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The DAN AUSTIN STORY

BULGARIAN PRINCIPLES

MUSCLE GROWTH

Choosing Your Meets



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.

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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, 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.

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

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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 \$89s** 100 capsules **\$149s** 250 capsules **\$339s**
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'...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success....through their own love for the sport....this is their magazine.'

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POWERLIFTING USA Magazine

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POWER PROFILE

The DAN AUSTIN Story as told to Powerlifting USA Editor, Mike Lambert



DAN AUSTIN, deadlifting in his 'lucky' yellow-gold lifting suit at the 1984 Worlds.

In a sport where the radical, the controversial, the awesome lift and/or lifter often captures the stage of public attention, Dan Austin's lifting career has burned like a propane torch—quietly, with a faint, blue flame, but hot enough to cut metal just the same. Without fanfare, this gentleman athlete has, step by step, made himself into one of the very best performers of recent time, and he's done it drug free, with no tricks or artifice.

Dan began lifting weights simply for general health, and subsequently he intensified his efforts to help his football performance at Newberry College in South Carolina. There were no competitive lifters or bodybuilders at the school then, and Dan was training on instinct. When he was a junior, he was encouraged to enter the South Carolina State Meet. He asked which lifts were to be contested, and began to train them. He was able to win the 148 lb. title with a state record 1205 total and 475 deadlift. At the contest, he was offered knee wraps, etc., but refused them, not knowing what they were for. People told him he was already closer to a master total. He had no idea what they were talking about. He said that state record deadlift—weighting a thin, yellow-gold lifting singlet, which became his trademark outfit for many record pulls later in his career.

From this excellent start, Dan has done something unprecedented in the sport. He has added over 500 pounds to his 1st meet total, without adding any bodyweight! He never gets heavier than 153-154 in training and is quite conscious about this weight. He would never indulge in gaining weight just to get into a "bird." He does Middle-Atlantic rooming up, and would be effrighted at that weight, and would be satisfied against lifters who normally weigh 175 or better.

Dan credits improved technique as one of the reasons for his world class improvement within the confines of the lightweight division. He watches top lifters, as well as videotapes of his own lifting, to pick up tips on form, etc. Certainly his form in each lift is rigidly consistent, and this makes his attempts look easier than they really are.

Through his bodyweight has not increased over the years, his muscularity has dramatically increased and his normal bodyfat percentage noticeably decreased. He really doesn't have any "secret" explanation for the phenomenal improvement he's made without moving up even a single weight class. He's a 'meat and

As for the future, Dan has much to look forward to. He just turned 31 this past September, and that's prime time for many strength athletes. Reviewing the highlights of his career (at long last), you can note the steady progress he has been making, and the incredible consistency he shows at the highest levels of competition. Dan has several goals in mind. He would certainly like to be the first man in history to deadlift 700 pounds in drug tested competition, and an opportunity to do so will arise at the International Powerlifting Federation World Championships to be held in Sydney, Nova Scotia, Canada this November. Dan will be lifting on Tuesday, November 14th, so check the wire service reports in your local newspaper to see if he first man in history to total over 1700 at 148 in drug tested competition, and feels certain that if he can get all three squats in at a given competition, then the record will fall. Dan is good at getting those squat attempts in, as his career highlight chart shows. A recent exasperating exception was the 1988 World Championships in Perth, where Dan only got one squat in. He considers that meet to be one of the worst of his career, yet he still won by a large margin.

At the Hawaii meet, where Dan did break the 1700 barrier, he did get those 3 squats in and he also experienced a special feeling at that contest, one of relaxation. Dan has always felt that he held back at other big contests, not trying all the weight that he was capable of, perhaps because of the pressure of winning a slot on a world team, or defending his world title. At the Hawaii meet, he was not at all hesitant to go all out. 1700 is not the only goal he has in mind. When you mention the number "1800", Dan admits to having written it down several times. Writing down your goals is one of the very useful words to live by. They dictate that he has actually achieved this goal in the gym, on several occasions as well, so it is something to

look forward to in the years to come, from this great athlete of strength. Of course, Dan will get a chance to break that 700 barrier in the deadlift for the first time in the 148s at the DEADLIEST DEADLIFT IN THE WORLD* competition, put together in Longview, Texas by another deadlifting legend, John Linzer, with assistance from promoter extraordinaire Gus Rehwisch. Dan's special training program, emphasizing the deadlift, ended on September 25th, but the specialization obviously paid off, and Dan feels capable of 700 and possibly much more at the meet. Dan is one of the major players in this new and evolving concept of strength entertainment, joining the likes of Gary Heisey and Steve Coggins, and he will be costumed at the event as "Captain America." John Linzer is striving to achieve a breakthrough in public recognition of Powerlifting as a great spectator event, and Dan is doing his part to make the presentation a success. Look for a full report in the next edition of POWERLIFTING USA.

In the meantime, Dan is bringing up the focus on his training for the World Championships. He normally uses 8 week cycles for his routine program. He starts out in the routine working up to a couple of work sets of 4 reps each, beginning with 80% of his previous max poundage. He increases his work set poundage by 15-20 pounds through the routine, and he splits his routine into 4 weeks of sets of 4-3 reps, and 4 weeks of doubles and singles. He always stretches before lifting, and believes strongly in the power of words to distill and direct one's intensity in the weight room. To quote from a previous article of Dan's in PL USA "... you must make a commitment to yourself that you will: A) have a goal, B) be patient, C) new use the world 'can't', and D) train to win." Those sound like some very useful words to live by. They have certainly served Dan Austin well, on his steady, decisive rise to the highest of Powerlifting heights.

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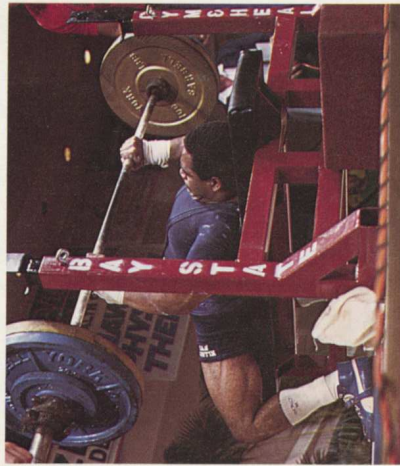
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HIGHLIGHTS OF A CAREER

Yr.	Meet	SQ	BP	DL	T	Place
'82	Seniors	540	347	600	1488	3rd
		1/3	3/3	2/3	6/9	
'83	Juniors	600	358	622	1581	1st
		2/3	2/3	3/3	7/9	
'83	Seniors	556	363	622	1543	3rd
		1/3	2/3	2/2	6/8	
'84	Seniors	606	369	633	1609	1st
		2/3	3/3	3/3	8/9	
'84	ADPPA	589	363	617	1570	1st
		2/3	2/3	2/3	6/9	
'84	Worlds	595	358	639	1592	1st
		3/3	3/3	3/3	8/9	
'85	Seniors	589	358	633	1581	3rd
		2/3	2/3	2/3	6/9	
'86	Seniors	595	352	644	1592	1st
		2/3	2/2	1/3	6/8	
'86	Worlds	573	347	650	1570	1st
		2/3	2/3	3/3	7/9	
'87	Seniors	595	358	666	1620	1st
		2/3	2/3	2/3	7/9	
'87	Worlds	600	319	661	1581	1st
		2/3	2/3	3/4	7/10	
				689*		
'88	Hawaii	650	363	694	1713	1st
		3/3	3/3	2/3	8/9	
'88	Seniors	633	352	666	1653*	1st
		2/3	2/2	1/2	3/7	
'88	Worlds	567	347	666	1581	1st
		1/3	2/2	2/3	5/8	
'89	Seniors	633	352	694*	1681*	1st
		2/3	3/3	3/3	8/9	

Overall successful lift percentages
29.4% 36.4% 34.44 99/131
64.4% 85.7% 77.3%
* IFF WORLD RECORD



Dan benches at the 1988 Hawaii Meet, where he had such great success.

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

of, to impress someone else, and they readily sacrifice form to do so. They lose their caution in the spur of the moment and forget about safety, which is one of the most important factors in a Dan Austin administered weight room.

Dan has already had a very successful career as a strength coach. He started out at the college level as an assistant at the University of South Carolina, and then went on to head the program at Austin Peay State in Clarksville, Tennessee, before moving up the road to the larger program at Tennessee State. He should finish up his Masters Degree in Health, Fitness, and Physical Education Administration, from Austin Peay in December, and he looks forward to advancement in the future as a result of this accomplishment.

Dan, who is presently sponsored by Thorco Sporswear and Performance Plus supplements, is one of the few elite level powerlifters who have successfully obtained and maintained a long term sponsor relationship. Dan feels many times that there are simply no words in the sport to describe the aspects of being sponsored. The only way to realize that is to keep the sponsor interested, the athlete must make an effort to give something back to those who give support. Dan focuses on this bit of common courtesy and continues his long time arrangement with his current sponsors.

Dan has his own set of heroes from the world of sports, beyond the scope of Powerlifting. He has great admiration for football players Gale Sayers and Dick Butkus, stating that no one has ever played 'hailback and linebacker the way those guys did the job. He also has a lot of respect for Muhammad Ali, because he said, in advance, that he was going to do great things, and then went out and backed up the commitment by achieving his dreams. He is also a great fan of the time football great, O.J. Simpson.

Among powerlifters, Dan presents a uniquely athletic appearance. He is not a stereotype with short limbs, awesome girths, disproportionate physical characteristics. Though he is very well developed, muscularly, he could be mistaken for a boxer, a gymnast, or a sprinter. For someone who has been a multiple World Champion in Powerlifting, he looks remarkably 'normal'. It is athletes like this who can bring Powerlifting into the public eye, without offending that eye in the process. With his mild manners and firm physique, he is in the position to show the world that strength is not all about puffing and sweating, being overweight and using drugs.

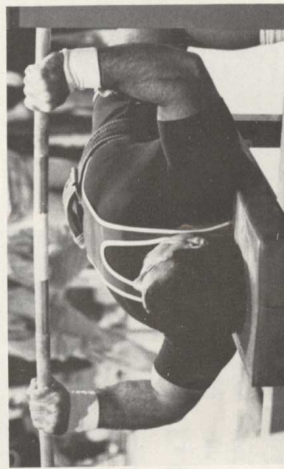
Dan's clientele, but by monitoring each person and defining personal goals for them he strives to maintain the individual strengths of each athlete while working to bring their weakness up a notch or two. Although Dan believes there is correlation between traditional powerlifting training, emphasizing the squat, bench, and deadlift, and the work he does with the kids at TSU, he does not promote purely 'PL' based routines. Dan leads his charges by example, of course, inspiring them both by words and championship deeds.

Dan feels the most common mistake that college level athletes make in weight training is due to the intimidation they feel when coming to the more competitive and sophisticated collegiate environment. They try to lift more than they are capable

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout program, with exact training poundages specified for each set and rep of every exercise. Each month, a different lift is analyzed. For top Powerlifting authority, each month, a different lift is analyzed. For those of different strength levels than the starting poundage specified. 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).

The Drigo Program as told by BARRY HERMAN



GARY DRIGO...benching from a rock solid foundation at the Y Nationals.

strongly in nutrition and supplementation, but again practices the philosophy by staying with the basics like quality amino acids, etc. Gary uses the same diet and exactitude he shows in his training in overseeing the manufacture of his supplements, which you will find advertised elsewhere in this issue. I wholeheartedly recommend the Power Plus line for both quality and price. Gary and I are currently putting together his complete training course and hope to have them out soon. In the meantime, if you want Gary, you'll find him at Gold's Gym of Sunrise, where he works and trains. Owner Ron Bailey has a full line of Plagium III equipment, even a 100 lb. bench. If you call Gary at Gold's (305) 741-5531.

The 10 Week Drigo Program
10 weeks out Monday, Chest - Heavy day, Heavy bench press, work up to top set, Heavy decline, 3 sets 8, 6, 6 reps.
Med weight, slight incline dumbbell press 3 sets 8 reps.
Upper Back - Heavy front, lat pulldown to chest. Follow same groove as your bench on, pull down 3 sets 10 to 12 reps; same grip as on the bench; Heavy front pullup using V-bar palms facing. Stretch lats at top; 3 sets 10-12 reps.
Shoulders - Seated behind the neck military, 5 sets, 1st set is a warmup following 4 sets should use medium to heavy, weight 6 reps.

Before we get into Gary's actual bench press program, let's examine his ideas. Gary believes in listening to his body and never "force leads" heavier weights. He has never had a major injury and has steadily increased his totals every year. I'm not saying Gary doesn't train heavy, as his training weights can be enormous, but I am saying that when he takes them, he's ready. I've never seen Gary miss a lift outside of a meet and even during meets it's not unusual to see Gary go 9 for 9 as he did at the '89 APF Seniors. Gary only enters a couple of meets per year now as he feels his body will be better equipped to achieve higher totals by not putting wear-round heavy stress on it. At this level getting "meat ready" of the most weight out training programs I've ever seen. To understand Gary's progress and phenomenal injury-free pace is to know how he trains.

Ticeps - Close grip benches 3 to 4 sets med to heavy 8,6,6 reps. You can try close grips on an incline bench or decline bench, his triceps in different angle! Pushdowns 3 sets 10 reps, seated pushdown dip machine isolates tricep, no stress on shoulders, 3 sets 10 reps; seated extensions, using dumbbell or on machine 3 sets 10 reps. Gary only does two tricep exercises because the tricep is getting worked enough off the bench. You do not want to overtrain the tricep. Same with shoulders. These two groups are much smaller muscles and are hit a lot from the chest workout.

Biceps - Standing straight bar curls, 3 sets 10 reps; Preacher curls on machine 3 sets 10 reps. Thursday-light day. Same as Monday's workout, but using light weight. Cut out shoulder work, incline dumbbell press and close grip benches. The gym Gary trains at is equipped with many different machines. He uses them because it gives the stabilizer muscles a rest from Monday's workout. Base Thursday's workout on reps of 8 to 10 light. Just pump.

Here is Gary's workout cycle to break the 550 lbs barrier at the Seniors
Week 1: Monday - Bench Press 1x10x135, 1x5x315, 1x5x315, 1x3x405, 2x5x440. Down set 1x10x365. Thursday-light bench 5 sets 10 reps, follow rest of Thursday's workout.
Week 2: Monday - 1x10x135, 1x10x225, 1x5x315, 1x5x315, 1x3x415, 2x5x455. Down set 1x10x375. Thursday-light work out 1x10x365. Monday - 1x10x135, 1x10x225, 1x5x315, 1x5x385, 1x2x440, 1x5x470. Down set 1x10x385. Thursday-light workout 1x10x420, 1x5x315, 1x5x315, 1x3x450, 1x5x485. Down set 1x10x395. Thursday-light workout 1x10x425, 1x5x315, 1x5x315, 1x3x465, 1x5x500. Down set 1x10x405. Thursday-light workout 1x10x425, 1x5x315, 1x5x385, 1x3x440, 1x5x475, 1x5x510. Down set 1x10x410. Thursday-light day out 1x10x410, 1x5x315, 1x5x385, 1x3x440, 1x5x480, 1x5x520. Down set 1x10x420. Cut out shoulder work on Monday; shoulders need rest, also cut out incline dumbbell press. Thursday: light day workout.

Week 9: Monday - 1x10x135, 1x10x225, 1x5x315, 1x5x315, 1x3x415, 2x5x465. Down set 1x10x425. Thursday-light work out 1x10x425, 1x5x315, 1x5x385, 1x3x440, 1x5x495, 1x5x535. Down set 1x10x430. No shoulder work or incline dumbbell press. Thursday: light day workout.
Week 10: Monday 1x10x135, 1x10x225, 1x5x315, 1x5x315, 1x3x415, 2x5x465. Down set 1x10x435. Thursday-light work out 1x10x435, 1x5x315, 1x5x385, 1x3x440, 1x5x480, 1x5x520. Down set 1x10x440. No shoulder work or incline dumbbell press. Thursday: Light day workout.

Meet Day: Lifts at Seniors: 1st attempt: 523, 2nd attempt: 551, 3rd attempt: 562, all successful!

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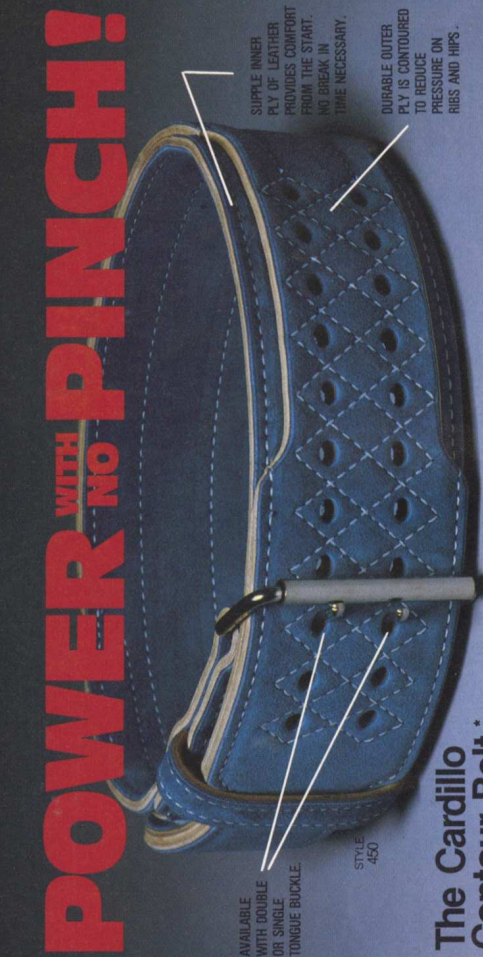
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INTRODUCTION

Bulgaria is a small country located on the Black Sea in the southeastern region of Europe. Its somewhat diminutive size (42,858 square miles, approximately the size of Tennessee) often excludes it from the traditional lists of world powers. Yet, despite the small land area and population of only nine million Bulgaria has emerged as the world power in one area.

The power we're discussing is weightlifting, and there are none better than the Bulgarians. This is evidenced by their domination in the last three world championships (1985, 1986, and 1987). In these meets they soundly beat all countries, including the Soviet Union and, of course, the United States.

How does a country that boasts only one national sports camp and 155 weightlifting coaches repeatedly beat the USSR, a country with a population of 284 million, 26 complete sports camps and approximately 25,000 coaches of weightlifting? How is it that the Bulgarians are winning most of the classes and setting the majority of world records? How could it be that this overlooked country is responsible for producing Naim Sulimanoglu, the wonder of weightlifting who snatched 336 and clean and jerked 418 pounds at the 1988 Olympics in the 132 pound class?

Weightlifting is not powerlifting, but the principles of gaining strength are similar. Weightlifting is quite difficult too, as many "big name" U.S. powerlifters found out when they boldly proclaimed they were giving up powerlifting to weight lift for the 1988 Olympics. For instance, Sulimanoglu not only cleaned his 418 pounds, but he front squatted any weight from a position below any powerlifter's deepest squats, and then slammed it overhead! Further, mention needs to be made that he did so without a tight suit, knee wraps, power belt, or straps. Indeed, this is a feat not attainable by nearly all of our powerlifters, regardless of bodyweight. It was nothing less than remarkable. How was this accomplished? How do other Bulgarians accomplish similar feats?

MEET ANGEL SPASSOV

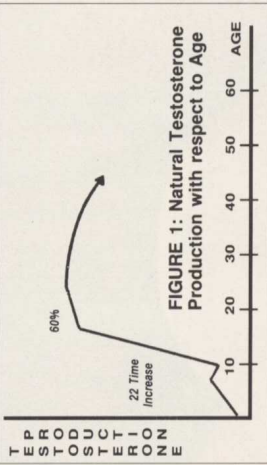
MAN FROM ANOTHER WORLD

"Methodology of training," proclaimed Angel Spassov, lecturer in the department of physical education at the Bulgarian Sports Camp and contributing brain trust behind the Bulgarian's training regimen. Spassov was brought to America in a joint effort by the National Strength and Conditioning Association and the United States Weightlifting Federation. His mission was to share the findings of the Bulgarians. His tour consisted of thirteen U.S. cities in thirteen weeks. A blessing was asked to spend there. A blessing it was for those of us who had the opportunity to benefit this straight-faced man from a world vastly different than ours. "This," said Spassov, "is the truly important time of an athlete's career. This is a time far beyond our infatigable capacity to and a seemingly infinite capacity to

TRAINING

Bulgarian Principles: Aging, Testosterone and Training Volume

by Tim McClellan, Head Strength Coach, ASU



store numbers and sports scores (he can tell you virtually all times, scores, and places of every medal-winning athlete in the last five Olympic games, all of each country's national records in every sport and a myriad of unique items like Ronald Reagan's birthday). He quickly warmed to the good nature of Rich Wenner's continual joking around and proceeded to answer what must have equated to eight billion questions. He was open, honest, fun, and gave us many interesting philosophies and stories. Becoming philosophic and stories of the Bulgarian system has a scientifically-researched base, the principles Spassov so graciously shared will be discussed in a series for American powerlifters in Powerlifting USA. This will afford the reader the opportunity to view the Bulgarian's ideas on how to best acquire strength, and what they have learned in their observations.

PRINCIPLE 1: Correlation of Aging, Testosterone Production and Volume of Training

The basis for training methodology of most Bulgarian athletes lies in accordance to the natural production of testosterone in the human body. According to Spassov, Figure 1 represents the findings of American, Swedish, German, Polish and Romanian researchers examining the natural rate of testosterone production in normal males.

The major inference Spassov made with regard to this research is the drastic increase in testosterone production between the ages of ten and fifteen. This is a time of life when the level of testosterone naturally produced is generally twenty-two times higher. Similarly, there is another sixty percent increase from fifteen years to twenty-two years. "This," said Spassov, "is the truly important time of an athlete's career. This is a time when athletes can work longer and

harder and yet recover faster. After this time it becomes difficult to train as hard and as long. "Natural rate of strength gain is quite slow after twenty-two. This is the time when athletes may feel need to take in testosterone from an outside source if they wish to improve a great deal. Otherwise, such improvements are related primarily to increased motivation or improved technique. The load must be high in the right years. After that time it is counterproductive to make the load too high."

This is also said to mean that training can be productive as early as age 10. This conflicts with what western medical researchers have said for years, but the Bulgarian successes have altered this now outdated feeling. For example, they were the first to host "junior" championships and

permit younger weightlifters to compete. Much to their liking they found no great troubles, contrary to what the medical world had predicted. Rather, they found a "farm system" for lifters, that would produce Sulimanoglu and many others. The rest of the world was soon to follow in Bulgaria's footsteps, and found similar results. In fact, an extensive review of related literature by the NSCA has shown that injuries in pre-pubescent are somewhat rare, and that virtually all were a result of poor technique and not the lifting itself.

FURTHER CONSIDERATIONS

Spassov went on to shed light on other important conclusions drawn in regards to testosterone release:

1. Female's rate of production is similar to males, only it reaches about ten times the level of the newborn, not twenty-two times as in males.
2. Female's levels drop off in a much slower decline than does male's. A practical, yet very light-sided, example is the relationship that husbands and wives share. "At thirty the male fights for the good of his family. From equal level of the family after forty-five the fights for his life. The female retains the testosterone while the male loses deep voices and facial hair and older men do everything demanded of them."
3. To illustrate how important this testosterone production was to strength performance he cited the following story. "When we have a harsh winter the river between Romania and Bulgaria freezes. The ice becomes so thick that trucks can be driven across it. At these times we have problems with, many wolves entering our country. To stop this government asked people to kill the wolves. Often times the people sent out their dogs after the wolves, but even six, seven, eight dogs would not jump on one lone wolf. Wolves have twenty-four times the amount of testosterone as dogs do. They can lose up to two thirds of their size and still be nearly as strong. The dogs never defeat the wolf. They could only stand and bark until the hunter came to shoot the wolf."
4. There is a strong correlation between the levels of testosterone in the blood during training and strength increases.

CONCLUSION

The aforementioned principles can have great implications for American powerlifters, especially with regards to overtraining and undertraining. The difference it could make in the career of a younger powerlifter, to increase his load while he is young could be the reason for winning or losing a championship. For observations of experiences in coaching American powerlifters please refer to our following article. For more words of wisdom from the Angel of Bulgaria stay tuned to everyone's favorite magazine... POWERLIFTING USA.



Angel Spassov the Techno-Guru of Bulgarian Strength Athletics, poking fun at Rich Wenner's misdirection during his visit to Arizona State.

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A Powerlifting Tragedy



Joe and Val McDougal at the '87 Southern USA Championship held this past March. Lindsay, always with a quick smile, was stationed at the door, stamping hands and greeting spectators at her daddy's meets. Wife Valerie (Val) to all who knew her did it all and all tasks that it took to make her husband's meet run smoothly. Joe's meets have always been clearly a family affair, a feeling which extended itself to many of us that attended his meets.



Kristen McDougal... 15 years of age

Championship and spokesperson for Universal Supplements in Powerlifting USA ads. I know all of our hearts go out to Joe for his tragic loss, Joe's mother, who was injured in the accident, died on August 17, 1989.

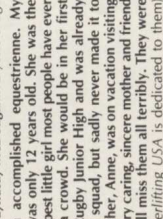
In four short weeks the 4th annual Southern USA will be held in Hendersonville, NC. There will be three seats that will not be filled. To Val, Kristen, and Lindsay: you will be remembered, missed, but most of all loved.

SANDY KING

FROM JOE MCDUGAL:

"My lovely wife, Val, was my biggest supporter and my greatest defender. She was an avid weight trainer for 12 years. She was also co-owner of our gym in Hendersonville, Power World Gym. My oldest daughter, Kristen, was 15 years old. She had classic beauty. She was a rising junior at West Henderson High School. Kristen was a hard worker and became an accomplished equestrienne. My youngest daughter, Lindsay, was only 12 years old. She was the most talented, personable, sharpest little girl I could have had. I know, Lindsay stood out in a crowd. She would be in the first year of junior high school at Rugby Junior High and was already a member of the cheerleading squad, but sadly never from visiting the first football game. My mother, Anne, was on our mother and father us from Florida for a week; a very caring, strict mother and friend to my sister Janice and me. I will miss her at all terribly. They were my life." (This issue of Powerlifting USA is dedicated to them)

Lindsay McDougal... 12 years of age



More From Ken Leistner



Dr. Ken Leistner with Penn State Strength Coach Chet Fairman. (KATHY LEISTNER)

Of the powerlifts, the bench press is by far the most overtrained. Novices and experienced men and women alike devote more workout time to this lift and its assistance work than the squat and deadlift combined. For many, improvement in the squat and deadlift comes as a result of one's state of mind. In order to devote the proper degree of intensity to those lifts, one has to squat and deadlift and do so with intensity and effort. The discomfort which comes from going to monotony muscular fatigue. If the big lifts are approached in that manner, one cannot and should not do much else. Intensely done squats and/or deadlifts will deplete recovery ability and leave one for two to four days at a time. If one is doing some sort of cardiovascular work for the sake of improved recovery ability and health purposes, doing "a lot" for the squat or deadlift is counterproductive.

The bench press is relatively easy to "do" relative to the other competitive lifts. Because our culture judges a man's "strength" by the size of his arms and chest, the bench press often serves a purpose other than that of a competitive lift. For many, this is the crux of the problem. The bench press is no more mysterious than the other lifts. Once the technique has been learned, one must become strong in the pressing muscles. To many this means exercises for the triceps, anterior deltoids, pectorals, lats, and biceps, with physiological rationalizations for each. Because the exercises are relatively easy and take less out of the average lifter than squats, deadlifts, or most of the assistance work one can do for those lifts, the bench press and associated movements are done two and sometimes three times per week or more. If soreness is felt in the low back the day after deadlifting, the lifter immediately admonishes him or herself to "cut back," use less weight, get more rest, or in some other way protect what surely is a lumbar region on the road to injury. If the pectorals and flex two or three times, and feel with the knowledge that they can "leak the stimulation" they have just provided for the bench pressing muscles.

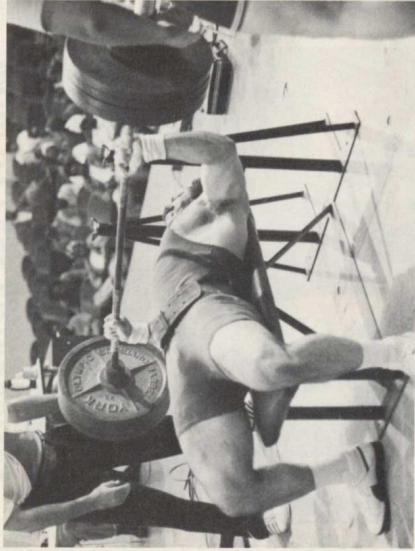
There are two ways to view the amount of work needed for bench press improvement. Searching for so-called scientific justification for either will allow you to learn that "anything is possible." One can support the view that the muscles involved in the squat and deadlift are very large relative to the bench pressing muscles

and as such, need a limited amount of work because so much is taken out of them that they need a lot of recuperation time. On the other hand, one can find justification that the bench pressing muscles, being so much smaller relative to those of the hips, thighs, and low back, need less stimulation than the larger muscle groups, and more recovery time than those large groups which have a larger work capacity. The truth is probably somewhere in between, but the average lifter certainly will be more inclined to do bench assistance work than that directed to the other lifts. Benefits of having muscularly larger and visually impressive arms, shoulders, and chest should not be ignored when putting a program together on paper.

If one only needs to squat and deadlift for those two lifts, at least consider the possibility that one only needs to bench in order to improve the bench press. While one can always come up with reasons to do any exercise, the idea should be to get away with less, before trying to do more. If the same improvement is possible with two exercises as with one, go with one. This enhances recovery for the entire system as well as individual muscle groups. Remember, it is your physiological system that allows for the biochemical reactions needed for strength and size increases to occur and it too must recover from training. Time spent in pursuits apart from training allow for a psychological state that can better focus on training. Always approach your lifting with the attitude that you can achieve with less. If it becomes necessary to do more, fine, go and do it, but don't operate under the assumption that it is first necessary to do three assistance movements for each lift. Those who train sensibly and carefully are those who persevere. Those with longevity are those that improve and enjoy the sport.

TRAINING

The "Forgotten Exercise" Revisited by Ron Fernando, Ironmasters Gym



GEORGE FREN... benching back big back in the mid-70s. Photo courtesy Myers Badura

When I was but a wee slip of a lad, long before Mike Lambert got the gumption to start producing our beloved magazine, I got "bit" as it were, by the powerlifting bug, in of all places, Bangkok, Thailand! The summer of 1971 was an eventful one for me in that I discovered weight training and bought my first copy of Joe Weider's MUSCLE BUILDER (the predecessor to MUSCLE & FITNESS) in the Bangkok Airport. (It was awaiting a Pan Am flight back to the States after spending the summer in the Orient.) One of the first pages that I turned to, quite accidentally, was a full page spread of George Frenn (anyone out there remember him?) doing an unbelievable 853 squat. No tight suit, wraps, or briefs, but my, oh my, was that bar bending! George was the "Power Editor" of MUSCLE BUILDER during the early days of US powerlifting. In those days, the "Monsieur" of the famed Westside Barbell Club (Frenn, Peanuts West, Joe Molloy, Bill Thurber, and a host of "guest stars") ruled the power roost and provided the foundation for many of today's popular training methodologies. An excellent example of this is the "New" Westside club of Ohio, led by Louie Simmons. Louie has written perceptively on Box Squating, which was the very foundation of Frenn's squat training. Frenn's articles were candid, very opinionated (very much like the man himself) and extremely valuable. One of his articles that struck me during that 22-hour flight was an article on the Incline Press authored by Frenn entitled the "F-for-gotten Exercise." I feel that a second look at this article would have great relevance for Bench training in the 90's and, as the article emphasized, tremendous applications for throwing sports of all kinds.

Frenn was not only a powerlifter of the highest caliber (hitting a mammoth 2100 total at around 250 lbs. nearly 20 years ago!), but was a superb hammer thrower (many times AAU National Champ). Because of the unique "pull" the hammer imparted on the upper body, Frenn found that a voluminous amount of bench training actually hindered his throwing ability. During the track season Frenn would do his usual squating and deadlifting routines, but would substitute power snatch and the power clean for any pressing movements. As his real emphasis was track & field, he only trained the Bench Press about 13 weeks a year, but was able to push up a quite respectable 520 with a 2 second pause. Additionally, with even less training, George was able to Military Press almost 400 lbs. in local Olympic lifting contests. He credits

the Incline Press for its synergistic power-building abilities in enabling him to perform at these lofty levels. Frenn coached other Olympic throwers in power training, and one example still sticks out in my mind regarding the Incline: " (shot putter) David Bench, 390 at his high bodyweight. After a summer draped with the Incline at Peanuts' West's Garage, 90% sets became "easy," when it was time to go for the next max and recalculate all over again. If you look back 485. Need further proof on the power-building benefits of the Incline?" The Incline today is all but ignored in most powerlifter's bench

routines. After seeing many of the "Workout of the Month" articles, I noticed that few lifters perform this exercise, but those who did can really Bench! Any of you saw the recent photo of Anthony Clark inclining (witha tricep grip, at that) 600 lbs. in MUSCLE & FITNESS will understand how he is able to touch n' go 722 in training.

Frenn's theories on sets and reps were simple and current, fly in the face of the established patterns of periodization. He would depend a lot on 90%, or "blast" singles. That is, singles that one could motor up with comparatively little stress. He actually favored heavy weight and high reps in lower body moves such as the high box squat and the deadlift. His basic training scheme on the Incline involved performing this lift once per week - either before the two weekly bench or military (if one was a weightlifter) pressing sessions. A sample scheme for the lifter capable of handling 315 would be: 135x10, 185x8, 225x5, 255x3, 275x2, 290x3 singles, 205x2 sets of 10 for muscle pump and muscle work. According to him, when it was time to go for the next max and recalculate all over again, if you look back 485. Need further proof on the power-building benefits of the Incline?" The Incline today is all but ignored in most powerlifter's bench

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Fred Hatfield.

Another proponent of the Incline in those early years was the famed "Arizona Hercules," Jon Cole. Cole's total of 2370 in 1971 using many of Frenn's theories on lifting and was himself an outstanding track & field athlete at the Arizona State Sun Devils (60 foot + shot put and 200 foot + discus throw) plus an olympic lifter (500 military press from the stands, 440 clean and press, 440 jerk, 340 snatch with little form). The common denominator was once again the Incline, where one could regularly put up 300 lbs.

The Incline should be used for bench pressing on a 30 degree angle. There, most of the interplay involves the chest and triceps, with pre-contraction of the shoulder strain involved. If one is recovering from a delt injury, this angle is perfect to maintain (or even gain strength) in the bench without totally working it.

Yes, the Incline Bench Press truly has been a "forgotten exercise," but today's lifters can tap a page or two of the workout books of the past by incorporating this wonderful exercise into their training schemes with great success. I feel strongly that the Incline will push anybody's bench way up and "trick" you up, til next time! RON FERNANDO

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Dr. Judd

Teach Your Children Well by Judd Biasiotto & Arny Ferrando WORLD CLASS ENTERPRISES

The other night I was watching one of my favorite television programs, *The Munsters*. You know, the Munsters, Transylvania's Number One television family with Herman, Lillian, Eddie, Marilyn and Grandpa. The program opened with Eddie tracking to make his eighth grade track team, under the watchful eye of Herman. It didn't take long to realize that Herman knew as much about track and field as "Pee Wee" Herman knows about the carnal virtues of life. It was also obvious that poor Little Eddie had the proverbial "snowball's" chance of making the team. At best, Eddie was a motor moron, but with Herman's help he functioned at a level considerably lower. Just when it seemed as though all was lost - enter Grandpa.

In case you don't follow the Munsters, Grandpa is the anthropologist of Herman. In other words, he's the "brains" of the family. His forte is conjuring up potions, and it comes to potions, in fact, when it comes to potions. Grandpa is right up there with Papa Shurley. Anyway, hearing that Little Eddie just had the best test scores in the school, Grandpa ordered a batch of "Go Pills." The ingredients of the pills included a bat egg, an ostrich feather, lint from the porch of a kagano, and a touch of grassed lightning. Kind of like a steroid for sports, eh? Well, and Munsters.

On the day of the meet, Grandpa gives Eddie one of the "Go Pills," but tells him that it's simply a vitamin pill. As soon as Eddie takes the pill, he is transformed into a super-Munster. He performs a 20 foot pole vault (without the pole), throws the shotput 5876 feet 6 inches, and runs the hundred yard dash in 4.6 seconds, breaking all of the television track and field records formerly held by Clark Kent. Eddie is the hero of the team and will probably remain that way as long as he has a full supply of "Go Pills." Herman's happy, Grandpa's happy, and Eddie's high as hell - happy, that is. After the meet, the Munsters go home and celebrate Eddie's victory with a helping of bat wings and spider eggs. And everyone lives happily ever after.

Great show, but especially so if you're trying to convey the concept that winning is of paramount importance and that anything is justified in the name of winning - cheating, lying, even the taking of drugs.

Unfortunately, the Munsters are not the only ones. All you have to do is to look through the annals of sports to get the idea. There's cheating and corruption just about everywhere you look, from the pros right on down to the Little Leagues. Scandals are everywhere and, instead of getting better, it's getting worse.

The kindest explanation would be to blame the whole mess on monumental ignorance! Certainly, it would be a more damaging grievous charge to accuse American ideology of per-

to reach the top is that obviously they didn't work hard enough and that they are not as worthwhile as the winners. The adds, "When a person starts to lose we begin to question his character. Eventually winners and losers are actually seen as good and bad people."

Because winning is of such paramount importance, it becomes easy to rationalize almost any means to life-winning success, even the taking of attitudes and values from one person to our children. If we project the image that anything is justified in the name of winning - drugs, cheating, lying - there is an excellent chance that our children will "pick up" on this attitude and incorporate it into their own intrinsic value system. After all, it's no secret that children emulate the behavior of people they admire and depend on. Children not only imitate the behavior patterns of role models, but also their mannerisms, gestures, and even their voice inflections.

Also, as you are probably aware, children are individualistic more by observing an individual's behavior than they are by listening to what the individual says. In other words, children tend to do what you do, rather than do what you say. Consequently, if you tell children that the essence of sports is matching the natural ability of men, and you then go out and use drugs, money, or anything else surreptitiously to gain any unnatural advantage, your children will tend to emulate your behavior, not your words.

These same principles are applicable to the coach who has a tremendous amount of influence on your youth in terms of their attitudes and expectations related to sports. According to Terry Orlick and Cal Bortell in their book *Every Kid Can Win*, "the first male authority figure, other than the father, to whom the child is exposed for an extended period of time. Many kids will look up to the coach and may try to emulate his behavior. By his words and deeds the kids will learn what is important, whether it is sportsmanship, cooperation, or winning at all cost. As a coach, what you are, what you do, and what you say can have extremely important effects on the child's behavior for years."

Parents and coaches, you are the first line of influence on our youth. What you say and do, more important, what you do has a tremendous impact on their perception and practice of competition and sport. Show them that winning isn't everything. Teach them instead that being the best you can be and giving the most you have to give is what sport is really about. Competition can develop so many positive attributes in our youth if properly structured and administered. Let us not skew our children's outlook of life by distorting the values of competition.

In humans, about 435 distinct skeletal muscles represent 40 to 45 percent of an adult male's bodyweight. Somewhere in the neighborhood of 250 million individual striated muscle fibers are present within the human body. The width, diameter and length of these muscle fibers all vary greatly, depending upon the muscle segment or individual who is being measured.

So, what is it that triggers a muscle to get bigger and stronger. How can you assure yourself of total training efficiency? Research is beginning to uncover some of the answers to these and other important questions in strength training.

It has been a common observation that muscle strength and size can be increased by almost any method providing there is an overload or increased workload demanded of the contractile tissue. However, the true question still remains as to what mechanisms within the muscle cell cause an increase in muscular strength or power. No doubt the proper amount and right kind of training is of primary importance, but its influence appears to be channeled by three key factors: (1) neural activation, (2) hormonal influences, and (3) chemical changes in the muscle itself brought on by training. (3) increased strength and size through training-induced hormonal influences on the muscle myofibrils themselves.

All of these factors have been associated with muscle hypertrophy and strength increases. However, muscular strength and, particularly, power are not necessarily synonymous with growth of the fibers. It is quite clear that, over the long term, both neuromuscular and hypertrophic factors are involved in strength and power production. Research is currently going on here at Northeast Missouri State University to examine this very relationship, namely, over a training cycle, what portion of strength and power gain is related to muscular hypertrophy and what portion is related to neural facilitation.

Neural activation in muscle fiber recruitment changes (EMG) in the muscle groups being exercised. Some interesting observations appear to be making.

During the early phases of a training cycle there appears to be an increase in the maximum EMG. When training plateaus or stagnation occur, there is a decrease in EMG (max) which can continue at a very high rate until steps are taken to alleviate it.

The goal of a properly formulated training strategy is to maintain or increase your EMG (max) throughout your training cycle. This is 60 to 70 percent intensity, 30 to 35 percent intensity, 70 to 80 percent intensity, 30 to 35 percent intensity, 80 to 90 percent intensity, 30 to 35 percent or more load intensity.

As you can see, the key training load is probably somewhere about 75 to 85 percent of 1 RM. Probably designed where the weekly load intensities were varied between 70 and

TRAINING

Muscle Growth and the Strength Stimulus as told by COACH JOHN WARE



JOHN WARE getting ready to lift at the 1989 APF Seniors, assisted by Jeff Wright, whom John considers to be one of the great minds in training today.

120 percent. The barbell squat was the tested mode of exercise. The results of the study indicate that changes of EMG (max) are highly related to load intensity. With training loads of 70 to 80 percent EMG (max) decreased, but increased when training loads were 80 to 90 percent or more. The increase in EMG (max) which took place during the training cycle were usually related significantly to the increases in muscle strength.

The results of the study suggest that to maintain or increase maximal neural activation, the training intensities must be periodically varied and/or kept at progressively increasing levels.

The relative training load should be designed on a yearly basis so that less than 10 percent of your training occurs at less than 60 percent intensity, 10 to 15 percent of yearly training is 60 to 70 percent intensity, 30 to 35 percent intensity, 70 to 80 percent intensity, 30 to 35 percent intensity, 80 to 90 percent intensity, 30 to 35 percent or more load intensity.

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65 percent of your training should occur in this range on a yearly basis. Design your cycles wisely. To keep EMG (max) at high levels a training program needs to be utilized which includes a great deal of variety along with consistent changes in training loads and volumes.

So, we can keep our brain's "message system" to the muscle operating optimally, but how does muscle fiber hypertrophy come into the picture? Recent research is beginning to indicate that muscular hypertrophy is a delayed response in a training cycle. For instance, in a 16 week training cycle, EMG (max) may increase up to about week eight at which time a leveling off or even a decrease of EMG (max) may occur. Despite this accelerated increase in force, fiber hypertrophy is generally very minimal at best.

During the second eight weeks of the cycle it is a very different story. EMG (max) levels may decrease or stay constant, while during this eight week period there is much greater hypertrophy of both fast twitch (white) and slow twitch (red) muscle fibers. This may also explain how your strength can increase throughout a cycle even though EMG (max) may decrease.

The increase in muscular hypertrophy may compensate for the decreased EMG (max).

Although hypertrophy may occur in both types of fibers, it may be greater in fast twitch (white) fibers. I believe this may occur because at about week eight of a sixteen week cycle, our training load is generally slanted towards the stimulation of fast twitch (white) fiber. As a general rule, to develop fast twitch fiber to the maximum, employ the following guidelines: (a) use heavy weights, (b) use explosive movements that generate maximum power, (c) do relatively few sets (3-5) in the 4-6 rep range, (d) rest three to five minutes between sets for full recuperation of the fast twitch fibers.

Thus, it appears early changes in strength training may be accounted for largely by the neural factors, with a gradually increasing contribution of the hypertrophic factors. Strength and power increase occur both because of increased neural facilitation and because of exercise-induced hypertrophy.

Another critical concern in the quest for muscular size increases is the nutritional well-being of the trainee. Training with weights develops muscle mass through increased contractile activity and the action of the powerful hormone insulin. Insulin promotes the intake of amino acids into the muscle cells and decreases the rate of protein degradation in conjunction with muscular contraction.

Some researchers believe insulin, which is released in response to ingestion of dietary carbohydrates, to be the most important contributor in the balance of protein synthesis and degradation in the muscle cells. Insulin facilitates the transport of glucose and amino acids into the working muscle cells. Together contractile activity and insulin exert an anabolic effect on the development of lean muscle mass.

Athletes who consume a high carbohydrate diet (65 percent or better of total intake) during intense strength training programs develop significantly more lean mass than those who don't. To keep those muscular gains coming keep those complex carbohydrates up. It is actually hard to eat too many carbohydrates, and athletes probably don't have to worry about over-ingesting them.

In conclusion, to assure yourself of the utmost progress (1) follow a sound, well thought out periodization training cycle. About 65 percent of your load intensity for the training year should be between 75 to 85 percent. In addition, the majority of your training should be slanted towards training of fast twitch muscle fibers. (2) Include a great deal of variety in your training cycle. Change exercises, sets, reps, workout days etc. consistently. (3) Pay attention to your nutritional needs. Remember, it is hard to eat too many carbs. As a general rule try to consume five grams of carbs for each kilogram of bodyweight. Remember, the fitter who trains scientifically walks the winner's path. Until next time, train hard!

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

One of the enduring conundrums of powerlifting in this country is the reason for the attrition among our lifters. About two-thirds of our membership turns over annually. Part of the answer is undoubtedly personal, a bad case of the "blahs." Becoming competitive and maintaining one's competitiveness require an extraordinary amount of commitment and hard work. These hold little attraction for the uncommitted hoards of couch potatoes. A few brave souls do venture forth into the lifting arena. However, not all of them stay around. They injure themselves, their bodies regress like a brick wall or slous to the extent that any gains are imperceptible. They find that they are not immediately competitive. Instead of starting at a Class III & Below meet, they start in an open meet, and they place a few hundred pounds below the winner. Under these circumstances it is all too tempting to "unfair advantage," and bow out swearing virtuously never to associate with steroid freaks.

Another part of the answer lies in our failure to maintain the integrity of our meets. All too frequently we find that a meet that has been advertised previously announced number, let's say 40 or 50. His meets did not run all night. Other examples abound. Carelessly selected referees who display their ignorance of the rules or their bias are apt to turn lifters away. I have seen "referees" pulled out of the audience and placed in the chair with, perhaps, the promise of a meet T-shirt. Although the rules may not be explicit on this, it is my view that traditional responsibility to provide the referees. It has been my observation that where we have encountered a referee problem we have encountered also a meet director who expects referees to come forth on their own and who has developed a reputation for showing little or no gratitude toward those who do assist him. In these cases we are also usually find the meet director to be at odds with the state or regional chair.

Hankly, panky flourishes, in the awarding of team trophies, as it does in no other field. Those who feel short-changed are an entire team and their supporters. They may well drop out of the sport.

Occasionally, the results on the unofficial blackboard or overhead projector are at variance with the official results at the scoring table. One of our Pensacola lifters in a local meet pulled what he needed to win, according to the unofficial blackboard, only more pounds. This kind of misadventure also at our 1989 Seniors. It is a terrible thing to have happen to one, especially when it is preventable!

Gary Bennett told me that because there were inadequate warm-up facilities at a meet in Cincinnati, he was forced to borrow weights from the Cincinnati YMCA in order that he, a contestant, could warm up. He had to do this at an approved laboratory in San Jose.

The curtness or rudeness of officials or the meet director may turn off a lifter. At times the curtness is understandable because of his having to do twenty things at once. We must always remember, however, that it drives away lifters. We can ill-afford to do this.

It was well said that the big lifters used to judge the smaller lifters in the morning, and forced them to go quite deep. In the afternoon the roles were reversed. After a balaleful look or two to relax, it is apparent that more slack is cut for the larger man, even today. He is allowed to curse, to throw his belt, to throw a punch at a referee or to have his tantrum with what for all practical purposes amounts to impunity.

It is most important that the immensely strong keep themselves in control and that when they are unable to do so, they be ejected from the arena. You may have noticed numbers of the Rosemont police force in 1987 Seniors. We felt it was important to prevent a breach of peace without any USPF member laying hands on a disruptive person.

It is my opinion that when we start preserving the integrity of our meets our turnover in membership will decrease.

DR. CONRAD COTTER

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Dr. Alan M. Kushtner went to the trouble of gathering urine specimens at a meet where the polygraphist had had to show these lifts had tested at the laboratory in San Jose.

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Disenchantment with powerlifting may come from having participated in, having attended or having heard about a meet that was poorly run. "Poorly run" covers a multitude of shortcomings: for example, safety. I remember the pre-pubescent boys spouting on in their statures, as the bar moved above their heads, they were roaring. They pulled out of the audience to spot when they knew nothing of spotting. I remember the uprights on the bench collapsing when 405 was loaded. I remember a crooked bar that flew out of the bench, and the way the bar flopped around, as a warm up pool cue will do, when it is rolled across a pool table.

The number of participants is another example. When the meet director decides to accommodate all comers for the price of a late entry fee, he may well be deciding to let the meet run all night. Lifters simply do not care for all-night meets. Brother Bennett used to cut off entries at a

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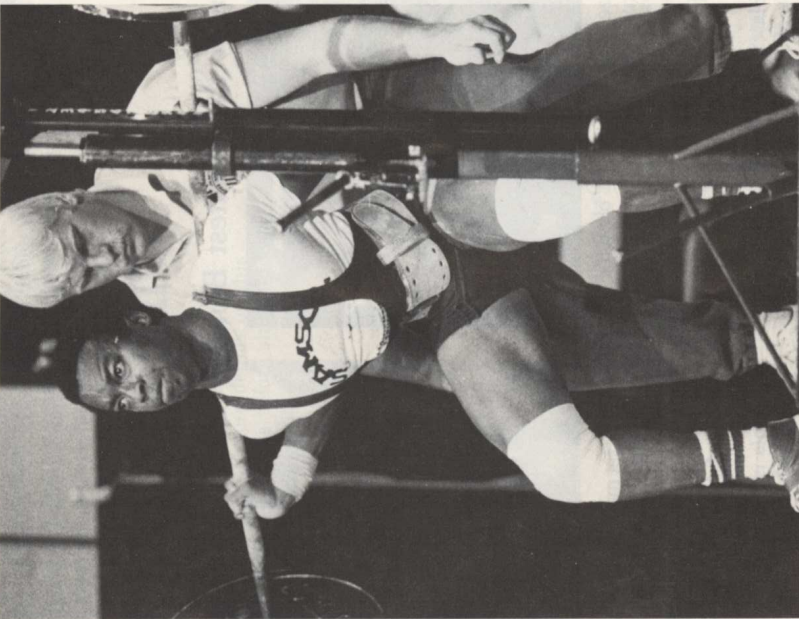
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INTERVIEW

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

RANDALL KEA As Interviewed by BOB GAYNOR

This interview was conducted with Randall Kea right after the 1989 ADFPA Men's Nationals. Randall has many victories and titles to his credit, and he was also the last lifter to defeat Lamar Gant.



RANDALL KEA, has long been one of the highest ranked drug free lifters in the sport of Powerlifting.

The interview was conducted with Randall Kea right after the 1989 ADFPA Men's Nationals. Randall has many victories and titles to his credit, and he was also the last lifter to defeat Lamar Gant.

B.G. How do you handle your diet?
R.K. As far as diet goes, I have no problem with eating all I want. I try to stay away from high fat foods. For the past three years have had no trouble making weight because my bodyweight stays around 141 lbs. Do you follow a strict supplementation program?
R.K. To be honest with you, I have never been the one who has really used supplements. Over the past year I have been taking Amino Acids, Vitamin B-12 and Calcium when I remember to take them. Supplements are something I really need to make a habit of.

B.G. Could you give us a breakdown of your training progress?
R.K. My training routines are hard to describe, due to space limitations. I train my squat and bench twice a week and the deadlift once a week. All of the changes during parts of the year. If you would like more information you can contact me.
B.G. What advice would you have for beginners?
R.K. Lift within your capabilities and set personal goals that you can reach with hard work. To be successful you must be patient.

B.G. Who are some of those you admire in powerlifting?
R.K. This could be a very long list, but to name a few there is Ed Coan, Lamar Gant, Dan Austin, Mike Bridges, Walter Thomas and Joe Bradley.
B.G. Are there any other comments you would like to make?
R.K. Yes, Bob, I would like to thank you for this interview, and I would like to thank Powerlifting USA (Mike Lambert) as well. Anyone having any questions or suggestions can write me at:

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RANDALL KEA
 2465 DUBLIN DRIVE
 AUGUSTA, GA 30906

TRAINING

POWERLIFTING IN RURAL AMERICA

as told by DOUGLAS HORTON

Imagine the situation that I encountered five years ago. I moved to Brush, Colorado, a small, rural farming community 85 miles east of Denver. I was to begin my duties as a middle school educator and coach and was anxious to resume my powerlifting training.

For the previous 3 years I trained in an extravagant health spa in Greeley, Colorado, under the tutelage of Lamar Gant. Three years before this I was coached by the national record holder in the bench press at that time, Linda Madzey, and her husband Bob, while competing for the Casper Boys' Club Team.

As I walked into the track equipment shed that served as the high school weight room in Brush, my optimism dropped. There in the dirty room I found an old Universal Gym and a rusty 310 lb. Weider Olympic set. There were also many 1" hole plates scattered all over the room. At first I thought it was the end of my powerlifting career, which was extremely upsetting to me. It took about two minutes of self-evaluation to realize that I was never going to let that happen to me. I formed an action plan to obtain the necessary equipment to continue with my training. My motives were very selfish ones to begin with, but in retrospect I believe this turned out very beneficial to many people in the long run.

I developed a list of strategies which I intended to implement over a five year period involving 2 phases: A. obtain equipment and, B. implement a powerlifting program.

1. Obtaining Equipment
2. Build support from athletic coaches, sources found in the school district and the community.
3. Get school district administration support.
4. Get community support, such as grants from city foundations.
5. Repeat the above steps as often as possible.

I was hired as the high school football line coach and immediately sought help from the head football coach. Little did I know but I blindly walked into a AA football dynasty. The Brush Beetdiggers (I'm not joking) had won several State titles before I moved there. To my delight I did not join the program because the Beetdiggers have won yet another title and they sport a 50-5 record for the past five years.

The head coach was very enthusiastic about helping the team in any way he could, including strength training. Through his contacts we housed a lift-a-thon to raise money for equipment and invited the Colorado University strength coach to Brush to give a strength training clinic for athletes and their parents. With the money, we purchased three Olympic sets and an incline bench. (At least I could now train the basics.)

This was a start, but a long way from what we needed to build adequate strength. You will find in many rural communities a large population of farm boys who can wield and who have tons of scrap iron lying around their farms. I found several such boys

for the summer. Youth, women and open weight training programs were provided to the public. With the aid of advertisements over 50 children and adults were enrolled in the summer classes. Many women were limited at first, so my wife, LaDonna, who also competes, helped with the program.

When we finally had large numbers of people involved in the weight training programs we found that it presented still another problem: too many bodies without enough weight training knowledge.

To provide the needed information, a bulletin board with programs, routines, and lifting aids was placed in the weightroom. Powerlifting USA became a mainstay in the weightroom because all of the great workout routines and all the helpful information it provides.

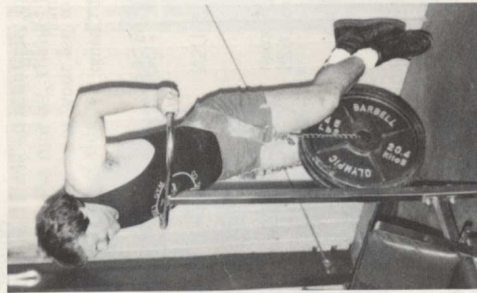
We increased community interest and knowledge by using the local newspapers. The local media have published five to ten articles a year for us. One paper published a five-page layout about our program in their T.V. guide section. When I began offering information such as my phone number and programs available to the community, my phone rang off the hook.

To increase the knowledge base further at an earlier age I initiated a middle school weight training program where I teach. A weight training elective class is taught now during the school day for nine weeks. One hundred students are run through the program a year. It is so popular that we have to turn down as many students as we enroll because of class size limitations.

A nice weightroom was built in the middle school from surplus equipment no longer needed at the high school. The philosophy at this level is to teach technique, knowledge, and to build enthusiasm. In order to help do this we take a field trip to the high school weightroom where lifters from the community put on a clinic. In fact, my student they so in love with the sport that they held a car wash at a meeting to send me to the U.S.A. Drifting Champions in Lansing, Michigan last July. Both events were covered by the local media.

As the number of people in the various weight training programs began to grow I began to feel burned out. To save my sanity I began to delegate authority. The 21-26 year old lifters I found are very responsive and enjoy helping and teaching others how to lift.

The "Beetdigger" weightroom has seen a tremendous transformation in five years, from a dirty track shed to a well equipped weightroom. Now, 400 people using the squat rack and 10-15 people using the squat rack on a Tuesday night are both common occurrences. For a community with a high school mascot called the "Beetdiggers" I think we have done pretty well for ourselves.



DOUG HORTON...doing some dips, with three 45 lb. plates, in the "Beetdigger" high school training facility that his well organized efforts helped to create. (photo by Greg Gatto)

diches like squats are bad for your knees, weights make you slow, muscle turns to fat when you stop lifting and other statements that we all have heard with for the past two decades. There were also the cantelope string-benches and curls. However, for the most part I found enthusiastic football players and students who wanted to lift every spare moment they had.

After coaching the lifters to 12 students we decided to hit the powerlifting circuit. We traveled three months accumulating 2,242 pounds. Then, in the State lift record in the bench with a lift of 430 pounds.

Several members of the team with the help of an excellent announcer, basketball audience that went crazy. We had gained plenty of school support in the first year, the next strategy was to obtain community interest. Through the City Recreation Director we set up weight training classes

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list nearby motels that lifters can stay at and some will offer special rates to lifters. Consider booking the room in advance. I went to one meet the night before and found that every nearby motel room was booked by a huge bowling tournament. I also suggest calling the meet director a few days before the meet to see if still meet a while back only to find out the meet had been canceled. The notice of this cancellation never reached us for some reason. Like they say in the commercial "Phone First".

The last topic, is planning your competitive year, that is, when and where are you going to lift at during the year. Plan on competing in no more than 3 to 5 meets yearly with a period of several months between them. Sometimes you can lift a two meets within a month which works out fine. Established meets are generally held every year near the same time, so you can plan in advance. Many meets are posted in "Coming Events" far in advance to aid meet planning and designing your training year.

I hope I provided you with some guidelines to choosing contests to compete in. For those of you contemplating your first meet, setting your sights and training on a meet can really add to your training intensity and desire because now you have something to shoot for, some way to be measured, to succeed or fail. We all fall once in a while, and not winning a meet is not the most important thing. See you on the platform.

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STARTIN' OUT

A special section dedicated to the beginning lifter

CHOOSING YOUR MEETS as told by PL USA's Doug Daniels



Top lifters like Ed Coan, above, plan their competitive year far in advance

contests have several divisions such as Open, Masters, Teen. These can appeal to all lifters, as they provide a fair, competitive environment for just about everyone. The entry blank usually prohibits all the info you need to determine if the meet's for you. If you have any questions, the meet director's phone number is usually on the entry form. One side note, when requesting an entry blank, include a self-addressed stamped envelope, as most meet directors operate on a limited budget.

As I mentioned earlier, some organizations test for use of steroids, Pure contests for lifters who have never taken an anabolic steroid or banned substance are becoming more popular and now national Pure meets have been held. Some meets

There are many readers of PL USA from out there that either have not competed in a Powerlifting meet or have very few under their belts. One problem bothering many of them is how to choose a meet to lift in. What factors should be considered in setting up a competitive plan. In the last few years, the number of meets around the country has vastly increased.

Refer to an issue of PL USA from about 5 years ago and compare the "Coming Events" section in the back, and you'll see what I mean. In addition, there are now several organizations that sanction contests that are competing for entries to meets and members to join their organizations.

First, we'll look at where to find Notice of an upcoming competition. Probably the best way is the previously mentioned "Coming Events" in the rear of this magazine. Meet Directors from all over the U.S. post notice of their contests regardless of sanctioning organization. Also once you join an organization, you will probably be on a mailing list that will inform you of upcoming contests in your area. They also may have a newsletter containing upcoming contests.

Second, let's look at the factor of sanctioning. Sanctioning means that a meet is conducted under the rules of a formal organization. This means that there are definite published rules and most likely, qualified judges will be seated at the contest.

Next, let's examine the 3 major organizations and what they have to offer. The oldest is the United States Powerlifting Federation or USPF. The USPF offers meets of all levels and have meets that are drug tested and non drug tested. The American Powerlifting Federation (APF) is newer and conducts contests that aren't drug tested. The last major group is The American Drug Free Powerlifting Federation or ADFPP. This organization drug tests a portion of the lifters entering meets for steroids. They require a drug free period to establish eligibility. All three groups offer World meets, some with Women's, Masters, Teen divisions, as well as National championships in all these categories. There are some newer groups out there too, but these three are the big ones. You can certainly be a member of more than one organization.

There are also contests for different levels of lifters, so novice or master lifters don't have to compete head to head with the seasoned behemoths of the sport. Masters classification involves lifters who compete at over the age of 40 with additional age groups available from 40 to 70. Each organization may differ on what is considered to be a master in either the men's or women's division. Teen competition is widely available now, and they too have a list for lifters who have not yet posted a certain total in a specific weight class. These are ideal for brand new lifters as well as lifters with little experience. Women also have different divisions, but not always to the extent that the guys do, though it's changing rapidly in their favor as more girls join the lifting ranks. Some

Question & Answer

Your training questions answered by Roger Estep, 1979 Sr. National Champ, World Record Maker at 136, and 1985 MR. IRON MAN...

DEAR ROGER: In the first place, I would like to thank you for your honest and straightforward approach to answering questions...

DEAR SIR: First of all, powerlifters and strength athletes and weightlifters have always trained extremely heavy, for many years, even back in the Olympic Games...

DEAR MAURO: I have had trouble with extra breast tissue since I was 12. I worked in a previous column that you recommended dihydrotestosterone...

DEAR MAURO: I am 49 and have been lifting since my teens. I am lifting heavy poundages, but I have had sinus trouble for decades...

DEAR MAURO: I've heard both pros and cons about using marijuana. Is it of any use or is it harmful as far as making gains and increasing your lifts?

DEAR DON: I get a lot of letters about marijuana. In general, studies have shown that marijuana lowers serum testosterone...

Ask the Doctor

This column will answer questions about drugs used by athletes and detector 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...

DEAR BRIAN: Unfortunately, the long acting dihydrotestosterone ester is not widely available. Most of the ones listed next are from Europe.

DEAR MAURO: It is quite possible that he may have had updates as of the above compounds. It's included an ad for my book and articles that they contain quite a bit of information on gynecomastia and other topics you might be interested in.

DEAR MAURO: High doses of decongestants can cause definite cardiovascular problems all by themselves. Lifting heavy weights may compound these side effects since blood pressure rises dramatically while lifting heavy weights.

DEAR MAURO: I've heard both pros and cons about using marijuana. Is it of any use or is it harmful as far as making gains and increasing your lifts?

DEAR DON: I get a lot of letters about marijuana. In general, studies have shown that marijuana lowers serum testosterone, although there have been a few conflicting studies.

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 Sinlix Officialina, Tribolone, Yohimbin, and Cyclolean), 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, Parabold, and others) and the latest techniques being used to escape detection (with a special section on Probenecid).

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other strength events, you've got to concentrate on back and leg strength such as the and field. Track and field athletes, shot putters, javelin throwers, high jumpers, pole vaulters, they all train very similarly to powerlifters and weightlifters, trying to develop maximum strength so they can get maximum explosive outbursts.

Those are reasons why you would use a light day and a heavy day. Basically it comes down to the physiological fact that the body can't take maximum intensity in and day out. It just cannot adapt to it, not even under the best conditions, the best nourishment, the best physical therapy. It has to have rest. Always remember that training does not build your strength, it tears it down. When you rest and you eat properly, your body recovers and builds new tissue so that it can adapt to the stress that you have given it.

Now to look over your program where you were benching 385. There are many reasons you might have stalled at that point. One might have been overwork of your triceps. Your triceps are extremely important in the bench press. If your triceps are overtrained, you're not going to be able to fully extend your chest, and thus your triceps are going to have something of an undertraining effect. ... So the following day, you're doing the 250 for 3 on the heavy day, those are pretty close. When you consider that you're doing the 250 for 5 reps, that is a lot of iron.

Here's the way I would approach your bench press. Let's take the light day first. Say you're benching at the level you were in (385 max in your max). For comparison I'm going to use a 350 max in this example. On your light day, warm up and do 225x5, 250x1, 270x1, 290x1, and then you can go to 300x2. Now that's a light day. That's what it's supposed to be. You're going to think, gee, this isn't even working me. But, remember, when Orel Hersheiser's out there throwing a few pitches in the outfield he's not saying, gee, this isn't even working me. He's saying, gee, I'm resting, so I can really go 9 innings next time I'm up. On your heavy day, warm up and go to 290 for your first heavy single. Then 310, 330, 350, and then back down to 295. So what that does is it gives you 4 heavy singles on the way up and then 1 down single. At the end of the set you're doing 225, 250, 270, 290, 310, 330, 350, 330, 310, 290, 270, 250, 225. You're taking 5 lbs. to each one of the sets both on the light and heavy day. ... The heavy day, 295x1, 315x1, 335x1, 350x1, 295x1, and then do a down set of 8-10. As you can see, each set is less than what you'll be adding 5 lbs. to your maximum lift. Believe me, that's plenty if you're in good shape. People train for years just to put 10 lbs on their lifts. Once you reach a certain stage of your conditioning it becomes very difficult to put 5 lbs. a week or 10 lbs. a month on a lift. So be patient. It's the best way. It will make you more consistent and you'll have fewer problems with overtraining and injuries.

Well, I hope I've helped you out. Best of luck to you. Roger Estep

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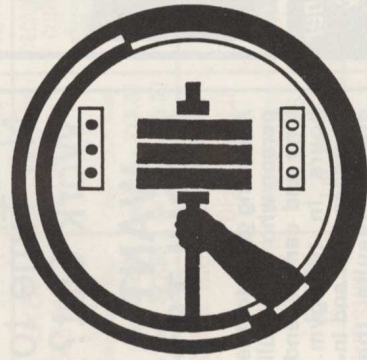
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Scandinavian Juniors - 10, 11 Jun 89
52 kg BP DL Total
Finland NOR 290 175 310 775
Sweden SWE 262.5 175 252.5 690
Baltic FIN 290 175 310 775
Slovakia SVK 262.5 175 252.5 690
Slovenia SVN 262.5 175 252.5 690
Slovakia SVK 262.5 175 252.5 690

27, 28 Jun 89 - Lima, OH
139-Under SQ BP DL Total
Parish 375 210 590 980
Fisher 380 205 585 970
140-162 lbs.
Quickle 440 350 545 1335*
Ramos 305 275 450 1230
Hansen 365 250 400 1095
Edwards 365 250 400 970
Terrell 330 240 400 970

163-185 lbs.
Hansen 510 305 530 1345
Scott 485 290 540 1315
Murray 450 340 520 1310
Hansen 485 290 540 1315
Quickle Jr. 450 325 475 1250
186-204 lbs.
Abept 555 400 565 1520
Murray 530 325 575 1430
205-224 lbs.
Dobson 620 360 630 1610
Rolle 600 310 560 1470
IC has put together an amazing powerlifting team for the Ironstate Open. They are bringing back a lot of "roids." We'd like to thank Terry Schneider and Jeff Burch for coming in to judge. Hope to see you at Ironstate. We'll have a special block for those who succeed away a strongman. Ironstate powerlifting meet later this year. Thanks to Ed Dunn, Mike Stone, Townsend, Scott, Steve O, and the rest of the Iron state staff.
(Thanks to Willie Lightower for results).

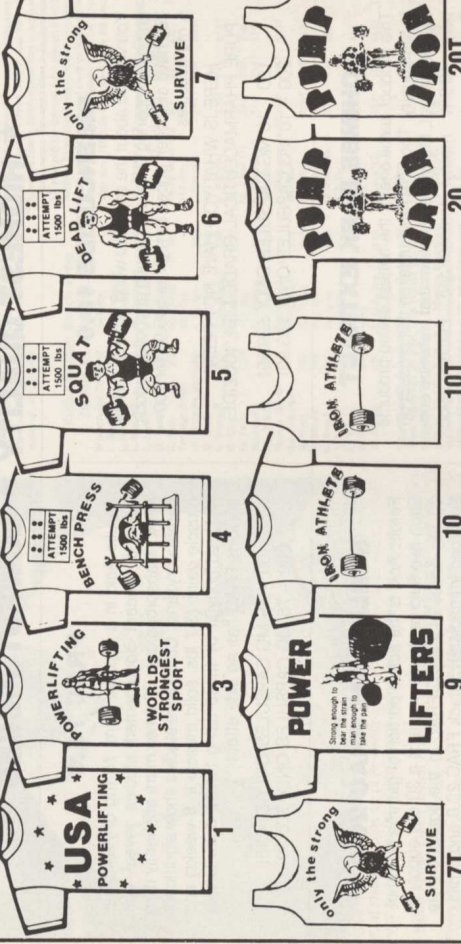
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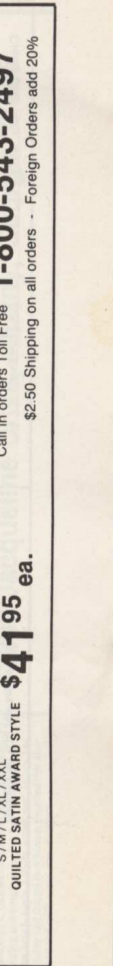
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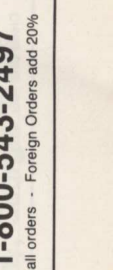
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Table listing names and scores for various events. Columns include names (e.g., W. Miller, M. Rose) and scores (e.g., 245, 240, 260).

Table listing names and scores for West Texas Bench Press Classic. Columns include names (e.g., S. Smith, S. Hall) and scores (e.g., 400, 365, 320).

Table listing names and scores for ADFFA Minnesota State Bench Press. Columns include names (e.g., B. Burgess, M. Robinson) and scores (e.g., 185, 230, 240).

Table listing names and scores for MDA & Jerry's Kids Meet. Columns include names (e.g., T. Hargrove, S. Smith) and scores (e.g., 400, 365, 320).

Table listing names and scores for APF East Coast Bench Press. Columns include names (e.g., W. Miller, M. Rose) and scores (e.g., 245, 240, 260).

Table listing names and scores for 12 Aug 89 - Ahlstone, TX. Columns include names (e.g., T. Hargrove, S. Smith) and scores (e.g., 400, 365, 320).

APF East Coast Bench Press

APF East Coast Bench Press... 5 Aug 89 - Pleasant Hills, PA. Detailed results and commentary for the event.

MDA & Jerry's Kids Meet... 26-27 Aug 89 - New Lebanon, NY. Detailed results and commentary for the event.

West Texas Bench Press Classic... 12 Aug 89 - Ahlstone, TX. Detailed results and commentary for the event.

Advertisement for Marathon Powerlifters. Text: '25,588 POWERLIFTERS CAN'T BE WRONG...'. Includes a logo for Marathon Powerlifters and contact information.

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Advertisement for 2nd Annual Pittsburgh Open Bench Press Classic. Text: '2nd Annual Pittsburgh Open Bench Press Classic December 2nd, 1989'. Includes a logo for 'The Perfect Protein'.

Advertisement for 16th Canton Open. Text: '16th Canton Open 9 December 1989 Open, Teenage Women, Masters'. Includes a logo for 'PAT LEONTI'.

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Advertisement for 2nd Annual Pittsburgh Open Bench Press Classic. Text: '2nd Annual Pittsburgh Open Bench Press Classic December 2nd, 1989'. Includes a logo for 'The Perfect Protein'.

23 DEC Greater Texas Classic Open (below Class II), Women's Special Olympics, Masters and Region 6 Collegiate meet, San Antonio, TX, 11/29-12/1. 70-133, 817-294-3368. 6711 McCarty, Ft. Worth, TX, 76103.

23 DEC, Eastern States Club (below Class II), Women's Special Olympics, 1988, 1990, 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2020, 2022. 70-133, 817-294-3368.

3 DEC, Sunday only (USPF Arizona State), National Nationals Regional (Phoenix), Richard Peters, Box 1753, Norman, OK, 73070.

7 DEC, ADFFPA Longhorn and Collegiate and Women's Special Olympics (below Class II), 1988, 1990, 1992, 1994, 1996, 1998, 2000, 2002, 2004, 2006, 2008, 2010, 2012, 2014, 2016, 2018, 2020, 2022. 70-133, 817-294-3368.

9 DEC, 1st Annual Beach Press Competition, 7025 Franklin, Philadelphia, PA, 19135, 215-333-6360.

16 DEC, ADFFPA Walkers Island Beach Press and Masters, Newport, Rhode Island, 401-855-5555.

17 DEC, ADFFPA Walkers Island Beach Press and Masters, Newport, Rhode Island, 401-855-5555.

18 DEC, ADFFPA Walkers Island Beach Press and Masters, Newport, Rhode Island, 401-855-5555.

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6 JAN, New York Beach Press Championship, Eric Halener, Power Plus Fitness, 325 William Floyd Highway, Shirley, NY 11967.

7 JAN, California at the Dual (Victorville), Claudia Chen, 30855 South Main, Victorville, CA 92380, 951-759-5500.

8 JAN, California at the Dual (Victorville), Claudia Chen, 30855 South Main, Victorville, CA 92380, 951-759-5500.

9 JAN, Louisiana State Championship, Garland Bear, 2550 N. Main, Lake Charles, LA 70601, 337-533-1111.

13 JAN, ADFFPA North Mississippi Championships (open, novice, novice/light, intermediate, masters, masters/teens, veteran, veteran/teens), 815-396-5293, 305 Hwy 52, N. Laurel, MS 38952.

13 JAN, New York Teenage, Northerm Power Press, 1719 W. 12th, Fargo, ND 58103.

13 JAN, Oregon Teenage, Northerm Power Press, 1719 W. 12th, Fargo, ND 58103.

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17 FEB, Irving YMCA Class III, Below Class II, Class III (Below YMCA), Masters (Below and above age), Women, Teenage (14 and above), and above age, 512-321-5193 (after 5PM).

3 FEB, 4th Annual USPF Beach Press Classic, (men, men/teens, women), Mark Moliney, Box 188, Annapolis, MD 21403, 410-393-2200.

3 FEB, California at the Dual (Victorville), Claudia Chen, 30855 South Main, Victorville, CA 92380, 951-759-5500.

17 FEB, Irving YMCA Class III, Below Class II, Class III (Below YMCA), Masters (Below and above age), Women, Teenage (14 and above), and above age, 512-321-5193 (after 5PM).

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3 FEB, California at the Dual (Victorville), Claudia Chen, 30855 South Main, Victorville, CA 92380, 951-759-5500.

5-6 MAY, USPF National Masters, Jay McVeeh, 1243 S. Riverside, Atlanta, GA 92376

5-6 MAY, ADFFPA Teenage Nationals, John Penfold, 2412 Hartford Ave., St. Louis, MO 63114, 314-377-0205.

11 JUN, USAF Summer Beach Press, Beach Open III (open, novice, novice/light, intermediate, masters, masters/teens, veteran, veteran/teens), 814-667-5662, or Joe Vachina 814-269-3328.

14 JUL, Iowa State Championships (low residents and first 50 lifters, 3 yr. drag, live, pure, teenage, women), SAGE in LaCrosse Fitness, 4041 N. Plaza, LaCrosse, WI 54601, 608-785-3333.

14 JUL, ADFFPA Meets, St. Mid America Bodybuilding Championships, SAGE to Lifetime Fitness, 4041 N. Plaza, LaCrosse, WI 54601.

15 JUL, ADFFPA Meets, SAGE to Lifetime Fitness, 4041 N. Plaza, LaCrosse, WI 54601.

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275 lb./125 kg.

DEADLIFT

854 Pasanella, D., 528/89	1915 Ufford, K., 212/88
855 Hittiger, M., 225/89	1916 Serrin, M., 212/88
856 Wood, L., 112/88	1917 Serrin, M., 212/88
857 Wood, L., 112/88	1918 Serrin, M., 212/88
858 Wood, L., 112/88	1919 Serrin, M., 212/88
859 Wood, L., 112/88	1920 Serrin, M., 212/88
860 Wood, L., 112/88	1921 Serrin, M., 212/88
861 Wood, L., 112/88	1922 Serrin, M., 212/88
862 Wood, L., 112/88	1923 Serrin, M., 212/88
863 Wood, L., 112/88	1924 Serrin, M., 212/88
864 Wood, L., 112/88	1925 Serrin, M., 212/88
865 Wood, L., 112/88	1926 Serrin, M., 212/88
866 Wood, L., 112/88	1927 Serrin, M., 212/88
867 Wood, L., 112/88	1928 Serrin, M., 212/88
868 Wood, L., 112/88	1929 Serrin, M., 212/88
869 Wood, L., 112/88	1930 Serrin, M., 212/88
870 Wood, L., 112/88	1931 Serrin, M., 212/88
871 Wood, L., 112/88	1932 Serrin, M., 212/88
872 Wood, L., 112/88	1933 Serrin, M., 212/88
873 Wood, L., 112/88	1934 Serrin, M., 212/88
874 Wood, L., 112/88	1935 Serrin, M., 212/88
875 Wood, L., 112/88	1936 Serrin, M., 212/88
876 Wood, L., 112/88	1937 Serrin, M., 212/88
877 Wood, L., 112/88	1938 Serrin, M., 212/88
878 Wood, L., 112/88	1939 Serrin, M., 212/88
879 Wood, L., 112/88	1940 Serrin, M., 212/88
880 Wood, L., 112/88	1941 Serrin, M., 212/88
881 Wood, L., 112/88	1942 Serrin, M., 212/88
882 Wood, L., 112/88	1943 Serrin, M., 212/88
883 Wood, L., 112/88	1944 Serrin, M., 212/88
884 Wood, L., 112/88	1945 Serrin, M., 212/88
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886 Wood, L., 112/88	1947 Serrin, M., 212/88
887 Wood, L., 112/88	1948 Serrin, M., 212/88
888 Wood, L., 112/88	1949 Serrin, M., 212/88
889 Wood, L., 112/88	1950 Serrin, M., 212/88
890 Wood, L., 112/88	1951 Serrin, M., 212/88
891 Wood, L., 112/88	1952 Serrin, M., 212/88
892 Wood, L., 112/88	1953 Serrin, M., 212/88
893 Wood, L., 112/88	1954 Serrin, M., 212/88
894 Wood, L., 112/88	1955 Serrin, M., 212/88
895 Wood, L., 112/88	1956 Serrin, M., 212/88
896 Wood, L., 112/88	1957 Serrin, M., 212/88
897 Wood, L., 112/88	1958 Serrin, M., 212/88
898 Wood, L., 112/88	1959 Serrin, M., 212/88
899 Wood, L., 112/88	1960 Serrin, M., 212/88
900 Wood, L., 112/88	1961 Serrin, M., 212/88

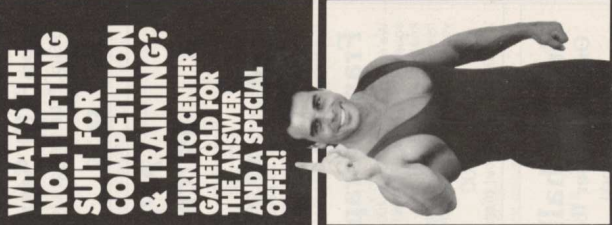
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1030 Pasanella, D., 528/89	1915 Ufford, K., 212/88
1031 Pasanella, D., 528/89	1916 Serrin, M., 212/88
1032 Pasanella, D., 528/89	1917 Serrin, M., 212/88
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1037 Pasanella, D., 528/89	1922 Serrin, M., 212/88
1038 Pasanella, D., 528/89	1923 Serrin, M., 212/88
1039 Pasanella, D., 528/89	1924 Serrin, M., 212/88
1040 Pasanella, D., 528/89	1925 Serrin, M., 212/88
1041 Pasanella, D., 528/89	1926 Serrin, M., 212/88
1042 Pasanella, D., 528/89	1927 Serrin, M., 212/88
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1044 Pasanella, D., 528/89	1929 Serrin, M., 212/88
1045 Pasanella, D., 528/89	1930 Serrin, M., 212/88
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1076 Pasanella, D., 528/89	1961 Serrin, M., 212/88
1077 Pasanella, D., 528/89	1962 Serrin, M., 212/88
1078 Pasanella, D., 528/89	1963 Serrin, M., 212/88
1079 Pasanella, D., 528/89	1964 Serrin, M., 212/88
1080 Pasanella, D., 528/89	1965 Serrin, M., 212/88

BENCH

661 Latin, K., 6/89	1915 Ufford, K., 212/88
662 Latin, K., 6/89	1916 Serrin, M., 212/88
663 Latin, K., 6/89	1917 Serrin, M., 212/88
664 Latin, K., 6/89	1918 Serrin, M., 212/88
665 Latin, K., 6/89	1919 Serrin, M., 212/88
666 Latin, K., 6/89	1920 Serrin, M., 212/88
667 Latin, K., 6/89	1921 Serrin, M., 212/88
668 Latin, K., 6/89	1922 Serrin, M., 212/88
669 Latin, K., 6/89	1923 Serrin, M., 212/88
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671 Latin, K., 6/89	1925 Serrin, M., 212/88
672 Latin, K., 6/89	1926 Serrin, M., 212/88
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697 Latin, K., 6/89	1951 Serrin, M., 212/88
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699 Latin, K., 6/89	1953 Serrin, M., 212/88
700 Latin, K., 6/89	1954 Serrin, M., 212/88
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707 Latin, K., 6/89	1961 Serrin, M., 212/88
708 Latin, K., 6/89	1962 Serrin, M., 212/88
709 Latin, K., 6/89	1963 Serrin, M., 212/88
710 Latin, K., 6/89	1964 Serrin, M., 212/88
711 Latin, K., 6/89	1965 Serrin, M., 212/88

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for USA lifters competing
September 1988 to August 1989
TOP 100

275 lb./125 kg.

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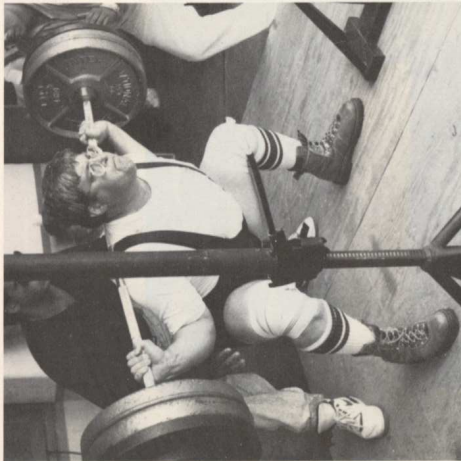
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USPF East Beach Championships
2 Sep - Santa Barbara, CA (kg)

Women (Malone) SQ	BP	DL	Total
C. Westin (148)	157.5	120	167.5
D. Rose (196)	95	205	492.5
B. Trumble	111	125	436.5
Y. Morley (147)	110	125	436.5
C. Meskew (96)	75	42.5	100

Message & Age

M. Cordoro (183)	142.5	102.5	180	425
B. Hunt (195)	220	145	252.5	617.5
S. Holder (180)	202.5	122.5	227.5	552.5
M. Perkins	185	115	200	485
D. Tangart (192)	140	130	195	485

Open

132 lbs.	192.5	112.5	205	530
148 lbs.	170	112.5	172.5	522.5
D. Lewis	170	112.5	172.5	522.5
165 lbs.	207.5	155	220	602.5
J. Murphy	175	120	190	485
181 lbs.	250	145	250	645
D. Carrillo	230	132.5	265	627.5
D. Harney				

A.D.F.P.A.

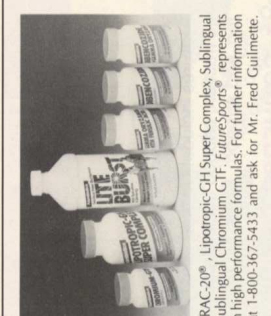
TOP 20 75 kg. 165 lb.

This list by E. Jean Lambert covers lifts made in available results of sanctioned American Drug Free Powerlifting Association meets from September 1988 to August 1989. Please send a copy of all ADFPA meet results to E. Jean Lambert, Box 467, Camarillo, CA 93011. This will keep these lists 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 PL USA Achievement Awards. For details and ordering information see this issue's Top 100 listing.

SQUAT	BENCH PRESS	DEADLIFT	TOTAL
1. 633 Beavers, M., 7/30/89	435 Wilks, T., 3/19/89	680 Griffith, K., 4/2/89	1603 Beavers, M., 7/30/89
2. 620 Guiry, A., 11/1/88	410 Dominelli, G., 3/19/89	672 Bridges, B., 6/17/89	1600 Brehm, D., 4/15/89
3. 612 Ricks, D., 4/15/89	410 Werner, S., 7/2/89	630 Solomon, J., 9/10/88	1582 Ricks, D., 3/25/89
4. 612 Ricks, D., 3/25/89	407 Burgess, W., 1/22/89	625 Mouton, W., 6/16/89	1576 Bridges, B., 6/17/89
5. 590 Kiefer, D., 7/19/89	391 Beavers, M., 7/30/89	605 Brehm, D., 4/15/89	1550 Mouton, W., 6/17/89
6. 580 Rock, J., 5/6/89	386 Friday, S., 4/23/89	601 Baxter, R., 3/25/89	1515 Guiry, A., 11/1/88
7. 575 Mouton, W., 6/16/89	385 Koester, M., 9/4/88	590 Rock, J., 5/6/89	1515 Malle, L., 2/26/89
8. 575 Mouton, W., 6/16/89	385 Koester, M., 9/4/88	590 Rock, J., 5/6/89	1488 Baxter, R., 3/25/89
9. 567 Bockelman, R., 4/1/89	380 Frakes, D., 6/12/89	590 Traca, J., K., 5/6/89	1470 Solano, J., 9/10/88
10. 567 Bockelman, R., 4/1/89	380 Frakes, D., 6/12/89	590 Traca, J., K., 5/6/89	1470 Solano, J., 9/10/88
11. 556 Shocket, R., 11/6/88	375 Nance, G., 1/15/89	584 Zwieg, G., 1/15/89	1470 Guiry, A., 11/1/88
12. 556 Shocket, R., 11/6/88	375 Gaffin, L., 11/2/88	580 Doppo, T., 9/11/88	1465 Adams, W., 9/11/88
13. 555 Lockie, T., 4/2/89	375 Brehm, D., 4/15/89	578 Malle, L., 2/26/89	1460 Zwieg, G., 1/15/89
14. 550 Nulman, A., 10/2/88	375 Rock, J., 5/6/89	575 Mouton, W., 6/16/89	1440 Doppo, T., 9/11/88
15. 550 Nulman, A., 10/2/88	370 Smithley, M., 3/19/89	573 Serris, A., 3/89	1440 Doppo, T., 9/11/88
16. 550 McGlynn, L., 8/27/89	370 Smithley, M., 3/19/89	573 Serris, A., 3/89	1440 Doppo, T., 9/11/88
17. 546 Batey, R., 3/25/89	370 Wachter, S., 7/1/89	573 Martinez, R., 4/15/89	1438 Friday, S., 4/2/89
18. 546 Bonds, D., 6/17/89	369 Sato, S., 10/30/88	570 McGlynn, L., 8/27/89	1425 Hansford, L., 11/26/88
19. 540 Cicutara, R., 9/11/88	369 Bridges, B., 6/17/89	565 Adams, W., 9/11/88	1421 Shocket, R., 11/6/88

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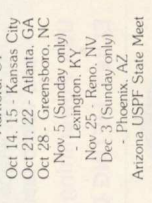


B. Williams	205	150	167.5	522.5
S. Window	165	102.5	215	482.5
Under 50 - Schwartz	92.5	115	322.5	
B. Meek	310	193.5	300	802.5
M. Simmer	240	232.5	265	737.5
D. Lewis	170	112.5	172.5	455
R. Dixon	140	120	185	445
Masters (Women)	75	42.5	100	217.5
Teams 1 - Santa Barbara Fitness Center, 2 - Silverbacks, 3 - El Toro Marines. Considering this was our first meet of this size (85 lifters, 5 divisions) the platform, it came out very well. The following are the winners of the meet.				
K. Yoshida	242.5	152.5	220	615
B. King	170	150	215	535
Under 50 - Santa Barbara Athletic Association, Shaalwood Meat Co., Santa Barbara, Cinchographic and Sports Medical Clinic	180	120	237.5	537.5
C. Hirota	215	142.5	277.5	635
B. Hunt	220	145	252.5	617.5
S. Holder	200	127.5	227.5	555
M. Perkins	180	125	215	500
M. Lang	—	—	272.5	—
D. Wask	235	152.5	267.5	655
R. Irwin	185	132.5	237.5	555
D. Martinos	190	150	200	540
C. Brink	142.5	160	222.5	525
S. Rodgers	237.5	180	225	642.5
G. Frakes	280	160	250	590
D. Balthaser	280	150	275	715
B. McCune	250	170	250	670
M. Brownman	200	180	195	575
Under 50 - Schwartz	160	130	617.5	
T. Yost	222.5	137.5	255	640
B. Strange	187.5	107.5	195	490
M. Garry	207.5	175	282.5	745
C. Nicol	135	145	195	475
A. Newnam	125	112.5	160	397.5

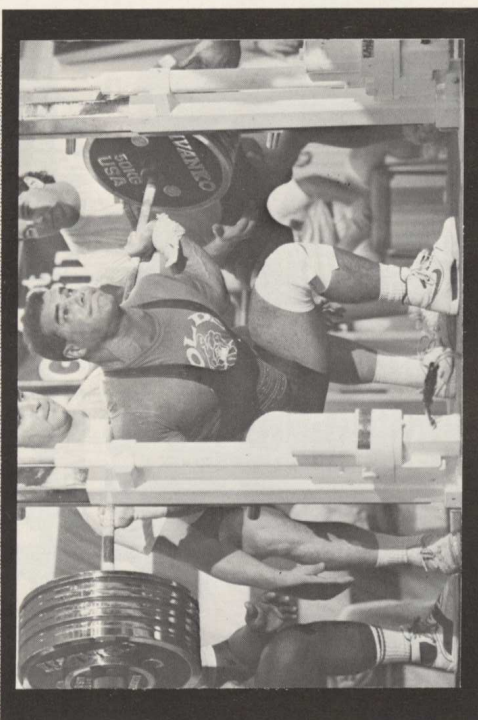
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 Oct 14, 15 - Kansas City
 Oct 21, 22 - Atlanta, GA
 Oct 28 - Greensboro, NC
 Nov 5 (Sunday only)
 Nov 25 - Reno, NV
 Dec 3 (Sunday only)
 Phoenix, AZ
 Arizona USPF State Meet



Due to popular demand, the powerlifting sculpture awards will be given in all of the National Regional Nationals and National So clean off a shelf and plan to attend one of the twelve regionals listed above. For more information contact **Richard Peters, Box 1753, Norman, OK 73070**



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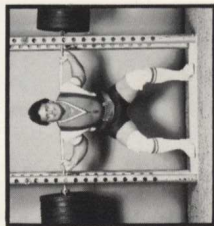
MASTERING THE BENCH PRESS

At last the video you have been waiting for! Mike personally teaches you all his secret training techniques for achieving world records in this popular lift. Topics covered include hand placement, correct body posture, use of the pituitary gland, timing and rhythm of the lift, mental preparation, light and heavy training, and a complete one year workout and training routine designed to prepare you for the world's toughest powerlifting competition. This tape will prove to be a life-long source of knowledge you won't want to be without. (Mr. Bridges' current record in the bench press is 229 lbs. at a bodyweight of 191 lbs.)
Time 50 mfs.
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MASTERING THE SQUAT

At 5'3" and a bodyweight of 181 lbs., Mr. Bridges has a remarkable 837 lbs. in this outstanding, highly detailed tape. Mike demonstrates every aspect of proper squatting technique and how these pointers, when applied properly, can immediately improve your squatting performance. Respected and known for his flawless form and execution, Mike also discusses the science behind the famous Bridges flair squatting technique. Also includes squat workout routines for competition. All powerlifters and coaches can benefit more to be without this valuable training aid.
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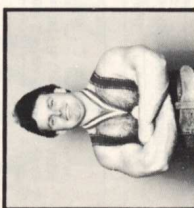
MENTAL MUSCLE



In this tape Mike Bridges shows you how to smash all negative mental barriers that hold you back from achieving your maximum potential. Mental effort in your training and performance at competitions. Powerlifting is much more than physical strength. It is a sport that requires an IRON WILL and mental determination to push the body beyond its natural limits. This tape will show you how to train your body with this great video and watch your lifts improve overnight.
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MIKE BRIDGES, "UP CLOSE"

Meet Mike Bridges up close as he candidly talks about his life and career as a World Champion Powerlifter. He gives insight into Powerlifting few people ever see. He articulates his opinions on such topics as training, drugs, and nutrition. This tape is a must for all serious lifters. World Champion lifter makes this high quality and entertaining tape a valuable learning experience. A true collectors item!
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BEGINNING WEIGHT TRAINING

This tape is a must for men, women, and children who wish to begin a weight training program. With this high quality video program, a World Class athlete, Mr. Bridges demonstrates and carefully explains all the weight training exercises and routines you will ever need to develop your shoulders, arms, back, and legs. You will be shown how to avoid injuries and see immediate improvements in your strength, endurance, flexibility, cardiovascular system and overall appearance. Weight training has never been easier than with the aid of this tape.
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From a Reader....

Who would have thought after a 20 year and then a 17 year layoff from bodybuilding, this 60 year old grandfather would get back to the NY as a powerlifter. I visited my old haunts in NY and saw he was working. He had some issues of PL USA and I read them with the interest. My son said "Dad, why not start working out again?" Sounded like a good idea, so when I got home, downstate, I fixed up a gym in my basement. Being a Depression kid, I made up my own safety equipment, cast some plates (1000 pounds) from old lead and solder I had saved when I worked as a plumber. Wish I could squat or deadlift with all of it. I even made a lat machine that looked like a "Rube Goldberg". After a year of training I was doing pretty good. My son suggested I enter a Powerlifting meet. I called to find out if I could wear my cut-off dungarees. They said I had to wear a one piece lifting suit. I sent for a squat suit, bench shirt, knee wraps and wrist wraps. My son was visiting and said he would help me get into the gear. First came the suit. I felt my circulation to my legs would be cut off. My grandchildren wondered why grandpa was hurting himself. After it was on, I thought I would never walk standing straight up again. Oops, I forgot the knee wraps. Do you start from the top, down or the bottom up? My squats went easy. You guys would say "look what he's squatting with!" Wait til you reach sixty, you young whippersnappers, then we'll see how light it is. Off with the knee wraps and on with the bench shirt. I was killing myself getting it on, and then I'm walking like Frankenstein, I was so worn out, my bench press went down 15 pounds. I needed to rest after getting out of the shirt. Now, on to the deadlift. It went too easy - was it the suit - are all the records real? Is all this necessary? What am I getting into? *The Foxy Grandpa, David T. Ginenthal*

(Letters are edited for clarity, brevity, etc.)

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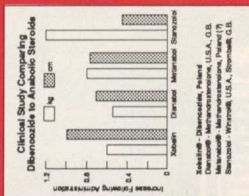


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