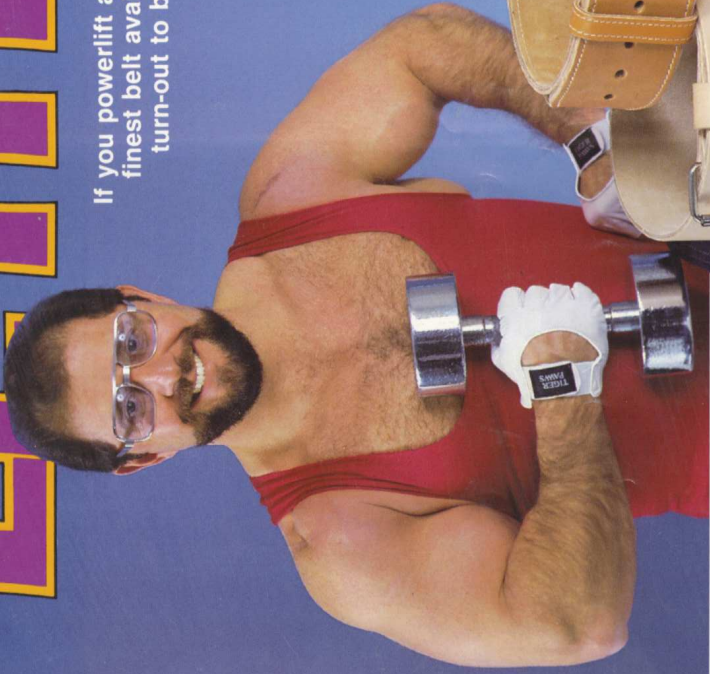
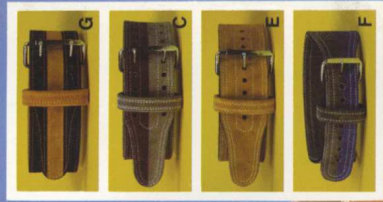


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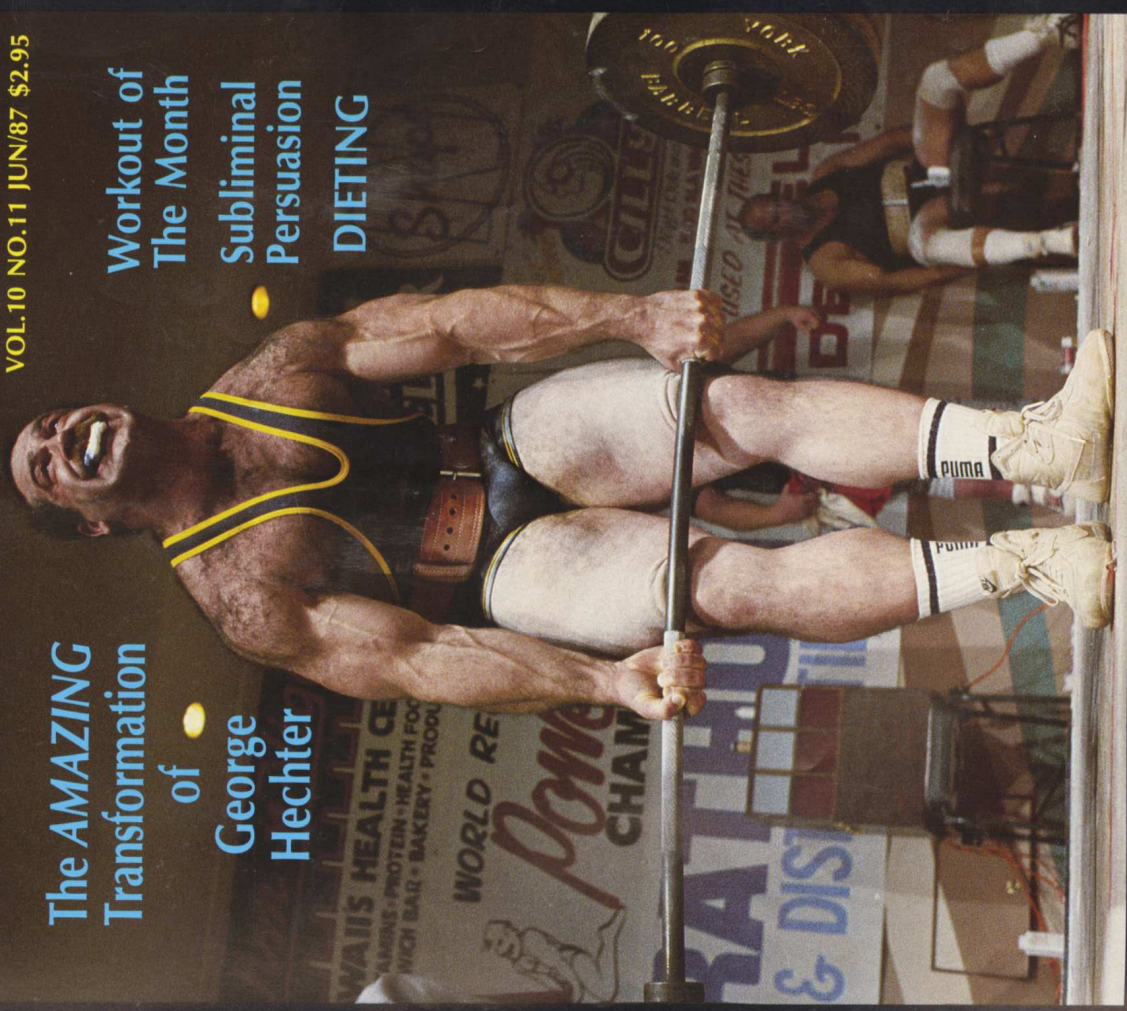
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ON THE COVER...George Hechter with a great deadlift of 826 pounds at the Hawaii Budweiser Record Breakers meet.

NEXT MONTH...National Masters Meet Report from Dallas.

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# The AMAZING Transformation of GEORGE HECHTER

as seen by PL USA's MIKE LAMBERT

If anything, Powerlifters are certainly physically beings, and as such they are intensely concerned with getting the most strength possible out of their bodies. They plot and experiment along the way, determining the 'best' approach for themselves at least, to reach the zenith of their personal physical strength. In the quest for ultimate possibility, the 'Bigger is Better' philosophy is almost endemic in the sport. If you train seriously for very long at all, great pressures to go up a weight class, and then another, bring themselves to bear. Unless you're an abba, it is almost inevitable that you will go up in weight as your achievements increase, and even Hideaki has visited the 123 lb. class on occasion.

Hey, it's understandable. You work hard with the iron, maintain your health, eat and sleep well, and you're going to add lean body mass and get heavier, as you get stronger. This is central to the theme of Powerlifting, self-improvement, which makes it all the more exceptional when a great powerlifter goes the other way, down the bodyweight scale, and retains his greatness. All powerlifters, great and small, will eventually drop down in bodyweight, but this move is almost inextricably linked to retirement from the sport in the vast majority of cases. One of the foremost examples of this truly remarkable type of transformation is John Kuc. He forced his bodyweight up to the 300 pound level, and won the 1972 World

tests and totals that no other Superheavy has had the nerve to attempt, beginning with the Junior World title in the Fall of 1984, where he barely hammered the existing Jr. World record in the squat by a couple of hundred pounds. Soon after, at the Potomac Open, he showed what he was really capable of, and built quickly on that base with a 2369 total at the 1985 Hawaii meet, followed by rapid, big total wins at the Juniors and Seniors. The end point of his journey seemed in clear focus, the World Championships.

What ideally could have been his finest moment turned into a nightmare. He came into the meet with injuries, and uncharacteristically uncertain of his true strength capabilities. He had been brought down, by the circumstances, to the level of his competition. Ceas DeVreugt of Holland, who was at the peak of his form and confidence. George left 93 pounds worth of missed attempts on the platform, to only 11 for the Dutchman, and he lost the title 2088 pounds to 2143. In one of the modern ironies of the Iron Game, he came to win the title after a few weeks, when the results of the drug testing showed that DeVreugt had not passed.

The result for George was not joy, A Powerlifting Career Come Full Circle

## George Hechter returns to his starting point at 242

1979	Teen Natls.	242	1st	652	341	—	—
1980	Teen Natls.	SHW	1st	405	440	633	1730
1981	Teen Natls.	SHW	1st	760	485	727	1973
1982	YMCA Natls.	SHW	1st	804	518	771	2094
1983	Junior Natls.	SHW	1st	821	540	766	2127
1983	YMCA Natls.	SHW	1st	821	529	788	2138
1984	Jr. Worlds	SHW	1st	865	518	650	2033
1984	Potomac Open	SHW	1st	950	550	800	2300
1985	Hawaii	SHW	1st	964	584	821	2369
1985	Junior Natls.	SHW	1st	975	584	793	2353
1985	Senior Natls.	SHW	1st	903	584	810	2298
1985	Worlds	SHW	1st	832	512	744	2088
1986	Mason-Dixon	242	1st	—	—	500	800
1987	Hawaii	242	1st	865	556	826	2247

It was time for a change, and George charted a drastic one. It was over. He was going to 'retire' from the sport, and lose all that weight. In the time span of 6 months, George dropped 130 pounds of bodily mass. He wasn't trying to stay strong as he did this. He followed what he considered to be a 'sensible' diet, and trained high rep bodybuilding style, 6 days a week. He actually got down to 225, and if so inclined, he might have gotten a single with more than 400 in the bench at this point, but he was no longer a powerlifter. Or was he? As George admits, "It's in your blood, and you can't get rid of it." This new, trimmer, George Hechter began to test himself, and the results were astonishing.



On The Way Up... George broke the 2,000 lb. total in the 1982 YMCA Nationals, and looked trim at 309 1/2.



Reaching for the limits of his power as a Superheavyweight, George began an unprecedented string of performances by winning the Junior World title in Australia back in 1984.

The power was still there, but it took some digging to find it. George was the luxury of his Superheavy weight days, when he could eat himself into gains. Now, attention to diet was paramount, and an excellent powerlifter and bodybuilder named Tom Battles (1986 A.P.F. Juniors Champ) gave George some valuable pointers.

George decided to show his 'new' self at a meet promoted by his friend, Robert Miller, of Mason-Dixon Sports. It was a bench-deadlift contest and George was able to put up 500 in the prone press, and pull 800, almost finished off. This was a tremendous recovery of strength, but George needed a bigger showcase for his newfound talents, and got one in the form of an invitation to the fabulous Hawaii/Budweiser World Record Breakers meet. What he did at this meet was Powerlifting history.

Photo credits: Bench shot below by Ed Douglas, all others by Lambert)



George's Biggest Bench Press as a Super was 584, several times, like his effort at the 1985 Juniors (left). He was especially pleased with his remarkable 556 as a 242 pounder at the Hawaii Meet. It was more than he expected, even though he was ahead in his bench training all throughout his cycle for this meet.

as reported in the May edition of PL USA. He went three for three in both the squat and bench, ending with 865 and 556, pulled 826, and totaled 2247. Here's a perspective on that achievement: George cut his bodyweight by ONE THIRD, dropping two bodyweight classes, yet lost only 110 pounds on what was already one of the greatest squats in history. In the bench press, with 33 percent of all that mass in his forearms, traps, triceps, shoulders and pecs GO AWAY, he benched within 90 percent of his all time best. In the deadlift, despite the massive weight loss, he puffed up more than he had ever done as a Superheavyweight. All three 1.5 months after winning the Worlds as a Super. His opening deadlift got the highest total in 242 pound class history, and the last after he had lost 130 lbs. up by 33 more pounds. AND George did not finish yet. He's got a 2300 pound total on his mind, and figures he's still got a couple of years to go in the 242s. If he can pack on 5 pounds of muscular bodyweight per year, before he has to move up. His next meet will be the A.P.F. Senior Nationals.

At 242, he looks terrific, with big legs, arms, shoulders, and a lean little waist. The size 50 work pants he used to have to squeeze into are what has been 'retired'. Now, he slides comfortably into size 36-38 jeans, but George's previous upper body wardrobe still fits nicely. Now, that's the kind of transformation everybody is looking for!

One surprising aspect of George's makeover is that he trains much the same way he did as a Superheavyweight. He only lifts twice a week, and hits all three lifts on each day, but one day is higher reps and lower weights than the other. This allows plenty of time for recovery, and he needed it as a Super. Nowadays, he



The Climactic Moment of a Superheavyweight Career... George preparing, with the television cameraman in his face and the eyes of international powerlifting upon him, for his final, desperate attempt in the deadlift to win the 1985 I.F.F. World Superheavyweight title in Espoo, Finland. After he missed on his first attempt, and a period of dark introspection, he decided to change the course of his life. George's powerlifting career could change. Not even the littersweet award of the Cold Medal weeks later when he initial winner, DeVreugt, failed the drug test, could change his mind.



# WORKOUT of the Month

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

## Jay Rosciglione's Deadlift Routine

### A Non-Specialist's Look at this Training Challenge

sets of 12, calf raises 3 sets of 15.  
**Week 2:** Monday: Power rack 235x5, 325x5, 415x3, 490x3, 525x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 335x4, 425x2, 495x3. Same assistance.  
**Week 3:** Monday: Power rack 235x5, 335x5, 435x3, 500x3, 540x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 460x1, 510x5. Same assistance.  
**Week 4:** Monday: Power rack 235x5, 325x5, 415x3, 480x3, 560x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 465x1, 525x5. Same assistance.

**Week 5:** Monday: Power rack 235x5, 325x5, 415x3, 495x3, 580x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 475x1, 540x3. Same assistance.  
**Week 6:** Monday: Power rack 235x5, 325x5, 415x3, 500x3, 600x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 495x1, 560x3. Same assistance.  
**Week 7:** Monday: Power rack 235x5, 325x5, 415x3, 500x3, 565x3, 620x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 505x1, 570x3. Same assistance.

**Week 8:** Monday: Power rack 235x5, 325x5, 415x3, 505x3, 575x3, 640x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 515x1, 580x3. Same assistance.  
**Week 9:** Monday: Power rack 235x5, 325x5, 415x3, 505x3, 590x3, 660x3. Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 415x2, 515x1, 595x2. Same assistance.  
**Week 10:** Monday: Power rack 235x5, 325x5, 415x3, 515x3, 600x3, 680x3 (last rack work day before the meet). Same assistance.  
Thursday: Deadlift 145x8x2, 235x5, 325x4, 425x2, 525x1, 610x2. Same assistance.  
**Week 11:** Monday: Leg curls and calf raises (drop leg press) 145x8x2, 235x5, 325x4, 435x2, 535x1, 620x1. (no max single, save it for the meet). Same assistance work, just lighten up on it a little.  
**Week 12:** Monday: Usually, I squat on this day, but afterwords, light leg curls and calf work.  
Thursday: Deadlift, work up to your last warmup before your opener: 145x8x2, 235x5, 325x4, 415x1, 515x1.  
**Week 13:** Meet Week: Opener: 578, 2nd attempt: 611, 3rd attempt: 628 or 633.

**BELOW:** Jay Rosciglione deadlifting at the 1982 Senior Nationals, where he won the lightweight class and became the first personal best over the 600 mark in many years of intense training effort.



When Mike Lambert asked me to do a Workout of the Month article on the deadlift, I was a bit stumped. I was thinking "well, how about the squat, Mike, that's my better lift?" However, it is true that during my 11 yr. lifting career, the deadlift is the one lift that I've worked hardest to increase, and by the same token, 90% of the powerlifters reading this article can relate because they have one lift that is tough for them as well.

One of my greatest accomplishments in the 1982 Seniors was my 600 in 148 in the 1982 Seniors. It was as exciting as winning, because I've been a long time coming. Since I've been through it, my advice to you is to be patient, consistent, and train hard. When training the deadlift, I've always concentrated on the body parts used: traps, back, and legs. The legs and hips give you your initial drive from the floor. Also, when deadlifting, keep the bar close to the body, stabilizing the back in a tight, upright position and light your head back to lockout. Of course, you have to remember the importance of stretching and warming up.

Based on a 12 week cycle, Monday and Thursday are devoted to the deadlift. Monday is usually the squat day, so power rack work is done afterwards. Use straps from the knee or slightly above for conventional deadlifters, and 1-2 inches below for sumo deadlifters. Actually, I prefer doing conventional form rack work even though I deadlift sumo style, because I feel it works the traps and upper back more like a heavy deadlift. However, for novice and intermediate lifters, sumo rack work can be efficient; just don't do it from the knees. In that case, it's just an exaggerated leg press; all you use is hips and legs. After your rack work, hit leg presses, leg curls and calf raises.

Thursday is the regular deadlift day. Starting early in the cycle, we'll use top sets of 5, then go to triples, doubles, and maybe one single. After this, 3 sets of barbell shrugs with straps, arms locked and knees bent, followed by dumbbell rows, lat pulldowns, leg curls and calf raises. In my routine, I do ONE top set ONLY, with a single or double on the previous set. The reason for this is not to be burnt out before the top set, which is the most important. The deadlift is easy to overtrain!

With the exception of changing some assistance work, this has been the basis from my deadlift routine from my novice days up to my present training for national meets. Meet week is Week 13, and we'll shoot for a 20-30 lb. increase, assuming you can do 600 coming into the cycle. Good luck with your training!

Jay Rosciglione  
11733 Talbot  
St. Louis, MO 63138

**Week 1:** Monday: Power rack warmup 235x5, 325x5, 415x3, 480x3, 510x3. Heavy leg press 5 sets of 6 reps, leg curl 3 sets of 12, calf raises 3 sets of 15.  
Thursday: Deadlift 145x8 for 2 sets, 235x5, 325x4, 415x2, 480x5. Barbell shrugs 3 sets of 12, lat pulldowns 3 sets of 10, leg curls 3

## What Is George Biting On? ...this month's cover photo shows George chomping on a pad of tissues as he was lifting over in Hawaii. He bit down on some gum the wrong way just prior to the meet, and ended up with a freaky injury, shooting pains across his face, but only when he closed his jaw all the way. One of the doctors at the meet recommended that he use the pad to keep his jaw from shutting completely, causing that Temporal-Mandibular joint (TMJ) pain. George used the impromptu device on several of his attempts, and it worked great

going to learn something new." Busy now with school, work, and training, George's life is focused and productive. Without a "boast" or a swagger, he has become a most prominent example of how an athlete can re-vitalize his career, uplift himself from a crushed dream, onward to a more trained and noble quest for self definition. Down from the heights of many hundreds of pounds of cold super-bodyweight, the unbowed his own head, and didn't let the bit temess spoil his love for the sport. From a pre-school appreciation for the dimensions of human abilities on the platforms of Superheavies Meet...SAME MAN...George

1987 Hawaii Budweiser World Record Hechter on the right, came in at 353...but Not the SAME WEIGHT...at well over one hundred pounds lighter in bodyweight, George deadlifted more, 826 pounds, at 242, than he could manage as a Superheavyweight in 1985, 821.

wanted to. Who's to complain? It always put pounds on his total before. Now, he appreciates the true effectiveness of proper nutrition. He knows how it is to start your attempts crazy high, and finish the competition low, compared to your expectations. Now, it's just the opposite for him. His conservative openers are the key springboard to successful attempts at much heavier poundages. The hours of phone calls and personal instruction from training experts like Louie Simmons and Bill Starr (now in Texas with his old buddy Suggs) have underscored their worth to George. He seems to have such a good handle on his attitude, his training, his life. One of the points he wants to make to those who read this article is to keep an open viewpoint. There are hundreds of serious trainers across America, all producing champions and they have unique and potentially valuable ideas. George has been helped by so many in his lifting lifetime and reminds all that, "You never know when you're

**SAME PLACE...**the Ballroom of the Sheraton Waikiki, site of the 1985 and 1987 Hawaii Budweiser World Record Hechter on the left, weighed but 240 at the 1987 meet, while George Hechter on the right, came in at 353...but Not the SAME WEIGHT...at well over one hundred pounds lighter in bodyweight, George deadlifted more, 826 pounds, at 242, than he could manage as a Superheavyweight in 1985, 821.

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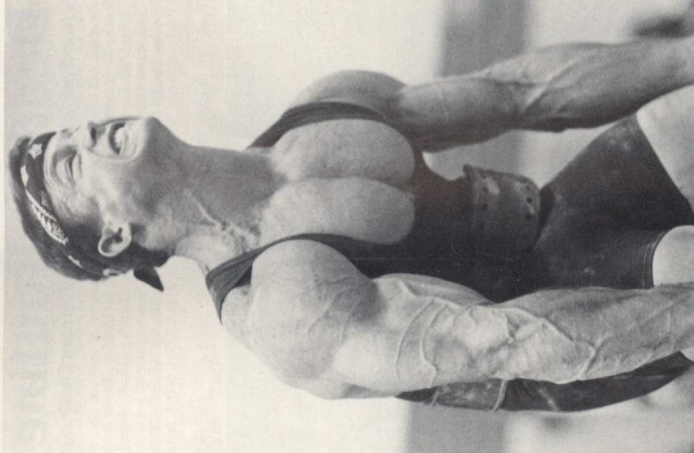
# POWER-RESEARCH

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Some General Facts on:

## DIETING

by Lynne Stoessel, the Herrick Clinic



gradually decreasing total daily kcal intake. On Monday and Tuesday of the final week, continue as in the second week, adding dietary fat and decreasing total daily caloric intake. On Wednesday, prior to the Saturday meet, begin the PSMF, and continue to drink fluids to exclude unnecessary drinks (coffee, alcohol, PSMF). On Thursday of that final week, only drink necessary fluids, milk, etc. On Friday, PSMF and restrict all fluids. On Saturday, you have the MEET! On Sunday, drink excess fluids.

Notes on hypohydrated meat preparation: beginning on Wednesday of the competition week (or earlier if you like) you may want to take vitamin and mineral supplements. You need not start fluid restriction until Thursday or even Friday. It depends on how close or how far from your competition weight you are at that time. You can expect to lose about 3-4, maybe 5 lbs. of water by dehydrating all day Friday and prior to weigh in. This is, however, dependent on the individual (females should not expect to lose more than 3 lbs. simply by dehydrating).

I HIGHLY recommend that you try this method out at a local meet before attempting to employ it at a big meet. Every person is different and some can lose more or less with these combined methods. When used often enough, weight loss will become a science, and you will develop a knowledge of when to employ what.

If you find that you are not close enough by Friday night, you can try a few other tricks: (1) drinking tea or coffee or even beer, not so much as to add substantial kcals, but enough to create a diuretic effect, as all of these are diuretics, and, (2) if things get really tight, chew an excessive amount of gum - preferably Gatorade gum or two different kinds that do not mix well (imagine biting into a lemon) and spit out whatever excess water develops in your mouth. These methods are less likely to affect your performance than are saunas or sauna suits or Lasix or others.

Again, experiment with this and get a feel for what works for you. Feel free to modify these methods to better fit yourself. For example, if you are good and keep your body weight well within your fighting weight you can probably afford yourself the luxury of a few more kcals than the PSMF allows. After you have made weight drink up and replace your fluids (but not so much as to cause you to have to constantly relieve yourself during the meet), and eat some carbohydrates, some concentrated fruits, or real fruit or crackers. This is certainly subject to personal preference, but the point is, carbohydrates supply blood sugar level which in turn fuels an anaerobic performance like weight/powerlifting.

DIET alone - you tend to lose mostly lean body mass (LBM).

EXERCISE alone - limited as to the amount of weight that can be lost. One cannot lose large quantities of weight. It does preserve LBM.

FASTING - loses drastic amounts of LBM, and, initially, liver glycogen stores (eventually muscle glycogen stores become depleted rapidly and the body begins to use muscle tissue to supply glucose to the Central Nervous System (CNS). Fasting also tends to severely dehydrate a person. When dieting, SET REALISTIC GOALS. Weight loss should not exceed 2.3 lbs./week. A weight loss of greater than 2.3 lbs. per week is representative of losses in LBM, glycogen stores (muscle and liver), water and electrolytes.

When dieting, obviously, reduce your intake of FAT. Animal studies have shown that dietary fat is an efficient promoter of body fat. That is, when animals were fed the same amount of calories in fat and carbohydrate diets, more body fat was stored with the 'fat' diet.

FOR ATHLETES: Daily caloric intake should not be less than 2000 calories (kcal) per day for males or less than 1400-1500/day for females. (Most basic nutrition books have an index that details the caloric content of many foods.) 55-60 percent of kcals in diet should be from carbohydrates.

FOR NON-ATHLETES: Daily caloric intake should not be less than 1000-1200 kcals/day.

WEIGHT LOSS FOR SPORTS COMPETITIONS: Two methods:

1. Long pre-season weight loss program, not below 2000 kcals for males or 1400-1500 for females. (This is the preferred method, i.e. that the athlete stay close to their competitive body weight year round.)

2. Short term weight loss during the season - different methods include:

- starvation diets
  - fasting
  - dehydration
  - protein sparing modified fast, (PSMF) the preferred method.
- NOTE: A strength-power athlete can lose less or equal to 5 percent of his/her body weight with little or no effect on strength.

A FASTING study in wrestlers (12-17 days fasting) showed that weight loss method produced significant decreases in LBM. Oxygen debt capacity and speed were unaffected.

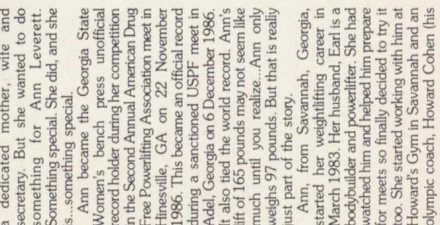
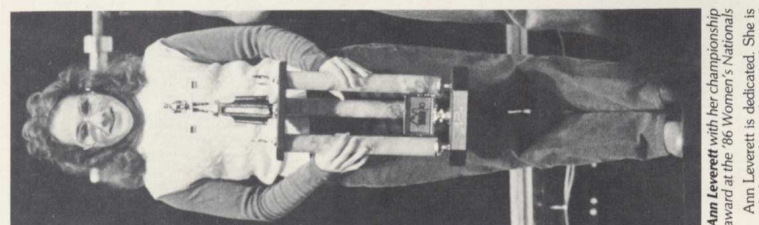
PROTEIN SPARING MODIFIED FAST: Is a short term technique for athletes which should not be used for more than 5-6 days. It can prevent the loss of LBM, oxygen debt, and speed and promote significant weight loss. It consists of:  
1st. athlete needs to monitor body make weight for a competition.  
2nd. athlete needs to monitor body weight at all times, that is, throughout the cycle and not only 2 or 3 weeks

Vitamin and mineral supplements

# POWER PROFILE

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

## ANN LEVERETT The Lady Has What It Takes Her Story as told by Jan Pruet



Ann Leverett with her championship award at the '86 Women's Nationals

Ann Leverett is dedicated. She is a dedicated mother, wife and secretary. But she wanted to do something for Ann Leverett. Something special. She did, and she is... something special.

Ann became the Georgia State Women's bench press unofficial record holder during her competition in the Second Annual American Drug Free Powerlifting Association meet in Hinesville, GA on 22 November 1986. This became an official record during a sanctioned USPF meet in Adel, Georgia on 6 December 1986. It also tied the world record. Ann's lift of 165 pounds may not seem like much until you realize... Ann only weighs 97 pounds. But that is really just part of the story.

In 1987, she started off with another National Championship title, this time in the 97 lb. class, and she's ready for another shot at the World crown, at the Women's Championships to be held in Australia.

Ann's enthusiasm for her powerlifting career is evident in the many tournaments she enters. Her drug free status is an inspiration to youngsters embarking on a career that oft times is felt can only be capitalized on through the use of drugs. Ann proves it can be done without them, and with world class status.

If you should attend a powerlifting tournament somewhere and see a tiny little lady sitting in front of you, it may be Ann. Her bright red silk warmup suit has a beautiful USA emblazoned across the back. The lady has class, but most of all - she has what it takes.

Ann's normal day starts by going to the office at 9:00 AM with the help of Charles, Dubus, Spoke & Walker (maritime attorneys in Savannah). At 5:00 PM she gets off work and heads for the gym. There she works out at least an hour and longer if necessary. On Wednesday she practices on the organ for church, and so misses one day of training. She makes that up

son is a nationally ranked Olympic lifter (above) or ramrodding out of a squat (right), Ann has balance in both her other lifts to go along with her world record tying bench press ability.

Ann's normal day starts by going to the office at 9:00 AM with the help of Charles, Dubus, Spoke & Walker (maritime attorneys in Savannah). At 5:00 PM she gets off work and heads for the gym. There she works out at least an hour and longer if necessary. On Wednesday she practices on the organ for church, and so misses one day of training. She makes that up

# POWER PROFILE

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

## A Referee's Referee

as told by Tom Eldridge

This writer has been active in the sport of powerlifting for 15 consecutive years now and it's been my privilege to have known Don and Fran Haley during that time.

Don Haley is a name that is probably familiar to most of you reading this article and it is the name of a man to whom everyone associated with the sport confers. Fring covers a huge part of our sport that hasn't had the privilege of knowing him, here are a few of his many credentials: Don is presently discharged the duties of an I.P.F. Category 1 referee, has been serving as chairman of the USPF Masters Committee for approximately three years, serves capably on the

USPF Referee's Committee, the Technical Committee, and the Executive Committee.

Just anyone get the idea that Don Haley might be a Johnny come lately? Allow me to elaborate. Don has been involved in the "Iron Game" for over a half century, as a competitor, a sportswriter, a referee, and as one of the original founders of the Southern California Weightlifting Association in 1937 and served that organization as president, treasurer, and director for many years. Don is past president of the Southern Pacific Association, A.A.U., and the A.A.U. Chairman of the National A.A.U. Weightlifting Committee. He is a life member of the A.A.U.



Fifty Years of Service... to U.S. strength athletes by Don and Fran Haley.

and Fran make time to pile into their van almost every weekend and drive some place (frequently hundreds of miles) to a powerlifting or weightlifting meet. When Don isn't driving, he's flying thousands of miles every year, at his own expense, in order to help and officiate at meets. It is my firm belief that few lifters realize the dedication, hard work, expense, and sacrifice that most of our officials give to our chosen sport with no thought of any material repayment. They do it from love for the sport; no other reason. The next time you get angry at a referee, for any reason, stop and think of where the sport would be without dedicated and professional officials like Don keeping order and giving credibility to our lifts. Without a joke with no meaning whatsoever.

Don Haley is one of those dedicated officials that loves our sport and is giving much of his life for its betterment. When you're at a meet and see those hard-working referees sitting for endless hours, giving each lift their undivided attention, take the time to seek them out, shake their hand, and thank them. They will appreciate it, and you will be doing something nice for the sport.

Don met Fran, his devoted wife of 42-plus years, back in 1940. Where do you think he took her on their very first date? You guessed it, to a weightlifting meet at the old YMCA in downtown Los Angeles! It must have been okay because they later married and eventually raised a large family consisting of three sons and two daughters. When she's not refereeing side by side with Don, Fran loves to talk about their three, simply wonderful grandchildren. She will quickly add, however, that No. 4 will soon be arriving.

In addition to his many administrative duties for the USPF, Don



RACK III...Don head judging at the 1987 California State Championships

It is generally agreed upon that assistance training is invaluable to progress in our sport, but what every lifter must consider about assistance work is what kind, how much, when and why. Many sources recommend what to do, but do they give guidance on how each individual athlete should tailor assistance work to suit his current needs and recuperative powers?

The purpose of assistance training is to strengthen the muscles involved in lifting through a method that the Big Three can't do alone. These exercises include alterations in grip, stance, etc., isolation type movements, and other compound moves.

The initial thing to look at when considering assistance moves are your current needs. I stress the word current because needs can change from training season to training season. The best time to scrutinize your needs is after a contest at the end of your competitive cycle. In addition to looking at which lift seems to be lagging, examine which specific part of the lift gives you the most trouble. For example, the start of your bench, the low point of the squat, or the lockout of your deadlift. There are many sources available to consult for exercises and techniques to work these areas, so I won't expand much on them here. My purpose is to give you means to be more analytical in developing your assistance program. Don't eliminate a defect in form as cause for a weakness in a lift. Sometimes this may be the real culprit.

A lifter must also realize that a weakness with a lift may be because of factors beyond his control, such as body structure. For example, a short armed lifter will probably not excel in the deadlift, no matter how hard he works it. He still must train it seriously, but his expectations of what he would like to do on the lift might have to be downgraded. This is not to say that a poorly leveraged lifter should not train weak lifts, but he should not expect assistance may not be the answer and may even have negative effects, due to overtraining.

After needs are established, you must consider the effectiveness of each exercise. Many lifters continue to place high dependency on movements that, at least as they are usually performed, are at most marginally effective in increasing strength. A lifter I know has fantastic pull off the floor in his deadlift, but has problems with the lockout. His major assistance movement to counter this are lockouts in the power rack. He can perform 10 reps with his max single deadlift, yet still has considerable trouble locking out. This should signal him that the exercise, at least as he is doing it now, is not doing the job. Some lifters perform lockouts from the rack using a different body position to initiate the pull. They place themselves in a more advantageous position than they can assume while performing the full deadlift movement. This use of different body position can be counterproductive to the move. This results in little or no gains from the movement. A better choice would be to

changes over time because of the factors I described earlier. If anything, too little assistance work is preferable over too much. Also, time must be given for transition over to the three lifts for testing and technique practice. Experience is the best guide to how much you can do, but remain flexible because your recuperative powers do not remain constant.

Assistance training can help a lifter to improve his lifts if he always takes in consideration his current needs, the effectiveness of his choices, the quantity of work, and when to emphasize and de-emphasize them throughout his training cycles. Recuperation should be the major determinant of how much is done, and that will not always remain constant. A lifter has control over many of the factors governing his recuperative ability, age probably being the only one that is not under his control. However, do not become overly concerned with assistance work, because our main purpose is to increase our bench, not increase the weight of our incline press. As I mentioned earlier, do not overlook bad technique on a lift for a weakness that you hope more assistance work will conquer. Continually evaluating end results will aid you in developing an assistance program that will work for you.

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# STARTIN' OUT

## Assistance Training as told by Doug Daniels

A special section dedicated to the beginning lifter



**Assistance Exercises** are of fundamental importance to all powerlifters, but they can be overdone, as pointed out by author Doug Daniels. You've got to know what comes first, the powerlifts themselves, and focus your ultimate concentration on them. 1986 I.P.F. World Champion at 181 lbs., Jarmo Virtanen of Finland (above) decided to drop weight to the 165s and concentrate on breaking the official world record deadlift mark, not once, but FOUR TIMES in a single contest. He opened with 718, for one record, then went to 727, for another, before missing 733 twice due to grip.

Factors such as age, lifestyle, diet, and ergogenic aids have great effect on the amount you can do and still improve. Another factor is where you are in your training phase. If you are far away from a contest, you can devote a greater percentage of your training to assistance work, just before a contest, it should be about very near zero. The amount should be gradually reduced during your cycle. At the end of your cycle and not to exceed at assistance work, but Quantity of assistance work is too much extra work can be beneficially and physically training. The line between hard training and overtraining is exercised to prevent overtraining.

# The Greats of Powerlifting

## Powerlifting "Class" - Mr. Fred Glass -

by **Dr. Judd Biassiotto and Amy Ferrando**

Tim McClellan has coached a bushel full of National Powerlifting Championship teams. Doug Haines squats, bench presses, and deadlifts with the world's best lifters, and Todd Wendling, an 18 year old can out lift anyone in his high school. All of the aforementioned individuals have one thing in common, they are totally convinced that their success is contingent upon a 50 year old lifting superstar named Fred Glass.

By no means are Tim, Doug, and Todd the only athletes whose lives Glass has touched. Haines, who has trained under Glass's watchful eye for close to ten years, estimates that Fred coached well over 200 athletes and has helped a countless number of others. Just as incredible is the fact that as well as organizing and directing over 50 meets, Glass had judged 350 meets and competed in 175 competitions.

"Perhaps no one has promoted the sport of powerlifting more than Glass over the last 25 years," states McClellan in all candor. "Certainly, no one has done more for powerlifting in the northeast than Fred Glass. If he's not lifting or coaching someone, he's out recruiting new blood for the sport. I'm not just talking about recruiting new lifters either. I'll bet he's recruited and trained well over 100 officials for the sport. If Tom Lasorda bleeds Dodger Blue, Freddie Glass bleeds Powerlifting Red. I just can't say enough about him. He's great!"

When it comes to lifting, "great" may be the world that best describe's Glass's career. During his 24 years of lifting, he has claimed 11 Pennsylvania State Championships, 6 Region II Championships, along with a 2nd place finish at the Junior Nationals and a 4th place finish at the 1971 World Championships. His Masters career is even more incredible. He's won the Pennsylvania State Championship 10 straight years, Region II Championships 6 years, and the National Championships 5 years. Perhaps, even more impressive is that he holds all the Masters World Records at 123 pounds and all the Master ADFPA American and National records at 123 and 132 lbs.

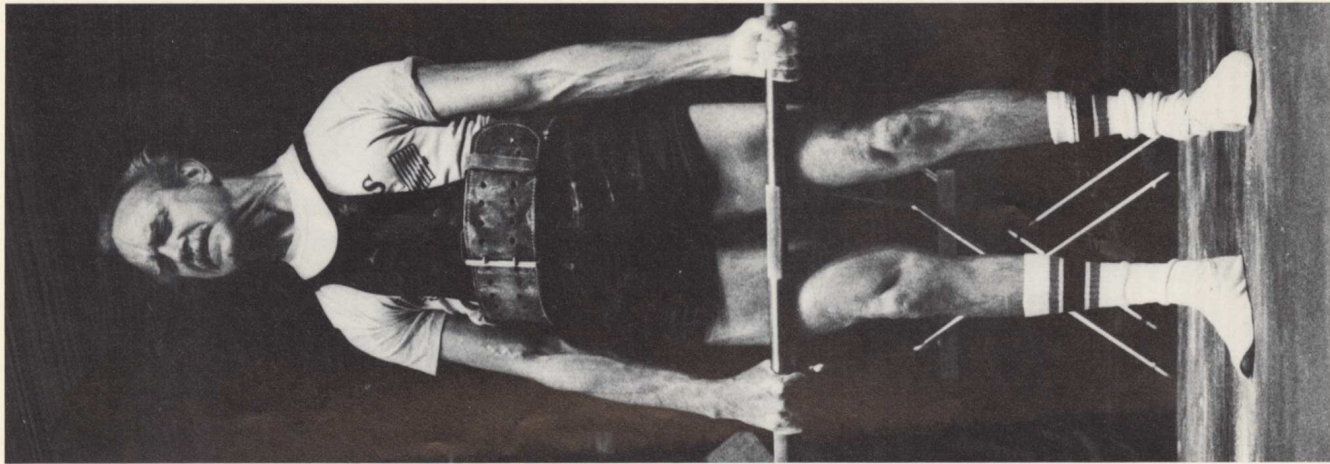
"He's an amazing athlete" say Joe Catalifano, the 1984 and 1985 114 lb. ADFPA National Champion and former student of Glass. "When you consider how long he's been lifting and his accomplishments, you have to consider him as one of the greatest lifters of all time. Especially from a longevity standpoint."

"As an athlete, I've always admired Freddie," adds McClellan. "You'd be hard pressed to find a muscle in the guy's body, but yet, time and time again, I've seen him pull weight that's a fantasy for most guys in his weight class. It's an understatement to say he gets the most out of himself."

What really sets Glass apart though is not his lifting prowess, but rather his caring, sharing, and loving attitude. Few athletes are as unselfish and giving as Glass. An incident that occurred at the ADFPA Southern United States Powerlifting Championships is a prime example of Glass's kindness and sportsmanship. For two months Fred drove his body relentlessly preparing for the Championships. "It was a title that he wanted badly," recalls Haines. "I never saw him train with such intensity." However, when it came down to the end, it was Glass' major competitor, David Belew, who would decide the championship. If Belew pulled his opening attempt of 430 pounds, he would surpass Glass' total and take the title. On his first attempt, using the "sumo" method, Belew didn't even break ground with the weight. His second attempt went exactly the same way. All of the sudden it looked like Glass pulled Belew to the side, gave him a short clinic on how to deadlift "traditionally", and sent him back out to the lifting platform. Belew, using his newly learned deadlift method, pulled the 430 pounds easily, thus taking the title from Glass. "I don't know of any other lifter in the country who would have done that," said Haines. "But that's Freddie - he's always giving. He's just a very special human being."

Wendling couldn't agree more. "I know Freddie's not the greatest lifter in the world, but in my eyes he will always be a World Champion." I doubt seriously if any of the people whose lives Glass has touched would disagree.

**At Right....** Fred Glass, winning one of his many Masters titles, at the World/National Masters meet held in Greensboro, North Carolina in 1982. When you consider all the things that Fred has done: competing, promoting meets, refereeing, coaching, recruiting, he has accomplished a great deal.



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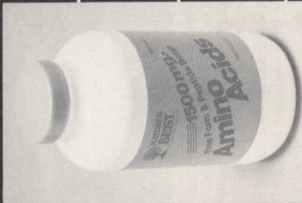
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# POWER PROFILE

What kind of house is only five feet five inches in height? And weighs only 165 pounds? It's got a foundation built from the thickest muscular quads ever produced by hard work and Mother Nature alone. Moving up one sees a barrel sized chest, large enough to set two bottles of beer upon when flexed. Flanked by two powerful arms, one can now determine that the only "House" I am talking about is Howie "The House" Krieger.

Howie got his nickname, "House," from a good friend who has taught us both much about powerlifting. Larry Bucchioni, a former standout semi-pro football running back and now a top sub-masters powerlifter in New York State, started calling Howard "House" since he is built like a brick oven.

Howard started lifting weights at home at age 13. When he was a senior in high school he started lifting with Larry, who got "House" to enter his first powerlifting meet in January of 1982. As a light 148 pounder he totaled 930.

Consistent gains from hard work and proper training techniques have now put Howard at a steady 1500 total. His best and most recent total of 1560 in November 1986 at the Auburn YMCA Championships included a 600 squat, 350 bench and a 610 deadlift. He had 630 going up on his last dead, but dropped it before locking out. Missing this was my fault as I mismanaged his time and he had to run out with only seconds left and just give it a heave without setting up.

Howard has been New York State's 165 pound open champ for the past two years. He also won the drug free states in 1986, and was the Jr. State Champ in 1984. He currently holds all the Jr. State records and all the teenage (18-19) records in New York for the 165 pound class. With the 1987 N.Y.S. Championships to come in April there is still no threat in sight. The drug free states are being held the same date as regular states, but Howard has decided to go to the USPF meet in Elmira rather than run the risk of having a machine tell him he can't lift.

Howard is a lifetime drug free lifter, much to the dismay of some of his competitors, who can be overheard at any given meet (especially ADF-PA ones) subtly accusing him of having taken steroids, because he is such a good lifter. Most lay powerlifters are too naive to distinguish the difference between an athlete on steroids and

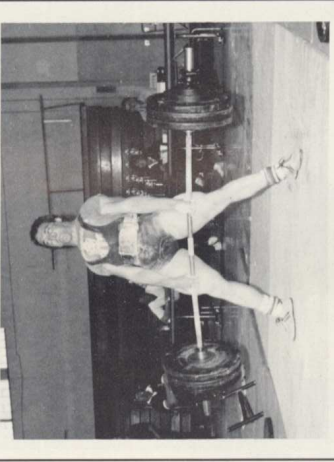
**Power Publicity...** Howard has gotten his share in local newspapers, from coverage of his move to Collegiate Champion in the *Press & Sun Bulletin* of Binghamton, NY to a short release when he competed in the Collegiate meet originally, as well as mentions of almost all his previous victories in local contests. His rankings in ADFPA competition, etc. are also noted, along with mention of how he used to be on the local school's football team, etc. There was a big article on Howard's Jr. Worlds trip to India, explaining the journey to get there and what it was like on arrival. The same writer, Tom Borelli, did another article on how Howard, his brother Mark, and Mark's wife Valerie all train together.

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

## On The "House" The Howard Krieger Story/by Mark Krieger



The "House" in Action...in training (above) in a shot by Scott McDonald and below with a 610 deadlift, provided courtesy of Mark Krieger.



one who has put in, years of tough training.

In May 1985, Howard and I entered the New York State ADFPA Championships. The ADFPA used the polygraph test here to check for steroids. In my opinion, this method is incomprehensible and utterly impractical, not to mention that he was tested during the time he was supposed to be warming up for the bench press. Howard failed his test that day, and was thus suspended from the ADFPA for 18 months. When he asked which questions he missed, the tester told him he messed up on the one about hallucinogenic drugs. Howard said he didn't know if beer was one or not since this is the only drug he's ever used.

It took him about an hour to collect himself, as this was the most upset I'd ever seen him in his whole life. After all my ranting and raving about what I was going to do to rectify this grave mistake, my brother Howard calmed me down and put all his efforts into helping me blow the competition in my class away. I was also tested on the polygraph. I passed and it's a good thing because as Howard said, "God only knows what would've happened to that machine" had I failed.

Others have made their choices and Howard his. He doesn't condemn those who do use steroids. He just says he'll "blow 'em away anyway." And the "House" will continue to do it the rest of his life as a lifter. "I know, my family and my lifting partners know, and that's all that really matters" says Howard about his being drug free for a lifetime.

If you are drug free, justice will prevail in time as it did for Howard in the 1986 Collegiate Championships at Chicago which were chemically drug tested. He got second at the meet, but eight months later he received his first place title in the 165 pound class because of a disqualification.

At only 22, Howard has already been down the long road through powerlifting's school of hard knocks. A brief history of national meets he's attended show that he is on the way to his goal of becoming No. 1 in the World:

1983-August: Teenage Nationals at Arizona - bombed in the squat

1984-June: 1st ADFPA Collegiate at Troy, Alabama - took 3rd place with 1395 total

1985-March: USPF Collegiate at West Point, NY - bombed in bench

1986-April: USPF Collegiate in Chicago, Illinois - drug tested - 2nd place at meet, 8 mos. later promoted to 1st place, total of 1515.

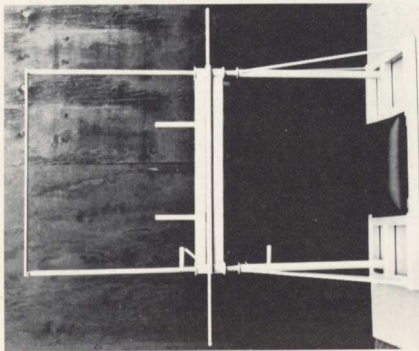
1986-September: on Jr. World Team, to India - 3rd place 1405 total

1986-Banked 37th in PL USA's Top 100 165s.

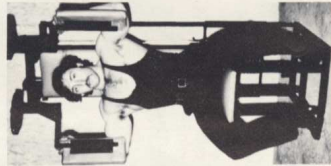
In September 1986 Howard was selected to the Jr. World Team and traveled to India. Despite severe dysentery he still managed his openers for a 3rd place finish. With recent training bests of 600 in the squat without wraps, 360 in the bench and 620 in the deadlift, we can look for this perfect, genetically built lifting machine to rise to the top in the world of powerlifting in the near future.

Good luck to Howie "The House" Krieger upon graduating from Cortland State with a business administration degree this spring. You're a fine brother and great lifter.

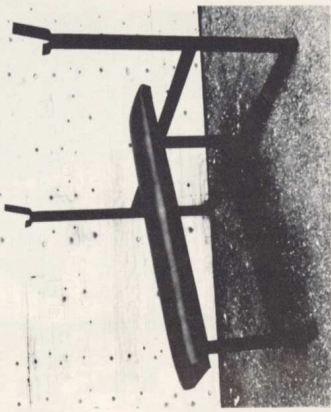
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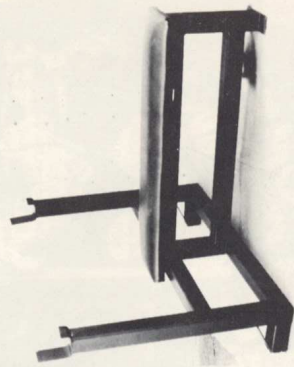
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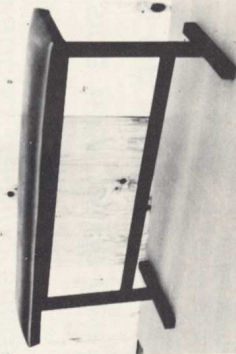
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# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

by **Dr. Squat, Fred Hatfield Phd**

The **IRON CURTAIN**

is **Drawn!**

In 1983 I sojourned to the Soviet Union. I had always been fascinated by the fact that so many great lifters, literally hundreds, were better than me. I believed in my own capabilities as a lifter so strongly that it appeared unlikely to me that this should ever happen. Yet it was happening, and I wanted to find out, first-hand, what the scoop was.

I travelled as a part of a Canadian-USSR exchange program. Dr. Edmond Enos of Concordia University founded the Institute of Comparative Physical Education. He organized the study group which included strength coaches and physical educators from North America.

This year there is a broadened program that includes not only study in the Soviet Union, but also in East Germany. That Soviet and GDR sports sciences programs are among the most sophisticated in the world is well known, and much can be learned from them. Together with The Institute of Comparative Physical Education and the National Strength & Conditioning Association, I urge you to consider attending. You may reach Dr. Enos at the following address: Concordia University, Loyola Campus, 7200 Sherbrooke St. W., Montreal, Quebec, Canada H4B 1R6. The study tour extends from May 29, 1987 until June 12, 1987, and will include courses of study at the USSR's world famous National Institute for Physical Education and Sport in Moscow. While in East Germany, some of the secrets that they have employed to produce more Olympic medalists per capita than any country on Earth will be revealed.

If you've got an interest, I urge you to pursue it. It could be the vacation of your life, especially if you're into learning all you can about sports training and peak performance. (Editor's Note: for additional information, see George Panzarak's advertisement in this issue of PL USA).

**The Great Seashell Controversy**

It is a credit to Arthur Jones, developer of the Nautilus exercise machines, that the name "Nautilus" has become synonymous with modern fitness technology. Serious athletes, however, have been less than anxious to tip over themselves to train on Nautilus equipment, or any other equipment for that matter, than their fitness-conscious counterparts. Indeed, athletes tend to shun Nautilus equipment, particularly if their goal is great strength, and opt instead for free weights, dumbbells and barbells. Why? More pointedly, is it

people. Right for a few, right for me, right for an unknown but probably small percentage of people selected at random, but wrong for most people.

I won't belabor the point further as to just how wrong Arthur was. Suffice it to say that he has come around to thinking more in the vein of the great majority of exercise scientists who have steadfastly claimed that every person is unique and each person's exercise regimen must be tailored to individual capabilities, weaknesses, strengths and objectives.

The truly incredible thing about Arthur's recent proclamations is that some of his former disciples, having so vested their very beings, reputations and their respective institutions' financial resources into Arthur's early teachings that they can not now return to a more practical, scientifically valid system. They have committed themselves, and can find no escape from their previously held exercise philosophy. They're scrambling to justify their positions by claiming hypocrisy on the part of the non-believers.

And there will be no help forthcoming from Arthur Jones.



**World Record-Breakers**  
**Social Facilitation**...when the crowd cheers, it's helps Dr. Squat lift big weights, so he helps keep them going with a list in the air after a success. ter, and it was, thankfully, the only one of its kind, save some disparaging remarks made in a newsletter distributed by another of Arthur's well-meaning but misled disciples, was to burn it. After all, I'm not on a crusade to oust the demons or preserve some pie-in-the-sky ideal of scientific veridicality in fitness. Everybody, including pencil-necks and mulllets, deserves to have their say. Now, I believe Arthur Jones to be one of the great geniuses of our day when it comes to his understanding of marketing fitness paraphernalia. And he truly knows a thing or two about making fine equipment. But he erred in his oft-repeated proclamation that one set to failure was the most sensible way for a person, athlete or fitness enthusiast, to train. And, ultimately, he admitted it, both in private conversations with me as well as publicly. In a widely distributed article, Arthur states "Some people at least have an excuse, since they were not aware of the evidence; but I was, so I have no excuse. I was simply too stupid to pay attention, even when the evidence hit me across the face like a baseball bat, which it did."

In his inimitable style, Arthur went on to explain how doing exercises on his machines for one set to failure was an illogical conclusion of his misunderstanding of his own experience in training. "But I now understand that this advice is wrong . . . wrong for most people, and I understand why it is wrong for most

athletes on a day-to-day basis for seven years now in high intensity "one set to failure" workouts. I have never injured any of these athletes, and every one of them has increased strength. Many have shown significant speed increases over 20 to 50 yards; however, Dr. Yessis says this cannot be done without specific high-speed exercises and plyometrics. Hoagush.

"Why don't you do the youth and coaches of America a favor and give us some scientifically sound and safe ways to train, as well as pay Arthur Jones his due? He has done more to advance the world of strength training than Hatfield or Yessis has done to put it in its primitive state."

—**Joey Bullock**  
Strength Coach  
Wake Forest University  
Winston-Salem, North Carolina

My immediate reaction to this letter, . . . wrong for most people, and I understand why it is wrong for most



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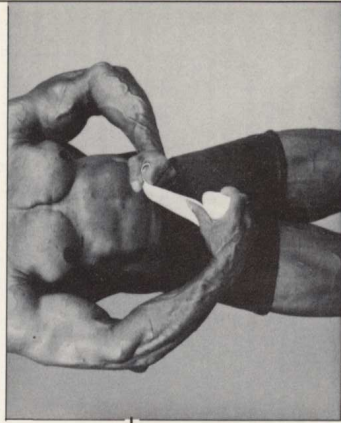
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## Question & Answer

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

**DEAR Mr. ESTEP:** My name is Isaac Nesser and I am an independent powerlifter. I'm not writing to you concerning training, but concerning muscle size. I've been told by a lot of world class lifters that I am certainly among the biggest lifters in the world, meaning muscle size and thickness, but I respect your opinion more than anyone else's, that's why I am asking you. First, I want to let you know that I never took steroids, or any other kind of drug for that matter. I never competed just for that reason. I don't believe in drugs and won't be associated with anyone who uses them, so continue to compete. I am 6'3 1/2" tall and weigh 342 lbs. I have 24 1/2" biceps, 19" forearms, 10 inches all around my chest, 8 1/2" waist, 8 1/2" front body fat. I've sent you a few pictures to assure you that I am not kidding about these measurements. I know it's still hard to tell, but they will give you a good idea that I'm telling the truth. As you can see I took a couple of pictures balancing a glass of water on my chest (NON PUMPED).

My question is, given my measurements listed above, would I be considered one of the biggest lifters in the world or among them? From all that I've heard or read about muscle size I have personally concluded that I am among the biggest lifters in the world. But, I respect you so much for the things you have accomplished, it would be nice to hear it from you. **Isaac Nesser**

**DEAR ISAAC:** Your size and measurements are very impressive, and definitely you rank with some of the largest athletes of all times. Looking at the photographs you enclosed, your structure is very similar to the immortal Pat Casey, and believe me, any comparison to Pat Casey is one of the greatest compliments you could receive. You seem to have all the natural ability to be a true champion so continue to train and some day you will be making headlines in Powerlifting USA. Best wishes, **Roger Estep**



A BIG ONE...Isaac Nesser reports some massive dimensions to Roger Estep

**DEAR ROGER:** I am 19 years old and my weight is 198 lbs. I have been training for two years, and I am pleased with my progress up until a recent leg injury that has made it very painful and virtually impossible for me to do squats. A chiropractor has informed me that I have injured the sciatic nerve in my left leg from hip area half way down to my knee. I received this injury as a result of using improper form while doing heavy leg presses. I didn't realize how seriously my leg was hurt until I reinjured it while attempting to do squats. If I don't start training my squat again soon, I will be unable to lift in another

teenage competition before I turn 20. I realize now, however, that I can't rush the healing process in this situation. I have looked through all of my past issues of PL USA and I have not found any information on this type of injury. Do powerlifters generally make a complete recovery from this type case of sciatica? If so, what can I do to ease the pain and speed the healing process? I would really appreciate your reply. Sincerely, **David**

**DEAR DAVID:** Sciatic nerve damage and irritation is not uncommon to powerlifters and weight lifters due to the enormous stress put on the lower back and hips. This is a condition that must be treated with kid gloves or you could develop a lifetime problem. I know of two world class lifters that have had severe sciatica at one time in their career. Each one treated the problem differently and each one had different results. I was one of the two athletes with a severe case of sciatica. I had pulled a glute and had internal bleeding that coagulated around the sciatic nerve and caused pressure on the nerve. The pain was so bad it was a major effort to get out of bed. I actually remember the pain was so intense when getting dressed in the morning I would actually be short of breath. I was on hydrotherapy with physical massage to the hip for 5 months. Slowly I regained flexion and movement to the hip, but during the 5 months of therapy I was too stiff and sore to squat and deadlift. Six months after the injury the doctor put me back on light squatting and deadlifting. I had three months of light training and 3 months of medium training. By the end of nine months I was back to full training.

Another lifter I know also had low back pain and symptoms of sciatic irritation. He was training in a great deal of pain thinking that if he was careful not to overtrain the pain and nerve irritation would clear up. He had his sights set on a big meet with hopes of qualifying for the Seniors. Anyone that knows him knows that he could qualify for the Seniors on one leg, and that's practically what he did, totaling over 2000 lbs. with so much pain in his hip he had to be rubbed down between each lift. Well, he returned from his qualifier knowing that he could compete in the Nationals and with a little improvement he had a good chance to win, but he decided that his body was telling him something, and he decided to pass the Nationals and try to get the hip healed. It's been a year now and he is back to doing some very respectable lifts with only minor pains. No one can really tell how we would have progressed, if we hadn't taken the time off to get healed up. There are some injuries that you can work through with only minor setbacks, but you have to be the one to judge how severe the pain is. What I would recommend you do is not let the pressure of moving into a new age group determine what kind of health care you should give yourself. Take your time, get as much of hydrotherapy and ultrasound as you can. I'm sure in time you will be as good as new. Best wishes, **Roger**

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## Response

I just read Ken Leistner's article on plometrics in the April issue of *POWERLIFTING USA*. Although I agree with some of what Ken has to say, it's the way he states his case that I find distasteful. Every man has a right to put forth his view, strongly, but why attack people's expertise if they don't agree with you? Ken seems to vent his spleen more than enlighten with his criticism of plometrics, cleans and anyone who believes in them.

Mr. Leistner states that exercise induced exposure to even moderate ballistic stress loads is both dangerous and unnecessary. He apparently very specifically specifies principle (that stimulates that the body develops very specifically to the forces imposed upon it) quite easily. I am not saying that an athlete should jump off three foot boxes and rebound out of the landing position. I am stating that some bounding exercises and some of the more athletic lifts are valuable and safe conditioning tools. This is especially true for any sport that is going to expose an athlete to very high order ballistic stress levels. It is granted that a very heavy clean (i.e. 95-100 percent max) can be dangerous and that's why there's no need to go very heavy in this movement. All we want to do is to condition an athlete into recruiting a maximal amount of muscle fibers in a minimal amount of time while still retaining his control over a freely moving object. It's the very same thing we ask a football player to do on the field, Mr. Leistner. We don't use cleans to necessarily enhance performance, but to adequately condition an athlete into safely adapting to the high ballistic stress loads they will be exposed to.

Mr. Leistner also seems to denigrate those athletes who were good at cleans in the NFL as being unable to exert their will over their opponents. In some cases this may be true, but offhand let us consider two premier linemen, John Hannah and Ed White could both clean over 400 lbs. and I'm sure they are rated among the best linemen that ever played the game. We could go on and on comparing this man with that man, but there is only one salient point. I feel Ken has grossly overstated his case regarding the uselessness of cleans in the NFL, and the great jump to plometrics because of this 'supposed' fact. I must agree with Mr. Leistner on the potentially dangerous nature of ballistic exercises in general. Most of us in the field agree with this, but we also realize the need to expose an athlete to moderate forces that are ballistic. To not do so is to place an athlete at increased risk when he does get exposed to very high ballistic forces in his given sport. Mr. Leistner must remember the old axiom that the body specifically adapts to the conditions it is exposed to. If an athlete is never exposed in his training programs to the forces he must deal with on the field then we are placing him in great jeopardy.

I know of some people who espouse the heavy use of negatives as an ideal conditioning modality. Coincidentally enough, they are often times the same people who reject athletic lifts, like cleans, as being dangerous. I could cite over twenty studies upon request that show negatives can be harmful to both muscle tissue and its supporting structure. Armstrong did two studies (*Med. Sci. Sports Exerc.* 1980; 12(2): 94 and *J. Appl. Physiol.* 1983; 54 (Jan): 80-93) that shows some very 'negative' results can be obtained by training eccentrically. Schwane (*Med. Sci. Sports Exerc.* 1983; 15 (1): 51-56) and Friden (*Exercise-Induced Muscle Soreness*, 1983, Umea University Press, Sweden) have also done several studies that show initial eccentric training induced muscle and soft tissue damage.

I've read your work Mr. Leistner and I believe you've come out in favor of negatives and other training modalities that (from both my studies and experience) I've found to be of very little value. No one has attacked you for jumping on the 'negative' band wagon or any other 'trendy' thing you may have advocated. It's you who has thrown stones, Mr. Leistner, and in a house of glass that can be a dangerous habit. Did you not insult those who have a legitimate belief (some of it based on science) in plometrics/or cleans in your article? That's okay Ken, we all have a right to be wrong.

I often agree with the likes of Alvin Roy, Bob Ward, Fred Hatfield, Jeff Everson, and even Ken Leistner. Sometimes, I strongly disagree with these people, but I'll not doubt their expertise. This is what bothers me most about your article Mr. Leistner. You seem to call people trendy or non-expert (my words, not yours) by innuendo or direct statement if they disagree with you. I feel this only lowers your own credibility in the field and does nothing to support your contentions (some of which I agree with). I like your work Ken and even though you use the longest paragraphs (*Editor's Note: We're the ones responsible for that!*) in the field it's always a pleasure to read. I'm not doubting your expertise, but I won't blandly sit by and allow you to doubt others. All experts and tools are capable of fault. The only difference is experts deny their mistakes and fools keep making them.

George H. Elder, Strength Coach  
University of New Hampshire

**"Official Statement"**...Dr. Fred Hatfield has resigned his position as Editor in Chief of *SPORTS FITNESS* magazine. His last issue will be the June 1987 issue. After that date, the magazine will be repositioned as *MEN'S FITNESS* to incorporate a broader audience. While *SPORTS FITNESS* was hugely successful," says Joe Weider, "we wanted to broaden its appeal to include fitness enthusiasts instead of only athletes and hardcore trainees." Dr. Hatfield will continue to write articles for the Weider publications. However, he will concentrate his efforts on his new business venture which includes his rapidly expanding mail order firm and several other sports endeavors. He intends to publish his own magazine which will be *IRON*.

# 1987

## USPF Natural Nationals

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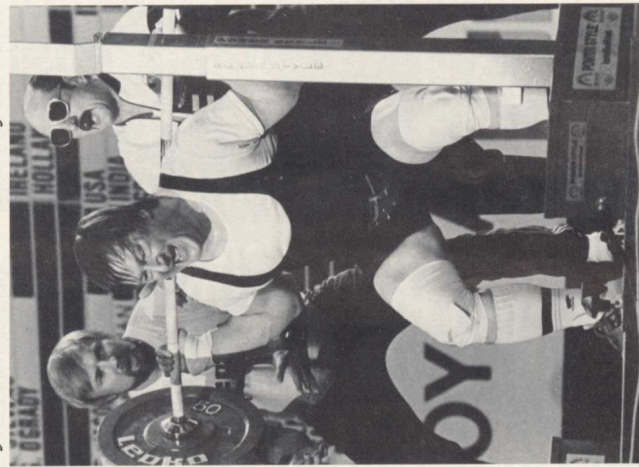
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## POWER-RESEARCH

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### Subliminal Persuasion Psychic Expansion or Madness?

by Dr. Judd Biassioffo and Arny Ferrando



In 1956 a motivational researcher named James Vicary conducted an experiment at a movie theatre in Fort Dix, New Jersey. The experiment revealed that an individual's mind could be controlled by flashing "hidden" messages on the movie screen. During the feature film, Vicary flashed secret messages on the screen so fast that none of the people in the audience were aware of the electronic intrusion. The "secret" messages he flashed on the screen were "Drink Coca-Cola" and "Eat Popcorn."

Amazingly, popcorn sales rose well over 50 percent and soft-drink sales increased about 18 percent. Hence, the birth of subliminal persuasion (stimuli that is below an individual's perceptual threshold).

Within six months, every major advertising agency in America was investigating subliminal persuasion. The implications were mind boggling. If Vicary was correct, people could be coerced into purchasing products that they might not need or even want. What might have been surprising, especially during the 50s, is that various government agencies also investigated subliminal methods as a brainwashing technique.

Interest in subliminal persuasion reached its zenith in 1957 when Vance Packard, a marketing expert, published the book *The Hidden Persuaders*, which presented an arsenal of subliminal techniques for controlling behavior, and sold over three million copies in 12 languages. According to Packard, the subliminal approach is to get messages to us beneath our level of awareness. The message can be a voice too low for us to hear consciously, or, as in Vicary's experiment, a message flashed on a screen too fast to notice, or a message shown continuously, but below our conscious awareness. It is a technique which is designed to program the subconscious mind and thereby influence human behavior.

What the hell does all this have to do with athletes? Well, whether you are aware of it or not, there are a number of sports psychologists in the United States attempting to use subliminal techniques such as sleep learning to enhance athletic performance. For the modest price of \$650, you can purchase a sleep learning kit consisting of records, headphones, and cassette tape recordings containing subliminal suggestions, designed to enhance athletic performance, while the athletes sleep. According to the proponents of this method, athletes can increase their self-confidence, motivation, determination, aspiration, and just about any other psychological attribute necessary for success in athletics. Of course, sleep learning is just one of many subliminal techniques that are being used to enhance performance. Other methods consist of mixing subliminal messages with music, lighting, pictures, etc. to program your mind.

The question is, do such techniques work? Can an individual control your behavior by using subliminal persuasion? Can an advertising agency using subliminal advertisement

ding to scientific research, the answer to all of the aforementioned questions appears to be no. The good news is that we saved you \$650.

As we mentioned, shortly after Vicary's experiment at Fort Dix, a prolific amount of research was conducted to determine the effectiveness of subliminal suggestions. A review of the research literature overwhelmingly revealed that subliminal suggestion is not an effective method for influencing human behavior. In fact, all things considered, subliminal attempts to manipulate human behavior have yielded results as meager as the stimuli used. Note that on rare occasions subliminal stimuli can get through to the lower centers of the brain, but not to the conscious parts of your higher brain centers. Consequently, it is very unlikely that your behavior will be influenced by subliminal stimuli. Interestingly, research has revealed that overt and/or straight forward suggestions can have a significant impact on behavior. In other words, your chance of influencing an individual's behavior (including your own) is much greater when you give him suggestions above his threshold of consciousness rather than below his threshold of consciousness.

#### POINTS TO PONDER

1. It was once believed that you could control an individual's mind by flashing "hidden" messages on a TV or movie screen.
2. Some sports psychologists believe that they can influence an athlete's behavior by bombarding him with stimuli that are below his threshold of consciousness.
3. To date, attempts to use subliminal stimuli as hidden forms of persuasion have not been successful.
4. Overt suggestions have a much greater impact on behavior than subliminal stimuli.
5. The \$650 we saved you can be used to purchase a 25 year subscription to *PL USA* or 65 copies of our new book *The Odyssey Continues*.

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### Message from the U.S.P.F. Executive Committee

The sport of powerlifting is not a monolithic enterprise. Many different people are involved as athletes, coaches, meet directors, equipment houses and administrators, each with his or her own reasons for participating and his or her own philosophy. Some are in it for pure enjoyment... true amateur athletes and unselfish volunteers. Some are in it because they make their living from the sport... entrepreneurs and businessmen. Some are in it because of scientific interest in strength... physicians, chiropractors, and strength researchers, with an interest in the sport. Sometimes people's interests make them tell only one side of a story.

The word on the street from Ernie Frantz and others is that the U.S.P.F. is in decline. Athletes are now asking the U.S.P.F. Executive Committee whether this is true. The time has come for the U.S.P.F. Executive Committee to begin setting the record straight.

The U.S.P.F. has always been the leading organization in the sport of powerlifting. It will continue to be the leading organization in the sport through the 1980s and into the 1990s, with your support, because the finest athletes, and more important, the U.S.P.F.'s membership includes the U.S.P.F.-sanctioned local meets, the standard of quality for other organizations to match. The U.S.P.F. has a better established network of state and regional chairmen, and more certified judges and officials than any other powerlifting organization in the United States. Because of these people, U.S.P.F.-sanctioned local meets are cut above meets sanctioned by other organizations.

The U.S.P.F. provides the path to the IPF World Championships, the only Most important, the effects of the international powerlifting meets than any other organization in the country. It should be remembered, however, that the U.S.P.F. still sends more teams to international powerlifting meets than any other organization in the country.

### Message from the U.S.P.F. President Dr. Conrad Cotter, Box 18485, Pensacola, FL 32523

Following some years of compulsory drug-testing at the Women's Nationals, the U.S.P.F. National Committee in July 1985, voted to make mandatory drug-testing at the National Collegiate. The program has generally been well-accepted by the athletes, coaches, and meet directors, but it has substantially increased the administrative burdens on everyone involved in drug-tested meets.

One of the complications associated with drug testing is that disputes over positive test results and drug testing procedures may develop into lawsuits. When the National Committee first voted to implement drug testing, the U.S.P.F. was protected from such lawsuits by a broad liability insurance policy. With the advent of the insurance crisis in 1986, the U.S.P.F. was unable to obtain insurance at acceptable prices against claims such as defamation and infringement of mental distress. If the Executive Committee were to implement the drug testing procedure mandated by the National Committee, alternative means of protecting the U.S.P.F. against ruinous lawsuits had to be found.

The Executive Committee adopted the use of releases and agreements not to sue, beginning with the Senior Nationals meet in July, 1986. The release and agreement not to sue was accompanied by a notice describing the drug testing procedures that the U.S.P.F. expected to be used at the meet. Similar drug-testing notices and releases and agreements not to sue have been used since July 1986 at all U.S.P.F.-sanctioned drug-tested national meets.

Athletes have expressed reservations about being asked to sign these agreements at weigh-ins. There have been difficulties in obtaining a parent's or guardian's signature for minor athletes on short notice. The Executive Committee has noted the athletes' concerns and has taken steps to improve the procedures for circulating the notice and agreement to the athletes. As the U.S.P.F. has gained experience in handling the notices and agreements, we have provided them to meet directors and ultimately to the athletes earlier in advance of meets. Our goal has been to provide meet directors with copies of the notice and agreement in time for these materials to be sent out with the meet entry forms. We recently achieved this goal in time for the 1987 Senior Nationals. Henceforth, the Executive Committee will see to it that the drug testing notice and release and agreement not to sue is included with the entry forms for all drug-tested national meets. Athletes thus will have more time to review the agreements and obtain parents or guardians' signatures where necessary.

Another complication arises from the IPF's use of drug testing at IPF-sanctioned international meets. The U.S.P.F. is a separate organization from the IPF, and has no control over the IPF's drug testing procedures. Nevertheless, we have seen that the U.S.P.F. can be tied up in court because of an athlete's disagreement with the IPF's policies. The Executive Committee has an obligation to the U.S.P.F. as a corporation and to the U.S.P.F.'s members to forestall such lawsuits. We, therefore, have used drug testing notices and releases and agreements not to sue in connection with IPF-sanctioned international meets. The Executive Committee must also protect against indirect attempts to sue the U.S.P.F. through the IPF. The agreements, therefore, cover claims against the IPF, as well as the U.S.P.F.

As with releases for U.S.P.F. national meets, the Executive Committee is committed to providing our teams with the drug testing notices and agreements for IPF meets far enough in advance to allow the athlete to review the materials and to allow minor athletes to obtain a parent's or guardian's signature.

There are many who would prefer a return to simpler times when there was no drug testing, and no need for agreements not to sue. On July 1, 1987, the U.S.P.F.'s drug-testing notice and agreement not to sue ensure that while drug testing is in place, the debate occurs in National Committee meetings, in sport or in the courts.

Set forth below is the form of agreement that will be used at the 1987 Men's Senior National meet promoters, who contemplate holding a drug tested meet. SHOULD use it as a starting point for negotiations with the local promoter should consider it as a starting point in order to talk the form to his local circumstances, and 2) sections for analysis-style drug-tested meets below the national level will not issue until the Executive Committee has had an opportunity to review the drug testing procedure and the release form.

#### 1987 SENIOR NATIONAL POWERLIFTING CHAMPIONSHIPS (USPF SANCTIONED) RELEASE, COVENANT NOT TO SUE, AND ASSUMPTION OF RISKS BY SIGNING IT YOU WILL BE GIVING UP IMPORTANT LEGAL RIGHTS. CONSIDERATION

1. In consideration of the acceptance of my entry in this powerlifting meet, I agree to be legally bound by this release from liability, agreement not to sue, and assumption of risks (contract) for not only myself but also my heirs, my executors, my assigns, and my administrators.

2. I release from all claims of any kind, both in contract and in tort, known and unknown, that have resulted in or may in the future develop from this powerlifting meet, all persons, firms, associations, and corporation connected with this meet, including but not limited to:

with this meet in any way including, but not limited to:

- (a) Ralph Sesso, Hank Magiera, Olympic Trophy Co., and their agents, employees, officials, and representatives, including without limitation, all sponsors, leaders, and meet personnel;
- (b) The United States Powerlifting Federation, Inc. ('USPF'), its President, its Treasurer, its Secretary, its regional representatives, its state representatives, the five members at large of the USPF National Committee, the members of the USPF Executive committee, and their agents, employees, officials, and representatives including, without limitation, all judges, jury members, lifters, coaches, and meet personnel;
- (c) Dr. Richard Herrick, Stella Herrick, and their agents, employees, officials, and representatives;
- (d) The O'Hare Kennedy Holiday Inn and its agents, employees, officials and representatives; and
- (e) all other persons, firms, corporations and associations, whether or not herein named or referred to, who may be jointly or severally liable to me.

3. I understand that the attached notice describes the drug testing method and procedure contemplated by the USPF and the meet director or promoter in advance of this powerlifting meet. However, I specifically agree that the USPF and the meet promoter or director may deviate from that drug testing method and procedure as they see fit. Moreover, I agree that any testing methods and procedures that the meet director or promoter, or the USPF use to detect the presence of anabolic steroids or psychomotor central nervous system stimulants SHALL BE CONCLUSIVE. That is, whether I think the final results of the drug testing are right or wrong, I have no legal or equitable right to challenge the results of the drug testing.

4. I further agree to submit to any physical tests that may be necessary to complete the drug testing. Should I fail to pass the drug test(s), I agree, if asked by the meet director or promoter, or the USPF, to forfeit any trophy or award that I might otherwise have won.

5. I specifically waive any claim for defamation, slander, libel, emotional or mental distress, invasion of privacy, and all other claims of any kind, known or unknown, which have resulted or may in the future develop from the drug testing, against any person, firm, association, or corporation connected with the drug testing, including the persons and entities listed in paragraph 2.

COVENANT NOT TO SUE

6. I will not bring any legal or equitable action against my person, firm, association, or corporation connected with this meet or the drug testing, including the persons and entities listed in paragraph 2, for all claims of any kind, known and unknown, that have resulted or may in the future develop from this meet or any drug testing methods or procedures that the meet promoter, director, or the USPF may use.

7. I further agree to pay any attorney fees and litigation expenses incurred by any person, firm, association, or corporation whom I may sue in an effort to challenge this contract or by anyone who is impleaded as a third party defendant in any such suit. Moreover, I agree that any dispute arising from this contract shall be resolved under Illinois law in the United States District Court for the Northern District of Illinois, or if that court declines jurisdiction, in the Circuit Court of Cook County, Illinois.

8. I understand that my agreement not to sue and to pay attorney fees and expenses is a SINE QUA NON for acceptance of my entry in this powerlifting meet.

ASSUMPTION OF RISKS

9. I know my participation in this event entails some inherent dangers. I assume all such risks including, but not limited to, risks of injuries due to any conduct of the persons or entities listed in paragraph 2, whether negligent or otherwise.

10. If any provision of this contract is held to be unenforceable, it shall not in any way affect the enforceability of the remaining provisions.

ACCEPTANCE OF TERMS

11. I have read this contract completely. I understand it fully and I voluntarily agree to its terms for the express purpose of acceptance of my entry in this powerlifting meet.

12. My date of birth was \_\_\_\_\_ I understand that those accepting this entry will rely upon this representation.

DATE \_\_\_\_\_ NAME (PRINT) \_\_\_\_\_ SIGNATURE OF ATHLETE (SEAL)

DATE \_\_\_\_\_ NAME (PRINT) \_\_\_\_\_ SIGNATURE OF ATHLETE'S PARENT OR GUARDIAN IF ATHLETE IS UNDER 21 YEARS OF AGE (SEAL)

to defend the Frantz lawsuit. It is understandable that Mr. Frantz would like to see the case end, because the APF, Mr. Frantz, the other plaintiffs and their lawyer are all facing potential liability for an excess of \$55,000 for the U.S.P.F.'s and Dr. Cotter's legal fees and expenses.

Mr. Frantz wonders in his message what he isn't telling the athletes is that lawsuits are easy to bring and hard to defend. If Mr. Frantz had bothered to check before filing suit, he would have found that lawsuits frequently cost the defendants much more than they cost the plaintiffs, even when the defendants win. The plaintiffs called the tune in this case; they should not be surprised at the cost required to pay the piper.

Mr. Frantz stated in his message that the U.S.P.F. was not responsible for the cost of Dr. Cotter's defense. Mr. Frantz couldn't be more wrong. If Mr. Frantz had checked the U.S.P.F.'s bylaws, he would have found that section 14.4 of the U.S.P.F.'s bylaws required the U.S.P.F. to pay for Dr. Cotter's defense as President of the U.S.P.F.

Once the issue of legal fees is decided by the courts, the U.S.P.F. and Dr. Cotter will be able to comment more fully on all of the issues raised by the lawsuit. The athletes should know in the meantime that there is much more going on here than Ernie Frantz is telling them. One thing is certain... the U.S.P.F. and Dr. Cotter will pursue all available legal remedies to recover their legal fees and expenses from the APF, Mr. Frantz, the other plaintiffs, and their lawyer.

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APPLICATION FOR REGISTRATION IN THE UNITED STATES POWERLIFTING FEDERATION PLEASE PRINT CLEARLY

FIRST NAME \_\_\_\_\_ INITIAL \_\_\_\_\_

STREET ADDRESS \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_

CITY \_\_\_\_\_

AREA CODE \_\_\_\_\_ TELEPHONE NUMBER \_\_\_\_\_ REFERENCE STATUS \_\_\_\_\_

ELITE \_\_\_\_\_ MASTER \_\_\_\_\_ I \_\_\_\_\_ II \_\_\_\_\_ III \_\_\_\_\_ IV \_\_\_\_\_

CURRENT USPF CLASSIFICATION \_\_\_\_\_

Y \_\_\_\_\_ N \_\_\_\_\_ Y \_\_\_\_\_ N \_\_\_\_\_ Y \_\_\_\_\_ N \_\_\_\_\_ Y \_\_\_\_\_ N \_\_\_\_\_

U.S. CITIZEN? \_\_\_\_\_ USPF MEMBER? \_\_\_\_\_

CLUB NAME \_\_\_\_\_

DATE OF BIRTH \_\_\_\_\_ MONTH \_\_\_\_\_ DAY \_\_\_\_\_ YEAR \_\_\_\_\_

AGE \_\_\_\_\_ SEX \_\_\_\_\_

Registration Fee \$16 NOTE: High School Athletes who validate their school enrollment by including a copy of their high school activity card or other proof of enrollment may register for \$8

Mail and make checks payable to: ATHLETE'S REGISTRY INC. PLEASE CHARGE TO MY: \_\_\_\_\_

P.O. BOX 3889 MASTERCARD \_\_\_\_\_ VISA \_\_\_\_\_

PH: 801 825-5826 CARD # \_\_\_\_\_ EXP. DATE \_\_\_\_\_

IF UNDER 18 (PRINT NAME AND ADDRESS OF PARENT OR GUARDIAN) \_\_\_\_\_

CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE TO JOIN THE U.S. POWERLIFTING FEDERATION. \_\_\_\_\_

1987 USPF REGISTRATION (1 NOV. 1986 - 31 DEC. 1987)





# POWER SYSTEMS UNLIMITED

## POWERLIFTING EQUIPMENT & SUPPLIES

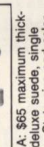
Don't be fooled by cheap prices buy the best!  
Power Belts are an investment.  
Material: S-M-L-XL



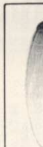
Deadlift Slippers...\$9/pair, made from Miracle Suit material. S-M-L-XL



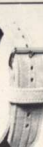
Key Chain \$1.50, red, yellow, silver, white & gold.



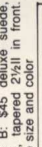
Gloves: 1 pr-\$12, 2 pr-\$23, 3 pr-\$33, S-M-L-XL.



Leather or Web Training Straps. One size fits all. 1 pr-\$5, 2 pr-\$9, 3 pr-\$12



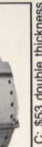
Tote Bag \$10. Red or Navy.



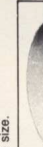
Smilling Salts: (Ammonia Caps) \$5/box of 12 caps. D.M.S.O.: 99% pure, 8 oz \$11.00.



Hurricane Wraps - 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70



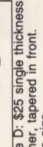
Super II Knee Wraps - 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70



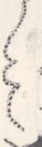
New Wrist Wraps - with velcro ends \$9/pair Mineral Ice 6 oz/18 10.00, 18 oz \$15.00



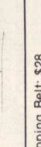
Sweat Shirts \$18 ("Bear it All" available only in t-shirts). Colors: navy, gray, royal blue, S-M-L-XL-XXL. T-Shirts \$9 (All 3 designs available) Colors: navy, royal blue, gray, S-M-L-XL-XXL. Give size, design, and 1st and 2nd color choice.



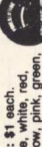
Monster Jacket Racks - \$300/pr. Olympic EZ Kur Bar w/collars, chromed & knurled. \$55. Spin Lock Collars - \$45/pr. Weightlifting equipment: semi-height collect



New Monster Knee Wraps 1/\$13, 3/\$30. The best to come along in a while. Will go on tighter and stretch 10% further than any wrap on the market.



New - NEW - NEW - NEW POWER BAR Redesigning SUPER 1000 LB. SQUAT BAR. Deeper knurling than any other bar made, wider between the collars to allow Big Men to squat in comfort. Regular price \$270. INTRODUCTORY OFFER - \$225.



Olympic Plates...500 cents per lb.



Bumper Sticker: \$1 each, \$54, 10/\$7.

\*All designs and trademarks protected.

Glenn Stevens  
Power Systems Unlimited  
P.O. Box 2031  
Glens Falls, NY 12801 - (518) 798-5215  
call 24 hrs a day  
7 days a week  
VISA  
MasterCard

Check & Money orders only accepted.  
\$9.75 handling fee. \$1.00 shipping.  
Outside USA & Canada: \$2.75 handling plus:  
15% surface, 30% airmail. (\$2.75 min)  
NY State Res. 7% sales tax.

Power Belts are an investment.  
Material: S-M-L-XL

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

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

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

Leather or Web Training Straps. One size fits all. 1 pr-\$5, 2 pr-\$9, 3 pr-\$12

Tote Bag \$10. Red or Navy.

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

Hurricane Wraps - 1 pr-\$9, 2 pr-\$17, 3 pr-\$24, 10 pr-\$70

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Olympic Plates...500 cents per lb.

Bumper Sticker: \$1 each, \$54, 10/\$7.

\*All designs and trademarks protected.

Advances always come fast and furious when people put their minds to it. And in the area of sports, it's particularly true. When athletes decide to rely on natural substances in their training or competition, advances in nutritional supplementation happen very quickly. This is especially evident in advances made in performance enhancing nutrients and natural catalysts (steroid substitutes), both of which are of great interest to today's athletes, especially strength athletes.

First, let's define performance enhancers. They are a classification of natural nutrient that will improve your performance immediately. Unlike vitamins, minerals, food supplements, amino acids and other nutrients that help your training over a period of weeks and months, performance enhancers are designed to go to work in your body immediately. Taken 1-2 hours prior to training or competition, they will enhance your ability to handle heavy weights, ultimately leading to bigger totals. Most importantly, they will enhance performance without any deleterious effects on the body-effects which do result from the use of chemical stimulants.

Certainly, the leading performance enhancer in today's powerlifting world is Insosine. While most successful powerlifters are aware of the benefits of taking Insosine in high dosages of 4-500 mg, 1-2 hours prior to training or competition, very few are unleashing the potential of Insosine as a daily aid in recuperation. Our empirical studies are showing that taking 1500 mg. of Insosine per day every day, regardless of whether you train that day or not and in addition to what you take prior to a workout, will help your body recuperate from the rigors of your power workouts and also promote good energy levels.

Let's take a moment to review the action of Insosine on the body, and why it is known as a great performance enhancer. Insosine increases your body's ATP (Adenosine Triphosphate) production, causing a release of energy when ATP is converted to ADP (Adenosine Diphosphate). The key to Insosine being a successful performance enhancer, however, is that ATP is able to be converted back into ATP, completing the chemical cycle that eliminates the "run down" feeling.

Of course, we could devote a great deal of time describing this cycle in technical terms, but to put it simply, picture this: you're in a storage room, and you've just bought a new car battery that is constantly discharging simultaneously so that its energy stores are never depleted. Chemical changes in the battery are being discharged into the tank, and the tank is being drained. The result is that the battery is unable to store energy levels (complete the cycle) once they've been depleted. The result is that you're in a run down state, often for days at a time. By using a daily dosage of 1500 mg. of Insosine in addition to what you normally take when you work out, you'll enhance your body's ability to recuperate from your workouts and restore proper energy levels naturally.

Obviously, the foundation for production of energy upon which Insosine draws is a consistent diet that is rich in complex carbohydrates such as those

# NUTRITION CORNER

## Advances in Performance Enhancers Advanced Concepts in Nutrition by George Zangas



New World Record Holder, '86 I.P.F. World 275 lb. Champ, Lars Noren of Sweden, went Superheavy and set a new, drug tested world record in the deadlift of 403.5 kilos, 889 pounds. Lars, who uses Marathon nutritional products, would like to compete in the Budweiser World Record Breakers meet in Hawaii, of which Marathon was the chief sponsor this year.

tracted from fruit and vegetable sources, proteins, and a low-to-moderate amount of unsaturated fats. The most important of these elements for producing proper energy levels for workouts is complex carbohydrates. But the problem we're faced with is that we don't want to load down our stomachs with heavy carbohydrates right before training or competition, even though they are easy to digest. This problem has, in recent years, been resolved by the availability of complex carbohydrate drinks which have very little bulk and go to work in the system much faster than dietary sources of energy. They can complement your workout without producing the uncomfortable feeling in the stomach that eating complex carbohydrates can create. The use of complex carbohydrates in these instant drinks vary from soups to grains. Many also contain maltodextrin and other sweeteners. From our experience, the best carbohydrate source in these drinks is a hormone produced by the brain's

adrenal medulla. If you've ever wanted to prolong a positive feeling during a workout or competition-to have the natural ability to concentrate and psyche up more effectively without taking any chemical substances, use L-Tyrosine. The particular dosage you need will vary according to body weight, but typically, it is between 2 and 4 grams, taken in capsule form for fastest action. It's important to note that L-Tyrosine is very compatible with both Insosine and carbohydrate drinks because they do not contain other proteins. To realize the maximum effect from Tyrosine or any other isolated amino acid, they should not be taken in combination with an amino acid complex or other isolated amino acids until their compatibility can be verified. Because they share the same neuro transmitters (brain pathways), their effect, when used in combination, can be greatly diminished. The best example of this phenomenon is the common and incorrect combining of L-Tyrosine with L-Arginine and L-Omitinine. Although when taken on a daily basis it has great nutritional value, Lysine should not be co-administered with Arginine and Ornithine because they share common neuro transmitters. Unlike Tryptophan, which aids in the utilization of Arginine and Ornithine when taken, Lysine can inhibit the uptake of Arginine and Ornithine in the brain where it is needed to stimulate the release of natural pituitary growth hormone.

Another nutrient that will enhance your performance when taken on a daily basis is Chromium. By aiding in the production of Insulin, Chromium helps the body regulate blood sugar levels which are directly related to your energy levels. Chromium is also essential in the body's ability to metabolize glucose, which is the body's principal energy source and the most important carbohydrate for body metabolism. Another benefit of Chromium is its demonstrated ability to significantly reduce total serum cholesterol levels.

Octacosanol, the endurance factor extracted from wheat germ oil, will also, when taken on a regular basis, enhance your ability to push through even the hardest workouts.

This brief overview will serve, we hope, to help you put the proven performance enhancers Insosine, L-Tyrosine, Chromium, and Octacosanol to work for you when added to your daily nutritional program. Taken in proper dosage with a grain-based complex carbohydrate drink, they'll help you to push more weight more often, sustain good energy levels, and give you a natural mental lift, resulting in your best possible performance, in training or on the platform.

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



# Preferred Stock!



Style B \$55.00



Style A Three-Tone \$55.00



Style A \$55.00



Style E \$55.00



Style I \$45.00

**Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.**

**Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.**

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

- Made from the world's finest leathers, for total and safe support
- Made to legal thicknesses
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

### The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and workmanship, with six rows of decorative stitching, to give you unequalled support and durability.

**Style A** Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$55.00

**Style B** Double-thick suede leather with six rows of stitching, double prong. Available one-, two- or three-tone. \$55.00

**Style C** Double thickness smooth leather. Available in single or double prong. \$55.00

**Style D** Single thickness, heavy leather. Double prong recommended. \$19.00

**Style E** Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

**Two-Tone Belt** Any three colors. Style A & B only. \$55.00

**Three-Tone Belt** Any two colors. Style A & B only. \$55.00

### The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

**Mark I** Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$45.00

**Mark II** Double thickness deluxe suede leather belt with heavy-duty stitching and double prong. \$45.00

**Mark III** Double thickness smooth leather inside and outside. Available in single or double prong. \$45.00

**Mark IV** Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$45.00

60 kg	150	110	200	460
F. Nilsson	162.5	107.5	185	455
O. Olafsson	160	105	180	450
K. Bink	190	145	210	545
S. Nentis	247.5	147.5	260	655
M. Wilmarck	222.5	150	250	625
M. Johansson	240	130	250	620
L. Eriksson	227.5	142.5	250	620
G. Jeorgsson	230	145	255	625
B. Mattson	200	135	210	545
L. Gustafsson	370.5	172.5	320	715
L. Westberg	280	157.5	262.5	700
R. Karlsson	230	125	275	630
L. Backlund	222.5	135	265	625
T. Paalanen	220	135	230	585
82.5 kg	295	157.5	300	725
S. Persson	302.5	165	300	720
C. Jonsson	265	150	285	700
L. Magnusson	252.5	155	260	667.5
P. Aevsson	230	162.5	275	655
A. Kinnunen	250	147.5	255	652.5
C. Elstrom	245	125	282.5	652.5
B. Iversen	240	155	240	635
A. Malmgren	240	135	250	625
90 kg	300	165	325	725
K. Mattson	382.5	185	325	775
A. Hansson	265	165	312.5	742.5
C. Norberg	290	180	262.5	732.5
S. Mikko	275	160	272.5	712.5
O. Wormalin	260	160	250	670
100 kg	335	185	330	850
J. Melander	300	170	300	770
T. Barkov	280	190	290	780
P. Swedin	250	210	300	760
H. Hellsten	305	167.5	285	757.5
T. Horvath	280	182.5	285	742.5
L. Stromberg	275	175	275	725
B. Orta	235	145	325	725
T. Fogberg	265	175	270	710
110 kg	342.5	197.5	320	860
C. Nilsson	312.5	185	300	815
E. Mikko	310	210	290	810
A. Eriksson	305	190	295	790
A. Eriksson	260	175	295	730
L. Dahler	260	165	290	725
125 kg	340	175	270	720
S. Kivi	340	212.5	320	872.5
C. Uman	300	200	275	770
J. Svensson	285	187.5	280	752.5
L. Lindstrom	280	197.5	275	752.5
A. Nilsson	290	170	260	720
L. Noren	400	230	402.5*	1032.5
Y. Gustafsson	350	227.5	325	902.5
S. Eriksson	340	200	320	860
350 kg	350	200	320	860
* World Record 403.5 kg. (Thanks to Arnold Bestrom for results).				

**Heaviest Women's Bench Ever** is Jan Harrell's 384 at 183 bodyweight, captured in the photograph above taken by Chris Ravazzolo at the Iron Thunder Revue in San Diego. Can you be far away! At left, check out 400 lb bar away! At right, check out record busting counterpart, 639 lb, and muscularity-wise, with a male bench press champion, 639 lb. (Photograph by Sam Samaniego. (Photographs provided courtesy of Power Performance Productions.)

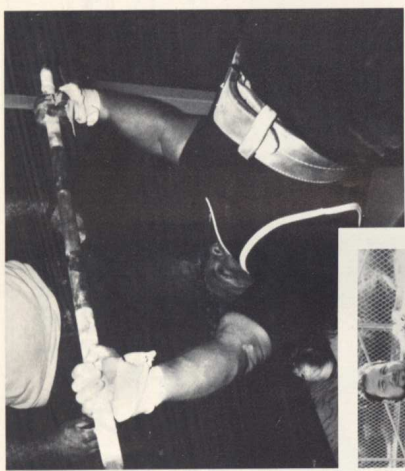
never looked bigger or better. The powerlifter, who has been competing since 1975, set the stage for genuine drama. Jan's second attempt of 375 lbs. certified her all-time dominance for her third attempt the bar was 384 lbs. She had to lift 111 lbs. over her attempt to lift 384 lbs., but 21 lbs. over twice her bodyweight. Never before has such a concentration of strength and intensity of feverish concentration. Shots of encouragement filled the air. Big Jan positioned herself under the bar, took her feet, and received the referee's signal. Her face going crimson, the bar exploded off her chest. The weight made its ascent upward, to the strongest woman in the world! (Thanks to Power Performance Productions for results.)

### Swedish Championships

3,4 Apr 87 - Jarfalla (kilos)				
52 kg	SQ	BP	DL	
M. Nilsson	162.5	90	155	412.5
M. Karlsson	190	115	95	400
A. Renner	110	67.5	140	317.5
Angriglavand	105	75	135	315
M. Forsberg	175	105	195	475
P. Svantesson	182.5	115	165	462.5
P. Vahakangas	155	105	192.5	452.5
J. Hult	165	105	175	447.5
P. Bontalenne	135	82.5	180	397.5

### POWER HOTLINE

recent editions of this twice monthly flash power bulletin have included the following: the lifts and lifter took to break the all-time women's total mark with a 1380, which prominent powerlifting coach at a major bowl winning college, when the first bench press rack was advertised, why this may be Doug Furnas' latest World's Strongest Man Contest in Nice, France, which two meets superherb Dan Mikolajczak is going to lift later this year, whether Rick Gaugler will go A.P.F. or U.S.P.F. this year, which major newsstand sports magazine will have Judy Gehe's photo and story published soon, as well as having the latest scoop on the big meets and the big lifts, consistently and comprehensively before other information sources. For a 1 year subscription to POWER HOTLINE, send \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 and you'll receive the next 24 issues, rushed to you via 1st class mail (not 2nd class like most magazines!), twice a month.



the weight's impact, then stepped out as the bar fell. She was the only woman to lift 400 lbs. and 600 lbs. will go. Big Jan tipped the scales at 183 lbs., and has

### The Iron Thunder Revue

- Women's Open 380 S. Handelman 395  
 Jan Harrell 380 S. Handelman 395  
 L. Costanzo 275 John Pappas 380  
 Ruth Fulmerman 160 Mark Ely 340  
 Mark Ely 205 Kevin Carter 340  
 Men's Open  
 148 Bill Braun 350  
 220 Dustin 430  
 Randy Callan 300  
 Bob Sanchez 275 Eric Saxon 385  
 Daniel Torres 260 Tom Holiday 335  
 165 Tralongo 255  
 Eddie Taylor 380  
 Eric Dias 470  
 Dean Kinlin 390  
 Tom Gibson 375  
 M. Pennington 300  
 M. Pennington 300  
 Richard Ross 485
- On March 28, at Southern Calif.'s most celebrated nightclub, the Belly-Up Tavern, Power Performance Productions, in conjunction with the Iron Thunder Revue, presented the APF's second venture into the Calif. area. Though the field was smaller than anticipated, its class was unanticipatedly where you were going to watch Samaniego and Harrell. The forewinners of the Iron Thunder Revue were Frank Nogales, of Phoenix, Arizona and the world renowned Big Jan Harrell.
- Frank Nogales had designs on a 600 lb. bench press. His training and past performances would qualify as an attempt. Frank had made his first bench press attempt at 530 lbs., and made the weight look as if it were a feather. Frank's second attempt at 570 lbs. was Frank's second attempt. The weight dropped out of his hands, fortunately the lift didn't see with the judges' discretion, and was turned down. Frank called for 600 lbs. on his third attempt and the big man went to work. When you envision the ultimate man against the weight stack, nothing fills the bill like Frank Nogales' attempt at that magic 600 lbs. Frank's bench press was a masterpiece of strength and deliberate. Frank's entire body grew rigid under

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### FPC Duluth Bench Press Contest

15 Mar 87 - Duluth, MN

148 lbs.	D. Paul	220*	A. Donnet	275
155 lbs.	H. Bell	240	H. Bell	240
165 lbs.	B. Perick	270*	R. Moore	315
175 lbs.	M. Macdon	265	J. Turner	286
185 lbs.	P. Trilligh	100	T. Franzen	255
195 lbs.	R. Hillman	200	R. Hillman	200
205 lbs.	R. Hillman	200	R. Hillman	200
215 lbs.	R. Hillman	200	R. Hillman	200
225 lbs.	R. Hillman	200	R. Hillman	200
235 lbs.	R. Hillman	200	R. Hillman	200
245 lbs.	R. Hillman	200	R. Hillman	200
255 lbs.	R. Hillman	200	R. Hillman	200
265 lbs.	R. Hillman	200	R. Hillman	200
275 lbs.	R. Hillman	200	R. Hillman	200
285 lbs.	R. Hillman	200	R. Hillman	200
295 lbs.	R. Hillman	200	R. Hillman	200
305 lbs.	R. Hillman	200	R. Hillman	200
315 lbs.	R. Hillman	200	R. Hillman	200
325 lbs.	R. Hillman	200	R. Hillman	200
335 lbs.	R. Hillman	200	R. Hillman	200
345 lbs.	R. Hillman	200	R. Hillman	200
355 lbs.	R. Hillman	200	R. Hillman	200
365 lbs.	R. Hillman	200	R. Hillman	200
375 lbs.	R. Hillman	200	R. Hillman	200
385 lbs.	R. Hillman	200	R. Hillman	200
395 lbs.	R. Hillman	200	R. Hillman	200
405 lbs.	R. Hillman	200	R. Hillman	200
415 lbs.	R. Hillman	200	R. Hillman	200
425 lbs.	R. Hillman	200	R. Hillman	200
435 lbs.	R. Hillman	200	R. Hillman	200
445 lbs.	R. Hillman	200	R. Hillman	200
455 lbs.	R. Hillman	200	R. Hillman	200
465 lbs.	R. Hillman	200	R. Hillman	200
475 lbs.	R. Hillman	200	R. Hillman	200
485 lbs.	R. Hillman	200	R. Hillman	200
495 lbs.	R. Hillman	200	R. Hillman	200
505 lbs.	R. Hillman	200	R. Hillman	200
515 lbs.	R. Hillman	200	R. Hillman	200
525 lbs.	R. Hillman	200	R. Hillman	200
535 lbs.	R. Hillman	200	R. Hillman	200
545 lbs.	R. Hillman	200	R. Hillman	200
555 lbs.	R. Hillman	200	R. Hillman	200
565 lbs.	R. Hillman	200	R. Hillman	200
575 lbs.	R. Hillman	200	R. Hillman	200
585 lbs.	R. Hillman	200	R. Hillman	200
595 lbs.	R. Hillman	200	R. Hillman	200
605 lbs.	R. Hillman	200	R. Hillman	200
615 lbs.	R. Hillman	200	R. Hillman	200
625 lbs.	R. Hillman	200	R. Hillman	200
635 lbs.	R. Hillman	200	R. Hillman	200
645 lbs.	R. Hillman	200	R. Hillman	200
655 lbs.	R. Hillman	200	R. Hillman	200
665 lbs.	R. Hillman	200	R. Hillman	200
675 lbs.	R. Hillman	200	R. Hillman	200
685 lbs.	R. Hillman	200	R. Hillman	200
695 lbs.	R. Hillman	200	R. Hillman	200
705 lbs.	R. Hillman	200	R. Hillman	200
715 lbs.	R. Hillman	200	R. Hillman	200
725 lbs.	R. Hillman	200	R. Hillman	200
735 lbs.	R. Hillman	200	R. Hillman	200
745 lbs.	R. Hillman	200	R. Hillman	200
755 lbs.	R. Hillman	200	R. Hillman	200
765 lbs.	R. Hillman	200	R. Hillman	200
775 lbs.	R. Hillman	200	R. Hillman	200
785 lbs.	R. Hillman	200	R. Hillman	200
795 lbs.	R. Hillman	200	R. Hillman	200
805 lbs.	R. Hillman	200	R. Hillman	200
815 lbs.	R. Hillman	200	R. Hillman	200
825 lbs.	R. Hillman	200	R. Hillman	200
835 lbs.	R. Hillman	200	R. Hillman	200
845 lbs.	R. Hillman	200	R. Hillman	200
855 lbs.	R. Hillman	200	R. Hillman	200
865 lbs.	R. Hillman	200	R. Hillman	200
875 lbs.	R. Hillman	200	R. Hillman	200
885 lbs.	R. Hillman	200	R. Hillman	200
895 lbs.	R. Hillman	200	R. Hillman	200
905 lbs.	R. Hillman	200	R. Hillman	200
915 lbs.	R. Hillman	200	R. Hillman	200
925 lbs.	R. Hillman	200	R. Hillman	200
935 lbs.	R. Hillman	200	R. Hillman	200
945 lbs.	R. Hillman	200	R. Hillman	200
955 lbs.	R. Hillman	200	R. Hillman	200
965 lbs.	R. Hillman	200	R. Hillman	200
975 lbs.	R. Hillman	200	R. Hillman	200
985 lbs.	R. Hillman	200	R. Hillman	200
995 lbs.	R. Hillman	200	R. Hillman	200
1005 lbs.	R. Hillman	200	R. Hillman	200

### Olympians Open

7 Mar 87 - Madison Wis., WI

114 lbs.	W. Spencer	330	320	310	Total
124 lbs.	L. Howe	245	200	325	770
134 lbs.	M. Houser	220	135	250	645
144 lbs.	H. Vaughn	175	105	225	505
154 lbs.	H. Vaughn	175	105	225	505
164 lbs.	H. Vaughn	175	105	225	505
174 lbs.	H. Vaughn	175	105	225	505
184 lbs.	H. Vaughn	175	105	225	505
194 lbs.	H. Vaughn	175	105	225	505
204 lbs.	H. Vaughn	175	105	225	505
214 lbs.	H. Vaughn	175	105	225	505
224 lbs.	H. Vaughn	175	105	225	505
234 lbs.	H. Vaughn	175	105	225	505
244 lbs.	H. Vaughn	175	105	225	505
254 lbs.	H. Vaughn	175	105	225	505
264 lbs.	H. Vaughn	175	105	225	505
274 lbs.	H. Vaughn	175	105	225	505
284 lbs.	H. Vaughn	175	105	225	505
294 lbs.	H. Vaughn	175	105	225	505
304 lbs.	H. Vaughn	175	105	225	505
314 lbs.	H. Vaughn	175	105	225	505
324 lbs.	H. Vaughn	175	105	225	505
334 lbs.	H. Vaughn	175	105	225	505
344 lbs.	H. Vaughn	175	105	225	505
354 lbs.	H. Vaughn	175	105	225	505
364 lbs.	H. Vaughn	175	105	225	505
374 lbs.	H. Vaughn	175	105	225	505
384 lbs.	H. Vaughn	175	105	225	505
394 lbs.	H. Vaughn	175	105	225	505
404 lbs.	H. Vaughn	175	105	225	505
414 lbs.	H. Vaughn	175	105	225	505
424 lbs.	H. Vaughn	175	105	225	505
434 lbs.	H. Vaughn	175	105	225	505
444 lbs.	H. Vaughn	175	105	225	505
454 lbs.	H. Vaughn	175	105	225	505
464 lbs.	H. Vaughn	175	105	225	505
474 lbs.	H. Vaughn	175	105	225	505
484 lbs.	H. Vaughn	175	105	225	505
494 lbs.	H. Vaughn	175	105	225	505
504 lbs.	H. Vaughn	175	105	225	505
514 lbs.	H. Vaughn	175	105	225	505
524 lbs.	H. Vaughn	175	105	225	505
534 lbs.	H. Vaughn	175	105	225	505
544 lbs.	H. Vaughn	175	105	225	505
554 lbs.	H. Vaughn	175	105	225	505
564 lbs.	H. Vaughn	175	105	225	505
574 lbs.	H. Vaughn	175	105	225	505
584 lbs.	H. Vaughn	175	105	225	505
594 lbs.	H. Vaughn	175	105	225	505
604 lbs.	H. Vaughn	175	105	225	505
614 lbs.	H. Vaughn	175	105	225	505
624 lbs.	H. Vaughn	175	105	225	505
634 lbs.	H. Vaughn	175	105	225	505
644 lbs.	H. Vaughn	175	105	225	505
654 lbs.	H. Vaughn	175	105	225	505
664 lbs.	H. Vaughn	175	105	225	505
674 lbs.	H. Vaughn	175	105	225	505
684 lbs.	H. Vaughn	175	105	225	505
694 lbs.	H. Vaughn	175	105	225	505
704 lbs.	H. Vaughn	175	105	225	505
714 lbs.	H. Vaughn	175	105	225	505
724 lbs.	H. Vaughn	175	105	225	505
734 lbs.	H. Vaughn	175	105	225	505
744 lbs.	H. Vaughn	175	105	225	505
754 lbs.	H. Vaughn	175	105	225	505
764 lbs.	H. Vaughn	175	105	225	505
774 lbs.	H. Vaughn	175	105	225	505
784 lbs.	H. Vaughn	175	105	225	505
794 lbs.	H. Vaughn	175	105	225	505
804 lbs.	H. Vaughn	175	105	225	505
814 lbs.	H. Vaughn	175	105	225	505
824 lbs.	H. Vaughn	175	105	225	505
834 lbs.	H. Vaughn	175	105	225	505
844 lbs.	H. Vaughn	175	105	225	505
854 lbs.	H. Vaughn	175	105	225	505
864 lbs.	H. Vaughn	175	105	225	505
874 lbs.	H. Vaughn	175	105	225	505
884 lbs.	H. Vaughn	175	105	225	505
894 lbs.	H. Vaughn	175	105	225	505
904 lbs.	H. Vaughn	175	105	225	505
914 lbs.	H. Vaughn	175	105	225	505
924 lbs.	H. Vaughn	175	105	225	505
934 lbs.	H. Vaughn	175	105	225	505
944 lbs.	H. Vaughn	175	105	225	505
954 lbs.	H. Vaughn	175	105	225	505
964 lbs.	H. Vaughn	175	105	225	505
974 lbs.	H. Vaughn	175	105	225	505
984 lbs.	H. Vaughn	175	105	225	505
994 lbs.	H. Vaughn	175	105	225	505
1004 lbs.	H. Vaughn	175	105	225	505

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615	C. Mourton	425	620	1640
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635	R. Koresky	570	335	570
645	A. Cogo	300	240*	960
655	S. Shivers	490	290	1380
665	M. Keilman	770	440	1910
675	W. Rodgers	300	335	1360
685	K. Macleod	500	330	1570
695	J. Fawks	500	335	1570
705	R. Hillman	200	240*	365
715	F. Drake	805	450	1885
725	M. Strubar	705	405	1610
735	S. Shivers	550	470	1620
745	T. Tonnarey	600	345	1600
755	M. Keilman	770	440	1910
765	R. Szolack	625	465	1695
775	M. Keilman	770	440	1910
785	T. Dreganacourt	540	390	1530
795	S. Novitsky	435	325	1440
805	R. Hillman	200	240*	365
815	R. Hillman	200	240*	365
825	R. Hillman	200	240*	365
835	R. Hillman	200	240*	365
845	R. Hillman	200	240*	365
855	R. Hillman	200	240*	365
865	R. Hillman	200	240*	365
875	R. Hillman	200	240*	365
885	R. Hillman	200	240*	365
895	R. Hillman	200	240*	365
905	R. Hillman	200	240*	365
915	R. Hillman	200	240*	365
925	R. Hillman	200	240*	365
935	R. Hillman	200	240*	365
945	R. Hillman	200	240*	365
955	R. Hillman	200	240*	365
965	R. Hillman	200	240*	365
975	R. Hillman	200	240*	365
985	R. Hillman	200	240*	365
995	R. Hillman	200	240*	365
1005	R. Hillman	200	240*	365

filter heavy class was Mike Nordin, who posted a 2000 lb. total. Mike also won the 2000 lb. total, as well as his fine performance. Great lifting went to Eastside Gym with a total of 37 pts. 1. For coming out for our first meet. Besides excellent callher letters, the fans were also treated to a guest posing exhibition by national champion, Mike Nordin. Mike is in line shape as he is training for an upcoming competition in which he should do very well. Ron is truly one of the latest additions to the team. Also special thanks to Fabian Wangmans and his wife, Jackie, for helping out all day. Special thanks to my wife, Brooke, and Annie Handor. Thanking the members of the Michigan Power Lifting Team for spotting and loading. Without everyone of you this meet would not have been possible. Thank you to all who helped make this meet a success. Mike Nordin, Michigan Power Lifting Team, for finishing with a time total of 165 at 1520. Best results.

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705	R. Hillman	200	240*	365
715	F. Drake	805	450	1885
725	M. Strubar	705	405	1610
735	S. Shivers	550	470	1620
745	T. Tonnarey	600	345	1600
755	M. Keilman	770	440	1





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Pink  
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1 Inch or 2 Inch...\$5.00  
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**Ositsville Meet**  
21 Mar 87 - Ositsville, NY  
123 lbs. L. Perez 265 225 330 820  
132 lbs. S. Martine 315 210 385 910  
W. Bradwaite 405 240 450 1095  
N. Loreto 350 245 415 1010  
W. Martinez 315 200 380 895  
R. Guadalupe 430 310 475 1215  
E. Torres 305 265 460 1075  
M. Mejia 345 300 425 1070  
181 lbs. E. Edwards 575 305 675 1555  
D. Wilson 450 315 500 1265  
C. Hill 565 340 565 1470  
J. DeBona 530 300 570 1400  
H. Knight 410 350 550 1310  
220 lbs. M. Campagna 415 250 450 1015  
D. Thomas 450 425 550 1425  
P. Mistrretta 400 325 570 1295  
W. Johnson 475 315 465 1200  
UNL T. Watec 475 315 465 1200  
E. Edwards 475 315 465 1200  
★ Edward Mike B. Kelly for new Champ of the lifting at this meet.

**Finnish Men's Nationals**  
Mar 87 - Kajaani (kilos)  
52kg Oshelto 190 102.5 192.5 409  
M. Kumpulainen 162.5 100 195 457.5  
Kari Vihlari 195 120 140 455  
54kg Heatonen 180 115 215 510  
Jouko Kohvisto 180 97.5 195 472.5  
60kg Aro Kalliomies 210 120 230 560  
M. Kumpulainen 175 125 212.5 512.5  
Kari Hakola 212.5 120 202.5 535  
67.5kg Toimo Kesalhti 222.5 160 252.5 635  
K. Kumpulainen 222.5 140 260 625  
Saari Matti 210 125 200 595  
75kg Hannu Mulla 240 160 307.5 707.5  
Lehtinen 210 170 270 705  
L. Kumpulainen 255 150 200 690  
82.5kg Jarmo Virtanen 310 175 335 820  
Jorma Hietanen 300 155 280 715  
M. Kumpulainen 255 157.5 292.5 705  
90kg Juba Hytinen 310 190 320 820  
Aarne Kapila 300 170 345 815  
M. Kumpulainen 280 210 267.5 757.5  
110kg H. Saarelainen 300 205 297.5 802.5  
Reijo Halttunen 310 177.5 280 767.5  
M. Kumpulainen 280 210 267.5 757.5  
Kytölä Vilmi 372.5 225 322.5 920  
Juhani Nykänen 275 177.5 295 747.5  
M. Kumpulainen 275 165 280 720  
SHW I. Kumpulainen 310 192.5 320 832.5  
Matti Tanskanen 315 210 282.5 807.5

**Eastern USA Bench Championships**  
8 Mar 87 - Danvers, MA  
Men's 520  
J. Decotis 500  
J. Rodgers 500  
B. Hakes 445  
J. Vertlett 420  
198 lbs. T. Engage 370  
C. Almoda 340  
C. Johnson 340  
A. Menadous 290  
220 lbs. A. Cyr 310  
E. Cohen 370  
E. MacDonald 290  
J. Deane 275  
R. Sansone 360  
K. Buggs 355  
J. Johnson 350  
J. Johnson 350  
M. Kelly 340  
M. Kelly 340  
Masters 350  
N. Sousa 350  
R. Makgrewitz 365  
R. Canale 310  
C. Sussone 310  
S. Zs 265  
181 lbs. M. Rodgers 455  
F. Canale 310  
J. O'Brien 365  
L. Lombardo 340  
D. Broadhurst 115  
J. Shear 115  
M. Smith 70  
114 lbs. J. Barlett 190  
E. Fisher 130  
D. Malby 123  
S. Ehyrn 165  
M. Frank 380  
K. Cae 160  
G. Kowalski 370  
S. Eadler 160  
D. Racca 365  
G. Errico 360  
P. C. Johnson 148  
P. C. Johnson 148  
C. Donovan 300  
A. Tolls 275  
D. Wells 535  
E. Wells 500  
S. Gaffey 390  
M. Kumpulainen 370  
R. M. Kumpulainen 370  
S. Gerrard 330  
K. Rapchuck 160

**Best Lifter Men Over 198:** Doug Davies, Joe's Gym. Best Lifter Men 198 and Under: Mark Rodgers, Nautilus Plus, Best Lifter Women: M. Kumpulainen, Nautilus Plus. Best Lifter Under 198: M. Kumpulainen, Nautilus Plus. The second annual Eastern USA Bench Press Competition was once again a great success. The field had even more quality lifters than last. 110 lifters competed altogether. Doug Davies took the top spot with a lift of 575 lbs. in the 181 lb. class, and under, Beth Fisher took best female lifter. Many thanks to all those who helped to make this meet a success. (Thanks to Nautilus Plus for results).

### Powerlifting USA BACK ISSUES

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 1148s
- Apr/1982...Women's Nationals, Pacifico Reminiscences, Top 100 220s
- Jun/1983...Women's Worlds, Anello doadit routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, Top 100 Supers, 100 1148s
- Jul/1983...Juniors, Women's National 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 Rehabilitation, Top 100 242s
- May/1984...Jye Alzardo Profile, Ban 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, Steroid Crackdown, ADFFA 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 Defi Mark Ten Contest, 550 Bench Club, Russian Training, TOP 100 220s, ADFFA TOP 20 132s.
- Jan/87...PF World Championships, AF World Championships, Bodybuilding and Powerlifting by Ms. Olympia - Cory Everson, Joe Morelli Profile, Mind-Body Link, Robbie Roberts Profile, Specialization, World Masters Championships, ADFFA 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 Hypocycemia, Rest Pause for Power, 2000 Total Club, ADFE-PA National Masters, ADFFA TOP 20 181s, TOP 100 Superheavyweights.
- May/87...Hawaii Record Breakers Meet Report, APF Women's Nationals, Dan Miodozenc, Workout of the Month, Lifting Lies, Brother Bennet In-tension System, ADFFA TOP 20 220s, TOP 100 Bantamweights.
- 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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**The Calgary Stampede Wrestling School.....**  
has produced outstanding pro champions like the British Bulldogs, The Hart Foundation, The Iron Sheik, Jake the Snake Hobbers and new superstar, Owen Hart.....Learn from the professionals and train with the best. Take advantage of this opportunity to get to the inside of the World's fastest growing professional sport. Imagine yourself earning an impressive living through your lifting and strength related abilities.....

**The Calgary Stampede Wrestling School: call or write now for information and enrollment schedules.**  
P.O. Box 274  
Micanore, Alberta, Canada T0L 1J0  
PHONE: 403/247-6274

★ Be sure to tell them you're a powerlifter ★

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For Computerized Meet Preparation and Direction Seminar call John Felton at Strength Systems 214-965-0200  
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METABOLOL \$17.50. SMILAX \$11.00 All major brands available at absolute lowest prices. Send check or money order to Athlete's Natural Supplements, P.O. Box 2841, Dayton, OH 45401, Add \$2 shipping for orders under \$35. Call (513) 236-8523 for catalog.

Join the many meet directors who lower the cost of running their meet by buying their awards at the lowest price in the country with no sacrifice of size or quality. Contact: Siegel Engraving Co., 109 East Market St., Clearfield, PA 16830, 814-765-3214 (24 hrs).  
NEEDED—old style (patch figure) USPF Classification robes, Class II & Class IV categories. Also, results of the Southwest USA meet in Dallas, Texas on 13 December 1969 for Powerlifting memorabilia collection. Contact John Pettitt, 3105 Bullock, Plano, TX 75023  
INTERNATIONAL OLYMPIC LIFTER Magazine, published quarterly, (Herb Glassbrenner, Managing Editor). One year subscriptions - \$20.00 U.S. IOJ Publications, P.O. Box 65855, Los Angeles, CA 90065.



**Mingle's Winners...** kneeling (l-r): Dave Piro, Jerry Krag, Steve Muller, Rod Brown, Ron Jacobs, Steve Warner, Craig Smith, Standing, L-r, Bill Beach, Paul Bekkum, Dick Smith, Mike Sieglar, Mimi Canavati, Brian Rick, Darcey Higgins, Joe Sward. Photograph provided by the courtesy of Kathy Kraige.

are also rapidly becoming the finest directors in the upper Midwest. A very special thank you to the lifters and spectators. It took a Press Championships the huge success it was.

**Centre Club Classic**  
21 Feb 87 - Libertyville, IL (kilos)  
SQ BP DL Total

**TEENAGE WOMEN**

123 Eva Herrera 180 77.5 45 92.5 215  
124 Mark Miller 240 155 235 630  
125 Brian Stucker 205 152.5 215 572.5  
126 Travis Gibson 330 190 322.5 852.5  
127 Fred Greene 265 160 335 760  
128 Doug Wiseman 160 107.5 192.5 460  
129 Jas Hurst 205 110 227.5 542.5  
130 Top lifter, women: Carrie Wilson, (Thanks to Jim and Debbie for the 165 lbs. Barbell Carbons, (Thanks to Tom Rhoad for results)

**Tampa Bay Bench Press**  
5 Apr 87 - Tampa, FL

**TEENAGE DIV**

131 Carrie Wiss 100 52.5 112.5 265  
132 Scott Wright 100 45 120 265  
133 Alex Hays 100 45 120 265  
134 MESA-MASTERS over 40  
135 Robt Spaulding 182.5 125 185 492.5  
136 Carl Klehm 60 152.5 100 312.5  
137 MEN-OPEN  
138 Morgan 192.5 120 192.5 505  
139 Scott Morgan 220 125 227.5 572.5  
140 Lee Herbst 70 57.5 115 242.5  
141 Carl Mustari 205 142.5 242.5 590  
142 Joe Lentine 215 137.5 215 567.5

**TOTAL**

1945 D. Beter 3/14/87  
1934 J. Kuc 8/9/86  
1840 T. Bice 2/28/87  
1836 B. Stewart 11/25/86  
1825 B. Gillette 2/21/87  
1810 K. Karwowski 4/5/86  
1802 P. White 11/15/86  
1797 K. Thompson 4/26/86  
1765 P. Sheppard 8/9/86  
1750 B. Gillette 2/21/87  
1741 K. Ufford 8/9/86  
1730 M. Vanderkar 6/7/86  
1730 C. Renner 3/8/86  
1716 E. Leland 11/28/86  
1715 K. Parker 2/28/87  
1714 T. Holder 10/25/86  
1714 L. Shepard 8/9/86

**Mingle's Bench Press**  
14 Mar 87 - Winona, MN

**High School**

140 K. Kerr 110  
139 L. Krag 85  
138 M. Krag 85  
137 D. Smith 85  
136 M. Krag 85  
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**USMC Bench Squat**  
27 Feb 87 - Los Altos, CA

147 lbs. J. Chan 170 240 410  
146 J. Profit 160 225 385  
145 N. Jackson 205 145 350  
144 K. Williams 170 155 325  
143 R. Young 145 170 315  
142 R. Young 170 135 305  
141 R. Young 125 160 305  
140 R. Powell 265 265 530  
139 O. Garcia 305 200 505  
138 M. Ortega 305 170 575  
137 J. Tucker Jr. 200 170 370  
136 J. Lusher 140 185 325  
135 M. Northamer 130 210 340  
134 M. Northamer 135 180 335  
133 R. Papanut 280 270 550  
132 K. O'Leary 250 250 500  
131 K. O'Leary 305 225 530  
130 D. Fowkes 230 215 445  
129 V. Sias 255 200 455  
128 S. Stanley 250 160 410  
127 M. Northamer 220 160 380  
126 Meet Director: Bob Gibbs, Referees: Leo Long, Bob Bach, and Greg Grizzle. Thanks to Gold's Gym, Atm. View, CA for the equip. loan, 1st Altio H.S. (Thanks to Bob Gibbs, SSGT USMC, for results).

**Lincoln High Bench Press**  
21 Feb 87 - Des Moines, IA

125 lbs. C. Adams 205  
124 S. Stoflet 280  
123 M. McCleary 240  
122 G. Parker 200  
121 J. Lusher 160  
120 G. Cody 200  
119 G. Worthington 190  
118 G. Lawrence 195  
117 B. Black 320  
116 B. Linn 190  
115 M. Young 315  
114 M. Sterrill 285  
113 R. Samson 200  
112 D. Prince 125  
111 J. Franson 195  
110 S. Brown 295  
109 S. Brown 285  
108 W. Fahlenkamp 240  
107 M. Grubb 315  
106 A. Sauer 230  
105 S. McVoy 290  
104 R. Thompson 220  
103 D. Johnson 290  
102 G. Tesdell 185  
101 T. Thacker 215  
100 C. Tadden 300  
99 S. Johnson 175  
98 S. Johnson 150  
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**N.Y. High School Championships**  
7 Mar 87 - Glens Falls, NY

**Female**

300 T. Stoval 650  
290 R. Morgan 520  
280 D. Robinson 440  
275 B. Johnson 440  
270 L. Lina 425  
265 M. Johnson 425  
260 P. Robinson 425  
255 S. Johnson 425  
250 M. Johnson 425  
245 P. Robinson 425  
240 S. Johnson 425  
235 S. Johnson 425  
230 S. Johnson 425  
225 S. Johnson 425  
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215 S. Johnson 425  
210 S. Johnson 425  
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15 S. Johnson 425  
10 S. Johnson 425  
5 S. Johnson 425

**Wyoming Open State Meet**  
14 Mar 87 - Worland, WY

**Women (Males)**

Up to 132 lbs. 255  
N. Green(BL) 175  
C. Linder-Shot 175  
Over 132 lbs. 2106  
W. Weedman\* 114  
J. Dier\* 3255  
P. Pimentel 230  
D. Camp 185  
123 lbs. 305  
K. Kindsvogel\* 325  
J. Raby\* 325  
D. Bett 260  
D. Halvorson 300  
L. Morris 225  
L. Gill 420  
L. Luna 425  
R. Pace 420  
M. Wehrman 365  
S. Hill 350  
M. Hartz 350  
B. Schneider 535  
D. Clayton\* 500  
L. Matthews\* 420  
C. Sells 400  
M. Lelajo 300  
181 lbs. 575  
S. Sobonya 590  
E. Peterson 505  
P. Ballard 475  
M. Peterson 485  
H. Carey 385  
B. Quist 440  
R. Bense 325  
V. Banks(BL) 630  
P. Hurley 530  
R. Growdahl 490  
B. Shandor 420  
M. Hill 450  
J. Briggs 620  
C. Meyers 630  
R. McDavid 485  
C. Pehl 430  
J. Pitt 430  
H. Chapman 395  
J. Weedman 365  
242 lbs. 770  
M. Berg 550  
M. Scheibe\* 520  
L. Laird 525  
275 lbs. 585  
R. Rane\* 585  
R. Branning 500  
Masters 530  
(S-Howard) 40-44 yrs. 380  
T. Morgan 525  
D. Robinson 330  
45-49 yrs. 345  
L. Luna 425  
M. Johnson\* 460  
P. Robinson 425  
P. Robinson 425  
State Champ. - State record. (Thanks to Stan Laws for results).

**Wyoming Power** John Dier (above) won a 375 squat at 114. Though he missed, he still set 4 new state records, maintaining his 550 bench and 550 deadlift to produce a PR total. Photos by Dave Huber courtesy Stan Laws.

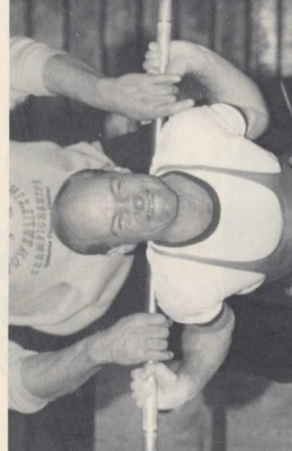
245 J. Duhaime 650  
K. Aebolt 290  
M. Picbook 200  
S. Escobar 200  
M. Hunter 200  
W. Strong 395

**USMC Bench Squat**  
27 Feb 87 - Los Altos, CA

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104 R. Thompson 220  
103 D. Johnson 290  
102 G. Tesdell 185  
101 T. Thacker 215  
100 C. Tadden 300  
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**Wyoming Power** John Dier (above) won a 375 squat at 114. Though he missed, he still set 4 new state records, maintaining his 550 bench and 550 deadlift to produce a PR total. Photos by Dave Huber courtesy Stan Laws.



**Wyoming Power** John Dier (above) won a 375 squat at 114. Though he missed, he still set 4 new state records, maintaining his 550 bench and 550 deadlift to produce a PR total. Photos by Dave Huber courtesy Stan Laws.

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W. Weedman\* 114  
J. Dier\* 3255  
P. Pimentel 230  
D. Camp 185  
123 lbs. 305  
K. Kindsvogel\* 325  
J. Raby\* 325  
D. Bett 260  
D. Halvorson 300  
L. Morris 225  
L. Gill 420  
L. Luna 425  
R. Pace 420  
M. Wehrman 365  
S. Hill 350  
M. Hartz 350  
B. Schneider 535  
D. Clayton\* 500  
L. Matthews\* 420  
C. Sells 400  
M. Lelajo 300  
181 lbs. 575  
S. Sobonya 590  
E. Peterson 505  
P. Ballard 475  
M. Peterson 485  
H. Carey 385  
B. Quist 440  
R. Bense 325  
V. Banks(BL) 630  
P. Hurley 530  
R. Growdahl 490  
B. Shandor 420  
M. Hill 450  
J. Briggs 620  
C. Meyers 630  
R. McDavid 485  
C. Pehl 430  
J. Pitt 430  
H. Chapman 395  
J. Weedman 365  
242 lbs. 770  
M. Berg 550  
M. Scheibe\* 520  
L. Laird 525  
275 lbs. 585  
R. Rane\* 585  
R. Branning 500  
Masters 530  
(S-Howard) 40-44 yrs. 380  
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**Wyoming Power** John Dier (above) won a 375 squat at 114. Though he missed, he still set 4 new state records, maintaining his 550 bench and 550 deadlift to produce a PR total. Photos by Dave Huber courtesy Stan Laws.

245 J. Duhaime 650  
K. Aebolt 290  
M. Picbook 200  
S. Escobar 200  
M. Hunter 200  
W. Strong 395

**USMC Bench Squat**  
27 Feb 87 - Los Altos, CA

147 lbs. J. Chan 170 240 410  
146 J. Profit 160 225 385  
145 N. Jackson 205 145 350  
144 K. Williams 170 155 325  
143 R. Young 145 170 315  
142 R. Young 170 135 305  
141 R. Young 125 160 305  
140 R. Powell 265 265 530  
139 O. Garcia 305 200 505  
138 M. Ortega 305 170 575  
137 J. Tucker Jr. 200 170 370  
136 J. Lusher 140 185 325  
135 M. Northamer 130 210 340  
134 M. Northamer 135 180 335  
133 R. Papanut 280 270 550  
132 K. O'Leary 250 250 500  
131 K. O'Leary 305 225 530  
130 D. Fowkes 230 215 445  
129 V. Sias 255 200 455  
128 S. Stanley 250 160 410  
127 M. Northamer 220 160 380  
126 Meet Director: Bob Gibbs, Referees: Leo Long, Bob Bach, and Greg Grizzle. Thanks to Gold's Gym, Atm. View, CA for the equip. loan, 1st Altio H.S. (Thanks to Bob Gibbs, SSGT USMC, for results).

**Lincoln High Bench Press**  
21 Feb 87 - Des Moines, IA

125 lbs. C. Adams 205  
124 S. Stoflet 280  
123 M. McCleary 240  
122 G. Parker 200  
121 J. Lusher 160  
120 G. Cody 200  
119 G. Worthington 190  
118 G. Lawrence 195  
117 B. Black 320  
116 B. Linn 190  
115 M. Young 315  
114 M. Sterrill 285  
113 R. Samson 200  
112 D. Prince 125  
111 J. Franson 195  
110 S. Brown 295  
109 S. Brown 285  
108 W. Fahlenkamp 240  
107 M. Grubb 315  
106 A. Sauer 230  
105 S. McVoy 290  
104 R. Thompson 220  
103 D. Johnson 290  
102 G. Tesdell 185  
101 T. Thacker 215  
100 C. Tadden 300  
99 S. Johnson 175  
98 S. Johnson 150  
97 S. Johnson 150  
96 S. Johnson 150  
95 S. Johnson 150  
94 S. Johnson 150  
93 S. Johnson 150  
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**Blue Ridge Classic - Hendersonville, NC**  
24-25 Jan 87

Women	SQ	BP	DL	Total
W. Miller	380	210	980	1560
L. Kolar	315	155	385	855
B. Alizer	335	185	305	825
L. Fortunato	330	225	425	980
A. Sargent	310	190	325	825
L. Sargent	230	150	225	605
L. Farabee	260	125	275	660
D. Scott	250	130	230	610
L. Cahin	220	130	230	680
M. Adams	185	170	205	560
P. Popper	525	335	540	1400
R. Pardee	375	285	410	1070
L. Pardee	375	285	410	1070
L. Tate	340	280	380	1000
L. Bloomfield	375	230	300	1105
T. Bolling	370	210	400	980
L. Farabee	260	125	275	650
G. Waddell	300	260	340	900
C. G. Jones	114	114	114	342
D. Deleagati	240	185	275	700
M. McNeill	450	240	440	1130
L. Addy	290	170	385	845
S. Drum	480	315	500	1295
C. Skelton	325	245	400	970
L. Hamner	450	320	470	1240
E. Hamner	475	315	500	1290
D. Hines	425	275	500	1140
L. Hines	465	320	490	1275
J. Siskowitz	430	300	515	1245
L. Siskowitz	430	300	515	1245
S. Pardee	615	405	540	1560
K. Perryman	550	400	575	1525
C. Jones	500	420	555	1475

IF YOU THINK IT'S ROUGH ON HIM...  
THE GUYS WHO HELPED HIM PUT IT ON  
ARE IN THE HOS PITAL...

©1987  
Robert Smith

**Elmira Best Bench**  
28 Mar 87 - Elmira, NY

Women	198 lbs.	200 lbs.
D. Vandellinder	110	460
J. Comerski	365	370
A. Bartsch	150	350
F. Kasulin	145	350
M. Monicelli	145	335
M. Anderson	220	430
P. Wytrwa	170	430
A. Giannino	250	435
C. Collich	300	435
R. Pilla	195	370
C. Zolus	345	345
C. Brown	265	340
B. Whitman	225	242
D. Langan	200	440
J. Gagnon	300	435
J. Hill	240	405
M. Boni	220	355
M. Carrington	200	320
B. Carrington	200	320
M. VanDerKarr	500	500
G. Lee	395	500
K. Potter	340	465
K. Lunde	340	465
D. Abell	310	405
R. Ferro	290	385
D. Little	275	370
R. VanHeet	235	340
E. Halter	470	535
J. Waddy	365	535
G. Whitehair	290	325
M. Esposito	365	325

This was Elmira's 2nd straight power bench contest and each and every meet has proven to be of superior quality. Favorable comments about the meet were received from the participants who were received. Special award went to 181 lb. Mike Phillips, for his tremendous come-back after an operation, with a 470 lb. bench. I want to thank the following for their assistance in the meet and expertise: Southampton Fitness Center, Corinne Bibe Works, Chuck Buzzetti, Pete D'Arcangelo, Bruce Starnets and to my spotters, scores, We have a special thank you to the meet better for new meet thanks to Mike Carrington, Director, and Doris Farmer, Southampton Fitness Center, for results.









ADEFA National Collegiates			
11 Apr 87 - Eau Claire, WI (kilos)			
Women's	SQ	BP	DL Total
B. Fujimoto	115	47.5	115
D. Paik	100	50	105
M. Bowman	100	50	105
L. Haugland	132.5	62.5	132.5
M. Haggman	141	55	136
B. Barfine	97.5	65	132.5
R. Clark	87.5	42.5	127.5
B. Fink	97.5	47.5	112.5
L. Erbe	97.5	55	120
L. Eron	100	55	100
D. Enslin	100	55	105
J. Francis	117.5	82.5	142.5
L. Ferguson	127.5	77.5	142.5
M. Mullins	115	70	122.5
L. Boldin	147.5	100	192.5
D. Coody	162.5	82.5	187.5
D. Gibson	200	132.5	200
J. Santoliquito	160	115	175
J. Ross	150	95	190
M. O'Neil	217.5	130	217.5
M. O'Neil	205	145	212.5
L. Sampadro	207.5	122.5	220
C. Yantz	195	120	227.5
C. Yantz	195	120	227.5
C. Burmeister	182.5	115	200
M. Friday	217.5	185	235
M. Johnson	247.5	205	247.5
J. Johnson	215	160	242.5
J. Ragnese	225	152.5	220
J. Coody	212.5	137.5	242.5
R. Ferro	222.5	122.5	225
F. Rhine	190	132.5	205
181 lbs.	272.5	145	272.5
T. Scheurman	275	150	265
J. Ehrington	255	130	270
B. Swinney	237.5	157.5	252.5
198 lbs.	235	130	240
D. Henry	277.5	180	260

Jim Voronin is a very slender lifter and will be outstanding when he lifts out at about 240-260. Brenda Fink for the title. Sean Broeze doublelifted in general. Overhead the Air Force coach talking about holding the meet next year and I am sure that he will be a very successful lifter and giving us this wonderful opportunity. See you all in June at the 1987 Nationals in Eau Claire, WI. (Thanks to meet director Lee Greaser for results.)

**Milwaukeeke Marshall Invitational**  
14 Mar 87 - Milwaukee, WI

	SQ	BP	DL	Total
114 lbs.	225	145	285	655*
C. Ferris	170	165	210	545*
S. Mantel	160	100	240	500*
R. Lambrecht	135	70	190	395
J. Brockbauer	210	150	285	645*
J. Oberlander	200	200	300	500*
143 lbs.	240	225	390	855*
D. Taylor	260	165	400	825
J. Studzinski	250	230	315	795
T. Leaser	260	195	300	755
153 lbs.	175	175	250	580
J. Velez	320	210	375	905*
C. Hanson	305	210	325	840
M. Stutzinski	265	220	340	825
M. Stutzinski	265	220	340	825
E. Landry	245	195	350	790
J. Von Peterson	260	220	300	780
165 lbs.	275	225	405	1000*
N. Glaser	300	220	370	890
J. Armano	300	220	370	890
M. Hagan	275	200	345	820
T. Mordis	275	200	345	820
M. Kluth	280	190	325	795
181 lbs.	430	290	420	1140*
R. Borchart	320	280	330	930
M. Myszwski	320	280	330	930
J. Magies	310	230	355	895
R. Reed	350	250	375	875
198 lbs.	350	210	410	865
K. Armstrong	350	255	435	1035*
C. Coleman	335	240	370	945
200 lbs.	400	260	400	1060
B. Slack	260	220	360	840

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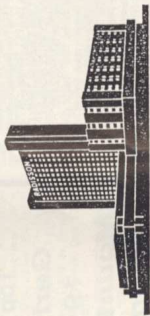
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 National Committee Meeting  
 Saturday, June 27  
 9:30 AM 114-148  
 2:30 PM 165-181  
 Sunday, June 28  
 9:30 AM 198-220  
 2:30 PM 242-Shwt  
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Beta-Sitosterol . . . . . 5145 mcg	Orchic . . . . . 1000 mg	Oleic Acid . . . . . 698 mg
Campesterol . . . . . 3065 mcg	Prostate . . . . . 120 mg	Palmitic Acid . . . . . 263 mg
Stigmasterol . . . . . 1745 mcg	Heart . . . . . 200 mg	Eicosanoic Acid . . . . . 11 mg
Other Naturally Occurring Sterols . . . . . 200 mg	Hypothalamus . . . . . 60 mg	Linolenic Acid . . . . . 109 mg
Other Sterols . . . . . 200 mg	Pancreas . . . . . 120 mg	Stearic Acid . . . . . 56 mg
(26,103 mcg. of STEROLS)	(5,000 mcg. of GLANDULARS)	Myristic Acid . . . . . 5 mg
<b>ELECTROLYTES:</b>	<b>NATURAL ENERGY STIMULANTS:</b>	<b>TRACE MINERALS:</b>
Calcium . . . . . 200 mg	Octacosanol . . . . . 1650 mcg	Silicon, Silver, Lithium, Strontium, Chlorine, Cobalt, Sulfur, Nickel, Titanium, Barium, Sodium, Vanadium, Boron, and Aluminum
Magnesium . . . . . 100 mg	Bee Pollen . . . . . 1000 mg	
Potassium . . . . . 99 mg	Korean Ginseng . . . . . 100 mg	
	DNA . . . . . 30 mg	
	Royal Jelly . . . . . 30 mg	
<b>HERBS:</b>	<b>AMINO ACIDS:</b>	
Capicum . . . . . 100 mg	Arginine . . . . . 1200 mg	
Dandelion Root . . . . . 100 mg	Lysine . . . . . 800 mg	
Garlic . . . . . 100 mg	Plus 8 Essential Amino Acids:	
Ginseng . . . . . 100 mg	Phenylalanine . . . . . 30 mg	
Gota Kola . . . . . 100 mg	Valine . . . . . 38 mg	
	Threonine . . . . . 34 mg	
	Methionine . . . . . 20 mg	
	Lysine . . . . . 34 mg	
	Isoleucine . . . . . 30 mg	
	Tryptophan . . . . . 8 mg	

### GAMMA-ORYZANOL

Now you can make **GAINS** the **SAFE** and **NATURAL** way. Researched by scientists, **GAMMA-ORYZANOL** is the latest breakthrough in the search for a **SAFE ALTERNATIVE** to **ANABOLIC STEROIDS**.

**EACH CAPSULE CONTAINS:**  
Gamma-Oryzanol . . . . . 50 MG.  
100 CAPSULES — 7.50

### INOSINE 500 MG.

The 1968 Olympic Games in Mexico City created much interest in finding a safe substance that would assist athletes in performing at their peak ability. The research produced the discovery of safe, naturally occurring nutrient called **INOSINE**. **INOSINE** has been shown to increase red blood cell count, reduce fatigue and in improving strength and energy levels.

**EACH CAPSULES CONTAINS:**  
Inosine . . . . . 500 MG.  
60 CAPSULES — 8.95

### MEGA GH FORMULA

A blend of amino acids that has proven beneficial in burning fat and in the building of muscle. Thousands have used this approach to weight loss and good body tone.

**EACH TABLET CONTAINS:**  
L-Arginine . . . . . 500 MG.  
L-Ornithine . . . . . 500 MG.  
L-Lysine . . . . . 500 MG.  
100 TABLETS — 11.95

### AMINO ACID 1000

This exciting product provides 1000 MG. of protein per capsule derived from a blend of **FREE FORM** amino acids. **PEPTIDE BOND** **AMINO ACIDS** for optimum assimilation. **AMINO ACID 1000** contains nineteen amino acids including the ten **ESSENTIAL** **AMINO ACIDS**.

#### AMINO ACID PROFILE PER CAPSULE

L-Ornithine . . . . . 93 mg	*L-Valine . . . . . 25 mg
L-Arginine . . . . . 94 mg	L-Serine . . . . . 25 mg
*L-Lysine . . . . . 95 mg	L-Tyrosine . . . . . 42 mg
L-Tryptophan . . . . . 42 mg	*L-Histidine . . . . . 75 mg
L-Glycine . . . . . 125 mg	L-Aspartic Acid . . . . . 25 mg
*L-Phenylalanine . . . . . 42 mg	L-Glutamic Acid . . . . . 25 mg
*L-Methionine . . . . . 25 mg	L-Cysteine . . . . . 34 mg
*L-Isoleucine . . . . . 75 mg	L-Proline . . . . . 42 mg
*L-Leucine . . . . . 50 mg	L-Alanine . . . . . 25 mg
*L-Threonine . . . . . 34 mg	

\* The ten essential amino acids.

100 CAPSULES — 9.95

#### TO ORDER

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