

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

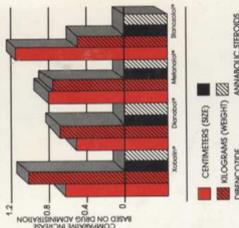


P.O. Box 14152 • Dayton, OH 45414

ORDERS YOURS TODAY! Call Toll-Free: 1-800-392-5496.
 Ohio residents call: 513-898-7245. 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

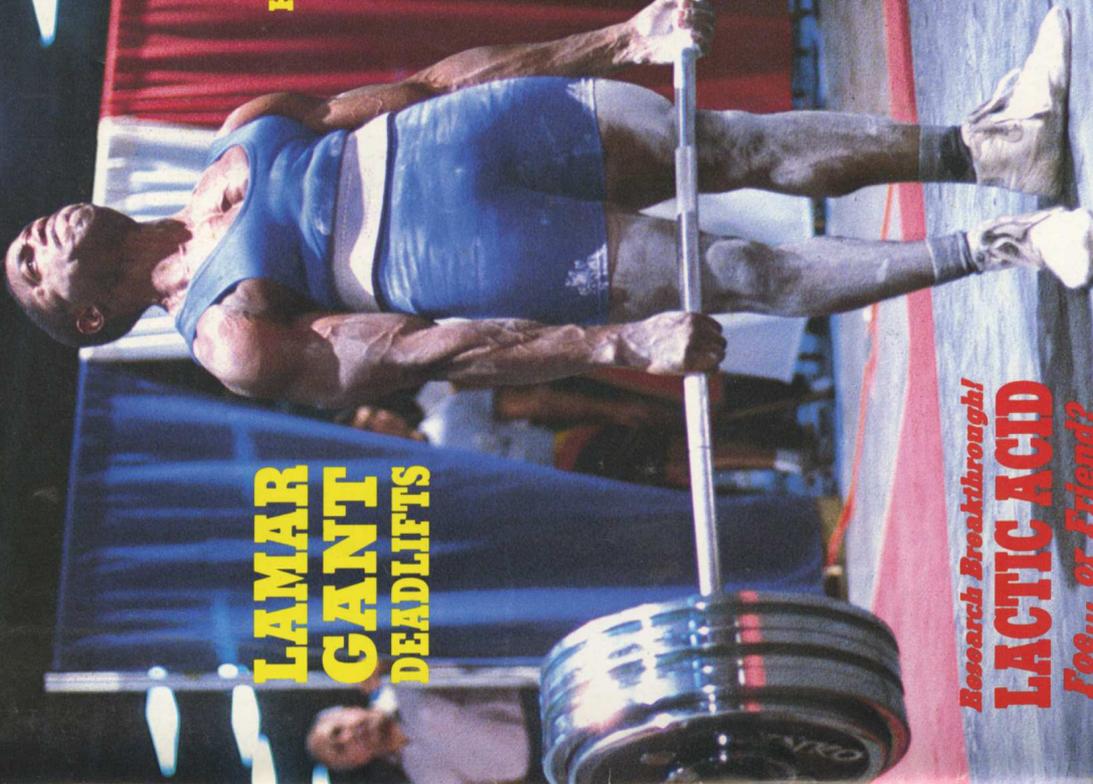


Dibencozide offers more building power than any of these prescription steroids! Dibencozide, used as an anabolic agent in training, is superior to any other anabolic agent. It is now available for use as a non-steroid developmental supplement. Over twenty world records have been set while using Dibencozide!

Distributors Welcomed

POWERLIFTING USA

VOL.12 NO.5 DEC/88 \$2.95



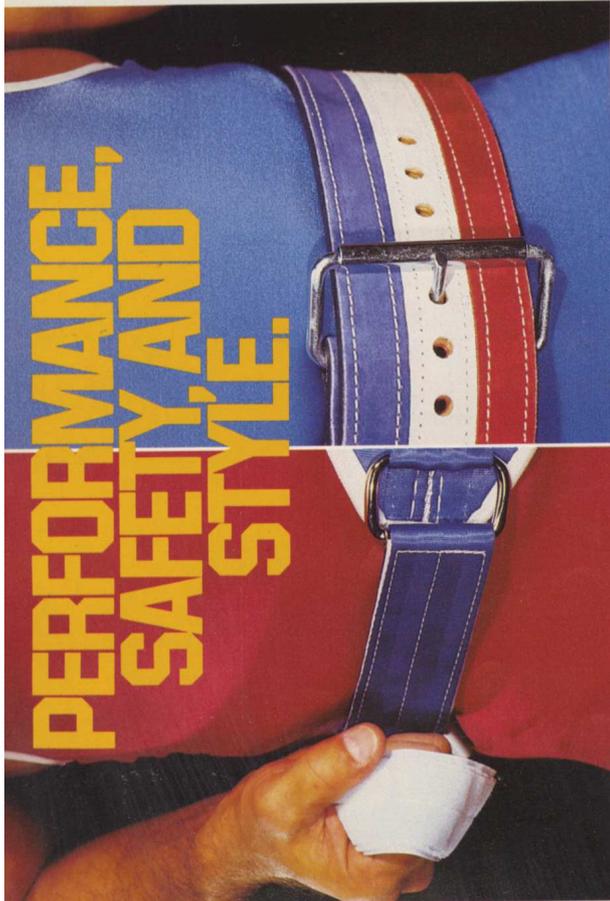
LAMAR
 GANT
 DEADLIFTS

How Much Does
 A Suit and
 Wraps Add to
 Your SQUAT?

The Greatest
WOMAN
 Bench Presser

Research Breakthrough!
LACTIC ACID
 Foe... or Friend?

PERFORMANCE, SAFETY, AND STYLE.



Color Selection



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

Fabric Belt \$30.00



The Super Belt heavy power one or two prong buckles. Available in solid, tri-tone or two-tone suede.

6 rows stitching \$54.00
4 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

Please allow 4-6 weeks for delivery. Pacifico Fabric Belts designed for maximum strength and durability.



Pacifico Belts offer strength and style.



Pacifico cloth belt style. Ultimate in comfort and support.



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.



Guaranteed One Week Delivery!



Powerlifting Products That Pull Their Own Weight!

Powerlifting USA Post Office Box 467 Camarillo, CA 93011

Editor-in-Chief: Mike Lambert
International Editor: Andy Kerr
Feature Editor: Dr. Ken Leabner
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 Glosbrenner
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 0199-9536) is published monthly, except for a combined issue in June. Office: 2486 Panderosa 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

POWERLIFTING USA advertising rates available upon your request.

TABLE OF CONTENTS

LAMAR GANT PICTORIAL.....Mike Lambert.....8
WORKOUT OF THE MONTH.....Lamar Gant.....10
LACTIC ACID.....Thomas D. Fahy Ed.D.....11
LEVERAGE.....Fred Hatfield Ph.D.....12
POWERLIFTING AIDS.....Rafael Escamilla M.S.....14
FACTS THAT SUIT YOU.....Pete Alaniz.....18
FANTASTIC FACTS.....Judd Biasiotto Ph.D.....19
DAN McCain INTERVIEW.....Bob Gaynor.....21
INJURIES, PART I.....Jon Smoker.....22
ADPPA DRUG TESTING.....Dennis Brady.....23
USPF PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....24
TOP 100 275s.....Mike Lambert.....25
NUTRITION CONCEPTS.....George Zangas.....26
BOX SQUATS.....Louis Simmons.....27
ASK THE DOCTOR.....Mauro Di Pasquale MD.....32
QUESTION & ANSWER.....Roger Estep.....33
BEST WOMEN BENCHERS.....Doug Daniels.....36
POWER FUN.....Paul Kelso.....37
OPINIONS FROM OUR READERS.....42
LIFTING IN COLLEGE.....Eric Hatfener.....52
WHO'S WHO IN POWERLIFTING.....Mike Lambert.....53
FOR THE RECORD.....Ed Ng.....55
NATIONAL MEET QUALIFYING TOTALS.....64
ADPPA TOP 20 MIDDLEWEIGHTS.....Mike Lambert.....64
COMING EVENTS.....79

ON THE COVER...Lamar Gant with his latest world record, a 672 deadlift at the U.S.P.F. Senior Nationals in Las Vegas.

NEXT MONTH...the I.P.F. Worlds from Perth, Australia.

© 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 P.L.U.S.A.

POWERLIFTING USA Magazine ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!
Check one:

- NEW
 RENEWAL
 Address Change
(Indicate previous address)

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

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

Name _____
Address _____
City _____ State _____ Zip _____

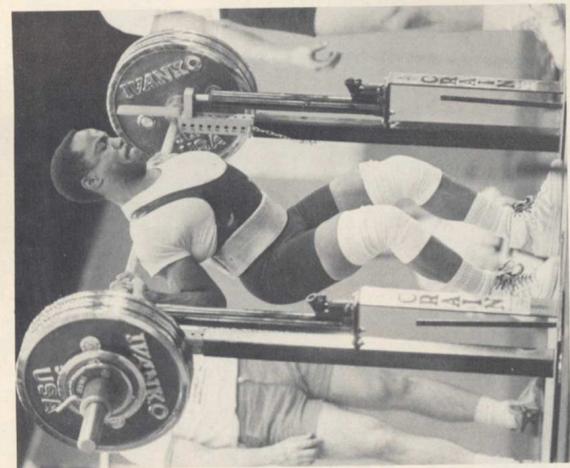
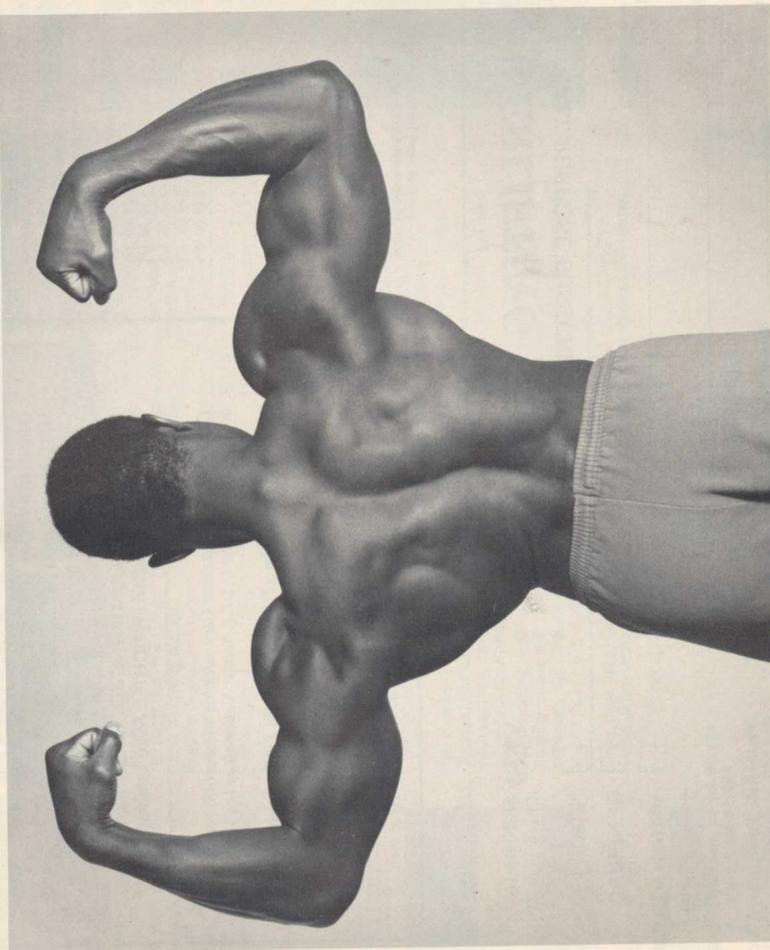
Power Pictorial

LAMAR GANT, Part 3 World Titles No. 9, 10, 11, and 12

Lamar's most recent world titles have seen a re-birth of the spirit that brought him to that level of achievement initially. Still, after the departure of Joe Bradley, it was hard for Lamar to find a point to prove in the 1983 Seniors in Austin, Texas. He had a 7 for 8-day with lifts of 485 303 584 1372 (passing his final deadlift) to win the 132s, by 39 lbs. over Ernesto Milan. He could still take long layoffs during the training year and win, and winning was the most important thing to him. From there it was off to Sweden for the IPF Worlds, where Lamar dropped down to where he felt more efficient, the 123 lb. class, where he won easily with lifts of 462 264 540 1267, again passing his last deadlift. He rarely tires it, unless he needs to or feels capable of a record lift. Sweden was another facet in the international travel experiences of Lamar. It was COLD, and the expan-

sive lifting site was actually built on top of an ice skating rink. The days were short, with sunlight available only from 9 to 5, but the Scandinavian evenings were long as Lamar, a renowned party animal, sought out and found the cozier nightspots. In 1984, the Seniors were back in Dayton, Ohio and since no rule was found that limited them, 3 women entered the meet (now the rules are more specific). Lamar's class, the 123s, loaded with 10 entries, including Vicki Steenrod who got a world record 248 bench. Lamar was not in great shape for this one, and had pulled a muscle in his left pec

Below... the back of the greatest deadlifter in the history of powerlifting, scripted both by scoliosis and by thousands of years of pain in the groin. (Photographs by the author for the 1986 USPF Seniors in Chicago.



besides. He could have done more than his 457 242 567 1267 5 pounds up on Ernesto Milan, but didn't need it. At the World Championships in Dallas, Lamar began to feel some pressure internationally. Hiro Isagawa who had broken Lamar's world record in the bench press at 123, had him with a 1278 total, and won with his first deadlift attempt. From the squat onward however, he knew that he had better get things together or he was going to get beat. The happiest aspect of that meet, to Lamar, was in the flyweight class, where his buddy Chuckie Dunbar, the perennial silver medalist, finally got the gold.

In 1985, a turning point in the career of Mr. Gant occurred at the U.S.P.F. Senior Nationals in Chicago. In the squat, his 485 2nd attempt put him 49 lbs. behind the eventual class winner, Claude Hand-son, and in the bench, he pushed up 3, but not to the judge's satisfaction. His feet were hanging off the 100 lb. plates he used to build up the platform on his first attempt, and one foot was not flat on his 2nd, and he still doesn't know what was wrong with the 3rd and final miss. 1985 was a turning point for a lot of people, and a great number of the Big Names of the sport bombed out, and subsequently headed for a different lifting association. Rumors of a "list" of people who were to be bombed did nothing to ease the hurt that Lamar felt. He had missed his chance to keep his consecutive string going and the haba for the most world titles ever at the 1985 IPF Worlds in Finland. He knew he had a big deadlift in him for this meet, maybe 680. Now, he was mad, but the spirit was back. He picked a meet stateside near the

Lamar at the 1984 Worlds in Dallas



He Made Sure he got a bench in at the '86 Seniors, after bombing in '85 time when Handsor was lifting in Finland, and made sure he out-totaled him

At the next Seniors, Lamar had one of his greatest meets, a 9 for 9 day, with a 534 squat, a 308 bench, and topped off by a drug tested 132 lb. class world record deadlift of 661 lbs. for a 1504 total. This 100 lb. plus victory earned Lamar a trip to The Hague, in Holland, for the 1986 IPF World Championships. Tromp of Holland totaled 1295, teammate Randall Kea (who once defeated Lamar at an ADFPA National Championship) got the silver with 1317 and Lamar coasted in with 1427, off 512 308 606, not taking the 3rd deadlift when he didn't feel capable of a world record and obviously didn't need it to win. Lamar led his team buddies to Amsterdam and The Hague afterwards, with a would be Dutch "Mr. T" as a guide, and had a great time. He was pretty cocky around town, in fact, but as Lamar notes you don't have to be much of a fighter when Mike Hall is your backup.

At the 1987 Seniors, Lamar con-



Carrying the flag once again, Lamar represents the USA at the '87 Worlds

672 1587, with a try at a 688 deadlift. That 1587 total is a TWELVE times bodyweight performance, and Lamar backed that up with another fine Seniors victory in Las Vegas with 545 308 and a world record 677 for a 1532 total. He also gave a 699 deadlift, a try at the Seniors and this is one lift he would like to make officially before saying goodbye to the 132 lb. division. Currently, he is optimistic that it might come at the 1988 IPF World Championships in Australia. He recently pulled 630 for several sets of 3 reps and felt like he could have made that weight for 6-7 reps if he wanted to max out on it. His squat is going moderately well, and at one point in his training he felt good for 600. His bench is a bit of a problem. Lamar, barely in his 30s, sees the bench as a "young man's lift", and he doesn't train it like he used to because it just doesn't contribute that much to his total. Still, with his planned move to the 148 lb. division, he looks forward to approaching the 400 lb. mark in that lift. And what will Lamar pull as a lightweight? Well, the man who can punch out 4 sets of 10 reps, with 2 minutes rest between, in the hypoxenium with 145 pounds behind his neck, simply says that "800 would look real good at 148".

Regardless, Lamar doesn't have to make one more lift in order to be considered America's most successful powerlifter of all time. The fact that he's done it drug free (long before it was even an issue), while suffering with scoliosis (something no other top lifter can imagine), while setting a record after unapproachable record in the deadlift, as well as the other two lifts and total, puts him in the rarest of company. Best of luck in Australia, Lamar!

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 different strength levels than the starting poundage specified. 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 by 1.2 (600 divided by 500).

Lamar Gant's Deadlift Routine

People tend to either overtrain or undertrain the deadlift. It is the one lift that demands the most mental toughness, but that doesn't mean you have to go all out every workout. You need to pace yourself in the deadlift. When you are doing 8 reps in a work set, you should be using a weight that you are actually capable of doing 11 reps with. Otherwise, you burn out before you reach your peak. Don't focus so much on the amount of weight you are handling every time you come to the gym; don't do all you are capable of, give yourself space.

In this routine, you will be doing 4 weeks of 5 sets of 8 reps, followed by 4 weeks of 5 sets of 5s, and 4 weeks of 5 sets of triples. Even though capable of one or two more reps, the triples tend to be all out efforts, however, to peak you for the meet. As for the gear you need, don't wear shoes with a heel, because they pull your body too far forward in the pull. You should definitely use a power belt, which adds 40 pounds to your max lift. A Super suit is recommended, because it helps you maintain balance, and descent into the lift. In any lift, building this resistance is important. For example,

- Week 1:** warm up and work up to 5 sets of 8 reps with 350
- Week 2:** warm up and work up to 5 sets of 8 reps with 365
- Week 3:** warm up and work up to 5 sets of 8 reps with 380
- Week 4:** warm up and work up to 5 sets of 8 reps with 390
- Week 5:** warm up and work up to 5 sets of 5 reps with 410
- Week 6:** warm up and work up to 5 sets of 5 reps with 420
- Week 7:** warm up and work up to 5 sets of 5 reps with 430
- Week 8:** warm up and work up to 5 sets of 5 reps with 435
- Week 9:** warm up and work up to 5 sets of triples of 460
- Week 10:** warm up and work up to 5 sets of triples with 470
- Week 11:** warm up and work up to 5 sets of triples with 480
- Week 12:** warm up and work up to 5 sets of triples with 490.

This workout assumes the lifter comes into the program with a 500 lb max. After successfully completing the routine, he may expect to be capable of as much as 530 to 540.

For further information contact Lamar Gant, at 1662 South Vrain, Denver, Colorado 80219, 303-936-9123



Lamar Gant...set up like a coiled spring.

GANT'S FITNESS



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 clipping 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/\$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% - surcharge, 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-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

Lactic Acid Isn't So Bad After All

by THOMAS D. FAHEY, Ed.D., Director Exercise Physiology, California State University, Chico



Lactic Acid...may be the Powerlifter's friend

Ever since I was a young athlete it was drummed into me that lactic acid was bad stuff. It was supposed to cause muscle soreness and make you tired when you tried to run fast or do a heavy load set. Lactic acid buildup was blamed for poor play in the fourth quarter and used as an excuse for not finishing fast in a 400 meter dash. In summing up, lactic acid was thought a waste product with absolutely no socially redeeming value what-so-ever.

During the last ten years, biochemists and sports scientists have found that lactic acid is more than a useless waste product that should be avoided at all cost. Research has shown that this so called "enemy of the athlete" is an important energy source for skeletal muscle and the heart; is critical in the body's use of carbohydrates consumed in the diet, and is important for maintaining blood sugar levels and storing carbohydrate (glycogen) in the liver.

What's lactic acid? Lactic acid is formed because of the breakdown of glucose (sugar). During the 1920's and 30's, physiologists, such as A.V. Hill and Rudolpho Mangara, presented the theory that lactic acid was produced when the delivery of oxygen to the tissues was inadequate. Their theory, called oxygen debt, was based on the observation that high lactic acid levels were associated with intense exercise and fatigue.

The biochemical techniques of these pioneering scientists were primitive by today's standards. Their theories were based upon the relationship between the concentration of lactic acid in the blood and the onset of fatigue and high intensity exercise. They didn't consider that blood concentrations of substances are determined by the rates they are produced and used by the tissues. This is understandable because techniques for determining lactic acid turnover didn't exist until recently.

The development of radioactive tracers has allowed scientists to track lactic acid turnover in the body. Dr. Thomas Fahey is director of the Exercise Physiology Laboratory at California State University at Chico.

Dr. Fahey has published extensively in numerous prestigious journals, including early studies pertaining to anabolic steroids and has worked with many elite strength and power athletes, including Mac Wilkins and Brian Oldfield, among others. Dr. Fahey has published 7 books including the current "Bible" of sports science: "EXERCISE PHYSIOLOGY AND HUMAN BIOENERGETICS AND ITS APPLICATION". (For a complete research summary of the new scientific findings in the areas of lactic acid and lactic fortified drinks, write to: PolyLactate Research, 4884 West Cordelia Rd, Suisun, CA 94595

ed that athletes' blood became more alkaline during prolonged exercise when they periodically drank a beverage containing lactate (i.e., polylactate). Because lactate is a weak base, the drink improved the athletes' buffering capacity.

Training plays an important part in dealing with lactic acid concentrations during exercise. Training increases your ability to use lactate as a fuel instead of lowering its production rate. This finding has great implications for training. If the old oxygen debt theory was correct, athletes in such as football or powerlifting, should strive to develop the capacity to transport oxygen to the tissues. If your training program was consistent with this theory, a typical training regimen for these athletes might be for them to go for a series of 1 1/2 hour runs in the hope of improving their oxygen consumption capacity. Obviously, such a program is ridiculous. How many strength athletes do you know who do that type of workout? None! The reason is that strength athletes need to be strong and powerful and long, slow distance running doesn't develop that type of fitness.

The new theories of lactic acid metabolism are more consistent with the theory of strength-speed athletes. These athletes tend to do high intensity exercise which improves the body's ability to use lactate as a fuel. With training, lactate levels decrease at a given exercise intensity because your tissues improve their ability to use it for energy.

Lactate does good things too! Lactate has been shown extremely active in the body's metabolism. Studies by McGarry and by Brooks have shown that lactate formation is a critical step for producing glycogen in the liver. Glycogen is the storage carbohydrate in the body. Fatigue and sluggishness result when glycogen levels are low. Lactate is also important for maintaining blood glucose during exercise. Through a process called gluconeogenesis, lactate enters the liver where it's converted to glucose (blood sugar). Lactate can be used as a fuel by a variety of tissues during exercise and is important for maintaining blood sugar.

Lactate as a food supplement. Researchers in Northern California recently formulated an athletic food replacement containing a substance called polylactate, a substance consisting of chains of lactate bound to

an amino acid (amino acids are the building blocks of proteins). We tested polylactate in our lab using competitive cyclists who rode a bicyc ergometer for three hours. Compared to using flavored water (placebo control), subjects consuming polylactate had higher blood sugar levels, felt less fatigue, and had more alkaline blood. Though the subjects were consuming large quantities of polylactate, blood lactate values never rose above resting levels during the experiment. This happened because the athletes were using the lactate rapidly as a fuel for exercise.

Tests are currently proceeding to determine the usefulness of polylactate for other sports. It appears that combined with other substances, such as glucose polymers, polylactate may be a new weapon in the athlete's quest to improve performance.

References
1. Connert, R.J., T.E.J. Ganeski, and G.R. Honig. "Lactate accumulation in full aerobic, working dog gracilis muscle." Am. J. Physiol. 246:H170-178, 1984.

2. Brooks, G.A. and J.D. Fahey. Exercise Physiology: Human Bioenergetics and Training. McGraw-Hill, 1984.
3. John Alder, H.B., R.M. McAllister, and R.L. Terjung. "Reduced training endurance in gluconeogenesis-inhibited rats." Am. J. Physiol. 251:R137-R142, 1986.

4. Foster, D.W. "From glucose to ketones-and back." Diabetes 33: 1188-1199, 1984.
5. Newgard, C.B., L.J. Hersch, D.W. Foster, and J.D. McGarry. "Studies on the mechanism by which exogenous glucose is converted into liver glycogen in the rat. A direct effect of lactate clearance on the phosphorylation of glycogen synthetase." Ann. N.Y. Acad. Sci. 444:483-492, 1983.

6. Brooks, G.A., K.E. Bruner, and R.G. Cassens. "Glycogen synthesis and metabolism of lactic acid after exercise." Am. J. Physiol. 224:1162-1166, 1973.

7. Brooks, G.A. and G.A. Gaesser. "End points of lactate and glucose metabolism after exhausting exercise." J. Appl. Physiol. 49:1057-1069, 1980.

8. Danonov, C.M. and G.A. Brooks. "Training affects lactate clearance more than phosphorylation." Ann. J. Physiol. 244:483-492, 1983.

9. Stanley, W.C., E.W. Getz, J.A. Wiesniski, D.L. Morris, R.A. Neese, and G.A. Brooks. "Systemic lactate kinetics during graded exercise in man." Am. J. Physiol. 249: E595-E602, 1985.

10. Yoshida T., N. Takeuchi, and Y. Suda. "Alterations in venous blood lactate increase in the forearm during incremental exercise." Eur. J. Appl. Physiol. 50:87-93, 1982.

11. Fahey, J.D. and J. Lindeman. "Arterial arterialized-venous and venous blood during maximal exercise." Med. Sci. Sports Exerc. 20:547, 1988.

12. Pendegast, D., R. Lebowitz, D. Wilson, and P. Corretti. "The effect of preceding anaerobic exercise on aerobic and anaerobic work." Eur. J. Appl. Physiol. 52:29-35, 1983.
13. Brooks, G.A. "Lactate production during fatigue." In: Exercise Physiology, 2nd Edition, M. Nimo, T. Reilly, and C. Williams (eds). London: E.&F.N. Spon., Ltd., 1987. pp.144-158.

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

LEVERAGE by Dr. Squat

Leverage. Now there's a word to ponder! It can mean anything you want: corporate takeovers, power positioning in negotiations, mechanical efficiency or even certain aspects of real estate speculation deals. Among athletes, it's the singleness of frequently used exercise when one athlete outperforms another. "Well, that guy was born with great leverage" as the story goes.

Let's explore the leverage concept as it pertains to improved strength in sports. You'll be nothing short of fascinated, I assure you. The beauty is that, while you can't do anything about changing your body's musculoskeletal levers, you can indeed alter their effectiveness. Further, there are many different forms of leverage at your disposal, and you'll do well to learn what they are for maximizing your ability to display strength.

In sports, it's not always the strongest person that puts the shot the farthest, lifts the most weight, becomes the all-pro tackle or hits the ball the farthest. Being able to exert maximum force is truly important, but pales in its importance to:

1. applying force at the appropriate point
2. applying force in the appropriate sequence of movements
3. applying force in the appropriate direction
4. applying force at the appropriate time
5. applying force at maximum speed ("power")
6. the ultimate effects of force application.

While the mechanical factors of equilibrium, motion and force are elemental to the entire concept of sport, it is leverage which embodies these concepts and which determines the effectiveness of force.

In other words, since strength determines the extent of force you are able to apply, and leverage determines the effectiveness of your application for you to become as strong as possible. If Joe Blow is stronger than John Smith, and both men are of equal skill in their ability to exert leverage, Joe Blow will be the better athlete.

In my view of leverage in sports, the word can almost replace the concept of skill. Position, sequence, direction,

weight arm.

How in the devil can you do that if your insertion points are fixed? It's really quite simple if you think in three dimensions instead of only two. Picture the lever extending outside of your body. For example, a wrestler holds his opponent's arm on the mat so he can't move. His efforts will be made far more effective if he were to hold his opponent's arms near the wrist instead of near the elbow. Further, if he were to apply downward force on the wrist perpendicular to the ground instead of doing it at an angle, the amount of force would be greater because the force arm is longest in this position.

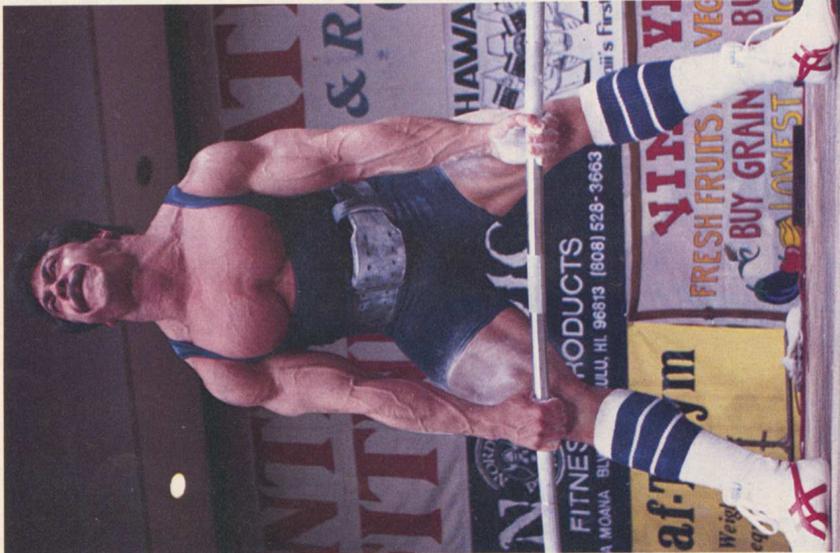
On the other hand, if the wrestler wanted to turn his opponent over onto his back, he'd need a shorter force arm (e.g., the half-Nelson), so the force would be greater.

There are many such examples one can draw upon. Holding a dumbbell at arm's length is more difficult than holding it with your elbow bent. Pulling a weight upwards close to the body will be more effective than pulling it upwards at arm's length in front of your body. The important point to remember in your quest for greater strength is to use your God-given musculoskeletal levers to their greatest advantage.

- You can do this by:
1. keeping your weight arm short
 2. keeping your force arm long
 3. adherence to good mechanics relative to:
 - a. positioning of your body's center of gravity
 - b. sequence of force applications
 - c. direction of force application
 - d. proper timing of force application
 4. maximizing the speed of force application.
 5. controlling the effect of force when applied
 6. never attempting to maximize force at the expense of speed
 7. never attempting to maximize speed at the expense of force

In all the world of sports, speed is king, but you cannot become fast in any sports movement without maximum force. That means one thing to me. Get awesomely STRONG!

Fred Hatfield Ph.D.



Taking Advantage of Leverage is a key to optimum performance by any powerlifter.

timing, speed, and effect all weigh heavily in the concept of skill. All weigh heavily in the concept of appropriately applied leverage. Therefore, all are important in strength.

Your Body's Lever Systems
Your musculoskeletal system is a series of levers. Your joints represent the fulcrum of the lever. The force arm of the lever is the distance between the fulcrum and point where force is being applied by the muscle. The weight arm is the distance from the fulcrum to the weight upon which the muscular force is acting.

The mechanical advantage of a lever is the ratio of the length of the force arm to the

JEFF MACGRUDER "STRONGEST BENCH-PRESSER IN THE WORLD"

640 LBS. PRESS!



NOW YOU CAN CREATE SIZE & MASS WITH THE FORMULAS HE DEVELOPED TO BUILD

"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 MacGruder
World Record Holder

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

SUNFLOWER oil-natural tablet that tons without the sun. With essential fatty acids for healthy-looking skin.

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

BULKINGPOWER PROTEIN 90% protein from milk and eggs, with a P.E.R. in excess of 2.5! Assimilates quickly for rapid gains in mass and power.

ISOLATED AMINO ACIDS Top-quality, predigested amino acids reserves quickly. 2500 mg. strong to help you bounce back after rugged workouts.

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

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

TRIAMINOS Growth factor amino acids—L-Ornithine, L-Arginine, L-lysine—to stimulate enzymes and hormones for optimum gains.

GAMMA ORYZANOL Vegetable steroid or body builder's rice bran oil. Helps the body produce more of the hormones essential to a strong body.

POTENTIATOR Potent growth factors (thyroxine, L-tyrosine) combined with the natural steroid, B-Streptol.

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



MUSCLE CELL RESEARCH

P.O. Box 6000, Allaville, 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) 736-4501 or 736-4502. (Numbers are for order-taking only.)

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

POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

The Use of Powerlifting Aids in the Squat

A Study by Rafael Escamilla, M.S.

Department of Physical Education
Washington State University

INTRODUCTION
The importance of maximizing muscular strength and power to achieve greater athletic performance has been well documented in recent years. It has been widely accepted that the best way to increase the strength of a muscle is to subject it to maximal or near maximal loads, and to progressively increase those loads as muscular strength increases.

Powerlifting is one sport in which the extent of strength and power development largely determines the success of the athlete. All things being equal, as strength and power outputs increase, there is also an increase in the amount of weight that can be lifted. This ultimately is the goal of all powerlifters, for a maximum amount of weight lifted. Therefore, powerlifters are always looking for ways to increase their maximal weight in each of the three powerlifting lifts.

In this study, the squat was investigated under current powerlifting rules. Due to the steady increase in women powerlifters during the last decade, both men and women are involved in performing the squat. The effects that knee wraps and the lifting suit had on the squat were of primary interest.

The use of powerlifting aids to enhance performance is widely accepted among powerlifters. Do the lifting suit and knee wraps actually increase the amount of weight that a person can lift, or do they simply give a placebo effect to those who use them? If the powerlifting aids do indeed help, then what percent? Because the weight can one expect to lift a maximum amount of weight, the results of this study will help lifters understand the role of powerlifting aids in performing the squat.

SUBJECTS
This study was limited to three males and three females, all of whom were competitive powerlifters (see Table 1). All subjects were contacted during one of their training sessions and asked to participate in this study. All of them had previously used the

Figure 1. Experimental Setup

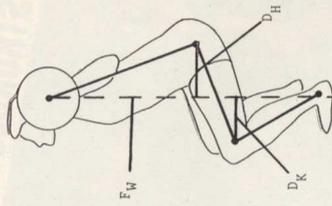
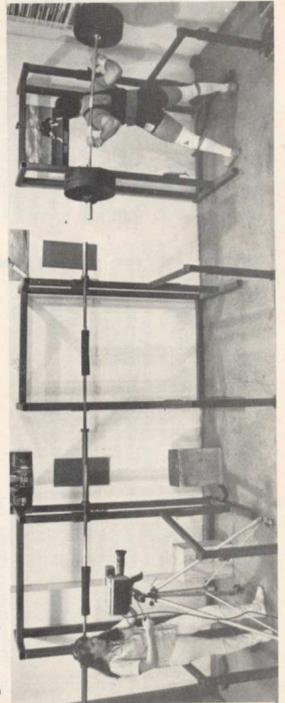


Figure 4. Force line of weight
FW - Force line of weight
D_H - Perpendicular distance from hip joint to force line of weight.
D_K - Perpendicular distance from knee joint to force line of weight.

among the subjects. For the lifting suits, subjects two, four and six used the "Elite"; subject one used the "Brute Force"; subject five used the "Inzer"; and subject three used the "Z". For the knee wraps, subjects one, three, and four used the "Superwrap 10" and subjects two, five and six used the "Superwrap 2". Furthermore, subject 2 preferred to use loose to moderate tightness (instead of the normal tightly wrapped knee wraps and tight fitting suit) in her wraps and suit, thus possibly affecting the amount of weight that she lifted.

PROCEDURES

Cinematography
A Locam 16 mm high speed camera was used for filming all lifts from the left side (see Figure 1). All lifts were filmed at 50 frames per second. Filming started approximately one second before each lift began to the squat descent. This allowed time for the desired frame rate to be attained. Filming ceased at the completion of the squat ascent. Camera position was 10 meters from and perpendicular to the sagittal plane of motion. To help identify lifters during the film analysis, a reference marker .36 meters in length was photographed in the sagittal plane. In addition, identification markers were placed over the joint centers of the hip and knee of all lifters.

Data Collection
To control differences in technique due to fatigue, all lifts were filmed during two sessions that were one week apart. Since many powerlifters perform the squat only once per week, this provided an appropriate time period. During the first session, the lifters performed their 3RM without the use of powerlifting aids. During the second session, the lifters

performed their 3RM with the use of powerlifting aids. During both sessions, lifting belts of maximum thickness and width (according to powerlifting rules) were used. For each session, all lifters were filmed performing three separate trials at their 3RM.

To aid in the film analysis, the squat was divided into four phases (see Figure 2). The downward portion of the lift consisted of phases 1 and 2, while the upward portion consisted of phases 3 and 4. They were as follows:

- 1) phase 1 - start of descent to 135 degree relative knee angle.
- 2) phase 2 - 135 degree relative knee angle to minimum thigh position.
- 3) phase 3 - minimum thigh position to 135 degree relative knee angle.
- 4) phase 4 - 135 degree relative knee angle to completion of ascent.

Relative knee angle was the angle formed between the posterior thigh and leg at the knee joint.
The minimum thigh position was the lowest portion of descent, based upon the powerlifting definition of the squat.

RESULTS AND DISCUSSION

Weight Constants
All subjects increased the amount of weight that they lifted when powerlifting aids were used. There was an average increase of 12.94 lbs in the amount of weight that was lifted. A graphical representation is given in Figure 3.

Mean Distances
Mean perpendicular distances from the joints to the force-line of the weight (see Figure 4) were found to be similar during both conditions. The distances from the hip joint to the force-line of the weight were almost identical during all phases, while the distances from the knee joint to the force-line of the weight varied slightly during phases 2 and 3 (see Table 2).

Mean Time
Mean total time needed to complete a repetition was almost half a second less when powerlifting aids were used (see Table 3). This is in spite of the fact that both conditions represented the subjects 3RM, and more weight was lifted when powerlifting aids were used.

Times were very similar during the middle phases (2 and 3) while varying more at the extremes (1 and 4).
Statistical Analysis
A one-tailed t-test with dependent samples was used to determine the significance of the difference in weight lifted between conditions. It was concluded that there was a significant difference in weight lifted for each subject. The .05 level of significance was used for all tests.

Discussion
By the use of powerlifting aids, all six subjects increased the amount of weight they could lift. Five of the six subjects increased their weight lifted approximately 10-18 percent, while the remaining subject increased by less than 6 percent. This smaller increase could largely be due to individual preferences, such as (a) This subject preferred knee wraps that

were not wrapped very tightly; (b) This subject preferred a "loose fitting" suit. The other subjects preferred (a) do many powerlifters) a tight fitting suit and lightly wrapped knee wraps. Perpendicular distances relative to the weight and joints were used to determine the technique different between the 2 conditions. These distances were nearly identical in all 4 phases at the hip joint, and 2 of the 4 phases at the knee joint. The variances in the remaining 2 phases at the knee (2 and 3) were thought to be inaccuracies due to (a) the difficulty in locating the knee joint when knee wraps were utilized and (b) the covering of the knee by the large disks of weight on the bar. Furthermore, differences in standard deviation were greatest during phases 2 and 3 at the knee. Therefore, technique was assessed to be similar between the 2 conditions. This implied that the increase in weight lifted during the 2nd condition was primarily due to the powerlifting aids.

Mean percent (relating to time) during the two conditions indicated that without powerlifting aids, a lifter used 50 percent of the time involved in phases 2 and 3, and almost 50 percent involved phases 1 and 4. With powerlifting aids, almost 60 percent of the time consisted of phases 2 and 3, and only 40 percent of the time involved that the only real variances (resting that the only real variances between both conditions in the amount of time were at phases 1 and 4 (the beginning and ending of the squat), since time was almost identical during phases 2 and 3. This may suggest that the subjects were more cautious (and thus performed the movement more slowly) without powerlifting aids (possibly) due to lack of stability (during the beginning and ending phases).

SUMMARY
In conclusion, the use of powerlifting aids during the squat caused an increase in the amount of weight that could otherwise be lifted. Indeed, this is the ultimate goal in competitive powerlifting.

This article is based on revised portions of Rafael Escamilla's Master's Thesis (completed May, 1987 at Washington State University) entitled "A Cinematographical Examination of Powerlifting Aids While Performing the Squat". Some of the more technical data has been omitted, such as (a) absolute torques observed at the hip and knee joints with and without powerlifting aids, (b) relative torques observed at the hip and knee joints with and without powerlifting aids, and (c) torque correlations between hip and knee joints with and without powerlifting aids. The list of references has also been omitted, for reasons of brevity, but is available upon request to PL USA. Rafael Escamilla is completed in powerlifting contests in the 198 lb. class for the last eight years (most recently in the ADPPA). For additional information, please write Rafael Escamilla, 22238 Reeves Court, Clarkston, Washington 99403.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Note. WOPA = without powerlifting aids. WPA = with powerlifting aids.

Table 1

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

Table 1

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

DESCRIPTION OF SUBJECTS

POWER-RESEARCH

Facts That Suit You

as told by Pete Alaniz, TITAN SUITS Inc.

Lately I've been receiving a lot of calls in regards to what is the better fabric performer in lifting suits - dark colors, light colors, etc. There are a lot of misconceptions floating around the lifting world and a lot of that information is being handed out by lifters who pose as experts or who don't have all the facts. Personal experience in fabric selections is, of course, valuable, but knowing the whys of particular fabric performance factors is the key to choosing high performance fabrics.

Being an athlete, you, the consumer need hard scientific data on how the product will help, how much it will help and if it is the right product for you. If the consumer uses a product without any hard data and then forms an opinion and applies it to all products in that category, it could result in the forming of a stereotyped opinion that could deny that consumer hours, months or even years of satisfying performance.

First of all, let's take a look at the performance needs of our sport. Prior to the invention of synthetic fibers, the fabrics available were made from natural fibers such as cotton. While cotton is a "miracle" fiber in that it doesn't melt, colorfast, won't vanish under chemical fumes and is very comfortable, it has limited tensile strength. The invention of polyester in the '50's marked the beginning of a new era in which fibers could be "engineered" to required performance standards. It is this basic difference that has led suit and shirt manufacturers to use polyester or polyester combinations as opposed to natural fibers such as cotton.

Now, what is polyester? Polyester is defined as a manufactured fiber in which the fiber forming substance is any long chain synthetic polymer composed of at least 85% by weight of an ester of dihydric alcohol and terephthalic acid. In short, it is a petrochemical product (man made) that is extremely versatile.

will tear easier, not stretch easier. Also keep in mind that one of the ingredients necessary to manufacture polyester is terephthalic acid, which in disproportionate concentrations can weaken the filament and fabric. Precise formulas and careful monitoring of the manufacturing process are necessary to insure high quality, high performance polyester. Slip suits with these types of ingredients will naturally produce an inferior product.

So, let's boil this down to some practical facts that can be used by lifters. When looking for pure performance, ask your suit manufacturer which fabric is the heaviest. Generally, the heavier fabric has a tighter knit or weave and will give better support and durability. Remember, the weave and thickness is determined before the dyeing process.

Also, don't fool yourself into thinking that if the Royal Blue is the heaviest this time, it will always be the heaviest. Weight and density vary from batch to batch - fact. Also, keep in mind that many times the colors there will be a noticeable difference. An honest or informed manufacturer can make the difference in choosing a higher performance fabric - and there are some reputable companies out there willing to help. Next, beware of certain colors that may have been tenderized. Blacks can sometimes be a problem because that's not to say that all blacks are bad, just that it is a color to watch. Again, they vary by batch. Now, if you have a question about the quality of the fabric and want to find out first hand, you can have a simple test done. As your suit manufacturer to run a sample of the fabric through their crocheting machine without thread. Be sure to request that they do this with the fabric folded 2-ply. Hold this sample up to a light. If holes are easily seen and can be pulled into a tear or run, slip away from it. Look for fabric that shows minimum signs of penetration. No fabric will show zero signs of penetration, so the key word here is *minimum* signs of penetration.

Also, ask different manufacturers to send you samples, so you can compare fabric quality across the board. These steps should save you time and money. If however, a suit does tear, rip or run after you've taken these precautions, here are just some hints. First, adjust the manuf's care mark pattern adjustments that she feels with resolve the problem. There are adjustments that can be made without affecting the support of the suit. If this doesn't work, a change of fabric may be in order. A different fabric may make the difference.

The final word of advice is to keep an open mind. Don't accept so called facts from people who have never dealt with fabric textiles on a manufacturing level. Knowledge is as close as your local library or suit manufacturer. Our case, we also have the benefit of technical information such as color charts, test results and samples of the latest performance fabrics. So, take an open mind, research objectively and make your judgment based on hard facts. You are one of the strongest athletes in the world, research the way to train.

Now, the question keeps popping up in mind: what is the better fabric performer in lifting suits - dark colors, light colors, etc. There are a lot of misconceptions floating around the lifting world and a lot of that information is being handed out by lifters who pose as experts or who don't have all the facts. Personal experience in fabric selections is, of course, valuable, but knowing the whys of particular fabric performance factors is the key to choosing high performance fabrics.

Being an athlete, you, the consumer need hard scientific data on how the product will help, how much it will help and if it is the right product for you. If the consumer uses a product without any hard data and then forms an opinion and applies it to all products in that category, it could result in the forming of a stereotyped opinion that could deny that consumer hours, months or even years of satisfying performance.

Most people are familiar with the terms "refined flour," "whole grain flour" and "enriched flour," however, few people actually know what these terms mean. If you're in the aforementioned category, here's your chance to get a crystal clear understanding of these commonly used terms.

As you are probably aware, most of the starch that Americans consume comes from foods made from wheat flour (such as bread, spaghetti) and rice. As you are probably also aware, the flour is derived from the crushed grain of wheat plants. The harvested grain is crushed in order to separate the bran (outer husk of the grain), the endosperm (the middle starch-containing layer), and the inner germ. How the grain is crushed and separated determines what type of flour you'll end up with. For instance, white flour is produced with 30 percent of the grain is extracted, bran and germ are removed. Consequently, white flour is mostly enriched with vitamins and minerals to their original grain remains after milling.

White flour is commonly referred to as 70 percent extraction or "refined flour." Since milling also extracts many of the nutrients in the wheat bran, many manufacturers add certain vitamins and minerals to their refined flour. When this is done, the flour is then referred to as "enriched flour," for the obvious reason that it's been "enriched" with nutrients.

"Whole grain flour" on the other hand is produced when only 10 percent of the grain is extracted, most of which is the coarsest particles of the bran. Because few nutrients are lost in this process, whole-wheat flour is nutritionally superior to enriched white flour and of course to white flour. Consequently, if you want the greatest nutritional value from wheat, you'll need to eat foods made from whole-wheat flour.

Of further interest is the fact that most people assume that brown bread is made from whole-wheat flour. Although bread made with whole-wheat flour is often brown, many bread manufacturers will add honey or molasses to dough to give it a brown color. Therefore, you should read the package label to determine what type of flour was used to make the bread.

Weight Control: "Down and Dirty" According to TIME magazine's weight, it seems, is not only the nation's overwhelming obsession, it is also its number one frustration. In fact, the overweight problem is as American as baseball and Mom's homemade apple pie. Amazingly, there are almost four billion people in the world and at best, a half billion are suffering from manmade obesity. Yet, in the U.S. 200 million people have well over 200 million people and a fourth of them are overweight. From a global standpoint, it would seem that at least a fourth of the American population is eating somebody else's sin.

Even more amazing is the fact that Americans live in the most medical-

Dr. Judd

FANTASTIC FACTS

as told by Judd Biasiotta, Ph.D., W.C.E.

advanced culture in the world, yet the success rate of most medical weight-loss programs is just about zilch. Out of every one hundred Americans who go on a weight loss program, only twelve lose weight, and of those twelve who lose weight, only two individuals will maintain their loss for more than a year. In other words, the success rate of helping someone lose weight is about 2 percent. That's incredible when you think that the success rate of curing cancer is about 45 percent. It's even more amazing when you think that the United States spends almost ten times more money on weight reduction research than it does on cancer research, and that's not counting the billions of dollars that we spend each year on fat diets and quick-fix gimmicks.

What's the problem? Weight researchers seem to think that the reason most diets fail is because they are generally geared toward controlling only the physical aspect of hunger. Researchers are quick to point out that our biological systems interact with our intra-psychic and social systems to develop our behavior. Consequently, in order to gain control of one's behavior, you can not disregard any of the aforementioned systems. Eating behavior is no different. If you want to lose weight, you must pay attention not only to your psychological makeup but also to your psychological makeup and social environment.

What follows is a few suggestions that will help you control your eating behavior.

1. Make eating a pure experience. When you eat, do not engage in any other activity that might inadvertently

2. Reinforce eating. For instance, don't read, listen to music, talk, watch television, or daydream.
3. Make eating a unique experience. For instance, eat only when you have a certain colored table cloth on the table or when you're wearing a particular outfit.
4. When at home, choose a specific place to eat such as in the kitchen or dining room. Try to eat only at this place each day.
5. Reduce visual cues: Keep food out of sight. Store food in opaque containers. Do not leave extra food on the table at meal time.
6. Use your eating environment strictly for eating, and when not eating, stay away from that environment as much as possible.
7. Use charts, signs, pictures, etc. to remind you to eat less or to use your remaining eating habits.
8. Engage in an appropriate behavior. Even if you get an urge to eat at an inappropriate time, engage in another activity that you enjoy as much or more than eating. Examples of incompatible behavior might include a walk in the park, instead of eating; a snack, engaging in absorbing hobbies to take your mind off food; or swimming instead of eating.
9. Schedule regular meal times.
10. Slow down the pace at which you eat.
11. Chew your food.
12. Plan nutritionally balanced diets instead of simply trying to decrease the amount of food eaten.
13. Use small plates, bowls, glasses, and serving spoons.
14. Leave the table immediately when you are finished eating.
15. Increase your physical activity.

Dr. Judd, of World Class Enterprises

Half Price SPECIAL!!

'DRUGS, SEX, SPORTS...' only \$5

Plus 'POWER' and 'PSYCHING' \$10 each

3 New Books - TOGETHER only \$25.00

by Dr. Judd Biasiotta, 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?'

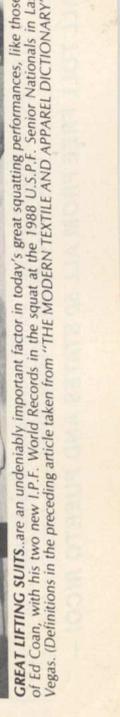
Send Check or Money Order (Plus \$2.00 Postage & Handling) to:

World Class Enterprises, Inc.

2002 Skylane Drive, Albany, Georgia 31705



Dr. Judd, of World Class Enterprises



GREAT LIFTING SUITS are an undeniably important factor in today's great squatting performances, like those of Ed Coan, with his two new I.P.F. World Records in the squat at the 1988 U.S.P.F. Senior Nationals in Las Vegas. (Delimitons in the preceding article taken from "THE MODERN TEXTILE AND APPAREL DICTIONARY")

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 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.

BELT AND BUCKLE PROTECTED BY U.S. PATENT 4541152

NIKE SHOES

WRAP-A-RATUS

INTERVIEW

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

DAN MCCAIN as interviewed by BOB GAYNOR



The following is an interview with Dan McCain, conducted by Bob Gaynor, shortly after Dan's most recent victory at the 1988 ADFFA Nationals. Dan is 29 years of age and resides in West Des Moines, Iowa.

BG: What is your occupation?
DM: I am a physical education teacher in the Des Moines School District. I also coach football, wrestling, track and soccer.
BG: How many years have you trained and been competing?
DM: I have been training for twelve years and have been competing for six.

BG: Dan, how did you get started in weight training?
DM: I started lifting to improve my athletic ability in high school. I played college football at Drake University and kept my lifting up. When I was done playing football I felt the need for competition, so I decided to start powerlifting.

BG: What are your best lifts?
DM: Squat: 903, bench 556, deadlift 705, total 2142.
BG: Could you tell us a few of your titles and records.

DM: 1987 ADFFA National Champion, 1988 ADFFA Iowa State Champion, 1988 ADFFA National Champion, 1988 Drug Free World Champion. I also hold all the drug free world records on squat, bench, deadlift and total with 825, 480, 650 and 1955. In Iowa I hold the state ADFFA records in the squat, bench, deadlift and total with lifts of 903, 556, 705 and a total of 2142.

BG: What future goals have you set?
DM: To retain my titles of National and World Champion.

BG: Dan, could you give us your views on steroids and drug testing.
DM: I believe people who use steroids are setting synthetic records on the National and World level. These records are phony and should be rewritten. These people are representing our country and, are looked up to by our young people.

We will never have a drug free society until the heroes and leaders of this country are drug free and stand up for a drug free everything.

We may have a chance to add our sport to the Olympic committee if we prove to the olympic committee that we are committed to making our sport drug free and that, in fact, we are drug free.

I believe drug testing can work if lifters do not know who is going to be tested and they do not know what type of test will be used. I believe polygraph and urine tests can be used effectively in this manner.

BG: What are your views on diet and supplementation?
DM: I feel my diet is such where using supplements could only hurt my strength, instead of aiding it. Extra amounts of protein rich food during my cycle and building up of car-

Week 7 5x5-75 percent
Week 8 1x8, 1x6, 1x5, 1x3, 1x2, 1x1, 95 percent of maximum
Week 9 5x5-80 percent
Week 10 work to opener.
BG: Dan, what advice would you have for a beginner?
DM: Don't be in a hurry to gain a lot of strength in a short amount of time. Show patience. You can get strong without the use of drugs. There are many great powerlifters, or athletes for that matter, who have never used steroids, cocaine, pot, speed, etc.

BG: Who are your heroes or those you admire in powerlifting?
DM: I admire guys like Mike Hall, Gerald Welch, "Bull" Stewart, who have proved that they can compete with the elite in powerlifting without the use of drugs. These men that I mention are also pure lifters, meaning they have never taken steroids.

BG: Besides lifting what are your other interests?
DM: I enjoy spending time with my family and volunteering my time for my church. I am a fisherman and hunter. I love the outdoors and I try to promote a drug free atmosphere in society every opportunity I get.

BG: Dan, are there any other commitments you would like to make?
DM: A mind filled with drugs is worthless, a mindful mind is power. Say no to drugs!

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 suits, wraps, belts and advanced 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

Big Dan McCain...at nearly 400 pounds bodyweight, he is rapidly approaching Mike Hall's all time best squat at SHW in the ADFFA ranks.

bodylifters two weeks before the meet enhances my strength and energy level.
BG: What type of training routines do you follow in season and off?
DM: During the off season I will train with higher reps and lower weight. Usually (4) sets of 8 at 50 percent of my max. I will increase my auxiliary lifts and tend to train more like a bodybuilder.

During the in season I utilize sets of 5, 3, 2 and 1. This is what a cycle will look like.
Squat and Bench
Week 1 6x5 up to 60 percent of goal
Week 2 6x5 up to 65 percent of goal
Week 3 6x5 up to 70 percent of goal
Week 4 6x5 up to 75 percent of goal
Week 5 6x5 up to 80 percent of goal
Week 6 6x5 up to 85 percent of goal

Week 7 6x3 up to 87.5 percent
Week 8 6x2 up to 90 percent of goal
Week 9 6x2 up to 92.5 to 95 percent of goal
Week of meet - train to opener.
Note: I start at a lower weight and add weight to each set until I reach my percentage of maximum goal.

On deadlifts I will use a pyramid type of cycle where I lift heavy one week and light the next. Here is a deadlift cycle:
Week 1 5x5-60 percent
Week 2 1x8, 1x6, 1x5, 1x3, 1x2, 1x1-80 percent of maximum
Week 3 5x5 - 65 percent
Week 4 1x8, 1x6, 1x5, 1x3, 1x1-85 percent of maximum
Week 5 5x5 - 70 percent
Week 6 1x8, 1x6, 1x5, 1x3, 1x2, 1x1-90 percent of maximum

INJURIES

A 3 Part Series by Jon Smoker



A little prevention leads to a lifting career free of serious injury. Author Jon Smoker demonstrates one of his favorite warmups. (Ryan D. Conrad)

Over 16 years of competitive powerlifting, my legs have remained relatively pain free, because I have been fairly successful at preventing leg injuries and I have been very successful at eliminating the minor injuries that I have suffered. This article will be a survey of the various problems and obstacles that I have faced and how I deal with them, with a strong emphasis on preventive medicine. Most of the injuries I had were fairly common ones, so this article should represent some fairly universal applications.

The first injury I suffered was after one year of competition. It happened during the short period of time when knee wraps were disallowed. I went to a meet in January and the gym was quite cold. On the way home I noticed pain like a straight line right across the center of both knees. Over the next few days it got progressively worse, and I was beginning to get very depressed, thinking that the new career that I enjoyed so much was over even before it began. I lived with the pain for a month and then it began to subside. Then I got an idea; even if wraps were illegal during a meet, I would get a couple of cloth knee braces and put them on immediately after competition and wear them all the way home. It worked. I know now that the pain was tendinitis.

Ever since then I have come to regard those inexpensive, cloth braces, which can be purchased at almost any drug store, as my Number One career saver, because any time I feel a little twinge, ache or pain around a knee, I'll put the brace on during training and off and on during the day for two reasons: 1) It gives the knee some added stability, removing some of the strain that's irritating it, and 2) it helps to keep the knee area warm, which is good because heat is a healing agent (except in the case of immediate swelling). To this end, I also apply heat-inducing liniment underneath the brace. If the pain is particularly severe or lingering, I will also put a heating pad on my knee at night. The brace is never used for very long, however. Dependency on it is a mistake, similar to overuse of medication, in that they are both to be used sparingly, to give the body a fighting chance; but both are a crutch which must be discarded as soon as possible.

I have been my experience that I rarely have to wear a brace for more than two days to eliminate whatever current ache or pain might be bothering me, and even then I'm talking about on and off, since a brace can represent slight pressure on the circulation. Moreover, because of other preventive measures that I shall cover, I rarely have to use the brace more than once or twice a year.

In cases where the pain becomes rather extreme, I might take aspirin before I work out, to help reduce the inflammation. The knee is an extremely complicated joint with a labyrinth of connective tissue subcutaneous to strains. Neglected, they can become major, career threatening problems. Next time you're experiencing

heavier weights than the connective tissues are, something is going to tear loose, eventually.

This leads us to another topic, steroids, another artificial aid, if you will. Apart from the negative things they might do to your internal organs and body chemistry, they definitely make injuries more prevalent. It is a scientific fact that they enlarge and strengthen muscle cells through increased nitrogen retention; and do not work to strengthen tendons and ligaments. Thus, there is only one logical conclusion; they are going to increase the incidence and severity of injuries to the connective tissues. For example, I have never seen a natural lifter whose knee collapsed because the weight was just too heavy, yet this has been known to happen to some steroid users, particularly those taking large quantities. This is even more true for Olympic lifters, especially in the past. It is no secret that Eastern European lifters have taken them in large amounts, though they have tended it down a great deal more recently. Many of those former lifters burned out their knees before they hit 30, cast-offs of an unethical, scientific, and inhumane sports system.

Another little trick I do to reduce knee strain is so deceptively simple, it might not even seem worth mentioning, until you stop to consider how much time one spends driving a vehicle. I crank the seat back until my legs are straight when they're working the pedals. It really is a lot of extra tension on the knees to hold them at a 90 degree angle while driving. Sometimes car attendants are amazed when they get in my car and realize the seat is adjusted for Willy Chamberlain, when I'm only five and a half feet tall, however, I'm sure that it eliminates unnecessary knee strain that has nothing to do with lifting. In a similar vein I most always wear shoes with a flat heel for everyday use, because the higher a heel is, the more stress there is on the knees when I'm walking or standing for long periods of time.

Stretching, of course, is an integral part of any preventive program to avoid leg injuries. The legs need to feel loose and supple before a workout. While I do some standard stretching movements to relieve overall stiffness, I think it's far more important to be sensitive to areas that are particularly stiff and stretch them. For example, if my quadriceps are feeling particularly tight, I'll stand on one leg and grab the foot of the other leg and pull it up to the glute. Then, on the day after a workout, I do free-form stretching. Whatever muscles feel stiff, get stretched out in whatever way feels most comfortable and effective. Sometimes I use music for this. I think this is more efficient than always going through a set pattern of stretching exercises, because with the latter a muscle might get skinned over that needs extra attention. Along with stretching a muscle the day after a workout, I believe it is equally important to tense it, tense it really hard. This finishes off a workout from the day before, insuring that the optimal

(article continued on page 70)

At the 1988 National Championships, the ADFPA began, for the first time, to compile data about its lifters' past drug use and the lifters' feelings about drug testing. An anonymous questionnaire was used, and data was compiled from the response of nearly 85 percent of the lifters. The reason that the response was so high was that many lifetime drug free lifters did not fill it out, thinking it did not apply to them, since most of the questions were about past drug use.

In terms of past drug users, approximately 20 percent of the lifters admitted to past drug use. The time that they had been clean varied from just under two years to up to six years, with an average clean time of 3.6 years. Their past drug use varied from a one time experimental use to up to being on for four years. The majority had competed a fair amount of time before using steroids, and the level of lifter they were before drug use varied from Class III through International Elite.

While most felt they had made huge increases while on the drugs (up to 20 percent), the overwhelming majority stated they did not keep these gains once they had met the clean period. The average amount of strength kept only averaged about 2 percent, which is probably less than most lifters would gain naturally through 12-18 months training.

The vast majority of these lifters felt 12-18 months was a fair time to be drug free. Interestingly enough, all of these lifters had been tested at least once by polygraph, and at least half had been tested by urinalysis. The largest amount of these lifters felt that urinalysis was a better test, followed by a combination of polygraph and urinalysis.

The lifetime drug free lifters data was confined to only three basic areas. First, what they felt to be a fair time to be drug free. While some felt that it should be lifetime, or at least three years, the majority (65 percent) felt that three years or less was a fair time. This fits extremely well with the goal that the ADFPA has set of establishing the three year period by January, 1990.

The second area was that of being tested personally. The average was a little over three times by polygraph, and an average of a little over once by urine. Only 7 percent of the lifetime drug free had never had a polygraph, while about half had never had a urine test. Some lifters had been tested as many as 20 times by polygraph, and 10 times by urinalysis.

As to which test these lifters preferred, urinalysis was first followed by a combination of polygraph and urinalysis. Third, the ADFPA's top lifters have been tested extensively, despite that came out of this survey in terms of the ADFPA as a whole are as follows:

First, that the gradual elevation to a three year clean period seems to be fair, especially in light of the past drug users already averaging over three years clean.

Message from the ADFPA President

TIME FELT FREE TO BE CLEAN	LESS THAN 1 YR	1-2	3-5	6-7	8-12	PAST DRUG USE (PERCENT)
ONE YEAR	16.5	15.5	7.5	0.5	0.5	0.5
TWO YEARS	22.5	23.5	11.5	37.5		
THREE YEARS	16.5	23.5	23.5	0.5		
FOUR YEARS	5.5	1.5	0			
FIVE YEARS	15.5	21.5	0.5			
TEN YEARS	3.5	5.5	0			
LIFETIME	12.5	19.5	0			
UNKNOWN	3.5	3.3	3.0			
UNKNOWN	1.1	1.3	1.3			
PAID UPON	22.5	23.5	16.7			
UNKNOWN	7.5	36.5	37.5			
COMBINATION	26.5	25.5	31.5			
OTHER (Blood)	13.5	13.5	12.5			

DRUG USE (PERCENT)	Average Clean Time - 3.6 Years	Time on Drugs
One Line Experimental - 31.5%	1 year - 12.5%	1 year - 12.5%
2 years - 25%	2 years - 0%	2 years - 0%
3 years - 0%	3 years - 0%	3 years - 0%
4 years - 0%	4 years - 0%	4 years - 0%

Average Line competing before using drugs - 2.1 years	Average gain on drugs - 9.3%	Average loss on drugs - 12.5%	Average net loss term gain - 2.1%
1 year - 12.5%	1 year - 12.5%	1 year - 12.5%	1 year - 12.5%
2 years - 0%	2 years - 0%	2 years - 0%	2 years - 0%
3 years - 0%	3 years - 0%	3 years - 0%	3 years - 0%
4 years - 0%	4 years - 0%	4 years - 0%	4 years - 0%

the world meet by urinalysis. Fourth, that the ADFPA has probably been right to go to more of a combination of both types of testing in the future. Both the Men's and Women's Nationals have used a combination of tests for the past two years, and this will probably spread to other national meets in the coming year. Many local meet directors have been using this concept for the past several years, and I am sure that more will follow in light of the ADFPA's quantity discount for urinalysis testing, and the drug test rebate program beginning in January, 1989. In conclusion, the ADFPA will continue to improve its drug testing programs, and will try to remain responsive to the best interests of its members.

Dennis Brady, ADFPA
1340 W. Irving Pk. Rd., Ste. 208
Chicago, Illinois 60613

Second, that there are not as many past heavy drug users in the ADFPA as many people thought. While there have been some big names coming into the ADFPA, the majority of the top lifters are still lifetime drug free. Also, many of these lifters are more than capable of beating the data that the past drug users gave, they did not gain a tremendous, if any at all, advantage from their past drug use.

Third, the ADFPA's top lifters have been tested extensively, despite that came out of this survey in terms of the ADFPA as a whole are as follows:

First, that the gradual elevation to a three year clean period seems to be fair, especially in light of the past drug users already averaging over three years clean.

Second, that there are not as many past heavy drug users in the ADFPA as many people thought. While there have been some big names coming into the ADFPA, the majority of the top lifters are still lifetime drug free. Also, many of these lifters are more than capable of beating the data that the past drug users gave, they did not gain a tremendous, if any at all, advantage from their past drug use.

Third, the ADFPA's top lifters have been tested extensively, despite that came out of this survey in terms of the ADFPA as a whole are as follows:

First, that the gradual elevation to a three year clean period seems to be fair, especially in light of the past drug users already averaging over three years clean.

Dennis Brady, ADFPA
1340 W. Irving Pk. Rd., Ste. 208
Chicago, Illinois 60613



Authentic Natural Training
SHEETS
TENSILE
BOYS
KIDS
ADULTS
All sizes

- Limited editions are available in your own personalized, registered
- ID number
- 50% polyester 50% cotton
- 50% polyester sweatshirt
- Certificate of Authenticity
- Signed by designer, included
- Sizes: XXS, XS, S, M, L, XL, XXL
- Add \$2.00 for XXL.

\$17.50 each, 2 for \$32.00

THREE COLOR PRINT:

- 1-White with it blue/red/black
- 2-White with it green/red/black
- 3-White with it blue/red/black
- 4-Gray with it blue/red/black
- 5-Black with it blue/red/white
- 6-Gray with it blue/red/white
- 7-Black with it blue/red/white

(Don't Be A Rod - Be Real)

QTY	SIZE	COLOR	PRICE
SHIPPING/HANDLING			2.00
OH. RES. ADD 5.5% TAX			
TOTAL			

ALLOW 4 TO 6 WEEKS FOR DELIVERY

NAME: _____ ZIP: _____

ADDRESS: _____

CITY: _____

STATE: _____

U.S. CHECK MONEY ORDER

Send to:
J & S Enterprises
P.O. Box 4044
Youngstown, OHIO 44515



Advanced Concepts in NUTRITION

The Choice is Yours... Naturally!
by George Zangas, Marathon Nutrition



The quest for nutrients for greater strength and power among strength athletes has always been a priority. The never-ending search for the nutrient or combination of nutrients that would offer us as powerlifters a natural solution to the problem has become even more complex. The fact that there have been many natural nutritional breakthroughs for powerlifters and strength athletes that offer a solution has made it more difficult for us to arrive at which one is the best. Let me discuss for a moment and just clarify in which nutritional direction this article is going. For our purposes let's divide our supplemental nutritional intake into four categories: vitamins and minerals, muscle foods, natural performance enhancers, and natural growth enhancers.

The first category, vitamins and minerals, is fairly easy to define. Briefly, vitamins and minerals are, for the most part, micronutrients that take part in or act as a catalyst for normal body functions, such as proper expansion and contraction of muscles, to feeding the central nervous system, and so on. Muscle foods covers the area of protein powders and liquids, and various amino acid combinations, from the entire complex to branched chain amino acids. These various proteins and amino acids provide the basic food for muscles to repair and grow on.

The third category is one of the newest, natural performance enhancers, i.e., inosine, Metaphase, and before you think of this classification indicates your workout or competition, they will go to work immediately to produce such results as greater endurance, better mental concentration, and, of course, and the ability to enable you to handle heavier workouts for a longer period of time. The bottom line is increasingly better workouts.

The category of natural growth enhancers is also one of the newest areas of sports nutrition. They're sometimes labeled steroid replacements, natural anabolic formulas, and so on. Natural growth enhancers is also the largest area. These various formulas were created to act as natural catalysts in various bodily functions to speed up recovery. They thinking here was to somehow naturally duplicate or, more realistically, come close to replicating what harmful chemicals would accomplish for growth, recuperation, and increased strength without any harmful side effects. This great number of products in this category is evidence of the effort put forward to reach these goals. Herein lies the problem. We, as powerlifters, are faced with the tremendous task of trying to sort out which of various natural growth enhancers is the best. We have Gamma Oryzanol, Smilax Officialis, GH releasers (growth hormone releasers), to mention a few, and recently, Dibencozide.

Although this is the largest category of products, it is also sorely lacking in information. In other words, it's the grayest of gray areas.

they all work in different areas of the body, the ideal, and we stress this is only an ideal, way would be to take all of them since they are compatible and not redundant. In most cases, though, it's not practical, for various reasons, economic and otherwise. Our suggestion would be to combine a couple of Gamma Oryzanol and Smilax Officialis liquid, or Dibencozide and Smilax Officialis liquid. If you want to get leaner, you might try a combination of Smilax liquid and GH releasers. The thing to remember though, is that good results have been reported with all these nutrients. You may not get the chemical "kick", but you'll certainly come close enough and enhance your current ability to compete better and train harder. As always, feel free to contact us personally for further information and more detailed programs, as we have an interest in your progress. (George Zangas, 1229 Via Landeta, Palos Verdes Estates, CA 90274; telephone 1-800-321-5064, or in California 1-800-231-4070.)

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

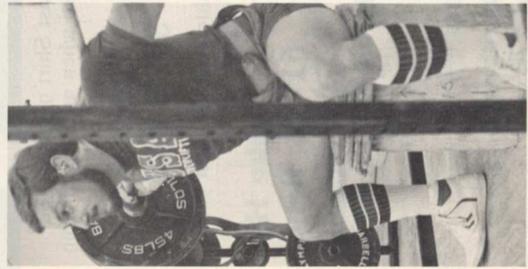
WHAT'S THE NO. 1 LIFTING SUIT FOR COMPETITION & TRAINING? TURN TO CENTER GATEFOLD FOR THE ANSWER AND A SPECIAL OFFER!



Dime!, Liggert, Chorpemning, Dodd are all well known names in powerlifting, and each of them used a little known method for achieving great squats. I am referring to box squats. I was first introduced to box squats in an article by George Frenn and Bill "Peanuts" West. They wrote about squatting down to two levels. One level was above parallel and was called "bench squatting." The other level was below parallel and was called "box squatting." George Frenn would squat on a 10-inch milk crate, which was his low box. On a high box of about 17 inches, Frenn claims to have done 1000 lbs. Quite a commendable weight for a 242-pounder, who eventually squatted 853 while wearing no more than track and field attire, and a small, Olympic-style lifting belt.

I modified their "rocking box squat" technique for use with a wide stance, which requires no rocking, and devised a 4-step box squatting program. There is little difference between full squatting and box squatting provided you sit back fully on the box at the bottom, with shins perpendicular to the floor, and ascertain straight up. The important difference is that one pauses on the box before ascending. Box squatting took my full squat from 410 in 1971 to 630 18 months later!

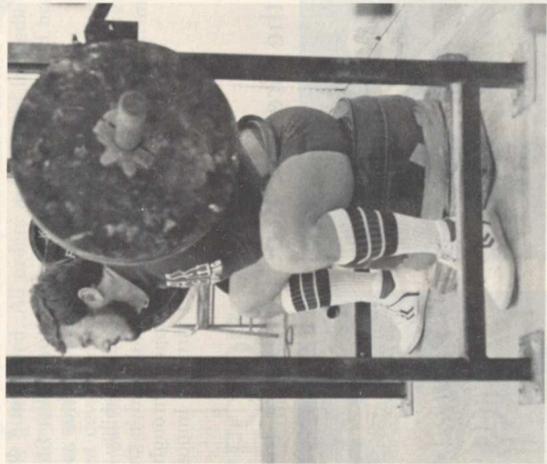
STEP #1 HIGH BOX The high box should be approximately 2 inches above parallel. You can achieve this height by placing square plywood boards on a wooden box. Many lifters miss the squat breaking out of parallel about 2 inches. This is a common sticking point. You should high box squat about 10% more than you can squat conventionally. The high box will greatly develop the muscles used for lowering the bar to the correct



The HIGH BOX...height can be adjusted.

THE SQUAT

THE SECRET'S OUT
Box Squats explained by Louie Simmons



The HASSOCK SQUAT...demonstrated in the rack by Jeff Chorpemning.

position at the beginning of the squat, and will develop motor pathways, unlike rack squats or heavy workouts. The height of the box does not depend solely on the height of the lifter. Box height is proportional to the size of the hips and the skin-to-knee length.

STEP #2 PARALLEL BOX The parallel position builds the ability to drive out of the parallel without any rebound. It also develops the flexor muscles. When I achieved a 730 parallel box squat, my full squat was about 770 lbs. Recently I squatting 770 on a parallel box and full squatted 821 at a meet.

STEP #3 SUB-PARALLEL BOX A sub-box squat should be 2 inches below parallel. You can use a sturdy milk crate with or without boards on top to achieve the correct height. As with the other levels, pause on the box and ascend off the box quickly, using hip and knee flexors. It is important not to allow the knees to move forward over the toes. Do not rock on the box. The weights should be about 10% less than you can full squat.

you drop to the next lower level, your squat should drop no more than 50 lbs. If you lose more than 50 lbs. per 1 1/4 inch drop, the cause may be lower back and hip weakness.

ADVANCED BOX SQUAT ROUTINE

1. Establish a max on the sub box and soft box.
2. Cycle at one level for 3 to 4 weeks and establish a new max or start a cycle at the higher level. Alternate training on the sub box and soft box levels. Hip and lower back strength are key components to a strong squat and low box squats stress exactly these muscles.

SAMPLE ROUTINE

Week	sets	x	reps
1	70%	of max	8 x 3
2	75%	of max	8 x 3
3	80%	of max	6 x 3
4	85%	of max	5 x 2

5 - try a new max or start cycle on other level. (no wraps or straps on Week 1-4 training sessions)

Do a few assistance exercises such as the following: heavy good mornings, hyperextensions, light deadlifts, magic squat bar, or belt squats.

WHY BOX SQUATS?

The benefits of box squats are numerous. They develop eccentric and concentric power. Box squats are a form of overload and isolation. You can use more weight in any position on a box than you can in a free squat with a pause. By sitting on the box for up to two seconds, you also build strength (which many people lack) in the bottom of the squat. This is why many squatters try to bounce out of the bottom.

If you decide to do box squats, there is no need to do any full squatting. One member of the Westside Barbell Club, Jeff Chorpemning, went from a 600 to a 770 squat at 198 in 2 years. He performed only 4 full squats while training during that time.

One tremendous advantage of box squatting is that you can continually push at least one position of the squat year round. If you are weak in any of the positions, that is the time to push it and rest the others. This is not possible with conventional squatting.

Many people maintain good squat form until they get halfway down with the weight, then the knees tend to shift forward. By starting on the high box, mastering correct form and going to each successively lower box by taking out one correct form even lifter will achieve correct form even with the lowest of squats. Therefore, box squats are an easy way to reach proper squatting technique. My lifters are often complimented on their squat form at meets, yet they never full squat until the warm-ups before the competition starts.

Even if you are not genetically gifted to squat, by using this method, you can become a great squatter. If you have questions, please write to: Westside Barbell Club, 2720 Briggs Rd., Columbus, Ohio 43204, or call 614-272-1123.

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 regarding 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 my 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 spirit of the original question.]

DEAR MAURO: There's been a lot of controversy lately about cholesterol - some say it's bad to eat animal fat and eggs, while others say it doesn't make any difference. Also, I've been hearing about the fact that there is good and bad cholesterol. Should you get your blood cholesterol checked, and if it's up, how can you get it down? Since I'm totally confused, I thought I'd ask if you will write about cholesterol in your column. **Michel A.**

DEAR MICHAEL: Recent research on cholesterol has definitely shown that it is unhealthy to have a high blood cholesterol, and that the level of blood cholesterol can be affected by the amount of cholesterol in your diet. Animal fat and eggs (egg yolks) are high in cholesterol and should be avoided if your blood cholesterol tends to be high. There is both good and bad cholesterol. HDL (high density lipoproteins) is known as good cholesterol because it transports cholesterol to the liver where it is metabolized. A high HDL means that less of the cholesterol is around to clog the arteries and cause heart disease. The higher the HDL the lower the total body cholesterol and the lower the heart disease risk.

LDL (low density lipoproteins) is known as bad cholesterol since it is the cholesterol that can build up in the walls of your arteries and thus limit the amount of blood getting to the heart and other tissues - leaving you more prone to heart attacks (and other problems). The higher the LDL the higher the total body cholesterol and the higher the heart attack risk. (The picture is further complicated by the fact that there are different types of HDL and LDL, but if I explained these, I would only confuse the issue.)

The consensus in the medical and scientific community is that raising HDL and lowering LDL are the two most important preventative measures for those who are at an increased risk of heart disease. There is also another factor to consider - the level of serum (or blood) triglycerides. High blood triglyceride levels when accompanied by low HDL levels also seem to further increase heart attack risk. Therefore, in order to minimize your risk against heart disease, your serum LDL and triglycerides should be low, and your HDL should be relatively high. Lifestyle and genetic factors must also be considered when determining your risk for heart disease - such as your family history, high blood pressure, cigarette smoking, a sedentary lifestyle, being overweight, the use of anabolic steroids, and good old everyday stress. It would appear that many of these other risk factors may increase the heart attack risk because they tend to lower HDL and raise triglyceride levels.

In a nutshell I would advise any lifter to cut back on animal fats, and to change their lifestyle, especially if they are in a high risk group and therefore have a tendency to develop heart disease. Those people who think they might have high cholesterol levels should have their blood cholesterol (or plasma cholesterol as it's commonly referred to) checked. If the level shows an increased risk for heart disease, they should begin a program to lower it. The way to go about this is not to take in too much saturated animal fats (such as egg yolks, butter, fatty red meat etc.), to increase your intake of linoleic acid (polyunsaturated fatty acid which has been shown to lower serum cholesterol), to keep your bodyweight down, to keep your cardiovascular system fit by regular workouts, not to smoke, and not to use anabolic steroids.

If after doing all this (or if you can't manage to change your lifestyle) your blood cholesterol levels are still off, then you might have to resort to using drugs to keep your cholesterol level in order. At present the best drug for this job has recently been shown to be gemfibrozil (Lopid), but even more effective drugs are on the way. These drugs effectively decrease heart attack risk by lowering LDL and serum triglyceride levels, and raising HDL levels. Compared to other drugs which have been used in the past, the side-effects of using gemfibrozil and other related drugs are relatively low. **M.G.D.**

UPDATE FIVE - Drug Use & Detection in Amateur Sports

The latest bulletin in the series of updates to Dr. Mauro Di Pasquale's original book in the field, is now available. The contents include such headings as "Psychology of Anabolic Steroid Use", "New Drugs and Methods", "Anabolic Steroids and the Immune System", "Anabolic Steroids and Sports Injuries", "Diet Pills and Weight Loss", and such timely subjects as Dibenzozide, Cycloamin, Yohimbine, Dihydrotestosterone Derivatives, Probenecid, compounds confused with Nandrolone, etc. are discussed in the same rigorously objective manner as can be found in Dr. Di Pasquale's previous works.

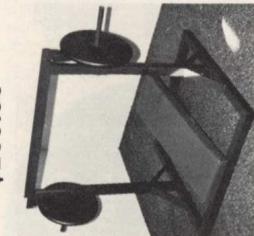
BREXON'S GYM
EQUIPMENT, INC.
FEDERAL HILL ROAD,
MILFORD, N.H. 03055
603-673-7781

OVER 40 DIFFERENT MODELS AVAILABLE

Combination
Leg Lift/Curl,
Roman Chair

Split Load
System Provides
Constant
Tension.

\$289.50



Leg Press
Holds Over
600 Lbs.

E-Z Load Side
Mount, Available
for Olympic or
Standard Plates

\$209.50

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 Smailax, Ofloclinal, Dibenzozide, Yohimbine, and Cycloamin), and growth hormone. As well, I examine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Gelatin, Primidone, EPO, Parfodol, 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.

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

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

Question & Answer

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

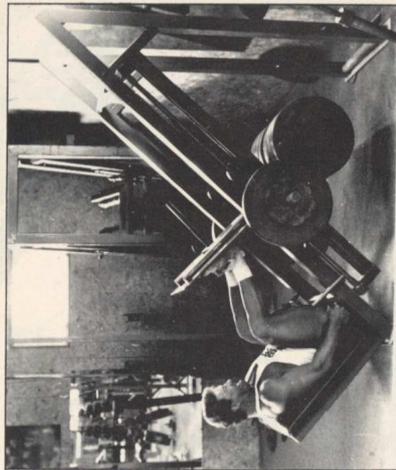
DEAR ROGER: I'm having problems moving my bench. I have much pain in my wrist & shoulders. I bench with an 18 inch grip. I maxed 340 at 178 with this grip, but no heavier. I do close grip with a 1 1/2 inch grip. This is the closest I can go because of my wrist. My goal is 400 at 180. I'm 39 years old, and starting to wonder if I will ever make it. **Gary Smith**

DEAR GARY: I'm sure you can achieve your goal of 400 lbs. If you can perceive it in your mind, you will be able to achieve it. Your 340 pound bench press is an impressive lift itself, but I understand that the fringe number of 400 is important. Your age is not against you. I remember Ernie Nagy bench pressing 425 pounds in his mid 50's. You have a fairly close grip on your bench press. Sometimes moving the grip out just a little can help increase your bench. Study different liftings and see how their technique may be different from yours, such as arch in back, breathing, hand off, and grip. As for the workout, I suggest you refer to some of the best issues of FLUSA, in the Question and Answer section, and you'll find my story on the program. I would also refer you to August 1985 issue and the Workout of the Month by Rick Weil. Rick's workout is based on the same philosophy that I have been using for years. I'm not taking any credit for Rick's benching ability, but it makes me feel good that I have been doing something right myself. Remember, you must zero in on your goals. Don't let overtraining stop you from reaching that 400 lb. goal. Be aggressive. Keep telling yourself you're the strongest guy in the world, and nothing can stop you. Go for it. **Roger.**

DEAR ROGER: I am 5'10" and compete in the 90 kg. class. My best lifts are squat 617, bench 275, deadlift 562. As you can see my bench is under par for my other two lifts. I am a clean lifter. I would like to bench around 300-315 in a contest someday. Most meets I lose due to poor benching. I think this is realistic. I started going heavy one day and light the other and had a bit of progress. On my heavy day I train chest-delts-triceps all heavy. On light days I do the same exercises, but only with lighter weights. Do you advocate "dips," because I saw your picture in (MD) and you said that they were your upper body squat. (And, how do you do them?) What I really need is a routine to go by. Example of workout: Monday (heavy) Bench: 135x10, 190x8, 230x3, 250x3, 260x2-3, 215x10. Incline: 4 sets up to 185 lbs. P.B. Neck: up to 140x5-6. Side Laterals: 30 lbs. 3 sets of 6. Lying tricep extension: up to 60 lbs. Curls, forearms, abs. Light Day: Bench: 135x10, 190x8, 210x5-5, 210x10. Incline: 4x6-8 (135), P.B. Neck: up to 115 (3x5). Triceps: up to 100 x 6-8. Curls, forearms, abs. My bench hasn't increased in 2 years. Thank you for any advice you can give. **Luc Leblanc,**

DEAR LUC: Your program looks good. I wouldn't change it, but at 5'10" and 195 lbs. you are lean and this could be the reason for a less than desirable bench press. By gaining some weight you will not only add muscle mass, but you will also improve your leverage. I have seen lifters make a 40 lb. increase in their bench by gaining 8-10 pounds. You should pay as much attention to your diet as you do to training. **Best Wishes, Roger Estep**

Saying NO to Drugs!...the York Power Team of Orlando, Florida has embarked upon a unique tour, offering a special "Say No To Drugs" presentation to area schools. They have no preference, public or private, school or civic group; they will perform for anyone. They charge nothing. They do not use these seminars and exhibitions to market anything. All they do is promote awareness, motivation, education and inspiration about saying no to drugs. In the process, they give an enormous boost to Powerlifting. Children and adults alike have been spellbound by their lifts and inspired by their selfless and heroic examples. According to Brett Cummins, "Music like Saint Elmo's Fire, Grand Illusion from Styx, and other powerful songs give the show an atmosphere that has touched so many. Dom Castellano deadlifts 600x10, and the kids eyes light up as they count each rep at the top of their lungs. Casey Thompson, only 16 years old, is a great team lifter. The kids identify with him well, and were set on the line when he pulled 510 at 181. Kevin Hill, a Seniors contender, pulled 550x5 stiff-legged, and inspired the audience with this awesome build and quiet nature. After each lifter does his thing, each one gives his own personal testimony, describing how he, in his own way, has said "NO" to drugs. The response has been incredible. The kids from every school swarm them after the exhibition, pleading for autographs and a handshake. It is just like a Rocky movie. They are now scheduled to appear live on TV and have exhibitions scheduled every other week, on into 1989. The Orange and Seminole County School Systems are in the process of scheduling them in every school, from elementary through high school."



POWER LIFTER'S DREAM IN LEG MACHINES

Carries more weight than others on the market.

BRAD STEVENSON

1987 JUNIOR NATIONAL CHAMPION
"This machine will improve your dead lift and squat. It's the finest machine I have ever used."

OLSON KARTS (309) 627-2081
RRI, Box 136, Gladstone, IL. 61437

CAPTURE THE OLYMPICS!

Capture the full excitement of the 1988 Summer and Winter Games with **Soul 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 236-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.
 - 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 **Soul 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. IPOV, P.O. Box 1988, Sandy, Utah 84091-9988
Please send me _____ STANDARD editions @ \$32.95 (add \$3 shipping ea.)
Please send me _____ LEATHER editions @ \$55.00 (add \$3 shipping ea.)
(Utah residents, add 6.25% sales tax)

Check VISA other credit card
Name _____ Card # _____
Address _____
City/State/Zip _____ Exp. Date _____
Phone _____ Signature _____
(books shipped UPS in November)
Authorized pursuant to Title 18, U.S.C. Section 803.

THE BENCH

GREATEST FEMALE BENCHER OF ALL TIME

as told by PL USA's DOUG DANIELS

Wt. Class	Lifter Name	Best Bench	Reshel Rank	Malone Rank	Composite Rank
97	Oliver	171	10	10	10
105	Pacyga	187	9	9	9
114	Jeffrey	237	6	6	6
123	Jeffrey	275	5	1	2
132	Steenrod	248	8	7	7
148	McElroy	270	7	8	7
165	Harrell	347	4	2	2
181	Harrell	365	3	3	2
198	Harrell	384	1	4	1
SHW	Harrell	385	2	5	5

The bench press had traditionally been thought of as a "Men Only" lift by many, with women supposedly having little of the physical requirements to really enjoy much success at it. Then along came a gal from down under named Bev Francis, who changed all that kind of thinking forever. Early in the 80s, she broke the 300 pound barrier for women in judged competition, in two classes, both at 181 and at 165. She set IPF World Records that still stand at 309 at 165 and 331 at 181. Bev wasn't a one lift wonder, having won numerous world titles before making a controversial, but ultimately very successful, transition to bodybuilding where she became the first woman to win world titles in both sports. The mass and size she built through years of heavy power training contributed mightily to her status today.

A few years later, Debbie Poston exceeded Bev's all time best with a 332.5. Debbie also was a top bodybuilder. That didn't last long, because a new female mega-bench named Jan Harrell erased every body's records with a colossal 385 bench which, as of this writing, stands as the all time highest bench for women. Don't think that the only action was with the bigger girls. Mary Jeffrey, Terri Hoyt, Michelle Ervis, Vickie Steenrod, and Judy Gedney also put some big lifts on the books in the lighter classes.

But who is the greatest female benchner of all time? In order to do this, I gathered, to the best of my ability, the all time best benches in each of the 10 weight classes. These lifters were compiled regardless of lifting federation, etc. I then used the two most popular women's formulas, the Malone and Reshel formula to determine the all time champ. I used the top weight in each weight class as the body weight factor, and for the superheavyweight division, I used exact the exact bodyweight. I ranked each lift by each formula from 1 to 10, then added their ranks together to get a composite rank and then ranked that category from lowest to highest. The lowest composite score equates to the best lift and so on. This method, the "Daniels Formula", is designed to resolve any biases that either the Malone or Reshel formula have and smooth out the final results.

The best woman benchner of all time is big Jan Harrell and her 384 bench in the 195 pound class. Jan also holds the all time best at 181 with a 365 bench and the super class with a 385, and at 165 with a 347 pounder at the WBSC Record Breakers meet in Texas recently. These benches are ranked number 2 through 5. Jan holds 4 of the 10 all time bests, making her clearly the dominant female benchner so far. She's not only the Ted Arcati of women benchers, but like Mike MacDonald, Fred Hatfield, and Ed Coan, her record setting ways extend over several weight classes. With 4 current bests to her credit, she is the most dominant athlete in Powerlifting today, in any single lift.

Mary Jeffrey shares the number 2 position on the all time list with her

I just want all you fellows who are building a list of excuses to get out of workouts and squats in particular to know that I discovered a beauty a few years back. I was boiling coffee on the old woodburner in the fishing camp that Lope Delt and Preacher Harley and I went in on three ways with as a hide-out from minded choir directors respectively, when Lope busted in and flogged a six pound Black Bass down on the table. In case you hadn't noticed, Kelso, that is a semi-good fish!

Aahayhoyho! Well, what with the bull-roar of an East Texas good ole olidlooth on his scales, that old Hgumouth did a back one and a half about four feet up and out and slapped the tin coffee pot straight up in the air and dumped a quart of scalding chichory and branch water into my shorts.

I set the all-time land-speed record for cleaning the porch, did a perfect western roll over a dying minnow net, stunked my shorts in mid-air and managed a thirty foot Bob Beamon into the lake, swamping a rubber float full of cheerleaders from the school. Had two of my school club litters aboard. (We made a few exceptions). LaVonda Sue Bralry, my secretary and 132 pounder looked upon me with 10,000 year old eyes. "Mr. Kelso, that sure is an interesting tattoo you have there."

The tattoo she referred to was a blister the height and circumference of a ten pound plate. It was located just inside my right hip bone. It was close and I don't mean as in horseshoes and hand grenades - I mean close. As Lope and Brother Harley loaded me into the truck, I heard several irreverent giggles concerning the condition of my obliques. I made an oblique reference under my breath concerning their lineage and personal preferences. The Preacher looked straight ahead as we clanked off with Lope draped over the splash boards making noises like a beach-er mudloon.

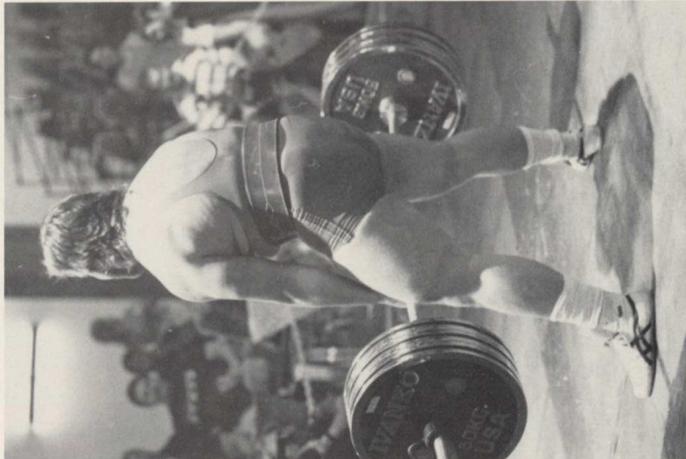
The Doctor's office was in a building Lope owned and referred to as the Chockery. Housed a chiropractor and a dentist as well as the Doc. This was the entire medical corps for the county west of Cooney, Texas. Doc Culpepper cleaned up the blister, busied by then, and dressed it. Then he poked around on me, listened here, thumped there and made me cough a few times, which ain't much fun when sporting a nine inch circle of raw meat on or near your necker in the rear.

The Doc started at me for a minute. Then he looked at Lope and the Preacher in the waiting room. "I don't wish to presume about your private life, Sir, he began and then proceeded to presume all over the place. The girl it was that he was not accustomed to seeing like that, wrapped in blankets. First of all, the placed that I was apparent to him that I and my companions

Power Fun

A Burning Issue

Deadlifts as told by PAUL KELSO



Deadlifting is the MOST intense, all-encompassing exercise movement over to the College. Lope struggled in about this time and wondered if we were crazy to compete at our age because of, you guessed it, heart strain, arthritis, spinal damage and other non-no's. Lope told the Doc not to worry as I wouldn't be doing any deadlifts for a while with that chair-DEADLIFT! You men, do deadlifts? My son's trying to learn that but he can't seem to get nowhere." Lope and I were caught up in pattern in his case. "What's the problem?" Out of the corner of my eye, I saw Brother Harley ease into the

Legion across the street. Got while we were over the weight for the type of shenanigans that produce such calamities as was sporting. What he thought we'd been up to, I don't know. Percentages of lean muscle mass as opposed to fat, as an indication of fitness. Nothing. Then he said we were crazy to compete at our age because of, you guessed it, heart strain, arthritis, spinal damage and other non-no's. Lope told the Doc not to worry as I wouldn't be doing any deadlifts for a while with that chair-DEADLIFT! You men, do deadlifts? My son's trying to learn that but he can't seem to get nowhere." Lope and I were caught up in pattern in his case. "What's the problem?" Out of the corner of my eye, I saw Brother Harley ease into the

Legion across the street. Got while we were over the weight for the type of shenanigans that produce such calamities as was sporting. What he thought we'd been up to, I don't know. Percentages of lean muscle mass as opposed to fat, as an indication of fitness. Nothing. Then he said we were crazy to compete at our age because of, you guessed it, heart strain, arthritis, spinal damage and other non-no's. Lope told the Doc not to worry as I wouldn't be doing any deadlifts for a while with that chair-DEADLIFT! You men, do deadlifts? My son's trying to learn that but he can't seem to get nowhere." Lope and I were caught up in pattern in his case. "What's the problem?" Out of the corner of my eye, I saw Brother Harley ease into the

Legion across the street. Got while we were over the weight for the type of shenanigans that produce such calamities as was sporting. What he thought we'd been up to, I don't know. Percentages of lean muscle mass as opposed to fat, as an indication of fitness. Nothing. Then he said we were crazy to compete at our age because of, you guessed it, heart strain, arthritis, spinal damage and other non-no's. Lope told the Doc not to worry as I wouldn't be doing any deadlifts for a while with that chair-DEADLIFT! You men, do deadlifts? My son's trying to learn that but he can't seem to get nowhere." Lope and I were caught up in pattern in his case. "What's the problem?" Out of the corner of my eye, I saw Brother Harley ease into the

Throughout the colleges and universities of America, more and more money is being devoted to strength training. New facilities are being built, old ones renovated, and strength coaches hired. If you go to a school that has a strength coach, or better yet, a powerlifting team, then you are fortunate. However, if your school doesn't have such a coach, there's no reason to worry. This article will provide some tips on how to make your collegiate lifting career a success.

Most collegiate lifters should strive for the National Collegiate Championships as their goal. While for some it may be financially impossible to manage the travel expenses, those who can should enter.

The great thing about colleges are semesters. Having two semesters separated by breaks makes planning your contests easy. I recommend picking a meet three weeks away from the end of the semester to compete in. This way you have an entire semester to train for it, and it won't interfere with finals. Also, the length of a semester coincides with the length of most lifting cycles. After your meet is over, you can take a break from lifting and use the extra time to study for finals. After finals, you can go on a bodybuilding type routine until the next semester begins.

There are some disadvantages to being a collegiate lifter, however. The first is having a roommate who is unsympathetic to your needs. If your roommate is more party-hardy than

powerlifters make good pro wrestlers. Another problem collegiate lifters face is that most meal plans aren't designed with the lifter in mind. Extra supplementing with vitamins and protein powder may help, or you could go off the meal plan and prepare your own food. The problem with the latter is that costs and the time spent buying and preparing the food may make it unfeasible.

Another problem is that of school work, but this isn't as bad as it seems. Most of the time, you will find yourself overwhelmed with schoolwork towards the end of the semester. It is advisable to cut out your assistance work at this time, but because you have your contest approaching, you'd drop them anyway. Likewise, during the first few weeks, when you have more time, you can increase your assistance work, which is also all right, since your meet is pretty far off.

Combining lifting and schoolwork can and often is disastrous if it is done improperly, but when correctly managed one will help the other. Schoolwork keeps your mind occupied so you won't dwell on lifting, and lifting can give you a welcome relief from the pressures of schoolwork. By using the ideas presented here, both your lifting and your schoolwork should improve.

If you have any questions or comments about this article, please write:

Eric Hafener
410 Harborview Ct.
Monches, NY 11955

STARTIN' OUT

A special section dedicated to the beginning lifter

LIFTING IN COLLEGE as told by ERIC HAFENER



The GOAL...of all college lifters is the National Collegiate Championships. Spuds McKenzie, then your lifting situation and hope for an understanding, and if that doesn't work you may suffer as a result. You have two choices, the first being to discuss your

★ WHO'S WHO IN POWERLIFTING ★

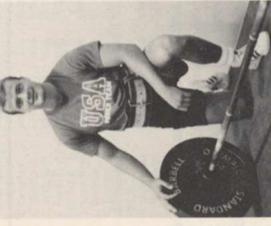
Whether a Big Name or No Name, send your photo (sharp, black & white preferred) and details to Who's Who, Box 467, Camarillo, CA 93011.



Paul Oakes (left) and Nate Taylor are the graduating co-captains of the National Champion Glen Mills Bulls Powerlifting Team. Paul holds the Pennsylvania State teenage record at 165 (930) and is 325 (600). Nate's best lifts at 114 are 325, 195 and 375. Photo/into courtesy J.C. Hill.



Wayne Dettling was preparing for a bench contest when he learned he had a brain tumor. After exploratory brain surgery, he underwent radiation treatments for 6 weeks. He had already put an entry fee, decided to work with a 340 bench at 195. With prayer and a doctor's help, victims of cancer do have a chance in PL.



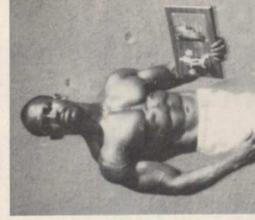
Bill "Hogger" Routzong often trains with Jeff Chorprenning (who provided this photo/info) in Columbus, OH. He has been lifting one year and has already totaled 1250. Jeff expects him to earn his Masters patch at the Canton Open this December.



Clyde Doll, 55, Strength and Conditioning Director of the Pennsylvania Special Olympics, has been lifting for 30 years and will be entering the ADPPA National Masters meet. He now coaches Andy Leonard, an orphan from Vietnam and a Special Olympian. At 109 lbs., Andy has benched 185 and deadlifted 365 and also has won his age group in the Marine Corps Special Olympics 10,000 meter run.



Robert Baitle began Powerlifting in October of 1987, after 6 years of bodybuilding. He has lifted in 4 meets and recently came out 4th best overall and won the New Jersey Correctional State Championships at 196 with lifts of 360/340/525/1425.



New Jersey's James Zozzaro captured the 165s at the W.N.P.F. Atlantic States Championships. In addition to being one of the country's finest young lifters, James is also a bible student. He has won three W.N.P.F. meets and now holds the organization's Collegiate Bench Press record.

WARNING!

IF YOU'RE PAYING MORE THAN THESE PRICES... Overstocked on Suede Power Belts Regularly \$60⁰⁰ Now \$35⁰⁰

- Double Prong
 - Suede on both sides
 - 4 rows of white stitching
 - Maximum thickness
 - Colors: Blue or Red
 - Special Offer: Purchase a Squat Suit or Bench Shirt for \$35⁰⁰, Pay only \$25⁰⁰ for a Belt!
- Limited quantities on belts, so hurry, they're going fast!



Also Available—Nike Shoes \$65⁰⁰ \$75⁰⁰

Available in sizes 7-13
Order 1/2 size smaller than normal shoe size.

Special



Amnio 1600 325 tabs \$19.99
Smilax 2 oz. bottle \$13.99

Dibencobol (Dibenzocozide) An Alternative to Anabolic Steroids

100 Capsules \$25⁰⁰
Visa/MC orders \$2⁰⁰ for postage.
C.O.D. orders \$4⁰⁰ for postage.

FRANTZ SPORT CENTER
31 N. BROADWAY
AURORA, IL 60505
(312) 892-1491
Only 1-800-537-5532
Outside of Illinois

MAC TEXAS POWER BAR

The MAC TEXAS POWER BAR has been used in more World and National Championships than all other brands combined. Make sure you don't get a cheap imitation or counterfeit. Order directly from MAC Barbell
MAC TEXAS POWER BAR \$189.00



Mac Texas Squat Bar Now Available \$240.00



Write for catalog detailing MAC Barbell Equipment

1601 N.W. Dallas • Grand Prairie, Texas 75050 • 214-263-4828

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 **OUTDATED...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: Dibenzozide 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. Dibenzozide 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." Dibenzozide 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
200 IU E Succinate

100 mg Inosine
100 mg Co Q10

SOME FACTS: Increases production of energy (ATP). Highest potency of Co Q10 sold in America.

30 capsules \$24.95

**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 7.0% 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

ADFFA McChord AFB Open
10,11 SEP 88 - McChord AFB, WA

Wm	SQ	BP	DL	Total
W. Reed	27	104		131
M. Srandberg	200rs	90	260	550rs
S. Magnuson	170	100	250	520
D. McChord	165	85	230	480
Mid.W. 111-122	220	125	325	655
F. Fowler	140	70	200	410
S. Filippi				
Hy.W. 129+				
D. Nollette	270	195rs	365	830rs
M. Shays	4th	375rs		
C. Jackson	240	120	260	610
C. Gallagher	190	95	220	505
Teen				
B. King (3)	310	210	305	825
132 lb.				
J. Fitcher	285	175	345	805
140 lb.				
V. Chinn	325	225	375	925
165 lb.				
F. Castaneda (1)	410	300	450	1160
T. Fryar (2)	500	225	600	1325
Open				
132 lb.				
Q. Karlberg	410	230	480	1120
140 lb.				
G. Abbott	445	290	440	1175
M. Jamison	425	265	450	1140
E. Lunkin	300	315	425	1040
T. Bannister	425	250	425	1100
T. Wolcome	400	235	420	1055
165 lb.				
T. Cummings	450	265	500	1215
J. Bernadi	410	285	435	1130
R. Carlson	335	230	455	1020
181 lb.				
S. Mattingly	520	335	480	1335
T. Wilkinson	435	270	505	1210

Sr. Prison Postal Meet
13 SEP 88 - Petersburg, VA

Wm	SQ	BP	DL	Total
Haywood	390	235	425	1050
148 lb.				
T. Manley (8)	570	350	635	1555
220 lb.				
K. Brown	500	285	530	1315
242 lb.				
J. Adams	475	350	525	1350
D. Cooke	460	280	475	1215
A. Romero	475	265	460	1200
A. Landor	450	225	525	1200
J. Romero	440	275	475	1190
S. Eshelich (m)	390	295	405	1090
S. Hamrick (m)	315	235	425	975

(Thanks to Robert Richards for lifts)

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



qualified for the mens nationals. We had six teams. Using the Schwartz formula Frank Castaneda 165 lb. came in 1st with a 1160 total. Troy Fryar pulled his way to second with 1150. The mens division saw six lifters in total. The masters division saw six lifters in total. Big Mike Gruse took first setting a new masters total of 1175. The lightest lifters in the mens division were 148 lb. Mike Gruse with 1140 total and new regional records in the squat, deadlift, and overall total. Gerald Mongillo at 181 turned in a 1350 total lift. I would like to extend special thanks to all those people who came out to help with this meet. With out all the hard work that you did we wouldn't of had this meet. Thanks to Roger Silva for the lift. Thanks to Larry Turley, Meet Director, for results)

FOR THE RECORD

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

STATE	Wm	SQ	BP	DL	Total
ALABAMA	496 G. Santee	365	230	410	1005
ALABAMA	365 R. Tostui	315	210	360	885
ALABAMA	1372 G. Santee	1372			1372
ALABAMA	611 A. Rajal	425	280	425	1130
ALABAMA	429 A. Rajal	429	280	425	1134
ALABAMA	1614 A. Rajal	1614			1614
ALABAMA	551 S. Miyahira	448	310	440	1198
ALABAMA	468 A. Rajal	468	310	440	1198
ALABAMA	551 R. Blair	468	310	440	1198
ALABAMA	488 D. Thompson	488	310	440	1198
ALABAMA	683 L. Hernandez	683	310	440	1198
ALABAMA	1774 D. Thompson	1774			1774
ALABAMA	837 F. Hatfield	837	310	440	1198
ALABAMA	727 F. Hatfield	727	310	440	1198
ALABAMA	2022 F. Hatfield	2022			2022
ALABAMA	903 F. Hatfield	903	310	440	1198
ALABAMA	766 G. From	766	310	440	1198
ALABAMA	2083 F. Hatfield	2083			2083
ALABAMA	882 L. Kidney	882	310	440	1198
ALABAMA	572 L. Kidney	572	310	440	1198
ALABAMA	2172 L. Kidney	2172			2172
ALABAMA	771 G. Edwards	771	310	440	1198
ALABAMA	501 R. Hudock	501	310	440	1198
ALABAMA	1984 L. Kidney	1984			1984
ALABAMA	496 G. Santee	365	230	410	1005
ALABAMA	365 R. Tostui	315	210	360	885
ALABAMA	1372 G. Santee	1372			1372
ALABAMA	611 A. Rajal	425	280	425	1130
ALABAMA	429 A. Rajal	429	280	425	1134
ALABAMA	1614 A. Rajal	1614			1614
ALABAMA	551 S. Miyahira	448	310	440	1198
ALABAMA	468 A. Rajal	468	310	440	1198
ALABAMA	551 R. Blair	468	310	440	1198
ALABAMA	488 D. Thompson	488	310	440	1198
ALABAMA	683 L. Hernandez	683	310	440	1198
ALABAMA	1774 D. Thompson	1774			1774
ALABAMA	837 F. Hatfield	837	310	440	1198
ALABAMA	727 F. Hatfield	727	310	440	1198
ALABAMA	2022 F. Hatfield	2022			2022
ALABAMA	903 F. Hatfield	903	310	440	1198
ALABAMA	766 G. From	766	310	440	1198
ALABAMA	2083 F. Hatfield	2083			2083
ALABAMA	882 L. Kidney	882	310	440	1198
ALABAMA	572 L. Kidney	572	310	440	1198
ALABAMA	2172 L. Kidney	2172			2172
ALABAMA	771 G. Edwards	771	310	440	1198
ALABAMA	501 R. Hudock	501	310	440	1198
ALABAMA	1984 L. Kidney	1984			1984
ALABAMA	496 G. Santee	365	230	410	1005
ALABAMA	365 R. Tostui	315	210	360	885
ALABAMA	1372 G. Santee	1372			1372
ALABAMA	611 A. Rajal	425	280	425	1130
ALABAMA	429 A. Rajal	429	280	425	1134
ALABAMA	1614 A. Rajal	1614			1614
ALABAMA	551 S. Miyahira	448	310	440	1198
ALABAMA	468 A. Rajal	468	310	440	1198
ALABAMA	551 R. Blair	468	310	440	1198
ALABAMA	488 D. Thompson	488	310	440	1198
ALABAMA	683 L. Hernandez	683	310	440	1198
ALABAMA	1774 D. Thompson	1774			1774
ALABAMA	837 F. Hatfield	837	310	440	1198
ALABAMA	727 F. Hatfield	727	310	440	1198
ALABAMA	2022 F. Hatfield	2022			2022
ALABAMA	903 F. Hatfield	903	310	440	1198
ALABAMA	766 G. From	766	310	440	1198
ALABAMA	2083 F. Hatfield	2083			2083
ALABAMA	882 L. Kidney	882	310	440	1198
ALABAMA	572 L. Kidney	572	310	440	1198
ALABAMA	2172 L. Kidney	2172			2172
ALABAMA	771 G. Edwards	771	310	440	1198
ALABAMA	501 R. Hudock	501	310	440	1198
ALABAMA	1984 L. Kidney	1984			1984
ALABAMA	496 G. Santee	365	230	410	1005
ALABAMA	365 R. Tostui	315	210	360	885
ALABAMA	1372 G. Santee	1372			1372
ALABAMA	611 A. Rajal	425	280	425	1130
ALABAMA	429 A. Rajal	429	280	425	1134
ALABAMA	1614 A. Rajal	1614			1614
ALABAMA	551 S. Miyahira	448	310	440	1198
ALABAMA	468 A. Rajal	468	310	440	1198
ALABAMA	551 R. Blair	468	310	440	1198
ALABAMA	488 D. Thompson	488	310	440	1198
ALABAMA	683 L. Hernandez	683	310	440	1198
ALABAMA	1774 D. Thompson	1774			1774
ALABAMA	837 F. Hatfield	837	310	440	1198
ALABAMA	727 F. Hatfield	727	310	440	1198
ALABAMA	2022 F. Hatfield	2022			2022
ALABAMA	903 F. Hatfield	903	310	440	1198
ALABAMA	766 G. From	766	310	440	1198
ALABAMA	2083 F. Hatfield	2083			2083
ALABAMA	882 L. Kidney	882	310	440	1198
ALABAMA	572 L. Kidney	572	310	440	1198
ALABAMA	2172 L. Kidney	2172			2172
ALABAMA	771 G. Edwards	771	310	440	1198
ALABAMA	501 R. Hudock	501	310	440	1198
ALABAMA	1984 L. Kidney	1984			1984
ALABAMA	496 G. Santee	365	230	410	1005
ALABAMA	365 R. Tostui	315	210	360	885
ALABAMA	1372 G. Santee	1372			1372
ALABAMA	611 A. Rajal	425	280	425	1130
ALABAMA	429 A. Rajal	429	280	425	1134
ALABAMA	1614 A. Rajal	1614			1614
ALABAMA	551 S. Miyahira	448	310	440	1198
ALABAMA	468 A. Rajal	468	310	440	1198
ALABAMA	551 R. Blair	468	310	440	1198
ALABAMA	488 D. Thompson	488	310	440	1198
ALABAMA	683 L. Hernandez	683	310	440	1198
ALABAMA	1774 D. Thompson	1774			1774
ALABAMA	837 F. Hatfield	837	310	440	1198
ALABAMA	727 F. Hatfield	727	310	440	1198
ALABAMA	2022 F. Hatfield	2022			2022
ALABAMA	903 F. Hatfield	903	310	440	1198
ALABAMA	766 G. From	766	310	440	1198
ALABAMA	2083 F. Hatfield	2083			

WORLD CLASS ENTERPRISES Presents GOING BEYOND

1. Fundamentals of Fitness.....\$7.00
2. 2001: A Sports Odyssey.....\$8.00
3. Hypnotize Me and Make Me Great.....\$7.00
4. Lifting in the 5th Dimension.....\$8.00
5. Take Control - Weight Reduction.....\$8.00
6. Make Me Great - 6 Tapes of Mind Control \$29.95 + \$2 handling
7. The Odyssey Continues.....\$10

ANY 2 BOOKS \$13.00
ANY 3 BOOKS \$19.00



Send Check or Money Order Plus \$2.00 Postage & Handling to:
WORLD CLASS ENTERPRISES, INC.
2002 Skyline Drive - Albany, Georgia 31705

Send Check or Money Order Plus \$2.00 Postage & Handling to:
WORLD CLASS ENTERPRISES, INC.
2002 Skyline Drive - Albany, Georgia 31705

well towards creating some Powerlifting marvels... together to see that all the lifters reacted for their... (Thanks to Lee Hamp- ton for results)

Summer Nationals 25 Jun 88 - Irving, TX (kg)			
Open	SQ	BP	DL Total
148 lb.	323.5	120	210
165 lb.	392.5	140	252.5
181 lb.	462.5	170	317.5
207 lb.	547.5	200	377.5
225 lb.	627.5	230	437.5
252 lb.	707.5	260	497.5
270 lb.	787.5	290	557.5
300 lb.	867.5	320	617.5



NEW A.P.F./A.M.P.F. Membership Application
AMERICAN POWERLIFTING FEDERATION
AMERICAN MASTER POWERLIFTING FEDERATION

PLEASE PRINT • COMPLETE ALL ENTRIES •

LAST NAME	FIRST NAME	INITIAL
STREET ADDRESS		
CITY	STATE	ZIP CODE
AREA CODE	TELEPHONE NO	DATE OF BIRTH MO DAY YR
REGISTRATION FEE \$18.00	MASTERS YES / NO	U.S. CITIZEN YES / NO
NAME OF CLUB YOU REPRESENT	NAME OF CLUB YOU REPRESENT	NAME OF CLUB YOU REPRESENT

MAKE CHECK PAYABLE TO: A.P.F./A.M.P.F.
31 NORTH BROADWAY
AURORA, IL 60505

IF UNDER 18 HAVE PARENT INITIAL
CHECKS THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I BELIEVE THE APPLICANT IS FIT TO PARTICIPATE IN THE APPLICANT SIGNATURE X

W.N.P.F. 2nd Annual Legitimate Natural Metropolitan Bench Press

10 Sep 88 - Westchester, NY

Open	155.5	242 lb.	F. Anderson
Women	123 lb.	255.5	242 lb.
Men	155 lb.	300W	R. Robustelli
Women	123 lb.	200	Masters
Men	155 lb.	305	F. Harjo
Women	123 lb.	220	F. Harjo
Men	155 lb.	375W	198 lb.
Women	123 lb.	280	D. Coffman
Men	155 lb.	385	220 lb.
Women	123 lb.	275	M. Sheehan
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	Community
Women	123 lb.	335	Westchester
Men	155 lb.	370	Legitimate
Women	123 lb.	400	Natural
Men	155 lb.	415	Open
Women	123 lb.	330**	Desitell
Men	155 lb.	385	Submasters
Women	123 lb.	370	242 lb.
Men	155 lb.	400M	181 lb.
Women	123 lb.	385	F. Dixon
Men	155 lb.	370	J. Florio
Women	123 lb.	400	A. Abay
Men	155 lb.	500M	S. Dobrin
Women	123 lb.	415	E. Hafner
Men	155 lb.	500	

Massachusetts Summer Olympics
18 Jun 88 Boston, MA

Event	Bench	Score
D. Fleming	200	100
R. Johnson	200	100
F. Johnson	200	100
Hammerstrom	100	100
L. O'Neil	110	110
R. O'Neil	110	110
P. O'Neil	80	80
C. Dragace	136 275	145
P. Elliott	135 250	145
G. Dragace	145	145

This year's 1988 Summer Special Olympics were held in Boston on June 17, 18, and 19th. Powerlifting was held on Saturday June 18, to record the highest number of lifters in the history of the event. The contest was getting better every year. Thanks to "Prep's Gym," the event was run smoothly and professionally. The announcer kept the excitement level beyond expectations. (Thanks to George A. Toma for results.) P.S. for anyone interested in helping next year, we would like to have a list of lifters for the 1989 Summer Special Olympics State Office.

LA State Natural Championships
21 MAY 88 - Alexandria, LA

1 Yr.	88	DL	Total
M. Harris	122.5	82.5	140 345
L. Fields	125	117.5	152.5 395
K. Mettler	107.5	107.5	165 380
D. Ellender	105	60	125 290
B. Brownard	227.5	132.5	210 570
D. Holland	215	112.5	222.5 550
165 lb.	60	145	240 647.5
Q. Zamankos	202.5	145	235 582.5
W. Grider	202.5	145	235 582.5
G. Luce	227.5	117.5	209.5 552.5
L. Maruona	195	112.5	200 315
R. Brown	175	122.5	200 317.5
181 lb.	227.5	145	242.5 615
S. Rosenberg	205	140	245 590
R. Crump	190	172.5	272.5 765
S. Brocato	247.5	117.5	232.5 610
G. Jagers	67.5	130	210 317.5
220 lb.	330		

25 Sep 88 - Graterford, PA	88	DL	Total
R. Lewis	250	250	355 850
T. Hodges	405	260	385 1050
T. Williams	250	205	325 780
148 lb.	575	305	440 920
R. Demmo	570	330	530 1450
C. King	535	295	545 1375
L. King	460	290	475 1225
H. Gaddy	400	250	500 1150
181 lb.	575	375	575 1225
A. Ford	425	215	500 1140
198 lb.	500	285	550 1335
D. Jackson	405	315	525 1245
R. Bell	305	315	475 1135
G. Kinman	125	100	147.5 372.5
E. Martin	115	67.5	140 322.5
R. Daigle	112.5	57.5	145 315
145 lb.	145	75	152.5 372.5
M. Ardian	130*	57.5	125 312.5
148 lb.	102.5	112.5	190 500
T. Spedale	147.5	92.5	165 405
S. Martarona	127.5	72.5	182.5 382.5
J. Chapman	110	82.5	175 367.5
165 lb.	155	75	157.5 385
G. Brown	150	107.5	180 437.5
C. Brown	150	95	192.5 437.5
A. Boddy	125	85	195 360
198 lb.	125	65	170 360
S. Brocato	247.5	130	232.5 610
C. Petty	222.5	112.5	202.5 537.5
L. Bonilian	215	107.5	210 532.5
220 lb.	240	112.5	210 532.5
G. Mallette	245	150	195 590
G. Sanders	195	122.5	200 517.5
165 lb.	205	140	245 540
181 lb.			

Cardello 585 405 570 1560
198 lb. King was Dermis. Carter reached this conclusion after figuring out the Schwartz Formula, which is his job for the record. Cap told me to print this Meet. He helped a few others, who desparately needed it. But the pleasant surprise was that the meet was a success. The opening squads (he was in everything but a Hearse) he would have given die hard Johnny James some "Snash" won the outstanding Heavy-Weight trophy, for the 5th time, with a 1525 Total. He was just crushing. Bro. Muhammad got the best food service yet. I mean we got the grub on, got frustrated and tired when the Gym closed down. Big lifts jumping off. Do Dat.
Doug Actonio Jackson, Earl Hall and Hefi, all well considering the circumstances. Action Jackson just escaped a bomb-out, when he opened up with a 300 lb. squat, he missed it two times. He's lucky. He would have been laughed out of the Gym.
Thank you, to the judges from the streets, the Poppy and his honey's hooked up the grub. Hey best food service yet. I mean we got the grub on, Poppy you should have done that on the street, Scokeoper, Announcer, results and summary. Good old 'Ae, Sheldon

3rd Annual Belpre Open Bench
10 Jul 88 - Belpre, OH

114 lb.	203*	424
M. Sargent	132	363
D. McLoughlin	242	413
K. Cobb	203	413
R. Williams	242	402
R. Woodell	281*	402
D. Stevens	181	275
P. Johnson	126	314
P. Jones	148	314
C. Garcia	270	424
165 lb.	264	424
M. Elliott	270	440
S. Miller	248	440
M. Young	435	440
M. Troyer	319	440
E. Berger	303	440
R. Meadows	307	440
M. Williams	275	440
198 lb.	275	440
R. Young	440	440
D. Wilton	407	440
E. Linder	292	440
T. Dixon	281	440
220 lb.	220	440
C. Wetters	529	440
D. Anderson	170	440

APF Pennsylvania State
27 MAR 88 - Pittsburgh, PA

132 lb.	400	175	390	965
J. McKean	415	305	455	1175
148 lb. <td>550</td> <td>380</td> <td>645</td> <td>1535</td>	550	380	645	1535
D. Gaines	480	370	620	1470
R. Klingner	400	370	620	1390
R. Malark	300	280	415	995
R. Cassidy	325	190	445	970
181 lb. <td>560</td> <td>410</td> <td>590</td> <td>1560</td>	560	410	590	1560
J. Mullen	585	405	570	1560
R. Andriaco	515	350	555	1400
198 lb. <td>470</td> <td>385</td> <td></td> <td></td>	470	385		
D. Fleming	700	425	625	1750
J. D'Amico	610	450	620	1680
C. Fisher	610	450	620	1680
D. Kautner	625	375	620	1620
220 lb. <td>785</td> <td>420</td> <td>735</td> <td>1940</td>	785	420	735	1940
M. Baird	550	380	590	1520
J. Wright	55	520		
242 lb. <td>830</td> <td>570</td> <td>830</td> <td>2180</td>	830	570	830	2180
D. Pharr	820	475	625	1920
D. Wysocki	665	450	590	1705
275 lb. <td>820</td> <td>585</td> <td>720</td> <td>2125</td>	820	585	720	2125
T. Bentley	700	450	595	1745
T. Harrity	700	450	595	1745
J. Buckholt	560	400	605	1565
T. Tomasiino	525	380	560	1465
M. Lewis	405			
Women	230	125	305	660
148 lb. <td>195</td> <td>135</td> <td>275</td> <td>605</td>	195	135	275	605
T. Uchal	330	210	360	900
165 lb. <td>400</td> <td>175</td> <td>390</td> <td>965</td>	400	175	390	965
T. Prosocimo	345	215	400	950
220 lb. <td>480</td> <td>310</td> <td>520</td> <td>1310</td>	480	310	520	1310
R. Taggart	820	585	720	2125
Open Division	430	205	400	1035
132 lb. <td>415</td> <td>305</td> <td>455</td> <td>1175</td>	415	305	455	1175
R. Ferrari	425	220	420	1165
M. Debach	550	380	605	1535
165 lb. <td>525</td> <td>335</td> <td>565</td> <td>1425</td>	525	335	565	1425
A. Williamson	560	410	590	1560
181 lb. <td></td> <td></td> <td></td> <td></td>				

Thank you and Good Luck, Mike Leikari.



Special Olympics Champ Russell Tillson of Sharon, Massachusetts earned 2 Gold Medals at the State Championships, in the bench and deadlift. (George Toma photograph)

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
John Inzer
Owner

INZER ADVANCE DESIGNS



Subscribe to IRONSPORT The Magazine of Powerlifting, Weightlifting and Strength Training. An extensive coverage of all the latest techniques and training techniques of the Superstars of Strength.

Subscribe now and receive our Olympic Souvenir issue, \$12 for six issues, \$20 first class, \$29 foreign. Enclosed is \$_____ for six issues of IRONSPORT.

Form for subscription payment with fields for Name, Address, and Payment to: Ironsport, 2632 Great Hwy., San Francisco CA 94116.

Table with columns for Name, Weight, and other stats. Includes Muscle Beach Bench Press and 9 Jul 88 - Ortley Beach, NJ.

Table with columns for Name, Weight, and other stats. Includes APF Illinois Senior State and 31 Jul 88 - Centrail, IL.

Table with columns for Name, Weight, and other stats. Includes R.C. Championships and 14 May 88 - Campbell River, B.C.

Table with columns for Name, Weight, and other stats. Includes 198 lbs. and 201 lbs. categories.

Best Lifter: James Tenpeny lifting 620 lbs. weighing 275 lbs. The 1988 Muscle Beach Bench Press was held at the home of Muscle Beach.

Table with columns for Name, Weight, and other stats. Includes 148 lbs. and 165 lbs. categories.

Table with columns for Name, Weight, and other stats. Includes 208.5 lbs. and 216 lbs. categories.

Thanks to Coca-Cola for sponsoring the 3rd annual Blue Gray. This was our best meet with 93 lifters.

Table with columns for Name, Weight, and other stats. Includes 226 lbs. and 231 lbs. categories.

Table with columns for Name, Weight, and other stats. Includes Sooner Classic and 31 Jul 88 - Noble, OK (kg).

Table with columns for Name, Weight, and other stats. Includes ADFFA Blue-Gray Championships and 14 May 88 - Montgomery, AL (kg).

Table with columns for Name, Weight, and other stats. Includes 181 lbs. and 188 lbs. categories.

Advertisement for 25,588 POWERLIFTERS CAN'T BE WRONG... featuring a bodybuilder and Marathon Distributing Company logo.

Advertisement for JUBINVILLE HEALTH EQUIPMENT featuring images of gym equipment like benches, presses, and racks, with prices and descriptions.

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

SWEATPANTS \$15 SIM/L/XL/XXL

SHORTS \$9 SIM/L/XL/XXL

JACKETS \$15 SIM/L/XL/XXL

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

POWERLIFTING USA \$18 12" x 28"

Brass Arm Keychain \$5.95 (Gold or Silver)

Brass Dumbbell Keychain \$9.95

Dumbbell Necklace \$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%

QUILTED SATIN AWARD STYLE **\$41.95** ea. SIM/L/XL/XXL Maroon/Navy Silver

Natural Nationals Regional
8.9 Oct 88 - Richmond, VA (kg)

Women	SQ	BP	DL	Total
M. Genaro	90	55	122.5	257.5
A. Sokol	105	67.5	130	302.5
C. Ellingworth	137.5	72.5	162.5	372.5
B. Christine	140	67.5	142.5	350
S. Haskison	122.5	62.5	132.5	317.5
B. Eum	102.5	77.5	140	320
B. McSweeney	153.5	62.5	157.5	373.5
B. Sokol	122.5	60	157.5	340
D. Hall	122.5	52.5	132.5	307.5
B. Miller	95	60	137.5	292.5
B. Hart	137.5	72.5	170	380
D. Herwig	120	90	142.5	352.5
D. Penalo	127.5	97.5	142.5	367.5
M. Kocbenash	125	117.5	167.5	410
M. Johnson	130	80	185	395
R. Harbert	195	177.5	182.5	555
Masters 1				
Masters 2				
M. Lindsey	175	145	182.5	502.5
H. Sias	262.5	177.5	275	715
P. Shillett	225	125	230	580
P. Hollinger	237.5	137.5	245	620
SWC	240	170	200	610
Mackin	182.5	145	222.5	550
A. Satch	130	87.5	167.5	385
M. McElroy	200	85	205	490
B. Rosenfield	172.5	142.5	205	520
C. Whitlock	182.5	125	232.5	540
M. Gaudin	242.5	110	210	562.5
L. Weebrook	260	147.5	260	667.5
L. Madlow				

Curtis Payne...went ten times bodyweight in the drug tested Richmond, Virginia Natural Nationals Regional at 181 with an 1818 total.

K. Arvid	210	137.5	210	557.5
K. Clause	115	95	155	365
T. Booth	265	160	250	675
J. Plummer	250	160	227.5	637.5
R. Williams	262.5	137.5	222.5	622.5
R. Williams	182.5	145	222.5	550
S. Treasure	137.5	97.5	177.5	412.5
M. Anderson	272.5	170	260	702.5
M. Whitwell	260	182.5	242.5	685
B. Phillips	287.5	165	287.5	740
C. Martin	245	177.5	250	672.5
W. Wade	137.5	97.5	177.5	412.5
W. Wade	137.5	97.5	177.5	412.5
D. Weiss	132.5	115	190	437.5

W. Brodious	125	80	137.5	342.5
148				
P. Sytha	227.5	125	247.5	610
T. Parker	200	117.5	250	567.5
165				
C. Hanford	245	147.5	210	622.5
C. Jones	180	112.5	192.5	485
181				
J. Perini	317.5	175	332.5	825
J. Weaver	575	370	540	1485
W. Moore	525	380	500	1405
J. Moore	470	335	585	1390
G. Dorian	460	285	610	1355
275 lb.				
P. Craven	675	430	600	1705
D. Lissoras	500	310	450	1260
D. Lissoras	500	310	450	1260
Teenage				
G. Decrescenzo	300	305	475	1280
J. Shilin	505	340	515	1360
M. Plante	190	95	225	510
R. Laitres				
D. McCauley	475	265	500	1240
D. Levesque	370	235	515	1120
D. Babaw	420	225	460	1105
R. Beaulieu	395	245	500	1140
T. Bennett	395	245	500	1140
B. Barbil	420	225	460	1105

ACTUAL WEIGHT - 744.7
That is the actual poundage of the deadlift made by John Inzer at the deadlift meet in Texas meet, as per his USPF record certificate.

BUILD HUGE MUSCLES

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

\$ \$AYE \$

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
Insosine (HXR), 60 Caps 20.00
Muscle Pump, 24 Paks 22.40
SST 100% Egg Protein, 40 oz. 21.50
Healthy 'N' Fit 33.75
GH Enhancers, 270 Tabs 25.50
Natures Steroids, 30 Paks 33.75
PLUS Nature's Best, Super Spectrim, Weider, Sportstar, Twin Lab, Unipro, Body Ammo, Muscle Fuel, and much more!

CALL TOLL FREE (Orders Only)
1-800-822-9995
Information: Pa & Alaska - 215-670-0103
Visa/MasterCard accepted (no CODs) or send Money Order/Certified check to:
THE VITAMIN OUTLET
P.O. Box 2073 Dept. PL-21
READING, PA. 19608

SEND FOR FREE CATALOGUE!

ADPPA New England Open
1,2 Oct 88 - Milford, NH

Women-Lwt	SQ	BP	DL	Total
J. Sheare (104)	235	115	285	635
L. Johnson (120)	255	135	275	665
S. Heston (120)	255	135	275	665
Hestonstein (101)	170	85	225	480
Heavyweight				
S. Wiener (173)	330	170	420	920
Hilflock (146)	250	115	300	665
D. Ingham (141)	225	145	265	635
M. Plante (133)	190	95	225	510
Management (180)275				
132 lb.				
T. Luther	330	225	380	935
148 lb.				
G. Decrescenzo	500	305	475	1280
A. Frattaso	480	260	450	1190
J. Lamoureux	430	245	500	1175
S. Shilim	465	240	435	1140
C. Gaudin	420	245	440	1105
L. Zito	420	245	440	1105
165 lb.				
A. Nulman (OU)	550	310	540	1400
M. McElroy	495	295	450	1240
P. Dumont	465	280	495	1240
B. Devanna	450	310	475	1235
S. Carlson	450	310	475	1235
R. Laitres	475	295	515	1285
E. Rheame				
J. Moore	545	295	510	1370
C. Lablania	450	365	510	1325
D. McCauley	475	265	500	1240
M. Plante	370	235	515	1120
D. Babaw	420	225	460	1105
W. Parks				
198 lb.				
P. Dierbake	520	290	540	1350
P. Beaulieu	500	285	530	1315
R. Beaulieu	395	245	500	1140
R. Navin	365	290	475	1130
B. Paul II (OU)	685	400	615	1700
B. Glanola	680	420	550	1650
K. Kidder	570	410	570	1550
S. Cunningham	550	365	525	1440

FULLY LOADED AND READY TO SHOOT

LINDA FINNEGAN
Free Lance Photographer
Where Were You Shot!
USPF Women's Nationals, USPF Natural Nationals, ADPPA Women's Nationals, APF Jr. Nationals, USPF Jr. Nationals, Muscle Beach Open, Texas Grand, USPF Boys & Girls Teenage Nationals, Deadlift Meet in Texas, World Record Breakers Invitational Bench Press Meet, Texas Cup

Please send photo request to: **LINDA FINNEGAN**, 5916 Beverly Dr. West No. 2189F, Ft. Worth, TX 76132
8x10 size photo is \$8.64 (includes packaging & postage)

Never train alone, always back off when you feel pain, and always have an injury checked out by a physician.

Training Tips



DEADLIFT ASSISTANCE... "I read a lot about lifters doing rack work to improve their deadlift. I never saw much of an improvement when I tried rack work or lifting off blocks. My 'plateau buster' is heavy, heavy leg presses with the feet positioning and spacing the same as my deadlift. Also, I only perform a partial rep. I don't bring my knees to my ears; just deep enough to simulate the starting position of my deadlift. Also, by doing only a partial rep I can handle that much more weight. This method has enabled me to perform my deadlift correctly (utilizing my legs to the fullest off the floor and using my back more for the lockout), create explosion of the floor through my 'stricking point', and enjoy a higher total and 'ace in the hole' as a result. This method should be worked very heavy for 5-8 reps, 2-3 sets. I suggest it be done following deadlifts and a few days prior to heavy squatting. Due to the intensity of the exercise, you must keep a few things in mind: (1) This is best used in the 'off season' or early pre-contest cycle. (2) This may affect your squat day. Monitor your leg recovery time. (3) Be careful not to overtrain." **GEORGE C. DYER III** lphograph above shows Bob Wahl in a pulling position that indicates how partial leg presses can simulate the initial phase of the deadlift!

If you've got a great little training idea you've run across, write it up and send it in to "PL USA Training Tips", Box 467, Camanillo, CA 95011, and if we use it we'll renew your subscription to PL USA for one year FREE!

Eastern USA All-Natural

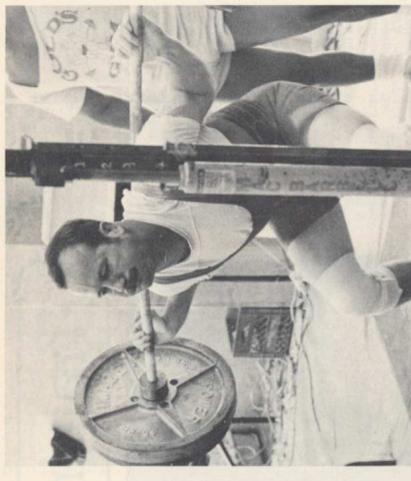
28 AUG 88 - Lindenhurst, NY

Weight	SQ	BP	DL	Total
123 lb.	250	150	345*	745
158 lb.	360	195	485*	960
198 lb.	500	270	590	1360
225 lb.	650	375	840	1865
275 lb.	850	500	1100	2450
315 lb.	1050	650	1400	3100
365 lb.	1300	850	1800	3950
425 lb.	1600	1100	2300	5000
475 lb.	1900	1400	2900	6200
525 lb.	2200	1700	3600	7500
575 lb.	2500	2000	4400	8900
625 lb.	2800	2300	5300	10400
675 lb.	3100	2600	6300	12000
725 lb.	3400	2900	7400	13700
775 lb.	3700	3200	8600	15500
825 lb.	4000	3500	9900	17400
875 lb.	4300	3800	11300	19400
925 lb.	4600	4100	12800	21500
975 lb.	4900	4400	14400	23700
1025 lb.	5200	4700	16100	25900
1075 lb.	5500	5000	17900	28400
1125 lb.	5800	5300	19800	31000
1175 lb.	6100	5600	21800	33500
1225 lb.	6400	5900	23900	36000
1275 lb.	6700	6200	26100	38700
1325 lb.	7000	6500	28400	41500
1375 lb.	7300	6800	30800	44500
1425 lb.	7600	7100	33300	47600
1475 lb.	7900	7400	35900	50700
1525 lb.	8200	7700	38600	54000
1575 lb.	8500	8000	41400	57400
1625 lb.	8800	8300	44300	60900
1675 lb.	9100	8600	47300	64500
1725 lb.	9400	8900	50400	68200
1775 lb.	9700	9200	53600	72000
1825 lb.	10000	9500	56900	75900
1875 lb.	10300	9800	60300	80000
1925 lb.	10600	10100	63800	84100
1975 lb.	10900	10400	67400	88400
2025 lb.	11200	10700	71100	92900
2075 lb.	11500	11000	74900	97600
2125 lb.	11800	11300	78800	102500
2175 lb.	12100	11600	82800	107600
2225 lb.	12400	11900	86900	112900
2275 lb.	12700	12200	91100	118400
2325 lb.	13000	12500	95400	124100
2375 lb.	13300	12800	99800	129900
2425 lb.	13600	13100	104300	135900
2475 lb.	13900	13400	108900	142100
2525 lb.	14200	13700	113600	148500
2575 lb.	14500	14000	118400	155100
2625 lb.	14800	14300	123300	161900
2675 lb.	15100	14600	128300	168900
2725 lb.	15400	14900	133400	176100
2775 lb.	15700	15200	138600	183500
2825 lb.	16000	15500	143900	191100
2875 lb.	16300	15800	149300	198900
2925 lb.	16600	16100	154800	206900
2975 lb.	16900	16400	160400	215100
3025 lb.	17200	16700	166100	223500
3075 lb.	17500	17000	171900	232100
3125 lb.	17800	17300	177800	240900
3175 lb.	18100	17600	183800	250000
3225 lb.	18400	17900	189900	259300
3275 lb.	18700	18200	196100	268900
3325 lb.	19000	18500	202400	278800
3375 lb.	19300	18800	208800	288900
3425 lb.	19600	19100	215300	299200
3475 lb.	19900	19400	221900	309700
3525 lb.	20200	19700	228600	320400
3575 lb.	20500	20000	235400	331300
3625 lb.	20800	20300	242300	342400
3675 lb.	21100	20600	249300	353700
3725 lb.	21400	20900	256400	365200
3775 lb.	21700	21200	263600	376900
3825 lb.	22000	21500	270900	388800
3875 lb.	22300	21800	278300	400900
3925 lb.	22600	22100	285800	413200
3975 lb.	22900	22400	293400	425700
4025 lb.	23200	22700	301100	438400
4075 lb.	23500	23000	308900	451300
4125 lb.	23800	23300	316800	464400
4175 lb.	24100	23600	324800	477700
4225 lb.	24400	23900	332900	491200
4275 lb.	24700	24200	341100	504900
4325 lb.	25000	24500	349400	518800
4375 lb.	25300	24800	357800	532900
4425 lb.	25600	25100	366300	547200
4475 lb.	25900	25400	374900	561700
4525 lb.	26200	25700	383600	576400
4575 lb.	26500	26000	392400	591300
4625 lb.	26800	26300	401300	606400
4675 lb.	27100	26600	410300	621700
4725 lb.	27400	26900	419400	637200
4775 lb.	27700	27200	428600	652900
4825 lb.	28000	27500	437900	668800
4875 lb.	28300	27800	447300	684900
4925 lb.	28600	28100	456800	701200
4975 lb.	28900	28400	466400	717700
5025 lb.	29200	28700	476100	734400
5075 lb.	29500	29000	485900	751300
5125 lb.	29800	29300	495800	768400
5175 lb.	30100	29600	505800	785700
5225 lb.	30400	29900	515900	803200
5275 lb.	30700	30200	526100	820900
5325 lb.	31000	30500	536400	838800
5375 lb.	31300	30800	546800	856900
5425 lb.	31600	31100	557300	875200
5475 lb.	31900	31400	567900	893700
5525 lb.	32200	31700	578600	912400
5575 lb.	32500	32000	589400	931300
5625 lb.	32800	32300	600300	950400
5675 lb.	33100	32600	611300	969700
5725 lb.	33400	32900	622400	989200
5775 lb.	33700	33200	633600	1008900
5825 lb.	34000	33500	644900	1028800
5875 lb.	34300	33800	656300	1048900
5925 lb.	34600	34100	667800	1069200
5975 lb.	34900	34400	679400	1089700
6025 lb.	35200	34700	691100	1110400
6075 lb.	35500	35000	702900	1131300
6125 lb.	35800	35300	714800	1152400
6175 lb.	36100	35600	726800	1173700
6225 lb.	36400	35900	738900	1195200
6275 lb.	36700	36200	751100	1216900
6325 lb.	37000	36500	763400	1238800
6375 lb.	37300	36800	775800	1260900
6425 lb.	37600	37100	788300	1283200
6475 lb.	37900	37400	800900	1305700
6525 lb.	38200	37700	813600	1328400
6575 lb.	38500	38000	826400	1351300
6625 lb.	38800	38300	839300	1374400
6675 lb.	39100	38600	852300	1397700
6725 lb.	39400	38900	865400	1421200
6775 lb.	39700	39200	878600	1444900
6825 lb.	40000	39500	891900	1468800
6875 lb.	40300	39800	905300	1492900
6925 lb.	40600	40100	918800	1517200
6975 lb.	40900	40400	932400	1541700
7025 lb.	41200	40700	946100	1566400
7075 lb.	41500	41000	960000	1591300
7125 lb.	41800	41300	974000	1616400
7175 lb.	42100	41600	988100	1641700
7225 lb.	42400	41900	1002300	1667200
7275 lb.	42700	42200	1016600	1692900
7325 lb.	43000	42500	1031100	1718800
7375 lb.	43300	42800	1045700	1744900
7425 lb.	43600	43100	1060400	1771200
7475 lb.	43900	43400	1075200	1797700
7525 lb.	44200	43700	1090100	1824400
7575 lb.	44500	44000	1105100	1851300
7625 lb.	44800	44300	1120200	1878400
7675 lb.	45100	44600	1135400	1905700
7725 lb.	45400	44900	1150700	1933200
7775 lb.	45700	45200	1166100	1960900
7825 lb.	46000	45500	1181600	1988800
7875 lb.	46300	45800	1197200	2016900
7925 lb.	46600	46100	1212900	2045200
7975 lb.	46900	46400	1228700	2073700
8025 lb.	47200	46700	1244600	2102400
8075 lb.	47500	47000	1260600	2131300
8125 lb.	47800	47300	1276700	2160400
8175 lb.	48100	47600	1292900	2189700
8225 lb.	48400	47900	1309200	2219200
8275 lb.	48700	48200	1325600	2248900
8325 lb.	49000	48500	1342100	2278800
8375 lb.	49300	48800	1358700	2308900
8425 lb.	49600	49100	1375400	2339200
8475 lb.	49900	49400	1392200	2369700
8525 lb.	50200	49700	1409100	2400400
8575 lb.	50500	50000	1426100	2431300
8625 lb.	50800	50300	1443200	2462400
8675 lb.	51100	50600	1460400	2493700
8725 lb.	51400	50900	1477700	2525200
8775 lb.	51700	51200	1495100	2556900
8825 lb.	52000	51500	1512600	2588800
8875 lb.	52300	51800	1530200	2620900
8925 lb.	52600	52100	1547900	2653200
8975 lb.	52900	52400	1565700	2685700
9025 lb.	53200	52700	1583600	2718400
9075 lb.	53500	53000	1601600	2751300
9125 lb.	53800	53300	1619700	2784400
9175 lb.	54100	53600	1637900	2817700
9225 lb.	54400	53900		

6th Muscle Beach Championship

11-12 Jun 88 - Galveston, TX (kg)

Natural	SQ	BP	DL	Total
148 lb.	180	120	205	505
J. Anderson	205	135	217.5	547.5
165 lb.	205	135	217.5	547.5
R. Hill	190	117.5	185	492.5
181 lb.	222.5	142.5	250	620
C. George	217.5	132.5	222.5	572.5
B. Schiller	210	130	230	570
L. Guzman	205	142.5	215	567.5
S. Culver	165	107.5	175	447.5
G. Dalton	198	116	207.5	521.5
198 lb.	227.5	160	277.5	710
N. Young	205	135	217.5	557.5
205 lb.	205	135	217.5	557.5
J. Hamilton	160	125	190	475
220 lb.	292.5	170	260	622.5
M. Klaves	272.5	170	260	692.5
J. Cannon	205	140	197.5	542.5
L. Tucker	205	140	197.5	542.5
240 lb.	297.5	222.5	260	780
D. McQuig	240	170	232.5	642.5
J. Garcia	237.5	147.5	240	625
275 lb.	312.5	185	320	817.5
W. Dorsey	280	150	325	755
300 lb.	362.5	182.5	350	895
SHW	182.5	137.5	200	520
Below 2	165	107.5	227.5	500
148 lb.	205	135	217.5	557.5
K. Misenheimer	190	117.5	185	492.5
R. Hill	217.5	132.5	222.5	572.5
B. Schiller	210	130	230	570
L. Guzman	192.5	132.5	207.5	532.5
J. Schuler	160	127.5	210	497.5
198 lb.	237.5	160	242.5	640
G. Hill	200	132.5	210	612.5
B. Bailey	207.5	145	195	547.5
T. Dupler	207.5	145	195	547.5
F. Wolf, Jr.	200	147.5	190	537.5
M. Sharp	192.5	120	215	527.5
205 lb.	205	135	217.5	557.5
T. Van Horn	185	137.5	190	512.5
N. Jimenez	205	135	217.5	557.5
220 lb.	282.5	175	260	717.5
L. Tucker	205	140	197.5	542.5
J. Cannon	205	140	197.5	542.5
242 lb.	362.5	182.5	350	895
D. McQuig	257.5	155	257.5	672.5
D. Reddell	250	177.5	255	682.5
D. Ramirez	257.5	177.5	255	690
K. Springs	280	150	325	755
M. Reese	272.5	125	250	647.5
SHW	277.5	147.5	277.5	702.5
Olympics	102.5	65	137.5	305
M. Claus (w)	205	135	217.5	557.5
165 lb.	227.5	142.5	250	620
R. Restivo	257.5	142.5	250	650
R. Richter	227.5	142.5	250	620
M. Reed	257.5	142.5	250	650
T. Vo	120	80	160	360
E. Wells	177.5	107.5	192.5	477.5
P. McNeil	177.5	107.5	192.5	477.5
J. Mala	177.5	107.5	192.5	477.5
J. Hollingsworth	177.5	107.5	192.5	477.5
M. Graves	205	140	197.5	542.5
J. Cannon	205	140	197.5	542.5
242 lb.	362.5	182.5	350	895
R. Tucker	317.5	190	292.5	800
F. Christman	292.5	187.5	290	770
J. Bright	275	165	285	725
SHW	310	187.5	250	747.5
148 lb.	205	135	217.5	557.5
D. Campbell	145	95	125	365
E. Wells	147.5	110	155	412.5
B. Bolden	300	200	400	1000
E. Kelly	315	220	435	970
K. Misenheimer	220	125	217.5	562.5
181 lb.	425	340	525	1290
Johnson	205	140	205	550
C. Taylor	475	285	455	1215
242 lb.	350	210	400	960
R. Alvarez	380	300	575	1255



Mike Reed, the Chairman of the U.S.P.F. Technical Committee earned 2nd place in the 181's at the Muscle Beach Meet. (Linda Tringano photograph)

Masters	SQ	BP	DL	Total
Garfield	435	300	481	1216
Hoyes	425	320	425	1170
Rogers	325	345	435	1105
198 lb.	611*	460*	600	1671
J. Johnson	400	350	500	1350
Calhoun	400	350	500	1350
220 lb.	600	350	625*	1575
M. Claus	455	410	600	1465
Hedrick	455	410	600	1465
102.5 lb.	102.5	65	137.5	305
M. Claus (w)	102.5	65	137.5	305
114 lb.	102.5	65	137.5	305
J. Miller	102.5	65	137.5	305
120 lb.	112.5	60	110	282.5
K. McCarthy	112.5	60	110	282.5
J. Mims	400	315	455	1170
W. Jones	400	315	455	1170
McDaniel	325	325	500	1150
Gholer	425	205	455	1085
K. Drost	425	205	455	1085
J. Johnson	500	400	555	1455
Miller	485	335	575	1395
SHW	525	455	555	1535
J. O'Donohue (w)	425	345	600	1370
M. Claus (w)	425	345	600	1370
Jordan	300	300	300	900
Samora	300	300	300	900
T. Vo	120	80	160	360
E. Wells	177.5	107.5	192.5	477.5
P. McNeil	177.5	107.5	192.5	477.5
J. Mala	177.5	107.5	192.5	477.5
J. Hollingsworth	177.5	107.5	192.5	477.5
M. Graves	205	140	197.5	542.5
J. Cannon	205	140	197.5	542.5
242 lb.	362.5	182.5	350	895
R. Tucker	317.5	190	292.5	800
F. Christman	292.5	187.5	290	770
J. Bright	275	165	285	725
SHW	310	187.5	250	747.5
148 lb.	205	135	217.5	557.5
D. Campbell	145	95	125	365
E. Wells	147.5	110	155	412.5
B. Bolden	300	200	400	1000
E. Kelly	315	220	435	970
K. Misenheimer	220	125	217.5	562.5
181 lb.	425	340	525	1290
Johnson	205	140	205	550
C. Taylor	475	285	455	1215
242 lb.	350	210	400	960
R. Alvarez	380	300	575	1255

Garfield, Hoyes, Rogers, 198 lb., J. Johnson, Calhoun, 220 lb., M. Claus, Hedrick, 102.5 lb., M. Claus (w), 114 lb., J. Miller, K. McCarthy, J. Mims, W. Jones, McDaniel, Gholer, K. Drost, J. Johnson, Miller, SHW, J. O'Donohue (w), M. Claus (w), Jordan, Samora, T. Vo, E. Wells, P. McNeil, J. Mala, J. Hollingsworth, M. Graves, J. Cannon, 242 lb., R. Tucker, F. Christman, J. Bright, SHW, 148 lb., D. Campbell, E. Wells, B. Bolden, E. Kelly, K. Misenheimer, 181 lb., Johnson, C. Taylor, 242 lb., R. Alvarez

Garfield earned 2nd place in the 181's at the Muscle Beach Meet. (Linda Tringano photograph)

Garfield earned 2nd place in the 181's at the Muscle Beach Meet. (Linda Tringano photograph)

O.S.R. Championships

14 SEP 88 - Mansfield, OH

148 lb.	SQ	BP	DL	Total
372	260	475	1115	2162
Philips	335	250	390	975
S. Stewart	335	250	390	975
181 lb.	415	285	445	1145
J. Harbert	415	285	445	1145
242 lb.	575	375	575	1525
T. Pharr	575	375	575	1525
275 lb.	645	445	645	1735
L. Wysocki	645	445	645	1735
300 lb.	725	500	725	1950
S. DeMarco	725	500	725	1950
350 lb.	815	575	815	2205
J. Falcioni	815	575	815	2205
400 lb.	905	645	905	2455
J. Falcioni	905	645	905	2455
450 lb.	1005	725	1005	2735
J. Falcioni	1005	725	1005	2735
500 lb.	1105	815	1105	3025
J. Falcioni	1105	815	1105	3025
550 lb.	1205	905	1205	3315
J. Falcioni	1205	905	1205	3315
600 lb.	1305	1005	1305	3615
J. Falcioni	1305	1005	1305	3615
650 lb.	1405	1105	1405	3915
J. Falcioni	1405	1105	1405	3915
700 lb.	1505	1205	1505	4215
J. Falcioni	1505	1205	1505	4215
750 lb.	1605	1305	1605	4515
J. Falcioni	1605	1305	1605	4515
800 lb.	1705	1405	1705	4815
J. Falcioni	1705	1405	1705	4815
850 lb.	1805	1505	1805	5115
J. Falcioni	1805	1505	1805	5115
900 lb.	1905	1605	1905	5415
J. Falcioni	1905	1605	1905	5415
950 lb.	2005	1705	2005	5715
J. Falcioni	2005	1705	2005	5715
1000 lb.	2105	1805	2105	6015
J. Falcioni	2105	1805	2105	6015
1050 lb.	2205	1905	2205	6315
J. Falcioni	2205	1905	2205	6315
1100 lb.	2305	2005	2305	6615
J. Falcioni	2305	2005	2305	6615
1150 lb.	2405	2105	2405	6915
J. Falcioni	2405	2105	2405	6915
1200 lb.	2505	2205	2505	7215
J. Falcioni	2505	2205	2505	7215
1250 lb.	2605	2305	2605	7515
J. Falcioni	2605	2305	2605	7515
1300 lb.	2705	2405	2705	7815
J. Falcioni	2705	2405	2705	7815
1350 lb.	2805	2505	2805	8115
J. Falcioni	2805	2505	2805	8115
1400 lb.	2905	2605	2905	8415
J. Falcioni	2905	2605	2905	8415
1450 lb.	3005	2705	3005	8715
J. Falcioni	3005	2705	3005	8715
1500 lb.	3105	2805	3105	9015
J. Falcioni	3105	2805	3105	9015
1550 lb.	3205	2905	3205	9315
J. Falcioni	3205	2905	3205	9315
1600 lb.	3305	3005	3305	9615
J. Falcioni	3305	3005	3305	9615
1650 lb.	3405	3105	3405	9915
J. Falcioni	3405	3105	3405	9915
1700 lb.	3505	3205	3505	10215
J. Falcioni	3505	3205	3505	10215
1750 lb.	3605	3305	3605	10515
J. Falcioni	3605	3305	3605	10515
1800 lb.	3705	3405	3705	10815
J. Falcioni	3705	3405	3705	10815
1850 lb.	3805	3505	3805	11115
J. Falcioni	3805	3505	3805	11115
1900 lb.	3905	3605	3905	11415
J. Falcioni	3905	3605	3905	11415
1950 lb.	4005	3705	4005	11715
J. Falcioni	4005	3705	4005	11715
2000 lb.	4105	3805	4105	12015
J. Falcioni	4105	3805	4105	12015
2050 lb.	4205	3905	4205	12315
J. Falcioni	4205	3905	4205	12315
2100 lb.	4305	4005	4305	12615
J. Falcioni	4305	4005	4305	12615
2150 lb.	4405	4105	4405	12915
J. Falcioni	4405	4105	4405	12915
2200 lb.	4505	4205	4505	13215
J. Falcioni	4505	4205	4505	13215
2250 lb.	4605	4305	4605	13515
J. Falcioni	4605	4305	4605	13515
2300 lb.	4705	4405	4705	13815
J. Falcioni	4705	4405	4705	13815
2350 lb.	4805	4505	4805	14115
J. Falcioni	4805	4505	4805	14115
2400 lb.	4905	4605	4905	14415
J. Falcioni	4905	4605	4905	14415
2450 lb.	5005	4705	5005	14715
J. Falcioni	5005	4705	5005	14715
2500 lb.	5105	4805	5105	15015
J. Falcioni	5105	4805	5105	15015
2550 lb.	5205	4905	5205	15315
J. Falcioni	5205	4905	5205	15315
2600 lb.	5305	5005	5305	15615
J. Falcioni	5305	5005	5305</	

BLUE RIDGE CLASSIC

FEB. 11, 1989

Hendersonville, NC

Open, Class II, Women, Masters, Teenage, Open Bench Press

704-697-7160

or

615-982-0030

25 FEB. Savannah Open Bench, Howard Cohen, 130 Broadwood, Savannah, GA 31405
 25 FEB. Open Bench, Class II Meet, Antridige VWF Barbell Club, 1098 Duas Avenue, Antridige, PA 15003, Tony Pharr or Jim Buifalini 412-266-9774
 25 FEB. USPF Georgia Teenage Championships (teenage, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90-94, 95-99, 100-104, 105-109, 110-114, 115-119, 120-124, 125-129, 130-134, 135-139, 140-144, 145-149, 150-154, 155-159, 160-164, 165-169, 170-174, 175-179, 180-184, 185-189, 190-194, 195-199, 200-204, 205-209, 210-214, 215-219, 220-224, 225-229, 230-234, 235-239, 240-244, 245-249, 250-254, 255-259, 260-264, 265-269, 270-274, 275-279, 280-284, 285-289, 290-294, 295-299, 300-304, 305-309, 310-314, 315-319, 320-324, 325-329, 330-334, 335-339, 340-344, 345-349, 350-354, 355-359, 360-364, 365-369, 370-374, 375-379, 380-384, 385-389, 390-394, 395-399, 400-404, 405-409, 410-414, 415-419, 420-424, 425-429, 430-434, 435-439, 440-444, 445-449, 450-454, 455-459, 460-464, 465-469, 470-474, 475-479, 480-484, 485-489, 490-494, 495-499, 500-504, 505-509, 510-514, 515-519, 520-524, 525-529, 530-534, 535-539, 540-544, 545-549, 550-554, 555-559, 560-564, 565-569, 570-574, 575-579, 580-584, 585-589, 590-594, 595-599, 600-604, 605-609, 610-614, 615-619, 620-624, 625-629, 630-634, 635-639, 640-644, 645-649, 650-654, 655-659, 660-664, 665-669, 670-674, 675-679, 680-684, 685-689, 690-694, 695-699, 700-704, 705-709, 710-714, 715-719, 720-724, 725-729, 730-734, 735-739, 740-744, 745-749, 750-754, 755-759, 760-764, 765-769, 770-774, 775-779, 780-784, 785-789, 790-794, 795-799, 800-804, 805-809, 810-814, 815-819, 820-824, 825-829, 830-834, 835-839, 840-844, 845-849, 850-854, 855-859, 860-864, 865-869, 870-874, 875-879, 880-884, 885-889, 890-894, 895-899, 900-904, 905-909, 910-914, 915-919, 920-924, 925-929, 930-934, 935-939, 940-944, 945-949, 950-954, 955-959, 960-964, 965-969, 970-974, 975-979, 980-984, 985-989, 990-994, 995-999, 1000-1004, 1005-1009, 1010-1014, 1015-1019, 1020-1024, 1025-1029, 1030-1034, 1035-1039, 1040-1044, 1045-1049, 1050-1054, 1055-1059, 1060-1064, 1065-1069, 1070-1074, 1075-1079, 1080-1084, 1085-1089, 1090-1094, 1095-1099, 1100-1104, 1105-1109, 1110-1114, 1115-1119, 1120-1124, 1125-1129, 1130-1134, 1135-1139, 1140-1144, 1145-1149, 1150-1154, 1155-1159, 1160-1164, 1165-1169, 1170-1174, 1175-1179, 1180-1184, 1185-1189, 1190-1194, 1195-1199, 1200-1204, 1205-1209, 1210-1214, 1215-1219, 1220-1224, 1225-1229, 1230-1234, 1235-1239, 1240-1244, 1245-1249, 1250-1254, 1255-1259, 1260-1264, 1265-1269, 1270-1274, 1275-1279, 1280-1284, 1285-1289, 1290-1294, 1295-1299, 1300-1304, 1305-1309, 1310-1314, 1315-1319, 1320-1324, 1325-1329, 1330-1334, 1335-1339, 1340-1344, 1345-1349, 1350-1354, 1355-1359, 1360-1364, 1365-1369, 1370-1374, 1375-1379, 1380-1384, 1385-1389, 1390-1394, 1395-1399, 1400-1404, 1405-1409, 1410-1414, 1415-1419, 1420-1424, 1425-1429, 1430-1434, 1435-1439, 1440-1444, 1445-1449, 1450-1454, 1455-1459, 1460-1464, 1465-1469, 1470-1474, 1475-1479, 1480-1484, 1485-1489, 1490-1494, 1495-1499, 1500-1504, 1505-1509, 1510-1514, 1515-1519, 1520-1524, 1525-1529, 1530-1534, 1535-1539, 1540-1544, 1545-1549, 1550-1554, 1555-1559, 1560-1564, 1565-1569, 1570-1574, 1575-1579, 1580-1584, 1585-1589, 1590-1594, 1595-1599, 1600-1604, 1605-1609, 1610-1614, 1615-1619, 1620-1624, 1625-1629, 1630-1634, 1635-1639, 1640-1644, 1645-1649, 1650-1654, 1655-1659, 1660-1664, 1665-1669, 1670-1674, 1675-1679, 1680-1684, 1685-1689, 1690-1694, 1695-1699, 1700-1704, 1705-1709, 1710-1714, 1715-1719, 1720-1724, 1725-1729, 1730-1734, 1735-1739, 1740-1744, 1745-1749, 1750-1754, 1755-1759, 1760-1764, 1765-1769, 1770-1774, 1775-1779, 1780-1784, 1785-1789, 1790-1794, 1795-1799, 1800-1804, 1805-1809, 1810-1814, 1815-1819, 1820-1824, 1825-1829, 1830-1834, 1835-1839, 1840-1844, 1845-1849, 1850-1854, 1855-1859, 1860-1864, 1865-1869, 1870-1874, 1875-1879, 1880-1884, 1885-1889, 1890-1894, 1895-1899, 1900-1904, 1905-1909, 1910-1914, 1915-1919, 1920-1924, 1925-1929, 1930-1934, 1935-1939, 1940-1944, 1945-1949, 1950-1954, 1955-1959, 1960-1964, 1965-1969, 1970-1974, 1975-1979, 1980-1984, 1985-1989, 1990-1994, 1995-1999, 2000-2004, 2005-2009, 2010-2014, 2015-2019, 2020-2024, 2025-2029, 2030-2034, 2035-2039, 2040-2044, 2045-2049, 2050-2054, 2055-2059, 2060-2064, 2065-2069, 2070-2074, 2075-2079, 2080-2084, 2085-2089, 2090-2094, 2095-2099, 2100-2104, 2105-2109, 2110-2114, 2115-2119, 2120-2124, 2125-2129, 2130-2134, 2135-2139, 2140-2144, 2145-2149, 2150-2154, 2155-2159, 2160-2164, 2165-2169, 2170-2174, 2175-2179, 2180-2184, 2185-2189, 2190-2194, 2195-2199, 2200-2204, 2205-2209, 2210-2214, 2215-2219, 2220-2224, 2225-2229, 2230-2234, 2235-2239, 2240-2244, 2245-2249, 2250-2254, 2255-2259, 2260-2264, 2265-2269, 2270-2274, 2275-2279, 2280-2284, 2285-2289, 2290-2294, 2295-2299, 2300-2304, 2305-2309, 2310-2314, 2315-2319, 2320-2324, 2325-2329, 2330-2334, 2335-2339, 2340-2344, 2345-2349, 2350-2354, 2355-2359, 2360-2364, 2365-2369, 2370-2374, 2375-2379, 2380-2384, 2385-2389, 2390-2394, 2395-2399, 2400-2404, 2405-2409, 2410-2414, 2415-2419, 2420-2424, 2425-2429, 2430-2434, 2435-2439, 2440-2444, 2445-2449, 2450-2454, 2455-2459, 2460-2464, 2465-2469, 2470-2474, 2475-2479, 2480-2484, 2485-2489, 2490-2494, 2495-2499, 2500-2504, 2505-2509, 2510-2514, 2515-2519, 2520-2524, 2525-2529, 2530-2534, 2535-2539, 2540-2544, 2545-2549, 2550-2554, 2555-2559, 2560-2564, 2565-2569, 2570-2574, 2575-2579, 2580-2584, 2585-2589, 2590-2594, 2595-2599, 2600-2604, 2605-2609, 2610-2614, 2615-2619, 2620-2624, 2625-2629, 2630-2634, 2635-2639, 2640-2644, 2645-2649, 2650-2654, 2655-2659, 2660-2664, 2665-2669, 2670-2674, 2675-2679, 2680-2684, 2685-2689, 2690-2694, 2695-2699, 2700-2704, 2705-2709, 2710-2714, 2715-2719, 2720-2724, 2725-2729, 2730-2734, 2735-2739, 2740-2744, 2745-2749, 2750-2754, 2755-2759, 2760-2764, 2765-2769, 2770-2774, 2775-2779, 2780-2784, 2785-2789, 2790-2794, 2795-2799, 2800-2804, 2805-2809, 2810-2814, 2815-2819, 2820-2824, 2825-2829, 2830-2834, 2835-2839, 2840-2844, 2845-2849, 2850-2854, 2855-2859, 2860-2864, 2865-2869, 2870-2874, 2875-2879, 2880-2884, 2885-2889, 2890-2894, 2895-2899, 2900-2904, 2905-2909, 2910-2914, 2915-2919, 2920-2924, 2925-2929, 2930-2934, 2935-2939, 2940-2944, 2945-2949, 2950-2954, 2955-2959, 2960-2964, 2965-2969, 2970-2974, 2975-2979, 2980-2984, 2985-2989, 2990-2994, 2995-2999, 3000-3004, 3005-3009, 3010-3014, 3015-3019, 3020-3024, 3025-3029, 3030-3034, 3035-3039, 3040-3044, 3045-3049, 3050-3054, 3055-3059, 3060-3064, 3065-3069, 3070-3074, 3075-3079, 3080-3084, 3085-3089, 3090-3094, 3095-3099, 3100-3104, 3105-3109, 3110-3114, 3115-3119, 3120-3124, 3125-3129, 3130-3134, 3135-3139, 3140-3144, 3145-3149, 3150-3154, 3155-3159, 3160-3164, 3165-3169, 3170-3174, 3175-3179, 3180-3184, 3185-3189, 3190-3194, 3195-3199, 3200-3204, 3205-3209, 3210-3214, 3215-3219, 3220-3224, 3225-3229, 3230-3234, 3235-3239, 3240-3244, 3245-3249, 3250-3254, 3255-3259, 3260-3264, 3265-3269, 3270-3274, 3275-3279, 3280-3284, 3285-3289, 3290-3294, 3295-3299, 3300-3304, 3305-3309, 3310-3314, 3315-3319, 3320-3324, 3325-3329, 3330-3334, 3335-3339, 3340-3344, 3345-3349, 3350-3354, 3355-3359, 3360-3364, 3365-3369, 3370-3374, 3375-3379, 3380-3384, 3385-3389, 3390-3394, 3395-3399, 3400-3404, 3405-3409, 3410-3414, 3415-3419, 3420-3424, 3425-3429, 3430-3434, 3435-3439, 3440-3444, 3445-3449, 3450-3454, 3455-3459, 3460-3464, 3465-3469, 3470-3474, 3475-3479, 3480-3484, 3485-3489, 3490-3494, 3495-3499, 3500-3504, 3505-3509, 3510-3514, 3515-3519, 3520-3524, 3525-3529, 3530-3534, 3535-3539, 3540-3544, 3545-3549, 3550-3554, 3555-3559, 3560-3564, 3565-3569, 3570-3574, 3575-3579, 3580-3584, 3585-3589, 3590-3594, 3595-3599, 3600-3604, 3605-3609, 3610-3614, 3615-3619, 3620-3624, 3625-3629, 3630-3634, 3635-3639, 3640-3644, 3645-3649, 3650-3654, 3655-3659, 3660-3664, 3665-3669, 3670-3674, 3675-3679, 3680-3684, 3685-3689, 3690-3694, 3695-3699, 3700-3704, 3705-3709, 3710-3714, 3715-3719, 3720-3724, 3725-3729, 3730-3734, 3735-3739, 3740-3744, 3745-3749, 3750-3754, 3755-3759, 3760-3764, 3765-3769, 3770-3774, 3775-3779, 3780-3784, 3785-3789, 3790-3794, 3795-3799, 3800-3804, 3805-3809, 3810-3814, 3815-3819, 3820-3824, 3825-3829, 3830-3834, 3835-3839, 3840-3844, 3845-3849, 3850-3854, 3855-3859, 3860-3864, 3865-3869, 3870-3874, 3875-3879, 3880-3884, 3885-3889, 3890-3894, 3895-3899, 3900-3904, 3905-3909, 3910-3914, 3915-3919, 3920-3924, 3925-3929, 3930-3934, 3935-3939, 3940-3944, 3945-3949, 3950-3954, 3955-3959, 3960-3964, 3965-3969, 3970-3974, 3975-3979, 3980-3984, 3985-3989, 3990-3994, 3995-3999, 4000-4004, 4005-4009, 4010-4014, 4015-4019, 4020-4024, 4025-4029, 4030-4034, 4035-4039, 4040-4044, 4045-4049, 4050-4054, 4055-4059, 4060-4064, 4065-4069, 4070-4074, 4075-4079, 4080-4084, 4085-4089, 4090-4094, 4095-4099, 4100-4104, 4105-4109, 4110-4114, 4115-4119, 4120-4124, 4125-4129, 4130-4134, 4135-4139, 4140-4144, 4145-4149, 4150-4154, 4155-4159, 4160-4164, 4165-4169, 4170-4174, 4175-4179, 4180-4184, 4185-4189, 4190-4194, 4195-4199, 4200-4204, 4205-4209, 4210-4214, 4215-4219, 4220-4224, 4225-4229, 4230-4234, 4235-4239, 4240-4244, 4245-4249, 4250-4254, 4255-4259, 4260-4264, 4265-4269, 4270-4274, 4275-4279, 4280-4284, 4285-4289, 4290-4294, 4295-4299, 4300-4304, 4305-4309, 4310-4314, 4315-4319, 4320-4324, 4325-4329, 4330-4334, 4335-4339, 4340-4344, 4345-4349, 4350-4354, 4355-4359, 4360-4364, 4365-4369, 4370-4374, 4375-4379, 4380-4384, 4385-4389, 4390-4394, 4395-4399, 4400-4404, 4405-4409, 4410-4414, 4415-4419, 4420-4424, 4425-4429, 4430-4434, 4435-4439, 4440-4444, 4445-4449, 4450-4454, 4455-4459, 4460-4464, 4465-4469, 4470-4474, 4475-4479, 4480-4484, 4485-4489, 4490-4494, 4495-4499, 4500-4504, 4505-4509, 4510-4514, 4515-4519, 4520-4524, 4525-4529, 4530-4534, 4535-4539, 4540-4544, 4545-4549, 4550-4554, 4555-4559, 4560-4564, 4565-4569, 4570-4574, 4575-4579, 4580-4584, 4585-4589, 4590-4594, 4595-4599, 4600-4604, 4605-4609, 4610-4614, 4615-4619, 4620-4624, 4625-4629, 4630-4634, 4635-4639, 4640-4644, 4645-4649, 4650-4654, 4655-4659, 4660-4664, 4665-4669, 4670-4674, 4675-4679, 4680-4684, 4685-4689, 4690-4694, 4695-4699, 4700-4704, 4705-4709, 4710-4714, 4715-4719, 4720-4724, 4725-4729, 4730-4734, 4735-4739, 4740-4744, 4745-4749, 4750-4754, 4755-4759, 4760-4764, 4765-4769, 4770-4774, 4775-4779, 4780-4784, 4785-4789, 4790-4794, 4795-4799, 4800-4804, 4805-4809, 4810-4814, 4815-4819, 4820-4824, 4825-4829, 4830-4834, 4835-4839, 4840-4844, 4845-4849, 4850-4854, 4855-4859, 4860-4864, 4865-4869, 4870-4874, 4875-4879, 4880-4884, 4885-4889, 4890-4894, 4895-4899, 4900-4904, 4905-4909, 4910-4914, 4915-4919, 4920-4924, 4925-4929, 4930-4934, 4935-4939, 4940-4944, 4945-4949, 4950-4954, 4955-4959, 4960-4964, 4965-4969, 4970-4974, 4975-4979, 4980-4984, 4985-4989, 4990-4994, 4995-4999, 5000-5004, 5005-5009, 5010-5014, 5015-5019, 5020-5024, 5025-5029, 5030-5034, 5035-5039, 5040-5044, 5045-5049, 5050-5054, 5055-5059, 5060-5064, 5065-5069, 5070-5074, 5075-5079, 5080-5084, 5085-5089, 5090-5094, 5095-5099, 5100-5104, 5105-5109, 5110-5114, 5115-5119, 5120-5124, 5125-5129, 5130-5134, 5135-5139, 5140-5144, 5145-5149, 5150-5154, 5155-5159, 5160-5164, 5165-5169, 5170-5174, 5175-5179, 5180-5184, 5185-5189, 5190-5194, 5195-5199, 5200-5204, 5205-5209, 5210-5214, 5215-5219, 5220-5224, 5225-5229, 5230-5234, 5235-5239, 5240-5244, 5245-5249, 5250-5254, 5255-5259, 5260-5264, 5265-5269, 5270-5274, 5275-5279, 5280-5284, 5285-5289, 5290-5294, 5295-5299, 5300-5304, 5305-5309, 5310-5314, 5315-5319, 5320-5324, 5325-5329, 5330-5334, 5335-5339, 5340-5344, 5345-5349, 5350-5354, 5355-5359, 5360-5364, 5365-5369, 5370-5374, 5375-5379, 5380-5384, 5385-5389, 5390-5394, 5395-5399, 5400-5404, 5405-5409, 5410-5414, 5415-5419, 5420-5424, 5425-5429, 5430-5434, 5435-5439, 5440-5444, 5445-5449, 5450-5454, 5455-5459, 5460-5464, 5465-5469, 5470-5474, 5475-5479, 5480-5484, 5485-5489, 5490-5494, 5495-5499, 5500-5504, 5505-5509, 5510-5514, 5515-5519, 5520-5524, 5525-5529, 5530-5534, 5535-5539, 5540-5544, 5545-5549, 5550-5554, 5555-5559, 5560-5564, 5565-5569, 5570-5574, 5575-5579, 5580-5584, 5585-5589, 5590-5594, 5595-5599, 5600-5604, 5605-5609, 5610-5614, 5615-5619, 5620-5624, 5625-5629, 5630-5634, 5635-5639, 5640-5644, 5645-5649, 5650-5654, 5655-5659, 5660-5664, 5665-5669, 5670-5674, 5675-5679, 5680-5684, 5685-5689, 5690-5694, 5695-5699,

Powerlifting has lost a Great Friend



Jim and Helen Witt after a 9 year battle with cancer. Jim Witt's wife of 46 years, Helen, passed away recently. Though she was lifted, Jim feels that she was a great friend to Powerlifting because after all the Powerlifting that passed through their lives, she never put up any fuss about his dedication to the Iron Game. "Can you imagine that he can not remember me for 46 years?", reflects Jim, who further notes that he can not travel to a serious argument between them during their marriage. She traveled to many meets with him, and often knitted while Jim lifted. Jim Witt, Powerlifting's First National Chairman, the First Master Powerlifter, Member of the Hall of Fame, and setter of untold numbers of records remembers her just as well as the day she died. "I will miss her terribly, but I will never forget her by also being the one who was always there to support me in my Powerlifting. His training or the manner in which he trained me, and never had a harsh word to say about any of Jim's many lifting or training friends. When things were tough, she was always there. (Photo by Alan Mills)

ships. World Powerlifting Championship, P.O. Box 717, Sydney, Nova Scotia, CANADA 405-275-5689.
13 AUG. Flat YMCA Open Bench, Dave Cammon, 411 E. Third St., Flint, MI 48503. 313-233-8096 or 313-239-9622.
19 AUG. 4th annual Iowa State Fair Bench Press, Deadlift (bench), open, novice, masters, women, teen, beginners, team, deadlift, open, bench, novice, masters, women, teen, beginners. Des Moines, IA 50315. 515-280-8275.
19-20 AUG. IPA Drug Free World Record Breakers Meet (5 year drug tested period, by invitation only), Spero Germanotown, MD 20874. 301-972-0021.
SEP. Region 4 USPF Championship, Lynn Bee, Gary Morrison, 2454 Avon, Wymon, MA 01987.
25 NOV. Central Iowa Bench Press - Deadlift (bench), open, novice, masters, women, teen, beginners, team, deadlift, open, novice, masters, women, Jeff Baird, 3408 Fairlane Dr., Des Moines, IA 50315. 515-280-8275.
NOV. I.P.F. Men's & Women's World Championship, 1-800-346-2402.

SPECIAL TRAVEL OPPORTUNITY. John Pettit has arranged a toll free number through which you can obtain information on all the upcoming meets anywhere, any time. Call 800-552-4454 (214-995-6844/754737 in Texas) and mention "Powerlifting" or "John Pettit" and you'll be connected to an agent.

RICHARD PETERS Travel Club - Open to All Powerlifters. We offer travel discount packages, anything, anytime, anywhere. 1-800-346-2402.

MEET DIRECTORS!
 Get MORE entries for your meets! Take out a display ad in the Coming Events section of PL USA and get the attention of 1000s. Call Mike Lambert 805-482-2378 and see how little it costs to get your ad in PL USA.

POWER DEMON



"The Ultimate Design"
 Multi colored shirt brings out the DEMON in you!
 Muscle Tank - \$10
 M-L-XL
 White, Gold, Grey
 T-Shirt - \$10
 M-L-XL-XXL
 White, Gold, Grey
 Satin Jacket - \$50
 S-M-L-XL, white only

Sweatshirt - \$18; M-L-XL-XXL; White, Gold, Grey
 *XXL in white only (\$3 additional). Please add \$1.50 shipping per shirt; \$2.00 per sweatshirt and jacket. NY residents please add sales tax.

ORDER FORM

Name _____
 Address _____
 City _____ State _____ Zip _____

ITEM	QTY	COLOR	SIZE	PRICE
Send check, money order or certified check. No cash. To: West Harrison Fitness Center, P.O. Box 78, East White Plains, New York 10604				
TAX (NY's Res. only)				
SHIPPING				
TOTAL				

Allow 3-4 weeks delivery

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 extracts 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™.



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 Pyrodoxine (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 Smilax Officialis (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: Bolasteron — 1800 mgs.; L-Arginine — 500 mgs.; L-Ornithine — 500 mgs.; Beta-Sitosterol — 500 mgs.; Thymus — 200 mgs.; Tryptophan — 100 mgs.; Gamma-Ornyzanol — 1000 mgs.; Smilax Officialis — 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.



Glenn Stevens & Catherine Crammer
Married September 26th

Equipment

Miracle Power Suits - \$37.00, Stretch Suits small-XXL - \$19, Stretch Suits 3X-5X - \$30, Lycra Stretch Suits s-XXL \$30, Wrist Wraps - \$5.00, Chalk 1 lb, \$12, 10 lb, \$80.00, Key Chains - \$1.50, Heavy Duty Dipping Belt - \$30.00, Leather or web training straps \$6.00, Ammonia Caps, box of 12 \$6.00, Hurricane Knee Wraps - \$9.00, Knee Wrap II - \$9, Red Line Wraps \$12.50, Suede Power Belt \$49, Tapered Suede \$39, Leather Belt - \$25.00.

Supplements

Electrolytes 100 cap \$10, Fat Burners 90 tabs \$12, Tri-Min 90 tabs \$10, Carbo Energizer 2.2 lb, \$12, Ultra Inosine 750 mg 100 caps \$16, Hardcore Training Pak 44 day supply \$28, Super Spectrim Vitamins 180 tab \$20, Dessicated Liver 500 tab \$16, Super Spectrim Amino Ammo 150 tab 20

T-shirts and Sweatshirts



All Above in T shirts sizes small to XXL \$10, Navy, Royal Blue or Gray, Sweat shirts "World's Heaviest Sport" or "Masters Worlds Strongest" size small-XXL gray or navy \$25.

ORDER NOW FOR CHRISTMAS DELIVERY

TOLL FREE 1-800-248-LIFT (orders only)



orders only: CALL Toll Free
1-800-248-LIFT or 518-477-4417

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 Unlimited, Glenn Stevens

P.O. Box 364, Rt 152, West Sand Lake, NY 12196
(518) 477-4417 information, 1-800-248-LIFT orders only

\$2.75 handling on all orders. NY State residents add 7% sales tax

Outside US & Canada \$2.75 plus 15% surface 30% air mail, \$2.75 minimum

SEX!

That's right! Yohimbe Bark has been used as an aphrodisiac by African tribes for centuries. Currently, certain extracts have been refined from Yohimbe Bark for the manufacture of a drug that will help mates with prostate and impotence problems. There is NO DOUBT about the strength and muscle mass gains made by lifters using this product! For performance increases you can see and feel. NOW FOR THE FIRST TIME AVAILABLE 1000 mg Yohimbe Bark 100 tabs \$49.50

LOVE

if you liked 5 and 10 mg Dibencozide you will LOVE 20 mg Dibencozide! Let's not fool around! Get right to it! You KNOW this is the most potent steroid replacement around. Now, increase muscularity and build awesome strength with the proven substance you've heard about - BUT IN TWICE THE STRENGTH. 20 mg Dibencozide 100 tab \$60.00

POWER

Power is - the ultimate aphrodisiac. Don't be trampled by the competition on the lifting platform - or anywhere else. Use Power Systems own supplements. Super Dyno Grow (Metabolic Massifier) 2.2 lb. \$25.95; Super 100% Egg Protein 2 lb. \$26.95 (Free Bottle TESTALONE (value \$47) with purchase of either Dyno-Grow or Protein); Super Inosine 1000 mg 50 cap \$17.95, 100 cap \$31.95; Super Gamma 1000mg 30 cap 14.95, 60 cap 25.95; Super Gamma Strol 90 cap 14.95; 1700 Amino Acid Complex 325 tab 15.00; 2000 Plus Amino 250 tab \$20; Smilax 1 oz. \$9.00 2 oz. 16.00; Super Sterol Complex 90 tab 14.95 180 tab 25.95; Anabolic Building Block (6 wk cycle) \$50. OVERDRIVE (New) The best and most effective carb energy powder on the market! Mixes easily in water or juice. 2.2 lb. \$14; SUPER FAT TRIMMERS (New) Uses body's own metabolism to destroy fat cells while maintaining muscle tissue! \$12, TESTALONE (New) with Boron! 850 mg 100 caps \$47.00

ALL ABOVE PRICES GOOD UNTIL DECEMBER 31ST ONLY

Power Systems supplements available at all GNC stores nationwide

TOLL FREE 1-800-248-LIFT orders only

