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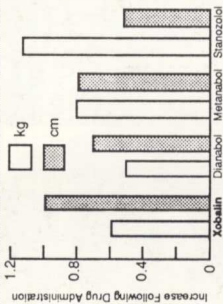
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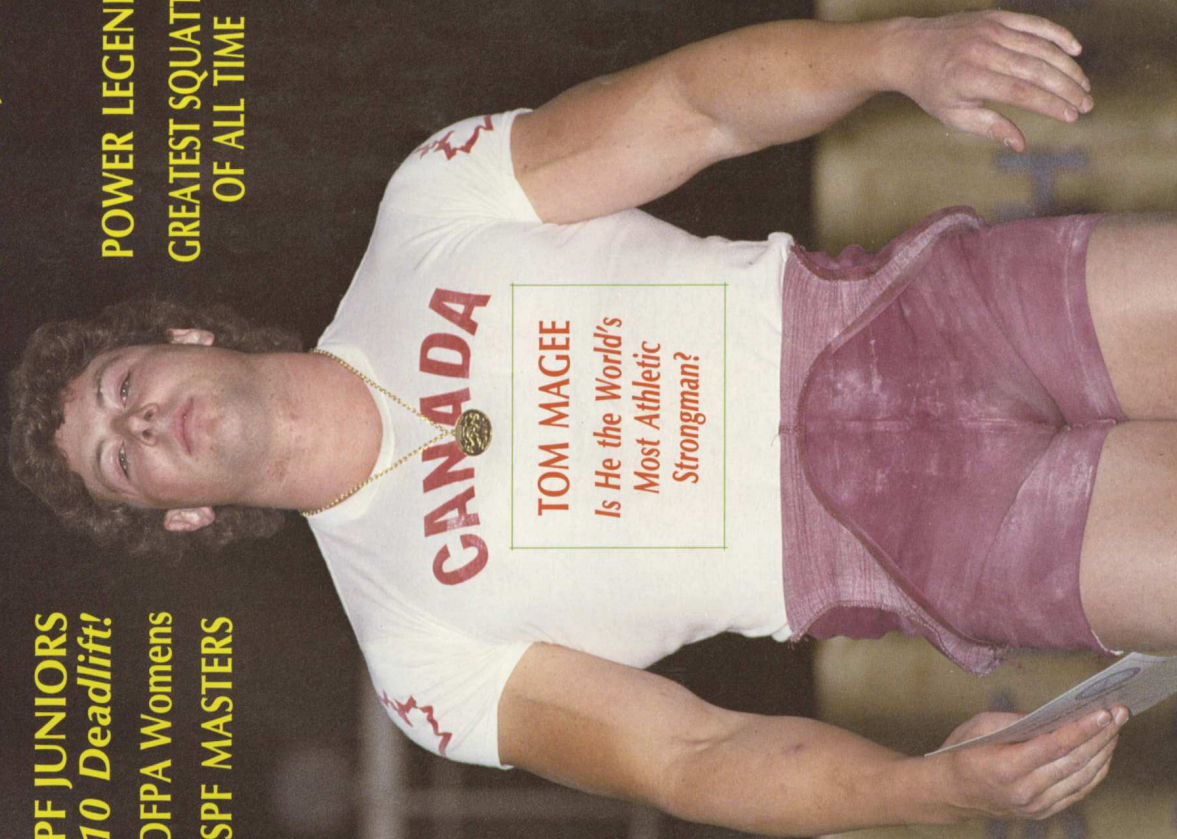
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ON THE COVER...Tom Magee with his World Championship medal from the 1982 I.P.F. World meet in Munich.

NEXT MONTH...a Profile and Update on Bill Kazmaier

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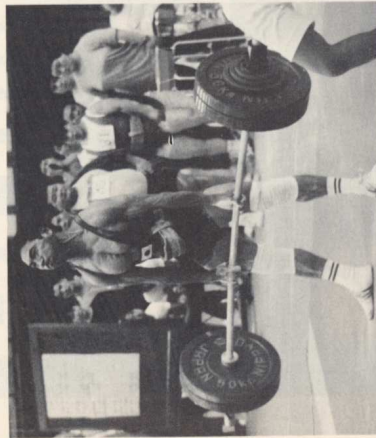
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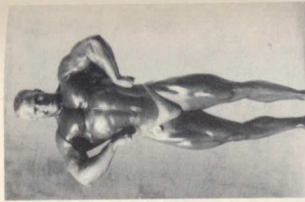
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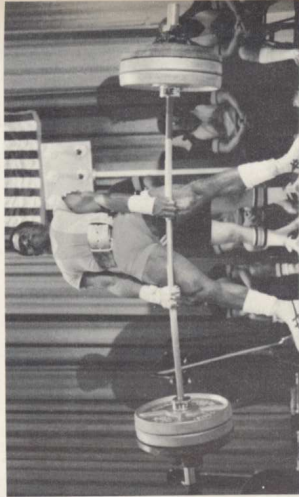
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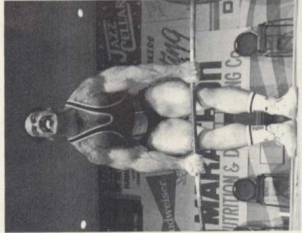
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SATURDAY, JULY 16:

9:00 A.M. — Women's National Championship

3:00 P.M. — Men's 165, 181, 198, 220 Classes

SUNDAY, JULY 17:

9:00 A.M. — Men's 114, 123, 132, 148 Classes

3:00 P.M. — Men's 242, 275, SHW Classes

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# POWER PROFILE

## World's Most Athletic Strongman the TOM MAGEE story by Derek Fitzgerald

It was on July the 1st, 1958, that Canada Day celebrations reached a feverish pitch in the town of the Magee A arm had Winnipeg, Manitoba. The town had just been born into the family. It was quite a young, distinctly healthy, yet more could have possibly been called the young Tom Magee would one day be called the World's Strongest Man.

When Tom was 5, his family moved to Vancouver and soon after that he eagerly began what has been his life, a lifetime devotion to physical culture. His beginnings were modest, but that he began at all is a credit to his deep rooted desire to become a strongman. After all there was no POWERLIFTING USA in 1963, there was in fact no powerlifting that Tom could have known. Nonetheless, Magee was inspired by something. His workouts consisted of the inevitable situps, pushups and endless repetitions with a chest expander.

MaGee, I suppose, became the strongest kid on the block; would he have it any other way? He excelled in school sports but he stayed away from team activities, preferring to go it along. Gymnastics and judo were among his favorites, but weight training was the foundation upon which everything else was based. Powerlifting was just beginning to attain international recognition in



**TOM MAGEE**... en route to his World Powerlifting Championship in Munich (above) and performing a celebratory back flip at the Mark 10 Strongman Contest (at left). In only his second Olympic lifting competition, Tom snatched 325 and clean and jerked 425.

the early 1970s - it certainly captured MaGee's attention. He trained harder and more systematically - and grew to an impressive 6'5" and 275 pounds.

In 1981, at the World's Strongest Man contest in California, he was already an established strength athlete, but was still learning. Conversations with Fred Hatfield helped MaGee to zero in on training techniques. He credits Hatfield with helping him to establish training principles which remain as part of his routine today.

MaGee was Canada's National Powerlifting Champion in 1982, so he traveled to Munich, West Germany, for the 82 World's in November. He lifted as a 125.3 kilo Super-heavyweight. His lighter bodyweight would turn out to be the winning advantage. MaGee went 7 for 9 that day. In the squat he made all three attempts - 738, 771, 795. He made 490 and 518, but missed 534 in the

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

bench. In the deadlift, 722 and 760 went well, 777 didn't. A line 2077 total. The late Wayne Bowler also made that mark, but at 147.7 kilos. So MaGee became the lightest on that day, if not the lightest superheavy ever, to win a World Championship. Tom MaGee had arrived. He was, after all, a MaGee did not return the following year to defend his title. He left to coach press, rigorous classes in weightlifting and challenges, and found them in strongman competition. His training was devoted to increasing strength and endurance for such contests.

His lifts continued to improve: to an 860 squat, a 573 bench, an 810 deadlift, and a 650 front squat. All of this at a lean ripped 275 lbs, the weight he has maintained for years.

For these successive years Tom MaGee came to Montreal to enter and eventually win the Mark 10 Strongman contest. Many consider this event to be the finest of all the strongman events, MaGee certainly does. In Montreal, MaGee competed against some of the world's great strength athletes. Among them: Dave Waddington, John Gamble, Doug Furnas - powerlifters all. MaGee had his closest competition from Iceland's Jon-Paull Sigmarsson, but MaGee, however close the contest, always came away with the medals and the money! He has exhibited great courage and determination to do so. MaGee regards these engineered events with the greatest respect. They are dangerous and require of the competitor a considerable lack of the instinct of self-preservation.

At the 1985 contest MaGee tore abdominal tissue while battling 1800 plus pounds in the platform lift, yet, he still managed his trademark back flip at the end of that event and several more on the way to the championship. He would spend a few days in the hospital recovering - what a price for victory!

Tom MaGee - world champion powerlifter - world champion strongman, admired by fans, respected by fellow competitors for both his strength of body and will. He impressed former professional football player Dave Fennell against whom he competed in the 1st Mark 10 Challenge. Fennell had been an all-star lineman in the Canadian Football League. He arranged a tryout for MaGee with the British Columbia Lions, also of the CFL. MaGee arrived at training camp unfamiliar with the football, never having played it, but he nonetheless impressed the coaches at camp. He had the best



**Lean and Ripped**... is Tom when hoisting 3000 pounds in the wheelbarrow event (above) at the Mark 10. At (right), Tom gets the gold from Mark 10 promoter, Jean-Claude Avenault. (Mark 10 photos courtesy Jean-Claude).

results in all of the strength testing. In fact, he was the strongest player they had ever seen. He was also as flexible and quick as any wasp-waisted defensive back. His standing vertical jump was an amazing 36 inches. Oh, how the coaches must have drooled over their new prospect. Unfortunately, they would ultimately decide, and MaGee would concur, that not having ever played the game was a decided disadvantage for entry at the professional football level.

MaGee's plentiful physical skills simply could not make up for a lifetime devoted to other athletic endeavors. On top of everything else even MaGee's physical skills were somewhat reduced due to injury. Those problems could only deteriorate, as grueling 2 a day practices and exhibition games allowed little time for recovery. Bill Kazmaier could tell a similar tale. His efforts to make pro football were also hampered by injuries. While football is a game for strong men, it also looks for men skilled in the game itself.

Who is the World's Strongest Man? Answering that could evoke responses as varied and complex as any philosophical question. Clearly though, while contests all over the world may claim their victors as the World's Strongest Man, that is, in fact, the problem. Too many contests

combination as you'll ever find in the somewhat wacky world of that sport. MaGee intends to blaze his own trail though. He intends to take an athletic approach to selling his body, a wise decision considering his vast athletic ability. He says we'll be seeing him soon, within a year, on US TV, doing back flips off the top rope, still at 275 pounds.

What has made MaGee so successful is his outstanding athletic ability. That athleticism, as he has clearly demonstrated, has not been limited to strength alone. Speed, flexibility, even endurance are a function of his performance. Weightlifter, strongman, and from the same MaGee. For those of us who have seen him perform, it is as a strongman that MaGee has made his greatest impression. Just when you think there is no way the wheelbarrow task at hand, the wheelbarrow is just too heavy, or the platform is just too heavy, or the platform bar with more than 1800 pounds won't budge another inch, MaGee surprises you, and with blood gushing from the nose, he overcomes. This year the Mark 10 contest hopes to have a Sooker team competing. When MaGee heard that, well - I think he might try to work things out with Vince McMahon this time around. Vince McMahon never says never. He hasn't even closed the door on making a powerlifting comeback. With so much talent the doors remain wide open, and we are witnesses to the life and times of Tom MaGee, world's most athletic strongman.

**DEREK FITZGERALD**, Montreal (Derek is a Montreal based freelance writer, broadcaster, and powerlifter)



# A.P.F. JR. NATIONALS as reported by PL USA's Doug Daniels

The APF Juniors took place at the Embassy Suites Hotel in Rosemont, Illinois, just a stone's throw from O'Hare Airport. The accommodations were excellent and the first day area was packed most of the first day and over 1000 spectators lined up for an excellent lift. Many thanks to Ernie Frantz who had his hands full keeping the meet operating as a national level meet should he had just about every major APF official present to help the meet run smoothly. Maria Sternberg did her usual great job announcing and keeping the platforms running. Chromatoractor extraordinaire Dr. James Stoddy was present to give the lifters badly needed adjustments and advice along with Dr. Scott Calzaretta and Dr. Dave Prier. The complimentary all-you-can-eat breakfast was strained by the appetites of hundreds of tons of hungry lifters, coaches, and fans. The complimentary Happy Hour didn't get off easy either. The meet overall was one of the most competitive ever.

The women's class was won by Jeanna Paciga who just 6 months ago became a mother. Her 3 for 9 performance was enough to beat out tough Cathy Crawford coached by Tim Gray. On a fourth attempt, Cathy set a new bench record at 148 pounds. Vickie Lester followed in third. Teen prodigy Michele Feece set two APF teen world records in the squat and bench to add to her collection of ADPPA records. Hoosier Robin Fieldman finished fourth overall as well as taking the 114 lb. class.

Felicia Amy guest lifted as a tune up for upcoming Nationals. She wants to win National and World titles in the APF, IPF, and ADPPA. A go for it! Dawn Keshel guest lifted 570 in the squat and missed 600 in the bench, but the strength for more is definitely there (Editor's Note: Dawn competed in this meet with a pinch ed nerve. 3 weeks later, at the APF Wisconsin State Open, she made the biggest lifts of women's history with 633 327 604 1564 and she had a 633 deadlift to her knees!). Her rivalry with Constanza will be furious.

Tim Gray lifted unopposed at 123 but went 9 for 9 and put up a nice total.

In the 132 pound class, Doug Fleath had no trouble taking the title as well as Best Lifter of the light classes. After literally talking himself into making an APF World Record 4th Attempt at 360, Doug proceeded to blast that big weight up. That's all 10 percent of Joe Brodley's All World Best, so Doug is definitely on track to erase this long time standard in the class. Russ Granato out-tempted Randy Burris to take the runner-up spot.

At 148, Matt Maclean pulled away from this talented pack of athletes with a 1300 pound total. Pete Scholz deadlifted this way into second while

Dave Lewis edging out colorful Matron Ingram who fits a rough day getting necessary squats in but his better than ever. He will be back at 600 lbs, oh, so close.

Carrie Magistro scoring the victory with balanced lifts. Dan Carlson and Bob Chetlin weren't too far back with 1500 plus totals. Fabian Wambegans finished fourth. Orlando Smith set an APF Teenage Bench Record.

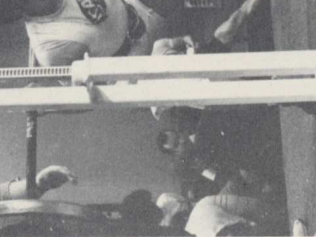
With 5 men at 181 or 1700, Tony Succarotto emerged on top to make up for his bombout last year. His big and easy 510 bench gave him the edge he needed. (Tony may go 198 for the Y's this year). Ken Davis also benched well with a 475 to hold off tough Reagan Black with his 715 squat. Doug Petersen, from Iowa, used his massive legs to register a huge 725 squat, but couldn't negotiate the 675 deadlift needed to gain the winner's spot. His time will come. Bill Becker notched a good 1710.

Jeff Chorprenning displayed fantastic balance in his lifting, squashing his nearest competitor by 250 pounds. He gave an 825 squat a good try and was perfect the rest of the way, Jeff easily won Best Lifter in the heavy classes and is definitely a major force at 198 with more pounds in him for sure. The battle for second was a real dogfight going to the chairman, Indiana APF State Coachman Larry King got what he needed to hold off the charges of Sewell, Shipleit, Emiliano and Christiangen who all tried to take second on their last pulls. Dave Sewell and Scott Shipleit tied for third and Ernie awarded them both trophies for their efforts. (Editor's Note: Sewell reportedly suffered a bicep tear that subsequently required surgery). This class had the most entrants with 15.

The sculpted physique of Curtis Leslie carried him to a big victory at 220, holding off the charge of Jack Rose. Curtis squatted those big weights deep and with room to spare and had to work with Rose right on his tail. Both of these men are on the verge of passing 2100 in the total very soon. Brad Stevenson was third, far above the rest of the class.

Things just kept going hot and heavy in the 242s. Having seen Craig Tokarski lift before, it wasn't a surprise that he came out on top. He has no weak link and will be a major threat in this class. Charlie Driscoll, with his false grip sumo stance deadlift, almost finished an APF World Record of 860 to win, but it slipped out of his hand just short of lockout. A third attempt was not as close. With a big deadlift like this, none of Charlie's competitors can get until that last attempt, which is going to his. John Kuc's all time record 870 deadlift won't last much longer with Driscoll around. Pat Braga did not get the lifts he needed to move into the top two.

Thor Kristisky guest lifted and squatted big but didn't get a deadlift in to



**JEANNA PACIGA...won the women's division, Linda Finnegan photo.**  
Ken Ryder benched well to place second edging out Doug Pool and Chuck Okey who totalled one ton really celebrated each success. Big applause.

## A.P.F. Jr. Nationals/23-24 APR 88/Chicago, IL

105 lb.	114 lb.	123 lb.	132 lb.	148 lb.	165 lb.	181 lb.	220 lb.	Total
J. Paciga*	326-388-388	265-288-288	240-260	225-250-250	355-395-425	405-455-500	380-410-425	501 502 503
R. Heldman*	255-275-275	215-235-235	205	185-195	160-185-195	315-340-340	270-285-295	368
T. Krueger	365	390	405	375	345	330	320	425
T. Krueger - GL	375	405	425	390	360	340	325	445
D. Health	405	455	500	315	340	340	270	475
R. Granato	380	410	425	270	285	295	270	445
R. Burris	440	460	460	270	288	288	270	445
A. Wilson*	185	220	245	125	140	150	360	360
P. Wilson	335	355	355	325	355	355	320	445
M. Maclean	535	565	595	335	355	355	320	560
P. Lewis	330	350	360	325	350	360	325	445
D. Scholz	550	580	600	325	350	360	325	445
M. Ingram	525	555	555	315	330	340	325	445
R. Walsh	545	575	585	325	340	345	325	445
B. Caputo	525	578	590	300	325	335	325	445
R. Beverland	500	525	525	310	325	335	325	445
C. Crawford*	360	360	380	210	220	235	210	330
V. Lester*	340	360	380	190	205	215	195	330
M. Ferec*	340	360	380	190	205	215	195	330
I. Thure*	515	550	570	315	330	340	325	445
165 lb.	550	570	585	380	400	410	370	565
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G. Santee	500	550	565	350	360	365	325	445
G. Santee	485	515	525	320	335	340	325	445
A. Williamson	485	515	525	320	335	340	325	445
181 lb.	630	640	670	480	500	510	480	565
A. Succarotto	665	670	715	375	395	420	375	565
R. Black	605	670	715	375	395	420	375	565
D. Peterson	670	710	725	340	355	360	340	445
D. Lester	585	615	630	400	415	425	400	445
M. Almy	595	625	625	340	360	360	340	445
P. Mantini	575	575	620	360	365	405	360	445
J. Grossmeyer	545	575	575	375	390	400	365	445
M. Turchert	590	520	560	320	340	355	360	445
P. Husey	745	765	775	345	365	375	345	445
198 lb.	740	800	825	500	500	500	490	500
L. Chorprenning	650	665	690	415	440	450	415	445
L. King	620	665	680	395	420	420	385	445
R. Sewell	670	710	720	420	440	450	415	445
S. Shipleit	660	710	740	390	405	415	385	445
J. Emiliano	660	710	740	390	405	415	385	445
J. Emiliano	660	710	740	390	405	415	385	445
J. Emiliano	660	710	740	390	405	415	385	445
S. Carson	650	685	710	360	380	380	360	445

The supers had some of the biggest guys on the planet competing. Denver Bronco draft choice Garry Frantz showed he could be the strongest man on the grilliron by taking the winner's sport with 2100. Big, big, big. Steve Larson had the biggest squat of 900 to 610. Ken Frantz squatted 610 like a broomstick to finish off the three. Tim Isack and the unbelievably strong Paul Shedly finished with 2100 plus totals. 397 found lean Devo squat led 905 easily, on two tries, but couldn't please the judges. He has the potential to pass 1000 in the squat very soon.

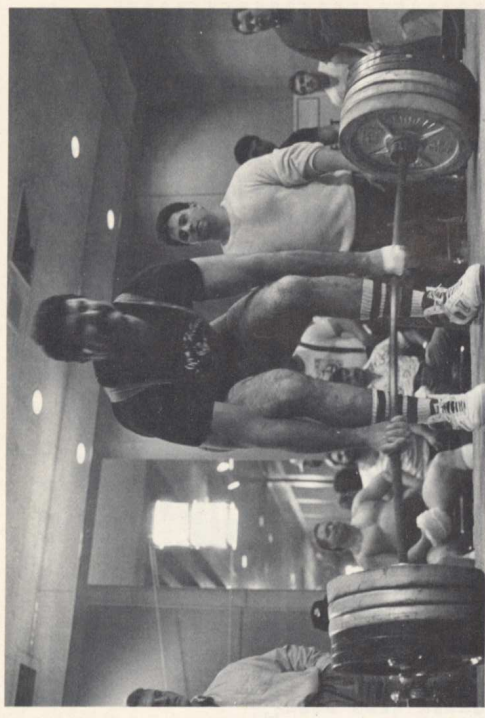
The lift of the meet and perhaps of all meets ever came in this class. World Records, by definition, are fantastic achievements, but when a feat that has never been before achieved by any human, regardless of bodyweight, is performed, it's magic. 6 foot 7 inch, 317 pound, Garry Frantz became the all-time strongest deadlifter in history with a massive 910 pound lift. The crowd went wild as the bar edged up to lockout. Three white lights greeted the bar after it hit the floor and Garry Frantz was the instant star of the meet. Garry tore his

## GARY HEISEY PULLS 910 - THE BIGGEST DEADLIFT IN HISTORY...and he went on to try 925. Lightest photo.

hand a bit on that lift so his 925 third attempt only came off the floor a few inches. Recovering from some rib injuries, Garry will push his derrick-like ability to new heights, no pun intended, at the APF Seniors. Congratulations, Garry. Ernie Frantz presented him with a special deadlift trophy for his great achievement.

The team title went to the Frantz team, followed by Stevenson's, Coffee's and Brad's. At the meeting positive comments from lifters regarding the contest overall. Ernie may hold the meet again next year. Pacifico stressed the need for lifting lifters remain open to future negotiating to accomplish this. Meanwhile, APF membership is growing to the 3000 mark.

The meet witnessed the emergence of some new stars that will threaten lifting. Till next year!



Some will go back to the drawing board and try again. For others, it was their first crack at National Level competition and lifting with the big boys. Nevertheless, all lifters at National Level meets like this are winners. The major highlights of the meet were Heath's record bench, Chorprenning's great lifts, and, of course, Heisey's pull. As far as I could tell, there seemed to be nothing but positive comments from lifters regarding the contest overall. Ernie may hold the meet again next year. Pacifico stressed the need for lifting lifters remain open to future negotiating to accomplish this. Meanwhile, APF membership is growing to the 3000 mark.

The meet witnessed the emergence of some new stars that will threaten lifting. Till next year!



Garry Frantz won the APF Juniors and got drafted into the NFL as a center

G. Glover	650	650	650	450	500	520	450	520
G. Leslie	770	825	840	470	500	520	470	520
B. Stevenson	740	785	785	425	450	445	425	445
S. Glende	640	665	685	365	380	390	365	390
D. Muratori	740	780	790	400	420	420	400	420
M. Shlinsky	790	700	715	375	395	410	375	395
L. Lamny	600	650	675	450	470	485	450	470
Z. Tokarski	745	770	800	485	505	520	485	520
C. Driscoll	700	770	775	435	465	460	435	460
P. Brago	740	780	790	520	540	565	520	565
D. Pearson	740	785	810	430	465	465	430	465
E. Bright	730	770	775	440	475	475	440	475
C. Soto	760	800	800	355	380	390	355	390
G. Soto	760	800	800	355	380	390	355	390
D. Smith	680	720	760	410	430	440	410	440
D. Connett	725	760	780	360	400	400	360	400
F. Mustakas	650	700	710	430	445	445	430	445
T. Kristisky - GL	835	870	900	440	460	470	440	470
T. Kristisky - Tennessee	795	795	795	485	500	505	485	505
275 lb.	880	840	870	500	540	560	500	560
A. Hardridge	680	720	750	550	565	575	550	575
K. Ryder	730	780	800	485	505	525	485	525
D. Pool	750	800	820	500	540	550	500	550
C. Oley	715	740	760	485	510	520	485	520
P. Denick	715	740	760	485	510	520	485	520
P. Boegras	705	740	760	460	470	475	460	475
R. Seagraves	740	740	775	400	440	460	400	460
F. Clary	740	740	740	530	550	565	530	565
F. Nazarch	730	770	770	465	485	485	465	485
R. Ivicy	730	770	770	465	485	485	465	485
D. Brown	660	710	740	370	410	430	370	430
N. Servino	725	765	800	485	505	520	485	520
B. Bolt	650	685	700	450	485	495	450	495
SHW	490	510	520	360	380	390	360	390
G. Frank	685	715	735	2150	2150	2150	2150	2150
K. Farnato	685	715	735	2150	2150	2150	2150	2150
K. Farnato	685	715	735	2150	2150	2150	2150	2150
T. Isack	685	715	735	2150	2150	2150	2150	2150
P. Shedly	685	715	735	2150	2150	2150	2150	2150
G. Presley	675	710	720	460	500	510	460	510
S. Brodsky	675	710	720	460	500	510	460	510
J. Donat	660	695	695	330	370	370	330	370
T. Donat	660	695	695	330	370	370	330	370
G. Haisey	255	250	250	250	250	250	250	250
R. Morrison	730	770	770	450	485	495	450	495

\* female competitor

# A.D.F.P.A. WOMEN'S

as seen by PL USA's Dr. Ken Leistner



Linda Haugland earned a trip to the Drug Free Worlds. Linda Finnegan photo

For better or worse, we all have our prejudices. Although I believed that the formation of the ADFPA was a step in the right direction, I was never enamored of the 'attitude' of many members and organization officials. What was presented as a philosophy, often appeared to me to be a religious fervor that subjected former anabolic users to judgmental scrutiny. Instead of providing an alternative to drug enhanced competition, many sincere converts were made to feel like lepers by those of the ADFPA who believed that 'clean only/clean forever' was, or should be, the only criteria for acceptance.

For a number of years, my perception of the ADFPA was very much influenced by my knowledge of the organization circa 1984. My prejudice against the type of bigotry often shown by ADFPA lifters in those days, naturally kept me from embracing an organization that was, in fact, providing a much needed alternative. Further, as more and more knowledge became available, clearly indicating the tremendous dangers in any type of anabolic drug use, the importance of such an organization became paramount. Much has occurred in the last few years which has made the ADFPA not only a viable force in the sport, but a legitimate alternative to the USPF. I have always been a company man in matters related to the USPF. The formation of alternative organizations was never desirable, and despite many efforts of involved officials were worth the pain of the modified. In such problems were rectified. The USPF, and at times, what I have perceived to be knee-jerk reaction to

**Naomi Prince**, wife of long time ADFPA official Pat Malone, won the 104s. Linda Finnegan photograph.

many issues, rather than well thought responses, which would consider the lifters' best interests, have left me, like most other lifters, former lifters, and coaches, at a point between dislike and apathy towards what had been the 'only' powerlifting organization.



Linda Haugland earned a trip to the Drug Free Worlds. Linda Finnegan photo

in this country.

This year's version of the ADFPA Women's Nationals was the first I have attended since I assisted Dr. Richard Herrick in directing the medical facility at the 1984 Men's World Championships held in Dallas.

To be totally frank, I was very impressed. To be actually enjoying a full weekend with 'ADPF Aers', based on previous experiences. The level of cooperation and camaraderie shown between the lifters, those who ran and worked at the meet, and among lifters, organizers, and meet person-

### ADFP Women's/23,24 APR 88/Chicago, IL

97 lb.	110 lb.	125 lb.	135 lb.	150 lb.	165 lb.	180 lb.	200 lb.	210 lb.	225 lb.	Total
J. Gedney	D. Brown	S. Gehman	N. Prince	V. Vasquez	J. Shear	T. Mathis	L. Haugland	S. Rector	A. Sokol	825.5
65.0	70.0	75.0	80.0	85.0	90.0	95.0	100.0	105.0	110.0	115.0
117.5	122.5	127.5	132.5	137.5	142.5	147.5	152.5	157.5	162.5	167.5
170.0	175.0	180.0	185.0	190.0	195.0	200.0	205.0	210.0	215.0	220.0
225.0	230.0	235.0	240.0	245.0	250.0	255.0	260.0	265.0	270.0	275.0
320.0	325.0	330.0	335.0	340.0	345.0	350.0	355.0	360.0	365.0	370.0
415.0	420.0	425.0	430.0	435.0	440.0	445.0	450.0	455.0	460.0	465.0
560.0	565.0	570.0	575.0	580.0	585.0	590.0	595.0	600.0	605.0	610.0
660.0	665.0	670.0	675.0	680.0	685.0	690.0	695.0	700.0	705.0	710.0
800.0	805.0	810.0	815.0	820.0	825.0	830.0	835.0	840.0	845.0	850.0
945.0	950.0	955.0	960.0	965.0	970.0	975.0	980.0	985.0	990.0	995.0
1090.0	1095.0	1100.0	1105.0	1110.0	1115.0	1120.0	1125.0	1130.0	1135.0	1140.0
1235.0	1240.0	1245.0	1250.0	1255.0	1260.0	1265.0	1270.0	1275.0	1280.0	1285.0
1430.0	1435.0	1440.0	1445.0	1450.0	1455.0	1460.0	1465.0	1470.0	1475.0	1480.0
1625.0	1630.0	1635.0	1640.0	1645.0	1650.0	1655.0	1660.0	1665.0	1670.0	1675.0
1820.0	1825.0	1830.0	1835.0	1840.0	1845.0	1850.0	1855.0	1860.0	1865.0	1870.0
2015.0	2020.0	2025.0	2030.0	2035.0	2040.0	2045.0	2050.0	2055.0	2060.0	2065.0
2210.0	2215.0	2220.0	2225.0	2230.0	2235.0	2240.0	2245.0	2250.0	2255.0	2260.0
2405.0	2410.0	2415.0	2420.0	2425.0	2430.0	2435.0	2440.0	2445.0	2450.0	2455.0
2600.0	2605.0	2610.0	2615.0	2620.0	2625.0	2630.0	2635.0	2640.0	2645.0	2650.0
2795.0	2800.0	2805.0	2810.0	2815.0	2820.0	2825.0	2830.0	2835.0	2840.0	2845.0
2990.0	2995.0	3000.0	3005.0	3010.0	3015.0	3020.0	3025.0	3030.0	3035.0	3040.0
3135.0	3140.0	3145.0	3150.0	3155.0	3160.0	3165.0	3170.0	3175.0	3180.0	3185.0
3330.0	3335.0	3340.0	3345.0	3350.0	3355.0	3360.0	3365.0	3370.0	3375.0	3380.0
3525.0	3530.0	3535.0	3540.0	3545.0	3550.0	3555.0	3560.0	3565.0	3570.0	3575.0
3720.0	3725.0	3730.0	3735.0	3740.0	3745.0	3750.0	3755.0	3760.0	3765.0	3770.0
3915.0	3920.0	3925.0	3930.0	3935.0	3940.0	3945.0	3950.0	3955.0	3960.0	3965.0
4110.0	4115.0	4120.0	4125.0	4130.0	4135.0	4140.0	4145.0	4150.0	4155.0	4160.0
4305.0	4310.0	4315.0	4320.0	4325.0	4330.0	4335.0	4340.0	4345.0	4350.0	4355.0
4500.0	4505.0	4510.0	4515.0	4520.0	4525.0	4530.0	4535.0	4540.0	4545.0	4550.0
4695.0	4700.0	4705.0	4710.0	4715.0	4720.0	4725.0	4730.0	4735.0	4740.0	4745.0
4890.0	4895.0	4900.0	4905.0	4910.0	4915.0	4920.0	4925.0	4930.0	4935.0	4940.0
5085.0	5090.0	5095.0	5100.0	5105.0	5110.0	5115.0	5120.0	5125.0	5130.0	5135.0
5280.0	5285.0	5290.0	5295.0	5300.0	5305.0	5310.0	5315.0	5320.0	5325.0	5330.0
5475.0	5480.0	5485.0	5490.0	5495.0	5500.0	5505.0	5510.0	5515.0	5520.0	5525.0
5670.0	5675.0	5680.0	5685.0	5690.0	5695.0	5700.0	5705.0	5710.0	5715.0	5720.0
5865.0	5870.0	5875.0	5880.0	5885.0	5890.0	5895.0	5900.0	5905.0	5910.0	5915.0
6060.0	6065.0	6070.0	6075.0	6080.0	6085.0	6090.0	6095.0	6100.0	6105.0	6110.0
6255.0	6260.0	6265.0	6270.0	6275.0	6280.0	6285.0	6290.0	6295.0	6300.0	6305.0
6450.0	6455.0	6460.0	6465.0	6470.0	6475.0	6480.0	6485.0	6490.0	6495.0	6500.0
6645.0	6650.0	6655.0	6660.0	6665.0	6670.0	6675.0	6680.0	6685.0	6690.0	6695.0
6840.0	6845.0	6850.0	6855.0	6860.0	6865.0	6870.0	6875.0	6880.0	6885.0	6890.0
7035.0	7040.0	7045.0	7050.0	7055.0	7060.0	7065.0	7070.0	7075.0	7080.0	7085.0
7230.0	7235.0	7240.0	7245.0	7250.0	7255.0	7260.0	7265.0	7270.0	7275.0	7280.0
7425.0	7430.0	7435.0	7440.0	7445.0	7450.0	7455.0	7460.0	7465.0	7470.0	7475.0
7620.0	7625.0	7630.0	7635.0	7640.0	7645.0	7650.0	7655.0	7660.0	7665.0	7670.0
7815.0	7820.0	7825.0	7830.0	7835.0	7840.0	7845.0	7850.0	7855.0	7860.0	7865.0
8010.0	8015.0	8020.0	8025.0	8030.0	8035.0	8040.0	8045.0	8050.0	8055.0	8060.0
8205.0	8210.0	8215.0	8220.0	8225.0	8230.0	8235.0	8240.0	8245.0	8250.0	8255.0
8400.0	8405.0	8410.0	8415.0	8420.0	8425.0	8430.0	8435.0	8440.0	8445.0	8450.0
8595.0	8600.0	8605.0	8610.0	8615.0	8620.0	8625.0	8630.0	8635.0	8640.0	8645.0
8790.0	8795.0	8800.0	8805.0	8810.0	8815.0	8820.0	8825.0	8830.0	8835.0	8840.0
8985.0	8990.0	8995.0	9000.0	9005.0	9010.0	9015.0	9020.0	9025.0	9030.0	9035.0
9180.0	9185.0	9190.0	9195.0	9200.0	9205.0	9210.0	9215.0	9220.0	9225.0	9230.0
9375.0	9380.0	9385.0	9390.0	9395.0	9400.0	9405.0	9410.0	9415.0	9420.0	9425.0
9570.0	9575.0	9580.0	9585.0	9590.0	9595.0	9600.0	9605.0	9610.0	9615.0	9620.0
9765.0	9770.0	9775.0	9780.0	9785.0	9790.0	9795.0	9800.0	9805.0	9810.0	9815.0
9960.0	9965.0	9970.0	9975.0	9980.0	9985.0	9990.0	9995.0	10000.0	10005.0	10010.0
10205.0	10210.0	10215.0	10220.0	10225.0	10230.0	10235.0	10240.0	10245.0	10250.0	10255.0
10450.0	10455.0	10460.0	10465.0	10470.0	10475.0	10480.0	10485.0	10490.0	10495.0	10500.0
10695.0	10700.0	10705.0	10710.0	10715.0	10720.0	10725.0	10730.0	10735.0	10740.0	10745.0
10940.0	10945.0	10950.0	10955.0	10960.0	10965.0	10970.0	10975.0	10980.0	10985.0	10990.0
11185.0	11190.0	11195.0	11200.0	11205.0	11210.0	11215.0	11220.0	11225.0	11230.0	11235.0
11430.0	11435.0	11440.0	11445.0	11450.0	11455.0	11460.0	11465.0	11470.0	11475.0	11480.0
11675.0	11680.0	11685.0	11690.0	11695.0	11700.0	11705.0	11710.0	11715.0	11720.0	11725.0
11920.0	11925.0	11930.0	11935.0	11940.0	11945.0	11950.0	11955.0	11960.0	11965.0	11970.0
12165.0	12170.0	12175.0	12180.0	12185.0	12190.0	12195.0	12200.0	12205.0	12210.0	12215.0
12410.0	12415.0	12420.0	12425.0	12430.0	12435.0	12440.0	12445.0	12450.0	12455.0	12460.0
12655.0	12660.0	12665.0	12670.0	12675.0	12680.0	12685.0	12690.0	12695.0	12700.0	12705.0
12900.0	12905.0	12910.0	12915.0	12920.0	12925.0	12930.0	12935.0	12940.0	12945.0	12950.0
13145.0	13150.0	13155.0	13160.0	13165.0	13170.0	13175.0	13180.0	13185.0	13190.0	13195.0
13390.0	13395.0	13400.0	13405.0	13410.0	13415.0	13420.0	13425.0	13430.0	13435.0	13440.0
13635.0	13640.0	13645.0	13650.0	13655.0	13660.0	13665.0	13670.0	13675.0	13680.0	13685.0
13880.0	13885.0	13890.0	13895.0	13900.0	13905.0	13910.0	13915.0	13920.0	13925.0	13930.0
14125.0	14130.0	14135.0	14140.0	14145.0	14150.0	14155.0	14160.0	14165.0	14170.0	14175.0
14370.0	14375.0	14380.0	14385.0	14390.0	14395.0	14400.0	14405.0	14410.0	14415.0	14420.0
14615.0	14620.0	14625.0	14630.0	14635.0	14640.0	14645.0	14650.0	14655.0	14660.0	14665.0
14860.0	14865.0	14870.0	14875.0	14880.0	14885.0	14890.0	14895.0	14900.0	14905.0	14910.0
15105.0	15110.0	15115.0	15120.0	15125.0	15130.0	15135.0	15140.0	15145.0	15150.0	15155.0
15350.0	15355.0	15360.0	15365.0	15370.0	15375.0	15380.0	15385.0	15390.0	1	

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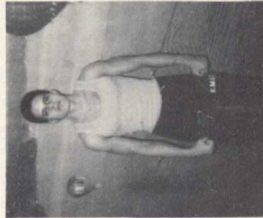
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Beth Grater of Brooklyn, New York trains at the Narrows Fitness Center under the supervision of Pat Susco. She competed at the APF Eastern Seaboard Classic, at 95 lbs., and went 200-95-230-345; and again at the New York City Drug Fit 210-110 non-pros where she went 210-110-230-350; again weighing 95 lbs.



Luis Nunez, a 113 pounder who has been working out only a couple of months, has made lifts of 315 squat, 220 bench press, and 380 deadlift. He was introduced to the sport and is currently trained by Larry Luckett and Iron Moe at E. Moline C.C.



Nancy Pratt is 47 years young and wanted their mom to start lifting weights 2 years ago. She has best lifts of 42-240-235 at 125; has won the 1st place and awards in Florida bodybuilding contests, and placed 5th in the short class at the Ms. America. Photo/info by Lou Baltz.



After only one year of training experience, and a ten week training cycle, 35 year old William Upton completed in a lift of 127.5. Upton has a weight of 127.5. Upton is a 17 and progressed to a 2nd place finish in the 181s at the 1983 Teenage Nationals. Shortly thereafter he was diagnosed as having a brain tumor, and 2 years of radiation and chemotherapy followed. He endured the unpleasant side effects; nausea, hair loss, weight loss, but continued to train, when possible, and help others train when he was unable to. He is slowly regaining his health, and recently placed 4th in his first contest since the treatments. Photo and information courtesy of Kim Traummann.



Debbie Tatro of Denver, Colorado made her powerlifting debut in the 148 lb. class and had the large crowd in a room of her hand at 155, and deadlifted 380 lbs. Debbie is a pure, drug free lifter. Thanks to her trainer, Bob Chapman, for photo. Bob expects Debbie to be competing on the national level soon.



Jeff Rizzuto began powerlifting at age 17 and progressed to a 2nd place finish in the 181s at the 1983 Teenage Nationals. Shortly thereafter he was diagnosed as having a brain tumor, and 2 years of radiation and chemotherapy followed. He endured the unpleasant side effects; nausea, hair loss, weight loss, but continued to train, when possible, and help others train when he was unable to. He is slowly regaining his health, and recently placed 4th in his first contest since the treatments. Photo and information courtesy of Kim Traummann.

### ★ 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.



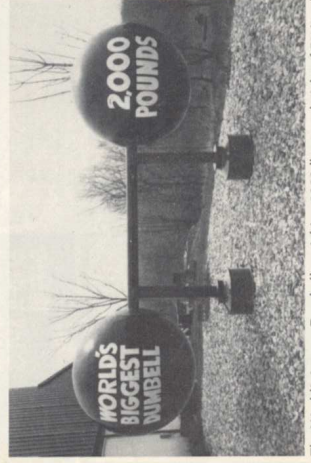
Joe Ladnier recently qualified for the ADFFA Nationals. After knee surgery in 1986, he took some time off, and relocated back to Pascagoula, MS. He's still in law enforcement, but also has a personalized training business for Powerlifting, Bodybuilding, and Total Bodybuilding at Box 10113, Pascagoula, Mississippi 39568



Lea Ann Adams is a sixth grade teacher in Rosamond, California who has been lifting a little over one year and took a Best Lifter trophy home from the California Junior State meet off lifts of 275 132 380 716 in the 123 lb. class. She is coached by her husband Guy Adams (who supplied this photo) and Bernie Gagne.



Joe Cosgrove is a benchler who placed 3rd in the Greater Cincinnati meet at 242 with a 405 and then came back 2 years later with a 475 to win it. He admires the benching prowess of Doug Young and Kaz. Photo/information by Greg Pickett.



The World's Largest Dumbbell, weighing 2000 lbs., at a height of 5'4", and a length of 12", is listed in the Guinness Book of World Records, and is now on display at Zak's Fitness World in Newington, CT. It was made in California in the 1950s and came from the Bodybuilding Hall of Fame.

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In this particular squat routine, I will assume the lifters beginning 1 Rep Max (1 RM) in the squat is 600 lbs. Generally for a major meet my precontest training cycle will run twelve weeks. I really believe one of the most critical components when developing squat routines for particular individuals is that the recuperative abilities of that individual must be assessed. Assistance exercises, number of training sessions per week, volume of training load and length of cycle must all be adjusted accordingly.

There are a wide variety of potential set and repetition schemes available to choose from. Many have proven merit for producing good solid strength results. At different times during the training year a wide variety of set and repetition schemes could and should be utilized.

For my twelve week precontest cycle we will squat 2 times per week the first six weeks and 1 time per week for the second six weeks. Squatting only one time per week for the final six weeks will assure more complete restoration in the musculature involved.

Another important component of a well designed precontest squat routine is to condition the nervous system, as well as the muscular system, as well as increasing weight jumps. My precontest training cycle is designed to do this.

Form should at all times be a major consideration in your training. Adherence to good technique will be the only type of technique suitable to your body type are necessary to optimize your squat potential.

Find yourself a good training partner. Be critical of each other as far as depth and technique are concerned. Break down those mentally constructed barriers to your ultimate squat goals. Be consistent and positive in the attainment of your goal.

The lifter with a current 600 lbs. 1 RM squat can expect to gain 25-40 lbs. on this routine. One individual who tried this routine put 80 lbs. on his squat. Give it a try. It works.

First six weeks: Squat 2 times per week, i.e. Tuesday and Friday. The first squat day of the week will consist of multiple sets of 5 for the first 3 weeks, and sets of 3 for the second 3 weeks. The second workout day of the week will utilize singles with partial squat workout gear. Supplemental exercises will include leg presses one day per week, leg curls 2 days per week, and calf exercises 2 days per week.

Here is the first 6 weeks of the 12 week cycle based on a 600 lb. 1 RM. **Week 1:** Tuesday, Squats 1x10 (405), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

**Week 2:** Tuesday, Squats 1x10 (315), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

## WORKOUT of the Month

For those of different strength levels, than the starting poundage specified, increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).



Author John Ware is threatening the all time Squat and Total records.

**Week 3:** Tuesday, Squats 1x10 (315), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

**Week 4:** Tuesday, Squats 1x10 (315), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

**Week 5:** Tuesday, Squats 1x10 (315), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

**Week 6:** Tuesday, Squats 1x10 (315), 1x8 (225), 1x6 (315), 1x1 (405), 4x5 (470) - Leg Presses: 1x10, 1x8, 3x6, Leg Curls 2x12, Calf raises 4x15 standing or seated calf raises (Ab work).

The first six weeks of this program are designed to promote muscular hypertrophy and tissue density. This develops a solid base from which to reach a higher contest max. An important component of the first six weeks of this squat program is the use of compensatory acceleration. Multiple sets of 5 are used on

strengths as the basis for further Tuesday increases. Emphasis should be on maximum explosion and moving the weight fast. This provides for the recruitment of more muscle fibers and maximizes conditioned explosiveness. Try to move the weight faster and more explosively each successive workout. In addition, try to slightly decrease the rest periods between sets week by week. This will gradually increase the intensity of the training program. Rest periods should be in the range of 4 to 5 minutes.

The Friday workouts facilitate neuromuscular conditioning needed to benefit 1 RM strength. They also enables the lifter to make adjustments in the small nuances related to form and technique in the performance of a peak effort squat. The importance of form cannot be underestimated.

The first six weeks developed a solid foundation for greater strength gains. During the second 6 weeks of the 12 week cycle we will squat only 1 time per week. This will allow for greater recuperation. Sets of 3, 2, and 1 reps will be utilized, and we will squat on Tuesdays.

**Week 7:** Squats 1x10 (135), 1x8 (225) - suit and wraps, straps down 1x6 (315), 1x1 (405), 3x3 (510) - Leg press 1x10, 1x8, 3x6, Leg Curls 3x12, Calf Raises 4x15 standing or seated raises. Ab work - assorted.

**Week 8:** Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (485), 2x3 (560) - suit and wraps - straps up, leg curls 3x12, Calf raises 4x15 standing or seated. Ab work - assorted.

**Week 9:** Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (515), 1x2 (600) - suit and wraps - straps up, Leg curls 1x12, Calf raises 4x15 standing or seated. Ab work - assorted.

**Week 10:** Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (500), 2x2 (585) - suit and wraps - straps up, Leg curls 3x12, Calf raises 4x15 standing or seated. Ab work - assorted.

**Week 11:** Squats 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (515), 1x2 (600) - suit and wraps - straps up, Leg curls 3x12, Calf raises 4x15 standing or seated. Ab work - assorted.

**Week 12:** (rest week) Tuesday: 1x10 (135), 1x8 (225), 1x6 (315), 1x1 (405), 1x1 (505), 1x1 (575), Ab work - assorted.

**Meet:** 1st attempt 575, 2nd attempt 615, 3rd attempt 640. The second six weeks on the peak phase utilizes decreased volume and intensity. It is generally approach each workout with a positive and aggressive attitude. By employing this routine exceptional gains can be realized. The squat is a complete lift which must be approached from an electric viewpoint. No detail is too small in the quest for a greater size. Personalized routines are available upon request. Tell me your age, height, weight, number of days you lift, include all other information you feel is pertinent; which exercises have proved successful for you, etc. Send \$20 for 1 lift, \$35 for two lifts, or \$45 dollars for all 3 lifts to:

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## "Drug Use and Detection in Amateur Sports"

(Including Updates One, Two, Three, and Four)

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


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

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

**UPDATE FOUR** This update concentrates on the controversies surrounding drug testing. Included is an in depth discussion and analysis of the deficiencies of the present anabolic steroid testing protocols. Other topics covered are growth hormone (clinical trials using the new synthetic growth hormone), growth hormone stimulators, a critique on the arsenal of drugs used by modern bodybuilders and powerlifters, and medical advances in the treatment of male baldness and female hirsutism (facial and body hair)

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## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada 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 have enjoyed reading your articles over the past few years and have two questions with which I need your help. First, I had a blood test done that was a coronary risk profile (SMA-C-24). Two of the readings I've been told, were high - the serum creatinine was 2.0, and the SGPT was 47. Others have told me that these values are normal. At the time of the test I was on Deca but had just come off a heavy steroid cycle. What do these values mean? Second, I have a lady friend who also lifts and is using anabolic steroids. She is presently on Anavar (three tabs per day), Winstrol V (1/2 cc/week), and Miboloin (three tabs per day). Her problem is that she is losing some hair and has developed acne. Are these related to her steroid use? What can she do to fix these problems, but still stay on her anabolics? Or can she? **Steve**

**DEAR STEVE:** The results of your tests must be compared with the normal values of the laboratory doing the tests. I can't therefore give you much advice on the meaning of the creatinine and SGPT. Both are often elevated in those on anabolic steroids and as far as I've been able to determine, really don't seem to mean much if just slightly above normal. You should, however, pay attention to any elevations in serum cholesterol, which in your case is normal. As far as your female powerlifting friend, her hair loss and acne (she likely also has some degree of hirsutism and increased body hair) are a result of her use of anabolic steroids, which for her are androgenic enough to cause side effects. She can minimize these androgenic side effects (although she likely will not be able to eliminate them) by using an estrogenic agent along with her anabolic steroids, and by using specific therapies aimed at reducing the side-effects. For example, she could use testosterone for the acne. Rogaine for the hair loss, etc. There is quite a bit of information on dihydrotestosterone in Update Four (copy enclosed). The solution in her case, might also include decreasing the peripheral formation of dihydrotestosterone by using one of the compounds mentioned, but at the same time not decrease the anabolic effects of the compounds. Even with all the above she may eventually have to stop using the anabolic steroids or put up with some degree of masculinizing side-effects. **M.G.D.**

**DEAR MAURO:** I am an insulin dependent diabetic, who is working with weights for just over one year. I am presently taking 45 units U-100 NPH insulin in the a.m. and 25 units of R insulin in the evening. I have my own glucometer and check my blood sugar at least twice daily; more on workout days. If necessary, I change the dose of insulin. I have a few questions for you: (1) What food supplements can I safely use, and which ones are unhealthy for a diabetic, and why? (2) What tips for success can you give me as a diabetic who wishes to become stronger using weights? (3) What would be my optimum blood sugar going into a weight workout? I realize these are some hard questions to answer. My immediate goals are to lose 25-30 lbs., gain strength, and to control my insulin. Thank you for any help you can give me. **Alan B.**

**DEAR ALAN:** It sounds as if you're keeping good tabs on your diabetes. Under your circumstances you could use almost any nutritional supplements safely. Some such as chromium may necessitate lowering your insulin. Some of the growth stimulating supplements, such as large doses of the amino acids arginine and ornithine, might also affect the insulin. Because of your diligent control of your blood sugar the requirements for a successful career in powerlifting are no different than for non-diabetics. Hard work, perseverance, dedication, and courage. Your main concern should be not to run into too many hypoglycemic episodes. With this in mind you should go into a workout with a slightly high blood sugar (and certainly not a low blood sugar) and make sure you've something in your stomach which will slowly supply you with energy throughout your workout and after. Avoid anything containing the simple sugars, this will give you jitters, plus with a high and then a low blood sugar. Take in some complex carbs, plus some high quality protein foods (not too much, mind you) and you will feel bloated before the workout. As you likely know, complex carbs has an insulin-like effect on glucose metabolism - therefore you might find you'll need less insulin per day as you work out harder. Let me know if I can be of any further help. **M.G.D.**

## Question & Answer

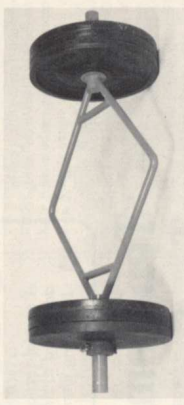
Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198, and 1985 MR. IRON MAN. For a personalized answer, send \$15 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

**DEAR ROGER:** I have been powerlifting competitively for the past year. I have competed and placed in four powerlifting meets. I'm 18 years old, 5'11", and 196 lbs. In the past year I have put over 150 lbs. on my squat and over 100 lbs. on my deadlift. My problem is my bench press. I have only increased 10 pounds. I work my bench twice a week, Monday being my heavy day and Saturday being my light to medium day. I have altered my workouts so I would not get stale from doing the same exercises, but still no increase. I have also used all types of grips. The one I've had the best results with is the medium grip. I've also taken a week off every couple of months. I don't know what my problem is, but it is really getting me down. Could you please see me a 10 week cycle for my bench press workouts? I really hope you can help me. Sincerely yours, **Christopher**

**DEAR CHRIS:** You told me how much weight you had increased each lift, but you failed to tell me how much your lifts are. This information would have been helpful in setting up your program. I will have to make a few assumptions and give you a program that you can plug your numbers into. Let's say your best bench is 300 pounds for a single and you are going to train twice a week, one day heavy and one day medium. **WEEK ONE:** Heavy Day: 135-10, 155-5, 185-2.3, 200-1, 230-1, 250-1, 270-1, 210-1 paused. Light-Medium Day: 135-10, 155-10, 185-6, 210-1, 155-10. **WEEK TWO:** Heavy Day: 135-10, 155-6, 185-3, 210-1, 240-1, 260-1, 280-1, 220-1 paused. Light-Medium Day: 135-10, 155-10, 185-6, 220-1, 165-10. **WEEK THREE:** Heavy Day: 135-10, 165-6, 195-2, 220-1, 250-1, 270-1, 290-1, 230-1 paused. Light-Medium Day: 135-10, 155-10, 195-5, 6, 230-1, 175-10.

You can see the pattern that is being developed, a 10 lb. increase on each day, each week. Stick to this program as close as possible. You will reach a point in the tenth week that your last single will be an overhead and you will need some help from your spotter to make the lift. This overhead rep has to be in the program to assure progress. You can also see the light day quickly grow to a medium day and can grow to a heavy day very quickly. You have to control this day with your own experience. If you feel that your heavy day is going beyond your physical ability then cut back on your light day or even skip the light day one week. This added rest should increase your assistance work should consist of fat work, rippet work, bicep work. Don't overdo your assistance work, keep it light and quick. Diet is also of great importance in any program. Try to increase your calories and protein intake by eating well balanced meals after your workouts. I have been using this program for 15 years with great success and I am sure that you will have the same success. Best wishes, **Roger Estep**

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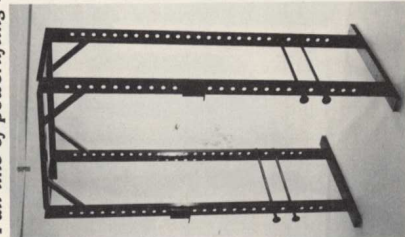


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# STARTIN' OUT

A special section dedicated to the beginning lifter

If you have ever bombed out of a meet, you know how painful and humiliating it can be. After training hard for the last two or three months, spending all the time and money on the very frustrating to blow it on the big day, especially when it can be avoided by following some simple steps. The following are some steps that can be taken to avoid bombing.

1) Be honest with yourself. This can be a very difficult thing to do. You've trained hard, followed a strict diet and cut out the late night partying. Basically, you've made a lot of sacrifices, both socially and financially, so you expect to win a trophy. When you get to your meet it turns out that you have five guys in your weight class who are named Hafield, Moran, Waddington, Dimmel, and Kazmaker. Suddenly your six hundred pound opening squat no longer sounds impressive since everyone else is opening with over 800 pounds. Panic sets in and you decide that you could probably open with 650 (when you had planned it for your final attempt). Unfortunately, you miss three times and are out of the meet. It would have been better to open with 600 instead of trying to win. At least you would have had the satisfaction of setting some PRs.

2) Train in a meet-like fashion. If you manage to triple with 550 in the squat, but they are all three inches above parallel, then you will be in for a big surprise on meet day if you open with 550. Those couple of inches could mean over a hundred pound difference, and don't give you an accurate idea of how much you can really squat. Always train under meet conditions.

3) Open with a weight you can comfortably handle. Depending on the circumstances, this could be the weight that you can do three to five times. If the meet is close to home, you might open with a weight you can triple with. If the meet is very far away, or you had to drive a very long way on the day of the meet (if you

## Ten Commandments To Avoid Bombouts as told by Eric Hafener

couldn't stay overnight), or if you are a couple of time zones away, open with a weight you can do five with.

4) Take into account any weight loss. If you could triple with 400 in the bench at 192 pounds, you will not be able to do the same at 181, especially if you try to make weight too quickly.

5) Try to make weight one or two weeks before. This way you can accurately assess of your strength level, as you will still have a workout or two to see what you can do.

6) Inspect the meet equipment before deciding on your opening attempts. This is especially important if you're lifting in a smaller, local meet. Meets such as the North Americans or any of the Nationals usually use very good equipment, but local meets can vary widely. It can be very alarming to be all ready to bench and then sit down on a bench that has very thick padding and feels like you're laying on a pillow, or to have to squat with an olympic bar that is lacking the middle knurling and bends with 135 pounds on it. The more you know, the more accurately you can choose your attempts.

7) Be honest with your coach. If you are lucky enough to be coached

by someone with more experience than yourself, be sure to be honest with him. I was coaching a novice lifter at a meet and he felt certain that he would get a 290 bench. He informed me that he felt terrific and he had been very strong in his training. He also told me that he went to sleep at ten the night before. Since it was his first meet, and he wasn't sure what he could triple with, I felt that 240 would be a good opener for him. Unfortunately, he missed it badly all three times and bombed. It wasn't until afterwards that he informed me he went out drinking the night before and stayed up to watch *Saturday Night Live*. He also said the 290 had "a slight arch and a small bounce." Had he told me all this in the first place, it would have saved us both a great deal of embarrassment.

8) Use your opener as your last warm-up—some might not agree with me on this one, but even if you use your opener as your last warmup, you still have two more attempts to win with. If your deadlift warmups look like this: 135x5, 225x2, 315x1, 405x1, 455x1, 500x1, and a projected max of 575; instead of opening with 530 or 550, open with 505. This way you'll be sure to stay in the



Avoiding bombouts is a key concern of all powerlifters, from beginners to National Champions like Joe Laidner.

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meat and you won't tie your back out for your 575 attempt. This is especially useful in the deadlift, since by then you are usually tired.

9) Don't kill yourself warming up. The warmup room is not the place to test your max or to try and psyche out your opponents by out-repping them. It doesn't matter if your opponents are doing reps with 480 on the bench. It's much better to do singles as a warmup because you get the feel of the weight, but you aren't bringing yourself out. If you open with 300 in the bench, a good singles warmup would be: 135x5, 225x1, 250x1, 275x1. This way you aren't tired from doing a double with 275.

10) Don't be nervous, and if you are then take it into account. It is very easy to allow your nerves to get out over your head, especially considering everything at stake. If you have a problem with your nerves, you should read *Dealing With Your Nerves* by Bill Starr as your next read. It's OK to be nervous about competing, but you shouldn't have a nervous breakdown every time you're on deck. It's always a good idea to start your squats a few pounds lighter if you are really nervous, as this will help bolster your confidence and prevent you from bombing out.

I hope this article will prevent at least one of you from bombing out. If you have any questions or comments about any of the ideas in this article feel free to write me.

Eric Hafener  
410 Horbriew Court  
Moriches, New York 11955

## Fascinating Facts . . . From World Class Enterprises Dr. Judd Biatotto Army Ferrando

### The Need for Knowledge . . .

Intelligence is Power. The more you understand about your body, your psychological state and the dynamics of your environment, the easier it will be to control your own behavior. Research has consistently revealed that individuals who are afforded information about the physiological, psychological and environmental factors of behavior exhibit significantly greater control of themselves and the people with whom they come in contact. For this reason alone, it is imperative that you get as much information as you can about diet, bio-mechanics, psychology, training, pharmacology, injuries, etc. Remember the more you know the better you're going to be. Like Yogi Berra, America's most mis-quoted pseudo-sports psychologist has said, "Ninety percent of this game is half mental." Yogi's math may be a little off, but his concept is "right on". Anyway, with the "Intelligence is Power" premise in mind, World Class Enterprises will from time to time present the readers of *Powerlifting U.S.A.* with some fascinating facts that we hope will not only enlighten you, but help enhance your performance.

### Kennedy, Coan and Cuba . . .

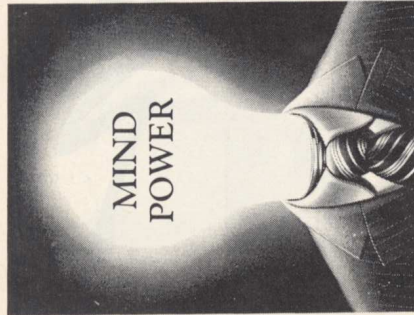
Are you too perfect for words? Well if you are, there's still hope for you. If others consider you to be too perfect (not something that most of us have to worry about) a blunder can actually make you more attractive.

President John F. Kennedy is often used as an example of what is called the "pratfall effect." Kennedy seemed to have everything in his favor. He was a Harvard graduate, a war hero and of course, President of the most powerful country in the World. He was rich, handsome, articulate, and the most popular President since FDR. Half way into Kennedy's administration though, he made a major mistake by authorizing the invasion of Cuba. As you are probably aware, the invasion was a historic military and political disaster. Still, Kennedy took full responsibility for the humiliating defeat.

Surprisingly, right after the so called Bay of Pigs fiasco, Kennedy's popularity actually increased. After studying this unexpected increase in popularity, social psychologists came to the conclusion that before the invasion, Kennedy was viewed as too perfect. The blunder humanized him by proving that he too, was fallible.

Interestingly, controlled laboratory experiments revealed the same effect. A superior, extremely competent individual was generally admired by the experimental audience, but when he blundered (spilled coffee on himself), his popularity increased significantly. Of further interest was the fact that a mediocre individual was less liked by the audience, and when he blundered (spilled coffee on himself) his popularity decreased even more. In other words, a blunder can help you if you're perceived as being superior, but hurt you if you're mediocre.

So be sure of your status before attempting to ingratiate yourself by committing a social blunder. If you are too perfect, say like Eddie Coan, you just might want to "bomb out" at the Senior Nationals. Hey — he already did that. No wonder we like him so much.



### Hypnosis & Strength

Although many sports psychologists and athletes claim that hypnosis can be used to transcend neuro-muscular strength, contemporary research indicates that the phenomena is of limited value as an ergogenic aid. In fact the majority of the research has shown that hypnosis works no better than a common placebo when used to enhance strength.

### A Drink A Day . . . Can Wash Your Total Away



Research has consistently shown that even moderate use of alcohol can cause myocystitis (an inflammation of the muscle tissue), a condition that can significantly decrease an individual's strength and endurance. Strength decrements as high as six percent have been found in some subjects the day after they consumed as little as two ounces of alcohol. Research has also shown that moderate consumption of alcohol can decrease the production of testosterone, which may also predispose an individual to decrements in strength. If strength is your game . . . it's alcohol you must tame.

### Are Warm-Ups Really Necessary?

To warm-up or not to warm-up, that is the question? During the past three decades, a considerable number of studies have been made to determine the effects of "warming-up" on physical performance. Unfortunately the findings of these studies have been confusing, leaving no definite conclusion to be drawn.

Textbooks of exercise physiology by DeVries and Morehouse and Miller recommended warm-ups an advantage because of the benefits of increased body and muscle temperature, neural facilitation, decreased fluid viscosity, increased circulation, improved muscle tone and the tripple or staircase phenomenon — the belief that repeated stimulation of a muscle increases the magnitude of contractability of the muscle until maximum contractability is reached.

In contrast, Ramsey, Paul, and Murray also renowned exercise physiologists, concluded that although the physiological changes mentioned have been scientifically tested and proven legitimate, these reactions take place in a matter of seconds, and so the traditional warm-up is unnecessary. They also suggested that the value of warm-ups as an aid to performance could be explained psychologically.

Interestingly, there are a number of studies which indicate that warm-ups were not necessary prior to performing a maximum squat or bench press. In fact, in five of the six studies that were conducted to determine the effects of warm-ups on heavy resistance exercise, the subjects in the "no warm-up" group performed better than the subjects who warmed-up. The researchers concluded that the energy saved by not warming up enhanced the subject's strength scores on those two lifts.

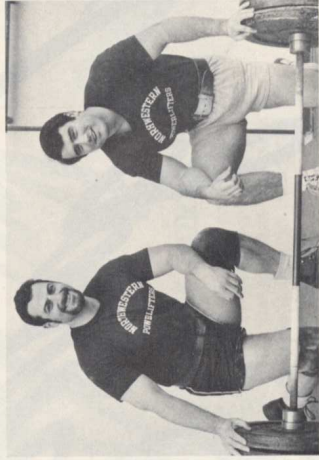
Of further interest was the fact that warm-ups seemed necessary when performing a deadlift. In all six studies, the subjects who warmed up on the deadlift performed better than the subjects who did not warm-up. Of course this surfaces an important question. Why is it necessary to warm-up for the deadlift and not the squat and bench press?

One possible explanation is that the deadlift, unlike the squat and bench press, requires the lifter to break inertia without initially feeling the resistance of the weight. In both the squat and bench press, the weight is supported by the body before the lift is attempted; thus, the lifter has an idea as to the amount of force he will need to exert. The opposite is true of the deadlift. In the deadlift, the lifter has to pull the weight off the floor; thus, he has to mentally and physically estimate how much power he has to exert to lift the weight. Perhaps by warming up he has to exert to lift, the lifter gets a gradual feel for the amount of power he will have to exert to make the lift.

Another possibility is that when the lifter lowers the weight to the starting position in squat and bench press, he is actually warming up. In fact, a number of physiologists with whom we talked believed this to be the case. According to them, physiological changes, such as increased fluid viscosity, increased circulation, and improvement of muscle tone, can be brought about in a matter of seconds with minimal effort.

# POWER PROFILE

## Lyle Schwartz Inventor of the Schwartz Formula as told by his friend, BILL ENNIS



Lyle Schwartz at left, with Bill Ennis, himself a National Champion, in 1970 started, incorporating each others' workout routines into our own. Lyle worked to bench and I started squatting.

As avid readers of Hoffman's **MUSCULAR DEVELOPMENT**, we talked about adding the deadlift to our workouts and then entering a powerlifting meet. Pacifico, Kanter, and Kuc watch out!

We formed the Northwestern Powerlifting Club, entered in the 1969 Illinois Senior State Meet, competed against the likes of Ernie Frantz and Bill Seno, got our butts kicked, went back to the weightroom and trained



In the Head Judge's Chair is where most Powerlifters have seen Lyle, but he was great lifter as well. Bill Ennis spots Lyle on a squat at right.

Beyond winning one's weight class, Powerlifting's most prestigious award is Best Lifter, the determination of which lifter, pound for pound, is the strongest in a particular competition. The tool used to determine the Best Lifter, otherwise known as the Schwartz Formula, is marking its 20th anniversary. On the eve of this anniversary, I am taking this opportunity to write about its developer, Lyle Schwartz, for three reasons: 1) to educate those new to the sport, 2) to enlighten those who have competed for some time but were unaware, and 3) to recognize Lyle for his dedication and contributions to the sport of Powerlifting.

With Powerlifting being an off-spring, as it were, of the sport of weightlifting, we inherited some rules, referees, and formulas that were, to say the least, inappropriate. There are some similarities between the two sports, but changes for the betterment of Powerlifting were forthcoming. Among the most profound and certainly one of the most enduring is the Schwartz Formula for determining the Best Lifter. This formula was established in recognition of Powerlifting's unique characteristics.

Now that Powerlifting is a major amateur sport in the United States, one can see how innovative Lyle Schwartz was. Instead of just competing, Lyle had the vision with all the quality of Lyle's consistently shown throughout his career as both competitor and administrator.

I first met Lyle in 1968 while I was an undergraduate at Northwestern University and he was an Assistant Professor in the Materials Science Department. We were both lifting in the basement weight room of Patton Gymnasium. My first recollection of Lyle was seeing this stocky figure in a black Speedo swimsuit and shower sandals squatting incredible amounts of weight. I, on the other hand, was an upper body bodybuilder who could bench press. As time passed, we



I have always enjoyed seeing pictures from way back when showing early strongmen displaying their strength. I remember one of a guy amazing a throng of people by squatting 400 or so pounds while wearing his dress pants and spats. Yes, strength sports like powerlifting have come a long way from those days. Early squatters would get the bar on their back by starting with a barbell on the ground and tipping it and rising up and getting underneath it and rising up. As the sport became more organized, racks and spotters were used, but early competitors would lift with just gym shorts or tight cut off jeans and little belts, no tight wraps, suits or high tech shoes.

In the fifties, Paul Anderson reignited supreme in the world of strength winning many titles in weightlifting and performing some feats of strength that have not been equaled today. He had unofficially squatted 1100 + pounds in his hey day. In 1966, Pat Casey became the first man to squat 800 in competition, actually 805. Pat, by the way, was also the first to officially bench 600. In 1970, a track and field man named George Evren squatted 853 at a mere 242. It wasn't until 1972, that man broke the awesome 900 pound barrier with John Kuc being the first, at 905, followed closely by Jon Cole's 901 that year. In 1981, the half ton banner was broken by Big Dave Wadsworth's 1003. Now it seems the sky is the limit.

In order to determine who has the

## The Greatest Squatters in Powerlifting History

as told by POWERLIFTING USA's Doug Daniels

Class	Name	Lift	Reshel Rank	Schwartz Rank	Composite Score	Composite Rank
114	Inaba	535	1	7	8	4
123	Inaba	523	10	11	21	10
132	Bradley	650	2	3	5	2
148	Jackson	705	5	5	13	6
165	Alexander	748	11	10	21	10
181	Bell	843	6	4	10	5
198	Coan	859	9	9	18	9
220	Coan	964	3	1	4	1
242	Nichols	950	7	6	13	6
275	Passanella	1019	4	2	6	3
332	Clark	1025	5	8	13	6

greatest squat of all time. I gathered the all time best squats in the 11 weight classes. I then used both the Reshel and Schwartz formulas together to determine who is the best. Using both formulas then combining their end results, I can resolve differences between the two in case some proponents of each have different views of the outcome. I used the top weight of each class as the weight used in the formula. For the Superheavyweight, I used the exact weight.

It wasn't much of a surprise to see that Ed Coan had come out Numero Uno for his unbelievable 964 at the 1987 APF Worlds in Dayton, Ohio. He's followed by Joe Bradley's super

active competitors, so this ranking will not remain static for too long. Who knows how much more Ed Coan and Dave Passanella can squat. They're still in their early 20's, Anthony Clark is only 20. Ausby is just easing into 165, and soon, Lesse also. Gene Bell's recent breaking of the great Mike Bridges' all time best squat and total might just be the start of things for him. Nichols still can grow into the 275 class and about Inaba, 13 time world champ, what can you say.

There are still some big boys out there that could definitely add their names to the list shortly. Guys like Goggins, Fumas, Person, Walden, Black, Noren, Wright, Fely, Dimek, Ware, Crain, Inzer, Vitanen, and don't forget the most prolific squat hero of all, Fred Hatfield. Dr. Squat has broken more records in more weight classes than anyone, from 181 to 275, and what about a Mike Bridges comeback?

Right now, Anthony Clark has the all time highest squat poundage, but by the way the 1000 mark is being assaulted, it won't last long. Squat attempts have been taken above 1040, it won't be long till someone unracks the new magic number 1100 and takes it down and up for at least 2 white lights. Right now it would seem Anthony Clark and Dave Passanella are odds on favorites, so stay tuned. For now, Ed Coan reigns as the top squatter of all time, but this story is not yet ended.



ED COAN...now leads the list of all the great squatters in the history of Powerlifting. He is on track to hit even more at the USPF Sr. Nationals.

# Dr. Judd

## THE LEGEND

by Judd Biasiotto Ph.d., World Class Enterprises

Did you ever notice how just about every town and/or sports team has their own Legend? You know, the type of guy who breathes fire, and farts thunder. A guy who could make a living charging people to breathe, but who instead, prefers to just terrorize people free of charge. Of course, these guys are looked upon as being indestructible, perhaps immortal - god-like even. Best yet, they usually perceive themselves as such.

The first real lever met to goodness Legend that I ever met was Marty G. (with a last name like his, I knew the guy had to be bull dog tough). I was nine years old at the time. I'm not sure how old Marty was, but I will say he had a full-grown beard when he was in the 4th grade. Whatever his age, he was the meanest mother to ever come out of St. James Elementary School. He never charged anyone to breathe, but he did take everyone's lunch money, including the teachers'. Needless to say, my entire elementary school career was one of sheer terror. I never knew what became of Marty; he dropped out of grade school when he was sixteen. He probably retired on all that lunch money he collected. I know he got a small fortune from me. After Marty, I started hearing about other Legends throughout the country. For instance, football had Dick Bulkus, boxing had George Foreman, basketball had Street had Big Bird. Still, it wasn't until I went to college that I met my most memorable Legend of all. His name was Sammy M. and his game was painting heads, legs, and crotch to stick to his body part you wanted to stick to.

Sammy, as most Legends go, was physically awesome, dignified, and intellectually conipated. The type of guy who would rip your hair out and cream it up your rear end so that you could hear him kicking your butt. A guy who would beat you in front of your wife and kids. In other words, he was a real sweetheart. As legend had it, Sammy had never lost a fight

looked like a piece of raw meat that had been beaten on a butcher's block for the better part of an hour.

When the bell sounded for the second round, Sammy jumped off his stool and ran to the center of the ring. When his opponent finally got there, Sammy immediately met him with an assortment of punches. It was brutal, something right out of *Friday the 13th*. Early in the second round though, it became obvious that Sammy was tiring a little. By the middle of the round, Sammy's opponent started landing a few good punches of his own. With 30 seconds remaining in the round, it was obvious the tide had turned. Sammy was catching punches on his face with uncanny consistency. Amazingly, at the sound of the bell ending the round, Sammy dropped like a Simonized brick from a vicious right cross. From the time he hit the canvas until the time the referee counted ten, Sammy didn't flinch a muscle. In actuality, the referee could have counted to 200. Talk about stock! I swear, you could have heard a pin drop in that place. It was the most shocking moment I've ever witnessed in sports, and when it passed, it left everyone numb.

The thing I learned from the Legend of Sammy M. - legends die easily, contrary to popular opinion. It only takes one butt kicking and the legend is forever finished. Another fact I learned from Sammy - no matter how long you go on, there is always someone better than you. All in all, the best legends are dead legends - that way, they can't improve themselves. Now, Marty G., ah, there was a legend.

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I'm down under the bleachers in the Wampus-Cat gym one day back in '83 looking for the "weight room" when this 138 lb. kid about seven feet tall asks me if I know where he can get steroids so he can get buffed up. I tell him the first thing we gotta do is find the iron. "Don't need no weight lifting, Prof! Just want to get big. I know the Prof and the semi-colon in that sentence so you'd know I was a English teacher at a Piney Woods Junior College as of about two days prior to, to get a and wanted to get a tons of cash in a Co-op. Then the kid opened a small door and asked me in before taking down the cheerleaders were linking the office where the side insurance business I stepped into a concrete bunker about 12 x 10 and behind the modern equipment. Modern in that it had been built in this century by the school security man and painted the school colors. In its entirety, we're talking a leg extension machine operated by springs off an old Jowett cable set and a jaw-flap press that could only be used by people over six feet tall. It was loaded with squares cut from steel beams left over from construction days. These weighed 42 to 57 pounds apiece, no two alike. The entire room was painted in school colors.

I slid into Coach Bubba Kulkarnik's office and stood there till he noticed there was somebody in the office who was not seven feet tall or wearing a cheerleader's skirt. Coach Bubba was the only man on campus who wore cowboy get-up complete with boots, chewed twist and drove a pickup. He had come down from Pittsburgh years before and gone native in order to fit in and have a better shot at raising money from the booster club bankers. Coach Bubba and the bankers were the only people in the oil patch counties who still dressed that way.

I explained to the Coach how Ralph Sampson had gone to Virginia as a 138 lb., seven footer and grown four inches and a hummer pounds (Yeah, I said that) by throwing weights around to a program that originally understood out of all the Iron-heads in East Texas. I told him if the Athletic Department, meaning him, would come off some pesos I'd build him a weight room for the team and show 'em how to hold their mouths right and grow on cue and in no time we'd be tough enough to stomp those rose-shiflers from Tyler J.C. I would get to use the weight room at my

into desks in my English classes the league championship two years in a

leisure.

Coach started polishing his bald head when he was talking deal it meant he held five axes and had the keys to your '55 Chevy in his pocket. He started to polish his dome with a rag that looked like one of those chemical patches you used to carry in your Cornet case back in junior high. "Prof, I don't see why I couldn't let you have 5-600 to get started and turn the whole thing over to you. Most Prof's don't care for the thump-ball program and I'm proud to place some of my boys in your history classes where I them on court and off." Well, I knew what he meant, but I sure snookered him because I was an English teacher, not history, and wouldn't have to pay off any favors.

The next day I had the money, two sections of men and women's weight training added to my teaching load and was unofficial strength coach as a favor to the school Prez who appreciated my devotion to the school. I also discovered that the money had come out of student activity fees but the Coach would let the student body use the room when the team didn't need it. Seventeen guys weighing 138 lbs. stretched their seven-foot frames

to use the weight room at my

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to use the weight room at my

## How To Start A Powerlifting Club (and live to tell about it)

by Paul Kelso



CLUBS are the breeding ground for serious champions, like Dave Passanella, who squatted 1019 lb. at the Hawaii Bulkies Regional Breakers meet. He represented one of the great clubs in the history of Powerlifting, Thorbecke's, when he was only 17 at the Teenage Nationals of 1980.

So I got the cheerleader and a couple of kids who knew what an olympic bar was and cleaned out the basements of every barbell gym and junk over to Lope Dalek's welding shop in Bullard and set him to work. The cheerleaders did it for the school and the Dalek's did it so they could get off that disciplinary probation before painting a debut shirt for the school colors and roping him to the Confederate statue on the square. It didn't take but three six-packs to get the maintenance men to knock out a wall and relocate a 4x6 mirror building and hang it up by the PL USA Kelso Shrug article where some legitimate narcissists could get some use out of it. The ball team was hacked because we didn't hang the mirror the way but the girls liked it for they could check to see if their leg warmers were properly rumpled. In about a month we had a pretty good weight room. And the ball team would get on the program and win the league championship two years in a

leisure.

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In my message in the April issue of PLUSA, I criticized the IPF for acting in violation of its own rules; specifically, Section 404.4(b) of the IPF Constitution, dealing with the nomination and confirmation of persons for IPF offices. Arnold Bostrom, secretary of the IPF, recently pointed out to me in the appended letter that I had based my criticism on an outdated version of the IPF Constitution. The Constitution had been amended in such a way as to make my criticism invalid and untrue.

Therefore, I take this opportunity to apologize to Arnold Bostrom, the IPF, and to anyone else whom I may have offended by this error.

Conrad Cotter

April 15, 1988

Dear Conrad,  
I refer to your 'Message' (PL-USA, April 88). You should have informed yourself a little better. For the correct wording note enclosed copy of the 1987 IPF Constitution. 'In good standing' refers to a member, who is not under disciplinary action, of a national federation. Thus, the IPF Congress was perfectly in line with its Constitution and By-Laws when Bob Packer was elected as Chairman of the IPF Technical Committee. Also note from my letter to Nate Foster, "... the rules for who can be nominated for IPF offices were changed. It is not necessary to have the support of the national federation any more (but it does help). The obvious reasons for the current wording is that a candidate for IPF offices should not be prevented by officers of his national federation, controlling the nominations for IPF elections, to act on 'irregularities' in his national federation.

Sincerely,  
Arnold Bostrom

The USPF office is at 221, North Palatka, Street, Pensacola, Florida. Its telephone number is (904) 438-2447. For those who wish to call,

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

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

can also help with classification patch applications, entry blanks for national meets at which a qualifying total must have been posted, and other information concerning the rules, rulebook, and Referees Textbook. If she, herself, cannot help you, she will be able to direct you to someone who can.

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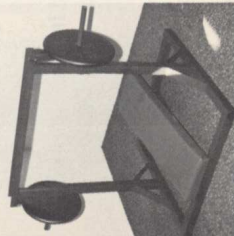


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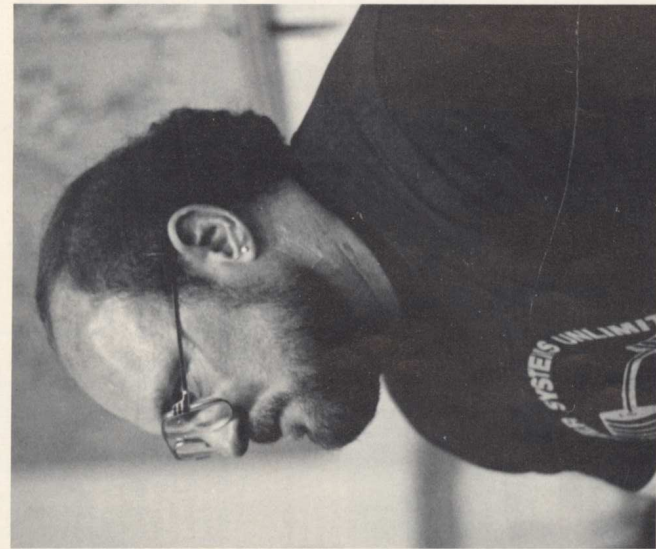
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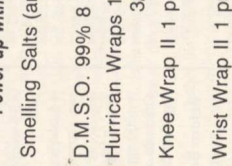
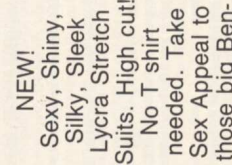
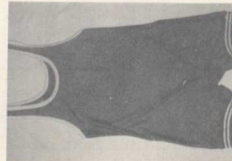
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### Nutritional Shades of Gray, Part II as told by George Zangas

#### THE SUPERPROGRAM

**After Your Morning Meal:**  
• 5 tablets of 3000 mg. Amino Acids Complex (or an equal amount of 1500 mg. capsules)

• 5 tablets of 2-gram Liver or an equal amount of 1500 mg. 4X Liver Extract  
• 1200 mg. Gamma Oryzanol (1 capsule) with 1000 mg. Smlax Officialinals or 1 capsule containing 500 mg. Gamma Oryzanol, 500 mg. Beta Stosterol, and 1000 mg. Smlax Officialinals

• 1 1500 mg. Inosine Capsule (aids in restoring energy levels during intense training periods)  
• Double-potency Smlax Officialinals Liquid (one dropper-full under the tongue)

**Midday or After Lunch** (at least 2-3 hours before a workout)  
• 5 tablets of 3000 mg. Amino Acids Complex (or an equal amount of 1500 mg. capsules)

• 5 tablets of 2-gram Liver or an equal amount of 1500 mg. 4X Liver Extract  
• A Vitamin/Mineral pack or tailored multiple

**45-Minutes to 1 Hour Before a Workout**  
• 2 scoops of Metaphase (formerly called Compete), an instantized drink (in your favorite juice)

• 3000-4500 mg. Inosine  
• Double-potency Smlax Officialinals Liquid (1-2 droppers-full under the tongue)

• If you get somewhat shaky from low blood sugar during your workout, utilize a small amount of the key amino acids (Branched Chain Amino Acids) with or without Chromium, to alleviate this condition

**Post Workout** (within 2 hours after training. If you're eating dinner, take afterwards)  
• 3-4 scoops of Metaphase (formerly called Compete) in your favorite juice

• 5 tablets of 3000 mg. Amino Acids (or an equal amount of 1500 mg. capsules)

• 5 tablets of 2-gram Liver or an equal amount of 1500 mg. 4X Liver Extract  
• 1200 mg. Gamma Oryzanol (1 capsule) with 1000 mg. Smlax Officialinals or 1 capsule containing 500 mg. Gamma Oryzanol, 500 mg. Beta Stosterol, and 1000 mg. Smlax Officialinals

**Before Bedtime**  
• A full-range multi-mineral tablet featuring Calcium and Magnesium (to help your muscles relax)

• If you have trouble sleeping after periods of heavy training, usually 500-1500 mg. of the Amino Acid L-Tryptophan will help you fall asleep naturally (L-Tryptophan is a precursor for the natural sleep enzyme Serotonin)

in the late afternoon or early evening before dinner. But please note that there is a great deal of flexibility in adjusting your nutritional intake based on when you work out, which, in most cases, is based on a work or school schedule.

What we want to emphasize is that any program can be adjusted or refined to accommodate one's lifestyle.

As mentioned earlier, this is just one program, based on working out but by no means the only one to be put into effect. After you want to custom-tailor it to your individual requirements by raising or lowering amounts of specific nutrients. In talking to many powerlifters and having been around the sport since its organized beginnings, we can certainly say that not everybody's lifestyle or work schedule will accommodate this program. That's why you have to be flexible. Be able to make adjustments. If you've been lifting for any period of time, you'll understand particular mode of thinking, whether it's in training or in your nutritional program. We emphasize -- be flexible and be able to make adjustments!

We stand ready to assist you in creating or refining your programs. Obviously there are many other nutrients that could be incorporated into a good nutritional program. Some of those not mentioned that could be included are L-Carnitine, L-Tyrosine, and convenient packs that incorporate many of the individual nutrients mentioned in the Superprogram. And, there are other categories of nutrition such as gaining weight properly, cardiovascular health, strengthening the immune system, increasing endurance, and many more that will be the subject of future columns and that we'd be happy to address with you personally.

There you have it -- the Superprogram. It takes a little bit of planning but it's well worth it. What we've encompassed are the growth catalysts, Gamma Oryzanol, Beta Stosterol, and Smlax Officialinals, the performance enhancer Inosine, ideal muscle foods such as Amino Acids and Liver, as well as an instantized powdered drink to help in performance and recovery.

The bottom line is this: better workouts, faster recuperation, from workouts, and food for muscles to grow on = greater strength and power!

As always, feel free to give a call to me personally for further information and clarification.

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

What happens to a guy who squats over 1000 pounds? Anything akin to what happens after a 6.0 hundred or an 80 foot putt? Screaming fans, press coverage, conversion to the "Money? Fame? Glory?" mentality?

None of the above. Just a rather normal need to get it like it was for possibly. That's OK, though. Squating 1001 pounds, while not the kind of thing one does daily, was but a step along the trek I've been on for some time now.

It was a step fraught with difficulty, with danger, with mistakes, and with no small number of dead ends. It was a long time from the beginning, however, that the trek itself would provide the incentive. The inspiration and the rewards I needed to continue.

Some interesting things happened to me along the way that I'd like to recount. I believe in two principles above all others: learn from the mistakes of others, and learn from the great successes of others. Perhaps my tale will provide you with some useful information that will help you avoid the same mistakes I made and also help you achieve success in your own personal trek.

From childhood I have been fascinated by strength. My daddy towered over me and I was very aware of my insignificance next to him. Perhaps all of us worship strength for the same reason of once being insignificant.

I endeavored to learn about great strength from every conceivable perspective. I have yet to fully understand it because of limitations of technology and because of my own personal limitations in a relatively unexplored dimension of spirituality, a point to which I shall return momentarily.

I found that strength is infinitely more than simply being able to apply muscular force against external resistance. So many variables contribute to strength, and so many factors tend to modify it that in order to fully experience strength I've had to first endeavor to understand it.

My trek began in 1976 when I failed to make the Olympic Weightlifting Team. Thoroughly frustrated, I quit that sport and started powerlifting as a means of staying in shape and remaining in a competitive environment. Within a year, I realized why I didn't make the Olympic Team. Powerlifting taught me that I hadn't previously even remotely approached my strength potential as a weightlifter.

One day in 1977 I joyfully began doing cleans in the gym, not really having any intentions of doing a lot, and certainly not contemplating a comeback in weightlifting. With astonishing ease, I cleaned an American record weight (425 pounds while weighing 181 pounds). My previous best was only 385, performed after years of conventional weightlifting training.

If our weightlifters today ever learn the secret to being good lifters (getting Godawful strong) perhaps they'd begin to rank closer to the Soviets (who knew that secret ever since they watched Paul Anderson lift in 1956). Instead, our weightlifters flog technique training to death, happily continuing on a road to complete obscurity and decay.

Before I had a chance to prove my seemingly common-sense theory that getting strong would produce better weightlifters, however, I tore my rotator cuff muscles (both shoulders blew within a year of another), thereby ending my weightlifting career. I was struck with powerlifting, and even then my future seemed bleak because I could no longer bench press.

Therein was my first lesson in my attempts to define strength. Your body is not indestructible. I used to think it was. The stronger you get, the greater the risk of destruction. It wasn't until years later that it became clear to me that this risk could be significantly reduced by approaching strength training more scientifically than I had been doing as an Olympic lifter and budding powerlifter.

## THE SQUAT

### THE TREK as told by Frederick C. Hatfield Ph.D.



**With Awards** at the 1988 USPF National Masters, Dan Hartmann at 148, and Fred Hatfield at 198.

As time went by, I have come to know that great strength will decrease your chances of injury, provided that your training is scientific. Strength will remain potentially destructive if approached in any other way. Having squatted with 1014 pounds successfully, and escaping with my life intact, was really no feat at all when you consider that the risk of trying was substantially reduced. I was fully prepared. With that kind of tonnage, one weak link would've spelled disaster.

My second great lesson of training was that it's impossible to shoot a cannon from a canoe. Every muscle in your body is there for a purpose. Whether that purpose happens to be as a primary mover, a helping synergist or a stabilizer, it needs to be fully developed in its strength capacity. With over 1000 pounds on your back, no muscle sits idle.

One lesson that I was able to come away from my early weightlifting days with was that to become powerful you have to lift your weights explosively. Slow movements, as is now commonly known by all those who lift big weights, is not the most productive way of getting strong. The white, fast twitch fibers are inherently explosive, and forcing them to try and contract slowly causes them to literally be destroyed. Over time, this form of training has a decidedly weakening effect.

The lesson, then, was that to get strong, power -- explosive strength and starting strength -- had to be worked to the exclusion of all other forms of slow movements.

I took this knowledge with me into powerlifting, and devised a system of training that has become synonymous with my name, compensatory acceleration training. I believe that this form of training is

the singlemost significant factor in my achieving the strength I have been able to develop. It could not have been done with slow movement training.

When some of the big guys, I only weighed 250 when I broke the 1000 pound barrier, learn the secret of compensatory acceleration training, and cease their less-productive slow training, then you're going to see weights move that stagger the imagination. If I can ever persuade a guy such as Matt Dimel, when he makes his much-desired come-back from his tragic training injury, to train with me, I guarantee I'll squat over 1100 within a year.

Well, now I let the cat out of the bag. Where has all this taken me? To the ranks of has-beens who can no longer do anything except coach? I will spend much of my time coaching, just as I always have, but I plan to continue lifting as long as I live, albeit at a much more appropriate bodyweight (back to that 181 or 198 pound division).

The same passion that drove me this far in my life is still there, unquenched by a single episode of peak performance. My whole being is wrapped up in my lifting, and this is good. It is as it should be. For, without such a passion, it is immeasurably more difficult for anyone to break a world record these days.

The best recent, and perhaps most startling, lesson I learned over the years is that passion and peak performance go hand-in-hand. And passion is not something that you acquire, at will. It is something akin to the rock that is the fascination, the spirituality of maximum effort.

For me, this revelation came in a single day. Some dumb ass loaded my training bar with 100 pounds more than I had ever handled before in my life, and I didn't notice the error. I climbed under the weight, lifted it off the pegs and backed out. "Christ! I pleased. Help me with this weight! It feels like a ton!" He did.

Knowing that I would have to put out max effort to make this weight I thought I had done many times in training, I let my mind travel to a place that has since become well known to me. Back then, this other place was new to me, and the experience of moving that weight was as close to a spiritual experience I'd ever had before. It was a place where there is no pain, where there is no fear, and where only positive force is felt. It is a place where, over time, I have been able to retreat at will. This place is the ONLY place truly heavy iron can be moved.

I now know the formula, the roadmap, for finding this place. It is summed up in this little explanatory ditty I wrote some time back:

PASSION  
...and Peak Performance!  
NOT need to achieve...  
Instead, a burning desire to exceed all bounds!  
NOT commitment to excellence...  
Rather, utter disdain for anything less!  
NOT endless hours of practice...  
Instead, PERFECT practice!  
NOT ability to cope...  
Rather, total domination of all situations!  
NOT setting goals...  
Goals too often prescribe performance limits!  
NOT doing what it takes to win...  
Instead, doing what it takes to EXCEED!  
NOT force of skill or muscle...  
Rather, the explosive, calamitous force of WILL!  
If you believe these things, then for you, winning is neither everything nor the only thing. It's a foregone conclusion!  
But if, along the way, you somehow stumble, PRO-FIT from the experience! And vow, by the power of Almighty God, it'll NEVER happen again!  
Dr. Squat

# NATIONAL MASTERS

as seen by Mike Lambert



**Jim Lem** ended up with the Best Lifter and Best Squatter award for his session, and was ecstatic, winning over Dr. SQUAT Hatfield himself.

This year the USPF National Masters meet was held in downtown Salt Lake City, Utah, just around the corner from the Mormon Temple and right across the street from the Salt Palace, where the Utah Jazz and the L.A. Lakers battled in NBA playoff action the Friday before and on Sunday afternoon while the final session of lifting was finishing up. The host Marriott hotel was a beautiful venue, directly connected to a huge multi-level shopping mall. Some of the lifters got to chat with Pat Riley and Jay Leno was also seen in the hotel lobby, but the real celebrities, the ageless athletes of strength, called Masters Powerlifters, were there in abundance.

The Shendows, Jan and Lynda, know how to do meets right and this one was a world class presentation without doubt, complete with all the little touches that show how much they know and care about the needs of the competitors. An intermittent power cord complicated some of the computerized meet scoring, but otherwise it was very well organized competition, much appreciated by the lifters from all around the country. They had lots of help at the meet. In fact, it was estimated that half of the 70

or so registered lifters in Utah were on hand to assist with the meet, in which nearly 200 lifters and their attempts were so efficiently processed that all had time for an evening meal and social activities at a reasonable hour.

The women's competition, though not deep, saw lots of records, personal and national, go into the books. Jeanne Farabee, unfortunately, lifted with a painful injury, but Danni Hart-

mann had a great day and won the overall Best Lifter award. For the men, Jerry Ringi has had a lot of practice lifting quality weights at 123 and won this title again at 40-44. There was lots of depth in this age group throughout the meet, but perhaps not so many lifters in the older age groups this year. Paul Trujillo was back again to try more records in the 50-54 age group, however, and did very well.



**Glen Stevens** had been suffering with bronchitis and pneumonia and came into the meet way down in bodyweight, feeling "skinny," at 217 pounds.

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**Gordon Santee** was very pleased with his 369 bench press at 165.

Larry Christ was the class of the 132s at 40-44, as was Dave Sanford at 45-49 and the veteran's veteran of Powerlifting, Fred Glass, held up his end in the 50-54s.

In the 148s, Fred Pfister, a terrific deadlifter from Massachusetts for years, made his Masters debut a winner, as 2nd place (40-44) Larry Eggleston struggled. Masters greats Mike Lawson, Larry Mintz, Phil Neiger, and Jack Van Sise did what they usually do in this meet, and newcomer John Morgan joined the ranks of new Masters champs.

In the Middleweights, Gordon Santee (40-44) finished far ahead, but last year's champ Fabian Wambas was not there to challenge him at the end. This is understandably a popular class, and produced a lot of popular winners. Mike Casatelli was solidly up in the 45-49s, while likable Ben Brent took the 50-54s, coming back from a knee injury. Ben also spent some time judging the meet.

Dick Giller, who cleaned house nationally and internationally in 1987 by lifting in the championships of all the different organizations, nailed another title here. Harrison Benner won last year over Roy Mason, but Roy is now up an age group, to the 70-74s.



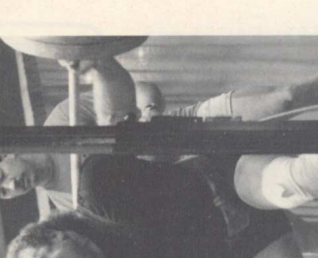
**Greg Carreff** was a repeat champion from last year and took on great former national/international champs and record holders in Wrenn and White.

Stevens, Meek, and Garrett at 40-49, and Trujillo, Glass, Mintz, Lem, McCauley, Englebert, Mooney, Murphy, Hudson, and Siegel in the 50 plus group. Best of luck to them. Look how the California lifters dominated here. Next year, we hear it'll be on the East Coast, so you guys we'll have your turn. Good Luck!

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**John Dumont** had a beautiful, nine for nine day, after many disappointments in this meet in previous years.

Hawaiian lifter David Fa in the 275s. Bob Packer went up here from the 242s and revealed his true age through his entry in the meet.

In the Supers, it was good contest at 40-44, won by Garrett, while Buddy Taylor took the 45-49s, and Braxton home 4 massive awards, and cracking 1900 nicely once again.

The US Team for the IPF World Masters at the end of July is presently comprised of Ringi, Christ, Lawson, Santee, McKee, Thompson, Lomba,

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**Gordon Santee** was very pleased with his 369 bench press at 165.

Larry Christ was the class of the 132s at 40-44, as was Dave Sanford at 45-49 and the veteran's veteran of Powerlifting, Fred Glass, held up his end in the 50-54s.

In the 148s, Fred Pfister, a terrific deadlifter from Massachusetts for years, made his Masters debut a winner, as 2nd place (40-44) Larry Eggleston struggled. Masters greats Mike Lawson, Larry Mintz, Phil Neiger, and Jack Van Sise did what they usually do in this meet, and newcomer John Morgan joined the ranks of new Masters champs.

In the Middleweights, Gordon Santee (40-44) finished far ahead, but last year's champ Fabian Wambas was not there to challenge him at the end. This is understandably a popular class, and produced a lot of popular winners. Mike Casatelli was solidly up in the 45-49s, while likable Ben Brent took the 50-54s, coming back from a knee injury. Ben also spent some time judging the meet.

Dick Giller, who cleaned house nationally and internationally in 1987 by lifting in the championships of all the different organizations, nailed another title here. Harrison Benner won last year over Roy Mason, but Roy is now up an age group, to the 70-74s.



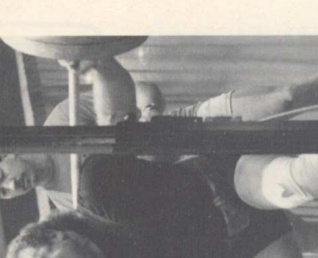
**Greg Carreff** was a repeat champion from last year and took on great former national/international champs and record holders in Wrenn and White.

Stevens, Meek, and Garrett at 40-49, and Trujillo, Glass, Mintz, Lem, McCauley, Englebert, Mooney, Murphy, Hudson, and Siegel in the 50 plus group. Best of luck to them. Look how the California lifters dominated here. Next year, we hear it'll be on the East Coast, so you guys we'll have your turn. Good Luck!

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**John Dumont** had a beautiful, nine for nine day, after many disappointments in this meet in previous years.

Hawaiian lifter David Fa in the 275s. Bob Packer went up here from the 242s and revealed his true age through his entry in the meet.

In the Supers, it was good contest at 40-44, won by Garrett, while Buddy Taylor took the 45-49s, and Braxton home 4 massive awards, and cracking 1900 nicely once again.

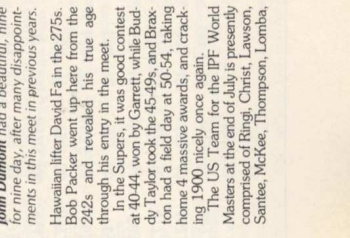
The US Team for the IPF World Masters at the end of July is presently comprised of Ringi, Christ, Lawson, Santee, McKee, Thompson, Lomba,

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# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting.

## GOLDEN AGE or the RUSTING AGE?

as told by DAVID FIELD



Chuck Braxton is one guy who is changing the aging curve. He totaled 1901 and took Best Lifter, Session 1, Day 2, at the 1988 U.S.P.F. National Masters Championships as well as Best Squat and Deadlift for his session.

When you were growing up, you could hardly wait for that thirteenth birthday to arrive so you would be a teenager. Then, in a few more years you were able to apply for an auto license. Moments afterwards, you were old enough to vote, and to drink. TO DAY, I AM A MAN!

Then, in an all too fleeting a time, you had reached retirement age and were now eligible for Social Security. You look forward to the "golden years" when you didn't need to work to make ends meet. Now you could collect the insurance you had earned and saved for...and to enjoy a life of ease.

Hold up. Wait a minute. Remember that you are not going to be as fast or as strong to combat the challenges that desired era will bring. Don't give me that "I'm as strong as an ox" business. I heard that one too many a time and decided to check the validity of the expression.

So far as strength is concerned, and if you are using powerlifting records to substantiate your expression, hold up a minute. Let's examine the records supplied to this author by Dr. Alan Kirschner, official keeper of the USPF National Powerlifting records as well as those from Lee Gatschek of Chicago who keeps the ADPPA Master's records.

Obviously, a person does not attain his full strength until he reaches maturity. So far as strength is concerned (as defined by powerlifting), this is reached sometime during the second decade. Competitive powerlifting records show that a 14 year old male with top strength reveals about 60 percent of his eventual strength. Four years later it will have increased to approximately 80 percent if he maintains regular training.

No records could be found in five

year divisions for 25-29, 30-34, and 35-39 ages, but these records for those from 40 on were obtainable. Assuming a person reaches his peak in the twenties, from that he is going to decline. Naturally, this is an individual matter and it would be impossible to track down the lifetime, annual records for persons or champion in respective age/weight groups.

Therefore, I took the current records for each age/weight classification and recorded the downward slope for all but the 52 and 125+ classes for which no composite official records could be found.

As an example, if you are a 50 year old man who is lifting in the 82.5 kg class and would like to ascertain how you compare with others, similarly classed, look at the table. The champion lifted a total of 745 kg total in the bench press, squat, and dead lift. This was 78 percent of what today's champion does in the same classification. The 40 year old man does 84 percent of what today's champion does in his twenties, the 55 year old man does 80 percent, and the 70 year old man does 74 percent...and then ZOOM he slides down fast from there! At 60 he's doing 50 percent of today's best, at 65 it's 49 percent, and at 70 it's 42. Father Time waits for no man!

If you merely hold your own during that period over 40, you are actually gain-ing on Father Time and should be proud of yourself. Fellows like Angelo Taccorina in the 80 year plus, 75 kg class and Howard Stump in the 70-74 year, 110 kg class are distinguished to have even beaten the odds! Hats off to these truly outstanding gentlemen.

For the rank and file, the rest of us, we'll have to be content just watching ourselves go downhill inexorably a few percentage points every year.

### Decline In Powerlifting Strength (Based on 1987 National USA Results)

Age	Weight %	60 kg	67.5 kg	75 kg	82.5 kg	90 kg	100 kg	110 kg	125 kg
14	430.69	482.67	512.66	605.71	537.55	615.62	632.56	730.55	570.55
18	485.77	575.80	672.87	705.83	775.81	800.80	857.50	917.52	932.91
21	627.10	717.50	772.10	852.50	954.90	1000.10	957.50	1000.10	1032.50
40	537.56	592.83	700.91	730.86	802.54	845.85	880.92	926.53	980.95
45	395.63	465.65	620.80	697.52	767.80	895.90	890.93	822.53	930.90
50	300.48	432.50	600.78	685.80	745.78	727.53	907.59	757.56	795.57
55	280.45	399.56	525.68	545.64	705.74	670.67	697.53	622.53	647.53
60		395.55	410.53	425.50	477.50	500.50	695.47	558.56	630.61
65			367.5	375.49	415.49	467.54	452.54	470.49	497.50
70				302.53	392.54	402.54	442.54	455.48	540.54
75					225.25				
80						272.53			

# John Kuc "The Legend"

It is with a great deal of respect and a tremendous amount of disappointment that I must report the end of an era. It now appears that the competitive lifting world has seen the last of one of its greatest champions. John Kuc has pulled his last heavy competition deadlift. Many great champions will follow and I am sure all of John's records will eventually fall. One thing I question is if anyone will ever accomplish the same achievements that John has.

Kuc was undefeated from 1972 to the present, including National and World Competition. He was a World Champion at Superheavyweight and 242.5. At the time there was only one World Championship. He was the third man in the world to bench press 600 lbs. He was the first man to squat 900 (there is some debate on this). A 4-time World Champion, a 4-time ADPPA National Champion, he has held the 242 lb. deadlift World Record from 1974 to the present. At the 1986 ADPPA National Championships he was referred to as "The Father of Drug Free Lifting" by Meet Director, Alan Kirschner.

Today it is fashionable to support drug free or tested competition. John made this commitment long before it was the thing to do. In 1980, he staked his hard earned reputation on his promise to produce World Class lifting in drug tested competition. He was tested by urinalysis and polygraph for a number of different examiners. He was also tested at different intervals throughout the year, which truly proved he was drug free. John feels his lifting for the ADPPA was the greatest accomplishment of his career. He was the first big name to make a commitment to the organization. He made this commitment because he truly believed in it.

The records that are in the record books fall to pieces. Although the records are there and even though John has been around as long as any competitive lifter, very few know John Kuc, the man.

I have known and trained with John over the past 20 years. During that time I come home to know John as well as anyone. John is a homey, private, shy, introverted and extremely humble individual. Some mistake this shyness for conceit, but this is not so. There is not one bit of conceit in John.

John has a tremendous amount of personal pride and self-discipline that allows him to focus his whole life on lifting. By doing this he has achieved great heights in the world, but other areas of his life have had to suffer. I have seen and trained with individuals with greater natural strength and ability, but I have never seen anyone as dedicated and willing to sacrifice so much. The term "Paying the Price" can certainly be John's motto.

Some of us who trained with John often discussed why he rarely suffered the injuries others did. In retrospect, I attribute this to the fact that his whole existence revolved around lifting. So, in effect, he did nothing to interfere with normal muscle pulls and strains that we mere mortals suffered. John would go years without missing a workout, and always training heavy. Even though he has accomplished as much as any lifter, he expects no special treatment because of it. He is just another person in the gym.

John would never correct or offer advice in the gym unless he was asked. He respects others views and opinions and would never use his reputation to make a point. As a matter of fact,

JOHN KUC, transcended the early era of Powerlifting, setting records and remaining undefeated.

if you could ignore his massive physique or the super heavy weights he handles you would never know he is one of the greatest powerlifters of all time. John just likes to blend in and receive no special treatment.

John has never sought out praise or adulation. Titles and records were not his main concern. I can personally attest to this because in the period 1975 to 1978 he handled training weights that would have won him world championships, but he did not have the desire to compete. He is just a man who loves to train

and his hobbies which include gun collecting and attending the movies. He is a rather spartan existence, but it is what he wants. John currently operates a fitness store in Wilkes-Barre, catering to the weight trainee. He still trains heavy four times per week, although not for powerlifting. He weighs about 230 and looks like he could enter a physique contest. Although he has no thoughts of competitively powerlifting, he occasionally loads the deadlift bar to 700 lbs. and does four or five reps. John's life centers around work and training, and his hobbies

BOB GAYNOR

# POWER PROFILE

## The Legend of Bubba

by Jeff Everson, Editor-In-Chief, MUSCLE & FITNESS

It took a lot of bravery to do what we did. Not every high school kid would have enough guts to go into the weight room of the Madison downtown YMCA, but we did, me and Rod and Brad. It was simply time for us to see Mike Morgan. We had to find out if the stories were true, if the man they called Bubba was real.

I remember the first time I heard about Bubba. My older brother came into my bedroom one Saturday morning and told me about this bouncer he had seen the night before in a Madison bar called Rusty's. Greg, my brother, was an avid weightlifter, and I was sort of following in his footsteps (my brother was two years older than me, but about 10 years older in actual maturity). Anyway, Greg claimed this guy, this bouncer named Bubba, was the biggest man he'd ever seen, that his shoulders and chest were so big they filled the doorway. Greg said I saw a picture of Bubba in a magazine.

The year I was a freshman in high school, I weighed 135 pounds and could bench 205 pounds and could press 185 pounds over my weight. I had already been lifting for two years. I was also out for the track team and one day we competed against a rival school called Middleton. I hadn't heard any more about Bubba until that day. A shotrunner on Middleton's team knew I was a weightlifter and asked me if I ever heard about Mike Morgan. I said I had, but didn't know much about him. Well, this guy swore that Bubba was the strongest man in the world and the most muscular man in the world. He said that Bubba could "press" over 500 pounds.

Naturally, I commented with the argument that Gary Gubner held the world record in the press at 436 pounds and that I doubted that this Bubba could actually press 500 pounds. My arguments didn't phase Middleton's shotrunner. He stated he didn't care what the record was, but that Bubba could press 500 pounds and was the strongest man in the world.

Time passed, I didn't hear much about Bubba for a while. A year or so later I was reading in the backseat of my parent's car down on State Street in Madison. I happened to glance to the side and there he, or it, was standing, or trying to stand in the doorway of a Madison bar called the Pub. I just had a fleeting glance, but what I saw, or thought I saw, was incredible. I had never seen such a giant of a man, a man with such incredibly wide shoulders. I begged my dad to drive around the block. He did, but when we went by again the giant was gone.



**BUBBA** aka Mike Morgan, in one of his famous sweaters. Photo courtesy Jeff Everson.

A couple of years passed. I developed and became a fair high school shotrunner in my senior year. I was lifting in my senior year. I noticed Mike Morgan in a crowd. I noticed Stu, if you follow football, later became a great tight end for the Minnesota Vikings, but more important than that to me, was the fact that a couple of years earlier than this, Stu Voight had thrown the high school shot well over 66, which was then one of the greatest puts in high school history.

All of the sudden a man appeared next to Voight. Voight was at least 230 pounds, but this man made Voight look like a coffee bean. It was Bubba! He was dressed in white, tight Levis, tennis shoes and a giant mohair sweater which further accentuated his incredibly wide shoulders. Ever enthused, I moved towards both men to get a better estimation of Bubba's actual size. As I approached, Bubba said to Stu, "Aw Geez Stu, I'm a dozen for a snack, think I'll go buy a dozen hotdogs." He turned and left before I could get too close and I was called back to the ring for another throw. Bubba was gone and didn't return.

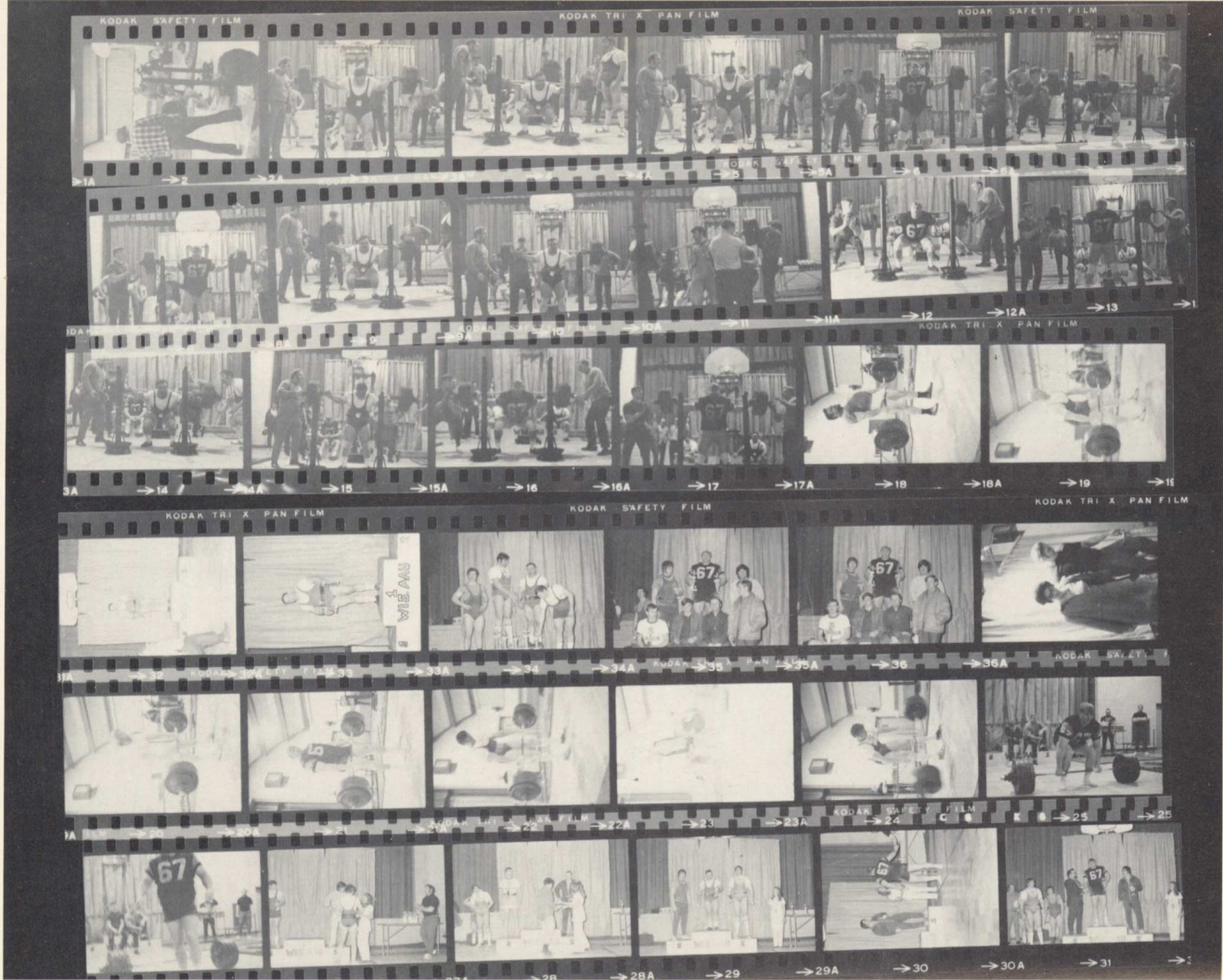
Three months later, an article appeared in the Madison newspaper featuring a powerlifter, who was being called the world's strongest man, Mike Morgan, aka Bubba. It seemed Bubba was into competitive powerlifting and in his third contest he had lifted 2040 pounds in the three lifts. It stated in the article that one man in the whole country had lifted more than Bubba and that was a guy

local contender with Wisconsin's other lightweight and middleweight powerhouses, Richard Luckman; Joe Hovel, who could bench press 475 pounds legally without wraps at a weight of 235 pounds; Bob Lowery, who could walk up to 700 pounds and deadlift it cold; Bill Grover Garrott, who had 22" biceps and could bench 450 pounds; John Christianson, who actually resembled a walking barrel his chest was so big John could military press 290 pounds at 190 pounds bodyweight; and olympic lifter, Norm Rauch, one of the few men in the country then who could clean and jerk 400 pounds any day of the week. Later on, of course, Bill Kazmaier and Fred Fliefield came out of the Madison YMCA.

You could say it was a bevy of animals, guys who were miles and miles from their contemporaries. Still, the best any of these powerhouses could do in benching was to lift weights under 1700 pounds, but Bubba could do close to 2100 pounds. Bubba was a legend, they all were in awe of even that. He was so far ahead of even that. Anyway, as Rod and I chatted with some of the lifters, asking them if Bubba might come in today, we were interrupted by Brad who shouted at the top of his lungs, "Oh my God, look at him, look how big he is." Embarrassed already, I turned to see Bubba standing in the doorway, obviously surprised by Brad's display of incredulity. As we hustled Brad up from his overt gushings, Bubba approached. He was dressed in a butcher's smock, white, from top to bottom. God, he looked like a moveable Mount Everest or a 500 pound Yeti. Bubba's hair was cropped close to his head and he wore old fashioned combat boots (you may recall that in the early days of powerlifting, combat boots were the shoes of choice). What a sight this guy was. We were simply flabbergasted. His chest and shoulders were just so huge. It was incredible.

As we stood back mouth's agape with wonderment, Bubba began bench pressing. As he was moving through the weights, he mentioned, "Aw, can't do much today, damn engine fell off the hoist yesterday at the plant and landed on my chest." (article continued on page 60)

**At Right:** Bubba (No. 67) can be seen in frames 6, 7, 8, 12, 13, 16, 17, 21, 23, 25, 26, 30, 31, 35, 36. Another lifting legend, Mel Hennessy, can be seen in frames 3, 4, 5, 9, 10, 14, 15, 29, 32, 33, 34. This proof sheet from the Region 7 Championships in Cambridge, WI circa 1970, courtesy of Jeff Everson.



## From Our Readers...

Your recent article on Larry Pacifico prompted me to write this letter. I grew up about 20 miles from Dayton. I also started lifting in the early Sixties. Larry and I even lifted in some Olympic meets together in those days. As the years have passed, my interest in the Iron Game has remained, but graduate school and my job as a physicist in Los Alamos have kept me from being active in competition. Nonetheless, I have watched both Olympic and Powerlifting lifting is now effectively dead in this country. The two things which killed it, in my mind, are nighting and lack of concern for the athletes in the governing bodies and drugs. For a long time it was popular amongst Olympic lifters to blame Powerlifting for stealing away all the new talent. This was hogwash. In fact, the petty jealousies and attempts by officials to create little power bases drove athletes away in droves. Who needs all that crap. Drugs, of course, have done more than their fair share to destroy this sport also. How many times have I seen a budding new star just begin to achieve his potential when his increasingly psychotic behavior destroys it all. And how many times have I seen lifters rise meteorically only to suddenly end their careers when joints couldn't keep up with the drug trained muscles. And now I am beginning to hear the stories of my old lifting friends who used steroids whose health is now rapidly deteriorating. I dread up all of this as a warning for all Powerlifters. I may again enter competition. It really doesn't matter that much to me. I really only compete against myself, but to those who are interested in seeing this sport endure, take heed. David A. Poling

I would like to express my opinion on a very controversial issue, Dr. Judd Biasotto's articles. I can't understand the reasoning behind this rash of criticism. From all the hoopla, you would think he told the children there is no Santa Claus. It is hard to understand how a bunch of adults (well, maybe) can get bent out of shape by his very thoughtful and interesting articles. His articles, in my opinion, are the most interesting in the magazine. He brings creativity and intelligence to a sport that has long been looked at as something that caters to half-wits. I think we should appreciate Dr. Judd for helping our sport overcome the dumb lock syndrome. After all the hell Dr. Judd has been through in his career, I think we could elect him as the patron saint of Powerlifting. St. Judd! For those of you who aren't familiar with Dr. Judd's career, please read his books. I think you will find them a true inspiration. No, I am not related to Dr. Judd nor have I had the pleasure of meeting him, but I do have an interesting story to tell which will show why I am so biased toward Dr. Judd.

I am a powerlifter, not world class caliber or even a state champion, who's highest classification is Class I drug free in the 148 lb. class. From my ranking you can see I am just your average gym rat. I have recently incurred a couple of injuries which have halted my progress. I have had two operations, one on my left knee and one on my right shoulder, this year. I have suffered mentally, physically and, of course, financially, from these injuries. The major problem is my right shoulder; either the operation was not performed correctly or the surgeon did not detect some other damage. Once you have an operation it is very hard to get another physician to look at your injuries for fear of a lawsuit. I became very angry and depressed about this situation and knew of no one I could turn to for help. I sat and pondered my alternatives. I came to the conclusion that if you want to know about injuries, you find someone who has been down the same road. I reached out to the "wiseass"; I think that is the word which someone used in reference to Dr. Judd in your May issue of *Powerlifting USA*.

I decided that I should write Dr. Judd and ask for help. I guess you realize what type of response that a hostile and cynical person would give. He wanted to help. You heard me correctly, this man wanted to help. He helped me get an appointment at the Houston Sports Medicine Clinic. He even offered to take me there and let me stay at his house while I am going to the clinic. I greatly appreciate this hospitality. I realize the doctors there may not be able to correct my problem, but I will always be thankful to Dr. Judd for what he has done for me. I pray someday I will be able to compete again but if I don't, I will always thank God for someone as kind and compassionate as Dr. Judd Biasotto. I think that before you start sling stones, you should take a good look at your target. I would like to commend Mr. Biasotto for his help. Being a police officer, I seldom meet people who show such humanitarian qualities. Sincerely, Brian J. Boclair

I would like to take the initiative to express the feelings of myself and my fellow lifters. As any avid participant of the sport will agree, Powerlift-

ing in its true form entails the discipline to train all three lifts with equal intensity, and strive to be the best one can possibly be in each lift. What many purists of the sport question is why do the bress specialists, who do not have the tenacity to train the squat and deadlift regularly, get the privilege of recognition on the *Powerlifting USA* Top 100 ratings, when their lift was not made in a full meet? We feel that the lift done in a bench meet does not carry the same credibility and is a disadvantage to the true powerlifter who diligently trains all three lifts in hopes of making the Top 100 Ratings. Anyone who honestly goes through the rigors of squats and deadlifts knows the physical drain it imposes on the body and can appreciate the discipline it takes to regularly train them. The bench specialists can train exclusively for the lift without the physical depletion of the other two. I've seen many "benchers" who have the upper body of a 200 pound lifter and the legs of a 181 pounder. I've also seen many of the same guys who can bench press more than they can squat or deadlift. I don't regard this as balanced lifting, or a true measure of overall body strength. Let's face the truth, the reason for this is that they simply don't have the desire or the discipline, and pain tolerance to train the other two lifts competitively, but still want to be labeled as powerlifters.

The Bench Press is the least demanding on the body of the Powerlifter. You even lay down on a bench to execute it. Before you label me as someone who can't bench press, my best "official" bench press is 523½ pounds. My best official squat is 750 pounds, and official deadlift is 622½ pounds. My height is 5 ft. 10 in., and my bodyweight is around 275 to 285 pounds. The point is that my official lifts were all done in full, sanctioned powerlifting meets and much of my body's energies are depleted by the brutal rigors of squats before I even start warming up for the bench press. I can always bench press more "fresh", because it's just like being in a bench press contest, and that's without specializing on it, like "Joe Bencher".

Most true powerlifters train the bench press only 20% to 30% of their workouts, simply because the squats and deadlifts take up the rest. I certainly did not list my official lifts as an excuse to brag, because let's face it, they are far from being world caliber. I only used them as an example to illustrate the fact that there is a world of difference between the powerlifter and bench specialists. I didn't write this article without offering an alternative. Why don't we devise two separate ratings? One for lifts done only in full sanctioned meets, and another for sanctioned bench meets only. This way everything is kept in balance. Notice also that I emphasize sanctioned meets only, but that's another subject. I have tremendous respect for great bench pressers like Jeff Maguder, Rick Weil, and Ed Morishima. Their records were set in full sanctioned meets, and let's not forget the demands placed on them by squatting respectable poundages before they benched. They also deadlifted and totaled. Can Ted Arcidi make the same claim? Don't misjudge my position. I highly respect Ted Arcidi's benching prowess, but I think we should put it in perspective.

In closing, just want to point out that until one actually experiences the demands of squats and deadlifts on a competitive level, it's hard to appreciate it. I'd also like to say to all the true powerlifters, I salute you!

Rich Hankey

I just can't let slide two letters in the May '88 issue harassing Judd Biasotto. He is one of my favorite contributors to *PL USA* (or any magazine, for that matter). Some people just can't take a joke. Dr. Judd does not seem embittered or hostile to me; a "wise-ass", yes, but I don't mind that. I like that (except when I shot my mouth off about Dr. Scherzard that I like that (except when I shot my mouth off about Dr. Scherzard). I love "trass", but I don't think it's suitable children's entertainment. And I definitely don't like the fact that it's the only way for strength athletes to make money, because it robs the sport of potential record breakers: Patena, Furnas, Arcidi, and so on.

But that's not the point. What's more important is that Dr. Judd's articles contain some of the most innovative and useful information you can find. It's articles like these that set *PL USA* apart from other "muscle mags". They generally contain rehashes of the same information month after month. Between countless fashions and cosmetic ads. That is garbage.

Biasotto, Fred Hatfield, Gene Zangas and the many contributing champions give us little guys new ideas: scientific, up-to-date, and practical information on training, nutrition, mental aspects, medical concerns, and so on. That is something I wouldn't want to go without. I can't see how any amount of wise assing could outweigh these benefits. That's as much an attitude as I've ever seen or heard of. I hope Dr. Judd keeps the wise cracks, and especially the articles, coming every month.

Sincerely, Bryon Chandler

# EGGSACTLY!



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# POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing May 1987 to April 1988

BENCH	DEADLIFT	TOTAL
738 Alexander, A., 418/88	733 Inzer, L., 11/187	1867 Alexander, A., 418/88
739 Grant, S., 2/20/88	734 Cain, R., 2/20/88	1918 Cain, R., 2/20/88
740 Smith, G., 1/19/87	735 Gant, S., 2/20/88	1920 Gant, S., 2/20/88
741 Weaver, R., 2/11/87	736 Pace, R., 11/28/87	1866 Weaver, R., 4/8/88
742 Dobson, L., 6/6/87	737 Bridges, B., 11/14/87	1669 Wahl, R., 7/11/87
743 Mitchell, W., 1/23/87	738 Bridges, B., 11/14/87	1670 Mitchell, W., 1/23/87
744 Mangan, W., 1/23/87	739 Mangan, W., 1/23/87	1655 Mangan, W., 1/23/87
745 Mangan, W., 1/23/87	740 Mangan, W., 1/23/87	1655 Mangan, W., 1/23/87
746 Gill, C., 5/20/87	741 Hancock, M., 2/18/88	1655 Hancock, M., 2/18/88
747 Gill, C., 5/20/87	742 Penick, P., 9/28/87	1642 Toms, F., 1/12/87
748 Gill, C., 5/20/87	743 Penick, P., 9/28/87	1642 Toms, F., 1/12/87
749 Gill, C., 5/20/87	744 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
750 Gill, C., 5/20/87	745 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
751 Gill, C., 5/20/87	746 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
752 Gill, C., 5/20/87	747 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
753 Gill, C., 5/20/87	748 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
754 Gill, C., 5/20/87	749 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
755 Gill, C., 5/20/87	750 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
756 Gill, C., 5/20/87	751 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
757 Gill, C., 5/20/87	752 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
758 Gill, C., 5/20/87	753 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
759 Gill, C., 5/20/87	754 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
760 Gill, C., 5/20/87	755 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
761 Gill, C., 5/20/87	756 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
762 Gill, C., 5/20/87	757 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
763 Gill, C., 5/20/87	758 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
764 Gill, C., 5/20/87	759 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
765 Gill, C., 5/20/87	760 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
766 Gill, C., 5/20/87	761 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
767 Gill, C., 5/20/87	762 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
768 Gill, C., 5/20/87	763 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
769 Gill, C., 5/20/87	764 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
770 Gill, C., 5/20/87	765 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
771 Gill, C., 5/20/87	766 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
772 Gill, C., 5/20/87	767 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
773 Gill, C., 5/20/87	768 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
774 Gill, C., 5/20/87	769 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
775 Gill, C., 5/20/87	770 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
776 Gill, C., 5/20/87	771 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
777 Gill, C., 5/20/87	772 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
778 Gill, C., 5/20/87	773 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
779 Gill, C., 5/20/87	774 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
780 Gill, C., 5/20/87	775 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
781 Gill, C., 5/20/87	776 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
782 Gill, C., 5/20/87	777 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
783 Gill, C., 5/20/87	778 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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786 Gill, C., 5/20/87	781 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
787 Gill, C., 5/20/87	782 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
788 Gill, C., 5/20/87	783 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
789 Gill, C., 5/20/87	784 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
790 Gill, C., 5/20/87	785 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
791 Gill, C., 5/20/87	786 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
792 Gill, C., 5/20/87	787 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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795 Gill, C., 5/20/87	790 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
796 Gill, C., 5/20/87	791 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
797 Gill, C., 5/20/87	792 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
798 Gill, C., 5/20/87	793 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
799 Gill, C., 5/20/87	794 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
800 Gill, C., 5/20/87	795 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
801 Gill, C., 5/20/87	796 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
802 Gill, C., 5/20/87	797 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
803 Gill, C., 5/20/87	798 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
804 Gill, C., 5/20/87	799 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
805 Gill, C., 5/20/87	800 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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807 Gill, C., 5/20/87	802 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
808 Gill, C., 5/20/87	803 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
809 Gill, C., 5/20/87	804 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
810 Gill, C., 5/20/87	805 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
811 Gill, C., 5/20/87	806 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
812 Gill, C., 5/20/87	807 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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814 Gill, C., 5/20/87	809 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
815 Gill, C., 5/20/87	810 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
816 Gill, C., 5/20/87	811 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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819 Gill, C., 5/20/87	814 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
820 Gill, C., 5/20/87	815 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
821 Gill, C., 5/20/87	816 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
822 Gill, C., 5/20/87	817 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
823 Gill, C., 5/20/87	818 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
824 Gill, C., 5/20/87	819 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
825 Gill, C., 5/20/87	820 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
826 Gill, C., 5/20/87	821 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
827 Gill, C., 5/20/87	822 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
828 Gill, C., 5/20/87	823 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
829 Gill, C., 5/20/87	824 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
830 Gill, C., 5/20/87	825 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
831 Gill, C., 5/20/87	826 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
832 Gill, C., 5/20/87	827 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
833 Gill, C., 5/20/87	828 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
834 Gill, C., 5/20/87	829 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
835 Gill, C., 5/20/87	830 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
836 Gill, C., 5/20/87	831 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
837 Gill, C., 5/20/87	832 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
838 Gill, C., 5/20/87	833 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
839 Gill, C., 5/20/87	834 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
840 Gill, C., 5/20/87	835 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
841 Gill, C., 5/20/87	836 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
842 Gill, C., 5/20/87	837 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
843 Gill, C., 5/20/87	838 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
844 Gill, C., 5/20/87	839 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
845 Gill, C., 5/20/87	840 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
846 Gill, C., 5/20/87	841 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
847 Gill, C., 5/20/87	842 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
848 Gill, C., 5/20/87	843 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
849 Gill, C., 5/20/87	844 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
850 Gill, C., 5/20/87	845 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
851 Gill, C., 5/20/87	846 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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862 Gill, C., 5/20/87	857 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
863 Gill, C., 5/20/87	858 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
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865 Gill, C., 5/20/87	860 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
866 Gill, C., 5/20/87	861 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
867 Gill, C., 5/20/87	862 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
868 Gill, C., 5/20/87	863 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
869 Gill, C., 5/20/87	864 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
870 Gill, C., 5/20/87	865 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
871 Gill, C., 5/20/87	866 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
872 Gill, C., 5/20/87	867 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
873 Gill, C., 5/20/87	868 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
874 Gill, C., 5/20/87	869 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
875 Gill, C., 5/20/87	870 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
876 Gill, C., 5/20/87	871 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
877 Gill, C., 5/20/87	872 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
878 Gill, C., 5/20/87	873 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
879 Gill, C., 5/20/87	874 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
880 Gill, C., 5/20/87	875 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
881 Gill, C., 5/20/87	876 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
882 Gill, C., 5/20/87	877 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
883 Gill, C., 5/20/87	878 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
884 Gill, C., 5/20/87	879 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
885 Gill, C., 5/20/87	880 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
886 Gill, C., 5/20/87	881 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
887 Gill, C., 5/20/87	882 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
888 Gill, C., 5/20/87	883 Hildner, C., 1/19/87	1653 Hildner, C., 1/19/87
889		

**coach for the Nebraska team. Epley**

actually started the strength coaching profession. If memory serves me, Mel holder the time in the bench press, made 525 in the bench and 690 in the squat (he also was close with a 740 squat and a phenomenal 575 bench press - I remember the lift because Mel held it at this chest for at least three seconds, instead of the required two and the no elbow support rule was very close. But Bubba's coach was a man of the hour. He coached a 545 bench and he made 770 in the deadlift. The bar here in the new up Bubba figured he might be made 825 that day. Peano, Rader, who was the head judge, commented on this after the show he thought Bubba was going to blow the weight.

Over the years, I've met many a strong man from Kaz to Alexey, from Anderson to Reinhardt, but there's something unique, something romantic, legendary if you will about a guy like Mike Morgan. Bubba did just enough to feed the legends. He was eons ahead of his day with shoulders as wide as Chuck Athens, with a chest equal to Pat Casey's. Bubba is still there, in Madison. He's still running his 4.5 foot yard dashes, still probably has the body in-waiting, ready to burst out with outlandish lifting. Bubba is the legend. Always was, always will be.

**BPAC High School Drug-Free 26 Mar 88 - Bridgeport, WV**

Weight	SQ	BP	DL	Total
A. Nardo	150	210	360	720
A. Ibeli	70	190	260	520
Men				
C. Hicks	220*	310*	530*	1060*
J. Ferguson	175	280	450*	905*
R. Rorder	150	275	425	850
W. Taylor	250	395	645*	1290*
M. Weaver (BU)	255*	380*	645*	1280*
T. Lipscomb	225	410*	635	1270*
L. Cain	210	380	590	1180
165 lb.	195	365	535	1100
J. Mers	230	380	610	1220
M. Hainaker	210	380	590	1180
M. Mink	205	380	575	1160
C. Foster	210	320	530	1060
J. Dobbin	170	270	440	880
181 lb.	315*	530*	845*	1690*
P. Brown	275	385	660*	1320*
S. Smith	215	420	635	1270
T. Carlton	195	440	635	1270
198 lb.	205	385	590	1180
C. Alkarak	240	450*	690*	1380*
B. Tarnous	275	410	685	1370
M. Hays	210	320	530	1060
S. Collins	210	360	570	1140
P. Probst	200	310	510	1020
194 lb.	380*	650*	1000*	2030*
L. Bosley	315	535	720	1570
T. Perkins	255	465	770	1490
200 lb.	255	455	710	1420
Best Lifter: Lipscomb; Mark Wood				
William Lipscomb, Best Lifter Heavyweight; Stephen Redd, runner up - Jason Bartram, Meet Heavyweight; Jason Bartram and Carl Springer; Murphy, Spitter/Loader: Roger Wilmoth, Air Team; Charles Cavallo, Scorekeepers: David Tomlin, Coach; Andy Springer and Brenda Todd, School and "The Dugout" 27 pts.; 2nd place - Lewis County High 26 pts.; 3rd place - Pocahontas County High 24 pts. (Thanks to Paul Hickman, President of Bridgeport Police Athletic Club, for results)				

the group admitted to seeing him up and attacking him first. Bubba had all the judges dropped against him, but Bubba didn't want to grow. Although it's difficult to put into perspective Bubba's natural strength and size, maybe he got you to grasp it better by what I saw one day back in 1972. A lot of guys were training together at the time. Bill Kazanich and Steve D'Salvo, two of the best professional wrestler and a man of 280 pounds who can squat 800 and bench well over 500 pounds. Back then, Kaz was just beginning. The three of us (me, Kaz, and D'Salvo) were all about the same size (240 pounds) and all bench pressed about the same. 415 pounds Bill Barwick, a powerlifter of considerable note, was also one of the group and he too was roughly the same size and bench. He was around 415 pounds and benching around 415 pounds. Later on, he realized their awesome genetic potentials.

Anyway, Kaz and D'Salvo were sort of razzing Bubba and playfully roughhousing with him. Bubba planted himself, and Kazmaker and D'Salvo were, together, trying to rush him off his base. Bubba "controlled" the other, as if they were toys! Together, these two athletes, soon to become two giants of strength and power themselves, were no match for Bubba's enormous strength. All of this is quite ironic to me, as Kazmaker went on to prove himself as the world's strongest man and perhaps, the greatest powerlifter in the history of the Superheavyweight class (someone I should do a book on guys who came out of Madison, Wisconsin) in 1971. Bubba decided to do a bit of serious lifting and see what he could total. In a meek Platteville, Wisconsin that year, Bubba bench pressed 555 pounds, squatted 745 pounds and deadlifted 805 pounds to total 2090 pounds. In other contests he had deadlifted 810 pounds and squatted 770 pounds. All of that, of course, was without tight shirts, wraps, suits, yep. In my opinion, Bubba totaled 2100 WITHOUT the use of steroids either, since if he used them at all, the dose was ineffective. Relative to what guys do today, you could make a strong argument that Bubba made close to 2100 pounds without training either!

I still have fond memories of the contest in Chambersburg, Wisconsin, the Region 7 Championships, back in 1970 or so, when the shots on the proff sheet accompanying this article were taken. It was the first time I'd seen Bubba compete (I should point out that the FIRST time Bubba tried deadlifting, he reportedly bench 600 pounds and he did indeed, bench press 450 pounds in his first official contest).

**Pennsylvania High School Championships - 23-24 Apr 88 Concordville, PA - (top 5)**

Weight	SQ	BP	DL	Total
114 lb.				
123 lb.	870	1160	1560	3590
133 lb.	1000	1220	1620	3840
143 lb.	1080	1320	1720	4120
153 lb.	1150	1420	1820	4390
163 lb.	1220	1520	1920	4660
173 lb.	1300	1620	2020	4940
183 lb.	1380	1720	2120	5220
193 lb.	1460	1820	2220	5500
203 lb.	1540	1920	2320	5760
213 lb.	1620	2020	2420	6060
223 lb.	1700	2120	2520	6340
233 lb.	1780	2220	2620	6620
243 lb.	1860	2320	2720	6900
253 lb.	1940	2420	2820	7180
263 lb.	2020	2520	2920	7460
273 lb.	2100	2620	3020	7740
283 lb.	2180	2720	3120	8020
293 lb.	2260	2820	3220	8300
303 lb.	2340	2920	3320	8580
313 lb.	2420	3020	3420	8860
323 lb.	2500	3120	3520	9140
333 lb.	2580	3220	3620	9420
343 lb.	2660	3320	3720	9700
353 lb.	2740	3420	3820	9980
363 lb.	2820	3520	3920	10260
373 lb.	2900	3620	4020	10540
383 lb.	2980	3720	4120	10820
393 lb.	3060	3820	4220	11100
403 lb.	3140	3920	4320	11380
413 lb.	3220	4020	4420	11660
423 lb.	3300	4120	4520	11940
433 lb.	3380	4220	4620	12220
443 lb.	3460	4320	4720	12500
453 lb.	3540	4420	4820	12780
463 lb.	3620	4520	4920	13060
473 lb.	3700	4620	5020	13340
483 lb.	3780	4720	5120	13620
493 lb.	3860	4820	5220	13900
503 lb.	3940	4920	5320	14180
513 lb.	4020	5020	5420	14460
523 lb.	4100	5120	5520	14740
533 lb.	4180	5220	5620	15020
543 lb.	4260	5320	5720	15300
553 lb.	4340	5420	5820	15580
563 lb.	4420	5520	5920	15860
573 lb.	4500	5620	6020	16140
583 lb.	4580	5720	6120	16420
593 lb.	4660	5820	6220	16700
603 lb.	4740	5920	6320	16980
613 lb.	4820	6020	6420	17260
623 lb.	4900	6120	6520	17540
633 lb.	4980	6220	6620	17820
643 lb.	5060	6320	6720	18100
653 lb.	5140	6420	6820	18380
663 lb.	5220	6520	6920	18660
673 lb.	5300	6620	7020	18940
683 lb.	5380	6720	7120	19220
693 lb.	5460	6820	7220	19500
703 lb.	5540	6920	7320	19780
713 lb.	5620	7020	7420	20060
723 lb.	5700	7120	7520	20340
733 lb.	5780	7220	7620	20620
743 lb.	5860	7320	7720	20900
753 lb.	5940	7420	7820	21180
763 lb.	6020	7520	7920	21460
773 lb.	6100	7620	8020	21740
783 lb.	6180	7720	8120	22020
793 lb.	6260	7820	8220	22300
803 lb.	6340	7920	8320	22580
813 lb.	6420	8020	8420	22860
823 lb.	6500	8120	8520	23140
833 lb.	6580	8220	8620	23420
843 lb.	6660	8320	8720	23700
853 lb.	6740	8420	8820	23980
863 lb.	6820	8520	8920	24260
873 lb.	6900	8620	9020	24540
883 lb.	6980	8720	9120	24820
893 lb.	7060	8820	9220	25100
903 lb.	7140	8920	9320	25380
913 lb.	7220	9020	9420	25660
923 lb.	7300	9120	9520	25940
933 lb.	7380	9220	9620	26220
943 lb.	7460	9320	9720	26500
953 lb.	7540	9420	9820	26780
963 lb.	7620	9520	9920	27060
973 lb.	7700	9620	10020	27340
983 lb.	7780	9720	10120	27620
993 lb.	7860	9820	10220	27900
1003 lb.	7940	9920	10320	28180
1013 lb.	8020	10020	10420	28460
1023 lb.	8100	10120	10520	28740
1033 lb.	8180	10220	10620	29020
1043 lb.	8260	10320	10720	29300
1053 lb.	8340	10420	10820	29580
1063 lb.	8420	10520	10920	29860
1073 lb.	8500	10620	11020	30140
1083 lb.	8580	10720	11120	30420
1093 lb.	8660	10820	11220	30700
1103 lb.	8740	10920	11320	30980
1113 lb.	8820	11020	11420	31260
1123 lb.	8900	11120	11520	31540
1133 lb.	8980	11220	11620	31820
1143 lb.	9060	11320	11720	32100
1153 lb.	9140	11420	11820	32380
1163 lb.	9220	11520	11920	32660
1173 lb.	9300	11620	12020	32940
1183 lb.	9380	11720	12120	33220
1193 lb.	9460	11820	12220	33500
1203 lb.	9540	11920	12320	33780
1213 lb.	9620	12020	12420	34060
1223 lb.	9700	12120	12520	34340
1233 lb.	9780	12220	12620	34620
1243 lb.	9860	12320	12720	34900
1253 lb.	9940	12420	12820	35180
1263 lb.	10020	12520	12920	35460
1273 lb.	10100	12620	13020	35740
1283 lb.	10180	12720	13120	36020
1293 lb.	10260	12820	13220	36300
1303 lb.	10340	12920	13320	36580
1313 lb.	10420	13020	13420	36860
1323 lb.	10500	13120	13520	37140
1333 lb.	10580	13220	13620	37420
1343 lb.	10660	13320	13720	37700
1353 lb.	10740	13420	13820	37980
1363 lb.	10820	13520	13920	38260
1373 lb.	10900	13620	14020	38540
1383 lb.	10980	13720	14120	38820
1393 lb.	11060	13820	14220	39100
1403 lb.	11140	13920	14320	39380
1413 lb.	11220	14020	14420	39660
1423 lb.	11300	14120	14520	39940
1433 lb.	11380	14220	14620	40220
1443 lb.	11460	14320	14720	40500
1453 lb.	11540	14420	14820	40780
1463 lb.	11620	14520	14920	41060
1473 lb.	11700	14620	15020	41340
1483 lb.	11780	14720	15120	41620
1493 lb.	11860	14820	15220	41900
1503 lb.	11940	14920	15320	42180
1513 lb.	12020	15020	15420	42460
1523 lb.	12100	15120	15520	42740
1533 lb.	12180	15220	15620	43020
1543 lb.	12260	15320	15720	43300
1553 lb.	12340	15420	15820	43580
1563 lb.	12420	15520	15920	43860
1573 lb.	12500	15620	16020	44140
1583 lb.	12580	15720	16120	44420
1593 lb.	12660	15820	16220	44700
1603 lb.	12740	15920	16320	44980
1613 lb.	12820	16020	16420	45260
1623 lb.	12900	16120	16520	45540
1633 lb.	12980	16220	16620	45820
1643 lb.	13060	16320	16720	46100



























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- The Role of Exercise in Gaining Weight
- Physical Activity Levels and their Interaction with the Weight Gain Process
- Daily Sustaining Calorie Levels
- Excess Calorie Requirement Levels and Muscle Gains
- The 12 Standard Weight Gain Approach Plans
- The 2 Combination Weight Gain Approach Plans for the Extremely Underweight
- The Conclusion - Maintaining Gained Weight

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(181 lb.-55:59) with a 305 Bench and Ed Jubinville (148 lb.-54:59) with a 150 bench. The 1988 Masters was won by Connecticut's Ronald Cole.

The Women's Division was again won by Barbara Falconio, who set four Master Records, 233 lb. Class, but the 132 lb. class was an outstanding competition. J.J. Cunningham, lifting in his first ADPA contest, representing the U.S. set a new American Record in the 132 lb. class. Meet Record Bench Press, Tim Borgia 312.5, Jerome Vernon 1115, were 2nd and 3rd.

Joe Braca captured the 148 lb. class with a 305 Bench and Ed Jubinville set a total of 1700. Wagner's 730 looked like he had 10 or 15 lbs. more to go. The 2nd and 3rd were 2nd and 3rd and Joe O'Brien and Dave Boucher.

Mark Krueger came up from Florida to break the American Squat Record at 198, but it just didn't work. He did win the class with a 1640 and a five 640 lift.

Lindsey, Dave Bonner and Mike Tiano were 2nd through 5th.

Joe Braca was the winner of the 220's and Bruce Paswall was 2nd.

Kirk Karowski won the 242 lb. class, and broke two American Records in the Squat and Total. Kirk had lifted in two previous North American meets, but he had never won a lift. On this occasion he really put it all together with 850-660-700-200.

Contest, mainly competing in his first ADPA contest, mainly competing in his first ADPA contest, mainly competing in his first ADPA contest.

We would like to personally thank the sponsors: Hockaday Jim and Steve Coch, J.D. Garrow, Bill Davis, Dave Bonner, Official: Charlie Schroeder, Steve Taborukidis, Bill Clayton, Joe Kane, Al and Brent Vogel, Joe Pyra, Ed Jubinville, Wally Pawlowski, Steve Schaefer, and Marie. It is the outstanding help we get that makes these results possible. (Thanks to Bob Gaynor for results)

1988	1987	1986	1985	1984	1983	1982	1981	1980
L. Beck	435	325	535	445	850(1)	460	700	2010(1)
L. Sinner	680	345	615	1640	J. Pettini	550	555	1470
M. Krieger	530	385	550	1465	J. Maitel	475	290	475
B. Lindzey	580	405	575	1560	B. Schell	705	415	600
D. Long	580	405	575	1560	B. Romanelli	550	320	630
D. Long	605	320	560	1485	D. Dreher	145	370	410
M. Tiano	575	310	525	1410	M. Shwik	470	320	1240
R. Ferro	550	310	525	1410	M. Ahmed	470	320	1240
B. Harger	530	310	450	1290	(1) - American Record, (2) - American Master			
P. Pean	535	280	470	1085	Record, The 5th Annual ADPA North American			
N. Cramer	590	380	580	1550	at Hampton Area High School in Wilkes-Barre			
B. Babbitt	570	320	630	1540	The competition had a limit on entries, but there			
B. Paswall	520	385	550	1455	were 31 or more. This is regrettable, since there			
R. Cole	525	365	550	1440	turned down. Competitors eager to lift, but were			
T. Messick	550	300	580	1430	the lifting, as usual, featured many of the top			
T. Bonner	550	300	580	1430	lifting free competitors. In the lightweight Masters			
E. Weisber	500	325	505	1365	men with a lift 1275 total. We had two American			
T. Meitern	575	285	520	1310	Masters Records in this division. Bert Rosenfield			
N. Cramer								



Kirk Karowski opened with 800 and then went on to make an American 242 lb. Record 650 squat at the ADPA North Americans, Joe Pyra photo.

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 4 MAR, **El Dorado Open & Greater Arkansas State Training Open, Belton, TX. Tony Z. Iorio, High School, 10000 Highway 10, Belton, TX 77705. (day) or 501-863-4738 (night).**  
 4 MAR, **Central Iowa Open Bench Press Deadlift, (Bench) open, novice, masters, women, beginners, team. Deadlift: open, novice, masters, women, Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315. 515-280-8275.**  
 11 MAR, **Box of 250-8275. II Bench Press, Masters, Northern Power Pros, 173 Maple St., Glens Falls, NY 12801.**  
 22 APR, **New Hampshire State Meet, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068.**  
 11 MAR, **High School Open, Northern Power Pros, 173 Maple St., Glens Falls, NY 12801.**  
 11-12 MAR, **USPF Power Meet, VII (High School Boys and Girls), H. Wilde, Cassidy High School, Adams & Hamilton Sts., Taunton, MA 02780. 617-823-6164.**  
 18 MAR, **Reverchon Rec. Class II, Masters, Women, Teenage, Veki Franch, 3505 Maple, Dallas, TX 75219. 214-670-7720.**  
 25 MAR, **2nd annual Ashabula YMCA Open Bench Press, Champlainites, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068.**  
 10 JUN, **APF North American Open Bench, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068.**  
 21-25 JUL, **World Games Powerlifting (Karlshausen, West Germany).**  
 29 JUL - 6 AUG, **World Police & Fire Games (Vancouver, British Columbia, Canada), World Police & Fire Games, P.O. Box 4850, Vancouver, BC V6B 4A4, CANADA.**  
 29 AUG, **4th annual Iowa State Fair Bench Press, Masters, Teenage, Sub-Masters, Masters, Northern Power Pros, 173 Maple St., Glens Falls, NY 12801. 518-798-5587.**  
 22 APR, **New Hampshire State Meet, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068.**  
 22 APR, **New England States Meet, Scott Taylor, RR Box 213C, S. Royaltown, VT 05068.**  
 27 APR, **Central Iowa Bench Press, Monia (Bench) open, novice, masters, women, beginners, team. Deadlift: open, masters, team. Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315. 515-280-8275.**

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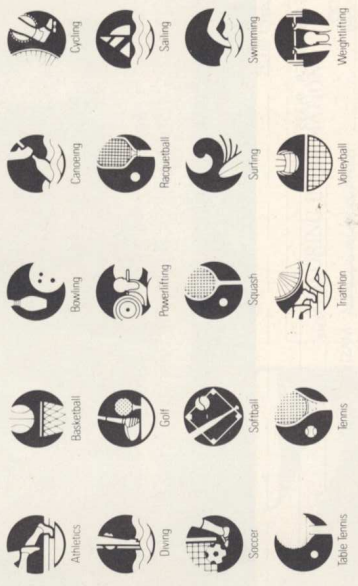
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... and more testimonies of  
ones who know.



"This is the shirt for super benches. Also, I wouldn't even think about training heavy without wearing the Inzer Shirt. It has kept my shoulder injury in check."

**CHRIS CONFESSORE**  
551 at 181! 578 at 192!



"The Blast Shirt is the best. It's also letting my shoulder heal and still train."

**JULIAN LEE**  
567 at 198!



"I've used other shirts but they were a waste of time compared to the Blast Shirt. The Inzer Blast Shirt gives me twice as much."

**ED MORISHIMA**  
446 at 148!  
most ever in 148's



"Everytime I lift, another record is threatened to be broken and as long as I'm using the Inzer Blast Shirt, the competition better get used to second place."

**BIG JAN HARRELL**  
385 lbs!  
most ever benched by a woman.