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ON THE COVER...Mike Hall posted the highest total ever subjected to IPF urinalysis at the U.S.P.F. Senior Nationals
 NEXT MONTH...the A.D.F.P.A. National Championships

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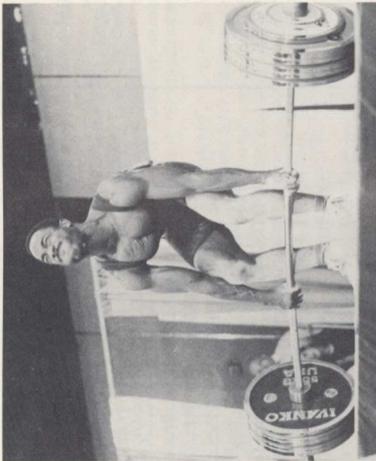
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U.S.P.F. SENIORS

by PL USA Editor, Mike Lambert

This year's U.S.P.F. Senior Nationals was held at the Holiday Inn at O'Hare Airport in Chicago, and this will go to the file of next year's U.S.P.F. Senior Nationals. At the time of last year's meet in Columbus, Ohio, the U.S.P.F. and A.P.F. were in the middle of a merger. Ralph Sessa caught a big dose of flack, much of it simply by association. A new seating arrangement made by the all fans involved more visible by all the fans involved and no complaints were heard by the writer about any aspect of the contest. To the contrary, there were lots of smiles and satisfied lifters everywhere. Of course, this year's meet had the added dimension of IOC style drug testing, versus the previous contest, and each of the contestants had to provide a urine sample after their final lift, at risk of disqualification. The samples will be tested to determine class winners and membership on the team representing the United States in the International Powerlifting Federation World Championships in Holland this November. An additional complication for the team this year, is that they will have to guarantee their ability to pay their way to the meet, since the U.S.P.F. treasury has been depleted extensively through defense of legal actions that began at last year's meet.



123 Pound Winner... Dave Pataway won a very close battle with Joe Stenfield. Catalano has also put his name in the hat for membership on the Jr. World Championship team in India, and he plans to lift in the A.D.F.P.A. Nationals as well in August. All this activity must make it easier for him to make weight.

Stenfield has returned to top level competition after a few years out of the limelight, and he is much stronger for it. After getting another try at 292 in the bench after a problem with a handoff, Joe rammed it up in-
 Another military lifter, Dave Pataway, did some superb lifting, over 100 pounds better than he did in winning the juniors a month earlier, and the one of the best lifters in the world on those final deadlifts. Freddie Higgins made one more attempt than Ramsey for 3rd. Jim Morgan, a popular winner in last year's contest, was just as popular this time around, and had a rousing finishing place battle with lean Brian Foddrell, a time deadlifter. Steve Snyder, youthful but a veteran of big meets, must have wondered where all these guys came from, but he was able to finish up ahead of Brad Waskiewicz, of California, who missed one bench on time. Young Olivier was impressive but couldn't come close on any of his lifts at 424 in the deadlift, and showed the abject frustration he was feeling.
 Lamar Gant wants to prove something nowadays about his lifting, not that he needs to, and he came to the meet with the kind of fire in his eyes that he had when he defeated Joe Bradley in a record busting shootout at the 1980 World Championships. Everything he did was perfect, powerful, and controlled. He took a massive 61 pound jump in his first deadlift, a world record lift of 661 pounds, and the uncurled his twisted every knot of a back with strength to spare in forcing out this into a stretcher of a lift. When Lamar feels like he has a mission in Powerlifting, no one has been able to stand up to him, but he's not who might be, as young, Riddell Kan of Georgia, Riddell had been bringing at some monster lifts all year, but mysteriously

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recently off a bodybuilding cycle, he heard Larry Sylvia of Connecticut is a fine featherweight, who suffered through a three attempt day to finish up 615. No shame, as the lighter classes at this meet are a struggle, indeed. Rex McLaren had a splendidly packed day, and New Yorker Brad Oliver topped a rough Senior National performance, another 3 attempt day, but Rich Pell was the only 'bombout' casualty. In fact, there were fewer bombouts at this year's Seniors than in many recent ones.

In the lightweights, Ausby Alexander had primed himself for a special victory at this meet. Last year, he suffered through a controversial judge's ruling regarding his shirt, that clearly led to his bombing out of the meet, but he took this setback with dignity and set his course for another onslaught this time around. His pre-meet performances, early in the year had been well above the world record in total, and even his "cruise control" effort at the A.P.F. Seniors the week before seemed very easy. After many making weight battles before the advent of the 24 hour before weigh in, Ausby came into this meet almost 2 1/2 pounds under the limit, and he has not at his sharpest or strongest in this meet. On the other hand, Dan Austin was the picture of control and precision power. He had his cruise control on at this meet, and it didn't kick loose until the deadlifts, when the pressure was off. 672 would have given him a world record in total. Ty Stapleton was a newcomer to the Seniors, and being from Oklahoma he got rousing vocal support from Rickley Dale and Kim Crain (who is expecting by the way). Some of his attempts were announced as Junior World record poundages, and he showed he's not afraid to come back and get a lift after missing it at first. Bob Bridges won last year's meet with the same total that Austin posted this year, but when you only get 3 attempts in, even if one of them is a 611 deadlift, you can't take a chance at 148 in the US of A. Brother Mike Bridges had qualified for this meet at the California State Championships, but was not present at the gym competition. Pete Scholz, the gym owner from Monmouth, Illinois, is a

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Persistent... what Joe Catalano is, lifting in two Seniors in eight days.



114ers Catalano (left) did well, but Bobby Sanders (right) was too HOT!

The inaugural American Powerlifting Championships took place at the site of many previous great moments in Powerlifting, the Dayton Convention Center in Ohio, with its huge seating capacity, comfortable air-conditioning and close proximity to the host hotel, and the P.O. of the P.O. World Powerlifting Council. The meet was held on an auspicious day, the 1979 (1979) U.S.P.F. Senior Nationals Championships, 1982 & 1984, and on the 1986 U.S.P.F. Senior Nationals. Ausby Alexander had primed himself for a special victory at this meet. Last year, he suffered through a controversial judge's ruling regarding his shirt, that clearly led to his bombing out of the meet, but he took this setback with dignity and set his course for another onslaught this time around. His pre-meet performances, early in the year had been well above the world record in total, and even his "cruise control" effort at the A.P.F. Seniors the week before seemed very easy. After many making weight battles before the advent of the 24 hour before weigh in, Ausby came into this meet almost 2 1/2 pounds under the limit, and he has not at his sharpest or strongest in this meet. On the other hand, Dan Austin was the picture of control and precision power. He had his cruise control on at this meet, and it didn't kick loose until the deadlifts, when the pressure was off. 672 would have given him a world record in total. Ty Stapleton was a newcomer to the Seniors, and being from Oklahoma he got rousing vocal support from Rickley Dale and Kim Crain (who is expecting by the way). Some of his attempts were announced as Junior World record poundages, and he showed he's not afraid to come back and get a lift after missing it at first. Bob Bridges won last year's meet with the same total that Austin posted this year, but when you only get 3 attempts in, even if one of them is a 611 deadlift, you can't take a chance at 148 in the US of A. Brother Mike Bridges had qualified for this meet at the California State Championships, but was not present at the gym competition. Pete Scholz, the gym owner from Monmouth, Illinois, is a

A.P.F. SENIORS

by PL USA Editor, Mike Lambert

is not rushed into another limit attempt so quickly. Norb Palermi, a master lifter from Pennsylvania, has gradually made the transition from the 114 lb. class, where he was a very competitive lifter, to the heavier divisions where he will be challenging the very best as he takes advantage of the additional muscular bodyweight. Thum shocked his coach, Ernie Thum, when he missed a 485 deadlift 3 times in a row, badly, which was surprising since Ernie had seen him handle that for reps in training, and there was no trauma in making and handling the lift. Ernie had bodyweight for the division, as he had before in the evening before. Former U.S.P.F. Seniors champ, Ralph Caputo never got past the squats. As a whole, good and consistent. Of course, many of the judges are some of the same ones you will see at many other national meets, across organization boundaries, also. For example, trophy entrepreneur Al Steg was there, and he's done a lot of judging for the A.D.F.P.A. in the past.

At 148, Ausby Alexander did not originally intend to enter this meet, as he wanted to average, specifically, the bombout at the last U.S.P.F. P.F. Worlds in Holland later this year, but as meet time approached he gradually came to the conclusion that he really wanted to win both meets. The U.S.P.F. and A.P.F., if he could, his 617 squats were done strongly, but didn't get passed, but he was able to seal off with a win on the compact powerpack. Claude Hladik, with the same number in the deadlifts, didn't have trouble making weight, and wasn't even sore after the lifting, despite taking a few more attempts than initially planned for in this meet. Ausby looked so tall and rangy for this class, and seemed to move the big weight mostly on better than most lifters in the class. Ernie Thum, while he's closest right now, Ernie Thum is blessed with the rifle leveraged for this division, but he did not make it too hard. SSCGT Alexander, making only 4 successful attempts.

As for the lifting, Bobby Sanders came all the way down from Alaska and brought some big lifts, for a flyweight, with him. He didn't miss an attempt and seemed good for more, but obviously didn't need it. Joe Catalano, a top ranked ADPPA and USPF lifter, decided he was going to lift in all the National meets this year. The A.P.F. Seniors, the U.S.P.F. Seniors, and the A.D.F.P.A. Championships in August, and started off well on this awesome cycle with a 2nd place. Jim Caldwell, who always gets a lot of support and encouragement from Larry Pacifico in his lifting, has the same problem that Joe Cunha used to have, setting up with a weight solidly in the squat, but he cracked the 1000 lb. total mark nicely

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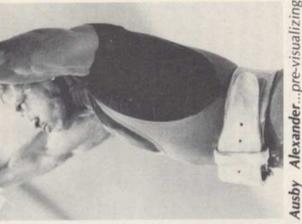
Ausby Alexander...pre-visualizing his winning 617 pound deadlift pull



J.D. Carr...the proud winner of the 1925, with his magnificent 1 place trophy, sculpted by Adolpho Robles.

Snappy Marian Ingram, bedecked in multi-colored lifting attire, was encouraged to hope for a spot in the top three after Dave Dehart and Dave Contreras bombed in the squat, but he has yet to fully grow into his strength in this class, and couldn't overtake Jackson. Galligan and Cloudus both struggled, but were able to finish out the class.
 There were further struggles in the Middleweight division, but, Marty Patane of New York and Dewart Glenn of Missouri were not up to the mark. Scott, a combination of young, raw strength and mystification at the raw lights he was getting, barely survived the squats, but finished out smoothly. Local favorite and former National Police Champion, Frank Naveira, had a nice meet. Missing his final 573 deadlift was not so bad, since as Larry Pacifico noted, 562 was already a PR for Frank. Many of the lifters in this meet are close friends of Larry's and it must be a

Continued on Page 9



Ausby Alexander...pre-visualizing his winning 617 pound deadlift pull

U.S.P.F. SENIORS Report



Strength Coach Dan Austin puts into practice that which he preaches.

hard fighting lifter who needs just a bit of improvement in each lift to become a big factor in future national meets, and it's predictable that he will make those increases. Busy Abe Roman, the A.P.F. Nationals Champ and military lifter, was next up, and his 4 attempts came out to a bigger total than vociferous Andy Hamel from White River Junction, Vermont. Donnie Jackson lifted nicely, under the smiling guidance of Dr. Billy Jack Talton, and Chris Boliot, a jeweler from Arizona, finished just behind the previous two lifters. Bob Triplian, from Green Bay, Wisconsin finished up the totalers in this class. He sported a round, combed, flowered shirt for the bench press, that was the only one of its kind. He had a little lock in showing us how good a lifter he can be when it comes to performing on the national platform, and this lifter was an unfortunate example of bombing out for him.

Bombouts complicated the finish in the bench press. Rickway Dug Crain had problems, as did Bob Wajda, who had a good lift, but was snuffed through that lift nicely, but was snuffed by the uncooperative weight he chose to start with in the bench press. Robert Wagner, new to the Seniors arena, rode a fine 644 squat to a 110 pound subtotal edge that even a puller of renown like Bill Cavalier could not overcome. We apologize for not coming up with a decent photo of Mr. Wagner to use in this report. Cavalier's attempts at 672 and 683 started out well, but stopped with uncharacteristic suddenness at the midway point both times. Joe Rossin, a big psyche lifter from Virginia was not far behind.

In the 181s, Sylvester Anderson was a major sight to behold, with huge legs and arms, and bodkbulder separation between each muscle group besides, and unlike the U.S.P.F. Juniors, where he was in a very fast crowd and only got openers in, he was in control early in this contest and comfortably won the class. Sly is another of the military lifters, ably handled by Sean Scully and Steve Murdock once again, and it's great that we have such fine people, who are also great athletes, defending

our country. The military lifters in this meet, and in all the other meets they compete in, are foremost in sportsmanship, personal appearance, team spirit, mental toughness, and undeniable physical ability as strength athletes. They are almost unchallengeable as a team unit, but even that dimension of their success is complicated by the fact that the team members (who come from various branches of the military) fly in from all over the world to lift at big meets, and after a few years some of their best talent migrates out.

Donnie Cole, a big factor at 181 in the A.D.P.F.A., decided to give this drug tested lifting forum a try and he handled everybody but Anderson. He had an odd miss at 633 in the squat, but repeated nicely to get it. Plamenovise, he reminds you a lot of Lamar Gant. Reagan Black was almost unrecognizably huge at 181. When things got grim on his 3rd attempt at a 600 squat, he buckled down and got it. George Fleming was were looking for. George Fleming was in pain at this contest. He walked to and from the platform and his attempts were fluffly, mainly in the upper leg and hip area, so that he could only bench 135. He had a big lock before the meet. He had a big lock in the squat nicely, but did not get judges approval. Still he stuck out through the benches and further pain, and the deadlifts, and further discomfort. It is a shame he was injured as he came into the meet with tremendous credentials, a 750 squat, 490 bench, 675 deadlift, and 1915 total (all state records) at the Georgia State Championships, this past March. Richardson, like Black, fought off the bomb bug in the squat to finish out the meet nicely. Tom Eisenman had long been planning a course to be represented in time that this meet came around, but with only a few weeks of training Rich was back, on



Military Power, exemplified by Sylvester Anderson, who took the lightweightweights with strength and precision.

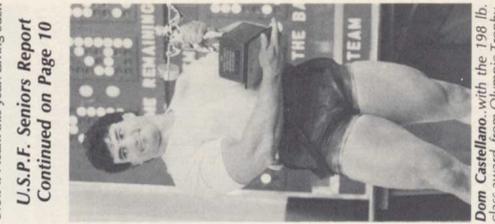
seen him, but only imagination can give us an idea of what he might have deadlifted and totaled. He had problems getting the judges to accept his squats, with depth being the likely source of trouble. He's had troubles in this regard before. The advantages of his lean structure in pulling up an 800 lb. deadlift (which he did earlier this year), seem to be a hindrance in getting low enough in the squat. The heavier the weight class, the more intense the gossip about who was going to show for the meet and who wasn't. In the 198s, there were some familiar names. Dominick Castellano of Orlando, Florida had been the 1985 National Collegiate Champ and a winning member of the Junior World Championship team in Germany. A nice samo style deadlifter, he had the balance in the other two lifts to put up the winning total. Dom is really the 'Greek God' type, with huge arms, legs, delts, and regal chest; curly black hair, and regal features. As his handler, Dick Armatout of Suncoast Gym said "he's going to be around in this sport for a long time. Ray Long, a line military lifter and an exceptional bodkbulder in his own right, came second. Clearly a man who loves to lift, his pre-lift routine involved bumping his head, against his opponent, the weights themselves. It's not unusual to see a lifter bounce his forehead off the plates before getting under it to squat, but Ray does it in every lift. Yes, he has a head for and gets right down on his knees for the deadlifts to complete his little ritual. A face that was familiar, but absent the past couple of years, with good reason, was that of Rich Woods. He suffered one of those catastrophic come back from, but most lifters near Dom came back from, but with only a few

weeks of training Rich was back, on



Dom Castellano, with the 198 lb. class award, with Olympic Trophy.

the drug free scene. Though the injured leg is still noticeably smaller, he lifted with the same old intensity and showed that more total is there, when he takes the time to slowly draw it out. Danny Bullard, a great teller of powerlifting tales, also proved to be a great benchmarker, leading the class, but was disappointed in his other two lifts. Vince Anello was there with his big, friendly smile and thick hand to shake your own. After faltering a bit in the squat, he gained a niche at subtotal, but the judges would not accept his deadlifts. They just didn't look up to him. In the 220s, Jim Cash had taken a major stand prior to the meet, to go drug free and try to make the U.S.P.F. team this year. Living back



U.S.P.F. Seniors Report Continued on Page 10

A.P.F. SENIORS Report



The Deadlift is a Weapon. to the likes of John Inzer, who used it to win the Middleweights from behind. Mike Phillips, a steady improver in each lift, there are classes like the lightweights which are crowded at the top with some of the finest performers of all time, and he was relegated to 3rd with a total that would have been a world record in the pre-Bridges era. With the aid of coach John Comereski's advice on wearing a bench shirt, Mike entered the world of lightweight 500 benchers; another in a long line of great achievements was managed by the bench sensation and powerlifting poseur, Rick Weil, who smiled to soon in A.P.F. meets) before trying a record busting 536. Let's have FUN: 556 is unlike the smooth attempt 551 at the YMCA Nationals. This was a harder lift, slightly out of the groove, but he fought it for control and won, driving the lift home. 562 was too much, possibly because the 556, but amazingly there, still seems to be potential for Rick to set new records of bodyweight. At a full 198, 600 would seem the most definite possibilities for Mr. Weil, who is filling up his spare time by undertaking to write a new book, not a bench pressing, but on the many interesting powerlifting personalities

many years, since his lightweight



Mass of Muscle at 181 included (left to right) Rick Gaugler (1st), Danny Gay (2nd), and Mike Phillips (3rd). Not included is Rick Weil, whose 536 pounder, along with the great benches of these top 3 finishers, produced the best benching 181 pound class in the history of national competition. he's encountered over the years. Eddie Mooney tried to hold his peak from the U.S.P.F. Juniors, where he lifted so well, though short and thick and massive in every respect, and looks like he can do anything it takes in any of the lifts. Frankly, Rick had a bad day, making only 4 successful attempts, but only the 518 bench and the 766 deadlifts were just out of reach, otherwise he would have been well over 2,000 in total. Fellow Texan, Danny Gay now looks big as a house at 181, and is making likewise lifts. His try at a 766 deadlift would have more than won the meet for him, and was not that far off. When it comes to pure force of individual will, Danny Gay is a corner, and it is doubtful that anyone is going to be able to hold him off the top spot in the 181s in the future. Unfortunately for quality lifters like Mike Phillips, a steady improver in each lift, there are classes like the lightweights which are crowded at the top with some of the finest performers of all time, and he was relegated to 3rd with a total that would have been a world record in the pre-Bridges era. With the aid of coach John Comereski's advice on wearing a bench shirt, Mike entered the world of lightweight 500 benchers; another in a long line of great achievements was managed by the bench sensation and powerlifting poseur, Rick Weil, who smiled to soon in A.P.F. meets) before trying a record busting 536. Let's have FUN: 556 is unlike the smooth attempt 551 at the YMCA Nationals. This was a harder lift, slightly out of the groove, but he fought it for control and won, driving the lift home. 562 was too much, possibly because the 556, but amazingly there, still seems to be potential for Rick to set new records of bodyweight. At a full 198, 600 would seem the most definite possibilities for Mr. Weil, who is filling up his spare time by undertaking to write a new book, not a bench pressing, but on the many interesting powerlifting personalities



Lean Buddy Duke...of Adel, Georgia almost got up this 496 bench press.

middleweight and he has come a long way since those days. Neil Wains struggled a bit, but fiercely held on to get 3rd over improving Joe Pickle and experienced Ross Depencier. Jay Driskil had only a 3 attempt day, but Dobrowski and Norcutt cut him worse. Ernie Frantz weighed in, but it was announced that aggravation of an injury during warmups caused him to withdraw before the lifting started. Whatever class Ed Coan is in, anticipation something awesome is guaranteed. Larry Paolitto predicted the meet results, and Ed would be good for 887, 518, 903, 2300, and he got the lift just right. Ed's squat must have gone heavy just before the meet, because he was just with 870 and it was a smooth success. All of Ed's squats were similar; strong and controlled, but requiring the superhuman effort they demand. There was no jumping around like Jack rabbit after making these benches in the bench Ed continued on a roll, smoothly pumping up 3 successes, though tenderly rubbing his pec after each of them. Imagine a 1444 sub-total! There are plenty of superheavyweights who have never done that much. In the deadlift, Ed hinted that he may still be mortal. 843 was a relatively hard opener. 865 was harder and made it clear that 903 was a "no go" proposition on this day. 881 was a valiant attempt, but got twisted to the side on the way up, and had to come down short of the finish. I believe that Jim Cash and Joe Ladnier are the only other ones to go over 500 bench in this meet, saw his dream crash in the squat, where he started with too much weight, and could only come up by cutting the lift way high. It would be great to see John Toposogou have a big total at such a meet, but bad luck struck him again, as he dumped a squat, and couldn't get any others by the lights. In the 198s, Buddy Duke had it all his way, with a quality total. He did his duty by taking 710 over again for a success, and benched and deadlifted well to nail the victory. Local favorite Jeff Chorpennin, recovering from a groin injury, had a great meet, to finish second. Larry Pacifico spotted the youthful Jeff when he was a

Continued on Page 11



Continued on Page 11

U.S.P.F. SENIORS Report
 in Ohio now, Jim had earned the respect of Larry Pacifico for his position, though it was the deadlift simply pulled him over the top. As Jim said, it was going to be the U.S.P.F. change of the U.S.P.F. training prior to the meet, but was concerned about his squat and



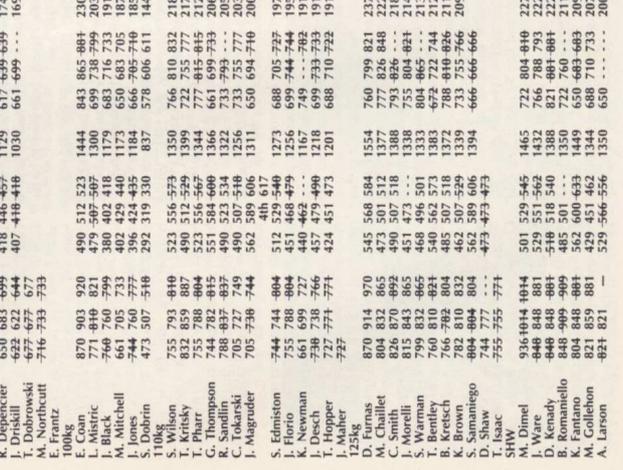
Grinding Up...with a 766 pound squat is 220 champ, Steve Goggins
 enunciating his last name every which way but right. This one was a little sticky at first, but when he came back to make the 479 bench he missed at first, he smiked big and carried that spirit through 3 successful deadlifts and a nice three place finish. Pegues looked and was lean for the class, lifting only about 226, but he had them all a deadlift with an 810 pound deadlift too, and was ready enough to get two attempts in and put the hood on line up from Austin, Joe Hood came up and lifted 250, but he also fell short of the stubborn 800 lb. barner in this class. Doug Borden cleaned out for the event but did not have the kind of day that truly reflected his strength, particularly in the squat. "Guess I just need more experience," concluded Doug.
 At 242, there was a bigtime lineup; the clean cut Dave Jacoby, looking ready and he was; Dr. Fred Hatfield, assumed and confident; Bob Platicha, Seniors Platform; Jimmy Pegues, a pulling machine and the tallest man in the meet; and John Sharp, a newcomer, bulging out with power in every dimension of his physique.
 From the beginning, Dave Jacoby was right on for the meet. Clearly, that's the way he insists on being prepared, because the top he shows on a successful lift, and the pain he shows on the rare occasions when he misses one, is obviously heartfelt. Another precision power outting for the lifter from the Buckeye State, Fred seemed to be feeling his way in the squats. He started very low and came up rather cautiously with each attempt. The 804 and 837 were done easily. In the bench he made em all, and lead Jacoby at subtotal, but that old had magic, his gimpy grip, stuck him again, but came down almost as fast as Fred's fingers unbarled from the bar.
 Bob Platicha has been through too many frustrating meets, that usually start and end with an announcer

A.P.F. Sr. Nationals/28-29 June 86/Dayton, OH
 52kg SQ1 502 503 8P1 8P2 8P3 Sub DL1 DL2 DL3 Total
 B. Sanders 325 402 424 214 231 236 661 402 440 --- 1102
 J. Caldwell 402 402 468 242 264 275 677 297 330 344 1008
 L. Chapin 385 385 385
 D. Ramsey 413 435 462 276 253 259 634 424 468 468 1152
 R. Harris 374 374 385 242 248 259 633 374 418 424 1018
 60kg
 J. Carr 451 479 501 270 292 308 810 562 606 655 1416
 R. Stammers 473 501 523 292 314 319 843 479 479 499 1322
 S. Alford 485 501 523 297 314 319 843 479 479 499 1322
 N. Paterni 429 468 590 253 281 292 788 462 518 545 1300
 J. Grogan 429 468 590 253 281 292 788 462 518 545 1300
 R. Caputo 473 473 501
 67.5kg
 J. Inzer 573 617 617 308 330 347 920 589 617 --- 1537
 A. Alexander 551 573 584 374 374 385 947 573 600 600 1521
 C. Handor 594 606 606 236 259 264 909 551 589 622 1498
 J. Jackson 496 506 506
 75kg
 M. Ingram 409 523 523 303 314 325 848 501 540 551 1355
 J. Galligan 479 496 496 341 352 352 821 534 551 551 1355
 D. Crowdis 402 424 440 275 303 303 699 462 501 501 1162
 D. Whart 340 362 362
 J. Inzer 633 672 672 319 341 347 980 650 710 733 1691
 J. Rosciglione 363 380 385 1068 622 644 644 1691
 J. Kellum 433 433 661 363 380 391 1052 556 573 573 1609
 B. Powers 562 584 600 319 336 347 970 622 639 639 1559
 E. Mooney 664 661 668 418 429 446 1163 630 639 639 1664
 D. Karam 633 650 661 351 363 374 909 567 569 569 1537
 R. Masiron 611 639 639 352 369 369 991 584 622 633 1614
 J. Macion 628 622 672 385 402 --- 1603
 J. Vlahovy 469 464 464 330 358 358 920 595 622 622 1515
 J. Vlahovy 469 464 464
 J. Topogobou 738 738 768
 90kg
 R. Gaugler 733 782 782 473 501 518 1234 733 766 766 1967
 D. Gay 689 733 766 1216 639 673 673 1951
 M. Phillips 457 490 507 308 330 391 1052 556 573 573 1609
 E. Mooney 664 661 668 418 429 446 1163 630 639 639 1664
 D. Karam 633 650 661 351 363 374 909 567 569 569 1537
 R. Masiron 611 639 639 352 369 369 991 584 622 633 1614
 J. Macion 628 622 672 385 402 --- 1603
 J. Vlahovy 469 464 464 330 358 358 920 595 622 622 1515
 J. Vlahovy 469 464 464
 J. Topogobou 738 738 768
 90kg
 B. Duke 677 719 710 459 485 496 1195 722 755 788 1950
 N. Chorpumping 318 440 451 190 633 672 672 1882
 J. Pickle 400 402 416 177 430 430 1083
 M. Mitchell 640 705 733 396 424 435 1184 666 705 710 1851
 J. Jones 744 767 777 292 319 330 837 578 606 611 1449
 S. Dobrin 473 507 518
 110kg
 T. Wilson 755 793 810 523 556 573 1350 766 810 832 2182
 T. Wilson 755 788 804 523 556 567 1344 777 835 845 2121
 G. Thompson 744 782 815 551 584 600 1366 661 699 733 2066
 R. Sandlin 788 837 837 490 523 534 1322 733 755 777 2033
 T. Magruder 705 727 749 490 507 518 1256 733 755 777 2005
 J. Magruder 705 736 744 562 589 606 1311 650 694 710 2005
 125kg
 S. Edmiston 744 744 804 512 529 540 1273 688 705 727 1978
 J. Florio 755 788 804 451 468 479 1256 699 744 744 1956
 K. Newman 661 699 727 440 462 --- 1167 749 --- 782 1917
 J. Desch 739 738 766 457 479 499 1218 699 733 733 1917
 J. Mosper 774 774 774 424 451 473 1201 688 710 722 1912
 J. Mahler 727
 125kg
 D. Furnas 870 914 970 545 568 584 1554 760 799 821 2375
 M. Chaillet 804 832 865 473 501 512 1377 777 826 848 2226
 S. Smith 826 843 865 451 473 473 1380 755 806 831 2181
 S. Warman 799 832 865 468 496 501 1333 804 865 --- 2138
 T. Bentley 760 810 821 540 562 573 1383 672 722 744 2127
 B. Kretsch 766 782 804 485 507 518 1372 788 810 826 2110
 S. Brown 782 810 832 462 507 529 1339 733 755 766 2094
 D. Negro 744 777 777 473 473 473
 D. Shaw 755 755 774
 125kg
 M. Dimel 936 1014 1014 501 529 545 1465 722 804 810 2270
 M. Kennedy 848 909 909 485 501 --- 1350 822 868 881 2226
 R. Romaniello 848 909 909 485 501 --- 1350 722 760 --- 2110
 K. Fantano 804 848 881 562 600 633 1449 650 683 683 2099
 M. Gollehon 821 859 881 429 451 462 1688 710 733 2077
 A. Larson 821 821 --- 529 566 556

U.S.P.F. Sr. Nationals/5-6 July 1986/Chicago, IL
 52kg SQ1 502 503 8P1 8P2 8P3 Sub DL1 DL2 DL3 Total
 J. Stanfield 363 385 385 270 292 292 635 374 390 402 1052
 J. Schmidt 352 374 385 248 220 231 595 462 429 429 1003
 L. Antinoro 330 338 374 198 220 226 595 462 429 448 1003
 M. Messersmith 297 297 297
 56kg
 D. Pittaway 369 410 439 203 220 231 661 429 523 540 1184
 F. Higgins 424 434 451 224 244 244 699 479 546 591 1179
 F. Higgins 369 391 407 297 308 314 699 418 440 451 1140
 D. Ramsey 435 462 462 242 253 259 688 435 446 451 1135
 J. Morgan 402 435 435 264 275 281 677 402 429 457 1107
 B. Foddrill 380 407 424 214 231 248 639 435 462 490 1102
 S. Snyder 358 391 411 203 226 231 617 418 446 457 1063
 J. Obiwier 341 358 374 198 220 226 595 462 429 448 1003
 E. Aponte 374 374 374
 60kg
 L. Gant 507 523 534 286 297 308 843 551 600 661 1504
 R. Kea 534 --- --- 363 394 394 898 325 457 501 1399
 C. Finch 479 501 518 232 253 264 755 512 540 562 1267
 S. McFarland 479 501 518 232 253 264 755 512 540 562 1267
 J. Sylvia 473 501 501 264 275 275 716 507 523 523 1240
 R. McLaren 440 462 462 248 276 286 716 440 462 462 1201
 B. Olson 451 479 490 248 276 286 716 440 462 462 1162
 R. Kautman 429 529 534 231 242 242 661 451 473 473 1113
 67.5kg
 D. Austin 536 573 595 341 352 --- 947 617 644 672 1591
 A. Alexander 562 595 595 314 336 336 965 573 584 584 1548
 S. Stapleton 534 556 556 308 336 336 916 529 562 562 1471
 B. Bridges 363 374 374 307 314 325 830 314 325 330 854
 C. Mohr 479 501 518 232 253 264 755 512 540 562 1267
 A. Hamel 473 501 501 264 275 275 716 507 523 523 1306
 D. Jackson 490 529 529 281 307 308 898 490 518 523 1306
 C. Bollot 451 485 507 281 303 314 810 462 490 501 1300
 R. Triphahn 507 534 540 275 297 297 782 479 518 518 1262
 J. Pulizzi 507 523 523
 75kg
 R. Wagner 644 672 672 318 319 330 965 573 584 584 1548
 B. Cavalier 556 556 606 308 336 336 916 529 562 562 1471
 J. Rossin 529 562 562 314 325 330 854 573 606 628 1460
 B. Wahl 633 661 677 314 314 314
 R. Crain 609 609 609
 S. Anderson 683 705 705 385 402 413 1085 683 705 --- 1791
 D. Cole 633 633 677 286 303 308 981 633 633 672 1614
 R. Black 609 609 600 385 407 407 986 584 606 606 1592
 G. Herring 650 705 722 286 303 308 936 622 661 661 1543
 K. Richardson 567 578 578 369 380 391 959 584 595 ---
 G. Giesman 633 633 633
 D. Castellano 589 622 644 402 418 418 1041 655 677 694 1719
 R. Long 617 644 644 385 396 407 1041 644 661 688 1703
 R. Woods 600 633 633 418 429 435 1030 655 677 677 1686
 D. Ballard 562 595 595 440 462 473 1024 666 666 666
 V. Anello 556 606 606 396 407 413 964 666 666
 S. Higgins 722 766 766 451 473 473 1173 771 788 804 1962
 J. Cash 672 710 744 424 440 457 1151 777 804 810 1929
 J. Hood 661 699 699 391 402 418 1063 551 551 609 1614
 D. Borden 664 705 705
 110kg
 J. Jacoby 755 793 815 473 485 496 1211 705 771 792 2083
 J. Jacoby 804 837 845 451 465 473 1317 804 837 845 2181
 R. Platicha 683 722 798 451 479 479 1201 600 655 661 1862
 J. Pegues 655 705 705 380 391 402 1047 760 810 815 1857
 J. Sharp 815 843 --- 534 534 534
 125kg
 W. Davis 766 793 821 473 490 494 1311 705 738 749 2061
 L. Kidder 429 450 450 214 231 231 675 429 450 450 1200
 S. Brodie 716 777 804 407 440 457 1262 661 705 744 1967
 J. Wood 832 878 878
 SHW
 M. Hall 843 876 909 573 573 600 1510 705 755 --- 2265

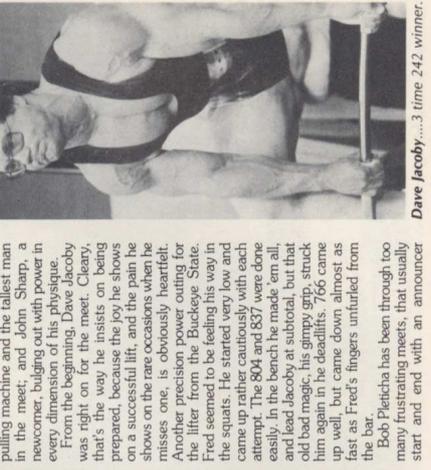
A.P.F. Seniors Report
 Continued on Page 13

Larry Mistic continued his steady rise to the top. With lots of national meet lifts behind him, he is now coming in with the obvious lust for big numbers with the experience of just how hard it is to succeed in such a pressure cooker. The results are PR after another. John Black was frustrated from the start, as he stood, wrapped and ready, waiting for the weight to be changed for him. He came back to make a 760 squat after losing his concentration on the lift one. Watching carefully to see if Larry Jones had an unusual lift, he will in him when he lifts into the place consecutively. Mitch Mitchell does the masters movement proud, had a perfect meet to zip in ahead of Jerry Jones, who had tried to make weight for the 198s, and missed. Jerry will be holding the net. A.P.F. Seniors in Minneapolis, Minnesota next June, and spoke to the line arrangements he had made for the meet up there when there was a break in the lifting. Larry Pacifico related that Mr. Debrin was hospitalized for an extensive time prior to the meet, but refused to miss the opportunity to lift at the Seniors, and did so with the appreciative recognition of the crowd. There was a big pack of talent at 242, and it was anybody's guess as to the winner. A "relaxed" Steve Wilson used a terrific 832 deadlift to pull in just ahead of a ragonly determined Thor Krinsky, who missed only one lift. Thor is another guy, like Dan Gay, who is not interested in finishing 2nd to anyone, anymore, and it's hard to know who can beat him if he keeps improving as he has been. Wilson's physique was one of



The Greatest Lifter in History...Ed Coan shatters the 2300 barrier at 220.

U.S.P.F. Seniors Report
 Continued on Page 12



Dave Jacoby...3 time 242 winner.

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NOTE: Qualifying totals have been revised in some classes.

While I had always dreaded the thought of a pectoralis tear, in reality I was one of those who figured it only happened to the other guy, the guy who used 120 pound dumbbells for flies or benched heavy four times a week. Still, I worried that the odds were steadily stacking against me after the tremendous number of workouts I'd taken over the years.

I did my first bench press, all of 135 pounds. I made it to age 34 without suffering any kind of traumatic injury related to benching. I even bench pressed for a year and a half, and discussed throwing and even-thoughly identifying and

two weeks straight by treating myself to rare steak, chicken and 600 seemed like one of a pipedream. Then I discovered that my bench press would take off when I added bodyweight. At the time I benched 500 pounds, I weighed 225 pounds, at 63", but when I increased my bodyweight, both of my pec delt train areas began to develop a deep ache for up to three weeks following every heavy workout. This was not typical muscle soreness and I would experience it no matter if I benched 405 pounds or on the bar. I chalked it up to my wide elbows and pec-toral style of benching and figured it was tendinitis from overuse of the years. I treated it with heat, ice, rest and anti-inflammatories. I also used PNF stretching. The pain, though, never left me.

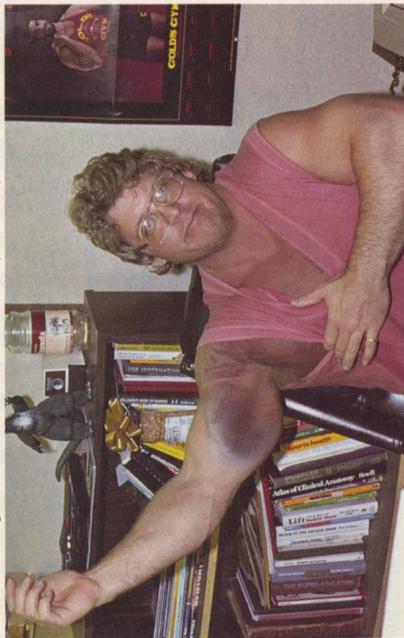
Chances are the repetitive micro-trauma was gaining on me. While muscle soreness often hung on for 4-5 days following a real heavy training session, I took to resting 10 days between bench sessions to try and allow my deep soreness to alleviate enough for me to go again. None of my friends could understand how I gained benching once every 10 days, but I did.

In May of 1984 I entered a contest in Las Vegas and, weighing 271 pounds, did a strong pause with 556½ pounds. Backstage I was able to touch and go 570 pounds. For the first time I really was convinced I could bench press 600 pounds. The ache was still there, but no worse. I took a long time off knowing that I might be on the verge of a pec blow-out. I decided to try for 600 pounds sometime late in 1985. I picked a meet, but it was cancelled and rescheduled twice. I continued to train and stay heavy, weighing about 280. When I look back, this was very stupid. I should've laid off.

I decided to peak for a meet in San

Genesis of a Pectoral Tear

by JEFF EVERSON, LPT, PhD



A Clum Jeff Everson exhibits the classic signs of a pectoral tear. In this photograph by Kevin Wayne Diego this past November. Using higher reps I hopped to back off yet still make strength gains right up to the meet and save my pecs in the process. Soon enough, the deep ache came back.

Twenty days before the meet I had just benched 500 pounds. On my pec target weight right at about 271. My second lift was a single called for 550 pounds for two pauses. On my personal double to single ratio, 550/2 would put me right at 590 pounds. With my last session planned at 560 pounds for a double, I figured that with a bench shirt 600 pounds would be there. It would have been, except for the mistake I was about to make.

My warmups gave no indication something was amiss. I had a stronger twinge than usual deep in the interior of my right shoulder, but such obscure pains were not unusual, so I dismissed it. My first mistake. The deep ache in both pecs was there too. I made all my preliminary sets and as soon as I broke through the bar I advised my spotter to grab the bar right on the second rep. My pecs always hurt the most as I approached lockout and had to support the weight. This was my second mistake. I did the first rep easily. It surprised me. The second rep wasn't bad either. Near the top the spotter went to grab the bar. As he did, I shouted, "No, let me get another one." As he reached for the bar I unconsciously moved it ever so slightly from his grasp, just as I was lowering the bar, out of the groove I might add. My third and fatal mistake.

I had barely lowered the bar, but that was enough. SNAP! My right pec gave way with a terrifying noise and pain. Down came the bar; I wasn't able to slow it, nor did I try. It's amazing all that can race through your brain in a brief moment of fear. I thought about Johnny Fuller, the British bodybuilder who suffered

a devastating pectoral tear a few years ago. I thought about Larry Pacifico who suffered a pec tear and tried to push the bar away and got caught on the racks and almost lost part of his fingers. I thought I'd never bodybuild again. All in an instant.

The 550 pound bar crash landed on my chest. I had instinctively turned sideways so that the bar wouldn't land on my sternum. It seemed like 20 seconds before 5-6 guys pulled the bar off. Next I was in the locker room with someone cutting my shirt off. I looked in the mirror and saw no rolling of the muscle towards the insertion or any visible gap. A good sign. I didn't move the arm, just wrapped it with ice and got it up in the air.

I made it home and started on anti-inflammatories immediately. I reapplied ice and elevated my arm. I would see the doctor tomorrow. That was an evaluation. The doctor doubled in size compared to the last time, despite the fact that the doctor was as black and blue as blood and from the ruptured capillaries. It had always occurred before.

The doctor confirmed what I suspected. It was a bad one, around 25% of the pectoralis was torn, however, there was minimal if any tearing of the fibers from the humerus. The tear was deep, but in the pectoralis itself. A few fibers came off the sternal and rib attachments. It didn't appear that the pectoralis minor muscle was involved.

With a first degree tear, over 50% of the fibers are torn and usually surgery is needed. I had a second degree tear. No surgery was necessary. Now I had to rest and start the long rehabilitation procedure to gain as much function back as possible and at the same time try to keep the muscle from over-scarring.

Next month, I will tell you what I found out about the reasons for such a tear and tell you about the rehabilitation process I went through for the acute case and the one I continue to go through for the long term care of the injury. Perhaps you can learn from what I went through.

Jeff Everson is the POPULAR Associate Editor of MUSCLE & FITNESS Magazine. He has published three books, THE STERIOD SUPERMEN (\$8.95) and THE ALL SPORTS TRAINING BOOK (\$7.95), both available through Sampson & Low, 19001 Meriton Dr., Northridge, CA 91326.

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A View from Outside

as told by Chip McCain

It's been several years since I've been on the championship platform now, and two years since I've evaporated from the whole scene. After reading my PL USA and biting my lip for some time, I am finally compelled to put to paper some of my impressions and reflections of the sport as it was, compared to how I perceive it now... and perception is the theme of this article.

Please let me qualify myself before I get on the soap box. Over the dozen or so years of my involvement, I manufactured a few suits, promoted a few championships, coached a few champions, judged a few international meets, broke a few records, "kinds won" several "fraternities", including the political scene and the underground. The sport was my life, I paid my dues, and I had my fingers in all the pies. In the last two years, I have quit lifting, shaved my beard, lost 30 pounds, gotten married, sold Elite Sales, moved to California, and gone into commercial real estate. I wear white starched shirts, read FORBES Magazine, sit in an air conditioned office, and the only exposure I have to the sport is what I passively read in the publications. Back again to perspective, to perception. Let me tell you guys what it looks like from the other side of the fence now, and remember, I'm sympathetic to the sport.

We don't need three organizations! It's that simple. It's a niche sport at best anyway, and we don't have the enrollment, staffing, organization, money or public interest to support three circuses. I personally might endorse two, one for the drugs and one for the non-druggies. Brother Bennett saw the need for a second organization a few years ago, and he was proven right by the following and membership he created. I perhaps learned from the methodology of the ADFPA (seeing procedures, feedback, work 1980, but regardless, the philosophy is great. If you want to make sure that you and your competitors don't be drug, then you join the organization.

There is also a need for the "other organization", Organize B. It obviously caters to everyone else left, and to conform in the long term to international competitions, probably have to facilitate drug testing at leg championships. If we are going to move ahead towards professionalism and I.O.C. standards, that's realistically the way the dust is going to settle. I did not reinvent the wheel with this logic,

Maybe I'm being too hard on you all, but here's a couple of other examples of negative shock value I've endured lately. Picture this, I'm wearing my best three piece suit at a downtown highrise banker's convention. Who walks out of the elevator but Tony Fitton, dressed as contemporary as always with faded jeans, sandals, cigarette, beard, and missing tooth. I hailed him as I would any other client and bought him a drink. You had to be there to appreciate it. He shared with me that he had just been released from detention for his drug bust. An equally jarring experience found me in the bathroom at the Phoenix airport unspectacularly reading the Wall Street Journal. With a circulation of God knows how many millions, Cecil Kennedy had earned his own article in the business section, which told the nitty gritty of his recent drug indictment. Remember, I'm supposed to be a yuppie, non-weightlifter in an airport bathroom. How do you get away from all this? What hurts is that these guys are my friends, and this is all that the public remembers. Trust me, Hatfield's 1,000 pound squat did not make Wall Street.

I truly love the sport, and although I was no goodie goodie by any stretch of the imagination, I hope I contributed more than I received from Powerlifting. This is your mess now, and the problem of perception is a real one, but I would love to see them work and camaraderie bring everyone back together.

On the lighter side, the lifting has been incredible lately. My hat is off to lifting the likes of Ed Coan. I met him on his last day as a teenager at my Seminars, where he deserved an award for Best 167 pounder. I would also like to compliment Fred on his awesome 1,008 squat and the fact that he is the only person I have ever met who looks worse than myself at parallel. Lastly, I want the powerlifting public to know that Larry Pacifico was perhaps my greatest inspiration. We had a kind of friend/foe relationship that motivated me to no end, many words spoken, mind games played, and jockeying for psychological position. Although that is all over now for me, Larry is still plugging, and it's a great asset to the sport. With thumbing through the July POWERLIFTING USA though, it made me feel dated seeing my peer on the back cover with a few extra scars, a few extra wrinkles, and thinning hair. I was glad to see, however, that by the time I had thumbed through to the front cover, he had already taken care of the latter item.

Best of luck to all my friends in Powerlifting. *Chip McCain*



Life After Powerlifting - since leaving Powerlifting and selling his Elite Sales Inc. Company to John Buckley, Chip has returned to the business of commercial real estate sales, with one of the nation's leading firms, Grubb & Ellis Commercial Brokerage Services. Since joining the firm, Chip has completed more than \$5.5 million in sales transactions, including a \$1.97 million sale of 30 rental condominiums in North San Diego County. Chip graduated from the University of Texas at Austin with a degree in finance, with an emphasis in real estate, and was named "Rookie of the Year" for Grubb & Ellis. He now lives in Carlsbad, California with his wife Lana.

and the magnitude of this testing in organization B will be minimal. It we test the winners at the U.S. Championships that qualify those lifters for world events (that is, the Men's Worlds, Women's Worlds, and Junior Worlds), then we have paid the J.F. and the masses of non-world lifters. Lifters are never tested. The key here is perception. We will appear to be a reputable drug tested sport modeled after our Olympic brothers, will require for television contracts, will generate great audience support, and all make a 99% of us will be able to make a wondrous, and decision as to what drugs and what organization they prefer.

My intent here has not been to

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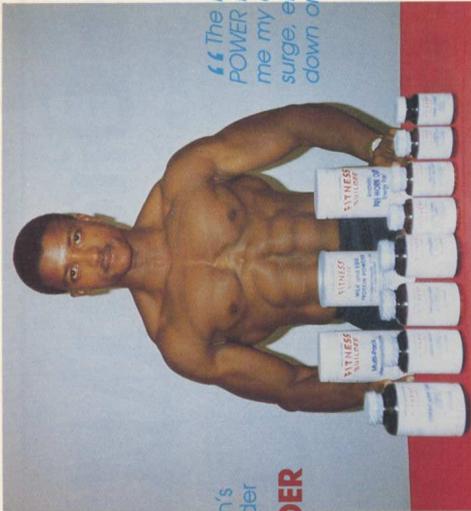
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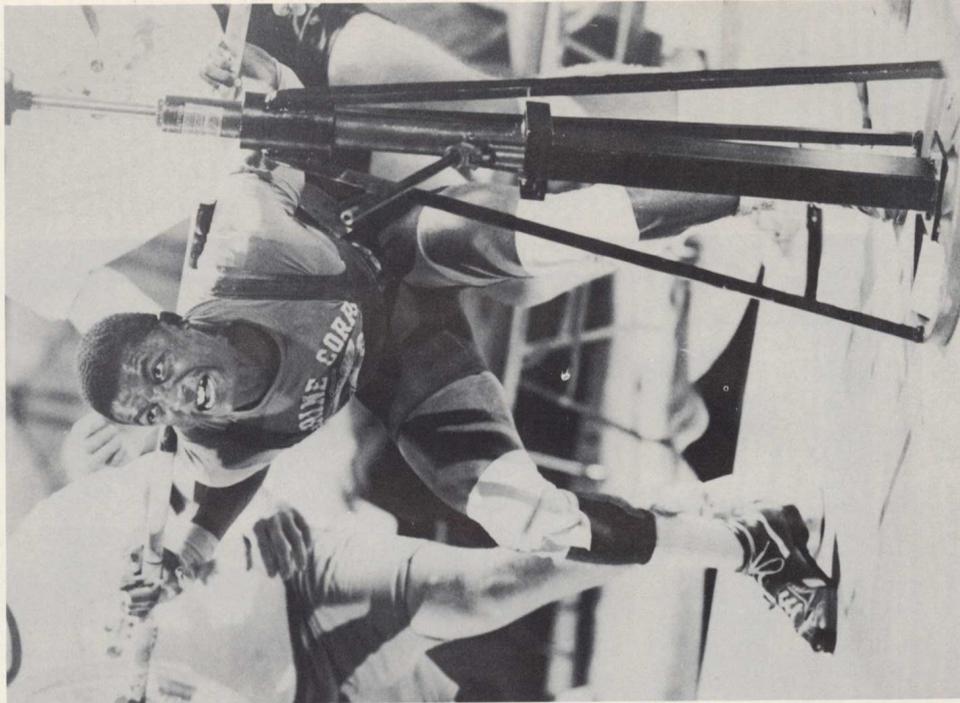
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POWER PROFILE

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

The Ausby Alexander Story as told by Bruce L. Andrews, Natural Alternatives



Who would have ever thought that a five-foot, six-inch, 148 pound man, hailing from rural Georgia would, at age 29, be the UNITED STATES POWERLIFTING FEDERATION'S American record holder for a combined lift total of 1669.98 pounds?? As a high schooler, Ausby recalls that he did well in track as well as football, but that his lack of height kept him off of the basketball team. Always seeking a challenge, Alexander decided to join the Marine Corps in 1975.

People always remarked that he had incredible "upper body strength". Inspired by curiosity, as well as a keen intuition concerning his inbred abilities, Ausby pursued a rigorous training which soon led him to his first powerlifting event in San Diego, during November of 1980. It was there where he bought his first powerlifting suit. Ausby breezed through to a third place finish...in his first competition, ever.

Originally based at Paris Island, South Carolina, Alexander was transferred to Camp Pendleton Marine Corps Base, where he struck up a friendship with Masters division champion bodybuilder, Lieutenant Colonel Lawrence Brinkman. Under his tutelage, Ausby was placed in a position which would be conducive to training, allowing him to concentrate on achieving his full potential. The Marine Corps has always been known for encouraging physical as well as mental fitness, at all times. More so now than ever before, the Corps places strong emphasis & support into sports excellence. Such support led Ausby to become not only the Marine powerlifting champion, but to attain the status of USA powerlifting record holder!!

Ausby achieves his goals through a type of mental imaging, foreseeing "a vision of what his lift is actually going to be like." He "treats every con- test as though it were his last" with a determined faith in himself.

He trains fast, with no long breaks, keeping his cardiovascular system in peak condition. Alexander's exercise regimen is 1 1/2 to 2 hours in duration, and includes a rigorous eight sets of squats!

Since taking Fitness Builders Ammoblend as well as Branch-Chain Amino Acids, Ausby has been able to take on more "satisfying" workouts without the dragging feeling of fatigue usually encountered. There are seventeen different items in the Fitness Builder line which Ausby uses as keys to his success. At the time of this interview, Ausby mentioned that he weighed about 158, and that he does trim down for meets. Now he does trim down for meets. Now in training for the Senior Nationals in Chicago, on his birthday July 5th, Alexander maintains a diet of one meal per day with fruits and vegetables in between. When going

AUSBY ALEXANDER...has rapidly become one of the greatest lifters in the history of American Powerlifting. After weighing-in he "banks up" on complex carbs, eggs, and loads of water.

Ausby doesn't like anything to come easy, saying, "...I love to sweat for whatever I get." He'll bring four years of consistent, competitive powerlifting to the Netherlands, for world records. Ausby must weigh in on the day of the meet, in strong contrast to the "24 hour before" weigh-in allowed for other "regular" competitors. Three days before scheduled competition, Ausby "carb-loads", then eats only fruits and vegetables to get down to weight.

WORKOUT of the Month

From my experience, the squat is one of the most difficult lifts to execute in powerlifting. It's a lift that requires a great deal of concentration and physical preparation are very important to train in event. When preparing to train I recommend that your first step be to clear your mind of all that does not pertain to what you are about to do. A clear mind is a mind capable of concentration. This concentration is a key to the critical second step: actually visualizing yourself performing the lift before you even approach the bar. You then must have the determination to make your vision become a reality. These are the three components of the method of powerlifting that has made me a world class squatter in the 148 pound class.

The training routine for squats that I recommend an intermediate lifter who can already squat 500 pounds is a 12 week program. The goal of this program is to be able to squat 530, an increase of 30 pounds, at the end of 12 weeks. For the first six weeks I suggest High Bar squats, 5 reps, for 5 sets, using your best weight for the last three sets. This type of conditioning program really helps build form, while also building tendon strength. For the second half of the training program drop the bar back down to its regular position on your back, concentrate on reps of three for six sets, always tripling your opening attempt before contest time. This is a real confidence builder. I also suggest stretching before training for at least 10 minutes. Assistance work should be done after squatting, doing three sets of five reps of leg extensions, leg curls, leg presses and calf raises. One of my favorite exercises is crunches, performed with a 25 pound plate behind my head, on an incline bench for two sets of 30 reps. The abdominal muscles are a very important group to pay attention to if you want to increase your overall strength.

A few key points to remember when squatting:

1. Quick setup, no more than two steps.
2. Check your form, make sure your knees are not bent at the start.
3. Descend slowly with your head up, keeping complete control of what you're doing.
4. Always squat as deep as you can, so that there's no question of depth.
5. Upon completion of the lift make sure your knees are in the locked position.

This routine is only performed once a week. Remember, there's nothing wrong with being a dreamer. Dreams do come true, but you have to work towards it that dream with determination for it to become reality.

"Happy Squatting"

The Ausby Alexander Squat Routine



Ausby Alexander is a SSGT in the U.S. Marine Corps, and has represented the military at many national meets.

- 370x3 445x3x1 • 500x3x2 •
 Week 5: 135x8, 225x5, 325x5, 425x2 • 450x3x1
 Week 6: 135x8, 225x5, 345x5, 415x3x1
 Week 7: 135x8, 225x5, 355x5, 430x3x1
 Week 8: 135x8, 225x5, 365x5, 440x3x1
 Week 9: 135x8, 225x5, 375x5, 450x3x1
 Week 10: 135x8, 225x5, 385x5, 460x3x1
 Week 11: 135x8, 225x5, 395x5, 470x3x1
 Week 12: 135x8, 225x5, 405x5, 480x3x1
 • • • wraps and suit
Meet Attempts: 1st: 470, 2nd: 500, 3rd: 530.
 During the last three weeks of training discontinuous assistance work.

Many powerlifters have been living a dual existence for years, with two diverse personalities pulling them in opposite directions. The first is a reasonable, cautious individual who constantly cautions individual who skates, refuses to put salt on his knees, generally very meticulous in his healthy approach to diet, sleep, training, and all the rest. The second being an irrational, raging beast who, equipped with the sharpest of tunnel vision, literally floats to the top of his or her personal strength capabilities on a wave of steroids, amphetamines, and dubious advice. While the sane, reasonable person is revolted by the warmup room drug talk, the drug addict and the very obvious side effects of drug usage; the other, less cautious individual derives a delight bordering on the erotic at the thought of that massive 650 lb squat being blasted into the "squatosphere".

This is a problem many of today's lifters face, and face on a daily basis. Powerlifting, because of its highly individualistic nature, puts extreme pressure on personal achievement. In terms of how much you squat, bench, deadlift, Plateaus, or stalemates in improvement often cause lifters to blame everything but themselves. The Russians are often put on a "top pedestal" when it comes to strength technology. Many uninformed people believe that the unique approach to pharmacology is the reason for their success, instead of increased sophistication of their training routines. These people are way, way off the mark. The Russians know better than we that drugs are no all-out panacea for sports excellence. Yet is this attitude persists.

Where is this all going to end? Have we completely abandoned our senses in the all-consuming quest for the "Ultimate Total"? Let me offer myself up as a "sacrificial lamb" to drive the point home. When I came to California from Arizona in 1980, I was a naive 165 lb lifter with no experience with steroids, but with a burning desire to be as good as I could be. I soon became exposed to the Southern California performance drug subculture, through a circle of friends and fellow lifters. Hey, the doctor we all dealt with reminded me of a kindly old trainer I had in high school; benign, seemingly very concerned, and oh so ready to write out those precious prescriptions. Within weeks I could feel a surge in power, my clothes were feeling a bit tight (in all the right places) and my lifts began to soar. I was in a state of physical Nirvana, as each workout brought new personal records and the shattering of barriers that could only have been done in pipedreams before. I proceeded in this state of mind, happily unaware (until it was too late) of the extreme changes in my personal Dianabol and Testosterone (Cypionate, Enanthate, Propionate, wasn't picky). My formerly mild personality soon began to resemble that of a dormant volcano: latently

For Whom the Bell Tolls

(Title Stolen from Ernest Hemingway)

by RON FERNANDO, Training Editor

dangerous and ready to explode. In 1983 I went through a personal crisis which, after much soul searching and introspection, I have blamed on my 3 year fling with steroids. After the smoke cleared and the rubble settled I made a fresh start of everything I have, for the past couple of years, been drug free. Sometimes I question my decision to not use drugs, especially when those gains start to come ever so slowly, but believe it or not I have just about reached my old maxes (whilst on the "juice"). It hasn't been easy (in fact, it has been downright brutal), but I thought I would share some of my experiences with you novices and hopefully deter some of you from drug use. Some of you will try to play the old "semantics" game with this issue; you know, stating that "it's not the drug, but the abuse of the drug that causes harm... That's rationalization, pure and simple. There are very few sound medical reasons for the ingestion of anabolic steroids, extreme anorexia in aged patients who are not even ambulatory is one of them. Most medical doctors worth their diplomas will not prescribe steroids to healthy individuals, most especially not to females who are toying with gender as well as physiological abnormalities. There are a few who do so and reap untold financial rewards for their advance. The ones that have been exposed to give some semblance of professional propriety in that they conducted blood tests which would reveal physiological contraindications of drug use, along with a complete liver scan, triglyceride and blood lipid readout, and so on. The reality of it all may be that these doctors would have continued prescribing the stuff to anyone who paid the fee for the blood test, regardless of how many contraindications showed up. Why? Money, pure and simple. Steroids are and will continue to be a huge source of revenue for those willing to risk long jail sentences. How many of you have ever heard of Henry Fitzroy? He was a great powerlifter from England who got into the business of selling steroids in a very big way. Personally, I think he got set up by some other unscrupulous people, because of his success, but there has been a FOUR YEAR sentence for selling steroids. Apply that to your released after only about year confinement and hopefully will use his brilliant mind for other, less risky endeavors.

What about Gary Abrahamian, the "255" arm, a guy who would jump up with 225 in the squat and jump to 900 for his first attempt. He is dead and gone at a tender age, in his 20s. How about former Seniors Champ Wayne Bouvier, former Mr. America and ready to explode. Belgian Olympic lifter Serge Reding, pioneer powerlifter Bill "Peanuts" West and others? They are all deceased, all cut down near the prime of their life. Why? Nothing can be medically or legally proven with any balance and do word processing will be seen (and be afforded) by any powerlifter as a direct aid to training. In short, there are more and more smart ways to improve one's athletic performance that the old days of "30 mg of Dianabol and a gallon of milk routine". For those of you who are lucky enough to live in Southern California, there is an organization known as the Institute for Neuro-muscular Reeducation, run by the massive Drs. Gary Glum and Joe Horrigan. The institute trains a number of today's top athletes and bodybuilders, dealing with many on an outpatient basis; primarily for improved sports performance and restoration of muscle flexibility through deep thrusts (to-the-bone!) message that totally debilitates any existing scar tissue and adhesions bound in and in short, an overall increase in power. Fred Hatfield reportedly improved his max bench press by 20 lbs, after ONE TREATMENT at the Institute. Don't forget, Fred had two rotator cuff surgeons over the years! The Institute will be issuing licenses for affiliated organizations throughout the country which enable the whole world to see that these guys are for real!

I am not naive enough to think that after reading this article all of you will pollute your own's seeker with steroid bottles. However, if I can get you to just think for a brief minute or two about some of the ideas that I have shared with you then maybe you will see, as I and many thousands of others have; that the gateways to LASTING health, fitness and improved strength in the lifts is not through the use of drugs, but through scientific application of training, muscular and aerobic restoration and nutrition.

One day, many of you will find that there are no longer two people inside of you, and that both have been replaced by a new, more complete third person, the Real You. Let us all hope that we witness the demise of the irrational drug user, that it is he for whom the bell tolls, rather than the physical body he represents. Aloha, 'til next time.

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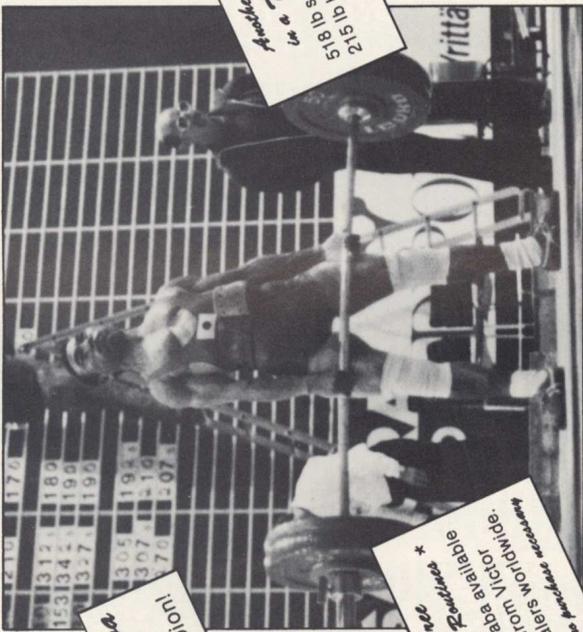
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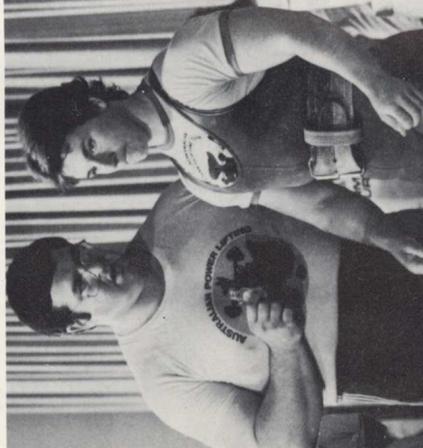


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STARTIN' OUT

A special section dedicated to the beginning lifter

'Mass' Routine as told by Bev Francis



BEV FRANCIS...six times she was a World Champion in Powerlifting.

Most people agree that the most effective method of producing gains in strength is to use high intensity training, and this method has been discussed widely in many articles. However, I believe that many who have not been exposed to severe and highly intense exercise, must first learn how to push, or pull, against resistance. To a person who can't lift a 15 lb. barbell as "heavy", a 30 or 40 lb. barbell is going to appear almost immovable. The best way for this person to get used to "shifting a weight" is to use a weight that they can handle with confidence, but in order to work the muscle, they must move this weight many times. The sheer bulk of work involved in doing 10 or more sets of prescribed weight, a set number of reps, will wear you out and exhaust the muscles, but in different ways than common lifting. The beginner is relatively heavy, set to abating exhaustion. The beginner is not really capable of pushing to exhaustion. His brain will tell him (or her) that the body is exhausted before it actually is, and the real value of the intense workout is lost. The mind must be trained along with the body, to accept work and to push through even when the "going gets tough". A long repetitive workout, like the type I am suggesting, develops mental toughness and the ability to

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injury as the lifter can maintain and practice perfect form. The lifter does not have the worry of being "stuck" under an extremely heavy weight.

3. The lifter gets used to pushing against a resistance, even when fatigued, and therefore learns the ability of "digging a little bit deeper" when they find the weight becoming difficult to shift.

4. Finally, the lifter becomes self-reliant, not depending on spotters, assistance clothing or a brief "psych" to complete the workout. The lifter can only depend on himself, his ability to concentrate and to be patient. (Patience is a virtue that too few powerlifters and bodybuilders possess)

I have put forward this method as a good scheme for beginners (particularly women) to develop basic strength, lifting skills and muscle thickness, but I think even the advanced lifter can benefit from this sort of training from time to time. It allows the lifter to take a break from heavy weights, while still working the muscle within the same movement pattern.

While I agree that short, intense workouts are the best for peaking for a competition, I feel that there is a definite place for other forms of training, particularly when a lifter reaches a plateau in his strength development. Then it is time to experiment and try out some different forms of training. "Mass" training is one of these methods, that I think is not only very safe, but also very productive in a variety of ways.

When you successfully complete these 6 workouts, done in any order you wish, add 5 lbs. to all of them and start again.

Doing workouts this way means you are never repeating exactly the same workout, and you always feel that you are achieving something, establishing new personal bests.

These workouts take a long time, but both your bench press and squats can benefit greatly, you become very tough and develop a steadiness that will help you when you have to face maximum weights either in training or in competition.

In fact, after doing these tough and time consuming workouts, an intense short workout, of pushing to the limit for a couple of sets, seems like an easy workout!

A couple of other points in favor of mass movement: 1. The repetition of the movement, both bench press and squatting, with a weight that feels heavy but is well within the lifter's personal limits, will enable the lifter to develop good style; to get the bar "in the groove", something that cannot be achieved without repeating a movement over and over again. Heavy as would be used for an intense workout, means less chance of

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

As the scientific methods for studying the body's metabolism increase, so will the knowledge which comes from these investigations. Fat metabolism in the human body is a very complex arrangement of interrelated pathways which is further complicated by hormones, both the normally secreted hormones and the "added" ones. In this article, the basic overview of fat metabolism will be used to examine the effectiveness of three major molecules in this complex system of the human body.

Dietary fat will become body fat. This statement is proven every day by a casual observation of the average person. After fats are digested by the gastrointestinal tract, they are incorporated into body fat. Sure, we can use this body fat as an energy supply, but the trick is to mobilize it first. Under normal conditions, the human body has a limited capacity to mobilize body fat for energy. Generally, the maximum rates of fat mobilization occur during starvation, prolonged exercise, hormonal imbalance, prolonged reducing diets, or with certain medications. Known medications for mobilizing body fat as an energy source include amphetamines, caffeine, anabolic steroids, thyroid hormone, human growth hormone, catecholamines, L-dopa, inositol, choline, lecitithin and others.

The major reason for the body to secondarily use body fat as an energy source is to minimize losses of body protein and maintain the balance of glucose in the blood during periods of starvation, prolonged dieting, trauma or injury or any other stressful stimulus. However, the mechanisms for body fat to become a fuel depend on some rate limiting steps which involve inositol, choline and lecitithin.

CHOLINE. In earlier times, choline was considered a B vitamin, however, it is not considered as a vitamin today and many of its functions still remain largely theoretical. Its three major known functions in the human body are: (1) lipotropic action: choline is an important mobilizer and transporter of body fat prior to the use of fat as a fuel. (2) precursor of acetylcholine: choline is converted to acetylcholine which is essential for fat burning in the body. (3) transmethylation: choline serves as a donor of a methyl group to other molecules which tend to be "tied up" in other metabolic functions. This allows for a more efficient fat burning system in the body.

These roles for choline have been established, however, the daily requirement has not been established. The lethal dose in man has been estimated to be in the range of 200 to 400 grams. There have been many studies in which choline dosages of from 5 to 10 grams along with added methionine have been prescribed with some success in additional body fat utilization as an energy source. Daily usage of more than this amount has not been shown convincingly to be effective. Therefore, it seems that in conditions where body fat is called upon to supply a greater percentage of fuel calories for the human body, that choline would be of greater importance to the diet.

INOSITOL. Inositol is an isomer of glucose, which means it has the same number of carbon, hydrogen, and oxygen atoms, and the same ring structure as glucose, however, they are arranged in a somewhat different manner. During prolonged dieting or starvation and possibly prolonged exercise, inositol minimizes the ketosis which results. Inositol has been used in the treatment of disorders in lipid transport and fat metabolism by physicians, but there is little solid medical evidence to show

is hydrolyzed into its components; free fatty acids and choline.

Again, the medical and scientific feelings on lecitithin as a food additive vary. However, the fat metabolism pathways are not completely understood and I feel that additional dietary lecitithin is helpful in utilizing body fat as an energy supply in times of stress due to dieting or starvation and possibly endurance exercising.

SUMMARY. As discussed, the "jury" on the lipotropic molecules discussed is still out as far as an absolute answer for the athlete. As pointed out, the fat mobilizing capacity of the human body is limited at several points along the complex pathway, and it may be that choline and inositol help to increase this capacity by the mechanisms indicated. In my practice, I have noticed that dieting individuals experience fewer hunger pangs and maintain their diet in an improved fashion, if they add tablets or capsules combining choline, lecitithin, inositol and methionine. Methionine, which was mentioned before, is associated with these molecular pathways and it is the limiting amino acid of almost every dietary protein. Sometimes the absolute medical information lags behind what is available "over the counter", and this may be the case with these lipotropic compounds. It is safe to say that the body will use fat as an energy source, but it is time limited. Supplying some of the limiting metabolites such as the claimed lipotropic molecules seems to be appropriate judgement, however, the exact amount of each is largely unknown at this time.

Lipotropics by William N. Taylor, M.D. the author of Anabolic Steroids and the Athlete

Whether or not inositol is effective. But, inositol does not seem to have any toxic effects, for it is easily converted to glucose in the body.

There have been scientific claims by some investigators that inositol serves as a lipotropic or fat burning aid, but there are some investigations to the contrary. I feel that it helps maintain glucose levels and appetite control during prolonged dieting and that it could be an aid to a bodybuilder or an athlete of any type. It could also prove to be helpful in endurance events for the same reasons, however, there are not medical or scientific studies along these lines that I am aware of.

LECITHIN. Lecithin (phosphatidyl choline) is commonly sold in health food stores and has gained some popularity as a hedge against hypercholesterolemia or elevated blood cholesterol. Lecithin, as commonly distributed, is composed of free fatty acids with a high content of linoleic acid, an essential fatty acid. It has been considered in the treatment of a variety of fat metabolism disorders. Contrary to popular concepts, lecitithin is not absorbed intact via the gastro-intestinal tract, but it

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Ask the Doctor

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

Dear Mauro: I'm an aspiring powerlifter (true - no world champion, but seducing my sights high) who enjoys your column. It's nice to get views from an educated person instead of those who merely write anecdotes. My question is theoretical since I'm not yet at the point where I have good enough to face drug testing, but I plan on being there some day. I have your book (actually borrowed it from a friend in the gym) and am perplexed over all the seeming confusion on drug testing retrospective. I respect your views since you are a physician and a researcher. I'm reading that your book states that oral steroids, depending on all those factors, are difficult to detect even using the highly sophisticated IOC equipment. I have read statements on retrospective on orals existing from 3-10 weeks in various journals. As you understand the present technology, what's your opinion? And Mike Lambert recently stated something about certain injectable steroids with 8 month retrospections (IOC tests), yet you've stated 6-10 weeks is more accurate. Then I read where all these powerlifters failed the test. Surely they would follow your advice and clean up fast enough. As you see it, what is your most accurate assessment of the current retrospective with IOC tests? Why are they failing? **Gerry N.**

Dear Gerry: The first update to my book "Drug Use & Detection in Amateur Sports" (enclosed) should answer all your questions. The confusion that exists about the time intervals has many sources, but the greatest single reason is the ongoing improvements in the analytical techniques. The USPF is taking measures to help athletes in coping with drug testing - pretesting, for example, will be a prerequisite for being on an international team. **M.G.D.**

Dear Mauro: I have been powerlifting for five years and have recently developed a hernia on my left side in the groin area. I am going to be operated on and want to know how this is going to affect my lifting. My doc is not very knowledgeable in PL. Will deadlifting, squatting hurt more than benching? Can I deadlift and squat and when? Any help is appreciated? **Chris P.**

Dear Chris: In the long run the repair of your hernia won't affect your lifting. In the short term it will. I'd recommend that you don't lift at all for two weeks after the operation, unless you just want to do some light arm work - any exercises where you have to hold your breath, or put some stress on the abdominal muscles, or even stretch the abdominal muscles, should be avoided. For the next four weeks I would start with some light bench presses; no arch and with feet up on the bench, and some light arm, shoulder, back and leg work (the back and leg work should not be done with free weights and you must not hold your breath or otherwise increase the abdominal pressure while exercising). As long as the weights are relatively easy there should be no problems. After this initial six week period you can use free weights and, starting light, do your usual workout. Again don't overdo the abdominal pressure while working out. After twelve weeks you can do whatever you want. The healing is complete at this point. Keep in mind that these are just guidelines and that if you feel any undue pain you should let up. I know of one lifter who was back up to max weights 3 months after an inguinal hernia operation with no problems, but you shouldn't be hitting maximum poundages this soon. You might have to get the hernia repaired again. Keep up a high protein diet and your supplements, especially B Vitamins, Vitamin C and Zinc. These will optimize the healing process. **M.G.D.**

Dear Mauro: My doctor gave me some medication for an inflammation, which I took for a few weeks. I recently found out that this medication, which was called methylol, is a steroid. Will this steroid show up in the tests? I wouldn't have taken this drug had I known it was a steroid since I wish to lift in an upcoming drug free meet. **Kathy R.**

Dear Kathy: You needn't worry about the drug Medrol (methylprednisolone) showing up in the drug tests. Medrol is a steroid, but it is not an anabolic steroid. It is a corticosteroid. Only anabolic steroids and testosterone are banned by the I.P.F. The reason that corticosteroids aren't banned is because they do not help build up body mass or strength. In athletes they are used mainly to decrease inflammation in joints and tendons. Other examples of corticosteroids are cortisone, prednisone, Aristocort, Celestone and Decadron. If you need more information on corticosteroids they're covered in my book and update. **M.G.D.**

Special Update on Anabolic Steroids

UPDATE NUMBER TWO to "Drug Use & Detection in Amateur Sports" by Dr. Mauro G. Di Pasquale, B.Sc., M.D.

This update concentrates on anabolic steroids and anabolic steroid substitutes. Also included is up to date information on a number of other topics as well as comments on the recent decisions made by the IOC Medical Commission. Order from:

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Question & Answer

Your training questions are answered by Roger Estep, 1979 Senior National Powerlifting Champion, World Record Breaker as a Midheavyweight, and the 1985 MR, IRON MAN. For a quick response to your training question send \$10 to Roger Estep, 1413 Holgate Drive, Anaheim, California 92802.

DEAR ROGER: While my question is specific (re: exercises, sets, etc.), I suspect that your answer might make clear to many some general principles of lifting vs. bodybuilding. I'm in my 40s, having worked out with weights off and on for 25 years. I use a split set routine (Mon: Tues: Wed: Thurs: Fri: Sat) utilizing the basic exercises (squat, stiff legged deadlift, regular deadlift; bench, military and behind-neck presses; pulldown, curl, shrug, bent rowing; plus abdominal work on two of three days). My unusual work situation is such that I have time for a set each half hour. Thus, during the workday, I do three sets (one per half hour) of a total of four exercises, 12 sets. I've been on this program for about a month, after having been away from weights for four years. The program seems to be doing well, particularly in bringing back the strength I once had. However, I realize that this program does this way is about as low intensity as one could imagine. (I should mention that I do 6-14 reps, except for the squat and deadlifts, 17-20 reps.) I could work out at home, after work, using a more orthodox, more intense, workout. My basic question is this: using these two alternatives as the extremes, what is the effect of greater and lesser intensities? 30 seconds between sets versus a minute between sets, etc. Finally (and I should have mentioned this above), I find that my second and third sets, if done with minimal rest between sets, require a much greater drop in poundage than seems to be the case with examples in books and magazines. For example, if I bench 240 pounds ten times on a first set, I must drop to 200 to do ten reps on the second set and 170 for the third. Assuming that all sets end at failure, does it matter what weight I lifted? Would a second set (heavier) of 6 reps be better? Or does it depend on the goal? (To more or less do the same weight on all three sets for the same number of reps, I must use my all day "method.") **S.J. Estes**

DEAR MR. ESTES: Your question seems to pertain to the amount of intensity needed for progress, and how much rest should be taken between sets. Everyone has theories about the answers, but I'm going to give you the facts. Long rest between heavy sets is needed if you are going to try and reproduce the same number of reps with a given weight. If you don't rest long enough between sets you are not taxing the strength of the muscle but are doing more of an endurance conditioning of the muscle. Example: First set of 5 reps in the bench with 400 lbs. Now the first set would be fairly easy and 5 reps would not tax me very much. I could more than likely have done 7 or 8 reps (but that's not my goal). If I only rest a few minutes, let's say 3 minutes then my upper body might not have had enough time to pay back the oxygen debt that is acquired during the first set. Not only that but it takes several minutes to get yourself up mentally to do a second heavy set. So you can see I'm talking 5 to 7 minutes between sets. This time could even increase to 7 to 10 minutes if you are really trying heavy singles or doubles. Powerlifters in training really are not aware of time during a workout, their main objective is to move big weights and if it takes 15 minutes between sets who cares. Of course, there is some limit to time to keep your muscles from getting cold. This type of program is best for building fast twitch muscle fibers and mass. Shorter rest will give you good hypertrophy in both the fast and slow twitch fibers, and will maybe develop a little more vascularity.

When you read of bodybuilders doing reps with only short rest periods you must remember that they are highly conditioned athletes who have been training for a long time. The bodybuilder also goes through periods of training where he will take a longer rest between sets so he can gain more mass. I would recommend you train with rest periods that not only allow you to replenish your energy plus give you enough time to get in the right mental frame. If you want to improve your vascularity and definition during a certain time of the year you could cut your rest periods but don't expect to handle the same poundages you did with the longer rest periods. **Roger Estep.**

BULLETINBOARD: Bench shirts will not become illegal, as far as the U.S.P.F. goes, at the end of 1986.....a new address for National Reference Leo Gordon is 114 A Rimrock Pl., N. Little Rock, Arkansas 72116. We missed the 360 bench press of Donald Robbins on the TOP 100 148 lb. list, and Ernie Sured's fine lifts of 770 415 615 1800 were not reflected on the A.D.F.P.A. TOP 20 listing for the 275 lb. class. Christopher Byrnes made a bench press of 270 pounds at 132 in the 1985 Teenage Nationals that should have been on the TOP 100 list for his class.....Jeff Copeland has been assigned as New York State A.P.F. Chairman and he can be reached at 107 Glen Road, Yonkers, New York 10704.....in the July issue of PL USA, we referred to Master lifter Russ Murphy as being from Asheville, North Carolina, when in fact he is from Asheville, North Carolina.

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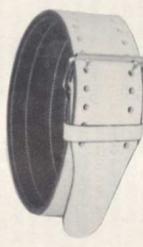
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Message from the U.S.P.F. President

We should have known it, if only we had stopped to reflect. But we did not, and we were surprised to discover that large trophies are incompatible with drug testing, as drug testing is presently conducted. The reason is that the testing results are not known until days, weeks, or months after the awards ceremony.

When the winners test positive, the trophies end up in the wrong hands. Let us suppose that trophies are awarded to the first five lifters in each weight class, and that the winner in a given class is positive for drugs and the second-place lifter is negative. The result is that all five trophies in that weight class would now be in the wrong hands, and the sixth-place winner, who would now be in fifth place is still without a trophy.

As a rule disqualified lifters are not of a mind to return their trophies, and if they were of a mind to do so, they would find that trophies are difficult to pack and expensive to ship. Neither the USPF nor the meet director can be expected to purchase and ship a new set of trophies to the new, post-test winners. One solution is to follow the USPF's lead and provide medals, which are inexpensive and easy to mail. The USPF is no longer concerned with the removal of trophies from those who have been disqualified. They do continue to ask, however, that those who wish to have their medals upgraded following the results of the drug testing, would be awarded a trophy at the meet.

Another solution would be to award a certificate suitable for framing, or for placing on one's book of remembrance. A skilled calligrapher searching through the lifting area would have the certificates ready in time for the awards ceremony.

Of course, both medals and certificates could be awarded. The savings over large trophies could be used to provide each person who totals with at least a certificate.

The results of the poll on drug testing conducted by Athlete's Registry, Inc., in conjunction with our registration mail out last November, indicate that any move away from drug testing would be very unpopular. We cannot seriously consider abandoning drug testing or embracing the polygraph in order to preserve our tradition of awarding trophies.

The doping control, as employed in ADFPA meets as a means of preventing drug use, is administered prior to the meet. Those who lift have passed and the trophies are awarded with a finality that we can never even dream of where urine testing is in place.

The substitution of medals and certificates for large trophies would eliminate these problems. It would also have the advantage of reducing the break-even cost of a meet thus enabling us to provide more competitive opportunities by holding smaller meets more frequently. The larger number of meets could be so dispersed geographically as to bring competition closer to the athletes thereby cutting time and cost for them.

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

DIRECTORY - U.S.P.F. EXECUTIVE COMMITTEE

Treasurer: Nate Foster, 204 Harvey Dr., Manhattan, KS 66502, (913) 776-5889

EXECUTIVE COMMITTEE

John Black, 11934 Lorain Av., Cleveland, OH 44111, (216) 252-1695

Keith 'Jake' Boyer, Bx 356, Leighton, Pa 18235, (215) 377-3365

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Richard Peters, Bx 1753, Norman, OK 73070, (405) 872-8351

Jan Shendow, 1968 W 6000 So., Roy, UT 84067, (801) 776-1873

George Zangas, 1229 Via Landera, Palos Verdes Estates, CA 90274, (213) 375-3802

MINUTES OF THE USPF NATIONAL COMMITTEE MEETING

Holiday Inn-O'Hare-Kennedy, Chicago, Illinois

The following National committee members and proxies signed in: Members at Large: Dr. Judith Gedney, Don Haley and Lucian Gillis Athletes' Representatives: Troy Hicks, Marie Herrick for Bob McKee, Regional Representatives: John Buckley, Stella Herrick for Frank Waits, Karen Armstrong for Ernesto Milam, Bill Decker, Bob Packer for Jim Lem, Major Tom Ochala, State Representatives: Daryl Johnson, Don Amiri for Robert Tarketa, Dick Arakeron, Ralph Sesso for Justin Weisberg, Carl Paul Lamb, James Hart for Gary Martin, Mike Reed, Mike Cassell, John Black, Jr., Richard Peters, Sam Paraku for Jerry Beckham, Glen Venator, Larry Eggleston, James Adamski, Lynda Chicago-Shendow for Jan Shendow.

The introduction was given by Dr. Judith Gedney.

Roll call was waived in favor of each voting member signing in and receiving an identifying card.

John Black moved that the minutes of the 1985 National Committee be adopted without formal reading as published in Powerlifting USA. Bill Decker seconded. Passed.

TREASURER'S REPORT

The Treasurer's report was presented by Conrad Cotter for Nate Foster. Copies of the independent audit (i.e. review statement) conducted by George Weber, CPA, for the fiscal year ending April 30, 1986 were distributed to those present prior to the meeting. The Benjamin Franklin Savings and Loan Association account in Portland, Oregon was closed July 1, 1986, and the funds, \$10,970.12 transferred to the First State Bank of Pensacola, Fla. account, which as of July 1, 1986 had a balance of \$404.33, adjusted for cheques that had not cleared as of that date. Accounts receivable from Athlete's Registry, Inc for June registrations was \$6880.00

The report carried with it a recommended strategy for conserving the liquid resources of the USPF. Of first priority is the need to maintain the USPF office in order to be able to respond to legal requests and to take care of day-to-day business. Second priority was assigned to the maintenance of funds sufficient to respond to legal emergencies and to provide seed money for promotion and attracting contributions. Third priority was to preserve our administrative structure by continuing the state chairman's reimbursements. Fourth priority was assigned to funding US Teams.

The Treasurer's report was adopted without discussion.

By unanimous consent, on request of Cotter, the Special Orders of Business were reversed. It was so ordered.

Steve Sulzer, Esq., counsel for the USPF, reported on the status of the suit against the USPF, the Rule 11 motion on the action naming Cotter as defendant, and contemplated action against the APF. Two copies of all legal documents filed by both sides were made available to those present for their inspection.

John Black moved recess for lunch until 1:30 pm

Meeting was reconvened by Cotter at 1:43 pm

Steve Sulzer continued his report on the status of the anti-trust lawsuit naming the USPF as defendant and discussed pending trademark registrations.

STANDING COMMITTEE REPORTS:

The Classification Awards Committee report was given by Conrad Cotter. Our bookkeeping does not distinguish the USPF logo patch from the classification patches. The total revenue between Feb. 1, 1986 and June 30, 1986 was \$894.00, less than 18 patches per month. Overwhelmingly, the applications received are on the application form published in Powerlifting USA rather than on the application forms sent to the state chairman.

The Collegiate Committee report was presented by Dr. Billy Jack Talton, and accepted as distributed.

The Discipline committee report was presented by Jan Shendow and accepted as distributed.

The Hall of Fame Committee report was presented by Nate Foster for Dick Burke. The nominees were Bill Clark and Dennis Burke. Bill Clark won the election and was inducted into the Hall of Fame as an administrator.

SPECIAL ORDER OF BUSINESS (AWARDING OF BIDS)

John Pettit, chairman of the Bid Selections committee, presented each of the bids that had qualified.

Two bids were received for the 1987 Senior National Powerlifting championships, Ralph Sesso for Chicago and John Pettit for Houston. The Chicago bid won. The 1987 Seniors will be held the second weekend in July.

One bid was received for the 1987 National Powerlifting championships. It was awarded to Richard Peters and will be held in Kansas City, Mo., June 6 and 7.

One bid was received for the 1987 High School National Powerlifting championships.

championships. It was awarded to Richard Peters and will be held in Dallas, Tx, May 17 and 18.

One bid was qualified by the Bid Selections Committee for the 1987 Collegiate National Powerlifting championships. It was awarded to Richard Peters and will be held in Oklahoma City, OK, Mar 28 and 29.

One bid was received for the 1987 Men's Teenage National Powerlifting championships. It was awarded to Jake Boyer and will be held in Leighton, Pa, Aug 8 and 9.

One bid was received for the 1987 Women's National Powerlifting championships. It was awarded to Tom Carey and will be held in San Francisco, CA, Jan 17 and 18.

One bid was received for the 1987 Masters National Powerlifting Championships. It was awarded to a group from Dallas and will be held in Dallas, TX, May 17 and 18.

SPECIAL ORDER OF BUSINESS (ELECTION OF OFFICERS)

In compliance with USPF rules, Cotter and Foster declared their candidacy for the office of President. The names were properly placed before the National Committee for elections. Cotter was elected President.

In compliance with USPF rules, Foster declared for the office of Treasurer. His name was properly placed before the National Committee for elections. Foster was elected Treasurer.

Nominations were open for the office of Executive Committee. The following names were nominated: Peters, Black, S. Herrick, Boyer, Packer, Hatfield, Pettit, Haley, R. Herrick, Luitly, Keagay, J. Shendow, Zangas, Talton, Kenady, Decker, Pettit, Talton and S. Herrick requested their names be withdrawn. The names were properly placed before the National committee for election. Peters, Black, Boyer, Hatfield, Haley, R. Herrick, J. Shendow, Zangas and Kenady were elected members of the Executive Committee.

By unanimous consent, on request of Haley, seconded by Black, committee reports were adopted as distributed and the requirement for official presentation suspended.

Packer, IPF delegate for the USPF, gave a status report of the IPF Congress meeting in Finland, 1985.

PROPOSED AMENDMENTS TO THE USPF BY LAWS

1. Proposal to amend the By-laws by adding thereto a new section to be numbered Section 2.1 (v) establishing a new category of membership for sworn police officers and firefighters. Adopted.

2. Proposal to amend Section 2.1 to establish a new category of membership, Associate. Failed.

3. Proposal to amend Section 14.4 relating to indemnification amended by deleting paragraph (3) therein, renumbering the paragraphs after 3 to conform, and by changing the 'shall' to 'may' in the final paragraph. Adopted, as amended.

4. Proposal to repeal Section 12.6 (A). Adopted.

5. Proposal to amend Section 4.7 of the By-laws by deleting 'Referee's Committee' and 'Technical Committee' was tabled on motion of Pettit, seconded by Black.

6. Proposal to amend Section 14.4 (1) and relating to indemnification was tabled on the motion of Zangas, seconded by Gedney.

7. Proposal to amend by By-laws to enable the Executive Committee being limited to that which may be necessary in order to conform to U.S.O.C. requirements. Adopted.

NEW BUSINESS

1. Hatfield moved to prioritize the New Business agenda items. Seconded. Motion carried.

2. Hatfield moved to refer agenda items 1 through 7 to the Executive Committee. Pettit seconded. Motion carried.

3. Pettit moved to adopt agenda item 8, setting new qualifying totals for the 1987 Men's Teenage National Championships, and item 9, setting new qualifying totals for men at the 1987 National Collegiate Powerlifting Championships. Packer seconded. Motion carried.

4. Pettit moved to adopt agenda item 10 relating to the composition of military teams. Eggleston seconded. Motion failed.

5. Pettit moved to adopt agenda item 11 establishing a USPF experimental natural program. Venator seconded. As amended, the experimental natural program would be conducted on three levels, state, regional and national. The meets on each of these levels would have three natural divisions based on the time the lifter had been off drugs, three months, six months and twelve months. The meets would be gender blind, and on the state and regional levels would be open to any lifter persons in each weight class at the regional meets would be eligible to lift in the nationals. At the nationals five lifters selected at random would be both polygraph and urine tested. Motion, as amended, carried.

6. Lynda Chicago-Shendow moved to adopt agenda item 12 reorganizing the USPF system of national championships into nine national contests, with drug testing in some and not in others. Packer seconded. Black moved the previous question. Motion carried.

7. Pettit moved to refer to the Executive Committee agenda item 13 relating to providing a doping control at various national championships.

Daryl Johnson seconded. Motion carried.

8. Larry Eggleston moved to adopt agenda item 14, restricting drug testing at the 1986 Senior National Powerlifting championships to reflect budgetary constraints. Peters seconded. Motion carried.

9. Packer moved to adopt agenda item 15 suspending from USPF competition for three years all lifters who test positive for psychomotor stimulants or anabolic steroids at any national or international competition. Peters seconded. Lynda Chicago-Shendow moved the previous question. Carried. Motion carried.

10. Zangas moved to adopt agenda item 16, relating to high dissemination of information on how to avoid testing positive for psychomotor stimulants or anabolic steroids. Gedney seconded. Hatfield moved to amend by providing that the USPF establish a banned substance education program with information to be disseminated by the Sports Medicine Committee. Peters seconded. Motion to amend carried. Motion, as amended, carried.

11. Pettit moved to refer agenda items 17-24 to the Executive Committee. Jan Shendow seconded. Motion carried.

12. Hatfield moved to adopt agenda item 25 repealing the lifetime suspension of Tony Fitton. Kinney seconded. Daryl Johnson moved to amend so as to repeal the lifetime suspension and impose a two year suspension. Decker seconded. Hatfield moved the previous question. Carried. Motion to amend failed. Motion to adopt agenda item 25 carried.

13. By unanimous consent, on request of Cotter, agenda item 26 was placed at the end of the agenda.

14. Gedney moved to refer agenda items 27 and 28 to the Executive Committee. Pettit seconded. Motion carried.

15. Pettit moved to adopt agenda item 29, rescinding in toto the proposals passed by the Executive Committee restructuring the Referees committee and the managing and administration of the referees. Decker seconded. Venator moved the previous question. Carried. Motion to adopt carried.

16. Venator moved to adopt agenda item 30, providing that technical rules may be changed only by the National committee. Reed seconded. Previous question moved by Black. Failed. Debate continued. Pettit moved to amend agenda item 30 to read, "Technical rules may be changed only by the Executive Committee and will become effective on the Monday following the next National Committee meeting." Daryl Johnson seconded. Motion to amend carried. Motion to adopt the previous question. Carried. Agenda item 30, as amended, failed.

17. Foster moved to adopt agenda item 31, relating to the use of international referees at national meets. Haley seconded. Hatfield moved to amend agenda item 31 to read, "Referees adjudicating at national meets must have been tested on their knowledge and understanding of the new rules of the USPF and whenever possible, such referees should hold international status." Peters seconded. Gillis moved the previous question. Carried. Motion to amend carried. Kenady moved the previous question. Carried. Motion to adopt agenda items 32 through 40 to the Executive Committee. Gillis seconded. Kenady moved the previous question. Carried. Motion to refer carried.

19. Venator moved to adopt agenda item 41, enabling lifters to set state records at any USPF-sanctioned meet. Packer seconded. Black moved the previous question. Carried. Motion to adopt failed.

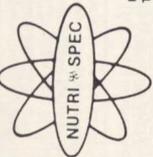
20. Venator moved to adopt item 2 on the Law and Legislation Committee report, relating to the establishment of a masters-level national meet, where the qualifying totals, therefore, would approximate the qualifying totals for the masters qualification patch. Died for want of a second.

21. Hatfield moved to adopt item 1 on the Law and Legislation Committee report, allowing the Sports Medicine Committee or Sports Medicine team to video tape any national championship, without the payment of a fee, provided that the video tape be used solely for sports medicine research and not utilized for any money-making project. Decker seconded. Hatfield moved to amend by providing further that all such requests to video tape be referred to the President for his endorsement after satisfying himself that each request is legitimate. Venator seconded. Black moved the previous question. Motion to amend carried. Motion to adopt item 1, as amended, carried.

22. Hatfield moved to adopt agenda item 26, which provides that the Senior Nationals not be held on Sundays. Scully seconded. Black moved the previous question. Carried. Motion to adopt failed.

Black moved that the National Committee be adjourned. Motion carried. Meeting adjourned.

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From the Women's World Team

The members of the U.S.A. Powerlifting Team representing you in the International Powerlifting Federation's 1986 Women's World Championships wish to express our deepest appreciation to those of you who helped to encourage us during our training by writing and sending uplifting messages. It is sometimes difficult to train as a member of a team when your teammates and coaching staff are spread throughout the U.S. Just being in contact with fellow lifters was added incentive to pursue diligence in our work as we prepared to participate in the 1986 World Championships, hosted in Hestra, Sweden. Now that the Championships have culminated, as a team we would like to thank so many who have helped to make our success a reality. The 1986 Women's World Championship Team wishes, first of all, to thank the meet directors and promoters for all their efforts in running a very smooth, well planned, extremely organized event for all the participants. We are so thankful to each of you and hope you will realize that your work has definitely left a lasting impression in our hearts and minds. By the same token, we wish to thank all the Championship's officials, without their diligence the meet could not have taken place. Special thanks to Meet Director Jarro Nounsiainen and his staff: Arnold Bostrom, Georg Bostrom, Goran Gunnarsson and Roy Florén.

We would like to thank the various sponsors of our team and so we officially salute the following people and organizations who supported our efforts: Bill Ermitz, WEIGHTLIFTERS WAREHOUSE, 5542 South Murray, Berkeleywood, California 90713; Tracey Jet, MIKE, 10605 S.W. Murray Blvd., Beaverton, Or 97006; George Zangas, MARATHON/DISTRICT/BJUTING CO., 1299 U.S. Highway 1, Santa Ana, California 92705; J. J. M. Enterprises, Inc., 4775 S. Orange Ave., Suite 3, Hingham, MA 02043; Jill Matthews, ISOTONER, 417 Fifth Ave., New York, NY 10016; Fred Hatfield, SPORTS FITNESS, 21100 Erwin St., Woodland Hills, CA 91367. It takes a great deal of time and energy to plan a trip of this nature. Again, we express gratitude to Ramona Kennedy for all she did in representing our team. The coaching staff: Jan, Roger Cheney and Stephanie Whiting, assistants to the coach; Jim E. Everett, Stephanie Virgin, Juanita Trujillo, Annie McElroy, Jim E. Everett, Deborah Patton, Lorraine Costanzo, Felecia Johnson, Theresa Ryskowski, Cyndi Regan.

From Dr. Squat, Fred Hatfield

Those of us who've been lifting since the early days remember the daily meets, the lax judging, the lack of public support. We often lifted in meets that lasted into the wee hours with never more than a handful of faithful relatives or friends watching us. This never happens in Hawaii where Gus Redtwisch hosts his big annual meet. Gus has been able to secure national sponsors the likes of Budweiser and Pan Am. Often, there has been television coverage. Always there has been exceptional lifting and appreciative crowds, typically 3-5,000 strong. Gus' meets are the best I've ever attended. No one in our sport has ever put on a meet remotely approaching the professional quality of his meets. Who else has given free travel, lodging and food to the athletes? In HAWAII at that? People save for their entire lives just to spend a week in this beautiful place. Gus gets top lifters there for free. It's no accident that a lopsided percentage of current and past world records were set at Gus' meets, where the lifting atmosphere is electric. As for the equipment, the backstage conditions and the judging, the Hawaii meets have been standardly fair to better than fair, occasional poor calls by the judges, and it is a great audience, and the records almost always fall like flies, because of the great job Gus does at taking care of the athletes he invites to his meet. I apologize for boring you with this tribute to Gus Redtwisch, Mike Scott, and the other fellas in Hawaii who make this great meet a reality year after year, but it had to be said because, unbelievably, there are detractors who apparently wish to tarnish the reputation Gus has earned, and that really ticks me off. Those who know Gus, know that he's a political animal. Even more than that, he's a lifter and all he really wants to do is lift without being bugged to death by greedy officials or money moguls. For that reason, Gus fights for the cause of powerlifting in the best way he knows, with his actions. For example, at the 1986 meet, Gus secured sanctions from both the USPF and the other organization so that no lifter would be excluded because of political pressure. I think that was fair, and in the end the lifters benefitted.

Some guys are spreading rumors that the 100 pound plates that Gus uses in the Hawaii meet are 20 pounds light. That would mean that Ed Coan's unbelievable deadlift of 859 pounds at a bodyweight of 198 pounds, a lift that required six 100 pound plates, only weighed 739 pounds! I rather think that Ed would have something to say about that! It would also mean that my 1008.5 squat at 250 pounds bodyweight only weighed 888.5 pounds. I resent that. It's ludicrous and slanderous. Gus' internationally qualified officials, who execute their duties rather well, would have a bit to say as well. As for the other garbage I've been hearing through the grapevine, it's sour grapes, as most grapevine chatter is. I don't know why such rumors even have to begin, but I wish they'd stop. They serve no reasonable function. To sully the good name of a man like Gus Redtwisch is inexcusable. Worse, to sully the names of the officials involved, and the great achievements of the lifters who set records is even more inexcusable. It's downright small.



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Another Look at Strength

by Frederick C. Hatfield, PhD

Strength. The stuff of which legends are made. The element that's essential to all forms of human movement. The underlying factor involved in lifting a fork to your mouth, performing delicate eye surgery, and lifting gargantuan weights. Those paring of culinary fare care no more for strength than the surgeon, as long as they have enough to wield their respective deftness.

But with us it's different. With us, great strength is imperative, and we strive to understand it completely because it is the very foundation upon which our sport is built. Without strength we would be nothing.

So, why is it that our level of understanding of the very soul of our science is abysmally muted? Is it because of its complexity? Surely the human body is often to the point of being understood from the old times when we gave us our heritage? The usage in dead strong back then, as those who simply didn't realize that strength as a concept to be studied and analyzed involved so much? After all, we all know enough about building strength to lift the appropriate amount of weight for the proper number of reps, sets and so forth. Don't we?

I ask these questions because I doubt that most powerlifters really ever gave it a second thought. Perhaps I can help. Let's have a closer look at our bread and butter strength, that if you understand it, it'll become at least a trifle more attainable.

What gives us strength?

The strength that you exhibit when you lift a barbell is determined by an

cells innervated by a common neuron) you can stimulate at one time, the more strength you'll have. Training, both physical and mental, accomplishes this very important goal.

To be sure, there are other factors involved in your ability to generate maximum strength of contracture. Your mindset, your general state of health, your nutritional status and various enzymatic and hormonal balances all contribute. But I want to dwell on the factors that I believe are most contributory to maximum strength and to unfortunately - the most neglected - do this you have to understand there are different kinds of strength. That is, strength can be manifested in several different ways.

Absolute strength

For the sake of illustration, let's say your max lift is 100 pounds. You have an absolute strength level of 100 pounds. That is your absolute strength level. In a conceptual sense, most people can hold about 15 percent more in a weight station. People who are able to hold about 115 lbs. in the mid position of a curl. That is your absolute static strength. If you were to swing a weight up and lower it, you'd find that you could lower about 35-40 percent more than you were able to lift concentrically. In other words, your absolute eccentric strength would be about 35-40 percent higher than your absolute concentric strength.

Absolute strength is the cornerstone upon which we become great at powerlifting. But it is only our foundation. It is not the end of the story. Oh, it used to be for the old timers who didn't really understand the nature of our sport's requirements or how to truly maximize their power-lifting potential. But nowadays, if you're training scientifically, you have to take your absolute strength levels a step higher - into the realm of speed-strength.

Speed-Strength

That's what Russian scientists call it. We call it power. We call it explosiveness. Actually, there are two types of speed-strength, starting strength and explosive strength. Starting strength is the ability to instantaneously recruit as many muscle cells as possible. It is the primary requisite for throwing a baseball, long jumping 28 feet, running a ten-flat hundred meters, and other explosive movements done with little more than body resistance.

Explosive strength, on the other hand, is the ability to keep that initial explosion of muscle contracture going over a distance against considerable resistance. Thus, we have a continuum that ranges from little or

no resistance through mild resistance (e.g., shot putting, football blocking, 56 pound weight throw, etc.) to maximum resistance (e.g., Olympic weightlifting through powerlifting).

The lighter the implement you have to move, the more your starting strength becomes important. The heavier the resistance, the more important your explosive strength is important. Also, the shorter the distance the greater the importance of starting strength, and the longer the distance, the more important your explosive strength is.

In powerlifting, we build explosive strength upon the foundation of absolute strength. Training for each exercise is different. You begin your cycle building absolute strength, and you end it - right before a contest - with training for explosive strength. Powerlifting gives you a brief outline of the procedure in a moment. First, however, let me finish this discussion of the different types of strength, pointing out the third and final category.

Strength Endurance

You're a boxer. You want to be able to hit your opponent as hard in the first round as you were able to during the fifth. You need strength endurance. Strength endurance, then, is the ability to put out max effort time after time with no appreciable diminution of force. The importance of strength is obvious when viewed from the perspective of a basketball player, soccer player, karate master, boxer, powerlifter, or training for strength endurance - doing reps in excess of about 8-10 - would be very counter productive.

How to cycle for a contest

I've written many different articles on training methods. The Russian six-week strength program, holistic retraining, the quick-peak program. The list is long. Do not get the idea that what I'm about to say is contrary to what I've said previously in these articles. What I'm about to discuss is merely a guide - an overall blueprint - for guidance when you implement these various systems of training.

This blueprint, incidentally, is the basic framework underlying my new video, *HEAVY IRON*. Emmy award winner Wm Sturgeon directed this video, making it a very professional, instructive, and entertaining package. There are six steps through which your training must progress. Each builds on the preceding stage, so follow the blueprint sequentially. You'll end up in better contest shape than you've ever been in. You will, in a word, become POWERFUL!

Stage I: Foundation Training

The objective here is to achieve an optimal level of fitness for powerlifting. Your weaknesses are the main target, but you will also build a solid foundation of absolute strength in all of your muscles.

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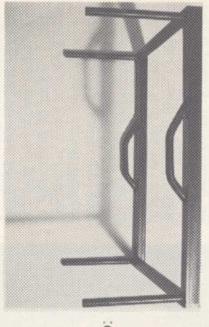
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POWER PROFILE

Chuck North never believed he was too old. If he had, we never would have seen the likes of this truly great Masters lifter. Born in 1931 in a small Ohio town called Mondak, Chuck didn't even start weightlifting until the age of 50.

In just four short years, Chuck has risen to the top of the sport. At the age of 54, he recently won the 220-lb. title in his age group at the National Masters Championships held in Buffalo, New York. Not only did he win his weight class, but he pulled a record breaking 578½ deadlift with a torn quadriceps.

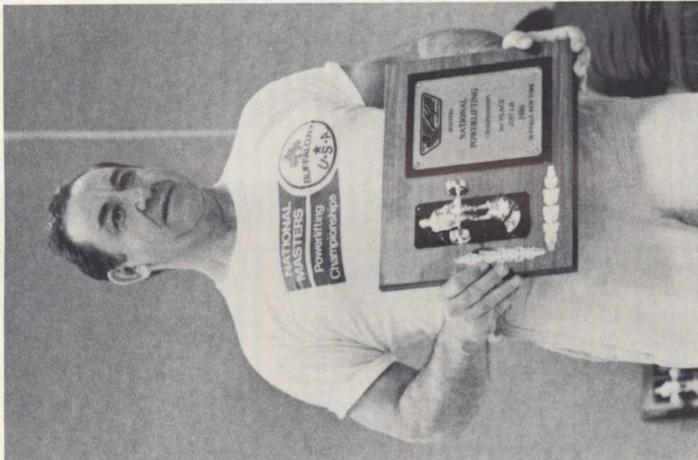
At this meet, as Chuck was setting up with his opening squat attempt, the platform itself separated causing him to severely injure his left ankle. Since he had already been given the signal to squat, he didn't want to move for fear of losing the attempt.

The ankle injury caused improper alignment of his squatting position which led to a night quadripiece tear as he was descending. Chuck said he felt it tear, but continued with the lift so he could at least get one squat in to prevent a bomb-out. Chuck made it through the benches OK, although with arthritis in his shoulders, his bench has always been a problem.

With a torn quad, the big problem came when it was time to deadlift. Putting almost all the weight on his left leg, Chuck pulled at 529 which was needed to secure 1st place. With the injuries, Chuck was very happy to have won the championship, however, at the urging of his training partners, who were present at the meet, he elected to try an attempt of 578½ for a new masters record. Chuck has always been a great deadlifter. Just a few weeks prior to the meet, he pulled an incredible 622 at a high school demonstration. He had hoped to attempt a 633 at this contest, but with the injuries, 578½ seemed like an insurmountable amount. Bearing the weight on his left leg, Chuck amazingly still legged the weight to successful completion.

Everyone who has followed Chuck's lifting career has been well aware of his strong deadlift. No one however, knows this better than Jim and Chuck has earned the reputation as a great deadlifter.

Chuck entered his first meet in 1982. His impressive 540 deadlift secured a 4th place finish. He credits these two great lifters will be a great one to follow for years to come. Since the day Chuck first lifted for giving him a lot of help at his first world class lifter, Dave Waddington, meet. Two years ago in 1984, Chuck entered his first National Masters Championships held in McLean, Virginia. On this day, Chuck set a new record 501 squat, and a new record 562½ deadlift (narrowly missing a 633 for the win), only to have both records broken the same day by fellow competitors. These lifts were good enough, however, to earn Chuck a 2nd place finish behind



CHUCK NORTH as told by Dave Atterholt

another great Masters lifter and good friend, Fred Lange. Interestingly, although Fred was in a different age bracket than Chuck at this year's championships, they both wanted to out-total the other. This year, Chuck and Chuck has earned the reputation as a great deadlifter.

Chuck entered his first meet in 1982. His impressive 540 deadlift secured a 4th place finish. He credits these two great lifters will be a great one to follow for years to come. Since the day Chuck first lifted for giving him a lot of help at his first world class lifter, Dave Waddington, meet. Two years ago in 1984, Chuck entered his first National Masters Championships held in McLean, Virginia. On this day, Chuck set a new record 501 squat, and a new record 562½ deadlift (narrowly missing a 633 for the win), only to have both records broken the same day by fellow competitors. These lifts were good enough, however, to earn Chuck a 2nd place finish behind

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

51, took 5th in the 242lb. class. Additionally, although not of masters age yet, the great Vince Anello trains here several times a week. What other gym in this country can match these Masters achievements? Chuck says not only are they great lifters, but unbeatable training partners as well. All of Chuck's training partners who didn't compete, paid their own expenses to the nationals to support Chuck.

Chuck North is not only a great lifter. He also does much to support Powerlifting and Bodybuilding in Ohio. He consistently puts on top quality Powerlifting and Bodybuilding competitions, and has won the Bodybuilding Meet Director of the Year award two out of the three times it has been awarded in Ohio. Furthermore, he is credited for making the Mr. Ohio Bodybuilding Championships the Number 1 bodybuilding competition in Ohio.

His daily work also gives strength to the lifting community. For the last eight years, Chuck has operated a successful weight lifting equipment store called The Exercise Shop, now at its new location in Tallmadge, Ohio.

For the past four years, Chuck has followed the same training program. His program consists of three training days per week with the emphasis placed upon recuperation. The program is as follows:

Tuesday: Accessory work including chest, light back and heavy triceps. Every other Tuesday, light legs, including light squats.

Thursday: Squat day. Alternating heavy and light squats every other week.

Saturday: Bench and Deadlifts. Bench heavy every Saturday. Deadlift heavy every other Saturday. If light squat Thursday, then heavy deadlifts Saturday.

The program works like this: one week Chuck will squat light on Tuesday and Thursday and deadlift heavy only Saturday. The next week Chuck will only squat heavy on Thursday and deadlift light on Saturday.

Chuck believes this program builds through recuperation, which is especially important to which is Lifters. He also takes lots of vitamins. With Chuck's recent National victory, he anticipates earning a berth on this year's U.S. National Masters team. Representing the 1986 World Norway and winning the 1986 World Masters Championships is a goal Chuck very much wants to achieve.

You can bet his new wife, Judy, will give him all the support she can. I personally have been very close to Chuck for the past year. I've learned a lot about lifting and life from this man. Most importantly, I've learned that you are never too old to start powerlifting.

POWER-RESEARCH

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At The Top

by Army Ferrando/Dr. Judd Biasiotto

During the past decade and a half, the authors have worked with some of the greatest amateur and professional athletes in the world. Of course, we have also worked with just as many, if not more, athletes who never reached World Class status in their sport. The question that is often asked is, "What is the difference between a good athlete and a great athlete?"

It's been said that great athletes are born, not made. This statement may seem credible as evidenced by the fact that Carl Lewis, Abdul-Jabbar, or Fred Hatfield's who are genetically endowed for their particular sports. However, it is just as easy to point out numerous athletes that are genetically suitable for a sport, but who still don't perform at a high level of proficiency. Of further interest is the fact, if you analyze the anatomical structure of most world class athletes, they do not possess extraordinary genetics. In short, most elite athletes are just ordinary people who possess good physical attributes, but not exceptional physical gifts.

An excellent example is Pete Rose of the Cincinnati Reds. While working for the Reds, Tex Bowen, the Red's head scout, said that if Rose was judged on his physical ability, he would never have been drafted by the Reds. According to Bowen, Rose has poor running speed, a mediocre arm, and relatively slow but velocity, yet Rose has become one of the greatest players of all time. Of course Rose isn't the only superstar who has reached world class status without superior physical qualities. Others include Hideaki Inaba, Larry Bird, Rocky Bleier, and the list goes on.

There are literally thousands of men and women without extraordinary physical attributes that have achieved elite status in their sport. Again the question arises, "What is the difference between a good athlete and a great athlete? Is there a common denominator among world class athletes? Are there common qualities that make the ordinary into the great? There may be. By working with numerous athletes, we have observed a number of common characteristics (or techniques) that consistently surface in elite athletes. Interestingly, the techniques that we use are relatively simple ones that can be used by a novice athlete. If we found that only a few world class athletes use a few of these simple techniques, perhaps these simple techniques are the difference between the good and the great. The following are a few of the things that we have found prominent among world class athletes:

1. Aspiration / Goal Level. If there was one common denominator that seemed to separate the aspirer from the ordinary athlete, it was that

visualization and behavior modification to develop and direct this self-confidence.

5. Acceptance of Defeat. Elite athletes have the ability to handle defeat in a positive and constructive manner. Most view defeat as an integral part of success and most importantly, as a positive learning experience. Success to these athletes is simple a manipulation of failure. When they lost, they learned from the experience, and then went on to succeed. They focused on the good in every situation, rather than dwelling on the bad. Every athlete has and will face defeat. Unfortunately, many athletes will never realize their true potential in a sport because they are unable to deal with or accept defeat. In short, elite athletes tend to continually transform occasional defeats into eventual victories.

6. Hard Workers. Superior athletes tend to be workaholics. They focus all their energies on their daily training. They push themselves to the limit both mentally and physically, often overlooking pain and discomfort. Not only do they spend long hours in training, but the time they spend is quality time. Not surprisingly, they display a tremendous resiliency and an abundance of energy. Perhaps their thorough enjoyment of their task at hand can explain their ability to work long and hard. Even when they were not training, they were actively engaged in thinking about training and competition. They simply love their sport.

In upcoming articles, we will outline some techniques that may help you incorporate some of the aforementioned qualities into your training regimen.

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NEXT MONTH...TOP 181s

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing July 1985 to June 1986

SQUAT	BENCH	DEADLIFT	TOTAL
1 694 Rosignole, J., 77/85	470 Allor, C., 4186	727 Inzer, B., 81/1785	1791 Bell, C., 77/85
2 688 Bell, C., 77/85	462 Grant, B., 67/786	700 Tynes, F., 126/86	1760 McCarty, J., 91/1585
3 687 McCarty, J., 91/1585	440 Confessore, C., 121/485	690 McCarty, J., 91/1585	1747 Topogian, L., 77/85
4 686 Topogian, L., 77/85	439 Inzer, B., 81/1785	686 Bell, C., 77/85	1703 Ingotch, R., 77/85
5 672 Inzer, B., 81/1785	429 Magistro, C., 67/786	655 Alexander, Aubrey, 81/1185	1670 Grant, B., 67/786
6 669 Alexander, Aubrey, 81/1185	428 Magistro, C., 67/786	644 Inzer, B., 81/1785	1640 Alexander, Aubrey, 81/1185
7 668 Alexander, Aubrey, 81/1185	427 Mendez, L., 41/1386	644 Inzer, B., 81/1785	1636 Viree, J., 47/1386
8 640 Hodson, E., 102/685	420 Sakaguchi, R., 32/2886	640 Wald, B., 29/86	1642 Aggipio, C., 67/86
9 639 Hodson, E., 102/685	419 Baldi, L., 11/885	639 Hultquist, C., 21/186	1636 Rafael, A., 67/86
10 638 Smith, L., 11/885	418 Hodson, E., 102/685	639 Powers, B., 62/886	1631 Hultquist, C., 21/186
11 637 Smith, L., 11/885	417 Hodson, E., 102/685	633 Lyons, F., 127/85	1629 Kellum, J., 62/886
12 636 Mueller, T., 67/86	416 Saccarotte, A., 11/1886	633 Lyons, F., 127/85	1609 Kellum, J., 62/886
13 622 Winquist, M., 112/385	410 Edwards, J., 67/186	633 Chang, B., 10/20/85	1609 Kellum, J., 62/886
14 622 Winquist, M., 112/385	409 Edwards, J., 67/186	633 Chang, B., 10/20/85	1609 Kellum, J., 62/886
15 622 Winquist, M., 112/385	408 Edwards, J., 67/186	633 Chang, B., 10/20/85	1609 Kellum, J., 62/886
16 620 Smith, L., 10/26/85	405 Penasco, C., 36/385	625 Middleton, D., 21/86	1603 Mendez, L., 41/1386
17 615 Presswood, R., 127/485	405 Momeny, J., 82/25/85	623 Rossin, J., 23/386	1580 Wald, B., 29/86
18 615 Presswood, R., 127/485	405 Momeny, J., 82/25/85	622 Murphy, A., 25/386	1576 Viree, J., 47/1386
19 611 Magistro, C., 10/12/85	405 Brown, W., 11/9/85	620 Houston, C., 11/23/85	1565 Betty, D., 12/14/85
20 611 Magistro, C., 10/12/85	402 Beavers, M., 7/21/85	620 Jones, J., 12/7/85	1565 Betty, D., 12/14/85
21 611 Rafael, A., 67/86	402 Winquist, M., 112/385	620 Jones, J., 12/7/85	1565 Betty, D., 12/14/85
22 611 Rafael, A., 67/86	400 Murray, A., 46/86	620 Murray, A., 46/86	1559 Rhodes, J., 72/185
23 611 Rafael, A., 67/86	400 Murray, A., 46/86	620 Murray, A., 46/86	1559 Rhodes, J., 72/185
24 606 Sapleton, 121/485	400 Ernest, A., 67/186	610 Presswood, R., 127/485	1559 Powers, B., 62/886
25 606 Sapleton, 121/485	399 McCarty, J., 91/1585	610 Krieger, H., 51/886	1559 Powers, B., 62/886
26 600 Dawson, 77/1286	399 McCarty, J., 91/1585	606 Magistro, C., 10/12/85	1555 Presswood, R., 127/485
27 600 Dawson, 77/1286	391 Kellum, J., 62/886	606 Magistro, C., 10/12/85	1555 Presswood, R., 127/485
28 600 Dawson, 77/1286	391 Kellum, J., 62/886	606 Dawson, 77/1286	1555 Presswood, R., 127/485
29 600 Dawson, 77/1286	390 Cofe, E., 7/13/85	606 Spahr, R., 12/286	1555 Presswood, R., 127/485
30 600 Mahoney, C., 22/486	390 Donovan, L., 10/13/85	605 Richards, N., 10/19/85	1555 Presswood, R., 127/485
31 600 Grant, B., 67/86	390 Heitman, N., 10/17/85	600 Allor, C., 77/85	1555 Presswood, R., 127/485
32 598 Richard, N., 10/17/85	390 Heitman, N., 10/17/85	600 Babin, J., 27/86	1555 Presswood, R., 127/485
33 598 Richard, N., 10/17/85	390 Donnell, C., 11/286	600 Crawford, D., 27/286	1555 Presswood, R., 127/485
34 589 Viree, J., 47/1386	389 Viree, J., 47/1386	600 Crawford, D., 27/286	1555 Presswood, R., 127/485
35 589 McCarty, J., 91/1585	389 Viree, J., 47/1386	600 Crawford, D., 27/286	1555 Presswood, R., 127/485
36 589 McCarty, J., 91/1585	389 Viree, J., 47/1386	600 Crawford, D., 27/286	1555 Presswood, R., 127/485
37 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
38 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
39 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
40 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
41 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
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45 584 Kreger, H., 51/886	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
46 575 Fleming, H., 12/14/85	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
47 575 Fleming, H., 12/14/85	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
48 575 Fleming, H., 12/14/85	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
49 575 Fleming, H., 12/14/85	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
50 575 Fleming, H., 12/14/85	388 Wood, J., 53/86	600 Beatty, D., 12/14/85	1555 Presswood, R., 127/485
51 573 Ricks, D., 10/20/85	388 Hultquist, C., 21/186	590 Washington, R., 81/17/85	1550 Dawson, 77/1286
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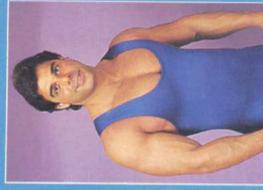
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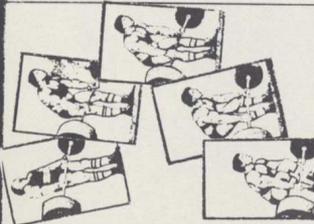
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Virginia Women/Teenage/Masters and Open Class II Championships 17 May 86 - Newport News (Kilts)

WOMEN'S CHAMPIONSHIPS	SO	SP	DL	Total
105 Wrennoreland	77.5	35	90	202.5
Mary Ann Price	125	80	137.5	342.5
Gayle Schroeder	77.5	42.5	115	235
114 lbs.				
Jane Walker	102.5	49.5	127.5	279.5
Kim Boh	95	37.5	92.5	225
123 lbs.				
Tracy Herndon	125	67.5	147.5	340
Catherine Parks	85	45	112.5	242.5
Tara Hatcher	92.5	45	10	237.5
132 lbs.				
Julia Able	107.5	45	130	282.5
Melanie Lanning	97.5	37.5	100	242.5
Lisa Collier	90	32.5	102.5	225
142 lbs.				
Ann Miller	110	47.5	142.5	300

TEENAGE CHAMPIONSHIPS

114 lbs.	Wrennoreland	77.5	35	90	202.5
123 lbs.	Kim Boh	95	37.5	92.5	225
132 lbs.	Tracy Herndon	125	67.5	147.5	340
142 lbs.	Ann Miller	110	47.5	142.5	300



Grand Opening of the new location of the POWER SHACK in Clifton Heights, Pennsylvania. Owners Jim Gallagher and Bill Brown are surrounded by the powerlifting mural that covers an entire wall in the gym, created by artist Karen McCarty. Jim compiles the A.D.F.P.A. TOP 20 list for POWERLIFTING USA each month. Photo and information by Jeff Temple.

198 lbs.	202.5 lbs.	90	175	467.5
Mathew Chalkey	202.5	90	175	467.5
Brian Jacobs	135	85	152.5	372.5
220 lbs.	220	77.5	145	352.5
242 lbs.	242	130	137.5	277.5
260 lbs.	260	110	217.5	532.5
280 lbs.	280	150	242.5	632.5
300 lbs.	300	175	277.5	677.5

MASTERS' CHAMPIONSHIPS

181 lbs.	Richard Smith	162.5	110	125	417.5
191 lbs.	Richard Smith	127.5	82.5	137.5	347.5
201 lbs.	Fred Simmons	150	97.5	200	447.5
210 lbs.	Bob Thompson	215	127.5	250	592.5
220 lbs.	R. Fratarcangelo	275	147.5	285	707.5
230 lbs.	William Ink	322.5	165	272.5	647.5
240 lbs.	Steve Spivey	300	167.5	247.5	615
250 lbs.	Lou McKenny	160	107.5	192.5	460

NEW ORLEANS OPEN 17 May 86 - New Orleans, LA (Kilts)

OPEN DIVISION	SQ	SP	DL	Total	
M. Uhlir	145*	62.5	152.5	360	
J. Oliva	172.5	127.5	195	495	
165 lbs.	192.5	120	192.5	505	
S. Boscareno	240	127.5	215	582.5	
C. Sandau	207.5	140	220	567.5	
198 lbs.	S. Philpot	320	170	302.5	792.5
208 lbs.	M. Gaudin	350	175	307.5	772.5
218 lbs.	K. Bess	350	157.5	307.5	715
228 lbs.	J. Crowder	250	150	255	655
238 lbs.	A. Piazza	245	165	227.5	637.5
248 lbs.	E. Cuthie	295	200	287.5	782.5
258 lbs.	C. Stamm	280	152.5	272.5	705
268 lbs.		282.5	215	320	817.5

BELOW CLASS II

114 lbs.	B. Fagot	132.5	75	155	362.5
124 lbs.	R. Impastato	102.5	60	137.5	320
134 lbs.	T. Poling	147.5	87.5	157.5	392.5
144 lbs.	S. Hubbard	117.5	75	157.5	350
154 lbs.	R. Impastato	207.5	137.5	205*	550
164 lbs.	T. Poling	197.5	122.5	220	540
174 lbs.	J. Berret	30.5*	140	208	478.5
184 lbs.	J. Berret	175	125	182.5	482.5
194 lbs.	G. Starinecker	275	150	255	680
204 lbs.	G. Starinecker III	255	162.5	250	677.5
214 lbs.	A. Prasse	245	165	227.5	637.5

MASTERS' DIVISION

172.5 lbs.	160	60	392.5
182.5 lbs.	100	45	227.5
192.5 lbs.	95	42.5	227.5
202.5 lbs.	97	52.5	227.5
212.5 lbs.	90	52.5	227.5
222.5 lbs.	85	52.5	227.5
232.5 lbs.	80	52.5	227.5
242.5 lbs.	75	52.5	227.5
252.5 lbs.	70	52.5	227.5
262.5 lbs.	65	52.5	227.5
272.5 lbs.	60	52.5	227.5
282.5 lbs.	55	52.5	227.5

WOMEN'S CHAMPIONSHIPS

105 lbs.	Wrennoreland	77.5	35	90	202.5
114 lbs.	Mary Ann Price	125	80	137.5	342.5
123 lbs.	Gayle Schroeder	77.5	42.5	115	235
132 lbs.	Jane Walker	102.5	49.5	127.5	279.5
142 lbs.	Kim Boh	95	37.5	92.5	225
151 lbs.	Tracy Herndon	125	67.5	147.5	340
160 lbs.	Catherine Parks	85	45	112.5	242.5
170 lbs.	Tara Hatcher	92.5	45	10	237.5
180 lbs.	Julia Able	107.5	45	130	282.5
190 lbs.	Melanie Lanning	97.5	37.5	100	242.5
200 lbs.	Lisa Collier	90	32.5	102.5	225
210 lbs.	Ann Miller	110	47.5	142.5	300

TEENAGE CHAMPIONSHIPS

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144 lbs.	S. Hubbard	117.5	75	157.5	350
154 lbs.	R. Impastato	207.5	137.5	205*	550
164 lbs.	T. Poling	197.5	122.5	220	540
174 lbs.	J. Berret	30.5*	140	208	478.5
184 lbs.	J. Berret	175	125	182.5	482.5
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212.5 lbs.	90	52.5	227.5
222.5 lbs.	85	52.5	227.5
232.5 lbs.	80	52.5	227.5
242.5 lbs.	75	52.5	227.5
252.5 lbs.	70	52.5	227.5
262.5 lbs.	65	52.5	227.5
272.5 lbs.	60	52.5	227.5
282.5 lbs.	55	52.5	227.5

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238 lbs.	A. Piazza	245	165	227.5	637.5
248 lbs.	E. Cuthie	295	200	287.5	782.5
258 lbs.	C. Stamm	280	152.5		

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Clark AB Invitational
26 April 86 - Philippines

WOMEN'S DIVISION		SQ	BP	DL	Total
114 lbs.	114 lbs.	185*	95*	245*	525*
Tomillas, S.	Janet Corder				363*
Hardy, N.	Brenda Mace	200*	90	255*	545*
132 lbs.	Larry Davis	275*	125	355*	755*
McCartane, D.	Bob Kelley	240	140*	285	665
148 lbs.	John Abbott	270	140*	310*	720*
165 lbs.	Becky Backlew	280	165	325*	770*
181 lbs.	Tony Lowell	325*	280	505	1310
198 lbs.	David Catrill	385	250	475	1110
215 lbs.	Mike Tolkan	360	250	470	1080
232 lbs.	Jim Miller	360	235	405	1000
250 lbs.	Clay Spang	300	270	360	930
267 lbs.	Bill Gerkin	575	375	555	1505
284 lbs.	Larry Rabbit	480	300	500	1280
301 lbs.	Mike Bryan	460	285	515	1260
318 lbs.	Clay Spang	565	370	585	1520
335 lbs.	Clay Spang	550	330	600	1480
352 lbs.	WOMEN'S DIVISION				
369 lbs.	Janet Corder				363
386 lbs.	Brenda Mace				308
403 lbs.	Clay Spang				391
420 lbs.	Becky Backlew				258
437 lbs.	TEENAGE DIVISION				
454 lbs.	Clay Spang				443
471 lbs.	MASTERS DIVISION				
488 lbs.	Clay Spang				391

Mid Ohio Bench/Deadlift
10 May 86 - Belpre, OH

WOMEN'S DIVISION		SQ	BP	DL	Total
114 lbs.	114 lbs.	154*	209	363*	726*
132 lbs.	Larry Davis	209*	385*	595*	1190*
150 lbs.	John Abbott	170	374*	545*	1089*
168 lbs.	Becky Backlew	66	192	258	516
186 lbs.	Ron Lightner(BL)	308	429*	738*	1475*
204 lbs.	Tillie U'Chal	93	275	369	737
222 lbs.	Andrew Simpson	341	501*	843*	1685*
240 lbs.	Andrew Simpson	270	402	672	1344
258 lbs.	David Catrill	336	534	870*	1740*
276 lbs.	Mike Tolkan	281	540*	821	1642*
294 lbs.	Jim Miller	281	479	760	1520
312 lbs.	Tony Lowell	402	573*	975*	1950*
330 lbs.	Bill Gerkin	181	402	584	1167
348 lbs.	Larry Rabbit	181	402	584	1167
366 lbs.	Clay Spang	170	220	391	781
384 lbs.	Clay Spang	391	507*	890*	1788*

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Novice: 1st-3rd place all divisions

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Average Fat %	13.3%
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Chest	19.84lbs.
Back	26.57lbs.
Shoulder	30.86lbs.
Legs	57.78lbs.
TOTALS	135.05lbs.
Average Girth (also)	2.84 in.
Increases in inches	0.4 in.

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ADPPA Arizona State Meet

26 Apr 86 - Scottsdale, AZ

WOMEN'S DIVISION	SQ	BP	DL	Total
Kim Kinn	220	183	183	586
OPIN DIVISION	220	139	209	568
114 lbs.	250	160	340	750
123 lbs.	280	185	340	805
140 lbs.	320	210	370	900
160 lbs.	360	240	400	1000
180 lbs.	400	270	430	1100
200 lbs.	440	300	460	1200
220 lbs.	480	330	490	1300
240 lbs.	520	360	520	1400
260 lbs.	560	390	550	1500
280 lbs.	600	420	580	1600
300 lbs.	640	450	610	1700
320 lbs.	680	480	640	1800
340 lbs.	720	510	670	1900
360 lbs.	760	540	700	2000
380 lbs.	800	570	730	2100
400 lbs.	840	600	760	2200
420 lbs.	880	630	790	2300
440 lbs.	920	660	820	2400
460 lbs.	960	690	850	2500
480 lbs.	1000	720	880	2600
500 lbs.	1040	750	910	2700
520 lbs.	1080	780	940	2800
540 lbs.	1120	810	970	2900
560 lbs.	1160	840	1000	3000
580 lbs.	1200	870	1030	3100
600 lbs.	1240	900	1060	3200
620 lbs.	1280	930	1090	3300
640 lbs.	1320	960	1120	3400
660 lbs.	1360	990	1150	3500
680 lbs.	1400	1020	1180	3600
700 lbs.	1440	1050	1210	3700
720 lbs.	1480	1080	1240	3800
740 lbs.	1520	1110	1270	3900
760 lbs.	1560	1140	1300	4000
780 lbs.	1600	1170	1330	4100
800 lbs.	1640	1200	1360	4200
820 lbs.	1680	1230	1390	4300
840 lbs.	1720	1260	1420	4400
860 lbs.	1760	1290	1450	4500
880 lbs.	1800	1320	1480	4600
900 lbs.	1840	1350	1510	4700
920 lbs.	1880	1380	1540	4800
940 lbs.	1920	1410	1570	4900
960 lbs.	1960	1440	1600	5000
980 lbs.	2000	1470	1630	5100
1000 lbs.	2040	1500	1660	5200
1020 lbs.	2080	1530	1690	5300
1040 lbs.	2120	1560	1720	5400
1060 lbs.	2160	1590	1750	5500
1080 lbs.	2200	1620	1780	5600
1100 lbs.	2240	1650	1810	5700
1120 lbs.	2280	1680	1840	5800
1140 lbs.	2320	1710	1870	5900
1160 lbs.	2360	1740	1900	6000
1180 lbs.	2400	1770	1930	6100
1200 lbs.	2440	1800	1960	6200
1220 lbs.	2480	1830	1990	6300
1240 lbs.	2520	1860	2020	6400
1260 lbs.	2560	1890	2050	6500
1280 lbs.	2600	1920	2080	6600
1300 lbs.	2640	1950	2110	6700
1320 lbs.	2680	1980	2140	6800
1340 lbs.	2720	2010	2170	6900
1360 lbs.	2760	2040	2200	7000
1380 lbs.	2800	2070	2230	7100
1400 lbs.	2840	2100	2260	7200
1420 lbs.	2880	2130	2290	7300
1440 lbs.	2920	2160	2320	7400
1460 lbs.	2960	2190	2350	7500
1480 lbs.	3000	2220	2380	7600
1500 lbs.	3040	2250	2410	7700
1520 lbs.	3080	2280	2440	7800
1540 lbs.	3120	2310	2470	7900
1560 lbs.	3160	2340	2500	8000
1580 lbs.	3200	2370	2530	8100
1600 lbs.	3240	2400	2560	8200
1620 lbs.	3280	2430	2590	8300
1640 lbs.	3320	2460	2620	8400
1660 lbs.	3360	2490	2650	8500
1680 lbs.	3400	2520	2680	8600
1700 lbs.	3440	2550	2710	8700
1720 lbs.	3480	2580	2740	8800
1740 lbs.	3520	2610	2770	8900
1760 lbs.	3560	2640	2800	9000
1780 lbs.	3600	2670	2830	9100
1800 lbs.	3640	2700	2860	9200
1820 lbs.	3680	2730	2890	9300
1840 lbs.	3720	2760	2920	9400
1860 lbs.	3760	2790	2950	9500
1880 lbs.	3800	2820	2980	9600
1900 lbs.	3840	2850	3010	9700
1920 lbs.	3880	2880	3040	9800
1940 lbs.	3920	2910	3070	9900
1960 lbs.	3960	2940	3100	10000
1980 lbs.	4000	2970	3130	10100
2000 lbs.	4040	3000	3160	10200
2020 lbs.	4080	3030	3190	10300
2040 lbs.	4120	3060	3220	10400
2060 lbs.	4160	3090	3250	10500
2080 lbs.	4200	3120	3280	10600
2100 lbs.	4240	3150	3310	10700
2120 lbs.	4280	3180	3340	10800
2140 lbs.	4320	3210	3370	10900
2160 lbs.	4360	3240	3400	11000
2180 lbs.	4400	3270	3430	11100
2200 lbs.	4440	3300	3460	11200
2220 lbs.	4480	3330	3490	11300
2240 lbs.	4520	3360	3520	11400
2260 lbs.	4560	3390	3550	11500
2280 lbs.	4600	3420	3580	11600
2300 lbs.	4640	3450	3610	11700
2320 lbs.	4680	3480	3640	11800
2340 lbs.	4720	3510	3670	11900
2360 lbs.	4760	3540	3700	12000
2380 lbs.	4800	3570	3730	12100
2400 lbs.	4840	3600	3760	12200
2420 lbs.	4880	3630	3790	12300
2440 lbs.	4920	3660	3820	12400
2460 lbs.	4960	3690	3850	12500
2480 lbs.	5000	3720	3880	12600
2500 lbs.	5040	3750	3910	12700
2520 lbs.	5080	3780	3940	12800
2540 lbs.	5120	3810	3970	12900
2560 lbs.	5160	3840	4000	13000
2580 lbs.	5200	3870	4030	13100
2600 lbs.	5240	3900	4060	13200
2620 lbs.	5280	3930	4090	13300
2640 lbs.	5320	3960	4120	13400
2660 lbs.	5360	3990	4150	13500
2680 lbs.	5400	4020	4180	13600
2700 lbs.	5440	4050	4210	13700
2720 lbs.	5480	4080	4240	13800
2740 lbs.	5520	4110	4270	13900
2760 lbs.	5560	4140	4300	14000
2780 lbs.	5600	4170	4330	14100
2800 lbs.	5640	4200	4360	14200
2820 lbs.	5680	4230	4390	14300
2840 lbs.	5720	4260	4420	14400
2860 lbs.	5760	4290	4450	14500
2880 lbs.	5800	4320	4480	14600
2900 lbs.	5840	4350	4510	14700
2920 lbs.	5880	4380	4540	14800
2940 lbs.	5920	4410	4570	14900
2960 lbs.	5960	4440	4600	15000
2980 lbs.	6000	4470	4630	15100
3000 lbs.	6040	4500	4660	15200

West Texas Open

3 May 86 - Amarillo, TX (kilos)

WOMEN'S DIVISION	SQ	BP	DL	Total
165 lbs.	130	100	130	360
181 lbs.	137.5	65	137.5	340
197 lbs.	117.5	62.5	150	330
213 lbs.	117.5	62.5	150	330
229 lbs.	117.5	62.5	150	330
245 lbs.	117.5	62.5	150	330
261 lbs.	117.5	62.5	150	330
277 lbs.	117.5	62.5	150	330
293 lbs.	117.5	62.5	150	330
309 lbs.	117.5	62.5	150	330
325 lbs.	117.5	62.5	150	330
341 lbs.	117.5	62.5	150	330
357 lbs.	117.5	62.5	150	330
373 lbs.	117.5	62.5	150	330
389 lbs.	117.5	62.5	150	330
405 lbs.	117.5	62.5	150	330
421 lbs.	117.5	62.5	150	330
437 lbs.	117.5	62.5	150	330
453 lbs.	117.5	62.5	150	330
469 lbs.	117.5	62.5	150	330
485 lbs.	117.5	62.5	150	330
501 lbs.	117.5	62.5	150	330
517 lbs.	117.5	62.5	150	330
533 lbs.	117.5	62.5	150	330
549 lbs.	117.5	62.5	150	330
565 lbs.	117.5	62.5	150	330
581 lbs.	117.5	62.5	150	330
597 lbs.	117.5	62.5	150	330
613 lbs.	117.5	62.5	150	330
629 lbs.	117.5	62.5	150	330
645 lbs.	117.5	62.5	150	330
661 lbs.	117.5	62.5	150	330
677 lbs.	117.5	62.5	150	330
693 lbs.	117.5	62.5	150	330
709 lbs.	117.5	62.5	150	330
725 lbs.	117.5	62.5	150	330
741 lbs.	117.5	62.5	150	330
757 lbs.	117.5	62.5	150	330
773 lbs.	117.5	62.5	150	330
789 lbs.	117.5	62.5	150	330
805 lbs.	117.5	62.5	150	330
821 lbs.	117.5	62.5	150	330
837 lbs.	117.5	62.5	150	330
853 lbs.	117.5	62.5	150	330
869 lbs.	117.5	62.5	150	330
885 lbs.	117.5	62.5	150	330
901 lbs.	117.5	62.5	150	330
917 lbs.	117.5	62.5	150	330
933 lbs.	117.5	62.5	150	330
949 lbs.	117.5	62.5	150	330
965 lbs.	117.5	62.5	150	330
981 lbs.	117.5	62.5	150	330
997 lbs.	117.5	62.5	150	330
1013 lbs.	117.5	62.5	150	330
1029 lbs.	117.5	62.5	150	

HAWAII 1986 BUDWEISER WORLD RECORD BREAKERS POWERLIFTING

CONTEST

formerly known as the HAWAII INTERNATIONAL POWERLIFTING CONTEST

THE MOST SPECTACULAR POWERLIFTING CONTEST IN THE WORLD
now available on VIDEO TAPE and T-SHIRTS

see...
...1008 lbs. squat by FRED HATFIELD—at 250lbs. body weight he came up with 1052 lbs.
...Also see the 903lb. deadlift by DOYLE KENADY and 920 lbs. to his knees.

...Also see gorgeous girls from Hawaii in the sexy L'Aqua Swimwear Contest — You'll see why the crowd went wild.
...Plus the Budweiser "Pose Down of the Century" between SERGIO OLIVA and ALBERT BECKLES for \$12,000 PRIZE MONEY.

Still available

1982, 1984, and 1985 tapes
1985 — See incredible TED ARCIDI bench 650, 677 and 705 lbs., ED COAN deadlifting 854 lbs. and lifting 1000 lbs. in the World Records...
1984 — See IMBA'S \$12 lb. World Record deadlift at 1141 lbs. body weight, ARCIDI'S three attempts at 666 lbs.
1982 — squats only — DWAYNE FELY'S 981 lb. World Record, KAZMAIER'S 909 and miss at 981 lbs....



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BEAUTIFUL NEW 7-COLOR DESIGN
CHOICE OF COLORS — LAVENDER, ORANGE, RED, YELLOW, WHITE AND LIGHT BLUE.
SIZES — S, M, L, XL AND XXL.

TAPES	QUANTITY	COLOR	SIZE	QUANTITY	SUB-TOTAL
1982					
1984					
1985					
1986					
1986-840					
1982-84, 85-834 ea.					
MC, VISA, C.O.D., CHECK OR MONEY ORDER ACCEPTED					
Name _____					Total
Address _____					Shipping
City _____ State _____ Zip _____					Amount Enclosed
					2.00

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214-236-4012

Queen City Open
11 May 86 Buffalo, NY

SQ	BP	DL	Total
114 lbs.	209	82	264
J. Morgan	440	231	226
123 lbs.	286	203	363
132 lbs.	303	148	352
148 lbs.	463	297	540
165 lbs.	440	292	507
181 lbs.	523	380	474
198 lbs.	402	352	429
215 lbs.	501	363	557
232 lbs.	462	325	545
250 lbs.	418	292	523
267 lbs.	424	308	435
284 lbs.	424	308	435
301 lbs.	600	319	584
318 lbs.	507	325	473
335 lbs.	755	462	727
352 lbs.	622	396	633
369 lbs.	650	424	534
386 lbs.	529	396	589
403 lbs.	667	424	611
420 lbs.	600	385	562
437 lbs.	507	341	529
454 lbs.	413	313	424
471 lbs.	622	396	633
488 lbs.	650	424	534
505 lbs.	529	396	589
522 lbs.	667	424	611
539 lbs.	600	385	562
556 lbs.	507	341	529
573 lbs.	413	313	424
590 lbs.	622	396	633
607 lbs.	650	424	534
624 lbs.	529	396	589
641 lbs.	667	424	611
658 lbs.	600	385	562
675 lbs.	507	341	529
692 lbs.	413	313	424

Connecticut Drug-Free Meet
12, 13 Apr 86 - Hamden, CT

SQ	BP	DL	Total
116 lbs.	205	115	260
133 lbs.	205	115	260
150 lbs.	190	105	270
167 lbs.	180	105	255
184 lbs.	85	75	130
201 lbs.	330	200	325
218 lbs.	200	265	365
235 lbs.	170	175	270
252 lbs.	300	180	400
269 lbs.	475	325	545
286 lbs.	385	275	440
303 lbs.	250	330	480
320 lbs.	250	330	480
337 lbs.	180	275	325
354 lbs.	400	180	400
371 lbs.	475	325	545
388 lbs.	385	275	440
405 lbs.	250	330	480
422 lbs.	250	330	480
439 lbs.	180	275	325
456 lbs.	400	180	400
473 lbs.	475	325	545
490 lbs.	385	275	440
507 lbs.	250	330	480
524 lbs.	250	330	480
541 lbs.	180	275	325
558 lbs.	400	180	400
575 lbs.	475	325	545
592 lbs.	385	275	440
609 lbs.	250	330	480
626 lbs.	250	330	480
643 lbs.	180	275	325
660 lbs.	400	180	400
677 lbs.	475	325	545
694 lbs.	385	275	440
711 lbs.	250	330	480
728 lbs.	250	330	480
745 lbs.	180	275	325
762 lbs.	400	180	400
779 lbs.	475	325	545
796 lbs.	385	275	440
813 lbs.	250	330	480
830 lbs.	250	330	480
847 lbs.	180	275	325
864 lbs.	400	180	400
881 lbs.	475	325	545
898 lbs.	385	275	440
915 lbs.	250	330	480
932 lbs.	250	330	480
949 lbs.	180	275	325
966 lbs.	400	180	400
983 lbs.	475	325	545
1000 lbs.	385	275	440
1017 lbs.	250	330	480
1034 lbs.	250	330	480
1051 lbs.	180	275	325
1068 lbs.	400	180	400
1085 lbs.	475	325	545
1102 lbs.	385	275	440
1119 lbs.	250	330	480
1136 lbs.	250	330	480
1153 lbs.	180	275	325
1170 lbs.	400	180	400
1187 lbs.	475	325	545
1204 lbs.	385	275	440
1221 lbs.	250	330	480
1238 lbs.	250	330	480
1255 lbs.	180	275	325
1272 lbs.	400	180	400
1289 lbs.	475	325	545
1306 lbs.	385	275	440
1323 lbs.	250	330	480
1340 lbs.	250	330	480
1357 lbs.	180	275	325
1374 lbs.	400	180	400
1391 lbs.	475	325	545
1408 lbs.	385	275	440
1425 lbs.	250	330	480
1442 lbs.	250	330	480
1459 lbs.	180	275	325
1476 lbs.	400	180	400
1493 lbs.	475	325	545
1510 lbs.	385	275	440
1527 lbs.	250	330	480
1544 lbs.	250	330	480
1561 lbs.	180	275	325
1578 lbs.	400	180	400
1595 lbs.	475	325	545
1612 lbs.	385	275	440
1629 lbs.	250	330	480
1646 lbs.	250	330	480
1663 lbs.	180	275	325
1680 lbs.	400	180	400
1697 lbs.	475	325	545
1714 lbs.	385	275	440
1731 lbs.	250	330	480
1748 lbs.	250	330	480
1765 lbs.	180	275	325
1782 lbs.	400	180	400
1799 lbs.	475	325	545
1816 lbs.	385	275	440
1833 lbs.	250	330	480
1850 lbs.	250	330	480
1867 lbs.	180	275	325
1884 lbs.	400	180	400
1901 lbs.	475	325	545
1918 lbs.	385	275	440
1935 lbs.	250	330	480
1952 lbs.	250	330	480
1969 lbs.	180	275	325
1986 lbs.	400	180	400
2003 lbs.	475	325	545
2020 lbs.	385	275	440
2037 lbs.	250	330	480
2054 lbs.	250	330	480
2071 lbs.	180	275	325
2088 lbs.	400	180	400
2105 lbs.	475	325	545
2122 lbs.	385	275	440
2139 lbs.	250	330	480
2156 lbs.	250	330	480
2173 lbs.	180	275	325
2190 lbs.	400	180	400
2207 lbs.	475	325	545
2224 lbs.	385	275	440
2241 lbs.	250	330	480
2258 lbs.	250	330	480
2275 lbs.	180	275	325
2292 lbs.	400	180	400
2309 lbs.	475	325	545
2326 lbs.	385	275	440
2343 lbs.	250	330	480
2360 lbs.	250	330	480
2377 lbs.	180	275	325
2394 lbs.	400	180	400
2411 lbs.	475	325	545
2428 lbs.	385	275	440
2445 lbs.	250	330	480
2462 lbs.	250	330	480
2479 lbs.	180	275	325
2496 lbs.	400	180	400
2513 lbs.	475	325	545
2530 lbs.	385	275	440
2547 lbs.	250	330	480
2564 lbs.	250	330	480
2581 lbs.	180	275	325
2598 lbs.	400	180	400
2615 lbs.	475	325	545
2632 lbs.	385	275	440
2649 lbs.	250	330	480
2666 lbs.	250	330	480
2683 lbs.	180	275	325
2700 lbs.	400	180	400
2717 lbs.	475	325	545
2734 lbs.	385	275	440
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2802 lbs.	400	180	400
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2989 lbs.	180	275	325
3006 lbs.	400	180	400
3023 lbs.	475	325	545
3040 lbs.	385	275	440
3057 lbs.	250	330	480
3074 lbs.	250	330	480
3091 lbs.	180	275	325
3108 lbs.	400	180	400
3125 lbs.	475	325	545
3142 lbs.	385	275	440
3159 lbs.	250	330	480
3176 lbs.	250	330	480
3193 lbs.	180	275	325
3210 lbs.	400	180	400
3227 lbs.	475	325	545
3244 lbs.	385	275	440
3261 lbs.	250	330	480
3278 lbs.	250	330	480
3295 lbs.	180	275	325
3312 lbs.	400	180	400
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3448 lbs.	385	275	440
3465 lbs.	250	330	480
3482 lbs.	250	330	480
3499 lbs			

STEROIDS

3 Natural Safe Steroid Formulas
BRICKER LABS has added 2 New Steroid formulas to its popular GROWTH™ formula

AW-SOME™

This powerful formula contains Beta-Sitosterol (Natural Steroid), Aminoacetic Acid, and whole pituitary gland extract

Aw-Some is formulated in a liquid sublingual form making it very similar to injections for absorption. Sublingual absorbed through sublingual gland under the tongue avoiding the digestive track.

- AW-SOME PROMOTES — GROWTH**
- BURNS OFF BODY FAT
 - SLOWS LACTIC ACID BUILD-UP (Reducing recuperative time)
 - BENEFITS THE IMMUNE SYSTEM
 - INCREASED OXYGEN LEVELS.
- "Take Just Before Workout"

STRAIGHT-GROWTH™

(Natural Steroid)

This formula is pure Beta-Sitosterol put into a liquid form to be absorbed through the sublingual gland under the tongue. This is a great formula for increasing size and loss of body fat.

GROWTH™

The potent GROWTH™ - It has worked wonders for thousands, and there are many testimonials to prove it! A safe natural steroid, Beta-Sitosterol, combined with L-Ornithine, and Thymus Gland Extract, creating a synergistic action that promotes — muscle growth • loss of body fat

- beneficial to the immune system.

AW-SOME™
6 oz. Bottle — 30 servings — \$18.95
16 oz. Bottle — 80 servings — \$40.00

STRAIGHT-GROWTH™
(2 oz. Bottle)
1 Bottle (with dropper) — \$12.95
2 Bottles (with dropper) — \$24.00
3 Bottles (with dropper) — \$33.00

GROWTH™

90 Tablets — \$14.95
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Nebraska Collegiate Championships

12 Apr 86 - Lincoln, NE
WOMEN'S DIVISION
Kary Gill 190
Lynne Kiser 150
MEN'S DIVISION
123 lbs.

WOMEN'S DIVISION	SQ	DL	Total
Kary Gill	125	335	650
Lynne Kiser	90	230	470
MEN'S DIVISION			
123 lbs.			
Mark Hentsche	420*	415*	1065*
Jay Olson	505*	555*	1310*
Bill Lowe	405	465	1135
Mike Kros	325	285	440
Tom Warrick	315	300	1000
Tom Warrick	320	190	370
165 lbs.			
Steve Pankas	360	230	460
190 lbs.			
S. Wainwright	460	340	490
Dolan Smith	520	285	475
Pat McHenry	495	250	450
Steve Williams	540	325	515
John Shick	530	420	540
Jeff Tichota	375	225	455
198 lbs.			
Norm Shoda	510	330	560
200 lbs.			
220 lbs.			
242 lbs.			
275 lbs.			
Casey Thiele	490	355	490
Levi Webb	740*	450*	630*
John Davis	380	300	450
200 lbs.			
220 lbs.			
242 lbs.			
275 lbs.			
Casey Thiele	490	355	490
Levi Webb	740*	450*	630*
John Davis	380	300	450
200 lbs.			
220 lbs.			
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Levi Webb	740*	450*	630*
John Davis	380	300	450
200 lbs.			
220 lbs.			
242 lbs.			
275 lbs.			
Casey Thiele	490	355	490
Levi Webb	740*	450*	630*
John Davis	380	300	450
200 lbs.			
220 lbs.			
242 lbs.			
275 lbs.			

Feel the Power!!



320

“POWER BLASTER” Weightlifting Belts

Buy direct from the manufacturer and save!

Meet POWER BLASTER... the weightlifting belt that combines quality construction with the most advanced padding. POWER BLASTER belt is handcrafted by skilled professionals who take pride in producing an attractive, dependable product.

Order your personal POWER BLASTER weightlifting belt today! Substantial savings are available by ordering direct from the manufacturer.

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- Stitching is white nylon thread for durability
- Four rows of stitching (except on style Nos. 110-120)
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- Available in three colors
- Hand crafted by professionals

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 • 2 1/2" Single Tongue
 • Heavy-Duty Buckle
 • \$22.00

STYLE 120
 • 4" Back and Front
 • Heavy-Duty Buckle
 • \$25.95

STYLE 210
 • 4" Back Tapered To 2 1/2" Front
 • 2 1/2" Single Tongue
 • Heavy-Duty Buckle
 • Brushed Suede Outside
 • \$32.95
 (Diamond Stitching \$2.00 EXTRA)

STYLE 220
 • 4" Back & Front
 • Heavy-Duty Double Tongue Buckle
 • Brushed Suede Inside & Out
 • \$35.95
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STYLE 320
 • 4" Back & Front
 • Heavy-Duty Double Tongue Buckle
 • Brushed Suede Inside & Out
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410



210



220



310

Size	Waist	Middle Hole
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M	28"-38"	33"
L	31"-41"	36"
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