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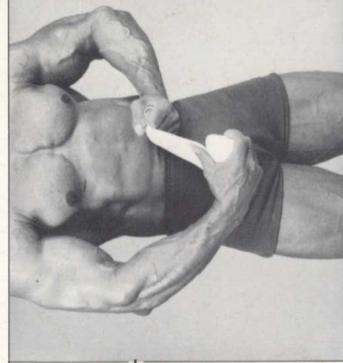
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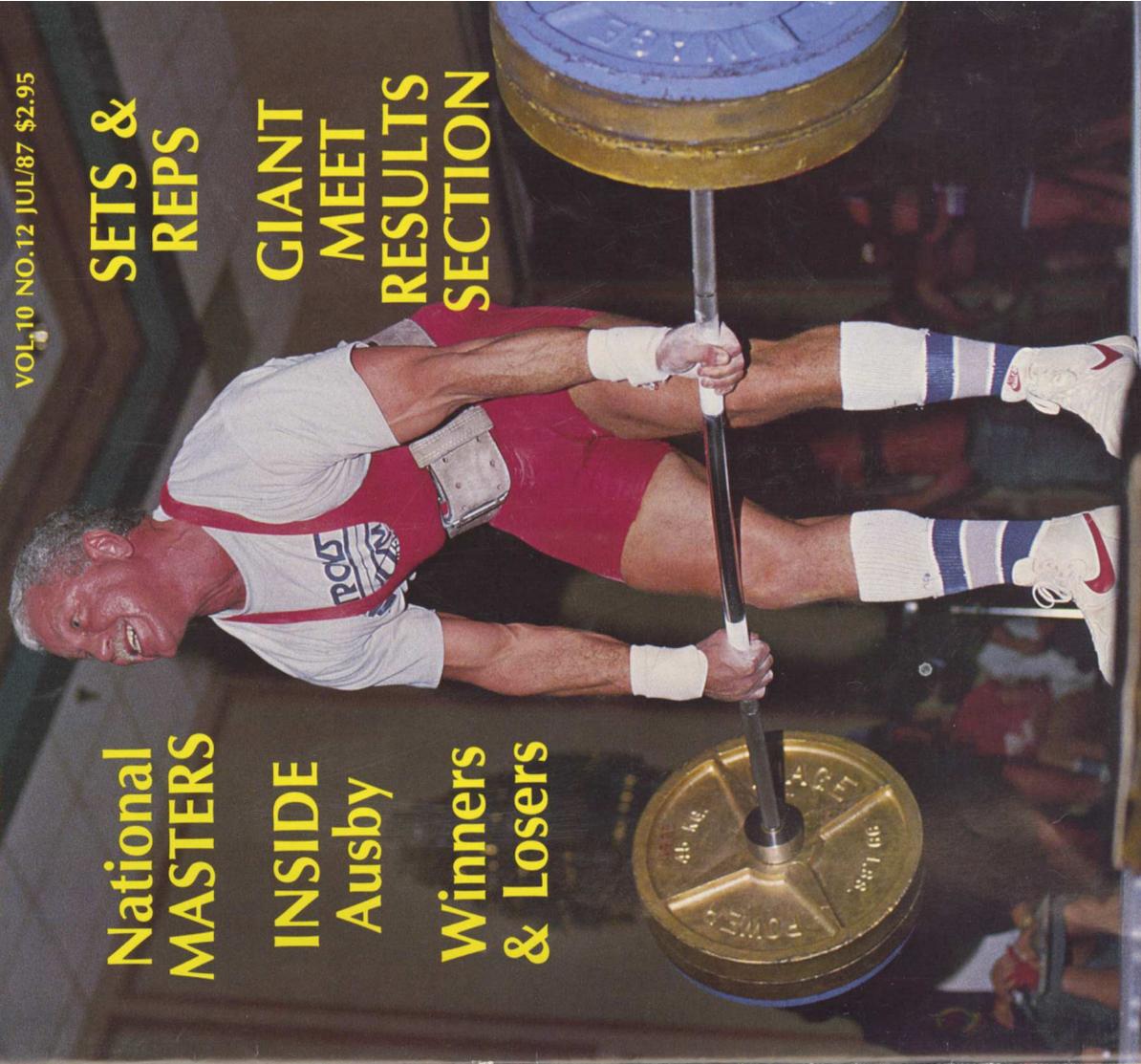
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155	115	120	125	130	135	140	145	150	155	160	380
160	120	125	130	135	140	145	150	155	160	165	390
165	125	130	135	140	145	150	155	160	165	170	400
170	130	135	140	145	150	155	160	165	170	175	410
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745	705	710	715	720	725	730	735	740	745	750	1555
750	710	715	720	725	730	735	740	745	750	755	1565
755	715	720	725	730	735	740					



Dr. Richard Herrick...with his sons in the background and fellow lifter Ronnie Capahart at right. He still shows the pride, determination, and precision in his lifts that made such a mark on the sport 2 decades earlier.

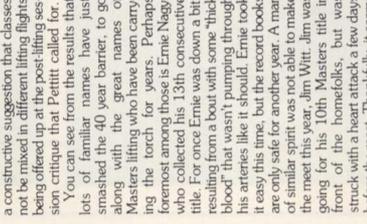
You might drop him a note at 1144 Peavy Rd., Dallas, Texas 75218 to let him know we are thinking about him. Jim is like Powerlifting's taproot, in Texas as well as nationally. He was the sport's 1st National Champion, and his wife mentioned Ronnie Ray since he was 17!

With 3 National Masters meets going this year, the turnout was still quite good for this specific contest. Among the "youngsters" who just turned 40, there was Gordon Santie (great lifting and he wore a tux to judge in), Larry Eggleston (literally lifted anyway and came up 3rd in a tough division; the 1988; 40-44).

The Airport Marriott in Irving, Texas, an excellent venue, where the 1986 Juniors were held, and people had many more national meets if they didn't mind the heat. Mike Pettit, Ben Eden, Glen Vanaman, John Pettit, and myself, along with other lifters, met with some good ideas. With only a constructive suggestion that classes not be mixed in different lifting flights being offered up at the post-lifting session, it came to a close.

You can see from the results that lots of familiar names have just smashed the 40 year barrier, to go along with the great names of Masters lifting who have been carrying the torch for years. Perhaps foremost among those is Ernie Nagy, who collected his 13th consecutive title. For once Ernie was down a bit, resulting from a bout with some "thick blood" that wasn't pumping through his arteries like it should.

It is easy to see that the record books are only safe for another year. A man of similar spirit was not able to make the meet this year, Jim Witt. Jim was going for his 10th Masters title in front of the homefolks, but was struck with a heart attack a few days before the meet. Thankfully, it seems he will recover. Jim bought Brute Force Manufacturing from Mike Sekulich in Utah a while back, and



CONGRATULATIONS!...fellow Oklahoman and Master lifter, Don Jones (left), shakes hands with Glen Gill after his excellent 429 bench.

U.S.P.F. National Masters/16,17 May 87/ Irving, TX

Table with columns: SQ1, SQ2, SQ3, BPT1, BPT2, BPT3, Sub, DL1, DL2, DL3, Total. Lists names and scores for various weight classes.

Table with columns: C. Thomas, B. Strang, J. Hadden, T. Eldridge, J. Egglebert, B. Mooney, J. Salinas, C. Nicol, E. Schmuck, D. Starr, J. Vernacchio, J. Vercauteren, D. Swan, E. Riley, H. Hudson, H. Williams, SHW, G. Webber, 55-59 yrs., 148 lbs., 165 lbs., D. Miller, A. Montini, D. Boyer, 181 lbs., J. Leno, B. Rosefield, E. McCough, G. Manly, R. Carter, D. Johnson, J. Kress, P. Haberman, G. Tornberg, R. Murphy, 242 lbs., 507 540 562, 314 336 352, 876 507 529 551 1427

Table with columns: J. Hubbard, B. Bonner, A. Boyer, J. Randeria, C. Lee, F. Barrett, S. Robak, 70-74 yrs., 148 lbs., 165 lbs., B. Brand, J. Kurpiel, G. Stevens, S. Pendley, 80 plus yrs., 165 lbs., J. Messer, Women, J. Farabee, D. Bond, A. Boyer, 123 lbs., K. Reagan, J. Sheinitt, P. Harriman, S. Cox, D. Dwaney, G. Paillo, 132 110 121 132 264 253 303 ... 567

they really are and who perform 20-30 years younger than their age. Take Jim Lem. He's almost 60 years old, and he's not losing a thing (except one of his 50-54 age group squat records which Tom Eldridge was able to nail). Larry Kidney took an easy opening squat on a tender leg, won by over 200 pounds, but his sights are really set on the Seniors, in open competition with lifters that could be half his 47 years. Russ Murphy, Coach Murphy to you footballers, continues to eat up record certificate stock, and he could pass for 36, instead of his 56 years. Larry McCauley, SIXTY, it can't be, but it is. Charles Lee, breaking records at SIXTY SIX, impossible. Joe Kurpiel, SEVENTY THREE, no way! Jim Messer, EIGHTY ONE. What's with these guys? Hey, they're powerlifters. They decided long ago that they enjoyed what they were doing with weights and couldn't think of a good reason to stop.

And why should they? The Masters is the friendliest of power meets. Sportsmanship is a tradition and in great spirits, telling tales of how his close resemblance to former IRON MAN publisher Peary Rader had led to some interesting situations over the years. Nate Foster, with his "new" kidney and other assorted equipment in place, regaled those who would listen of the madcap medical mayhem it took to get him that kidney transplant, which could put him back on the lifting platform in the near future. Larry Eggleston did a lot of controlled, precise judging after his surprisingly wild abandon on the platform in the first session, but I've never seen him enjoy himself more. Powerlifting needs these Master lifters. Their spirit shows us why people start lifting weights in the first place: for the pure FUN of it! The City, so like up those creek beds, and have you some fun by joining Jan and Lynda Shendow to lift or watch!

Not just the athletes make the Masters program a winner. The officials are more than just an integral part of the event. The officials are more than just an integral part of the event. The officials are more than just an integral part of the event.

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Tony Johnson was miffed at not getting the big squat and total he was good for. He's a football coach, but his team has a bye week of the World Masters in Peru, and Tony may try to get down and compete.

part; they are some of the greatest fans. Masters lifting has. Masters Chairman Don Haley was on hand and in great spirits, telling tales of how his close resemblance to former IRON MAN publisher Peary Rader had led to some interesting situations over the years. Nate Foster, with his "new" kidney and other assorted equipment in place, regaled those who would listen of the madcap medical mayhem it took to get him that kidney transplant, which could put him back on the lifting platform in the near future. Larry Eggleston did a lot of controlled, precise judging after his surprisingly wild abandon on the platform in the first session, but I've never seen him enjoy himself more. Powerlifting needs these Master lifters. Their spirit shows us why people start lifting weights in the first place: for the pure FUN of it! The City, so like up those creek beds, and have you some fun by joining Jan and Lynda Shendow to lift or watch!



TOP GUNS of the TOP GUN Team, which took the Men's title over the Valley Forge team 80 points to 42; (left) Gordon Tomberg, Tony Teets, Carl Nico, Phil Neiver, Tom Eldridge, Gordon Santie, Chet Thomas, Brian Meek, Tom Gun took the Women's team title as well, with 48 points.



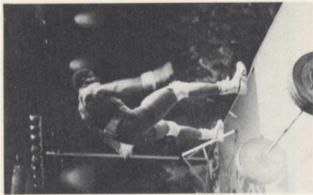
Ausby's diet is effective, but it isn't easy. He's miserable in the final days of the battle, and prefers to share his misery only with someone else who's dropping weight at the same time. When he and his wife go to a meet, they take separate rooms, for at this time, mild mannered Ausby becomes more than a little irritated.



Ausby used to train like most other lifters, often and hard, and he got quite far with that method, to the threshold of national prominence, but there he stalled, stymied my many small injuries. His great friend Gene Bell took him aside and passed on some of the lessons he had learned. Ausby began training only 3 times per week. Each training session lasted no more than 1 1/2 hours, and he trained only one lift per week. It sounds radical. Most lifters don't have the fortitude to give it a chance. Ausby does, and those 4 days of rest each week mean that he recovers beautifully from those short, but intense, training sessions. Monday is squat day, but only 8 sets are done. He follows this with 3 sets of 10 reps in the leg curl, leg extension, leg press, calf raises, and abdominal crunches with a 35 lb. plate held behind his head. Wednesday is bench day. Again, a mere 8 sets for the main course with 3 top sets of 5 reps each being the top sets. Assistance work includes 3 sets of 5 reps in the close grip bench, 3 sets of 8 reps in the incline press, 3x10 in the triceps extension, 3x8 dumbbell curls, dumbbell raises, and heavy dips. He works his abs again, and also does some hyperextensions. 15 minutes on the exercise bike are followed by a sauna session on each workout day. Friday is deadlifts, 8 sets once again, followed by 3x10 in shrugs, rows, cable rows, 1 arm rows, crunches and hyperextensions. In the conditioning phase of the routine, he'll work high-bar squats, and then go into the conventional form lifts. 3 weeks out from a meet he drops the assistance work.



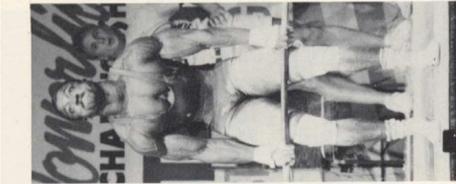
When backed up by a training partner like David Brown, it's hard to miss a rep. David, a fellow Marine and a very strong bodybuilder, keeps talking to the Ausby Man, before - during - and after a set.



I've seen an Ausby Alexander workout. He's been thinking about it for days in advance. Those rest periods make you hungry to hit the weights. He knows almost exactly what weights and reps he'll be able to make before he walks in the door. It's all been pre-visualized. The remarkable thing about Ausby, and his training buddies David Brown and Sly Anderson is that they are not just strong. They are all in superb cardiovascular shape. After a limit set of squats, most of us are huffing and puffing, perhaps for several minutes, in recovery. These guys are tired after a set, but are not breathing hard to any noticeable extent. A long term, high intensity power program can bring cardiovascular benefits. As a Marine, Ausby has to pass the test of a 3 mile run for time periodically. He doesn't even train for this commitment. His weight regimen keeps him in condition to come in well under the limit. Ausby's training time requirements are minimal, so he's able to enjoy many other sports and other activities to round out his life.



Ausby's appreciation for the benefits of hard work come from his childhood, on a farm in the South. He and his family raised animals and grew a variety of crops. The land is still in the family, and Ausby helps pay the taxes on it, hoping to return one day. His first marriage did not last, and Ausby cites the harsh demands of a new Marine, months away from home. His new wife is a Marine, and is expecting a child later this year. They both come from small towns around Atlanta, and Ausby loves to visit there when he can. He's friends with lots of sports stars, like Lee Haney, and says hello to him as well when in Atlanta.



What really bothers Ausby is when you tell him he can't accomplish something athletically; from riding the bench in high school level football and basketball because somebody said he was "too small", to disbelief at 148 because they said he was "too tall". Give him credit for transcending the limited imagination of others and staying true to his own. If Ausby had the structure of Joe Bradley, who knows what he'd do. As it is, he feels he could have done as much as 1763 as a lightweight.



The Olympics - 1988. The Commandant of the Marine Corps wants Ausby to try out for the overhead lifts. "Although rapidly increasing in popularity, powerlifting does not enjoy the recognition of the U.S. Olympic Committee. This denies superior athletes, such as yourself, the opportunity to perform in the showcase of amateur athletics, the Olympic Games. I would like to know your thoughts about the possibility and potential of transitioning to Olympic Weightlifting for the purposes of ultimately training for Olympic level competition." Ausby may give it a try, after Norway.



For drugs in Powerlifting, the message is clear. The Marine Corps has a policy: if you flunk a steroid test, you are up for Court Martial. With years in the Corps, Ausby knows they will make a harsh example of the first guy to cross that line.



Ausby Alexander is as remarkable a human being as he is a lifter. At Camp Pendleton (a huge facility, 20 miles from the northernmost entrance gate to the gym where Ausby trains) where he is stationed, Ausby is treated royally. The men, enlisted and officers, know and respect him. He's done his share of survival assignments in the back country of the base, but now the Marine Corps sees his value in public relations. Though he is a Military Policeman, he is assigned to Special Services, and he puts on exhibitions and seminars, on-base and off. He wants the world to know about Powerlifting, and the promotion he does for the sport is not self-promotion, but in a natural, unforced manner. He is the focus of attention, and good things are coming his way. A nationwide recruiting tour, at his suggestion to the Marine Corps Command, is in the works. Can you imagine the kind of attention he will receive at high school assemblies when he pulls up a 700 pound deadlift? On the spiritual side, he recently appeared at a revival meeting, with professional sports stars like Steve Garvey and Wendell Tyler, putting on a deadlift demonstration (he didn't skip his regular deadlift workout earlier the same day, however) and then speaking to the crowd. His philosophy of life, including the challenge of Powerlifting, is founded in an almost Puritan work ethic. He's had three local television stations do stories on him, and there's a big article in the works at the major San Diego newspaper. He is so well known in his community. People, civilians even, driving up the hill to the condo development where he lives, see him on his patio and wave, from hundreds of yards away. You can even see his diligence in his car, a bright Henna Red BMW, meticulously detailed and maintained, appearing showroom new.

Words that Ausby lives and lifts by: "If you don't believe in yourself, nobody else will either." "Most people are their own worst enemies" when it comes to placing limits on their own possibilities. "Be the Man You are Supposed To Be."

"Let everyone know about your sport, Powerlifting, and when something good comes along, they'll think of you." "Tell me it can't be done. Eventually, I'll make a believer out of you." "What I do speaks for itself". When he holds his hands over his head prior to a lift "Actually, I'm praying that I lift this weight, and that I don't get hurt doing it." "Don't let other people dictate to you. Believe in what you're doing. Your mind is very strong. It's your greatest asset, but you'll never excel unless you use it."

On sponsorship: he never lifts without it. They key is to have a professionally prepared resume of your accomplishments and present yourself to prospective sponsors in a responsible manner. Recently, he's been sponsored by Natural Alternatives, who produce the Fitness Builder line of vitamins.



Vision, Determination and Faith in God Ausby Alexander

Thanks - Ausby welcomes the chance to show his appreciation for the friends who have supported him along the way. Gene Bell has been like a brother to him. When others scratched their heads, or even scoffed, as Ausby told them he was going to go 1700 at 148, Gene was right behind him - believing that Ausby can do whatever he sets his mind to. This is by no means a comprehensive list, but Ausby wanted to make a special note of thanks to Larry Mistic and Tom Eiseaman for their assistance at the Hawaii meet. Larry, of course, also handled Ausby's chief competitor, Jesse Jackson, so his contribution was very notable. Ausby also thanks the principals of his sponsor, Natural Alternatives, Mr. Mark LeBoux and Mr. Bill Spencer. They've been wonderfully supportive. The United States Marine Corps could not have been better, from Col. Brinkman on up, and Ausby's wife, Debbie, "is so strong" in her own way as his most personal support system.



★ WHO'S WHO IN POWERLIFTING ★ Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



Training for 3 years, Robert Boerth, 34, is a Southwestern Powerlifter at SHW, with an 1865 total. He works out at Berson's Health Club in Brooklyn, NY.



Capt. Ed Burfkin, 30, a KC-135R navigator at Robins, GA has best lifts of 725-430-660 at 220. He holds the Georgia ADFPA squat record and despite a busy schedule, the father of 3 won his class at a base bodybuilding meet, hit over 500 in softball and competes in other sports.



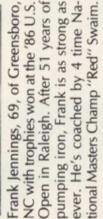
Bev Francis has come a very long way from her early attempts in bodybuilding (above). Her latest triumph was a victory at the World Women's Professional Bodybuilding Championships in Toronto, Canada where she won over an excellent field which included Anja Langer, Dominique Dardé, Diana Dennis, Magro Spelin, Sue Anne-McKean, and Juliette Bergman. Now she has achieved world champion status in both bodybuilding and powerlifting.



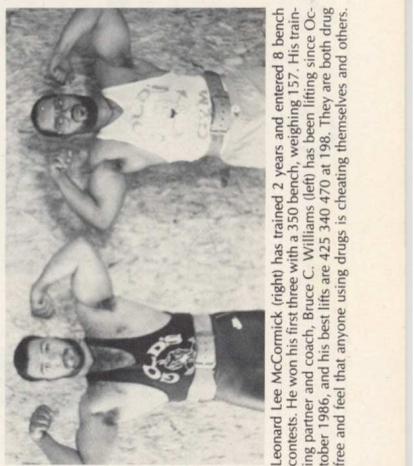
Crant Pitts, 21 of Hickory, NC got a Southwestern Powerlifter Record 965 bench at SHW. Now he's training for 600. Photo and info by Melaine Cole



Bill Omundson recently retired from competition due to medical disability. He lifted for 15 years and is well-known for his dedication to the sport and to a drug free environment. The athletes of Hermantown, MN have benefited from his volunteer coaching, and on the occasion of his 53rd birthday "Since there is no monetary reward for Bill's time, we send our appreciation for what you have accomplished at Hermantown High School." Special thanks from Hermantown H Club, Hermantown Football, Hermantown Powerlifters, Gary Bowen - Athletic Director, and Henry Chwastek, training partner.



Frank Jennings, 69 of Greensboro, NC with trophies won at the 86 U.S. Open in Raleigh. After 51 years of pumping iron, Frank is as strong as ever. He's coached by 4 time National Masters Champ "Red" Swaim.



Leonard Lee McCormick (right) has trained 2 years and entered 8 bench contests. He won his first three with a 350 bench, weighing 157. His training partner and coach, Bruce C. Williams (left) has been lifting since October 1986, and his best lifts are 425 340 470 at 198. They are both drug free and feel that anyone using drugs is cheating themselves and others.

Howard Stupp has won 3 National Masters titles, and may be the oldest man ever to pull over 500 pounds in the deadlift, at 75 years of age. In 1985, he pulled 501 pounds. This year, at the A.P.F. Masters Nationals in Ft. Knox, Kentucky, he pulled 507 lbs. Next year, he says he'll do more. He trains at Larry Pacifico's gym in Dayton, Ohio and has even appeared in Larry's ads in PL USA. Howard used to be a professional wrestler under the name of "Chief White Owl!". Thanks to Larry Pacifico for photo and information.

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TRAINING

as told by Fred Hatfield, Ph.D.



The weakest and oldest among us can become some kind of athlete. But only the strong can survive as spectators. . . . John A. Bland, MD

The good doctor is a man after my own heart. He went on to describe how only the hardest can withstand the perils of inertia, inactivity and immobility, all of which raises some rather pointed questions in the social sphere of sports and fitness.

Why, for example, do surveys show more and more Americans opting for the fitness lifestyle while, at the same time, they neglect the fitness needs of their children?

One young SPORTS FITNESS fan wrote: "I'm a 14 year old, and my parents both compete in powerlifting. I love to lift weights, but they tell me I can't because I'm too young. Is this true? What are the reasons why I can't do what they do? How old do I have to be?" J.B. (Dayton, OH)

Intrigued by this young man's self concern, and his parent's apparently misguided concern for him, I started to ask friends of mine who were active in their offspring as the Ohio couple are.

To my surprise and dismay I learned that such concerns are not only common, but are as widely held in Dayton. Children in this country are apparently not being as physically active. I learned that the reason for this lack of encouragement is the fear that strenuous sports and lifting weights could be harmful to prepubescent youngsters.

So can inactivity. So can the drug use, delinquency and ill health pathology spawns. It's a shame that parents don't heed the dire warnings from the President's Council on Physical Fitness, or the admonishments from Dr. John Bland. It's a shame that parents don't understand the difference between competing (which could potentially lead to injury among prepubescent children in some sports such as weightlifting or powerlifting) and participating.

My position regarding the appropriate use of weight training among prepubescent youth is well known (I even wrote a book on the subject) and I continue in my belief that a carefully devised weight training program for children can be of immense benefit. Invite you to write to the National Strength and Conditioning Association, PO Box 81410, Lincoln, NE 68501, for their very scientific and updated position paper on this vital subject.

As for you, J.B., show this article to your parents. You've been halted long enough, my man!

Now on to a more troublesome matter which I continue to be harangued by, Anabolic steroids. I picked out a typical letter, one just like all the rest I get weekly: "I want to become a great athlete, and all my friends say that I have potential, and that I should use steroids. I don't want to because I hear they're bad for you. Can you either direct me to a physi-

possible, allowing for the 1:2:3 rule-of-thumb. That is, one part of your daily calories from unsaturated fat sources, two parts of your daily caloric intake from good quality protein sources, and the remaining three parts from high quality complex carbohydrates.

4. Monitor your bodyweight carefully, and soon you will know exactly how many calories per day you need to gain or lose weight. Each meal should be roughly similar in its caloric value.

5. On days that your training is hard, increase your caloric intake to promote growth and support energy requirements.

6. On days that training is light or absent, reduce your caloric intake to the barest requirements. Your body will store extra calories as fat on light training days, and burn muscle on hard training days if your caloric intake is too low to support your energy needs.

7. Never try to gain or lose weight any faster than one pound per week (preferably one pound every two to three weeks). At a rate of one pound per week, you need to decrease your caloric intake by a mere 500 calories per day to lose weight, and increase it by the same margin to gain.

So, the main keys to this approach are: 1) many, small meals per day, and 2) varying your caloric intake to match your activity level. The nice thing about this approach is that you never have to go hungry or gorge yourself to lose or gain weight, respectively.



Sylvester Anderson, with a California State Record of 782 in the 1988, can who prescribes them for athletes or at least help me make this decision?" (Name withheld)

The immediate ill effects of steroid use are well known. The long term ill effects are not as well documented and the proverbial jury is still out. In my opinion, you should never use steroids, although I must admit that my primary concerns are not centered on the potentially hazardous physical ills that may befall you. My primary concern is for the seeming loss in moral fiber among the competing athletes in this country. Putting aside the scare tactics of the anti-steroid crusaders, and the immense pressure stemming from the public and media at large for athletes to excel, we are faced with the naked truth. The truth is that drug misuse and abuse have no place in sports. Sports are one of the last bastions of socially pristine endeavor, and the sacrosanctity of the sports arenas of our world should never be so sullied.

But the only way this preservation process will ever happen is if we, as a society, begin to realize that crusading, lying and misguiding our youth will not rid us of this scourge. Neither will drug testing or educational programs. No, I believe that we'll get rid of drugs in sports only by tending to the moral and ethical fiber of our youth, instilling in them a desire to maintain the purity of sport. And it won't get done by our

It's true that there is a hereditary component to our abilities to put on muscle and take fat off. However, this hereditary factor can be overridden by careful application of scientific dieting practices.

Take a lesson from some of the world's top bodybuilders, who almost instinctively diet properly to get that super-lean, muscular, hard appearance they've become famous for. Here is an approach that you've probably never heard of before, but works remarkably well in solving problems like yours:

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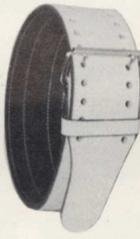


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Deprivation Tanks From Brainwashing to Psychic Therapy

by Dr. Judd Biassiotto/Amy Ferrando



Relaxation is a key aspect of the means by which top lifters like John Inzer (above) prepare for record breaking performances. Photo by Ed Douglas.

The widespread understanding of the concept of "brainwashing" can to a great degree be credited to a fictitious book by Richard Condon entitled *The Manchurian Candidate*. The book, which became an instant best seller, narrated a story about an American soldier who was captured in Korea and brainwashed by a secret mind control method devised jointly by the Soviets and Chinese. Through this secret process, the soldier was transformed into a remote-controlled assassin programmed to kill the President of the United States. The book, though fictitious, had such an impact in the Western World that many of its governments actually feared that the Communists would devise such a technique. This fear was fed by reports that some American soldiers had, indeed, been "brainwashed" in adopting Chinese doctrines.

The fear that the Eastern World may possess a psychological magic that could transform flag-waving Americans into Communists had a rather sudden impact. Before you could say "brainwashing," the American government initiated plans for their own Manchurian candidate. With government blessing, the CIA began experimentation designed to eliminate the free will of man. The majority of these experiments dealt with isolation and sensory deprivation. One of the more successful techniques, devised by a behavioral scientist named John Lilly, was known as the deprivation tank.

A deprivation tank is a large enclosed basin that is filled with a dense salt water solution. The salt water allows the subject inside the tank to float in a type of suspended animation. Generally, the water in the tank is kept at the subject's exact body temperature, a mask is worn to block out audio and visual stimuli, and a diver's air is pumped to inhibit sensory input from skin receptors. In scientific terms, the first used in 1954 by the National Institute of Mental Health (NIMH). Subjects who were submerged in the tanks for as little as two hours reported hallucinations and long "black periods" in which they were unable to engage in any type of cognitive thought. As you might expect, the longer the period of sensory deprivation, the greater the subject's desire for sensory stimulation. Consequently, sensory stimulation becomes a strong reinforcer for sensory deprived individuals and was used as such to mold behavior as desired. For instance, the more sensory deprived the subject becomes the more likely he was to act in accordance with the experimenter to get sensory stimulation. The results of the NIMH experiments were all in accord, indicating that indeed an individual

Although current research seems to indicate that flotation tanks are valid instruments for enhancing performance, more research is necessary before such a judgement can be made unequivocally. Still, it seems that in the very near future, flotation tanks will be used in psychiatry and sports as a means of treatment.

POINTS TO PONDER

1. Subjects who underwent complete sensory deprivation in flotation tanks were observed in making profound changes in their attitudes and values.
2. Subjects who are brainwashed through sensory deprivation usually returned to normal once they are returned to their normal environment.
3. Sensory deprivation tanks have been used to successfully treat individuals suffering from anxiety, depression, fear, and alcoholism.
4. Sports psychologists are now experimenting with flotation tanks to enhance athletic performance.
5. Although more research is necessary before a definite statement can be made concerning the effectiveness of using flotation tanks to enhance human behavior, the current experiments indicate that it is a very viable form of treatment.



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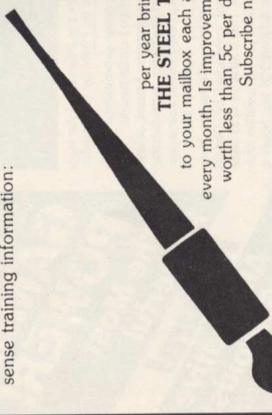
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Response

Mr. George Elder, strength coach at the University of New Hampshire, took issue with comments I made regarding plyometric exercise in the April issue of *PI USA*. Let me first state that Mr. Elder has misinterpreted my tone. I have, over the nine and one half years I have written in this magazine, stated that there is no "one way" to get strong, and there is certainly more than one way to condition an athlete for a competitive season. However, it has also been my experience, and that of others, that some ways are at least more efficient, perhaps safer, more enjoyable, and offer less long term risk than other methods or specific exercises or concepts. Perhaps it is the type of personality that is attracted to the strength sports as a life time endeavor, some with a public forum and some without, seem to believe that anyone expressing training ideas different from theirs is "wrong". I know there is no particular training methodology that is the exclusive means to achieve the end of improving strength levels and athletic performance, thus there was no purpose to, nor did I intend to "vent my spleen". I do hold negative views of those who are in a position to influence the young and/or impressionable and do so for their own egotistical or financial benefit, while failing to explain that options exist and that there are potential physical risks inherent to certain programs or procedures. At one time or another, I did some of the things I now see as being dangerous, or "less safe" than other things, thus, I have the advantage of having learned that much of what I once did was "correct", but this has not led me to personal attacks against those who believe otherwise. They too will change, in one direction or the other, in time, as almost everyone does with the advent of additional knowledge.

Based upon my experience, and those of coaches at many major university and professional football programs, I do not believe that the safest and most efficient way to condition a player for on the field activity is via plyometrics. A two hundred sixty pound adolescent is at risk on the field, and takes that risk willingly. He is conditioned for the physical abuse he will be exposed to through contact work in practice, for this is the only way to condition a player for the rigors of the game. Depth jumping and bounding may give inordinate stress to the connective tissues of the lower extremities and back, but for what purpose? The time, in my opinion, could be better spent getting that athlete muscularly larger, stronger, with improved running and movement skills, than it would be spent if plyometrics or other potentially dangerous activities were done. Contact in practice and on the field is potentially dangerous enough without adding to that risk.

Many programs do the types of things I think are potentially dangerous and win, with little damage to their athletes. Many more cause injury to a great number of young men. Some programs do many of the things that I consider to be prudent, and their players also get injured. In either case, the purpose of the program must hold the protection of the young athlete as the most important priority, and I do not believe that the inclusion of plyometric type exercise is consistent with this belief. However, it is not my intention to try and alter the thinking of those who are steeped in a particular approach to training, nor should any of my writings be interpreted as doing so. I am strong in my beliefs, however, and an adamant about their physical conditioning. I have no doubt that the strength of my beliefs is reflected in anything I write, but I'm smart enough to spend my time and energy in pursuits more relevant than attempting to change the thinking of those who incorporate their self esteem and/or livelihood into their beliefs about physical training.

Rather than look for Mr. Elder as a publisher of *POWERLIFTING USA*, I can only advise Mr. Elder and all other readers of *POWERLIFTING USA* to take heed of the limitations and advantages they possess, experiment with these ideas that seem worthwhile, interesting, enjoyable, and utilize the sport and training for the sport of Powerlifting within the appropriate perspective of one's life. Recall too that today's support is often in one's food, making it extremely foolish for anyone to pose as an expert in a field that is as much "art" as it is "science".

Dr. Ken Leistner

STEEL TIP PREVU - June 1987 edition of Dr. Ken Leistner's **STEEL TIP** newsletter contains articles on Rating Assistance Exercises for Powerlifting, Arms for the Athlete, Commentary on "Replacement" supplements, Sifted Deadlifts and How to Choose Training Foundations. You can subscribe to **STEEL TIP** by sending \$20 to 54 Fletcher Ave., Valley Stream, NY 11580.

Error - Gary Edwards lifts of 771 479 705 1956 should have been listed in 39th, 86th, 49th, and 37th places, on the last TOP 100 SHW list.

WANTED - T-shirts and Meet Posters from early (1964 onward) era Senior National Championships as well as previous Women's Nationals, or photos of same. Contact PL USA, Box 467, Camarillo, CA 93011 with any info.

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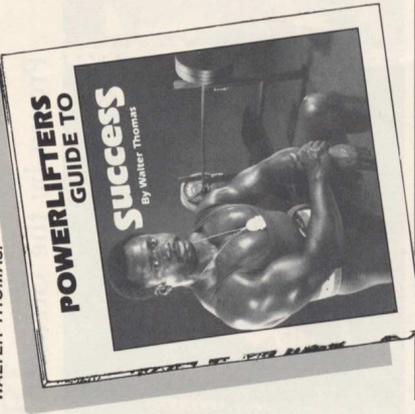


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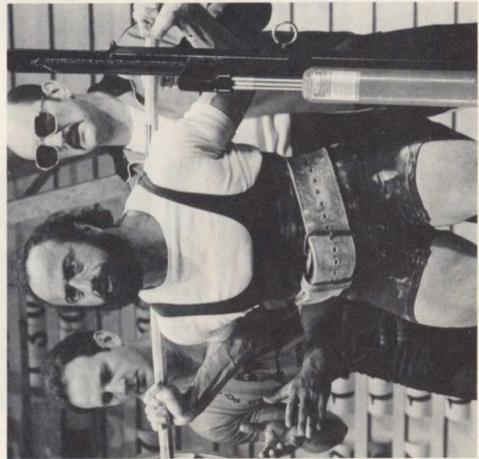
Ask the Doctor

This column will answer questions about drugs used by athletes and the available detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you have questions, write to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. (For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the integrity and spirit of the original question.)

DEAR MAURO: I recently made a change from bodybuilding to powerlifting and I'm really sold on the lifting. I've only competed twice, but I'm doing well. Unfortunately, I've developed an injury which is making me question my future as a powerlifter. My problem is my upper arms just above my elbows. The muscle under my biceps is so sore that I find it very difficult to bench. The pain gets worse when I push the heavier weights. It also hurts when I take a weight out of the squat racks and when I squat. I've seen a few doctors and they tell me it's just tendonitis. The X-rays are normal - there are no calcium deposits and the elbow joint is fine. The doctors have given me Motrin and "bute" but the medications haven't helped. I've used DMSO, ultrasound, neuro-probe, ice, massage, and even stopped lifting for a while. All to no avail. I can't keep lifting with the pain, but I don't want to give up the lifting. **Keith R.**

DEAR KEITH: I've seen a lot of lifters with this injury and I've had it a few times myself. What causes the problem in the first place is the squat. In powerlifting the squat is held lower down - because of this the arms have to help hold the bar in place. Due to this rotational stress the brachialis muscle becomes chronically inflamed. The end result is a chronic myositis-tendonitis and a lot of pain in the upper arms just above the elbow. The only way to heal the injury is to change both your squat and bench styles - hold the squat bar further up so that the arms don't have to support it as much. Don't roll the bar up and down your back while squatting. Adjust your chest to grip so that it minimizes the pain. Also, put a foam pad on your chest to ease the stress on your arms in the bottom third of the bench press motion. Wrap both elbows while squatting and benching (not too tight). This can be a difficult injury to treat and you have to be patient. If all these changes don't help you can ask to have the brachialis tendon and muscle injected with Depo-Medrol or Anistocort or some other synthetic cortisone derivative.

If the injury persists there is something else you can try but which you may or may not want to use. I've used it on a small number of lifters with persistent injuries and I've had excellent results. It involves injecting 1 cc of Depo-Medrol, 2 cc of Testosterone enanthate and some Xylometacaine directly into the muscle belly of the brachialis muscle. If things don't improve write again and I can elaborate on the procedure - if you wish you can have your doctor drop me a line. **M.G.D.**



Dr. Mauro Di Pasquale was the 1976 World Champion in the lightweight.

Update Three to Drug use and Detection In Amateur Sports

By Mauro G. Di Pasquale, B.Sc., M.D.

Focusing on anabolic steroids, analytical doping control, a new scam making the rounds (DMU), a possible permanent side effect of chronic anabolic steroid use and some promising products which might be of some use to the athlete with joint, tendon or ligament problems.

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TRAINING

Motivating Young Athletes

by Spero Tshontikidzis, Strength Coach, Bullis School



Quince Williams, an ADPPA national record holder at 16, is seen pulling a 380 lb. barbell during his school in the 123s. Spero Tshontikidzis urging him on.

Students should be instructed in how to complete the log itself so that they can visually see the incremental success they are acquiring in power movements, accessory exercises, and overall strength.

Team strength charts should be displayed in the weight room. This will enable all persons involved in the program to receive visual reinforcement with respect to self, peers, and team improvement. Team strength charts should be completed by the supervisor and the youth being charted in an effort to display attention and concern for each athlete's progress.

Individual counseling should be performed after each workout or, at least, prior to the next training session. Goal setting should be a primary topic. The coach should encourage the athlete to look for incremental success and reinforce it at each counseling session. A positive atmosphere should permeate the discussion.

The team should be unseparated as a unit both during training and prior to or after workouts. Emphasis must be placed on the reinforcement of success. Performances because the major goal of the instructor is to motivate the students to continue participating until the training becomes reinforcing.

Thus, by combining a thorough knowledge of resistance training and simple counseling skills, successful coaching in the weight room can be achieved. Furthermore, it is likely that the supervisor who is an effective model of the lifestyle and skills being promoted will produce the most effective results. The coach must realize that athletes are more likely to follow if someone respected is in the lead.

Regardless of how well research-oriented or sophisticated a strength program is, it will not be effective unless the athletes involved possess a genuine desire to participate. Simply telling youth that strength training will prevent injuries, increase performance potential, and enhance self-concept may not be as persuading to them as it is to the coach. Methods of motivating athletes in the weight room must be learned in order to instill enthusiasm and dedication.

Several techniques for establishing honest effort in the gym are available to the supervisor. Knowledge in exercise selection, lifting technique, and spotting, as well as a genuine interest in the student and the understanding of simple counseling skills are the necessary ingredients for successful coaching. The teacher must have strength training experience for a variety of reasons. Knowledge in the sport will enable the coach to select exercises which athletes will benefit most from. Furthermore, experience will allow the trainer to instruct the proper technique for each exercise. In addition to proper exercise technique, correct spotting procedures must be emphasized. Safety and good form, not heavy weights, must be the foremost objective in the quest for strength.

Possessing a genuine interest in the athlete is essential for motivating positive behavior in the gym. The supervisor must show concern for the student's performance or motivation is likely to be debilitated. Several methods of expressing this interest are available to the coach. They include personal strength logs, team strength charts, and individual and group counseling sessions. Youth involved in a resistance training pro-

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 Holgate Drive, Anaheim, California 92802.

DEAR ROGER: I would like to increase my bench and my squat and I would like a routine. Could you provide me with a routine that would be suitable for year round? It gets very boring when you're stale in a lift and I could use some assistance. I'd like to keep my workouts brief, but effective. You mentioned that you believe in singles and down sets. I'd like to know how your workouts go so I can give them a try. **Fred**

DEAR FRED: As you know from reading my past articles, I am a firm believer in doing heavy singles all year. The only exception would be for an injury or overtraining which I will explain later. I find the most effective program is to train 3 days a week: Monday, Wednesday, Friday, or Tuesday, Thursday, Saturday. I prefer the latter due to the extra rest I can get for my Saturday workout.

Tuesday or Monday workout (Previous best squat 600): 1. High Box Squats: The high box squat is done by squatting to a box that is about 2-3 inches above parallel. You should use about 5-6 sets of warm-ups with 10-12 reps per warm up. Decreasing the reps as you increase the weight. Example of high box workout: 135-10, 245-10, 335-8, 445-6, 535-2, 605-1. Your goal in the high box squat is to squat 50 lbs. over the weight you can do for a single in the full squat. This way your body can adjust to the feel of the heavy weight and anything you can do for a single should not be a shock to your body. An important point of the high box squat is to keep the reps of your heavy set to 8-10 reps. This will insure that the muscles in your low back gets pressure and not the L-5 spine. If you do box squats with low reps you are taking a chance of putting too much stress on the connective tissue that holds the back together. The low box squat should be the next exercise. In this exercise you squat to a box that is two inches below parallel. Again we will consider your best squat at 600. The average squat-

ter will be able to squat 40-20 lbs. less than your best. You should be able to warm up quickly because you have already done high box squats. Example of low box squats (best previous squat 600): 335-3-5 reps, 400-2, 450-1, 500-1, 550-1, 570-1 (if you are having a good day). You might feel tired while doing the low box squat, but the weight should feel light. Finish the workout with leg curls, lat pulls, and some light bicep work.

Wednesday or Thursday: On this day you should do either power cleans or high pulls. Work up to 3 or 4 heavy singles. Power cleans build explosion and work your back in a way that the deadlift can't. The next exercise should be light bench press. Go up to about 50% of your max for 5 reps x 2 sets.

Friday or Saturday: Like I have said so many times in past articles I work all three power lifts for 4 sets of singles, but many lifters will use 3 or 4 sets of 5 reps. The number of reps is really up to you, but you have to keep the weight heavy and try to make some increases each week. If you train several weeks and don't feel stronger or make some progress, take a week off and come back with one light week then go back to your heavy sets. The worst enemy of the powerlifter is overtraining so listen to your body and learn the difference between being tired and lazy. Good luck, **Roger**.

DEAR ROGER: I am 26 years old and I've been powerlifting for a little over 1 year. I am 165 lbs. and have made fair gains in strength, but I am not satisfied. I'd appreciate a good intermediate powerlifting routine. Also, I'm drug-free. Thank you. **Perry**

DEAR PERRY: If you are like every other powerlifter and bodybuilder that writes me, you would also like to gain a few pounds as well as gain strength. These objectives can be accomplished by your basic two day a week program; one day heavy and one day light to medium. On the heavy day try to do 3 sets of 3 to 5 reps in all three powerlifts. I know this sounds like a long workout and, for a fact, it is, but it is what I consider the best way to build strength and muscle. On your light days you should squat and bench for 2 sets of 10 reps with a light or medium weight. You should not deadlift on this day because your back requires more recovery time than the other muscle groups. Also on this day you should do assistance work for your bench press and squat. The assistance work I recommend is: Bench press, 1. Close grip bench press - 1 set, 10 reps. 2. Triceps push down - 3 sets, 10 reps. 3. Curly barbell or dumbbell - 4 sets, 10 reps. 4. Lat pulls - 5 sets, 10 reps. Squat, 1. Leg curls - 4 sets, 10 reps. 2. Leg extensions - 4 sets, 10 reps. 3. Calf raises - 3 sets, 10 reps. This type of program allows you extra rest so you can gain weight that is lean muscle tissue. Best wishes, **Roger Estep**

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POWER HOTLINE... recent editions of this twice monthly power-packed flash bulletin have included the following information: **what comments** Fred Hatfield made about the "Dynasty", he will establish since leaving Weider, what **World Masters Records** were set in Britain; **which Australian** lifter received that nation's highest sports award; which 6'9" **superheavy** broke John Kuc's record when he pulled 870 and almost got 909; **how** Steve Wilson tore his OTHER biceps; how **Russian Strength Coaches** are designing the "ultimate" training program for American Football; **which new Drug Free Association** will be participating in an international match in ENGLAND; the **Canadian Entries** in the upcoming A.P.F. Worlds; the return of **Gary Gubner** to Powerlifting?; what new name joined the **1000 lb. Squat Club**, at least in training; Pro Football's **John Rienstra** and his recent effort in Powerlifting, and **MUCH, MUCH MORE!** For a one year subscription to **POWER HOTLINE**, send \$28.00, payable to Powerlifting USA, to Box 3238, Camarillo, CA 93011 and you'll receive the next 24 issues, rushed to you via 1st class mail while it's still NEWS! (not by 2nd class mail, like most magazine publications), twice each and every month of the year.

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Winners & Losers by Dr. Judd Blassiotta and Amy Ferrando WORLD CLASS ENTERPRISES



Don Reinhardt, one of the great Supers of all time, felt the pressure to keep improving every lift. This is why some of his best lifts came only in the training room. Klemens photo.

Undoubtedly, George Foreman was one of the greatest heavyweight champions of all time. Touted by most boxing experts, it is said he having the greatest punching power ever. Foreman literally demolished every opponent that was put in front of him. For six long years Foreman dominated the heavyweight division. In the sweltering heat of Zaire, Africa, Foreman's invincibility was tarnished once and for all by the heavy champion Mike Tyson. During the first rounds of their fight, Foreman based Ali's strategy on the ring like a ragdoll. Ali used totally believable acting to let the crowd absorb what appeared to be a brutal beating. It wasn't until the seventh round that Ali's strategy became clear to Foreman and the rest of the viewing public. By that time it was too late. Ali was playing possum on the ropes, letting Foreman pound away at his shoulders and arms, hoping that the heavy Foreman was expending would burn him out. Ali's strategy worked perfectly. By the time the eighth round rolled around, Foreman was completely spent. It was then that Ali opened up, raining blows to Foreman's head with uncanny accuracy. With 1:36 left in the round, Foreman went down for the first time in his career. He remained there until the referee counted him out. Foreman had lost not only the first fight of his career, but the heavyweight championship as well.

Foreman continued to fight for a little more than a year, but he was not the man he was prior to the Ali fight. Perhaps haunted by the defeat at Ali's hands, Foreman eventually retired. "I still felt like a failure," admits Foreman, "like I let everyone down. At the time I just couldn't cope with the fact that I could be beat. It hurt real bad." (Editor's Note: recently George began a comeback!)

Foreman's reaction to defeat is a phenomenon that occurs all too often in the field of sport. In a society that promotes the myth that winning is of paramount importance, we more often than not lose sight of the benefits that losing can bring. This type of "winner-take-all" attitude has led us to the point where it is simply not enough to just compete. You have to compete to win, and if you don't win, the assumption is that you've done something wrong - like "fudging" on your training, or chasing women. As Dr. Thomas Tuijto pointed out in his book *Winning is Everything and Other American Myths*, the assumption is that somehow the winner does everything right, and the loser does everything wrong. All too often, the message that comes through to those who lose or who fail to reach the top is that obviously they didn't work hard enough and that they are not as worthy as the winners. Consequently, when a person starts to lose, we begin to question his character. It's as if we see winners as good people and losers as bad people.

S. Hayakawa, a semanticist, concurs with the aforementioned rationale. The American culture functions on what he

calls the two-valued orientation. "We talk about people as either a success or a failure when, in fact, infinite degrees of both are possible." "There is a world of difference," says Hayakawa, "between I have failed three times and I am a failure."

Paramount importance is of such extremely difficult in other areas. A prime example of the aforementioned was a previous Nobel Prize winner. Considered by many scientists as the most brilliant man in the world within his field, he was not even familiar with the game of baseball, even though he resided in the United States. Where was this man all his life, you ask? He was busy being successful - that's where! This brings up another important point - the cost of success.

The first thing we need to understand is that failure is not only inevitable, but helpful. The fact of the matter is that many of our successes are really no more than the manipulation of our errors. By accepting failure, by learning from it, we can free ourselves to live our lives fully. True, failure is never pleasurable, but neither is it terrible. What is terrible are the restrictions we place on life because of the fear of failure.

If you fail, resist the natural impulse to blame others, take full responsibility for your behavior. A man who takes total responsibility for his shortcomings is usually admired. It takes courage to admit failure, everyone knows that, and everyone admires a man with courage. Don't just accept your mistakes though, learn from them. Analyze why you failed. Determine what you've done wrong and then go about making adjustments to enhance your performance. Remember, success is simply the manipulation of error. Also remember that everyone fails, it's a part of being human, it's a "right" we all have.

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

Many of the Florida high schools have an interscholastic sport called "weightlifting," which consists of two lifts, the bench press and the clean and jerk. Two or three years ago I inquired extensively among the members of the educational bureaucracy that governs high school sports in Pensacola, Tallahassee and Gainesville in order to gauge the reception that weightlifting might expect. Where my respondent did not pass the buck, the response I got was uniformly, "I shall do everything in my power to avoid disturbing the status quo."

Thus, I was delighted to find powerlifting alive and growing in Louisiana and Texas. I asked Mike Reed, the Louisiana state chairman, to share a bit of the Louisiana high school experience. Perhaps his account will inspire others to emulate what Mike and his colleagues have accomplished.

HIGH SCHOOL POWERLIFTING ORGANIZATION ON THE STATE LEVEL

The high school powerlifting activities in Louisiana began when organized into an effective program that gives our high school athletes an opportunity to become stronger and achieve recognition, rewards and enjoyment while participating in the sport of powerlifting. It is also an excellent motivational tool for high school athletic coaches to get their athletes to develop enthusiasm for off-season training, especially in football.

The short history of high school powerlifting in Louisiana begins with Billy Jack Talton holding some high school powerlifting meets at Bastrop High School where he was the head football coach during the early 1970s. Billy Jack went on to become Dr. Talton and head of the Health and Physical Education Department at Louisiana Technical University in Ruston, Louisiana, where he continued to hold annual high school meets. In the late 1970s annual meets for high school lifters were also held in the New Orleans and Baton Rouge areas. In 1982 an effort was made to organize high school lifting and create a unified Louisiana High School State Championship meet. A Northern Region at Ruston and a Southern Region at Baton Rouge were created with the top three lifters in each weight class in each region qualifying for the state meet. The first Louisiana High School Powerlifting Association State Championship meet was held in 1983. In 1985, a Western Regional meet was added and we went from three to five qualifiers per weight class per region. In 1986 an Eastern Regional meet was added and we dropped to four qualifiers per weight class per region in order to keep the one day meet size to approximately 160 lifters. Our regional meets are held in early February and the state meet is in early March. In 1987 we averaged over 100 lifters, with a top of 167, in each of our regions.

Our girls' program is in its infancy. One may qualify to go to the State Championship by lifting in one of our four regional meets. We have a girls' state championship held in conjunction with our boys' state meet. We have 25-30 girls currently involved, and anticipate having to hold the Girls' State meet on a day separate from the boys' in the near future.

Our program has been established and given direction by the U.S.P.F. officials in the state. The LHSPA has an executive board consisting of the four regions. The LHSPA State Chairman, elected by LHSPA members annually at our local High School meets, elects by LHSPA members annually at our local High School meets, elects by LHSPA members annually at the State meet, and the Louisiana U.S.P.F. State Chairman. This board governs when the High School Committee is not in session. We have a written constitution that, with amendments, is used throughout our five years of existence. We have a LHSPA High School State record and an LHSPA state record system for ranking lifters and teams going into the next year. We have a ranking system for ranking lifters and teams going into the next year. We help generate a lot of local publicity about the state team barriers and the program. At our state meet we recognize the state team barriers and each of our school classifications. AAAA, AAA, AA, A and under, and the Coaches of the year. We also have a "Composite" (overall) State Team Champion and Coach of the Year. The Girls' State Championship Team Champion and Coach of a Girls' Coach of the year. In addition to trophies for the top five placers per weight class, in each school classification, each individual state champion in each weight class receives a U.S.P.F. State Champion certificate. Each member of a state champion (classification) team gets a U.S.P.F. State Champion Team Member certificate. Any lifter who sets a LHSPA or U.S.P.F. teenage age-group state record also gets a U.S.P.F. state record holder certificate. Our meets are all sanctioned by the U.S.P.F. 20 percent a year. Our high school participation is growing at about 20 percent a year. Our high school participation in just five years is roughly twice that of our current U.S.P.F. state registration. We feel that our state U.S.P.F. registration is destined to grow as these lifters graduate and continue their lifting careers. As small as Louisiana is, we have had our share of successes in high school lifting, including two U.S.P.F. National High

School Powerlifting Championship Teams, several National Champion Teenagers and Teenage records (not to mention the five or six Louisiana Technical University's Collegiate National Men's and Women's Champion Teams). However, our greatest success is the ever-growing number of high school students who put in the hard work and discipline required in this sport and are glad to imagine themselves being part of the hard work and discipline from within. Coming to high school powerlifting meet and look around you - those kind of kids are all you see. If your state lifters have an organized high school powerlifting program, you will have to look for there who are missing our on a lot of hard work and GOOD TIMES! Start a program in your state. Write or call me, if there is anything I can do to help you.

Mike Reed, Rt 1 Bx 229 AW, Monroe, LA 71202, (318) 388-0412

U.S.P.F. Law & Legislation Committee PROPOSED AMENDMENTS TO THE USPF BYLAWS

1. Section 2.2(a) to be amended to read as follows: "Regions of the USPF: the region of the USPF shall be as follows: Region I, Maine, New Hampshire, Vermont, New York, Massachusetts, Rhode Island, Region II, Pennsylvania, New Jersey, Delaware, Maryland, District of Columbia, Virginia, Region III, North Carolina, South Carolina, Georgia, Alabama, Tennessee, Florida, Region IV, Indiana, Kentucky, Ohio, Michigan, Illinois, West Virginia, Region V, Wisconsin, Minnesota, Nebraska, Missouri, Kansas, Region VI, Oklahoma, Arkansas, Texas, Louisiana, Wyoming, North Dakota, South Dakota, Arizona, Utah, Colorado, Montana, Region VII, New Mexico, Region VIII, Washington, Oregon, Idaho, California, Nevada, Alaska, Hawaii." The committee has no recommendation on this proposal.

2. Section 8.2(a) to be amended to read as follows: "Registration duration. Registration fees will cover a period of one full year from the date of purchase." The committee recommends this proposal unfavorably.

3. Section 8.2(b)(1) to be amended by deleting "and must be endorsed by an official of the club. The Athlete which is to represent." The committee reports this proposal without recommendation.

4. Section 8.2(d) to be deleted. The committee reports this proposal unfavorably.

5. Section 8.3 to be deleted. The committee reports this proposal favorably.

6. Section 8.4 to be deleted. The committee reports this proposal without recommendation.

7. Article X to be deleted. The committee reports this proposal favorably.

8. Section 13.4 to be deleted. The committee recommends that this proposal be deferred until the pending "Anti-trust Compliance Program" has been completed.

All of the above proposals came from Mr. Jan Shendow. He has also asked me to examine and comment on the legality and appropriateness of Section 8.2(b)(5), Article XI, and Section 13.2(a)(2). I have no strong feelings one way or the other about Article XI, but I suggest that any considerations of change be deferred until the "Anti-trust Compliance Program" has been completed.

Respectfully submitted, Lucian Gillis Jr., Chairman

U.S.P.F. DIRECTORY UPDATE: New Athlete's Representatives:

Dan Austin (previous Athlete Representative also), Austin Peay State University, Football Office/Dunn Center, PO Box 475, Clarksville, TN 37044, (615) 648-7905

Rickey Crain, P.O. Box 1322, Shawnee, OK 74802, (405) 275-3689

Rick Gaugler, 4325 Ocean Dr No. 76, Corpus Christi, TX 78402, (512) 852-3186

Dave Jacoby, 1511 Harrison Ave Sw, Canton, OH 44706, (216) 454-6628

New South Dakota State Chairman:

Mark Kiger, Kiger's Fitness Ctr, 221 West 3d St, Yankton, SD 57078, (605) 665-1655 (res), (605) 665-8053 (Fitness Center)

Change of Address:

Mike Tilton, New Mexico State Chairman, 7615 Prospect NE, Albuquerque, NM 87110, (505) 299-7499

NEW Official Drug Tested World Records!

All the European Champions Lars Norén of Sweden dropped back down to the 275 lb class after pushing the I.P.F. World record to 854 pounds. At the same meet, Jarro Vitanen of Finland continued his record breaking in the Middleweights with a 728 lb lift. There is interest in having Lars and/or Jarro guest lift at the U.S.P.F. Senior Nationals for another opportunity to set some drug tested world records.

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NEXT MONTH...TOP 165

POWERLIFTING USA MAGAZINE TOP 100

148 lb./67.5 kg.

TOTAL

SQUAT	BENCH	DEADLIFT	TOTAL
1 627 Jackson, J., 323/87	446 Mochizuki, S., 323/87	677 Alexander, A., 323/87	1702 Alexander, A., 323/87
2 644 Alexander, A., 323/87	405 Luckett, L., 323/86	620 Jackson, J., 323/86	1610 Luckett, L., 323/86
3 650 Dermo, R., 323/86	391 Smith, C., 323/86	620 Jackson, J., 323/86	1591 Smith, C., 323/86
4 650 Dermo, R., 323/86	391 Smith, C., 323/86	611 Finch, J., 215/87	1554 Mochizuki, S., 323/87
5 645 Austin, D., 101/86	391 Smith, C., 323/86	611 Finch, J., 215/87	1548 Finch, J., 215/87
6 595 Austin, D., 101/86	391 Smith, C., 323/86	600 Bruce, J., 102/86	1521 Conover, G., 8/86
7 584 Bolen, K., 6/89B	390 Covvers, A., 27/87	595 Austin, D., 101/86	1521 Conover, G., 8/86
8 573 Farris, V., 6/89B	390 Covvers, A., 27/87	600 Scholz, P., 121/86	1521 Conover, G., 8/86
9 573 Farris, V., 6/89B	390 Covvers, A., 27/87	584 Bolen, K., 6/89B	1488 Bolen, K., 6/89B
10 573 Farris, V., 6/89B	390 Covvers, A., 27/87	584 Bolen, K., 6/89B	1488 Bolen, K., 6/89B
11 562 Wodaska, C., 6/89B	385 Farris, V., 6/89B	584 Bolen, K., 6/89B	1488 Bolen, K., 6/89B
12 562 Wodaska, C., 6/89B	385 Farris, V., 6/89B	584 Bolen, K., 6/89B	1488 Bolen, K., 6/89B
13 556 Whelan, K., 11/88	383 Okunaka, C., 4/1887	578 Ingram, M., 121/86	1460 Wodaska, C., 6/89B
14 556 Whelan, K., 11/88	383 Okunaka, C., 4/1887	578 Ingram, M., 121/86	1460 Wodaska, C., 6/89B
15 543 Okonwo, S., 12/13/86	380 Lefavi, B., 11/27/86	575 Weinstein, L., 12/7/86	1459 Okonwo, S., 12/13/86
16 543 Okonwo, S., 12/13/86	380 Lefavi, B., 11/27/86	575 Weinstein, L., 12/7/86	1459 Okonwo, S., 12/13/86
17 551 Darr, J., 12/6/86	375 Coates, R., 7/26/86	570 Womysly, M., 21/87	1455 Ingram, M., 12/13/86
18 551 Darr, J., 12/6/86	375 Coates, R., 7/26/86	570 Womysly, M., 21/87	1455 Ingram, M., 12/13/86
19 551 Darr, J., 12/6/86	375 Coates, R., 7/26/86	570 Womysly, M., 21/87	1455 Ingram, M., 12/13/86
20 551 Darr, J., 12/6/86	375 Coates, R., 7/26/86	570 Womysly, M., 21/87	1455 Ingram, M., 12/13/86
21 547 Schimmel, S., 12/27/87	370 Fedhusko, M., 13/187	562 Stapleton, T., 7/2/86	1435 Johnson, S., 5/3/86
22 547 Schimmel, S., 12/27/87	370 Fedhusko, M., 13/187	562 Stapleton, T., 7/2/86	1435 Johnson, S., 5/3/86
23 547 Schimmel, S., 12/27/87	370 Fedhusko, M., 13/187	562 Stapleton, T., 7/2/86	1435 Johnson, S., 5/3/86
24 547 Schimmel, S., 12/27/87	370 Fedhusko, M., 13/187	562 Stapleton, T., 7/2/86	1435 Johnson, S., 5/3/86
25 540 McFarland, S., 12/13/86	363 Tetsui, A., 4/11/87	556 Roman, A., 6/88B	1430 Bruce, J., 9/27/86
26 540 McFarland, S., 12/13/86	363 Tetsui, A., 4/11/87	556 Roman, A., 6/88B	1430 Bruce, J., 9/27/86
27 539 Thurman, J., 2/26/86	360 Rostock, C., 5/3/86	556 Roman, A., 6/88B	1422 McFarland, S., 12/13/86
28 539 Thurman, J., 2/26/86	360 Rostock, C., 5/3/86	556 Roman, A., 6/88B	1422 McFarland, S., 12/13/86
29 539 Thurman, J., 2/26/86	360 Rostock, C., 5/3/86	556 Roman, A., 6/88B	1422 McFarland, S., 12/13/86
30 539 Thurman, J., 2/26/86	360 Rostock, C., 5/3/86	556 Roman, A., 6/88B	1422 McFarland, S., 12/13/86
31 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
32 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
33 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
34 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
35 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
36 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
37 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
38 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
39 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
40 529 Mince, J., 4/25/87	360 Atkins, R., 11/15/86	555 Eufrow, P., 7/26/86	1405 Gattuso, R., 3/23/87
41 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
42 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
43 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
44 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
45 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
46 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
47 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
48 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
49 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
50 518 Holland, J., 12/4/87	359 Adams, R., 10/4/86	551 Hamed, A., 7/5/86	1370 Muzino, J., 4/25/87
51 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
52 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
53 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
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62 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
63 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
64 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
65 505 Johnson, S., 5/3/86	345 Shaw, J., 11/16/86	530 Lewis, J., 12/86	1330 Myers, W., 11/15/86
66 498 Reicher, G., 10/25/86	338 Wiltshire, C., 4/11/87	518 Hayes, G., 8/9/86	1300 Schimmel, S., 3/22/87
67 498 Reicher, G., 10/25/86	338 Wiltshire, C., 4/11/87	518 Hayes, G., 8/9/86	1300 Schimmel, S., 3/22/87
68 498 Reicher, G., 10/25/86	338 Wiltshire, C., 4/11/87	518 Hayes, G., 8/9/86	1300 Schimmel, S., 3/22/87
69 498 Reicher, G., 10/25/86	338 Wiltshire, C., 4/11/87	518 Hayes, G., 8/9/86	1300 Schimmel, S., 3/22/87
70 498 Reicher, G., 10/25/86	338 Wiltshire, C., 4/11/87	518 Hayes, G., 8/9/86	1300 Schimmel, S., 3/22/87
71 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
72 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
73 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
74 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
75 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
76 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
77 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
78 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
79 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
80 490 Tomlin, E., 10/18/86	335 Deck, M., 4/11/87	510 Jones, L., 12/86	1300 Schimmel, S., 3/22/87
81 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
82 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
83 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
84 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
85 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
86 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
87 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
88 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
89 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
90 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
91 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
92 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
93 485 Spaulder, S., 4/11/87	330 Miller, L., 11/86	505 Triphahn, R., 12/6/86	1285 Triphahn, R., 12/6/86
94 4			

NUTRITION CORNER

by Jack Diganji

Sports Nutrition

Iron is the essential element in hemoglobin. Hemoglobin is responsible for transporting the oxygen we breathe to your working muscles. If your iron status is low, then the amount of iron your muscles receive will also be low. That, in turn, translates to a low energy output throughout your entire workout. It's very similar to a car - if your car isn't getting enough air, then it doesn't run as well as it could. Where do you get iron? There are two sources. One is the animal or heme iron; namely liver, beef, pork, chicken. The second is what is called non-heme or vegetable iron, from beans and peas, dark green vegetables, dried fruits, and some of the best sources are enriched breads and cereals. You just have to work these iron sources into your daily menu in order to get sufficient iron in your diet. A bowl full of one of those highly enriched cereals contains all you need for one day. Take a few minutes at the grocery store and check the labels. Also, Vitamin C, fruits and the labels. Also, Vitamin C, fruits and the labels. Also, Vitamin C, fruits and the labels.

Iron is absorbed in the small intestine, and it is lost through the feces, blood loss, menstruation, and the sloughing off of skin, hair, and nails. Iron is also lost in sweat. Men need about 10 mg per day to keep their red blood cell numbers adequate. Women need 18 mg per day. You can check your iron stores by means of a simple blood test that takes only a few minutes. Ask your physician, out-patient clinic or public health facility to check your hematocrit or hemoglobin level. For a man, 14 to about 16 is considered normal. For a woman, 12 to 14 is the norm. If you have a lower count than this, then that degree of what we would call anemia will directly reflect on the intensity of work you are capable of performing. Understand that one of the primary waste products of energy production is lactate. With a decreased iron status, your body cannot transport the lactate produced by your muscles. This is why a double bodyweight squat waiting for you on the racks, being tired is one thing you don't want. There's another element that can rob you of energy before, during and after your workouts. This one involves fluids and electrolytes.

A reduction in fluids can lead to diminished blood volume, compromised heart function, and impaired thermo or heat-regulatory function. Fluid loss will primarily come from sweating, urine, and respiration. The amount of fluid loss will depend on your renal or kidney

function, body temperature, and the climate in which your workout takes place. Here's how the sweating mechanism works. Heat that is dissipated by the work-muscle is absorbed by the evaporation of water on the surface of the skin. Low water stores (dehydration) will hamper the normal sweat/heat dissipation mechanism possibly leading to hyperthermia. Hyperthermia, which is a higher than normal body temperature, is dangerous and has been fatal, so you need to be careful of this one.

One way that your body signals that you are becoming low in fluids is thirst. However, thirst alone is not a reliable indicator of water level. Being thirsty merely indicates that the body is already dehydrated and fluids should be taken in immediately. I conducted a seminar for a group of athletes recently, lifters and non-lifters included, and described this pattern of fluid intake. Try it for yourself, if you would, let me know your results. Here it is: Drink about 20 or so ounces of fluids about two hours before your workout. Then about 10 or 15 minutes prior, drink another 15 or so ounces of fluids. During your workout, drink about 4-6 ounces every 10 to 15 minutes. Then, after the workout, compare your pre-workout weight to your post-workout weight. The difference should be made up with fluids. Say, for example, that you weighed 165 before you worked out and weighed 163 afterwards. You've lost 2 pounds or 32 ounces. Go then, and drink 32 more ounces of fluids within the next hour. All of the athletes who reported back to me have said that their workouts have been characterized by much more energy without that late workout fatigue. Also, the soreness wasn't as bad either. Try it for a few workouts and drop me a line with your findings. Now, a quick word about electrolytes.

Are salt tablets necessary? NO! Fluids salt tablets electrolyte loss and as the athletes continue to train, there is LESS sodium produced. No advantage. Sodium-rich beverages is found a high concentration of sugar or salt in fluids will only delay the emptying from the stomach and even possibly cause dehydration. What is the best fluid that you can possibly drink for more P.B.s in your training. Water. That's it, water. Research says find a fluid that gets into your system quickly. That's water. Keep the temperature of your water cool, but not too cold. Ice water is not recommended. About 45-55 degrees is the best temperature. If you get tired of water, then try this: 1 part orange

juice to 4 parts water. Now, let's move to the element that helps support lift: Calcium.

What are your bones made of? Calcium. What helps your muscles contract or nerves impulses transmit to your Calcium. You think calcium is important? You bet it is. Very important. The amount of stress placed on your skeletal framework is incredible. Stress fractures are a direct result of weakened bones. A prolonged calcium inadequacy leads to a condition called osteoporosis or "brittle bone" disease. I don't think that any serious lifter has this problem. Of course, it takes years to develop. As it takes many average people place double or even triple bodyweight on their shoulders! My point is simply that your bones are made of calcium and the question you should ask is are you - the lifter - getting an adequate amount of calcium daily? Here's a quick question you can ask yourself: Do you get three servings of milk or dairy products daily? You need about 800 mg of calcium each day, and you'll get about 300 mg of calcium in an eight ounce glass of milk (skim or low-fat, please) and about 250 mg or so from an ounce of cheese. If you are getting this amount, great; but listen to this: Research has shown that a high-protein diet, say more than 1 gram of protein for each pound of bodyweight, a high fiber intake, more than 20 grams per day of excess alcohol, more than 2 oz of hard liquor, more than two beers daily and more than two bottles of wine or the use of diuretics and/or anabolic will have a negative influence on your calcium status. My thoughts are: "Don't go into a meet not knowing yourself about nutrition. Unfortunately, what you don't know can hurt you." Women lifters, please pay particular attention to your calcium intake as your hormones may act to adversely affect your status. Supplements? Give it some thought. You might want to supplement to the extent of 300 or 600 mg a day.

So, what have we got to consider. You may want to try some of these recommendations concerning caffeine or the workout fluid supplementation plan. You may not be in an iron or calcium level situation that will bring you not only the totals you pursue, but the iron or calcium to maintain good health. As in weight training, you have to do things right in the gym in order for you to succeed on the platform. Don't be fooled - take a few minutes and pour over your training notes, and think of exactly what is going to build and rebuild your muscles and body? Right? Good Nutrition. If you have any comments, questions, or results, drop me a line. I'd be more than glad to hear from you.

Nutritionally,
Jack Diganji, R.D., M.S.
116 Dopson Place
West Monroe, LA 71291

WORKOUT of the Month

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

Dawn Reshel Heaviest Female Squatter in History

When discussing a squat workout, I feel a moment must be taken to address the question of correct technique. I don't want to confuse correct technique with the multitude of different styles that are seen on the lifting platform today. There are as many different stances and styles for the squat as there are body types. I am fortunate to work with Ernie Frantz who developed a style for me that is suited to my body type. Regardless of what style you use, you should always keep a tight torso, take a big breath and hold it while performing the squat.

This workout is designed to give the novice or intermediate lifter a good foundation and to increase their strength weeks and form weeks. I include just a few accessory exercises so that the lifter may continue

them in the program right through the meet. Proper form is very important when performing any lift. All too often you see lifters attempting big weights and cutting them high, only to find that they get buried when attempting these weights to proper depth in the squat as there are body types. I am fortunate to work with Ernie Frantz who developed a style for me that is suited to my body type. Regardless of what style you use, you should always keep a tight torso, take a big breath and hold it while performing the squat.

This workout is set up for a lifter with a max squat of 400 lbs. In 12 weeks, she/he should be capable of 600 lb. squat at the A.P.F. Women's Nationals. Photo courtesy Dawn.



PRESS RELEASE

Dawn Reshel competed in the Central Plains Record Breakers Powerlifting Meet on April 18, 1987 at the Naperville Sheraton Hotel in Naperville, Illinois. After weighing in at 187 lbs., she performed the following lifts: 540 lbs., 565 lbs., and 575 lbs. in the squat. She then benched 255, 270 and 280 lbs. She deadlifted 505, 525, and 535, but missed her third attempt on a technicality. In performing these lifts Dawn squatted more than any woman in history regardless of bodyweight on both her second and third attempts. She broke the deadlift world record setting a new standard of 525 lbs. Her total of 1380 lbs. is the greatest total of any female powerlifter in history, regardless of bodyweight, breaking the old mark of 1355 lbs. Following her victory at the National Championships, Dawn had altered her training in preparation for the World Championships this coming November. She entered this meet without peaking for it, and treated it as a heavy training day. None of her lifts were maximum attempts, but rather were part of her routine schedule at this point.

Monday's workout remains the same throughout the entire 12 week period.

Mondays: squat - 135x10, 185x8, 235x6x5; leg extensions - 80-100 lbs, 3x8; leg curls - 80-100 lbs, 3x8; crunch situps - 3x20 (all ac).

Friday's Week 1: 135x10, 185x8, 235x5; 285x3x3, 185x10

Week 2: 135x10, 185x8, 235x5, 285x2, 325x1, 345x1, 365x1

Week 3: 135x10, 185x8, 235x5, 285x3x3, 185x10

Week 4: 135x10, 185x8, 235x5, 285x2, 335x1, 355x1, 375x1

Week 5: 135x10, 185x8, 235x5, 295x3x3, 185x10

Week 6: 135x10, 185x8, 235x5, 285x2, 315x1, 345x1, 365x1, 385x1

Week 7: 135x10, 185x8, 235x5, 295x3x3, 185x10

Week 8: 135x10, 185x8, 235x5, 285x2, 315x1, 255x1, 375x1, 395x1

Week 9: 135x10, 185x8, 235x5, 305x3x3, 185x10

Week 10: 135x10, 185x8, 235x5, 235x3, 285x2, 315x1, 365x1, 385x1, 405x1

Week 11: 135x10, 185x8, 235x5, 305x3x3, 185x10

Meet: 135x10, 235x5, 285x2, 325x1, 1st attempt 365, 2nd attempt 405, 3rd attempt 430.

Remember, there is nothing mysterious about powerlifting training. When you combine consistent hard work, good training habits, and sound technique, progress is made. Pay attention to your body, vary the poundages to lower weights if you feel tired. Avoid injury and, most of all, overtraining. Good luck and good lifting.

If you wish further information or would like me to present a seminar, please contact me:

DAWN RESHEL
3441 N. 98th St.
Milwaukee, WI 53222

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- Made from the world's finest leathers, for total and safe support
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because noles are grouped closer together
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- Available in 18 colors and combinations
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The Challenger Series

The Challenger Series is our economy line of quality double thickness belts, offering 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 with heavy-duty stitching and double prong, \$45.00. Mark III Double thickness smooth suede 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.

Please Subject to Change Without Notice

Weight	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place	9th Place	10th Place
148 lbs.	L. Milligan	620	385	565	1570					
152 lbs.	L. Arthur	500	500	535	1535					
156 lbs.	B. Farmer	565	365	605	1510					
160 lbs.	G. Scroggs	545	360	550	1455					
164 lbs.	A. Almon	475	290	510	1275					
168 lbs.	M. Smith	435	235	500	1170					
172 lbs.	D. McCrary	135	460	255	850					
176 lbs.	E. Surrall	800	425	615	1840					
180 lbs.	D. Ricafrente	725	450	665	1840					
184 lbs.	J. Balson	700	400	665	1765					
188 lbs.	J. B. Brown	635	360	600	1695					
192 lbs.	T. Acker	545	360	495	1400					
196 lbs.	C. Adams	510	295	460	1265					
200 lbs.	275 plus	685	445	600	1730					
204 lbs.	D. Krowe	635	520	500	1650					
208 lbs.	L. Frank	530	360	600	1490					
212 lbs.	L. Frank	530	360	600	1490					

South Piedmont Area Weight Meet

Weight	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place	9th Place	10th Place
148 lbs.	E. Barrion	195	150	225	370	870				
152 lbs.	F. McClure	275	225	370	870					
156 lbs.	R. Jordan	300	205	375	880					
160 lbs.	W. Chaney (BL)	555	300	400	1355					
164 lbs.	J. Massey	275	285	400	960					
168 lbs.	P. Walker	220	190	305	715					
172 lbs.	F. Warren	220	255	375	750					
176 lbs.	L. Swilling (BL)	415	270	500	1185					
180 lbs.	F. Lowery	400	380	400	1080					
184 lbs.	E. White	300	270	400	970					
188 lbs.	T. Brown	255	250	330	835					
192 lbs.	Thompson (BL)	515	380	575	1470					
196 lbs.	Q. Medley	405	315	550	1270					
200 lbs.	W. Brown	325	225	400	950					
204 lbs.	R. Hill	520	275	550	1345					
208 lbs.	D. McMurray	445	265	525	1245					
212 lbs.	W. McClinton	335	255	500	1100					
216 lbs.	W. McClinton	335	225	450	1040					
220 lbs.	W. Barlow	300	225	400	940					
224 lbs.	B. Harris	180	250	300	745					
228 lbs.	D. Patterson	450	380	550	1340					
232 lbs.	D. Smith	365	335	500	1200					
236 lbs.	C. Cagle	390	300	475	1165					
240 lbs.	M. Johnson	350	345	515	1210					
244 lbs.	M. Moore	410	340	450	1200					
248 lbs.	W. Woodson	350	280	425	1055					

Ed Coan & Doug Furnas Video Seminar

A complete and thorough demonstration video. They cover all the lifts, their techniques and viewpoints.

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Ed and Doug are available for Live Seminars.

Weight	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place	9th Place	10th Place
175 lbs.	D. Bez	265	265	265	265					
180 lbs.	B. Keating	265	265	265	265					
185 lbs.	J. Vitale	270	181	181	255					
190 lbs.	J. Vitale	270	181	181	255					
195 lbs.	B. Mahoney	225	250	250	225					
200 lbs.	K. Jordan	198	181	181	225					
205 lbs.	E. Derran	240	220	220	405					
210 lbs.	J. Carroll	275	275	275	365					
215 lbs.	T. Gallagher	225	225	225	335					
220 lbs.	D.M. Donald	300	315	315	315					
225 lbs.	D.M. Donald	300	315	315	315					
230 lbs.	148 lbs.	D. DeRosa	280	242	242	445				
235 lbs.	K. Fazio	175	175	175	275					
240 lbs.	J. Vitale	290	290	290	410					
245 lbs.	G. Brody	270	270	270	405					

Weight	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place	9th Place	10th Place
150 lbs.	F. Thornton	315	315	315	315					
155 lbs.	R. Houglund	95	95	95	95					
160 lbs.	D. Arnold	130	130	130	130					
165 lbs.	M. Fountain	140	140	140	140					
170 lbs.	S. Scott	198	198	198	198					
175 lbs.	R. Tolley	95	95	95	95					
180 lbs.	S. Korana	340	340	340	340					
185 lbs.	P. Pierce	60	60	60	60					
190 lbs.	C. Servis	60	60	60	60					
195 lbs.	J. Newsom	230	230	230	230					
200 lbs.	Over 140 lbs.	90	90	90	90					
205 lbs.	A. Henderson	90	90	90	90					
210 lbs.	C. Henderson	90	90	90	90					
215 lbs.	G. Rogers	90	90	90	90					
220 lbs.	M. Williams	390	390	390	390					
225 lbs.	S. Torrellas	390	390	390	390					
230 lbs.	R. Bernstein	275	275	275	275					
235 lbs.	W. Aris	242	242	242	242					
240 lbs.	B. Baving	265	265	265	265					
245 lbs.	R. Watson	200	200	200	200					
250 lbs.	M. McManus	115	115	115	115					
255 lbs.	S. Pallen	300	300	300	300					
260 lbs.	W. Harrison	365	275	275	275					
265 lbs.	C. Ward	280	280	280	280					
270 lbs.	R. Hammett	250	250	250	250					
275 lbs.	E. Roark	325	325	325	325					
280 lbs.	L. Marshall	415	415	415	415					
285 lbs.	R. McClusky	450	450	450	450					
290 lbs.	M. Sides	325	325	325	325					
295 lbs.	T. Johnson	315	315	315	315					
300 lbs.	S. Carter	420	420	420	420					

Weight	1st Place	2nd Place	3rd Place	4th Place	5th Place	6th Place	7th Place	8th Place	9th Place	10th Place
175 lbs.	175	115	250	490	490					
180 lbs.	J. Meade	55	65	185	370					
185 lbs.	G. Servis	45	60	165	270					
190 lbs.	R. Brown	435	325	435	1195					
195 lbs.	J. Franka	275	300	400	975					
200 lbs.	J. Behlin	220	275	340	895					
205 lbs.	H. Edwards	260	255	300	815					
210 lbs.	E. Williams	155	150	230	535					
215 lbs.	T. McManus	140	90	215	445					
220 lbs.	M. Sides (BL)	600	415	600	1615					
225 lbs.	T. Carter	525	315	505	1345					
230 lbs.	F. Thornton	500	315	515	1330					
235 lbs.	K. Hammon	385	255	435	1070					
240 lbs.	M. Murray	385	255	435	1070					
245 lbs.	P. Johnson	300	240	400	940					
250 lbs.	R. Hammett	385	255	435	1070					
255 lbs.	T. Johnson	385	255	435	1070					
260 lbs.	R. Houglund	360	250	410	1020					
265 lbs.	198 lbs.	685	430	600	1620					
270 lbs.	K. Sides	445	340	400	1155					
275 lbs.	S. Korana	415	340	400	1155					
280 lbs.	M. Williams	500	390	510	1390					
285 lbs.	R. Hammett	315	260	315	1190					
290 lbs.	S. Dillon	320	325	450	1095					
295 lbs.	M. Lewis	800	470	750	1715					
300 lbs.	SHW	790	650	675	1670					

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1987

USPF Natural Nationals
Powerlifting Championships

Regional Qualifiers

- 10-3-87 Atlanta, GA 11-7-87 Kansas City, MO
- 10-10-87 Virginia 11-14-87 Denver, CO
- 10-31-87 Las Vegas, NV 11-21-87 Dallas, TX
- 11-28-87 Columbus, OH

*** - To lift in the National Championships, you MUST qualify in one of the Regional meets. The top 5 in each weight class, and each Division will qualify for the Nationals to be held in February 1988, in Dallas, TX.**

.....Divisions.....

1yr... You must be off any steroids for 1 year.
Pure... You must not have taken any steroids or growth hormone at any time

Strict testing will be used, Violators will be banned for 3 years!

For more information contact:

Rich Peters
P.O. Box 1753
Norman, OK 73070
1-405-366-1739

100 Percent Natural Bench Press

11 Apr 87 - Potomac, MD

144 lbs.	J. Duffy	260
132 lbs.	S. Smith	240
123 lbs.	Bernard	180
115 lbs.	Halpin	150
105 lbs.	C. Smith	55
132 lbs.	Halpin	75
145 lbs.	Low	315
165 lbs.	Burke	305
180 lbs.	Christian	305
180 lbs.	J. Duffy	400
180 lbs.	Smith	315
181 lbs.	Halpin	135

Central Plains State and

18 Apr 87 - Naperville, IL

132 lbs.	D. Franz	400
123 lbs.	D. Alcock	385
115 lbs.	W. Hammer	295
105 lbs.	E. Franz Jr.	430
95 lbs.	M. Gillono	400
85 lbs.	J. Miller	425
75 lbs.	L. Mendoza	400
65 lbs.	M. Gillono	400
55 lbs.	H. Perone	565
45 lbs.	M. Penrod	450
35 lbs.	M. Penrod	400
25 lbs.	H. Perone	400
15 lbs.	H. Perone	400

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Mid South South Bench Press

25 Apr 87 - Cleveland, MS

148 lbs.	Pete Berry	360
132 lbs.	Rick Erb	330
123 lbs.	Ed Walker	285
115 lbs.	Dennis Riley	245
105 lbs.	Jim Wilson	215
95 lbs.	Scott Andrews	245
85 lbs.	Scott Andrews	245
75 lbs.	Scott Andrews	245
65 lbs.	Scott Andrews	245
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95 lbs.	M. Gillono	400
85 lbs.	J. Miller	425

The NEW Muscle Beach Venice facility will be promoting U.S.P.F. sanctioned meets in the future, beginning with a bench press meet on August 8th, as well as major physique contests. Construction will begin this year on a double size weight pit, with new weights, bars, and competition equipment plus a new, double-size competition platform, according to Bud Mucci. Muscle Beach was the post-World War II proving grounds for many of the greatest stars to see the Los Angeles and its great start to the Iron Game, and Park and Recreation Department commit themselves to a renewal of the facility and its unique spirit.

MUSCLE BEACH VENICE
California
CITY OF LOS ANGELES RECREATION AND PARKS DEPARTMENT

Colorado State ADFPA

22 Mar 87 - Denver, CO (kilos)

Rank	SQ	BP	DL	Total
1	172.5	190*	472.5*	835
2	135	165	382.5	682.5
3	197.5	127.5	452.5	777.5
4	185	182.5	452.5	720
5	187.5	110	442.5	740
6	205	135	425	765
7	187.5	122.5	452.5	762.5
8	182.5	125	452.5	760
9	165	137.5	492.5	800
10	142.5	110	412.5	665
11	207.5	142.5	562.5	912.5
12	187.5	137.5	512.5	837.5
13	205	135	492.5	832.5
14	207.5	142.5	562.5	912.5
15	187.5	137.5	512.5	837.5
16	182.5	125	452.5	760
17	187.5	122.5	452.5	762.5
18	182.5	125	452.5	760
19	187.5	122.5	452.5	762.5
20	182.5	125	452.5	760

MCI-Marion Competition

4 Apr 87 - Marion, OH

Rank	SQ	BP	DL	Total
1	325	185	265	695
2	230	245	340	815
3	350	245	340	935
4	450	305	530*	1285*
5	400	315	460	1175
6	420	315	495	1230
7	500*	280	520	1300
8	450	325	480	1255
9	450	325	480	1255
10	450	325	480	1255
11	450	325	480	1255
12	450	325	480	1255
13	450	325	480	1255
14	450	325	480	1255
15	450	325	480	1255
16	450	325	480	1255
17	450	325	480	1255
18	450	325	480	1255
19	450	325	480	1255
20	450	325	480	1255

Grand Rapids Open Bench Press

28 Mar 87 - Grand Rapids, MI

Rank	SQ	BP	DL	Total
1	114 lbs	215	455	784
2	114 lbs	215	455	784
3	114 lbs	215	455	784
4	114 lbs	215	455	784
5	114 lbs	215	455	784
6	114 lbs	215	455	784
7	114 lbs	215	455	784
8	114 lbs	215	455	784
9	114 lbs	215	455	784
10	114 lbs	215	455	784
11	114 lbs	215	455	784
12	114 lbs	215	455	784
13	114 lbs	215	455	784
14	114 lbs	215	455	784
15	114 lbs	215	455	784
16	114 lbs	215	455	784
17	114 lbs	215	455	784
18	114 lbs	215	455	784
19	114 lbs	215	455	784
20	114 lbs	215	455	784

Salzburg Grand Prix

4 Apr 87 - Austria (kilos)

Rank	SQ	BP	DL	Total
1	115	62.5	145	322.5
2	167.5	67.5	170	405
3	167.5	67.5	170	405
4	95.5	45	120	262.5
5	130	67.5	135	332.5
6	42.5	135	217.5	395

A.D.F.P.A. TOP 20 125 kg 275

BENCH PRESS

Rank	Name	SQ	BP	DL	Total
1	323 K. Welch	329/87	523	600	1450
2	190 E. Arnold	411/87	550	600	1500
3	190 R. Forman	411/87	550	600	1500
4	190 R. Forman	411/87	550	600	1500
5	800 M. Burrell	248/87	490	580	1360
6	800 M. Dempsey	45/87	485	570	1300
7	772 R. Vallancourt	82/86	480	560	1300
8	772 R. Vallancourt	82/86	480	560	1300
9	725 T. Holder	125/87	462	540	1264
10	705 R. Morris	214/87	460	540	1260
11	705 R. Morris	214/87	460	540	1260
12	705 R. Morris	214/87	460	540	1260
13	705 R. Morris	214/87	460	540	1260
14	705 R. Morris	214/87	460	540	1260
15	705 R. Morris	214/87	460	540	1260
16	705 R. Morris	214/87	460	540	1260
17	705 R. Morris	214/87	460	540	1260
18	705 R. Morris	214/87	460	540	1260
19	705 R. Morris	214/87	460	540	1260
20	705 R. Morris	214/87	460	540	1260

Salzburg Grand Prix (continued)

Rank	Name	SQ	BP	DL	Total
1	48 kg M. Thill	115	62.5	145	322.5
2	52 kg S. Dolman	167.5	67.5	170	405
3	52 kg S. Dolman	167.5	67.5	170	405
4	56 kg R. Katala	95.5	45	120	262.5
5	56 kg R. Katala	95.5	45	120	262.5
6	56 kg R. Katala	95.5	45	120	262.5
7	56 kg R. Katala	95.5	45	120	262.5
8	56 kg R. Katala	95.5	45	120	262.5
9	56 kg R. Katala	95.5	45	120	262.5
10	56 kg R. Katala	95.5	45	120	262.5

This Top 20 list by Jim Gallagher covers lifts made in sanctioned meets from May 1, 1986 to May 1, 1987. Please send copies of all ADFPA meeting results to Jim Gallagher, 301 Park Center Drive, Ft. Lauderdale, FL 33309. These lists as up to date as possible. Thank you. Those who appear on the A.D.F.P.A. Top 20 list are eligible to receive PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

DEADLIFT

Rank	Name	SQ	BP	DL	Total
1	771 K. Welch	329/87	523	600	1450
2	55 R. Arnold	411/87	550	600	1500
3	55 R. Arnold	411/87	550	600	1500
4	730 Y. Jabbar	11/86	720	800	1520
5	800 M. Burrell	248/87	490	580	1360
6	800 M. Dempsey	45/87	485	570	1300
7	772 R. Vallancourt	82/86	480	560	1300
8	772 R. Vallancourt	82/86	480	560	1300
9	725 T. Holder	125/87	462	540	1264
10	705 R. Morris	214/87	460	540	1260
11	705 R. Morris	214/87	460	540	1260
12	705 R. Morris	214/87	460	540	1260
13	705 R. Morris	214/87	460	540	1260
14	705 R. Morris	214/87	460	540	1260
15	705 R. Morris	214/87	460	540	1260
16	705 R. Morris	214/87	460	540	1260
17	705 R. Morris	214/87	460	540	1260
18	705 R. Morris	214/87	460	540	1260
19	705 R. Morris	214/87	460	540	1260
20	705 R. Morris	214/87	460	540	1260

On the bench, he used the deep ribcage to the best advantage and looked very powerful but she will have to be careful that her hips do not leave the bench. She had her first lift on 100 kg and she made it with a very narrow undergrip. She made a good lift on 125 kg and she came back to make it and 125 kg undergrip. She made a good lift on 150 kg and she came back to make it and 150 kg undergrip. She made a good lift on 175 kg and she came back to make it and 175 kg undergrip. She made a good lift on 200 kg and she came back to make it and 200 kg undergrip. She made a good lift on 225 kg and she came back to make it and 225 kg undergrip. She made a good lift on 250 kg and she came back to make it and 250 kg undergrip. She made a good lift on 275 kg and she came back to make it and 275 kg undergrip. She made a good lift on 300 kg and she came back to make it and 300 kg undergrip. She made a good lift on 325 kg and she came back to make it and 325 kg undergrip. She made a good lift on 350 kg and she came back to make it and 350 kg undergrip. She made a good lift on 375 kg and she came back to make it and 375 kg undergrip. She made a good lift on 400 kg and she came back to make it and 400 kg undergrip. She made a good lift on 425 kg and she came back to make it and 425 kg undergrip. She made a good lift on 450 kg and she came back to make it and 450 kg undergrip. She made a good lift on 475 kg and she came back to make it and 475 kg undergrip. She made a good lift on 500 kg and she came back to make it and 500 kg undergrip. She made a good lift on 525 kg and she came back to make it and 525 kg undergrip. She made a good lift on 550 kg and she came back to make it and 550 kg undergrip. She made a good lift on 575 kg and she came back to make it and 575 kg undergrip. She made a good lift on 600 kg and she came back to make it and 600 kg undergrip. She made a good lift on 625 kg and she came back to make it and 625 kg undergrip. She made a good lift on 650 kg and she came back to make it and 650 kg undergrip. She made a good lift on 675 kg and she came back to make it and 675 kg undergrip. She made a good lift on 700 kg and she came back to make it and 700 kg undergrip. She made a good lift on 725 kg and she came back to make it and 725 kg undergrip. She made a good lift on 750 kg and she came back to make it and 750 kg undergrip. She made a good lift on 775 kg and she came back to make it and 775 kg undergrip. She made a good lift on 800 kg and she came back to make it and 800 kg undergrip. She made a good lift on 825 kg and she came back to make it and 825 kg undergrip. She made a good lift on 850 kg and she came back to make it and 850 kg undergrip. She made a good lift on 875 kg and she came back to make it and 875 kg undergrip. She made a good lift on 900 kg and she came back to make it and 900 kg undergrip. She made a good lift on 925 kg and she came back to make it and 925 kg undergrip. She made a good lift on 950 kg and she came back to make it and 950 kg undergrip. She made a good lift on 975 kg and she came back to make it and 975 kg undergrip. She made a good lift on 1000 kg and she came back to make it and 1000 kg undergrip. She made a good lift on 1025 kg and she came back to make it and 1025 kg undergrip. She made a good lift on 1050 kg and she came back to make it and 1050 kg undergrip. She made a good lift on 1075 kg and she came back to make it and 1075 kg undergrip. She made a good lift on 1100 kg and she came back to make it and 1100 kg undergrip. She made a good lift on 1125 kg and she came back to make it and 1125 kg undergrip. She made a good lift on 1150 kg and she came back to make it and 1150 kg undergrip. She made a good lift on 1175 kg and she came back to make it and 1175 kg undergrip. She made a good lift on 1200 kg and she came back to make it and 1200 kg undergrip. She made a good lift on 1225 kg and she came back to make it and 1225 kg undergrip. She made a good lift on 1250 kg and she came back to make it and 1250 kg undergrip. She made a good lift on 1275 kg and she came back to make it and 1275 kg undergrip. She made a good lift on 1300 kg and she came back to make it and 1300 kg undergrip. She made a good lift on 1325 kg and she came back to make it and 1325 kg undergrip. She made a good lift on 1350 kg and she came back to make it and 1350 kg undergrip. She made a good lift on 1375 kg and she came back to make it and 1375 kg undergrip. She made a good lift on 1400 kg and she came back to make it and 1400 kg undergrip. She made a good lift on 1425 kg and she came back to make it and 1425 kg undergrip. She made a good lift on 1450 kg and she came back to make it and 1450 kg undergrip. She made a good lift on 1475 kg and she came back to make it and 1475 kg undergrip. 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She made a good lift on 1775 kg and she came back to make it and 1775 kg undergrip. She made a good lift on 1800 kg and she came back to make it and 1800 kg undergrip. She made a good lift on 1825 kg and she came back to make it and 1825 kg undergrip. She made a good lift on 1850 kg and she came back to make it and 1850 kg undergrip. She made a good lift on 1875 kg and she came back to make it and 1875 kg undergrip. She made a good lift on 1900 kg and she came back to make it and 1900 kg undergrip. She made a good lift on 1925 kg and she came back to make it and 1925 kg undergrip. She made a good lift on 1950 kg and she came back to make it and 1950 kg undergrip. She made a good lift on 1975 kg and she came back to make it and 1975 kg undergrip. She made a good lift on 2000 kg and she came back to make it and 2000 kg undergrip. She made a good lift on 2025 kg and she came back to make it and 2025 kg undergrip. She made a good lift on 2050 kg and she came back to make it and 2050 kg undergrip. She made a good lift on 2075 kg and she came back to make it and 2075 kg undergrip. She made a good lift on 2100 kg and she came back to make it and 2100 kg undergrip. She made a good lift on 2125 kg and she came back to make it and 2125 kg undergrip. She made a good lift on 2150 kg and she came back to make it and 2150 kg undergrip. She made a good lift on 2175 kg and she came back to make it and 2175 kg undergrip. She made a good lift on 2200 kg and she came back to make it and 2200 kg undergrip. She made a good lift on 2225 kg and she came back to make it and 2225 kg undergrip. She made a good lift on 2250 kg and she came back to make it and 2250 kg undergrip. She made a good lift on 2275 kg and she came back to make it and 2275 kg undergrip. She made a good lift on 2300 kg and she came back to make it and 2300 kg undergrip. She made a good lift on 2325 kg and she came back to make it and 2325 kg undergrip. She made a good lift on 2350 kg and she came back to make it and 2350 kg undergrip. She made a good lift on 2375 kg and she came back to make it and 2375 kg undergrip. She made a good lift on 2400 kg and she came back to make it and 2400 kg undergrip. She made a good lift on 2425 kg and she came back to make it and 2425 kg undergrip. She made a good lift on 2450 kg and she came back to make it and 2450 kg undergrip. She made a good lift on 2475 kg and she came back to make it and 2475 kg undergrip. She made a good lift on 2500 kg and she came back to make it and 2500 kg undergrip. She made a good lift on 2525 kg and she came back to make it and 2525 kg undergrip. She made a good lift on 2550 kg and she came back to make it and 2550 kg undergrip. She made a good lift on 2575 kg and she came back to make it and 2575 kg undergrip. 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She made a good lift on 2875 kg and she came back to make it and 2875 kg undergrip. She made a good lift on 2900 kg and she came back to make it and 2900 kg undergrip. She made a good lift on 2925 kg and she came back to make it and 2925 kg undergrip. She made a good lift on 2950 kg and she came back to make it and 2950 kg undergrip. She made a good lift on 2975 kg and she came back to make it and 2975 kg undergrip. She made a good lift on 3000 kg and she came back to make it and 3000 kg undergrip. She made a good lift on 3025 kg and she came back to make it and 3025 kg undergrip. She made a good lift on 3050 kg and she came back to make it and 3050 kg undergrip. She made a good lift on 3075 kg and she came back to make it and 3075 kg undergrip. She made a good lift on 3100 kg and she came back to make it and 3100 kg undergrip. She made a good lift on 3125 kg and she came back to make it and 3125 kg undergrip. 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She made a good lift on 3975 kg and she came back to make it and 3975 kg undergrip. She made a good lift on 4000 kg and she came back to make it and 4000 kg undergrip. She made a good lift on 4025 kg and she came back to make it and 4025 kg undergrip. She made a good lift on 4050 kg and she came back to make it and 4050 kg undergrip. She made a good lift on 4075 kg and she came back to make it and 4075 kg undergrip. She made a good lift on 4100 kg and she came back to make it and 4100 kg undergrip. She made a good lift on 4125 kg and she came back to make it and 4125 kg undergrip. She made a good lift on 4150 kg and she came back to make it and 4150 kg undergrip. She made a good lift on 4175 kg and she came back to make it and 4175 kg undergrip. She made a good lift on 4200 kg and she came back to make it and 4200 kg undergrip. She made a good lift on 4225 kg and she came back to make it and 4225 kg undergrip. She made a good lift on 4250 kg and she came back to make it and 4250 kg undergrip. She made a good lift on 4275 kg and she came back to make it and 4275 kg undergrip. She made a good lift on 4300 kg and she came back to make it and 4300 kg undergrip. She made a good lift on 4325 kg and she came back to make it and 4325 kg undergrip. She made a good lift on 4350 kg and she came back to make it and 4350 kg undergrip. She made a good lift on 4375 kg and she came back to make it and 4375 kg undergrip. She made a good lift on 4400 kg and she came back to make it and 4400 kg undergrip. She made a good lift on 4425 kg and she came back to make it and 4425 kg undergrip. She made a good lift on 4450 kg and she came back to make it and 4450 kg undergrip. She made a good lift on 4475 kg and she came back to make it and 4475 kg undergrip. She made a good lift on 4500 kg and she came back to make it and 4500 kg undergrip. She made a good lift on 4525 kg and she came back to make it and 4525

The Trap Bar

solid steel construction

**UNIQUE
SHAPE
OFFERS:**

- Ultimate trap development.
- Greater muscle involvement.
- Deadlift with more safety.
- Improved leverage for lower back protection.



Picture: Designer and N.C. ADPPA Deadlift record holder, Al Gerard.

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Santa Fe ADPPA

21 Mar 87 - Santa Fe, NM

WOMEN	SQ	BP	DL	Total
Berence Gill	260	130	305	695
MEN				
Mike Roybal	340	190	365	895
Joe Padilla	410	215	400	1025
Steve Gonzalez	370	225	470	1065
Tommy Williams	350	235	490	1075
Bill Buzamante	315	235	350	900
165 Ortiz*	505	350	530	1385
170 Carreras	420	275	450	1145
175 Leonar	385	280	450	1115
180 Marva	370	235	400	1005
185 Collins	390	290		
190 Williams*	550	360	580	1490
195 Salyak	500	325	500	1325
200 Len	530	325	500	1355
205 Randy Vigil	490	220	495	1205
210 Adam Wilkerson				
215 Dought Hitters	295	205	305	805
220 Dan Weatherford				
225 Gabe Martinez	475	350	610	1435
230 M. Humum	420	275	450	1145
235 O. Keak	177.5	130	247.5	555
240 A. Neale	190	110	240	540
245 R. Bousley	327.5	165	370	862.5
250 R. Brunner	260	145	240	645
255 R. Brown	240	137.5	250	627.5
260 R. Brown	300	175	250	725
265 R. Vaughan	320	185	250	755
270 T. Turner	300	125	310	735
275 T. Turner	320	125	310	755
280 D. Leppach	330	180	385	795
285 D. Hancock	330	185	345	860
290 F. Dean	262.5	135	285	702.5
295 L. Brown	272.5	157.5	285	715

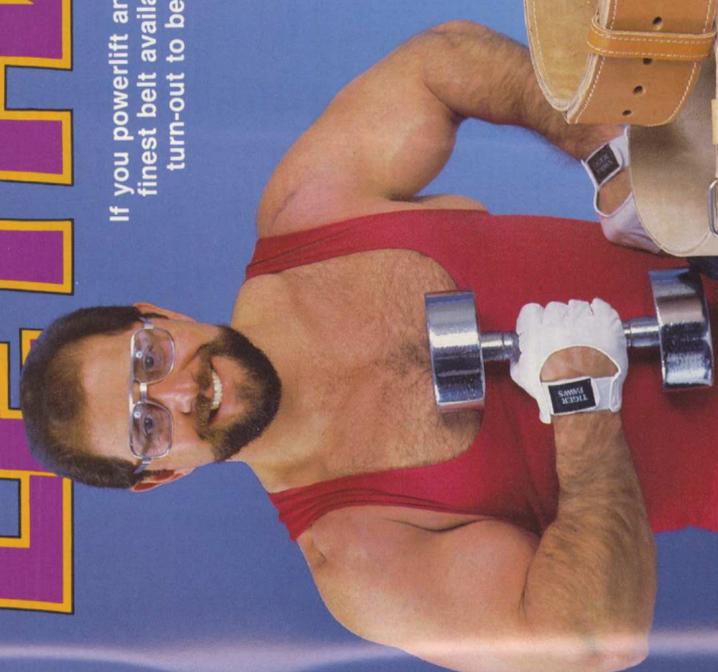
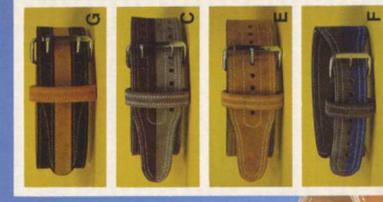
British Masters

11,12 Apr 87 - Milton Keynes (kg)

SQ	BP	DL	Total
40-49			
50-59			
60-69			
70-79			
80-89			
90-99			
100-109			
110-119			
120-129			
130-139			
140-149			
150-159			
160-169			
170-179			
180-189			
190-199			
200-209			
210-219			
220-229			
230-239			
240-249			
250-259			
260-269			
270-279			
280-289			
290-299			
300-309			
310-319			
320-329			
330-339			
340-349			
350-359			
360-369			
370-379			
380-389			
390-399			
400-409			
410-419			
420-429			
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440-449			
450-459			
460-469			
470-479			
480-489			
490-499			
500-509			
510-519			
520-529			
530-539			
540-549			
550-559			
560-569			
570-579			
580-589			
590-599			
600-609			
610-619			
620-629			
630-639			
640-649			
650-659			
660-669			
670-679			
680-689			
690-699			
700-709			
710-719			
720-729			
730-739			
740-749			
750-759			
760-769			
770-779			
780-789			
790-799			
800-809			
810-819			
820-829			
830-839			
840-849			
850-859			
860-869			
870-879			
880-889			
890-899			
900-909			
910-919			
920-929			
930-939			
940-949			
950-959			
960-969			
970-979			
980-989			
990-999			
1000-1009			
1010-1019			
1020-1029			
1030-1039			
1040-1049			
1050-1059			
1060-1069			
1070-1079			
1080-1089			
1090-1099			
1100-1109			
1110-1119			
1120-1129			
1130-1139			
1140-1149			
1150-1159			
1160-1169			
1170-1179			
1180-1189			
1190-1199			
1200-1209			
1210-1219			
1220-1229			
1230-1239			
1240-1249			
1250-1259			
1260-1269			
1270-1279			
1280-1289			
1290-1299			
1300-1309			
1310-1319			
1320-1329			
1330-1339			
1340-1349			
1350-1359			
1360-1369			
1370-1379			
1380-1389			
1390-1399			
1400-1409			
1410-1419			
1420-1429			
1430-1439			
1440-1449			
1450-1459			
1460-1469			
1470-1479			
1480-1489			
1490-1499			
1500-1509			
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1540-1549			
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1560-1569			
1570-1579			
1580-1589			
1590-1599			
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If you powerlift and don't use the finest belt available, it could turn-out to be just that . . . LETHAL!



Super Belts are designed to meet all regulation standards for safety and durability. Constructed of genuine leather and suede each stress point is reinforced with nylon cord stitching to provide firm, effective support. The steel buckle is nickelplated, available with one or two prongs. Super Belts allow you to train and compete without compromise. Always remember a PRO is only as good as the equipment he uses!

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	(B) Double-thick LEATHER	\$45	(F) Tapered solid or 2-Toned SUEDÉ	\$40	
	(C) Solid or 2-Toned SUEDÉ	\$53	(G) 3-Toned SUEDÉ	\$53	
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*Shipping: Inside USA add \$2.00
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Ohio residents only, please add sales tax \$ 2.00
Total amount enclosed \$ _____

PRICE CUT! Belts Manufactured by DEAN BEST

PACIFICO ENTERPRISES

Powerlifting Products That Pull Their Own Weight.

Central USA Open Bench Press

2 May 87 - Peoria, IL

WOMEN	165 lbs.	181 lbs.
J. Godley	165	181
C. Raycl	160	170
C. Anderson	170	180
M. Brown	115	125
M. Bowman	115	125
C. Cross	115	125
D. Enslin	105	115
S. Getzler	105	115
S. Haller	105	115
Mens		
C. Jefferson	325	350
G. Marzano	325	350
D. Tapp	145	155
D. Wallace	345	375
R. Bowlin	240	270
T. Sanders	195	210
B. Udrzels	180	195
J. Clay	370	410
F. Lewis	325	370
D. Elthompson	300	325
C. Morgan	275	300
L. Ducker	250	275
D. Lattimore	250	275
K. Burkett Sr.	220	240
J. Husey	220	240
G. Jones	350	380
L. Pines	300	330
O. Boyd	300	330
M. Del Toro	365	400
J. Adams	485	510
F. Sanchez	440	475
M. Slater	330	375
S. Syck	325	360
M. McKenzie	510	540
L. Blair	460	495
M. Smith	250	285
N. Link	225	255
R. Kessler	405	440
A. Kinsman	225	255

Thunder Bay Novice Bench Press

26 Apr 87 - Ontario, Canada

WOMEN	110 lbs.	125 lbs.
Doug Ferguson	270	300
Clay Baumann	121	132
Luigi Bergamo	248	280
Heather Chan	121	132
Carla Rigato	99	110
Mem Crookham	82	93
Eric Nounainen	319	330
181 Dabala	330	340
Pentti Nieminen	303	313
Steve Warwick	198	210
Eric Nounainen	270	282
Sal Monteleone	264	276
Joe Kostrobo	319	330
John Ball	269	280
Steve Rapley	303	313
165	175	
Bill Robinson	308	318
Harvey Kol	220 & over	
Dave Anderson	292	302
John Steinic	341	351
Leo Bianco	275	285

Buckeye Lifter . . . for 181 and below

25 Apr 87 - Shelby, OH

WOMEN	110 lbs.	125 lbs.
S. Zoss	285	315
S. Zoss	285	315
S. Bowles	240	270
D. Conklin	240	270
L. Stein	280	315
L. Stein	280	315
L. Kaff	175	190
K. Ross	140	155
Masters 40-50	620	655
S. Smith	610	645
R. Williamson	475	510
C. Joseph	480	515
D. Wilson	325	355
D. Wilson	325	355
Masters 50 and up	340	375
K. Lee	340	375
H. Samphill	385	415

Best Buckeye Lifter . . . for 181 and below

Below at the Buckeye Class II and III meet was John H. Stewart, who lifted 385 lbs. on the bench. Information courtesy, Dan Van Fleet.

Thunder Bay Novice Bench Press

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We don't just say
its world famous,
IT IS,
just ask around!

Ernie says: "Don't be fooled by false advertising. You can ask any top lifter since 1982 what suit they use to make their best lift with."

...are just a few who can vouch that this suit "IS" the best. This is the only suit to lift in. The suit sells itself world wide. And Frantz has never raised the price of the suit.

- Repairs
- FREE Alterations
- Colors: navy, black, or red.
- Send: height, weight, thigh and waist measurements.

- Ed Coan
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- Jim Cash
- George Hechter
- Walter Thomas
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- Joe Ladnier
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- Francis Silva
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Scientifically designed to be a COMPLETE MIX to work for Muscle Mass & Strength

The best tasting protein ever made! It's like a banana chocolate milk shake. 26 years in formulation, this is the first power-lifting protein on the market.

1 lb / \$9.00 - 5 lbs / \$36.50
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Complete Amino Acids

"FRANTZ"
NEW EXPLOSIVE POWER we perfected the

DEADLIFT SHIRT \$35.00

add 50 lb. to your deadlift and lockout position.

Frantz Bench Shirt

This new power shirt adds 25 lbs. to your bench. It comes in Polyester or Denim. Blue, red, black and or color denim.

\$35.00

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Custom Made - Navy or Black

No binding - No restrictive qualities. Send height, weight and color choice. "The most sharp looking and comfortable bench suit I have had." - Larry Pacifico.

Don't bench without this great suit!

Only \$39.00

Deadlift Straps

No-Slip. Extra strength for big pulls. Colors: navy and black.

\$4.75

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3 ply, maximum thickness. blue suede, nickel double buckle - Best Out! Navy, black, red, red/white/blue.

SPECIAL only \$60.00

Ernie Frantz: Two Times Runner Up Mr. U.S.A., two Times World Powerlifting Champion is available for seminars, demonstrations and clinics.

AMPF/APF Patches

Red, white, blue, with gold trim.

\$3.50
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Spiral bound. Log a full year of workouts in this new unique book.

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Designed for Powerlifting by Ernie. All leather with good padding only in the places you need it. You need it! (sizes S-M-L-XL).

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CUSTOM MADE

Rubber grit soles - no slip bottom for big deadlifts. Black, blue, white beige.

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SUPER STEROL PACK

The SUPER STEROL PACK is a blend of NATURAL GROWTH and ENERGY STIMULANTS designed to help build MASSIVE SIZE, BURN off FAT (getting ripped) and INCREASE ENDURANCE. One look at the SUPER STEROL PACK and you know that it is not just another athletic supplement. This formula has combined the most effective possible ingredients and offers them in a super high potency. Each pack contains SIX TABLETS CONTAIN:

STEROLS:

Fucosterol . . . 6963 mcg.
Beta-Sitosterol . . . 5148 mcg.
Samposterol . . . 3069 mcg.
Stigmasterol . . . 149 mcg.
Other Naturally Occurring Sterols . . . 9174 mcg.
(26,103 mcg. of STEROLS)

ELECTROLYTES:

Calcium . . . 200 mg.
Magnesium . . . 100 mg.
Potassium . . . 99 mg.

HERBS:

Cardamom . . . 100 mg.
Dandelion Root . . . 100 mg.
Yellow Dock . . . 100 mg.
Licorice Root . . . 100 mg.

AMINO ACIDS:

Arginine . . . 1200 mg.
Lysine . . . 600 mg.
Plus 8 Essential Amino Acids:
Leucine . . . 40 mg.
Valine . . . 38 mg.
Lysine . . . 34 mg.
Isoleucine . . . 30 mg.
Threonine . . . 24 mg.
Methionine . . . 20 mg.
Tryptophan . . . 6 mg.

EACH PACK (30 PACKETS) — 16.95

AMINO ACID 1000

This exciting product provides 1000 MG. of protein per capsule derived from a blend of FREE FORM and 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-Arginine . . . 94 mg.
L-Lysine . . . 95 mg.
L-Prophalan . . . 42 mg.
L-Cystine . . . 45 mg.
L-Phenylalanine . . . 25 mg.
L-Methionine . . . 25 mg.
L-Isoleucine . . . 75 mg.
L-Leucine . . . 42 mg.
L-Threonine . . . 50 mg.
The ten essential amino acids.

100 CAPSULES — 9.95

GLANDULARS:

Liver . . . 2600 mg.
Ovic Acid . . . 1000 mg.
Thymus . . . 200 mg.
Lung . . . 200 mg.
Hypothalamus . . . 200 mg.
Pancreas . . . 200 mg.
(5,000 mg. of GLANDULARS)

NATURAL ENERGY STIMULANTS:

Bee Pollen . . . 1000 mg.
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Royal Jelly . . . 30 mg.

TRACE MINERALS:

Silicon, Silver, Lithium, Strontium, Chlorine, Cobalt, Sulfur, Nickel, Titanium, Barium, Sodium, Vanadium, Boron, and Aluminum

FAT BURNERS:

Linoleic Acid . . . 1040 mg.
Oleic Acid . . . 698 mg.
Palmitic Acid . . . 263 mg.
Linolenic Acid . . . 109 mg.
Stearic Acid . . . 96 mg.
Myristic Acid . . . 5 mg.

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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 a substance that would assist athletes in performing at the highest level. The discovery of a safe, naturally occurring nutrient called INOSINE. INOSINE is helpful in decreasing lactic acid and muscle fatigue and in improving strength and energy levels.

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Inosine 500 MG.

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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

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