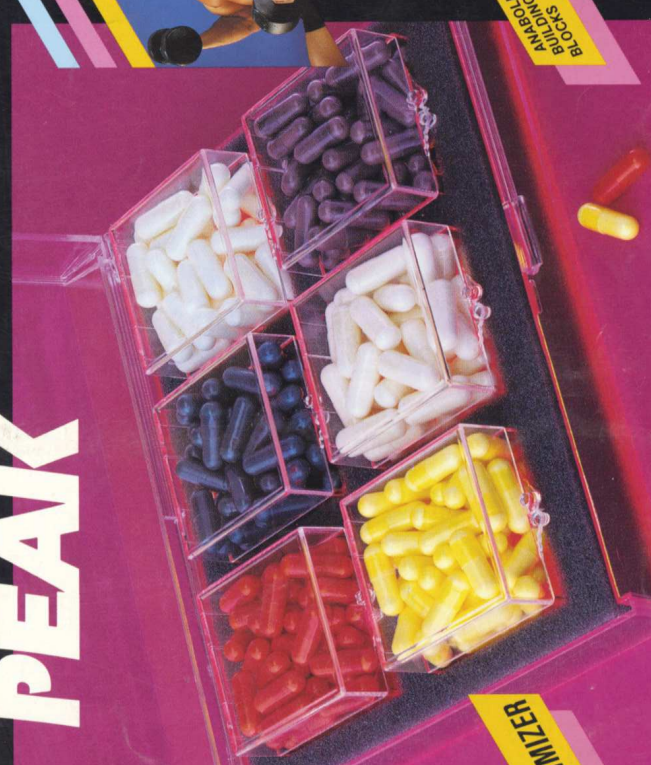


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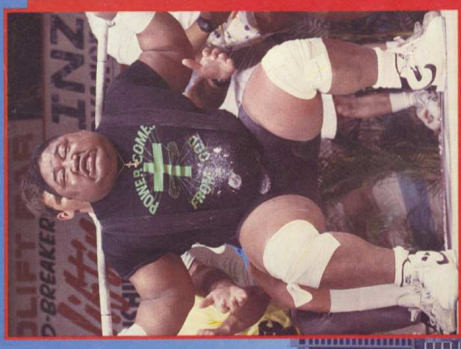


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**GENE BELL: 843 Squat, 2110 Total at 181**

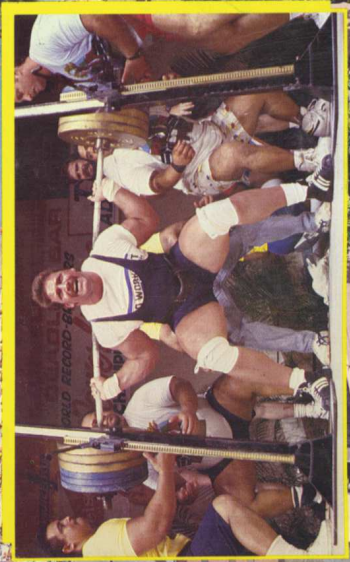


**ANTHONY CLARK: 1925 Squat**

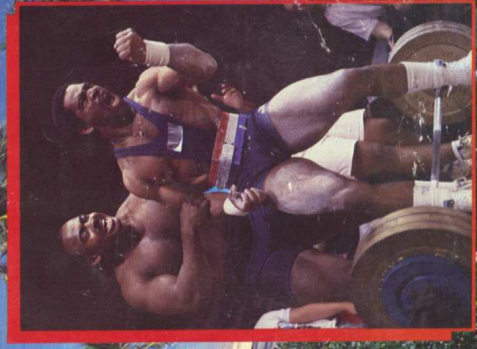
## HAWAII!

### Budweiser World Record Breakers Meet

**DAVE PASSANIELLA: 1019 Squat, 2408 Total at 275**



**FIVE Total Records Fall!! DAN AUSTIN hits 1713 at 148**



**Powerlifting USA**  
Post Office Box 467  
Camarillo, CA 93011

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Subscription Services In-Joo Lambert  
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**GUS RETHWISCH** wishes to thank all of the above sponsors for making the 12th Annual Budweiser World Record Breakers Meet the BEST MEET ever. 19 World Records were set bringing the overall total to 98 for the meet.

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ON THE COVER...Several of the stars of the Budweiser World Record Breakers Meet: Anthony Clark, Gene Bell, Dave Passanella, and Steve Goggins with Dan Austin.

NEXT MONTH...another World's Strongest Man Claimant

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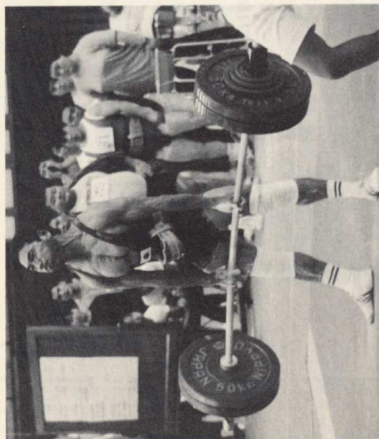
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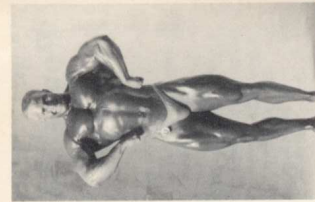
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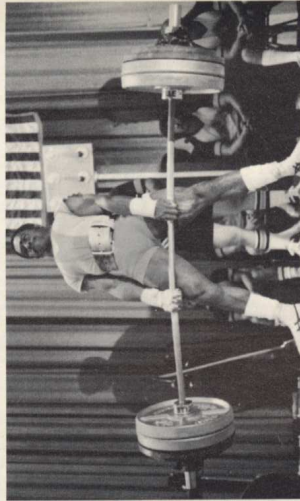
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# HAWAII

## Budweiser World Record Breakers Meet as seen by POWERLIFTING USA Editor, Mike Lambert

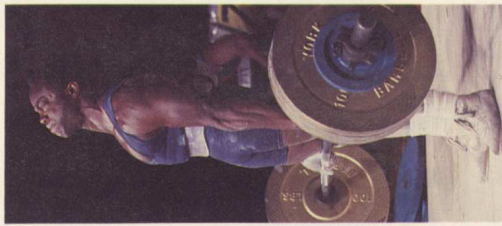
Witness the shot of Dan Austin on the cover. His placidity is normally constant, but when he cracked that 1700 barrier, the tiger's heart that pounds in his chest could not be restrained. The show ran late, as some of the earlier versions often did, getting over at 2 AM after inserting two physique contests, a martial arts demonstration, and a Gary Strydom posing exhibition between, but Gus's great lifting performance, but Gus started relatively late, at 5 PM in the afternoon, so more fans would have a chance to get home from work and get out to the show.

Lars Noren of Sweden, the reigning LP.F. World Superheavyweight Champion, was expected to compete in this meet, but was ill for several weeks just before the meet and passed on the trip. He did compete at the Swedish Nationals, however, and went 881 squat, 551 bench and moved his IFF SHW deadlift record up a 1/4 kilo to 893.

The lifters competed against a set of World Powerlifting Congress World Records, some of which represent the all time best performances in each lift, and some which do not, but many all time performances were shattered. Truly noteworthy was the fact that FIVE all time total records were exceeded. The Hawaii meet is obviously not just a showcase for one lift specialists. This may well have been the record breakingest contest of all time, and might never be matched again. It was announced in the newspaper and at the contest that the bar was actually 3 lbs. overweight, which makes the poundages even more impressive. Gus was not around to bask in his own glory afterwards. The day after the contest, he was off to Mexico City to start shooting a new movie with Mickey Rooney called "The Flitfighter". The hero in this movie has to fight Gus, so don't miss it when it comes out.

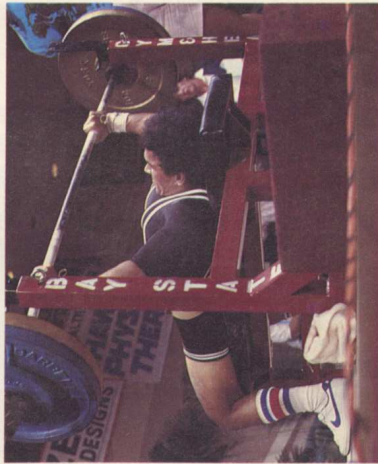
Lightest lifter in the competition was Alphonse Newman, the 15 year old daughter of Maui master lifter Fletcher Newman, who gave Fred Fletcher fans a bit of a start, as he strongly resembles Dr. Squat. Alphonse's lifting, in only her 3rd meet, sparkled like her eyes, and she hit bodybuilding poses after her successful attempts on the stage. She blitzed a bundle of Hawaii teenage records, and helped her father out when it was his turn to set some records, even slapping him across the face to get him psyching up. As IRON MAN photographer and design director Mike Neveux noted, not too many daughters get to do that to their Daddies. Unfortunately, 60 year old Fletcher could not get a bench press up in satisfactory form and bombed.

Jeff Nielsen of Auckland, New Zealand came in a class heavier than



**The Best Is Yet To Come...** despite being all time the greatest and the greatest of record-shattering is just beginning, and who knows what else televised every year.

ESPN asked one thing from the lifters, that they not be afraid to show their emotions. Some felt this would lead to displays on the order of pro wrestling, but that wasn't the case. The lifters weren't shy, that's certain, but when you are succeeding with monster lifts to the cheers of 3500 fans the emotions do come out.



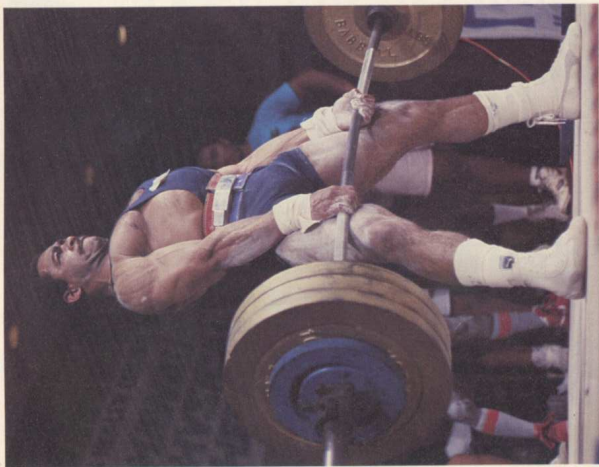
**Doug Ortiz** quietly opened with the biggest bench ever in the 123 lb. class.

The Hawaii meet, now known as the Budweiser Record Breakers Meet, has been the scene of many, if not most, of the greatest moments in Powerlifting history during the past decade or so. Meet promoter, Gus Retznick talked up beforehand and afterwards, incredibly, that '79 world records had been set in his previous meets. Furthermore, Gus was one of the first to get powerlifting on TV and has labored annually to get us back on the tube in the meantime. Against this backdrop of success, he went into this year's promotion with the added mission of using the meet to help pay back a debt at St. Jude's Hospital, who had helped give his daughter a life from cancer. He got a Great date (Friday night) from the Boston Celtics, Mike Neveux, the weekly booker, Walid Shakeron, and so on for better financial footing than his earlier meets, so that the lifters were showcasing trials. Like a true powerlifter, Gus was not satisfied with what he had accomplished before. He wanted more, and pulled out all the stops, going for the biggest meet of his career. As you will read, he succeeded.

First off, and perhaps most importantly, Powerlifting and Network Television are now one again, thanks to Gus. After years of huge phone bills leading only to rejection, Gus has finally found a sympathetic ear for his message about Powerlifting in Rich Caulfield of ESPN. Through Lou Zwick's American Sports Network, which produces a bodybuilding show for the network, this contest was taped for showing on ESPN later this year, tentatively in July. ESPN banners were all over the contest site and they got some great interviews with the tremendous strength athletes who participated in the meet. When this show hits the air, every single one of you out there in PL USA readland had better knock down the doors of your local cable operators, ESPN, and the show's sponsors, DEMAN-DING that they continue this kind of coverage. If this show gets good ratings and response, other networks will get interested as well. Things could get back like they used to be, with the Worlds, Seniors, Gus's meet,

**What An Experience** for 15 year old Alphonse Newman to share the stage with the greatest assemblage of record breaking Powerlifters ever.





**Dan Austin** seemed to lose this 694 deadlift on foot slippage, shook his head, took it again with only seconds of rest, and ripped it up to the finish. hit 570x2 in the squat weighing only 120% of training, but at this weight he was either pinned with the weight or very high. It was a long way to come, representing one of the most sporadic lifts (Bay State Gym and Health Equipment) and the elevated stage and bright TV lights may have disoriented him.



**Death on Squats.** Steve Goggins lost his skill and crossbones lifting suit put the 700 barrier to rest early at 148 lbs. in this Ed Douglas photo.

to set it down before locking out. Lamar had a great interview with ESPN. They started out focused in on his face, calling him one of the "giants of powerlifting," then he hoped down and the announcer said, "but he's only 5'11" when he's not standing on the bench." Lamar has very big plans for the rest of the year. "I'd like to do a 694 on the deadlift, a 625 on the squat or 628 or so, a bench of 336-341 and a deadlift of 720 are not out of the question, and hopes for a total of at least 1650 at the Seniors. He'll be watching his bodyweight closely, because he's found that when it drifts up too much over the 132 limit, it loses his tightness and can't deadlift as well. His total was a massive 1587, 335 pounds up on his I.P.F. record of nearly 5 years prior.

**Budweiser World Record Breakers/8 Apr 88/Honolulu, HI**

Alpha Newman	913	873	813	733	653	573	493	413	333	253	173	103	451
Jeff Maassen	473	473	496	192	203	209	699	473	501	523	1201	611	
Doug Ortiz	132	...	...	347	363	363	479	132	...	...	...	...	611
Dino Raposo	512	512	512	523	523	523	523	523	523	523	523	523	523
Lamar Cabico	545	578	595	308	319	325	914	628	672	688	1587	1438	
Ron Cabico	523	573	589	303	330	347	920	485	518	518	1438		
Dan Austin	589	633	655	347	358	363	1019	651	694	694	1713		
Jesse Jackson	559	605	733	275	325	325	981	578	578	694	1559		
Alexander	683	722	738	391	407	413	1151	655	716	733	1867		
John Inzer	686	688	744	336	347	358	1035	683	738	738	1691		
Walt Cavalier	606	661	661	363	380	482	986	699	749	749	1686		
Gene Bell	749	826	843	490	512	523	1366	705	744	...	2110		
Glen Villarmia	594	584	584	418	457	457	1003	132	...	...	1019		
Tom Eisman	132	...	...	132	...	...	264	755	810	810	1019		
Bred Padilla	600	644	661	132	...	...	777	132	...	...	903		
Mike Scott	462	485	512	319	330	330	815	434	451	473	1389		
Frank Medeiros	374	402	424	270	286	292	710	451	490	507	1201		
Larry Danaher	132	...	...	512	562	562	1317	591	611	...	1929		
Francis Silva	733	782	804	132	...	...	551	584	600	716	132	...	848
Julian Lee	132	...	...	385	435	468	567	132	...	...	689		
Don Gillis	132	...	...	416	468	468	567	132	...	...	689		
Fletcher Newman	385	402	429	275	275	275	275	275	275	275	275		
Steve Goggins	870	920	953	485	512	576	1432	804	821	843	2254		
Jeff Magruder	672	733	766	406	507	504	1329	644	694	622	2033		
Tom Eisman	406	507	504	1329	644	694	622	2033	650	688	776	2028	
Dan Milodzenec	132	...	...	600	644	644	733						
Dave Passanella	925	925	1019	523	562	584	1603	727	804	826	2408		
Kotcha Doonkeen	414	414	414	389	422	422	1393	573	672	744	2066		
Harold Nakagawa	444	444	444	450	450	450	1179	600	628	677	1857		
Wesley Morgan	451	501	501	473	501	501	1179	650	666	663	1846		
Terry Morgan	677	705	705	584	611	611	1716	132	...	...	848		
Dexter Choi	132	...	...	584	611	611	1716	132	...	...	848		
SHW	881	942	953	578	606	622	1504	733	766	804	2270		
Mike Hall	578	639	672	1581	1581	1581	1581	1581	1581	1581	1581		
Anthony Clark	132	...	...	622	655	677	788	132	...	...	920		
Sam Samaniego	476	476	476	476	476	476	476	476	476	476	476		
James Mensberg	876	876	942										

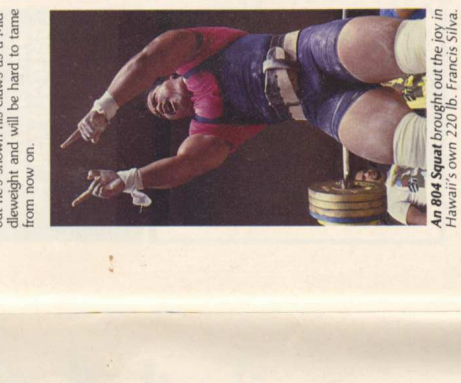
weight, and he almost missed it again on his final try in the competition. He started the weight up, but halfway up had to shut down the effort. His foot was slipping outward, dangerously. Still, with seconds left on the clock, he went back for another effort under the USPF rules, and magnificently pulled it through strongly. That's a rep and a half with 694 by a lightweight. Lightweights squatsmaster Jessie Jackson was into "incredible" himself, with a new skill and crossbones squat suit and vascular. He'll be watching his bodyweight closely, because he's found that when it drifts up too much over the 132 limit, it loses his tightness and can't deadlift as well. His total was a massive 1587, 335 pounds up on his I.P.F. record of nearly 5 years prior.

Breaking a total record was also on the mind of Lamar's friend Dan Austin. When Aubrey Alexander soloed over the 1700 mark last year, Dan decided he would try to go a bit better. While he has been lifting with some time, he had to make his squat and bench up as well. After going out 6 and 8 and 3663, he was ready for the biggest test of his anyone's deadlift in the history of the lift. Shockingly, he missed 694 on his first try at the deadlift. Last year, John Inzer was definitely on for this meet. This year

he was inexplicably off, without that amazing explosiveness in his squats and deadlifts that he showed the contest before. The meet program indicated that he had been planning on a deadlift of as much as 765. Aubrey Alexander took the title, disappointed that he came in just off the all time mark of Rick Gaugler. The 738 squat he made was solid and he could have even dream of such things. Gene just bears down and does them. His 826 squat was a great lift, but looked like a limit. Gene showed why we shouldn't be putting limits on him with 843 effort. It was a super hard lift, but Gene would not budge from his groove and kept fighting and fighting the lift, until he finished it off. Then he charged through 3 precise and powerful successes in the bench. After discussion with Ausby and friends, it was decided he would only take two deadlift attempts and the world leader at 181 was his on a 2nd attempt. The quiet, but resolute Gene Bell is steadily emerging out of the ranks of today's great lifters as one of the greatest of all time himself.



**Ausby Alexander** got ONE of the Big Lifts he wanted, a 738 lb. squat. In the 181s, local lifters Glen Villarmia and Beatec Padilla went after state records, and Tom Eisman tried once again to become the first to pull over 800 in this class. His 755 opener was so easy, but 810 pulled him over too much on both of his following tries. Air Force Athlete of the Year, Gene Bell, came in to take the all time best in the squat and total from the records books, away from the legendary Mike Bridges. Most lifters don't even dream of such things. Gene just bears down and does them. His 826 squat was a great lift, but looked like a limit. Gene showed why we shouldn't be putting limits on him with 843 effort. It was a super hard lift, but Gene would not budge from his groove and kept fighting and fighting the lift, until he finished it off. Then he charged through 3 precise and powerful successes in the bench. After discussion with Ausby and friends, it was decided he would only take two deadlift attempts and the world leader at 181 was his on a 2nd attempt. The quiet, but resolute Gene Bell is steadily emerging out of the ranks of today's great lifters as one of the greatest of all time himself.

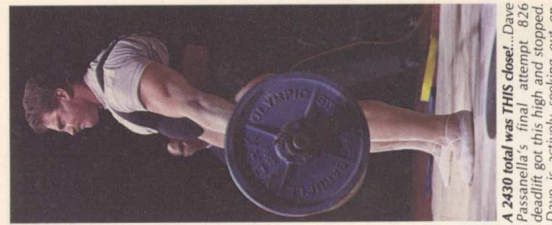


**An 804 Squat** brought out the joy in Hawaii's own 220 lb. Francis Silva.

State Masters marks before coming into the meet. Francis Silva had a lot of new post-lift choreography and after cracking the 800 barrier in the squat at 220 he jumped out in front of the squat racks to do some pushups for the crowd, but the warmup was not enough as his normally massive bench was down. Julian Lee, who is a corrections officer at Halawa Prison, starred in that event, however, just like he did last year, by missing and then coming through on a 4th attempt with 600 pounds. Julian is now the lightest man in history to crack the 600 barrier, at only 214. An explosive master lifter, Don Gillis, got some Hawaii records in the bench as well.

At 242, Steve Goggins was identified in the meet program as being primed to hit the biggest total of history in this class, and even though he missed all his 3rd attempts in the meet, he was able to accomplish the feat, finishing just up on George Hechler's previous total here last year. When Steve, who only weighed about 233, is really on at a meet, 2300 will fall, perhaps at 220, and that puts him in territory only Ed Coan as traveled before.

Dan Milodzenec and Jeff Magruder had another bench off at all world best of 644 pounds. Neither had the swift explosion necessary to finish off the lift, and Jeff mentioned some recent pain killing injections into his elbows that may have affected his



**A 2430 total** was THIS close. Dave Passanella's final attempt 826 deadlift got this high and stopped. Dave is actively seeking out endorsement opportunities, and his agent, Sandy Ford of Power Players International, states in SPORTS Inc. that she is positioning him as a "strong but sensitive" man to the advertising world. After his lifting here he was offered a big endorsement opportunity with Joe Weider.

lockout power. Jeff was able to put together enough of a 2000 plus total to just hold off Hawaiian Hulk Malcomb Lutu. The former all conference fullback for Graceland College in Iowa squatted big and looked lots bigger than his bodyweight.

**Number One In the 242s...** that's where Steve Goggins knew he was headed after hitting a 920 squat.

# The Best Bench In The West

as told by Doug Daniels

In any sport, the question always is "Who's the best?" In many sports, like football, it's whoever wins the Super Bowl, at least for that year. In Powerlifting there are 11 different weight classes with record holders in each, but many formulas and methods have been developed to take account of bodyweight so that we can declare a "best" bench.

Because of multiple federations and slight rule differences, I could conceivably come up with several best bench lists. In order to avoid this, I will only deal with the absolute world competition bests in each class. I also gathered the best of my ability, the bodyweights of each lifter for more precise determination. They are indicated in the table.

I decided to use both the Reshel Formula and the Schwartz Formula to get a composite score, in order to smooth out any differences between the two formulas. I then added the ranks of each lifter, and rank them by this sum. The lowest ranks as the best bench and so forth.

The results are self explanatory. The 705 bench press by Ted Arcidi at the 1986 Hawaii Meet ranks as the all time best by formula as well as the all time highest bench by poundage. Ted's bench has far surpassed any other competitive bench by a large margin. William's 675 in 1972, Kaz's 665 in 1981, and Sam Samaniego's 655 in 1988 are the closest. Jim Williams reportedly benched 700 or so in York, PA, back in the Seventies though it wasn't regarded as official. Bringing up the next two places are Chris Conessore and Jeff Magnum, awesome in their own right. Ted Arcidi and Ultra Benchers Rick Well and Lo and behind, everyone on the list is from the USA, showing our dominance in this lift worldwide.

A ranking by bodyweight puts Rick Well at the top and Arcidi at bottom of the list. Of course, pound for pound rankings detract greatly from the achievements of heavier lifters, but Rick Well and Chris Conessore, at 1 and 2, respectively, show that some of the bigger guys can out lift the smaller ones.

You'll also notice that all four of these guys are from the USA. Keep only bench triple bodyweights are on the list, Joe Bradley being the first to

you'll be among the first to know.

Class Name	Lift	Reshel Schwartz Composite		
		Times	Rank	Score
114 Cumha	323	2833	7	6
123 Ortiz	347	2868	6	11
132 Bradley	396	3,000	4	17
148 Morishima	446	3,014	2	10
165 Well	485	2,939	5	7
181 Well	556	3,072	1	11
198 Conessore	578	3,010	3	8
220 Dicks	612	2,782	8	4
242 Magruder	640	2,645	9	5
275 Arcidi	650	2,364	11	3
Shw Arcidi	705	2,398	10	1



**Powerlympic Lifting!**...No, it's just Julian Lee celebrating after his 600 bench at this year's Budweiser Record Breakers Meet. Actually, Larry Pacifico's suggestion in the MAY edition of PL USA that the sports be combined has gotten some response. Jake Boyer will be promoting a clean & jerk, bench press, and raw bench contest in September, and PL USA reader Joe Nickle says that PL is the purest and toughest way to train. In any case, records there are more in the clean and jerk than the lifts, which is why the sport's popularity is nice. Joe doesn't feel it "would be worth sacrificing the lifters or the fundamental nature of PL."



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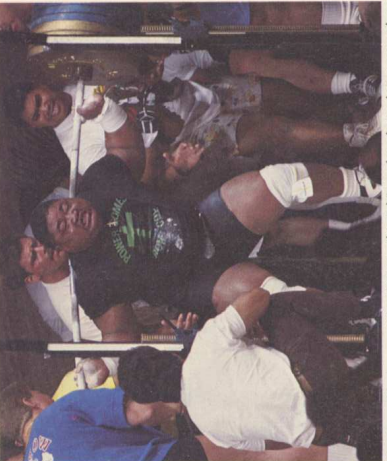
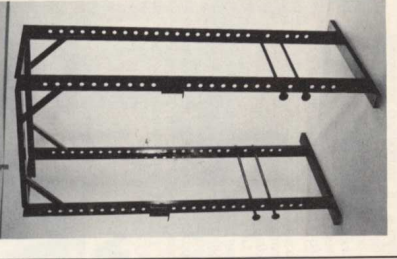
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**Anthony Clark**, squatting 1025 in this Ed Douglas photo, has come a long way from his first meet in Austin, Texas in 1984, where he benched 390 in the 220 lb. class. The next year, he went 650 480 610 at 242 to win the State High School title. In 1986 he became the first teenager to bench 600, topped that to 612 at the Teenage Nationals, and squatted 804 and totaled 2006. In 1987, he started the year with 865 617 628 2110 for the Texas State title and finished with 953 650 705 2309 at the Edward S. Hudson meet. Anthony is credited with a seated press bench with 455 lbs., a behind the neck press with 450 lbs., and a reverse grip bench of 605. When asked, he responds that "Power Comes From God", as his t-shirt states. His friend, Richard Parks, states that Anthony prides himself on being steroid-free.

puts them on the map of Powerlifting, not just as people to keep watching, but as people you will never forget. Of all these Hawaii/Budweiser Record Breakers meets Gus has put on, this is one that will never be forgotten by any of us.

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choice look mighty good. Slowly and relatively smoothly, the epoch shattering pull inched upward, until it stopped. He got the judges' signal, but were his shoulders back far enough? This was one very close call, but the judges said no. It is safe to say, however, that he was an inch or less away from an astonishing 2430 total. Even so, Dave felt much stronger than the numbers he was able to get on the score sheet, and more can be expected from him later.

Koicha Doonkeen, a teacher and pressing specialist from Oklahoma City, did not get a big bench, but showed some raw power in the other two lifts that should put him well up in the future rankings for the 275 lb. class. Harold Nakagawa did not get the Hawaii State Record in the squat that he wanted (weighing only a fraction of a kilo over the 242 lb. class limit), but did out-total fellow islanders Mark Deutsch and Terry Morgan, who played football at Linfield College in Oregon. Dexter Choi was more than out for a state record in the bench, but 611 would not quite go, despite enormous support from both the crowd and his handlers.

In the Supers, Mike Hall was hard to miss at 405 pounds of bodyweight, and he was definitely stronger than ever, though his total doesn't show it. His 942 squat was not passed, and on 953 he was timed out. He certainly had the strength for either of those lifts and more. More did come in the bench press where he hit 622, a PR for his admirably drug-free lifter. His 766 deadlift was smooth, but 804 was too much. If Mike can keep his squat moving up to 1000 or so, he could well get the all time best total mark he wants for himself.

2nd in the standings in this class was the incredibly thick Anthony Clark. At 332 pounds and well under 6 feet, he is one of the most massive muscular men ever seen on earth. He takes the old rule of thumb for physique proportions to a new level; his calves, arms, and neck are all well over 20 inches in circumference!

reports that the 21-year-old phenom hardly wants up for these massive attempts he takes, unless you count his opening weights in the front, in which he calls "Promises. Anthony is another one like Paul. He has climbed in the squat, which he has done since then. With a raw benchbase you might say, he was still amazing stable with all his lifts except when he lost 1014 on balance. 1025 was a full 75 pounds up on a contest, but you would never have known it from his implacable facial expression. The crowd was totally involved with his attempt. The success with the weight made the bar on the back of your neck stand straight out. When those lights came on white, it was a rare, raving and raucous instant of deep communion between an heroic strength athlete and those that worship the power he epitomizes. With those thick proportions, and heavy leverage advantages, Anthony is an explosive, short stroke

superstar in so many new names and



**Mike Scott** had a blast, lifting in the meet that he usually announces, down under rigid control. On ascent, he has to fight hard to keep his position, but that's just what he did on this successful lift. Dave then decided to go for a massive 1041 pounds on a 4th attempt, and he stiffly maintained his groove on this attempt as well, slowly coming up all the way on this one as well, but it was not passed by the judges. Dave, who romped to Teenage National titles several years ago, rammed up his benches and had power left over, before going into his deadlifts. A sumo style puller, his 804 was a smooth one, giving him the all time best total in the 275s, 2408, and making him only the 4th man in history to crack the 2400 mark. With one attempt left, he decided to go for the biggest total of history by calling for 826. He had reportedly done 825 in training and his previous lift made this poundage

Big Mike Hall, now over 400 lbs., the drug free champ is still in pursuit of the all time total at SHW.

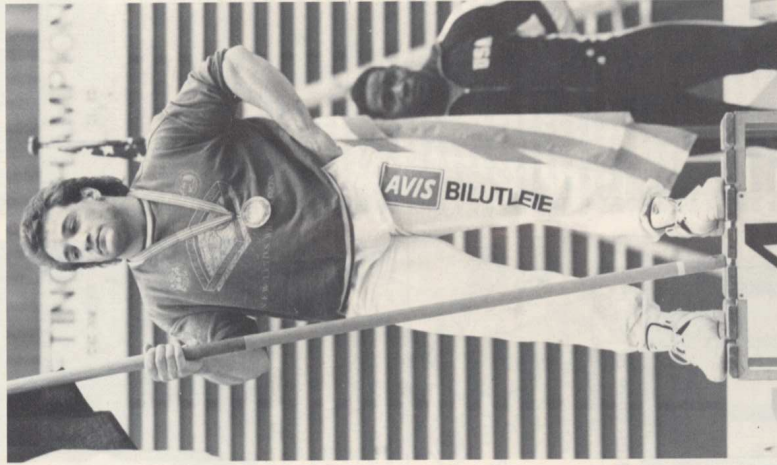


Big Mike Hall, now over 400 lbs., the drug free champ is still in pursuit of the all time total at SHW.

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## DRUG TESTING How Good Is It? as told by Jeff Everson, Ph.D.



**One Who Got Caught:** was Eddie Coppin of Belgium. He was the only liter out of 15 tested at the 1987 I.P.F. World Powerlifting Championships in Norway whose drug test was found to be positive. He is suspended from international competition and records for three years. Beginning November 11, 1987, those who passed include Virvanen (FIN), Bucis (LAT), Maxwell and Neighbour (GB), McNamee (CAN), and Magda (SP). Virvanen has been banned for life. On June 28th, he was arrested by Norwegian Customs officials with 28,000 steroids pills and capsules on the back seat of his car, which would have netted him a \$30,000 profit. He spent 5 days in jail and faces a 2 year sentence, but is cooperating with authorities.

At present it's not clear (exactly) by what criteria the IOC labs determine when and if a sample is positive for nandrolone metabolites. This confuses the general understanding on nandrolone compounds. It's widely held that some level of at least two of Deca's metabolites must be present for a sample to be positive. In this case, it is unlikely that retrospective analysis exists longer than one year. If one metabolite were enough then a

year and a half is more likely. The screen for Deca is extremely accurate with retrospective at least to the nanogram (one part per billion) level. It is clear that if the labs so chose, they could detect these substances at the picogram level as well (1000 picograms per nanogram).

Recently, Dr. Mauro Pasquale MD, well-known in the powerlifting fraternity, has pointed out that 19-nortestosterone and its metabolites exist endogenously within the placenta of the horse and pig. He has also raised the question of possible human endogeneity, especially in the female during pregnancy or under specific hormonal fluxes. Indeed, the question of existence naturally in humans has been raised scientifically much earlier and has been shown to exist, for a fact, in certain situations, in the human.

In 1982, researchers, Bjorkhem and Ek, in a paper entitled, "Detection and Quantification of 19-nortestosterone in Urine by Isotope Dilution -Mass Spectrometry" (published in the JOURNAL OF STEROID BIOCHEMISTRY), wrote, "A standard curve was constructed by adding increasing amounts of unlabelled 19-nortestosterone, or a similar compound, in the internal standard and in the urine from five untreated subject (maximum of about five nanograms per milliliter), there was an intercept." They add, "As pointed out, 19-nortestosterone had apparently been diluted with small amounts of endogenous 19-nortestosterone or some similar interfering compound during its formation from 19-nortestosterone. Thus, it was important to exclude the possibility that some subjects may have such a high excretion of endogenous 19-nortestosterone that it could influence the project assay."

In lay terms, some individuals might produce either a direct metabolite of 19-nortestosterone or similar-looking chemical compound. The formation of estrogen, as Pasquale and others have pointed out. One should point out, that any endogenous level is extremely small, presumably less than required for positive doping analysis.

More recently, researchers Reznik, Herrou, Dehennin, et al., reported in the FRENCH JOURNAL OF CLINICAL ENDOCRINOLOGY AND METABOLISM, on rising levels of 19-nortestosterone throughout human pregnancy. They noted that plasma 19-nortestosterone reached up to 60 picograms per milliliter; an extremely small, but confirmable endogenous production. They conclude justifiably that there is possible involvement of 19-nortestosterone in an accessory biosynthetic pathway for estrogen in the placenta of the human female.

Regardless of any perceived controversy about nandrolone detection

levels, IOC drug tests have eliminated nandrolone steroids for the serious athlete who may participate in drug testing competition. But, have the IOC tests eliminated other steroids? The answer appears to be no. It does not appear that the IOC tests have real good retrospective for most of all the other steroids, including oil-based steroids. Evidently, a steroid such as Primobolan injection is not as traceable for as long a time as nandrolone. In all the bodybuilding tests conducted over the past two years, Primobolan has appeared positive perhaps three times. Yet, it's clear within the industry that this is the most widely used injected steroid.

Much worse than this though is the situation with testosterone, water-based Winstrol V and oral steroids. In the bodybuilding community per se, 96 percent of all the positives have been due to nandrolone compounds. Perhaps two or three for positive testosterone ratios, injected Winstrol or oral Anavar. In these bodybuilding community, these steroids are used heavily, yet with very few positives. This is most unfortunate.

It is clear that an athlete could use water-based testosterone and/or Testosterone Propionate in small amounts fairly close to a contest and still have a ratio of less than six to one. It's my opinion that oral steroid retrospective has been overstated. To their credit, NOT by the IOC laboratories, but by various pseudo experts in a position to pass the information along to journalists, like myself, who then publicize it, believing it to be accurate. It's easier to rob from the IOC scientists, and therein lies the information gap.

On the other hand, credit should be given to the doctors and journalists on the outside looking in, for not compromising the athletes, by giving them information so conservative that it would increasingly result in more and more positive samples, because those athletes who use and refuse to stop steroids would attempt to use them up to a point as close to the testing time as possible.

Dr. Richard Herrick, MD, published information as follows: anabolic retrospective - fat or oil-soluble 6-18 weeks following use; Deca-Durabolin, 6-14 months; oral and water-based injections, 3-6 weeks. I believe this to be fairly accurate, listening to anecdotal information and various research groups over the last three years.

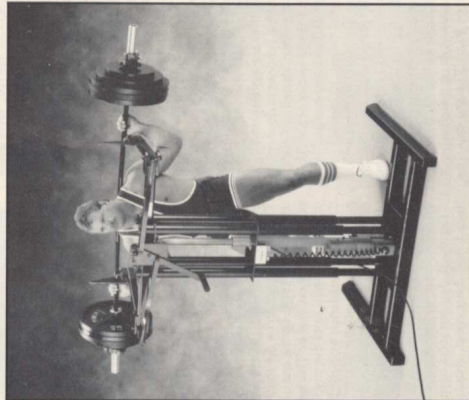
Evidently, injected Winstrol V, a water-based veterinary steroid, has detection varying from as little as two weeks to as long as six weeks. To me and other concerned people, this is disgustingly inadequate! Furthermore, it appears that oral steroids might not be detectable in as little as seven days after their last use, but ranging out to four or four weeks after use, depending upon total dose used, length of time the drugs are used and which type of drug. The fact that an athlete

### Confessions of a Steroid Smuggler

...that was the cover headline on the April 24th edition of LOS ANGELES TIMES MAGAZINE. Inside, the feature article by John Eisenbraun detailed what happened behind the scenes of last year's big federal steroid bust that involved 34 individual defendants (listed in the August 1988 edition of POWERLIFTING USA). The names of several powerlifting figures are mentioned in the article. William Dillon, the central figure of the story and a key salesman in the steroid ring, reportedly contacted Mike MacDonald (old time article indicates he has pled guilty to associated interstate commerce violations) without having ever met him, and the article reports he sold him more than \$265,000 worth of steroids for resale. Jerry Jones is described as buying as much as \$40,000 a month worth of steroids, much of it from Dillon, and the article states he has also pled guilty to conspiracy and interstate commerce violations. The article also describes the formation of the American Drug Free Powerlifting Federation, and the American Powerlifting Federation, "...which forbids drug testing." Not surprisingly, some of its leading lifters have been charged with trafficking in steroids. "Principles in the steroid ring, according to the article, were Dillon, Dan Duchaine (author of *The Underground Steroid Handbook*), British Olympic Silver Medalist David Jenkins, and Mexican pharmaceutical manufacturer, Juan Mackalis. Customs agents tracked and then confiscated drugs and fake labels from Dillon's home, but were unable to crack the ring until a man represented as a bodyguard for Larry Pacifico, described as a "retormed steroid user" last buy, \$600,000 worth of counterfeit steroids, was planned, the "bodyguard" (actually a U.S. Customs agent) became a party to the action. When \$370,000 was seized at the Mexican border, the cartel began to unravel, and Dillon turned himself in. Later, he arranged recordings of conversations with other members of the ring, and a subsequent buy of \$170,000 (confiscated) with what may have been the East Coast Mafia. Dillon now faces 10 years in jail, and has had threats on his life.



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Jeff Everson has his Ph.D. in physical education, is the Editor-in-Chief of MUSCLE & FITNESS Magazine and is just as intimidated by Pit Bulls (like the one in the ad by Pit Bulls) as Roger Estep is!!  
Photograph by Kathy Tuttle-Leistner.

# WORKOUT of the Month

When confronted with the task of writing an article on deadlifting, it was indicated by Mike Lambert that I should design the routine for a lifter with a 700 lb. deadlift prior to the cycle. The routine I describe is made for ANY lifter that wants to improve his lift. Beginners and World Champions both have the same intent; to increase their lift at any cost. Therefore, both should train to the limits of their capabilities, beginners shouldn't be afraid to train just like an elite lifter. Of course, everyone is different; a routine that works for me might not work for you, but the level of intensity should be the same.

The first thing you must decide is whether or not you are using the right deadlift style. Sumo deadlifters are born, not made. You will know within a couple of experimental workouts if Sumo is for you. Don't let rep workouts fool you about Sumo; it's easy to set up a groove with a light weight and pound out several reps. Go heavy, and if you feel comfortable, you will know if it's for you.

On the other hand, conventional deadlifters are made. It might take years for you to find the exact foot spacing or grip, but consistent training will push your conventional deadlift up.

Both styles have many of the same basic rules. Always start as low as you can, in order to use as much leg as possible. Keep your head up and your back straight. Start with the bar touching your shins, and pull as close to your body as you can. I like to imagine that I'm not pulling the bar up, but pushing the floor down, instead. This keeps me from using too much back.

Something else to consider when starting a new deadlift cycle is not your body type, but your body shape. The best deadlifters are usually fairly lean around the waist. If you have a fat gut, you might want to drop some weight. A trim midsection will allow you to get lower to the floor at the start of the lift.

Flexibility is another important factor in good deadlifting. Try to stretch a couple of times every day, working on the hamstrings and groin areas. Again, this will get you lower at the start of the lift.

The training cycle consists of 9 weeks, 4 days per week. A 9 week cycle might seem too short, but in order to maintain aggressiveness and stay healthy, I choose to do short as opposed to long drawn out cycles.

For the first 3 weeks of the cycle, do 3 sets of 8 on every exercise, from bench to calves to squats and deadlifts. The idea is to coordinate all muscles, getting them used to the same level of endurance or explosive strength. The only exception to the rule is abs, but don't do too many reps on those either. Train the abs with heavy weight on a decline bench for sets of 20 to 30 every day. The abs are very important to stability in the squat and deadlift.

All exercises should be done explosively. Try not to be sloppy and jerky, but move the weights as fast as possible. Speed begets strength; the faster you move the weights from

portant lockout exercise. Follow that with T bar rows and wide-grip snatch pulls. The snatch pulls are gripped on the outside lines of an olympic bar and pulled quickly, with elbows out, to the chin. You can't use much weight on these.

The weights of the deadlift and 4 of the assistance exercises are pre-planned. The rest of the exercises are done with as much weight as can be handled for the prescribed number of reps. Always do 3 sets of each lift after doing a progressive buildup in weight for a warmup. Don't burn out on your warmups! Remember to take your time between sets, because you want to hit each one fresh.

The first couple of weeks should be fairly easy, so that you can gradually build into the heavy weights. Train the 5s as hard as humanly possible, then cut out the assistance work, and do "meet perfect" lifts in the last 3 weeks of the cycle. Allow yourself lots of sleep time, and eat a lot and often, if your weight class will allow it.

Before closing, I would like to thank the Big Dogs, and the guys at DDPape's Gym, for their lack of respect, that pushes me so well.

For those interested in a detailed, personalized workout cycle, please send all body dimensions, age, weight, all maxes and a description of the routines you have used, plus a complete history of your competitive powerlifting career, and any other information you may feel is important with a money order for \$20 to: CHARLIE DRISCOLL, 3706 Espanola N. 10, Denverport, IA 52807.

**Week 1:** Deadlift: work up to 350 for 3 sets of 8. This is an assist, not a practice lift. Block: 275x3x8, Rows: 275x3x8, Partial Deadlift: 8, Rows: 225x3x8, Partial Deadlift: 8, Rows: 200x3x8, Shrugs: 550x3x8.

**Week 2:** Deadlift: 450x3x8, Block Deadlift: 485x3x8, Rows: 250x3x8, Partial Deadlift: 590x3x8, Shrugs: 625x3x8.

**Week 3:** Deadlift: 500x3x8 (hardest week of 8, but not max), Block Deadlift: 520x3x8, Rows: 275x3x8, Partial Deadlift: 630x3x8, Shrugs: 700x3x8.

**Week 4:** Deadlift: 550x3x5 (easiest week of 5), Block Deadlift: 555x3x5, Rows: 300x3x5, Partial Deadlifts: 670x3x5, Shrugs: 750x3x5.

**Week 5:** Deadlift: 600x3x5, Block Deadlift: 590x3x5, Rows: 325x3x5, Partial Deadlifts: 710x3x5.

Point A to Point B, the more weight you will be able to do.

Weeks 4-6 do sets of 5 on everything. During sets of 8, you established a base of endurance. Sets of 5 are the strength gaining phase. These are meant to be the toughest deadlifts of the block. Then do bent over rows off the block, followed by seated rows, and the most important exercise, shrugs. A lifter should be able to shrug without straps, 100 lbs more than his deadlift max. Shrugs help you finish your lift. It's worthless to be able to lock out your back, but overloading shrugs will also get you used to the heavy weights in your hands.

On the second leg/back day, deadlifts are done following a thorough stretching. Stick to the rep scheme, and concentrate on snapping the bar off the floor. Then, do high bar squats, leg press, leg curl, calves, and partial deadlifts from mid shin on the power rack. This is another im-

portant part of the routine. On the 4 day per week routine, days 1 and 3 are chest, shoulders, and arm workouts. Days 2 and 4 are leg and back days.

Squats are done on the first leg/back day. Use squats as if they are deadlift assistance, because it's assistance work that helps create power in each lift. Start the day by

## ★ 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.



Patrick Presley is a 5'9", 250 lb. 19 year old from Truman, Arkansas. He has come from 375 to 475 in the bench press in only 15 months, and his goal is to hit 500 in 1988. His training partners at the Iron Pit in Jonesboro, Arkansas, feel that this should be no problem. Photo and information supplied by Keith Waiges.



Jeff Curry, 16, of Nunda, New York won the 181 pound class for 16-17 year olds at the Tuico Powerlifting Meet in Glens Falls, New York. He had been powerlifting for just over one year and totaled 1125 (410 295 420) at a bodyweight of 168 pounds. He firmly believes in drug free lifting, and is coached by John Hopp and Jeff McKee of the B.O.C.E.S., Holcomb Center in Geneseo, NY.



Specialist Chris Iannini is originally from Pennsylvania, but is now in the United States Army and stationed in Bamberg, West Germany. He recently competed in the Frankfurt Marathon, running the 26.2 mile course in 3 hours, 53 minutes, exactly one week after making a PR in the deadlift of 435 weighing 207 lbs.



At age 59, Fletcher Newman, out of the Big Island, won the Masters 220 lb. class at the Hawaii State Championships and set a 440 lb. bench press. After seeing the results of the World Masters Championships in Peru, he is now "stoked" and getting ready to do as much as 150 lb. more. When someone asks what his best lift is, he tells them "I don't know, I haven't done it yet."



Berthame Lista, of Waynesboro, Virginia since 1971, has been lifting a bit over 3 years and has broken 5 state records. In 1987, she placed 2nd in the National Collegiate Championships in Norman, OK. She hopes to make the U.S. World team in the future, and is seeking sponsorships. Contact her at P.O. Box 1044, Waynesboro, Virginia 22980.



Dave Nichols, a pure drug free lifter, has been training for 4 years. Seen here with wife April (an important support factor for his efforts), he has placed well in the 165 and 181 lb. classes. A 450 lb. squat and 1100 lbs. total are just workouts away for this "power fanatic" whose dedication and hard work exemplify what the sport of Powerlifting is all about.



Larry Parker was chosen by the U.S.P.F. to judge at the I.P.F. World Powerlifting Championships in Fredrikstad, Norway last year. In Deputy Chief of the U.S. Army in Europe sports program and former Army Ranger, he has two tours in Vietnam, including lifting in Germany back in the mid 1970s. He was also a finalist in the 1976 Mr. Europe contest. Now he helps in running the successful USAELP Powerlifting program, officially started in 1981.



Kevin Crew is one of Cincinnati's finest pure drug free lifters. At Rich Peters' Greater Cincinnati Open back in August of 1987, Kevin went 622 374 584 1581 in the 220 pound class. He loves the squat and feels he will eventually reach 700 pounds in that lift, completely clean. Photo and information by Greg Pickett.



Jonathan E. Tzuanos of Pineville, Louisiana has been lifting for 2 years, but just recently got into Powerlifting competition. At 5'3", and weighing 143 pounds, he has won both contests he has entered and went 351 275 360 986 in his last meet and he has best training lifts of 380 290 405. At age 21, he expects a long future in the sport of Powerlifting.

# THE SQUAT

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



Man At Work... Dr. Judd has squatted an amazing 575 in the Featherweight (132 lb) class.

THE SQUAT - PART II  
During my lifting career, I've been asked 148,674,024 times, give or take a few, to outline my squat routine. To be honest, I'm always a little hesitant to comply with such requests. I am hesitant because I believe that a training routine should be designed specifically for each individual athlete. When you think about it, it only makes sense that athletes should train differently. For one thing, God did not create all men equal. If you need more protein of that fact, just stand next to Bill Kazmaier. An 8 by 10 photo will suffice.

Just from a genetic standpoint, individuals differ as far as muscle fiber, tendon strength, vascularity, body chemistry, mechanical efficiency, and that's only a few of the physiological differences.

Besides the physical differences, there are also considerable social and psychological differences among athletes. Each of us have different demands placed upon us as far as time, responsibility, jobs, home life, etc. We do differently, work differently, sleep differently, and play differently. Note also that some athletes use anabolic steroids, growth hormones, stimulants, trow bark, and motor oil etc. (you should hear what "etc." consists of) to enhance their training.

In short, we are all very different and unique. Consequently, it would only stand to reason that an athlete's training routine should be designed to meet his unique physical characteristics and lifestyles. Unfortunately, many athletes don't consider the aforementioned differences among people. They seem to believe that if Fred Hatfield is successful using a particular routine, they will be too. Believe me, it doesn't work out that way. What works great for one person may be a disaster for another.

Still there is merit in examining other training routines for the purpose of extracting training ideas or exercises to incorporate into your own program. With this in mind, I'll follow powerlifting tradition and outline my squat routine. At the very least, I figure this will prevent me from outlining another 148,674,024 times.

Generally, I use a 16 week cycle with the first four weeks geared more toward physical conditioning than strength training. On my heavy day (Monday), I select a weight that I can handle for three sets of ten reps. The last couple of reps on each set are near maximum. On my light day (Thursday), I use approximately 90 percent of the weight I used on my heavy day. It should be noted that I always do 3 to 4 warm-up sets prior to my heavy or light training sets. During this phase of my cycle, I pay particularly close attention to my form. I try to make sure that my "stroke" is as smooth and efficient as possible.

After the conditioning phase of my cycle, I set a goal that I want to

three reps.

On Tuesday of the week prior to the contest - the 16th week of my cycle - I work up to the weight that I plan to open with at the contest. During this training session, I use both wraps and a suit. That's the last day I lift until the day of the meet.

It should also be noted that during the first ten weeks of my cycle, I strength phase of my cycle, I supplement my squats with leg presses (5 sets of 8 reps), leg curls (3 sets of 8 reps). Two weeks prior to the contest I eliminate all of my supplemental work.

Well, that's it in a nutshell. I hope this will help you, by providing some ideas on targeting and cycling. If not, don't hesitate to ask questions. After all, what's 1 more after 148,674,024?

## Book Review

...the latest of Dr. Judd Biasiotto's two new books, *PSYCHING* is now available. This is another in a series of powerlifting specific manuals from Dr. Judd that educate as well as entertain. Dr. Judd is one of the best in the business in putting science into practice on the platform. His remarkable lifting achievements underscore that assessment and his rigorously "non-academic" style of writing make the lessons easy to take. This book covers the gamut of psyching techniques, some of which you may have seen in the many articles Judd has had published in *PL USA*, and others that are quite new. Here they are compiled, chapter by chapter, so you can identify and concentrate on the methods that suit your situation. Some of the chapters have intriguing titles: "Terrific to Terrific in 15 Easy Seconds", "Dain Bramage", etc. This is vintage Biasiotto and recommended reading. See the ad on this page for details on how to order this new book. Mike Lambert

achieve in the squat at the upcoming competition. Then I estimate how much weight I would have to do for triples to achieve the aforementioned goal. For instance, if my goal is to squat 500 pounds, I would estimate that I would need to squat a solid 450 pounds for three reps. Note that this is an individual matter. You'll find that some lifters who can do triples with 450 may be able to do considerably more than 500 pounds, others do considerably less. Once I determine how much weight I have to lift until I'm mentally and physically ready to make my target weight, I use that weight as my "target weight". With the intention of jumping five pounds a week for the next 11 weeks, I multiply 11 (weeks) times 5 (pounds) giving me 55 (pounds). I then subtract the 55 (pounds) from the target weight (450) minus 55

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## Power Profile

### SHAWN CAIN 3 Time ADFPA National Champion as told by his friend and training partner RON HOFF, 1987 ADFPA 123 lb. champion

The first time I met Shawn Cain, I was quickly impressed for many reasons. First, he is a pure Drug Free lifter with the ADFPA. Anyone who walks into the Power Room of the St. Croix Swim & Fitness Center in Hudson, Wisconsin will notice a large, homemade (through very nicely done) logo of the ADFPA on the wall. When I saw this, I knew I was in the right place!

Second, he is a friend to all and seems to have time for everyone with training advice or just to talk. I mean, he didn't know me from Adam, but after I talked with him a bit and filled him in on my lifting aspirations, he offered to have me train with himself.

Powerlifting while in the Service, and it now well on the way towards making a legend of himself in the ADFPA.

Since the ADFPA's inception, Shawn accomplished what many of us can only dream of. He is a 3 Time ADFPA National Champion (4 times, 2 in the 123 lb. State Current Wisconsin State Record Holder in the Squat, Bench and Total at 198 lbs., Current Wisconsin State Record Holder in the Squat, Deadlift and Total at 220 lbs. in the Squat at 220 National Championships - 1983, 2nd at 198 lbs.; 1984, 1st at 198 lbs.; 1985, 1st at 198 lbs.; 1986, 2nd at 220 lbs.; 1987, 1st at 220 lbs. In June of this year, Shawn will be representing the ADFPA in the first Natural Worlds to be held in England and will be trying to add that title to his credentials.

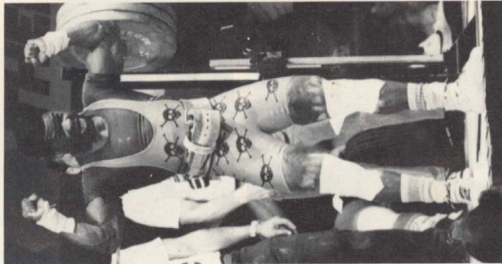
Besides being a champion lifter, Shawn is also an excellent coach. With Shawn's help in perfecting my form and mental toughness (along with my training partners Al McNea, Tom Mirtl and Steve Williams), I also won the Nationals in 1987 in my first try. His input into my lifting really put some pounds on my total.

Shawn has also done some seminars at local schools in the Twin Cities area, speaking on the dangers of drugs in sports and promoting Drug Free lifting. Besides his love for Powerlifting, Shawn is also an avid hunter and fisherman, and is very skilled in archery. I feel all these qualities make Shawn Cain not only a champion Powerlifter, but a champion Person as well.



Shawn Cain, with his 198 lb. Championship award from the 1985 ADFPA Nationals

**Power Publicity** - almost everywhere in the United States lifters are generating and receiving publicity at the grass roots level. This kind of effort will help Powerlifting get back and stay back on network TV. And further the efforts to get us into the Olympics. Here's some of what's been happening: Is there a more consistent Power Publicity Producer than Jake Boyer of Lehighton, Pennsylvania. Without fail, after every powerlifting meet that any of his kids lift in, there is a nice article in the local papers and photographs, both action shots at the competition and posed shots showing the kids with their trophies and the people who have supported their efforts. Jake has built up long time friends with his local media and it's a routine matter to get the publicity the sport needs when he calls them. Also in Pennsylvania, in the Philadelphia Daily News, Masters Powerlifter Larry McCauley got a nice photo and a paragraph or two in the "Sports People" column by Bill Fleischman regarding his dual world and national championships in 1987, both APF and USPF/IFP. Larry relates how he didn't start lifting until he was 49, quit smoking, got a post belly and decided to do something about it. Masters lifters are natural Power Publicity Pumpers because they are unique people, mainstream America doesn't expect people past the age of 40 to be lifting heavy weights yet here they are doing remarkable things. Any Master lifter merits publicity in their local news media and can get it probably just by calling up and asking for it. In Wisconsin a well known ADFPA powerlifter and meet promoter, Lee Graese, was featured in the national Shaklee publication because besides being a powerlifter, Lee is a Shaklee coordinator. Lee's personal battle against steroid use was detailed in the article and also his use of Shaklee supplements was mentioned. Lee will be the captain of the Shaklee powerlifting team in the World Corporate Games in 1988. As a member of the Shaklee organization and a powerlifter, Lee has a unique opportunity to get a voice in the in-house publication on Shaklee people. Everyone has a profession or trade, and all those trades have publications about what their members are doing besides their traditional roles and powerlifting is unique enough to create a potential for interest on the part of the editors of such publications, so give them a try. In Missouri, the Saint Charles Journal, had a very fine article on powerlifter Melanie Getz, who is a teacher in the local community and has an interesting background beyond PL, she's an opera singer, got a vocal scholarship to college, was born in South Africa, active in many other sports, strongly opinionated about the poor fitness level of the students in the school and so forth. Outstanding powerlifters all have jobs and families and other activities, church, professional, social, and because they are powerlifters it puts every connection in a new light, deserving of publicity in the local media. In the state of Washington, husband and wife powerlifting team Tricia Boland Burnett and Kevin Burnett were covered in an article by Bob Carter in the *Journal American*. It was a part of a series of articles on couples who are also national class athletes. Several photos appeared in the paper and the achievements of both were noted, especially their combined totals which are almost unmatchable in powerlifting. Being a powerlifter is unique enough, when there's two married to each other, that makes it extra special and it's a hook that many local sports editors can't resist. When you put on a contest for 17 years in a relatively small town, you tend to get publicity as a matter of course. Bob Ross has done so almost every year with his Greater Arkansas Powerlifting Championships and the *El Dorado News Times* regularly covers his meets. For 1988 they had a nice picture of Jim Cash and interviews with several of the top lifters. Once you've built up the consistency, proven that you can hold the event, year after year, that in effect gives you an entry pass into the local sports department because you are established and you're doing something that regularly brings attention to your community. That by itself can be justification for coverage in the local newspaper or television sports program.



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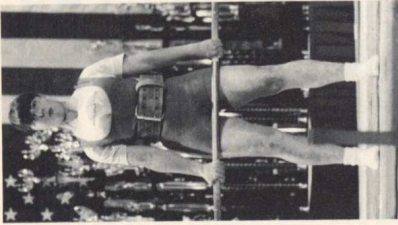
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**Amy Hinman...locking out a deadlift at the 1987 A.D.F.P.A. Womens.**

At a shade under 5 feet tall and less than 122 pounds, petite Amy Hinman of Wadsworth, Ohio, may not seem like a powerlifting threat. Nonetheless, this 18 year old high school senior has placed in national training. In the 1985 ADFFPA Nationals in Tempe, Arizona, Amy placed second in the teenage 122 division behind 3 time champ Michelle Sherrin.

Amy has come a long way towards national contention since she began training seriously late in the winter of 1985. Her bench press was at 95 pounds; her squats at only 185; and her deadlift was 265. Today, she benches 120 pounds, squats 275, deadlifts 350; and she is still improving.

When asked for her secrets to all this success, Amy laughs and says, "Thunder thighs and a big butt."

Thinking for a moment, she added, "I have good lifting partners," referring to the young men who frequent the Wadsworth High weight room where Amy works out.

Amy feels her ultimate weapon is her coach, physical education instructor Bill Thompson - the same Bill Thompson who coached another Wadsworth High kid, Lisa Bailey, to three national titles.

"Coach is a big help. He's a key," observes Hinman. "He gives me my moral support. He's there all the time. He's probably my backbone, and that's a strong back to rely on." Bill Thompson, who placed 5th in the 40-44 age bracket in the 1985 ADFFPA Nationals and 4th in the 45-49's in 1987, is largely responsible for interesting Amy in powerlifting.

"I started going [to the weight room] on my own," says Hinman. "He just started talking to me and pestering the heck out of me. He was quite a nuisance. It worked!"

"He teases me a lot. He's encouraging. He's hyper. He's enthusiastic. He yells a lot, but he's good."

Coach Thompson oversees Amy's weekly workouts every Monday, Wednesday, and Friday. A typical Monday workout includes squats (heavy), shrugs, curls, dips (no

**Power Profile**

**Mighty Mite - AMY HINMAN**  
her story as told by ANN McCLAIN ROHER

a weekend meet involves very light lifting, and she does no lifting at all the last workout before a meet, usually a Friday.

Amy doesn't seem to mind these workouts. "It's sort of an obsession. I'm hooked on it," she admits. Amy views her overall gain in strength as the best benefit of powerlifting. "Being short, when people hear I can lift 350 pounds, it sort of changes their attitudes," she says with a smile.

Although Amy is hooked on lifting, she is not hooked on steroids. "I don't think when you take steroids that it's you lifting. It's the drugs. I don't think

that's sport." Amy backs up these words by participating only in drug-free meets.

At the Dubois Open in Pennsylvania, on October 31st, Amy placed 3rd while qualifying for nationals. Although she set a new American record with a 350 lb. deadlift, Amy is confident she can perform better.

"The last meet, I got really nervous. My nerves went crazy. Plus, I drank coffee on Halloween. That was a mistake. I'm hyper enough."

Her performance in Dubois helped Amy set training goals of 130 in the bench, 325 in the squat, and 380 to 400 in the deadlift.

If her progress thus far is any indication, young Amy Hinman should be a force to reckon with in National competition. She is already a force to be reckoned with at her suburban Ohio high school. As Coach Bill Thompson points out, "When Amy deadlifts, the whole room stops and watches."

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## IMAGERY Your Path To A Better Total as told by Jon S. Clark



**Imagery In Action...** Richie Wenner, 'seeing' success prior to attempting a weight, while ASU strength coach Tim McClellan provides added motivation

called symbolic learning. This simple states that as you imagine a particular movement over and over again, this helps to blueprint this movement into a "record" in your head. When called upon it will simply play back what you fed it, making the movements more familiar and automatic. However, the key here is to record perfect messages to begin with.

Imagery is most effective when all of the senses are involved since this makes the images more vivid and therefore increasingly effective in programming the mind. When attempting to image a scene, try incorporating all of your perceptions as they have occurred in the past, including: sights, sounds, smells, kinesthetic sensations, and even tastes (remember that ammonia capsules that you accidentally bit on)? The image you created in your mind in the beginning may have included only sight, but that is only one of the senses. At the end of this article I will have you try other imagery exercises, and if I've done my job correctly you should be able to compare and notice a significant difference in the effectiveness of your imagery skills.

Mark Cameron, who is unquestionably one of the greatest Olympic lifters this country has ever produced, talked to me at length one afternoon about his imagery training sessions. It seems as though one part of Mark's training revolved around relaxing, focusing his eyes, and clearly forming on not only perfecting the form on his lifts, but also on creating the perfect body he needed to build that would enable him to lift his maximum weights. Each day Mark would spend time trying to see his goal right down to constructing and visualizing each and every muscle. Mark progressed to the point where he was able to turn his creation slowly around in his mind and also view the back, which is so important to lifters. At this point Mark noticed a reddish glow encompassing his lower back and took this to represent a point of enormous strength. Becoming the first American to win the gold medal in 1984, especially at such a relatively light bodyweight, Mark obviously didn't surprise him, because he had been seeing himself doing it for quite a while.

This is the pre-season conditioning program of imagery, technique development, and in order to benefit the athletes best, I established a base as Dr. Fred Hatfield says, "You can't back up a car in the sand can you? You need a good base" (Hatfield, 1982). A goal must be set here with the lifter agreeing to practice the preceding exercises for a prescribed period of time. Example: three (article continued on page 75)

Since the very beginning of athletic competition contestants have searched for methods allowing them to improve their performances and reach their potential. Having seen a dramatic increase in the competitiveness of modern day athletic battles, today's athletes must intensify their search for the "edge." Visual imagery and mental rehearsal fit into this category. Although all athletes possess the ability to use imagery and many do indeed use it, few develop it to its potential to genuinely enhance their skill execution.

The intent of this article is to give you a basic "how to" program that enables you to both systematically learn and implement imagery and rehearsal into your training. Rather than merely explaining why these techniques work, I will attempt to guide you in the actual usage. Like a physical skill the psychological technique of imagery requires systematic practice in order to be effective, however there are ways to incorporate this into your training without interrupting it. I strongly suggest that you study the references that I've listed at the end of this article so as to more fully understand the processes of these techniques.

Take a close look at the lifter in this picture and now close your eyes and picture yourself in his position: as you prepare to take your first squat attempt in an important meet. Try to experience, as real as possible, all of the feelings that have accompanied your past lifting competitions including the sights, sounds, and excitement. Clearly hear and see both the crowd and lifting area around you as your name is being announced as being "on deck". Now feel your energy grow as you bind your wraps tightly around your legs. Can you smell the baby powder in the air? As you push yourself out of your chair feel the bounce in your stride while you mount the platform and prepare to blow away your first attempt.

What you have just done is a mild form of imagery. Imagery is an experience that is essentially a product of your memory, that has either been experienced or recreated internally by recalling past external events. The wonderful thing about imagery, which has been supported by research, is that the body cannot tell the difference between an actual experience and one that has been imagined. Every lifter knows that if the weight feels light coming out of the rack, then the lift is in the bag, and imagery is one method that allows you to program yourself to test this confidence in advance of your lift. How many lifts have you missed because you may have approached the bar in a hesitant manner? Now don't feel alone in this, as many other lifters have also, but why repeat this mistake when it can be overcome?

## More From Ken Leistner



**Strength Comes In Many Forms...** Peggy Box, photograph by Linda Finnegan

Do you compete?, he proceeded to go off the wall, screaming about how it was the dumbest thing he had seen anyone do in his "twenty-five years of lifting experience." He also went on to call me a liar when I told him what my best full squat was and called my power rack training "fake and imaginary lifting." He notes that the owner then castigated his father for congratulating him on a successful workout.

"I am angry at the idea that if it is not done in the competitive manner then it shouldn't be done at all. I am angry that if no one has ever come into the gym before and has done a certain lift that no one has seen, that they shouldn't be condemned for it. I am angry that because I am an unknown I get dumped on, but if Fred Hatfield or Paul Anderson ever walk in to do rack work, I'm sure their reception would be quite different."

This young man asked for no advice, merely for a receptive ear, which I provided. I informed him that while I might not recommend, nor choose to do myself, a lift that carried much potential risk of injury, he had made a conscious choice and should not be condemned for it by others in the weight community. This gym owner obviously felt that if the three competitors were to lift, or perhaps other movements commonly done in training were not the object of attention, then a "problem" of some type existed. If this is indeed the case, it said for me.

For all of the camaraderie seen at contests, there is always an underlying

I have often stated, much to the chagrin of many competitive lifters, that being strong is great, feeling strong is great, and being recognized as a strong person by others is great, but strength is more, and I mean more than lifting a barbell in three specifically designated ways. In the "old days," powerlifting wasn't taken seriously by anyone else in the non community. Norb Schenmansky, one of the greatest Olympic lifters to ever walk the earth, and a very strong individual by any standard, once stated in my presence that he did not respect powerlifting. This is of course, in the late 1960s, at a time when few Olympic lifters thought powerlifting to be a legitimate activity.

Mr. Schenmansky felt that a "lifter" was an individual who appeared at the free Olympic lifts of the day, and that "those who can't do the well built up an, powerlifters." Body builders "usually saw Olympic lifters as "softies," and other at "skill, concentration, and other at tributes hailed as "athletic qualities," but often sneered at the powerlifters in any gym, citing their "lack of aesthetics" absence of athletic ability. Even as a young football player who was most recognized to powerlifting as a sport, and the lifts themselves, I found myself chastised by Bob Zaver for my incorrect and inappropriate perspective on the activity.

Bob Zaver, for the young and/or uninitiated, was the builder, owner, and leader of Zaver's Gym and its powerlifting team, a team that was very dominant in the Southern California area in the mid to late Sixties. Bob made it very clear that a great deal of ability was needed, over and above pure strength, to be a successful lifter. That many of them appeared quite muscular and fit; and that while powerlifting was "different" from Olympic lifting, it was by no means second rate.

Needless to say, things have changed dramatically in the ensuing twenty years, as powerlifting and powerlifters have been recognized for their ability and strength. However, the pendulum has swung far, leading many powerlifters to forget that they are not the only "strong" athletes walking the planet. I have often stated powerlifters certainly provide a means of determining one's strength, but only one means. A letter that recently arrived in my office indicates that not only have things come full circle, but that there still exists, in the minds of many who should know better, an inability to understand that one can be very, very strong and either not do the three lifts, or have no interest in doing the three lifts competitively.

An adolescent lifter noticed that he is "not a powerlifter, although I have competed in a few contests and follow the contest scene quite closely. I am currently training for a record in insanity... As I progressed in lifting over the last few years, I realized that competitive powerlifting was not really my scene. However, I found that I had great natural ability to excel in

ing jealousy. Many times at the Seniors, I would be with a group of top lifters who were approached by another lifter. After asking, and being told that this fellow's lifts were "going great," or that he had attained certain numbers, the man's departure would bring comments like, "screw him and his five hundred bench," or "I'd like to see this one."

Of course, after the man actually made similar lifts in the meet, there was little to say! However, the entire attitude reflecting jealousy, distrust, fear of being less than what you are, because someone is a bit better, well, smacks of the worst sort of stereotyping that has plagued the powerlifting community since its infancy.

A man can be strong and still not do one or any of the competitive lifts well. My father and I worked with a number of men like this, men who if so inclined to train on the lifts, would have legitimate contenders for state titles or perhaps more. There are many professional football players, with Matt Millen and Tim Krumie being two obvious examples with whom I am friendly, who are strong beyond description. Krumie in fact, is recognized by his peers as one of the strongest players in the game, although he does not lift weights commensurate with that strength. Matt too, is exceptionally strong, and because of many factors, can demonstrate that strength with a number of conventional barbell movements, such as the bench press in which he uses five hundred pounds or more. Whether these men can bench press, squat, or deadlift "a lot" of weight, means nothing in terms of their sport, and does not determine if they are strong. A powerlifter may judge a man or woman's strength relative to the three lifts, but an inability to perform well in all or any of them does not negate an individual's power or strength.

The author of this letter is a strong individual. Anyone who can squat parallel, or even a bit above parallel, with seven hundred pounds at a bodyweight of one hundred and eighty two pounds is strong by any measure. This is not to say that he could ever be a top rated, or even a good powerlifter, and in this case that is immaterial as this man isn't interested in being a lifter. However, his efforts, the results of those efforts, and his ability to perform the lift he has chosen to dedicate himself to, deserves the same type of respect that a top bench press, a top push press, a top dumbbell deadlift, or any other lift, conventional or otherwise, deserves.

The jealousies borne of the insecurity that brings so many men and women to the sport of powerlifting make many blind to the achievements of others, especially those who are a bit different than they are within the lifting arena, or who do things that are a bit different. Strength and being strong, something all of us have, comes in many forms. If strength is enjoyed and appreciated, it should not matter how it is demonstrated, nor who demonstrates it.

Dr. Ken Leistner

## "Drug Use and Detection in Amateur Sports"

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By **Mauri Di Pasquale, B.Sc., M.D.**

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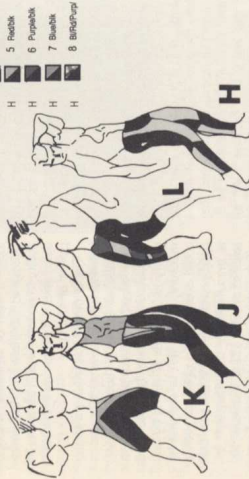
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## Question & Answer

Your training questions answered by Roger Estep, 1979 S.F. National Champ, World Record Breaker at 196, and 1985 MR. IRON MAN. For a personal answer, send \$15 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

**DEAR ROGER:** Essentially I have two questions. The first question is concerned with the usage of a technique commonly referred to as "pre-exhaustion" - immediately following an isolation exercise by a compound exercise, e.g. dumbbell bench pressing following flies - for purposes of strength development. While the technique is popular with some bodybuilders, I think never heard of a case of a powerlifter using this technique. What do you think here? I have in mind is possibly using this technique prior to a pre-contest cycle in a similar manner to the way I trained recently (high bar squats, etc.) prior to isolation exercises, (e.g., wide-grip bench presses, high bar squats, etc.) prior to, and during the early stages of one's pre-contest cycle. By "strength development" I mean here (roughly) improving one's Powerlifting total.

My second question is concerned with the issue of training intensity and its relationship to strength development. It is commonly known that strength development/growth is a result of bringing one's working set to the point of failure - or, at least, doing as many reps as possible in good form. Yet many, if not all, the sample routines in *Powerlifting USA* do not seem to incorporate this principle to me. For instance, consider a routine taken from a recent issue of *USA* magazine at the beginning of the cycle. Assume supposed to be capable of 600 lb. squats, the weights don't really become challenging until, at the very least, week 8 (possibly week 9 or 10). So what do you think the right relationship between strength training and training intensity/stress should be? I realize that this question may be difficult to answer in a repetitive manner, that is, (first) specifying a proper rep range (e.g., 2-3), training frequency (and possibly other factors) when I speak of "training intensity," I am (roughly) referring to the difficulty involved in finishing the final rep of each working set. **Michael O.**

**DEAR MICHAEL:** I'll answer your second question first, then lead into the second one. If you look back into past issues of *PI USA*, you will see that the questions are similar to questions on cycling. I would define cycling as a period of training prior to a contest which starts at sub-maximal levels and increases to maximal as the contest comes nearer. The reason for this sub-maximal phase is because the body can not take 100 percent workouts year in and year out.

Now the question of how much weight should one drop off to start a cycle? The answer to this question depends on many variables: age, experience, injuries, training philosophy. Age: the older lifter can't make as many mistakes as younger lifters because their body doesn't recover as fast. Experience: lifters that have been in the game and successful for a number of years know their potential and their body so they can make proper judgment on how much to start their cycle with. Injuries: of course, injuries will play a large part in what percentage you start the cycle with. Training philosophy: Training philosophy is something that you gain through reading, talking with the champs, and your own training results.

Taking all the variables into account the champions will still have some differences in their cycling. An example would be Terry McCormick and myself. Terry starts his cycles very light with what he calls a conditioning phase and then makes increases until he is contest ready. I keep my weight as high as possible in almost every workout and only take light workouts when I am feeling bad or injured. Who is right, Terry McCormick or Roger Estep? The answer is, Both!

You can't argue with success and Terry and the people who follow his philosophy such as John Santos and J.D. Carr are great athletes. People who subscribe to my training philosophy such as Dr. Mauro Di Pasquale, John Black, Ed Coan, Mike Bridges have also had great success.

There are important points when choosing a system: if you follow Terry McCormick be sure that you don't start too low in your cycle, so you don't decondition. If you follow my method you have to be careful not to overtrain. For your question about pre-exhaustion principles, I don't believe that you can use them to build strength, but they can be used to improve conditioning. Don't spend too much time on this type of training or your power may suffer. The physiological reason on why this training will not build strength is well established. Best Wishes, **Roger.**

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For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilos to 253 pounds.

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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 question send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: **Mauro Di Pasquale, M.D., 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 would like to ask a few simple questions with regard to some information contained in one of your updates. I have had rather severe problems with my knees. This condition has been diagnosed by a sports medicine physician as having resulted from squats. My knees quit moving to the side when I squat, instead of tracking straight as would be normal. I had Osgood Schlatter disease when I was younger, and this I am told may be a factor, although that seems to have completely healed since my teenage years (I am now 32). I was told there is an inflammation caused by the movement of the patella across the tendons. Suggestions were arthroscopy (shaving of the underside of the patella, which would at least temporarily lessen the roughness on the articulating surfaces. Or as a less intrusive option, rest and therapy (anti-inflammatories, ultrasound, etc.). My question concerns several substances mentioned in one of your updates: Carrx, Sodium Hyaluronate, and a third that I can't remember. These were all included in a short chapter concerning substances of possible value in connective tissue injuries and conditions. What are these substances? Would any of them be of help to me? If so, where or how could I get access to them? I understand your position on drugs, and am not asking you to compromise your professional ethics, but I am at wits end with this problem and likely will have to retire from powerlifting if I can't somehow overcome this problem. The medical people I have thus far consulted, have been of little help. I have even looked into trying to get access to a substance called Somatomedin-C as I have read that one of it's effects is collagen synthesis, which I would think might help me. Although I have used steroids in the past, I have been training off them for 5 months or so, and find that my knees hurt even worse. Even if I decide to lift drug free I may not be able to compete at all due to the pain. At this point I am willing to try anything no matter how hazardous. I have gone the therapy route, (ultrasound and anti-inflammatories), but the pain comes back when I resume heavy training. Any information you can give me would be very much appreciated. If you need more background information please let me know. I will be looking forward to hearing from you at your earliest convenience. Thank you very much. **Harold G.**

**DEAR HAROLD:** It's obvious that there has been a lot of wear and tear in your knees. This is common when the joint doesn't track properly. If your main problem is one of chondromalacia, then saving the cartilage through an arthroscopy might prove useful. As far as the substances mentioned in Update Three, I've included copies of some information I have in my files. With the name and addresses therein you should be able to track down these compounds. I've also enclosed some information on chondromalacia from the 1986 Year Book of Sports Medicine. I can sympathize with you since there is a certain amount of roughness in the cartilage in my knees (they're obviously not as bad as yours) and they bother me unless I use heavy wraps whenever I squat with any kind of weight. Let me know how things work out. If there is anything I can help you with, don't hesitate to write. **M.G.D.**

**DEAR MAURO:** I am 49 years old and am an intermediate lifter. I don't do much squatting or deadlifting anymore but still have a decent bench (about 370 to 390 pounds). My workouts run about one and a half hours each about 4 times a week and are pretty thorough. I have found over the past few years that I have lost over 2 inches in height. Where is this once live foot time in height, I am now under 5 feet 7 inches. What is causing me to lose height? Can I reverse the trend? **Dick B.**

**DEAR DICK:** Most people get shorter as they grow older. However, shrinkage that occurs at your relatively young age is a bit more than the norm. It's possible that you're suffering from spondyloarthritis, or spondylosis of one or more lumbar vertebrae - front to back or side to side. Either way, I would have it looked into with X-rays of the spine. It's particularly the upper thoracic and lumbar vertebrae. I wouldn't think that the loss of height is due to pressure on your back by the weights used in the squat or the deadlift, but it depends on your susceptibility. Has this happened to anyone else in your family, parents, brothers? Let me know if I can be of any further help. **M.G.D.**

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

The proposal that the USPF run its own national championships has been around for several years. The wisdom of the proposal is brought home with increasing clarity year by year. As this is being written (mid-April), the Bid Selection Committee has set to receive its first bid for the 1989 Championships. One year the USPF was forced, three weeks before the event, to consent to changes in the bid contract of one of our national championships in the face of a threat to cancel the meet. Many individuals have displayed a willingness to cripple the USPF, to abort the mission, or to abandon it will posts, unless they are awarded extra concessions. In this atmosphere it will not be long before one or more of our national championships is cancelled at the last minute. It would be prudent to develop the means for the USPF to step in and run things in order to avert disaster.

The bid screening process was instituted to curb the abuse of misrepresenting the conditions under which the meet would be run in order to win the bid. We are discovering that requiring a written bid slows the misrepresentation down only marginally. We are discovering also that meet directors do not appreciate the paperwork involved in preparing and submitting a bid. We should be prepared to carry on, even in the absence of a bid. One means of carrying on would be to contract with a large meet director to run some or all of our national championships. However, even with this contractual alternative, the USPF should develop the means of stepping in when there are scheduling conflicts or some other reason a meet director cannot be found.

There are three main problems with the USPF, itself, running its own national championships. First, there is the problem of locating a suitable site. It is only fair that the championships be moved from year to year giving all lifters an opportunity to compete, occasionally, near home and not forcing lifters always to travel long distances to a permanent site. However, as we took geographical dispersion into consideration in awarding bids, we found that we often sacrificed other important criteria to this one. We also found that, often, the sites to which bids were given were not easily accessible by plane. For example, to fly to New Orleans, these problems may be resolved by rotating the championships, perhaps on a four or five year pre-established rota, among hub cities easily accessible by air. This solution would open the possibility of reaching an agreement with a major hotel/motel chain for special rate accommodations, thus solving another problem.

Second, there is the problem of providing suitable equipment. Equipment for USPF self-sponsored championships could be trucked in by the USPF or a contractor, or could be provided by local gyms. This is a mere problem of cost analysis and could save us from equipment problems we have had in the past.

Third, there is the problem of providing personnel. Again a local gym or powerlifting club could be contracted to provide a crew to set up, to spot and load, and to clean up. It will also be necessary to secure certified referees, announcers, marshals, drug control officers, and other medical personnel. The USPF can provide these from among its members.

The proposed solutions to the problems of self-sponsored meets are not the focus of this article. The primary objective is to raise, again, the question of whether the organization should rely on its current system for awarding national championships, a system riddled with flaws, which on occasion has brought us close to disaster. Or, whether we should try self-sponsored meets as an alternative.

**Dr. Conrad Cotter,**  
President, United States Powerlifting Federation  
Post Office Box 18485, Pensacola, Florida 32523

**Bulletin Board**...some Directory Updates are, for USPF: Colleague Chairman Billy Jack Talton, Dept. HPE, P.O. Box 3176, Ruston, LA 71212, and for Chairman, High School Records, Al Roberts, P.O. Box 1246, South Glens Falls, NY 12803, 518-668-4749. \* a cleanhouse for needed lifting equipment is being established by Doug Daniels. Anyone with 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 46625. Please include any size information, and prison lifters with needs should specify sizes as well. Do not send the materials to Doug, only the information. \* any qualified IPF or USPF Referees who plan to attend the USPF Junior Nationals on June 4th & 5th who would like to be placed on the referee assignment list should contact Head Referee in Charge, Mike Reed, Rt. 1 Box 229AW, Monroe, LA 71202, 318-388-0412. \* a copy of the 6 page agenda items for the USPF National Committee Meeting in Las Vegas, Nevada this July is available from "BULLETIN BOARD", Box 467, Camarillo, CA 93011 by sending a stamped (\$45), self-addressed envelope with your request. A number of interesting rule changes have been proposed, including one that allows selection of a lower weight on a following attempt if the initial attempt is failed, and dozens more.

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- April 2 - Lubbock Open, Lubbock, TX
- April 16 - MO. State USPF & K.C. Open, K.C., MO
- April 23 - Spring Nationals, Houston, TX
- May 7 - USPF LA, State, Alexandria, LA
- May 21 - Alamo Open, San Antonio, TX
- June 11-12 - Muscle Beach, Galveston, TX
- June 25 - Summer Nationals, Wichita, KS
- July 2 - 4th of July Spectacular, Dallas, TX
- July 9-10 - USPF Senior Nationals, Las Vegas, NV
- July 16 - Catshead Open, Catshead, NM
- July 30 - Cincinnati Open & Natural Novices, OH
- Aug. 6-7 - USPF Teenage Nationals, Houston, TX
- Aug. 13 - USPF Open Nationals, OK City, OK
- Aug. 27 - Longhorn Open, Lubbock, TX
- Sept. 17 - Tyler Open, Tyler, TX
- Dec. 10 - Lubbock Open, Lubbock, TX

## USPF NATURAL NATIONALS - Regional Qualifiers\*

- Sept. 24-25 - Houston, TX
- Oct. 1-2 - Cincinnati, OH
- Oct. 8-9 - Richmond, VA
- Oct. 15-16 - Atlanta, GA
- Oct. 22 - Denver, CO
- Oct. 29-30 - Sacramento, CA
- Nov. 5-6 - Las Vegas, NV
- Nov. 12-13 - Kansas City, MO
- Nov. 19-20 - St. Louis, MO
- Nov. 26-27 - Dallas, TX
- Dec. 3 - Madison, WI

\* The Regional and National meets this year will feature the following divisions: Pure, 1 Year, Masters 1 (40-49), Masters 2 (50-up), Women's, and Teenage. You must lift in a Regional Qualifier to qualify to lift in the Nationals. The top 4 from each weight class, each division, each regional will automatically qualify for the Nationals. We will then pick 10 "At Large" lifters each weight class, each division, to lift in the Nationals. These meets will also serve as the Jr. World Selection meets for all lifters who will not be 23 years old before 10-1-89. Special air fare packages for all lifters and spectators, absolute lowest prices 1-800-346-2602.

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# Dr. Judd



Since our article "MUSCLE GENESIS" appeared in the April 1988 issue of POWERLIFTING USA, we have been swamped with calls and letters requesting more information on Dr. di Abrili's revolutionary technique (electromagnetic stimulator) to enhance muscular strength and size. In all candor, we did not anticipate that so many readers would respond to the article. In fact, the article generated more reader mail and phone calls than any article we have ever published, even the chiropractor article. Why were we so surprised? Well, for the simple reason that "MUSCLE GENESIS" is a spoof, an April Fool's prank on the order of George Plimpton's April Fool's Story, the Curious Case of Sidd Finch, and other words, it was a joke, a fabrication, a created bit of humor. You know, it's like comedy.

The neurophysiologist's name, Dr. Scherzo di Abril, translated from the Italian means April Fool. The Olympic lifters name, Gargano, is the name of a local restaurant. The name of the three scientists; Hines, Fuch and Musgrove were derived from the main characters in Vincent Mondello's recent book THE FOOLS. And N.I.A.F. stands for the National Institute for April Fools, an organization developed for big time April Fools. It seemed that many of the readers who responded to the article wanted to believe in the existence of Dr. di Abril and his electromagnetic stimulator, despite the many improbabilities in the article. For instance, it was stated that all three lifters had increased their strength more than fifty percent in a time period of less than eight months. In Gargano's case alone that would translate to an astronomical increase of over 500 pounds in his squat. Most elite lifters would be ecstatic to increase their squat by 50 pounds in that period of time.

Another thing we didn't anticipate was how the readers responded when they found out that "MUSCLE GENESIS" was an April Fool's prank. Kind of the readers thought it was a great idea, and they enjoyed being

Actually, some of the threats got so bad that we had our secretary start our cars every morning. In all fairness, though, most of the readers who didn't like our little prank just wanted to beat the April Fool out of us. And then there were the embarrassing responses. For example, one guy told us that he had told at least one hundred people about the article, and had sent copies of it to SPORTS ILLUSTRATED, SPORT Magazine, COACH & ATHLETE, and the Olympic Committee. When we told him the article was a joke, he told us not to tell anyone else. A few other guys thought the article was so funny that they cancelled their subscription to POWERLIFTING USA (sorry, Mike). Our favorite letter was from a guy in Akron, Ohio who said, "Your article was a joke, and so are you." So we're wrong with jokes? We all need to lighten up a little. Like the fifth rule of the Kansas legislature says, "Never take yourself too seriously."

Keep smiling, and if you see someone without a smile, give them one of yours.

Judd & Army

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**Corrections**...Jo Wood's lifts of 473 319 473 1267 at 181 from the APF Worlds should have appeared on the Women's TOP 20, but did not as she was identified as representing Puerto Rico in that meet. Fred Grenlich's 650 squat was omitted from the TOP 20 ADPPA list for 220s. Fred has been ranked in the TOP 20 in the 275, 242 and 220 lb. classes. Carrie Packard's bench of 235 on the Women's TOP 20 list should have been credited to the 181 lb. class rather than the 132s.

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# A.D.F.P.A. NATIONAL COLLEGIATES

as told by Louie Sampedro

12.13 Mar 88 - Colorado Springs (kg)

Women's Division	SQ	BP	DL	Total
44 kg.	85	37.5	100	222.5
C. Dopke				
B. Byrd	110	72.5*	147.5*	330
L. Flanagan	110	62.5	135	307.5
R. Clark	112.5	52.5	140	305
S. Barnes	97.5	42.5	120	260
55 kg.				
S. Broze	125	60	140	325
B. Lita	120	62.5	135	317.5
63 kg.				
D. Heine	132.5*	70*	167.5*	370*
65 kg.				
D. Heine	125	55	142.5	322.5
E. Maginnis	102.5	52.5	127.5	282.5
C. Maginnis	102.5	52.5	112.5	267.5
Men's Division				
52 kg.				
T. Sasaki	117.5	62.5	142.5	322.5
F. Styles	187.5*	102.5	177.5	467.5*
L. Bolden	145	102.5	182.5	430
M. Jones	140	115	160	415
A. Stieglar	140	87.5	160	387.5
60 kg.				
D. Glenn	220	137.5	227.5	585
K. Scisney	212.5	132.5	212.5	557.5
D. Ogden	197.5	120	205	522.5
D. Scisney	194	92.5	205	491.5
67.5 kg.				
S. Kees	217.5	112.5	227.5	557.5
T. Malbran	172.5	110	215	497.5
75 kg.				
M. Thompson	245	127.5	265	637.5
S. Friday	230	172.5	232.5	635
R. Jarman	230	177.5	242.5	650
D. Y. Lacy	220	152.5	225	600
M. McMillan	200	122.5	205	527.5
82.5 kg.				
B. Henry	280	172.5	267.5	720
D. L. Jones	245	150	202.5	697.5
T. Lacy	245	150	202.5	697.5
R. Ethington	262.5	135	285	682.5
R. Kuster	255	142.5	240	637.5
90 kg.				
Q. Willington	295*	155	285	735
D. Greenwood	245	160	277.5	682.5
R. Edinger	240	160	275	675
R. Edinger	230	132.5	265	627.5
100 kg.				
S. Antczak	227.5	165	287.5	730

Dee Ann Plato...took the Best Lifter award for women. All photos lifted courtesy of Louie Sampedro.



Mike Siegler...showed he's as good as anyone in the ADFA in the bench.

orado's best lifters, Darryl Glenn of the Academy broke collegiate records in the bench, deadlift, and total as he posted a 280 lb. bench, 415 lb. total and 725 lb. total. Glenn finished the meet along with his second collegiate title. Keith from Northern Colorado posted an impressive 129 lb. total to place second. Due North's Tim Smith took four attempts to capture third place. Dave Coody from Texas Tech rounded out the class. The 148 lb. class saw two cadets as the only lifters to finish, sophomore Scott Kees easily won with a



Farley Styles...Brentamweight winner out of Tarrant County Junior College

129 lb. total while senior Brad Halloran, lifting before going to flight school. The 165 lb. class saw Mike Thompson from Virginia Polytechnic Institute posted a collegiate record deadlift to win the meet. The 175 lb. class saw Mike Kuster from Shaw Friday from North Dakota State. Paul Garman, a teammate of Mike Thompson, posted a collegiate record bench press of 235 lb. Thompson rounded out the class. On Sunday, the 181 lb. class saw a highly competitive battle for the top spot between two sophomores, Louie Sampeado from Texas and the University of Wisconsin Stout got in a good squat and deadlift but struggled in the bench. Dave's troubles in the bench opened the door for Brian Gant from Penn State to win. Brian gave his best shot but he came up a little short; thus, Dave won the 181 lb. class. In the 197.5 lb. class, Penn State's sensational 18 lb. class, Penn State's sensational 18 lb. class, Penn State's sensational 18 lb. class and collegiate deadlift record of 666 lbs. were nearly locked out 683 lbs. Byron said he will be looking for a 700 plus deadlift. At Tennessee State, the sophomore Louie Sampeado from Boston College with a flashy mohawk and Rich Ferro from Princeton rounded out the class. Quinn Klingman from BYU 600 lb. class shattered the collegiate record. Dale Greenwood from Colorado finished second despite a bad hip injury. Mark Jones of BYU finished third while Aric from North Dakota State finished third and fourth respectively. Scott Antczak from the



Cadet Scott Kees...148 lb. victor represented the Air Force Academy

University of Wisconsin. Milwaukee's found the meet. The 148 lb. class saw two sophomores, Scott Kees from the Air Force Academy and Tim Smith from Missouri State at the subtotal. Scott then proceeded to out deadlift Tim by 60 lbs. to win the 220 lb. class. Not far behind Scott and Tim was David who nearly deadlifted his way into first place but had to settle for third place. Stephan Pincok from BYU and Terril Smith from Penn State were in a close battle for second place. Pincok won a very impressive teenager. Mike Siegler from St. Cloud State came to the meet hoping to attempt to smoke a 522 lb. bench on a fourth try but was unable to do so. He finished the meet probably good for another ten pounds and he will be looking for a 550 lb. bench at the next meet. Garry Willnow from the University of Wisconsin, Oshkosh. The 275 lb. class saw teenager Ben Wax set three teenage American Records on his way to the championship. The Air Force Academy, coached by Joe Markstetter, repeated as National Champions while the Air Force Academy, coached by Brian Todd, repeated as Women's National Team Champions. Congratulations are in order for Joe and Cathy Markstetter for doing a fine job of coaching the fifth ADFA Collegiate Nationals across the country. The word around the meet site was the BYU and Missouri State were both interested in hosting the Nationals next year. The ADFA is looking for a site in the Midwest. Lambert for allowing me to cover the 1988 ADFA. Sampeado for results.

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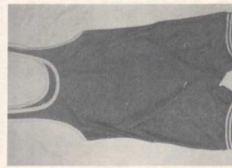
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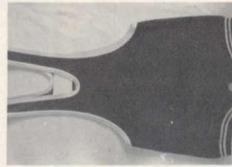
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By their very nature and biochemical make-up, nutritional substances cannot be subjected to the same scientific methods of testing as patent medicines, pharmaceuticals, and chemicals. Black and white nutrients are not subject to the same testing. Because these substances fall into a gray area, and because the advances in sports nutrition that depend on cannot wait for traditional methods, our ongoing gathering and analysis of empirical data from active athletes who are using important new nutrients in their daily training and competition becomes critically important.

You, as a powerlifter, waited for traditional methods of testing on the super new nutrients. We've said it before, formulas that are being developed, you'd stay light years behind the competition. That's why you continue in these articles to bring you the latest empirical data that we are gathering from the "gray area." This month, we'll discuss our latest findings on some of these nutrients: Gamma Oryzanol, Beta Stirosterol, Smilax Officialis, Inosine, Amino Acids, and Liver.

One of the products on which we're getting the most positive feedback is Gamma Oryzanol. It is being used by lifters in ever-increasing numbers. This is one nutrient that, according to data to date, is shown to increase effectiveness as the dosage increases. For those who may not know, Gamma Oryzanol is a powerful natural steroidal alternative, it acts as a metabolic activator, utilizing your body's own chemistry to help you develop greater strength, and lean muscle mass. Some of the current thinking is that it does this by positively affecting the hypothalamus, the master gland of the natural substance that uses a hypothalamic chemical, Gamma Oryzanol, without experiencing the harmful side effects of chemicals.

Although there are a variety of potencies available on the market, from 25 mg. to 1200 mg. per capsule, some of the best results are being achieved in the dosage levels of up to 1200 mg. taken once or twice daily. It's also worth mentioning that moderate amounts of Smilax Officialis (1000 mg.), combined with Gamma Oryzanol in the same capsule will greatly enhance the action and uptake of the Gamma Oryzanol in addition to having its own positive effects on the body. Smilax Officialis, as most lifters know, is a completely safe herb that has been used for years as a tonic for the body. The active components of Smilax are a group of sterols called saponins. These sterols (or saponins) have the unique ability to coax the body into producing greater amounts of such anabolic hormones as testosterone, without upsetting the hormonal balance of the body. It's important to note that, unlike other sources of steroid (other than those produced by the body), Smilax coaxes the body into producing its own testosterone to optimal levels, and maintains those levels with regular use. The latter aspect is important to you as a

## Advanced Concepts in NUTRITION

### Nutritional Shades of Gray by George Zangas

powerlifter because of the vital role that your body's own anabolic hormones play in helping you develop greater strength and lean muscle mass, without the dangerous side effects of chemicals.

Two of the best ways to obtain Smilax Officialis are in either liquid or powdered extract. The liquid is a sub-lingual form that, when held under the tongue for approximately 30 seconds, will be absorbed very rapidly into the bloodstream. An ideal time to take this form is immediately before a workout. Another convenient form is the two-piece gelatin capsule form of Smilax 300 mg. extract powder. This will last a bit longer to get into the system (30-60 minutes), but quite a few lifters prefer the convenience of the capsule. The two forms can also be combined very effectively in your program.

Beta Stirosterol is yet another natural steroidal alternative similar in effect to Gamma Oryzanol in that it helps produce greater strength and leaner muscle mass. Beta Stirosterol, accomplishes this by awakening your endocrine system, signaling it to produce natural growth hormone. It also has the added advantage of being light and easy on the stomach, i.e. it will help light and even reduce the level of "unfriendly" cholesterol in the body. As a matter of fact, the Lilly Pharmaceutical Company, which is one of the raw material suppliers of Beta Stirosterol, pulled its own supply off the market and began a formal testing program in order to obtain a new drug application for Beta Stirosterol because of its anti-cholesterolemic abilities.

There are several ways to use Beta Stirosterol in your program, but for those of you who wish to employ the benefits of Beta Stirosterol and Gamma Oryzanol in your nutritional program, you should take them in equal amounts (e.g., 500 mg.). This should be accompanied by approximately 1000 mg. of Smilax Officialis, not only to help in the uptake and utilization of both nutrients, but also to provide Smilax's natural ability to enhance the body's own production of testosterone. And, although we've written about it several times in past articles, it's certainly worth mentioning again, about your abilities, taken prior to once-enhancing your own dosages go (3000-4500 mg. approx. 1 hour before working out to help increase adenosine triphosphate levels), increased ATP levels allow

An ideal dosage of Liver is 5 tablets or high-potency capsules 1-3 times daily (depending on your training intensity).

There are many facts and fallacies in setting up a nutritional program. With the myriad of products that can help you in your quest for greater strength and lean muscle mass, it becomes incredibly important, as well as money-saving, to schedule the correct way to take your supplements. You can't take your daily planned around your daily schedule. You should even take into consideration such subtleties as taking the Amino Acid L-Tryptophan before bed to help you fall asleep quicker and sleep more soundly. If you would like to get in touch to discuss even the most basic program and its usage, please feel free, as always, to call or write me personally. My continuing concern in this column is your nutritional well-being. Program for next month's "Super Progression" (National, Shades of Gray Part II) (October, 1989) Via Landata, Palos Verdes Estates, CA 90274, 800-321-5064, in California 800-231-4070)

George Zangas is the founder and owner of Marathon Distributing Company, which specializes in high quality nutrition supplements and apparel for the powerlifting community. George was formerly Western Regional Sales Manager for Thompson-Vitamins. He also founded and coached the "Thompson Power Team", the most successful powerlifting team in Senior Nationals (1975-1980). George is also a member of the Executive Committee of the U.S. Powerlifting Federation.

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So, you are a diehard powerlifter who takes training seriously. You are consistent with your workouts, you train with some hard-core training partners, and you try getting the most out of each training session. As much as possible, you work your daily lifestyle around your powerlifting. Does this sound like you? If so, you are probably a lifter who carefully plans each workout, selecting the proper exercises, the correct warm-up, the optimum poundages and reps. You probably keep a training diary. Although you may not log it all over the weight room like beginners often do, you religiously go home each night, record your training session, and plan the next one.

But what exactly do you do with all this information? If you have been training for a number of years, a large stack of these notebooks has probably collected. Occasionally you may flip through them looking for that "one" program that really worked for you. But for the most part, these training logs just collect dust. If this is you, then some of your best training information is going to waste.

Let's backtrack for a second and look at some of the most important training variables for bringing yourself to a peak performance. As many lifters already know, it is important to cycle your training in preparation for a contest. Sport scientists often refer to this as periodization.

The classical illustration of this is found in Matveyev's model of periodization (1). Figure 1 shows Matveyev's illustration of an athlete's training as he prepares for a peak performance. Notice the various components of the training: volume, intensity, and technique. These train-

Although football has served as an example, you may have noticed that the same training principles can be applied to most athletic activities, and are particularly adaptable to powerlifting. You may already have seen the similarities between the football program and your lifting program. Early in your cycle, for example, the workouts are typified by higher repetitions and relatively light weights. As your contest date approaches, you gradually reduce the amount of work you perform each session, and slowly increase the intensity. In this case, the load on the bar. Typically, the last week includes only a little light work as you allow yourself to be as fresh as possible for the meet.

Unlike most other sports, powerlifting does not rely heavily on technique capabilities. This is not saying that proper lifting technique is not important. Generally, lifting technique is fairly easily developed in powerlifting. As a result, most powerlifters do not need to incorporate technique work into their workouts. It is important to note that improperly managed training variables can greatly affect the athlete's technique, although this is not as evident in powerlifting, so we will not be concerned with monitoring the technique in the work out.

What does all this have to do with your training diary? In order to bring yourself to a peak performance, you must be able to keep track of the training variables, volume, and intensity. If you succeed with a particular training regimen, it is vital that you record it so that you can see exactly how far out from the contest you were doing a certain volume of work, or a certain intensity of exercise.

(article continued on page 57)

# STARTIN' OUT

A special section dedicated to the beginning lifter

## Monitoring Your Workouts How To Effectively Use Your Training Diary

by ANDREW FRY, CSCS, Editorial Assistant  
National Strength & Conditioning Association

ing factors are important for all sports, not just powerlifting, and this training model has been used for a number of years by coaches in many different athletic events.

Close inspection shows that early in the training cycle the athlete utilizes high training volumes, while the intensity of the workout is moderate to low. Also, technique work is low. A good example of this in an actual athletic setting is when an athlete first reports to football camp at the end of summer. The workouts are typically long and concentrate on general conditioning. Their purpose is getting the athlete into a state of good general physical condition in preparation for later, more specific and intensive exercise. The remainder of the model of periodization is readily illustrated by the pre-season football workouts. As the first game approaches, the volume of work performed decreases, from two-a-days at the beginning to very short ses-

sions the last several days. In contrast, the intensity of the exercise increases during this time, peaking shortly before the contest, followed by a reduction just before the contest. This reduction in intensity along with the reduction in volume, leaves the athlete fresh and physically ready for the contest. The third variable, technique, is the last factor to be brought to a peak. Again, this is seen during typical football practices. Early in the training cycle, most of the time is spent on conditioning. The last few days before the game are spent almost exclusively on technique and related strategy. After the game, the training cycle is repeated, although in a much shorter time frame, usually just one week or until the next game. Some recovery time is necessary before the high volume of the next cycle can be started. This is usually accomplished over the week end, and Monday the volume is again increased.

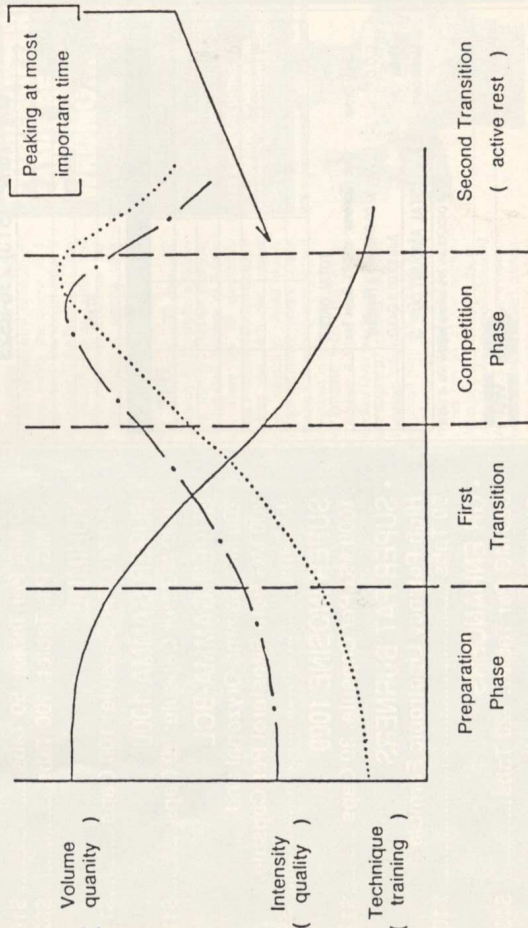
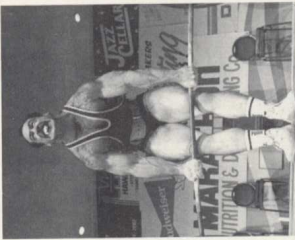
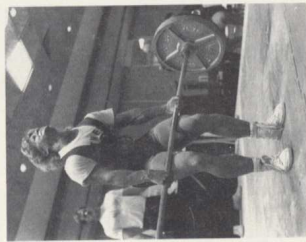


Figure 1 Matveyev's model of periodization (modified). (1)

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148/67.5 kg.  
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for USA lifters competing  
April 1987 to March 1988

SQUAT	BENCH	DEADLIFT	TOTAL
1	700 Luckett, L., 274/88	666 Austin, D., 7/11/87	1620 Austin, D., 7/11/87
2	646 Jackson, E., 6/27/87	622 Jackson, E., 1/12/187	1581 Mondshim, E., 1/12/187
3	420 Woodruff, C., 8/15/87	617 Jackson, E., 6/27/87	1576 Luckett, L., 7/11/87
4	600 Johnson, S., 11/18/87	607 Woodruff, C., 8/15/87	1543 Jackson, E., 1/12/187
5	600 Lewis, D., 12/6/87	600 Conners, D., 12/5/87	1526 Farris, V., 8/15/87
6	600 Lewis, D., 12/6/87	400 Schachte, C., 4/4/87	1526 Farris, V., 8/15/87
7	584 Mondshim, E., 1/12/187	584 Mondshim, E., 1/12/187	1526 Conners, D., 12/5/87
8	584 Mondshim, E., 1/12/187	584 Mondshim, E., 1/12/187	1504 Scholze, P., 6/6/87
9	573 Ingram, M., 8/15/87	584 Mondshim, E., 1/12/187	1485 Ingram, M., 8/15/87
10	573 Ingram, M., 8/15/87	584 Mondshim, E., 1/12/187	1485 Maclean, M., 8/29/87
11	573 Ingram, M., 8/15/87	584 Mondshim, E., 1/12/187	1485 Maclean, M., 8/29/87
12	573 Ingram, M., 8/15/87	584 Mondshim, E., 1/12/187	1466 Woodruff, C., 7/11/87
13	567 Thoms, L., 10/31/87	575 Hogan, J., 2/20/88	1466 Woodruff, C., 7/11/87
14	567 Thoms, L., 10/31/87	575 Hogan, J., 2/20/88	1465 Heath, S., 9/9/87
15	567 Thoms, L., 10/31/87	575 Hogan, J., 2/20/88	1465 Heath, S., 9/9/87
16	567 Thoms, L., 10/31/87	575 Hogan, J., 2/20/88	1459 O'Neil, K., 1/4/88
17	560 Olson, J., 4/4/87	573 Woodruff, L., 4/4/87	1459 O'Neil, K., 1/4/88
18	560 Olson, J., 4/4/87	573 Woodruff, L., 4/4/87	1455 O'Neil, K., 1/4/88
19	555 Heath, W., 4/18/87	573 Woodruff, L., 4/4/87	1455 O'Neil, K., 1/4/88
20	555 Heath, W., 4/18/87	573 Woodruff, L., 4/4/87	1455 Benvenuto, R., 8/1/87
21	555 Maclean, M., 8/29/87	573 Woodruff, L., 4/4/87	1455 Benvenuto, R., 8/1/87
22	551 Scholz, P., 6/6/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
23	551 Scholz, P., 6/6/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
24	550 Conners, D., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
25	550 Conners, D., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
26	550 Conners, D., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
27	550 Conners, D., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
28	543 O'Neil, K., 1/4/88	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
29	543 O'Neil, K., 1/4/88	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
30	543 O'Neil, K., 1/4/88	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
31	540 Chambers, M., 11/14/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
32	535 Mullis, D., 11/14/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
33	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
34	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
35	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
36	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
37	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
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41	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
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44	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
45	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
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63	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
64	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
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67	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
68	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
69	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
70	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
71	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
72	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
73	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
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78	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
79	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
80	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
81	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
82	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
83	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
84	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
85	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
86	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
87	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
88	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
89	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
90	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
91	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
92	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
93	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
94	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
95	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
96	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
97	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
98	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
99	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87
100	534 Sumner, C., 12/5/87	562 Lawson, C., 11/18/87	1455 Benvenuto, R., 8/1/87

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

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- The ultimate fit because holes are grouped closer together
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- Available in 18 colors and combinations
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**The Custom Series**  
Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

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- Style B Double-thick suede leather with six rows of stitching, double prong. Available one, two- or three-tone. \$55.00
- Style C Double thick smooth leather. Available in single or double prong. \$55.00
- Style D Single thickness, heavy leather. Double prong recommended. \$19.00
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The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

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- Mark II Double thickness deluxe suede leather with heavy-duty stitching and double prong. \$45.00
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	<b>Style C. Suede, Double</b> Triple thick, any color.....\$50
	<b>Style D. Leather, Double</b> Triple thick, black only.....\$49
	<b>Style E. Leather</b> 1 1/4" thick leather.....\$21
	<b>Style F. 2 1/2" Tapered</b> 1 1/4" thick leather.....\$17
	<b>Style G. 2 1/2" Tapered</b> Suede.....\$29
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Suit & Wrap 15"™ - \$38.00  
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35% stronger/25% thicker than Wrap 10

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36 in., hook & loop extra long Velcro thumb tie

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- Olympic Black Solid 7' Bar - \$159
- Olympic Set with 7' Chromed Bar and collars - \$269
- Olympic Chromed Solid EZ Kurl bar with 2 collars - \$52
- Olympic Chromed Solid 20" Dumbbell Handle - \$39
- Black Olympic Spin Collar (5 lbs.) - \$10
- Olympic Chromed Spring Clip Collar (1/2 lb.) - \$6.00

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**INOSINE 1000 mg. 100 Capsules \$13.95**

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**INOSINE 500 mg. 50 Capsules \$ 9.00**

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\$28.00 (send height & weight)  
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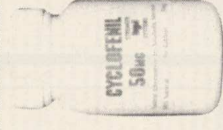
Laura Dodd (165) Marian Liggett (132) Pam Crisp (123) Susie Benford (97)  
 1986 World Champ 1986-87 World Champ 1986-87 World Champ 1986-87 National Champ  
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\*ANABOLIC AMINO 10,000\* is formulated to increase muscle mass and strength in combination with intense training. This product enhances Protein Synthesis and PNB (Positive Nitrogen Balance). Healthy "Nitrogen Balance" is the key to building muscle mass. Healthy "Nitrogen Balance" is the key to building muscle mass. Healthy "Nitrogen Balance" is the key to building muscle mass.



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**Garland Square Fitness Center Bench**  
 7 Feb 88 - Tyler, TX

- 142 lbs. N. Mutchcock 480
- 144 lbs. C. Williams 485
- 146 lbs. J. Karaway 515
- 148 lbs. R. Briggs 490
- 150 lbs. J. Hagan 495
- 152 lbs. T. Springer 540
- 154 lbs. K. Rosa 490
- 156 lbs. H. Everett 485

**Nebraska High School (Class B,C,D)**  
 19 Mar 88 - Doniphan, NE

- 114 lbs. J. Johnson 780
- 116 lbs. J. Bauser 780
- 118 lbs. K. Carter 735
- 120 lbs. C. Lindahl 640
- 122 lbs. D. Gulliza 970
- 124 lbs. S. Barry 945
- 126 lbs. C. Braun 830
- 128 lbs. S. Cordera 790
- 130 lbs. T. Roseenthal 690
- 132 lbs. S. Vaneek 920
- 134 lbs. M. Burgess 885
- 136 lbs. J. Krog 810
- 138 lbs. J. Kaplan 845
- 140 lbs. S. Berg 730
- 142 lbs. T. Grable 1130
- 144 lbs. S. Bissou 845
- 146 lbs. J. Bigley 615
- 148 lbs. J. Bernutha 1070
- 150 lbs. B. Hodgson 865
- 152 lbs. D. Thompson 805
- 154 lbs. A. Warren 695
- 156 lbs. H. Houken 610
- 158 lbs. J. English 845\*
- 160 lbs. M. Hug 1025
- 162 lbs. S. Berronson 945
- 164 lbs. B. Mohler 815
- 166 lbs. J. Loop 815
- 168 lbs. J. Hanson 775
- 170 lbs. J. Walker 1150
- 172 lbs. V. Stuber 990
- 174 lbs. M. Mattson 885
- 176 lbs. B. Steitmatter 945
- 178 lbs. J. Howell 825
- 180 lbs. K. Jones 915
- 182 lbs. C. McMahon 790
- 184 lbs. C. Hodgson 1115
- 186 lbs. M. Schurr 790
- 188 lbs. S. Franzen 630
- 190 lbs. M. Harms 585
- 192 lbs. J. Hutson 545
- 194 lbs. B. Lemburg 520
- 196 lbs. K. Stuck 410
- 198 lbs. M. Swires 870\*
- 200 lbs. S. Chamberlain 695
- 202 lbs. C. Willard 600
- 204 lbs. R. Rankamp 515
- 206 lbs. S. Smith 630\*
- 208 lbs. T. Fischer 1115\*
- 210 lbs. D. Cain 755
- 212 lbs. S. Schrogler 680
- 214 lbs. K. Hutson 990
- 216 lbs. J. Hastings 975
- 218 lbs. D. Walker 755
- 220 lbs. C. Ortmeier 760
- 222 lbs. R. Throener 385
- 224 lbs. M. Gillispie 980
- 226 lbs. J. Poeslten 955
- 228 lbs. J. Montforte 925
- 230 lbs. B. Mackrepping 855
- 232 lbs. K. Chappell 835
- 234 lbs. T. Tralicy 350
- 236 lbs. C. Gibbins - Hyv. Class C Jesse Hersacker - U.

Travis Rader - Hyv. TEAM PLACINGS, Class B:  
 1. Rader, 2. Adams and Nebraska City, Class C:  
 D. 1. Humphrey St. Francis, 2. Johnson-Brock, 3. Fernham, GIRL'S TEAM: 1. Doniphan (Thanks to Merit Director Dave Sochor for results)

**1st Annual South Texas C.C. Ironmasters Bench Press**  
 19 Mar 88 - Corpus Christi, TX

- WOMEN'S DIVISION**  
 (Malone Formula)
- 140 lbs. J. Kaiser 170
  - 142 lbs. R. Flores 245
  - 144 lbs. M. Smith 405
  - 146 lbs. J. Hendrix 395
  - 148 lbs. O. Menebacha 365
  - 150 lbs. J. Almaguel 225
  - 152 lbs. A. Flores 225
  - 154 lbs. D. Salinas Sr.-I 220 lbs.
  - 156 lbs. D. Mills Jr. 405
  - 158 lbs. U. Beasley 250
  - 160 lbs. H. Escamilla 240
  - 162 lbs. M. Vengopal 220
  - 164 lbs. R. Abrego-I 205
  - 166 lbs. S. Gonzalez 185
  - 168 lbs. I. De La Paz-I 350
  - 170 lbs. M. Morales Jr. 385
  - 172 lbs. K. Sanders 325
  - 174 lbs. R. Johnson-I 230
  - 176 lbs. K. Redolph-I 405
  - 178 lbs. J. Lopez-I 400
  - 180 lbs. F. Lemmon 400
  - 182 lbs. R. Son Miguel 205
  - 184 lbs. A. Acquarrelli 340
  - 186 lbs. J. Guajardo-I 325
  - 188 lbs. S. Culver 285
  - 190 lbs. R. Hines 225

**Babylon Gym Power Open Bench**  
 5 Mar 88 - Horsham, PA

- 175 lbs. J. Kilcourse 310
- 180 lbs. M. Washington 165 lb.
- 185 lbs. T. White 90
- 190 lbs. J. Cardridge 385
- 195 lbs. T. O'Donnell 220
- 200 lbs. S. Kohler 335
- 205 lbs. Masters 181 lb.
- 210 lbs. John Young 198 lb.
- 215 lbs. "Moore" Curry 425
- 220 lbs. D. Mosk 480
- 225 lbs. John Austin 220 lb.
- 230 lbs. S. Tabackin 480
- 235 lbs. T. O'Donnell 220
- 240 lbs. J. McKenna 405
- 245 lbs. B. Evans 265
- 250 lbs. L. White 90
- 255 lbs. R. Ferri 410
- 260 lbs. T. Faust 315
- 265 lbs. D. Rotache 375

**Ashtabula YMCA Open Bench Press**  
 26 Mar 88 - Ashabula, OH

- Women's Division**  
 (By Formula)
- 130 lbs. L. Hazlettine 160
  - 135 lbs. Y. Vlcek 120
  - 140 lbs. A. Vondra 198 lbs
  - 145 lbs. M. Starn 100
  - 150 lbs. M. Starr 390
  - 155 lbs. K. Hughes 330
  - 160 lbs. J. Evans 310
  - 165 lbs. T. Soloman 250
  - 170 lbs. R. Brown 450
  - 175 lbs. R. Frago 165
  - 180 lbs. J. Fortney 180
  - 185 lbs. J. Tolusso 310
  - 190 lbs. M. Cellitti 270
  - 195 lbs. G. Durbin 255
  - 200 lbs. T. Talbot 325
  - 205 lbs. R. Peluso 305
  - 210 lbs. E. Montgomery 225
  - 215 lbs. T. Wallick 390

**Outstanding Lifter: Neil Schonebeck**  
 ASHTABULA Y.M.C.A. held its Open Bench Press contest on March 26, 1988. Neil Schonebeck of Ashabula, Ohio, Erie, PA and Pittsburgh, PA, Linnie Anderson and Dale Cheney would like to thank all the judges, scorekeepers and loaders, which made the lifters and hope to see you again next year in March. (Thanks to Lonnie Anderson for results)



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- \* It's adjustable - make it as loose or as tight as you need it!
- \* Ernie says: "Add to your Max Bench."
- \* 100% Polyester, Colors: navy, black, & red.
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- \* Give measurements: height, weight, chest, bicep, around shoulder diameter, & waist.
- \* Special 30 day introductory offer with purchase of the new Super 10 Bench Shirt.

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## FPC Open Bench Press

13 Mar 88 - Big Spring, TX

148 lbs.	A. Cardenas	255
165 lbs.	C. Stevens	285
181 lbs.	D. Nolting	280
200 lbs.	R. Puga	250
220 lbs.	A. Sells	250
240 lbs.	B. Smith	250
260 lbs.	G. Zabacknik	250
280 lbs.	B. Need	242 lbs.
300 lbs.	P. Laloff	225 lbs.
320 lbs.	R. Flores	225 lbs.
340 lbs.	C. Jeffrey	245 lbs.
350 lbs.	C. Bess	290 lbs.

Team Results: 1. Big Spring YMCA, 32 pts., 2. Big Spring High School, 28 pts., 3. Big Spring Middle School, 25 pts.  
Judges: Vicky Brooks and Dan Leon Kidd.  
(Thanks to Ed Tuttle, Recreation Specialist for results).

## Eglin FPC Spring Open

Mar 88 - Eglin AFB, FL

Misretta	134	150	175	300	625
Oliver	121	250	185	250	685
Conteras	145	290	155	365	810
Wright	147	325	270	390	985
Beverly	147	325	270	390	985
Corner	153	330	235	360	925
Sutherland	159	345	265	425	1080
Widderhouse	165	375	290	500	1160
Bennett	164	375	290	500	1160
Widderhouse	185	395	285	505	1185
Rok	226	440	290	525	1235
Hotz	213	455	320	460	1235
Capozzi	196	460	330	475	1265
Wright	196	460	330	475	1265
Martin	196	460	330	475	1265
Falla	258	580	440	640	1660

This was the fourth organized powerlifting meet Eglin Federal Prison has had. There were many new lifters and the meet was a success. The meet was held on the 18th of down competing in the morning. The 1988 and up competing in the afternoon. The 1988 and up competing according to the USPF rules. Due to the break

## APF Vermont Championships

20 Mar 88 - Springfield, VT

WOMEN'S NOVICE	SQ	DL	Total	
Y. O'Neil	100	80	150	310
L. Barlett	205*	130*	210*	545*

Team Results: 1. Vermont State Powerlifting Championships, 2. Vermont State Powerlifting Championships, 3. Vermont State Powerlifting Championships.  
Judges: Vicky Brooks and Dan Leon Kidd.  
(Thanks to Ed Tuttle, Recreation Specialist for results).

## Greater Cincinnati Bench Press

14 Feb 88 - Cincinnati, OH

165 lbs.	J. Keffner	145
181 lbs.	L. Light	150
200 lbs.	C. Clark	150
220 lbs.	J. Grandinoro	135
240 lbs.	L. Jones	290
260 lbs.	B. B. B.	285
280 lbs.	W. Colley	340
300 lbs.	R. Mik	405
320 lbs.	D. Wilson	380
340 lbs.	Z. Jackson	325
360 lbs.	R. Thomas	320
380 lbs.	K. Hooks	285
400 lbs.	J. Keffner	275
420 lbs.	C. Mack	355
440 lbs.	D. Steimetz	350
460 lbs.	M. Sweeney	275

Outstanding Lifter, Sponsored by the Annual and Atlas Vitamins sponsored the 4th Annual High School. The number of lifters who participated in this year's meet was about half as many as in the previous year. The meet was held at McNichols High School. The number of lifters who participated in this year's meet was about half as many as in the previous year. The meet was held at McNichols High School.

## Wisconsin ADPPA Women's State and Masters & Men's Open

14 Feb 88 - Stevens Point, WI

110 lbs.	S. Lawson	190	100	250	540
125 lbs.	J. Johnson	175	85	165	365
140 lbs.	K. Moore	240	170*	270	680
155 lbs.	M. Sorek	185	95	225	505

Wisconsin ADPPA Women's State and Masters & Men's Open. The meet was held at Stevens Point, WI. The meet was held at Stevens Point, WI.

## Trim and Slim Shoppe Bench Press

27 Feb 88 - Douglas, WY

110 lbs.	J. D. Wagener	350
125 lbs.	R. Kasser	370
140 lbs.	M. Mosley	255
155 lbs.	B. Shandor	390
170 lbs.	D. L. Hoiste	350
185 lbs.	D. Parker	275
200 lbs.	M. Hageman	225
215 lbs.	P. Goodrich	325
230 lbs.	D. Spock	250
245 lbs.	J. Maddy	353
260 lbs.	J. Mayo	270
275 lbs.	D. Okray	355

Trim and Slim Shoppe Bench Press. The meet was held at Douglas, WY. The meet was held at Douglas, WY.

## Greater Cincinnati Bench Press

14 Feb 88 - Cincinnati, OH

165 lbs.	J. Keffner	145
181 lbs.	L. Light	150
200 lbs.	C. Clark	150
220 lbs.	J. Grandinoro	135
240 lbs.	L. Jones	290
260 lbs.	B. B. B.	285
280 lbs.	W. Colley	340
300 lbs.	R. Mik	405
320 lbs.	D. Wilson	380
340 lbs.	Z. Jackson	325
360 lbs.	R. Thomas	320
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400 lbs.	J. Keffner	275
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460 lbs.	M. Sweeney	275

Greater Cincinnati Bench Press. The meet was held at Cincinnati, OH. The meet was held at Cincinnati, OH.

## Greater Cincinnati Bench Press

14 Feb 88 - Cincinnati, OH

165 lbs.	J. Keffner	145
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440 lbs.	D. Steimetz	350
460 lbs.	M. Sweeney	275

Greater Cincinnati Bench Press. The meet was held at Cincinnati, OH. The meet was held at Cincinnati, OH.

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—Socks \$10.00 any logo S, M, L, XL Navy, gold, red, black, maroon  
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Sincerely,

John Inzer  
Owner

### INZER ADVANCE DESIGNS

Illinois ADFFA State Championships 24 Jan 88 - Chicago, IL (kilos)			
	SQ	BP	Total
R. Thompson	182.5	137.5	195
123 lbs			
B. Gagliardi	105	82.5	135
J. Loftus	65	82.5	110
B. Wolf	242.5	127.5	250
E. Bridges	225	107.5	217.5
K. Hamman	200	120	217.5
132 lbs			
D. Bough	197.5	110	212.5
D. Kroese	170	135	190
J. Armstrong	142.5	102.5	187.5
138 lbs			
G. Zieg	235	150	227.5
D. Dunne	210	142.5	212.5
C. Mustari	210	142.5	210
145 lbs			
K. Hook	225	115	225
R. Flores-M	192.5	127.5	240
M. Fields	192.5	137.5	205
M. Redrup-M	170	122.5	205
R. Rivera	147.5	110	200
150 lbs			
K. Corbally	130	60	132.5
181 lbs			
D. Brady	242.5	170	230
B. Masuda	230	142.5	237.5
D. Shows	207.5	122.5	252.5
B. Dowling	207.5	120	235
J. Holahan	180	112.5	217.5
F. Torres	165	112.5	212.5
V. Stenberg	125	100	190
198 lbs			
L. Rhodes	207.5	170	205
S. Laing	227.5	182.5	262.5
R. Mirabal	272.5	172.5	272.5
R. Bailey	235	147.5	272.5
M. Dambrowski	217.5	155	245
A. Nettis	227.5	135	242.5
F. Wiesmuller	192.5	165	202.5
B. Filer	167.5	147.5	202.5
R. Jones	180	110	211
J. Kinney	187.5	112.5	197.5

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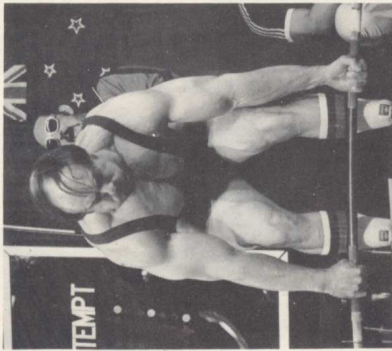
Joe Gileno in the deadlift but could only make his first attempt. Marc Jones, from the BRAW team, took fourth beating Dean Beigh by just 2.5 lbs. With 15 lifters, the MAC class was by far the largest, and it was the bench and total of the class that was the highlight. The bench records in the squat and deadlift. Teenager Sam Contreras from Eisenhower High School placed second in the squat and deadlift. Three lifters were in the SHW. The masters' category was won by Tommie Boffo winning Eisenhower's Mark Richardson placed second. A.M. Learn came to do the squat and deadlift in order to break the state record. The SHW masters' category was won by Mike Platt, 402.5 lb. effort. The masters' category continues to grow at the state level as seven lifters competed in the state championships. Figured on setting an ADFFA masters American record in placing second over Athletes for Christ team over John Loftus. The amount of work involved in putting on a quality two platform meet is enormous. People who traveled from out of state to attend the state meet were given a great experience. Joe Brettnacher and David Del Real and Mike Lira - all from Indiana. Bob Craft came down from Texas. The ADFFA meet was an excellent one. The ADFFA meet was an excellent one. The ADFFA meet was an excellent one.

Mac Texas was the only lifters in this class to lift more than 200 lbs. The bench records in the squat and deadlift. Teenager Sam Contreras from Eisenhower High School placed second in the squat and deadlift. Three lifters were in the SHW. The masters' category was won by Tommie Boffo winning Eisenhower's Mark Richardson placed second. A.M. Learn came to do the squat and deadlift in order to break the state record. The SHW masters' category was won by Mike Platt, 402.5 lb. effort. The masters' category continues to grow at the state level as seven lifters competed in the state championships. Figured on setting an ADFFA masters American record in placing second over Athletes for Christ team over John Loftus. The amount of work involved in putting on a quality two platform meet is enormous. People who traveled from out of state to attend the state meet were given a great experience. Joe Brettnacher and David Del Real and Mike Lira - all from Indiana. Bob Craft came down from Texas. The ADFFA meet was an excellent one. The ADFFA meet was an excellent one. The ADFFA meet was an excellent one.

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(article continued from page 22) weeks of half hour per day of imagery practice. The athlete should either get an imagery log or simply make space in his training log in order to monitor his practice. Included in the entries in this log will be: time, date, amount of time spent in imagery, what occurred during practice (especially note any cues that you found particularly effective) and a rating of how effective you believed the practice session was. A separate section might include several types of imagery exercises and directions to relax you.

At this point of the program several suggestions must be made clear to the lifter in order to maximize the benefits of his training in imagery. 1. Relaxation, such as progressive muscular relaxation, should precede his imagery practice (these techniques will be taught in one of the listed references and should be learned as part of the initial practice sessions). 2. Imagery should be practiced from an internal perspective, in other words, you should visualize the scenes as if you were actually doing the lifting (not just watching yourself lift).

3. Athletes should practice imagery with realistic expectations (please see references for goal setting). Unrealistic fantasizing is not the same as practicing imagery, i.e., not everyone can be a Lamar Gant. 4. Imagery should be practiced in a quiet, comfortable setting.

Dr. Robin Vealey suggests three different types of imagery exercises to be used to develop your imagery skills. The first is to create more vivid images, like focusing the lens on your camera to clarify the picture. A second exercise will strengthen his ability to control an image so that he can manipulate the scene at will, such as seeing yourself using perfect form on your most difficult lift. Lastly, the athlete will increase his self-perceptions of his sport performance. This type exercise allows the athlete to sense their problems in their sports motions and graphically recreate their thoughts and feelings during competition.

**Vividness Exercises**  
Exercise 1: Choose a piece of equipment in your gym such as a bar, bench, or even a supersuit at home. Focus on this object as you run your hands over it and feel its weights, texture, and temperature. Take your time and be thorough. Now put it down and try and feel those same sensations that you felt before; feel the knurling of the bar, or the tightness of your suit, etc...  
Exercise 2: Place yourself in the location of your next contest well in advance when there are few others will present. Go to where the events will be held and look all around you, get a sense for the place paying particular attention to the meet site's surroundings and its sounds. Now close your eyes and picture how this building will be at the time of the contest, see the audience and hear how the noise level has dramatically increased. Imagine yourself preparing to lift and focus on the feelings you experience when performing in front of the crowd.

time, Rich had a hard time believing that although he had set a personal record in the total, he still had even more strength left. Rich went on to win his championship and I learned how valuable having a replay device is.

**Exercise 1:** Think back to a past competition in which you performed well. Try and replay in your mind, as complete and clear as possible, all of the events that occurred in that meet. Use all of your senses and see your surroundings as you enter the meet site, warm up, and execute all of your attempts. You should re-experience all the positive emotions you felt and try to pick out the dynamics that led to you performing so well (levels of concentration, confidence, anxiety). Recall your strategies and how they affected you and your competition as well as how you prepared mentally for this meet. If you can combine this with the training knowledge you've gathered from reading your training log, you're that much closer to understanding what works for you in powerlifting.

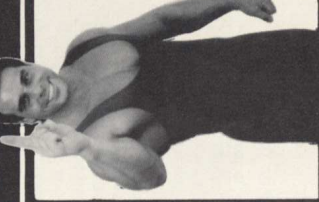
**Exercise 2:** The purpose of this exercise is to make you aware of the events that have occurred in past competitions that have not allowed you to perform as you would have liked. Recreate several experiences in which you performed poorly and try to pinpoint the specific factors that negatively influenced your performance, whether they be a closely missed lift, an opponent doing unexpectedly well, or a "bad" call made by a judge. Be honest enough to first find, and then admit, where your Achilles heel is and then you can work on strengthening it.

**Exercise 3:** Choose a close friend, lifting partner, or someone that you are around often and have a clear picture of. Place the picture in front of you and study it carefully, trying to notice all the features of this individual's face, build, etc... Now close your eyes and try to see that exact same picture. Next try and hear that person's voice, and remember their mannerisms. The key here is to try and get as clear an image of the whole person as possible.

**Exercise 1:** Use the person you selected in the first exercise in vividness and now see them getting out of the position that you originally saw them in and beginning to walk across the room towards you. Next see them walk in the opposite direction away from you, noting their particular gait.

**Exercise 2:** Use the piece of equipment you selected in the second vividness exercise and now picture yourself performing with this object. Feel the knurling of the bar, or the tightness of your suit as you sit into your squat at the bottom of the hole. Try at first to merely see yourself clearly performing this lift repetition after repetition (again this should be in perfect form). Then, when you feel competent at this, try to hear the crowd respond to your lifts. Now put both the sights and sounds together to really make the scene complete. **Self-Perception Exercises**  
Once, when visiting my friend Rich Champion, we began watching a video tape of his last competition, which included a personal best deadlift and total. Upon seeing this lift for the first time, Rich remarked on how easy it looked for him to complete it and became filled with confidence in training for his upcoming Junior Worlds meet. Up until that

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it must fit easily into your hectic schedule. Try and place your time of imagery practice at different times to discover which is best for you, with the ideal times being just before and after your training sessions. Start with 15 minutes per day at first, at a time that's convenient, and progress to (article continued on page 93)



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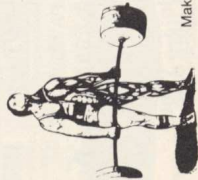
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**POWER HOTLINE** is the twice monthly bulletin of the **IRON GAME**, a newsletter sent out the 1st and 15th of the month via **FIRST CLASS MAIL**, so it reaches your with news while it still is news! Recent issues detailed the Hollywood Friar's Club ROAST of Arnold Schwarzenegger, the THEFTS of synthetic growth hormone, despite security precautions beyond FDA requirements, and how much it would cost, according to an expert, to use enough growth hormone to show "any measurable" effect (**FIVE FIGURES per YEAR!**). Details on the new magazine due out in July called **NATURAL PHYSIQUE** were revealed plus now a top ranked Superheavyweight Powerlifter did in his major role in **RAMBO III**! Another story covered the future plans of the new World Bench Press Congress (they will have an **IFP** Division in their big competitions), as well as Mike Bridges qualifying for a big meet this year (but in which federation?). Fred Hanfield's new chain of **C.H.A.F.T.** physical therapy centers (one in every N.F.L. city), which offer an upcoming edition of **BOYS' LIFE**, and - **OF COURSE** - the Gre Hawaii meet lifts of greats like Giant, Alexander, Austin, Dinaher, Jeff Magner, and, **MORE THAN OF COURSE**, the complete flash report of the Hawaii meet, in subscribers hands only. **All this and much MORE for you when you send \$28 for 24 issues payable to POWERLIFTING USA, Box 3238, Camarillo, CA 93001.**

### Japanese Women's Nationals

20 Mar 88 - Houto City (400s)

44 kgs	SQ	BP	DL	Total
H. Yoshida	130	62.5	140	332.5*
4th Attempt	135*			
M. Watabayashi	115	57.5	150.5*	322.5
R. Era	112.5	57.5	140	310
N. Tamura	115	60	125	300
R. Shibata	115	55	110	280
52 kgs	109.5	55	120	285.5
K. Nishio	140	62.5	155	357.5
4th Attempt	110	60	160*	290
4th Attempt	100	50	132.5	282.5
60 kgs	162.5	92.5*	185.5	440*
L. Kimburo	110	60	130	300
E. Hino	160	77.5	162.5	400
67.5 kgs	190*	95	170	455*
Y. Yamazaki	130	60	130	320
K. Yamada	130	60	130	320
75 kgs	140	77.5	140	357.5
H. Yanai	160	75	150	385
T. Morooka	160	90	160	410

**California Masters Championships**  
12 Mar 88 - Fresno, CA

Age	5Q	BP	DL	Total
40-44	209	104	225	540
J. McVaugh	424	374	501	1300
181 lbs.	198	104	225	540
P. Phasi	429	242	485	1157
B. Acock	501	374	529	1405
P. Gutierrez	473			
D. Hawley	132	297	402	832
181 lbs.				
R. Seymour	308	236	363	909

**Keiko Nishio** - Japanese Women's National Champion at 52 kg. Photo courtesy of Susumu Yoshida, JPA.

220 lbs. 529 336 584 1449  
G. Luciani 501 330 451 1285  
Ages 50-54 132 lbs. 154\* 99\* 231\* 483\*  
135 lbs. 154\* 99\* 231\* 483\*  
165 lbs. 341 231 413 986  
181 lbs. 418 308 485 1212  
R. Strange 418 330 529 1278  
220 lbs. 573 314 516 1405  
242 lbs. 424 303 473 1201  
T. Yost  
Ages 55-59 220 lbs. 446\* 253 451 1151  
240 lbs. 159 314 303 777  
L. McVaugh  
Ages 60-64 352 297 402 1052  
220 lbs. 319\* 242\* 407\* 970\*  
Team Champions: 1. Top Gun Power Team, 2. Just Another Power Team/Fitness Plus, Meet Sponsor: Fitness Plus Health Club, Best Lifter: Tom Vagstad, Best Bench: Tom Vagstad, Best Squat: Tom Vaghad, 65-69 Jack Lano, Meet Directors: Bob Packer and Ken Kenmore. This meet was held at the 4000 Club in Fresno, California. The number of competitors in the bench press was up for with the competition and the endurance demonstrated by the lifters, Joyce Alcolomure, and weight class and capped her performance with an easy 231 deadlift. Making an impressive 910 for 9 days, she teamed together with Julie McVaugh, of the TOP GUN Power Team lifted uncontested in the 148 lb. class. Robert Acock, of the 50-54 age group put together the measure of a very muscular Mark McCall in the 40-44 181 lb. class despite having had to take recent physical agility test related to his job. The 50-54 age group with only a few weeks of training and looking for much more at (Thanks to Bob Packer for results).

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Table of Finnish Women's Championships results. Columns include Name, Division, Weight, and Placement. Lists names like A. Heikkilä, V. Viitasari, M. Korpela, etc.

Table of 5th Annual Keystone Open & Class II results. Columns include Name, Division, Weight, and Placement. Lists names like D. Dohosh, C. Alexander, P. Fryer, etc.

Table of Burke's 88 - Atlanta, MI results. Columns include Name, Division, Weight, and Placement. Lists names like F. Coopro, M. Koval, M. Taylor, etc.

Table of 27 Feb 88 - Ambridge, PA results. Columns include Name, Division, Weight, and Placement. Lists names like M. Dobosh, C. Alexander, J. Turner, etc.

Table of MSU Open & Collegiate results. Columns include Name, Division, Weight, and Placement. Lists names like J. Barlow, J. Lewis, J. Fleming, etc.

Table of 20 Feb 88 - Phoenix, AZ results. Columns include Name, Division, Weight, and Placement. Lists names like M. Nichols, D. Bedford, P. Mitchell, etc.

Table of Arizona Senior Olympics results. Columns include Name, Division, Weight, and Placement. Lists names like D. Nichols, D. Bedford, P. Mitchell, etc.

Table of 27 Feb 88 - Miss. S. U., MS results. Columns include Name, Division, Weight, and Placement. Lists names like J. Barlow, J. Lewis, J. Fleming, etc.

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Table of 27 Feb 88 - Ambridge, PA results. Columns include Name, Division, Weight, and Placement. Lists names like M. Dobosh, C. Alexander, J. Turner, etc.

total. Jason Wisner weighed in at 291 pounds and...

the meet had a great sponsor in Bryan Foods...

Registration form for the United States Powerlifting Federation. Includes fields for name, address, phone, and checkboxes for membership and payment.

Burke's 88 - Atlanta, MI... This year's Burke's 88 was a... Many thanks to all the lifters who supported...

Table of USPF World Masters 50+ results. Columns include Name, Division, Weight, and Placement. Lists names like M. Schlegel, M. Schlegel, etc.

Table of USPF World Masters 40-49 results. Columns include Name, Division, Weight, and Placement. Lists names like M. Schlegel, M. Schlegel, etc.

FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MET, CLUB, SCHOOL, GYM RECORDS, ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.







10 DEC. Battle of the East Open, women senior, teenage, drug free division, Wade's Gym, 1105 N. Delaware Dr., Glassboro, NJ 08028, 609-582-0001.

10 DEC. Lubbock Open (TX), Rich Peters, Box 100, Norman, OK 73070. Open Bench Press (men, women), 135 lb. (men), 110 lb. (women).  
11 DEC. 2nd annual St. Louis YMCA ADFPA Open (Christmas Dinner for Needy/Youth Program/Fund Raiser), Craig or Pam Forrester, Arkansas Webstar YMCA, 325 N. Taylor, St. Louis, MO 63122, 314-965-9622 (w), 617-6620 (h).

11 DEC. (new date), Norman, OK 73070. Rich Peters, Texas State Drug Free Bench Press Championships (Houston), Scott Johnson, Courthouse Athletic Club, No. 1 Courthouse Drive, Longview, TX 75605, 214-297-2322.

11 DEC. Texas State Bench Press Championships (Houston), Scott Johnson, Courthouse Athletic Club, No. 1 Courthouse Drive, Longview, TX 75605, 214-297-2322.

17 DEC. Colorado Springs Open, Rich Peters, Box 1753, Norman, OK 73070

20 JAN. East Texas Powerlifting Championships (Longview), Scott Johnson, Courthouse Athletic Club, No. 1 Courthouse Drive, Longview, TX 75605, 214-297-2322.

11 FEB. 3rd annual Valentine's Bench Press Classic (tentative), Erik Porter, 6422 W. Roadk Ave., Glendale, AZ 85301, 602-846-6387 or Bill Wong 602-992-2061.

4 MAR. El Dorado Open & Greater Arkansas Bodybuilding (open, below class 2, teen, high school, women), Bob Ross, 202 W. Grand, El Dorado, AR 71021, 501-863-6141 (day) or 501-863-4738 (night).

4 MAR. Central Iowa Open Bench Press - Deadlift, (bench: open, novice, masters, women, teen, beginners, team. Deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

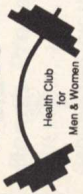
18 MAR. Inverton Race, Class II, Masters, 3505 Maple, Dallas, TX 75219, 214-670-7720.

12 APR. Region 6 Open, Class II, Masters, Teenage, Women, High School Girls, Mike Reed, Rt. 1, Box 229AW, Monroe, LA 71202.

### MEET DIRECTORS!

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## ADFP Florida State Championships

13, 14 AUGUST 1988

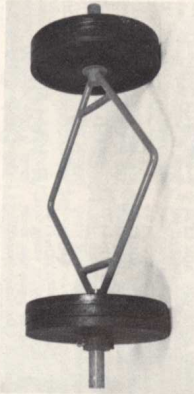
Saturday: 114-181 open and master, and all women's classes. Sunday: 198 and up, open and master.

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27 MAY. Central Iowa Bench Press. Main beginners, teen, novice, masters, women, teen, masters, team. Deadlift: open, masters, team). Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

11-22 JUL. World Games Powerlifting (60-120 kg) - West Germany, British Columbia & Fire Games (Vancouver, British Columbia, P.O. Box 4850, Vancouver, BC V6B 4A4, CANADA.

19 AUG. 4th annual Iowa State Fair Bench Press - Deadlift (bench: open, novice, masters, teen, beginners, team, deadlift: open, novice, masters, team). Scott Johnson, Courthouse Athletic Club, No. 1 Courthouse Drive, Longview, TX 75605, 214-297-2322.

25 NOV. Central Iowa Bench Press - Deadlift (bench: open, novice, masters, women, teen, beginners, team, deadlift: open, masters, women), Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315, 515-280-8275.

P.S. when writing a meet director for information always include a stamped self-addressed envelope (except for Canadian and other foreign meets) for him to return an entry blank to you, and if you call, don't call collect.

P.S. for information regarding the official biographical procedures for upcoming U.S.F. National Championships, contact: Mike Reed, Rt. 1, Box 291, Heath Springs, SC 29928.

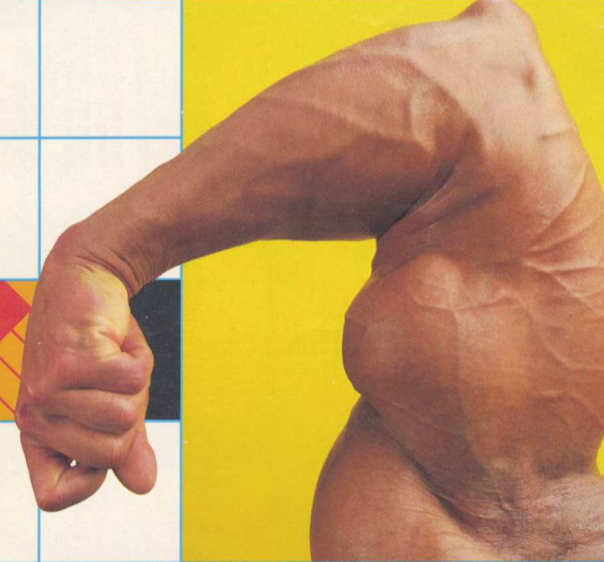
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About the author, he is a graduate student at Arizona State University studying exercise science, intent upon receiving his masters degree during the summer months. He is a powerlifter whose back told him to pursue less stressful activities, he still enjoys working with lifters on their energy levels and hopes to be accepted into physical therapy school this fall.

### REFERENCES

- Imagery**  
 Bastionto/Ferrando PUSA vol.9, no.8, March 86 pg.18.  
 Suinn "Psychology and Sports Performances: Principles and Applications" pg. 26-36.  
 Vealey "Applied Sport Psychology" pg. 217-219.  
**Relaxation**  
 Bastionto PUSA vol.8, no.11, June 85 pg.28.  
 Bastionto PUSA vol.8, no.6, January 85 pg.16.  
**Positive Thinking**  
 Maltz "Psycho-Cybernetics".  
 Starr "Defying Gravity".  
**Goal Setting**  
 Bastionto/Ferrando PUSA vol.10, no.5, December 86 pg.30.  
 Gould "Applied Sport Psychology" chp.10, pg.137-141.  
**Powerlifting Technique**  
 Hatfield "The Complete Guide to Power Training".  
 Lambert "Power Technique".

**Miscellaneous**...Jan Lenz had a 215 bench listed in the SHW class of the Women's TOP 20 that should have been credited to her in the 181 lb. class. Also, in the results of the Natural Nationals her actual bench press was 209 and total 804. In the results of the Natural Nationals, some Masters results were left out. Winner in the 242 lb. class 40:49, age group was James Duree with 622, 303 600 1526. In 2nd place was Jim Ayers with 512 407 518 1438. In the 275 lb. class, 40:49 age group, Leo Chaney (Les Cheney?) was the winner with 578 407 567 1354. Also, Khalid Abdul Jabbar did not get credit for his 670 squat, 680 deadlift, and 1775 total at 220 on the ADP-PA TOP 20 ranking list. Joe Horigan, President of the Soft Issue Center, Inc. 6317 Wilshire Boulevard, Suite 205, Los Angeles, California 90048, 213-651-1164. Please refer to the article entitled "Resurrection" by Roger Hatfield Ph.D. in the March 1988 edition of Powerlifting USA. Regarding the long training partners practice fiber massage on each other, Mr. Horigan points out that in his facility, when they often work with world class athletes, they have, by necessity, invited people who were worked on by trained, uneducated, and unskilled training partners, who thought they "knew how to do it." One patient was worked on by a well-known bodybuilder and sustained tears of her adductor longus and gracilis muscles. Many positive results can come from soft tissue therapy, but if it is performed improperly it can result in hematoma, thrombosis, embolism, muscle tears, neurologic damage, and further adhesion formation.

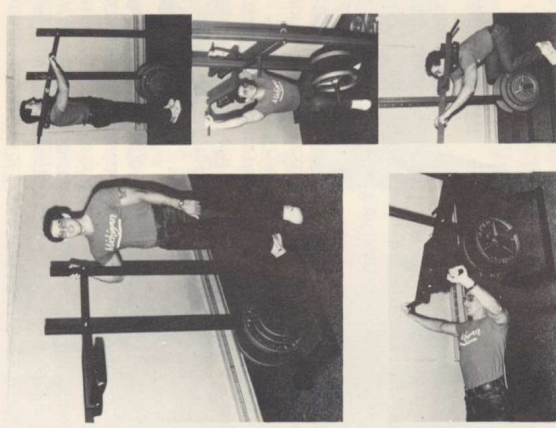
Dr. Daniel Gould suggests several other guidelines for effective goal setting. The goals should be difficult, short-range as well as long-range, with target dates for achieving them. These goals should be recorded, once they have been identified, in your imagery log at the time of completing basic imagery training.

Examples of Powerlifter's Imagery Program

1. Introductory program by reading this article as well as listed references.
2. Basic training: start with three short imagery lessons described in article and begin learning relaxation techniques, make an imagery log, and set specific goal of achievement on this basic training with a target date (approximately three weeks).
3. Determine imagery uses pertinent to you as a lifter, set goals concerning imagery and performance for what is expected during your next cycle.

May you have the courage to dream your goals, and the strength to make them come true. Best wishes with your imagery program! If you have any comments concerning this article or would like to share some of your experiences with imagery, please feel free to send them to: Jon Clark, 201 W. Hermosa Drive

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