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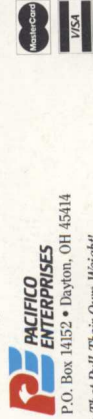
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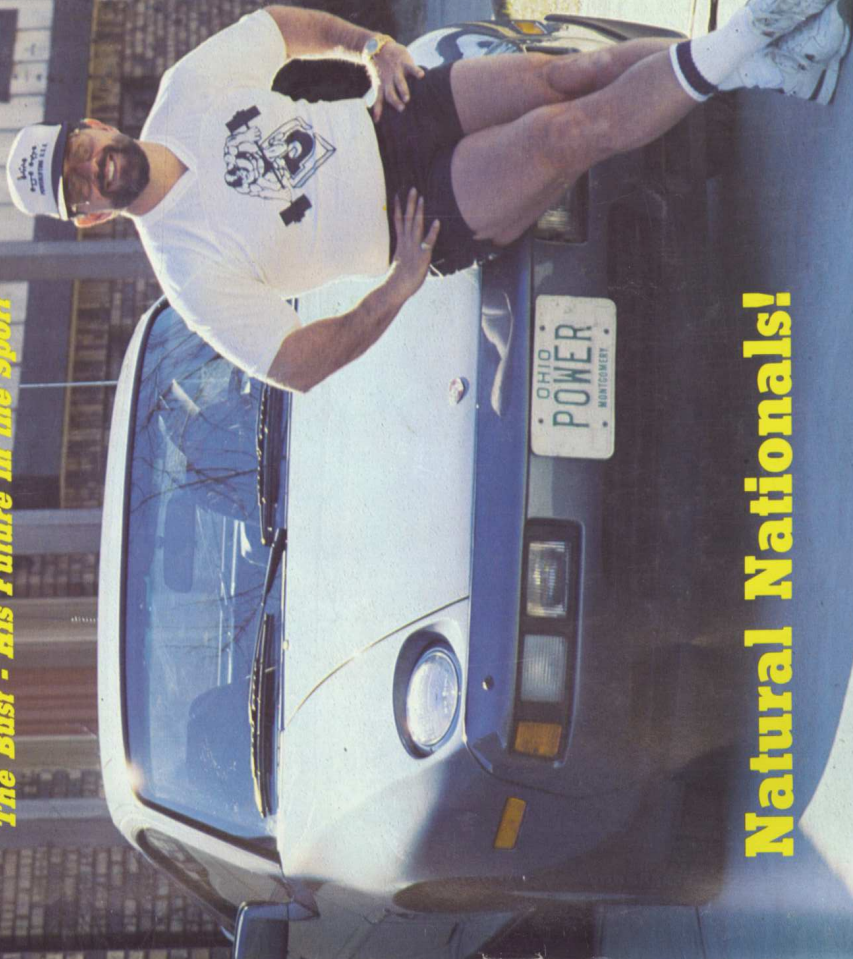
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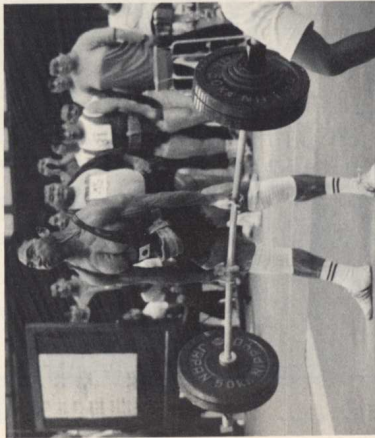






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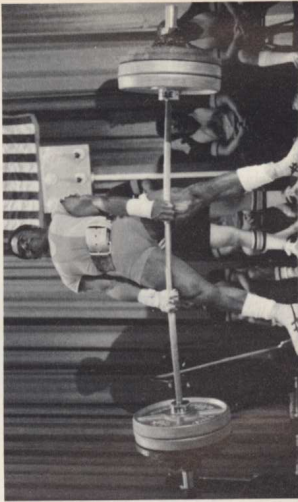
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His is the most recognizable and famous name in Powerlifting, and it has been so for years. He won nine consecutive World Championship titles, making him the most successful competitor in the history of the heavier classes. He was one of the early entrepreneurs of the Powerlifting world, and remains a major player today, starting out by hauling suitcases, lifting suits, wraps, and other power paraphernalia to meet and progressing to a worldwide mail order business. He has been a prominent and active voice in various associations of the Powerlifting world, from the NPA of the early 1980s to the American Powerlifting Federation of today. He was once I.P.F. Vice President for North America. He has also been involved in anabolic steroids, both on a personal level and in the buying and selling of such. As we reported in the August 1987 edition of POWERLIFTING USA, Larry Pacifico entered a plea of guilty on June 15, 1987 to 2 felony counts of smuggling and distribution of steroids. The sentencing document, corresponding to those pleas, is contained in this article, along with the background of how Larry got involved with steroids and what happened to him as a result.

Larry states that he won his first four world championship titles without the use of steroids. At that point, he felt the gap between himself and his competition was closing. He also considered that perhaps much of his competition was using steroids, as well, and so felt to give the remainder of his world championship victories "a thought of steroids as simply an additional vitamin" and was so involved in the field, who had traveled the world and then told Larry to "take this" and take that. "The Russians were a special peeve of Larry's. For years they had been 'thumping the Olympic lifter and Larry bristled at the advantages of their decades of "sports medicine research". Once he had the opportunity to go the Russia himself, and ironically noted that their Dianabol came the same as in the States, 5 milligrams at a time.

From rather innocent beginnings, the use and abuse of steroids began to snowball. In Larry's own life and steroid use really took off in the early 1980s, and at one point he estimates that 90% of the top Powerlifters, Bodybuilders, and Olympic lifters that he knew were using steroids to enhance performance. Currently, with the involvement of

### LARRY'S WORLD TITLES

1971	198	625	515	1800
1972	242	700	575	700
1973	242	750	550	705
1974	220	705	567	678
1975	220	650	551	705
1976	198	688	407	704
1977	220	755	562	744
1978	220	766	496	749
1979	220	766	534	694

# PACIFICO

## The NINE TIME World Champ SPEAKS



**Larry Pacifico's Greatest Moment...** took place at the 1979 I.P.F. Worlds in Dayton where he placed 1st in the 100 lb. world title. His only regret was that for the first time in his life, he froze when he took the microphone moments later (right), wanting to thank so many people, he only managed to stutter and embarrass himself.

law enforcement and wider knowledge of the side effects of steroid use, he steadfastly maintains that he feels the figure is down to 50% of those categories. More worrisome are the mainstream applications of steroids and sports. Larry has stated that an epidemic of nearly 10% of high school athletes use steroids, and that in the Dayton, Ohio area as many as 30% of the athletes may be involved, some with parental permission. As for Larry's own indulgence, he admits to spending as much as \$100-\$200 per month on steroids, but he also purchased who he is."



**Larry's Worst Moment** came when he pinched his middle finger off between the bar and the bench rack trying to qualify for his 10th World title. He had been shockingly bombed out of the 1980 Seniors, when after not having his 1st and 2nd degree passes, he was told he was not qualified for having taken only the minimum increase between his 1st two lifts. Later, when the new National Powerlifters Association was formed, and somehow both they and the USPF team received an invitation from the IPF to compete in the 1980 Worlds, Larry thought he had another chance to compete. Immediately after the accident, he was rushed to experts in microsurgery to reattach the finger, and it seemed to heal amazingly well, so he was able to lift well again after that night. "At the time, "I would have traded almost anything for that 10th world title, but not now. I have come to appreciate good health. Back in those days I thought I would live forever, but only too soon, age creeps up on us all."



Regarding rumors that Larry was involved with some sort of "deal", providing information to authorities in exchange for leniency in his own situation, which led to the indictments of 34 on steroid charges last summer, he has this response. "I never had any deal with the authorities. They don't make deals. I was told that if I did cooperate, it would go better for me. I did provide them with information on a friend, because I felt his life was in danger. It turned out to be information they already had. I heard about 34 indictments, but I had nothing to do with them. My charges came after those indictments."

Larry feels that the Feds went after him harder, because of who he is. "In fact, I was told this", but believes his treatment was fair. As a result of recent law enforcement activity regarding steroids, Larry feels that dealing in steroids is down to 50% of what it was back in 1983-84, but he feels they will still be much harder on people who sell steroids in the future. "Soon we will see 2, 3, 5 or more years prison time for some very familiar lifters. Then and only then will the problem stop." Larry also feels that the development of new, natural products that may offer up to 80% of the effect of steroids without the side effects has much to do with the growing antipathy toward steroid use we see in lifting today.





Larry's first brush with the Law and Steroids came on October 10th, 1984. Federal agents entered his office armed with a search warrant. They checked his closets, his pants pockets, his financial records, even his shoes, but found no steroids. Thinking it was no big deal, Larry admitted his dealing in them. That was the beginning of a process that brought Larry face to face with up to 8 years in prison and \$500,000 in fines at his sentencing on December 1st, 1987. Through his cooperation with the authorities, he anticipated that possible maximum sentence to be reduced to community service and a lesser fine, but how do you know for sure? All this was weighing on his mind, as he prepared for and conducted the APF World Championships earlier in November. There are those who think Larry got off easy. In fact, Mike MacDonald is extremely bitter about Larry's legal treatment compared to his own. Still, as you can read from the sentencing document below, Larry could have that 8 years of jail time un-suspended at any time, should he cross the line once again. Obviously, Larry reports that, though less frequent than before, he still gets many calls from people every month, looking for steroids.

Regarding his personal use of steroids, Larry feels that the biggest problem with them is the potential for psychological addiction, the "Hidden Addiction" as he calls it. He emphasizes the paradox of steroid abuse, calling it "one of the worst things you can do and still think you are helping yourself." The feeling of well being, of being big and strong,

leams among top level lifters. The stronger Larry got with steroids and hard training, the more injuries he got. You're looking at a man who has undergone 9 major surgeries, and he is just past 40; 3 on one shoulder, one on the other, 2 on the elbow, one on the lower back, etc. The "Hidden Addiction" of feeling like he could "jump 10 feet" anything he wanted, sweating to himself that he was really bigger, stronger, and healthier, when he actually wasn't, led him to routinely exceed his physical limits and into the injuries. Ironically, steroid use would have helped him improve his lifting facts of the surgery is quickly pushing him right back to the standards of going further and faster than he ever had before.

Of course, there were the heart attacks. He's had 4 of them. The first was in the hospital while he was ining out of anesthesia, following elbow surgery. Fortunately, he was in the right place at the right time, and the doctors handled the situation quickly. It was found that he had 99% blockage in one blood vessel of the heart, but was saved from bypass surgery by the relatively new technique of angioplasty, in which a catheter is inserted into the blood stream, maneuvered to the proper location in the heart, and the obstruction is pushed out and dissolved through medication. His subsequent attacks have been relatively mild, however, the last one, December 15th, put Larry in the hospital and resulted in 10% heart damage, versus 3% for the earlier ones. Still, the first one was not enough to keep

Larry from going back to steroids, 3 hours after that first warning, he felt fine and wanted to leave the hospital. He dropped steroids for a while, but began to shrink in size, becoming very depressed at the thought. He felt it was "too easy" for him to be suffering heart attacks, and got back on the stuff. The heart attacks have not been assigned to steroid use, however. Larry's father, a vigorous



The 1985 Hawaii Meet, one of Larry's last platform appearances.

habits may also have been contributory. When he was at his heaviest, he would consume up to 4-6 lbs. of red meat a day, 15 eggs for

**POW-LYMPIC LIFTING?**

Is it possible for a new lifting sport to start? Before you change your mind about reading on, consider the following. First of all, Olympic lifting has advantages over Powerlifting: (1) There are only two lifts. This is a plus when the boredom factor is considered. (2) Olympic lifting promotes skill, agility, coordination, athletic ability, speed, strength. (3) Olympic lifting is in the Olympic Games already. On the other hand, the disadvantage is that Olympic lifting doesn't reach enough of the overall body, like Powerlifting does.

The main factor to me is popularity. Both sports lack the large spectator numbers, and that's because most contests drag on for hours. Olympic lifting got a boost when the press was removed. Both sports lack something to bring people in. Most people love to watch the clean & jerk. I know I do, because it's an impressive feat of overall ability and strength. Powerlifting has the popularity of the bench press. Everyone loves to watch the bench, because it's the most popular exercise movement in the world.

Why not put the two most popular lifts together? To do this, many things will have to be changed. First of all, decrease the number of classes, and also change the weight classes. My recommendation is the following classes for men: 130 lbs., 135, 180 lbs., 230 lbs., 255, and Super. For women: 110 lbs., 125, 140, 155, 170 and SHW. 7 classes instead of 11 for men and 6 classes instead of 10 for women. Now, all new records can be established because of the different classes. With fewer classes a meet director will have less risk financially. Also, less equipment is required and fewer spotters will be needed.

There are just ideas to be considered. I may try one event to see if any interest can be generated. My reasons are personal. I feel Powerlifting is slowly dying and something needs to be done to spark the sport of lifting. Maybe you have ideas. If so, please contact me at the known address: P.O. Box 14152, Dayton, OH 45414. LARRY PACIFICCO

with these steroids. I don't believe the dangerous side effects were as well known then as they are now. Thirdly, this is your first offense; any kind other than a 19-year-old misdemeanor for which you received a \$25 fine and which rule frankly would be improper for me to even consider; and with the exception of the words of the probation report — and quite frankly I think the words are correct — a good and productive, and a contributing citizen, and you have rendered a great deal of service to this community.

You have rendered full and excellent cooperation with the Government. You have done much on your own to speak out against the evils of steroid use. You have established an 800 number, hot line, for persons to call with and seek information concerning steroids. You have produced at your own expense T.V. spots posters, talking about the dangers of steroid use; and you have spoken out to various groups concerning those dangers.

And, lastly, and an indication of why, on balance, you deserve probation, I think it has to be clearly stated that, while steroids are dangerous and the use of steroids and the dispensing of steroids without a prescription is illegal, a distinction has to be made between

the large sum of money which first appeared to be involved has been dramatically reduced from \$100,000 to approximately \$15,000; and what was originally thought to be a profit-motive investment has turned out to be somewhat less serious or certainly down side.

The other matters that I want to raise are that there is now an increasing body of literature that talks about the dangers of steroids; but, for a long time, these dangers were not recognized; and it's only been in the past several years that there appeared to be a unanimity on the dangerous side effects of steroids, to one's reproductive system, cardiovascular, skeletal and nervous system. The side effects are becoming more and more well-known. You, yourself, are a victim; and in your I'm trying to make it that, in the beginning of your involvement

found their way into the probation report and certain concerns were made. As far as I'm concerned, it's in the finest tradition of what a criminal-defense attorney ought to do; and you are to be commended for that; and I mean that sincerely.

Now, having said all I have said up to this point and having read all of the material that has been placed in front of me, I have made the determination to place this defendant on probation; and I am going to take a few moments and try to explain why, I want the Defendant to know media that has covered this matter will be their usual diligent selves in taking down what I have to say.

I'm placing you on probation, Mr. Pacificco, basically for two reasons: Number one, because on probation you deserve a chance on probation, and, secondly, because this community will be far better served by your being placed on probation than I believe that the sentence that I'm about to pronounce will protect the community against further activity of this type, that it will act or serve as a form of punishment, and that it will guarantee to the extent necessary any rehabilitation that is required; and, lastly, I think it will act as a deterrent to others in your field who might be similarly inclined or who

completely all of the matters. We also had a sentencing hearing in which Mr. Pacificco, himself, spoke; and based upon everything that we presented in this case, I would ask this Court to consider probation for Mr. Pacificco.

THE COURT: Thank you, Mr. Lieberman. Mr. Pacificco, is there anything you wish to add? THE DEFENDANT: Yes, sir. Just I'd like to point out that I would never intentionally break any law. I didn't do this thinking that I was breaking the law; but, at the same time, I'm aware of my crime and sorry for it.

THE COURT: All right, sir. Before I make some comments that I feel have to be made before the disposition of this case, let me indicate that I feel the probation report on this case, as well as on the cases of the two-related defendants, Topoglou and Maittingly, was well discussed on the record in my office. Secondly, Mr. Lieberman, regardless of the disposition of this case, I commend you for the efforts you have made in your client's behalf; and I mean that just as sincerely as I can, not only your efforts at the sentencing hearing, the presentation, but your insistence that certain facts that you wished to bring forward

is Lieberman. THE COURT: Mr. Lieberman, good morning to you, sir. MR. LIEBERMAN: Good morning, Your Honor. THE COURT: If you'll give me just a moment, WHEREUPON, there was a brief pause. THE COURT: Mr. Lieberman, your client, Mr. Pacificco, has entered pleas of guilty to two charges; Count One charging him with smuggling certain goods into the United States; Count Two charging him with certain prohibited acts involving the introduction of certain substances into interstate commerce. The charges basically deal with anabolic steroids and certain hormones.

I have read the presentence investigation. I have read the sentencing memoranda that you have filed with the Government's contra memoranda, and I have likewise read the document that I directed be filed under seal. I would ask you at this time if there's anything you wish to say in your client's behalf. MR. LIEBERMAN: Briefly, Your Honor, Your Honor, it is my opinion that Mr. Pacificco, as long as he has his lawyer in this matter that he became involved in the use and in the distribution to his friends of steroids in his desire to compete on a worldwide basis, is not an excuse for what was done in

**LARRY'S SENTENCING**  
IN THE UNITED STATES  
DISTRICT COURT FOR THE  
SOUTHERN DISTRICT OF OHIO  
WESTERN DIVISION  
UNITED STATES, Plaintiff,  
vs. Case CR-3-87-44  
LARRY PACIFICCO,  
Defendant. SENTENCING  
December 1, 1987  
In the above-captioned cause, before the Honorable Walter H. Rice, Judge  
APPEARANCES:  
ON BEHALF OF THE UNITED STATES: Ms. Dale A. Goldberg, Assistant United States Attorney, Federal Building, 200 W. Second Street, Dayton, OH 45402.  
ON BEHALF OF THE DEFENDANT: Mr. Dennis Lieberman, Attorney at Law, 318 W. Fourth Street, Dayton, OH 45402.  
Tuesday Morning Session  
December 1, 1987, 8:55 A.M.  
MS. GOLDBERG: The next case this morning is United States versus Larry Pacificco, CR-3-87-44, coming on for sentencing. Mr. Pacificco is present in court with his attorney, Den-



breakfast, half a gallon of milk and a loaf of bread a day, 3 chickens for lunch, 9000 calories a day (versus 4000 a day when he was off steroids), plus the steroids, and he would still go to bed hungry. He jokes that he spent \$150 a week on food, but had to go and spend another \$50 a week on toilet paper. After a few years of this, Larry's cholesterol reading was up to 600, versus a normal figure of 150. Here he was thinking he was so healthy, and he was not that far away from death. Now, the steaks are gone, and Larry's diet consists of fish, chicken, fresh vegetables and fruits, and good supplements. He runs now, trying to get his cardiovascular system in good shape, just so he can live longer.

Though Larry may have been predestined by his heredity to suffer heart trouble at some point in his life, he is certain that steroid use accelerated the process, and that 10-20 years have been taken off his life because he used them the way he did. "If that's not stupid, I don't know what is," he freely admits.

Knowledge about steroid use has always been a problem. Larry used to think there was a proper way that steroids could be used without danger, and might have considered providing them to his own children at that time, had they shown any interest. After years of secrecy regarding their use, Larry feels that many athletes in gyms across the country now have more practical knowledge of the application of steroids to sports than most doctors, but after seeing that no one will take steroids without falling in to the "more is better" trap, he has concluded that there is "no sale" way to take them....no sale cycle,



**LARRY SPEAKS ABOUT THE FUTURE.** "I will always be involved with lifting weights. Despite the legal and physical problems, Powerlifting has been good to me. I think my only regret is that I have not been able to compete in an Olympic sport by them, but not unless we change a few things now. We must re-unite and get back together as one big happy strong family," and he wishes they'd never been invented. That's the conclusion of a man who has been training with weights since age 12, who's seen how

quick his blood pressure went up after getting on a cycle, who's seen that red puffiness in his face, the constant perspiring, the irritability. He's

is asked to service clubs or groups of all types on the dangers of steroid use.

I am primarily interested in his reaching people who are young and impressionable so that they will learn through him what he has already learned through his own health problems are the dangers of steroids, the long-term dangers, which far outweigh any short-term benefits.

"I'm not certain," Mr. Pacifico, that there exists in this community or even in this part of Ohio sufficient training engagements can be arranged for you. An alternative suggestion for community service would be for you to help train, perhaps at your expense, a number of young people, privileged and who lack, at least at this point, what you have demonstrated so well is a very goal-directed personality, and perhaps young people you can help to turn their lives around.

And, lastly, as a condition of probation you are required to contribute to the extent possible to continue to cooperate, rather, with the Government and Government schedule permits and whenever his

agents.

Let me make certain that I have touched all the bases, I believe I have.

Mr. Pacifico, if you -- and I have no doubt that you will -- complete this probationary term, you'll accomplish at least two things: You'll pay your debt to society; and, most importantly, you will have achieved what many of us would like to achieve but few are able to. You will have made a real and positive contribution to your community.

I wish you good luck, sir, and I am certain that I'll never see you again in a criminal court.

I would like you to, if you wish to speak to Mr. Lieberman, to do so outside in the hallway. When you're finished come on back into the courtroom. There will be someone with you shortly.

Thank you, sir.

MR. LIEBERMAN: Thank you, Your Honor.

(WHEREUPON, the proceedings were concluded.)

C-E-R-T-I-F-I-C-A-T-E  
I, Denise N. Ernst, Official Court Reporter, certify that the foregoing is a correct transcript from the record of proceedings in the above-entitled matter.

seen his bodyweight drop from 240 to 215 in 6 weeks, which he attributes to the drugs, without any effort on his part, he knows the depths of the depression he felt every Christmas after the Worlds, when, off the drugs, a man who didn't want, knowing it would have taken him 3 times as long to reach the top of his career without steroids, who now says that anabolic abuse "may not be a problem right away, but it can kill."

Larry's new personal goal is to re-unite Powerlifting. Though he feels the APF was a great organization for the serving the lifter, the sport was seriously wounded the lift. "We must get back together. Some egos have to relax for it to work." As far as TV coverage goes, the networks know we are split, with both sides nagging them for coverage, and Larry says "if we want to get back on television, we will have to settle our problems first." He still entertains thoughts of lifting, and planned on entering the National Masters competition before his last heart attack, anticipating lifts of 650/440/700 at 198. He would like to promote a National Masters Championship in the future, as well.

You may be asking yourself, is this NEW Larry for real? Larry's sincerity in this matter is not to be doubted, according to Tom Davis, a Findlay, OH police detective and lifter, who has followed Larry's career for years, first in admiration for his lifting and later as an adversary on the other side of the law from him. Tom's seen and heard it all when it comes to steroids and harder drugs in Ohio, and has every right to be cynical, but he isn't. He believes that Larry Pacifico has truly been changed.

## WORKOUT of the Month

# Ed Morishima's Triple Bodyweight Bench Press Routine

His Greatest Accomplishment was his 446 Triple Bodyweight Bench at 148 in the Hawaii Meet, seen below in a photo by Mike Lambert.

Over the years I've had many people approach me on how to increase their strength on the bench press because they've stopped making gains. I found that the majority of these lifters were not training specific body parts that give the best strength and leverage for the bench press. I believe that the delts, triceps, biceps, forearms, and lats are the areas that are sometimes neglected when training the bench. Don't forget to work them! Also, every lifter needs to be aware of a specific spot on his/her chest, where the bar needs to touch on the descent to enable the lifter to utilize all their leverage and explosive power when performing the lift.

Using an eight week cycle, Monday and Thursday are my bench press days. Monday is a light workout and Thursday is heavy. On my light day I like to stay with the same top set for three sets for the entire eight weeks. This keeps things light and still works my chest with some reps and harder things pumped. On my heavy day, I use top sets of five reps, then four, triples, doubles, and an easy single. I do not do any down sets during the cycle because I do not want to concentrate on anything other than my top set.

As far as doing assistance exercises for the bench, the following should be done: Light Day - incline dumbbell bench, include flies, tricep pushdown, dumbbell concentration curls, and hammer curls. Heavy Day - flat dumbbell bench, lat flies, tricep extension, barbell curls, and wrist curls. Also, try to hit your lats and delts on another day. Lats - lat pulldowns (front and back), dumbbell military press, behind the neck press and front delt raise.

The following equipment should be helpful: Inzer Blast Shirt (properly fitted) and wrist wraps. I would recommend using the Blast Shirt on the last two heavy days.

The routine that follows involves a little less than what I normally do as far as assistance work, but this should suit a novice or intermediate lifter. Hopefully you can increase up to 30 lbs. in the next eight weeks, assuming a 350 lb. max coming off your last meet and into this routine. Good Luck!

ED MORISHIMA  
7279 Kaulako St.  
Honolulu, HI 96825

**Week 1:** Monday: Light Bench, 135x8, 225x4, 275x1, 310x4. Same assistance. Thursday: Heavy Bench, 3 sets of 5. Tricep pushdown, 3 sets of 8. Dumbbell concentration curls, 3 sets of 8. Hammer curls, 3 sets of 8. Thursday: Heavy Bench, 135x8, 205x4, 265x1, 300x5. Flat dumbbell bench, 3 sets of 5. Flat flies, 3 sets of 5. Tricep extension, 3 sets of 8. Barbell curls, 3 sets of 8. Wrist curls, 3 sets of 8.

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



135x8, 225x4, 315x1, 350x2. Same assistance.

**Week 7:** Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 275x2, 325x1, 360x2. Same assistance.

**Week 8:** Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x2, 335x1, 370x1. Same assistance, but go light!

**Contest:** Warmup: 135x8, 225x4, 295x1. 1st attempt - 341. 2nd attempt - 365, and 3rd attempt - 380!

assistance. Thursday: Heavy Bench, 135x8, 225x4, 285x1, 320x4. Same assistance.

**Week 4:** Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 295x1, 330x3. Same assistance.

**Week 5:** Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench, 135x8, 225x4, 305x1, 340x3. Same assistance.

**Week 6:** Monday: Light Bench, same as Monday of Week 1. Same assistance. Thursday: Heavy Bench,



# Natural Nationals

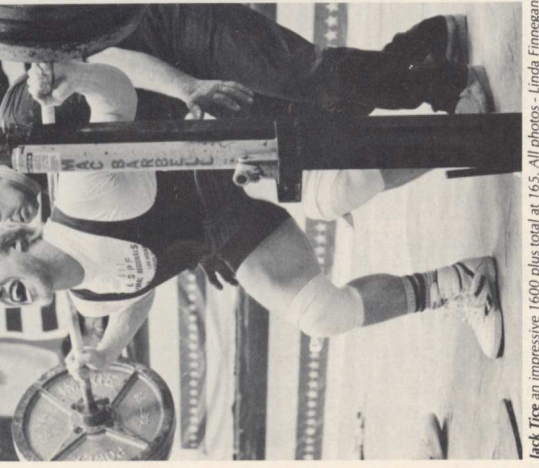
as told by Marsha Peters

Once again the 1988 Natural Nationals were held on Valentine's Day weekend. The setting for this record breaking competition was in Dallas, Texas, at the Park Inn Convention Center. Lifters started arriving on Wednesday to adjust themselves to the surroundings. The first comments from most lifters pertained to the competition area. The walls were draped with 39 state flags representing the 39 participating states. The overhead projection system proved to be an extra benefit and new experience to our lifters. Speak out your perceptions, I must briefly summarize our projected goals for this program. Two years ago when the idea of making a fair meet for the drug free lifter had been introduced, we sketched out a five year projection for this new program. The first year (which was 1987) was right on course at 68 total competitors at our Nationals. We predicted growth to be around 150-200 at this year's Nationals. As of now, we are three years ahead of schedule! We had a 363 increase in this year's Nationals. As I said earlier, the 1987 Nationals brought in 68 lifters as compared to 263 this year. If anyone is still wondering if the Natural program works for the USPF, look at the totals and quality of lifting that we are on the subject of outstanding lifters and totals; let's not forget the Junior World Team. Last year's Jr. World Team captured first

place with a total of 79 team points (congrats to each and every one of you!). This year the Executive Committee gave Rich the approval to let all interested men (under the age of 23) to compete in the Natural National Program for the selection process. I am happy to say despite a few skeptical opinions about whether this was really the way to pick the team; read on! The tentative team members selected from our program would of beat the 1987 Jr. World Team's score by 14 points. That's a total of 93 compared to 79 last year. As of now, we are only waiting for the finalizing of the team membership. Congratulations to you guys! Tentative men picked are as follows: 125 - Bobby Adams; 132 - Keith Sisey, Terry Jordan; 198 - Richard Thompson; 220 - Nick Burch; 242 - Joseph Kessell; 275 - David McCaskill; SH - Robert Bierschbach.

This year's Natural Nationals offered five divisions: Masters 1 - 40 yrs., but not yet 50 yrs.; Masters 2 - Anyone over the age of 50 yrs.; Women's; Division 1 - Newer talent only steroid or strength inducing drugs; Division 2 - off steroids for at least one year.

There are many phases to making this system work for the lifters; one of them is drug testing. Testing was performed in the regionals and at the Nationals. Throughout the four month span of this program, all tests administered were negative. I wish I



Jack Tice an impressive 1600 plus total at 165. All photos - Linda Finnegan



Landree...great lifting to take the Pure Division title in the 148 lb. class.

## USPF NATURAL NATIONALS

13,14 Feb 88 - Dallas, TX

Class	SQ	BP	DL	Total
Class 2 - 1 Year				
T. Gillespie	297	187	341	886
R. Trujillo	286	192	402	881
D. Westwood	501	275	490	1267
K. Leeb	512	248	501	1262
T. Christ	440	253	474	1168
D. Allier	405	252	424	1081
D. Allier	402	242	424	1072
R. Todd	358	242	429	1032
148 lbs.				
H. Hayata	479	363	663	1805
R. Ward	469	248	474	1212
D. Scroggins	479	242	463	1185
L. Cao	451	248	463	1162
D. Lueban	374	281	485	1140
123 lbs.				
M. Gambrell	465	275	513	1253
J. Arenberg	435	237	451	1124
D. Moore	358	286	402	1047
R. Smith	402	242	402	1047
R. Trujillo	358	270	330	959
A. Galant	296	192	374	659
132 lbs.				
K. Sisey	501	275	490	1267
A. Auerbach	402	264	512	1185
K. Taylor	397	251	440	1088
D. Allen	402	248	424	1074
J. Schroeder	374	214	474	1063
E. Butler	359	209	463	1031
J. Miller	369	203	374	948
148 lbs.				
L. Waulrod	474	286	584	1344
T. Perkins	518	303	501	1322
J. Lagat	490	303	485	1278
P. Snelawa	468	275	418	1262
D. Abbey	468	270	468	1207
G. Groves	479	248	468	1196
J. Jimenez	440	231	512	1185
L. Malozzi	451	248	462	1162
R. Maloney	451	248	462	1162
165 lbs.				
W. Myers	606	402	595	1603
T. Brady	611	341	600	1554
G. Maloney	650	314	545	1510
C. Ward	518	325	606	1449
K. Ward	567	286	578	1433
R. Blount	501	383	600	1403
P. Coffman	529	292	540	1361
K. Lore	468	303	562	1333
T. Montano	474	248	545	1267
M. Rodriguez	465	237	507	1229
183 lbs.				
M. Betts	650	385	633	1670
C. Jones	595	424	622	1642
C. Payne	611	352	573	1632
F. Carrance	622	424	540	1587
R. Paull	611	385	589	1587
D. Lihington	589	347	584	1522
S. Earle	589	347	584	1522
S. Lemarie	562	325	606	1493

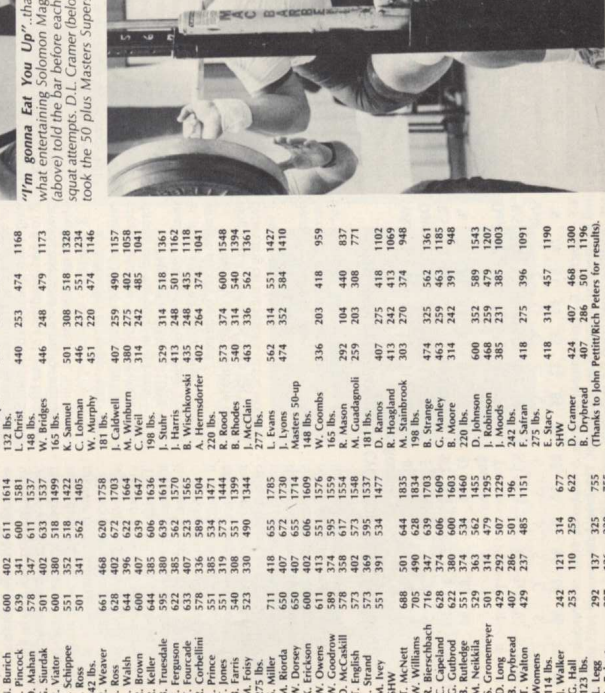
## VIDEO TAPES OF THIS MEET ARE AVAILABLE FROM CRAIN POWER PLUS, P.O. BOX 1322, SHAWNEE, OK 74802, Call Toll Free - 800-272-0051, One Day - \$39.95, Two Days - \$59.95



Zeke Brown made a 771 squat that carried him on to victory in the 220s, but he also tried a massive 804!

Class	SQ	BP	DL	Total
198 lbs.				
J. Adams	630	402	600	1732
T. Paul	629	314	573	1625
T. Dighele	622	336	653	1614
S. Wendland	383	154	350	788
E. Earle	231	115	253	600
B. Hart	308	165	380	854
A. Shelton	319	143	286	749
B. Gill	253	110	286	650
B. Johnson	226	132	248	606
181 lbs.				
J. Lantz	281	289	314	684
SHW				
M. Hammond	297	192	308	799
220 lbs.				
M. Hammond	639	440	666	1747
R. Meckar	677	402	660	1681
R. Paul	677	402	660	1681
N. Gillespie	677	402	660	1681
L. Christ	611	341	600	1554
S. Pincok	639	341	600	1581
N. Burch	578	347	611	1537
G. Stoddard	600	380	518	1499
165 lbs.				
J. Schuppe	551	351	518	1422
K. Samuel	551	341	562	1405
W. Murphy	451	220	474	1146
220 lbs.				
R. Rosales	628	402	672	1703
J. Caldwell	644	396	622	1664
M. Winburn	380	275	402	1058
J. Howell	314	242	485	1041
J. Stahr	529	314	518	1361
J. Harris	413	248	501	1162
B. Wischowski	435	248	435	1118
M. Gaudagnoli	402	284	374	1091
220 lbs.				
R. Root	573	374	600	1548
B. Rhodes	540	314	540	1394
M. Starnbrook	483	336	582	1391
277 lbs.				
L. Evans	562	314	551	1427
J. Lyons	474	352	584	1410
148 lbs.				
W. Coombs	336	203	418	959
165 lbs.				
M. Ivey	292	104	440	837
181 lbs.				
M. Gaudagnoli	259	203	308	771
D. Ramos	407	275	418	1102
M. Starnbrook	303	270	374	948
198 lbs.				
B. Strange	474	325	562	1361
G. Manley	314	242	391	948
600 lbs.				
D. Johnson	600	352	589	1543
J. Johnson	408	259	507	1174
385 lbs.				
F. Safran	385	231	385	1003
418 lbs.				
J. Walker	418	275	396	1091
SHW				
418 lbs.				
D. Cramer	424	407	468	1300
D. Dwyer	424	407	468	1300
424 lbs.				
D. Cramer	424	407	468	1300
424 lbs.				
D. Cramer	424	407	468	1300

"I'm gonna Eat You Up"...that's what entertaining Solomon Magee (above) told his D. Crew (below) took the 510 plus Masters Supers.



Thank to join Pettit Rich Peters for results.



# TRAINING

## SMART LIFTING as told by CHIP HULTQUIST



Chip Hultquist...a veteran competitor, challenging for the 1987 APF Sr. Nationals title.

Current powerlifting literature provides many lifting cycles which have contributed to the success of many national and world class athletes. This material usually consists of simple rep and set schemes and information to twelve week cycle.

Through these cycles appear to be sound, little is indicated regarding the logic upon which the cycle is based. The fact that this individual used the cycle and was successful implies that every lifter using it will become a champion. What is generally missing from these articles is information on: at what stage of the lifter's career should this cycle be used; the interactive nature of frequency, volume, intensity and recuperation as components of the cycle; and how on other lifts and how is this compensated for. Additionally, and most importantly, little is given towards adjustment of the cycle if injury, weight loss or responsibilities interfere with training.

The purpose of this article is to provide a lifting cycle for a variety of training situations and conditions. It is designed sensitive to the lifter's capabilities and level in the sport. While this cycling concept does not pretend to be a guarantee for a 30 to 40 lb increase in any one lift, it does provide for maximizing a lifter's current lifting potential and lifting.

This cycle incorporates current theory on periodization and recuperation which accounts for the need to establish training frequency, intensity and volume to maximize results. These factors are interactive and vary from lifter to lifter as follows:

1. Frequency
  - a. Squats are done once every 8 days or every 6 days depending on if the week is heavy deadlift week. This is especially important if lifter uses the sumo stance because the need for recuperation time for the hips and thighs.
  - b. Heavy squats are done every 8 days or every 6 days depending on if the week is heavy deadlift week. This is especially important if lifter uses the sumo stance because the need for recuperation time for the hips and thighs.
  - c. Rack work (half squats and rack pulls) should be done every week up to week 2 and 3 respectively and on the same days as the related lift.
  - d. The frequency of training certain areas such as the shoulders should be considered when scheduling assistance work. For example, a wide stance squatter who does half squats on Friday or Saturday and does sumo deadlifts and sumo rack pulls on Tuesday will begin to suffer in one of the lifts over time. A solution to this problem is to mix conventional deadlifts with sumo deadlifts and to do on-

heavy as 80% of heavy day; for beginning lifters or as low as 45% for an advanced lifter.

4. Recuperation  
Both volume and intensity effect recuperation time and should decrease towards peaking portion of the cycle to allow for greater recuperation. Generally, the more advanced a lifter is or the closer they are to their genetic potential will necessitate greater recuperation time. Recuperation time may also be effected by diet, sleep, age and other stress related factors including illness. Volume, frequency and intensity of workout should be adjusted accordingly.

The table represents a cycle for the squat and deadlift for a 15 week period indicating frequency (days of week), intensity (%), and volume (reps/sets). This should be adjusted for the factors mentioned above by going heavier or lighter on light days (not shown) adding or subtracting work sets, adding more or less assistance work based on how close you are to your competition and accounting for other influencing factors in your life.

Some good rules of thumb are to adjust down by 2-6% for workouts following significant weight loss; sickness or extreme mental or physical stress. Adjust next workout down by 1.2% and others by 1% if necessary. These adjustments are very effective for overtraining situations and especially 3-5 weeks prior to a meet where dropping back may be the only way to salvage an overtrained body. Increases in work sets should not be more than 3% per week in order to prevent early peaking.

At some point some lifters will be able to lift more successfully by doing each lift once a week in training. This should not be attempted until a lifter has become more advanced and is close to competition.

This cycle is only a sample though it should fit a large percentage of lifters and their training needs. Training needs change over time and with circumstances so it is important that you experiment with individual variations which should provide you with an understanding of your training needs and a lifetime of successful, fun, and smart powerlifting.

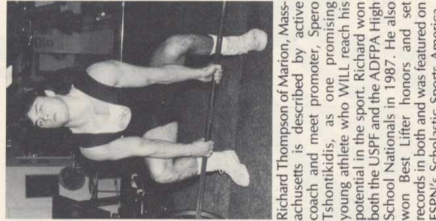
### FIFTEEN WEEK PRE-COMPETITION CYCLE FOR SQUAT AND DEADLIFT

Wk	Squat Routine														
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Day	S	S	S	S	F	S	F	S	F	S	F	S	F	S	F
Reps	5/2	5/3	5/3	5/3	10/2	10/3	5/2	5/2	5/3	5/3	5/3	3/2	3/2	3/1	3/1
%	79	81	83	85	84	86	88	87	89	91	93	92	94	96	91
Day	T	T	T	T	T	T	T	T	T	T	T	T	T	T	T
Reps	5/3	5/3	5/3	10/2	10/3	5/3	5/3	5/3	3/3	3/3	3/2	3/2	5/1	3/1	3/1
Style	C	C	C	C	C	C	C	C	S	S	C	S	C	S	C
%	79	81	83	85	82	84	86	88	90	92	94	68	96	70	88

RIS - Reps/Sets, C - Conventional DL Style, S - Sumo DL Style, % - Percent of what will be attempted in contest on 3rd attempt. This should also account for 5 to 12 lbs per repetition based upon the individual and the lift.

## ★ WHO'S WHO IN POWERLIFTING ★

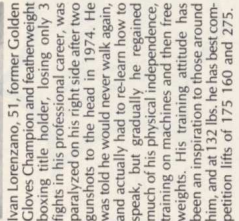
Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



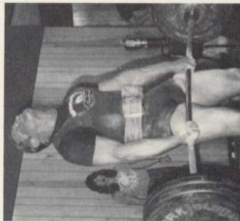
Richard Thompson of Marion, Massachusetts is described by active coach and meet promoter, Spero Tshontikidis, as one promising young athlete who WILL reach his potential in the sport. Richard won both the USPF and the ADFPA High School Nationals in 1987. He also won Best Lifter honors and set records in both and was featured on ESPN's Scholastic Sports America.



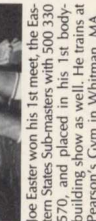
Greg Lowe, aka Beetle, out of Graterford, PA is the National Prison Champ. He has squatted 625 and cleaned the 200 lb mark in total in the 242. The only lifter in the world unable to compete in the ADFPA meet, the 5'6" lifter recently set his sights on the national total mark of ADFPA champ Bull Stewart. Greg thanks Bob Felton, Darryl Ford, Dr. Maryjo Kane, and Pete Alaniz at Titan Suits for his recent progress, and issues a challenge to any area lifters to come and lift against him. Contact Greg, Lowe F-6015, Box 244, Graterford, PA 19426 for info.



Ivan Lorenzano, 51, former Golden Gloves Champion and featherweight boxing title holder, losing only 3 fights in his professional career, was paralyzed on his right side after two gunshot wounds to the head in 1974. He was told he would never walk again, and actually had to re-learn how to speak, but gradually he regained much of his physical independence, training on machines and then free weights. His training attitude has been an inspiration to those around him, and at 132 lbs, he has best competition lifts of 175 160 and 275.



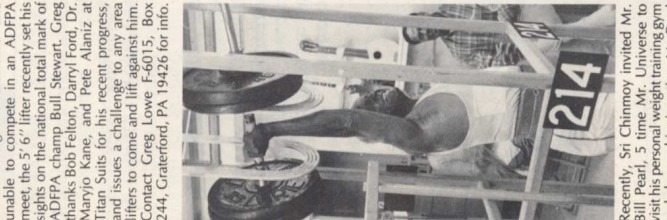
Recently, Sri Chimmy invited Mr. Bill Pearl, 5 time Mr. Universe to visit his personal weight training gym and observe him in action. Mr. Pearl witnessed Sri Chimmy lift the equivalent of his own bodyweight, 154 pounds, overhead with one arm. He then lifted Mr. Pearl's bodyweight, 214 lbs., overhead. Mr. Pearl can be seen in the background.



After 156 stitches from a knife attack, a gunshot wound over the heart, and 8 broken ribs, Ernie Lantier still lifts with death. Born 41 years ago weighing just 3 lbs, 2 oz., Ernie first served in the U.S. Marines, won several olympic lifting championships, and then became a professional wrestler, known as the "Executioner". Today he stands 6'1", 290 lbs, with 20 inch arms, and he gets his workouts with a 100 lb, python named Hercules, a 200 lb, cougar named Santana and another animal, Masters legend Chuck the Truck Braxton.



Butch Turpin is a 49 year old Master lifter out of Bedford, Indiana who bears a noteworthy resemblance to baseball legend Pete Rose (left). Butch, 3 years older than Pete, is 6' and 208 lbs., while Pete comes in a 5'11" and 205 lbs. Butch began lifting in 1964, but only learned of Masters competition a couple of years ago, and now is very active, with best training lifts of 435 315 475. Butch feels strongly that squat competition should take place in a power rack assembly, for safety, and that squatters should not be required to go below parallel, for injury protection. He also feels that use of an electro-mechanical device to signal squat depth to judges would be appropriate.



Ernie Lantier still lifts with death. Born 41 years ago weighing just 3 lbs, 2 oz., Ernie first served in the U.S. Marines, won several olympic lifting championships, and then became a professional wrestler, known as the "Executioner". Today he stands 6'1", 290 lbs, with 20 inch arms, and he gets his workouts with a 100 lb, python named Hercules, a 200 lb, cougar named Santana and another animal, Masters legend Chuck the Truck Braxton.



# THE SQUAT

as told by Judd Biasiotto, Ph.D.  
WORLD CLASS ENTERPRISES



Dr. Judd has had his greatest lifting success in the hardest lift to master, the Squat, hitting an astonishing 575 lbs. while competing at 132. More on the squat philosophy of Dr. Judd Biasiotto will appear in a future edition of PL USA. Photo courtesy Army Ferrando.

I'm sure you've heard the old cliché that the bench press is for show, but it's the deadlift that separates the men from the boys. That may be so, but it is my contention that it's the squat that separates the winners from the losers. Let me try to justify my claim. According to a survey of over 500 meet results published in *Powerlifting USA* over the past decade, it was revealed that almost twice as many lifters bomb out in the squat when compared to the bench press or deadlift. Furthermore, although I don't have any experimental research to prove it, the squat causes more psychological stress than either the bench press and deadlift put together. At just about every meet that I attended I heard lifters, world class lifters not excluded, say that they just couldn't wait until the squat were over. In fact, I've come in contact with few lifters who have exhibited overwhelming confidence in their squat on the day of a meet. If anything, fear of the lift is more the norm. Quite often I've seen lifters drop their opening attempts in the squat because of fear or insecurity. The prevalence of that type of behavior with the bench press and deadlift is considerably less. In short, the squat seems to be more psychologically intimidating than the other two powerlifts.

I further contend that from a biomechanical standpoint the squat is the most difficult of the three powerlifts to master. Although the squat is a relatively simple skill, it requires the lifter to focus on significantly more environmental 'cues' than either the bench press or the deadlift. Of course, when cues are not recognized, the lifter's form deteriorates, thus increasing the probability of missing the lift. I also contend that because of the aforementioned, you are going to see a greater variance of performance in the squat. Consequently, if you learn to master the squat, really master it, you'll have a greater opportunity to separate yourself from the rest of the field.

Although squatting form and/or efficient biomechanics is an individual matter, there are some principles that can be universally applied to every lifter. What follows then, are a few friendly suggestions concerning the squat that you might want to evaluate.

Here we go. With the weight still in the rack, you have four options. First, you can carry the bar high on your back. With the bar in this position, it's easier to keep your back upright when you squat. With your back in a more vertical and/or upright position, you are also afforded a number of advantages: it's safer, you will track parallel quicker, and it books pretty. On the down side, by carrying the bar high, you're raising your center of gravity, thereby making the lift a little harder. Your second option is to carry the bar at the legs (about 10 cm. below the top of the knees) on your back. As you might expect, the advantages and disadvantages of placing the bar at this position are early opposite of carrying the bar high. The lower bar placement will lower your center of gravity, thereby increasing your mechanical efficiency, and consequently making the lift an easier. The problem with low bar placement is that it's hard to keep your back erect. It doesn't look pretty either. For the life there are no points subtracted for looking 'ugly' and with practice, you can

substantiate that theory. I will tell you this, though. During your initial training with a wide stance, be prepared for some serious soreness and/or pain in your hips. From a strictly athletic standpoint, I believe that a wide stance can predispose you more to back injury than a narrow stance, but fewer knees in the narrow stance. If you have trouble with your back and you have super strong quadriceps (on the order of Fred Hatfield's) you might want to experiment with a narrow stance. For the life of me, though, I can't think of many other reasons why you should learn to squat narrow. For every one reason you give me for squatting narrow, I can give you five for squatting wider. Still, there are lifters, like Hatfield, who have done quite well using a narrow stance. Who's going to argue with Hatfield? Maybe Mike Tyson or Hulk Hogan, but certainly not Judd Biasiotto.

Of course, you can find yourself a foot spacing between the two extremes we just discussed or you could go home and watch the Solid Gold dancers, but I'm not getting into all that again. One thing you do need to be aware of when deciding on your foot spacing is the specificity of strength. Note well that strength is very specific! Even a slight deviation in your foot spacing can cause a significant change in muscle involvement and a decrement in strength. For this reason, once you decide to change the stance you're going to use, make sure you use that same stance every time. Also, if you decide to change your stance and/or form, you can expect a decrement in strength at first because of the specificity of strength. Of course, with training your strength will come back, and most likely improve, especially if the change was for the better.

Okay, now for your descent. This is the easy part. In fact, I've never missed a descent. It's ascending that's the real trick. First things first, though. As mentioned, when descending with the weight, try to keep your calves in an upright position. It's important to keep your calves straight and your knees directly over your feet. Try to keep the weight back over your heels, aligning your position so that your power is centered vertically. It's also a good idea to point your toes slightly outward. This will allow you to lift the weight further back over your heels. It will also help you to flare your knees outward at the bottom of the lift. This will allow you to break parallel faster and help you lock in your hips.

Now for the fun part - getting back up. As soon as you break parallel, note that you don't get any points for going deeper, tilt your back slightly forward, thereby bringing your hips into play to lead your ascent. As you drive the weight upward, gradually drive your thighs inward and upward. This will help you to channel your power vertically. When you reach your 'sticking point', drive your shoulders backward and your hips inward until you are in an upright position.

Well, that's the squat in a nutshell. Don't for a second think that you now know everything there is to know about squatting. Keep searching for new and different ideas that will increase your performance, never stop learning. Remember that learning is a life-long journey and that the more you learn, the more powerful you will become.



# AMINO

## 190

### FOR EXTRAORDINARY RESULTS



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Hundreds of you have written asking me to explain what happened to me at the American Cup in 1980. Well, I'll tell you. I finished with the gold medal or dead last, depending on how you look at it. In other words, I was the only one in my weight class that's the great thing about competing in the lightweight classes. Often, nobody shows up to compete against you and if someone does, they are usually in the fifth or sixth grade. In reality, it's not my performance at the American Cup that interests everyone, but rather, what transpired after the meet. In fact, what occurred afterwards nearly changed my entire life.

I was in the locker room getting my stuff together, when this guy who was dressed like he just walked out of a Sears and Roebuck's catalogue came over to me. He wanted me to do an interview for a magazine that he wrote for. At the time, I was working with the Kansas City Royals baseball team using such techniques as hypnosis, biofeedback and behavior modification to enhance athletic performance. Consequently, a request for an interview wasn't all that uncommon. What was strange though, was that the guy was interested more in my lifting than what I was doing with the Royals. Most reporters I had met didn't give a flip about my lifting career. Usually they just wanted to know how I used hypnosis to help the ballplayers.

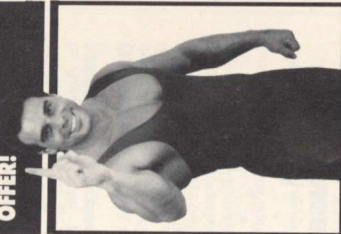
After about 20 minutes of answering questions, I began to realize that something wasn't quite right. The questions always seemed to carry a sexual connotation. It wasn't long before I realized why. Out of the clear blue, the guy asked me if I would consider posing nude for his magazine. The first thing that crossed my mind was that it must be some type of guy magazine. When I expressed my initial reaction, the guy assured me that this wasn't the case. He told me that the magazine was called *Playmate* and that it was basically a counterpart of the popular male magazine, *Playboy*. I quickly surmised that it was a female magazine.

He also told me that the pictures would be taken by male photographers and that they would all be done in good taste. He also mentioned that the money would be good; no, I believe he said exceptional. At first, I didn't know what to think. I mean I'm not exactly built like Adonis. If



Dr. Judd brings you a lighter look at the World of Weights and beyond.

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## Dr. Judd

### MEASURING UP

by Judd Biasiotta Ph.D.  
WORLD CLASS ENTERPRISES

anything, I'm built more like one of those fifth or sixth graders I competed against, maybe with a little more public hair. Also at that time, I had never even heard of *Playmate* magazine. Anyway, to make a long story short, I told the guy I had to think about it before I made a decision. I gave him my address and phone number and told him to get back with me in a couple of weeks.

The following day, I flew back to my home in Statesboro, Georgia. To be honest, I really didn't give the incident much thought afterwards. Then about a week later, I received a half-dozen *Playmate* T-shirts. The shirts were followed a few days later by a questionnaire that asked some real thought-provoking questions like, "Would you pose with another nude male? With a nude female? With an erection?" Of course, I did what any young red-blooded American boy would do. I filled the questionnaire out, xeroxed it, sent the original back to *Playmate* and the xeroxed copy to my mother. Needless to say, my mother called immediately and offered me three times more money not to do the pictures. My mother also promised me a good old-fashioned Italian beating if I did the pictures. Trust me, an Italian beating is as serious as a gunshot wound.

I have to admit, I was getting a little curious as to what the *Playmate* stuff was all about. Like I said, I had never heard of the magazine. And living in Statesboro, Georgia - the Bi. Bi. Belt of the world - I was certain

**ATTENTION - REGARDING DR. JUDD'S COLUMN in the April edition of POWERLIFTING USA:** For those of you who have thrown away your steroid bottles and booked passage to Italy for some muscle-splitting hyperplasia treatments at the National Institute for an Athletic Future after reading "MUSCLE GENES(S)?", a bit of advice is in order. You might have trouble finding the good "Dr. Scherzo di Abbril". If you will consult your copy of "Ten Easy Steps to Conversational Italian", a translation of the phrase "Scherzo di Abbril" could be revealing. Roughly, it means APRIL FOOL!

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## "Drug Use and Detection in Amateur Sports"

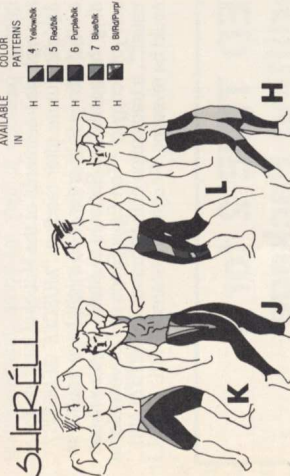
(Including Updates One, Two, Three, and Four)  
By Mauro Di Pasquale, B.Sc., M.D.

This book and updates are THE source of information on drug use by athletes: including information on anabolic steroids, growth hormone and countless other drugs and supplements that athletes use to enhance their athletic performance; and on the techniques used by amateur federations and the IOC to detect drug use by athletes. Learn about the pros and cons of drug use. Find out why and how some athletes are able to escape detection while others are caught.

The cost of the book "Drug Use and Detection in Amateur Sports" plus all four updates is \$28.50 U.S. Funds plus \$3.00 postage/handling.

**UPDATE FOUR** This update concentrates on the controversies surrounding drug testing. Included is an in depth discussion and analysis of the deficiencies in 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)

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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 about how and when to use anabolic steroids. Please, no questions about steroid use and detection. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada KOK 3K0. For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the spirit of the original question.

**DEAR MAURO:** I am 27 years old and am having a problem that is frustrating me and limiting my ability to compete. I have been using steroids for no problems for the past eight years (a total of seven or eight times, usually low dosages for 3-6 weeks or so). Last January while on insulin (the first time on it), I decided to up the steroids and went on Anavar, Deca, and Parabolan. At the meet, I took some stuff that was going around, some sort of veterinary drops, which was supposed to make you rip. Did more aggressive. Took it before a workout, it might give me an edge. Do you know what this stuff was? In the few weeks after the meet, I gained weight (up over 30 pounds) I gained 15 pounds within 48 hours of the meet (weight loss). Since that time I've had trouble with my weight and this is only starting to clear up. I stopped all the steroids and the insulin after the meet in January. I tried some Dianabol last night (I get bit by the competing bug again) and within one hour of taking the tablets, I get short of breath.

Now I don't know what the problem is. Could the insulin have done something to my system, or maybe it's the anabolic steroids. If the problem I'm having is steroid related then I'll quit using them. My health is more important than being strong. On the other hand is there something I could use to stay competitive? **Roger B.**

**DEAR ROGER:** From your detailed letter, I would say you're having some sort of hypersensitivity reaction (perhaps even an asthmatic-like response) from the anabolic steroids. There's no rhyme or reason behind sensitivity reactions - they can occur anytime, and it's difficult to pin down why someone suddenly becomes sensitized to a certain substance.

On the other hand you did overdo the anabolic steroid use, going from usually conservative small amounts of Dianabol, to large amounts of several anabolic steroids. It is likely that you took more anabolic steroids at the meet although you weren't aware of it. The stuff you took at the meet was likely Cheque drops (a veterinary anabolic steroid), although it might have been SMIAX (Official's anabolic supplement touted to have anabolic properties). The massive gains you made in body weight, mostly fluid, are likely due to the combination of the high doses (at least for your system) and the dehydration and carbohydrate deprivation you went through prior to the meet. It's also possible that there may be some sort of systemic problem which is aggravated by the anabolic steroids. Have you had a comprehensive blood workup done, including liver function tests?

I doubt very much that the insulin had much to do with your problems unless it acted as a sensitizing agent. I've never heard of this kind of problem from any using insulin. If the problem is anabolic steroids you may be able to use the naturally occurring compounds such as testosterone and dihydrotestosterone. See Update Four to my book "Drug Use and Detection in Amateur Sports" for detailed information on dihydrotestosterone (which as you'll discover in the Update, is not detectable in drug tests). **M.G.D.**

**DEAR MAURO:** I've run into a problem which I didn't think would ever happen to me since I'm careful as to what anabolic steroids I take and try to stick to testosterone (depo), Winstrol, Primobolan, and Parabolan. I've developed some breast tissue (I guess they call them bitch tits) on my left side, and although it's still not that noticeable, I notice it and it really bothers me. Is there anything I can do to get rid of this? **Alan B.**

**DEAR ALAN:** First of all, both the testosterone and Parabolan aromatize and therefore can cause gynecomastia. There's a lot of information in my Updates on treating gynecomastia, but I'll include a summary of what you can do. If the treatments I outline below don't do the whole job you might have to get the small lumps taken out by a plastic surgeon.

First, don't use anabolic steroids that aromatize. Stick to Halostatin, Primobolan, and Winstrol (you can check Update Two for others). Topical dihydrotestosterone (a non-aromatizing androgenic-like steroid, trade name is Androcutin, available in Europe) along with Nolvadex (an anti-estrogen - dose should be 20 mg per day) will often cause a regression in mild gynecomastia over a three or four month period. A detectable dihydrotestosterone (for example, Primobolan) is sometimes effective in treating persistent gynecomastia (see Update Four). **M.G.D.**

## Question & Answer

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

**DEAR ROGER:** My question is about strength. As I explained to you one time on the phone, I don't consider myself a true Powerlifter, but like to label myself a weight lifter. As a weight lifter I do a lot of different exercises with the same intensity and goals in mind, to get as strong as I can in each and every exercise, I don't do one exercise to help another, although in many cases they do. Whether the lift is a competitive lift or not, it does not matter to me. One of the lifts I do is the stand up arm curl and I believe I have attained some incredible strength in that exercise. I work out with 260 lbs. to 280 lbs., and on my good days up to 300 lbs. for 5 to 7 reps. These are not chest curls, I do these 85 to 95 percent clean, and I do this lift with a barbell not a curl bar. I want to ask you when considering arm strength and what I work out with, in your professional opinion would you consider me to have some of the strongest arms in the World. I am asking you this question because I know at one time you coached the Pittsburgh Steelers on strength and they had a lot of strong guys. Also, you know a lot of powerlifters so you would have some good knowledge about how I would stand up against these guys. The thing that got me interested in this was when I was reading a recent issue of Powerlifting USA. I read about a guy who curls with 225 lbs. and they considered him to have incredible natural strength. Also I heard about a guy on T.V. who could curl with 245 lbs. and they considered him to be among the strongest in the World.

As I explained to you before Roger, I don't compete and I work out in my cellar so the only knowledge I get about other lifters is what I hear on the streets, which is usually not credible, in my view, so the answers you give me are the only ones I go to to compare myself with others, and in my opinion you're only as good as the people you compare yourself to. Hoping to hear from you soon! Respectfully yours, **Ike Nesser**

**DEAR ISAAC:** Because the curl is not a competitive lift there is not a lot of information on what are the world record standards, but I'm sure that if you can do 300 lbs. for 5 to 7 reps, that you would be right up in the ratings. I remember in 1980 when Mike Webster and Don Kolb were curling 250 for 15-20 reps, but they were getting a little used to get it started. I also recall in 1978, at the National YMCA Championships, I saw Steve Wilson pick up a 110 lb. solid dumbbell and do 7 reps, which was very impressive, but I have never seen anyone curl 300 lbs. for 7 reps. Maybe you should stop in some of the big gyms and see what the guys are doing.

Most powerlifters do very little curling because their energy is needed in the squat, bench and deadlift, but knowing the mental attitude of the powerlifter, I'm sure that if the curl was a competitive lift you would have a lot of company. Best Wishes, **Roger**

### BOOK REVIEW

A new book called "SCIENCE OF STRETCHING" by Michael Alter is available from Human Kinetics Publishers. Stretching is one of those frequently neglected "little things" that can add up to surprisingly big numbers on your lift over the years. There are many descriptions of stretching programs that apply to weight training, usually brief, and there have been some good books published on the general subject as well, such as Bob Anderson's "STRETCHING". For the serious student of physical fitness and those who wish to apply intelligence to powerlifting programs, you can climb through all the scattered information sources on stretching, but at the summit of knowledge on the subject you will find only this book, "SCIENCE OF STRETCHING". Certainly, there are some great illustrative books on stretching, and this book has more of the same line figures, remarkable photographs, and a simple presentation so much about the complex nature of the stretching process. The book is packed with so profoundly useful, however, is the essential information on stretching into a cohesive unit. It teaches WHY you should stretch, from nearly the molecular level on up, as well as HOW to stretch, which has been already been done elsewhere. It is rigorous technically, but not overwhelming. Lifters will either understand the information as it is presented, or will be positively challenged, just a bit, to study it harder, and become better athletes from an analytical point of view. The early chapters of the book on physiology are just the kind of general background that every powerlifter needs to have to understand his or her body, it's every recommendation. Mike Lambert/POWERLIFTING USA

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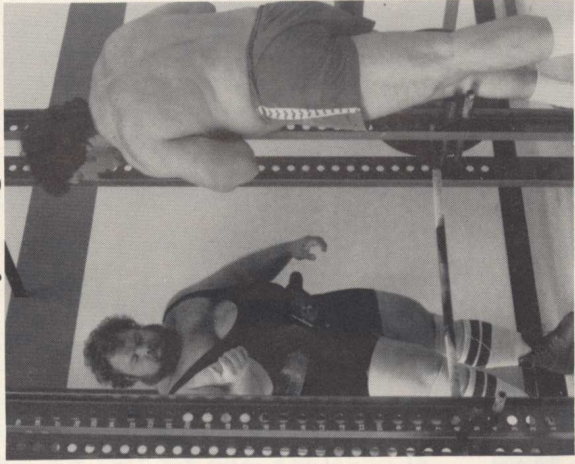
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# STARTIN' OUT

A special section dedicated to the beginning lifter

## POWER RACK TRAINING as told by Doug Daniels



In *The Rack* is where a lot of great lifters have spent a lot of productive time. Here Superheavyweights Luke Lams and Gus Rehnwisch talk between sets in the POWER FIT Gym in Hawaii. Photo courtesy Gus Rehnwisch.

the movements chosen in the rack. Signs of overtraining must be watched for. The sheer weight you can employ will stack up against your recuperative powers. Rack training, like other assistance methods, only serves as an augment to the three power lifts, not as an end in itself. A careful mix of the power rack and other exercises must be maintained. Now that we know the pros and cons of the power rack, how can we include it in our routines? Of the three lifts, I think the rack is most useful for the deadlift. Here, partial deadlifts I mentioned earlier, partial movements can allow us to use more weight than the full movements, especially in stronger positions. You can set the pins in the rack at your weak point and do lockouts from that

below that point and finish your workout with a few reps, each with a dead stop from that position.

Full squats can be performed in the power rack with the pins set to catch the weight if you miss a rep for safety. Also, you can do partial squats with heavier than normal weights. In this case, set the pins higher.

Isometric training can be used readily in the power rack. Isometrics consists of exerting force against an immovable object for several seconds. Another variation of isometrics that can be used in the rack combines it with isotonic or regular weight moves. For example, in the bench press, if your weak point is near the lockout, set the pin at that point. Press a weight to that pin and hold it for a five count. This technique can be used for the deadlift and squat also.

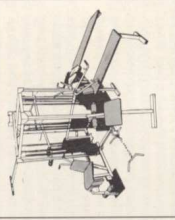
The rack also lends itself to exercises like presses and chins. When you choose one, pick one that is sturdy and whose pins can be adjusted to many heights. This will facilitate its use for many exercises as well as lifters of varying heights.

As you can see, the power rack has many uses and benefits. Lifters have been boosting their totals for years on them. It can prove to be a powerful assistance tool. It can also add a degree of safety while handling heavy weights, but remember to use its advantages while keeping in mind its drawbacks. Its misuse or overuse can be detrimental to your final results. To avoid overtraining, limit its use to once per week for 6-8 weeks per count test cycle and eliminate its use about 1-2 weeks prior to competition. Power rack training is too strenuous to be used all year round. Evaluate its effectiveness as you would other assistance work - are your competitive lifts improving?

DOUG DANIELS

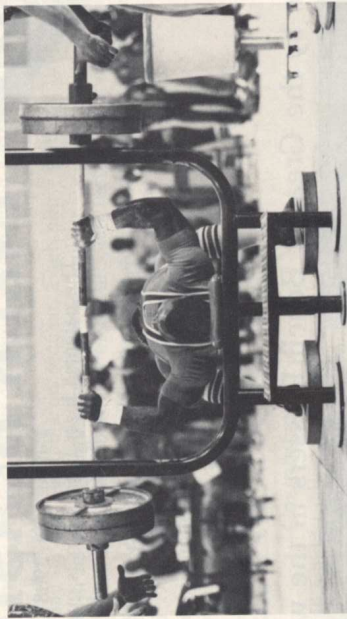
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## More From Ken Leistner



A Solid Bench is what you'd like to be lying on, if you were jamming up 523 like Robert Pittman.

I have always had a 'thing' for weight training equipment. The obvious influencing factor was the exposure I had to iron fabrication through my father and grandfather, who were ironworkers. Many childhood days were spent watching in awe as pieces of angle iron, flat stock and diamond plate were miraculously transformed into ornamental railings, chairs, cellar stores, gates, or fire escapes.

As a teenager, I found out 'first hand' how difficult it was to use a cutting torch and a welding rod with any semblance of skill. My first forays with the large hand spinner brought to mind the Eastern city slicker's first ride on a runaway bucking bronco. As my father would say, "I'd like to get the iron, not the fallin'." As my interest in strength training grew, equipment that could be used for the various exercises I saw in different magazines, with help I made flat and round benches, squat and power racks, and more exotic pieces like calf extension/card machines, and lat pulleys. Later, I would either modify equipment that I had seen in gym or design my own, using very heavy iron stock, and insuring that welds and/or bolted parts were as stable as possible. I had fun, enhanced my training enjoyment, and reaped the satisfaction and some minor profit supplying local gyms and weight training enthusiasts with equipment that allowed them to do the basic exercises in safety and comfort.

Those familiar with my strength training philosophy know that I am a strong believer in the 'basics'; multi-joint exercises that stimulate a large muscle tissue mass if done with the proper level of intensity; exercises that are easy to learn, safe to do, and require nothing in the way of 'fancy' equipment. Through many years of learning, I came to understand that equipment plays an important physical and psychological role in a lifter's program, and that the training environment must be as closely tailored to that particular individual's needs as is reasonably possible.

If one sees a significant portion of their psychological energy into the sport of powerlifting, and defines themselves in terms of their involvement and/or performance in the game, then the training equipment and atmosphere are certainly major issues of importance. When one can feel comfortable in the training site, and while using the equipment there, workout productivity will be enhanced. For all the times I trained in well equipped, well lit, climate controlled, sauna and whirlpool complete gyms, I was never comfortable, or consistently productive in that type of atmosphere. The Malverne High

School weight room, complete with spotter isn't available. The bench

never underestimate the importance of one's equipment; for one's health may truly be at risk.

The availability of adequate equipment is such that no excuses exist for any lifter to use subpar and/or dangerous equipment. The New York area is a good example. One of my pals, Paul Link, is a welder, and a damn good one. His Lybrook home doubles as his office, and on any Saturday, some of the area's top lifters and bodybuilders can be found in his driveway or garage, making recommendations for a particular piece, as Paul wields his tools. The equipment, while unadorned and unadorned, is everything this article has talked about: safe, sturdy, and built for the heaviest needs possible. There is a Paul Link in most major cities and smaller towns, a lifter or lifting enthusiast who is capable and willing to serve the needs of the training community with good, basic equipment. Paul, for example, limits himself to a variety of benches, squat and power racks, lat machines, and cutting benches, but any serious lifter could outfit his entire home, or 'down home' commercial gym from Paul's offerings.

In Powerlifting USA, many equipment manufacturers and distributors advertise their product. One is Brexton's, a small outfit in New Hampshire. Brexton's is Paul Link one step up, i.e. they have been supplying local lifters for years, and are now at the point where they are big enough to advertise and ship throughout the United States. Again, their equipment is basic and heavy duty, offering one of the finest benches and power racks available. For the serious, at-home lifter, or the commercial club that wants to provide a specialized area for the competitive lifter, Brexton will have all one would need.

Again, the song is the same. In most areas, there will be a small equipment manufacturing company that can provide one with the things they need, yet is large enough to advertise nationally and provide larger gym packages. Jubbville's in Massachusetts, Buckeye Barbell in Ohio, and DLG in St. Louis are examples of small companies that have risen a step above, and can do 'big business', or cater to the local basement lifter who walks through the door or calls on the phone with a special problem.

As important as equipment is, there is no excuse not to have safe, sturdy, adequate tools; tools that will allow each lifter to fulfill his or her lifting potential. Just knowing that one is lifting on the best equipment their circumstances allow can often produce a great deal on the long run, makes each and every workout as productive as possible.

Dr. Ken Leistner



# THE SQUAT

## 'Couples' Training as told by Garry and Susie Benford

When first asked to write this article on a couple training the squat, I thought to myself: why us? I mean, we are not looked upon as eminent authorities on squatting. We don't hold world records, although we have both overcome adversity and made good improvements over time. Perhaps that's why, to tell how two individuals with virtually zero physical gifts can make consistent progress and stay competitive with their peers.

I'll begin with myself, since much of what I have learned I have since passed on to my wife Susie. I began powerlifting 14 years ago at the age of 18 and at a bodyweight of 142. My first meet was in the fieldhouse at Slippery Rock University in 1974. This was a 'club' meet, and there were no suits, wraps, etc. Anyway, I opened in the squat at 150, crused to 185, however, a jump to the elusive 200 pound squatosphere was a bit off the mark. Well, I added to this barage a 170 BP and 245 DL for a whopping 600 lb. total that almost sent me back to cross country running. Some genetic stud, huh? Not to mention flat feet, having outward rotation of my femurs, a long back and being 5 ft. 9 in. tall.

Well, time continued to pass by with moments such as my 1st 300, 400 and then 500 lb. squats, 6 years later and up to 180 lb. bodyweight.

Then, in 1979 I moved to Columbus, Ohio and learned what training was really all about from powerlifting coach emeritus, Louis Simmons. Box squats, belt squats, hack squats, pack squats, duck squats, sub-box squats, cantered bar squats and reverse hyperextensions were the order of the day at Lou's garage. Everything I had done up to that point was history. Among some of the best squatters anywhere and an atmosphere for lifting that was second to none, my squat went from

1 heavy set of three on the high box squat, 50 lbs. greater than the weight for that day (helps me with adjusting to heavy weights and walk outs), with no wraps, and, when the multiple sets are done, I add 50 lbs. to the weight of the day (example 385) and do 1 set of five with wraps (435). I do this until the next to last workout in which the reps are reduced to three and the last workout in which I attempt one rep with a 97% weight. I then go another week light, with only an opening attempt, with the next week being the meet. I know of some people who have taken the same eight week program and made variations as well, based upon their own needs. My reason for the set of five at the end is that I squat quite wide and have small legs and need, I feel, the leg work.

Let me tell you something else. When I first saw this routine, I swore up and down I couldn't handle those percentages without wraps - but I did. When you put all of your powerlifting gear on at the end of the cycle, including straps, chalk, etc., there is quite a difference.

Now to Susie. Sorry I look so long. She, like myself, is not at all gifted physiologically and structurally for squatting. She passes for 5 ft. in height, has long legs and a short back (great for deadlifting) and, as well, Susie has only one erector spinae muscle, not two. When she was five, she had a Wilms Tumor, and had to have her left kidney removed, in what



**The Benfords:** Garry (above) has been so surprisingly fit that he's become a member of the National Championships and this year he is putting on the BIC ONE nationally for the A.P.F. on July 16th and 17th in Columbus, Ohio. Garry is the Physical Director of the Central Branch of the YMCA in Columbus, and would like to thank all his training partners there who have given him such encouragement over the past two years. Susie (left) is a nurse and has written several articles in AMERICAN FITNESS QUARTERLY, and she also won the A.P.F. World title in 1987. He has set 12 A.P.F. World records in the Deadlift.

was a success rate operation for that time. Radiation treatment stunted not only the normal development of her erector spinae, but also left her ribcage and pelvis the size of a 5 year old. She possesses scars down her abdomen around 'A her back. Her calls them 'cut abs'. A few 'yaks' here and there!

So, when she first began squatting (and deadlifting), she would always twist to the left side due to this structural deficiency. This was corrected by two simple things. Training at a higher bodyweight (not 95) and wearing an erector shirt. Wow, what a difference!

Lightweight men and women lifters ought to consider the latter especially, since you are small waisted (Susie is 22) to begin with, which works against you in the squat. The erector shirt will help keep you upright throughout the lift.

Another piece of equipment that has helped Susie's squat are groove briefs. Once again, support on her left side is critical to assisting her completing deep squats.

For the most part Susie trains using the much the same type of cycling routines as any other lifter, with some differences. To begin with, she trains heavy only one day a week. That's right folks! She does all three main lifts on one day, like in a meet. She trains one other day, but only some light upper body work and belt squats for her lower body.

What does she do for her squat on that one training day and why does it work for her? Those are two very easy questions to answer. Her most successful squat routine is a combination of high box (2-3 inches above parallel) combined with free squatting and sub-box (2 inches below parallel) exercises. Using this basic workout has propelled her squat from 165 lbs. to 286 lbs. in four years. The weights used in these various squat exercises are approximately 30 lbs. apart with the 'most weight being hauled on the highest box.

Susie claims that the less she does the better she gets! One theory of this is in part because of her anatomical structural limitations. Prior to her two day a week workouts, she trained (or should I say overtrained) four days a week. Her back and hip, which play a significant part in the squat, were not able to recover from the previous days workout. As a result, she would almost always peak in the gym prior to the meet. Since the spinal erector muscles are the slowest muscle groups in the body to recover it only makes sense to give them proportionate amounts of rest between heavy workouts.

Another part of her squat training which has helped her considerably is changing her mental attitude about the lift. As mentioned previously, Susie is built to deadlift not to squat. Not only has it been difficult for her physically master the correct technique, but, as most of us know, we do not like to do something we are not good at which also causes us pain. Part of her training to overcome these negative feelings about her squatting was the development of her

## A FUNNY THING HAPPENED ON THE WAY TO THE SQUAT RACK

My first meet was on April 30, 1983 - a mere 12 weeks after my entry into the realm of Powerlifting. I had never been to a meet before but was sure that I knew how to do each of the lifts to the satisfaction of the three judges (or were there two judges??). Anyway, just to be sure I knew the contest rules, my wife and husband Garry gave me a thick green rule book to read. I looked so technical and confusing that I decided to put off reading it until one hour drive to the Women's State Meet on my first Big Day. I tried to read that baffling little thing but the car kept bouncing around, or maybe it was me. I then decided it would be a verbal briefing of what I needed to know, so Garry started explaining the specifics of the sport. First, I would be called up to squat. I should walk up under the bar, lift it out of the rack, walk back, look at the judge in front of me, and then squat. Then, the three judges would flash all white lights! Sounded easy enough to me.

We got to the meet and found out I was first to squat. I missed the rules clinic because I was anxiously trying to get dressed and ready to go without forgetting anything. I walked around the platform and located the head judge's chair, so I'd be sure to know where to look for him when I squatted.

Well, they called my name and Phan A' was activated. I walked up to the rack and walked back a couple of steps with the bar, and then I stared at the head judge, watching for that hand to fall and listening for the word "squat." There I stood, watching, and then watching some more. What was wrong with him? Didn't he know the rules? Finally I got so mad I gave him a dirty look, right in the eyes, and he said "squat." I barely made the lift because I was so worn out from just holding the weight. Well, I repeated this stupid weight balancing performance another two times, furious because he was letting everybody else go much faster into their squats than me. After the squats were finished (I only made one) I calmly approached him and questioned him about the long delays. He very matter of factly told me "you were looking at my hand and not at me directly, so I didn't know if you were set." Now what page of that little green book explained that body part you have to look at?? Well, I can do better in the bench press. When I benched, Garry had learned exactly what kind of deep breath I took that signified I was ready for the lift off. One of the judges was going to hand off and, once again, I was first. I positioned myself very carefully on the bench with a big arch and feet planted firmly on the platform. I knew the rules for this one! The nice gentleman came up to the bar, positioning his hands between mine, ready to lift off, at my signal. I smiled, took a big, deep breath and said "ok," then exhaled. The bar was up, my chest was down with deflated lungs, but I knew I could make this easy opener. I gradually brought the bar to my chest, waited politely for the clap (you thought I'd probably forget that, didn't you), then quickly pressed the bar and placed it back into the rack. I hopped excitedly away, only to turn around and see two red lights. I was furious! Who else did I miss this time? What secret signal passed by me this time? OK, judges, what was the matter? My eyes bouncing around that place like a Mexican jumping Bean demanding to know why such an effortless lift was rejected. The nice gentleman, my lift off partner, explained that I have to wait until the judge says "rack" before I put the bar back. Come on! How picky! OK, I'd wait next time. And, unfortunately, it was my turn again. The nice gentleman was really trying to help me now. As I stormed up to the bench and laid down, he kept repeating "Don't say anything, just nod and I'll stand here and yell 'rack.' Don't put it back until you hear me!" Well, I made it, again, and saved that nice gentleman from a heart attack, sorry about my emotional stability.

By this time I was paranoid. What will be next? What are the hidden secrets of the "deadlift"? Certainly, there's more to it than what it seems. If only I wasn't first, I could let someone else be the guinea pig. By now, they all knew the "rookie." And why shouldn't they have me pegged, I had more lifts turned down on technicalities than all the others put together.

I must have asked fifteen people about the deadlift. "OK, explain again, all I do is walk up to the bar, grasp it, pull it up, wait for the down signal and put it down, right?" No, can't be that simple. Well, let's find out. They called my name. I tried to look confident and worldly so they wouldn't suspect my paranoia. I stropped to the awaiting bar and stood over it for a few seconds. Just to be sure, I looked at each judge (directly in the eyes and scanning all other body parts to be certain), I placed my hands on the bar (then waited for anyone to say 'lift' or 'pull' or 'start' or 'go' or whatever). I figured I had probably missed that part. When they had ample time to say anything, including the Gettysburg address, I figured it was safe. I pulled the bar, remembering to hold it carefully, then put it down at the judge's request. Ah, finally I had mastered the art of Powerlifting - who said there were no skills involved?

At Susie's first meet, described above, she made lifts of 165 in the squat, 82 in the bench press and 214 in the deadlift. 3 1/2 years later she won her first A.P.F. World title in Helsinki with lifts of 245, 130, 300 and 675 at 97 lbs. Photograph at right provided by Susie, and taken by Arlen Pennell.

I love to squat' persona. She forcibly told herself before every squat routine that not only did she live to squat, but that she was the world's greatest squatter. This last year almost came true at the 1987 YMCA Nationals when she tried a 4th attempt world record 320 lb. squat.

What this demonstrates is that no matter what limitations or adversities you may face it is always possible to make gains if you train consistently

and use good training procedures. Who knows, maybe you'll even become a world champion one day.

Susie's Sample Squat Routine  
Box Squat 285x1, Free Squat 255x3, Sub-Box Squat 180x5, Week 4: Hi-Box Squat 290x1, Free Squat 260x3, Sub-Box Squat 190x5, Week 5: Hi-Box Squat 300x1, Free Squat 270x1, Sub-Box Squat 200x1, Week 6: Hi-Box Squat 280x1, Free Squat 280x1, Sub-Box Squat 210x5, Week 7: Hi-Box Squat 285x1, Sub-Box Squat 200x3, Free Squat 285x1, Sub-Box Squat 210x5, Week 8: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 9: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 10: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 11: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 12: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 13: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 14: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 15: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 16: Hi-Box Squat 285x1, Free Squat 285x1, Sub-Box Squat 210x5, Week 17: Hi-Box Squat 285x1, Free Squat 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**Message from the  
 U.S.P.F. President**

Belinda Lee observed that although she is a member of many organizations, only one, the United States Powerlifting Federation, Inc., did not send her a reminder to renew her annual membership. As a graduate in marketing she was troubled; the USPF was missing an opportunity. Her state chairman, Justin Weisberg, relayed her concern, and immediately contacted Jan Shendow of the Athlete's Registry, Inc., to check the feasibility of her suggestion. Jan assured me that it can be done. By August, we will have implemented a program of regular reminders to alert those whose membership card has expired. Each month the Athlete's Registry, Inc. will record the renewals of that anniversary month. Those who have not renewed will be sent further reminders until such time as the cost of remaining exceeds the returns from re-enrollment.

Belinda Lee exemplifies the strength of the U.S.P.F. We have a considerable reservoir of talented members who are willing to share in our efforts to improve our organization. Lifters are learning that "voting with one's feet" or the threat to do so, the "exit vote", are unproductive. The U.S.P.F. provided much better ways to express dissatisfaction. Proposals for the agenda of the National Committee meeting in July should be in my hands by the end of May. We expect to adopt completely revised By-Laws at that meeting. However, that should not deter anyone from submitting proposals to better the sport. Granted, formulating a proposal to correct a deficiency is more time consuming, especially than unfocused bellyaching. We assure that the modeling policy would be easy, but we make every effort to ensure that the modeling process is accessible to all.

First of all we have a directory, which we try to update monthly through the pages of PL USA. Copies are available upon request from the U.S.P.F. office. Our directors of officers will enable one to lobby one's cause prior to the National Committee Meeting in Las Vegas. There are eleven members of the Executive Committee, eight regional chairmen, fifty state chairmen, five members at large, four athletes representatives and the Armed Services representative — 79 votes.

Lobbying is facilitated by our system of proxies. Any voting member of the National Committee who is unable to attend the National Committee meeting may designate a proxy by sending to the U.S.P.F., Post Office Box 18485, Pensacola, Florida, 32523, a signed letter naming the proxy and providing the proxy an identical bearer letter to be presented to the parliamentarian or other designated person prior to the start of the meeting. The proxy will be asked to sign in and will be issued a voting card.

The voting card is made of poster board. A new color of poster board is selected each year and the color is kept secret until we start the "sign in" just prior to the meeting. Further, one end of the card is taped with a tape whose color contrasts with the color of the poster board. This discourages a voter from tearing his voting card in half so that his buddy may vote also.

The chair continues to recognize persons on the floor who are not members. They may speak, but may not vote. They may not offer motions to amend, but they may seat themselves next to someone sympathetic to their cause. In short, one need not be a member of the National Committee in order to propose agenda items. The key is timely submission, not official position. One need not be a National Committee member to urge others to support one's cause. One need not be a National Committee member in order to be recognized by the chair and to speak in support of or in opposition to the motion on the floor. Finally, if there is time after the agenda items have been considered, one may bring new business to our attention. We shall continue this openness for so long as we are able to contain its abuse. We do ask, however, that each participant have a valid U.S.P.F. card.

Dr. Conrad Cotter, President

**Bulletin Board** \* The USAF Powerlifting team suffered its first loss in four years at the 1988 Armed Forces Championships this February. In order to keep that from happening in 1989, experienced powerlifters are need in the following critical weight classes: 114 lb., 148 lb., 165 lb., 275 lb., and Superheavyweight. Of course, talented powerlifters at any weight are encouraged to apply. For further information please contact SSGT Ray Long at AV 463-4743 or Capt. Sean Scully at 703-922-4366. \* the new **Maine State U.S.P.F.** Chairman is Ernie Gilbert, P.O. Box 85, Waterville, ME 04901; 207-872-7140 (gm). \* a cleanhouse for anyone with lifting equipment is being established by Doug Daniels. If you need used or wrong size equipment, lifting suits, wraps, belts, etc. who is willing to donate such to prison lifters who have no equipment should contact Doug at Box 148, Hammond, IN 46235. Please include any size information, and prison lifters with needs should specify sizes as well. Don't send the materials to Doug, only the information. \* Fred Strauser, who presided the **ADPPA ban on diuretics** in the March 1988 PL USA got a letter from Dennis Brady, President, ADPPA, indicating that the ADPPA does not prohibit the use of diuretics for medical use, only for making weight.

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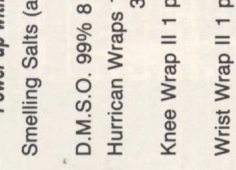
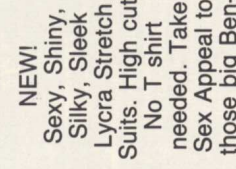
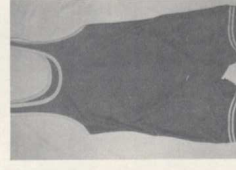
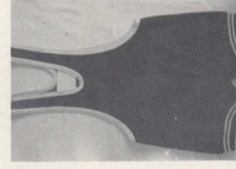
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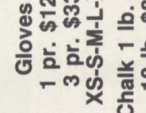
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# NUTRITION CORNER

## Vitamin/Mineral Balance, Part II



**Little Things Add Up to Big Things...** top strength athletes like Dave Jacoby must maintain a proper vitamin/mineral balance. *Balk/IRON MAN photo.*

As you recall, last month's article covered one of the major categories of a basic vitamin program: the B-Complex, focusing in on certain components of these 11 B-Vitamins, namely B12, Pantothenic Acid, and B6. We also covered the need for higher dosages of these essential nutrients for such intense and stressful activities as power training.

This month we'd like to cover the second half of a basic nutritional program for power training: the very important and sometimes neglected Mineral Complex.

There are 10 minerals that are considered part of the overall mineral complex. They are Calcium, Magnesium, Iron, Zinc, Manganese, Potassium, Copper, Iodine, Selenium and Chromium. The latter two are trace minerals which have become increasingly important in our overall nutritional thinking.

Certainly one of the most important and well-known minerals is Calcium. Calcium is essential for all vital functions of the body, including normal growth, but the area which concerns us most as powerlifters is Calcium's essential and remarkable role in muscle activity, nerve transmission, and pro-heart muscle action. Generally, Calcium absorption is insufficient in the body (only 20-30 percent is absorbed). Therefore, like any mineral, the source of your Calcium is extremely important. Some of the best sources are Oyster Shells, Calcium Citrate, or (probably the best source), Amino Acid-Chelated Calcium. These are far superior to such sources as Dolomite, which is a deep-mined mineral and much harder to take to utilize. Whatever form you take your Calcium in, a small amount of Vitamin D, a proper intake of protein and, above all, a dosage of Magnesium, will all increase your body's utilization of this essential mineral.

Magnesium is an equal partner in mineral supplementation with Calcium. Magnesium is an essential mineral involved in many metabolic processes. It is found inside the cell where it activates enzymes necessary for the metabolism of carbohydrates and Amino Acids, and is therefore an important catalyst in enzyme reactions involved in energy production. Magnesium helps in the utilization of the B-Complex Vitamins, Vitamin E, Pals, other minerals, and especially Calcium. Like Calcium, it is needed for healthy muscle tone and the efficient synthesis of proteins. Magnesium also contributes to having a healthy heart, and prevents the buildup of cholesterol, helping to prevent the consequent arteriosclerosis (hardening of the arteries).

It is important to point out that Calcium and Magnesium should be taken together as they each have their role in proper muscular contraction. For best results, you really make of each should be 1500 mg and only 500 mg (in other words, a 3:1 ratio). You may find that higher dosages are necessary due to the

in on the word "Chelate" and, technically, they are. Where the right off comes in is the play on the word "Chelate", when it is not actually an Amino Acid Chelation. Also, such mono-valent minerals as Potassium, Iodine, Phosphorus, and Selenium cannot be Amino Acid Chelated. Only higher valency minerals can be Amino Acid Chelated, and be designated so. The most important point is to be aware of what you are, and are not, buying! Read labels carefully.

In summing up, we often times overlook the importance of essential minerals in our overall nutritional regimen. We cannot emphasize enough the importance of minerals, particularly Calcium, Magnesium, and Potassium, in optimum dosages. Taken correctly and in these optimum dosages, you'll experience maximum muscle performance and greater sustained energy levels.

George Zangas is the founder and owner of Marathon Distributing Company, which specialized 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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**NEXT MONTH... TOP 148s**

## POWERLIFTING USA MAGAZINE TOP 100

132/60 kg. March 1987 to February 1988

SQUAT	BENCH	DEADLIFT	TOTAL
1 556 Cahilo, J., 1024/87	358 Heath, D., 121/287	666 Carr, L., 111/287	1493 Carr, L., 111/287
2 545 Gant, L., 111/887	357 Caraway, J., 112/887	606 Carr, L., 111/887	1410 Carr, L., 111/887
3 529 Kinura, M., 323/87	356 Kinura, M., 323/87	551 Taylor, T., 91/787	1375 Steinbocker, R., 4/487
4 529 Kinura, M., 323/87	355 Taylor, T., 91/787	551 Taylor, T., 91/787	1375 Steinbocker, R., 4/487
5 529 Kinura, M., 323/87	350 May, J., 12/787	530 May, J., 12/787	1344 Heath, D., 121/287
6 525 Steinbocker, R., 4/487	347 Kinura, M., 323/87	529 Johnson, W., 37/87	1339 Taylor, T., 217/88
7 523 Westbrook, K., 101/887	345 White, B., 41/887	518 Richards, C., 12/787	1332 Drum, S., 6/887
8 518 Carr, L., 111/887	330 Polke, S., 6/27/87	512 Heath, D., 121/287	1311 Fog, S., 12/287
9 501 Olson, B., 4/25/87	330 Taylor, T., 217/88	512 Payne, P., 191/88	1287 Edmondson, D., 213/88
10 501 Ramsey, D., 11/22/87	325 Williams, 5/12/87	507 Westbrook, K., 8/187	1282 Pelt, K., 12/887
11 485 Smith, T., 2/6/88	320 Allen, R., 11/7/87	501 Fog, P., 12/287	1256 Sciency, K., 213/88
12 485 Smith, T., 2/6/88	319 Gant, L., 111/87	501 Blains, C., 2/288	1256 Sciency, K., 213/88
13 485 Smith, T., 2/6/88	319 Gant, L., 111/87	501 Blains, C., 2/288	1256 Sciency, K., 213/88
14 485 Smith, T., 2/6/88	315 Inouaka, J., 4/25/87	500 Deberry, K., 4/25/87	1245 Olson, B., 4/25/87
15 479 Taylor, T., 217/88	314 Johnson, W., 37/87	500 Williams, 5/12/87	1240 Richards, C., 11/787
16 479 Taylor, T., 217/88	314 Johnson, W., 37/87	500 Williams, 5/12/87	1240 Richards, C., 11/787
17 479 Taylor, T., 217/88	310 Steinfield, J., 12/787	490 Gammoo, Q., 3/6/88	1229 Payne, W., 11/14/87
18 473 King, W., 6/6/87	308 Steinbocker, R., 6/27/87	490 Edmondson, D., 213/88	1223 Ramsey, D., 11/287
19 473 King, W., 6/6/87	308 Steinbocker, R., 6/27/87	485 Lumpkins, 5/12/87	1211 Wong, B., 8/187
20 473 King, W., 6/6/87	308 Steinbocker, R., 6/27/87	485 Smith, B., 7/4/87	1210 Mann, 5/12/87
21 470 Mann, 5/12/87	303 McKellar, K., 5/7/87	485 Smith, B., 7/4/87	1210 Mann, 5/12/87
22 470 Mann, 5/12/87	303 McKellar, K., 5/7/87	485 Smith, B., 7/4/87	1210 Mann, 5/12/87
23 465 Kaufman, B., 3/22/87	300 Ford, C., 11/7/87	485 Blake, H., 10/3/87	1195 Syha, J., 8/187
24 465 Kaufman, B., 3/22/87	300 Ford, C., 11/7/87	485 Blake, H., 10/3/87	1195 Syha, J., 8/187
25 457 Mason, M., 11/21/87	297 Sciency, K., 213/88	485 Butler, E., 11/22/87	1195 Lauris, C., 11/887
26 457 Mason, M., 11/21/87	297 Sciency, K., 213/88	485 Butler, E., 11/22/87	1195 Lauris, C., 11/887
27 455 Rowdy, C., 11/27/87	295 Slagter, G., 2/13/88	480 Chick, L., 5/9/87	1190 Payne, P., 19/88
28 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
29 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
30 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
31 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
32 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
33 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
34 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
35 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
36 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
37 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
38 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
39 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
40 451 Rowdy, C., 11/27/87	292 Wheat, P., 3/14/87	480 King, C., 6/6/87	1190 Cunningham, J., 217/88
41 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
42 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
43 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
44 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
45 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
46 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
47 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
48 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
49 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
50 440 Lucette, M., 8/187	285 Fog, P., 9/9/87	465 Granato, R., 10/31/87	1151 Lester, M., 5/28/87
51 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
52 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
53 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
54 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
55 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
56 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
57 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
58 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
59 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
60 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
61 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
62 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
63 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
64 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
65 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
66 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
67 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
68 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
69 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
70 435 Karberg, Q., 2/6/88	280 Smith, S., 3/8/87	457 Baham, M., 11/21/87	1135 Luna, B., 10/11/87
71 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
72 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
73 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
74 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
75 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
76 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
77 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
78 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
79 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
80 418 Blevins, B., 2/20/88	270 Henderson, T., 4/87	440 Glenn, D., 4/11/87	1085 Hamilton, L., 212/87
81 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
82 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
83 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
84 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
85 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
86 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
87 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
88 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
89 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
90 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
91 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
92 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
93 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
94 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
95 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
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97 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
98 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
99 407 Malkasian, B., 6/6/87	265 Hammans, D., 4/87	435 Hetzer, S., 4/4/87	1074 Chanove, S., 11/6/88
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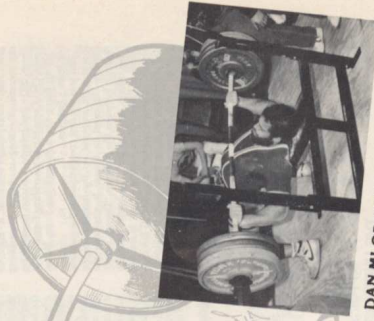


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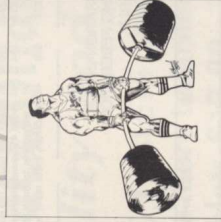
**Jan Harrell**...385 squat at 183 bodyweight. New APF World Record. When you're the best you only use the best. **Super Spectrim's Power Kit Pac**. (photo by Chris Ravazzolo)

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Oklahoma State Championships 20 Feb 88 - Oklahoma City (kilos)		145		105		170		420		275 lb.		385*		220		332.5		957.5		525*		340*		525*		1390*		
SQ	BP	DL	Total	SQ	BP	DL	Total	SQ	BP	DL	Total	SQ	BP	DL	Total	SQ	BP	DL	Total	SQ	BP	DL	Total	SQ	BP	DL	Total	
M. McMurtry	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
R. Proctor	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
C. Hoidalander	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
A. Quinn	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
M. Quinn	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
C. Childers	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
G. Mays	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
M. Burt	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
M. Scott	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
T. Keeling	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
M. Dill	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	385*	220	332.5	957.5	525*	340*	525*	1390*	405	275	425	1105	310	280	450	1040
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M. Dill	198	110	230	535	170	105	375	1000	310	142.4	237.5	590	3															











ADFFA YMCA Meet  
7 Feb 88 - Lafayette, IN

	SQ	BP	DL	Total
Women's Open	132.5*	57.5	152.5*	342.5*
D. Ellison	105	55		
L. Condon	125	70		
C. Friley	132.5	62.5	160	355
E. Garner	107.5	67.5	157.5	331.5
Men's Open	120	60	135	315
J. Suomi	155	92.5	170	417.5
A. J. Bly	140	67.5	145	352.5
S. Brady	107.5	65	145	305
N. Ashley	107.5	62.5	142.5	295
S. Bradley	100	42.5	112.5	255
Men's Master	120	57.5	122.5	300
J. Reif	125	65	182.5	372.5
D. Scanga	132.5*	57.5	152.5*	342.5*
D. Ellison	120	57.5	122.5	300
J. Reif	120	57.5	122.5	300
YMCA Teens:				
Ages 14-16:				
C. Leill	75	45	105	225
T. Summers	112.5	65	127.5	305
J. Jamson	112.5	62.5	117.5	292.5
C. Cheek	177.5	110	170	457.5
S. Hicks	147.5*	114	122.5	384
S. Hicks	110	60	112.5	282.5
C. Louck	122.5			
Ages 17-19:				
R. Gartin	105	77.5	160	342.5
R. Gartin	165	107.5	170	442.5
242 lb. lifter				
G. Kamp				
Indiana State Record:				
** American Open Record:				
* American Masters Record:				
** American Masters Record:				
Women's Championships did not have many				

lifters, but those who did were outstanding break-throughs, technical, and American masters, and American nationals. The women's team was coached by Eric Ellison for running the team. The men's team was coached by Eric Ellison for running the team. The women's team was coached by Eric Ellison for running the team. The men's team was coached by Eric Ellison for running the team.

coached 2 women, 6 teens, judged, and supplied the awards for the meet. I couldn't have done it without the help of the following: Jim Haddock, and supporting me in lifting, coaching, and running this meet, and most of all living with me and making me a better person. Thank you, Y.M.C.A. youth Physical Director, and meet director.

Fort Devans Championships  
20 Feb 88 - Ft. Devans, NY

	SQ	BP	DL	Total
Women	225	150	310	685
Ballou	180	155	275	610
W. Middle	160	105	230	495
Men	350	225	385	960
Kanunpu*	225	225	300	750
Pinon	225	225	300	750
Tablola	225	190	330	745
Wilson*	200	175	345	720
Baxter (BL)	560	330	605	1495
McNeal	525	315	550	1390
Campbell*	375	325	450	1150
McNeal	375	325	450	1150
Graham	150	200	400	750
Langhorst*	505	345	520	1370
Boatright*	300	305	425	1030
Boatright	300	305	425	1030
Langhorst	350	200	375	925
Page	290	225	400	895
Yorler	325	215	320	860
Digangi	240	150	300	690
198 lb.				
Schuler*	350	275	515	1340
Walker*	300	205	400	905
Parrish*	540	390	650	1580
Walker*	550	385	550	1485
Walker*	550	385	550	1485
** Fort Drum Powerlifting Team member				
1st place lifting team was the Fort Drum Powerlifting Team. The meet was a first for many, including the Fort Drum Powerlifting Team, Fort Devans Powerlifting Team, and Fort Drum Powerlifting Team. The meet was a first for many, including the Fort Drum Powerlifting Team, Fort Devans Powerlifting Team, and Fort Drum Powerlifting Team.				

PC Eric Zuecker for meet results)

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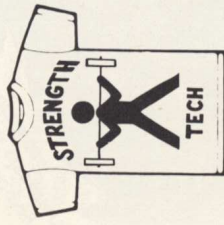
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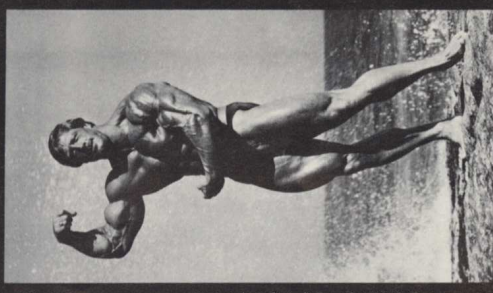
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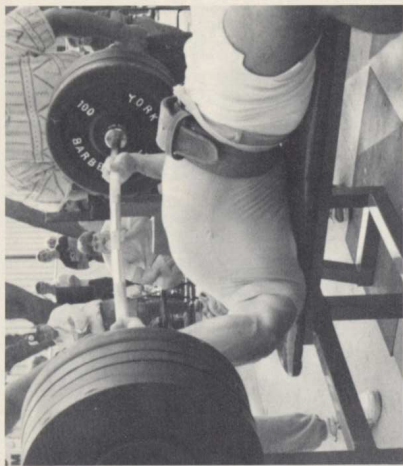
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**ROGER HERNANDEZ** with his 625 lbs. at the Florida State Bench Meet. There is some talk that the bar was actually loaded to an actual weight of 635. Photo and information provided courtesy of Rick Poston.

### Florida State Bench Press

27 Feb 88 - Tampa, FL

### Bangor Open

Feb 88 - Bremerton, WA

Men's Open	SQ	BP	DL	Total
123 lb.	235	110	210	555
P. Ariga	210	110	210	530
H. Thompson	210	110	210	530
J. Perez	210	110	210	530
D. Lullberg	210	110	210	530
M. Williams	210	110	210	530
A. Mayer	210	110	210	530
J. Miller	210	110	210	530
J. Henry	210	110	210	530
H. Conyers	210	110	210	530
M. Lumpkin	210	110	210	530
J. Nishi	210	110	210	530
P. Aquilino	210	110	210	530
M. Davis	210	110	210	530
M. Morgan	210	110	210	530
D. Torregross	210	110	210	530
J. Miller	210	110	210	530
M. Kahlowsky	210	110	210	530
T. Haddad	210	110	210	530
M. McGowan	210	110	210	530
E. Hughes	210	110	210	530
A. Milo	210	110	210	530
J. Phelan	210	110	210	530
E. Proszpawicz	210	110	210	530
E. Devalle	210	110	210	530
J. Heath	210	110	210	530
M. Anderson	210	110	210	530
J. Scrimman	210	110	210	530
M. Greene	210	110	210	530
M. Washington	210	110	210	530
M. Estrada	210	110	210	530
J. Hackel	210	110	210	530
F. Gemaro	210	110	210	530
R. Crowder	210	110	210	530
L. Shale	210	110	210	530
W. Strange	210	110	210	530
M. Ferrantelli	210	110	210	530
D. Chevalier	210	110	210	530
F. Fitzgerald	210	110	210	530
D. Stenberg	210	110	210	530
B. Studley	210	110	210	530
I. Arturas	210	110	210	530

### FCI Petersburg Postal

13 Feb 88 - Petersburg, VA

Men's Open	SQ	BP	DL	Total
132 lb.	250	100	350	700
140 lb.	245	110	350	705
148 lb.	245	110	350	705
155 lb.	245	110	350	705
165 lb.	245	110	350	705
175 lb.	245	110	350	705
185 lb.	245	110	350	705
195 lb.	245	110	350	705
205 lb.	245	110	350	705
215 lb.	245	110	350	705
225 lb.	245	110	350	705
235 lb.	245	110	350	705
245 lb.	245	110	350	705
255 lb.	245	110	350	705
265 lb.	245	110	350	705
275 lb.	245	110	350	705
285 lb.	245	110	350	705
295 lb.	245	110	350	705
305 lb.	245	110	350	705
315 lb.	245	110	350	705
325 lb.	245	110	350	705
335 lb.	245	110	350	705
345 lb.	245	110	350	705
355 lb.	245	110	350	705
365 lb.	245	110	350	705
375 lb.	245	110	350	705
385 lb.	245	110	350	705
395 lb.	245	110	350	705
405 lb.	245	110	350	705
415 lb.	245	110	350	705
425 lb.	245	110	350	705
435 lb.	245	110	350	705
445 lb.	245	110	350	705
455 lb.	245	110	350	705
465 lb.	245	110	350	705
475 lb.	245	110	350	705
485 lb.	245	110	350	705
495 lb.	245	110	350	705
505 lb.	245	110	350	705
515 lb.	245	110	350	705
525 lb.	245	110	350	705
535 lb.	245	110	350	705
545 lb.	245	110	350	705
555 lb.	245	110	350	705
565 lb.	245	110	350	705
575 lb.	245	110	350	705
585 lb.	245	110	350	705
595 lb.	245	110	350	705
605 lb.	245	110	350	705
615 lb.	245	110	350	705
625 lb.	245	110	350	705
635 lb.	245	110	350	705
645 lb.	245	110	350	705
655 lb.	245	110	350	705
665 lb.	245	110	350	705
675 lb.	245	110	350	705
685 lb.	245	110	350	705
695 lb.	245	110	350	705
705 lb.	245	110	350	705

### 17th Greater Arkansas Championship

5 Mar 88 - Ft. Dorado, AR (kg)

Ladies Open	SQ	BP	DL	Total
114 lb.	82.5	35	97.5	215
C. O'Kelley	82.5	35	97.5	215
123 lb.	82.5	40	110	232.5
M. Cook	82.5	40	110	232.5
132 lb.	92.5	35	117.5	245
S. Woodward	92.5	35	117.5	245
148 lb.	100	60	105	265
D. Aucain	100	60	105	265
165 lb.	115	55	150	320
M. Robbins	115	55	150	320
170 lb.	137.5	210	517.5	865.0

### 17th Greater Arkansas Championship

5 Mar 88 - Ft. Dorado, AR (kg)

Ladies Open	SQ	BP	DL	Total
114 lb.	82.5	35	97.5	215
C. O'Kelley	82.5	35	97.5	215
123 lb.	82.5	40	110	232.5
M. Cook	82.5	40	110	232.5
132 lb.	92.5	35	117.5	245
S. Woodward	92.5	35	117.5	245
148 lb.	100	60	105	265
D. Aucain	100	60	105	265
165 lb.	115	55	150	320
M. Robbins	115	55	150	320
170 lb.	137.5	210	517.5	865.0

### 10th Louisiana Tech High School Invitational

30 Jan 88 - Ruston, LA

Men's Open	SQ	BP	DL	Total
114 lb.	815	350	900	2065
J. Babson	815	350	900	2065
P. McLaughlin	815	350	900	2065
M. Manning	815	350	900	2065
D. Howard	815	350	900	2065
R. Atkins	815	350	900	2065
C. Wally	815	350	900	2065
123 lb.	800	325	875	2000
J. Inman	800	325	875	2000
M. Adams	800	325	875	2000
A. Moore	800	325	875	2000
E. Melvin	800	325	875	2000
132 lb.	770	300	840	1870
K. Clarke	770	300	840	1870
C. Wilson	770	300	840	1870
141 lb.	735	275	805	1815
M. Conella	735	275	805	1815
J. Kinsman	735	275	805	1815
G. McMan	735	275	805	1815
T. Murphy	735	275	805	1815
150 lb.	700	250	770	1720
E. Floyd	700	250	770	1720
S. Walters	700	250	770	1720
160 lb.	665	225	735	1625
M. Peterson	665	225	735	1625
170 lb.	630	200	700	1530
J. Whittington	630	200	700	1530
R. Morgan	630	200	700	1530
180 lb.	595	175	665	1435
D. Brosette	595	175	665	1435
190 lb.	560	150	630	1340
C. Vinci	560	150	630	1340
200 lb.	525	125	595	1245
R. Patrick	525	125	595	1245
210 lb.	490	100	560	1150
C. Long	490	100	560	1150
220 lb.	455	75	525	1055
230 lb.	420	50	490	960
240 lb.	385	25	455	865
250 lb.	350	0	420	770
260 lb.	315	0	385	680
270 lb.	280	0	350	590
280 lb.	245	0	315	500
290 lb.	210	0	280	410
300 lb.	175	0	245	320
310 lb.	140	0	210	230
320 lb.	105	0	175	140
330 lb.	70	0	140	50
340 lb.	35	0	105	0

### Powerlifting Meet

Saturday, January 30th, at the Memorial Gym at Tech. One hundred fifty-four lifters from twenty-three high schools in Mississippi, Texas, and Louisiana participated in this meet.

Men's Open	SQ	BP	DL	Total
114 lb.	725	375	1025	2125
M. Coffey	725	375	1025	2125
123 lb.	75	92.5	202.5	275
P. Reeves	75	92.5	202.5	275
132 lb.	210	92.5	240	542.5
J. Lupton, Jr.	210	92.5	240	542.5
141 lb.	165	137.5	192.5	495
A. Sharp, Jr.	165	137.5	192.5	495
150 lb.	172.5	122.5	197.5	492.5
C. Brown	172.5	122.5	197.5	492.5
160 lb.	175	100	195	470
C. Whelan	175	100	195	470
170 lb.	227.5	147.5	227.5	602.5
M. Nolan, Jr.	227.5	147.5	227.5	602.5
180 lb.	112.5	147.5	165	425
E. Jackson	112.5	147.5	165	425
190 lb.	250	132.5	272.5	655
A. Driggers	250	132.5	272.5	655
200 lb.	115	92.5	155	362.5
G. Vincent	115	92.5	155	362.5
210 lb.	75	40	100	215
W. Farmer	75	40	100	215
220 lb.	182.5	122.5	187.5	492.5
P. Neiner	182.5	122.5	187.5	492.5
230 lb.	299	92.5	205	497
R. Oborn	299	92.5	205	497
240 lb.	227.5	132.5	227.5	587.5
M. Rhoads	227.5	132.5	227.5	587.5
250 lb.	255	150	250	655
G. Nettles	255	150	250	655
260 lb.	185	190	267.5	642.5
F. Flaherty	185	190	267.5	642.5
270 lb.	245	122.5	265	632.5
D. Perkins	245	122.5	265	632.5
280 lb.	227.5	150	200	577.5
K. Balicrak	227.5	150	200	577.5
290 lb.	325	182.5	250	757.5
L. Johnson	325	182.5	250	757.5
300 lb.	267.5	162.5	250	680
P. Price	267.5	162.5	250	680
310 lb.	247.5	155	252.5	655
P. Wainwright	247.5	155	252.5	655
320 lb.	147.5	140	197.5	485
S. Holloway	147.5	140	197.5	485
330 lb.	322.5			





























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### Complete also contains Peptide Amino Acids

### Usage:

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