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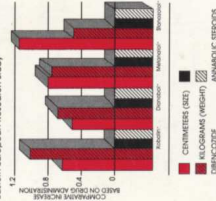
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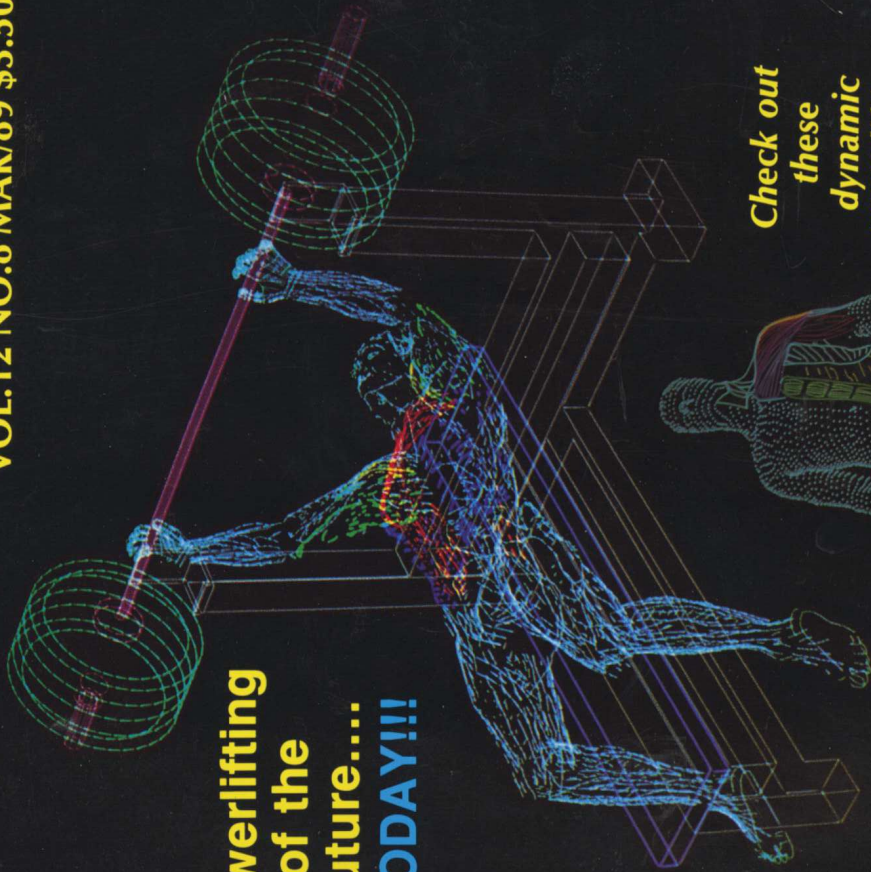
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of calcium as compared to a non-treated group. Further analysis, however, yielded a very unexpected shocker: THE BORON TREATED GROUP DOUBLED AND TRIPLED THEIR LEVELS OF NATURALLY OCCURRING TESTOSTERONE!

Stunned, the scientists completed further analysis and the increases were proven real. Incredibly, it was discovered that these increases typically occurred within eight (8) days after beginning boron supplementation, and would last as long as the boron supplementation continued.

In an effort to explain these startling results, Dr. Curtis Hunt, a medical anatomist with Human Nutrition Center wrote, "The body needs boron to synthesize estrogen and other steroid hormones, e.g. testosterone, and may protect the hormones against rapid breakdown."

Additional studies with boron have yielded a similar doubling and tripling of testosterone in marathon and strength athletes. The amount and the effect of testosterone produced may vary by individual dependent on age, diet, exercise intensity, metabolism and other biological factors.

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The medical research team at American Sports Technologies has succeeded in formulating this specific boron type into a product called DECA NATURAL Boron Complex! DECA NATURAL is now available in select gyms, healthfood stores and athletic training centers in the United States!

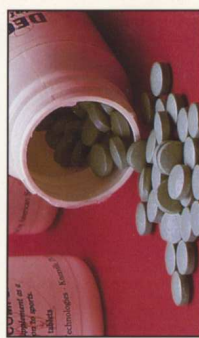
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The Story of Boron's Discovery
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American Sports Technologies is a leading edge biotechnology research laboratory and high tech marketing company. We are dedicated to the development of products that naturally enhance human athletic performance!

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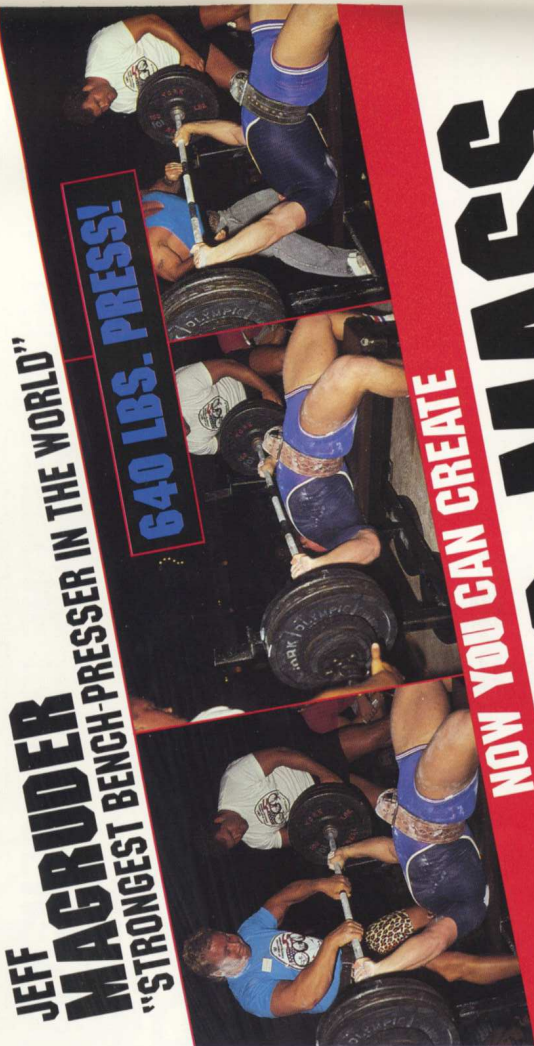
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ON THE COVER...still representations of the new video lifting analysis systems developed by Dr. Tom McLaughlin.

NEXT MONTH...Interservice Powerlifting Championships

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Powerlifting of the FUTURE .. Today!

as told by Tom McLaughlin, Ph.D.
PRESIDENT, CEO, Biomechanics Inc.

Imagine that it's eleven years from now, in the year 2000 A.D. ... what will our sport of Powerlifting be like? Will we train in total body "second skin" suits made of "smart" material that tightens up when we need it in a lift? Will we partake of personalized and "genetically-guided" nutritional supplements that seek out any nutritional deficiencies we have and automatically compensate? Will we pop a copy of Rocky IV into the 3D holographic viewer and read the subliminal messages in this movie of "Stalione" versus the "Retirement-Home Bully" help "psyche" us up for our workout? Will we worry about whether or not we'll be able to make those qualifying totals (for 2500 to 3200?) for this year's national meets (depending, of course, on which of the 42 national associations we choose to lift)?

Perhaps the most important question at the moment is: besides whether or not we'll be around, is what our own personal lift will be like?

Few of us think much beyond the present, but in order to achieve great lifts as well as remain injury free and healthy, takes serious thought and planning. While all of us re-evaluate our training and try to plan next year's cycles and goals (always realistic, of course), we often suffer from looking at things too much in the "short-term". In the quest for Numbers it's all so easy to become consumed with the gimmicks and fads of the day that promise "instant" results.

Unfortunately, what can happen all too often is that you miss the truly important and the totally unimportant. To understand success in lifting and "injury-avoidance" is to realize that technique is most important!

A STEP BACK

To better understand the present and to best prepare for the future, we're always told to review the past. So be it. As one of the few who remember lifting in the very first Powerlifting meets around 1970 or so, the initial two decades of our young sport have certainly been full of change and surprises!

In the old days, before elastic, I was one of the many weaned on Olympic lifting, who gladly jumped ship for the exciting new sport with the three lifts that we all fell at the time were "a more balanced test of a man's strength". After the switch to powerlifting, I remember having to constantly explain that I was not an Olympic lifter anymore and therefore "How much can you press?" no longer meant anything to me.

Well, it's been a long time since anybody has asked "How much can you press?" These days you can't even find a football game on TV

small changes in the bar's path, velocity, and acceleration have big consequences! A small technique error can be the difference between setting a record or missing the lift and even getting injured. In fact, in powerlifting the better you become the more you lift, but as you lift more, technique becomes even more important. As you approach record-level weights in all your lifts to excel as well as to endure (by avoiding career shortening injuries), record performances by our top lifters not only demonstrate great strength, but they represent great skill as well.

Another interesting observation can be made that also demonstrates the importance of technique in powerlifting. Ever remember the "Old-Lift" gets stuck at a weight in the lifts for what seems like forever, or get sore or injured because so discouraged that they start looking for other options. I believe this has contributed to two trends that I've seen surface in the last few years: (1) The "Specialization" move to single lift or double lift moves, and (2) The move to "Old-Lift" meets where lifts as simple as squats are involved, and even less is required. Let's face it, if you're having trouble mastering the techniques of some of the powerlifts, it's a lot easier to just work on the one you're best at. Isn't it a lot easier to be a long jumper or sprinter than to decathlete? Powerlifting as a sport involves three lifts and the winner is the best at the combination of all three, not just one or two.

With both of these trends today, the normal healthy progress of these symptoms and consequences of powerlifters, and not getting what's needed for respectable and rewarding performances? Certainly, one of the major elements that is interfering with the normal healthy progress of these lifts up the ranks is poor technique. What this situation sounds a lot like what happened to me some 20 years ago when I moved out of Olympic lifting and into powerlifting. If as a sport, we are to grow and continue to thrive, we need to be very aware that a lot of people need some help in their lifting, especially with their technique.

WHY SO IMPORTANT?

What other evidence do we have besides what I've already discussed that shows why technique is so important? The evidence we have can be categorized into three areas: (1) *Technique Improves Performance*. Research has shown that over years of powerlifting, our top lifters that use better technique improved significantly over those with poor or unimproved technique. In other words, those who

improved their lifting techniques over the years lifted more weight (even when they trained in the same weight classes); (2) *Technique Minimizes Injury*. Research also shows that proper technique reduces the chance of injury in powerlifting. We have clear examples of lifters who made unfortunate "moment" and incurred injuries. Analysis of their techniques has demonstrated that we must be ever so careful in training and competition to not disregard the importance of good technique either with large training weights, or with "unrealistic" lifting poundages in a meet. We know from experience that the few serious injuries that do occur are prime candidates for extensive TV coverage for seemingly good reasons. With these new programs, we will be able to greatly expand that base and accumulate the knowledge of the top lifters and their lifting techniques. This will be a great benefit for the sport and we intend to fully share all our cumulative research data (each individual lifter's name and information as of course, confidential) with all the very best lifters who participate can not only help their own technique but our sport as well.

SYSTEM 1: POWERCOACH 2000

Powercoach 2000 is our first system, designed to provide technical analysis of any powerlifter's lifts through the mail. With our introductory offer, all one has to do is send in for our kit which has easy to follow instructions, a special substance to put on the end of a bar, a copy of the book *Breakthrough in Biomechanics and Training Methods*, a video mailing envelope, etc. All you do when you get this is take a VHS of your BP, SQ, and DL (or any combination of the same) and mail it to us. We process your lifts with our Powercoach 2000 computer/image processing/graphics system, identify your technique characteristics, compare you to our database "model" performances, and give you all the results (bar paths, times, key angles, bar velocities, accelerations, etc.) on each of your lifts in both easy to understand printouts as well as with "electronic chalkboard" (like John Madden's) and graphics overlaid on your own video. Along with the graphics analysis sent back on your video will also be an audio explanation of the key technical points to work on. We have every intention of making this a "fast-response" process like we've gotten used to with suit, wrap, etc. vendors, and we are going to attempt to maintain 24-hour turnaround.

Once enrolled in the program via the introductory offer, we will "archive" your confidential personal record of all the lifts you ever have us analyze. This way, we can keep an eye on your technique progress over time, which will give you the opportunity to compare current lifts with past ones to better understand how you are progressing. This "Profile" feature also ensures that in case of injury, slump, training changes, etc. you can always get back to your best techniques. It is thus of value to get



Dr. Tom McLaughlin received his M.S. and Ph.D. from the University of Illinois, and was the Founder and Co-Director of the National Strength Research Center at Auburn University, before becoming the President and Chief Executive Officer of Biomechanics Inc. He has served as Research Editor for POWERLIFTING USA Magazine, Associate Editor of the NATIONAL STRENGTH AND CONDITIONING ASSOCIATION JOURNAL, and as a member of the U.S.P.F. Medical Committee. He wrote THE book on Bench Pressing "BENCH PRESS MORE NOW!" and is a former U.S.P.F. Region 11 representative. USA will mail Dr. McLaughlin the authors of one of the most popular series of articles that have ever been published in the magazine on the Biomechanics of the sport, and he plans to resume that work in upcoming issues. The years of development of the systems described in his article, now already proven in the sport of golf, have provided him with rich new insights and sources of information about heavy weight training, and we proudly welcome him back to the pages of POWERLIFTING USA Magazine. (Editor).

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GETTING STARTED

If you're serious about your training and can see how new technique analysis may have been a missing element in your program, then see our ad (following page) for more information on getting started towards better and safer lifting. Whether you use our systems or not, please try and work on your technique and also encourage others to do so. Powerlifting should remain the greatest sport exercise anyone could ever hope for! Personally, I look forward to your comments, ideas, etc., as I once again (after a long absence) resume my monthly series on the Biomechanics of Powerlifting!

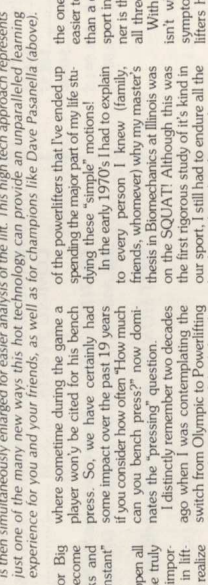
GOOD LIFTING!

Dr. McLaughlin has noted the letters from Hatfield and Kethwisch in the Feb/99 PI, USA and comments: "The issue of video review of world record lifts is not one to be taken lightly. The eyes and brain of a judge looking directly at an orthogonal side view of a lift constitute an extremely accurate and effective image processing system. To compare a judge's decision to a simple video view from anywhere else is next important question I will address next month, with a review of the optics involved and other considerations.

SYSTEM 2: COMPTRAINER 2000

This system will be discussed later, but in a nutshell, it is a stand-alone digital tracking - image processing computer graphics system for use by strength coaches, health spas, sports teams, etc. It does all that the POWERCOACH 2000 system does, but does it digitally in real-time rather than off a mailed in video. The latter part of this system is to provide technique data right during training or competition where immediate unarmored and teaching can take place. Organizations or individuals interested in this easy-to-use, cost-effective, and

Through the Magic of Video... the actual path of the bar is tracked on the video image and is then simultaneously enlarged for easier analysis of the lift. This high tech approach represents just one of the many new ways this technology can provide an unparalleled training experience for you and your friends, as well as for champions like Dave Pasanella (above).



where sometime during the game a player won't be cited for his bench press. So, we have certainly had some impact over the past 19 years if you consider how often "How much can you bench press?" now dominates the "pressing" question. I distinctly remember two decades ago when I was contemplating the switch from Olympic to Powerlifting that another reason I had for the move was that the techniques book, ed easier. Like others at the time, I felt that Olympic lifting was just too complicated "technique wise" and that these new powerlifting motions would be easier to master. I also thought I would probably have a better chance of doing well in powerlifting meets than I had in Olympic lifting. Sure, I'd won or placed in some local Olympic lifting meets, but to make to the top I knew that I didn't have the coaching or the "technique knowledgeable" Olympic lifters around to train with and learn from. Of course, let's not forget those Russian/Eastern Bloc Olympic lifting totals that were as depressing then as they are now...

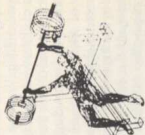
TECHNIQUE

The fact that one of the reasons I got into powerlifting was that I thought the techniques were so much easier is personally ironic. As I got into the sport I became so fascinated with, you guessed it, the techniques

When you lift a lot of weight, very

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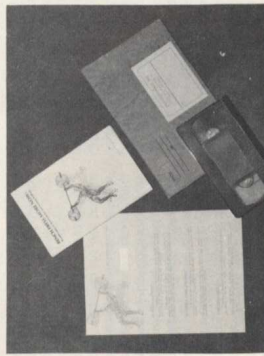


DAVE PASANELLA (World Record Holder in the 275 lb. class with a 1022.5 Squat, 850 Deadlift and 2409.5 total), and current Georgia Tech Director of Player Development says... "Any Powerlifter serious about his or her training should send for the POWERCOACH 2000 analyses...LIFT SMART AND GET THE TECHNIQUE EDGE!"

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- C) Your lifts are stored in our main computers for comparison with your future lift analyses to monitor your progress over time;
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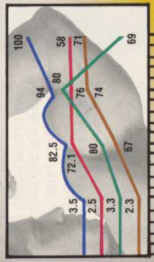
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Muscle Enlargement

as told by John S. Comereski, MAT



As a powerlifter, have you ever wondered whether or not you are actually adding muscle cells? Or do you think that you are just building upon those cells that are already in existence? There has been much controversy with regards to these two separate theories. Perhaps, now research can inform us as to what really happens.

THE CAUSE OF MUSCLE ENLARGEMENT

Powerlifting, bodybuilding and other modes of weight-training impose stress that results in changes within your body. A great share of these changes occur within your skeletal muscle system.

Proper powerlifting practices include full range-of-motion exercises that provide resistance in both a stretched and a contracted state. Both segments of a movement have been associated with muscle hypertrophy. A muscle in a stretched position at the beginning of a rep or in a stretched position during the negative, or eccentric, contraction phase of a lift produces a similar hypertrophy.

Changes that occur during actual contraction are, I would hope, well known to you by now.

HYPERTROPHY

Muscle hypertrophy, and subsequent increase in lean body mass, is without a doubt a by-product of powerlifting. Many of you attempting to remain competitive at a lower bodyweight, and having a difficult time keeping your bodyweight down, can attest to that. The term hypertrophy refers to the increased volume of muscle tissue produced through the enlargement of existing cells.

Boys from the age of 2-months to 16-years show a 14-fold increase in the number of muscle cells while girls of the same ages show only a 10-fold increase. (Cheek, 1968). This is due in part to the hormonal make-up of each sex, with primary concern centering around the hormone testosterone. Because this hormone is responsible for muscle growth, higher levels in your body tend to enlarge muscles through a stimulation of amino acid uptake and the resulting growth of individual fibers. As you intensely train for powerlifting, your body has an increased ability to produce this hormone. The result is bigger and stronger muscles.

Through a proper powerlifting program, an increased proportion of the muscle becomes occupied by myofibrils rather than fat, connective tissue and supporting proteins. These and other powerlifting induced changes produce the large muscles often seen on powerlifters.

HYPERPLASIA

Unlike muscle hypertrophy, muscle hyperplasia refers to the increase in the number of muscle cells. For maturation and growth of new cells, although the past 5 years have yielded a great amount of research in this area, controversy remains.

that excessive resistance training can cause fiber splitting and possibly new fiber formation, but this hyperplasia seems to be more common among some animals than in humans.

More and more research supports the contention that human muscle fiber population is set at an early age in development. Eventually a powerlifter will reach a limit, producing a maximum cell size within the acting cells. Because of this, it is important for powerlifters to cycle their workouts to train all muscle groups and all muscle fiber types. Don't be discouraged by your age. Even though these changes in muscle size and strength more easily occur in children, adults can achieve similar benefits from powerlifting. Look at Fred Hatfield. This gentleman was one of the first powerlifters to break the 1000-pound squat barrier, and he did it when he was in his mid-forties.

WITHOUT HYPERTROPHY

Gains in strength are usually accompanied by an increase in muscle size, but this is not always true. Take, for instance, our lady powerlifters. Many of them keep their feminine petitness due to a lack of the male-dominant hormone testosterone. There are even cases where males have increased their strength through a change in neuromuscular efficiency, rather than an increase in muscle size. This can result from limited muscle potentials, and/or low levels of testosterone.

Since powerlifting involves power, the factor of time comes into play, and the nerve-muscle interaction becomes more important. In power, your muscle hypertrophy is not as significant as your body's ability to recruit a great number of muscle fibers to be activated, through nerve activation in a synchronous way. This means that a larger amount of your muscle works at one time to move an object quicker and with more force. With the development of muscular power, you do not necessarily find an increase in muscle size.

IMPLICATIONS FOR POWERLIFTERS

Though you may not care whether or not you increase the number of muscle fibers in your body, it is important for you to realize why certain changes occur in your body through training. I often come in contact with powerlifters who, for some unknown reason, cannot get down to the weight they were at last year, even though they have trained very hard for the past 12 months. Well, hopefully, now you have some indications as to why such things happen.

As a competitive athlete, you must ask yourself one serious question. Will you lose too much strength by severely cutting your weight or will you gain you make at a higher body weight will make up the difference you will need in your total in the next higher weight class? Remember, muscle weight is more than fat! So you can only lower your bodyweight so far.

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INTERVIEW

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

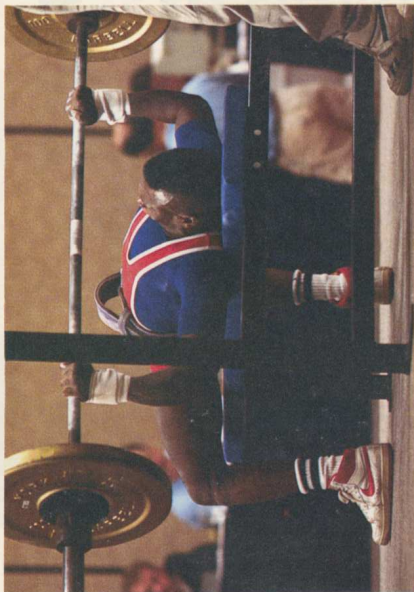
HERB BLAKE interviewed by BOB GAYNOR

This interview was done with 1988 ADFFPA National Champion, Herb Blake in December, 1988. B.G. What is your current age and where do you live?
H.B. I am 31 years of age and I live in Ridgeland, South Carolina.

B.G. What is your occupation?
H.B. I am a dental technician with the Navy. I have been with the Navy for 11 years.
B.G. How long have you been training and how many years have you been competing?
H.B. I have been training with weights for a little over four years. I have been in active competition for the past two years.

B.G. How did you get started with weight training?
H.B. While I was stationed in Atlanta, Georgia, John Coffey, the owner of Coffey's Gym asked me to lift on his team in the 1986 Georgia Championships.

B.G. How did you get started with weight training?
H.B. While I was stationed in Atlanta, Georgia, John Coffey, the owner of Coffey's Gym asked me to lift on his team in the 1986 Georgia Championships.



HERB BLAKE...benching his way to the 1988 ADFFPA National title in the 123 pound division.

B.G. What are your future goals?
H.B. For future goals I will continue what I want to accomplish in 1989. I want to successfully defend my ADFFPA National Title in the 123 lb. class. I also hope to set new ADFFPA American and National Records in the Squat, Deadlift and Total at 123 lbs. I hope to be fortunate enough to accomplish this in 1989.

B.G. What are your views on steroid usage and drug testing?
H.B. Ernest Erwin of the U.S. Navy is a drug free bodybuilder. He is the guy who started me in weights in 1984. He was and is still totally against steroids. I naturally adopted his views on this matter. I'm proud to say that I am a lifetime clean lifter, and plan to stay that way. If people want to use them, that is their choice. I wish they would not try to compete in drug free meets. I believe the ADFFPA concept of testing and doing so at all meets, not just the big ones, is the only testing that will work.

B.G. Do you follow a special diet?
H.B. No, I basically eat whatever I want to. This has worked for me very well so far.
B.G. How about your specific supplementation plan?
H.B. I take Pro Power Aminos, Gamma Drol, Smilax and Liver Tabs, all from the Vitamin Locker in Charlotte, North Carolina. I feel supplements play a very important

role for the drug free athlete. B.G. What are your views on training and do you train differently in and off season?
H.B. My basic training philosophy is simple. I train heavy year round. I'm not sure I have an off season. I usually try to get in 10 to 12 weeks of training if possible, adding more weight and equipment as the cycle gets closer to the meet. The last six weeks are usually doubles and triples. This means I use higher reps for the first six weeks with lots of assistance work, then I drop the reps to the 3 to 2 range. Year round heavy training has worked well for me so far.

B.G. What advice would you have for those just starting out?
H.B. I would tell the beginner to try to find some good and dedicated training partners, ones who line for and around you. I'm in the gym at least 2 hours a week 5 or 6 days a week. When I first started I lifted in almost every meet I could. I felt this helped me learn the sport and also helped me to mature quicker. If the beginner has that love for the sport, and the hunger and desire to excel, they will be successful if they stay with it.

B.G. Who do you admire?
H.B. I have been fortunate to have a great coach in Steve Murdock to help me with my techniques and training. He would have to be the most important person I've met in the sport. I really admire Ausby Alexander, J.D. Carr, and Dave Pattaway. These guys are the perfect examples of hunger, desire and intensity.

B.G. What are your other interests?
H.B. I like boxing, football, baseball and basketball. Basically, I enjoy all sports.
B.G. Herb, are there any other comments you would like to make?
H.B. I really love this sport. I can't get enough of it. And I'd like to thank everyone that ever spoke to me or encouraged me from Coffey's Gym in Atlanta to the Marines. I'm presently stationed with the Navy in Beaufort, South Carolina. I certainly want to thank Eric Hillman and Joey Caldwell of the Vitamin Locker in Charlotte, North Carolina for taking a chance on me and supporting Drug Free Lifting. And my thanks to Bob Gaynor for doing the interview.

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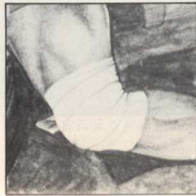
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Ausby Alexander's Deadlift Routine



AUSBY ALEXANDER...has developed into a super deadlifter as well as being a record breaking squatter.

The Deadlift is the last lift in powerlifting competition and when the contest is very close, whoever has the biggest pull ends up the winner. It has been said that the meet doesn't start until the bar hits the floor. This is a 12 week routine for the intermediate lifter that can presently deadlift 600, and would like to lift 633 in the next contest.

The first phase of training consists of block work, preferably of 4-6 inch blocks, and stiff leg deadlifts. This exercise really builds good, strong erector muscles, and provides a great base for improvement in your deadlift. After 6 weeks, you discontinue the block work, and begin the second phase of contest style pulls, concentrating on proper form and speed off the floor. Assistance work should be done immediately after deadlifts, and should consist of 3 sets of 8-10 reps of strugs, bent over rows, cable pulls, one armed rows, crunches and hyperextensions, to strengthen your lower back muscles. I recommend discontinuing assistance work 3-4 weeks prior to contest time. Also, it's a good idea to take 12-14 days off from your deadlift routine prior to competition, to allow your back time to fully recuperate.

Here are some key points to remember when deadlifting:

1) Never let the bar get out in front of you. Always stay in close. This will help your pull.

2) Keep your head up at all times. This helps in maintaining the bar on the bar.

3) Your grip should be placed on the bar according to your body size, but never too wide. Also, never touch the smooth surface of the bar.

4) Upon completion of the lift, make sure that you knees are not bent and your shoulders are back.

Week 1: 135x8, 225x5, 315x5, 415x3, 480x5x2, 415x5 (blocks)

Week 2: 135x8, 225x5, 315x5, 425x3, 490x5x2, 425x5 (blocks)

Week 3: 135x8, 225x5, 315x5, 435x5, 500x5x2, 435x5 (blocks)

Week 4: 135x8, 225x5, 315x5, 445x3, 510x5x2, 445x5 (blocks)

Week 5: 135x8, 225x5, 315x5, 455x3, 520x5x2, 455x5 (blocks)

Week 6: 135x8, 225x5, 315x5, 465x3, 530x5.2, 465x5 (blocks)

(After 6 weeks discontinue blocks)

Week 7: 135x8, 225x5, 325x3, 415x3, 540x3, 415x6

Week 8: 135x8, 225x5, 325x3, 425x3, 550x3, 425x6

Week 9: 135x8, 225x5, 325x3, 435x3, 560x3, 435x6

Week 10: 135x8, 225x5, 325x3, 445x3, 570x3, 445x6

Week 11: 135x8, 225x5, 325x3, 455x3, 580x3, 455x6

Week 12: 135x8, 225x5, 325x3, 465x3, 590x3, 465x6

Contest Day: 135x8, 225x5, 315x3, 415x2, 473x1, 1st attempt - 587, 2nd attempt - 611, 3rd attempt - 633.

Good luck with your lifting and keep the faith. For a specialized routine to fit your needs send \$15.00 to: Ausby Alexander Jr., 222 Levant Way, Oceanside, CA 92056.

Yours in strength... "THE OZ"

Dr. Judd

Powerlifting: A Spectator Sport? by Dr. Judd Biasiotto & Arny Ferrando

competition. In other words, limit the number of competitors, and hence the number of platforms. The figures we like are 40 and 1 - meaning no more than 40 lifters competing on one platform. Forty lifters constitutes a meet that can be managed effectively and run efficiently. For the spectator and the lifter, the one platform focuses all the attention on one lifter, in one location, at one time. Two platform meets can be likened to organized chaos, where the spectator feels like he is watching a tennis match - jumping from one side of the platform to the other. Not only that, but the announcer is soon ready for psychological care trying to keep up with two platforms, while the spectators have long ago lost interest in the actual competition. Most importantly, one platform focuses all the attention on one lifter and attends him, and on him, a moment of glory.

Another advantage of a limited number of lifters and one platform is that the lifters and spectators alike can keep track of the competition. In other words, at that's the way it works. After watching lifters, judges and announcers competing to do such. Without a doubt, the use of the metric system has led to confusion on the part of just about every American involved in the sport of powerlifting. American meets that use pounds instead of kilos are run smoother and are much more enjoyable to the lifter, spectator, and meet director.

Whether you are a disciple of the one or two platform meet, the audience must feel as if there is constant action. Enter the round system. The round system insures that at least

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Picture this, Rickey Dale Crain is about to break his own American deadlift record by 5 kilos (that's 11 pounds, folks). He addresses the bar, deep in concentration. He grips the weight firmly and immediately begins a slow, gut-wrenching pull. Steadily, he overcomes gravity and arrives at an upright position - spent from a total effort. On the judge's signal, he returns the bar to the platform and receives 3 white lights. Crain is elated and the crowd goes wild - all fifty of them. That's right, all fifty of them.

The truth be known, the majority of this meager crowd is composed of his wife, friends, and various other loving ones. Yeah, just a typical powerlifting crowd, third session, regional championships. Ever stop to wonder why the auditorium is not filled with applause after your lift? Meet directors, have you ever wondered why the number these in the stands? OK, we'll tell you. Powerlifting is simply not a spectator event (shocking, huh?). In fact, only a handful of powerlifting competitions could ever be accused of such, and those that were possessed some very essential keys to success.

Let us clarify that statement. The commonplace powerlifting competition seen today is not a spectator event. It doesn't mean, however, that it may never or can never become an enjoyable spectator sport. If powerlifting has any hope of becoming an interesting or enjoyable (the operative terms here: sports fans) sport to watch. With that said, the big question now remains as to how we can go about making the sport of powerlifting more attractive to the spectators. The following are a few suggestions for the enhancement of "spectability." It is not necessary that all of these criteria be met, but they constitute what we have frequently observed to be the demise of many a contest.

First, define the parameters at

one or two platform meet, the audience must feel as if there is constant action. Enter the round system. The round system insures that at least

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once every two minutes, someone is doing something. It also eliminates the boring lulls of waiting 1 minute for a lifter's next attempt (should he follow himself) and then 3 minutes for him to prepare. For that matter, a lifter no longer has to follow himself at all. Remember, constant action and constant interest.

Now comes the radical ideology. The thing we may need to do most, hang on purists, is to get rid of the squat (Hafield's going to kill us). Plain and simple, the squat slows the meet down! A guy has to wrap, tug up a suit, tighten a belt, slip himself, smart bar, assuming the racks are proper. It is cumbersome and time consuming. It is also dangerous, hard to judge, and hard for non-lifters to identify with. Most of your audience realizes what it's like to push weight away or to pick something up, but to then do a deep knee bend, well, it looks as unnatural and painful as grabbing your bottom lip and pulling it over your head. There are also so many reasons for disqualification of the squat, most notably the depth factor, that few fans understand what constitutes good or bad attempt. Bench/deadlift contests are becoming more commonplace, probably because they can be run smoothly and efficiently. Smooth efficiency is what keeps the spectators' attention. It is also easier for the spectators to identify with a good lift, with few exceptions, the lifter either pushes or pulls the weight up or he doesn't.

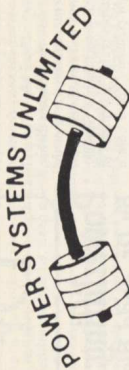
As we mentioned, making money is a legitimate goal for the meet director, but not at the expense of the lifters and spectators. Meets that accept 70 to 100 lifters do not have the best interest of the lifters in mind. There are other ways to pay expenses and make money from your meet. If you run a good meet, with forty lifters and a gym full of spectators, it's easy to get sponsors. One way to get spectators is to sell tickets ahead of time. Local high schools and colleges are an excellent market for sales. Many times coaches at these institutions will help you sell tickets. Also, local newspapers and radio stations many times will give you the publicity (by way of articles and radio shows) as a community service. All of the aforementioned makes it much easier to sell advertisement to sponsors. We know of some meet directors who procured well over \$2000 just from selling ads.

Well, we hope at least some of the suggestions will be incorporated in future competitions, if they're not already. In order to become more popular, powerlifting must become a better spectator event. In order to become a spectator event, powerlifting must be streamlined to gain and hold audience interest. In order to hold audience interest, we must pay more attention to spectators' needs. Ideally, the lifters should compete for a minimal charge, while the monetary reward of running a meet should be gained through sponsorship and ticket sales.

Glenn Stevens

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The "BURN" During Weight Lifting WHAT CAUSES IT?, Pt. 1

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



"No Pain, no gain." "You got to burn to grow." "I know it must be good because it feels so bad." All of us have heard sayings such as these and give them a certain amount of credence. Hard work (up to a point) is required for gains and hard work is sometimes spelled pain. But what causes the pain? How do we know the pain is a normal part of training and not something related to injury? Is the pain necessary for improving strength? Can strength be improved without it?

What causes the burning sensation during the last few reps of a difficult set?

Many lifters have the idea that lactic acid is the cause of the burn during training and post-exercise muscle soreness (sometimes called delayed muscle burn). While it is related to muscle burn during those last few reps in a difficult set, lactic acid is not related to post-training muscle soreness occurring one or two days after a workout. Tissue injury, rather than lactic acid, is probably the cause of delayed muscle soreness.

The cause of the muscle burn is not completely understood. Considerable research has been done to determine the cause of fatigue and pain during endurance exercise. Much less has been done on training exercise, such as powerlifting. However, records of conditions such as ultrasonic traces and nuclear magnetic resonance (NMR) have magnified a clearer picture of what's going on in the lifter's muscles during the weight training. Radioactive tracers allow the measurement of the rate that substances are produced and eliminated by the muscles. NMR allows an accurate noninvasive measurement of certain fuels within the muscle. In other words, NMR works somewhat like Dr. McCoy's medical analyzer in "Star Trek." Information is gathered about the muscle without taking any muscle biopsies or blood samples.

Weight lifting is predominantly an anaerobic activity. It depends on fuels immediately available within the muscles (adenosine triphosphate, ATP, and creatine phosphate, CP) and glycogen (a carbohydrate stored within the muscle) which is broken down to lactic acid in a chemical process that produces ATP and does not require oxygen. ATP is the energy source for muscle contraction. CP is used to quickly replenish ATP. Other metabolic pathways that break down glycogen, fats, and proteins are also used to generate ATP, but at a slower rate than CP breakdown. While the breakdown of these substances produces energy for muscle contraction, they also produce by-products that can irritate the muscle unless they are quickly eliminated.

During heavy weight lifting, blood flow to the muscle is intermittently decreased as tension increases. The closer to maximum the contraction, the greater the constriction of blood flow to the muscle. Decreasing blood flow to the muscle results in the ac-

body part than to push an injured muscle or joint. The main purpose of a workout is to induce the body to adapt and get stronger. Pushing injured tissue will only result in further breakdown.

Is the pain necessary for improving strength? Can you improve without it?

The muscle burn is not related to injury and is probably necessary for rapid gains because it shows that you are pushing in training. Intense training, provided it allows for adequate rest between sessions (i.e., through the use of cycling periods, or techniques), is critical for improving strength.

Sports scientists are discovering that causes of muscle pain during weight lifting such as H⁺ may be affected by training. Researchers, such as George Brooks, from the University of California, Berkeley, have discovered that exercise training (bicycling and running) improves the muscles' ability to use lactate as fuel. This helps reduce the accumulation of H⁺. It has not as yet been determined if weight lifting has the same capacity to improve lactate utilization in muscle as does endurance exercise. However, because of the tremendous amount of lactate metabolism occurring during intense weight lifting, it is likely that muscle improves its ability to use lactate as a fuel during that type of exercise.

In summary, current scientific evidence suggests that tissue injury, rather than lactic acid, is probably the cause of delayed muscle soreness. Also, lactic acid is composed of lactate and hydrogen ion (H⁺). H⁺ is one of the primary causes of muscle pain, and not lactate which is an active fuel source. The muscle "burn" results from a restriction of blood flow to the muscle that causes an accumulation of by-products, especially H⁺. Additionally, powerlifting training probably improves the muscle's ability to use lactate as a fuel and clear painful H⁺.

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How do we know the pain is a normal part of training and not related to injury?

Coaches often tell athletes they must learn to distinguish between pain and injury. Injuries can occur during intense training. Strains (muscle-tendon injury) are very common in lifters training on "the edge" and must not be mistaken for the muscle burn. In general, if the pain does not go away within about a minute of the exercise, some injury has probably occurred. While living with "the burn" is part of the sport, training with a soft tissue injury can lead to a lot of down time. It's better to call it a day or exercise another

If blood-flow to the muscle is restricted during an intense exercise, why does the skin around the muscle look red, and flush and the muscle itself, get pumped immediately after the exercise?

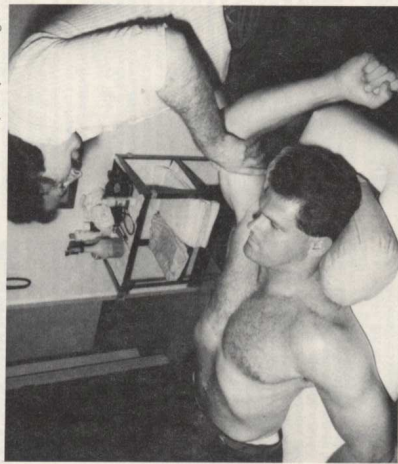
The muscle pump and local redness is caused by a process called reactive hyperemia. Muscle have a remarkable ability to regulate their own blood flow according to their

INJURIES

SOFT TISSUE THERAPY by Joseph M. Horrigan, Soft Tissue Center, Inc.



Above: Pete Koch receives treatment from Ashly Plourde at the Soft Tissue Center. Below: Shopkeeper John Bremner is worked on by Joseph Horrigan.



discovered: champion powerlifter Steve Miller, American shotput record holder John Bremner, Pete Koch and Art Still of the Kansas City Chiefs, Calvin Sweeney and Rod Woodson of the Pittsburgh Steelers, the "Barbarian Brothers", bodybuilders Mike Christian, Charles Glass, Mike Quinn, Gary Straydm, Ric Valente and Jim Quinn; just to name a few.

Ric Valente received his rehabilitation at the Soft Tissue Center after his unfortunate pectoralis tear and subsequent surgical repair in August of 1987. Ric tore his pec during his second heavy bench press workout of that week with nearly 500 lbs. Ric is now bench pressing 225 lbs. and is steadily increasing the weight.

John Bremner would receive treatment for his shoulder and knee pain as his last heavy weight training cycle reached its peak before the summer shutout phase began.

David and Peter Paul, aka "The Barbarian Brothers", received treatment for their strength limiting injuries. David has been plagued by a rotator cuff injury for five years, rendering him unable to perform a normal bench press movement. David compensated by using a "reverse grip" to increase his shoulder stability and became quite adept at this style of bench press. The same day that David received his first treatment, he was able to lift 300 lbs. again in a normal bench press movement and was able to lift 320 for five repetitions two weeks later. Peter had a elbow injury that even restricted his heavy dumbbell curls. After a few weeks of treatment, he set a personal record of three repetitions with a pair of 165 lb. dumbbells.

Kansas City Chiefs defensive ends, Pete Koch and Art Still, have injuries that occurred during the season that occurred during the season that occurred during the spring at the Soft Tissue Center.

Mr. Olympia contenders, Mike Christian, Mike Quinn, Gary Straydm and Charles Glass have discovered that they are able to avoid layoffs from joint and tendon pain during the critical time of contest lifting.

The Soft Tissue Center, Inc. is either currently treating or has treated twenty-eight athletes who were likely candidates for the 1988 Summer Olympic Games for their respective countries. The patient list includes: Jackie Joyner-Kersey, Willie Banks, Valente Brisco, Marlene Ottey and Steve Scott among others.

The advantage of the soft tissue therapy as performed by the Soft Tissue Center, Inc. is that this form of therapy has been standardized to a complete, teachable system that has consistent, reproducible results. The results of this therapy have been recognized and printed in several of the iron game publications.

As previously stated, the innovative form of therapy is spreading and quickly increasing in demand in the sports world because of the bottom line...it works. We look forward to the day when these results will lead to further research into this subject so that it may be available to all athletes, young and old.

vocated the practice of "deep muscle massage" of one training partner as performed by the other partner. Soft tissue therapy is a form of therapy that requires great attention to the complete anatomy and the nature of the given pathology of the injury. The work is very specific and is very time consuming during the learning process. If this work is improperly performed, the end result may be disastrous, even if done by a sincere, well-meaning friend or training partner. Neurologic damage, thrombus, embolism, herniation, muscle tearing and further adhesion formation can be the result of those attempting this

work without the proper education, skill or training. We have had the unfortunate opportunity to treat patients who had been previously treated by friends. One patient came to this facility after having been "treated" by a well-known bodybuilder who thought that he "knew how to do it." The patient had massive hemorrhaging on her inner thigh with two palpable masses. She was diagnosed, and confirmed by second opinion, as having tears of the gracilis and adductor longus muscles.

Once proper care is given, the results can be outstanding as the following members of the game have

the result of those attempting this

at this point. Some authors have ad-

TRAINING

DEAD ON IN DALLAS

Most of the articles in this series have been directed at beginners and intermediates in body need of some straight talk about training. I've told you stories about some of my old friends down in East Texas and my Wampus Cat power team. You can't help but have noticed that I get a little tetchy about some of the peculiar notions like trinitrate elevator rooms.

You editor, Mr. Lambert, once said I write lifting fiction to make a point about lifting. Well, that's ninety percent true. I've just changed some names and places in order to protect the guilty. A lot of trainees, if not the majority these days, seem to be in some sort of hysterical state which demands they attempt every possible routine, ingest every mysterious and, hopefully, magical compound that comes along, and preserve their self-images at all costs from unpleasant suggestions or advice. This article is about real people making real gains by pursuing real goals. So pay attention, this is going to be as straight as I can tell it.

I told you last time about the penis of fame, be it ever so humble, when confronted by old friends like Lope Delk and the gang at the Scott's Boot last New Year's Eve. For once, I got away clean. Imagine my surprise and gratification a few days later when I found a group of serious grown-up powerlifters who were not only practicing some of the ideas I've been advocating, but who had the courage to admit out loud, in public, that they had read some of my articles! In Dallas. My hometown.

I walked into the Austin Gym out on Arapahoe Road to see if anyone from the old days was around. This was my idea of a gym, serious equipment, heavy duty, but with enough variety and modernity to accommodate every training purpose or goal. Along the back wall were four or five power racks and at least three platforms.

Instructor Daryl Simpson told me to go on back and pointed out Hilary Hoffman working with several fellows who were vaguely familiar. Hilary is co-owner of the gym, along with longtime lifter and bodybuilder Roland Jehl. She started competing as a bodybuilder, but entered power competition in December of 1987. Her most recent lifts are 391, 237, 435 and 148 lbs. That's with less than two years training on the lifts! She states she's most happier as a lifter, permanently and in terms of personal accomplishment.

With Hilary were Bryan Nester, winner of the 1988 USPF Jrs. in the 220 lb. class, and Greg Bryant, 1985 National Collegiate champ at 165. I had read about Bryan and seen Greg lift several times at college meets when he was on the Louisiana Tech team.

I told them who I was; the guy who writes about shiny variations. Bryan



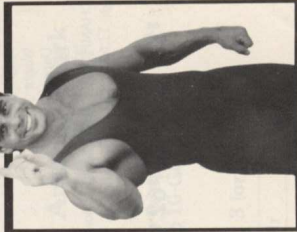
BRYAN NESTER, out of the Austin Gym, is a steadily rising talent. (Linda Finnegan photo)

don't live up to expectations. What happened to glandulars? He then nailed the problem right on the head: 'some people don't want to realize that it is hard work, 2-3 times a week, they are now.'

I can't top that. You can't either, if you paid attention.

PAUL KELSO
3046 33rd Street
Sacramento, CA 95817

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



some of the characters I've written about or those they had trained with. One fellow trained for powerlifting with them for a while, but came in on off days and did bodybuilding workouts. Couldn't make up his mind, and eventually dropped out. This is an example of the ego-inspired goal confusion I've talked about before. Greg Bryant mentioned a fellow as strong as you, Bryan's reply, 'you can't.' This was in reference to the questioners' known attitudes and pipe dreams. Can you sell to the squat, rack and call me in a year.'

Nester went back to Indiana recently for a visit. People there were astonished by his gains in size and strength. 'What kind of drugs do they have down there in Texas,' Wadle summed up the problem and the secret. 'A lot of this is mental. Supplements seem to work for you if you believe in them. We use insulin and amino acids, that's about all. Some compounds don't live up to expectations. What happened to glandulars? He then nailed the problem right on the head: 'some people don't want to realize that it is hard work, 2-3 times a week, they are now.'

I can't top that. You can't either, if you paid attention.

Most national champion lifters spend years doing their own thing, looking for a niche, starting their own gyms, or numerous, small, local gyms leading to at least several tries at the big titles. Bill Shannon didn't take the customary route to his national title. Bill won the 1988 ADFFPA 198 pound national title in the space of only four contests. That's right, his fourth contest was his national victory! To add to it, Bill beat some big names in that class to take the title, like Walter Thomas, Robert Craft, and Rich Wenner. Bill put up a 650 squat, 418 bench, a national record 766 deadlift, for a big 1835 total, also a national ADFFPA record.

Although Bill is relatively new to the sport of powerlifting, he has been training with the weights for about 6 years. He became interested in the weights while serving in the Navy, as a means of relieving job stress. The results were positive, so he stuck with it. He met Barb Rester and Dominic Citraro while training in college and they succeeded in getting Bill interested in powerlifting competition. Bill entered his first meet in November of 1987, the SIU Open, where he went 550, 435, 630 for a total of 1615 at 198. A new champion lifting machine was born.

I first saw Bill lift a week or so later at the ADFFPA Omni 41. Open in Schererville, Indiana, which is one of the top ADFFPA meets in the Midwest. Bill won that one going away and caused a quite a stir. Who was this guy totaling over 1700? Bill easily destroyed the competition at that meet, and then hit Dennis Brady's Viking Open in May of 88 before he took the ADFFPA title in St. Louis in August.

Bill is a student at Southern Illinois University in Carbondale where he's studying criminal justice and hopes to work as an agent for a federal law enforcement agency and follow up with law school and join the FBI. Our 27 year old champion has been an athlete all his life, playing just about every sport in high school. He currently trains at the student rec center on campus with Dane Oetz and Reggie Black to whom Bill is thankful for their support.

He trains 5 days a week, with Monday and Thursday devoted to the bench with inclines, dips, and arm work. Bill uses a close grip, but still manages to bench in the high 400s in training. He's looking at taking his grip out a bit, but the boss power grip is too far out since Bill's power comes from his triceps.

Wednesdays are squat days with leg extensions and curls. Tuesdays and Fridays he does presses, strugs, 1-bar rows, dumbbell rows and seated cable pulls. This intensive back-work routine goes right to his big lift. On Saturday, Bill trains his big lift, the deadlift. He only trains the deadlift 12 weeks from a meet and goes

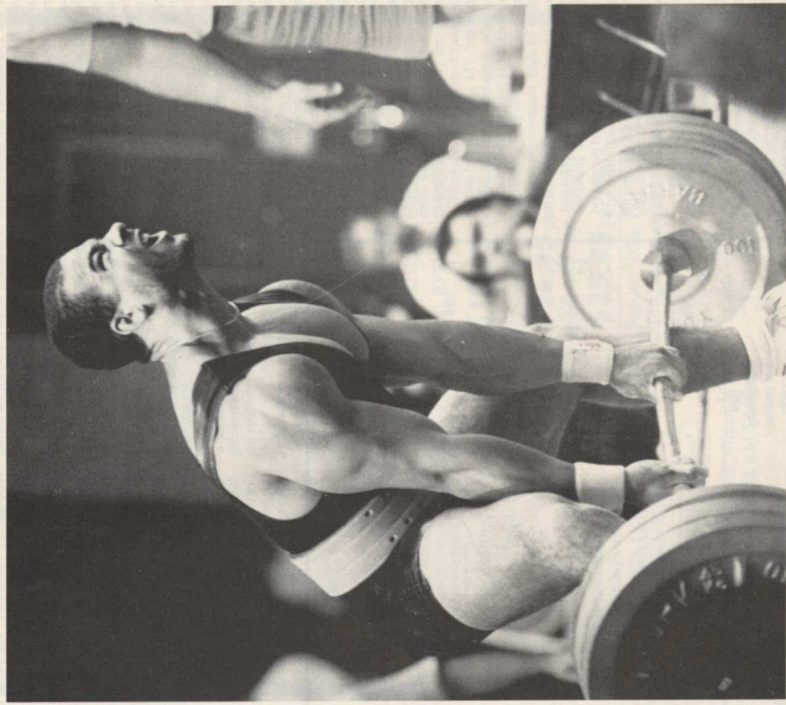
POWER PROFILE

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

BILL SHANNON as told by PL USA's Doug Daniels

heavy every other week. Since Bill is free 198 pounds. That big pull gives Mr. Shannon a decided advantage against his competitors, late in a contest, and his other lifts aren't exactly too shabby either.

During the off season, Bill concentrates mostly on reps in the 10-12 range. This period gives him an opportunity to rebuild and break the monotony of heavy power training. Bill also intends on staying in the 198 lb. class, as it would be hard for him to maintain the weight necessary to be successful in the 220s. As for supplements, believe it or not, Bill doesn't use any, preferring to get his nutritional needs from a balanced diet.



BILL SHANNON...tearing up a deadlift attempt in his debut 1988 ADFFPA Nationals victory in St. Louis, MO.

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ACTIVATING TOTALLY

Frederick C. Hatfield, Ph.D. World Champion

A few years ago, some devilishly clever fellow invented a device that allowed the user to exert maximum force against a bar throughout a full range of motion. He called his new device an "isokinetic" machine. The invention was grabbed up by machine industry moguls, and heralded as the greatest innovation in weight training the world had ever seen.

Reams of research reports followed, all attesting to the incredible advantages of isokinetics over the now all-but dead concept of isometrics, and even over the old standby techniques of isotonics. Most of the research was ill-conceived, however, and, unfortunately too, it was done with primary and vested interests at stake. The researchers often had to prove their efficacy of isokinetics or not get paid! Too much foot was at stake!

Many of the claims set forth by these investigators are indeed quite true. Many too are not. It is indeed known that isokinetics are indeed a more efficient softener (one ally), but not an efficient softener (one enemy). It is my belief also that the vast majority of the early researchers in this field may well be the point of greatest significance. It appears that the greatest effect of isokinetic training may reside in the nervous system rather than in the muscle (as is our growth in size or strength) per se.

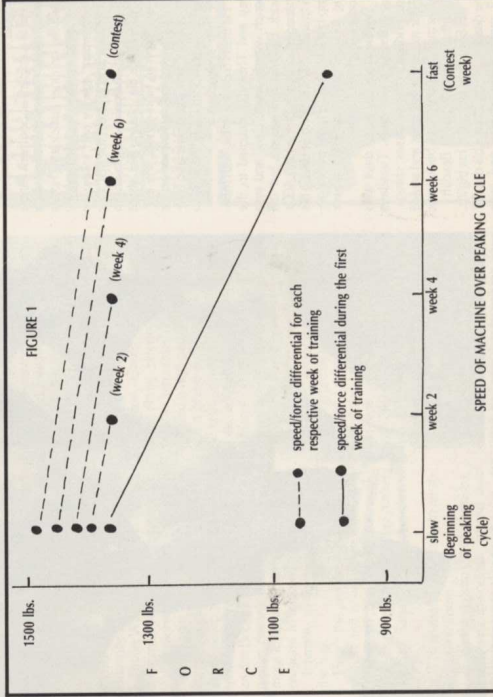
My own investigations into isokinetic effects indicated that, over an 8 week period of training both isokinetic as well as with conventional weight training methods typically used in a peaking program, maximum strength gains (as measured on slow speed isokinetic movement) do not increase nearly as dramatically as do the gains in power output (as measured by high speed isokinetic movement). Figure 1 illustrates this point graphically. Notice that there will be increases in strength from week one through week 8 (illustrated gains from 1325 pounds to 1475 pounds). The slowest speed setting on the isokinetic machine allows movement at approximately the rate of one foot per second - plenty of time to elicit maximum motor unit recruitment during the movement (in this case the squat movement is plotted). However, when the speed setting is moved to two feet per second, there appears to be insufficient time to get such total recruitment, and the total force applied is significantly diminished with the increased speed (or, decreased recruitment time).

By gradually increasing the speed of movement over an 8 week period, I found that, while strength increases somewhat, the increases in one's ability to get maximum recruitment increased dramatically. By the end of an 8 week period of peaking, the typical lifter was able to exert just as

muscle. There are only two practical ways of accomplishing this training objective: 1) isokinetic, and 2) through compensatory acceleration. Isokinetics have been discussed above. Compensatory acceleration is similar to isokinetics, except that rather than control the speed of movement, so that total effort can be applied throughout the range of motion, one compensatorially speeds up or slows down such that increased leverage is accommodated for. In other words, as a lifter ascends out of a deep squat position, his leverage advantage increases. Unless he were to push harder and harder (accelerate), the overload factor would necessarily diminish commensurately with the lessening of the load. So, rather than lose this opportunity to speeds up! The result is, as it was with isokinetics, increased efficiency in achieving adaptive overload. Now, what took a lifter four workouts to accomplish in the gym, it takes a lifter one workout!

I, and the lifters that train with me, have been using compensatory acceleration and isokinetics during the peaking cycle prior to our workouts. There is no doubt in our minds that the use of these two techniques of training account for at least hundreds of pounds being added to our totals. We have come to believe that these two techniques are perhaps the most important methods of training for explosive strength that there are in all of weight training for both powerlifters and athletes alike.

What if someone came up with a method of getting nearly 100% efficiency from every rep and set of squats? That would require that overload be applied throughout the entire range of motion for every rep and every set. If this were possible, theoreticians tell us, there may well be a chance that previously unused (or untaxed) motor units would have to become involved owing to the greater requirements placed on the



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

Roy Jones, Jr. is a Pensacolan who was awarded a silver medal at Seoul after clearly outpacing his opponent. You may remember him as the boxer who in the anguish of disappointment drew a towel over his head during the awards ceremony until he could regain his composure. One might have expected him to be bitter; he had, after all, delayed turning pro for at least two years in order to pursue the Olympic gold. Since his return to Pensacola he has conducted himself with style. We fail to find any evidence of bitterness and marvel at his grace under pressure.

Perhaps many of us can learn from Roy's example. First, there was no outburst at the time the decision was announced. I recall having seen an exhibition game between two Japanese professional or semi-pro boxers, in which the Japanese fighter, Hoshita, in which the referee calls were over, yet he never once observed so much as a flicker of resentment cross the countenance of even one player. I am not sure that any of our observers from the Yamagata Military Government Team reflected much on what we had seen; it seemed easier to pass it off as yet another example of inexplicable Japanese behavior.

Self-control does not mean being indifferent or lacking passion. On the contrary, it demonstrates the immense strength required to master one's emotions. Self-mastery is especially pertinent today when any betrayal, however slight, of intimate behavior may be taken as a sure proof of steroid abuse. One of the reasons for the popularity of the martial arts is the emphasis they place on self-control.

Second, Roy did not lash out in written or electronic media against his Olympic sports. Any outburst here would have produced the same effect as an outburst at ringside when he was an learner of the injustice. Neither boxing nor the Olympic officialdom would have benefited from the professed corrective and the person offering it would only have succeeded in demeaning himself.

Many will recall that not long ago in our sport it was fashionable to lash out in print and on television against one's competitors and powerlifters' administration in general. Steroids were the problem. If you could outlift me you were obviously on the soup, and the USPF was derelict in controlling the steroid problem for reasons too "scrofulous" to mention in a family magazine.

I still cringe when I hear that our team did poorly because so many foreigners are on the soup, or that the judging was manifestly anti-American. Yet, this analysis is frequently offered with a straight face

powerlifters divide and sub-divide apparently smugly oblivious to the advantages of discovering overarching or underlying principles that, touching each of us, would provide the basis for mutual understanding and mutual endeavors.

Dr. Conrad Cotter
President, U.S.P.F.
P.O. Box 18485
Pensacola, Florida
32523

ting out his options. In contrast, I am ever encountering persons who are said to "hate" the USPF or its leadership. I never learn the reason and any reaching out on my part is usually met with cold indifference. In the many months since the establishment of a "pure" division at individual meets, I have heard stories of pure looking down their noses at those who are clean, but not pure. An thus does not our body of

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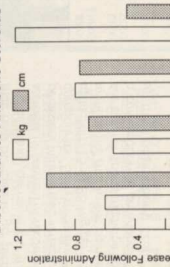
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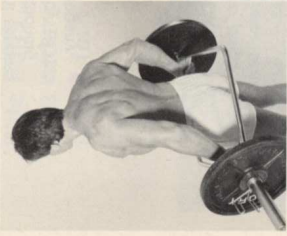
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not run a show in N.Y.C. in ages. However, I am not going to do it because I am very depressed about what is going on in the sport of powerlifting...

Table with columns: Name, Weight, BP, DL, Total. Lists powerlifters from various states like Michigan, New York, and Pennsylvania.

Inside Powerlifting Contest 19 Nov 88 - Talladega, AL. Light weight 475 330 540 1445*

Table with columns: Name, Weight, BP, DL, Total. Lists powerlifters from Talladega, AL.

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Son Light Classic Bench Press 3 Dec 88 - Charleston, IL

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Illinois ADPFA Women's 18 Dec 88 - Chicago, Illinois (kilos)

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Connecticut State Open ADPFA 11 Dec 88 - Stamford, CT

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METABOLIN GOLD features these outstanding ingredients: **Metabolin** — The most powerful and effective formula that enters the muscle test for maximum reloading of muscle Glycogen. **Metrapro** — Pancreatic digest of Protein, with Whey, Egg Albumin and an Anabolic Building Block. **Metallactate** — A potent vitamin-mineral that doubles the original Metabolin formula. **Metra-Lactate** — Lactalbumin Protein with added Glycine, L-Arginine, L-Ornithine, L-Carnitine, and Vitamin B-12. **Dibenzozide** — A powerful, but safe, non-steroidal anabolic agent. In a two-year European study comparing Dibenzozide with two very common and popular steroids, Dibenzozide proved to be the superior anabolic agent. **Metra-Lactate** — A natural enzyme works at the cellular level to help you accelerate performance, gain strength and muscular size. **Boron** — A natural mineral that helps you accelerate performance. A six month study was conducted by two researchers at the Agriculture Department's Human Nutrition Research Center in Grand Forks, N.D. Their findings showed that Boron was very effective in lowering the blood levels of Testosterone, and that the intake of the element more than doubled blood levels of Testosterone — a fact that could prove invaluable for athletes involved in weight lifting or chemicals.

This product contains no sugar, artificial flavoring or chemicals.

SERVING SIZE:	
Boron 280
Phosphorus 30
Calcium 52
Carbohydrates 52
Fat 2
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Protein 60
Potassium 550

2.2 lbs. per can
1 can \$23.00
2 cans \$40.00



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 (Metabolic Optimizer) Now, with L-Ornithine and L-Carnitine. **Contains**: Chromium, Medium Chain Triglycerides, L-Leucine, Potassium Caseinate, Potassium succinate, L-Valine, L-Isoleucine, Gamma Oryzanol, Ascorbic Acid, D-Alpha Tocopherol, D-Calcium Pantothenate, Copper Gluconate, D-Calcium Pantothenate, Ergocalciferol, Pyridoxal-5-Phosphate, Alpha-Ketoglutarate, Riboflavin HCL, Thiamine, Potassium Iodide and Complex Carbohydrates.
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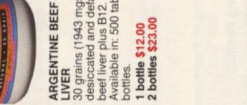
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3			
4			
5			
6			
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Ohio Residents Add 6% Ohio Sales Tax			
Shipping & Handling 2.00			

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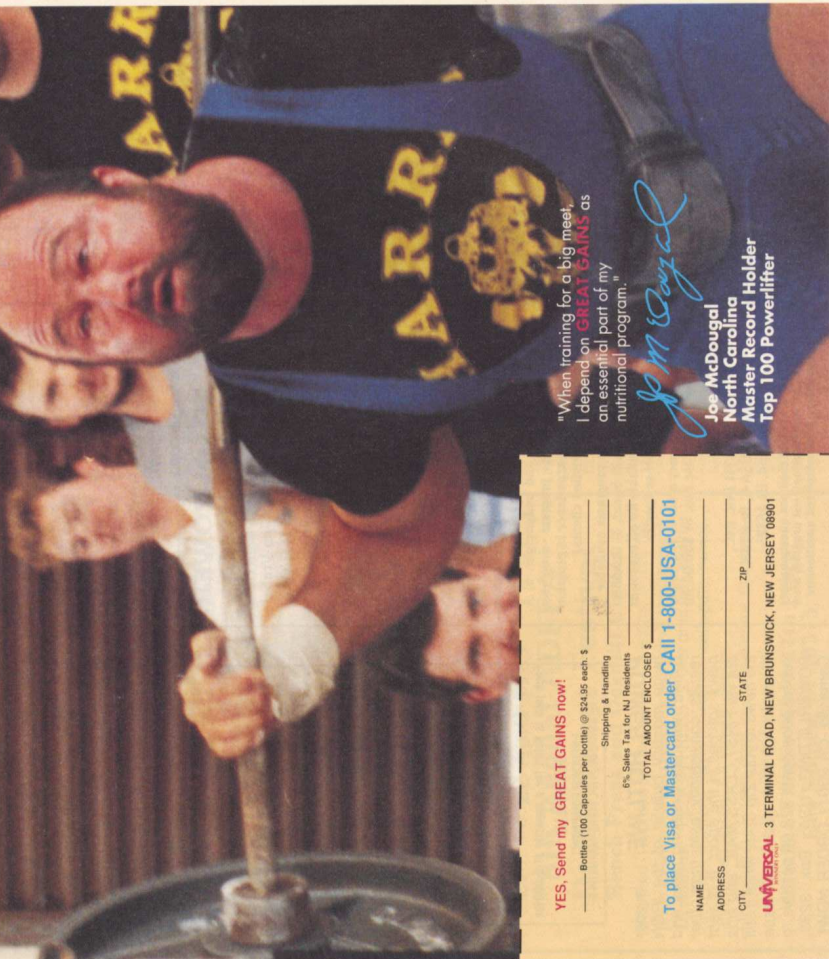
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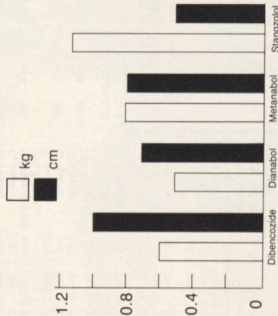
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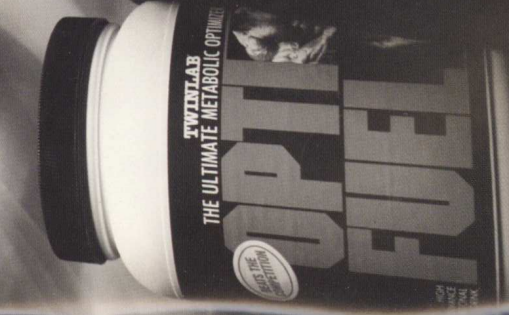
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Metabolin Gold/35.2 oz. (2.2 lbs.)

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lifters won him some new friends in New Orleans. In parting, he remarked that he not only had a great time but also met a great deal of the second oldest "Y" in the nation, but have a chance to visit and enjoy our unique city. Bryan Fogot and Billy Cation won the best lifter award for the month of March. The upcoming March 18 meet should be the best ever. (Thanks to Allen Smith for results/report.)

ADFFPA Longhorn Meet
10 Nov 88 - Austin, TX (kg)

Class	W	SQ	BP	DL	Total
Men's Collegiate					
D. Plato	137.5*	75*	152.5	365	197.5
R. Cation (OU)	129 lb.	82	160	370	192
J. Bennett	129 lb.	82	160	370	192
Women's Open					
A. Creech	85	52.5	107.5	245	115
R. Cation (OU)	110	45	120	275	145
D. McNeill	102.5	52.5	155	310	160
R. Cation (OU)	102.5	52.5	155	310	160
Men's Open					
T. Thompson	165	97.5	162.5	425	240
R. Cation (OU)	176*	110*	180*	466	266
Men's Collegiate					
L. Bolden	125	85	170	380	220
D. Coody	192.5	95	220	507.5	287.5
H. Falcom	155	102.5	202.5	460	257.5

ADFFPA Longhorn Meet 10 Nov 88 - Austin, TX (kg)

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SATIN AWARD JACKET \$35.00
Sizes: S, M, L, XL, XXL. Kasha Flannel Lined With Contrasting Cuff One Color Logo on Back (Royal Blue or Red) (XXXL \$40.00)

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With One Color Logo (Navy Blue or Red)

50/50 T-SHIRT \$8.00
Sizes: S, M, L, XL, XXL. Three Color Logo on White Bodies With Contrasting Trim (Red or Royal Blue Trim)

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With Two Color Logo. Good For Hot and Cold Drinks With Splash Proof Lid (Virtually Unbreakable)

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TOTAL

Mellory of welcoming lifters from various parts of the country. This was a great time for me to meet a lot of people and to see the growth of the sport in this area. The ADFFPA Longhorn Meet was a great success and we hope to see more people from other parts of the country in the future. (Thanks to Allen Smith for results/report.)

ADFFPA Longhorn Meet 10 Nov 88 - Austin, TX (kg)

ADFFPA Longhorn Meet 10 Nov 88 - Austin, TX (kg)

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Spothlight on Sports Nutrition™

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

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

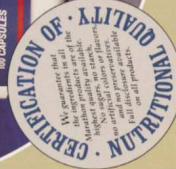
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Marathon's Dibencozide Supreme is not only the highest potency of this non-steroidal anabolic agent, it's Dibencozide in its **MOST CORRECT FORM!** Dibencozide must be able to pass through the stomach intact so that it doesn't breakdown until it reaches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



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Highest Potency on the Market



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See...

- 1988 - DAN AUSTIN total 1712 @148, PASSANELLA squat 1019, CLARK squat 1025, JACKSON squat 705 @ 148, BELL total 2110 @ 181, and much more! Shown at 2 camera angles.
- 1987 - 11 World Records, at 2 camera angles, including FRED HATFIELD squat 1014 and try 1041, MORISHIMA bench 446 @ 148, INZER deadlift 733 & try 755 @ 165, ALEXANDER total 1702 @ 148, and more World Records plus interviews!
- 1986 - DOYLE KENADY deadlift 903, HATFIELD squat 1008, a awesome bikini show and posedown for \$12,000 between SERGIO OLIVA and ALBERT BECKLES.
- 1985 - TED ARCIDI bench 705, COAN total 2204 and exceed 7 World Records, and more!
- 1984 - ARCIDI's three attempts at 666 bench, INABAS 512 deadlift @ 114...
- 1982 - Squats only - FELY'S 981, KAZ'S 909 and more.

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John Inzer/740 lbs. deadlift/©1988 by Linda Finnegan

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