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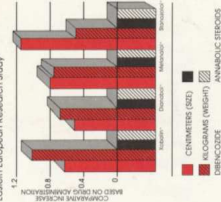
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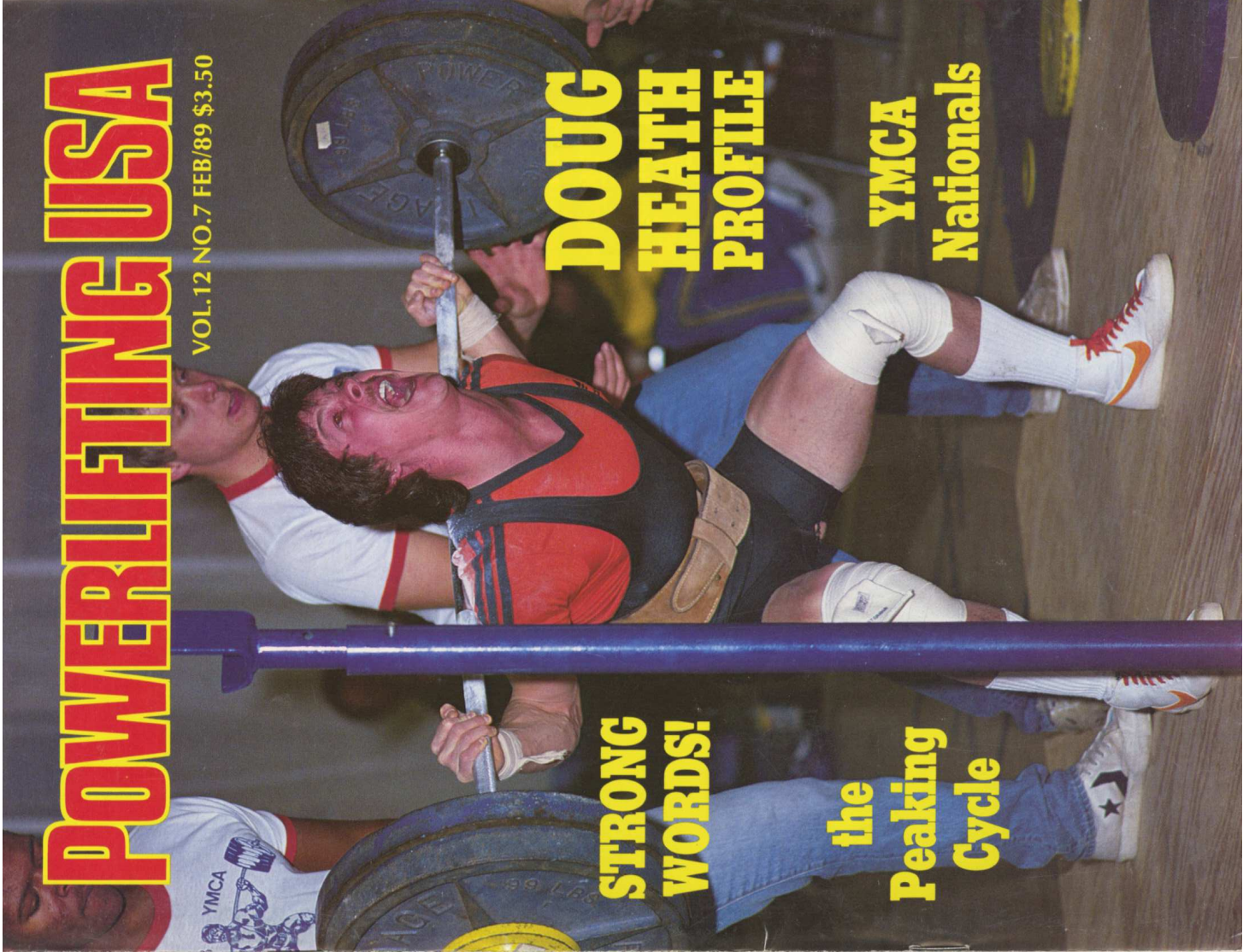
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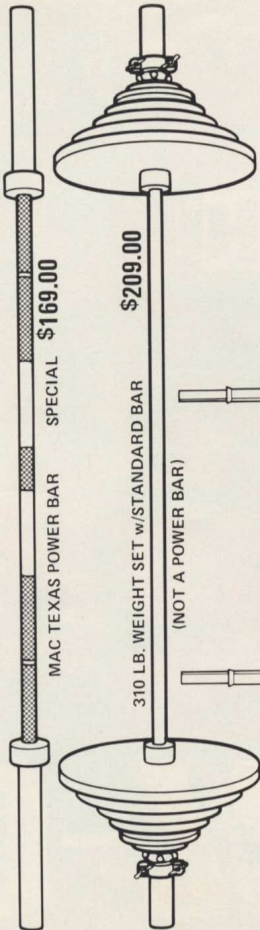
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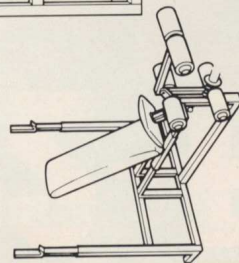


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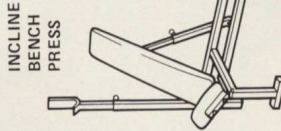
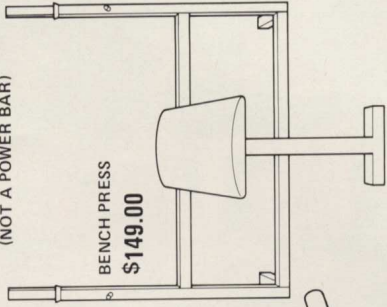
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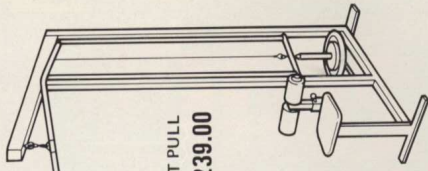
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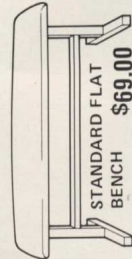
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ON THE COVER...Doug Heath squatting at the Y Nationals
NEXT MONTH...the new WOMEN'S TOP 20 Ranking List

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POWER PROFILE

DOUG HEATH as told by JEFF CHORPENNING



Doug Heath with his Best Lifter Award at the 1988 APF Senior Nationals.

The year was 1979. It was an exciting day for I was off to see my first powerlifting contest! At 15 years old, I had just started on a weight training program and the "iron bug" had started to bite. Who was the little excitable guy on the platform with the endless supply of energy? Was it a show, or was this guy for real? Anyone observing Doug Heath's platform mannerisms might wonder if his antics were rehearsed. Doug describes everything he does on the platform as being designed with one purpose in mind: to lift as much weight as he possibly can. Following a lifting attempt, Doug often goes through what appears to be a well choreographed grand finale to a play. To this day, when observing Doug competing, I momentarily think I am watching a big time wrestling show. Doug explains his platform personality as "spontaneous insanity" and thinks it is misunderstood. Living in the same city as Doug for the last four years, I now regret not getting to know him sooner. After interviewing Doug, I have found him to be quite different than the "hyper" lifter I saw him to be even back in the 1979 meet. Misunderstood is a good term for how I personally viewed the little guy from the first time I saw him in action. After taking on the job of writing about Doug Heath, I would now describe him as a veteran lifter that just plain loves powerlifting. I am confident that Doug's best lifting accomplishments are still yet to come.

I call Doug a veteran not because of his age. His appearance is deceiving. He will probably be one of those guys who appears to be 20 when he's lifting on a home made wooden bench and exercise plates. Doug Heath had already been lifting for eight years. Doug is a very meticulous lifter as he was able to tell me not only the year he began weight training, but the exact date! I was a sixteen year old kid at the time, and still had eight years to go before I discovered the barbell. Doug began lifting because he was impressed with an older lifter who had beaten him. Ken vanDyken probably had no idea of the success of his protégé would have over the 17 years Doug Heath has spent in training, starting June 21st, 1971.

Doug's first meet was in 1976 where he competed in the 114 lb class. In the four years, Doug has lifted in four weight classes, posing elite medals in all of them. He has been victorious in many meets including the USPF Jr. and Sr. titles and APF Jr. and Sr. titles as well. Doug completed internationally back in 1978 when won the Pan American Championship. One of Doug's greatest lifting accomplishments was the 1988 APF Senior Nationals in Columbus, Ohio.

Doug Heath with his Best Lifter Award at the 1988 APF Senior Nationals. He went an excellent 9 for 9, setting APF records in the process, to win the "outstanding lifter" award. Doug lifted unopposed on this day, though he would have been capable of taking on any competitor and probably coming out as the victor regardless. He appeared to have more in him since his third attempts were not "all out" efforts. Finally, recovered from a nagging 3 1/2 year groin injury, there appeared to be no stopping Doug Heath this year.

Interestingly, Doug considers his closest contest battle to be early in his lifting career. Coached by the well known Louie Simmons, Doug recalls a battle with veteran Ron Mercer at 123 at the Ohio State Championship. Doug said, "I felt that if I was going to do anything in powerlifting, I had to beat Mercer." Lou, competing himself that day, had to leave Doug during the deadlift session. He left Doug with the following advice, "Don't let Mercer paint you into a corner." Doug recalls finding himself right

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

down times.

When interviewing Mariah Liggett, a long time lifting friend of Doug's, I stumbled across a "Doug Heath Classic." Liggett, who describes Doug Heath as a "fire ball", recalls the day Doug accidentally put his hand through a glass door. "Doug's only concern was if he could still lift in the Seniors explained Mariah assured Doug that he would be able to still compete, though when she saw his arm, she swooned to the tendons she knew this was not the case! Doug's version of this story also proved to be interesting due to his comical way of relating lifting stones, regardless of the severity. Doug, needless to say, did not make it to that Seniors. Following this accident, Doug did a lot of upper body work to concentrate on his bench press, and he improved this lift by quite a margin.

The highlights of Doug Heath's career don't go without some disappointment. Doug considers the lowest point to be when he won the 1984 USPF Senior Nationals. At this time, Doug had the #1 ranking total in the world (1380 at 123), but Mark Chaillet was chosen over him to represent the USA on the IPF world team. Doug was disenchanted. He was not even notified of not making the team until he read it in *Powerlifting USA*. Fortunately Doug's opportunity to compete in a World Championship did not end in 1984. Off his win at the 1988 APF Seniors, Doug earned a spot of the team for the USA to the APF/WPC Worlds in South Africa (see my report on page 23), where he had another sensational day, he almost breaking the 400 pound barrier in the bench press and almost winning another Best Lifter award, adding yet another chapter to this already interesting lifting story.



Doug has been known to get a little excited after making a big lift!

This bench press routine is designed to be performed twice a week for a 10 week cycle.

On Day 1, for the first 8 weeks, you will bench press with a flat bar, (no arch), and feet up (no leg drive), to purposely remove leverage advantages. This will emphasize the muscle groups that bench press. Also, for the last 3 weeks on Day 1 you will use a bench press contest bench. On Day 2, which will be 3 days after Day 1, you will again bench press flat back and feet up for 8 weeks. However, on Day 2, you will use a bench press grip that is 2" closer than your normal contest bench grip.

You will only use your contest bench press grip with your feet planted and your back arched for the final 3 workouts in the cycle! On these days you should use all equipment that you will be using in the contest (bench shirt, wrist wraps, etc.). What I am trying to accomplish with this particular routine is, of course, improvement! The thing I'm trying to avoid is the number one "bench killer" in the world, overtraining! It is so easy to overtrain the bench, simply because most people like this lift so much and, compared to squating and deadlifting, it's easier! The assistance exercises I've outlined for each day should be done "all-out" for eight weeks.

This cycle is based on a hypothetical lifter who's best bench press is 300 lbs. Expect to improve your best contest bench press by 15 lbs. Do not think that this is an insignificant increase because it's so important to set realistic goals. Also, if you lift in 4 meets a year, at 15 lbs. per cycle you'll improve 60 lbs. in one year!

Week 1: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 200x5. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 180x5.
Week 2: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 210x5. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 190x5.
Week 3: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 220x5. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 200x5.
Week 4: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 230x3. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 210x3.
Week 5: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 225x1, 240x3. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 225x1, 220x3.

Week 6: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 225x1, 250x3. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 225x1, 230x3.
Week 7: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 225x1, 260x2. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 225x1, 240x2.
Week 8: Day 1: Bench Press (wide grip) 45x10, 95x5, 135x3, 185x1, 225x1, 270x2. Day 2: (close grip) 45x10, 95x5, 135x3, 185x1, 225x1, 250x2.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For those of different strength levels than the starting in direct proportion, simply increase or decrease the training weight for the next 4 weeks. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

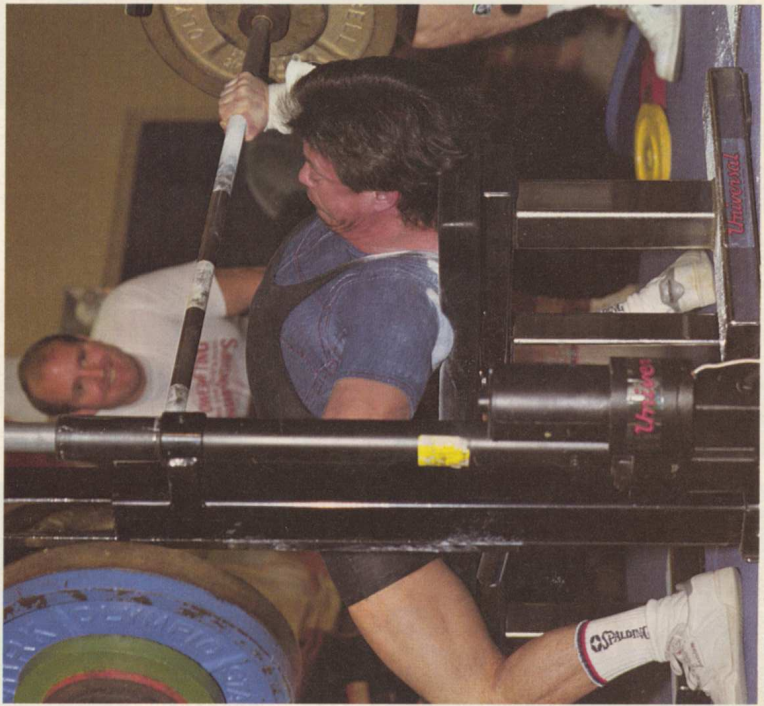
The Doug Heath Bench Press Routine

Week 9: Day 1: Bench Press (contest grip) 45x10, 95x5, 135x3, 185x1, 225x1, 255x1 (with shirt), 310x1. Day 2: Rest for contest! (4 days off before meet).
Assistance Exercises:
Day 1: Weighted pushups - 5x5 for the 1st 4 weeks, 5x3 for the next 4 weeks; Decline press - 3x8 for the 1st 4 weeks, 3x5 for the next 4 weeks; (contest grip) 45x10, 95x5, 135x3, 185x1, 190x5.

Seated dumbbell press - 2x12 for the 1st 2 weeks, 2x10 for the next 2 weeks, 2x8 for the next 2 weeks; 2x6 for the next 2 weeks; Front delt plate raise - 2x12 for the 1st 2 weeks, 2x10 for the next 2 weeks, 2x8 for the next 2 weeks; 2x6 for the next 2 weeks.
Day 2: Decline press - 3x5 for the 1st 4 weeks, 3x3 for the next 4 weeks; Incline press - 3x6 all 8 weeks; 1-Arm tricep press - 2x10 all 8 weeks.

Assistance Exercise Guidelines:
A) Increase weighted pushups, decline press, and incline press by 10 lbs. per week.
B) Increase dumbbell press (seated) by 5 lbs. every week.
C) Increase front delt plate raises by 10 lbs. every other week.
D) Increase 1-arm tricep press (seated) by 5 lbs. every other week.
Contest warmups: 45x10, 95x5, 135x3, 185x1, 225x1, 255x1 (with shirt). Contest attempts: 1) 285, 2) 305, 3) 315.

I'll be glad to answer any questions concerning this routine. Good luck!
Doug Heath
1428 Chalmers Court
Columbus, Ohio 43229
(614) 431-9011 (home)
(614) 890-2411 (work)



385 at 132 is what Doug Heath made at this year's YMCA Nationals, with very close misses at 400 pounds.

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in many languages around the world for strength, no accident I'm using it.)

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Marielena Garland, former Ms. Mexico and runner-up in the Ms. USA contest, has the administrative reins for the entire operation. Our goal is to totally blow the insurance companies away with our ability to achieve complete and speedy resolution with our patients that they'll beg us to take their cases. Marielena is the best there is at getting the job done.

These are but three of our staff of twenty experts. What'll I do there? Well, I need a place to train! Kidding? Not in the least! I'll also run around getting new centers on-line around the United States over the next couple of years. My goal is to have a CRAFT Center in every major city in the USA by the year 1993. And a few around the world.

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Know anyone doing these kinds of things? Sound like I'm gloating? I am. I'm in love with the concept because it represents an incredibly huge step forward in both rehabilitation science as well as in the science of sports training. Now, we'll see what are the limits of human performance. Maybe.

For more information on this incredible facility, write to: CRAFT Center, 18618 Sherman Way, Reseda, CA 91335.

I had resolved that nothing that's been alive since the Cretaceous Era could drag me to the New Year's Eve Dance, the Electric Press Contest and A-Dale's Bar-B-Que over at the Lopez Deak's bar out in the Old Kluge Highway. I'm old! I had a real good time back in '85, not counting the time I spent slugging trying to rope around the ass of my 60-Pound with Lopez. On January 2, in front of an ice storm, we flew into Texas like a Stealth bomber when in hopes that the red-headed 148-pounder could get the reds and sneak out again. But Lopez's get more spikes around the Aight Army and he and Preacher Harley and Coach Kuhnisk were slouched all over the boat-dock when we drove up.

My wife said a couple highbys, I'd forget she could speak the language being from Maine and all, and then she took off up the hill to her Mama's like a girl scout that had just stumbled into a biker's bar matz. Lopez wanted to know if she lifted anymore. Lisa had been a fire colleague lifter before she decided to go to law school and went off to Sacramento to scout the wildlife and find a job before she came out. I had to tell them she'd retired to concentrate on the books, not to mention her disgust at the number of lady lifters who were developing heavier beards than mine from the 'supplements' they were taking. It just wasn't fun anymore. Besides, her lats had developed so much that she couldn't get on those pretty dresses her Mom had made her. They both knew just who to blame. Me.

Lopez pulled out a couple door passes for New Year's and told me to be sure to bring her along and we'd have some fun then. I'd been in the Husband's Union long enough to know better than to even mention it to Lisa, so I stuck the passes in my pocket and forgot all about it.

We killed an hour or two doing 'old home week' and throwing out treats for the high-fin blue catfish that hung around the dock for lunch. Three or four good-size keepers, I promised we'd get together in the next few days, Right.

New Year's Eve we were driving back from my brother's in 'Big D', when I discovered that the old junker had come about thirty miles out of the way and pulled up in front of the Scoot-n-Boot. Ever notice how your car sometimes knows where you really want to go no matter what you had told it in the first place? The joint hadn't changed much. Screen wire windows all around, the tin barn on the parking lot...you know the place.

As we got out of the car, Lisa gave me one of those sweet smiles men come to now and dread. This your idea of a big New Year's celebration with your wife? I was indignant. Honey, these people made me what I am today. She slammed the car door. And what, pray tell, is that?

Just one drink, Honey, then we'll go. 'Try to keep the car out of the Neches River this New Year's, O.K.?' The seven-foot tall ex-Wampus Cat bartender grinned when he saw us. 'Coach Kelson, you got rich and made Lopez Famous.' Guess he didn't know how much us big-time from Game writers make. Don't ask. Then he started ringing the big church bell behind the bar that the school Prez was still looking for since Lopez remodeled the

Power Fun

Resolutions Revisited



Resolved. O.D. Wilson will pull 900 in the 1989, look how close the I.P.F. World Strongman came with a new world record at the I.P.F. Worlds in Australia before losing his grip.

Happens every time, gang. I took a whole lot of fuck about having gone Hollywood and finally admitted I might have stretched the truth once or twice. Lisa raised an eyebrow and then wandered off over by the pool tables. Asked a couple of cowboys the diamond ring as big as a spent collar and hanging on Lopez, LaVonda Sue Braley, Preacher Harley, and, God help me, the Power Club Headhead with two waitresses from the malt shop.

I guess he had finally got into his orange Nehi. The he could hang around in bars table and settled down, talking some semi-serious lifting talk. The Club Headhead wasn't impressed. He still regarded me as an old fashioned relic from the days of leopard skin posing tights. Since he had become a college junior after longer, it would start down

chapel. The employees came running and the regulars crowded in hoping to see a scuffle. Everyone was there, Coach wearing his best cowboy outfit and squiring Miss Stotts, the hippie librarian, the blonde 123 pounder was sporting a diamond ring as big as a spent collar and hanging on Lopez, LaVonda Sue Braley, Preacher Harley, and, God help me, the Power Club Headhead with two waitresses from the malt shop. I guess he had finally got into his orange Nehi. The he could hang around in bars table and settled down, talking some semi-serious lifting talk. The Club Headhead wasn't impressed. He still regarded me as an old fashioned relic from the days of leopard skin posing tights. Since he had become a college junior after longer, it would start down

only four years, he regarded himself as an intellectual. He fixed me with a cool gaze and assumed what he thought was a condescending tone. 'Tell me, Mr. Kelson, what is the most important factor in training?' Showing up. 'What is the main factor for success at one's first meet?' Showing up.

'All right, but seriously, what is the secret of great overall strength?' Squats.

He lifted. 'How should one proceed to widen the shoulders and deepen the chest?' Squats.

'What stack do you recommend for gain in mass and size, be stoutest?' WHAT ABOUT THE BENCH PRESS, DAMMIT???

'This a week. After Squats.' The Headhead jumped up and stomped off to the other end of the bar after recommending a challenging but unlikely exercise for me to go do. Preacher Harley followed after him muttering something about a Prophet in his own country. LaVonda gazed upon me with her Shalimar pasties eyes, 'You been ugly, Mr. Kelson. Yes, I guess I was. Plying the belly, and I wasn't even on 'roids. Too many Holiday electrolytes. This year, I have to start treating folks better.'

I wanted to get out of there before the Bench coach started. They wanted me to judge and I wasn't about to red light any drinks. I found Lisa over on the weight platform with the two cowboys she'd just skunked in eight ball.

The cowboys were muttering about how women can grow a business along with men's business and doing deadlift angles to put her in her place. Sharing the air and making lots of noise. With 25. That's two-fifty-five. She stepped in and did legs with it till she got her feet down and waved 'em goodbye. 'Keep it in the yard and Bob.'

We eased on out the door and I had to watch LaVonda and the bartender doing a dance that sure wasn't the Cotton-seed. Miss Stotts was explaining Burmese breathing exercises to Coach as they got in his truck. He was breathing pretty good, Sacramento up by Amarillo someplace? He had to do it. Professional Team. From Pennsylvania.

The Headhead came slobbering up as I fumbled for the car keys. He was crying and rubbing my hair white with his breath and saying he knew I was right and was gonna quit drinking and start squat for sure. Well, O.K. I hope he does, and a lot more like him too. We're getting in the car when Lisa turns and asks me, 'Paul, what do you get from these people?' Six more articles. 'The wise guy writer strikes again. She looked at me for a long moment. I miss 'em, too, sometimes.'

She's definitely a keeper. I saw Lopez standing in the door as I gravelled out to the highway. He laid a finger aside of his nose. I joked and waved.

Despite my jokes, I do appreciate the letters and I will try to answer everybody. Those asking for detailed information and training programs should include \$10. as personal attention takes time, thought and calls.

Paul Kelson, 3046 33rd St.
Sacramento, CA 95817

INTERVIEW

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

Shayne Ferguson as interviewed by BOB GAYNOR



BG: What is your occupation?
SF: I am a Physical Therapy Aid and Biofeedback Technician at Comprehensive Medical Rehabilitation Center in Lexington, Kentucky.

BG: How long have you been lifting?
SF: I have been training for 10 years and competing for 5 years.

BG: How did you get started?
SF: Throughout my sophomore, junior, and senior years teachers Gary Blankenship and David Shull, and I took turns driving 26 miles one way, to a gym in Owensboro, Kentucky called the Iron Jungle Gym. My hometown of Beaver Dam, Kentucky did not have a gym. Even today I contribute my success and improvement to the persistence of these two men regarding detail and the keeping of good form in every lift performed.

BG: Your best competitive lifts?
SF: My best lifts are: Squat 733, Bench 405, Deadlift 710 and total 1848. These were done at the ADF-PA Men's Nationals in St. Louis, MO.

BG: What are some of your lifts?
SF: In my first contest, the 1983 ADFPA Tennessee Open in Clarksville, I won my class and best lifter award with a total of 1425 lbs. weighing 220 lbs. I hold Kentucky ADFPA squat and total records.

BG: Shayne, what are your goals?
SF: I want to squat over 800 lbs. at a National or World level competition, to bench press 425 lbs., to deadlift 800 lbs. and total over 2000 lbs. as a 220 lb. competitor, drug free.

BG: What about steroid testing?
SF: I truly believe the ADFPA is the answer to clean lifting, but we, as an organization, may need to go one step further than current testing. I agree with Shaun Cain's belief that random testing of individuals making the top 20 list should take place throughout the year. My view on drugs is if you take them be smart and seek guidance from someone who cares. I take many hours of my week to speak to individuals about steroids and their effects. I finally sided them toward local physicians whom I believe care enough to have learned and keep up with subject of steroid use and abuse. For myself, I want to see my children, for my children, not sterility. I want years, rather than fleeting minutes.

BG: Shayne, what are your thoughts on diet and supplementation?
SF: Diet balanced meals and supplement with one multiple vitamin a day and one each of gamma oryzanol and inosine each day.

BG: What advice would you have for the athlete just starting out?
SF: Good form is always important. Another key factor is good coaching and direction. Another good rule to follow is to lower body fat percentage before moving up to higher weight class. I have always lifted as a 220 lb. lifter. My bodyfat percentage when

Christ. Many storms in my life I have

brining in more and more lifters every year with her encouragement and education of the competitor that there is an alternative to steroid usage. I would also like to praise and encourage those lifters who have left the ranks of the drug free. It was an honor to see Mike and Bob Bridger, Walter Thomas and Joe Lachner lift this year at the National Championships. Finally, but not least, is a hero of mine that I patterned my workouts after for many years, Jim Cash. Thank you, Jim for all the articles about routines and how to lift. The time and effort it took to write those articles and trial and error I took on different routines before you found the right one to write up makes Jim a hero in my eyes, not to mention his lifting ability.

BG: Besides lifting, what are some of your other interests?
SF: Sorry to put this under other interests - I should be under main interests - It is personal walk with Jesus

Browsing through the "Coming Events" section in the latest PL USA, you suddenly spot it, that meet you've been waiting for. It's in your home state and sanctioned by your preferred Federation. It's perfect! But wait, what do you do now? Before you proclaim this a stupid question, know full well that what you do now is get your butt down to the gym and start training, take a closer look.

The training period that will follow, the peaking cycle, is the time in which you must "put it all together" in preparation for a day of peak performance on the platform. Such an important training period deserves a close analysis. Answering questions: what is a peaking cycle, how do you construct one, and how can you derive important information from a peaking cycle, can provide you with the foundation of successful training and competition.

The first step toward success in any endeavor is understanding. You cannot train effectively if you are unsure of what it is you are trying to achieve. What is a peaking cycle? It is more than the time in which a lifter is preparing for a contest. This training period is separated from all others by its singular objective: to maximize performance on meet day. This is where most lifters lose their way. If your cycle is not tuned in to yielding you the highest lifts possible, then it's not a true peaking cycle. The debate over whether or not to use plyometric and compensatory acceleration training quickly becomes irrelevant to your assistance exercises look more like pre-contest Mr. Olympia than pre-contest St. Nationals!

The key to defining the peaking cycle is in its objective. Anybody can train for a meet. You simply train and then compete, but this is not a peaking cycle. The definition of a true peaking cycle is one that answers yes, and only yes, to the following questions: does this training program, and everything in it, have peak meet performance as its one and only objective? For a peaking cycle to be now one step closer. You have the knowledge of what peaking is and are ready to make it your own. It is time to put your mind to work, and state this concept you now have defined.

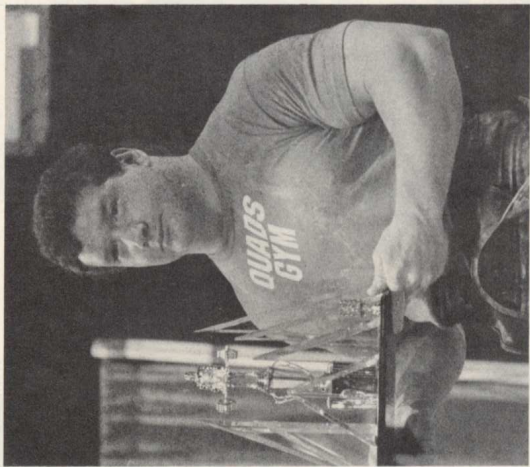
When setting out to build a house you do not start by buying paint, wallpaper and curtains. These are part of a house, but they come later in the construction and are not the elements of whether or not you have a quality house. As any carpenter can tell you, your first purchases when it comes to house building are concrete and lumber. You lay a strong foundation and erect sturdy framework.

These factors determine quality in a house and must take first priority in the construction of a peaking cycle. Too many lifters run out and start buying curtains before concrete. Whether you use an 8, 10 or 12 week cycle, whether you pull your suit straps up 4 or 5 weeks with singles, doubles or triples, are all legitimate parts of a peaking cycle. However, they are

STARTIN' OUT

A special section dedicated to the beginning lifter

The Peaking Cycle as told by ERIC A. LELAND



A Record Setting Performance is simply the final execution of a detailed plan, which was conceived months before and carried out, step by step.

the "curtains" of a peaking cycle. It is not over details like how many meals, the work and rest. Like the house, the peaking cycle needs a quality foundation. This foundation greatly influences your peaking cycle can be achieved by merely stepping out to start training before you start developing a plan. A peaking cycle is a plan. Projected maximum training, power changes, assistance exercises, very sets, and reps must be determined and written down before you set foot in the gym. This pre-determination of all work to be done gives you a map of short term and medium range goals. It establishes control in your training and helps guard against peaking too soon. The hit and miss "go by how you feel" method of cycling is too inconsistent and leads to over training and premature peaking. You should always keep a training diary. Writing down your peaking cycle before you begin is the most efficient way of set-

ting, and working toward, your goals. Begin with your projected maximums. Their accuracy is of paramount importance, you want to lift as much as possible, yet not set your goals too high you will peak too soon. Use your head, not your ego, when projecting your lifts. Consider your mental state, injuries, and past performance. If you have not pulled 600 lb. deadlift, but the judge had time to go to the office before the time it came the floor and a 650 in 12 weeks, I don't expect maximum training, power changes, assistance exercises, very sets, and reps must be determined and written down before you set foot in the gym. This pre-determination of all work to be done gives you a map of short term and medium range goals. It establishes control in your training and helps guard against peaking too soon. The hit and miss "go by how you feel" method of cycling is too inconsistent and leads to over training and premature peaking. You should always keep a training diary. Writing down your peaking cycle before you begin is the most efficient way of set-

detail in your training diary. One step remains in getting the most out of your cycle. You must become a student of your own training.

Learning from your peaking cycle will make you a better performer on meet day. Monitor your daily and weekly performances. When the peaking cycle is complete and the meet is only days away, it will be helpful to review your diary. By studying everything, good and bad, over the course of the cycle, you will have a firm grasp on your true capabilities. Probably the most important thing you can learn from the peaking cycle is whether or not your projected maximums are unrealistic. Regardless of how much thought you put into projecting your capabilities, there are times when they just don't pan out. Be smart when this happens. Far too many powerlifters have an uncanny ability for rationalizing. You have all met one of these lifters. He has his sights set on a particular goal, let's say a 600 lb. squat. His entire cycle has been difficult and on the final week he musters a 520 lb. triple. However, he remains extremely confident for that 600 because: by meet day his lower back will be recovered. He has a new suit and wraps on the way, and he always gets a better psyché at a meet. Sorry, but these are rationalized excuses. Our friend learns this the hard way on meet day. It's opening attempt at 530 lbs. looks like a world record effort and his next two attempts are merely reminders of how much the spotters are to be appreciated! The smart lifter will recognize this problem in its infancy: training poundages becoming too difficult, too quickly, with premature peaking almost inevitable. He will make the necessary adjustments in his projected maximums and training poundages so as to still have a productive cycle. The smart lifter learns from his peaking cycle.

Learning from your peaking cycle, the shape of a well thought out plan before you begin training, and knowing in which all training energies are focused on meet performance, are three keys to successful training and competition. For every lifter that exists, there exists a slightly different way to peaking. These keys, however, transcend the differences for they are the foundation of a peaking cycle. If peaking was just a measure of strength, then these keys would not be so important. For you, there is much more to peaking. It is a matter of knowledge and preparation to vital ingredients and total preparation to meet the day for success. You must be mentally prepared. In peaking it is actually a strong and smart, and not just a "big" lift, that will make the difference. I am a student of the great sport of powerlifting. If you have any questions or comments please feel free to write.

ERIC A. LELAND
6316 Restawhile Crt. SW
Olympia, WA 98502

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



INJURIES

Part 3, by Jon Smoker

Hopefully, but not likely, you will never experience some type of tear or severe strain or sprain in your career, but if you do, let us help. There is always a debate going on about the timing for applying old packs; but I would guess only because of the amount of research that went into it. They suggest putting the pack on initially for 5 to 7 minutes and then letting the traumatized area rest a little before repeating the procedure every 24 hours. Then if you feel better, you can then apply the pack. Depending on the nature and severity of the injury, physical therapy can begin 10 to 20 hours later, which can include massage. For example, if it's an ankle sprain, the calf muscle needs to be massaged during the initial therapy.

I was arrogant enough to think that ting was not so important, and ironically this attitude caused my worst injury, a bone spur, while I was at a desk. I sat down very hard and cracked my knee. A well formed and hardened and never went away. Some of the minerals and salts pulled in to the traumatized area had calcified. The spur probably would have been avoided by icing, because that would have slowed down the swelling of the area and greatly reduced the eventual size of the swelling at its peak. It was a mistake. I learned the hard way. I always thought that cold packs were for wimps, and had ignored the scientific and practical evidence that they work.

Also, any time there is swelling, a doctor or trainer should look at it, to insure that there isn't something more going on. Hair-line fractures, for example, can usually not be confirmed without an X-ray. With most bad injuries, though, one usually has a pretty good idea that immediate professional medical care is required.

To keep loose, flexible, athletic, I think it's very important to participate in a safe, secondary sport or two. Racket sports are great in this respect; the chance for injuries are minimal, because there's no physical contact and yet, many athletic skills are called upon: speed, timing, coordination, and flexibility are sharpened. In fact, once I had a severe case of sciatica and tennis was the number one thing that helped me get rid of it. At first, I could hardly push off with my left hamstring. The nerve endings in it had become numb from the pressure on my spinal chord and the list goes on. As I forced myself to struggle through games, gradually the feeling and muscle control came back. Apparently the Soviets think that tennis is too dangerous, so they've opted for ping-pong instead. Larry Pacifico played racquetball, and the list goes on. The point is, racket sports are great for all around conditioning, including the stretching and tensing of tendons and muscles during an athletic performance and the development of explosiveness and endurance (i.e. fighting fatigue). Racket sports are a lot like boxing, except you don't get punched.

In the prevention and cure of minor injuries, diet and

an over-worked heart and kidneys, high blood pressure, and edema. (This also makes salt equally bad for the steroid user.) Steroids flood the liver with more toxins which can damage an essential organ, sometimes permanently. Poisoning the liver can lead to hepatitis and related problems. Normally large amounts of water would be helpful in the removal of toxins. When a steroid user drinks large amounts of water, he is, in effect, forcing water to work at cross purposes with itself.

Tendon inflammation must be worked around. Exercises must be chosen that hit the sore area indirectly without causing additional pain, and then gradually, over a period of time, involve the traumatized area more, as the pain lessens. For example, cables are great therapy for the complexity of the shoulder and its problems; because with them one can hit the shoulder from any angle. In severe cases of tendonitis, however, either complete rest, or starting over with very light weights, is required.

Hopefully, you've learned some things from this series that will make those periods of severe tendon problems very rare. Someone who never experiences such problems has either attained powerlifting nirvana or stagnation. After all, very few mulekats, are going to strain anything.



Jon Smoker's career experience has produced good practical notions about injuries.

True skill is not measured by what you can see, but by what cannot be seen.

THE SQUAT

PROPER TECHNIQUE as told by LOUIE SIMMONS



Great Squat Technicians...Mike Bridges (above) and Doug Furnas. (below)

Perfecting your style to compliment your body structure is necessary for mastering the squat. It takes patience, discipline and a positive attitude to produce a proficient squat style that will provide the basis for establishing a record breaking squat routine.

SETTING UP THE SQUAT PROPER BAR TECHNIQUE

To take the bar out of the rack, the hands must be placed evenly on the bar. The bar should be low enough to use the legs and back, without straining the bar out of the rack. Secure the bar on the back where it feels most advantageous. To lift the bar out of the rack, one must push evenly with the legs, arch the back and lift the chest simultaneously. A high chest will ensure that the bar rests as far to the rear as possible. If the chest is not held high, and most of the weight is lifted with the legs, invariably the lifter will walk out bent over, and will have a difficult time straightening the back. Slide one foot back, then the other, to assume a position to squat. More steps merely expend energy. For most people, a shoulder width or slightly wider stance will utilize the muscles proportionately to their strength.

Many lifters use a high rack, like Doug Furnas. He squats fairly upright using the main muscle groups. Doug also turns his feet out to the side which utilizes the hamstrings. If one has strong hips then the feet should be positioned straight ahead. This will maximally stress the hip flexors and glutes in the squat. Many lifters choose a low rack, but if the rack is too low, it causes one to lean forward, and the benefit of the low rack is lost. Leaning forward causes the bar to be placed over the knees and not over the hips and prevents one from squatting deep enough.

Many lifters hold the bar with their elbows turned to the rear, placing the bar to the rear of the body. However, the stabilizing muscles, the lats, are totally taken out of the lift by doing this. Beginning lifters who have small back muscles, no rear delts or traps to set the bar on, will do this.

THE DESCENT

When one is ready to squat, the first thing is to take breaths of air into the body. On the descent, think only of pushing the buttocks out to the rear, never of bending the legs, to assume a parallel or below parallel position. This assures that the stress of the load is placed on the glutes, hamstrings and hip muscles, the strongest muscles of the squat. This also prevents the knees from moving forward and being stressed. Now you are in a stretch reflex position, to rebound from. Concentrate on forcing the knees out to the sides. Be sure to push out on your stomach against the belt during the entire squat.

When one descends into a full

power is needed. When one descends, the knees should be forced out to the side. If the knees come in, it is hard to fully use the hips in the lift, the legs will do most of the work, and a heavy squat will never be achieved. Again, be sure the knees do not move forward.

Some great lifters, such as Dennis Wright, hold their head down while squatting. This is not advisable. Although the squatter should be looking slightly down, approximately 10 ft. ahead to the floor at the bottom of the squat, as he arises, the head should be brought up at the same time. At the sticking point, the head should be driven to the rear. This will keep the bar in line on the ascent.

Should one wear boots for squatting? If one has strong legs, wearing boots will change the leverage in the squat when pushing out of parallel to involve the quadriceps. Wearing boots helps to maintain a more upright position and takes pressure off the back. If you have back injuries, boots could prolong your lifting career. Wearing boots can sometimes aggravate the patella tendon. By standing on the heel of the shoe, the pressure is pushed forward to the knees which may bother some lifters and not others. If you have very strong hip and back muscles, flat shoes are more appropriate for keeping stress on these muscles.

THE ASCENT

The ascent should begin by pushing out on the belt, arching the lower back as much as possible, and driving the head, chest, and shoulders to the rear, before pushing with the legs. If you push with the legs first, your buttocks will raise first, forcing the bar over the knees, as in a good morning, causing stress in the lower back and knees and diminishing the power of your squat. To make sure the bar travels in a vertical line, have a training partner watch your squat from the side. It is important to keep the bar from moving forward during the entire squat.

Good technique is extremely important to learn early in your career. I have seen many strong lifters with bad technique. They argue that their technique fits their needs, but I disagree. With proper technique they would exceed their personal best. Mike Bridges was probably the best technician that ever competed in a power meet. Although he was anatomically suited for the squat, his flawless technique gave him even more power. By training my students to use good technique, I helped Matt Dimel achieve his 1010 squat, the most ever by a man, until the attempts of Anthony Clark and others in Hawaii.

For a personal analysis of your lifting, send a video tape of yourself performing the lift from a side of front angle. The cost is \$25.00 per lift. Also video tape any questions you may have. Send to: Louie Simmons, c/o Westside Barbell, 2720 Briggs Rd., Columbus, Ohio 43204. If you have questions about this article, call 614-272-1123.

become accustomed to the procedure. Occasionally hold at the bottom of the squat for 6 seconds before the concentric contraction is started for additional benefits.

Lifters with extremely strong backs tend to lean over when they squat. Two examples are Vince Anello, the great world champion, and Brett Russell, a fine deadlifter from West Virginia. Both men use their backs more than their hip and leg muscles, leaning over and performing a partial good morning, making it difficult to reach sufficient depth.

Changing foot positions will allow different muscle groups to respond at the bottom of a squat. Many people say they get hip lock when squatting wide. If the toes are pointed outward, it is much easier to squat deeper, although power out of the bottom is diminished, because stress is not placed on the hip muscles, but on the hamstrings. Many find it more difficult to reach a full squat the straighter the toes are pointed, however, the straighter they are, the more the hip and glute muscles are activated at the bottom of the squat, where the most

squat, the descent should be controlled. There is no advantage in dropping down into a full squat and trying to rebound off knee wraps. By doing this you place tremendous strain on the knees and risk injuring the quadriceps. The faster the weight descends, the more the force required to reverse the action and ascend out of a squat. Dive bombing into a squat will not involve the stretch reflex to the fullest. The bottom position of the squat can be held up to 2 full seconds is diminished.

A poor descent can be corrected by using light weights, in the 50 to 60 percent range, in a descent taking up to 15 seconds and exploding on an upright position. Use single reps for this exercise. Another helpful exercise is to descend with 110 percent of your best squat and to drive back up with 70 percent. This requires 3 spotters, two to hand the plates off and one to steady the bar. The descent should take 5 to 6 seconds. It is advisable to start with 90 percent of your best and reduce it to 60 percent until you and your spotters

ed. There is no advantage in dropping down into a full squat and trying to rebound off knee wraps. By doing this you place tremendous strain on the knees and risk injuring the quadriceps. The faster the weight descends, the more the force required to reverse the action and ascend out of a squat. Dive bombing into a squat will not involve the stretch reflex to the fullest. The bottom position of the squat can be held up to 2 full seconds is diminished.

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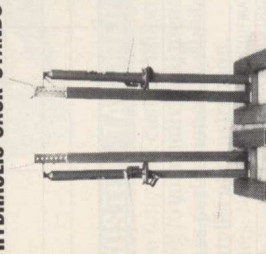
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Message from the U.S.P.F.F. President

Recently I received the letter included below from Fred Hatfield dated 12/12/88, whose squat record led him to egregious judging at the 1988 Budweiser World Record Breakers meet.

"Dear Conrad: After nearly three decades of competing in weightlifting and powerlifting, I have learned to accept the decisions of the referees on marginal lifts. Their superior vantage point for judging the legality of lifting style and position makes it sporadic to argue. However, in the face of real and irrefutable evidence such as that being distributed by Trizer Advance Designs on the 1988 Hawaii meet officials giving lifts while lights which clearly should have been red-lighted, I must loudly protest. The evidence of which I speak is a video recording of Gary and Pasanella's squats. The officials of which I speak were Jim Taylor and Donna [Delere]. American record status was given these lifts despite clear evidence that they were so removed from what would be considered legal depth that one must query as to the motives of the officials granting them. I therefore respectfully request that even remotely be referred to as marginal. I therefore respectfully request the following: 1. A panel of judges review the video and adjudicate on the questioned lifts ex post facto. 2. on all world and American records applied for in the future be accompanied by videotaped proof of their having been performed within the scope of current rules. 3. If #2 (above) is not acceptable, at least all video evidence when such exists in adjudicating the lift before records are granted at the national or world level.

At least one of the officials at the Hawaii meet has a long record of attempting to thwart the rules for the sake of record lifts. That this and has yet to be pulled by the USPF is amazing to me. That it should be pulled is obvious. Present replay is now accepted in the NFL, is being reviewed for use in other sports and should definitely be considered for ours. The necessity of going World and American records to unqualified individuals is bad for the sport. It has been taken away unfairly. Please take the appropriate steps to ensure that the three requests listed above are tended to equitably. I hereby give official protest."

After explaining the problem, he proposes some possible solutions. Before dismissing his proposals out of hand, we need to extend the extent to which the USPF is committed to this of its own making. Myth #1 says that all referees of equal rank are equally good. Myth #2 says that a referee of higher rank is a better referee than one of lower rank. Myth #3 holds that the referees are impervious to the passions of the crowd and the blandishments and threats

of the meet directors. I became aware of these myths early in my powerlifting career, but did not cooperate at all until I entered the arena at the meet in Atlanta. Through these powerlifting meets the strongest men in the world have proclaimed the sign over the podium.

So, I've accurately described the referees who inhibited all components of the lift-victimizing myths. The meet director who dragged on until 3:00 a.m. What stood out most in my mind, however, was the quality of the boards. Along several benches, the bench press was being performed on the boards with 900-1000 pound weights. The bench press being the first of the lifts at that time. I had to remind the referees that an Olympic bar weighed 45, not 35, pounds. As we moved into the squats, I was again forced to remind myself into the referees, this time to insist that the ten year old spot stands itself provide an adequate margin of safety for the weights being in the competition. During the lifts, I became aware of a sotto voce undertone in the conversation among the lifts. "The refereeing is so easy. I'm going for a lift that record." The gist of the comments. The air was electric. Each referee handed a golden opportunity to squat more than he had ever squatted before, and without the toxic side-effects of steroids. What struck me was that most of the lifts were performed in a very professional manner. They did set personal, club, city, state and association records. Later, they would insist that the judging was "fair," perhaps even a little on the strict side. I learned that some meet directors gauge the quality of their meets by the number of World or American records set there. They will know that regardless of who is invited to lift, few records would be set if the judging were as strict as it was at Perth. A lifter will simply not be able to deliver on his promise to break a record in exchange for an expenses-paid trip, just as athletes shop for judges, unless prevented from doing so, lifters shop for referees. On several occasions I have had my way paid to a meet, but was not used. It was apparent that one or more lifters had said, "I will not attend your meet, if Cotter is going to judge me."

I have found that audiences prefer easy judging, but that television is generally indifferent. Television is more interested in the platform manner of the lifts and the fringed attire of Jerry Jones. The USPF must not yield to demands to debase the quality of our judging and the accuracy of our standards for records are essential foundations for the credibility of our sport.

Dr. Conrad Cotter, President, USPF, Box 18584, Pensacola, FL 32523

...The following opinion of Gus Rethwisch, promoter of the Budweiser World Record Breakers Meet, was not written as a specific response to the opinions of Dr. Cotter or Hatfield on the opposite page, but was received simultaneously with Dr. Cotter's "Message from the President".

There have been numerous attacks on my meet, the Budweiser World Record Breakers, in the past year. It is time to set the record straight. Let's get to the point and cut the crap. The following are rumors or accusations that I believe are unfounded, the grounds for which I supposedly weighed in at 200# and lifted or 181#. Ray Verdonck was my weight in official. When I told Ray about the accusation, his comment was "K-F, I don't need this crap - I quit." Ray has been a high school and AAU wrestling officer for 14 years. "Ray" has been a national wrestling referee for six years. He is the only official in Hawaii that attends every meet. His lifting background is as follows: he won the Junior National and the Senior Nationals and tied for 2nd in the World Championships. His best squat was 132.5 lbs. He was only 5'7 off the World Record of Eddie Peggally in 1986. Ray turned down the following lifts at the "Budweiser 88": Anthony Clark's 1025 lb. Dave Pasanella's opener squat of 942. Pasanella's deadlift of 1019 and 1041. He also turned down Fred Hatfield's squat of 1014 in 1986. Ray is the best judge I have ever seen. You won't get a cheap squat or cheap anything from him and because "he's been there," you won't have to wait for two or three seconds for a clap or signal to press on the bench or squat low enough to pick up quarters off the floor either.

#2 The 45 KG plates are as much as 20# light. These plates are the same ones used since 1979. People such as Dick Burke and Vic Mercer have weighed them. The most recent person to weigh them was Jim Lem, the Region 4 Chairman, at the 1988 Hawaii State Powerlifting Championships. This is only one kilo set, as far as I know, in the entire state of Hawaii. That kilo set was not used at the APF Worlds in Maui in 1986. So, if any of you have any doubt about the weights, ask Jim Lem. Also, you supposedly were using 100# plates. I ordered the weights from Dick Burke in 1979. He got them impressed with York Barbell not having 45 KG plates in stock. Considering their Olympic lifting status, it is not surprising. #3. Lifted weights to pass high squats or give quick clap benches. That would be pretty stupid on my part, since I give hotel rooms and plane fare to lifters who set World records.

#4. Hawaii lifters bomb out when they go to the mainland. No Hawaii lifter ever bombed out except one female lifter and one male lifter. I have lifted at three National Collegiate meets, two Junior National meets and five Senior National meets and never bombed out. Team Hawaii won the National Team Championship at the 1980 and 1982 Junior National Championships. #5. Hawaii judges don't have cards. Every Hawaii referee: Gary Watanabe, Mike Scott and Ray Verdonck have had cards since 1977. Donna Delere's card is still in dispute. She had a card for 1988, according to the USPF computer, however, she claims she has had a card every year since 1982. Don here is from the state of Washington.

#6. In 1988, the judging was lax. Two judges will never judge at the Budweiser again for that reason. One was a National and one was an Inter national judge. Category 1. I think at times they are both good judges, but they both tend to get emotional. What happened prior to Anthony Clark's squat was that I got on the P.A. system and asked the 3,000 people in the audience if they would each give St. Jude Children's Hospital \$1 if Anthony made the squat. One referee's wife works at St. Jude and was my daughter's nurse. In case any of you don't know or maybe don't even care, my daughter Quadeen had inoperable lymphoma cancer in January of 1987. She was given one month to live. The Holy Spirit and my Lord Jesus Christ healed her through St. Jude Children's Hospital.

This particular individual has given more of his time and has done more for powerlifting than anybody I know. Sure, I know he has screwed up. He who hasn't or he who hasn't sinned throw the first stone. This passage can also be said for those of your who are pontificating about how pure your bodies are. Some of these articles I read in POWERLIFTING USA make me wonder if maybe we have a group of perfect, non-sinners who, as for me, I know the only one who fits the bill is Jesus Christ. I got off the track a little bit, but I couldn't resist the dig. To rectify the judging situation, I'm bringing in Jim Lem and John Buckley from the USPF and Ernie Frantz and Maris Sternberg from the APF. We will have Ray Verdonck, Ernie Frantz and Maris Sternberg judging WPC World Records, and Ray Verdonck, Jim Lem and John Buckley judging USPF American Records. In 1990, John Pettit will be a card every year since 1982. Don here is from the state of Washington.

...here's a use for videos at contests. BEFORE the meet invite the judges, coaches and lifters to sit down and view a videotape from the national office showing proper squat depth, from several angles, with large and small lifters, etc. Then everyone can go into the meet with a common VISUAL understanding of what to expect...

The video review of record breaking lifts could open a barrel of skunks. Video tapes of many current records do exist, including Dr. Hatfield's 1014. The consideration of camera location and angle must be taken, because there are differences in perception based on viewing position.

Dave Jeffrey has also been invited to judge, but his not accepting yet. #2. Judges improperly filled out record forms. None of the judges in Hawaii were very good at this, so by bringing in the aforementioned referees, that problem will be solved. To be fair to the judges in Hawaii, there is little USPF communication and those judges. A perfect example of communication problems is that only one international referee is needed for an American referee. That rule has been in effect for about a year. I found out about it 4 1/2 months after the meet. Dr. Cotter and Hatfield found out about it the same time I did, because were two days before I found out how many international referees were needed for American meets, and I said two and he said eight.

#3. Chalk was not good. I had chalk that was like talcum powder. I lined getting chalk at three different places in L.A. after the meet and all of the chalk was smooth. I am not perfect. I try to improve. What I do have that no other meet has is the biggest crowds in powerlifting history and the greatest lifting. My warm-up areas have been less than perfect and sometimes barely adequate. However, due to complaints about the warm-up being too hot, stand-up fans are now the norm. Also, Gatorade, sodas and ice water have been provided free of charge. The contests have been too long at times. Also, I have been able to get nationwide TV on those occasions. Nobody bothered to think me for the fact that I got powerlifting on TV for the first time in six years in fact. I was the first person to get powerlifting on TV, not Clark Gable. At the 1977 World Championships in Perth, Australia, I was Clark Gable's step-son at the Turtle Bay Hilton Hotel in December of 1976 and I introduced me to an independent TV producer named Larry Lindberg who produced a lot of surfing meets for ABC and the ball got rolling from that time on.

The only person that ever wrote me a thank you letter was Dave Shaw. He wrote me one every year. If all powerlifters were like Dave Shaw, Terry McCormick, Luke Lasse, John Haze, Marvin Phillips and Willie Thomas, the powerlifting world would be all the better. They are the ones that really showed their appreciation. Others have been good to me, but these are the extra noteworthy. Other lifters have left a better taste in my mouth. One bench pressing guy of the past whom I idolized, ripped me off for about \$1,500 for money back for him and his wife and he never showed up and I never got the money back. Another world champion has plagiarized my meet tapes. Administrators like Dr. Conrad Cotter, Ernie Frantz, Alan Kirschner and Jim Shamdo have been very cooperative, helpful and forgiving in getting some technical problems worked out at my meet. There were five lifters who were going to have their contests taken away, but that was all rectified with Dr. Cotter's and Alan Kirschner's help. Anthony Clark's squat will not count. It was obvious to me that it was way high. The jury in the APF over ruled the judges, plus it was a 4th attempt. Gene Bell's squat was definitely good, as well as Dan Austin's deadlift total and Ausby Alexander's squat. As far as a couple other squats and one deadlift, they were pressed and, in my opinion, both his squat and deadlift were no good.

I've seen National meets where the lighter classes, get judged strict and certain lifts, not most, will get passed with the big guys. I don't know whether judges are afraid of the big guys or what. I do know that the judging at my meet 95% of the time, has been strict. From now on, the judging should be 100% strict. However, whether it's baseball, football, basketball or powerlifting judges, no matter how good, some will make human-error type mistakes. Judges aren't computers.

In conclusion, I have made a lot of sacrifices for powerlifting and I think it's the greatest sport in the world. If all the people who are criticizing me and others behind their back, would come to the person directly, they will listen. I learn something every week about how to improve my meet. It took me four months of about four phone calls a week to get my meet on ESPN. Now, I hear through the grapevine that a certain individual has told Louis Zwick of American Sports Network, the company that produced my show for ESPN that the records at my show wouldn't count. Because of that, I'm having trouble with ESPN. This same person has badmouthed my meet behind my back, but when I confront him with it, he denies it.

The reason our sport has regressed so much since the days of four National and World meets on network TV, is this same petty, two-bit backbiting. And, by the way, Nate Foster has done the biggest amount of complaining. He even went so far as to have a letter published in IRON MAN Magazine about the 1985 meets, complaining about improper weigh-in, referees didn't have cards, weights were light and talking about how he was going to punish me and the referees for running an improper meet. All of these things were refused. Guess who certifies referees: Mr. Foster. Nate, if you don't like the referees that you have certified, quit complaining and take their cards for life. People, as I have said, he who is without sin, throw the first stone.

GUS RETHWISCH



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In last month's article, "Back to the Basics", we discussed three key nutrients, namely Vitamin A, panthothenic acid, and Echinacea. These are all key nutrients that should be included in your nutritional regimen to help insure a strong immune system. What we want to emphasize is these supplements are not designed to replace any part of your dietary intake, but will work better when combined with meals. In addition, whenever taking an individual B vitamin, such as panthothenic acid, you should accompany it sometime during the day with an overall B complex, which includes all 11 B vitamins. Please, also note that most good multi-vitamin and mineral tablets (one a day) should also contain the 11 B vitamins.

Now, on to this month's article. Much has been said about growth enhancers over the past several years; we also covered this broad field of how to select a proper growth enhancer in a couple of articles ago. What I'd like to focus in on today is the distinct difference between the growth enhancers that are designed to stimulate the body to produce its own natural growth hormonal level, and those enhancers that actually, if they are labeled correctly, contain chemicals and nutrients that will eventually harm you. The key word here is "natural". Much of the research being done today is on optimizing testosterone to natural levels for better development of strength, muscle mass, and also greater recuperation. The key here again is "natural" levels. In other words, do not exceed what the body normally produces. The fact is testosterone levels for people under stress, physical or mental, will drop rapidly. As we have mentioned before, Powerlifting certainly qualifies as a very stressful activity. As a matter of fact, the Bulgarians in their Olympic weightlifting program found it so important to be training with proper testosterone levels that after 40-50 minutes of heavy training their athletes will rest for several hours and then train again. One of the reasons for this is to allow the testosterone levels to come back to natural, optimum levels. There are a number of natural growth enhancing supplements on the market today that tend to optimize natural testosterone levels. Smlax Officialis in liquid form is designed to do this very thing, especially in the higher, double potency form. Over the past few years there have been a number of tests conducted with very favorable results with the higher potency of Smlax Officialis restoring testosterone to its own natural, high level. In achieving this type of recuperation, there's really no negative side effects, and actually it's a very positive thing, physically and mentally. Where the danger comes in is taking substances, be they natural or synthetic, that will contribute to ex-

cess as Yohimbe. Cyclofenil is supposed to mimic luteinizing hormone, which in turn stimulates testosterone production. This area directly relates to the pituitary and therefore could have an adverse affect on your own production of luteinizing hormone. Without your production of luteinizing hormone, you could again fall short on your production of testosterone, to put it in layman's terms once more. And, to repeat again, the mere fact that these products are available without a prescription does not, in some magic way, minimize their dangers. As a matter of fact, in talking to a number of athletes, it is indicated that because they were obtained without a prescription or because they are a "natural" substance, they could take them indefinitely or without fear of negative side effects. This is very far from the truth.

There are so many ways to go at it, as opposed to the Yohimbes and Cyclofenils of the world. It may take you a little longer to attain your goals, but as far as supplements go, stick to the truly natural ones, natural, protein-based natural functions, and bring them to optimum levels, with at least a few deleterious side effects, such as gamma amino acid, dibenzocade, snail, and other.

Obviously, the subject this month of Yohimbe and Cyclofenil will hopefully bring about some consumer awareness. Be that as it may, when you are taking an exogenous source of testosterone, something that will raise your levels beyond your body's norm, it could possibly have an adverse affect on your body's functioning in the future, as we mentioned earlier in the article, and you should be made aware of these things. That's primarily our goal in writing this article. If the same applies to Cyclofenil. It acts as a luteinizing hormone in your body and stimulates more testosterone production; it could also adversely affect the production of your own luteinizing hormone over a long period of time. Please be aware of these facts, and make your decisions intelligently. Again, if you have any further questions on these and other nutritional items, please feel free to write or call us. (George Zangas, 1229 Via Landera, Palos Verdes Estates, CA 90274, telephone 1-800-321-5064, or in California 1-800-231-4070).

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

'Com' baby, you can do it!
'Down and up-stay tight!'
'PUUUSSHH!'

What would a lifting contest, or a good training session, be without some strong words of encouragement? Unlikely for starters. Less exciting for another. And the truth is that the right words will help you lift more. Yes, Vigili, there really are strong words.

Let's lay some groundwork for understanding the really strong words, the words that can actually boost your total.

For openers, it should be obvious that negative words have no place in your vocabulary, unless you are a poor sport and the guy on the platform is threatening to wipe out your lead with the deadlift he is struggling to haul over his knees. In terms of positive words, four major categories have been outlined (Rushall, 1984): self-encouragement, effort control, segment goals and positive self-talk.

Self-encouragement is just what it sounds like: giving yourself verbal pats on the back. "You are doing great," "It's just like another day in the gym," etc. are examples of self-encouragement. View self-encouragement as one of the most basic building blocks in a program of constructive, strong talk.

Effort control helps you to deal with different stages in your performance, especially the tough moments. For example, when you are ready to drop into your squat you might think, "This is going to feel heavy, but I have done this before when I didn't quit." Or, "I know I can get this bench started and if I keep grinding it out, I can finish it." Think of effort control as an element in your self-coaching repertoire, something that will help you focus on, and complete, a critical step on your path to success.

Segment goals deal with information you are passing on to yourself along the way. "Easy separation from the floor - now let's pull this sucker over the knees." This information might be corrective, as well. "Lead with your head," "Your hips are coming up too fast" are examples of how your self-talk can be instructive and help you finish a lift, making necessary adjustments along the way. Segment goals are another verbal self-coaching tool, so use them to master and execute the key stages in your lifts. Be sure to remember to use this piece of mental lifting gear when you're staring the big one in the face during your next contest.

Positive self-talk includes all those general statements such as, "I feel good," "Great work," and, "That opener was a piece of cake." If you are already in the habit of making positive self-talk an automatic, ongoing part of your day, better start using it now. The best thing about starting a log of positive self-talk is that once you initiate the process, it tends to keep itself going automatically. Positive self-talk makes you feel good, which leads to good results, which makes you say nice things to yourself and

here's what Rushall found.

The first two groups performed about the same, so saying something to yourself in neutral language ("apparently I won't be particularly helpful here") won't be particularly helpful. However, the third group did much better, implying that if you want some verbal support, choose words with a little kick to them: "BLAST," "RAM," "SMASH," etc. Rushall felt it was important to pick words that:

- 1) have movement content,
- 2) are emotionally charged and
- 3) are meaningful to the user.

So start thinking, what are the words that will put another 10 kilos on your bench and another 20 on your squat and deadlift?

If all this talk about strong words sounds new to you, put together a mental training program that supports your gym training with a little exercise between your ears. For example, start with a category of "positive self-talk." Are you using this technique, even if you had never really thought about it? Or, do you tend to do the opposite (Mm, you jerk - how could you have...?). If you need help learning this technique, get an index card and write a few positive things on it and read them about a dozen times a day. Keep going until you get the message and just start saying positive things to yourself naturally. Do the same thing with "self-encouragement."

To be able to use "effort control" and "segment goals," you need to thoroughly understand two things: How the lift should be done and how you are performing it (strong points, weak points, etc.). This is where a good coach or training partner comes in handy. But don't worry, even if you train alone, you can apply these techniques. Analyze the lifts, put your form in the context of the ideal and away you go. Build in "mental markers," body cues that tell you where you are compared to your ideal groove and have some language ready to reinforce what you are doing right and to correct what you are doing wrong.

For the last element in building your strong-talk program, start looking around for the emotionally charged word(s) that will squeeze a little extra adrenalin into your system. Think of these words as octane boosters. Try out some different ones and remember that what works on one lift might not be the best for another. Also, what words might be highly personal, what charges your battery might not do a thing for your training partner. If you need some help coming up with possibilities, go to a thesaurus and look up the words you think might do the trick, and try out some of the synonyms listed.

Now that you know the drill...

JUMP

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STRONG WORDS

by Randall J. Strossen, Ph.D.
of IronMind™ Enterprises



Strong Words obviously help lifters make strong lifts. Here Mike Scott utilizes verbal encouragement to prepare for a limit deadlift at the Hawaii Meet.

besides telling yourself things like "maintain your groove (a task-specific statement), why not also use performance mood words by saying things like, "Explode under it," "Ram the bar up," etc.

Some very relevant early research demonstrated that little kids boosted their performance speed when they said or thought the words "faster," "stronger," and "Turk, 1975). From these elementary words, we can build a program for identifying and using strong words. We'll show you a particularly powerful way to use your mouth to prime your muscles. Based on the Mitschenbaum and Turk research, Rushall (1984) hypothesized that performance mood words enhance achievement and therefore, should augment task-specific statements. In other words,

feel good and...

So much for the general background, how about some more specific information on how particular words will help you lift more?

1) strong lifters make strong lifts. Here Mike Scott utilizes verbal encouragement to prepare for a limit deadlift at the Hawaii Meet.

2) sterile statement ("saying something like, "exert force") and 3) using a compatible mood word selected by the subject (such as, "crush," "grind," etc.).

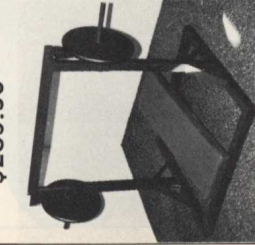
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Ask the Doctor

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

DEAR MAURO: I have just spent ten days in the hospital, and am now recovering at home from a "D.V.T." - Deep Vein Thrombosis - in my left leg extending from low calf to above knee. I was put on anticoagulant drugs - I.V. Drip Heparin - for seven days; now on Warfarin for three months. I am now out walking and slowly seem to be coming along good. A little bit of history. I am 47 years old and have been pumping iron on and off since my teens and seriously powerlifting for the past 15 years. My bodyweight should be about 85 k, but I prefer to bulk up to 100 k to lift more for competitions. My blood pressure tends to elevate with bodyweight. Blood pressure readings at 100 k tend to average 140/90, highest reading 179/110. A non-lifting doctor has warned me that heavy lifting drastically increases venous pressure and tends to decrease return blood flow during max lifts.

I always train heavy; never more than 5 reps. I never use drugs, and never use tight knee wraps. Please give me the facts in your reply. Should I give up powerlifting? Should I concentrate on cardiovascular fitness - jogging, cycling - or should I combine them both? I have been reading weightlifting mags for many years, but have never heard of this problem in our sport. **Kevin D.**

DEAR KEVIN: There are a few things you could do to decrease your risk, but I see no reason why you should give up lifting. First, I would try and increase your cardiovascular fitness by perhaps including some running or swimming regularly into your training schedule. Do the running after the lifting, either the same day or the next day, but leave a few days between the running and your next workout so as to allow for proper recuperation.

Don't use wraps for your knees, but if you must, only use light wraps and keep them on for no more time than it takes to do the lift. In essence I would keep on lifting, include some cardiovascular work, drop down a weight class for competitions, and, since you'll be dropping down a weight class, keep your training weight 15 pounds or so lower. **M.G.D.**

NEW: UPDATE FIVE

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

This update concentrates on anabolic steroids (effects and side-effects; with a little look at their effects on the mind and on serum cholesterol, and their use for treating chronic injuries); anabolic steroid substitutes (including Smailax, Officialins, Dibencozide, Yohimbine, and Cyclofenil), and growth hormone. As well, I examine what's now being used by the more sophisticated pharmacologically minded athletes (including transdermal testosterone, Gelanin, Primidone, EPO, Parabiol, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

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Question & Answer

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

DEAR ROGER: Saw your bench routine in July '88 issue, tried it, and knew right then and there you were the only one who could help me out. I need a deadlifting routine as close to this as I can get. I have a full time job with a lot of heat and foot work all day long. I have a family (3 children and a wife plus other things I do around the house. Also, I have stress on the job. I'm 40 years old and weigh 195 lbs. I do benches (your routine) and deadlifts (when I'm not too worn down). No squats as they hurt my lower back and with everything else I really don't have the drive. I'm lifting because (1) I love it, (2) to try to stay in some kind of shape, (3) for mass and strength, but most of all because I love it and don't want to give it up! My arms are 17 1/2 inches (very cold) and they're hard. Maybe this can help you see what kind of build I have. I'm not big boned. I love lifting heavy, but not with multiple reps. They just wear me out, so I don't want to deadlift at all. Multiple reps on the benches did the same to me, but your routine is fantastic. My last deadlift workout was (don't laugh) 209x3x3. A year ago I did 270, got screwed up on my routine and layed off DLs for a long time. I start and quit on the deadlift a lot. Any routine I've used seems to take me nowhere fast. Workouts go like this: Day 1 - heavy benches, light biceps, light triceps; Day 2 - light deadlift, shoulders; Day 3 - off; Day 4 - light benches, change triceps, bicep curl, rev. curl; Day 5 - heavy deadlifts, shoulders, Day 6 and 7 off.

Hope this will help you so you can help me. Right now I'm not doing deadlifts until I hear from you. I've never asked for help on this before. If you can't then no one can. With Respect, yours truly, **Mark P.**

DEAR MARK: First of all, thanks for the confidence and the compliments. I'm glad I'm able to help someone. In my best years of lifting I was never needed for my deadlifting success, but I never really had to pull giant deads because my subotal was usually so far ahead that I could be conservative on the lift. In the past few years my deadlift has been better than ever and I contribute this improvement to a mini cycle I have developed.

I deadlift only once a week and only heavy once every third week. The reason being is, as we all know, that the lower back can only take so much. My program goes like this: (best deadlift at this time 700 lbs.) Heavy Week - 245x5 reps, 335x3, 425x2-3, 515x1, 600x1, 640x1, 670x1, 700x1 (I consider the last 3 my heavy singles). Next week after heavy week: 245x5, 335x3-5, 425x3, 515x1, 600x1 (nothing too heavy). Second week after heavy week: 245x5, 335x3-5, 425x3, 515x1, 600x1, 660x1. This is not heavy enough to stress you, but it will get you ready to handle the heavy weights again next week. Heavy week again: 245x3-5, 335x3-5, 425x2, 500x1, 600x1, 640-650x1, 680x1, 710x1 (last 3 heavy singles).

Caution: don't do too much bicep work before a heavy deadlift day. This is how several of my friends have torn their biceps. You can do the curls after deads. I see you're from Wyoming. At one time I was a big Cougar basketball fan. So if you get over that way tell them I said hi. **Roger.**



Special Olympians Bench Press Meets are being conducted by Masters Champion Chuck Braxton at shopping malls in his area as part of his association with General Nutrition Centers. Chuck utilizes wooden weight sets to eliminate injury potential. Such contests have been very well accepted.

WARNING!

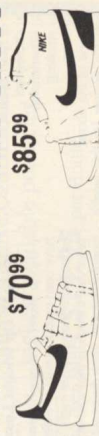
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Your body contains enough iron to make one rail about 3 inches in length!

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 weaken in the body's immune system
 and lower resistance to disease?

The packet of Thousand Island
 dressing that comes with a
 McDonald's salad can give it more
 calories than a Big Mac!

Nearly half of the adult population
 in the United States does not
 exercise?

In order to build a computer as
 sophisticated as your brain, you
 would need a building as big as the
 Empire State Building to house it and
 enough electricity to light New York
 City for a week to run it!

Although the human eye is no
 larger than a ping pong ball, it has
 millions of electrical connections and
 is able to handle approximately 1 1/2
 million messages at the same time?

A 150 pound man would have to
 run 17 miles at a 6 mile an hour rate
 to use up 3,500 calories and/or one
 pound?

By the time you reach the age of
 seventy, your heart will have beaten
 2,500 billion times, and pumped
 about 46 million gallons (174 million
 liters) of blood.

Multiple Guess

1. The number one factor that puts
 the greatest number of Americans at
 risk of heart disease is...

- (a) cholesterol
- (b) hypertension
- (c) smoking
- (d) stress
- (e) none of the above

And the answer for this week's
 health quiz is (e) none of the above.
 Get this, the real answer is physical
 inactivity. Researchers at the Centers
 for Disease Control (CDC) system-
 atically reviewed the world's literature
 on the subject of health and exercise.

Dr. Judd

Fantastic Facts by Judd Biasiotta, Ph.D., World Class Enterprises

That a does as small as 5 mg can
 cause anorexia (loss of appetite) for
 as long as 36 hours. Secondly, am-
 phetamines are sympathomimetic
 (nice word), meaning that they are
 central nervous system stimulants...
 they speed you up. This increase in
 sympathetic stimulation not only in-
 hibits fatigue, but also increases the
 metabolic rate. Thus, more calories
 are burned because the body is bur-
 ning energy at a faster rate.

Last, but not least, amphetamines
 seem to cause an individual to do
 more extrinsic work. I'm serious
 about this one - if I ever get married,
 the first thing I'm going to do is buy
 a shipload of amphetamines. Then
 every morning before I go to work,
 I'm going to give my wife one. Know-
 ably, my wife will be so shocked, she
 will not get out of bed. However,
 she is not yet under the hood. I have
 noticed quickly lose their ability to
 utilize oxygen efficiently. Consequen-
 tly, aerobic activities that require the
 use of large amounts of oxygen such
 as swimming, jogging, cycling, and
 wrestling, are more to rapid
 reversibility. On the other hand,
 aerobic activities which have low ox-
 ygen requirements, such as powerlift-
 ing and sprinting resist reversibility for
 a longer period of time. Apparently,
 strength or power reversibility is a
 result of muscle atrophy rather than
 the muscle's decreased oxygen
 efficiency.

All this sounds great, but there are
 a few little snags with using am-
 phetamines to lose weight. First of all,
 the reason that amphetamines are us-
 ed only for short-term weight loss is
 that the drugs lose their effectiveness
 after a few weeks, mainly due to
 tolerance development. In fact, there
 is no research that indicates that am-
 phetamines are beneficial in long term
 weight reduction. Worse yet, espe-
 cially for the athlete, there is con-
 siderable research which has reveal-
 ed that as much as sixty percent of
 the weight lost through the use of am-
 phetamines comes from lean muscle
 tissue. It should also be noted that
 there are considerable dangers involv-

"Speed" Up Weight Loss?

It's no secret that amphetamines
 have been used for years as a weight
 reduction remedy. What might sur-
 prise you, though, is that contrary to
 popular opinion, these drugs are ex-
 tremely efficient in bringing about
 short-term weight loss. The way am-
 phetamines work is three-fold in
 nature. First of all, the drugs have
 been found to be excellent appetite
 suppressors. Research has revealed

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PMS

Most Powerlifting USA readers are
 certainly old enough to know that
 PMS in the traditional sense means
 "Pre Menstrual Syndrome", a condi-
 tion that most men could certainly do
 without (not to mention the woman
 who is unfortunate enough to suffer
 from it). I submit in this article that
 there is another form of PMS, known
 as PRE MEET SYNDROME.

Unlike the traditional PMS, which
 usually afflicts the woman for a few
 days, this new form of PMS can
 linger with the powerlifter for a period
 of up to a month before a competi-
 tion. The individual affected by PRE
 MEET SYNDROME will experience
 some of the same type of symptoms
 as the woman with pre menstrual
 syndrome. A general feeling that you
 don't feel right is certainly common
 among both forms of PMS. The ir-
 regularity that is associated with the
 traditional form of PMS is certainly
 missing among sufferers of PRE
 MEET SYNDROME.

There are many other symptoms
 which I have outlined below based on
 my own bouts with this affliction:

1. A feeling that you're always tired
 regardless of how many hours of
 sleep you get.
2. A lack of concentration, not only
 on your lifting, but on everything in
 on your normal day's functions.
3. The feeling that you're hurt even
 if you really are suffering from no
 injury at all.
4. Doubt in your mind as to whether
 how well your workouts leading up
 to your meet have gone.
5. Generally, being a pain in the neck
 to live with during the time which the
 affliction is influencing you.

Being a competitive powerlifter for
 over 10 years of time, I have finally
 been able to rationalize the cause to
 this horrible trauma. I believe that it
 is twofold: first is desire to do well at
 the upcoming meet and second is the
 resulting stress that this causes to
 your system.

Certainly, we are under varying
 amounts of stress at any moment in
 our lives, but throw in the pressure
 that a high level powerlifter will put
 on his mind while peaking for a big
 meet and you've got the perfect recipe
 for PRE MEET SYNDROME.

As long as I have been lifting, you'd
 think that I would have been able to
 logically become accustomed to this
 obstacle. However, I suspect, many
 other lifters. My wife has not been
 able to live through the PRE MEET
 I am under the spell of PRE MEET
 SYNDROME. It isn't easy, but she
 has come to expect that, about a
 month or so before a big meet (or in
 the case of a smaller meet meet up
 week or two) that the onset of PRE
 MEET SYNDROME exists. Some
 times it hits, other times I don't real-
 ize it. One thing is clear - it does
 exist and the symptoms men-
 tioned above are not all PREAL.

If you're a lifter like me who some-

times feels its effects, you need to
 learn and deal with the situation.
 There have been a lot of times, after
 having great workouts up to about
 three weeks before a meet and hav-
 ing a lot of confidence for a big total
 that PRE MEET SYNDROME has
 hit but I understand what is happen-
 ing and have learned to accept it. By
 rights, I tell myself that I shouldn't
 even go to the meet because of how
 I am feeling. Fortunately, I have

NEVER given into this feeling and
 wiped out. I'm not sure, but maybe
 this affliction is a way we mentally
 shut-down our adrenalin flow until the
 make you miserable for a little while
 but it shouldn't have a negative im-
 pact on you when it counts at the
 meet. In conclusion, the next time
 you or your girlfriend gets on your
 case about the way you are acting
 before a meet just let her know you
 are going through the PMS stage of
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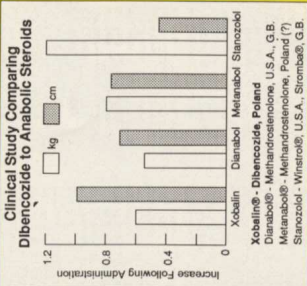
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More Facts from Dr. Judd Biasiotta

The Greatest Female Powerlifter of All Time as told by PL USA's Doug Daniels

WL Class	Lifter Name	Best Bench	Reshel Rank	Malone Rank	Composite Rank
97	Leverett	788	10	10	10
106	Jones	860	8	8	9
114	Jeffrey	1053	5	1	2
123	Jeffrey	1102	9	3	7
132	Liggett	1173	7	2	4
148	Shaffer	1280	3	4	3
165	Reshel	1426	2	7	4
198	Reshel	1564	1	5	1
SHW	Costanzo	1422	6	9	8



Dawn Reshel wins the formula battle for best woman lifter of all time.

To say that the sport of women's powerlifting has grown in the last 15-20 years would indeed be an understatement. It started in obscurity with problems on just who would perform the weight lifts (as there were few, if any, lady officials then) and questions on proper lifting attire for women, versus the definitions in the male rule book. Women like Nathalie Kahn, Jan Todd, and Cindy Reinhardt can be counted as early pioneers of the sport, but they generally led the lift in men's divisions.

On 4/1/77, at the Newburgland Open in Canada, Jan Todd became the first female to create the 1000 lb. squat and 424.2 lb. deadlift in a 1042 lb. total. Jan was down in powerlifting history with perhaps more barriers, breaking achievements than any other women. The first major women's meet was the All Women's Meet held back in 1977 with Reinhardt and Todd coming out on top. While the men had their first nationals in 1964, the first official women's national meet was on April 20, 1978, in Nashua, New Hampshire, run by Joe Zarella. Winners of that first national included Dilah Jordan, Irwin Marshall, Reinhardt, Turbine, and Pam Meister and Cindy Reinhardt and the girls were on their way.

Zarella, who was dubbed the Father of Women's Powerlifting, also ran the very first women's world championships back in May of 1980 in Lowell, Massachusetts. Eight countries entered in the meet. Joan Frith, the 97 pound class winner, went down in history as being the first official women world powerlifting champion. In succeeding years, new champions emerged like Gaide, Prusey, Moody, Jones, Gagne, Madzey, Eluor, Rowley, Francis, Steinfeld, Ryan, Reddy, Vassant, Strenged, Brian, Belliveau, and Weigand. As in many growing sports each year led to more competitors and higher lifts.

Women's lifting lost most of its novel, and began to stand on its own. Lately the trend is to have men's and women's national and world meets at the same time. Things seem to be running full circle as the ladies are back lifting with the men, but in their own divisions.

With the rich history of women's powerlifting, just who can be considered the greatest of all time? In order to determine this, I compiled a list of all time highest totals in each of the 10 women's weight classes regardless of association, etc. As with my previous rankings, its impossible to quantify to everyone's satisfaction such factors as the lifting era, rule changes, drug testing and other intangibles, so use of each classes' absolute best total is the most logical criteria. For fun, let's assume that all these girls got together for one big world all time championship in the O.P.F. (Only Powerlifting Federation) and registered their totals, even in more than one weight class for a few classes. This total was put on the books while Dawn was on tour in the USSR during the summer of 88.

As with all my other previous rankings, this is only a snapshot of the standings now. The picture definitely won't stay static. Most of the ladies here are still active and are pushing their current marks. Dawn stands a chance to crack the 1600 pound total mark. It's just a matter of time before Mary Jeffrey totals over 1200 below the 132 pound class limit. Liggett and Bjeland can still move higher with their excellence in all 3 lifts, as can Leverett and Costanzo. Other ladies not on the list, like Pacayo, Simmons, Sleemrod, Pierce, Powell, Auger, Dodd, Almy, and Sternberg are all threats to any record. Many top lifters have come from track and field and we may see more convert over to PL to display their prowess on the lifting platform.

Women's lifting has come a long way since the early days of Jan Todd, Cindy Reinhardt, and Natalie Kahn. It's not treated as an obscure event or novelty as in days gone by. Many of the top girls can give definite inferiority complexes to scores of male lifters around the world. More and more women are joining the sport, which will only raise the standard and create more interest. Women's lifting is now an established sport.

For right now, Dawn Reshel ranks as the greatest female lifter of all time, both by formula and absolute poundage. There's only room for one on top and Dawn Reshel is Number One. How long she holds this title is up to her and believe it will be a huge task indeed for someone to hope this distinction away from her. I hope you have enjoyed my series of the all time best in the sport of Powerlifting. In a few years I will have to go through all of it again, because records are made to be broken. You can follow all of the action in your favorite sport monthly through PL USA.

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NEXT MONTH...TOP 125

POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing December 1987 to November 1988
114/52 kg.

BENCH

290 Nelson, R., 813/88
291 Cruz, A., 814/88
292 Castro, M., 6/25/88
293 Adams, S., 2/25/87
294 Adams, S., 2/25/88
295 Adams, S., 2/25/88
296 Adams, S., 2/25/88
297 Adams, S., 2/25/88
298 Adams, S., 2/25/88
299 Adams, S., 2/25/88
300 Adams, S., 2/25/88

DEADLIFT

479 Thompson, R., 813/88
480 Thompson, R., 813/88
481 Thompson, R., 813/88
482 Thompson, R., 813/88
483 Thompson, R., 813/88
484 Thompson, R., 813/88
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489 Thompson, R., 813/88
490 Thompson, R., 813/88

SQUAT

501 Nelson, M., 5/28/88
502 Nelson, M., 5/28/88
503 Nelson, M., 5/28/88
504 Nelson, M., 5/28/88
505 Nelson, M., 5/28/88
506 Nelson, M., 5/28/88
507 Nelson, M., 5/28/88
508 Nelson, M., 5/28/88
509 Nelson, M., 5/28/88
510 Nelson, M., 5/28/88

TOTAL

1146 Adams, B., 5/28/88
1147 Adams, B., 5/28/88
1148 Adams, B., 5/28/88
1149 Adams, B., 5/28/88
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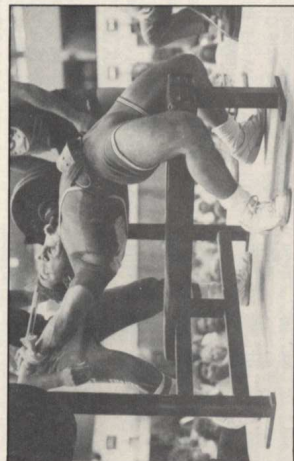
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JULIAN LEE
 617 at 220! 590 at 198!

Open Division
 148 lbs.
 A. Garcia 320 170 490
 M. Jerdan 270 145 415
 L. B. B. 355 200 555
 F. Barnes 325 225 550
 L. Quarles 350 185 535
 M. Spiering 350 185 535
 L. Stevens 270 170 440
 470 240 710
 B. Bolden 300 165 465
 T. Johnson 465 260 725
 T. Joyce 325 250 575
 W. Benton 315 205 570
 K. Costa 350 185 515
 220 lbs.
 R. Dawson 480 275 755
 D. Packard 290 175 465
 D. Packard 290 175 465
 T. Burris 520 240 760
 A. Bryant 400 275 675
 C. Burns 380 190 570
 275 lbs.
 D. Nickel 440 310 750
 S. Kozar 440 310 750
 Best BP Tom Burns, Best Curl Darrell Nickel, Best Lifter Bob Bolden (LL), Terrance Joyce (HY), TEAM: 1. The Gym, 2. Universal Danae, West Coast Ironworks and Cur Club.
 However, there was great lifting by those who participated along with great fan participation. The 1988 State Record was set by the second annual Universal Danae Health Spa, Fresno for his sponsorship. Steve keeps bench press mania alive in Fresno and the Valley. Many thanks to the Boys/Girls Club. Additional recognition goes to Rick/Kim Couch, Curtis Wilson, and Amard Bickel for their support. Fresno, CA. (Thanks to Pete Wilson for reads!)

West Coast Bench and Curl
 17 Sep 88 - Fresno, CA
 Tenzar Division BP CRL Total
 J. Coleman 320 200 520
 M. Haire 350 165 515
 S. Von 320 215 535
 S. Kozar 265 138 395
 Women's Division
 G. Nickel 120 115 235
 D. McGraw 180 135 315
 D. Morrow 120 115 235
 C. Mackey 135 105 240
 M. Spiering 145 70 215
 P. Wilson 350 185 535
 C. Burns 380 190 570

One KILOGRAM equals 2.2046 Pounds

a deep, mean 660 SQ that brought the crowd to it's feet. Paul Spess gave Becker a run for his money with high quality lifts of his own. Masters State Record. The ADPA King Classic Power Meet made history on October 22, 1988 by being the first power meet in Milwaukee. Co-meet Martin Luther King, Jr. Center for the meet. The site was only 1/2 mile from downtown, and the lifters had a warm-up room, and the lifters were all in the same room. Many thanks to the people that contributed to the meet. The meet was held in the city of Milwaukee and was a success. The meet was held in the city of Milwaukee and was a success. The meet was held in the city of Milwaukee and was a success.

Northwest Division
 M. Spiering 350 185 535
 L. B. B. 355 200 555
 F. Barnes 325 225 550
 L. Quarles 350 185 535
 M. Spiering 350 185 535
 L. Stevens 270 170 440
 470 240 710
 B. Bolden 300 165 465
 T. Johnson 465 260 725
 T. Joyce 325 250 575
 W. Benton 315 205 570
 K. Costa 350 185 515
 220 lbs.
 R. Dawson 480 275 755
 D. Packard 290 175 465
 D. Packard 290 175 465
 T. Burris 520 240 760
 A. Bryant 400 275 675
 C. Burns 380 190 570
 275 lbs.
 D. Nickel 440 310 750
 S. Kozar 440 310 750
 Best BP Tom Burns, Best Curl Darrell Nickel, Best Lifter Bob Bolden (LL), Terrance Joyce (HY), TEAM: 1. The Gym, 2. Universal Danae, West Coast Ironworks and Cur Club.

One KILOGRAM equals 2.2046 Pounds

King Classic ADPA Power Meet
 22 Oct 88 - Milwaukee, WI
 Women SQ BP DL Total
 Cindy Dupke 190 90 255 535
 Garry Guthrie 620 480 1240
 Garry Guthrie 620 480 1240
 * State Record. The ADPA King Classic Power Meet made history on October 22, 1988 by being the first power meet in Milwaukee. Co-meet Martin Luther King, Jr. Center for the meet. The site was only 1/2 mile from downtown, and the lifters had a warm-up room, and the lifters were all in the same room. Many thanks to the people that contributed to the meet. The meet was held in the city of Milwaukee and was a success. The meet was held in the city of Milwaukee and was a success. The meet was held in the city of Milwaukee and was a success.

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 L. B. B. 355 200 555
 F. Barnes 325 225 550
 L. Quarles 350 185 535
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 L. Stevens 270 170 440
 470 240 710
 B. Bolden 300 165 465
 T. Johnson 465 260 725
 T. Joyce 325 250 575
 W. Benton 315 205 570
 K. Costa 350 185 515
 220 lbs.
 R. Dawson 480 275 755
 D. Packard 290 175 465
 D. Packard 290 175 465
 T. Burris 520 240 760
 A. Bryant 400 275 675
 C. Burns 380 190 570
 275 lbs.
 D. Nickel 440 310 750
 S. Kozar 440 310 750
 Best BP Tom Burns, Best Curl Darrell Nickel, Best Lifter Bob Bolden (LL), Terrance Joyce (HY), TEAM: 1. The Gym, 2. Universal Danae, West Coast Ironworks and Cur Club.

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 220 lbs.
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One KILOGRAM equals 2.2046 Pounds



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 with 220 lb. Adjustable
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Central Pennsylvania ADFFA Open
22 Oct 88 - Dubois, PA

Table with columns: Novice, 114 lbs., 148 lbs., 185 lbs., 215 lbs., 245 lbs., 275 lbs., 310 lbs., 340 lbs., 375 lbs., 410 lbs., 440 lbs., 475 lbs., 510 lbs., 545 lbs., 580 lbs., 615 lbs., 650 lbs., 685 lbs., 720 lbs., 755 lbs., 790 lbs., 825 lbs., 860 lbs., 895 lbs., 930 lbs., 965 lbs., 1000 lbs.

ADFFA Open
22 Oct 88 - Dubois, PA

Table with columns: Novice, 114 lbs., 148 lbs., 185 lbs., 215 lbs., 245 lbs., 275 lbs., 310 lbs., 340 lbs., 375 lbs., 410 lbs., 440 lbs., 475 lbs., 510 lbs., 545 lbs., 580 lbs., 615 lbs., 650 lbs., 685 lbs., 720 lbs., 755 lbs., 790 lbs., 825 lbs., 860 lbs., 895 lbs., 930 lbs., 965 lbs., 1000 lbs.

ADFFA Open
22 Oct 88 - Dubois, PA

Table with columns: Novice, 114 lbs., 148 lbs., 185 lbs., 215 lbs., 245 lbs., 275 lbs., 310 lbs., 340 lbs., 375 lbs., 410 lbs., 440 lbs., 475 lbs., 510 lbs., 545 lbs., 580 lbs., 615 lbs., 650 lbs., 685 lbs., 720 lbs., 755 lbs., 790 lbs., 825 lbs., 860 lbs., 895 lbs., 930 lbs., 965 lbs., 1000 lbs.

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION COMPLETE ALL ENTRIES. Form with fields for: LAST NAME, FIRST NAME, INITIAL, STREET ADDRESS, CITY, STATE, ZIP CODE, DATE OF BIRTH, AGE, SEX, U.S. CITIZEN, U.S. RESIDENT, U.S. BIRTH, U.S. RESIDENT, U.S. CITIZEN, U.S. RESIDENT, U.S. BIRTH, U.S. RESIDENT, U.S. CITIZEN, U.S. RESIDENT. Includes registration fee of \$20.00 and a photograph of a powerlifter.

APF Mountain Region Class II
30 Oct 88 - Rutland, VT

Table with columns: Women, 120 lbs., 140 lbs., 160 lbs., 180 lbs., 200 lbs., 220 lbs., 240 lbs., 260 lbs., 280 lbs., 300 lbs., 320 lbs., 340 lbs., 360 lbs., 380 lbs., 400 lbs., 420 lbs., 440 lbs., 460 lbs., 480 lbs., 500 lbs., 520 lbs., 540 lbs., 560 lbs., 580 lbs., 600 lbs., 620 lbs., 640 lbs., 660 lbs., 680 lbs., 700 lbs., 720 lbs., 740 lbs., 760 lbs., 780 lbs., 800 lbs., 820 lbs., 840 lbs., 860 lbs., 880 lbs., 900 lbs., 920 lbs., 940 lbs., 960 lbs., 980 lbs., 1000 lbs.

APF Mountain Region Class II
30 Oct 88 - Rutland, VT

Table with columns: Men, 120 lbs., 140 lbs., 160 lbs., 180 lbs., 200 lbs., 220 lbs., 240 lbs., 260 lbs., 280 lbs., 300 lbs., 320 lbs., 340 lbs., 360 lbs., 380 lbs., 400 lbs., 420 lbs., 440 lbs., 460 lbs., 480 lbs., 500 lbs., 520 lbs., 540 lbs., 560 lbs., 580 lbs., 600 lbs., 620 lbs., 640 lbs., 660 lbs., 680 lbs., 700 lbs., 720 lbs., 740 lbs., 760 lbs., 780 lbs., 800 lbs., 820 lbs., 840 lbs., 860 lbs., 880 lbs., 900 lbs., 920 lbs., 940 lbs., 960 lbs., 980 lbs., 1000 lbs.

APF Mountain Region Class II
30 Oct 88 - Rutland, VT

bodybuilder and quite a massive one at that. He managed a 1665 lb. total which is quite an accomplishment for a first meet. We hope to see him lift on the powerlifting platform as this lift-off will be a first for him. In the women's division, Lisa Bartlett got off her to a nice start with her squat and bench presses. Unfortunately on her squats she had a problem with the bar, which happened to Lisa's shoulder in 2 years and if it were not for this problem her already good bench was a lot of credit for not giving up at the point where most others would have. In the 165 lb. div the first time I have seen Doug in a full power meet and I was quite impressed. Doug, incidentally, was the runner up for the best lifter in the 165 lb. class. Doug's coach, Paul Garrow made a 600 lb. squat look effortless and I would like to think for making this meet the best of all lifters. First of all, I would like to thank all of the lifters, coaches and referees for a fine showing of sportsmanship and camaraderie. We could not have asked for better than the professionalism that the competitors exhibited. I would like to thank the referees for their help at this meet. You were a great inspiration to many. I would also like to thank Glenn for helping out with the meet. I would also like to thank the referees for their help at this meet. I would also like to thank the referees for their help at this meet. I would also like to thank the referees for their help at this meet.

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Ohio Prison Championships
14 Sep 88 - Chillicothe, OH

Table with columns: 123 lbs., 148 lbs., 165 lbs., 185 lbs., 200 lbs., 220 lbs., 242 lb., 260 lbs., 280 lbs., 300 lbs., 320 lbs., 340 lbs., 360 lbs., 380 lbs., 400 lbs., 420 lbs., 440 lbs., 460 lbs., 475 lbs., 485 lbs., 500 lbs., 515 lbs., 525 lbs., 540 lbs., 550 lbs., 565 lbs., 580 lbs., 600 lbs., 620 lbs., 640 lbs., 660 lbs., 680 lbs., 700 lbs., 720 lbs., 740 lbs., 760 lbs., 780 lbs., 800 lbs., 820 lbs., 840 lbs., 860 lbs., 880 lbs., 900 lbs., 920 lbs., 940 lbs., 960 lbs., 980 lbs., 1000 lbs.

Ohio Prison Championships
14 Sep 88 - Chillicothe, OH

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Ohio Prison Championships
14 Sep 88 - Chillicothe, OH

Chillicothe Correctional Institution was the site of the Ohio Prison Championships. The event was held on September 14th and 15th, 1988. The lifters did a fantastic job with their lifts and warmups. For many of the lifters this was very important as it was their first power meet. This was Dave's first power meet. Dave is a lifter award went to Dave Leon in the 242 lb. class.

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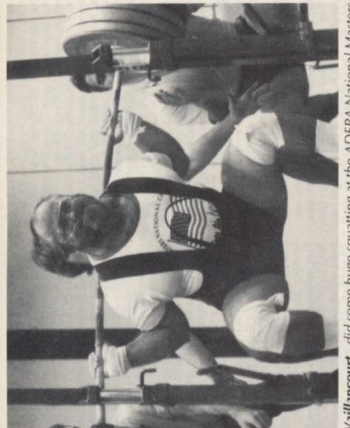
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POWER KIT PAC - 20 Different Free Form Amino Acids • Up to 100% absorption • Chelated Minerals • Up to 12 Hour Time Release Vitamins. All the supplements you may need for that extra power! Best Buy For Your Money - 30 day supply @ \$54.95
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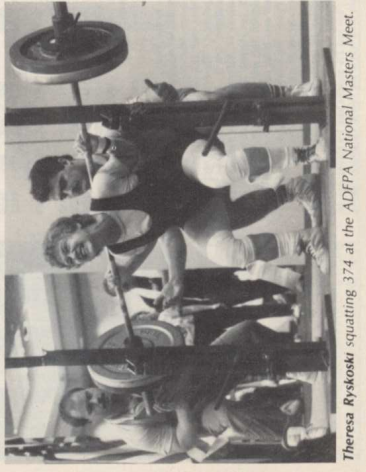
Mike Lawson, a veteran of many masters competitions, took the 148s, 45-49, at the ADFPA National Masters meet. (photos by Wicker)

ed easy access to the platform from the warm Saturday's lifting to two days before to hand the large number of lifts in Sunday's second round. Lawson's strategy was to use his crew working into the early morning to be ready for Sunday's sessions. There was plenty of lifting for all the competitors and there was plenty of room to lift. Lawson said that the platformers at this meet, which were managed by Andy Both and Mike did their homework in preparing for this contest. Everything was perfectly set for the 148 masters lifters from all over the country. Lawson said that the platformers at this meet, which were managed by Andy Both and Mike did their homework in preparing for this contest. Everything was perfectly set for the 148 masters lifters from all over the country. Lawson said that the platformers at this meet, which were managed by Andy Both and Mike did their homework in preparing for this contest. Everything was perfectly set for the 148 masters lifters from all over the country.



Rich Vaillancourt, did some huge squatting at the ADFPA National Masters.

Table of lifters and their scores for various weight classes and divisions at the ADFPA National Masters. Includes sections for 5,6 Nov 88 - St. Louis, MO (kilos) and 60 kgs (132 lbs) - Age 40-44.



Theresa Bykowski squatting 374 at the ADFPA National Masters Meet.

at the 148 lbs. class, Lawson had a great lift. He won the lift with a 225 lb. lift. Lawson said that he was very nervous during the lift, but he managed to pull it off. Lawson said that he was very nervous during the lift, but he managed to pull it off. Lawson said that he was very nervous during the lift, but he managed to pull it off.

Paul White used a 678 lb. squat to pave the way for the 242 lb. lift. Paul White used a 678 lb. squat to pave the way for the 242 lb. lift. Paul White used a 678 lb. squat to pave the way for the 242 lb. lift. Paul White used a 678 lb. squat to pave the way for the 242 lb. lift.

overall, the meet went well. There were many great lifts and a lot of competition. The judges were fair and the atmosphere was great. The meet was a success and we hope to see more people participate in the future.

Mike Lawson's performance was impressive. He showed great technique and strength. His lifts were clean and powerful. Mike Lawson's performance was impressive. He showed great technique and strength. His lifts were clean and powerful.

The ADFPA National Masters is a great event for lifters of all ages. It provides a chance for lifters to compete against others and set personal records. The ADFPA National Masters is a great event for lifters of all ages. It provides a chance for lifters to compete against others and set personal records.

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19 year old guest lifter. The meet direction were David Sorell, Doug Ricafrenie, and Dennis Jackson. Thanks for help given by Don Ricafrenie, Mike Ricafrenie, and the rest of the staff. (Thanks to David Sorell for results).

114 lbs. J. Bookbout 90
 127 lbs. R. Moore 230
 135 lbs. M. Rowland 85
 140 lbs. C. Gilliam 200
 145 lbs. M. Marshall 115
 150 lbs. J. Kincaide 95
 160 lbs. M. Schwartz 60
 170 lbs. D. Bell 100
 180 lbs. C. Padolski 133
 190 lbs. T. Conroy 148
 200 lbs. J. Schall 89
 210 lbs. J. Muelhahn 85
 220 lbs. T. May 100
 230 lbs. J. Clark 340
 240 lbs. D. Torres 335
 250 lbs. B. Pardon 315
 260 lbs. E. Wolff 310
 270 lbs. S. Howell 305
 280 lbs. S. Levin 310
 290 lbs. T. Baugh 200
 300 lbs. D. Valerine 200
 310 lbs. M. Smith 190
 320 lbs. D. Levan 285
 330 lbs. A. Alford 175
 340 lbs. M. Brodenburg 180
 350 lbs. B. Yang 385
 360 lbs. P. Over 220
 370 lbs. K. May 310
 380 lbs. M. Miller 320
 390 lbs. G. Coleman 275

Corporate Invitational Bench Press

10 Dec 88 - Columbus, OH

We were happy to host 45 Open lifters. The best lifter under 181 was Greg Phillips of Heavy Metal Gym, Fendolite, Or., with a bench of 415. Thanks for help given by Don Ricafrenie, Mike Ricafrenie, and the rest of the staff. (Thanks to David Sorell for results).

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 360 lbs. P. Over 220
 370 lbs. K. May 310
 380 lbs. M. Miller 320
 390 lbs. G. Coleman 275

12 Dec 88 - Charleston, SC

Women's (Malone)

160 lbs. C. Williams 130
 170 lbs. J. Birch 330
 181 lbs. S. Ricafrenie 195
 190 lbs. M. Wheeler 305
 200 lbs. T. B. Kimbrell 235
 210 lbs. M. Miller 175
 220 lbs. B. Miller 275
 230 lbs. M. G. Open (Schwartz) 390
 240 lbs. J. Schall 385
 250 lbs. Y. Lin 360
 260 lbs. H. Hahnemann 360
 270 lbs. C. Franzo 315
 280 lbs. J. Stephens 315
 290 lbs. K. Garnett 300
 300 lbs. J. Cona 315
 310 lbs. J. Duane 260
 320 lbs. T. Hill 430
 330 lbs. M. Church 425
 340 lbs. J. Lacey 415
 350 lbs. M. Churchill 175
 360 lbs. D. Sorell 380
 370 lbs. J. Martin 430
 380 lbs. D. Coats 365
 390 lbs. A. Dupree 490
 400 lbs. B. Pittman 425
 410 lbs. J. Blackmon 425
 420 lbs. J. Whitfield SHW
 430 lbs. T. Tomlin 415
 440 lbs. R. Gibson 510
 450 lbs. S. Burger 360
 460 lbs. L. Enmacion 475
 470 lbs. K. Mercer 380

Eastern Oregon Bench Press

10 Dec 88 - Umatilla, OR

181 lbs. J. Thornton 250
 190 lbs. I. Eliaz 225
 200 lbs. R. Phillips 220
 210 lbs. G. Wynn 195
 220 lbs. R. Flores 195
 230 lbs. T. Jones 181
 240 lbs. J. Goss 150
 250 lbs. J. Macak** 270
 260 lbs. M. R. Kelly 245
 270 lbs. P. Loti 225
 280 lbs. J. Watters* 210
 290 lbs. R. Larier 225
 300 lbs. D. Gomez 190
 310 lbs. T. Bynon 220
 320 lbs. A. Evans 205
 330 lbs. D. Brown 300
 340 lbs. L. Hawkins 335
 350 lbs. M. Peterson 330
 360 lbs. M. D. Hines 300
 370 lbs. T. Bamister 275
 380 lbs. D. Wreath 275
 390 lbs. M. Lester 265
 400 lbs. R. Morgan 230
 410 lbs. B. Bradley 225
 420 lbs. M. Longhury 205
 430 lbs. L. Bamister 300
 440 lbs. R. Bertino 300
 450 lbs. J. Gooding 360
 460 lbs. R. Maran 360
 470 lbs. T. Zander 330
 480 lbs. E. Miscal 510
 490 lbs. J. S. Johnson 415
 500 lbs. S. Stark 450
 510 lbs. SHW 415

Minnesota Bench Championships

9 July 88 - Excelsior, MN

Women's (Malone)

160 lbs. K. O'Hando 340
 170 lbs. D. Anderson 315
 181 lbs. T. B. Kimbrell 235
 190 lbs. M. Miller 175
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 340 lbs. D. Sorell 380
 350 lbs. J. Martin 430
 360 lbs. D. Coats 365
 370 lbs. A. Dupree 490
 380 lbs. B. Pittman 425
 390 lbs. J. Blackmon 425
 400 lbs. J. Whitfield SHW
 410 lbs. T. Tomlin 415
 420 lbs. R. Gibson 510
 430 lbs. S. Burger 360
 440 lbs. L. Enmacion 475
 450 lbs. K. Mercer 380

Washington Metropolitan Area Law Enforcement & Fire Fighters Games

15 May 88 - Washington, D.C.

140 lbs. S. Spull 570
 150 lbs. SHW 345
 160 lbs. C. Hart 345
 170 lbs. C. Hart 350
 180 lbs. J. Krueger 155
 190 lbs. D. Sague 155
 200 lbs. J. Butler 490
 210 lbs. S. Spull 570
 220 lbs. SHW 345
 230 lbs. C. Hart 345
 240 lbs. C. Hart 350
 250 lbs. J. Krueger 155
 260 lbs. D. Sague 155
 270 lbs. J. Butler 490

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 160 lbs. C. Hart 345
 170 lbs. C. Hart 350
 180 lbs. J. Krueger 155
 190 lbs. D. Sague 155
 200 lbs. J. Butler 490
 210 lbs. S. Spull 570
 220 lbs. SHW 345
 230 lbs. C. Hart 345
 240 lbs. C. Hart 350
 250 lbs. J. Krueger 155
 260 lbs. D. Sague 155
 270 lbs. J. Butler 490

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160 lbs. C. Williams 130
 170 lbs. J. Birch 330
 181 lbs. S. Ricafrenie 195
 190 lbs. M. Wheeler 305
 200 lbs. T. B. Kimbrell 235
 210 lbs. M. Miller 175
 220 lbs. B. Miller 275
 230 lbs. M. G. Open (Schwartz) 390
 240 lbs. J. Schall 385
 250 lbs. Y. Lin 360
 260 lbs. H. Hahnemann 360
 270 lbs. C. Franzo 315
 280 lbs. J. Stephens 315
 290 lbs. K. Garnett 300
 300 lbs. J. Cona 315
 310 lbs. J. Duane 260
 320 lbs. T. Hill 430
 330 lbs. M. Church 425
 340 lbs. J. Lacey 415
 350 lbs. M. Churchill 175
 360 lbs. D. Sorell 380
 370 lbs. J. Martin 430
 380 lbs. D. Coats 365
 390 lbs. A. Dupree 490
 400 lbs. B. Pittman 425
 410 lbs. J. Blackmon 425
 420 lbs. J. Whitfield SHW
 430 lbs. T. Tomlin 415
 440 lbs. R. Gibson 510
 450 lbs. S. Burger 360
 460 lbs. L. Enmacion 475
 470 lbs. K. Mercer 380

140 lbs. S. Spull 570
 150 lbs. SHW 345
 160 lbs. C. Hart 345
 170 lbs. C. Hart 350
 180 lbs. J. Krueger 155
 190 lbs. D. Sague 155
 200 lbs. J. Butler 490
 210 lbs. S. Spull 570
 220 lbs. SHW 345
 230 lbs. C. Hart 345
 240 lbs. C. Hart 350
 250 lbs. J. Krueger 155
 260 lbs. D. Sague 155
 270 lbs. J. Butler 490

140 lbs. S. Spull 570
 150 lbs. SHW 345
 160 lbs. C. Hart 345
 170 lbs. C. Hart 350
 180 lbs. J. Krueger 155
 190 lbs. D. Sague 155
 200 lbs. J. Butler 490
 210 lbs. S. Spull 570
 220 lbs. SHW 345
 230 lbs. C. Hart 345
 240 lbs. C. Hart 350
 250 lbs. J. Krueger 155
 260 lbs. D. Sague 155
 270 lbs. J. Butler 490

World Corporate Games

Table with columns for event name, weight class, and scores. Includes events like 25-28 Oct 88 - San Francisco, CA (kg) and 19 Nov 88 - San Jose Central YMCA.



Chris Confessore, tried 590-lb., several times, weighing 198, at the APF Eastern Seaboard meet, to overtake Julian Lee's 590. Maresella photograph.

World Corporate Champion

Table listing champions for various weight classes in the 275 lb. class. Includes names like John Dumont and scores for different lifts.



John Dumont, 275 lb. class, World Corporate Champion in the open and 40-49 age group divisions. Photo by Victoria Sheridan courtesy Amiri.

Western States Championships

Table listing winners and scores for the Western States Championships in the 3 Dec 88 - Fresno, CA event. Includes names like John Dumont and scores for different lifts.

West Coast Championships

Table listing winners and scores for the West Coast Championships in the 15 Oct 88 - Whittier, CA event. Includes names like John Dumont and scores for different lifts.

APF Eastern Seaboard Classic

Table listing winners and scores for the APF Eastern Seaboard Classic in the 19 Nov 88 - Lawrence, NY event. Includes names like Tony Gibbon and scores for different lifts.

He positioned himself but could not get a firm footing on the platform. Instead of trying to squat, he returned the weight to the rack. ... Chris Confessore, tried 590-lb., several times, weighing 198, at the APF Eastern Seaboard meet, to overtake Julian Lee's 590. Maresella photograph.

Paul Boucher, pulled 750 at the APF Eastern Seaboard meet. (Marsella) ... that more people need to be involved in the sport. ... Paul Boucher, pulled 750 at the APF Eastern Seaboard meet. (Marsella)

West Coast Championships

West Coast Championships in the 15 Oct 88 - Whittier, CA event. ... West Coast Championships in the 15 Oct 88 - Whittier, CA event.

United States and Canadian Open Bench Press

Table with columns for Name, Weight, and Bench Press results. Includes entries for 11 Aug 88 - New Haven, CT and 11 Aug 88 - Quince, VA.

Eastern States Bench Press

Table with columns for Name, Weight, and Bench Press results. Includes entries for 11 Aug 88 - Concord, NH and 26 Nov 88 - Quince, VA.

Virginia ADPPA Championships

Table with columns for Name, Weight, and Bench Press results. Includes entries for 26 Nov 88 - Quince, VA.

Eastern American Bench Press

Table with columns for Name, Weight, and Bench Press results. Includes entries for 5 Nov 88 - Stockbridge, GA and 27 Oct 88 - Danbury, CT.

FCJ Community Bench Press

Table with columns for Name, Weight, and Bench Press results. Includes entries for 28 Oct 88 - Danbury, CT.

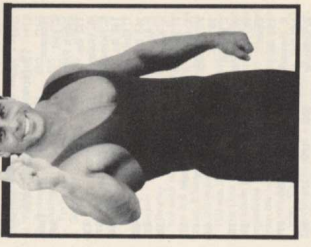
North Georgia Bench Press

Table with columns for Name, Weight, and Bench Press results. Includes entries for 10 Oct 88 - Huntington, PA and 6 Nov 88 - Concord, NH.

Huntington Open ADPPA

Table with columns for Name, Weight, and Bench Press results. Includes entries for 10 Sep 88 - Huntington, PA.

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345 500 945 205 500 745 220 lb. S. Girard 435 525 960 425 500 1075 435 620 1055 410 600 985 275 lb. G. Taylor 275 540 925 275 540 925

198 lb. M. Lecraw 345 500 945 205 500 745 220 lb. S. Girard 435 525 960 425 500 1075 435 620 1055 410 600 985 275 lb. G. Taylor 275 540 925 275 540 925

The Schwartz Age Formula was used in determining the age of the lifters. The lifters' names were placed by actual weight lifted. We appreciate the cooperation of all lifters and their coaches. The lifters' names were placed by actual weight lifted. We appreciate the cooperation of all lifters and their coaches.

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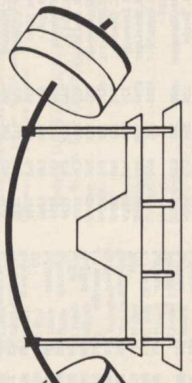
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MEET DIRECTORS...this list is a FREE service to publicize your contest to lifters. Send details in at least 3 months prior to your competition to "Coming Events", Box 467, Camarillo, CA 93011 to obtain proper advance notice for your event. You'll reach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

- 25 FEB, IPA Men's & Women's Lifetime Drug Free Teenage Bench Press Championships (14-15, 16-17, 18-19), Spero race, Germantown, MN 20874 (SASE, limited entries) 301-972-0021.
- 25 FEB, Deep South Bench Press Championships, 2500 Westbank, Midway, OK 73150, 918-665-0024.
- 25 FEB, 3rd Omni Fitness Bench Press (men, women, team), Omni Fitness, Herb Sampson, 23 East Tealey, Champaign, IL 61820, 351-0847.
- 25 FEB, (tentative) 4th Annual Submarine Base Bench Press Championships, 10000 Hwy 101, residents, local federal/government workers and all military personnel only, Art W. Busba, 533 David Dr., Bremerton, WA 98310, 206-779-4852, 3815 or 373-9974.
- 25 FEB, USPF Oklahoma Championships (open, novice, women, teen, collegiate), Jack Peaches III or the Great Kaiser, Jewish Community Center, Box 7377, Birmingham, AL 35263, 205-324-4563.
- 25 FEB, Savannah Open Bench, Howard Cohen, 130 Brandywine, Savannah, GA 31405, 912-435-0888.
- 25 FEB, USPF Georgia Teenage Championships, 15003 Torrey Pines, 412-266-9774.
- 2098-88) Todd Whitton, Stocks Gym, 3180 Alabama Rd., Acworth, GA 30101, 974-5986.
- 25 FEB, Olympian Open, Claude Handson, 20219 Fenimore, Detroit, MI 48235, 313-870705.
- 25 FEB, Florida State Bench Press (open, novice, masters, 40-59, 60+), Rick Vukobratovic, 10000 W. 11th St., Ft. Lauderdale, FL 33309, 305-451-0595.
- 25 FEB, ADFPA Lifetime Drug Free Championships, Tim McClellan, Athletic Department, Arizona State University, 16786, Glads Gym, Glendale Press, USA, Box 2100, Glendale, AZ 85301, 602-944-3454.
- 25 FEB, USPF, SC 29407, 803-763-2105 or 747-7073.
- 3.4 MAR, WDPFF European Championships (Menus, Franco).
- 4 MAR, USPF Oklahoma State Natural, Rich Peters, Box 1753, Norman, OK 73070.
- 4 MAR, Bench in the Park, 18000, (open men, women, teen, masters), 18000, PA 18360, 717-424-2514 or 717-424-8492.
- 4 MAR, New Jersey Police Officers Bench Press Championships (open to all law enforcement officers) at Howell Township High School, Patonman H. Mothershead or Patonman D. Neill, 201-338-4575 (Howell Township Police).

Coming Events

- Wilona S., Wilona, MN 55987, 507-454-1520.
- 11 MAR, Y Bridge Powerlifting (men, women, teen, masters), 1233 S. River, Rock Springs, WY 82901, 307-866-4636.
- 11 MAR, 155 Dancan Falls, OH 43734, 614-674-6573 or 614-453-4471 after 6PM.
- 11 MAR, 4th annual Biggest Bench in the Southern Tier (men, masters, women), Mike Guadina, Southampton Fitness, 990 Hudson Acres Dr., Pine City, NY 14871, 607-733-0145 after 6PM.
- 11 MAR, 3rd Annual State Teenage Men, David Adams, 311 W. State Street, Mt. Pleasant, MI 48858, 517-773-8000.
- 11 MAR, Best of the Northeast II Bench (deadlift, separate contest, masters, women, teenage, open), Carl Swoyer, 24 Jefferson St., Warren, PA 15365, 814-723-3442.
- 11 MAR, High School Open, Northern Power 518-795-5436.
- 11 MAR, USPF (closed) 14th W.V. Virginia State Championships (open, junior, master, collegiate, women), Greenville State College, Tim Gardner, Box 397, Greenville, WV 26351.
- 11.12 MAR, ADFPA Pennsylvania State Championships, Dan Shanaway, Penn State University, 4th Fl., 141 Bldg., University Park, PA 16802, 814-863-1939 or 863-1400.
- 11.12 MAR, W.V. 8th Annual VII High School Boys and Girls, H. Waldron, Cagle Cassidy High School, Adams & Hamilton Sts., Taunton, MA 02780, 617-823-6164.
- 12 MAR, APF United States Open Bench Press Championships (men, women, submasters, masters, grandmasters, police & fire all wt. classes each division), Joe Steele, 4400 C. 203-669-5212.
- 12 MAR, First Annual Open Heart of Illinois Bench Press (also class II & Masters), I.V. Physical Culture Club, 26 E. 10th St., Peru, IL 61354, Bob Pagnola, 815-222-2911.
- 18 MAR, (new date) APF In-State Championships (NY, NJ, CT, open, women, teenage), Pascheo, Ave. N., Brodway, NY 11258, 718-209-1100.
- 18 MAR, (new date) Central California Bench Press, Open, Women, Masters, Teen, Rick Couch, 300 W. Shaw No. 17, Clovis, CA 93612.
- 18 MAR, TDC Metro and Coastal Meet, Colman Peters, 200-393-3939.
- 18 MAR, Boulder Bench Press (open, teen & masters by formula), Sam Clark, 229 W. Wayne St., Butler, PA 16001, 412-282-1403.
- 18 MAR, (new date) Michigan High School Championships, Dan Skatka, 9 Mile Road, South Lyon, MI 48178.
- 18 MAR, Colorado State Natural (Pueblo) Bench Press, 18000, (open men, women, teen, masters), 18000, OK 73070.
- 18 MAR, USPF, Men's, 14000, (open men, women, teen, masters), 14000, CT, 203-773-1997.
- 18.19 MAR, (new date) IPA Drug Free High School Nationals (5 year drug

- tested period, men and women, 14-15, 16-17, 18-19, limited entries), Spero Tshonikids, 11502 Brundidge Terr., Germantown, MN 20874, 301-972-0021.
- 18.19 MAR, 4th Virginia Upper Midwest Bench Press Championships, 407-452-2445.
- 18.19 MAR, ADFPA Shenandoah Open (open, women, teen, masters), Tom Gardani, Rt. 1, Box 210, Mauretown, VA 22644, 703-459-3223.
- 19 MAR, ADFPA National Bench Press Championships (open, women, teenage, submasters, masters, all age groups and natural production), P.O. Box 215, Mountaintop, PA 18077, 717-823-6994 or 474-6111.
- 24 MAR, 2nd Annual South Texas C.C. Iron-masters Bench Press, David Salinas Sr., 1914 Agnes, Corpus Christi, TX 78405.
- 25 MAR, (new date) USPF Tennessee State Championships, 15000, (open men, women, teen, masters), Denver, CO 80219, 303-936-9123.
- 25 MAR, APF In-State Championships (NY, NJ, CT - open, women, teenage), Frank Mansueti, Paragard Athletic Club, 1500 Paragard Ave., North, Brooklyn, NY 11236, 718-209-1010.
- 25 MAR, (new date) Victoria ADFPA Championships, 15000, (open men, women, teen, masters), Gardale, AZ 85301, 602-934-2699 (810PM) or Bill Wong 602-992-2961.
- 25 MAR, 9th Central Ohio Bench Press (men, women, masters, teenage), Dean Gilt, 154 Caroline Ct., Circleville, OH 43113, 614-474-9207.
- 25 MAR, USPF Tennessee State Meet (men, women, teen, masters), 15000, (open men, women, teen, masters), P.O. Box 127, Maryville, TN 37801, 615-982-3152.
- 25 MAR, (new date) Revention Class II, Maple Dallas, TX 75219, 214-670-7720.
- 25 MAR, California Drug Tested Meet, Women's Open (ADFFPA) Dr. Alan Nestor, P.O. Box 415, 490-0680.
- 25 MAR, 2nd Annual Ashabula YMCA Open Bench Press, Lorne Anderson, 1761 Blue Jay Circle, Ashabula, OH 44004, 216-964-3013.
- 25.26 MAR, USPF Iowa State (Newton, IA), Rich Peters, Box 1753, Norman, OK 73070.
- 25.26 MAR, New Jersey High School Districts Championships (north of Trenton) Drug Tested, Paul Sacco, 75 Lakeshore Dr., Hammonton, NJ 08037, 609-567-0046.
- 1 APR, Florida State Championships (men's, police & fire), Cho. Hills, FL 32716, Tallahassee, FL 32314, 904-385-1210.
- 1 APR, TDC Divisional, Coleman Porter, TDC, Box 40, Huntsville, TX 77340, 409-291-5393.
- 1 APR, ADFPA Pikeville-Kentucky Open Bench Press, Conest, Carol Waters, 1658 Maywick No. 7, Lexington, KY 40564, 606-277-7122.

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Masters 1st-5th by formula
Dual Sanction: USPF-APF

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