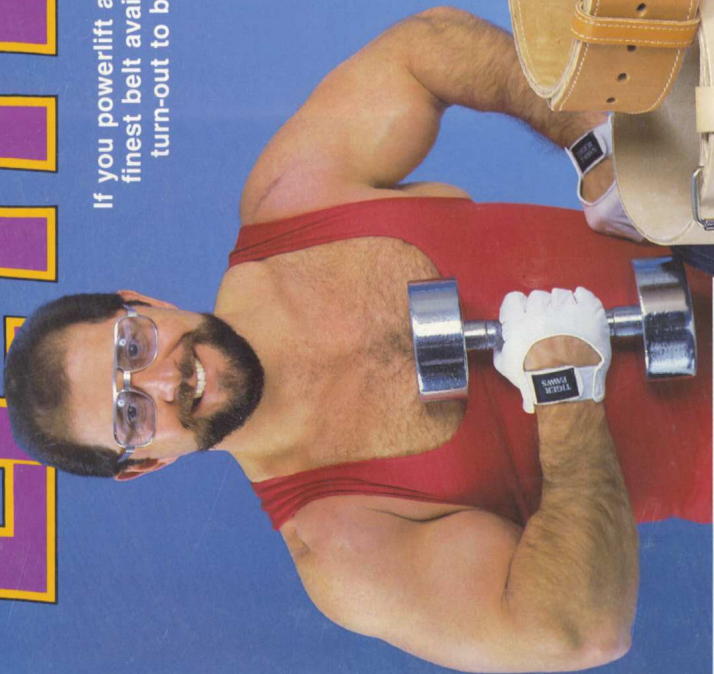
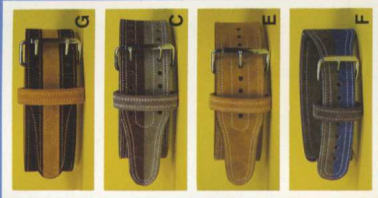


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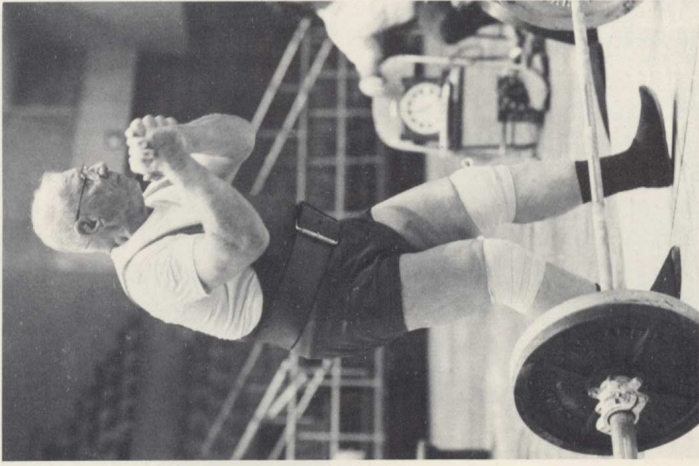
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TRAINING

MASTERS of POWER as told by Dave Krall



Every lift is a victory over time itself, for Henri Sautieres, now 80 years of age. His doctor says Henri is healthy enough to live another 30 years!

The successful master lifter occupies a unique position in the world of Powerlifting. Past experience has created in him a person who is wise in the ways of training and competition. Maturity will steer him away from the excesses of younger lifters, and allow him to serve as an example, to teach those who want to learn.

This article is directed at older lifters, but not necessarily those who have learned valuable lessons from their experience. Rather, it is aimed at those who simply may be getting into Powerlifting at a more advanced age than normal, or those who are floundering and making little progress. Any bits of advice presented here will not be specific. There won't be a list of sets and reps found to be ideal for the master lifter, because there is no such thing. Any training information will be presented to indicate trends you may want to follow.

In the non-athlete, strength declines have been shown to start sometime in the late twenties or early thirties. The decline is slow, but definite, and can include such things as a decrease in tendon and ligament elasticity, loss of muscle strength, and a lowering of the metabolic rate, so that the healing process is slower. Mike Stone, Ph.D., and Director of Research at the National Strength Research Center at Auburn University, points out that the initial decline of strength in non-athletes may be a result of changes in lifestyle rather than aging. He says that people have a tendency to become more sedentary once past their early twenties, and this, more so than age, causes the initial decline in strength.

For someone who has been lifting for years, orthopedist Richard Herrick notes that while the aging process takes its toll in strength, lifting can slow the process. "Lifting is going to negate part of these changes," says Dr. Herrick, "but I don't think it's going to stop them." Dr. Mauro Di Pasquale believes that for the lifter, placing numbers on the beginning of strength decline is "rather esoteric."

"I think the degree of strength loss even up to the age of 70 is probably minimal," says Dr. Di Pasquale.

Chiropractor Ken Leistner says, "Experience has shown that you can get very strong up to a fairly advanced age, probably into your fifties. Things that require speed of movement, reaction time, and fine motor coordination suffer with age. Strength can increase up to a point, although it's different for each person."

There is plenty to support these statements. Many lifters over fifty are not far from maximum performance, and those who their studies can still power up like teenagers. However, as with any lifter, thought must be given to recovery time and avoidance of over training, especially because older lifters have less muscle mass and are not as resilient as younger ones. Dr. Stone says that older lifters should adapt to stress as well as a younger one. Nevertheless, it appears older lifters can train hard. "They may be able to continue with equal intensity but less

For those who want to start powerlifting, or re-start after a layoff, it is important to proceed slowly. "They have to know what they can and can't do," says Dr. Di Pasquale, "and usually means starting off light and then building up gradually."

Lifters old and young need to listen to their bodies. The body usually sends up warning flares in the form of aches and pains when it is being pushed too hard. Pay attention. The wise older lifter will be smarter about this than most younger lifters.

"One of the reasons the older lifter may continue is that he learns to listen to his body better," says Dr. Herrick. "When it tells him to slow down or stop for awhile, he does. Perhaps the maturity of emotion or intellect counter-balances the maturity of tissue."

Of course, not every older lifter will be body-wise, and never learn. "Many older lifters are just as dumb at 45 as they were at 25," says Dr. Leistner. "They never do get the big picture (train hard, eat properly, and get enough rest). Rather than use the wisdom they should have accumulated, they're still looking for the magic supplements, drugs, and routines. These are the guys who change their routine every time a new issue of POWERLIFTING USA comes out, or every time some new press or looks impressive."

Many lifters overlook cardiovascular conditioning. For health reasons, they shouldn't do this, especially the older lifter whose blood vessels are not as elastic as they once were. Because of this loss of vessel elasticity, the older lifter must more carefully consider blood pressure increases while lifting. Dr. Herrick says, "We have to assume that the less flexible, mature blood vessels are going to react to blood pressure increases in an even more pronounced fashion than the younger ones." Dr. Stone says a loss of elasticity doesn't occur as readily when the body is trained. Cardiovascular training should be as stress free to the joints as possible, so running may not be the best idea. Swimming, rowing, or cycling are less stressful to the joints.

Older lifters no longer pace the field. However, the wise ones prove that maturity of the mind can offset the loss of the body.

"The human body as a certain number of years in it," says Dr. Leistner, "and we lengthen the average due to genetics and by the things we do through the years, physically and psychologically. If training and maintaining good health are part of your lifestyle, then your strength need not decline in your late twenties or early thirties. Your progress will slow as you grow older, but I think that quantitatively you can increase strength for many, many years."

The wise master lifter uses sound training practices, and by challenging the ultimately unbeatable odds of nature, proves that the pursuit of strength can be a life long activity.

This article was written with an intermediate lifter in mind, one who is capable of a 500 pound squat. This 18 week program will increase the lifter's maximum squat weight by at least 30 to 40 pounds. This is one of my routines that I have had much success with. The key aspect to this particular squat routine is the heavy percentage partials performed in the power rack. Of course, it is necessary in order to complete this aspect of the routine. For the remainder of the routine we need regular squat racks. There are two levels (position of the bar, in height) inside the power rack that the lifter needs to concern himself with, i.e., Level 1 and Level 2.

Level 1: Place the bar on the power rack pins 6 to 7 inches below the lifter's lockout position. Load the bar to the suggested poundage listed in routine. The lifter will position himself/itself under the bar in a partial squat position inside the uprights of the power rack, and begin to uplift the weight until the full lockout position is reached. Perform the suggested reps and sets listed in routine.

Level 2: The bar placement is lowered 12 to 13 inches below the lockout position. Four power rack pins will be needed for this movement. Two pins will be used to set the bar on, and two more pins must be inserted 6 inches above the lower bar location (12 to 13 inches below lockout). The power rack is set up properly when the bar is "sandwiched" between the four power rack pins. The range of motion of the squat movement is limited by the upper two pins, so you cannot uplift the weight to the full lockout position. The range of motion will only be 6 inches when the bar is touched from the lower rack pins and up to the upper pins.

Regular squats will be performed as dictated by the rules and regulations. Be sure to train them about 1 inch below parallel. I do not use light lifting suits nor knee wraps when training in the power rack, because I like training at a disadvantage. However, you can use them or not, proceed at your own discretion.

Warm-Up Exercises: deep knee bends - 1 set of 15 reps; toe touches - 1 set of 15 reps. Do not use any weight.

Assistance Exercises: I do not use any assistance exercises other than the power rack movements, which are already incorporated into the squat routine.

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SQUAT ROUTINE
Week 1: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 2: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 3: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 4: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 5: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.

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Week 6: Rest week, no lifting.
Week 7: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 8: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 9: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 10: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 11: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 12: Rest week, no lifting.
Week 13: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 14: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 15: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 16: Monday - Level 1: (Power Rack Partial Squats) 500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 17: Monday - Last power rack squats before rest day. 1-500x3, 570x1, 640x1, 705x1, 775x4, Level 2: 365x3, 430x1, 500x1, 570x4, Level 3: 295x6, 365x4, 425x2, 460x1.
Week 18: No lifting Monday, or Friday, Saturday is meet day. Warmed-up, 155x2, 215x1, 280x1, 345x1, 425x1, 1st attempt 460, 2nd attempt 510, 3rd attempt 530 or more.

TRAINING

Day of the Meet as told by World Champ, John Kuc

Although the title of this article is "The Day of the Meet," I am actually going to start about a week or so before, because this whole time frame is vital if you want to have a rewarding competition.

Do not let your body weight get too far above the class limit. The lighter the weight class you lift in, the closer to that limit you should stay. The reason for this is simple. For a 123 pounder to lose 8 pounds amounts to a 6 percent weight reduction, whereas for a 242 pounder, losing 8 pounds is only about a 3 percent reduction. The effect of such a weight loss on a 123 pounder is much more severe. If you are a 123 pounder training at 130 pounds or 131 pounds, you can not expect the same lifts after you drop those 8 pounds. Be intelligent enough to plan your starting attempts based on your current body weight and not your training weight.

The week prior to the meet should be as tranquil as possible. You should know exactly where the meet is and how long it will take to get there. Allow yourself enough time to lose some weight, if necessary, prior to weigh-in. Remember every scale is going to be slightly different. Do not make too long a trip the day of the meet; travel the day before if necessary. A long car ride the day of the meet can cost you pounds on your total. Organize your lifting equipment as far in advance as possible. Make sure you have an extra lifting suit, bench shirt (if you use them) and extra wraps. Loss or damage to this equipment in the middle of a contest could be devastating. It is far better to have more than you need, than to come up short. If you travel by air, don't check your lifting gear. It is very rough to try to replace lifting equipment in a strange city. Make sure you have everything you could possibly use before you leave. Make a checklist and mark off the items as you pack them. This is the best way to insure you remember everything.

Now that you have put in your months of hard training and are ready to compete, it's time to prepare you for what will happen on meet day. Remember, the contest is the reward for all of your training. The better prepared you are, the better you will perform. Let me assure you of one thing, however, a power meet can get awfully confusing.

If you have been to a few meets and have had some bad experiences, don't become discouraged. At times things can be very disorganized and even the seasoned competitor will have some problems. Try to learn something from every meet, good or bad, that you compete in. That way each competition will become a little easier. You will learn the ropes and be more relaxed and better prepared. You may have attended a few meets as a spectator and think you know the ropes, but let me tell you, there is a world of difference between being a spectator and a competitor. If you are competing for the very first time, do not go alone. Make sure you have someone with you who has been through it before, and who is

the Bench Press or Deadlift allow no more than two (2) minutes per attempt.

You can adjust for being a little early; there is no adjustment for being late. As I said before, missing a warmup or two is usually a real disaster. If you finish early there is a fairly easy solution to this problem.

If, for example, your opening squat is 550 and you take your last warmup with 500, and then find out that you have another twenty (20) or thirty (30) minutes to go. Do not panic. Take the 500 or a little less, whatever you feel comfortable with. Do not go heavier. Every five (5) or ten (10) minutes, depending upon individual needs, take a single with that weight. You should be able to repeat this a few times without any negative effects. It's not heavy enough to drain your strength, but it will keep you sufficiently warmed for your opener. This is not the ideal situation, but it's much better than sitting idle for twenty-five (25) or thirty (30) minutes. You can really cool down and tighten up in that period of time.

When there are about three (3) attempts before your opener, move from the warmup area to the lifting area. The lifting area is normally very congested. Don't add to this problem by getting there before you have to. You will only get in the way of the other lifters. Show consideration for your fellow lifter.

When your name is called as the on-deck lifter begin to get ready both physically and mentally. Have your coach keep an eye on the lifting platform. As soon as the lifter preceding you has successfully completed his attempt you should begin to wrap. To the platform as soon as your weight is ready. You have spent a considerable amount of time in the warmup room. There is no reason why you shouldn't lift as soon as they are ready for you. Don't blow an attempt by taking too much time. Have seen lifters expend a good part of their energy putting on a show, or psyching up, as they call it. This can be overdone. Take a call at the platform. They don't waste needless energy with theatrics.

The previous narrative was based on a competition using the conventional system. Using the rounds system makes things a little different. The system there will be between 10 and 15 minutes per group. This means there will be approximately 10 to 15 minutes, slightly more for the squat, between the first and last attempt. Even if you have the heaviest opener of the meet you will be on the platform within 15 minutes of the lightest attempt. What this means is that you must begin warming up prior to the start of the round. Once you adjust to that, the rounds system makes it pretty easy. For example, if there are 12 lifters in your group you can figure it will be 15 minutes after the start of the rounds before your first squat attempt. The process is simple if you have 7 warmups and like to take 5 minutes between attempts and the

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physically, the toughest lift. It is the only lift that begins with weight on the ground. Seeing that huge mass of iron just sitting there can sometimes have a devastating effect on your mind. For these reasons I feel it is highly unlikely that you will make all three attempts with any regularity. At this point in the contest it is just as much mental as it is physical. You must really get tough with yourself. It is really easy to say "I got a good squat and bench, so I'll take it a little easy on the deadlift." You will never set records or win championships with that kind of attitude. Going all out when you are physically and emotionally spent is the mark of a champion.

I usually plan on only two deadlifts in a meet. Naturally, planning can have an effect on this, but normally I would plan on only two. My first attempt is really just a very heavy warmup. It keeps me in the meet and gets me ready for the really big one. My second attempt will be for the win or the record. I try not to be forced into a third attempt. If I feel good I may lift one, but I always hope it doesn't affect the outcome of the meet.

Deadlifts feel like you are cheating yourself. You may make the three attempts, but you might have gotten more if you took just two attempts. I have seen individuals take three lifts to my way of thinking. 400, 500, 600, as a usual attempt is foolish. The 500 is usually the last lift. You should be able to jump from 560 to 600, and the 580 says your strength from the attempt at 600. By skipping

starting too high. Your second and third attempts affect your placement. The amount of increase on your second and third attempts should be the same as you use on your heavy singles day in the gym. If you normally increase 35 lbs. per set, plan your increase increases the same way.

Your second attempt, except for the deadlift, should be a solid lift that is not 100 percent maximum. You should feel fairly confident that you will make it. Then on your third attempt, let it all hang out. If you are in shape, this should be a personal or near personal record. If you are not in shape you shouldn't be competing. It is very possible to make all three attempts. This is the way to build a good solid sub-total, and to win meets. The squat is the first lift and your mind and body are fresh. These factors make it feasible to make all three lifts. I have made three attempts in most meets and have set personal records on my third attempt.

The bench press requires a different set of muscles than the squat. The bench press is a test of upper body strength. You have not yet taxed these muscles. Making all three attempts in the bench press is also a very good possibility. I go into all meets planning to make all three attempts in the bench press. To me, the deadlift is a different story. Depending upon the number of lifters in the meet, you can be deadlifting anywhere from four to six hours in the meet. Your energy should never be so high that there is some doubt as to whether you will make it. If you have some doubt, you are

ing the 580. I feel you would have a much better shot at 610 or 615 if you needed it.

The following are my contest attempts at the 1980 World Championships. Squat: 755, 804, 852. Bench: 473, 501, 507. Deadlift: 771, 870, pass.

I have often been asked questions concerning contest strategy. This is a difficult question to answer. For myself the only strategy I employ is to build a good sub-total, and then wait until everyone has finished and take what I need for the win. If you are not an exceptional deadlifter, this type of strategy won't work. I feel the best strategy for anyone is to try to maximize all three lifts. If you do the best lifting you are capable of, you should be very happy regardless of your placing. All the strategy in the world will not defeat a lifter who is going to out total you by 200 lbs. Keep track of where you stand at all times. Don't waste any lifts, and strive for personal records. This strategy should work well for anyone.

As mentioned earlier, you, the lifter, have certain responsibilities the day of the meet. Often these lifts may be delegated to your coach, but make sure he is dependable. BE there on time.

BE sure the bar is loaded correctly. BE ready to lift when you're called. BE able to convert pounds to kilos. If you do these things, you should have very little trouble. Be prepared, and you'll do the best lifting you are capable of.

BE there on time.

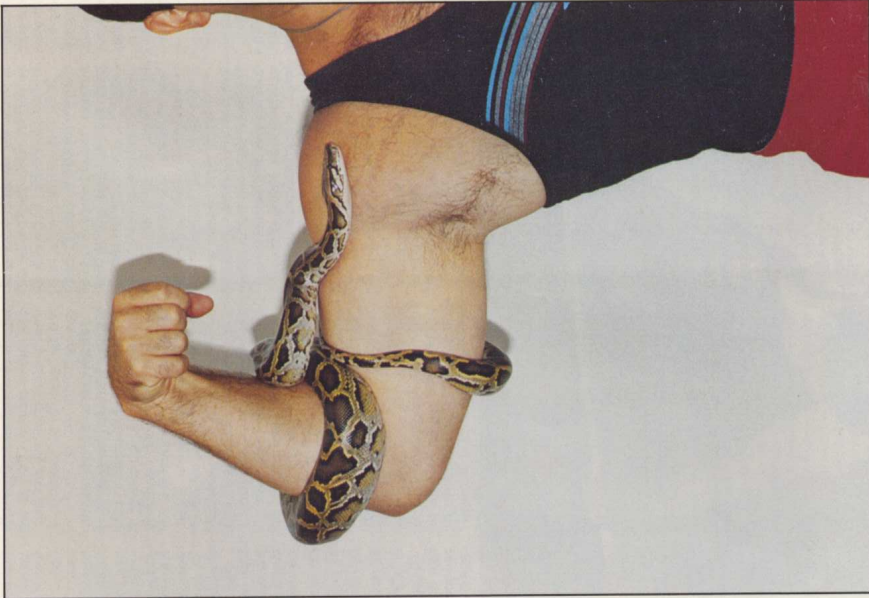
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One Hectare Meet Day for John Kuc was Nov. 9, 1980, when he won the World Championships, went 8 for 8, and set World Records in total and deadlift.

INJURIES

Rebuilding the Pythons How I Came Back From a Torn Bicep Tendon...by Pete Vuono



The Author's 18 1/2 inch "Python" meets friendly "Rambo", the 6 foot python. Don Callow photo.

A ruptured or torn bicep tendon is an injury which seems to be more prevalent among powerlifters and bodybuilders nowadays. Most weight trainers are well aware of the biceps injuries incurred by Steve Wilson and Tom Platz. Unfortunately, I also joined the ranks of those plagued by this dreaded injury.

On February 1st, 1986 I partially ruptured the bicep tendon of my right arm where it inserts into the elbow. This came about due to overtraining of the bicep and very poor form used during a peer-form record deadlift which I was attempting at the time. The "popping" noise could be heard all throughout the arena where I was lifting. My injured bicep crept up toward my shoulder about 1 1/2" and the bicep had great patches of bruise marks.

On February 4th, I saw sports physician, Dr. C. Patrick O'Reardon, at the St. Elizabeth's Hospital Sports Medicine Clinic in Brighton, MA. This clinic is well known throughout the state and administers to runners who suffer mishaps in the Boston Marathon. Dr. O'Reardon felt that the tendon was only partially ruptured and that it was still attached. It was his opinion that rest and not surgery would be the best prognosis for me. Dr. O'Reardon's colleague, Dr. Janice English, concurred with this diagnosis and added that when the time came for me to train my bicep again, that I should work the brachialis in order to compensate for the loss of strength in the bicep.

I took two weeks off after the February 1st contest and did nothing. I resumed training on my lower body on February 17th and also trained my good arm (left). I used the following routine up until March 5th.

UPPER BODY
(twice weekly): stomach crunch, 1 handied tricep pressdown, 1 dumbbell seated curl, 1 set strong on call machine.

LOWER BODY
(twice weekly): squat, hyperextension, leg curl, calf extension, 1 dumbbell wrist curl, 1 dumbbell hammer curl. I always kept my injured arm snugly wrapped while squatting and carried the bar high on my traps to relieve any possible pressure.

On March 5, 1986 Dr. O'Reardon gave me the go-ahead to start a program which included the deadlift to arm. This included the great right to be gentle and gradual. My upper body routine was scheduled for Monday and Thursday. It consisted of the

chase the preacher curl because it works the lower portion of the bicep near the insertion which is where I was injured.

TUESDAY: bench squat - 5 sets, milk box squat - 1 set, crunches - 3 sets, leg curl - 3 sets, dumbbell hammer curl - 3 sets, dumbbell wrist curl - 3 sets.

THURSDAY: bench press - 3 sets, incline press - 1 set, barbell row - 3 sets, 1 dumbbell seated curl - 3 sets, 1 dumbbell preacher curl - 2 or 3 sets.

FRIDAY: squat - 5 sets, stiff leg deadlift on blocks - 3 sets, rise slings - 3 sets, calf extension - 3 sets, dumbbell hammer curl - 3 sets, dumbbell wrist curl - 3 sets.

It's interesting to note that I started my seated dumbbell curls on March 6th with 100 lbs. for 2 easy sets of 10 with my good arm and 25 lbs. for 2 sets of 10 with the injured arm. On the preacher curl I used 50 lbs. for sets of 10 with the left and 20 lbs. for sets of 10 with the right. In the dumbbell hammer curl I used 50 lbs. for the left as opposed to 30 for the right. I presume I gradually trained until the right arm was once again as strong as the left.

With patience being my guide, I was able to lift the same weight with my right arm as I was with my left by August 21, 1986, but over the months later. The only changes made after that time were that of the dumbbell preacher curls twice weekly. I used a barbell on one of those workouts. I also had a special bar made which I still use today where I can now do barbell hammer curls. I therefore used a barbell once a week and stuck to the dumbbells once per week. I became strong enough to chin and I now do 25 lbs. on the chinning belt for three sets of ten reps once per week instead of lat pulldowns.

Presently, I am at a point where I can curl 80 lbs. with the once injured arm, seated for 12-15 reps, a feat which I can not do with the left arm. I can perform barbell hammer curls for 110 lbs. strict for an easy 10-15 reps. My injured arm has increased in size to 18 1/4" pumped. All my other lifts increased while I was going through this recuperative period. Although I am not a drug user (and never have been) I feel the above mentioned poundages are reasonably respectable and only go to show what patience and determination can accomplish. Anyone plagued with a similar injury may contact me at: 72 Sunset Ave., Brockton, MA 02401.

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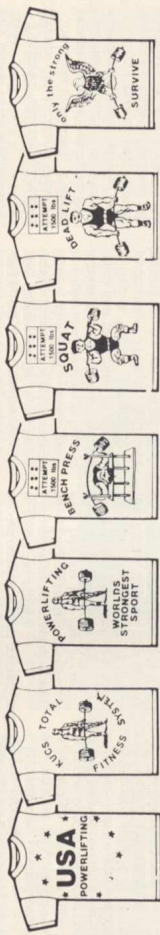
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PLYOMETRICS

as told by Fred Hatfield, Ph.D.

stronger you are the faster you can go, provided you don't lose your groove, your transition will be faster and your force will be far greater.

3. Ascent: The more effective your transition phase, the greater your explosiveness will be coming out of the hole.

4. Striking Point: The more explosive your ascent, the easier it will be to get through the sticking point.

The three most important elements in achieving a great squat are:
 1. your absolute strength level,
 2. your starting strength (getting max muscle recruitment instantly),
 3. your explosive strength (keeping all muscle cells firing over time).

A fourth factor that's also important is your transition time, which is commonly regarded as a function of 1) absolute strength and 2) starting strength. The stronger you are, and the faster you can recall, the quicker you'll be able to get out from under that bar.

It's the effort point of the lift. It's interesting to note that even a max effort squat, you never quite reach your absolute strength level. The same holds true for the bench and the deadlift. In other words that involves faster movements such as Olympic lifting, shot putting or even long jumping, the maximum force you display will be even further removed from your absolute strength level. It takes TIME - much time - to display absolute strength because it takes time to achieve truly maximum fiber recruitment.

Therein lies the importance of plyometrics. Through plyometric training you can improve your ability to decrease the time it'll take you to get maximum instantaneous muscle fiber recruitment. You do this by increasing the level of force you generate BEYOND that which you can muster at will.

Here's a good place to talk about the first technique. Altitude jumps are typically performed from a height of five feet or more - up to as much as nine feet! You jump and land - the impact is tremendous, reaching as much as four or five times bodyweight. You can't do that by yourself, right? You need a landing stress! You bet! Too stressful? Well, not if your absolute strength level is high enough. Before doing this technique, you should be able to squat at least double bodyweight.

Altitude jumps - you should only be done under the following conditions:
 1. After absolute strength is at least equivalent to double bodyweight in the squat.
 2. You must wear good quality --

stronger you are the faster you can go, provided you don't lose your groove, your transition will be faster and your force will be far greater.

to a full "push-up" position. Your elbows shouldn't have to bend more than about 90-60 degrees.

Arm jumps from a pushup position off picnic benches and exploding upwards back onto the picnic benches are great depth jumps for the bench press. I've gotten to the point where I'm able to do bench press depth jumps off a picnic table and back up. Try'em - you'll profit from them.

Perhaps the most common form of upper body plyometrics, though, is the medicine ball drills. Medicine balls come in all sizes, ranging from less than eight pounds up to near twenty pounds. Naturally, the greater your absolute strength, is the heavier the medicine ball should be.

Simple chest passing between partners for maximum speed and explosion is the simplest form for bench presses. The secret is to receive and repel the ball back to your partner in the shortest time possible, and with as little arm bend as possible. In other words, key on the transition time -- make it short.

Rotator cuff exercises can also be performed with the lighter medicine balls. Strengthening your rotator cuff is a must - I wish today were back in 1977, the year before my first back surgery under the name of Dr. But that's not the point here. The best experience, in my opinion, is the best teacher, and that is certainly makes a lot of sense to profit from the experience of OTHERS!

Like food and like fashion, strength training is subject to fads, and at this time, plyometrics, those specific exercise movements in which a muscle or muscle group is forcefully stretched prior to contracting, is an "in" or "hip" item. Plyometrics is a buzzword, an indicator that the coach or practitioner is among the "knowledgeables", a member of the "elite training crowd." To disavow plyometrics,

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Editor's Note... Fred Hatfield is a strong spoken man, with a share of criticism in the strength training field. On plyometrics, Dr. Ken Leistner (who also has his critics) has different views, and we offer you both ends of the spectrum on this issue for your evaluation. See Dr. Ken's article at right ▶▶▶▶▶

More From Ken Leistner

or question their application is to invite criticism from the so called leaders in the strength training field. For ten years or so, plyometrics has been the supposed bridge between strength and power, a mystical trip that would allow one to improve plyometrics, every strength training expert "knew" that power came from the sport of football, or throwing the shotput. Many believed and wrote that the power clean in fact, "built" or developed this elusive quality, allowing one to move fluently from a "down" position on the line, to a position where the blow was delivered to the opposing player. Because many successful power clean advocates couldn't block their way through linemen who weighed forty pounds less, the experts sought, and supposedly discovered another road to "explosiveness."

Interestingly, plyometrics, like power cleans, is inherently dangerous. Many strength training authorities, many who should know better but don't perhaps due to peer pressure and/or political affiliation within the field, have forgotten that to actually react and/or fire muscle fibers is a trait that is largely inherited with little room for improvement. One can certainly improve the skills involved in any sport and should. Improvement will lead to the development of many efficient neurological patterns, and getting stronger in those

plyometric type movements which particular skill movements of one's sport will allow for more precise, more powerful, and more efficient movement. However, it is patently absurd to believe that jumping off a two or three foot box, with or without holding firm pound dumbbells in one's hands, will improve one's ability to backpack into pass coverage.

More importantly, if positive benefits were available from moderate to high force repetitive ballistic-exercise such as plyometrics, the benefits would not be worth the potential risk of injury. Hopping and bounding may, and depth jumping will place inordinate strain upon the connective tissues of the lower extremity joints. In large athletes, the forces upon the ankle, knee, and hip joints is quite high, and has led to numerous injuries. The lumbar spine is subject to both acceleration and deceleration forces. In our office, we have seen one compression fracture, and a number of cases of facet impingement with concomitant synovial fluid inflammation. All cases, the athlete had to cease all strength and skill training until symptomatology abated. Despite the fact that those who espouse the use of plyometrics, injuries are common.

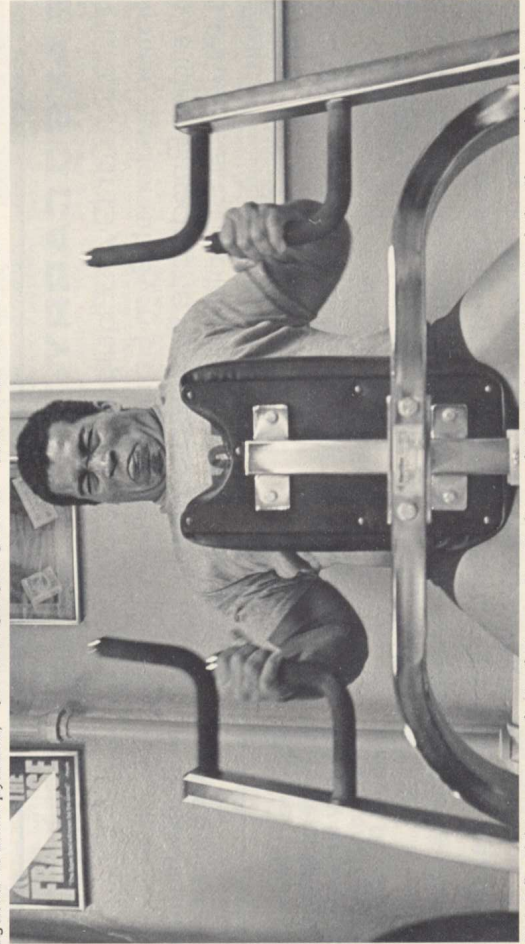
Aligning the purpose of the strength training program is to decrease the probability of injury during play, there is no justification for the inclusion of plyometric type movements which

expose the tissues to high forces, and most importantly, unnecessary forces. These are those cut figures in the strength training powerlifting field who have intimated that the risks inherent in plyometrics are justifiable. This is unconscionable, in my opinion, especially since all that can be attained in strength, skill, and conditioning increases can be done so with minimal risks to skeletal and connective tissues, and in as safe a manner as is reasonable.

Throwing a medicine ball can be fun and productive, but if done so that a "rebound effect" is achieved, injury to the lumbar spine, and connective tissue of the shoulder region becomes a haunting possibility. Games and drills which require hopping or jumping can be excellent conditioning, but when excessive force is directed upon the large muscles of the thighs so that an attempt is made to capitalize upon the elastic nature of muscle tissue, one should not be surprised when debilitating injury occurs. Even Alvin Roy, a virtual deity to some present day strength coaches, realized that much of one's athletic ability is genetically determined, and subject to minimal alteration, especially when the "altering mechanism" was dangerous, perhaps more dangerous than the athletic event it was supposed to prepare the athlete for.

(This article reprinted by permission from the February 1987 edition of Dr. Ken Leistner's THE STEEL TIP)

STEEL TIP Preview, the March 1987 edition of Dr. Ken's newsletter contains an article on "The Look of Power", a simplified training program "The Way We Do It", Muscling Out A Bad Mood", Forearm and Grip Tips, etc. For a one year, 12 issue subscription, send a check for \$20 to THE STEEL TIP, 54 Fletcher Avenue, Valley Stream, NY 11580.



Ken Tolbert fighting out reps on the Nautilus Leverage Row Machine, used in Dr. Ken's own private training facility. Photograph by Kathy Leistner.

The new wave technique for improving sports performance these days is yet another so-called Russian system of training called plyometrics. Oh, well... Russian or not, help is where you find it. You know the tune from credit where credit is due.

This time, though, the Soviets outdid themselves. Plyometric training has the capability of improving your lifts - all three of them - by as much as 10 percent or more!

Most of you probably aren't interested in learning about the complex physiological factors underlying this training technique, so I'll just briefly cover some of the important factors, and get into some rather unusual exercises that are rather startling in their effectiveness in improving not only strength but explosive power as well.

A serendipitous side benefit of plyometric training (according to the Soviets) is that it has the ability to restore viscoelasticity to muscle and connective tissue that has been depleted of certain elements through prolonged steroid use. In other words, it's a powerful restorative technique capable of preventing the all-too-common muscle tears that are increasing in occurrence among those prone to using anabolic steroids.

So, what is plyometric training? Think of your muscles as springs. You "coil" your muscles, and they "spring" back to their normal length every time you jump, run, throw or lift a heavy weight. Of course, the main reason they spring back is that you VOLUTIONALLY contract them, but part of the force generated comes from what scientists call a "stretch reflex." Further, additional force is supplied from the natural elasticity of your muscle tissue and connective tissue.

The stretch reflex and elastic components of the force are not volitional - they occur involuntarily. You can, through plyometric training use these involuntary sources of force to generate even greater volitional force. You can increase your strength, and you can improve the speed with which you are able to display that strength. By now, of course, you all know how I feel about explosive power, and its importance in the sport of powerlifting.

Let's break a squat down into all of its component parts, from the descent through the explosion out of the bottom, to lockout. You'll see just how plyometric training can help improve your power.

First, it takes a certain amount of time to descend into the bottom position, and the "transition" from eccentric to concentric muscle contraction also takes a specific amount of time. Then, ascending out of the bottom position, through the sticking point to lockout takes a measurable amount of time.

1. Descending: If you go too fast, your strength level isn't sufficient to stop you. You lose explosive power to come back up.

2. Transition: A speedy descent makes your transition time too long, and much force is lost. If your descent is on par with your strength (the

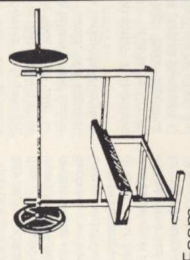
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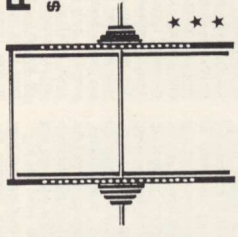
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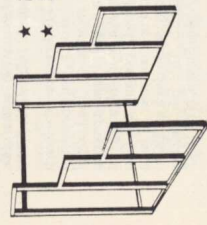
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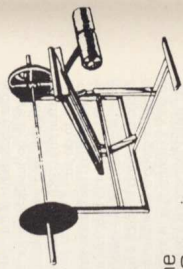
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What is a trace element? It's a substance, a mineral, that is needed by the body in very, very small amounts so it can function properly. There are about 20 of these elements, and one or two of them are essential to life. Without them, you will suffer.

The word "trace" means a very small quantity. We can all imagine what an ounce of sugar is, about a teaspoon or so. Put this amount of sugar on the kitchen table in one neat pile, then divide that one pile into 28 different little piles of sugar. One of those little piles is called a gram. Now when we talk in terms of protein, we might use 60 or 90 grams of protein daily, but with trace elements, we use milligrams (mg) or 1/1000th of a gram. Divide one of those little piles, one gram, into 1000 different, separate piles. You can see a mg of something is a very, very small amount. Don't let the quantity fool you. If you don't have even one of these trace elements in the right supply, your workouts, rest and rebuilding process will begin to suffer.

Iodine: Iodine is important to a certain hormone called thyroxine. Thyroxine is made by the thyroid gland and is responsible for our endocrine and metabolic rate, the life sustaining process we require in order to live. Sleeping is a good example of just how close you'll ever get to operating at just your basal metabolic rate. Once we start moving, voluntarily, that energy is above and beyond the basal metabolic rate.

Thyroxine's function, which iodine plays an important role in, is to control the rate of energy that is released at the cell level. So what happens if you don't get enough of this wonderful element, iodine? Energy production will fall off drastically, and then you've got all kinds of problems. Along with that decrease in energy production, there is a tendency to gain weight, lots of useless stored energy, fat. Also, you'll get the feeling of being very tired. You'll walk into the gym and feel like just "blowing it off". You can have all the essential carbs for energy, but if you don't have enough iodine you'll be unable to use most of that precious energy. How much iodine is an adequate amount? About 100 to 300 micrograms. (A micro-gram is one millionth of a gram.)

Your best sources for iodine are seafood products such as clams, lobsters, oysters, and other fish from salt water. Fresh water fish doesn't contain nearly as much iodine. Milk has some iodine, but that'll depend just what the iodine content of the soil is, high or low. Vegetables have some, but this again will vary according to the amount in the soil.

The best place to get iodine is in "iodized salt". I don't advocate the liberal use of salt, but you could do your cooking with iodized salt. Just a little goes a long, long way. You know what the classic deficiency symptom of iodine is called? It's goiter, and it shows itself with the thyroid cells increasing in size until it looks like two oranges tucked under each side of the chin, but don't worry,

NUTRITION CORNER

by Jack Diganji

A Look at the Trace Elements

It's easy to get a proper amount of iodine in a balanced diet.

Fluorine: Why is fluorine important? Studies have shown that fluorine is vital in the growth of muscles after your workout. These studies, some with athletes, have demonstrated that whenever fluorine was not found in appropriate amounts in the diet, growth, muscle, bone and overall weight gain was negligible. Another important function of fluorine, is its very beneficial effect on bone integrity. Again, studies have shown that the hydroxyapatite of the bone, the materials your bones are made of, are stronger, more perfectly formed and are larger when the amount of fluoride is adequate.

Where do you get fluorine? It may be in your drinking water. Just call your local water company and they'll tell you. If it is, then you'll get all the fluorine you'll need, just by drinking water. If it isn't, then your best source of fluorine is meat, poultry, organ meats, pork, fish and seafood, eggs, milk, cereal, grains, fruits, and vegetables. Well, how about that? I've just named the 4 food group pattern: meat, protein; bread and cereals; milk and dairy; fruits and vegetables. Fluorine is in all foods, and that's why I keep pounding, eat a balanced diet.

Zinc: Zinc is one of several micro nutrients which has only been researched since the early 60s. We know that zinc in inadequate amounts can cause a lack of growth, however, it's also involved with more than 70 enzyme reactions in the body, the majority concerning amino acid metabolism. Zinc plays an important role in the RNA/DNA molecules, the very essence of cell structure and function.

Zinc is found in protein foods, meats, poultry, liver, eggs, seafood, and, yes, the classic food famous for its zinc content, oysters.

About 15 mg per day should cover your requirements and with the enormous amount of dietary protein powders eaten, zinc is no where near in short supply.

What about getting an excess as one might with supplements? Zinc in excess could and probably will cause nausea, vomiting and good old diarrhea, digester/metabolism problems.

Copper: Copper plays an important role in many of the enzyme reactions, and is involved in the

poultry, etc. have very little. Now, I know you'll love this one! What is the highest source of silicon, ounce for ounce? It's beer!! Well, I've always said "a balanced diet", but I also say "not to overdo it".

Vanadium: When there is a shortage of this mineral, poor growth, poor digestion of fats, and negative changes in blood (red cell count) occur. Foods that have vanadium are milk, meats, and vegetables.

Selenium: It's function is to cooperate right along side of Vitamin E in oxidation/reduction reactions. It's necessary for the use of the ar we breathe, combining it with the food we eat. You can find it in meats, poultry, fish, and dairy products.

Manganese: It's also involved in energy-producing reactions, at the cellular level. Foods high in manganese are blueberries, wheat bran, dried legumes, nuts, lettuce, beet tops and pineapple.

Nickel: The role of nickel has not been well established, but it is believed that nickel is important for several hormonal systems and enzyme activities. Nickel is present in the blood, lungs, pancreas, adrenal glands, brain, teeth, bones, kidneys, and the skin, so it must do something while it's there!! Foods high in nickel are grains and vegetables.

Molybdenum: Molybdenum plays an important role in the oxygen carrying system, the red blood cells, getting the air you breathe to the places in your body that need oxygen.

More: There are still quite a number of trace elements whose functions science has yet to fully understand. For example, Cadmium may play a role in blood pressure. Other elements are found in the human body, but no known use for them has been identified. These include: Aluminum, Arsenic, Boron, Bromine. They are, however, found in very low concentrations.

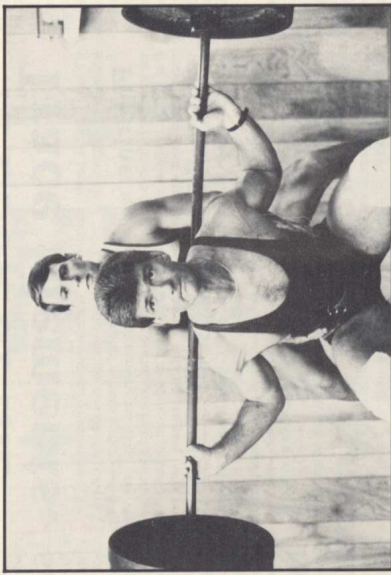
Summary: The purpose of this article was to show you that there are many nutrients that are needed so that you can both build and rebuild your power. If even one of these trace elements are not supplied adequately, it can and will stall your progress.

Nutrition, I believe, should be looked at as closely as you look at your training. What you should establish is a balance of all of the 4 Food Groups and not pay attention to just the protein foods, or the high-energy foods. If you have any questions or comments, just drop me a line. I'd be more than glad to hear from you.

Nutritionally,
Jack Diganji, R.D., M.S.
1116 Dagon Place
West Monroe, LA 71291

Power Profile

Judd Biasiotto His Incredible Odyssey, by Army Ferrando



On May 30th, 1986, Dr. Judd Biasiotto squatted 575 lbs. at a body weight of 131 lbs. to become the greatest ADFFPA squatter of all time. That, in itself, is nothing less than remarkable. Consider though, that this lift came after a paralyzing injury and only 12 days after a devastating personal tragedy, the death of his father, and the accomplishment becomes awe inspiring. Inspiring...perhaps this one word sums up the complex personality that is Judd Biasiotto. To often, the achievers in the world of sports are said to "get the most out of their abilities." This doesn't begin to adequately describe the athletic accomplishments of Judd, but the 575 lb. squat is only the climax of a story that is truly incredible from the start.

Let's start at the beginning. On September 21, 1983, Judd retired from powerlifting competition after breaking all of the ADFFPA American and National records in the 132 lb. class. After retirement, he published four highly acclaimed books within less than two years. One of his books, 2001: A Sports Odyssey, met with instant success and prompted him to write a sequel entitled *The Odyssey Continues*. After laboring six months with this book, Judd was still without one very key ingredient - an ending. That's where I stepped in. I convinced him that it would be great if the last chapter was about him making yet another successful comeback, perhaps including a win at both the ADFFPA National Championships and the Worlds.

For the next five months, Judd pushed himself to his very limit, both physically and mentally. Every day, he would spend 1 to 2 hours in the gym and then go home and put in another hour or more in self-hypnosis, deep muscle relaxation and visualization. By October, he was already showing a solid 1400 pound total. Then, just two weeks prior to his first meet, he suffered two herniated discs in his neck, which left the right side of his upper body partially paralyzed. He was immediately flown to Temple University Hospital in Philadelphia, Pennsylvania. The doctors told him the only way to correct the paralysis, which affected the muscles in his upper chest, was to undergo a very risky operation. Figuring the risk was too great, Judd decided to learn to live with his condition. A week later he returned to Georgia, only to learn that his little sister, Myra Jean, was diagnosed as having multiple sclerosis. When it rains, it pours. Exactly one week afterward, Judd himself was diagnosed as having cancer, a rare skin variety, non-fatal, but nonetheless degenerative. Never say die! This belief is perhaps the most inspiring of Judd's traits. He just never gives up! He believes in himself and transforms this belief into amazing accomplishments.

the power he could muster. Slowly, but steadily, he rose with the weight. With the 555 pounds locked securely away, Judd had become the greatest ADFFPA squatter of all time. Still, he had one chance remaining to absolutely fulfill his dream.

On a 4th attempt, Judd decided on 575 pounds. Only one man in the world, at 132 pounds, had ever lifted as much, and he was considered, pound for pound, the greatest squatter in the history of the sport. Of course, that was Joe Bradley. The way the 555 pounds went, I knew Judd needed a perfect lift and a monstrous effort to make it. Although he had never squatted anything near 575 pounds, I felt sure of it.

As soon as Judd uncracked the weight, it looked as if an entire apartment complex was on his back. Judd descended with the weight and drove upwards with every ounce of energy. Halfway through the lift, his entire body started to "rack" uncontrollably. Even his teeth started rattling. The strain on his body was unbelievable. I had never seen anything like that before. Pushing and straining every inch of the way, Judd finally surfaced in an upright position. It took an eternity to complete that lift, and Judd was totally spent in that lift; it wasn't for the spectators, he could never have managed to get the weight back on the rack. After he racked, I immediately looked to the scoring lights to see how the judges rated the lift. The first light I saw was red. My heart actually stopped. Then two bright yellow lights followed. The audience went absolutely wild and so did I. Judd's reaction could best be described as pure unadulterated euphoria. He had gone beyond even what I thought might be his breaking point, and succeeded. It was his greatest moment as an athlete.

Judd is now toying with the idea of having surgery to correct his paralysis, so that he may once again be competitive in all three lifts. Whether or not he attains that goal, I for one, feel that Judd already occupies a place of prominence in the sports world. He has overcome so much to get to where he is, facing more adversity in one year than most people see in a lifetime. Yet in the mind of all that, somehow he has managed to climb to the top. If that's not a testimony to positive thinking, nothing is. No matter what he accomplishes in the rest of his life, he proved that he's an amazing individual and an inspiration to all. From the many people whose lives Judd has touched, there's not likely to be any argument. Certainly not from me; who's just a friend.

Editors note: Unfortunately, due to the fact that only two national officials were present, Judd's records will go down as "claimed", and not official. That's life!

Question & Answer

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

DEAR ROGER: To make a long story short, I have ruptured a disc in my back twice. I have centered my training on the bench press. I still train my squat and deadlift, but there's been very slow progress. My problem is I cannot figure out a good bench routine. I have been stuck at around 400 lbs. for 2 years at a bodyweight of 210 lbs. Will you please explain to me about CYCLING and the recommended amount of weeks prior to a meet. I have some kind of a mental block, I guess, that won't allow me to figure one that works. Also, what kind of weight do you handle and what kind of workouts. What do you do between cycles or in the off season as compared to what you handle in preparation for a meet. I hope you can understand this letter. I appreciate any help you can give me. Thank you very much for your advice and time. **Danny Wagoner**

DEAR DAN: As I have stated many times before, I don't like the word cycle. I guess it's a pet peeve of mine. To me, cycle means to go around in a circle and never really get anywhere, but because the word has become as popular in the English language as the word ain't, I guess I'll give in. Different people cycle in different ways and to try and cover all the possibilities in my up coming book on strength training. To touch on the basics of cycling, some lifters will train at a medium intensity until a given number of weeks before a contest, and then will change their workout each week by increasing the weight used and decreasing the reps. Example: an 8 week cycle before a meet. The first 2 weeks the lifter will use reps he can do a heavy set of five reps with. The next two weeks the weight would increase and the reps would decrease to 3 reps. Then there are 2 weeks of doubles followed by a week of singles with the last week being medium weight and rest. As you proceed with a cycle like this you must be aware of overtraining and as you become more experienced you'll be able to set your timing so you are at your peak for the contest.

The weight I handle before a contest is just the same as I handle all year, because I am a strong believer in superior knowledge of your body to prevent over-training. Believe my methods make me more consistent with the weight that I can handle in a meet, so I'll have few missed lifts. Best wishes, **Roger Estep**.

DEAR ROGER: I just started to lift in March 1985. At first I wasn't that crazy about powerlifting until my coach got me into it. My squat is 300 and I've deadlifted 350 and my bench press is 190. I broke two Virginia State Records. One was the bench and the other was the total. I want to know what I have to do to get into shape. I really don't know anything about powerlifting. This is my first time. **Felicia Chambers**.

DEAR FELICIA: What you should do is set some goals for yourself and work toward them. The amount of time and dedication you give your goals will determine how successful you are. Try to get around to some gyms where you've experienced powerlifters train. Tell them you are new and interested in competing, then just sit back and watch. You'll see people doing things that you have never seen before. Make mental notes during your observations. After the session is over ask the lifters if they have time to explain what they were doing and why. You will find that most lifters don't mind helping people, but don't bother them while they train. You may have to visit the gym several times before you start putting all the pieces together. Writing a complete program is beyond the scope of the article, but if you continue to read Powerlifting USA and attend as many meet as possible you will be on your way to becoming a champion. Best Wishes, **Roger Estep**.

IN 1986... Rich Peters accomplished the following: 73 meets held in 49 locations over 15 states; including 7 state-championship meets and 4 regional contests; there were more than 3,285 entries to his meets attempting a total of more than 29,565 lifts; the trophies (averaging 40 inches in height for 47,000 miles) and sent out more than 21,500 pieces of correspondence; the total weight loaded on the bar for his meets throughout the year was approximately 13,304,250 lbs., and Rich's phone bill was \$2,700.00. Rich plans to bid on the Senior Nationals (Las Vegas, Nevada), Caesar's Palace, Collegiate Nationals (Norman, OK), Teenage Men's (Houston or Dallas), National Normans (Ox High School Nationals (Dallas or Norman), and the Normans (Dallas) in 1987. Rich is doing 6 USPF State meets, that he will do their state meet in 1987. Rich is doing 6 USPF State meets, 1 ADFFPA state meet, and 4 USPF National meets.

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Power Profile

Helen Zechmeister as told by Nate Foster

Helen Zechmeister is a name that should be as well known in Powerlifting circles as Mike Bridges or Ed Coan. Helen's 138, deadlifts, 235, and totals (41) at a body weight of 140 lbs. So what's special about Helen Zechmeister? Just this when most other 82 year old women count themselves lucky to get out of bed unassisted, Helen Zechmeister is pumping iron, not just to keep in shape, but as a bona fide American Masters Record holder. I have never had the privilege of meeting the "Grand Old Lady" of powerlifting in person, but she has had much delightful correspondence and telephone conversation with her. She is the proverbial "sweet old lady," but this one is a woman of action. Helen can lay claim to being the oldest registered and competing woman powerlifter in the world, and is probably the strongest woman in the world over 80 or even 70 or 60. If there are any of you out there to dispute that, we could probably get some television coverage for the "Battle of the Octogenarians". She holds all the American Records in the 148 to 198 lb. class in the 75-79 year old age group and is gearing up with some new training methods to assault the record book in the 80 plus age group. As for you finkier guys out there, Helen is married and not open for dates.

Helen began her powerlifting career at the ripe old age of 75, and is a real competitor. 5'11", Helen was born in 1904 in New York, and grew up to be a champion sprinter, skier, and gymnast. Helen got rid of an old back pain after by taking up powerlifting. Now, she and her 82 year old husband, Joseph, an Austrian born and now retired physicist, log 2 1/2 miles, workout with weights for an hour, and then swim a mile 4 mornings a week.

Helen is improving her figure as she goes, firming up a getting definition. In looking at the Masters Records, you would have to go back 30 years in age to find someone who has out-lifted her. She is amazingly limber, being able to do a straddle split and put her forearms on the floor. Her blood pressure is probably better than her doctor's at 120/80, and her heart rate is a calm 50-54 beats a minute.

Helen and her husband are inspirations for hundreds of people young and old alike, but powerlifting is not the total of her life. She is an expert rose grower having 200 bushes along with hundreds of cacti in her garden. She doesn't smoke or drink and is light on the old salt.

Helen traveled to the World Women's Powerlifting Championships in Vienna in 1985 where she had once lived for 30 years and was honored by Norbert Wallaich, President of the Austrian Powerlifting Federation, in front of the best women powerlifters in the world. She gave out trophies to some of the classes and basked in the attention. Fluent in both German and English, she often did some translating.

Helen has been featured on TV and in articles in "Sports Illustrated", "Quest", "AARP", "Journal of Gerontological Nursing" and the "Mercury News".



Helen Zechmeister...with coach Norm Manoogian. Photo courtesy Helen.

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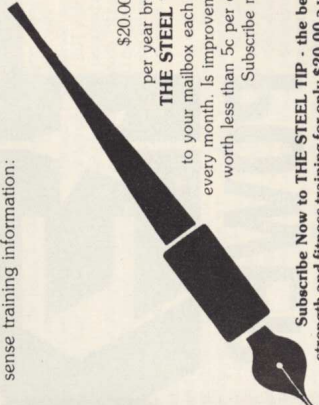
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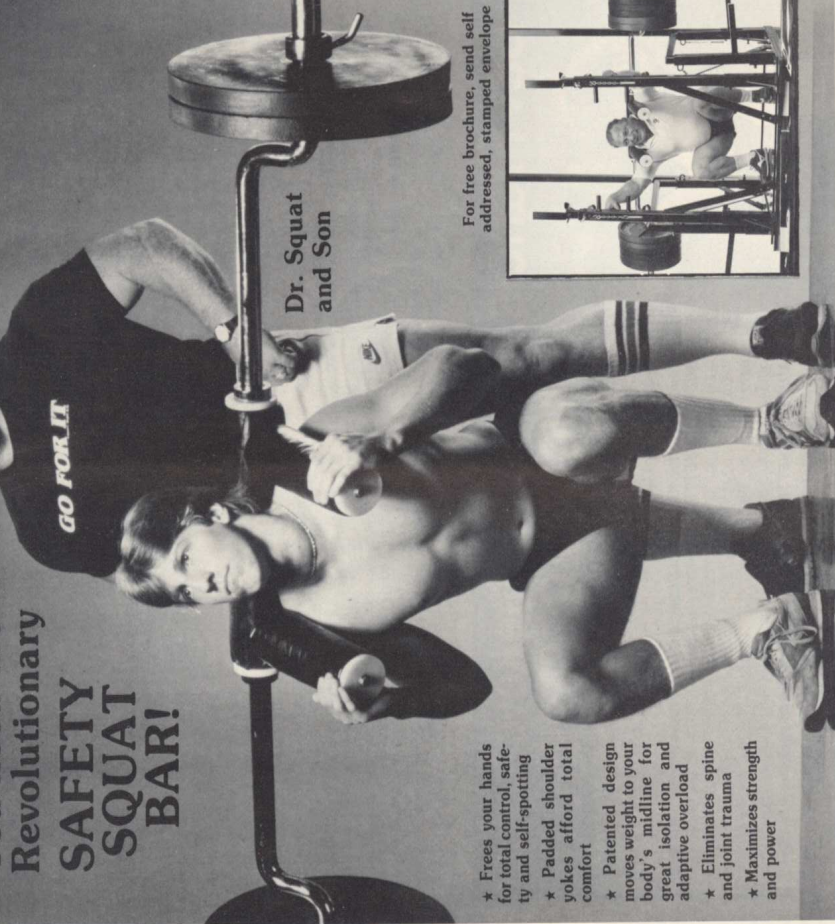
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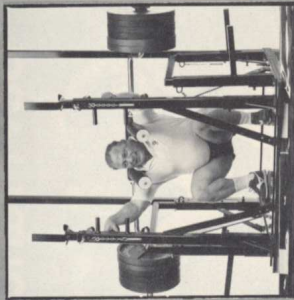
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If you have been following my articles, you will know what can cause an injury and then what to do to help recover from that injury.

However, probably the most frustrating aspect of an injury to the powerlifter is the training time is lost while recovery is in progress. I have had a number of major injuries, four operations and many minor injuries over the 12 years that I have been training, but I have never been out of training for more than a few days, even when I have had surgery. I am not trying to say that you can simply go on training as if nothing had happened, but I do know that by carefully considering the limitations imposed by the injury, you can plan a training program that can, depending upon the extent of your injury, maintain your cardiovascular fitness, muscle tone and even allow you to put a concentrated effort into some particular aspect of your training that may have normally been given a low priority due to lack of training time etc.

Before I discuss how to "train around" certain injuries, please note these points. Always put the recovery from injury as first priority. Never do resistance training on an area that has been injured until you regain complete range of motion. Never stretch an injured area

INJURIES

as told by Bev Francis

until you can do so without pain. Always apply ice to the injured area after training. Also, tell your doctor what training you are doing and take heed of his advice.

If you have a lower limb injury, you can still do all your upper body work, as long as you are sitting, kneeling or lying. Loading and unloading bars, or getting dumbbells to and from the racks may cause a problem, but if you ask politely, most lifters will be glad to help out injured fellow athletes! During this time, concentrate on assistance work, use bodybuilding movements. Start any exercise very light, until you are sure that the movement does not put any stress on the injured area. As you gain confidence in a movement, you can go heavier, but always maintain strict form. The last thing you want is another injury, caused by too much weight or sloppy form on an unfamiliar exercise. If you have an ankle or foot injury, you may still be able to work; the

light muscles with leg extensions and leg curls.

A shoulder or chest injury should not stop you from working your legs, calves, hips, lower back, and forearms. Your arms can still be worked by carefully selecting appropriate exercises.

A hand injury can affect any exercise where gripping the bar is important. In this case, many machines can be used to eliminate the need to grip, e.g. Nautilus lateral raise, pullover, or tricep extension machine. Of course, a hand injury will not affect your ability to do most leg, calf, and stomach work.

A stomach or back injury is a little more difficult to work around. You cannot afford to risk reinjury by trying to handle too heavy a weight, while in an unstable position. Therefore, you should utilize machines as much as possible, and always work in a lying or back supported sitting position. Do all movements slowly and use strict

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 questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada, K0K 3K0.

DEAR MAURO: I've been on anabolic steroids for the past eight years. For the past two years I took them year round and in fairly high doses. I went off them about eight months ago, but I've had to go on first testosterone and now HCG, even though I'm no longer lifting. The problem is that a few months after going off them I felt lousy, depressed and had little sex drive. I saw my family doctor who did some blood tests. These tests showed that my testosterone level was way below normal and that my pituitary was not producing enough hormone to stimulate my testicles into producing the testosterone that I need. Can I take the HCG for the rest of my life? Is it going to cure the problem? I've also recently heard that you might catch AIDS. From HCG. Is this true? **Sam K.**

DEAR SAM: HCG (human chorionic gonadotropin - derived from pregnant females' urine) stimulates the testicles to produce testosterone. In your case, your testosterone level while you are using HCG is normal because the problem is not with the testicles but with either the pituitary or hypothalamus. I've enclosed some information on the hormones produced by the hypothalamus and pituitary to help you understand your problem. As you've discovered, staying on anabolic steroids year round can cause problems with your own production of testosterone. In your case you have lost your ability to produce your own testosterone naturally - but can produce it if you use something to stimulate your testicles. And this is where HCG comes in. Unfortunately, both anabolic steroids (including testosterone) and HCG suppresses your natural production of LH (the hormone that your pituitary secretes and which stimulates your testicles to produce testosterone). Therefore, using the HCG won't solve your problem.

My suggestion is to see an endocrinologist. If the problem is the pituitary he might try injections of LHRH (Factrel). In order to stimulate the pituitary into producing LH. Also, the use of an antitestrogen such as Clomid or Tamoxifen might stimulate the hypothalamic-pituitary-testicular axis and get you back to producing your own natural level of testosterone.

I've looked into the possibility of getting A.I.D.S. by using HCG. A.I.D.S. transmission is not thought possible through the urine. If any cases of A.I.D.S. have resulted as a result of using HCG, it was likely because of a contaminated needle - not from the HCG itself. On the other hand I can't give you 100 percent assurance that it couldn't happen - but the chances are virtually nonexistent. **M.G.D.**

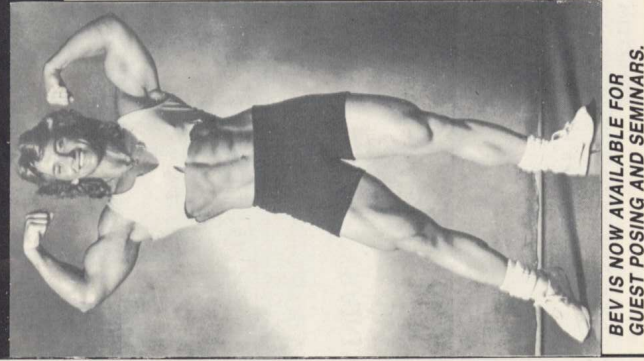
DEAR MAURO: I have been powerlifting about four years. Two months ago I was diagnosed as having a ruptured disc. I underwent surgery. The procedure was a lumbar laminectomy. My best lifts in competition before this was a 540 squat, 415 bench, and a 545 deadlift. My question is, are my powerlifting days over? Is there anything that I can do to help my recovery? How soon could I start lifting again? It has been eight weeks since I had my surgery. Anything you could suggest or recommend would be greatly appreciated. Also could you recommend a sports medicine doctor in my area who would be familiar with our sport? My health is my first concern, but I hate the thought of never participating in the sport again. **Mark L.**

DEAR MARK: A lumbar laminectomy doesn't spell the end of your lifting days - but you have to work up gradually and be very careful not to strain or overstrain the lower back for at least the next four months. The whole idea behind the workouts is to strengthen the lumbar musculature, ligaments and tendons, but not to strain the area so as to cause unnecessary inflammation. It's possible that chronic inflammation could increase the amount of scar tissue in the lumbar area and lead to pressure on the nerve root all over again - this time from the scar tissue rather than from the herniated disc.

You can start right away with exercises which you can do lying down (like the bench press) and a few which won't strain the back but will still work it some (like upright rows, standing arm work, seated press behind the neck, quad extensions and even some light leg presses). Let pain be your guide - if it hurts, even the next day, let up some.

If all goes well in the next few weeks, start doing some light squats - just the bar the first workout, so you can get into a comfortable style. See how your back feels after each workout and let that be a guide as to whether or not to increase your squatting weight. In a few months, if all goes well, you can carefully try some deadlifting. Watch that you don't inadvertently strain your back when you're not lifting. Don't even spot another lifter in the squat. If he misses the lift badly your back may have to take up the slack. I'm not familiar with any sports medicine doctors around your area. You could try contacting Dr. Richard Herrick, the chairman of the USPF Sports Medicine Committee, at P.O. Box 4160, Opelika, Alabama, 36801. He has a lot of contacts in the States. **M.G.D.**

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An effective, yet often overlooked method of assistance training is dumbbell training. It offers many benefits that ordinary barbell training can not. It also can inject sometimes badly needed variety into your routine. Most people think of dumbbell training as a bodybuilding adjunct, but they can be useful to the powerlifter too. A major goal of a novice lifter should be to develop a strength base upon which he can build from later. The unique benefits of dumbbells can definitely help to attain this goal.

One thing that is lost with dumbbell training, though, is the amount of weight that can be lifted. For example, if a lifter is capable to lift a 300 lb. bench press, it does not follow that he will be capable of pressing 2-150 lb. dumbbells. The total amount of weight used will be less. However, what is lost in intensity is made up by the additional work the balancing and stabilizing muscles receive. These muscles are more strongly activated to maintain control over the more 'awkward' dumbbells. This same thing happens when a lifter switches from machine training over to barbell training. In essence, the muscles 'learn' a new skill. The more efficiently the muscles can balance and stabilize the weight, the more effectively you can concentrate on moving the bar during competition.

Also, a greater range of motion from full contraction to full extension can be achieved. For example, with barbell benches, the bar hitting your chest limits how far you can stretch the muscles involved. With barbell rows, your chest again stops the movement before the range of motion ends. Dumbbell strings allow a better, more in line, position from which to pull. The additional range will add to the complete development of the muscles involved. This more complete development could help in resolving weaknesses as well as expanding on strengths.

An overlooked advantage of dumbbells is that the stronger limb will not lift more than 50 percent of the weight, as may be the case with barbell or machine training. This can be invaluable for lifters who have non-symmetrical strength characteristics. This is often evidenced by uneven extension during the bench press. This type of problem will only intensify over time as the stronger limb will continue to lift more of the weight and will become even more disproportionate to the weaker.

Dumbbells allow moving and twisting of the weight during execution for benefit to the lifter. Using the dumbbell bench press as an example, by keeping the elbows at 90 degree angles to the body, you can emphasize the chest muscles. Moving the elbows

bell must travel, which is contradictory to what we are trying to achieve by using dumbbells.

There are some things to remember when dealing with dumbbells. Because of the increased need to maintain proper balance, using them could increase the chance for injury. Extra care while exercising with them should be used along with good spotting. Also, if you are suffering an injury, don't use heavy dumbbells for that area. A light dumbbell, used for high reps, could be helpful in rehabilitation, however. If you are new to dumbbells, start slowly and increase the weight used only after you are accustomed to their feel.

Another limitation of dumbbells is that there may not be any available that are heavy enough for some of the stronger lifters. In that case, you could either execute the moves in a slower fashion, or perform them on light days, or after your heavy barbell work when you're pre-fatigued to a lower strength level. In either case, dumbbells aren't really meant to develop brute strength. Their function is as a tool for assisting work.

Integrating dumbbells into your training is the last thing to deal with. Keep in mind I am not suggesting that you substitute all your current exercises with dumbbell alternatives, because basic barbell movements are your first priority. Dumbbell moves can be added selectively according to your current needs and where you are in your training cycle. If you have trouble in the bench, you could do dumbbell benches on your light day or after your regular bench routine. You can vary your elbow position for the deadlift effect. Dumbbell shoulder presses could be a good substitute for barbell presses and squats. The extra work you are doing with dumbbells will be more than made up for the smaller amount of weight used.

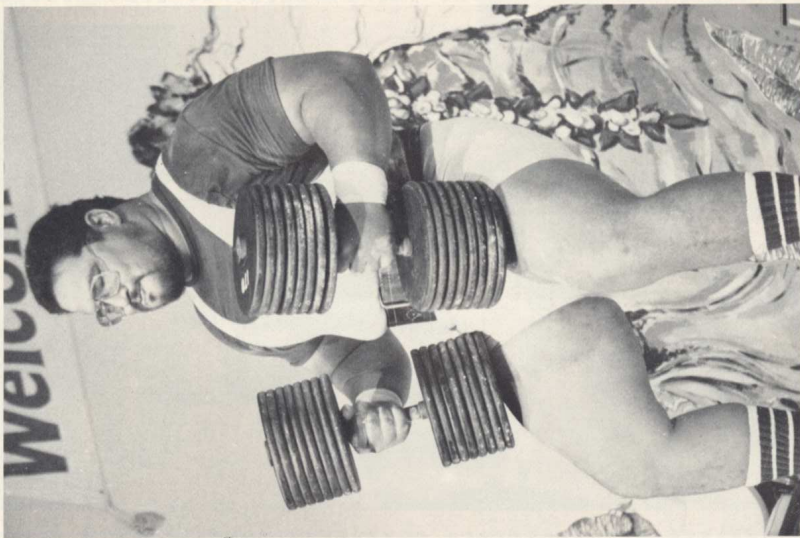
You could help your deadlift and spare your back by substituting one or two dumbbell rows with regular barbell bent over rows. You also will derive benefits from the greater range of motion. Dumbbell shrugs could be useful also. Other exercises like lateral curls and upright rows could be included. You could devote more time to dumbbells in the off season and taper their use off as you near competition to prevent overtraining. Of course, as you near competition, most of your assistance work should be gradually eliminated anyway.

I hope I have given you some ideas on the benefits and uses of dumbbell training as applied to powerlifting. Their effective use will help you reach your goals.

STARTIN' OUT

A special section dedicated to the beginning lifter

Dumbbell Training as told by Doug Daniels

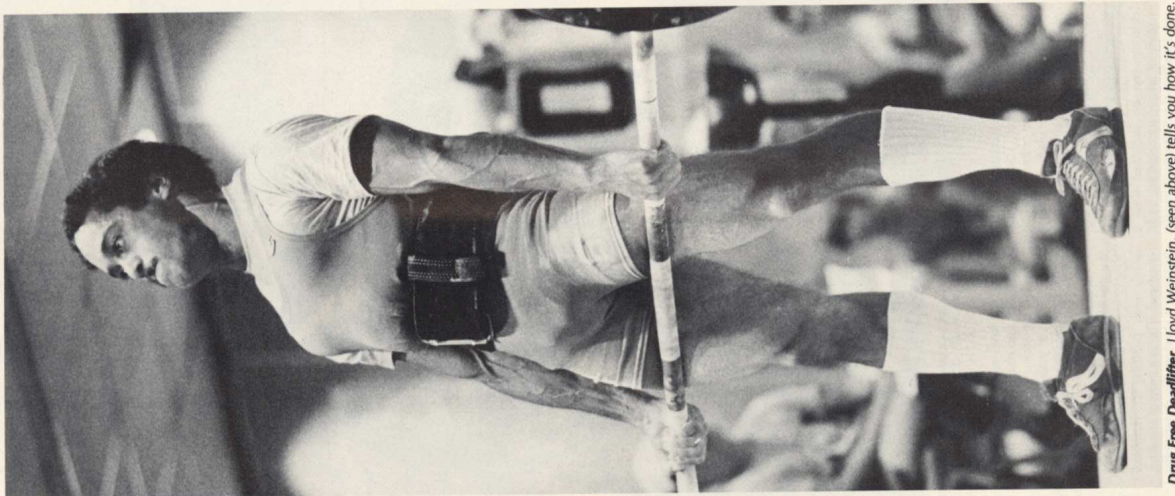


Hawaiian Lifters like Gabe Aio, a 600 pound bench, love to train with dumbbells. Eddie Morishima, a 400 plus bench at 148, has reportedly done 25 reps with a pair of 135s in the dumbbell bench, and 10 reps with a pair of 110s in the standing press.

mainly the front or anterior deltoid. Dumbbells can also be lifted one at a time. This allows you to focus in on one side of your body, possibly putting greater stimulus on that muscle. They can also be lifted alternately, as in the alternate dumbbell press for the deltoids. However, with this type of movement, some lifters lean away while pressing the dumbbell overhead. This is a form of cheating because it shortens the distance the

THE DEADLIFT

as told by Lloyd Weinstein



Drug Free Deadlifter, Lloyd Weinstein, (seen above) tells you how it's done.

You are a novice powerlifter and you have decided to begin a deadlifting program. How do you go about this? Basically, there are two very pertinent questions for you to consider:

1) Is my body ready for heavy deadlifting?

2) What style or technique should I utilize?

Hopefully, within the framework of this article, I can help you answer these questions. When is the body ready to begin a deadlift routine? The best answer to that question is in your own mind and body. If you have been working out on a regular basis and are in good physical condition, then you are probably safe in starting a program. The trick is to start with a plan and to slowly attempt to maximize your routine. What style or technique you should use can be assessed by experimenting while training and by lifting with a style that suits your specific build or body type. More on this question will be covered later on.

First off, along with power cleans, the Deadlift is the most complete strength building exercise. Because of this, you should only deadlift once weekly. Throughout the range of this lift, high workloads are being placed on the lower back and many other major muscle groups including: quads, hamstrings, gluteus, rhomboids, abdominals, forearms, lats, intercostals, deltoids and trapezius. Therefore, many other preparatory or assistance exercises should be performed prior to starting a deadlift routine.

Many other training programs for the Bench and Squat will give you a well-rounded strengthening process for your deadlift. However, there are still some specific exercises that I would recommend for your program.

Most important, is training and conditioning the Abdominals. A person's back is only as sound as its supporting stomach strength. Half of the Americans with back problems would suffer less if they strengthened their stomachs instead of feeding them! The abdominals can be trained more often than other muscle groups, but don't overdo it! Try using the Nautilus Abdominal Crunch machine for the upper abdominals, Hip Flexors or flat back leg raises for the lower abdominals and twist sit-ups or Side Flexors for the sides and obliques. Alternate days or skip a day between stomach workouts.

Other types of assistance exercises that I would suggest are: Pull-ups (progressing to added weight) for the upper back and lats; Seated Rows for the lats and mid-back; Reverse Hyperextensions - for the lower back and gluteus (These have really helped me). The latter should be done with weight securely fastened around your ankles or calves. Using a fluid, long range of motion, concentrate on tightening the gluteus muscles on the upward phase.

Full range hamstring curls and leg cable pulls are great for your gluteus and hamstrings, increasing both flexibility and strength. Additional stretching and strengthening exercises will also help. Keep in mind that the quads are the prime movers at the beginning of the deadlift movement. Flexibility in finding a solid stance is most sufficient for my lifters. Leg strength, but many good lifters would add leg extensions to their routine. Once the body has been properly conditioned, it is time to concentrate on what style to use.

A common statement that I've heard many lifters say is, "Well I've got weak legs, so I'll pull more with my back." Granted, you may always have a stronger back and alter your technique because of it, but it is better to recognize that weakness and work harder to improve it!

A great deal of this issue can be solved by how the individual lifter is built. Generally, the shorter, more compact lifter will use the conventional style as I do (arms outside legs - narrow stance). The taller, leg-legged or short-armed lifter may want to cut down on distance the bar has to travel by using the Sumo style (wider stance - arms inside legs).

Body-type is very important, but another major factor to consider is firm what position or stance are you most efficient? For example, try these adjustments: More quad power - narrow your stance. More hip power - widen your stance. More back power - raise your gluteus higher at the beginning of the lift.

Once you have found the style that best suits you, work on your weaknesses. If you struggle getting a big rep off the ground, do some sets on a two or three inch platform, or some stiff legged lifts. If you struggle in locking out a lift, try some partials off a power rack. Live the bar up, just above the kneecap and work on heavy lockouts. Don't forget to bend the legs on these!

In closing, follow a well-rounded strength training program, with additional emphasis on the abdominals and flexibility. Later, find the stance that best suits your body and distribution of strength. Then work out your sticking points with various assistance exercises. As far as sets and reps? I like to concentrate on challenging sets of five for strength gains!

If you have any further questions, feel free to contact me!

PULL HARD!!
Lloyd Weinstein
YMCA of Stamford
909 Washington Blvd.
Stamford, CT 06901

ABOUT THE AUTHOR: Lloyd Weinstein is Fitness Director at the Stamford (CT) YMCA. He holds a M.S. degree in Human Performance from Southern Connecticut State University. He placed 3rd in the 1986 ADFPA Nationals and has deadlifted 575, weighing 145.



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

Last November in the Hague, Heinz Vierthaler, President of the International Powerlifting Federation, told me that he had come to learn the wisdom of retaining an attorney to represent the I.P.F.'s interests. The clear inference was that an attorney would be retained without delay. I have not heard whether counsel has been retained, but I was reminded once again on February 3, when the Frantz plaintiffs were awarded a \$119,349 money judgment against the I.P.F., how indispensable legal counsel can be. Had the I.P.F. been represented by legal counsel in Chicago at the end of January the award for the largely unsubstantiated claims in the Ernie Frantz lawsuit would almost surely have been a piddling amount.

Although the judgment may be uncollectable at the moment, it will remain to tarnish the sport and its international governing body, and to plague the I.P.F. in other ways, as well. For example, it will be difficult for the I.P.F. to raise money in the United States when any such funds may be subject to seizure. The I.P.F. has been unable to secure television contracts with U.S. networks in the recent past and the outstanding judgment will only make matters worse. Network television will surely be reluctant to deal with the I.P.F. when faced with the Frantz plaintiffs' efforts to satisfy their judgement out of any funds to be paid to the I.P.F. When, early in the lawsuit, I drew the I.P.F.'s leadership's attention to the fact that the United States could not prudently host an I.P.F.-sanctioned international event as long as a default judgement remained unsettled, I was informed by certain of these leaders that they did not care. When I pointed out that conceivably this condition could remain for a generation or more, I was again told the I.P.F. leadership did not care. It does seem to be a heavy burden for a single member-nation to pay, especially when, as the court found in the Frantz lawsuit, the U.S.P.F. neither contributed to nor participated in the I.P.F.'s wrongdoing. On the contrary, for nearly three years, as the I.P.F. continued to dig its hole deeper, we have counselled the I.P.F. publicly and privately against the course they were pursuing.

I shall not speculate upon the effect this default judgement will have upon our relations with the International Olympic Committee. By the time of the I.P.F. World Congress this November, we should know whether Mr. Vierthaler's efforts to bring Powerlifting within the Olympic fold have borne fruit.

In contrast to many member-nations, there is for the U.S.P.F. no immediate monetary advantage that will accrue upon recognition by the I.O.C. However, for some member-nations there is a significant monetary advantage and each month's delay in money denied to them.

Conrad Cotter, President, Box 18485, Pensacola, FL 32523

Weights Needed, with the likes of Willie Chaney (550 325 570 1445 at 144) training at Piedmont Correctional Center in South Carolina, coach Mike Sides knows that incarcerated lifters have lots of potential. He's also seen Willie squat 600 on a bent bar with no collars, and he watched Danny Thompson (162 bodyweight) go from 365 to 450 in the squat, 275-340 in the bench, and 370 to 470 in the deadlift in only 4 weeks of vigorous training. With a little more help, who knows what these men, and others like them can do. If there are any readers who could donate some equipment to this program, contact Mike Sides at 977 Camp Rd., Salisbury, NC 28144, 704-637-1421.

Region 6 Lifters, a collegiate division has been added to the Region 6 Championships. Men's division, Women's division, Men's Team and Women's Teams have been added. Call Jim Hart at 502-942-2470 after 8 PM for info.

APF National Masters has been changed to March 29th. There will be a banquet at 7 PM on March 28th, and guest speaker will be Larry Pacifico. Tickets available prior to March 21st through the meet director (if you enter the meet your ticket is included). All lifters will receive a participation award.

APF Teen Nationals entrants will receive a participation award, probably a 2" medalion on a chain. Free lodging for coaches and athletes is available. Lifters under 18 must be accompanied, however. Let the meet director know if you need the lodging, prior to the entry deadline.

Richard Garrett 091565...lost your address, please send it to: Steven Goldberg, 205 East 78th Street, New York, NY 10021.

Black's Health World Franchises are now available. Call John Black at 216-252-1695 or write him at 11934 Lorain Ave., Cleveland, OH 44111. John recently went away 440 766 2061 at 220 in the Steel Valley Open.

Lifter to Watch...according to Chuck Braxton is Bruce Wiener, an 18 year old middleweight freshman at Vanderbilt, who has gone 540 400 560 1500.

Bulletin Board

...this is the place to look for organization news and notes. ★ applications for U.S.P.F. Club Membership are available by sending a stamped, self-addressed envelope to the address below. ★ applications are now being accepted for the 1987 U.S.P.F. Junior World Team. (1) You must have established a total between September 1986 and July 1987. (2) You can not turn 24 during the year 1987. (3) You must establish a total at a USPF sanctioned contest, preferably one of the national championships. (4) USPF will cover 30% of the airfare for each lifter. Be prepared to cover the rest of the expenses. (jr. Worlds to be held in Peru). Reply to Keith "Jake" Boyer, P.O. Box 356, Lehighton, PA 18235, 1-215-377-2158. Applications will be accepted until July 1st, 1987. Team selection will be made at the Senior Nationals, July, Chicago, by the Executive Committee ★ an update to the U.S.P.F. Directory should include Address Changes for Mike Tilton, New Mexico State Chairman, to 7615 Prospect, N.E., Albuquerque, NM 87110, 505-299-7499 and Nate Foster, Executive Committee, 3614 Harrison, Kansas City, MO 64109, 816-931-8391 (non-thurs), and there's a new Phone Number for U.S.P.F. Maine State Chairman, Brad Shaw, to 207-622-0509. ★ State Chairmen will be responsible for administering the State Referee Testing Program. Shortly, a new U.S.P.F. Rule Book and State Test will be sent to all State Chairmen. State and National Referee materials will be available from John Pettit, 3105 Bullock, Plano, TX 75023. Referee textbooks (\$15) or U.S.P.F. rules (\$5) will still be available from Conrad Cotter. Target Date for the new tests and rule book is February 28th, 1987. All current U.S.P.F. National and International Referees will be sent a copy of the new U.S.P.F. rule book free of charge. State referees will be able to obtain them from their State Chairmen for a small fee. The reason for distribution through State Chairmen is that there is not an "updated" list of State Referees for each state. The next step is for the State Chairman to audit and update their monthly registration lists in regard to State Referees. The International and National list has now been updated by the previous Referee Survey letter. P.S. A Big "Thank You" goes out to Jaska Parvainen for getting the State Referee program on its feet. ★ an in-depth survey on Upper Body Injuries is being conducted by Richard T. Herrick MD. If you are a Class II lifter or above, you can participate in the survey, by obtaining a copy of the survey questionnaire from the address below. After compilation of the data from the survey, the results will be published in POWERLIFTING USA. ★ Where indicated, information noted in Bulletin Board can be obtained by sending a stamped, self-addressed envelope to "Bulletin Board", Box 467, Camarillo, CA 93011.

Power Publicity...is popping up all over the World. British Jockey Pepper on '86 World's Silver Medalist now living in Finland. Got a nice writeup and pic in the Kuopio paper. U.S. lifter in Virginia got early a full page in the Richmond Times-Dispatch working a good angle by prodding their personal interest in heavy iron, and there was also a similar article in the News Leader PLUS in California. Dr. Alan Kirshner works hard at getting publicity for the sport, lately with features in the San Jose Mercury News, the Oakland Tribune, and the Monitor.

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See Page 74



As Alan has learned, sometimes you can't buy publicity for PL, but other (happy) times they all want to hear from you. Dr. Billy Jack Talton recently got an article on the sport in the Louisiana Association for Health, Physical Education, Recreation and Dance journal and then got national exposure for Women's Powerlifting in the venerated Scholastic Coach magazine. Another great publicity getter is Dr. Daniel Johnson in Arkansas, who makes reports of how local lifters did at meets in papers like the Blytheville Courier News. Jake Boyer is another master at getting publicity in his local Pennsylvania papers, with 3 big photos in the Times News about a recent powerlifting demonstration at the school he teaches at. A lot of good things can happen if you can get some local publicity for Powerlifting. Give it a try, and when you are successful, send in a news clipping to Publicity Committee, P.O. Box 467, Camarillo, California 93011.

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SOME PREVIOUS EDITIONS OF POWERLIFTING USA ARE STILL AVAILABLE. SEND \$3 FOR EACH ONE AND SPECIFY ALTERNATE CHOICES IN CASE WE RUN OUT BEFORE RECEIPT OF YOUR ORDER.
Dec/1981...Worlds & World Masters Reports, Clyde Wright, Top 100 1488
Apr/1982...Women's Nationals, Pacifico Reminiscences, Top 100 220s
Jun/1983...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, Top 100 Supers.
Jul/1983...Juniors, Women's Natural Nationals, Overtraining, Making Weight, Chip McCain Squat Routine, 550 Bench Club, Top 100 114s.
Apr/1984...Women's Nationals, Ed Coan Profile, Chip McCain Deadlift Workout, Developing Chest and Lat, Mental Rehearsal, Top 100 242s
May/1984...Lyle Alzado Profile, Ben the Squat, World's Greatest Bench Press, Jim Cash Squat Routine, Rick Weil Profile, John Kuc on Deadlift Assistance, Bench Forum, Consumer Guide for Exercises, Top 100 275s.

Jun/1984...Hawaii Invitational, National Collegiates, Fred Hatfield Profile, Joe Ladnier Profile, Joe Ladnier Bench Press Routine, Herold Crackdown, ADPPA Top 20 181s, Top 100 SHWs.

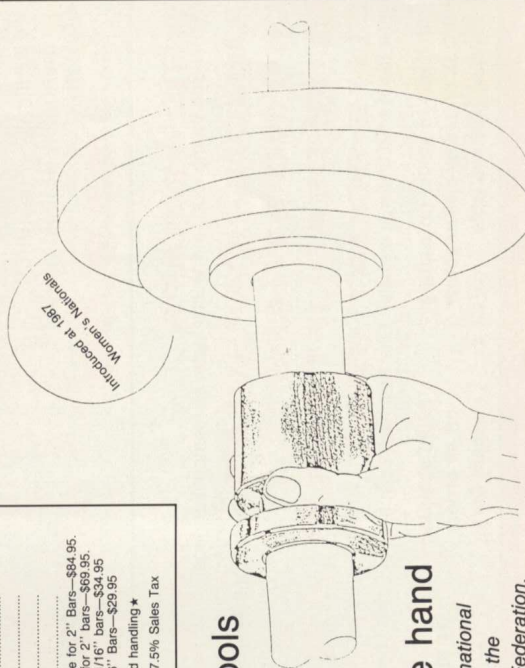
Dec/86...John Kuc Interview. Use of the Polygraph, Eric Arnold Squat Workout, Lifting and Your Heart, Jr. Worlds, Le Del Mark Ten Contest, 550 Bench club, Russian Training, Top 100 220s, ADPPA Top 20 132s.

Jan/87...IPF World Championships, APF World Championships, Bodybuilding and Powerlifting by Ms. Olympia - Cory Everson, Joe Morelli Profile, Mind-Body Link, Robbie Roberts Profile, Specialization, World Masters Championships, ADPPA Top 20 148s, Top 100 242s

Mar/87...1987 Power Prevu, U.S.P.F. Women's Nationals, Women's Top 20 Rankings, Chuck Braxton Deadlift Workout, Arthur Jones by Fred Hatfield, Rebound Hypoglycemia, Rest Pause for Power, 2000 Total Club, ADPPA National Masters, ADPPA Top 20 181s, Top 100 Superheavyweights.

MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.

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A Typical Powerlifter says that he reads **POWERLIFTER** USA as soon as it comes through each month, just tears through the issue, and then is left wondering this 'thumbs until one month later when the next issue comes along. He wishes it would come out twice a month. If this is how you feel then the solution to your Powerlifting USA hangover is our companion publication, **POWER HOTLINE**, which does come out twice a month, and by First Class Mail to boot! It gets to you fast and often, and contains the late breaking news of Powerlifting before other people even know it's news. Year after year, it has consistently come out quicker with the Big News of PL from all over the world than any other publication. You can subscribe to **POWER HOTLINE** just like you do to PL USA. Just send a check for \$28.00 payable to Powerlifting USA, Box 3236, Camarillo, CA 93011 for the next 24 NEWS packed issues! **Be Advised**, you should always train with a spotter or two, and never train when injured. When injured, you must always consult a physician before resuming training.

Glens Falls High School Teenage, Junior, Sub-Masters, & Masters

20:21 Dec 86 - Glens Falls, NY

Rank	SQ	BP	DL	Total
100	65	175	340	580
123	116-17	165	220	470
124	116-17	165	220	470
125	116-17	165	220	470
126	116-17	165	220	470
127	116-17	165	220	470
128	116-17	165	220	470
129	116-17	165	220	470
130	116-17	165	220	470
131	116-17	165	220	470
132	116-17	165	220	470
133	116-17	165	220	470
134	116-17	165	220	470
135	116-17	165	220	470
136	116-17	165	220	470
137	116-17	165	220	470
138	116-17	165	220	470
139	116-17	165	220	470
140	116-17	165	220	470
141	116-17	165	220	470
142	116-17	165	220	470
143	116-17	165	220	470
144	116-17	165	220	470
145	116-17	165	220	470
146	116-17	165	220	470
147	116-17	165	220	470
148	116-17	165	220	470
149	116-17	165	220	470
150	116-17	165	220	470

198 (16-17)

SQ	BP	DL	Total
300	185	485	1050
310	235	435	1020
320	185	350	870
330	185	350	870
340	185	350	870
350	185	350	870
360	185	350	870
370	185	350	870
380	185	350	870
390	185	350	870
400	185	350	870
410	185	350	870
420	185	350	870
430	185	350	870
440	185	350	870
450	185	350	870
460	185	350	870
470	185	350	870
480	185	350	870
490	185	350	870
500	185	350	870

198 (20-23)

SQ	BP	DL	Total
450	350	505	1260
460	350	505	1260
470	350	505	1260
480	350	505	1260
490	350	505	1260
500	350	505	1260
510	350	505	1260
520	350	505	1260
530	350	505	1260
540	350	505	1260
550	350	505	1260
560	350	505	1260
570	350	505	1260
580	350	505	1260
590	350	505	1260
600	350	505	1260

198 (24-27)

SQ	BP	DL	Total
550	350	505	1260
560	350	505	1260
570	350	505	1260
580	350	505	1260
590	350	505	1260
600	350	505	1260
610	350	505	1260
620	350	505	1260
630	350	505	1260
640	350	505	1260
650	350	505	1260
660	350	505	1260
670	350	505	1260
680	350	505	1260
690	350	505	1260
700	350	505	1260

198 (28-31)

SQ	BP	DL	Total
600	350	505	1260
610	350	505	1260
620	350	505	1260
630	350	505	1260
640	350	505	1260
650	350	505	1260
660	350	505	1260
670	350	505	1260
680	350	505	1260
690	350	505	1260
700	350	505	1260

198 (32-35)

SQ	BP	DL	Total
650	350	505	1260
660	350	505	1260
670	350	505	1260
680	350	505	1260
690	350	505	1260
700	350	505	1260

ADFEPA Wisconsin State

6,7 Dec 86 - Oshkosh, WI

SQ	BP	DL	Total
114 lbs.	220	150	280
123 lbs.	205	120	250
132 lbs.	185	110	235
141 lbs.	185	110	235
150 lbs.	270	190	350
160 lbs.	360	340	380
170 lbs.	400	360	385
180 lbs.	450	380	410
190 lbs.	485	395	425
200 lbs.	520	410	440
210 lbs.	550	425	450
220 lbs.	585	440	465
230 lbs.	620	455	475
240 lbs.	655	470	485
250 lbs.	690	485	495
260 lbs.	725	500	500
270 lbs.	760	515	505
280 lbs.	795	530	510
290 lbs.	830	545	515
300 lbs.	865	560	520
310 lbs.	900	575	525
320 lbs.	935	590	530
330 lbs.	970	605	535
340 lbs.	1005	620	540
350 lbs.	1040	635	545
360 lbs.	1075	650	550
370 lbs.	1110	665	555
380 lbs.	1145	680	560
390 lbs.	1180	695	565
400 lbs.	1215	710	570
410 lbs.	1250	725	575
420 lbs.	1285	740	580
430 lbs.	1320	755	585
440 lbs.	1355	770	590
450 lbs.	1390	785	595
460 lbs.	1425	800	600
470 lbs.	1460	815	605
480 lbs.	1495	830	610
490 lbs.	1530	845	615
500 lbs.	1565	860	620
510 lbs.	1600	875	625
520 lbs.	1635	890	630
530 lbs.	1670	905	635
540 lbs.	1705	920	640
550 lbs.	1740	935	645
560 lbs.	1775	950	650
570 lbs.	1810	965	655
580 lbs.	1845	980	660
590 lbs.	1880	995	665
600 lbs.	1915	1010	670
610 lbs.	1950	1025	675
620 lbs.	1985	1040	680
630 lbs.	2020	1055	685
640 lbs.	2055	1070	690
650 lbs.	2090	1085	695
660 lbs.	2125	1100	700
670 lbs.	2160	1115	705
680 lbs.	2195	1130	710
690 lbs.	2230	1145	715
700 lbs.	2265	1160	720
710 lbs.	2300	1175	725
720 lbs.	2335	1190	730
730 lbs.	2370	1205	735
740 lbs.	2405	1220	740
750 lbs.	2440	1235	745
760 lbs.	2475	1250	750
770 lbs.	2510	1265	755
780 lbs.	2545	1280	760
790 lbs.	2580	1295	765
800 lbs.	2615	1310	770
810 lbs.	2650	1325	775
820 lbs.	2685	1340	780
830 lbs.	2720	1355	785
840 lbs.	2755	1370	790
850 lbs.	2790	1385	795
860 lbs.	2825	1400	800
870 lbs.	2860	1415	805
880 lbs.	2895	1430	810
890 lbs.	2930	1445	815
900 lbs.	2965	1460	820
910 lbs.	3000	1475	825
920 lbs.	3035	1490	830
930 lbs.	3070	1505	835
940 lbs.	3105	1520	840
950 lbs.	3140	1535	845
960 lbs.	3175	1550	850
970 lbs.	3210	1565	855
980 lbs.	3245	1580	860
990 lbs.	3280	1595	865
1000 lbs.	3315	1610	870

198 (36-39)

SQ	BP	DL	Total
1200	800	1100	2700
1250	850	1150	2750
1300	900	1200	2800
1350	950	1250	2850
1400	1000	1300	2900
1450	1050	1350	2950
1500	1100	1400	3000
1550	1150	1450	3050
1600	1200	1500	3100
1650	1250	1550	3150
1700	1300	1600	3200
1750	1350	1650	3250
1800	1400	1700	3300
1850	1450	1750	3350
1900	1500	1800	3400
1950	1550	1850	3450
2000	1600	1900	3500
2050	1650	1950	3550
2100	1700	2000	3600
2150	1750	2050	3650
2200	1800	2100	3700
2250	1850	2150	3750
2300	1900	2200	3800
2350	1950	2250	3850
2400	2000	2300	3900
2450	2050	2350	3950
2500	2100	2400	4000
2550	2150	2450	4050
2600	2200	2500	4100
2650	2250	2550	4150
2700	2300	2600	4200
2750	2350	2650	4250
2800	2400	2700	4300
2850	2450	2750	4350
2900	2500	2800	4400
2950	2550	2850	4450
3000	2600	2900	4500
3050	2650	2950	4550
3100	2700	3000	4600
3150	2750	3050	4650
3200	2800	3100	4700
3250	2850	3150	4750
3300	2900	3200	4800
3350	2950	3250	4850
3400	3000	3300	4900
3450	3050	3350	4950
3500	3100	3400	5000
3550	3150	3450	5050
3600	3200	3500	5100
3650	3250	3550	5150
3700	3300	3600	5200
3750	3350	3650	5250
3800	3400	3700	5300
3850	3450	3750	5350
3900	3500	3800	5400
3950	3550	3850	5450
4000	3600	3900	5500
4050	3650	3950	5550
4100	3700	4000	5600
4150	3750	4050	5650
4200	3800	4100	5700
4250	3850	4150	5750
4300	3900	4200	5800
4350	3950	4250	5850
4400	4000	4300	5900
4450	4050	4350	5950
4500	4100	4400	6000
4550	4150	4450	6050
4600	4200	4500	6100
4650	4250	4550	6150
4700	4300	4600	6200
4750	4350	4650	6250
4800	4400	4700	6300
4850	4450	4750	6350
4900	4500	4800	6400
4950	4550	4850	6450
5000	4600	4900	6500
5050	4650	4950	6550
5100	4700	5000	6600
5150	4750	5050	6650
5200	4800	5100	6700

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Without Actionwear By DASH



Receive 25% discount on purchase of 3 items or more.

1. **French Cat Mallet** - Black, Royal, s-l, \$28
2. **Sport Fleece Shirt** - Red, Grey, Royal, White, Navy, Black, s-xl, \$16.95, xxl-xxxl, \$19.95
3. **Sport Fleece Pants** - Navy, Red, White, Grey, Black, Royal, s-xl, \$14.95
4. **Ladies Ribbed Tank** - White, Red, Black, Grey, s-l, \$10.95
5. **Nylon Shorts** - Unisex, Navy, Black, Red, Grey, White, Royal, Gold, s-l, \$12.95
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8. **T-shirt** - Black, White, Red, Grey, Navy, Royal, s-xl, \$10.95
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P.O. Box 2888 Dept MF 287
Tuscaloosa, AL 35403

Pennsylvania State ADPPA

13, 14 Dec 86 - Allentown, PA

Women	SQ	BP	DL	Total
M. Hale	175	125	210	510
M. Schiffr	175	155	305	735
J. Addy	130	155	240	565
M. Schiffr	130	90	150	375
J. Addy	260	165	370	795
I. Santalavito	375	270	430	1075
P. Romanko	375	240	470	1085
M. Mangan	280	220	370	870
M. Mangan	165	135	225	525
J. Patton	515	375	595	1485
M. Kovoras	500	295	565	1360
M. Kovoras	400	280	480	1160
M. Kovoras	400	290	570	1260
J. Steves	420	250	450	1120
J. Freese	445	240	425	1110
L. LePage	390	275	405	1070
181 lbs.	315	240	425	980
D. Scott	540	400	600	1540
J. Gallagher	540	325	600	1465
B. Long	540	325	600	1465
B. Long	460	340	600	1400
T. Gronan	515	275	550	1340
K. Ludwig	505	300	505	1310
J. Drommeyer	575	365	565	1505
198 lbs.	575	330	535	1440
B. Brown	575	320	535	1430
D. Dunsbar	575	320	535	1430
220 lbs.	550	400	550	1500
T. Bonner	550	315	550	1415
J. Redback	535	315	550	1400
K. Worfel	495	350	565	1410
S. Walsh	570	400	570	1540
275 lbs.	525	400	575	1500
S. Przemilla	525	400	575	1500
D. Roph	500	285	575	1360
C. Lazam	500	365	465	1330
K. Kingborg	400	270	480	1150
M. McFadden	475	325	505	1305

Atlantic Coast Bench

18 Jan 87 - New Oxford, PA

Women	SQ	BP	DL	Total
M. McCloskey	160	115	205	480
H. Diotido	115	110	205	430
J. Catley	95	110	195	400
114 lbs.	110	110	205	425
D. Lentz	95	110	205	410
J. Catley	270	215	330	815
C. Mable Jr.	270	215	330	815
H. Keller	160	115	215	490
114 lbs.	160	115	215	490
F. Lups	315	260	415	990
B. Borna	315	260	415	990
S. Shambrook	275	215	330	820
E. Brommy	275	215	330	820
165 lbs.	275	215	330	820
M. Alinch	400	300	450	1150
K. Stout Jr.	400	300	450	1150
B. Stout	385	285	425	1095
198 lbs.	385	285	425	1095
T. Cavillo	415	315	465	1195
G. Jirman	400	300	450	1150
F. Frazzo	380	280	430	1090
J. Gas	370	270	420	1060
D. Berchard	350	185	385	920
M. Kozar	330	285	415	1030
F. McCracken	330	285	415	1030
D. Miller	285	285	415	985
D. Baird	270	270	400	940
M. Peck	480	370	535	1385
B. Kowalczyk	445	340	500	1285
R. Granger	430	330	490	1250
J. Crawford	410	310	470	1190
R. bees	325	285	385	995
A. Demowick	300	300	400	1000
J. Layton	510	220	385	1115
D. Brillhart	400	300	450	1150
S. Markus	400	300	450	1150
F. Polomski	375	275	425	1075
J. Painter	365	265	415	1045
C. Gahbart	335	235	385	955
G. Marquet	245	245	345	835
D. Wilson	515	315	465	1295
P. Kozar	460	360	515	1335
C. Hartock	380	280	430	1090
C. Ziegler	365	265	415	1045
M. Siller	350	255	405	1010
S. Lova	370	270	420	1060
M. Clane	255	255	355	865
M. Clane over 40	255	255	355	865
D. Wilson	515	315	465	1295
L. Alexander	485	385	535	1405
C. Berger	330	230	330	890
G. Blomster	310	310	410	1030
D. Christner	310	310	410	1030

Alabama State Championships

31 Jan 87 - Cullman, AL

Women	SQ	BP	DL	Total
S. Lawson	85	150	140	375
K. Cochran	250	205	340	795

Teage Division

C. Farley	405	275	500	1180
M. Phillips	445	300	540	1285
T. Stephens	330	300	415	1045
K. Drake	480	320	400	1200
M. Hiltner	475	325	510	1310
K. Sellers	315	265	350	930
C. Broushous	270	200	350	820
W. Simmons	270	200	350	820
W. Simmons	300	220	380	900
M. Smith	300	155	330	785
W. Smith	175	175	200	550
Z. Carby	175	75	200	450
Masters	490	240	490	1220
D. Duffee	475	310	520	1305
K. Adams	450	250	550	1250
Novice Super	355	305	390	1050
B. LaFay	365	185	420	970
S. Grubbs	330	220	400	950
M. Throver	310	255	360	925
F. Sellers	310	255	360	925
C. Broushous	270	200	350	820
Novice Light	475	310	520	1305
R. Robinson	450	325	480	1255
P. Bertrappi	475	315	480	1270
D. Duffee	475	315	480	1270
C. Farley	405	275	500	1180
R. Rutledge	450	275	450	1175
J. Martin	400	285	440	1125
K. Ballard	340	210	475	1025
H. Sheran	340	210	475	1025
R. Podes	330	190	370	890
R. Hays	330	190	370	890
Novice Middle	650	400	625	1675
P. Sullivan	475	330	565	1370
G. Hydrick	425	270	450	1145
J. Folds	450	305	455	1210
D. Grinnett	435	310	455	1195
R. Buffalo	470	200	460	1130
W. Simmons	350	320	400	1070
Novice Heavy	610	390	655	1655
D. Cooper	580	335	650	1565
S. Johnson	530	420	550	1500
J. Toney	510	345	550	1405
S. Grubbs	465	300	555	1320
B. Yates	465	300	555	1320
J. Chappell	465	300	555	1320
R. Shumate	425	325	435	1185
Bench Light	300	210	325	835
H. Sherman	460	345	545	1350
R. Gaddis	385	280	400	1065
R. Robinson	265	265	360	890
K. Sellers	265	265	360	890
H. Charrel	305	305	420	1030
C. Farley	275	275	380	930
Bench Heavy	275	185	320	780
D. Nichols	560	340	400	1300
W. Simmons	560	340	400	1300
Overall Best Sport	610	390	655	1655

* New State Record - Best Sport Trophy, All Overall Best Sport. The Alabama State Powerlift Meet was held January 31, 1987. The meet was held at the Cullman Community Center. Many of the weight classes. Two state records were set, one in the 181 lb class bench (Huggy Sheran) and one in the 198 lb class deadlift (David D.D.). Sheran was out on body weight. D.D. is now an official member of the 550 Bench Club, so is Byron White, John Cooper, lifting at Apollo 165. David Sewall 198 and Mark Ferrell at Apollo 165. David Sewall 198 and Mark Ferrell at Apollo 165. David Sewall 198 and Mark Ferrell at Apollo 165.

425	260	470	1155
365	185	420	970
460	280	460	1200
450	320	400	1170
455	275	450	1175
145	460	145	740
645	415	700	1760
425	270	450	1145
470	200	460	1130
800	460	685	1945
650	400	720	1825
645	400	700	1745
645	400	700	1745
350	320	400	1070
670	410	630	1710
580	335	550	1465
570	430	550	1550
570	320	550	1440
460	300	555	1320
465	320	555	1320
70	500	700	2000
740	540	700	2000
610	390	655	1655
625	470	600	1725
610	390	655	1655
300	210	325	835

INZER ADVANCE DESIGNS

We Make Power Gear A Science

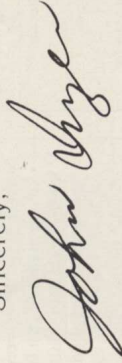
Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. The fact that the Inzer Blast Shirt is over twice as effective as any shirt existing is why the world's greatest benchers wear it and not the attempted copycat versions. The material we use will not rip. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated this year: "Since the introduction of the Inzer Blast Shirt, I've noticed a lot less shoulder injuries in my contests." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help.

Every shirt, suit, and brief is made at our own factory where the construction of the apparel is examined closely. Blast Shirts, Erector Shirts, and Groove Briefs, of course, all originated here, including some unique improvements on squat suits. Most of the other powerlifting supply companies have attempted copying our products. The main thing they miss out on is the science of it all. While they are busy trying to copy, we are busy improving our already superior products. Our highly kept secrets in designing and manufacturing, plus our original technological advances, separate us from the competition by a great distance. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer
Owner

INZER
ADVANCE DESIGNS

SMILAX IS HERE

NATURAL • SAFE
FANTASTIC
BREAKTHROUGH
ALTERNATIVE
TO STEROIDS
See Page 74



PACIFICO ENTERPRISES

BodyShop. (Thanks to Bodyworks Fitness Center for results.)

1st Madison Bench/Deadlift 17 Jan 87 - Mansfield, OH

Women	Men
M. Garner	140
M. Korman	140
S. Carr	135
M. Rogers	125
H. Scheid	125
M. Bradley	120
A. Kraft	110
K. Ross	90
M. Garner	330
N. Rodhe	255
K. Ross	240
M. Garner	210
K. Ross	210
D. Perkins	210
D. Perkins	210
D. Perkins	210
M. Rodgers	210
H. Scheid	210
M. Bradley	210
L. Miller	220
B. Wiseman	220
K. Ross	245
J. Beardsart	245
K. Benson	230
D. Perkins	230
D. Perkins	230
M. Rodgers	230
H. Scheid	230
M. Bradley	230
L. Miller	230
B. Wiseman	230
K. Ross	245
J. Beardsart	245
K. Benson	230
D. Perkins	230
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FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, CIVIL RECORDS. ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CUMARILLI, CA 95011.

State	Name	Age	Weight	Record
Alaska	100 Sears	23	114	52
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14



Garry Benford, M.S., Master Powerlifter & Meet Director, YMCA Nationals & Editor, American Fitness Magazine

Written to educate coaches and athletes, this book shares the simplest methods for obtaining strength practiced worldwide. Using no machines, no gimmicks — just iron weights. You or your team can follow through and assuredly gain strength. Although an expert in his field, the author has written it on a layman's level, so everyone can obtain results.

- Includes advice on:
 - strength principles
 - training principles
 - individual exercise attention
 - weekly routines
 - difficulties
 - many good photo illustrations

Powerlifting: A Guide For Coaches and Athletes \$7.95

Money Back Guarantee: If not completely satisfied!

Mike Lambert, Editor, Powerlifting USA

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Books: Total Amt. \$1.50 Shipping & Handling Total \$ Enclosed is: Money Order Check Name: Address: City, State, Zip: Make checks payable and mail to: R&B ENTERPRISES/P.O. Box 15341/Columbus, Ohio 43215

State	Name	Age	Weight	Record
Alaska	100 Sears	23	114	52
Alaska	225 Sears	23	114	14
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Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14
Alaska	225 Sears	23	114	14

Eden V - Miller Brewing BP 25 Oct 86 - Eden, NC

Name	Age	Weight	Record
H. Day	250	1790	400
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740
J. Shuff	285	200	1740

West Coast Open 22-23 Nov 86 - Salem, OR

Name	Age	Weight	Record
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635

PRE-FAB-INTERNATIONAL

1502 Bingham St., Pittsburgh, PA, 15203

★ Pre-cut, heavy wall (11 gauge)
★ 2" & 3" square tubing
★ All hardware
★ Upholstery colors
★ Black, Brown, Gray & Red
★ Detailed prints and instructions
★ You supply the labor
★ Most kits are shipped (UPS)
★ Dealer inquiries invited
★ We also carry a full line of gym equipment. Catalog \$1.00

Super H.D. Step Down Squat Rack \$95.00

WELD IT YOURSELF

Quantity Discounts or Institutional Bids - Call for Quotations
Shipping Time: 5 days on factory stock items, otherwise 10 to 30 days
412-381-1543

Name	Age	Weight	Record
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
M. Gregory	620	390	635
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M. Gregory	620	390	635
M. Gregory	620	390	635

1987

Junior Nationals (APF) St. Petersburg Beach Florida

This year's Nationals will be at the St. Pete Beach Hilton, Beautiful Gulf view, lots of fun for all.

Don't miss out!

Entry forms available now! Must be in before April 9th!

No late entry

We stop taking entries at 150 Lifters!

Contact: Rick Weil 813-397-3393 or write P.O. Box 40332 St. Pete, FL 33743

So Enter Now!

Send check or money order to: RICK WEIL P.O. Box 40332 St. Pete, FL 33743 813-397-3393

Bench Press Book Rick tells it all and many have already benefited from the valuable information at only \$9.95

Everyone needs a Florida design Bench T-shirt reduced to \$7.00

Bench Press Video only \$39.95 See for yourself the secrets and techniques that push world records

Subtotal, Rick's Tilt Bench @ 349.95 each, Rick's Video @ 39.95 each, Rick's Book 'THE BENCH PRESS' @ \$9.95 each, Florida Bench T-shirts @ \$7.00 each, Check size S M L XL, Check color Red Blue Yellow Gold, Shipping Total \$2.00

Dustane things were smoothed by good friends Fabian Wasmann and his lovely new wife Gail...

Table with columns for Name, Weight, and other details. Includes names like M. Feenstra, K. Kellman, S. Devitt, etc.

The Flint YMCA Open Bench was the same as last year's meet. A meet which displayed lots of doing a 410 lb. bench which put him into third place...

Table with columns for Name, Weight, and other details. Includes names like R. Page, F. Correll, B. Kubarich, etc.

Black's Health World Invitational 7 Oct 86 - Cleveland, OH

Table with columns for Name, Weight, and other details. Includes names like B. Page, F. Correll, B. Kubarich, etc.

The best of thanks goes out to those who judged the meet... Bill Metcalf proved that he has the power to do more than write traffic tickets...

Table with columns for Name, Weight, and other details. Includes names like B. Page, F. Correll, B. Kubarich, etc.

Table with columns for Name, Weight, and other details. Includes names like B. Smith, F. Tomlin, C. Fritsch, etc.

Michigan Sr. Championships 10 Apr 86 - Monroe, MI

Table with columns for Name, Weight, and other details. Includes names like W. Spencer, R. Gillen, J. Schmidt, etc.

FL HOOD CHAMPIONSHIPS 29 Sep 86 - Ft. Hood, TX

Atlantic Ocean Deadlift 21 Sep 86 - New Haven, CT

Table with columns for Name, Weight, and other details. Includes names like T. Everett, J. Steele, R. Brimling, etc.

NEW A.P.F./A.M.P.F. Membership Application AMERICAN MASTER POWERLIFTING FEDERATION

Membership application form with fields for name, address, phone, and registration fee.

The Big Bench Contest

Table with columns for name, weight, and performance metrics for the Big Bench Contest.

Super Weight Sunday

Table with columns for name, weight, and performance metrics for Super Weight Sunday.

New Jersey State ADPPA

Table with columns for name, weight, and performance metrics for New Jersey State ADPPA.

Rocky Mountain Open

Table with columns for name, weight, and performance metrics for Rocky Mountain Open.

Table with columns for name, weight, and performance metrics for Dec 86 - Canyon City, CO (kilos).

Table with columns for name, weight, and performance metrics for Dec 86 - Canyon City, CO (kilos).

Table with columns for name, weight, and performance metrics for Central Virginia Open.

Table with columns for name, weight, and performance metrics for Carr's Gym Vs. Algora.

Table with columns for name, weight, and performance metrics for Dec 86 - Andover, NJ.

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Advertisement for BRUTE FORCE MFG. featuring 'THE BRUTE SUIT' and 'THE BRUTE SHIRT' with various product details and pricing.

Advertisement for BRUTE FORCE MFG. featuring 'THE BRUTE SHIRT' with product details and pricing.

Advertisement for WORLD CLASS ENTERPRISES PRESENTS GOING BEYOND, featuring fitness products and contact information.

Southern Ohio Class 1 & Below
13 Sep 86 - Circleville, OH

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

Big Thunder Open
29 Nov 86 - Ont., Canada

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

AAU National-for-Life Invitational
Dec 86 - New York, NY

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

South Central Power Bash
6 Dec 86 - Hillsboro, IL

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

AAU Dec 86 - New York, NY

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

AAU National-for-Life Invitational
Dec 86 - New York, NY

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

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AAU National-for-Life Invitational
Dec 86 - New York, NY

Table with columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

MUSCLE MIX advertisement featuring a product image and promotional text.

MUSCLE MIX advertisement with large text: 'Finally, A Scientific System Of Strength And Weight Gain That Works!' and detailed product information.

BROADSIDER advertisement featuring an illustration of a batter, product details, and contact information for Strength Tech, Inc.

Bob's Custom Lifting Belts

10 Years Of Quality



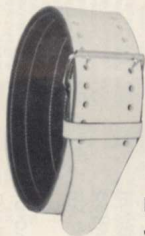
Style A - NEW Double Reinforced
More leather in belt for maximum thickness. Stiff body, flexible handrip. Available 1, 2, or 3 colors with 1 or 2 tongue heavy duty chrome buckle. \$69.95



Style A - Available 1, 2 or 3 colors.
1 or 2 tongue standard buckle. \$59.95



NEW Economy - Available in 1 or 2 colors. 1 or 2 tongue standard buckle. \$49.95.



Style E - NEW Reinforced. Available any color on inside. 1 or 2 tongue standard buckle. \$45.00.

Originally Created By Bob Morris

Other Belts Available

- * 2 1/2 Inch Front, 4 Inch Back. Suede on Both Sides One or Two Colors.....\$45.00
- * 2 1/2 Inch Front, 4 Inch Back, Single Thickness.....\$19.00
- * 3 Inch All Around Suede on Both Sides One or Two Colors.....\$45.00
- * 3 Inch All Around Single Thickness.....\$19.00
- * Dip Belt.....\$25.00
- * Straps
- 1 Inch or 2 Inch.....\$5.00
- * Wrist Wraps.....\$7.50

- COLORS
- Light Blue
- Royal Blue
- Navy Blue
- Rust
- Dark Brown
- Med Brown
- Light Brown
- Orange
- Green
- Emerald
- Red
- Maroon
- Black
- Grey
- Charcoal
- Pink
- White
- Purple
- Gold
- Yellow

Name _____ Phone _____

Address _____ State _____ Zip _____

City _____

VISA/MC _____ Exp. Date _____

(PLEASE ADD \$2.00 SHIPPING - ALLOW 2-3 WEEKS FOR DELIVERY)

Style _____ Size _____ Total Enclosed _____

Buckle: 1 Tongue 2 Tongue

Color(s) _____

Exclusive to Bob's Belts:
Chrome plated, solid roller.
Will not flare out at ends to rip suits, belts or fingers. Nickel plated rivets to match.



Study Tours International



proudly presents the 1st time ever East German and Soviet Weightlifting Study Set

In East Germany (GDR) train under the secretive programs that GDR coaches have used for their elite lifters. The Soviet segment of the course will be held at the USSR's famous National Sport Institute in Moscow. Dr. Alexei Medvedev, former world and Olympic champion, will be leading an eminently qualified staff of Soviet scientists and practitioners. Each lecture in both GDR and USSR will be followed by a practical period for participants to train.

All participants are scheduled to depart from North America on May 29th for the GDR and return from the GDR on June 12, 1987.

SPORTS FITNESS editor, Dr. Fred Hatfield, leads the course and school/training camp offer a once-in-a-lifetime opportunity to significantly advance one's knowledge.

The course includes round trip air transportation, land travel, tuition fee for a fully accredited 3 graduate credit course, complete meals, sightseeing, cultural and social events, included for \$2785 (\$150 deposit and 2 convenient installment payments).

CALL TODAY
Registration is limited. To avoid being disappointed, interested persons should immediately call or write:

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Study Tours International
Regional Representative
407 Barclay Avenue
Pittsburgh, PA 15221
Telephone (412) 351-1124



10th Ulrica YMCA Meet

17, 18 Jan 87 - Ulrica, NY

114 lbs.	T. Antonoro	1005	J. Sylvester	1190
132 lbs.	S. Hauser	570	J. J. J. J.	1090
150 lbs.	B. Neville	945	T. Schrader	1810
162.5 lbs.	L. Zurek	755	M. Kregger	1625
181 lbs.	J. Calligan	1335	C. Dugan	1450
200 lbs.	R. Hoog	1330	P. Russo	1455
225 lbs.	C. Fominer	1210	B. Kristoff	1435
250 lbs.	D. Stabile	815	J. Koche	1410
275 lbs.	C. Craumer	745	A. Chaconares	1305
300 lbs.	S. Reiten	720	A. Williamson	1510
325 lbs.	D. Gauthier	1400	L. Mulka	1365
350 lbs.	M. Patane	1400	S. Sorand	1315
375 lbs.	F. Kenyon	1335	D. Larie	1310
400 lbs.	J. Hollister	965	L. Hayes	1550
425 lbs.	S. Canova	1605	E. Alfred	1005
450 lbs.	D. Gauthier	1400	L. Mulka	1365
475 lbs.	B. Rossi	1385	D. Pollo	1810
500 lbs.	J. Knapp	1360	SHW	1625
525 lbs.	B. McFarren	1270	O. Jensen	1470

Wisconsin Jr. State Meet

31 Jan 87 - Racine, WI

132 lbs.	M. Mannisto	350	210	360	920
148 lbs.	M. Mannisto	400a	275a	380a	1055a
165 lbs.	S. Emis	325	175	375	875
181 lbs.	D. Hillman	225	200	305	730
198 lbs.	V. S. S. S.	300	305	325	625
215 lbs.	H. Perone	560a	290	490	1340a
232 lbs.	S. Leggett	485	290	490	1265
250 lbs.	J. Schauer	465	275	475	1215
267.5 lbs.	M. Hapthner	465	275	475	1215
285 lbs.	E. Anderson	405	185	445	1035
302.5 lbs.	S. Renzelmann	145	340a	145	630
320 lbs.	E. Renzelmann	305	210	—	515
337.5 lbs.	S. Korff	560	340	530	1430
355 lbs.	K. Martinek	525	300	570	1395
372.5 lbs.	K. Martinek	525	300	570	1395
390 lbs.	K. Belter	560	320	460	1345
407.5 lbs.	J. Martinch	450	300	440	1190
425 lbs.	B. Schmeckel	360	225	400	985
442.5 lbs.	K. Neill	705a	400a	590a	1695a
460 lbs.	P. LaVelle	610	350	540	1500
477.5 lbs.	M. Becker	600	330	540	1470
495 lbs.	C. Villavall	525	330	510	1300
512.5 lbs.	J. Alder	660a	375	590	1625a
530 lbs.	R. Holstrom	600	450	600	1650
547.5 lbs.	M. McCumber	620	340	555	1555
565 lbs.	F. Sanchez	525	340	650	1515
582.5 lbs.	R. House	575	380	530	1485
600 lbs.	R. House	550	315	510	1375
617.5 lbs.	M. Lardy	242	320	365	1330
635 lbs.	M. Lardy	720	425	670	1815
652.5 lbs.	D. Verbracken	640	445	525	1610

Corrections - Jeannie Marques should have been credited with lifts of 400 175 390 965 at 181 on the Women's TOP 20 list, and Saul Shockey's total in the report of the ADFFA National Masters meet should have been listed as 692.5 kilos, which would have moved him up in the rankings for the TOP 20 ADFFA in the 181 lb. class.

D. Oschury 680 410 645 1575
D. Bulk 670a 330a 575a 1575a
275 lbs.
M. McIntyre 690 480a 600a 1830a
D. Teets 600 425 670 1600
D. Teets 600 425 670 1600
APF Jr. State Records - USFF Jr. State Records - APF State Records. Best Lifter - Mike McIntyre. Best Team - 25-Shoppers Body Shoppe; 34-Claire Health Club. At 132 Dean Thompson went 9 for 9 to win uncontested. At 148 Mark Mannisto, in his 8 for 9 setting 2 Jr. State and 2 APF State records in a highly contested weight class. At 181 Steve Peby, Ray Van Wey, and Lee James. Also Noah Marcove did some fine announcing, and was helped at the second lift by Coach Carl Miller, who set the same lift as Mike to show Carl Miller, his son Ken for all the platform help along with all the spotters and anyone else who helped that day. (Thanks to Hugh Perone for results).

Eastern Bench Press

18 Jan 87 - Lindenhurst, NY

Teagee	M. Mantiello	341
132 lbs.	L. Loccalo	192
148 lbs.	M. Loce	187
165 lbs.	F. Salter	198
181 lbs.	F. Salter	200
198 lbs.	R. Bonner	280
215 lbs.	M. Kohnman	203
232 lbs.	J. Clough	187
250 lbs.	M. Bilal	330
267.5 lbs.	A. Harris	335
285 lbs.	M. Wallin	319
302.5 lbs.	M. Mazzullo	225
320 lbs.	S. Roy	407
337.5 lbs.	G. Fiorozzo	390*
355 lbs.	R. Farrell	313
372.5 lbs.	J. Guillen	322*
390 lbs.	J. Jones	341
407.5 lbs.	R. Brandt	401*
425 lbs.	B. Dvozak	434*
442.5 lbs.	R. Ronado	346
460 lbs.	Sub-Master	359
477.5 lbs.	T. Palmer	401*
495 lbs.	R. Profeta	132 lbs.
512.5 lbs.	J. Calla	313
530 lbs.	R. Porilli	286
547.5 lbs.	J. Crane	302
565 lbs.	R. Calvori	289
582.5 lbs.	M. Scordellini	302
600 lbs.	E. Fiducia	363
617.5 lbs.	C. Battilios	324*
635 lbs.	R. Williams	275
652.5 lbs.	C. Vicente	308
670 lbs.	J. Burke	275
687.5 lbs.	C. Confessore	489*
705 lbs.	J. Prudergast	346
722.5 lbs.	M. Carbone	355
740 lbs.	Best Team Lifter: Louis Capozzi. Best Open Lifter: Chris Confessore. (Thanks to Angelo for results).	

All Clear! on the women who were drug tested at the USFF Women's Nationals, and the team selected was all the class winners at the meet, and the coach selected by the Executive Committee is Dave Jeffrey!

Gamma Powerlifter
The Most Powerful Alternative To Steroids!
See Page 46

SMILAX IS HERE
NATURAL • SAFE
FANTASTIC BREAKTHROUGH ALTERNATIVE TO STEROIDS
See Page 74

PACIFICO ENTERPRISES

THE EDGE

WE DIDN'T FIND IT IN A LAB WE FOUND IT IN YOU

Since 1982, 27,000 weightlifters from over 30 countries have become our customers. Like you they work out hard and want supplements that work as well. In the quest for strength they found what works—and what doesn't. They talked to us and we listened.

THESE ARE THE TOP ANABOLIC SUPPLEMENTS

MEXICAN SARSAPARILLA
Steroids are synthetic forms of testosterone. A natural source of this sex hormone is Mexican Sarsaparilla. Although we were the first to sell it, now we have competition. **FACT 1:** we alone offer the purest most mature sarsaparilla available. **FACT 2:** Our tablets are not 30% filler. **FACT 3:** We add an "energetic coating." This insures testosterone is absorbed by the body. **FACT 4:** Because of cheap imitations, you get what you pay for.
500 (500 mg) tablets (a 60-day supply) \$25

BETA-SITOSTEROL
A plant sterol used for the conversion of testosterone to Dihydrotestosterone. Very useful during your cycling period.
150 (500 mg) tablets (a 50-day supply) \$28

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Message from the A.P.F. President

Now that 1986 has ended, I'd like to review the year in powerlifting and the American Powerlifting Federation. I find we've been very successful. Everyone who's lifted at our meets has walked away happy with very, very few complaints.

Bringing the rules back to the lifters has made a pleasure out of the meets, instead of spending hard earned money going to the meets, only to be turned down for trivial things like T-shirts, a pair of dirty shoes, or something of this nature. It's frustrating for the lifter. We all have to have rules for lifts, but our main concern is to go to a meet, have a good time and find out who's the best lifter in a lift without the hassles and all the red tape that has developed over the past few years.

Now that we're on an upward swing, the A.P.F. has grown enormously. Our North American Championships in Canada will be held later this year. Canada is going very strong and it will be a large and exciting meet.

We're planning many more meets for 1987 and it's very exciting with records being broken all the time. Memberships are increasing everyday by great amounts. Even with our dual sanctions with the U.S.P.F., we find every meet director saying, next time they'll go strictly A.P.F. because of hassles with the U.S.P.F.

I've sat back and listened to all the talk regarding the law suits. Everyone who has known me over the past thirty years knows I've always been only for the lifters. It has cost me a great deal of money and time, and it's an unfortunate thing, but the U.S.P.F. had plenty of chances to deal with the problems behindhand and chose not to. There were many ways of correcting this before it got into the courts. Regarding the lawsuit, we say we can't cry over our spilled milk. It's done and we must continue on. The only complaint now is reading in P.L. USA the one-sided opinion of Conrad Cotter. I feel that my views should be voiced also.

One problem is the complaint of not having the money to send their people to the World Championships because of the lawsuit I've brought. The thing I'd like to make clear is first, a lot of U.S.P.F. money goes to salaries, phone calls, and a lot of things are paid out on things we don't have with the A.P.F. Many services could be done on a volunteer basis as we do now in the A.P.F. The U.S.P.F. budget at the end of the year showed an ending balance of \$15,000. Now where did all the money go to? It didn't go to the attorney, I would like to have seen the check they paid the attorney. They have claimed a bill of \$55,000, but \$47,000 of that was claimed as Conrad Cotter's personal defense expenses. These were not the responsibility of the U.S.P.F. at that time. There still should have been money in the funds to send people to the Worlds. We managed to send our A.P.F. teams to Worlds and pay their way, even though our lawyers fees were \$8,000. How could there be \$55,000? When the judges in the federal courts saw how ridiculous the claims were, they gave them what they had coming to them in all fairness, which was \$3,000, to get Cotter off the hook for his promises.

The U.S.P.F. has tried so many different things, from banning my products at meets to threatening people changing their rules to be closer to our rules to get people back, saying they were going to counter sue me for making a patch they say looks like their patch. This was my own design from 1980 for the World Master Meet. Also, Watson-Laurence designed another patch when we hosted the World Master Championships. It has been my patch ever since and sold by me.

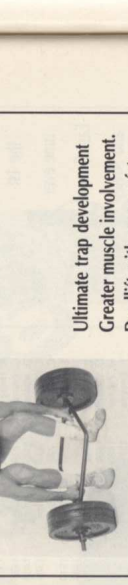
The federal courts found the I.P.F. defamed and awarded us \$119,349-\$20,000 to the A.P.F. \$84,375 to Ernie Frantz and \$14,574 to Maris Sternberg. This injunction goes against the I.P.F., making them liable for these monies. If they don't pay, they won't be able to function in the United States. This was awarded on February 4, 1987.

Even if I never see a dime of this money since this is out of the country, but I feel again the principle around all this, is we must stand up for our rights. We lost an awful lot of money over this lawsuit. If I could turn back time and start over again, knowing what I know now, I would hesitate, because of the cost factor. The hurt that came from all of this for Diane Frantz, Maris Sternberg, and Felicia Johnson was even greater.

I've tried at meetings to correct a lot of these little things, but no one would ever listen. The U.S.P.F. has lost TV coverage because of their fighting. I still have a lot of friends and officials in the U.S.P.F. The majority of them know me to work with the lifters. I will continue to do so even to the point of helping lifters at my own expense. I want to form a good organization that will make the lifters happy when they lift and still find good, competitive, honest and happy meets for 1987.

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Designer and N.C. ADPFA Deadlift record holder, Al Gerard.

Southern WV Bench Press

beginning in March of 1986. In spite of an injury, Don Hall of Charleston won the 220 division with a lift of 380... just missing 400. Master's Champion and W. VA State Champion Vince Powerlifting, Sam Arington of Albemarle County, VA won the 242.5 division with a lift of 380. Bluefield native and Concord College Football star, Don Hall, BP ed 440 for a new bench record and a lift of 292.5 for a new bench record. He will host the 1987 W. VA Collegiate's at Concord College on 2/28-29. Wallace of Man, WV lifted 400 and won 2nd place. John Meester of South Charleston set a new meet record with 420 and won the 275 class even though he could be given to a lifter who is the most competitive to lift. If he were to lift, it would have to be adequate to John Meester. He is always there to help lifters. He is always there to help anyone whom he may be associated with. He was a vital element in West Virginia Powerlifting during 1986. Mike Nady placed 2nd in the 242.5 and 3rd in the 275.5 divisions. John finished 2nd in Vince White in the Master's division. SHW Winner Moore Ahmed of Beckley is also a relative newcomer to powerlifting. He has a great future with the sport. The teenage division lifters were as follows: Donald Robbins, Mike Goforth and Brock Stredwick. Mike Goforth and Brock Stredwick were given according to the Schwartz formula. Perhaps a significant factor about this competition was that WWWAY Channel 6 Bluefield covered the WHM FM Radio (104) also advertised the event prior. The turnout was adequate and the lifters were already scheduled to train in the year's contest from over 6 states, including Ohio, Pennsylvania, Kentucky, Tennessee, North Carolina, Virginia, and above all, West Virginia. A special recognition for their help in making this contest a success. First of all, Dennis Fowler, Robertson, Tommy Buzzzo, Barry Kearnes, Karan Wilkes, Beth Peters, and Lois Daniels. See you next year. (Thanks to Paul Sulphin for results).

Meet Directors: Tommy Buzzzo, John Lilly, Proctor, Mike Nady, Brock Stredwick, Don Hall, Acie Simmons (LW), Joey Lee (HW), Bob Nighicle of Bluefield, WV, Southern West Virginia's hottest nightspot, was bench Press Champion with a lift of 310.5. Mike Goforth set 3 new meet records broken among the lifters were 6 State Champions and W. VA Bench Press Champion Brock Stredwick of Bluefield set his best competition ever at 14 years of age winning with a BP of 130. Bluefield native Acie Simmons, winner with 133 lbs. He did 300 lbs. at the 390! Needless to say, this earned Acie the Outstanding Lifter Award among the LW classes along with a new meet record W. VA LW State Champion Brock Stredwick. Brock Stredwick set first competition managed 3rd place. At a bodyweight of only 159, Donald Robbins of Beckley set a new meet record. Donald Robbins set a new meet record. Donald is only 18 years old, is the current W. VA Teenage Champion and holder of several records in the Teenage division. Brock Stredwick is the current champion in the Top 50 MW BP record in Paul Sulphin holder of the LHW BP Record in W. VA, made an easy 400 to win the class and set a new meet record. Brock Stredwick set a new meet record performance in the 1987 lift. Brock Stredwick Award among the HW classes! Joe has had a great year in 1986, as he won 7 of 9 contests

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Athlete's Rep Election Ballot

Check 4 of the nominees on his ballot to represent you at U.S.P.F. National Committee Meetings and send your ballot in to Athlete's Rep, c/o Box 467, Camarillo, CA 93011. No ballot with a postmark later than March 31st, 1987 will be counted in the election.

- Rick Gaugler
- Steve Murdoch
- Dan Austin
- Tom Eiseman
- Lamar Gant
- Rickey Crain
- Dave Jacoby

Pacific Coast Meet (APFCPP)	
16 Aug 86 - Victoria, BC, Canada	
Men	
SQ	BP
145	130
170	135
210	140
240	145
270	150
300	155
330	160
360	165
390	170
420	175
450	180
480	185
510	190
540	195
570	200
600	205
630	210
660	215
690	220
720	225
750	230
780	235
810	240
840	245
870	250
900	255
930	260
960	265
990	270
1020	275
1050	280
1080	285
1110	290
1140	295
1170	300
1200	305
1230	310
1260	315
1290	320
1320	325
1350	330
1380	335
1410	340
1440	345
1470	350
1500	355
1530	360
1560	365
1590	370
1620	375
1650	380
1680	385
1710	390
1740	395
1770	400
1800	405
1830	410
1860	415
1890	420
1920	425
1950	430
1980	435
2010	440
2040	445
2070	450
2100	455
2130	460
2160	465
2190	470
2220	475
2250	480
2280	485
2310	490
2340	495
2370	500
2400	505
2430	510
2460	515
2490	520
2520	525
2550	530
2580	535
2610	540
2640	545
2670	550
2700	555
2730	560
2760	565
2790	570
2820	575
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2880	585
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3090	620
3120	625
3150	630
3180	635
3210	640
3240	645
3270	650
3300	655
3330	660
3360	665
3390	670
3420	675
3450	680
3480	685
3510	690
3540	695
3570	700
3600	705
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3780	735
3810	740
3840	745
3870	750
3900	755
3930	760
3960	765
3990	770
4020	775
4050	780
4080	785
4110	790
4140	795
4170	800
4200	805
4230	810
4260	815
4290	820
4320	825
4350	830
4380	835
4410	840
4440	845
4470	850
4500	855
4530	860
4560	865
4590	870
4620	875
4650	880
4680	885
4710	890
4740	895
4770	900
4800	905
4830	910
4860	915
4890	920
4920	925
4950	930
4980	935
5010	940
5040	945
5070	950
5100	955
5130	960
5160	965
5190	970
5220	975
5250	980
5280	985
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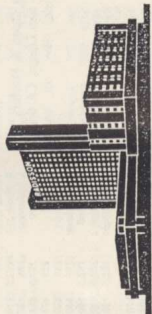


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Friday, June 26
National Committee Meeting
Saturday, June 27
9:30 AM 114-148
2:30 PM 165-181
Sunday, June 28
9:30 AM 198-220
2:30 PM 242-Shwt
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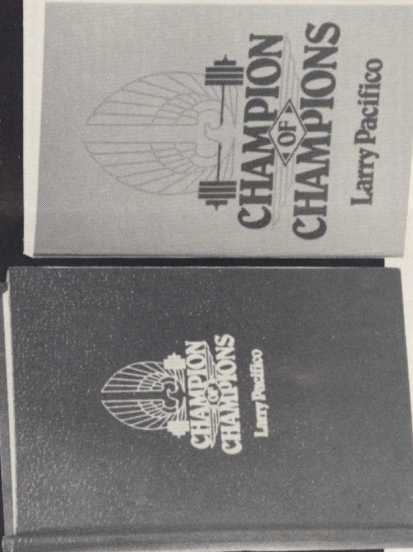
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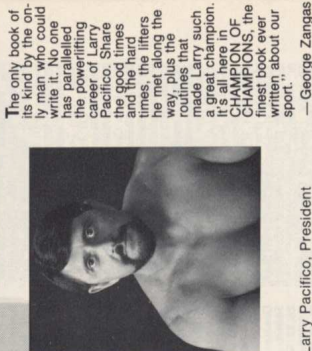
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