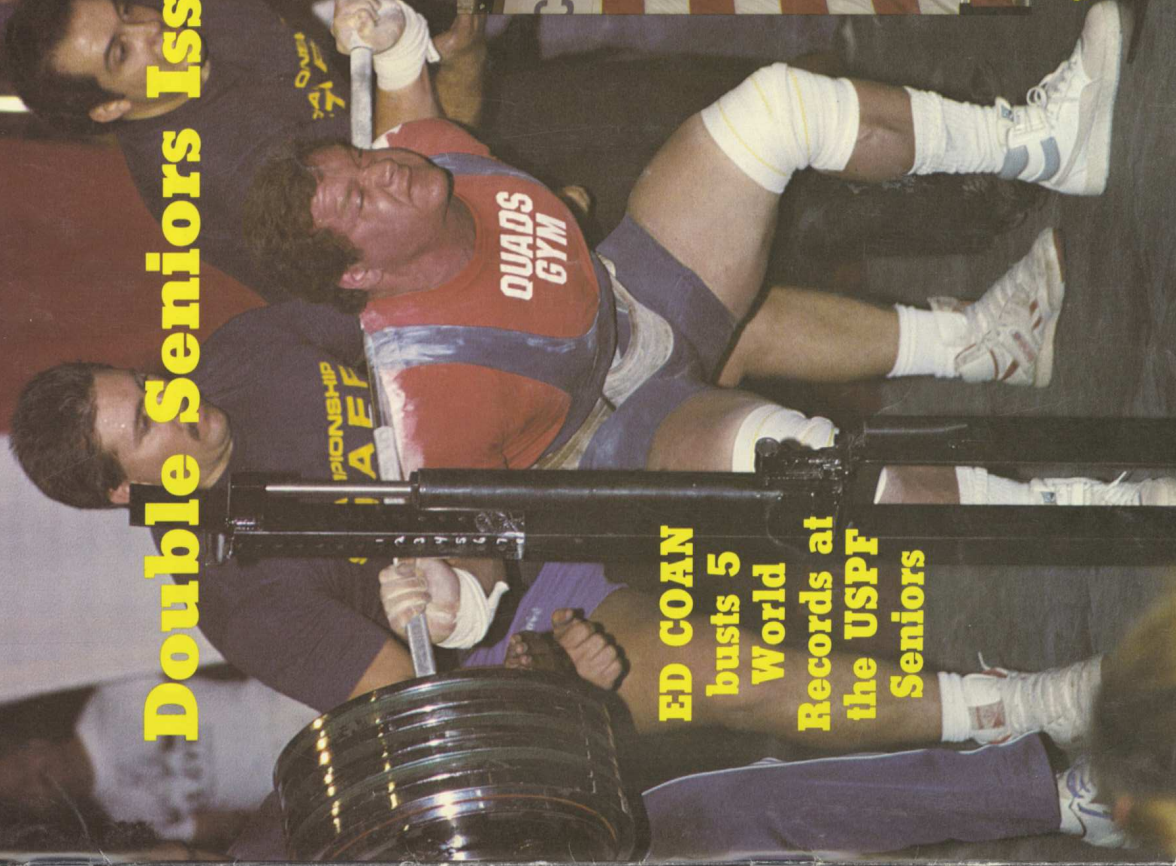


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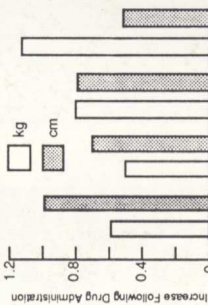
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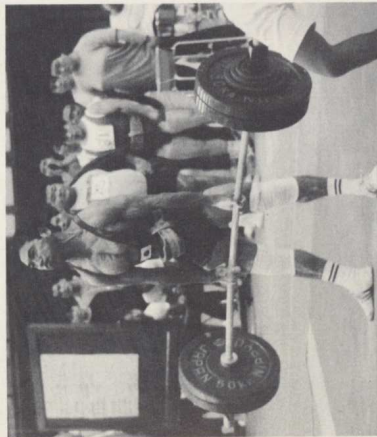
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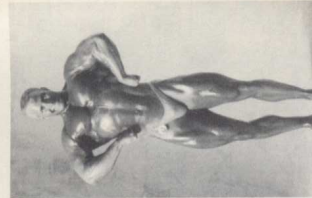
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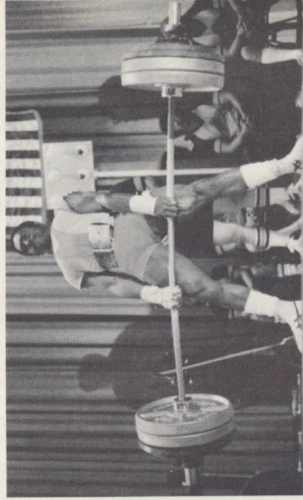
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ON THE COVER...Ed Coan (5 World Records at the USPF Seniors) and Gary Heisey (914 deadlift) at the APF Seniors
NEXT MONTH...the A.D.F.P.A. National Championships

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USPF SENIOR NATIONALS

as seen by Mike Lambert

This year's USPF Senior Nationals in Las Vegas was a Richard Peters affair. In roughly his 317th meet, even the 110+ degree temperatures could not keep down the action. The Showboat Hotel, scene of numerous professional bowling, boxing, and wrestling presentations in the past, was well equipped and suitably air conditioned to handle the event. In a town with no shortage of attractions Ed Coan and Lamar Gant got some good pre-meet coverage on KLAS Television, Channel 8. Eddie even feigned a dirty look at the announcer, who tried to provoke him by calling him a "tough guy". Actually, Ed did turn out to be tough. In this drug-tested meet.

At 114 lbs. there was more than an abundance of lifters, and two of them actually went up to the 123s, which only had 2 entries initially. Mike Nelson, even on a tough day, was able to handle the competition readily. Given a good day himself, Joe Catalano might be able to challenge Mike in the future. Roosevelt Thomas, lifting for the military team, combines his powerlifting career with pugilism, and is on the U.S. Army boxing team. The military team was under the gun to meet the challenge of the Black's Health World group, however, John's team met with serious difficulties when four sure point getters bombed out as the meet progressed.

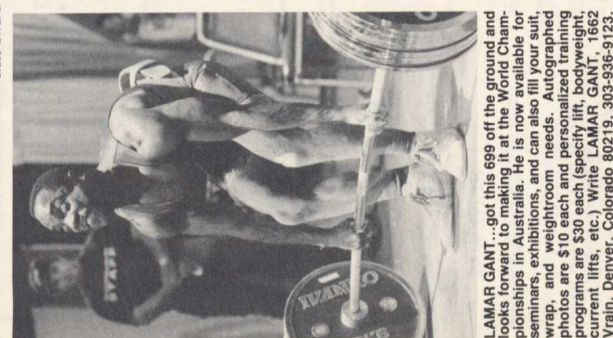


Mike Nelson had a huge subtotal



Dave Pattaway...receives his 123 lb. class award from Richard Peters.

Harris Moore was quite impressive at 114, especially when you consider the fact that he's only been training for powerlifting for a year, and it was also nice to see Flarold Escobedo back on the platform. He's a former world record holder in the bench press at over 300 lbs. in this class and is just coming back to training. In the 123s, David Pattaway had a very tough day and was challenged seriously by Bobby Adams, who was one of the 114s who couldn't make weight, in his first attempt. Adams' lift (Adams came in at a full 114 or a full 123, he would be a significant force in either division. A man who earned some respect was John Arenberg, a master lifter out of Santa Monica, because of the precision he showed in his lifting attempts. Loren Chapin



Lamar Gant...got this 699 off the ground and looks forward to making it at the World Championships in Australia. He is also fill your suit, seminars, exhibitions, and can also fill your suit, wrap, and weightroom needs. Autographed photos are \$10 each (specify lift, bodyweight, current lifts, etc.) Write LAMAR GANT, 1662 Vrain, Denver, Colorado 80219, 303-936-9123.

USPF Sr. Nationals/9-10 Jul 88/Las Vegas, NV

114 lbs.	123 lbs.	141 lbs.	165 lbs.	190 lbs.	220 lbs.	250 lbs.	300 lbs.	350 lbs.	400 lbs.	450 lbs.	500 lbs.	550 lbs.	600 lbs.	675 lbs.	750 lbs.	825 lbs.	900 lbs.	975 lbs.	1050 lbs.	1125 lbs.	1200 lbs.	1275 lbs.	1350 lbs.	1425 lbs.	1500 lbs.	1575 lbs.	1650 lbs.	1725 lbs.	1800 lbs.	1875 lbs.	1950 lbs.	2025 lbs.	2100 lbs.	2175 lbs.	2250 lbs.	2325 lbs.	2400 lbs.	2475 lbs.	2550 lbs.	2625 lbs.	2700 lbs.	2775 lbs.	2850 lbs.	2925 lbs.	3000 lbs.	3075 lbs.	3150 lbs.	3225 lbs.	3300 lbs.	3375 lbs.	3450 lbs.	3525 lbs.	3600 lbs.	3675 lbs.	3750 lbs.	3825 lbs.	3900 lbs.	3975 lbs.	4050 lbs.	4125 lbs.	4200 lbs.	4275 lbs.	4350 lbs.	4425 lbs.	4500 lbs.	4575 lbs.	4650 lbs.	4725 lbs.	4800 lbs.	4875 lbs.	4950 lbs.	5025 lbs.	5100 lbs.	5175 lbs.	5250 lbs.	5325 lbs.	5400 lbs.	5475 lbs.	5550 lbs.	5625 lbs.	5700 lbs.	5775 lbs.	5850 lbs.	5925 lbs.	6000 lbs.	6075 lbs.	6150 lbs.	6225 lbs.	6300 lbs.	6375 lbs.	6450 lbs.	6525 lbs.	6600 lbs.	6675 lbs.	6750 lbs.	6825 lbs.	6900 lbs.	6975 lbs.	7050 lbs.	7125 lbs.	7200 lbs.	7275 lbs.	7350 lbs.	7425 lbs.	7500 lbs.	7575 lbs.	7650 lbs.	7725 lbs.	7800 lbs.	7875 lbs.	7950 lbs.	8025 lbs.	8100 lbs.	8175 lbs.	8250 lbs.	8325 lbs.	8400 lbs.	8475 lbs.	8550 lbs.	8625 lbs.	8700 lbs.	8775 lbs.	8850 lbs.	8925 lbs.	9000 lbs.	9075 lbs.	9150 lbs.	9225 lbs.	9300 lbs.	9375 lbs.	9450 lbs.	9525 lbs.	9600 lbs.	9675 lbs.	9750 lbs.	9825 lbs.	9900 lbs.	9975 lbs.	10050 lbs.	10125 lbs.	10200 lbs.	10275 lbs.	10350 lbs.	10425 lbs.	10500 lbs.	10575 lbs.	10650 lbs.	10725 lbs.	10800 lbs.	10875 lbs.	10950 lbs.	11025 lbs.	11100 lbs.	11175 lbs.	11250 lbs.	11325 lbs.	11400 lbs.	11475 lbs.	11550 lbs.	11625 lbs.	11700 lbs.	11775 lbs.	11850 lbs.	11925 lbs.	12000 lbs.	12075 lbs.	12150 lbs.	12225 lbs.	12300 lbs.	12375 lbs.	12450 lbs.	12525 lbs.	12600 lbs.	12675 lbs.	12750 lbs.	12825 lbs.	12900 lbs.	12975 lbs.	13050 lbs.	13125 lbs.	13200 lbs.	13275 lbs.	13350 lbs.	13425 lbs.	13500 lbs.	13575 lbs.	13650 lbs.	13725 lbs.	13800 lbs.	13875 lbs.	13950 lbs.	14025 lbs.	14100 lbs.	14175 lbs.	14250 lbs.	14325 lbs.	14400 lbs.	14475 lbs.	14550 lbs.	14625 lbs.	14700 lbs.	14775 lbs.	14850 lbs.	14925 lbs.	15000 lbs.	15075 lbs.	15150 lbs.	15225 lbs.	15300 lbs.	15375 lbs.	15450 lbs.	15525 lbs.	15600 lbs.	15675 lbs.	15750 lbs.	15825 lbs.	15900 lbs.	15975 lbs.	16050 lbs.	16125 lbs.	16200 lbs.	16275 lbs.	16350 lbs.	16425 lbs.	16500 lbs.	16575 lbs.	16650 lbs.	16725 lbs.	16800 lbs.	16875 lbs.	16950 lbs.	17025 lbs.	17100 lbs.	17175 lbs.	17250 lbs.	17325 lbs.	17400 lbs.	17475 lbs.	17550 lbs.	17625 lbs.	17700 lbs.	17775 lbs.	17850 lbs.	17925 lbs.	18000 lbs.	18075 lbs.	18150 lbs.	18225 lbs.	18300 lbs.	18375 lbs.	18450 lbs.	18525 lbs.	18600 lbs.	18675 lbs.	18750 lbs.	18825 lbs.	18900 lbs.	18975 lbs.	19050 lbs.	19125 lbs.	19200 lbs.	19275 lbs.	19350 lbs.	19425 lbs.	19500 lbs.	19575 lbs.	19650 lbs.	19725 lbs.	19800 lbs.	19875 lbs.	19950 lbs.	20025 lbs.	20100 lbs.	20175 lbs.	20250 lbs.	20325 lbs.	20400 lbs.	20475 lbs.	20550 lbs.	20625 lbs.	20700 lbs.	20775 lbs.	20850 lbs.	20925 lbs.	21000 lbs.	21075 lbs.	21150 lbs.	21225 lbs.	21300 lbs.	21375 lbs.	21450 lbs.	21525 lbs.	21600 lbs.	21675 lbs.	21750 lbs.	21825 lbs.	21900 lbs.	21975 lbs.	22050 lbs.	22125 lbs.	22200 lbs.	22275 lbs.	22350 lbs.	22425 lbs.	22500 lbs.	22575 lbs.	22650 lbs.	22725 lbs.	22800 lbs.	22875 lbs.	22950 lbs.	23025 lbs.	23100 lbs.	23175 lbs.	23250 lbs.	23325 lbs.	23400 lbs.	23475 lbs.	23550 lbs.	23625 lbs.	23700 lbs.	23775 lbs.	23850 lbs.	23925 lbs.	24000 lbs.	24075 lbs.	24150 lbs.	24225 lbs.	24300 lbs.	24375 lbs.	24450 lbs.	24525 lbs.	24600 lbs.	24675 lbs.	24750 lbs.	24825 lbs.	24900 lbs.	24975 lbs.	25050 lbs.	25125 lbs.	25200 lbs.	25275 lbs.	25350 lbs.	25425 lbs.	25500 lbs.	25575 lbs.	25650 lbs.	25725 lbs.	25800 lbs.	25875 lbs.	25950 lbs.	26025 lbs.	26100 lbs.	26175 lbs.	26250 lbs.	26325 lbs.	26400 lbs.	26475 lbs.	26550 lbs.	26625 lbs.	26700 lbs.	26775 lbs.	26850 lbs.	26925 lbs.	27000 lbs.	27075 lbs.	27150 lbs.	27225 lbs.	27300 lbs.	27375 lbs.	27450 lbs.	27525 lbs.	27600 lbs.	27675 lbs.	27750 lbs.	27825 lbs.	27900 lbs.	27975 lbs.	28050 lbs.	28125 lbs.	28200 lbs.	28275 lbs.	28350 lbs.	28425 lbs.	28500 lbs.	28575 lbs.	28650 lbs.	28725 lbs.	28800 lbs.	28875 lbs.	28950 lbs.	29025 lbs.	29100 lbs.	29175 lbs.	29250 lbs.	29325 lbs.	29400 lbs.	29475 lbs.	29550 lbs.	29625 lbs.	29700 lbs.	29775 lbs.	29850 lbs.	29925 lbs.	30000 lbs.																																																																																																																																																														
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ED COAN, greatest powerlifter in the world

increasing burden of continually advancing anticipation of greater and greater lifts, Ed's opener at 881 lbs. was not even noted to be an IFF world record, which it was. His next try at 903 found Ed out of his groove but he came back to make it rather strongly for another IFF world record. Ed later revealed that he was quite tired after the squats, and they took a lot out of his deadlift. Stella Herick came up with the theory that perhaps the underlying concrete floor might have been responsible for a lot of missed squats on the 2nd day of competition, because when you walk on a floor like that (while talking in the previous day's competition) there can be irritation and swelling in the joints, and the sensitization of the body when it's under load can be changed, perhaps altering one's sense of balance. It's an interesting theory. Every one of Ed's deadlifts created a new IFF world record total. 5 IFF world records in one day shows you what kind of strata Ed Coan operates in. Imagine what he might do to the IFF records in the future. Jimmy Pogue was a solid second in this division, despite having very unfavorable leverages in the squat and bench press. He did try a world record deadlift, but it wasn't too close. Stella Herick's good friend Sal Arria into third. Sal had hopped to

total enough to take the second spot and possibly be selected along with Ed to double up in this class and go against the rest of the world in Australia at the IFF World Championships later this year, but it was not to be. Darrell Carnes was very pleased with his performance and it was nice to see George Pangian lifting again. Shannon Grimes out of Oklahoma, only 17 years old, tried a junior world record squat to no avail. He also dropped a 407 bench press right on his chest without any seeming ill effects, so perhaps we should look for more from this indestructible young lifter in the future.

In the 242s, Mike Porretta was on fire. He sneered at an impassioned opener and jumped big on his second and third attempts and made them both. In the deadlift he was able to get all the big lifts as well, producing a PR total by a considerable amount. Dave Jacoby, who is putting together quite a string of world and national titles, was able to pull into second position without too much trouble. Kirk Karowski made the most inspired lift of the meet, in his opinion. After not getting 804 passed two times, he came back to bury the squat with depth on his 3rd and fight it up like you couldn't believe. He actually seemed near collapse after getting the bar back in the racks, such was his effort, and he had to be helped off the platform. The magnificent lift was a new junior world record. We might see some open world records in the squat from him in the future. Steve Goggins went through an odd situation. His first 2 squats were not passed. On his 3rd, he received one white light and judge Stella Herick, after some delay, threw the switch on her light control, and did it incorrectly. It came up red, but she meant for it to be white. She immediately reported this. Initially, the resolution was to give Steve another attempt at 755, which was not passed. However, after further intensive discussion, it was agreed that the first attempt should, in fact, have been passed originally and he was allowed to stay in the contest. Bill Bandy of Santa Barbara, training buddy of both Sal Arria and Ed Coan had a nice finish, and Chris Madsen, possessor of some huge state records in the 242s, had a difficult meet, but was able to finish ahead of Pat Workman of Texas.

In the 275s, Cash Smith, another winner from North Carolina, had control from the beginning, especially after Eric Arnold and Lance Ross both blew suits on their opening attempt squats and their opening bench press. Tom Varsity was lifting in the Seniors, in reportedly his second powerlifting meet. He has done a lot more in the squat, over 800 for a double in training but Lance was able to put Tom into 3rd place on 2 lbs. of lighter bodyweight. Larry Kidney started a 810 deadlift at 220 and had 870 lbs. but showed signs of previous vigor, especially in the squat. Steve Miller is a product of Richard Peters' Natural Nationals event, and came through to finish out

the class. Mark Chaillet, massive, impressive, was not very close on any of his attempts at 804. Speaking of massive, impressive people, the SHW class had 3 of last year's medal winners returning plus new faces. Mike Hall was thinking about his expected challenge to Lars Noren at the World Championships and all of his squats and bench presses looked to be well within his capabilities. It was only on his opening deadlift that he ran into any sort of trouble. He missed it easily, came back to make it very easily, and made his final easily as well. Under normal circumstances this would've put the tie right into his back pocket. O.D. Wilson, taller than Mike, made all 3 squats, but revealed a shoulder problem in the bench. In the deadlift he took on the challenge of a 1116 lb. subtotal deficit, and was able to barely pull up 854 for the win, after passing his second attempt. O.D., whose fiancée was present at the meet and who is also playing a role in the new movie "Sideboards", apparently weighed 351 lbs., a bit less than Mike Hall's, stated 365, although it was noted that the scale used to weigh in the two was not of sufficient range to accurately gauge their true bulk. When Victor Kennedy had difficulties satisfying the judges in the squat, Mr. Price was able to move into third place. Another newcomer to Senior National Powerlifting competition, George Gipson of California showed some real potential along with his massive size. Bob Dempsey looked huge and handled his squat weights very comfortably, but was not able to get the lights to go his way, and unfortunately bombed out.

The team competition once again went to the Armed Forces group with Sean Scully doing a lot of the handling chores, but he readily deferred to what he thought was the better team, Black's Health World, and pointed out that if they hadn't lost all of those people they would have, in fact, won the title. Another team to consider is the North Carolina group who only had about a half dozen people on hand. Next year they hope to have a full team and some of the people who might be on that team then weren't this year include Darnell Okpers to be 242, who happens to be a professional football player, and Robert Washington, who is doing a good meet back in NC and had an 810 deadlift at 220 and had 870 lbs. to his knees. O.D. Wilson may be coming back to North Carolina after his service commitment as well.

Trophies for the meet were provided by Richard Peters in partnership with Joe Maston of Noble, Oklahoma. They were unique, and although Lamar Gant broke his at the airport, something different from the massive powerlifting figure that we've seen a lot of lately.

The handwork of Richard Peters will also be apparent next year, and will also be apparent next year, and awarded the bid for next year's Senior Nationals to Richard, combined with the Women's National Championships, to be held over 3 days. This is in line with the IFF format for 1989 in which the men's and women's World Championships will be combined in Canada. If that works out, it may be something that continues on into the future.

The Showboat facilities have catered to major television sports broadcasting many times before, and if Rich Peters' knowing winks mean anything at all, they might get the opportunity to do the same for Powerlifting at next year's meet.



Smith from North Carolina...again at 275

Powerlifter's wedding... Tom Electric, the main attraction, wanted to get married and the groom wanted to see the U.S.P.F. Senior Nationals in Las Vegas, so the two Masters powerlifting greats decided to combine the two desires. On Friday, before the Seniors weekend, they were married at the Little Church of the West in Las Vegas, in as you can see, full lifting regalia for both of them. (photo courtesy Tom).

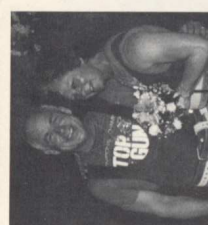


O.D. DID IT...pulled an amazing 854 via Sumo.

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ESPN with commentators DAVE JEFFREY, who coached the USPF Team at the IFF Women's World Championships, and HUGH MALAY (right) broadcast their coverage of the Powerlifter's World Record Breakers Meet on July 19th, 20th, and 21st. The initial show had no special promotion, but earned very impressive ratings. Hugh Malay relates that the show got a 1.3 rating, which is "outstanding for a Sunday afternoon in July". The preceding show covering a motorcycle race got a .8 rating and a 2% audience share and the following show on tennis got a .6 rating and a 2% audience share. The powerlifting show got a 3% audience share, and was, according to the program director, the highest rated show on the network. Write ESPN, ESPN Plaza, Bristol, CT 06010 and let them know how you feel about Powerlifting on TV! ESPN just lost their NHL hockey contract to another network. They have 1000s of programming hours to fill this fall. Tell them what you want to see!



POWERLIFTER'S WEDDING... Tom Electric, the main attraction, wanted to get married and the groom wanted to see the U.S.P.F. Senior Nationals in Las Vegas, so the two Masters powerlifting greats decided to combine the two desires. On Friday, before the Seniors weekend, they were married at the Little Church of the West in Las Vegas, in as you can see, full lifting regalia for both of them. (photo courtesy Tom).

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APF NATIONALS

as seen by Mike Lambert

With his presentation of the APF Men's and Women's Championships solidified this position in the treasure trove of national meet directors here in the United States with a fine presentation. Starting with the unique design of the APF platform and racks that rose from the platform and were equipped to handle the bar in all three lifts and the Backlifts. Hold in Columbus (is deluxe setting), there were many professional touches to the meet including a great scoreboard system. The APF has unique medals mounted on art board, framed, with the lifter name, weight class, lifts and place of finish beautifully memorialized by calligraphy.

Ann Leverett was the only 97 lb competitor in the women's division, which was contested first on Satur. day. She was quite impressive, especially to Dave Jeffrey, with an APF world record in the squat.

In the 105 lb. division, Jeanna Paciga and Doris Simmons blasted all sorts of records. Doris in the squat and Jeanna in the bench press, a record bench press. She even tried to inspire the current record holder Susie Benford with the notion that you can have kids and still lift weights afterwards very successfully.

Jeanna had both of her children on stage when she received her award, and Susie is now pregnant, and did not participate in the meet for that reason.

Sonja Bakow had a nice day in taking the 114 lb. division by herself. Up a weight class, Mary Jeffrey was just phenomenal. Husband Dave predicted she would total 1100, just like he did when she first totaled 1000, and she came through and had much more considering her two successful fourth attempts. Her squatting was amazing, and in the bench press we'd heard she'd done 270 in training, but 275 was a very hard fought out success, lagging a little bit on the left. With the total record a done deal on her 2nd lift, she took a deserved rest and passed her final attempt. Kathy Baker and Pam Crisp had



275 BENCH AT 123lb... accomplished by Mary Jeffrey



Jackie Pierce is challenging Ruthie Stahler's all time records at 148 lbs.



Sharon Powell with Laura Dodd and the unique awards for the meet.

quite a tussle for the next 2 places. In the 132 lb. division, Maniah Liggett picked up where she's left off last time we saw her with some world records in each of the lifts and a great total. Debbie Lass and Amy Hoffman were quality performers following up.

The 148 lb. class was one of the most competitive women's divisions in the history of the sport. Jackie Pierce, the IPF World Champion, decided to take on the rest of the world and managed to do so, but it wasn't easy. She was in very tight competition with the massive Vicki Steenrod, whose last attempt in the deadlift forced Jackie to go for the win with 225. On a 4th attempt she took a huge jump to 237.5 but it was too much although 500 lbs. is certainly within her capability. Janice Rogge took care of the bench press record, and another fine lifter, Mary Warman, formerly Mary Jerumbo, now the wife of Scott

Warman, got the squat record. She had been preparing for the Grand Prix tour in Europe in women's bodybuilding competition. When that was cancelled abruptly she decided to put in about 7 weeks of training for the powerlifting championships and certainly was impressive. In the deadlift, Scott lamonts that she only had about 6 deadlift workouts the whole year and that is

A.P.F. Nationals/16-17 Jul 88/Columbus, OH

Women's	SQ	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
A. Leverett	259	281	303*	143	143	154	457	286	308	330	788
J. Paciga	286	286	314	165*	176*	187*	501	303	319	330	832
D. Dodd	286	314	325*	143	154	165	490	292	314	330	804
114 lbs.	336*										
S. Bowles	242	264	275	137	148	154	429	286	308	314	744
123 lbs.	385	407	424*	236	253	264*	688	380	413*	436*	1102*
4th Attempt	440*										
K. Baker	352	369	385	187	203	209	595	352	369	374	970
P. Crisp	363	394	394	181	192	209	573	380	396	402	953
A. Weisberger	275	303	319	159	170	170	473	303	319	319	793
132 lbs.	385	429	464*	214	231	248*	694	407	479	498	1173*
4th Attempt	451										
A. Hoffman	369	391	402	187	198	203	606	374	391	407	997
D. Lass	303	325	344	187	203	214	545	275	303	330	876
148 lbs.	407	440	462	220	231	242	672	424	485	523*	1179*
4th Attempt	396	429	457	225	248	264	722	407	457	468	1168
V. Steenrod	407	440	462	220	231	242	672	424	485	523*	1179*
J. Rogge	407	440	462	220	231	242	672	424	485	523*	1179*
K. Mitchell	385	416	424	187	198	209	622	407	429	451	1074
N. Vangerfield	366	385	402	187	198	209	606	374	391	407	997
4th Attempt	424	446	462	214	231	242	672	424	485	523*	1179*
V. Lester	341	363	375	170	192	203	567	347	363	363	914
165 lbs.	468	501	524	263	275	286	777	451	473	485	1262
S. Powell	440	473	504	248	264	275	749	413	485	523*	1234
V. Wooten	341	363	374	203	220	225*	589	407	440	451	1030
4th Attempt	314	330	347	132	143	148	473	319	347	359	821
E. Boston	451	507	540	225	264	303	843	451	507	529	1350
181 lbs.	451	507	567*								
4th Attempt	545	573	589	286	297	303	876	518	551	573	1427
D. Reshel	462	490	511	225	242	242	705	143	143	143	848
M. Sternberg	407	429	451	297	314	314	705	424	451	534	1444*
123 lbs.	435	490	534*	325	363	374*	909	512	540	576	1576
D. Heath	567	606	617	369	402	418	1025	501	540	576	1576
D. Sardo	622	672	672	286	303	314	936	584	628	639	1579
J. Jackson	534	556	573	396	418	424	975	501	523	551	1496
J. Perez	490	490	551	336	352	369	904	446	479	501	1405
165 lbs.	683	716	744*	314	336	347	1091	655	710	738	1802
M. Uhle	628	650	661	363	385	396	1058	661	705	719	1719
G. Olson	628	650	661	363	385	396	1058	661	705	719	1719
F. Toins	705	749	788	440	473	479	1267	611	628	639	1907
R. Kaminski	518	556	567	329	356	367	1240	600	639	672	1879
181 lbs.	699	749	766	413	435	446	1146	622	699	737	1846
C. Confessore	633	672	694	462	485	485	1306	666	699	738	2022
K. Herrington	622	655	666	363	374	374	1025	677	705	744	1912
R. Powers	738	804	821	473	496	507	1300	672	705	733	2006
R. Black	584	622	644	451	473	485	1129	573	606	622	1752
200 lbs.	799	810	832	479	507	523	1333	699	727	738	2061
C. Leslie	749	782	799	518	540	551	1322	666	699	738	2022
G. Drigo	766	777	794	462	485	501	1306	666	699	738	2022
C. Siler	766	777	794	462	485	501	1306	666	699	738	2022
I. Kelly	766	804	815	479	501	512	1278	666	705	705	1945
J. Black	777	804	804	413	429	429	1207	677	705	744	1912
E. Frantz	879	879	879	473	496	507	1300	672	705	733	2006
242 lbs.	722	792	826	451	473	485	1129	573	606	622	1752
C. Driscoll	755	793	826	523	540	551	1344	688	705	727	2072
4th Attempt	710	722	760	485	518	534	1295	744	792	804	2039
S. Sorensen	782	826	832	451	473	485	1129	573	606	622	1752
D. Borden	666	666	705	380	402	402	1069	666	699	738	2022
P. Sherman	782	826	832	451	473	485	1129	573	606	622	1752
T. Pharr	782	826	832	451	473	485	1129	573	606	622	1752
J. Russell	55	55	55	55	55	55	110	832	879	879	879
B. Russell	55	55	55	55	55	55	110	832	879	879	879
J. Schaeffer	826	859	859	562	584	600	1460	727	727	738	2199
275 lbs.	804	854	881	529	578	600	1432	727	760	774	2193
T. Bentley	848	879	879	529	551	562	1399	738	766	766	2138
J. Wood	888	888	888	518	540	551	1322	666	699	738	2022
T. Isaac	722	722	766	407	429	429	1207	633	666	699	1907
R. Villanucci	888	888	888	518	540	551	1322	666	699	738	2022
R. Magraves	888	888	888	518	540	551	1322	666	699	738	2022
SHW	888	931	931	573	600	611	1482	744	782	821	2303
J. Ware	832	879	879	396	424	440	1273	683	727	766	2000
J. Ford	253	253	253	402	435	435	688	859	914	914	1603
G. Heber	837	837	837	518	540	551	1322	666	699	738	2022
A. Larson	837	837	837	518	540	551	1322	666	699	738	2022

* APF World Record

massively constructed and balanced lifter, who was able to hold off the challenge of Laura Dodd. Val Wooden gave some world masters records though the squat busting on her lifting suit. Earlene Boston was between classes at a bodyweight of 152 and finished out the division.

In the 181s there was only 1 competitor. Terry Byland was well primed for this competition with a huge squat, a big 300+ bench and a great total. Dawn Reshel was a little bit off what she'd done in the past, and again, lifted unopposed. Mary Sternberg tore some strands of back muscle in the squat, and then coasted through to her unopposed victory.

The entry list was low in the lighter men's divisions. There were no 114 lb. men competitors and Joe Steinfeld was the only 123 lb. "Something blew" on his second squat and this apparently threw Joe off for the rest of the meet because he didn't get a good drive on his 314 benches twice.

Doug Heath also lifted unopposed, but had a terrific day with an APF world record squat, bench, and total, and a meet record deadlift. After his second squat he seemed to know that everything was going well and he screamed out a congratulatory "Right on!" to the judges. After 12 years of competition, he was honored with the Best Lifter award for the meet.

Equally tremendous was the level of competition in the 148 lb. division. Jesse Jackson did not get a big squat, too deep with it on his final attempt. His main competition, Dominick Sardo, who improved immensely since last year's APF Nationals (1383 total), also missed a squat, going a little bit too low and fast on his final 617 and going over with the weight. He really showed some enormous improvement with the bench press, finishing with a massive 418. It was perfectly picked final effort: in the deadlift, he had to maintain what he hoped would be a victory earning the status with the APF. Jesse and Dominick were the only two who both weighed the same (148.7) in the meet.

Every attempt determined a placing, and both Jesse and Dominick were able to make all 3 deadlifts, Jesse finishing with a terrific 639. From there it was off to the scale to see who was lighter and it turned out Dominick was lighter by about a pound, and therefore won the title. Dom had benched 435 in training, and squatted 650, and is destined for all time greatness in the class. Jesse Perez, a very impressive bench presser, came in and got the 418 meet record bench before Dominick got his on a third attempt and was close to the top at finish time as well.

Matt Uhle, handled by Jesse Kellum of Louisiana, struggled on his first squat but seemed to pick up speed after that and had a good meet. The 165s were relatively light in entries as well but quality light in entries through 3 magnificent squats. He took an all-time world best 744 down deep and then dipped it a little bit deeper and rocketed up with it, get-

ting right into the groove he needed to finish off the weight. John is making the big weights in the contests now, after reportedly hitting 770-780 in training, and even trying 800 before His deadlift was not quite as sharp, and a 735 record try did not go, but he had one of the greatest totals of all time in the class. Fred Toins out of Flint, MI, a lanky lifter with an up per body of a 198 lb., was unable to hold on to 2 deadlift attempts at 705, just missing them at the top, otherwise he would've been able to pressure John a little bit more. Ron Kaminsky and Gordon Olson finished out the class, Gordon with some very hard squat and deadlift attempts that were missed.

In the 181 lb. division, Chris Confessore and Jimmy Vrabel were primed and ready to have a battle for the title but they never counted on the improvement of Jesse Kellum. He made incredible gains since his last national showing in the 165 lb. class (1598). Jesse did not miss a lift all day. All his 3rd attempts were perfect selections, and beautiful statements of style and power. Chris Confessore was very pleased with his squat and then, of course, he finally got Rick Well off his back with all time 181 lb., best benches of 536 and 562, missing a 4th with 567. Then he really surprised himself at how close he came with a 672 deadlift which would've given him the title. Chris takes great pride in being able to do all three and you may see some big deadlifts and squats out of him in the near future. George Herring lifted a lot better than he did at the USPF

where the other girls surpassed her, but if she is able to give powerlifting more attention in the future, who knows what kind of lifts she'll make. Karen Mitchell was absolutely ripped and looked ready to jump into bodybuilding competition herself at any moment. Nancy Danglerfield made a nice comeback from a fractured neck injury in only her second meet back and pulled some very nice weights.

In the middleweight division, it was Sharon Powell out of Florida, a



A Confident 9 for 9 by Jess Kellum

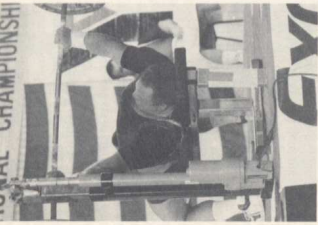
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600 in the Bench by Tim Bentley.

squat has been received, but perhaps thinking of the rules of other associations, John struggled with the weight. He didn't get it set up right and missed the top plerages. Ernie Franz did 3 nice looking squats, but none of them were passed.

It was announced at the meet with some pride by Dan Wathen on behalf of the APF that the study tour to Russia has graduated from a friend. I'm back to a full fledged international competition. USA vs USSR. Including the first ever demonstration of powerlifting in Russia by women. Twelve of the Soviet's strongest lifters (not in the lighter classes, however) will be competing against a team of

12 American lifters plus whichever others wish to go and compete in this memorable meet. Dan Wathen announced the meet very smoothly despite having throat surgery not too long ago.

In the 242's, many great names in powerlifting clashed head on. The Kratsky was able to overcome balance problems on his first 2 squats to stay in the meet with 870 on a 2.1 decision, but could afford no further errors if he wanted to win the title because several lifters were in good position. Number One was Tony Pharr who had a subotal head and a big opening deadlift but he could not satisfy the judges with 2 tries at 782 and then, when Kratsky's second lift made 788, the winning lift, he missed that as well on a 2.1 decision and bombed out. It wasn't over yet because Charlie Driscoll still had a shot. He needed an 854 to take the title and just about pulled it up before losing control and having the bar crash back down to the platform. He did almost the same thing with a 4th attempt world record at 876, but he lost his grip. Pat Braep was extremely upset after missing an 826 squat when it looked like he might have had it, but he finished out the meet in nice 3rd. Soren Sorenson went 7 for 7 before missing a 782 deadlift and perhaps injuring himself, ending up in 4th place. Doug Borden had lots of difficulties, and almost bombed in the bench, before finally making 462 easily, after handling it awkwardly in his first 2 tries. Dan Wohleber was

back, and the squats got easier as the weight went up, but the too good grip problem in the deadlift at 804, and he kept the placing down. Soren Sorenson, Phil Sherman ended up in 7th, Willie Ball did not get up with any of his lifts, and apparently was injured. Pat Braep missed 882 on his opener, but then jumped to 870 for 2 tries that he did not finish off for world records. John Schaefer missed 644 on his first attempt, pushed it up a little bit on his second attempt, and then was just able to take it down on his 3rd try. It was stamped that his bench shirt tried to pad in warmups and he wasn't able to get a good replacement. Steve Wilson was on hand and did some bench press hand-offs, but did not lift close competition. Tim Bentley was able to come back and make critical attempts like an 859 squat and his 727 deadlift after he missed it on grip on his first try, and had enough on his last deadlift to close the door on Jerry Wood, who was very impressive, but those missed 3rd attempts cost the title for this trim lifter formerly of Georgia and now back in Michigan. Tim Isaac was timed out on one of his squats attempts but made enough attempts to keep in the hunt. Lean and tall Vince Villanucci only got openers in the squat and deadlift, which hurt his placing considerably. Ralph Seagraves missed his opening squat badly, came back to make it, and finished out the meet in fifth.

In the Supers, John Ware had a good day. Although he didn't make his squats, hesitating on his second try at 931 and then stepping back with it on his third try, he pushed out a 611 bench (not passed), and made all 3 deadlifts to finish off a 2300 plus total. John Ford has been a state champion in Florida, and Tennessee, and finished up next in the class, but much of the attention was focused on the third placer who totalled a rather modest 727 1/2 kg. When it's time for deadlifts, it's goodbye gravity and hello Gary Heisey, the man with likely the longest arms in powerlifting. Because of reported groin pull, the 328 pounder took only a 253 squat, then pushed those long arms to push up a PR 435 bench. His opening deadlift of 859 was impressive, but on an epochal world all time best 914 he started pulling the bar, got about half way up, and then it went crashing down. He started looking at his hands as if he'd ripped them



3 Deadlifts Made...by John Ware

open, but he came back on his third attempt and held on to the bar, eased slowly upward and upward, never stopping until finally the bar, defying gravity adamantly, was fully locked out for a the heaviest deadlift of all time which drew a tremendous ovation from the crowd. It really was the frosting on the cake, the final lift of the meet being the greatest of all time. Black's Health World were the team champs at this great meet, and Gary Benford was not remiss in giving credit to the roughly one hundred people who helped him put the thing thing he's ever done, and as a YMCA executive, he's involved in a broad range of recreational activities. The spotters were great and saved a lot of lifters' hides, if not more. The scorekeeping and expediting system worked beautifully with 4 people on the headphones and very few errors that I could identify. Gary was awarded the contest again for next year in the same venue, the Radisson Hotel, in the latter part of July. He promises to do it even better next time, although I don't see how he can.

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STRONGER... Isn't a marathon runner's stride more powerful during the final mile than would a weightlifter's? The skill will dictate your physical requirements. To achieve true greatness in sport, you must search your heart. For, it is only there that you will find...**PASSION!**

THE MYTHICAL MAN

Do you know a man... Who gives you the same respect he demands? Who understands your motivations and goals? Who knows his own limitations as well as yours? Who isn't threatened by expert opinion? Whose passion for excellence has no bounds? Who knows that the man must be developed before the team? Who knows the value of perfect practice? Who is able to discover what perfect practice is? Who knows the true value of sport in your life? If you ever meet such a man, you must, for the sake of becoming all you can become, call him **COACH.**

SO, YOU THINK YOU'RE TIRED? Phooey! I spit on fatigue! Fatigue is the spark which ignites. It is the vehicle means to greatness. It is the vehicle to success. Fatigue only makes cowards of the uncommitted.

cannot produce a winner. What you are depends upon what you have been. But what you become depends upon what you think of yourself now, at this moment. To win in competition, you must first win in the weight room. Visualizing success is nice, but to become great, and to continue to do great things, you must make constant adjustments. A well-adjusted athlete or team will smile and be happy as they lose. You needn't see your goals clearly, as they are in the distant future, look down lest you stumble! Look at your competitive career as a body of water across which stretches a series of stepping stones. To cross, don't look toward the distant shore. You already know that it's there at the end of your journey. Instead, look at each step carefully. Detours and roadblocks are inevitable on your trek to greatness. Make them interesting. Regard them as an opportunity to learn. You must never regard them as failures.

THE STRENGTH ATHLETE'S THREE LAWS OF MOTION

1. A barbells at rest will tend to remain at rest unless acted upon by a SUPERIOR force.
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A Strong Ego... balanced by respect for others, justified in Your Love for Mass... tempered with tolerance of the penitents who suffer. Exceeding the Proportions of Your Predecessors... knowing the value of their immense contribution. Belief in Your Dominance... giving thanks to Your Creator. Thankful Always to Him... not your pharmacist.

TWENTY/TWENTY

Look up to your heroes...with the greatest awe. Look back on your mistakes...and learn. Look down on your lessers and feel power. Look over your victories...and feel proud. But, look BEYOND all these things...and DOMINATE!

SOME THOUGHTS ON SPORT

It's sad knowing so many athletes who lauged at their failures during their careers. They now cry over their Science often provides us with answers to our most pressing training questions. More often, however, science can only assist you in asking the right questions. Science has yet to produce a pill for poor confidence, lack of discipline or disinterest. Time

Sports Greatness

as told by Fred Hatfield, Ph.D.

THE ABC'S OF GREATNESS
 Ambition
 Novelty
 Openness
 Confidence
 Discipline
 Excitement
 Fastidious
 Greatness
 Honor
 Indignity
 Judgment
 Knowledge
 Love
 Magnanimous
 Zeal

There are many paths to sports greatness. Some involve hard work. Others involve smart work. Some athletes cheat while others take no advantage whatsoever. True greatness will come to you only if you...
TREAD THE HIGHER GROUND.

ATHLETES' YIN AND YANG

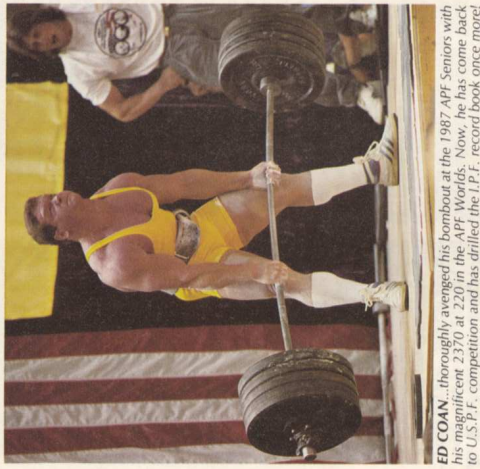
Indifference	1	Passion	10
Indecision	1	Commitment	10
Indulgence	1	Sacrifice	10
Unmotivated	1	Determination	10
Slowness	1	Preparedness	10
Irresponsible	1	Responsible	10
Disorganized	1	Methodical	10
Scattered	1	Focused	10
Submissive	1	Dominant	10
Tenuous	1	Confident	10
Score		Score	

All athletes fight the battle of Yin and Yang. Those who score highest are, by definition, the inviolate victors in both competition and life.

Dr. Squat

The GREATEST POWERLIFTER OF ALL TIME

as told by PL USA's DOUG DANIELS



ED COAN, thoroughly averaged his bombout at the 1987 APF Seniors with his magnificent 2370 at 220 in the APF Worlds. Now, he has come back to U.S.P.F. competition and has drilled the I.P.F. record book once more!

Naming the greatest lifter of all time is like naming a most valuable player in baseball or football. Not just one factor can be used to make the decision, like one particular lift. In order to register an all-time high total in any weight class, you need big lifts in all three events. No one lift wonders need apply.

During the development and growth of this sport, many men before were considered the greatest; like Pacifico, Reinhardt, Cole, Kuc, Cundy, Bridges, Fletcher, Bradley, Collins, Casey and Weaver. These men left their mark on the sport and contributed mightily to its present stature. They pushed the records higher and higher, but as in most sports, standards are always broken and rebroken. The question that remains is who is the greatest lifter of all time, at least for now? In order to determine the answer I gathered the highest totals registered in all the weight classes. Some may say that some of the totals put on the books a few years back are actually better than some of the totals on top now. Reinhardt's, Cole's, etc. totals were done without a lot of the modern supportive gear we have today. How much more could they have lifted with space age wraps and bench shirts? Unfortunately, we'll never know. All in his prime could beat Mike Tyson or if the 1927 Yankee could beat the 1969 Mets.

Certain factors like the number of world titles won or records set, or in comparing for the era they lifted in or whether they passed a drug test, can not be quantified to everyone's satisfaction. The most reasonable method is to use the all-time best totals on the books regardless of date, powerlifting association, and only IOC or polygraph testing.

I used both the Reshel and Schwartz formulas to determine an overall best lifter. Using both formulas, I can resolve any bias one formula may have towards higher or lower weight classes. To do this, I determine a rank for each class per formula, and add their ranks together. The composite ranking then determines the best lifter.

To no one's surprise, Ed Coan ranks as the greatest powerlifter of all time on the basis of his fantastic 2370 total at the 1987 APF Worlds, where Ed squatted 855, benched 551, and deadlifted 865, weighing 216 pounds competing in the 220 class. Only a small handful of lifters have ever totalled more, and they competed in the 275 and Superheavy weight classes. Ed also possesses the all-time total at 198 with an all-time total of 2200 at the 1985 USPF Seniors in Chicago. That total ranks as the third all-time best performance in our sport. Ed was also one of four men to ever total over 2000 at 181. In addition, he totalled over 1700 as 165er back in his 'growing days. Quite a legacy for a man in his 20s.

Coming in second is the deadlift machine, Lamar Gant, with his 1587 total in the 132 class. This total is also the best total by bodyweight, ex-

With most of these men still active, I'm sure this ranking list will not be applicable for too long. Inaba continues to dominate his class. Lamar Gant may soon pass 1600 at 132. Dan Austin is almost unbeatable at 148. At 165, Aubrey Alexander is threatening to total 1900. Gene Bell is potentially increasing the 181 and 198 total records. Ed Coan could very well exceed 2400 at 220, and at 242, look out! Steve Goggins has punched lifts can boost him above 2300 shortly, but Bill Nichols, Willie Bell, and George Hector won't be sitting by. Dave Fennella could be the next 2100 total, and the unreal 2500 unmark. At Super, Lars Noren and John W. are well ahead by post hyper totals soon, and they meet together and change everything. This is not even to mention the new talent out there, just getting started in the sport.

The standard of the sport has risen a great deal since the 60s and 70s. Winning totals today would win most major meets several weight classes heavier back then. For example, 2000 totals are being made by 181 and 198 pounders today. Before, that was a good 242 and above total. Given the sport's growing popularity and increased number of competitors, and only rule changes, the standard will only edge higher.

For now, and probably the next few years, Ed Coan will remain the top powerlifter of all time, but remember, he smashed some of the maddening records that belonged to other all-time greats, and all records are made to be broken.

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Dr. Judd

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

If I've learned anything during my years as a competitive powerlifter, it's that the sport can seriously hurt your Yin and Yang, a lethal affliction. If it doesn't kill you, it can certainly make you wish it had. I doubt seriously if a 12-month stay in a Chinese torture chamber could have put a "hurin" on me as bad as powerlifting has. Over the years, I've had my share of injuries. Actually, I've had my share and about ten other guys' share. You might even say that injuries are my forte.

According to my medical records, I've had a broken finger, a broken ankle, three broken ribs, four teeth knocked out, twenty three stitches, chest surgery, back surgery, two herniated discs, partial paralysis in my head and arm, and a ripped quadriceps. That's not counting the ten hundred or so muscle pulls, spasms and tears I've had. I'd venture to say that during the past decade, I've experienced more pain than a dog in the experimental group of a German war experiment.

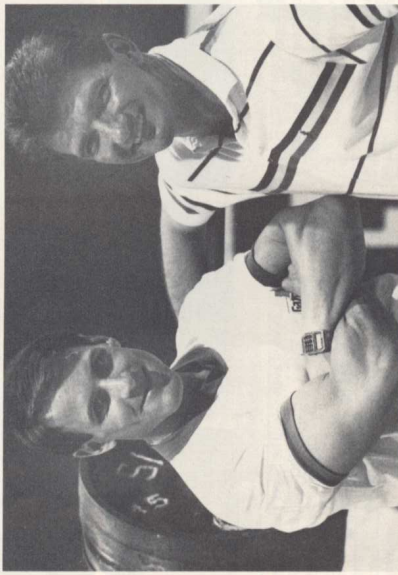
Of course, I only have myself to blame. In fact, the more I think about it, the less I think of me. From the start, I've had this go for the hernia mentally. No matter how much pain I had, I'd never quit, never cut back, until I'd break, that is. Well, now I'm broke. I may have lost a lot of battles, but the war's not over yet. In fact, this is to good old Werner test prology, the war has just begun. You guessed it, I'm thinking about back yet another comeback.

The bad news is that my comeback probably won't take place until the turn of the 21st century. That's how long I estimate it will take for biomedical engineering to rebuild all of the body parts that I've managed to mutilate during my powerlifting career. The good news is that the body parts that I'm going to have replaced are of the 'new and improved' variety. You see, I'm going to replace all of my 'worn' parts with bionic parts. Go ahead and laugh, they laughed at the Wright Brothers, too, you know.

Whether you realize it or not, the bionic man is no longer a pipe dream. In fact, the dream of a bionic body is already somewhat of a reality. Doctors can and/or have successfully replaced the heart, pancreas, kidneys, limbs, blood vessels and hip joints with synthetic devices. Other equally impressive manmade body parts have also been developed and manufactured, such as electronic ears, electronic limbs, polymer blood vessels and artificial blood. Improvements and breakthroughs in the field of biomedical engineering are coming fast and furious. Developments barely dreamed of a decade ago, electronic restoration of sight to the totally blind, or the creation of a

substitute lung, may be realities within the next few years. With the help of new materials and techniques derived from aerospace engineering, polymer chemistry and bioelectronics, recent advances have been so extraordinary that some scientists claim that within a decade, biomedical engineering will be able to make us better than normal, a la the Six Million Dollar Man. Not only that, but they're going to be able to do it without altering normal appearance, Demented, but true.

Yes, I wonder if I can get a 'wholesale' rate?



World Class Enterprises is comprised of Amy Ferrando (left) and Dr. Judd Biasiotto (right).

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- Chest.....\$7000 (estimated)*

* (not yet developed)

The way I see it, all I'll need is two arms (\$3,000), two legs (\$3,000), two shoulders (\$1,800), two elbows (\$2,400), two knees (\$3,000), a hip (\$1,000), a chest (\$7,000), and an extra heavy duty back (say \$80,000). The ears, eyes, heart, etc., I can go without. Of course, these wonders of biomedical engineering are only part of the cost. Add the tests, x-rays, surgeon, anesthesiologist, hospital stay and some physical therapy, and your basic \$2,000 hip joint made of corrosion-resistant cobalt-chrome can swing you closer to \$22,000.

I plan to have all my parts replaced at once, cutting down on the hospital cost. There's also the inflation factor. Since it will be ten years before the parts I need will be perfected, the cost will probably be around 40% higher. All in all, the cost for my bionic parts will run around \$141,000. That's a pretty penny, but worth every cent. Think about it, I'd never have to worry about wearing out, only rusting out. In fact, the only real fear I'd have is that Brother Bennet would come up with something like the A.B.F.P.A., the America Bionic-Free Powerlifting Association.

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POWER PROFILE

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

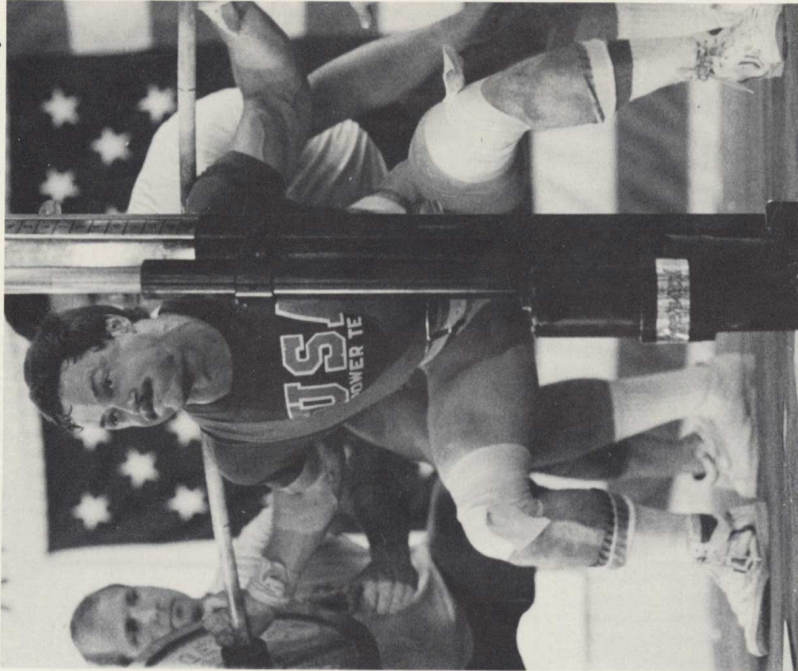
JEFF CHORPENNING AN ALL-AMERICAN POWERLIFTER as told by Connie Penyak

At first sight, it was obvious to me that this guy, Jeff Chorpenning, was into weightlifting. He helped me plan my exercise goals and get me started on a weight program. What intrigued me about Jeff is his confidence without any associated arrogance. As I got to know him over a period of several months I realized that his lifting very seriously. His only hobby, other than powerlifting, is collecting anything red, white and blue. Almost everything he owns is red, white and blue including his basement "All American Gym." The day Jeff mentioned to me that he would be competing in a powerlifting meet in Dayton, I realized my fitness instructor was not just a guy who worked out. Jeff was competing for his second time in a World Championship.

Chorpenning's lifting story began as a teenager when he weighed around 132 pounds. Jeff recalls when he first started training with weights. "I knew the first day I lifted a weight that it was something I wanted to experience in competition." His father and first coach, Russ Chorpenning, competed in the 1950's in Olympic lifting. Jeff attributes his lifting success to that first year of training when Russ taught him the importance of mental strength. Jeff trained with his father until 1981. That year Russ was in a helicopter accident, leaving him with 2nd and 3rd degree burns covering 70% of his body. Russ's mental strength turned out to be a key to his survival. One of Jeff's highest goals in lifting is to win a world championship so he can present the award to his father. "A champion," Jeff defines "is a person excelling to the best of their potential. Dad is a champion."

Jeff first started competing in the Ohio area, where he lifted with friends at the Circleville Barbell Club. One of Jeff's favorite lifting mottos is etched in lifting chalk on the gym wall: *Believe it, Heave it and Achieve it.* His total has gone from 1245 lbs. at a bodyweight of 165 pounds to 2050 lbs. in the 198's. In 1983 he moved to Dayton to train under the direction of Larry Pacifico for a year. Later that year Jeff went on to win the Teenage Nationals in Scottsdale, AZ. As a 181 pound lifter he totaled 1581 and took home the Outstanding Lifter award as well. Jeff feels Pacifico was a good coach and training partner. Jeff left Dayton feeling it was time to move on and pursue better employment opportunities.

Chorpenning's next goal was to qualify for the Jr. National Championship. After relocating to Columbus, OH, he trained with Gary Sanger and Louis Simmons. Jeff attributes his surprising success to Louis' "box squat" training and Sanger's squat technique. In 1985 Jeff made it to the Jr. Nationals held in Arlington, VA. He describes the contest as a disaster! Losing his footing on a slippery platform he did the splits all the way to the floor with 650 lbs. Months of rehabilitation followed this injury and in a year's time Jeff was back on the platform. The only evidence of the injury today is a deformed right hamstring. Jeff's squat is now in the 800 lb. range.



JEFF CHORPENNING.....a picture perfect wide stance squatter, whose form produces world class poundages.

Training harder than ever, still recovering from his injury sustained in the 1985 Juniors, Jeff went on to place second in the 1986 APF Seniors. Leaving Dayton in 1984 with his best total of 1660 Jeff returned in 1986 to total 1862 enough to qualify for the first APF Worlds. This is where he met his ongoing rival, Buddy Duke. They battled it out at the Worlds that year in Maui, Hawaii with Buddy pulling out the win. In March of 1987 Jeff was invited to compete in the USA vs. South Africa's Defense Force Championships. Once again Buddy Duke took home the gold. Jeff attributes most

of his drive to the competition he has had with his good friend, Jeff also thrives on taking the platform with his rival John Black, who has pushed Jeff to improve his lifts greatly in the last year. "It's not winning or losing," says Jeff, "it's having a good battle with the competitors." Jeff returned to the Jr. Nationals in May this year to attain the goal that "slipped out from under him" in 1985. Jeff's lifts of 800, 500 and 700 totaling 2050 at 198 won this outstanding lifter award. Jeff's current goal, since winning the 1988 APF Seniors in Columbus, is to

Connie Penyak

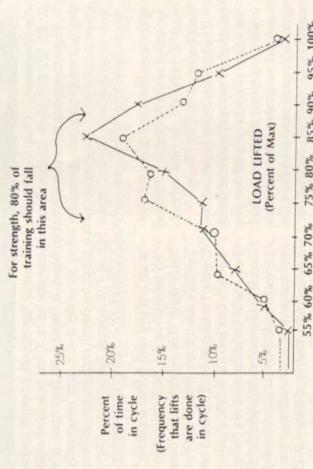
TRAINING

Training by Percents as told by LOUIE SIMMONS

Percent	Repetitions	Optimal Range
70	3-6	18 lifts
80	2-4	15 lifts
90	1-2	7-10 lifts

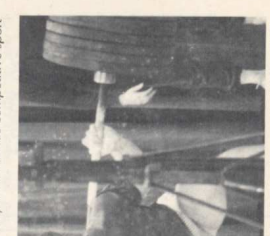
Week 1.....	70% x 8 triples, 2 minutes between sets
Week 2.....	75% x 8 triples, 2 minutes between sets
Week 3.....	80% x 6 doubles, 2 minutes between sets
Week 4.....	85% x 5 doubles, 3 minutes between sets
Week 5.....	(80)x2, 85% x 2, 90% x 2
Week 6.....	5 minutes between sets

The cycle above should be repeated not only for contests but continuously throughout the year.



GRAPH A - Training percents of accomplished Soviet lifters (adapted from Ermakov & Atanasov, 1975)

throughout the year. It does not provide enough recovery time between workouts. Restoration techniques are not as developed here in the USA as they are in the Eastern Bloc countries. Instead of training 2-3 times per day, as they do in the Soviet Union, we normally can only train once a day. The workout time may be the same, but they can divide the workout into intense and fast segments, spaced throughout the day. Therefore training tempo is important. The Russian 6 week training cycle is one and a half minutes and should never



Louie Simmons...at the 1973 CIWC Open. He recently squatted 810 at 242.

exceed five minutes. If left to fully recover, a muscle will never be overloaded and no additional strength can be gained. When training with weights over 90 percent, the weights at the end of that workout should be dropped to 30 percent max to incorporate lift strength qualities as well. This can be used as a substitute for plometrics which many people feel are dangerous and inconvenient.

To become stronger, one must raise the training load per workout. Total tonnage in the correct percent training range is critical to achieve absolute strength. This is simply achieved by adding sets but not exceeding optimal lifts (see Table 1).

In the Soviet Union, 50 percent of all training is in the assistance exercises, which are also trained by percents.

In the Soviet Union highly qualified athletes train in the 70-90 percent range for 80 percent of their lifts. Ten percent of the lifts are below 70 percent and ten percent are above 90 percent. This has proven to be highly effective for the past 12 years for them. (see Graph A)

By using the techniques described above, Laura Dodd rose to become the greatest female squatter found for pound by the Malone Formula. She squatted 545 lbs. weighing 162 lbs. at 40 years of age after only training for 5 years. Matt Dimeq squatted 1010 lbs. also after 5 years of training by this method.

Innovative ways of training must be utilized in this country to bridge the gap with Soviet knowledge and success. What I have presented is a formula that can help anyone reach their genetic potential for powerlifting strength.

If you have questions please call or write: Louie Simmons, 2720 Briggs Road, Columbus, Ohio 43204 (614) 272-1123.

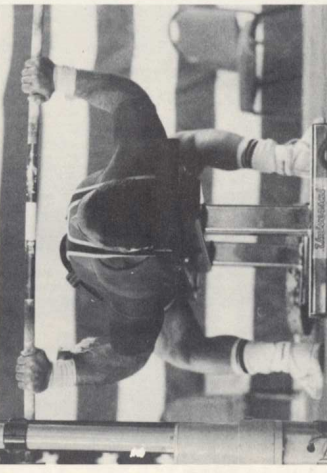
Louie Simmons, who has coached 13 national and 6 world champions, submitted this article (previously published in POWER PLATFORM) because he wanted to reach as many lifters as possible. His interest is the betterment of American lifters. 'I'd like to help Powerlifting from declining as Olympic lifting did here in America, because of the lack of unity within the sport. We must pull together and help each other regardless of federation loyalty. A day may come when Powerlifting is truly a worldwreck competitive sport'

STARTIN' OUT

A special section dedicated to the beginning lifter

The BENCH PRESS and the Hardhead

Lifting Fiction by PAUL KELSO to Make a Point about Lifting Reality for Beginners



No Hardhead is Chris Confessor. He rammed up this 562 lb bench at the 1988 APF Nationals for the all time best in the 181s. Chris would love to have performed at the Record Breakers Meet in Hawaii this past April, but disciplined himself into giving his ailing shoulder a rest, and reluctantly passed on the meet. His mature outlook about his bench pressing capabilities was rewarded with the 562 and a 589 at 198 a week later. Many lifters would have never taken a rest and possibly injured themselves permanently.

I drove out the Old Kilgore highway and headed for Lope Deik's country bar called the Scoot'n Boot, where you could generally get anything you wanted, including Alice the barmaid. Lope had phoned and told me to get over there as he had a great idea for raising money for the Wampus Cat Power Club, which you may remember I had organized at Phney Woods junior college.

I pulled in around back where the "patio beer garden" was set up. This consisted of four or five wooden cable reels laid on their sides rigged by kegs and benches borrowed semi-permanently from nearby state parks. The whole thing was covered over by a barn-sized sheet of corrugated tin which had landed in the parking lot during the tornado of '82. Right in the center of the dance or fight floor was absolutely the biggest press bench ever constructed. Lope had welded it together out of 6" oil field pipe he brought over from his junkyard in Saldon, Seen, Texas, near where Floyd Lyons, the great Masters lifter, used to live. Maybe still does.

I figured this bench would support a combined bar and lifter weight of maybe 7000 lbs. Lope's great idea was to stage Bench Press contests in the bar every couple weeks or so, and split the proceeds with the school Power Club. Naturally, he expected the school to "help" with publicity and encourage the club to show up and bring in a lot more student business and put him in position to make money. Old Lope seemed to have forgotten that the church-affiliated school wasn't about to make an unholy alliance with him or any other honky tonk operator, especially since that domitory boodlegging incident with the fraternalites and the cheerleaders a few years back.

Another small problem that arose later on was when he discovered that the bench was too big to get in the bar without knocking out an exterior wall. It's true that some coxxy would be contented on to drive his pickup through a wall at least once a year, but Lope couldn't get an insurance payoff if he did it himself. Deik is a pretty strong guy, having spent years in the oil fields and overpacking down in the Big Thicket as a young man. Now about all he can do is bench press because of his grip, but about 325 with a bounce and a heave. Not bad for a 45 year old who started late. But I knew this was a ripe hunt or else I saw who else was under the tin roof nursing a pitcher's ankle. None other than Coach Bubba Kojutaniak and the Club Hardhead. It turned out that they were in on this thing from the start. Lope was not only gonna promote contests but make monster benches like the one in front of me, and Coach Bubba was gonna market 'em and the kid would pose for the pictures and demonstrate.

This is the same kid I had kicked off the team and had to take back due to administration pressure more

I thought about their "program" isn't quotable in a family magazine. I could also see that Coach Bubba was losing interest in the whole thing, not only could he see that this whole brain storm was sinking fast, he knew that the routines I had put the ball team on as well as the Power Club program worked and that Deik and the Hardhead Kid might as well be smoking Neches River Numbweed.

Besides, there was no way to get that bench in his pickup. He split when I began presenting the facts of life. It went this way:

- 1) Train twice a week.
- 2) You are both tripe presses. You need pec and deltoid work and a wider handspacing to shorten the distance the bar travels. One day a week do wide grip benches to the collar bone, with elbows out, to develop more pectoral power. Keep the reps in the five to eight range. Follow these with some skull crusher type tricep extensions. Five sets on the BP's and three for the crushers. Follow this with two sets of the move I call the Bench Shrug, that is raising and lowering the weight without bending the arms by the shoulders up toward the ceiling contracting the pecs. This strengthens the shoulder girdle and develops the "shoulder roll" used by most great benchers, although many don't know they do it. The bar is lowered, again with straight arms by pulling the shoulders down and in toward the bench and crumching the scapula together. Use a spotter on this one as the balance can get tricky, and the trainee can work up to huge weights.
- 3) The second day use a medium, competition grip (wider than the one you had been using). Five sets of 4-6 reps. Touch the bar on the highest point of the chest and use your most powerful elbow angle. Use your most sets of either heavy dumbbell presses or weighted parallel bar dips with elbows out to about 45 degrees from the chest. That's all.

4) The most important thing: Every set of bench presses on either day, lower the weight and hold it at the chest for a count of three and then explode the weight! Do this on the first one or two reps each set.

Well, you know what happened: Lope and the Kid found that they would have to use considerably less weight for a while before this type of program kicked in. I told them to stick to it for two months and then try it one they showed me. The Kid stuck to it maybe two weeks and then went around "bad-mouthing" me because I had taken 50 lbs. off his bench and messed him up with the girls down at the Dairy Queen. This all happened in the Spring of '83, and last I heard he was still strutting around in his ego-trunk, and benching 325. Old Lope? He's benching close to 400-400 48 years of age and the blonde 121 pounder is still hanging around. Calls him "Uncle Deikie." You figure it out.

Paul Kelso
3046 33rd St.,
Sacramento, CA 95817
916-452-1244

More From Ken Leistner

of the elite realistically would never allow for the great stardom enjoyed by the very best.

Those who consider themselves to be "powerlifters" are no different. They note a lifter who they feel reflects qualities they would like to emulate. If they have a good squat, or the potential for a good squat, their hero will likely be a top ranked lifter who squats well. Perhaps a kind word from a world class lifter is all it takes to think that this "is the greatest guy in the world" and maybe someone to pattern their own lifting career and/or training after. One of my favorite lifters was Hugh Cassidy. I still have a muscle magazine from 1970 which has a photograph of this Superheavyweight lifter coming out of the hole with a 760 pound squat. I looked at that photo and thought, "Look at this guy. He's the only one who doesn't have knee wraps on!" His physique ain't pretty, but gee, is he strong! Yes, Cassidy looked like a guy who trained in his garage, and heavy on those basics, and had a few basic exercises, trained hard and strong, functional, and "honeydoofting" type physique. As I learned later, this great lifter did in fact train in his garage doing the basics, and he was as strong as almost any other lifter during his heyday.

Cassidy was easy to emulate because I too trained in my garage, doing only the basic few movements that my limited equipment allowed. And just like Hugh Cassidy, those few movements were all that were necessary for me to get bigger and stronger. Although I have never met nor spoken to Mr. Cassidy, it is ironic that we both have an interest in and collect old odds and ends that can be used for old beat lifting movements, as my driveway full of beams, deflated bombs, manhole covers, and the like attest.

The type of training program used by Hugh Cassidy, with an emphasis on the squat, bench press, and deadlift, is certainly not in vogue any longer. He did a few heavy, low rep sets of each of the three competitive lifts, added occasional neck work and upright rows, and on other occasions, perhaps a bit of arm work, and won a number of national and world championships. As most readers know, I have long been an advocate of the basic movements, with an emphasis on more moderate repetition schemes (at least until the premeat period), and but one or two heavy sets per movement. Like Cassidy, I believe that two, and at most, three training sessions per week are all that most lifters need to reach their full strength potential in the three lifts. More erodes recovery ability and

High Cassidy had written a number of excellent articles in *Powerlifting USA*. All emphasize work that can only be termed "hard" and "intense." Hugh Cassidy is not a high tech and not fancy. One doesn't need a computer or calculator to follow his advice; if one is to follow his example, however, they need an iron will, determination, to squat bench press, and deadlift hard and intensely. This may not be "in" and it may not be "attractive," but for those of us who have been around for any length of time, it is obvious that for the overwhelming majority of lifters, those who want to spend many years becoming stronger with or without organized competition, it is perhaps, the most effective way to train.

Dr. Ken Leistner



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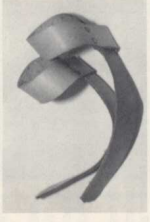
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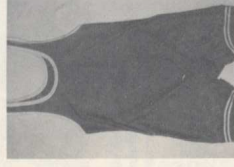
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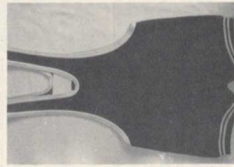
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Advanced Concepts in NUTRITION

Nutritional Shades of Gray, Part II by George Zangas

Another View of Nutritional Programming

One of the most popular articles in our series thus far has been a recent 2-part article called "Nutritional Shades of Gray," in particular the high-intensity nutritional regimen called the "Super program." We have received a tremendous reader response by phone and mail to this article. Although the Super program is now in use by a great number of strength and power athletes, a number of questions arose from the article relating to the discipline required to consistently take the broad scope of nutrients involved in the Super program (refer to *PL USA Vol. 11, Nos. 11 & 12, June & July 1988*), and also a relevant point of a number of liters: the cost of purchasing such a broad spectrum of products.

We feel that these points were important enough to our readers to merit a response. First, let's cover a few of the points from parts 1 and 2 of the article. As we mentioned, the Super program is an "ideal" program. In other words, a well-thought-out, in-depth program that covers all of the nutritional bases. And, of course, you can effectively and efficiently add a number of other products to the Super program with excellent results. Still, even the most highly disciplined athlete reaches a saturation point, i.e., no matter how disciplined we might be in our routines, nutritional or otherwise, there are periods of time when we have to simplify them if, for no other reason, we simply get tired of the diligence required to take a large amount of supplements day after day.

Also, there are those of us, who just want to take a few good supplements to help in training rather than an all-encompassing nutritional program, and rightfully so, because it works for them and you can't knock success.



Every *Lifter's* training program and nutrition program needs are unique

sens of opinion among a variety of strength authorities that overtraining - and therefore, lack of progress - was, in fact, one of the culprits that encouraged the use of steroids and, for those who choose to use these substances, it brought about abuse. Overtraining is an insidious kind of thing. If you back off, you may feel that you're not doing enough work and therefore might get weaker. The truth is, in every case, individuals with whom we've talked and been helpful in correcting their overtraining, have started back on the road to steady progress.

Finally, a word about Dibencozide, one of the latest nutrients to come on the scene. This natural, safe, non-steroidal anabolic agent - contrary to some reports - has been around for a number of years in the USA, and is not some new exotic European discovery. Dibencozide is a natural co-enzyme that works at the cellular level to help you accelerate performance, strength, and muscularity. To be utilized by the body properly, it must pass through the stomach undisturbed and reach the upper intestinal tract where it is assimilated and carried into the bloodstream. Therefore, the correct form of Dibencozide would be either a sub-lingual liquid that is held under the tongue for a short period of time for rapid absorption into the bloodstream, thus bypassing gastric (stomach) digestion altogether, or stabilized release capsules that will pass through the stomach intact and move on to the upper intestinal tract for proper assimilation. Both of these methods assure proper utilization of Dibencozide.

There is no doubt that Dibencozide is destined to be a real breakthrough for strength and power athletes; proving that we can do without steroids. I hope that we have shed some more light on other aspects of nutritional supplementation. As we've mentioned in other articles, no program is set in concrete; whether it's a training program or a nutritional program. We should be flexible enough to make adjustments. Nutrition is a personalized regimen. That is why we stand ready, as always, to assist you in your effort to be the best powerlifter you can be through intelligently applying advances in sports nutrition to your training and competition.

Feel free to call or write me personally: George Zangas, 1229 Via Landera, Palos Verdes Estates, CA 90274. Telephone 1-800-321-5064. In California 1-800-231-4070.

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 Vitals. 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.

within 2 hours following your workout. Please note, this should be taken on workout days only.

To summarize this brief program, you take a couple of multiples per day, 6-10 high potency free-form Amino Acid complex tablets (3000 mg.) or capsules (1500 mg.), and a "tailored" multiple, one that includes all 11 B vitamins, balanced for stress. Finally, take your metabolic optimizing drink on training days only, before and after your workout.

At this point it's important to interject some first-hand observations on training and its connection with a proper nutritional and supplementation program.

Over the years, in discussing proper nutrition with individual powerlifters and strength athletes as it relates to their training, one thing has become very obvious: that no matter how many supplements you take or how well you eat, it cannot compensate for continual overtraining!

I bring this out because a person can honestly feel that he or she is not overtraining but, in fact, is, having never considered or been exposed to the fact that this is the cause of their lack of progress. Although there's been a lot written over the years about proper training methods, much of this information is overlooked or dismissed as unimportant.

This has been apparent to us based on hard talks of conversations with lifters and other strength athletes.

For example, let's take a normal A prime example is a powerlifter doing countless sets and reps with small poundage increases before getting to his or her top weight. This is well beyond proper warming up and not a good way to peak your strength. What should be done here is to determine the weight you want to get to before your workout, and then figure the proper increments to efficiently get to your top weight without depleting yourself. Save the reps for your way down instead of using them on your way up. Also, there are certain percentages of your maximum that have to be observed during heavy and light training days and cycles, in, i.e. conditioning training, peaking, etc. Because routines are usually personalized, and tailored to the individual, I've simply given a brief overview of the problem of overtraining. I might also add that it is the con-

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Smilex of carnitine..... 1000 mg.

Beta-Sitosterol..... 200 mg.

Inosine..... 200 mg.

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Look at the Potency

Smilex of carnitine..... 1000 mg.

Beta-Sitosterol..... 200 mg.

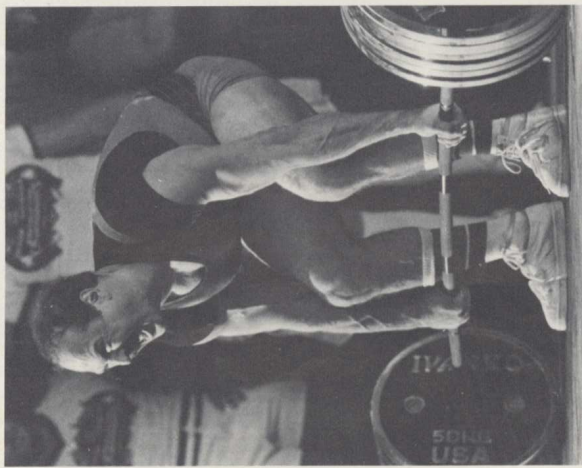
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Look at the Potency

Smilex of carnitine..... 1000 mg.

WORKOUT of the Month

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



John Black, the author of this edition of *Workout of the Month* on the deadlift is ranked Number Two in the Nation on this month's TOP 100 198 lb. list.

The following 12 week, 3 workout per week training cycle emphasizes the deadlift, but is well rounded enough to be used as your fundamental powerlifting program. It is suitable for use over a broad range of capability, from the advanced novice to the world class competitor, but should NOT be used by anyone recovering from a back problem.

For this article, I will assume a maximum starting deadlift capability of 600 lbs. and project a 30 lb. improvement at the end of the cycle.

To obtain maximum benefit from this cycle, it's necessary to appreciate its heritage; you should pay mental respect to and derive strength from the ring and of champions that have come before you.

Bob Ford thought, my first team coach laid the foundation for the revolutionary strength training at Black's Health World. Bob had tremendous influence on Hoss the Boss and myself, enabling Hoss to

take over the reigns as coach of one of the strongest teams in the history of powerlifting. Hoss was so successful he went on to become manager for the North Coast Power

Week	#1	#2	#3	#4	#5	#6
1	12x255	10x275	10x290	10x305	10x315	-
2	10x255	10x285	10x300	10x315	10x330	-
3	10x255	10x295	8x320	8x340	8x360	-
4	10x255	8x305	8x330	8x350	8x370	-
5	10x255	8x330	6x350	6x370	8x390	-
6	8x255	6x345	6x355	6x385	4x410	-
7	6x255	4x355	4x390	3x410	3x430	-
8	6x255	4x355	4x400	3x420	2x440	-
9	5x255	4x355	3x400	2x420	2x440	-
10	5x255	4x355	2x405	1x430	1x460	-
11	5x255	4x355	2x405	1x430	1x480	-
12	5x255	4x355	2x405	1x430	1x480	-

NOTE! The above deadlifts are performed just as if your feet were on ground level. DO NOT make them stiff-legged. I suggest that you wear a heavy sweatshirt for all platform deadlifts. The increased depth makes abrasions between the arms and thighs likely and you don't need that kind of annoyance detracting from your concentration.

Shep where he has helped many with his strength coaching abilities.

Jean Fruth, a great lady and former World Champ came to visit Black's and ended up staying for weeks, committing hundreds of hours to writing training programs and assisting the team at meets all over the country. During this period, many great lifters influenced my personal training program and shall always have my respect and gratitude. Jack Siders, Fred Hatfield, Lou Simmons, Rick Gaugler, Matt Dimele, Steve Wilson, Tony Fittou, John Florio, Bob Wahl, Vince Anello, Dave Wadlington... the list goes on and on.

Learning from them and adding my own experience has resulted in the following program. It is geared to the big deadlift. Let's face it, many contests are won by bodyweight and it's sure nice to have an ace in the hole. As in all training, proper warmup and stretching is extremely important. For the deadlift, pay particular attention to the hamstrings and back.

REMEMBER, protecting yourself and others from injury is your primary responsibility during the workout. Your workout days can be any 3 day combination during the week as long as there is at least one day recovery between workouts. I like a Monday/Wednesday/Saturday schedule. I also happen to use the conventional style (not the sumo style) in the deadlift.

Since this article deals specifically with the deadlift, I will only list the progressions of weight for the deadlift exercise. To maintain a sense of perspective for the overall program, however, I will show the number of

Week	#1	#2	#3	#4	#5	#6
1	12	10	10	10	10	-
2	12	10	10	10	10	-
3	12	10	8	6	6	-
4	12	10	8	6	6	-
5	10	8	6	6	6	-
6	8	6	6	4	4	-
7	8	6	6	4	3	-
8	8	6	4	3	3	-
9	8	6	4	3	3	-
10	8	6	4	3	2	-
11	8	6	4	3	2	-
12	8	6	4	3	2	-

DAY 2 - Reps and Weight per Set

Week	#1	#2	#3	#4	#5	#6
1	10x275	10x290	10x305	10x315	10x330	-
2	10x285	10x300	10x315	10x330	10x345	-
3	10x295	8x320	8x340	8x360	8x370	-
4	8x305	8x330	8x350	8x370	8x380	-
5	8x330	6x350	6x370	8x390	8x400	-
6	6x345	6x355	6x385	4x410	4x420	-
7	4x355	4x390	3x410	3x430	3x440	-
8	4x355	4x400	3x420	2x440	2x450	-
9	4x355	3x400	2x420	1x440	1x460	-
10	4x355	2x405	1x430	1x450	1x480	-

reps performed for all exercises.

Day 1: Exercises: 1. Squats, light weights, 70% of Day 3 level. 2. Bench Press, medium weights, 90% of Day 3 level. 3. Seated Dumbbell Press. 4. Alternating Over-the-Head Front and Rear Barbell Press (just clearing top to head). 5. Tricep Extension, lying down with EZ curl bar. 6. Weighted Dips. 7. Barbell Curls, weight every workout.

Day 2: Exercises: 1. Deadlifts on platform so that the bar is ankle height at bottom of lift. 2. Shoulder Shrugs. 3. Lat Pull Downs. 4. Bent Over Barbell Rowing. 5. Leg Raises (4x10 with weight each workout). 6. Inclined Weighted Sit-Ups (3x25 with weight each workout).

Of the above, the deadlifts follow the Day 2 Rep Schedule all the way through. Numbers 2-6 keep the same reps (8-6-4-4) starting in Week 6.

Day 3: Exercises: 1. Squats. 2. Bench press. 3. Deadlifts.

As you can see, there are not a large number of different exercises being used in this program. More is not better in this case. What is important is to maintain a high level of concentration and intensity at all times while maintaining strict form.

Here's a few personal training tips:

1. Think only of the rep you are on, never let your mind drift to the last rep until you get there.
2. Don't rush the reps. Control the weight down as well as up, the slower

DAY 3 - Squats - Reps per Set

Wk.	#1	#2	#3	#4	#5	#6	#7	Wk.	#1	#2	#3	#4	#5	#6	#7
1	10	10	8	8	8	-	-	1	10	10	8	8	8	8	-
2	10	8	6	6	6	-	-	2	10	8	6	6	6	6	-
3	10	8	6	5	4	-	-	3	10	8	6	6	6	6	-
4	8	6	5	4	4	-	-	4	10	8	6	6	6	6	-
5	8	5	4	3	3	-	-	5	10	8	6	6	6	6	-
6	8	5	4	3	2	-	-	6	10	8	6	6	6	6	-
7	8	5	4	3	2	-	-	7	10	8	6	6	6	6	-
8	8	5	4	3	2	-	-	8	10	8	6	6	6	6	-
9	8	4	3	2	1	-	-	9	10	8	6	6	6	6	-
10	8	4	3	2	1	-	-	10	10	8	6	6	6	6	-
11	8	4	3	2	1	-	-	11	10	8	6	6	6	6	-
12	8	4	3	2	1	-	-	12	8	5	4	4	4	4	-

the better, with absolutely NO bouncing.

3. Reposition after each lift. That's right, I said at each and every rep, not just between sets. This doesn't mean that you release and re-approach the bar. You stay tight, fully within the series of reps, but take just an instant of mental effort to verify that you are fully satisfied with your form. I would rather see someone attempt 8 reps but only get 6 good ones than do all 8 poorly.

cannot emphasize total concentration on perfect execution enough. If you find that you cannot maintain good form, then you should back off on the weight and work on execution. To do otherwise is to fool yourself and cheat your body out of its true potential for improvement and risk permanent injury.

Start a little light on the high rep sets and steadily increase the weight as much as possible on each subsequent training set.

The one rep-at-a-time method should be used throughout the program with particular attention being paid to correct form on these very critical maximum effort lifts.

I hope that you are successful with this workout. Many people before you have achieved significant gains with it. If you take to heart my advice on strict form and execution, you will too.

John Black, Jr.

DAY 3 - Bench - Reps per Set

Wk.	#1	#2	#3	#4	#5	#6	#7
1	10	10	10	10	8	8	-
2	10	10	10	10	8	8	-
3	10	10	10	10	8	8	-
4	10	10	10	10	8	8	-
5	10	10	10	10	8	8	-
6	10	10	10	10	8	8	-
7	10	10	10	10	8	8	-
8	10	10	10	10	8	8	-
9	10	10	10	10	8	8	-
10	10	10	10	10	8	8	-
11	10	10	10	10	8	8	-
12	8	5	4	4	4	4	-

DAY 3 - Deadlift - Reps and Weight per Set

Week	#1	#2	#3	#4	#5	#6
1	10x255	10x335	10x375	10x400	10x400	-
2	10x255	10x345	10x385	10x405	10x400	-
3	10x255	8x345	8x375	8x405	8x430	-
4	8x255	8x345	6x395	6x430	6x460	-
5	8x255	6x345	6x400	5x445	5x490	-
6	8x255	5x345	4x435	4x515	3x565	-
7	6x255	5x345	4x430	4x480	4x535	-
8	5x255	5x345	4x435	4x515	3x565	-
9	5x255	5x345	4x435	4x510	3x580	-
10	5x255	4x345	3x515	3x540	2x595	-
11	5x255	4x355	3x525	2x525	2x565	-
12	5x255	3x345	2x445	2x535	1x600	-

* The deadlift is performed on the platform for the first 7 weeks, then regular feet on the floor* deadlifts for the remainder of the cycle. † If desired, more singles may be added at the 11th week. This is particularly useful in programs over 600 pounds.

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INTERVIEW

The Kirk Karwoski Story as told by Bob Gaynor

Kirk Karwoski of Gambells, MD recently set two American Records in the ADFPA North American Championships, with an 850 SQ and 2010 Total. At 5'8" and 240 lbs., Kirk is one of those individuals who looks like he was meant to lift heavy weights. As he matures and moves into the 275 lb. class, his lifting will be unbelievable.

BG: How old are you and what is your current occupation?

KK: I am 21 years old, and employed by Parker Mailing Service in Landover, Maryland. I am a member of the Washington Mailers Union, Local #29. My position therein is as a mailer.

BG: How long have you been training?

KK: I have been training for 9 1/2 years and competing for 7.

BG: How did you get started?

KK: As a child, I was fat, and the other neighborhood children frequently picked on me. Therefore, I began lifting weights in my basement, which resulted in my becoming more muscular. As I had hoped, the other kids left me alone. I went to my first powerlifting meet when I was 16 years of age. There I did a 420 squat, 300 bench press and a 400 deadlift in the 181 lb. class.

BG: What other sports did you participate in?

KK: I found my newly acquired strength useful in other sports, such as football and football. In high school I was an all-county lineman in football, and went on to play a year of football in college, but due to a knee injury I didn't return for my senior year. When I was in high school I was in the 225 lb. class, both indoor and outdoor, 100m in 11.4, 200m in 23.2 and the 400 in 55.3. As a senior in high school I entered an olympic lifting competition in the 198 lb. class where I lifted 325, snatched 245 and military pressed 245. A month later at a powerlifting meet I did a 605 squat, a 363 bench press, and a 578 deadlift at 230 pounds. Today I devote all my energy to powerlifting.

BG: What are your best lifts?

KK: My best lifts in a meet are: 850 SQ, 460 BP, 700 DL. My best lifts in training: 860 SQ, 465 BP, 725 DL.

BG: You are one of those rare individuals who do not leave their best lifts in the gym.

KK: Some of my records are as follows: Multiple State Records, USPF Teenage American Record Squat (16-17 years of age), 628 weighing 220 lbs., ADFPA Teenage American Records (17-19 Age Group) - 744 SQ, 369 BP, 644 DL weighing 242 lbs., ADFPA American Records - 850 SQ - 2010 Total, weighing 242 lbs. Some of my titles are as follows: Multi-time Maryland State Champion, 1984 and 1986 USPF Teenage National Champion, 1986 ADFPA Teenage National Champion, 1986-87-88 ADFPA North American Champion.

BG: What is your future goal?

KK: I would like to break the IPF World Record in the squat in the 242 lb. class. Currently it stands at 876 lbs.

BG: What are your views on steroids and drug testing?

KK: I have never taken any steroids, nor do I plan on taking any. I think the only way to make things more fair is to develop a test that is capable of tracing drugs consumed several months prior to the meet. Too many people are beating the test, and that hurts the drug free lifter.

BG: What are your training routines - both in Season and Off Season?

KK: During the off season I like to do tens in

Personal dialogue between PL USA Magazine and the Sport's Greatest Names.

the squat and deadlift. While performing these tens, I do not wear any belts, suits, or wraps. In the bench press I do four sets of four, close grips. During the season I train five in the squat and deadlift. I increase 20 pounds a week, adding equipment as needed. The last 2 weeks I do triples. I open at the meet with my last set of five or first triple. In the bench press I do the same as the off season, four sets of four, but with a regular grip. In the squat and deadlift, I do not do any assistance work. However, for the bench press I work on military presses, pec decks, lats, pushdowns, and nosebreakers.

BG: What advice would you have for a beginner?

KK: Beginners should do repetitions without aids, i.e., suits, wraps, belts, etc. Get a good base before using the tools. SQUAT DEEP! Develop good form - don't cheat, you only hurt yourself. Know the difference between pain and injury. In other words, when you are hurting - rest.

BG: Who are your heroes in powerlifting?

KK: Of all the lifters I have ever known, Ed Coan is one of the nicest, as well as being a super lifter. Other who have impressed me are: Eric Arnold, Mike Hall, Hugh Cassidy and John Kuc. My coach, Mary Gallagher, has helped me immensely and I owe him a lot. I would also like to thank everyone at Chaillet's Fitness and Strength.

BG: What other interests do you have?

KK: I enjoy fishing up old cars, as well as spending time with my 6 ft. box constrictor and parrot.



KIRK KARWOSKI...at the 1988 U.S.P.F. Seniors.

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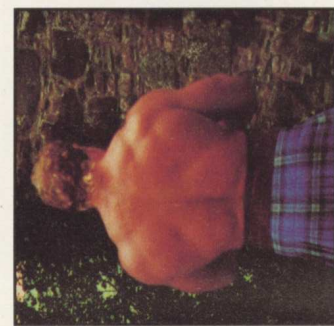
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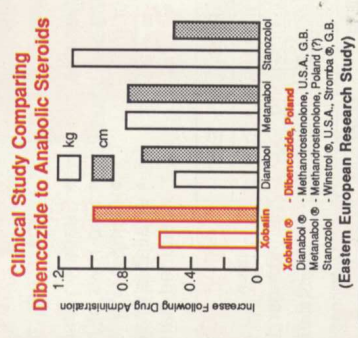
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	SQUAT	BENCH	DEADLIFT	TOTAL
1	840 Walker, L., 812/87	577 Coffey, S., 12/19/87	766 Deke, B., 1/23/87	2859 Chermening, L., 4/24/88
2	821 Lee, J., 11/22/87	551 Lee, J., 10/24/87	755 Black, L., 1/12/87	2644 Pittman, S., 1/16/88
3	804 Person, P., 12/12/87	540 Danaher, L., 9/12/87	755 Payne, M., 12/16/87	2011 Duke, B., 11/22/87
4	790 Chermening, L., 4/24/88	530 Clark, R., 2/27/87	749 Pittman, S., 1/16/88	1984 Black, P., 1/23/87
5	777 Northcutt, M., 6/5/88	525 Davies, D., 6/26/88	749 Pittman, S., 1/16/88	1956 Payne, M., 12/16/87
6	771 Pittman, S., 1/16/88	520 Stampler, W., 10/11/87	749 Pittman, S., 1/16/88	1945 Anderson, S., 2/18/88
7	760 Emillano, J., 5/15/88	520 Ely, R., 1/17/87	737 Person, P., 12/12/87	1923 Siler, C., 12/12/87
8	760 Emillano, J., 5/15/88	520 Graham, J., 1/30/88	722 Humphrey, L., 2/7/88	1915 Walden, L., 2/12/87
9	760 Emillano, J., 5/15/88	505 Yearby, A., 8/1/87	716 Digan, J., 4/9/88	1901 Johnston, B., 6/5/88
10	760 Emillano, J., 5/15/88	505 Yearby, A., 8/1/87	716 Digan, J., 4/9/88	1884 Hatfield, J., 2/12/87
11	760 Emillano, J., 5/15/88	501 Young, R., 9/19/87	710 Bick, K., 12/3/87	1884 Hatfield, J., 2/12/87
12	732 Peterson, D., 4/10/88	500 Laynis, E., 12/6/87	710 Murdoch, S., 12/6/87	1829 Kilz, B., 12/12/87
13	730 Mosley, E., 4/24/88	500 Chermening, L., 4/24/88	710 Murdoch, S., 12/6/87	1829 Kilz, B., 12/12/87
14	722 Yelka, C., 12/12/87	485 Palfrey, D., 1/17/87	705 Maxwell, C., 7/25/87	1805 Kaman, L., 6/18/88
15	722 Yelka, C., 12/12/87	485 Palfrey, D., 1/17/87	705 Maxwell, C., 7/25/87	1805 Kaman, L., 6/18/88
16	720 Hottendorf, E., 5/15/88	485 Davis, C., 7/42/87	700 Fink, E., 4/24/88	1800 Potts, R., 3/26/88
17	716 Johnson, L., 5/15/88	480 Sacconetto, T., 10/11/87	699 Kilz, B., 12/12/87	1796 Baker, M., 2/20/88
18	716 Johnson, L., 5/15/88	480 Sacconetto, T., 10/11/87	699 Kilz, B., 12/12/87	1796 Baker, M., 2/20/88
19	710 Kaman, L., 6/18/88	480 Strango, W., 2/27/88	694 Craft, R., 12/6/87	1790 Scalap, S., 11/22/87
20	705 Palfrey, D., 1/17/87	479 Northcutt, M., 6/5/88	694 Craft, R., 12/6/87	1785 Bostick, C., 12/6/87
21	705 Palfrey, D., 1/17/87	479 Northcutt, M., 6/5/88	685 Christianson, D., 4/24/88	1785 Mowley, D., 4/24/88
22	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
23	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
24	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
25	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
26	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
27	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
28	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
29	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
30	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
31	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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44	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
45	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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54	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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57	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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67	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
68	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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72	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
73	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
74	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
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85	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
86	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
87	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
88	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
89	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
90	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
91	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
92	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
93	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
94	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
95	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
96	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
97	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
98	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
99	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88
100	705 Palfrey, D., 1/17/87	475 Peterson, L., 3/26/88	683 Siler, C., 12/12/87	1785 Mowley, D., 4/24/88

PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Awards

you'll be proud to display for years to come. These certificates are beautifully done; printed in Red and Gold ink on exquisite paper stock, embossed with the official seal of Powerlifting USA Magazine, and personally signed by PL USA Publisher Mike Lambert. This is a distinctive award that certifies your lifts as authentic powerlifting accomplishments for all to see. Each certificate specifies your name, your TOP 20, 50, or 100 ranking division, your weight class, and your actual numerical ranking in your class. The price for this CERTIFIED documentation of your achievements is \$5.00 each, however, we also offer the finest means to permanently display and protect your certificate, a rich wood grain plaque with a unique, crystal clear cover. There's no frame to hassle with, and each plaque is ready to hang, flush against your wall. The signed certificate, sealed as official by Powerlifting USA Magazine, with the deluxe display plaque are available TOGETHER for \$18.95 as a total package price. If you have appeared on a previous TOP 100 listing (even several years back) or have made the list since the last one was published for your weight class, you are eligible for these awards. (One lift per certificate is recommended). To order, send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 per certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. California Residents add 6% sales tax.

NEXT MONTH...TOP 220s

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Prices Subject to Change Without Notice

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing July 1987 to June 1988

	SQUAT	BENCH	DEADLIFT	TOTAL
1	840 Walker, L., 812/87	577 Coffey, S., 12/19/87	766 Deke, B., 1/23/87	2859 Chermening, L., 4/24/88
2	821 Lee, J., 11/22/87	551 Lee, J., 10/24/87	755 Black, L., 1/12/87	2644 Pittman, S., 1/16/88
3	804 Person, P., 12/12/87	540 Danaher, L., 9/12/87	755 Payne, M., 12/16/87	2011 Duke, B., 11/22/87
4	790 Chermening, L., 4/24/88	530 Clark, R., 2/27/87	749 Pittman, S., 1/16/88	1984 Black, P., 1/23/87
5	777 Northcutt, M., 6/5/88	525 Davies, D., 6/26/88	749 Pittman, S., 1/16/88	1956 Payne, M., 12/16/87
6	771 Pittman, S., 1/16/88	520 Stampler, W., 10/11/87	749 Pittman, S., 1/16/88	1945 Anderson, S., 2/18/88
7	760 Emillano, J., 5/15/88	520 Ely, R., 1/17/87	737 Person, P., 12/12/87	1923 Siler, C., 12/12/87
8	760 Emillano, J., 5/15/88	520 Graham, J., 1/30/88	722 Humphrey, L., 2/7/88	1915 Walden, L., 2/12/87
9	760 Emillano, J., 5/15/88	505 Yearby, A., 8/1/87		



DOUG FURNAS
985 squat at 265 bodyweight

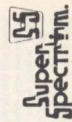
JAN HARRELL
385 bench at 185 bodyweight
Most ever by a woman!

RICK & DEBBIE POSTON
America Couples Champions

SAM SAMANIEGO
DAN MLODOZENIEC
630 bench at 233 bodyweight

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Logo on shirts small on front large on back!

4th attempt	3rd attempt	2nd attempt	1st attempt	Weight	Year
D. Rodgers	190	137.5	215	542.5	
J. Askew	185	140	210	535	
C. Emore	180	135	200	485	
B. Brown	200	110	—	425	
K. Clarke	227.5	135	237.5	600	
R. Price	145	100	187.5	432.5	
R. Hillman	145	100	165	370	
60 kg	145	95	175	430	
R. Beasley	142.5	90	177.5	445	
67.5 kg	207.5	120	230	557.5	
M. Bainbridge	170	107.5	195	477.5	
C. Hillier	160	102.5	195	477.5	
R. Lyons	160	82.5	210	452.5	
75 kg	235	132.5	260	612.5	
M. Brown	215	152.5	230	612.5	
M. Hibbert	210	135	220	585	
H. Mosley	250	140	250	620	
M. Ellerker	210	135	235	600	
T. Baker	210	140	235	585	
W. West	305	165	310	780	
R. Vaughan	305	155	290	765	
D. Birce	245	130	230	605	
100 kg	235	122.5	240	597.5	
D. Hancock	280	160	310	750	
T. Dean	260	147.5	285	692.5	
J. Barr	275	195	320	790	
125 + kg	315*	172.5*	367.5*	855*	
D. Carter	290	162.5	315	767.5	
50 + yrs.	150	92.5	187.5	430	
56 kg	140	100*	172.5	412.5	
T. Brown	185*	100	215	500	
R. Powell	150	80	200	430	
R. O'Keefe	145	90	195	430	
A. Gray	127.5	92.5	185	405	
S. Grant	205	117.5	230	552.5	
75 kg	215	100	225	540	
D. Tucker	180	130	210	530	
D. Briggs	140	90	200	430	
M. Auerbach	230	130	225	585*	
A. Summers	190	100	265	555	
D. Jones	190	100	272.5*	—	

APPLICATION FOR REGISTRATION IN THE UNITED STATES POWERLIFTING FEDERATION PLEASE PRINT CLEARLY

LAST NAME	FIRST NAME	INITIAL	DATE OF APPLICATION
STREET ADDRESS		STATE	ZIP CODE
CITY	ELITE MASTER I II III IV	REF. CAT I	REF. CAT II
AREA CODE	TELEPHONE NUMBER	CURRENT USPF CLASSIFICATION	REFEREE STATUS
Y N	Y N	Y N	Y N
HIGH SCHOOL ATHLETE?	COLLEGE ATHLETE?	USPF CLUB NAME	MONTH DAY YEAR
CITIZEN?	AGE	SEX	M F
Registration Fee \$20	NOTE: High School Athletes who validate their school enrollment by including a copy of their high school activity card or other proof of enrollment may register for \$8.	PLEASE CHARGE TO MY: MASTERCARD VISA	CARD #
Payable to:	ATHLETE'S REGISTRY INC.	ROY, UTAH 84067-0389	PH: 801 825-5826
IF UNDER 18 HAVE PARENT INITIAL	SIGNATURE X		

As an anti-climax, I won the super's with a very small total that could be charitably described as a place to start back from. For four weeks I lifted at 60 kg. This time he decided to try his luck at 56. The reduction cost him about 70 kg on his total. John McNeven after over 30 years of weightlifting gave power a try and he had Brown come out to meet him. Brown was a good competitor and got off to a good start with a new British record squat. He did not approach his world record form on the deadlift and may be saving it for later in the year. Brown's performance was a real eye opener into the last deadlift before Owens got it on. Dave Jones came a good second and upped his bodyweight. P.F. Hall of Famer, George Leggett, retained his title despite Tucker's brave assault. The new champion is a very good competitor and showed what the over sixties could do and 'International Powerlifter' editor Denis Lunn showed that he does not just wield a mighty pen. The new champion is a very good competitor and showed what the over sixties could do and 'International Powerlifter' editor Denis Lunn showed that he does not just wield a mighty pen. The new champion is a very good competitor and showed what the over sixties could do and 'International Powerlifter' editor Denis Lunn showed that he does not just wield a mighty pen.



Susan Winner of Charleston, Rhode Island placed 2nd in the 176 lb. class at the 1988 ADPPA Women's National Championships. All of her lifts there were PRs and with her continued progress from a 3rd place finish in 1987, she hopes to do better in Orlando in 1989. Regarding this year's meet "The organization of a national meet is a grand undertaking. I thought the women National Championships would be a very enjoyable meet. Their eye for detail showed that everything possible was being done for the lifters, both in accommodations and meet facilities. As for the awards, the trophies were magnificent sculptures. A refreshing change for an award." Susan recognizes 5 time national champion Sheryl Battiner as a wonderful, talented and excellent competitor. ("She, along with Judy Gedrey, are the most admired lifters in the lifting community and notes the significance of the trophies. The trophies presented in the meet, from Purdue, New England, and Kentucky, as well as all the women who traveled across the country to compete.

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Multi colored shirt brings out the DEMON in you!

Muscle Tank - \$10

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White, Gold, Grey

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Sweatshirt - \$18; S-M-L-XL-XXL; White, Gold, Grey

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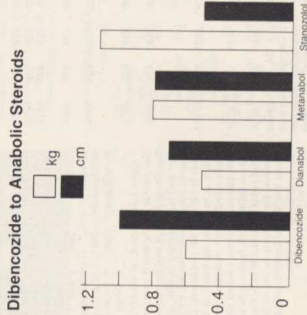
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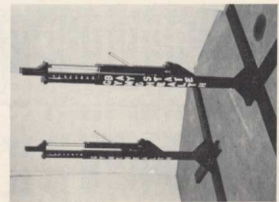


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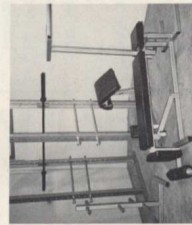


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Equipment of the champions and record breakers! We manufacture over 200 different pieces of equipment.



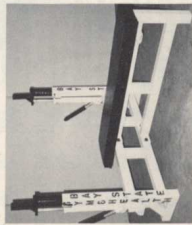
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DIVERSIFIED FITNESS

PRESENTS

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CAPITAL LIFTOFF

The USPF sanctioned "natural" national level competition

October 29, 1988

for the benefit of

The Muscular Dystrophy Association

Time: Weigh-In: Friday, October 28, 6:00-9:00 pm

Check-In: Saturday, October 29, 8:00-10:00 am

Meet will begin at 10:00 am

RULES: USPF rules will apply with regulation 1 piece lifting suits required. Drug testing will take place at time of weigh-in. All lifters must be registered with USPF. Registration will be available at time of weigh-in.

AWARDS: Awards will be given to top 3-5 in each category, plus Best Lifter for men and women. Categories: Open: 132, 148, 165, 181, 198, 220, 242, SHW (top 5), Women: Malone Formula (top 5), Masters: Schwartz Formula (top 3), Novice (top 3).

For more information or entry applications and sponsor sheet:

Marianne Lewis, 1601 Sherwood Rd.

Silver Spring, MD 20902

Phone Number - 301-681-5356

Entry Fee: Sponsorship or entry fee of \$30.00, sponsorship equals sponsors per pound lifted times anticipated pound total.

Example: \$1.00/pound x 1500 pounds = \$1,500.00 raised for MDA.

Major prizes will be awarded to top 3 fund-raisers.

MEET DIRECTORS...this list is a FREE service to publicize your contest to lifters. Send details in at least 3 months prior to your competition to "Coming Events", Box 467, Camarillo, CA 93011 to obtain proper advance notice for your event. You'll reach MANY more entrants.

3 SEP. Venice Beach Deadlift Contest, Darling Gaitano, Venice Beach Athletic Center, 1800 Ocean Front Walk, Venice Beach, CA 90291, 213-399-2775.

3 SEP. Biggest Bench in Ohio, Jim Rummel and Fred Park, 121 Queen Dr., Chillicothe, OH 45601, 614-775-3603.

4 SEP. World Bench Press Congress, World Record Breakers Institutional (WBC 1042, APF 222), Paul McCoy, Ponder, Texas 76259, 817-479-2611.

3 SEP. Iowa Open (Des Moines), Richard Peters, Box 1753, Normal, OK 73070

4 SEP. ADPPA Connecticut Open Deadlift Bench, Open, teen, women, masters, 1000 Rte. 203, 248-5948, Hanover, CT 06518.

4 SEP. 1st Annual WMPF Legitimate Natural Metropolitan Open Bench Press (collegiate, open, masters - clean 5 years or more, mandatory poligraph), Canadians welcome, S.A.S.E. to Venetia, NY 10655.

4 SEP. Upper Midwest Law Enforcement BP (women, full time personnel from WI, MN, IL, IA), Bob Carlson, 6747 Explorer Dr., Racine, WI 53406, 414-886-3904.

4 SEP. ADPPA 2nd Annual Nautillus Last Fling Bench Press Classic (open, masters, women), Central State University, Department of Physical Education, Box 61, Mt. Carmel St., New Madrid, MO 63240, 312-369-6432 or 141-463-2722.

4 SEP. Albert Lux Open (MN), Richard Peters, Box 1753, Normal, OK 73070

10 SEP. USPF Graterford Open, Steve Bakchko, Box 244, Graterford, PA 19426, 214-689-1522 ext. 372.

10 SEP. MCI Norfolk St. Postal Press (open, masters, women, masters, men, teen, advance notice), Bruce Anderson, Box 43, Norfolk, MA 02056.

10 SEP. Downtown Pittsburgh First Annual Bench Press Championships (Open, masters, women, teen, Jeff Wright, 270 Curry Hollow Rd., Pleasant Hill, PA 15236, 412-653-9833.

10 SEP. USPF State Power Meet (ME, NH, VT, CT), 121 Queen Drive, Chillicothe, OH 45601, 614-775-3603.

10 SEP. Tyler Open Powerlifting and Bench Press, APF USPF Sanction, Scott Johnson, Courthouse Athletic Club, No. 1 Courthouse Dr., Longview, TX 75605, 214-297-2322.

10 SEP. 1st Annual Ohio Junior Grand Nationals (Collegiate, open, masters, women, teen, OK 73070) (include s.a.s.e.), Scott Taylor, R.R. Box 213C, S. Royallton, VT 05068, 802-763-7135.

10.11 SEP. ADPPA McChord APF Meet (open, masters, teen, women), SSGT Larry Peterson, 1601 Sherwood St., Tacoma, WA 98403, 206-584-3115.

Coming Events

11 SEP. (new date) ADPPA Baltimore Open Bench Press (teen, masters, women, masters, women, teen, 356-9700, Baltimore, MD 21207, 301-944-4002 after 7 PM.

11 SEP. ADPPA Georgia State Championships (residents only, open, women, teen, masters), Denis Ference, Box 603, Hinesville, GA 31313.

11 SEP. APF Connecticut Open Bench Press (men, women, teen, Joe Steele, 54 Chamberlain Ct, 06512, 432-469-5212).

11 SEP. ADPPA (open, masters, women, teen) Class II & Below, Jean Peters, 2728 Brooklyn Ave., Ft. Wayne, IN, 46804, 219-432-5227.

16 SEP. Master Class II and Below Open Bench Press, Chuck North, 45 Midway Plaza, Tallmadge, OH 44228, 216-633-2900.

17 SEP. Franklin Heritage Days Open Bench Press, Gloria Barrett, Box 33, Franconia, IN 46044.

17 SEP. Recreation Recreation Department Class II, Masters, Women, Teenage, Vicki Finch, 3505 Maple, Dallas, TX 75219, 214-670-7720.

17 SEP. 1st Annual Gulf Coast Bench Press (open, teenage), David Salinas Sr., 1914 Agnes, Ocean City, TX 77665, 512-887-4100.

17 SEP. 4th Annual D.I. Bench Press and Deadlift Meet (open, women, masters), Dennis Uebel, 119 Adams Ave., Camarillo, PA 15317, 412-745-9299.

17 SEP. Fall Tyler (TX) Open, Richard Peters, Box 1753, Normal, OK 73070

18 SEP. APF Atlantic Open Deadlift (men, women, teen, masters, women, masters, women, teen), Norman, OK 73070

23.24 SEP. USPF American Made Drug Free Open, masters, women, teenage, Floyd Byrum, 7979 Hwy. 116, Forestville, CA 95436, 707-887-7725 after 7 pm.

24 SEP. ADPPA Eagle Open (bench - deadlift), Bill Grubbs, 11221 Big Buck Ridge, Herndon, VA 22061, 703-461-6011.

24 SEP. Best Bench Press in the Midwest Drug Free, to benefit the U.S. Army, St. Louis, MO 63109, 314-353-5668.

24 SEP. Warm Up, Authority Bench Press (women, masters, open), Carl Swisher, 24 Jellifer House Dr., Warren, PA 16065, 814-723-3442.

24.25 SEP. Open, Masters, Men, Teen, Jr. & S, 1814 East Broadway, Memphis, TN 38001, See Rummel, 121 Queen Drive, Chillicothe, OH 45601, 614-775-3603.

24.25 SEP. Southern USA Open (open, class II, women, masters), Dale Harris, 615-962-3152 (Alabama), NC, Scott Yellander, 615-962-3152 (North Carolina), 1814 East Broadway, Memphis, TN 38001.

24.25 SEP. Region II ADPPA Championships (open, masters, women), Paul Griffith, West Nottingham Academy, Colorado, MD, 201917, 301-658-3797.

24.25 SEP. USPF Natural Nationals Qualifier (Houston, TX), Richard Peters, Box 1753, Normal, OK 73070

25 SEP. Environmental Strength Contest (Clean & Jerk, Bench Press, Deadlift), Jake Boyer, Box 356, Lehighton, PA 18235, 215-377-2158.

1 OCT. Association of Oldtime Barbell and Athletic Club (reservations required), Ve Buff, 714-685-5952, St., Brooklyn, NY 11214.

1 OCT. ADPPA Central Minnesota Championships (men's open and teen, masters, women's open and teenage), Chuck Kantor, 14400 105th Ave., NE Foley, MN 56329, 612-387-2481.

1 OCT. California State Men, Women and Masters Deadlift Championships (Class I & II), Bruce Anderson, Box 43, Norfolk, MA 02056, 414-886-3904.

1 OCT. ADPPA Tri-State Championship (IN, KY, IL, all weight classes, men and women), William Whitmore, P.O. Box 186, Henderson, KY 40420, 502-852-0956.

12 OCT. ADPPA South Carolina Individual and Firefighters Nationals (5 year drug tested), Brandon, Terno, Teahonkiddis, 11502 Brunledge, Terno, German-town, MD 20874, 301-972-0021.

2 OCT. Metro Detroit Open Bench, Fabian Johnson, 949 S. Claremont, Dearborn, MI 48124, 313-291-9999.

2 OCT. 2nd Annual Western Maryland Deadlift Class (open, masters, women, 100.00 Best Lifter - Schwartz), Rick Pennington, The Fitness Center, 916 National Highway, LaVale, MD 21502, 301-729-2432.

8 OCT. Central California Open (open, women, masters, teen), Estrada's Gym, 526 Dana St., No. 100, San Diego, CA 92101, 800-944-0135 after 7PM.

8 OCT. APF Metropolitan Open (men, women, Williams, Iron Den Gym, 558A Richmond Rd., Staten Island, NY 10302, 718-442-2437.

8 OCT. National Peanut Festival (open, class II & below, women, masters, women, teen, arm wrestling, men, women, masters, women, teen, AL 36301, 205-793-7655 (w) or 205-792-6119 after 8 pm.

8 OCT. Northern States Powerlifting (open, class 2 and below, women, teenage, masters - APF sanctioned, 1st 100 entrants), Elite Gym, 9201 Penn Ave. S., -15, Bloomington, MN 55431, 612-881-0332.

8 OCT. 6th annual USPF Texas Cup (open, below class I, masters, teenage, women), Jim Gilfith, 303 Cedar, Bastrop, TX 78602, 512-321-5193 after 5PM, CST.

8.9 OCT. APF White Plains Open, Masters Ne Royallton, VT 05068, 802-763-7135, 213C, S.

8.9 OCT. APF Sub-Masters Nationals, (APF S-228) Scott Taylor, VT, RR.068, 213C, S. Royallton, VT 05068, 802-763-7135.

8.9 OCT. USPF Natural Nationals Qualifier (Hudson, NY), Rich Peters, Box 1753, Normal, OK 73070, 405-886-3904.

10 OCT. IFF Asian Men's & Women's Championships (Takaratsu City), Susumu Yoshida, 3-31-36 Sakae-cho, Fuchu City, Tokyo 183, JAPAN

9 OCT. USA Open Bench Press (open, novice, women, masters), Southern Promotions, P.O. Box 1112, Oxford, PA 17350, 717-624-2427.

11.12 OCT. White Plains Open, Masters Ne Royallton, VT 05068, 802-763-7135, 213C, S.

15 OCT. ADPPA District II and NY Bench Press with Masters, women (L & H), Joe Piro, 25 Louis Dr., Budd Lake, NJ 07828.

15 OCT. Club East Open Bench, Club East, 590 Columbia Tpk. East Greenbush, NY 12061, 518-742-2741.

15 OCT. ADPPA Bench Press State Championships (teenage, masters, women, and teen divisions), Steve West, 1000 E. White Plains, NY 10604, 914-946-3253.

15 OCT. ADPPA District II and NY Bench Press with Masters, women (L & H), Joe Piro, 25 Louis Dr., Budd Lake, NJ 07828.

15.16 OCT. USPF Natural Nationals Qualifier (Alabama, GA), Rich Peters, Box 1753, Normal, OK 73070

16 OCT. PFC Canadian Powerlifting Championships (open, masters, women, teen, women, masters, women, teen, women, masters, women, teen), Erik Porter, 6422 W. Road, Wagon, ONTARIO, Canada, 416-291-2721.

16 OCT. USPF Natural Nationals Qualifier (Alabama, GA), Rich Peters, Box 1753, Normal, OK 73070

16 OCT. PFC Canadian Powerlifting Championships (open, masters, women, teen, women, masters, women, teen, women, masters, women, teen), Erik Porter, 6422 W. Road, Wagon, ONTARIO, Canada, 416-291-2721.

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Central California Open Powerlifting Championships

SATURDAY, OCTOBER 8TH, 1988

Veterans Memorial Building, San Luis Obispo, CA
Sculptured Trophies. Teenage light & heavy divisions (1st-3rd in each, women and masters by formula (1st-5th) and open

SPONSORED BY



526 Dam #4, San Luis Obispo, CA 93401, 805-544-0155 after 7 PM

- 11.12 FEB, Can. American Open, Northern California, 1719 Maple St., Glens Falls, NY 12081, 518-795-5557.
- 11.12 FEB, USPF Natural Nationals (Dallas), Rich Peters, Box 1753, Norman, OK 73070.
- 18 FEB, USPF New Jersey State Drug Tested Championships, The Gym Sports Institute, 65 W. Demarest Ave., Englewood, NJ 07631.
- 18 FEB, ADPPA National Bench Press Championships (tentative), Joe Pina, 25 Louis Dr., Budd Lake, NJ 07828.
- 25 FEB, Olympian Open, Claude Handberg, 20219 Fenmore, Detroit, MI 48235.
- 31.3.52.07.05, Florida State Bench Press (open), 400 S.W. 5th St., Ft. Lauderdale, FL 33301 or Delta Position, Gold's Gym, 13339 N. Florida Ave., Tampa, FL 33613, 813-961-0595.
- 4 MAR, ADPPA Women State Teenage, Lloyd Coon, 5119 Worcester, Swartz Creek, MI 48873, 313-635-4206.
- 4 MAR, Viking Invitational Meet (men and women), High School only, Steve Games, 19882, Highway 30, Box 131, Umatilla, OR 97582, 502-922-2961.
- 4 MAR, El Dorado Open & Greater Arkansas Bodybuilding (open, below class 2, teen, high school, master, women), Bob Ross, 202 W. Grove, El Dorado, AR 71730, 501-863-6141 (adj) or 501-863-4738 (night).
- 12 APR, Central Iowa Open Bench Press - Deadlift (open, teen, master, women), Don Halley, 1000 S. 22nd St., Des Moines, IA 50315, 515-280-8275.
- 4.5 MAR, IPA Drug Free High School National Championships (5 year drug tested period, men and women), 14-15, Teenaage, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.
- 5 MAR, 4th Annual Bench Press Championship

Gurley's Gym Inc. BENCH PRESS CONTEST

Saturday, October 29, 1988
Berkeley Mall
Berkeley, CA

Open Division and Masters Division (over 40)

For information or entry blanks contact:
R.L. GURLEY
Gurley's Gym Inc.
143 South Center St.
Goldsboro, NC 27530
phone: 919-735-9712

period, limited and women, 14-15, 16-17, 18-19, limited and women, Sperto Teenaage, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.

21 MAY, B.B.S. Bench and Deadlift, David Biese, 3130 W. Monroe, Alma, MI 48801, 313-486-8200.

27 MAY, Central Iowa Bench Press Meet (bench, open, novice, masters, women, teen, beginner, team, Deadlift, open, masters, team), Jeff Beard, 3408 Fallaine Dr., Des Moines, IA 50315, 515-280-8275.

27 MAY, USPF Junior Nationals, Ricky Dale Crain, Post Office Box 1322, 1000 S. 22nd St., Des Moines, IA 50315, 515-280-8275.

3 JUN, Michigan State Open, 1000 S. 22nd St., Des Moines, IA 50315, 515-280-8275.

3 JUN, Michigan State Open, 1000 S. 22nd St., Des Moines, IA 50315, 515-280-8275.

10 JUN, APF North American Open Bench Press, Scott Taylor, RR Box 213C, S. Royalton, VT 05068, 802-763-7135 (S.A.S.E.).

10 JUN, APF North American Open Bench Press, Scott Taylor, RR Box 213C, S. Royalton, VT 05068, 802-763-7135 (S.A.S.E.).

17 JUN, ADPPA Women Teenage Nationals, Lloyd Coon, 5119 Worcester, Swartz Creek, MI 48873, 313-635-4206.

18 JUN, IPF Drug Free Women's National, 14-15, 16-17, 18-19, Junior, 20-24, Open 25-29, Senior 30-34, Sub-master 34-39, Master 40-44, 45-49, etc., limited entries), Sperto Teenaage, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.

JUN, ADPPA National Bench Press Championships (55 W. Demarest Ave., Englewood, NJ 07631, 201-568-8538).

9 JUL, APF Northwest Illinois Festival of Powerlifting (Class I, Co-Ed Fitness Center II), 597 David Greenwald, Co-Ed Fitness Center II, 597 7432 Lane, Down, IL 61021, 815-588-5557 or 815-588-8538.

9 JUL, ADPPA Senior State Championships, Dave Cammon, 411 E. Third St., Flint, MI 48803.

15 JUL, United States, Garry Benford, Columbus, OH 43004, 216-964-3013.

15 JUL, Harrison, East Lansing, MI 48823, 517-332-5150.

15 JUL, IPA Drug Free Outdoor Bench Press Championships (5 year drug tested period, men, limited entries), Sperto Teenaage, 11502 Brundidge Terrace, Germantown, MD 20874, 301-972-0021.

21.22 JUL, APF Senior Nationals (men and women combined), Garry Benford, Columbus, OH 43004, 216-964-3013.

21.22 JUL, World Germany Powerlifting (Karlruhe, 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 4S6, 604-681-1111.

4.5 AUG, USPF Boy's & Girl's Teenage National Championships, Ricky Dale Crain, Post Office Box 1322, Shawnee, OK 74802, 405-275-3689.

13 AUG, PIA YMOCA Open Bench, Dave Cammon, 411 E. Third St., Flint, MI 48803.

ALL NATURAL U.S.A. Powerlifting Championships
29.30 October 1988
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18.19 AUG, IPA Drug Free World Record period, by invitation only, Sperto Teenaage, 11502 Brundidge Terrace, Germantown, MD 20874.

19 AUG, 4th Annual Iowa State Fair Bench Press, 14-15, 16-17, 18-19, Junior, women, teen, beginners, team, deadlift, open, masters, women), Jeff Beard, 3408 Fallaine Dr., Des Moines, IA 50315, 515-280-8275.

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

NOV, IPF Masters & Women's World Championships, World Powerlifting Championship, P.O. Box 717, Spawny, Nova Scotia, CANADA

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

P.P.S. for information regarding the official bidding procedures for upcoming USPF National Championships meet, contact Ralph Purdie, RR 1 Box 291, Health Springs, SC 29038.

MEET DIRECTORS!!!!

Get more entries for your meets! Take out a display ad in the Coming Events section of PL USA and get the attention of thousands of lifters looking for a meet to enter. The cost is minimal and easily covered by the first few extra entries you get. Give your meet the attention and respect it deserves. Call MIKE LAMBERT at 805-482-2378 and see how little it costs to get your ad in PL USA. We'll even do the typesetting for you - FREE!

Staff here at Fort Lee, and also the judges who will be officiating at the meet, are: time, Hal Adams (head referee) and Steve referees, Chip Saunders and Mike McNulty. (Thanks to meet director Randy Saunders for results).

California Police Olympics (CA Polios)
23-24 May 88 - Bakersfield, CA (Kilios)
56 kgs. 240
60 kgs. 220
75 kgs. 215
90 kgs. 210

Men's Senior
100 lbs. 210
110 lbs. 205
125 lbs. 200
150 lbs. 195
175 lbs. 190
200 lbs. 185

Women's Senior
100 lbs. 210
110 lbs. 205
125 lbs. 200
150 lbs. 195
175 lbs. 190
200 lbs. 185

23-24 May 88 - Bakersfield, CA (Kilios)
56 kgs. 240
60 kgs. 220
75 kgs. 215
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150 lbs. 195
175 lbs. 190
200 lbs. 185

Women's Senior
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110 lbs. 205
125 lbs. 200
150 lbs. 195
175 lbs. 190
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From Our Readers...

I am writing this letter in an attempt to share some of my lifting experience (8 years worth) with Powerlifting USA's many readers. I would like to help some lifters from getting into a rut from which escape can be difficult.

Im sure that most of you have heard of and/or experienced overtraining - the more is better syndrome. Another type of overtraining is also very common yet is more difficult to understand and the symptoms of which are much less obvious. This type of overtraining is called psychological overtraining. One might say that constantly changing one's workout (sets, reps, exercises, etc.) will prevent this from occurring; unfortunately, this is not so. The reason being that it is more of a psychological dependence than a staleness. It is just best to illustrate this point is by an example. Let's say that a guy has just begun lifting (1.2 years) and is making progress. Eventually he will come to a point where gains take almost forever to come, but this person does not overtrain. The lifts instinctively, cyclically, and has a very good diet. He gets more than adequate amounts of rest, yet gains are not coming, and maybe his poundages are decreasing. One of the person reasons is that he is participating in too many other activities and they are taking away critical energy needed to make the gains he wants. So, he doesn't take part in any other sports - no weekend softball with friends, he refuses to go out dancing all night hours of the night for fear that this lifting may suffer. In general, this person stays out of other lifts of this lift, physical or otherwise, which make it interesting. On the contrary, I am hoping to help some people make gains and be happier by putting working out in its proper perspective. Anything which is a barrier to the vision of all other things soon becomes boring and lifeless, did you ever try having ice cream 3 times a day for a week. We all need new experiences to grow and flourish.

Some of us may take this problem one step further, especially if this person who may be lacking this confidence and self-esteem, is using weightlifting to bolster his ego. Weighing out and measuring is not to get that good something goes wrong, he will turn to the weights in order to get that good feeling that accompanies a good workout. All lifters know that those fat-lastic days, when mountains can be moved, or so we feel, are few and far between. Still, this person keeps trying to push or pull those heavy weights or get that tremendous pump, which will make every session of those great days. In essence, this person is using working out as a drug, which is a great drug or an alcoholic would use liquor. This is a dangerous situation, one which may require counseling of some sort. This psychological dependence is devastating to the body and to the mind.

To help prevent all of this, make exercise fun, don't put too much pressure on yourself to excel. Listen to your body, train instinctively. Most important, don't single out lifting as the most important aspect of your life. Have positive inputs from all areas of life are needed to build self confidence. Have a positive attitude. Don't set yourself up for disappointment and failure by shooting for unrealistic goals. Set rational short term and long range goals. Remember that happiness and a positive attitude breed success in all aspects of life. Everything I've said actually happened to me and to a lesser degree, I've found out, to many other lifters. If I'd read a similar article a few years ago, I could possibly have been saved much misery. Maybe I can help someone else. Just as a sidekick, a few weeks ago I rested up quite well for a good workout on Sunday, not going out Friday or Saturday night and doing practically nothing during the day on Sunday. Come Sunday night, I was "ready" or so I thought, I had no intensity whatsoever. I cut the workout short and went inside thoroughly perplexed. Monday provided me with more confidence. Finally on Tuesday, I said to heck with it all and played basketball for about three hours, every minute of which was immensely pleasurable. On Wednesday, much to my surprise, I had a tremendous workout. Even squats went terrific even though the basketball should have tired my legs out. This is what gave me the impetus to write this piece. Look at someone like Larry Scott, bodybuilding great, who still has championship form. In reading about Scott, I found out that he combines his exercise with hobbies which are enjoyable to him. This is one of the keys to a fulfilling career. Frank D'Agostino

I would like to object strongly to the article "Golden Age or the Rusting Age" by David Field which appeared in your July 1988 issue. I will try to keep this simple so that you can understand my objection. The article appears under the heading "Power Research" dedicated to bringing Science (to) the Sport of Powerlifting. I am a non-academy research design and statistics at the University of Colorado Colorado Springs. The article by Field violates some very basic statistical principles. First that any of my students would be able to point out the major scientific flaw leading to Field's conclusion. If no one on your editorial staff can identify such a basic mistake, then I would propose dropping the heading "Power Research". From my article did not "bring science to the sport of Powerlifting". Frederick L. Coolidge, PhD, Chairman and Associate Professor of Psychology, University of Colorado at Colorado Springs, P.S. You cannot assume strength peaks at age 21 if you have no data for ages 25-29, 30-34, and 35-39.

I suggest when one writes a statement or does an article on a specific issue relating to Powerlifting one makes sure one is informed on all the facts being written about. In getting sick and tired of reading statements that suggest a certain individual has the biggest arms or chest in the World, or he must be the biggest, or one thinks he has the biggesticeps in the World, if you would just get in contact with the GUINNESS BOOK OF WORLD RECORDS England (001-367-4597, Guinness Editorial Offices at 33 London Road, London, W14 9NS, England). One would have to have built the largest muscular biceps, chest, forearms in the World. Biceps: 26 and 17.8th inches; Chest: 68 and 17.6th inches; Forearms: 21 inches. So, the next time you mention size in your magazine, I should think my name should be in ink if you want your readers to know the facts.

I want you to know that I have never used any kind of drug to build my size strength, or any other scientific method. This is why I think Powerlifting is so exciting, and the drugs that the lifters use and designing different drugs that are used in the sport. This is why Powerlifting was entered a supposedly drug free competition. This is why Powerlifting should be a part of the Olympic Games, and in my opinion it should be. They are even developing ways to split the muscle fiber itself, so one can have more fibers and consequently more strength. These are the reasons I don't compete. I don't want to be associated with it. Using drugs to enhance one's size or strength to me is the same thing as using cocaine or heroin. How can one call himself a champion when he uses drugs to attain a World Record. The definition of a champion is one that is superior to others. In my opinion, if one is using drugs he or she isn't superior to the person who can't lift half of what he can.

One can't even imagine the iron I had to push, or the hours I put in, not to mention the years of intense training I endured to build my World size. And to watch someone use drugs and other scientific methods to get to the top makes me sick. These are not the people that made American sports what they are today, nor the people we watch on T.V. every weekend, but the people who run every day on the roads of small towns across the U.S. in quest for that sub three hour marathon, the people who lift weights in their basements every day, hoping to obtain that 300 plus bench press, the people who play basketball on the street courts throughout the year, hoping for their team to win the tournament they have entered. These are the people that made American sports what they are today. I consider myself part of this group, and now I am a World Champion.

If Powerlifting would clean up it's act it might attain a great athlete that would otherwise compete against himself, just think what this man can lift with his tremendous size, with a single entry into a competition there would be new records, but as long as the camp, leading into competition is made out of drugs and deception the sport of Powerlifting will never know me. Sincerely Yours, World Record Holder, Isaac "Dr. Size" Nesser.

Steroid Mentality? What is it? It's not knowing a lot about how to use steroids or what they will and won't do to you. It's about the way some people think and act while they are using steroids and other associated drugs. While I was in college, I trained with several people that used steroids. The one thing I saw in most of them was that they slacked off in their workouts while on the drug. They knew that since they were going to "gain" anyway, that they were not going to work hard. Some of these same lifters took up to six years to complete their four year degrees and others dropped out of college entirely. I am sure you have seen the same lifters at pizza delivery drivers, etc., while they continued to lift with the vision of being a champion.

Now I do not claim to be a judge of anyone's activities, but it seems foolish to focus all your energy toward being a star. If your total in the 275 lb. class would not place you in either the APF or USPF Seniors in the 165 lb. class, I would not take steroids to achieve those lifts. It's pure stupidity. Powerlifting is a lot of fun, but your religion, family and health are more important. As the years passed, I kept seeing my friends whom I trained with in my early lifting days. They are still bouncing around, but have slipped and money to go to pro wrestling school. I took a job with a lawn service and was promoted to manager. I continued to train and met a few people through the club I lift at and I decided to lift one part time. Then it happened. You give him something to do it takes him a week (or longer) to get it done. Is he slow? Is he stupid? No, he's on steroids. It occurred to me that, like him, my friends from college were lazy in their everyday lives because of steroids. I don't know if it was conscious or subconscious, but their slacks workouts carried over into everyday life. They had the attitude that "as long as I can lift, nothing else matters" including health, a big life to support themselves and what their peers thought. Not everyone on steroids is this way. Most of the champions are the type that will be successful in whatever they do. The least, stand alone tell us that cocaine is a big life. Well, I think steroids are too, for some people. With my friends steroids gave them false hope and made them feel important and like someone they were not. Steroids can be a vehicle for stupidity. They can control your mind. So, instead of taking a chance with them, say no to steroids. Name withheld by request.

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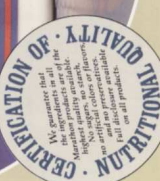
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