

PACIFICO Power Surge

6 New high dosage muscle growth enhancers.

Dibencozide

5 mg. Sub-Lingual Tabs
(Original European Formula)

- 1 Bottle (100 tab) \$23.00
- 2 Bottles (200 tab) \$45.00
- 3 Bottles (300 tab) \$65.00

10 mg. Capsules—

Stabilized-Release Form—

Our Dibencozide passes through your stomach intact and doesn't break down until reaching the upper intestinal tract where optimum assimilation takes place (guaranteed).

- 50 (capsules) \$23.00
- 100 (capsules) \$39.00
- 200 (capsules) \$60.00

Liquid Dibencozide Gold™

with Ferulic Acid & Boron

(Sub-Lingual)

- 5 mg Dibencozide—35 mg Ferulic Acid—100 mg Boron
- 1-2 oz. bottle \$25.00
- 2-2 oz. bottles \$45.00

Chromium Picolinate

1000 mcg (1 mg)

Highest dosage by far than any other dosage available. U.S. Patented #4,315,927 by the Department of Agriculture. Chromium Picolinate effectively increases muscle growth by enhancing the body's natural anabolic response to insulin.

INGREDIENTS:

PURE PHARMACEUTICALS GRADE CHROMIUM PICOLINATE: 1 bottle (100 capsules) \$21.00

• 2 bottles (200 capsules) \$39.00

Amino Surge™

30 Plastic Break Off Bottles 5000 mg. Aminos

Per Bottle

- L-Serine 382.1
- L-Alanine 404.2
- L-Arginine 353.1
- L-Aspartic Acid 426.4
- L-Carnitine 8.3
- L-Cystine 52.4
- Glycine 912.2
- L-Glutamic Acid 688.5
- L-Histidine 65.6
- L-Isoleucine 310.3
- L-Leucine 337.4
- L-Methionine 68.0
- L-Phenylalanine 149.2
- L-Proline 691.6
- L-Serine 404.2
- L-Chreonine 205.2
- L-Tryptophane 32.0
- L-Valine 128.4
- Vitamin C 1,000 mg
- Vit B-1 2.5
- Vit B-2 2.5
- Vit B-3 30.0
- Vit B-6 4.0
- Vit B-12 12.0 mcg
- Folic Acid 100.0 mcg
- Biotin 10.0 mcg
- PABA 2.0
- Choline 100.0
- Biartrate 100.0
- Inositol 100.0

• 1 box (30 bottles) \$32.00

• 2 boxes (60 bottles) \$60.00



Muscle Explosion Pak™

The Ultimate Supplement Ever

Developed 30-3 Capsule Packets

INGREDIENTS:

- Dibencozide 10 mg.
- (with Intrinsic Factor)
- Smilax Officialis 200 mg.
- Inosine 10000 mg.
- Orchic Tissue 100 mg.
- Beta-Sitosterol 282 mg.
- Campesterol 112 mg.
- Sitosterol 85 mg.
- Fucosterol 21 mg.
- African Yam 500 mg.
- Serenoa Serulata 500 mg.
- Boron 3 mg.
- Chromium Picolinate 200 mcg.
- Amino Acids 2000 mg.
- Ferulic Acid 2000 mg.
- Vitamin B-6 100 mg.

INGREDIENTS:

- Free Form & Peptide Bonded From Egg Albumin & Hydrolyzed Casein Polypeptide
- L-Arginine 185 mg.
- L-Lysine 165 mg.
- L-Tyrosine 84 mg.
- L-Histidine 150 mg.
- L-Phenylalanine 84 mg.
- L-Methionine 50 mg.
- L-Isoleucine 150 mg.
- L-Leucine 100 mg.
- L-Tryptophan 25 mg.
- L-Carnitine 25 mg.
- L-Norleucine 25 mg.

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ELECTROLYTES AND TRACE MINERALS.

• 1 box (30-3 capsule packet) \$29.00

• 2 box (30-3 capsule packet) \$55.00

• 3 box (30-3 capsule packet) \$75.00

*We now have Yohimbe Bark Extract

1000 mg. capsules w/intrinsic factor.

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• 2 bottles (200 capsules) \$60.00

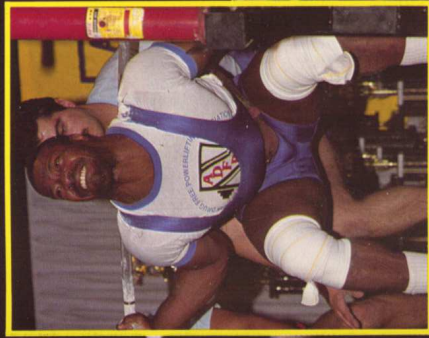


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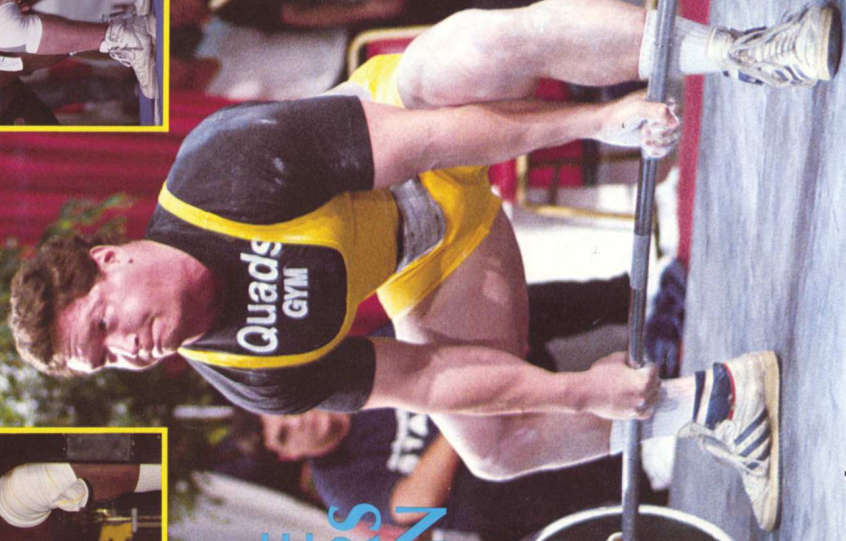
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Ed Coan - 5 World Records



DON'T SQUAT WITHOUT IT!

The Supersuit® 2 and 10 by Marathon is an exclusive support system designed to give you unmatched support and protection so you can squat the heaviest weights possible.

The Supersuits®

Products of Marathon® Distributing Company

Marathon—the Leader in Power Suit Technology—Continues to Bring you the Best Performing, Highest Quality Lifting Suits in the World. Here's Why:

Every Marathon® Supersuit features:

- **EXCLUSIVE MATERIAL:** The only fabric used today that is expressly manufactured and specially woven for powerlifting! Designed for extreme durability under even the most tremendous strains.
- **GREATER HIP AND GLUTEUS SUPPORT:** Material will contract and hold as you squat past parallel—to give you the most explosive starts imaginable!
- **SUPERIOR CROTCH DESIGN:** For the greatest support and longest-lasting wear.

ADVANCED CROTCH SEAM DESIGN!

High performance design and double-reinforced stitching combine to give you unexcelled performance, strength, and durability.

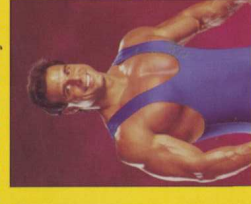


- **TWO TAILORED STYLES:** To fit every lifter's needs.



Supersuit® 2

Cut higher for a tighter fit around the lats and chest



Supersuit® 10

Cut lower with larger lat and chest openings

Supersuit® 2 and 10 are available in Black, Navy Blue, Royal Blue, and Scarlet Red

\$36.00

Available in sizes 24 thru 52.

For sizing and ordering information see following pages for complete order form.

Something Amazing Happened on the Way to the Platform!

They Threw Away Their Favorite Kneewraps And Switched To Marathon's New

Kneewraps—Just Before The Competition!

DATELINE: LAS VEGAS, NV—1989 SENIOR NATIONAL MENS AND WOMENS POWERLIFTING CHAMPIONSHIPS. As you know, it's simply unheard of for world class powerlifters to change any part of their equipment just prior to a competition. But that's exactly what happened here at the Senior National Powerlifting Championships when George Zangas—owner of Marathon Distributing Co.—introduced his newest kneewrap to many of the lifters before their warm-ups.

Just imagine or visualize the best men and women powerlifters in the country putting on Marathon's new DOUBLE GOLDLINE™ kneewraps, doing a couple warm-ups with them on, and immediately discarding their "trusted" kneewraps (that they came prepared to compete with) in favor of Marathon's new DOUBLE GOLDLINE™ Superwrap® 10 kneewrap!

These experienced lifters instantly recognized the superior performance and quality of the new DOUBLE GOLDLINE™ kneewraps from Marathon, and each lifter decided to use these new kneewraps in their three squat attempts during the actual competition!

If that's not enough proof to get you to call or write for your pair of these DOUBLE GOLDLINE™ Superwrap® 10, listen to this: Marathon guarantees that if you don't find these kneewraps to be the best you've ever worn, just return them and Marathon will promptly refund every penny you paid (including shipping and handling charges!).

What makes these new kneewraps so special? Here are the facts:

- **THE BEST PERFORMING KNEEWRAP EVER!** Special manufacturing technology developed by Marathon Distributing Company not only provides the most outward tension but also the greatest "comeback" for any wrap on the market. It's this exclusive "comeback" quality that gives the DOUBLE GOLDLINE™ kneewrap its superior performance and the key to great squatting.
- **LONG LASTING, HIGH-QUALITY!** The high quality materials used in the DOUBLE GOLDLINE™ kneewrap will provide consistently high performance—better than any other kneewrap available!
- **UNEQUALLED COMFORT!** An added plus is that the DOUBLE GOLDLINE™ kneewrap not only out-performs and out-lasts other kneewraps, but is actually more comfortable to wear because of the specially designed fabric we use.

P.S. One more thing. The comments from the competitors after the competition were even more amazing! They said the DOUBLE GOLDLINE™ Superwrap® 10 is the best performing kneewrap they've ever worn.



NEW!

Look for the DOUBLE GOLDLINE™ Superwrap® 10 trademarks! Do not accept substitutes!

DOUBLE GOLDLINE™ Superwrap® 10

A product of Marathon® Distributing Company

As mentioned earlier, Marathon® guarantees your satisfaction or your money back! So send for your pair of DOUBLE GOLDLINE™ SUPERWRAP® 10 today. You really have nothing to lose, and your squatting ability will improve like never before!

1 pair \$16.95

2 pair \$29.95

To order your DOUBLE GOLDLINE™ Superwrap® 10 kneewraps, just call our toll-free telephone number listed below for immediate service. Mastercard, Visa and C.O.D.'s are accepted. If you wish to order by mail, use the comment order form on the following page.

Marathon®
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High Performance Kneewrap

Superwrap® 10 Goldline™

A product of Marathon Distributing Company

The only kneewrap that out-performs the original GoldLine™ Kneewrap is our own new **DOUBLE GOLDLINE™ Superwrap® 10**. Goldline features heavy gauge material that gives you greater rebound for squatting the heaviest weights. Outstanding durability and comfort are also hallmarks of this top performing kneewrap.

1 pair \$13.95 3 pair \$34.95

Superwrap® 10

Superwrap® 10 is the original break-through in strength and knee joint protection. It gives you great rebound for explosive starts for squatting the heaviest weights.

1 pair \$13.00 3 pair \$29.95

HEAVY-DUTY HIGH PERFORMANCE

WristWrap™

A product of Marathon Distributing Company

Marathon introduces, for the first time, a full-length (36"), high performance wrist wrap with velcro® bindings.

For benching, squatting, or deadlifting, nothing matches the support of the new full-length, heavy-duty wristwrap, and the convenience of velcro® tie downs.

HEAVY-DUTY HIGH PERFORMANCE WRISTWRAP

1 pair \$11.95 3 pair \$26.95

THE ORIGINAL HIGH PERFORMANCE WRIST WRAP

1 pair \$9.95 3 pair \$23.95

The Blast Shirt

BY INZER ADVANCED DESIGNS

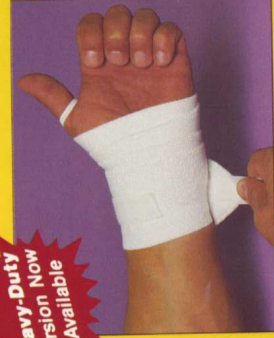
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- Guaranteed against blow-outs a full 5 weeks from the date received
- All orders shipped within 24 hours

The Blast Shirt \$38.00

Convenient thumb loop makes wrapping easy!

Heavy-Duty Version Now Available



Superwrap® 3

Made from a strong elastic material with a soft cotton lining so that the wrap will not pinch the skin.

1 pair \$9.00

3 pair \$24.00

Superwrap® 2

Superwrap® 2 designed for long-lasting wear and for squatting heavy weights.

1 pair \$9.00

3 pair \$24.00

Preferred Stock!



Style B \$55.00

Your lifting belt is a long-term investment! That's why it's important to choose the right belt manufacturer before you choose the right belt.

Marathon® brings you only the highest quality leathers, suede leathers, materials, and workmanship, to give you the finest lifting belts you can buy.

Marathon offers you two complete lines of quality lifting belts: the top-of-the-line Custom Series, and the economy Challenger Series. Marathon belt features include:

- Made from the world's finest leathers, for total and safe support
- Made to legal thicknesses
- Smooth-operating roller buckles for easy on and off
- The ultimate fit because holes are grouped closer together
- Highest quality stitching for durability and style
- Available in 18 colors and combinations
- 100% Guaranteed against normal wear and tear for the life of the belt

The Custom Series

Marathon Custom Lifting Belts are the top-of-the-line competition belts preferred by powerlifters throughout the world. The Custom Series offers you the highest quality materials and craftsmanship, with six rows of decorative stitching, to give you unequalled support and durability.

Style A Double-thick suede leather with six rows of stitching, single prong. Available one-, two- or three-tone. \$55.00

Style B Double-thick suede leather with six rows of stitching, double prong. Available one-, two- or three-tone. \$55.00

Style C Double thickness smooth leather. Available in single or double prong. \$55.00

Style D Single thickness, heavy leather. Double prong recommended. \$19.00

Style E Double thickness with smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$55.00

Three-Tone Belt Any three colors. Style A & B only. \$55.00

Two-Tone Belt Any two colors. Style A & B only. \$55.00

The Challenger Series

The Challenger Series is our economy line of quality belts. Challenger Belts offer you the total support of double thickness leathers, and the fine craftsmanship and materials found in more expensive belts.

Mark I Double thickness deluxe suede leather belt with heavy-duty design stitching, single prong. \$45.00

Mark II Double thickness deluxe suede leather inside and out-duty stitching and double prong. \$45.00

Mark III Double thickness smooth leather inside and out-side. Available in single or double prong. \$45.00

Mark IV Smooth leather outside, suede inside to prevent slipping. Available in single or double prong. \$45.00

Prices Subject to Change Without Notice

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The Blast Shirt \$38.00 Black Royal Blue

Indicate size _____ or nearest measurements of _____ chest _____ arm _____ shoulders _____

Signature _____ Phone (____) _____

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				Add California Sales Tax if Applicable
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PA302

BLUE WONDER WRAP
Tight weave, heavy gage, with 140% stretch. The same high specs and performance as the Goldline.
PA301 Knee wrap **7.75** pair
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Heavy duty and durable, and available in S, M, L for a performance fit.
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SQUAT BRIEF

For maximum rebound. Send body weight for correct size.
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Color: black

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Lined, S, M, L available in any color shown below.
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Topoglo Enterprise Inc. uses the very finest 80/20 nylon lycra blend. Each pant is constructed with a non-roll waistband, drawstring, crotch panel and pocket. All short and knee length garments have leg elastic, with gripper elastic used in the neck and long pants. We proudly stand behind each and every piece of apparel we sell.

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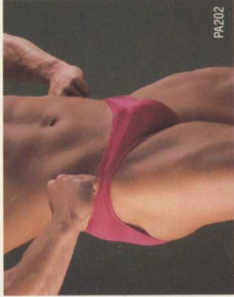
PA303



PA304



PA305



PA302



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PA407 WOMEN'S MIDRIFF T-BACK—15.00 ea.
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MAXIMUM GAIN FROM THE ULTIMATE DIET SUPPLEMENT SYSTEM

University Studies Reveal

Patented Nutrient Increases Muscular Gains By Using Your Body's Primary Anabolic Hormone

Chromium Picolinate, Patent #4,315,927 Has In Two Recent Double-Blind, Placebo Controlled Crossover Studies Demonstrated A Phenomenal Ability To Multiply The Normal Actions Of Insulin, The Body's Primary Anabolic Hormone!

Insulin has been called "the body's primary anabolic hormone." In effect, it represents the body's signal that energy is available to support the biosynthesis of protein. With regard to protein metabolism, insulin exerts important anabolic effects on skeletal muscles and on many other bodily tissues.

Insulin promotes protein build-up in skeletal muscles in at least three ways:

1. It promotes intracellular uptake of free amino acids from the blood (directs Amino Acids from the blood into the muscles).
2. It enhances the rate at which protein is synthesized by accelerating RNA's binding to ribosomes.
3. It decreases the rate of intracellular protein degradation thereby extending protein half-life.

Before You Read Any Further

Before you read any further, please read the following. Over the past year or two there have been many claims, counter claims, negative articles, and positive articles on natural supplements and their ability to act as a natural anabolic or, if you will, a steroid alternative. We feel once you've read the facts that you will be capable of making much better informed decisions.

How The Studies Were Done

Here is evidence of a natural supplement that when taken in the proper form will have a natural anabolic effect on the body. In other words, it will help the insulin in your body work for a maximum effect, and produce a significant anabolic effect on your skeletal muscles. Quality, natural supplements work.

In one of two recent studies, a group of football players using Chromium Picolinate as part of a weight-training program, gained an average of 5.69 pounds in lean muscle mass, while total body fat decreased from 15.8% to 12.2%, a 22% loss in body fat all in a 42 day period.

Part of the group was also given a placebo that they thought was Chromium Picolinate. This group showed virtually no change in lean muscle mass or body fat.

An earlier study was almost as astounding. It involved non-athlete students who were also put on a weight-training program that included Chromium Picolinate. Those receiving Chromium Picolinate gained an average of 3.5 lbs. during the program, almost all of it as lean muscle! Those given the placebo showed insignificant changes.

In other words, those using Chromium Picolinate exploded past those using nothing at all! You can do the same! These studies were conducted by Dr. Gary Evans, a research scientist at **Benedict State University** in Minnesota.

Here's How It Works

Unlike anabolic steroids, which can be extremely dangerous, Chromium Picolinate functions in a wholly natural and completely safe manner. Since 9 out of 10 Americans are deficient in chromium, it is likely that the vast majority can experience improved muscle growth simply by consuming optimal amounts of Chromium Picolinate.

We must emphasize again that this is the biologically active form of chromium

In addition to the tremendous anabolic effect found in these tests, Chromium Picolinate has been found to help in the reduction of cholesterol by regulation of lipid fat metabolism. It also aids in the regulation of glucose metabolism.

Chromium Picolinate To The Rescue

Chromium, combined with **picolinic acid (picolinic acid is essential for proper use of chromium in your body) makes absolutely sure you get maximum advantage of the proteins and amino acids in your diet.**

This translates into more lean muscle mass and more strength for you. And scientific evidence proves it!

Scientific studies have established that Chromium Picolinate is effective in promoting muscular growth and is hence useful in the strength gains you wish to obtain. Additional studies are being conducted as you read.

Introducing Pure Form Chromo-Mass™

Now you can take advantage of the power of pure form Chromium Picolinate. This Marathon Nutrition is proud to introduce **Pure Form Chromo-Mass™**, consisting of 100% pure form Chromium Picolinate—guaranteed. It's available exclusively through Marathon Nutrition and/or its authorized representatives. It's the purest form Chromium Picolinate available (Patent number 4,315,927).

For 15 years Marathon Nutrition has helped powerlifters like you achieve remarkable results with our nutritional supplements. Our customers continue to buy because they know they can rely on us to give them the best nutritional supplements in a pure, safe, and effective form.

We guarantee your satisfaction as well. If you're not satisfied for any reason, please call us within 30 days to arrange a prompt and efficient refund or exchange—no questions asked, no hard feelings.

Call Today and Save

So if you'd like to enjoy the latest breakthrough in strength and muscle growth, then try **Pure Form Chromo-Mass™** from Marathon Nutrition. Each capsule contains: 200 mcg* of Chromium Picolinate. **50 capsules \$99 100 capsules \$149 250 capsules \$339***

*Maximum legal dosage per capsule allowed by law.

Don't waste any time. Phone today! Our toll free number is: **1-800-321-5064**

(In CA 1-800-231-4070)

We accept Visa and MasterCard and C.O.D. Orders. If you desire 2nd day air delivery include \$5⁹⁹ for shipping.

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ON THE COVER...Ed Coan (bottom), Jesse Kellum (upper right), and Willie Austin (upper left) lifting at the respective USPF, APF, and ADPPA National Championship meets.

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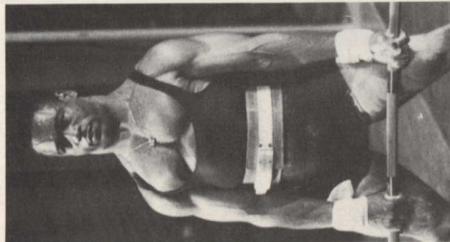
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Dan Austin...the premier lightweight.

looked like a bodybuilder, but lifted like the Hulk and Darrell Carnes was very happy with his 9-for-9 day, particularly after a shoulder operation that he sustained recently, making him figure he wouldn't bench over 400 for a long time. Darrell also passed his Category I referee's examination at the contest.

In the 242's, Dave Jacoby is simply a master of competition. He gets into a lot of tight situations and just about always seems to prevail. Kirtsky, who's done some APF lifting in the past, made all his squats very easily, but took that last one down for the depth that he needed. Jacoby was on a roll, making all of his squats, and did not miss until the final deadlift, which was irrelevant because he had already defeated Kirtsky on bodyweight. Kirk Kowoski topped for a much bigger day. Confident that he was going to get another world record squat, Kirk didn't alert the officials. Record and thus it remained an unofficial one. He went on to try an of-

ficial world record and came up with it, but it was not passed, although it was close. The deadlift he missed would have given him a junior world record total. 19 year old Mike Stegler, a Junior-to-be at St. Cloud State in Minnesota, is a national collegiate champ and Pan-American champ this year, and will be off to the Junior Worlds in September. He never competes unless there's drug testing. He made 3 very easy junior world record benches, and looks good for much more. Willie Bell made a heroic attempt, finally coming up with his 722 lb. opener on his 3rd attempt, but it was not passed. He had an interesting discussion with meet observer Mike Bridges about the financial intricacies of the modern telephone business.

Calvin Smith really had no troubles in the 275's. He seemed very confident and obviously he's another one with a Cuban like iron will to win a world title after his major disappointment last year in Australia. John Santos brought a tremendous cheering section, but had an uncharacteristically off day, and since Ross was much more successful on the platform and into second.

Harold Collins is a 600 lb benchman when you give him a bench shirt, and is one of the members of the King's Carolina team from North Carolina.

In the 514's, 400 1/4 lb Mike Hall looked solid at that bodyweight and did some nice lifting without much rest. Frank Lino did some quality lifts in 2nd and 380 lb Jim Mesberg, who's just a little bit shorter than Mike Hall and very much the same physique-wise had a very difficult day. Hopefully the experience will benefit him and bring him a way over 2000 next time we see him at a Senior Nationals.

There was a special presence at this year's championship that of several Special Olympics athletes along with Paul Fletcher and Chip Hultquist, who have been working very hard to bring powerlifting and Special Olympics closer together. Gary Jensen came all the way from Great Britain where he's been setting Special Olympics records in powerlifting and in exhibition put together a world record 876 lb. total for Special Olympians, including a 281 squat. Also participating was Mark Baker out of Louisiana, a lifter who has been quite successful in open powerlifting competition. The lifters put on exhibition demonstrations in all 3 of the lifts and received trophies and other recognition for their accomplishments and were very warmly received by the audience which started out rather lean on the first 2 days but was very big and very loud on Sunday.

Team-wise, the reign of the U.S. Military in Sr. Nationals competition

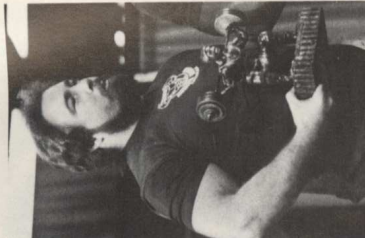
has ended. Black's Health World, after years of disappointment, prevailed this time around, with 6 first place winners. The military also had a presence in the women's competition this year, which is good to see, however, financial cutbacks are threatening the training camps for each of the services now, which have been very productive in producing pounds on the totals of these guys and gals.

Meet Director Rich Peters was, by course, very busy, occasionally loud, and involved in just about every aspect of the meet in a hands-on fashion. He enjoyed the chiropractic treatment of USPF Sports Medicine Team as he suffered some injuries in a car accident. In a spin of fate, I'med up a prize of \$2000 for the USPF athletes at the meet, was awarded to Richard, when the winning card was drawn by Curtis Lambert, 4 years old. Richard then promptly donated \$250 of that amount to the Junior World Team.

Not everything went smoothly in this meet. There was a bit of teeth chipping between various parties

muscle to muscle, and some of the other lifters in between his wrestling bouts in Japan. He stated that if the 1986 Seniors had gone to Larry Pacifico there might not have even been a split between the USPF and APF. He and Ed would have gone to the USPF meet that year. Is it time that we all sat back and thought why the various factions of Powerlifting are apart? If there's good reason for it, so be it. If not, then there's plenty of good reasons to be together. Despite this potentially positive undertone, there are rumors of serious changes in the structure of powerlifting in the near future. Let's keep our eyes and our hearts open to see what's going on.

Another interesting undercurrent to the contest was a meeting between Ernie Frantz and Dr. Conrad Cotter, which was not a public gathering. The USPF at this point has no official commitment to make on the situation. Ernie Frantz is interested under certain terms in getting back together with the USPF and hopes that by the end of the year something can come of this effort. In Ernie's own words, when he broke away from the USPF, one of the major reasons was to get away from the "politics", yet he



George Herrington...Midheavy champ.

found when he established his new organization that he soon had plenty of politics, the same kind of stuff that he had tried to get away from. When you go back and try to think of the reasons why the two issues were temporarily separate, an interesting argument was made by Doug Firmans, who was present to help out Ed Coen and some of the other lifters in between his wrestling bouts in Japan. He stated that if the 1986 Seniors had gone to Larry Pacifico there might not have even been a split between the USPF and APF. He and Ed would have gone to the USPF meet that year. Is it time that we all sat back and thought why the various factions of Powerlifting are apart? If there's good reason for it, so be it. If not, then there's plenty of good reasons to be together. Despite this potentially positive undertone, there are rumors of serious changes in the structure of powerlifting in the near future. Let's keep our eyes and our hearts open to see what's going on.

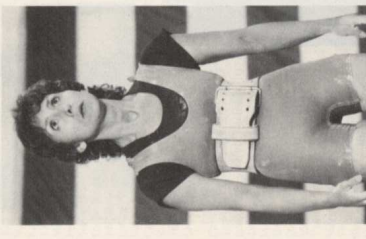


Ausby pointed out who was Number one at 165 lbs.

About certain aspects of the meet. The schedule for the final day of lifting was changed numerous times, just as one example. A lot of this was the fall out from the intense politicking of the USPF National Committee meeting held on Thursday prior to the competition, where "block voting" was seen on a number of issues. Although Richard won many of the points that he went after, there are those who are against Peters in the USPF these days.

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Gary Benford's finest powerlifting production so far took place at the Radisson Hotel in Columbus, Ohio, July 22-23. There were many special touches that Gary added to exceed his previous promotional efforts and he succeeded quite well. One of the disappointments Gary had in the meet was the light turnout of women lifters. Even with no qualifying totals, there were fewer girls than last year.



Momsie Benford...back on top at 97

First among them was Susie Benford, 9 months after having her baby, she found that her squat is up and her deadlift is down. Of course, Susie was unopposed, but found out that Baby Ernie, who's just a little when she tried to do a little teaching, the deadlift bar, and in the 105's, Denis Simmons, wife of powerlifting guru Louise Simmons, tried a world record in the squat. It missed a comeback and got one in the local television to boot in winning her class.

The 114's were a very complicated and competitive class. Lori Shope-Fisher out of Pittsburgh and the South Hills Barbell Club finally outmaneuvered Cheryl Finley, when Cheryl had to lay back on her final deadlift and couldn't get it passed. Cathy Mortenson was very happy to have placed herself in third position with three great deadlifts.

In the 123's it was another excellent performance by Mary Jeffrey. No records broken but hey, it's hard to expect someone to do that every day, never mind that she competed in USPF the week before in Las Vegas and won there as well.

At 132, Felicia Almy recovered from her twisted ankle at the World Drug Free Federation Championships that she had to go up against Maniah Liggett (now Dr. Liggett, thanks to her work at

APF SENIORS

as seen by PL USA Editor, Mike Lambert

record holder who possessed immaculate form in all the lifts, breaking down just a little on his final deadlift pull, but he still ended up with 5 new teenage world records.

There were no 125 lb. entries, but there was to be delighted his Senior National and World Championship and a 566 world record squat and also tried a 513 in the deadlift for a world record.

She won solidly over Cathy Stevens, wife of Power Systems Unlimited's Glen Stevens, who found just how tough coaching can be.

At 181 Lynn Boshoven was on the entry list but didn't weigh in, leaving the class to Columbus' own Jakkii Duka, a happy and popular lifter who can add an impressive Senior National Championship to her limited powerlifting experience so far.

Paris Sternberg offered vesicant, but Masters' new World Masters Record APF/WPC 198 for the Down Roebel. Hey, she had gained some weight and improved her record in the SFHWs, and found that she'd lost her grip in the squats, the only exception in her class.

In the 114's was 16 year old Mark Hartman, a current teenage world

the squats. Rommie was in charge and not letting up, barely missing a 352 bench that would have really given him a monster total. Heath had troubles from the squat, where he fell back with 507 in the bench, it looked like he might be able to make some ground. His triple bodyweight plus all time world record 402 took off like a rocket from the chest, but then it just stopped, and Doug actually released the bar and let it bounce down to his chest and then ran off the platform saying "Why, why?" I don't know why, Doug, it looked like you had it. In an effort to overcome Cabrio's huge subtotal lead, Doug tried a 595 deadlift and actually did get it off the floor on his final try.

Jesse Jackson is now a wide stance squatter, and does it well with a 688 that was just as strong as could be. Announcer Dan Wathen noted that he

rommie Cabrio...fearsome at Featherweight



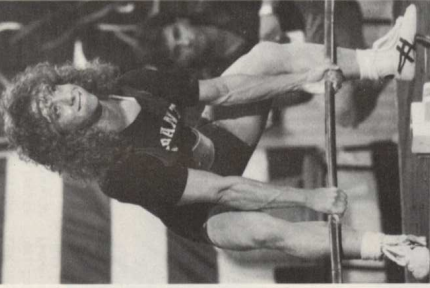
Mary Jeffrey...the Best Lifter around. might well have gone for a new world record 710. He benched nicely as well, pulled nicely, and got a huge PR total. The rest of the pack were all from Massachusetts. Dominic Sardo pulled an adductor on his second squat, but still managed to win the state championship when he switched from sumo to conventional style on the deadlift for the first time in his life. Amazingly, he pulled a PR to just nudge a solid looking David Lewis for second place.

In the 165's, Fred Toins touched out a bunch of big lifts. He's getting more confident with each meet. The 699 squat was a 2.1 turn down, and he did come up with it strongly.

In the 181's, Jesse Kallum wanted to break all of the amazing records he set last year. He came up with a 793 squat, but they didn't pass it, and he was very displeased when he didn't get the 672 deadlift he wanted for a new total record. Jesse had some very vocal supporters at the championship. In 2nd was Tony Succarotte, who made only third attempt in each lift. He didn't show his first two benches, then essentially opened with a tremendous 250 kg, 551 lb. attempt. Oddly, the descent seemed to be the hardest part of the lift as it stalled, here and there, and there was some sort of a ripping



Rommie Cabrio...fearsome at Featherweight



Lori Shope-Fisher...tough enough in the 114's.

his good luck vest varies with 400' inscribed on them courtesy of Herb Glosbrenner, but was up against a ferocious Rommie Cabrio, who was stopping to take a shot at his own world record in the squat, which he seemed fully capable of. After the change and not letting up, barely missing a 352 bench that would have really given him a monster total. Heath had troubles from the squat, where he fell back with 507 in the bench, it looked like he might be able to make some ground. His triple bodyweight plus all time world record 402 took off like a rocket from the chest, but then it just stopped, and Doug actually released the bar and let it bounce down to his chest and then ran off the platform saying "Why, why?" I don't know why, Doug, it looked like you had it. In an effort to overcome Cabrio's huge subtotal lead, Doug tried a 595 deadlift and actually did get it off the floor on his final try.

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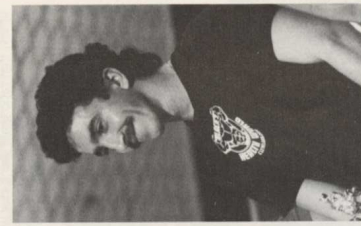
rommie Cabrio...fearsome at Featherweight



Dennis Simmons...champion at 105 pounds.

ADFPA Nationals

as seen by PL USA Editor, Mike Lambert



On the 3rd championship weekend that saw a championship meet among the major organizations, the Bob Gaylor produced ADFPA Nationals took place in Wilkes-Barre, Pennsylvania. The presentation was quite smooth with an abundance of referees and announcers available and a support staff that Bob and his wife Cent have put together over the years that were much like a powerlifting "family," wherein one would refer to the other to make sure the overall effort "came out well."

The lifting was some of the most competitive of any organization and any year. Beginning with the 114 lb class, where a tremendous array of competitors was present, the leader at the end turned out to be Keith Borque, a journeyman lifter who picked the perfect day to put together a perfect day. He got his 9 for 9, while national championship veterans Catalano and Nguyen missed a few critical attempts, posting for places between each other. It was good to see the fine bench presser Doug

Keith Borque...the Flyweight Champ

McDonald on the national scene, as he popped up an enormous 319. The competition was not close in the 123 lb class either for the title, where Herb Blake put together his own 9 for 9 record on bench, and won by a 10-time bodybuilder.

Herb's closest competition was for the Best Lifter award in this session, where he just edged one of the other great ADFPA lifters, Ray Benemerito for newcomer Todd Suttles, who simply dominated. He seemed to hurt his hand on his 540 deadlift and did not make a further attempt, but he was well ahead of Ken Westbrook, who went deadlift for deadlift with Herb Blake in their combined flight.

In the 148s, it was the aforementioned Ray Benemerito, now looking forward to the 165 lb class, putting together a beautiful total. Unfortunately he got a bit of an uneven handoff on his attempt at 341 in the bench, which didn't help his injured shoulder, and he took one parting shot at an American record deadlift, but it proved not to be successful.

In the 165s, Martin Beavers came back after quite a bit of time off the national scene due to injuries. His opener squat was disastrous, but he came back to make it and then made a 633 look like



Herb Blake with the last increment on a 501.



Ray Benemerito gave a record busting 619 pounder a serious yank in the Lightweights.



Martin Beavers...held his own against the world champ Bobbie Bridgie.

son's team, literally kicked jim in the butt on the way up the platform for one of his attempts, but it didn't get that 633 squat passed.

At 198 it was the return of "V.K." Vinson Keyhea, out of Gulfport, Mississippi. He's no longer the youthful 181 pounder who won the Junior World Championship in 1984. He's a mature, weight-moving machine nowadays. The 771 deadlift he tried to break his own previous mark, Richie Werner did great, in 2nd, and his father welcomed him back to the home stomping grounds with a roast pig barbecue. Richie is now Assistant Strength Coach at Arizona State, working with his own longtime strength coach, Tim McClellan, and both of them are originally from Pennsylvania. Bill Shannon, so impressive last year, was plagued with injury and fights in struggle and hope for light to the bench and deadlift.

Willy Austin started off like it was an opener. Bob Bridges was 6 for 6, then opened at 600 in the deadlift, and decided to go straight to 699 on his next attempt. He didn't make it then or on his final try where the bar ended up rolling right past just as he was about to pull.

At 181, it was just another weekly competition for Curtis Payne, who also picked up a Best Lifter award for his session. It was announced that he had a bodybuilding contest set for the following weekend and, of course, he did lift in the USPF Seniors 2 weeks prior. Howard Krieger was impressive with his overall lifting quality in second, and Troy Lutz will certainly do more than his 1658 in the future, as will Jim Cope. His coach, Tim McClellan, of the Sam-

did at the Lifetime Drug Free with a head miss on his opening squat, but he came back to come up with it strongly, and then jumped to make more and with that kind of lead on Shayne Ferguson, despite the Kenrick's heroic final deadlift attempt. Willy was not to be stopped. Joe Ladin was apparently high in his squat attempts and where his victory was widely assumed had made for effects on the team point competition that response to the team strategy of Samson's (up against Black's "Health World"), decided that his weight go up to 244 and fraction and lift 275. There was some talk that his teammate Dave Poss might be able to pick up the win in Bill's place. Dave had major troubles in the squat. Rich Proden didn't seem to have much trouble with anything, and ran away with the 242s, over Michael O'Brien, a mere 20 years old, who also had a bad opening squat.

Curtis Payne repeated the total he had made two weeks earlier at the USPF Senior Nationals in Las Vegas. Curtis also does olympic lifting, and is a successful bodybuilder, winning his weight class at ANBC Natural U.S.A. contest.

attempt, yet came back to finish the meet strongly over Pennsylvania favorite Bart Shuman. When Bart took his 490 bench press attempt the first time, it was misloaded to 446, and he, of course, vaporized that weight. He got to take the weight over at the end of the round, and still made it look easy, but 501 would not make go the whole distance.

Bill's presence in the 275s got the expected victory and he also won the Best Lifter award for the session, but Bill was not actually at his best. He had learned earlier that he had injured a disk in his back, although he didn't really show it in the squat, where he had plenty to spare, or in the bench. On his second attempt deadlift there did seem to be a break in form due to the injury, but in it was an amazing day for a great natural strength athlete. Eric Arnold put together quality 2006 for 2nd, and Ernie Surrell tried to exceed his exceedingly great stature record, set at the too recent WDFP World Championships, but just didn't get the lights.

In the Superheavyweights, Mike Hill backed up his easy victory at the USPF Seniors 2 weekends prior in 2281, including a 622 bench (of



Vinson Keyhea...came back from strong his layoff, ready to break 1900 at 198.

Las Vegas with another quality total, 2281, including a 622 bench (of

ADFPA Nationals/29, 30 July 1989 Wilkes-Barre, PA				
Triy	DL1	DL2	DL3	Total
Jim Cope	644	661	661	3971
Mike Borque	611	633	633	3577
Bill Sampson	540	567	567	3074
Joe Breitfacher	551	551	567	3069
Brian Miller	490	540	562	3133
Don Scott	540	540	551	3031
Vinson Keyhea	639	677	683	3703
Rich Werner	617	655	666	3538
Eric Arnold	622	652	681	3555
Shannon Pratt	589	628	659	3276
Ed Riley	606	644	655	3305
Domnie Hall	606	644	655	3305
Ray Benemerito	551	573	573	3101
Ross Lemess	551	573	573	3101
Anthony Janca	578	600	628	3206
Bill Shannon	600	633	644	3277
Don Meyer	619	668	688	3355
Mark Krieger	705	699	699	3703
Willy Austin	705	705	727	3737
Shayne Ferguson	683	733	733	3749
A. Schumtegel	644	644	644	3332
Tim Danahy	600	655	672	3327
Chris Siapantides	551	600	639	3190
Mike Poggio	578	611	617	3206
Joe Kane	540	586	600	3126
Joe Morgan	722	722	755	3999
Jeff Ambrosino	688	722	755	3999
John Adair	705	738	738	3738
Perry Liles	644	644	644	3332
242 lbs.				
Mike O'Hearn	650	683	699	3432
Art Shuman	617	644	672	3333
Barry Grosso	617	672	672	3361
Joe Danahy	628	661	683	3372
Deems Miner	622	672	672	3366
Don Scott	699	699	699	3703
Don Adams	699	699	699	3703
B. Washington	600	622	644	3266
275 lbs.				
Bull Stewart	788	810	826	4424
Eric Arnold	740	832	832	4404
Ernie Surell	760	832	876	4468
Walt Burt	760	832	876	4468
Dean Ballou	760	832	876	4468
Dean Ballou	760	832	876	4468
SHW	622	672	672	3366
Mike Hall	848	881	909	4638
Dan McCain	826	870	909	4605
Bob Dempsey	771	821	821	4414
Pete Giordani	600	650	672	3322
Jack Pounder	600	651	651	3302

course, the bench shirt is allowed in ADFPA national competition). Dan McCain was handled by Shawn Cain (who is taking time off to allow his tender knees to heal up) and he put up one of his best totals. Bob Dempsey got a new national meet record in the deadlift to bring up the third spot. Jack Poindexter was expected to challenge for bench press superiority, but had serious troubles in the squats.

Heavy into the team battle was John Black's Health World of Ohio, who had won the USPF and APF team titles on prior successive weekends and was now gunning for the Powerlifting Triple Crown. Even though they had defeated the previous omnipotent U.S. Military team in Las Vegas, they just couldn't handle the balance and quality of the Samson's group, who've won many times here at the ADFPA meet. Samson's



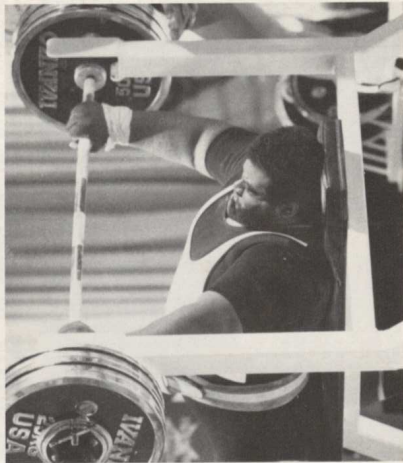
242 lb. Champ Rich Pridden hit an 1870 at the ADFPA North Carolina State Championships (in line to get ready).

Bill Wong, a notably proper official himself, called this meet the most consistently judged of any ADFPA Nationals he's seen, and it was consistent. It was quite strict, with a number of technical calls that the audience didn't always appreciate. Jim Taylor, who did some announcing in the meet, noted that "some people read the book, and others write it", and there was quite a bit of new writing in the record book after this meet, with new standards of various types set in almost every weight division, for all of us to read about.

As for other aspects of the competition, professional football great Joe Klecko was present and watched most of the competition. It was mentioned that he was thinking of competing in the ADFPA at some point. Also on site was a top photographer for SPORTS ILLUSTRATED.

In addition to the actual lifting awards, there was a new form of recognition presented at this meet, the Brother Bennet award, awarded initially to Judy Gedney, for best upholding the ideals of the ADFPA. A well-earned award, indeed.

The weather was very accommodating, as was the host Woodlands Inn and Resort in Wilkes-Barre. Next year this meet will be held in Chicago by Dennis Brady, who went up re-election for the ADFPA Presidency against Brother Bennet. Brother Bennet got the nod, but Dennis will still be taking care of business in Illinois. Along with the National Lifetime Drug Free Championships as well, John Peroff got the Teenage Nationals, and Pat Malone the Women's meet. Em Feldges of Minnesota got the bid for the ADFPA National High School Championship



Big Mike Hall got a 50 pound kick on his press by wearing a bench shirt

He struggled from the competition squat rack, burdened by the load on the bar. The bar flexed as he shuffled back a few steps. A couple big breaths, and he started into his squat. And then, suddenly, he veered to one side and fell. The ponderous weight crashed to the floor, guided away from him by two spotters, who fortunately, were on their toes. He was rescued from serious injury.

This is an actual scene that I witnessed, and it was certainly not unique. It brought back memories of times when I had lost my balance and missed lifts. How many times have you been off balance, causing you to lose the weight? At best you have missed an attempt, at worst you may have injured yourself. Such loss of balance can be the result of poor 'grounding'.

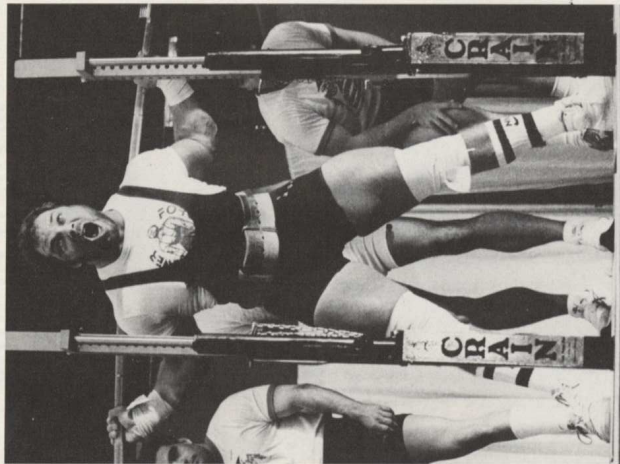
'Grounding' is a key concept in the branch of psychology known as bioenergetics. It means, literally, to be in touch with the ground. The idea is that you cannot produce, accumulate and direct your energy well unless you are solidly planted. To be ungrounded is to be 'up in the air' without adequate support. An extreme example of being ungrounded is a person in a zero-gravity situation. Maybe you can remember seeing films of astronauts in zero-gravity, floating about, unable to exert more than a few ounces of force against anything without pushing or pulling themselves around. Contrast this with how strongly the same persons could push or pull with their feet solidly 'grounded' on 'terra firma'.

The ancients recognized the importance of being firmly rooted, as shown in one of the exploits of Hercules. It seems that there was a giant named Antaeus, who was fond of wrestling. His game was to force strangers to wrestle him, on the condition that if he won, he should kill them. In that way he was collecting skulls to roof a temple. As long as he could touch the ground he was invincible. So, each time he was thrown

TRAINING

GETTING "GROUNDED" FOR MAXIMUM POWERLIFTING

as told by Edward W.L. Smith, Ph.D.



'GROUNDING' is necessary for any successful, maximum lifting effort.

Book Review... this review concerns the book "NOT JUST PUMPING IRON - On the Psychology of Lifting Weights," by Edward W.L. Smith, Ph.D. Dr. Smith has 15 years of experience in Olympic lifting, bodybuilding, and powerlifting, and is a clinical psychologist in Atlanta practicing psychotherapy and teaching. His approach is a straight forward, easy to understand psychological investigation of the matter of lifting weights. With his considerable psychoanalytical abilities, he is able to handle some very complex questions. If you've ever wondered WHY people lift weights, after reading this book, you will have a very clear understanding about which kinds of people are involved in weight training, and why they're involved. You should easily be able to see yourself in the spectrum of possibilities. Dr. Smith's book shows profound insight into the process of weight training as an activity; how it begins, how it develops, and how it can be used as a vehicle for personal development beyond the physical realm. You may well develop a notion of weightlifting's significance to the human mind, after reading his perceptive interpretations of his own personal lifting experiences.

The book is divided into two parts, one on the psychology of lifting weights, and the other on the psychological techniques that can help you lift more weight. In the latter, there are some very useful examples. The excerpt from Dr. Smith's book, published here in PL USA on "GROUNDING," is a typical sample of the practical content of the book. "NOT JUST PUMPING IRON..." will help you find your own personal direction in the world of weights, and help you lift more when you get where you want to be. It's very useful and highly recommended. Mike Lambert ("NOT JUST PUMPING IRON" is available for sale in a paperback edition, 176 pages, and the price is \$26.75. To order contact Charles C Thomas Publishers, 2600 South First St., Springfield, Illinois 62794)

other, about shoulder width. Unlock your knees. Close your eyes. Breathe comfortably. Feel the floor under you. Explore the floor by wiggling your toes. Shift your weight to the balls of your feet, then to the heels. Shift your weight to one foot, then the other. Let your energy 'sink' down through your legs and through your feet to the floor. Practicing this exercise will give you the ability to 'ground' yourself in a moment or two, in almost any situation. Be sure to 'ground' yourself well before any lift, whether in practice or in competition.

Now for some specific hints in 'grounding' for the power lifts. 'Grounding' for the deadlift: Walk to the bar and place your feet at the width that is most comfortable for you, given your style of deadlifting. (This stance will, of course, be wider for the sumo style. Learn your most comfortable width by experimenting, and then keep it constant.) Frequent changes of even an inch will affect your 'grounding.' Take this stance at a distance from the bar which gives you your best leverage. Take time to move your feet until you find your exact best stance. Bend your knees slightly and feel the platform under one foot to the other, then equalize it between your two feet. Feel your energy flow up and down your whole body, connecting your whole body from hands to feet. Do not move your feet from this 'grounded' position until the lift is complete.

'Grounding' for the squat: There are two variations on 'grounding' for the deadlift which are required when 'grounding' for the squat. First, the 'grounding' sequence is done after the bar is positioned on your back and after your hands are firmly gripped on the bar. If you do not do this, you are likely to 'unground' yourself when you reach for the bar and position it. Second, you have to 'ground' yourself twice. The first time is in preparation to take the bar off the rack; the second time is in preparation to execute the actual squat. In the first 'grounding' you are not supporting the weight, so you can take your time. But, in the second 'grounding', with all that weight on you, don't spend too much time 'grounding'. Do a much briefer 'grounding' and omit any knee bend or shifting of weight from one foot to the other. Simply get your feet set in your accustomed stance and feel them under you. Of course, keep your feet planted until the squat is completed and you are standing.

For the lifter, 'grounding' means to have one's feet firmly planted on the floor. It means to have one's legs and feet solidly under one in order to support the lifting. In the case of bench pressing, the bench becomes an extension of the floor, and 'grounding' involves the contact of one's back to the bench as well as one's feet to the floor. Whether standing or lying on a bench, 'grounding' provides the stability needed for maximal lifting. Here is an exercise to develop skill in 'grounding'. Do the exercise slowly, paying very close attention to each step. Stand barefooted on a smooth, solid, hard surface. Place your feet at a comfortable distance from each other

WORKOUT of the Month

We have all attended powerlifting meets and experienced the deadlift. The most successful lifts are those where the lifter explodes using flawless technique. The deadlift, if done correctly, should lock out with the weight accelerating until looked out. There are as many ways to train the deadlift as there are deadlifters. The secret to what is successful with deadlifting is to know what works for you. The most important feature to remember is that you will lift more in the meet if you are fresh and not overtrained.

The deadlift workout presented in this article is conducted over 16 weeks. The first 10 weeks deal with strength building. By the end of the tenth week, you should expect to be somewhat over-trained. The following 6 weeks will be your recovery phase of training. These 6 weeks will allow your body time to rest and work on flawless technique. By the time the meet rolls around, you should be feeling strong. One point I would like to make concerning this or any workout is that you must always listen to your body and adjust your training. This workout will increase your back strength significantly. You will be deadlifting once this deadlift workout that you ease up on your squat so that your recovery is complete by meet time.

For the first 10 weeks you are to train all your deadlifts off of a 3/4 in. sheet of plywood. The bar should come just short of the floor while doing your reps. NEVER BOUNCE THE BAR WHILE DOING YOUR REPS. FORM MUST BE PERFECT. The last 2 sets in your workout are stiff legged done with a flat back, knees pinched together and slightly bent, with the bar kept against the legs. Stiff legged deadlifts are done off the floor. The reason for doing them in this fashion is to work your mid back without stressing the lower back. This style of stiff legged deadlift teaches the lifter the proper back position, which in turn translates to perfect technique on the platform.

The last 6 weeks all deadlifts are pulled from the floor to prepare you for the meet. This workout assumes a 350 lb. max going into the program with the end result adding 30-50 lbs. Accessory work throughout the 16 weeks is minimal incorporating only pullups or lat pulldowns and seated cable rows. All accessory work should be done light with strict form. ABSOLUTELY NO JERKING MOVEMENTS. DO ONLY THE WEIGHTS AND THAT YOU CAN HANDLE SLOWLY AND SMOOTHLY.

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training pointers as specified over the entire span of a strength training cycle. The lift is analyzed. For top performance, you must know the strengths and weaknesses of your lift. For different lifts, you must know the starting and ending points. You must know when to simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

DAWN RESHEL'S Deadlift Routine



DAWN RESHEL, the first woman to crack the 600 barrier in the deadlift, with a 604, setting up for a lift at the 1987 APF World Championship Meet.

- Week 1: 145x5, 195x5, 235x5, 235x5, 265x2x3, 115x8x2 stiff.
- Week 2: 145x5, 195x5, 235x5, 265x3x3, 135x8x2 stiff.
- Week 3: 145x5, 195x5, 235x2, 255x2, 285x2x3, 155x8x2 stiff.
- Week 4: 145x5, 195x5, 235x2, 255x2, 275x2x3, 165x8x2 stiff.
- Week 5: 145x5, 195x5, 235x2, 255x2, 275x3x3, 175x8x2 stiff.
- Week 6: 145x5, 195x5, 235x2, 265x2, 295x2x3, 185x8x2 stiff.
- Week 7: 145x5, 195x5, 235x5, 265x2, 285x2x3, 195x8x2 stiff.
- Week 8: 145x5, 195x5, 235x5, 265x2, 285x3x3, 195x8x2 stiff.
- Week 9: 145x5, 195x5, 235x5, 275x2, 305x2x3, 195x8x2 stiff.
- Week 10: 145x5, 195x5, 235x5, 275x2, 305x3x3, 195x8x2 stiff.
- Week 11: 145x5, 195x2, 235x1, 265x1, 295x1, 195x8x2 stiff.
- Week 12: 145x5, 195x2, 235x1, 265x1, 295x1, 165x8x2 stiff.
- Week 13: 145x5, 195x2, 235x1, 265x1, 295x1, 325x1, 145x10 stiff.
- Week 14: 145x5, 195x2, 235x1, 265x1x3, 145x10 stiff.
- Week 15: 145x5, 195x2, 235x1.
- Week 16 - Meet: 145x2, 235x1, 265x1, 295x1, 325x1, 1st attempt, 360x1 2nd attempt, 380x400x1, 3rd attempt.

Accessory work weeks 1-4: pullups or lat pulldowns 4x8, seated cable rows 3x8.
Accessory work weeks 5-10: pullups or lat pulldowns 6x6, seated cable rows 3x5 paused at chest.
Accessory work weeks 11-15: pullups or lat pulldowns 3x8, seated cable rows 1x8 paused at chest.

Good luck with your training. Remember to always listen to your body and be willing to adjust according to how you feel. Be patient with yourself for every lift is an individual and makes gains at his or her own rate. I guarantee that if you train using perfect form you will make gains so use weights that you know will insure your form is perfect.

If you have any questions, please let me know. I also design individual workouts for \$25 and am available for seminars. I can be reached at: Dawn Reshel c/o Power Excel, 7700 Milwaukee Ave., Wauwatosa, WI 53213.

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The Calm Before the Storm Robert W. McGowan & Billy Jack Taiton of LOUISIANA TECH UNIVERSITY



POWERLIFTERS frequently engage in extensive arousal rituals prior to an attempt. An example of this is Mr. Stenlund of Sweden at the 1986 IFF Worlds in Australia.

The UNIQ heart rate watches have high validity. Data from comparative studies involving other telemetry systems are available from the manufacturer.

EXPERIMENT ONE
During the practice session (experiment 1) lifters were scheduled to complete three sets of three repetitions in the dead lift. Ten lifters were fitted with heart watches at the beginning of the practice session and instructed to warm up. After completing several warm up sets, lifters were instructed to approach the bar. Im-

mediately prior to warming up, ten Louisiana Tech Powerlifting team members were fitted with heart monitor watches. Lifters then completed their pre-contest warm up sets. As lifters lift the warm up area to compete on stage a time marker was placed in the memory of the heart watch. Upon returning to the warm up area, a second memory of the heart watch.

RESULTS
In experiment one heart rates increased as lifters approached the bar; however, despite purposeful attempts to increase arousal, immediately (seconds) prior to lifting the weight, heart rates dropped dramatically during the lift. As observed in experiment one, during experiment two heart rates rose as lifters left the warm up area; however, as observed in experiment one, a sudden decrease in heart rate was followed by a sudden increase.

DISCUSSION
The results of this research indicate that practices commonly used by powerlifters to increase arousal, may interfere with the need of individual performers to "center" prior to attempting a near maximal exertion. Student decreases in heart rate usually are reflective of inward focus. This phenomena is associated with relaxation techniques such as biofeedback training, self-hypnosis, autogenic training, and meditation techniques. Projectively speaking, it appears that powerlifters as well as Olympic lifters turn their attention inward and search for intrapersonal affirmation and to adjust psychologic energy (arousal) levels are abnormally high due to the psychologic nature commonly used in powerlifting, centering may be indicated or hindered.

D. Ron Nideffer has approached the concept of centering from a stress management perspective. Specifically, he has suggested that athletes are generally overaroused. Further, he suggests that athletic performance will be enhanced if the performer is calm and relaxed immediately prior to performance. Although there is evidence which suggests that simple tasks are performed optimally under high levels of arousal, it appears that centering may enhance performance of physically demanding, but simple tasks.

SUGGESTIONS
1. Avoid practices which result in abnormally high levels of arousal until centering has occurred.
2. Powerlifters should learn and experiment with centering techniques (Nideffer, 1985, 1989, 1978) during workout sessions.

EXPERIMENT TWO
Experiment 2 was conducted during a regional powerlifting meet. Im-

mediately prior to warming up, ten Louisiana Tech Powerlifting team members were fitted with heart monitor watches. Lifters then completed their pre-contest warm up sets. As lifters lift the warm up area to compete on stage a time marker was placed in the memory of the heart watch. Upon returning to the warm up area, a second memory of the heart watch.

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

one decision by the meet judges indicating a legal lift. Final placings are determined by combining the highest attempt in each different lift for a total.

Powerlifting is governed by the U.S. Powerlifting Federation (USPF) which is under the International Powerlifting Federation (IPF). If all lifts according to the rules of the sport will be in the 1992 Olympics and exhibition event. If we featured, it will become a bona fide event in 1996.

Being an Olympic event will be a great boost to the public awareness of the sport and to athletes themselves in far as sponsorship opportunities. State sports are to find a way to increase their competitive expenses while striving to become the best.

* These dates should be adjusted. All is not proceeding on schedule.

COMPETITIVE RANKING

National and International

Currently ranked number one in Oregon and number two in the Nation for the 198 pound division. I was chosen to lift the 198 + division for the U.S. Team who traveled to Belgium in May of 1988. I placed 3rd at this World Championship meet, going up against women who were 30 to 75 pounds heavier than myself. My final placing contributed points towards the team points in which the U.S. placed first overall.

This competition was an excellent experience and challenge that will benefit all of my future performances.

PERSONAL BACKGROUND

I was raised on a family farm in Madras, Oregon; graduated from Lewis and Clark College with a Bachelor of Arts degree in Political Science; moved to Salem in 1984 to obtain a job at the State Legislature. I have been working for the House Republican Caucus office in the House of Representatives since August of 1986, where I am a legislative aide/research assistant.

After moving to Salem, I began powerlifting under my current coach, Doyle Kennedy, national champion and record holder, world champion and international team coach.

BUDGET BRIEF

1988 Expenditures 1989 Projected
I. Equipment/coaching fees; \$21,000
II. National Meet Travel; \$811.00
III. International Meet Travel;

The USPF, Inc. is a 501 (c)(3) organization which, under the law, permits donors to claim a tax deduction for any contribution made to it. Our designated beneficiary program allows the donor to deduct his contribution made to a designated athlete. Parents, guardians, or other persons who, under normal circumstances, are responsible for or provide the designated beneficiary's living expenses may not use this program. Everyone else may.

Barbara Crocker, the 1989 national champion, is one of a very few who use our designated beneficiary program extensively. She has graciously given permission to publish in this column samples of the material she mails out. Based on a model used by some of Oregon's legislators, it is remarkable effective.

Barbara starts with an introductory "Sport of Powerlifting," reasoning that not every potential donor is familiar with our sport. She then provides each potential donor with statements of her competitive ranking and personal background, a proposed budget and her powerlifting resume.

However, introductory material will not be effective do the trick. One needs an effective letter asking for the contribution. In addition, to Barbara's own letter, we are including a copy of a letter sent out by two supportive state legislators, Larry Campbell, a Republican, and Lonnie Roberts, a Democrat.

Rather than edit her material, I have confined my remarks to footnotes enclosed in brackets. Start your mailing list by listing all your friends, relatives, high school and college coaches, businesses with which you or your parents do business, and colleagues where you work. Barbara has been following her initial packet with a personal visit to businesses and one or more follow-up letters to individuals. Keep adding to your list at every opportunity. Finally, and perhaps send most important, promptly send a warm thank-you letter to each donor.

The letter from the two state legislators is being sent to lobbyists.

SPORT OF POWERLIFTING
(Background Information)
I would like to introduce you to the sport of powerlifting, followed by my competitive ranking and personal background.

Powerlifting is an amateur sport involving weightlifting, but is significantly different from bodybuilding or Olympic weightlifting. Powerlifting consists of the power squat, bench press and the deadlift. All three lifts are performed in sequence allowing three attempts/lifts each for a total of nine attempts. Lifters are divided by weight class and compete against those in their respective weight groups.

In competition, lifters are required to abide by strict technical regulations that must be followed to perform a lift. This is enforced by the judges who are placed on either side and the front of the lifting athlete. The lifter must receive at least a two to

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NATURAL TESTOSTERONE ENHANCEMENT

competitive edge.

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

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DECA NATURAL Boron Complex

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If athletic performance, strength and endurance are important to you, achieve it quickly, with 100% safety, by using DECA NATURAL Boron Complex... the strongest purest boron complex available! Accept no substitutes, there are many types of boron, but only the specific form in DECA NATURAL Boron Complex leads to natural steroid synthesis!

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Doctors working at the USDA Human Nutrition Research Center were analyzing blood samples taken from a group of older post-menopausal women. The women were part of an osteoporosis study and were treated with 3 mgs. of boron daily in the hopes of increasing bone density. As expected, the boron treated group had increased levels



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



Tom 'Blaster' Storms, 55, has been training for 25 years and recently benched 420 and deadlift 590 at 232 lbs. He trains at the Northeast Barbell Club in Gahanna, Ohio.



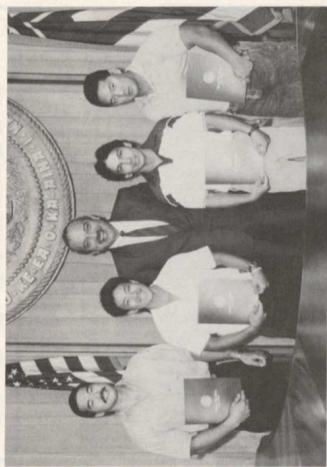
Rachel Mathias has only trained a year, but has already set an ADFPA American Record bench of 209 lbs. in the 129s, and placed 4th in the USPF Seniors in Las Vegas at 132.



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Four of Hawaii's Greatest Bench Pressers received commendations from State Governor, Waihee, on July 12, 1989. Sam Kélimoi of Hawaii Weightlifter's Slopper, wrote to the Governor's office requesting some recognition for special achievements of Hawaii's benchers, Mike Awa, left, set an ADFPA bench record at 495; Chad Iler (next to Mike) has the 114 lb teenage record at 400; Governor Waihee's left; Doug Ortiz has the all time record at 123, and, far right, Julian Lee has done 600 at 198 lbs.



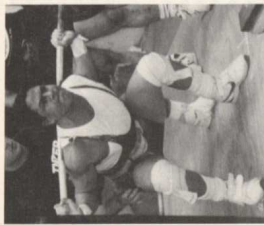
The 'Blackhorse' team of the U.S. Army's 11th Armored Cavalry Regiment from the Fulda Gap in West Germany is comprised of (left to right, top row) SGT Steve Rochon, SSG Vince Odland, CPL Tom Kline, SPC Pat Maggee, SGT Tony Bryant, SPC Andy Walker, SGT Craig Adams, SSG Bill Gray. In the middle, SPC Mike Kroupa. Bottom row, SGT Lonnie Newman, Frank Scarlotta. The 'Blackhorse' team has had two consecutive undefeated seasons and has won two consecutive V Corps Championships, with 11 V Corps and 2 USAEUR Champions. Thanks to SSG Vince Odland for photo and info.



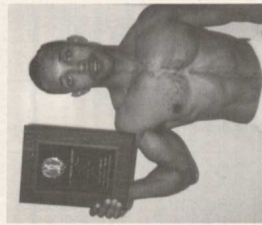
Greg Pickett, 30, is a pure drug free lifter in the 220 lb. class, who has squatted 606 lbs. He trains at Gold's Gym in Cincinnati and thanks training partner Alan Elshberr and his girl friend Jennifer for their support.



Laura Akers from Orland Park, IL, is a student at Western Illinois University in Macomb, IL and is the 1989 ADFPA National Collegiate Champion at 154 lbs.



William Varela, 19, is a licensed real estate representative and trains at the North Bergen Powerlifting Club in New Jersey with the likes of Jim Gaghnam, Dan Pollio, Jim Bott, Tony Komand, and John Bott. He has won the New Jersey Teenage title and also is the IPA World Champ at 165 with best lifts of 540 345 560 1420.



Daryl Mustafa Rollins has won the powerlifting for 3 years and has won the New Jersey Department of Corrections, Championships at 123 two years in a row, with best lifts of 305 215 420 940. He follows the Ed Coan squat and deadlift routine, and the Jeff Magador bench press routine, as published in PL USA.



Karen Scanzio, 26, of Dedham, Massachusetts, competing at 128 lbs., has placed in every meet she has entered since her first meet in December of 1987. Her most important competition was the 1989 Massachusetts and Rhode Island State Championship, where she placed 3rd with lifts of 265 150 and 320. Karen trains in Dedham at WORKOUT PLUS with her training partner and husband to be Dennis Foley. Karen plans to enter the Drug Free Nationals in the near future.

PL USA TOP 100 Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine, and signed by Mike Lombard. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 6% sales tax.

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POWERLIFTING USA MAGAZINE TOP 100 July 1988 to June 1989

Table with columns: SQUAT (220 lb./100 kg), DEADLIFT, TOTAL. Lists names and their respective weights for each category across 100 rows.

TRAINING

DEVELOPMENT OF SPECIAL STRENGTH as told by LOUIE SIMMONS



Debbie Sorenson was top ranked as both a bodybuilder and as a powerlifter, deadlifting well over 500 lbs. in the 181 lb. class in Ohio. Louie Simmons had a significant influence on the development of her special strength.

the speed of the bar is too fast. Training with weights over 85% moves the bar too slow to produce power. If you do rack pulls, never use more than 105%, and be sure to use proper technique. To illustrate this point, imagine Mike Tyson is hitting you slow. Now he hits you fast. But now he's mad and he hits you fast. Can you imagine the force he is using now? Apply this principle to moving a bar and see why moving too slow or grinding up the weight does not produce true power. When maximum speed is used in conjunction with correct percentages, a scientific method of training results. Isokinetics have a favorable affect on explosive power, when using exercises that are close in structure to the lift that needs help. Plyometrics are also helpful.

Lowering Weights

Lowering weights can be a serious problem in two of the powerlifts, the squat and the bench press. The bar must be kept under control to insure that it is returned to the correct position to lock out. How is the eccentric portion of the lift developed? One method is to lower weights of about 80%, taking up to 15 seconds to reach the bottom of the squat of the chest in the bench press. Another

Static Strength

Another special strength problem I have seen is a lifter who can touch and go a lot of weight on the bench, but cannot pause the same amount.

method is to lower the bar with 110%. taking approximately six seconds, then with the help of three spotters, strip off 30% and raise back up to complete a full lift. Sports science tells us we can use 40% more in lowering weights than in raising weights.

General Training Guidelines

In Eastern Bloc countries, virtually all workouts include static, slow and fast movements, as well as flexibility exercises and relaxation techniques. It is important, too, that lifters do ab work, hanging and stretching, as well as active rest procedures such as swimming, volleyball and other light physical activity.

All lifters should not train the same percentages equally. Elites and above should use 50% of training with weight above 80%, and up to 90%. Lifters below elite ranking should use 80%, and above 35% of the time. Why? Because lower ranked lifters normally lack some type of strength skill. This is always the case in the early stages of training. I have been closely associated with live women world champions, and I based the majority of their training from 70-79% to increase speed and therefore maximum power.

There should be no off-season in powerlifting. You must be in conditioning year round. To prevent overtraining, your weights should be between 70 and 85%. By taking just two weeks off after a contest, you lose 10-15% of strength and waste time gaining it back, using higher reps (6-10) which do little for strength, and once fatigue sets in, form can alter permanently. Bad habits such as leaning over in the squat or cutting squats or bouncing benches may become established.

Training should last no longer than 45-60 minutes. The reason is that the testosterone level in the blood peaks in 20 minutes and is maintained for 20-25 minutes more. To train for the required one and a half to two hours, divide your workouts into at least two sessions. Start with the compound exercises (the squat, bench, or deadlift) in the first session and dedicate the second session to assistance strength exercises or to the development of special strength, such as explosive power or static strength. The rest time between training sessions should be a minimum of 20 minutes. Your training results will be much greater using two sessions rather than using a customary continuous two hour or more marathon session. Muscle massage or a warm shower is recommended between sessions.

How do you accomplish a large volume of work in a short amount of time? Cut your rest between sets to a maximum of five minutes and a minimum of one and a half minutes for advanced lifters. Remember, intensity is a mathematical formula, not a physical feeling.

Direct questions to:

Westside Barbell Club
2720 Briggs Road
Columbus, OH 43204
614-272-1123

I was fortunate enough to obtain videotapes of both the Deadlift and Bench Press from John Inzer. In fact, I thought the Deadlift videotape was one of the best I have ever seen, and that excitement is caught well on the tape. These types of tapes are both interesting and inspiring. The fact that John offers tapes that are of high quality certainly helps viewing, but more importantly, both my knowledge and enthusiasm for lifting heavy weights is kept at a high level. I am always amazed at the variety of size and shape of the powerlifting community. If one attends, or gets a videotape of a major competition, that is perhaps the first notable characteristic, the competitors all look, are built, and lift differently. Some have technically perfect form, others look as if they were struggling with a rolled up length of carpet. The next mental jump for me, is always, "they all train differently too." While most of us realize that there are many ways to get stronger, and many ways to get stronger specifically for powerlifting, most would also agree generally accepting that the majority of modern powerlifters overtrain.

Of course, those who agree with that statement, rarely believe that they overtrain or that their lack of consistent progress can be explained by that simple concept. It is more likely to find most lifters believing that too much assistance work, too many heavy singles, and not enough rest are enemies of everyone else in the gym, and that they truly need any and all of the many assistance exercises they are currently employing.

Most lifters cite their lack of nutritional supplementation, their improper combination of nutritional supplements, the unavailability of a specific piece of training equipment, the unreliability of a training partner, or phases of the moon for any training difficulty. Few believe that they are guilty of doing too much, too often. There are a number of ways to overtrain. One can lift too often, and/or too many "heavy" movements in any one workout. One can lift "too heavy" too often. One can choose movements that in and of themselves, expend a great deal of energy, leaving inappropriate time or means for recuperation. One can also do too many assistance exercises, and that's the point I want to address now.

Let's assume that our hypothetical lifter has been training specifically for powerlifting for a few years. After some initial progress, and his entry into two local meets, he decides to step up a level, and travels to a nearby state to compete. There, he meets a number of well known, national level lifters who had never appeared in PL USA. He gets friendly with them, and they're nice guys. They offer training advice which he immediately incorporates into his own program. His garage gym is now brimming with enthusiasm, as he and his two training partners eagerly employ the training tips he received

STARTIN' OUT

A special section dedicated to the beginning lifter



Young Champions like the first three finishers at the WDFW Women's Worlds in the 122 lb. division, left to right, Jo Edmonds (Great Britain, 3rd), Edith Lemouille (France, 2nd), and Amy Hinman (USA, 1st) — all of them teenagers, and veteran lifters alike, need to avoid the effects of overtraining.

at his first big meet. After two years, ten reps are completed in that second set, and do more than ten when possible. If ten or more reps can be done, jump the weights five pounds, or even more, if twelve or thirteen reps were managed.

Day Two (Thursday): Deadlift after warming up on a bike, via walking, stair climbing, or whatever else this hypothetical lifter likes to do, he warms up for his deadlifts. He utilizes warm up sets so as to save as much as possible for his two top sets. Like his other two lifts, he utilizes ten reps for both sets. Because he is committed and because he is getting lots of rest, he progresses.

After eight weeks, his training diary reveals that he has made the following increases:

Week One	Week Eight
Squat: 285x10	335x10
Bench Press: 210x10	240x10
Deadlift: 315x10	375x10

For the next six weeks, our lifter does the exact same program, now dropping his two top sets to five reps each. After six weeks, the diary indicates further progress, nothing dramatic, but steady progress nonetheless.

Week One Week Six || Squat: 350x5 | 370x5 |
| Bench Press: 260x5 | 275x5 |
| Deadlift: 400x5 | 440x5 |

At this point, our lifter can begin preparing for another meet, doing the skill work necessary to do maximal singles with the heaviest weights, or go back to another six or eight week cycle of tens, followed by another bout of fives. Hypothetically, if this was done consistently, and the progress was maintained, at least to a point far beyond that noted above,

our lifter would now be in a position to have strength enough to compete a lot more successfully. Theoretically, if progress can be made without doing anything other than the three lifts, working hard on those lifts for whatever reps one chose to do, and sufficient time for recovery is allowed, why do any assistance exercises?

This is a question I have discussed with literally hundreds of lifters, some beginners, some world champions. Everyone agrees that this time is minimal, situation as training the lifts is adequate, and recovery is optimal. Yet, and this is especially true of the "intermediate" and "advanced" lifters, most don't want to limit their program. They want to do more chest, shoulder, and arm work, whether it would be necessary or not. They want to hit the tricep and anterior delts, even, they admit, if their bench press was progressing at a steady and satisfactory rate. The use of assistance exercises, many of which are not necessary to provide muscular balance to an unbalanced area, most of which are not designed to improve a realistically weak area, and some which often make lifters, in some under any circumstances, is perhaps the primary cause of overtraining for most lifters. The average lifter, and that of course, means most lifters, would do well to give serious consideration to limiting the overall amount of work they do in any one workout, and during any particular week. Striving for constant improvement in the three lifts is truly what powerlifting is all about.

Dr. Ken Leistner

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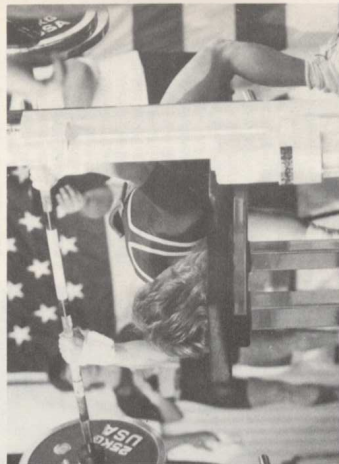
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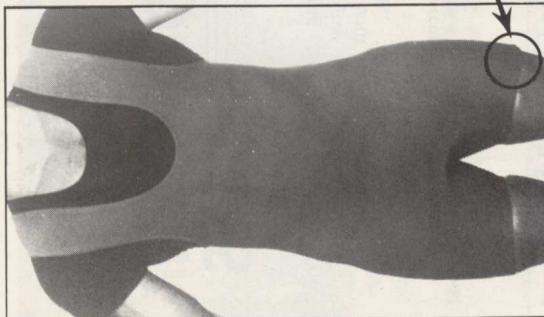
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Eric Arnold - USPF & ADFPA Sr. Ntl. Champ

Jim Cash - World Champ, PL USA Coverman

Lorraine Costanzo - 1st Woman to squat over 600 lbs. with a 628

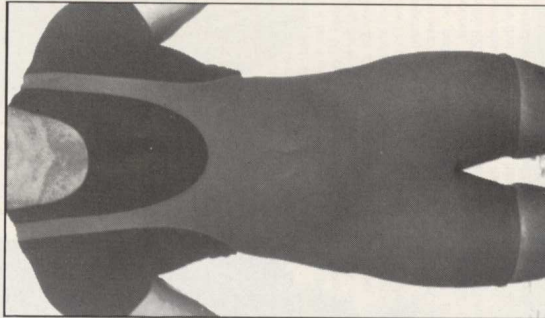
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INTERVIEW

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

A Short Conversation with **BEN LOCKETT** as told to World Class Enterprises Dr. Judd Biasiotto & Army Ferrando

We'll never forget the first time we met Ben Lockett at the Southern States Beach Press Championships. He walked in during the weight-inning wearing cowboy boots, a black cowboy hat, jeans, and a tank top, chewing tobacco and drinking beer. "Will it lift?" he asked. "I'll be right there," he reached into his pocket and pulled out a wad of crumpled bills. He was dropping money everywhere, and the way it looked to me, it took everything he had left. We kept standing in retrospect, we'll never understand why we let him enter the contest. It must have been the money. Once the meet started though we forgot all about him. It wasn't long, however, before he became the focal point of attention at the meet. With the bar at 420 pounds, Ben came stumbling up to the score's table wearing what appeared to be a 1976 model green lifting suit, his cowboy boots, and his hat. He was still chewing tobacco, but thank God he had finished his six-pack in the warm-up room. When the crowd saw him, they went crazy. "You can't lift now," he said. "Someone retorted referring to someone inebriated conditions."

"Don't worry, I'll take off my hat," he replied. We tried to talk him out of it, but it was no use. He was dealer. When it was his turn, he walked there to the front of the bench. He stood there for a second or two, swaying back and forth. He then belched and farted in unison. Apparently he was psyching himself. He laid down on the bench and proceeded to do a picture perfect press with the 420 pounds. The lift gave him first place in the 220 pound division. The crowd went absolutely wild. It was the first time that we'd ever seen a lifter get a standing ovation. You had to see it to appreciate the situation.

A few days after the meet, we ran into Ben again. What a switch! He was wearing a three-piece suit, a tie, and a two hundred dollar pair of alligator shoes. We talked to Ben for about three hours that day. We came away from that conversation in a complete shock. To say the least, Ben Lockett was one of the most intriguing individuals we had ever met. He had traveled around the world four times and had visited such restricted countries as China, Iran, and Russia. He was well educated, and seemed comfortable discussing any topic that we brought up: religion, porosity, world affairs, contemporary world affairs, contemporary psychology, even medicine. Through our conversation, we found that Ben was quite a lifter. He had set a number of records as an Olympic lifter and was totaling close to Elite as a powerlifter. However, it was Ben's travels north and south, to far away and exotic places, observing unique peoples and their training

general vitality, I've tried it and noticed no effect whatsoever, like most American vitamins, I might add.

WCE: Have you ever competed in a contest on foreign soil?
Ben: Yes. I competed in a meet in Kuala Lumpur, Malaysia which consisted of the power clean, the bench press, and the clean and press. I won the meet by beating their heavyweight champion, who happened to weigh only 180 pounds. It was held in a very large amphitheatre, in the rain, while over a thousand people watched. It was a big deal and in all the Malaysian newspapers, a fact I didn't know until much later since I didn't understand the language.

I have also been involved in a number of powerlifting exhibitions in Burma, Australia, New Zealand, China, Laos and several Scandinavian countries.

WCE: What is one of your most noteworthy travel stories?

Ben: Once I was in Copenhagen, Denmark working out in one of their biggest gyms. I was doing squats and deadlifts and I noticed a large crowd gathering, and they were getting rather excited. Finally, someone who spoke English informed me that I was training, yes—training with all of their national records. Most countries are in awe of the strength and power Americans have.

Later that same day, I observed a number of very good looking ladies working out in the gym. I then noticed the girls in the showers, totally naked! Later found that public showers are common in that area almost everywhere. Needless to say, I almost killed myself training and shouting in Scandinavian. I still do a lot of work when I go there. I'll shower when I get there, but you'd like to add at this time?

Ben: I've always viewed myself as very modest in terms of overall strength. I've always tried to be an inspiration to the classic "second rate athlete" and through extreme pressure, have managed to win in excess of 140 Olympic Powerlifting trophies and over 36 regional titles. I first began competing in 1960 (very low 1st place trophies, however). So, hang in there. And rates are very good for medication.

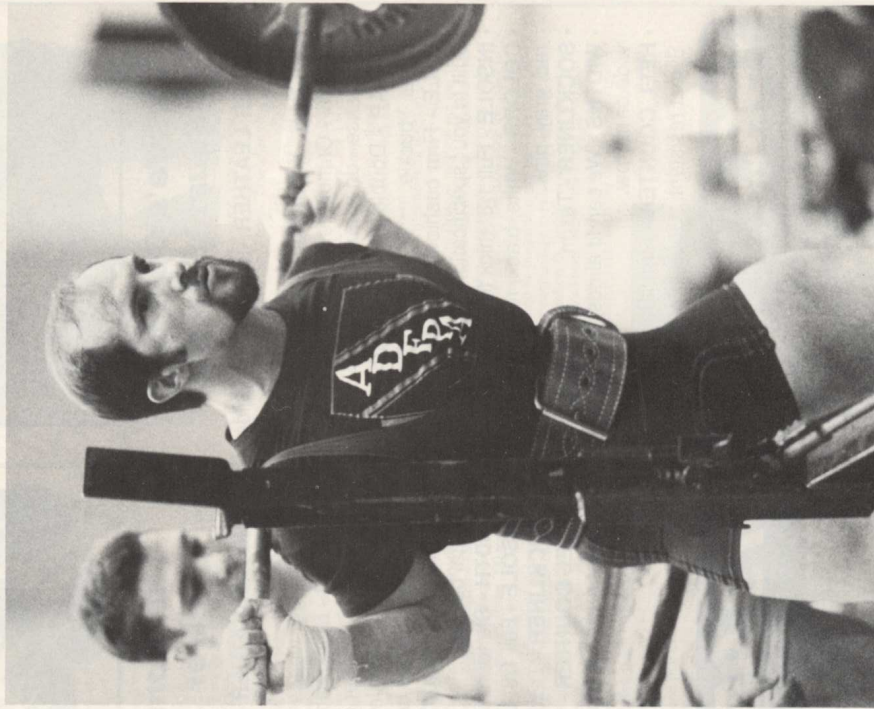
I'd also like to say something about current powerlifting trends. I am very disillusioned with "drug" athletes which are driving the classic "sports" lifters from the sport. I am also disillusioned with the shoddy way many regional meets are being run with more emphasis placed on profit for the promoter than a positive lifting atmosphere for the athletes.

On that note, so ended another frank and candid conversation with one of our favorites—Ben Lockett.

INTERVIEW

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

LARRY MAILE AS INTERVIEWED BY BOB GAYNOR



LARRY MAILE... won a major ADFPA National title off his performance at the Lifetime Drug Free Nationals.

B.G.: Larry, what is your age and where do you currently live?
L.M.: I was born July 12, 1958 (I turned 31 this summer). I live at 2201 N. Overland Trail, Fort Collins, Colorado 80521.

B.G.: and, tell us, what is your current occupation?
L.M.: I am currently a doctoral candidate at the University of Wyoming, and I also work part-time with retarded adults.

B.G.: How long have you been training and how long have you been competing?
L.M.: I have been training for 13 years and I have been competing for the last 9 years.

B.G.: Tell us how you got started in weight training?
L.M.: I got started by living in a dorm with most of the football team during my first year of college in Idaho. I ended up going to the weight room with them every day (I needed to, as I weighed 125 lbs.)

B.G.: What are your best competition lifts?
L.M.: My best lifts are as follows: Squat 573, Bench 402, Deadlift 578.

B.G.: What are some of the titles you have won?
L.M.: 2 time Alaska State Powerlifting Champion, 1st 1985 ADFPA Nationals, 1st 1986 Lifetime Drug Free Nationals, 2nd 1988 Lifetime Drug Free Nationals, 1st 1989 Lifetime Drug Free Nationals.

B.G.: What future goals do you have in Powerlifting?
L.M.: I would like to continue to lift as long as it remains fun, and I continue to be healthy. I have a number of serious lifts that, for now, are fairly soon, and would like to lift on a national championship team.

B.G.: What is your opinion on the subject steroid use?
L.M.: I have never used steroids. I believe in a person's right to make a choice. I have never been heavily anti-steroid, but think that not on drugs should not have to lift against those who are.

B.G.: Larry, what are your thoughts about testing?
L.M.: I think we should test people randomly, year round.

B.G.: How does diet and supplementation fit into your training program?
L.M.: My diet is pretty normal now. I eat three of four normal sized meals, taking amino acids and a multivitamin during a training cycle, and I use no other supplements.

B.G.: What advice would you have for beginners?
L.M.: I would advise beginners not to be proven that they know what they are talking about in this sport, either by being a good lifter of having training good lifters, they are not a good coach.

B.G.: Who are some of those you admire in powerlifting?
L.M.: I would advise them not to get impatient, as, without drugs, it takes many years to become a champion lifter. In the meantime you

day: light bench and same accessories as Wednesday. I do three work sets per exercise, reps vary depending on time of the cycle.

B.G.: What are your feelings on coaches in lifting?
L.M.: If you select someone who has not proven that they know what they are talking about in this sport, either by being a good lifter of having training good lifters, they are not a good coach.

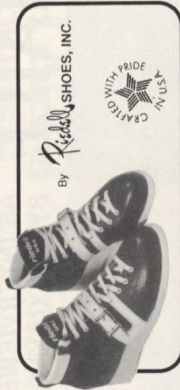
B.G.: Do you have any other comments you would like to make?
L.M.: I would like to thank my wife, Janna for putting up with this sport, being a competent, being a competent competitor and training partner.

thought highly of Bill Pearl and Ed Jubinville, both well known and accomplished, but still gentlemen.

B.G.: What are some of your other hobbies and interests?
L.M.: My interests and hobbies are riding motorcycles, traveling, and listening to my heavy metal music.

B.G.: Do you have any other comments you would like to make?
L.M.: I would like to thank my wife, Janna for putting up with this sport, being a competent, being a competent competitor and training partner.

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Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Breaker at 198, and 1985 MR IRON MAN. For a taped response, send \$20 to Roger Estep, 1413 Holgate, Anaheim, CA 92802

DEAR ROGER: I have seen many different routines for different workouts in *Powerlifting USA* Magazine. All of the *Workout of the Month* articles seem to recommend the contest cycle. I have been using a workout where squats, deadlifts and benches are done with reps of 8, 6, 4, and 2. When I can get into the last set, I increase all my sets by 5 lbs. and start over. I do assistance exercises of 3 sets, or 8-12 reps. Do you recommend dropping weights way back, and starting a cycle, or should I continue using maximum weights? Is it advisable to use this method as a change from the schedule I have been following? I am 39 years old. I do not intend to enter any contests, but I would like to gain some size and strength in my powerlifts. Any help you could give me would be greatly appreciated. **Jerry.**

DEAR JERRY: I don't recommend dropping weight back unless one of three things occur. The first is, of course, injury. If you are injured during a training session or during a contest, you have to take some weight off and come back through rehabilitation training. That's one case. The other instance is physical overtraining. If you're physically overtrained, then you need to drop some weight back to allow your body some extra time to rest and recover, and maybe take a little bit of extra physical therapy or whirlpool or jacuzzi or ultrasound, things like that. Check your nutrition. Make sure you're getting proper levels of nutrients. Another reason would be if you're mentally overtrained. Sometimes a little rest away from the gym, without any guilt feelings, admitting to yourself "hey, I'm just getting away from it, it's going to make me feel better when I come back," will also help you. You'll come back a little bit stronger so it's more fun and you don't have to pound out the same heavy weights to start out with. However, I never recommend regular dropping back in any of the lifts like a lot of the lifters do without a good reason. I'm not saying that they're not correct, but I've seen more success if you predominantly stay with heavy weights for as long as possible.

Now I'll tell you a little story about cycling. I was at a contest a few years ago, and I was watching the bench pressing. There were some lifters that were just mainly bench pressers, not really interested in the 300 pounder. They were young kids and they were trying to accomplish the 300 pounder. I was just watching, enjoying the meet, and after the bench press was over one of the young men came up to me and asked if he could pick my brain. Of course, there's not much ripe to pick, but I said, "sure, you can come over and have a little sit-down, and I'll answer your question." He told me that his best bench press at that contest was 280, and his cycle dictated that he would be able to do 300 there. He'd done 275 very easily just a few months ago, and a 280 was not enough progress for him. I asked him, "Well, what kind of program were you on after the contest a few months ago?" He told me he had talked to an experienced powerlifter, and that after the success at 275, he had 10 or 11 weeks to train. He was told to start out at a weight and increase that weight 10 lbs. a week and that would give him a 300 lb. bench press. For example, he was benching 275 and he wanted to bench 300. 100 lbs. minus 300 lbs. is 200 lbs., so the first week of the cycle he benched 200 lbs. for his max in the gym. The next week he benched 210. The problem with this kind of a cycle is you're dropping back so far that the first four weeks of the cycle are too light, and you're actually in a 'deconditioning' stage. If anybody can bench 275 in a contest and then 4 weeks later is only benching 240 in practice, the muscles are losing their facilitator, they're losing their conditioning, they're losing their memory, there's so many physiological things that are going on that are negative to building strength. If he would use a program where he would have perhaps dropped back to 260-265 and then increased up each week 5 or 10 lbs. when appropriate, he would have had about 4 or 5 weeks of benching 300 under his belt and would have probably been successful with that weight, because the kid actually had the tools. He had the physique, he had the mental attitude, he had everything going for him except the proper training plan. By dropping back those first 5 weeks he was actually struggling to catch up to his 275, to even repeat it. His training was a layoff program as opposed to a positive cycle. The point being made here is if you are going to cycle, don't drop back too far and get into a conditioning mode. If you're injured you might have to do that. If you're physically overtrained you probably don't have to drop back in the amount of weight that you are using as much as most people think. Stay with the heavy weights, and I think you'll have more success than running cycles. I never did like the term "cycle" anyway, it just seemed like you were going around in circles, and I never wanted to go around in circles in my training or in my competitions. I always wanted to climb up, but the word "cycle" is here to stay, and what we have to do is just modify it a little bit to get the most out of the process. **Roger Estep**

a Powerlifting Tragedy



CRAIG ENGLISH...died Friday, June 30th while working out at the Victoria Health Club in Victoria, British Columbia, Canada. Photograph by Don Boulder, Cowichan News Leader

Craig English was found dead in the Victoria Health Club with a bar of 295 pounds across his neck in a decline bench apparatus. He had no spotters while he was lifting. No one saw or heard the accident happen, and it was not a weight that he was incapable of handling. Though the various newspaper accounts of the event characterized lifting without spotters as a "macho" attitude, Craig's friends knew that he was actually quite the opposite, a softspoken house painter, 28 years of age, who was one of the most promising lifters in British Columbia. He had won the Gold's Gym Open in Surrey and the British Columbia Open in Duncan in 1988 in the 165 lb. class. An autopsy revealed that he actually suffocated on his own vomit, and that his windpipe was not actually crushed.

Craig never used steroids and just didn't see the point of being a strong man if you had to take drugs to do it. His favorite lift was the squat and he hoped to make 600 some day, but his own goals were secondary to helping other lifters. One of Craig's friends, Robert O. Smith, recalls one meet where Craig wrapped Bob's knees, pulled the straps up on Bob's suit, helped Bob with his belt, watched from the side and told him to drive it when Bob got to proper depth, congratulated Robert O. on his success, and then started to wrap his own knees.



Dedicated to Craig English is this edition of *POWERLIFTING USA*. The photo provides his friends, Robert O. Smith, CSI, R. 10, P.O. 655 in Vancouver, who provided much of the material in this tribute.

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

This update concentrates on anabolic steroids (effects and side-effects; with a realistic look at their effects on the mind and on serum cholesterol, and their use for treating chronic injuries), anabolic steroid substitutes (including Smilax, Officialins, Dibenzonide, 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, Gelatin, Primidone, EPO, Peptidol, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

The price of **Update Five** is
\$11.00 U.S. Funds, Plus \$1.00 Postage and Handling

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

Update Four is \$10.00 U.S. Funds Plus \$1.00 P&H. Updates One to Three all three for \$12.00 Plus \$1.00 P&H. The Book "Drug Use and Detection in Amateur Sports," is \$14.95 Plus \$2.00 P&H.

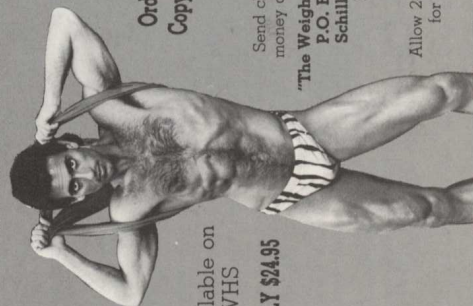
My book and updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

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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, please, no questions sent \$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: Is there any connection between steroid use and possible birth defects in offspring? Could damage to sperm be cause for alarm, and in turn damage any children of mine in the future? I have had three cycles. The first was with Anavar for 8 weeks. Cycles 2,3,1 used Dianabol (25mg) and Deca 100mg a week for 8 weeks.

My place of employment checks for cocaine/marijuana abuse by urinalysis. Will steroids show up as any of the above illegal drugs? Are there any temperature restrictions that apply to oral steroids? I know this is the case for injectables. Are oral steroids stored in a warmer than normal environment "safe" to use? Thank you for a great column that I know is of benefit to a great many lifters! **Anonymous**

DEAR SIR: There is no evidence that the use of anabolic steroids causes changes in the sperm leading to birth defects. As you know (it's in my book and updates), androgens inhibit spermatogenesis by inhibiting LH and FSH. Recently clinical studies have shown that weekly injections of 100mg of Deca-Durabolin is an effective male contraceptive. While the Deca is being used the sperm count falls to almost zero and there is atrophy of the testes (to about one-half their normal size). After the injections are discontinued the testes return to normal size and the contraceptive effect is lost usually within 6 weeks. In this and other studies the anabolic steroids did not produce any birth defects in any pregnancies that resulted either during the trials or after the trials. Taking all this into consideration, it's highly unlikely that your limited use of anabolic steroids will have any effect on either your ability to father children, or on your future offspring. All the studies done so far show that normal testicular function and sperm count (with normal sperm) return within three months after stopping moderate steroid use.

With prolonged heavy use of anabolic steroids there is the possibility of decreasing your sperm count permanently, making it difficult to father children, although if you did manage to father them, they would not have any birth defects. This of course does not hold true for females using anabolic steroids, especially while they are pregnant. You might be interested in knowing that testosterone and anabolic steroids are used in some cases of low sperm count. After the use of anabolics for 6 to 12 weeks there is a rebound effect in the sperm count and in the testosterone level. Although this rise after discontinuation of anabolics is temporary, if timed right the sperm count will be high enough for impregnation. This procedure is not teratogenic.

Steroids won't influence the tests for cocaine or marijuana - provided that the analytical protocols are valid in the first place.

Any medication can be affected by excessive heat - some more than others. It makes sense not to subject any medication to extremes of heat and cold, they're usually meant to be stored at a reasonable room temperature. **M.G.D.**

DEAR MAURO: I have a knee problem which has halted my squatting. During my descent as I reach the half squat position I get pain on the lateral and posterior area of my right knee. The pain seems to originate in the upper portion of my gastrocnemius. Once I descend past that position I have no real discomfort and no real discomfort upon ascent. Sometimes I feel like my give out on descent. I have no pain running or running up a flight of stairs. There is some crepitus in the knee around the knee cap, but that doesn't bother me. Could it be a meniscus tear, a hamstring or maybe a tensor fasciae latae problem? I'm 33, but the injury originally occurred while squatting. A doctor told me to rest, but it still bothers me. Cordially yours, **Mike F.**

DEAR MIKE: Whatever the problem turns out to be, don't ignore your body's signals. It's possible that you've torn something in your right knee - perhaps the lateral meniscus. It doesn't sound like a simple strain.

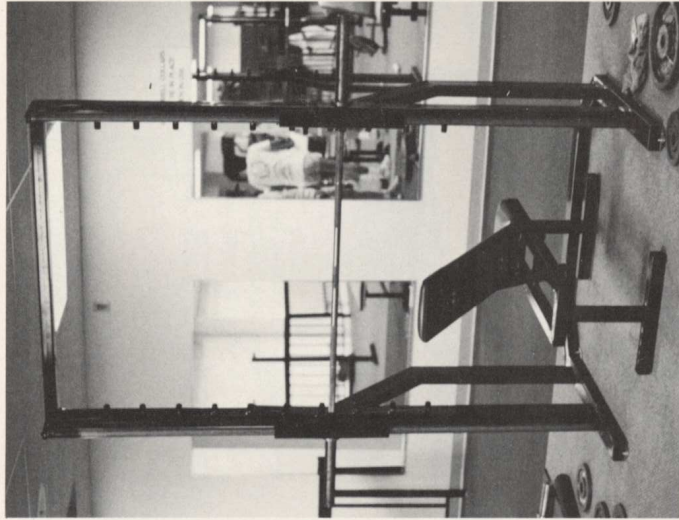
My advice is to see a sports medicine doctor, preferably an orthopedic surgeon. You may need to have an arthroscopic examination done. If the prospect of seeing a specialist doesn't appeal to you, you could try varying your squat style to see if you can bypass the pain. Try to vary your stance, use flat shoes if you usually use a heel, and vice versa. Try sticking your butt out more or less than your usual style. Put the bar lower or higher on your back. If changing to a new style makes the pain disappear, I would continue to train and see how things go. If not, then see the specialist. Resting the knee is not the solution. Write if you run into a snag. Sincerely, **M.G.D.**

I have always been something of an amateur historian when it comes to the Iron Game. During my youth (makes me sound like Methuselah!) I had a large collection of the older IRON MAN magazines and I could not help but read some of the articles by the "Iron Guru" himself, Vince Gironda. Yeah, I know, Vince doesn't allow squat racks in his gym, thinks that powerlifters all have big buttoes, ad nauseum. Vince, however, believed very strongly in the Smith Machine for a variety of shaping and pumping muscles. The Smith Machine is basically an upright rack with sliding carriages and a straight, usually Olympic style bar. The bar, although fixed in a vertical groove has a lot of play in it laterally and hundreds of bodybuilders training in Vince's Studio City gym over the past quarter century have used this device with excellent results. Powerlifters usually look at the Smith Machine as a second cousin to the wheelchair.

I mean, really - we're hardcore chess team use that thing! Well, before you choke on your sublinguals, let me tell you that judicious use of the Smith Machine will result in a better prepared athlete for the powerlifters. Philosophically, we powerlifters are always facing the "old chicken and egg routine" - do we train to powerlift or do we powerlift to hunt? For years, most of us have wanted to squat (or deadlift, or bench) big weights, then you will have to do

TRAINING

Utilization of the SMITH MACHINE by RON FERNANDO, Ironmasters Gym



The SMITH MACHINE...could be a key to your power gains (MAC Barbell photo)

that lift exclusively, leaving the assistance stuff to the weenies and the bodybuilders. Recent evidence, however, from the leading exercise scientists here in the States and in Russia indicate that powerlifting is no different than skiing, wrestling, or track & field. In other words, the athlete should, during certain periods of his training, perform specialized exercises designed to improve weak points in the actual event (shot put, javelin, still rings, 100 meters sprint, and yes, the Big Three of Powerlifting). When these points are improved, more and more attention is given to the performance of the event itself. Once again, the principle of periodization pops up.

The Smith Machine has some interesting applications for our sport. There are three basic exercises that can be done on the Smith Machine that will shore up weak areas often overlooked in the all-out assault of the Big Total. They are as follows:

- * **Feet Forward Squats.** This exercise is a decent adjunct to High Bar and Magic Leg Machine squats in that the lifter can have his feet positioned well forward of the machine so as to throw all of the tension on the quads. There are a lot of hip, lower back, and glute squatters out there with big lifts and buggy whip legs. Careful use of this movement along with more traditional quad isolators such as High Bars will strengthen that weak link in the squat. I know that those of us who tend to use a lot of back in the squat will feel this one. Try 5x8 reps after your basic core squats. Use no more than 50% of your normal weight and really concentrate on pushing the knees and ankles forward. This is not to be done on your major back day.

weight, but the pump (yes, I said pump!). Be very careful to have enough plates loaded on the holders of the machine (not what you are lifting) so as to prevent the machine from falling backwards, if it's not already secured to the floor.

- * **High Neck - Close or Medium Grip Bench Press.** Try this one after your core bench or incline bench press moves and you will never look back. Pound for pound, Jeff Maggard is one of the best benchers in the world, and he believes in high neck benches to really develop the upper pec. Use of the Smith Machine on this move is much safer and will make you feel as if you applied a blowtorch to your upper body. Try 5x8 reps again, after your primary pressing movements.

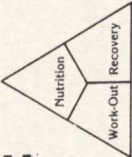
- * **Quarter Shrugs with Straps.** For a really good visual description of the Quarter Shrug, refer to A SCIENTIFIC GUIDE TO POWER TRAINING by Dr. Fred Hatfield. The quarter shrug is a variation on an old theme - where you "can't" your upper body for about 25 degrees and allow the muscles of the upper back (rhomboids, infraspinatus, supraspinatus, teres major, minor and trapezius) to travel in a far greater range of motion than before. Unlike the old fashioned Shrug, the quarter shrug will not allow you to rest the weight on your legs and perform the overhead ho with a mountain of 45's. Using the Smith Machine will aid a bit in the balance and allow you to really slow the movements down if necessary so as to squeeze those often stubborn muscles into growth. I recommend doing this movement for 5 sets of 10-20 reps on your major back day.

These are the main movements I recommend using the Smith Machine. Other exercises can be done, but are not recommended as they simply do not contribute to the lifter's groove and are purely bodybuilding related. One can, however, also use this machine for injury rehabilitation with excellent results.

I doubt if we will ever see Vince Gironda at the Master's Nationals (let's see, he and Henri Southeres would probably be gunning for the title...) but using his old tried and true Smith Machine will put more kilos on your total than ever dreamed before. Again, I think that we American lifters will have to flex the old medulla oblongata muscle more than ever if we are to remain Numero Uno in powerlifting. With the Russians 2.5 years away from being internationally competitive, we cannot afford to leave any stone unturned in our all-out quest for excellence in human performance.

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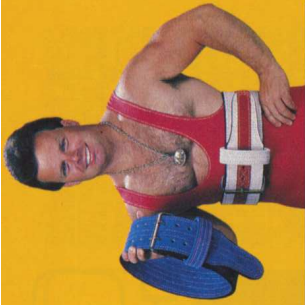
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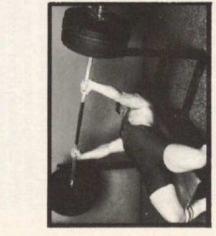
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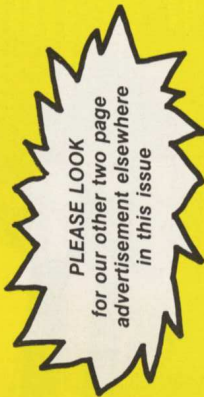
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in this issue



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Nature's Perfect "Muscle Foods"

The Aminos

Get the Maximum in Muscular Density and Strength

After you work out hard, recuperation is the key and that's where Amino Acids come in.

Over the years, Marathon Nutrition has been at the forefront of providing powerlifters and strength athletes with properly balanced Amino Acid formulations.

Our specially formulated Amino Acid complexes are engineered for the complex task of nourishing your body properly, to develop lean muscle mass, and increased strength.

From our newest Amino Supreme with the specially formulated 3-way Amino Stack (wait until you read about this!) to our Amino Acid 3000 mg. Standard Complex, Marathon Nutrition brings you the most complete selection of Amino Acid complexes and potentiates that will definitely benefit your nutritional program. Their rich and proper

balance of Amino Acid's provide you with the high nitrogen balance so necessary in accomplishing this task.

We've even incorporated, in our liver tablets and capsules, the finest de-fatted glandular proteins on the market, in a highly assimilable form. Many powerlifters have enjoyed the benefits of combining Amino Acid complexes with the de-fatted glandular protein found in these liver supplements for even greater gains.

The results will speak for themselves. But if you're still not satisfied, we'll be glad to give you a prompt and efficient refund—no hard feelings. As in all Marathon products, only the highest quality ingredients are used to make up these potent Amino Acid formulations.

So please read on, and if you have any further questions or need assistance in making your choice, give us a call.



The Most Potent Amino Acid Capsule Ever Developed!

Amino Acid 1500 mg. Power Cap
For the First Time, a Mega-Potency, Free-Form Amino Acids Complex in Capsules!

A real breakthrough in Amino Acid capsule potency! The latest advances in raw materials technology allows us to create the first mega-potency Amino Acid capsule on the market. 50% more potency than ever thought possible, at great savings to our customers over previous capsule products.

Each Marathon Power Cap also incorporates the same isolated/crystalline, free-form Amino Acid formula that's in our popular tablets: 19 Amino Acids, including the Branched Chain Amino Acids, that allow your body to maintain a high nitrogen balance, essential to tissue repair and to increasing strength and gaining lean muscle mass.

1500 mg. PER CAPSULE

100 Caps (\$10.45) NOW \$ 8.45

250 Caps (\$21.95) NOW \$18.95

500 Caps (\$39.95) NOW \$34.95

Free-Form Complex

Amino Acid 3000 mg.

Unleash the Power of Isolated, Crystalline Aminos in Your Training!
By using the latest advances in Amino Acid raw materials and tableting technology, we can now bring you a true mega-potency supplement that has guaranteed fast breakdown time with 20% more potency than ever thought possible.

After intense workouts, rebuilding muscle tissue and recuperation are the keys to gaining strength and building lean muscle mass. Marathon's 3000 mg. free-form Amino Acid complex tablets help you accomplish this by allowing your body to maintain a high nitrogen balance, and by providing all of the 19 Amino Acids needed.

And, because of the free-form, crystalline process, it also allows you up to a 10-1 ratio of use over conventional Amino Acids and proteins. Free-form, crystalline Aminos make themselves directly available to the body's Amino Acid (protein) "pool" for use in tissue repair. Amino Acid 3000 also features fast "breakdown" time for maximum assimilation and utilization.

AMINO ACID 3000 mg.

100 Tabs (\$ 15.00) NOW \$ 12.95

250 Tabs (\$ 33.75) NOW \$ 27.95

500 Tabs (\$ 64.50) NOW \$ 52.95

1000 Tabs (\$125.00) NOW \$102.00

Free-Form Crystalline Complex

Amino Acid 1000 mg.

Each tablet contains the same powerful Amino Acid profile that's in our Amino 3000 but in a 1000 mg. potency.

AMINO ACID 1000 mg.

100 Tabs (\$ 7.75) NOW \$ 6.50

250 Tabs (\$17.25) NOW \$15.00

500 Tabs (\$32.50) NOW \$28.00

1000 Tabs (\$61.00) NOW \$54.00

The safe, non-toxic way to harness the power of your body's own growth chemistry!

The Growth Enhancers

A Natural Way to Maximum Strength and Faster Muscle Growth Without Steroids or Other Harmful Chemicals!

These natural, safe, and effective nutrients have become the growth catalysts for many powerlifters and strength athlete's nutritional programs.

They take part and also stimulate many functions that make your body's own growth chemistry function better. They optimize many actions such as hormonal levels and increasing Amino Acid uptake.

In other words, they're designed to replace, to a great degree, harmful steroids and other chemicals. As such they become natural alternatives to steroids.

There are Growth Enhancers that keep your own testosterone level at a natural high. This is very important in as much that heavy training and other stresses tend to use up natural testosterone levels at a rapid rate. By bringing your own natural levels to their own normal high you will be able to get stronger and build more lean muscle mass faster.

There are those Growth Enhancer supplements that will work on other natural hormonal levels, thereby additionally enhancing growth and strength.

And in the case of Dibenzozide and especially, Chromo Mass (Chromium Picolinate) we have to report to you that for the first time ever the double blind placebo controlled cross-over study that produced increases in muscle mass and strength, while reducing body fat content with a natural supplement. These tests were successfully completed not on "beginners" but on trained athletes and the progress was phenomenal.

By the way, more and longer tests are currently underway and as more information becomes available we'll get it to you as soon as possible. So although this area of nutrition will probably remain somewhat of a grey area a great deal of progress is being made.

Marathon Nutrition offers a variety of natural growth enhancers to assist in your progress as a powerlifter and strength athlete. Although, any Marathon Growth Enhancer is highly effective on its own, many powerlifters use 1, 2, or more products for a more pronounced effect.

This is very effective because they do not work in the same areas of the body. Each particular growth enhancer has a different action. As in all Marathon Products, you can be assured that you are receiving the highest quality natural ingredients.

By using your choice of Natural Growth Enhancers, you'll have the ability to maintain consistent gains in strength and muscularity. They are natural, safe and effective.

They Work!! We guarantee it!!

Give yourself that leading edge for consistent gains in strength and muscularity.

So please read the following information on natural growth enhancers and if you need help in making your selection give us a call.

Harness the Power of Your Own Growth Chemistry!

Double Potency Smilax Officialis Sublingual Liquid

This Natural Herbal Extract Stimulates the Body's Own Production of Testosterone!



Marathon Nutrition offers the most powerful and potent form of Smilax Officialis available.

Heavy training increases the body's utilization of its own supply of testosterone. Marathon's double potency liquid sublingual form will bring your body's testosterone to optimal levels naturally.

Maintaining optimum levels of natural testosterone is critically essential for your strength training and muscle building.

The active components of Smilax are a group of sterols called smilogenins. These sterols have the unique ability to coax the body into producing greater amounts of such anabolic hormones as testosterone, without upsetting the natural hormonal balance of your body.

Smilax in liquid sublingual form, is designed to optimize natural testosterone levels, especially when taken in our higher double potency form. In achieving this type of recuperation there's no negative side effects, and actually it's a very positive thing, physically and mentally for the athlete.

For best results use 1 to 2 droppers full morning and evening.

SMILAX OFFICINALIS LIQUID

2 Oz. Bottle \$12.95

3 Bottle Pack \$29.95

12-Bottle Pack \$99.95

Marathon[®] NUTRITION

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For Faster Service ORD

For Faster Service ORD

Read the following before buying another Amino Complex

Introducing the Most Potent Amino Acid Complex Ever Created

The revolutionary new thinking about Amino Complexes.

Most powerlifters and strength athletes are wrong selecting Amino Acid supplements for the wrong reasons. Are you?

You probably work out very hard and know that you need Amino Acids to provide the "food" for your muscles to recuperate and grow on. You probably also know that you need Amino Acids to develop the lean muscle mass that gives you the power and strength to handle ever-increasing poundages.

But how do you pick the proper Amino Acid complex if you don't know all the facts about the newest information on what ingredients make up the most optimum Amino Acid Complex?

Just because a product is labeled high potency does not mean it is the most potent. If you are seeking the highest potency because you think it will be the most potent you have been misled. The "3-Way Amino Stack" was developed to remedy this confusion and to bring you the absolute optimum Amino Acid Complex available anywhere today!

Introducing Amino Supreme the Specially Formulated "3-Way Amino Stack"

The most advanced and potent Aminos you can buy

What makes an Amino Acid Complex the most potent is the necessary synergistic combination of the crucial Amino Acids in proper ratios. And we have discovered that the only way to do this correctly is the "3-Way Amino Stack" approach. We can't stress enough how important and what a radical departure from conventional manufacturing formulations the "3-Way Stack" is! Here's how each "portion" works and relates to each other:

The Branch Chain Aminos (Portion #1)

To help your muscles repair and grow you need the full spectrum of the 20 key amino acids. Especially important are the three branch-chain amino acids: Isoleucine, Leucine and Valine. They make up the first portion of the "3-Way Amino Stack." In order for you to get the best results, these three amino acids should make up at least 25% of the overall complex. That's right—25%.

Until now, there was no amino supplement available that gave you these branch chain aminos in this ratio. Consequently you weren't getting the maximum potential from these standard amino complexes. But Marathon's "3-Way Amino Stack" has changed that for good!

The branch-chain amino acids are metabolized within the muscle itself to produce muscle growth. But that's not all! Branch-chain amino acids also manufacture many other amino acids, thereby multiplying their effect many times over.

The 17 "Building Block" Aminos (Portion #2)

The three branch-chain amino acids are very effective on their own but they function even bet-

ter when combined with the 17 other amino acids that constitute the second portion of our "3-Way Amino Stack." We've selected the 17 most efficient amino acids for muscle building and recuperation to make up the overall complex. These critical aminos are the basic "building blocks" that combine with your branch-chain amino acids to create the best possible nitrogen balance necessary to enhance your ability to attain greater muscular growth and recuperation.

L-Aspartates: The Forgotten Amino Acids (Portion #3)

And now, for the third portion we have added L-aspartic acid, combined with magnesium L-aspartate and potassium L-aspartate to our formulation. Recent studies of trained athletes show a distinct advantage in using the magnesium and potassium L-aspartates to help improve energy production in exercising muscles. This will have a tremendous positive effect for any powerlifter who is constantly pushing harder and harder in training.

But that's not all. Magnesium and potassium L-aspartate will also help improve your aerobic competency, which means you will have greater endurance during those grueling power workouts. L-aspartic acid is very important in the urea cycle for proper elimination of waste products that result from protein (amino acid) utilization.

One of the results of not having a sufficient amount of aspartic acid in an amino acid complex would be poor control of the urea cycle which could lead to chronic fatigue, one of the very things you want to overcome with amino acid supplementation.

We have added 10 mg. of Vitamin B-6, the ideal amount, to each tablet. B-6 is essential and insures efficient uptake of all amino acids. Marathon Nutrition is proud to present Amino Supreme, the specially formulated 3-Way Amino Stack of:

- * Branch-chain amino acids,
- * The total 17 amino complex, and
- * L-aspartates.

Compare Ingredients

We must emphasize that this is the most powerful and potent Amino Acid complex there is because of the rich abundance of Branch Chain Amino Acids and the overall balance of the 3-way stack formula.

That's why we absolutely guarantee Amino Supreme contains 600 mg. of the 3-Branch chain amino acids and 1,600 mg. for the 17 other important amino acids, including over 300 mg. of L-aspartates and L-aspartic acid, for a total of 2,200 mg. of the most potent amino amino acid product ever formulated!

These are not inexpensive ingredients, in fact branch-chain amino acids are among the most expensive amino acids available. But the extra power and action that you get from Amino Supreme makes it worth the expense!

How could we make an amino more efficient?



Amino Supreme the most potent Amino Acid Complex ever!

We can't. With the development of Amino Supreme we have taken the latest technology and findings and formulated a breakthrough product brand new in the area of Amino Acid supplements.

No other amino acid product on the market offers this high quality blend, potency, and abundance of amino acids that will bring you outstanding results.

Each Amino Supreme serving contains:

Branch Chain Amino Acids	3000 mg.	6000 mg.
Advanced Amino Complex	7000 mg.	14000 mg.
L-Aspartates	1000 mg.	2000 mg.
Total Aminos	11,000 mg.	22,000 mg.

Phone Today

Free Performance Enhancer!

As our way of saying "thanks" for making Amino Supreme a regular part of your daily routine, we'd like to send you a FREE supply of Iosine. This is the number one Performance Enhancer known to powerlifter's everywhere. You'll be receiving our top-of-the-line "pure form" 1500 mg. Iosine not some sample size made up for this offer!

The more Amino Supreme you order, the more Iosine you receive. FREE! Take a look...

100 Tablets Amino Supreme	\$22.95
30 Caps Iosine 1500 mg. (\$1.95 value) FREE	
250 Tablets Amino Supreme	\$49.95
60 Caps Iosine 1500 mg. (\$19.95 value) FREE	
500 Tablets Amino Supreme	\$94.00
90 Caps Iosine 1500 mg. (\$27.95 value) FREE	

As in all Marathon products you have our personal guarantee. If you're not satisfied call us to arrange a prompt and efficient refund or exchange.

Order today and start using the most potent Amino Complex ever created!

Greater Gains in Strength, Muscularity and Energy

If you're not using Liver by itself or combined with your Amino Complex you're missing out on some powerful results!!!

Highest Quality Argentine Beef Liver 2-Gram Liver

An Excellent Source of De-fatted Glandular Protein in Easy to Take Tablets

The original 2-Gram (30 Grain) liver for building stamina, strength, and energy. One serving (5 tablets) contains 10,000 mg. of pure Argentine Beef Liver. Marathon's 2-Gram Liver has been subjected to repeated laboratory testing and shows a breakdown time between 10 and 30 minutes.

Five Protein-coated easy swallow tablets provide:

Argentine Beef Liver	10,000 mg.
Protein	10 grams
B-12	.250 mcg.
Calories	0
Carbohydrates	.035 grams

All in all, desiccated liver remains one of the cornerstone's of success for powerlifters who know how to use nutrition to its full advantage. Many powerlifters, in fact, are combining five 2000 mg. liver tablets with their Amino Acids for phenomenal results.

Whether you take it in combination with free-form aminos or by itself, desiccated liver should be the "king" of your supplemental nutritional program.

2-GRAM LIVER

250 Caps \$11.95	500 Caps \$21.95	1000 Caps \$39.95
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High Efficiency, High Quality Protein (High P.E.R.*)

* Protein Efficiency Ratio

Move Up to the Best Value in Dietary Protein Supplements Milk and Egg Protein Gland Protein Powder

- Both are excellent sources of protein for gaining muscular bodyweight.
- Both are excellent meal replacements for those who wish to reduce bodyweight.
- Both are good tasting and easy to mix.

- Glandular Protein Powder - 95% protein
 - Milk and Egg Protein Powder - 90% protein
- Gland Protein Powder 1 lb. \$11.75
Milk and Egg Protein Powder 1 lb. \$9.50



Train on Argentine Beef Liver! The Purest and Most Potent Liver Ever Created

- Fortified with extra B-12 for increased utilization of iron, B Vitamins and protein
- Marathon's Enzymatic Liver 4X is a super concentration of liver combined with two powerful digestive enzymes (10 mg. Papain and 10 mg. Betain HCl per capsule) for proper digestion and maximum utilization of this highly concentrated liver product.

ENZYMATIC LIVER EXTRACT 4X

100 Caps \$ 9.95	500 Caps \$38.95
250 Caps \$21.95	1000 Caps \$74.95

Free-Form Complex Branch Chain Amino Complex Key Aminos 1820 mg.

Unique Formula of Branched Chain Amino Acids for Maximum Muscular Growth and Rebuilding!

Branched Chain Amino Acids are essential aminos and are metabolized in the muscle to produce muscle growth and also manufacture non-essential amino acids.

The amount of nutritionally essential amino acids that is required has been studied by the National Academy of Sciences. The molecular balance of Key Aminos is based on their findings.

Suggested use: 6 capsules daily as a dietary supplement or 1 capsule for each 25 lbs. of body weight.

Each 6-capsule serving contains:

Isoleucine	840 mg.
Leucine	1820 mg.
Valine	980 mg.
90 Caps \$15.95	
180 Caps \$28.95	
360 Caps \$53.95	

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Warning:

Not All Dibencozide Will Give You the Same Results! Here's What You Should Know Before You Buy Another Bottle

If you're using just any brand of dibencozide, you're probably not getting your money's worth. Why? Because not all dibencozide is the same.

Worse still, you're probably not achieving the strength and muscle growth you would get from dibencozide in its correct form.

Facts you Should Know
As you know, Dibencozide is a powerful, natural, non-steroidal anabolic agent. It's a natural enzyme of B-12 that increases your ability to synthesize protein and speeds up tissue repair for accelerated post-training recuperation. Used correctly, it can help you make explosive gains in strength and muscularity.

But that's only if you're using dibencozide in its correct form. You may be using an incorrect, less powerful form.

How to Tell the Difference

Between Good and Bad Dibencozide

First of all you have to watch for "unstabilized" Dibencozide. You want Dibencozide in its correct, stabilized-release form so that it passes through your stomach intact and doesn't break down until reaching the upper intestinal tract where optimum assimilation takes place.

Dibencozide that is not stabilized-release, and even some of those incorrectly labeled as stabilized-release, begins breaking down in your stomach, cheating you of optimum results.

The next thing you should know is that exposure to light will harm your dibencozide. It's true. Dibencozide is extremely light sensitive. When exposed to light, it begins to break down. Thus the potency of the product will deteriorate rapidly. Therefore always purchase your Dibencozide in a light shielded container.

Avoid Inefficient Products
You should also know that liquid forms of Dibencozide are the most undesirable because they are not very stable and can rapidly deteriorate in potency. In addition, sublingual forms of Dibencozide, either tablet or liquid, are at least 30% less effective than the stabilized-release capsule form that you swallow. And sublinguals and liquids will cost you more per milligram!

Finally, many people don't know that they could be using an under-potented dibencozide! This could be the result of a number of factors, including intentional dilution of Dibencozide with less expensive B-12 or other ingredients.

The Solution: Dibencozide Supreme

Marathon Nutrition's Dibencozide Supreme (10 mg. capsules) meets the above criteria. Dibencozide Supreme comes in stabilized-release form, which guarantees it will pass through your stomach intact and be absorbed in the upper intestinal tract for optimum use.

And Dibencozide Supreme comes in a light-shielded container that protects each capsule from damaging light and guarantees freshness and potency. That's why we guarantee Dibencozide Supreme as 100% pure. It's the real thing. And we don't add any sugar, starch, artificial flavors or colors, or preservatives.

Call Today and Save

So if you'd like to get real Dibencozide, then try Dibencozide Supreme from Marathon Nutrition. Phone in your order right now. When you call make sure you ask for one of the limited time special offers listed below for Pure Form Dibencozide Supreme, 10 mg., high-potency, Stabilized-Release Capsules.

Dibencozide Supreme 10 mg. capsules are available in two sizes.
50 capsules is only \$24.95. You're saving \$10 (30%) off our regular, low price of \$34.95.
100 capsules is only \$59.95 and we'll give you a bottle of 50 for FREE!

That's a \$95 value for \$59.95. You save \$35. That's \$376 off!
In addition, if you phone in your order right now, we'll send you a free copy of our Special Report Number 35 "How to Use Dibencozide Supreme for Maximum Gains".

Don't waste any time. Call our toll free number today. As always we guarantee all our products. If for any reason you are not 100% satisfied please call us within 30 days to arrange a prompt and efficient refund or exchange - no questions asked, no hard feelings.

UNIVERSITY STUDY REVEALS...

Pure Form Chromo-Mass™

Patented Nutrient Increases Muscular Gains By Using Your Body's Primary Anabolic Hormone

Chromium Picolinate, Patent #4,315,927 Has In Two Recent Double-Blind, Placebo Controlled Crossover Studies Demonstrated A Phenomenal Ability To Multiply the Normal Actions of Insulin, the Body's Primary Anabolic Hormone!

Insulin has been called "the body's primary anabolic hormone." In effect, it represents the body's signal that energy is available to support the biosynthesis of protein. With regard to protein metabolism, insulin exerts important anabolic effects on skeletal muscles and on many other bodily tissues.

Insulin promotes protein build-up in skeletal muscles in at least three ways:
1. It promotes intracellular uptake of free form Amino Acids from the blood (directs Amino Acids from the blood into the muscles).
2. It enhances the rate at which protein is synthesized by accelerating RNA's binding to ribosomes.
3. It decreases the rate of intracellular protein degradation thereby extending protein half-life.



How the Studies Were Done

In one of two recent studies, a group of football players using Chromium Picolinate as part of a weight-training program, gained an average of 569 pounds in lean muscle mass, while total body fat decreased from 15.8% to 12.2%, a 22% loss in body fat all in a 42 day period. The other group was given a placebo and showed virtually no change in the same 42 day period.

In other words, those using Chromium Picolinate exploded past those using nothing at all! You can do the same! These studies were conducted by Dr. Gary Evans, a research scientist at Bemidji State University in Minnesota.

Here's How It Works

Unlike anabolic steroids, which can be extremely dangerous, Chromium Picolinate functions in a wholly natural and completely safe manner. Since 9 out of 10 Americans are deficient in chromium, it is likely that the vast majority can experience improved muscle growth simply by consuming optimal amounts of Chromium Picolinate.

Chromium, combined with picolinic acid (picolinic acid is essential for proper use of chromium in your body) makes absolutely sure you get maximum advantage of the proteins and amino acids in your diet.

Scientific studies have established the Chromium Picolinate is effective in promoting muscular growth and is hence useful in the strength gains you wish to obtain.

Introducing Pure Form Chromo-Mass

Now you can take advantage of the power of pure form Chromium Picolinate. In Marathon Nutrition's just introduced Pure Form Chromo-Mass, consisting of 100% pure form Chromium Picolinate - guaranteed. It's available exclusively through Marathon Nutrition and/or its authorized representatives. It's the purest form Chromium Picolinate available (Patent number 4,315,927). Each capsule contains: 200 mg. of Chromium Picolinate.

100 Caps (\$14.95) 250 Caps (\$33.95)

Harness the Power of Your Body's Own Growth Chemistry!

Utilize the Power of the Most Potent Gamma Oryzanol Product Available

Gamma Power Supreme™

Dynamic Combination of 1200 mg. of Gamma Oryzanol and a powerful base of Smlax Officialinals in One Convenient Capsule!

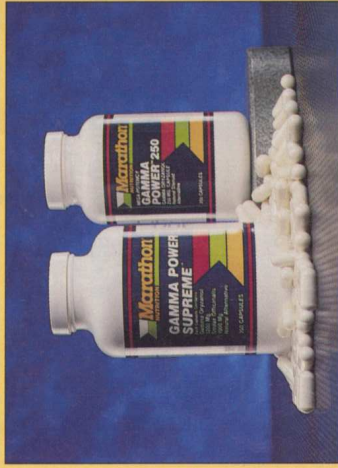
Gamma Oryzanol has shown dramatic and consistent effect in helping lifters develop greater strength and lean muscle mass over the long term. Gamma Oryzanol was the first real break through in the area of growth enhancers and is still highly effective and popular with powerlifters and strength athletes.

Even 20 year lifting veterans, who were skeptical about a natural supplement that was being called "a steroid replacement" are reporting steady gains. Across the board, lifters are reporting feeling a substantial difference within just one week with Gamma Power Supreme. Acting as a metabolic stimulator and catalyst it helps the body develop lean muscle mass and greater strength.

Smlax Officialinal is known for its ability to stabilize and enhance the body's own levels of testosterone naturally and helps in the uptake of Gamma Oryzanol.

Use by itself or with other growth enhancers - 1 to 3 capsules daily with or without meals.

GAMMA POWER SUPREME 1200 mg.
50 Caps \$72.95 100 Caps \$28.95
250 Caps \$67.95



Marathon Nutrition offers the purest and most powerful Gamma Oryzanol products on the market.

Gamma Power™ 250 mg.

The same potent Gamma Oryzanol used in Gamma Power Supreme with a high metabolic activity that helps develop lean muscle mass and increase strength. Used by itself or an economical way to combine Gamma Oryzanol with other growth enhancers.

Each capsule contains 250 mg. of Gamma Oryzanol.
GAMMA POWER 250 mg.
50 Caps \$11.95 250 Caps \$47.95
100 Caps \$21.95 500 Caps \$89.95



Unique Combination of Arginine, Ornithine and Tryptophan GH Releasers™

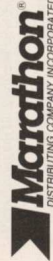
One of the first growth enhancers ever developed, GH Releasers continue to be a high performer and popular best seller! A powerful blending of the Amino Acids, each tablet contains:

500 mg. L-Arginine
250 mg. L-Ornithine
100 mg. L-Tryptophan

to stimulate the natural release of growth hormones from the pituitary gland. Years of use have proven the effectiveness and superiority of this supplement.

Each portion of GH Releasers (5 tablets) will provide you with:
L-Arginine 2,500 mg.
L-Ornithine 1,250 mg.
L-Tryptophan 500 mg.
GH RELEASERS

60 Tabs \$12.95 180 Tabs \$33.95
360 Tabs \$61.95



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Three Steroid Alternatives Combined Natural Growth Enhancers™

Now You Can Easily Combine the Power of the 3 Top Natural Steroid Alternatives in Perfectly Balance Ratios.

Gamma Oryzanol acts as a metabolic activator utilizing your body's own chemistry to develop greater strength and lean muscle mass. Has already shown dramatic and consistent effect in helping lifters develop greater strength and lean muscle mass over the long term. Beta Sistrosterol awakens your endocrine system, signaling it to produce natural growth substances. Also has the added advantage of being a natural lipotropic, by fighting and even reducing the level of "unfriendly" cholesterol in the body.

Smlax Officialinals helps in the uptake and utilization of both nutrients, but also enhances the body's own production of testosterone.

Each capsule contains:

• 500 mg. Gamma Oryzanol (growth and strength factor)
• 500 mg. Beta Sistrosterol (growth and strength factor)
• 1000 mg. (30:1 extract) Smlax Officialinals (brings body's testosterone to optimum levels)

Add these three powerful nutrients to your nutritional regimen and watch the results!

NATURAL GROWTH ENHANCERS

50 Caps \$13.95 100 Caps \$23.95
250 Caps \$51.95

These Nutrients Work As Hard As You Do!

The Performers Enhancers

Immediately Increases Your Ability to Lift More Weight - Train Harder - Recuperate Faster!

Now that's a pretty powerful statement but these nutrients have the natural ability to back it up.

Because of their natural make up, PERFORMANCE ENHANCERS have the power to go to work IMMEDIATELY, this is within 1 to 2 hours after you take them. And let's face it, that's exactly the kind of supplement you need to take prior to training and competition.

Good News For Powerlifters & Strength Athletes

Progress has come rapidly in the area of Performance Enhancers. Gone are the days when you just had to rely on heavy carbohydrate meals or even more recently, simple carbohydrate drinks to give you the proper energy levels for heavy workouts or competition.

Today by employing the latest in nutritional technology, the Performance Enhancers, you can maintain a sensible diet and still have the energy levels and endurance that you need to handle heavier poundages for longer periods of time.

In addition to that, unlike chemical stimulants, Marathon's Performance Enhancers DO NOT leave your energy level supply depleted after heavy training. In fact, they work on the same theory as your car battery. At the same time that you are putting out and using energy, these supplements are continually re-charging and supplying your energy levels. It's this ability, not only to release increased energy levels but also to restore your energy to its proper level which aids in rapid recuperation from the rigors of a hard workout.

But that's not all!

In addition to naturally increasing your ability to handle greater workloads, you will also improve oxygen carrying ability, thereby increasing your endurance to maintain heavier workouts for longer periods of training.

The results will be IMMEDIATE. So read on and I'm sure that before you're finished you too will want to employ one or more of these great nutrients prior to taking your next workout.

When using any of Marathon's Performance Enhancers, as in all Marathon supplements, you can always be assured that we take the greatest care to bring you the finest ingredients in their purest form.

Lift More Weight, Do More Reps and Recuperate Faster Triple Strength Pure Form

Inosine 1500 mg. No. 1 Performance Enhancer



By taking 2 to 3 capsules 1 to 2 hours before workout or competition, Marathon's Pure Form Inosine will help you push more weight more often, and recuperate faster between sets. This is accomplished by Inosine's natural ability to increase ATP (Adenosine Triphosphate) productions at the cellular level. Then ATP is converted to ADP which in turn is converted to ATP which restores proper energy levels to the cell. During this conversion from ATP to ADP, there is a tremendous amount of natural energy released which gives you the ability to handle greater training and competitive poundages. Unlike chemical stimulants that just stimulate higher energy release without consideration to restoring proper energy level, Inosine will recharge your energy levels when ADP is further converted back to ATP recharging the cells. The best way to visualize this is the example of a car battery that, even though the battery is discharging constantly, providing energy, it is continually being re-charged as the car moves along the road, sort of like an endless cycle.

In addition to this increased ability to handle heavier poundages and heavier workloads, you'll have greater endurance during training and competition to handle these tonnage, because of Inosine's natural ability to increase your body's ability to utilize oxygen more efficiently. Let's put it this way... to summarize, by utilizing 3000-4000 mg. of Inosine, 2 to 3 capsules, 1 to 1½ hours prior to workouts or competition you have the capacity for greater work (move more tonnage) and carry on this work for a longer period of time (endurance). But that's not all, when you're consistently training hard, such as peak training, pre-competition, or just feel you need increased recuperation take 1 capsule or 1500 mg. every morning in addition to what you take prior to your workouts. By the way, if you want an infinite amount or a real "kick", combine Inosine with the appropriate amount of Metaphase 1 to 1½ hours prior to working out. They work in different areas of the body and are very compatible.

30 Caps \$11.95
60 Caps \$19.95

90 Caps \$27.95
180 Caps \$49.95

L-Carnitine is a naturally occurring amino acid that is directly responsible for converting fats to usable energy. This means higher energy performances during power workouts. A number of authoritative reports indicates that L-Carnitine may be useful for extending endurance in athletes who are engaged in long term exercise such as powerlifters. This is accomplished by L-Carnitine's role in fat metabolism. It helps transport free fatty acids into the mitochondria of the cells where the fats can then be used as a source of energy. L-Carnitine, then, is useful not only in providing good energy levels throughout your one to two hour workouts, but also has the beneficial health effect of lowering blood triglyceride levels.

Keep in mind that L-Carnitine is not found in a vegetable based diet, but rather only in animal sources. And with today's greater awareness of the need to reduce one's intake of fatty red meats, it becomes all the more important to rely on supplemental sources of pure encapsulated L-Carnitine.

Latest information indicates using 2 to 4 capsules daily to promote higher energy levels, loss of body fat, and unwanted weight.

30 Caps \$14.00
60 Caps \$25.00

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For Faster Service ORDER TOLL FREE 1(800)321-5064

VISA M.C.O.D. In California 1(800)231-4070

Performance & Recuperation Maximum Muscle Recovery and Growth Formula! METAPHASE™

Significant advances in sports nutrition enable you to develop muscle strength and size faster than ever before. The metaphase™ formula is based on these advances, and features rapid absorption for maximum muscle recovery and growth.

Key Ingredients in metaphase™:
Branching Glucose Polymers are special carbohydrates that enter muscle fast for maximum reloading of muscle glycogen (low muscle glycogen can result in injury due to muscle fatigue).



Metaphase™ is so far ahead of any other performance and recovery formula that it's like trying to compare a Model T to a Corvette! It just can't be done!

Succinates:
Clinically proven by U.S. and Soviet sports scientists, succinates will:

- Reduce Lactic acid buildup after training
- Help you tolerate heavy training more easily
- Show a marked stimulation of fatty acid synthesis—succinates will help burn fat

Medium Chain Triglycerides (MCTs)

Are special dietary nutrients derived from coconut oil. MCT's have been used for over thirty years in hospital nutrition. They contain over twice the energy of carbohydrates, and are still absorbed and metabolized as easily as carbohydrates. Your red muscle tissue (back and legs) prefer MCT's and as an energy source during training MCT's have been shown to reduce bodyfat, improve the metabolism of carbohydrates and proteins, and enhance the absorption of essential elements like calcium and potassium. MCT's will give you extra energy during hard workouts and faster recovery (metaphase™ contains high quality MCT's imported from Germany). metaphase™ also contains Peptide Amino Acids.

Pre-Training:
One hour before a workout, one ounce (2 scoops) in your favorite drink. This will load muscle with needed nutrients for maximum performance.
Excellent combination when used with Inosene.

Post-Training:

Sports scientists have shown maximum muscle recovery and growth (67%) occurs during a brief 2-hour period immediately after training, metaphase™ is designed for this important 2-hour period. Mix 1 - 2 ounces (2 - 4 scoops or more) of metaphase™ with a beverage immediately after your workout. Ideally combined with Aminos, Gamma Oryzanol, and other growth factors for maximum recuperation.

NOW AVAILABLE IN CHOCOLATE and PLAIN
2.2 lbs (1 kg.) \$1795

Performance Pack DynaMax™

A Highly Successful, Proven and Unique Formula That Brings Together, the Top Nutrients Used by Powerlifters Today!

Take in the morning or prior to workouts. One packet contains:

- 1500 Mg. Inosine - This is the same triple strength Inosine capsules that help you push more weight, recuperate faster between sets, and improve your body's oxygen carrying ability for greater endurance.
- 250 Mg. Gamma Oryzanol - Acting as a metabolic stimulator and catalyst it helps the body develop lean muscle mass and greater strength. On the biological level, Gamma Oryzanol enhances the body's own chemistry, acting as a metabolic activator - a metabolic activator which, unlike chemicals, can be taken continuously without any deleterious effects.
- 1820 Mg. Branched Chain Amino Acids - Getting an abundant amount of these amino acids in your overall complex, aids in building strength and muscle mass. They are metabolized in the muscle to produce muscle growth, and manufacture many other amino acids.
- 200 Meg. Chromium - By aiding in the production of Insulin, Chromium helps the body regulate blood sugar levels which are directly related to your energy levels. Chromium is also essential in the body's ability to metabolize glucose, which is the body's principal energy source.
- 1000 Meg. Octacosanol - The endurance factor extracted from wheat germ oil, will also, when taken on a regular basis, enhance your ability to push through even the hardest workouts. Used by itself or as the ideal addition to your daily nutritional program, DynaMax will increase your growth, help sustain performance and aid in recuperation.

30-Day Supply \$21.95
60-Day Supply \$39.95



30 DAY SUPPLY OF DYNAMAX PERFORMANCE PACK AND DYNAMIC GROWTH ENHANCER PACK FOR \$46.95.
60 DAY SUPPLY OF EACH FOR \$84.95.

One of the Most Powerful Growth Enhancement Formulas Ever Produced Dynamic Growth Enhancer Pack™

A Unique Nutritional Formula Containing Three Natural Steroid Alternatives, Combined with a High Potency, Free-Form Amino Acid Complex to Enhance Growth and Help Sustain Gains!

Taken in the evening or after workouts. One packet contains:

- 500 mg. Oryzanol (growth and strength factor)
- 4000 mg. 30:1 Smlax Official extract (brings body's testosterone to optimum levels)
- 4500 mg. Free-Form Amino Acid Complex (19 Amino Acids for high nitrogen balance, lean muscle mass and maximum muscular growth)
- 50 mg. B-6 (the key to Amino Acid utilization)

Used by itself or as the ideal companion to the DynaMax Pack, Dynamic Growth Enhancer Pack will increase your daily growth and aid in recuperation. Use one or more packets daily following workouts or after meals.

30 Day Supply \$29.95
60 Day Supply \$49.95



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Don't Forget the Basics!

Vitamin and Mineral Preparations

Vitamins and Minerals are essential Micro-nutrients

In the age of high-tech sports nutrition, many powerlifters and other athletes have overlooked the basic nutrients that are essential to optimum performance.

These Vitamins and Minerals (Micro-nutrients) contribute significantly to every body process, from proper energy levels, to a healthy nervous system, and maintaining a proper metabolism to stabilizing natural hormonal levels.

The rigors of heavy training make Vitamins and Minerals an even more critical addition to your daily nutritional program.

If you depend on a balanced diet to provide you with the necessary nutrients, you are sadly shortchanging your hard-working body. Fast foods, preservatives, pesticides and lengthy warehouse storage, and even cooking and preparation, depletes the vitamins and minerals you think you're getting from your food. The only way to intelligently make up for this deficiency is a comprehensive supplement incorporated into your daily nutritional program.

There's nothing new about Vitamins and Minerals as they've been with us for many, many years. But what Marathon brings you are not just higher potencies of vitamins and minerals but a proper balance of one nutrient to another. This is so important in as much as each nutrient has a synergistic or beneficial effect on the other. Proper nutritional balance is the key.

Whether you choose our very popular Gold Medal Pack, the original Hi-potency formulation designed for powerlifters or the Gold Medal Dynamo Pack, the most comprehensive nutritional program available (we don't suggest this for everyone unless you're really into nutrition) or any of our other super-packs, you can be assured you're taking a properly balanced and complete vitamin and mineral program.

But that's not all. Tailored Nutrition brings you the most unique balance of Vitamins and Minerals in tablet form ever formulated. This product is so well balanced in its nutritional content that results are felt as fast as within a few days.

Whichever formulation you decide on using, you could be sure that it's made under the exacting standards, utilizing the highest quality ingredients employed in Vitamin and Mineral manufacturing today.

As in all Marathon products, we guarantee your happiness or give us a call for a prompt and efficient refund. In the meantime—don't forget the basics—essential Vitamins and Minerals by Marathon Nutrition.

Tailored Nutrition™



ADAPTS TO ALL PHASES OF TRAINING

Most potent vitamin & mineral tablet available.

Marathon NUTRITION

A comprehensive nutrition program for Powerlifters Gold Medal Dynamo Pack™

Not another high potency copy-cat formula, the Dynamo Pack gives you high potency where you need it most, with emphasis on:

- Super Potency Glandular Complex for muscle growth, high energy levels, and better workouts.**
- Extra Vitamin C for tissue repairs.**
- High Panthothenic Acid for better adrenal function.**
- High Zinc for tissue repair and hormone production.**
- High Chromium for increased insulin production.**
- High Selenium anti-oxidant and better Vitamin E utilization.**

DIGESTIVE ENZYMES

Each Packet Contains:
 LIPSO SOLUBLE Vitamin A (pantothenic) 25,000 IU
 Vitamin D (Ergosterol) 600 IU
 Vitamin E (d-alpha) 1,000 IU
C-COMPLEX (Timed Release 6-8 Hours) Natural Ascorbic Acid 1,000 mg
 Lemon Biotin 500 mg
 Natural Biotin 50 mg
 Natural Selected Rose Hips 50 mg
 Rutin (Green Backwash) 50 mg
B-COMPLEX (Timed Release 6-8 Hours) Folic Acid 400 mcg
 Vitamin B1 125 mg
 Vitamin B2 125 mg
 Vitamin B6 125 mg
 Nicotinamide 125 mg
 Panthothenic Acid 125 mg
 Inositol 2,500 mg
 Para Amino Benzoic Acid 125 mg
CHELATED MINERAL COMPOUNDS Magnesium (Amino Acid Chelate) 1,500 mg
 Calcium (Amino Acid Chelate) 1,500 mg
 Zinc (Amino Acid Chelate) 250 mg
 Iodine (Kelp) 225 mg
 Copper (Amino Acid Chelate) 4.5 mg
 From (Amino Acid Chelate) 4.5 mg
 Selenium (Amino Acid Chelate) 24 mg
 Selenium (Yeast 21) 200 mcg
 Manganese (Amino Acid Chelate) 40 mg
 Potassium (Potassium) 100 mg

ENZYMES COMPOUNDS Beta HCl 180 mg
 Glutamic Acid HCl 180 mg
 30 day supply \$28.95
 60 day supply \$53.95

ADAPTIVE ENZYMES (Starch digestion) 45,000 NF Units
 (Protein digestion) 15,000 NF Units
 (Fat digestion) 3,600 NF Units
 Pancreatin 5X 150 mg
 Natural Whole Papaya 150 mg
 Natural Diatomaceous Absorbent Colloid 100 mg
 Benzoic Acid HCl 390 mg
 Para Amino Benzoic Acid 150 mg
B-COMPLEX (Timed Release 6-8 Hours) Folic Acid 400 mcg
 Vitamin B1 125 mg
 Vitamin B2 125 mg
 Vitamin B6 125 mg
 Nicotinamide 125 mg
 Panthothenic Acid 125 mg
 Inositol 2,500 mg
 Para Amino Benzoic Acid 125 mg
CHELATED MINERAL COMPOUNDS Magnesium (Amino Acid Chelate) 1,500 mg
 Calcium (Amino Acid Chelate) 1,500 mg
 Zinc (Amino Acid Chelate) 250 mg
 Iodine (Kelp) 225 mg
 Copper (Amino Acid Chelate) 4.5 mg
 From (Amino Acid Chelate) 4.5 mg
 Selenium (Amino Acid Chelate) 24 mg
 Selenium (Yeast 21) 200 mcg
 Manganese (Amino Acid Chelate) 40 mg
 Potassium (Potassium) 100 mg

ENZYMES COMPOUNDS Beta HCl 180 mg
 Glutamic Acid HCl 180 mg
 30 day supply \$28.95
 60 day supply \$53.95

A Multi-vitamin and Mineral Formula Tailored to Your Activity Level and Specific Training Intensity!

Tailored Nutrition is a nutrient supplement so well balanced between vitamins and minerals, it will adapt to any phase of training. In addition to the overall higher potencies in Tailored Nutrition, emphasized by powerlifters and strength athletes we've zeroed in on, and emphasized and increased the potency on the particular B-Vitamins and minerals necessary to overcome the stresses of training. In other words, Tailored Nutrition contains the ideal profile of Vitamins and Minerals necessary for powerlifters and strength athletes.

Take 2 tablets per day for conditioning, 4 tablets per day for heavy training, or 6 tablets per day for peak training.

60 Tabs \$10.95 240 Tabs \$35.95
 120 Tabs \$19.95 360 Tabs \$49.95

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For Faster Service

Replace the Vital Micro Nutrients You Need With Balanced Nutritional Formulas from Marathon®

Ensure your success with the Marathon® Multipack that's right for you.



The original high-potency formula for powerlifters and strength athletes

Gold Medal Pack™

Each Packet Contains:

LIPSO SOLUBLE Vitamin A (pantothenic) 25,000 IU
 Vitamin D (Ergosterol) 600 IU
 Vitamin E (d-alpha) 1,000 IU
C-COMPLEX (Timed Release) Natural Ascorbic Acid 2,000 mg
 Lemon Biotin 500 mg
 Natural Biotin 50 mg
 Natural Selected Rose Hips 50 mg
 Rutin (Green Backwash) 50 mg
B-COMPLEX (Timed Release) Folic Acid 400 mcg
 Vitamin B1 125 mg
 Vitamin B2 125 mg
 Vitamin B6 125 mg
 Nicotinamide 125 mg
 Panthothenic Acid 125 mg
 Inositol 2,500 mg
 Para Amino Benzoic Acid 125 mg
CHELATED MINERAL COMPOUNDS Magnesium (Amino Acid Chelate) 1,500 mg
 Calcium (Amino Acid Chelate) 1,500 mg
 Zinc (Amino Acid Chelate) 250 mg
 Iodine (Kelp) 225 mg
 Copper (Amino Acid Chelate) 4.5 mg
 From (Amino Acid Chelate) 4.5 mg
 Selenium (Amino Acid Chelate) 24 mg
 Selenium (Yeast 21) 200 mcg
 Manganese (Amino Acid Chelate) 40 mg
 Potassium (Potassium) 100 mg

30 day supply \$18.95

60 day supply \$33.95

For the athlete who requires a medium potency One Pack™

Each Packet Contains:

Vitamin A (Fish Liver Oil) 10,000 IU
 Vitamin D (Fish Liver Oil) 400 IU
 Vitamin E (d-alpha) 200 IU
B-COMPLEX FACTORS Folic Acid 400 mcg
 Vitamin B1 50 mg
 Vitamin B2 50 mg
 Nicotinamide 50 mg
 Panthothenic Acid 50 mg
 Inositol 50 mg
 Para Amino Benzoic Acid 50 mg
DIGESTIVE ENZYMES Amylase Activity 45,000 NF Units
 Protease Activity 15,000 NF Units
 Lipase Activity 3,600 NF Units
MINERAL COMPLEX ORTHO Calcium (Oyster Shell) 1,000 mg
 Magnesium (Oxide) 155 mg
 Iodine (Kelp) 165 mg
 From (Peppermint) 60 mg
 Manganese (Oxide) 2 mg
 Copper (Glucosate) 15 mg
 Potassium (Glucosate) 90 mg
 Potassium (Potassium) 100 mg
DIGESTIVE ENZYMES Amylase Activity 45,000 NF Units
 Protease Activity 15,000 NF Units
 Lipase Activity 3,600 NF Units
VITAMIN C BIOPHARMACOD FACTOR (Fat digestion) 500 mg
 Pancreatin 5X 150 mg
 Natural Whole Papaya 150 mg
 Natural Diatomaceous Absorbent Colloid 100 mg
 Benzoic Acid HCl 390 mg

30 day supply \$10.95

60 day supply \$17.95

Order Today! All Orders Shipped Within 24 Hours!

PRODUCT DESCRIPTION	QTY.	SIZE	PRICE	EXT.
				Shipping \$2.50
				TOTAL

Prices Subject to Change Without Notice

Check, Money Order, MasterCard or Visa must accompany orders. Overseas orders 20% over local air freight rate, whichever is greatest. California residents add 6% sales tax, L.A. County 6 1/2%. Add \$2.50 Shipping and Handling, C.O.D. Accepted.

Check here and we'll send you a complete listing and Order Form for all 140 + Marathon Supplements

California Sales Tax if Applicable Shipping \$2.50 TOTAL

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 Signature _____
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ALL TIME HISTORICAL POWERLIFTING WORLD RECORDS IN POUNDS

(Data compiled predominantly from "Powerlifting USA" magazine, World and American record listings submitted by the American Powerlifting Federation and the United States Powerlifting Federation, various versions of the Guinness Book of World Records, "Ironsport" magazine, and "Champion of Champions" by Larry Pacifico)

Asterisk (*) indicates lifter was below weight division

Men	Squat/x Bwt.	Bench Press/x Bwt.	Deadlift/x Bwt.	Total/x Bwt.
114	535.7 4.67X	325.2 2.84X	523.6 4.57X	1295.2 11.30X
123	540.1 4.38X	369.3 *3.00X	639.3 5.18X	1382.3 11.20X
132	650.4 4.92X	396.8 3.00X	683.4 5.17X	1587.3 12.00X
148	705.5 4.74X	447.5 3.01X	694.5 4.67X	1714.1 11.52X
165	751.8 *4.61X	485.0 *2.94X	744.7 *4.60X	1885.0 *11.56X
181	843.3 4.64X	562.2 *3.13X	791.5 *4.39X	2110.9 11.61X
198	859.8 4.33X	600.8 3.03X	859.8 4.33X	2204.6 *11.42X
220	964.5 *4.49X	617.3 2.80X	865.3 3.93X	2370.0 *11.02X
242	950.0 3.93X	639.3 2.64X	870.8 3.59X	2254.2 *9.67X
275	1030.7 *3.75X	661.4 2.40X	904.0 3.29X	2458.2 *8.93X
SHW	1025.1 3.09X	705.5 2.41X	914.9 2.79X	2430.6 6.40X

Over 1000 Squat: Dave Pasanella, Anthony Clark, Fred Hatfield (US) 3/23/87 (1014.1 @ 258), Matt Dimel (US) 5/3/86 (1010.0 @ SHW), Dave Waddington (US) 6/13/81 (1015.2 @ SHW, which later weighed out at 1003.1), O.D. Wilson (US) 2/16/89 (1003.1 @ 380, which later weighed out at 1002.0), Lee Moran (US) 7/8/84 (1003.1 @ 316, which later weighed out at 1000.4)

Over 650 Bench: Ted Arcidi, Jim Williams (US) 11/72 (675.0 @ 343), Anthony Clark (US) 9/3/88 (663.6 @ SHW), Bill Kazmaier (US) 1/31/81 (661.4 @ 330), Kenneth Lain, Sam Samaniego (US) 4/8/88 (655.9 @ 308), Jeff Maddy (US) 2/27/88 (650.0 @ 353)

3X Bodyweight Bench: Julian Lee, Chris Confessore (US) 7/23/88 (588.75 @ 196) and 7/17/88 (562.2 @ 179.75), Rick Weil (US) 6/29/86 (556.7 @ 181.7), Ed Morishima, Joe Bradley, Doug Ortiz, Tony Succarote (US) 7/22/89 (551.2 @ 181.6)

Over 2400 Deadlift: Gary Heisey, Dan Wohleber, Doyle Kenady (US) 4/6/86 (903.9 @ 305)
Over 2400 Total: Dave Pasanella, O.D. Wilson (US) 2/16/89 (2430.6 @ 380, later credited with 2425.1 due to technicality), John Ware (US) 1/30/89 (2427.0 @ 343), Bill Kazmaier (US) 1/31/81 (2425.1 @ 330), Don Reinhardt (US) 5/3/75 (2420.0 @ SHW, which weighed out at 2391.0), Doug Furnas (US) 6/28/87 (2403.0 @ 275)

Women	Squat/x Bwt.	Bench Press/x Bwt.	Deadlift/x Bwt.	Total/x Bwt.
97	314.2 *3.25X	170.9 1.76X	364.9 3.76X	788.2 8.13X
105	336.2 3.18X	192.9 1.82X	402.3 *3.82X	860.9 8.14X
114	407.9 3.56X	248.0 2.16X	435.4 3.80X	1052.7 9.18X
123	440.9 3.57X	275.6 2.23X	468.5 3.79X	1102.3 8.93X
132	457.5 3.46X	253.5 1.92X	485.0 3.67X	1174.0 8.88X
148	510.0 *3.62X	286.6 1.93X	545.0 *3.87X	1280.0 *9.08X
165	550.5 3.34X	363.8 2.20X	553.4 3.35X	1356.9 8.21X
181	578.7 3.18X	365.0 *2.03X	556.7 3.06X	1427.5 7.85X
198	633.8 *3.32X	384.0 *2.10X	604.1 *3.16X	1564.2 *8.19X
SHW	628.3 2.70X	385.8 1.66X	540.1 2.24X	1422.0 6.11X

Listing compiled by Michael Soong (Route 2 Box 267B, East Palatka, Florida 32031) on the Macintosh computer using Quark XPress 2.00A typesetting software. Please feel free to xerox and distribute this listing.

MEN'S WORLD RECORDS

Lbs.	Record	Kilos.
114	Hideaki Inaba (Japan) 6/15/86	52
123	Hideaki Inaba (Japan) 11/12/87	56
132	Joe Cunningham (US) 5/5/84	60
148	Lamar Gant (US) 7/10/82	67.5
165	Joe Bradley (US) 11/7/80	75
181	Lamar Gant (US) 7/10/82	82.5
198	Joe Bradley (US) 12/16/80	90
220	Lamar Gant (US) 4/8/88	100
242	Jesse Jackson (US) 4/8/88	110
275	Dan Austin (US) 4/8/88	125
SHW	Ausby Alexander (US) 4/2/89	SHW
	John Inzer (US) 8/27/88	
	Gene Bell (US) 4/8/88	
	Ed Coan (US) 7/7/84	
	Ed Coan (US) 1985	
	Ed Coan (US) 1985	
	Ed Coan (US) 11/22/87	
	Ed Coan (US) 6/29/86	
	Bill Nichols (US) 4/18/87	
	John Kuc (US) 11/9/80	
	Dave Pasanella (US) 5/28/89	
	Dan Wohleber (US) 12/12/82	
	Anthony Clark (US) 4/8/88	
	Gary Heisey (US) 7/17/88	

WOMEN'S WORLD RECORDS

Lbs.	Record	Kilos.
97	Lesia Oliver (US) 8/3/85	44
105	Ann Leverett (US) 7/16/88	48
114	Jeanna Pacys (US) 11/25/88 & Doris Simmons (US) 7/22/89	52
123	Mary Jeffrey (US) 4/2/89	56
132	Mary Jeffrey (US) 7/16/88	60
148	Mary Jeffrey (US) 7/16/88	67.5
165	Mary Jeffrey (US) 7/16/88	75
181	Sonja De Waal (South Africa) 1988 & Mariah Ligggett (US) 11/25/88	82.5
198	Mariah Ligggett (US) 1989	90
SHW	Mariah Ligggett (US) 7/16/88	SHW
	Ruthi Shafer (US) 1/84	
	Jan Harrell (US) 12/3/88	
	Terry Byland Rohal (US) 1/29/85	
	Jan Harrell (US) 7/26/86	
	Dawn Reshel (US) 7/88	
	Jan Harrell (US) 3/28/87	
	Dawn Reshel (US) 5/15/88	
	Jan Harrell (US) 1987	
	Lorraine Costanzo (US) 11/22/87	

Listing compiled by Michael Soong (Route 2 Box 267B, East Palatka, Florida 32031) on the Macintosh computer using Quark XPress 2.00A typesetting software. Please feel free to xerox and distribute this listing.

Table with columns: Name, Age, Weight, Record, Location. Lists names like A. Jones, D. Keys, D. Kins, etc.

Table with columns: Name, Age, Weight, Record, Location. Lists names like A. Jones, D. Keys, D. Kins, etc.

Table with columns: Name, Age, Weight, Record, Location. Lists names like A. Jones, D. Keys, D. Kins, etc.

Table with columns: Name, Age, Weight, Record, Location. Lists names like A. Jones, D. Keys, D. Kins, etc.

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FOR THE RECORD

THIS SECTION IS RESERVED FOR POWERLIFTING RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MET, CLUB, SCHOOL, GYM RECORDS...

ADAPTA SINGLE LIFT: 192 M. Michaels, 277.5 lbs. ADAPTA HIGH SCHOOL: 255 S. Augustine, 400 lbs.

ADAPTA MINNESOTA: 300 M. Kato, 114 sq. ADAPTA IOWA: 285 D. Bevenour, 155 lbs.

ADAPTA PENNSYLVANIA: 335 D. Young, 210 lbs. ADAPTA INDIANA: 210 T. Derschka, 200 lbs.

ADAPTA MISSOURI: 285 D. Bevenour, 155 lbs. ADAPTA ILLINOIS: 300 M. Kato, 114 sq.

ADAPTA OHIO: 285 D. Bevenour, 155 lbs. ADAPTA MICHIGAN: 300 M. Kato, 114 sq.

ADAPTA WISCONSIN: 285 D. Bevenour, 155 lbs. ADAPTA NEBRASKA: 300 M. Kato, 114 sq.

ADAPTA KANSAS: 285 D. Bevenour, 155 lbs. ADAPTA OKLAHOMA: 300 M. Kato, 114 sq.

ADAPTA TEXAS: 285 D. Bevenour, 155 lbs. ADAPTA ARIZONA: 300 M. Kato, 114 sq.

All six squats and benches held on to second place. Karen Cannon equalled her best to come third...

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION registration form with fields for name, address, phone, etc.

Carr's Gym Baddest BP in 4 States

May 89 - St. Joseph, MO

123 lb.	195	190	190	190
148 lb.	380	380	380	380
172 lb.	330	330	330	330
210 lb.	230	230	230	230
230 lb.	115	115	115	115
250 lb.	230	230	230	230
275 lb.	330	330	330	330
300 lb.	330	330	330	330
325 lb.	330	330	330	330
350 lb.	330	330	330	330
375 lb.	330	330	330	330
400 lb.	330	330	330	330
425 lb.	330	330	330	330

ADPFA Arizona Teenage

27 May 89 - Glendale, AZ

Under 116 lbs.	150*	105*	165*	420*
116-130	170*	125*	190*	460*
130-144	210*	150*	230*	590*
144-158	235*	175*	260*	670*
158-172	270*	200*	300*	770*
172-186	300*	230*	340*	870*
186-200	330*	260*	380*	970*
200-214	360*	290*	420*	1070*
214-228	390*	320*	460*	1170*
228-242	420*	350*	500*	1270*
242-256	450*	380*	540*	1370*
256-270	480*	410*	580*	1470*
270-284	510*	440*	620*	1570*
284-298	540*	470*	660*	1670*
298-312	570*	500*	700*	1770*
312-326	600*	530*	740*	1870*
326-340	630*	560*	780*	1970*
340-354	660*	590*	820*	2070*
354-368	690*	620*	860*	2170*
368-382	720*	650*	900*	2270*
382-396	750*	680*	940*	2370*
396-410	780*	710*	980*	2470*
410-424	810*	740*	1020*	2570*
424-438	840*	770*	1060*	2670*
438-452	870*	800*	1100*	2770*
452-466	900*	830*	1140*	2870*
466-480	930*	860*	1180*	2970*
480-494	960*	890*	1220*	3070*
494-508	990*	920*	1260*	3170*
508-522	1020*	950*	1300*	3270*
522-536	1050*	980*	1340*	3370*
536-550	1080*	1010*	1380*	3470*
550-564	1110*	1040*	1420*	3570*
564-578	1140*	1070*	1460*	3670*
578-592	1170*	1100*	1500*	3770*
592-606	1200*	1130*	1540*	3870*
606-620	1230*	1160*	1580*	3970*
620-634	1260*	1190*	1620*	4070*
634-648	1290*	1220*	1660*	4170*
648-662	1320*	1250*	1700*	4270*
662-676	1350*	1280*	1740*	4370*
676-690	1380*	1310*	1780*	4470*
690-704	1410*	1340*	1820*	4570*
704-718	1440*	1370*	1860*	4670*
718-732	1470*	1400*	1900*	4770*
732-746	1500*	1430*	1940*	4870*
746-760	1530*	1460*	1980*	4970*
760-774	1560*	1490*	2020*	5070*
774-788	1590*	1520*	2060*	5170*
788-802	1620*	1550*	2100*	5270*
802-816	1650*	1580*	2140*	5370*
816-830	1680*	1610*	2180*	5470*
830-844	1710*	1640*	2220*	5570*
844-858	1740*	1670*	2260*	5670*
858-872	1770*	1700*	2300*	5770*
872-886	1800*	1730*	2340*	5870*
886-900	1830*	1760*	2380*	5970*
900-914	1860*	1790*	2420*	6070*
914-928	1890*	1820*	2460*	6170*
928-942	1920*	1850*	2500*	6270*
942-956	1950*	1880*	2540*	6370*
956-970	1980*	1910*	2580*	6470*
970-984	2010*	1940*	2620*	6570*
984-998	2040*	1970*	2660*	6670*
998-1012	2070*	2000*	2700*	6770*
1012-1026	2100*	2030*	2740*	6870*
1026-1040	2130*	2060*	2780*	6970*
1040-1054	2160*	2090*	2820*	7070*
1054-1068	2190*	2120*	2860*	7170*
1068-1082	2220*	2150*	2900*	7270*
1082-1096	2250*	2180*	2940*	7370*
1096-1110	2280*	2210*	2980*	7470*
1110-1124	2310*	2240*	3020*	7570*
1124-1138	2340*	2270*	3060*	7670*
1138-1152	2370*	2300*	3100*	7770*
1152-1166	2400*	2330*	3140*	7870*
1166-1180	2430*	2360*	3180*	7970*
1180-1194	2460*	2390*	3220*	8070*
1194-1208	2490*	2420*	3260*	8170*
1208-1222	2520*	2450*	3300*	8270*
1222-1236	2550*	2480*	3340*	8370*
1236-1250	2580*	2510*	3380*	8470*
1250-1264	2610*	2540*	3420*	8570*
1264-1278	2640*	2570*	3460*	8670*
1278-1292	2670*	2600*	3500*	8770*
1292-1306	2700*	2630*	3540*	8870*
1306-1320	2730*	2660*	3580*	8970*
1320-1334	2760*	2690*	3620*	9070*
1334-1348	2790*	2720*	3660*	9170*
1348-1362	2820*	2750*	3700*	9270*
1362-1376	2850*	2780*	3740*	9370*
1376-1390	2880*	2810*	3780*	9470*
1390-1404	2910*	2840*	3820*	9570*
1404-1418	2940*	2870*	3860*	9670*
1418-1432	2970*	2900*	3900*	9770*
1432-1446	3000*	2930*	3940*	9870*
1446-1460	3030*	2960*	3980*	9970*
1460-1474	3060*	2990*	4020*	10070*
1474-1488	3090*	3020*	4060*	10170*
1488-1502	3120*	3050*	4100*	10270*
1502-1516	3150*	3080*	4140*	10370*
1516-1530	3180*	3110*	4180*	10470*
1530-1544	3210*	3140*	4220*	10570*
1544-1558	3240*	3170*	4260*	10670*
1558-1572	3270*	3200*	4300*	10770*
1572-1586	3300*	3230*	4340*	10870*
1586-1600	3330*	3260*	4380*	10970*
1600-1614	3360*	3290*	4420*	11070*
1614-1628	3390*	3320*	4460*	11170*
1628-1642	3420*	3350*	4500*	11270*
1642-1656	3450*	3380*	4540*	11370*
1656-1670	3480*	3410*	4580*	11470*
1670-1684	3510*	3440*	4620*	11570*
1684-1698	3540*	3470*	4660*	11670*
1698-1712	3570*	3500*	4700*	11770*
1712-1726	3600*	3530*	4740*	11870*
1726-1740	3630*	3560*	4780*	11970*
1740-1754	3660*	3590*	4820*	12070*
1754-1768	3690*	3620*	4860*	12170*
1768-1782	3720*	3650*	4900*	12270*
1782-1796	3750*	3680*	4940*	12370*
1796-1810	3780*	3710*	4980*	12470*
1810-1824	3810*	3740*	5020*	12570*
1824-1838	3840*	3770*	5060*	12670*
1838-1852	3870*	3800*	5100*	12770*
1852-1866	3900*	3830*	5140*	12870*
1866-1880	3930*	3860*	5180*	12970*
1880-1894	3960*	3890*	5220*	13070*
1894-1908	3990*	3920*	5260*	13170*
1908-1922	4020*	3950*	5300*	13270*
1922-1936	4050*	3980*	5340*	13370*
1936-1950	4080*	4010*	5380*	13470*
1950-1964	4110*	4040*	5420*	13570*
1964-1978	4140*	4070*	5460*	13670*
1978-1992	4170*	4100*	5500*	13770*
1992-2006	4200*	4130*	5540*	13870*
2006-2020	4230*	4160*	5580*	13970*
2020-2034	4260*	4190*	5620*	14070*
2034-2048	4290*	4220*	5660*	14170*
2048-2062	4320*	4250*	5700*	14270*
2062-2076	4350*	4280*	5740*	14370*
2076-2090	4380*	4310*	5780*	14470*
2090-2104	4410*	4340*	5820*	14570*
2104-2118	4440*	4370*	5860*	14670*
2118-2132	4470*	4400*	5900*	14770*
2132-2146	4500*	4430*	5940*	14870*
2146-2160	4530*	4460*	5980*	14970*
2160-2174	4560*	4490*	6020*	15070*
2174-2188	4590*	4520*	6060*	15170*
2188-2202	4620*	4550*	6100*	15270*
2202-2216	4650*	4580*	6140*	15370*
2216-2230	4680*	4610*	6180*	15470*
2230-2244	4710*	4640*	6220*	15570*
2244-2258	4740*	4670*	6260*	15670*
2258-2272	4770*	4700*	6300*	15770*
2272-2286	4800*	4730*	6340*	15870*
2286-2300	4830*	4760*	6380*	15970*
2300-2314	4860*	4790*	6420*	16070*
2314-2328	4890*	4820*	6460*	16170*
2328-2342	4920*	4850*	6500*	16270*
2342-2356	4950*	4880*	6540*	16370*
2356-2370	4980*	4910*	6580*	16470*
2370-2384	5010*	4940*	6620*	16570*
2384-2398	5040*	4970*	6660*	16670*
2398-2412	5070*	5000*	6700*	16770*
2412-2426	5100*	5030*	6740*	16870*
2426-2440	5130*	5060*	6780*	16970*
2440-2454	5160*	5090*	6820*	17070*
2454-2468	5190*	5120*	6860*	17170*
2468-2482	5220*	5150*	6900*	17270*
2482-2496	5250*	5180*	6940*	17370*
2496-2510	5280*	5210*	6980*	17470*
2510-2524	5310*	5240*	7020*	17570*
2524-2538	5340*	5270*	7060*	17670*
2538-2552	5370*	5300*	7100*	17770*
2552-2566	5400*	5330*	7140*	17870*
2566-2580	5430*	5360*	7180*	17970*
2580-2594	5460*	5390*	7220*	18070*
2594-2608	5490*	5420*	7260*	18170*
2608-2622	5520*	5450*	7300*	18270*
2622-2636	5550*	5480*	7340*	18370*
2636-2650	5580*	5510*	7380*	18470*
2650-2664	5610*	5540*	7420*	18570*
2664-2678	5640*	5570*	7460*	18670*
2678-2692	5670*	5600*	7500*	18770*
2692-2706	5700*	5630*	7540*	18870*
2706-2720	5730*	5660*	7580*	18970*
2720-2734	5760*	5690*	7620*	19070*
2734-2748	5790*	5720*	7660*	19170*
2748-2762	5820*	5750*	7700*	19270*
2762-2776	5850*	5780*	7740*	19370*
2776-2790	5880*	5810*	7780*	19470*
2790-2804	5910*	5840*	7820*	19570*
2804-2818	5940*	5870*	7860*	19670*
2818-2832	5970*	5900*	7900*	19770*
2832-2846	6000*	5930*	7940*	19870*
2846-2860	6030*	5960*	7980*	19970*
2860-2874	6060*	5990*	8020*	20070*
2874-2888	6090*	6020*	8060*	20170*
2888-2902	6120*	6050*	8100*	20270*
2902-2916	6150*	6080*	8140*	20370*
2916-2930	6180*	6110*	8180*	20470*
2930-2944	6210*	6140*	8220*	20570*
2944-2958	6240*	6170*	8260*	20670*
2958-2972	6270*	6200*	8300*	20770*
2972-2986	6300*	6230*	8340*	20870*
2986-3000	6330*	6260*	8380*	20970*

Best Lifters: Men 114-165: Bryan White; Men 181-240: Mike Davis; Novice: Bryan Trimm; Women 114-165: Kim Word; Novice: HS: Jim Word; Novice: HS: Janet Graves. (Thanks to Jan Carr for results of this competition)

Teen Women
A. O'Brien
132 lb.
D. Ledbetter
K. Butler (17)
C. Wiggall
C. Johnson
148 lb.
S. Holman (16)
Cunningham (17)
D. Sparsnas (17)
140 and over
J. DeShazo (17)
I. Lerma (16)
M. Beck (16)
C. Culp (17)

SUPER DELUXE INCLINE LEG PRESS
\$75.00
Many find it's an easier way to get press. Back support at right angle.

A.D.F.P.A.
TOP 20 60 kg.
 132 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from July 1988 to June 1989.

Please send a copy of all ADFFA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lifts as up to date as possible. Thanks very much.

Those who appear on the A.D.F.P.A. TOP 20 list are eligible to receive P.I. USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1.	512 Westbrock, K., 8/14/88	325	Butler, C., 2/25/89	525	Morrisbidge, M., 4/2/89	1290	Morrisbidge, M., 4/2/89
2.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
3.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
4.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
5.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
6.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
7.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
8.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
9.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
10.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
11.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
12.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
13.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
14.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
15.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
16.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
17.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
18.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
19.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
20.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1.	512 Westbrock, K., 8/14/88	325	Butler, C., 2/25/89	525	Morrisbidge, M., 4/2/89	1290	Morrisbidge, M., 4/2/89
2.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
3.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
4.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
5.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
6.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
7.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
8.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
9.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
10.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
11.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
12.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
13.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
14.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
15.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
16.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
17.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
18.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
19.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
20.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88

SQUAT		BENCH PRESS		DEADLIFT		TOTAL	
1.	512 Westbrock, K., 8/14/88	325	Butler, C., 2/25/89	525	Morrisbidge, M., 4/2/89	1290	Morrisbidge, M., 4/2/89
2.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
3.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
4.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
5.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
6.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
7.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
8.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
9.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
10.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
11.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
12.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
13.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
14.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
15.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
16.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
17.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
18.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
19.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88
20.	462 Kaulby, D., 4/1/89	303	Froese, D., 4/1/89	520	Conroy, P., 10/1/88	1223	Westbidge, K., 8/14/88



Daye Oliver, Jim Oles, Casey Thompsons, Rick Form Manager: Jodi Spradly, Litter Prep Area Manager: Marie Walker, Warm-Up Manager: James Bird, Leaders: John Leaver, Mike Thompson, and the many other volunteers who made this event a success. We now have three sponsors who distributed all we needed to make banners, trophies, Crystal Water, a water cooler, squereys, banners, U-Pipe Free samples, hand sanitizer, and a lot more. The event was organized by computer, and this one was done audience response was the best no delays. The event was a success and we thank all our sponsors and all who helped for their help and support. (Thanks to Dominick C. Castellano for results)

USPF Texas Firefighter Olympics
 18 Jul 89 - Arlington, TX
 P. Julian 482.5
 J. Myers 580
 G. Baker 712.5
 R. Johnson 442.5
 R. Reddy 567.5
 A. Smith 600
 R. Raymond 785
 R. Hall 600
 D. Watt 547.5
 M. Allen 447.5
 F. Jones 682.5
 P. Ivey 437.5
 R. B. B. 560
 E. Evers 220
 R. Wilson 475
 A. Parsons 557.5
 M. Musson 275
 M. Musson 320
 P. Benedict 260
 USPF 2331-489. (Thanks to Pete Nie for results).

Best Lifter: We would like to thank WESH Florida's Channel 2 for their support. Channel 2 broadcasted the meet on TV. The meet was held in the spotlight once again. Notable lifts are Thompson's 275 at 198 at only 16 years old. Castellano dropped from 198 to 181 and this lift was a personal best for him. (Report by Brett Cummings)

Orlando Deadlift Challenge
 17 Jun 89 - Orlando, FL
 114-148 lb.
 G. Lightsey 410
 B. Hughes 410
 J. Reichert 410
 J. Colon 340
 G. Lightsey 410
 W. Morgan 535
 J. Steppan 500
 B. Strickland 440
 J. Perez 400
 C. Deslavo 310
 Meet Director: Dominick Castellano, Judges: R. Neils 700

WESH Deadlift Classic
 8 Jul 89 - Daytona Beach, FL
 114 lbs. J. Reichert 410
 148 lbs. P. Owens 650
 G. Lightsey 410
 J. Potter 400
 B. Morgan 535
 J. Steppan 500
 B. Strickland 440
 J. Perez 400
 C. Deslavo 310
 Meet Director: Dominick Castellano, Judges: R. Neils 700



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Tennessee Jr. State
17 Jun 89 - Chattanooga, TN

Weight	SQ	BP	DL	Total
114 lb.	170	115	200	490
123 lb.	300	235	385	920
132 lb.	300	170	350	690
141 lb.	300	270	375	1035
150 lb.	390	270	375	1035
160 lb.	370	295	365	1030
170 lb.	460	275	505	1240
180 lb.	460	300	475	1235
190 lb.	550	325	505	1380
200 lb.	550	325	505	1380
210 lb.	550	325	505	1380
220 lb.	550	325	505	1380
230 lb.	550	325	505	1380
240 lb.	550	325	505	1380
250 lb.	550	325	505	1380
260 lb.	550	325	505	1380
270 lb.	550	325	505	1380
280 lb.	550	325	505	1380
290 lb.	550	325	505	1380
300 lb.	550	325	505	1380

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
150 lb.	210	315	470	995
160 lb.	210	315	470	995
170 lb.	210	315	470	995
180 lb.	210	315	470	995
190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
150 lb.	210	315	470	995
160 lb.	210	315	470	995
170 lb.	210	315	470	995
180 lb.	210	315	470	995
190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
150 lb.	210	315	470	995
160 lb.	210	315	470	995
170 lb.	210	315	470	995
180 lb.	210	315	470	995
190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995



Team Champs For Three Years In A Row... at the Tennessee Jr. State meet is the Lexington Gym group (left to right) Jeff Cooch, Eddie Atkins, Lori Atkins, and Bobby DeBerry, all first place winners. Photo courtesy Eddie Atkins.

165 lb. G. Underwood 550 330 500 1380
W. Anders 440 295 420 1155
R. Ritter 400 250 440 1090
198 lb. D. Cottrell 500 355 560 1415
D. Cottrell 500 355 560 1415
L. Lambert 475 300 500 1275
D. Storts 270 215 500 985
R. Kullns 575 385 540 1500
B. Tucker 605 320 555 1480
C. Deban 520 365 570 1455
242 lb. M. Waugh 570 330 600 1500
B. Schaefer 560 360 580 1500
275 lb. M. Waugh 570 330 600 1500
W. Stewart 700 440 620 1760
SHW 600 425 635 1790
N. Brenon 475 320 445 1240
D. Broderick 475 320 445 1240
* ADPPA Meet ever held in the state of West Virginia therefore, the top lift in each category records. Several lifters made national qualifying totals. The meet ran smoothly, particularly due to the help of World Class Gym members, Ella B. Robinson, Vicky Dunham, Bruce Shaffer, Scott Goehnauer, Bruce Gannell, Shawn Diehl, Phil Creek, Wayne Sherman, Roger and Rhodie Allen, Carol Reese, Kristy Allen, Penny Trail, Bob Smith, John Dillender, Gloria Moore, Bill Anders, Frock, Tara Silver, and Jim Smith. Also, Tom Giordani, Ray Marshall, James Goodhough, Scott Ward, and Gary Knepper. (Thanks to George Richards for results)

245 430 675 785
L. Rancine 260 450 710
1st Place Team Open: Scottsbuff YVCA High School: Scottsbuff High lifters. Outstanding: Don Johnson, Heavyweight: Mike Lighter, Doug Horton; Heavyweight: Mike Lighter. 42 lifters from Nebraska, Colorado, and Louisiana tested their strength in the two lift in their first ever meet. I would like to thank the judges: Randy Jensen, Jeff Keller, Penny Kathy Bellingham and Cheryl Ferguson (kept everything straight at the scores table). (Thanks to Dean Behm for results)

Oklahoma Bench Press
29 Apr 89 - Norman, OK

Weight	SQ	BP	DL	Total
114 lb.	75	123	175	373
123 lb.	190	280	385	755
132 lb.	190	280	385	755
141 lb.	300	181	310	691
150 lb.	300	181	310	691
160 lb.	300	181	310	691
170 lb.	300	181	310	691
180 lb.	300	181	310	691
190 lb.	300	181	310	691
200 lb.	300	181	310	691
210 lb.	300	181	310	691
220 lb.	300	181	310	691
230 lb.	300	181	310	691
240 lb.	300	181	310	691
250 lb.	300	181	310	691
260 lb.	300	181	310	691
270 lb.	300	181	310	691
280 lb.	300	181	310	691
290 lb.	300	181	310	691
300 lb.	300	181	310	691

2nd Annual ADPPA Kachina Open Bench Press/Dead Lift
10 Jun 89 - Tempe, Arizona

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
150 lb.	210	315	470	995
160 lb.	210	315	470	995
170 lb.	210	315	470	995
180 lb.	210	315	470	995
190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995

Quincy YMCA Bench Press/PL
30 Apr 89 - Quincy, IL

Weight	SQ	BP	DL	Total
114 lb.	75	123	175	373
123 lb.	190	280	385	755
132 lb.	190	280	385	755
141 lb.	300	181	310	691
150 lb.	300	181	310	691
160 lb.	300	181	310	691
170 lb.	300	181	310	691
180 lb.	300	181	310	691
190 lb.	300	181	310	691
200 lb.	300	181	310	691
210 lb.	300	181	310	691
220 lb.	300	181	310	691
230 lb.	300	181	310	691
240 lb.	300	181	310	691
250 lb.	300	181	310	691
260 lb.	300	181	310	691
270 lb.	300	181	310	691
280 lb.	300	181	310	691
290 lb.	300	181	310	691
300 lb.	300	181	310	691

One KILOGRAM equals 2.2046 POUNDS
For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilos to 253 pounds.



Muscle Beach Bench Press
8 Jul 89 - Ortleif Beach, NJ

Weight	SQ	BP	DL	Total
114 lb.	75	123	175	373
123 lb.	190	280	385	755
132 lb.	190	280	385	755
141 lb.	300	181	310	691
150 lb.	300	181	310	691
160 lb.	300	181	310	691
170 lb.	300	181	310	691
180 lb.	300	181	310	691
190 lb.	300	181	310	691
200 lb.	300	181	310	691
210 lb.	300	181	310	691
220 lb.	300	181	310	691
230 lb.	300	181	310	691
240 lb.	300	181	310	691
250 lb.	300	181	310	691
260 lb.	300	181	310	691
270 lb.	300	181	310	691
280 lb.	300	181	310	691
290 lb.	300	181	310	691
300 lb.	300	181	310	691

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
150 lb.	210	315	470	995
160 lb.	210	315	470	995
170 lb.	210	315	470	995
180 lb.	210	315	470	995
190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
141 lb.	210	315	470	995
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190 lb.	210	315	470	995
200 lb.	210	315	470	995
210 lb.	210	315	470	995
220 lb.	210	315	470	995
230 lb.	210	315	470	995
240 lb.	210	315	470	995
250 lb.	210	315	470	995
260 lb.	210	315	470	995
270 lb.	210	315	470	995
280 lb.	210	315	470	995
290 lb.	210	315	470	995
300 lb.	210	315	470	995

Washington High School Meet
20 May 89 - Toppenish, WA

Weight	SQ	BP	DL	Total
114 lb.	75	123	175	373
123 lb.	190	280	385	755
132 lb.	190	280	385	755
141 lb.	300	181	310	691
150 lb.	300	181	310	691
160 lb.	300	181	310	691
170 lb.	300	181	310	691
180 lb.	300	181	310	691
190 lb.	300	181	310	691
200 lb.	300	181	310	691
210 lb.	300	181	310	691
220 lb.	300	181	310	691
230 lb.	300	181	310	691
240 lb.	300	181	310	691
250 lb.	300	181	310	691
260 lb.	300	181	310	691
270 lb.	300	181	310	691
280 lb.	300	181	310	691
290 lb.	300	181	310	691
300 lb.	300	181	310	691

ADPPA West Virginia Championship
20 May 89 - Berkeley Springs, WV

Weight	SQ	BP	DL	Total
123 lb.	150	270	410	830
132 lb.	210	315	470	995
14				

Summer Special Olympic Games 17 Jun 89 - Boston, MA

Table with columns: Name, SQ, BP, DL, Total. Lists athletes like R. Tillson, G. DeGracia, T. Brown, K. Shedd, J. Turner, E. Douglas, J. Sawyer.

Massachusetts Special Olympics Summer Games... Although there was a small litter turnout, we saw some incredible lifts this year and many new records set. Once again, a crowd pleaser was unstoppable. Every year, he is getting bigger and stronger, with no real competition in his class.

DeGracia pulled an unbelievable 325 lb. deadlift... walk. This year, he took both classes with a gold! The real excitement was with the middle weights, and neck. These two men showed real improvement. Their size and strength showed the work they must have put in over the last year.

Special Olympians at the Massachusetts Special Olympics include (left to right) Peter Ellison, Russell Tillson, and George DeGracia. (Roma photo)



USPF New Mexico Natural 27 May 89 - Las Cruces, NM. Table with columns: Name, SQ, BP, DL, Total. Lists athletes like G. Smith, A. Lucero, T. Montano, D. Smith.

USPF Duncan Open 10 Jun 89 - Duncan, OK (kg). Table with columns: Name, SQ, BP, DL, Total. Lists athletes like J. Caldwell, D. Brown, M. Berry, C. Shells.

USPF Concord Open & Novice 16 Jul 89 - Concord, NH. Table with columns: Name, SQ, BP, DL, Total. Lists athletes like M. Bandy, R. Brown, J. Kachios, N. Lynch.

Paradise Beach 24 Jun 89 - Paradise Beach, CA (kilos). Table with columns: Name, SQ, BP, DL, Total. Lists athletes like S. Moore, J. Tian, F. Couch, M. Ferree.

United States 15 Jul 89 - E. Lansing, MI. Table with columns: Name, SQ, BP, DL, Total. Lists athletes like M. Brown, M. Young, R. Gavran, K. Gregg.

USPF Michigan Teenage and Senior State Championships 22 Jul 89 - E. Lansing, MI. Table with columns: Name, SQ, BP, DL, Total. Lists athletes like A. Goss-14, J. Williams, C. System.

California 25 Jul 89 - Rialto, CA (kg). Table with columns: Name, SQ, BP, DL, Total. Lists athletes like J. Nicol, J. Barco, J. Mullaney.

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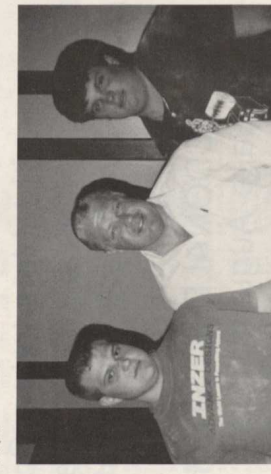
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148 lbs.	D. Spatek	247.5	145	242.5	635
145 lbs.	D. Burns	205	140	285	630
140 lbs.	M. Postoly-UK	172.5	95	180*	447.5*
135 lbs.	C.E. Miller	187.5	117.5	235	550
130 lbs.	B. Bickerman	185	97.5	187.5	470
125 lbs.	E. Large	135	112.5	150	397.5
120 lbs.	T. Brenney	127.5	71.5	155	355
115 lbs.	B. Bickerman	167.5	120	220	507.5
110 lbs.	D. Kaczmarek	240	157.5	260	677.5
105 lbs.	M. Schick	250	127.5	227.5	605
100 lbs.	M. Schick	215	112.5	202.5	527.5
95 lbs.	M. McCoy	185	125	192.5	502.5
90 lbs.	T. Marcum	235	145	222.5	602.5
85 lbs.	K. Kitzman	205	137.5	207.5	550
80 lbs.	R. Ericsson	170	125	170	465
75 lbs.	J. Orick	260.5	192.5	250	710
70 lbs.	R. Axner	255	155	260	670
65 lbs.	T. Sparks	217.5	142.5	227.5	587.5
60 lbs.	A. Cobb	247.5	160	245	652.5
55 lbs.	S. Taylor	240	160	245	645



The RAY TRAIN...Rocky Ray, Rommie Ray Sr. and Rommie Ray Jr. all set new records at the APF National Masters and Teenage Championships.

(article continued from page 17) are accustomed (use thick plates to build up the floor level if necessary). Wiggle on the bench until you find your best back and buttocks position, while gripping the bar. Once you find your position maintain it throughout the lift, until the bar is racked. The simple fact is that if you are not well "grounded" while lifting, you will lose balance and lose leverage in the attempt to find your "grounding". At worst you will find yourself abruptly and painfully "grounded" by the unforgiving demand of gravity.

• Dr. Edward Smith based this article on his recent book NOT JUST PUMPING IRON: On the Psychology of Lifting Weights (Charles C. Thomas, Publisher, 2600 South First Street, Springfield, IL 62794)

APF National Masters & Teenage

15 Jul 89 - Cleveland, OH (kg)

148 lbs.	50-54	162.5	100	182.5	442.5
145 lbs.	50-54	147.5*	92.5*	137.5	337.5
140 lbs.	50-54	162.5	110	157.5	430
135 lbs.	50-54	175	107.5	202.5	485
130 lbs.	50-54	175	95	187.5	457.5
125 lbs.	50-54	182.5	110	200	492.5
120 lbs.	50-54	282.5	142.5	275	700
115 lbs.	50-54	250	102.5	227.5	680
110 lbs.	50-54	195	120	227.5	542.5
105 lbs.	50-54	112.5	97.5	125	335
100 lbs.	50-54	135	112.5	150	397.5
95 lbs.	50-54	127.5	71.5	155	355
90 lbs.	50-54	167.5	120	220	507.5
85 lbs.	50-54	240	157.5	260	677.5
80 lbs.	50-54	250	127.5	227.5	605
75 lbs.	50-54	215	112.5	202.5	527.5
70 lbs.	50-54	185	125	192.5	502.5
65 lbs.	50-54	235	145	222.5	602.5
60 lbs.	50-54	205	137.5	207.5	550
55 lbs.	50-54	170	125	170	465
50 lbs.	50-54	260.5	192.5	250	710
45 lbs.	50-54	255	155	260	670
40 lbs.	50-54	217.5	142.5	227.5	587.5
35 lbs.	50-54	247.5	160	245	652.5
30 lbs.	50-54	240	160	245	645

148 lbs.	55-59	282.5	142.5	275	700
145 lbs.	55-59	250	102.5	227.5	680
140 lbs.	55-59	195	120	227.5	542.5
135 lbs.	55-59	112.5	97.5	125	335
130 lbs.	55-59	135	112.5	150	397.5
125 lbs.	55-59	127.5	71.5	155	355
120 lbs.	55-59	167.5	120	220	507.5
115 lbs.	55-59	240	157.5	260	677.5
110 lbs.	55-59	250	127.5	227.5	605
105 lbs.	55-59	215	112.5	202.5	527.5
100 lbs.	55-59	185	125	192.5	502.5
95 lbs.	55-59	235	145	222.5	602.5
90 lbs.	55-59	205	137.5	207.5	550
85 lbs.	55-59	170	125	170	465
80 lbs.	55-59	260.5	192.5	250	710
75 lbs.	55-59	255	155	260	670
70 lbs.	55-59	217.5	142.5	227.5	587.5
65 lbs.	55-59	247.5	160	245	652.5
60 lbs.	55-59	240	160	245	645

148 lbs.	60-64	347.5*	192.5	302.5	842.5
145 lbs.	60-64	275	187.5	260	722.5
140 lbs.	60-64	262.5	187.5	260	700
135 lbs.	60-64	262.5	227.5*	265	760
130 lbs.	60-64	322.5	190	290	802.5
125 lbs.	60-64	320	175	300	800
120 lbs.	60-64	302.5	190	282.5	770
115 lbs.	60-64	262.5	195	272.5	742.5
110 lbs.	60-64	290	195	262.5	742.5
105 lbs.	60-64	262.5	165	237.5	670
100 lbs.	60-64	122.5	65	125	317.5
95 lbs.	60-64	172.5*	80*	175*	427.5*
90 lbs.	60-64	125	—	—	—
85 lbs.	60-64	125	117.5*	157.5*	400
80 lbs.	60-64	120	95	162.5	377.5
75 lbs.	60-64	150	105	182.5	437.5
70 lbs.	60-64	122.5	70	137.5	330
65 lbs.	60-64	147.5	82.5	170	400

135 lbs.	70	130	325
130 lbs.	70	120	325
125 lbs.	70	110	325
120 lbs.	70	100	325
115 lbs.	70	90	325
110 lbs.	70	80	325
105 lbs.	70	70	325
100 lbs.	70	60	325
95 lbs.	70	50	325
90 lbs.	70	40	325
85 lbs.	70	30	325
80 lbs.	70	20	325
75 lbs.	70	10	325
70 lbs.	70	0	325

Corrections...at the APF Juniors, Scott Henriksen should have been credited with a 551 bench at 220, an All Time Top 20 lift, and John Hoffmann should have been listed with a 907.5 kilo total in the 220s; at the USPF Juniors, Joe Pyra should have been credited with a 610 deadlift on the TOP 100 181 lb. class list. Ken Fujioka was mistakenly credited with a 385 bench in the TOP 100 148 lb. class list ("I have not taken the Jamie Asaphan signature series vitamins, but I have discovered a very easy way to increase one's bench by over 130 lbs. in less than one year, simply use one of your squats! I might add that I am somewhat embarrassed that there were 11 individuals that actually bench more than I squatted"). A caption was missing from the report of the USPF National Masters Meet in the July issue of *PI USA*. The lady lifter in the upper left is Evangelina Kizer. Edward Morgan should have been credited with a 672 deadlift at the ADFFA Missouri State/Ozark Open, a TOP 20 ADFFA lift in the 202s. Paul Cooper should have been listed in the results of the OSAN Bench Press meet in the July edition of *PI USA*, as 2nd place in the 200 lb. class in the ALL-TIME TOP 20 list. Dave Waddington should have been credited with a 2221 total at 275 and Matt Grandenango should have been listed with a 625 bench in the 195 class. Matt was not listed on the original TOP 100 list that covered the time period of his lift, and suffered a crippling injury shortly after, that stopped him from setting some Masters records, just short of his 40th birthday. Since heavy training has been forbidden by his doctors and Mother nature, Matt (seen below) has tried his hand in his bodybuilding, where he won in his first effort, a Pittsburgh contest.

Muscle Beach Deadlift Contest
1 July 89 - Venice, CA (kg)

282.5	190	277.5	742.5
267.5	187.5	272.5	727.5
262.5	185	270	720
257.5	182.5	267.5	715
252.5	180	265	710
247.5	177.5	262.5	705
242.5	175	260	700
237.5	172.5	257.5	695
232.5	170	255	690
227.5	167.5	252.5	685
222.5	165	250	680
217.5	162.5	247.5	675
212.5	160	245	670
207.5	157.5	242.5	665
202.5	155	240	660
197.5	152.5	237.5	655
192.5	150	235	650
187.5	147.5	232.5	645
182.5	145	230	640
177.5	142.5	227.5	635
172.5	140	225	630
167.5	137.5	222.5	625
162.5	135	220	620
157.5	132.5	217.5	615
152.5	130	215	610
147.5	127.5	212.5	605
142.5	125	210	600
137.5	122.5	207.5	595
132.5	120	205	590
127.5	117.5	202.5	585
122.5	115	200	580
117.5	112.5	197.5	575
112.5	110	195	570
107.5	107.5	192.5	565
102.5	105	190	560
97.5	102.5	187.5	555
92.5	100	185	550
87.5	97.5	182.5	545
82.5	95	180	540
77.5	92.5	177.5	535
72.5	90	175	530
67.5	87.5	172.5	525
62.5	85	170	520
57.5	82.5	167.5	515
52.5	80	165	510
47.5	77.5	162.5	505
42.5	75	160	500
37.5	72.5	157.5	495
32.5	70	155	490
27.5	67.5	152.5	485
22.5	65	150	480
17.5	62.5	147.5	475
12.5	60	145	470
7.5	57.5	142.5	465
2.5	55	140	460

Canadian Championships
17 Jun 89 Kitchener, Ontario (kg)

135 lbs.	SQ	BP	DL	Total
130 lbs.	185	120	190	495
125 lbs.	220	132.5	260*	620*
120 lbs.	220	137.5	250	607.5
115 lbs.	210	125	235	570
110 lbs.	205	120	230	555
105 lbs.	200	115	220	535
100 lbs.	200	127.5	215	542.5
95 lbs.	195	120	210	525
90 lbs.	185	110	205	500
85 lbs.	185	140	250	575
80 lbs.	185	140	250	575
75 lbs.	185	140	250	575
70 lbs.	185	140	250	575
65 lbs.	185	140	250	575
60 lbs.	185	140	250	575
55 lbs.	185	140	250	575
50 lbs.	185	140	250	575
45 lbs.	185	140	250	575
40 lbs.	185	140	250	575
35 lbs.	185	140	250	575
30 lbs.	185	140	250	575
25 lbs.	185	140	250	575
20 lbs.	185	140	250	575
15 lbs.	185	140	250	575
10 lbs.	185	140	250	575
5 lbs.	185	140	250	575

Powerlifting USA BACK ISSUES
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Jun 1982...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Squatters, Jul 88...Tom Magee Profile, APF JRs, ADFFA Women's, Lyle Schwartz Profile, the Greatest Squatters, USPF Masters, TOP 100 165s, ADFFA TOP SHWs Aug 88...Bill Kazmaier Update, USPF Juniors, Women's IPF Worlds, Greatest Deadlifters, Dawn Reshel and Myrtle Augue Profiles, Sport in 2001, Squatting Primer by Fred Hatfield, TOP 100 181s, ADFFA TOP 20 114s, Nov 88...World Record Breakers Meet, Deadlift Deadlift in Texas, Best Woman Squatter, Bench by Confessor, Magic Leg Machine, Bob Wagner Interview, Dave Pansanella Workout, TOP 100 242s, ADFFA TOP 20 148s, Mar 89...Powerlifting of the Future, Soft Tissue Therapy, World Bench Championships, Bench Press Assistance, TOP 100 123s, Women's S TOP 20, Apr 89...O.D. Wilson's 2430 total at the Armed Forces Championships, Jan Farrell Interview, MK 10 Challenge, Natural Nationals, Fame and Trophies for All, Carol Waters Interview, TOP 100 132s, ADFFA TOP 20 242s, May 89...ADFFA Lifetime Drug Free, Ray Benemerito Interview, Post Meet Blues, Kenneth Lam Bench Workout, Making Weight, Milo Steinborn Tribute, 'Darwin Deadlift', Dennis & Sandi Ray, TOP 100 148s, ADFFA TOP 275s, Jun 89...Hawaii Record Breakers, Ken Lam Bench Workout, Muscle Composition, Deadlift Powerlifting, '1 DISAGREE' by Louie Simmons, Paragraphs of History, ADFFA & USPF Collegiates, TOP 100 165s, ADFFA TOP SHWs, Jul 89...USPF Masters, ADFFA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20, Aug 89...WDPFF Worlds, APF and USPF Jr., Nationals, John Ware Bench Workout, Gary Origo, Sly Anderson, Joe Braca, Dr. Darryl Johnson, 'Sole' of the Matter, World Recovery, TOP 100 196s, ADFFA TOP 123s, MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.



day, the brothers both added their names to the record books on Sunday. Rocky, a 17-year-old 198 lb., turned in one of the day's most impressive lifts, a 242.5 kg (535 lb.) deadlift on four consecutive bench attempts, with lifts of 147, 157, 160, and 162.5. Rommie Jr., a 19-year-old 242 lb., set a squat record with a 287.5 kg (635 lb.) lift on his fourth attempt, with lifts of 147, 157, 160, and 162.5. Another super performance was turned in by V. Wilson, a 17-year-old 125 lb. lifter, who set a new record bench with 107.5 on his opening attempt, and he got that to 115 on his second attempt. He set his third successive World Record with 117.5 on his fourth attempt, with lifts of 57.5, 62.5, 67.5, and 72.5. In the 114 lb. class Mark Hartman, 16, of Dunbar, OH, etched records of 172.5 in the bench, 185 in the squat, and 212.5 in the deadlift on his way to a World Record 427.5 total. He was named outstanding lifter in the 16-17 group. Matt Postly, 15, of Warren, OH, set an age-group deadlift and also set an age-group World Record of 187.5 on a fourth attempt squat after missing that weight on his second and third attempts in the 14-15 age group. Outstanding lifter in the 18-19 group was David Barro of Rice's Landing, PA. Competing in the 275 lb. class, David set a World Record of 232.5 on his opening attempt, a squat and a 295 deadlift for a big 702.5 total. Lifting in the 220 lb. class, Frank Savarese, 19, of Brookline, NY put on a fine display of deadlifting, getting an age-group World Record 280 on his opening attempt, with lifts of 147, 157, 160, and 162.5 on his way to his final lift of the day. Also adding a World Record was Brian Howland of Erie, PA, who set a new record of 242.5 on his opening attempt, with lifts of 147, 157, 160, and 162.5. In the 14-15 age group, competing in the 14-15 class, set an age-group squat record of 170, a bench record of 100, and a deadlift record of 130, for a total of 400. Record total of 482.5 in the 16-17 class, Sam Heko, 17, of Pineville, WV, set a squat record of 262.5 and a deadlift record of 250 as he, too, helped out in various ways and to cheer on the lifter. Matt Directors (Todd Moore and Pat Leoni) offered their thanks to all who made the weekend event a success, including Pop, Wally of 105 lbs., and the staff of the gym. The event, the Stratton Hotel for lifting "action modeling", announcer Ross Ross, and Dr. Phil Ricciardulli, announcer Ross Ross, and Dr. Phil Ricciardulli, announcer Ross Ross, and Dr. Phil Ricciardulli, announcer Ross Ross, and Dr. Phil Ricciardulli, announcer Ross Ross, and Dr. Phil Ricci

5.6 MAY, ADPPA, Pepsi/Wendy's Eastern US Open, 100 lbs., 100 lbs. (1st place trophy - 4" Best Lifter - 57) to benefit the Special Card Society, Tim W. Jock, 913 Park Ave., Windsor, PA 15963, 814-467-5662 or Joe Valchne 814-259-3528

5.6 MAY, AFP North American Championships (jr. & sr.), High School, women, men, 100 lbs., 100 lbs. (1st place trophy - 4" Best Lifter - 57) to benefit the Special Card Society, Tim W. Jock, 913 Park Ave., Windsor, PA 15963, 814-467-5662 or Joe Valchne 814-259-3528

5.6 MAY, AFP North American Championships (jr. & sr.), High School, women, men, 100 lbs., 100 lbs. (1st place trophy - 4" Best Lifter - 57) to benefit the Special Card Society, Tim W. Jock, 913 Park Ave., Windsor, PA 15963, 814-467-5662 or Joe Valchne 814-259-3528

12 MAY, Green Mountain Open Deadlift Meet, Scott Taylor, RR 1, Box 213C, So. Royanton, VT 05068, 802-763-7135

12 MAY, Doublet Doublet Repetition Deadlift Meet, Scott Taylor, RR 1, Box 213C, So. Royanton, VT 05068, 802-763-7135

12 MAY, Central Iowa Bench Press Meet (open, novice, masters, teenage, women's, beginner, Jeff Baird, 3008 Farnside Dr., Des Moines, IA 50315, 319-281-7175)

12 MAY, USPF, Enforcement and Firearms Bench Press (open, team, masters, Bert Liller, Jeff Baird, 3008 Farnside Dr., Des Moines, IA 50315, 319-281-7175)

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(Hollywood, FL) Rich Peters, Box 1753, Norman, OK 73070

7.8 JUL, ADPPA Teenage Nationals, John Penoff, 2412 Hartford Ave., St. Louis, MO 63114, 314-426-4065

14 JUL, USPF, Open, Novice, Masters, and 1st 50 lifters; 3 or 4 day bar, pace, bench, and bench press, SASE to Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313

14 JUL, ADPPA, Jr. and Ms. Mid America Bodybuilding Championships, SASE to Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313

14 JUL, ADPPA Mid America Summer Bench Press and Deadlift Extracurricular 3 years bench press, deadlift, novice, high school, women, master, collegiate, deadlift, pure deadlift, SASE to Lifetime Fitness, 4041 11th Place, Des Moines, IA 50313

4 AUG, Irving W. McNeil 10th Class II Open, 100 lbs., 100 lbs. (1st place trophy - 4" Best Lifter - 57) to benefit the Special Card Society, Tim W. Jock, 913 Park Ave., Windsor, PA 15963, 814-467-5662 or Joe Valchne 814-259-3528

4.5 AUG, USPF Teenage Nationals (Oklahoma City, OK), Rich Peters, Box 1753, Norman, OK 73070

30 AUG, 12 SEP, ADPPA Men's Nationals, Dennis Brado, B&W Gym, 5920 N. Ridge, Chicago, IL 60640, 312-561-9692

18 AUG, 5th annual Iowa State Fair Bench Press Contest (open, novice, women, masters, teenagers, 300 lbs., team and deadlift optional), Jeff Baird, 3008 Farnside Dr., Des Moines, IA 50315, 515-280-8275

AUG, Lifetime Men's & Women's Drug Free Teenage Championships (open, novice, women, masters, teenage, beginners, YMCA only, team and deadlift optional), Jeff Baird, 3008 Farnside Dr., Des Moines, IA 50315, 515-280-8275

AUG, Texas State Invitational Bench Press Championship (1st place trophies 4", Best Lifter 57), Todd Gym, 245 Fairfax, Brownsville, TX, 78520, 512-544-7558 after 6 PM

16 SEP, Olympic Power & Fitness Bench Press, 100 lbs., 100 lbs. (1st place trophy - 4" Best Lifter - 57) to benefit the Special Card Society, Tim W. Jock, 913 Park Ave., Windsor, PA 15963, 814-467-5662 or Joe Valchne 814-259-3528

16 SEP, Revolver Class II, Below Class I, Master, Women, Texas Special Olympics, Robin Hammett, Revolver Recreation Center, 3505 Maple, Dallas, TX 75219, 214-670-7121

16 SEP, Duct, Ductile Meet, Waco, TX, 76798, 817-876-1111

17 NOV, Central Iowa Open Bench Press, Deadlift Championships (open, novice, women, masters, teenage, beginners, YMCA only, team and deadlift optional), Jeff Baird, 3008 Farnside Dr., Des Moines, IA 50315, 515-280-8275

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The next thing you should know is that exposure to light will harm your Dibencozide. It's true. Dibencozide is extremely light sensitive. When exposed to light, it begins to break down. Thus the potency of the product will deteriorate rapidly. Therefore always purchase your Dibencozide in a light shielded container.

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