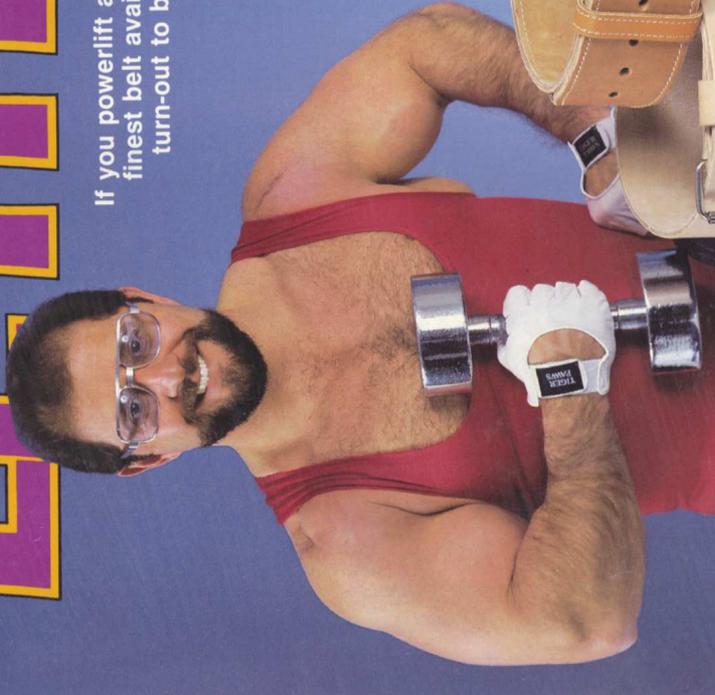
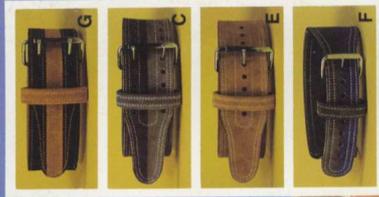


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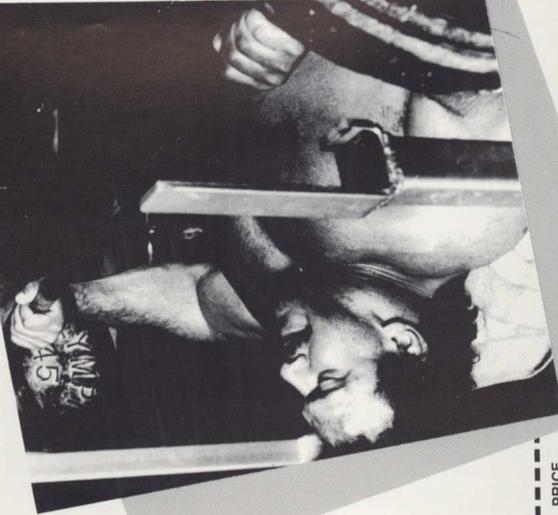
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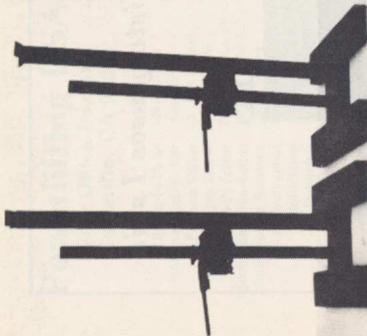
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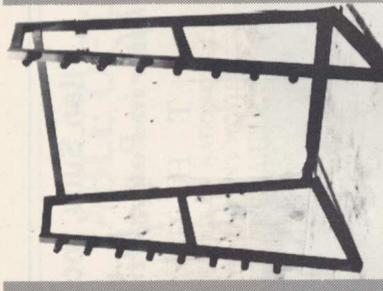
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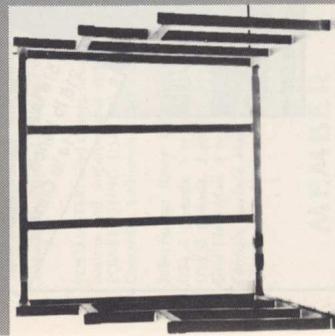
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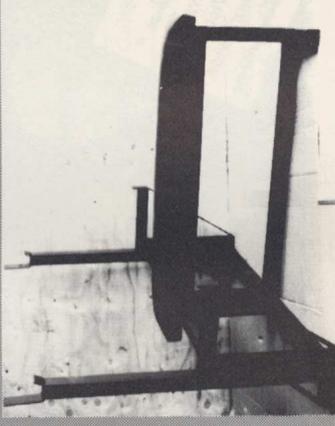
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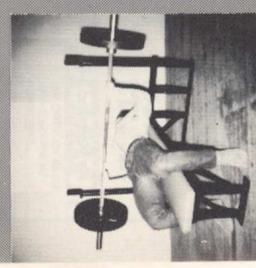
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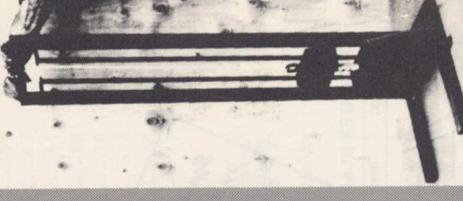
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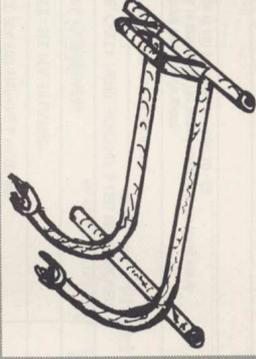
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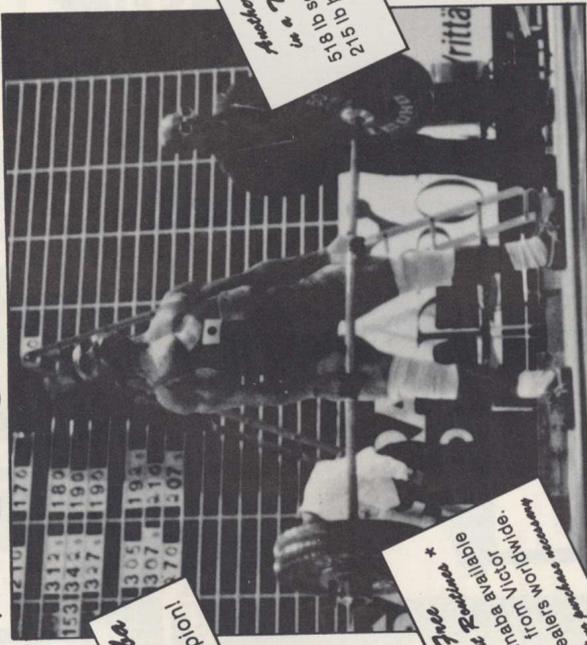
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ON THE COVER...the best deadlift (by formula and overall weight) of the U.S.P.F. Juniors, 854, by Charlie Driscoll.
NEXT MONTH.....the 1986 Senior National Championships

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It's good that the Junior Nationals gets moved around the country, because it really brings out the best in the lifters from the region where it takes place, and becomes even more of a challenge to those top lifters from elsewhere around the nation, who travel to the Juniors almost every year, no matter where it is held. This year in Texas, one of the true hotbeds of powerlifting in the United States, many lifters from the Mid-South area made great names for themselves at this meet, along with some shining talents from elsewhere, including U.S. military lifters stationed in foreign lands. By the way, the official name for this contest is the Nationals, rather than the Junior Nationals, but the Junior/Senior concept is one that we sports have inherited from many years ago, when it had nothing to do with the 23 years and under age group, as it does in international competitions.

The site for the meet was exceptional, the Dallas-Ft. Worth Marriott Hotel, close to DFW airport, and quite luxuriously appointed. Meet Directors Mike Bandera, Doug Patterson, and John Pettitt got some nicely discounted room rates to make the stay even more comfortable. They were somewhat concerned with the rather tight turnout of contestants, to the point that only one platform was used on the first day of lifting, but on the second day, both platforms were in "heavy" use. At any rate, the meet ended at a reasonable afternoon hour on both days.

Pennsylvania's John Padova took charge of the 114s in the bench press, but saved his celebrations until the deadlift when the title was undeniably his. Antimoro, a very active military lifter, continued his rich improvement into 2nd, over Rick Williams, who wildly celebrated his new Teenage National deadlift record. Barry Humphrey, one of Mike Reed's excellent high school lifters from Louisiana, was one of the best proportioned athletes we've seen for this class.

Pattawa had no contest at 123, but this snappy lifter made sure he could not gain any ground in the latter lift.

In the lightweight, Farri of Oklahoma and Contreras of Texas came quite close to making identical lifts, but Vince's one final miss in the bench made the deciding difference. Vince did have a final opportunity to overtake Dave in the deadlift, but it was too much weight for him to haul in and the title stayed in Dave's hands. Both men are fine examples of pre-erecting strength athletes, competent, efficient, and both capable of world class performances. Kevin Bolen, of Missouri, held off a dense pack of challengers for the 3rd place award.

In the Middleweights, Brian Grant the heavily muscled brawler from Florida combined persistence with his experience in competing in this meet to nifty win the class. Magistro is out of Omaha, and used a very fine day and a good deadlift to nose Army Rafael, who had a miss or two that made the difference in placing. Tony

U.S.P.F. JUNIORS
as told by PL USA Editor, Mike Lambert



Mike Barber...set to haul up what he called "Bird Weight", 705 pounds. At 132 there were no more competitors. After military lifter Mike Curtin started too high following a flight in front overexhaust, a be-venned Barry Richards, of Illinois, simply left a better with each lift. Rex McElanen struggled to barely get a squat in, and could not gain any ground in the latter lift.

In the lightweight, Farri of Oklahoma and Contreras of Texas came quite close to making identical lifts, but Vince's one final miss in the bench made the deciding difference. Vince did have a final opportunity to overtake Dave in the deadlift, but it was too much weight for him to haul in and the title stayed in Dave's hands. Both men are fine examples of pre-erecting strength athletes, competent, efficient, and both capable of world class performances. Kevin Bolen, of Missouri, held off a dense pack of challengers for the 3rd place award.

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made the difference in placing. Tony

on the face of this earth. As if it wasn't close enough in the lightheavies, the middleheavyweights turned out a three way tie, decided on bodyweight. There was quality all through the class; Bruce Graser, for example, but he had an awful day. Even guys like freppling thick Willie Washington had an undeniably great day, but it still wasn't enough to crack the top three. Young Erik Mortved, who is from the state of Washington, and another fast riser, Curtis Leslie, had a super exciting tangle with veteran Tony Johnson. Mortved, with his close cropped hair and lean musculature, reminds one of a piece of Greek sculpture, and Leslie seemed bigger than some of the 220s. (With the new early weigh in rule, some of the 198s may well have actually weighed in close to the 220 limit by the time their class was contested). Tony Johnson, one of the fiercest competitors that Texas has produced, had long been off the lifting platform following knee surgery and all three finished up with a 672 deadlift, but it was on those following deadlift tries that the real games were played, with each contestant making sure they understood that they could only change that final attempt weight twice, and when was the last minute they could do it. Tony had the best of handlers in Rick Gaugler, a lean and tanned Doug Young, Byron Benoit, and others, and they knew full well that Tony needed his 688 deadlift badly, but Tony had aggravated a clavicle injury at the National Masters meet and had not been able to train the lift since.

With Doug Young shouting at him to "pull his heart out", Tony did all he could, but just couldn't unround his back into a completed lift. He wryly suggested afterwards that such tie finishes should not be determined by bodyweight, but by age.

You have to go a long way to find a class, in any kind of contest, that was as tough, competitively, as this

was as tough, competitively, as this

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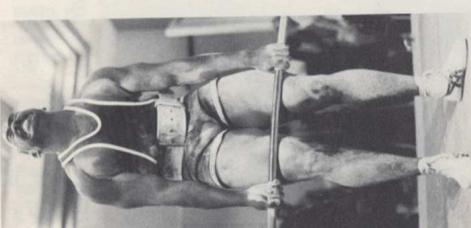
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Dave Contreras...was in a hot battle with Farri for the lightweight title.



Awesome Goggins, straining up 804

years' 220 lb. class at the U.S.P.F. Nationals. When you have to go 1901 to place FOURTEENTH, then you can say you have experienced some fierce competition, with no chance of exaggeration. Just look at this lineup. Ray Harris squats 738 and deadlifts 727, breaks the 1900 banner, goes 14th! Darrell Faiback comes, with traps up to his earlobes and arms like other people's legs, hits 1907 and goes 13th! Brad Stevenson, a magnificent stylist in the squat and in the other lifts too. I could not believe it, after watching him make one quality lift after another, and then seeing his name in 12th! A great Texas lifter, Duane Burrell, did some of the best lifting of his career. He's no slouch, but he finished 11th with 1918! Rick Wickham, a veteran competitor, and an improved one at that, missed only 2 lifts, outscored 1962 and finished 10th! Robert Dyer, one of the most massively built men in the world, squatted 766 and benched 529, 9th place! Marshall Peck, another thick one, with solid lifts all around, got 8th on bodyweight, behind a much improved Mitch Koych, whose excellent 1594 total sat in 7th! 1951, including a 766 squat, only got Chad Drechsel 6th, not even a trophy to show for his efforts! Kevin Shepard, hugely muscled, barely missed an attempt and put together 1962 pounds of total...5th place overall! Larry Mistic, the proud Texan, had the biggest squat of the group, a 788, but his tremendous 1975 total only qualified him for 4th in this class, after Ted Hammer did the lift of his life, also missing only one lift, just to make the show position. Then get this, Robert Pittman, damn near makes a 550 bench total by over 2000, wins Best Lifter for the Day and Champion of Champions award for both days (by one lift and he can't 207 pound bodyweight), and he can't even win the class, even his fellow military teammate Steve Goggins. Goggins did not even have good day, only 3 snrps made, and he still totaled 2039 and outscored 804 pounds in stubbornness for the vic-

torious Willie Bell did some outstanding, but there was even more available, especially in the squat, and he didn't have his whole heart in it. He 821 deadlifted his lift, Mike Foudry, with his long, huge arms, and broad back, was in his first snrps, and looks like he may be unstoppable for the life next year. Making all these deadlifts especially when you end up over 800 lbs. no so-called "staying power" to be seen last. Speaking of deadlifts, Chris Discoll got the heaviest and best one of the meet, formula-wise. A 275sr, he is now very lean and muscular at 242, 782 snapped up like nothing, as did 826, but just at the last moment he apparently lost his balance and the bar came flying right back down, 854 is Kucsville at 242, and even Kuc hasn't been there lately at 242, so even to try such a poundage is a



No Weaknesses. Willie Bell used huge, balanced lifts to put together 2155.

U.S.P.F. NATIONALS/7-8 June 1986 Goggins, Texas

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109. Todd Antonio	330	352	369	192	209	220	589	374	402	413	1083
107. Rich Williams	275	337	308	237	253	264	567	351	352	391	970
106. Barry Humphrey	336	336	356	198	214	226	567	383	396	402	964
123. David Pathaway	369	369	429	203	220	220	589	479	534	534	1069
132. Ronnie Everhart	391	391	407	270	281	286	738	507	523	540	1278
131. Jerry Richards	451	440	451	281	292	303	755	451	485	507	1240
130. Tommy Holland	424	446	446	264	281	286	705	501	523	531	1207
129. Phil Le	429	446	462	248	270	281	727	429	451	451	1157
128. Natall Nahawawa	402	413	424	253	264	275	699	424	457	479	1157
127. Mike Curiam	496	496	496	363	385	396	970	523	562	567	1532
126. David Contreras	556	573	589	363	385	396	970	534	562	589	1521
125. Vince Farris	562	562	584	352	369	385	913	485	507	529	1460
124. Kevin Bolen	562	562	584	352	369	385	913	485	507	529	1460
123. Chad Drechsel	501	512	518	325	341	347	865	545	567	584	1460
122. Phil Schober	496	529	551	325	347	352	903	501	540	556	1444
121. Dave Rohman	479	473	518	341	358	369	887	507	540	556	1444
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119. Brian Grant	567	589	600	402	418	429	1036	584	606	617	1642
118. Carmen Magistro	584	611	617	407	429	431	1041	551	573	584	1626
117. Arminio Rafael	567	611	617	325	358	363	920	622	655	655	1576
116. Anthony Mueller	639	666	666	330	352	363	920	622	655	655	1576
115. John Tracy	567	606	617	330	352	363	920	622	655	655	1576
114. John Presswood	666	666	666	402	419	440	1135	672	705	716	1840
113. Russ	606	749	749	429	440	440	1190	666	672	705	1862
112. Mike Barber	633	672	672	424	451	462	1135	633	705	716	1840
111. Steve Goggins	705	732	732	402	435	435	1107	705	724	738	1813
110. Sly Anderson	605	699	740	385	402	418	1069	633	651	683	1730
109. Richard Bettin	683	683	740	385	402	418	1069	633	651	683	1730
108. Greg Bryant	683	683	740	385	402	418	1069	633	651	683	1730
107. Dolph Peterson	632	661	661	429	451	468	1118	617	644	664	1657
106. Ray Pearce	622	644	644	408	429	431	1080	617	644	664	1657
105. Mike Baker	683	785	785	485	501	501	1168	622	622	633	1631
104. Steve Goggins	755	788	788	462	479	484	1234	711	804	834	2039
103. Robert Pittman	705	749	749	462	479	484	1235	716	728	749	2033
102. Larry Mistic	725	788	824	462	479	484	1231	699	723	749	1973
101. Larry Mistic	725	788	824	462	479	484	1231	699	723	749	1973
100. Chad Drechsel	605	699	716	473	507	529	1285	688	716	733	1962
99. Mike Curiam	479	749	749	407	424	440	1146	617	644	664	1657
98. Willie Johnson	605	749	749	407	424	440	1146	617	644	664	1657
97. Robert Johnson	605	749	749	407	424	440	1146	617	644	664	1657
96. Jimmy French	650	688	699	429	451	468	1118	617	644	664	1657
95. Bruce Graser	632	661	661	429	451	468	1118	617	644	664	1657
94. Mike Baker	683	785	785	485	501	501	1168	622	622	633	1631
93. Steve Goggins	755	788	788	462	479	484	1234	711	804	834	2039
92. Robert Pittman	705	749	749	462	479	484	1235	716	728	749	2033
91. Larry Mistic	725	788	824	462	479	484	1231	699	723	749	1973
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POWER PROFILE

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

Dr. Squat...Fred Hatfield and colleague, Jeff Everson as told by his friend and colleague, Jeff Everson



The lift of a Lifetime...Dr. Fred Hatfield roaring up with 1008 pounds at the Hawaii meet.

The month of April is a favorite one for Fred Hatfield. In April, 1986, Fred traveled to Hawaii and squatted an all-time high of 1008.5 pounds, on a mathematical formula basis it was the greatest pound-for-pound squat in the history of powerlifting. As far as I'm concerned Fred Hatfield is the greatest squatter of all time. I don't think anyone even comes close, not Paul Anderson, not Ed Coan, not Joe Bradley, not anybody, and there are a variety of reasons as to why I say this so unashamedly.

Let me say something else that's just as true, if not more so. Fred Hatfield has never lifted up to his great potential! Believe me! The way I look at it, Fred should've won at least six National and World titles by this time, his potential is so great and his talents so vastly underused. I'm not just flapping on here, I mean what I say.

Even if you don't count Hatfield's perseverance, intelligence, dedication and character (all of which exceed even super-human levels), there's his physical plant, a body construction that defies usual anatomical description. Fred, at 5' 6" and 240 pounds, can still stuff a basketball. Maybe Fred's not equal to Spud Webb, but that fact gives you an indication of the natural explosiveness of his muscle fiber. Fred's back is very short and broad, a fact which, in no uncertain terms, is the reason he has NEVER suffered a back injury, and believe me, I've seen him do some crazy things. Like the time he came into the gym stone cold, without any warmup at all, no stretching, no nothing, and loaded the squat bar to 500 pounds and did 10 rock bottom squats just after he removed the "airplane splint" from his shoulder, which had been on for nearly six months following a surgery, and proceeded to deadlift 550 pounds without any warmup!

I regard Fred as a genetic anomaly. Indeed, he must be to do all that he's done. If you look closely at Fred's quadricep insertions, you'll notice that his muscles seem to divert into the patellar tendon very high up on his thigh. His femur appears short and his muscles bunch up high in the thigh. He does not have long, low drooping vastus muscles like some. This construction must afford him some type of unique leverage as well as preventing injury to this area. I've also witnessed the legitimate lifts that he has put together in the gym. He's done a 550 pound bench for three, a 975 pound squat for three and a 775 pound deadlift, without straps, for three. With straps, Fred's managed 825 pounds three times! Now, unless you are real stupid, you (like me) would figure these training lifts to equal out to around a 1075 pound meet squat, 580 pound bench press and 850 pound deadlift. I figure, all things being equal, Fred should've been capable of a 2500 pound total at 260 pound bodyweight, which further underlines my earlier point. Fred has never AP-PROACHED the lifting total he's capable of!

Let it be said (by me) that Fred and I have HARDLY EVER AGREED on anything relative to training. He believes in fast, explosive movements in powerlifting. I believe in deliberately training slow. He believes in yanking and jerking tendons on a gradual buildup process to disintegrate joint defense neural mechanisms. I believe such training is glib and dangerous. Fred believes in jumping skyward just before the deadlift to preset the muscles in compensatory acceleration. I believe in compensatory deceleration. Fred believes in high bar squatting and only switching over to the low bar six weeks before competition. I believe a MUCH longer time is needed for most individuals, and if these don't allow it, they will most surely injure themselves. Who should you believe? Well, Fred Hatfield can

effort to bring physiological science into the sport (five years of dedicated research on his part culminated in 1980 with his printing of the best-seller, *The Science of Powerlifting*). Fred treats the sport of powerlifting with respect and love and expects the same attitudes from his peers. When he doesn't see those attitudes returned, he tends to get ticked, all for the good of the sport, even if it rubs some factions the wrong way.

I think Fred is a concerned and caring individual, someone you could count on as a friend, someone who would give you the shit out of his back, whenever you needed it (even if it wouldn't fit). I also think you'd like to hear the story of his great squatting environment of Olympic lifters. He used to teach youngsters at a YMCA and dabble with the weights through high schools, starting in junior high and on up.

As is the case with many strong men, Fred had more than his fair share of shoulder problems. In fact, at 5' 6" and 165 pounds, Fred was the biggest kid in class. No matter how hard he was trying to prove himself with the weights, he injured the Mr. Con-necticut title and also set four state Olympic lifting records (press, snatch, jerk, and total). Not bad!

Fred entered college after a stint in the Marines stationed in the Philippines. There he specialized in gymnastics and Olympic lifting, and a new thing called studying. In 1969 he received his BS degree in physical education and immediately enrolled at the University of Illinois where he finished his masters in a year's time. From there it was on to Temple University and a doctorate of Philosophy Degree in Physical Education in 1976. Fred specialized in the area of Sports Sociology and Psychology and his dissertation on Sports Violence is still regarded as a landmark piece of research.

In 1972, the powers that be voted to drop the Olympic press from competition. This was Fred's best lift and he'd done 340 pounds, bested national-wide by just two lifters, Russ Knipp and Fred Lowe, the premier Olympic lifters at the time in the 165 pound class. Fred had trained for the 1972 Olympic squad, but no cigar.

By 1976 and the next Olympic team trials, Fred had his snatch up to 290 pounds and his clean and jerk up to 385 pounds. These were contest lifts. In training, he'd gone over 400 pounds in the clean and jerk and much later on actually cleaned 425.

Fred's the first to admit that he "bombed out" much more than he would have liked. He always had trouble with pre-olympic contest nervousness and arm lock. Bad elbow lock hurt him in both the snatch and clean and jerk. In 1976 he gave up training on the Olympic lifts. A whole new era in strength was about to unfold.

In 1976 Fred took a teaching post at the University of Wisconsin where I met him. Up to that time, Fred had only participated in the three powerlifts as training adjuncts to his Olympic lifting. Still, he already was proficient with them. For instance, at 180 pounds, he could do a perfect high-bar squat without wraps of 500 pounds. By moving the bar into a low position, he could do 550 pounds. He was also able to deadlift 575 pounds and bench press 375 pounds then.

In Madison's pro-powerlifting environment, Fred was naturally pulled into the strength lifts. Wisconsin had always been a strong power state with the likes of superheavyweight Mike Morgan (2100 back in 1969), lightweight Richard Luckman, middleweight James Kneeger and others. Fred fit in well.

In 1978, Fred won the Best Lifter award in the Little Rock Junior Nationals. He weighed 182, but still had to lift against the middleheavyweights, but still won the award according to the Schwartz formula.

Fred's experiences in that meet reiterate what I referred to earlier about helping others and not taking care of himself. Just two weeks prior to the meet Fred weighed in at 205 pounds. He planned on lifting at 181.0 of course, no one else would even consider a 24 pound weight loss in such a short period

of time. In an effort to lose this weight, Fred got so dehydrated that he literally had to be helped up and down stairs. I remember his comment after getting out of the sauna, "Jeff, I couldn't sweat any more, even my eyeballs were dried out." He took third in the 198s. At a very weak 182, he deadlifted 694 pounds, squatted 660 and benched 407. What would he have done if he prepared correctly? In 1979 he would try to prove what that could be.

The 1979 Seniors were held in Bay St. Louis, Mississippi and Fred was in great shape before the contest doing a 750x3 squat, 450x3 bench and 700x3 deadlift in training. Something went awry though during the meet. For some reason, Fred lost almost all power in the squat. Later surgery revealed floating bone chips in his knee joint.

When he was removed the surgeons, Dr. William Clancy, of the University of Wisconsin, who also repaired Fred's torn rotator cuff complex, I watched this surgery, and Dr. Clancy remarked that in all of his years of medicine and performing shoulder injuries on professional players, Fred's shoulder was literally WORST he'd ever seen. The rotator cuff was literally shredded and torn, yet Fred was somehow benching 650 lbs with it. Clancy reported the shoulder and said he'd never anything so tight that Fred might never be able to lift again.

Fred's problems, though, were yet to come. Because of an unfortunate infection that set in, Fred's recovery time was delayed. He also had to wear a special airplane splint which kept his arm abducted to 90 degrees for six months. I watched as he came into the gym to do leg extensions and cuts. His upper body shook away.

Six months later, there he was on stage at the Senior Nationals in Madison, Wisconsin. Presumably, he had brought his squat back over 750 pounds, but he bombed out in the deadlift being unable to hold on to the bar. It was a new problem that he developed after surgery. He also discovered that he needed surgery for his other shoulder. Enter Dr.

Clancy again.

This time no infection and a much quicker recovery. With added training time for his squat and shoulder recovery, Fred lifted for the NPC entry in the 1980 World Championships in Arlington, Texas. In doing so, he set his second world record in the squat of 826 pounds as a middleheavyweight (Fred made a 722 pound world record squat in the 1978 North American Championships breaking Jack Barnes record of 716 pounds). At this point, Fred was finally starting to scratch some of his potential. Bigger things were yet to come. Fred decided to see how high he could push his squat. Over the next two years, he lifted in the 220 pound class, which by this time was natural weight for him. He had many exciting battles in this class against great lifters and friends such as Larry Pacifico and Jim Cash.

In 1982 he lifted in Gus Rehwisich's Hawaii Invitational Championships and squatted 881 pounds in the 220 pound class for another world record. At this point, Fred held world records in 3 different classes at the same time.

In 1983, Fred took the World Championship, proving victorious over Joe Ladhler who had previously beaten Fred at the Senior Nationals. In the 220 pound class, he had not yet won a Senior Nationals title, however.

Big training poundages in the squat made Fred look to the 1000 pound barrier. No one had done it yet to the satisfaction of record certifying judges. Paul Anderson had claimed a squat of 1168 pounds a number of years, but his lift did not appear to be official and not accepted unofficially as times go high. Vasily Alekseyev was rumored to have squatted 1054 pounds, but rumors never meant diddy-squat to anyone in powerlifting.

Around this time, giant superheavyweight Dave Waddington got hold of a 1000 pound bar in an Ohio meet and made the squat! Dave's 1003 lift



Lean and Mean at 198...Dr. Fred at the 1980 World Championships with an 826 record breaking lift

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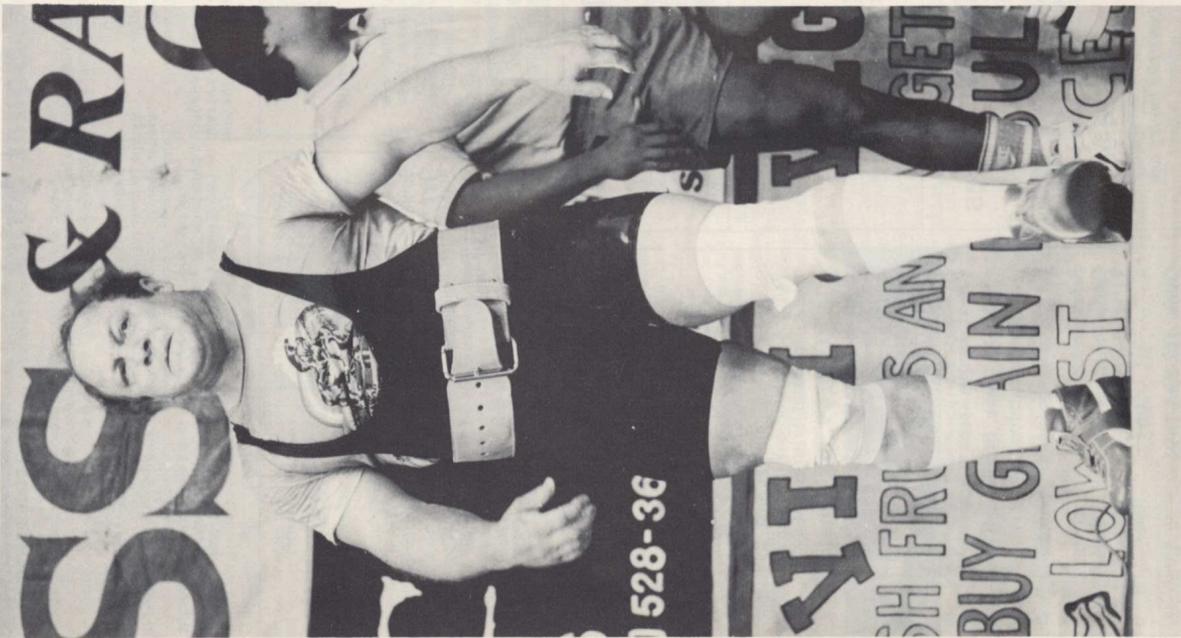
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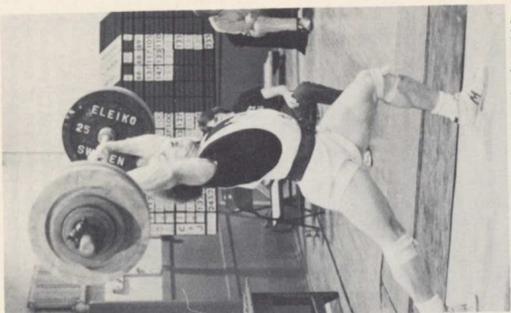
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BELOW....Dr. Squat, Fred Hatfield, preparing for his 1008.5 attempt in Hawaii, shows all the determination that has made him the legend that he already is and will certainly be in the future. All photos by Lambert, except where noted. We hope you enjoy the expanded editorial coverage in this issue, the 97th edition of POWERLIFTING USA and the largest to date. We hope to bring you more such in-depth feature articles in the future.



squatter who ever lived? Fred says, 'Well, I'm going to lose this excess weight slowly. I'll lift at the 220s all the 1986 Seniors and get Jim Cash once and for all. Then I'm going to drop back into the 198s, and teach Ed Coan a squatting lesson, and finally I'll try to move back in the 181s. Of course, that's after I win the NPC Mr. America Over 40! Fred Hatfield is deadly serious. Look out, Albert Beckles! Long live the Grand Dragon of the Squat!—Fred Hatfield!



Fred the Olympic Lifter, clean and jerking 336 at the Mid American Open. Lynn Lemenager photo. Fred and family and emotional turnout with 975x3 in the squat and was ready for a big one. On March 15, at the grand opening festivities of Jeff Magruder's Pacific West Health and Fitness Club in Tacoma, Washington, Fred (weighing 1025 pounds), started his squats with 1010 pounds. On his first attempt Fred stumbled a bit and ended up dropping the bar. On his second attempt he missed on his third attempt. Fred fell super strong for each lift and stood up easily each time, but after the half inch from proper depth. Later Fred figured out why. His gut had become so round that the longer was sitting right and was picking up the bar too far, unable to reach and was picking up the bar with his feet spread an extra inch or so.

Next came Gus Rothwisch's Budweiser World Record Powerlifting Championships at the famous Sheraton Waikiki in Honolulu, the site, as powerlifting fans know, of all kinds of fascinating world record lifts for the past few years, to big Gus's credit. Fred lifted 850 pounds using his new stance, a few singles with 850 pounds using his new stance. He expected, based on his training lifts and bodyweight, to get 550-575 pounds in the bench, 1050 pounds in the squat and around 800-825 pounds in the deadlift. This first attempt with 953 pounds was a miss; the second attempt, it went fast and easy. Fred jumped to 1008.5. Three light success! His effort was the home for a lift never officially lifted in the squat, a new record. Based on formula, Fred maintains that it's the greatest squat lift at any bodyweight. Having the greatest squat lift at any bodyweight, having 1062 pounds and made it up! He was very close, getting two reds and one white lift. Fred had made an easy opener in the bench with 501 pounds but pushed 523 pounds out of the groove twice. In the deadlift, his old grip nemesis popped up again and he missed breaking the 275 pound world record total when 798 pounds slipped from his meaty hands! Once again Fred had come through with a great squat, but was a bit frustrated in his attempt for the grand total. What does the future hold for the greatest

move in the world. Shedding the bar severely strained both his deltoids and both his calves. Even so he was back to his previous level. Undranked by the previous trial, Fred powered up the 925 like a feather. He jumped to 975 pounds for his third. He made the lift, but in doing so, his toe inadvertently touched the base of the squat rack. The judges had to turn him down even though his depth was fine. Now, thoroughly ticked off, in addition to his normal mental excitement, Fred asked for and received a fourth attempt. Obviously feeling his 43 year old oats, Fred blasted the 975 pounds home. As it was a fourth attempt, it couldn't have counted as another world record dunk. Fred was satisfied, for the time being, but that time being was only ONE WEEK! Yes, exactly a week and a flight back to LA and then back to Maui later, Fred was back in the lises trying to hit 1000 pounds again. After making a world-record exceeding lift of 964 pounds, Fred jumped to 1008 pounds. Fantastically, he blew the lift home, but as he accelerated through the sticking point, as he always does, the weight was too hard to control and it flew right off his sturdy back and on to the less-than-sturdy floor. Ugh. Fred (incredibly) tried again, but this time the stubborn barbell drove him closer to China. These two back-to-back weekends of maximum squatting blew Fred away. It took him two full months before his deltoids and quads were ready to squat again.

When the smoke of 1985 cleared away, Fred sat back and took stock. He was approaching 44 and carrying all that extra weight around wasn't doing him any big favor. Still, he knew he could get the best all time squat if he stayed at it just a little longer. He decided to give it one more year. Fred has always been a scientist and his penchant for study is at least half the reason his moniker, Dr. Squat, has stood the test of time. Fred turned to the Russian athletes and coaches to see if there was something there that might help his squat while saving his body. He gleaned a program from the Russian documents he and Mike Yessis obtained during their trip to Russia a couple of years prior. Fred also worked with a new squatting bar, that he maintains, will revolutionize powerlifting. It redistributes the weight so that much of the downward force is borne by the hips and quadriceps instead of the low back. It allows one to squat in a very upright position and this is one that Fred has always felt conducive to good squatting.

Fred's new program consisted of eating a lot and drinking more than his share of milk and ale. It also consisted of two-times-a-week squatting. On his 80th day, Fred did six sets of 6 repetitions with 80 percent of his one-rep maximum with the squat bar. On the next squat day (usually 3-4 days later) Fred would do five sets of 2 repetitions with up to 85-90 percent of his maximum. Because both days involved high intensity, Fred did not do any down sets or assistance work. For the first time in his long training career he did all his deadlifting on days opposite of his squats.

Bob Hoffman used to say, 'if you want to press a lot, then do presses. If you want to squat a lot, do squats.' Fred has proved over the years that a simplistic training program without a lot of emphasis on assistance work develops great strength. For all of 1985 and into 1986 Fred ate so much that his weight hovered around 250 pounds. Of course, at this weight, Fred himself does little squatting. Even negotiating the flight of stairs at the Wenatchee discomford, Fred persevered. In early March, Fred was putting together some outstanding training lifts. Six weeks prior to Jeff Magruder's Pacific West championships, Fred was cycling his squatting poundages, raising his weight for triples each week. At this point he was waiting on ly once a week. He was scheduled to meet, but 1000 for three reps two weeks prior to the meet, but unfortunately his father passed away a couple of weeks before the historic training session could take place. He flew clear across country, comforted his mother

effort, although judged low enough, was not allowed as a World or American record effort though because the necessary card carrying judges were not available to accept the lift. Nonetheless, 'The Wad' had proven that 1000 pounds could be done! That was just the incentive Hatfield needed to gain more weight.

In 1984, even as Fred approached weights in the gym that would give cause for a 1000 pound effort, might Lee Moran beat him to the punch and squat 1000 pound officially at the 1984 Senior Nationals. Of course, one might expect a 1000 pound squat looking at Lee Moran. At 5'7" and 300 plus pounds, Moran appears sturdy enough to squat Hoover Dam. But Fred Hatfield, little old Fred at 245 pounds? Naw, no way he'd ever go with 1000 Big Ones. It would crush the life out of someone that small. Mindless to all the talk, Fred was gaining on the grand.

At Jeff Magruder's Pacific West meet in Washington, Fred became the lightest man to squat with 900 pounds and this exceeded the existing world record. Even at this contest, Fred felt he was ready for 950 pounds, so 1000 pounds was no longer a pipedream. In 1985, Fred decided to make his move. All he needed was more bodyweight. Why, Fred figured 1100 pounds was plausible if he could get his weight to 275 pounds (Fred always did like to shoot for the moon).

Fred decided he'd try for a big one at Gus Rothwisch's annual bash, because he felt a special kinship with the wild, enthusiastic Hawaiian audiences. By the time the 1985 meet rolled around Fred tolled around at 259 pounds. He started his squats with a record high of 925 pounds, but the bar was whipping on his shoulders and the platform seemed to be wobbling beneath his feet, so he dumped the bar to avoid injury. That wasn't the best

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Mystery. Case Number 22046: THE MISSING LIFTERS. Sunday, May 11, 6:00AM. Detective Ralph Johnson pulls into the Center City Holiday Inn garage. He was called in late last night to help solve a mystery that has been picked for the most site of his yearly A.P.F. Nationals. He drove up from Delaware and the garage attendants were quick to come to his aid in parking his car. Ralph is warmed by the feeling inside of how nice this first class treatment is, as he walks into the hotel lobby. The front desk clerk is quick to give him directions to the banquet room where all is set up from the previous day's activities (the light weight classes). As he rides up the escalator to the second floor banquet rooms, Ralph's stomach growls and he recalls the 24 hour restaurant next door to the hotel. He ignores his hunger as he is anxious to begin solving the mystery.

Ralph goes practically unnoticed as he walks past the table where a young girl is neatly placing the meet programs and shirts. There are only a few people stirring at the early hour as lifting is not scheduled to start for another four hours. Looking in the warm room, Ralph notices a man busily straightening the weights and setting all the squat racks on each platform. The man looks as though he has not slept. He looks tired and later we find he is the man behind the scenes, the meet director, Rich Labbe.

From the warm room Ralph wanders into the main room where all the competition takes place. He stands with his mouth open as he looks at the perfect setup. There is a raised platform behind the lifting platform where the scorekeepers and the announcer have a clear view of everything going on. The lifting platform is centrally located so all spectators have a good view of the lifting. There is also a big attempt sign in clear view, so all the spectators know how much weight is being lifted. The awards are neatly placed on one side of the room in clear view so the lifter can easily glance over to get that last second psyche he needs. The awards are a story in themselves. They are not trophies, but statuettes, beautifully made and quite impressive looking. The chalk box is full and there are plenty of seats nearby for the lifters to wrap their knees.

Ralph stands a minute scratching his head. He thinks about how perfect everything looks. Mindboggled, Ralph returns to the lobby and checks in. He mentions he is here for the powerlifting and he is given an incredible room to look over his notes. The room is quite large, and very comfortable and he sits on the bed to get some rest.

7:00AM. Ralph returns downstairs and stops at the hotel's restaurant for breakfast. The food is great and reasonably priced, he notes in his notebook.

Ralph finds to get excited as he is a powerlifter so he could compete. He begins himself wishing he was a powerlifter so he could compete. 9:00AM. There is action taking place at the meet site as Ralph walks back into the banquet room. Leaders are setting up the platform for the first attempt in the squat, scorekeepers are setting up the lifting order and Pam Labbe, the other meet director, is making sure every little detail is perfect. She, like her husband, looks like she could use a good night's sleep. Can you imagine the work involved with putting on such a first class performance? The judges are mingling, very anxious to get started and a few lifters are beginning to warm up.

10:00AM. Like clockwork, the lifting begins. Ralph looks wide eyed into the warm room and makes a quick estimate of the number of lifters. In his notes he sees that there were 170 requests for entry forms, but oddly only 50 lifters showed for both days. He quickly sees why he has hired to solve this mystery. Looking around he notices despite the poor turnout, everyone is having a great time. Larry Pacifico and Ernie Frantz are talking with some fans. Last's years U.S.P.F. National champ and Best Lifter Rick Well is in the warm room helping some of the lifters prepare. This really is a fun day and Ralph is sad that more people did not come to enjoy the meet.

Ralph is stumped. He looks over his notes as these big monsters squat in excess of 800 pounds. (1) Philadelphia, great, central location. (2) Easy access from airport and easy parking. (3) Plenty of places to eat. (4) Beautiful accommodations. (5) Every detail of the meet perfect. (6) Awards that are unsurpassed. (7) 170 entry requests and only 49 lifters show. Where are all the lifters? If you have any information leading to the whereabouts of the unfortunate men who missed out on this great event, please contact Detective Ralph Johnson, c/o Rick Well, P.O. Box 40332, St. Petersburg, FL 33743.

Actually, Rick Well's little mystery story is his way of trying to find out the lifters want, since he has decided to put on the 1987 A.P.F. Nationals in St. Petersburg, FL. He wants to put on a first class workout and a reason, right on the bench! Rick is neither pro or con on A.P.F. or U.S.P.F., he just loves to powerlift and have some fun.

STEEL TIP PREVIEW...the July 1986 edition of Dr. Ken Leistner's STEEL TIP has articles on Shoulder and Upper Back Training, the Detroit Bombers Special Routine (designed to take you to the point where you can't take another step), Lower Extremity training, Improving Your Grip, and the Privilege of Training by Kathy Leistner. For your own subscription to STEEL TIP, send \$18 to STEEL TIP, 54 Fletcher Ave., Valley Stream, NY 11580.

POWERLIFTING USA Collection for Sale and MORE! Paul Gligloff of 37 Willow Street, Mystic, Connecticut 06355 has eight complete years of POWERLIFTING USA for sale, from January 1978 through December 1985, all 96 issues, available for \$200.00. He also has 26 issues of POWERLIFTING NEWS, an earlier Powerlifting publication, available for the years 1974 through 1976. This collection is available for \$50.00

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Certainly one of the more fascinating aspects about the sport of powerlifting and ultimately the reason why people both commit themselves or sever themselves from the sport are the complexities that one must solve if they are to achieve success. In looking at any individual lift there are essentially four areas that we can control. By manipulating these controlling variables we can construct the blueprint for success. In this article, we shall explore the first two.

BLUEPRINT FOR SUCCESS

1. Routine
2. Mental Approach
3. Nutrition and Lifestyle

Technique

One could have the ideal program and put in the necessary work, yet still fail in technique. It could certainly slow or negate progress. From what I have seen in lifting around the country from the novice to the elite, the lift that exposes the greatest number of technical errors is the deadlift. Not only will poor technique result in a mechanical disservice, but it will also contribute to overtraining. The reason for this that, unlike the squat and bench, we are working with an area that is both extremely strong and paradoxically very delicate due to the anatomical configuration of the vertebrae.

The only way to develop your true potential in this lift is to place your body in its most advantageous position. The following is a list of biomechanical considerations for the conventional deadlift:

- (1) maintain as upright a position as possible throughout the lift, (2) hand spacing directly next to legs, (3) distance between heels 6-10 inches, (4) close center of gravity, i.e., bar should stay in contact with shins and thighs during the lift, (5) try to squat the weight off the floor instead of pulling it, (6) always keep shoulders directly in line with knees and feet, not in front of feet, (7) once at the knee the lifter should do three things: push hips in, drive feet into the floor, pull with the back.

One must be very conscious of their technique from the first warm up to the last work set, if you are ever going to maintain your technique in competition. It has to become a habit and the use of mirrors, video equipment or the unbiased eye of a training partner or coach will greatly aid in its development.

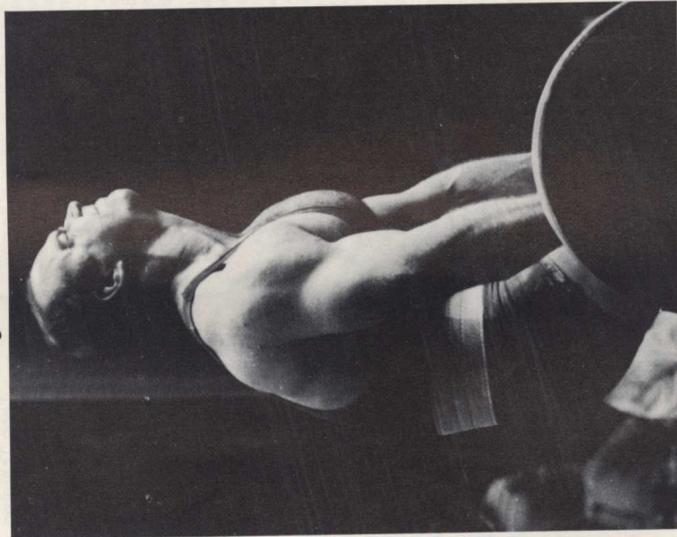
Routine

If there is any secret in becoming strong it is in learning that you can not push your body at the same level and volume all the time. This will only result in injury, frustration and failure. You must learn how to peak your lifts

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 load out for you by the top Powerlifting authorities. Each training load is analyzed. For those lifts that increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500)

Maximize Your Deadlift as told by Scott Warman



Scott recently broke the American deadlift record with 859 at 275. Leisner photo in such a way that graphically your strength will fluctuate. Essentially, there are two ways to do this, both of which have been borrowed from the USSR and the GDR sport/science systems. One is called periodization and it consists of three preplanned training phases where the percentage of overload is broken down to allow the lifter a steady and gradual progression to allow the body to adjust. Each period will usually run from 3 to 5 weeks. Essentially this system is to be adopted by athletes strength training for a particular sport,

tion, thus differentiating it from the periodization system. It certainly is much more adaptive to the competitive lifter and it takes into consideration many physiological and psychological needs to surpass plateaus. It consists of steadily building up an overload over an 8 week period, then dropping back to about half the increase in overload during the previous 8 weeks as a starting point for the next 8 weeks, for up to 4 periods of 8 weeks.

With the previous information under our belt it is time to set up our actual training routine. I will tailor this program with the assumption that the lifter starting this routine has a 1 rep max of 700 lbs. To adjust accordingly to other max capabilities, simply alter the training weights in direct proportion to your maximum. I will work the following program off a 10 week cycle, but this could fluctuate from as few as 6 weeks to as long as 15 weeks.

- Week 1: 520x3, 620x3, 470x3, 470x3
- Week 2: 540x3, 640x3, 490x3, 490x3
- Week 3: 560x3, 660x3, 510x3, 510x3
- Week 4: 580x3, 680x3, 530x3, 530x3
- Week 5: 600x3, 700x3, 550x3, 550x3
- Week 6: 620x3, 720x3, 570x3, 570x3
- Week 7: 640x3, 740x3, 590x3, 590x3
- Week 8: 660x3, 760x3, 610x3, 610x3
- Week 9: 680x3, 780x3, 630x3, 630x3
- Week 10: 700x3, 700x3, 650x3, 650x3

1 Regular deadlifts, 2 Rack Deadlifts from the top of the knee, 3 Rack Deadlifts from 2 inches below the knee, 4 Rack Deadlifts from 6 inches below the top of the knee.

Meet Week Off

This program needs very little assistance work to make it go. Actually, most people far overtrain this lift with the assumption that more is better. Your choice of assistance work should be dependent upon your preference and also the shortcomings of your back. A rule of caution, however, is that no lower back work should be employed with this program and no more than six additional sets of auxiliary work.

How much progress one can expect to make is dependent upon a number of variables. Certainly a willingness to put into the routine the necessary effort to make it work and the understanding that you have to be flexible and adjust accordingly when you hit a prerun. If your cycle are prerun. If you follow this blue print for success you are sure to improve.

Scott Warman is Strength Coach at Sam Houston State University.

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Our life, in our entire world, is made up of numerous cycles or rhythms that we come to rely on. A day goes by every 24 hours, a year every 365 days, tides ebb and flow every 12-1/2 hours, the moon appears every 25 hours, even a child is born nine months after conception. People have always concerned themselves with rhythms since the knowledge of such allows us to control and schedule our behavior. It follows then, that the understanding of certain rhythms could be, and would be, applied to the area of sport to predict our behavior or performance.

One such rhythm that has received considerable attention during the last few years is biorhythms. The proponents of this method believe that human and/or athletic performance can be predicted by calculating the individual's biological rhythms. These investigators propose that we have three biorhythm cycles which regulate physical strength, emotion and intelligence, a 23 day physical cycle, a 28 day emotional cycle, and a 33 day intellectual cycle. According to this theory, each cycle has a positive and negative phase. During the positive phase of these cycles, we are strong, more intelligent, positive and creative. We also have greater endurance and are more resistant to disease, etc. During the negative phase, the reverse is true. Reported by the patrons of the three biorhythms have different durations, however, we have noticed at certain times, and are in opposition on other days. The so called critical days for each cycle occur at the beginning and middle of each cycle when the phase changes direction from positive to negative or vice-versa.

Biorhythm devotees claim that we can use our knowledge of what phase we are in to compensate for low periods. That is, we can be more careful, undertake less demanding tasks, or avoid strenuous activities. On the other hand, we could take advantage of our peaks by scheduling appropriately challenging activities. The problem with this line of thinking is that scientific experiments designed to investigate biorhythms have consistently shown that this method is not a valid indicator of human and/or athletic performance. Given the current findings, it would seem foolish for an athlete to postpone competition or his training schedule just because his biorhythm chart indicated that he would perform poorly; unless, of course, in his own mind he was so convinced of the overriding importance of biorhythms that this very expectation would be self-fulfilling.

In short, although in theory biorhythms seem plausible, scientific studies are in accord indicating that this method cannot predict athletic performance. In recent years, however, there has been considerable research conducted on body rhythms of short duration. One such rhythm that has been investigated in detail is known as circadian rhythms. Circadian is

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Body Rhythms

by **Dr. Judd Biasiotto & Army Ferrando**

mine your circadian patterns or at least the patterns that correlate with the body functions we are trying to improve. Luckily for powerlifters, strength correlates with oral body temperature, and oral body temperature is relatively easy to measure and plot.

According to Charles Winget, a National Aeronautics and Space Administration research physiologist, your circadian patterns are determined by the following method:

First, take your temperature one hour after getting up in the morning and then again at four hour intervals throughout the day. Schedule as little reading as close to bedtime as possible. This will give you five readings by the end of the day. After you've achieved the aforementioned add your first, third and fifth readings and record this total. Then add your second and fourth readings and subtract this figure from the first total. The net sum will be an estimate of your body temperature in the middle of the night. Consider this your sixth reading. Next, plot all six readings on graph paper. Of course, the variations will be small, perhaps only one-tenth of a degree in some cases. However, you should realize that although the variations may be minuscule, they are significant. You will probably find that your temperature is lowest in the middle of the night, begins to rise about the time you awaken, and continues to rise slightly for the first three hours you are awake. By evening, your readings will start to drop, once again

POINTS TO PONDER

1. Although in theory biorhythms seem plausible, scientific studies have consistently revealed that the technique is not a valid indicator of athletic performance.
2. It's a biological law of human efficiency; to achieve your best with the least effort, you have to coordinate the demands of your activities with your biological capacities.
3. The plotting of various circadian patterns can tell you the best time of day to eat, sleep, relax, study, exercise, etc.
4. According to scientific research and correlation studies, you can achieve maximum biological efficiency by scheduling your most taxing activities when your temperature is highest.
5. Consequently, remember that we are strongest and exhibit our greatest endurance when our body temperature is at its peak.

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Ask the Doctor

Dear Mauro: I recently had a testicle removed due to its being tumourous. Will this reduce my testosterone levels, or will the other testicle pick up the increase? I have used anabolic steroids in the past including depo-testosterone, Anavar, Deca, Sustanon and Parabolan. I used moderate dosages, cycling them as I went. Should I use them again or try to lift naturally? Is there greater danger now that I've had a tumour removed? **Jim B.**

Dear Jim: The remaining testicle should produce a normal level of testosterone. The level of testosterone in a person's body depends on the hypothalamic-pituitary-testicular axis and is genetically determined. The pituitary hormone LH (and LH-RH) from the hypothalamus is sensitive to circulating testosterone. When the normal level for a certain individual is reached then the amount of LH released decreases. In your case the LH level will remain elevated until the remaining testicle is able to produce your normal amount of testosterone, which it will easily be able to do.

If the tumour was cancerous, I would not suggest using steroids again. With the new scope of the doping tests this may not be much of a disadvantage. In order to determine whether you might develop further problems I would have to see the surgical and pathology reports on the tumour. If you wish me to counsel you further, which I am more than happy to do, send me these reports and any other information that may be pertinent. **M.G.D.**

Dear Mauro: I read your articles every month and they are very interesting. I'll assume that it's only been around for a few months and that at one time you could squat without pain. On this basis it sounds as if you're constantly injuring your inner hamstrings, perhaps causing some microscopic tearing in these muscles every time you squat. By continuing to squat you are not allowing the injured muscle(s) a chance to heal. If this is the case then you could start by cutting out the squats and substituting some isolation exercises for the quads, calves, and back hamstrings - as long as there's no pain. After about 6 weeks of training you can attempt squatting again with a light weight, using a narrow stance with toes pointing straight ahead (the narrower the better so as to reduce the inner muscle tension). Don't stretch the hamstrings before workouts - it has recently been shown that stretching may produce significant microtrauma in the muscles stretched, thus making them more prone to injury. Also don't use liniment, ice, or medications for inflammation or pain, before your workout, use them after if you have to. Let pain be your guide during your workouts - if it hurts then don't do it. Working up the hamstrings with a heating pad or hot shower before, and after, your workout will increase the blood flow to the injured muscle without hampering the healing process. You might also try running before your leg workouts.

The running warms up the muscles and strengthens the leg as a whole, but in particular helps balance out any weak muscle groups. I had a training partner who found that running a few hundred yards at a good clip before his leg workouts warmed his legs up and was the main factor in clearing up his hamstring injury. It's possible that you may have injured your inner hamstrings because they are the weak link in the squat power chain, and thus more prone to injury.

In any case you must discover how to minimize the stress placed on your inner hamstrings while squatting. You've already discovered that squatting narrow helps. I would now try experimenting by varying your shoe heel height (from flat to say 2 inch heels) and the position of the bar on your back (from top of the traps to 3 inches below the top of your shoulder), and by using heavier knee wraps, a thicker belt and a tighter suit (these will decrease the work done by the high muscles). Along with improving your leverages so as not to stress the inner hamstrings, you could, once the pain is no longer a problem, directly strengthen the inner hamstrings by using machine and free weight movements - and even isometrics - that work this muscle group in a controlled deliberate manner. **M.G.D.**

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

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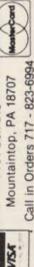
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Question & Answer

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DEAR ROGER: My name is Mike Cochran and I met you at Randy's Gym once before. I got the idea to write to you after reading through some questions and answer sections in PL USA. While training at Randy's I asked you some questions about training and that is mainly why I wrote this letter. I've got more. Since leaving California I have decided to compete in powerlifting. To be honest with you, you had some influence on that decision. I am looking to compete in the NYS Drug free meet. Here are some of the questions I have: 1. The contest will probably be in May and I am planning on doing 2 more heavy powerlifting cycles (Sept, Oct, Nov), (Feb, Mar, April), and in between do some lighter, bodybuilding type routines. Do you think this is wise? 2. How would you work power cleans and box squats into your routines? I have used box squats on my last training cycle and they seemed to work well. What is the correct form of both? 3. I was wondering if you used any mind control techniques. I am looking into them now. 4. I know that you are a firm believer in heavy singles. The 12 week cycle I just recently finished consisted of mainly 3s ending all assistance work 2 weeks before my singles. Do you think I should take all my max singles in one day or in 3 consecutive days as I did last cycle? Could you give me some idea as to how to train with singles as I would like to try this next training cycle in Sept. I am especially interested in singles on the bench. It is the lift I have the most trouble with. My max lifts at present are squat 630, bench 380, dead 650. I would like to hit 700,400,700 at contest time. I honestly think these are realistic goals. I better cut it here. If there is anything else you feel I should know, please feel free. **Mike Cochran**

DEAR MIKE: I'm glad that I gave you the motivation to compete. I was truly impressed with the strength you showed while training at Randy's. So was everyone else in the gym. As I told you then I'm sure you'll go a long way in your gym. Your cycles sound good, just don't drop off too much in between your heavy cycles. As you get close to the meet you should have some idea on how much weight you'll be able to do at the contest, so in the few weeks before the contest make sure you are consistent with the weights you are going to take at the contest. I would train power cleans in the middle of the week. Box squats should be done on the first training day of the week. Example: Monday: Box squats, Wed: Cleans, Friday: Heavy powerlifts. Power clean techniques should not be like an olympic lifters. You should clean the weight with only minimal knee bend. This way you will develop maximum pulling power. Box squatting should be done to a box that is about 2 inches above parallel. Your foot spacing should be about shoulder width or a little closer than your normal squat stance. This stance will put more workload on your quads. Do between 8-10 reps for one set. I find that one high intense set is enough. Anyone other than that and you could be overtraining. Whenever you talk to a successful lifter he will tell you that he has been using mind control for many years. I first started using auto mind control in the early seventies and it helped both my lifting and my grades at Ohio University. I would highly recommend Judd Busiato's book on sports psychology. When I talk about training singles everyone thinks I take max 100 percent for 3 or four singles. Well, I don't do that and I don't think anyone can do four 100 percent lifts in the same workout. If someone claims that they do 100 percent singles for several sets I would say that they don't know what their maximum is. I'll give you a simple outline based on a max single of 400 lbs.: 135-10 reps, 225-8-10 reps, 275-4-6 reps, 330-1 rep, 360-1 rep, 380-1 rep, 400-1 rep, 335-1 rep with long pause. Each week if your final single feels good and you make it, then the next week add 5 or 10 lbs to all your singles. Good luck to you Mike, and give all my best to the people back East. Sincerely, your friend, **Roger Estep**.

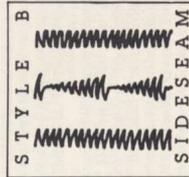
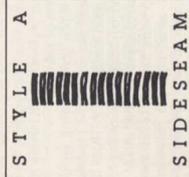
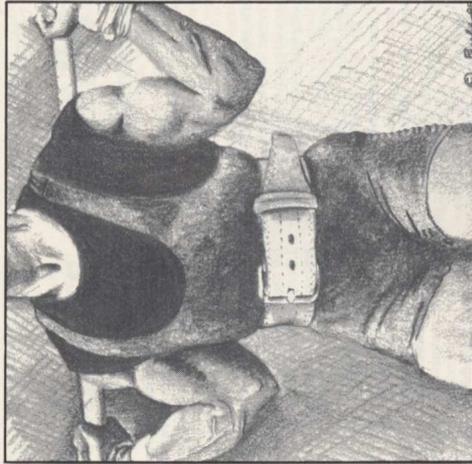
DEAR ROGER: Whenever the question comes up of how long strength, mass, and definition remain after one has stopped working out, the answer given is "about as long as you worked out for". From my experience, I suspect that this answer mirrors merely the fact that the one giving the answer doesn't know (perhaps no one does). It's sort of like answering 50-50 when one has no idea of the relative probability of an outcome. It's been my experience that strength lasts far longer than it takes to gain in the first place, mass somewhat longer, and definition about as long. Is there any research or studies addressing this question on either the physiological or empirical level (i.e., tests measuring the decline when a group stops working out). Thanks, **S.J. Estes**

DEAR MR. ESTES: The deconditioning of the human body is relative to the amount of punishment that one puts upon himself. A well conditioned

athlete may continue to train, but if he doesn't get enough rest, perhaps due to personal problems or a change in jobs or work, or his diet changes to a substandard level, he can decondition fairly quickly under such extreme environmental changes. I imagine that your real question concerns an athlete without such drastic changes in his lifestyle. Let's take a look at an athlete who has been training for 5 years and has to stop training due to business commitments. Now, we don't change, in a few weeks, the behavior patterns that have taken 5 years to develop. The normal decline of conditioning would be very slow, due to the fact that this athlete has developed this behavior pattern that promotes a healthy body. The athlete will continue to eat the proper meals which will keep his body healthy and lean.

In speaking with Dr. Frederick Hegerman, who is in my opinion the top exercise physiology researcher in the country and possibly the world, he gave me an example of an undocumented study he made several years ago. Dr. Hegerman was the physiologist for the U.S. Rowing team, and anyone who knows anything about conditioning knows that oarsmen are some of the finest conditioned athletes in the world. The U.S. team had won the World Championship in 1975, and the 1976 U.S. Olympic team was to be selected at the National Championship in New England. The rowers were to be tested both by performance and by physiological condition in Doc Hegerman's lab. The testing was completed with extra time before Dr. Hegerman was to return to Ohio, and one of the trainers asked nearly the same question that you have. How much physiological deconditioning takes place when athletes stay away from training. Dr. Hegerman took 3 rowers for the 1975 team, who had retired after the World Cup and set up a series of conditioning tests. The three rowers had led entirely different lifestyles over the previous year. Row Number One had stayed in top condition by rowing, running, and weightlifting, even though he was no longer competing. Row Number Two was a businessman who trained occasionally to keep his muscles toned and his weight down. Row Number Three had started a new business and spent most of his time at work and did no training at all for the whole year. The testing of the 3 former athletes was complex and beyond the scope of this article, but to summarize the results, Row Number One tested near the same physiological level as he achieved during his world championship season. The second rower also tested very high compared to his best results of the year prior, in the low 50 percent range. The third rower, which was the athlete of most interest to the researchers, tested at the mid 80 percent of his previous best. Dr. Hegerman realized that there were only 3 subjects in this study, but he believed that the pattern would be consistent throughout the athletic world. Due to Dr. Hegerman's credentials, I would have to agree, and I am sure most exercise physiologists would too. Best Wishes, **Roger Estep**

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What's In a Name? as told by Dr. Fred Hatfield

When I could squat 900, my maximum power output was with a load only 77 percent of that amount, and almost twice as much as with the full 900 pounds. With even lighter weights, my power output continued to drop, until with 100 pounds on the bar my power output was less than 1/3 of the maximum output. My maximum power output is achieved in the range of 550-750 pounds, approximately 61-85 percent of my maximum capability (at the time) of 900 pounds.

What does all of this mean? 1. Under maximum loads, you must try to achieve maximum strain, tissue structure or the weight will not move. 2. Since this is the physiological definition of power, powerlifters (like any other athletes) display power, albeit at maximum loads, you'll be slow. If you train slow, you'll be slow. There's a lesson there, haven't learned as yet. You may get stronger, and your lifting may progress reasonably, but not to the extent that

that must be considered, for it holds the key as to why powerlifting is truly a sport of power, and also as to exactly how you should train for the sport of powerlifting. Power is the ability to contract as many muscle cells as possible in a single burst. In other words, all of the muscle fibers in a given muscle or muscle group contract simultaneously, explosively, to produce movement. By the physicist's definition of power, if movement speed decreases, so does power output. In the real world of sports this is not always true.

Let's explore the term. I think you'll understand why power is so important to you, and I think you'll develop a new appreciation for the sport in the process. One thing for sure, though, your lifts will improve dramatically with properly applied power training as opposed to simple strength training.

Strength is the ability to apply force. No movement involved, no time constraints, only muscle contraction against an external resistance. Power, on the other hand, is defined by physicists as force times distance per unit of time, or, in a more vernacular sense, power is strength with speed. Why is speed important? With heavy loads, you can't move fast; you may justly argue. Besides, some of you more mathematically oriented lifters may counter, the slower the speed of movement, the less the power output. Of course, you're right, from a mathematical point of view.

For example, let's say we have an Olympic lifter who cleans 500 pounds, and it takes one second to pull the weight to its full height of three feet.

$$P = 500 \times 3 \text{ feet} / 1 \text{ second}$$
$$P = 1500 \text{ foot pounds} / \text{second}$$

The Olympic lifter's power is equivalent to 1500 foot pounds per second. Contrasting his effort to that of a comparably skilled powerlifter who deadlifts 800 pounds to a height of three feet in three seconds, the amount of power displayed will be much lower, owing of course, to the heavier load and the greater time it takes to accomplish the lift.

$$P = 800 \times 3 \text{ feet} / 3 \text{ seconds}$$
$$P = 800 \text{ foot pounds} / \text{second}$$

Does that mean the Olympic lifter is more powerful? More to the point, does it mean that the powerlifter is displaying relatively little or no power? Reflect for a moment about what would happen if the Olympic lifter attempted to pull the 800 pounds. Most likely, his power output would be equal to zero! The weight would never leave the floor!

But that's neither here nor there. There's one more definition of power that must be considered, for it holds the key as to why powerlifting is truly a sport of power, and also as to exactly how you should train for the sport of powerlifting. Power is the ability to contract as many muscle cells as possible in a single burst. In other words, all of the muscle fibers in a given muscle or muscle group contract simultaneously, explosively, to produce movement. By the physicist's definition of power, if movement speed decreases, so does power output. In the real world of sports this is not always true.

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they could if you were "training" yourself to get maximum recruitment of your muscle's cells for the event of competitive effort.

4. The range of effort within which you should train for power is, according to my research, as well as that of the Russians, between 60-85 percent of your max. This is also true of nearly every other power athlete there is. Olympic lifters, shot putters, football players and the rest of them.

5. My opinion, is that you should train for strength early in your cycle, and gradually switch over to power training as the competitive cycle draws closer. You need a high level of strength, the Russians call it "absolute" strength, in order to improve your power, but the end result of your training must be to get as many muscle cells firing as possible under the heavy iron. That, again, is the definition of power, and it takes a special form of training.

When you're training for power, about five sets of five repetitions is a good starting point. These figures can be modified according to how you progress, but they should never dip below four reps or rise above six or seven reps. To determine the number of sets that will be most beneficial, use as your guide the number of sets you're able to do before fatigue prevents you from remaining around the target weight. Typically, the number will be lower early in your training and as high as five if you're in shape.

Soviet athletes use a target weight as low as 50 or 60 percent of their

intensity. The best exercises are always the ones that 1) provide maximum isolation 2) allow sufficient intensity to be applied (between 50 and 80 percent of maximum) despite isolation requirements and 3) as closely as possible stimulate the sport movement for which power is being developed, without giving up the opportunity to apply maximum overload, intensity and isolation.

For example, consider the leg extension movement that is typically used for quad development. If the isolation principle were strictly adhered to and if it were all important, then we could safely say that leg extensions were the best way to build strong quadriceps because of the high degree of isolation. Such is not the case. Intensity is limited; it's too low for maximum strength to be developed. Leg extensions are therefore relegated to use in bodybuilding, rehabilitation, and warming up the knee joint prior to training. They are all but useless in developing leg power.

Leg curls, on the other hand, are important in developing hamstring strength. The hamstrings are often overlooked, which results in an imbalance of pull on either side of the knee, often the cause of knee instability and injury. Other exercises that are just as effective as leg curls in strengthening the hamstrings are stiff-legged deadlifts of blocks, glut-ham raises on modified hyperextension bench and long cable pulls from a maximum stretch position. After an equitable quad-ham strength ratio exists, leg curls become superfluous to the same reason leg extensions are.

The obvious compromise—the exercise that proportionately balances the isolation and intensity factors—is the squat with the bar high on the neck and the torso held erect. Both isolation and intensity are maintained at levels high enough to develop explosive leg power—assuming that you use the compensatory acceleration technique and proper levels of overload.

If you want to achieve the ultimate in explosive leg power, these are the exercises I recommend: High bar (Olympic-style) squats for the quadriceps Isokinetic squats Stiff-legged deadlifts from a raised platform for gluteal, hamstring and erector spinae strength

Leg curls to create an equitable strength ratio between the quads and hamstrings Glute-ham raises on a modified hyperextension bench Flexibility exercises for the hips, hamstrings and quadriceps using PNF (proprioceptive neuromuscular facilitation) techniques

Russian-style speed-strength training using jumps, depth (shock) and cyclic training techniques. To ensure that your power training is translated into improved sports proficiency, you should work on your sports skills throughout the off-season as well as during the pre- and in-season. This will help your body to adapt to the more powerful you.

maximum when they train for power because they believe the speed aspect is most enhanced within that range. I believe, and my power curve peaks at 80 to 60 percent of maximum, that power training, the faster the actual sports movements, the lower the weight in excess of about 80 percent will develop strength almost exclusively, whereas loads lighter than 50 percent are good for nothing at all.

So, to clarify the current confusion about functional athletic power, perhaps we ought to set aside the standby formula, power equals load, for a moment. Instead, let's talk about effort: Regardless of the load, as long as maximum effort is being expended to move that load as fast as possible over the required distance, then 100 percent of your potential power output (100PP) is being used. Similarly, 75PP would be equivalent to three-quarters of your potential power, and so on. This simple interpretation more accurately reflects what happens in the real world of sports.

Regardless of how you view power, the perspective of my proposed time/load continuum; one point is clear. You must perform your training squats explosively fast. Explosive training will improve not only improve your ability to recruit a maximum number of muscle fibers, but also the quality of overload. As you progress from the bottom position of the squat to a fully erect position, you gain better leverage, which makes it easier for you to move the weight. If you don't accelerate your movement to compensate for the improved leverage, you lost as much as 75 to 80 percent of the potential adaptive overload. Conversely, if compensatory acceleration (pushing as hard as you can through every inch of the lift) you can improve the adaptive overload efficiency rating to as high as 80 to 90 percent.

Compensatory acceleration is the primary key to developing power in the legs. It's also applicable to the bench press and deadlift because those movements involve moving the weight over a considerable distance. Exercises like crunches and curls, however, involve such a short stroke that compensatory acceleration techniques are inconsequential in improving overload.

Another important key to developing powerful legs is the principle of isolation. Each of the muscles involved in the squat must be overloaded separately. In this way, each is ensured of receiving the greatest constructive overload. Of course, sometimes it's impossible to achieve total isolation; in such cases the best you can hope for is to make the target muscle the weakest of the lot so that it receives the major benefit from the applied overload. If you can't use heavy weight because you have succeeded in isolating to a high degree, you will not stimulate maximal growth. There has to be an equitable balance between isolation and

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May/1984...Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance Work, USPF Director, Bench Press Forum, Calcium, Consumer Guide for Exercises, Referee's Corner, Top 100 275s.

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

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

Oct/1984...Medical Research Review, Jim McCarty Profile, Cos Rethwisch Deadlift Routine, Drug Free Nationals, Teenage Nationals, Anaerobics and Women, Offseason Training, Top 100 148s, Drug Free Top 20 198s.

Nov/85...Dr. Fred Hatfield and the Magic Leg Machine, Randall Kea Drug Free Squat Program, Magruder the Magnificent, Ask the Doctor on Drug Testing, World Masters, Reidar Steen Profile, D.M.S.O., Intermediate Training by John Kuc, Top 100 181s, ADFPA Top 20 114s.

Jan/86...World Championships Report, Cees DeVreugd Profile, Psychology, Ed Coan Deadlift Workout, Hatfield Hatfield Profile, William Taylor, Predicting Strength Loss, Dr. Phil Hatfield Profile, Nutrition Profile, Nutrition Primer Part 2, Top 100 220s, ADFPA Top 20 132s.

Feb/86...YMCA Nationals (Well Benches 551 at 181), Meet Judging Standards, World Team Coach's Report, Hal Hudson's Workout of the Month, Training Without Lifting Aids, Top 100 242s, ADFPA Top 20 148s.

Mar/86...1986 Power Preview, John Kuc on the Squat, Imagery Techniques, Lifting on a Busy Schedule, Saul Shocket Squat workout, Gynecostasia, Fling/Swing Warmup, Top 100 275s, ADFPA Top 20 165s

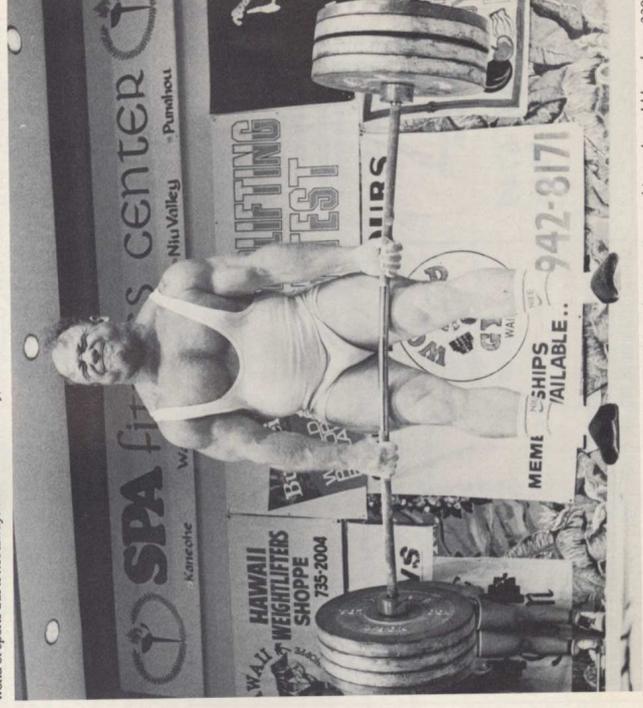
Apr/86...USPF Women's Nationals, Women's Top 20, Lamar Cant Speaks, Randall Kea Bench Press Workout, Rick Cully Profile, Inmate Info, John Kuc Advanced Bench Routine, ADFPA Top 20 181s, Top 100 SHW.

Jun/86...ADFFPA Women's Nationals, the Hawaii Meet (Hatfield's 1008 squat, Kennedy's 903 deadlift), USPF National Collegiates, Mike Shines Power, Intellectual Training, Stress & Nutrition, APF Women's Nationals, Max Efficiency Routine, Top 100 123s, ADFPA Top 20 220s

Jul/86...National Masters Championships, APF Nationals, Bev Francis Bench Routine, MD or Chiropractor? Advanced Deadlift Training, Outfitting a Home Gym, Russian Pack Routine, Top 100 132s, ADFPA Top 20 242s

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If Dr. Fred had been able to hold onto his 793 deadlift at the Hawaii meet, his total would have been 2303!

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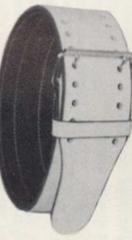
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Warmups may sound like a "matter of fact" subject, but for some competitors, it is an area that can be improved upon, greatly. Some competitors spend weeks and months training for a power meet and fail to get maximum results in competition. Sometimes the problem, or part of it, is poorly planned warmup procedures.

Problems range from taking too many warmups, warmups that go too heavy, or those that are completed too soon. Warmup rooms can be very chaotic places. Some have low squat racks, benches, bars and weights to use. With this, you may have many lifters queuing up to take warmups, each requiring different weights. Less than aggressive lifters can get lost in the shuffle and may not get the proper warmups in adequately prepare for their opening attempts. More warmup platforms is an obvious solution, but they are simply not available at many meets, particularly at the smaller ones, and most particularly at meets with many competitors. The rounds system can help, however, since only the lifters in the next group up are allowed to warm up. Even at high levels of competition, warmup problems can occur. At one 1985 national meet I know of, most of the lighter competitors were warmed up about 30 minutes prior to the start of the meet, because of delays in beginning the contest.

First, let's start with what a warmup is. A warmup is a means to prepare the body for intense exertion. If done effectively, it will prevent injury, reinforce technique, and get the lifter psyched up and confident. A warmup should not be a workout! It should not impair your ability to perform the lifts to come.

Each lifter coming to compete brings with him two very important bits of information. First is an idea of their attempts, and second is their usual warmup progression in a workout. A lifter should use this information to develop his progression and with the help of a coach or fellow lifter, the timing of each warmup. As I mentioned earlier, warmups should not impair or tire the lifter for his competition attempts. Too many times I have seen lifters take a full workout prior to opening, even doing their opener backstage just to make sure they can do it. If you don't know by meet time if you can do it or not, then you should not start that high.

Always start warming up with at least a little stretching. Free hand squats, pushups, and toe touches are the minimum. To save energy, keep the total sets and reps of your warm up to a minimum. The stronger you are, the more sets you might take, but, in turn, the weight jumps between sets would be greater. For example, if you are opening at 300 pounds in the squat, try this progression: 135x8, 185x3, 225x2, 250x1, 275x1. If you are opening at 500 pounds, try this one: 135x8, 225x5, 315x3, 375x2, 425x1, 465x1. With these progressions, you are getting a good warm up and not depleting your strength along the way. Another trick is to add equipment as you progress

STARTIN' OUT

A special section dedicated to the beginning lifter

Warming Up as told by Doug Daniels

mups should be timed as exactly as possible to enable the lifter to be optimally ready. Of course, in the case of a stronger lifter, more warmup sets will be required, but not significantly more. Generally speaking, a lifter should begin warming up about 30 minutes prior to his opening attempt. The bench press may take less time than the squat and deadlift, however. Try to space your warmups about 5 minutes apart. Take your last warmup about 10 minutes before your opener and put on your sweats to keep warm. Have your coach keep you informed as to when you are due up to lift.

More and more meets are going to the rounds system. This makes timing warmups much easier. With the

in weight. For example, perform the first 2 squat sets with just a belt, then add wraps for the next. For the next one or two sets, put on your squat suit with the straps down, and on the final set, go with full battle gear and the straps up. If you use a bench shirt, put it on for the last 2 warmups. Using this strategy, you will get additional "kick" from each piece of equipment, for added confidence.

Next to be considered is the timing of your warmups. Here, a friend can help. I have seen many lifters finishing their warmups long before they actually took their opening attempt. By the time they lift, they are cold again. This will leave them in an injury susceptible situation, and possibly a fatigued state as well. War-

old method, if a lifter missed his attempt and he followed himself, he had up to 4 minutes to take the same weight again. This would complicate the timing of warmups for the following lifters, however, with the rounds system, all lifters take only one attempt per round with the next lifter taking his attempt within one minute after the bar is ready for the next attempt. In a meet using the rounds system, start your warmup after the first group below yours starts taking their first attempts. Use good judgement here, as some rounds can be shorter or longer, depending on the number of lifters in the group.

These guidelines will give you a good basis for warming up during a competition, but they should not be considered as "written in stone." They should be adjusted a bit to suit your needs. Remember, you should not take the equivalent of a workout for as your last warmup to make sure you can do it. Keep in mind what a warmup is; that is the key. You might want to experiment a little with warming up as described here, in the gym, well prior to the meet, you're training for. Simulate meet conditions, so you can gain experience if you are unsure of things. I am certain you will find that your end results will be improved if you plan your warmups effectively.



Dr. Fred Hatfield...warming up at the Budweiser World Record Breakers meet for his 1008 squat. Douglas photo.

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More From Ken Leistner

I am a great believer that common sense will give most trainees the answers that will make their training more effective. Common sense should tell you that a movement is specific to what you are trying to do or it is not. A barbell or training machine motion can mimic something done on the athletic field, but it can never be specific. Studies have indicated that the duplication of a sports action, like shooting a basketball or throwing a shotput or even spinning, is altered, sometimes in a barely perceptible manner, when it is done with added resistance. Running with ankle, wrist, and torso weights was an acceptable training adjunct in the 1960s, and I tried to become faster and stronger by doing this. The belief was that a football player would run like the wind once the weights were removed, because his body had adapted to the heavier load. Unfortunately, results, if any, were negative. The weights altered the usual running motion, and in many cases, interference from the newly learned skill brought slower times.

The strength training community is still trying to build "explosive" athletes by having them "explode" with heavy weights. The only thing likely to explode is connective and muscle tissue! The body's ability to recruit muscle fibers rapidly and fire them is a function of the nervous system and is not subject to alteration from training. For a number of years, the Bulgarian convinced American Olympic weightlifting coaches that our fellows should think speed, while doing the various lifts in order to "pump" the slow twitch fibers. They were saying that one could alter genetically determined muscle type, and the cellular components and organelles within those muscle fibers. This would increase the speed of neurological impulse movement to those fibers. Neurological firing ability, like eye color, is a genetic gift or handicap, and it's yours, forever, at birth. While you can condition the body to respond to certain visual or auditory cues which may reduce response time, there is no known way for the average athlete to reprogram the nervous system so that explosiveness is improved. This may seem like a cornball idea, but the American ethic that hard work takes one to the top, and it is unrealistic to expect a five foot, one inch athlete, no matter how talented, to play in the National Basketball Association. Very often our blurring of the lines determines the potential for athletic success, or dooms one to a life of athletic mediocrity.

Moving quickly with a weight does not mean you will move quickly without a weight. Posture and even the ability to alter limb and torso position quickly is a multi-faceted skill, requiring many factors, most of which you are born with. Training fast is very dangerous. I believe that you expose connective tissues to forces far in excess of the weight on the bar when you "throw" the weight. I also believe that the best way to become athletically faster is other things being equal, and that the best way to become athletically faster is to become as strong as possible in those muscle structures needed for your sport. Proper training should not be designed so that it expose tissue to the risk of tearing. Rapid movements do this, and is dangerous. I am not saying to move the weight slowly all the time. The greatest chance of injury in any set occurs during the first few repetitions. At this point, the athlete is strong enough to exert a force more than moment of the bar demands. These reps must be moved with control. After four or five reps, the muscle will be tired and fatigued to the point that it can no longer cause the bar to move as quickly enough to injure him or her. In order to complete the last few reps of any quickly performed set, the trainee will have to try to move the weight as quickly as possible, but in good form. Again, the weight will be barely moving as he gets closer and closer to momentarily failure.

The history of explosive training and the exercises traditionally utilized to build this magical quality such as power cleans and the like, have a long legacy of pain and injury. The only way to learn the skills of football is to play football. Doing cleans will not help you to get out of your stance and pop some ball. However, being stronger in the hips, thighs, calves, low back, traps, and shoulder girdle might allow you to do it faster. If the denominator for improvement lies in being stronger, then get stronger in the safest way possible. Explosive or fast training is not safe. To expose the trainee to injury or to cause injury as a result of the training program itself, is ludicrous, although this is a common occurrence. Many coaches feel that proper coaching of the Olympic type lifts will allow the athlete to perform these lifts "safely." The power clean is a dangerous exercise and difficult to do despite excellent coaching. It is ridiculous to ask a long limbed, 6'3", 190 pound offensive back to do power cleans. The risk of injury due to unfavorable leverages is very high and again, benefits that come from this exercise can be accomplished without the risk of injury presented by cleans. Even a simply done movement becomes dangerous once momentum is imparted to the bar to the extent that the load then moves at a very rapid rate, something that is inherent to the power clean.

Every trainee should take a long, hard look at their training and use those exercises that produce results without the risk of serious injury.

The following article is geared to the competitive lifter. It is a complete contest cycle of 16 weeks. The starting point is the day after a contest. The day after a contest is usually a lost day. The high of competition is gone, but the aches and pains are there. You are usually drained both emotionally and physically. The first thing that is required is 6 to 8 days of rest. It is during this period that your soreness, aches, pains and minor injuries can be cleared up. This is important because it is tough to start another cycle with aches and pains present. During this period you will also recover mentally from the months of mental stress and drudgery of heavy lifting. The mind plays a very important part in your training. Even though your muscles are highly conditioned it takes mental capacity to realize this strength. If you are mentally frustrated you won't be able to train properly. I personally feel that mental burnout is a tougher challenge to meet than the physical grind of training.

On the first day of training you have to answer the following questions. How much weight should I use, and how many reps? Back the weight off 15 to 20 percent from the training reps prior to the contest. This percentage holds true whether you were doing 25, 35, or 45. Example: 600x3 is reduced to 480 to 510x3. Keep the reps the same. This helps put some order and consistency in your post contest training.

If you do bodybuilding or assist-ance work, start back with 1/2 the sets and 15 to 20 percent less weight than you were using prior to the competition. From this point you slowly work back.

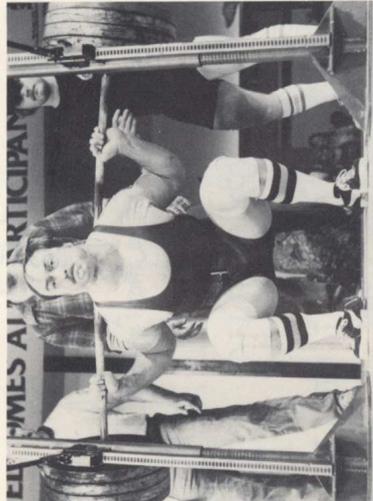
2nd, 3rd and 4th Week Back You should gradually increase the weight with every workout. Your goal is that by the end of the first month you are able to duplicate the opening attempts from your last contest.

You use this period to ease the body and mind back into the heavy week you squat light and deadlift light. The next week you squat light on Monday and on Thursday, followed by heavy deadlifts on Thursday. The simple logic behind this system is you get a cluster of two heavy workouts, a heavy deadlift workout on Thursday and a heavy squat workout on Monday and then a 9 day rest before you go heavy again.

Because heavy training sessions are done only every 9 days, they will have to be of the high intensity, will not be of the high volume, and will be of the high intensity. Get a good warmup, but don't waste time and energy with lots of light reps. You should be sufficiently warmed up in three or four sets of low reps. Get to the heart of your workout as soon as possible. 3 or 4 sets of 25, 35, or 45 done heavy will build strength best. You can work in heavy singles if you feel they are necessary. REMEMBER! 100 percent max contest type lifts shouldn't be done more than once every 6 or 8 weeks. 90 or 95 percent singles can be done on a regular basis.

What you want to do now is set up your gain in plan for the next 12 weeks. I will illustrate how I do this.

TRAINING



John Kuc...one of the great leaders, by example, in drug free lifting. Dussia photo

I group the squat and deadlift together for training because of their similarities, and inter-dependence. Although all three powerlifts interact with one another, it is in the squat and deadlift we see it in the most. They could almost be thought of as one lift, even though they are two distinct movements. This is because of the overlap of the large groups of muscles used in both lifts (hips, legs and lower back).

The squat and deadlift will be treated differently than the bench press because the large muscles are involved. You are required to move very heavy poundages many times throughout your training program. This means you can stale weight easily. I feel the best way to avoid this is a system where you go heavy once in each lift every other week. For example, you squat heavy on Monday, On Thursday of the same week you squat light and deadlift light. The next week you squat light on Monday and on Thursday, followed by heavy deadlifts on Thursday. The simple logic behind this system is you get a cluster of two heavy workouts, a heavy deadlift workout on Thursday and a heavy squat workout on Monday and then a 9 day rest before you go heavy again.

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gain strength overnight. You will experience some days when the weights feel light, but the average days will far outweigh the exceptional days. You must find the true base line of your strength and build from that point. A series of small organized increases between contests leading up to a reasonable contest goal in each lift and repeating this process, contest after contest, is the surest way to secure steady progress, without the use of strength inducing chemicals. It is years and years of what seems like two steps forward and one step backward that produces championships.

Training the Bench Press I feel the bench press should be trained differently than the squat or deadlift, because you have a relatively small muscle mass moving poundages out of proportion to their size. In the bench more weight is moved per pound of muscle than is moved in either the squat or deadlift. For this reason it is easy to become overtrained. Because of this you may not be able to train the bench in the same manner as the squat and deadlift.

A good way to train the bench is a series of very small increases (5 lbs.) every week for 4 weeks straight. Then drop back 15 lbs. lighter than where you started for the 5th week. This is a resting week. Then you begin the 4 week cycle again. Your bench workouts are done twice per week (1 heavy, 1 light). How you arrange these days is a personal choice.

Seis and Reps On the heavy day 3 or 4 sets of 35 with the same weight for all sets. I would recommend these to be done with pauses, for at least 1 set. Your light day could be 4 sets of 5 with about 70 percent of your best single. Don't add weight on a weekly basis. Keep the same weight for the whole cycle. Remember this is a light day. Week to week recovery is the key to making long term progress. Unlike the squat and deadlift where during the first month you ease yourself back into heavy weights, the nature of the bench, press routine does that automatically. It is built in to the program.

This 1 heavy and 1 light day works perfectly into the 16 week cycle. Week 1 is considered light and Week 16 is light or rest. A starting poundage for the heavy day, one week after the contest, would be about 70 of your best bench. In that contest, your first week could have incidental poundages for the light day, but this will change quickly as the increases add up.

There is a great deal of individuality in powerlifting. The preceding routine is as good as any, but adjustments can always be made. The best number of sets and reps vary from individual to individual. The type of individual assistance work also varies from person to person. I do not offer what I believe to be the solid advice, and I hope it benefits the reader.

John Kuc

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

Effective June 2, 1986 our insurance agent has been Jim Thrifflay at the Trentel Insurance Agency, Inc., P.O. Drawer 150, Bay St. Louis, Mississippi, 39520. Our carrier is the Jefferson Insurance Company of New York, One Park Avenue, New York, New York, 10016. Our liability insurance, bodily injury and property damage, is in the amount of \$500,000, but subject to a \$500 deductible per claim, per occurrence.

Certificates of insurance are available from Jim at the above address without cost. Endorsements adding an additional insured are also available for \$208 per weekend. Thirty days' notice is required for the certificate of insurance or the additional insured endorsement.

Once again, the U.S.P.F. is indebted to Brother Bennet for saving our skins. First of all, he informed us of the existence of this insurance, the premiums for which are less than \$1.40 per liter. We had been paying \$4.00 per liter. As the U.S.P.F. Mississippi State chairman, he consented to sign the necessary papers which enabled us to use the services of Jim Thrifflay. Jim tells me he has taught with Brother Bennet at St. Stanislaus for some twenty years. The peace of mind that comes with knowing that one is dealing with a thoroughly honorable insurance agent is priceless.

New Brother Bennet did not have to do any of this. We have not always seen eye to eye with respect to our approaches to powerlifting. Frequently, he has expressed his disappointment with me for something I have done or failed to do. No doubt, even more frequently he has bitten his tongue. For all that, he has never once turned me away when I needed him.

What would our sport be like, if each of us, like Brother Bennet, was ambitious only to serve? We might move mountains, if we didn't care who got credit, if we could help one another without compromising our principles, and if we could embrace a cause greater than ourselves.

On June 9 I received from Cologne the last of the results of the testing of the urine collected at the Women's Nationals, February 1 and 2, and the Collegiate Nationals, April 6. Because we did not know the results of the testing, we did not know the winner of one of the weight classes at the Women's Nationals until more than four months after the event, and one month after the Women's Worlds.

Although the results of the drug testing are not available as I write this, I am unwilling to delay longer offering our congratulations to the team that won the team trophy at Hestia. It was a Chiodrella team with precious few of the big names. Surely, no one would take them seriously! Yet, after the last deadlift had been pulled the United States team found itself the winner by a larger margin than we had expected in some of the star-studded years. They certainly taught us a lesson or two.

For the first time the team was selected in accordance with the principles of the Carpino rule. It is the surest way of selecting our strongest team, because it takes into account an assessment of the foreign competition. On the men's teams this is accepted today, even though it may leave behind the winner of a weight class, may ignore the fact that the stronger lifter in a weight class may have had a bad day at the nationals, and may leave at home the strongest lifter in the world, if he bombed or failed to show. The application of the Carpino rule in selecting the United States team for the Women's Worlds is not generally accepted yet, in part because it is new, but perhaps more importantly because it was imposed by the Executive Committee without advertisement. For this, I must take the blame and do, hereby, tender my apology.

The debilitating divisions within the team that we had witnessed in other years were conspicuously absent. In part, this turned out to be one of the serendipitous aspects of testing: each member had tested negative for anabolic steroids at Salt Lake City. Though others may have doubted, each member of the team could attest personally to the scrupulousness with which the samples were collected. In part, team spirit was fostered by the coaches, Bernie Gagne and Ramona Kenady, who worked as well with each other as they did with the individual team members. In part, it was the helpfulness and steadfast band of those who accompanied the team at their own expense. Most of all, however, it was the lifters themselves who made the difference. Each behaved as though she was an integral part of, rather than an individual attached to, the United States team. This point was commented upon by the lifters of several nations.

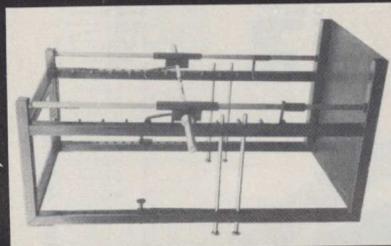
Has our country and our sport ever been better represented? Perhaps, but not that far we can recall.

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For some reason, athletes like to be big. Ask any young teenage lifter what he would like most out of his training and they'll quickly respond "to get bigger". There's not a whole lot we can do to add to our genetically determined vertical features (height), but when it comes to packing on the pounds, there's a heck of a lot we can do. That's the point of this article: "Are You Obese?" or on your way to becoming obese? It doesn't matter if you are 5'2" or 6'2", what I'd like to do is focus on how much adipose tissue you are carrying.

How can you tell if you're obese? In the clinical sense, obesity is defined as being 20 percent above your ideal bodyweight, but that figure represents a bodyweight of the average American male or female. I doubt that a lifter, seasoned or beginner, could follow such average standards. These figures were set up by some insurance company and a pumped up bicep was never considered. How about the term "overweight"? Again, the clinical definition tells us that anyone who is 10 percent above ideal bodyweight is to be labeled "overweight". By such standards, some of the best weight training athletes are the leanest and most overweight athletes in the world! If you find yourself in a discussion with a layman, a non-lifter of sorts, be sure to explain that the figures in the overweight/obese standards of measurement were determined for the average, non-weight training individual. Of course, there are finely tuned athletes who never touch a weight and a superbly conditioned, but are lean, however, I have yet to see any non-weight trained athletes who are very heavily developed. Nonetheless, if you are tipping the scale at 20 pounds or 30 pounds or even more above your "ideal" weight, you've got to ask yourself "Am I Obese?" Are you carrying around way too much excess fat, a useless store of calories that (1) does not help one bit in a PR lift, (2) can actually hurt your total in the short run, and (3) hurt your life's total in the long run.

How do you determine how much fat/muscle tissue you really have? A good place to start is right in front of a mirror. Strip down and take an honest look, front and side. Do you look bulky, especially around the mid-dle? How's your face? Are your cheeks also puffy? That puffiness can be edema, and is one of the signs of obesity or approaching obesity.

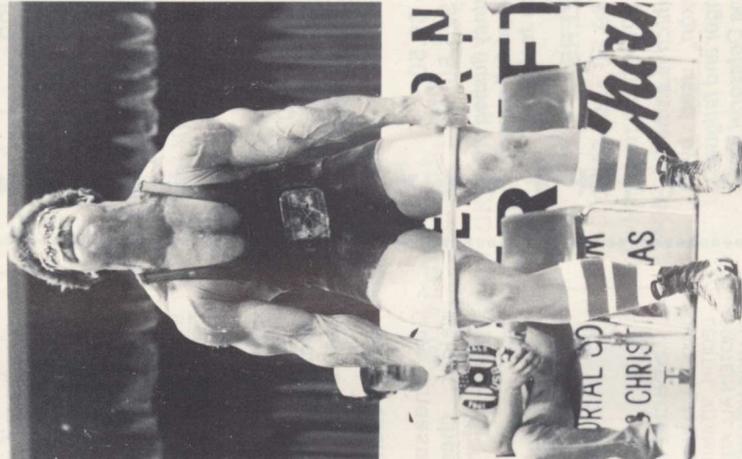
Another honest way is to take several photographs of yourself at various stages. Make it a point to have such photos taken every 4 to 6 months. Believe me, there's something about a photo that really brings out the reality of the situation.

What about the tape measure? It's not a reliable indicator for several reasons. One is that you're measuring both fat and muscle. Two, you need the same person to measure you in the same manner each time (which is sometimes hard to accomplish). What about the scale? Again, you're measuring both fat and

NUTRITION CORNER

by Jack Digan

Are You Obese?



Paul Aston is one of many top lifters who have maximized the muscle and minimized any fatty tissue on his physique, to insure efficient lifting success.

There are other, more clinical means of determining a level of fatness, which include the ultrasound method, which uses ultrasonic waves to determine, very accurately, the amount of fat versus muscle in a given area. Another method is through the use of X rays, where the bone, muscle and fat ratio are determined by the use of a computer. Of course, there are other methods, including the once quite popular means of determining "water weight" by submergence in a tank. If you've determined that you're carrying around more stored energy, fat, than you need, then answer an honest question: "Would I be a better lifter if I had less fat?" The answer should be an obvious one... "Yes!"

You might worry that your total will go down, if you lose some of that weight. It will, but your total doesn't decrease because you've lost fat. Muscles move the iron, not fat, and when most people lose weight they also lose the very thing that moves the weights, muscle. When you drop 10-15 pounds incorrectly, both fat and muscle tissue are reduced. When deprived of the nutrients and calories the body needs, it will break down both muscle and adipose tissue to replenish its stores. This goes back to your body's main function: Survival. Setting PRs in a Powerlifting meet comes somewhat farther down on the list of priorities. How do you reduce fat while maintaining your muscle size and strength?

Most lifters are under the mistaken impression that in order to lose fat weight, they need to cut the carbohydrates; the breads, cereals, rice and potatoes, while increasing the protein; meats, fish, chicken. Since your body's main interest is survival, it's first need is energy, in the form of calories. What is a better source of energy, carbohydrates or protein? Carbs, of course. When you limit your bread, cereal, fruit and vegetable intake, your body has less available energy. The problem is compounded because protein is a relatively poor source of energy. When deprived of good energy sources, the body will resort to its own storehouses of energy, not depleting any single one at once, and both muscle tissue and fat tissue are utilized to make up the energy deficit.

The real key is not to become obese in the first place. Remember that it is the fat in foods and in food preparation that yields the greatest calorie count. For example, a 3 oz. chicken breast will be about 180 calories, but when that same chicken breast is fried the calorie count is doubled! A plain baked potato contains about 100 calories, but when converted to french fries, the count is again doubled! Learn to choose and prepare your foods without additional fats, grease, lard, oil, butter, gravies, etc. The food calories and nutrients you take in will be utilized to move the weights, not be stored as energy. Remember, muscle moves the weights, not fat.

Gaining weight is relatively easy. Taking good, solid, muscular weight gains time and the right approach to both your workouts and eating habits. Get an adequate amount of protein each day, but not excess amounts. Choose complex carbohydrates along with fruits and vegetables. Avoid fried foods and extra fats in your diet and you'll gain the right kind of weight, muscle, and look a lot better, be a lot healthier, and lift better than you ever would have by carrying a lot of excess fat. Keeping muscle while losing fat is a complex problem. If you have any questions or comments, drop me a line, and I'll see if I can help.

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MAX	PERCENTAGE								MAX	
	75	77 1/2	80	82 1/2	85	87 1/2	90	92 1/2		95
	REPS									
	10	9	8	7	6	5	4	3	2	
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160	120	125	130	135	140	145	150	155	160	165
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The Marathon Superfit Concept in Custom Belts.
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<p>marathon®</p> <p>Check, Money Order, MasterCard, or Visa must accompany orders. Overseas orders add 20% for surface freight, 30% for air freight. California residents add 6% sales tax, L.A. County, 6 1/2%.</p> <p>Name _____ Address _____ City _____ State _____ Zip _____ Exp. Date _____ Phone (____) _____</p> <p>Signature _____ Order Today From: Marathon Distributing Co. 1229 Via Landeta · Palos Verdes Estates, CA 90274</p>					
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Marathon Distributing Co. will guarantee your belt against normal wear and tear for the life of the belt

THE CUSTOM SERIES
Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The highest quality materials and craftsmanship combine to give you support and durability unequalled by any other line of belts. Others have followed, but none have achieved the handcrafted excellence of these Custom Lifting Belts.

Style A—Deluxe double-thick suede with six rows of stitching & single prong
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Style B—Deluxe double-thick suede with six rows of stitching & double prong
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Style F—Deluxe, double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong.
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PREVIOUSLY \$75.00 NOW \$60.00

ADFFA Southern Championships

Table with columns: Name, Age, Weight, Class, and various performance metrics (SQ, BP, DL, Total).

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North Carolina State Meet

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Maine Open Novice

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Indiana Police Fire Championships

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added another state title to his list off of some very balanced lifting. Both he and Rex Freeman had suffered injuries which affected their bench press significantly, but they both became healed and returned to the state meet.

The 198 lb. class had two lifters, Jay Driskill and Larry King, total over elite and quality for Senior Nationals (AP). Jim Venable hit a big 470 lb. lift, but it was not enough to beat the previous state records. Larry King showed a lot of potential and tremendous improvement in the future. Ron Everett walked away with the title in the 220s. Ron came up very strongly with a 740 lb. squat but was turned down on depth. Jeff Lamberson added another state title to his list. He was the only lifter to lift more than 1000 lbs. in the 140s. Jeff was the best in the 140s. Jeff Lamberson squatted and benched well up to his potential. He was the best in the 140s. Jeff Lamberson squatted and benched well up to his potential. He was the best in the 140s. Jeff Lamberson squatted and benched well up to his potential. He was the best in the 140s.

Hercules Gym Open
10 May 86 - El Paso, TX

WOMEN'S DIVISION	SQ	BP	DL	Total
Darlene Williams	310	155	315	780
114 lbs.				
132 lbs.	225	135	280	640
Roger Atkins	230	135	310	675
148 lbs.	525	225	530	1280
Gary Lopez	425	265	315	845
Domingo Lerma	475	340	545	1360
165 lbs.				
180 lbs.	475	340	545	1360
Gary Flores	475	340	545	1360
John Bowen	375	215	430	1020
181 lbs.				
Michael Cade	325	335	550	1410

respectable total for a new lifter. Sam Phillip

FREEFLEX... is a unique lifting bar developed by Chris Eckler, in which the hand grips are free to rotate, so that twisting strain on the wrists and elbows is completely eliminated. Though obviously suited to EZ Bar bar applications, it is also used in other lifts. For further information contact FREEFLEX, Box 504, Nashua, New Hampshire 03063-9963.

1985 A.A.U. Records	West Virginia	Arizona State ADPPA	Nebraska Collegiate	Iowa State Teenage	West Virginia Junior State	IFB WORLD RECORDS (kilos)
242.5 Cumba-J.	210 J. Parks	280 R. Booth	210 J. Parks	275 B. Donnelly	264 M. Emerick	242.5 Cumba-J.
242.5 Cumba-J.	210 J. Parks	280 R. Booth	210 J. Parks	275 B. Donnelly	264 M. Emerick	242.5 Cumba-J.
242.5 Cumba-J.	210 J. Parks	280 R. Booth	210 J. Parks	275 B. Donnelly	264 M. Emerick	242.5 Cumba-J.

Eastern Kansas Meet
22 Mar 86 - Ft. Leavenworth (kilos)

60 M. Dorion	100 B. 120	167.5 445	
182.5 115	190 482.5	125 105	147.5 377.5
262.5 172.5	267.5 702.5	225.5 182.5	265 700
272.5 132.5	240 645	212.5 147.5	305 625
290 167.5	280 737.5	185 150	285 685

FOR THE RECORD
THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, GYM RECORDS; ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.

1985 A.A.U. Records

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Power Plus Open
22 March 86 - Zanesville, OH

Women's Division	SQ	BP	DL	Total
Sueie Benford	205	110	285	600
97 lb.				
Janet Couder	200	150	210	560
114 lb.				
Bobby Reidell	240	130	305	705
130 lb.				
Janice Conant	220	130	275	625
120 lb.				
Brenda Mace	155	75	215	445
123 lb.				
Katie Haynes	275	160	315	750
132 lb.				
Chris Nedricki	270	150	360	780
132 lb.				
Kris Beedy	165	105	230	500
110 lb.				
T. Eesehamm	230	125	285	640
170 lb.				
SHW Class				
Cheryl Spang	170	160	200	530
130 lb.				
Todd Zadar	465	320	600	1385
Gregg Hynson	445	240	440	1125
Paul Betzac	490	240	605	1300
140 lb.				
Craig Wiseman	340	240	380	960
148 lb.				
MASTERS DIVISION by formula				
Reese Prater	520	280	500	1300
170 lb.				
M. Williams	400	280	500	1180
140 lb.				
Monte Daniels	400	270	450	1125
R. Williamson	470	245	480	1195
Dave Dryden	470	245	480	1195
David McEwen	345	265	395	1005
140 lb.				
Ralph Kennedy	325	200	400	925
Claude Stevens	375	235	450	1060
140 lb.				
James Taggart	190	240	380	1010
120 lb.				
Chris Nedricki	400	220	420	1040
123 lb.				
Opal Yost	210	100	230	540
100 lb.				
BELOW CLASS II				
Vince Borjas	255	155	270	680
Larry Leson	210	160	230	600
Janet Corder	170	150	210	560
123 lb.				
Brenda Mace	155	75	215	445
123 lb.				
Todd Vickers	315	215	390	920
132 lb.				
Brian Miller	240	125	260	590
132 lb.				
Craig Wiseman	340	240	380	960
148 lb.				
Kevin Matler	235	130	365	730
148 lb.				
Mike Lewis	275	170	315	760
148 lb.				
Chris Nedricki	270	150	360	780
132 lb.				
Bob Latham	225	200	380	725
148 lb.				
Greg Hynson	445	240	440	1125
Dale Jones	360	240	450	1110
148 lb.				
Bill Fied	350	240	445	1035
148 lb.				
Ed Schenine	300	265	400	965
148 lb.				
Don Duncan	285	190	340	815
148 lb.				
Bill Daughy	460	280	490	1230
R. Williamson	405	270	450	1125
Leon Hammond	380	240	485	1105
148 lb.				
Mike Jones	390	285	415	1090
148 lb.				
Jay Foreman	390	235	455	1080
148 lb.				
Ron Carabanti	360	235	455	1050
148 lb.				
Doug Leach	350	230	450	1030
148 lb.				
Reg McCannell	350	250	450	1050
148 lb.				
John Walter	350	265	410	1025
148 lb.				
Chris Nedricki	410	255	485	1150
148 lb.				
Craig Fitzhary	385	235	415	935
148 lb.				
Ross Dodson	345	205	390	940
148 lb.				
Ralph Kennedy	325	200	400	925
148 lb.				
Son Hellick	335	210	375	920
148 lb.				
Gregory Honis	365	220	335	900
148 lb.				
Mike Swope	315	190	375	880
148 lb.				
Ron Miller	270	195	350	815
148 lb.				
Dwight Brickey	530	335	545	1410
Todd Zadar	465	320	600	1385
Harry Cummings	500	310	535	1345
148 lb.				
Paul Betzac	490	240	605	1300
140 lb.				
Dan Redman	460	380	415	1255
148 lb.				
Jim Bennett	475	225	515	1215
148 lb.				
Matt Haines	450	320	435	1190
148 lb.				
Ray Guilmetti	425	245	500	1170
148 lb.				
Mark Vest	430	300	425	1155
148 lb.				
John Eys	375	255	460	1090
148 lb.				
Skip Schmidt	380	230	450	1060
148 lb.				
Bryan Moore	380	230	475	1085
148 lb.				
Jim O'Brian	350	230	475	1055
148 lb.				
Wayne Harris	380	225	415	1020
148 lb.				
Rance Taggart	390	225	380	1010



Power Plus Open saw meet director Jim Miller presenting Kim Daron with her award. She totaled Masters and exceeded a Teenage National record.

Weight	Scott Dodson	340	175	390	905
181 lb.	Don Graham	580	335	615	1515
181 lb.	Brian Billman	560	340	550	1450
181 lb.	Harry Cummings	500	310	535	1345
181 lb.	Jeff Ritzler	505	360	480	1345
181 lb.	Kevin Honis	500	300	530	1330
181 lb.	Bryan Moore	380	230	450	1060
181 lb.	Jim Tallor	615	300	660	1575
181 lb.	Duane Barlett	540	355	555	1450
181 lb.	Robert Chabali	520	350	525	1395
181 lb.	Jim Kish	535	325	530	1390
181 lb.	Randy Horton	515	310	525	1340
181 lb.	Rick Wolford	500	325	475	1300
181 lb.	Mike Leikari	440	275	555	1270
181 lb.	John Black	745	420	700	1865
181 lb.	Pete Frische	675	410	650	1735
181 lb.	Fred Conroy	570	365	600	1615
181 lb.	Dave Ogan	565	415	565	1545
181 lb.	Dave Rick	720	455	740	1890
181 lb.	John MacLeod	690	375	620	1685
181 lb.	Rick Wilson	660	400	610	1670
181 lb.	Matt Lawrence	700	325	630	1655
181 lb.	Donald Swain	480	330	475	1285
181 lb.	Roger Rutherford	790	450	730	1970
181 lb.	John Black	635	505	660	1660
181 lb.	Howard Hancock	570	345	600	1515
181 lb.	Jerry Wagner	545	345	580	1470
181 lb.	Richard Lee	135	135	135	405

U.S.P.F. Scorecards... beautifully printed in red, blue, gold and black, these cards have spaces for all necessary information for announcers and scorekeepers to conduct a contest, and included is a comprehensive equipment checklist (detachable). Available for \$20 per 100, payable to U.S.P.F., c/o Nate Foster, 204 Harvey Drive, Manhattan, Kansas 66502.

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181 lb.	Richard Lee	135	135	135	405

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Robert Marsh......a winner at the New York State meet, Sandy Kemp photo.

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M. Hunter	142	92.5	162.5	397.5	J. Griffin	305	162.5
M. Bradway	107.5	60	147.5	350	J. Roberts	272.5	172.5
R. Dunbar	107.5	60	167.5	322.5	L. Shwartz	230	185
J. Duane	142.5	90	172.5	415	M. Mack	301.5	210
S. Graves	162.5	87.5	155	405	C. Fomire	220	112.5
B. Gauthier	125	80	167.5	372.5	V. Peterson	260	162.5
D. Dewea	142.5	80	165	382.5	M. Neumann	145	115
S. Brown	125	80	167.5	372.5	M. Gregory	285	147.5
S. Wright	142.5	80	165	382.5	W. Laver	152.5	110
R. Palaz	149	87.5	152.5	380	R. Pamilo	237.5	130
M. G. Cola	155	65	165	385	D. Castagna	227.5	145
M. Sontire	132	60	142.5	302.5	B. Brand	142.5	82.5
J. Ro	205	97.5	200	517.5	M. Brun	137.5	60
J. Moller	137.5	97.5	170	405	P. Arsenault	75	47.5
T. Reddy	192.5	120	202.5	517.5	H. Churco	95	47.5
K. Bell	165	132.5	192.5	490	Open	155	92.5
J. Miller	170	117.5	190	477.5	T. Bolotto	322.5	212.5
M. Capletts	165	132.5	192.5	490	S. Barnes	125	75
P. Filopiatos	185	120	215	520	T. Varcas	307.5	165
J. Hill	215	110	170	498	H. Sorano	272.5	192.5
S. Hill	185	120	215	520	H. Sargent	225	142.5
S. Hill	215	110	170	498	B. Carone	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5
S. Hill	215	110	170	498	L. Brown	230	152.5

Robert Marsh......a winner at the New York State meet, Sandy Kemp photo.

New York Teenage, Juniors, Sub-Masters and Masters Championships 12,13 Apr 86 - Glens Falls, NY

164.5	121	132.5	67.5	165	370
S. Facteau	137.5	67.5	165	370	

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Name _____ Address _____ State _____ Zip _____

Kentucky State Teenage Meet		1 Mar 86 - Fort Knox, KY	
R. May	192	143	319
I. Bister	154	159	336
J. Buford	413	292	451
M. G. Cola	192	143	319
T. DiBilio	352	259	374
A. Stark	286	203	402
J. Holt	242	231	363
J. Stoppel	175	176	308
K. O'Flyer	330	308	440
J. Pineroia	391	220	402
J. Watkins	391	220	402
J. W. Weaver	332	220	380
R. Caron	187	253	281
J. Stonewall	565	374	540
M. Hillier	308	231	387
P. Estep	203	231	387
R. K. Playforth	418	319	473
M. Woodring	479	242	451
M. Porter	429	214	468
C. Gibson	350	231	363
T. Thomas	429	352	529
T. Collins	275	225	385
I. Sheller	435	336	413
18-19 Ages	314	259	402
14 lbs.	123	118	975
12 lbs.	270	192	270
10 lbs.	297	170	363
8 lbs.	341	192	369
A. Kilbourne	380	176	336
B. Abney	286	231	314
D. Maxwell	454	264	485
D. Houchens	325	220	402
R. Caron	292	252	308
A. Smith	462	281	473
T. Allen	424	286	473
C. Abney	385	236	485
A. Trindell	248	170	347
J. Medez	264	220	352
L. Janes	330	231	440
C. Pyleman	286	192	374
C. Pyleman	275	165	319
K. Wally	242	176	242
D. Groswald	308	407	347

Corpus Christi Open		8,9 Mar 86 - Corpus Christi, TX (kilos)	
OPEN	132 lbs.	157.5	152.5
P. Alaniz	162 lbs.	227.5	152.5
M. Gomez	180 lbs.	250	137.5
D. Larson	198 lbs.	337.5	202.5
M. Norrquist	202 lbs.	342.5	202.5
S. O'Neil	247.5	202.5	262.5
220 lbs.	277.5	187.5	267.5
J. Haynes	235	167.5	255
M. Schumacher	242	187.5	267.5
J. LeBeaus	287.5	187.5	267.5
D. Dewese	295	167.5	255
R. Sempa	307.5	197.5	320
WOMEN	114 lbs.	135	60
S. Matham	100	50	115
125 lbs.	107.5	55	142.5
155 lbs.	220	137.5	220
G. Kaiser	220	145	222.5
P. Parndon	172.5	132.5	215
198 lbs.	250	162.5	227.5
D. Bird	247.5	165	242.5
220 lbs.	160	117.5	157.5
A. Figueroa	117.5	80	157.5
BELOW CLASS III	148 lbs.	157.5	142.5
H.C. Fakon	157.5	142.5	345
J. Thomas	157.5	142.5	345
R. Kaiser	182.5	120	220
R. Kaiser	172.5	132.5	215
J. Mallory	185	122.5	205
198 lbs.	205	155	220
H. Weiner	205	155	220

Unit lifted year, more power you. Thanks to the ADFPA membership State Teenage Championships, for results!

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Upcoming National Meet Qualifying Totals

Table with columns for Men's Contests, ADFPA National, USPF Master Open, ADPA Nationals, USPF Teen Nationals 14-15, USPF Teen Nationals 16-17, USPF Teen Nationals 18-19, YMCA Nationals, and Women's Contests. Includes a list of names and their respective scores.

Table titled 'Upcoming National Meet Qualifying Totals' showing scores for various categories like Men's Contests, ADFPA National, USPF Master Open, ADPA Nationals, USPF Teen Nationals 14-15, USPF Teen Nationals 16-17, USPF Teen Nationals 18-19, YMCA Nationals, and Women's Contests.

Table titled 'Upcoming National Meet Qualifying Totals' showing scores for various categories like Men's Contests, ADFPA National, USPF Master Open, ADPA Nationals, USPF Teen Nationals 14-15, USPF Teen Nationals 16-17, USPF Teen Nationals 18-19, YMCA Nationals, and Women's Contests.

Table titled 'Upcoming National Meet Qualifying Totals' showing scores for various categories like Men's Contests, ADFPA National, USPF Master Open, ADPA Nationals, USPF Teen Nationals 14-15, USPF Teen Nationals 16-17, USPF Teen Nationals 18-19, YMCA Nationals, and Women's Contests.

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Registration form for the United States Powerlifting Federation. Includes fields for name, address, phone, and checkboxes for membership and referee status.

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Advertisement for Bear Gage featuring illustrations of a bear and a person using the machine. Text includes 'HEY! WHAT'S THAT?', 'Pullover and Benchpress machine', 'Squat rack', 'Deadlift', 'Curl machine', and 'Upright, bent rows, seated rows, and bench rows, and much more all heavy!'.

Advertisement for Bear Gage featuring illustrations of a bear and a person using the machine. Text includes 'HEY! WHAT'S THAT?', 'Pullover and Benchpress machine', 'Squat rack', 'Deadlift', 'Curl machine', and 'Upright, bent rows, seated rows, and bench rows, and much more all heavy!'.

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his age group. The Bayou State Team won the team title and the championship trophy was presented by Bobby Smith along with the several Bayou State athletes. The Bayou State Team won the 2nd Annual Louisiana USPF Competition will be the 2nd Annual Bayou Classic Meet hosted by Goodhue Health Club of Monroe, LA and directed by former Bayou State coach Mike Reed, LA USPF State Chairman.

New Mexico Championships NM (kilos)
19 Apr 86 - Albuquerque, NM (kilos)

Rank	Name	SQ	BP	DL	Total
1	148	182.5	165*	220	567.5
2	149	182.5	165*	212.5	559.5
3	150	182.5	165*	212.5	559.5
4	151	182.5	165*	212.5	559.5
5	152	182.5	165*	212.5	559.5
6	153	182.5	165*	212.5	559.5
7	154	182.5	165*	212.5	559.5
8	155	182.5	165*	212.5	559.5
9	156	182.5	165*	212.5	559.5
10	157	182.5	165*	212.5	559.5
11	158	182.5	165*	212.5	559.5
12	159	182.5	165*	212.5	559.5
13	160	182.5	165*	212.5	559.5
14	161	182.5	165*	212.5	559.5
15	162	182.5	165*	212.5	559.5
16	163	182.5	165*	212.5	559.5
17	164	182.5	165*	212.5	559.5
18	165	182.5	165*	212.5	559.5
19	166	182.5	165*	212.5	559.5
20	167	182.5	165*	212.5	559.5
21	168	182.5	165*	212.5	559.5
22	169	182.5	165*	212.5	559.5
23	170	182.5	165*	212.5	559.5
24	171	182.5	165*	212.5	559.5
25	172	182.5	165*	212.5	559.5
26	173	182.5	165*	212.5	559.5
27	174	182.5	165*	212.5	559.5
28	175	182.5	165*	212.5	559.5
29	176	182.5	165*	212.5	559.5
30	177	182.5	165*	212.5	559.5
31	178	182.5	165*	212.5	559.5
32	179	182.5	165*	212.5	559.5
33	180	182.5	165*	212.5	559.5
34	181	182.5	165*	212.5	559.5
35	182	182.5	165*	212.5	559.5
36	183	182.5	165*	212.5	559.5
37	184	182.5	165*	212.5	559.5
38	185	182.5	165*	212.5	559.5
39	186	182.5	165*	212.5	559.5
40	187	182.5	165*	212.5	559.5
41	188	182.5	165*	212.5	559.5
42	189	182.5	165*	212.5	559.5
43	190	182.5	165*	212.5	559.5
44	191	182.5	165*	212.5	559.5
45	192	182.5	165*	212.5	559.5
46	193	182.5	165*	212.5	559.5
47	194	182.5	165*	212.5	559.5
48	195	182.5	165*	212.5	559.5
49	196	182.5	165*	212.5	559.5
50	197	182.5	165*	212.5	559.5
51	198	182.5	165*	212.5	559.5
52	199	182.5	165*	212.5	559.5
53	200	182.5	165*	212.5	559.5
54	201	182.5	165*	212.5	559.5
55	202	182.5	165*	212.5	559.5
56	203	182.5	165*	212.5	559.5
57	204	182.5	165*	212.5	559.5
58	205	182.5	165*	212.5	559.5
59	206	182.5	165*	212.5	559.5
60	207	182.5	165*	212.5	559.5
61	208	182.5	165*	212.5	559.5
62	209	182.5	165*	212.5	559.5
63	210	182.5	165*	212.5	559.5
64	211	182.5	165*	212.5	559.5
65	212	182.5	165*	212.5	559.5
66	213	182.5	165*	212.5	559.5
67	214	182.5	165*	212.5	559.5
68	215	182.5	165*	212.5	559.5
69	216	182.5	165*	212.5	559.5
70	217	182.5	165*	212.5	559.5
71	218	182.5	165*	212.5	559.5
72	219	182.5	165*	212.5	559.5
73	220	182.5	165*	212.5	559.5
74	221	182.5	165*	212.5	559.5
75	222	182.5	165*	212.5	559.5
76	223	182.5	165*	212.5	559.5
77	224	182.5	165*	212.5	559.5
78	225	182.5	165*	212.5	559.5
79	226	182.5	165*	212.5	559.5
80	227	182.5	165*	212.5	559.5
81	228	182.5	165*	212.5	559.5
82	229	182.5	165*	212.5	559.5
83	230	182.5	165*	212.5	559.5
84	231	182.5	165*	212.5	559.5
85	232	182.5	165*	212.5	559.5
86	233	182.5	165*	212.5	559.5
87	234	182.5	165*	212.5	559.5
88	235	182.5	165*	212.5	559.5
89	236	182.5	165*	212.5	559.5
90	237	182.5	165*	212.5	559.5
91	238	182.5	165*	212.5	559.5
92	239	182.5	165*	212.5	559.5
93	240	182.5	165*	212.5	559.5
94	241	182.5	165*	212.5	559.5
95	242	182.5	165*	212.5	559.5
96	243	182.5	165*	212.5	559.5
97	244	182.5	165*	212.5	559.5
98	245	182.5	165*	212.5	559.5
99	246	182.5	165*	212.5	559.5
100	247	182.5	165*	212.5	559.5
101	248	182.5	165*	212.5	559.5
102	249	182.5	165*	212.5	559.5
103	250	182.5	165*	212.5	559.5
104	251	182.5	165*	212.5	559.5
105	252	182.5	165*	212.5	559.5
106	253	182.5	165*	212.5	559.5
107	254	182.5	165*	212.5	559.5
108	255	182.5	165*	212.5	559.5
109	256	182.5	165*	212.5	559.5
110	257	182.5	165*	212.5	559.5
111	258	182.5	165*	212.5	559.5
112	259	182.5	165*	212.5	559.5
113	260	182.5	165*	212.5	559.5
114	261	182.5	165*	212.5	559.5
115	262	182.5	165*	212.5	559.5
116	263	182.5	165*	212.5	559.5
117	264	182.5	165*	212.5	559.5
118	265	182.5	165*	212.5	559.5
119	266	182.5	165*	212.5	559.5
120	267	182.5	165*	212.5	559.5
121	268	182.5	165*	212.5	559.5
122	269	182.5	165*	212.5	559.5
123	270	182.5	165*	212.5	559.5
124	271	182.5	165*	212.5	559.5
125	272	182.5	165*	212.5	559.5
126	273	182.5	165*	212.5	559.5
127	274	182.5	165*	212.5	559.5
128	275	182.5	165*	212.5	559.5
129	276	182.5	165*	212.5	559.5
130	277	182.5	165*	212.5	559.5
131	278	182.5	165*	212.5	559.5
132	279	182.5	165*	212.5	559.5
133	280	182.5	165*	212.5	559.5
134	281	182.5	165*	212.5	559.5
135	282	182.5	165*	212.5	559.5
136	283	182.5	165*	212.5	559.5
137	284	182.5	165*	212.5	559.5
138	285	182.5	165*	212.5	559.5
139	286	182.5	165*	212.5	559.5
140	287	182.5	165*	212.5	559.5
141	288	182.5	165*	212.5	559.5
142	289	182.5	165*	212.5	559.5
143	290	182.5	165*	212.5	559.5
144	291	182.5	165*	212.5	559.5
145	292	182.5	165*	212.5	559.5
146	293	182.5	165*	212.5	559.5
147	294	182.5	165*	212.5	559.5
148	295	182.5	165*	212.5	559.5
149	296	182.5	165*	212.5	559.5
150	297	182.5	165*	212.5	559.5
151	298	182.5	165*	212.5	559.5
152	299	182.5	165*	212.5	559.5
153	300	182.5	165*	212.5	559.5
154	301	182.5	165*	212.5	559.5
155	302	182.5	165*	212.5	559.5
156	303	182.5	165*	212.5	559.5
157	304	182.5	165*	212.5	559.5
158	305	182.5	165*	212.5	559.5
159	306	182.5	165*	212.5	559.5
160	307	182.5	165*	212.5	559.5
161	308	182.5	165*	212.5	559.5
162	309	182.5	165*	212.5	559.5
163	310	182.5	165*	212.5	559.5
164	311	182.5	165*	212.5	559.5
165	312	182.5	165*	212.5	559.5
166	313	182.5	165*	212.5	559.5
167	314	182.5	165*	212.5	559.5
168	315	182.5	165*	212.5	559.5
169	316	182.5	165*	212.5	559.5
170	317	182.5	165*	212.5	559.5
171	318	182.5	165*	212.5	559.5
172	319	182.5	165*	212.5	559.5
173	320	182.5	165*	212.5	559.5
174	321	182.5	165*	212.5	559.5
175	322	182.5	165*	212.5	559.5
176	323	182.5	165*	212.5	559.5
177	324	182.5	165*	212.5	559.5
178	325	182.5	165*	212.5	559.5
179	326	182.5	165*	212.5	559.5
180	327	182.5	165*	212.5	559.5
181	328	182.5	165*	212.5	559.5
182	329	182.5	165*	212.5	559.5
183	330	182.5	165*	212.5	559.5
184	331	182.5	165*	212.5	559.5
185	332	182.5	165*	212.5	559.5
186	333	182.5	165*	212.5	559.5
187	334	182.5	165*	212.5	559.5
188	335	182.5	165*	212.5	559.5
189	336	182.5	165*	212.5	559.5
190	337	182.5	165*	212.5	559.5
191	338	182.5	165*	212.5	559.5
192	339	182.5	165*	212.5	559.5
193	340	182.5	165*	212.5	559.5
194	341	182.5	165*	212.5	559.5
195	342	182.5	165*	212.5	559.5
196	343	182.5	165*	212.5	559.5
197	344	182.5	165*	212.5	559.5
198	345	182.5	165*	212.5	559.5
199	346	182.5	165*	212.5	559.5
200	347	182.5	165*	212.5	559.5
201	348	182.5	165*	212.5	559.5
202	349	182.5	165*	212.5	559.5
203	350	182.5	165*	212.5	559.5
204	351	182.5	165*	212.5	559.5
205	352	182.5	165*	212.5	559.5
206	353	182.5	165*	212.5	559.5
207	354	182.5	165*	212.5	559.5

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ZIP CODE			
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AGE	SEX	U.S. CITIZEN	
YES	NO	YES	NO
REGISTRATION FEE \$12.00	MASTERS YES NO	CLUB MEMBER NAME OF CLUB YOU REPRESENT	
ATHLETES, fill out card completely and mail with fee to:			
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IF UNDER 18 HAVE PARENT INITIAL	SIGNATURE <input checked="" type="checkbox"/>		

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Southern California Championship
19 Apr 86 - Glendale, CA (kilbs)

WG	BP	DL	Total	
132 lbs	227.5	160	230	
147 lbs	192.5	125	272.5	
162 lbs	172.5	137.5	190	
187 lbs	195	145	205	
212 lbs	245	157.5	215	
237 lbs	197.5	117.5	222.5	
262 lbs	187.5	115	205	
287 lbs	272.5	215	282.5	
312 lbs	245	160	250	
337 lbs	250	192.5	247.5	
362 lbs	295	207.5	287.5	
387 lbs	247.5	150	270	
412 lbs	250	155	250	
437 lbs	195	140	235	
462 lbs	217.5	137.5	205	
487 lbs	245	182.5	265	
512 lbs	245	145	272.5	
537 lbs	197.5	160	227.5	
562 lbs	387	227.5	302.5	
587 lbs	337	240	375	
612 lbs	Androzowski	317.5	170	
637 lbs	Bill Cavalieri, the meet director, received a popular championship and presented a well run contest. The beautiful trophies of an exotic design delighted the participants. The performance of Isagawa, the Japanese National Champion, who set new national standards in lifting 617.5 kilbs in the 60 kilo class. Larry Knapik, the mike kept the lifting moving at a very fast pace. Referees included: Don Halsey, Roger Halsey and Bill From Halsey. (Thanks to Don J. Halsey for results).	327	240	375
662 lbs	337	240	375	
687 lbs	337	240	375	
712 lbs	337	240	375	
737 lbs	337	240	375	
762 lbs	337	240	375	
787 lbs	337	240	375	
812 lbs	337	240	375	
837 lbs	337	240	375	
862 lbs	337	240	375	
887 lbs	337	240	375	
912 lbs	337	240	375	
937 lbs	337	240	375	
962 lbs	337	240	375	
987 lbs	337	240	375	
1012 lbs	337	240	375	
1037 lbs	337	240	375	
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group, not bad for a guy who has the job of... director at the same time? The 3 women lifters...

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	MUSCO-MXT	Non-Users
Average strength increase in pounds	133.16	61.4
Increase per body part; in pounds/chest	19.84	8.9
back	26.57	8.7
shoulders	30.86	17.0
legs	57.78	24.6
TOTAL	135.05	

Average girth; size increase in inches

MUSCO-MXT	2.84
Non-Users	.4

	MUSCO-MXT	Non-Users
Average muscle mass; (lean body weight) increase in pounds	5.18	1.4
Average fat percentage increase	-1.39% (Decrease)	2.84% (Increase)

83 people were tested over a 4 week period. The average muscular strength of those who used MUSCO-MXT increased at twice the rate of those who exercised without MUSCO-MXT.

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LCIS Powerlifting Meet
 22 Feb 86 - Dequency, LA

	SQ	BP	DL	Total
D. Lastrape	250	150	330	730
M. Ringland	250	160	240	650
W. B. B. B.	250	160	240	650
D.C. Jones	400	210	435	1045
T. Saravant	330	205	390	925
M. Williams	400	390	550	1340
148 lbs.	335	285	390	1010
B. Kliepeter	350	225	400	975
D. Thomson	270	200	330	800
D. Rhodes	200	200	280	680
C. Spain	500	350	550	1400
J. Pearson	360	285	500	1145
T. White	340	240	430	1010
181 lbs.	270	210	395	875
198 lbs.	465	340	485	1290
L. James	455	275	490	1220
R. Gray	400	305	425	1130
200 lbs.	430	245	455	1130
C. Ballard	430	245	455	1130
G. Fell	460	350	540	1350
R. Dimes	455	380	500	1335
B. Hobbes	425	275	445	1145
M. Johnson	370	240	450	1060
220 lbs.	470	315	585	1370
L. Anderson	350	325	450	1125

Masters Division
 C. Dufrene 275 205 345 800
 Best Lifter: Charles Spain. Second Best Lifter: Melvin Williams. This was an extraordinary meet. For thirteen new records were set for the division. 400 squat, 435 deadlift and a total of 1045. Melvin Williams broke all four records in the 148 with 430-300-530-1260. As usual, Charles Spain in the 165 with a 500 squat, 350 bench, and 400 total. There was a real battle in the 181 division between Richard Gray, Patrick Marie, and Lee T. Tyvis. Tyvis took the deadlift record at a 1290 mark, while Marie took the deadlift record with a pull of 500. There was a real grudge match in the 198 division between Richard Dixon and Brian Hohenbery. Although both had a bad day,

Region 9 Championship
 26,27 Apr 86 - Longview, TX (kilos)

	SQ	BP	DL	Total
C. Hibbing	82.5	50	127.5	260
Bookout	85	30	102.5	217.5
K. Davis	147.5	90	160	397.5
L. Finnegan	102.5	62.5	157.5	322.5
C. Springs	130	60	140	330
G. Bunker	120	45	145	310
T. Tyvis	117.5	47.5	115	280
S. Bland	117.5	47.5	115	280
L. Onville	117.5	52.5	140	310

Women
 97
 C. Hibbing 82.5 50 127.5 260
 123
 Bookout 85 30 102.5 217.5
 14
 K. Davis 147.5 90 160 397.5
 14
 L. Finnegan 102.5 62.5 157.5 322.5
 C. Springs 130 60 140 330
 G. Bunker 120 45 145 310
 T. Tyvis 117.5 47.5 115 280
 S. Bland 117.5 47.5 115 280
 L. Onville 117.5 52.5 140 310

Below Class 2
 123
 R. Gilmore 152.5 92.5 152.5 397.5
 120
 90
 137.5 347.5
 132
 K. Sims 150 75 150 375
 148
 183.5 120 180 383.5
 M. Beck 172.5 120 195 487.5
 M. Hill 197.5 85 195 477.5
 O. James 162.5 115 195 472.5
 M. Johnson 142.5 120 195 457.5
 M. Middleton 142.5 120 195 457.5
 M. Pierce 142.5 120 195 457.5
 T. Pope 145 107.5 187.5 440
 R. Alaniz 155 82.5 182.5 420
 207.5 152.5 207.5 567.5
 D. Cole 172.5 152.5 207.5 530
 B. Allen 177.5 122.5 215 515
 M. Knoch 197.5 115 182.5 495
 S. Bertamini 227.5 140 215 582.5
 198
 182.5 110 190 482.5
 T. Demont 182.5 97.5 195 480
 C. Alley 165 112.5 187.5 465
 G. Herd 165 112.5 187.5 465
 M. Daab 160 110 180 450
 181
 227.5 165 240 632.5
 M. Johnson 227.5 160 215 582.5
 E. Mealy 160 137.5 205 502.5
 C. Fuller 187.5 105 187.5 480
 M. Collier 165 127.5 175 467.5
 B. Merline 165 127.5 175 467.5
 M. Elmore 140 120 192.5 452.5
 198
 260 175 265 700
 J. McFarland 240 175 262.5 677.5
 L. Cox 210 155 225 590
 199
 197.5 120 232.5 550
 L. Wedlock 182.5 145 227.5 555
 E. Grady 175 142.5 172.5 490
 E. Green 227.5 170 260 702.5
 D. Baird 272.5 120 245 642.5
 M. Shumaly 200 100 210 510
 W. Allen 242
 260 172.5 395 727.5
 T. Lightsey 240 160 250 650
 G. Bunker 240 160 250 650
 L. Hanson 242.5 170 227.5 645
 C. Herrick 237.5 145 262.5 645
 G. Brinkley 227.5 137.5 230 595

275
 J. Clapa 280 170 267.5 717.5
 M. Lord 172.5 182.5 195 470
 148
 185 132.5 150 467.5
 M. Abels 207.5 107.5 192.5 507.5
 S. Kovar 182.5 107.5 177.5 467.5
 J. Whiddon 190 77.5 190 457.5
 250
 135 227.5 612.5
 K. Harrison 250 145 200 595
 B. Della Rosa 197.5 115 182.5 495
 C. George 230
 312.5 137.5 295 745
 D. Cole 275 147.5 260 682.5
 B. Allen 260 150 205 615
 S. Bertamini 227.5 140 215 582.5
 E. LaMonica 198
 327.5 200 392.5 820
 M. Johnson 272.5 155 262.5 710
 G. Herd 240 175 262.5 677.5
 J. Daszak 250 165 250 665
 T. Casard 222.5 147.5 235 605
 M. Johnson 307.5 185 360 852.5
 J. Hood 317.5 212.5 335 865
 S. Johnson 335 212.5 287.5 835
 T. Allen 285 185 287.5 757.5
 M. Davis 277.5 190 255 722.5
 R. Reed 352.5 205 330 887.5
 M. Wagner 310 227.5 277.5 815
 C. Sanders 295 182.5 377.5 795
 W. Dorsy 285 185 287.5 757.5
 M. Sanderson 285 137.5 230 672.5
 275
 J. Turner 295 220 295 810
 R. Schultz 280 170 267.5 717.5
 S. P. W. 295 185 277.5 757.5
 Teams - Longview P1 Team 31 pts., Grumbling 31 pts., Longview P2 Team 31 pts., Grumbling 31 pts. We would like to thank Mike Best (USPF LA State Chairman) and Glen Venator (USPF TX State Chairman) for judging and helping make this meet a great success! Thanks to Rich Peters for results.

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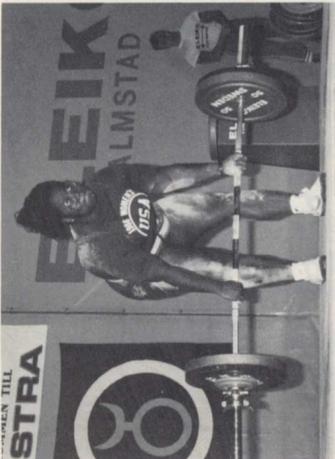
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From Top to Bottom: the USA team dominated the competition at the Women's Worlds. All of the lifters who represented the United States passed pre-drug testing, including Judy Gedney (left), the 97 lb. class winner, who proudly shared the winner's platform with her husband and coach Roger, and Annie McEroy (above), the 90 kilo plus class winner, who served as captain of the great group of girls who represented us this year. Photos courtesy of the USA team, who graciously offered for her lifting access to her strength coach at a Division I University in the nation.

(Continued from page 11)
in the bench, but just wasn't able to pull the deadlift she needed for the lift. Umeyo Kunihito of Japan didn't judge in this class as the good judge in the squats and glared at all officials after each failed attempt. All three were easy, but, in my opinion, only her last was even parallel.

67.5 Kg. Class: Heidi Wittesch, last year's champ at 75 kg, was the victor in this class. After missing her opener in the squat on depth, Heidi made her next two with power to spare. In the bench, she made her opener with 220, then missed her second attempt with 231. On her third given two white lights. Both side judges gave white lights, and the head judge the lone red. I mentioned the advantage point in the press area before, and it was obvious to me on this lift that her buttocks came off the bench. How the side judges missed this, I will never understand. I think the infraction was so obvious the head judge may have red lighted the lift for that reason. Heidi then took 233.5 for a fourth attempt and the same thing happened. This time, however, she got three white lights. The second place finisher in this class was Sumita Laha from India. This woman was strong. Her squats were done easily, the only problem was satisfying the judges. Her first two attempts were called on depth (actually, I thought her opener was good), but she managed to get her final lift in, which was unfortunate because I thought she had the strength to make it as much as 440. Helena Koponen of Finland went 8 for 9 and finished 5.5

attempt with 512 was out of the groove slightly, and she gave up on it. From there she rushed to victory, finishing 88. On the bench, she made Cynid Reagan, who missed her 2nd and 3rd attempts when both missed the good lift. As she drove the bar home, she was the sole medalist in the class. Per Borjesson of Germany, cozed her nationality. When she missed her 3rd attempt, she jokingly gave the referee a half pointing, but bleeding changed her mind. In the deadlift, her third attempt stopped a little short on her lines, and she was given the down signal. She supported the weight on her thighs and pulled the lift to completion anyway and then standing erect with the bar, cocked her head to one side as if to say, "I'd forgotten about the rules for this lift." 3rd was lady Yvonne Clark of Great Britain, and the 4th place finisher was Susanne Tjernell-Fornegren of Sweden, who brought out the best in the hometown crowd.

90 Kg. Class: Again a class was dominated by the American entrant, in this case, Lorraine Costanzo. Lorraine attempted a grand total of six world records. Her first world record attempt was a 523 pound squat which she missed on depth, although there was plenty of power there. She then made this weight easily on her fourth attempt. Next, she fired up three relatively easy benches, making 295 on her 3rd, and she jumped to a world record 264, which just wasn't quite there. She then made two deadlifts. Her second gave her the world record total of 1212. On her third attempt she tried for another world record, a deadlift of 464, which also would have given her a another world record total. However, after you have already won a world championship and set two world records, it's tough to maintain that intensity (so I am told, I don't know this from experience), and she missed the lift. From the looks of her 451, she had more than enough power to do as much as 473. Second place went to Jackie Pepper of Great Britain, who went 9 for 9 and added 66 pounds to her total of last year. Actually, she looked as if she could have made one more attempt in each lift.

90 Kg. Plus Class: The US had two entrants in the Superheavyweight class, Annie McEroy and Cynid Reagan. McEroy was the star of the show in the squats as she absolutely smoked her first and second attempts with 440 and 473. Her third

attempt with 512 was out of the groove slightly, and she gave up on it. From there she rushed to victory, finishing 88. On the bench, she made Cynid Reagan, who missed her 2nd and 3rd attempts when both missed the good lift. As she drove the bar home, she was the sole medalist in the class. Per Borjesson of Germany, cozed her nationality. When she missed her 3rd attempt, she jokingly gave the referee a half pointing, but bleeding changed her mind. In the deadlift, her third attempt stopped a little short on her lines, and she was given the down signal. She supported the weight on her thighs and pulled the lift to completion anyway and then standing erect with the bar, cocked her head to one side as if to say, "I'd forgotten about the rules for this lift." 3rd was lady Yvonne Clark of Great Britain, and the 4th place finisher was Susanne Tjernell-Fornegren of Sweden, who brought out the best in the hometown crowd.

90 Kg. Plus Class: Again a class was dominated by the American entrant, in this case, Lorraine Costanzo. Lorraine attempted a grand total of six world records. Her first world record attempt was a 523 pound squat which she missed on depth, although there was plenty of power there. She then made this weight easily on her fourth attempt. Next, she fired up three relatively easy benches, making 295 on her 3rd, and she jumped to a world record 264, which just wasn't quite there. She then made two deadlifts. Her second gave her the world record total of 1212. On her third attempt she tried for another world record, a deadlift of 464, which also would have given her a another world record total. However, after you have already won a world championship and set two world records, it's tough to maintain that intensity (so I am told, I don't know this from experience), and she missed the lift. From the looks of her 451, she had more than enough power to do as much as 473. Second place went to Jackie Pepper of Great Britain, who went 9 for 9 and added 66 pounds to her total of last year. Actually, she looked as if she could have made one more attempt in each lift.

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National High School Team Champs...Lake Highlands High of Dallas, Texas.

National High School Championship		10,11 May 86 - Oklahoma City, OK	
Plac	Le	435	248
1	Phuc Le	518	264
2	Robert Jager	501	286
3	Mark Aghajyan	463	259
4	Kirk Hesser	463	259
5	Rod Thompson	381	391
6	Greg Williams	397	187
7	Greg Williams	336	154
8	Ronnie Mills	281	187
9	No Hoang	286	165
10	William Bena	242	137
11	Ron Drainer	242	143
12	Chris Condy	374	181
13	Chris Condy	308	270
14	Shawn Coyne	325	176
15	Alan Buckner	369	181
16	Mike Hunaker	343	139
17	Mike Gonzalez	220	115
18	Peter German	440	245
19	Chris Judd	424	192
20	Derek Judd	374	198
21	Billy Hickman	363	203
22	Mike Hieber	338	192
23	Derek Gurley	338	192
24	Greg Wheat	297	259
25	David Patner	325	176

High School Meet		8 Feb 86 - Fairfield, TX	
1	Mark McD	540	188
2	Jeff Smith	495	145
3	John Burleson	795	349
4	Mike Daniels	760	349
5	Michael McCreary	750	349
6	Bernard McCreary	965	220
7	Keith Parkney	960	220
8	Don Nemms	955	220
9	Don Nemms	955	220
10	Greg Brinkley	850	1360
11	Bob Frank	850	1360
12	Andy Morris	1145	480
13	Larry Dunaib	1020	340
14	Terrence O'Neil	975	340
15	Scott Smith	1040	340
16	Danny Sherrod	900	340
17	John Burleson	795	349
18	John Burleson	795	349
19	John Burleson	795	349
20	John Burleson	795	349

Michelle Feece was the only female competitor in the National High School meet, and went 308 154 352.



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N. California Deadlift
9 Mar 86 - SF, CA (kilos)

1	Chris Parker	551	330	567	1449
2	Eric Gilstrap	551	292	573	1416
3	Scott Stewart	480	303	523	1311
4	Mike Kohlbeck	424	330	534	1289
5	Rene Brown	551	237	501	1289
6	Tommy Escobar	452	295	480	1221
7	Tommy Escobar	452	295	480	1221
8	Joey Popchok	347	220	451	1019
9	Anthony Moman	468	259	474	1201
10	John Driver	429	220	490	1140
11	Bryan Richards	347	248	490	1085
12	Adams Hallam	336	176	374	887
13	Tommy Dixon	628	330	606	1565
14	Michael Walker	523	275	523	1322
15	Mike Lisco	474	303	503	1278
16	Neel Williams	402	214	490	1107
17	Scott Neill	600	303	567	1471
18	David Hawk	391	352	463	1207
19	Mateo Cavazos	330	220	385	937
20	John Austin	501	336	540	1377
21	Paul Gundry	606	407	490	1504
22	John Austin	501	336	540	1377
23	John Austin	501	336	540	1377
24	John Austin	501	336	540	1377

Competition is not a Dirty Word
So says Lynne Boshoven, the USPTF Michigan Women's Chairperson. "Doesn't every powerlifter want to improve her performance? What better personal challenge than the test of a competition?" Lynne notes the many meets she attends where there are more women's trophies than there are competitors and encourages women lifters in Michigan and elsewhere to get out and compete. "Every personal record you break makes you a winner." A former anorexic who weighed 87 pounds, Lynne now competes actively at 181, and can vouch for the success of an intensive weight program. "Who are any of us really competing against but ourselves?" Feel free to contact her at Cold Steel Gym, 0-2050 Chicago Drive, Hudsonville, Michigan.

A.D.F.P.A. TOP 20 125 kg. 275

This Top 20 list by Jim Callagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from May 1, 1985 to May 11, 1986.

Please send a copy of all ADFPA meet results to Jim Callagher, 301 Pine St., Glenolden, PA 19036. This will keep these lists as up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT		BENCH PRESS		DEADLIFT		
1	845 E. Arnold	416/86	550 R. Calvin	416/86	854 J. Luc	511/85
2	700 E. Serris	626/85	503 R. Serris	626/85	700 E. Arnold	416/86
3	805 G. Welch	722/86	496 G. Welch	722/86	2012 G. Welch	222/86
4	738 C. Machin	722/85	496 G. Welch	722/86	1808 C. Machin	722/85
5	710 T. Ardito	218/86	480 N. Staats	372/86	1805 I. Minter	319/86
6	705 R. Foreman	416/86	480 R. Weaver	319/86	1800 R. Weaver	319/86
7	680 R. Hunter	218/86	465 J. Luc	511/85	1740 T. Ardito	218/86
8	678 S. Mageo	215/86	460 C. Machin	112/86	1710 R. Harvey	1218/85
9	675 K. Toth	218/86	452 A. Ramsey	518/85	1700 C. Wagner	416/86
10	670 R. Weaver	319/86	450 R. Weaver	319/86	1690 J. Carroll	416/86
11	670 R. Weaver	319/86	450 R. Weaver	319/86	1686 G. Bollig	517/86
12	650 V. Yarnall	112/85	450 V. Yarnall	112/85	1675 C. Machin	722/85
13	650 C. Carvin	416/86	450 K. Albert	518/85	1675 C. Carvin	416/86
14	650 W. Mason	222/86	440 L. Duggan	218/86	1670 W. Mason	222/86
15	645 D. VanRocklin	322/86	440 J. Zazzini	216/86	1660 G. Krueger	215/86
16	640 C. Wagner	416/86	440 L. Minter	319/86	1625 S. Mageo	215/86
17	640 C. Wagner	416/86	440 C. Wagner	416/86	1625 S. Mageo	215/86
18	639 T. Buford	112/85	440 C. Wagner	416/86	1650 T. Giordani	1026/85

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California State Novice	5Q	BP	DL	Total
12,13 Apr 86 - San Jose, CA (kilos)				
114 David Seymour	60	42.5	87.5	190
123 Scott Hill	117.5	77.5	140	335
124 Lonza Ruiz	60	35	85	180
132 Ray Fong	132.5	87.5	160	380
Clayton Chadwell	182.5	107.5	192.5	482.5
Tim Porter	142.5	100	190	432.5
135 Mark McCall	122.5	120	182.5	425
136 M. Mowbray	115	52.5	125	292.5
A. Kruppenebacher	95	55	115	265
Denise Nelson	95	45	102.5	242.5
137 Tim Dresler	205	127.5	240	572.5
138 Jim Hardison	175	127.5	192.5	495
139 Mark McCall	160	100	220	480
140 Malcolm May	122.5	120	182.5	425
141 Rodriguez	25	82.5	205	312.5
181 Mike Hidalgo	237.5	145	222.5	605
Jeff Amos	217.5	127.5	172.5	517.5
Brian Cornwall	260	—	—	—

Women's Heavy	SQ	BP	DL	Total
7 Dec 85 Canonsburg, PA				
181 Carl Kuhn	—	—	—	—
182 Bill Purvis	95	205	—	—
183 Mike Vona	285	450	—	—
184 Jamie Harris	240	350	—	—
185 Brian Moore	148	—	—	—
186 Joe Yinger	285	430	—	—
187 M. Giordano	370	—	—	—
188 Joe Swiak	460	—	—	—
189 Tim Johnson	585	—	—	—
190 Denny Fincham	500	—	—	—
191 Ralph Davis	495	—	—	—
192 Scott Forse	415	—	—	—
193 Tim McDonald	400	—	—	—
194 Mike Schmitt	400	—	—	—
195 Steve Whit	575	—	—	—
196 Mike Godzisz	300	—	—	—
197 Robt Rosenberry	530	—	—	—
198 242 McCordell	500	—	—	—
199 Charles Iorio	450	—	—	—
200 John Comport	450	—	—	—
201 Bob Rinallo	700	—	—	—
202 Mike Sarno	620	—	—	—
203 Kip Zalik	400	—	—	—
204 Leo Wysocki	440	—	—	—
205 Butch Frye	400	—	—	—
206 Peter Hottel	400	—	—	—
207 Heavyweight	285	—	—	—
208 Jack Peniketer	490	—	—	—
209 Chris D'Orazio	610	—	—	—
210 D. Smithberger	550	—	—	—
211 James Buckholt	440	—	—	—

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L-Phenylalanine..... 125 mg
Biotin..... 100 mg
Biotin (Phytosterol)..... 40 mg

Arginine-Ornithine growth hormone releases stimulate muscle growth and burn body fat. L-Carnitine releases and burn body fat. Biotin releases and burn body fat. Biotin (Phytosterol) releases and burn body fat. Biotin (Phytosterol) releases and burn body fat.

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L-Tyrosine..... 500 mg
L-Valine..... 500 mg

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L-Leucine..... 80 mg
L-Phenylalanine..... 80 mg
L-Tyrosine..... 80 mg
L-Valine..... 80 mg

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Magnesium Aspartate..... 200 mg

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L-Carnitine..... 250 mg

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L-Leucine..... 150 mg
L-Phenylalanine..... 150 mg

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Coming Events

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15-19 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
18 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
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10 AUG, 7th Annual United States Branch Press Championships, San Diego, CA (Info: 619-441-6111)
16 AUG, Gunny Open and Deadlift, San Diego, CA (Info: 619-441-6111)
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Men, Masters, CFI, 7025 Frankford Ave., Pennsauken, NJ 08109, 201-383-8300
13 DEC, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
14 MAR, Strich's Power Day III, Carl Swisher, 18 Interstate Pkwy., Bradford, PA 16701, 814-682-3664
11-12 APR, New York State Teenage Juniors, Submasters and Masters Championships, Allentown, PA (Info: 610-797-7474)
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15-19 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
18 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
19 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)
20 JUL, U.S. Master Class Open, Chicago, Ill. (Info: 312-462-9273)

