

# DIBENCOZIDE

ULTIMATE IN NON-STEROIDAL ANABOLIC AGENTS

100% Safe, 100% Natural  
 Dibencozide Builds Strength  
 And Stamina Better Than  
 BANNED Steroids!

### IMPORTANT

We have developed a stabilized 10 mgs. capsule of Dibencozide to compensate for the slight loss to the digestive process. Our sub-lingual Dibencozide tablets are imported from Europe, where this fantastic product was developed and is scientifically tested.

For championship body-building power-lifting results, Pacifico Enterprises introduces Dibencozide, a safe, non-prescription supplement that helps maximize your power and size, without the harmful side-effects of prescription steroids. Following a rugged, twenty-four month test program in Europe's most respected clinics, Dibencozide was found to be up to **twice** as effective as many prescription steroids at increasing size, stamina and strength, while adding less than half the weight. (See Graph) Now, for the first time in the United States, Dibencozide is offered by Pacifico Enterprises in 5 mgs. or the maximum allowed dosage of 10 mgs. per tablet. Build smart: put Dibencozide to work optimizing your body-building and power-lifting development! For more information or a FREE catalog.

One bottle of 100, 5 mgs. sub-lingual tablets .. \$40.00  
 One bottle of 200, 5 mgs. sub-lingual tablets .. \$78.00  
 One bottle of 50, 10 mgs. capsules .. \$35.00  
 One bottle of 100, 10 mgs. capsules .. \$60.00

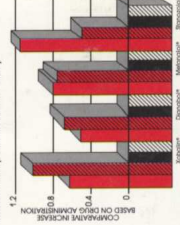


P.O. Box 141452 • Dayton, OH 45414

ORDERS YOURS TODAY! Call Toll-Free: 1-800-392-5494.  
 Ohio residents call: 513-399-7245. Check, money order, VISA, MasterCard accepted.  
 Ohio residents only, please add 6% for Ohio sales tax.  
 Include \$2.00 for postage and handling.

The Results Are In!  
 Dibencozide  
**EXCEEDS** The  
 Power Of Steroids!

DIBENCOZIDE VS. ANABOLIC STEROIDS  
 Eastern European Research Study

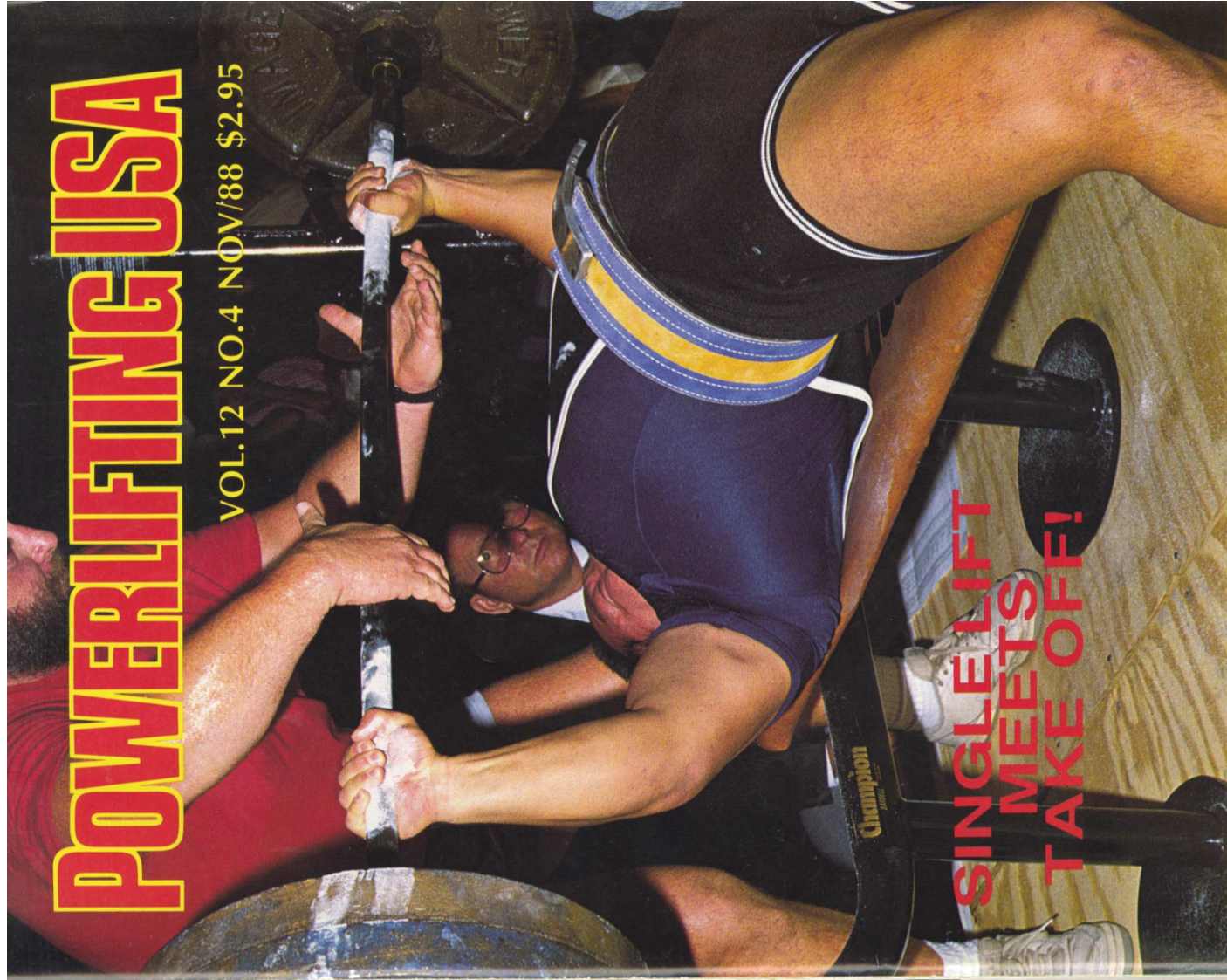


Dibencozide offers more building power than any of these prescription steroids! Dibencozide, used as an anabolic agent in treating osteoporosis, premature birth and anorexia, is now available for use as a non-steroid developmental supplement. Over twenty world records have been set while using Dibencozide!

Distributors Welcomed

# POWERLIFTING USA

VOL.12 NO.4 NOV/88 \$2.95



## SINGLET TAKE OFF!

Julian Lee Benches 590 at 198 - John Inzer Deadlifts 740 at 165!



# TITAN AND PACIFICO

J O I N • A T • T H E • S E A M !

Titan Suits and Pacifico Enterprises have joined together in business. Titan has agreed to make the Power Elite Squat Suit. Now the two top performers are working together to give you the best possible lifting suit ever.

### Same Guarantee.

If any Power Elite Suit made by Titan runs within a year the suit will be replaced plus you will receive \$50. If the crotch rips or tears within 2 months of purchase we will replace the suit and you will receive \$20.



Our crotch has a unique new stitch that resists pressure and expands like no other seam. Many have tried this design but they all remain below our standard.



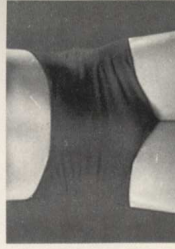
### Power Elite Suits

Available in burgundy, royal blue, navy blue only. FAST delivery. Send us your height, weight, hips and thighs at the largest point, measure top of trap to a point 6" below crotch.

Quantity: One / \$34.00  
Two / \$66.00  
Three / \$96.00  
Five / \$150.00  
(FREE wrap with each suit ordered)

## Superior BRIEFS

Worn under the suit as underwear. Legal, effective, black only.



Give weight, hip and thigh measurements.  
One / \$16.00  
Two / \$30.00



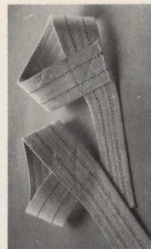
### Superior™ Red Line Knee Wraps

30% stronger than any previous wrap. \$12.50 a pair / \$24.00 two pair / \$60.00 ten pair  
(Buy two pair, get a third pair of wraps FREE)



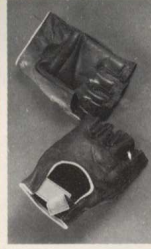
### Superior™ Red Line Wrist Wraps

Outstanding durability. \$4.00 a pair / \$7.00 two pair / \$9.00 three pair



### Hand Straps

Available in fist sizes 10 or 11. \$5.00 a pair / \$9.00 two pair / \$13.00 three pair



### Lifting Gloves

Available in S / M / L / XL / XXL \$9.00 a pair / \$17.00 two pair

### TAILORING INFORMATION:

Are you a regular Customer?  Yes  No

Male  Female Height \_\_\_\_\_ Weight \_\_\_\_\_ Chest \_\_\_\_\_ Arm \_\_\_\_\_

Hips (largest part) \_\_\_\_\_ Legs (largest part) \_\_\_\_\_ Overall (top of trap to 6" below crotch) \_\_\_\_\_



P.O. Box 14152 • Dayton, Ohio 45414

Add \$2.00 for postage, VISA, MasterCard, C.O.D. orders only 1-800-392-5496 Ohio residence and information 513-898-7245.

## Powerlifting USA

Post Office Box 467  
Camarillo, CA 93011

Editor-in-Chief Mike Lambert  
Andy Kerr  
International Editor Dr. Ken Leistner  
Feature Editor Ken Leistner  
Training Editor Ron Fernando  
Research Editor Dr. Tom McLaughlin  
Sports Medicine Editor William Taylor, MD  
Subscription Services Jean Lambert  
Graphics/Layout In-Joo Lambert  
Statistician Herb Glossbrenner  
Publisher Mike Lambert

...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$21 per year. The office is located at 2486 Ponderosa Dr., North, Suite D-216, Camarillo, CA 93010. 2nd class postage paid at Camarillo, CA 93010 and at additional offices.

POSTMASTER: Send change of address notices and undeliverable copies to POWERLIFTING USA, PO Box 467, Camarillo, California 93011.

Subscription Rates: (US funds only)  
USA & Canada, 1 yr. .... \$21.00 US  
USA & Canada, 2 yr. .... \$39.50 US  
First Class Mail, 1 yr. .... \$36.00 US  
Foreign, Surface Mail. .... \$28.00 US  
Foreign, Air Mail. .... \$50.00 US



COMMITTEE OF SMALL MAGAZINE EDITORS AND PUBLISHERS  
BOX 705 SAN FRANCISCO, CA 94101

POWERLIFTING USA advertising rates available upon your request.

## TABLE OF CONTENTS

Volume 12, Number 4 • November, 1988

RECORD BREAKERS BENCH PRESS.....Paul McCoy.....8  
DEADLIEST DEADLIFT.....Scott Johnson.....9  
DENNIS YAKLICH.....Mike Lambert.....10  
BEST WOMAN SQUATTER.....Doug Daniels.....11  
MASTER POWER.....Mike Lambert.....12  
BENCH PRESSING.....Chris Confessore.....14  
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....15  
WORKOUT OF THE MONTH.....Lamar Gant.....19  
LAMAR GANT PICTORIAL, PT. 2.....Mike Lambert.....20  
WHO'S WHO IN POWERLIFTING.....Mike Lambert.....23  
MAGIC LEG MACHINE.....John Ware.....24  
ASK THE DOCTOR.....Mauro Di Pasquale MD.....26  
QUESTION & ANSWER.....Roger Estep.....27  
BOB WAGNER INTERVIEW.....Bob Gaynor.....32  
DR. JUDD.....Judd Biasiotto Ph.D.....33  
DAVE PASANELLA.....John Comerkeski.....36  
TOP 100 242s.....E.J. Lambert.....38  
USPF PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....40  
POWER FUN.....Paul Kelso.....41  
FOOD PREPARATION.....Jack Digangi R.D., M.S.....42  
PAIN TOLERANCE.....Fred Hatfield Ph.D.....44  
ADEPA TOP 20 LIGHTWEIGHTS.....E.Jean Lambert.....60  
FOR THE RECORD.....Ed Ng.....80  
COMING EVENTS.....95

ON THE COVER...Julian Lee punches up 590 at 198 in the WBC Record Breakers Invitational. Linda Finnegan photo.

NEXT MONTH...the scientific research answer to the question of how much lifting gear adds to your squat poundage.

© 1988 Powerlifting USA

Reproduction of this magazine in whole or part is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

## POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!  
Check one:

- NEW  
 RENEWAL  
 Address Change  
(Indicate previous address)

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

\$21.00 for 12 monthly issues.  
\$39.50 for 2 years.

Payable to: "Powerlifting USA"  
Box 467, Camarillo, CA 93011.



## World Record Breakers Invitational

3 Sep 88 - Ponder, TX

132 lbs.	198 lbs.	220 lbs.	275 lbs.	315 lbs.	350 lbs.
148 lbs.	165 lbs.	185 lbs.	205 lbs.	230 lbs.	255 lbs.
285	325	335	345	355	365
402	424	442	463	484	500
467	477	490	500	510	525
530	551	571	590	611	632
600	622	644	663	684	706
663	684	706	727	748	769
796	817	838	859	880	901
922	943	964	985	1006	1027
1048	1069	1090	1111	1132	1153
1174	1195	1216	1237	1258	1279
1299	1320	1341	1362	1383	1404
1425	1446	1467	1488	1509	1530
1551	1572	1593	1614	1635	1656
1677	1698	1719	1740	1761	1782
1803	1824	1845	1866	1887	1908
1929	1950	1971	1992	2013	2034
2055	2076	2097	2118	2139	2160
2181	2202	2223	2244	2265	2286
2307	2328	2349	2370	2391	2412
2433	2454	2475	2496	2517	2538
2559	2580	2601	2622	2643	2664
2685	2706	2727	2748	2769	2790
2811	2832	2853	2874	2895	2916
2937	2958	2979	3000	3021	3042
3063	3084	3105	3126	3147	3168
3189	3210	3231	3252	3273	3294
3315	3336	3357	3378	3399	3420
3441	3462	3483	3504	3525	3546
3567	3588	3609	3630	3651	3672
3693	3714	3735	3756	3777	3798
3819	3840	3861	3882	3903	3924
3945	3966	3987	4008	4029	4050
4071	4092	4113	4134	4155	4176
4197	4218	4239	4260	4281	4302
4323	4344	4365	4386	4407	4428
4449	4470	4491	4512	4533	4554
4575	4596	4617	4638	4659	4680
4701	4722	4743	4764	4785	4806
4827	4848	4869	4890	4911	4932
4953	4974	4995	5016	5037	5058
5079	5100	5121	5142	5163	5184
5205	5226	5247	5268	5289	5310
5331	5352	5373	5394	5415	5436
5457	5478	5499	5520	5541	5562
5583	5604	5625	5646	5667	5688
5709	5730	5751	5772	5793	5814
5835	5856	5877	5898	5919	5940
5961	5982	6003	6024	6045	6066
6087	6108	6129	6150	6171	6192
6213	6234	6255	6276	6297	6318
6339	6360	6381	6402	6423	6444
6465	6486	6507	6528	6549	6570
6591	6612	6633	6654	6675	6696
6717	6738	6759	6780	6801	6822
6843	6864	6885	6906	6927	6948
6969	6990	7011	7032	7053	7074
7095	7116	7137	7158	7179	7200
7221	7242	7263	7284	7305	7326
7347	7368	7389	7410	7431	7452
7473	7494	7515	7536	7557	7578
7599	7620	7641	7662	7683	7704
7725	7746	7767	7788	7809	7830
7851	7872	7893	7914	7935	7956
7977	7998	8019	8040	8061	8082
8103	8124	8145	8166	8187	8208
8229	8250	8271	8292	8313	8334
8355	8376	8397	8418	8439	8460
8481	8502	8523	8544	8565	8586
8607	8628	8649	8670	8691	8712
8733	8754	8775	8796	8817	8838
8859	8880	8901	8922	8943	8964
8985	9006	9027	9048	9069	9090
9111	9132	9153	9174	9195	9216
9237	9258	9279	9300	9321	9342
9363	9384	9405	9426	9447	9468
9489	9510	9531	9552	9573	9594
9615	9636	9657	9678	9699	9720
9741	9762	9783	9804	9825	9846
9867	9888	9909	9930	9951	9972
9993	10014	10035	10056	10077	10098
10119	10140	10161	10182	10203	10224
10245	10266	10287	10308	10329	10350
10371	10392	10413	10434	10455	10476
10497	10518	10539	10560	10581	10602
10623	10644	10665	10686	10707	10728
10749	10770	10791	10812	10833	10854
10875	10896	10917	10938	10959	10980
11001	11022	11043	11064	11085	11106
11127	11148	11169	11190	11211	11232
11253	11274	11295	11316	11337	11358
11379	11400	11421	11442	11463	11484
11505	11526	11547	11568	11589	11610
11631	11652	11673	11694	11715	11736
11757	11778	11799	11820	11841	11862
11883	11904	11925	11946	11967	11988
12009	12030	12051	12072	12093	12114
12135	12156	12177	12198	12219	12240
12261	12282	12303	12324	12345	12366
12387	12408	12429	12450	12471	12492
12513	12534	12555	12576	12597	12618
12639	12660	12681	12702	12723	12744
12765	12786	12807	12828	12849	12870
12891	12912	12933	12954	12975	12996
13017	13038	13059	13080	13101	13122
13143	13164	13185	13206	13227	13248
13269	13290	13311	13332	13353	13374
13395	13416	13437	13458	13479	13500
13521	13542	13563	13584	13605	13626
13647	13668	13689	13710	13731	13752
13773	13794	13815	13836	13857	13878
13899	13920	13941	13962	13983	14004
14025	14046	14067	14088	14109	14130
14151	14172	14193	14214	14235	14256
14277	14298	14319	14340	14361	14382
14403	14424	14445	14466	14487	14508
14529	14550	14571	14592	14613	14634
14655	14676	14697	14718	14739	14760
14781	14802	14823	14844	14865	14886
14907	14928	14949	14970	14991	15012
15033	15054	15075	15096	15117	15138
15159	15180	15201	15222	15243	15264
15285	15306	15327	15348	15369	15390
15411	15432	15453	15474	15495	15516
15537	15558	15579	15600	15621	15642
15663	15684	15705	15726	15747	15768
15789	15810	15831	15852	15873	15894
15915	15936	15957	15978	15999	16020
16041	16062	16083	16104	16125	16146
16167	16188	16209	16230	16251	16272
16293	16314	16335	16356	16377	16398
16419	16440	16461	16482	16503	16524
16545	16566	16587	16608	16629	16650
16671	16692	16713	16734	16755	16776
16797	16818	16839	16860	16881	16902
16923	16944	16965	16986	17007	17028
17049	17070	17091	17112	17133	17154
17175	17196	17217	17238	17259	17280
17301	17322	17343	17364	17385	17406
17427	17448	17469	17490	17511	17532
17553	17574	17595	17616	17637	17658
17679	17700	17721	17742	17763	17784
17805	17826	17847	17868	17889	17910
17931	17952	17973	17994	18015	18036
18057	18078	18099	18120	18141	18162
18183	18204	18225	18246	18267	18288
18309	18330	18351	18372	18393	18414
18435	18456	18477	18498	18519	18540
18561	18582	18603	18624	18645	18666
18687	18708	18729	18750	18771	18792
18813	18834	18855	18876	18897	18918
18939	18960	18981	19002	19023	19044
19065	19086	19107	19128	19149	19170
19191	19212	19233	19254	19275	19296
19317	19338	19359	19380	19401	19422
19443	19464	19485	19506	19527	19548
19569	19590	19611	19632	19653	19674
19695	19716	19737	19758	19779	19800
19821	19842	19863	19884	19905	19926
19947	19968	19989	20010	20031	20052
20073	20094	20115	20136	20157	20178
20199	20220	20241	20262	20283	20304
20325	20346	20367	20388	20409	20430
20451	20472	20493	20514	20535	20556
20577	20598	20619	20640	20661	20682
20703	20724	20745	20766	20787	20808
20829	20850	20871	20892	20913	20934
20955	20976	20997	21018	21039	21060
21081	21102	21123	21144	21165	21186
21207	21228	21249	21270	21291	21312
21333	21354	21375	21396	21417	21438
21459	21480	21501	21522	21543	21564
21585	21606	21627	21648	21669	21690
21711	21732	21753	21774	21795	21816
21837					



# MURDER & JUSTICE

## The DENNIS

**YAKLICH Story**  
 In addition to his many accomplishments in bodybuilding, Dennis Yaklich was 1970 Jr. National Champion in Powerlifting in the 242 lb. class and later went on to become one of only a handful of men throughout history who have been able to bench press 600 pounds.

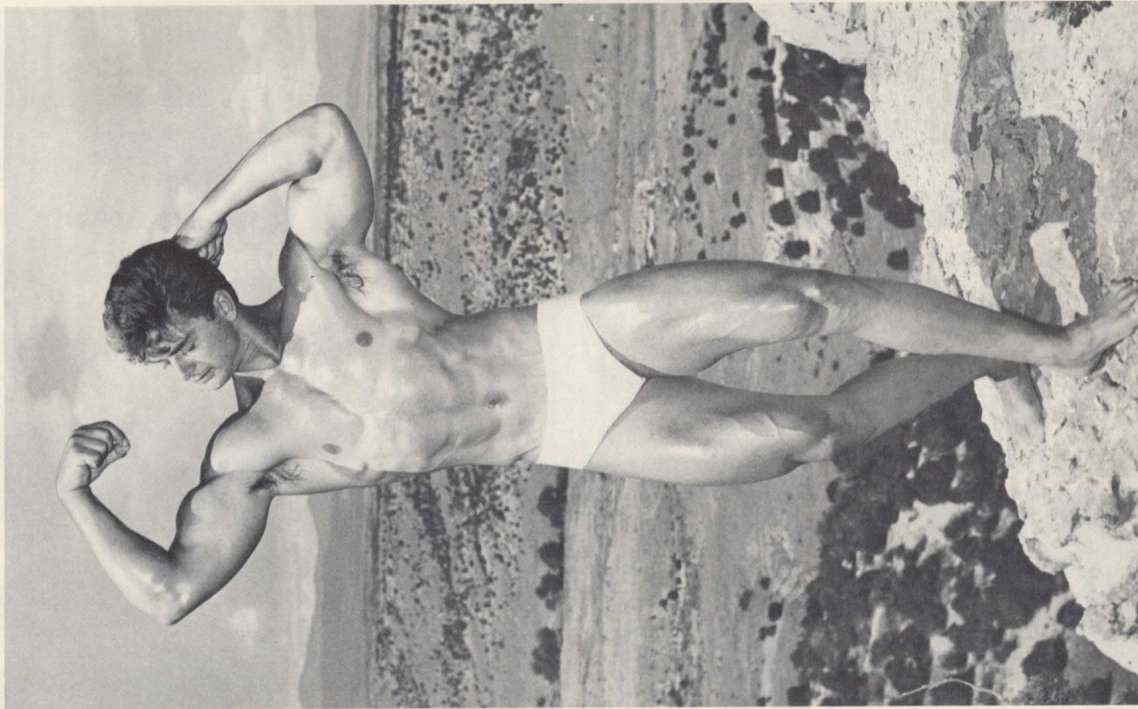
Dennis Yaklich, 38, an undercover narcotics officer, was ambushed in the driveway of his home on the eve of his son's birthday, December 12th, 1985, and died before he could pull his own revolver to defend himself. Two local youths were convicted of the slaying, but as the investigation developed it became known that they had been hired by Yaklich's wife, Donna, to commit the crime.

The case drew national attention because of the unprecedented defense used by Mrs. Yaklich's attorneys, that she was acting in self-defense against Dennis, whom she alleged was an abusive husband. While the two brothers that shot-gunned Dennis to death were convicted of murder, and are in prison currently serving terms of 20 and 30 years, Donna was judged innocent of murder, but guilty of conspiracy. The controversy about this decision was the subject of numerous local television and newspaper commentaries.

Donna Yaklich was portrayed as being in fear of her 'gigantic' husband, though little was documented regarding physical abuse, and she admitted hiring her husband's killers. Many in the community felt that Donna Yaklich had received a 'sympathy' verdict and were outraged. It was pointed out on one local television station that Dennis, the murder victim, seemed to be the one on trial at various points in the proceedings.

The television program *A Current Affair* covered the case, and host Maury Povich began his commentary with the words that Dennis "was one of the strongest men in the world, and some say, one of the meanest." Reporter Rafael Abramowicz characterized Dennis as "basilisk and bashed by bullies" in high school, but later he began lifting weights and taking steroids, and ended up being called "Mr. Macho" by his neighbors in Pueblo, Colorado. Various and conflicting statements about Dennis from Yaklich, children and step-children were included in the broadcast.

Public outrage about the jury's decision of innocent against Donna was eased when the sentencing on the conspiracy charge was handed down - 40 years in prison, only 8 years short of the maximum possible. A friend of Dennis since 1965, Richard Scalse, has renamed the Pueblo Bench Press Championships

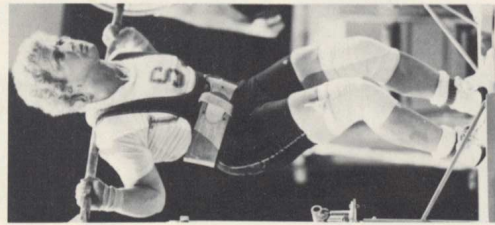


**DENNIS YAKLICH**...won the bodybuilding titles of Junior Mr. Colorado, Mr. Iron Man, Mr. Denver, Mr. Western Plains, and Mr. Heart of America. His best lifts were 750 600 750. Thanks to Richard Scalse for photo/information.

in his honor, and recalls how he placed 3rd at 181 in his 1st meet, and was never beaten after that. He ben-

ched 220 as a teenager, 400 when he was 20, and 2 years later set a state record of 550. Richard states

"He was 20 years ahead of his time...no telling how strong he would have been, if he had been pushed."



**Ruthi Shafer's** lifts still rank among the highest ever, despite lots of new competition in the squat overall.

I really couldn't do a series on the Men's All Time Greatest Lifts without giving the lady lifters equal time. In comparison to men's lifting, female lifting is still relatively new. In the 1970s a few women pioneers broke new ground in powerlifting. Jan Todd and Cindy Reinhardt came to mind first. Jan Todd was the first woman to break the 500 pound barrier in the squat and she registered a huge 546 in June of 1983 that stood for a few years. In 1983 and 84, Ruthi Shafer set the powerlifting world on fire with some massive 500 lb. plus squats, weights which were, at that time, unheard of for a non-superheavy. In 1987, Lorraine Costanzo became the first woman to squat 600 pounds in competition and later that year, she put a whopping 628 on the books at the APF Worlds in Dayton, Ohio. In the lower weight classes, some of the best women's squats have been ranked near the top of the Top 100 list in this magazine. At these bodyweights, women's hip and thigh strength can be comparable to men of similar size.

But, who is the greatest female squatter of all time? In order to do this, I compiled (with the help of Mike Lambert, Gail Frantz, and Alan Kirshner) a list of the all time highest squats in each of the 10 women's weight classes regardless of association, etc. Because the ADFPA uses different weight classes, I fit the ADFPA bests in the nearest regular weight classes. I used the top weight of each weight class as the bodyweight factor, but for the Superheavy division, I used exact weight. I then ranked them by both of the top women's formulas, the Malone formula and the Reshel formula. These formulas were developed by Pat Malone and Greg Reshel, who are, coincidentally, husbands of two of the top women

# The GREATEST Women Squatters

as told by PL USA's DOUG DANIELS

Wt. Class	Lifter Name	Best Squat	Reshel Rank	Malone Rank	Composite Rank
97	Palk	317	10	9	9
105	Simmons	336	9	10	9
114	Jeffrey	408	6	4	6
123	Jeffrey	441	8	1	3
132	Shafer	457	7	6	8
148	Shafer	509	5	3	2
165	Dodd	545	4	5	3
181	Reshel	578	3	8	7
198	Reshel	633	2	3	1
SHW	Costanzo	628	2	7	3

lifters today, Naomi Prince and Dawn Reshel. In order to smooth out any differences these two formulas may have, I combined their resulting ranks to arrive at a composite rank. The lowest 'score' is the best squat and so on. I guess this method could be called the "Daniels" Formula.

The top female squatter? Dawn Reshel with her 633 at the Wisconsin State Championship on May 15, 1988. This great achievement is also the all time highest female squat by poundage. Dawn also owns the all time best at 181 with a 578 done during the first USA vs. USSR contests in the July of this year. Dawn showed the Rusksies that USA is #1. That squat ranks as number 7. Number two belongs to the great Ruthi Shafer

with a 509 pound squat in the 148 pound class on January 29, 1984. Ruthi also has the distinction of owning all time bests in two weight classes. Her 457 at 132 set in January of 1983 ranks as number 8. The first woman to break the 600 pound barrier, Lorraine Costanzo, comes in at number 3 with her 628 in the superheavyweight class. Tying Lorraine at number 3 all time is Mary Jeffrey with her Big squat of 441 in the 123 pound class. I was fortunate enough to be sitting front row when she did this at the 1988 APF Seniors in Columbus, Ohio. She still had more in her. Mary also has all time bests in 2 classes with her 408 at 114 pounds which is ranked at number 6. Completing a three way tie at number

Doug Daniels



**Dawn Reshel**...made the heaviest squat on record with her 633 in the 198 lb. class.

3 is Ohio Police Officer Laura Dodd with her 545 at 165. Rounding out the places on my list of super squats are Delcy Palk and Doris Simmons with 317 and 336 pounders respectively. Being last on this list is certainly a place many lifters would love to settle for. Quite an array of world and national champions, isn't it?

Of the two formulas, the Reshel formula seems to favor the heavier classes while the Malone version favors the lighter classes. By using the "Daniels Formula" these statistical outcomes are balanced, spreading out the final rankings.

This list won't last long. Many of the women on this list are more than capable of upsetting the rankings. Doris Simmons' record is fresh, as is Mary Jeffrey's. Jeffrey could well become the lightest woman to ever squat 500. Dawn Reshel and Lorraine Costanzo are odds on favorites to be the first to squat 700. Laura Dodd can't be counted out for more.

There are also other women not on this list like Leverett, Liggett, Warren, Steenrod, Pacyga, Oliver, Almy, Van de Weghe, Nishio, Dolman, Trujillo, and Augue that could appear on the next list.

For right now, Dawn Reshel ranks as the Best Female Squatter of All time both by formula and absolute poundage. Dawn along with Shafer and Jeffrey are clearly the dominant athletes as far as squatting goes with 6 all time bests out of 10 weight classes between them. In the last 10 years or so, we've seen the breaking of the 400, 500, and 600 pound barriers. What the next ten years will hold, we don't know, but these great women lifters and others will surely keep our attention.

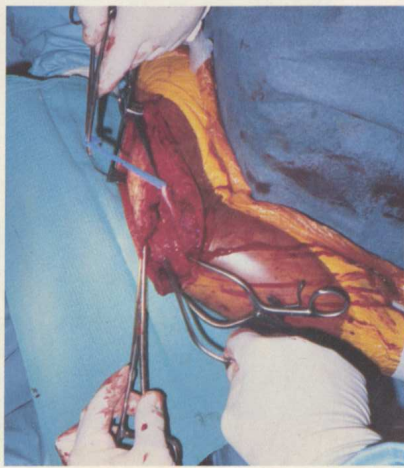


## MASTER POWER

the strength and resiliency of American Masters Lifters



**Troy Hicks**, tore his triceps muscle on his final bench press attempt while competing at the U.S.P.F. Masters Nationals in Salt Lake City, Utah this past May. He had rubbed his elbow a bit on previous attempts, but did not know he was this close to injury as he strove to drive the bar up. The tear on the joint, and almost came down to the pec. Though his arm was almost useless (Troy couldn't even snug up his lifting belts with it prior to his deadlift attempt) and he was in pain, he gained out a 551 deadlift (far below his normal capacity, just to total out in the meet. Troy is seen above, in a photo by Ed Blondin, with Dr. Tom Johns of Murfreesboro, Tennessee, who operated on Troy to repair the damage. The Doctor utilized a freeze-dried tendon from a 20 year old donor to reattach Troy's ruptured tendon, and Troy was on anti-rejection medication for 7 days after the operation. His body did accept the new material, and Troy began working out with a broom handle as soon as he had permission from Dr. Johns. Troy has been gradually working up in weight, 10 lbs. a week, and recently did 212 for 3 reps in the bench. He feels his recovery is around 90% at this point, and is confident that he will not only get back to where he was in the bench, but will eventually break the 400 lb. barrier. There is no pain or tightness apparent in the joint, and the regular, elbow pain that he used to endure before the injury is gone. Look for Troy to compete again early next year. Below is a photograph of the actual operation conducted by Dr. Johns.



The Masters lifters of the United States are obviously some of the most dedicated strength athletes you will ever encounter. They exemplify the attitudes of getting the most out of their capabilities, training intelligently for long range gains, and never giving up in the face of adversity. PL USA salutes them all!



**Ernie Surell**, 2nd this year in the ADFPA Nationals. "I sustained a complete pec tear in 1978 at age 31. Previous to the injury, I was bench pressing over 500 lbs. in the 242 lb. division. I thought my powerlifting days were over. I now must close grip bench press in tournaments, and when sumo deadlifting, I must use a semi-wide grip to keep pressure off of my left pectoral muscle. I know that there are many top powerlifters who have sustained this injury. Dr. Tom Johns, a top strength powerlifter, read PL USA, and made every attempt to learn from other people's experiences and in-experiences to avoid injuries."



**Chuck Braxton**, went down to the Veterinary X-Ray unit at Auburn University in Alabama, where Dr. Richard Herrick investigated the effects of heavy loads on the vertebral structure of a masters powerlifter. Chuck, 52, shown holding a deadlift of 716 in a static position for an X-Ray exposure, also did squats in the same difficult manner. Amazingly, NO herniated discs were found in Chuck's spinal column. The reason had developed was so great, that there was not even any visible disc compression to be seen. (Herrick



**Jerry Irvine**, "So many people, especially in lifting, want to quit, usually because they haven't made gains as good as they'd like, or because that lofty (too high) goal is still out of sight. If anyone had reasons to quit, it is me. In 1979, I had a stroke and was temporarily paralyzed on my left side. I overcame that and kept lifting, but later had a hernia operation and a broken arm. At the 1985 Masters Nationals, I tore my elbow bone off, along with the triceps head, on my left arm. 2 weeks before the 1987 National Masters, I severed my pectoral muscle in 3 places, and had to have an operation. Four doctors called it the worst pec tear they'd ever seen (photo of the internal bleeding effects above, by Ed Aubebold, courtesy of Jerry Irvine). I almost died, and spent one week in intensive care, in December of 1987, due to some bad medication, and was down to 215 lbs. I had my gall bladder removed in January 1988. Still, I'm training and lifting. I had my arm and torso repaired, and Masters Nationals, after 28 weeks of lifting. I own and operate a bodybuilding shop and a gym in Mesa, Arizona. I am married and have 5 children, and at age 48, that's one grand daughter. If it wasn't for lifting, I would have given up. That's the truth. Accomplishments: 771 lb. World Masters Deadlift Record at 243 lbs. 4 American Masters records at 242 in the squat and deadlift. All the Arizona State Masters records at 242. Best Lifts: 420 bench, 780 squat, 860 deadlift, 805x2 deadlift, 750x5 deadlift, 660x10 deadlift, 305x10 EZ Curls, 505x5 bent over row, 605x8 stifflegged deadlift, 1947 total at age 46."

## JEFF MAGRUDER

"STRONGEST BENCH-PRESSER IN THE WORLD"

640 LBS. PRESS!



NOW YOU CAN CREATE

# SIZE & MASS

WITH THE FORMULAS HE DEVELOPED TO BUILD HIS OWN AWESOME POWER!

"My scientific formulas have proven themselves in competitive powerlifting. Now you can get the same dynamic results by putting them to work in your bodybuilding nutrition plan!"

Jeff Magruder

World Record Holder

**A** REGULATOR PACK Vitamin/mineral compound in optimum pH balance featuring B-siosterol and special buffering systems.

**B** BULKING/POWER PROTEIN 90% protein from milk and eggs, with a P.E.R. in excess of 2.9! Assimilates quickly for rapid gains in mass and power.

**C** ISOLATED AMINO ACIDS top-quality, predigested amino acid reserves quickly, 2500 mg. strong to help you bounce back after rugged workouts.

**D** LIVER PROTEIN TABLETS Just ten of these power-packed tablets provide the supply of a 6 oz. steak—with zero fat and zero carbs!

**E** TRI-AMINOS Growth factor aminos—L-Ornithine, L-Arginine, L-lysine—to stimulate enzymes and hormones for optimum gains.

**F** POTENTIATOR Potent growth factors (thymus, L-Ornithine) combined with the natural steroid, B-Siosterol.

**G** INOSINE The cellular function activator. Helps your body maintain high levels of naturally-occurring hormones without resorting to drugs.

**H** CARBO HIGH Quick, energy workout drink of complex carbs enriched with potassium and vitamin C.

**I** SUNFLOWER all-natural tablet that bans without the sun. With essential fatty acids for healthy-looking skin.

**J** DILPA Nature's pain killer, the amino acid D-Phenylalanine. Can be used as often as needed.

**K** BRANCHED CHAIN AMINOS Scientifically-proportioned supply of the muscle growth factors, Valine, Isoleucine and Leucine.

**L** GAMMA ORYZANOL Vegetable steroid derived from rice bran oil. Helps your body produce more of the hormones essential to a strong body.



MUSCLE BELL RESEARCH

P.O. Box 0000, Altaville, CA 95221

30-pack	\$24.95
48 oz.	\$24.50
2500 mg./100 tablets	\$20.95
2 gms./250 tablets	\$18.00
60 capsules	\$11.50
90 tablets	\$17.00
25 mg./250 tablets	\$12.00

(include \$2.00 shipping & handling — \$4.00 for item B — for each item ordered. CA residents add 6.5% sales tax.)

Name \_\_\_\_\_ Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

To order by phone, call (800) 292-6435 (9am-5pm Pacific Time) and have your VISA, MC or AMER. EXP. card ready, in California, call (209) 738-4501 or 738-4502. (Numbers are for order-taking only.)

JEFF IS AVAILABLE FOR SEMINARS & EXHIBITIONS CALL (206) 243-4488



# STARTIN' BENCH PRESSING

A special section dedicated to the beginning lifter

How many times have you walked into a gym to see guys benching who insist on letting that bar come down like a ton of bricks only to bounce it off their chests? I've seen it often and have come to two conclusions. Either these people are performing suicidal acts or they are not aware of how to properly perform a bench press. In this article let's analyze the bench press from the beginning. Before we even attempt a lift, we must learn to properly position our bodies on the bench. There are many different styles and set ups, but one thing has to be certain with all of them - proper placement. This means always be sure to align your body evenly on the bench. I have seen many missed attempts on the bench due to balance problems. Foot placement and grip placement are two major concerns for developing a big bench press, but often go overlooked. Without proper foot placement, you may be giving away anywhere from 10-25 pounds off your bench. Grip placement is different with everyone. World records have been broken with close grips as well as wide grips. Your grip is something that should be experimental, which should vary during light training days. For instance, if you're extremely strong off the chest,

those feet using the inner soles right into the floor. Be careful not to lift the buttocks when driving the feet which could cause back problems as well as red lights. Finding the right foot placement can take time, but be patient because when you locate it you will add wanted pounds to that bench press. The descent of the bar can be a bad one, not to mention a healthy rib cage as opposed to a broken one. Make sure to always stay in control of the bar when descending. Staying tight is the name of the game when it comes to successful benching. Letting the bar come down fast adds extra resistance to the attempt and can really throw off your groove. Bar placement is another concern for the bench press. Do not let the bar just land anywhere. Landing the bar too high on the chest can often cause leverage problems during the attempt. To fully utilize the chest-bar-deltoid area during the drive, the bar should be lowered to the mid to lower chest. If you happen to use a bench shirt I would suggest bringing the bar even lower than without the shirt. I hope I have touched on a few areas of concern that may be of help to you and your bench press.

Chris Confessore

## BENCH PRESSING From The Start as told by CHRIS CONFESSORE

body, foot placement is extremely important for bench presses with extreme back arches. Not only are the feet a secure foundation for your body and the bench, but without proper foot placement you cannot properly employ the lats in the lift. To use your lats correctly you must lower the bar to the mid to lower chest area then spread them back, like a bodybuilder performs a lat pose, and at the same time tighten the pectoral area; then start the upward explosion of the bar! Throughout the lift push



CHRIS CONFESSORE, already tops at 181, is now locked in a tight battle with Julian Lee for the all time bench supremacy in the 198 pound class.

It is time to make a number of assumptions. The first, and most important of all assumptions, is that those to be discussed have acted with the sincere benefit of the sport of powerlifting, and their own health, in mind. If this assumption is taken as simple, understandable, and acceptable.

There existed a group of men and women who sincerely believed that anabolic drugs were ruining the sport of powerlifting. They also sincerely believed that these same drugs were potentially damaging to one's physical and emotional well being, and wondered how they could compete without having to use these substances. They further had the sincere belief that those who were currently using anabolic steroids to lift heavier weights, would be much better off if they didn't pollute their bodies in such a frightful manner, and aspired to provide a situation where the standard cop out of "I wouldn't use these drugs if everyone else didn't, I have to use in order to be competitive" would no longer hold.

These individuals, or at least those like them, began the American Drug Free Powerlifting Association. In the beginning, they were quite pleased to hold their own contests, and in time, their own version of a national and world championships. They cared not about the many who blasted their organization, their testing procedures, or their contestant's results. The contestants themselves were pleased to be able to compete in an atmosphere where all competitors were lifting without the aid of anabolic or other drugs. They were pleased to be able to espouse their approach to others, and in most cases, saw themselves as examples to be emulated by newer and/or younger lifters, as well as their friends who might have been using anabolic drugs.

In time, some very good things happened; the ADFPFA grew and had many contests, in many areas, with many excellent lifters who lifted a lot of weight. The organization was seen as "legitimate" and the drug free contestants were rewarded with a forum to express their beliefs in drug free competition. The contestants were further rewarded with expanded coverage in *Powerlifting USA* and other publications, and were seen, in their neighborhoods, as athletic heroes and positive role models. At last, the sincerity of so many lifters and mentioned individuals was paying off.

Then, a very funny thing happened. A number of older lifters, many of whom had used anabolic drugs during their competitive days, decided to come out of retirement, and lift in the ADFPFA. Their reasoning was sound, as many had initially abandoned competition because of escalating drug use. Those who regularly lifted in the ADFPFA did not mind, and in fact, saw this as further proof that their "mission" was proving to be successful. They were spreading the word of drug free lifting, even winning those who might have used drugs at one time. Of course, these older fellows were no threat to

records. These were the men that could have been among the best with or without drugs, and by golly, they proved just that. Men like Mike Bridges, who followed all the rules of the organization, who did what all of the other lifters did in his preparation for the meet, and who just happens to be a physiological oddity because he can lift almost as much weight off of drugs as on. With or without very much training, he can pound the stuff out of the other competitors. The fact that Bridges squatted over three hundred pounds in Bob Ross's Peoria gym the very first time he ever tried the lift, and who was doing over 400 pounds at 148 with but a few months of training, returned to become every drug free lifter's worst nightmare.

For all of those lifters and organization people who sincerely wanted to make a statement and convince others to lift drug free, congratulations, you are making a very effective and important statement. For all of those who truly wanted to change the face of the sport for the better and convince the best lifters that they can compete without compromising their health, congratulations, you are doing a wonderful job. For all of those who are sincere in their desire to eliminate the use of anabolic drugs from powerlifting by having the best lifters train and compete drug free, hurrah for you, the strategy is in fact working. For those whose ego cannot accept defeat by those lifters who have in fact followed the rules of the ADFPFA and have been off of anabolic drugs for the prescribed period of time, do not fret. You do not need a "Pure" organization where one can lift only if he or she never used anabolic drugs, you need an organization where it is understood that you will be the winner. And when some one follows all the rules and is then better than you, begin another organization, another one where it is understood that only you can win a first place trophy.

Bridges, Lachner, and those like them, superior lifters with superior leverage, and the ability to compete well, will always be on top, no matter what the rules of the game. They've got what 99 percent of all others in the sport don't, with or without drugs. Their efforts to train and compete drug free should be applauded and held up as a positive example to all of those who would consider doing the same. You want the best in the sport setting the type of effective and noticeable example for others, especially the younger athletes. The fact that they can whip the butts of other lifters who are also drug free should be neither a surprise, nor a shock. Nor should it arouse anger or vindictiveness; these were the same guys who were whipping everyone in all the other arenas they competed in, so what's new?

If the ADFPFA and its participants are ever going to be accepted by the majority of those in the sport, and I believe they should strive for that goal, they should welcome all, and especially those who can serve as the best examples to others to compete in a drug free manner, period!

## More From Ken Leistner



The Return of Mike Bridges generated lots of commentary within the ADFPFA

to the middle of the pack. "Really," thought many drug free lifters, "this is wonderful. I'm setting a terrific example for the youth of my area. I'm making a strong statement for drug free lifting, as I think it should be. What they weren't saying in public, was the immense pleasure and ego gratification they were getting from kicking the butts of so many former anabolic users who were now making the adjustment to drug free lifting. "Yeah, screw them, I'm still the best and strongest."

Then, something not so funny happened, and it happened at the ADFPFA Men's Senior National Championships. A number of lifters who previously participated in those competitions that did not require testing for the use of anabolic drugs lifted. These weren't the men who totaled 1,600 with drugs and 1,500 without. These were the animals that had held all kinds of world and national

titles or records, being well past their lifting prime. Even the great John Kuc was welcomed. His notoriety and the respect he had from all others in the lifting community made his participation a plus, and in all honesty, his best lifting was a few years behind him, with or without anabolic drugs. His performances were still exceptional, especially in a drug free arena, but it was obvious that he could and would be beaten.

Then, another funny thing happened; younger lifters, some who had lifted with the aid of anabolics, saw the writing on the wall. Their drug free counterparts had indeed impressed them with their sincerity and the example they were setting. They would join the ADFPFA and lift drug free. While some of these new men and women were known to have used anabolic drugs, or had, in fact, admitted using them, most weren't national level, and those who were, without the use of drugs, fell somewhere in



# 1988 YMCA OPEN NATIONAL POWERLIFTING CHAMPIONSHIPS

(Sponsored by the YMCA of Columbus  
& EXCEED® Sports Nutritionals)



**December 3, 1988**  
Parke Hotel, 900 Morse Road  
Columbus, Ohio 614-885-8244

*"The finest quality lifting conditions you will ever have. The best in warmup, organization, judging, efficiency, awards and the unique Universal computerized hydraulic lifting platform as seen at this year's A.P.F. Senior Nationals. A contest that is conducive to a PR performance. I guarantee you will not be disappointed."*

Garry Benford, Meet Director  
YMCA Nationals, 1981-1988



The **Nationals:**

## A PROUD HISTORY OF GREAT POWERLIFTING!

ANEILLO	GAMBLE	MANGIARADI	TOPSOGLIOU
AVERBACH	GOGGINS	MISTRIC	WADDINGTON
BAIRD	HAGENS	PICHOLS	WAHL
BENFORD	HILGNER	PRYOR	WARSWAN
BLACK	HECHTER	REED	WELL
BORDEN	HEROLD	SANGER	WILSON
COAN	JACKSON	SIDERS	WOLLEBER
CONFESSIONE	JACOBY	SORENSEN	WRIGHT
	LADNER		

**THE YMCA MISSION:**  
To put *Justus Christian principles*  
into practice through  
programs that build healthy  
body, mind, and spirit for all.

### FOR MORE INFORMATION CONTACT:

GARRY BENFORD  
Director of Physical Fitness  
Columbus Central YMCA  
40 West Long Street  
Columbus, Ohio 43215  
(614) 224-1131



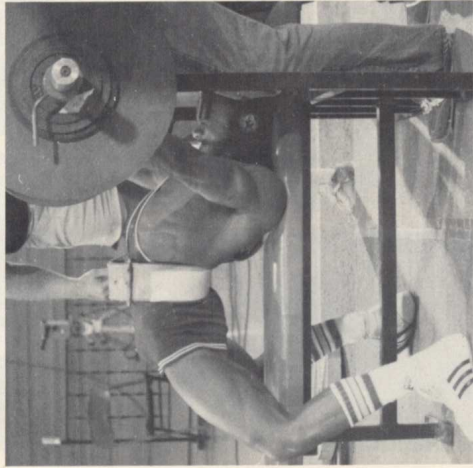
A United Way Agency

NOTE: Qualifying totals are USPF Elite  
for both men and women.

# 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 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).

## Lamar Gant's Bench Press



Lamar's Back Arch has been an object of awe in the lifting lore of the bench press for many years. Here he is setting up at the 1979 Bay St. Louis SRs.

The bench press is the most commonly performed lift in weight training. There are dozens of bench press contests throughout the United States, and equally as many experts on the lift.

You can combine several training modes that will create strength in this lift; but like any combination, you must find the right formula.

My recommended routine assumes a three hundred bench press coming in and follows a nine week plan.

The first day for your benches is Saturday and the second day is Tuesday. Tuesday's is identical to Saturday's workout, except you use 10 lbs less on the bar. Your assistance is done on the days you bench press, and the workload varies according to the day (light or heavy) it is done.

Keep in mind that your assistance work will last only 6 weeks, doing three sets of each lift. The weight you start with in the assistance exercises should be an amount that you are capable of handling for 3 reps more than what is required. Increase the weight 5 lbs. per week. The assistance exercises are close grip benches, dumbbell flies, dumbbell

front raises, and hammer curls.  
**Week 1:** 135x10, 190x12, 190x12, 190x12, 200x12, 200x12, 200x12, 200x12, 210x12, 210x12, 210x12, 210x12, 240x6, 240x6, 240x6.  
**Week 2:** 135x10, 200x12, 200x12, 200x12, 210x12, 210x12, 210x12, 210x12, 240x6, 240x6, 240x6.  
**Week 3:** 135x10, 210x12, 210x12, 210x12, 240x6, 240x6, 240x6.  
**Week 4:** Warm-up to 250x6, 250x6, 250x6, 250x6.  
**Week 5:** Warm-up to 260x6, 260x6, 260x6, 260x6.  
**Week 6:** Warm-up to 280x3, 280x3, 280x3, 280x3.  
**Week 7:** Warm-up to 290x3, 290x3, 290x3, 290x3.  
**Week 8:** Warm up to 315 for 4 sets of singles with a pause.  
**Week 9:** Warm up to 315 for 4 sets of singles with a pause.

Lamar Gant  
1662 South Vrain  
Denver, CO 80219



## INTERNATIONAL...

DON'T TALK to anyone's secretary when you can talk DIRECTLY to 12 time world powerlifting champion Lamar Gant about your supplement and lifting accessory needs.

### GANT FITNESS INTERNATIONAL PRESENTS

The Gant Fitness International T-Shirt \$10, royal blue, navy gray, S-M-L-XL (XXL-XXXL \$13) give 2nd color choice Hold on to those heavy deadlifts with handstraps - \$3 1/4" thick leather dipping belt - \$25

World's strongest knee wraps - 1 pr/\$13, 3 pr/\$36.

Wrist wraps, 36", velcro thumb tie - 1 pr./\$11, 3 pr./\$29

Super Pak High Potency Vitamin Mineral Pak - 30 day supply - \$13.95, 60 day - \$24.95, 90 - \$35, 180 - \$60.50

Inosine 1500 mg, 30 caps \$10, 60/\$18.90, 90/\$40, 180/\$77

3000 mg Free Form Aminos - 50 tablets - \$6.50, 100 - \$12.50, 250 - \$27.50, 500 - \$52.50, 1000 - \$100

Gamma-Oryzanol 250 mg, 50 \$10, 100/\$18.25, 250/\$40, 500/\$77

Enzymatic Liver Extract 50 capsules - \$6, 100 - \$10, 250 - \$20.95, 500 - \$38.95, 1000 - \$75.00

LIFTING BELTS - three tone, two tone, single color - all suede - all triple thickness, any colors - \$50



SUPERSUIT II and Ten - \$32.00, sizes 24-52 C.O.D. - Check - Money Order. Colorado Residents add 6.5% sales tax. Shipping Charge - \$2.50. Outside USA add 15% - surface, and 30% air mail

Description	Qty	Color	Size or weight class

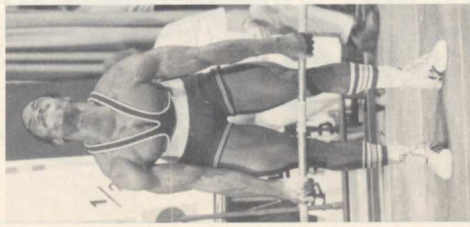
Autographed 8x10 photo - \$10. Training Courses - \$25 Lamar Gant is available for exhibitions and seminars.

**GANT FITNESS INTERNATIONAL**  
1662 South Vrain, Denver, CO 80219  
**CALL 303-936-9123**  
and talk to TWELVE TIME World Champion LAMAR GANT!!



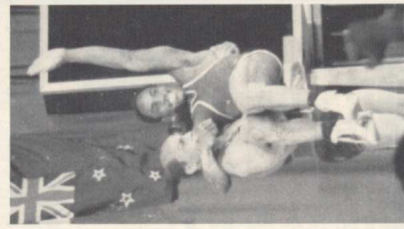
# Power Pictorial

## LAMAR GANT, Part 2 How He Won His Next 4 World Titles



**Pulling it Out...** despite entering the 132s, weighing in at 123, then competing in the 148s, Lamar emerged from the obscurity at the 1979 Seniors with a spur on the I.P.F. World Team.

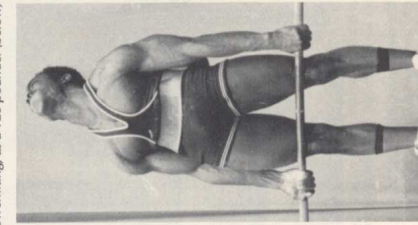
The "middle" four years of Lamar Gant's world title winning career brought out some of his greatest lifting, some of it only recently exceeded by Lamar, as well as some of his fondest memories. The 1979 Seniors represented one of the rockiest starts in any of Lamar's lifting seasons, however. In 1979, Brother Bonnet offered to take the meet on short notice and did a fine job, but the weather and the air conditioning service he contracted for did not cooperate and the meet site was a sweltering inferno, with many lifters bombing out, some simply because they could not hang on to the sweat-soaked deadlift bar. Lamar looked at it positively, at least he would have no problem making weight. He had planned to enter at 132, but his first step on the scales showed 128½, and Lamar (in great shape) thought, why not go down to 123 and set some records that might never be broken. He made 123, went out for breakfast and then was told he had been disqualified from the meet. He had not posted at qualifying total at 123, and the weigh-in for 132s was already over. However, his qualifying total at 132 was enough for him to qualify at 148, so he inhaled 32 ounces of Gatorade, 2 pounds of bananas, 32 ounces of orange juice, borrowed some gold jewelry and managed to weigh in at ¼ lb. over the 132 limit. Bloating and in pain, he



**True to His Word...** after Lamar picked up the winning weight at the 1979 Worlds, Precious McKenzie picked Lamar up and carried him to the four corners of the Platform.



**1980** was a terrific year for Lamar. He finished up by matching Joe Bradley's 562-341 record in the 639s (above) and then went on at that meet to defeat Joe head on with a World Record 1554 total, after starting off the year with SIX world records (2 bench, 2 deadlift, 2 total) at the World Series of Powerlifting, as a 123 pounder (below)

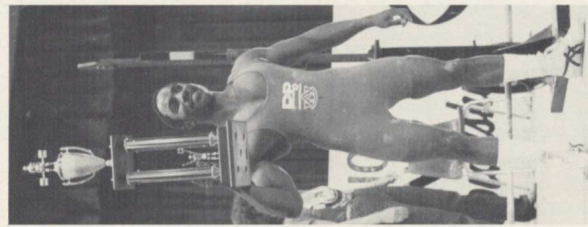


same gains in his hips and back total through improvements in his squat and deadlift. With Lamar, the bench was the first lift to fade during a layoff and the slowest to come back, and now Lamar began to indulge in some major layoffs. Sometimes after a big meet he would literally not train, not even enter a gym, for several months. Nonetheless, he could often get away with hitting the iron for a brief training cycle prior to the Seniors and still manage the win and maybe a world record to boot.

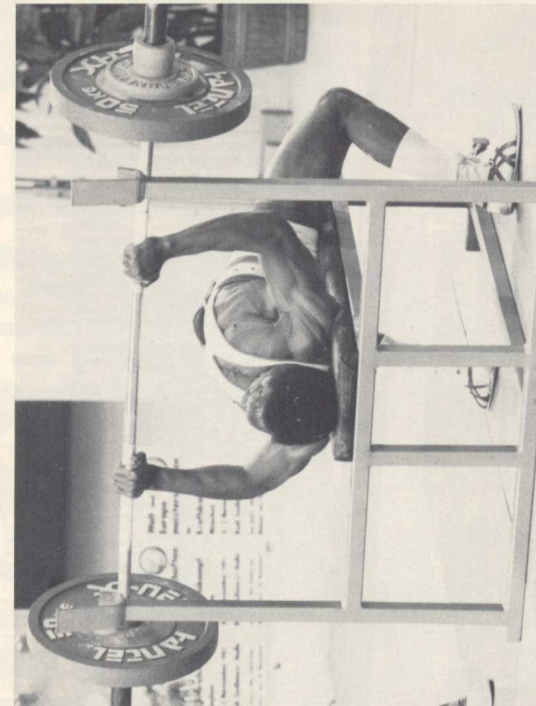
The 1981 Seniors was a tough meet. He only got openers of 501-303-551, missing 562-341-639, but earned a ticket to the I.P.F. Worlds in Calcutta, India, a trip that represents the greatest experience in his broad powerlifting travels over the globe.

The contrast between the painfully overpopulated city of Calcutta and any of Lamar's previous trips was profound. He remembers being mesmerized by the image of a child herding cattle across a river and then counting the last one to ride across himself on the trip from the airport to the meet site, Netaji Stadium, in the city itself. Lamar longed to see the other myriad sights of this land, but could find no one to accompany him. Actually, he was embarrassed by the behaviour of many of his countrymen during this trip, though many of them were under the distress of being ill. Lamar did manage to get in some souvenir shopping at an indoor bazaar some two football fields long, filled with thousands of shops, most only 6' by 6', offering gold, silver, gems, textiles, ... whatever. There he got wrapped up in the standard Calcutta "shopping support group", one guy to carry your packages, one guy to haggle over prices with the shop owner on your behalf, etc.; all for a fee, of course. Another perception he came away with was what the concept of "fresh meat" meant. In India, the meat is slaughtered, offered for sale, and consumed all in the same day. It's truly fresh. In the United States, refrigeration changes the whole meaning of that phrase.

Lamar characterizes his lifting at this meet as "lousy", but even after spotting a fired up Tony Galvez, representing Great Britain, nearly 100 lbs. in the squat, with his 451 opener,



**Winning the Seniors** of 1981 in Corvallis, Oregon, Lamar was very impressed with power-packed Vic Williams, who came in but 16 lbs. behind in 2nd with a 1339 total.



**At the 1982 Worlds in Germany...** Lamar won his EIGHTH World Championship title. (All photos by Lambert)

he still benched 319, and deadlifted 606 for the win at 132 with 1377-44 lbs. up on his rival. Lamar was not in the greatest of shape, but did not want to get hurt by trying more than he needed to either.

At the 1982 Seniors, held in Dayton, once again Lamar again stumbled in the squat, making only his easy opener with 440, but he still led his competition by 61 lbs. at sub-total. He opened smoothly with a 529 and then went away until the bar was 110 lbs. higher, where he pulled a new world record of 639 and pushed the all-time best in the total for 123 pounders up to 1383. The 1400 bar-bender was always intriguing to Lamar when he was at 123, and though often feeling capable of breaking it, he never put all the lifts together at once to cross that line at that weight.

The title win in Dayton put him on yet another international team representing the United States. This time they flew East, to West Germany, and the 1982 World Championships conducted by current I.P.F. President Heinz Vierthaler at one of the finest facilities to host such a championship, the 1972 Olympic Games Basketball Championship venue in Munich.

Despite relocating from Alabama to Greeley, Colorado when his association with Diversified Products ended before the world meet, Lamar got his squat back together for the Worlds, hitting a world record 518 on a 4th attempt. Despite great benches in training he was nursing a pec tear, and benched only 264, missing 275 twice, and then took one of his regular big jumps from 551 in the deadlift to a world record 644 for a miss. He was going to try it again but had pulled his calf on his initial go-round and passed his 3rd attempt.

**Pulling 639 at 123...** it is still the listed I.P.F. world record in this class.



# STAND & DELIVER

## DR. SQUAT'S SENSATIONAL "OUTLAW" IS HERE!!



WRIST-A-RATUS

"STAND AND DELIVER" T-SHIRT

THE OUTLAW SUIT

AMERICAN POWER BELT

WRAP-A-RATUS

NIKE SHOES

BELT AND BUCKLE PROTECTED BY U.S. PATENT 4541182

### THE OUTLAW The Rolls Royce of Lifting Suits!

Add as much as 50 lbs. to your squat! Seams are strategically placed to add tremendous lifting power in squatting and deadlifting! A High back allows the bar to literally "pin" the suit's fabric in place for greater support! The front is cut low for easy, comfortable breathing for the biggest-chested lifters! The Outlaw is manufactured by Inzer Advance Designs. Suits sold by competition weight. **COLORS:** Solids & Combinations of Red, White, Blue & Black. \$59.95 plus \$3.00 each. Shipping & Handling.

### THE VIKING Lever Action Belt Renders All Other Belts Obsolete!

The Lever Action pulls the belt fully 3/4" tighter than any belt every model! And, goes on and off with a flick of a finger with no wasted energy before the big lift, making the Viking the safest belt ever conceived! \$69.95. **COLORS:** Black, Red, Royal Blue, Wine, & Navy. Shipping & Handling \$4.00 For Belts.  
 Also Available: Thor (Bodybuilding Cut) \$44.95  
 Vahalia (Power 9mm) 58.95  
 American (Power 13mm) (as shown) 79.95

### WRAP-A-RATUS is the Most Supportive Wrap Ever!

Stretches to nearly 19 feet long! And weighs approximately 7 ounces! The greater length combines with the greater bulk of fabric, making this wrap truly the best ever! \$13.95 each or, get 3 pairs for \$33.00. Shipping & Handling \$2.50 each (3 pairs \$5.00).

### WRIST-A-RATUS with Thumb Loop!

Made of the same soft, durable material as the **WRAP-A-RATUS**, and stretches further for firm support. (White Only) \$7.95, or get 3 pairs for \$20.00. Shipping & Handling \$2.50 each (3 pairs \$3.50)

### "STAND AND DELIVER" T-Shirt Is now Available!

100% Pre-shrunk cotton — Small, Medium, Large & Extra Large, \$12.00 each Shipping & Handling \$2.50 each.

### ★ WE NOW OFFER THE PACKAGE OF THE DECADE ★

**FREE!** Stand & Deliver T-Shirt, personally autographed by Dr. Squat, when you purchase the **"OUTLAW, VIKING BELT AND WRAP-A-RATUS"**. A combination value for \$155.85 for only \$129.85! A savings of \$26.00!!! Shipping & Handling \$7.50 each package deal! (We also offer the American Power Belt in the Deal of the Decade for \$136.85).

**BONUS!** FREE SHIPPING when you send a Money Order for \$129.85!!

(CA Residents add 6.5% tax)

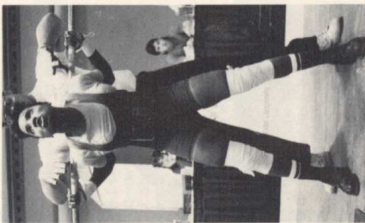
**FOR TOLL FREE ORDERING** CALL 1-800-544-5485, CA 1-818-993-8251, Visa & MasterCard Only! For Product Information call 1-818-993-4117

**SPORTS CONDITIONING SERVICES** 18813 Napa Street, Northridge, CA 91324

**IMPORTANT!** When ordering make sure you specify size, color & alternate color choices. All orders shipped UPS, All P.O. Boxes add \$3.00 for belts & Deal of the Decade. Canada, HI & P.R. add \$5.00. Orders shipped by ground unless otherwise specified and paid for. Foreign orders: Write or call SCS for shipping fees. All prices subject to change without notice. 30 day money back guarantee (less shipping) if not satisfied. Deal of the Decade expires 1-31-89. Sorry No COD orders. Allow 4 to 6 Weeks for delivery.

### ★ WHO'S WHO IN POWERLIFTING★

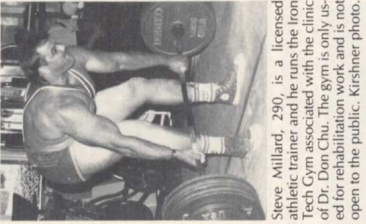
Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



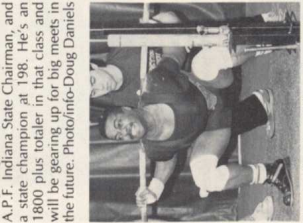
Sherrie Burns won both the 1987 USPF and the ADFPA, North Carolina Championships and set 6 new records to start her career. In November of that year, she went Elite at the Eastern USA Open, with only 7 months of lifting experience. In January she won the USPF Women's Nationals at 105 and earned a spot of the USA team for the Worlds, where she finished 2nd, only 13 months after her first competition.



Ben Wax is the APF World Teenage Champ at 242, and the ADFPA Collegiate Champ at 275. At age 19, the Smithville, Mississippi native has been training 2 years and has best lifts of 610, 475, 630 at 6' even. When asked about his next contest, Ben says "the storm is coming and it can't be stopped". Photo and information by Cynthia McKinney.



Steve Millard, 290, is a licensed athletic trainer and he runs the Iron Tech Gym associated with the clinic of Dr. Don Chu. The gym is only used for rehabilitation work and is not open to the public. Kirshner photo.



Larry King of Kokomo, Indiana is the A.P.F. Indiana State Chairman, and a state champion at 198. He's an 1800 plus totaler in that class and will be gearing up for big meets in the future. Photo/Rob-Doug Daniels

Prince Riley is a Milwaukee police officer and bodybuilder. He started competing in Powerlifting last year, and in his last meet he won 2nd at 165 with a 1240 total. Charlesworth photo courtesy Stephanie Whiting

### WHAT'S THE NO.1 LIFTING SUIT FOR COMPETITION & TRAINING? TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!



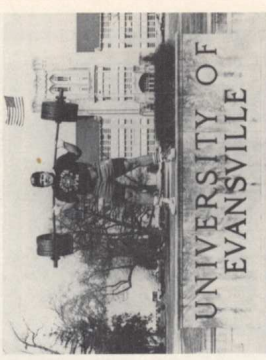
Chad Berryman of Anderson, IN set a new record in the 1987 Indiana State High School lifts at 242, then won the USPF High School Nationals with a record breaking 600 deadlift. Photograph provided by Bill McGuire, Chad's stepfather



Danny McMillan, sponsored by Vision Sports Fitness Equipment, benched 500 at 196½ at the Gold's Gym and Encore bench press meet. He trains at the Living Well Fitness Center in Gastonia, NC. Thanks to Verinda McMillan for photograph.



A. Keith Sides received helpful pointers at the 1987 World Police and Fire Games in San Diego, CA from many time national champion Chuck "The Truck" Braxton. Sides was sponsored by Dr. Brent Post and took 5th in the 196 pound class.



Jeffrey Sellers, 24, 5'9", and 242, has best lifts of 705 382 665, and he's a 2 time Indiana State Champ, who also placed 3rd in the 1987 drug tested USPF Collegiate Nationals (representing U of Evansville), and won the 1987 APF Junior Worlds. He's done over 20 free seminars on Powerlifting at Indiana High Schools, and hopes to help Powerlifting become an Olympic sport eventually, while hitting a 2,300 total and 1000 lb. squat.

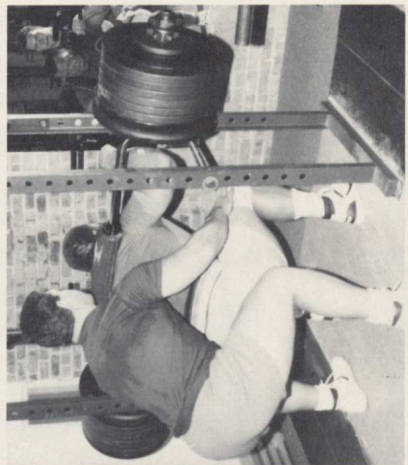


Ram and Brick, the Ragin Bulls, have both won bodybuilding and powerlifting titles. Ram won the 1987 Texas State title and not too long ago took 3 weeks off from wrestling and placed 3rd in the U.S.P.F. Junior Nationals. Brick, after only a couple of months of power training, pulled an easy 750 deadlift. He's going for an 800 this winter. Their wrestling weights are 250 and 215. Photo and information by their manager, The Basher.



# TRAINING

## The Magic Leg Machine as seen by JOHN WARE, Strength Coach



1025 x 311...by John Ware with the MAGIC LEG MACHINE on his back.

When I first heard of the Magic Leg Machine I was skeptical, "probably just another weight training gimmick to hit the market." However, after reading several articles by Dr. Hatfield promoting the Magic Leg Machine as a beneficial adjunct to squatting, I thought I would research it further. The Magic Leg Machine is a cambered squat bar with a yoke, which makes the user shoulder the weight and set up without using the arms to stabilize the bar on the shoulders.

The Magic Leg Machine is best utilized in a power rack apparatus while holding on to pegs which are installed in the power rack itself. Theoretically the Magic Leg Machine allows greater isolation on the quadriceps. In addition much of the stress on the spinal erectors is minimized. From a biomechanical standpoint the user of the Magic Leg Machine is practically forced to do a more correct squat.

In the competition squat the bar is carried as far down the back as the rules permit. This allows the glutes and spinal erectors to share the load and maximize the poundage. Typically, the power squatter can handle up to 25% more weight than when using a upright, or Olympic-style squat technique. Being almost 6'4", I never felt comfortable doing Olympic squats. In addition, I never felt I was getting what I should out of them in terms of development. This is where the Magic Leg Machine came in.

I have always wanted to find the perfect auxiliary movement for squats. However, I have found the standard movements such as leg press, leg extensions, back squats, etc., do not afford sufficient intensity to increase your squat gains. To increase your squat, you have to squat. It is important to isolate particular muscle groups used in compound exercises, but intensity must also be taken into account. Both factors must be present to insure quality muscle and strength gains.

Squatting produces a good combination of isolation and intensity, more so than any other lower body exercise. With this in mind I decided to give the Magic Leg Machine a legitimate try. Obviously, when you begin a new form of exercise there is a period of adjustment. The first few times I used the Magic Leg Machine, it was unsure whether I liked it or not. I felt somewhat uncomfortable on my neck and shoulders and balance of the leg seemed a lot different. I would recommend using towels under the yoke of the bar if it becomes excessively uncomfortable.

The third time I used the Magic Leg Machine I was able to increase the weight somewhat. At this time that I began to notice a strange sensation in my quads. They were sore than usual after workouts and would sometimes quiver and slightly spasm between sets. What I quickly realized was that the Magic Leg Machine was working the heck out of my quadriceps. After four or five weeks of using the Magic Leg Machine I could really note a difference in my quad size. My training partner was

also seeing the same unusual gains. I believe the Magic Leg Machine is particularly beneficial for tall and long backed individuals who would normally use a great deal of forward lean on their squats, owing to the length of their vertebral column. Because of this reason, many such individuals lack great quadriceps development. After using the Magic Leg Machine for ten weeks, I went as high as 1000 lbs. for 3 reps and 1075 for 1. Using these poundages adapts your nervous system to the stress of heavier weights. You are able to work on setting up and controlling weights of a higher magnitude than ever before.

Here is a 10 week cycle which I have found successful:  
**Week 1:** Squat twice, using the Magic Leg Machine for both sessions (i.e. Monday and Thursday). Work up to 3 or 4 good sets of 8. Do not tax yourself too greatly, just get a feel for the apparatus.

**Week 2:** same as Week 1, work up to 3 or 4 good sets of 8.

**Week 3:** same as Weeks 1 and 2, use the Magic Leg Machine for both squat workouts. After this time (6 workouts), you should have developed a feel for this type of squatting device. You should be able to utilize weights in the 70% range of your 1 rep max power squat for your second set.

**Week 4:** use the Magic Leg Machine for both squat workouts of the week. Work up to 3 good sets of 5 reps.

**Week 5:** Squat two times this week utilizing the Magic Leg Machine for your first session of the week, 3 sets 5 reps, and increase weight from Week 4. Second squat session

**Week 9:** Squat two times this week. First session use the Magic Leg Machine. Work up to your all time best triple in the power squat. If that goes well add weight and go for a new PR set of three. It is not unusual for trainees to use their old 1 RM power squat poundage for this set of three. 2nd workout do conventional power squats work up to 1 medium single. About 85-90% of your 1 RM.

**Week 10:** Squat only one time this week. Utilize the Magic Leg Machine. After a good warmup (similar to a meet) work up to three good singles. Your second attempt should be your old PR or slightly more. If this goes well add from 25 to 100 lbs. for another single. (The amount of weight which can be used will vary from person to person. Also use wraps only, no suit.)

Some final considerations about the Magic Leg Machine:

1. Give yourself time to become accustomed to the Magic Leg Machine before trying to pack too much weight on the bar.
2. I personally would utilize the Magic Leg Machine for two 10 to 12 week periods per year. Preferably, in your off-season phase.
3. If the yoke of the bar is uncomfortable, use towels or other means of padding under it.
4. Use wraps for your heaviest sets, just like conventional sets of power squats.
5. I would encourage you to use pins attached to the power racks for balance and stability. (Invest in some if you do not already have them.)
6. Concentrate on form and execution of your squats using the Magic Leg Machine. Experiment, find what style and form suits you optimally.
7. Continue to power squat once per week while using the Magic Leg Machine. This helps to insure that you maintain your groove for power squats, so a peak for a meet can be reached relatively quickly.
8. Be Smart: push yourself to add weight to the Magic Leg Machine, but do not sacrifice form. You may be able to use more weight, but you can also get injured if the machine is not utilized intelligently.

The Magic Leg Machine, when utilized effectively, has the potential to considerably increase your squat poundage and muscular development. I must admit I was skeptical at first, but after becoming acclimated to it I was impressed. Your quadriceps are afforded a great deal of isolation, but with the proper intensity to stimulate growth.

By using great poundages, neuromuscular facilitation is enhanced and your body becomes accustomed to handling such weights.

I have given you some ideas on a cyclical approach to using the Magic Leg Machine. Obviously this is not the final word, but only a place to begin. Train hard, experiment and do not be afraid to use new or altered methods. As strength training evolves and becomes more and more of a science, enlightened individuals must keep pace with this evolution.

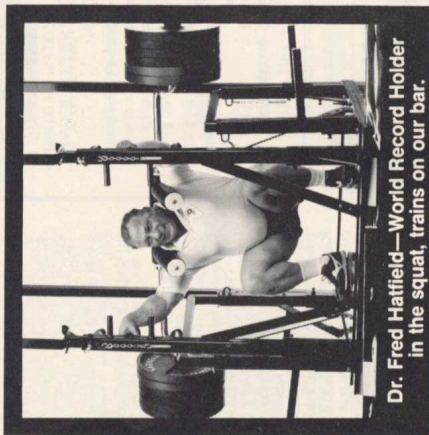
Good luck, train hard, and with a purpose.

That's what DR. SQUAT calls the SAFETY SQUAT BAR

THIS IS THE GREATEST SQUAT BAR EVER MADE!

NO MORE LOWER BACK PAIN!! NO MORE STRESS ON KNEES & SPINE!!

\*\* YOU'LL LIFT 50-250 LBS. MORE THAN YOU HAVE EVER LIFTED BEFORE ON YOUR VERY FIRST SQUAT WITH THIS BAR!!



Dr. Fred Hatfield—World Record Holder in the squat, trains on our bar.

WHO TRAINS ON THE SAFETY SQUAT BAR?

The NFL GIANTS, BRONCOS, RAIDERS, BROWNS, CHIEFS, JETS, CARDINALS, EAGLES and VIKINGS.

PENN STATE, SYRACUSE, RICE, TEXAS A&M, PITT, MICHIGAN, RUTGERS & MINNESOTA.

"After using the SAFETY SQUAT BAR for over a year, I can truly say that it is one of the safest and most efficient methods of developing the lower body that I have seen!"

Jim Williams  
Strength Coordinator, NY Jets

"The rule in our weight room is: if you want to perform a squat, you ONLY perform it with the SAFETY SQUAT BAR!"

Chet Fuhrman  
Strength Coach, Penn State

Over 175 HIGH SCHOOLS nationally train on our SAFETY SQUAT BAR!!

NOTE: All Bars use Olympic-size plates  
NATURAL POWER SAFETY & FITNESS CO.  
104 Railroad Ave.  
Hackensack, NJ 07601

\*\*Orders sent Freight Collect  
Allow 3-6 Weeks for Delivery

ORDER NOW!!  
CALL: 1-201-489-5888 in New Jersey  
or TOLL FREE 1-800-327-9031 \*\*\*  
HEAVY DUTY BAR (1500 + lbs).....\$420  
700-Series Bar (700 lbs max).....\$376  
500-Series Bar (500 lbs max).....\$315  
Home Bar (holds 1" standard plates).....\$255  
Power Rack Handles...\$49 Prep & Packaging...\$11  
ASK ABOUT OUR POWER RACKS



## NEW: UPDATE FIVE

TO "DRUG USE AND DETECTION IN AMATEUR SPORTS"  
BY MAURO DI PASQUALE, B.S.C., M.D.

This update concentrates on anabolic steroids (effects and side-effects), with a realistic look at their effects on the mind and on serum cholesterol, and their use for treating chronic injuries, anabolic steroid substitutes (including SmaX, Oxandrolone, Diben-zoide, Yohimbine, and Cyclofemil), and growth hormone. As well, Lexamine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Ceban, Primidone, EPO, Parolol, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

The price of **Update Five** is

**\$11.00 U.S. Funds, Plus \$1.00** Postage and Handling

THE COST OF THE BOOK "DRUG USE AND DETECTION IN AMATEUR SPORTS" PLUS ALL FIVE UPDATES IS  
**\$41.50 U.S. Funds Plus \$3.50 P&H.**

Update Four is \$10.00 U.S. Funds Plus \$1.00 P&H.  
Updates One to Three - all three for \$12.00 Plus \$1.00 P&H.

The Book, "Drug Use and Detection in Amateur Sports," is \$14.95 Plus \$2.00 P&H.

My book and updates are **THE** source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

Be Informed - It's Your Right

MGD Press  
23 Main Street  
Warkworth, Ontario, Canada  
K0K 3K0

Order from:

## Question & Answer

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

**DEAR ROGER:** Please give me some advice on improving my bench. Here are the facts: I am 54 years old, 5'8", 195 lbs. My best is 345. I can do 315 for 4 reps, but haven't been able to progress to 5 reps. I can do 275 for 10 or 11 reps, which should translate to a better max? My time is limited as I have two jobs and have to conserve energy. I workout Tuesday & Friday. On Tuesdays I do: 135x10, 185x10, 235x5, 275x10, heavy deadlifts, medium squats. On Fridays I do: 135x10, 185x10, 235x5, 275x5, 315x4, 295x6-7, 255x10-12 or for the last three instead do 315x1, 325x1, 345x1 and heavy shrugs and heavy squats. I have been lifting for 6 years and would like to do 400 or so if possible. Enclosed is a list of my technical checkpoints. Technical Points: 1. Grip bar at inside of outer marks. 2. Plates on the deck, 1 1/2" shoeheels. 3. On Bench, shoulders, hips, feet, head as close as possible. Toes out. Butt locked to bench. Legs able to push to maximum. Arch to slight decline position. 4. Push against bar to gain feeling of total assembly. Super-inflate chest. 5. Imagine perfect lift, see bar as an extension of body. 6. Take handoff at 1" above nipples, elbows under bar, grip hard. 7. Lower slowly, tight but relaxed, inhaling, eyes on touch spot 1" below nipples. Triceps lock into lats at bottom. 8. Explode upward, use all muscles together in total assembly. Eyes follow bar, exhale at sticking point. 9. Lockout. Move bar to 1" over nipples and repeat for reps. **A. Sawinski**

**DEAR AL:** All your technical points seem to be fine. Your routine also looks good, but if you're not making progress you might try going for a single each Friday and add at least one overhead press with 365 which is a spotter follows you down and up with the bar giving you only the help that you need. This will condition your mind and body so that the weight will feel light. I would also stop the heavy shrugs. I never believed in shrugs for a powerlifter. You get enough traps and shoulder work on Tuesday doing your heavy deadlifts. You could replace the time spent doing shrugs with some bicep, tricep, and lat work which is much more beneficial to bench pressing. Gaining 5-10 lbs. of bodyweight would also make a great difference in your leverages, which could push you to the 400 lb. club. I am very impressed with your lifting. A 345 pound bench press is something to be proud of. There are many people half your age who come to me daily wanting advice on how to get their press to 350. Best wishes, **Roger.**

**DEAR ROGER:** I am 32 years old and have been weight training for about 5 years, the last 2 of them with more emphasis on powerlifting. I'm 5'10" and usually in the 190's, but now my bodyweight is 205 lbs. My squat is 500, bench 325, and deadlift 575. My problem is with my deadlift. It is my best lift, but occasionally during maximum attempts my body starts a reflex-type jerking movement at the knee, around the transition area between the knee and hip. In training, I do a variety of reps and sets working up to a heavy single. I do rack work with the bar at knee level up to a max single of 665 to 685 lbs. I feel strong on the last part of the deadlift and I do stiff leg deadlifts for the start. I feel confident of the success of the lift until this jerking occurs, and I do have power left to finish the lift. Thanks for your help. **Pat O'Brien.**

**DEAR PAT:** The jerking of the legs, hips, and back is sometimes a sign of muscle fatigue, but it's hard for me to be sure that's your problem. Some people start this jerking movement when they get out of position with a heavy weight. I've seen Dennis Reed and George Frenn shake all the way through the deadlift. The most important factor was that they made the lift, and as long as you are making the lift don't worry about this jerking. I bet that if you underepped your workout, you will find out that you are not shaking as much as you feel like.

As a training aid toward the end of your workout take your last lift with your training partners assisting you. What your partner does is stand at a 45° angle, facing you, putting one hand on your belt in the back and the other on your chest. Then, as you start your pull, he just follows with you as you go through the movement. If you start to shake, have your partner give you pressure on your belt and chest and help you through the lift. I'm sure this will help you. Just keep your confidence. Best wishes, **Roger.**

**Corrections:** to the ADFFA records in the September PL USA: (Men's National) Mike Awala's 424 bench, Bill Stevart's 2011 total, Gerald Welch's 507 bench/2127 total, Willie Hall's 2252 total, American Records, 2010 total for Gene Howell, 2011 for Bull Stewart, 2126 for John Kuc, American Col-league 705 squat for T. Holder/1714 total; National Collegiate 705 for Holder/1714 total, 644 deadlift for E. Leland, and 661 squat for R. Miller. Kirk Karowski's 1785 total should have been listed as a Teenage American record at 242. T. Dittmer's DL record (14-16) should have been 501.

## Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0. For reasons of brevity or clarity, some letters may be edited, however, every effort is made to retain the color of the original question.

**DEAR MAURO:** I am writing you in a state of utter despair. Back in March of last year, my right shoulder became sore and painful. As time went on, it would not heal, although I could lift with it and not experience much pain at all. It was afterward that it stiffened and hurt. Finally, I stopped training and went to an orthopedic surgeon specializing in sports medicine. Diagnosis: AC joint tendinitis. X-Rays clean. Treatment: cortisone injection and ibuprofen. The injection lasted 3-4 days and the pain returned. Another injection did about the same. No luck with oral anti-inflammatories. Ultrasound - no luck. In all this time, it will not heal, even when not training.

I am 38 years old and do not compete. I merely love lifting and don't want to ever give it up. I came back from a spinal fusion in 1975 to lift better than ever. I'm not a quitter. I am not looking for free medical advice, Doctor. I just want help, and it does not seem to be available in my area. I have many ideas at all, please help. **Bob T.**

**DEAR BOB:** Acromioclavicular problems are tough to treat, much like sacroiliac problems since both joints are not really true joints and neither one is supposed to move all that much - their primary function being supportive. If arthritis develops in these joints then it's difficult to clear up and to circumvent. The whole trick in clearing up these injuries is to keep working out. If you quit, hoping to heal it with time, it usually doesn't work. Even after a year off, the injury will plague you when you start working out heavy again. To heal the injury you have to keep working out, but in such a way that it is constructive rather than destructive. For example change your style in the bench - drastically, if necessary, to minimize the pain when you workout. Keep at it even if you have to do 45 degree inclines with half your usual weight. As long as there is little pain, and you keep working the musculature, the injury will heal. After a while you can go back (light at first) to your regular bench (perhaps with the only change being a different hand spacing).

There is another alternative which I don't usually suggest unless things don't work out. Let me know how you get along and if you need more help. **M.G.D.**

**DEAR RICARDO:** I do remember you. I believe we have also corresponded since that time. I know of several lifters who are still lifting in spite of high blood pressure and/or hiatus hernia. These lifters usually take their medication so as to give them some effect during the workout. For example if the hiatus hernia is worsened while squatting, they use a product such as "Max-Clear" prior to the workout. Also, they find that sucking on something while working out helps the hiatus hernia from acting up. They also change their style so as to minimize the increase in abdominal pressure that is seen with squatting. Your blood pressure shouldn't get worse because of lifting, but you should try to get your weight down at least by one weight class (this would help both the hernia and the hypertension). As well, cut back on your salt intake. Let me know if I can be of any further help. **M.G.D.**

## 1 KILOGRAM equals 2.2046 POUNDS

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

**ONLY FROM HAWAII**

**HAWAII WEIGHTLIFTERS SHOPPE**

23 Main Street  
Warkworth, Ontario, Canada  
K0K 3K0

ITEM	DESIGN	COLOR	ALTERNATE COLOR	SIZE	QUANTITY	UNIT COST	AMOUNT
A	T-Shirt (S-XL)	Black, White, Navy, Royal & Red					\$9.00
B	Muscle Tank (S-XL)	Gold, White, Black, Teal & Pink					\$10.00
C	Men's Tank Top (S-XL)	Gold, White, Black, Teal & Pink					\$9.00
D	Poly/Cotton Gym Shorts (XS-XL)	Black, White & Red					\$10.00
E	Poly/Cotton Gym Shorts (XS-XL)	Grey, Black & Royal					\$6.00
F	Polyester Gym Shorts (XS-XXL)	Black, White & Navy					\$6.00
G	Polo-Shirt (S-XXL)	White, Royal & Black - Design I					\$20.00
H	Only One (Fits All) Rec.	White, Black & Grey					\$20.00
I	Sweat Pants (S-XL)	White or Grey - No Design					\$8.00
J	Sweat Pants (S-XL)	White or Grey - Design I					\$12.00
K	Satin Shirt (S-AL)	White, Black or Grey					\$12.00
L	Satin Jacket (S-AL)	White, Black or Silver					\$29.00
M	Design I (Fits All) Black, Grey & Red - Design I						\$6.00
N	Gloves (XS-XL)	Black, Grey & Red - Design I Only					\$8.00
O	Weight Weins (Fits All) White - Design I Only						\$8.00

SUB-TOTAL							
SHIPPING							\$2.00
TOTAL							

(Outside U.S.A. and Canada add 20% for shipping)  
(Money orders, cashier's checks or Visa)  
MasterCard accepted

Please check \_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_  
Account # \_\_\_\_\_ Expiration Date \_\_\_\_\_

Send to:  
**HAWAII WEIGHTLIFTERS SHOPPE**  
Dept. PL 100  
732 Kapaehulu Avenue  
Honolulu, HI 96816  
(808) 735-2004

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_

26

27



# INTERVIEW

## BOB WAGNER as interviewed by Bob Gaylor



**BG:** Where did it all start?  
**RW:** I am originally from Ventnor, NJ, but currently live in Margate (Atlantic City area). I'm 24 years old.

**BG:** What is your occupation?  
**RW:** During the fall of 1987 I decided to return to New Jersey from Salisbury, MD after graduation in order to get the most out of my training. I currently work as a substitute teacher and fitness instructor. In the summer I trade the packet and tie for a life-guard job. My schedule allows me to rest and eat properly, more so than a full time teaching job.

**BG:** How long have you been training and competing?  
**RW:** I have been lifting about 10 years and competing the last seven.

**BG:** How did you get started?  
**RW:** As a kid I grew up around weights. My father had a weight room on the side of the house and his friends would use it. I watched these guys and thought they were the biggest people in the world. In 8th grade, I started training with weights, and by my sophomore year I was training seriously, so I could gain weight to play football as a junior in high school. My idea was to train like a pro, but didn't have any idea what that was. I trained the powerlifts and power cleans 2-3 times a week. I squatted 300 when I was 15 and by everyone's reaction, I knew I was on to something. I heard about powerlifting in a strength magazine. They had an article on Joe Bradley. I could not believe the lifts he was doing at 132 lbs. After playing football my junior and senior years, a friend of mine, Mike McElroy, convinced me to join Oceanic Gym. He introduced me to Phil Pelura, the owner, and after pulling a 500 lb. deadlift that day, Pelura talked me into powerlifting. My first contest was the 1982 New Jersey State Championships. I placed 2nd and set a Teenage Deadlift record of 520 lbs.

**BG:** What are your best contest lifts?  
**RW:** My best lifts at 165 lbs. were: SQ 690, BP 330, DL 590; My best at 181: SQ 749, BP 370, DL 633.

**BG:** Could you list for us a few of your many titles and records.  
**RW:** Some of my titles and records are: New Jersey State Champion - 1983-85-86 in 165; 1986 Senior National Champion in 165; IFJ World Record (SQ-165); ADFFA American Squat Record-165; ADFFA American Squat Record-181.

**BG:** What are your future goals?  
**RW:** On a long range basis my goal is to one day be a world champion. In 1986 I wasn't offered a slot on the United States Men's Team because the U.S. officials felt my total wasn't high enough. I went ahead with my original plans to return to Salisbury State and play football. I had been elected captain in the spring and was looking forward to the season. I got a call from Ron Ferrando about a spot on the U.S. Junior World Team. I was one week away from pre-season camp and I had a tough decision to make. After consulting with family and friends, I decided that I owed my teammates and turned down the offer. That year our team made it to the NCAA Division II National Championship game. Not many people get the opportunity to win one national championships and then compete in another sport's national championship. However, I knew I had also turned down a good opportunity in the Junior Worlds. Recently my goals have been simply to have a complete team and to participate in the ADFFA Nationals.

**Bob Wagner...had a complete meet at the A.D.F.A. Nationals where he got a 749 squat on a 3rd attempt at 181.**

What I mean by a complete meet is one where I hit my potential in all three lifts. This type of meet constantly avoided me at 165. I'm hoping that 181 lbs. it won't. I don't believe in setting precise numerical goals for myself. I set reference points. I choose a number which can go 10 or 15 lbs. in either direction. I feel with this method that I am not limited to a set weight which might become a barrier at any point.

**BG:** What are your thoughts on steroids and drug testing?  
**RW:** I feel one way about steroids. I have never taken them, but if someone wants to, it's their own choice. The people that get to me are the ones who are using drugs then make the natural claims and go into drug tested competition. I feel the use of the polygraph and urinalysis together is currently the only effective and feasible way to drug test. If you check the winning totals at the Senior Nationals (a urinalysis meet), then look back to the Hawaii's or YMCA Nationals, there is a huge difference. I'm sure there are ways around the polygraph too, but beating both methods is a hell of a lot harder than one. I've undergone five drug tests since July 1986 and passed them all. Two were USPF urinalysis, 2 were ADFFA polygraph and one was a surprise NCAA urinalysis. To tell you the truth, I enjoy being tested, just to put people's doubts to rest. Personally, I would like to see the ADFFA test more of its participants. I realize that around that the ADFFA isn't testing at all. From my experience with the organization they have done a fine job, not only testing, but in running the meets. Let's face it, the

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

resolution to the drug problem would be one unified federation with drug and non-drug divisions. I have no quarrels about lifters who use drugs, and hope that they respect my decision to stay natural.

**BG:** How do you handle your personal diet and supplementation needs?  
**RW:** Diet and supplementation go hand in hand. Proper supplementation aids your diet, and plays a role in being a successful powerlifter. I eat six meals a day. Fruits are the staple of my carbohydrate intake, roughly ten pieces a day. The supplements I use are very basic, a variety of vitamins and minerals and a protein powder shake twice daily with meals.

**BG:** What are your training routines?  
**RW:** My training routines change from meet to meet, but the key to drug free lifting is not to overtrain. Rest plays a big role, since recuperation takes from four to five days. During the in-season cycle I squat once a week, and bench once a week. I deadlift every two weeks. I pay lots of attention to how I feel. If I don't feel like lifting, I won't. People make the mistake of continuing to train with fatigue and keep on pushing. What they don't realize is that they are usually pushing themselves into a hole. I make use of supportive gear as little as possible. I feel a great psychological edge once I put the suit, wraps, and belt on. In the past, my off season has been spent playing football. I usually follow a bodybuilding type workout then, eliminating the powerlifts and keeping the reps high and rest periods short.

**BG:** What would you tell a beginner?  
**RW:** My advice to beginning lifters is to enjoy the sport and don't get so wrapped up that you lose sight of the rest of your life. If you do this you will burn out quick. Develop a good diet, get plenty of rest and stay away from the supportive gear until you really need it. There isn't one workout which works for everyone. If you find something that works, stick with it. Approach the sport with a good mental attitude. Stay positive and you will get positive results.

**BG:** Who are your heroes or people you admire in powerlifting?  
**RW:** My hero or role model has always been my father. He has always approached his endeavors with 100% of his energy and I hope my approach to powerlifting is the same. As for those I admire in powerlifting, the list is endless, whether they are in the 114s or Supers.

**BG:** What are your other interests?  
**RW:** My current interests lie in sports of all kinds, but particularly lifting. I plan to go back to school and pursue a Masters Degree in Exercise Physiology. I graduated from college with a degree in Biology, and want to use this knowledge in the sport. I am also interested in Sport Psychology. In 1985 I met a sport psychologist, Robert McBrien, at Salisbury, and learned a great deal from him. I still stay in touch with him on a regular basis, and use his techniques daily. Currently I am training a few high school athletes who wish to enter the sport.

**BG:** How do you have any other comments you would like to make?  
**RW:** I would like to thank Bob Gaylor for giving me this opportunity to get this article in POWERLIFTING USA. I would like to thank my coach, Phil Pelura, for his guidance, and sport psychologist, Dr. Bob McBrien, for his techniques and time. I would also like to thank my parents for following me around the country and always showing their support.

Over the years, I've had the opportunity to meet some rather impressive athletes. Larry Holmes, Pete Rose, Terry Bradshaw, Arnold Palmer, Stanley Floyd, Cathy Rigby, Robert Duran and Mario Andretti are just a few of the super-greats in the world of sports that I've had the good fortune to meet. No one of them, however, and I do mean no one, ever possessed the overwhelming greatness of Paul Anderson.

Anderson was the most likely the strongest man to ever walk the face of this world. During his competitive years as a strength athlete, Anderson dominated this sport as no other contemporary athlete had ever done before. Anderson's powerlifting and Olympic lifting records would be analogous to Bob Beamon long jumping 55 feet, or Sergio Bubka pole vaulting 25 feet. Think about this for a moment. At a time when the other strongest men in the world were struggling to master a 700 lb. squat, Anderson had already managed 1,200 pounds in the lift. Even today, close to three decades and hundreds of ergogenic drugs later, no man has even come close to cracking even the 1,100 pound barrier. For the record, Anderson is still the only human being (at least I think he's human) to back lift over 6,000 pounds, one arm press over 300 pounds, and neck lift (ouch) over 800 pounds.

Bob Hoffman, the late President of York Barbell Company, once said that if he was going to construct a lifting machine that was in the image and likeness of a human being, he would simply duplicate the biomechanical dimensions of Paul Anderson. Not surprisingly, Hoffman called Anderson the greatest strength athlete that God ever created. (Most of today's strength experts concur with Hoffman's assessment of Anderson.) Confessionally, the day I met about him that I'll never forget.

**BG:** Who are your heroes or people you admire in powerlifting?  
**RW:** My hero or role model has always been my father. He has always approached his endeavors with 100% of his energy and I hope my approach to powerlifting is the same. As for those I admire in powerlifting, the list is endless, whether they are in the 114s or Supers.

**BG:** What are your other interests?  
**RW:** My current interests lie in sports of all kinds, but particularly lifting. I plan to go back to school and pursue a Masters Degree in Exercise Physiology. I graduated from college with a degree in Biology, and want to use this knowledge in the sport. I am also interested in Sport Psychology. In 1985 I met a sport psychologist, Robert McBrien, at Salisbury, and learned a great deal from him. I still stay in touch with him on a regular basis, and use his techniques daily. Currently I am training a few high school athletes who wish to enter the sport.

**BG:** How do you have any other comments you would like to make?  
**RW:** I would like to thank Bob Gaylor for giving me this opportunity to get this article in POWERLIFTING USA. I would like to thank my coach, Phil Pelura, for his guidance, and sport psychologist, Dr. Bob McBrien, for his techniques and time. I would also like to thank my parents for following me around the country and always showing their support.

**WHAT'S THE NO. 1 LIFTING SUIT FOR COMPETITION & TRAINING? TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!**



## Dr. Judd

### The Greatest Athlete of All by Judd Biasiotto Ph.D. and Army Ferrando of WORLD CLASS ENTERPRISES

In order to make sure that no one had added any weight during the night. When he had assured himself that the correct weight was on the table, he again positioned himself under the table and attempted the weight. Again, the table did not budge. In fact, none of the legs of the table gave any indication that they were about to move. It was at this time that Anderson started getting a little upset. After all, the day before he had easily lifted the table which had weighed a good 200 pounds less.

In a state of complete confusion, Anderson removed the large scale which weighed approximately 250 pounds from the table. Then after throwing himself into a rather high emotional pitch, he got under the table for the third time and pushed the table, and then lift it up. As with any weightlifter, Anderson would systematically increase the poundage from one workout to the next. After a few months of training, the weight on the table got so high that Anderson had to resort to using miscellaneous weight. According to Hoffman, the table was beyond belief - flywheels, chains, axles, and even a horse shoe. Anyway, one morning when the weight on the table had reached approximately 5500 pounds, Anderson positioned himself under the table and began pushing for all he was worth. Surprisingly though, the table never budged. Anderson, bewildered, crawled out from under the table and checked the weight in

earth. What had happened was that during the night the legs of the table had frozen into the ground. Thus, Anderson not only lifted the 5000 plus pounds on the table, but he had also succeeded in ripping the ground right from the earth. Pretty awesome, huh?

Certainly, Paul Anderson functioned on a different level than most homo sapiens. Still man has demonstrated time and time again that nothing is impossible. Consequently, there is always the possibility that someone will come along who will be able to surpass Anderson's phenomenal feats - but I doubt it.

## Half Price SPECIAL!!!

“DRUGS, SEX, SPORTS...” only \$5  
Plus “POWER” and “PSYCHING” \$10 each

3 New Books - TOGETHER only \$25.00  
by Dr. Judd Biasiotto, Ph.D.

“You'd spend over \$30 for a lifting suit to put 20 pounds on your squat. Why not spend \$25 and watch all your lifts go up?”

Send Check or Money Order (Plus \$2.00 Postage & Handling) to:

**World Class Enterprises, Inc.**

2002 Skylane Drive, Albany, Georgia 31705



Dr. Judd, of World Class Enterprises



**1-800-222-6897**  
 OR CALL 214-236-4012  
M.C. USA, C.O.B. CHECK OR M.O.

# 1988 HAWAII Budweiser World Record Breakers Videos & T-Shirts



See: Gene Bell total 2110 at 181, Anthony Clark squat 1025, Dave Passanella squat 1019 and total 2408 at 275, Dan Austin total 1712 at 148, Jessie Jackson squat 705 at 148, Ausby Alexander squat 738 at 165, Jeff Madsen squat 523 at 123, Lamar Gant deadlift 672 and total 1587 at 132, Steve Goggins total 2254 at 242, and Much More!

This year's video was recorded on professional 3/4" tape and is much better in picture quality than any contest video before. Some lifts are shown at two camera angles.

**TAPES - VHS & Beta - \$45**  
 plus \$2.00 shipping

**New 8 Color T-Shirts - \$10:**

(Cream, Light Blue, Grey, Yellow, White, Aqua, Red, Turquoise)

AVAILABLE  
 EXCLUSIVELY FROM

**INZER**  
 ADVANCE DESIGNS

P. O. BOX 2981  
 LONGVIEW, TEXAS 75006  
 1-800-222-6897  
 214-236-4012



**Catherine Crowmer used Power Systems Supplements to set a world bench record and win a national championship in the 148 lb. division**



orders only: CALL Toll Free  
 1-800-248-LIFT or 518-447-4417

**Glenn Stevens**  
 P.O. Box 364, Rt. 152  
 West Sand Lake, NY 12196  
 VISA - MASTERCARD - COD

2.75 handling on all orders  
 NY State Residents 7% sales tax  
 Outside US & Canada, \$2.75 plus 15%  
 surface, 30% airmail, \$2.75 min.

#### Power Systems Supplements

Super Dyno Grow (Massifier) 2.2 lb. \$25.95; Super 100% Egg Protein 2 lb. \$26.95; Super Inosine 1000 mg 50 cap. \$21.95; 100 caps \$39.95; Super Gamma 1000 mg 30 cap \$17.95; 60 caps \$31.95; Super Gamma-Strol 90 caps \$17.95; 1700 Amino Acid complex 325 tab \$19.00; 2000 Plus Amino 250 tab \$29.00; Smilax 1 oz. \$12.2 oz. \$22.00; Super Sterol Complex 90 tab \$17.95; 180 tab \$31.95; Anabolic Building Blocks (6 wk cycle) \$65.

#### Other Supplements

Yohimbe bark 750 mg 100 tab \$45.00; Cycloleimil 50 mg 100 tab \$45.00; Fat Burners 90 tab \$12.00; Tri-Min 90 tab \$10.00; Carbo Energizer 2.2 lb. \$12.00; Hardcore Training Pak 44 day supply \$28.00; Super Spectrum Vitamins 180 tab \$20.00; Ultra Inosine 750mg 110 cap \$16.00; Dessicated Liver 500 tab \$16.00; Electrolytes 100 cap \$10.00; Super Spectrum Amino Ammo 150 tab \$20.00

#### Equipment

Miracle Power Suit \$37.00, Dipping Belt heavy duty \$30.00, Leather or Web training straps \$6.00, Stretch Suits small-XXL \$19.00, Stretch Suits 3X-5X \$30.00, Lycra stretch suit small-XXL \$30.00, Ammonia Caps box of 12 \$6.00; Hurricane Wraps \$9.00; Knee Wrap II \$9.00; Red Line Wraps \$12.50; Wristwraps \$5.00; Suede Power Belts \$49.00; Tapered Suede Belt \$39.00; Leather Belt \$25.00, Chalk 1 lb. \$12.00 10 lb. \$80.00

**New! TESTALONE (with Boron) 850mg 100 caps \$47.00 (Recent U.S. Dept. of Human Nutrition research study shows how to DOUBLE blood levels of testosterone!)**

**New! DIBENCOZIDE (pure!) 10 mg 30 tabs \$30.00 90 tabs \$70**

POWER SYSTEMS products available at all G.N.C. stores nationwide

**TOLL FREE 1-800-248-LIFT (ORDERS ONLY)**



# POWER PROFILE

## Dave Pasanella as told by JOHN COMERESKI

Anyone who can squat with 900 lbs. on his shoulders deserves respect, but what is to be said about someone who can officially squat 1022.5 pounds on his shoulders?

No doubt, Dave Pasanella is a rare individual, who consequently holds the all time world record in the squat in the 275-pound class at 1022.5 lbs. (actual weight). This was combined with a 584 bench and 804.5 deadlift for a whopping, all time world record total of 2408.

Dave actually began in the strength world when he was a freshman in high school. In his first power contest, a local Arizona competition for squatting and benching, he placed 3rd. This motivated Dave to stay in the powerlifting realm.

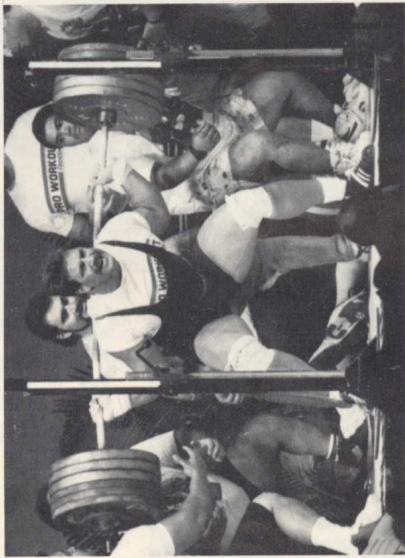
Pasanella went on to win several national teenage powerlifting titles in the 275-pound weight class at only 260 lbs. bodyweight, then decided to lay off from powerlifting to concentrate on football. Still, he always believed that powerlifting helped him in his endeavor.

As Dave puts it, "Strength training allowed me to not only increase my strength on the gridiron, but to increase my speed as well. I discovered that the crossover was more valuable than I had ever realized. Knowing that I was the strongest player on the field gave me the confidence needed to compete against opponents 6'4" or 6'5".

Dave's football career at Georgia Tech helped make a name for himself. As a noseguard, then linebacker, then noseguard again, Dave willingly lost 30 pounds to play his final season at GT in the fallback slot. "I feel my over-all training, powerlifting and anaerobic conditioning helped me to develop the physical skills necessary for the positions required of me," Dave explains. Well, you cannot disagree with someone who loses 30 pounds and is clocked at a 4.65 40-yard dash and records a 36" vertical jump.

Following Dave's football career, he returned to competitive powerlifting. In 1985 he represented the USA in the Junior Men's World Powerlifting Championships in Soest, West Germany. There Dave broke 3 existing world records in the squat, bench and total, but was not completely satisfied. As Dave tells, "I felt very strong at the contest, but due to technique problems and faulty equipment, I was off. I wasn't pleased with my total. I knew then I would redeem myself at the next competition."

In 1986, Dave was appointed Georgia Tech's Director of Player Development, and assumed the responsibility of preparing GT's



DAVE PASANELLA...squatting big at the Hawaii Record Breakers Meet (Douglas photo)

athletes for competition. Then, in 1987, Pasanella competed in the APF Nationals where he broke 3 national records and was named the meet's most outstanding lifter. He did this with a 900 squat, 470 bench, and a 770 deadlift for a 2240 total.

Still not satisfied, Dave decided to undertake a rigorous, 11-month training cycle. This led to his fine performance at the 1988 Hawaii Record Breakers meet, later shown on ESPN. For those who didn't see it, Dave came up with 1041 pounds, within 1" of breaking parallel. Dave believes that the one attribute that helps him with his powerlifting successes is his mental attitude. Dave tells, "Although I respect heavy weights, I don't fear them. Heavy numbers just don't psyche me out. The difference between 500 pounds and 1000 pounds is only pushing a little harder."

Dave's views on training are quite unique. He believes in training at higher volumes on major exercises. This, he feels, gives him a better balance among muscle groups. Although he uses percentages as guidelines, sometimes these percentages actually fluctuate, based on varying physical parameters. His training is based on Joe Weider's strict training principle, when he feels good, he does more. He places a great deal of emphasis on assistance exercises.

Pasanella utilizes forced reps and some negative reps in his training. He often flirts with overtraining, usually

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

day), Leg Curl 4x10-12 (Tuesday) 5x8-10 (Saturday), Low Back Extension 4x15-20 (w/weight) (Tuesday) 4x25 (Saturday), Call Raise 1x25 (each direction) (Tuesday and Saturday)

**Squat Cycle:** Off Season cycling percentages range from 70-90% for 5 work sets of 3-8 reps beginning with sets of 8 and working towards sets of 3 as Dave nears his In Season training regimen.

**Tuesdays:** Remain the same for the entire 16 weeks with a narrow, stance and elevated heels. Pounds/inch in the In Season phase also remain the same at 75% max. for 4 sets of 5.

**Saturdays:**  
**Wks 1-3:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, 5x585; work sets: 5x8 @ 70%.  
**Wks 4-9:** same warmups, 4x5 @ 80-90%, 1x8 @ 75%.

**Wks 10-12:** same warmups, 4x3 @ 90-95%, 1x8 @ 80%.  
**25 days pre-contest:** warmups: 10x135, 8x225, 5x315, 5x405, 5x495, 5x585; work sets: 3x3 @ 75%.

**21 days pre-contest:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, 5x585, 5x675, 5x765, work sets: 3x8x5, 2x2x5x9x5, 1x3 1000+ (overloads), 5x950.

**18 days pre-contest:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, 5x585, 5x675, 3x675, work sets: 3x1 @ 85%. Assistance: Leg Extension and Leg Curl, 3x8-10, Call Raise, 1x25 each direction

**11 days pre-contest:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, 5x585, 5x675, 5x765, work sets: 3x1 @ 1000+, 5x950. Assistance as above. Last week for assistance work.

**7 days pre-contest:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, 5x585, 5x675, 5x765, work sets: 3x8x5, 2x2x5x9x5, 1x3 1000+ (overloads), 5x950.

**4 days pre-contest:** warmups: 10x135, 8x225, 6x315, 6x405, 6x495, work sets: 5x585, 3x675.

**Contest Attempts:** Opener 925 or 940, 2nd: 1025, 3rd: 1045 [note: All percentages are based on Dave's weekly estimated 1-rep max.]

Dave Pasanella can be reached for seminars at: Superior Performance, 1 Biscayne Drive, NW, Suite 503, Atlanta, GA 30309.

INTRODUCING

# DIBENCOZIDE CYTOCHROME C and COENZYME Q10 FOR WINNERS ONLY

I am sorry if you are buying...

**GAMMA ORYZANOL, BETA SISTEROL, SMILAX OFFICINALIS, YOHIMBE BARK, ORCHIC TEST EXTRACT, CYCLOFENIL...**  
Because they are **OVERDATED...OUTDATED...AND OBSOLETE...**

Some of the big vitamin dealers are millionaires because they took advantage of your need to get **BIGGER, FASTER, AND STRONGER.**

**NOW**

## The BEST kept secret in years is out!

The European and Communist athletes have been using these products for years because of its anabolic and endurance effects.

1. **DIBENCOZIDE** (Also called XOBALINE, COBAMAMODE, COENZYME VITAMIN B12)

**SOME FACTS:** Dibencozide is the most potent non-steroidal anabolic agent on the market today and offers athletes an effective and certainly far safer alternative to steroid hormones--and it is NOT BANNED by international sports governing bodies.

Dibencozide is the coenzyme form of vitamin B12. The Merck Index states "The coenzyme is the metabolically active form of Vitamin B12." Guyton's Textbook of Medical Physiology states "Vitamin B12 is an essential nutrient for all cells of the body; and growth of tissues in general is greatly depressed when this vitamin is lacking. This results from the fact that Vitamin B12 is required for synthesis of DNA, therefore, lack of this vitamin causes failure of nuclear maturation and division." Dibencozide is used as an aid in gaining muscle mass, size, and strength and is 100% natural... **THE MOST POTENT NON-STEROIDAL ANABOLIC AGENT AVAILABLE TODAY!**

2.5mg/100 capsules \$29.95  
5.0mg/100 capsules \$39.95  
2 oz bottle/liquid \$34.95

3. **CYTOCHROME-C (ENDURO CAPS)**

**SOME FACTS:** Cuts down the production of lactic acid and greatly speeds recovery time. Work-out harder, longer, with less burn.

500 mg/90 capsules \$19.95

4. **COENZYME Q10 (RACE CAPS)**

200 IU E Succinate 100 mg Inosine 100 mg Co Q10 30 capsules \$24.95

CALL TOLL FREE FOR ORDERS ONLY

**1-800-272-0051**

In Oklahoma and Alaska call 1-405/275-3689



1510 N. Kickapoo  
P. O. Box 1322  
Shawnee, OK  
74802-1322



**Crain's  
Muscle World LTD**

CALL IN YOUR ORDER  
VISA-MASTER CARD-AX-OPTIMA-DISCOVER  
DINERS CLUB-CARTE BLANCHE-COD-CHECK

HANDLING \$2.50 on ALL Orders  
Oklahoma Residents add 7.0% Sales Tax  
OUTSIDE U.S.A. — \$2.50 Handling Charge plus  
Surface...15% • Air Mail 30% • Minimum...\$2.50



# POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing  
September 1987 to August 1988

242/110 kg.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	920 Goggins, S., 4/8/88	837 Poretti, M., 7/10/88	837 Goggins, S., 4/8/88	2254 Goggins, S., 4/8/88
2	720 Krivsky, A., 4/24/88	606 Magruder, J., 4/8/88	2204 Bell, W., 11/22/87	2204 Bell, W., 11/22/87
3	865 Lee, W., 11/22/87	812 Driscoll, C., 7/17/88	2134 Poretti, M., 7/10/88	2134 Poretti, M., 7/10/88
4	854 Warner, S., 6/25/88	810 Stewart, K., 8/14/88	2127 Krivsky, A., 4/24/88	2127 Krivsky, A., 4/24/88
5	800 Thompson, G., 5/7/88	804 Washington, R., 8/26/88	2105 Driscoll, C., 7/17/88	2105 Driscoll, C., 7/17/88
6	800 Karwowski, K., 4/9/88	798 Pharr, T., 12/12/87	2094 Stewart, K., 8/14/88	2094 Stewart, K., 8/14/88
7	800 Forrester, S., 7/28/88	800 Wolkeber, D., 6/11/88	2088 Borden, R., 1/24/88	2088 Borden, R., 1/24/88
8	835 Simms, P., 12/12/87	793 Martinez, D., 2/18/88	2080 Talarodi, C., 11/8/87	2080 Talarodi, C., 11/8/87
9	832 Mistrick, L., 1/24/88	792 Borden, R., 1/24/88	2072 Brago, P., 7/17/88	2072 Brago, P., 7/17/88
10	832 Lutu, M., 4/8/88	760 Jacoby, D., 11/15/87	2066 Immekus, P., 12/12/87	2066 Immekus, P., 12/12/87
11	844 Morelli, J., 4/2/88	753 Lowe, C., 5/28/88	2039 Sorenson, S., 2/17/88	2039 Sorenson, S., 2/17/88
12	821 Windsor, R., 1/25/87	755 Sanchez, J., 7/17/88	2033 Simmons, L., 12/12/87	2033 Simmons, L., 12/12/87
13	821 Winkler, D., 7/28/88	749 Immekus, P., 12/12/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
14	815 Allen, T., 6/5/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
15	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
16	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
17	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
18	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
19	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
20	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
21	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
22	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
23	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
24	804 Karwowski, K., 4/9/88	744 Hechter, G., 11/22/87	2028 Mistrick, L., 1/24/88	2028 Mistrick, L., 1/24/88
25	800 Soto, G., 4/24/88	735 Caldwell, D., 10/17/87	2006 Jacoby, D., 11/15/87	2006 Jacoby, D., 11/15/87
26	800 Wilson, B., 5/18/87	735 Caldwell, D., 10/17/87	2006 Jacoby, D., 11/15/87	2006 Jacoby, D., 11/15/87
27	800 Wilson, B., 5/18/87	735 Caldwell, D., 10/17/87	2006 Jacoby, D., 11/15/87	2006 Jacoby, D., 11/15/87
28	793 Driscoll, C., 7/17/88	733 White, P., 1/9/88	2000 Allen, T., 6/5/88	2000 Allen, T., 6/5/88
29	793 Brago, P., 7/17/88	733 White, P., 1/9/88	2000 Allen, T., 6/5/88	2000 Allen, T., 6/5/88
30	785 Pearson, D., 4/24/88	727 Claude, S., 12/12/87	1978 Patterson, B., 3/18/88	1978 Patterson, B., 3/18/88
31	782 Clavel, J., 11/8/87	727 Claude, S., 12/12/87	1978 Patterson, B., 3/18/88	1978 Patterson, B., 3/18/88
32	782 Clavel, J., 11/8/87	727 Claude, S., 12/12/87	1978 Patterson, B., 3/18/88	1978 Patterson, B., 3/18/88
33	782 Stewart, B., 8/14/88	725 Harris, R., 11/14/87	1973 Hoffman, J., 2/17/88	1973 Hoffman, J., 2/17/88
34	777 Hunt, R., 11/8/87	722 Hudson, E., 2/18/88	1956 Deshields, J., 2/18/88	1956 Deshields, J., 2/18/88
35	777 Hunt, R., 11/8/87	722 Hudson, E., 2/18/88	1956 Deshields, J., 2/18/88	1956 Deshields, J., 2/18/88
36	775 Caldwell, D., 10/17/87	720 Krick, B., 3/12/88	1940 Caldwell, D., 10/17/87	1940 Caldwell, D., 10/17/87
37	775 Caldwell, D., 10/17/87	720 Krick, B., 3/12/88	1940 Caldwell, D., 10/17/87	1940 Caldwell, D., 10/17/87
38	775 Caldwell, D., 10/17/87	720 Krick, B., 3/12/88	1940 Caldwell, D., 10/17/87	1940 Caldwell, D., 10/17/87
39	771 Warren, D., 4/9/88	716 Hoffman, J., 2/17/88	1930 Krick, B., 3/12/88	1930 Krick, B., 3/12/88
40	770 Maratoni, D., 4/10/88	715 Pearson, D., 12/19/87	1929 Gentry, P., 12/25/87	1929 Gentry, P., 12/25/87
41	760 Stewart, A., 2/27/88	715 Frank, E., 2/13/88	1929 Bernhop, J., 5/7/88	1929 Bernhop, J., 5/7/88
42	760 Stewart, A., 2/27/88	715 Frank, E., 2/13/88	1929 Bernhop, J., 5/7/88	1929 Bernhop, J., 5/7/88
43	750 Krick, B., 3/12/88	710 Mistrick, L., 1/24/88	1907 Roderick, S., 6/5/88	1907 Roderick, S., 6/5/88
44	750 Krick, B., 3/12/88	710 Mistrick, L., 1/24/88	1907 Roderick, S., 6/5/88	1907 Roderick, S., 6/5/88
45	750 Krick, B., 3/12/88	710 Mistrick, L., 1/24/88	1907 Roderick, S., 6/5/88	1907 Roderick, S., 6/5/88
46	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
47	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
48	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
49	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
50	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
51	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
52	744 Macri, D., 10/10/87	710 Wilson, B., 5/18/87	1895 Florio, L., 2/14/88	1895 Florio, L., 2/14/88
53	738 Rodman, G., 6/5/88	705 Strength, S., 10/10/87	1890 Soto, G., 4/24/88	1890 Soto, G., 4/24/88
54	738 Rodman, G., 6/5/88	705 Strength, S., 10/10/87	1890 Soto, G., 4/24/88	1890 Soto, G., 4/24/88
55	733 Magruder, J., 4/8/88	705 Miner, D., 11/7/87	1879 Wink, P., 12/5/87	1879 Wink, P., 12/5/87
56	733 Magruder, J., 4/8/88	705 Miner, D., 11/7/87	1879 Wink, P., 12/5/87	1879 Wink, P., 12/5/87
57	733 Magruder, J., 4/8/88	705 Miner, D., 11/7/87	1879 Wink, P., 12/5/87	1879 Wink, P., 12/5/87
58	733 Magruder, J., 4/8/88	705 Miner, D., 11/7/87	1879 Wink, P., 12/5/87	1879 Wink, P., 12/5/87
59	730 Pearson, D., 12/19/87	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
60	730 Pearson, D., 12/19/87	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
61	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
62	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
63	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
64	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
65	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
66	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
67	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
68	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
69	727 Hoffman, J., 2/17/88	705 Mordrem, D., 2/7/88	1868 Conashi, M., 2/7/88	1868 Conashi, M., 2/7/88
70	715 Dimiduk, A., 4/24/88	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
71	715 Dimiduk, A., 4/24/88	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
72	715 Dimiduk, A., 4/24/88	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
73	715 Dimiduk, A., 4/24/88	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
74	715 Dimiduk, A., 4/24/88	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
75	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
76	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
77	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
78	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
79	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
80	710 Durrick, H., 11/27/87	699 Connors, D., 10/10/87	1830 Zachery, E., 2/21/88	1830 Zachery, E., 2/21/88
81	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
82	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
83	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
84	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
85	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
86	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
87	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
88	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
89	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
90	705 Meek, B., 4/30/88	688 Lutu, M., 4/8/88	1805 Waddy, J., 6/21/88	1805 Waddy, J., 6/21/88
91	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
92	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
93	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
94	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
95	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
96	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
97	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
98	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
99	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88
100	700 Conarty, C., 12/5/87	680 Vasquez, P., 4/24/88	1791 Waddle, T., 2/14/88	1791 Waddle, T., 2/14/88

## PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are awarded to lifters who have achieved significant accomplishments in a way that 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 gold 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 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, 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 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. California Residents add 6% sales tax.

**NEXT MONTH...TOP 275s**

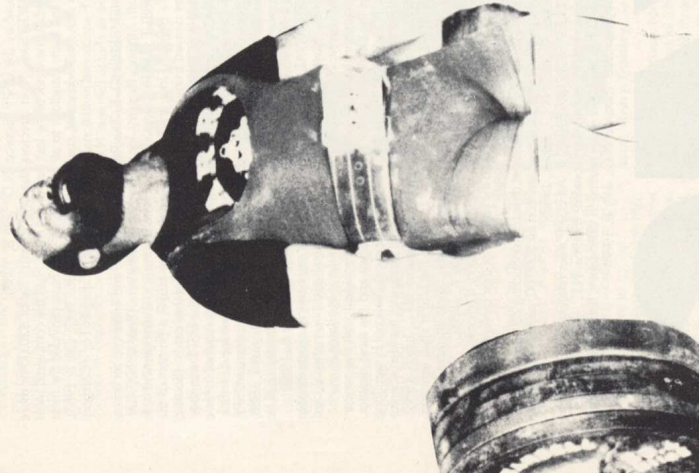
# UNIVERSAL WORKS

## Nature Doesn't Build MEGA-MUSCLE NATURAL STEROL COMPLEX

### YOU CAN ADD MOUNTAINOUS MUSCLE MASS & DENSITY

The most effective, safest supplement you can take while building powerful, massive, perfectly defined muscle. UNIVERSAL NATURAL STEROL COMPLEX combines the purest ingredients in a timed-release tablet, so NATURAL STEROL COMPLEX is working out, even when you're not.

Its 9-way formula contains: **STEROLS**-vegetable-based brothers of anabolic steroids (hormones). You can bulk up muscle tissue and burn fat without harmful side effects.  
**\*ANABOLIC GLANDULARS**-nutritional extracts of nature's most powerful organs. Your body's own glands can produce greater, healthier amounts of hormones.  
**\*AMINO ACIDS**-the body's protein "contraction set", provided in amounts that build you up without burning you out.  
**\*ARGININE/ORNITHINE**-the muscles' essential amino acids. Reduce bodyfat and step up the body's release of its own growth hormone!  
**PLUS - energy stimulants, electrolytes (for quickest muscle reactions), lipotropics (to rid the organs of harmful fat build-up), growth agents, herbs, minerals and nutrients.**



North Carolina State Masters  
Record Holder 198 lb class —  
**Joe McDougall**

**UNIVERSAL NATURAL STEROL COMPLEX™**  
90 Timed-release tablets per bottle. Absolutely no starches, artificial flavors or preservatives. **FACTORS OF ANIMAL-PAK. CARBO-PLUS™**, and other premium quality supplements.  
**SATISFACTION GUARANTEED!**

To place a Visa or Mastercard order call 1-800-USA-0101. For distributor information write or call 201-545-3130.



YES, send my NATURAL STEROL COMPLEX without delay. Bottles (90 tablets per bottle) @ \$19.95 each. \$ \_\_\_\_\_ \$2.00 Shipping and handling. 6% Sales tax for NJ residents.

TOTAL AMOUNT ENCLOSED \$ \_\_\_\_\_

VISA  MASTERCARD

NAME \_\_\_\_\_ ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

EXP. DATE \_\_\_\_\_

UNIVERSAL WORKS (NY) 3 Terminal Road, New Brunswick, New Jersey 08901







This article is dedicated to those lifters who enjoy slinging pots and pans around the kitchen. Quite often, lifters are not that particular about what they eat. They just like to eat, and eat a lot. Sometimes knowing not so much how to cook, but how food should be cooked, will make the difference between achieving your PR on the bench, or having it settle back down on your chest. In lifting, everything matters. Things like hand spacing, mental psyche and protein intake mean a lot, but still other things like how tight your boot laces are or how much chalk there is between your fingers are also important. Foods you read about and hope will insure your total health, as well as your total in pounds, may not be prepared correctly. Let's take a few minutes and look at some of the basics of Food Preparation for the Powerlifter.

Powerlifters need protein. Its role in both health and power have been well documented. Chicken, fish, turkey, lean beef, pork, and game foods, have between 6-8 grams of quality, complete protein per ounce. When you sit down at the table you can assume you're getting just that much nutrition. The problem comes when you're also getting more fat and calories than you'd counted on. At this point, you begin to wonder why your weight is going up and your total is skyrocketing! Maybe it's the way the chicken, fish, or beef is being prepared that's adding those eventual extra pounds to your bodyweight.

Let's take a chicken breast, for example. A chicken breast, when baked with some herb seasoning, represents approximately 193 calories. A chicken breast of normal size, with 5 ounces of edible meat, would also have about 30-35 grams of protein. However, if that chicken was brought to your plate, fried a golden brown, you'd better figure on 392 calories! That's the same chicken breast and the same amount of protein. The same thing goes for ground beef, baked vs. fried. Now you can even get turkey fried whole! Same protein, but lots more unwanted calories.

Length of cooking also has an effect on the protein. It seems that the longer you cook a protein, the less protein your body can derive from that food source. For example, let's say you like your steaks well done. In a 12 ounce steak, you'll receive about 1 to 3% less protein well-cooked "medium." You receive a little more, if it was prepared "rare," and even more if you order "steak tartar" (raw). This is more an academic issue here, rather than a practical one, because out of the 60-70 grams you'll get out of that steak, you're only losing between 1/2 to 2 grams of quality protein. So, enjoy the steak as it pleases you, but remember that overcooking is a factor in nutrition.

If you have been cutting down on fried foods, but you still eat out 2-3 times per week, then take a look at this point. Most, if not all, restaurants will cook with large amounts of butter to give the food you order that

## NUTRITION CORNER

by Jack Digangi

### Food Preparation as told by JACK DIGANGI, R.D., M.S.



Food Preparation...can be a key factor in producing your optimum total.

rich, satisfying taste. Whatever the entree ordered, fish, chicken, roast beef, steak, it will be prepared with butter, merely for the taste. Un-suspectingly, when you order your meal grilled or baked or broiled, you still get hundreds of excess calories. Here's one of the suggestions I frequently follow: when ordering in a restaurant, ask for the foods to be cooked "dry," without the butter or margarine. The same thing could be applied at home. Do you really know what's going into your foods? Take a few minutes and ask: Remember an ounce of fat has an amazing 270 calories, just one ounce. Do some questioning and suggest that they go easy on the excess oils, fats, cream sauces, butters, gravy, margarine, and mayo. To reach your PL goals, you need to consider both your lifting strategies as well as your nutritional strategies. So, sit down with the person who does the food preparation in your home, and ask:

Vegetables, too, can be misleading. Prepared correctly, vegetables are perfectly suited for powerlifters. They are low in calories, high in fiber and high in Vitamins A, C, E, and K, and also high in both macro and micro minerals. Once again, do you know exactly how they are prepared, right in your home? Take a closer look. Let's start with the starches. Here's a classic example - the potato. By itself, it's an excellent food, high in energy, carbs, Vitamin C, and fiber. Generally we have to fry it, load it with ketchup or a cheese sauce (imitation cheese at that), sour cream,

calories are derived from. As men-

tioned before, ask the waitress if they have a low-calorie dressing. Spoon a small portion on another plate and dip off that. When it's gone, you know you've only consumed 50-60 calories.

Be careful, also, of those soups. Choose the broth soups rather than those cream-of-something soups as those kinds contain many more calories. Also, those good looking rolls and breads on the salad bar are often painted with butter to enhance the taste. Better to grab some wheat crackers or melba toast. Just know that there are hidden calories all around. Now, on to cereals.

Cereals are designed to look and sound so good. To listen to an advertisement you'd think just one bowl would increase your total by 100 lbs.! Well, they won't. The "natural sounding, organic-labeled" stuff in cereal boxes is mostly sugar! Read the label and see exactly what you are pouring into your bowl. Like powerlifters to choose higher fiber cereals, as they do help with the cholesterol, digestion, and elimination. Breads too, require a second look. Don't be fooled by the ads. Read the label. Choose the brown breads of whole wheat rolls, sliced bread, etc. These are higher in fiber and some of the B-vitamins.

What do you drink with your meals? Often (tea, coffee, milk, beer, iced tea). Get into the habit of drinking water with your meals. The idea of a sip between bits of food is to simply wash down the food. Sipping on a 10 calorie-an ounce soda, or beer, or sweetened-iced tea adds excess calories to your meal plan. Just 2 glasses of these beverages per day will increase your bodyweight by about 2 pounds in just one month. Five or six months from now, you'll be wondering why those extra pounds are hanging off your waist and hips. Try to get into the habit of water with your meals. Later, if you like, take a cool glass of your favorite beverage and enjoy.

Some more positive ideas for the powerlifter in the kitchen are to use fresh fruits as much as possible. Steaming or par boiling vegetables reduces the nutrient value somewhat as the water soluble vitamins get washed away in the cooking liquid. Whenever cooking, use as little liquid as possible and try utilizing the liquids rich in vitamins. Whether you're an eater or a cooker, please be aware of the food preparation techniques that may be influencing your bodyweight. I tell my clients simply to ask, ask, ask in a restaurant or in the kitchen. Don't be fooled by the frozen breads laden with butter and salt seasonings. Don't be fooled by the frozen vegetables laden with excess oils or butters. Just take a few minutes and be aware. You'll benefit by (1) being healthier, (2) controlling your bodyweight and (3) having that feeling of control in your overall, total training package. If you have any questions or comments, please feel free to write and I'll see if I can help.

Jack Digangi, R.D., M.S.  
116 Dapson Place  
West Monroe, LA 71291

# New Products From PRODUCE FROM ATHLETE'S

**BORON** 100 caps .....\$10.50  
**ORCHIC EXTRACT** 1 oz .....\$10.50  
**DIBENCOSIDE** 2.5 MG / 100 caps .....\$22.75  
 5 MG / 100 caps .....\$34.95  
 10 MG / 100 caps .....\$69.95

**DIBENCOSIDE** is a Non-Corticosteroid and is the most potent on the market for relieving muscle aches and pains. It is also used as an anti-inflammatory agent.

**SUPER MUSCLE ENHANCER** is a Non-Corticosteroid muscle mass, size and strength enhancer. It is used as an anti-inflammatory agent.

**SUPER MUSCLE OPTIMIZER with Smilax and Inosine** Metabolic Optimizer  
 2.2 LBS .....\$172.50  
 SUPER AMINO 2525 300 MG per Tablet / 300 Tablets .....\$135.00  
 SUPER AMINO 1700 2000 MG per Tablet / 325 Tablets .....\$172.50  
 AMINO 1700 1000 MG per Tablet / 100 Tablets .....\$110.00  
 SUPER SMILAX 1000 MG per Tablet / 100 Tablets .....\$110.00



CALL 1 800 363-7316

ATHLETE'S NATURAL SUPPLEMENTS, INC.  
 116 Dapson Rd., West Monroe, LA 71291

NAME \_\_\_\_\_ PHONE \_\_\_\_\_ SIZE \_\_\_\_\_  
 ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP CODE \_\_\_\_\_  
 TOTAL ORDER \_\_\_\_\_  
 TOTAL AMOUNT DUE \$ \_\_\_\_\_  
 OVERSEAS ORDERS: Add 5% S&H Charge  
 Add 20% for shipping

Check Order  
 C.O.D.  
 FREE CATALOG



# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## PAIN TOLERANCE

as told by Frederick C. Hatfield Ph.D.

Of Vince Lombardi was a dinosaur by today's standards of excellence. Why, he became famous for his immortal words: "Fatigue makes cowards of us all."

Phooey! I spit on fatigue! Fatigue is the spark which ignites. It is the means to greatness. It is the vehicle to success. Fatigue only makes cowards of the uncommitted!

Of course, fatigue leads to pain, but don't mistake that kind of pain for the kind resulting from injury.

I could go on and on. "No pain, no gain." Or, how about this old standby? "When the going gets tough, the tough get going." All, by my reckoning, fall in the "gimme a break" category.

Let's set the parameters for this discourse on pain. First, there would be no such thing as sport without the existence of pain. Without risk there could be no sport. Since no sport is thoroughly safe, pain must be expected. Things happen. Whether you cope with it or not is your business. Me? I choose to totally dominate the situation.

There are ways at your disposal which will allow you to dominate and use pain rather than being subjugated by it.

But what's most important from my point of view is that by mastering pain, by improving your ability to dominate your pain sensations, you will have allowed yourself that much greater measure of strength.

That's right. Pain intolerance limits strength output. Don't you doubt it. Whether you're a wiry or a macho man, pain will bring you to your knees. Pain will make you stop pushing and cringe for mercy. I'll make you cease your set and put the weight back on the rack.

Coping with pain is shortsighted, because in the philosophy of sport there is no room for coping strategies. Coping, by definition, means that you are the underdog. You must learn to dominate all situations, and your pain tolerance level is of utmost importance in your dominance. Question is, how do you become stronger by dominating pain?

There are three broad categories of pain of the sport athletes must expect to face: 1) the pain of extreme effort, 2) the pain of extreme fatigue, and 3) the pain of injury. The first two are part and parcel of sport, while the third constitutes the element of risk spoken of above. It is the third which we try to eliminate, although its omnipresence is nonetheless cherished

to adhesions and tissue scarring. It can also cause major injury if left to continue its cumulative effect. Microtrauma, if left to accumulate over time, becomes macrotrauma. In a very real sense, cumulative exercise muscle soreness, falls into the third category of pain. While it is a result of extreme effort, and while it is often associated with extreme fatigue, it is still injury. An analogy will illustrate what I mean.

If you rub your hands on a rough surface long enough, one of two things will happen. Either you'll develop a callus (a positive adaptive response) or you'll get blisters (a destructive process). One is adaptive growth, the other injury from too much stress. Similarly, post-exercise soreness signals injury, and is an example of a destructive process much the same as blisters are.

The key to avoiding the blisters and getting calluses instead is to know exactly how much pressure to apply and how long it is to be applied. In sports the task is the same. How much stress, what kind of stress, and how long to apply are the art and science of our sport.

The belief that your effects have been in vain unless you experience post-exercise soreness has been responsible for yet another very damaging myth in sports. That is the belief that you can shape an individual muscle. You can't do that, and you're wasting time if you try. More importantly, you're backsliding if you seek post-exercise soreness as a signal that your funky exercise movements are working.

For example, take the simple bench press movement. With a close grip you feel pain the next day along the origin (the sternum), but with a wide grip you'll experience a mild post-exercise soreness out near the te-in (axillary region), or the outer pecs.

Your illogical conclusion is that the wide grip benches are good for developing your outer pecs, and the close grip benches are good for developing the inner pecs. This is ridiculous.

The different pain locations merely signal the fact that mechanical stress in the respective areas was too great, and that microtrauma was inflicted, causing a release of hydroxyproline in the area.

The same reasoning can be applied to Scott curls versus incline curls, or twisting movement curls has a gap between curls. If your bicep has a gap be-

tween it and the forearm, there's nothing you can ever do about it. If your bicep is short, it's short. If it's long, it's long. All you can ever hope to do is develop it as fully as possible, accounting for how it "fills" in comparison to other bodyparts for maximum aesthetic appeal overall by variably developing each bodypart accordingly. You cannot alter your genetic predisposition for individual muscle's shape potential. That is, if you even care about appearances!

But let's get back to pain in training. How much pain is good? Can you learn to overcome pain? How can you distinguish "good" pain from destructive pain? What about the "no pain, no gain" approach?

Often, cumulative microtrauma will cause movement-limiting adhesions. These same adhesions account for your inability to put on expected muscular size because the muscle cells are literally "bound" together so strongly that outward growth is severely restricted.

Dr. Gary Glum, founding Director of the Institute for Neuromuscular Education in Los Angeles (I highly recommend that you call him) has developed a technique to rid you of these strength-, size-, flexibility-limiting adhesions. Find a therapist who is skilled at this remarkable therapeutic technique and use his services at least twice yearly.

Of course, the best way to ap-

proach this problem is to avoid post-exercise soreness in the first place. To do this, simply approach your training a bit more scientifically. Remember that overstress, using too much weight or too many reps and sets, is not good in any sort of endeavor. The most galling training practice is causing overstress is negative movements, or eccentric muscle contraction.

A hot post-workout whirlpool and massage following it are also excellent therapies. However, remember that all these techniques can do is prevent or minimize the discomfort associated with tissue damage. Only scientific training can prevent the damage from occurring in the first place.

Injuries, once healed, often leave nerve endings entrapped in the scar tissue that forms. It is called "useless" pain, because it doesn't serve a useful function insofar as warning you of impending tissue damage is concerned.

Again, neuromuscular re-education is extremely beneficial in treating this kind of common problem. So too is flexibility training, particularly dynamic flexibility training and proprioceptive neuromuscular facilitation (PNF) stretching. (Another more easy-to-understand term for PNF stretching is "partner resistance stretching.")

Various injuries can cause chronic pain. This kind of pain is often very debilitating to your training, and should be dealt with. There are several ways of dealing with chronic pain:

-Mental Rehearsal: By performing a movement perfectly, you can effectively eliminate often unwanted, pain-producing movements.

-Progressive Relaxation: By alternately relaxing and contracting each individual muscle, especially the painful area, you can learn to minimize the amount of involvement (and therefore the amount of pain it causes) of that muscle.

-Systematic Desensitization: A painful muscle often makes you cover upon having to perform a movement that involves the use of that muscle. By systematically performing the steps you must go through to accomplish the movement, you can make the movement more automatic and thereby reduce the pain.

-Transcutaneous Electrical Nerve Stimulation: Called TENS or TNS (transneuronal stimulation), this electrical stimulation technique "tricks" your brain into feeling no pain by effectively blocking that specific neural signal from going to the brain.

-Ultrasound: Sound waves of specific frequencies stimulate blood flow to a muscle, blood vessels open, and extracellular fluid is removed thereby helping a muscle to relax.

-Rest, Ice, Compression and Elevation (RICE): of course, this should be your first approach to any sort of chronic pain associated with injury. Rest gives injuries a chance to heal, and ice reduces inflammation and

the activity you are involved with.



Before the Lift... Timothy Taylor knows he will soon be experiencing pain.



At Lockout... Dave Contreras is, no doubt, experiencing overall body pain



# FINALLY - THE REAL ALTERNATIVE TO ANABOLIC STEROIDS

## DIBENCOBOL® (Dibencozide)

The Potent Non-Steroidal Anabolic Agent

**BRAND NEW  
EXTRA STRENGTH  
FORMULATION**

**DIBENCOBOL®**  
2.5 mg. Capsules  
**ONLY \$25 per Bottle**  
100 Capsules  
(2.5 mg. dibencozide each)

Initial product success has enabled greater success in production and savings. An advantage being passed along to the athlete.

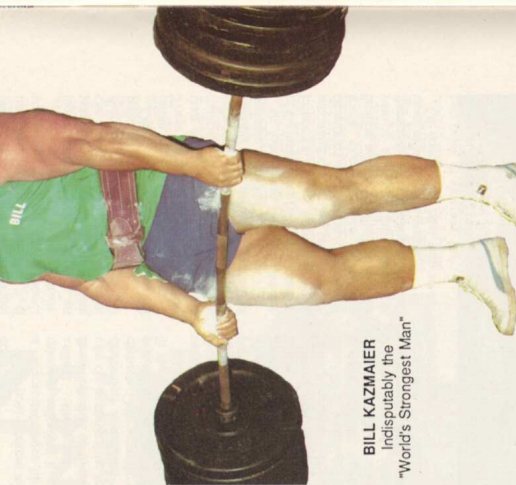
**DIBENCOBOL®**  
"The Champion's Choice"  
**\*Do Compare\***  
**BIO MUSCLE®**

**DIBENCOBOL®**  
Original/Genuine  
The Superior Value for Success



**MARY JEFFREY**  
World Powerlifting  
Champion, National  
Physique Winner

The Safe and Natural  
Way to Muscle  
Growth,  
Repair,  
and Success



**BILL KAZMAIER**  
Indisputably the  
"World's Strongest Man"

## BIO® THE COMPANY CHAMPIONS TRUST MUSCLE

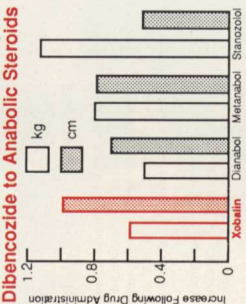
- EDDIE COAN**
- BUDDY DUKE**
- RICKY CRAIN**
- ANN LEVERTT**
- DR. MAURO DI PASQUALE**..... To name but a few

FOLLOW THE CHOICE OF TODAY'S CHAMPIONS and join the previously privileged few by accepting BIO MUSCLE®'s introduction of Dibencozide to the U.S.

**DIBENCOBOL® - 100% GUARANTEED  
THE EUROPEAN ADVANTAGE**

**ACCEPT NO SUBSTITUTE**  
(Pharmaceutical companies worldwide have only ever produced oral presentations as capsules - NEVER TABLETS)

### Clinical Study Comparing Dibencozide to Anabolic Steroids



Foreign Medical References State:

"Even though dibencozide is a potent anabolic agent it produces no androgenic side effects, virilization, or premature bone maturation."

"Dibencozide is used as an anabolic agent in the treatment of diseases of nutrition and during convalescence. It is used as a growth factor for children."

**USE WITHOUT  
COMPROMISE UNDER  
DRUG TESTED  
CONDITIONS**

Original Innovations From:

**BIO®  
MUSCLE®**  
**TONY FITTON & DAVE JEFFREY**

Please: Accept our invitation to request more information on this new concept of increasing muscle growth - a true anabolic agent with no side effects. Fully researched details citing sound medical studies.

Also Available: Information on the truth about other products claiming to be anabolic steroid replacements.  
**IT'S YOUR RIGHT TO BE INFORMED**

## CUSTOM POWER TRAINING

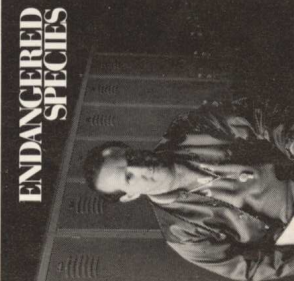
Designed by 'PL USA' writer Doug Daniels and top lifter Jim Vrabel  
Why a STRENGTH INK custom power program?

- Other 'custom' programs provide just a canned set/rep routine with only the weights being different - hardly custom designed - and that's it
- A STRENGTH INK custom power program provides: 1) Individual UNIQUE routine based on each lifter's needs and goals with analysis included, 2) Geared toward novice and intermediate lifters, 3) Recommendations on cycling, supplements, lifting gear and other facets, 4) Unpublished training articles and info, 5) Extensive questionnaire - we need to know more than your best single and bodyweight, 6) A question during the program - drop us a line, 7) The most expertise in program design

Three 12 week programs available  
1) Bench Press, 2) Squat, 3) Deadlift  
Each program available for off season or contest phase, please specify  
Send check or money order to \$13.95 per program, \$25.00 for two, or \$30.00 for three payable to:

STRENGTH INK, INC.  
Dept. PL USA-2, Box 148  
Hammond, IN 46325

Allow 1 week to mail out questionnaire  
Allow 2-4 weeks to mail out program after receipt back of completed questionnaire



## ENDANGERED SPECIES

Across the country, sports staffs, programs and facilities are being cut back or even eliminated. The result is a loss of opportunity for young athletes. Endangered Species can't afford the sky-rocketing costs of the liability insurance they are by law required to carry.

Rising insurance costs have also made bats, balls and nets more expensive because manufacturers must cope with this same problem. It's even put some of them out of business.

But you can do something about it. Call the toll free number below and learn how you can help put a cap on rising sports liability costs. We're the National Youth Sports Help Line - preserve America's great youth sports help - because you can imagine what it would be like growing up without them.

**1-800-338-TORT**  
**NATIONAL YOUTH SPORTS**

## BRICKER LABS — For The ATHLETE That Demands the BEST! HERE IT IS — THE NEW

### HIGH-TECH-RECOVER®

The Rolls-Royce of Amino Acids including Pure Inosine & Carnitine also contains Branched Chain Amino Acids Fortified with L-Omithine & Extra L-Lysine

### IF YOU CARE ABOUT GAINS HIGH-TECH-RECOVER is for YOU

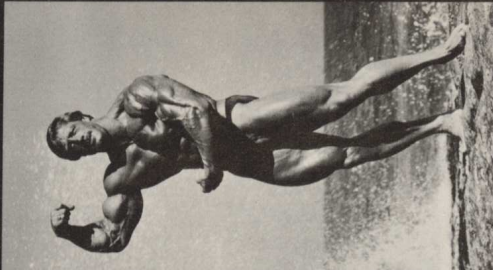
High-Tech Recover is the ultimate in FREE-FORM crystalline amino acid formulated in proper balance for the competitive bodybuilder and power lifter. The amino acids are protein in its most absorbable and utilizable form with extra lysine to enhance protein synthesis. A super buy for a 1600 mg. tablet containing INOSINE & CARNITINE.

Why not buy the best!  
1600 mg. of pure power in each tablet!

### POWER-BUILT™

You're Going To Like The Results! This new super formula provides the necessary nutrients in potency that will satisfy the most knowledgeable lifter. There is one other BIG ADVANTAGE—too often supplements are taken that should get results but don't. Quite often either partial absorption or no absorption at all takes place. A real waste of money. This is a principal reason why some lifters get better results than others. Power-Built comes in an 8 ounce liquid that is taken by the teaspoon and absorbed sublingually straight into the system. What you pay for you can be sure of getting. One 8 oz. bottle = 48 servings. Approximately a 24 day supply.

Look at the Potency.  
Smilax officinalis ..... 1000 mg.  
Beta-Stosterol ..... 200 mg.  
Inosine ..... 200 mg.



**TONY EMMOTT, Mr. Universe**

TWO "OLD" FORMULAS with "EXTRA STRENGTH"  
**GAMMA-ORYZANOL** — 60 mg. Tablets  
**INOSINE (HXR)** — 1000 mg. Capsules  
Regular 500 mg. Inosine (IMP) — 90 Capsules

HIGH-TECH-RECOVER	POWER-BUILT
150 Tablets — \$19.00	8 ounce Bottles
300 Tablets — \$36.00	1 Bottle — \$15.00
500 Tablets — \$58.00	2 Bottles — \$27.00
1 Pound — \$36.00	3 Bottles — \$38.00
GAMMA-ORYZANOL	INOSINE (HXR)
Extra-Strength 60 mg.	Extra-Strength 1000 mg.
100 Tablets — \$10.00	30 Capsules — \$12.95
250 Tablets — \$21.00	60 Capsules — \$25.00
500 Tablets — \$39.00	90 Capsules — \$36.50

10% Off with Order over \$100  
Add \$2.00 for shipping & \$2.00 for C.O.D. Calif. res. add 6% Tax. Allow 2 weeks for delivery

TO ORDER — BY PHONE — Visa — Master Card — C.O.D.

CALL TOLL FREE — (24 Hours - 7 Days)  
1-800-952-9568 In Ca. 1-800-621-4172 Telex 188912ATSD

BY MAIL — Master Charge - Visa - C.O.D. - Check - Cash - Money Order  
Bricker Labs, 18722 Santee Ln., Valley Center, Ca. 92082







# PERFORMANCE, SAFETY, AND SAFETY, AND SAFETY, AND



The new Pacifico Fabric Belt available in a wide range of colors. The ultimate in comfort and support.

Fabric Belt \$30.00  
6 rows stitching \$54.00  
2 rows stitching \$44.00



The Super Belt Tapered available in solid or two-tone suede.

4 rows stitching \$44.00  
2 rows stitching \$30.00



The Super Belt heavy power leather available in either tapered or power lifting style.

6 rows stitching \$50.00  
solid leather \$18.00

You can be Pacifico secure! Our complete line of powerlifting and body-building belts has a new member — the Pacifico Fabric Belt. Designed with your comfort in mind, our new Fabric Belt is available with the same options as our standard line. The complete Pacifico Belt line, including the Fabric Belt, Super Belt™ Heavy Power Tapered, and Heavy Leather Belts, are manufactured with the finest suede, leather or cloth available, each stress point is reinforced to assure maximum belt life. In addition, all product materials are available in nineteen colors!

When ordering by phone or mail, be sure to include a complete product description, quantity, buckle style (1 or 2 prong), waist size, color(s), name, full address, city/state/zip. Shipping charges: Inside USA add \$2. Outside USA add 20% of total for surface mail or 30% of total for air mail.

Order Yours Today! Call Toll-Free 1-800-392-5496. Ohio Residents call: 513-898-7245. Check, Money Order, VISA and Mastercard accepted. Ohio residents please add 6% sales tax.



Powerlifting Products That Pull Their Own Weight

Guaranteed One Week Delivery!



## Color Selection

SILVER
BLACK
PEARL WHITE
GREY
KELLY GREEN
FOREST GREEN
BROWN
RUST
SAND
GOLD
PINK
RED
ORANGE
MAROON
PURPLE
NAVY
LIGHT BLUE
ROYAL BLUE
AQUA
LEATHER

## Cresson ADPPA Open

24 Jul 80	SC-Cresson, PA	BP	DL	Total
123 lbs.	50	275	155	365
130 lbs.	400	275	500	1175
137 lbs.	480	290	560	1330
144 lbs.	520	310	490	1320
151 lbs.	395	190	425	1010
158 lbs.	385	185	365	870
165 lbs.	285	140	315	740
172 lbs.	245	150	275	670
179 lbs.	325	275	585	1385
186 lbs.	430	260	365	1275
193 lbs.	560	350	620	1530
200 lbs.	590	325	600	1425
207 lbs.	500	350	600	1500
214 lbs.	535	295	500	1330
221 lbs.	455	285	530	1270
228 lbs.	450	280	525	1255
235 lbs.	395	200	405	1000
242 lbs.	635	420	560	1615
249 lbs.	510	370	480	1460
256 lbs.	480	310	445	1270
263 lbs.	425	260	555	1240
270 lbs.	330	260	375	965
277 lbs.	740	425	665	1830
284 lbs.	600	360	550	1510
291 lbs.	440	350	310	1400
298 lbs.	350	350	410	1210
305 lbs.	400	280	400	1130
312 lbs.	330	310	365	1005
319 lbs.	62	10	390	630
326 lbs.	510	365	620	1535
333 lbs.	590	370	600	1470
340 lbs.	500	370	615	1270

McFerron was the only lifter to receive an International Elite status. Thanks to John Lekka and Jeff Christina for their excellent job in helping to run the Cresson Open. Thanks to Al Siegel for the fine sponsorship he brings to ADPPA. Thanks to Rosemarino and Mr. Siegel for bringing competitors, judges, and photographers. Hope to see you again soon. (Thanks to Al Mooney for results.)

The International Powerlifting Alliance, or IPA, has been established to give teenage athletes the opportunity to compete in a drug-free environment at the National and World levels, and to educate teenage lifters on the physiological and psychological effects of anabolic steroids and other strength inducing chemicals.

Membership in the IPA is selective in nature. Teenage athletes, masters lifters, females athletes of all ages, and IPA Staff members will comprise a single entity while police officers, firefighters, and armed forces personnel (to include active duty soldiers, reservists, and armed forces veterans) will have separate divisions within the IPA. Masters lifters will be actively recruited because they represent a wealth of knowledge and experience in the sport and the lifelift, and will serve as excellent role models for the teenage contingency; a women's division will be formed in an effort to increase female participation in the sport and police officers, firefighters, and armed forces personnel will be granted membership into the IPA in response to their useful sacrifices for both our communities and our country. Thus, unless a lifter falls into one of these categories (IPA Staff), he or she must join the organization as a teenage athlete in order to compete in the IPA after reaching the age of twenty. This selective membership policy gives members the confidence that platform competition is fair and that the IPA is dedicated to the growth of teenage powerlifting.

After several administrative meetings, the IPA Staff has decided to condense its contest schedule into five major events: the IPA Police, Firefighters, and Armed Forces Meet (October 2, 1988), the IPA Teenage Worlds (November 26-27, 1988), the IPA High School Nationals (March 4-5, 1989), the IPA Nationals (April 8-9, 1989) open to masters lifters, women, IPA Staff, and IPA members, and the IPA World Record Breakers Meet (August 19-20, 1989). With the exception of the World Record Breakers Meet, these contests have no qualifying totals, allowing all eligible lifters the opportunity to compete. All contests will test for a five year period (minimum), all lifters and teams will receive awards and certificates of participation, and the schedule has been structured in an effort to allow ample training time between competitions.

In conclusion, it is important to note that the goal of the IPA is to educate teenage lifters, through powerlifting about the importance of remaining drug free and reaching one's potential as a scholar athlete. The majority of the IPA Staff are educators by profession and look forward to the opportunity of working with drug free teenage athletes as well as seeing those who serve our sport, our community, and our country.

Spero Tshontskids

## BUILD HUGE MUSCLES

- TOP QUALITY BODYBUILDING/POWERLIFTING SUPPLEMENTS THAT REALLY WORK
- SUPER SAVINGS
- HUGE INVENTORY
- FAST FREE DELIVERY

## \$ SAVE \$

Ultimate Amino 2000, 325 Tabs	\$21.00
Champion Metabolol, 2.2 lb.	21.00
Universal Animal Pack, 44 Paks	24.00
Smilax (1 month), 1 oz.	12.00
Bricker Labs Power Built, 120 Tbs.	18.80
Inosine (HXR), 60 Caps	20.00
Insoluble Pump, 24 Paks	22.40
SST 10 Egg Protein, 40 oz.	21.50
Healthy 'N' Fit	33.75
Natures Sterols, 270 Tabs	25.50

PLUS: Nature's Best, Super Spectrum, Welder, Sportsman's Turin Lab, Empiro, Body Ammo, Muscle Fuel, and much more!

CALL TOLL FREE (Orders Only)  
1-800-322-9995

Information: Pa. & Alaska - 215-670-0103  
Illinois - 312-951-1000 (no. 03)  
Send Money Order/Certified Check, etc.

### THE VITAMIN OUTLET

P.O. Box 2073 Dept. PL-20  
READING, PA. 19608

SEND FOR FREE CATALOGUE!

P.O. Box 36424  
Houston, Texas  
77236  
713/240-7917



## NATURALLY!

Size	Price	Qty	Total
<b>DAILY BODYBUILDING PAKS</b>			
Anabolic Pak - Male	\$23.50	31ct.	
Anabolic Pak - Female	\$23.50	31ct.	
<b>FREE FORM AMINO ACIDS</b>			
Amino Sport - 750 mg.	\$12.00	50cps.	
100cps.	\$21.25		
250cps.	\$49.25		
Amino Sport Powder	\$20.50	90Gms.	
Amino Quick Sort Sublingual	\$ 8.50	2oz.	
Gamma Build - Arginine/Oxithine	\$12.75	50cps.	
100cps.	\$22.50		
L-Lysine HCL - 500 mg.	\$ 6.75	100cps.	
Phospho B6 - 25 mg.	\$ 8.50	100cps.	
<b>SUPPORT FOR LEAN BODY MASS</b>			
Gamma Bolic with FRAC	\$ 5.00	80cps.	
Alpha Bolic Form with FRAC	\$15.00	90cps.	
180cps.	\$15.75		
L-Carnitine - 300 mg.	\$16.00	30c38.	
PROTEIN POWDER	\$16.00		
GammaPro - Isolated Soy Protein	\$12.75	22oz.	
<b>MULTIVITAMIN/MINERAL</b>			
Performance Plus	\$10.00	90cps.	
<b>DAILY SUPPORT PAKS FOR CONNECTIVE TISSUE</b>			
T.C. Pak - Male	\$23.50	31ct.	
T.C. Pak - Female	\$23.50	31ct.	
<b>ADDITIONAL SUPPORT FOR CONNECTIVE TISSUE</b>			
Chondroitin Sulfate - 300 mg.	\$19.50	90cps.	
Sportyme	\$ 8.50	100cps.	
<b>EXTERNALLY APPLIED GEL</b>			
Sports Cool Gel	\$ 8.50	Box	
<b>DIGESTIVE AID</b>			
Hy-Dest	\$ 6.50	90cps.	
<b>ENDURANCE SUPPORT</b>			
Stamina Plus	\$16.25	100cps.	
EndoPump	\$10.75	50Gms.	
CoEnzyme Q10 - 10 mg.	\$11.00	50lbs.	
Methyl-15	\$ 8.00	100lbs.	
250lbs.	\$17.00		
Oxycosanol - 6000 mg.	\$12.50	90lbs.	

Please include \$2.50 handling. Texas residents add 6% sales tax.

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Payment enclosed:  VISA  Master Card   
Card No. \_\_\_\_\_ Exp. \_\_\_\_\_  
Signature \_\_\_\_\_



**U.S.P.F. Teenage Nationals**  
6-7 Aug 88 - Houston, TX (kg)

Division	Age	BP	DL	Total
14-15 yrs	52.5	65	102.5	330
16-17 yrs	110	62.5	125	307.5
18-19 yrs	105	70	117.5	292.5
20-21 yrs	105	52.5	117.5	275
22-23 yrs	80	47.5	132.5	260
24-25 yrs	132	67.5	150	347.5
26-27 yrs	155	72.5	140	370
28-29 yrs	175	95	180	450
30-31 yrs	162.5	102.5	177.5	437.5
32-33 yrs	150	102.5	162.5	415
34-35 yrs	122.5	97.5	160	402.5
36-37 yrs	137.5	97.5	157.4	392.5
38-39 yrs	165	100	172.5	437.5
40-41 yrs	155	87.5	162.5	405
42-43 yrs	181	110	177.5	468.5
44-45 yrs	177.5	80	185	442.5
46-47 yrs	227.5	117.5	195	535
48-49 yrs	202.5	102.5	210	515
50-51 yrs	187.5	115	197.5	500
52-53 yrs	320*	182.5*	292.5*	795*
54-55 yrs	147.5	107.5	152.5	407.5
56-57 yrs	127.5	95	137.5	320
58-59 yrs	160	92.5	162.5	415
60-61 yrs	130	110	140	380
62-63 yrs	137.5	85	150	372.5
64-65 yrs	130	75	165	370
66-67 yrs	125	85	147.5	357.5
68-69 yrs	160	100	172.5	437.5
70-71 yrs	190	112.5	182.5	485
72-73 yrs	205	127.5	210	525
74-75 yrs	185	105	185	475
76-77 yrs	205	127.5	182.5	485

**Jason Wisner** broke all 4 national records in the 14-15 age group SHW Lifter award also (Finnegan photo)

Name	Age	BP	DL	Total
T. Therpe	16	95	182.5	437.5
J. Duhaime	14.5	80	195	422.5
J. West	15.5	80	165	407.5
R. Gorman	14.5	92.5	140	377.5
148 lb.	187.5	132.5	197.5	517.5
J. Wilkes	17	97.5	180	447.5
P. Johnson	18	97.5	180	447.5
R. Inaxatou	10	252.5*	152.5*	657.5*
R. Osborn	220	105	205	530
L. Berbel	187.5	127.5	210	525
L. Berbel	187.5	127.5	210	525
P. Dack	180	117.5	182.5	480
181 lb.				
S. Smith (OU)	272.5	155	245	672.5
J. Steel	195	150	215	560
B. Villanueva	202.5	117.5	207.5	527.5
M. Sobkowski	192.5	115	212.5	520
P. Anderson	182.5	110	200	492.5
198 lb.				
A. O'Kelly	227.5	127.5	250	605
J. Wild				
220 lb.				
P. Brown	252.5	140	205	597.5
R. Palk	212.5	132.5	197.5	542.5
J. Raah	180	112.5	212.5	505
J. Bondler				
250 lb.				
C. Brown	250	152.5	227.5	630
G. Single	240	157.5	227.5	625
D. Mallette	215	115	210	540

**Roger Gorumba**...son of the Roger Gorumba who set a world bench press record at 148 (410) in the 1978 Juniors, this Roger was Outstanding Lifter, Lighter classes, 16-17 age group at the Teenage Nationals was Scott Smith (Finnegan)



Outstanding Lifter Heavy in the 16-17 age group at the Teenage Nationals was Scott Smith (Finnegan)



Jason Wisner broke all 4 national records in the 14-15 age group SHW Lifter award also (Finnegan photo)

Name	Age	BP	DL	Total
T. Therpe	16	95	182.5	437.5
J. Duhaime	14.5	80	195	422.5
J. West	15.5	80	165	407.5
R. Gorman	14.5	92.5	140	377.5
148 lb.	187.5	132.5	197.5	517.5
J. Wilkes	17	97.5	180	447.5
P. Johnson	18	97.5	180	447.5
R. Inaxatou	10	252.5*	152.5*	657.5*
R. Osborn	220	105	205	530
L. Berbel	187.5	127.5	210	525
L. Berbel	187.5	127.5	210	525
P. Dack	180	117.5	182.5	480
181 lb.				
S. Smith (OU)	272.5	155	245	672.5
J. Steel	195	150	215	560
B. Villanueva	202.5	117.5	207.5	527.5
M. Sobkowski	192.5	115	212.5	520
P. Anderson	182.5	110	200	492.5
198 lb.				
A. O'Kelly	227.5	127.5	250	605
J. Wild				
220 lb.				
P. Brown	252.5	140	205	597.5
R. Palk	212.5	132.5	197.5	542.5
J. Raah	180	112.5	212.5	505
J. Bondler				
250 lb.				
C. Brown	250	152.5	227.5	630
G. Single	240	157.5	227.5	625
D. Mallette	215	115	210	540



Roger Gorumba...son of the Roger Gorumba who set a world bench press record at 148 (410) in the 1978 Juniors, this Roger was Outstanding Lifter, Lighter classes, 16-17 age group at the Teenage Nationals, (Finnegan photo)

Name	Age	BP	DL	Total
D. Saher	245	140	232.5	617.5
G. Halner	232.5	152.5	227.5	612.5
N. Hodge	212.5	122.5	230	565
D. Jibbig	215	142.5	210	567.5
P. Razona	195	132.5	225	552.5
T. Walker	215	137.5	200	552.5
J. Green	200	112.5	205	497.5
W. Varda	200	112.5	192.5	490
W. Varda	227.5	145		
181 lb.				
S. Donohue	262.5	155	265	682.5
J. Johnson	255	170	255	680
C. Johnson	255	140	255	655
G. Taylor	250	160	237.5	637.5
B. Davis	245	137.5	240	622.5
D. Chip	215	112.5	215	542.5
181 lb.				
J. Bolt	277.5	172.5	277.5	727.5
S. Brocato	260	142.5	262.5	665
J. Livoli	255	152.5	257.5	665
S. Voutierstreet	250	142.5	250	642.5
P. Guy	215	157.5	232.5	605
M. Hartman	230	132.5	240	602.5
220 lb.				
J. Raynor	287.5	187.5	272.5	747.5
M. Burlett	237.5	195	262.5	695
R. Smith	265	182.5	262.5	690
R. Corbis	262.5	182.5	237.5	682.5
L. Marinos	275	157.5	247.5	680
L. Hildebrand	255	150	212.5	617.5
242 lb.				
J. Masterson	295	177.5	285	757.5
J. Vega	267.5	157.5	250	675
R. Dean	217.5	162.5	240	620
275 lb.				
R. Samaron	285	182.5	265	732.5
J. Nickless	272.5	170	245	687.5
SHW	240	160	232.5	635
E. Ophir	292.5	180	215	687.5
S. Stinson	245	182.5	232.5	660
G. Saunders	225	150	227.5	622.5

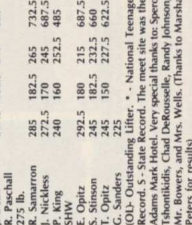
**Scott Donahue** was the Outstanding Lifter, Heavy Classes, 18-19 age group at the USPF Boy's Teenage Nationals. (Linda Finnegan photo)



Scott Donahue was the Outstanding Lifter, Heavy Classes, 18-19 age group at the USPF Boy's Teenage Nationals. (Linda Finnegan photo)

Name	Age	BP	DL	Total
16-17 yrs	95	40	120	255
18-19 yrs	85	50	107.5	227.5
19-20 yrs	85	40	102.5	227.5
21-22 yrs	90	45	82.5	217.5
23-24 yrs	107.5*	45	142.5*	295
25-26 yrs	70	30	92.5	192.5
27-28 yrs	115	62.5	137.5	315
29-30 yrs	100	47.5	125	275
31-32 yrs	115	60	115	290
33-34 yrs	95	47.5	120	262.5
35-36 yrs	82.5	47.5	115	245
37-38 yrs	97.5	52.5	125	275

**Tammy Kahrs**...was Best Lifter in the 16-17 age group at the USPF Girls Teenage Nationals. (Finnegan photo)



Tammy Kahrs...was Best Lifter in the 16-17 age group at the USPF Girls Teenage Nationals. (Finnegan photo)

Name	Age	BP	DL	Total
14-15	95	40	120	255
16-17	85	50	107.5	227.5
18-19	85	40	102.5	227.5
20-21	90	45	82.5	217.5
22-23	107.5*	45	142.5*	295
24-25	70	30	92.5	192.5
26-27	115	62.5	137.5	315
28-29	100	47.5	125	275
30-31	115	60	115	290
32-33	95	47.5	120	262.5
34-35	82.5	47.5	115	245
36-37	97.5	52.5	125	275

**Bernadette Aaron**...carried away Outstanding Squat, Outstanding Deadlift, and Outstanding Lifter (18-19) awards from the Girls Teenage Nationals. (Finnegan photograph)



Bernadette Aaron...carried away Outstanding Squat, Outstanding Deadlift, and Outstanding Lifter (18-19) awards from the Girls Teenage Nationals. (Finnegan photograph)

Name	Age	BP	DL	Total
13-14	132	85	172.5	487.5
15-16	190	112.5	182.5	485
17-18	205	127.5	210	525
19-20	185	105	185	475
21-22	350	265	340	955
23-24	350	265	340	955
25-26	460	315	465	1240
27-28	400	245	400	885
29-30	400	245	400	885
31-32	400	245	400	885
33-34	350	210	350	710
35-36	350	210	350	710
37-38	245	245	245	535
39-40	198	180	198	476
41-42	415	275	465	1155

**Wilderness Jayces/Contact Group**  
Aug 88 - Bland, VA

Name	Age	BP	DL	Total
132 lb.	225	215	325	765
R. Banks	180	120	295	595
C. Donovan	230	185	250	665
J. Taylor	350	265	405	1020
148 lb.	350	265	405	1020
H. Stump	255	235	375	865
R. Wilson	460	315	465	1240
165 lb.	460	315	465	1240
F. Toney	245	240	400	885
161 lb.	400	245	400	845
T. Brown	400	245	400	845
W. Fitzkee	350	315	375	1040
198 lb.	245	245	245	535
J. Elmore	415	275	465	1155

**25,588 POWERLIFERS CAN'T BE WRONG...**

For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want supplements that work as hard as they do, in training and on the platform.

**FOR A COMPLETE LISTING OF MARATHON POWERLIFTING PRODUCTS, TURN TO CENTER SECTION.**

**Marathon DISTRIBUTING COMPANY**

220. (BU) 525 430 550  
R. Brown (BU) 525 430 550  
Johnson, Rec. Sup. J. Johnson, Counselor, P. Peters, Announcer, M. Smith, Recording Totals, to "Best Freight Train" award overall lifter went to Scott Smith. (Thanks to all powerlifters here at B.C.C. We are very much looking forward to the state meet next year. (Thanks to H. Stump, B.C.C. Bland,







# Muscle World Extras!



\$9.95 Now 6.95



*Finally* A NATURAL ENDURANCE ENERGIZER THAT REALLY WORKS

*The Ultimate Energizer*  
All Natural Tablets  
No Side Effects

Peak is a positive alternative to the use of amphetamines and controlled substances to increase your energy level.

Increases your metabolic rate. Increases your stamina and endurance, in conjunction with improvement of muscle function.

Peak is composed of two natural ingredients: octacosanol & guarana. Octacosanol is a natural endurance energizer extracted from the processing of wheat germ oil. Guarana is a 100% natural, federally approved herb that has been used for centuries to reduce hunger and fatigue.

**Call Toll Free 1-800-272-0051**  
In Oklahoma & Alaska Call 1-405-275-3689

Use VISA, MC, AX, Optima, Discover, Diner's Club, Carte Blanche, OR COD

## Books

- Drug Testing... So What!! (How To Beat The Test) Fitton..... \$5.99 Now \$2.99
- Ultimate Muscle Mass / Duchaine..... \$9.99 Now \$2.99
- Ultimate Dieting Handbook / Zumpano and Duchaine..... \$5.99 Now \$2.99
- Underground Steroid Handbook for Men and Women / Zumpano and Duchaine..... \$5.99 Now \$2.99
- Underground Steroid Handbook Updates (#1 - #10)..... Each \$1.99 Now \$0.99
- Maximum Muscle & Strength without Drugs..... Reg. \$3.99 Now \$1.99
- Amazing Amino Acids/Lee..... Reg. \$2.99 Now \$1.50

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50
---	---	---	---	---	---	---	---	---	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----	----

Crain's

# MUSCLE WORLD AUTUMN SALE



Why Buy at Retail when we sell at **WHOLESALE**

You must ask for these price to get these prices. Prices good until NOV. 30th.

## POWER TRAINING STRAP™

Style 1... 1 inch... Reg. \$9.99 now... 99¢  
Style 2... 1 1/2 inches... Reg. \$9.99 now \$2.99



Style D  
~~\$49.95~~  
Now 39.95  
Leather

Style C  
~~\$59.95~~  
Now 49.95  
1 Color Suede

RIEDEL  
LIFTING SHOES  
~~\$79.95~~  
Now 59.95  
Black w/ Red

PUMA  
LIFTING SHOES  
~~\$99.95~~  
Now \$79.95  
Blue w/ White



## NIKE

High Top Lifting Shoe  
~~\$99.95~~  
Now \$79.95  
white w/ blue



## POWERWRAP™



POWERWRAP™2..... (SW2, ELITE)..... \$9.99 Now 5.99  
POWERWRAP™3..... (SW3, DYNA, FRANTZ)..... \$8.99 Now 5.99  
POWERWRAP™4..... (HURRICANE, MUSCLE)..... \$8.99 Now 5.99  
POWERWRAP™10..... (SW10)..... \$12.99 Now 9.99

## SHIRTS \$9.99 Now \$7.99

## TANKS \$10.99 Now \$8.99

XXL - ADD \$1.00 EXTRA  
ALL T-SHIRT DESIGNS ARE COVERED BY TRADEMARK OR COPYRIGHT LAWS - IT IS ILLEGAL TO COPY THEM.

SIZES:  
S, M, L, XL, XXL

## CRAIN'S Muscle World LTD

1510 N. Kickapoo  
P. O. Box 1322  
Shawnee, OK  
74802-1322

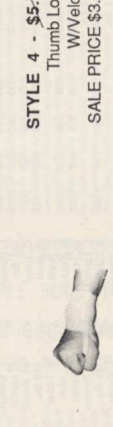
CALL TOLL FREE FOR ORDERS ONLY  
1-800-272-0051  
In Oklahoma and Alaska call  
1-405/275-3689

HANDLING \$2.50 on ALL Orders  
Oklahoma Residents add 7% Sales Tax  
OUTSIDE U.S.A. - \$2.50 Handling Charge plus  
Surface...15% • Air Mail 30% • Minimum... \$2.50

CALL IN YOUR ORDER  
VISA-MASTER CARD-AX-OPTIMA-DISCOVER  
DINERS CLUB-CARTE BLANCHE-COD-CHECK  
ALL EQUIPMENT FREIGHT COLLECT

## POWER WRIST WRAP™

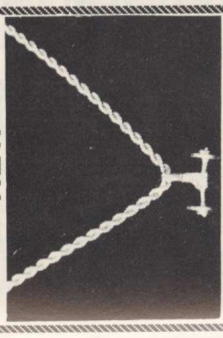
STYLE 1 - \$5.95  
Velcro SALE PRICE \$3.99



STYLE 4 - \$5.95  
Thumb Loop  
W/Velcro  
SALE PRICE \$3.99

POOL CHALK... (For Deadlift / USPF Legal) ... ~~\$8.95~~ Now 2.95

## NEW



10 KT. Gold Barbell Pendant..... \$99.95  
14 KT. Gold Barbell Pendant..... \$159.95  
14 KT. Gold/Sterling  
Silver 20" chain..... \$119.95

## LIFTING GLOVES



Style 1  
Leather w/ Webbed Back  
\$9.99 Now 5.99  
XS, S, M, L, XL

Style 2  
All Leather  
\$11.99 Now 6.99  
XS, S, M, L, XL

## SUPER SUIT II..... \$38.00 Now \$29.95

## SUPER SUIT 10..... \$28.00 Now \$29.95

POWER SUIT™..... \$32.00 Now \$22.00  
US Trademark #676819  
Navy Blue, Black, Red • Sizes 18 - 42  
Designed For Men and Women

SPECIAL PRICES

SMLAX OFFICIALIS..... 2 FL. OZ. Reg. \$16. Now \$9.95  
Raises your testosterone naturally.

UNIPRO CARBOPLEX..... 34 OZ. Reg. \$42.95. Now 9.95

PEAK 100% EGG PROTEIN..... 32 OZ. Reg. \$29.96. Now 17.95

LIFTING SUIT XS-XXL..... Reg. \$7.95. Now 11.95



















Lexington ADPFA Power Festival

Table with columns: State, BP, DL, Total. Lists winners for various weight classes in the Lexington ADPFA Power Festival.

Men's Open

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes in the Men's Open powerlifting competition.

USPF Drug Tested New Jersey Meet

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the USPF Drug Tested New Jersey Meet.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

ADPFA Minnesota Teen Championships

Table with columns: Name, BP, DL, Total. Lists winners for various weight classes at the ADPFA Minnesota Teen Championships.

Bill Shannon, Team winners were Ft. Knox and second Shaban's Body Investment. I am extremely pleased with the growth of drug free lifting in Kentucky, especially the number of teenagers we have involved in Louisville with the teenagers they are the future of our sport. I can't thank my sponsors enough, Shaban's Body Investment, KY State University, C. G. Gym, and the YAC. Donating their equipment and weights. I wish I could list everyone who spotted, loaded, judged, and helped out. I know how hard everyone's general thanks will have to do. My special thanks to the people who helped me with the organization, Shaye Ferguson, Jim Howard, and Karole coming off a success. Also thanks to Karl Tillman and the guys from Ft. Knox who brought the kilo weights in for me. I believe everyone enjoyed the performance and had a great time. We performed a mind over matter feat in laying on a bed of nails, placing two concrete blocks on top of her and then having Shaye Ferguson do a handstand on top of the blocks. We did a head breaking series with the last being a head break, now that's in true powerlifting style. If anyone out there has a special or specific feat, let us know. We can't wait to see you at our next contest. The teenagers had four divisions in the open and we'll probably do that in the future. The open and we'll probably do that in the future. The open and we'll probably do that in the future.

Family Athletic Club Bench Press 14 May 88 - Pueblo, CO 130 lbs. K. Saitton 320 140 lbs. K. Saitton 320 180 lbs. K. Saitton 320 220 lbs. K. Saitton 340 Outstanding lifters James Sena and Ken Fallon. Thanks to Reuben Trujillo for results.

ADPFA Minnesota Teen Championships 7 May 88 - Cannon Falls, MN 123 lbs. Total 3051 168 3401 8051 J. Zehndorff 265 185 280 730 181 lbs. Total 1000 100 260 560 132 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510

ADPFA Minnesota Teen Championships 7 May 88 - Cannon Falls, MN 123 lbs. Total 3051 168 3401 8051 J. Zehndorff 265 185 280 730 181 lbs. Total 1000 100 260 560 132 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510

ADPFA Minnesota Teen Championships 7 May 88 - Cannon Falls, MN 123 lbs. Total 3051 168 3401 8051 J. Zehndorff 265 185 280 730 181 lbs. Total 1000 100 260 560 132 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510

ADPFA Minnesota Teen Championships 7 May 88 - Cannon Falls, MN 123 lbs. Total 3051 168 3401 8051 J. Zehndorff 265 185 280 730 181 lbs. Total 1000 100 260 560 132 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510

ADPFA Minnesota Teen Championships 7 May 88 - Cannon Falls, MN 123 lbs. Total 3051 168 3401 8051 J. Zehndorff 265 185 280 730 181 lbs. Total 1000 100 260 560 132 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510 140 lbs. Total 1400 100 270 510

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'

Advertisement for Marathons Distributing Company. Features a photo of a man lifting weights and text: '25,588 POWERLIFTERS CAN'T BE WRONG... For the past 12 years our success has been built on the strength of our customers—more than 25,000 dedicated powerlifters who want...'







# INZER ADVANCE DESIGNS

We Make Power Gear A Science

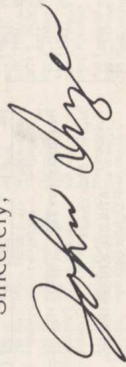
Dear Powerlifter,

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

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

We enjoy helping you with the sport of powerlifting.

Sincerely,



John Inzer  
Owner

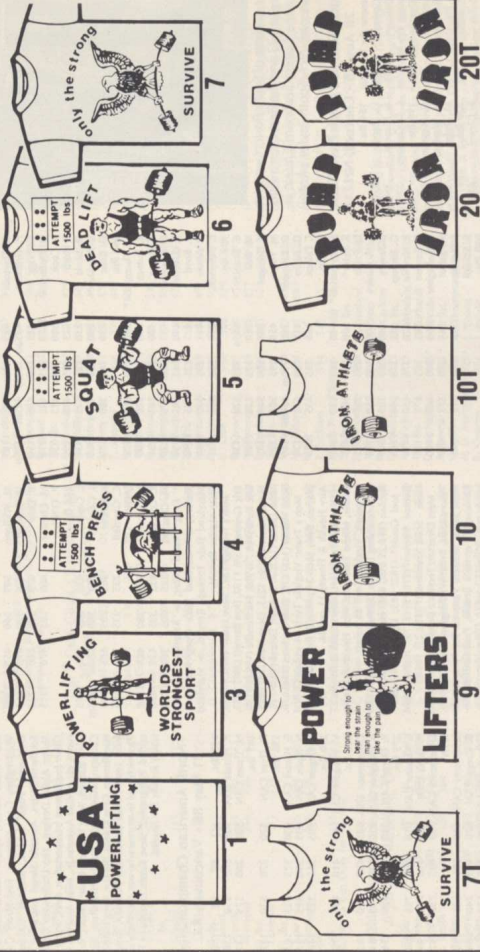
**INZER**  
ADVANCE DESIGNS

## KUC'S FITNESS

CLOTHES & ACCESSORIES FOR THE STRENGTH ATHLETE

### T-SHIRTS

MultiColor Artwork  
Tee's SIM/L/XL/XXL Tanks SIM/L/XL  
\$9 ea. 3 for \$24



### STAFF SHIRT

\$15.95  
SIM/L/XL/XXL

### SWEATSHIRTS

\$16  
SIM/L/XL  
XXL

### GEAR BAG

HUGE CANVAS EQUIPMENT BAG  
WILL HOLD ALL YOUR GEAR  
Blue or Red  
12" x 28"  
\$16.95

### SHORTS

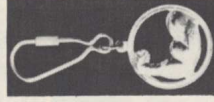
\$9  
SIM/L/XL/XXL

### SWEATPANTS

\$15  
SIM/L/XL

### JACKETS

\$41.95 ea.  
SIM/L/XL/XXL  
Quilted SATIN AWARD STYLE



Brass Arm Keychain  
\$5.95  
Brass Dumbbell  
Keychain  
\$9.95

Dumbbell Necklace  
(Gold or Silver)  
\$8.95  
Dumbbell Pin  
\$4.95

Make check or money order payable to:

**KUC'S FITNESS SYSTEMS**

P.O. Box 215  
Mountaintop, PA 18707



Call in orders Toll Free **1-800-543-2497**

\$2.50 Shipping on all orders - Foreign Orders add 20%







### "NATURAL STEROID REPLACEMENT" Products!

**YOHIMBE BARK EXTRACT**  
TESTOSTERONE FOR ULTIMATE GROWTH  
100% Natural Steroid Replacer



**DIBENCIBOL® (Dibenzozide)**  
Clinical Study Comparing Dibenzozide to Anabolic Steroids



Finally - a highly potent form of natural testosterone derived from Yohimbe Bark is now available. Yohimbe Bark is a natural plant extract that contains a much higher amount of an orally effective form of testosterone - much more so than injectable testosterone. This extract is superior to all other steroids, because it contains a significant quantity of methyl-testosterone. It is used as a 500 MG. CAPSULES, 100 CAPS PER BOTTLE..... \$18.95

**ORCHIC TEST EXTRACT** is a natural source of testosterone that has been highly concentrated using the latest scientific technology. Orchic Test is 300-600 times more potent, with a superior rate of bio-availability over conventional tablet and powder forms. **NET ONE FLUID OUNCE. \$16.95**

**LIQUID GROWTH** is a unique new sublingual preparation of the amino acids L-Arginine and L-Omithine. Research has shown that these substances have the ability to promote the release of growth hormone from the pituitary gland. Growth hormone is thought to play a part in breaking down excess fat for use as muscular tissue. To provide even greater results, LIQUID GROWTH now contains the amino acid L-Carnitine. Studies indicate that L-Carnitine plays a large role in the process of producing energy by "burning" stored body fat.

**BUY ALL FOUR!**  
ONLY \$69.00 (Plus Shipping)

MASTERCARD VISA C.O.D.  
SAVE TIME - PHONE IN YOUR ORDER  
7 DAYS A WEEK - 24 HOURS A DAY  
Call 419-556-9427

**World Vitamin Supplements**  
1983 Bellwood Dr.  
Mansfield, Ohio 44904

their weight class. If you are the only one in your weight class and you total, you will receive a first place trophy and the title. The only time competition is not held is when there are only two competitors overall Best Lifter. Attendance was good and we are very happy to see that the WNP's Women's and Masters divisions are getting more and more participation. If you are a legitimate natural competitor, if you are a legitimate natural competitor, come down here. (Results courtesy of John Jameson.)

**Peppi Western NY Championships**  
23 Jul 88 - Lake Platts, Medina, NY

Bench Press	560
Raw	525
181 lbs.	S. Earle
225 lbs.	B. McKenzie
275 lbs.	C. Terenzi
315 lbs.	M. Ballard
365 lbs.	R. Saunders
405 lbs.	C. Floyd
450 lbs.	McPherson
500 lbs.	McPherson
550 lbs.	McPherson
600 lbs.	McPherson
650 lbs.	McPherson
700 lbs.	McPherson
750 lbs.	McPherson
800 lbs.	McPherson
850 lbs.	McPherson
900 lbs.	McPherson
950 lbs.	McPherson
1000 lbs.	McPherson
1050 lbs.	McPherson
1100 lbs.	McPherson
1150 lbs.	McPherson
1200 lbs.	McPherson
1250 lbs.	McPherson
1300 lbs.	McPherson
1350 lbs.	McPherson
1400 lbs.	McPherson
1450 lbs.	McPherson
1500 lbs.	McPherson
1550 lbs.	McPherson
1600 lbs.	McPherson
1650 lbs.	McPherson
1700 lbs.	McPherson
1750 lbs.	McPherson
1800 lbs.	McPherson
1850 lbs.	McPherson
1900 lbs.	McPherson
1950 lbs.	McPherson
2000 lbs.	McPherson

**ORCHIC TEST EXTRACT** is a natural source of testosterone that has been highly concentrated using the latest scientific technology. Orchic Test is 300-600 times more potent, with a superior rate of bio-availability over conventional tablet and powder forms. **NET ONE FLUID OUNCE. \$16.95**

**LIQUID GROWTH** is a unique new sublingual preparation of the amino acids L-Arginine and L-Omithine. Research has shown that these substances have the ability to promote the release of growth hormone from the pituitary gland. Growth hormone is thought to play a part in breaking down excess fat for use as muscular tissue. To provide even greater results, LIQUID GROWTH now contains the amino acid L-Carnitine. Studies indicate that L-Carnitine plays a large role in the process of producing energy by "burning" stored body fat.

**World Vitamin Supplements**  
1983 Bellwood Dr.  
Mansfield, Ohio 44904

Call 419-556-9427

**Southern ADEPA Bench Press**  
31 Jul 88 - Hinesville, GA

Bench Press	365
Raw	335
181 lbs.	R. Highsmith
225 lbs.	B. Grizzard
275 lbs.	C. Jones
315 lbs.	M. Saunders
365 lbs.	C. Floyd
405 lbs.	McPherson
450 lbs.	McPherson
500 lbs.	McPherson
550 lbs.	McPherson
600 lbs.	McPherson
650 lbs.	McPherson
700 lbs.	McPherson
750 lbs.	McPherson
800 lbs.	McPherson
850 lbs.	McPherson
900 lbs.	McPherson
950 lbs.	McPherson
1000 lbs.	McPherson
1050 lbs.	McPherson
1100 lbs.	McPherson
1150 lbs.	McPherson
1200 lbs.	McPherson
1250 lbs.	McPherson
1300 lbs.	McPherson
1350 lbs.	McPherson
1400 lbs.	McPherson
1450 lbs.	McPherson
1500 lbs.	McPherson
1550 lbs.	McPherson
1600 lbs.	McPherson
1650 lbs.	McPherson
1700 lbs.	McPherson
1750 lbs.	McPherson
1800 lbs.	McPherson
1850 lbs.	McPherson
1900 lbs.	McPherson
1950 lbs.	McPherson
2000 lbs.	McPherson

**WNPF Legitimate Natural Region II**  
Open Bench - 22 May 88 - Ft. Lee, NJ

Bench Press	300
Raw	275
181 lbs.	L. Tarrigaglia
225 lbs.	M. Johnson
275 lbs.	N. Goldberg
315 lbs.	C. Renick
365 lbs.	R. Ketter
405 lbs.	M. Black
450 lbs.	M. Black
500 lbs.	M. Black
550 lbs.	M. Black
600 lbs.	M. Black
650 lbs.	M. Black
700 lbs.	M. Black
750 lbs.	M. Black
800 lbs.	M. Black
850 lbs.	M. Black
900 lbs.	M. Black
950 lbs.	M. Black
1000 lbs.	M. Black
1050 lbs.	M. Black
1100 lbs.	M. Black
1150 lbs.	M. Black
1200 lbs.	M. Black
1250 lbs.	M. Black
1300 lbs.	M. Black
1350 lbs.	M. Black
1400 lbs.	M. Black
1450 lbs.	M. Black
1500 lbs.	M. Black
1550 lbs.	M. Black
1600 lbs.	M. Black
1650 lbs.	M. Black
1700 lbs.	M. Black
1750 lbs.	M. Black
1800 lbs.	M. Black
1850 lbs.	M. Black
1900 lbs.	M. Black
1950 lbs.	M. Black
2000 lbs.	M. Black

**Swanton Summer Festival**  
Bench Press Contest  
23 Jul 88 - Swanton, VT

Bench Press	300
Raw	275
181 lbs.	T. Bergeron
225 lbs.	A. Weinlagen
275 lbs.	S. Bellie
315 lbs.	L. Laplante
365 lbs.	J. Maguire
405 lbs.	C. Parent
450 lbs.	S. Goudreau
500 lbs.	S. Goudreau
550 lbs.	S. Goudreau
600 lbs.	S. Goudreau
650 lbs.	S. Goudreau
700 lbs.	S. Goudreau
750 lbs.	S. Goudreau
800 lbs.	S. Goudreau
850 lbs.	S. Goudreau
900 lbs.	S. Goudreau
950 lbs.	S. Goudreau
1000 lbs.	S. Goudreau
1050 lbs.	S. Goudreau
1100 lbs.	S. Goudreau
1150 lbs.	S. Goudreau
1200 lbs.	S. Goudreau
1250 lbs.	S. Goudreau
1300 lbs.	S. Goudreau
1350 lbs.	S. Goudreau
1400 lbs.	S. Goudreau
1450 lbs.	S. Goudreau
1500 lbs.	S. Goudreau
1550 lbs.	S. Goudreau
1600 lbs.	S. Goudreau
1650 lbs.	S. Goudreau
1700 lbs.	S. Goudreau
1750 lbs.	S. Goudreau
1800 lbs.	S. Goudreau
1850 lbs.	S. Goudreau
1900 lbs.	S. Goudreau
1950 lbs.	S. Goudreau
2000 lbs.	S. Goudreau

**Happy Days Bench-A-Mania**  
2 Jul 88 - Ruckersville, VA

Bench Press	340
Raw	315
181 lbs.	R. Adkins
225 lbs.	H. Giles
275 lbs.	D. Tibbs
315 lbs.	G. Sawyer
365 lbs.	M. Cason
405 lbs.	M. Cason
450 lbs.	M. Cason
500 lbs.	M. Cason
550 lbs.	M. Cason
600 lbs.	M. Cason
650 lbs.	M. Cason
700 lbs.	M. Cason
750 lbs.	M. Cason
800 lbs.	M. Cason
850 lbs.	M. Cason
900 lbs.	M. Cason
950 lbs.	M. Cason
1000 lbs.	M. Cason
1050 lbs.	M. Cason
1100 lbs.	M. Cason
1150 lbs.	M. Cason
1200 lbs.	M. Cason
1250 lbs.	M. Cason
1300 lbs.	M. Cason
1350 lbs.	M. Cason
1400 lbs.	M. Cason
1450 lbs.	M. Cason
1500 lbs.	M. Cason
1550 lbs.	M. Cason
1600 lbs.	M. Cason
1650 lbs.	M. Cason
1700 lbs.	M. Cason
1750 lbs.	M. Cason
1800 lbs.	M. Cason
1850 lbs.	M. Cason
1900 lbs.	M. Cason
1950 lbs.	M. Cason
2000 lbs.	M. Cason

**Tri-State Fair & Regatta Bench Press**  
23 Jul 88 - Huntington, WV

Bench Press	280
Raw	255
181 lbs.	R. Smith
225 lbs.	M. Williams
275 lbs.	M. Williams
315 lbs.	S. Grigaly
365 lbs.	S. Stephens
405 lbs.	R. Niday
450 lbs.	R. Niday
500 lbs.	R. Niday
550 lbs.	R. Niday
600 lbs.	R. Niday
650 lbs.	R. Niday
700 lbs.	R. Niday
750 lbs.	R. Niday
800 lbs.	R. Niday
850 lbs.	R. Niday
900 lbs.	R. Niday
950 lbs.	R. Niday
1000 lbs.	R. Niday
1050 lbs.	R. Niday
1100 lbs.	R. Niday
1150 lbs.	R. Niday
1200 lbs.	R. Niday
1250 lbs.	R. Niday
1300 lbs.	R. Niday
1350 lbs.	R. Niday
1400 lbs.	R. Niday
1450 lbs.	R. Niday
1500 lbs.	R. Niday
1550 lbs.	R. Niday
1600 lbs.	R. Niday
1650 lbs.	R. Niday
1700 lbs.	R. Niday
1750 lbs.	R. Niday
1800 lbs.	R. Niday
1850 lbs.	R. Niday
1900 lbs.	R. Niday
1950 lbs.	R. Niday
2000 lbs.	R. Niday

**California Drug Tested Open Bench**  
30 Apr 88 - Fremont, CA

Bench Press	440
Raw	415
181 lbs.	D. McGee
225 lbs.	S. Roscoe
275 lbs.	R. L. Ruck
315 lbs.	R. L. Ruck
365 lbs.	R. L. Ruck
405 lbs.	R. L. Ruck
450 lbs.	R. L. Ruck
500 lbs.	R. L. Ruck
550 lbs.	R. L. Ruck
600 lbs.	R. L. Ruck
650 lbs.	R. L. Ruck
700 lbs.	R. L. Ruck
750 lbs.	R. L. Ruck
800 lbs.	R. L. Ruck
850 lbs.	R. L. Ruck
900 lbs.	R. L. Ruck
950 lbs.	R. L. Ruck
1000 lbs.	R. L. Ruck
1050 lbs.	R. L. Ruck
1100 lbs.	R. L. Ruck
1150 lbs.	R. L. Ruck
1200 lbs.	R. L. Ruck
1250 lbs.	R. L. Ruck
1300 lbs.	R. L. Ruck
1350 lbs.	R. L. Ruck
1400 lbs.	R. L. Ruck
1450 lbs.	R. L. Ruck
1500 lbs.	R. L. Ruck
1550 lbs.	R. L. Ruck
1600 lbs.	R. L. Ruck
1650 lbs.	R. L. Ruck
1700 lbs.	R. L. Ruck
1750 lbs.	R. L. Ruck
1800 lbs.	R. L. Ruck
1850 lbs.	R. L. Ruck
1900 lbs.	R. L. Ruck
1950 lbs.	R. L. Ruck
2000 lbs.	R. L. Ruck

**WNPF Legitimate Natural Region II**  
Open Bench - 22 May 88 - Ft. Lee, NJ

Bench Press	300
Raw	275
181 lbs.	L. Tarrigaglia
225 lbs.	M. Johnson
275 lbs.	N. Goldberg
315 lbs.	C. Renick
365 lbs.	R. Ketter
405 lbs.	M. Black
450 lbs.	M. Black
500 lbs.	M. Black
550 lbs.	M. Black
600 lbs.	M. Black
650 lbs.	M. Black
700 lbs.	M. Black
750 lbs.	M. Black
800 lbs.	M. Black
850 lbs.	M. Black
900 lbs.	M. Black
950 lbs.	M. Black
1000 lbs.	M. Black
1050 lbs.	M. Black
1100 lbs.	M. Black
1150 lbs.	M. Black
1200 lbs.	M. Black
1250 lbs.	M. Black
1300 lbs.	M. Black
1350 lbs.	M. Black
1400 lbs.	M. Black
1450 lbs.	M. Black
1500 lbs.	M. Black
1550 lbs.	M. Black
1600 lbs.	M. Black
1650 lbs.	M. Black
1700 lbs.	M. Black
1750 lbs.	M. Black
1800 lbs.	M. Black
1850 lbs.	M. Black
1900 lbs.	M. Black
1950 lbs.	M. Black
2000 lbs.	M. Black

**Happy Days Bench-A-Mania**  
2 Jul 88 - Ruckersville, VA

Bench Press	340
Raw	315
181 lbs.	R. Adkins
225 lbs.	H. Giles
275 lbs.	D. Tibbs
315 lbs.	G. Sawyer
365 lbs.	M. Cason
405 lbs.	M. Cason
450 lbs.	M. Cason
500 lbs.	M. Cason
550 lbs.	M. Cason
600 lbs.	M. Cason
650 lbs.	M. Cason
700 lbs.	M. Cason
750 lbs.	M. Cason
800 lbs.	M. Cason
850 lbs.	M. Cason
900 lbs.	M. Cason
950 lbs.	M. Cason
1000 lbs.	M. Cason
1050 lbs.	M. Cason
1100 lbs.	M. Cason
1150 lbs.	M. Cason
1200 lbs.	M. Cason
1250 lbs.	M. Cason
1300 lbs.	M. Cason
1350 lbs.	M. Cason
1400 lbs.	M. Cason
1450 lbs.	M. Cason
1500 lbs.	M. Cason
1550 lbs.	M. Cason
1600 lbs.	M. Cason
1650 lbs.	M. Cason
1700 lbs.	M. Cason
1750 lbs.	M. Cason
1800 lbs.	M. Cason
1850 lbs.	M. Cason
1900 lbs.	M. Cason
1950 lbs.	M. Cason
2000 lbs.	M. Cason

**Tri-State Fair & Regatta Bench Press**  
23 Jul 88 - Huntington, WV

Bench Press	280
Raw	255
181 lbs.	R. Smith
225 lbs.	M. Williams
275 lbs.	M. Williams
315 lbs.	S. Grigaly
365 lbs.	S. Stephens
405 lbs.	R. Niday
450 lbs.	R. Niday
500 lbs.	R. Niday
550 lbs.	R. Niday
600 lbs.	R. Niday
650 lbs.	R. Niday
700 lbs.	R. Niday
750 lbs.	R. Niday
800 lbs.	R. Niday
850 lbs.	R. Niday
900 lbs.	R. Niday
950 lbs.	R. Niday
1000 lbs.	R. Niday
1050 lbs.	R. Niday
1100 lbs.	R. Niday
1150 lbs.	R. Niday
1200 lbs.	R. Niday
1250 lbs.	R. Niday
1300 lbs.	R. Niday
1350 lbs.	R. Niday
1400 lbs.	R. Niday
1450 lbs.	R. Niday
1500 lbs.	R. Niday
1550 lbs.	R. Niday
1600 lbs.	R. Niday
1650 lbs.	R. Niday
1700 lbs.	R. Niday
1750 lbs.	R. Niday
1800 lbs.	R. Niday
1850 lbs.	R. Niday
1900 lbs.	R. Niday
1950 lbs.	R. Niday
2000 lbs.	R. Niday

**California Drug Tested Open Bench**  
30 Apr 88 - Fremont, CA

Bench Press	440
Raw	415
181 lbs.	D. McGee
225 lbs.	S. Roscoe
275 lbs.	R. L. Ruck
315 lbs.	R. L. Ruck
365 lbs.	R. L. Ruck
405 lbs.	R. L. Ruck
450 lbs.	R. L. Ruck
500 lbs.	R. L. Ruck
550 lbs.	R. L. Ruck
600 lbs.	R. L. Ruck
650 lbs.	R. L. Ruck
700 lbs.	R. L. Ruck
750 lbs.	R. L. Ruck
800 lbs.	R. L. Ruck
850 lbs.	R. L. Ruck
900 lbs.	R. L. Ruck
950 lbs.	R. L. Ruck
1000 lbs.	R. L. Ruck
1050 lbs.	R. L. Ruck
1100 lbs.	R. L. Ruck
1150 lbs.	R. L. Ruck
1200 lbs.	R. L. Ruck
1250 lbs.	R. L. Ruck
1300 lbs.	R. L. Ruck
1350 lbs.	R. L. Ruck
1400 lbs.	R. L. Ruck
1450 lbs.	R. L. Ruck
1500 lbs.	R. L. Ruck
1550 lbs.	R. L. Ruck
1600 lbs.	R. L. Ruck
1650 lbs.	R. L. Ruck
1700 lbs.	R. L. Ruck
1750 lbs.	R. L. Ruck
1800 lbs.	R. L. Ruck
1850 lbs.	R. L. Ruck
1900 lbs.	R. L. Ruck
1950 lbs.	R. L. Ruck
2000 lbs.	R. L. Ruck

**WNPF Legitimate Natural Region II**  
Open Bench - 22 May 88 - Ft. Lee, NJ

Bench Press	300
Raw	275
181 lbs.	L. Tarrigaglia
225 lbs.	M. Johnson
275 lbs.	N. Goldberg
315 lbs.	C. Renick
365 lbs.	R. Ketter
405 lbs.	M. Black
450 lbs.	M. Black
500 lbs.	M. Black
550 lbs.	M. Black
600 lbs.	M. Black
650 lbs.	M. Black
700 lbs.	M. Black
750 lbs.	M. Black
800 lbs.	M. Black
850 lbs.	M. Black
900 lbs.	M. Black
950 lbs.	M. Black
1	



















**ADFA Georgia State Championship**  
11 SEP 88 - Hinesville, GA

Class	W	L	BP	DL	Total
Men (1198)	430	310	500	1240	
Women					
Baranuller (117)	190	120	260	570	
Tennage (170)	215	125	450	1100	
O'Brien (203)	350	290	470	1080	
Mingledorff (148)	135	290	250	675	
122 lb.					
132 lb.					
C. Williams	300	250	380	930	
148 lb.					
608* 135*	185	140			
165 lb.					
J. Golliver	540	390	608*	1440	
165 lb.					
K. Rock	545*	360	565	1470*	
T. Johnson	520	340	595	1440	
T. Dodson	530	315	530	1375	
R. Reese	530	315	530	1375	
R. Clacura	540	265	540	1345	
181 lb.					
181 lb.					
J. Jacobs	400	225	425	1100	
198 lb.					
K. Brown	375	340	550	1465	
242 lb.					
J. Upchurch	445	315	485	1245	
242 lb.					
J. Bell	430	310	500	1240	
242 lb.					
D. Kersten	610*	380	575	1565	
B. Johnson	525	360	500	1385	
114 lb.					
500	325	550	1375		
* - State Record. * - Unofficial Number.					
Record. Although the meet was small in number, it was a record. Records were broken. Thanks to Tom their help, J. Bell, and Julio Cruz for all their help. J. Bell met January 29th, and the Region Power Meet at the end of April early May. (Thanks to Denis Ference for results)					

**Mr. Masters Sports Festival**  
16 Jul 88 - Eugene, OR

Class	W	L	BP	DL	Total
48-44					
165 lb.					
181 lb.					
198 lb.	375	190	440	1005	
242 lb.					
M. Maddox	410	290	410	1110	

**CAPTURE THE OLYMPICS!**

Capture the full excitement of the 1988 Summer and Winter Games with **Seoul Calgary 1988**—The Official Commemorative Book of the United States Olympic Committee.  
At a special pre-publication price of \$32.95, you'll receive this 256-page, 9" x 12" hardcover book that will specially highlight the participation of the U.S. Olympic Team. Printed on quality glossy paper, this book will feature:

- 200 quality color photos.
- coverage of all events and profiles of the athletes.
- 1988 results, plus a summary of past Olympic results.
- highlights of the opening and closing ceremonies and more!

**THAT'S NOT ALL.** With each copy of **Seoul Calgary 1988** sold from this ad, a portion of the sales proceeds will go to help fund our U.S. athletes. In true Olympic spirit, support your 1988 U.S. Olympic Team with this rich in tradition publication.

**CALL TOLL-FREE 1-800-356-2883 24 HOURS A DAY**  
(in Utah, call 1-800-237-9469)

**ORDER TODAY!** Mail payment and order form to: Commemorative Publications, Dept. H-001, P.O. Box 1968, Sandy, Utah 84059-1968

Please send me \_\_\_\_\_ STANDARD edition(s) @ \$32.95 (add \$3 shipping ea.)  
 \_\_\_\_\_ LEATHER edition(s) @ \$55.00 (add \$3 shipping ea.)  
 (Utah residents, add 6.25% sales tax)

Name \_\_\_\_\_  
 Address \_\_\_\_\_  
 City/State/Zip \_\_\_\_\_  
 Phone \_\_\_\_\_  
 Signature \_\_\_\_\_  
 (books shipped UPS in November)

Card # \_\_\_\_\_  
 Exp. Date \_\_\_\_\_  
 Check  VISA  other credit card

Authorized pursuant to Title 16, U.S.C. Section 380.

Temperature: 100 degrees. Held at: Decatur Coliseum. (For results, see Results). (Thanks to Laura Perlowitz for results)

**Norfolk Novice**  
10 SEP 88 - Norfolk, VA

Class	W	L	BP	DL	Total
132 lb.					
W. Clark (1)	330	215	358	903	
J. Buppel (1)	100	155	410	665	
148 lb.					
S. Morgan (1)	352	226	380	958	
165 lb.					
R. Willett (1)	236	237	347	920	
J. Henning (1)	463	325	457	1245*	
S. Buter	341	281	358	980	
181 lb.					
W. Overton	330	204	364	898	
W. O'Brien	441	330	463	1234*	
R. O'Brien	408	286	501	1195*	
M. Bowers	424	204	523	1151	
J. Taylor	374	226	402	1001	
198 lb.					
K. Hancock	474	281	474	1229	
G. Trues (2)	408	325	490	1223	
V. Shinnitt	430	225	57	1131	
R. Bruns (2)	364	253	474	1091	
J. Phillips (1)	501	364	540	1405*	
R. Barker	507	374	479	1360*	
L. Bromby (2)	369	303	402	1074	
242 lb.					
D. Fanning (1)	522	452	650	1624*	
R. Corbett	662	369	623	1554*	
H. Poole (2)	396	281	441	1058	
275 lb.					
J. Dickinson (2)	441	341	452	1234	
P. Jones	606	419	705	1730*	

**Decatur Celebration**  
YMCA Bench Press Classic  
6 Aug 88 - Decatur, IL

Class	W	L	BP	DL	Total
114 lb.					
J. Allen	130	80	385	385	
123 lb.					
M. Jones	210	100	415	415	
C. Will	180	75	405	405	
145 lb.					
G. Thomas	275	220	350	350	
J. Seaton	225	100	385	385	
M. Davis	242	165	405	405	
D. Ellis	325	200	405	405	
165 lb.					
J. Quandt	260	250	340	340	
M. Ellis	350	260	340	340	
181 lb.					
T. Cook	360	260	340	340	
B. Dewitt	325	325	340	340	
181 lb.					
G. Foster	385	260	340	340	

**Flint YMCA Open Bench**  
7 Aug 88 - Flint, MI

Class	W	L	BP	DL	Total
114 lb.					
J. Villanuda	200	220	440	440	
123 lb.					
R. Black	250	250	375	375	
R. Krueger	105	70	242	242	
132 lb.					
G. Gmitter	295	275	470	470	
J. Krcad	235	275	380	380	
F. Bayer	305	305	410	410	
J. Ballard	290	290	365	365	
165 lb.					
T. E. Bennett	260	260	375	375	
181 lb.					
C. Henderson	400	400	335	335	
T. Hinchey	320	320	325	325	
R. Long	320	320	325	325	
P. Haley	380	380	360	360	
T. M. Ray	370	370	360	360	
D. Hubbard	345	345	350	350	
S. Yonan	355	355	250	250	
198 lb.					
W. Luebeck	485	485	100	100	
M. Duncel	405	405	100	100	
S. Bellman	330	330	225	225	

The Fifth Annual Flint YMCA Open Bench Press was held at the Flint YMCA on August 7th. The winner was Rodger Willett of Hampton, Michigan, who lifted 485 lbs. Most spectators that attended were wondering who the massive teenager that was competing for his first time, showing everyone that he is someone every teenager should watch for in the future. The Flint YMCA should thank all of the leaders and sponsors, along with all who judged. Many thanks to John Selley for the fine job he did announcing. And special thanks to the great job they did with the score cards and posters. (Thanks to Dave Cannon for results)

**DYNAMIC NEW GROWTH ENHANCERS FOR EXPLOSIVE RESULTS!**

Pacifico International introduces three breakthrough supplements to maximize growth and development for world-class body building and power lifting results. Powerful amino acids, vitamins and natural extract combine to supplement every phase of your lifting program, from daily workouts to pre-show routines. Optimum growth is quick and easy with Pacifico's Amino B-6 2500™, the newest combination of amino acids and vitamin B-6. Smilorchic™, Pacifico's newest liquid dietary supplement, combines powerful natural herbal and animal extracts for optimal growth. And now, Pacifico International has combined the most powerful growth enhancers in a convenient thirty day Growth Explosion Pack™.



**DON'T FORGET EASTERN USA CHAMPIONSHIPS 12, 13 NOV 1988 CHARLOTTE, NC CONTACT BILL CLARY 704-377-3915**



**AMINO B-6 2500™** — The ultimate Amino development formula from Pacifico International. Each tablet combines 2200 mgs. of the finest available pharmaceutical grade free-form Aminos with 300 mgs. of Pyridoxine (B-6), to make it work to its full potential.

**Amino B-6 2500** —  
 100 tablets — \$14.00  
 300 tablets — \$29.00  
 600 tablets — \$55.00

**SMILORCHIC™** — The latest designer supplement from Pacifico International. Smilorchic is a powerful combination of Smlax, Officialinalis (360 mgs.), a natural herb extract, and Orchic Test Extract (60 mgs.), the pure extract from the testes of Argentine bulls. A powerful enhancer for powerful results.

**SMILORCHIC-2 oz. (25,200 mgs.)**  
 One bottle — \$12.00  
 Two bottles — \$23.00



Pacifico Enterprises offers a dynamic line of power optimizers, from equipment to supplements to guides. For more information or a FREE catalog contact:

**PACIFICO ENTERPRISES**  
 P.O. Box 14152 • Dayton, OH 45414  
 Call Toll-Free: 1-800-392-5496  
 In Ohio call: 513-898-7245  
 \*VISA, MasterCard, Check or M.O.

**GROWTH EXPLOSION PACK™** — Pacifico International has combined the leading growth enhancers in a simple, reliable packet system to insure even, consistent dosage for maximum results. Each packet contains: Bolastron — 1800 mgs.; L-Arginine — 500 mgs.; L-Ornithine — 200 mgs.; Beta-Sitosterol — 500 mgs.; Thymus — 200 mgs.; Tryptophan — 100 mgs.; Gamma-Oryzanol — 1000 mgs.; Smlax Officialinalis — 1000 mgs.; B-6 — 250 mgs.; and Boron\* — 5 mgs.

**30 day supply — \$29.00**  
**60 day supply — \$50.00**

\*Boron prevents loss of Calcium, Magnesium and Phosphorus. Scientific reports indicate that Boron doubles output of testosterone.



**NEW!**

**Sportlight**  
on Sports Nutrition™

**DIBENCOSIDE SUPREME™**  
Marathon Introduces the Supreme Form of Dibencoside, the Powerful, Natural, Safe, Non-Steroidal Anabolic Agent. Make Explosive Gains in Strength and Muscularity and Increase Recuperation Without Harmful Chemicals or Steroids!



Dibencoside is a natural co-enzyme that works at the cellular level to help you accelerate performance and gain strength and muscularity.

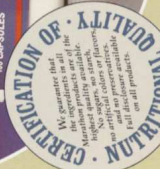
**IMPORTANT! Don't be misled!** Marathon's Dibencoside Supreme is not only the highest potency of this non-steroidal anabolic agent, it's Dibencoside in its MOST CORRECT FORM! Dibencoside must be able to pass through the stomach intact so that it doesn't breakdown until it reaches the upper intestinal tract, where optimum assimilation takes place. Dibencoside Supreme comes in two optimum assimilation forms: Stabilized Capsules that carry the Dibencoside through the stomach untouched, and the Sub-Lingual Liquid that carries the Dibencoside directly into the bloodstream, bypassing gastric digestion altogether.

**Dibencoside Supreme™**  
**High Potency Sub-Lingual\* Liquid**

**5 MG. (5000 MCG.) PER CC**  
Suggested usage: Place one dropper-full of the sub-lingual liquid under the tongue and hold for 30-60 seconds before swallowing.  
\*Sub-lingual is a process by which absorption takes place under the tongue, bypassing gastric digestion and allowing the Dibencoside to go directly into the bloodstream.  
Hard Training: Take one dropper full (1 cc) mornings and one dropper full in the evenings.  
Regular Training: Take 1/2 dropper (marked on dropper "1/2 cc") mornings and evenings.  
**SUB-LINGUAL LIQUID**  
2 fluid ounces (60 cc) One 2-oz bottle \$29.95 3-bottle pack \$79.95  
For ordering information, turn to the Order Form at the end of the Marathon Nutrition section, or, for fastest service, use our convenient toll-free numbers.

**Dibencoside Supreme™**  
**Stabilized\* Capsules**

**5 MG. (5000 MCG.) PER CAPSULE**  
Suggested usage: Hard Training: Take one stabilized capsule in the morning and one in the evening.  
Regular Training: Take one stabilized capsule either morning or evening.  
\*Marathon's Dibencoside Supreme capsules are specially treated and stabilized to pass through the stomach intact and then breakdown in the upper intestinal tract, where optimum assimilation can take place.  
**STABILIZED CAPSULES**  
50 Caps \$22.95 100 Caps \$39.95  
250 Caps \$69.95



**ORDER TODAY AND SAVE!**  
Compare Potency and Price. Nothing Even Comes Close to Marathon's High Quality Dibencoside Supreme—the Safe and Natural Way to Increase Strength and Muscularity.

**For Fastest Service ORDER TOLL FREE 1(800)321-5064** In California 1(600)231-4070

**TINZER**  
ADVANCE DESIGNS  
We Make Power Gear A Science  
1-800-222-6897  
IMMEDIATE SHIPPING  
MC, VISA, C.O.D.  
The Inzer Blast Shirt is patented under United States Patent No. 4,473,008  
214-236-4012

... and more testimonies of ones who know.



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

**CHRIS CONFESSORE**  
562 at 181! 589 at 198!



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

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



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

**JULIAN LEE**  
590 at 198!



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

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