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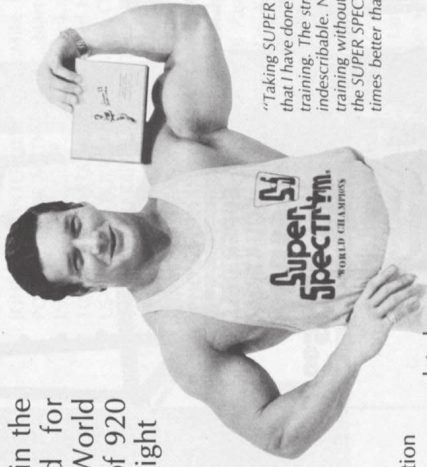


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# TABLE OF CONTENTS

Volume 10, Number 5 • December, 1986

JOHN KUC INTERVIEW.....Mike Lambert.....8  
 POWERLIFTING MYTH NO. 1.....Marty Gallagher.....10  
 INJURIES.....Bev Francis.....11  
 TO YOUR HEARTS CONTENT.....Fred Hatfield PhD.....12  
 USE OF THE POLYGRAPH.....Jim Charley Jr.....14  
 BREAKING BARRIERS.....Doug Daniels.....16  
 WORKOUT OF THE MONTH.....Eric Arnold.....17  
 QUESTION & ANSWER.....Roger Estep.....19  
 WHO'S WHO IN POWERLIFTING.....Mike Lambert.....24  
 JR. WORLD CHAMPIONSHIPS.....Ron Fernando.....24  
 ASK THE DOCTOR.....Mauro Di Pasquale MD.....27  
 MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....28  
 LE DEFI MARK TEN CONTEST.....Derek FitzGerald.....29  
 SETTING GOALS.....Biassiotto/Ferrando.....30  
 550 BENCH PRESS CLUB.....Herb Glosbrenner.....31  
 RUSSIAN TRAINING.....Richard Tucker.....32  
 PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....33  
 TOP 100 220s.....E. Jean Lambert.....36  
 FOR THE RECORD.....In Joo Lambert.....47  
 USPF CLUB APPLICATION.....47  
 NATIONAL MEET QUALIFYING TOTALS.....60  
 USPF REGISTRATION APPLICATION.....60  
 APF REGISTRATION APPLICATION.....61  
 ADFPA TOP 20 FEATHERWEIGHTS.....Jim Gallagher.....71  
 COMING EVENTS.....72

ON THE COVER...John Kuc at the 1986 ADPFA Nationals  
 NEXT MONTH...our 1986 World Championships Report

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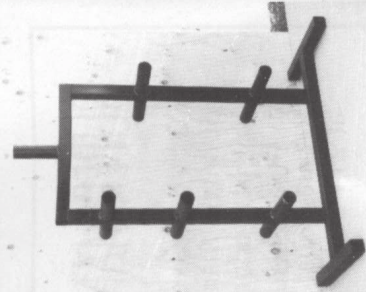
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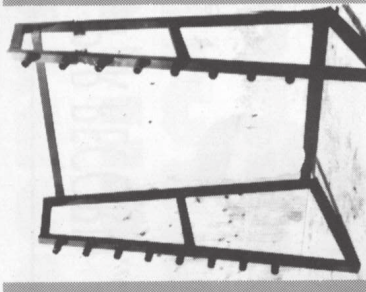
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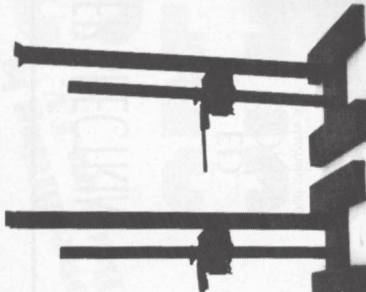
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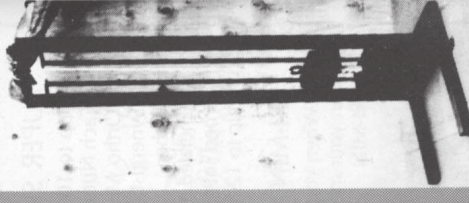
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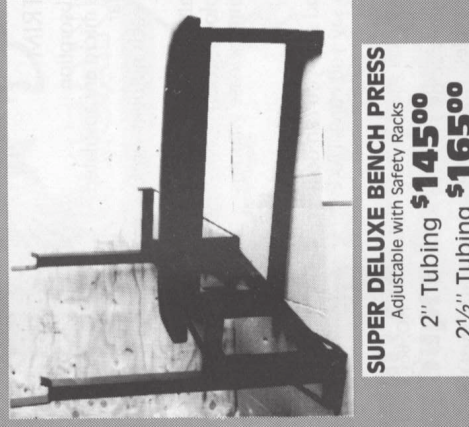
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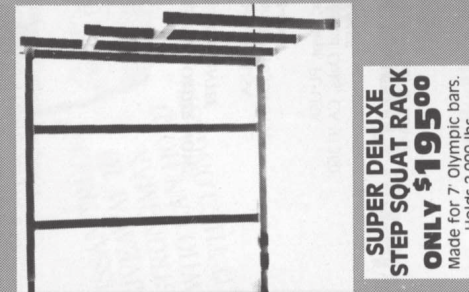
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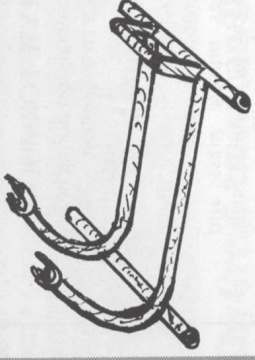
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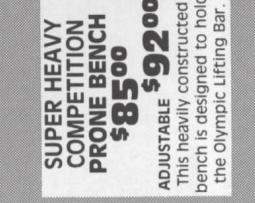
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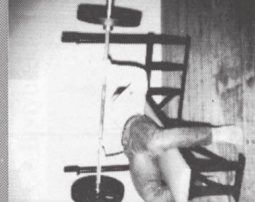
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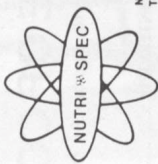


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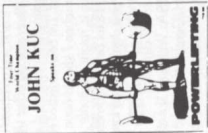
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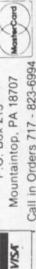
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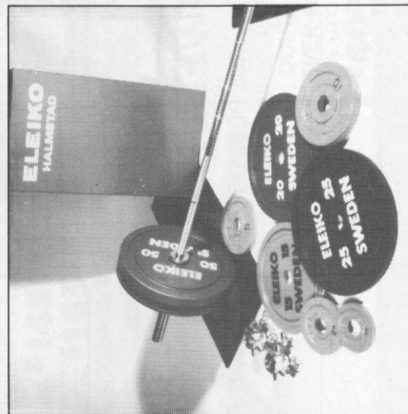


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# INTERVIEW

Personal dialogue between  
PL USA Magazine and the  
Sport's Greatest Names.

## JOHN KUC

**PL USA:** What are you proudest of, your 4 IFF world titles or your 4 ADFPA national titles?

**Kuc:** To be perfectly honest, it's the 4 ADFPA titles.

**PL USA:** It's been pointed out that you haven't been defeated in Powerlifting since 1971. How important is keeping that undefeated record intact as far as motivating you in future competition?

**Kuc:** Well, I don't really like to be defeated, but there is a possibility of it if you have a bad day or if your training cycle doesn't go the way you expect it and you go ahead and compete. That, among other things, is a motivating factor when I go into a contest. I've been defeated early in my career when I should have won, but I think it might motivate me more now if I was beat by somebody. The place you don't want to lose is in the Nationals.

**PL USA:** What's where you'd never defeat anyone like around Eric Arnold, Gerald Welch and even Joe Hood, if it were a group in a class, you find it a good situation to have competition that's fairly close together?

**Kuc:** Yeah, it's good for anybody. In the last Nationals I felt it a little bit even with the newcomers that were there. If I had made one mistake that would've been it, even though I did

record, something that would be very difficult, like the 870. The 856 was hard to get. I had 850 pulled up in 3 prior contests, but I didn't get it passed. I had it locked out, but there was a stop or something, so that 856 was hard to get, and 870 would be harder. I think for one thing, that goal, that would be it, doing with a 2000 plus total. That would probably be all I would want to accomplish.

**PL USA:** Does that mean you are considering retiring when the year comes to TV. I don't think powerlifting today is where it was in 1978-79. Of course, the lifts are higher. In terms of public acceptance, I don't know.

**PL USA:** Some lifters look to you as a heroic figure or even a political symbol, is that comfortable for you?

**Kuc:** The first I have ever noticed that feeling was from Alan Kishner out there. San Jose this year when I was going for my deadlift. I don't think things like that come about instantly. Maybe 10 years from now you get that from your contemporaries. I've felt some resentment from you, I get a pretty tough skin after you write. I've noticed very little of it, but it's going to be that way with anything you do.

**PL USA:** Could you pick a lifter or two who you think will be doing very well in the drug free ranks in the years to come?

**Kuc:** Mike Hall is right up there now. As long as he can keep his bodyweight up, I guess he's going to be unstoppable. Then you have Gerald Welch, Joe Hood, Eric Arnold. There's also Joe Braca, Mark Giron at 198, and James Eason at 242. I think they're going to be pretty good.

**PL USA:** Do you have any feelings about polygraph versus unalysal in drug testing?

**Kuc:** If the meat director has a doubt about somebody, give them both. Of course, no test is perfect, but I think we're doing pretty good with the polygraph. You just have to start somewhere.

**PL USA:** Have you noticed any side effects from your minimal use of steroids several years ago?

**Kuc:** I haven't noticed any side effects, when I was using or now.

**PL USA:** In all your years of lifting who's the guy that was the toughest competitor, the most hard nosed, never give up person you ever lifted against?

**Kuc:** I'd say McCormick in the USPF, and Steve Wilson. I haven't had any serious ongoing rivalry with anyone in the ADFPA. I had a close

many little injuries. One day I just put my super suit up and said I don't need this. It was just easy to walk away from. I knew I'd have to take a lot of things to keep going at it. If there was any drug, I'd give it up. I mean I'd give it up right after that contest.

**PL USA:** What has been your most satisfying moment as a powerlifter?

**Kuc:** I'd say that the 856 deadlift was very satisfying. Some of the Worlds were satisfying, but I can't say there is just one thing.

**PL USA:** How about the future of powerlifting as a sport, is it promising?

**Kuc:** It's hard to say. It seems we've regressed a little bit when it comes to TV. I don't think powerlifting today is where it was in 1978-79. Of course, the lifts are higher. In terms of public acceptance, I don't know.

**PL USA:** Some lifters look to you as a heroic figure or even a political symbol, is that comfortable for you?

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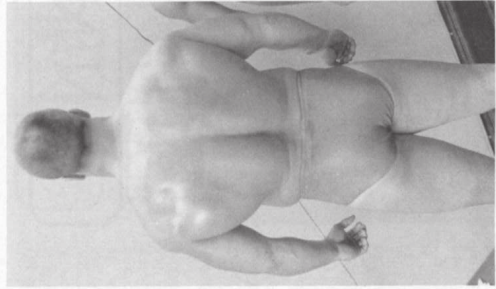


Photo courtesy his good friend Bob Gaynor.

meet with Joe Hood in my first ADFPA Nationals, but only that one time.

**PL USA:** How much further do you think you could have gone beyond that 2166 you got at 275? **Kuc:** I think I could have gone 2200 at 275. I was a heavy 275er. I would go up to about 280 and cut down, so there wasn't any room to put weight on. I think I had a little room left if I had got my bench up a little more. That day I did the 2166 I missed a 490 bench, which would have been 15 more lbs. I might have had 15 pounds more in the squat, and in the deadlift I might have been able to do 20 more pounds. I did have a good day, but things weren't going that well. It was my first time doing the rounds system. I took one or two warmup lifts, then went out and squatted. Another thing different that day was my lie detector test. The tester said that between questions when I wasn't talking the thing was jumping around, and then when I talked, it settled down.

**PL USA:** Who are some of the best women in powerlifting?

**Kuc:** I'd say Flora Ciccone, Lori Zimtrauch, Lisa Bickler, and Barb Falconio. I've met them and talked to them, and that's the only way you can base that kind of statement.

**PL USA:** Give us some quick impressions of some of the people you've run across in your career.

**Kuc:** BROTHER BENNET: He does it for nothing, and his only reason is to see drug-free lifting. GUS RETHWISCH: Fondant, compulsive, won't rest until something is achieved, puts on the best meats, a good deadlifter, but he trains so hard he's almost always overtrained and doesn't do his best. JOHN WILLIAMS: He's the only person I know that can

make your total go up just by having him in the room with you training. He unselfishly encouraged me to try 2350 total in the 72 Worlds, even though we competed against one another. BOB GAYNOR: He's a person who doesn't know how to quit. He's one of the hardest working training partners I've ever had. He was National Champion in '74 and would've been one of the best if the dadn't have to contend with some injuries during his best years.

**PL USA:** How do you feel about the drug-free lifter in the right mix. He seems like a lift-offerless, like a roadhouse I feel he's that one man that doesn't know how long he can keep going at this level. I don't know what he's doing to eat that strong, besides being basically a strong person. I hope he doesn't get hurt.

## American Drug Free Powerlifting Association



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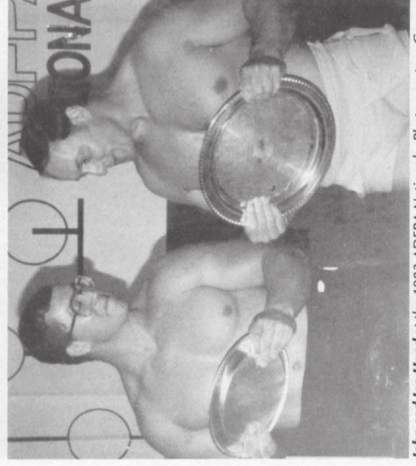
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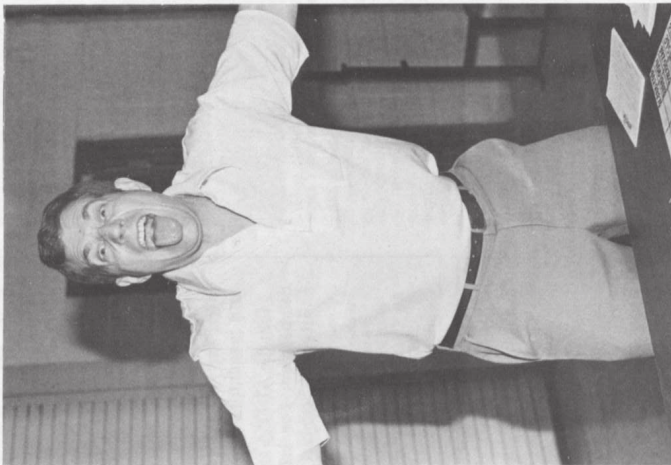
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John and Joe Hood at the 1983 ADFPA Nationals. Photo courtesy Gaynor

# TRAINING

## Powerlifting Myth No. 1 by Marty Gallagher & Hugh Cassidy



I was squatting with my training partners last Sunday. The youngest and weakest member of our group was working up to his top set in the squat. His meet was in two weeks. Our boy looked good, very good in fact, double after his set. I mentioned to him that 700 should be in the bag next week on his last workout before the meet. "Oh no, I'm only going to 525 next week," he responded. "Why?" I asked.

My young buddy then proceeded to relate the philosophic groundwork his theory was laid on. "I take my last workout two weeks before the meet. One week before the contest I work up to 70-75% of my top projected squat." "Alright?" he babbled quickly ignoring my frown. "First, this gives me plenty of rest and recover just before the meet. Second, I'm not gonna build any more strength that last week before the meet, so why go heavy and risk injury. Now in my last workout before the meet, the one where I work up to 75%, I go heavy enough to keep up my strength and technique, but not so heavy as to risk overtraining. You follow?" He was really rolling, tripping over his own words. "I give my body a good break from all that heavy pounding I've put it through. It works great! I really feel rested and fresh come meet day. All the champs use it!" He proceeded to rattle off a series of well known names. When he finished, a self-satisfied smirk spread across his pudgy face and lolled his eyes wildly. "Did you grasp it all? It's pretty scientific." "Oh I grasped it," I responded, wondering whether or not to open my mouth. After all, ignorance is bliss and this boy was blissful in spades. "Well, what do you think?" he prodded. Something about that smirk, though, rubbed me the wrong. After a mental search for the most diplomatic verbal allegory, I responded, "Bullshit!" "What?" "Bullshit, you know, without redeeming intrinsic value; diametrically opposed; not in accord with; buffalo chips; cow patties; field muffs..." "What the hell do you mean?" The kid was so mad, he was purple.

"Let's examine your theory point by point, Okay?" "Okay," my young friend had turned defensive and sullen. "First, you're taking your last heavy workout fourteen days before the meet. Then, seven days before, you take your 75% work-out. Right?" "Hey!" my young friend's smirk returned. "You've really got a good memory for an older guy!" I let it pass, though I noticed his eye rolling had returned. I forged ahead. "You just doubled 680 lbs. for a P.R. today. You've developed a definite momentum. A physical, psychological and technical momentum. You're on a roll. Now you're gonna break that momentum by not going heavy next week?" "No way!" the kid protested. "Let me finish, Okay?" It was my turn to eye roll now. "The body develops subtle gains. A subtle pattern of squatting training a subtle pattern of squatting success on a regular weekly basis. Look at your workout book. Every

week for the last twelve weeks you've gradually, methodically, acclimated your body to squat with more and more weight successfully. This isn't an abstraction, this is a mathematical fact. That's the beauty of lifting. It's mathematical, objective not subjective. Anyway, every week for twelve weeks you've squatted heavier and made weight, so I don't think you exhibit any signs of needing a rest. As hell, that goes with the territory. Powerlifting ain't tennis! You always risk injury and you know it. I was on a roll now so I rolled my eyes at him and continued. "My favorite part of your theory is the I can't build any strength the last week anyway part. I've heard that one! Do you think you've got some sort of biological alarm clock inside you that goes off once week before the meet and say, 'Okay, that's it! No more strength!

Get serious." My buddy nodded his head absently, a blank expression on his face. I thought I'd try a different approach. "Why don't you go heavy next week? We'll go to 700 for a double and you can smash that psychological barrier here in familiar and unfamiliar ones. That weight doesn't scare me," he replied disdainfully. "It would be nice to relate that I finally convinced my young friend to take my earnest recommendations to heart, that he mended his ways, took my advice, came in on Monday for his final work-out and doubled 700 lbs. 730 for a new record and then ran a victory lap around the auditorium waving his Bob Morris belt wildly over his head while the remaining multitudes gave him a standing ovation reminiscent of the Beatles' farewell concert in Frisco in '65.

But NOOOO!! Not only did he ignore my precious pearls of wisdom, he skipped his last workout altogether. The spiteful little bastard. Oh well, like the old adage goes, "a man convinced against his will is of the same opinion still." What happened? He made his 2nd attempt with 683 and was squashed with 705. Was his failure due to tempering with subtle ingrained patterns? Who knows? He had a million excuses; "broken momentum" not among them. Oh well, at least his smirk was gone and hopefully science can develop a cure for that eye affliction.

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It seems that no matter how carefully we look after ourselves, every lifter, sometime in their career, suffers some sort of injury. An injury can be sustained during competition, during training, or even while involved in some completely unrelated activity. No matter where or how it happens, anything that interrupts training, and holds back your progress, is very frustrating.

Injuries vary in severity, and how you treat them, or immediately upon their occurrence or over the recovery period, will greatly affect the success of your rehabilitation.

Why do injuries occur? When a stress is applied and the body cannot respond by normal stress adaptation methods, something has to give! That something is usually muscle, bone, ligament, cartilage or tendon tissue. A complete tearing, rupture or breakage of these tissues is the worst, but there are varying degrees of minor tears and pulls which also have to be carefully treated. Minor injuries can soon turn into major ones if they are not handled with care.

An injury may follow soreness or a feeling of tightness in a muscle. Often this tightness or soreness indicates a minor injury is present. Sometimes a muscle will tighten or go into "spasm" to protect itself or surrounding structures from further stress. Therefore, when you feel soreness and tightness present, take things a little easier and have the area examined by someone with proper medical knowledge. Trying to push through an unusual pain is just asking for trouble.

Overtraining can lead to injury. Exhausting muscles completely and not allowing enough recovery time can cause buildup of waste products and loss of elasticity. The muscles and tendons can be easily overstressed in this condition.

**OUCH!** Bev has had her share of injuries, and knows when to back off on a lift. She let this final deadlift try at the 1985 Women's Worlds, where she won her first consecutive title, come crashing back down. Photo by Stella Herrick.

# INJURIES

## BEV FRANCIS on INJURIES

The most obvious cause of injury (and the most spectacular) is direct trauma or contact. This sort of injury is not usually suffered by the powerlifter in the gym, but can be sustained while driving a car, riding a bike, playing a game of football or beach volleyball, etc. Many athletes have been sidelined because of incidents that happen far from the training or competition arena. Two personal examples of this - I lost a chance of possible selection for the 1980 Olympic team as a shotputter, when I jumped off a table and twisted my knee on landing, damaging the cartilage. I also was forced to miss a state powerlifting championship after being knocked off my motorcycle by a car. You should be extra careful when doing activities that are new or different from your normal routine. Also, remember that no matter how strong you are, you will be avoid allowing the same injury (or a worse one) to happen again.

When an injury happens, you must be philosophical about it. You cannot go back in time to change things, but you can work to heal the injury in the least time possible. Also, you can review the situation so that you understand the circumstances surrounding the incident, and, if possible, make changes so the same conditions do not recur. If the situation cannot be changed, at least you can be more aware and more careful the next time it occurs. One thing you can learn from being injured is to avoid allowing the same injury (or a worse one) to happen again.



## POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

### Lift to Your Heart's Content Dr. Squat, Fred Hatfield Phd, tells how weight training can be used to produce unexpected cardiovascular benefits



No question about it, running is great for the ol' ticker. So are some other aerobic forms of exercise such as skipping rope, cycling, rowing and swimming. A few of these popular exercising forms even lend a modicum of muscular development.

What about weight training? Can weight training improve your cardiovascular health? It's certain that weights are the finest way science has come up with to date to improve muscular strength and size, but the beneficial effects of weight training for the heart muscles are, or have been, a little more obscure.

I used to get angry at expert exercise scientists for their apparent lack of insight into this question. After all, iron pumps the world over know instinctively that when they engage in weight training, they engage in heart action. Interval training with weights that their heart's efficiency is improved. But these intrepid sleuths of Academe aren't to blame, for in the interest of upholding the highest standards of the scientific method, they can but report that which they see through their microscopes, myopic as many seem to be of iron.

Recently, it seems that their microscopes have become a bit more focused though. Mounting research is indicating that many benefits can be gained in the cardiovascular sphere of fitness through weight training. It's time some of the old myths and misconceptions are put to rest on this important subject. It's time that scientific knowledge climbs up to the same plateau reached several years ago by conventional wisdom. Let's look at that which has made this aspect necessary.

Why is it that exercise scientists disagree on the relative merits of weight training in cardiovascular system improvement for so many years? Why have the facts of the matter been obscured to such a degree that these scientists, brilliant people that they are, failed to recognize them?

Many scientific investigations (e.g., Allread, et al., 1979; Hurlley, et al., 1984) have shown no improvement in stroke volume or stroke volume per minute just from weight training. Just from weight training, however, have shown up to 15 percent improvement in trainees' ability to use oxygen, called max VO<sub>2</sub> uptake (e.g., Kimura, et al., 1981; Willmore, et al., 1978; Katch, et al., 1985).

Drs. Michale Keleman and Kerry Stewart, cardiologists from Columbia and Francis Scott Key Medical Center, respectively, teamed up in 1985 to review the research literature on circuit weight training. They concluded that the apparent discrepancies among several factors, the timing of the circuit, the rest periods between stations, the total number and frequency of the sessions, and the initial exercise capacity of the subjects are all important factors in determining the

benefits of weight training. In fact, research on the cardiovascular benefits of weight training was done by Hurlley and his associates at Washington University School of Medicine (1984). They concluded that high intensity, variable resistance

magnitude of aerobic improvement.

While these kinds of considerations are self-evident to those of us who live a weight training lifestyle, they apparently aren't so obvious to scientists who, for the most part, rarely train with weights enough to truly understand. For example, we know that the weight is too light or we know that the weight is too heavy, or we know that the weight is too fast or no training effect will be achieved. Likewise, the more "in shape" you get, the slower the gains will be. We also know that you have to go to the gym regularly, you don't miss workouts. These are the kinds of flaws in past research efforts that have kept scientists from reaching agreement on their findings.

On the other hand, factors such as the type of equipment (free weights versus machines), or the design (different rep ranges), or the importance in whether a training effect in aerobic efficiency is realized (Gettman, et al., 1980).

Cardiac patients have, for a long time, been warned not to engage in any resistive exercises such as weight training or calisthenics. The fear was that these activities would impose an excessive demand on the myocardium through elevated blood pressure, thereby potentially causing cardiac arrhythmias. However, research has shown that shows brief episodes of resistive exercise (greater than normal contracture) are dangerous. In fact, quite the contrary has been found. Patients show less frequent

ischemic electrocardiographic changes and arrhythmias during resistive exercises than they do during dynamic exercises such as running, rowing or swimming (DeBusk, et al., 1978; Logan and Blumhage, 1981; Markowitz, et al., 1979; Taylor, et al., 1981).

Kaleen and Stewart believe that these research findings can be explained by the fact that a lower heart rate response, and consequently less demand for myocardial oxygen during weight training as compared to, say, running places weight training cardiac patients under less strain.

While there can be no doubt that most aerobic forms of exercise such as running have the capacity to produce greater gains in aerobic power through aerobic training, it is not to say that weight training is inferior. Dr. Frank Katch, an exercise physiologist at the University of Massachusetts, recently studied the effect that resistance exercise had on a variety of cardiovascular measures (1985). The exercises were performed in circuit fashion. He and his co-workers found that they were able to produce heart rates averaging 84.6 percent of maximum and oxygen uptake of 52.8 percent of maximum. These responses are well within the range of intensity known to produce cardiorespiratory improvement.

These responses are well within the range of intensity known to produce cardiorespiratory improvement. Research on the cardiovascular benefits of weight training was done by Hurlley and his associates at Washington University School of Medicine (1984). They concluded that high intensity, variable resistance

With all the research done over the years either failing to find cardiovascular benefits or finding them, you'd think that someone would've figured out the problem by now. Careful analysis of the research methods used in these studies has yielded some important guidelines for improving your chances of maximizing aerobic benefits from your weight training efforts.

Read the results outlined below carefully, and you will see the reasoning behind properly constructing an aerobic weight training protocol.

-Weight training raises the heart rate, but restricts venous return of the blood to the heart

-This, in turn, causes a decreased stroke volume; less blood is available to be pumped out of the heart

-The occlusion of venous return is known to cause a "pressor" response, which in turn activates certain stress chemicals (catecholamines) that increase heart rate relative to VO<sub>2</sub> uptake

-Since stroke volume must be elevated in order for there to be an improvement in aerobic adaptation, the circulatory restrictiveness of weight training must be reduced

-In normal (conventional) weight training, there is an inordinate increase of sustained intrathoracic pressure from holding your breath during a lift

-In normal (conventional) weight training, you typically grasp the bar tightly with the hands, thereby increasing the restriction on blood flow during the conduct of an entire set

-For weight training to have maximum aerobic benefit, it must: (1) be non-restrictive; (2) rhythmic with relaxation pauses between each rep; (3) of sufficient intensity to maintain a pulse rate of about 60 or 70 percent (preferably above 60 or 70 percent); (4) your training session must be longer than 30 minutes duration;

(5) no more than 30 seconds should elapse between sets; (6) your choice of exercises should involve all body segments (all the major muscles); (7) don't grip the handles or bar tightly unless safety dictates, and relax your grip; (8) resting position when between sets (called "active rest") so as to maintain your target heart rate; (9) avoid breath holding when straining with a weight

Remember that while you definitely can improve your aerobic fitness through weight training and, at the same time, greatly improve your muscle strength, size and endurance, such training will never get you ready to run a marathon. To do that, you'll need to run. To run a marathon the best you can on the other hand, you'll also need to train with weights.

The bottom line is this: the level of aerobic fitness you can expect to achieve through a well designed weight training program is certainly of sufficient magnitude to place you in the upper ten percent of the population insofar as cardiovascular health is concerned, and in the upper one percent in most of the other components of fitness.

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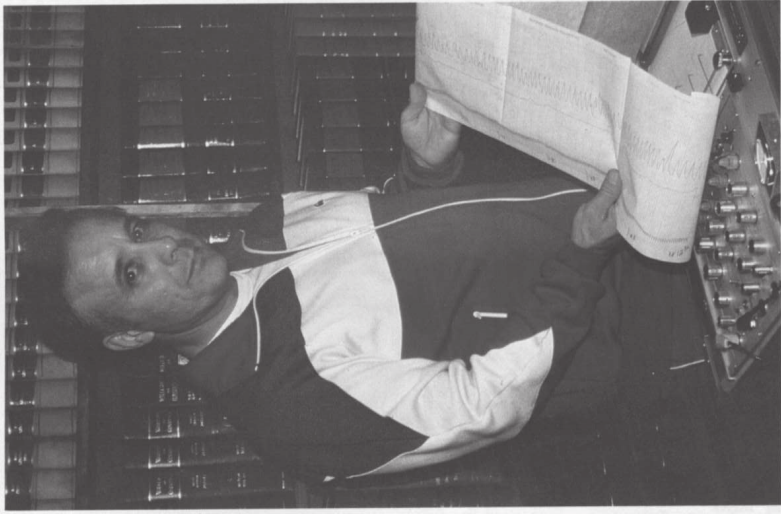
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# POWER-RESEARCH

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## Use of the Polygraph by James J. Charley Jr., Certified Polygraph Examiner



**THE POLYGRAPH**—its controversial use in American Drug Free Powerlifting Association contests for the purpose of drug testing is explained by the ADFPA National Advisor on polygraph use, Detective Sergeant, Jim Charley Jr., pictured above. This photo, and the one on the facing page, provided courtesy of Mr. Charley.

When the director of a meet is sanctioned by the American Drug Free Powerlifting Association (ADFPA) notifies amateur competitors they must take a polygraph (lie-detector) test for the first time, anxiety is almost inevitable. ADFPA members, when they paid their dues and signed a pledge to join the organization, knew that about 15 percent of a meet's entrants are usually selected for polygraph testing on a random basis to gain statistical validity. But fear of the unknown still makes many lifters apprehensive.

Let me describe why ADFPA members shouldn't have sweaty palms and a queasy feeling in their stomachs when they are scheduled for a polygraph test, even though they made a commitment to compete without drug assistance, artificial strength inducers, growth hormones, or anabolic steroids.

Although no method is foolproof, the objective of polygraph testing at a meet is to guarantee that powerlifters are drug-free to ensure that the competition has equality.

There are several ways, besides polygraph testing, to detect drug use by a lifter. However, the ability of those methods to detect drug use beyond the previous eight to ten weeks is limited. Traces of most drugs are completely excreted in that period of time. Time restrictions and costs also preclude alternative tests.

It is the association's policy that lifters can't compete in an ADFPA sanctioned meet if they have taken certain banned strength inducing drugs in the past 12 months.

The ADFPA's list of banned substances matches that of the International Olympic Committee. In addition to the strength inducing drugs, the list includes central nervous system stimulants and depressants; the latter may be used to "pass" a polygraph test.

Ideally, lifters should be tested the day before a contest, but this isn't always practical. Experience shows that an examiner can test as many as 12 contestants on meet day. This requires considerable effort by a meet director, a luxury not always available. The actual testing takes only about 10 minutes. With preliminary explanations and post-test discussion, the entire process usually lasts about 30 minutes.

An examinee must sign an ADFPA consent form before taking the test. In addition to some biographical data, questions on

Before the testing begins, examinees are asked about their lifting background, so some of that information will, or won't be included in the test questions. For example, examinees who have been taking an ADFPA banned drug for medical purposes, are told that all questions include the phrase "for athletic purposes" to preclude any test problems, since drugs prescribed by a physician for therapeutic purposes are not pertinent to the test.

So there won't be any surprises, so examinees can resolve potential misunderstandings, so examinees can be confident they will do their best in the test, and so they will feel comfortable with the examiner, all of the questions, which will be used in the actual test, are asked in sequence during a practice test, and before the examinee is attached to the instrument via the measuring components.

Following the test, the results are reviewed with the examinee, who then has an opportunity to clarify any discrepancy. If deceptive reactions are shown on the chart, it is brought to the attention of the examinee, and an opportunity for explanation is provided. In a second test, the "failed" question(s) is/are asked again to confirm the test result. The initially "failed" question(s) may be altered, within ADFPA guidelines, to suit the examinee's explanation of why deception was shown on the initial chart.

Lifters showing truthful reactions during the test return to the competition after completing the testing procedure.

Deceptive examinees are told what question(s) they "failed". Then the meet director, or his designate, is advised of the "failure" in the examinee's presence. The director will then inform the lifter that they are ineligible to compete in that meet.

To preclude being suspended from the ADFPA for a year, the association's recovery program allows lifters who allege their deceptive readings resulted from some unusual occurrence during the testing, to arrange for re-testing at their own expense within three weeks of the failed test.

The re-test must include the same questions which were asked during the test given at the contest. A list of up to five ADFPA approved polygraph examinees will be provided to the lifter so they can recover their drug free status. Re-test results, as well as an explanation of the reason for the initial test failure, and a copy of the polygraph charts to show that a legitimate re-test was conducted, are sent to me, for review, and this review is then forwarded to the ADFPA.

The recovery program is one of the ADFPA's efforts to make its contests a positive experience.

All in all, the ADFPA wants to encourage its members to live, play and achieve in a drug free atmosphere. We are here to enjoy what God has given to use, and we are pledged to assist and promote all of our people to their very, very best, naturally.

Jim Charley Jr.

# MORE ON THE POLYGRAPH

467 Camarillo, CA 93011.

We will quote some of the material in Dr. Herrick's report to illustrate some of the points made. Evidence suggests that the polygraph lie test is correct perhaps 60-75 percent of the time. "...in essence, the claim that the lie detector tests are accurate 95 to 99 percent of the time is implausible, and the available evidence denies them..." "...the first study of the lie detector accuracy worthy of publication was conducted by Dr. Paul Ekman in 1969. All the existing evidence is that the lie detector tests are correct perhaps 60-75 percent of the time..."

When it comes to scientific evidence supporting the use of polygraph as a "truth detector" device, it is of clear value where such proof exists. There are strong claims that the device is quite accurate in the hands of a professional examiner, while others state that it is inaccurate in anyone's hands. Having read a popular book on the subject, "A Tremor in the Blood - Lies and Abuses of the Lie Detector" by D.T. Likkien (McGraw-Hill, 1981), one might concur with the author's conclusion that the major effective use of the lie detector is to induce clinical impressions, evidentially judgements, personal attitudes and expectations. "Some individuals may be so fearless that they are not worried about the consequences of the test or so lacking in conscience that they are not aroused by references to the 'criminal act.' A guilty subject may become habituated to such references as a result of prior questioning, or may possess unusual emotional control with which to steel himself against reacting." "Muscular pressure as well as muscular contractions can produce a recording of blood pressure changes, which appears similar to a recording of normal uninduced changes. It may be possible for some persons to deceive an examiner using only the conventional polygraph by artificially inducing blood pressure changes at various places during the recording in an effort to offset whatever responses might occur to relevant questions."

Dr. Richard Herrick, of the USPT Sports Medicine Committee has written a report on the Polygraph, which quotes 56 different reference sources. It is a bit too exhaustive and lengthy for us to print here, however, we will gladly send a copy of the complete report to anyone interested. (Send a stamped, self-addressed envelope to Polygraph Report/Dr. Herrick, Box

rather excesses in American Drug Free Powerlifting Association competition should be pointed out that urine tests are also being used more and more, as at the recent ADFPA Nationals, where about a dozen lifters were tested by polygraph and another dozen by urinalysis. Through these instances where errors in polygraph drug detection "seem" to have occurred, the use of polygraph in these cases appears to have worked rather well. Of course, the vast majority of ADFPA lifters are willing subjects who want drug free competition, and are foregoing of the whatever risks that polygraph use may present in this application, by virtue of the release that they sign when they seek out and enter an ADFPA meet.

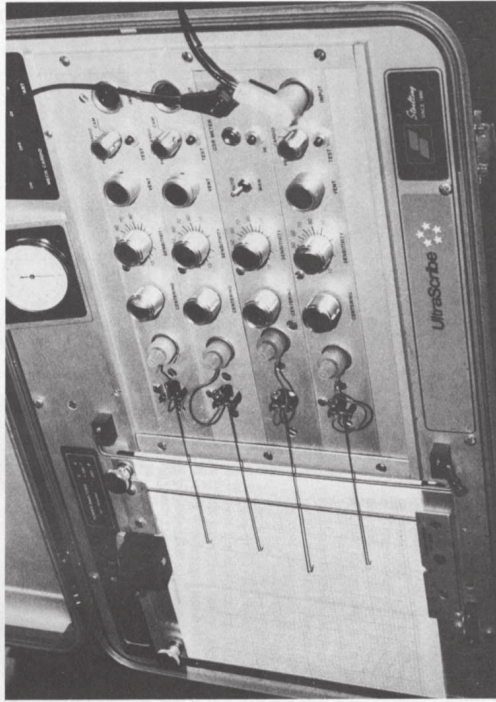
We have heard of 4 incidents in which there may have been a problem with the polygraph test. In one, a lifter who was taking a non-banned medicine with a name somewhat similar to a banned category drug, could have been confused by the questions on the test, and perhaps failed for that reason. In another case, a lifter failed a polygraph test after a few months prior by the same examiner, using the same questions, and passing the test. In a similar incident, a lifter answered a question incorrectly and then corrected his answer, and was unable to "pass" the examination, despite having passed the test at an earlier meet, involving the same examiner and questions. In another case, a lifter who had taken and passed numerous previous polygraph examinations at prior meets, failed a polygraph test at one meet. He ap-

parently re-tested satisfactorily, and lifts had no problem at subsequent meets where polygraph was involved. On balance, however, there have been hundreds of polygraph examinations. ADFPA drug use detection in lifters have been noted.

When it comes to scientific evidence supporting the use of polygraph as a "truth detector" device, it is of clear value where such proof exists. There are strong claims that the device is quite accurate in the hands of a professional examiner, while others state that it is inaccurate in anyone's hands. Having read a popular book on the subject, "A Tremor in the Blood - Lies and Abuses of the Lie Detector" by D.T. Likkien (McGraw-Hill, 1981), one might concur with the author's conclusion that the major effective use of the lie detector is to induce clinical impressions, evidentially judgements, personal attitudes and expectations. "Some individuals may be so fearless that they are not worried about the consequences of the test or so lacking in conscience that they are not aroused by references to the 'criminal act.' A guilty subject may become habituated to such references as a result of prior questioning, or may possess unusual emotional control with which to steel himself against reacting." "Muscular pressure as well as muscular contractions can produce a recording of blood pressure changes, which appears similar to a recording of normal uninduced changes. It may be possible for some persons to deceive an examiner using only the conventional polygraph by artificially inducing blood pressure changes at various places during the recording in an effort to offset whatever responses might occur to relevant questions."

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If You're Wondered...this is what a Polygraph machine actually looks like. Photograph by Jim Charley Jr.





# STARTIN' WORKOUT

A special section dedicated to the beginning lifter

The end goal of powerlifting is to lift as much weight as possible. This logically entails lifting more than previous efforts. For some lifters, reaching into this territory of new achievement can be intimidating. It can involve any or all of three elements: mental, physical, and technical. The mental barrier is a major psychological hurdle, not is it meant to challenge Freud. What it is meant to do is give lifters and coaches some ideas on breaking their own mental barriers, and those of their training partners.

Remember the first time you were able to bench 135 pounds? Chances are there was one forty-five pound plate on each side of the bar. For most beginning lifters this was the first milestone. The next milestone was probably 225 pounds, with two forty-five pound plates on each side. As you can see these common milestones revolve around pairs of forty-fives. Loading the bar this way was a simple way to identify the weight being lifted for the lifter and all observers. It also created the spectre of a never before lifted weight on a lifter. It would not be uncommon for a lifter to succeed with one small plate with 220 pounds, but when the small change was removed and the bar loaded with two pairs of forty-fives, the lifter would suffer a dismal failure. Was the weight lifted that much more? No, but it was loaded to an easily identifiable milestone of lifting. This is a prime example of a mental barrier that must be conquered.

One method of conquering this barrier would be to load the bar with small change till the lifter would pass this barrier by five to ten pounds. A little reassurance by a coach or training partners would then be helpful. Now load the bar with forty-fives to 225 pounds. The lifter should be reminded that he has succeeded with more weight than is currently on the bar. Success should be forthcoming. The same could be said of loading with hundreds of pound plates. Two pair of hundreds can look forbidding. Loading the bar with forty-fives and change might look less ominous. Remember that in a meet you can not usually request the bar to be loaded with the plates you or the lifter desire. The mental fear of a weight that will be unpredictable.

Another mental barrier is fear of a specific weight, usually a weight higher than any previously lifted, or one that the lifter does not have good feeling to this problem would be to load the bar 5 or 10 pounds higher without the knowledge of the lifter. A word of caution here, you must be careful. The lifter must be truly capable of the weight. Also be sure to spot him in case of failure! This technique has had success with my partners and myself. Remember to load the bar only 5 or 10 pound higher than what he expects.

Another problem is a lifter who has success with reps, but can not perform accordingly with singles. For ex-

ample, strength building, but confidence building. Using heavier weights here could make the regular weights seem less fearsome. Another qualification would be that these methods can expose the lifter to a greater chance of injury and overtraining. Use these methods wisely and sparingly, but they may have a place in a lifter's regime at times.

Logical use and introduction of supportive equipment can be helpful also. We will use the squat in a 12 week training cycle as an example. For the first 3 or 4 weeks use no supportive equipment, except a belt if needed on heavy sets. For the next 3 or 4 weeks add loose wraps for the heavy sets only. For the next 3 or 4 weeks tighten the wraps up and use a loose tight suit for the heavy sets. You might want to keep the straps down until the last week of the 3 or 4 week period. For the final weeks, go to full battle gear. Again, only suit up fully for max sets adding equipment as the weight goes up. Using this method of introducing equipment, you will get a "kick" from each piece. Each piece will enable you to lift more weight without becoming addicted to their constant use. As the weeks pass you will gain strength as well as confidence.

Another way to beat mental barriers would be to use the cycling system of training. If you examine the "Workout of the Month" articles, you can see that many are based on a cycle system. Most start at a sub maximal level over the period of the cycle increase in weight and intensity, while decreasing in reps. This type of training has proven to be very effective. Plateaus and barriers can then be passed less noticeably. Even if you choose not to follow one of these workouts, examine it's logic and progression. Try to incorporate something valuable from it into your training.

Friendly competition among training partners can also be used. Exceeding personal records could be used as a bench mark. Keep the competition friendly and don't knock someone unmercifully because of failure, however, a lifter should be prepared to take critical advice at all times without ego getting in the way. If a lifter is training without steroids, he can not always be expected to improve on a level with a chemically assisted lifter.

There are more ways of breaking mental barriers than mentioned above; some can involve negative reinforcement. Try to keep methods limited to positive reinforcement. A good word now and then on a lifter's progress from someone of credibility can be a plus. At times think back to the beginning of your training. Look at the progress you have made in the past and the milestones and barriers you have overcome; but don't rest on your laurels. There may be a day when your lifts will no longer improve and you may regress a bit, but good training methods and a positive outlook can keep those days far, far away.

Another method of breaking mental barriers are partial movements and negatives. With these techniques more weight can be handled than with regular lifting methods. Experts are divided as to the benefits of these methods for strength building, but here we are not really concerned

Doug Daniels

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For 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).

## Eric Arnold Squat Routine



Eric Arnold has won the ADFPA Nationals and the USPF Sr. Nationals.

This training program is designed for the intermediate powerlifter with a personal best of 700 pounds in the squat. My experience as a lifter has always been drug free, and this program is the result of that experience. It should be a workable program for anyone. You will train the squat once a week, on the same day you do deadlifts (squats first). There are several reasons for training like this. First it will give you extra recovery time. One of the most common mistakes lifters make is overtraining. You get worn down physically and mentally, and progress stops. On this program, quality is emphasized over quantity. The second reason is that after waiting a week you will find that you look forward to your workout. Such desire is critical to continued improvement.

Visualize your workout in your mind before you even set foot in the gym. See yourself making every lift with perfect form. When you arrive at the gym focus on your workout

Week 1: 45x10, 135x10, 225x10 no belt or wraps, 315x10 with belt, 400x8 with belt and wraps, 490x10.  
Week 2: 45x10, 135x10, 225x10 no belt or wraps, 315x10 with belt, 410x8 with belt and wraps, 510x10.  
Week 3: 45x10, 135x10, 225x10 no belt or wraps, 335x10 with belt, 430x8 with belt and wraps, 530x10.  
Week 4: 45x10, 135x10, 225x10 no belt or wraps, 355x10 with belt, 450x8 with belt and wraps, 550x10.  
Week 5: 45x10, 135x10,

225x10, 315x10 no belt or wraps, 405x5 with belt, 505x5 belt and wraps, 600x5, 405x10 no wraps, go down slow and controlled, then explode up.

Week 6: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 405x5 with belt, 515x5 belt and wraps, 615x5, 405x10 no wraps, explode up.

Week 7: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 420x5 with belt, 530x5 belt and wraps, 630x5, 415x10 no wraps, explode up.

Week 8: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 435x5 with belt, 545x5 with belt and wraps, 645x5, 415x10 no wraps, explode up.

Week 9: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 405x5 with belt, 500x3 with belt and wraps, 600x3, 665x3, 425x10 no wraps, explode up.

Week 10: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 405x5 with belt, 500x3 with belt and wraps, 600x3, 675x3, 425x10 no wraps, explode up.

Week 11: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 405x5 with belt, 500x3 belt and wraps, 600x3 with suit straps down, 685x3 with suit straps down, 435x10 no wraps, explode up.

Week 12: 45x10, 135x10, 225x10, 315x10 no belt or wraps, 405x5 with belt, 505x3 belt and wraps, 605x3 with suit straps down, 705x3 with suit straps down, 435x10

no wraps, explode up. No assistance exercises done this week. However deadlifts are done.

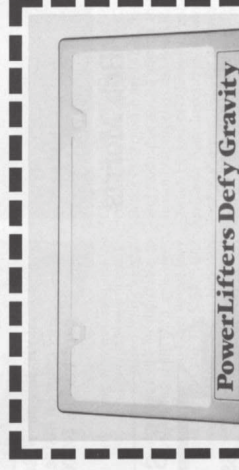
Meet Week: Last workout is done on Monday. On Wednesday and Friday do the usual stretching and aerobic routine. This should be followed by several sets of going through the lifting movement with an unloaded bar.

Meet Day: 1st attempt 675, 2nd attempt 710, 3rd attempt 730.

Assistance exercises (to be done after squats): Deadlift, same as squat with less warm-up work. Leg curl, 3 sets of 10 increasing from 2.5 to 5 pounds each week. Toe raises, 3 sets of 15 with as much weight as possible while maintaining correct form. Leg extension 1 set of 10 increasing 2.5 to 5 pounds each week. Crunches, 2 sets of 25 increasing weight throughout the cycle.

There are several principles you should keep in mind: 1) Always maintain correct form in the squat (developing a groove) through every rep of every set. 2) Make sure you give yourself exactly seven days between squat workouts. Consistency is often the difference between an average lifter and a good lifter. 3) Proper nutrition and rest are needed for muscle growth and strength gains. For more detailed and personalized training information, you can contact me at the following address:

Eric Arnold  
610A Hillcrest Rd.  
Plymouth, MA 02360



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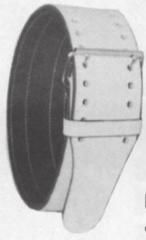
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## Question & Answer

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

**DEAR ROGER:** I am 28 years old and I've been on a powerlifting regimen for about two years. I've made strides in both strength and muscle size, but I'm not where I feel I should be. My question is about the natural steroids that are advertised in *Powerlifting USA* which I subscribe to. In your opinion are these safe and beneficial? I wish to make further strides, but not at the expense of liver or kidney damage or any other side effects. I would appreciate your thoughts or any information you can share with me. Also can you recommend a good supplement? Sincerely, **Steve Thomas**

**DEAR STEVE:** There is some controversy about the use of glandular materials and other natural foods or supplements that claim to cause increase in hormone levels. One major producer was forced by the government to remove some of his products from the market even though several world class lifters and people in the medical field claimed success with them. There are many research physiologists at major universities that claim they see little or no results from these products. However, there was also skepticism regarding the usefulness of chiropractors, and the athletic population has shown beyond a shadow of a doubt that chiropractic medicine is of great value. I have discussed the use of such supplements with Doctor Mohlar, a physician from Czechoslovakia, who has used glandular injection with exciting results. In Europe, I would recommend Dr. Mohlar's book "Forever Young" for further reading. I know this is a confusing answer with no definite conclusion. All I can say is, try it and they may work. As for the safety factor I'm sure they are safe, but there have been complaints about loss of appetite if too many supplements are taken, so don't overdo it. **Roger Estep**

**DEAR ROGER:** I wonder if you could write me a good intermediate bench press routine. I'm stuck. You're my favorite lifter. I'd appreciate your help. Thank you. **Greg Brokus**

**DEAR GREG:** When bench pressing you must remember that your technique is as important as your training. For example, a major league pitcher can have all the physical ability of a Dought Gooten, but if he is overstriding or releasing the ball too high or too low or not turning his wrist over, this pitcher may soon be in the minor leagues. So pay attention to the technique. Try to get some experienced lifters to watch you as you change your hand spacing on the bar or positioning of the bar on the chest. Better yet, get someone to video tape your training. The workout should consist of one heavy day of low reps (no more than 5) for 3 sets. After your heavy sets drop down and do a set of 10 with as much weight as possible. You should have two days rest then have a medium or light day. On this day keep the weight fairly light so you prevent overtraining. Example: Monday - Bench Press 135 - 10 reps. 300 - 5 reps. 225 - 10 reps. Of course, you have to force yourself to progress. Never be satisfied once you have achieved 3 sets of 5 with 300. Strive for 305, then 310. Thursday, 135 - 10 reps. 200 - 10 reps. 250 - 10 reps. 300 - 1 rep. 250 - 10 reps. This doesn't look like much work in the bench press, but it's not the quantity of work, it's the intensity that counts. Assistance work should involve lats, biceps, and triceps. **Roger Estep**

**DEAR MR. ESTEP:** First I would like to tell you how much I admire you, and Dr. Hatfield, for your power. I am a 57 year old bodybuilder, who wants to switch over to powerlifting. I hope to compete in the near future in powerlifting for elderly men. I'm doing the basic lifts, low reps and heavy. I never have taken steroids, and never will. However, lately I have heard of growth hormone. What I would like to know from you: Will it harm me? Will it help me overall? I would appreciate any information you might send me. Thanks for your attention to this letter. **Frank**

**DEAR FRANK:** It's nice to hear that you are interested in powerlifting, and I think you have a good foundation from your years of bodybuilding. Your question about the use of growth hormone implies to me that you think the drug is safe for use. If this is your thought I would have to disagree with it. I believe there is a greater chance of adverse side effects from these drugs than from anabolic steroids. I don't know anyone who has had side effects from growth hormone, but there is a great potential there. Also, I have known several people who have taken growth hormone, and few of the people have claimed any large gains in strength or size. I would recommend that you talk to a few people before you make a final decision. **Roger Estep**

## ★ WHO'S WHO IN POWERLIFTING ★

Whether you're Big Name or No Name, send your picture and details ('Who's Who', Box 467, Camarillo, CA 93011) to this popular feature.



In Austria, there is a very strong young man named Ferdinand Pesendorfer, lifting for the ASKO Vocklabruck club, who, at the age of 19, has set many national records and has best lifts of 440 253 and 485. The remarkable aspect of this athlete's performance is the fact that he is blind. Photograph and information supplied by Karl Auer.



Jerry Irvine, who has been one of America's premier lifter lifters in recent years, started lifting weights way back in 1960, but didn't take up Powerlifting until 1971 at a meet headlined by Jon Cole, where Jerry went 490 320 540. The 5'8", 242 pounder won the Masters Nationals (45-49 group) this year with lifts of 699 369 722 1791 (PL USA photo) Mike Volk, courtesy of Chuck.



Two sports legends talk training: Roger Estep, 1979 Sr. National Champ at 198 is seen above with Olympic Decathlon Champion Kater Johnson accompanied by CIA Operations Officer Arnold Shimon, at a recent fund raising event for the CIA for Abused Children, sponsored by the Daughters of Charity, St. Vincent DePaul at St. Francis Medical Center in California.

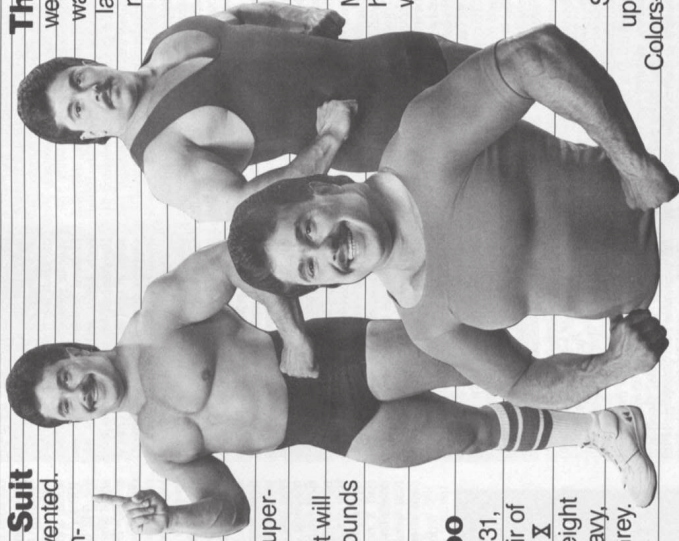


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## Ask the Doctor

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 will pose my questions in which the lifter 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'm having quite a time with my back for the last six months. I've enclosed some information from my doctor. So far there doesn't seem to be any loss of strength or size in any of my muscles. Also there's no change in sensation in my legs. The big problem is that I can't deadlift without a lot of pain. Once I get over 300 pounds the pain stops me. Should I continue to workout? Am I causing myself any harm if I do? Are there any other tests that should be done? What is going on? Any suggestions you might have or help you could give me would be welcome. **Michael P.**

**DEAR MICHAEL:** Back problems are notoriously hard to accurately assess, even when extensive diagnostic tests are done. A CT Scan would help if it showed any bulging of a disc - but a negative scan does not preclude a ruptured disc. I've enclosed some material which you will find informative. Since there is no sensory or motor loss, and as long as none shows up, you are fairly safe in continuing your training in a way that places the least strain on the back and buttock. If the pain doesn't subside or if your condition worsens, then I would go for some comprehensive testing - including a myelogram and perhaps discography. A CT Scan could be done now since it is non-invasive and might, depending on the findings, help clear the air. As you might know I had to switch my deadlifting style to sumo when I injured my hip. I'm still deadlifting sumo today since the hip refuses to tolerate any weight over 600 lbs. in the narrow style. **M.G.D.**

## The Greats of Powerlifting



Vince Anello at age 19, before he became a Superstar of deadlifting and a World and National Powerlifting Champion. Vince is looking forward to competition in the Masters ranks soon. Photograph courtesy, Matt Gabor.

1970	Collegiate	198	490	350	715	1555	1st
1975	PanAms	198	530	390	700	1620	1st
1976	Seniors	220	620	440	800	1860	1st
1977	Seniors	220	666	468	749	1884	1st
1978	Seniors	198	633	446	799	1879	1st
1980	Seniors	198	683	451	788	1923	1st
1972	Worlds	181	540	360	735	1635	1st
1977	Worlds	181	661	435	810	1907	1st
1978	Worlds	198	655	435	815	1907	1st
1980	Worlds	198	650	451	810	1912	1st

## Special Update on Anabolic Steroids

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

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

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## More From Ken Leistner

Most lifters succumb to the pressure, real and imagined, that stems from their peer group. It is almost more acceptable to be a "fair" lifter who has stagnated using whatever is deemed to be an acceptable routine, than one who innovates, even if that innovation leads to good gains. Most lifters would believe, even that overtraining is the most common cause of stagnation, yet all believe their program is optimal and it's other guys who overtrain.

If one could add two and one half pounds to the bench press, and five pounds to the squat every third workout, for whatever number of repetitions the program called for, progress would be unprecedented, and somewhat unheard of, especially if that rate of progress could be maintained consistently for a year or two. The above would yield gains of approximately seventy five to one hundred pounds per year in the bench press and considerably more in the two big lifts. Realistically, these kinds of gains, if continued for a three year powerlifting career, would lead to a number of national or world levels, and would certainly bring one very close to their genetic potential in the three lifts, no matter what the final numbers were.

If one could in fact add poundage consistently and progressively by squatting and deadlifting on Monday and doing nothing but bench presses on Thursdays, this would be ideal. If one could do but one set of each exercise and still progress indefinitely, this would truly be ideal because recovery time would be maximized. If this was possible, few powerlifters would do it despite the advantages of spending minimal time in the gym and reducing the opportunities for injury. They wouldn't do it because it would seem too "radical" and would no doubt meet with the cynicism of their lifting peers. Peer pressure in the gym should never be underestimated. If nothing else, it provides tremendous psychological security, even when one is not lifting well. "I'm not making much progress, but I can't be blamed because I am doing all of the things that every one else does. It must be genetic." This type of thinking pervades the majority of individuals in every gym, and when coupled with the fact that few of us can face the fact that we are "average" with no real possibility of ever winning a major title, *groupthink* becomes a genuine and easily understood phenomenon.

Everyone can improve, often to the point that they will be pleased with their results, if satisfaction will only come with a city, state, regional, national, or world title, then most of you can buckle up for hard times because it isn't going to happen. Progress however, is possible in almost every case, and that should be the goal. To insure progress, overtraining must be avoided and this is most easily done by choosing the exercises well and carefully. Obviously, the bulk of one's effort must go into squatting, bench pressing, and deadlifting. The skills of these movements is your sport, thus, the movements must be mastered, relative to one's individual anatomy and pre-existing injuries or other physiological limitations. Strength must be built in those muscles which are engaged while performing the three competitive lifts, and although a case can be made that "every muscle in the body is used" in the three lifts, some major muscular structures are more important than others. Common sense dictates that certain muscle groups should be strengthened as they are supportive in nature, and prevent injury in vulnerable areas when exposed to the heavy weights of training and competition. Good sense dictates that one should attempt to do "as little as possible" in the way of quantity of exercises so that the effort put into each one is maximized. Despite the protestations of many of our reigning "experts", it is impossible to work "hard" if one must also do "a lot" of work. One can work long or concurrently and effectively. Each "assistance" exercise must be chosen carefully, not because the biggest guy in the gym is doing it. It should be chosen only when you wrote for a "customized training program" or because you to do it when you wrote for a "customized training program" or because you to do it when you wrote for a "customized training program".

I have seen lifters bench press, incline, close grip bench, do triceps extensions and pressdowns, barbell curls, and three "lat" exercises. If one has an existing weakness, one exercise done properly and intensely for a few weeks could be enough to correct that weakness in the majority of cases. Thus, the competitive lift, and one, perhaps two assistance movements would be enough for many, yet most lifters half ass their way through their big lifts and believe that they can make it up by continuing to half ass their way through a complete bombing and blitzing program for the entire upper body. If one is adding five pounds every ten days to their bench press, why do four direct deltoid movements? If there is no apparent weakness and/or limitation due to deltoid dysfunction? The usual answer relates to insecurity. It is time for the majority of lifters to take responsibility for their own progress, or the lack of it, give critical thought to the make up of their routine, and train as hard as is possible.

**Steel Tip Preview**...the November 1986 edition of Dr. Ken's Steel Tip Newsletter has articles on Respect for the Body's ability to improve and develop, Upright Row Variations, Mental Preparation and Breakfasts.

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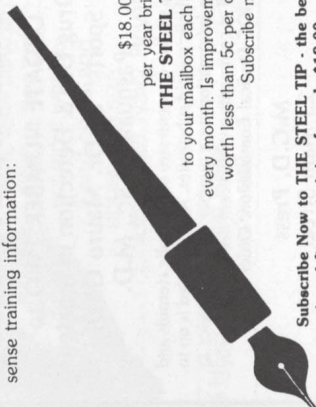
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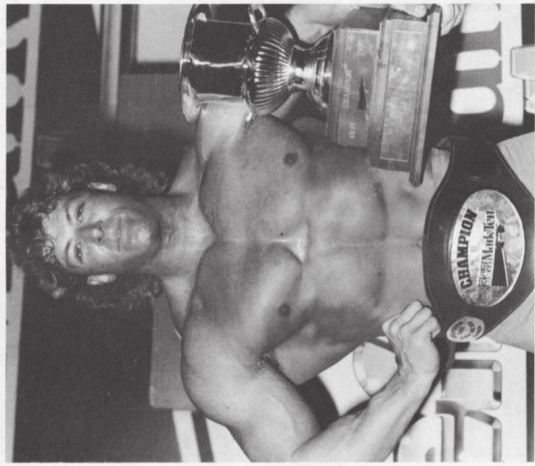
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## Mark Ten STRONGMAN CONTEST as reported by Derek Fitzgerald



**Tom Magee of Canada** - three time winner of the Mark Ten Challenge weighing 56 pounds, back and forth with his legs, then extended all of himself up, releasing the stone over his head. The distance of 8.03 meters (about 26 feet) was a world record.

In the platform lift, which resembles a partial squat in a power rack, the real challenge appeared to be in beating the apparatus. When the lifter tries to budge the weight from a 1/4 squat position, his back tends to wave uncontrollably, fighting the awkward position it's forced into by the apparatus. Height isn't an advantage in free weight squatting, but the tall men seemed better suited to the platform lift. It was won by Great Britain's Mark Higgins. He's "Great" all right, at 6'8" and 310 pounds. His long waist and legs may have helped.

He tied with Quebec's Claude Labonté, who's 6'3" and 300 pounds. Both managed to lock out a bar attached to 1850 pounds of steel plates. Furnas, with his free weight squat of 970, could manage only 1300 in the platform, and big Tom Henderson was cramping so badly that he could go no farther as well. Organizers of the event should spend some time trying to improve this event, both for safety as well as competitive reasons.

In the wheelbarrow event the starting weight is 2,000 pounds. The competitor tries to push it about 20

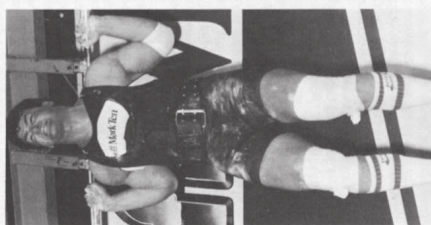
feet. It takes a good grip to do well in this event. Jon-Pall Sigmarsson from Reykjavik, Iceland competed in Montreal last year. He's tall and blond and big. Last year he showed up at 6'2" and 300 pounds, but this year he came in at a big, cut and dangerous 275 lbs. He won the barrow event, pushing it 3.06 meters, or about 9 feet, loaded with plates totaling 3000 lbs. Sigmarsson competes in strength events and Highland Games around the world. He's a showman, and loves to jiggle his pees for the audience. He'd jiggle; they'd gaggle.

pride. He is obviously physically gifted, but his mental toughness is as impressive as his massive delt and thighs. Last year he blew a belt during the platform lift. He contended the competition eventually, winning, despite having torn some tissue that required hospitalization following the victory. He lost some blood, but he didn't lose any heart. This man is as tough as nails.

It's an unrequiting contest; design ed to break you, not make you. Some consider this the toughest of all the Strongman contests. Unfortunately, unless you read this article you'd never even know it took place. When "The World's Strongest Man" contest ran on CBS the public got to see the strength athlete in action, and they learned that a strength athlete is more than just a big guy who eats a lot Talk to a Doug Furnas or a Tom Magee for a while and you soon discover that these are bright, articulate men; well versed in a variety of subjects. They know what they need to know about subjects like anatomy and nutrition, and they represent the best of the breed. Tom Magee, the non-smoking vegetarian, doesn't even drink; not even a drop of victory champagne! He is the epitome of the modern strength athlete. Tom Magee took up the challenge, the Mark Ten challenge, for the third time and won. Too bad we have to wait a whole year to see him again.

**Derek Fitzgerald**  
**EDITOR'S NOTE:** Author, Derek Fitzgerald is a television sports commentator for the Canadian Broadcasting Corporation in Montreal, and is also powerlifting. Montreal, The producer of the Le Defi Mark Ten Competition is Les Productions Sportives/Lakeview Inc., headed by Jean-Claude Arsenal.

The reported order of finish in the overall competition was: Magee, Sigmarsson, Higgins, Labonté, Aronsson, Poulin, Tregloas, Furnas, Henderson, Renzetti



6'8" Higgins on the platform lift.

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Setting Your Goals by Dr. Judd Biasiotto and Army Ferrando



the end of that week. You must be systematic about these goals: write them under the appropriate heading and check them off as you accomplish them. This will not only serve as a reminder of your daily routine, but also shape your actions by reinforcing small bits of behavior to get your desired responses.

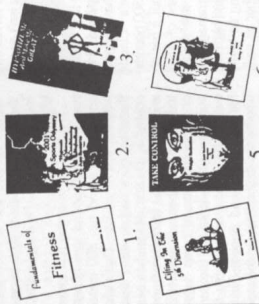
Don't set goals so impossibly high that you insure failure. Set goals that are realistic and flexible. It may not be a good idea to set a goal of a 350 pound bench at the end of a sixteen week cycle, when your present best is only 240. Goals that are totally unrealistic will only lead to frustration and failure. In the same light, watch that you do not set your goals too low. For instance, an increment of 20 pounds in the squat over an eight month period may not challenge your full potential. In short, carefully consider your goals so that they will be challenging, but realistic.

Another important consideration of goal setting is to design a specific strategy or game plan for accomplishing these goals. Just writing a goal down doesn't guarantee you are going to achieve it. Even the aforementioned example of a 50 pound deadlift increment may include a systematic program of auxiliary exercises designed to enhance overall skeletal strength. In all honesty, weightlifters are usually not guilty of a lack of strategy since they usually plan training cycles and incorporate all necessary exercises to enhance the three lifts.

Points to Ponder:
1) Write all your goals down. Establish primary, secondary, and long range goals.
2) Make your goals specific and insure they are easily measured and/or evaluated.
3) Set challenging, but realistic goals.
4) Outline specific strategies or plans for achieving your goals.
5) Most importantly, if at all possible, stay out of concentration camp!

It's a Number-driven Sport Top lifters like Jack Welch, at the Senior Nationals in this photo by John Strauss, set their sights on Big Number goals. Your goal would be to increase your deadlift by 5 pounds a week. Your primary goal would then be a daily goal to increase your deadlift by 50 pounds in a 10 week cycle. This training regimen that would eventually lead to a five pound increment by

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Ted Arcidi recently back from a pro wrestling tour in Australia, continues to lead the SHW USA 550 Club with his epochal 705. Douglas photo.

Table listing powerlifters and their lifts in various categories (SHW USA, HN, SWE, etc.). Includes names like D. Fely, H. Saarela, L. Dnaker, J. White, L. Kidney, E. Brock, J. Morgan, K. Madsen, G. Garrett, J. Carini, D. Hathway, J. Whalley, L. Jacob, K. Rader, J. Wood, J. Tenopay, J. Eversoy, J. Ladnier, R. White, R. Brandon, R. Whelan, J. Wladimsky, R. Pharr, G. Mowl, M. Morgan, J. Whalley, D. Durcan, R. Hby, R. Barbee, K. Kiley, K. Riedland, R. Spackler, J. Martin, K. Mattson, T. Zanupic, V. Lui, R. Widson, K. Farber, P. Parker, P. Parker, K. Rieple, K. Rieple, D. McCoy, J. Merril, D. Arnold, D. Arnold, T. Haynes, R. Grayson, R. Grayson, B. Vickers, B. Plich, J. Gittle, J. Meyer, S. Leonard, S. Leonard.

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# TRAINING

## Russian Training

### as told by Richard Tucker

With some coaxing from my friend and training partner Dave Fillman, I decided to write and share with you our experiences with Russian style training.

I was curious but skeptical after reading Hatfield & Keaggy's articles. After talking to Dave and hearing that his success, and noting that his training had been less phenomenal lately, I decided to go for it. My brother Robert and I decided to try the 9 week version. We took a break after our first cycle, then Dave joined in with us for the second.

The first hurdle was calculating our total work. Simply stated, the Russian Peaking Cycle consists of 4 weeks of increasing high volume work with 80% of your P.R. This is followed by 4 weeks of lower reps with increasingly heavy weights. Week #9 is the week of the meet.

Being as we would not be using training aids until week #7, we felt it was important when calculating our squat percentages (and deadlift) that we first subtract the amount we gain by using suits and wraps before we calculate our 80%. We didn't feel it would be safe attempting a one rep maximum in the squat with no suit or wraps. Robert and I reviewed our old workout books and concluded that suits and wraps added 50-70 lbs. to our squat. Once subtracted this weight could be added back on Week #7, when we were once again using these training aids.

Here's an example. Suppose you squatted 500 lbs. with suit and wraps and decided to try it after you were 50 lbs. to your lift. Here is how we would calculate:  $500 - 50 = 450$  lbs.  $450 \times 80\% = 360$ . You would then begin the program using 360 as your 80% amount in the squat.

To compound matters further, Dr. Hatfield suggests that you add weight each week to compensate for gains in strength. During my first cycle I tried to add 100 lbs. per week, but soon my light days were getting completely heavy. Robert and I decided to add a 5 lb. jump in our 80% estimate every two weeks. Dave made excellent gains without any training aids at all.

You'll note that after we finally started using our lifting aids in the squat we did ascending sets to feel out our strength gains.

Here are some initial observations made by Dave, Rob and I after we'd completed our 2nd cycle:

- This routine soon became fun for beginners. If you don't recognize the telltale signs of overtraining and just your poundage and assistance work accordingly, you could be in for

### Week #4:

Day 1: Squat 345x2x6  
Bench 270x2x6 Day 2: DL 430x5x6 Day 3: Squat 345x6x6  
Bench 270x6x6

### Week #5:

Day 1: Squat 350x2x6  
Bench 275x2x6 Day 2: DL 440x5x6  
Day 3: Squat 365x5x5 (85%)  
Bench 290x4x4 (90%)  
Bench 310x4x4 (90%)

### Week #6:

Day 1: Squat 355x2x6  
Bench 280x2x6 Day 2: DL 460x5x5 (85%)  
Day 3: Squat 450x3, 475x3, 495x3  
Bench 325x3x3 (95%)

### Week #8:

(suit & wraps)  
Day 1: Squat 355x2x6  
Bench 280x2x6 Day 2: DL 485x4x4 (90%)  
Day 3: Squat 495x2, 515x2  
(100% + %). Bench 335x2x2 (100%)

### Week #9:

Day 1: Squat 360x2x2, Bench 285x2x2  
Day 2: Stretching, etc. Meet  
Day: Squat: 473, 496, 518,  
Bench: 319, 330, 341, DL:  
496, 523, 551.

### Week #7:

Day 1: Squat 355x2x6  
Bench 280x2x6 Day 2: DL 460x5x5 (85%)  
Day 3: Squat 450x3, 475x3, 495x3  
Bench 325x3x3 (95%)

There will be a doping control at the 1987 Women's Collegiate and Senior National Powerlifting Championships. In allocating our discretionary resources, it will have first priority. We can give no assurance, however, of providing a doping control at the 1987 Junior Nationals, which is to be held June 13 and 14 at Kansas City, Missouri. The Executive Committee may well decide to use any excess funds to test more lifters at the meets where we are already committed to test.

The 1987 Junior Nationals will mark the first time since 1978 that we have used this term. Between 1979 and this year we referred to this meet as the Nationals or National Powerlifting Championships. We were still trying to break the habit of saying "Juniors," when, lo, the Juniors are back again. To confuse matters, we will here in August a National Powerlifting Championships in Dallas, which expressly will have no doping control.

Again this month we are reproducing for easy reference a selection of our "non-technical" rules. Please xerox this page and keep it for reference.

### HALL OF FAME

The following rules govern Hall of Fame selections:  
(1) No athlete or administrator who was active in powerlifting prior to 1962 shall be eligible for nomination to the National Hall of Fame.  
(2) A new category, "pioneer," is formed with the adoption of this recommendation created, and shall be added to the two present categories of athlete and administrator.  
(3) No persons shall be eligible for nomination to the National Hall of Fame in the category of pioneer who has been active in powerlifting since 1962.  
(4) No athlete is eligible for nomination to the National Hall of Fame who has not been in retirement for at least three years. Retirement for the purpose of this rule, is hereby defined as absence from competition in the Senior Nationals or Senior World Championships.  
(5) Selection of new members to the Hall of Fame in any one year shall not exceed one (1) administrator, two (2) athletes and one (1) pioneer. These numbers shall not be construed to be a quota, which must be filled, but shall be construed to be an upper limit which may not be exceeded.  
(6) Nomination shall not be made from the floor. They must be submitted directly to the Hall of Fame committee for their screening. After screening the names of four athletes, two administrators and two pioneers, shall be submitted by ballot at the annual meeting of the plenary body held in connection with the Senior Nationals. (Source: N.C. Nov. 26, 1979)

2. The Hall of Fame Committee shall screen and recommend to the IFF, American candidates for the IFF Hall of Fame. (Source: N.C. July 6, 1984)

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

## Dr. Conrad Cotter, President

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

### INTERNATIONAL

1. The Executive Committee shall require meet directors to contact the State Chairman verbally first for approval on dates. Sanctions will be approved based on three months cycling time for major meets. Appropriate dates will be picked for non-title meets, and all dates will be coordinated with the Regional Chairman and approved by him or her prior to giving approval to the meet director.

2. The President shall ideally be at least a Category II referee. If a STATE CHAIRMAN IS NOT A REFEREE OR IS A STATE OR NATIONAL REFEREE, he should advance up the ladder as quickly as possible. If the state chairman is not of the desired rank, he or she must study the rule book and become as knowledgeable as an international referee is required to be.

(f) Must administer and keep a roster on the state referee's program. The state referee's test should be a written and practical test of equal difficulty with the national test. The state chairman should administer the test, if he or she is at least a national referee.

(g) Should set up a state finance committee to oversee the spending of state funds disbursed by the USPF, and to generate funds for use by the state committee.

(h) Should keep in close contact with the regional chairman to effectively aid in the administration of the region, and to improve the administration of the state.

(i) Should obtain a copy of the current rule book, make copies of it, and have sufficient copies at meets to sell them to persons as needed.

(j) Should deal with the regional chairman in matters beyond his or her realm, and not deal directly with the USPF President.

(k) Should appoint state officers as he or she sees fit, to run the state organization. If the state is large, Vice Chairman may be appointed.

(l) Will have approving authority of National Referee candidates. This approval should only be given for outstanding referees at the state level. (Until 1986, persons with five years in the sport will be able to take the national test. These people should be screened as closely as possible, and required to pass a practical examination prior to obtaining approval to take the test.)

(m) Will insure that high standards of officiating are kept at all local meets.

(n) Is responsible to see that all athletes are registered in the state by mail or at meets. He should try to get the athletes to register early in the year, so that the USPF treasury can

be planned.  
(o) Should chair at least two meetings of the state committee per year. One should be held at the state championships, and another six months later.  
(p) Should actively seek to get clubs registered in the USPF. Only registered clubs should be allowed to compete in any state administration. All club applications should be processed through the state chair. President.

(q) Should join other state chairmen of the region to elect the new regional chairman for a two year period. (Source: E.C. ballot dated August 15, 1984)

### STATE CHAIRMAN'S REMBURSEMENT

1. The President shall remit to each state chairman fifty cents for each lifter registered and fifteen dollars for each sanctioned meet. (Source: N.C. July 9, 1982)  
2. The President shall remit to each state chairman one dollar for each lifter registered and fifteen dollars for each meet sanctioned. (Source: N.C., July 5, 1985)

### DIRECTORY UPDATE

Region IV Chairman: Dick Armstrong, 6708 Benjamin Road, Suite 500, Tampa, FL 33614, 813-886-0990 (8ym)  
Region XII Chairman: Vacant

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Errors in the results of the Stockton Open ADFPA meet were corrected with a 237.5kg deadlift at 165, and the best woman's lifter was Judith Cain with 115.72.5/147.5 at 335 at 59.4 kilo bodyweight. Also, Sean Warren's name was not included in the results of the ADFPA Nationals, however, he did compete, but bombed in the squat after blowing a suit on his first attempt. At 19, he would have contended for the title.

ADFPF Region 10
27 Sep 86 Colo., Springs, CO (kilos)
Squat 105 57.5 130 292.5

Table listing lifter names, weights, and totals for Region 10. Columns include Name, Weight, and Total. Includes names like B. Cross, D. Gonzales, B. O'Brien, etc.

Admitted to the deadlifts with Jim coming out on top with a new state deadlift record of 232.5 lbs. Adams of the USAF Academy. Glen has improved tremendously every time out. In the 1986 David Gonzalez had a great day, very hard to beat in the state championships this year. He was followed by Mr. O'Brien, and Bryan 'Mr. Fuji' Fujimoto, who will be ready for this year. The 220 lb. Soula went to work after a long layoff from the platform and put together a long total and new state deadlift record. Way to go Jim on the 220 lb. bench press. He has been setting PR's every time out. He is still setting the standard and competitor which the state is very proud of. The judging was again handled splendidly and the results were announced to the athletes on time and in a consistent and superior job of officiating. Plan on attending the Colorado State Powerlifting Championships in March. Mr. Peters will ward to one of the best state championships this state has seen in years. (Thanks to Sgt. Robert H. ADFPA Colorado State Championships (for results).

Gummy's Open BP/DL
16 Aug 86 - McMinnville, OR
Squat 230 310 540

Sunwon Air Base Meet
6 Sep 86 - Korea
Squat 145 140 275

Even though two classes were uncontested and the competitors were novice lifters, everyone was looking forward to improving their totals in the next meet. The meet was directed by AIC Samuel G. Brown and Daniel Pinkston. (Thanks to Daniel Pinkston and Olan base powerlifting coach for results).

Bev Francis....gives you the keys to your KINGDOM OF STRENGTH

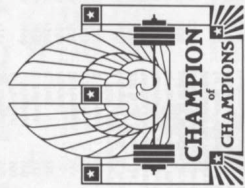
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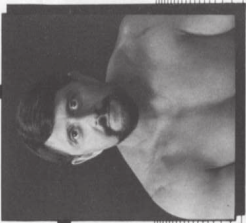
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Colorado	180	112.0
Connecticut	165	105.0
Delaware		
District of Columbia		
Florida	270	148.0
Georgia	180	112.0
Hawaii		
Idaho	150	115.0
Illinois	270	148.0
Indiana	180	112.0
Iowa	165	105.0
Kansas	180	112.0
Kentucky	150	115.0
Louisiana	270	148.0
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Maryland	165	105.0
Massachusetts	165	105.0
Michigan	270	148.0
Minnesota	180	112.0
Mississippi	165	105.0
Missouri	165	105.0
Montana		
Nebraska	165	105.0
Nevada	165	105.0
New Hampshire		
New Jersey	165	105.0
New Mexico	165	105.0
New York	165	105.0
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North Dakota		
Ohio	270	148.0
Oklahoma	165	105.0
Oregon	165	105.0
Pennsylvania	165	105.0
Rhode Island		
South Carolina	270	148.0
South Dakota		
Tennessee	270	148.0
Texas	270	148.0
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Vermont		
Virginia	270	148.0
Washington	270	148.0
West Virginia		
Wisconsin	165	105.0
Wyoming		

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Date of Organization \_\_\_\_\_  
 Names and addresses of Officers of the Club: \_\_\_\_\_

Number of U.S.P.F. members as of date of this application (Minimum of 10 members required) \_\_\_\_\_

\_\_\_\_\_  
 (SIGNATURE OF CLUB SECRETARY)

**HE PASSED THE STEROID TEST... BUT I DUNNO, IS THIS BATTERY PACK LEGAL?**

by KOERT...

### Michigan Championships Sep 86(7) Monroe, MI

Weight	Record
114 lbs.	275
132 lbs.	310
150 lbs.	340
165 lbs.	375
180 lbs.	400
210 lbs.	440
240 lbs.	480
270 lbs.	520

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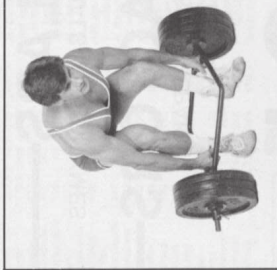
Weight	Record
123 lbs.	170
135 lbs.	210
150 lbs.	240
165 lbs.	275
180 lbs.	310
210 lbs.	340
240 lbs.	375
270 lbs.	410

Weight	Record
180 lbs.	440
210 lbs.	480
240 lbs.	520
270 lbs.	560
310 lbs.	600
340 lbs.	640
375 lbs.	680
410 lbs.	720
440 lbs.	760
480 lbs.	800
520 lbs.	840
560 lbs.	880
600 lbs.	920
640 lbs.	960
680 lbs.	1000
720 lbs.	1040
760 lbs.	1080
800 lbs.	1120
840 lbs.	1160
880 lbs.	1200



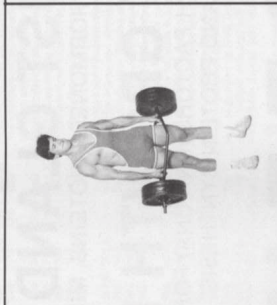


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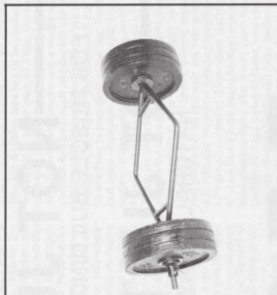
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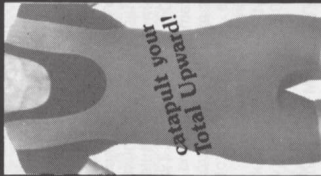
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Designed by Al Gerard, N.C.A.D.F.P.A. Deadlift Record holder in the 198 Lb. Class.

(continued from page 25)  
gold of the competition. The Supers were dominated by the Icelandic Giant, Torfi Olafson, all 6'7" and 365 lbs. of him. Torfi's lifts were not outstanding (661/424/672) but considering the conditions and heat that makes life for a big man miserable it wasn't bad. Torfi delighted the crowd with his appearance and wild antics on stage. His only competition came from a webbeque, round Indian named P. Vnoba Gound. One of our Indian friends on the Punjabi State team (having barely missed his year's National team) had referred to Gound as "Bhooqa" (The Elephant). Indeed, "Bhooqa" got his share of boos from the Indian crowd when he opened his squats with 286 lbs. His first attempt drew three reds!!! He managed to make it on his second, however and made similar lifts to meekly move into second place, and earn India a whopping 9 points, thereby securing the team title. There's no excuse for bombouts, but to be beaten like that (by a scant 4 points) by a lifter whose lifts would earn him dead last in a novice meet in South Dakota was a little hard to swallow. Regardless, I was extremely proud of our team. They showed poise, teamwork and made the best of conditions that were not the best. The banquet was highlighted by one of the Indian lifters asking Billy for a dance (I believe he refused) and a beer drinking (and bottle throwing) contest which was won by Torfi Olafsson who demonstrated amaz-

ing law strength, uncapping bottles with his teeth! Hours later, we were on a boat cruise around the backwaters of Cochín, a little extra touch organized by the meet director Suresh Pai. Yours truly commanedered the boat from the skipper and managed to steer clear of one or two Russian super-tankers!! We left India the following morning back to our "adopted" town of Singapore. After a rather (ahem) tame night at the hotel (yo, Richie, I didn't say a damn thing), we jetted back across the Pacific and on to Los Angeles. As we flew, I kept thinking about all of the exotic sights and sounds of India and Singapore. I don't know about the rest of 'ya, but I'm going back. Aloha til next time, or as the Indians would say, "Namaskar."  
Sponsors: Weightlifters Warehouse (Bill Ennis); Inzer Advance Designs; Marathon Distributing; Titan Suits; Powerlifting USA; Portfolio Management Inc., CA; 66 Credit Union; OK; Corner Deli and Bar, NJ; Precision Motor Cars, Tampa FL; Bonello Construction, NY; Lipton Tea, NJ; Mr. and Mrs. Cope; US Army; Results Travel and Incentives (Laurel Conrad); CA; Mark Krieger; John Kuc; Rick Crain; Chip McCain; George Zangas; Capt. Sean and Melissa Scully (USAF); Michael's Creative Jewelry, Phoenix, AZ; Bartlesville VFW Post, OK; Mr. Antinoro; Arizona State University; Mr. Krieger. Thanks for your kindness and generosity! **The USA Jr. Worlds Team 1996.**

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J. Meyer	203	72	242	473
C. DeGuzman	192	77	203	473
132 lbs.				
J. Meyer	165	88	231	485
T. Tombling	248	110	314	672
B. Bostic	187	88	220	496
D. Herring	154	88	214	457
S. Williams	132	72	220	424
Men				
114 lbs.				
K. Bolor	203	176	275	655
123 lbs.				
G. Camper	281	236	341	859
N. Rodriguez	292	214	362	760
A. Newton	303	192	303	799
148 lbs.				
R. Henderson	378	253	369	997
K. Bolor	309	154	352	716
J. Marquez	209	154	352	716

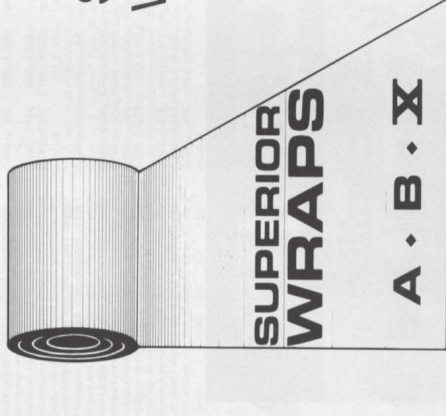
Scorekeepers: Robin Hthech, Tim Kelly, Best Squats: Marva Austin, Clement Green, Mark Sampson, Best Benchpress: Tina Tombling, Kelly vs Austin, Clement Green, John Graham, Best Totals: Marva Austin, Clement Green, Johnny Graham. Team Awards: 1st-Fort Knox Powerlifting Association, 2nd-Union, 1st-118 lbs. Tombling said that they were coming and did not show up. If we are going to continue to host this meet, we need support of other military fitness clubs. We had a pretty good showing by Marva Austin, the top 97 lb. in the Army and Tina Tombling, who is probably one of the top 148 lb. in the world. The 114-132 lb. classes had very little training prior to the meet. The 114-132 lb. classes had very few lifters, but the 148-180 lb. classes had many lifters. In the 148 lb. class Tony Henderson competed in his 1st meet and shows a lot of promise with a little bit of training. In the 165 lb. class Mike DeLoach, Diva Strickland, Roxanne Hack, Mike DeLoach, Diva Strickland, James C. Hart, Announcers: Mark Wicker, Marva Crutcher, James C. Hart, benchpress award.

lified at 181 and weighing the heaviest I have ever weighed I hit some personal bests as well as Fort Knox Records while directing the meet. Don Harvey came up from Fort Campbell and Charute AFB won the 220 lb. class as well as the Best heavyweight benchpress. Johnny Graham won the 242 lb. class and the best deadlift award in the 242 lb. class and the best squat. Mark's squat was only 20 lbs. off the 275 lb. record and he weighed in at only 249.75. Mark will be putting his apparatus into a gym and the book into a full 275. He had some technical problems in the deadlift that cost him a chance to pull a 600 lb. deadlift. In the heavyweight best lifter award fight were Graham, Goldsmith, and Sampson. Though they were only separated by about 5-10 lbs. Graham won the award. Thanks to my members if we feel we can get a bigger turnout. Military lifters, let us know if you want to attend again next year. James C. Hart, meet director.

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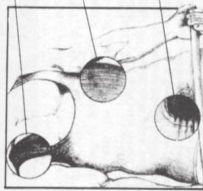
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- 6 DEC (new date) Southeastern Cup Cham...
22 NOV, Peterson AFB Beach Press (Open...
1001, Sp. Promotional Team (Open)...
554-7717 or 596-1898...
6 DEC, 4th Annual Nikos Rhodes Memorial...
22 NOV, Great Lakes Beach Meet (Men...
26th St., Erie, PA 16598, 654-3611 W...
8701 HWY 97, Olympic Health Club...
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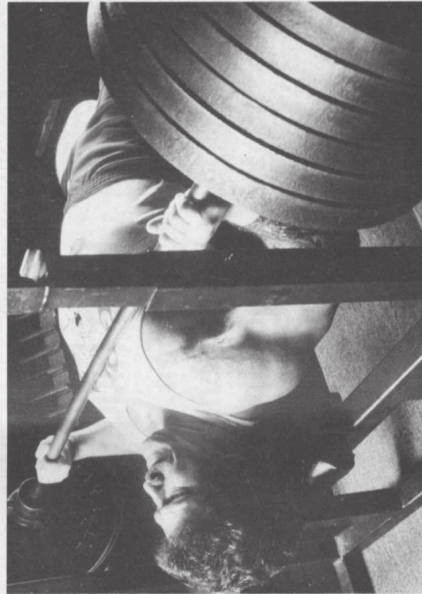
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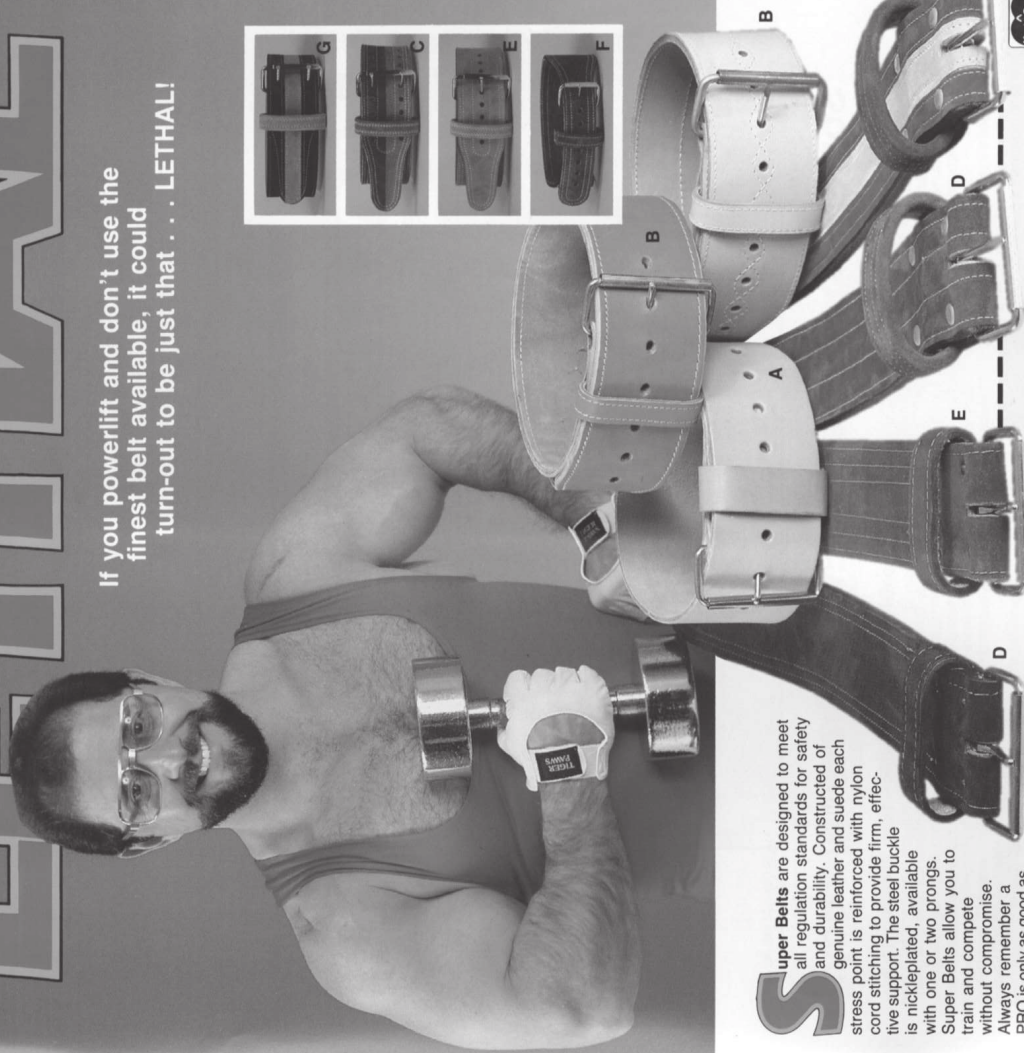
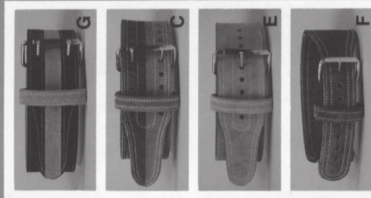
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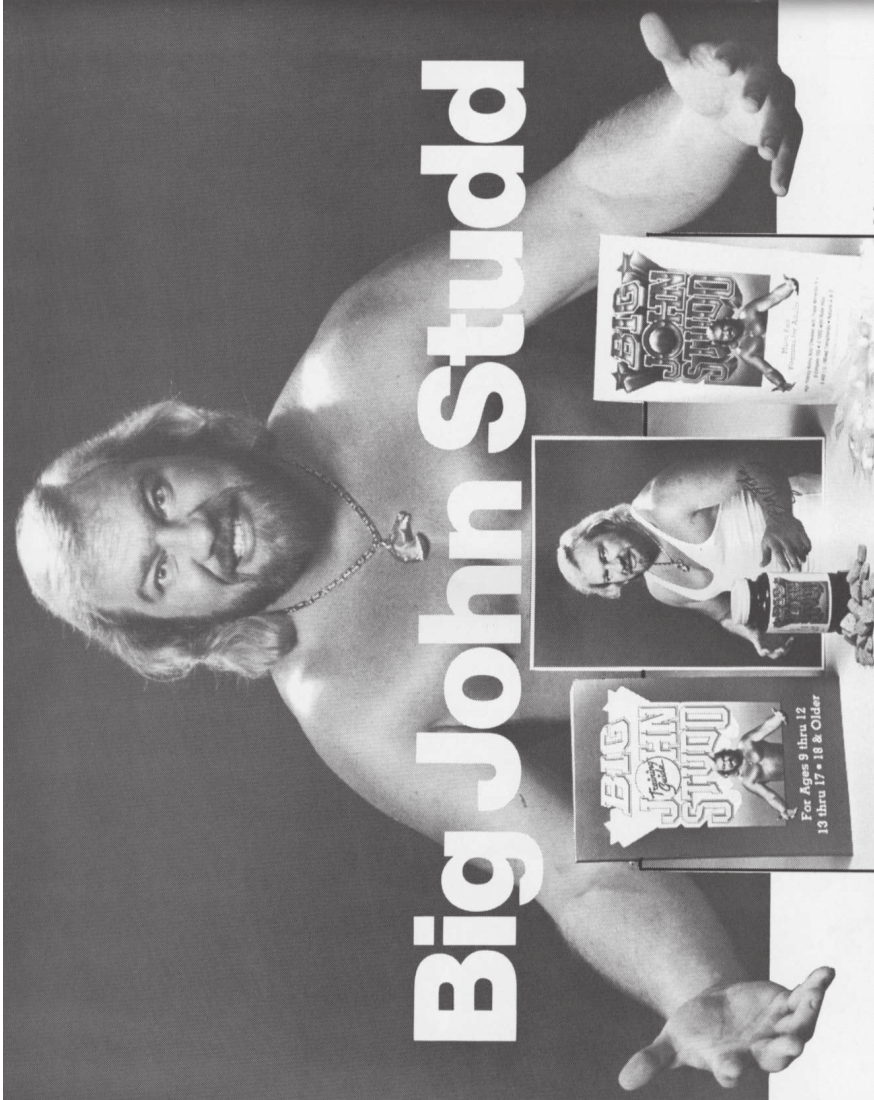
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Every shirt, suit, and brief is made at our own factory where the construction of the apparel is examined closely. Blast Shirts, Erector Shirts, and Groove Briefs, of course, all originated here, including some unique improvements on squat suits. Most of the other powerlifting supply companies have attempted copying our products. The main thing they miss out on is the science of it all. While they are busy trying to copy, we are busy improving our already superior products. Our highly kept secrets in designing and manufacturing, plus our original technological advances, separate us from the competition by a great distance. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer  
Owner

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