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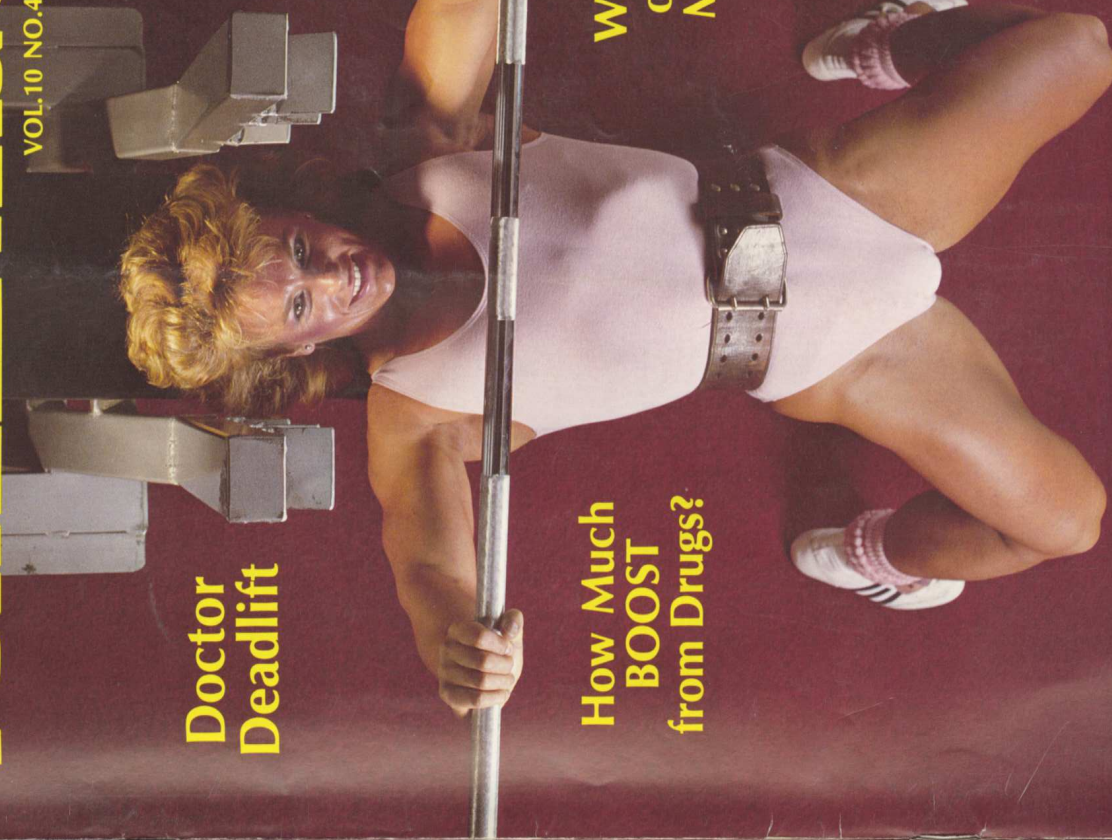
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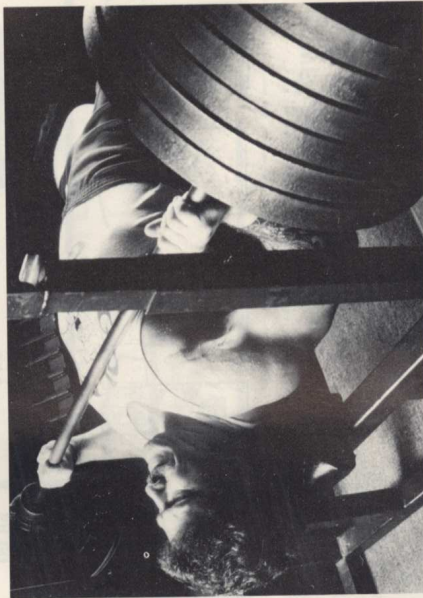
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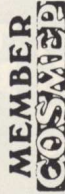
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## TABLE OF CONTENTS

Volume 10, Number 4 • November, 1986

DR. DEADLIFT.....	Fred Hatfield PhD.....	8
LONNIE KEYES PROFILE.....	Joe Walden.....	11
THE DEADLIFT.....	Ron Fernando.....	12
ERIC ARNOLD PROFILE.....	Saul Shocket.....	14
WORKOUT OF THE MONTH.....	Tom Eiseaman.....	15
MEN'S TEENAGE NATIONALS.....	John Petroff.....	19
MORE FROM KEN LEISTNER.....	Dr. Ken Leistner.....	20
800 LB. SQUAT CLUB.....	Herb Glosbrenner.....	21
NUTRITION CORNER.....	Jack Digangi RD, MS.....	22
THE BOOST FROM DRUGS.....	Stephen Ferris PhD.....	23
SETTING UP.....	Doug Daniels.....	25
ASK THE DOCTOR.....	Mauro Di Pasquale MD.....	27
MORE ON HYPNOSIS.....	Biasiotto/Ferrando.....	29
QUESTION & ANSWER.....	Roger Estep.....	34
PRESIDENT'S MESSAGE.....	Dr. Conrad Cotter.....	36
TOP 100 MIDHEAVYWEIGHTS.....	E. Jean Lambert.....	40
CLASSIFIED ADS.....		48
ADFFA TOP 20 BANTAMWEIGHTS.....	Jim Gallagher.....	56
A.P.F. REGISTRATION FORM.....		64
NATIONAL MEET QUALIFYING TOTALS.....		70
U.S.P.F. REGISTRATION FORM.....		70
FOR THE RECORD.....	In Joo Lambert.....	73
PIONEERS OF POWER.....		77
COMING EVENTS.....		80

**ON THE COVER...Bev Francis, many time Women's World Powerlifting Champion and world record breaker, is now in heavy preparation for the Ms. Olympia contest to be held in the latter part of November. Photo by Kathy Leistner.**

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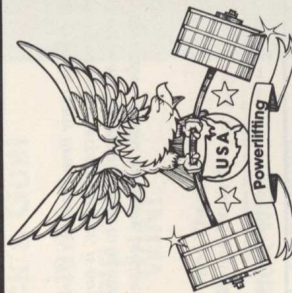
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# POWER PROFILE

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

August of 1984 turned out to be extremely painful and disappointing for Mr. Lonnie Keyes. The previous year he was forced into retirement from full power competition (he was Elite at 198) because of recurring low back problems. He continued to train for and compete in local and regional bench press meets compiling an impressive record of victories in the 198, 220, and 242 pound weight classes.

It was in August 1984 while training for the Augusta Open Bench Press Championships and approaching the "magic" 500 pound bench press that Lonnie completely tore his right tricep from the elbow. Although the injury prevented him from lifting in the meet, he was on hand to coach and referee only two days after having the elbow surgically repaired.

Although facing a possible career ending injury, Lonnie refused to accept the fact that he could not come back. As his training partner and friend it was disheartening to watch him painfully bench a broom handle in an attempt to rehabilitate his elbow and "tricep," but, after only nine months of very careful rehabilitation, Lonnie benched 410 pounds at a body weight of 205 to win the Region III bench press title in May 1985. Throughout the comeback every repetition was carefully planned and monitored while "babying" the torn and repaired tricep.

Although most people would have been content to be able to bench in

## The Amazing Comeback of Mr. Lonnie Keyes Jr. as told by his friend, Joe Walden

- a. Bench Press 7 sets to a top set of triples; 2 down sets usually 5 lbs. less than top set
- b. Wide Grip Bench 4 x 10
- c. Close Grip Bench 3 x 10
- d. Pec Deck 5 sets of 8-10 reps; not heavy, just enough to create a good stretch
- e. Side Lateral Raises 4 x 8, 10; again not heavy, just enough to flush the shoulders
- f. Press Downs 4 x 10 every other workout

The point of the assistance work was to stabilize the tricep and the bench movement and not to overtrain the muscles involved.

The climb from the broom stick to a 455 pound bench at the recent Southeastern Super Bench Championships amazes even the most experienced lifters, and medical professionals as well. Perhaps even more amazing was the ease with which Lonnie benched the 455. At his present rate of recovery, he should be able to bench 500 early next year. Lonnie's comeback has been feat of strength and perseverance that has won the respect of many.

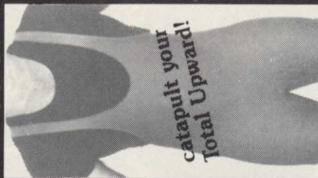


Lonnie's Smiling...now that he's nearly all the way back from a complete triceps rupture, and has a great future ahead of him. Photo by Joe Walden



The Scar that Lonnie carries up the back of his massive tricep is testimony to the surgery he underwent to make his comeback. Walden photograph.

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SEE PAGES 32 & 33

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# THE DEADLIFT

## Anatomical Considerations in Deadlift Training

by Training Editor, Ron Fernando

The deadlift, the great "equalizer" of powerlifting has been both praised and persecuted. For some of us, the deadlift represents a grim obligation, something akin to your charge card payment or visiting your mother-in-law (in other words, if you don't do it, there will be hell to pay!). For others, the deadlift is the essence of life itself, to the point that they have this nagging urge to practice their form in empty (or crowded) elevators, shun the skyscrapers at the airport because they "need a little extra trap work" carrying their 5 suitcases to the ticket counter, and view the other two lifts, nuisances that they are, as necessary to "warm up" for the deadlift. The deadlift has often proven itself

to be the most important lift of the Big Three, as there have been many so-so squatters and bench pressers who, like the Phoenix of bygone days, "rise from the ashes" at deadlift time and walk away with a trophy. This is when the tidal wave of excuses starts to flow: "That guy is an anatomical freak. If I had those long arms and short back I could pull 700 too... my back hurts too damn much from squatting..." etc., etc. (ed nauseam!) Over the years, I have had the opportunity to train with some of the best deadlifters, many of whom labor under some distinct physical disadvantages, but still manage to make the most of their leverages and develop outstanding deadlifts. Not



**Contrast** the two styles of deadlifting in these shots of World Record holders: Veli Kumpuniemi of Finland (above) finishing out a big lift at the 1980 World Championships, feet wide apart in traditional Sumo style; Eddie Coppin of Belgium (below, left) took the Middleweight World Record and the World Championship title in 1985, conventional style, with feet close together.

Everyone has a structure that allows what seems to be a below the kneesaps lockout like Lamar Gant (watch out 800). Close examination of the world record holders in the deadlift from Inaba to Kennedy reveal a multiplicity of physical and training differences which I will cover in more detail, but again, people, all of these outstanding athletes work the deadlift as diligently as the other two lifts.

Frequency of deadlift training has always been the source for controversy and much theoretical debate. Most experts and coaches will not advise more than the usual once per week mode of deadlift training, yet there are countless examples of success stories using far more "radical methods".

Jon Cole, the "Arizona Hercules" of the early seventies, used to deadlift but once per month. Considering that he used to train twice per week (eight times per month) Jon's ratio of deadlift workout versus actual number of sessions was 1/8 or approximately 12.5%. Most lifters employ a three to four times per week training philosophy with the deadlift typically being worked once per week, or 25% time frequency. Cole, however, employed an additional day of heavy power cleans and power snatches on his Bench/Squat days, so in essence he was training his deadlift muscles 40% of the time! (Based on 5 deadlift/back sessions

position on the pull although Cole was in elementary school, Jon haul- ed up an unprecedented 885 lbs. using those methods was George Frenn, a multi-talented strength athlete who used many of the same training methods as Cole, with one notable exception: Frenn rarely did limit deadlifts, preferring to used high (sets of ten reps in the "inverted pyramid" fashion, i.e., using the heaviest weight for the highest amount of repetitions). Both Frenn and Cole were 800 plus deadlifters nearly 15 years ago, and they were both built on a very similar scale which allowed for their particular style. In addition, each was able to power snatch in excess of 400 lbs. and power snatch in the mid 300s) Each was of medium height (5'9" to 5'11" and weighed between 242 and 290. Although they were sterling squatters, (Cole being the first squatter of modern times to do an official 900) they were not quad-gute squats like Hatfield or Lee Moran but they were hip, lower back, and hamstring lifters such as Pacifico. Cole especially used an exaggerated good-morning technique in his squats which undoubtedly built his massive back strength to such a high degree. Frenn was able to do an actual Good Morning exercise with 500 lbs! We're talking some erectors, folks!

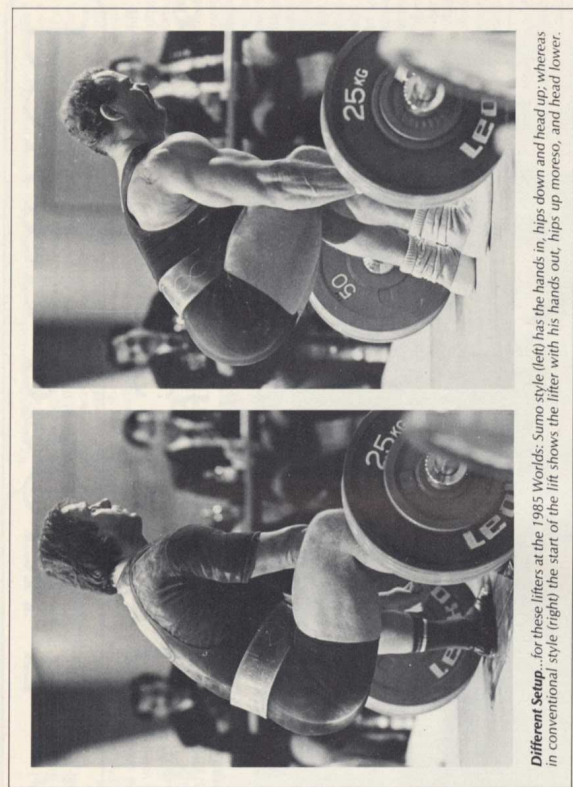
Like wise, they used the standard position on the pull although Cole

would do a Bob Peoples start, with his hips held at the 1/4 squat position, whilst Frenn would sink his hips down to nearly parallel and lock them in tight much like an Olympic lifter. Interestingly enough both men had the same weak link: the very top of the lockout. Cole, to his credit, was built more for bench pressing than Frenn and often had trouble with his huge upper body muscles. A modern day example of this would be undoubtedly Bill Kazmaier who has pulled 904 (unofficially), but who has dropped some critical deadlifts millimeters away from completion.

The Russian Quick-Strength Method advocated by Fred Hatfield and Dave Keaggy states that all three lifts should be worked three days per week. Fred suggests a minor modification in that the deadlift should be done twice per week. Fred himself, while on a peaking program will pull about every 6 days, with the target workout never falling on the same day in consecutive weeks. This keeps the mind and body fresh.

There are certain individuals who are simply not built for the deadlift. Typically, individuals possessing a long trunk/short femur ratio are good squatters, but these leverages, especially when combined with short arms, make deadlifting a very unimagineable task. Luke Linn and Lee Moran were supertweasheweights who could signal a squat in the 850-1,000 range and bend 10,700, and I mean barely, pull 600-700. However, though they were not deadlifters who though built for squats, both pressing still managed to develop outstanding deadlifts. World Champion Hiro Isoyawa is the perfect example, built like a Toyota Truck miniaturized and powerful, and as adept in the deadlifts as he is in the other two movements. He has squatted over 500 at 132 and has held various WRs in the bench press, yet with unerring regularity manages to pull over 500 in the deadlift. Hiro of course is your classic Japanese Sumo specialist (I don't think that there are lifters who pull conventionally).

The Sumo is very difficult to master properly, but if the proper levers are present and enough attention is paid to flexibility and enough lower back work, pulling Sumo deadlifts is child's play. Mike Bridges once stated that the Sumo deadlift is "like doing squats with the weight in your hands". This is a very appropriate analogy as one uses the pull as the muscles in this style of the pull as he would in a standard power squat.



**Different Setup...** for these lifters at the start of the lift shows the lifter with his hands in, hips down and head up; whereas in conventional style (right) the lifter has his hands out, hips up more so, and head lower.

Quite often, those lifters who are more "Quad-Glute" squatters cannot position themselves properly to maximize pull on a Sumo. Let me allow Fred to state it in his own inimitable fashion: "I reasoned that biomechanically the Sumo was better because there were more muscles involved and the weight travelled a shorter distance, so I set up a program that involved a lot of hip work as well as flexibility. I spent about six months getting myself ready and only managed to pull a little over 700 this way. I said "Screw it", put my feet together and pulled 790 conventionally! It just does not correspond to my particular body levers..."

The Finns are another group of excellent Sumo deadlifters with World Record holders Raimo Vahineva, Veli Kumpuniemi, and others. Watching them pull is very interesting as the weight seems to travel about 6 inches before lock is achieved. Again, these particular athletes are built for the Sumo and have obviously benefitted from their levers. One has been very careful not to neglect direct lower back work. Jaska Parvianen, inventor of the Finnish Deadlift routine told me that: "The Sumo deadlift to be successful, must have the correct style, but the lower back and adductor muscles of the inner legs must be strong. I recommended doing both stiff-legged deadlifts on a platform and Sumos to ensure total development."

It is vitally important that the initial pull with the Sumo be deliberate; an exaggerated attempt at exploding the bar off the floor will raise the hips and turn it into nothing more than a wide stance stiff-legged deadlift. The Sumo is also excellent to practice if you have chronic lower back problems. What is the perfect deadlifter's

physique like? In two words, LAMAR GANT. I will never forget the final deadlift of the first day of competition at the 1979 Worlds. Lamar, 66 lbs. behind Precious McKenzie of New Zealand, who had already broken a world record in the deadlift. The weight was 617 (remember Lamar is a drug-free 123 lbs) and out came Lamar with what was described as "a look calculated to stare down the meekest, heaviest bar". The bar seemed to be glued to the platform, but up it came and miraculously locked out. His arms seemed to stretch like coiled live spring steel. I believe that Lamar could and still can pull 700 drug free at 132, and others who have a similar anatomical configuration: Vince Anello (811 at 198), Tom Eisman (800 not passed due to hitch, but up anyway at 181), Jim Finch (644 at 148 at 40+ years of age). These athletes usually use a lot of back when squatting a la Jon Cole, but deadlifting is child's play. Most lifters fall somewhere between that of Lamar Gant and a Luke Vahineva (688 at 148) Coan (859 at 198 and 865 at 220). A young, fast rising lifter is Jarmo Viranen of Finland (last years World Champion at 181). His sumo style is extremely exaggerated, with the edges of his

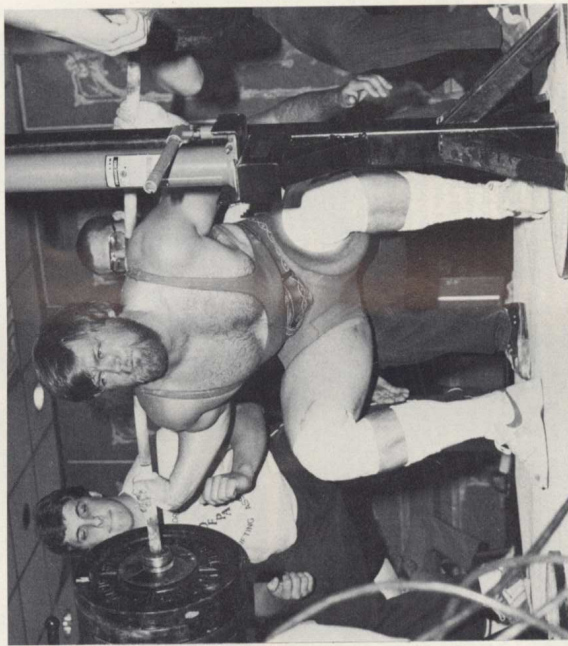
spectacles almost touching the inside plates on the bar, while lifting such as Walter Thomas (800 at 138) and Inaba use a medium, squaring width stance. The heaviest World class lifter to utilize the Sumo style with success is Seniors and World Champion Dave Roberts. There are no superheavyweights. There are no lifters who can due to their obvious bulk, use the Sumo, although Kas may have had the body levers and the comparative flexibility to do so.

There are no real secrets to deadlifting, although the old axiom of "bend down and pull like hell" may be a bit too oversimplified. John Kuc is a sterling example of a conventional deadlifter who does not depend on his genetic body levers to carry him through on the deadlift. He diligently works all phases of the lift and is a strong advocate of doing heavy supplementary work such as rows and stings along with plenty of reps to build his World Record break lifting power. Carefully analyze your physique, for those who need help in quantifying this procedure I heartily recommend Fred Hatfield's *Complete Guide to Power Training*. Its thorough treatment of anatomical considerations and detailed tabular data makes determining style and weak areas very simple.

Above all, don't just tack on a few sets of deadlifts after hours of bench pressing or squatting. Although the deadlift does not directly build any of the showcase muscles such as the pecs, triceps, quads, etc. it does greatly aid in filling out the entire back area (for all of you closet body-builders), but more importantly will enable you to win or place in more meets than ever before! Aloha, until next time.

# POWER PROFILE

I'm especially interested in the concepts and training routines of successful drug free lifters, as I believe by necessity, most of the effective and innovative new approaches to power training will come from this steadily growing source. Eric Arnold is one of the new breed of powerlifting athletes, fast making a name for himself on the National scene. Until recently a relative unknown in elite lifting circles, Eric is definitely not an overnight success. He began power training in 1976 mainly to benefit his high school level football and wrestling endeavors. This early power training proved effective as in 1978 he won both the tough Massachusetts State and the New England States Heavyweight Wrestling Championships. Eric then accepted a wrestling scholarship to highly respected University of Rhode Island where he competed until a knee injury and subsequent surgery sidelined him part way through his junior year. Misfortune continued when amidst a wave of controversy, the URI Wrestling program was dropped, stranding a group of fine, national caliber athletes without a team. Eric decided that rather than transfer to another wrestling program in his senior year, he'd complete his degree requirements at URI. This decision introduced a new period in Eric's athletic career. Wrestling's loss was soon to become powerlifting's gain. Eric now began to approach powerlifting with an increased level of intensity and for the next several years competed extensively, and learning from past mistakes, he continued to improve. In January of 1983 Eric won the New England States meet at 242 (1780), and in October captured First place, Best Lifter, and the Champion of Champions Award at the Tenth Annual Temple Hills Open (1867). By April of 1984, Eric had gone Elite but it was finding it increasingly difficult to make the class weight limit and as a result began to sacrifice some power. A believer in quality over quantity, Eric disciplined himself to at least temporarily remain within 242 lb. range while his training knowledge and meet experience continued to expand. In July of 1985, Eric convincingly won the ADPPA National 242 lb. title in what was to



## ERIC ARNOLD Powerlifter on the Move as told by Saul Shocket

purpose is a waste of time? Eric's three day a week routine looks like:

**Tuesday:** Squat, Deadlift, Leg Curls 3x10, Calfs 3x10, Leg Extensions 3x10, Split Jumps 3x 0.

**Thursday:** Bench, Squat, Leg Curls (Bar), 2x10, Triceps, Calfs (Bar), 2x8, Split Jumps (Bar), 2x8, Arm Pullover (Bench Grip), Power Pushups

**Saturday:** Behind neck Press (see the bench cycle), Cable Rows 3x10, Shrugs 3x10, Curls, 2 sets, Situps 1 set

Eric squats and deadlifts on the same day in order to gain more time for his legs, hips, and back to recover for the next squat and deadlift session. Also note his inclusion of jump squats (no weight). "After every workout I do jump squats. I will descend to a squat position at normal speed, hit rock bottom, and explode up as fast and high as possible (occasionally jumping off the ground)." Eric has also developed a similar concept which he employs in the bench press. This involves a variation on pushups which he feels is very effective. Using a mat to absorb your elbow, shoulder, and wrist stress, push explosively enough to clear the mat with your hands. Eric also performs very heavy cheat curls which he feels have played a role in his recent bench gains. Eric and I agree that the crunches he does on Saturday are crucial for developing compressive stabilization with squat and deadlift. Eric would also like to mention that the coaches prior to nutrition, including a mat in training progress. Any severe rattling should spend some time with a body builder to get the most from their lifts. Eric's rise to National/World Class level hasn't occurred overnight, but rather it developed on it's own pace as a result of knowledge, patience and desire. When questioned about future lifting goals, Eric refrains from any public talk of numbers and with that special aura of intensity all about him, prefers to tell you that he is as always "striving to reach the outer limit of my physical and mental potential."

**ERIC ARNOLD...and his drug free training concepts that WORK!**  
In preparation for each workout he spends ten to fifteen minutes mentally visualizing the lifts he will soon train. "Not only do I see myself doing every movement perfectly, but I actually mentally feel the strain of my body against the weight." Eric follows this visualization with light aerobic work, massage, and stretching. Only then is he ready to train. Eric also advises serious lifters to avoid socializing until after training. "In order to get the most from your body and mind, you have to be focused on the task at hand." As with so many lifters, overtraining had been a problem for Eric until he began lifting for "quality rather than quantity," and recently his meet lifts have begun to reflect his training poundages.

When possible, Eric likes to cycle his lifts for 12 weeks. He more or less divides them into four weeks of tens, four weeks of fives, and four weeks of triples. "A plan is drawn up with goals for every week, and an overall goal for each lift. The plan is used as a guideline and adjustments are made when necessary. Spend the time to make your goals realistic and then accept nothing less. Lifting without a

# WORKOUT of the Month

## Tom Eiseman's Deadlift Routine

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



**Success and Failure** Tom Eiseman has suddenly emerged as one of the top deadlifters in the world. In the photos above by Ted Kurlowicz, you can see the slight positioning difference between a successful 766 lift (left) at 181 in the A.P.F. Nationals, and a miss by Tom at 799 (right) in the same meet.

This deadlift routine will increase your deadlift twenty to thirty pounds. However, before I explain what to do, let me tell you why it works.

First of all, I believe that most powerlifters overtrain. We either do too many assistance exercises or, more often, too many heavy triples, doubles, and singles before a meet. I believe in this cycle because I have found that while training for many contests my goals, which seemed realistic, were not being reached. They were not being reached, I believe, because I overtrained as the

meet approached. Well, this is how the routine works, and it is fairly basic. We deadlift once a week. The assistance exercises are 3 sets of 8 cable rows done once a week after the deadlift; 3 sets of 5 partial deadlifts from the top of the knees, done on weeks 1, 3, and 5, and 3 sets of 8 leg presses done on the squat day. All deadlifts are paused in this cycle. No bouncing, stop each one. This is very important. All warm-ups are just that, warm-ups, and not done to tire you out. The following workout assumes that you have a

600 pounds. **Week 1:** 135x5, 225x5, 315x5, 405x2, 465x2, 525x6, 550x1

**Week 2:** 135x5, 225x5, 315x5, 405x2, 495x1, 540x4, 565x1

**Week 3:** 135x5, 225x5, 315x5, 405x2, 500x1, 550x4, 580x1

**Week 4:** 135x5, 225x5, 315x5, 405x2, 505x1, 560x4

**Week 5:** 135x5, 225x5, 315x5, 405x2, 455x2, 505x6

**Week 6:** 135x5, 225x5, 315x5, 405x2, 460x2, 515x6

Contest attempts will be as follows: 565, 595, 625. Stick with it and the results will come where they count - on the final lift at the meet! Good luck. If there are any questions, feel free to call me at: (609) 653-4175.

U.S.P.F. COLLEGIATE REPORT

On April 5th & 6th, 1986 the United States Powerlifting Federation 18th Annual National Collegiate Championships were conducted at the University of Illinois - Chicago. A significant event took place at this meet that will impact collegiate powerlifting for many years. Drug testing for steroid use purged the national championship of half the lifters who would have normally participated. For the past 5 years, the men's division has averaged 110 lifters, but this year only 61 men competed, a 47% drop. The women's division has averaged 48 for the two previous years, but only 24 competed in this meet, a drop of 50%. Perhaps other factors, in addition to drug testing, can account for the meet location in Chicago, the lack of national promotion of the meet. Does this mean that the U.S.P.F. collegiate national championships will be destroyed by drug testing? The answer is "NO".

Who will help the U.S.P.F. national championship meet rebound to its prior level of interest? Answer: the national collegiate committee of the U.S.P.F. will provide the leadership necessary. The collegiate committee was aware of the potential effects of drug testing but insisted that it be done. The collegiate committee has felt that drug abuse has been a serious, growing problem among collegiate lifters and has tried since 1983 to receive support from the U.S.P.F. for drug testing. Not until July, 1985, did the collegiate committee receive approval and funding to institute testing for steroid abuse in the national collegiate meet. Approval was given again this summer at the annual U.S.P.F. meeting to continue drug testing at the 1987 U.S.P.F. nationals. The high qualifying totals for entering the 1986 national collegiate meet were established from performances made in previous, non drug tested national meets. These totals were not lowered for the 1986 drug tested meet. I felt that to reduce the qualifying totals prior to having one drug tested meet would be an indictment of the lifters who participated in the previous non drug tested championships. The dramatic drop in numbers gave support for the need to reduce qualifying totals for future drug tested meets. In addition to the lifters who did not choose to lift because of drug testing and high qualifying totals, another group of lifters were affected, the ones who lifted and tested positive. Three women of the 24 women (12%) and eight of the 61 men (13%) were disqualified because of positive drug tests. They were stripped of their titles won at the national meet, suspended from lifting in any U.S.P.F. meet for 18 months, and will not be allowed to lift in another U.S.P.F. national collegiate championship.

Specific procedures have been taken by the U.S.P.F. collegiate committee to address these problems and to assure the success of the 1987 national collegiate championships. They are:

- 1. The meet will again be drug tested and this will be made very clear to each applicant along with the increased penalties which now carry a three year suspension from the U.S.P.F.
2. The qualifying totals have been lowered.
3. That the 1986 meet was effectively drug tested and the 1987 meet will be the same will attract some very capable lifters who were qualified but didn't lift. They did not believe the U.S.P.F. was serious about the drug problem.
4. The 1987 meet will be directed by the man whom I consider to be the most experienced and qualified in conducting powerlifting meets today, Mr. Richard Peters, be assisted by U.S.P.F. Texas Chairman, Mr. Glen Venator, the chief official in charge. In my 12-year involvement in collegiate national meets, I have never been more confident that the necessary work is being done to make the 1987 meet a success.
5. The meet site will be at the Noble Center on the campus of the University of Oklahoma. Oklahoma is a major university with fans who have a great enthusiasm for sports, especially football. I am hopeful that some of those fans will attend the national collegiate championships and boost attendance.
6. The location, near Oklahoma City, is reasonably centered geographically in the United States and should be accessible for lifters nationwide.
7. The collegiate committee to the U.S.P.F. will present special awards, in addition to the huge trophies that will be provided by the meet director, for the top three winners in both the men's and women's weight classes which include: an All-American certificate, an All-American patch, and an All-American pin. These extras have made the U.S.P.F. national collegiate championships one of the truly special national competitions.
8. There will be more national advertisement on the 1987 National Collegiate Powerlift Championships. This will be done in several ways:
A) An ad will be in POWERLIFTING USA in the January or February issue.
B) The qualifying totals will be mailed in POWERLIFTING USA.
C) The meet director has a master mail-out list and will contact the majority of eligible collegiate lifters directly.
D) The State chairman in Texas, Louisiana, Arkansas, and Oklahoma will be asked to promote the meet.
9. The message in POWERLIFTING USA will be another avenue to communicate with those who have an interest in collegiate powerlifting and who would benefit from this information.
In conclusion, I would like to state that the 19th Annual U.S.P.F. Collegiate Championships has all indications of being one of the best meets ever. I am looking forward to it on March 28 and 29, 1987 at the University of Oklahoma.

Dr. Billy Jack Talton, National Collegiate Chairman

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U.S.P.F. Boy's Teenage Nationals 9/10 Aug 86 - St. Louis, MO (kilos)

Table with columns: Age Group, SQ, BP, DL, Total. Lists results for various weight classes and age groups.



611 BENCH BY ANTHONY CLARK: ...described by Larry Pacifico as having 23 lb arms, at 5 ft, 7 and 303 pounds, and by John Pettit as being another Doug Young. ...LARRY PACIFICO is a College Freshman. Photo courtesy John Pettit.

18-19: 52 kg saw a true crowd pleaser with the lifting of P. Hill. Hill took 1st place with a record 180 kg, squat and 200 kg deadlift for a 380 kg total. ... Kirk Karowski won both the ADF, PKA and USPF Teenage National titles this year. Wicker photo.

concentrating efforts on the 1987 Women's Nationals that will be held on July 25th at the University of Illinois - Chicago. ... We will send entries to all teenage girls in late 1986. I want to take this opportunity to thank my wife Kathleen and Dr. Cissell's wife for once again making our successful meet possible with their valuable help, advice, and humor. Thanks to Dr. Michael Wittmer, the meet Chairperson, for his valuable help, advice, and support for his invaluable moral support. ... We are again helping in judging and moral support. ... form manager, Sam Greco and Robert Tucker were worth their weight in gold. They proved St. Louis has what it takes to put on any national meet. ... We made this meet very successful ... a very sincere and appreciative thank you from Mike and myself. (Thanks to John Pettit and Dr. Mike Cissell for results and report)



Kirk Karowski won both the ADF, PKA and USPF Teenage National titles this year. Wicker photo.

Advertisement for Inzer Advance Designs featuring a Z-Suit and Champion Suit. Text includes 'Awesome Introductory Sale on Z-SUIT and the new CHAMPION SUIT' and 'explode with Groove Briefs from INZER ADVANCE DESIGNS'.



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# More From Ken Leistner

The sport of powerlifting follows trends. Those who dictate what is "hot" at any particular moment, are those who capture the spotlight of the limited powerlifting media. An individual who has set a world record, or given a memorable performance at major meets will be seen as an expert by many, due to nothing else but the totals he or she has compiled. A lifting team may gain a following because team members compete successfully, although perhaps not at the highest levels, may write glibly, and their words may be taken as gospel by those who are impressed with their ability to utilize the language. Needless to say, there will be those individuals who may combine a number of factors, such as being a successful lifter of a well known team, who may also know how to write and have an outlet to do so, all of which may lead to his certification as an "expert in the field."

In the late seventies, Luke Lains and the "Wild Bunch" from West Virginia had legends following their squat and bench press programs because this group of lifters were popular, colorful, and both bench pressed and squatted well. One St. Louis lifter told me that he was corresponding with Luke and others in that group for squatting information, but ignored any of the advice because "none of them pull much off the floor." When Luke Pacifico was winning his many world championships, coppers, lifters fell over in every lifting gym in the world. I watched a number of lifters fall over backwards trying to imitate the exquisite squat style of Mike Bridges. They had forgotten that he was an unusual physical specimen, in their vain attempts to mimic his technique and rate of success.

One current trend in the sport is discouraging because it ignores the fact that basic hard work on the three compound lifts, with a cast will be chosen selection of assistance movements, combined with proper rest and nutrition, can lead to tremendous amount of improvement in the overall training methodology of lifters. There is an implication that the first needs to be, a complete happy determine the rate of fast twitch to slow twitch fibers, ignoring the fact that most individuals in the field believe that there are more than two muscle fiber types with many variations within individuals and computer to accurately assess each set of every workout in order to remain in the proper place in the cycle. Mimicking the professional weightlifters of the Eastern Bloc Nations, many have come to feel that it is necessary to cycle their lifts in a carefully prescribed manner in order to peak on a given day or week, forgetting that the multitude of variables which confront the "typical" lifter (involving job, school, family, or personal problems) makes it impossible to truly peak to a one hundred percent efficiency for any given meet. I feel that the "new science of powerlifting", in addition to ignoring many common sense physiological tenets, has made too many "average" lifters forget that they too have a chance to achieve personal records, a great deal of personal satisfaction, and the opportunity to compete at a sport that could bring much enjoyment to their lives.

Instead of moping around because you are not blessed with the proper amount of neurologically efficient motor units that will allow optimum explosiveness while trying to adhere to your training cycle when the boss demands weekly overtime, understand that you can improve, and that is really the name of the game. Instead of sulking because you can no longer afford those weekly recuperative massage sessions, nor the knee brace and orthotics that might be necessary after a few months of plyometric training, go into the gym and make up your mind that you will in fact, add two and a half pounds to the bar or one rep to each and every lift. Instead of hickling the equipment or sell the multitude of nutritional supplements that are a "must" if one is going to be a "real powerlifter", eat as sensibly as possible while maximizing the expended effort on the equipment that is available to you.

A lot of hard work, consistent work, and progressive and productive work will lead to increases in every lift or assistance movement. If a bench, a pulley, and "non-scientific" bench press program for eight weeks and see where you stand. Don't worry about cycles, or any of the other popular catchwords that make every gym rat seem like a degree bearing exercise physiologist. Hit it hard every workout, make sure that a lot of time is given to proper rest and recuperation, eat well, and keep the most tranquil mind possible.

**Day One:** Bench press warm-up: 1x8, 1x5 back off set of 12. Chins; 1x8 as heavy as possible. Close grip bench press: 1x8, 1x5. Prowe row: 1x15 bell front raise: 1x8. Tricep pressdown: 1x10; 1x6. Lat pull down to chest, supinated grip: 1x10.

Do the above for three weeks. Then do the bench presses so that you are following your warmup with 1x6, and 1x3, finishing with a backoff set of 8 reps. If you consistently attempt to add weight to each set, and take each to a point of momentary muscular failure, you will make progress and none of us can ask for more than that.

# 800 Lb. Squat Club

by PL USA Statistician, Herb Glossbrenner

M. Dined	SHW USA	1010	1986	B. Wilson	220	USA	832	1985
F. Hatfield	USA	1008	1986	W. Bell	242	USA	832	1986
D. Waddington	SHW USA	1008	1986	H. Feza	230	USA	830	1976
L. Mory	SHW USA	1000	1981	R. Tuller	275	USA	830	1983
D. Feh	SHW USA	981	1984	B. Sager	275	USA	830	1985
P. Wreom	SHW USA	975	1981	D. Carbone	275	USA	830	1986
G. Hechter	SHW USA	975	1985	H. Kroggy	242	USA	826	1981
D. Wobler	SHW USA	960	1982	J. Siders	220	USA	826	1982
P. Broder	SHW USA	947	1986	T. Magee	SHW CAN	826	1983	
D. Reinhardt	SHW USA	934	1976	E. Bonacy	SHW USA	826	1983	
W. Karmar	SHW USA	925	1981	M. Hall	SHW USA	826	1983	
L. Hargrave	SHW USA	925	1985	A. Wilders	275	NDL	826	1984
M. Hall	SHW USA	925	1985	E. Frantz	220	USA	826	1985
J. White	SHW USA	920	1975	S. Thompson	SHW USA	826	1985	
E. Coan	220	USA	920	A. Jackson	242	USA	826	1985
D. Kennedy	SHW USA	914	1981	A. Jackson	242	USA	826	1985
J. Buckanon	SHW USA	909	1986	P. Parker	SHW USA	826	1986	
J. Romanelli	SHW USA	905	1986	G. Howell	242	USA	825	1986
J. Luc	SHW USA	905	1982	R. Isaac	275	USA	825	1986
R. Heflich	SHW USA	903	1982	B. Haski	242	USA	825	1986
S. Sanderson	SHW USA	903	1983	R. Clayton	242	USA	821	1980
R. Steinacker	SHW USA	903	1985	R. Davis	SHW USA	821	1981	
J. Cole	SHW USA	901	1972	D. Shaw	275	USA	821	1983
T. Haura	SHW FIN	892	1979	R. Nohlsome	242	GBR	821	1984
J. Gamble	USA	892	1983	R. Nohlsome	242	GBR	821	1984
C. Young	SHW USA	892	1986	R. Brandon	SHW USA	821	1986	
T. Tenisky	242	USA	887	L. Mitrlic	220	USA	819	1986
L. Haski	SHW USA	887	1986	R. Miley	242	USA	820	1986
K. Edney	275	USA	881	B. Russell	220	USA	818	1982
R. Sandlin	275	USA	881	T. Johnson	220	USA	818	1982
D. Colangelo	275	USA	881	J. Hernandez	275	USA	818	1982
H. Gagliardi	SHW USA	881	1986	K. Sachs	SHW USA	818	1983	
L. Lane	SHW USA	875	1979	R. Vallancourt	275	USA	818	1984
J. Callis	SHW USA	873	1985	S. Samanago	275	USA	815	1985
W. Bouvier	SHW USA	870	1983	M. Lulu	242	USA	815	1985
T. Henderson	275	USA	870	C. Wooley	275	USA	815	1985
J. Morell	275	USA	870	J. Fletcher	SHW USA	810	1970	
C. Smith	275	USA	870	J. Lampkin	275	USA	810	1980
R. Nichols	242	USA	865	McCain	220	USA	810	1980
D. Jacoby	242	USA	865	B. Rogers	SHW USA	810	1981	
J. Williams	275	USA	865	J. Hernandez	275	USA	810	1982
F. Burriel	SHW USA	860	1972	R. Allen	275	USA	810	1982
M. Burrell	SHW USA	859	1981	K. Sachs	SHW USA	810	1983	
A. Niranven	SHW FIN	859	1982	D. Burton	242	USA	810	1985
N. Wellberg	275	SWE	859	J. Florio	242	USA	810	1985
S. Worman	SHW USA	859	1986	B. Jacobson	SHW USA	810	1985	
T. Hagens	SHW USA	854	1985	J. Brick	275	USA	807	1986
J. Davis	275	USA	854	G. Logston	220	USA	804	1984
G. Green	242	USA	854	P. Casey	SHW USA	806	1979	
M. Smith	275	USA	850	J. Sifford	275	USA	805	1983
O. Strickland	SHW USA	850	1983	A. Kapica	SHW USA	804	1984	
A. Larson	SHW USA	850	1986	M. Metchikan	220	USA	804	1984
D. Piper	SHW USA	848	1982	J. Signarson	275	USA	804	1984
K. Farnas	SHW USA	848	1986	A. Wilders	SHW NDL	804	1984	
K. Farnas	SHW USA	848	1986	B. Dobrowski	242	USA	804	1985
D. McCain	SHW USA	848	1986	D. Parks	242	USA	804	1985
F. Luna	SHW USA	848	1986	P. Vradonok	SHW USA	804	1986	
M. Phillips	275	USA	845	W. Foretta	242	USA	804	1986
J. Ford	SHW USA	843	1982	W. Foretta	242	USA	804	1986
A. Pregaur	SHW USA	843	1983	B. Keresh	275	USA	804	1986
C. Noren	275	USA	843	P. Himeshuk	242	USA	802	1985
S. Zentolisky	275	GBR	843	R. Weaver	SHW USA	800	1987	
D. Brown	275	USA	843	T. Smith	SHW USA	800	1987	
R. Danks	275	USA	843	T. Smith	SHW USA	800	1977	
S. Harris	SHW USA	840	1983	B. Boyce	SHW USA	800	1979	
C. Sinton	242	USA	837	B. Porter	SHW USA	800	1980	
M. Bridges	181	USA	837	C. Hoesjel	SHW USA	800	1982	
T. Long	SHW USA	837	1983	J. Babbuch	275	USA	800	1984
C. Sinton	242	USA	837	J. Carini	275	USA	800	1984
S. Palmer	275	USA	837	J. Carini	275	USA	800	1984
W. Davis	275	USA	837	R. Bonen	198	USA	800	1985
T. Davis	242	GSA	837	R. Bonen	220	USA	800	1985
Y. Tsubota	242	GSA	837	S. Mangalardi	242	USA	800	1985
R. Rigby	SHW USA	835	1984	J. Black	220	USA	800	1985
S. Mangalardi	242	USA	835	S. Mangalardi	242	USA	800	1985
S. Mangalardi	242	USA	835	J. Bassi	SHW USA	800	1985	
L. Pacifico	242	USA	832	C. Driscoll	275	USA	800	1986
J. Dupal	275	USA	832	E. Sarell	242	USA	800	1986
H. White	275	USA	832	E. Sarell	242	USA	800	1986



Jan Harrell, after her recent 365 bench press, weighing 180, possesses the awesome dimensions of 50 inch chest, 18 inch arms, 18 inch calves, 27 inch waist and 28 inch thighs, at 5 foot 2 inches. She is aiming for 400 in the bench and more, and with her other lifts of 515 in the squat, and 535 in the deadlift, she is being called the World's Strongest Woman. Thanks to Carol Venus of SUPER SPECTRUM for this photograph and information.

Error...we missed Tom Eisenman's deadlift of 766 and total of 1807 on the last TOP 100 Lighthweights listing, as he politely pointed out to us.

**BAD HABITS**...are something anyone can pick up, and training alone is one of them. ALWAYS train with a spotter, and NEVER train if you feel you have a serious injury. Consult with a doctor and be cautious. An tear that is return again before it has time to heal can become a chronic matter that can put a plateau on your progress for many frustrating years to come.

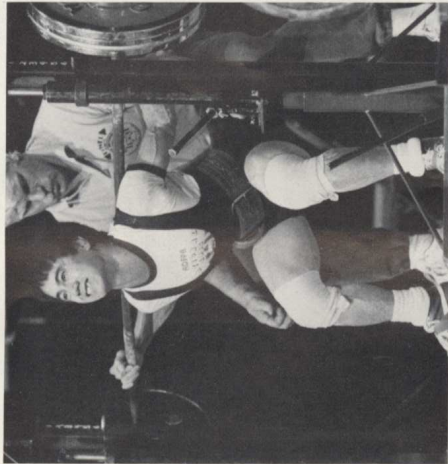
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# POWER-RESEARCH

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## How Much of a Boost from Drugs?

by Stephen P. Ferris, Ph.D.



During the past decade, the use of various drugs as enhancers of athletic performance has increased dramatically. This has been especially true in powerlifting. The serious side effects associated with the use of these drugs is well documented in the sports medicine literature. The problem is further aggravated by the application of these drugs to athletes by non-professionals such as trainers, coaches and fellow competitors. The costs associated with drug usage by athletes can be readily ascertained, but what of the promised benefits? What kind of increase in lifts does the drug added powerlifter really get? This article will present the results of a study the author undertook to answer that question.

Over the two year time period, June 1984 to June 1986, meet results from 60 powerlifting contests as reported by Powerlifting USA were selected. Thirty of the meets were drug free, that is, they were American Drug Free Powerlifting Association sanctioned. The other 30 meets were non-drug free. That is, there was no testing for steroids or any other drugs by the meet officials. For each weight class in either group, there were a sufficient number of observations to calculate a statistically meaningful average.

Only open meets were chosen, so that we could get a better picture of the impact of drugs on powerlifting totals for the average lifter. Results for women and teenage lifters were eliminated from the study in order to avoid statistical problems.

After the data was entered into a computer, average results for each weight class were calculated. In addition to the three lifts and total, I also calculated a ratio called the Body Weight Factor. For a lifter in a given

weight class, I took the middle value of the allowable range and divided this into his total. Consider, for instance a lifter who totals 1400 in the 220 class. To lift in the 220s, an individual's body weight must be between 198 1/4 lbs. and 220 1/4 lbs. The mid value of this range is 209 1/4 lbs.

1400 divided by 209 1/4 is 6.690, his Body Weight Factor. Calculation of this Body Weight Factor will allow a rough comparison of strength across weight classes.

Before proceeding to discuss the actual statistical results, one limitation of the study should be noted. Not

all of the lifters who lifted in non-drug free contests necessarily take steroids. Consequently, the results presented here underestimate to some degree the complete impact of steroid usage on competitive powerlifting scores.

The squat indicates a difference between drug free and non-drug free lifters, although it tends to become significant only at higher weight classes. The same is apparently true for the bench press, deadlift and Body Weight Factor, with the 181 lb weight class serving as a sort of dividing line. This suggests one of two possible explanations. Either the frequency of drug usage is less at the lower weight classes, or steroids are more effective with greater body mass. This author, however, is not aware of any clinical studies which find a positive relationship between bodyweight and steroid effectiveness. Furthermore, given the relative scarcity of male lifters in the lower weight classes, the first hypothesis is probably the more correct explanation.

The implications of this study for the average male powerlifter are fairly obvious. The likely additional gains in your lifts, through somewhat understated as available in the table for your analysis, is that increase in total worth the financial outlay and possible health complications caused by steroid usage? The answer to this question will have to be made by each individual lifter.

The author would be remiss if he didn't take this opportunity to thank the Virginia Tech Powerlifting Team in Blacksburg, VA, and the Golden Triangle Health Club in Tarentum, PA, for sharing their thoughts on drug usage and powerlifting.

**Drug Free lifters in the lighter classes, like ADFFA Champ Doan Nguyen, arent at much of a statistical disadvantage compared to open competition weight class. I took the middle value of the allowable range and divided this into his total. Consider, for instance a lifter who totals 1400 in the 220 class. To lift in the 220s, an individual's body weight must be between 198 1/4 lbs. and 220 1/4 lbs. The mid value of this range is 209 1/4 lbs.**

AVERAGE MEET RESULTS FOR MALE POWERLIFTERS (in pounds)

WEIGHT CLASS	SQUAT		BENCH PRESS		DEADLIFT		TOTAL		BODY WEIGHT FACTOR	
	NDF	DF	NDF	DF	NDF	DF	NDF	DF	NDF	DF
114	294.17	229.58	172.35	153.29	295.59	321.94	722.06	704.82	6.718	6.587
123	310.81	310.26	190.52	201.73	360.14	352.20	861.47	864.20	7.269	7.293
132	332.08	318.52	216.76	212.41	380.40	375.07	929.24	906.00	7.288	7.105
148	420.48	389.69	253.62	259.15	447.27	443.64	1121.37	1092.49	8.009	7.803
165	460.23	452.97	291.14	275.06	491.50	487.82	1248.86	1215.84	7.979	7.768
181	520.55	441.36	330.29	279.95	544.42	472.38	1395.26	1193.71	8.065	6.900
198	516.94	466.84	335.60	304.86	521.95	533.36	1293.65	1293.65	7.313	6.826
220	557.16	536.32	391.62	351.76	580.34	562.94	1549.13	1451.03	7.413	6.943
242	614.79	579.27	399.44	365.36	608.74	572.50	1622.97	1517.14	7.026	6.567
275	640.83	582.00	428.46	385.54	627.54	571.66	1696.83	1539.21	6.564	5.954
SIHM	647.14	621.28	418.76	386.50	609.38	578.14	1675.28	1585.93	5.827	5.516

DF = Drug Free Competition NDF = Non-Drug Free Competition

per immunization and an increase in physical fitness activity. Yet, in the total picture of degenerative diseases such as cancer, diabetes, heart disease, and arteriosclerosis, the causes, main and secondary, are known as some substantial associations enhancing the risk of these diseases. For CHD, these are:

- A. Diet: A high level of dietary fats (saturated) protein, sugar, cholesterol plasma cholesterol and LDL
- B. Lack of physical activity.
- C. Type A personality: Excessive, competitive, compulsive, obsessive in manner.
- D. Family history of heart disease.
- E. Smoking

For elevated blood pressure, the risk factors are:

- A. Excessive use of salt
- B. Kidney diseases.
- C. Stress
- D. Family history
- E. Hyperactivity of adrenal and medulla glands

For persons who are in their fifties, a reduction of serum cholesterol, by any agent, drugs or otherwise, has not led to a significant decrease in CHD. Very large studies involving thousands of persons ranging in age from 30-60 years have been designed to lower serum cholesterol via diet and drugs. The results show a definite lowering of serum cholesterol (ranging from 5-15 percent) yet, not an appreciable decrease in cardiovascular mortality.

From the beginning of this century to the mid 1960s, there was a steady rise in the incidence of CHD. Since then a steady decline of CHD has been occurring. The reason for this phenomenon has yet to be resolved. From the nutrition perspective, we can look at several factors: The amount of intake from animal fat has been constant, while an increase in the total percent of calories from fat has shifted to vegetable (unsaturated) lipids. Animal fat is saturated, whereas vegetable fat or oils are unsaturated. The total amount of cholesterol intake has been fairly constant from the turn of the century.

There are factors to be considered other than nutrition: improved health care, a decline in cigarette smoking, an emphasis on physical fitness and blood pressure control. Although we have, as a nation, shifted from saturated to unsaturated fats, the change is not sufficient to account for the decrease in CHD.

The purpose of this article was to elaborate on the topic of diet and coronary heart disease. Based on studies and their results, try following these guidelines to prevent CHD:

- A. Maintain ideal bodyweight (that is, lean muscle mass vs adipose tissue)
- B. Stive for normal blood pressure.
- C. Moderate fat intake. Increase unsaturated and decrease animal fats.
- D. Limit the use of salt
- E. Reduce or eliminate smoking
- F. Avoid excessive alcohol
- G. Avoid excess negative stress.

If you have any questions or comments, feel free to drop me a line. Nutritionally yours, Jack Diganog, RD 116 Dopson, W. Monroe, La 71291

# NUTRITION CORNER

by Jack Diganog

## Nutrition and CHD

recommended by following diet recommendations. The American Heart Association has set up dietary guidelines in an effort to reduce the level of cholesterol and therefore reduce the incidence of CHD. The diet plan restricts the intake of cholesterol to 300 mg per day, and limits total calories from fats to 30 percent. Some scientists feel that this type of diet plan should be initiated only when the cholesterol level rises above what is considered the normal level of 225 mg/dl. The American Heart Association, however, feels that the general population should follow the lipid-reduced plan as a routine diet.

Major studies relate serum cholesterol level and the risk of CHD deaths. The data shows that once the cholesterol level rises above 250mg/dl, a substantial risk is apparent. Here is a table from that project:

**Table 1**

Group I 175-224 mg/dl..51%  
 Group II 225-249mg/dl.67%  
 Group III 249-300.....1.13%  
 Group IV above 300..1.61%

Table I simply shows that as the level of cholesterol increases, so does the probability of CHD.

The overall goal of any modified diet program should be to improve the health status of the individual. However, as mentioned previously, diet is only one part of the Nutritional Board, the body establishing the RDAs, has put forth several key recommendations. These are:

- A. Adhere to a nutritionally adequate diet selected from the milk and dairy group, the meat, poultry, fish and legumes group, the fruits and vegetable group, and the grain and cereal group. These are commonly called the four food groups.
- B. Select a wide variety of foods from each of the four food groups to insure a high quality diet containing all essential nutrients.
- C. Strive to attain ideal weight by adjusting calorie intake. If overweight, then reduce the calories from fats, and then overall food intake while increasing physical activity.
- D. If it is necessary to reduce the calorie intake, reduce the foods that offer little, if any, nutritional value. Among these foods would be sugar, soda, alcohol, fats, oils, etc.
- E. Limit the use of salt. Although sodium chloride is an essential element in health, an excess may precipitate health problems.
- F. Other areas considered were a reduction in smoking, alcohol consumption, accident prevention, pro-

Coronary heart disease (CHD), also known as hardening of the arteries, has been medically described for centuries. The medical term, arteriosclerosis, indicates a laying of fatty substances (cholesterol) on the inner surface of the arteries. As the lipid fibrous material, the cholesterol deposit, forming a plaque. As the plaque begins to lay up on the inside of the artery wall, it leaves a smaller opening for the blood to travel. As laying continues, obstruction may occur. In the beginning of the narrowness of the chest area, called angina pectoris. As narrowing progresses, myocardial infarction may occur, often being fatal. If occlusion occurs in an organ or limb, the result is a severely reduced function in that site.

Heart disease is a severely reduced "lipid hypothesis". This theory is derived from the consistent occurrence of excessive deposits of cholesterol and lipids in lesions between the parallel of increased serum lipids and atherosclerosis and the association between specific diseases and genetic disorders of lipid metabolism. There are other theories, but the underlying culprit remains an abnormal lipid metabolism. Past studies both here and abroad, consistently show the correlation between a high cholesterol intake, a high lipid (fat) intake and the prevalence of heart disease.

Further research indicates that atherosclerosis begins very early in life, when the smooth muscle cells are growing. Once these lesions begin forming, they can weaken the smooth muscle walls which can lead to a host of clinical effects. Scientists are interested in the possibility of limiting dietary fat to curb the progression of this disease during the growing years.

The three main lipids in the blood are cholesterol, triglycerides and phospholipids. These travel throughout the circulatory system in the form of lipoproteins, combination of lipids and protein molecules varying in size, weight and cholesterol content. There are four main classes of these lipoproteins: 1) the very low density lipoproteins (VLDL); 2) the chylomicrons; 3) the low density lipoproteins (LDL); and 4) the high density lipoproteins (HDL). Both the chylomicrons and the VLDL transport triglycerides, whereas cholesterol is carried by LDL to a lesser extent, HDL. High density lipoproteins are the heaviest of the group and contain the highest proportion of protein. They are very desirable because HDL carries away cholesterol from the tissue as well as the arterial lining. On the other hand, VLDL and LDL are the major carriers of the cholesterol deposited in the arteries. Studies have shown conclusively that when there is a high concentration of the LDLs there is corresponding a high degree of plaque formation on the arterial lining. This can also occur if the HDL is found in a decreased concentration.

There are four main clinical contributions to coronary heart disease: 1) cigarette smoking; 2) diabetes; 3) elevated blood pressure; and 4) a high plasma cholesterol level, especially a

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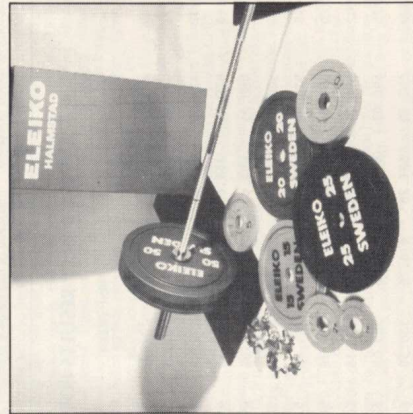
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A major consideration in powerlifting competition is proper set up. Over the years I have witnessed many novice lifters using inefficient methods to set up for the Big Three. These errors are usually due to inexperience and lack of good coaching. The results of this are usually lower totals and increased susceptibility to injury. Each lift should be set up according to logical considerations.

Let's start with the squat. A major problem in setting up for the squat is moving back from the rack into the starting position. Some lifters take several steps back from the rack before stopping to set up. These extra steps can be draining on a lifter who is attempting maximum weights. Once in position some lifters will fidget with their feet trying to get better foot placement. Again, this is a drain on valuable energy. The solution to both of these problems lies in practice prior to the meet. On every set in training from warmup to max singles, practice taking the bar out of the rack and stepping back one foot at a time into position immediately. You should be far enough back to avoid hitting the racks if you lean a bit in the low position. This more conservative distance will also make it easier for the spotters to guide you back after your attempt. Your position relative to the rack should be comparable to a catcher's position behind the batter. Practicing to set up with one step will also decrease the amount of fidgeting with your feet. Remember, practice set up through all your sets.

Another set up problem in the squat is straining the lift while leaning forward. Starting in this position makes it harder for you to lift legal depth and injure yourself. Also, while leaning forward will place more weight in front of the hips and legs, putting you in a poor leverage position which could result in a lower lift. Here, good training partners or coaches can help. Another reason for such posture could be plain lack of strength. Some additional back power would be a plus. Try to start the lift with your chest out and elbows pointing back. Be constantly aware of your starting position and stance.

An additional problem in the squat is rack height. I have seen lifters take the bar off racks that were too low or too far apart. I have yet to see a squat rack in a competition that was not adjustable for height as well as distance apart. If you train with an adjustable squat rack try to get it set up correctly before your lift. An assistant could help direct the loaders as to ideal height, etc. If you don't train with an adjustable rack, check out the meet used on the platform before the meet starts. A lifter shouldn't need to lift the bar up more than a few inches to get it out of the rack. Conversely, a lifter shouldn't bump the supports off the backs out. Troubles out of the rack can be very distracting.

The second lift, the bench press, also has set up considerations. Body position relative to the rack is one

tion is the hand-off. Many lifters still prefer to take the bar off the rack themselves. The advantage of this is complete control over the bar. The disadvantages are the expense of strength used in lifting the bar, and lack of a solid position on the bench. A lifter needs every bit of energy for a max attempt. Sure bad hand-offs are possible, but a tight and solid position on the bench gives you control of the bar. At some meets you are permitted a hand-off from a friend. Have the person who will give you the hand-off at the meet give you hand-offs in training. Instruct him to hand you the bar on a count of three or some other signal so your timing is right. If you must use a spotter for the hand off, use this count method to reduce chances for error. Overall you have more to gain by having someone give you a hand-off, especially as the weights get higher.

The third lift is the deadlift. One problem with the deadlift is starting with bent arms. This is comparable to jacking up your car to change a tire. The initial movement by the jack does not raise the car at all, it merely releases tension on the suspension, after which the car will rise. Starting with bent arms will waste your initial pull since it will only straighten out your arms. Think about this one and it will make sense. Start your deadlifts with locked arms.

Another problem is starting the lift too far from the bar. If this is done part of your energy goes to pull the bar into the body. As Dr. Fred Hatfield explained in "A Scientific Approach to Powerlifting," this will add considerable "weight" to the bar as it is too far forward for efficient pulling. Don't grip the bar until your shoes are right on the bar or at most an inch off. From this position much more of the bar's travel will be straight up. It doesn't matter if you use the conventional or sumo style, keep the distance the bar must travel minimal. The next problem is grip width. Unique leversages notwithstanding, we should assume the narrowest grip possible. The more narrow the grip, the less distance we must pull the bar. Conventional lifters should grip just outside the start of the knurling of the bar. Sumo lifters should go even more narrow, perhaps even straddling the knurling and the smooth surface of the bar.

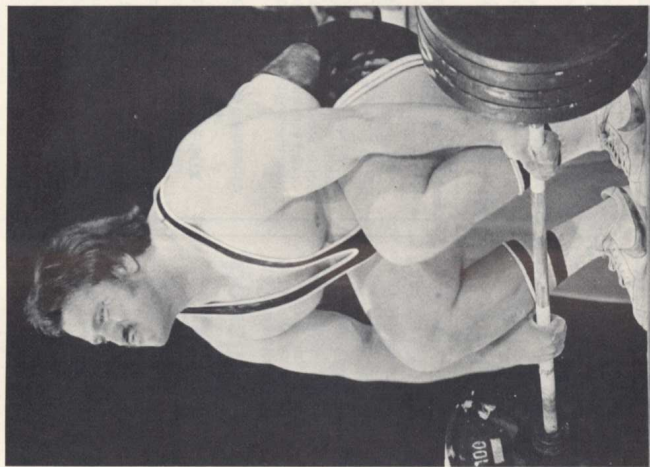
In line with lowering the distance the bar must travel, an upright starting position should be considered. This is even more critical with the sumo style. A more upright position would also allocate more load to the stronger leg muscles. Increased emphasis on flexibility would be advisable.

As I mentioned earlier, unique leverage situations would permit nonorthodox styles in all three lifts, but these would be exceptions. I would suggest trying some of these suggestions if you describe the techniques you are using now. Habits and styles properly developed at beginning properly will help insure long term results and decrease the chances of injury because of inappropriate technique.

# STARTIN' OUT

A special section dedicated to the beginning lifter

## SETTING UP... by Doug Daniels



Cus Rehwisch knows the necessity of proper setup before trying a massive deadlift. Cus has recently been cast in 3 upcoming movies, including a major role in Arnold Schwarzenegger's RUNNING MAN. *Daluisio/HFC photo.*

Some novice lifters are guilty of placing their bodies very close to the rack. In this position the lifter has the potential of bumping the rack with the bar on its ascent, good for a red light. It will also not allow the bar to rise on an efficient path. As explained in Dr. Tom McLaughlin's book, "Bench Press More Now", the bar should not be pressed in a straight line to lockout, but should rise via an "S" shaped pattern. Move back a bit from the rack. Try positioning your feet just short of the rack, but not too far away as to make it hard for the spotter to give you a hand off.

Another consideration is foot placement. Novice lifters sometimes have no idea what to do with their feet and legs. Usually they place them in front of the bench with little or no pressure on them. Try moving the feet under the body. This will give you a more solid base to push from. This

The last bench set up consideration



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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 demand, 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 reader feels I might be of some help. Please send all questions and comments to: Mauro Di Pasquale, M.D., 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

**DEAR MAURO:** I have been weight training about four years and decided to compete in a national meet next year. I suffered from a sexual dysfunction problem and was diagnosed by a urologist as having an extremely low testosterone production. My count was 29 out of a 250 to 1000 normal scale. He prescribed a Metandren lozenge (under the tongue), 10mg each, 2 times a day. This elevated my count to 196. I am now taking 3 a day and suspect my count is now approximately 250. My sexual problem has improved 100%, but how will this medication affect my lifting in competition? Will I be permitted to lift with a doctor's letter of explanation or will I have to drop my medication - if so, how far in advance of the meet? **Bill C.**

**DEAR BILL:** Metandren, which is Ciba's brand name for methyltestosterone, is a banned substance which can be easily detected. Unfortunately, because of the possibility of abuse by normal athletes, exceptions cannot be made for its use in cases of androgen deficiency. You'll have to stop its use at least eight weeks before a drug tested meet - it would be wise even then to have your urine pre-tested to make sure no trace of Metandren remains after an eight week hiatus. The USPSP Sports Medicine Committee can direct you to a laboratory in the USA where this pretesting can be competently done. It would be helpful to know the origin of your testosterone deficiency. If the problem is testicular, then the only solution to your testosterone deficiency is the use of androgenic/anabolic steroids. If the problem is due to pituitary or hypothalamic dysfunction, then the use of human chorionic gonadotropins (HCG) or luteinizing hormone releasing hormone (LHRH) would likely increase the production of your own testosterone so that the discontinuation of the Metandren would not have any adverse effects. You'll find information on HCG and LHRH in my book "Drug Use & Detection in Amateur Sports" - All the best in your lifting. If you need more information, or clarification of any of the above, don't hesitate to write. **MGD**

**DEAR MAURO:** Is there any optimum way to take oral steroids; first thing in the morning, before working out, at bed time, full stomach, empty stomach, or even through the day in case of multiple orals? Should I chew the pills, and keep them in my mouth as long as possible before I swallow them or should I just swallow them whole? I've gotten to the point that the only answers I trust anymore are yours and Dr. Taylor's. Thanks, **Bob T.**

**DEAR BOB:** There's a lot of misinformation about when a drug should be taken. Most drug absorption takes place in the small intestine because of its large surface area. However some drugs, such as penicillin G, are partially destroyed by excess stomach acidity so that less reaches the small bowel. It is recommended that such drugs taken on an empty stomach so as to decrease the time the drug is in an acid stomach (the time a drug stays in the stomach increases when the stomach has food in it). Most drugs, including anabolic steroids, are not affected much by stomach acid (having been modified for this purpose) - so, although absorption of anabolic steroids from the stomach is highly variable, it is minor compared to absorption from the small intestine. Oral steroids can thus be taken any time - with perhaps slightly increased absorption taking place on an empty stomach. If the oral steroids upset the stomach it's advisable to take them with food, milk or antacid. Since steroid mediated anabolic effect occurs over several days (because of their effect on protein synthesis), it makes very little difference as to what time of day the steroids are taken and in what sequence. It really depends on the individual and when he feels most comfortable in taking the drugs). Some lifters think that chewing up the steroids and letting them dissolve in their mouths gives them superior absorption. This perhaps is true with some orals (oral testosterone and to a lesser degree, methyltestosterone - Metandren), not because the drug is absorbed all that much better, but because the drug escapes the first pass by the liver. This view is incorrect for most anabolic steroids (such as Dianabol, Anavar, Anadrol-50 and Halostesin) since they have been modified to resist rapid degradation by the liver. Even in those drugs which are highly degraded by the liver, not much is saved by buccal absorption. The drug is quickly metabolized the first time it passes through the liver. **MGD**

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

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As mentioned in our previous article on hypnosis, we would be making a drastic mistake by using a case study to prove that hypnosis could enhance strength. Although case studies are often used to dramatize the effects of certain techniques, in reality they provide little, if any, support for scientific prediction. You can not generalize from one person or case to an entire group. In the same light, the many uncontrolled variables between one case study and potential future studies which might be compared with it are so numerous as to make justification in terms of providing a bench mark for future studies hopeless.

If we are to determine if hypnosis has any effect upon muscular strength, we must conduct studies that are free of external and internal interference. A prolific number of researchers have conducted such experiments over the past hundred years. Many of these researchers reported that their subjects displayed near superhuman feats of strength while under the influence of hypnosis. However, these claims should be considered with caution. There is considerable evidence which indicates that this research area reflects numerous methodological problems. Support for this hypothesis is evidenced by the lack of trance classification during hypnosis, and its correlation with hypnosis, and its ergogenic properties. The phenomena reported are approximately 90% of the research failed to establish the trance depth of their subjects.

It is only common sense which dictates the necessity for a precise classification in the experimental situation. There are 3 levels of trance depth: the somnambulistic state, which is the deepest; the hypnotic state, the medial level of hypnosis; and the hypnoidal state, the lightest. As the subjects' trance depth increases, his ability to experience hypnotic phenomena vividly and intensely increases. To elaborate further, a subject who is capable of reaching a somnambulistic state is more able to experience hypnotic phenomena than is a hypnoidal subject.

Likewise a hypnoidal subject is more able to experience hypnotic phenomena than is a hypnoidal subject. The deeper the hypnotic trance, the more responsive the subject becomes to hypnotic suggestion. This relationship between the subject's trance depth and his ability to experience hypnotic phenomena represents a crucial question for hypnotic researchers who do not use trance classification designs; namely, if and when strength can be increased by hypnosis, is this increase in strength related to the presumed hypnotic treatment or is it produced by subject trance depth? Or is there any interaction of the two? In addition to a disregard for subject classification, the inconsistent research design and the limited control of hypnotic methodology has also diluted the significance of most of the impact to the extent that it has little research on the behavioral factors.

It should also be realized that the

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## MORE ON HYPNOSIS

by Army Ferrando & Dr. Judd Biassiotto

majority of this research using hypnosis to transcend strength has been conducted with subjects who were not trained athletes. Thus, such variables as fatigue, learning and expectation could be responsible for the results that were found. It should be further understood that most of this research is one-shot research; what we mean by this is that the experimenter finds himself some subjects - usually volunteers; randomly experimental groups, pre-tests both groups for strength, then re-tests both experimental groups, then re-tests both groups. Usually none of the experiments are carried out for more than a week. Even researchers who investigate anabolic steroids, as an ergogenic aid administer the treatment (anabolics) over a long period of time before they draw their conclusions. It is only fair that hypnosis should receive the same kind of treatment. Note that we are not suggesting that hypnosis is not a valuable instrument, or for that matter an ergogenic aid that can transcend strength. On the contrary, hypnosis may be the cosmic power that will enable man to truly become superhuman. What we are saying is that before we make any claim for or against hypnosis and its ability to enhance strength, the phenomena must be researched properly.

At present, there is only one study that we have found that has shed light on hypnotic processes and their effect on strength, and we believe it to be the best study ever conducted for the following reasons: (1) Because it used trained A.A.U. powerlifters for its subjects, (2) The subjects pre-test

the control and hypnosis group began on a following day, we hypnotized the subjects in the experimental group and hypnotically conditioned them to accept hypnotic suggestions administered through tape recordings. We also tested them on the Stanford Hypnotic Suggestibility scale in order to determine their trance depth. After the initial testing period, the control and hypnosis group began

matched pairs to either a control group or a hypnosis group. On the following day, we hypnotized the subjects in the experimental group and hypnotically conditioned them to accept hypnotic suggestions administered through tape recordings. We also tested them on the Stanford Hypnotic Suggestibility scale in order to determine their trance depth. After the initial testing period, the control and hypnosis group began

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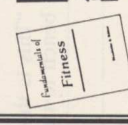


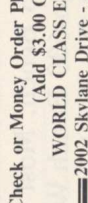
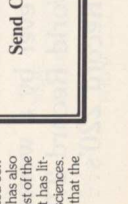
their training programs for powerlifting competition.

Both groups trained on the same days - Monday, Wednesday, and Friday - and performed the exact same training routine. The only difference between the two groups' training routines was that prior to each training session the hypnosis group received hypnotic suggestions designed to enhance their strength on the three powerlifts. The subjects were tested on all three lifts by a junior experimenter every Monday for a period of one year. The lifters were only allowed to break their records by 2 1/2 or 5 lb. increments. The results of the investigation were startling. The subjects in the hypnosis group showed significantly higher strength gains at the .01 level of significance in the squat, deadlift, and total. They also scored higher in the bench press, but not significantly so. It was concluded that hypnotic conditioning was indeed capable of enhancing strength, thus indicating a need for longitudinal rather than single-shot design research. Of interest may be the fact that we used similar designs in researching the effect of hypnosis had on decreasing anxiety of professional baseball players. Results were just as encouraging, indicating that hypnotic conditioning was beneficial in controlling emotional excitement or anxiety. There is only one problem with all these studies: Although they are in accord indicating that hypnotic conditioning can alter behavior, the design does not allow us to determine if the independent variables are confounded. It is impossible to tell whether the improvement in strength and performance was caused by hypnosis, subject trance depth, relaxation of the aforementioned, or interaction of the aforementioned.

The fact remains, however that hypnotic conditioning when used over a period of time, seems capable of enhancing strength. Still, more research is necessary to determine the effect that hypnosis has upon muscular strength and power.

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## Question & Answer

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**DEAR SIR:** I'm going to be straight up with you. I'm in prison for selling speed, I was a speed junkie and I am in terrible shape. I weigh 125 lbs. and am 5'11". It's been 3 years since I've had any drugs. I am now 23 years old and taking a multi-vitamin 2 times a day, and I don't smoke. I have access to weights, but don't know what to do with them. I eat everything I can but can't seem to gain any weight. Can you recommend a training program and weight gain diet for me? Or recommend a book that deals specifically with that subject? I'm really serious about this as I want to leave in 2 years as a different person than the basket case that came in here. I will very grateful for any help you give me. Thank you. **Jack**

**DEAR SIR:** I want to attack your program in three parts: (1) Diet, (2) Workout, (3) Motivation. The diet should consist of 6 meals a day, three large ones and three small ones. Try and drink and eat as many dairy products as possible. They are a good source of protein and calories. It is just as hard to gain weight as it is to lose weight. The name of the game is consistency. You must stick to your diet regularly, for it is the most important part of your program at this point. You should get yourself a calorie counter so that you can measure your calories daily. If you don't keep records on how much you eat daily the chances are you'll go a couple days on a heavy diet, then you stack off a few days still feeling bloated and thinking you are eating a lot. You should try and eat between 3000 and 3500 calories a day. Your average should be 3500 calories. If you can't keep your calories up then there is no way you'll gain weight. What you eat is not as important as the quantities that you eat, but if you keep a large amount of dairy products in your diet you'll be balanced. You are young and your body is still maturing which means you'll have quite a bit of your natural growth coming. You won't get much taller, but should get thicker. The second part of the program, your workout, is very simple. You train three days a week, using only the large muscle groups. Stick with basic exercises like the bench press, squat, leg presses. Don't get overenthusiastic in the gym. For example, don't work your forearms, not that the forearms are not important, but you should use your energy elsewhere or save it. You wouldn't try to teach a little league baseball player how to throw a slider when he is just learning to grip the ball. Another point about training is that I would think there are several experienced lifters in the gym who could give you a lot of help. If you don't know them personally, and by the sound of your letter you don't, try to stay out of their way and observe. It's amazing what one can learn by watching. As you spend time in the gym and others see that you are serious about training, they will offer help. Now, moving on to the motivation, you must have had some motivation to reach your letter. If you don't seem to be gaining as much weight as you would like and your training is going too slow, you will drop. Feeling the fatigue reinforcement you get, so your motivation will drop. You need to have these goals. You should also do some reading on self-motivation. There are plenty of books in the library on this subject. You have taken the first step by writing me, so keep things on the road by following your diet. Be sure to keep daily records. Start your training slowly and allow yourself time for progress. Keep a good mental attitude toward your goals, because you are starting to shape your character for the rest of your life. **Roger Estep**

**BOOK REVIEW** Dr. Mauro Di Pasquale has just come out with **UPDATE NUMBER TWO** to his book, **DRUG USE & DETECTION IN AMATEUR SPORTS**. It is quite unusual for someone who has published a book on a subject to be so determined to keep his audience informed on the matter. The update serves to address new issues that have arisen since the first publication of the book, and to bring the reader up to the minute information about matters previously discussed. This update by Dr. Di Pasquale discusses subject areas like "Why do Athletes Use Drugs?", "IOC Drug Control Update", "Accreditation of Laboratories", "Steroid Substitutes and Performance Enhancers", "Controversial Areas in Drug Testing for Anabolic Steroids", "Classification of Androgenic/Anabolic Steroids", etc. Also mentioned are some new books that Dr. Di Pasquale will be coming out with in the future. If you are an athlete who will be facing drug testing in the future, and more of you fall into that category, then Dr. Di Pasquale's book and its updates are the finest commercially available source of information on the matter, and whether you use drugs or not, you should know what the steroid compound commonly known as Durabolin is sold throughout the world under 43 different trade names (and they are listed). **UPDATE NUMBER TWO** is available for \$6 US funds plus \$1 postage and handling from M.G.D. Press, 23 Main St., Warkworth, Ontario, Canada K0K 3K0

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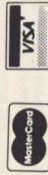
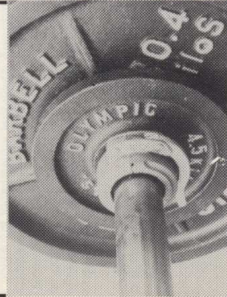
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# Message from the U.S.P.F. President

## Conrad Cotter, President U.S.P.F., Box 18485, Pensacola, FL 32523

It is expedient to publish from time to time an updated edition of the "non-technical" rules that govern the U.S.P.F. Because of the volume, it is not feasible to publish all the rules at this time. Those included here are ones we are frequently asked about. Following each rule we have noted parenthetically the date of the National or Executive Committee meeting at which the rule was passed. Feel free to xerox this page and keep it for reference.

### ATHLETE'S REPRESENTATIVES

Athlete's representatives shall be nominated and elected through Powerlifting USA in the manner that was used in 1981. (Source: N.C. July 9, 1982)

**COLLEGIATE COMMITTEE**

(1) The regional chairman's approval must be obtained for any regional championship, with the exception of the national collegiate championships. An application for a regional collegiate championship sanction must be submitted to the regional chairman for his comments and then forwarded to the National Collegiate Committee chairman for approval. (Source: E.C. Dec. 11, 1983)

(2) When rival teams each claim to represent the university or college, the determination of which shall be the representative shall be left to the Collegiate Committee. (Source: E.C. August 15, 1983)

(3) No more than ten lifters at the National Collegiate may come from the same college or university. (Source: E.C. August 15, 1983)

(4) The Collegiate Committee is authorized to establish, subject to final approval by the Executive Committee, a procedure to determine drug abuse in athletes participating in the national collegiate powerlifting championships. (Source: N.C. July 6, 1984)

### DRUG TESTING

(1) Any athlete who fails to pass an IPF doping control at the World Championships is also automatically suspended from U.S.P.F. competition, the identical IPF and USPF suspensions to run concurrently. (Source: N.C. July 5, 1985)

(2) Any lifter who tests positive for psychomotor stimulants or anabolic steroids at any national or international competition shall be suspended from U.S.P.F. competition for three years. (Source: N.C. July 4, 1986)

(3) The U.S.P.F. shall conduct a doping control at the 1986 Men's Senior Nationals, the 1986 Women's Nationals, and the 1986 Collegiate Nationals in accordance with the guidelines adopted by the I.P.F. Samples are to be sent to one of the I.O.C. - approved laboratories. The first and second place winners in each weight class and world record setters shall be tested. Failure to pass the doping control shall result in an automatic 18-month suspension from all U.S.P.F. competition, removal from participation on a national team, and the forfeiture of any placing, awards or team points won in that competition. (Source: N.C. July 5, 1985)

(4) Applicants for a place on the team representing the United States at the 1986 Junior World Powerlifting Championships shall, on request, be mailed a letter with directions for obtaining, at the applicant's expense, a test of his urine well in advance of the team's departure and a copy of the I.F.B.B. pamphlet on doping control authored by Bob Goldman. Those who test positive at that event shall be suspended for three years from the date of the championships, not only by the I.P.F. but by the U.S.P.F., as well. For the purpose of this suspension the official test results shall be conclusive. (Source: E.C. January 12, 1986)

(5) Doping control officials shall, at any drug-tested meet sanctioned by the U.S.P.F., collect urine samples from each lifter who totals. The first and second place lifters in each weight class shall be tested. If the first and second place lifter is positive, testing shall continue in the descending order until a negative result is found. (Source: E.C. January 22, 1986)

(6) The "Carpino rule" is amended to provide that each member of any U.S. team qualifying at a drug-tested championship must have tested negative in the doping control at that championship. (Source: E.C. January 12, 1986)

(7) The doping control at the 1986 Senior Nationals is restricted because of financial exigency. (Source: N.C. July 4, 1986)

(8) The doping control at the 1986 Senior Nationals shall be limited to an anabolic screen for the winners of each weight class and those selected for the U.S. team, with the proviso that if the winner in any weight class tests positive, the testing will continue in that weight class, one by one, in descending order of placement, until a negative result is obtained. (Source: E.C. July 6, 1986)

(9) The U.S.P.F. shall establish a banned-substance education program with information to be disseminated by the Sports Medicine Committee. (Source: N.C. July 4, 1986)

### REGIONAL CHAIRMAN

(1) The duties of the Regional Chairman are as follows:

(a) The Regional Chairman will have sole sanctioning authority for all regional championships, except national collegiate championships, which will be forwarded to the Chairman of the Collegiate Committee with recommendations;

(b) All bids for national contests within the regional boundaries must include the regional chairman's approval;

(c) All IPF Category II applicants must have the approval of the Regional Chairman of the region in which they reside prior to being allowed to sit for the Category II examination;

(d) The State Chairman will coordinate all matters requiring higher level coordination through the Regional Chairman. The State Chairman is not to deal with the President, except under extraordinary circumstances;

(e) The Regional Chairman will keep a master meet schedule for the region and resolve all conflicts. All sanction requests will be submitted by the State Chairman through the Regional Chairman for coordination, prior to sanction;

(f) The Regional Chairman will insure that regional and state records are kept;

(g) The Regional Chairman will conduct a meeting at the Regional Championships each year with the state chairman and conduct the business of the region. He will also insure that state elections are held;

(h) The Regional Chairman will insure that a meeting of his region's women lifters is conducted at their regional championships and that a regional women's representative be elected to serve on the Women's National Committee, if he fails to accomplish this at the championships, he will accomplish this by mail. The name, address and phone number of the regional representatives will be sent to the Secretary of the Women's Committee;

(i) By accepting appointment, the Regional Chairman is expected to attend the National Committee meeting each year during his or her term, and to attend meetings of the Discipline Committee when called;

(j) Since the Executive Committee has decreed that the referees run the sport, the Regional Chairman must be at least a national referee, and should be a Category II referee as soon as possible, in order to have at least some parity with the referees in the region, which might include Category II's. (Source: N.C. July 6, 1984)

### TELEVISION AND VIDEO TAPING

(1) The U.S.P.F. or its representative shall be the sole official negotiating agent for television, one-third of the revenue not to exceed \$10,000 deriving from the national television and other national television communications (e.g. Home Box Office) in connection with meets other than national championships shall be paid to the U.S.P.F. (Source: N.C. Nov. 26, 1979)

(2) Two-thirds of the revenues derived from national network television or national television communications (e.g. Home Box Office) in connection with meets other than national championships shall be paid to the U.S.P.F. (Source: N.C. Nov. 26, 1979)

(3) Monies received by the U.S.P.F. from the I.P.F. for its share of the revenue generated by network television, under the provisions of the I.P.F. rule 3.05, shall be divided as follows: The meet director will get the first one-third up to \$7,000 and the U.S.P.F. will get two-thirds of everything above \$7,000. (Source: N.C. July 22, 1983)

(4) There shall be a fee of \$1,000 payable to the U.S.P.F. for the right to film any national championship, if the product is marketed for Beta-max, VHS or cable TV. (Source: N.C. July 22, 1983)

(5) The U.S.P.F. shall have the first exclusive TV and/or sell Beta-max and VHS tapes, to edit and sell its film to cable TV. (Source: N.C. July 22, 1983)

(6) The Sports Medicine Committee or Sports Medicine team may video tape any national championship, without the payment of a fee, provided that the video tape is used solely for sports medicine research, and not to be referred to for any money-making project. Any such request to video tape must be referred to the President for his endorsement. The President shall endorse a request only after satisfying himself that it is legitimate. (Source: N.C. July 4, 1986)

### U.S.P.F. DIRECTORY UPDATE

New Mexico State State Chairman is now Mike Milton, 5600 Gibson SE, No. 373, Albuquerque, NM 87108, 505-268-7534.

Mike Reed is now Regional and State Chairman for Louisiana, and can be contacted at Route 1, Box 229 AW, Monroe, LA 71202, 318-388-0412.

North Carolina State Chairman is Tim King, P.O. Box 752, Ramseur, NC 27316, 919-824-4675.

## Is This Why Powerlifting isn't in the Olympics?

STATEMENT of the International Weightlifting Federation Executive Board as per its meeting held in Donaueschingen, FRG, 24.05.86 concerning powerlifting

1. The IWF Executive Board stated that it was weightlifting, one of the most ancient sports, out of the exercise movements of which developed the sport of powerlifting. Practically three exercises still existing and being a part of the weightlifters' daily training routine were made into competition exercises of powerlifting.

2. In the last two decades the International Weightlifting Federation has mainly concentrated on the development of the so-called "Olympic weightlifting" on the worldwide scale, not wishing to fritter away its strength by holding competitions with other movements than the ones constituting "Olympic weightlifting" and figuring on the program of the Olympic Games. This way the IWF had not dealt with powerlifting and in 1976, at the General Assembly of AGFI in Barcelona the IWF gave its consent to the individual international status of the Powerlifting Federation. Thus the IWF supported the creation of the IPF and its international existence.

3. Among the sports on basic physical capacity weightlifting is undoubtedly the most apt for the development of strength. The weightlifting sport itself unites the need of power and skill. On the contrary, powerlifting is undoubtedly dominated by power.

4. In powerlifting essentially the same equipment is used as for weightlifting. We do not know of any other two sports in which the same equipment is used (with the probable exception of the Modern Pentathlon and the respective sports).

5. Out of the exercise movements of weightlifting further 6-8 exercises may be picked anytime, made into competition exercises and even international federations may then be created for them.

6. The IWF is aware of the fact that so many of our National Weightlifting Federations also control powerlifting, so we have ample experience about the powerlifting activities on the national level, as well as about the medical problems unfortunately frequent in powerlifting.

In view of the above, the IWF Executive Board does not support the IOC recognition of the powerlifting sport, because we do not feel the difference necessary for the individual existence of a sport. We wish to point out the fact that there is a very good relationship between the IPF and the IWF and there are no problems or conflicts between both Federations whatsoever. We are aware of the fact that in case the IOC grants recognition to powerlifting, it would entail moral and financial assistance for them. Nevertheless, the IWF is obliged to keep in mind at all times and above all the international rank of weightlifting and its professional points of view. for the IWF Executive Board, Dr. Tamás Ájan, General Secretary  
13th June 1986

**Life in the "Clean" Lane** "This is for you out there who have just gone drug free or are thinking about going drug free. It is a hard road to be drug free but it has advantages. I have been drug free since April 1985. I didn't use any drugs for a long time. I had a very good time. I had the South Dakota State Championships. Found steroids to be expensive; economically, physically, and psychologically. They do make your strength increase, but when you get off them, that strength disappears, and it can be a blow to your ego. That's why they are hard to pick. It takes six months off drugs for you to know how good you are. You will lose. That is hard to accept, but what's harder, explaining to the people that respect you who use them, finding out that you have serious side effects from using them or having to turn them off? I started in 1981, at 150 lbs. Nine months after I "cleaned up" most of my weight was lost. Now I am in the 165 lb. class and my goal is to exceed the total that I posted at 181 lbs. I've seen the results from both the USPF and IPF. I am really glad to see some of the big name lifters going drug free. I hope I hope they stick with it. They are all assets to sport. As far as the APF stands, I believe that politics isn't the issue; drug testing is. I'm not going to use "all" drugs. The totals speak for themselves. Choose the right road. One lane is for clean sailing.

There are disadvantages to being drug free. You can't work out as often; your gains are slower; and your endurance is shorter, so workouts must be kept brief. But, there are major advantages. You can be at your best more often; you don't have to gain back what you've lost since your last drug cycle, and your pocket book is in better shape. I hope some of you who read this realize that Powerlifting isn't everything, and that your health is worth more than a trophy or a handshake from a competitor whom you have just defeated. Sure, I'm a nobody, but you've never heard of, but I can say one thing that steroid users can't: "I built my body and my strength; not drugs, only me!" Doug Heeren, 1984/5 South Dakota State Champion.

## Here's the I.P.F. Counter-Stand!

That strength is one of the primal qualities of man it is only to be expected that tests of strength and "muscle stones" are to be found all over the world since the dawn of history. The origin of our modern strength sports dates in central Europe. In the last century with the development of barbells and dumbbells in central Europe.

In early championships the lifts used were many and various. Bob Hoffman's book "Strongman" in the USA lists the rules for 30 recorded lifts. The British Fitness Weightlifters' Association in its daily magazines over 30 lifts.

Internationally the Iron Game has now crystallized into three distinct sports: Barbell, Bench and Clean and Jerk, and Powerlifting which recognizes only two lifts, the squat and the deadlift.

The squat bar, its origin in Austria, 120 years ago. The press on back has long been part of the strengthman's repertoire although the introduction of a bench is relatively new. The deadlift is possibly the oldest of all lifts.

The national powerlifting championships featuring three lifts took place in the USA in 1964 under AAU rules. Great Britain followed suit in 1966 and powerlifting was under way. The first unofficial World Championships were organized, firstly, in York, Pennsylvania, USA, in 1971. The IPF was founded in 1972 and the first official World Championships took place in Hamburg, USA, in 1973.

Contests are organized in 11 weight classes for men from 52 kg. to over 125 kg. and for women from 44 kg. to over 90 kg. in 10 classes. The age groups of junior (under 23) and master (over 40 and over 50) are also recognized for men. One of the very best lifters in the world is a 40 year old American, Steve Nunn. This year two European lifts went to men of 49 and 53 who beat opponents thirty years younger.

In the events each lifter is allowed three attempts at each of the three lifts. The total weight lifted is the sum of the three lifts. The bar is loaded with the desired weight from the necks and the lifter steps back to assume an erect starting position. From here he squats down until the tops of his thighs are lower than the tops of his knees and then stands up again. The referee gives the lifter start and finish signals and with the two side judges looks out for any of the 11 causes for disqualification.

The bench press is a test of the strength of the upper body arms, shoulders, and chest. The lifter lies on his back on the bench with his feet on the floor. The bar is removed from the rack, lowered to the chest and upon the referee's signal pressed up to arms length.

The deadlift is a test of strength of the whole body but principally tests the hip, back and grip strength. The bar lies on the platform in front of the lifter, he grasps it with an optional grip and lifts it until he is standing upright with the weight hanging at arms length across the thighs. After the referee's signal he must lower it under control to the platform.

Powerlifters train to lift enormous weights. In addition to the obvious requirement of great strength, precision technique, a iron will and quick and correct tactical decisions are necessary in order to mount the winner's rostrum.

The lifters in some 45 countries: Poland and Czechoslovakia are the world's best. Powerlifting is now practiced in some 45 countries: Poland and Czechoslovakia are the world's best. Powerlifting is now practiced in some 45 countries: Poland and Czechoslovakia are the world's best. Powerlifting is now practiced in some 45 countries: Poland and Czechoslovakia are the world's best.

Powerlifting received recognition from the IOC in December 1985. Unfortunately the International Olympic Committee does not at present want another "barbed sport" in the Olympic program. As a result the IPF is working towards a brother sport; Powerlifting must now await the decision of the IOC executive.

Heinz Verbehar, President of the IPF

## Russian Training Info.

Bud Charniga, who deals in Elieko lifting sets, as advertised in this issue of POWERLIFTING USA, has also spent a great deal of effort in translating Russian weight training research into English, and making this valuable material available in the form of "Weightlifting Yearbooks", each covering significant training information for a particular year. Much of the material applies to olympic style lifting, but a good portion of it looks to be general strength development theory that could apply to Powerlifting as well. For example, a Russian squat routine that is very popular was first published in the 1976 Russian Weightlifting Yearbook. Bud is currently negotiating with the National Strength and Conditioning Association regarding publication of an English language version of the theories of Yuri Verkhovanskiy, considered one of if not the foremost authority on strength training for athletes in the world. For further information see the Classified Ads this month or write Bud at Box 2866, Livonia, Michigan 48154.

## STEEL TIP PREVIEW

The October 1986 edition of Dr. Ken Leistner's STEEL TIP contains Part Three of his "Clear Statement on Training - comments on 'Basic Training Programs', humorous words from 'Our Youth Advisor', explanation of the phenomenon of 'Over-Training', 'Strength as a General Health Factor', 'On the Role of Repetition' and a subscription to STEEL TIP, send \$18 for 12 issues to STEEL TIP, 54 Fletcher Avenue, Valley Stream, New York 11580 or see the ad in this issue of PL USA.

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**BEV FRANCIS**, our covergirl this month, is enjoying married life in New York (she lives just a few blocks away from Dr. Ken Leistner's office/home), but is pining down from 162 to hit the Ms. Olympia contest. Leistner photo.

**True Strength.** This story was given to Mark Matson by a friend of his whose elderly, bedridden father Mark would occasionally carry up a flight of stairs if no one else was available. It helped keep Mark's strength in perspective and kept his ego in check. He hopes that other fellow powerlifters can benefit from this short story also. "Every muscle and joint in my body hurts as I put down my hammer and sit on a wooden crate to rest. I am in the carport, building some kitchen cabinets for our newly acquired home, a rickety dinosaur of a place that needs much work before we can live in it. As I think of all the work yet to do, waves of fatigue roll through my mind and I'm steeped in self-pity. "Why did you make me so weak?" I half pray, half complain to God. Although I have a hefty six foot frame, I have never rated well in stammina. Suddenly a shout from across the alley awakes me from my stupor. "Mr. Schantz! Mr. Schantz, help, please!" I glance toward the alley and see a neighbor motioning for me to follow her. "Please, hurry, Mr. Schantz." I brush sawdust off my clothes as I run. Together we enter the ancient three story apartment house and I stomp behind her up the dark stairs to the third floor. "It's my mother," she explains. "She's 95 years old and she has fallen. I tried to help her, but I couldn't seem to move her." We are both winded when we reach the landing. "In here...the bathroom," she says, pointing to a narrow door. The tiny woman has fallen so that her head is lodged behind the sink pipe and her delicate body is twisted awkwardly. She looks up at me and says, "Oh, thank you for coming. I hope I haven't put you to a lot of trouble..." "No trouble at all," I assure her. "Do you hurt anywhere?" I add, fearing to move her if she has broken bones or sprains. "Oh no, I'm fine. I can't see as well as I used to, but I'm fine, thank you. Are you sure I'm not a big bother?" I smile, squat beside her and slide my arms under her slight frame, lifting gently. She weighs no more than a small child! She is the mere framework of a human being, a framework draped in folds of soft skin, yet every bit as warm and alive as I. Cradling her in my dusty arms, I carry her to the next room, where I place her in an antique oaken rocker. Her eyes sparkle with gratitude and her voice sings with satisfaction. "I'm so lucky to have a strong young man for a neighbor," she says. For a minute I study her admiringly. She is not embarrassed at having to be helped, completely unashamed of weakness, and unspooled by self-pity and complaining. She reminds me of a line of a Scripture from Hebrews, the "chapter of faith." It describes men like Abraham, Joseph, and Moses, who "out of weakness were made strong." (11:34). I say goodbye and head back to the carport. In a moment I have my hammer in hand. My fatigue has vanished, along with my complaints and dread of the work ahead. I flex my arm and feel like the strongest man in the world. With downcast eyes I pray, "Lord, thank you for making me strong. Now teach me to be grateful."

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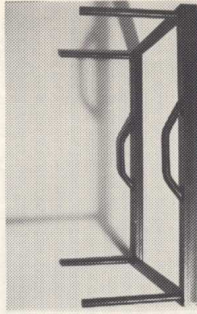
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**British U23 Championships July 86 - Manchester (kilos)**

kg.	Mo	BP	DL	Total
52	170	97.5	192.5	460WE
A. Clay	160	75	175	410
S. Nimmons	56	65	135	356
G. Simes	205	80	185	470WE
G. Merritt	182.5	75	192.5	450
F. Sibley	180	95	187.5	462.5W
D. Dallen	210	110	250	570WE
M. Roberts	210	110	250	570WE
N. Pike	220	107.5	232.5	560
J. Francis	240	132.5	250	622.5
A. Chapman	220	140	235	595
85.5 kg. Team	270	165	250	685WE
S. Wale	237.5	155	250	662.5
G. Bell	250	180	250	680
A. Leslie	252.5	132.5	287.5	672.5
R. Martin	252.5	132.5	287.5	672.5
T. Kemal	252.5	187.5	230	670
A. Grogan	290	180	275	745WE
J. Cousins	267.5	180	275	722WE
I. Gough	310	195	375	780WE
C. Hubble	237.5	150	300	707.5
125 kg. Team	295	172.5	332.5	800WE
N. Jones	295	170	265	690
J. Kemp	295	150	295	740
S. Taylor	295	150	295	740

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123 lbs.	360	570
R. Freeman	225	545
F. Mason	220	480
G. Bradley	215	455
135 lbs. Team	180	560
B. Roy	270	525
A. Jones	270	520
H. Ball	270	520
T. Heier	215	500
148 lbs.	410	500
A. Malisell	410	475
R. A. St. Clair	410	475
R. Bass	315	430
162 lbs.	315	395
M. Williams	230	385
W. Alabrook	250	385
W. Marshall	260	385
181 lbs.	420	385
R. Walker	390	385
R. Gaskins	380	385
B. Nimmons	380	385
197 lbs.	430	385
198 lbs. Team	380	385
L. Pinnell	455	335
W. Usery	450	335
L. Dean	380	260
Over 181 lbs.	425	335
N. Bailey	425	335
L. A. Hardee	365	385
C. Robinson	340	385
L. McCarty	345	385

We had 120 participants in this contest with some exciting competition in each class. There were 3 attempts at over 300 lbs! We appreciate all the spectators who enjoyed their day. A special thank you to Mr. Dick Reno for being our head judge. The next contest will be the 1986 Eastern November 8, 1986, with Open, Novice and Teen with 15 in each weight class. We will also have Women's and Master's divisions with three weight classes. For more information contact Sandy Ellis at 404-474-2633. (Thanks to Sandy Ellis for results).

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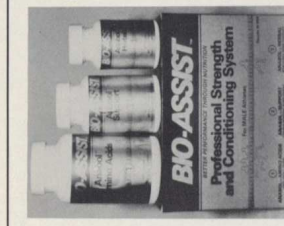
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**Natural Growth Hormone Stimulant** 50 tabs **\$13, 100 tabs \$22**

**INOSINE** 500 mg 90 caps **\$14, 180 caps \$26**

**Nature's Best Super Amino** Acid (500mg), 150 caps **\$20, 250 caps \$25**

**Super Spectrum:** Time released vitamins, 150 tabs, specially balanced, advanced formula **\$23**

**Super Spectrim:** Tri-Min 90 tabs. Should be taken with Super Spectrum vitamins. **\$11**

**NEW Super Spectrum Amino-Amino** 1350 mg. 100 capsules, 100% isolated amino acids, 16% inosine, 100% protein. 150 tabs. **\$20.**

**Liquid B-15:** 1 lb. oz pure DMG. Take sub-lingual (under tongue) for quick energy, and recovery. DMG breaks down lactic acid, also keeps muscles pumped longer. **\$10.**

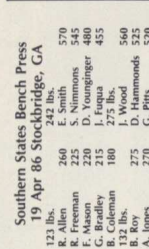
**NEW Triple Potency Liver:** contains 23 grams (1500 mg) desiccated and defatted imported Argentine baby beef liver extract fortified with 25 mcg vitamin B-12. Contains 18 mg. choline, 1.2 grams complete protein per tablet. Sugar/starch free. 500 tabs **\$18**

**NEW Timed Release C-1500:** with rosehips, sugar/starch free. 100 tabs **\$11**

**NEW Sports Power:** To replace essential electrolytes lost during athletic activity or for those who have lost water to make weight. (to help prevent cramping) 100 tabs **\$7**

**Bio-Assist Carbo-Rite** 1 lb. - **\$10, 2 lb. - \$15**

**Bio-Assist High Protein** 1 lb. **\$12.50**



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**Nature's Best** hard core training pack. The ultimate training pack; has everything you need, very heavy dosage. 44 day supply **\$36.99 - \$33.00**

**Natural Growth Pack** 30 day supply **\$18**

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**Super Spectrum:** Time released vitamins, 150 tabs, specially balanced, advanced formula **\$23**

**Super Spectrim:** Tri-Min 90 tabs. Should be taken with Super Spectrum vitamins. **\$11**

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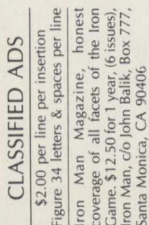
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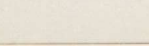
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**POWER SYSTEMS UNLIMITED**

**POWERLIFTING EQUIPMENT & SUPPLIES**

Don't be fooled by cheap prices; buy the best. Powerlifter's Rule Book... \$8 each

**Deadlift Slippers...\$9/pair**, made from Miracle Suit material, S-M-L-XL

**Key Chain \$1.50**, red, yellow, silver, white & gold.

**Caps \$6**, one size fits all. Colors: red, navy, black, green, lt. blue, black/gold.

**Gloves:** 1 pr - \$12, 2 pr - \$23, 3 pr - \$33, S-M-L-XL.

**Leather or Nylon Training Straps.** One size fits all. 1pr-\$5, 2pr-\$9, 3pr-\$12. Chalk: \$8/1 lb. \$65/10 lbs. D.M.S.O.: 99% pure, 8 oz \$11.00.

**Smelling Salts:** (Ammonia Caps) \$5/box of 12 caps. D.M.S.O.: 99% pure, 8 oz \$11.00.

**Hurricane Wraps - 1 pr \$9, 2/17, 9/24, 10/570**

**Super II Knee Wraps - 1 pr \$9, 2/17, 9/24, 10/570**

**Super II Wrist Wraps - 1 pr \$8, 2/8, 9/28, 9/312**

**NEW Wrist Wraps - with velcro ends \$9/pair**

**Mineral Ice 6 oz./\$10.00, 16 oz./\$15.00**

**Stretch Suits \$18**  
Blue w/red & white trim.  
Size: XS-S-M-L-XL-XXL.  
(also XXL and XXXL) \$25  
Give bw, ht and wt class.

**SWEAT SHIRTS \$18**  
("Bear It All" available only in t-shirt). Colors: red, navy, grey, black, royal blue, S-M-L-XL (XXL gray & navy only). T-SHIRTS \$9 (XXL designs available). Colors: red, navy, royal blue, black, grey, white, available in red, grey, & navy only) (one size, design and 1st & second color choice).

**1000 Lb. Squat Bar - \$240** plus shipping chromed & knurled, \$55.

**Olympic EZ Kurl Bar w/collars**, \$55.

**A Bar Made For Powerlifters**

**The Best Squatting Bar in the World**

**Guaranteed for those 1000 lb. squats**

**Deep Knurling**

**OLYMPIC PLATES.....65 cents per lb.**

• Weights shipped freight collect.



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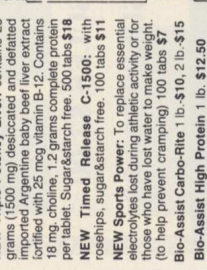
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**MIRACLE BENCH SHIRTS**

The absolute best bench shirt available. No blowouts. Made from squatting suit material. This shirt will add more pounds to your bench than any other shirt on the market. Send chest size relaxed. If you think the other shirts were great, then you haven't tried a **MIRACLE** - \$40

Pin: \$1 each. Blue, white, red, black, grey, green, purple, orange.

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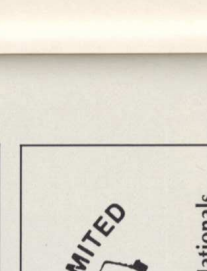
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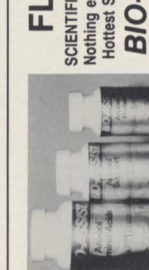
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**\$11.00** (shipping included)

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**The Power Pit T-Shirt**

\* Durable, high-quality t-shirts  
 \* Available Colors: Black, White, Yellow, Green, Red, Brown, Navy Blue, Royal Blue, Maroon

In Sizes S - M - L - XL  
 Size 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31 32 33 34 35 36 37 38 39 40 41 42 43 44 45 46 47 48 49 50 51 52 53 54 55 56 57 58 59 60 61 62 63 64 65 66 67 68 69 70 71 72 73 74 75 76 77 78 79 80 81 82 83 84 85 86 87 88 89 90 91 92 93 94 95 96 97 98 99 100

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 ADDRESS \_\_\_\_\_  
 CITY \_\_\_\_\_  
 SEND TO: **THE POWER PIT**  
 98-820 Moatman Road, Ala. HI 96701 □ NO C.O.D.'s  
 allow 2-4 weeks for delivery

and Check leading their expertise to all lifters. Bench-A-Mania 87 is already in the planning for the 88 event. Hope to see you there in the world comes to Augusta in March or April. (submitted by Louie Keys, Co-Owner of Elite Gym).

**Kennebec County Meet**  
 24 Aug 86 - Augusta, ME

Weight	SQ	BP	DL	Total
105 lbs.	230	110	285	625
123 lbs.	340a	180a	370a	890a
141 lbs.	450	220	480	1150
159 lbs.	510	250	540	1300
177 lbs.	570	280	600	1450
195 lbs.	630	310	660	1600
213 lbs.	690	340	720	1750
231 lbs.	750	370	780	1900
249 lbs.	810	400	840	2050
267 lbs.	870	430	900	2200
285 lbs.	930	460	960	2350
303 lbs.	990	490	1020	2500
321 lbs.	1050	520	1080	2650
339 lbs.	1110	550	1140	2800
357 lbs.	1170	580	1200	2950
375 lbs.	1230	610	1260	3100
393 lbs.	1290	640	1320	3250
411 lbs.	1350	670	1380	3400
429 lbs.	1410	700	1440	3550
447 lbs.	1470	730	1500	3700
465 lbs.	1530	760	1560	3850
483 lbs.	1590	790	1620	4000
501 lbs.	1650	820	1680	4150
519 lbs.	1710	850	1740	4300
537 lbs.	1770	880	1800	4450
555 lbs.	1830	910	1860	4600
573 lbs.	1890	940	1920	4750
591 lbs.	1950	970	1980	4900
609 lbs.	2010	1000	2040	5050
627 lbs.	2070	1030	2100	5200
645 lbs.	2130	1060	2160	5350
663 lbs.	2190	1090	2220	5500
681 lbs.	2250	1120	2280	5650
699 lbs.	2310	1150	2340	5800
717 lbs.	2370	1180	2400	5950
735 lbs.	2430	1210	2460	6100
753 lbs.	2490	1240	2520	6250
771 lbs.	2550	1270	2580	6400
789 lbs.	2610	1300	2640	6550
807 lbs.	2670	1330	2700	6700
825 lbs.	2730	1360	2760	6850
843 lbs.	2790	1390	2820	7000
861 lbs.	2850	1420	2880	7150
879 lbs.	2910	1450	2940	7300
897 lbs.	2970	1480	3000	7450
915 lbs.	3030	1510	3060	7600
933 lbs.	3090	1540	3120	7750
951 lbs.	3150	1570	3180	7900
969 lbs.	3210	1600	3240	8050
987 lbs.	3270	1630	3300	8200
1005 lbs.	3330	1660	3360	8350
1023 lbs.	3390	1690	3420	8500
1041 lbs.	3450	1720	3480	8650
1059 lbs.	3510	1750	3540	8800
1077 lbs.	3570	1780	3600	8950
1095 lbs.	3630	1810	3660	9100
1113 lbs.	3690	1840	3720	9250
1131 lbs.	3750	1870	3780	9400
1149 lbs.	3810	1900	3840	9550
1167 lbs.	3870	1930	3900	9700
1185 lbs.	3930	1960	3960	9850
1203 lbs.	3990	1990	4020	10000
1221 lbs.	4050	2020	4080	10150
1239 lbs.	4110	2050	4140	10300
1257 lbs.	4170	2080	4200	10450
1275 lbs.	4230	2110	4260	10600
1293 lbs.	4290	2140	4320	10750
1311 lbs.	4350	2170	4380	10900
1329 lbs.	4410	2200	4440	11050
1347 lbs.	4470	2230	4500	11200
1365 lbs.	4530	2260	4560	11350
1383 lbs.	4590	2290	4620	11500
1401 lbs.	4650	2320	4680	11650
1419 lbs.	4710	2350	4740	11800
1437 lbs.	4770	2380	4800	11950
1455 lbs.	4830	2410	4860	12100
1473 lbs.	4890	2440	4920	12250
1491 lbs.	4950	2470	4980	12400
1509 lbs.	5010	2500	5040	12550
1527 lbs.	5070	2530	5100	12700
1545 lbs.	5130	2560	5160	12850
1563 lbs.	5190	2590	5220	13000
1581 lbs.	5250	2620	5280	13150
1599 lbs.	5310	2650	5340	13300
1617 lbs.	5370	2680	5400	13450
1635 lbs.	5430	2710	5460	13600
1653 lbs.	5490	2740	5520	13750
1671 lbs.	5550	2770	5580	13900
1689 lbs.	5610	2800	5640	14050
1707 lbs.	5670	2830	5700	14200
1725 lbs.	5730	2860	5760	14350
1743 lbs.	5790	2890	5820	14500
1761 lbs.	5850	2920	5880	14650
1779 lbs.	5910	2950	5940	14800
1797 lbs.	5970	2980	6000	14950
1815 lbs.	6030	3010	6060	15100
1833 lbs.	6090	3040	6120	15250
1851 lbs.	6150	3070	6180	15400
1869 lbs.	6210	3100	6240	15550
1887 lbs.	6270	3130	6300	15700
1905 lbs.	6330	3160	6360	15850
1923 lbs.	6390	3190	6420	16000
1941 lbs.	6450	3220	6480	16150
1959 lbs.	6510	3250	6540	16300
1977 lbs.	6570	3280	6600	16450
1995 lbs.	6630	3310	6660	16600
2013 lbs.	6690	3340	6720	16750
2031 lbs.	6750	3370	6780	16900
2049 lbs.	6810	3400	6840	17050
2067 lbs.	6870	3430	6900	17200
2085 lbs.	6930	3460	6960	17350
2103 lbs.	6990	3490	7020	17500
2121 lbs.	7050	3520	7080	17650
2139 lbs.	7110	3550	7140	17800
2157 lbs.	7170	3580	7200	17950
2175 lbs.	7230	3610	7260	18100
2193 lbs.	7290	3640	7320	18250
2211 lbs.	7350	3670	7380	18400
2229 lbs.	7410	3700	7440	18550
2247 lbs.	7470	3730	7500	18700
2265 lbs.	7530	3760	7560	18850
2283 lbs.	7590	3790	7620	19000
2301 lbs.	7650	3820	7680	19150
2319 lbs.	7710	3850	7740	19300
2337 lbs.	7770	3880	7800	19450
2355 lbs.	7830	3910	7860	19600
2373 lbs.	7890	3940	7920	19750
2391 lbs.	7950	3970	7980	19900
2409 lbs.	8010	4000	8040	20050
2427 lbs.	8070	4030	8100	20200
2445 lbs.	8130	4060	8160	20350
2463 lbs.	8190	4090	8220	20500
2481 lbs.	8250	4120	8280	20650
2499 lbs.	8310	4150	8340	20800
2517 lbs.	8370	4180	8400	20950
2535 lbs.	8430	4210	8460	21100
2553 lbs.	8490	4240	8520	21250
2571 lbs.	8550	4270	8580	21400
2589 lbs.	8610	4300	8640	21550
2607 lbs.	8670	4330	8700	21700
2625 lbs.	8730	4360	8760	21850
2643 lbs.	8790	4390	8820	22000
2661 lbs.	8850	4420	8880	22150
2679 lbs.	8910	4450	8940	22300
2697 lbs.	8970	4480	9000	22450
2715 lbs.	9030	4510	9060	22600
2733 lbs.	9090	4540	9120	22750
2751 lbs.	9150	4570	9180	22900
2769 lbs.	9210	4600	9240	23050
2787 lbs.	9270	4630	9300	23200
2805 lbs.	9330	4660	9360	23350
2823 lbs.	9390	4690	9420	23500
2841 lbs.	9450	4720	9480	23650
2859 lbs.	9510	4750	9540	23800
2877 lbs.	9570	4780	9600	23950
2895 lbs.	9630	4810	9660	24100
2913 lbs.	9690	4840	9720	24250
2931 lbs.	9750	4870	9780	24400
2949 lbs.	9810	4900	9840	24550
2967 lbs.	9870	4930	9900	24700
2985 lbs.	9930	4960	9960	24850
3003 lbs.	9990	4990	10020	25000
3021 lbs.	10050	5020	10080	25150
3039 lbs.	10110	5050	10140	25300
3057 lbs.	10170	5080	10200	25450
3075 lbs.	10230	5110	10260	25600
3093 lbs.	10290	5140	10320	25750
3111 lbs.	10350	5170	10380	25900
3129 lbs.	10410	5200	10440	26050
3147 lbs.	10470	5230	10500	26200
3165 lbs.	10530	5260	10560	26350
3183 lbs.	10590	5290	10620	26500
3201 lbs.	10650	5320	10680	26650
3219 lbs.	10710	5350	10740	26800
3237 lbs.	10770	5380	10800	26950
3255 lbs.	10830	5410	10860	27100
3273 lbs.	10890	5440	10920	27250
3291 lbs.	10950	5470	10980	27400
3309 lbs.	11010	5500	11040	27550
3327 lbs.	11070	5530	11100	27700
3345 lbs.	11130	5560	11160	27850
3363 lbs.	11190	5590	11220	28000
3381 lbs.	11250	5620	11280	28150
3399 lbs.	11310	5650	11340	28300
3417 lbs.	11370	5680	11400	28450
3435 lbs.	11430	5710	11460	28600
3453 lbs.	11490	5740	11520	28750
3471 lbs.	11550	5770	11580	28900
3489 lbs.	11610	5800	11640	29050
3507 lbs.	11670	5830	11700	29200
3525 lbs.	11730	5860	11760	29350
3543 lbs.	11790	5890	11820	29500
3561 lbs.	11850	5920	11880	29650
3579 lbs.	11910	5950	11940	29800
3597 lbs.	11970	5980	12000	29950
3615 lbs.	12030	6010	12060	30100
3633 lbs.	12090	6040	12120	30250
3651 lbs.	12150	6070	12180	30400
3669 lbs.	12210	6100	12240	30550
3687 lbs.	12270	6130	12300	30700
3705 lbs.	12330	6160	12360	30850
3723 lbs.	12390	6190	12420	31000
3741 lbs.	12450	6220	12480	31150
3759 lbs.	12510	6250	12540	31300
3777 lbs.	12570	6280	12600	31450
3795 lbs.	12630	6310	12660	31600
3813 lbs.	12690	6340	12720	31750
3831 lbs.	12750	6370	12780	31900
3849 lbs.	12810	6400	12840	32050
3867 lbs.	12870	6430	12900	32200
3885 lbs.	12930	6460	12960	32350
3903 lbs.	12990	6490	13020	32500
3921 lbs.	13050	6520	13080	32650
3939 lbs.	13110	6550	13140	32800
3957 lbs.	13170	6580	13200	32950
3975 lbs.	13230	6610	13260	33100
3993 lbs.	13290	6640	13320	33250
4011 lbs.	13350	6670	13380	33400
4029 lbs.	13410	6700	13440	33550
4047 lbs.	13470	6730	13500	33700
4065 lbs.	13530	6760	13560	33850
4083 lbs.	13590	6790	13620	34000
4101 lbs.	13650	6820	13680	34150
4119 lbs.	13710	6850	13740	34300
4137 lbs.	1377			

**Eastern Masters Championships**  
21 Jun 86 - Norristown, PA (kilos)

WOMEN'S DIVISION		SQ	BP	DL	Total
L. Bonacci	85	35	97.5	217.5	
90 kgs.	132.5	77.5	140	350	
95 kgs.					
100 kgs.					
40-44	60	35	87.5	182.5	
M. Carr					
75 kgs.	120	72.5	142.5	335	
80 kgs.					
85 kgs.	70	52.5	107.5	230	
90 kgs.					
95 kgs.					
100 kgs.	107.5	62.5	145	315	
45-49					
MENS DIVISION					
A. Perdis	227.5	137.5	215	592.5	
80 kgs.	160	115	182.5	457	
85 kgs.					
90 kgs.	180	150	207.5	717	
95 kgs.					
100 kgs.	187.5	140	207.5	535	
105 kgs.					
110 kgs.	240	112.5	245	597.5	
115 kgs.					
120 kgs.					
125 kgs.					
130 kgs.					
135 kgs.					
140 kgs.					
145 kgs.					
150 kgs.					
155 kgs.					
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360 kgs.					
365 kgs.					
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820 kgs.					
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830 kgs.					
835 kgs.					
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975 kgs.					
980 kgs.					
985 kgs.					
990 kgs.					
995 kgs.					
1000 kgs.					

officials, loaders, announcer, scorekeepers, and all who helped make this meet a success are hereby thanked. Special thanks to the Powerlifting Club, 2. Barbarian Powerlifting Team. A very close team race: Valley Forge Club 9 lifts, 1 second; Barbarians 8 lifts, 1 second. (Thanks to John Vennachio for results).

**Dallas Prison Postal Meet**  
12 July 86 - Dallas, PA

WOMEN'S DIVISION		SQ	BP	DL	Total
L. Mercado	175	125	200	500	
148 lbs.					
H. Pritch	400	245	440	1085	
150 lbs.					
C. Brenner	375	275	375	1025	
165 lbs.					
J. Jones	600	320	610	1530	
170 lbs.					
S. Richards	455	235	475	1165	
180 lbs.					
B. Turner	390	235	450	1075	
185 lbs.					
K. Otto	340	275	380	995	
190 lbs.					
R. Vactor	645	320	520	1515	
195 lbs.					
V. Janello	540	290	520	1350	
200 lbs.					
R. Voccella	450	250	575	1275	
205 lbs.					
T. Wade	450	250	575	1275	
210 lbs.					
A.H. Parker-M	385	205	365	955	
198 lbs.					
R. Williams	660	385	620	1665	
200 lbs.					
205 lbs.					
210 lbs.					
215 lbs.					
220 lbs.					
225 lbs.					
230 lbs.					
235 lbs.					
240 lbs.					
245 lbs.					
250 lbs.					
255 lbs.					
260 lbs.					
265 lbs.					
270 lbs.					
275 lbs.					
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695 lbs.					
700 lbs.					
705 lbs.					
710 lbs.					
715 lbs.					
720 lbs.					
725 lbs.					
730 lbs.					
735 lbs.					
740 lbs.					
745 lbs.		</			



What's Different in this Picture? All Powerlifters and not one BOY among them. The shot includes all of the women and men masters who competed in the 2nd Annual "No Boys Allowed" meet. Photo courtesy Al Siegel.

Table with columns: Name, SQ, BP, DL, Total. Lists athletes from various teams like Clearfield, PA and Chicago, IL, with their respective lift statistics.

Table with columns: Name, SQ, BP, DL, Total. Lists athletes from various teams like Clearfield, PA and Chicago, IL, with their respective lift statistics.

at 242 where once again the outcome went down to the last deadlift. Kentucky lifter Tracy Holder took a big lead in the squat over Wisconsin ADP...

Michigan Collegiate Championships 25 June 86 - Flint, MI Total 123 lbs. J. Aubrey 250 200 300 750 132 lbs. R. Winter 310 235 385 930 148 lbs. J. Schieder 350 240 410 1000...

at 132 as Wisconsin's Adam Levine and BAW's Al Wang fought it out. After Levine took a big lead...

manufacturers some fine lifting equipment out of Manhattan. Bill Madroz, brother in law of former USF Great Lakes, was second with a 375 lb bar...

USPF Maryland State Meet 21 June 86 - Greenbelt, MD (kilos) 52 kg. C. Lockard 120 65 150 340 55 kg. S. Burgess 95 75.5 130 302.5...

USPF National Referee and former record holder Fred Higgins with Robert Craft taking the Dualift. The three best lifters were Robert Craft, Fred Higgins, and Greg Zwieg.

Table with columns: Name, SQ, BP, DL, Total. Lists athletes from various teams like Waiailua Health Club Meet and USPF Maryland State Meet.

at 101 lbs. This was great although Les has said he is going back to 165 lbs. Scott Shipter's squat...

at 132 as Wisconsin's Adam Levine and BAW's Al Wang fought it out. After Levine took a big lead...

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Patent Pending

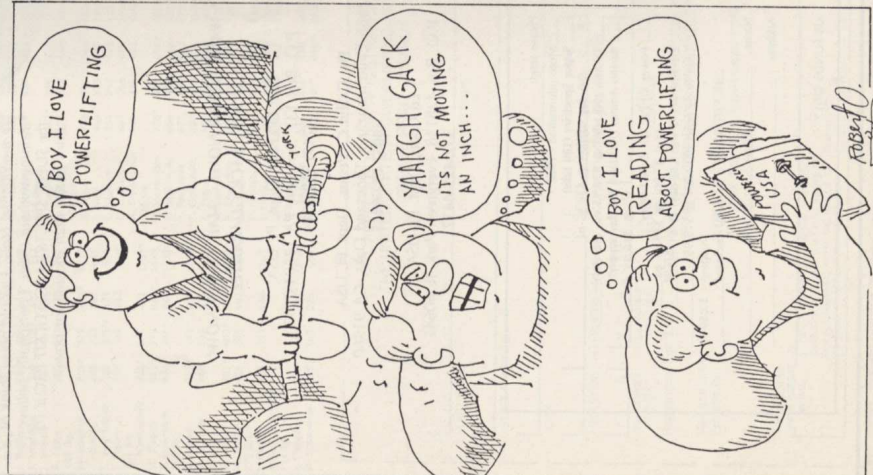
### Greene County Quindley

Aug 86 - Quindley, VA

WOMEN'S DIVISION	SQ	BP	DL	Total
132 lbs.	210	135	275	620
148 lbs.	240	155	310	705
165 lbs.	285	185	365	835
181 lbs.	320	215	425	960
198 lbs.	360	245	490	1100
215 lbs.	400	275	555	1230
232 lbs.	440	305	620	1365
250 lbs.	480	335	685	1500
267 lbs.	520	365	750	1635
284 lbs.	560	395	815	1770
301 lbs.	600	425	880	1905
318 lbs.	640	455	945	2040
335 lbs.	680	485	1010	2175
352 lbs.	720	515	1075	2310
369 lbs.	760	545	1140	2445
386 lbs.	800	575	1205	2580
403 lbs.	840	605	1270	2715
420 lbs.	880	635	1335	2850
437 lbs.	920	665	1400	2985
454 lbs.	960	695	1465	3120
471 lbs.	1000	725	1530	3255
488 lbs.	1040	755	1595	3390
505 lbs.	1080	785	1660	3525
522 lbs.	1120	815	1725	3660
539 lbs.	1160	845	1790	3795
556 lbs.	1200	875	1855	3930
573 lbs.	1240	905	1920	4065
590 lbs.	1280	935	1985	4200
607 lbs.	1320	965	2050	4335
624 lbs.	1360	995	2115	4470
641 lbs.	1400	1025	2180	4605
658 lbs.	1440	1055	2245	4740
675 lbs.	1480	1085	2310	4875
692 lbs.	1520	1115	2375	5010
709 lbs.	1560	1145	2440	5145
726 lbs.	1600	1175	2505	5280
743 lbs.	1640	1205	2570	5415
760 lbs.	1680	1235	2635	5550
777 lbs.	1720	1265	2700	5685
794 lbs.	1760	1295	2765	5820
811 lbs.	1800	1325	2830	5955
828 lbs.	1840	1355	2895	6090
845 lbs.	1880	1385	2960	6225
862 lbs.	1920	1415	3025	6360
879 lbs.	1960	1445	3090	6495
896 lbs.	2000	1475	3155	6630
913 lbs.	2040	1505	3220	6765
930 lbs.	2080	1535	3285	6900
947 lbs.	2120	1565	3350	7035
964 lbs.	2160	1595	3415	7170
981 lbs.	2200	1625	3480	7305
998 lbs.	2240	1655	3545	7440
1015 lbs.	2280	1685	3610	7575
1032 lbs.	2320	1715	3675	7710
1049 lbs.	2360	1745	3740	7845
1066 lbs.	2400	1775	3805	7980
1083 lbs.	2440	1805	3870	8115
1100 lbs.	2480	1835	3935	8250
1117 lbs.	2520	1865	4000	8385
1134 lbs.	2560	1895	4065	8520
1151 lbs.	2600	1925	4130	8655
1168 lbs.	2640	1955	4195	8790
1185 lbs.	2680	1985	4260	8925
1202 lbs.	2720	2015	4325	9060
1219 lbs.	2760	2045	4390	9195
1236 lbs.	2800	2075	4455	9330
1253 lbs.	2840	2105	4520	9465
1270 lbs.	2880	2135	4585	9600
1287 lbs.	2920	2165	4650	9735
1304 lbs.	2960	2195	4715	9870
1321 lbs.	3000	2225	4780	10005
1338 lbs.	3040	2255	4845	10140
1355 lbs.	3080	2285	4910	10275
1372 lbs.	3120	2315	4975	10410
1389 lbs.	3160	2345	5040	10545
1406 lbs.	3200	2375	5105	10680
1423 lbs.	3240	2405	5170	10815
1440 lbs.	3280	2435	5235	10950
1457 lbs.	3320	2465	5300	11085
1474 lbs.	3360	2495	5365	11220
1491 lbs.	3400	2525	5430	11355
1508 lbs.	3440	2555	5495	11490
1525 lbs.	3480	2585	5560	11625
1542 lbs.	3520	2615	5625	11760
1559 lbs.	3560	2645	5690	11895
1576 lbs.	3600	2675	5755	12030
1593 lbs.	3640	2705	5820	12165
1610 lbs.	3680	2735	5885	12300
1627 lbs.	3720	2765	5950	12435
1644 lbs.	3760	2795	6015	12570
1661 lbs.	3800	2825	6080	12705
1678 lbs.	3840	2855	6145	12840
1695 lbs.	3880	2885	6210	12975
1712 lbs.	3920	2915	6275	13110
1729 lbs.	3960	2945	6340	13245
1746 lbs.	4000	2975	6405	13380
1763 lbs.	4040	3005	6470	13515
1780 lbs.	4080	3035	6535	13650
1797 lbs.	4120	3065	6600	13785
1814 lbs.	4160	3095	6665	13920
1831 lbs.	4200	3125	6730	14055
1848 lbs.	4240	3155	6795	14190
1865 lbs.	4280	3185	6860	14325
1882 lbs.	4320	3215	6925	14460
1899 lbs.	4360	3245	6990	14595
1916 lbs.	4400	3275	7055	14730
1933 lbs.	4440	3305	7120	14865
1950 lbs.	4480	3335	7185	15000
1967 lbs.	4520	3365	7250	15135
1984 lbs.	4560	3395	7315	15270
2001 lbs.	4600	3425	7380	15405
2018 lbs.	4640	3455	7445	15540
2035 lbs.	4680	3485	7510	15675
2052 lbs.	4720	3515	7575	15810
2069 lbs.	4760	3545	7640	15945
2086 lbs.	4800	3575	7705	16080
2103 lbs.	4840	3605	7770	16215
2120 lbs.	4880	3635	7835	16350
2137 lbs.	4920	3665	7900	16485
2154 lbs.	4960	3695	7965	16620
2171 lbs.	5000	3725	8030	16755
2188 lbs.	5040	3755	8095	16890
2205 lbs.	5080	3785	8160	17025
2222 lbs.	5120	3815	8225	17160
2239 lbs.	5160	3845	8290	17295
2256 lbs.	5200	3875	8355	17430
2273 lbs.	5240	3905	8420	17565
2290 lbs.	5280	3935	8485	17700
2307 lbs.	5320	3965	8550	17835
2324 lbs.	5360	3995	8615	17970
2341 lbs.	5400	4025	8680	18105
2358 lbs.	5440	4055	8745	18240
2375 lbs.	5480	4085	8810	18375
2392 lbs.	5520	4115	8875	18510
2409 lbs.	5560	4145	8940	18645
2426 lbs.	5600	4175	9005	18780
2443 lbs.	5640	4205	9070	18915
2460 lbs.	5680	4235	9135	19050
2477 lbs.	5720	4265	9200	19185
2494 lbs.	5760	4295	9265	19320
2511 lbs.	5800	4325	9330	19455
2528 lbs.	5840	4355	9395	19590
2545 lbs.	5880	4385	9460	19725
2562 lbs.	5920	4415	9525	19860
2579 lbs.	5960	4445	9590	19995
2596 lbs.	6000	4475	9655	20130
2613 lbs.	6040	4505	9720	20265
2630 lbs.	6080	4535	9785	20400
2647 lbs.	6120	4565	9850	20535
2664 lbs.	6160	4595	9915	20670
2681 lbs.	6200	4625	9980	20805
2698 lbs.	6240	4655	10045	20940
2715 lbs.	6280	4685	10110	21075
2732 lbs.	6320	4715	10175	21210
2749 lbs.	6360	4745	10240	21345
2766 lbs.	6400	4775	10305	21480
2783 lbs.	6440	4805	10370	21615
2800 lbs.	6480	4835	10435	21750
2817 lbs.	6520	4865	10500	21885
2834 lbs.	6560	4895	10565	22020
2851 lbs.	6600	4925	10630	22155
2868 lbs.	6640	4955	10695	22290
2885 lbs.	6680	4985	10760	22425
2902 lbs.	6720	5015	10825	22560
2919 lbs.	6760	5045	10890	22695
2936 lbs.	6800	5075	10955	22830
2953 lbs.	6840	5105	11020	22965
2970 lbs.	6880	5135	11085	23100
2987 lbs.	6920	5165	11150	23235
3004 lbs.	6960	5195	11215	23370
3021 lbs.	7000	5225	11280	23505
3038 lbs.	7040	5255	11345	23640
3055 lbs.	7080	5285	11410	23775
3072 lbs.	7120	5315	11475	23910
3089 lbs.	7160	5345	11540	24045
3106 lbs.	7200	5375	11605	24180
3123 lbs.	7240	5405	11670	24315
3140 lbs.	7280	5435	11735	24450
3157 lbs.	7320	5465	11800	24585
3174 lbs.	7360	5495	11865	24720
3191 lbs.	7400	5525	11930	24855
3208 lbs.	7440	5555	11995	24990
3225 lbs.	7480	5585	12060	25125
3242 lbs.	7520	5615	12125	25260
3259 lbs.	7560	5645	12190	25395
3276 lbs.	7600	5675	12255	25530
3293 lbs.	7640	5705	12320	25665
3310 lbs.	7680	5735	12385	25800
3327 lbs.	7720	5765	12450	25935
3344 lbs.	7760	5795	12515	26070
3361 lbs.	7800	5825	12580	26205
3378 lbs.	7840	5855	12645	26340
3395 lbs.	7880	5885	12710	26475
3412 lbs.	7920	5915	12775	26610
3429 lbs.	7960	5945	12840	26745
3446 lbs.	8000	5975	12905	26880
3463 lbs.	8040	6005	12970	27015
3480 lbs.	8080	6035	13035	27150
3497 lbs.	8120	6065	13100	27285
3514 lbs.	8160	6095	13165	27420
3531 lbs.	8200	6125	13230	27555
3548 lbs.	8240	6155	13295	27690
3565 lbs.	8280	6185	13360	27825
3582 lbs.	8320	6215	13425	27960
3599 lbs.	8360	6245	13490	28095
3616 lbs.	8400	6275	13555	28230
3633 lbs.	8440	6305	13620	28365
3650 lbs.	8480	6335	13685	28500
3667 lbs.	8520	6365	13750	28635
3684 lbs.	8560	6395	13815	28770
3701 lbs.	8600	6425	13880	28905
3718 lbs.	8640	6455	13945	29040
3735 lbs.	8680	6485	14010	29175
3752 lbs.	8720	6515	14075	29310
3769 lbs.	8760	6545	14140	29445
3786 lbs.	8800	6575	14205	29580
3803 lbs.	8840	6605	14270	29715
3820 lbs.	8880	6635	14335	29850
3837 lbs.	8920	6665	14400	29985
3854 lbs.	8960	6695	14465	30120
3871 lbs.	9000	6725	14530	30255
3888 lbs.	9040	6755	14595	30390
3905 lbs.	9080	6785	14660	30525
3922 lbs.	9120	6815	14725	30660
3939 lbs.	9160	6845	14790	30795
3956 lbs.	9200	6875	14855	30930
3973 lbs.	9240	6905	14920	31065
3990 lbs.	9280	6935	14985	31200
4007 lbs.	9320	6965	15050	31335
4024 lbs.	9360	6995	15115	31470
4041 lbs.	9400	7025	15180	31605
4058 lbs.	9440	7055	152	



**Tony Fitton** has some corrections to information that was printed in previous editions of POWERLIFTING USA. In the August 86 issue of PL USA, Tina Woodley was referred to in the report of the 60 kilo weight class as defending world champion. The 1985 60 kilo champion was Vicki Stearned, whose absence from the 1986 meet left the 60 kg. class title undefended. Tina was 1985 world champ in the 56 kilo class after the initial winner, Diana Rowell, was suspended by the IPF, following the drug test results. Thus, Tina was not defending her title in the 56 kilo class this year. Regarding the sentence that Tony received "It has been frequently reported that I got 4 1/2 years for the anabolic steroid transgression. I got 2 1/2 years for this transgression, the importation of merchandise (not a drug charge). I got 2 years running consecutively for the failure to appear, for a total of 4 1/2 years. Upon being sentenced the judge attached to my sentence the provision of a 4205 (b)(2) clause, making me eligible for parole at any time, not after serving one third as with regular sentences. The parole board reviewed my case. The guidelines for the importation of merchandise was 0 to 6 months, to which 6 to 12 months were to be added for the failure to appear, an aggregated guideline of 6 to 18 months. The parole board decided on a sentence in the middle of these guidelines, hence I served 12 months and was paroled. I am still in litigation over this sentencing. All of it, I have filed a motion 22555 under 18 U.S.C., for vacation of this sentence. This is presently awaiting response from the Assistant U.S. Attorney. I intend to take this recourse as far as possible, the main ground being selective prosecution. I shall take it to the appeals court if necessary. If successful in this a tort claim will be filed against the Gary Abrahamian, Wayne Bouvier, Serge Reding, Tom Sansone, and Peanuts West. Fitton states "It's totally unjustifiable to link such people and their deaths to the popular conception of anabolic steroid problems. Perhaps Dave Johns' death will be similarly linked in the future, even Sergio Olliva's shooting!"



**Belpre Homecoming Bench**  
19 July 86 - Belpre, OH

114 lbs.	159	D. McCarthy	363
123 lbs.	165	M. Wood	320
132 lbs.	264	M. King	424*
148 lbs.	220	R. Herberich	413
165 lbs.	270	J. Gerner	402
181 lbs.	259	G. Marks	332
198 lbs.	264	A. Weisinger	332
215 lbs.	242	M. Nally	435
232 lbs.	275	P. Park	501
249 lbs.	363	J. Brown	479
266 lbs.	341	K. Shaw	479
283 lbs.	308	R. Moore	501
300 lbs.	310	M. Johnson	479
317 lbs.	275	B. Thibodeau	332
334 lbs.	275	B. Thibodeau	332
351 lbs.	413	M. Young	198
368 lbs.	413	K. Roberts	198
385 lbs.	351	M. Erick	165
402 lbs.	341	T. Wilson	301
419 lbs.	301	D. Wentz	301
436 lbs.	301	R. Hill	301
453 lbs.	446	J. Cordeur	159*
470 lbs.	396	C. Stang	170*

Best Lifters: Lightweight-Michael Young, Heavyweight-Ralph Young, Meet Director-Al Young, Lifter: Mike Erick, Judge: David Spivey, Table: Craig Beal, Mike Erick, Keith Roper, Leslie Dutton, Roy Molen, -denotes meet records. (Thanks to Mike Leitch for results).

**Hill City Bench Press**  
12 July 86 - Rockhill, SC

124 lbs.	195	D. Adkins	355
141 lbs.	265	SHW	435
158 lbs.	225	OPEN DIVISION	
175 lbs.	215	M. Keck	335
192 lbs.	215	T. Shilly/Jaw	335
209 lbs.	310	M. Hicklin	300
226 lbs.	305	J. Pearson	275
243 lbs.	300	R. Carter	275
260 lbs.	300	B. Ashby	275
277 lbs.	300	T. Wells	325
294 lbs.	280	T. Shelton	325
311 lbs.	300	N. Roof	335
328 lbs.	300	M. Williams	335
345 lbs.	370	M. Williams	335
362 lbs.	370	J. Macnorie	315
379 lbs.	370	R. Roof	315
396 lbs.	370	K. Williams	315
413 lbs.	285	R. Williams	295
430 lbs.	410	B. Ashby	300
447 lbs.	385	M. Collins	500
464 lbs.	370	J. McLaughlin	370
481 lbs.	365	J. Hartfield	370
498 lbs.	350	R. Bussery	360
515 lbs.	340	Dunn	350
532 lbs.	340	Dunn	350
549 lbs.	335	J. Walden	400
566 lbs.	370	R. Coley	455
583 lbs.	370	C. Helmer	410
600 lbs.	345	B. Tate	400
617 lbs.	335	E. Davis	475
634 lbs.	315	C. Hufford	475
651 lbs.	315	A. Love	400
668 lbs.	305	R. Fultz	400
685 lbs.	325	D. Gross	465
702 lbs.	465	H. Terry	440
719 lbs.	465	J. Hodges	435

This meet turned out to be very successful with a total of 74 lifters. We had some very well known benches, such as Todd Shilly/Jaw bench. Mike's bench an unbelievable 430 lbs. at the top 100 last year in the 148s and decided to go lighter by 1/2 lb. Joe Walden and Lorne Keyes Collins both benched 500 in the 198s. Benched came from Georgia and Joe had a super day, with Lorne doing a 450 lb. bench. Lorne had a 450 lb. bench, but Jerry Beckham's 475 was super to take the 1st in the 242's. The Novice division was very close, but Tom Copeland's 400 was the tie for 1st with Tim Copeland's 400. Everyone seemed to enjoy the meet and express their love for the sport. (Thanks to SSG, Zeké Brown for results).

**Jimmy Stewart's Deadlift Classic**  
26 Jan 86 - Flint, MI

114 lbs.	380	J. Eggelun	555
123 lbs.	380	D. Matusak	500
132 lbs.	400	B. Moore	465
141 lbs.	380	D. Porezlosa	465
150 lbs.	385	W. Salimon	435
159 lbs.	440	H. Lusner	720
168 lbs.	410	S. Schweiger	700
177 lbs.	375	D. Beck	515
186 lbs.	410	K. Blivins	450
195 lbs.	315	242 lbs.	700
204 lbs.	440	C. Krieger	500
213 lbs.	700	D. Bohl	520
222 lbs.	700	M. Miller	520
231 lbs.	700	C. Henderson	505
240 lbs.	640	M. Clark	710
249 lbs.	640	B. Rowles	710
258 lbs.	640	S. McGee	660
267 lbs.	640	M. Richard	660
276 lbs.	640	C. Torrez	660
285 lbs.	640	M. Stawski	660
294 lbs.	640	D. Hogan	660
303 lbs.	640	C. Stawski	660
312 lbs.	640	P. Person	660
321 lbs.	640	K. Kezaynal	660
330 lbs.	640	S. Shovus	660
339 lbs.	640	F. Currie	660
348 lbs.	640	A. Wright	660
357 lbs.	640	R. Birch	660
366 lbs.	640	R. Switzer	660
375 lbs.	640	R. Lemmon	660
384 lbs.	640	M. Switzer	660
393 lbs.	640	R. Rodriguez	660
402 lbs.	640	M. Switzer	660
411 lbs.	640	R. Rodriguez	660
420 lbs.	640	M. Switzer	660
429 lbs.	640	R. Rodriguez	660
438 lbs.	640	M. Switzer	660
447 lbs.	640	R. Rodriguez	660
456 lbs.	640	M. Switzer	660
465 lbs.	640	R. Rodriguez	660
474 lbs.	640	M. Switzer	660
483 lbs.	640	R. Rodriguez	660
492 lbs.	640	M. Switzer	660
501 lbs.	640	R. Rodriguez	660
510 lbs.	640	M. Switzer	660
519 lbs.	640	R. Rodriguez	660
528 lbs.	640	M. Switzer	660
537 lbs.	640	R. Rodriguez	660
546 lbs.	640	M. Switzer	660
555 lbs.	640	R. Rodriguez	660
564 lbs.	640	M. Switzer	660
573 lbs.	640	R. Rodriguez	660
582 lbs.	640	M. Switzer	660
591 lbs.	640	R. Rodriguez	660
600 lbs.	640	M. Switzer	660
609 lbs.	640	R. Rodriguez	660
618 lbs.	640	M. Switzer	660
627 lbs.	640	R. Rodriguez	660
636 lbs.	640	M. Switzer	660
645 lbs.	640	R. Rodriguez	660
654 lbs.	640	M. Switzer	660
663 lbs.	640	R. Rodriguez	660
672 lbs.	640	M. Switzer	660
681 lbs.	640	R. Rodriguez	660
690 lbs.	640	M. Switzer	660
699 lbs.	640	R. Rodriguez	660
708 lbs.	640	M. Switzer	660
717 lbs.	640	R. Rodriguez	660
726 lbs.	640	M. Switzer	660
735 lbs.	640	R. Rodriguez	660
744 lbs.	640	M. Switzer	660
753 lbs.	640	R. Rodriguez	660
762 lbs.	640	M. Switzer	660
771 lbs.	640	R. Rodriguez	660
780 lbs.	640	M. Switzer	660
789 lbs.	640	R. Rodriguez	660
798 lbs.	640	M. Switzer	660
807 lbs.	640	R. Rodriguez	660
816 lbs.	640	M. Switzer	660
825 lbs.	640	R. Rodriguez	660
834 lbs.	640	M. Switzer	660
843 lbs.	640	R. Rodriguez	660
852 lbs.	640	M. Switzer	660
861 lbs.	640	R. Rodriguez	660
870 lbs.	640	M. Switzer	660
879 lbs.	640	R. Rodriguez	660
888 lbs.	640	M. Switzer	660
897 lbs.	640	R. Rodriguez	660
906 lbs.	640	M. Switzer	660
915 lbs.	640	R. Rodriguez	660
924 lbs.	640	M. Switzer	660
933 lbs.	640	R. Rodriguez	660
942 lbs.	640	M. Switzer	660
951 lbs.	640	R. Rodriguez	660
960 lbs.	640	M. Switzer	660
969 lbs.	640	R. Rodriguez	660
978 lbs.	640	M. Switzer	660
987 lbs.	640	R. Rodriguez	660
996 lbs.	640	M. Switzer	660
1005 lbs.	640	R. Rodriguez	660
1014 lbs.	640	M. Switzer	660
1023 lbs.	640	R. Rodriguez	660
1032 lbs.	640	M. Switzer	660
1041 lbs.	640	R. Rodriguez	660
1050 lbs.	640	M. Switzer	660
1059 lbs.	640	R. Rodriguez	660
1068 lbs.	640	M. Switzer	660
1077 lbs.	640	R. Rodriguez	660
1086 lbs.	640	M. Switzer	660
1095 lbs.	640	R. Rodriguez	660
1104 lbs.	640	M. Switzer	660
1113 lbs.	640	R. Rodriguez	660
1122 lbs.	640	M. Switzer	660
1131 lbs.	640	R. Rodriguez	660
1140 lbs.	640	M. Switzer	660
1149 lbs.	640	R. Rodriguez	660
1158 lbs.	640	M. Switzer	660
1167 lbs.	640	R. Rodriguez	660
1176 lbs.	640	M. Switzer	660
1185 lbs.	640	R. Rodriguez	660
1194 lbs.	640	M. Switzer	660
1203 lbs.	640	R. Rodriguez	660
1212 lbs.	640	M. Switzer	660
1221 lbs.	640	R. Rodriguez	660
1230 lbs.	640	M. Switzer	660
1239 lbs.	640	R. Rodriguez	660
1248 lbs.	640	M. Switzer	660
1257 lbs.	640	R. Rodriguez	660
1266 lbs.	640	M. Switzer	660
1275 lbs.	640	R. Rodriguez	660
1284 lbs.	640	M. Switzer	660
1293 lbs.	640	R. Rodriguez	660
1302 lbs.	640	M. Switzer	660
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1320 lbs.	640	M. Switzer	660
1329 lbs.	640	R. Rodriguez	660
1338 lbs.	640	M. Switzer	660
1347 lbs.	640	R. Rodriguez	660
1356 lbs.	640	M. Switzer	660
1365 lbs.	640	R. Rodriguez	660
1374 lbs.	640	M. Switzer	660
1383 lbs.	640	R. Rodriguez	660
1392 lbs.	640	M. Switzer	660
1401 lbs.	640	R. Rodriguez	660
1410 lbs.	640	M. Switzer	660
1419 lbs.	640	R. Rodriguez	660
1428 lbs.	640	M. Switzer	660
1437 lbs.	640	R. Rodriguez	660
1446 lbs.	640	M. Switzer	660
1455 lbs.	640	R. Rodriguez	660
1464 lbs.	640	M. Switzer	660
1473 lbs.	640	R. Rodriguez	660
1482 lbs.	640	M. Switzer	660
1491 lbs.	640	R. Rodriguez	660
1500 lbs.	640	M. Switzer	660
1509 lbs.	640	R. Rodriguez	660
1518 lbs.	640	M. Switzer	660
1527 lbs.	640	R. Rodriguez	660
1536 lbs.	640	M. Switzer	660
1545 lbs.	640	R. Rodriguez	660
1554 lbs.	640	M. Switzer	660
1563 lbs.	640	R. Rodriguez	660
1572 lbs.	640	M. Switzer	660
1581 lbs.	640	R. Rodriguez	660
1590 lbs.	640	M. Switzer	660
1599 lbs.	640	R. Rodriguez	660
1608 lbs.	640	M. Switzer	660
1617 lbs.	640	R. Rodriguez	660
1626 lbs.	640	M. Switzer	660
1635 lbs.	640	R. Rodriguez	660
1644 lbs.	640	M. Switzer	660
1653 lbs.	640	R. Rodriguez	660
1662 lbs.	640	M. Switzer	660
1671 lbs.	640	R. Rodriguez	660
1680 lbs.	640	M. Switzer	660
1689 lbs.	640	R. Rodriguez	660
1698 lbs.	640	M. Switzer	660
1707 lbs.	640	R. Rodriguez	660
1716 lbs.	640	M. Switzer	660
1725 lbs.	640	R. Rodriguez	660
1734 lbs.	640	M. Switzer	660
1743 lbs.	640	R. Rodriguez	660
1752 lbs.	640	M. Switzer	660
1761 lbs.	640	R. Rodriguez	660
1770 lbs.	640	M. Switzer	660
1779 lbs.	640	R. Rodriguez	660
1788 lbs.	640	M. Switzer	660
1797 lbs.	640	R. Rodriguez	660
1806 lbs.	640	M. Switzer	660
1815 lbs.	640	R. Rodriguez	660
1824 lbs.	640	M. Switzer	660
1833 lbs.	640	R. Rodriguez	660
1842 lbs.	640	M. Switzer	660
1851 lbs.	640	R. Rodriguez	660
1860 lbs.	640	M. Switzer	660
1869 lbs.	640	R. Rodriguez	660
1878 lbs.	640	M. Switzer	660
1887 lbs.	640	R. Rodriguez	660
1896 lbs.	640	M. Switzer	660
1905 lbs.	640	R. Rodriguez	660
1914 lbs.	640	M. Switzer	660
1923 lbs.	640	R. Rodriguez	660
1932 lbs.	640	M. Switzer	660
1941 lbs.	640	R. Rodriguez	660
1950 lbs.	640	M. Switzer	660
1959 lbs.	640	R. Rodriguez	660
1968 lbs.	640	M. Switzer	660
1977 lbs.	640	R. Rodriguez	660
1986 lbs.	640	M. Switzer	660
1995 lbs.	640	R. Rodriguez	660
2004 lbs.	640	M. Switzer	660
2013 lbs.	640	R. Rodriguez	660
2022 lbs.	640	M. Switzer	660
2031 lbs.	640	R. Rodriguez	660
2040 lbs.	640	M. Switzer	660
2049 lbs.	640	R. Rodriguez	660
2058 lbs.	640	M. Switzer	660
2067 lbs.	640	R. Rodriguez	660
2076 lbs.	640	M. Switzer	660
2085 lbs.	640	R. Rodriguez	660
2094 lbs.	640	M. Switzer	660
2103 lbs.	640	R. Rodriguez	660
2112 lbs.	640	M. Switzer	660
2121 lbs.	640	R. Rodriguez	660
2130 lbs.	640	M. Switzer	660
2139 lbs.	640	R. Rodriguez	660
2148 lbs.	640	M. Switzer	660
2157 lbs.	640	R. Rodriguez	660
2166 lbs.	640	M. Switzer	660
2175 lbs.	640	R. Rodriguez	660
2184 lbs.	640	M. Switzer	660
2193 lbs.	640	R. Rodriguez	660
2202 lbs.	640	M. Switzer	660
2211 lbs.	640	R. Rodriguez	660

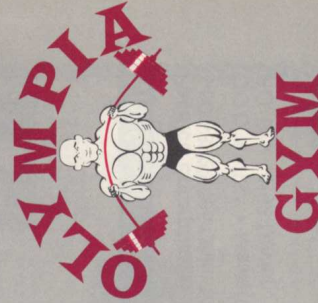


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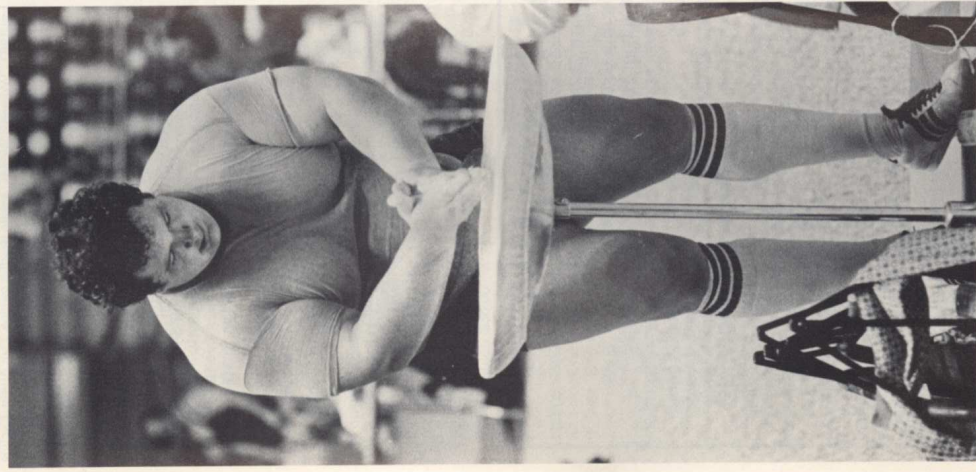
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nouncing. To all the others who helped - I Open. (Thanks to Tom Davis, Meet Director, for May 9th, 1987, again at the Hancock Stadium)

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Dec 1981... Worlds & National Masters Reports, Clyde Wright, Top 100 148s  
 Jun 1983... Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All time 800 squat list, Bill West - Pioneer of Powerlifting, TOP 100 Squats.  
 Jul 1983... Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routines, 530 Bench Press Club, TOP 100 114s.  
 Aug 1983... Worlds, Great Deadlift, Deadlifting Secrets, 800 lb. Deadlift Club, Clubs, Jim Kousse Bench routine, Top 100 12.9s.

Sep 1983... Senior Nationals, Drug Free Nationals, Ricky Gain Deadlift Cycle, 1983-84, The abbreviated Training Cycle, TOP 100 132s.  
 Apr 1984... Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Profile, Developing Chest and Lat, Mental Rehearsal, TOP 100 242s  
 May 1984... Lyle Alzado Profile, Ban the Squat, World's Greatest Bench Press, Jim Cash, Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance, World Bench Press Forum, Consumer Guide for Exercises, TOP 100 27.5s.  
 Jun 1984... Hawaii Invitational, National Collegiates, Fred Hatfield Profile, Lyle Alzado Profile, Joe Luperio Bench Press Routine, Steroid Crackdown, TOP 100 114s, TOP 100 SHW's.

Jul 1984... Women's Worlds, Jim Cash Deadlift Workout, Dave Schneider Profile, S.T.H. H. Everson, Power Gym Directory, Drug Free Top 20 Profile, Bob Walsh Power Profile, TOP 100 114s, First Meet Impressions.  
 May 1986... World's Greatest Squatter, ADPP Collegiates, What Can Be Done About Steroids, Judy Geaney Deadlift, Dan Austin Interview, Blood Pressure, Making Weight, Better Coaching, ADPP TOP 20 198s, TOP 100 114s  
 Jul 1986... National Masters, Top Nationalists, Top Nationalists, MD or Chiropractor? Home Gyms, Res Peak, TOP 100 132s, ADPP TOP 242s  
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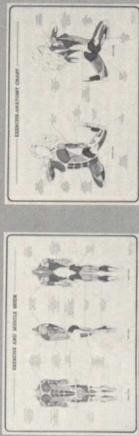
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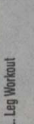
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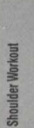
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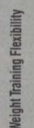
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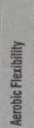
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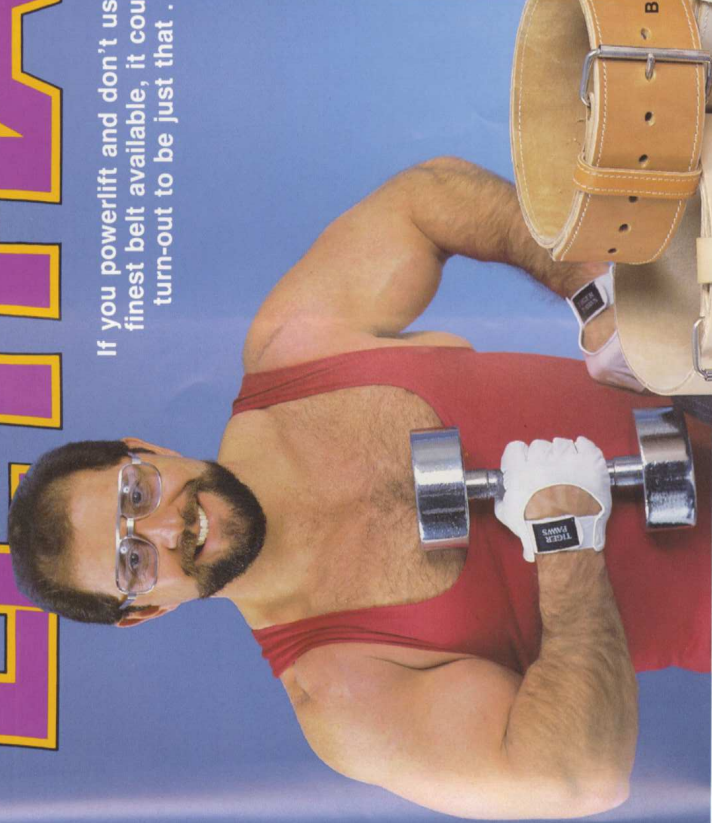
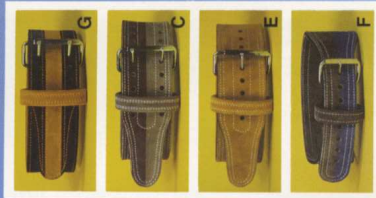
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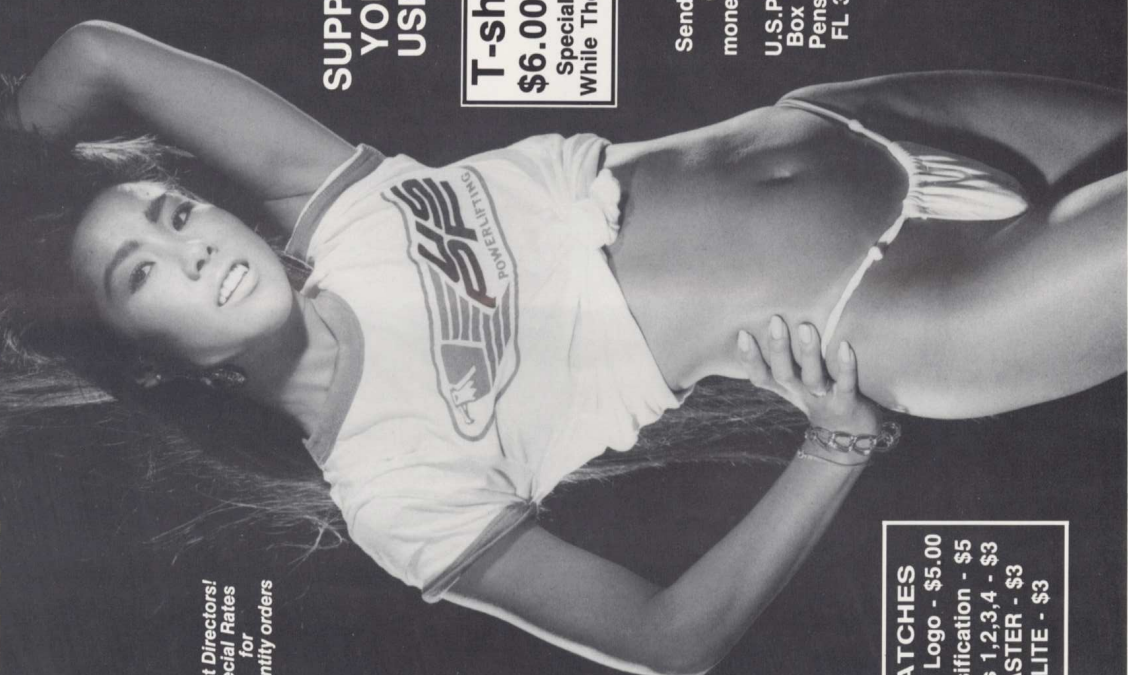
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