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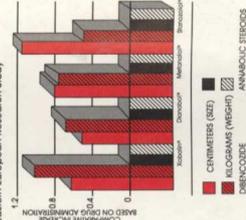
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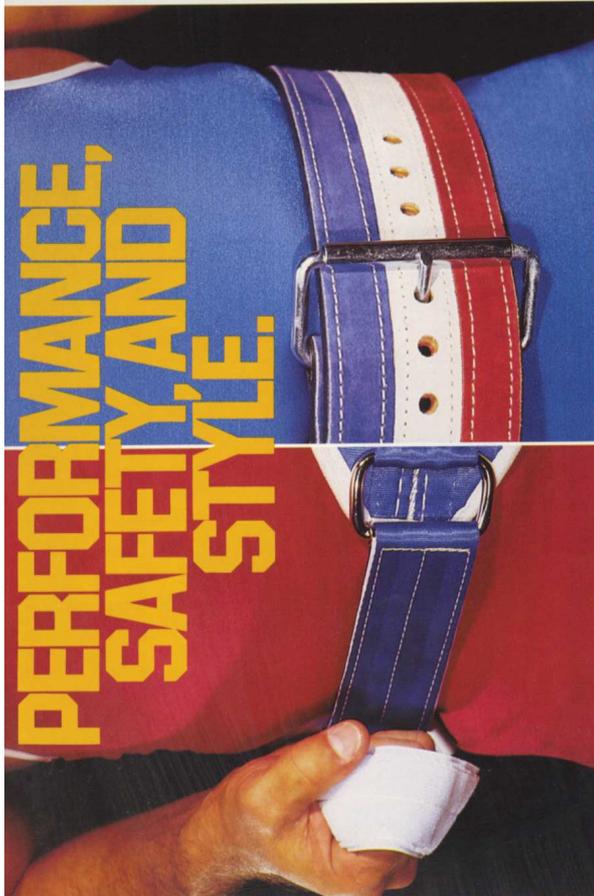
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ON THE COVER...much of the USA contingent at the I.P.F. Worlds: (bottom, left to right) Stella Herrick, Lamar Gant, Tim King; (next row up) Bruce Takala, Sandi King, Gene Bell, Dan Austin, Dave Pattaway, Randy Smith, Dr. Sheridan Oldham; (next row) Abe Roman, Ed Coan, Alamy Alexander, Dave Jacoby, Dr. Sal Arria, Ernie Gilbert; (last row) Calvin Smith, Dr. Richard Herrick, J.D. Carr, and O.D. Wilson.

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# I.P.F. WORLDS

by Mike Lambert



Inaba's FOURTEENTH world title!

This Worlds was the first Senior Men's meet to incorporate the new I.P.F. team point scoring system, involving a maximum of 10 point scoring athletes per national team, representing up to the traditional depth of the USA, Great Britain, Japan and West Germany.

There's an I.P.F. tradition with the likes of Inaba and Isagawa, but Indonesia had several excellent representatives at the recent Asian Championships, including the red hot Male (1218 lb. total at 114), but he and Seng, though entered, did not appear for the competition. Perhaps they are saving their team ammunition for the I.P.F. Junior Worlds.

In the 114s, Inaba had an uncharacteristic 4 for 9 day, however, he had been injured some weeks before and did, jokingly, hold his back in "mock" pain, hobbling off after several hand lifts. Even on an "off" day, and at age 44, he is still better than the best of the rest in this class. John Maxwell of Great Britain had a pulse quickening battle with Yesohara of India for the other two medals. It came down to the final pulls. Maxwell lifted, but not successfully in the eyes of the judges, and Yesohara took his shot and made what he needed on his critical 3rd try.

At 123, Hiro Isagawa did some of his finest lifting, but it's a wonder because he was held up in Malaysia for 5 days just prior to the meet, sweating out the receipt of his visa to enter Australia. He altered his bench training cycle this time, which allowed him to hit a massive 380 in training at 128 lbs. bodyweight, and this difference produced one of history's finest world record benching demonstrations; 3 in one day!

All 4 lifts came down quickly and were rammed explosively upwards.



A New Routine...produced a 3 world record surge in Isagawa's bench.



Lamar Gant's Magnificent 683 at 132...pulled half way around the world.

It was hard to tell the heavier lifts from the lighter. Besides benching, Hirohuku made all of his other attempts, but for a 512 deadlift that just did not fit out of his grasp at the top.

With Isagawa on such a roll, Dave Pattaway made sure to comfortably take the silver medal, while Yngvesson, a former J.R. Worlds contender when they were held here in Australia before, was very impressive in 3rd, with final attempts that were so strongly done. Geoff Cairns hadn't seen his international lifting comrades since Munich in 1982, and his return was rusty, with a battle to get a squat.

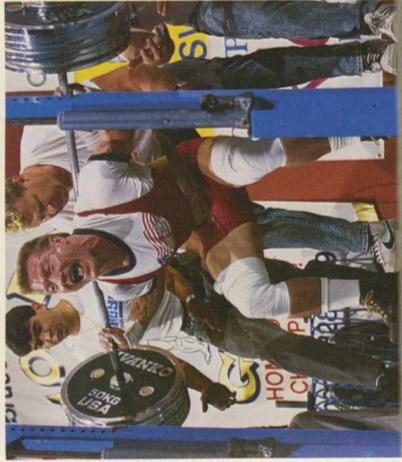


Austin was shocked when his 617 final attempt squat was not passed.

Jeff Madsen of New Zealand could not get a squat signal from the referee on his 1st squat. He altered the bar position on his 2nd attempt, to get the signal, but it also altered his ability to handle the weight and he bombed.

In the 60 kg division, Lamar Gant was going for World Title No. 13, and those who are superstitious might have read something into his first squat attempt, but he came back to get it strongly, and came up solidly with 545, but it was not passed. Lamar cruised, until his last deadlift jump of 83 lbs., which was a steady world record pull. Behind Lamar, the placings were well contested. J.D. Carr had a 606 deadlift almost at lockout, when he collapsed in mid-air from a torn trapezius muscle.

Dan Austin made the top weight in each lift to win the lightweight, but



RANDY SMITH...what can he do to top the kind of year he had in 1988!

for him as they grimly returned to the warm up area, hopefully forgotten by the other competitors, busy with each others intentions. 13 time Aussie champ Glen Waszkell tried his best to move up, as did super psych-up British puller Victor Okieke, and Kiwi Kevin Judson was very impressive in all his lifts. Then Nentis came back to the fray, and ripped up the medal winning 644 pull. "Surprise, I wasn't really hurt at all. Fellow, Swede Kare Lundgren could manage no such dramatics, and bombed out, on a Swedish Eleiko power bar at ten.

In the 181s, Randy Smith lifted enthusiastically and left no openings for Malinen and Hansen, who developed their own little Scandinavian contest. Randy handled every lift, including his 710 squat, very capably and was the most demonstratively happy winner of the meet. He may never take that gold medal off, said he was going to wear it all day, all night, to work, to church, etc. Randy should have gotten a refund on his airline ticket home, because he was up and flying very well on his own after the medal ceremony, without benefit of wings.

Malinen almost bombed. Coach Jani Tahminen tried to change his deadlift weight, which Hansen had made irrelevant as far as the silver, but missed the deadline. Then, Hansen missed the lift awkwardly, before saving the silver and this total with a steady 688 on his final try.

The Middleweights, Ausby, Alex, and Virtanen were clearly well contented. Gene Bell was also well contented. Gene Bell was clearly the dominant force, however, made but unpassed third attempts gave Australia's Laurie Butler some golden imaginations. Laurie handled the challenge of his countryman, Mason Jarline, very cleverly, attempt for attempt, but he saved one lift to try to overtake Gene if the American did not manage his final pull of 722. Laurie got his gubstuffer 733 off the floor a bit, stiff legged, but that was all the Victorian could manage. Jarline, who looks somewhat like Jeff Magruder, was sporting an obvious-ly torn, though now healed, left biceps and received some of the loudest crowd support of any lifter to

open both his eyes and those in the audience a few extra notches.

In the 242s, there was more of some of the lightest competition ever seen in an I.P.F. Worlds, but this time it was for the Gold Medal, where Dave Jacoby was not about to win by 200 lbs. as Coan did. Dave was perfect going into the deadlifts, but the Aussies were licking their chops after their Dino Toci made up 61 pounds in the bench, lying only 17 pounds shy of Dave in subtotal. Their anticipation became understandable when it was revealed that Dino had pulled nearly 800 at the Australian Nationals a few months prior. Dave's opener deadlift was made, easily, but not passed. Possibly, it was close enough to being dropped that they called him for it. It being the I.P.F., the referees are not allowed to explain their calls to the lifters (why? - I've heard that the reason for this policy is the difference in languages between lifters and officials, which might lead to explanations in one language being an unfair advantage for one athlete over another), but there were several such apparent turndowns and warnings at this point in the meet.

Dino went into the lead with an easy 738. Dave met the pressure by willfully conquering 749. Now the pressure was on Dino, or was it? The Australian coaches tried to shift it back on Dave. When the bar was loaded to 771, and Dino called, he just sat in his chair near the platform and let the seconds tick away, watching Dave

Obviously, when Coan shows up, the other guys start looking at medals of lesser color, but the head on competition can be incredible, as it was between the corebacking Tony Stevens of Great Britain and Johnny Melander of Sweden. Melander, who looks like a bodybuilder but has never competed in that regard, put together a superior nine for ten attempt day, and every final seemed and perfectly matched to his capabilities. Stevens, a former world champ and quite dominant in previous European competition, was Melander's target. Stevens did not have a bad day, but missed enough to give Melander a shot, and Tony's big jump and failure on his final deadlift just gave that silver away. The previously composed Melander came unstuck after his final deadlift, and gave the audience a huge double biceps shot, which

for him as they grimly returned to the warm up area, hopefully forgotten by the other competitors, busy with each others intentions. 13 time Aussie champ Glen Waszkell tried his best to move up, as did super psych-up British puller Victor Okieke, and Kiwi Kevin Judson was very impressive in all his lifts. Then Nentis came back to the fray, and ripped up the medal winning 644 pull. "Surprise, I wasn't really hurt at all. Fellow, Swede Kare Lundgren could manage no such dramatics, and bombed out, on a Swedish Eleiko power bar at ten.

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Coan's Opener was dumped forward after his lifting suit blew wide open



Gene Bell...took the 1988's ahead of two Australians: Butler and Jarline.

**I.P.F. Proceedings**...I.P.F. President Heinz Vierthaler of West Germany, and Richard Herrick MD of the United States, came to the I.P.F. Congress in Australia directly from prior meetings in Germany and Switzerland with World Games and IOC officials. The unofficial word is that Powerlifting does not have realistic chance of being accepted into the Olympic movement any time prior to the year 2000. A positive note was sounded, however, regarding the World Games, of which Powerlifting is a charter member. The Olympic Games are reportedly going to be slimmed down in the future, and the "overflow" will be going to the World Games, which are to become something like a 3rd Olympic programme, between the Winter and Summer. The World Games and the Olympics are not competitive with one another, with several major IOC officials also directing the World Games effort for the future. Powerlifting is on the schedule for the next World Games to be held in Karlsruhe, West Germany in July of 1989, and early indications are that these World Games will be a substantially greater presentation than ever before. Applications for the teams to compete in the World Games are being solicited. Upcoming events for the I.P.F. include the Men's and Women's Combined World Championships in Canada for 1989, and the World Masters Championships will also be in Canada. The Jr. Men's Worlds will be in Holland once again, the Women's Worlds in Australia, the Jr. World Championships in Norway, and the World Masters in Australia. Bids recognized for the 1991 meets include the Men's Worlds in Sweden, the Women's Worlds in India, the Jr. Worlds in Indonesia, and the World Masters Championships in Australia once again. Regarding doping, it was noted that there was an apparent case of "overt tampering", referring to the disqualification of Women's World Championships competitor Gael Martin. It was reported that one of her urine samples actually contained beer, but the Australian effort to overturn her disqualification was not successful. A triple Commonwealth Games gold medalist, who had rested positive once before, at the 1981 Pacific Conference Games in New Zealand, Martin's ban for 3 years was upheld and was headline news in Western Australia. I.P.F. Vice President Ray Rigby stated to the newspapers "It was a travesty of justice. In a court of law we would win, but this was a court of emotions". The news report also indicated that 6 lifters had tested positive at the Australian National Powerlifting Championships in Sydney in Australia, but these results were subject to litigation. In an additional development, the I.P.F. has obtained legal counsel in the United States; a Mr. Crossman in Chicago, however, according to the I.P.F. President's address "At this time it is not feasible to reopen the case with Ernie Frantz due to a lack of finances". Regarding finances, it is estimated that at the present level of expenditures, the I.P.F. can survive financially for an additional 4 years, without benefit of major sponsorship of television contracts. It is anticipated that the I.P.F. will begin a program of licensure fees for powerlifting equipment in the future, however.

**A.P.F. World Championships in South Africa - FLASH**  
In the women's competition, Ann Leverett (US) won the 97.5 unopposed with a 733 total, Jeanna Paciga (US) the 105s with 771 and a record 192 bench, Sonja Bowles (US) the 114s with 804, Mary Ryan (US) the 123s with 1030, Meredith Liggett (US) the 132s with 1096, Jenika Pierce (US) the 148s with 1151, Sharon Fowler (US) the 165s with 1223, Ferni Byland (US) the 181s with 1322, Dawn Keshler (US) the 198s with 1361 on an injured, and infected, leg, and Maris Sternberg (US) the 196 plus class with 1058. In the Men's 123 lb. competition Philander of South Africa (1080) won over Joe Steinfield (US) and his 870, Doug Heath (US) had a great day at 132, hitting 501 380 540 1421, missing only a 4th attempt at an incredible 402 pounds in the bench. Neville Glenn of South Africa won the 148s, 1554 to Dom Sardo's (US) 1504. Glenn Neveling of South Africa took the 165s with 1642 and no US competition (Ron Collins was entered, but did not show). At 181 Jesse Kellum (US) won with 1862. Newly elected Adel City Councilman Bud Duke (US) was able to take the 198s, with 1978 to Jeff Chorprenning's 5/9 1912. Curtis Leslie (US) took the 220s with 2072. Thor Kritky (US) lost the 242s on bodyweight to Arthur White of Great Britain's (US) 2011, but did not get to take his last deadlift attempt. Tim Bentley (US) took the 275s with 2121, but John Ware ran into a buzzsaw at Supers in the form of Gerrit Badenhorst, weighing 287, who went 925 507 848 2281. Ware went 881 573 810 2265, but did not get to take a 3rd deadlift attempt. Mark Robinson of South Africa was next with 2188. Nations represented at the Championships also included Italy, Portugal, Australia, & Ireland. Jeff Chorprenning's report in next month's PL USA

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242	242	244	270	275	286	297	314	325	336
231	231	242	242	254	264	275	286	297	308
187	187	198	203	203	214	225	236	247	258
330	343	347*	352*	352*	363	374	385	394	404
415	426	437	448	459	470	481	492	503	514
209	220	225	236	247	258	269	280	291	302
429	468	499	501	512	523	534	545	556	567
407	429	429	440	451	462	473	484	495	506
329	340	351	362	373	384	395	406	417	428
214	225	236	247	258	269	280	291	302	313
209	220	225	236	247	258	269	280	291	302
396	436	476	482	493	504	515	526	537	548
504	515	526	537	548	559	570	581	592	603
297	308	319	330	341	352	363	374	385	396
259	270	275	286	297	308	319	330	341	352
236	247	258	269	280	291	302	313	324	335
236	247	258	269	280	291	302	313	324	335
248	264	280	296	312	328	344	360	376	392
198	214	225	236	247	258	269	280	291	302
567	578	589	600	611	622	633	644	655	666
286	297	308	319	330	341	352	363	374	385
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# POWER-RESEARCH

## Oxygen Debt, Anaerobic Threshold and the Role of Lactic Acid

by Thomas D. Fahey, Ed.D., Director  
Exercise Physiology, California State University, Chico



**Hanging Leg Raises**, performed by Jeff and the harness used for them.

Within the last decade, there has been a revolution in scientific thought regarding several long cherished theories that date back to the 1920's. This revolution has been sparked by numerous studies conducted within the last decade that have caused sports scientists to fundamentally rethink how the body works during exercise. These findings are so new and startling that few outside of the areas of investigation are aware of them. Are you up to date on these latest research findings? To find out, answer true or false to the following:

1. "Oxygen debt" is the cause of the increased oxygen consumption immediately after exercise.
2. "Anaerobic threshold" is an accurate measure of the onset of anaerobic metabolism and an indicator that the body has insufficient oxygen (anaerobic means without oxygen).
3. Lactic acid is a dead end metabolic waste product that plays only a minor role in energy production especially at rest. Lactic acid also is the metabolite that causes the burning and intense fatigue during powerlifting training and competition.

If you answered true to any of these questions, then you were incorrect, and you aren't aware of the new scientific findings that place oxygen debt, anaerobic threshold theory, and the view of lactic acid as a metabolic enemy in the category of old outdated ideas. Now, sophisticated biochemical and physiological techniques have allowed scientists to closely re-examine these old theories, and determine they were based on simplistic notions rendered by primitive methods dating from the 1920's.

Oxygen debt, anaerobic threshold, and the belief that lactic acid causes the burn during intense exercise are dogma among many coaches, trainers and even some sports scientists. Until very recently, the problems that appeared in every physiological textbook were the province of George Brooks, Ph.D., from the University of California, Berkeley, through his research that began in the early 1970's, initiated a revolution of thought about the inner workings of the body's energy systems during intense exercise. His findings do more than merely provide new 'weapons' in an ivory-tower battleground; they've been scientists presenting new findings and those who have a reputation staked in previous theories. They have important implications for how athletes should train and eat. To understand these new findings of metabolism during intense exercise, we must contrast the old ideas with the newest developments.

**1. Old Idea:** During intense exercise an oxygen deficit develops because the heart cannot supply the working muscles with enough oxygen. This deficit is managed by resorting to anaerobic metabolism and the production of lactic acid that exercise can continue. During recovery, this deficit is 'paid back' in the form of excess post exercise oxygen consumption. Post exercise oxygen consumption has been called oxygen debt. The idea is much like

Most lifters know they should do abdominal work, but many neglect the chore. Often when lifters do add abdominal exercises to their routine, they fail to promote strength to the fullest potential. High rep situps and leg raises are an endurance exercise. I recall getting sore in the hips and legs from the movement before I was able to feel the benefit in the abdominals. I thought "Why do an exercise that won't help improve the lifts?" For years I did abdominal situps, leg raises and other midsection exercises; generally at the end of a workout session if I didn't leave them out of my routine altogether. I found that holding a 45 pound weight plate on the chest while doing abdominal situps helped take some of the monotony out of the high rep sets. I personally feel that high repetitions in abdominal exercises offer minimal strength gains in terms of

However, I have found success in increasing abdominal strength by doing heavy movements for lower repetitions. I recommend this type of workout to lifters who already have a conditioned abdominal area. If no or little abdominal work has been done, higher repetitions should be done for several weeks. This will help to prepare for the following heavy resistance abdominal training routine. All areas of the abdominal or trunk muscles should be exercised including sides, lower abs, and upper abs. My routine works all these areas. For a beginner's abdominal conditioning program, I recommend bar twists with a pole or broom handle, dumbbell side bends, bent knee situps, lying leg raises and crunches; all done with little to no resistance. Once it becomes routine to do these exercises for two to three sets of 15-25 repetitions, you're now ready for abdominal strength training for powerlifting.

My favorite abdominal strength movement is what I call barbell roman chair situps. Over a period of time, they will prove to make the abdominals stronger than one might imagine. Strong abdominals are a great asset to a powerlifter. They are a supportive muscle group, keeping the torso upright when squatting and deadlifting. They are also a pressure-bearing force when they contract hard, to keep the internal pressures elevated, which enhances forceful movements. (Datus, *Ergonomics*, 1985).

When I first began doing barbell roman chair situps, I used a 95 pound olympic barbell for 3 or 4 sets of 10 to 12 repetitions. Depending on the individual, most lifters can begin with 45 to 95 pounds. Again, this is following the conditioning phase of abdominal training mentioned. Over a period of time my new found abdominal exercise has enabled me to improve to using a 315 pound barbell for 3 sets of 10 to 12 repetitions. The increased abdominal strength that I have gained has helped my powerlifters considerably in the last year.

The barbell roman chair lift should be done in a slow, controlled manner concentrating on keeping the abs contracted throughout the movement. Like the regular roman chair

# TRAINING

## New Concepts in Strength Training for Abdominals

by Jeff Chorpennig, Total Power



**Hanging Leg Raises**, performed by Jeff and the harness used for them.

Barbell Roman Chair Situps, note the safety requirements for this exercise as stated by Jeff in the article. (All photos courtesy of Jeff Chorpennig)

situp, the movement should be done going only 3/4 of the way down. This will keep a good workload on the abdominals and minimize using the lower back. In time spotters may be required to perform the exercise safely. Many extra support benches are boarded from breaking or falling backward. The enclosed photograph demonstrates a system to facilitate the movement. Note, the barbell is placed on two car jack stands at a convenient height. An extra wood support under the bench keeps the seat from flexing. Pipe insulation is put longways and taped to the bar to provide padding for the bicep and forearm. Towels can also be wrapped around the bar if extra padding is needed. Some bars may not require padding depending on the weight used and the sharpness of the knurling. If padding is not available, knee wraps can be wrapped loosely around the elbow covering the forearm and bicep.

In addition to barbell roman chair situps, other abdominal strength movements can be done as well. Holding a plate behind the head on the roman chair can be very effective, however, only light weight can be handled due to poor leverage. Alternating repetitions from opposite elbow to knee holding the plate will work the obliques well. To concentrate on lower abdominal, hanging leg raises are ex-

less susceptible to injury. Many people with extra weight in the abdominal area suffer from lower back pain due to weak abdominal muscles. This type of back problem will only be amplified if the out of shape abs belong to a powerlifter; due to additional stress on the back from a lift. Feel free to call or write if you have questions regarding this article or other workout questions. Write to: Total Power, 1172 King Ave, Columbus, OH 43212 or phone (614) 481-9258.

**ADVANCED ABDOMINAL STRENGTH WORKOUT**  
(Done following squat and deadlift workouts, 2 or 3 times weekly.)

- Week 1** - Barbell Roman chair situps, 95 lbs x 10-12 repetitions 3 sets. Hanging leg raises, 25 lb x 10-12 repetitions 3 sets. Roman chair situps plate behind head, 15 lb x 10-12 repetitions 3 sets.
- Week 2** - Barbell Roman chair situps, 105 lb x 10-12 repetitions 2 sets. Hanging leg raises, 30 lb x 10-12 repetitions 3 or 4 sets. Roman chair situps plate behind head, 20 lb x 10-12 repetitions 3 sets.
- Week 3** - Barbell Roman chair situps, 115 lb x 10-12 repetitions 3 or 4 sets. Hanging leg raises, 35 lb x 10-12 repetitions 3 or 4 sets. Roman chair situps plate behind head, 25 lb x 10-12 repetitions 3 sets.
- Week 4** - Barbell Roman chair situps, 125 lb x 8-10 repetitions 3 sets. Hanging leg raises, 40 lb x 10-12 repetitions 3 or 4 sets. Roman chair situps plate behind head, 25 lb x 10-12 repetitions 3 sets.

The weeks following should show gradual increases in weight rather than higher repetitions. Once a desired personal strength level is reached, only maintenance workouts with the same poundage are needed.

I'm convinced that the above exercises have helped me improve strength and prevent lifting related injury. Some of these abdominal movements have helped other powerlifters as well. If strength training for the abdominals is part of your powerlifting routine, positive results will be sure to come. Regardless of how much weight one is able to use to strengthen the abdominals, they are an important muscle group which should not be neglected. Not only will a stronger abdominal area help the lifts, it will help make the lower back

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

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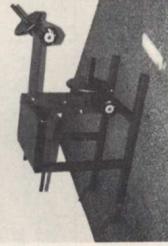
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**DEAR MAURO:** I am a confused and frustrated powerlifter trying to seek some complete medical advice. I have realized how little most doctors know about sports related injuries and I get very depressing talking to physicians who can't relate to what you are talking about. It gets even more depressing when you realize how much they have charged you. I hope you can give me some advice on my injuries. One involves my right shoulder. The other involves my right leg. My shoulder hurts in the anterior deltoid region and extends back into the trap area. I noticed the discomfort about six months ago, just doing incline benches to try to supplement my bench and my shoulder keeps getting worse. I still have great range of motion in my right arm, but it is considerably weaker than my left arm and I am right handed. My right shoulder has lost that feeling of tightness that it once had. It feels like a rubber band that has been stretched, but hasn't returned to its original length. I have had that to three sports medicine specialists since July but all three have given me conflicting answers. None have helped me.

The first doctor advised me it was a minor rotator cuff tear. He said it wasn't serious enough to require surgery and a few exercises would fix it right up, but they didn't. The next sports medicine physician advised me that it was a strained supraspinatus muscle. He took six X-rays of my right shoulder. He advised that my shoulder joint was very stable. He said the rotator cuff looked fine. He said it possibly could be a pinched nerve in the cervical area and the shoulder could be referred pain. He gave me a prescription for Naproxin and advised me that if it didn't get any better he would run an EMG to test for possible nerve damage. Would this test be of any value? I have also received a cortisone shot from another physician who advised me it is just chronic bursitis. It didn't seem to help either.

Can you advise me on what type of exercise I should do if it is a rotator cuff injury. How can they tell if a muscle is torn without scoping the shoulder? I know X-rays will not pick up muscle tears. Maybe I am too impatient, but I love competing. I feel so frustrated running from doctor to doctor.

The other injury I would like to discuss with you involves my right hip area. This problem has bothered me four to five years. It seems that my left hip is about an inch higher than my right hip according to a chiropractor. My right thigh is 1/2 inch smaller than my left thigh which is unusual for a person that is right-side dominant. I received about 15 treatments from the chiropractor, but it hasn't helped any. I always get a lot of my squats red-lighted because one hip goes down a lot lower than the other. My body even feels out of balance when I am standing. Do you think maybe another chiropractor would have been a try? I have always had a good bench and deadlift, but my squat has been my nemesis. I have tried various stretching exercises and all types of squats, but I just can't get my right leg to respond. I feel my right leg doesn't get a proper nerve supply and this could be why it is smaller and much weaker. Does an EMG test show anything about the nerve supply going to the legs. Any help you can give me would be greatly appreciated. I've already tried everything I know. **Brian C.**

**DEAR BRIAN:** It sounds as if you've got more than just a rotator cuff tear. Without examining you it is difficult to accurately diagnose your problem. However, from what you've told me I would have the problem looked into further - beginning with the EMG (electromyogram) that you mentioned, and nerve conduction studies. It's possible that you are pinching a nerve in the cervical area for one reason or another. You're right about not being able to tell for sure if the rotator cuff is torn without scoping the shoulder - and even then it might be difficult to tell. Enclosed is some information on arthroscopy of the shoulder and a pamphlet on shoulder injuries. The marked possible areas where your problem may be coming from.

I've dealt with a few lifters who had similar hip problems. For them we tried putting lifts in their shoes, so as to raise the foot but not change the angle of the foot. It seemed to work well for them. In your case that would mean raising the whole foot about one inch. If you use this one inch lift, be careful and work with light weights in the squat until your body gets the feel of the lift. By bringing your short foot up one inch, that side will go down lower when you squat (if you let it) and this should solve your red-lighting on that side. While you're experimenting, get a buddy to watch your style and comment if things don't look right, or if you're lifting is frustrated.

A good sports chiropractor or an orthopedic surgeon whose sports oriented, would be able to help you with your leg length differences. As I mentioned above, it's difficult for me to give you a more detailed diagnosis and more specific advice without examining you. If things don't pan out, write again and include any new test results. **M.G.D.**

## Question & Answer

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

**DEAR SIR:** As an overseas subscriber to the "Powerlifting USA" magazine, I would be very interested to know if you could help solve a training problem I have had for some time now. Firstly I will give a brief resume of myself. I was born 7/4/47, am 5 ft. 9 in. tall, about 11 stone (154 lbs.) in weight, and would appear to be in reasonable shape. I have been exercising fairly regularly right through the last twenty years, using callisthenics (e.g. a version of push ups), isometrics and weights. My sporting pastimes are tennis and golf. About five years ago I experienced shoulder pains which would not go away. After a frustrating period, I discovered, through a sports physiotherapist, that the trouble lay in the neck area. I then recalled that about four years prior I had been "whiplashed" twice in the neck area, after being hit from behind in car accidents. Since that time of recollection up to the present, though the shoulder pains have long gone, I have suffered tightness and tension in the upper body, noticeable especially during bench pressing and while using a Max-power ("Bullworker" like) apparatus.

I have experienced shifting zones of tightness and pain in the upper body. For example, I suffered almost disabling pain in the left elbow (which has now almost completely gone). At other times the triceps, brachialis and the pectoral insertion points near the shoulders have been unduly sore. The preceding has occurred despite my having had chiropractic (especially), physiotherapy, acupuncture and massage treatment. Early this year I was told by a muscle balancing touch for health practitioner that the problem lay in the fact that my shoulders had lost nerve force/muscle strength, and thus undue stress had been thrown on other areas of the upper body, when I was doing resistance exercises.

This could be the case, as, despite bench pressing once a week over the years, I am presently struggling to do a set of 8 repetitions at 160 lbs. Ten years ago I at least got up to 200 lbs.

Generally I have been fighting a feeling of tightness/restriction. However, even recently when the muscles seemed fairly tension free, I seemed to feel a definite lack of drive in the shoulders. I would appreciate your advice as to how to overcome this lack of nerve force/muscle strength in the shoulders, since they should be a driving force in the bench press. Yours sincerely, **D.J.**

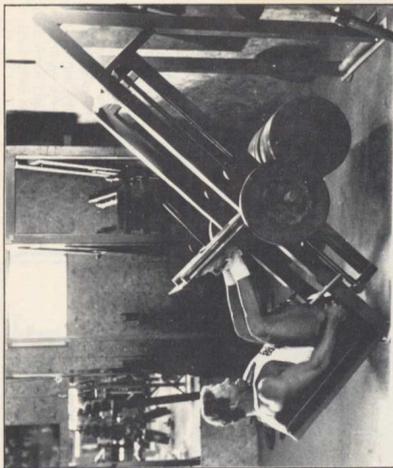
**DEAR D.J.:** I would recommend that you check with a medical doctor to make sure you don't have a circulatory problem. I recently had a friend who was losing the feeling in her right hand. After extensive testing the physicians discovered that she had developed a narrowing of her blood vessels to her right arm due to pressure of her 1st rib. A portion of the rib was removed and she recovered well. I hope this isn't the case with you, but you should investigate this problem with the proper physician.

Once you have received the okay from the doctors then take eight weeks off and do some light running and a little tennis and golf. Don't do any progressive resistance exercising for this period. The reason for no weight training is to make sure your muscles are rested before stressing them again. It seems to me from your letter that your major concern is upper body strength, primarily the bench press. Because of this interpretation, I will outline only a bench press program.

First of all, you will need a training partner who has interest in bench pressing and is willing to stay with you for a while. Second, you will need an environment that is conducive to training. I train at a couple of different gyms, one has lots of bright lights, chrome, and pretty girls, and the other has black iron, big bodies and no girls (nothing against girls). Of the two gyms, the black iron gym will give me better results, so put yourself in that type of environment. I would recommend you start your training with the basics. Three sets of 10 reps with whatever weight you can handle, trying to make progress each week for 4 weeks. 5 sets of 10 reps, 2nd set 110 lbs., 8 reps. 3rd set 120 lbs., 6 reps. 4th set 130 lbs., 3 reps. As you become stronger your 1st set of 10 reps will become heavier as well.

This is no secret workout as you know. The real secret is to prevent injury and overtraining. Athletes in the free world are so addicted toward success that they don't know when to slow down. So, on days that you really feel bad, take a light workout or skip it all together. You can't do enough and experienced enough to know the difference between being lazy and being tired. Also, be sure to get enough rest and good food so you can recover from your workouts. Best wishes, **Roger**

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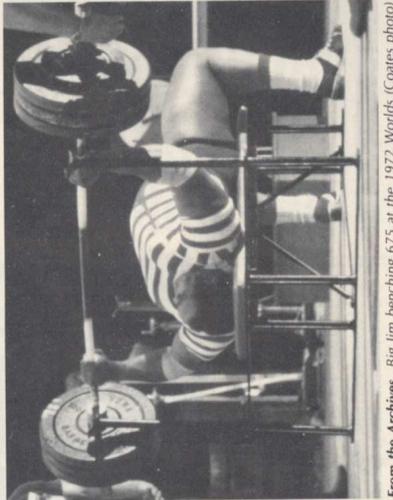
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# TRAINING

## Big Jim Williams as seen by his friend, BOB GAYNOR



From the Archives...Big Jim benching 675 at the 1972 Worlds (Coates photo)

Throughout our lifting careers we meet many individuals from many walks of life. My former training partner, Big Jim Williams of Scranton, Pennsylvania, is one of those individuals who made a lasting impression. There were many things about him that I will never forget. He is black, very muscular and weighed about 340 lbs. when he was competing. Called the "Black Bear" by some, he benched 675 lbs. (1972 World championships) and had different training ideas and methods. Jim also had a very different lifestyle. He grew up on the streets and lived by his wits and might. As famous as he was with the lifting community, he was in famous in the community of Scranton. His manner and activities would have been better suited for the Old West than our modern society. Jim had been known to order people out of town and settle matters with his fists.

Jim paid the price for his lifestyle and spent a number of years incarcerated. He has just recently been released and has changed his lifestyle. He wants to become a productive member of society. He also hopes to become involved with powerlifting again and is committed to writing a book on bench pressing. Bench pressing will be the main focus of the book. Since Jim was all about bench pressing, I thought I would write a most universally practiced exercise, and with Jim being so great at the lift, there is a natural interest in the man and his methods. The 675 lbs he made in 1972 at the World Championships has not yet been officially topped in IPF records. When you compare other records from 1972 with today you can appreciate what a feat this was. Most of today's records are 75 lbs. or more than they were in 1972. At the time Jim benched 675 lbs. there were less than ten lifters in the world over 550 lbs. At that same competition John Kuc did 600 lbs., a distant second to Big Jim. Based on this I would have to say Jim was one of the best, if not the all-time best, in relation to others of his day.

During my training with Jim I picked up many of his theories, which everyone could benefit from. Jim had an ability to get to the heart of a problem and make necessary corrections. Jim was not a one lift specialist but any means. During his career he held the squat and total records in addition to the bench. However, his pressing strength was beyond belief. He could easily close grip (thumbs a few inches apart) well over 500 lbs. One day after completing our workout Jim stated he could military press over 400 lbs. We put the Olympic bar on the squat racks and loaded it to 375 lbs. Jim military pressed this weight easily. A 25 lb. plate was added to each side and again Jim military pressed this. This was done after a workout and without any training on the lift.

If Williams had the same dedication and zeal with the training the squat as the bench I feel he would have totaled 2500 lbs. He would have set

and had no medical problems. Big Jim was very technical and thorough in his bench preparation. He used a one man hand-off and wanted the same person all the time. This was a critical part of the lift. A bad handoff with a heavy weight was almost impossible to correct.

Now for the bench press itself: position yourself on the bench with your eyes about one inch behind the bar. Place your feet solidly on the platform and remove them. The bar should be firmed from the highest and under control to the lowest part of your chest as you lay on the bench.

At the press signal, drive the weight from your chest. Jim says the bar should travel in a S shaped course. As it leaves the chest it will go slightly forward, then at about the halfway point it will begin to drift back over your head until lockout.

Once at the advanced stage, Jim felt there was no substitute for bench pressing. He benched five days per week and went heavy every time. He felt anyone could do this. The obstacles were mental, not physical. Convince yourself you can do it and you will. His five-day per week routine was a limited rep program. This is his day per week routine: 405x5, 475x3, 650x1, 675x1, 600x2.

That's it. About 20 reps. If he did any more sets and reps, he could not repeat it the next day. He could not lift in and out of the gym before some lifters even got warmed up.

When Jim reached the stage where he was following this routine he had dropped all the assistance exercises. He felt you could not do both at the same time. In the off season, you would work the assistance exercises then still strictly to bench strength training for a month or two many lifters got into a four or ten lb. increase schedule in their workouts. He felt you shouldn't be afraid to take big jumps in weight. You shouldn't be afraid to miss.

When you did in the gym would carry over to the lifting platform. Lifting heavy weights is tough enough physically without adding mental barriers. You must be prepared mentally as well as physically. Williams also said, "Think train, and lift heavy."

I am not recommending these routines to everyone. There was but only one Big Jim Williams, but his theories to contain information that is of value to every weight lifter. I personally know many who have used his programs. His forced rep program helped 4-time World Champion John Kuc to bench press 600, for one.

What you must do with this information is determine what applies to you. Jim could bench five days per week, but I doubt if I could make it through one week on that program. I learned a lot training with Jim as he did from me. Once you stop learning you stop making progress. Jim Williams was a great lifter and a good training partner. He certainly left his mark on the sport.

Whether I'm working in the gym or just working out, I usually get the question, "What can I do to get my squat up?" Like most of America's drive day, they expect a McDonald's drive thru solution and don't want to hear about twelve week cycles and a little sweat. However, for those who do want to follow the McDonaldland philosophy, I have a very basic routine which can add from 30 to 40 lbs. onto your squat. I have used it to get my squat back on track when I've had trouble with other programs.

We will assume that the lifter squatted 500 lbs. at a last meet, and is committed to a twelve week cycle. This program will help you avoid two closely related and common setbacks: lack of recuperation and overtraining. You'll squat twice a week, once heavy and once light, with plenty of recuperation between heavy days, an important factor especially to the natural lifter.

The squat can make or break you. Miss your 2nd and 3rd attempts and you're in for a long day. Make them and sometimes you can coast. When talking about the squat, you must mention form. I'm not talking about wide vs. narrow, rather deep vs. high. Always train your squats deep. Remember, you play like you practice. The program will adjust from high reps to low reps, and gradually add in supportive equipment. You power squat once a week, say, on Monday. The light day will with Olympic style squats on Thursday.

The assistance work used in the program is just as important as the squat itself. One rule to remember with the assistance work is ALWAYS USE PROPER FORM. The first assistance exercise is Squat Pauses. Use your normal squat technique and do from one to two sets depending on what phase of the cycle you're in. The added twist will be to hold the weight below parallel



Bob gets a squat record almost every time he lifts!

# WORKOUT of the Month

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## Robert Wagner's Squat Routine

One of the A.D.F.P.A.'s Greatest Record Breakers! For a second or two, then ascend the first three weeks and then try to go as far as you can, unless it's specified to use them. If you need them, follow some guidelines. Wrap only on the heavy set and try to set a weight goal where you will use them, say 390 lbs. The suit is not to be used except where specified. Avoid wearing the suit with straps down during the workout. Training without the use of supportive gear, gives the lifter a psychological edge. Once the lifter has hit his best without it, he can look forward to the numbers he will hit with the equipment. I also feel that wraps rob the knees of the joint stability that would be developed without their use. Also, avoid using the supportive equipment on the assistance work.

The lifter's mental approach is very important. You must learn to respect and conquer the weight in the same instance. If you think you're going to blow a rep in the squat, you probably will. Visualize only the positive aspects of the lift. By the way, the weights listed in the program are reference points. Allow yourself to deviate five to ten pounds depending on how you feel. If you feel strong, got for it! If you feel tired, back off. Listen to your body, but don't deviate more than ten pounds; you want your new max at the meet, not in the gym. Follow the program closely, get plenty of rest, maintain your form, and save your best for the meet. Stay positive and good luck!

If anyone would like more information, or if you are interested in any of my personalized programs, write me at the address below. I will contact you with information and my fees. Please include a S.A.S.E. with each inquiry. I have the following routines: Powerlifting, Individual or All Three Lifts, Speed Improvement, Agility and General Strength Improvement, and General Strength Improvement for All Sports.

ROBERT WAGNER  
227 North Rosborough Avenue  
Ventnor, New Jersey 08406

Week 1: Heavy Day (Monday), Squat 135x12, 185x8, 305x8, 355x8, Pauses 350x6, Olympic Squats 3x8 descending (i.e. 1x8 at 290, 1x8 at 260, 1x8 at 240). Leg Curls 1x15, 1x12, 2x10, 2x8.

Week 2: 135x12, 185x5, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8

Week 3: Heavy Day, Squat 135x12, 185x8, 225x8, 305x5, Pauses 360x5, Olympic Squats/Leg Curls same as Week 3.

Week 4: Heavy Day, Squat 135x12, 185x8, 225x6, 305x6, Pauses 360x5, Olympic Squats/Leg Curls same as Week 4.

Week 5: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 6: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 7: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 8: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 9: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 10: Heavy Day, 135x12, 185x8, 225x5, 305x5, 365x2, 420x5 w/wraps only, 450x1 w/suit and w/wraps. Pauses 375x5, 375x5, Olympic Squats 3x8 descending in weight. Leg Curls 6x8

Week 11: 135x12, 185x8, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8

Week 12: 135x12, 185x5, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8

Week 13: 135x12, 185x5, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8

Week 14: 135x12, 185x5, 225x5, 305x3, 425x2 w/wraps, 480x2 w/wraps and suit, 500x2 w/wraps and suit. Leg Curls 4x8

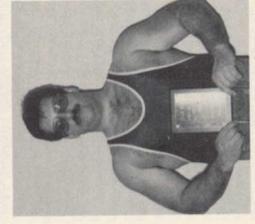
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The Pat's Gym team from Rosenhayn, New Jersey took the team title at the APF/WPC World Bench Championships in Charlottesville, VA. Team members include (standing, left to right) Mike Mirich (445 at 187), Mike Marcus (405 at 198), Jay Chamin (510 at 220), Ken Seneaman (195 at 181), Teenage World Record by nearly 100 lbs. in 200, 242, 311, Pat's Gym, Jose Perez (410 at 140), and Pat Brago (seated, 520 at 242). Pat's Gym team congratulate John's Standish, Jersey State Chairman and look forward to future meetings with the APF. Write Pat's Gym for information on the sport in NJ. Be contacted at 609-455-2714 or 7022 for information on the sport in NJ.



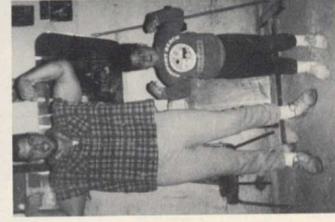
New Connecticut 275 lb. champ is Pat Dibasio with lifts of 700, 440 and 620. Pat suffered a serious knee back injury years ago, in the above lifts for the first time. He trains at Muscle Factory in West Haven with Dan D'Errico, John Varrone and Ken Fantano (Varrone)



Bill Heritage, 38, started lifting a year ago when he got a subscription to PL USA. He entered his first bench meet in October and has received a lot of encouragement from World Champ Glen Stevens, who convinced him that age is not a barrier.



Four of Indiana's best; (back row) Dave Del Real and Joe Brettnacher (right). Sitting, Jim Vrabel and Fred Gierich (right). Joe's wife painted the ADFPA symbol on the tire cover of Dave's van. (Photograph courtesy, Doug Daniels)



Jeff Wolcott, who is 6'8" and 326 pounds, thinks his son will be the "next" Kazmaier. Matthew Ross, 5 years of age, has deadlifted 120 pounds and weighs 94 lbs. Doctors claim that Matthew will end up bigger than his Daddy, who intends to lift in ADFPA Nationals next year, hoping for an 1800 pound total.



Kathy Paul took 1st in the women's division at the Eastern States Bench and Deadlift meet in Concord, New Hampshire. She is also a successful bodybuilder. (photo by Scott Taylor)

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**Clues for the Novice**  
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novice contests. At these meets the competition is more homogeneous, and the atmosphere is more assistance-oriented and tolerant. "Open up leg three, conservative on your second attempt, then give it hell on your third try."

Competition powerlifting is a competitive sport, many of the lifters we interviewed suggested that you worry about yourself and not your competitors. Don't compare yourself to Ed Coan or Rickey Dale Cain, or even to Mr. Potatohead.

That's how a lot of lifters fall flat on their face before their lifting careers even get started. They base their goals on other lifters' performance. When they don't reach those unrealistic goals, they see themselves as failures. There's only one person you want to use as a yardstick—yourself. Other suggestions: Don't worry about what you can't do. If I do the best I can, everything will work out OK. There's no strategy in powerlifting, but your focus is not the time to be concerned about it. In your first meet you just want to experience the competition, not analyze it.

Acceptance of Defeat If you are going to be a competitive powerlifter, there is an excellent chance that you will eventually taste defeat. How you handle defeat may be the determining factor as to how

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far you go in this sport. Generally, we've found that successful lifters view defeat as an integral part of success and most importantly, as a positive learning experience. Success to the athletes is simply a manipulation of failure. When they lost, they learned from the experience, and then went on to succeed. They focused on the good in every situation, rather than dwelling on the bad. Unfortunately, many athletes will never realize their true potential in the sport because they are unable to deal with or accept defeat.

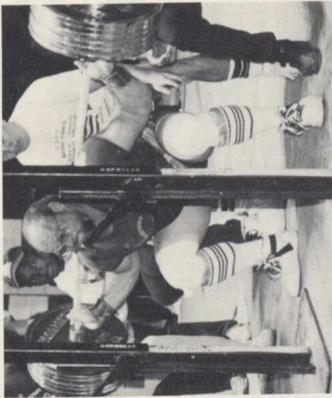
More suggestions:  
"Don't be afraid to compete or lose. The more you compete, the more you're going to learn about yourself, your opponents, and the sport."

"I've been lifting for twenty years and I can tell you that winning isn't what it's all about. There's so much more you can get out of this sport than a trophy. You're going to have great fun, great experiences, and meet some really great people."

And so ends our list of helpful hints. They may not apply to every novice, but keep in mind that these suggestions are the result of years of lifting experience. Hopefully, you can learn from someone else's mistakes to prevent your own.



Dr. Judd Biasiotta, along with Army Ferrando are the authors who comprise World Class Enterprises, Inc.



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# Power Issues

## The Untold Side Effect as seen by former coach, BILL KUCERA



The Team that Bill Kucera (left) coached to the Class B Nebraska Powerlifting title. They came away with the best lifters and the best raw lifts in the heavyweights, and two state high school records, a 475 squat at 181 and 515 deadlift at 198. (Kucera photos)

Something has been bothering me for some time now. The problem is about the steroid issue. I'm really getting tired of hearing about it. Don't get me wrong, I know there's a serious situation out there with drugs in sports, but the fall out from this matter is that that you never hear anything positive about weight training anymore. It seems you only hear about competitive lifting when it's associated with drugs.

I know, I'm not alone. I speak with a lot of natural trainers and they feel the same way. No matter how hard they train, how well they watch their diet, how well scientifically they manage their programs, the standard response to their strength gains is "How much juice are you taking?". They're tired of being accused in this manner.

There has to be some way to educate the public to the fact that you can make fine gains in your strength without the use of drugs of any kind, that proper technique and proper diet along with a sound scientific strength program of gains does the trick that follows is an example of this problem in our country. I'm sure this story will ring a bell in more than one of your minds.

Hidden problem of the steroid issue. We always read about the many side effects of these drugs but I think that there may be an even more far reaching problem. This ignorance of the fact that there can be drug success in sports is costing men their jobs and leaving a stigma on athletes that may follow them through their lives. Even worse is that many of these lifters rationalize the use of steroids by saying, "If I'm going to be accused of using them, then I may as well try them".

This attitude can be avoided with the right education and the right guidance from those at the forefront of strength industry.

Sincerely, Bill Kucera  
P.S. I'm also sending you a poem that one of our athletes wrote. I think this will explain how they felt.

Does everyone who weighs over 200 lbs. or bench presses 300 lbs. have to be using drugs of one kind or another? Obviously the answer is NO. Yet, almost all we read about is that 1 in 1000 athlete who gets identified with drugs (example: 1988 Olympics). When an athlete does something solely on his own natural ability, who gives him credit?

I was a football coach in a small midwest town of about 5000 people. The team achieved great things while I was there, ending with a state championship in both football and powerlifting. The problem is that the teams were accused of using steroids to achieve this end. You see, the first year I was coach, my offensive line averaged about 175 lbs. bodyweight

Muscle stiffness, in and of itself is not a certain bad thing. In fact a certain amount of soreness the day after a hard workout is to be welcomed and expected. But stiffness that is lingering or severe should be eliminated because it can get worse and even threaten your career. Massage if you have access to it, can help to eliminate muscle stiffness and make muscles more resilient in response to heavy training. In this country, we haven't begun to make massage the science that it is in the USSR, but a few salient points are worth remembering. 1) it should be a deep massage; light ones do almost nothing on a heavy athlete. 2) it should preferably be done after spinal adjustments, when non of the muscles are pulling on a displaced vertebra. 3) it should emphasize pressure points. 4) extra attention should be paid to the stiffest areas. 5) a whirlpool should follow; but don't overdo it; too much hot water can "dry" the muscles out and bring back some of the stiffness. 6) some whirpools are laden with chemicals that you shouldn't be exposed to in large dosages. And 6) it should be done with some kind of sports cream.

My exposure to acupuncture is limited, but I was impressed and my experience corroborated for me the vast amount of scientific evidence that supports it. In a conservative state like Indiana, where I live, acupuncture is hard to find. So I located a very good Korean one who was practicing just over the border in Ohio, while practicing as a legal M.D. back in Indiana. I was impressed initially because, like massage, it concentrated on pressure points or nerve centers. I was suffering from a very large sore inner high tendon which had bothered me for a couple of months. Pins were placed in the area that was bothering me (as well as the major pressure points). When the pins were removed, I could have sworn that he'd injected me with some type of pain killer. The pain came back somewhat a couple of days later, as he had predicted it would, but after two more sessions, it was gone for good, also as he had predicted. It's an area I would have explored further if I lived in a metropolitan area.

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# INJURIES

## Part 2 of a Series by Jon Smoker



JON SMOKER...offers you practical, lifter's advice on the injuries in Powerlifting.

The doctor who worked on me had moved when I tried to get in touch with him later on. Now when I have tendonitis, I use the three "W's": 1) Wrap it; 2) Wait it out; 3) and Work around it.

I have the same problem with this because there is plenty of evidence to prove that they do speed up the aging process, particularly if they're abused. This fact also backs up my theory that a lifter can reach his potential faster and more dangerous manner. My personal observations of heavy abusers over the years has always proved this for me; they always seemed to be aging faster than natural lifters or the population in general. In female abusers, this is even more obvious. The worst thing that can happen to a lifter is no progress, particularly in a younger one, so if you make a long period of time by something that pushes it too fast, like steroids or hypnosis, an usually ends up burning out the athlete. Moreover,

because the short method does cause many injuries, and more severe ones; the athlete who takes this route probably will never reach their true potential, because their career ends up being cut short. With steroids this comes as no surprise because there is plenty of evidence to prove that they do speed up the aging process, particularly if they're abused. This fact also backs up my theory that a lifter can reach his potential faster and more dangerous manner. My personal observations of heavy abusers over the years has always proved this for me; they always seemed to be aging faster than natural lifters or the population in general. In female abusers, this is even more obvious. The worst thing that can happen to a lifter is no progress, particularly in a younger one, so if you make a long period of time by something that pushes it too fast, like steroids or hypnosis, an usually ends up burning out the athlete. Moreover,

out and take some kind of short cut. If and when you decide to retire, it will probably be without any injuries that will nag you the rest of your life. Who knows, powerlifting might even become a permanent lifestyle for you? I have always maintained that getting ready for a meet, means conditioning your body a little bit better condition than it's ever been before, so that when you go to the meet and get your adrenaline flowing, you can lift a little bit more weight than ever before without seriously injuring yourself. This is especially true in advanced lifters. In younger or more inexperienced lifters, gains should come faster, unless they have little genetic potential or something is fundamentally wrong with their training. Of course, whenever one moves up a weight class, the gains will come at a faster rate safely at first too, but for an older lifter fixed in one weight class, the gains will come slowly without chemical or other dangerous aids. However, depending on genetic preclude, this doesn't necessarily preclude high honor. I can think of no better examples of what I'm talking about, than Inaba or Cant. Lifters without that kind of genetic material had better try to enjoy the gains that they make in powerlifting, without looking so much at winning or losing. If athletes who will never win a championship can't come to derive benefits from powerlifting, of a more personal nature, they would probably be better off getting out of the sport: they will avoid a lot of frustrations, and along with that, probably quite a few injuries born from overtraining caused by desperation.

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Moving heavy iron is more than tough. It's dangerous. In my quest for world records, I blew both my rotator cuffs. The cuff, a group of four relatively small (but important) shoulder muscles which control inward and outward rotation of the humerus, is particularly vulnerable to the kind of trauma gymnastics, weightlifting and powerlifting inflict. I was involved in all three at one time. Now, mercifully, I only powerlift. That's because that is all I can do now. My rotator cuff muscles, now hanging on precariously, would never make it through another German giant on the high bar or another limit snatch.

For the first several years of my career in powerlifting, I couldn't bench too well. I didn't want to, frankly, because I didn't want to get cut on again. I had lost most of my range of motion (ROM) in both shoulders, and was unable to perform even a simple maneuver like pulling my wallet out of my hip pocket. (Of course, that came in handy in restaurants!)

Then I met Dr. Gary Glum. As Editor-in-Chief of **SPORTS FITNESS** Magazine, I was on the lookout for exciting, new angles for stories. Glum had a thing going he called **Neuromuscular Re-education (NMR)**. The bodybuilders and elite athletes I trained were literally raving about Glum's treatments. I figured I'd pay the guy a visit. Who knows, perhaps a story would come of it.

I brought a registered physical therapist of some renown with me to interview Dr. Glum. Dr. Jeff Everson (now Editor-in-Chief of the world-famous **MUSCLE & FITNESS** Magazine) had a reputation for a muscle that needed care. With a degree in physical therapy, and years of in the trenches experience under his belt, Everson was an apt guinea pig for Glum's work.

When, what did I know about the 'new' chiropractic? My degree is in exercise science, training for me, not massed athletes. Little did I realize that Glum had taken chiropractic to a level heretofore only dreamed about. He was into all those things that normal chiropractic physicians were into, but he was also into making it possible for elite athletes to achieve peak athletic performance capabilities as well.

I watched as he worked on Everson. "Holy balls!" Everson cried. "What the hell you doin' to me?" Glum wasn't re-summing at all. "Quit griping!" he muttered. "The proof will be in the pudding." He continued to do his thing on the now-skeptical Everson. Me? I wasn't impressed at all either.

Then the treatment was over. Relieved beyond words, Everson dragged his body off Glum's rack. His range of motion was greatly improved and he felt much stronger. "It feels much better!" Everson offered.

Now Everson is a trained scientist. I decided to give this guy another test, this time on me. If Everson was impressed, I reasoned, then I should at least listen.

The next week found me on the same couch Everson had sweat

there. After months or years of performing sports skills with strength and movement patterns disrupted by adhesions and scar tissue, your motor patterns adjust to these disruptions. Once they're removed, you have what is essentially a "new" body, with far different movement capabilities than previous. Your motor memory, how you attempt to perform your sports skills, needs to be altered to accommodate your newfound strength and ROM.

Therein lies the true value of NMR. Let me give you one typical example of how NMR works. Let's take a baseball player. His eye-hand coordination is honed to a fine edge over the years. He can hit the ball well, batting over .300. Rotator cuff problems, common in baseball, have been hampering his hitting and throwing for several agonizing months.

He has three options: 1) get cut, 2) use various modalities (such as ultrasound, rolling, or just plain rest), and 3) NMR.

The first option, surgery, would lay him up for months. He'd have a difficult time re-establishing his former skill level, if ever. His ROM would never return fully, under most typical rehab programs following rotator cuff surgery, and he'd be catapulted back to the minors or cut.

The second option often helps, but only temporarily. If the cuff is damaged, there's little that will restore it in any permanent fashion. This player would be hampered over the remainder of his career with recurring bouts of pain. Indeed, his career would most probably be terminated prematurely.

With NMR, however, it's possible to restore ROM and eliminate shoulder pain immediately. Simple impingement from too much tissue inside the shoulder capsule causes a lot of pain. And, small tears or strains in any of the rotator cuff muscles will only get worse over time. NMR can both eliminate impingement and re-arrange damaged tissue. Most often, the problems stem from an array of tissue adhesions and scar tissue throughout the area, shoulder joint complex. There are over a dozen muscles involved, and if all of them are affected, the net result is often felt in the cuff.

By removing the sources, rather than treating only the symptoms, cuff problems can often be eliminated permanently. Our baseball player would experience immediate relief of the pain and have his skill at batting and throwing left intact by the immediate re-adjustment of his motor control mechanisms to his new found strength and range of motion.

Now I go to see Glum regularly. At age 46, I'm supposed to feel the effects of years spent under heavy iron. I don't feel any ill effects at all, and, in fact, feel far better than I ever did while competing in weightlifting or gymnastics.

I reckon I can continue for a few more decades.

Dr. Gary L. Glum Chiropractic, 5250 W. Century Blvd, Suite 614, Los Angeles, CA 90045, 213-645-6910

## POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

### Neuromuscular Re-education by Frederick C. Hatfield, Ph.D., World Champion



Healthy and flexible shoulders are essential to any big powerlifting total.

between muscle cells and they can severely limit both range of motion and contracture strength. In my own case, scarring from the rotator cuff operations had been so severe that my ROM and strength were severely limited. In fact, any movement close to my limit of flexibility resulted in severe pain stemming from nerve endings that had become entrapped in the scar tissue. In short, I was operating far below my potential. Most athletes who have trained for years are operating under the same limitations. Adhesions, scar tissue and the resulting loss in strength and flexibility hamper their efforts in both strength and skill.

Neuro-muscular re-education removes all (or most) of these range-limiting adhesions and breaks up scar tissue. In a sense, NMR is similar to rolling, a form of sports massage. However, NMR goes far beyond this age-old technique.

#### What is Neuro-Muscular Re-Education?

The technique involves re-establishing appropriate motor control over your movement patterns which are, upon completion of the NMR treatment, considerably different than they

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

Our team at Perth was outstanding in many respects. In part, it was the coaching; those who had been observing world championship powerlifting for as long as a decade and a half had never, they said, seen its equal. Bruce King's ability to instantaneously to support such information, as the order of lifting and arranged attempts on the Maxon 45-EA Micropresses Communicator, and Ake Roman's ability to bring out every last ounce of effort out of each lifter provided an unprecedentedly strong coaching staff.

In part, it was the example set by Ed Coan, to whom other lifters look for direction. Ed is an exemplar of a coach willing to be coached and team mates who lifted before him. Without his strong example, we might have been less cohesive and not as successful.

A foreigner, not otherwise informed, attempting to formulate generalizations about the United States from the composition of its team at Perth, might conclude that we are 64% black and that nearly half of us are career military. Probing deeper, the foreigner might discover that approximately two-thirds of our lifters had represented us at the Worlds previously and conclude that we place a premium on perseverance. A Communist, concerned lest the foreigner draw the wrong conclusions, might point out that powerlifting is the sport of choice

list of the team, coach, referee and manager by February 15, 1989. The USPF will nominate three women, three men, one coach, one referee and one manager. I am now accepting applications. Just drop me a note expressing your interest in being considered, your willingness to provide your own transportation (the World Games organizer will pay for four nights and five days accommodations) and your lifting credentials. Those lifting at the Women's Nationals or the Senior Nationals are not encouraged to apply because those events come too close to the World Games.

On the way home across the Pacific, Continental showed *Crocaille Dundee II*, which we viewed critically with the practiced eye of seasoned travellers. Apparently, central casting had been unable to supply even one fly!

Dr. Conrad Cotter  
President  
U.S. Powerlifting Federation  
Post Office Box 18485  
Pensacola, FL 32523

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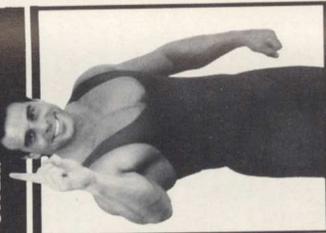
American lifters will lift as a part of a six-man and six-woman hemispheric team selected by Bill Jamison, the I.P.F. Vice-President for North America. The USPF will nominate three men and three women for the consideration of the Regional Vice-President. Additionally, the Western Hemisphere is expected to provide a coach, a referee and a manager. Mr. Jamison must submit a preliminary

message from the U.S.P.F. President

for the oppressed class, otherwise fit only for cannon fodder.

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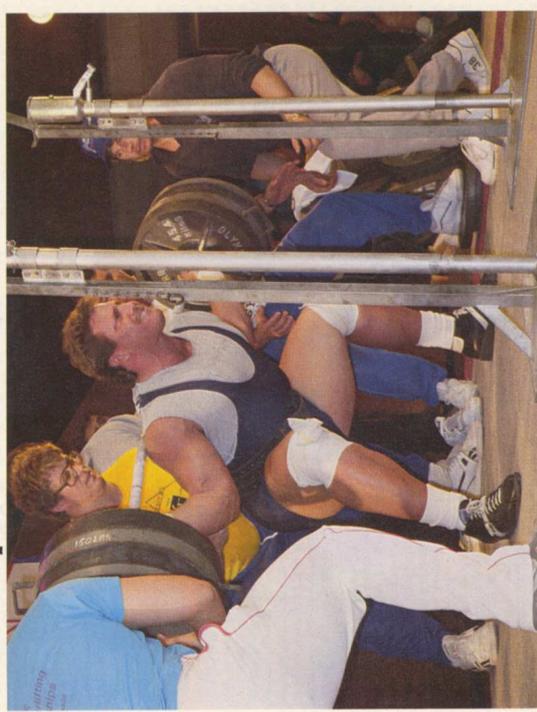
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## APF Open Worlds in Canada!



DAVE PASSANELLA...squatting this 950 on an opener at the APF World Open, but missed 1030. (Comereski)

ing them on to get three whites at 530, 3700, bench 180 (missing 190) and deadlifting 400 (missing 425) for a total of 930. Lifting in the 198 lb. women's division, Marie captured marks of 450 squat on her third attempt, after missing 400 and 425 for 13.25, and some 430 deadlift for a nice total of 1110. In the 123 kg, Ernesto Millan of the USA had no competition but fared well despite no pressure. Ernesto's squat of 475 was a WPC and APF Master's World Record while his successful 1190 total lifted the previous best of 1110.

The 1988 APF Open World Powerlifting Championships held in Victoria, Canada had a small but quality showing of 32 lifters. The meet began with all but 3 lifters being successful in their squat attempts. Ironically, one of the three lifters who were not successful in their first squat attempt was Fred Phillips (165) and Vladimir Vrana (181) went for 9. The meet saw numerous Junior World Records being broken along with a host of Master's World Records. The 132 lb. class, A 280 lb. squat coupled together with a 150 bench (missing 160 on her 3rd and 4th attempts) and a 270 deadlift (missing 280) gave Karen a fine total of 700 pounds.

In the men's division, the 165 lb. class was dominated by light weight lifter of 1710 lb. class. A 280 lb. squat followed by missing a 635 lb. squat but was successful with this weight on his second attempt, only to go on to get the whites with 665. Fred coupled a 380 bench (missing 390) and a 665 second attempt in the deadlift to come up with a total of 2050.

The second day of competition in Victoria began with some fine lifting in the 181's. Vladimir Vrana of Canada totaled an impressive 1455 by squatting his 1st two attempts of 480 and 510 without knee wraps then put-

ting Jerry Wood looked like a tight match. Pasanello opened with an impressive total of 1030 for a new World Record. Dave had some trouble with his depth and was given the reds even though he did come up with the weight rather easily. Third and fourth attempts

rather easily. Third and fourth attempts

# EAST meets WEST

## Russia Welcomes North American Powerlifters



It is said that barriers are meant to be broken, and on Saturday, July 23, 1988, that is exactly what happened as a group of 40 lifters and supporters arrived in Leningrad's airport for the first ever North American lifters meet in Moscow.

The lifters first met in Moscow, where our journey began. After a layover in Prague, Czechoslovakia, we finally arrived in Leningrad after over 24 hours of travel. We stayed at the government run Intourists' Hotel on the bay. The next day, Sunday, offered an opportunity to visit the beautiful city of St. Petersburg. We were fortunate to have some close to rest for the afternoon's upcoming competition or take a walk. This first of two competitions was certainly the best attended. Over 1,200 tickets for the exhibition were sold in less than an hour. The meet site was a sports theater and the spectators were very supportive and the fact that they were all Russian and the fact that they were all lifters had recently competed in one or more of the various national and world competitions held just prior to this trip, there were several outstanding performances. Among the women, Dawn Reshel was consistently strong, recording a 105 pound squat, 181 pound bench press, and a 325 pound squat also excited the crowd, although it was a bit too much. The male lifters consisted of both a competitive team of eleven and another dozen or so exhibition lifters. The Russian group also consisted of an American and a Canadian. The Russian lifters were all well equipped with lifters, as well as any heavyweights. They showed a lot of promise, though, with some excellent lifts done with little or no equipment. Highlights included a Russian squatter who handled approximately 700 pounds with Olympic style technique, including a 200 pound bench press, and a 200 pound deadlift. The meet was changed to allow for only one bench press and no deadlifts for all but the male competitive team, who took two attempts at each lift.

Unfortunately, a disagreement between officials on scoring resulted in the Russian team taking the team trip. It was their belief that we had used "improper tactics" by allowing a few lifters to open too high and thus not complete the meet. Despite this, I think our lifting group will most remember the friendliness of our hosts as well as the admiration that the Russian lifters and the spectators showed for us, including the summer palace of Peter the



Red Square was one of the sights seen during the lifters' tour (Sortwell)

For American lifters included gym shoes, barbell, C.C.C.P. sweatshirts and gym bags. Powerlifting USA magazines were also quite popular.

Following the meet, a dinner honoring the lifters was held and all participants received an autographed certificate from the Soviets. With all our lifting complete, the lifters were able to take a little rest at the hotel where more than a little perturbation by the group that night.

On Thursday, the group was divided into three different departure groups, so our "good-byes" were said. With a few hours to spare, I chose to visit the nearby grocery store to see the selection of goods available. Most were in very short supply. Fresh bananas were being sold outside, but the line was the last to leave and probably the most fortunate, as we detoured through beautiful Helsinki, Finland for one and a half days. I think you'll agree that the trip was fantastic. It's hard to believe that Finland is only across the bay from Leningrad. Although the comforts of home were definitely not part of the trip, I would doubt if any of the lifters would say they were not glad for the opportunity to lift in this eye-opening environment. I would like to see some of you there, as well as to visit us soon. A special thanks to Ed Enos and Study George Panak, Dr. Ed Enos and Study Tours Internationale for making this special trip possible.

Our speaker concluded this discussion by expressing in Leningrad and that they hoped to learn a lot at the next day's meet. They will continue to make powerlifting available to their citizens with an aim to make them strong, fit, and to have beautiful bodies.

After our exchange session, we headed for the next day's meet. With limited food selection and pre-arranged meals, most of us lost weight. It seems that the Soviets specialize in potatoes, cucumbers, and beef. Then it was off the famous Moscow circus. I considered the circus the highlight of our Soviet entertainment. The Soviet government believes the circus is an honored job. I could highly recommend a trip if the circus comes to your town during its upcoming U.S. tour.

How often have we heard that "you're back to basics"? It's an old term, but it's never been more true than today. Powerlifters continually seek and usually find better routines and movements to improve strength and power. When we hit the proverbial brick wall in our progress, and it happens to be the best of us, we go back to basics; the basics being in this case, the squat, bench, and deadlift. You can find this close examination of basics in just about any human endeavor. The science of sports nutrition is not an exception, which are certain basic principles, which are proven over a long period of time, should be adhered to. With high-tech sports nutrition being the order of the day, getting most of the publicity, it's easy to miss what the foundation of our nutritional program should be comprised of. It'll be the first to advocate the use of amino acids, gamma-oryzanol, inosine, and lately, abenocozate, plus a number of other natural performance and growth enhancing supplements. They'll help you get stronger, powerful, and more muscular when used properly, but quite often we're not in the optimum general health to enjoy the total benefits of these advanced products.

First and foremost, the immune system comes to mind. It's easy to get run down, when you put in a day's train, bust your tail, powerlift, and just as you're beginning to make some progress or when you're peaking, you get hit with a cold or something similar to sidetrack your progress. One of the keys to a strong immune system are healthy adrenal glands. We tend to overtax any stress. Powerlifting certainly qualifies as a stressful practice. Even though powerlifting itself induces stress and for the most part we enjoy the benefits of power training, we're still taking our minds (psyching up) past normal limits, all of which tax the adrenals. When the adrenals get run down, so does your natural ability to ward off or resist common ailments such as colds and the flu. At the very best, you feel run down. The key supplemental nutrient for supplementing the adrenals is pantothentic acid (B-5). It's one of the 11 B vitamins that make up the B complex. Every time you take a complex B complex, some pantothentic acid is also included as part of the overall complex, but the potencies required for the stress of powerlifting go far beyond what can physically be put into one tablet or capsule.

Powerlifters and other serious athletes should be taking at least 2 grams (2000 milligrams) per day, or more, of this important water soluble nutrient. 4-8 grams per day are regularly and frequently used by many successful lifters, who want to continually nourish their adrenals and, therefore, strengthen their immune system, which invariably leads to better progress. There's no danger of overdose, as what your body doesn't use will pass through in a matter of a day or less. Pan Acid

shake from Ernie Franz, (Stoxen) The Contingent consisted of Jessie Jackson, Israel Mendoza, Terry Danglefield, Mary Almy, Mike Phillips, Jeff Chorpennig, Brad Stevenson, Rudy Malart, Ed Coan, Jeff Magruder, Pat Brago, Craig Tokarski, Bill Nichols, Jeff Huber, Scott Gabriel, and Ernie Franz. The contingent was headed by Ernie Franz, Andy Sorntwell, Michelle Feece, Nancy Danglefield, Felicia Almy, Nancy Sternberg, Diane Franz, Laura Dadd and Dawn Reshel.

The Results reported in "Sporting magazine" and "Petalits" indicated that Coan and Nichols both squatted 815 lbs. in Leningrad. Tokarski 777, Brago 755, and Mironov 727. Mironov made 540 in the bench, but missed a European record of 567, while Magruder was credited with 562. Mironov deadlifted 771 to win the 275s, and Coan, Phillips, Chorpennig, and Jackson also won.

# Advanced Concepts in NUTRITION

## Back to the Basics

### by George Zangas, Marathon Nutrition

(B-5) has the added benefits of being a natural antithrombin, helps the body produce its own, and is more efficient, and helps in the conversion of carbohydrates to energy. There's nothing new about this nutrient, since one of our oldest breaking nutritional formulas, Adebler 30, was written in 1915. Vitamin A is another key nutrient related to health. Today, we hear more negatives about Vitamin A, such as it can be toxic when taken in large amounts dangerous to one's health. What is overlooked is the fact that it is one of the nutrients most frequently missing from our daily diet. The richest source of Vitamin A is beef liver. One pound contains 200,000 I.U.s, that's right, 200,000 I.U.s. Even if you could eat liver every day to get some Vitamin A, it would be unhealthy because of the fat content of liver. Taking one to two capsules (25,000 I.U.s to 50,000 I.U.s) per day of Vitamin A will go a long



Top Ranked A.D.F.P.A. Lifters like Mike Strickland adhere to the basics.

# A.D.F.P.A.

## TOP 20 82.5 kg. 181 lb.

QUALIFY	BENCH PRESS	DEADLIFT	TOTAL
1. 750	464 Yorkley, L., 413/88	727 Byron, S., 19/88	1895 Bridges, M., 813/88
2. 749 Wagner, R., 813/88	451 Bridges, M., 813/88	705 Bridges, M., 813/88	1752 Wagner, R., 813/88
3. 650 Wagner, R., 813/88	440 McAuliffe, J., 10/20/88	700 Payne, C., 5/71/88	1730 Payne, C., 813/88
4. 635 Kruger, H., 813/88	435 Ford, G., 6/26/88	670 Baynes, J., 10/10/88	1697 Baynes, J., 19/88
5. 628 Hampton, R., 14/87	429 Craig, C., 4/9/88	650 Lowery, W., 4/23/88	1642 Coyle, J., 5/27/88
6. 622 Schmidt, B., 813/88	425 Edwards, J., 6/26/88	650 Higgins, W., 10/1/88	1640 Kriger, H., 813/88
7. 622 Brady, M., 2/14/88	405 Gibson, L., 4/23/88	644 Coyle, J., 5/27/88	1620 Higgins, W., 10/1/88
8. 620 Schuerman, T., 12/5/87	405 Jones, G., 4/30/88	640 Terry, C., 9/25/88	1609 Schmidt, B., 6/25/88
9. 620 Boucher, D., 8/10/88	400 Clert, D., 6/26/88	635 Lacy, J., 11/4/88	1587 Parker, L., 10/1/88
10. 617 Beckler, M., 813/88	400 Lange, T., 7/30/88	633 Wagner, R., 813/88	1580 Baynes, J., 10/1/88
11. 610 Beckler, M., 2/14/88	610 Beckler, M., 2/14/88	625 Schuyler, R., 813/88	1570 Stoddard, E., 5/1/88
12. 606 McClain, C., 4/16/88	606 McClain, C., 4/16/88	625 Drakeford, J., 10/1/88	1570 Terry, C., 9/25/88
13. 605 Jones, G., 4/30/88	605 Jones, G., 4/30/88	625 Schmidt, B., 6/25/88	1560 Byrd, E., 11/14/87
14. 605 Egan, S., 10/22/88	605 Egan, S., 10/22/88	620 Kriger, H., 813/88	1545 Franco, M., 4/17/88
15. 600 Froedge, R., 12/5/87	600 Froedge, R., 12/5/87	620 Kriger, H., 813/88	1544 Hampton, N., 11/14/87
16. 600 Stoddard, E., 5/1/88	600 Stoddard, E., 5/1/88	617 Beets, M., 813/88	1537 Carden, C., 10/29/88
17. 600 Hank, H., 6/18/88	600 Hank, H., 6/18/88	617 Sample, L., 813/88	

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from November 1987 to October 1988. Please send a copy of all ADFFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists up to date as possible. Thank you.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive PUSA Achievement medals and trophies and ordering information see this issue's Top 100 listing.

PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates

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

NEXT MONTH...TOP 1145

POWERLIFTING USA MAGAZINE

for USA lifters competing November 1987 to October 1988

TOP 100

SHW/125 + kg.

	SQUAT	BENCH	DEADLIFT	TOTAL
1	1025 Clark, A., 117/87	655 Samaniego, S., 49/88	914 Ware, J., 125/87	2350 Ware, J., 125/87
2	950 Ware, J., 125/88	650 Clark, A., 117/87	854 Wilson, Q., 71/88	2309 Clark, A., 117/87
3	935 Isaac, M., 6/88	640 Naddy, L., 227/88	2270 Hall, M., 4/88	2270 Hall, M., 4/88
4	925 Isaac, M., 6/88	635 Naddy, L., 227/88	2210 Hall, M., 4/88	2210 Hall, M., 4/88
5	909 Wilson, Q., 71/88	622 Hall, M., 4/88	2160 Frank, G., 424/88	2160 Frank, G., 424/88
6	890 Larson, K., 424/88	610 Fantano, K., 424/88	2150 Larson, A., 424/88	2150 Larson, A., 424/88
7	880 Larson, K., 424/88	606 Ware, J., 125/87	2137 McCain, D., 316/88	2137 McCain, D., 316/88
8	880 Fantano, K., 424/88	605 Cousins, S., 91/88	2132 Welch, G., 521/88	2132 Welch, G., 521/88
9	880 Fantano, K., 424/88	600 Dupancic, T., 57/88	2105 Steady, P., 424/88	2105 Steady, P., 424/88
10	880 Fantano, K., 424/88	595 Cousins, S., 91/88	2085 Steady, P., 424/88	2085 Steady, P., 424/88
11	855 Cousins, S., 91/88	590 Cousins, S., 91/88	2044 Smith, E., 131/87	2044 Smith, E., 131/87
12	855 Cousins, S., 91/88	585 Cousins, S., 91/88	2039 Ketchum, G., 414/88	2039 Ketchum, G., 414/88
13	855 Cousins, S., 91/88	580 Cousins, S., 91/88	2035 Bocchio, B., 1122/87	2035 Bocchio, B., 1122/87
14	850 Bocchio, B., 1122/87	575 Grayson, R., 117/87	2015 McCain, D., 316/88	2015 McCain, D., 316/88
15	850 Bocchio, B., 1122/87	570 Grayson, R., 117/87	2015 McCain, D., 316/88	2015 McCain, D., 316/88
16	832 Ford, J., 17/88	567 Isaac, M., 6/88	2000 Barlow, R., 1121/87	2000 Barlow, R., 1121/87
17	832 Ford, J., 17/88	560 Hayes, T., 426/88	2000 Canella, L., 1119/88	2000 Canella, L., 1119/88
18	832 Ford, J., 17/88	556 McCain, D., 316/88	1984 Downen, K., 6/88	1984 Downen, K., 6/88
19	821 Kennedy, V., 109/88	555 Lewis, M., 49/88	1980 Presley, G., 424/88	1980 Presley, G., 424/88
20	815 Wrenne, P., 1122/87	551 Garrett, G., 515/88	1978 Donat, J., 1216/87	1978 Donat, J., 1216/87
21	815 Wrenne, P., 1122/87	548 Wrenne, P., 1122/87	1975 Ford, J., 17/88	1975 Ford, J., 17/88
22	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1973 Garrett, G., 515/88	1973 Garrett, G., 515/88
23	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1970 Groat, P., 1219/87	1970 Groat, P., 1219/87
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68	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
69	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
70	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
71	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
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83	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
84	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
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88	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
89	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
90	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
91	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
92	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
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95	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
96	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
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98	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
99	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87
100	815 Wrenne, P., 1122/87	540 Turner, J., 27/88	1960 Crowly, P., 1219/87	1960 Crowly, P., 1219/87

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Beta-Sitosterol..... 200 mg.  
Inosine..... 200 mg.

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Atlanta National Regional  
15,16 Oct 88 - Atlanta, GA (kg)

Women	SQ	BP	DL	Total	
97 lb.	120	55	125	300	
105 lb.	100	55	112.5	267.5	
A. Delmore	120	55	112.5	267.5	
C. Coker	97.5	42.5	100	240	
132 lb.	115	60	117.5	292.5	
K. Snyder	75	40	95	210	
165 lb.	177.5	77.5	150	405	
T. Lashley	148 lb.	165	100	190	455
J. Diamond	165 lb.	155	100	205	460
181 lb.	102.5	102.5	102.5	307.5	
D. McKee	198 lb.	210	110	207.5	327.5
220 lb.	257.5	155	262.5	680	
K. Hammond	242 lb.	200	112.5	180	492.5
260 lb.	210	132.5	200	542.5	

R. Ingle	210	132.5	200	542.5
Dv 2 (1 year)	265	182.5	267.5	710
A. Coners	232.5	127.5	217.5	577.5
R. Mills	230	135	210	575
L. Fleming	185	140	210	535
165 lb.	255	150	245	650
T. Whitton	182.5	137.5	227.5	547.5
T. Payne	195	97.5	220	512.5
M. Adam	287.5	172.5	280	740
181 lb.	310	162.5	309.5	775
198 lb.	305	167.5	272.5	745
K. Francis	285	157.5	272.5	715
S. Smith	232.5	167.5	260	660
D. Seymour	255	160	242.5	657.5
T. Dewey	215	140	210	565
M. Wheeler	332.5	195	307.5	835
220 lb.	285	150	265	705
R. Potts	272.5	157.5	275	705
A. Bates	285	160	272.5	717.5
S. Smith	272.5	157.5	272.5	702.5
K. Parrish	280	160	257.5	697.5
T. Sacco	272.5	147.5	272.5	692.5
H. Kirby	267.5	157.5	245	670
M. O'Bryan	267.5	170	300	697.5

242 lb.	262.5	190	297.5	750	
S. Hawks	287.5	167.5	250	705	
E. Ferguson	250	175	250	675	
J. Maitei	227.5	182.5	260	660	
J. Barber	280	165	300	757.5	
F. Sacco	272.5	142.5	295	710	
D. Orcher	267.5	157.5	245	670	
T. Peters	305	195	277.5	777.5	
A. Bell	305	182.5	237.5	725	
W. Page	132 lb.	137.5	97.5	142.5	377.5
R. Palmer	114 lb. (juv)	125	90	165	380
H. Wooding, Sr.	125	90	165	380	
220 lb.	155	117.5	160	432.5	
C. Coker	97.5	42.5	100	240	
H. Carter	165	122.5	200	487.5	
(Thanks to Rich Peters for results)					

ADFFA Juneau Fall Classic  
10 Oct 88 - Juneau, AK

Women	SQ	BP	DL	Total
K. Craig-128	245	140	290	675
C. Nordman-136	205	100	280	585
Wollenberg-81	145	195	345	685
131 lb.	182.5	225	400	807.5
B. Burt-174	340	155	360	855

Men's Division

165 lb.	200	105	250	550
181 lb.	250	160	340	750
I. Rosen	250	160	340	750
R. Sebig	290	180	360	830
180 lb.	310	162.5	302.5	775
D. Green	310	162.5	302.5	775
D. Hansen	310	225	380	835
J. Anderson	282.5	167.5	260	660
195 lb.	255	160	242.5	657.5
P. McDaniel	405	365	600	1370
M. Dickman	405	265	460	1150
M. Dickman	405	240	435	1080
242 lb.	210	135	227.5	572.5
P. Wheeler	355	350	500	1205
P. Isak	355	350	500	1205
SHW	515	375	510	1400
R. Rocco-235	515	375	510	1400

State record, BL Best Lifter, Amateur successful meet put on by Juneau Recquet Club and Promoter Joni Rogers. Thanks to all our judges and sponsors, good job. (Thanks to Don Shevrod for results)

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Japanese Junior Championships  
25 Sept 88 (KG)

Women	SQ	BP	DL	Total
44 kg	87.5	35	100	217.5
52 kg	82.5	35	100	217.5
Y. Itoh	170	92.5	185	447.5
T. Mizuno	160	92.5	160	412.5
K. Kobayashi	160	92.5	160	412.5
T. Yamaguchi	140	77.5	140	357.5
S. Kimura	140	77.5	140	357.5
M. Nagahashi	125	75	157.5	357.5
60 kg	145	60	165	370
M. Yamaguchi	125	90	164	379
K. Kaneko	125	90	164	379
M. Aoki	125	90	164	379
K. Sasaki	130	65	160	355

(Thanks to Arunas Petrulis for results)

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**Club East Open Greenbush, NY**

15 Oct 88 - East Greenbush, NY

Women

139 lbs. G. Roselle 280

140 lbs. G. Roselle 280

145 lbs. G. Roselle 280

150 lbs. G. Roselle 280

155 lbs. G. Roselle 280

160 lbs. G. Roselle 280

165 lbs. G. Roselle 280

170 lbs. G. Roselle 280

175 lbs. G. Roselle 280

180 lbs. G. Roselle 280

185 lbs. G. Roselle 280

190 lbs. G. Roselle 280

195 lbs. G. Roselle 280

200 lbs. G. Roselle 280

205 lbs. G. Roselle 280

210 lbs. G. Roselle 280

215 lbs. G. Roselle 280

220 lbs. G. Roselle 280

225 lbs. G. Roselle 280

230 lbs. G. Roselle 280

235 lbs. G. Roselle 280

240 lbs. G. Roselle 280

245 lbs. G. Roselle 280

250 lbs. G. Roselle 280

255 lbs. G. Roselle 280

260 lbs. G. Roselle 280

265 lbs. G. Roselle 280

270 lbs. G. Roselle 280

275 lbs. G. Roselle 280

280 lbs. G. Roselle 280

285 lbs. G. Roselle 280

290 lbs. G. Roselle 280

295 lbs. G. Roselle 280

300 lbs. G. Roselle 280

**USPF Louisiana Junior, Masters, Women's & Teenage Championships**

13 Aug 88 - West Monroe, Louisiana

114 lb. M. Lavely 165 115 259 540

120 lb. M. Lavely 165 115 259 540

126 lb. M. Lavely 165 115 259 540

132 lb. M. Lavely 165 115 259 540

138 lb. M. Lavely 165 115 259 540

144 lb. M. Lavely 165 115 259 540

150 lb. M. Lavely 165 115 259 540

156 lb. M. Lavely 165 115 259 540

162 lb. M. Lavely 165 115 259 540

168 lb. M. Lavely 165 115 259 540

174 lb. M. Lavely 165 115 259 540

180 lb. M. Lavely 165 115 259 540

186 lb. M. Lavely 165 115 259 540

192 lb. M. Lavely 165 115 259 540

198 lb. M. Lavely 165 115 259 540

204 lb. M. Lavely 165 115 259 540

210 lb. M. Lavely 165 115 259 540

216 lb. M. Lavely 165 115 259 540

222 lb. M. Lavely 165 115 259 540

228 lb. M. Lavely 165 115 259 540

234 lb. M. Lavely 165 115 259 540

240 lb. M. Lavely 165 115 259 540

246 lb. M. Lavely 165 115 259 540

252 lb. M. Lavely 165 115 259 540

258 lb. M. Lavely 165 115 259 540

264 lb. M. Lavely 165 115 259 540

270 lb. M. Lavely 165 115 259 540

276 lb. M. Lavely 165 115 259 540

282 lb. M. Lavely 165 115 259 540

288 lb. M. Lavely 165 115 259 540

294 lb. M. Lavely 165 115 259 540

300 lb. M. Lavely 165 115 259 540

**Arizona - Glendale, AZ**

22 Oct 88 - Glendale, AZ

Women (Malone)

135 lbs. D. Schneider 335

140 lbs. J. Valley 410

145 lbs. R. Ortiz (M) 310

150 lbs. M. Stainbrook (M) 275

155 lbs. J. Lawrence 340

160 lbs. J. Fenic 380

165 lbs. G. Rivera 140

170 lbs. M. Yate 370

175 lbs. C. Vi 315

180 lbs. M. Yate 370

185 lbs. M. Yate 370

190 lbs. M. Yate 370

195 lbs. M. Yate 370

200 lbs. M. Yate 370

205 lbs. M. Yate 370

210 lbs. M. Yate 370

215 lbs. M. Yate 370

220 lbs. M. Yate 370

225 lbs. M. Yate 370

230 lbs. M. Yate 370

235 lbs. M. Yate 370

240 lbs. M. Yate 370

245 lbs. M. Yate 370

250 lbs. M. Yate 370

255 lbs. M. Yate 370

260 lbs. M. Yate 370

265 lbs. M. Yate 370

270 lbs. M. Yate 370

275 lbs. M. Yate 370

280 lbs. M. Yate 370

285 lbs. M. Yate 370

290 lbs. M. Yate 370

295 lbs. M. Yate 370

300 lbs. M. Yate 370

**Ohio Inmate Olympics**

14 Sep 88 - Chillicothe, OH

139 lbs. SQ BP DL Total

140 lbs. SQ BP DL Total

145 lbs. SQ BP DL Total

150 lbs. SQ BP DL Total

155 lbs. SQ BP DL Total

160 lbs. SQ BP DL Total

165 lbs. SQ BP DL Total

170 lbs. SQ BP DL Total

175 lbs. SQ BP DL Total

180 lbs. SQ BP DL Total

185 lbs. SQ BP DL Total

190 lbs. SQ BP DL Total

195 lbs. SQ BP DL Total

200 lbs. SQ BP DL Total

205 lbs. SQ BP DL Total

210 lbs. SQ BP DL Total

215 lbs. SQ BP DL Total

220 lbs. SQ BP DL Total

225 lbs. SQ BP DL Total

230 lbs. SQ BP DL Total

235 lbs. SQ BP DL Total

240 lbs. SQ BP DL Total

245 lbs. SQ BP DL Total

250 lbs. SQ BP DL Total

255 lbs. SQ BP DL Total

260 lbs. SQ BP DL Total

265 lbs. SQ BP DL Total

270 lbs. SQ BP DL Total

275 lbs. SQ BP DL Total

280 lbs. SQ BP DL Total

285 lbs. SQ BP DL Total

290 lbs. SQ BP DL Total

295 lbs. SQ BP DL Total

300 lbs. SQ BP DL Total

**Southern Ohio Open**

24 Sep 88 - Chillicothe, OH

Teenage 14-15 SQ BP DL Total

16-17 SQ BP DL Total

18-19 SQ BP DL Total

20-21 SQ BP DL Total

22-23 SQ BP DL Total

24-25 SQ BP DL Total

26-27 SQ BP DL Total

28-29 SQ BP DL Total

30-31 SQ BP DL Total

32-33 SQ BP DL Total

34-35 SQ BP DL Total

36-37 SQ BP DL Total

38-39 SQ BP DL Total

40-41 SQ BP DL Total

42-43 SQ BP DL Total

44-45 SQ BP DL Total

46-47 SQ BP DL Total

48-49 SQ BP DL Total

50-51 SQ BP DL Total

52-53 SQ BP DL Total

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168-169 SQ BP DL Total

170-171 SQ BP DL Total

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178-179 SQ BP DL Total

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976-977 SQ BP DL Total

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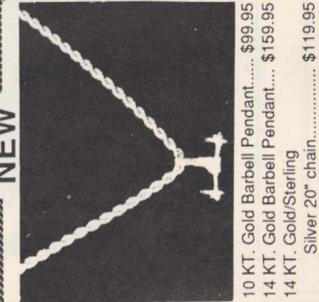


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- Increased concentration
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6th Annual USPF Texas Cup  
8 Oct 88 - Austin, TX

Teasage Girls	SQ	BP	DL	Total
P. Reeves	192	88	231	512
M. Rabon	148	82	187	418
W. Chen	203	132	264	600
D. Brown	143	66	220	429
B. Howell	226	121	242	589
M. Sapien	292	154	325	771
J. Lara	242	132	306	680
L. Legg	137	137	214	488
V. Complan	259	137	314	711
S. Robbins	220	132	314	666
M. Hoffman	391	237	435	1063
D. Eaton	270	126	303	700
S. Lebleu	264	137	270	672
N. Moubout	220	110	270	600
M. Lebleu	402	248	402	1052
J. Capobart (46)	402	248	402	1052
H. Hudson (51)	534	358	600	1493
M. Leyva (60)	545	253	479	1278
R. Ray, Sr. (46)	584	496	644	1725
D. Pecos	451	308	440	1201
P. Hallerman (57)	427	319	529	1306
D. Bourland (60)	374	264	374	1014
R. Hines (46)	336	248	341	925
L. Dalton (9)	650	369	534	1554
H. Young	534	358	600	1493
SHW	804	629	2017	7128
P. Washington	767	474	661	1912
Class 2				
M. Houston	733	429	760	1923
M. Shivers	695	792	1025	2512
J. Rutherford	600	418	562	1581
J. Dalton	650	369	534	1554
E. Johnston	545	407	556	1510
J. Young	551	474	661	1686
H. Hudson	534	358	600	1493
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H. Hudson	534	358	600	1493
SHW	804	629	2017	7128
P. Washington	767	474	661	1912

John Houser, the open Superheavyweight Texas Cup Champ (Finnegan)

M. Houston	733	429	760	1923
M. Shivers	695	792	1025	2512
J. Rutherford	600	418	562	1581
J. Dalton	650	369	534	1554
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SHW	804	629	2017	7128
P. Washington	767	474	661	1912

Northern California Open  
Drug Tested Bench Press  
30 Oct 88 - San Mateo, CA (kg)

Women	SQ	BP	DL	Total
44 kg	122.51	60	132.51	320
J. Pote	110	37.5	122.5	270
C. Hsu	85	45	110	240
82.5 kg	132.51	60	132.51	320
N. Tamura	102.5	55	135	292.5
M. Wakabayashi	105	45	132.5	282.5
T. S. Pin	127.51	65	132.51	325
N. Shirasaka	95	47.5	120	262.5
C. H. Chen	140	75	145	360
56 kg	125	62.5	153.1	342.5
L. A. Yun	130	60	152.5	342.5
D. Namida	130	60	152.5	342.5
60 kg	153.1	90	170	415
M. Kaitale	147.5	67.5	145	355
N. C. Ping	160	75	170	405
67.5 kg	160	75	170	405
V. M. Tzu	130	62.5	135	327.5
Y. M. Tzu	120	50	132.5	302.5
A. Korkarni				
75 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	332.5
90 kg	165	70	157.5	392.5
R. Pal	145	87.5	150	382.5
C. C. Yeh	150	57.5	140	347.5
95 kg	175	90	175	440
F. Itoh	175	90	175	440
W. H. Ling	175	90	175	440
100 kg	205	110	210	525
H. Marumoto	170	90	180	440
L. C. Chuh	170	90	180	440
H. Ihaba	205	105	205	515
T. H. Song	205	105	205	515
110 kg	235	110	230	575
C. S. Lung	160	100	180	440
A. Taguibao	165	75	192.5	432.5
H. Kawagawa	245	115	265	625
N. Talamana	217.5	165	220	602.5
H. Kawagawa	210	112.5	265	587.5
S. Swant				

Women	SQ	BP	DL	Total
44 kg	122.51	60	132.51	320
J. Pote	110	37.5	122.5	270
C. Hsu	85	45	110	240
82.5 kg	132.51	60	132.51	320
N. Tamura	102.5	55	135	292.5
M. Wakabayashi	105	45	132.5	282.5
T. S. Pin	127.51	65	132.51	325
N. Shirasaka	95	47.5	120	262.5
C. H. Chen	140	75	145	360
56 kg	125	62.5	153.1	342.5
L. A. Yun	130	60	152.5	342.5
D. Namida	130	60	152.5	342.5
60 kg	153.1	90	170	415
M. Kaitale	147.5	67.5	145	355
N. C. Ping	160	75	170	405
67.5 kg	160	75	170	405
V. M. Tzu	130	62.5	135	327.5
Y. M. Tzu	120	50	132.5	302.5
A. Korkarni				
75 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	332.5
90 kg	165	70	157.5	392.5
R. Pal	145	87.5	150	382.5
C. C. Yeh	150	57.5	140	347.5
95 kg	175	90	175	440
F. Itoh	175	90	175	440
W. H. Ling	175	90	175	440
100 kg	205	110	210	525
H. Marumoto	170	90	180	440
L. C. Chuh	170	90	180	440
H. Ihaba	205	105	205	515
T. H. Song	205	105	205	515
110 kg	235	110	230	575
C. S. Lung	160	100	180	440
A. Taguibao	165	75	192.5	432.5
H. Kawagawa	245	115	265	625
N. Talamana	217.5	165	220	602.5
H. Kawagawa	210	112.5	265	587.5
S. Swant				

Men	SQ	BP	DL	Total
110 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	332.5
90 kg	165	70	157.5	392.5
R. Pal	145	87.5	150	382.5
C. C. Yeh	150	57.5	140	347.5
95 kg	175	90	175	440
F. Itoh	175	90	175	440
W. H. Ling	175	90	175	440
100 kg	205	110	210	525
H. Marumoto	170	90	180	440
L. C. Chuh	170	90	180	440
H. Ihaba	205	105	205	515
T. H. Song	205	105	205	515
110 kg	235	110	230	575
C. S. Lung	160	100	180	440
A. Taguibao	165	75	192.5	432.5
H. Kawagawa	245	115	265	625
N. Talamana	217.5	165	220	602.5
H. Kawagawa	210	112.5	265	587.5
S. Swant				

Men	SQ	BP	DL	Total
110 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	332.5
90 kg	165	70	157.5	392.5
R. Pal	145	87.5	150	382.5
C. C. Yeh	150	57.5	140	347.5
95 kg	175	90	175	440
F. Itoh	175	90	175	440
W. H. Ling	175	90	175	440
100 kg	205	110	210	525
H. Marumoto	170	90	180	440
L. C. Chuh	170	90	180	440
H. Ihaba	205	105	205	515
T. H. Song	205	105	205	515
110 kg	235	110	230	575
C. S. Lung	160	100	180	440
A. Taguibao	165	75	192.5	432.5
H. Kawagawa	245	115	265	625
N. Talamana	217.5	165	220	602.5
H. Kawagawa	210	112.5	265	587.5
S. Swant				

Women	SQ	BP	DL	Total
44 kg	122.51	60	132.51	320
J. Pote	110	37.5	122.5	270
C. Hsu	85	45	110	240
82.5 kg	132.51	60	132.51	320
N. Tamura	102.5	55	135	292.5
M. Wakabayashi	105	45	132.5	282.5
T. S. Pin	127.51	65	132.51	325
N. Shirasaka	95	47.5	120	262.5
C. H. Chen	140	75	145	360
56 kg	125	62.5	153.1	342.5
L. A. Yun	130	60	152.5	342.5
D. Namida	130	60	152.5	342.5
60 kg	153.1	90	170	415
M. Kaitale	147.5	67.5	145	355
N. C. Ping	160	75	170	405
67.5 kg	160	75	170	405
V. M. Tzu	130	62.5	135	327.5
Y. M. Tzu	120	50	132.5	302.5
A. Korkarni				
75 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	332.5
90 kg	165	70	157.5	392.5
R. Pal	145	87.5	150	382.5
C. C. Yeh	150	57.5	140	347.5
95 kg	175	90	175	440
F. Itoh	175	90	175	440
W. H. Ling	175	90	175	440
100 kg	205	110	210	525
H. Marumoto	170	90	180	440
L. C. Chuh	170	90	180	440
H. Ihaba	205	105	205	515
T. H. Song	205	105	205	515
110 kg	235	110	230	575
C. S. Lung	160	100	180	440
A. Taguibao	165	75	192.5	432.5
H. Kawagawa	245	115	265	625
N. Talamana	217.5	165	220	602.5
H. Kawagawa	210	112.5	265	587.5
S. Swant				

Men	SQ	BP	DL	Total
110 kg	222.5	97.51	190	510
S. Laha	145	75	150	370
H. L. Tzu	137.5	67.5	140	345
82.5 kg	160	75	170	405
K. Shihua	167.5	65	160	392.5
L. L. Chu	125	67.5	140	

**APF World Bench Championships**  
**27 Oct 88 - Charlottesville, VA**

114 lb.	80	250	510
121 lb. (new)	80	250	510
127 lb.	80	250	510
132 lb.	210	500	500
137 lb.	205	460	460
142 lb.	205	460	460
147 lb.	205	460	460
152 lb.	205	460	460
157 lb.	205	460	460
162 lb.	205	460	460
167 lb.	205	460	460
172 lb.	205	460	460
177 lb.	205	460	460
182 lb.	205	460	460
187 lb.	205	460	460
192 lb.	205	460	460
197 lb.	205	460	460
202 lb.	205	460	460
207 lb.	205	460	460
212 lb.	205	460	460
217 lb.	205	460	460
222 lb.	205	460	460
227 lb.	205	460	460
232 lb.	205	460	460
237 lb.	205	460	460
242 lb.	205	460	460
247 lb.	205	460	460
252 lb.	205	460	460
257 lb.	205	460	460
262 lb.	205	460	460
267 lb.	205	460	460
272 lb.	205	460	460
277 lb.	205	460	460
282 lb.	205	460	460
287 lb.	205	460	460
292 lb.	205	460	460
297 lb.	205	460	460
302 lb.	205	460	460
307 lb.	205	460	460
312 lb.	205	460	460
317 lb.	205	460	460
322 lb.	205	460	460
327 lb.	205	460	460
332 lb.	205	460	460
337 lb.	205	460	460
342 lb.	205	460	460
347 lb.	205	460	460
352 lb.	205	460	460
357 lb.	205	460	460
362 lb.	205	460	460
367 lb.	205	460	460
372 lb.	205	460	460
377 lb.	205	460	460
382 lb.	205	460	460
387 lb.	205	460	460
392 lb.	205	460	460
397 lb.	205	460	460
402 lb.	205	460	460
407 lb.	205	460	460
412 lb.	205	460	460
417 lb.	205	460	460
422 lb.	205	460	460
427 lb.	205	460	460
432 lb.	205	460	460
437 lb.	205	460	460
442 lb.	205	460	460
447 lb.	205	460	460
452 lb.	205	460	460
457 lb.	205	460	460
462 lb.	205	460	460
467 lb.	205	460	460
472 lb.	205	460	460
477 lb.	205	460	460
482 lb.	205	460	460
487 lb.	205	460	460
492 lb.	205	460	460
497 lb.	205	460	460
502 lb.	205	460	460
507 lb.	205	460	460
512 lb.	205	460	460
517 lb.	205	460	460
522 lb.	205	460	460
527 lb.	205	460	460
532 lb.	205	460	460
537 lb.	205	460	460
542 lb.	205	460	460
547 lb.	205	460	460
552 lb.	205	460	460
557 lb.	205	460	460
562 lb.	205	460	460
567 lb.	205	460	460
572 lb.	205	460	460
577 lb.	205	460	460
582 lb.	205	460	460
587 lb.	205	460	460
592 lb.	205	460	460
597 lb.	205	460	460
602 lb.	205	460	460
607 lb.	205	460	460
612 lb.	205	460	460
617 lb.	205	460	460
622 lb.	205	460	460
627 lb.	205	460	460
632 lb.	205	460	460
637 lb.	205	460	460
642 lb.	205	460	460
647 lb.	205	460	460
652 lb.	205	460	460
657 lb.	205	460	460
662 lb.	205	460	460
667 lb.	205	460	460
672 lb.	205	460	460
677 lb.	205	460	460
682 lb.	205	460	460
687 lb.	205	460	460
692 lb.	205	460	460
697 lb.	205	460	460
702 lb.	205	460	460
707 lb.	205	460	460
712 lb.	205	460	460
717 lb.	205	460	460
722 lb.	205	460	460
727 lb.	205	460	460
732 lb.	205	460	460
737 lb.	205	460	460
742 lb.	205	460	460
747 lb.	205	460	460
752 lb.	205	460	460
757 lb.	205	460	460
762 lb.	205	460	460
767 lb.	205	460	460
772 lb.	205	460	460
777 lb.	205	460	460
782 lb.	205	460	460
787 lb.	205	460	460
792 lb.	205	460	460
797 lb.	205	460	460
802 lb.	205	460	460
807 lb.	205	460	460
812 lb.	205	460	460
817 lb.	205	460	460
822 lb.	205	460	460
827 lb.	205	460	460
832 lb.	205	460	460
837 lb.	205	460	460
842 lb.	205	460	460
847 lb.	205	460	460
852 lb.	205	460	460
857 lb.	205	460	460
862 lb.	205	460	460
867 lb.	205	460	460
872 lb.	205	460	460
877 lb.	205	460	460
882 lb.	205	460	460
887 lb.	205	460	460
892 lb.	205	460	460
897 lb.	205	460	460
902 lb.	205	460	460
907 lb.	205	460	460
912 lb.	205	460	460
917 lb.	205	460	460
922 lb.	205	460	460
927 lb.	205	460	460
932 lb.	205	460	460
937 lb.	205	460	460
942 lb.	205	460	460
947 lb.	205	460	460
952 lb.	205	460	460
957 lb.	205	460	460
962 lb.	205	460	460
967 lb.	205	460	460
972 lb.	205	460	460
977 lb.	205	460	460
982 lb.	205	460	460
987 lb.	205	460	460
992 lb.	205	460	460
997 lb.	205	460	460

**World Champ in His First Meet.** Steve Carey benched 590, weighed 252 and took Best Lifter in the Heavyweight Division at the APF World Bench Press Championships in his first meet ever. (Photo courtesy of John Shifflet)

of the mark for Ricki, Mike Dumaine of Indiana happy with his 3rd place finish. Carl Kleim, Mike Mason and Greg Weaver did the hard job of spotting and loading his bar. Steve Carey, 252, weighed 252 and took Best Lifter in the Heavyweight Division at the APF World Bench Press Championships in his first meet ever. (Photo courtesy of John Shifflet)

**Denver Natural Nationals Regional**  
**22 Oct 88 - Denver, CO (Total)**

Women	123 lb.	120	80	170	370
B. Gill	123 lb.	120	80	170	370
128 lb.	120	80	170	370	
133 lb.	120	80	170	370	
138 lb.	120	80	170	370	
143 lb.	120	80	170	370	
148 lb.	120	80	170	370	
153 lb.	120	80	170	370	
158 lb.	120	80	170	370	
163 lb.	120	80	170	370	
168 lb.	120	80	170	370	
173 lb.	120	80	170	370	
178 lb.	120	80	170	370	
183 lb.	120	80	170	370	
188 lb.	120	80	170	370	
193 lb.	120	80	170	370	
198 lb.	120	80	170	370	
203 lb.	120	80	170	370	
208 lb.	120	80	170	370	
213 lb.	120	80	170	370	
218 lb.	120	80	170	370	
223 lb.	120	80	170	370	
228 lb.	120	80	170	370	
233 lb.	120	80	170	370	
238 lb.	120	80	170	370	
243 lb.	120	80	170	370	
248 lb.	120	80	170	370	
253 lb.	120	80	170	370	
258 lb.	120	80	170	370	
263 lb.	120	80	170	370	
268 lb.	120	80	170	370	
273 lb.	120	80	170	370	
278 lb.	120	80	170	370	
283 lb.	120	80	170	370	
288 lb.	120	80	170	370	
293 lb.	120	80	170	370	
298 lb.	120	80	170	370	
303 lb.	120	80	170	370	
308 lb.	120	80	170	370	
313 lb.	120	80	170	370	
318 lb.	120	80	170	370	
323 lb.	120	80	170	370	
328 lb.	120	80	170	370	
333 lb.	120	80	170	370	
338 lb.	120	80	170	370	
343 lb.	120	80	170	370	
348 lb.	120	80	170	370	
353 lb.	120	80	170	370	
358 lb.	120	80	170	370	
363 lb.	120	80	170	370	
368 lb.	120	80	170	370	
373 lb.	120	80	170	370	
378 lb.	120	80	170	370	
383 lb.	120	80	170	370	
388 lb.	120	80	170	370	
393 lb.	120	80	170	370	
398 lb.	120	80	170	370	
403 lb.	120	80	170	370	
408 lb.	120	80	170	370	
413 lb.	120	80	170	370	
418 lb.	120	80	170	370	
423 lb.	120	80	170	370	
428 lb.	120	80	170	370	
433 lb.	120	80	170	370	
438 lb.	120	80	170	370	
443 lb.	120	80	170	370	
448 lb.	120	80	170	370	
453 lb.	120	80	170	370	
458 lb.	120	80	170	370	
463 lb.	120	80	170	370	
468 lb.	120	80	170	370	
473 lb.	120	80	170	370	
478 lb.	120	80	170	370	
483 lb.	120	80	170	370	
488 lb.	120	80	170	370	
493 lb.	120	80	170	370	
498 lb.	120	80	170	370	
503 lb.	120	80	170	370	
508 lb.	120	80	170	370	
513 lb.	120	80	170	370	
518 lb.	120	80	170	370	
523 lb.	120	80	170	370	
528 lb.	120	80	170	370	
533 lb.	120	80	170	370	
538 lb.	120	80	170	370	
543 lb.	120	80	170	370	
548 lb.	120	80	170	370	
553 lb.	120	80	170	370	
558 lb.	120	80	170	370	
563 lb.	120	80	170	370	
568 lb.	120	80	170	370	
573 lb.	120	80	170	370	
578 lb.	120	80	170	370	
583 lb.	120	80	170	370	
588 lb.	120	80	170	370	
593 lb.	120	80	170	370	
598 lb.	120	80	170	370	
603 lb.	120	80	170	370	
608 lb.	120	80	170	370	
613 lb.	120	80	170	370	
618 lb.	120	80	170	370	
623 lb.	120	80	170	370	
628 lb.	120	80	170	370	
633 lb.	120	80	170	370	
638 lb.	120	80	170	370	
643 lb.	120	80	170	370	
648 lb.	120	80	170	370	
653 lb.	120	80	170	370	
658 lb.	120	80	170	370	
663 lb.	120	80	170	370	
668 lb.	120	80	170	370	
673 lb.	120	80	170	370	
678 lb.	120	80	170	370	
683 lb.	120	80	170	370	
688 lb.	120	80	170	370	
693 lb.	120	80	170	370	
698 lb.	120	80	170	370	
703 lb.	120				









