

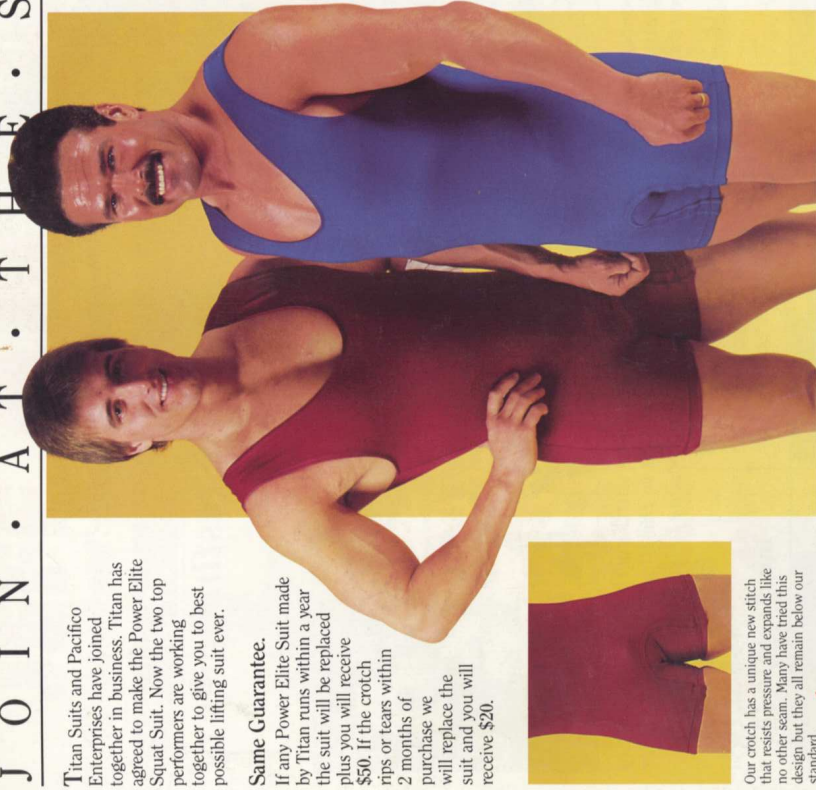
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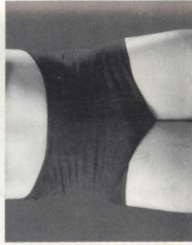


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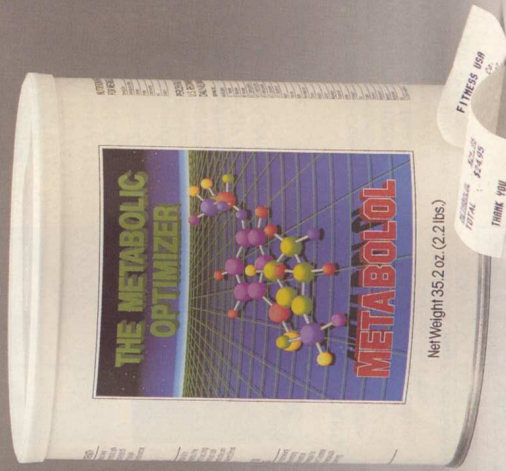
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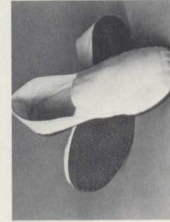
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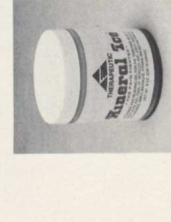
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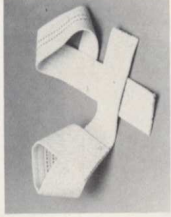
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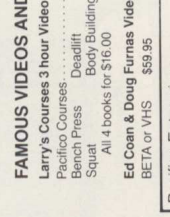
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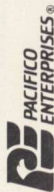
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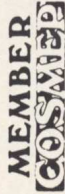
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**ON THE COVER...**Lamar Gant after his IPF World Record Deadlift in Norway, plus Gus Rethwisch as "BUZZSAW" and Ed "Super-Coan" Coan in a skit at a Bodybuilding Show.

**NEXT MONTH..**YMCA National Powerlifting Championship

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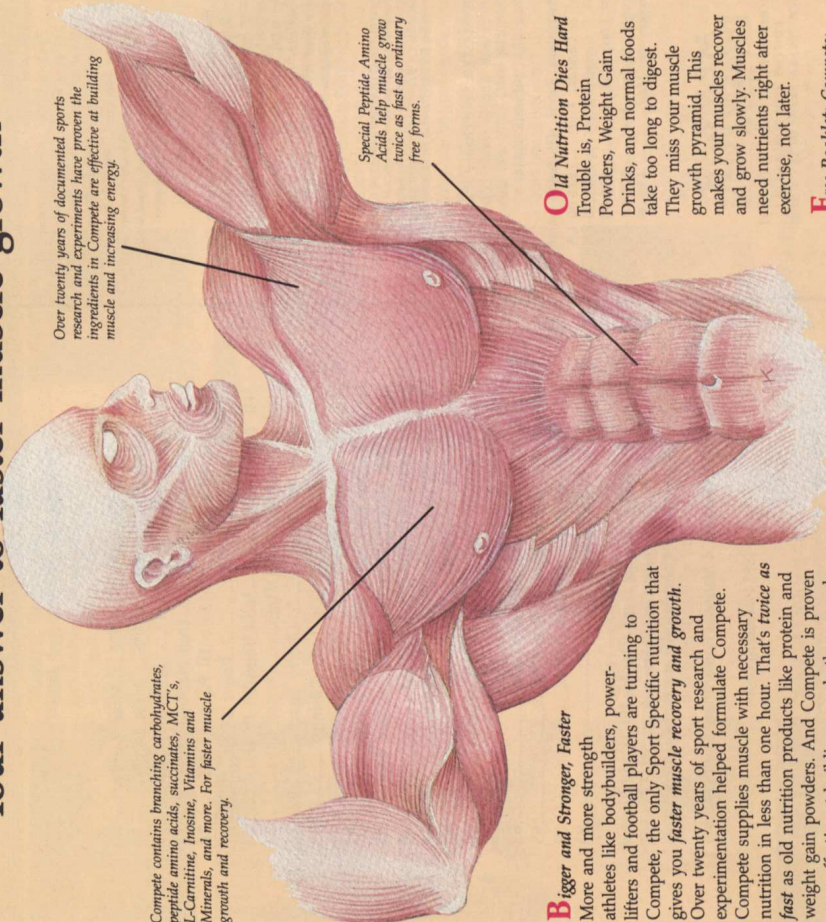
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# I.P.F. WORLDS as seen by PL USA Editor, Mike Lambert

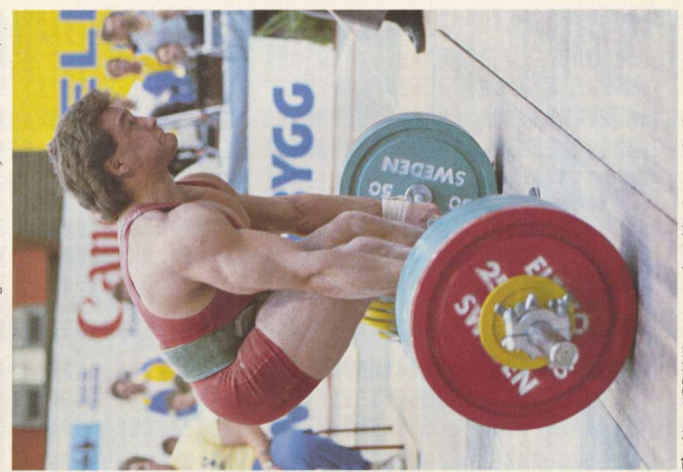
This year's I.P.F. World Powerlifting Championship was held in Fredrikstad, Norway, a city of about 60,000 residents, on the west coast of the country. The weather was a bit cool, and a persistent light rain fell throughout the championship, but the week before the airport in Oslo, home of the Viking ship museums and Thor Heyerdahl's KON TIKI and RA II rafts, was fogged out and before that they suffered the effects of the hurricane that hit England, so the weather was not the problem that it might have been.

3% of this country is cultivated, and 30% is forested, with the rest being uninhabitable mountain areas. Prices and taxes are high in this social democracy, with a modest Volvo going for about \$30,000 and homes typically running \$100,000, but unemployment is low. Like the rest of Scandinavia, the nation mixes its traditions with modernity, underscored by my almost daily passing under the original city's gate, more than 300 years old, to the new and efficient sports facility, Kongstuenhallen, for the lifting competition.

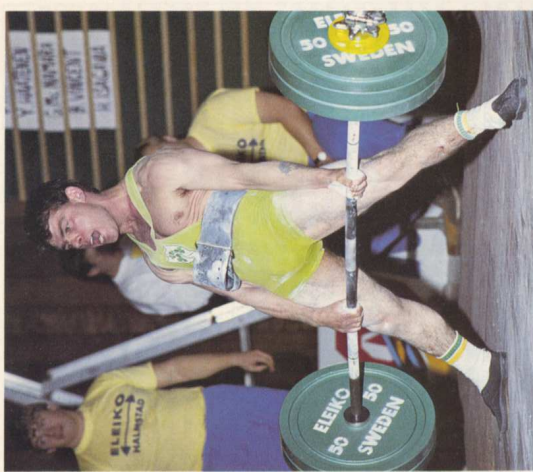
There were other stories besides the debut of Polish participation in a World Powerlifting Championships, but this East-West breakthrough was

whether they will continue to be legal beyond March 31. The legality of bench shirts in the United States, in any of the 5 major organizations, remains secure. The only question is about future I.P.F. legality for bench shirts. As the ruling allowing legal I.P.F. use of shirts took effect on the day after the championship, lifters did not have time for the contest, and that hurt a lot of the contest, including the "Mad Stork" Dick Carrel of Great Britain who was based on the island of Jersey and Bob Peacher related that Dick was the first man to attempt to use a "bench shirt" in World Championship competition, back in 1975, with dubious results.

As for the contest, it was a big one, with 110 lifters attempting almost 1000 lifts, with nearly a third of them



The New "COAN" appears to be Eddie Coppin of Belgium, at 186 lbs.



First Irish World Champ in Powerlifting is Gerry McNamara in the 123s.



Gene Bell, representing the USA in World Champion fashion at 181 being missed. Happily, 26 new PRs were established, and 7 new I.P.F. World Records were among them, 2 in the total and FIVE in the deadlift. Furthermore, 3 additional classes saw world record attempts in the deadlift. Is this a trend? With drug testing as it is, maybe the deadlift will be the lift of the 80s and 90s with technique becoming more important than drug enhanced bulk. At this meet, the top 3 in each class were sampled, with the only winners being initially evaluated, pending results.



Virvanen, repeat winner from 1987, but this time as a Middleweight.



Neighbour had a perfect day, with 3rd attempts right on the money, and Vitni had a great day as well, though



**John Neighbour**...the rock steady point man for the Great Britain team.

certainly the little extra he had in the squat would have come in handy. Soren Oldenborg of Denmark just blew it, with some silly misses on openers, and the wrong poundage selection on his final deadlift, as he could have made what he needed to win. Soren looks more and more like Steve Wilson every time I see him. Rudolf Kluser was the eccentric of the class, with his prehistoric vocalizations, and the fact that he was also preparing for an olympic lifting championship just three weeks later. Ray Rigby, who tells the best lifting stories in the world, went down to a disappointing bomb in what may be his final PL appearance.

The Big Matchup of the meet was between the Big Men, Noren and Hall. Lars, seemingly packed to the limit with body mass, weighed just under 310, while Mille tipped in at 393. In the absence of a scale, Mike usually just estimates his bodyweight by his arm size, one's 25" and the other is 30". Mille's 62" chest which takes a XXXXL jacket to enclose, and he figured he was around 380. He hasn't always been this big, he went into the Marine Corps 300, and they got him down to 220, for a while anyway.



**Dave Jacoby**...made up for last year's bombout with a steady performance to take the 242 lb. class for 1987.



**Noren the TERRIBLE**...rippled up this IPF World best deadlift of 892, and showed the power for 20 lbs. more.

Mike had suffered an injury to his leg prior to the meet, to the extent that he could not move 5 pounds on the leg extension machine, but recovered substantially by meet time. He was a bit off the 2300 plus total he hoped for, but Noren was on. Lars pulverized his squats, even after being told to re-rack the 931 before starting his 2nd attempt. He passed a planned try at 959, and then coolly repped out what he needed to keep Hall from the Gold, before jumping big to an IPF World Record 892 deadlift. Though stout, he keeps the bar in close throughout the lift, and used incredible acceleration to quickly turn the lift into history, and bask in the adoring glow of applause. Hall may be "bad", but Noren is "terrible", and if he makes it to Gus Rehwisch's Hawaii meet next year, Jan Tahtinen feels the squat, deadlift, and total records may be all goners. A request for a 4th attempt by Lars was foregone, saving it for just such an occasion as Alohaland.

The USA took the team title, and Sweden beat its tie with Britain by having more golds. Finland followed in 4th with Australia next. Coppin was Champion of Champions, followed by Inaba, Gant, Noren, and Virtanen. Congratulations for this very successful contest presentation go to the Norwegian Federation, personnelled to my meet director Jan Monstad, and Arnulf Wahlstrom.

# A.P.F. WORLDS

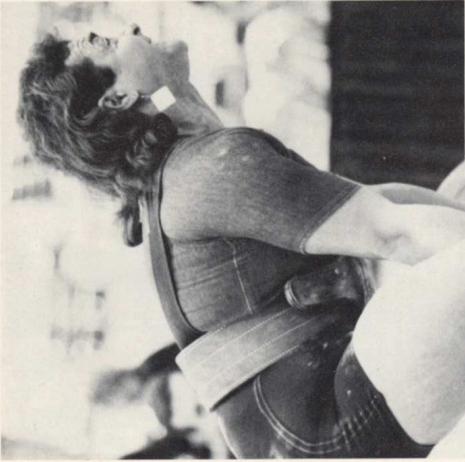
as seen by PL USA Editor, Mike Lambert

The Dayton Convention Center, strong outing, although she was shadowed closely by Felicia Almay, the former Felicia Johnson, who has stated she will be competing in all 3 Powerlifting Federations in the future. In the 132's Mariah Liggett had a tremendous day, with APF world records in the squat, bench, and deadlift in the deadlift. It took her a fourth attempt in the squat to make 435 and her 242 bench press was a record as well. Lisa Dellinger missed some big jumps and fell off the pace.

At 148, Diane Frantz weighed on a fourth attempt in winning the 97 lb. class. This may have been her final outing in that division as her normal bodyweight is creeping up to 105 and she would like to have a go at those records in the future. Marva Austin of the US Army followed up solidly in second. At 105, Doris Simmons, the wife of Louie Simmons, trainer of renown, was victorious over Diva Hart, still coming back after giving birth to a child not too long ago. In the 115's Mary Ryan Jean tried to duplicate her lifts at 192 lbs. achieved at her husband's Mountain Open meet three weeks prior.

At the lower bodyweight she came very close to setting a bench press world record with a 253 lb effort. Dave and Mary Jeffery are developing some hard West Virginia and things affect the extent of her competitive efforts and even the existence of the Mountain Open in the future.

In the 123's Pam Crisp had a

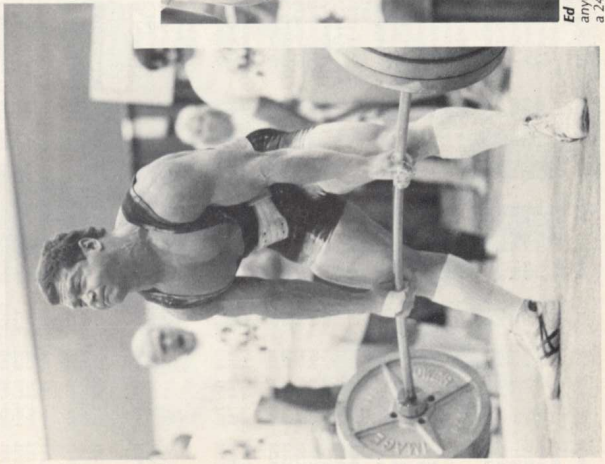


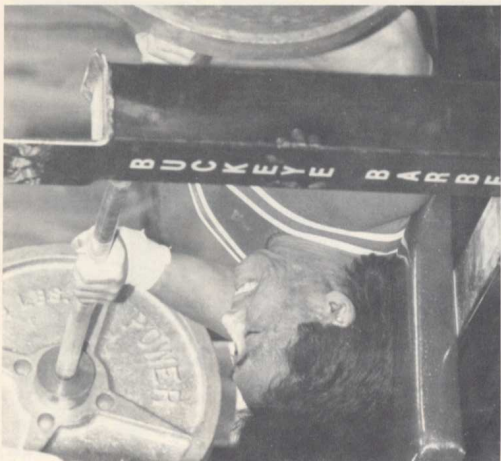
**Dawn Rehel's 562 Deadlift** was the most ever for a woman, and gave her the biggest women's total of all lifts, and the Champion of Champions Award for the 87 APF Women's Worlds.

for herself. Previously she had never squatted 400 or totaled over 1000 in 181 lb. division, but she came through at this new lighter bodyweight. Trudy VanBilton of South Africa was a solid third place finisher.

The showdown of the women's competition was between Dawn Rehel and Lorraine Costanzo. IPF versus APF, one big squat and total against the other, etc. Lorraine settled one of the issues the week prior to this contest by becoming the first woman to squat 600 lbs at the Iron Man competition in California. That was, of course, a mark that Dawn had her eyes on for quite a while. The shortlived record was to be broken again in this competition. Lorraine opened comfortably at 540, followed by Dawn's more difficult 551. Both girls did 584. Dawn's was tougher. Dawn then missed, near the top, with 595. Lorraine took 606, a new high in history for all womankind, and made it rather strongly. A 4th attempt was selected at the surprisingly elevated poundage of 628. Lorraine shouldered this obviously heavy load, took it way down, and fought it up like no other lift I've seen her try. She really got the most

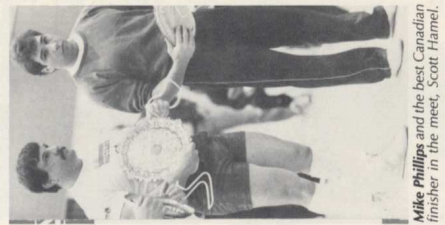
**Ed Coan**...in the greatest day of his, or anyone else's life, came whisker close to a 2400 plus total with this 687 deadlift (left)





Ed Morrisima, didn't have the snap in his benches that helped him drive up 446 in Hawaii, and this 440 stopped him. Sucking down to the 146 was a chore this time around, but still, he got that world title and felt so good he and his parents decided to hit Vegas on the way home.

Convention Center, America's lifting landmark, since it supplanted the world meets in York, PA beforehand. It goes through an extensive rebuilding phase so is powerlifting itself in the midst of a makeover. Where we are headed is unclear, which makes those days of 1979 in Dayton - where we were one federation, nationally and internationally, one set of rules, one set of records and a bright future - so pleasantly memorable. It wasn't until 1980 that political factions and legal actions became so prominent. We were all together back in 1979. Perhaps we will all be together again someday in the future. Wouldn't it be nice to have it happen in Dayton once again! (more photos - next page)

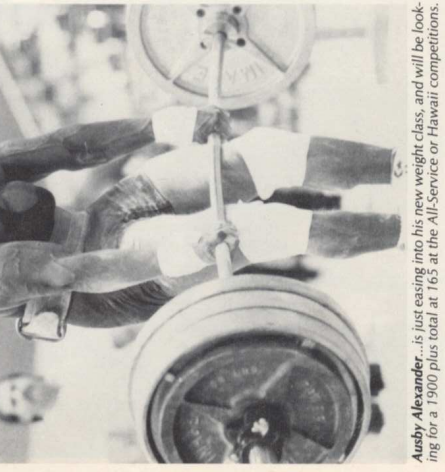


Mike Phillips and the best Canadian finisher in the meet, Scott Hamel.

tually bent the bar on the try - which he did. Ed Morrisima put together an excellent day to head off the field. He didn't have the power for a 440 bench though. Jess Jackson fell back with 683 first time around, and couldn't get it the 2nd time around either, giving Marian Ingram hopes for a second place finish, but he had his own squat troubles. His 606 deadlift wasn't far off. South African Neville Primm posted good lifts for 4th. The 2B2s were a close class, but Willie Bell showed confidence to match his power from the leadoff lift. A close effort at an 843 deadlift was his only miss. (Editor's Note: we hear he had made 845 in training.) Scott Warman finally lifted in his natural class, 242, but cramped up and couldn't drive out of his final squat, sustaining an injury to his right thigh which likely hindered his pulling as well. George Hechter's big jumps and near misses on his third attempts put him way back, and into 3rd. The 275s saw a tragic ending to a perfect day for Bill Nichols, who apparently ripped a biceps in completing his final 760 deadlift to top off a superior 2276 total. Challeit followed, but had too much weight to handle on his 931 squat, 518 benches and 865 deadlift. Bentley was incensed at not getting his 876 squats passed, but the judging was tighter than the previous day. 600 not going twice in the bench added to his problems. Kevin Fraser - a bear of a 275 pounder - showed promise for South

fric lift. He opened with 804 in the deadlift, and then missed 832, but came back to make it busby closer on his final attempt. Bill Busby switched to US military, was making some nice deadlift styles at the end, but still had plenty for third place. The South Africans were a polite lot, and it was interesting to see their unique homemade style uniforms, bench shirts and bells as compared to the neat finish of US made goods. When considering that it took the South African contingent, 38 hours worth of flying to reach Dayton, their performances were commendable. On Sunday, they went back to pick up the 114s, where Jim Caldwell went 5 for 6 and 22 lbs. up on Mike Nelson at subtotal, but could not hold on to a deadlift with his right hand, turning the world title back over to Larry Pacifico to claim that coaching is worse than lifting itself. Ernesto Milan lifted alone, but earned a 242, and causing his men- (beautifully engraved gold plates), and almost knocked his various supporters down in macho rapture after his come back and get it success with a 534 deadlift. J.D. Carr might have gotten a 1500 total if he lifted in one meet instead of 2 in 4 days (like Ausby, his first being the All-Marine championships in California). His squats went well enough for him to give 529 a ride on an unpassed 4th attempt and for him to keep 551 in his playbook for the future. 628 in the D.Lift proved so heavy that J.D. wondered if he'd ac-

completing his final 760 deadlift to top off a superior 2276 total. Challeit followed, but had too much weight to handle on his 931 squat, 518 benches and 865 deadlift. Bentley was incensed at not getting his 876 squats passed, but the judging was tighter than the previous day. 600 not going twice in the bench added to his problems. Kevin Fraser - a bear of a 275 pounder - showed promise for South



Ausby Alexander...is just easing into his new weight class, and will be looking for a 1900 plus total at 165 at the All-Service or Hawaii competitions.

ments, etc. Steve Goggin, who has returned to US military, was making some nice attempts of his own. After coming up with an 804 opener in the squat only to be turned down, he repeated it strongly, then went to 843 for a ter-

weighting but 215. He felt he had the strength for that last deadlift, but couldn't make the effort going with the seriously torn hand. 2400 next time, with an 804 opener in the squat only to be turned down, he repeated it strongly, then went to 843 for a ter-

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Jo Wood...got the biggest woman's bench of the meet with a 319 lbs. to be absent from the competition due to bad weather. Same for the entries from Holland. The 198s proved to be the best class in terms of close competition, with Buddy Duke receiving a very solid challenge from John Black, whose jump to a bigger number on his 3rd attempt put him in the running, whereas a miss in the bench press at 446 cost him dearly. John Black pulled his last deadlift for 1184, and it was a close call for the win, which Buddy was able to do, but you can see how close the totals were. Jeff Chornoming was very impressive in third, making 8 rock solid attempts before missing a final deadlift to put him up higher. Ernie Frantz at 50 plus years came in 4th with some fine lifts, including a great 3rd attempt deadlift that he just couldn't quit on (Ernie wants everybody to know he hasn't lost it yet!). South Africans and Canadians filled in the rest of the places. In the 220 lb. class, Ed Coan was the star of the first day of competition. Lifting out of Quads Gym and weighing 215, he opened with 903 strongly, fought out a tough 942, and then hit 964, exactly the poundage that he had been planning on for months. The bench press also went well, ending with a strong 551. In the deadlift he opened conservatively, with 804. A jump to 854 was no problem, but he tore the skin off about 1/3 of his palm on that attempt and this interfered with the drive he wanted to put into 887 which would have given him an amazing 2403 total. As it was, he still went 2370

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Lady Lifters...from the 1987 A.P.F. Women's World Championships included (front row, left-right) Mary Jeffrey, Terry Jay, Laura Dodd, Maris Sternberg, Mariah Liggett, Dawn Reshe, Val Wootton, Lorraine and Lorraine Costanzo. Back row: Hannigie Visser, Diane Frantz, Pam Crisp, Dorris Simmons, Susie Benford, Diva Hart, Felicia Almy, Marva Austin, and Lisa Dellinger.



# WORKOUT of the Month

## The Gerald Welch Squat Routine



**Gerald Welch**... Best Squatter at the 1987 IJFPA Nationals, with a drug tested 6' weighing 266. Look how low he takes the weight (below).

Through the years of my powerlifting I have learned that if a routine is working for you don't change it. You must be very strict in your exercise and have good judgement of your own abilities.

In this particular routine I squat twice a week (Monday and Friday) and I use a suit throughout most of my cycle. When the weight, in my judgement, gets heavy I start using a suit and a belt. I use knee wraps when I think I need them. Like I said, you have to use your own judgement according to your own abilities. I will not put poundage on the assistance work for this will be up to you, as long as it is sufficient enough that those last three reps make you put out. If you are consistent in your workouts I would expect about a 20 to 40 pound increase in your max.

Assuming that the hypothetical lifter in this example squatted 600 at his last meet, he would start at 55 percent of 600 pounds for the first week. These first three weeks will be in my opinion build a good founda-

**Week 6:** 80 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 480x5x3, ham curls, calf raises, leg press.

**Week 7:** 85 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 405x4, 510x3x3. Drop assistance work so you can give total concentration to the main lift.

**Week 8:** 90 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 450x4, 540x3x3.

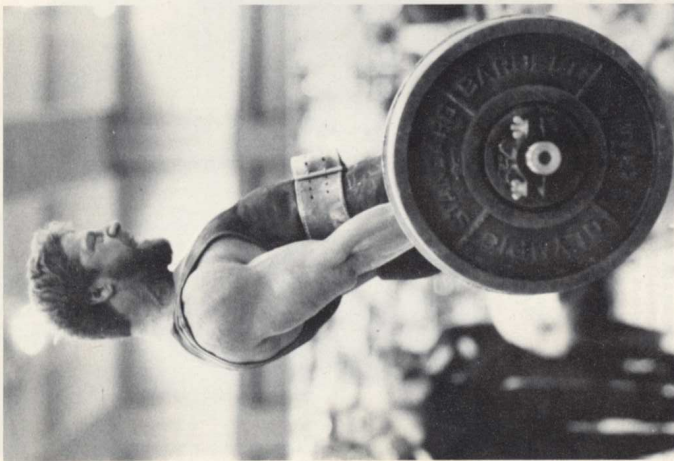
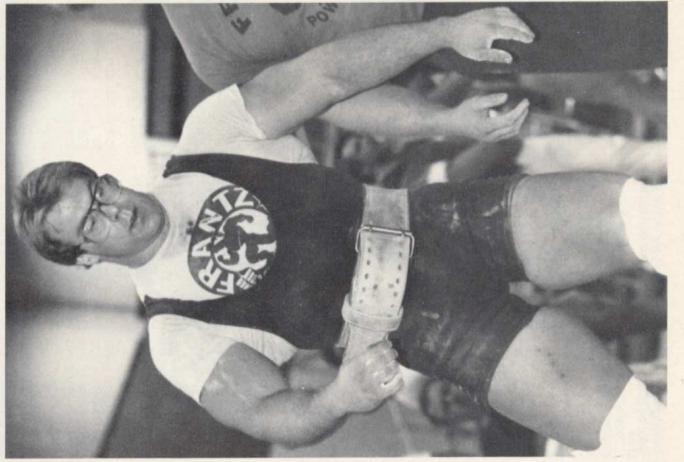
**Week 9:** 92.5 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 450x4, 555x3x3.

**Week 10:** 95 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 450x4, 515x1, 570x2x3.

**Week 11:** 96.5 percent (Monday and Friday). Squat 135x20, 225x8, 315x6, 450x4, 515x1, 570x2x3.

**Week 12:** (Monday before meet) Squat 135x20, 225x8, 315x6, 450x4, 515x1, 580x1.

Rest the remainder of the week until meet day. Competition warm ups: 135x20, 225x8, 315x5, 450x2, 515x1. First attempt - 580. Second - 610. Third - 630 to 640



**Above**... Buddy Duke was pressured into making a must lift on his final attempt to take the win in the 1988, in order to head off the ferocious charge of John Black. Buddy is a team mate of Jim's with the Black's Health World gang. **Above, right**... a lift of 257.5 lbs. **Below, left**, 9 lb. Bill Nichols had the only 9 lb. He managed to keep pace with Coan at subtotal at 1515 each, but his fellow Illinois lifter pulled almost 100 pounds ahead after the deadlifts. Bill's huge left biceps seemed to roll right up his arm after his final successful deadlift, ala Steve Wilson back at the 1980 Worlds and his other arm more recently. Steve was present at the meet, and is pulling 700 already, after another successful surgical repair job. Bill's arm was even more impressive when he came to the meet. He was able to come out in a big towel. Hopefully, he'll come back just as strong as Steve did. **Right**... the winners in the hotly contested 242 lb. class, Scott Warman (2nd), Willie Bell (1st), and George Hechter (3rd). Any of them could have won or ended up 3rd, given a few attempts, but Willie's confidence level was obviously very high, and George's was shaken after missing the big 3rd attempt squat and bench attempts. Scott was carried off the platform after his 3rd attempt squat, and had his leg wrapped in a cast. **Below, right**, Bill Nichols would have gone 2200 plus as well. All these are great lifters and great sportsmen. (all meet photos by Mike Lambert, POWERLIFTING USA).

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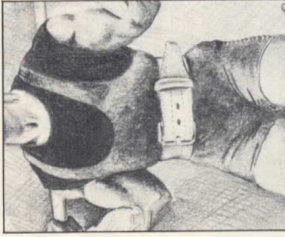
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\* Read our specific guarantees on each of our products.

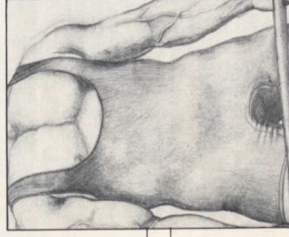
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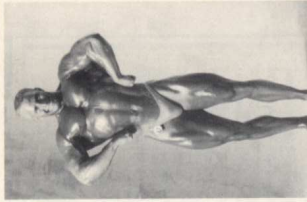
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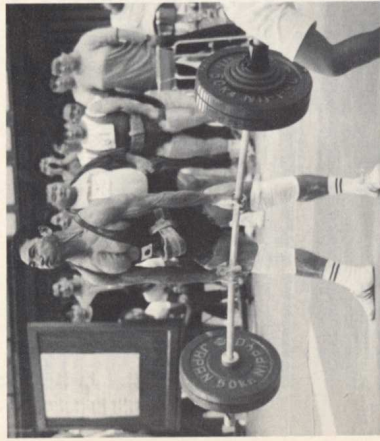
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stimulating hGH release are the most beneficial alternative to shooting it. Exercise stimulates hGH release. So does high temperatures. I recommend training in a warm gym — above 74-76 degrees.

2. Pain and extreme stress both release beta-endorphins into the bloodstream. This makes hGH releasing more productive in its hGH releasing capacity by avoiding pain and increasing necessary high stress exercises. It is just that — it is NOT body destroying. Extreme effort and extreme stress are not the same. Effort yes. Pain or unnecessary stress, no.

3. Avoid training or going to bed with a belly full of food. A high blood glucose will inhibit hGH release exactly when you need it most.

4. Try avoiding doing the same old exercises or training too long all the time. Doing this will affect new adaptive training, and in so doing your hGH release. If your body has adapted to your training methods, they will not register as intense enough to stimulate an anabolic effort.

5. Use arginine/ornithine supplements before training and before going to bed (about one hour before going to bed).

6. Go to bed with little to eat, especially carbs, in order to keep blood sugar in the normal-to-low range.

7. Train with just enough blood glucose to get you through your training and to replace spent stores immediately after training. Training with high blood sugar, remember, inhibits hGH release.

8. The faster you are, the lower your hGH response to exercise will be (Daugherty, 1985; Galbo, 1983; Merrim, 1979). So, if you're fat — with a percent bodyfat above 15 percent (men) or 20 percent (women), begin making better muscular gains.

9. Women tend to have higher hGH responses to exercise than men, presumably because of their higher estrogen levels, because they're generally less fit than their male counterparts, or because they respond psychologically to exercise with more stress than men (Shepard & Sydney, 1975; Galbo, 1983).

The bottom line is this: If you think you need pharmacological assistance to make it to the top, you're mistaken. You can, through smart, scientific training and nutritional supplementing, achieve far more than you realize. You may have tried some of these well known alternatives to drugs before, but did you try them in the best possible manner? Use the good, honest try again. I believe you'll come away convinced that drug free training is indeed possible.

At the very least, you'll have more money in your pocket, your forehead will remain pretty, and your forehead will not grow to Sasquatch proportions.

## POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

# Human Growth Hormone

by Frederick C. Hatfield, Ph.D.  
I.P.F. World Powerlifting Champion

1. Working out in a cold gym and/or residing most of the time in cold temperatures is known to inhibit hGH release. It's possible that this condition could also reduce the effectiveness of exogenously administered hGH (Buckler, 1973; Christenson et al., 1984; Freuin et al., 1976). hGH response (Shepherd & Sydney, 1975), meaning that if you train with high blood glucose or if you administer hGH injections while hyperglycemic the anabolic effects of the hGH may be reduced.

3. Several hormones inhibit or together lift the desired anabolic effects of hGH, somatostatin, progesterone and growth hormone releasing hormone (Daugherty, 1985; Merrim, 1979; Refeifny, 1979; Reclain, 1985). The same is true for many neurotransmitters and their metabolites: dopamine, isoprenaline, and serotonin. Other drugs such as chlorzoxazone, imipramine, morphine and theophylline also inhibit hGH release, giving rise to the possibility that they could also be involved in reducing the effectiveness of exogenously administered hGH.

While the above four classes of physiological or pharmacological inhibitory factors represent speculation as to their potential effect on injected hGH, they are known to inhibit endogenous hGH release under certain circumstances. For examples, the physiological factors which cause stress — high temperatures and hGH release, such as sleep, exercise, hypoglycemia all are reduced in their effectiveness in the presence of their four classes of hGH release inhibitors listed above.

In fact, the release of hGH through the use of amino acids such as arginine, ornithine, lysine and others is inhibited by the above factors. In fact, arginine, the best known of the hGH releasing amino acids, is rendered useless in releasing hGH in the presence of beta-endorphins. Beta-endorphins, as you no doubt know, are released into the body through extreme exertion and pain, two conditions which go hand-in-hand with heavy training (Reid & Yen, 1981).

Of course, it may also be true that strength cannot be improved through injecting hGH. It's certain that size (through collagen formation rather than through myofibrillarization or mitochondrial proliferation) as well as decreased peripheral fat stores can (Kostyo & Reagen, 1976; Grodsky, 1982; Lewis, 1976), providing that inhibitory factors are inoperative.

I still believe that natural means of results in improved protein synthesis (Campbell & Rostrog, 1969).

4. Growth hormone stimulates the mobilization of lipids from stored fat resulting in decreased peripheral fat stores, decreased respiratory quotient and increased plasma free fatty acids (Hunter, 1976).

5. Cartilage is stimulated to grow by growth hormone (Baksson, et al., 1985).

6. Growth hormone markedly increases protein synthesis, but the type of protein synthesized as a result of growth hormone administration is markedly different from the synthesized as a result of muscular work (Grodsky, 1982; Root, 1972; Bland & Jennings, 1952).

7. Muscle hypertrophy resulting from growth hormone administration appears to be a result primarily of collagen formation and/or contractile protein synthesis (1972; Naugleparen et al., 1976).

8. The research literature reports that hGH is possibly effective in combating debilitating fatigue (Merrim, 1979; Northmore-Ball et al., 1978), accelerated healing of bone fractures (Lindholm et al., 1977).

So it's easy to see why bodybuilders have opted to use this drug. Simply injectable hGH whether the pharmaceutical or human cadaver pituitaries or the newer biosynthesized version, stimulates increased size and reduces fat stores. Some users claim that it performs these two functions better than any other class of drugs, steroids included.

The majority of users, however, notably athletes in sports requiring increases in strength, beg to differ. No such gains have been noted by the majority of users, either in size, fat reduction or strength. Essentially, the self-experimentation was a monumental waste of money, and the risks to which they exposed themselves were, in the final analysis, not worth it.

Scientists tell us that the jury is still out regarding the efficacy of human growth hormone (hGH) in producing strength or size among otherwise healthy athletes. That they're having a tough time sorting out this question is understandable due to the varied responses reported by athletes using the stuff. It appears to work for some but not for others.

Now, I do not want to sound like an anti-drug crusader and bore you with scare stories as they are wont to do. My position regarding the use of drugs is well known by now. I'm staunchly against the practice. But this stuff scares me more than a three foot tall, black, hairy, ape-like creature. It scares me even more than steroids do. My opinion is that it ought to scare you too.

Herein I shall contain myself on that subject, and report only the facts as they're represented in the research literature. I think it's time some of you knew ... the REST of the story!

Acromegaly is an insidious, irreversible disease which long-term users must face. Many bodybuilders (some of whom all of us know) are beginning to show signs of acromegaly; coarsening of the skin, thickening of the bones of the face, hands and feet are some of the outwardly visible signs. But other complications have been noted as well. Diabetics, arthritis, and a shortened life span are included. Complications can arise too. For example, growth hormone antibodies can be formed, making users of injectable hGH.

As users of injectable steroids know, it's just a matter of time before you inadvertently use a contaminated needle. It's almost inescapable, and one day you will get a dose of hepatitis. What scares me the most is that AIDS is spread the same way.

Unlike many of the scare stories being spread around by crusaders regarding the dangers of using anabolic steroids, these hGH-related dangers are all too real.

What is it that makes athletes want to risk these inherent dangers anyway? Does hGH offer sufficient rewards that these risks are worth it? Obviously, the many athletes using the stuff think so. Otherwise they wouldn't be using it.

Many find, to their dismay, that they've wasted their money. A LOT of money, incidentally. The stuff is expensive, and I can tell you that there are no good reasons for this. First let's look at the list of things hGH is supposed to do for athletes.

1. The most important function of hGH is to increase somatic growth among hypopituitary children. It stimulates skeletal and soft tissue growth and also has profound metabolic effects in day-to-day homeostatic functioning (MacIntyre, 1987).

2. Growth hormone shifts oxidative metabolism towards the use of fatty acids, thus sparing glycogen and protein for anabolism (Campbell & Rostrog, 1969; Kostyo & Reagen, 1976).

3. Total daily insulin production is markedly increased by growth hormone use, and the increased affinity

# Update Four

To "Drug Use and Detection in Amateur Sports"

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

This update concentrates on the controversies surrounding drug testing, included is an in depth discussion and analysis of the deficiencies of the present anabolic steroid testing protocols.

Other topics covered are growth hormone (clinical trials using the new synthetic growth hormone), growth hormone stimulators, a critique on the arsenal of drugs used by modern bodybuilders and powerlifters, and medical advances in the treatment of male baldness and female hirsutism (facial and body hair).

**The price of Update Four is \$10.00 U.S. Funds, Plus \$1.00 Postage and handling.**

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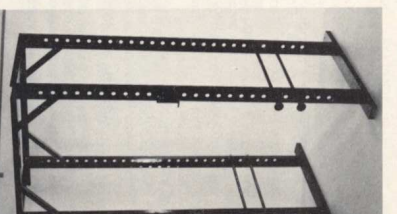
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# Ask the Doctor

This column will answer questions about drugs used by athletes and 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 wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0.

**DEAR MAURO:** I'm 32 years old and have been lifting weights for the past fifteen years. I've had a strong bench and in the past year, however, it was gotten so that I can't bench at all. At first my arms would only ache after benching - then while benching - now they ache most of the time. When I try to bench my arms feel like they are going to completely fall. Even when I'm not benching my arms feel lumpy and feel pumped up and weak. The pain is so bad that I can no longer bench. I can't see the prison doctors since all they ever tell me is to stop lifting. I need some advice from someone who knows what I'm going through. **Earl K.**

**DEAR EARL:** It sounds like you might have a serious problem. It's possible that you are suffering from some sort of neurovascular compression - perhaps in the shoulder girdle. Your best bet is to see a neurologist or at least a physician who specializes in sports medicine. You need to have a proper workup done including X-rays, electromyography and perhaps other more specialized tests. Let me know if I can be of any further help. **M.G.D.**

**DEAR MAURO:** I am twenty one years old. I have been training for powerlifting for about one year. Five months ago I was injured while bench pressing. The pain that I am now experiencing is above and below the clavicle on the right side. It is a sharp pain and it is hard to pinpoint the exact area where it hurts. It seems to move along the clavicle close to the shoulder and up into the trap. I am presently unable to bench press, incline press and do other chest exercises. I have tried varying my grip, but this has not alleviated the pain. The heavier I go, the worse it gets. I tried completely stopping my chest training and working around it, but when I came back to it the pain was still there. I have seen a chiropractor who tried treating the injury with ultrasound and electrical stimulation, but this did not help. I then saw an orthopedic surgeon who took X-rays, a C-T scan, and a bone scan, which were all negative. He then referred me to another orthopedic surgeon for an additional opinion, but I am still waiting to get an appointment, since he is booked. I have since gone back to my chiropractor and he would like me to see another chiropractor who specializes in chiropractic orthopedic care. To put in bluntly, I am sick of all this run-around. All I have received are large bills and no answers. I'm just want to get back to training seriously. I have been receiving POWERLIFTING USA since January 1986. I have read two letters there which were published, one in the July 1987 issue, and the other in the October 1987 issue. In these letters you suggested injections of different steroids and androgens as a possible remedy. In my case I was told that since the pain could not be pinpointed, this could not be done. Also, I was told this would only mask the problem. Are either of these statements valid? I should point out that I have had surgery on my right shoulder about five years ago. The problem was that it was partially dislocated. Ultimately they shortened and tightened the ligaments, thus limiting my range of motion. Since it was operated on, I have stretched it out quite well, and am able to go about my regular routine. No one I have seen has been able to give me an answer on what kind of treatment I need. Have you ever heard of such a problem and, if so, what can I do? Your time and cooperation is much appreciated. **Joe Z.**

**DEAR JOE:** It sounds like you've been doing everything according to the book - changing your training approach, varying your grip and trying different types of exercises to work, but not further injure the shoulder girdle area. It's difficult to tell if the problem is acute muscle spasm or a pinched nerve or a tearing of some joint tissue. The specialist obviously haven't been able to diagnose what's wrong, although they're doing what they should be, and seem to be trying to arrive at a diagnosis. In a case such as yours, local injections of anabolic steroids and cortisone may not help at all. In fact, the injections may mask the problem by decreasing the inflammation and pain and allowing you to further hurt yourself (since the pain would no longer act as a preventative). Before using any injections, it is important to find out exactly what's wrong or at least exclude mechanical tears and nerve compression. I would persevere and wait to see what that other orthopedic surgeon has to say. If all the tests (including exploratory surgery, if necessary, cortisone through the use of an arthroscope) are negative then an injection of cortisone and anabolic steroid might be worth a try.

My bet is that you've torn something around the previous operative site. Even though you stretched the area out after the surgery, the shoulder joint is still stiffer than normal and more vulnerable to tearing. Don't hesitate to write again if things don't improve. **Mauro**

# Question & Answer

Your training questions answered by Roger Estep, 1979 St. National Champ, World Record Breaker at 198 and 1985 MR IRON MAN. For a personalized answer, send \$15 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

**DEAR MR. ESTEP:** I have been working out on and off for a couple of years. The problem is that I have not obtained the strength and size that should be expected. I am writing to you because I need personal help from a world class lifter, who is respected by other lifters. I need a schedule that will help me obtain a large increase in size and strength. Over the last three months I have made little gains in strength and size. This is very upsetting for me because I try to put 100% into every workout. My unsuccessful gains have stopped me from competing.

Here is some information about myself and what my present workout looks like. I am 17, 175 pounds, and 5 foot 7 inches. My max in the bench press is 302. I just started squatting and deadlifting. I can squat 300 lbs. and deadlift 335 lbs. without a belt. I workout four days a week on Monday, Tuesday, Thursday, and Friday.

This is my Monday and Thursday workout look like: Bench Press 130x5, 200x5, 220x5, 250x5, 250x5. Press behind the neck 110x6, 130x6, 130x6.

This is what my Tuesday workout looks like: Squat 110x6, 180x6, 235x6, 235x6, 235x6 without a belt. One arm bent over rowing 50x6, 60x6, 70x6, 70x6, 70x6. One arm curls 25x8, 40x8, 40x8.

My Fridays workout is just like my Tuesday workout with the only exception being that I deadlift on Friday too. Friday: Squat (same one arm rowing (same one arm curls (same). Deadlift 150x3, 200x3, 270x3, 3, 3 without a belt. Thank you for your help. Sincerely, **Jim Phillips**

**DEAR JIM:** I'll concentrate on bench pressing and you apply the same principle to the squat and deadlift. By what you say in your letter you seem to like to train with 3 sets of 5 reps. This is one of the basic principles, but you must always try to increase the weight on the bar when doing a few reps. Example: 260x5, 210x5, 260x4 is better than 250x5, 250x5, 250x5. So don't get hung up on one weight for too long a period of time. Because you have just started training your squat and deadlift, you'll make progress in a short time by using the same principle. Just because of over-training, and listen to your body for any sign of excess fatigue. Good luck in your training. I'll look forward to seeing some big totals soon. Sincerely, **Roger**

**DEAR MR. ESTEP:** I am 18 yrs. old and have been powerlifting for close to 2 yrs. My progress has been slow and limited. This is perhaps because of my 5'9", 145 lb. build. Gaining weight for me is difficult and seems impossible. I would like to inquire information on how to gain 20 lbs. of lean muscular weight without pigging out and becoming obese (if it's possible) and perhaps unhealthy. If you would please send me information on how great lifters like A. Alexander, G. Bell, and R. Kea go into a weight class or two in two or three months and still look lean come meet time, it would very much be appreciated. A thousand thank yous, **Darin Sylvester.**

**DEAR DARIN:** To gain an extra 20 lbs. of lean tissue is not an easy task and even the veterans have problems with this. For the body to maintain a low percent of body fat will also take long and painful workouts. One thing you have against you now is your age. At 18 you are not fully matured physiologically. As you become older you'll find that gaining weight becomes easier and easier to the point that you will have to diet to keep your weight down. I would recommend that you keep a daily log of what you eat, and write everything you eat on this log. If you eat a hamburger with mustard and onions, don't forget to include the mustard and onions in your log. Set your goal at 2 lbs. per week for 10 weeks. One pound is equal to about 3500 calories so to gain 2 lbs. a week you'll need an additional 7000 calories weekly or 1000 calories a day. That's as simple as it is! The only problem is that you have to dedicate yourself for those 10 weeks every day. You will find that you seem to be eating all the time and nothing tastes good, but you have to keep telling yourself that this diet is as important as your training (which it is). You'll have to carry around food with you at all times for snacks. If at the end of the day your log doesn't add up to about 4500 calories a day then you are going to have to extend your diet another day. If you train hard this extra weight should be a large percent of muscle.

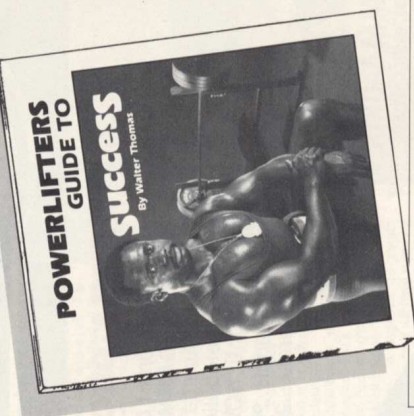
**DAILY CALORIE REQUIREMENTS FOR LEVELS OF ACTIVITY:**  
Moderate activity - 21 calories/lb. of bodyweight.  
Active - 26 calories/lb. of bodyweight.

One last tip when you are trying to gain weight. Keep your activity to lifting. Stay away from baseball, softball or any other activity that will burn calories. Also, remember, if you don't keep a diet log, you will not be able to track your progress. Best Wishes, **Roger**



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**Dr. Judd**

**The Light Side of Heavy Lifting**  
**by Dr. Judd Biasiotto, WORLD CLASS ENTERPRISES**

December 24, 1987 will mark exactly one decade that I've been in the sport of Powerlifting. I believe it's safe to say that in those ten short years the sport has been elevated to a higher plane of existence. I can only imagine what Powerlifting will be like in fifty or a hundred years from now. Recently, Ausby Alexander totaled 1702 pounds at a bodyweight of 148 pounds. Fred Hatfield squatted 1014 pounds and barely missed 1052 pounds on a previous occasion. Ted Cross weights a toner at 7210 lbs. and he has his sights on 2500 lbs. Let's not forget Ted Arcidi's 705 lb. bench in the superheavyweight division. Joe Bradley's 650 lbs. squat at 132 lbs., or Lamar Gant's 666 lb. deadlift at 132 lbs. Where are we going with these lifts? The average total for the USPF Senior Nationals this year in each weight class would have been good enough to win the World Championships ten years ago. In 1977, 122 average total in my weight class (192 lbs.) was 682 lbs. In 1982, it was 940 and in 1986, it was 1090. If my friends and I were to repeat that total of 1090 would have placed in the year in the sport I remember my coach, Fred Glass, telling me that if I could squat three times my body weight, bench one and three quarters and a half times my body weight (that happens to be 1050) I would walk away with the National Championship, and most likely the Worlds. In fact, the flat damn guaranteed it. In 1976, I placed 10th in the 1976, you have to qualify, and you probably need more than 11 times body weight to win. Somebody has elevated these guys to the level of lifting gods. If the average total keeps



Dr. Judd, who has written several books (marketed through World Class Enterprises), will be sharing his unique thoughts with you in this new series of articles for PL USA.

there are high school kids who can push that kind of "steel." A couple of them have actually broken the 800 pound barrier. And from what I understand, it's still hot as hell in hell. If these guys grow up to be as old and wise as Fred Hatfield, they'll probably be using Hatfield's world record poundages to work out. Let's see, 18 from 45 is 27. Yes, that's a good guess for 1987.

The question is, is there any limit to human capacity and if there is a limit, what is it? If a powerlifter can total 5000 lbs. at 132 in a hundred years, what will he total in a thousand years? Now, I realize that some of the records and increases in totals can be attributed to better equipment, better basic instruction, and better coaching. Powerlifting has become stronger, faster, more muscular, and a hell of a lot shorter. In fact, if I've noticed anything about powerlifters over the last decade, it's that they are shorter - but bigger. (Does that make sense?) If my calculations are right, by the year 2087, the average Superheavyweight will be 411" tall in the neighborhood of 505 lbs. (Note: I didn't consider the possibility of selective breeding in my calculations).

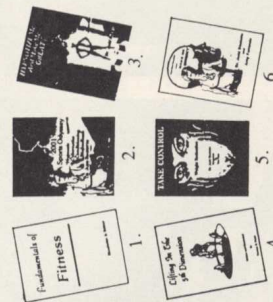
Powerlifting's not the only sport that's on the up-swing either. According to Andy Rooney of 60 Minutes fame, "If the human race continues to improve as sports records indicate, it will have someone in the year 2100 run the mile in a minute, swim 100 yards in 30 seconds, high jump 20 feet, and be able to play tennis at 10 feet tall. At that time powerlifters should be

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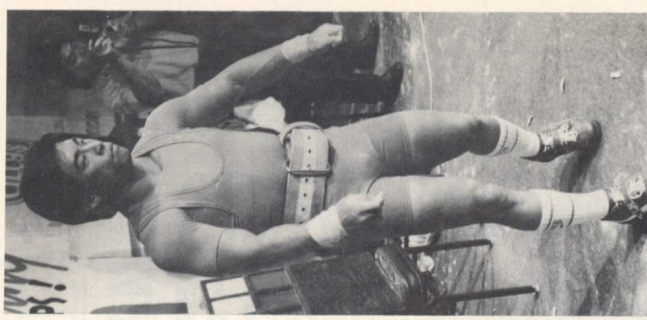
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## Power Profile

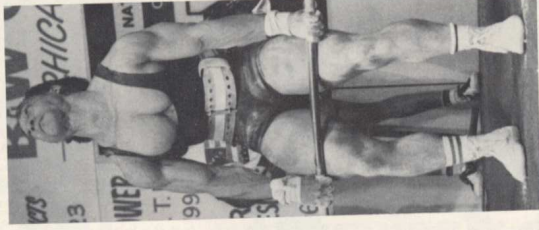
### MARTIN BEAVERS The Lean, Clean Lifting Machine as told by his friend Roger Siloa

Leading up to the 1987 ADFPA Nationals in Chicago, Martin Beavers was on fire. He had put together training lifts of 600x3 in the squat, 400x2 in the bench press and 600x2 in the deadlift, which put him on course for a 650 squat, 418 bench, 617 deadlift and 1685 total. Tragedy struck, however, 15 days before the meet. While deadlifting, he heard a pop in his back. Martin was in agony, both from the pain in his leg, and from the pain running down his leg. His initial reaction was "there goes the meet" and all those months of hard work. After a day of soul searching, Martin decided that since the meet was still 2 weeks away, he would do everything possible to get back into some kind of lifting condition.

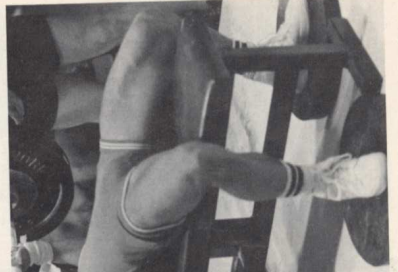
Martin's physical therapist, Don Abdu, put him through a crash course therapy program, consisting of hot packs, cold packs, stimulator application, back rubs, and various exercises to strengthen the back. Even though he wasn't healed, one day before departure, Martin decided to head for Chicago and give it his best shot. During the competition, he mentally blocked out the injury and showed tremendous courage and determination, coming away with the win in his weight class, off a fine 1636 total at only 159 lbs. body weight. He also set a national squat record, won Best Lifter for the first day, and took 2nd in the Overall Best Lifter compilation for the meet.

Martin is a quiet, modest, but very confident individual. He is 25 years old and was born in Fukuoka, Japan, but now resides in Tacoma, Washington. While growing up, he excelled in sports such as baseball, football, and basketball. He graduated from the University of Puget Sound and presently works for the Boeing Corporation as an Industrial Engineer. Some of his powerlifting achievements include: 1986 and 1987 ADFPA National Champion, 1983-1987 Northwest Regional Champ, 1982 West Coast Champ, National Squat Record holder in all west Regional Record holder in all three lifts, and he owns the 2nd, 3rd, and 4th best ever totals on the all-time ADFPA 165 lb. list.

wife, Mai, to back him. It has been a long, hard climb for him, and being drug free, it has probably taken him twice as long to get there as if he could go back and do it all again, he would do it the exact same way.  
-The Drug Free Way.



In Pain Martin took the 1987 ADFPA National Middleweight crown despite the agony of a recent, and below, left. Martin has great balance between his lifts, which add up to the great totals he's been producing, but his Big where he has also an exceptional talent in the free athletes you will find. Martin is also an exceptional talent in the bench press (below, right). He looks humble, efficiently put together, and a polished craftsman in each event.



## POWER PROFILE

### COLTS General Manager is Promising Powerlifter His story as told by Barry Sparks

When Indianapolis Colts general manager and vice president Jim Irsay isn't negotiating contracts or being involved in the day-to-day operation of the NFL club, he can be found in the team's weight room.

Irsay, 28, is a promising powerlifter. The 6-foot-1, 275-pounder placed second in the Superheavyweight division in an Ohio powerlifting tournament in April when he totaled 1,300 pounds; 500 in the squat, 300 in the bench press, and 500 in the deadlift.

"I felt good about placing second," said Irsay, who recently gained 60 pounds to increase his competitiveness. "It was only my second competitive meet. I've found out that there's a big difference between lifting in the gym and in a meet."

His second meet was even more satisfying since his initial meet was disappointing. "I bombed out at 525 in the squat," said Irsay. "The hardest thing for me is breaking parallel. Bombing out like that affected how I approached the second meet. I think I was more cautious."

Irsay started lifting weights as a teenager. He grew up rubbing shoulders with many of the Colts since his controversial father, Bob Irsay, owned the club. After working out with the Colts, Irsay played a half at linebacker for a year and took on Southern Methodist as walk-on until an ankle injury ended his career.

The young general manager is a strong advocate of weight training and powerlifting. The Colts' strength and conditioning coach is powerlifter Tom Capanice, who joined the club in 1984. He started competing in powerlifting competitions in 1974 and owned an undefeated record in 48 state, regional, and national exhibitions prior to joining the front office.

Irsay enjoys powerlifting for several reasons. "It offers me a release from the pressure of trying to build a winning team in the NFL," he said. "I don't have time for golf, softball, tennis or other sports, but the weight office is right down the hall from my office."

"I powerlift for fun, but I want to do well. It's a hobby that fits nicely with my job. Powerlifting gives me a great opportunity to develop relationships with Colts players. The players know I'm accessible and that I don't sit behind a desk in my office all day."

"Besides helping you physically, powerlifting helps you mentally. It builds your confidence and positive attitude."

"We have emphasized weight training," said Irsay, "and our players are bigger and stronger than ever. Our offensive line averages close to 290 pounds."

"Our weight training program is designed around an individual and the position he plays. We feel powerlifting is an excellent source of experience. Younger players don't see the need for it. Veterans are easier to motivate because they realize they need all the advantages they can to prolong their careers."

To succeed in the NFL, players need more than strength cautions Irsay says. "The NFL boasts some of the most talented athletes in the world. You need a certain degree of athletic ability to succeed when you're playing against the best every week. Most

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

NFL players have excelled at football a number of years." Could a champion powerlifter succeed in the NFL? "It would be difficult," said Irsay, "because a combination of skills is required. Pittsburgh Steelers offensive lineman Terry Long is a world-class powerlifter (he's totaled 2,203 pounds), but he was an All-American football player at East Carolina University before he was a powerlifter. He was still in college when he recorded his 2,203 pound total. It's probably easier to make the transition from football to powerlifting than from powerlifting to football."

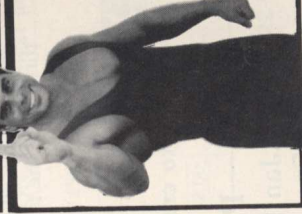
"Players whose main asset is strength can overpower opponents in high school and occasionally in college, but not in the NFL. So the lineman is strong in the NFL. The difference is often quickness, speed, or agility. NFL linemen tend to combine strength with finesse."

Though the odds are against a powerlifter making the transition to the NFL, Irsay doesn't discount the possibility. "We have scouts who concentrate on non-football athletes," he pointed out. "If we think an athlete has potential, we'll look at him. You never know when you'll discover a diamond in the rough."



Jim Irsay, General Manager of the Indianapolis Colts. Photo courtesy Sparks

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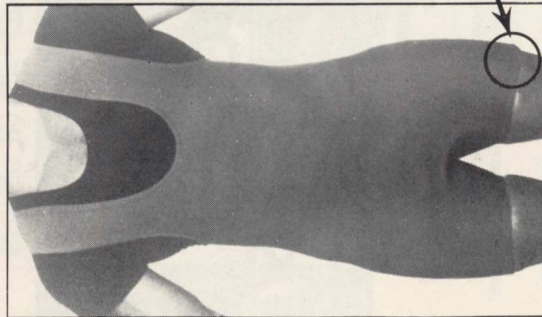




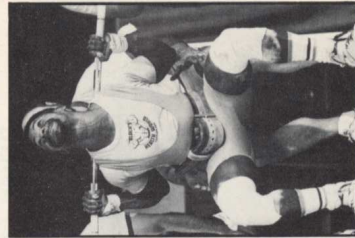
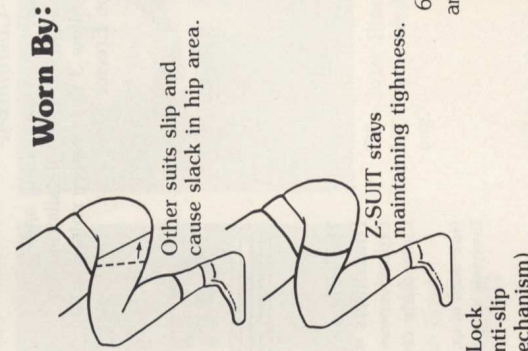
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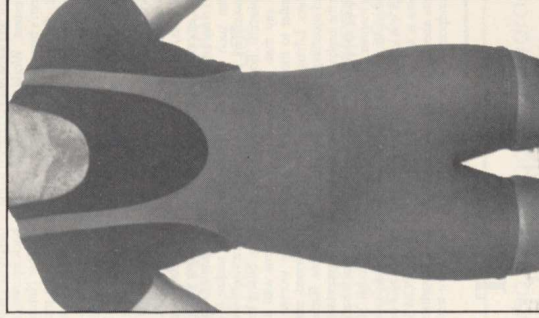
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## BACK INJURIES Treatment and Relief

by Dr. Judd Biasiotto, World Class Ent.

never) met a powerlifter who has been lifting for more than three years who hasn't injured his back at least once. It seems to be an inherent part of the sport.

Of course not all back injuries are crippling, but take my word for it, they are all potentially serious. If you injure your back, treat it immediately. An extremely positive research finding is that approximately 96% of all back injuries can be healed through "Mother Nature," by simple bedrest. When the procedure is "right" (Stay Down as much as possible!) The best position is to lie flat on your back with your hips and knee bent. Whether you do try not to lie on your stomach, as that position can exacerbate your problem by causing irritating lordosis. Another position you want to avoid is sitting. Whether you realize it or not, sitting places more stress on your back than standing. Sitting for even a short period of time with a back injury will probably worsen your condition. As mentioned, stay in bed as much as possible. Remember that rest is the most important ingredient in recovering from a back injury. Let me warn you though, staying in bed for seven to ten days can drive even the sanest man crazy. I suggest that you get all of your POWERLIFTING USA magazines together and get prepared to read them from cover to cover. It's



**Back Power...**...something that "Bull" Stewart has in abundance. At once powerful and delicate, the back needs to be looked after carefully.

some doctors believe that muscle spasms caused by an injury actually protect the body from further damage by immobilizing the area. They further contend that central nervous system depressants slow down the body's natural healing process. Of course, it's a lot easier to spend ten days in bed relaxing with a bottle of Valium than it is to be there stone sober. As I mentioned, seven to ten days of complete bed rest can drive you right to the "edge". Still, the decision to use muscle relaxants should be made between you and your doctor. Heat can also be used to help decrease pain and increase the blood supply to the injured area. Moist heat is usually preferred by most people, however, there is no research to indicate that it's any better than a simple heating pad.

### Points to Ponder

1. Epidemiological studies have revealed that sixty to eighty percent of the people in the Western World are afflicted with back pain.
2. Research indicates that approximately 96% of all back injuries can be healed by simple bedrest.
3. The best drug for back pain is aspirin. It is an excellent analgesic and anti-inflammatory drug.
4. The use of muscle relaxants to alleviate muscle spasms and emotional stress is currently a controversial issue.
5. Heat can be used to decrease pain and increase circulation to the injured area.

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Since the time that Tim McClellan did a feature article on me in the July 1983 issue of POWERLIFTING USA concerning my comeback after having a laminectomy, I've received no less than fifty letters (and at least that many phone calls) from athletes who have had similar problems. To be perfectly honest, I really was not that surprised by the attention that epidemiological studies have revealed that sixty to eighty percent of the people in the Western World are afflicted with back pain. Only head-aches outrank back pain as the most common medical complaint, and the common cold is responsible for more missed days at work. In short, back problems are as common to the Western World as baseball and Mom's homemade apple pie. Worse yet, if you are a weightlifter, and I assume if you're reading this that you are, your chances of experiencing a serious back injury are greater than the normal population. Although most weightlifters are highly conditioned, epidemiological studies have revealed spine damage (spondylolysis) runs as high as forty percent among Olympic weightlifters. To my knowledge, there has never been such a study conducted on powerlifters. Due to the nature of the sport, however, I would venture to say that the risks would be similar to those found for Olympic lifters. Lifting, especially deadlifting and squatting, exerts immense stress and shearing force. When your form is bad, as when you deadlift in a stiff leg manner, by bending at the waist, lifting with your back instead of your legs, the load imposed on the lumbar spine is so great it hurts me just to write about it! Just from an empirical standpoint, I've never, (and I mean

Looking at one of my old magazines, I saw an amazing photograph of Don Reinhoudt squatting 900+. What was amazing about it was that Don was only wearing shorts, t-shirt, work boots, and a thin belt. This is a far cry from the chain mail armor most of us wear now. The advent of supportive equipment for our sport since then has had a profound effect on poundages lifted as well as safety. With all the choices of equipment for the powerlifters, we should have a basic idea on how to choose them as well as use them properly. There are major differences in results from various products and how they are used.

There are several schools of thought to equipment usage. One school believes that we should train with the same supportive equipment used in competition all through our cycle. The other believes such use should be restricted to the last days of training as they will limit our gains because they will be "lifting" some of the weight. The last believes in something in the middle of the two. No matter what school you subscribe to, the best way to approach this is to examine the equipment used for each of the three lifts.

For the squat there are squat suits, knee and wrist wraps, belts, shoes, tight underwear, and "erector shirts" if that sounds like a lot, you're right. Sometimes I wonder how much of the weight we actually lift during the squat! I firmly believe that the right equipment can add from 50-80 pounds! But, if the rules and your budget allow such equipment, then you should take advantage of it.

Let's begin by looking at some squat suits. The major mission of a squat suit is to help you get out of the bottom of the squat. A suit should provide spring at this point and help propel you past the "sticking point" which is about 30 degrees. In order to do this, the suit should be really tight and should take effort to put on. In order to get the straps up, you should need help from a partner.

Ernie Frantz's book *The Ten Commandments of Powerlifting* has a good section on squat suits. Good suits should be plain uncomfortable while they are on. Comfort comes between sets when you can take off the straps or when you finish squatting and take it off. Some suits have a tendency to pull you forward at the bottom. This is not favorable, and I have seen cases of improvement of 30-40 pounds just by changing squat suit brands. My recommendation is to try a lot of them and make sure you get one that fits. Some brands offer custom fits which could help. Along with these are the new "tight underwear." These can augment the effects of squat suits.

Knee wraps can also make a difference in your squat. The new elastic wraps provide a non-slip, tight fit and good rebound power. For good information on how to wrap, pick up Hatfield's book on squatting and his *Scientific Approach to Powerlifting*. Improper wrapping will result in lower squats, and they will lose their spring after a while, so keep a fresh pair

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Lifting Equipment

around. Same goes for wrist wraps. Wrist wraps fall into two categories, flat sole and heel, and wedge sole. Some use basketball high top shoes. These have flatter soles. Others use the specialized shoes of tough leather which have a higher heel for the wedge effect. You may find that at some point, the style of shoe you were using may not work well. As you change in strength and size, your leverages may change. You can find more information on shoes in Hatfield's book as well as in Mike Bridges' *New Dimensions in Powerlifting*.

Wrist wraps are valuable for wrist support for those heavy squats. If you suffer from wrist pain in the squat, make sure you are not letting the bar roll down your back while you lift. This will put a lot of stress on your wrists and elbows.

Belts are next. They provide much support to the torso. Buy one of high quality, and one that has enough notches to accommodate a fluctuating waistline. Most experts recommend you wear them tight. At some contests, as many as three people can be seen pulling on a lifter's belt, but having it too tight could break a rib or make you pass out from lack of air. You shouldn't go overboard.

"Erector shirts" are being used by some lifters in hope that it will keep their back more upright. If this is a problem, give them a try.

The second lift, the bench press, has fewer equipment choices, but they are important. They include the bench shirt, belt, wrist wraps, and shoes. Bench shirts have really taken off and are a mainstay in many lifter's arsenals. They provide explosive power off the bottom of the bench just as the squat suit does for the squat. They also must be sized correctly. I have seen lifters use shirts several sizes too big, and then complain that they don't work. Swallow your pride and order one with your real measurements. No one's going to ask you the size you are using when you're on the platform. Different brands have different benefits, try a few before you stick with one.

Using a belt for the bench press might not have any real benefits. Using a belt, particularly a thick one, will restrict the arch you will be able to use. For the most part, lifters are used to wearing a belt while they work out, so they wear one when they use a bench. If you are a lifter who uses a considerable arch, consider a thinner one. The stress placed by the bench press on the body is not directed to

shoes. They are flat and low to the ground. In either case, they should have non-slip soles for better stability. Belts used should be the same as for the squat, with the same width in front and in the back.

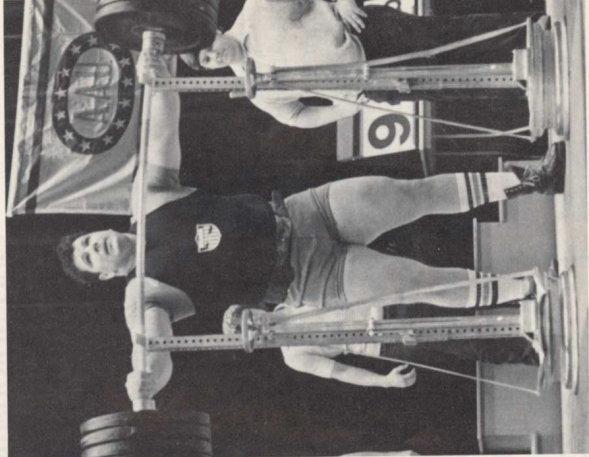
Wrist wraps are used in the deadlift in hopes that they will help the grip. You might want to at least give them a try if you are having troubles.

"Erector shirts" are good for extra lockout power in the deadlift. They are basically bench shirts with reversed support. Get them sized properly. Knee wraps can be used in the deadlift, however, they may cause your legs to straighten out sooner than they should. Consider this fact before using them.

Endorsements by stars can be helpful when choosing equipment. Don't close your mind to trying other brands or styles. What works for them may not be the best for you. Again make sure you purchase the correct size; don't flatter your ego by wearing larger gear than you really can fit. Replace old equipment as it suits the sources I named for more information on selection and use.

Check with more experienced lifters too. They've probably tried a lot of different things. Try a variety of products and use your best judgement. You are giving your competitors an advantage if you don't take advantage of everything you can.

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**BIG DON REINHOUTD** should be given a lot of credit for hitting all the big numbers he did, well before the modern era of equipment. In a photo like this, he has no knee wraps, no lifting attire that could be considered supportive, and only a thin belt.

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# More From Ken Leistner

At a time when many who care about the sport of powerlifting are busy recruiting young people to the sport, I want to take the time to reaffirm my opposition towards the involvement of adolescents in the competitive arena. As a former high school football coach, I always believed that the edge carried by Malverne High School players in my four years training and conditioning program we utilized. Our young men lifted weights and ran, performed many off season drills, and practiced the skills of the game of football all year round, with predictable improvement.

I can honestly state that our greatest success stemmed from the infrequent injuries suffered on the field, although I realized this only in retrospect. Like most coaches, past and present, my emphasis was on participation and winning, and I saw the weights as a means for each player to enhance his opportunity to do both. Injury prevention, which should, of course, be the primary concern of the strength training program, as well as every coach and parent, was, at that time, secondary to me.

We were fortunate too, that we experienced very few weight room injuries, none of which were serious. I do recall that a few area high schools could not make the same statement, with coaches' conversations filled with reminders about 'So and so's' fullback who ruined his back doing power cleans, and another coach's quarterback tearing his triceps, doing heavy bench presses.

In advising about and treating powerlifting injuries, it can safely be stated that most result from over-training, or the utilization of a weight that is just too heavy. For an adult, the consequences can be serious, but

graphs (x-rays) of the arm of one competitive teenager lifter. The entire triceps tendon, at a point of insertion, was calcified as a direct result of doing heavy bench presses for three or four repetitions, during one to two weekly workouts, over a period of four years. A second lifter's film revealed a compression fracture of the humerus as a result of one heavy bench press, performed in a meet. I am reminded of the arm fracture suffered by John Tospoglou of Larry Faticco's stable of lifters. He was perhaps the most promising and exciting prospect in the lighter classes in years, though not a teenager, and he was unable to teach much of his potential due to this injury, one that is more common than is thought.

Damage to the growth plates in the femur, or bone in the thigh, may lead to hip joint abnormalities, with permanent alteration in movement capability. This type of injury is very rare like that of the competitive lifter, but no less traumatic or serious. The muscular injuries that lead to months, or years of pain and dysfunction are so common, but again, the teenager may suffer more tissue damage far more serious than the adult, due to the tissue's immaturity.

To have youngsters try to lift 'as much weight as possible' makes little sense. The youngsters who demonstrate an interest in lifting weights, and specifically in powerlif-

ting, should be encouraged to learn the skills of the sport by doing skill work, i.e. the three competitive lifts, in proper technique, in sets of limited repetitions with lighter weights, weights that are in fact, quite light relative to what they could lift for five repetitions. The strength work should consist of all out, brutally difficult sets of squats, done for twenty or thirty reps, and at times, more. The last few repetitions of each set should be almost impossible to do in good form, yet should be done. The necessity of using rather light weights, as the high number of reps will demand, ensures, to a certain extent, that the actual forces placed upon the maturing skeleton will be limited, though certainly in comparison to the types of forces produced for sets of six or fewer reps.

In time, as the body matures, the lifter will enter the late teens or early twenties capable of sustaining much heavier weights for high reps with accompanying increases in muscular size. At that time, the skill level should be reasonably good, although the characteristics of truly heavy weights will take additional time to adapt to. The coach, however, will be a lifter with strength and a paucity of injury, ready to hit his or her prime lifting years with a great deal of potential. The competitive instinct can be honed by occasional meets against other teenagers, but for higher reps, using perhaps, a percentage of bodyweight format.

I would much prefer the accusations of being 'too conservative' and cautious, especially when it pertains to the health and well being of the younger generation. The toll that's already been extracted by over enthusiastic coaches and parents is frightful enough.

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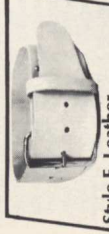
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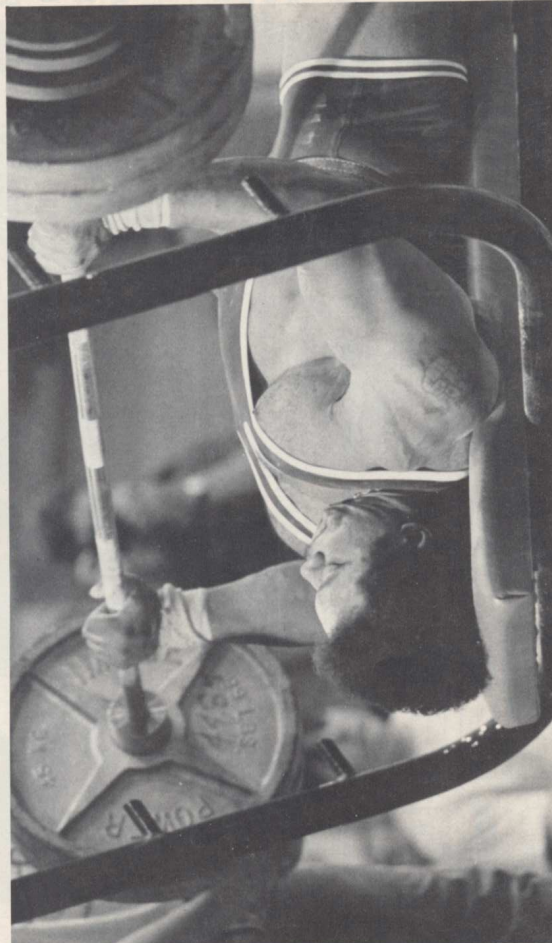
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# POWER PROFILE

## Lorraine Costanzo as told by Melissa Moore



**LORRAINE COSTANZO** one of the most successful powerlifting athletes of recent times, at home in Valencia, California with her best lifter award from the 1987 I.P.F. Women's World Powerlifting Championships.

The mortgage banking industry is very competitive, not unlike competitive powerlifting. It is also an essentially male-dominated business, not unlike competitive powerlifting. When one goes to a mortgage banking seminar it is very likely that the crowd gathered for the learning experience will be predominately male professionals. Likewise, when a competitor or spectator travels to a powerlifting competition the competitors are usually male athletes. Mortgage banking, like powerlifting, is a relatively new field for women.

An interesting aspect of this strange comparison is the existence of a woman powerlifter who happens to be a mortgage banker. Not only is she a competitive female powerlifter, she is also the world champion in her respective weight class. Business savvy and athletic ability makes the reigning holder of the world's best squat quite a dynamic lady. And who is this unique being? She is California's Lorraine Costanzo.

Costanzo, 25, moved to California with her family from Brooklyn, New York, when she was 10 years old. Who would have guessed that the care free little Italian girl, who grew up in her family in suburban New York, would rank nationally in 14 field events of the collegiate track and field competition and be a two-time world powerlifting champion?

Costanzo's athletic prowess did not become evident until her junior year at St. Ann's High School where she was on the track and field team. She was the star in the shot put and discus throw. She held the high school record of 46 ft in the shot and a discus record of 145.8 ft, ranking her second in the state. It was during her junior year in high school that Lorraine was introduced to weight training. My first coach was Frank DeBernardi. He really pushed me. We had to lift with the football players and a few other throwers. They didn't like changing



**More Awards...**...from Lorraine's Powerlifting and Track and Field exploits.

of Science in Business Administration with a concentration in Finance & Real Estate. Lorraine moved back to California and took a position with United Security Mortgage Company, a Los Angeles based mortgage banking firm.

The powerlifting world witnessed Lorraine establish new lifting milestones with her setting of a USPF and I.P.F. squat record of 578.5 lbs. at the 1987 I.P.F. Women's World Powerlifting Championship held in Perth, Australia. Lorraine, competing at a body weight of 205 lbs., also set American and World records in the bench with 278.5 lbs., deadlift with 523.5 lbs. and a total of 1372.5 lbs.

Three years after taking on her first powerlifting contest, Costanzo began to shoot for the big 600 pound squat. Confidently, she stated "I will either get it this year or sometime in the beginning of '88. I have no doubts about it. I have programmed my training out and at this time I am on schedule. The only reason I would not get it would be due to an injury. In the seven years of training, Lorraine has stuck to a scientific approach to powerlifting in which she keys her training weight with a progressive schedule that runs on a percentage geared towards the projected meet maximum. It has usually been in competition with herself for few competitive powerlifters can boast the achievements that she has so amply added to her credentials. Before the recent confrontation at the APF Women's World Championships in Dayton, Ohio, Lorraine noted that "I have never really been pushed in powerlifting competition and I really miss it." Costanzo's only significant competing is American Powerlifting Federation great Dawn Rishel, and in anticipation of a showdown, Lorraine expressed, "I would like to

compete against her in an I.P.F. sanctioned meet. If she would not compete under the I.P.F. rules then I would set up an APF meet. I would set aside all politics and hassles. Competing against her would be great because I would have the challenge of good competition."

Even with all the powerlifting achievements to her credit, Lorraine surprisingly still experiences momentary doubts about her lifting ability. Although she is confident about her chances of attaining her projected goals, she still feels the fear of bombing out. "I have had fears of bombing out every meet I have ever entered. I always have doubts on my opening squat. I know that I can do 500 pounds hundreds of times, yet before the meet I have doubts and think I should change my opener."

Lorraine is not alone in her self-doubt. She noted last summer's Pan American Games brought to light that she shared a personal viewpoint with Greg Louganis the Olympic Gold Medalist of the 1984 Games in high diving. "I was watching the Pan American Games and I caught an interview with Greg Louganis. I was very surprised to hear him say how

he had a lot of major problems with doubting himself and his ability. I thought to myself, this guy is the best in the world, maybe in history, and he is just as human as anybody else."

Costanzo is not without admirers. At the World Police and Firemen's Olympics, she was approached by a competitor who was also coaching women. "I thought it was really nice when I was a spectator at a meet in San Diego, to have this guy come up to me and introduce himself. He told me that he knew who I was and that he was impressed with my lifts. He also said that he was training a girl,

- Holds the Following Records**
- 90 kg Weight Class
  - American/World Record Squat: 525
  - American/World Deadlift: 466
  - American/World Total: 1251
  - 90 kg Plus Weight Class
  - American/World Record Squat: 578
  - American/World Bench: 287
  - 1984/1985 Ranked in the Top Ten American/World Deadlift: 523
  - American/World Total: 1372
- Lorraine Costanzo**
- Powerlifting Achievements
  - 1984 Nationals - 2nd place 90 kg
  - 1985 Nationals - Champion 90 kg
  - 1986 Nationals - Champion 90 kg
  - 1987 Nationals - Champion 90 kg
  - 1986 I.P.F. World Champion 90 kg
  - 1987 I.P.F. World Champion 90+ kg
  - 1985 California State Champion
  - 1986 California State Champion
  - 1987 California State Champion

## 600 lb. Barrier - BUSTED!



**The FIRST 600 Pound Squat by A Woman!**...was accomplished by Lorraine Costanzo at the W.K. McKAY MEET in San Diego, California, on 10/28/87, without a tight suit in training prior to this lift. (Photograph courtesy of Bernie Gagne)



**AND BUSTED AGAIN!**...by Lorraine at the APF Women's Worlds in Dayton, Ohio less than one week later, with a 606 and then a successful 4th attempt of 628 POUNDS!

he had a lot of major problems with doubting himself and his ability. I thought to myself, this guy is the best in the world, maybe in history, and he is just as human as anybody else."

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- Track and Field Achievements**
- 1985 Indoor N.C.A.A. Track and Field Championship 2nd place
  - 1985 Outdoor N.C.A.A. Track and Field Championship 3rd place
  - 1985 All American in Track and Field, Shot Put (Indoor)
  - 1985 All American in Track and Field, Shot Put
  - 1984/1985 Ranked in the Top Ten U.S.A. for Shot Put

back in Maryland, who totally identified with me. He asked for my autograph to give to this girl. He said that she admired me and had cut out pictures of me. When she would have a bad time in training she would look at the pictures because they gave her inspiration and helped her through her workouts. I thought that was really neat because I didn't realize the impact I had on another person."

Since returning to California, Costanzo has taken up lifting residence in San Diego where she trains with USPF National and I.P.F. World Masters Champion, Greg Garret. Training with Greg is great for my lifting because we have a pact: He has to stay 200 pounds ahead of me in all the power lifts. In this way we push each other to 200% potential. Lorraine trusts Greg's ability as a training partner. We are both very compatible and get the most out of our training. Lorraine does the same as being in Arizona, she has released training with Meg and the athletes from the University. Athletes have a different intensity about themselves and everything they do. They give you support and realize where you are coming from. They appreciate what you have done. I miss that atmosphere."

Even long after her powerlifting days are over and just a memory with a shelf full of trophies, Lorraine will remember her moments of personal triumph in attaining her goals. She will also remember the interesting people she has met traveling around the world as a representative of women's powerlifting. No doubt they will remember her. I know I will, for athletic ability and personal integrity are hard to find, but once found, are even harder to forget.

Lorraine's Pre-Contest Workout

Monday: Squat. Bench. Straight leg deadlifts (first 8 weeks). Partial deadlifts (last 8 weeks). ASSISTANT LIFTS: leg extensions, leg curls, calves, sit-ups.

Wednesday: Front squats. Close grip bench. Cumber bench. ASSISTANT LIFTS: tricep extension (machine), tricep extension (bar), leg extensions, leg curls, standing leg curls, sit-ups.

Friday: squats (close stance and high on back for the first 8 weeks, last 8 weeks pause squats, last 8 weeks deadlifts). bench. ASSISTANT LIFTS: leg extensions, leg curls, sit-ups.

Please note that this routine is based on a sixteen week duration training cycle.

## Big Gus Rethwisch in RUNNING MAN with Arnold Schwarzenegger

Top Superheavyweight power-lifting talent and promoter of the world famous Hawaii Budweiser Recordbreakers meet each year, Gus Rethwisch now has a big acting role as "BUZZSAW" in one of the year's hottest motion picture properties, RUNNING MAN, which portrays a deadly futuristic game show where contestants (Arnold) fight to the death for the home audience against Gus and the other 'Stalkers'. Publicity and TV promotions for the film (some of them featuring Gus on a motor-cycle) have already broken across the country, and the photo at right, with Gus identified, appeared in PEOPLE Magazine (November 30th edition, with Jay Leno on the cover) along with reviews in newspapers across the country. The film was shot at various Los Angeles locations, including the dilapidated and abandoned Kaiser Steel plant in Fontana. Gus won't reveal the unique way in which he is killed in the film - so you'll have to run out and see it for yourself. Photo courtesy of Tait Entertainment.



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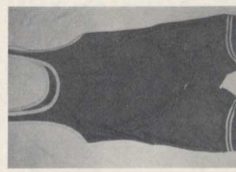


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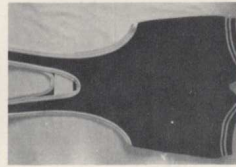


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**Correction**...actual successful 3rd attempt for Al Home in the Ft. Irwin meet at 220 were 620 420 675 1715, with 660 430 700 being successful 4th attempt. Also, Al's previous 665 deadlift should have been ranked on the TOP 100 220's.

**YOHIMBE BARK Legality?** in a letter to Dennis Brady of the ADEPA, Mark Thermo Discounters does not state specifically in our advertisements that yohimbe is not legal for competition. Obviously no drug test is capable of distinguishing a plant produced steroid from that produced in a lab, and therefore those who use yohimbe in preparation for a contest may run the risk of disqualification. As a matter of interest, the yohimbe does not actually contain methyltestosterone, but rather testosterone and related substances (saponins) which are methylated as a natural course of the extraction. While the methylation makes the product orally effective, it also makes it easy to detect with conventional drug tests as you are probably aware. For those who will be competing, we recommend using cyclofemil (not yohimbe) since it stimulates the body to produce more testosterone, and yet it is currently legal for competition. To summarize, we do not consider yohimbe to be legal for competition, and we certainly do not recommend it for those who will be entering competitions.

**Balkan American Games**...a trip and friendly competition between young American powerlifting prospects and counterparts in Bulgaria is planned for the 27 - July 17th, 1988. All expenses to be paid, and 20 young men and women are needed for the trip. They must be new lifters that show potential. Those interested should send their resume to Bernie Gagne, 310 E. 231 st St., Carson, CA 90745, 213-835-5970.

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## NUTRITION CORNER

### The Well-Balanced Diet (and other Fairy Tales!) *Advanced Concepts in Nutrition by George Zangas*

Here are some famous nutritional quotes to ponder: "Do not exceed the Recommended Daily Allowance of vitamins and minerals"; "Taking megadoses of vitamins can kill you"; "A well-balanced diet will provide you with all of the essential levels of nutrients, including vitamins and minerals"; "Well, to quote our dear friend in Washington, 'There they go again!'"

Yes, these are the very quotes and more that physicians, dieticians, and the processed food industry, and other commercial interests use to maintain the Recommended Daily Allowance (RDA) at low levels, and thus keep their bottom line profits as high as possible. As we mentioned in one of our first articles, the RDA, by definition, is nothing more than a minimum amount of a nutrient required to prevent you from falling into a diseased state. For example, if you go below the Recommended Daily Allowance of Vitamin C, you've set yourself up for scurvy; below the RDA of B<sub>1</sub>, beri beri, and so on. Just how rapidly you enter a diseased state after falling below the RDA of an essential nutrient depends, of course, upon your constitution (how well your body can withstand the abuse). But the important point is that the RDA refers to a minimum level of nutrition, and not the ideal or optimal level of nutrition—a level that, for the active individual, far exceeds the needs satisfied by the RDA, and for the power athlete, far exceeds even the needs of the active individual!

This month we'll examine two essential nutrients in the light of vitamin toxicity, misleading terms such as the RDA, and the greatest myth of all: the well-balanced diet.

First, let's examine a vital nutrient that has been played up as a very toxic vitamin that people should avoid in large dosages—Vitamin A. The main role of Vitamin A is known to be that of an anti-infective because deficiency has been directly linked to a high incidence of respiratory illness. Adequate Vitamin A intake has also been shown to be important in protecting the body against some forms of cancer. This has been related to the function of retinoids (by-products of Vitamin A) in promoting normal differentiation of epithelial cells (a soft, mucouslike tissue that lines the upper respiratory tract and other body organs during per-malignancy periods). Vitamin A has also been shown to be effective in the treatment

**"Our point is simply to keep yourself at the forefront of nutrition by utilizing Vitamins A and C to the optimum, NOT the minimum."**

in hard training, your Vitamin C intake should rise to at least 4-5 grams (4000 to 5000 mg) per day. In fact, it's not unusual to find athletes or other active persons who have been working with Vitamin C for a number of years to utilize dosages of 5000 to 10,000 mg per day. At these levels, over a period of time, they report greater recuperation, much less muscle soreness, and great resistance to common colds and minor infections. Powerlifters have experienced a significant strengthening of the immune system, and better and faster healing from heavy workouts.

You can take Vitamin C in capsule, tablet, or even crystal form, but in the higher dosages that we recommend, under normal conditions you should use the timed-release form. This will ensure proper long-term utilization of this water-soluble nutrient. In other words, the harder you work, the more you sweat, and the faster it will go through your body. One exception would be if you are sensing yourself coming down with a cold, or wanting to get high levels of Vitamin C immediately. In these cases, take a non-timed-release form along with your timed-release form. Also be aware that your body's need for Vitamin C will increase when you are taking such medications as antibiotics, and pain medications, or if you smoke, as these things will tend to rapidly deplete Vitamin C. Also be aware that toxicity symptoms usually do not occur with Vitamin C because the body will simply discharge what it can

not use. In summing up, break into your use of Vitamin C slowly, starting off with one gram per day, and then working up to two grams within a week. If you want to obtain high dosages of 5 to 10 grams, add one gram per week until you arrive at the desired level of intake. If you take a high dosage all at once when you're not accustomed to it, it could temporarily act as a diuretic and/or laxative.

In closing, please remember that as popular as Vitamin A is, and as long as Vitamin C is, you'll always find detractors of these essential nutrients who lean on tired, old, and incomplete research and scare tactics to make their points. Our point is simply to keep yourself at the forefront of nutrition by utilizing Vitamins A and C to the optimum, not the minimum. We believe you'll see dramatic results as you become a healthier, and therefore more powerful lifer!

George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutrition supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson Vitamins. He also founded and coached the "Thompson Power Team", the most successful powerlifting team in Senior Nationals history (5 straight team titles from 1976-1980). George is also a member of the Executive Committee of the United States Powerlifting Federation.

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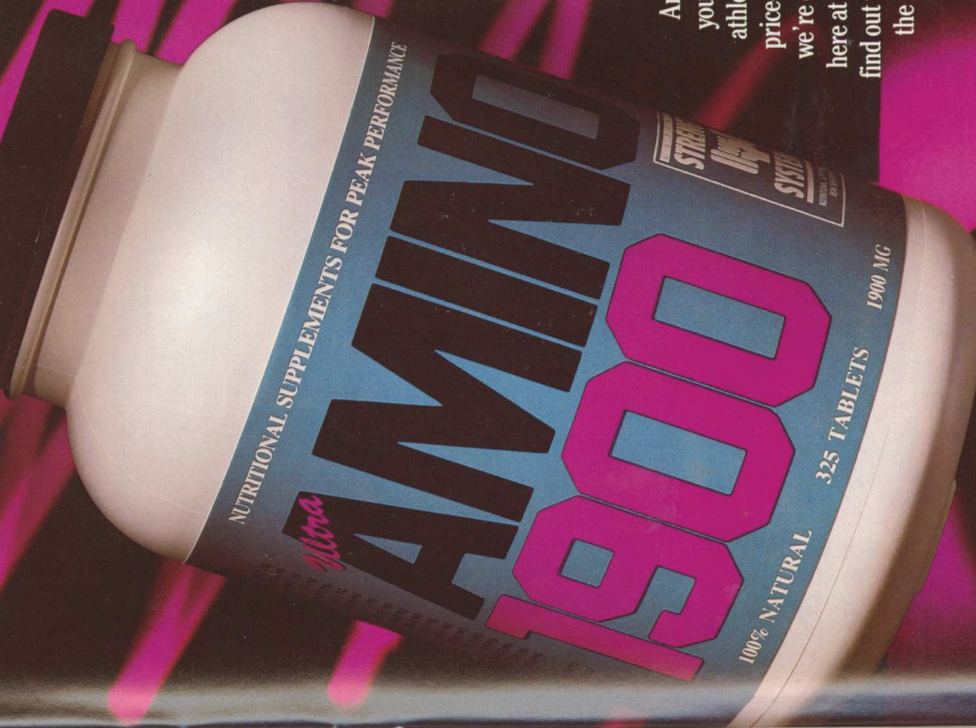
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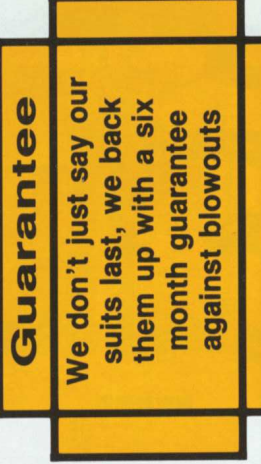
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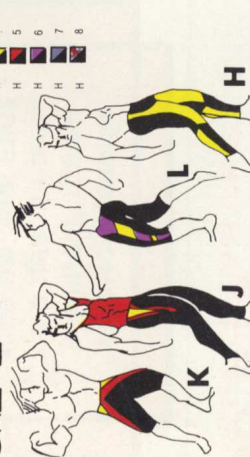
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### The Challenger Series

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

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

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

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

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

Prices Subject to Change Without Notice

## Order Today!

PRODUCT	COLOR(S)	SIZE	QTY.	PRICE	EXT.
				Shipping and Handling	\$2.00
				Add Calif. Sales Tax, if applicable	
				TOTAL	

Name \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 VISA  MC  Card No. \_\_\_\_\_ Phone ( ) \_\_\_\_\_  
 Signature \_\_\_\_\_  
 Check here if new address

Exp. Date \_\_\_\_\_  
 Marathons Distributing Co. Mail Today!  
 1229 Via Landeta • Palos Verdes Estates CA 90274

Check, Money Order, MasterCard or Visa must accompany orders. Overseas: \$10.00 shipping and handling, air freight rates, whichever is greater. California residents add 6% sales tax. L.A. County (916) add \$2.00 shipping and handling.

## Marathon®

YOU'VE GOT ONE LIFE TO LIVE! — MAKE THE MOST OF IT WITH MARATHON!

**SPECIAL OFFER!** Free Pair of Superwrap® 10 Goldline™ OR Superwrap® 2 or 10 Reg. \$36.00 NOW \$31.00! (SEE ORDER FORM)

# Be the Best

## MARATHON® MAKES IT EASY

### The Supersuits®

No matter how well you lift, there's always room for improvement. Marathon® recommends the Supersuit®, an exclusive support system designed to give you the unmatched support and protection you need to squat the heaviest weights possible.

**DON'T SQUAT WITHOUT IT!**

Every Marathon Supersuit features:

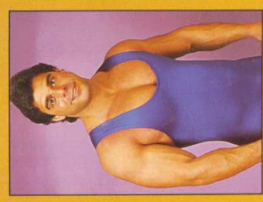
- **Exclusive Material:** The only fabric used today that is expressly manufactured and specially woven for powerlifting. Designed for extreme durability under even the most tremendous strains.
- **Greater Hip and Gluteus Support:** Material will contract and hold as you squat past parallel for the most explosive starts imaginable
- **Superior Crotch Design:** For the greatest support and long-lasting wear



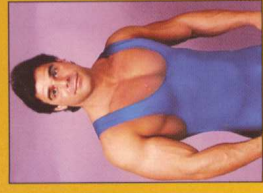
**ADVANCED CROTCH SEAM DESIGN!**

High performance design and double-reinforced stitching combine to give you unexcelled performance, strength, and durability.

- Two Tailored Styles to fit every lifter's needs
- All orders shipped within 24 hours



**Supersuit® 2**  
Cut higher for a tighter fit around the lats and chest



**Supersuit® 10**  
Cut lower with larger lat and chest openings

Supersuit® 2 and 10 are available in Black, Navy Blue, Royal Blue, and Scarlet Red

# New Products! Great!

From performance enhancers and natural steroid brings you 10 new supplements designed to increase yo



**Inosine 1500**  
Now, Marathon Introduces the Number One Performance Enhancer in Mega-potency, Triple-strength 1500 mg. Capsules!

Taken 45 minutes to one hour before your workout, inosine will increase your capacity for greater workloads and your body's oxygen-carrying ability. You'll lift more weight more often and recuperate faster between sets. The results are obvious: greater training = greater totals.

**NEW MONEY SAVING 1500 MG. CAPSULES!**

Up to 3 times the strength of any previously available potency of Inosine, at significant savings!

30 Caps \$11.95 90 Caps \$27.95  
60 Caps \$19.95 180 Caps \$49.95



**2 NEW GAMMA POWERS!™**  
**Marathon Brings You the #1 Natural Steroid Alternative in New Higher Potencies and Savings!**

Due to Powerlifters' increased requirements for Gamma Oryzanol, Marathon introduces high potency 100 mg. and mega-potency 250 mg. Gamma Oryzanol capsules.

Whichever you choose, you'll realize tremendous savings over lower potency Gamma Oryzanol.

Gamma Oryzanol acts as a metabolic accelerator, giving your body strength and lean muscle mass naturally.

**Gamma Power™ 100 NEW 100 MG. CAPSULES!**

Up to 4 times the potency of other Gamma Oryzanol products.

Take 1-4 capsules daily following meals.

**BUY AT HIGHER POTENCIES AND SAVE!**

50 Caps \$8.95 250 Caps \$36.95  
100 Caps \$11.95 500 Caps \$49.95

**Gamma Power™ 250 NEW 250 MG. CAPSULES!**

Up to 10 times the potency of other Gamma Oryzanol products.

Take 1-3 capsules daily following meals.

**BUY AT HIGHER POTENCIES AND SAVE!**

50 Caps \$14.95 250 Caps \$69.95  
100 Caps \$21.95 500 Caps \$89.95



**DynaMax™ PERFORMANCE PACK**

**A Completely New and Unique Formula That Brings Together, in One Convenient and Money-saving Packet, the Top Nutrients Used by Powerlifters Today:**

- 1500 Mg. Inosine (performance enhancer)
- 250 Mg. Gamma Oryzanol (growth and strength factor)
- 1500 Mg. Branched Chain Amino Acids (applied in the muscle to produce muscle growth)
- 200 Mcg. Chromium (for Proper Energy Levels)
- 1000 Mcg. Octacosanol (endurance factor)

Used by itself or as the ideal addition to your daily nutritional program, DynaMax will increase your growth, help sustain performance, and aid in recuperation.

**SPECIAL INTRODUCTORY PRICE!**

30 Day Supply \$19.95 60 Day Supply \$37.95



**Natural Gains™ 900**

**One of the Best and Most Popular Natural Steroid Formulas Just Got Better!**

Marathon's new Natural Gains 900 adds 500 mg. of Beta-Sitosterol to its 200 mg. Ornithine (for natural GH release) and 200 mg. of Thymus, the growth glandular.

Suggested use: 3 tablets 1-3 times daily following meals

90 Tabs \$19.95 180 Tabs \$35.95  
360 Tabs \$67.95

Prices Subject to Change Without Notice

ORDER FORM ▶

# New Potencies! Prices!

alternatives to new multis and amino acids, Marathon®  
powerlifting performance in training or on the platform!



**Tailored Nutrition™**  
At Last, a Multi-Vitamin and Mineral Formula Tailored to Your Activity Level and Specific Training Intensity!

Tailored Nutrition is a nutrient supplement so well balanced between vitamins and minerals, it will adapt to any phase of training that you're in. For maintenance/conditioning training 2 TABLETS PER DAY FOLLOWING MEALS. For heavy training 4 TABLETS PER DAY, FOLLOWING MEALS. For Peak Training, 6 TABLETS PER DAY, FOLLOWING MEALS.

Tailored Nutrition		
3 TABLETS PROVIDE:	6 TABLETS PROVIDE:	
Vitamin A	20,000 IU	40,000 IU
Vitamin D	800 IU	1,600 IU
Vitamin E	200 IU	400 IU
Vitamin C	500 mg	1,000 mg
Lemon Bioflavonoid Complex	50 mg	100 mg
Hesperidin	10 mg	20 mg
Vitamin B-1	60 mg	120 mg
Vitamin B-2	80 mg	160 mg
Vitamin B-6	80 mg	160 mg
Vitamin B-12	500 mcg	1,000 mcg
Biotin	300 mcg	600 mcg
Pantothenic Acid	400 mg	800 mg
Niacinamide	200 mg	400 mg
Inositol	500 mg	1,000 mg
Folic Acid	800 mcg	1,600 mcg
PABA	60 mg	120 mg
Calcium	532 mg	1,064 mg
Phosphorus	200 mg	400 mg
Magnesium	200 mg	400 mg
Zinc	20 mg	40 mg
Iron	36 mg	72 mg
Manganese	14 mg	28 mg
Copper	4 mg	8 mg
Biotin	75 mcg	150 mcg
Betaine HCl	25 mg	50 mg
Glutamic Acid HCl	25 mg	50 mg
60 Tabs \$10.95	120 Tabs \$18.95	240 Tabs \$33.95
360 Tabs \$46.95		



**Key Aminos™**  
A Unique Formula of Branched Chain Amino Acids for Maximum Muscular Growth and Rebuilding!

Branched Chain Amino Acids are essential amino acids and are metabolized in the muscle to produce muscle growth and also manufacture non-essential amino acids. The amount of nutritionally essential amino acids that is required has been studied by the National Academy of Sciences. The molecular balance of Key Aminos is based on their findings. Suggested use: 6 capsules daily as a dietary supplement, or 1 capsule for each 25 lbs. of body weight. 45 Caps \$8.95 180 Caps \$28.95 90 Caps \$19.95 360 Caps \$49.95



**Resolve™**  
A Must For Every Serious Strength Athlete!

This formula has been designed to provide nutritional support in the healing of athletic injuries and problems. It contains higher levels of several important nutrients which have been shown to help provide both anti-inflammatory effects and acceleration of the healing process. 3 RESOLVE TABLETS PROVIDE: Bromelain 300 mg Papain 150 mg Tyrosin 150 mg Bromelain 300 mg Bromelain 300 mg Vitamin C 300 mg Zinc 30 mg Manganese 30 mg Selenium 150 mg Sulfur 3 mg 50 Tabs \$5.95 100 Tabs \$10.95 250 Tabs \$24.95



**Amino Fuel™**  
FROM TWINLAB®

Now There's a Way to Replenish Vital Energy Stores and Help Build Muscle Protein!  
New Amino Fuel is a high-tech anabolic formula specifically designed for athletes. Fuel instantly becomes a nutritionally complete L-Carnitine, branched chain Amino Acids (L-Leucine, L-Isoleucine and L-Valine) and pharmaceutical grade, peptide bonded and free amino acids. 1 1/2 lb. Container \$19.95



**MuscleCool™**  
Far Superior to Any External Mineral Coolant Gel on the Market Today, and at Great Savings Too!

Marathon's new MuscleCool is an external therapeutic pain-relieving gel for relief of minor aches and pains in muscles and joints associated with arthritis, simple backache, strains, bruises and sprains. Net Weight: 16 oz. (453.59 Grams) MuscleCool \$11.95

Prices Subject to Change Without Notice

For Fastest Service ORDER TOLL FREE (800) 321-5064

in California (800) 231-4070

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in California (800) 231-4070

**Marathon**  
YOU'VE GOT ONE LIFE TO LIVE—MAKE THE MOST OF IT WITH MARATHON!

## Formulas for success!

Marathon® Multipacks are balanced nutritional formulas that supply and replace the vital nutrients you need! Ensure your success with the Marathon® Multipack that's right for you.

### Gold Medal Dynamo Pack™

A comprehensive nutrition program for Powerlifters. Not another high potency copycat formula, the Dynamo Pack gives you high potency where you need it most, with emphasis on Super Potency Glandular Complex for muscle growth, high energy levels, and better workouts. Extra Vitamin C for tissue repairs. High Pantothenic Acid for better adrenal function. High Zinc for tissue repair and hormone production. High Chromium for increased insulin production. High Selenium anti-oxidant and better Vitamin E utilization.

Each Packet Contains:

LIPO SOLUBLE	25,000 IU	45,000 NF Units
Vitamin A (Palmitate)	600 IU	15,000 NF Units
Vitamin E (d-alpha Tocopherol)	1,000 IU	3,000 NF Units
C-COMPLEX (Timed Release 6-8 Hours)	1,500 mg	150 mg
Vitamin C (Natural Ascorbic Acid)	3,000 mg	300 mg
Natural Whole Papaya	1,000 mg	100 mg
Natural Selenium	500 mcg	50 mcg
Hesperidin Complex	50 mg	5 mg
B-COMPLEX (Timed Release 6-8 Hours)	1,000 mg	100 mg
Vitamin B1	125 mg	12.5 mg
Vitamin B2	125 mg	12.5 mg
Vitamin B6	125 mg	12.5 mg
Vitamin B12	125 mcg	12.5 mcg
Niacinamide	125 mg	12.5 mg
Pantothenic Acid	125 mg	12.5 mg
Choline	125 mg	12.5 mg
Proteinase (Gluconate)	125 mg	12.5 mg
Protease Activity	125 mg	12.5 mg
Chelated Mineral Compounds	1,500 mg	150 mg
Calcium (Amino Acid Chelate)	750 mg	75 mg
Magnesium (Amino Acid Chelate)	750 mg	75 mg
Chromium (Yeast 21)	200 mcg	20 mcg
Potassium (Fruitelect)	200 mcg	20 mcg
Biotin (Kelp)	225 mcg	22.5 mcg
Copper (Amino Acid Chelate)	4.5 mg	450 mg
Selenium (Yeast 21)	4 mg	400 mg
Chromium (Amino Acid Chelate)	4 mg	400 mg
Potassium (Fruitelect)	18 mg	180 mg
ENZYME COMPOUNDS	100 mg	10 mg
Betaine HCl	150 mg	15 mg
Glutamic Acid HCl	150 mg	15 mg

Directions: One Pack Daily or as directed.  
30 day supply - \$27.00 60 day supply - \$52.00

### Gold Medal Pack™

The original high-potency athletic formula

Each Packet Contains:

LIPO SOLUBLE	25,000 IU	125 mg
Vitamin A (Dry)	1,000 IU	125 mg
Vitamin E (d-alpha)	1,000 IU	125 mg
VITAMIN C COMPOUNDS (Timed Release)	2,000 mg	200 mg
Vitamin C (Ascorbic Acid)	500 mg	50 mg
Natural Selected Rose Hips	500 mg	50 mg
Bush (Green Blackberry)	50 mg	5 mg
B-COMPLEX FACTORS (Timed Release)	400 mg	40 mg
Folic Acid	125 mg	12.5 mg
Vitamin B1	125 mg	12.5 mg
Vitamin B2	125 mg	12.5 mg
Vitamin B6	125 mg	12.5 mg
Vitamin B12	125 mcg	12.5 mcg
Niacinamide	125 mg	12.5 mg
Glutamic Acid HCl	150 mg	15 mg

Directions: One Pack Daily or as directed.  
30 day supply - \$17.50 60 day supply - \$32.00



Well-balanced vitamin and mineral formulas are at the heart of any complete nutritional program.

### Super Pack

The economical high-potency vitamin-mineral pack

Each Packet Contains:

Potassium (Gluconate)	90 mg	9,000 NF Units
Manganese (Gluconate)	10 mg	1,000 NF Units
In an orbo molecular base of Magnesium Oxide, Phosphoric Acid, Titanium Oxide, Sulphur, Molybdenum, Manganese and Zinc Oxide.		
DIGESTIVE ENZYMES		
Protease Activity	45,000 NF Units	
Protease Activity (Starch Digestion)	15,000 NF Units	
Protease Activity (Fat Digestion)	3,000 NF Units	
Protease Activity (Lipid Digestion)	150 mg	
Natural Dextrinaceous Absorbent	360 mg	
Betaine HCl	150 mg	
Glutamic Acid HCl	150 mg	

30 day supply - \$14.50  
60 day supply - \$25.50  
90 day supply - \$35.50  
180 day supply - \$63.50

### One Pack™

For the athlete who requires a medium potency

Each Packet Contains:

Zinc (Gluconate)	15 mg	1,500 IU
Potassium (Gluconate)	90 mg	9,000 NF Units
Manganese (Gluconate)	10 mg	1,000 NF Units
In an orbo molecular base of Magnesium Oxide, Phosphoric Acid, Titanium Oxide, Sulphur, Molybdenum, Manganese and Zinc Oxide.		
DIGESTIVE ENZYMES		
Protease Activity	45,000 NF Units	
Protease Activity (Starch Digestion)	15,000 NF Units	
Protease Activity (Fat Digestion)	3,000 NF Units	
Protease Activity (Lipid Digestion)	150 mg	
Natural Dextrinaceous Absorbent	360 mg	
Betaine HCl	150 mg	
Glutamic Acid HCl	150 mg	

30 day supply - \$9.50  
60 day supply - \$16.50  
90 day supply - \$23.00  
180 day supply - \$43.00

All Prices Subject to Change Without Notice ORDER FORM

**Marathon**  
YOU'VE GOT ONE LIFE TO LIVE—MAKE THE MOST OF IT WITH MARATHON!

# Performance Enhancers

PUSH MORE WEIGHT!  
TRAIN HARDER NATURALLY!

THE INOSINE  
REVOLUTION  
IS HERE!

Used for Heavy Training  
by Soviet and Eastern  
Bloc Athletes.

## FREE-FORM INOSINE

By using pure-form Inosine before each workout, you increase your capacity for greater workloads. This is accomplished by increased ATP production and improved oxygen-carrying ability.

The results are obvious. Greater training = greater totals. In other words, you lift more weight more often, and recuperate faster between sets.

Marathon's Inosine is encapsulated for higher nutrient quality and better assimilation.

**INOSINE 500 MG.  
NEW LOWER PRICING!**  
30 Caps \$6.00  
60 Caps \$10.00  
180 Caps \$26.00

ASK FOR  
PURE-FORM  
INOSINE FROM  
MARATHON,  
AT NEW LOWER  
PRICING!



Now, get peak performance  
at every workout and meet!

Take these natural performance enhancers 45 minutes to 1 hour before training or competition. You'll lift more, recuperate faster, and have greater mental intensity without the negative side effects of chemical stimulants.

## FREE-FORM L-TYROSINE

**Produce a Positive Mental Attitude Before Training, Naturally!**

- A natural amino acid that helps create a positive mental attitude
- Aids in the production of natural stimulants
- Enables you to be more positive and aggressive throughout your heaviest workouts
- Perfectly safe, natural, and effective
- Encapsulated for higher nutrient quality and better assimilation.
- 500 mg. potency

**L-TYROSINE 500 MG.**  
100 Caps \$11.00  
250 Caps \$25.00

## FREE-FORM L-CARNITINE

**For Long-term Energy Production!**

- L-Carnitine is a naturally occurring amino acid essential in the conversion of fats to usable energy.
- Ideal for long workouts
- A potential aid in lowering body fat
- Decreases Triglycerides in the blood by increasing the proper metabolism of fats to energy
- Encapsulated for higher nutrient quality and better assimilation
- Double Potency 500 mg. capsules, the highest potency available on the market

**L-CARNITINE 500 MG.  
NEW LOWER PRICING!**  
30 Caps \$14.00  
60 Caps \$25.00

**CARBO FUEL™**  
The Complex Carbohydrate Peak Performance Energy Drink!

**TWINLAB** CARBO FUEL™ contains a unique, rapidly absorbed complex carbohydrate extracted from grains called glucose polymers. When CARBO FUEL™ is ingested during physical activity it is absorbed quickly, allowing carbohydrates to be replaced almost as fast as they are burned. CARBO FUEL™ gives you the power to sustain high levels of performance to longer periods before depleting precious stores of glycogen.

DELICIOUS NATURAL ORANGE FLAVOR  
**CARBO FUEL™**  
16 oz. \$7.95  
32 oz. \$13.95

All Prices Subject to Change Without Notice

ORDER FORM ▶

**Marathon**  
YOU'VE GOT ONE LIFE TO LIVE—MAKE THE MOST OF IT WITH MARATHON!

# Natural Growth Enhancers

Use these catalysts to harness  
the power of your body's own  
growth chemistry!  
Gain strength and produce muscle  
mass without harmful chemicals.



## Gamma Power™

This powerful steroid alternative contains 25 mg. (25,000 mcg.) of Gamma Oryzanol!

It acts as a metabolic activator, utilizing your body's own chemistry to develop great strength and lean muscle mass.

Because it's a natural substance that uses your body's own chemistry, you can take Gamma Power without experiencing the side effects of harmful chemicals.

Take 2 to 3 capsules after each meal. Each capsule contains:  
Gamma Oryzanol 25 mg. (25,000 mcg.)  
250 Caps \$18.00  
100 Caps \$8.00

## Natural Gains™

**At Last, a Safe and Natural Steroid Formula That Works!**

Natural Gains is a safe and most effective natural steroid. An exclusive formula based on the steroid Beta-Sitosterol, a natural substance derived from rye germ oils. Beta-Sitosterol awakens your endocrine system, signaling it to produce growth substances. Combined with Ornithine and Thymus, the Beta-Sitosterol works wonders.

- Promotes growth
  - Burns fatty tissue
  - Functions as an excellent lipotropic
  - Benefits the immune system.
- Best of all, there's no prescription required. Just fill out the Order Form and make the biggest gains of your life—naturally!

90 Tabs \$13.99 180 Tabs \$25.99 360 Tabs \$49.95  
250 Caps \$18.00



## GH Releasers

**Release Your Body's Natural Growth Hormones With This Unique Combination of Arginine, Ornithine, and Tryptophan!**

Arginine and Ornithine stimulate the natural release of GH (growth hormone). When accompanied by Tryptophan their effect is greatly increased.

**IMPORTANT:** Contrary to popular belief, L-lysine should never be taken at the same time with Arginine and Ornithine if one wants to maximize the effect of Arginine and Ornithine in the brain where it's needed to stimulate the natural release of pituitary GH. Each tablet contains:

L-Arginine 500 mg.  
L-Ornithine 250 mg.  
L-Tryptophan 100 mg.  
60 Tabs \$12.00 180 Tabs \$33.00 360 Tabs \$60.00

# Free-Form Aminos and Proteins

Get the maximum  
in muscular density and  
muscular weight gain!

Marathon's Free-Form Amino Acids and high P.E.R.\* Protein Powders are the ideal muscle foods.



## FREE-FORM Amino Acids

**Unleash the Power of Isolated, Crystalline Free-form Aminos in Your Training!**

- Marathon Amino Acid Complexes give you:
    - Maximum recuperation, the key to intense workouts
    - Greater gains for increased strength
    - Better assimilation/ utilization
    - Up to 250% more potency per tablet than any other free form amino acid product on the market today
    - The greatest value for your nutrition dollar
- After hard workouts recuperation is the key. Marathon Nutrition provides you with the latest

breakthrough in recuperation. Either the 2½ gram or 1 gram formula will allow you to maintain the high-nitrogen balance required for tissue repair.

Use over conventional amino acids and proteins. They make themselves directly available to the body's amino acid (protein) "pool" for use in tissue repair.

**FREE-FORM AMINO ACID 2500 (2½ GRAMS)**  
50 Tabs \$8.50  
100 Tabs \$15.00  
250 Tabs \$33.75  
500 Tabs \$64.50  
1000 Tabs \$125.00

**FREE-FORM AMINO ACID 1000 (1 GRAM)**  
100 Tabs \$7.75  
250 Tabs \$17.25  
500 Tabs \$32.50  
1000 Tabs \$51.00

\*The original one gram formula

## Protein

**Move up to the best value in dietary protein supplementation!**

- Glanular Protein Powder — 95% protein
- Milk and Egg Protein Powder — 90% protein
- Both are excellent sources of protein for gaining muscular bodyweight
- Both are excellent meal replacements for those who wish to reduce bodyweight
- Both are good tasting and easy-to-mix
- Both are good tasting and easy-to-mix

**Gland Protein Powder 1 lb. \$9.75  
Milk and Egg Protein 1 lb. \$7.50**  
SEND FOR FREE MARATHON PROTEIN DRINK RECIPES!  
All Prices Subject to Change Without Notice

\*Protein Efficiency Ratio

ORDER FORM ▶

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DELICIOUS NATURAL ORANGE FLAVOR  
**CARBO FUEL™**  
16 oz. \$7.95  
32 oz. \$13.95

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ORDER FORM ▶









### WNPF Eastern Seaboard Meet

20 Sept 87 - Stamford, CT

SQ	BP	DL	Total
114	110	120	160
M. Ramos			
K. Abramo	200	135	265
T. Charles	155	135	200
R. Carlton	135	85	165
D. Frazier	275	210	275
D. Frazier	275	210	275

### ADPPA Northern California

3 Oct 87 - Stockton, CA (kilos)

SQ	BP	DL	Total
638	150	90	130
G. Panza			
Armondo Mayo	172.5	115	185
P. Randazzo	145	100	160
Jerry Moylan	220	130	242.5
Steve Johnson	200	152.5	227.5
John Crockett	102.5	70	155
Joe Bernazzani	245	157.5	230

### W.N.P.F. Atlantic City Open

1 Aug 87 - Atlantic City, NJ

SQ	BP	DL	Total
120	125	165	410
M. Escobera			
B. Davis	325	230	380
J. Josephs	465	325	480
R. Johnson	375	330	400
M. Robinson	350	330	400
C. Wasserman	375	330	400
M. Robinson	350	330	400
P. Kornblath	275	250	315
J. Clifford	550	345	540
T. Leiberer	475	320	455
A. Andruzzi	450	320	455
D. Weiss	475	320	455
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405

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1 Aug 87 - Atlantic City, NJ

SQ	BP	DL	Total
120	125	165	410
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R. Johnson	375	330	400
M. Robinson	350	330	400
C. Wasserman	375	330	400
M. Robinson	350	330	400
P. Kornblath	275	250	315
J. Clifford	550	345	540
T. Leiberer	475	320	455
A. Andruzzi	450	320	455
D. Weiss	475	320	455
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405
M. Podhorze	365	300	405

who had a 500. In the 275 lb. class Daniel Martinez looked as if he was still warming up and edged out the rest of the field to take first place. In the unlimited class big man G. Panza was the only one to set a new record. In the 275 lb. class, Daniel Martinez took first place. In the 300 lb. class, Daniel Martinez took first place. In the 325 lb. class, Daniel Martinez took first place. In the 350 lb. class, Daniel Martinez took first place. In the 375 lb. class, Daniel Martinez took first place. In the 400 lb. class, Daniel Martinez took first place. In the 425 lb. class, Daniel Martinez took first place. In the 450 lb. class, Daniel Martinez took first place. In the 475 lb. class, Daniel Martinez took first place. In the 500 lb. class, Daniel Martinez took first place. In the 525 lb. class, Daniel Martinez took first place. In the 550 lb. class, Daniel Martinez took first place. In the 575 lb. class, Daniel Martinez took first place. In the 600 lb. class, Daniel Martinez took first place. In the 625 lb. class, Daniel Martinez took first place. In the 650 lb. class, Daniel Martinez took first place. In the 675 lb. class, Daniel Martinez took first place. In the 700 lb. class, Daniel Martinez took first place. In the 725 lb. class, Daniel Martinez took first place. In the 750 lb. class, Daniel Martinez took first place. In the 775 lb. class, Daniel Martinez took first place. In the 800 lb. class, Daniel Martinez took first place. In the 825 lb. class, Daniel Martinez took first place. In the 850 lb. class, Daniel Martinez took first place. In the 875 lb. class, Daniel Martinez took first place. In the 900 lb. class, Daniel Martinez took first place. In the 925 lb. class, Daniel Martinez took first place. In the 950 lb. class, Daniel Martinez took first place. In the 975 lb. class, Daniel Martinez took first place. In the 1000 lb. class, Daniel Martinez took first place.

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### McComigle Hall Closed Meet

11 Oct 87 - Philadelphia, PA

SQ	BP	DL	Total
165	75	195	435
G. Ipi			
114 lb. class			
T. Agostino	250	125	285
D. Kueper	260	110	275
C. G. Harris	280	110	275
C. Griffin	190	70	245
132 lb. class			
T. Sommer	265	135	260
D. Miller	250	135	260
G. J. Miller	155	70	210
K. Shalford	125	70	210
155 lb. class			
T. Sommer	265	135	260
D. Miller	250	135	260
G. J. Miller	155	70	210
K. Shalford	125	70	210
181 lb. class			
V. Bentley	320	165	340
H. Witt	400	140	370
M. Moore	325	150	320
H. Moore	320	190	310

### APF Badger State Open

11 Oct 87 - Milwaukee, WI

SQ	BP	DL	Total
270	115	270	655
D. Reibel			
275 lb. class			
S. Van de Weghe	245	120	300
S. Van de Weghe	245	120	300
S. Van de Weghe	245	120	300
S. Van de Weghe	245	120	300
S. Van de Weghe	245	120	300

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Weight Class	Champion	Score
118 lbs	W. Ryan	215
128 lbs	M. B. Blair	1435
148 lbs	Brian Cabaugh	1340
165 lbs	Kevin Williams	1235
181 lbs	Eric Heertel	1345
198 lbs	Steve Ferrini	1255
220 lbs	Chad Johnson	1235
242 lbs	Chad Johnson	1235
275 lbs	Chad Johnson	1235
300 lbs	Chad Johnson	1235

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148 lbs	John Battaglio	1035
165 lbs	Jon Schott	950
181 lbs	Terry Leja	925
198 lbs	Deon Hebel	925
220 lbs	Greg Hibel	910
242 lbs	Greg Hibel	910
275 lbs	Chris Ellis	855
300 lbs	Bill McColl	855
325 lbs	Greg Pohl	770
350 lbs	Rob Burgett	770
375 lbs	Steve Sargent	710
400 lbs	Steve Sargent	710
425 lbs	Steve Sargent	710
450 lbs	Steve Sargent	710
475 lbs	Steve Sargent	710
500 lbs	Steve Sargent	710
525 lbs	Steve Sargent	710
550 lbs	Steve Sargent	710
575 lbs	Steve Sargent	710
600 lbs	Steve Sargent	710
625 lbs	Steve Sargent	710
650 lbs	Steve Sargent	710
675 lbs	Steve Sargent	710
700 lbs	Steve Sargent	710
725 lbs	Steve Sargent	710
750 lbs	Steve Sargent	710
775 lbs	Steve Sargent	710
800 lbs	Steve Sargent	710
825 lbs	Steve Sargent	710
850 lbs	Steve Sargent	710
875 lbs	Steve Sargent	710
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925 lbs	Steve Sargent	710
950 lbs	Steve Sargent	710
975 lbs	Steve Sargent	710
1000 lbs	Steve Sargent	710







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Superior Power Belt II  
4 rows stitching-suede-one or two color ..... \$44.00  
Superior Tapered Belt  
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4 rows stitching-double leather ..... \$35.00  
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**Powerlifting Meet has been changed from**  
**Feb. 20th 1988 to April 16th & 17th 1988.**  
**DIVISIONS**  
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**16 APR.** 2nd Annual High School Bench Championships (open to high school boys, girls, teens), Sigel Engraving, 109 E. Market St., Kansas, MO 64603, 816-765-5214 (24 hours).  
**17 APR.** Ohio State Powerlifting Championships, 11934 Laurel, McKinney, OH 44130, 216-252-1695.  
**16-17 APR (new date).** ADFFA Missouri State/Ozark Open (open to men, women, masters, novice, teen), Rick Bingham or Bob Kendall, c/o Main Street Gym, No. 10, S. Coffman, Flat River, MO 63601, 314-431-4410.  
**16-17 APR.** Pennsylvania High School Championships, Jeff Hill, One School, Glen Mills, PA 19038, 610-499-8100.  
**17 APR.** New Hampshire State Powerlifting Meet, Scott Taylor, 269K Brook, Springfield, VT 05156.  
**17 APR.** 5th annual Mid Ohio Valley Open Bench & Deadlift, Mike Lukant, 214 Locust St, Apt. 1, Belle, OH 45714.  
**23 APR.** 17th annual Bob Moon Memorial (drug tested) Championships, Russ Methers, 10000 E. 12th, Overland Park, KS 66117, 913-646-1419.  
**23 APR.** Spring Nationals (Houston), Richard Peters, Box 1753, Norman, OK 73070.  
**23 APR.** Indiana State ADFFA Deck Center, the Pit, 400 Edger St., Evansville, IN 47710.  
**23-24 APR.** Region 1 Championships, Larry Lynn, 5770 W. 12th, Overland Park, KS 66111, 913-646-1419.  
**23-24 APR.** APF Junior Nationals (Chicago, IL), Ernie Franz, 31 N. Broadway, Aurora, IL 60505.  
**23-24 APR.** ADFFA Women's Nationals, Dennis or Sandi Brady, B&W Sports, 5770 W. 12th, Overland Park, KS 66111, 913-646-1419.  
**24 APR.** Quincy, YMCA Bench Press and Deadlift Meet (open), Ann Gregg, YMCA, 3101 Maine, Quincy, IL 62201, 217-222-1400.  
**30 APR.** ADFFA California Drug Tested Open Bench Press Championships (also women's, masters and teenage awards), Dr. Alan M. Kiefer, 415-557-1516, 415-557-0888, CA 94559.  
**30 APR.** 1st annual ADFFA Rochester Open, Jeff Brown, 1906 2nd St. S.W., Rochester, MN 55902, 507-281-3466 or 507-288-0504.

**12803.** 518-668-4749.  
**20-21 MAY.** USPF Maryland State Championships, 11934 Laurel, McKinney, OH 44130, 216-252-1695.  
**20-21 MAY.** USPF Maryland State Championships, 11934 Laurel, McKinney, OH 44130, 216-252-1695.  
**21 MAY.** B.B.S. Bench & Deadlift, David Burke, 3130 W. Monroe, Alma, MI 48801, 517-463-8620.  
**21 MAY.** Alamo Open (San Antonio), Richard Peters, Box 1753, Norman, OK 73070, 405-733-1753.  
**21-22 MAY.** USPF National Masters (open women, teen, masters), Arto Menzies, 3015 Rowland Ave. Apt. 203, Bronx, NY 10463, 212-884-5757.  
**21-22 MAY.** 6th Annual Viking Open ADF, Brady, 5920 N. Ridge, Chicago, IL 60660, 312-467-8620.  
**21-22 MAY.** PCFF/APF/MPC North American & Pacific Coast Championships (Vancouver), Roll Scheitler, 1011 Johnson St., Victoria, BC, CANADA V8V 3N6, 604-381-3813.

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**\*AWARDS:**

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- Women's & Teen's - 1st, 2nd, 3rd, 4th, 5th each class.
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**\*For Bench Contest Information Contact:**  
 Chuck LaMontre - 16211 Santa Gertrudes Ave., X-205, La Mirada, CA 90638 (714) 994-5198.

**\*For Men's, Women's, Teen's Powerlifting Contact:**  
 Bob Chellin - 11416 Santa Gertrudes, #107, Whittier, CA 90604 - (213) 947-2246

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**4315A U.S. Air Force Academy, CO**  
**30 APR.** ADFFA O'Neil, Grand Rapids, MI 49505, 616-563-8855.  
**2 APR.** West Texas Open (Amarillo), Rich Peters, Box 1753, Norman, OK 73070.  
**2 APR.** Michigan Senior Championships (AFL), Jeff Brettnacher, 219-696-9700.  
**19 MAR.** USPF Colorado State Championships, Mike Carter, 12646 W. Atlantic Pl., Lakewood, CO 80228, 303-988-7836.  
**19 MAR.** USPF Colorado State Championships, Frank Mays, 12646 W. Atlantic Pl., Lakewood, CO 80228, 303-988-7836.  
**19 MAR.** 8th annual Central Ohio Open Bench Press (women, masters), Dean Gilt, 1191 Lone Pine Drive, Circleville, OH 43113, 614-474-6785.  
**19 MAR.** South Texas "C" ROMMASTERS' Bench, David W. Schmitt, 12187 Agnes St., Houston, TX 77033, 713-587-1988.  
**19-20 MAR. (new date) USPF Collegiate Nationals (Trenton, NJ) 08052.**  
**20 MAR.** Vermont Championships and Green Mountain Open Bench Press Classic (women, open, submaster, master), Scott Taylor, 269K Brook, Springfield, VT 05156, 802-885-8061.  
**20 MAR.** Colorado State Championships, Mark Duhon, TX 75219, 214-607-7720.  
**26 MAR.** ADFFA Colorado Championships, Robert Keller, 325H Lionstone Dr., Colorado Springs, CO 80916, 303-596-1898.  
**26 MAR.** California Drug Tested Men's & Women's Open, Dr. Alan Kiefer, Box 392, Fremont, CA 94539, 415-671-5864-90680.  
**26 MAR.** 1st annual State and local youth meet, Dan Shuey, South Lyon High School, South Lyon, MI 48178.  
**26 MAR.** TrierTX Open, Richard Peters, Box 1753, Norman, OK 73070 (include a.s.e.)  
**26-27 MAR.** Pennsylvania Championships (open, novice, masters, teen), CEI, 7025 Frankford Ave., Philadelphia, PA 19135, 215-353-6860.  
**26-27 MAR.** USPF National Masters (open, novice, masters, teen), USPF, 10000 E. 12th, Overland Park, KS 66111, 913-646-1419.  
**MD.** George Parzak, 307 Deadlift, Benefit for State, PA 15221, 412-351,1124.  
**MAR.** Massachusetts/Rhode Island Meets (men,





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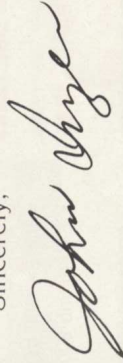
Dear Powerlifter,

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

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

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Sincerely,



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Owner

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ADVANCE DESIGNS

198 lb. team: Bratislavac, Nardic, Gyn-Bred, ibovics, VT. This meet was sponsored by Taylor Power Tropic and featured a Best Lifter Award which stood 6 ft. 2 1/2 in. tall. Special thanks to all who provided the opportunity for this event, especially the following: Tom Moore and Bratislavac Nardic for assisting with this meet. Thanks to Scott Taylor, Meet Director, for results)

All Natural Mid West States  
17, 18 Oct 87 - Crystal Lake, IL

Bench	SQ	BP	DL	Total
K. Connelly	350	198	220	768
B. Thompson	395	220	210	825
C. Phillips	290	180	200	670
E. Weismuller	370	210	190	770
H. Kim Teen	740	27		767
C. Kiehm	465			465
K. Hoek Teen	1240	J. Gray	1225	

(Thanks to Jim Gray for results)

Southeastern Championships  
17 Oct 87 - Murfreesboro, TN

Notice	SQ	BP	DL	Total
D. Haas	250	325		575
I. 132 lb.				
I. 165 lb.	340	260	425	1025
S. King	440	300	535	1275
J. Crawford	435	280	545	1260
R. Shick	400	270	450	1120
B. Perry	325	225	360	910
R. Jones	285	245	460	
I. Payne	400	290	550	1300
M. Mendrick	475	290	525	1290
J. Toy	480	290	485	1255
T. McCulling	450	285	455	1190
J. Dacus	470	275	445	1190
E. Coulu	375	285	445	1105
J. Lucy	405			405

100 lb. team: Bratislavac, Nardic, Gyn-Bred, ibovics, VT. This meet was sponsored by Taylor Power Tropic and featured a Best Lifter Award which stood 6 ft. 2 1/2 in. tall. Special thanks to all who provided the opportunity for this event, especially the following: Tom Moore and Bratislavac Nardic for assisting with this meet. Thanks to Scott Taylor, Meet Director, for results)

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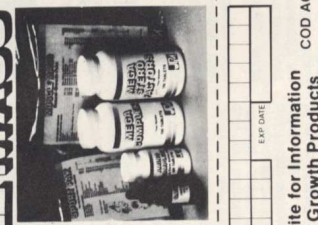
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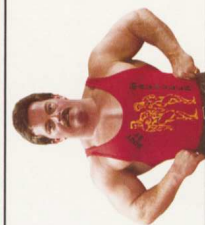
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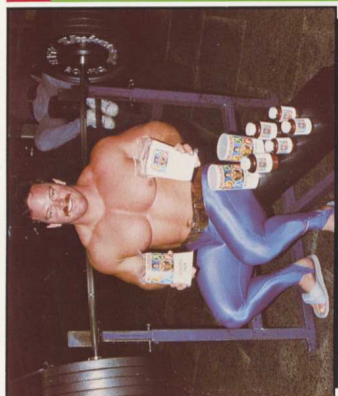
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