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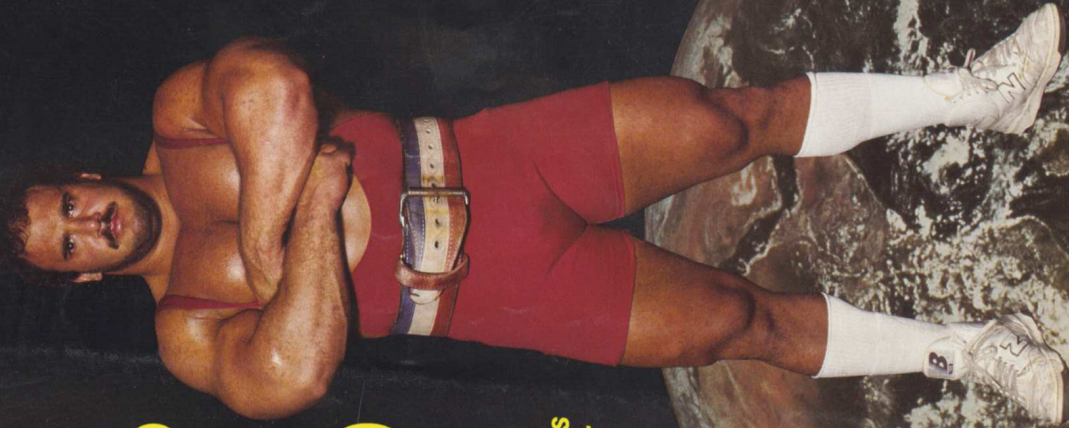
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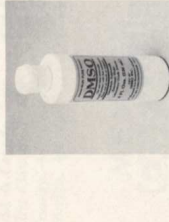
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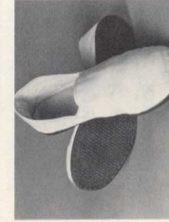
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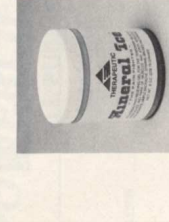
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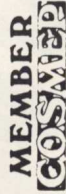
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ON THE COVER...Ted Arcidi remains on top of the bench pressing world. Photograph courtesy of Ted. Photograph of earth from 23,000 miles out, while the astronauts were returning from the moon, provided by PHOTRI, Inc.

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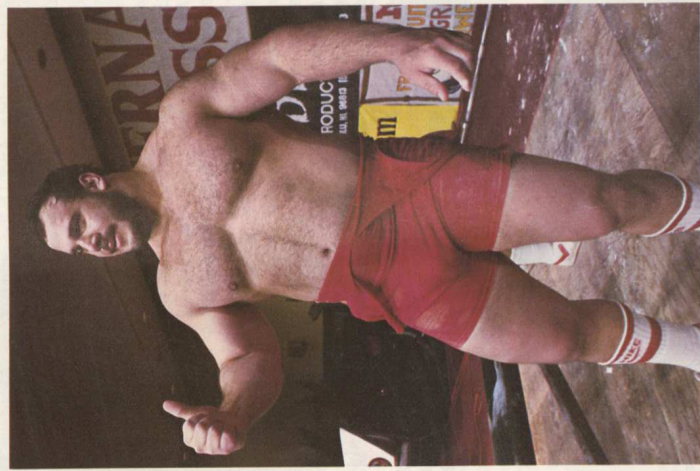
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INTERVIEW

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

TED ARCIDI

World's Biggest Bencher/Wrestling Superstar



PL USA: What bench strength are you able to maintain these days?
Arcidi: When I was out at Gold's Gym, I managed to manage a 675 single. The last time I did a 630-2 1/2 gym did 620-3 1/2. I feel that if I could get a good cycle going, probably hit 740. My behind the neck press is staying the same, 360 or 365 for 3 reps. My triceps are up to par. On French curls to the nose, when I'm peaking, I still get about 355-360 for a set of 6 and I'm curling about 210 for 6 now. My curl seems to just maintain by doing squats. I just maintain by doing 450-500 for 10 reps, because you need your mobility for wrestling.

McMahon (World Wrestling Federation Promoter) and everyone had been telling me that it would be tough to maintain my World Record capability, but all in all, at no time, even in the winter doldrums or when I've been sick, have I been much less than 10% of my best, and that's still pretty good. Anytime I want, I can roll out of bed and do a 600 bench.

PL USA: How about your body weight? Are you still up?
Arcidi: I'm about 285. I try to be around 280-285, because when you get over that you just get too winded in the ring. I could easily go up to 295, even 300 if I have to.

PL USA: How big are your arms and chest now?
Arcidi: The arms are generally around 24", and the chest is probably around 60". The thing that's really gone up on me is my traps. A lot of people have noticed that my traps are bigger. That's not due to deadlifting, because I really don't do a lot of deadlifting. I might do some good mornings and light deadlifts Saturday, but it's from the behind-the-neck press that I seem to pop up.

PL USA: When you go to a gym, while you're on tour worldwide, do people know who you are?
Arcidi: Yeah, with all the media exposure since I got in. It's a marketing angle, because I'm involved with an exercise that's the most familiar to the public, and I capitalize on that as far as any weightlifting buff or anyone in a gym. I get pretty well received in gyms. I'll get ya, I got a nice collection of t-shirts now. It all stems from the little contests I went to in Massachusetts and through New England, and then when I got invited to Gus's meet in Hawaii. I'm glad to see that at least one lift is recognized by the world. They're not into the squat, total or deadlift too much. If I can contribute in one lift, and be the best at it and have people realize that it is an important powerlift, I'm happy.

PL USA: Now that you've done this, other lifters are interested in getting into pro wrestling now.
Arcidi: Yes, it's almost a "monkey

lured a couple ribs. I twisted my ankle, and from going off the ropes I managed to create a bunch of callsuses across my lats.

PL USA: Who will be the next person to bench 700?
Arcidi: It depends: 700 in their backyard or 700 in a meet? I won't recognize a 700 lb. lift unless it's at a big meet, like the Hawaiians or the Seniors, not a hometown meet. I thought Sam Samanago, the way he was gunning, was going to be the next guy. I thought Lee Moran was too, but he seems to be in a stalemate now. I have no knowledge of this Ken Fantano. I've never seen him lift. I find it hard to believe that someone who did 600 a few months ago is supposedly going up to 700 for his next meet. I wish him all the best, and I'll be the first to congratulate him if he goes to Hawaii to do it, under more scrutiny, not at a local meet somewhere.

PL USA: Do you intend to compete again in powerlifting?
Arcidi: I do. I had a talk with a promoter, and I'll either bring the whole circus to Madison Square Garden where I can go for 740, or I'll do it for the cameras in Hawaii. I'd like to do it at a meet, but if McMahon wants it done at Madison Square Garden, I'm sure there wouldn't be a problem getting a sanctioned meet there. I'm up to get 740. I feel that I can do it. I swear I had 720 the last time. I haven't been injured. I've had some inflammation, common inflammation, in my elbows and shoulders, but I still think that explosion is there, especially if when I can work up to a few reps in the low 600s at any given time in a cycle, especially when you're on the road. Right now I'm off until I go to Calgary for a month and a half, and then I go to Japan for two months. I'm off now, and my schedule is a lot better, but when I'm on tour, it's two weeks on and one off.

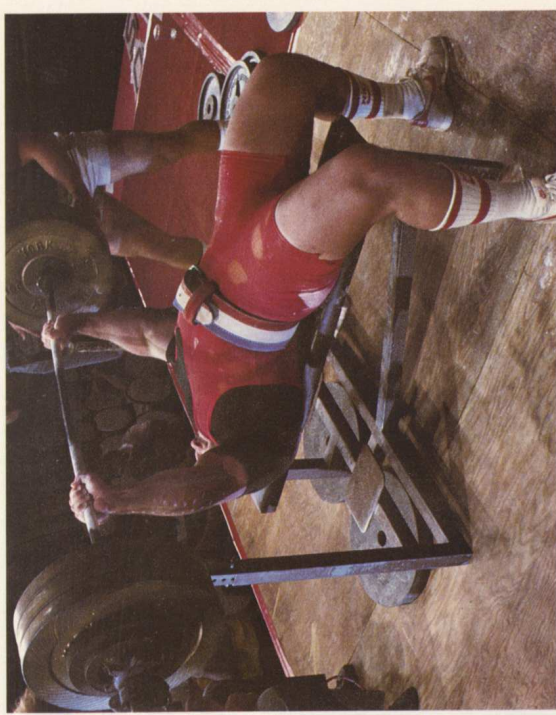
When I'm on for two weeks, I finish midnight, get back to the motel at 11:00, and lift at 12:30. I wake up in the morning, make some phone calls, and lift a few hours earlier than I normally would if I was training back home, probably around 1:00 PM.

Then I take a quick shower, and get on a plane or into a rent-a-car going to the next house. A lot of gymrats in wrestling are different, but my gym-rat happens to be a real one, because I did the weight, and if I don't have a body, I'm out of a job. Paul Omdorj is the same way, he's got a hell of a physique and even if you screw around at night, a lot of these guys like to party and do a lot of things, but I'm basically a nerd. I have my own gym, and I see the most every night, but I like to play it by myself. I train when I want. I eat when I want. I sleep when I want, just like when

I was training for powerlifting. That's my most successful combination.

PL USA: Who are some wrestlers you think could've been great powerlifters, and are really strong?
Arcidi: Tony Atlas would've been a hell of a bencher. I've seen him do 600 at Gold's, and he's on the road a lot. I think Puskys would've. He trained with Young a lot, he told me. Omdorj would've been a hell of a powerlifter. You can tell by the way these guys train. It's funny, I have to mention the style. I used to get so psyched up when I just had powerlifting. I would teach school during the day, and I was even getting psyched up during school to lift, but now I don't even have time to psyche up. I just go in and I do it, and it's great. It's like second nature now. Today I'm going to go down to the gym, and I'm not even thinking about my reps and I'll crank out 570 for 5. I take it for granted that I have to do it; it's part of my regime.

PL USA: How about these guys that make inflated bench pressing claims? How do you deal with that?
Arcidi: I guess I deal with it the same way you do, take it with a grain of salt, and hope that they surface in a good meet. There are inflated claims in wrestling. God knows, and but that's wrestling and you need that synergism with the different types of people so you have an angle to go at. So, it's understood, but as far as I go, I'll either coming up with clean, I'd almost take it in stride. Usually, it's people who don't want to put the work in. I'll tell you, I never made a claim. I always told people I'd do my best. I never told anyone I was going to go for 700 in Hawaii. I just told them I went for my first record, and bombed, and I didn't even lock out 614. I had been telling everyone I was going for 622, so I ate my share of crow.



THAT MAGIC MOMENT when Ted Arcidi became the first man to lock out 700 in competition. Lambert photo

Now, even if I go for a record, I'll just do my best. I find that takes a lot of pressure off me. But, yeah, it pisses me off when you hear people out of nowhere are doing this, or their brother has a friend whose wife's cousin who can do that. "Oh, yeah, he's like you, but he's twice your size." I'd just as soon slap these people in the face. It's par for the course. You get the same thing in wrestling too. I can't believe it. I'm a heel now, but even as a good guy, I was getting a lot of stuff from people. It's funny, you get some people who take this stuff so seriously, like an old lady spitting even if they tried to get the officials' arms, a chest, and shoulders. He should realize that God gave him two should try to utilize all those appendages, all those joints, not just the pieces, because you'll just end up blowing out your pecs. I'd say build up those tris, build up those chest muscles, build up the delts, build up the shoulders, build up the traps, and build up the lats for a great base. Number One, you will have a lesser chance for injury, and I figure you'll look a lot better too.

PL USA: Some wrestlers have a gimmick, and right now yours is strength. You're not going to come out with something new, like wearing a dress, are you?
Arcidi: No way. I'd hang it up. I'd go to another federation. Strength is my gimmick. If someone does break my record, I was always the first to do it, and that's going to hold forever.

PL USA: What kind of money would it take to get you into hard training for a professional bench press championship competition?
Arcidi: I'd say about \$10,000 to \$15,000. I know I could make a lot more money on the road, but just for the sake of doing it in a big meet, I'd have to say that much anyway.

PL USA: Who are some of the lifters you really have respect for?
Arcidi: The lifters I have respect for are the lifters who aren't tied up in politics, and did their records out of their state; Lee Moran, Doug Furnas, Mike Bridges, Mike McDonald set several records out of his state; he used to go to Omaha to do it. I know if I did my record in Massachusetts, even if they tried to get the officials' arms, a chest, and shoulders. He should realize that God gave him two should try to utilize all those appendages, all those joints, not just the pieces, because you'll just end up blowing out your pecs. I'd say build up those tris, build up those chest muscles, build up the delts, build up the shoulders, build up the traps, and build up the lats for a great base. Number One, you will have a lesser chance for injury, and I figure you'll look a lot better too.

PL USA: Name what you think is the most important thing a lifter should do in his training routine.
Arcidi: If he's going to bench, he should realize that God gave him two arms, a chest, and shoulders. He should try to utilize all those appendages, all those joints, not just the pieces, because you'll just end up blowing out your pecs. I'd say build up those tris, build up those chest muscles, build up the delts, build up the shoulders, build up the traps, and build up the lats for a great base. Number One, you will have a lesser chance for injury, and I figure you'll look a lot better too.

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Who Will Be Next to Bench 700? Ken Fantano got an easy 617 at Glenn Stevens' Adirondack Nationals, but missed 661 twice. Still, he's programmed for "707 in 87". Wyoming Superhero Jeff Maddy just cracked a 640 and looks to be on the way up. Even 242 pounder Dan Mlodzeniec has a shot, after hitting a 630 weighing 232, and looking good for 650 right now. Any other suggestions? Photo of Ken Fantano above by Deb Mitzel.

"I'M NUMBER ONE" Ted lets the world know how he feels after his bar-riercrushing 705 bench at the Hawaii Invitational in 1985. Lambert photo.

various wrestling federations right after the Hawaii Invitational, and I realized that pro wrestling is a fine line between sport and entertainment. We're out to show our athletic ability and at the same time be very flamboyant. There's a lot of crowd psychology involved with the basic villain-hero situations. I thought it'd be easy, but when I went to wrestling camp I learned you have to read the crowd, and you have to be able to read the crowd. I just wouldn't sell to the public. I think the big thing that sells with me is my thick shoulders, and my stature. I mean, there are big guys in wrestling, but I feel that musculature, anyway, I'm probably the biggest, just pass it by, if you don't overexpose yourself, for instance when lifting up an opponent, it's almost lost. I will say that a lot of the stuff I see, I had my consultations with

see, monkey do type of crescendo there. It was that way with football. Kaz and a lot of lifters, including myself, thought they might have a flat for football, but it's not as easy as you think. I had to go to a 6 month training school for wrestling, and you have to, Number One, be marketable. In my case, it's my size, although the record helps. With guys who are smaller, but still bench a lot, it just wouldn't sell to the public. I think the big thing that sells with me is my thick shoulders, and my stature. I mean, there are big guys in wrestling, but I feel that musculature, anyway, I'm probably the biggest, just pass it by, if you don't overexpose yourself, for instance when lifting up an opponent, it's almost lost. I will say that a lot of the stuff I see, I had my consultations with

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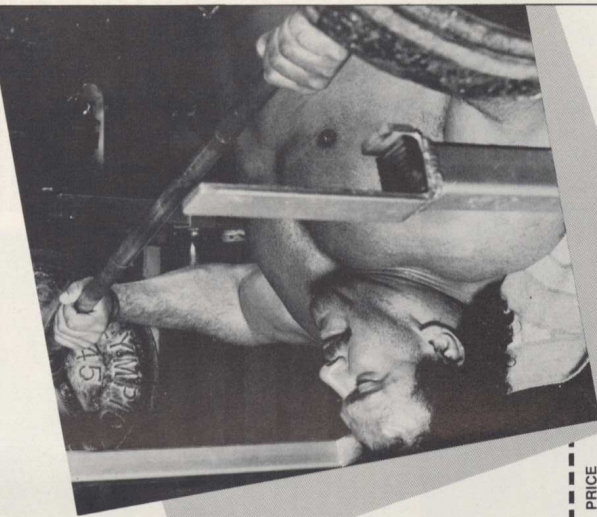
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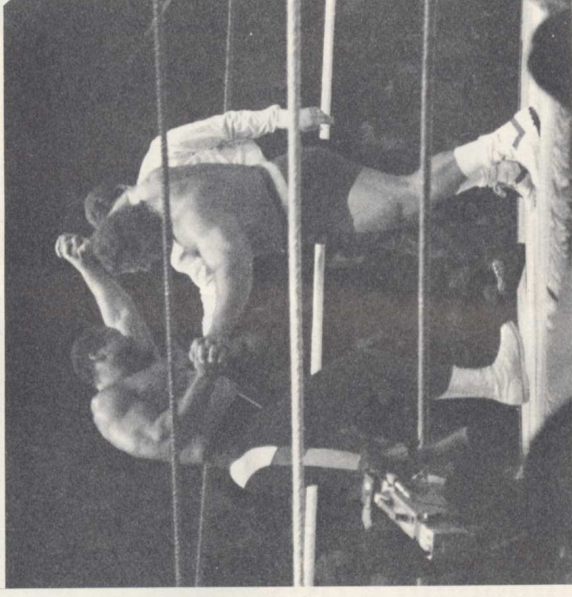


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POWER PROFILE

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

Ted Arcidi 'Hammerlocks' Professional Wrestling as told by Peter Vuono



Test of Strength as Ted Arcidi and Tony Atlas grapple with each other in Boston. Photo by Vuono

From 1920 to 1932 there was a wrestling phenomenon by the name of Ed Lewis who won the world heavyweight wrestling championship 5 times. Lewis was known for extraordinary upper body strength and made simple immobilizing grips such as the headlock and bearing into true submission holds as a result of his tremendous power. He was dubbed the "Strangler" and there has never quite been another like him, until now.

Yes, sixty-five years later, the true successor to Ed "Strangler" Lewis has appeared upon the wrestling scene. This man is known to powerlifters as Ted Arcidi, history's greatest proponent of the bench press. Although he has been wrestling professionally for only slightly over a year, his story is already an exciting one.

On March 3, 1985 in Honolulu, Hawaii, Ted Arcidi bench pressed 617, 650, 677 and an historic 705.5 to become the first man to officially register a 700 lb. bench press. Although some claimed to have succeeded unofficially with this much weight, Teddy was definitely the first to conquer the massive weight in a bona fide contest, consummating a lifelong dream.

Teddy went about it as a record of sorts. He officially bench pressed 600 or more pounds 4 times, successfully, in one meet. To my knowledge, this is the highest number of successful attempts achieved in one meet with this weight. Casey and Williams had benched 600 or more twice, but Arcidi did it three, but preceded times in one single meet. Having conquered the 700 lb. mark, Ted Arcidi looked for a challenge in other areas of strength. Since he had long been a wrestling fan, he opted with the idea of pro wrestling. He had the strength, size and determination, but lacked one important ingredient: a contact. This would soon change.

On January 5, 1985, on a frigid winter's night, North American Powerlifting Champion Steve Sanderson took Teddy and me to the famed Boston Garden. It was here that Sanderson introduced us to THE LEGEND Ken Patera. Most people who are involved in lifting know very well that Patera was the first American to clean and jerk and Olympic press 500 pounds overhead. His 500 lb. power cleans and 650 lb. front squats were also legendary. Ken warmly and openly welcomed us. One could feel the charisma that this man possessed as he enthusiastically spoke of his lifting and wrestling endeavors. It was truly a thrill sitting just outside the locker room watching wrestling's greatest stars walk by. As we sat that evening and watched Ken take on the sporting world's largest athlete, Andre the Giant, Teddy sat and wondered if the wars of the squared circle were really for him. He would go home and sleep on it.

dy forced the hapless Mario Mancini to submit by using the "back breaker," a hold made popular by Bruno Sammartino and "Superstar" Billy Graham. From here Teddy's career just took off. He kept taking on bigger and better opponents, defeating all of them. In February of 1986, exactly one year after he made his initial contact, Teddy almost squeezed the life out of Bob Orton's little brother Barry O at the Boston Garden using his bear hug. He teamed up with Filaia King Tonga in April of this year and together they made a superb tag team combining Tonga's martial arts ability and Teddy's strength. In May of 1986 this tag team defeated a duo which included another powerhouse, Dave Barbee.

On May 5, 1986, in Boston, Teddy took on his toughest opponent ever, 6'10", 365 lb. (or thereabouts) Big John Studd, who also claimed a 700 bench press. This claim only served to enrage Teddy who was never really at a disadvantage at any time during the match. The 15,000 home town fans screamed their approval as Teddy scooped Studd up to slam him, but Studd hung on for dear life to the ring ropes. In his zeal to punish Teddy, Studd stepped outside of the ring. As the battle continued outside, both competitors were bounced out.

As the battle continued outside, both competitors were bounced out. Teddy fought Tony Atlas in Boston. After he posted an official 540 lb. bench press and fans were treated to seeing two of wrestling's strongest combatants battle it out.

Arcidi has faced the very best and a title shot is certainly imminent for him. He has defeated hundreds of opponents and has never lost by a pinfall or submission. This can only be beaten by one other athlete, Andre the Giant. Teddy is therefore in elite company. It's obvious that he's climbing the pinnacle of wrestling as he did in powerlifting, and we wish him well on his way to the top.

TRAINING

Perk Up Your Training by 4-Time World/ADEFA Champion John Kuc

How many individuals have you seen who have begun a powerlifting program with all the enthusiasm in the world, and four months later are never seen again? I have seen this happen countless times. The main reason these individuals quit is lack of enthusiasm.

One of the toughest, if not the toughest aspect of weight training is sustaining enthusiasm over a long period of time. The repetitiveness of the training session, the nagging injuries that just don't seem to heal, and lack of a specific motivation are just some of the reasons your training may drag. Whether you are training for competition or just general fitness, your workouts can become very grueling and repetitive. This will wear you down mentally as well as physically.

There are very few if any individuals who do not experience this. When you hit one of these periods it becomes very difficult to get yourself up for your workouts. This is the type of problem that will compound itself. Since you are not up for your workouts you don't train with your normal intensity and consistency. Consequently you don't make progress. This only makes you more discouraged and your workouts become even tougher. It becomes a vicious cycle that gets worse and worse.

Everyone goes through these periods, so don't feel that you are alone. They happen to the home trainee who just trains for size and strength, and it happens to the competitive athlete training for a contest. I can assure you it has happened to me. How you handle this situation is the important thing. This is what will make or break you. Your training is only as good as the things are going to make you a trainee who is tough. If you can't cope with these periods it will have a devastating effect on your overall training and may carry over into your everyday life.

Now that I have shown you what it means to be thoroughly discouraged, I will attempt to tell you how to get out of this situation. One of the best ways I have found to combat this lack of enthusiasm is by setting goals or challenges for yourself. A goal or a challenge allows you to strive for something. It gives you the incentive to push when you might otherwise slack off. It takes your training out of the doldrums and makes it exciting again. A goal or a challenge gives you an immediate form of competition. That competition can either be against yourself or with your training partner. What it really accomplishes is that it makes you train hard when you otherwise might not.

The second type of goal, the one

nique you must determine what time frame works best for you. Some individuals respond best to a goal that will take sixty to ninety days to accomplish, while others work best within one workout. Some use a combination of both. Once you determine what time frame works best for you, you can begin setting goals.

The first reaction is usually, "I don't know what to set as a goal." It really is very simple. Your goals don't have to be elaborate. As a matter of fact, the simpler the goal the better. All you have to do is think of something you would like to accomplish, set a reasonable time to do it in, and you have a goal. When someone is really stumped for a goal, I will usually suggest that they would look much better if they lost ten pounds, or their thighs could use another notch to get them started.

You must make sure your goal is realistic. If you make your goal too easy to accomplish you will not create the necessary drive in me and your goal effective. If on the other hand, you make your goal too difficult, you will quickly become discouraged and lose the effect that will be gained. When you set to come up with something that will take you, but not kill you. You can't put 50 lbs. on your bench press in three weeks, nor would you want to increase it only five pounds in three months. Use common sense when setting goals.

So far we have discussed only individual goals. If you have a training partner or partners you can make joint goals. This will give your training sessions a competitive state that will cause you to train harder. Who will be the first to add 15 pounds to their squat? Who will deadlift 500 lbs., etc.; the possibilities are endless. If your abilities or bodyweights are substantially different your goals should be adjusted based on this. Years ago a group of us used to train together on Saturday mornings. This was a heavy deadlift day and although our abilities were different we still were able to use this technique.

Before our workout we all agreed on what the session would consist of. The individual who did not successfully complete his workout would buy lunch or ice cream for the others. Something this simple really worked. The great thing about goal setting is that there are the limitless possibilities. Goal setting is something that can go on forever. There are endless numbers of goals and these goals can be varied. It is a great way to pick up your training and keep you going when the enthusiasm is gone. Give it a try and I am sure you will like it.

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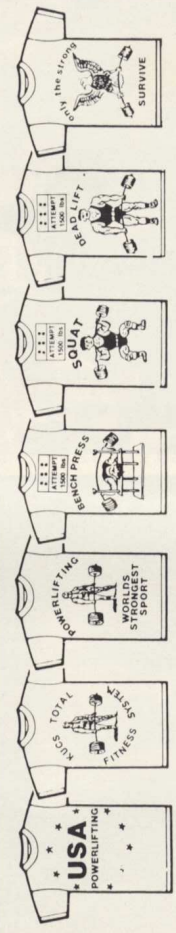
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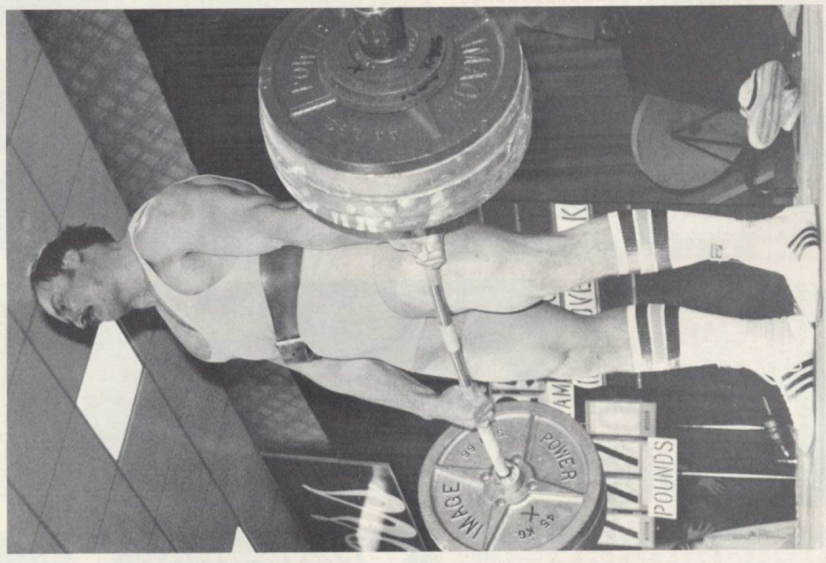
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John Kuc reached a major goal when he totaled 2204 at the 1980 Worlds. Martinez photo

Ladies! YOU CAN DO IT ALL!!!

Not too long ago, I undertook a unique sequence of intense weight training cycles. The experience was educational, stimulating, and gratifying, in every respect. I feel some of my observations will be valuable to other powerlifters and would like to relate the applicable conclusions to the readers of *Powerlifting USA*.

As a competitive powerlifter, I placed 4th at the Women's National Championships in Chicago in January, 1983 (105 lb. class). Immediately following the Powerlifting Nationals I began 4 months of serious training for the olympic lifts. In May, my efforts were rewarded with a 3rd place finish at the Women's Olympic Weightlifting Nationals in Milwaukee. For the next 5 months I trained intensely for bodybuilding competition. This endeavor culminated in a 4th place finish at the National Bodybuilding Championships in San Jose, California, and a 15th at the American Bodybuilding Championships in Denver, Colorado.

My first observation is that careful planning of the competitive year is essential. The chances for mishap in one's preparation for competition, both physically and mentally, are so great that every effort must be made to control, or at least be aware of, the multitude of diverse variable factors. When my husband Jim and I decided to attempt our course of action we mapped out our course of action as much detail as possible. Once we had developed what we believed to be a logical, comprehensive plan of attack, it was only a matter of days before numerous unforeseen circumstances necessitated revisions, adjustments and adaptations. Fortunately, by keeping sight of our ultimate goal, we were able to sidestep the obstacles and deal with the roadblocks that confronted us.

While planning your competitive year, be sure to distinguish between short term enthusiasm and long term practicality. I do not consider my competitive schedule for that year a

BUT IT AIN'T EASY... Powerlifter Gayle Hall made Iron Game History, when she placed in the TOP 5 in National Competition in Powerlifting, Olympic Lifting, and Bodybuilding, all within the same year!

Of course, practicality is not the only factor on which you may base decisions of this sort. Long term goals, and the reasoning behind them, are strictly personal in nature. My husband, Jim, is my coach and training partner. He developed training programs based upon my interests, desires, abilities and available time. It was a rather unique approach, but it worked far beyond my greatest expectations.

Olympic lifting had benefits for me that were transferable to bodybuilding and powerlifting in two main areas. My deltoid and trapezius development increased significantly. The deltoid improvement may have been duplicated with an equivalent amount of presses, lateral raises, and upright rowing that one might do in a general bodybuilding shoulder routine, but the trap development was different, better by far than the deadlifts and shrugs I had done before.

The other area of transferable benefit from olympic lifting to powerlifting was in overall increased kinesthetic awareness, which helps significantly in one's ability to complete an attempt successfully. The snatch and clean and jerk are almost gymnastic moves, relative to powerlifting, and require a great deal of speed, balance, timing, coordination and strength. Completing your opening attempts in these lifts is an accomplishment in itself. "Relaxed awareness and fluidity" are the mental and physical states one strives for in their effort to impart "emotional content" into the lift. I now approach my powerlifting attempts with more confidence and control, even though I did not feel particularly deficient in that area previously.

Although there were transferable benefits that I derived from olympic lifting, any objective analysis of a training system requires comparison with alternate systems that might have been used in place of the experimental system. I feel my overall strength dropped somewhat during



★ **POWERLIFTING**...at left Gayle Hall is in action at the Women's National Powerlifting Championship (Lambert photo).
★ **BODYBUILDING**...in the photo above by Kathy Tuite Leister, Gayle is winning the MS. IRON WOMAN title.
★ **OLYMPIC LIFTING**...in the Bruce Klemens photograph at right, Gayle is competing in the 1983 Women's Nationals

this period of olympic lifting. The snatch and clean and jerk did not effectively tax my strength level. The amount of specialized coordination and the necessary technique development detracts from the total advancement of one's ability in powerlifting or bodybuilding when compared to more specific training for the target sport. Olympic lifting is very worthwhile and fulfilling on the merits inherent in the sport and the technical benefits to add to the other sports that they enhance.

The relationship between bodybuilding and powerlifting is much more compatible in terms of system augmenting the overall advancement of progress in the other. If I were to compete in only one of these sports from now on, I can't imagine not switching to the other for some reason toward continued improvement in the selected specialty. I realize that bodybuilders frequently switch to heavier weights, lower reps, longer rest periods, and fewer workouts during their off season as a means of gaining strength and size. But I would take things a bit further. Instead of switching to "more basic

movements, fewer reps, and heavier weights," I would select goal weights for a single rep in the squat, bench press, and deadlift (maybe a couple of other movements also) and work hard to attain those PRs. Singles out- side of competition, are potentially dangerous, and mainly for ego gratification. Free heavy reps would be more productive than one single as a means of building additional strength. However, once I squatted with 285 lbs. a single I had a complete mental attitude shift. I was ready to do reps with 240 lbs. I was ready to do reps with 105 lbs. I'm blue in the face. My pursuit of high numbers has the effect of reorienting my attitude towards repetitions (for a while, at least). Mental attitude is so important that I would intentionally undergo periods of "less-than-peak-efficiency" (the singles) in order to re-establish the attitude I need for continued forward progress. If I have just come off a period of higher reps, short rest periods, negatives, supersets, etc., I'm physically and mentally ready for singles. My joints and connective tissues are ready for the change. It's a relief to do a low low rep set and quit for the day. Although there is

★ **Family:** Gayle gave birth to Jill Teresa Hall on September 25, 1985, and with her husband of 12 years, Jim, is building a new home in Auburn, CA
★ **Career:** Gayle served as Assistant Professor in the Department of Health and Movement Studies at Mills College in Oakland, CA prior to delivering her baby. She is now developing new weight training programs; lecture classes on theory and basic knowledge as well as the physical exercise, to "legitimize" iron sports for women to a greater degree and improve their general acceptance.

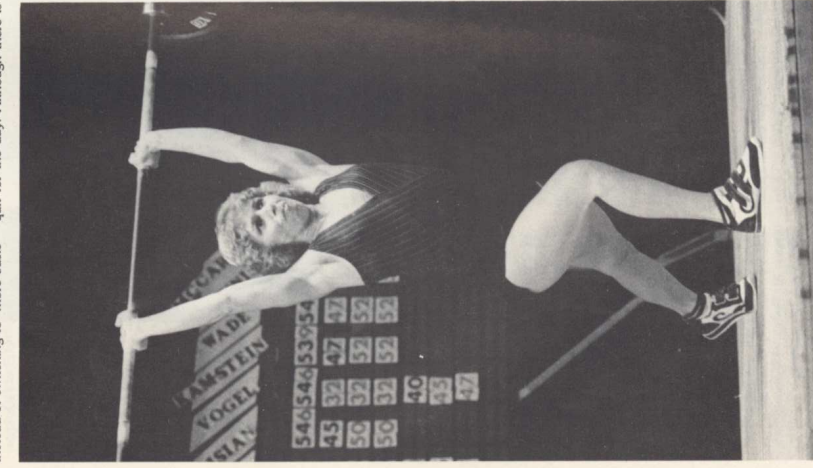
es in terms of repetitions with moderate weights. My triceps got considerably stronger from extensive long tricep extensions. You get anxious to apply this new strength and development to the big weights. My width in the lats was lacking at the beginning of my bodybuilding training and I therefore placed special emphasis on them. The improvement was considerable. The lats are not the prime movers in the deadlift, but they help somewhat. My improved confidence in this area had to be worth 10 pounds alone.

A final benefit I personally received from competitive bodybuilding is more complete control over my bodyweight. In the past I have been concerned and actually worried (panicked) about making weight for powerlifting competitions. The low bodyfat content necessary for competitive bodybuilding has given me a new outlook on controlling my own weight, and I now realize that I can still add substantial amounts of new muscle without having to jump up a weight class.

The bodybuilding experience was extremely worthwhile in terms of powerlifting progress for me. I believe I would not have made the same degree of progress had I practiced powerlifting for the entire year. Of course, a completely objective double blind study is physically impossible in a case like this. Intuitive observation is about the best we can do. I firmly believe this kind of training will lead to an improved powerlifting total. The benefits I derived are real, and I will continue to make competitive powerlifting an integral part of my bodybuilding training, and vice versa. I believe that is the most direct route to success in either sport, when applied with a little common sense and allowance for individuality. I would strongly recommend such a system to other powerlifters.

Gayle Hall originated and coached the only collegiate Women's Powerlifting Team on the West Coast. She is the 1982 Ms. Iron Woman, and has the noted distinction of placing in the top 5 in her weight class in the 1983 National Championships of Powerlifting, Bodybuilding, and Olympic Lifting.

MIGHT YOU BE INTERESTED IN WOMEN'S OLYMPIC LIFTING?
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Casey Rennett's Drug Free Bench Routine

I started powerlifting approximately nine years ago, initially trying every routine that crossed my path. Some worked and some did not, but what I did find is that no matter what routine you are on, the most important thing is intensity. If you go on this workout, you will have to put your ego aside for a while because every repetition is done with legitimate competition form and a legitimate competition pause. This intensity will build the major muscle groups faster. First of all, slowing the repetition down, by pausing rather than hitting a touch and go rep, will build muscle rather than relying on muscle elasticity for the explosion off the chest through transition and also reduce the risk of injury. The reps and the maximums will come back and when they do, you will definitely be stronger. This article is written with the drug free lifter in mind. Training drug free means you have to allow extra time between workouts and I stress extra. I believe that if you want to be good at a lift, you must train the lift, keeping in mind discipline and watching the warning signs your body gives you. My routine is very simple and straight forward. It is based on a Monday and Friday interval, only benching heavy once every seven days and only the other day only doing light sets. My best progress has been on this routine. In drug free lifting, going your muscle groups time to rest is more important than the actual lifting. This is important. I personally believe that winning things from you back and also let's you coast when you can't. If your best performance from last workout, you didn't put forth your all, mentally or physically.

This workout has helped many of my training partners. I tell them, stay with it for one month, then I was wrong in every case, however, the latter has not been true. Some of you will think that I cannot progress unless I do the regimented sets and assistance exercises. All I can say is to try it and see what happens. I will give you a ten week cycle, assuming a 400 lb. maximum coming in.

Keep in mind: every set and every repetition is to be done as a contest single, with a legitimate pause between each repetition, even in your



Casey Rennett put his bench on display at the A.D.F.P.A. Nationals in 1986 and got the best lift in the 242 lb. class. What a barrel chest this guy's got. He may not be named after Pat Casey, but he sure is built like him. Casey's best ever bench is 525 at 236 lbs. Photo by Mike Lambert.

Warm-Up: This should be done before every workout, light or heavy. It consists of: trunk twists, shoulder rotations, full upper body, plus trunk and leg stretch-out (whatever works the best for you).
Week 1: 135x6 (or as many as takes to get loose), 225x6, 300x5, 310x5, 320x5, 340x1, 250x5 narrow row (don't forget to pause every repetition), 260x5, 270x5. Incline: 135x6, 185x6, 225x4, 240x1 or 2 Light Day: 135x6, 225x6, 275x10, 275x10, 250x2x8 narrow. Pause every repetition.
Week 2: Warm-Up: 135x6 (or as many as it takes to get loose), 225x6, 310x5, 320x5, 330x5, 350x1, 260x5 narrow (pause every repetition), 270x5, 280x5. Incline: 135x6,

135x6, 225x5, 250x1 or 2. Light Day: 135x6, 225x6, 285x10, 260x2x8 narrow. Pause every repetition.
Week 3: Warm-Up: 135x6, 225x6, 315x5, 325x5, 335x5, 355x1, 270x5, 280x5, 290x5 narrow. Incline: 135x6, 200x6, 225x6, 260x1 or 2. Light Day: 135x6, 225x6, 290x10, 295 or 300x10, 270x2x8 narrow. Pause every repetition.
Week 4: Warm-Up: 135x6, 225x6, 315x4, 330x4, 340x4, 360x1, 275x4, 285x4, 295x4 narrow. Incline: 135x6, 210x5, 225x5, 270x1. Light Day: 135x6, 225x6, 300x8, 305 or 310x8, 275x2x8 narrow.
Week 5: 135x6, 225x6, 315x4, 335x4, 345x4, 365 to 375x1, 285x4, 295x4, 300x4. Incline: 135x6, 225x4, 250x4 or 4, 275 to 285x1. Light Day: 130 to 320, 2x6, 8, 280 to 290, 2x6

Week 6: 135x6, 225x6, 315x4, 340x4, 350, 360x4, 370 to 385x1, 295x4, 300x4, 305 to 310x4 narrow. Incline: 135x6, 225x4, 260x3 or 4, 280 to 295x1. Light Day: 135x6, 225x6, 320 to 335, 2x6 to 8, 285 to 295, 2x6 narrow.
Week 7: 135x6, 225x5, 315x3, 355x3, 360 to 370x3, 380 to 390x1, 300x3, 315x3, 320 to 330x3 narrow. Incline: 135x6, 225x4, 275x2 to 4, 295 to 305x1. Light Day: 135x6, 225x6, 330 to 340, 2x5 to 6 reps, 300x2 of 5 narrow.
Week 8: 135x6, 225x4, 315x3, 365 to 370x2 or 3, 380x2, 390 to 395x1, 305x3 or 4, 320x3 or 4, 335x3 or 4 narrow. Incline: 135x6, 225x4, 280 to 285x3, 305 to 315x1. Light Day: 135x6, 225x6, 335 to 345, 2x5 to 6 reps, 300x2 or 5 reps, narrow, 2 sets.
Week 9: 135x6, 225x4, 325x3, 350x2, 385x2, 400x1, 305x3, 320x3, 330x3 narrow. Incline: 135x6, 225x6, 250x4. Light Day: 135x6, 225x6, 315x5 for 2 sets, 300x3 for 2 sets narrow.
Contest Week: 135x6, 225x4, 325x2 or 3, 350x1, 385x2 opener, 400x1 2nd attempt, 415 to 420 No assistance 3rd, 300 for 3 sets of 3 reps, 225 for 3 sets of 6. On Thursday instead of Friday: 135x6, 225x5, 300x8 just to loosen up.

Week 10: 135x6, 225x6, 315x4, 340x4, 350, 360x4, 370 to 385x1, 295x4, 300x4, 305 to 310x4 narrow. Incline: 135x6, 225x4, 260x3 or 4, 280 to 295x1. Light Day: 135x6, 225x6, 320 to 335, 2x6 to 8, 285 to 295, 2x6 narrow.
Week 11: 135x6, 225x5, 315x3, 355x3, 360 to 370x3, 380 to 390x1, 300x3, 315x3, 320 to 330x3 narrow. Incline: 135x6, 225x4, 275x2 to 4, 295 to 305x1. Light Day: 135x6, 225x6, 330 to 340, 2x5 to 6 reps, 300x2 of 5 narrow.
Week 12: 135x6, 225x4, 315x3, 365 to 370x2 or 3, 380x2, 390 to 395x1, 305x3 or 4, 320x3 or 4, 335x3 or 4 narrow. Incline: 135x6, 225x4, 280 to 285x3, 305 to 315x1. Light Day: 135x6, 225x6, 335 to 345, 2x5 to 6 reps, 300x2 or 5 reps, narrow, 2 sets.
Week 13: 135x6, 225x4, 325x3, 350x2, 385x2, 400x1, 305x3, 320x3, 330x3 narrow. Incline: 135x6, 225x6, 250x4. Light Day: 135x6, 225x6, 315x5 for 2 sets, 300x3 for 2 sets narrow.
Contest Week: 135x6, 225x4, 325x2 or 3, 350x1, 385x2 opener, 400x1 2nd attempt, 415 to 420 No assistance 3rd, 300 for 3 sets of 3 reps, 225 for 3 sets of 6. On Thursday instead of Friday: 135x6, 225x5, 300x8 just to loosen up.

P.S. GOOD LUCK!!

In December of 1985, while training for the Texas Classic, Paul Brodeur squatted a climactic 1010 pounds. However, he was actually on a downward spiral, he was overtrained, and he had a pinched nerve in his right arm and shoulder, severely crippling his bench. He lost two inches in the right arm, was unable to bench 225 for a double, and was sidelined for eight weeks. When he returned from this layoff, he decided to specialize in the squat sets to help an injury heal totally. Paul decided to go to the Lost World Open and plan to squat 950 lbs. He had lost too much conditioning from the layoff and was crushed by 920 pounds twice. He was disappointed, but vowed to return with a stronger and better conditioned body. He searched for a routine that would help him attain the conditioning to squat over 900 pounds again. This is where Fred Hatfield enters the picture.

Brodeur called Hatfield to discuss the six week strength gain routine. Hatfield gave him some pointers on how to accommodate the routine to his recovery ability. Paul finished the routine and attained the 5% strength gains Hatfield had predicted. He was eager to start Hatfield's nine week peaking routine, so he called Fred to get some last minute words of wisdom. His secretary said, "He is not in. He's in Dallas speaking at the Dallas Cowboys' Speed Training Conference." Since Paul lives in Fort Worth, he drove the thirty miles to Dallas in hopes of talking with Hatfield. It was worth the trip; they conversed for a couple of hours on the peaking cycle and ergogenic aids. Jeff Everson is right when he says, "Fred's a genius." He is also one classy guy.

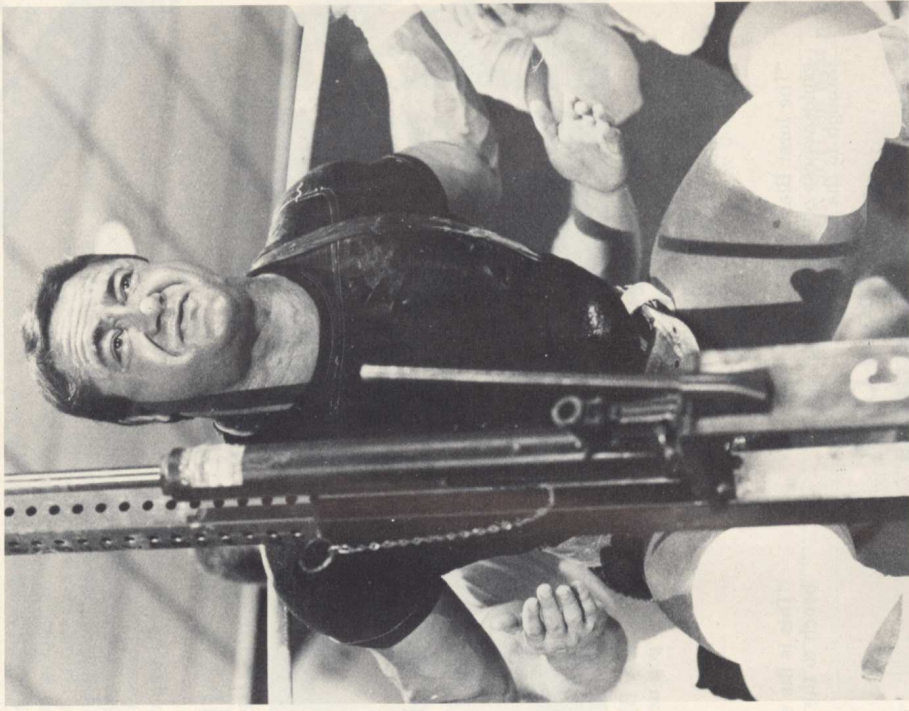
After their talk, Brodeur began the peaking cycle and planned to go to the Sooner Invitational. He seemed to be progressing well, in the beginning of the cycle. Four weeks along, he squatted 700x6x6, benched 385x6x6 and deadlifted 620x6x6. He was achieving what he was looking for, a new level of conditioning. His body weight stayed the same, but he was thicker in the chest, back, and thighs. By week seven Paul was mentally burned out. He said he "felt depressed and wasn't sure why I was punishing myself like this." He also wondered whether he should go to the meet.

Brodeur didn't go to the gym for ten days. He returned to determine whether he should continue training for the meet. He decided to squat 825 for a single, a weight he had planned to do for three, ten days ago. He squatted it so strongly he did it for three. He also benched 450x2 and deadlifted 735x3 on the same day. Five days later he squatted 875x3 and benched 465x1 (if not for an elbow injury suffered while doing pushdowns he would have benched 500 pounds.) Paul was confident and decided to go to the meet.

At the meet, he squatted 947, benched 451, and deadlifted 744; for a personal best total of 2,143. If not for two mental errors, Paul's anxiety during the squat (the old good morn-

TRAINING

Russian Peak Revisited as told by Bacileo Jonathan Murray



Below... Paul Brodeur won the Junior Nationals in 1984, while competing in the superheavyweight division.

instinctively must be acknowledged. If one feels overtrained during a cycle, one must re-evaluate and adjust the poundages or intensity to what can be handled. Thirdly, the lifter needs to take an active role in recovering between workouts. One can aid one's recovery by taking whirlpools, receiving sports massage and using other ergogenic aids. The of the continuing factors to Paul's success was that he took whirlpools and received sports massage within

ings with his first two attempts, which is another story in itself) and a miscalculation in timing his deadlifts warmups, he would have squatted 970 pounds and deadlifted 788.

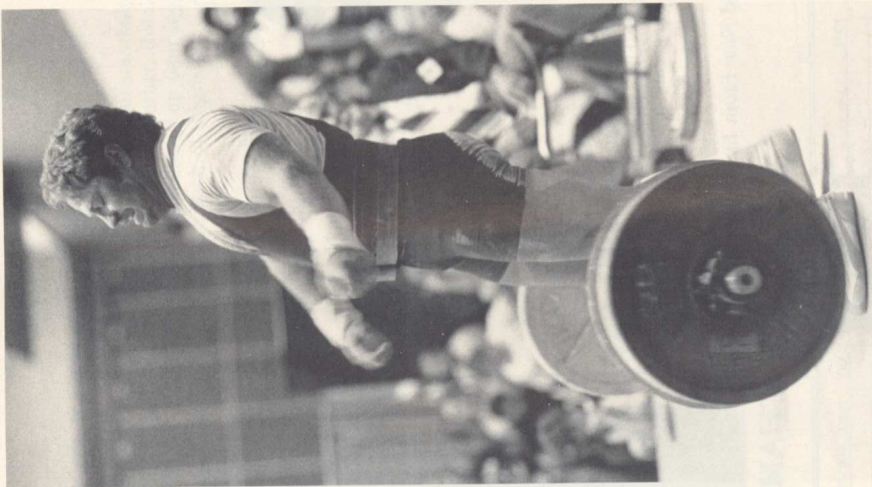
To conclude, there are four points of importance that can be learned from Brodeur's experiences: First, this peaking routine, along with Hatfield's theories, should be given consideration by the serious powerlifter; look at the gains Brodeur made! Secondly, the importance of training

an hour after training. Hatfield feels that the first hour after training is crucial to recovery. Fourthly, the meaning of a true competitor can be gleaned through the character of Paul Brodeur. He didn't quit, he looked going was tough. Instead, he looked for new routines and new lifts to try by times they won't go with anything different. Brodeur's mental flexibility and determination may well lead him to a world title in the near future.

For more information on Russian training routines as explained by Dr. Fred Hatfield, review the September and December 1985 editions of POWERLIFTING USA.

TRAINING

Fix Up Your Grip as told by Roger Benjamin



EXCUSE #1 - I LOST MY GRIP!
First of all, there are no excuses! If you use excuses, you're in the wrong sport. If you lose your grip, you're quite possibly never going to begin with!

There are only a few experiences in life more frustrating than burying some bismuth with a gutsy deadlift, then having it pop out of your hands!

Championships are won or lost by the limiting factor of grip strength, or more accurately, grip setting. I will attempt to cover some very fine points of grip setting in this article, along with some theories on bicep injuries in deadlifting.

Let us assume, to begin with, that your grip is weak. The use of training straps will compound this problem in most instances. Sure you can pull more with straps, everybody can! The plus side of strap use would be:

1. - Overload Principle
 2. - Allows Double Overhand Grip to Reduce Torque From Over/Under Grip. Everyone understands the overload principle, but may not realize the problems that can result from using the same over/under grip for years and years. An imbalance of strength will begin to occur, and may ultimately cause injury. In my case, I began experiencing injuries on the inside of the left leg and the outside of the right leg. You will have a tough time switching your grip, but begin changing to an opposite grip on your warm-ups, then when you reach 80-85% or above, use the grip that works best, but you must change them up.
- When you use straps in training, limit their use to backdown reps so that you have to deal with your grip on the heavy sets. Your hands may take on the appearance of feet due to a few callouses, but they will toughen fast. The negative aspects of strap use are:
1. - The hands become soft.
 2. - The technique of grip setting is largely ignored in training.
 3. - Grip strength will diminish.
- Some folks are blessed with inherent digital length of sufficient dimension to allow favorable grip setting. These people with long fingers have very little problem with grip, so they consequently are never forced to experiment with increasing grip strength. For those not blessed with long fingers you could do full range movements on the fingers with a gripping device that allows a linear pull rather than the old-fashioned, single coil spring grippers. The old design does not allow a full range on the part of the hand. I mean the grip after DLs twice per week.

Gymnasts have worse hand problems than weightlifters, and I learned 2 valuable points from Frank Allen, the man that beat DONASTY at Nebraska that can not be touched by any college in the nation.

Never allow your callouses to become thick. When that happens, the bar will have something

to take with it when it leaves your grasp. Keep them down with a knife or a Dr. Scholl's stone.

2. - Carbamate of Magnesium takes both moisture and oil from the skin on your hands. You should use a hand lotion that contains lanolin at least twice daily! Skin tears largely from lack of moisture.

Don Blue once told me that a deadlifter has no use for biceps, and that large biceps will limit your flexibility

A Shock in more ways than one. Jamie Logston drops a deadlift at the Seniors. In supination and pronation of the hands. Of the men that come to my mind, who have suffered bicep tears on the platform, they all had big arms! On the other hand, there are many large biceps in our sport that have not torn, but do they all experience the stress that 700-800 pound places on the bicep attachments? If you have the **STRETCHED!**

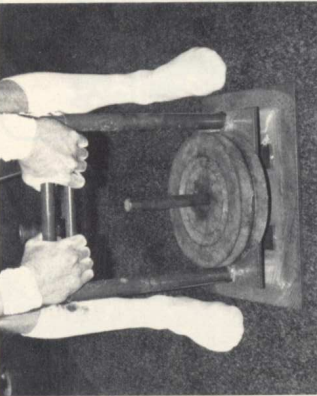
Have you ever seen a man turned

around like a top upon completion of a deadlift? A natural torque, as we discussed earlier, occurs due to the over/under grip. That torque may be magnified through negligence in setting your grip. The middle line of the pull in each hand occurs between the joints of the index and middle finger on each hand. Assume that a litter of smaller stature places both hands slightly in contact with the smooth part of the bar. This person has just taken his grip OFF CENTER! The pulling line of the under hand is approximately 2" further away from the center of the bar than the pulling line of the over hand. The result? A transfer of weight toward the overhand side due to the off-center grip. The underhand side drifts up and out, and the bar tries to screw you into the platform by rotating toward the heavier, overhand side. Since I claim no knowledge of physics, I can't be sure of the exact amount of transfer that occurs, but it could be enough to pull your grip loose, or possibly even tear a bicep if the grip was off center very much. The late Joe Paul taught me this after a missed deadlift attempt once in South Dakota. The overhand **MUST** be placed a bit farther out in order to compensate for the transfer that occurs!

Now that you understand hand spacing for the deadlift, let us examine the process of setting the grip. Most lifters begin their pull with bent arms because they have set the bar too high. It is that the arms straighten with some shock to the grip, sort of like getting a run at pushing a car with chains. The amount of change in the movement of the hand on the bar to achieve normal anatomical position. When set properly, the bar rides very high above the index finger, and angles down to the point of being low on the pinky. That's the way the hand hangs naturally! Wrap the thumb over the index finger as far up as possible, forming a tight lock. Take care to cover the back of the index finger and the inside of the thumb with chalk to help firm up that lock. It works, trust me! The final "trick" is to tighten the skin in the palms. Set the overhand grip with the wrist directly over the bar. Exaggerate the placement of your underhand grip by placing the wrist behind the bar. When both hands are set properly, rotate the under hand wrist forward over the bar. This will, in effect, twist one hand into the other, eliminating any chance of movement by tightening up the skin in the palm. Sound crazy? Try it. It'll guarantee an improvement in your grip with no improvement in your strength, just by an increase in your knowledge. Maybe getting smarter is just as important as getting stronger!

Roger Benjamin

(See opposite page, top, for illustration of Mr. Benjamin's points)



HOW NOT TO LOSE YOUR GRIP

Photo at left shows the kind of full range gripping device that Roger Benjamin recommends for strengthening your grip. Photo at bottom left shows the proper grip, with the bar high in the hand at the index finger, and angling down toward the "pinkie". The "locking grip" described by Roger in his article works only when the hand is chalked heavily, as indicated in the photo at top right. The bottom right photo shows the lifter ready to torque the grip by rotating the under hand forward. Notice that the over hand is offset outward, as stated in the article.

(Photos courtesy of Roger Benjamin.)



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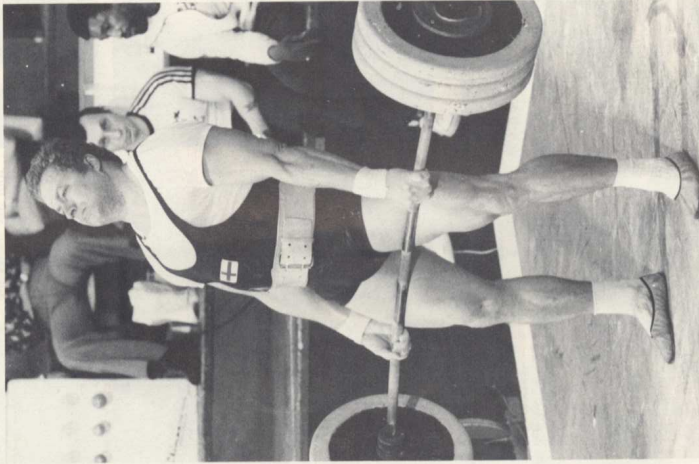
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NUTRITION CORNER

Nutritional Dynamics Advanced Concepts in Nutrition by George Zangas



You've heard it said that if you want to avoid controversy, don't bring up the subjects of religion or politics. Certainly the same could be said about nutrition. There is probably no subject today that stirs up as much loose talk, differing opinion, conflicting research, and downright misinformation as nutrition. Unfortunately, athletes—the very people who need up-to-date, accurate nutritional information the most—suffer the most for it, because they often don't have the time or the science background to be able to separate nutritional fact from different voices—trying to sift through the avalanche of information that the traditional press, from hard research by media presenters, to the exhortations of self-appointed nutrition experts on the talk show circuit, to the nutritional folklore that circulates through the gyms.

In the months ahead, we hope to help you separate fact from fallacy when it comes to nutritional information. Whether you lean toward the traditional, scientific-method school of thought, or the avant-garde school of thought, we want to present you with the clearest, most accurate, and most authoritative information available about basic nutritional research, breakthroughs in sports nutrition, personal nutrition programming, and guidelines for performance and nutritional balance—information that you can use to design a nutritional program that will help you be the best powerlifter you can be.

Because we're linked with the world's largest computerized database of health and nutritional information, we can bring you the latest, most accurate, and most useful information based on research documentation published by leading international scientists in peer-reviewed medical and nutritional journals.

Equally important, we'll be bringing you what no scientific database yet contains: nutritional findings about substances and supplements that have only been in use for a short time. Unlike a drug, the chemical action of which is relatively easy to measure, a nutritional substance requires 15-20 years of testing in traditional "double blind" scientific studies on large groups of people.

We're working closely with powerlifters and other athletes of every age, weight group, and experience level, from champion to novice, to gather practical data about the use of those natural nutritional substances that haven't yet undergone the traditional generation of testing.

Gamma Oryzanol, a derivative of rice germ oil, is one such natural substance. It's been of interest to lifters who are seeking a viable natural alternative to steroids. Even though it's only been available for a short time, and only recently in large dosages, Gamma Oryzanol has already shown dramatic and consistent effect in helping lifters develop greater strength and lean muscle mass over the long term. Even lifting

to produce immediate results in daily workouts.

Thanks to Dr. Fred Hatfield, who is largely responsible for popularizing the nutrient that heretofore was used extensively and exclusively by Soviet and Eastern Bloc athletes, American lifters are greatly enhancing their training and, ultimately, their competitive performance with Inosine.

In just the past year, we've received reports from every sector of the powerlifting community, and the response to Inosine has been nothing short of phenomenal. Inosine is enabling lifters to handle greater workloads for longer periods of time. The result is better workouts that, of course, lead to greater totals. The reason is that Inosine increases the body's ATP production, causing a greater release of energy, and also complements the ATP-ADP-ATP cycle. Think of this cycle as a series of pumps. Every time a pump is used, it discharges, but not to recharge, thereby making the body down. Inosine on the other hand works with our body's own chemistry to cause this "battery" to continually discharge and recharge itself. Inosine also helps "pull" oxygen from the blood, for greater strength and endurance.

As with Gamma Oryzanol, the Inosine dosage, once established by your bodyweight and type of training, should rarely need to be increased. (The normal dosage varies from 2-4 grams taken 45 minutes to one hour before a workout.)

Of course, some of these findings may be standing to you, and some may be considered controversial by traditional nutritionists, but consider this: some scientific and nutritional facts recently proven (such as the value of fiber in the diet, the use of certain fish-derived oils to reduce the risk of coronary heart disease, and 2, and such preservatives as nitrates and nitrites) have been espoused by the nutrition industry for up to 30 years before they were accepted by the scientific establishment.

We look forward to keeping you as up-to-date on the subject of nutrition as possible in the months ahead, and one step ahead of traditional nutritional advice. We'll bring you the best information from research science, and the latest news and findings about natural substances you need to know about now, to help you achieve your maximum potential as a powerlifter and a strength athlete.

George Zangas is founder and owner of Marathon Distributing Company, which specializes in high-quality nutritional supplements and apparel for the powerlifting community, and Marathon Nutrition, three Los Angeles-based nutrition centers. George was formerly Western Regional Sales Director for Thompson Vitamins, and founded and coached the "Thompson Power Team", the most successful powerlifting team in Senior Nationals history (5 straight national team titles from 1976-1980).

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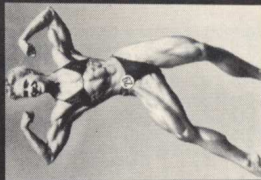
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Ask the Doctor

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. I welcome any questions in which the reader feels I might be of help. Please send question to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada, K0K 3K0.

DEAR MAURO: I am writing to you as an athlete who has in the past used anabolic steroids. When I used steroids I never expected that the illegal dosage as indicated by the literature enclosed that I was a smart guy even if I'm actually writing to tell you that I thought that I was a smart guy even getting an occasional blood test, to support my drug use. Well, that inference happened. First, I developed gynecomastia which required surgical intervention. I continued to use relatively small doses of steroids. Secondly, my cholesterol and triglyceride levels topped out at 200 mg/dl. Thirdly, I developed hypertension and I take medication even though I am off the steroids. I am 28 years old and I never expected anything like this to happen. I am 5'10" tall and I first started those little blue pills about 7 years ago. I made matters worse. I'm educated and have a M.Ed. degree in Speech Pathology. Please publish this letter in your column so that young weightlifters, football players, etc. can learn that the side effects do occur even with small dosages of anabolic steroids. At present I am working to normalize myself if that's possible. Rather than be concerned that I squat 600 or bench 500, my emphasis now is on living. **Charles K.**

DEAR CHARLES: Many athletes who use anabolic steroids often forget that the side-effects of anabolic steroid abuse can be significant in both the short and long run. Your letter will serve as a reminder that these drugs should not be used by any healthy athlete without serious consideration and likely should not be used at all by those with a family history of diabetes, liver disease, heart or kidney disease, prostate problems, bleeding disorders, elevated serum cholesterol, and moderate to severe hypertension. **M.G.D.**

THE BENCH

Larry Danaher: 565 @ 198
as told by his training partner, Joe Brettnacher



Larry Danaher and his 565 at the Police/Fire Nationals. Photo courtesy: Joe Brettnacher

Larry gave me his bench press routine and philosophy to share with you. Remember that everyone is different. Hard work, smart and sensible training along with genetics, are all a part of the equation that makes good lifters with potential into great lifters. If Larry's routine is not agreeable to you, this magazine is full of routines to try. Larry's routine is outlined below:

I. Mind routine

- A. What the mind can see, the body can achieve.
- B. Mentally train your mind each day.
- C. Use hypnosis to train your mind before each workout.
- D. Mentally release your mind before each workout.
- E. Mentally release a successful lift before every heavy set.

II. Bench routine (beginning of cycle in 4 weeks before meet)

- A. Train the bench twice a week (light, then heavy)
- B. 1 set of 10 reps
- C. 2 sets of 6 reps in the bench press. When 6 sets of 4 reps becomes easy, go up 10 lbs. (Larry uses 430 lbs.)
- D. 3 sets of 4 reps in the squat rack. Bottom position; set two squat rack pins so that the bar rests on your chest. Then set two more pins at a position that will allow you to press halfway up. Mid Position: set two squat rack pins at just above the mid point of your bench press. Set the bar on top of the pins. Bench press the bar from that point to lockout. Remember to pick a weight that will allow you to do 2 reps during each set. When 4 sets of 2 reps get easy, go up 10 lbs.

C. Heavy Bench routine:

1. 3 warmup sets
2. 6 sets of 2 reps in the bench press. When 6 sets of 2 reps becomes easy, go up 10 lbs. (Larry uses 480 lbs.)
3. 3 rack work, same as above.
- D. Assistance work for the bench press (each day after rack work)

1. 3 sets of close grip bench press. (don't lockout)
2. 4 sets of tricep pulldowns. (down to lockout)
3. 6 sets of straight bar curls. (full failure)

III. Bench routine (Start 4 weeks before your meet)

- A. Train the bench twice a week (light, then heavy)
- B. Light bench routine
1. same as above, except do 6 sets of 2 reps.
- C. Heavy bench routine
1. same as above, except do 6 sets of 1 rep.
2. rack work, same as above.

D. Assistance work for bench press, same as above.

- A. Never train with a pause. Your rack work prepares you for a pause.
- B. Train after work. These weeks prior to the meet, train at meet time. This gets your body ready for the meet.
- C. Every three weeks set a new goal for yourself. Write it down where you can see it. Mentally envision reaching that goal several times a day.

I would like to tell you about my amazing progress of a former training partner of mine. I've had many training partners throughout the last twelve years. In my mind, they all deserve recognition in Powerlifting USA. I've chosen to tell you about my oldest training partner, because I believe you not only be astounded by his recent world bench presses, but also by the methodology he used to achieve his 1986 Police/Fire Nationals, sanctioned by the A.P.F. Larry Danaher finished the crowd by lifting three new bench press records. Larry finished with an easy 505 lb bench. He then hit his second attempt at 555 lbs. On his third, Larry became the lightest man ever to successfully lift 565 lbs. at a sanctioned meet. Now that I've played your interest, there are a couple of things that you should know. Larry weighed in at 191 lbs. He also is completely drug free; that's right. Larry is completely drug free!

If you haven't heard about Larry before, you might be thinking that he is just a bench press specialist. You would have been right to think that a few years ago. Larry has now lifted in four powerlifting meets over the past two years. His progress, at least to me, has also been amazing. Larry totaled 1775 lbs. during the Police Nationals, Elite at 198 in any organization. That total would have won the ADPPA Nationals.

Larry trains at "The Gym" in Lafayette, Indiana regularly with one of the owners, Randy Copus. Neither of them are experienced powerlifters. They have had to intuitively learn proper lifting technique and equipment use. Larry, in my mind, is capable of adding a quick 75-100 lbs. onto his total. Larry had hoped to attempt a 700 lb. squat during the second Nationals, but when his second attempt was judged high, he was forced to take the 675 lb. squat over. That third lift was easy and judged good. The deadlift is the hardest for Larry. While he pulled 575 lbs., the judges didn't feel he properly locked it out. Some concentrated effort should bring that lift up to around 600 lbs. Get this, Larry hopes to attempt a fourth attempt at 575 lbs. was 3/4 of the way up, when fatigue got the best of him. By carefully selecting his bench attempts, he has another 10 to 20 lbs. I shudder to think what Larry could do if he could train with the likes of Kuc, Frantz, or Hatfield.

To say that Larry has always been a good bench presser would be an understatement. To say that Larry is capable of becoming the greatest bench presser of all time is within reason. Certainly, he is right up there with the likes of Ted Arcidi and Rick Weil, with his remarkable improvement over the last two years.

Larry started powerlifting during the 1964 Man-of-Steel Meet, in Indianapolis. Larry finished third overall at that meet, and set what we all thought was to be a national bench press record in the 181 lb. class. Larry weighed in at 173 lbs., and lifted 419. While the lift was passed by three national ADPPA judges, the

organization would not certify the lift, since the weights were not weighed in before and after the lift. Larry's most disappointing meet was the 1985 Indiana State Power-

lifting Championships, held in Indianapolis. Larry had hoped to get a certified ADPPA bench press record at this meet. Unfortunately, when it came time for the bench, the lift just

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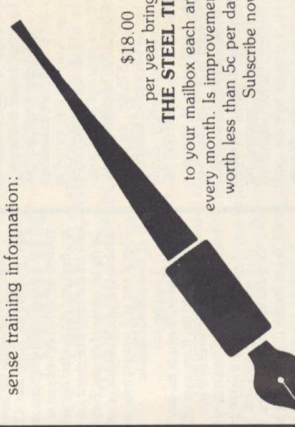
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More From Ken Leistner

Although elite powerlifters, who have genetic gifts providing them with physical advantages, can improve using a number of training approaches, the "average" lifter is always going to find him or herself "up against it". Gains for most come slowly and with great effort. There will be periods of time, brief and infrequent, when progress will flow from our training, allowing us to believe that we have finally found an answer to years of frustration. More often than not, this brief interlude will prove to be discouraging rather than elating, leaving us to wonder if a state or local title will ever be possible.

Reading *Powerlifting USA* can add confusion to the fires of desire. An examination of *PL USA*, from its inception, reveals that the many champions train in accordance with theories that do not have much in common with each other, or with physiological fact. Fads abound, but for every short period of time that indicates similarities in routines, there are as many short lived spurts that have seven other champs lifting in a manner that is completely antagonistic to the preceding time period. Fives and threes for the squat were all the rage until Estep and the Wild Bunch recommended singles, backed by the words of George Frenn. Before that, three training days per week were the standard, until the California crew went to four. Kazmaier's success had thousands of powerheads flocking to the gym on an almost daily basis. Devotees of Dr. Squat would do high bar squats, stiff-legged deadlifts, and bench presses three times a week, or hit a six day Soviet super cycle.

The unspoken fact continues to go unspoken. Every champion, every lifter of note, wants to believe, and wants everyone else to believe, that they have made it on guts, willpower, sacrifice, dedication, intelligence, and ingenuity. Although many great lifters have demonstrated some or all of these traits, many have been to the Worlds repeatedly with no more than four or five months of "real" training behind them in any twelve month period. Let's face it: the champions may or may not have paid a severe price to win their titles, but almost all of them have physical characteristics that allow them to be great lifters and would have succeeded in performing the three specific competitive lifts well no matter how they trained. If one has the physical gifts, a period of consistent training, even if it is less than optimal, probably leave them at a higher level than the average lifter who busts their butt, pays careful attention to diet, and does everything correctly, but who lacks leverage, neurological firing ability, muscle fiber types, etc. that the top people have.

This is not an excuse to give it up or to go through the motions, but a call to realize that lifters may not, and in fact will not, in most cases, work for you. Enjoy *PL USA*, learn from the stars, but more importantly, learn what works for you. Periods of experimentation should last six months, not six weeks unless injuries or overtraining are so obvious that an immediate change needs to be made. Instead of trying every new program that you read, stick with the things that have worked consistently in the past. If progress has been very slow, yet very steady, you're probably on to a good thing. It may not be happening at your desired rate, but the fact that it is happening is positive, and consistency over time will get you where you want to go, or at least as close as you are going to ever get under the best of circumstances.

For those who have had difficulty improving the functional strength of the lower extremities and hips, here is a short, "simple to understand yet damn near impossible to do" program that can be done two times per week. It is a severe program that lacks the Soviet seal of approval but provides tremendously intense and purposeful work. Do this for a period of ten weeks and then get back to lower rep work for contest preparation. Be sure to go all out and take each set of each exercise to a point of momentary muscular failure/fatigue, saving nothing for subsequent sets. After a warmup, which might include jogging or cycling, (1) Squat: warmup set of 8-10 reps; the 1x20, heavy as possible. (2) Stiff-legged Deadlift (on block): 1x15-20, heavy as possible. (3) Squat Starts: 1x10. (4) Weighted walks or dumbbell stair climb.

The 20 rep squat is a great growth stimulator for the hips and thighs. The stiff-legged deadlift is very beneficial, if performed correctly, and is also great for the hamstrings. Knowing that one can suffer damage or stretching of the ligaments in the knee if the lowest position of the squat is held for a number of seconds, as in the so called "passive squat", set pins in a power rack so that you can begin the squat at a position where the hamstrings are pressing against the calf muscles. Begin the first repetition of these "squat starts" and rise approximately five or six inches short of a completed squat, return to the starting position and immediately, without bouncing, begin your ascent as the hamstrings contact the calves, or when contact is made with the rack's low pin. This will give emphasis to the low or beginning position in the squat without pausing at the bottom and possibly exposing the knee to injury.

After completing the squat starts, return to the rack, and utilize the weight that you had done twenty squats with, stand and walk up to 100 yards with the loaded barbell. If this is not feasible and/or safe, or if you wish to follow the weighted walk with additional work, use dumbbells and slowly and carefully walk one to three flights of stairs. Work up to the 100s for best results. Functional, useable strength can be built, and then applied to the skills of powerlifting, if one is willing to work hard and then assistantly.

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- Goals too often prescribe performance limits!
- NOT -- Doing what it takes to win...
- Doing what it takes to EXCEED!
- NOT -- Force of skill or muscle...
- Rather, the explosive, calamitous force of WILL!
- Winning is neither everything nor the only thing...
- It's a foregone conclusion!
- But if, along the way, you don't succeed...
- PROFIT from the experience!
- and vow, by the power of Almighty God, it'll NEVER happen again!

DR. SQUAT

STARTIN' OUT

A special section dedicated to the beginning lifter

LAYOFFS as told by Doug Daniels

The subject of training layoffs has been given little attention. If incorporated effectively, they can help to insure continued progress in the sport. The purpose of a layoff is to refresh the body as well as the mind from the rigors of heavy training, as well as recovery from soreness and injuries. The frequency of layoffs, their duration, and what should be done during one vary from lifter to lifter, but all should take in consideration the same major factors. Each athlete possesses his own unique ability to recover from exertion. This can be aided by nutrition, lifestyle, anabolics, and sensible training, or negatively affected by poor nutrition, bad training techniques, and wild lifestyle. Scheduled layoffs are the best way to go. For example, after a competitive cycle, a lifter should take some time off, a few days to a few weeks. If major soreness or an injury exists, then the layoff should be longer. However, if the pain or injury does not affect training on other lifts, then you could resume training on the unaffected lifts sooner. Training intensely when you are experiencing chronic pain is asking for trouble. This type of pain requires an immediate, unscheduled layoff. There's plenty of time to train afterwards.

For example, a lifter might conduct his off-season training from January 1st to the end of February. He then would start contest training for the state championship in mid-April, then he would take one week off and start another off-season training cycle near the end of April until late May. Contest training would then start for an open meet held in mid-July and a bench contest in early August. Immediately after the July meet, he would take 2.4 days off. This short layoff would enable him to compete relatively fresh in the bench meet. This type of quick layoff works well during periods where there are several weeks in a short period of time. He would follow this period with a one week layoff. He could then train for one more meet later in the year.

Near the end of a training cycle, aches and pains are at their high point. To continue at a high level soon afterward a meet would be foolish. As mentioned earlier, if a lifter is experiencing chronic pain, he should take a layoff regardless. Lifters not using anabolics may find that they need to take more layoffs each year, for purely recuperative reasons.

All lifters would benefit by keeping a training diary. With it, a lifter could document his progress over time, noting when the effects of training take effect. This would help plan future training cycles and layoffs more effectively. The ideal training cycle would end just before fatigue and burnout become a factor. This is not always possible, but experience will increase your accuracy in timing these cycles. A rule of thumb to start with would be to take a one week layoff every 12-16 weeks, which means about 3-4 per year.

A variant of a complete weight layoff would be to lay off one or two of the lifts for a period of time, because you may burn out quicker in one lift than another. This may require curtailing training the lift in question.

Another variant of layoffs would be a low intensity period. During this period training would be less serious and more for fun. It may be confined to moderate bodybuilding. Some lifters take these low intensity periods during the summer months to enjoy the weather and increased free time. Coming off these periods they have renewed enthusiasm for the upcoming heavy work.

During the actual layoff period a lifter should abstain from weights altogether. Take one day off completely from an athletic endeavor. Recently, experts have advocated active layoffs, namely, participating in non-related sports like swimming, biking, etc. Stay away from any activity that may aggravate any muscular problem you may have. When you return to training the powerlifts, use moderate periods and follow a standard cycling program as described in the training diary. Initial soreness after a layoff is inevitable. If you had that routine layoffs frequently or have joint or muscle soreness regularly, then re-evaluate your training. You may be overtraining. Too many novice powerlifters train in a bodybuilder's fashion; that is, massive quantities of sets and reps. Quality is the key to a powerlifting program. Examine the "Workout of the Month" in each issue. Most of these routines, by top lifters, consist of low amounts of sets and reps, but the training is high quality. The big weights add up on the body much faster than higher, higher volume work. Leave the pumping to the body guys, let's lift some big weights! Limit your contests to 3-6 meets a year, with some coming within a few weeks of each other. Lifters who are constantly competing will soon burn out.

I hope I've given you some useful information on how to use layoffs in your training. The body needs these times of rest and repair. By making layoffs integral to your training plan as off-season and contest training you will insure continued progress and lower chances for injury. (Let pain be your guide!) There's nothing like a good layoff to get your motor going again!

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POWER PROFILE

He's cool, very modest, stands 6'2", 220 pounds, and is built like an NFL linebacker. He lets his lifting do the talking for him, like the yellow pages in a phone book. Who is this Star To Be? He's Jimmy Pegues. Jim was born and raised in Thomasville, NC and in high school he lettered in basketball, football, track, and wrestling. Upon graduation, he enlisted in the U.S. Army. Jim was stationed in West Germany at the age of 19, when he met David Coleman, a former Alabama State Powerlifting Champion. He introduced Jim to Powerlifting, and after two months of training, Jim entered his first contest, placing 2nd with lifts of 455, 315, 505 and a total of 1275. In the two years that Jim was stationed in Germany, David continued to work with him and he was able to post the following wins: 1983 Sub-Command Army Championship, 1984 All-Army Championship, and the 1985 European and Interservice Championships. His total went from the 1200s to the mid 1700s.

In the fall of 1985, Jim returned to the States, stationed at Ft. Campbell, Kentucky. I had the pleasure of meeting Jim when 1st Lt. Ralph Naples called me stating that he had a top lifter who was looking for a good environment to continue his powerlifting. When Jim and I met, there was friendship, and now it's even stronger. You could tell by just talking with Jim that he loved the determination to succeed in it.

After getting settled in at Fort Campbell, Jim's next task was the 1986 Interservice Powerlifting Championships. He is a natural 220 pounder, but was asked to go to the 242 lb. division for this meet. He weighed in at 223 and made his best lifts ever: 688 squat, 407 bench, 810 deadlift for a total of 1906. The next contest was the biggest of his career, the Sr. Nationals held in Chicago. Again, for purposes of team points, Jim was asked to go 242. Weighing only 226, he made but 5 lbs, but was able to total over 1800 and made the highest deadlift of the meet. Next on the agenda, after his selection to the USA team, was the Junior World

Championships in India. He won his class with lifts of 650, 380, 744, 1774. How he prepared for this meet is a story in itself. Jim is in the service to attain the highest rank possible in his field, so the Monday following the Sr. Nationals he reported directly to a new school, which he attended for 6 weeks. During this time, Jim was unable to do any type of lifting to prepare himself for the Jr. Worlds. Jim had ten days to prepare for the Junior Worlds and get some idea of where his lifts were. When he came back to the gym, you could tell that he had lost weight and strength, but by the end of the week, he was slowly regaining his strength. Because of the short time to get ready, I suggested

Between Sets... 1986 Jr. World Champion at 242, Jim Pegues. Photo by SSG Beuthling



that Jim do some overloading, to get a feel for the weight in the bench and squat. I knew he could handle his load. You may be wondering what is so great about Jim's accomplishments. Two words: *Drug Free*. That's right, Jim is a drug free lifter, who has not taken and doesn't plan to take any type of drugs. You see, Jim loves the sport of Powerlifting and he would love to see it in the Olympics. He would like to see drugs and lifters using drugs kept out of the sport. He feels a majority of drug users are getting all the publicity and attention when they do not deserve it, which is why I'm training for contest. Jim lifts three days per week: Monday, squat, Wednesday - Bench, and Fri-

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

JIM PEGUES

by World Champ, Dan Austin

day - Deadlift. His cycles are usually 8 weeks, with the first 4 weeks involving sets of 4s and the second week involving doublets, with assistance exercises to follow each workout. Jim still has to perform four miles duties, including running four miles three times weekly, after which he drives to Austin Peay State University, where I coach, to lift weights. This schedule would take a toll on most people, but not Jim. He is a very determined individual. In training, I've seen Jim perform a 725 squat, 415 bench, and 825 deadlift, and he will reach these weights and more, soon, in a meet. His goal is to total over 2000 at 220.

Jim would like to thank his wife Tania and the new addition to his family, Jmela, and the U.S. Army, which has allowed him the time to train and compete. His wife Tania is his Number One fan and supporter. I guess 1st Lt. Joe Ehrldge, Commander Headquarters and Headquarters Company, Law Enforcement Command, sums it up best about Sgt. Jimmy Pegues "...as one who is living the Army slogan *Be All That You Can Be* on a daily basis...a true world champion lifter and soldier."

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

no analysis at all. The following is based, in part, on responses to questions I have been asking lifters. One of our biggest problems is a shortage of meets close to home. If you will forgive me generalizing from a local sample, I would tell you that most lifters are of rather modest circumstances. If the lift cannot be made in one day, some are unable to go. For the same reason, we rarely fly. Physically, we do not travel well. I don't recall any of us having had a good meet after a long drive to such places as Baton Rouge, Ocala, Chattahoochee or Atlanta. A meet located so far away that neither our pocketbooks nor our totals are likely to survive, will have little attraction to our group. When there are no U.S.P.F. sanctioned meets in our area in a given year, we see no reason to purchase U.S.P.F. cards.

Because we live near the heart of ADPPA country, our lifters have many, but few U.S.P.F. sanctioned meets. They buy membership cards, but not always U.S.P.F. membership cards.

There is no immediate prospect of someone conducting a thorough analysis of the many factors that may have contributed to this attraction. Even though my comments are at best tentative and speculative, they are preferable to

chairman's reimbursement plummeting precipitously, and other examples of this reimbursement shooting skyward. In short, the state chairman can make or break the state.

If good state chairmen are hard to find, good regional chairmen are next to impossible to locate. The regional chairman's task is easiest in the single-state regions, of which we have three. Region IV is continuous with Florida, as is Region V with Hawaii and Region XIV with Alaska. Dick Armstrong is presently both the Florida state and Regional IV chairman. Similarly, Mike Scott used to hold down both jobs in Hawaii. Tom Zielsinski is looking for a state chairman in the more populous Anchorage area, while he continues to mind the store in the interior.

I have mentioned the meet director and the state and regional chairman as the persons who will have the greatest influence on the number of meets and the quality of these meets. While central headquarters and the several committees can provide vital services, their supportive role will not begin to have the impact upon the ordinary lifter as the people who put on and supervise the meets.

However, when one analyzes our budget in the years 1982 to 1985 (1986 was distorted by legal expenses), we find that between a third and a half of the budget was allocated to sending our five teams to world championships. Five teams are fifty athletes, plus their coaches, managers, and in the case of the men's senior team, a delegate to the I.P.F. World Congress.

Whatever justification one may offer for this practice of taking the fees from several thousand athletes to subsidize the champions in international competition, such justification may well be lost on the ordinary lifter who would rather lift in a well-run meet than read of the champions lifting in world competition.

Good lifters, like good athletes in any sport, emerge from the level where they began at the local level, where enthusiasm is generated by good coaches and good programs. These novices are motivated by hopes of progression and their skills and abilities are forged and tempered as they progress through local, state, regional and national competitions. The best become champions and international stars, whose success is warmly appreciated by those against whom they have competed. If our inability to provide an adequate number of well-run meets deters the novice from participating and progressing, the grass roots will wither and the organization will die.

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Question & Answer

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

DEAR ROGER: I am 36 years old, 6'1" tall and weigh 190 pounds. Tired of being flabby and out of shape, I began weight training nearly one year ago. Last April during a work-related meeting, I met a powerlifter who sparked my interest in the sport which has now grown to an uncontrollable enthusiasm. However, after assisting a severe lumbar strain two months ago, an acquaintance, who is a bodybuilder, told me that I should forget about powerlifting, because I had started too late in life, have too small a bone structure and too long a torso to be a serious powerlifting competitor. My bone structure is small (my wrist diameter is 7 3/8") and my torso is proportionately much longer than most men my height. But the reference to my age was unfounded, I felt, and therefore led me to question what he had told me entirely. My questions are, generally speaking, are all the factors my friend enumerated serious deterrents to competitive powerlifting? Considering my initial sad physical condition and first few months of ignorance of training principles and routines, I feel my progress has been excellent. Am I at high risk for injury because of my physique type? **Lee Smith**

DEAR LEE: Your letter and questions almost made me mad. First of all you should analyze your bodybuilder friend. Who is he? How long has he been training? What contests has he won? What does he look like? How does he compare to the great bodybuilders? I would guess you could look at him and tell him to give up bodybuilding because he would never be a winner. Besides if it's not a powerlifter, how can he know so much about another? If it's not a powerlifter, how can he know so much about another? I would guess that this guy would look at Rex Weil or Mike McDonald and say these guys will never be able to bench 500 lbs. All you have to do is go to some of the national championships in powerlifting and you'll see guys that look like they just started training, but when they get on the platform they'll bench a ton because they're not expecting. As for your age, you'll be 46 and you'll be competing in the Nationals. Take a look at the people over 40 who are great. My first recommendation to you is to stay away from negative people. I had to deal with people all the time that told me I didn't do this or that and it cost me a lot. Maybe some of the lifters could make it because I didn't go in on professional baseball were right, but I'll never believe in that go to the camps that I was invited to. So stay in a positive environment and believe in yourself even if no one else does. **Roger Estep.**

STRETCHING — When and How

Putting the cart before the horse is an often observed occurrence, and a situation this author has fallen victim to. My previous article concerned "Transverse Massage" (Oct/86, P. 125), a technique which would be less "transverse" if lifters would stretch more frequently and extensively. Fred Hatfield's book, "The Complete Guide to Power Training," devotes an entire chapter to stretching. The Comprehensive Facility (also referred to as PNF). The PNF program stressed and held over several second. After it has been contracted and held over several second. Adhering to the PNF theory (Keep It Simple, Stupid), a muscle when held via conservative yet repetitive contraction will have a greater potential of stretch. This occurs due to two simple but sound reasons. When an employee of PNF stretch receptors in the tendon are stimulated, plus an increase of blood flow to the region. The greater a muscle stretched, the greater the degree of contraction it is thus providing the lifter with an increased total degree of contracting Dug Fumas at the A.P.F. Seniors I was awed that a man of his musculature can be as agile and flexible as he demonstrated. lending testimony to studies conducted on "Flexibility and Athletic Performance." A common question asked is when should I stretch? Answer: before and after; however using different principles. As previously mentioned PNF stretch should be employed as a warmup before hitting the heavy weights. READ & REMEMBER the low back must be stretched before the first plate is loaded. Warm it up, for if you don't, it'll retire early. How often have you heard "I blew out my back just bending over a bar," or "loading." A good warmup is just using some light weight. Throw in some PNF work and you have the best warmup anyone could calculate. Once you have completed your workout, as a cool down, use the conventional method of stretch and hold. Hold is the key, count to no less than three while in position. Stretching afterwards will increase the length of a muscle, decrease scarring and cut down on the recuperation time. It is as important as icing down an injury. So, you ask, why not? It sounds so simple. Answer: LAZINESS!

Bruce Passual DC, 515 Madison Ave., Ste 1700, NY, NY 10022

800 Deadlift Club

- by Herb Glosbrenner
- | | | | |
|--------------|------------------|--------------|------------------|
| D. Wheeler | 275 USA 804 1986 | W. Thomas | 198 USA 821 1982 |
| K. Knauer | 275 USA 804 1986 | R. Bloom | 242 USA 821 1984 |
| B. Kazanich | SHW USA 886 1981 | G. Hecher | SHW USA 821 1985 |
| J. Cole | SHW USA 885 1975 | L. Fuma | 275 USA 821 1986 |
| J. Luc | SHW USA 882 1972 | C. Johnson | 275 USA 821 1986 |
| E. Coan | SHW USA 865 1980 | W. Bell | 242 USA 815 1986 |
| R. Wehrich | SHW USA 865 1986 | T. Olafson | SHW ISL 815 1986 |
| S. Warman | SHW USA 865 1986 | C. DeVreugd | SHW NDL 815 1986 |
| B. Kossell | 242 USA 859 1986 | J. Cliftord | 275 USA 815 1986 |
| C. Driscoll | 242 USA 854 1986 | G. Iron | 275 USA 812 1971 |
| J. Lampkin | 275 USA 850 1982 | B. Barwick | SHW USA 812 1982 |
| D. Shaw | 275 USA 848 1984 | L. Moran | 275 USA 810 1983 |
| B. Kossell | 275 USA 848 1984 | C. Smith | 275 USA 810 1985 |
| C. Driscoll | 242 USA 854 1986 | P. Hecher | SHW USA 807 1970 |
| J. Lampkin | 275 USA 850 1982 | H. Fransson | SHW SWE 805 1980 |
| D. Shaw | 275 USA 848 1984 | E. Stuber | SHW USA 805 1973 |
| M. Chuillet | 275 USA 848 1984 | A. Backett | 275 USA 804 1981 |
| J. Cash | 242 USA 845 1985 | W. Davis | 242 USA 804 1982 |
| A. Kerr | SHW GBR 843 1982 | L. Numisto | SHW USA 804 1982 |
| P. Vrasidok | SHW NDL 843 1986 | M. Snudif | SHW TCH 804 1982 |
| C. Whitt | 242 GBR 837 1982 | M. McGee | SHW CAN 804 1983 |
| D. Carter | 242 GBR 837 1983 | R. Strickard | SHW USA 804 1984 |
| T. Henderson | 275 USA 835 1985 | M. Savage | 242 GBR 804 1985 |
| L. Parks | 275 USA 835 1985 | B. Kretsch | SHW USA 804 1985 |
| I. Aman | SHW FIN 833 1984 | Ondrcek | SHW TCH 804 1985 |
| I. Peckly | SHW USA 832 1981 | M. W. Hall | 275 USA 804 1986 |
| I. Wilson | 242 USA 832 1986 | M. Dimek | SHW USA 804 1986 |
| J. Gamble | 275 USA 826 1982 | B. Wright | SHW USA 804 1986 |
| R. Rainey | SHW USA 826 1986 | B. Boyce | SHW USA 800 1980 |
| V. Kozminski | 198 USA 821 1982 | M. Bell | SHW USA 800 1982 |
| D. Schneider | 242 USA 821 1982 | I. Drapel | 275 USA 800 1982 |
| C. Snitkin | 242 USA 821 1982 | J. Henstra | SHW USA 800 1985 |

THE ADVANTAGE OF NOT TAKING CHANCES: is that you will have a much longer career, and a much better opportunity to attain long cherished goals. If you take shortcuts, like not warming up properly, training without spotters, lifting when you are not fully recovered from an injury, skipping a trip to the doctor when you are in pain; you might get away with it, but if you don't, many years of the satisfaction you could have received from your Powerlifting efforts will be down the drain. ALWAYS TRAIN SMART!

Bulletin Board

This is the place to look for organizational news and notes... Region IV and Florida USPF Chairman is Dick Armstrong, 6708 Benjamin Rd., Suite 500, Tampa, FL 33614, 813-886-0990 (gym) • Ernie Frazier has published guidance on the acceptance of judges in the A.P.F. rule change subjects. (For a copy of as well as some potential new A.P.F. rule change subjects. (For a copy of the guidelines, send a stamped, self-addressed envelope to Bulletin Board, Box 467, Camarillo, CA 93011 and note what you need a copy of.) Regarding double sanctioned meets, Ernie says the A.P.F. is "agreeable to double sanctions only for the present time, until the letters get to know the A.P.F. better," because of the variations between U.S.P.F. and A.P.F. rules. • Suspected illegal marketing or improper use of anabolic steroids can be reported to the Health Fraud Staff, Office of Compliance, Center for Drugs and Biologics, Food and Drug Administration, 301-295-8070. • There have been several U.S.P.F. Rule Changes approved recently, including: sanctioned meets below the state level may be conducted in pounds; high school meeters may lift in a one piece suit or shorts and a shirt; visual inspection of lifters' attire will be done as needed in the get ready area, without formal equipment inspection; baby powder may not be used except as an aid to putting on lifting attire; and lifters desiring to break American or National records need not be weighed in within 2 hours of the competition; in the rounds system a lifter may change his 2nd and 3rd deadlift attempt twice; the deadlift may be contested in conventional manner in rounds competition under certain circumstances; applications for polygraph tested meet shall be called "natural" and not "drug tested"; Applications for polygraph tested meet shall be sent to Richard Peters for his endorsement. (For a complete copy of the new U.S.P.F. rule changes, send a stamped, self-addressed envelope to Bulletin Board, Box 467, Camarillo, CA 93011 and state your subject of interest.)

Lima YMCA Meet

1 Female lifter, 16 yrs. old, weighed 181 and lifted 270, 105, and 260 for a 635 lb. total. Chuck Lee, at age 65, lifted 300 squat state record, 280, 150, and totaled 1020. Doug Dicke did an excellent job of officiating. (Thanks to Doug Dicke for results.)

Aberdeen Meet

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like Chris Dodson, Steve Camper, Jim Tabor, Adam Becher, etc.

Power Publicity

here are some recent examples. Jim Hart has gotten loads of space in INSIDE THE CURRENT, the Ft. Knox, Kentucky newspaper, where he's stationed in the Army. Jim benched several of the people locally, and after the A.D.P.F. Nationals in California they came back to write about his lifting at the meet in the ARIZONA. When a national meet is held, it's a good idea to get a copy of the local press to see what the local press has to say about the meet. The West Harrison Fitness Center in White Plains, New York took the team title at the 1986 AFFPA North American and justifiably got a team photo in their local newspaper. Couldn't you team do the same? In Maine, Masters lifter Dan Waltham got some records in a local meet, but got a big bit in the Bill Porter column in the KENNEBEC JOURNAL, because he is also a Maine State Supreme Court Justice. If your outside life makes an interesting contrast to PL, that's an angle for a good news story. In West Virginia, some police PLers, returning from a stopped help out a motorist and ended up flipping a car on a trailer. Your local AP office is listed in the phone book. Call them when something notable to do with PL happens in your town. Call them when something notable to do with PL happens in your town. Call them when something notable to do with PL happens in your town. Call them when something notable to do with PL happens in your town.

11 Oct 86 - Punxsatowan, PA

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like D. Servidio, E. Eutin, Y. Young, etc.

Saskatchewan Open

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like K. Iwahara, T. Fries, T. Thompson, etc.

11 Oct 86 - Punxsatowan, PA

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like D. Servidio, E. Eutin, Y. Young, etc.

Green Haven Vs. West Point

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like P. Roman, J. Lee, D. Ramos, etc.

15, 16 Oct 86 - Ft. Riley, KS

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like D. Johnson, M. Torrie, etc.

Mason Dixon 1st Timers Bench

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like Karen Bender, Phil Brady, etc.

11 Oct 86 - Stormville, NY

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Includes lifters like P. Roman, J. Lee, D. Ramos, etc.

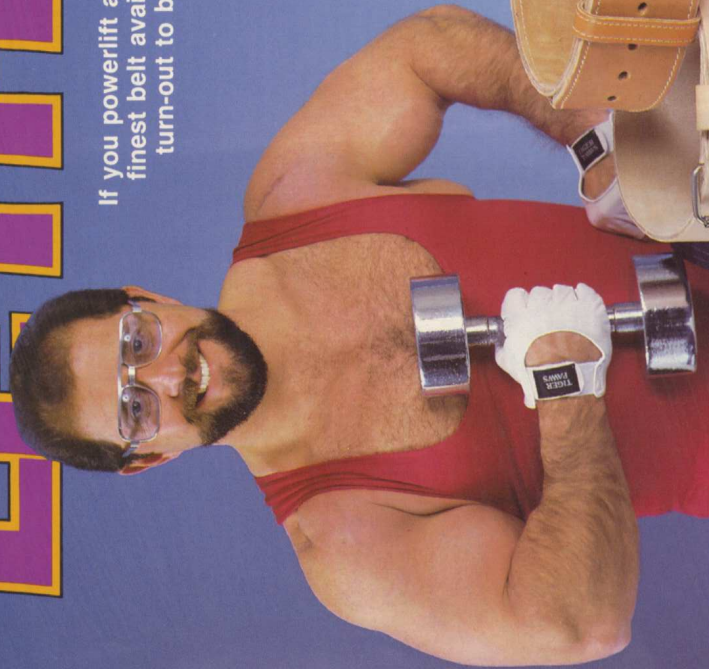
WHY SANCTION A MEET?... Recently, we attended and participated in a bench press meet in Florida. The meet was unsanctioned, but we decided to enter a team and just have some fun at the meet. Well, that's just what we did do. The meet turned out to be fixed for the sole personal gain for everyone. As it turned out, we believe there was a plan to degrade and embarrass some world class powerlifters by letting a select group of bodybuilders in weight classes twenty to thirty pounds under their actual weight lift. As much as we will love the team trophy, we learned a very valuable lesson. As much as we have complained about our governing bodies (USPF and APF) we learned that we should not survive without them. So, we have given our thanks to the state honor judges under the proper supervision it takes to protect the lifters in general. Dick Armstrong, USPF State Chairman, and Robert M. Chrosniak, APF State Chairman.

Big Men Invited... they're looking for new faces to compete in the 1987 Le Deitl Mark Ten Strongman contest in Montreal, Quebec next year. Those who think they might, quality should contact Antoine Bourgouais at 514-879-1027 for further information, and start practicing.

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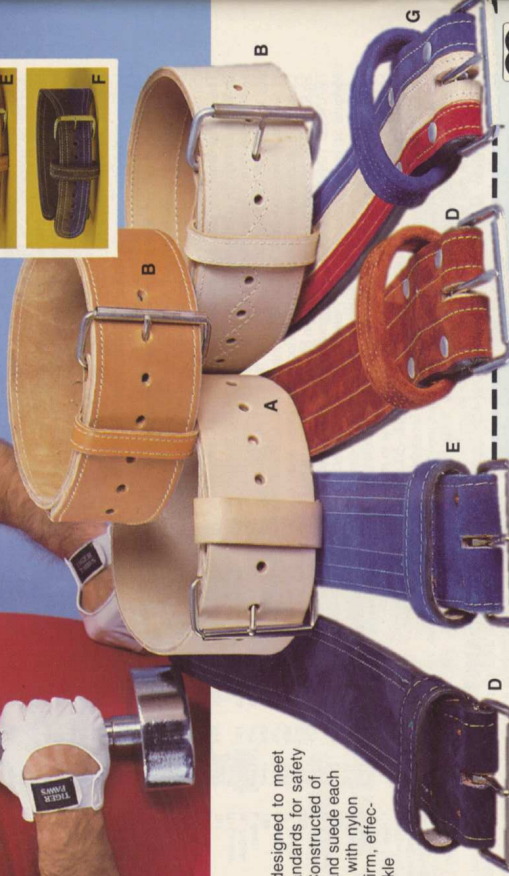
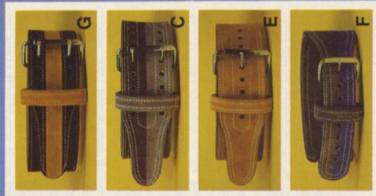
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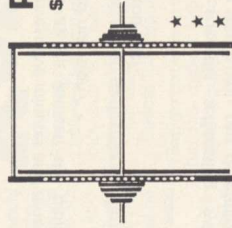
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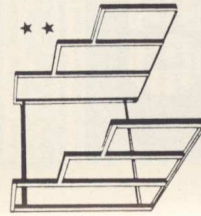


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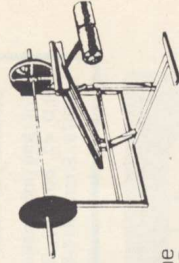
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United States Bench Press
 10 Aug 86 - New Haven, CT
 114 lbs. J. Williams
 125 lbs. C. Quinn
 132 lbs. J. L. Williams
 142 lbs. R. Kelly
 150 lbs. M. Johnson
 160 lbs. M. Johnson
 170 lbs. R. Kelly
 180 lbs. J. Williams
 190 lbs. J. Williams
 200 lbs. J. Williams
 210 lbs. J. Williams
 220 lbs. J. Williams
 230 lbs. J. Williams
 240 lbs. J. Williams
 250 lbs. J. Williams
 260 lbs. J. Williams
 270 lbs. J. Williams
 280 lbs. J. Williams
 290 lbs. J. Williams
 300 lbs. J. Williams

Andrews Bench Press
 Judges: Neil Williams, Head Judge; Mark Johnson, Head Side Judge; Larry Chernoff, Skip Shaffer, Chiefs, Helter, Bob Herber, and Glenn Stehle, Attention: 428, Time: 3 1/2 hours, Concession to Joe Steele for results.
 8 Nov 86 - Houston, TX
 148 lbs. P. McCoy
 158 lbs. C. Gropper
 168 lbs. E. Coffrey
 178 lbs. M. Holloway
 188 lbs. C. Holloway
 198 lbs. C. Holloway
 208 lbs. J. Hudson
 218 lbs. J. Hudson
 228 lbs. J. Hudson
 238 lbs. J. Hudson
 248 lbs. J. Hudson
 258 lbs. J. Hudson
 268 lbs. J. Hudson
 278 lbs. J. Hudson
 288 lbs. J. Hudson
 298 lbs. J. Hudson
 308 lbs. J. Hudson

Northwest U.S. Championships
 19 Apr 86 - Boise, ID
 135 lbs. J. Williams
 145 lbs. J. Williams
 155 lbs. J. Williams
 165 lbs. J. Williams
 175 lbs. J. Williams
 185 lbs. J. Williams
 195 lbs. J. Williams
 205 lbs. J. Williams
 215 lbs. J. Williams
 225 lbs. J. Williams
 235 lbs. J. Williams
 245 lbs. J. Williams
 255 lbs. J. Williams
 265 lbs. J. Williams
 275 lbs. J. Williams
 285 lbs. J. Williams
 295 lbs. J. Williams
 305 lbs. J. Williams

Fall Bench Press Classic
 25 Oct 86 - Mattson, IL
 130 lbs. F. Bryan
 140 lbs. J. Williams
 150 lbs. J. Williams
 160 lbs. J. Williams
 170 lbs. J. Williams
 180 lbs. J. Williams
 190 lbs. J. Williams
 200 lbs. J. Williams
 210 lbs. J. Williams
 220 lbs. J. Williams
 230 lbs. J. Williams
 240 lbs. J. Williams
 250 lbs. J. Williams
 260 lbs. J. Williams
 270 lbs. J. Williams
 280 lbs. J. Williams
 290 lbs. J. Williams
 300 lbs. J. Williams

California State Men's Class II & Below and Women's Open
 25 Oct 86 - Carson, CA (kilos)
 167.5 kg. J. Williams
 177.5 kg. J. Williams
 187.5 kg. J. Williams
 197.5 kg. J. Williams
 207.5 kg. J. Williams
 217.5 kg. J. Williams
 227.5 kg. J. Williams
 237.5 kg. J. Williams
 247.5 kg. J. Williams
 257.5 kg. J. Williams
 267.5 kg. J. Williams
 277.5 kg. J. Williams
 287.5 kg. J. Williams
 297.5 kg. J. Williams
 307.5 kg. J. Williams

APF Women's Indiana State
 16 Nov 86 - Middletown, IN
 114 lbs. J. Williams
 124 lbs. J. Williams
 134 lbs. J. Williams
 144 lbs. J. Williams
 154 lbs. J. Williams
 164 lbs. J. Williams
 174 lbs. J. Williams
 184 lbs. J. Williams
 194 lbs. J. Williams
 204 lbs. J. Williams
 214 lbs. J. Williams
 224 lbs. J. Williams
 234 lbs. J. Williams
 244 lbs. J. Williams
 254 lbs. J. Williams
 264 lbs. J. Williams
 274 lbs. J. Williams
 284 lbs. J. Williams
 294 lbs. J. Williams
 304 lbs. J. Williams

FCJ Danbury Open Bench
 29 Nov 86 Danbury, CT
 132 lbs. J. Williams
 142 lbs. J. Williams
 152 lbs. J. Williams
 162 lbs. J. Williams
 172 lbs. J. Williams
 182 lbs. J. Williams
 192 lbs. J. Williams
 202 lbs. J. Williams
 212 lbs. J. Williams
 222 lbs. J. Williams
 232 lbs. J. Williams
 242 lbs. J. Williams
 252 lbs. J. Williams
 262 lbs. J. Williams
 272 lbs. J. Williams
 282 lbs. J. Williams
 292 lbs. J. Williams
 302 lbs. J. Williams

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Royal Spa Class II
 16 Nov 86 - Farmington, NM
 125 lbs. J. Williams
 135 lbs. J. Williams
 145 lbs. J. Williams
 155 lbs. J. Williams
 165 lbs. J. Williams
 175 lbs. J. Williams
 185 lbs. J. Williams
 195 lbs. J. Williams
 205 lbs. J. Williams
 215 lbs. J. Williams
 225 lbs. J. Williams
 235 lbs. J. Williams
 245 lbs. J. Williams
 255 lbs. J. Williams
 265 lbs. J. Williams
 275 lbs. J. Williams
 285 lbs. J. Williams
 295 lbs. J. Williams
 305 lbs. J. Williams

APF Women's Indiana State
 16 Nov 86 - Middletown, IN
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 154 lbs. J. Williams
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 244 lbs. J. Williams
 254 lbs. J. Williams
 264 lbs. J. Williams
 274 lbs. J. Williams
 284 lbs. J. Williams
 294 lbs. J. Williams
 304 lbs. J. Williams

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Average Muscle Mass	Non-Users
8.9lbs.	1.4lb.
19.6lbs.	5.8lbs.
30.6lbs.	1.39%
57.7lbs.	(Increase)

Test Results	MuscleteMix Non-Users
Average Strength	133.16lbs.
Average Strength Increase	61.4lbs.
Weight Gain	19.6lbs.
Strength Gain	30.6lbs.
Shoulder	57.7lbs.
Legs	135.05lbs.
TOTALS	2.84 lb.
Average Strength Increase	61.4 lbs.

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 307.5 kg. J. Williams

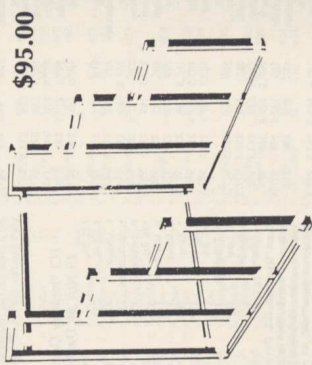
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 270 lbs. J. Williams
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Michigan Championships

8 Nov 86 - Alma, MI

114 lbs.	SQ	BP	DL	Total
D. Danilowicz	240	120	320	680
W. Keller	175	130	270	575
T. Lockwood	150	70	200	420
C. Vaughn	130	75	185	410
123 lbs.				
R. Smith	300	240	400	940
K. Vaughn	240	150	325	715
B. Voshell	220	160	300	680
M. Ramirez	155	70	200	425
148 lbs.				
J. Schuler	430	270	475	1175
O. Smith	420	260	450	1130
J. Vaughn	360	275	460	1095
J. Smith	360	230	470	1060
M. Robinson	200	125	260	585
165 lbs.				
D. Schuch	525	305	535	1375
G. Rodriguez	460	350	520	1330
G. Rodriguez	465	350	525	1340
J. Gallagher	505	285	535	1325
W. Sreen	430	235	605	1270
G. Mendel	420	300	550	1270
G. Mendel	420	300	550	1270
A. Jones	420	270	480	1170
181 lbs.				
S. Blair	635	375	635	1645
S. Blair	625	335	625	1585
C. Terry	550	350	620	1520
G. Eberole	530	350	580	1460
L. Kautcher	475	390	550	1415
L. Kautcher	465	390	550	1405
M. Ebert	505	315	500	1320
S. Roberts	500	270	530	1300
T. Groves	350	325	375	1050
L. Bobrowski	425	255	470	1150
198 lbs.				
F. Urick	630	425	620	1675
P. Urick	600	420	590	1610
M. Fessenden	550	400	600	1550
K. Krzyzaniak	600	330	610	1540
J. Palazolo	460	350	640	1450
D. Heckman	475	330	600	1405
N. Smith	525	320	555	1400
D. Matozak III	490	315	510	1315
T. Mueller	360	255	500	1115
220 lbs.				
J. Mata	680	440	670	1790
J. Douglas	635	445	580	1660
B. Pinchoff	600	385	600	1585
G. Perry	650	395	575	1620
J. Schuler	480	315	525	1320
D. Przekasa	425	290	510	1225
Abdul Jabbar	430	315	485	1230
Abdul Jabbar	430	315	485	1230
242 lbs.				
B. Moss	600	460	705	1845
J. Barrow	615	410	615	1640
B. Connelly	600	420	600	1620
D. Ferguson	550	415	635	1600
S. Kehrer	615c	405	550	1570
D. Webster	590	390	525	1510
G. Finley	585	350	540	1475

Upcoming National Meet Qualifying Totals

Men's Contests	114	123	132	148	165	181	198	220	242	275	SHW
USPF Teen Nationals 14-15	600	700	750	850	875	925	950	975	1000	1050	1100
USPF Teen Nationals 16-17	650	750	850	950	975	1025	1050	1075	1100	1150	1200
USPF Teen Nationals 18-19	700	800	950	1050	1075	1125	1150	1175	1200		
ADFFA Nationals	845	955	1070	1235	1370	1480	1555	1610	1640	1675	1760
USPF Seniors	799	955	1125	1300	1399	1488	1570	1640	1690	1736	1758
USPF Juniors	799	955	1118	1350	1515	1631	1750	1868	1901	1918	1940
USPF Open Nationals	799	955	1129	1372	1535	1653	1775	1881	1918	1940	1951
USPF Collegiates	777	837	1025	1151	1256	1350	1421	1504	1554	1598	1669
Women's Contests	97	105	114	123	132	148	165	181	198	SHW	
USPF Collegiates	418	462	507	551	595	639	661	683	705	727	
USPF Nationals	518	562	601	639	672	744	805	865	920	970	
ADFFA Women's Meets	97	104	111	116	122	129	139	154	176	176	+
National Championship	579	617	650	672	700	733	777	894	937	1047	

that each weight class had their trophies before the lifter had a chance to get the deadlift powder off their legs. The round system was used, by which the lifter would squat first, then bench, and then deadlift. The order of the lifts was first and having their awards by 1:30 p.m. By 12:30 p.m. the 1985 were squating and all 3 could watch any of the 3 powerlifts from that point until the SHW were done squating. "It was smooth as silk," says Dave Burke, "thanks to 40 sponsors and leaders." meet as judges, x care, etc.

The 114 class consisted of mostly women with female Lee Danilowicz clinching the title in the 114 class. The 123 class saw Barry Smith with a new Michigan Championship total record of 940 easily topping that class. The 132 class surprisingly had a new record set by Steve Schuler with Steve holding a slight lead in each lift to make him the eventual champion.

The 148 class was the most competitive with total while Greg Gaffner almost closed the gap with 1355 with his new Michigan Championships record deadlift of 565.

The 181 class was the most competitive with records for Michigan with a 625 squat and 1615 benchlift also earned him best lifter honors for the 181's but he was not the Michigan champion. Scott set the new squat record, Scott tied at and Scott's 1385 total also surpassed the previous mark by 135 pounds. Lynn Beavers of Grand Rapids, Michigan established some impressive lifts and unofficial records. She squatted 415, benched 235, and deadlifted 470 for a 1140 lb. total. This seemed capable of more.

Great Lakes Bench Press

22 Nov 86 - Erie, PA

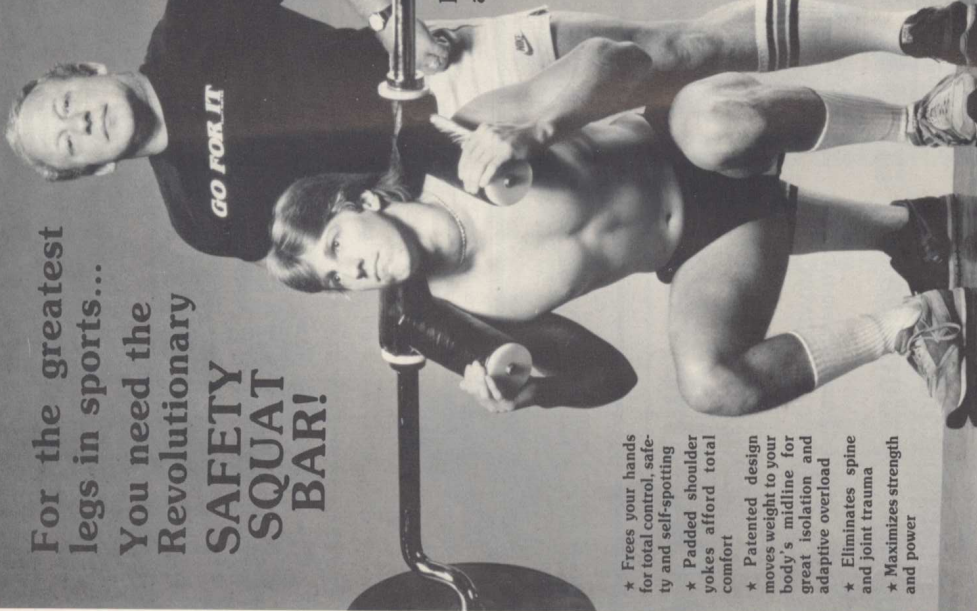
Women - by formula	145	155	165	175	185	195	205
L. Livingston	145						
D. Servido	125						
B. Pastore	130						
S. Goff	130						
Merle & Tronetti	130						
114 lbs.							
P. Cook	190						
H. B. Parks	145						
S. Elmer	145						
T. Gebber	145						
D. Sherwood	140						
T. Kuznetsov	140						
J. Kuznetsov	130						
L. Reboads	240						
J. Oregina Jr.	225						
L. Oregina	215						
J. Popovic	190						
M. Zimravitich	280						
165 lbs.							
A. Spacht	315						
K. Clark	250						
J. Penikaki	330						
B. Foley							



Olympians of Detroit took the team title at the Michigan Championships. From left to right: Bill Connolly, Jim Ostafinski, Ray Chase, Jerry Palazolo, James Tomes, and John Gallegher. Not pictured: Larry Kutchler, Tony Dicicchio, and Dale Zarzycki. Photo and information provided by Dave Burke, meet director.

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Georgia ADPP Championships
22 Nov 86 - Hinesville, GA

Women's	SQ	BP	DL	Total
Ann Leverett	265	165*	300	730
Jeff Dunahoo	320	170	345	835
132 lbs. Jeff Blake	390	240	435	1065
148 lbs. Tim Kennedy	370	240	400	1010
Charles Usery	385	210	375	995
Tim Smith	350	215	425	990
Robert Pruitt	435	295	435	1175
Ed Harmon	340	240	445	1025
Masters				
Jim Crizgard	480	335	550	1365
Jack Sanders	425	240	495	1160
Open				
Richard Martinez	440	420	420	1280
220 lbs. James Hammond	560	340	585	1485
Tree Meyers	520	330	625	1475
David Dick	575	335	605	1515

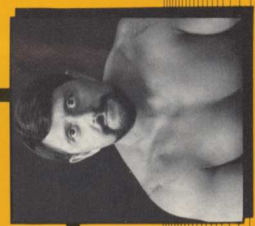
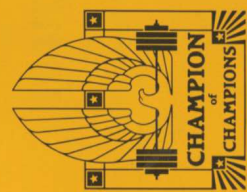
Cary Hatfield	570	485	525	1580
505	225	525	1455	
Gary Payne	475	425	500	1400
242 lbs.				
Bob Farmer	530	360	595	1485
Ronald Strubbing	375	365	540	1480
275 lbs. Sugar	385	385	425	1195
Jeff Lee	565	385	545	1495
Acorn King	590	385	500	1475
145 lbs. Ann Leverett	375	325	435	1135

American Women's Bench and total record in the very eventful meet. Ann Leverett surpassed the 104½ pound class. David Smith broke the American record in the 220 lb. class. The meet went very smooth thanks to the help of Judd, Army, and members of the Bradwell football team. Hope to see everyone at the 2 day meet in May in May! (Thanks to Denis Ferenc for results).

Finnish Masters

22 Nov 86 - (Hilos)				
40-49 years				
A. Eskilinen	460	125	kg	647.5
M. Rumi	440			800
H. Saarela	440			800
T. Paakkinen	432.5	125	kg	650
V. Haaska	380			822.5
67.5 kg				
M. Lappalainen	585			370
M. Lappalainen	585			370
B. Ahlroos	575			255
75 kg				
M. Pitkanen	520			595
H. Osterberg	505			417.5
82.5 kg				
M. Takamaki	635			575
M. Takamaki	635			575
P. Nurmi	577.5			600
L. Peltokoranta	550			572.5
R. Lindquist	660			645
S. Puikkinen	642.5			612.5
R. Vanhanen	532.5			645
A. Sironen	702.5			645
P. Okman	665			615
M. Aunala	632.5			615
E. Koski	582.5			602.5
P. Koskela	565			515

(Thanks to Heikki Orasmaa for results)



At last, a book that has everything from Larry's day by day workout diary for all of his nine world titles to the people he met and competed with along the way. Read his words about the amusing moments, the serious times, his friends, his enemies, his thrill of victory along with his agony and pain. This 450 page book includes pictures of more than 100 famous lifters and some not-so-famous.

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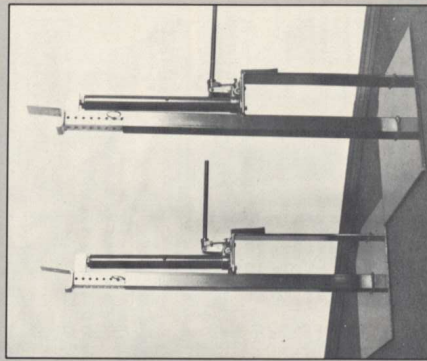
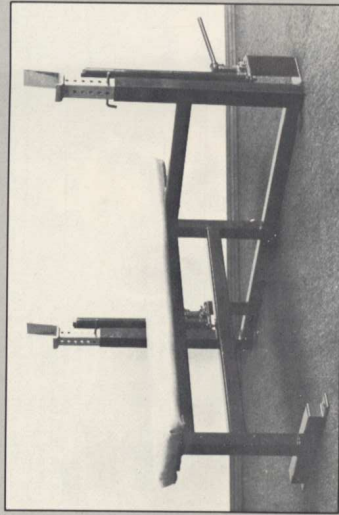
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Mytagen AM - 90 capsules \$12.50; 180 capsules \$23.50; 270 capsules \$34.50

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Book Review...is there a better candidate for "Most Famous Powerlifter in the World" than Larry Parrish? He has won 9 world titles, set many world records, built up one of the largest powerlifting equipment supply businesses in existence, etc. He has been and is the inspiration for thousands of lifters, who actively enjoy his company, seek his advice, and buy his products. Now, there is something more for the fans of both Powerlifting and Larry Parrish to enjoy. Larry has published a book called *Champion of Champions*. It is an actual diary of his workouts and life from the time of his first world title up until quite recently. It is extensive, 475 pages, with numerous photos of people that Larry has become acquainted with over the years, and it includes the top sets of every single workout Larry took to produce those 9 world titles. The most interesting part of the book is Larry's personal commentary about the events and issues that transpired over the years of his career; the grinding effort to win all of those world titles, the terror of his heart attacks and many other injuries, his sincere caring for his friends, his deep disdain for his enemies. Larry doesn't pull punches, and cites some names in very pointed style. On the way through the book, you might note that the spelling of a few of those names got mangled, and you might be hungry, as I was, for even more details of nearly every episode of Larry's lifting career. Nevertheless this book is a must read. Why? Because it is so intense-ly interesting to read the private revelations of the major Powerlifting figure of the last two decades. Larry has been in the middle of almost every major happening in the sport so what he says applies to events and individuals that many of us are familiar with. You can learn from this book, not only about the specific details of Larry's training, but about the 'life' of lifting; sometimes sweet, sometimes sour. *Champion of Champions* is available from Pacifico Enterprises, Box 14152 N.R. Dayton, OH 45414 for \$19.95.

Rocky Mountain A.C. Open		27 Sep 86 - Ogden, UT (kilos)	
Women	Total	SQ	BP
K. Adkinson	115.51	72.51	142.5
75 kg	185	120	197.5
67.5 kg	175	115	185
60 kg	110	120m	146
55 kg	115	72.5	152.5
50 kg	272.5*	170	315*
45 kg	205	125	255
40 kg	280	165	285
35 kg	245	182.5	255
30 kg	217.5	142.5	240
25 kg	217.5	127.5	200
20 kg	190	127.5	227.5
15 kg	302.5	192.5	317.5
10 kg	265	155	283
5 kg			

North Central U.S. Championships		22 Nov 86 - Casper, WY	
Women	Total	SQ	BP
Light-Blow	123	110	80
110 lbs	110	80	155
105 lbs	110	80	155
100 lbs	110	80	155
95 lbs	110	80	155
90 lbs	110	80	155
85 lbs	110	80	155
80 lbs	110	80	155
75 lbs	110	80	155
70 lbs	110	80	155
65 lbs	110	80	155
60 lbs	110	80	155
55 lbs	110	80	155
50 lbs	110	80	155
45 lbs	110	80	155
40 lbs	110	80	155
35 lbs	110	80	155
30 lbs	110	80	155
25 lbs	110	80	155
20 lbs	110	80	155
15 lbs	110	80	155
10 lbs	110	80	155

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Metrofit Bench Press		25 Oct 86 - Felham Manor, NY	
Women	Total	SQ	BP
Light-Blow	132	110	80
110 lbs	132	110	80
105 lbs	132	110	80
100 lbs	132	110	80
95 lbs	132	110	80
90 lbs	132	110	80
85 lbs	132	110	80
80 lbs	132	110	80
75 lbs	132	110	80
70 lbs	132	110	80
65 lbs	132	110	80
60 lbs	132	110	80
55 lbs	132	110	80
50 lbs	132	110	80
45 lbs	132	110	80
40 lbs	132	110	80
35 lbs	132	110	80
30 lbs	132	110	80
25 lbs	132	110	80
20 lbs	132	110	80
15 lbs	132	110	80
10 lbs	132	110	80

CFI Open		1 Nov 86 - Philadelphia, Pa	
Women	Total	SQ	BP
Light-Blow	148	130	90
110 lbs	148	130	90
105 lbs	148	130	90
100 lbs	148	130	90
95 lbs	148	130	90
90 lbs	148	130	90
85 lbs	148	130	90
80 lbs	148	130	90
75 lbs	148	130	90
70 lbs	148	130	90
65 lbs	148	130	90
60 lbs	148	130	90
55 lbs	148	130	90
50 lbs	148	130	90
45 lbs	148	130	90
40 lbs	148	130	90
35 lbs	148	130	90
30 lbs	148	130	90
25 lbs	148	130	90
20 lbs	148	130	90
15 lbs	148	130	90
10 lbs	148	130	90



Table with 5 columns: Name, 6 Nov 86, 102.5, 60, 160, 322.5. Lists names like Teresa Mims, Darlene Dumplif, etc.

wise he might have pulled a deadlift in the 240 lb plus range as he has in the recent past. Dave Dehart coasted in the 67.5 class, but we may have seen him again in the 82.5 class. Wassner...

Table with 5 columns: Name, 6 Nov 86, 142.5, 95, 160, 397.5. Lists names like M. Echevarria, M. Echevarria, etc.

Final Results: Women's Nationals 1,2 Feb 86 - Salt Lake City (kilos) 123 lbs. 167.5 110 180 472.5. Lists names like Cheryl Taylor, Cheryl Taylor, etc.

Minnesota Police & Fire Meet 18 Oct 86 - Nisswa, MN. Lists names like D. Perry, B. Wilkins, B. Wilkins, etc.

Table with 5 columns: Name, 18 Oct 86, 400, 260, 400, 1060. Lists names like J. Coughan, J. Coughan, etc.

Table with 5 columns: Name, 18 Oct 86, 242, 148, 330, 720. Lists names like R. Johnson, R. Johnson, etc.

Table with 5 columns: Name, 18 Oct 86, 325, 215, 350, 890. Lists names like M. Masters, M. Masters, etc.

Table with 5 columns: Name, 18 Oct 86, 350, 240, 380, 970. Lists names like P. Gemelo, P. Gemelo, etc.

Table with 5 columns: Name, 18 Oct 86, 300, 195, 300, 817.5. Lists names like R. Johnson, R. Johnson, etc.

Table with 5 columns: Name, 18 Oct 86, 325, 215, 350, 890. Lists names like M. Masters, M. Masters, etc.

Table with 5 columns: Name, 18 Oct 86, 325, 215, 350, 890. Lists names like M. Masters, M. Masters, etc.

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Table with 5 columns: Name, 18 Oct 86, 325, 215, 350, 890. Lists names like M. Masters, M. Masters, etc.

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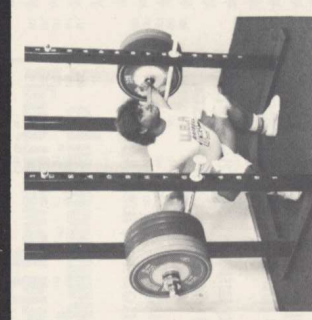


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Table with 2 columns: Name, Weight. Lists winners for various weight classes.

The 1st Annual Connecticut Open Bench Press Championship went very well with a total of 48 lifters. This contest was held with the New Haven Recreation Center in New Haven, Conn. on Nov. 14-15-16, 1986. The contest was held in the New Haven Recreation Center in New Haven, Conn. on Nov. 14-15-16, 1986. The contest was held in the New Haven Recreation Center in New Haven, Conn. on Nov. 14-15-16, 1986.

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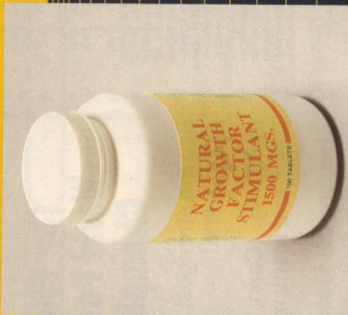
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23 Nov 86 - W. Orange, CT

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S. Yates	T. Beatty	C. Gagnier	B. Denaro	B. Swinney	B. Swinney
254.5	310	350	400	488	500
399	440	500	550	625	650

ADPPA Blue-Gray Classic
25 Oct 86 - Montgomery, AL (kilos)

Tenage Light	Light	Light Heavy	Heavy
S. Crocker	C. Crocker	M. Tinsaw	M. Tinsaw
488	500	550	625
625	675	725	800

ADPPA Blue-Gray Classic
25 Oct 86 - Montgomery, AL (kilos)

Tenage Light	Light	Light Heavy	Heavy
C. Crocker	C. Crocker	M. Tinsaw	M. Tinsaw
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Tenage Light	Light	Light Heavy	Heavy
C. Crocker	C. Crocker	M. Tinsaw	M. Tinsaw
488	500	550	625
625	675	725	800

A.D.F.P.A.
TOP 20 75 kg - 165

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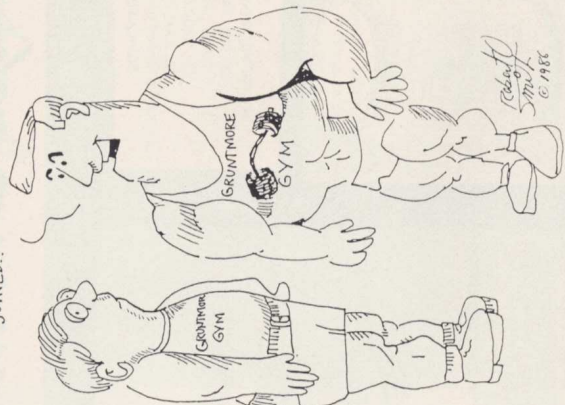
SQUAT	DEADLIFT	TOTAL
1. 628 M. Beavers 8/9/86	622 A. Gundry 3/22/86	1587 M. Beavers 8/9/86
2. 615 R. Clarcia 3/8/86	620 L. Murray 4/5/86	1516 D. Crawford 2/22/86
3. 584 G. Cochran 5/31/86	610 D. Heren 10/25/86	1515 A. Gundry 3/22/86
4. 584 G. Cochran 5/31/86	600 R. Crawford 2/22/86	1510 L. Murray 4/5/86
5. 578 T. Brady 11/23/86	600 P. Gori 11/17/86	1500 M. Ayal 11/9/86
6. 573 J. Kossin 8/9/86	595 J. Rossin 8/9/86	1488 R. Kossin 8/9/86
7. 560 D. Thompson 8/28/86	590 D. Brehm 10/4/86	1466 G. Board 8/9/86
8. 560 D. Thompson 8/28/86	580 J. Cope 3/11/86	1466 G. Board 8/9/86
9. 560 D. Thompson 8/28/86	578 M. Thompson 6/28/86	1460 L. Ayal 11/9/86
10. 560 H. Krueger 6/7/86	575 M. Beavers 2/22/86	1454 P. Gori 11/17/86
11. 556 T. Dodson 10/26/86	575 D. Gainer 11/2/86	1450 R. Clarcia 3/8/86
12. 556 T. Dodson 10/26/86	575 J. Danner 4/5/86	1440 G. Underwood 10/25/86
13. 556 J. Marksteiner 9/27/86	570 H. Krueger 6/7/86	1438 R. Cirigliano 5/31/86
14. 551 T. Williams 9/27/86	570 H. Krueger 6/7/86	1433 T. Williams 9/27/86
15. 551 T. Williams 9/27/86	568 G. Zweetig 1/19/86	1420 J. Cope 3/11/86
16. 551 D. Gauffier 6/28/86	567 J. Stambouli 11/17/85	1420 M. Taylor 10/26/86
17. 551 D. Gauffier 6/28/86	562 M. Board 8/9/86	1415 D. Heren 10/25/86
18. 551 D. Gauffier 6/28/86	562 M. Board 8/9/86	
19. 545 L. Walter 8/9/86	562 M. Board 8/9/86	
20. 545 L. Walter 8/9/86	562 M. Board 8/9/86	

This Top 20 list by Jim Gallagher covers lifts made in sanctioned American Drug Free Powerlifting Association meets from November 1, 1985 to November 30, 1986.

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

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

OF COURSE ALL OUR BARBELLS
ARE BENT... DIDN'T YOU SEE THAT
ON OUR 'LOGO' BEFORE YOU
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back next year for the ADPPA Third Annual Bodybuilding Championship. (Thanks to John R. Davis for results.)

MCI Shirley Classic

9 Nov 86 - Shirley, MA

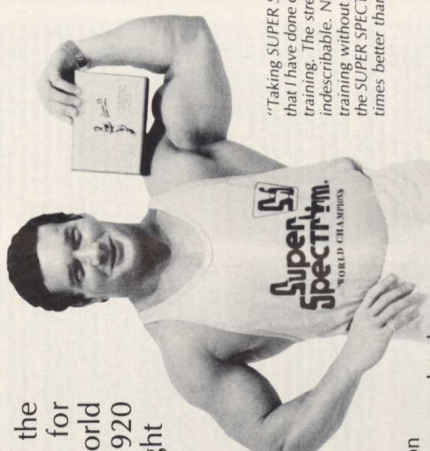
132 lbs.	148 lbs.	165 lbs.	181 lbs.	198 lbs.	215 lbs.
R. Libby	R. Williams	M. Rodgers	H. Rivera	D. Talbott	S. Murphy (IL)
325	345	385	425	460	490
475	475	525	575	610	650

attended had favorable comments and said they learned something other than how to lift. These two men offer an excellent program and plan to continue this program next year. Dr. Biagiato also helped by performing the biopsies during the meet.

Thanks also to Coach Jim Perry of Lee HS, Glenolden, PA, for providing the gym equipment. Mr. Joe Mayberry of Southern Scale graciously provided a scale that automatically calculates the weight.

We are looking forward to having everyone

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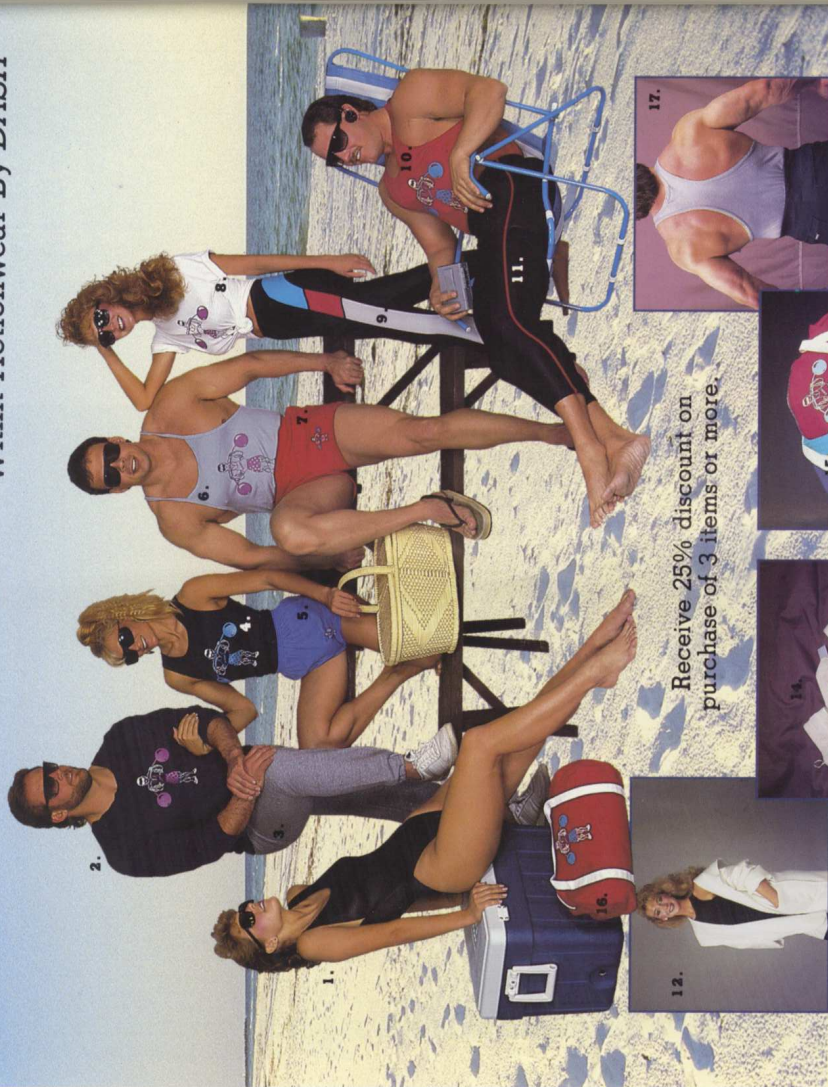
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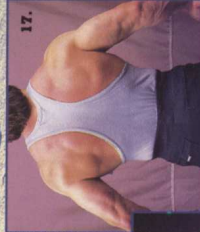
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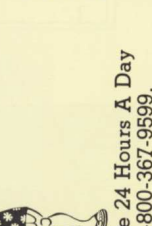
14. **Super Wrist Wraps** - Cream, One Size Fits All, \$9.95



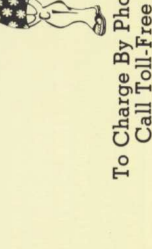
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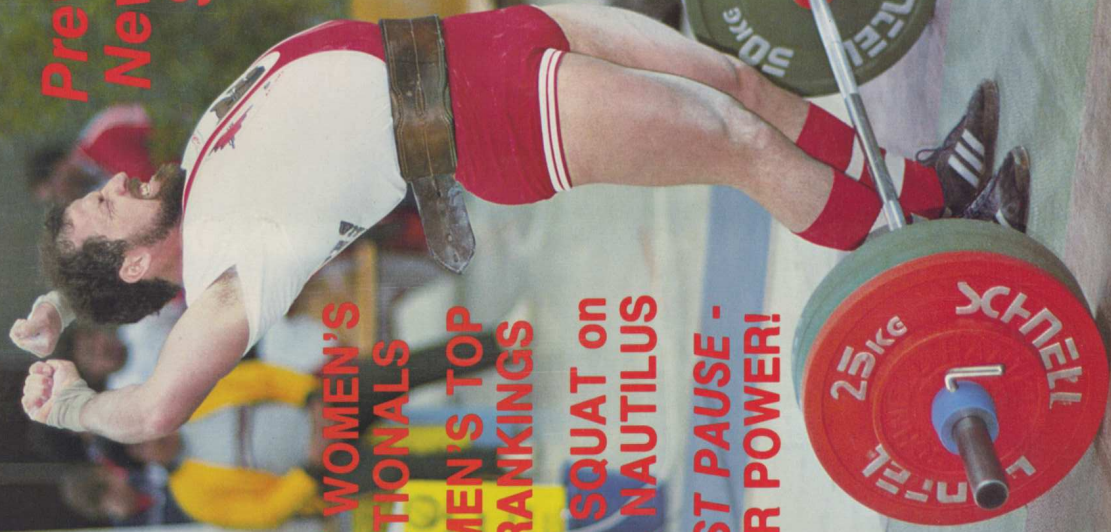
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