contest, then start training again. (4) Read the past issues of PL USA as well as the new ones. Best Wishes, **Roger Estep**

DEAR ROGER: I am 40 years old, in the 165 lb. class, and I wonder if there is a different set classification standards for men over 40, as there is for teenage lifters. For example, to earn a Masters patch in the 165 lb. class you need to total 1400 pounds and teenagers can earn their own Masters classification patch with a 1301 total. (Also, is there a drug free classification standard?) I was reading some of my old PL USA's and in the September 1984 issue there is a Masters age group formula for Powerlifting developed by Lyle Schwartz to correct for strength decreases beginning at the age of 40. Does the man in the Masters classification patch for Masters age group lifters can be included by this means, for example a 1609 total at 165 corrected for age and bodyweight by the Schwartz Masters Formula is 1069. Would this 1069 total qualify me for a Masters classification patch? Your answer would be much appreciated. Thank you, **Louis Machen**

DEAR LOUIS: There are no different standards for masters over the age of 40 to qualify for a Master or Elite classification patch. Lyle Schwartz's formula for masters lifters is used in the comparisons, but it is not used in determining any of the USPF classifications. I think that this is a good idea for master lifters, however, and maybe you could send your state chairman a letter suggesting such a change. It might catch on. I personally like the idea. The American Drug Free Powerlifting Association has its own classifications and they have been printed in POWERLIFTING USA continuously. If you don't have the issue they were printed in, you could write Brother Bennet. I'm sure he would be glad to help you. Best Wishes, **Roger Estep**

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Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. I will also occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. I welcome any questions in which the reader feels I might be of some help. Please send all questions and comments to: Mauro Di Pasquale M.D., 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

Dear Mauro: I am worried about being on the pill as I have heard that it might give a false positive on the doping tests. I am presently on Ortho-Novum 1/35. I am also worried about the medication I use for my asthma, specifically Ventolin, Alupent and Tedal. I am sure that I am not alone in these concerns and that your reply would be appreciated by many lifters. **Kay A.**

Dear Kay: I have, in fact, received many letters expressing your concerns. Neither the pill nor asthmatic medications are banned by the I.P.F. Medical Committee, nor will these substances affect the drug testing. The progestin used in Ortho-Novum 1/35 is norethindrone. Although this compound is a derivative of 19-nortestosterone (the parent compound of Deca-Durabolin) it cannot be analytically confused with anabolic steroids (because of its unique metabolites). Norethindrone, by the way, is mildly androgenic and anabolic, but these effects are insignificant at the doses used in oral contraceptives. Asthmatic preparations sold in North America do not contain any an-phetamines and therefore are not banned by the I.P.F. In some countries, however, especially in Africa and the Middle East, amphetamine derivatives can be found in some of these medications. **M.G.D.**

Dear Mauro: My problem is rather unusual and I haven't been able to get any help for it from my family doctor. He thinks that it may be due to stress since all the tests he has done have been normal. The problem is that I get severe pain in my quadriceps and chest whenever I use heavy weights in the squat and bench press. If I try and push past the pain, I am really sore for the next few days. It's not because I'm not in shape, because this pain comes even after months of regular training. The pain is there and is sharp during the workout and duller for the next few days if I push it. I realize it's hard to tell me if anything is wrong, but any help would be appreciated. **Dave K.**

Dear Dave: I assume that your family doctor has done all the routine tests and therefore excluded various diseases such as chronic systemic infections, rheumatoid arthritis and polymyositis. If all the usual diagnostic tests are negative then it's possible that you are suffering from exertional myalgia. This condition can be caused by a variety of factors, most of which are poorly understood. The diagnosis, however, can often be made if suitable diagnostic tests are carried out. The first test to have done (again assuming that the standard tests have all been performed) is a serum lactate after a short but strenuous workout, one in which the pain is adequately reproduced. If the normal rise of lactate doesn't occur then this points to a problem with an enzyme deficiency in the muscle itself (usually one of the enzymes involved in the energy metabolism of skeletal muscle). In this case, the exact diagnosis can be determined by demonstrating biochemically the lack of a certain enzyme in a muscle biopsy sample. It might be interesting to you to use some of the energy compounds mentioned in my book. It's possible that by using inosine, ATP, creatine or some of the mitochondrial cytochromes, you might improve. Either way, it's probably smart to see a neurologist or rheumatologist for the proper diagnosis and treatment. **M.G.D.**

Dear Mauro: I took growth hormone for a six week period last year. Now, I'm hearing about some people who have died because of some infection in the growth hormone. The whole thing kind of terrifies me and I find it hard to tell anyone about my worries. How likely am I to get the disease, and if I get it, what happens? Also, what are the first things to look out for. I would really appreciate your help. **(Name Withheld)**

Dear Sir: Enclosed with my answer are copies of three recent articles on the growth hormone (GH) contamination and its consequences. Unfortunately, no one really knows who will get the disease and there is no known cure. All the primary symptoms and diagnostic problems are outlined in the first article I've sent you. There is a good chance, however, that that black market GH you bought wasn't really growth hormone, but an anabolic steroid, testosterone or even a salt suspension. I would approach whomever you purchased the GH from and confront him with the problem. Try to find out his source and also obtain a vial of the GH for analysis. Failing this, try to get hold of a sample by contacting others who may have purchased GH from the same dealer. If, after reading the articles and attempting to get some of the GH for analysis, you still have questions, contact me again. **M.G.D.**

(Author's Note: space requirements make it necessary to edit these letters. In all cases, however, every effort is made to retain conceptual integrity)

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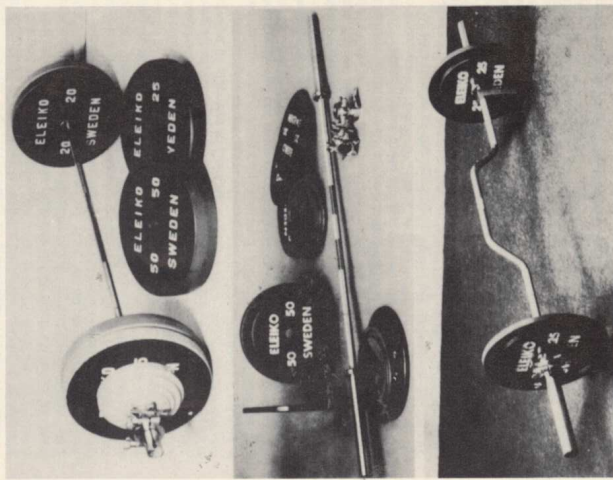
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UNITED STATES POWERLIFTING FEDERATION, INC.
 P.O. Box 18485, Pensacola, Florida 32523

CLUB MEMBERSHIP APPLICATION

TO THE REGISTRATION COMMITTEE CHAIRMAN OF THE UNITED STATES POWERLIFTING FEDERATION

THE _____ HEREBY MAKES APPLICATION FOR MEMBERSHIP IN THE U.S.P.F. THE INFORMATION REQUIRED TO ACCOMPANY APPLICATION BEING SUPPLIED BELOW. YOU WILL FIND ENCLOSED \$25.00 (Twenty Five Dollars) PAYABLE TO U.S.P.F. TO COVER THE AMOUNT OF THE DUES FOR THE CURRENT YEAR

ADDRESS OF THE CLUB

Street _____ Zip _____

City _____ State _____

Date of Organization _____

Names and addresses of Officers of the Club: _____

Number of U.S.P.F. members as of date of this application _____

(Minimum of 10 members required)

THE CLUB, IF APPROVED, HEREBY AGREES TO ABIDE BY THE BY-LAWS OF THE UNITED STATES POWERLIFTING FEDERATION AND RESPECT ABIDE AND ENFORCE ALL DECISIONS OF THE FEDERATION AND RULES AND DECISIONS OF THE EXECUTIVE COMMITTEE AND REGISTRATION COMMITTEE OF THE U.S.P.F.

(SIGNATURE OF CLUB SECRETARY)

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

Those who believe that drugs or artificial stimulants can provide instant success in the sport, and those who believe that there is a simple solution to this issue of drugs in powerlifting are both victims of Menckel's conundrum. "To every problem someone has a solution, quick, simple, easy and wrong." Those who understand and point out the complexities of the problem and refuse to accept the patent solution of either are subject to the program of both.

As the U.S.P.F. has strengthened its commitment to drug testing, it has found as much controversy among the supporters of testing as there is bet-ween them and their opponents.

Proudly, perhaps too proudly, we announce that at certain of our national championships urine will be collected from each lifter who totals and will be tested at the I.O.C. approved clinic in Cologne. We take care to point out that Dr. Donkic's operation sets the standard by which other laboratories are judged. We are ignored.

We persist; a bit invidiously, perhaps, inviting a massive "put down". We are, instead, dismissed by the limpsness of the replies. "We're just happy as we are," some aver, ignoring our superior mousetrap. "We test at every meet, not just the national championships," others add virtuously, unwilling to admit for an instant that the oath and polygraph may not be quite as rigorous as the testing of urine at Cologne. "We also collect urine specimens," they point out, without acknowledging that their laboratory only tests for a limited number of steroids and stimulants.

We ignore these people at our peril. If they have shown little interest in our state-of-the-art testing, it is perhaps because they have created a world with which they are comfortable. They do enjoy, after all, the benefits of membership in an organization whose very title proclaims its drug-free status and whose leaders speak out at every opportunity extolling the advantages of drug-free lifting and condemning the use of anabolic steroids. Also, they do enjoy the camaraderie of those who think as they do.

Larry Glisson phoned with the "results" of his informal poll taken among the lifters at the ADPPA Women's Nationals in Boston. When he asked them why they did not lift at Salt Lake City, where "real" drug testing would take place and where, conceivably, one could earn a berth on the U.S. team, and why they were not, the overwhelming, according to Larry, the lifters replied that ALL the ADPPA meets are drug tested. We need not reach the truth or falsity of this response, whether it is a non-sequitur, or the question of the polling methods employed.

First, the drug-free lifters take pride that all their meets are tested. It scarcely behooves us to belittle their efforts by countering that by our "higher" standards none of their meets are tested. Many feel that imperfect testing is better than no testing at all. Secondly, a large number of persons would prefer to break away to form a splinter group, rather than to confront or accommodate their opposites. Thirdly, the 1986 Women's Nationals had been plagued since Chicago with rumors that by some hook or crook drug testing would be thwarted. Even after Stella Herrick arrived in Salt Lake City with her collection bottles, we continued to hear dark mutterings that the urine would not be collected, and if it were collected, it would not leave the city. When it left the city, we continued to hear that something would happen to prevent its shipment to Cologne.

Now that we have suspended several of the women lifters for a period of eighteen months commencing February 1, 1986, I have heard from the drug-free people not one word of congratulations and not one word of apology for mischievously spreading rumors or voicing grave doubts. Unarguably, this is not the form that competition should take.

The 1986 Seniors should be different. Although as this issue goes to press the drug-testing results at the 1986 National Collegiate are not in, few, if any, today doubt our resolve to suspend those who test positive. One would think that the truly drug-free lifters would welcome this opportunity to lift in a meet where the most rigorous testing will be in force and where the sanctions imposed against those who test positive will be severe enough to give one pause.

While a number of the top drug-free lifters will be lifting at the Seniors, others will boycott because they are bitter. They are angry when they learn that even with state-of-the-art drug testing, the millennium has not arrived. They cannot cope with the fact that one may test negative by tapering wisely and by turning to other, legal anabolic agents. Neither can they accept the lifter who was once much stronger and who enters his final training cycle with "muscle memory" and stronger tendons and ligaments.

Larry Kidney has been saying it for years: the top lifters when athletes were on steroids will still be the top lifters in a steroid-free environment. Testing, though necessary, is not, nor is it likely to become, the open sesame many thought it to be. Those who cannot bring themselves to accept the fact that progress in drug detection is made painstakingly in small increments, will continue to find comfort in their myths and to vent their wrath at bogymen.

Dr. Conrad Cotter, USPF, Box 18485, Pensacola, FL 32523

Conditioning programs using weights tend towards two poles. There is the type of program whose ultimate goal is lifting more weight or developing a more muscular body than anyone else. Alternatively, there is the program, often associated with the health club, that makes no pretense of seeking ultimate potential, but which aims instead at merely toning the body.

The program attempting to attain the individual's full potential is, by its nature, one that can not maximize efficiency, gaining the few pounds of a lift necessary to defeat the competition requires a huge effort whose payoff is just those few pounds. The program attempting merely to tone invariably includes single muscle exercises that rank poorly on the basis of time/effort expenditure.

The effects of weights are front-loaded. One using a basic program of squats, deadlifts, bench presses, and lat pulldowns reaps a greater payoff for time and effort than does one who does a great number of exercises. The same is true of sets; the gain resulting from a single set is much greater than the gain resulting from a fourth set.

This can be seen most starkly if one considers that the expenditure of time and effort necessary to attain performance (in powerlifting or bodybuilding) that puts one in the top half of the top percentile is enormous, while a maximally-efficient program will enable one to place in the lower half of the top percentile. In other words, a program requiring only twenty to thirty minutes a day, six days a week can make one 200 men or better built than 198 of 200 men. To become a member of the top group who are stronger or better built than 199 of 200 men requires an expenditure of time and effort virtually equivalent to taking a second job.

Those who make such an effort deserve their applause. They will break the records and win the contests, however, for thousands the goal is impressive strength or a build, and they don't find the ultimate sacrifices of a competitive athlete to be worthwhile. These include individuals at all stages of conditioning experience, including the former competitor who wants to maintain impressive strength or muscularity, but who can no longer devote the time and effort required of the competitor.

Those who have trained with weights in the past, no matter how long ago, will reap the benefits of one of weight training's greatest, but least mentioned, virtues: very first-time gain is a long lay-off will find a muscle striking to its pre-training size and ability to return to its former development far more quickly than it first took to reach that point.

In any case, the program here is recommended for all those who want a maximally efficient routine and are willing to sacrifice the possibility of winning (Kazmaier or becoming Mr. Olympia). Instead, they gain the possibility of attaining a place in the lower half of the top percentile and save a

STARTIN' OUT

A special section dedicated to the beginning lifter

Max Efficiency Routine Steven Goldberg, City University of NY

The program includes at least one superset exercise for each major muscle group. A bicep exercise is included for reasons more of a psychological nature than for efficiency; experience shows that the traditional method of "making a muscle, flexing the bicep, is so ingrained that subjects refuse to take seriously any program that does not include a curl. Other "one-muscle exercises" are omitted because experience demonstrates conclusively that energy and enthusiasm diminish in a far greater than linear fashion as more exercises are added to a program. The great advantage of the program outlined here is that it requires only short workouts that are pleasant to anticipate and execute.

Work up to three sets of each exercise. Further sets, while they do increase strength in absolute terms, are inefficient and counterindicated by the criterion on which this program is based. Take no more than a minute between sets. If you need to rest, do so between exercises, not sets. The amount of weight used for the first repetition of the first day should be that which permits you to do six repetitions and fall on the seventh. The (lower) amount of weight used for the second set should also permit six repetitions and failure on the seventh. The (still lower) amount of weight used for the third set should permit ten repetitions and failure on the eleventh. When you can do ten repetitions on a first or second set, or twenty on a third, add sufficient weight to return that set to its original number of repetitions.

Never end a set simply because you have reached a certain number of reps. Always work to failure. The first rule of weight training - the "progressive" in progressive weight training - is that you gain strength on the last full rep (on which you fail). Thus, you continually add reps of weight in order to continually raise the point of failure.

The high number of repetitions on the third set reflects a discovery that many have made: some high repetition work is necessary for maximum size. The old truism that high weight/low reps generate strength and size, while low weight/high reps generate endurance and definition is still true if only one or the other approach is taken. However, it is now clear that the high repetition size demands some low weight/high rep work if to non-"fast-twitch" elements are to

gram in three a week form, but there is no reason to believe that it will not be as successful as long as it is adhered to. (Though my guess is that it will have a somewhat higher dropout rate than will the six short workouts a week schedule.) It is worth mentioning, however, that the drop rate for health club programs is far higher than for at home programs. Indeed, this is what enables a health club to make a profit; if all 4000 members actually used a health club, no one would renew his membership. It is not difficult to see why health club members are prone to dropping out: travel and locker room time turn an hour workout into a lost morning, afternoon, or evening and leave the time for such a sacrifice. Thus, those who find that they skip or avoid health club workouts might consider switching to free weights or a home exercise unit.

6 SHORT WORKOUTS A WEEK MONDAY and THURSDAY: Squat, Stiff-legged Deadlift, Regular Deadlift, Crunch.

TUESDAY: Lat Pulldown, Curl, Bent Rowing, Shrug.

WEDNESDAY and SATURDAY: Bench Press, Behind the Neck Press, Press, Crunch.

FRIDAY: Lat Pulldown, Curl, Bent Rowing, Upright Rowing.

Every fourth week substitute medicine-ball and indian club days. Every upright rowing equivalent exercises with cables.

3 WORKOUTS A WEEK MONDAY: Squat, Stiff-legged Deadlift, Regular Deadlift, Lat Pulldown, Curl, Shrug, Upright Rowing, Crunch.

WEDNESDAY: Bench Press, Behind the Neck Press, Press, Lat Pulldown, Curl, Bent Rowing, Shrug, Crunch.

FRIDAY: Squat, Stiff-legged Deadlift, Regular Deadlift, Bench Press, Behind the Neck Press, Press, Bent Rowing, Crunch.

Every fourth week substitute equivalent exercises with cables.

The programs are identical except that the three day program substitutes one set of shrugs for one set of crunches. For variety, or for getting past sticking points, try one or more of the following substitutions:

1. Chin Behind Neck (hands spread wide, palms forward) for Lat Pulldown.
2. Regular Chin (hands at shoulder width, palms back) for Curl.
3. Dips for Bench Press.
4. Dumbbell Press for Press.

For college age men weighing 190 pounds or more, a bench press of 235 pounds seems a place in the 1000th percentile. (R.A. Begler, "NORMS FOR COLLEGE AGE MEN IN SELECTED WEIGHT EXERCISES, 1970". The program described in this article certainly permits a lifter to gain a strength by far lighter means and for less weight than by men weighing 190 pounds or more.

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NOTE the New Revised Qualifying Totals for the USPF Seniors 114 - 841 123 - 974 132 - 1127 148 - 1300 165 - 1483 181 - 1580 198 - 1697 220 - 1769 242 - 1850 275 - 1927 Shw - 1947



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USPF Pennsylvania State Meet

Table listing Pennsylvania State Meet results with columns for Open, 114, 123, 132, 148, 156, 165, 174, 181, 198, 206, 215, 224, 232, 240, 248, 256, 264, 272, 280, 288, 296, 304, 312, 320, 328, 336, 344, 352, 360, 368, 376, 384, 392, 400, 408, 416, 424, 432, 440, 448, 456, 464, 472, 480, 488, 496, 504, 512, 520, 528, 536, 544, 552, 560, 568, 576, 584, 592, 600, 608, 616, 624, 632, 640, 648, 656, 664, 672, 680, 688, 696, 704, 712, 720, 728, 736, 744, 752, 760, 768, 776, 784, 792, 800, 808, 816, 824, 832, 840, 848, 856, 864, 872, 880, 888, 896, 904, 912, 920, 928, 936, 944, 952, 960, 968, 976, 984, 992, 1000.

132 Craig Marko 345 250 340 935 520 335 550 1405 Jack Poindester 435 500 570 1505 Terry Denny 265 210 370 805 110 205 395 1395 Jim Cline 330 420 510 1260 Greg Ruth* 375 280 400 880 475 330 500 1385 David Doss 375 280 400 880 475 330 500 1385 Herman Elasser 375 280 400 880 475 330 500 1385 Tom Scott 445 365 520 1420 Jeff Billings* 445 365 520 1420 John Miller 405 275 440 1120 William Price III 475 330 500 1385 Kent Lalley 400 250 470 1120 David Grib 440 390 500 1380 Brian Puman 385 250 440 1075 Michael Williams 440 390 500 1380 Todd Puman 385 250 440 1075 Michael Williams 440 390 500 1380 Bob Harashak 315 245 450 1010 Jeff Rasbinger* 310 180 350 840 B. J. Spahr Jr. 550 345 500 1395 242 Dominic Macri 600 395 635 1630 C. Spahr Jr. 480 350 520 1355 242 Denny Marchiori 600 395 635 1630 David Gaines 425 310 485 1215 242 Clifford Miller* 470 340 520 1370 James Schumck 475 350 485 1210 242 Rick Marchiori 450 320 525 1200 Jeff Ulmer 425 310 485 1215 242 Phil Otto 550 350 585 1485 James Rubino Jr. 540 390 580 1510 275 Bernard 585 315 585 1485 Keith McNeish 560 330 580 1470 Mike Bernain 580 365 550 1495 Scott Silar 490 375 550 1415 John Curry 475 390 525 1390 Leonard 198 585 315 585 1485 Bob Barr 580 415 530 1525 275 Bernard 585 315 585 1485 James Rubino Jr. 540 390 580 1510 275 Bernard 585 315 585 1485 Keith McNeish 560 330 580 1470 Mike Bernain 580 365 550 1495 Max Catsche 490 375 550 1415

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Get Well Soon to Bobby Smith, a training partner of Mike Reed's who runs the Louisiana Fitness Center in St. Joe, Louisiana, where he works during the week as a Louisiana State martino, 4. Ann Turbyne and Wanda Sander, 5. Rickey & Gayla Crain. This Month's questions to puzzle your brain are: 1. World Champ Doug Young's brother was a professional football offensive lineman who could squat 800, bench 500 and deadlift 800. What was his name? 2. How many times did John Kuc win the World Championships? How many times did John Kuc win the World Championships? Who is the heaviest man to bench press over his bodyweight? 4. Who was the first man to successfully deadlift 1000 pounds in competition? 5. This 1986 National champion was the 1st 1986 pounder to squat 600 and ran the famed Westside Barbell Club. Can you name him? (answers next month)

Upcoming National Meet Qualifying Totals

Table listing qualifying totals for various weight classes: Men's Contests, USPF Seniors (revised), USPF Juniors, USPF Master Open, APF Seniors, ADFFA Nationals, ADFFA Teen Nationals 14-15, ADFFA Teen Nationals 16-17, ADFFA Teen Nationals 18-19, ADFFA Women's, Teen Nationals 14-16, Teen Nationals 17-19.

Application form for registration in the United States Powerlifting Federation. Includes fields for personal information, membership details, and a signature line.



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Nebraska State Championship 1 Mar 86

SQ	BP	DL	Total
Women's Open	270	110	255
Tami Woods	270	110	255
Kira Kobayashi	205	145	250
Diana Irwin	235	135	290
Douglas Kniff	205	115	265
Eric Hart	205	145	250
Tricia Webster	225	105	240
Diane Koci	185	95	245
Cammy Reincke	210	75	200
Maria Inly	100	60	130
Janet Francis	100	60	130
Wendy Rose	100	60	130
Kira Kobayashi	195	160	290
Sasha Schaffer	185	85	240
Sasha Schaffer	185	85	240
Diane Koci	185	95	245
Diane Koci	185	95	245
Pat Reiff	210	75	200
Patrick Moore	200	60	180
Paul Webb	435	390	340
Nick Reynolds	620	560	1560
Russ Mitchell	620	560	1560
R. Robinson	575	370	585
Diane Koci	535	355	590
Pat Reiff	500	350	530
Patrick Moore	500	350	530
Paul Webb	435	390	340
Mike Walker	655	375	680
Mike Walker	655	375	680
Bob Mitchell	620	560	1560
Bob Mitchell	620	560	1560
Everett Stacy	435M	290M	460M
Everett Stacy	435M	290M	460M
Mike Nelson	420m	360m	370
M. Messersmith	315	200	400
Mike Gibson	240	100	250
123	240	100	250
133	240	100	250
R. Steinhauer	405	275	550
148	405	275	550
Chris Brown	485	355	500
Doug Abbey	505	270	1245
Joe Todrow	415	290	470
Bob Morris	375	240	475
Tom Kahl	285	290	420
165	285	290	420
Dec. Leupold	540	350	570
Eugene Madlock	425	500	1225
Raymond Rivera	420	305	475

242 Mason Dixon Open Bench 9 Feb 86 - Severna Park, MD

114	115	116	117	118	119	120	121	122	123
Bob Mitchell	625	330	500	1455					
High School division									
Mike Gibson	240	100	250	600					
123	240	100	250	600					
Jason Heecker	230	155	320	705					
Shirley	220	135	320	695					
David Ramakers	225	175	285	685					
148	225	175	285	685					
David Engel	400	205	400	1005					
165	400	205	400	1005					
Art Lindberg	315	270	345	930					
Ready Ramakers	320	225	360	905					
198	320	225	360	905					
Ron Wemhoff	325	170	340	835					
198	325	170	340	835					
Jim Wennekamp	470	225	540	1235					
220	470	225	540	1235					
Paul Welsh	435	390	360	1185					
220	435	390	360	1185					
Paul Welsh	435	390	360	1185					
220	435	390	360	1185					
Paul Welsh	435	390	360	1185					
220	435	390	360	1185					

S. America Jr. Championships 13-15 Dec 85 - Uruguay (kilos)

A. Avolio	C. Gilloze
52kg	410
C. Capas	570
56kg	432.5
C. Castiglioni	360
60kg	360
A. Fogliani	475
G. DellaQuercia	520
67.5kg	475
L. Ghislieri	552.5
V. Dominguez	630
75kg	440
M. Vazquez	500
F. Alberti	600
82.5kg	585
G. Gorriz	565
E. Carmentio	570
87.5kg	617.5
SHW	550
90kg	550

Best athlete: Romeo H. Clara, Brazil. Thanks to Dr. Lacerio Martinez for results.



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The awards were the grand finale for the after-school fitness program. The winners were announced in a different class. The 2nd and 3rd places were two and a half feet and two feet. Not to mention the trophies and the prize money. The winners and the trophy and prize money. The winners and the trophy and prize money.

Rick's Clark... hits a 46.5 bench at 181 at the Mason Dixon Bench Press Meet.

In the 165 div there was much competition as the top 3 placements were only 5 lbs apart, but Rick Edwards from Md brought it home. The 181 lb winner weighed less than the runner-up as Mike Wickham from Tenn. The 46.5 lb bench which captured the heavy best lifter award. Rick may be the 4th ever in the 181s to break the 300 barrier. PA's 242 pounder Mike Metcalfe was 2nd in the 181s. He weighed 181 lbs and the win but narrowed him in as the heavy's best lifter. Dave Barber from Pa was last, but Dave missed best lifter by a mere fraction.

In the novice div, VA's Geo Martin pressed a strong 300 lb weight. He was second in the novice div, but PA's Arnold Leiber pounced on him weighing 195 lbs to secure the first place slot. The teenage twins were tough at MD's Jim Berge and K. Moore. 460* 330 500* 1290* 1185*

The teenage boys were just as tough at MD's David Shanhair pulled out with a 415 press weighing 229 lbs. Frank Wilson narrowly out weighed 229 lbs. The twins weighed only 127 lbs. It was the battle of the states. Md vs Pa. All teenagers were under 200 lbs. The boys had more points for their respective teams that were the lifting ended and the smoke cleared. MD's Metro Fitness topped PA's Mike's Gym by 5 pts. Washington so far in the 181s. The contact position. For "The Eastern Mid-Atlantic Open Power BP Championships" to be held June 1, 1986. (Article by Coryn Osbeck).

Upper Midwest Law Enforcement Brighton, MI 22 Feb 86

DL	Total
148 lbs and Under	300* 155* 325* 780*
P. Lutz	210* 100* 265* 575*
L. Hader	200 105 235 555
165 lbs	
V. Rose	420 200 460 1080
S. Davis	385 220 375 880
181 lbs	
B. Lyles (BU)	530* 320 575* 1425*
P. O'Farrell	550 315 525 1290*
W. Kiser	440 335* 475 1250
F. Steiner	400 300 440 1200
200 lbs	
T. Sanger	345 305 450 1100
F. Hayes	340 235 445 1030
E. Magee	300 300 420 1020
D. Yaretsch	270 210 300 860
198 lbs	
R. Fairbanks	525 350 525 1400*
R. Miller	540* 340 540 1385
W. Miller	540 340 540 1385
A. Langdon	450 315 540 1305
G. Glomb	470 245 500 1215
220 lbs	
M. Wollich	275 220 360 855
H. Lasher	320 385 645 1550
T. Hand	480 335 550 1370
D. Dalley	500 300 545 1370
B. Lumb	490 335 545 1370

Arizona Sr. Olympics 22 Feb 86 Tempe, AZ (kilos)

SQ	BP	DL	Total
50-54			
300	225	425	950
Pena, L	175	250	400
Fraser, A			
181 lbs			
350	225	380	950
Snelgard, R	245	265	290
Bushnell, D	225	175	290
60-64			
305	200	380	885
Stark, R			
65-69			
185	225	290	700
Gress, M	170	135	225
181 lbs			
300	165	405	870
Decler, B	185	145	285
75-79			
170	135	225	530
Pastor, P			
Thanks to Robert Stark MD, for results			

THE INOSINE REVOLUTION IS HERE!
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SEE PAGE 41



marathon
INOSINE
FROM

Downtown YMCA Bench Press
1 Feb 86 - Birmingham, AL

WOMEN

123	132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500
132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	
132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500	

18/19 Age Group

132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500
132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500

A.D.F.P.A. Del Val Open
8 Feb 86 - Clifton Hts, PA

132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500
132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500

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8 Feb 86 - Spartanburg, SC

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132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500

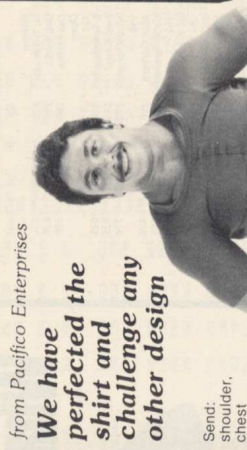
WOMEN

132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500
132	141	150	160	170	180	190	200	210	220	230	240	250	260	270	280	290	300	310	320	330	340	350	360	370	380	390	400	410	420	430	440	450	460	470	480	490	500

APF Wisconsin State Open
9 Feb 86

	SQ	BP	DL	Total
Jim Luna	460*	300*	450*	1210*
Greg Jones	460	310	415	1185
Randy Luna	360	230	390	980
148				
Scott Beck	540	380	530	1450
Todd Dunn	475*	265*	450*	1190*
181				
Tom Carraschi	500*	315*	505*	1410*
Duane Clark	480	340	500	1320
198				
Scott Arzacak	600*	340	600*	1540*
Tom Carraschi	530	305	585	1420
Marcus Khan	540	315	560	1415
Bill Mideke	505	345*	525	1375
220				
John Bassi BL	775*	460	720*	1955*
480*				
Eric Frantz	475	400	750	1925

James Zaring 550 340 535 1425
Paul Belke 500** 295** 515** 1310**
Mike Bell 670 370 560* 1500*
275
L. Lamberson-Cl 650 485* 650 1785
Women 480** 335** 550** 1365**
114
Sue Raso 180** 140 185** 505**
4th 145**
148
Diane Frantz 400 175 450 1025
198
UN Rebel 525** 240* 500* 1265**
Marris Stenberg 500 225 450 1175
*APF State Record. **APF World Record. In
*APF State Record. **APF Master World
Record. The APF State Record is set at the
Teenage World Record. BL=Best Lifter. GI=Guest
lifter. The first APF Wisconsin State Open Meet
was held on February 9th in Milwaukee. The
benefit and ran smoothly. APF rules were us-
ed and the Rebel Formula was used to determine
the Best Lifter for the men and women.
The Frantz Team, Bill Busby for his first year and
cing Dennis Weid for keeping the cards in order.
The Dangerfields, Bill Seno, our fine spotters. Ed
and their talk off so that the competitors had
and fun meet. Thanks to Marris Stenberg for her
accurate records keeping. To Glen and Kathy for
anyone else, above all others at the entrance and for
your help. Without you guys, we couldn't have
done it. By the way, thanks Abbie for helping load
the most in the bitter cold. (Thanks
to Dawn Bisher for results).



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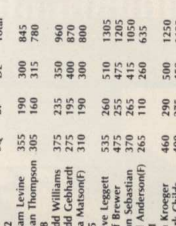


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123
L. Redmond 115
M. Pozowski 250
148
Chas Schachne 345
K. W. Marshall 285
I. Hulbert 250
165
Scott Forse 415
170
Alvin Hoffman 400
Tim Bable 255
Mark White 180
180
D. Rosenzweig 445
Bob Nelson 315
Carl Kuhn 410
R. Cavallo 360
M. Cunningham 315
I. Turner 275
Mike Oliver
M. Giordano 500
Chuck Iorio Jr 400
T. Henderson 425
Wayne Wallers 370
Outstanding teams: M. Lyde, A. Sample, R. Prez-
zini; Masters: Duane Wilson, C. Iorio Sr./Al
Emerick, outstanding lifter: Tim Bentley, Outstan-
ding spotters: Dan's Com. I'd like to take this
time to say thank you to the referees, scorers,
loaders, those on the door, scorerskeepers, WC,
and all others who helped in the meet. (Thanks
to Tony Pflanz and Jim Buffalini, meet directors,
for results).

THE INOSINE REVOLUTION IS HERE!
A Nutritional Breakthrough!
SEE PAGE 41

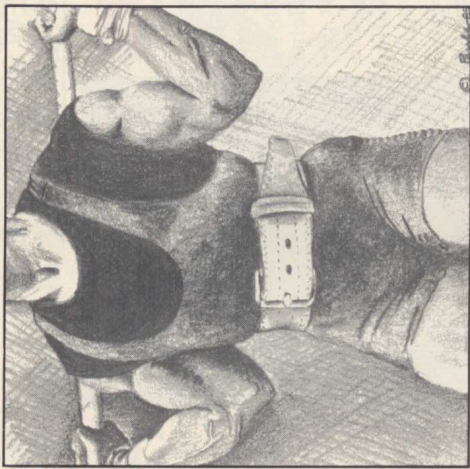
NEW! FROM marathon

Muscles & Fitness Open
8 Feb 86

SQ	BP	DL	Total	
John Aldor	580	350	540	1470
Todd Bentley	515	360	505	1380
220				
Bruce Gjermo	700	415	625	1740
Hal Steve	455	375	540	1370
Cliff Duncette	500	290	500	1295
275				
Bob Viver	635	475	605	1715
Mike McHenry	600	410	620	1630
275				
198				
(P-female) *USPF State record. Best lifter: B. Moran. Team: Muscles & Fitness. Here are the results of a meet we officiated at last month. We had a great time and the athletes were great. We but finally had it cleared up. Also, we need athletes for Wisconsin. We are losing our State Chairman, Stephanie Whiting, who will be resigning this month. We need a new chairman by appointment last year when the job was vacant. We ed. She put us back together. Wisconsin will be eter- power to keep it together. Wisconsin will be eter- power to keep it together and we do wish her the best in her future endeavors. Thanks to Jim and Tom Verbaigen for results.				
132				
Adam Levine	355	190	845	1390
Dean Thompson	305	160	315	780
148				
William Williams	375	325	350	960
Todd Gebhardt	275	195	400	870
Rita Matosoff	310	190	300	800
165				
Leggett	535	260	510	1305
Jeff Brewer	475	265	475	1215
John Sebastian	370	265	415	1050
Eric Anderson	265	110	260	635
198				
Jim Kroeger	460	290	500	1250
Mark Childs	400	275	450	1125
Eric Olson	425	215	480	1120
198				
Jim Olson	330	245	430	1005
Mark Kofrowski	530	295	575	1400
Jeff Reed	530	335	535	1400
198				
Tom Pflanz and Jim Buffalini	350	265	500	1115
Ray Moran	675	450	720	1845*

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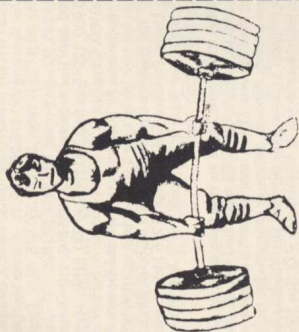
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- beneficial to the immune system.

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2 Bottles (with dropper) - \$24.00
3 Bottles (with dropper) - \$33.00

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N. Illinois Open Bench
29 Mar 86 - Mt. Prospect, IL

13	Todd Wilson	245	Joe Desimone	390
20	Angelo Cruz	225	M. Johnson	420
27	Randy Basso	210	220	480
34	Joe DeLoach	210	220	480
41	John French	130	Larry Neuman	395
48	Matt Dek	300	242	465
55	McGraw	300	242	465
62	C. Cunningham	275	360	465
69	Carl Klein	370	275	465
76	Joe Catlin	345	370	500
83	181 Green	275	370	500
90	Wayne Kay	385	SHW	505
97	D. Kingman	350	Bill Foley	505
104	198 Curry	340	WOMEN	415
111	198	340	WOMEN	415
118	Jim Vrabie	450	N. Dombrowski	65

Best lifter female: N. Dombrowski: 65 lbs. Best lifter: J. Calamito, SHW; Jim Vrabie - 450; Jim Vrabie. Thanks to Sharon Georgoff for results.

Ontario Bench Press Championship Mar/86 - Ontario, OK

WOMEN
132 Ron Graham 255
133 S. Taggart 130
134 Kerry Healy 100
135 Laurie Conant 115
136 Julie Skinner 100
137 Jas Rogers 170
138 Mike Brendt 145
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Monty's Gym Bench Press 15 Mar 86 - Woodland, WA

WOMEN Under 135 lbs.
B. Johnson 145
Sue Inel 100
198 Novice 300
O. Gambill 70
K. King 165
Doug Parish 335
MEN
32 Novice 425
33 DeMy 370
34 Open 425
35 Open 425
36 Matt Davidson 285
37 Andy Roberts 345
38 Kevin Leduc 245
39 220 Novice 435
40 Mike Start 290
41 Lee Hightower 270
42 Sal Box 245
43 Joe Beebe 325
44 E. Lumpkin 300
45 P. Cagnon 290
46 Jeff Olson 330
47 John Barba 395
48 B. Burdholder 305
49 Brad Grayson 385
50 242 Open 510
51 Jim Mucicbi 445
52 Mike Mober 380
53 Jeff Olson 315
54 Rick Burchett 315
55 Steve Novice 440
56 B. DeMy 350
57 David Hansen 290
58 Steve Nelson 290
59 David Cardie 380
60 Jim Grendahl 445
61 David Hansen 315
62 Bob Hubbard 405

Thanks to Monty's Gym for results.

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The "Winnigest" lifter in Powerlifting History uses 1 suit,

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Shizuki Yoshida
11 Times
World Champion!

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as previous necessary
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from Victor
dealers worldwide.

14 lb Class
15 lb bench
507 lb d.l.
1240 total

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				1.	2.
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OVERSEAS ORDERS ADD 20% FOR SHIPPING & HANDLING					
ADD APPLICABLE TAXES - SEE DEALER LISTING**					
TOTAL - THANK YOU FOR YOUR BUSINESS					
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‡ IF YOU ARE SURE OF YOUR SIZE, CHECK THIS BOX.					
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Available in sizes 20 - 56, in even sizes. The largest selection in the lifting world.					
‡ Seamless strap design is not available on sizes 50 - 56.					
NAME					
ADDRESS					
CITY	STATE	ZIP			

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- Mr. Charlie Glibbons 43 Mourne Dr. Warrenpoint, Co. Down North Ireland
- Dr. Anton von Bachhaus 6370 Oberursel 4 Alter Weg 31 West Germany **\$50 Canadian add 5%
- Bob Hosuluk Enterprises 31 Bothwell Cres. Columbus, OH 43229 ph. (614) 666-5918 *Ohio residents add 5.5 percent sales tax
- Canada 548 577 ph. (306) 775-0221 **\$50 Canadian add 5%

4th Annual Shenandoah Open 8/9 Mar 86 - Middletown, VA
 I. Fox 325 155 325 805
 R. McIntire 270 200 330 300
 181 Craven 500 1240
 M. Kim 185 100 250 535
 J. Gardner 300 180 330 810
 J. Addy 275 165 355 795
 R. Yonick 325 135 255 625
 T. Smalling 210 115 245 570
 B. Liska 200 125 265 590
 M. Kulaud 185 100 250 535
 MIDDLEWT-1982-83 215 365 885
 D. Kelley 430 240 440 1090
 M. Anderson 330 215 430 975
 D. Holbrook 370 170 410 850
 S. Cook 305 195 350 850
 J. Sinkovits 425 285 475 1185
 G. Miller 410 285 470 1165
 M. Colbert 400 280 460 1140
 I. Clavette 380 270 450 1110
 M. Silberman 340 245 455 1040
 J. Grant 390 240 385 1015
 J. Grady 335 205 395 875
 L. Lusk 290 190 400 880
 R. Oliff 290 190 400 880

125 155 325 805
 W. Mearns 460 290 500 1240
 R. Scroggs 450 250 500 1150
 J. Uley 425 310 450 1185
 K. Ryan 200 100 225 495
 S. Maxwell 450 250 460 1160
 R. Yonick 325 135 255 625
 R. Maxwell 435 250 460 1145
 G. Jackson 385 270 460 1120
 R. Hamah 370 230 470 1070
 MIDDLEWT-1982-83 215 365 885
 D. Weaver 500 290 515 1305
 M. Paige 500 275 550 1325
 S. G. Harris 450 330 530 1210
 S. Ward 450 310 550 1310
 J. Tewey 385 350 500 1235
 E. Weyand 390 270 490 1150
 R. Willson 390 270 490 1150
 M. Powell 340 230 430 1005
 R. Landrum 335 285 450 1070
 OPEN DIV 450
 111 K. Kilgus 100 400 500 1400
 T. Wiley 460 375 475 1310
 J. Fairfax 445 325 535 1305
 J. Grubbs 450 345 465 1240
 S. Jackson 435 335 470 1240

Power Place Products Inc.

639 MAIN ST., LAFAYETTE, IN 47901 (317) 742-8023

Model No. (1st digit front width, and digit 1 layers)

2/5	1	\$25	A Double prong buckle	NC
3/4	1	\$25	B Single prong buckle	NC
4	1	\$30	1 Style stitching 1	\$3
4	2	\$50	2 Style stitching 2	\$6
4	3	\$50	3 Style stitching 3	\$6
5	1	\$30	S Straps	\$15

Dip Belt \$30

Model No. (1st digit front width, and digit 1 layers)

4-3	A-1-S	\$78
4-3	A-2	\$66
4-3	B-1	\$63
2-5-1	B	\$25

Model No. (1st digit front width, and digit 1 layers)

4-2	A-1-S	\$68
4-2	A-2	\$59
4-1	A	\$30
3-1	A	\$25

Model No. (1st digit front width, and digit 1 layers)

4-3	A-1-S	\$89
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All Belts are 100 mm (approx. 4 in) wide & IFF/USPF legal
 Colors of Suede: black, navy blue, royal blue, light blue, maroon, dark green, light green, dark brown, medium brown, light brown, rust, red, grey, gold, sand.

Style Stitching 1 - One row of stitching around edge
 Style Stitching 2 - One row of stitching around edge (left), and two rows down the middle of the belt.
 Style Straps - One and four rows of stitching around edge with stitching around the ends of the strap.

5% Discount on purchase of any 2 belts.
 Customer will be notified if prices change.
 Shipping (\$3.00 per belt).

132 P. Griffith 426** 239** 380 1046**
 M. Kim 365 200 405 970
 J. Gardner 300 180 330 810
 J. Addy 275 165 355 795
 R. Yonick 325 135 255 625
 T. Smalling 210 115 245 570
 B. Liska 200 125 265 590
 M. Kulaud 185 100 250 535
 MIDDLEWT-1982-83 215 365 885
 D. Kelley 430 240 440 1090
 M. Anderson 330 215 430 975
 D. Holbrook 370 170 410 850
 S. Cook 305 195 350 850
 J. Sinkovits 425 285 475 1185
 G. Miller 410 285 470 1165
 M. Colbert 400 280 460 1140
 I. Clavette 380 270 450 1110
 M. Silberman 340 245 455 1040
 J. Grant 390 240 385 1015
 J. Grady 335 205 395 875
 L. Lusk 290 190 400 880
 R. Oliff 290 190 400 880

125 155 325 805
 W. Mearns 460 290 500 1240
 R. Scroggs 450 250 500 1150
 J. Uley 425 310 450 1185
 K. Ryan 200 100 225 495
 S. Maxwell 450 250 460 1160
 R. Yonick 325 135 255 625
 R. Maxwell 435 250 460 1145
 G. Jackson 385 270 460 1120
 R. Hamah 370 230 470 1070
 MIDDLEWT-1982-83 215 365 885
 D. Weaver 500 290 515 1305
 M. Paige 500 275 550 1325
 S. G. Harris 450 330 530 1210
 S. Ward 450 310 550 1310
 J. Tewey 385 350 500 1235
 E. Weyand 390 270 490 1150
 R. Willson 390 270 490 1150
 M. Powell 340 230 430 1005
 R. Landrum 335 285 450 1070
 OPEN DIV 450
 111 K. Kilgus 100 400 500 1400
 T. Wiley 460 375 475 1310
 J. Fairfax 445 325 535 1305
 J. Grubbs 450 345 465 1240
 S. Jackson 435 335 470 1240

181 B. Smith 480 335 570 1365
 S. Berger 485 340** 540 1386
 J. Medley 500 290 525 1320
 D. Ankrapp 505 240 525 1320
 R. Brooks 400 265 525 1320
 K. Brooks 340 280 525 1320
 D. Craven 460 280 500 1240
 R. Samples 450 275 500 1225
 C. Maxwell 450 250 460 1160
 G. Jackson 385 270 465 1120
 198 J. Jones 590 350 660* 1600*
 B. Rowlyck 590 425 585 1600
 L. Brooks 425 330 550 1305
 T. Camarra 490 300 475 1265
 J. Tewey 385 350 500 1235
 220 Extra 605 345 600 1550
 242 B. Gillette 670 425 665 1760*
 W. Link 679** 360 631* 1665*
 M. Hays 520 365 625 1835
 M. Wash 500 385 585 1435
 M. Banton 5630 325 550 1405
 D. Taylor 500 400 500 1400
 H. Garbbs 490 270 505 1245
 275 680* 440 685* 1805*
 I. Minter 590 480 650 1800
 A. Weaver 590 480 650 1800
 K. Stigel 530 320 535 1405
 SHW 600 400* 600 1600*
 J. Stewart 630 350 600* 1580
 J. Coleman 630 350 600* 1580
 *As per record books
 **As per record books
 Thanks to Tom Gordani for results.

Waco Open 23 Feb 86 - Waco, TX (kilos)
 NOTICE DEADLIT
 G. McCullum 185 165
 R. Herzog 145
 J. Martinez 165
 J. Morales 205
 M. Olson 205
 198 M. Nicholson 115
 220 H. Hendrix 247.5
 V. Wood 237.5
 M. Clark 135
 K. Carter 247.5
 E. Johnson 237.5
 G. Boecker 260
 K. Carter 260
 M. Hammond 275
 G. Boecker 275
 G. Boecker 275
 G. Boecker 275
 D. Arrendondo 215
 181 J. Abbott 92.5
 148 Lawrence 148
 J. Morales 205
 M. Dugan 127.5
 198 M. Northcutt 115
 220 Hendrix 115
 Lawrence 165
 J. Hayes 295
 M. Northcutt 190
 M. Davis 250
 T. Touchstone 187.5
 J. Hendrix 187.5
 S. Ross 300
 S. Ross 297.5
 M. Davis 200
 M. Meza 182.5
 J. Hayes 200
 M. Dugan 120
 M. Meza 200
 J. Lerbies 127.5
 J. Lerbies 190
 Thanks to Rich Peters for results.

Tennage Meet

8 Mar 86 - Augusta, GA

SQ	BP	DL	Total
14-15			
123			
148			
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FLASH!
SCIENTIFIC BREAKTHROUGH
Nothing else like it anywhere.



BIO-ASSIST™
Professional Strength and Conditioning System
BETTER PERFORMANCE THROUGH NUTRITION

AMINO ACIDS, ANABOLIC SUPPORT, MALE ATHLETES

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Enhance athletic performance. Cycles: 12 weeks on, 2 weeks off, then repeat.

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The Bio-Assist is a unique set of non-drug, non-prescription oral nutritional supplements. In addition, when all three components are taken as directed and used in conjunction with a vigorous exercise program, a stronger anabolic activity in the body can be expected. A must for drug free lifters.

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Phone: 518-798-5215.

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165 M. Thompsonbl 540 280 550 1370
L. Langley 380 210 400 990
181 J. Ald Bates 530 315 505 1350
Jim Berlich 415 250 500 1165
David Walker 440 240 435 1115
189
C. 350 240 470 1060
220 Jankins
Mike Anderson 525 325 525 1375
242 Hillbl
Guns Chandler 500 335 575 1410
WOMEN
W. 475 250 475 1200
state record. (Thanks to Richard Reno for results)

Idaho Hi School Championships
8 Mar 86 - Middleton, ID

114 Mike Boyce	890
Joe Stein	570
123 Shane Redding	745
720 198 Renaro	1150
130	1130
955 Russ Miller	1115
919 Jeff Reman	1020
725 Jeff Dovel	1020
W. 590	965
148	865
Tom Wilkins	1030
1030 Karl Nordstrom	915
1000 Paul Briggs	715
1040	1445
720 Justin Smith	1040
1010	915
165	915
1069 SHW	1325
1050 Mike Stuhme	590
935 Grikh	550
930 Kari Sjastad	550
1210	480
Shawn Orr	560
Tom Coburn	560
Eric Hays	515
1015 D. Gatches	515
1100	510
Thank to John Adair for results.	

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Bio-Assist Instant High Protein Power
Natural cream flavor, a large 24.7 grams of instant protein per serving. Contains vitamins and amino acids. High quality animal protein supplement used in restoring and repairing body cells and muscle tissues.

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Instant Complex carbohydrates high energy drink. For maximum glycogen storage, enhances muscle growth, supports weight gain and provides extended energy. Used for carb loading. A whoop ing 39.5 grams of carbohydrates per serving. No taste or smell, mixes easy in all drinks.

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\$2.75 handling plus: 15% surface, 30% airmail, \$2.75 min. NY State Res. 7% sales tax.



Miracle Suit - \$35, black or blue. Sizes: 16-24. Give bwt, ht & wt class.

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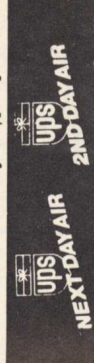
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WEIGHT ROOM PERCENTAGE CHART

MAX	75		80		85		87.5		90		92.5		95				
	MAX		MAX		MAX		MAX		MAX		MAX		MAX				
	10	9	8	7	6	5	4	3	2	10	9	8	7	6	5	4	3
155	115	120	125	130	135	140	145	150	380	385	390	395	400	405	410	415	420
160	120	125	130	135	140	145	150	155	390	395	400	405	410	415	420	425	430
165	125	130	135	140	145	150	155	160	400	405	410	415	420	425	430	435	440
170	130	135	140	145	150	155	160	165	410	415	420	425	430	435	440	445	450
175	135	140	145	150	155	160	165	170	420	425	430	435	440	445	450	455	460
180	140	145	150	155	160	165	170	175	430	435	440	445	450	455	460	465	470
185	145	150	155	160	165	170	175	180	440	445	450	455	460	465	470	475	480
190	150	155	160	165	170	175	180	185	450	455	460	465	470	475	480	485	490
200	155	160	165	170	175	180	185	190	460	465	470	475	480	485	490	495	500
205	160	165	170	175	180	185	190	195	470	475	480	485	490	495	500	505	510
210	165	170	175	180	185	190	195	200	480	485	490	495	500	505	510	515	520
220	170	175	180	185	190	195	200	205	490	495	500	505	510	515	520	525	530
225	175	180	185	190	195	200	205	210	500	505	510	515	520	525	530	535	540
230	180	185	190	195	200	205	210	215	510	515	520	525	530	535	540	545	550
240	185	190	195	200	205	210	215	220	520	525	530	535	540	545	550	555	560
245	190	195	200	205	210	215	220	225	530	535	540	545	550	555	560	565	570
250	195	200	205	210	215	220	225	230	540	545	550	555	560	565	570	575	580
255	200	205	210	215	220	225	230	235	550	555	560	565	570	575	580	585	590
260	205	210	215	220	225	230	235	240	560	565	570	575	580	585	590	595	600
265	210	215	220	225	230	235	240	245	570	575	580	585	590	595	600	605	610
270	215	220	225	230	235	240	245	250	580	585	590	595	600	605	610	615	620
275	220	225	230	235	240	245	250	255	590	595	600	605	610	615	620	625	630
280	225	230	235	240	245	250	255	260	600	605	610	615	620	625	630	635	640
285	230	235	240	245	250	255	260	265	610	615	620	625	630	635	640	645	650
290	235	240	245	250	255	260	265	270	620	625	630	635	640	645	650	655	660
295	240	245	250	255	260	265	270	275	630	635	640	645	650	655	660	665	670
300	245	250	255	260	265	270	275	280	640	645	650	655	660	665	670	675	680
305	250	255	260	265	270	275	280	285	650	655	660	665	670	675	680	685	690
310	255	260	265	270	275	280	285	290	660	665	670	675	680	685	690	695	700
315	260	265	270	275	280	285	290	295	670	675	680	685	690	695	700	705	710
320	265	270	275	280	285	290	295	300	680	685	690	695	700	705	710	715	720
325	270	275	280	285	290	295	300	305	690	695	700	705	710	715	720	725	730
330	275	280	285	290	295	300	305	310	700	705	710	715	720	725	730	735	740
335	280	285	290	295	300	305	310	315	710	715	720	725	730	735	740	745	750
340	285	290	295	300	305	310	315	320	720	725	730	735	740	745	750	755	760
345	290	295	300	305	310	315	320	325	730	735	740	745	750	755	760	765	770
350	295	300	305	310	315	320	325	330	740	745	750	755	760	765	770	775	780
355	300	305	310	315	320	325	330	335	750	755	760	765	770	775	780	785	790
360	305	310	315	320	325	330	335	340	760	765	770	775	780	785	790	795	800
365	310	315	320	325	330	335	340	345	770	775	780	785	790	795	800	805	810
370	315	320	325	330	335	340	345	350	780	785	790	795	800	805	810	815	820
375	320	325	330	335	340	345	350	355	790	795	800	805	810	815	820	825	830

Weight Room Percentage Chart

19 x 25 2-color poster

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MAX PROJECTION

- Load bar to weight you can lift for 4 to 8 reps.
- Perform as many reps as possible.
- Find rep column in heading for number of reps performed.
- Find weight lifted in rep column.
- Read left to max row to read projected max.

DETERMINE CYCLE POUNDAGES

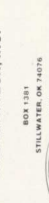
- Find column for percentage desired in heading.
- Find current max in max column.
- Read weight at intersection of max row and percentage column.

SELECT WEIGHT FOR REPS

- Find column for number of reps desired in heading.
- Find current max in max column.
- Read weight at intersection of max row and rep column.

ALWAYS USE SPOTTERS WHEN PERFORMING MAXIMAL WEIGHT AND REP ATTEMPTS

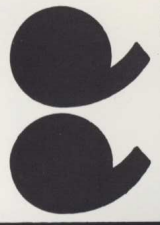
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