

POWERLIFTING

Now, a full line of Pacifico Powerful apparel for today's smart Power Lifters and Body Builders. Our wide variety of belts, suits, briefs and wraps are smartly designed for maximum wearability and made with the finest of materials. Guaranteeing you the utmost in style, safety and all of the function that you've come to expect from Pacifico Enterprises.

Put Pacifico Powerful apparel to work for you during your next workout and train like a PRO!

TITAN SUIT A — Superior power Titan Suit (a high-cut and navy blue) guaranteed against crutch blow-out. The No. 1 suit in the world. In Navy Blue, Royal Blue or Burgundy \$34/
Burgundy \$34/2 for \$60.

TITAN SUIT B —

Superior power Titan Suit B (shown in burgundy), low-cut with the same guarantee as Titan A. In Navy Blue, Royal Blue or Burgundy \$34/
Burgundy \$34/2 for \$60.

BRIEFS — Worn under the squat suit as underwear it adds support where it counts *fits* adds up to 20 lbs. \$16.

NEW REDLINE PLUS WRAP — Now more stretch than ever and it's still the No. 1 strength wrap of all time. Compare to Goldline cost of \$15.95. Redline PLUS introductory priced at \$12.50 (Now \$11.)
3 pair \$24./10 pair \$60.

VELCRO WRIST WRAPS — Comfortable elastic with convenient thumb loop and velcro fasteners \$6. (pair)/2 for \$11.

WHEN ORDERING

Suits — specify height, weight, hip, thigh measurements, color/style & quantity.
Belts — please include product description, quantity, waist size and color(s).

Wraps — please indicate quantity and style desired.
Provide name, full address, city/state/zip. Shipping charges: Inside USA add \$2. Outside USA add 20% of total for surface mail or 30% of total for air mail.



2060 Republic Dr. • Dayton, OH 45414

Order Yours Today! Call Toll-Free 1-800-892-5496.
Ohio Residents call: 513-888-7245. Check, Money Order, VISA and Mastercard accepted.
Ohio residents please add 6% sales tax.

Guaranteed One Week Delivery!

POWERLIFTING USA

VOL. 13 NO. 6 JAN/90 \$3.50



CAPE BRETON WELCOMES
19 89 84-8
Blue
WORLD
POWERLIFTING
'89 I.P.F. CHAMPIONSHIPS
STONEY NORTON, SCOTIA, CANADA

RAMADA
MASSINA HOTEL

| SQUAT | | | BENCH | | | DEADLIFT | | | TOTAL | | |
|-------|---|---|-------|---|---|----------|---|---|-------|---|---|
| 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 | 1 | 2 | 3 |
| 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 | 0 |

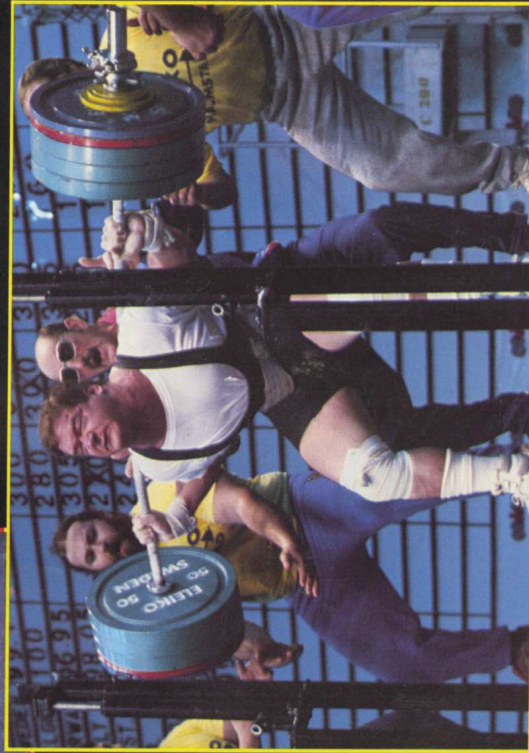
Canada's first magazine
CIBC
UNIVERSITY

RAMADA
MASSINA HOTEL

Canada's first magazine
CIBC
UNIVERSITY

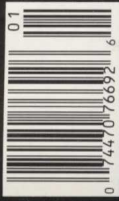
Canada's first magazine
CIBC
UNIVERSITY

Winning USA Men's & Women's Teams!



**BEST LIFTERS:
LIZ ODENDAAL
& ED COAN**

I.P.F. Worlds



3 Reasons Why You're Probably Not Getting Anywhere Near The Results You Should Be Getting From Your Amino Acid Supplements!



If you're using a high-potency amino acid supplement to help your body produce lean muscle mass, chances are you're getting only a fraction of the results you should be getting from that high-potency dosage.

Here's why: Recent discoveries have shown that while it's very important to have a high-potency amino complex, it's even more important that you have a *properly-balanced* amino profile.

You see, in order for amino acids to work their best, the various amino acids must be in *correct proportion* to one another. Unfortunately, most of the amino acid products on the market are *not* properly balanced, and therefore can't give you the best results no matter *what* dosage you take.

So...what is the proper balance you should have in your amino acids?

Introducing The™ "3-Way Amino Stack"™

The proper balance of amino acids is something called the "3-Way Amino Stack,"™ newly developed by Marathon® Nutrition Company and found exclusively in AMINO SUPREME.™ Over 15 months of intensive research went into the creation of this formula, and it's so highly advanced that it literally makes all other amino acid complexes on the market *obsolete!*

Here's how it works:
PART 1: The "Branched-Chain" Aminos. As you know, there are over 20 amino acids that help your body produce lean muscle mass and repair tissue after a hard workout. But what you may not know is that there are **three key aminos** that do most of the work! These are **Leucine, Isoleucine, and Valine**—known as the "branched-chain" aminos because of their unique molecular structure.

Anyway, what makes these branched-chain aminos so important is that—unlike all the other aminos—these three are metabolized *within the muscle itself* to produce maximum muscle growth! But that's not all. In the process of being metabolized, these branched-chain aminos actually manufacture many other amino acids—thereby multiplying their effect many times over!

Now, here's the important part: All the recent evidence shows that the branched-chain aminos must make up *at least 25%* of your amino complex, or you won't get the best results they have to offer!

Well, until Marathon Nutrition developed AMINO SUPREME (with over 27% of its total 2,200 mg. being branched-chain aminos),

Or the guaranteed fast breakdown-time of our tablet (so you get total assimilation of the... ingredients). But we think you get the idea...

AMINO SUPREME is by far the most powerful (and most potent) amino acid complex ever created because of its high concentration of branched-chain amino acids, and the overall proper balance of the "3-Way Amino Stack"!

Try It At Our Risk, Not Yours!

If you want the best possible results from the amino acids you take, you should be taking AMINO SUPREME!

And now you can try it at *no risk* because of our **ironclad money-back guarantee**. Simply put, if you're not satisfied *for any reason*, return the unused portion within 45-days for a prompt refund of every penny you paid.

You really have no reason not to try it!

How To Order

AMINO SUPREME—The Specially Formulated 3-Way Amino Stack™ has 2,200 mg. of active ingredients in each tablet (making it one of the highest potency products on the market), and there are three bottle-sizes to choose from:

- 100 tablets for \$22.95
- 250 tablets for \$49.95
- 500 tablets for \$94.95

We recommend you take 5-10 tablets daily (depending on your workout intensity), so the 250 size is roughly a one-month's supply.

Improve Your Performance At No Extra Charge!

As our way of saying "thanks" for making AMINO SUPREME a regular part of your daily routine, we'd like to send you a **FREE** supply of Inosine—the world's #1 performance enhancer!

This is Marathon's top-of-the-line, "pure form" Inosine in 1,500 mg capsules—not some sample size made up for this free offer. Here's how it works:

- Buy 100 tablets of AMINO SUPREME and get 30 caps of Inosine *free!* (A \$34.90 value for only \$22.95.)
- Buy 250 tablets of AMINO SUPREME and get 60 caps of Inosine *free!* (A \$69.90 value for only \$49.95.)
- Buy 500 tablets of AMINO SUPREME and get 90 caps of Inosine *free!* (A \$121.95 value for only \$94.95.)

ORDER YOURS TODAY!

Why Not The Best?

There's a lot more we could tell you about our AMINO SUPREME. Such as the 10 mg. of Vitamin B-6 we put into each tablet to help you get the maximum uptake of your aminos.

TABLE OF CONTENTS

Volume 13, Number 6 • January, 1990

IPF MEN'S/WOMEN'S WORLDS.....Mike Lambert.....8
HEPBURN & ANDERSON.....Randall Strossen Ph.D.....15
TOP 100 FLYWEIGHTS.....E. Jean Lambert.....18
BULGARIAN PRINCIPLES, PT. 3.....Tim McClellan.....20
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....21
USPF PRESIDENT'S MESSAGE.....Dr. Conrad Cotter.....22
HIDEAKI INABA PROFILE.....Paul Kelso.....23
WORKOUT OF THE MONTH.....Steve Goggins.....26
STEROIDS & LIVER DISEASE.....Thomas Fahey Ed.D.....27
O.D. WILSON INTERVIEW.....Willie Jacobs.....32
WILLIE AUSTIN INTERVIEW.....Bob Gaynor.....34
EXERCISE FORM.....Doug Daniels.....36
DR. JUDD.....Judd Biasiotto Ph.D.....37
ASK THE DOCTOR.....Mauro Di Pasquale MD.....52
GEORGE MANLEY PROFILE.....Jon Smoker.....53
COMING EVENTS.....71
NATIONAL MEET QUALIFYING TOTALS.....76
TOP 20 MIDHEAVYWEIGHTS.....E. Jean Lambert.....78
UNCLASSIFIED ADVERTISEMENTS.....79
BULLETIN BOARD.....82

ON THE COVER.....top right, the USA contingent at the IPF Men's & Women's World Championships (G. Langille), at left Best Woman Lifter Liz Odendahl pulls a world record 507 deadlift, and below Best Male Lifter Ed Coan squats.

NEXT MONTH.....the last YMCA NATIONALS MEET???

© 1989 Powerlifting USA

Reproduction of this magazine, in whole or part, is prohibited without written consent. Opinions expressed herein are those of the writer only, and may or may not be in agreement with PL USA

POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!

Check one:

NEW

RENEWAL

Address Change

(Indicate previous address)
\$26.95 for 12 monthly issues,
\$49.95 for 2 years (save 14.6%)

Payable to: 'Powerlifting USA'
Box 467, Camarillo, CA 93011.

Name _____

Address _____

City _____ State _____ Zip _____

POWERLIFTING USA advertising rates available upon your request.

Editor-in-Chief Mike Lambert
International Editor Andy Kerr
Feature Editor Dr. Ken Leistner
Training Editor Ron Fernando
Research Editor Dr. Tom McLaughlin
Sports Medicine Editor William Taylor MD
Subscription Services Jean Lambert
Graphics/Layout In Job Lambert
Statistician Herb Glassbrenner
Publisher Mike Lambert

...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.

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$26.95 per year. The office of publication is 2486 Ponderosa Dr., North, Suite D-216, Camarillo, CA 93016. 2nd class postage paid at Camarillo, CA and at additional offices.

POSTMASTER: Send change of address notices and addressable copies to POWERLIFTING USA, PO Box 467, Camarillo, California 93011.

SUBSCRIPTION RATES: (US funds only)
USA addresses, 1 yr.....\$26.95
USA addresses, 2 yr.....\$49.95
First Class Mail, USA, 1 yr.....\$48.00
Outside USA, surface mail.....\$36.00 US
Outside USA, air mail.....\$72.00 US

© COPYRIGHT 1989

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



TOLL FREE 1(800)321-5064

INTERNATIONAL POWERLIFTING FEDERATION Men's & Women's WORLD CHAMPIONSHIPS

When the IPF first approved Sydney, Nova Scotia, Canada as the site for the first Men's & Women's World Championships, there were some raised eyebrows. The location was remote and the organizer's task doubly large. Meet Director Sonny Alexander communicated early, professionally, and often with the powerlifting community, assuring them of not only the adequacy of his presentation, but the superiority of his effort. As it turned out, who could have been disappointed? This was surely one of the truly great IPF Championships. The combination of the men and women was very well received by the athletes, although the double effort made for some long days for the durable meet staff. The physical site of the meet, Centre 200, a newly new multipurpose facility in Sydney was excellent. The championship ceremonies that attended the proceedings were especially notable: wailing bagpipers in full regalia, honor guards, cultural exhibitions, and the prominent displays of the flags of the 22 nations that participated. For a city of 29,000 the scope of the production was almost unimaginable (though it must be said that the neighboring communities bring the local population base to more like 100,000). And the natives of Sydney were truly making the local Celtic motto good: *Mile, Mile, Mile* ("Land of 100 Miles"). The award Welcomes 7 ring true: Labatt's Blue brewing company offered \$300,000 for among many reasons to produce this championship. Over \$300,000 Canadian was re-warded for that was spent on the tremendous scoreboard, and \$30,000 in numbers alone. That the rest of the daily money spent, as the total award for each of their 24 over-60er contingent to participate in the program. The men's and women's teams from China, Taipei were also remarkably very well supported in their efforts at the meet.

This was one of the most heavily drug tested IPF meets in history, with the Sports Council of Canada seeing to it that 100 drug tests overall were carried out, with 1st, 3rd in each class, all record breakers, and all Canadians being tested, as well as many lower placing lifters at random.



The Ceremonies were positively Olympian - from the closing to the opening. Above, Mary Ryan (left) and Ackevall of Sweden at her world record bench on her 3rd attempt, and then broke it with extreme ease with a 4th attempt 232.

As for the lifting, two Finnish pixies, Prinkkala and Vuokko Viitasari dominated the 44kg, even while making few attempts. The USA's DeCastillo had her own troubled 4/9 day, but medaled in her first Worlds. At 48 kg, Glynis Ramirez-Bierra had an exciting lift for lift pulling bar with lean Claudine Cognaco of France, and had to surrender 1st by 1 kilo of bodyweight. Glynis tried a 4th attempt world record bench of 182, but it wasn't close.



power athlete Sisi Dolman, mastered the division with a 7/10 day, with the 10th, being a strong 4th attempt world record 382 that she well attempt have taken on a 3rd attempt. Sherry Renee Burns, female Athlete of the Year for the U.S. Marine Corps was a perfect 9 for 9. Like many of the USA ladies, she opened quick light and followed with progressive jumps to well chosen 3rd attempts and she was blessed with a 9 for 9 day.

In the 125s, there was fierce competition and great interest in the local crowd as Canadian Joy Burr was the possible contention for a gold. Mary Jeffrey heightened the suspense by taking 3 tries to get a squat past the judges, who were rather strict on the squat throughout the entire 5 days of competition. With only 1 bench to the good, Mary surprised husband and coach Dave Jeffrey by getting two Burr. Weight changes by the Amnecans led to some confusion in the Canadian camp, and Joy ended up trying 429 lbs., more than she needed for the win. This is a weight she has done before, but on her first shot at the failed badly and awkwardly. With the bar still open, she came back on her final try and pulled the weight up nicely. Astonishingly, it was not passed. On the judges Canadian Brian Dave Jeffrey could helply admit that he clearly looked like a good lit to him. The two world medals, who cornered the meet excellently in denied, led the ceremony. With Dave Jeffrey saying this might be Mary's last try, she should take heart and train hard for next year, she certainly has the right stuff to be a world champion.

In the 132s, the USA won its second and final gold medal in the women's competition, when Judy Averbach rolled over her competition with kilos to spare. The USA is used to being more dominant in the individual gold medal count, but the women's category is now a mature one, with many countries producing top level athletes these days. Under the "six best" team point scoring system, however, the USA girls did great, grinding out one high placing total after another for the win.

Notable in the 132s, was the lifting of the lighter Nelsis sister (Marlene) and the excellent debut of Isabelle Mary of France, whose poise and power on the platform defied her chronological age of 18.

In the 148s, Vicki Steenrod did not go 165 as originally selected, thus bringing about another showdown between herself and immensely successful teammate Jackie Pierce. Jackie unfortunately did not seem herself and could not gain the approval of the judges on any of her 3 squat attempts. Despite the bomb-tout, she did not mope, but continued to support the team's following efforts. Silvana Bollman of West Germany, productively up a weight class, zipped through the opening lift by Jackie, while Vickie had a 3/9 day, with 2 misses at a record 264 bench.

In the Middleweight division, the turnout was light, but the lifting excellent with Liz Ockal pulling on a magnificent show. Lifting past the 100 lbs. is something else. Born in South Africa, and having already visited her home country, she was obviously a local girl. She has made enormous progress in her lifting in a short time, and although she stalled on a world record bench press try of 315, she came back and made a terrific pull of 507 to give her two world marks, including the total. She seems physically well-suited for the squat, but her 462 utilized a lot of back power. Though she mentions that this might be her last meet, it is intriguing to wonder what fantastic lifts she might come up with when she has all three lifts cooking at the same time. Liz had talked of going 67.5 kg here after her excellent lifting at the World Games, and ended up weighing only 71.4 kg for this meet. Tammy Dianda, who is a firefighter and a Doctor of Acupuncture had a great tussle with board Nels of Belgium (a teacher and 8 time national champion) for the silver medal, with both of them going 3 for 3 in the deadlift. Krista Ann Shaw of Canada had 5 PRs to finish behind determined Norwegian policeman Hege Holland.

In the 181 lb./82.5 kilogram division, Heidi Wittesch of Australia moved a weight class up, coming in at 76.7 kilos, for a comfortable win coached by the impressive Yuris Sterns. Heidi and Yuris were two of the few familiar faces among the Australian contingent. Their national federation has recently been re-organized. Joanne Williams of Great Britain competed fiercely for her silver medal in the division. The USA entrant, Terry McKenzie was injured

backstage, and missed her last two attempts, in fact. She also missed the pre-competition in Toronto, as she had the flu. She had a magnificent lift on her opener lower, but attempted to have it followed again with two more, but she was obviously out of it and could not get a lift in.

In the last two women's classes, the entries were light with the German's being new factors. At 90 kilos, Heike Buch had a magnificent 8 for 9 attempt day. Ten European records for the weights were set, between her and Beverly Martin, with the majority being the West German's Barb Crocker slipped between them for yet another USA silver medal and 9 more team points. More visually striking female competitors, heavily muscular and obviously athletic. She made 7 of 9 attempts look like weight room playtime. Patiently in wait for the key mistake that Ulla never made, Taina Hakala of Finland came in 2nd, ahead of her friend Jackie Pepper of



Silvana Bollman led an unprecedented wave of Gold Medals for West German lifters, 3 in all, the most of any nation in the context of the 1990 World Championships.

Great Britain. Jackie has lived, taught English, and trained in Finland for several years, and was able to cheer the Finns on in their unique native tongue throughout the championships. Hui Ling Wu of Chinese Taipei was notable in that she did not wear any knee wraps. Most of the Taipei lifters also sported unique belt and buckle arrangements of national manufacture, and they were nearly and uniformly attired in pastel green warmups. Bhanumati Mendon (91.0 kg) is a 5 time Indian National Champion, and Ruma Pal (90.2) is a 4 time Indian National Champ, and they obviously don't end up in the same weight class like this that often. The familiar face of Mr. Dutta of India was on hand, once a great competitor and now an administrator of his country's efforts. The Indians are looking forward to their chance to host another world championship meet, this time in New Delhi.

We heard that one of the West German winners here, possibly Herchenheim, also competed in the Women's World Weightlifting Championships in England, had only a few days after this meet, and did quite well, despite it only being her 3rd competition in that style of lifting.

To sum up the women's competition, thanks to the computerized statistics of the contest, courtesy of West Germany's Heiner Kobersich, there were 74 lifters, who took 666 attempts, with 213 lifts not being passed. 5 national records were bettered, and there were 14 continental records set. There were 2 world records within the competition, and 2 additional ones set on 4th attempts. In the team competition, the USA won with 60 points (112, 12, 9, 9, 9, 9).

9), followed by surprise West Germany with 46 (112, 12, 12, 6, 4). Five lifts followed with 45 (12, 9, 9, 8, 7), Britain 44 (9, 8, 8, 7, 5), Belgium 40 (9, 8, 7, 6, 5, 5), Canada 38, Netherlands 31, Norway 30, France 20, India 20, Sweden 16, Australia 15, Luxembourg 7, Argentina 6, Austria 6.

In the Best Lifter compilations, Liz Ockal of Holland came up with 431 68 points to Mary Jeffrey's 412.20, followed by Sisi Dolman (409.86), Silvana Bollman (399.38), Anna Lisa Prinkkala (381.47), Judith Averbach (372.99), Heidi Wittesch (369.19), Heike Buch (367.29), Claudine Cognaco (366.77), and Ulrike Herchenheim (340.27). A note of congratulations should go to Irene Frangi, the lone female competitor from Argentina, who heroically overcame a disastrous start in the squat, to finish nicely in the competition 148 lb. class after traveling so far to be a part of this meet.

The men's competition started and finished the same way that 15 previous versions of this contest have turned out, with Heike Inaba of Japan on the victor's stand of the 114 lb. class. One of the major stories of this competition was the announcement that Inaba would be retiring after winning his unprecedented 15th World Championship title. Through a translator, he was quoted as saying "This is my final meet." in the local newspaper, with the reason being a continuing plague of injuries. Subsequent information from Paul Kelso in Japan is that Inaba has retired from world competition, and will continue to try to exceed his world records in the Japanese National Championships and the Asian Championships. Though Inaba didn't set any records, he didn't lift as if he was seriously hurt. At 46, he looks 36, and seems like he could go on doing this forever.

One guy the Brits were bearing about was John Clay, and for a newcomer to the Worlds his lifting was great, with a long, hard pull with 457 being the slightly disappointing end to a fine 7 for 9 day. The excellent Yesodhara of India was close for the Bronze. Phil Hile was the USA hopeful in this meet, with his parameters on hand, but his hopes were shattered as he seemed tight and leaned forward in his squats, not getting them passed by the judges. Still, he hopes to come back next year. In 2 additional ones set on 4th attempts, the USA won with 60 points (112, 12, 9, 9, 9, 9).

(article continued on page 12)

the Netherlands (31), Canada (29), West Germany (27), Norway (18), Iceland (17), France (17), Italy (15), Australia (13), New Zealand (11), Belgium (11), Indonesia (7), Australia (7), and Brazil (2).

In the Best Lifter calculations, Ed Coan was Number One with 562.61 Schwartz Formula points, followed by Inaba (532.84), Gant (529.22), Isagawa (524.88), Vitanen (514.62), Alexander (503.72), Austin (502.80), Herring (500.43), John Neighbour (497.18), Vilmi (485.08), and Hall (443.28).

The USA teams, without a lot of funding from the USPF, were able to win both team titles in this premier international championships and all the support staff. Among those who gave of their time, expertise and effort in coaching, managing and lifting were Dennis Burke, Scott King, Abe Roman, Bill Decker, Stella Herick, Bob Fortenbaugh, Sheridan Oldham MD, Pop Wahl, Bud Mucci, Ernie Gilbert, Dave Jeffrey, Sean Scully, Richard Herrick MD, Tim King, and Stuart Thompson. Robert Pittman was also on hand as an alter-nate, ready to lift, and assisted his many friends on the team. Stella Herick was extremely active on many fronts during the championships. Not only did she lift the bar, and the many others do to make things run so well for the Americans when they go abroad to compete.

Abe Roman, USMC, was able to get together some excellent uniforms for the USA on quite short notice. Black's Health World, Genesis Vitamins, and Marathon Nutrition get the credit for covering the cost of the coordinated attire.

Thanks to everyone involved with these championships. They were great in so many respects.



The BIG GEORGIA DAWG Wins!...George Herring had no depth problems

significant Mike's pull was by acting the 733 that would have won the meet on his final try. Fearsome Peter Treglown, who was nattily attired in the brightest Day-Glo baggy pants when not lifting, made his presence known at the end as well with an 848 deadlift that would have moved him to a medal up. Swedes, Sonny Elsson and Inge Gustavsson had the post-lift antics ahead of that pre and lucky British athlete, one of the athletes with sponsorship, was not in the best of shape and was there to earn team points only. Great Britain's greats like Ed Fergally and Tony Stevens did not come to the meet with the idea of winning this trip and there is some consternation about the funding of national teams by the British Amateur Weightlifting Association currently.



An American Hero......Mike Hall endured the pain and made the final critical lift for an encore, after which coach Sean Scully had to help him off the platform.

With 6 gold medals, the USA team had a perfect score and 72 points, followed in the team standings by Finland (58), Great Britain (51), Sweden (37), India (36), Chinese Taipei (33), and the Netherlands (31).

encouraging, because last minute arrangements were made with NBC to take some videotape from the Worlds and obviously they did something with it and quickly.

2-time German National champion, Norbert Stodolczek garnered the dis-appointing 2nd place finish in the 220s, followed happily by Ireland's Gerry O'Connell (242).

There were a great class for close competitors in the 242. Dave Jacoby of the USA was the favorite, but he was out of his roll in the squat, ending with 3 for 3 and 815, but in the bench press his British rival also went 3 and 3, leaving Dave heavier and with a big 10 kilo subtotal deficit to overcome. Neighbour opened his deadlifts conservatively, but jumped big, with one steady success at 727 and then another one at 755. Dave is used to pressure situations, and prepared for this final, official competitive act on the platform, a pull with 782. Dave had a massive lead moving up very nicely, to sign back with weight, something that happened to a number of other lifters as well. Both lifters, Johnny Melander of Sweden kept the audience entertained with his commentary ("No Power!" after a missed squat) and double beep poses, but he was ready to pounce if either of the leaders faltered. Also ready to move up was Aare Kapyla of Finland, whose last deadlift try of 854 would have won him the gold. Aare's goal in this comeback 804 squat was to get back into the top 3.

Kuosi Vilmi of Finland made the most of his opportunity to win last year in Perth, and had hit the iron hard since that time, with improved potential all around. Calvin Smith of the USA remembers Australia, too, and thought he might be reliving his nightmare bomb when the red lights came on his conservative opener in the squat. Cal recovered and began to make his move in the deadlift, but by then the rugged Brit, Neil Hurst, who, as Vilmi, made good improvement over the year's passage, had could be judged himself into the 2nd slot in the squat. This was close, interesting lifting, but the class also offered Maurice "Mighty Mo" Peak who had a different shuffle - dance trade for each lift. Maurice is an early ADPPA Nationals competitor, if I'm not mistaken, who has since had

encouraging, because last minute arrangements were made with NBC to take some videotape from the Worlds and obviously they did something with it and quickly.

2-time German National champion, Norbert Stodolczek garnered the dis-appointing 2nd place finish in the 220s, followed happily by Ireland's Gerry O'Connell (242).

There were a great class for close competitors in the 242. Dave Jacoby of the USA was the favorite, but he was out of his roll in the squat, ending with 3 for 3 and 815, but in the bench press his British rival also went 3 and 3, leaving Dave heavier and with a big 10 kilo subtotal deficit to overcome. Neighbour opened his deadlifts conservatively, but jumped big, with one steady success at 727 and then another one at 755. Dave is used to pressure situations, and prepared for this final, official competitive act on the platform, a pull with 782. Dave had a massive lead moving up very nicely, to sign back with weight, something that happened to a number of other lifters as well. Both lifters, Johnny Melander of Sweden kept the audience entertained with his commentary ("No Power!" after a missed squat) and double beep poses, but he was ready to pounce if either of the leaders faltered. Also ready to move up was Aare Kapyla of Finland, whose last deadlift try of 854 would have won him the gold. Aare's goal in this comeback 804 squat was to get back into the top 3.

Kuosi Vilmi of Finland made the most of his opportunity to win last year in Perth, and had hit the iron hard since that time, with improved potential all around. Calvin Smith of the USA remembers Australia, too, and thought he might be reliving his nightmare bomb when the red lights came on his conservative opener in the squat. Cal recovered and began to make his move in the deadlift, but by then the rugged Brit, Neil Hurst, who, as Vilmi, made good improvement over the year's passage, had could be judged himself into the 2nd slot in the squat. This was close, interesting lifting, but the class also offered Maurice "Mighty Mo" Peak who had a different shuffle - dance trade for each lift. Maurice is an early ADPPA Nationals competitor, if I'm not mistaken, who has since had

Lamar's reputation as a party animal got when the local ATV within with 683 was also well claimed capability, and he managed to jump 20 kilos to the bench, but the white lights that showed up. Lamar does represent a temptation to the heavier USA lifters, because he always wins his title early in the championship and then spends his evenings looking for the best disco, etc. in the city, having an enviable great time in all of these activities.

At 148 lbs. Dan Austin came to the meet with the highest of intentions, to show the world that he could total 1700 plus and pull 700 under August's conditions. Last year, in Australia he had a similar goal, but his was worse, but Dan is so good that he had a clean shot at Hiro, but he started to struggle, and two men from the Chinese Taipei lifters filled the gaps. What massive legs Sam-Lung Chen and Young Chang Lee have! These guys and those that follow, much like the Indonesians at the Jr. Worlds level, are going to make their mark on the record book soon.

In the 132s, Lamar Gant was looking for his 14th world title, and the paper news was not too difficult for the USA. Gerard Tromp of Holland (the hope) had a clean shot at Hiro, but he followed Lamar into the slingshot position, but this go-round a new face from India, Sandeep Savanth earned that award, with some awe-inspiring pulling power. Several in the audience felt that he could/should have tried over 600. Veteran Luciano Delafra of France also did some great pulling. Lamar was stopped by 639 on his first effort with it, but with all these other guys trying to out-work a batch of fierceness on his last try to get a high success. The local paper noted the world title as a lifter to win a men's world title as a teenager, and now he's taken a world title for the FOURTEENTH time.

Lamar's reputation as a party animal got when the local ATV within with 683 was also well claimed capability, and he managed to jump 20 kilos to the bench, but the white lights that showed up. Lamar does represent a temptation to the heavier USA lifters, because he always wins his title early in the championship and then spends his evenings looking for the best disco, etc. in the city, having an enviable great time in all of these activities.

At 148 lbs. Dan Austin came to the meet with the highest of intentions, to show the world that he could total 1700 plus and pull 700 under August's conditions. Last year, in Australia he had a similar goal, but his was worse, but Dan is so good that he had a clean shot at Hiro, but he started to struggle, and two men from the Chinese Taipei lifters filled the gaps. What massive legs Sam-Lung Chen and Young Chang Lee have! These guys and those that follow, much like the Indonesians at the Jr. Worlds level, are going to make their mark on the record book soon.

In the 132s, Lamar Gant was looking for his 14th world title, and the paper news was not too difficult for the USA. Gerard Tromp of Holland (the hope) had a clean shot at Hiro, but he followed Lamar into the slingshot position, but this go-round a new face from India, Sandeep Savanth earned that award, with some awe-inspiring pulling power. Several in the audience felt that he could/should have tried over 600. Veteran Luciano Delafra of France also did some great pulling. Lamar was stopped by 639 on his first effort with it, but with all these other guys trying to out-work a batch of fierceness on his last try to get a high success. The local paper noted the world title as a lifter to win a men's world title as a teenager, and now he's taken a world title for the FOURTEENTH time.

Lamar's reputation as a party animal got when the local ATV within with 683 was also well claimed capability, and he managed to jump 20 kilos to the bench, but the white lights that showed up. Lamar does represent a temptation to the heavier USA lifters, because he always wins his title early in the championship and then spends his evenings looking for the best disco, etc. in the city, having an enviable great time in all of these activities.

At 148 lbs. Dan Austin came to the meet with the highest of intentions, to show the world that he could total 1700 plus and pull 700 under August's conditions. Last year, in Australia he had a similar goal, but his was worse, but Dan is so good that he had a clean shot at Hiro, but he started to struggle, and two men from the Chinese Taipei lifters filled the gaps. What massive legs Sam-Lung Chen and Young Chang Lee have! These guys and those that follow, much like the Indonesians at the Jr. Worlds level, are going to make their mark on the record book soon.

In the 132s, Lamar Gant was looking for his 14th world title, and the paper news was not too difficult for the USA. Gerard Tromp of Holland (the hope) had a clean shot at Hiro, but he followed Lamar into the slingshot position, but this go-round a new face from India, Sandeep Savanth earned that award, with some awe-inspiring pulling power. Several in the audience felt that he could/should have tried over 600. Veteran Luciano Delafra of France also did some great pulling. Lamar was stopped by 639 on his first effort with it, but with all these other guys trying to out-work a batch of fierceness on his last try to get a high success. The local paper noted the world title as a lifter to win a men's world title as a teenager, and now he's taken a world title for the FOURTEENTH time.



Another One......Iliakiba Hirokyuki Isagawa of Japan continues to inch up his 123 lb. world bench record with a 353.

Buy Amino Supreme™ and Get a FREE Supply of the World's #1 Performance Enhancer! (See Center Spread)

Congratulations

to the United States Powerlifting Federation Men's and Women's National Teams
The 1989 International Powerlifting Federation
WORLD TEAM CHAMPIONS!



MENS TEAM: Phil Hile, Dave Pataway, Lamar Gant, Dan Austin, Ausby Alexander, Sly Anderson, George Herring, Robert Pittman, Ed Coan, Dave Jacoby, Calvin Smith, and Mike Hall. WOMENS TEAM: Maryanne DelCastillo, Glynnis Ramirez-Bieria, Sherry Renee Burns, Mary Jeffrey, Judy Auerbach, Vickie Steenrod, Jackie Pierce, Tammy Drianda, Terry McKenzie, and Barbara Crocker

Marathon Nutrition and Marathon Distributing Company Applaud the Men and Women Who Represented the United States at the 1989 IPF World Championships

Congratulations on a job well done! Do It Again Next Year!



George J. Zanger

Through World War II, the top performances in the squat were in the 500-600 pound range, and Karl Moerke's somewhat questioned 650 aside, the world record was considered to be approximately 600 pounds. All this was about to change in a most dramatic fashion as two young men exploded on the lifting scene and made marks of the type rarely seen. In the 1950s two of history's strongest men emerged and both were largely products of heavy squatting: Douglas Hepburn and Paul Anderson. Let's visit these titans, and by following their footsteps, watch the squat reach its Golden Age, a period of phenomenal performances, before finesse and strength gear replaced raw power.

Unlike the famous Canadian strongmen before him, Doug Hepburn came from Vancouver, British Columbia, so far from the Canadian lifting establishment that his early lifts were often denied by the Canadians on the basis that 'no man in Quebec can lift that much.' You wouldn't expect a man who overcame a crippled leg en route to earning lifting honors galore to give in to mere social pressure, and, indeed, the resourceful Hepburn used to lift in the United States until his records could no longer be denied by anyone. Hepburn was a strongman's strongman, the last tie to the legendary old-time strongmen, and despite being strong at every possible lift, his specialty was probably shoulder strength. Nonetheless, Hepburn mances no words when it comes to the importance of squatting: 'Of all the exercises used to develop body power one stands alone. I am referring to the Deep Knee Bench or Squat. No other single exercise can give the trainee greater overall strength in return for the time and effort involved.' And the impact of his heavy squat program wasn't lost on Hepburn's physique or his strength.

After a childhood marked by operations to correct a mild case of clubfoot, as well as an eye ailment, Doug Hepburn began training as a 16 year old who weighed approximately 155 pounds. As a result of the surgeries, Doug was left with a right leg that he describes as very severely deformed - there's nothing there from the knee down, it's just a stick. Within a few years, though, Doug had packed

more than his share of health problems as a child, and he too would carry this burden for his entire life: when Paul was 4 years old, he developed Bright's disease, which destroyed his kidneys, not to mention rheumatic fever (my heart makes all kind of crazy noises). Bright's disease was usually fatal then, but Paul said he was saved because his grandfather and a group from his church met and prayed for him. The most amazing thing about the Bright's disease, Paul says, is that it left him with an enzyme disorder which prevented half of his muscle tissue from developing! Remember that extraordinary fact as we walk through some highlights of Paul Anderson's squatting career.

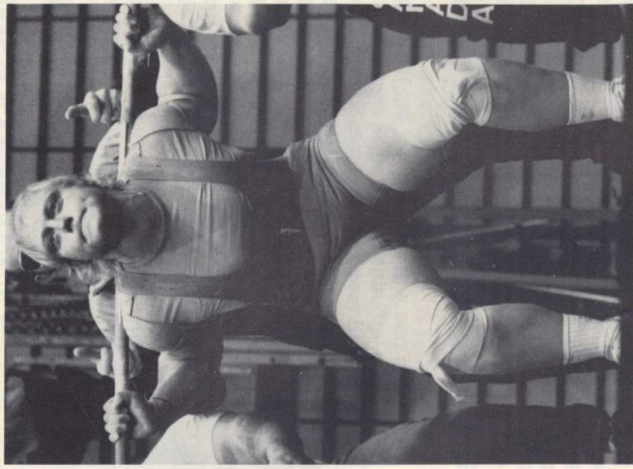
Paul spent his first year of training specializing on squats, doing them all day every other day, with half hour rest periods and quarts of milk in between the sets. I wouldn't be fair to say that Paul began his squatting career with no ability, as his starting weight was 400 pounds, and in less than a year, at a solid 275 pounds bodyweight, he was already doing 550 pound squats. By the end of 1953, Paul had squatted 645.5 pounds for what was recognized as a new world record. By mid 1953, Paul had upped this record to 762.5 pounds, and by then all the experts were just going slack-jawed at the sight of what Paul was doing under the squat bar. If only they had known what was yet to come, because Paul Anderson was about to rewrite the record book on a scale never seen in lifting before, or since.

Having grown to the neighborhood of 350 pounds by now, Paul went on to win the 1955 World Weightlifting Championships and the 1956 Olympics, and with no more amateur lifting challenges remaining, he turned professional to raise money for his youth home. In 1957, while performing a two week stage in Reno, Nevada, Paul squatted 1100 pounds three times a day, every day! This is the poundage most commonly cited by the leading lifting historians as Paul Anderson's top squat, although the number 1200 is also raised quite often. Few, if any, know the details of these stupendous lifts, lifts that have never been approached even three decades later, but thanks to Paul Anderson's gracious explanation, that's what will change in Part II of our story of the "Golden Years of the Squat" in the next edition of POWERLIFTING USA.

Author's Note...I wish to thank Doug Hepburn and Paul Anderson for so generously giving their time. While the written records on both men amply document their extraordinary stories, there is no substitute for the privilege of being able to ask specific questions for hours on end. THANKS.

THE SQUAT

Hepburn and Anderson The Golden Years of the Squat by Randall J. Strossen Ph.D., IronMind™ Ent.



Modern Squatters like 1989 IPF Women's 90+ Kilo World Champion Ulrike Herchenheim of West Germany sink their power roots' back to the great early squatters of the Iron Game, Doug Hepburn and Paul Anderson

about 100 pounds of muscle on his 5 ft. 8 1/2 in. frame, was squatting 350, and was ready to start rewriting the record books. This was at the end of 1950, and within a couple more years Hepburn's lifts included a 665 squat. In another couple of years, while weighing in the 270 range, Hepburn produced an upset to win the 1953 World Weightlifting Championship, and had gone on to set records in an amazing range of lifts, including a 760 squat in an era when six hundred pound squats still read like science fiction. And before you sniff at that, even today, line up the best lifter pure 125 kg. lifters in the world right now, take away all their support gear, and see how many can match that performance, more than three decades later. What Doug had started on the squat, Paul Anderson was going to finish.

Paul Anderson began training as a 190 pound, 5 ft. 9 in. teenager who was intent on improving his performance as a football player. Despite his already husky physique, Paul Anderson, like Doug Hepburn, had

**For the Most Powerful
Amino Complex With
Guaranteed Results,
See Center Spread!**

INTRODUCTION

In a 1984 SPORTS ILLUSTRATED article on Nam Suleimanov, Dr. Todd detailed a weightlifting regimen that was somewhat atypical for the time. (1) It was the Bulgarian Olympic team workout and it demanded that members train with weights as many as seven times per day, five days per week. Todd wrote, "The program is indeed revolutionary. For years, lifters around the world trained three times per week, believing that the body required at least 48 hours to recover properly from the rigors of heavy exercise."

The Bulgarian sport scientists and coaches determined that certain special cases could not only handle such a great workload, but would optimize strength levels under the regimen. One such case was Suleimanov. The greatest lifter of all time. On his program he completed world record lifts nearly every day, something perhaps only he can lay claim to.

During the time Todd was in Bulgaria he witnessed such training and detailed the following account of a Bulgarian training session:

- 10-12 reps, working up to approximately 90 percent of the lifter's best competitive lift.
- 10:45 - 11:15: Break
- 11:15-12:00 pm: Clean and jerk - 10-12 sets of 1-2 reps, working up to approximately 90 percent of best competitive lift.
- 12:00-12:15: Break
- 12:15-12:45: B - 10 sets of 1-2 reps in front squat, training up to 90 percent of best training poundage.
- 12:45-1:00: Return to lunch area
- 1:00-1:30: Lunch
- 1:30-3:45: Rest; nap, listen to country music
- 3:45-4:00: Dress, walk to training hall
- 4:00-4:45: Clean and jerk - 10-12 sets of 1-2 repetitions, working up to 100 percent of lifter's previous best.
- 4:45-5:00: Break
- 5:00-5:45: Clean and jerk - 10-12 sets of 1-2, working up to 95 percent of lifter's previous best.
- 5:45-6:15: Break
- 6:15-7:00: Snatch - 10-12 sets of 1-2 reps, working up to approximately 100 percent of lifter's previous best.
- 7:00-7:15: Break
- 7:15-7:45: Squat - 10-12 sets of one to two reps, working up to 90-96 percent of previous training best.

For Suleimanov, who at the time (1984) had snatched 286 lbs (two pounds under the world record) and cleaned and jerked 370 lbs (the world record), the sessions ended with great success: 275 lb. snatch in session one, 352 lb. clean and jerk in session two, clean and jerk of 375 lbs in session four, 363 lb. clean and jerk in workout five and 297 lb. snatch in session six.

THE SPASSOV TOUR

As was reported in the November issue of *Powerlifting USA*, the strength and conditioning staff at Arizona State University was for-

seven workout a day? For 5 years, seemed like too much. Please understand, it's not like we questioned the credibility of Dr. Todd. Despite this, the question just seemed to pop out.

Professor Spassov, it is true your weightlifters train seven times a day? Of course," he said in a somewhat nasty manner. "It was written in

Science that has been the impetus for change in the Bulgarian system. This release of testosterone that accompanies strength training workouts.

DOUBTING TIM

Seven workout a day? For 5 years, seemed like too much. Please understand, it's not like we questioned the credibility of Dr. Todd. Despite this, the question just seemed to pop out.

THE SCIENTIFIC REASON

According to Spassov, it is simple science that has been the impetus for change in the Bulgarian system. This release of testosterone that accompanies strength training workouts.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

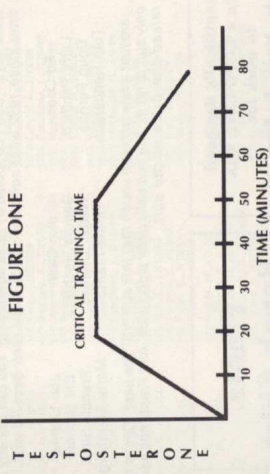
Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

TRAINING

Duration of Training Sessions Part II by Tim McClellan, Head Strength Coach, ASU



Dr. Angel Spassov, watching Tim McClellan wrap Jim Cope's knees in Powerlifting ASU gym, was astonished at the use of supportive aids in Powerlifting.

tunate enough to be selected by the National Strength and Conditioning Association as a host for Professor Angel Spassov on his recent tour of the United States. Spassov, a lecturer at the Bulgarian Sport Science Institute, coached Suleimanov during Suleimanov's reign as Bulgaria's king of weights. On the tour, the ASU staff was afforded three days to utilize Spassov's abilities at will. Naturally, quite a bit of this time was spent in question and answer sessions.

SPORTS ILLUSTRATED: How could you question this as if it was false? The bottom line is that the Bulgarian weightlifters did train up to seven times per day and they still do.

With the number of team world championships and individual world records they have set since then, their virtual domination of weightlifting, they have reason to feel it is a productive system. In fact, Suleimanov attempted 4000 maximal lifts in one year and successfully completed all but 12 on this protocol!

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

Perhaps this system will work for US powerlifters. One thing is certain though - if we don't give it a fair try, it certainly won't work for us.

AI Siegel is one of the unsung gentlemen who give much more than the sport of powerlifting than he takes. My long time readers know that I view the powerlifting scene rather cynically, occasionally, and have been discouraged to the point of voluntarily withdrawing for lengthy periods of time. Because I enjoy powerlifting and love strength and almost any demonstration of strength, I have always been drawn back to this sport for twenty five years or so, and it is usually due in part to people like AI.

Every year, the ADEFA Central Pennsylvania Championships is contested somewhere around Clearfield. This, of course, is where AI lives, and he and his co-directors have earned a reputation for large, efficiently run, lots-of-fun powerlifting tournaments. AI encouraged me to attend this year's meet, and after agreeing to do so, I expected chaos. How does one allow 100-130 lifters to complete three lifts, on two platforms, in one day, with an iron-clad guarantee that you'll be out time to have dinner? I expected chaos. I found efficient organization. If expected confusion, I was treated to top caliber lifting that could not have run more smoothly. If I expected mis-timed and rushed lifts, I can honestly say that all of the lifters got into the swing of things, and if anything, enjoyed and appreciated the fact that they could lift well and do so without waiting for the sun to come up the following day.

I have lifted in a few midwestern meets that began at 9AM and concluded the deadline competition between 1-2AM the following day. My good friend Ralph Rakola tells an hysterical but, unfortunately, true story about his adventures at an upstate New York meet where he took his opening liftoff, and waved goodbye to one and all from the platform. It was already 1:30 in the morning and I still had to drive a few hours to get home and to work on time. He may have won an award, but he couldn't stay to find out. As bad as this is for spectators, it is unfair to the lifter who has worked so hard and perhaps traveled a distance to the meet. The time and expense put into travel and training hardly seems worth the privilege of being able to squat at noon and deadlift at midnight. AI's meet ran very quickly, and almost exactly in accordance with his posted pre-meet timetable. A number of no-shows expedited things, and we, in fact, finished an hour or two earlier than expected. All went home happy and satisfied.

There are two schools of thought in running meets; allow as many as possible the opportunity to enjoy the sport and fruits of training versus a limitation on entries so that the meet is manageable, quickly run, and fun for both the lifter and spectators. AI Siegel and the Zimtravich family, who directed this meet, actually provided a contest where entries were limited,

but that cutoff was at the 120 mark. Their attitude is that they can run a very large meet, giving many the chance to enjoy quality competition, and do so in a very efficient manner. I will attest that the atmosphere was one of cooperation between lifters, spectators, coaches and all those involved in actually officiating or helping the meet run, and most of all, it was a great deal of fun.

This latter point is all too often the missing ingredient to most competitions. At any Senior National championship, one does not expect to see a lot of "fun." Every lifter is at the top of the game, much time and expense has gone into meet preparation, and lifters who have a reputation for being gruff, nasty, inconsiderate, and horrible to be around, are actually very nice off the platform. Some are fine, and reflect their family orientation and consideration at all but the national meet. Tension and, often, drug influenced emotions make a shambles of their daily demeanor, leading to reputations that may not in fact be warranted.

AI has stated that most ADEFA meets do not suffer the types of temper tantrums associated with the lifter of other organizations. This of course, is a general statement, but on the whole, I have been very impressed with both the caliber of lifting shown at ADEFA meets (as the meet results on page 68 indicate) and the behavior of the lifters. My wife often chose not to attend men's meets when she competed, because of the turmoil that usually surrounded at least some of the lifters, even at the local and state level. She competed and supported the women's competition, stating that they were a lot more "civilized." Any ADEFA meet I have seen has been, almost without exception, free of the demonstrative, intimidating behavior so often experienced elsewhere. This meet was no exception. The audience was both appreciative and supportive of all of his own time and money providing an opportunity for Special Olympians to enjoy powerlifting. There were many fine lifts made, as the results indicate and the level of competition was good in that various places were contested by two and sometimes three lifters. This meet is a must for all who truly enjoy the sport.

AI Siegel not only promotes his own meets, but lifts successfully as a master. But that cutoff was at the 120 mark. Their attitude is that they can run a very large meet, giving many the chance to enjoy quality competition, and do so in a very efficient manner. I will attest that the atmosphere was one of cooperation between lifters, spectators, coaches and all those involved in actually officiating or helping the meet run, and most of all, it was a great deal of fun.

This latter point is all too often the missing ingredient to most competitions. At any Senior National championship, one does not expect to see a lot of "fun." Every lifter is at the top of the game, much time and expense has gone into meet preparation, and lifters who have a reputation for being gruff, nasty, inconsiderate, and horrible to be around, are actually very nice off the platform. Some are fine, and reflect their family orientation and consideration at all but the national meet. Tension and, often, drug influenced emotions make a shambles of their daily demeanor, leading to reputations that may not in fact be warranted.

More From Ken Leistner



Big AI Siegel not only promotes his own meets, but lifts successfully as a master.

literally awesome, we overheard word in today's lexicon, but one definitely strong, but emanated in a confident presence. Her coach, Bill Egan, as we discussed the old days' Bill's "Weightlifter's Wirehouse" is well known by all, but his coaching expertise, so evident in Bill's performance may not be until you Tracie Tucker and Lori Snyder also lifted quite well, although Linda Belsito was roused by a sixty five hour work week. Special Olympian Andy Leonard, perhaps the strongest Special Olympian in the world on a special for pound basis, truly inspired the crowd with his performance and much credit should go to his coach Clyde Doll who has spent so much of his own time and money providing an opportunity for Special Olympians to enjoy powerlifting. There were many fine lifts made, as the results indicate and the level of competition was good in that various places were contested by two and sometimes three lifters. This meet is a must for all who truly enjoy the sport.

literally awesome, we overheard word in today's lexicon, but one definitely strong, but emanated in a confident presence. Her coach, Bill Egan, as we discussed the old days' Bill's "Weightlifter's Wirehouse" is well known by all, but his coaching expertise, so evident in Bill's performance may not be until you Tracie Tucker and Lori Snyder also lifted quite well, although Linda Belsito was roused by a sixty five hour work week. Special Olympian Andy Leonard, perhaps the strongest Special Olympian in the world on a special for pound basis, truly inspired the crowd with his performance and much credit should go to his coach Clyde Doll who has spent so much of his own time and money providing an opportunity for Special Olympians to enjoy powerlifting. There were many fine lifts made, as the results indicate and the level of competition was good in that various places were contested by two and sometimes three lifters. This meet is a must for all who truly enjoy the sport.

literally awesome, we overheard word in today's lexicon, but one definitely strong, but emanated in a confident presence. Her coach, Bill Egan, as we discussed the old days' Bill's "Weightlifter's Wirehouse" is well known by all, but his coaching expertise, so evident in Bill's performance may not be until you Tracie Tucker and Lori Snyder also lifted quite well, although Linda Belsito was roused by a sixty five hour work week. Special Olympian Andy Leonard, perhaps the strongest Special Olympian in the world on a special for pound basis, truly inspired the crowd with his performance and much credit should go to his coach Clyde Doll who has spent so much of his own time and money providing an opportunity for Special Olympians to enjoy powerlifting. There were many fine lifts made, as the results indicate and the level of competition was good in that various places were contested by two and sometimes three lifters. This meet is a must for all who truly enjoy the sport.

literally awesome, we overheard word in today's lexicon, but one definitely strong, but emanated in a confident presence. Her coach, Bill Egan, as we discussed the old days' Bill's "Weightlifter's Wirehouse" is well known by all, but his coaching expertise, so evident in Bill's performance may not be until you Tracie Tucker and Lori Snyder also lifted quite well, although Linda Belsito was roused by a sixty five hour work week. Special Olympian Andy Leonard, perhaps the strongest Special Olympian in the world on a special for pound basis, truly inspired the crowd with his performance and much credit should go to his coach Clyde Doll who has spent so much of his own time and money providing an opportunity for Special Olympians to enjoy powerlifting. There were many fine lifts made, as the results indicate and the level of competition was good in that various places were contested by two and sometimes three lifters. This meet is a must for all who truly enjoy the sport.

Dr. Ken Leistner

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

I received Mr. Ferrantelli's permission to share the following letter with PL USA readers.

Dear Dr. Cotter:
I have a problem that I need help with. I know this may not seem insignificant to some, but to me it's devastating.

On May 14, 1988, I entered the Regional III Championships in Tallahassee, Florida. I was over 45 years old so I entered with the intention of breaking the State, Regional III, National, and World Record in the bench. At this particular meet were four National judges, two of which were World Judges.

If you check the Oct. 88, page 82 results indicated in Powerlifting USA you will find I benched an official 480 lbs., but missed by 500 attempt. I trained for two years to break the above records. Upon arriving at this meet, I spoke to several judges explaining my intentions. I was advised that since the meet was in pounds not kilos, I couldn't officially break the World record. I was devastated, shocked, and angry. My concentration went into the window, before the meet. This led to a poor squat of 625 lbs. When I began to bench, I opened up with 470, then completed an easy with 470. The National and World U.S.P.F. works along with I.P.F. that are 478, 479 respectively. Again, I does it make sense to hold contests in pounds when only kilos count. Some lifters are well above the Category IV level of proficiency on their first meet. We should not assume that just because the reputation of the lifter has not preceded him, he is weak. Optimally, we should be prepared.

Second, there is sometimes a well-founded aversion to using kilo plates. Buddy Duke, who is a seasoned meet director and the victim of sloppy scoring at the Senior Nationals, phoned me the other day to head off an anticipated problem at his Adel meet. One lifter wanted to set a national record. Although Buddy had the requisite kilo sets in his gym, he was reluctant to use them because his audience, the good people of south Georgia, did not readily understand a meet announced in kilos. The two objections of accommodating the lifter and promoting the sport appeared to be mutually exclusive. I suggested an alternative: let the announcer announce the meet in pounds and in kilos. Sarge Penley was a master at this, for he would, at times, also compare with which we were all familiar. For example 227½ kilos were not only translated as 500 pounds, he reminded us that this was also the weight of a bale of cotton. Some of our more thoughtful announcers will compare the weight on the bar with the lifter's bodyweight. For example, in this weight class only two other persons in the world have ever tripled their bodyweight; in the

lbs. doesn't count in a sanctioned meet for the National record, since our weight measurement is in pounds. I can understand that since U.S.P.F. works along with I.P.F. that a world record must be in kilos, but does it make sense to hold contests in pounds when only kilos count. Some lifters are well above the Category IV level of proficiency on their first meet. We should not assume that just because the reputation of the lifter has not preceded him, he is weak. Optimally, we should be prepared.

Second, there is sometimes a well-founded aversion to using kilo plates. Buddy Duke, who is a seasoned meet director and the victim of sloppy scoring at the Senior Nationals, phoned me the other day to head off an anticipated problem at his Adel meet. One lifter wanted to set a national record. Although Buddy had the requisite kilo sets in his gym, he was reluctant to use them because his audience, the good people of south Georgia, did not readily understand a meet announced in kilos. The two objections of accommodating the lifter and promoting the sport appeared to be mutually exclusive. I suggested an alternative: let the announcer announce the meet in pounds and in kilos. Sarge Penley was a master at this, for he would, at times, also compare with which we were all familiar. For example 227½ kilos were not only translated as 500 pounds, he reminded us that this was also the weight of a bale of cotton. Some of our more thoughtful announcers will compare the weight on the bar with the lifter's bodyweight. For example, in this weight class only two other persons in the world have ever tripled their bodyweight; in the

Buy Amino Supreme™ and Get a FREE Supply of the World's #1 Performance Enhancer!

(See Center Spread)

Powerlifting Record



This certifies that powerlifter

set a New Mexico State Record on this date _____ 19 ____ division _____ lifting in the _____

bench. Or they will compare the weight being attempted to some standard. For example, this is only ten pounds off the state record. Or, again, if the lifter makes this deadlift, he will have qualified for his USPF Class III patch.

At the 1979 National Collegiates each platform had a large display board equipped with insertable cards bearing each lifter's name, his university and the weight on the bar in pounds and in kilos. The letters and numbers could be read easily from the highest row of banked seats.

An announcer fluent in both pounds and kilos and a display board for each platform are logical next steps beyond simply posting typed conversion charts in the warm-up room.

While it is true that, with the possible exception of a few places like Los Alamos, Americans do not understand kiloage, it is also true that in order to capture the support of a large segment of the public, we must go far beyond translating kilos into pounds. Very few of our people have an adequate conception of pounds. For example, we may know that the state record is 429 pounds, but to what in our daily lives can we relate such weight? Many of the spectacular feats of strength, to which we have been exposed, are not measured at all. Have you ever wondered how many pounds are being lifted in the photograph of Mike Bridges lifting the rear end of a small car? Or when, Jon Cole was reported to have gone 37 reps with the front end of a Datsun?

If you are my age, you probably remember that lifting a Model A with one with 19 inch wheels. Certainly, you will remember how the young ladies looked on with awe. Scales can readily be rigged to measure heretofore unmeasured feats of lifting, and the scale's face can be at the meet site, and photographs can be posted.

Third, Fred Ashford has designed a New Mexico record certificate which is reproduced here. If you don't adopt this practice in each of our states and regions? Fred has shown us the way.

We owe Mr. Ferrantelli a vote of thanks for pointing out to us some vital areas crying out for improvement.

**Dr. Conrad Cotter
President
United States
Powerlifting Federation
P.O. Box 18485
Pensacola, FL 32523**

POWER PROFILE

Lunch With Inaba as told by PAUL KELSO in Japan



Hideaki Inaba 15 times a World Champ, and now retiring from the sport.

Few athletes ever reach the status of "living legend" in any sport, but I knew I was standing in the presence of one when the small man stepped on the platform for his opening squat. Inaba - for almost two decades that name has been synonymous with world class lifting, whether setting records or winning world titles.

Hideaki Inaba was a guest lifter at the Tokyo Novice Championships held in the National Gymnasium in Meiji Outer Gardens. He was using that occasion as a tuneup for the Nova Scotia Worlds in November. Lifting at 52kg he approached the bar with confidence and a smile. What could be funny about an opener with over four times bodyweight? The bar was set at 210kg. Then I caught on.

Inaba wasn't wearing a squat suit or wraps! He quickly went into that mental zone that most of us can't enter and made a picture perfect lift. Next he attempted 230kg, but was turned down for depth. I have mentioned before that Japanese officials are extremely tough on the squat. The 230 probably would have passed in the States. He smiled and asked for 235, but it was clearly high.

During the break between the squat and bench I had lunch with Inaba. We were joined by Susumu Yoshida, Secretary of the Japan Powerlifting Association and my son Devin who has been teaching here for over a year. As we dug into our 'bento', box lunches complete with chicken, fish, tofu, rice, seaweed and natto beans, Inaba admitted he had forgotten his squat suit at home. Between Yoshida's excellent English and my son's decent Japanese, I was able to learn about the man.

He is not as well known in Japan as one would expect. In fact, he is probably better known in the outside world. He works for the Hitachi Electronics Company assembling computer parts and chips. He is married and the father of two very big teenage sons who don't lift. Nor does his wife, who enjoys softball and volleyball.

He trains at home. I repeat, at home and without spotters or safety stands. He also trains without a squat or wraps. If his time schedule requires it, his light squat day utilizes 112 squats with more weight. If anyone thinks I'm making this up, Yoshida swears Inaba occasionally does a heavy deadlift session the day after the weekly squat marathon.

He applies the ten sets to a single week, either at night or during the day depending on his work schedule. Inaba's heavy workouts for the 3 lifts consists of ten sets building to one or two heavy singles. The squat program looks like this (in kilos): 100x8, 100x8, 100x7, 20x7, 140x6, 160x5, 180x4, 200x2, 210x1, 220x1, 235x1, and possibly a 240x1. Then he backs off: 200x5, 170x8, 150x8.

I am on record that I think new or young lifters should do more reps in the squat than is currently popular, but this man is 45 years old and has been powerlifting twenty two years! To make it more amazing, he often combines his squat program with light benches, alternating squat and bench set for set. He only does this if his time schedule requires it. His light squat day utilizes 112 squats with more weight. If anyone thinks I'm making this up, Yoshida swears Inaba occasionally does a heavy deadlift session the day after the weekly squat marathon.

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

lates that roughly as 'no damn good'. He had planned to open his bench at the novice meet with 90kg, but came out and rammed up 100. Pain or no pain, that 15th world title was on his mind.

A member of the Self Defense Forces in his early twenties, Inaba began training in the martial arts and in the overhead or 'olympic' lifts. He clean and jerked 110kg at 52k, but there were no facilities available for him to continue that sport when he left the military.

Obviously, he had great potential. Somewhat reluctantly he turned to powerlifting at the urging of Fumio Seki, who later became a national champion in the late Seventies. There was no organized powerlifting in Japan until 1968. Many thought Inaba's decision strange.

As we talked I became aware that Inaba possesses that rare combination of confidence and self knowledge that so many great and unique persons seem to have. He radiates an aura of mental determination. He knows who he is, without the slightest evidence of conceit.

Inaba advises young lifters to develop total concentration during their lifting. He explains that he sets targets for himself and allows nothing to disturb him. He pictures himself as winning and works toward it. Some youngsters today don't have the will power and determination, he says, even if they have the potential. Sounds familiar, doesn't it?

That the world may see the last of Inaba the lifter at Sydney does not mean that he will leave the game. He believes the publicity he and Hisako Yoshida have received over the last two years has helped the sport grow in Japan. He would like to contribute in the future.

Unfortunately, he explained, the public schools resist establishing programs as they are geared to big team sports and the National Athletic Union of Japan allocates no funds for powerlifting as it doesn't have Olympic recognition. Inaba is currently a member of the Technical Committee of the Japan Powerlifting Association, in name only he joked, but sees a larger role for himself after retiring from competition.

Inaba's role as a coach is in the traditional Japanese manner, he would like to make personal contact with his work. His attention will be in working with officials and lifters for the good of the game.

A plucky member of the bench press platform, he asked me if I'd ever been to Nova Scotia. No, but take your 'no' to translate that. Then he laughed and said he'd take his squat suit too. If the Nova Scotia championships are Inaba's farewell to the platform, he can be sure the game won't forget him.

WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep workout plan, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. The lift is 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).

STEVE GOGGIN'S Ten Week Squat Routine

To me the squat is the most important lift in powerlifting and this is a good reason to take time to get a good, solid squat routine, one that works for you! Not all routines work for everybody. This is the routine I used that enabled me to squat over 900 pounds at a bodyweight of 236 lbs.

| Week 1: | Week 2: | Week 3: | Week 4: | Week 5: | Week 6: | Week 7: | Week 8: | Week 9: | Week 10: |
|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|
| 135x8 | 135x8 | 135x8 | 135x8 | 135x8 | 135x8 | 135x8 | 135x8 | 135x8 | 138x8 |
| 225x5 | 225x5 | 225x5 | 225x5 | 225x5 | 225x5 | 225x5 | 225x5 | 225x5 | 225x5 |
| 305x2 | 305x2 | 305x2 | 310x2 | 315x2 | 320x2 | 325x2 | 325x2 | 325x2 | 325x2 |
| 350x1 | 355x1 | 360x1 | 365x1 | 370x1 | 375x1 | 380x1 | 380x1 | 380x1 | 380x1 |
| 375x3x2 | 385x3x2 | 400x3x2 | 410x3x2 | 420x2x2 | 430x2x2 | 430x1 | 430x1 | 430x1 | 430x1 |
| 300x5x2 | 310x5x2 | 320x5x2 | 330x5x2 | 335x5x2 | 340x5x2 | 340x1 | 360x1 | 470x1 | 450x1 |
| | | | | | | | | | 465x1 |
| | | | | | | | | | 490x1 |
| | | | | | | | | | 440x3x1 |

Meet attempts: 1st 450, 2nd 480, 3rd 500

FULLY LOADED AND READY TO SHOOT



LINDA FINNEGAN Free Lance Photographer Where Were You Shot!

'88 USPF Women's Nationals & Natural Nationals, WFFPA World's & Nationals, APF Jr. Nationals, USPF Jr. Nationals, APF, Beach Open, Texas Grand, USPF Boys & Girls (1st & 2nd World's Deadlift Record, 1st lift), West of Record Breakers Beach Press, Meet of the Year, Texas Classic, '88 USPF Jr. Nationals & Meet High School, '88 ADFFA World's & Meet Masters. Deadlift Deadlift in the World

Please send photo requested to: LINDA FINNEGAN, Box 48463, Ft. Worth, TX 76148
8X10 B&W - \$8.64, Color - \$12 (includes packaging & postage)

With this same routine I plan to squat 965 at an upcoming national competition. This routine is designed for squatters who cannot hold a lot of weight on their back and do more than 1 or 2 reps with heavy weight. I like to use a 'Z' lock' squat suit with the straps down for the first few weeks when the weight is rather light. During the last 5 or 6 weeks, when the weights get heavy, I go with the straps up. I also use knee wraps throughout the entire cycle. It is very important to have a good pair of shoes with soles that don't give, like running shoes.

Before I go any further the first step in having a big squat is to never fear any weight that is your future goal. I mean, why set a goal for a certain amount of weight if you are afraid of backing out of the racks with it.

Below is a schedule for a lifter who can already squat 500 in 10 weeks. For further information or assistance please feel free to contact me. Steve Goggin's, Ill Corp, Comp Sports, Ft. Hood, Texas, 76544

Anabolic steroids have become a hot topic in the news media since the disclosure of Ben Johnson from the 1988 Olympics and the numerous steroid drug busts that have occurred around the country. People who never heard of anabolic steroids before are standing on soap boxes and comparing the use and side effects of anabolic steroids to those of cocaine and heroin. Understandably, many athletes are confused about the nature and extent of the dangers of these drugs.

As almost every weight lifter knows, anabolic steroids are synthetic male hormones. These hormonal structures have been altered to make them remain in the system longer and to separate tissue building from side linked effects of the drugs. While altering the structure of the drug has made them more biologically active, it has also resulted in more medical side effects.

Most side effects are minor and represent minimal risk. These include increased aggressiveness, edema (tissue swelling caused by water retention), nose bleeds, reduced sperm count, acne, sore nipples, and muscle cramps. However, some side effects can be extremely serious and may occur when taking moderate doses of the drugs. Heart, liver and kidney disease represent the most serious risks of taking anabolic steroids. While in some cases, these diseases may occur while the athlete is taking steroids, in others the diseases may occur many years after the drugs were consumed. Diseases of the liver appear to pose the most serious threat to the athlete who takes anabolic steroids.

Function of the liver
The liver is a large internal organ that lies in the upper right-hand part of the abdomen. It performs numerous functions vital to human life, including metabolism of fats, proteins, and carbohydrates, storage and filtration of blood, formation of bile (important in digestion), storage of vitamins and iron, formation of blood clotting factors, regulation of body calcium, and removal of metabolism of drugs, hormones, and foreign material. At rest, it receives about 30% of the blood pumped by the heart.

Oral anabolic steroids pose a much more serious risk to the liver than injectable ones. Most oral anabolic steroids have been chemically altered (17 alpha alkylated) to make them biologically active for a longer period of time. Although these changes have made the drugs more effective, they must be reversible liver damage during steroid use; however, others develop serious, life-threatening liver diseases.

Steroids and Liver Disease
Anabolic steroids will affect liver function in almost everyone who uses them. Anabolic steroids often cause abnormal values for markers of liver function, such as SGOT, SGPT, alkaline phosphatase, bilirubin and bromsulphalein (BSP) retention. Anabolic steroids can also cause cholestasis (blockage of bile ducts),

Anabolic Steroids and Liver Disease, Part One

"Worse than we thought" as told by Thomas D. Fahey, Ed.D. Professor, Chico State University



Drug Free Champions like Dan Austin, winning his 5th world title, are now seeing scientific validation of long-time suspicions on the dangers of steroids. structural changes in liver cells, biochemical changes resulting in reduced liver excretory function, peliosis hepatis, (blood-filled cysts in the liver), and benign and malignant tumors.

Cholestasis
Cholestasis is a blockage of the bile ducts and results in jaundice. Jaundice is a yellow discoloration of the skin and whites of the eyes and is caused by an overabundance of bilirubin in the blood. Bilirubin is formed from the breakdown of red blood cells in the liver. Normally, the liver filters bilirubin from the blood and excretes it into the bile ducts, where it eventually enters into the small intestine. When the bile ducts are blocked, as in intrahepatic cholestasis, bilirubin cannot be adequately managed by the liver and jaundice results. Jaundice is relatively rare in athletes using anabolic steroids. It tends to occur after taking the drugs for at least a month. Jaundice is more common when extremely large doses are consumed, and some people ap-

pear to be more susceptible than others. Pre-existing liver disease tends to make athletes who take anabolic steroids more vulnerable to cholestasis. In most people, cholestasis is reversed when the athlete stops taking the drugs. While jaundice is the most common symptom of cholestasis, other symptoms include loss of appetite, malaise, and nausea.

Peliosis Hepatis
Peliosis hepatis is the development of blood-filled cysts in the liver. Cysts are soft, fluid-filled sacs that can develop in various tissues in the body. The liver in the affected person is usually enlarged, with large, dark reddish-blue colored cysts bulging from the surface. Peliosis hepatis can result in liver failure or liver cancer, while peliosis hepatis is relatively rare, it is often fatal.

As in cholestasis, this condition has most commonly resulted from the use of 17-alkylated oral anabolic steroids. There is no relationship between dosage or duration of drug use

and the development of this dangerous liver disorder. So, even casual users of anabolic steroids may develop this condition.

Benign & Malignant Tumors
Liver tumors may either be benign (unlikely to spread) or malignant (likely to spread). Malignant tumors are almost always fatal because surgical removal is not possible and radiation or chemotherapy typically does not reduce their size. Several incidences of fatal liver tumors in athletes taking anabolic steroids have been reported in the medical literature. In these cases, athletes took the drugs for 2-3 years.

Enlargement of liver cells and the formation of liver nodules (tumor-like sacs in the liver) is relatively common in people on long-term anabolic steroid therapy. Rupture of these nodules can be fatal. How these nodules or tumors form in the liver as a result of anabolic steroid therapy is not completely understood. Some scientists believe that anabolic steroids injure liver cells, which results in liver cell hypertrophy. If the growth becomes uncontrolled, a malignant liver cancer results.

The existence of other agents toxic to the liver may predispose the anabolic steroid user to liver tumors. It has been suggested that excessive alcohol consumption or the use of other hormones or drugs could increase the risk of developing liver cancer. Very little information exists about this possibility.

The long term effects of anabolic steroids on the liver are not known. It has long been suggested that certain forms of cancer are triggered relatively early in life, but the disease does not become active until many years later. It is possible that people who used anabolic steroids in the 1960's and 1970's may be subject to a greater cancer risk in the 1990's than most people.

Summary
Anabolic steroids increase the risk of developing liver disease. The extent of liver abnormalities range from aberrant levels of liver enzymes, to liver cancer. Medical studies suggest that white liver abnormalities in anabolic steroid users occur most often in people who have been taking the drugs in high doses for many years. They can occur in susceptible individuals who took only therapeutic doses for less than a month.

REFERENCES

- Wildier, E. (1962) Death due to liver failure following the use of methandrostenolone. Can Med Assoc. J. 87:768-769.
- Wrenn, E., and Evans, D. (1976) Hepatic peliosis hepatis associated with synthetic anabolic steroids. J Clin Path 29:626-633.
- Goldman, B. (1985) Liver cell carcinoma in an athlete taking anabolic steroids. J Am Osteopath Assoc. 85:56.
- McCaughan, C., Bitous, M., and Gallagher, N. (1985) Long term survival with liver tumors. Cancer 56:262-24.
- Lucey, M. and Moseley, R. (1987) Severe cholestasis associated with methyltestosterone. Am J Gastro 82(5) 461-461.
- Creegh, T., Rubin, A., and Evans, D. (1988) Hepatic tumors induced by anabolic steroids in an athlete. J Clin Path. 41:441-443.

INTERVIEW

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

O.D. WILSON interviewed by his trainer and advisor, Willie E. Jacobs

Somewhere on this planet a being stalks. We know not whether he is man or alien, but one thing we do know: he stands 6'5 1/2" and weighs 400 lbs. with 24" arms, a 60" chest, 47" waist, and 36" thighs. They call him the Nightmare. He's part a family of 12 from Haines City, Florida, and his mother's name is Bessie Mae. His strength is enormous. He is O.D. Wilson, the strongest powerlifter on the planet.

WJ: How long have you been working out with weights?
OD: Off and on, about 8 years. I have been seriously powerlifting about 4 years. I lived in Florida for 16 years and then went to the Army for 12 years where I began and then I moved to Durham, North Carolina.

WJ: Who inspired you to start working out?
OD: Well, I met this guy named Carlos Green when I was in the military in Europe. He asked me if I had ever thought about powerlifting. Like everyone else I didn't know much about it, so I asked what is powerlifting? He explained it to me so I gave it a try. I would go to meets and compete and would win because no one showed up in my weight category and I went on from there.

WJ: Most people would like to know how big you were before you started powerlifting. They know you are awesome now, one of the biggest men in the world and surely one of the strongest. How did powerlifting help you as far as power and strength?
OD: I was always heavy. When I started I weighed 280 pounds. Because I was in the military I was doing a lot of aerobics. You know, when you are in the Army you have to do a lot of running, walking and such. So it wasn't likely that I would gain a lot of weight, but when I got into powerlifting the Army let me see how far I could go and the weight started to come. It's something I'm comfortable with. I know I am unusual, being as big as I am.

WJ: Do you miss the service?
OD: I miss my friends, people like Gene Bell, Ausby Alexander, Steve Goggins, Robert Patterson, guys like David Pottaway, the whole powerlifting circuit. I learned a lot in the service and you can't give twelve years of your life to something and not miss it. As a whole I'd have to say I do miss it a little.

WJ: A lot of people are interested in knowing how you got so big.

OD: Yes, I get asked that question often. I guess a lot came from my mother and father. They are both big boned people and so my whole family is big boned. I had a lot of bad weight for a long time. When I say bad weight, I mean a lot of unnecessary body fat. People reading this article are probably saying 390 or 400 pounds is a lot of weight. It does sound like a lot, but I usually weigh out at about 425 or 430 pounds. I'm cutting down now due to my diet and from working hard in the gym. Basically, the work I did as a young man on the farm helped to build my strength and make me a powerful person. It was only when I started in powerlifting that I started to grow and put emphasis on strength and the power started to come in different areas. I am still learning the sport and still growing and I like it.

At right... O.D. had an IPF World Record of 892 up this high at the 1988 Worlds.

WJ: I'm aware that you have made changes in your diet and the way you approach your workouts. Has this helped you?
OD: Yes, basically I feel it is helping. I was in the military stationed at Ft. Bragg they gave me all the time I needed to get strength and power, but unfortunately I did not have anyone who understood powerlifting so I was gaining a lot of "bad" weight again. Now that you are guiding me with my nutrition and my workouts, this has helped me a lot. I can feel myself getting stronger. I feel that there will be something done in the next competition that I will attend that will be written in the record books. I feel very positive about my weight program right now.

WJ: Getting away from powerlifting for a minute, how did you get the name "the Nightmare"?
OD: It's ironic you would ask that question. Where I used to live we had a neighborhood crime watch program. I would always get the word three in the morning. One morning I was standing in the shadows under the street lights and I had this bat on it was reflecting an awesome figure on the wall, almost like Freddy Kruger. My lady friend told me "You look just like a nightmare." I said this is a pretty cool name, so it kind of stuck with me. I guess you could say I'm a "good" nightmare.

WJ: That's good. I feel it fits you well. People would have to see you to appreciate just how awesome you really are. Do you have any interests other than powerlifting?
OD: Outside of powerlifting I do a lot of community work. I visit orphanages, schools and I try to be around young people as much as I can. I do as much as I can to inspire our kids because they need as many positive role models as they can get. As far as other sports are concerned, I play racquetball, basketball and I swim. This is unusual for someone who weighs 400 pounds, but I can do these things and enjoy them.

WJ: What kind of supplements would you suggest that someone in powerlifting take?
OD: Well, everyone's body metabolism is not the same. I found that I was eating a lot of the wrong foods and taking the wrong combinations of supplements. The new diet that you have worked out for me has

corrected this problem. I guess I would say that you need all the minerals that your body uses and don't forget about your "B" and "E" vitamins and Amino Acids. Since different bodies require different amounts of these, you need to find out to see what that is working for you. You need to get as strong as possible with you.

WJ: Do you feel supplements are important in powerlifting?
OD: I think everyone needs some kind of supplement. The point is use kind of supplement that are inhuman are doing things that are inhuman and working. You're talking about guys walking around at 160 lbs. squating over 700 lbs. and me squating over 1000 lbs. You are doing something that is unheard of so you have to treat the body differently. In order to get the necessary vitamins and minerals from your food, you would have to eat almost a truckload a week. I feel that supplements are essential to anyone who is doing any kind of power or strength movement. This is a fact.

WJ: How much rest do you recommend for a person in powerlifting?
OD: I can't talk about people weighing 148 lbs., 165 lbs. or 180 lbs. because I don't weight that. Being a superheavyweight and doing what I do, I must have 8 hours of sleep and I must have at least two hours of rest after a workout. Rest is essential. It allows the body to repair. That's my philosophy; other people may have their own ideas of what's needed.

WJ: What are you considering for your next competition?
OD: The World Record Breakers in Hawaii. This is the meet that Gas Rehhuisch puts on every year. The never been to it. I've only read about it, but it is one of the biggest, if not THE biggest, meet in powerlifting. I guess I'm gearing myself up for that. I can't say what I'm going to do because in powerlifting you never know. That's the funny thing about me. I don't know how much I can lift from one day to the next. I'll only know when I get to the competition.

WJ: You could say I'm going to the competition to put on a good show and have a good time.
OD: At your last meet you totaled over 2430. Do you feel that you will top this in Hawaii?

OD: Like I said before, I only know what I'm doing. I guess you could say "only my hands easier knows my mind."
WJ: Do you feel you have improved greatly since your last competition?
OD: I feel that I have improved as far as being in better condition, my strength, my strength routine when you're preparing for a contest?

OD: When I'm preparing for a contest, my focus becomes my main focus. Everything else becomes secondary. My daily routine is extremely intense. I always lift against competitors. I always lift against opponents. I just pick a number and try to beat that number and if anyone else beats that number then he's just flat out a better man than I am that day.

WJ: As a battered child, who was told you would not walk again, against these odds, how do you feel now as a prize winning powerlifter?
OD: It's kind of weird, because I was in the hospital laid up for over nine months, with doctors telling me all kinds of things that I would never be able to do again. You get awful scared. I feel real good about the way I came out of it. I went through some real intensive leg surgery, and today doctors can't explain the reason I am able to walk and lift the kind of weight that I can. I guess the Lord came in to play on that and I just thank him for being able to get my legs and strength back together. Now I just want to be the best that I can.

WJ: How do you feel about training partners?
OD: I feel training partners are essential. Even though I am a self-motivator, you just can't go into the gym everyday ready to move heavy iron. In the beginning, I didn't have a good training partner. What I mean is I had a lot of people pushing me, but they were not actually training with me. I met two guys that were really able to push me to my utmost potential because, like I said before, you may come in the gym some days and not really feel like lifting. If you have good partners they will pump you up when you don't feel like lifting. I have two training partners, Ralph Phifer and James Perry. I saw them in the gym one day training and I saw potential. We have been lifting ever

since. I expect big things from them in the future. They are superheavyweights as well.

WJ: Who are some of the heavyweights that you look up to and admire?
OD: I don't know a lot about the guys that were doing this say ten or more years ago. I've been into this one lot about eight years, but I've read a lot about Jim Williams and I think he was probably the best bencher that ever lived and I feel that you just have to look up to Bill Kazmaier. He was doing things that were just unheard of in powerlifting. His record stood for eight years and I was happy to be the one that broke that record. I also look up to the guy that got me started, Carlos Green.

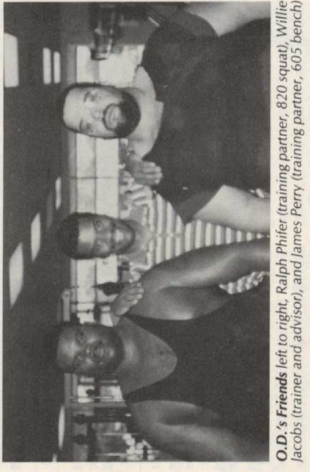
WJ: What would you like to see in the future for O.D. the "Nightmare" Wilson?
OD: Well I've done some parts in movies and I really enjoy that, so I would like to be available for parts that fit my personality and size. I also like being of service to people. At the moment, I am the bodyguard for Ray Mercer, the Olympic Gold Medal winning boxer.

WJ: Is there anything else you would like to tell the readers?
OD: In closing, I would like to say set your goals high and reach higher. Believe "The Nightmare" is coming to a gym near you.



O.D. Wilson with his trainer Willie Jacobs, who provided both the photographs reproduced on this page.

- ### O.D.'s BACK ROUTINE:
- Deadlift 135x10, 225x8, 315x6, 405x5, 495x4, 650x3, 700x5, 800x3.
 - Bent Over Rowing Barbell 135x8, 205x8, 275x8, 315x8. Shoulders Shrugs 225x10, 315x10, 405x10, 500x10.
 - 600x10. Cable Rowing 130x8, 200x8, 300x8. Lat Pull Downs 100x8, 200x8, 300x8.



O.D.'s Friends (left to right, Ralph Phifer (training partner, 820 squat), Willie Jacobs (trainer and advisor), and James Perry (training partner, 605 bench)

INTERVIEW

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

WILLIE AUSTIN as interviewed by BOB GAYNOR

The following interview was done with Willie Austin immediately following his victory at the 1989 ADFFPA Men's Nationals.

B.G. Willie, give us some personal info on yourself.

W.A. My name is Willie Austin and I reside in Seattle, Washington.

B.G. What do you do for a living?

W.A. I am a gym manager and personal trainer.

B.G. How long have you been training and competing?

W.A. I have been training for ten years and competing for six years.

B.G. Willie, how did you get started weight training?

W.A. I started weight lifting when I was in high school to better my performance in sports such as basketball, football, and track and field. First I trained one day a week for two and one half hours, working my upper and lower body. As time passed, weightlifting grew on me and I grew on weight training.

B.G. What are your best lifts?

W.A. 727½ Squat, 402½ Bench Press, 710 Deadlift.

B.G. What are some of the titles and records you hold?

W.A. Winner of the 1987 YMCA Lifetime Drug Free National Championships (directed by Lanny



Champion (directed by Bob and Geni Gaynor). I also hold the Washington State and the Northwest Regional Records in the Squat at 727½ and the Deadlift at 710.

B.G. What are your future goals in powerlifting?

W.A. My future goal is to be a world champion and someday break the American Squat and Deadlift Records in the 220 lb. class.

B.G. Would you share with us your views on steroids?

W.A. I've never used steroids. From what I've gathered by reading and hearing about them, the positive effects outnumber the negative side effects by far, both mentally and physically, that's up to them, just as long as they are competing against other drug users.

B.G. Do you follow any special kind of diet?

W.A. I try to follow a consistent diet most of the year. My daily diet consists of 70 percent carbohydrate, 20 percent protein, and 10 percent fat. My main sources of protein are chicken, fish and turkey. I eat beef once a week. For complex carbohydrates I prefer pasta, potatoes, rice and beans. I also eat plenty of fresh fruit and green vegetables.

B.G. Willie, what kind of supplementation program do you follow?

W.A. I take protein powder, amino acids, multiple vitamins, and chromium. I use herbs such as wild yam root, saffron root and ginseng.

B.G. Willie, what kind of off season and in-season training programs do you follow.

W.A. My training routine during the off season is mostly bodybuilding mixed with the three powerlifting movements. I train four or five days a week. On Monday I train my chest, shoulders, and triceps heavy. Tues-

day I work legs, back and biceps heavy. Take Wednesday off. Thursday I do a light chest, shoulders and triceps workout. Friday I train deadlift in place of the squat, and I also do legs, back and biceps. Saturday I train forearms. I normally do four sets of eight to ten repetitions for each exercise.

B.G. I start training for a meet about ten weeks out. I continue to train the same body parts on the same days as the off season. I drop one repetition off of each set every week, and I also drop my assistance exercises one by one as I approach the meet, while increasing the weight of each exercise. Three weeks before a competition my routine consists of only the squat, bench press and deadlift with leg extension, leg curl, calf raise and tricep pressdown as assistances.

B.G. What advice would you have for the beginner?

W.A. I would like to say to the beginning lifter to always have faith and believe in yourself. I feel that it is great to have a training partner and/or coach. With a training partner most lifters would definitely be more consistent, and being consistent is a must for any lifter who wants to be a champion. Always eat and sleep well. Don't be afraid to use supplements, provided you know the function of each supplement you are taking. I feel that as a beginner you should try to compete as frequently as possible. Be willing to make sacrifices.

B.G. Who are some of those you admire in powerlifting?

W.A. I admire a lot of lifters in the powerlifting world: Fred Hatfield, Mike Hall, John Kuc, Martin Beavers, Bull Stewart, Jim Flora, and many others.

B.G. What are some of your other interests besides powerlifting?

W.A. I like basketball, football, boxing, dancing, jogging, and walking along the waterfront.

B.G. Willie, are there any other comments you would like to make?

W.A. Powerlifting is a very big part of my life and I would like to thank God for giving me the capabilities and opportunity to compete in this sport. I would like to thank all of the people at The Gym of Seattle for their support. Thanks to John Moretti, the owner of The Gym of Seattle, for the hard training he pushed me through. Thanks to training partners Michael Harris and Mike O'Hearn for their hard-core push. Thanks to Kevin King for all of the nutritional support. Special thanks to Bob Gaynor and POWERLIFTING USA for doing this interview.

Performance Plus NUTRITIONAL PRODUCTS

EXCEL Anabolic/Metabolic Formula (Delicious Vanilla Flavor) 2.2 lb. can \$119.95
This unique blend of ingredients will create a more efficient and ideal metabolism for you in order to achieve maximum results. Gain size, strength and endurance like never before. If you're not making the progress in your training, it's time to change that. EXCEL includes such key ingredients as: Branched Chain Amino Acids, DHEA, Creatine, Creatine Triglycerides, Metabolic Glucose Polymers, Vitamins, Minerals and Sucraloses. Don't miss your chance to EXCEL.

BODY PLUS Protein/Carbohydrate Drink 4 lb. can \$24.00
A complete source of proteins and carbohydrates. Also includes Vitamins, Minerals, Taurine, Digestive Enzymes and Fiber. Create tremendous gains in size and strength. Best tasting protein powder on the market today.

MUSCLE BUILDER Protein Powder 12 lb. can \$11.00
A source of pure protein which contains no fats, sugars or preservatives. P.E.R. rating 3.5. Mixes easily and TASTES GREAT!

100% EGG PROTEIN FOOD 1 lb. can \$18.00
Derived from 100% Egg Whites. P.E.R. rating of 3.9 or higher

CARBO PLUS 2.2 lb. can \$11.00
Natural source of complex carbohydrates for instant glycogen loading

SUPER JUICE High Energy Metabolic Sport Drink 2.2 lb. can \$15.00
Super Juice is a combination of highly concentrated and scientifically profiled ingredients for immediate high levels of sustained energy and rapid glycogen stores for accelerated recovery and recuperation. Excellent drink during workouts for fluid replacement and sustained energy.

ENERGY PLUS 120 capsules \$11.00
ENERGY PLUS capsules provide a safe and effective energy boost for athletes. They contain the most of their training sessions. ENERGY PLUS is a blend of eight natural stimulants. Ingredients include Guarana, Siberian Ginseng, Tang Kuei, Ma Huang, Ginkgo Kola, Schizandra Berry, Bee Pollen and Nicotin.

AMINO PLUS (1,000 mg. Tablets) 250 tablets \$13.00
Providing Branched Chain Amino Acids including Branched Chain Amino Acids

AMINO 4000 (Capsules) 120 capsules \$18.00
100% Free Form Amino Acids including Branched Chain Amino Acids. AMINO 4000 is excellent for the allergy sensitive individual as these Amino Acids are free of milk and egg products

BRANCHED CHAIN AMINO ACIDS (900 mg. Tablets) 100 tablets \$18.50
Approximately one-third of muscle is composed of the three BRANCHED CHAIN AMINO ACIDS. Their presence is critical for muscular growth and recovery. Ingredients per tablet: Free Form Amino Acids - L-Leucine, 500 mg.; L-Isoleucine, 200 mg.; L-Valine, 200 mg.

AMINO SLIM Nighttime G.H.K. (Growth Hormone) Releaser 120 capsules \$18.00
Product includes: Ornithine, Glycine, Tryptophane, B-6, L-Carnitine, Nicotin, Gamma Oryzanol.

LIVER PLUS EXTRACT 250 capsules \$19.50
Each capsule contains Liquid Liver Extract 550 mg., Siberian Ginseng 500 mg.

TRYPTOPHAN (667 mg. Tablets) 60 tablets \$12.50
Reduces pain sensitivity. Helps induce natural sleep

SHIP TO:

Name _____
Address _____
City/State/Zip _____
Telephone _____
 M/C Visa Card No. _____
Exp. Date _____
Signature _____

**For FASTEST Order Service
Call Toll Free
1 (800) 223-1633
FAX 503/636-4990**



PERFORMANCE PLUS
Nutritional Products
PO Box 511
Lake Oswego, Oregon 97034
(503) 636-4799

DEALER INQUIRIES WELCOME

BLACK'S HEALTH WORLD

Three Time Senior National Team Champion
Home of the World's Strongest Powerlifters!

POWER FASHIONS

You'll Feel Stronger When You Team Up With the World's Strongest Men Wearing Black's Health World Sports Apparel!



| Item | Style | Price |
|---------------------------------|---------|-------|
| T-Shirts (S, M, L & XL add \$2) | A, B, C | \$8 |
| Tank Tops | A, B | \$10 |
| Rag Tops (one size fits all) | A | \$15 |
| Lined & Quilted Satin Jackets | A | \$60 |
| Sweat Shirts or Sweat Pants | A | \$18 |
| Sweat Shirt and Pants Set | A | \$35 |
| Knee Length Jams w/pockets | A | \$21 |
| Polyester Gym Shorts | A | \$10 |

All Black's Health World fashions are made with pride in the U.S.A. Our highly detailed and vividly colored silk-screened designs withstand repeated washings with ease. Your satisfaction is guaranteed!

Colors: Red, Black, Blue & Purple (see photo).
Sizes: S, M, L, XL. (Note: Infant and Child's sizes also available)

• Order Now! • Call (216) 252-1695

MasterCard & VISA accepted, or Mail Check or Money Order to:
BLACK'S HEALTH WORLD
11934 Lorain Avenue
Cleveland, OH 44111
Includes Size Color & Style. Add \$1.50 S&H per item.
Ohio Residents Add 7% tax.

Attention!
Now you can own your own Black's Health World!
Call for licensing information!

STARTIN' OUT

A special section dedicated to the beginning lifter.

EXERCISE FORM

When we work out, regardless if it's for powerlifting, bodybuilding, or general fitness, we should be making the most of our time and effort. Despite this, I'd say a great number of weight trainers waste a lot of time following their current exercise practices. The best way known to increase in size and strength is to consistently try to use more weight or squeeze more reps out during a workout. Very few experts will disagree with this. In order to fulfill this goal, we sometimes deviate from effective and proper exercise form and, in turn, results suffer.

Most of us begin to work out with the best attention to form, but in the back of our minds is that goal to increase the weight used or get more reps each workout. That's where the trouble starts. In order to meet that goal, we increase before we are really strong enough to properly perform the exercises at the new higher level. We add more 'muscle' by introducing momentum, partial movements, or other muscles. Barbell curls deteriorate to underhand power cleans. Our erectors and traps get more of a workout from them than do our biceps, the intended recipient. Never mind that we don't extend or contract our biceps fully on each rep. Presses behind the neck never even come anywhere near the base of the neck. Tricep extensions become a combat pullover and bench press. Sometimes it is really hard to tell what exercise we are performing, but, wow, are we using a lot more weight! We certainly have gotten a lot stronger, or so we think.

The day of the meet comes and we expect that our once weak triceps will now power our bench to new heights. The lookout of our deadlifts will be automatic, but it doesn't happen. Why not? Our bent row package went from 145 to 195; our strugs went from 275 to 400. We can lift the whole stack during tricep pulley pushdowns. We followed the program to the letter, including assistance work. We worked hard. Can the problem be that most of these increases in poundage came from shortening the range of motion of the exercises, or from the extra heave ho? How much real, usable strength did we gain?

The time spent using sloppy form probably did little in terms of positive results. Lifting the higher poundages

definitely simply soothed our egos at the gym. Most of us don't want to be seen curling 90 pounds with a full extension and contraction without back bend, when we can super curl 155 on a power bar! Take a good look around the gym next time and look to see how many lifters actually perform their exercises in good form. I bet very few of them do.

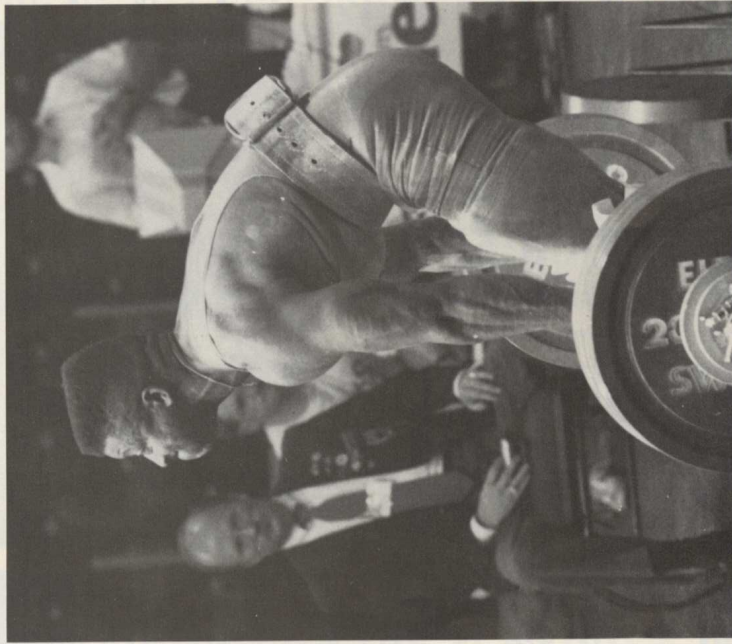
Just about every exercise has its own standard cheating techniques that many lifters share. How much trouble is it for the average lifter to return to correct form? My answer is a whole heck of a lot! No one wants to lower the weights they use for an exercise. This hesitation involves a lot of ego and competitiveness with other lifters. We just don't like to take even one step backwards.

We tend to place too much importance on finding a 'magic' routine, a 'Holy Grail' of sets, reps, and exercises. We give little, if any, emphasis to proper execution of the work we do. It's equivalent to buying premium parts for a house and constructing it haphazardly. The result is usually not what you would expect or desire.

As powerlifters, our place to display our strength and compete is on the platform. The gym is there for us to develop power by working on our weak points and improving our strong ones. The combinations of exercises, sets, reps, diet, and other factors we chose to incorporate in our training are critical to our progress. My suggestion is that we add attention to proper exercise form to this list.

The best routine and equipment in the world won't work optimally if we ignore how to use them effectively. Objectively look at your exercise form or consult someone whose opinion you trust. If there is room for improvement, swallow a little of your pride and cut the weight back and execute your exercises correctly. Keep tabs on your form at all times, whether you are benching or doing curls. Take another look at your exercise form and you'll probably get more results from your training.

Doug Daniels
Post Office Box 148
Hammond, Indiana
46325



AUSSY ALEXANDER the 1989 IPF World Champion at Middleweight, is a master of proper lifting form.

For the Most Powerful Amino Complex With Guaranteed Results, See Center Spread!

Dr. Judd

A Look into the ANALS of Sports - HODGES

Throughout my entire powerlifting career, only once did I ever use a training partner. His name was Hodges and his game was...was... I don't know what it was. I swear the guy was a character right out of Conan the Barbarian - the type of guy who thinks Halloween should be a national holiday. He was six feet three, 245 pounds of pure, unadorned muscle. He had shoulder-length black hair (at a time when crew cuts were stylish), jet black eyes and a body that appeared to be chiseled out of granite.

When I first met Hodges, I was a far cry from what you would call a lifter. Hodges on the other hand, was actually, he wasn't a powerlifter, he was strictly a bench presser and a damn good one. On the very day that I met him, he pushed out an easy 450 pounds. At that time, I had never before seen a human being lift that much weight. To say the least, I was in total awe.

My first few training sessions with Hodges were embarrassing at best. My max bench at the time was a meager 140 pounds. Hodges didn't even bother warming up with that weight. Come to think of it, I never saw him warm-up. I also never saw him use spotters. If he couldn't make the lift, he would tilt the bar to one side and dump some of the weight onto the floor; then he would tilt the bar to the other side and dump more weight off until he could complete the lift. When I would ask him if I could help, he would tell me that he didn't like people bothering him when he lifted. Actually, we never really worked out together. Hodges had a bench in the corner of the garage where I could work out with my 140 pounds. Hodges had his own bench right in the middle of the gym. He had a large circle drawn around it. That was the line you didn't cross.

To say the least, Hodges was a real study - well beyond my capabilities as a novice psychologist. I'll never forget one day when Hodges was going for a record bench. I think it was the first time he had ever tried 500 pounds. He started getting psyched up, banging his head on the wall, screaming, yelling like a madman. It was really interesting to me because I had never seen anyone act like that before. When he was totally psyched, he sat down on the end of the bench. Just then, a huge rat walked out of nowhere. Apparently, it had eaten some poison because it was wobbling all over the place, as if half-dead. Unfortunately for the rat, it wobbled by Hodges and broke his psych. The man had a fit! He reached down, grabbed the rat, and bit its head off. I almost quit lifting right then and there.

I know this is going to sound a bit

BIG GAINS without STEROIDS

This program could be the most dangerous weapon in your bag to beat the opposition.

To order: send check or money order for \$15.00 to Class I Champ, 1 Landing Rd., Landing, NJ 07850

to
Increase strength
Endorsed by **HANK SISCA**
National Masters Champion
1989, 242 lb. class



NEW MONSTER MUSCLE, the most advanced mix ever combines every vitamin and mineral you've ever heard of with Inosine, Dibenzocaine, Ferrulic Acid, Gamma Oryzanol, Smlax, Plant Sterols, Chromium Piccolinate, Beta Sitosterol, Fucosterol, Campesterol, etc., etc. Mixes easy. Tastes like chocolate shake. 3 lb. 4 oz. can \$31.99. Take with **MONSTER PAK**

NEW MONSTER PAK. All organized in individual packs. A 44 day supply of state of the art supplementation! Cold compressed vitamins! Timed Released Minerals! Lyophilized Aminos! Includes Dibenzocaine, Chromium Piccolinate, Ferrulic Acid, Boron, Orctic Extract, Inosine, Beta Sitosterol, Mexican Wild Yam! The best vitamin pack EVER offered. 44 day supply \$36.99 Take with **MONSTER MUSCLE**

To order now, call Power Systems Unlimited, 1-800-248-LIFT

Judd Biasiotto Ph.D.

Weightlifter's Warehouse has the solution to your support problems



NEW!! WRISTWRAP

- 36" Long
- Cotton-poly blend
- With thumb loop and self-adhesive closure
- For maximum wrist support
- Only \$9.50 per pair

NEW!! "2-LINE BLACK" KNEE WRAP

- Comparable to any multi-line knee wrap now available
- Unmatched in tensile strength
- For maximum knee support and rebound
- Only \$14.50 per pair

SUPER POWER BELT™

- Suede covered (inside and out)
- 5 rows of heavy duty nylon cord stitching
- Custom sized
- One color (your choice) \$48.50
- Two colors (your choice) \$50.50

BENCH PRESS/DEAD LIFT SUIT

- 100% stretch nylon double knit
- Colors: Blue, Dark Blue, Black, Red, or Dark Green (all with white trim)
- Sizes: XS, S, M, L, XL, or XXL
- \$17.50

KNEE WRAP (#2 or #3)

8.50 per pair

WRIST SUPPORTS

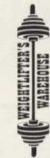
5.50 per pair (elastic with thumb loop and self adhesive closure)

LIFTING STRAPS

4.50 per pair (black or natural, cotton webbing)

CHALK (eight 2 oz. blocks)

9.50 per pound



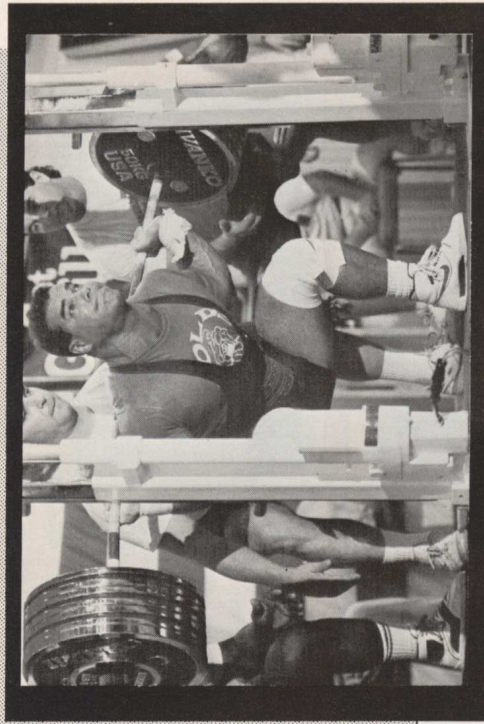
Shipping Additional

2841 E. 19th STREET, LONG BEACH, CA 90804 213/498-7479

MC/VISA

California residents add sales tax

800/621-9550 (outside CA)



GARY DRIGO

Pound for pound

- One of the world's strongest men!
- Winner: 1989 APF Senior Nationals 220 lbs.
- Winner: 1989 Best Lifter Senior Nationals
- Winner: 1988 Open World Championships
- Winner: 1987 Jr. Nationals
- Winner: 1987 Jr. YMCA Nationals

developed after 3 years of research, and guaranteed to be the most complete forms of nutrient supplementation without waste. Let DRIGO help you meet your ultimate lifts. Try POWER PLUS today!!

INTRODUCING GARY DRIGO'S POWER PLUS

Specifically formulated supplements for the competitive athlete. These unique products were

FREE
DEAD LIFT STRAPS
with purchase of \$35.00

POWER PLUS
2 lbs. 3.3oz.
High Powered
Protein, BCAA powder
\$23.50

100% Egg Amino Profile,
1000 mg. - Free Form Crystalline Amino Acids - 250 CAPSULES \$32.95

FAT CUTTERS -
Lipotropic Formula
Choline, Inositol, L-carnitine, Methionine, Lecithin, B6, Betaine HCL, Linoleic Acid, Oleic Acid, Iron - 100 Tablets \$14.95

ORDERING QUICK & EASY

Credit Card - Master or VISA Orders only 1-800-388-2494 (6:30 AM - 4:30 PM est.)
Power Plus - 4651 N.W. 31st Ave. Box 182 - Ft. Lauderdale, FL 33309

Paid by VISA MC Check M.O.

Name _____ Address _____ City _____ State _____ Apt. _____ Zip _____

Home Phone () _____ required for charge & OOD
Credit Card # _____ Exp. Date _____

Signature _____

| QUANTITY | ITEM | TOTAL |
|----------|-------------------------------|--------------------------------|
| | Power Plus 2 lb. 3.3 oz. | \$23.50 + .50 shipping ex. tax |
| | 100% Egg Amino 250 caps | \$32.50 |
| | Fat Cutters 100 tabs | \$14.95 |
| | Shipping & Handling \$3.00 | |
| | FL residents add 6% sales tax | |
| | TOTAL | |



- SUPER AMINO ACIDS 2300mg 335 Tablets \$17.25
 - ULTRA CHROMAX II 1000mcg Chromium Picolinate (1 mg) 100 Capsules \$15.25
 - ULTRA YOHIMBE BARK EXTRACT 750 mg 100 Capsules \$17.00
 - DIBENCOZIDE 10 mg 100 Capsules \$27.00
- PLUS, over 30 other supplements & lifting accessories!

TO PLACE AN ORDER OR TO RECEIVE A FREE CATALOG CALL:

1 800 356-7319

OR WRITE TO:
ATHLETE'S NATURAL SUPPLEMENTS
P.O. BOX 2841, DAYTON, OH 45401

POWER LIFTERS!
Tired of struggling with that tight bench shirt? send for

EZ-SHIRT

With EZ-SHIRT, you get your bench shirt on quick and easy. EZ-SHIRT slips off easy before competition.

EZ-SHIRT
Soon to be seen behind the scene at all competitions

CIRCLE SIZE: S M L XL XXL

OTHER SIZES GIVE CHEST MEASUREMENT

TO: SEND \$19.95 CHECK OR M.O.

EZ-SHIRT

P.O. BOX 17235

PENSACOLA, FL 32522

ALLOW 3 to 4 WEEKS FOR DELIVERY.

STEROIDS

D-BALL TEST DECA JET

Anabolic Steroids Increase Testosterone Levels to Greatly Build Muscle Mass and Strength.

Boron can increase testosterone levels up to 300% in 14 days without the harmful side effects of steroids. Research by employees of the Dept. of Agriculture have shown up to 300% increase in test subjects.

For **Massive Gains** in Power and Strength Order Your 3 Month Supply of Boron Today. Only \$19.95. Shipping included. Blow Away Your Competition and Order Now.

Credit Card & Catalog Order Call: 1-800-962-GROW 24 HOURS
Send check or money order to:

JTR LABS

9128 St. Chas. Rk. Rd.

Dept. 161

St. Louis, MO 63114

Available in finer Gyms and Health Food Stores

Available in finer Gyms and Health Food Stores



POWER PROFILE

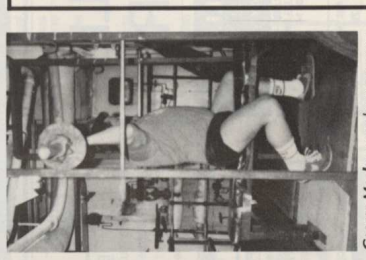
a detailed PL USA look at some of the best lifters in the world

Now That's Perseverance George Manley's Story by JON SMOKER

When the photographs arrived for this article, I showed them to a friend who really enjoys working out and his response was, "No way! I had to lift under those conditions, I guess I'd give it up." They, it's not only that the subject of this article must train alone, but that the must train in a noisy boiler room where the temperature sometimes reaches 120 degrees; the final clincher is that the trainees on a ship and must watch a pendulum to see when he can do this next set, or depending on the roughness of the sea, how many reps he can do. If a powerlifting dictionary had the word "perseverance" in it, George Manley's picture should be next to it. A 1987 National Master's champion, he is the chief engineer on an oil tanker, where he must train under the aforementioned conditions or face 90 day gaps in his workouts.

Introduced to powerlifting 6 years ago, Bernie Gagne of Carson, California, George has lifted in 10 meets so far, making steady progress; despite the fact that he started when he was 54. According to Gagne, "It's not about how you just don't let it stop the stat you want to lift. He has his first meet at Long Beach, he has 342 220, 402, 964 at 198. In January 1989 in Oklahoma City he did 485, 248, 685, 1218, with the squat being a meet record in the 50 and over category, even though he just turned 60. He would like to compete in the USPF National Masters again, but is adamant about not doing so, until it's drug tested. In the meantime he might compete in the ADFPA's if it can work into his schedule, which generally allows him to compete every 2 meets per year. His biggest goal, however, apart from personal goals (he'd like to make like a 500 pound squat) is to win a world championship. He believes that everyone who gets into the sport of powerlifting, wants to win a world title.

Training alone is tough for just about anyone, especially when it comes to getting psyched up for a workout, so George motivates himself by thinking about champions ships he'll be in. Probably the other main lift he's thinking about, competitors I'd like to beat, which I guess shows you can still be hungry at 60. Each of the other physical obstacles he must deal with also require special strategies. Since the boiler room is never cool, he drinks a lot of distilled water and takes a daily vitamin-mineral pack, along with extra C and calcium. And he likes to switch brands every now and then since different packets might touch dif-



George Manley somehow manages to not only keep in shape, but win national titles, training aboard ship!

ferentially since he doesn't have much muscle soreness to speak of. One advantage of the severe heat is that he doesn't have to warm up very much. Still, the main obstacle is the rolling of the ship, which makes it very difficult at times for him to put his training philosophy into action, which he sums up by quoting Jim Witt: "add a weight, add a set or add a rep." This means that 8 weeks before a meet on his heavy days, his rep scheme after warming up, should be 5, 3, 2, 2. Then each week after that, he wants to increase the weight he's handling, and bench light on Mondays with

successfully since he doesn't have much muscle soreness to speak of. One advantage of the severe heat is that he doesn't have to warm up very much. Still, the main obstacle is the rolling of the ship, which makes it very difficult at times for him to put his training philosophy into action, which he sums up by quoting Jim Witt: "add a weight, add a set or add a rep." This means that 8 weeks before a meet on his heavy days, his rep scheme after warming up, should be 5, 3, 2, 2. Then each week after that, he wants to increase the weight he's handling, and bench light on Mondays with

successfully since he doesn't have much muscle soreness to speak of. One advantage of the severe heat is that he doesn't have to warm up very much. Still, the main obstacle is the rolling of the ship, which makes it very difficult at times for him to put his training philosophy into action, which he sums up by quoting Jim Witt: "add a weight, add a set or add a rep." This means that 8 weeks before a meet on his heavy days, his rep scheme after warming up, should be 5, 3, 2, 2. Then each week after that, he wants to increase the weight he's handling, and bench light on Mondays with

successfully since he doesn't have much muscle soreness to speak of. One advantage of the severe heat is that he doesn't have to warm up very much. Still, the main obstacle is the rolling of the ship, which makes it very difficult at times for him to put his training philosophy into action, which he sums up by quoting Jim Witt: "add a weight, add a set or add a rep." This means that 8 weeks before a meet on his heavy days, his rep scheme after warming up, should be 5, 3, 2, 2. Then each week after that, he wants to increase the weight he's handling, and bench light on Mondays with

successfully since he doesn't have much muscle soreness to speak of. One advantage of the severe heat is that he doesn't have to warm up very much. Still, the main obstacle is the rolling of the ship, which makes it very difficult at times for him to put his training philosophy into action, which he sums up by quoting Jim Witt: "add a weight, add a set or add a rep." This means that 8 weeks before a meet on his heavy days, his rep scheme after warming up, should be 5, 3, 2, 2. Then each week after that, he wants to increase the weight he's handling, and bench light on Mondays with

Ask the Doctor

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

DEAR MAURO: I am writing you because I am having some back problems. I am 41 years old, 6'1 1/2 inches tall, weigh 180 pounds and am training for the Teenage Nationals coming up in July. I can squat 375, bench press 255 and deadlift 455. When I'm doing squats, the back bone hurts very badly right in the area where the bar rests, not only during the actual set, but after a set also. I'm pulling my belt tighter it also hurts. It hurts with any forcible movement. Also at home when I'm hunched over my desk doing homework in the same position for about an hour, it starts to hurt, always in the area where the bar rests. This area also feels numb. Can you give me advice about this? Also could you tell me how I can bring my squat up a little bit more, compared with my deadlift.

Also I am planning on getting down to 165 pounds bodyweight. Do you think I should do that or should I stick with the light heavies? I personally am sending along with this letter my workout schedule, if it will help you to advise me. Sincerely, **Stephen A.**

DEAR STEPHEN: The squat bar should not be resting directly on any bone, but should be cushioned by the trapezius muscle. Try to either position the bar a bit higher or use some sort of padding to lessen the effect of the bar on your scapula. You can gradually remove some of the padding until you're just using the bar again. As well, build up your trapezius muscle by doing shrugs and bent over rowing.

At over six feet in height, you shouldn't be thinking of dropping down to 165, but rather building up a little more muscle mass by increasing your body weight. I wouldn't worry too much about fat at your age as long as it's not excessive. As you mature, you'll build up more muscle and less fat because of increased levels of the your natural hormones.

Your training schedule looks OK although you don't show your reps. You may be overworking your legs by doing all those sets twice a week - especially if you're doing a lot of reps. Try cutting down on the sets and reps and going a little heavier in your workouts (once you're relatively pain free).

All my best in your training. Sincerely, **Mauro G. DiPasquale, M.D.**

DEAR MAURO: I have read your column for years in Powerlifting USA. I enjoy it very much and respect the advice you've given to others. So this is why I would like your advice on this matter.

I'm 24 years old and have been lifting since I was 17, mostly all powerlifting. During this time I have made incredible gains through powerlifting. My best lifts are 725 squat, 530 bench and 685 DL at a bodyweight of 242 lbs. As of now I have not taken a cycle of anabolic steroids for over a year and eight months. My bodyweight now is around 220 lbs and my strength level has not dropped that bad. My question for you is, recently I read in your book, "Drug Use and Detection in Amateur Sports" that you named off certain anti-androgenic drugs. One of the drugs was amphetamine (Tagamet) which you stated decreases the circulating level and biological effectiveness of testosterone.

Since Nov 87 I have been on Tagamet due to a long term upper GI disturbance. As of now I am still on Tagamet (400 mgs per night). So I would like to know if me being on Tagamet would cause any bad side effects toward my health or my lifting. If so could you possibly tell me of some other type of medication that I could take to avoid this reaction. Any advice you could give me on how to deal with this matter would be greatly appreciated. P.S. Would Zantac be a safe medication to take for my problem? **Harry H.**

DEAR HARRY: I never recommend Tagamet (amitidine) for male athletes because of its mild anti-testosterone effects. I've seen a few cases of gynecomastia in patients who have taken Tagamet, but who had never been on anabolic steroids. I usually use either Zantac (ranitidine) or Cytotec (misoprostol).

As well as possible side-effects like gynecomastia, Tagamet will likely have an adverse effect on your lifting. In your case 150 mg of Zantac taken nightly would be as effective as the 400 mg of Tagamet you are presently on. I suggest you switch.

Let me know if you need more information or help. Sincerely, **MGD**

TWO NEW BOOKS BY MAURO DI PASQUALE, B.S.C., M.D.

BEYOND ANABOLIC STEROIDS \$15 (US funds) plus \$1 P&H
An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes (by both competitive - since most cannot be detected - and non-competitive athletes) or to enhance the effects of anabolic steroids.

Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Oxandrolone, L-Dopa, etc.), Insulin, Thyroid (Cytomid, Synthroid), Pergonal, Factrol, HCG, Cyclofenil, Clenbuterol, Dibenzoyl, Glutathione, Carnitine, Creatine, Insulin, Sinalox, Ofenicalin, Boron, Chromium Picolinate, Gamma Oxyzanol, Sirostrol, Ginseng, Amino Acid Neurotransmitters (such as GABA, Phenylalanine, Tryptophan, Glutamine, etc.), Branched Chain Amino, Shadinyne, Sydnocarb, Piracetam, Fenoterol, Perchlorates, Nutritional Supplements (Vitamins, Minerals, Bee Pollen, B12, etc.) and many other compounds.

**ANABOLIC STEROID SIDE EFFECTS
Fact, Fiction, and Treatment \$15 (US funds) plus \$1 P&H**
This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, acne, gynecomastia, acne, hirsutism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

**Also Available by Mauro G. Di Pasquale, B.S.C., M.D.
Drug Use and Detection in Amateur Sports Plus Updates**
My book and the 5 updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection.

The book plus all five updates is \$41.50 U.S. funds plus \$3.50 P&H.

The price of Update Five is \$11 U.S. funds, plus \$1.00 P&H
Update Four is \$10 U.S. funds plus \$1.00 Postage and Handling
Update One to Three - all three for \$12.00 plus \$1.00 P&H
The book, Drug Use and Detection in Amateur Sports - \$14.95 + \$2 P&H

SPECIAL OFFER: Buy all the above publications (three books plus five updates) for \$60.00 US funds plus \$5.00 P&H.

Order from:

**MGD Press
23 Main Street
Warkworth, Ontario, Canada, K0K 3K0**

Powerlifting USA BACK ISSUES

SEND \$4 FOR EACH ONE AND SPECIFY YOUR ALTERNATE CHOICES.

Jun/79#3...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling.
All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Super.
Apr/89...O.D. Wilson's 2,430 total, Jan Harrell Interview, MK 10 Challenge.
National Nationals, Carol Waters, TOP 100 132s, ADFFA TOP 20 242s.
May/89...ADFFA Lifetime Drug Free, Ray Benemerto Interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADFFA TOP 275s.
Jun/89...Hawaii Record Breakers, Joe Ladinier Deadlift, Muscle Composition, ADFFA & USPF Collegiate, TOP 100 165s, ADFFA TOP SHWS.
Jul/89...USPF Masters, ADFFA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.
Aug/89...WDFPF Worlds, APF & USPF Jr. Nationals, John Ware Bench Workout, Sly is Strong, Gary Drigo, TOP 100 198s, ADFFA TOP 123s.
Sep/89...Triple Seniors Edition, Dawn Reshel Deadlift, the Kelso RECORD visited, TOP 100 220s, TOP 20 ADFFA Featherweights, ALL TIME RECORDS.
Oct/89...Tony Candella, Jackie Pierce, World Games, World Masters, Ray Benemerto Squat Workout, ADFFA TOP 20 Lightweights, TOP 100 242s.
Nov/89...Dan Austin, Gary Drigo Bench Workout, Bulgarian Principles, Muscle Growth, Randall Kea, Jesse Kellum, TOP 100 275s, ADFFA TOP 165s.
Dec/89...Deadlift Deadlift, World's Strongest Man, IPF Jr. Worlds, Bull Stewart Deadlift Workout, Russia Trip, TOP 100 SHWS, ADFFA TOP 181s

**MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES).
MAKE OUT A CHECK TO POWERLIFTING USA FOR THE PROPER AMOUNT, PUT IN ENVELOPE AND SEND IN TODAY TO POWERLIFTING USA, 81 DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.**

anyone thank you all for everything... (Thanks to Dawn Reshel for results)

USPF Chippewa Meet 4 Sep 89 - Kinchloe, MI

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF Chippewa Meet 4 Sep 89 - Kinchloe, MI (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

Badger State Open 10 Oct 89 - Milwaukee, WI

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

16 Sep 89 - Saratoga Springs, NY

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

Southern USA Open 16 Sept 89 - Henderson, NC

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

7 Oct 89 - Columbus, OH

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

7 Oct 89 - Roy, UT

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

3rd Annual Saratoga 'Y' Bench Press 16 Sep 89 - Saratoga Springs, NY

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

MCJ Postal Meet 30 Sep 89 - Norfolk, MA

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

USPF National 23/26/89 - Denver, CO (Continued)

Table with columns for name, weight, and results for various categories like 132 lb, 148 lb, 165 lb, etc.

BAGGIE PANTS, THE BAG and PANTS RAG SHIRTS. Includes images of models wearing the clothing and descriptive text.

GRAINS Muscle World. THE BAG \$29.95 and up. RAG SHIRTS \$8.95 and up. Includes images of models.

POWER SUIT \$34.00, POWER BRIEF \$16.00, LIFTING SUIT \$19.95, INZER BLAST SHIRT \$38.00. Includes images of models.

CHAMPIONS WEAR THE BEST! No Brag - just fact! Includes images of models.

Children's Sizes Available - XS - XXL. RAG SHIRTS. Includes images of children wearing the clothing.

GRAINS Muscle World. THE BAG \$29.95 and up. RAG SHIRTS \$8.95 and up. Includes images of models.

POWER SUIT \$34.00, POWER BRIEF \$16.00, LIFTING SUIT \$19.95, INZER BLAST SHIRT \$38.00. Includes images of models.

CHAMPIONS WEAR THE BEST! No Brag - just fact! Includes images of models.

SPECIAL COLORS AVAILABLE UPON REQUEST. Includes images of models.

57

All-Natural USA Powerlifting
29 OCT 89 - Undernurst, IL, NY

Table with columns: Women, Age Group, Weight, SQ, BP, DL, Total



Steve Scalpini, the 1988 ANPPC Powerlifter of the Year, has all of the ANPPC polygraph lifetimes, drug free lifter. He assisted as a judge, coach and advisor at the ANPPC All Natural USA Championships (photo courtesy Angelo)

7th Annual FCI El Reno, OK
19th August 89 - FCI El Reno, OK

Table with columns: Men, Age Group, Weight, SQ, BP, DL, Total

148 lb. class, Michael Meloni finished second with a record 320 bench. Keith Nareted was...

18, 19 Oct 89 - Ft. Riley, KS
FT. RILEY CHAMPIONSHIPS

Table with columns: Men, Age Group, Weight, SQ, BP, DL, Total

181 lb. class, Keith Nareted was crowned champion with a record 320 bench. The meet...

NEW A.P.F./A.M.P.F. Membership Application form with fields for personal info, contact, and payment.

Baton Rouge Open: Deadlift
21 Oct 89 - Baton Rouge, LA

Table with columns: Men, Age Group, Weight, SQ, BP, DL, Total



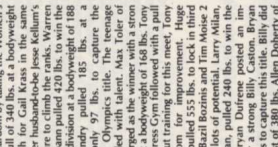
Special Olympian Sherri Johnston Opening 125 lbs. at the Baton Rouge Open (photo courtesy Paul Fletcher)

National Peanut Festival
7 Oct 89 - Dothan, AL (kg)

Table with columns: Men, Age Group, Weight, SQ, BP, DL, Total

148 lb. class, Allen goes to a weight class he is putting on weight to prepare for his bodybuilding...

World Class Enterprises Presents
GOING BEYOND



1. Fundamentals of Fitness... \$7.00
2. 2001: A Sports Odyssey... \$8.00
3. Hypnotize Me and Make Me Great... \$7.00

Send Check or Money Order Plus \$2.00 Postage & Handling to:
WORLD CLASS ENTERPRISES, INC.
3209 Jacqueline Drive - Albany, Georgia 31705

SAVE ON SUPPLEMENTS
All major brands. We'll beat the lowest price you can find by an extra 5%.

SYMBIONICS
731-C KIRKMAN ROAD
ORLANDO, FL 32811
1-800-537-7671

148 lb. class, Allen goes to a weight class he is putting on weight to prepare for his bodybuilding...

for putting up with me during the final production for this event. Two Special Olympians...



STOP! LOOK NO FURTHER!!

"Hi-tech is BACK"

STRONGEST PRODUCTS EVER!!!

"Test" Cycle Kits \$250.00 each

NEW Off Cycle Kits \$160.00 each

"NEW" MAX-i-Bolin in stock!!!

Call for Price

We have everything you need!

Money Back Guarantee

B.G. Enterprises

350 Ramapo Valley Road

Oakland, NJ 07436

Orders: (201) 337-6001

Ocean State Bench Press 15 Oct 89 - Pawtucket, RI

| | | | |
|----------------|---------|---------------|------|
| Womans | 100 | M. Paine | 255 |
| D. Lar | 45 | K. Jabrakes | 405* |
| A. Alex | 45 | F. Perry | 480* |
| J. Walsh | 110 | J. Minichio | 300 |
| D. Doucheite | 250* | D. Veronis | 330* |
| 132 lb. weight | 250 | P. Sobieski | 300 |
| 148 lb. weight | 242 lb. | T. Blanchard | 420* |
| J. Drakeau | 250 | F. Maltanovic | 400 |
| L. Biko | 330* | R. Derba | 350 |
| J. Towns | 330* | R. Trembley | 325 |
| K. Lambert | 240 | R. Ziegler | 480* |
| M. Gaudon | 220 | J. Mugover | 435 |
| L. Gibson | 220 | M. Shaw | 445* |
| D. Deparie | 400 | J. Patton | 415 |
| N. Sousa | 350 | B. Salfredo | 445* |
| B. Salgado | 220 | B. Siklo | 445* |

* - Meet Record, USPF Sanction No. 2395-89, (Thanks to Doug Keith for results)

8th Mountaineer Open Bench Press 14 Oct 89 - St. Albans, VT

| | | | |
|---------------|-----|---------------|-----|
| Women | 198 | P. Williams | 231 |
| N. Young | 132 | D. McCormick | 171 |
| D. McCrack | 132 | P. King | 314 |
| P. Conley | 99 | E. Beard | 391 |
| T. Woodell | 171 | D. Walters | 281 |
| C. Cogor | 314 | D. Thompson | 381 |
| M. C. Jones | 265 | R. B. Jones | 165 |
| J. Mirack | 408 | D. Harpold | 364 |
| S. Miller | 248 | R. Sider | 254 |
| E. Dorrick | 182 | D. Groves | 165 |
| Masters | 298 | J. Carter | 220 |
| M. C. Jones | 248 | R. G. Harter | 342 |
| R. Haight | 254 | D. Walker | 303 |
| T. Martin | 226 | T. Starkey | 303 |
| M. S. Bennett | 214 | M. S. Bennett | 309 |
| M. S. Bennett | 214 | M. S. Bennett | 309 |
| K. Woodell | 281 | M. Modest | 419 |
| T. Dorrick | 181 | D. Fenell | 369 |
| J. Johnson | 287 | L. Bolen | 540 |
| S. Phillips | 259 | T. McCnett | 501 |

(Thanks to Larry Robinson for results)

ADPFA All-American & Pennsylvania State Bench Press Championship 15 Oct 89 - Mountaintop, PA

| | | | |
|----------------|---------|---------------|-----|
| Women | 114 lb. | J. Ebersole | 270 |
| M. Newswander | 95 | M. Newswander | 345 |
| 130 lb. weight | 270 | J. Zwick | 320 |
| 148 lb. weight | 270 | J. Zwick | 320 |
| 165 lb. weight | 270 | J. Zwick | 320 |
| 180 lb. weight | 270 | J. Zwick | 320 |
| 195 lb. weight | 270 | J. Zwick | 320 |
| 210 lb. weight | 270 | J. Zwick | 320 |
| 225 lb. weight | 270 | J. Zwick | 320 |
| 240 lb. weight | 270 | J. Zwick | 320 |
| 255 lb. weight | 270 | J. Zwick | 320 |
| 270 lb. weight | 270 | J. Zwick | 320 |
| 285 lb. weight | 270 | J. Zwick | 320 |
| 300 lb. weight | 270 | J. Zwick | 320 |
| 315 lb. weight | 270 | J. Zwick | 320 |
| 330 lb. weight | 270 | J. Zwick | 320 |
| 345 lb. weight | 270 | J. Zwick | 320 |
| 360 lb. weight | 270 | J. Zwick | 320 |
| 375 lb. weight | 270 | J. Zwick | 320 |
| 390 lb. weight | 270 | J. Zwick | 320 |
| 405 lb. weight | 270 | J. Zwick | 320 |
| 420 lb. weight | 270 | J. Zwick | 320 |
| 435 lb. weight | 270 | J. Zwick | 320 |
| 450 lb. weight | 270 | J. Zwick | 320 |
| 465 lb. weight | 270 | J. Zwick | 320 |
| 480 lb. weight | 270 | J. Zwick | 320 |
| 495 lb. weight | 270 | J. Zwick | 320 |
| 510 lb. weight | 270 | J. Zwick | 320 |
| 525 lb. weight | 270 | J. Zwick | 320 |
| 540 lb. weight | 270 | J. Zwick | 320 |
| 555 lb. weight | 270 | J. Zwick | 320 |
| 570 lb. weight | 270 | J. Zwick | 320 |
| 585 lb. weight | 270 | J. Zwick | 320 |
| 600 lb. weight | 270 | J. Zwick | 320 |

One KILOGRAM equals 2.2046 Pounds

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

more people in the audience who should really than there actual entry list seven people lifted however, being so small, it was very relaxed, prior contest experience. In fact, two of the Grand Prix, broke several junior provincial barbell at the "Hot" Hotel in Montreal, which all Boundary Open participants were invited. We were treated to the type of hospitality which one rarely encounters, and combined with the friendly atmosphere, it was a weekend with an occasion to be fondly remembered. There is absolutely no doubt that there will be a 2nd Annual Boundary Open, and that this time it will be held at the "Hot" Hotel in Montreal. (Thanks to Al Budroz, President Canadian Powerlifting Union, for results)

Nor-Cal Drug Tested Bench 29 Oct 89 - Stockton, CA (kg)

| | | |
|--------|--------------|-----|
| Open | L. Contreras | 190 |
| 60 kg | L. Contreras | 125 |
| 65 kg | L. Contreras | 125 |
| 70 kg | L. Contreras | 125 |
| 75 kg | L. Contreras | 125 |
| 80 kg | L. Contreras | 125 |
| 85 kg | L. Contreras | 125 |
| 90 kg | L. Contreras | 125 |
| 95 kg | L. Contreras | 125 |
| 100 kg | L. Contreras | 125 |
| 105 kg | L. Contreras | 125 |
| 110 kg | L. Contreras | 125 |
| 115 kg | L. Contreras | 125 |
| 120 kg | L. Contreras | 125 |
| 125 kg | L. Contreras | 125 |
| 130 kg | L. Contreras | 125 |
| 135 kg | L. Contreras | 125 |
| 140 kg | L. Contreras | 125 |
| 145 kg | L. Contreras | 125 |
| 150 kg | L. Contreras | 125 |
| 155 kg | L. Contreras | 125 |
| 160 kg | L. Contreras | 125 |
| 165 kg | L. Contreras | 125 |
| 170 kg | L. Contreras | 125 |
| 175 kg | L. Contreras | 125 |
| 180 kg | L. Contreras | 125 |
| 185 kg | L. Contreras | 125 |
| 190 kg | L. Contreras | 125 |
| 195 kg | L. Contreras | 125 |
| 200 kg | L. Contreras | 125 |
| 205 kg | L. Contreras | 125 |
| 210 kg | L. Contreras | 125 |
| 215 kg | L. Contreras | 125 |
| 220 kg | L. Contreras | 125 |
| 225 kg | L. Contreras | 125 |
| 230 kg | L. Contreras | 125 |
| 235 kg | L. Contreras | 125 |
| 240 kg | L. Contreras | 125 |
| 245 kg | L. Contreras | 125 |
| 250 kg | L. Contreras | 125 |
| 255 kg | L. Contreras | 125 |
| 260 kg | L. Contreras | 125 |
| 265 kg | L. Contreras | 125 |
| 270 kg | L. Contreras | 125 |
| 275 kg | L. Contreras | 125 |
| 280 kg | L. Contreras | 125 |
| 285 kg | L. Contreras | 125 |
| 290 kg | L. Contreras | 125 |
| 295 kg | L. Contreras | 125 |
| 300 kg | L. Contreras | 125 |

tem in some areas and not just in lower competition. It is unfair to the lifter who has put a lot of time preparing for a meet to be denied a record or cheated out of a lift because the guy next to him is not a competitor. This is the neighbor. The referees used at this competition came from three different states to judge the lifters and all referees were certified. A good time event. (Thanks to Scott Taylor for results)

1st Annual Boundary Open 23 Sep 89 - Midway, BC, Canada

| | | | | |
|--------|-----|-----|-----|-------|
| Men | SQ | BP | DL | Total |
| 80 kg | 123 | 130 | 115 | 225 |
| 85 kg | 123 | 130 | 115 | 225 |
| 90 kg | 123 | 130 | 115 | 225 |
| 95 kg | 123 | 130 | 115 | 225 |
| 100 kg | 123 | 130 | 115 | 225 |
| 105 kg | 123 | 130 | 115 | 225 |
| 110 kg | 123 | 130 | 115 | 225 |
| 115 kg | 123 | 130 | 115 | 225 |
| 120 kg | 123 | 130 | 115 | 225 |
| 125 kg | 123 | 130 | 115 | 225 |
| 130 kg | 123 | 130 | 115 | 225 |
| 135 kg | 123 | 130 | 115 | 225 |
| 140 kg | 123 | 130 | 115 | 225 |
| 145 kg | 123 | 130 | 115 | 225 |
| 150 kg | 123 | 130 | 115 | 225 |
| 155 kg | 123 | 130 | 115 | 225 |
| 160 kg | 123 | 130 | 115 | 225 |
| 165 kg | 123 | 130 | 115 | 225 |
| 170 kg | 123 | 130 | 115 | 225 |
| 175 kg | 123 | 130 | 115 | 225 |
| 180 kg | 123 | 130 | 115 | 225 |
| 185 kg | 123 | 130 | 115 | 225 |
| 190 kg | 123 | 130 | 115 | 225 |
| 195 kg | 123 | 130 | 115 | 225 |
| 200 kg | 123 | 130 | 115 | 225 |
| 205 kg | 123 | 130 | 115 | 225 |
| 210 kg | 123 | 130 | 115 | 225 |
| 215 kg | 123 | 130 | 115 | 225 |
| 220 kg | 123 | 130 | 115 | 225 |
| 225 kg | 123 | 130 | 115 | 225 |
| 230 kg | 123 | 130 | 115 | 225 |
| 235 kg | 123 | 130 | 115 | 225 |
| 240 kg | 123 | 130 | 115 | 225 |
| 245 kg | 123 | 130 | 115 | 225 |
| 250 kg | 123 | 130 | 115 | 225 |
| 255 kg | 123 | 130 | 115 | 225 |
| 260 kg | 123 | 130 | 115 | 225 |
| 265 kg | 123 | 130 | 115 | 225 |
| 270 kg | 123 | 130 | 115 | 225 |
| 275 kg | 123 | 130 | 115 | 225 |
| 280 kg | 123 | 130 | 115 | 225 |
| 285 kg | 123 | 130 | 115 | 225 |
| 290 kg | 123 | 130 | 115 | 225 |
| 295 kg | 123 | 130 | 115 | 225 |
| 300 kg | 123 | 130 | 115 | 225 |

APAWPA Mountain Region Class II & Below Meet 29 Oct 89 - Rutland, VT

| | | | | |
|---------|-----|-----|-----|-------|
| Women | SQ | BP | DL | Total |
| 114 lb. | 255 | 175 | 270 | 700 |
| 120 lb. | 255 | 175 | 270 | 700 |
| 125 lb. | 255 | 175 | 270 | 700 |
| 130 lb. | 255 | 175 | 270 | 700 |
| 135 lb. | 255 | 175 | 270 | 700 |
| 140 lb. | 255 | 175 | 270 | 700 |
| 145 lb. | 255 | 175 | 270 | 700 |
| 150 lb. | 255 | 175 | 270 | 700 |
| 155 lb. | 255 | 175 | 270 | 700 |
| 160 lb. | 255 | 175 | 270 | 700 |
| 165 lb. | 255 | 175 | 270 | 700 |
| 170 lb. | 255 | 175 | 270 | 700 |
| 175 lb. | 255 | 175 | 270 | 700 |
| 180 lb. | 255 | 175 | 270 | 700 |
| 185 lb. | 255 | 175 | 270 | 700 |
| 190 lb. | 255 | 175 | 270 | 700 |
| 195 lb. | 255 | 175 | 270 | 700 |
| 200 lb. | 255 | 175 | 270 | 700 |
| 205 lb. | 255 | 175 | 270 | 700 |
| 210 lb. | 255 | 175 | 270 | 700 |
| 215 lb. | 255 | 175 | 270 | 700 |
| 220 lb. | 255 | 175 | 270 | 700 |
| 225 lb. | 255 | 175 | 270 | 700 |
| 230 lb. | 255 | 175 | 270 | 700 |
| 235 lb. | 255 | 175 | 270 | 700 |
| 240 lb. | 255 | 175 | 270 | 700 |
| 245 lb. | 255 | 175 | 270 | 700 |
| 250 lb. | 255 | 175 | 270 | 700 |
| 255 lb. | 255 | 175 | 270 | 700 |
| 260 lb. | 255 | 175 | 270 | 700 |
| 265 lb. | 255 | 175 | 270 | 700 |
| 270 lb. | 255 | 175 | 270 | 700 |
| 275 lb. | 255 | 175 | 270 | 700 |
| 280 lb. | 255 | 175 | 270 | 700 |
| 285 lb. | 255 | 175 | 270 | 700 |
| 290 lb. | 255 | 175 | 270 | 700 |
| 295 lb. | 255 | 175 | 270 | 700 |
| 300 lb. | 255 | 175 | 270 | 700 |

APAWPA Mountain Region Class II & Below Meet 29 Oct 89 - Rutland, VT

The biggest highlight of the meet was 630 done by James Cox of Buffalo, NY. Many thanks goes to the judges George Niesly, David Wuest, and Tom John. Thanks to the staff for their hard work and to the lifter and spectators, family and friends.

716-894-5878. (Thanks to Mark Becht for results)

more people in the audience who should really than there actual entry list seven people lifted however, being so small, it was very relaxed, prior contest experience. In fact, two of the Grand Prix, broke several junior provincial barbell at the "Hot" Hotel in Montreal, which all Boundary Open participants were invited. We were treated to the type of hospitality which one rarely encounters, and combined with the friendly atmosphere, it was a weekend with an occasion to be fondly remembered. There is absolutely no doubt that there will be a 2nd Annual Boundary Open, and that this time it will be held at the "Hot" Hotel in Montreal. (Thanks to Al Budroz, President Canadian Powerlifting Union, for results)

tem in some areas and not just in lower competition. It is unfair to the lifter who has put a lot of time preparing for a meet to be denied a record or cheated out of a lift because the guy next to him is not a competitor. This is the neighbor. The referees used at this competition came from three different states to judge the lifters and all referees were certified. A good time event. (Thanks to Scott Taylor for results)

APAWPA Mountain Region Class II & Below Meet 29 Oct 89 - Rutland, VT

The biggest highlight of the meet was 630 done by James Cox of Buffalo, NY. Many thanks goes to the judges George Niesly, David Wuest, and Tom John. Thanks to the staff for their hard work and to the lifter and spectators, family and friends.

716-894-5878. (Thanks to Mark Becht for results)

tem in some areas and not just in lower competition. It is unfair to the lifter who has put a lot of time preparing for a meet to be denied a record or cheated out of a lift because the guy next to him is not a competitor. This is the neighbor. The referees used at this competition came from three different states to judge the lifters and all referees were certified. A good time event. (Thanks to Scott Taylor for results)

AMERICAN DRUG FREE POWERLIFTING ASSOCIATION COMPLETE ALL ENTRIES

PLEASE PRINT *

| | | |
|--------------------|---------------|----------|
| LAST NAME | FIRST NAME | INITIAL |
| STREET ADDRESS | | |
| CITY | | |
| STATE | | |
| AREA | TELEPHONE NO. | ZIP CODE |
| DATE OF BIRTH | AGE | SEX |
| MO | DA | YE |
| NO | YR | MO |
| U.S. CITIZEN YES | | |
| U.S. CITIZEN NO | | |
| U.S. CITIZEN OTHER | | |

REGISTRATION FEE \$20.00 HIGH SCHOOL \$10.00

APPLICANTS: Fill out card completely and mail with fee to:
ADFPFA
 American Drug Free Powerlifting Association
 10100 Ridge Road, Suite 4
 Bldg. 10100, Raleigh, NC 27606 (919) 887-6009

U.S. CITIZEN YES **U.S. CITIZEN NO** **U.S. CITIZEN OTHER**

In recognizing the need for Drug-Usage Detection, I agree to submit to any testing procedures deemed appropriate by the association. I will accept the results and the consequences of such test.

DATE

SIGNATURE

tem in some areas and not just in lower competition. It is unfair to the lifter who has put a lot of time preparing for a meet to be denied a record or cheated out of a lift because the guy next to him is not a competitor. This is the neighbor. The referees used at this competition came from three different states to judge the lifters and all referees were certified. A good time event. (Thanks to Scott Taylor for results)

Central Pennsylvania ADFPPA Open

Table with columns for Name, Age, Weight, and various performance metrics (SQ, BP, DL, Total).

ADPPA Maryland State Bench Closed

Table listing results for the ADPPA Maryland State Bench Closed competition, including names and weights.

Drug Tested Keynote Classic

Table listing participants and results for the Drug Tested Keynote Classic event.

Power Demon

Table listing participants and results for the Power Demon competition.

Bench Press STAY NATURAL

Table listing participants and results for the Bench Press STAY NATURAL event.

Powhatan Championships

Table listing participants and results for the Powhatan Championships.

Weightlifting

Wayne Dawling... who was featured in WHO'S HOT...

Some mistakes away from tapping the Body Shop team...

ADPPA Maryland State Bench Closed

This is our seventh year that we have held this meet...

Heavy Metal Thunder

West Harrison Fitness Center... Heavy Metal Thunder...

Power Demon

See Dick Lift Weights... See Dick Take Steroids...

Bench Press STAY NATURAL

Only the Don't Be A Dick... Strong Survive...

Gym for consistently successful contest productions...

Cheering on their favorites... Tony Connors had no appetite for chicken...

ADPPA Maryland State Bench Closed... This is our seventh year that we have held this meet...

Heavy Metal Thunder... West Harrison Fitness Center... Heavy Metal Thunder...

Power Demon... See Dick Lift Weights... See Dick Take Steroids...

Bench Press STAY NATURAL... Only the Don't Be A Dick... Strong Survive...

Powhatan Championships... 7 Oct 89 - Powhatan, VA... Total... SQ... BP... DL...

ADPPA Maryland State Bench Closed... This is our seventh year that we have held this meet...

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

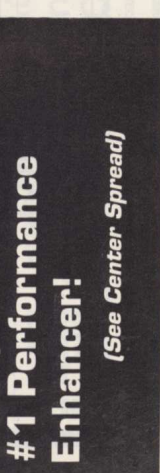
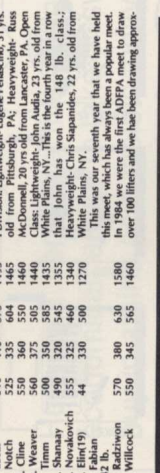
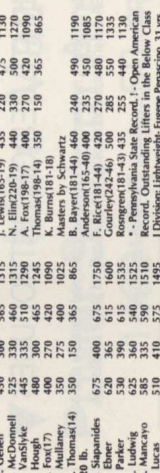
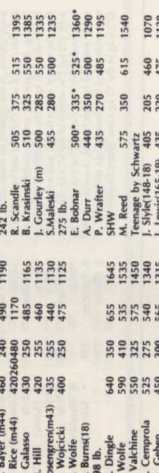
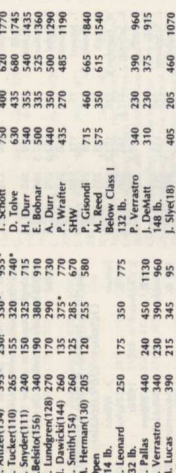
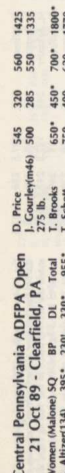
Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Table with columns for Name, Age, Weight, and various performance metrics.

Power Amino Supreme™ and Get a FREE Supply of the World's #1 Performer! Enhancer! (See Center Spread)



Coming Events

MEET DIRECTORS... a listing here is a FREE service to publicize your contest to thousands of potential lifters...

Table with columns for event name, date, location, and contact information. Includes events like 'Cherokee Trophy and Workout Plus Gym' and 'Blue - Gray Powerlifting Championships'.

Table with columns for event name, date, location, and contact information. Includes events like '31 March 1990 Blue - Gray Powerlifting Championships' and '11 FEB. ADPFA World Open Bench Press'.

Table with columns for event name, date, location, and contact information. Includes events like '14-15 Oct 89 - Kozsulin, Poland (kg)' and '11 FEB. ADPFA World Open Bench Press'.

did not hear the first negative remark, highly unusual... I want to thank the following lifters for coming out and giving us a very good & memorable weekend...

Table with columns for event name, date, location, and contact information. Includes events like '14-15 Oct 89 - Kozsulin, Poland (kg)' and '11 FEB. ADPFA World Open Bench Press'.

he was ready... He outjudged his opening squat... I think this was a lift of 740 in him... I want to thank the following lifters for coming out and giving us a very good & memorable weekend...

Advertisement for 'The American Dream Girl Pageant' featuring 'The Arm to Arm Combat Arm Wrestling Series - Model Car Competition - Radical Skateboard and BMX Bike Competitions'.

Advertisement for 'The American Dream Girl Pageant' featuring 'The Arm to Arm Combat Arm Wrestling Series - Model Car Competition - Radical Skateboard and BMX Bike Competitions'.

Advertisement for 'The American Dream Girl Pageant' featuring 'The Arm to Arm Combat Arm Wrestling Series - Model Car Competition - Radical Skateboard and BMX Bike Competitions'.

Indiana State Open Bench Press

Table with 2 columns: Name, Weight (lb)

Open Division

Table with 2 columns: Name, Weight (lb)

Light Middle

Table with 2 columns: Name, Weight (lb)

Women's

Table with 2 columns: Name, Weight (lb)

Open Bench & Deadlift

Table with 4 columns: Name, SQ, BP, DL, Total

29 Oct 89 - RAC Benchwars, England

Table with 2 columns: Name, Weight (lb)

Women's

Table with 2 columns: Name, Weight (lb)

UNCLASSIFIED ADS

\$2.00 per line per insertion
Month. Guaranteed. Send \$3 for one
or \$5 for both. Stanford Publications-7,
Box 912, St. Joseph, Mich. 49085.

Attention - HIRING!! Government
position available. Salary \$17,840 - \$69,485.
Please contact Dennis Remaley, 136
Lindley Ave. Mt. Pleasant, PA 15666
or (412) 547-0949, leave message.

Wanted: any and all information on
PAUL ANDERSON. Send to Mr. Joe
Roark, MuscleSearch, Post Office
Box J, St. Joseph, Illinois 61873

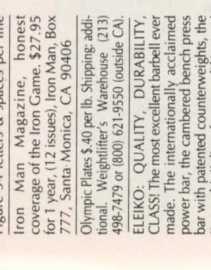
Power Hotline... a twice a
month bulletin of the Iron Game
news before others know it is news.

INTERNATIONAL OLYMPIC LIFTER
MAGAZINE... \$25 for 6 issues...

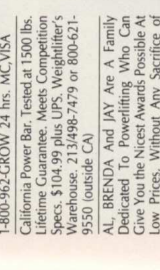
AD.F.F.P. Illinois State Bench Press
11 Nov 89 - LaGrange, IL

Table with 2 columns: Name, Weight (lb)

POWER CONNECTION



Introducing... No nonsense vitamins
and supplements
at competitive prices



Los Angeles, CA:
Jeremy Rubin
1-219-918-9594

Birmingham AL:
Tommy Gilling
1-205-942-0387

St. Joseph, MO:
1-800-638-7555

AD.F.F.P.A. TOP 20 90 kg. TOP 20 198 lb.

This list by E. Jean Lambert covers lifts made in available
results of sanctioned American Drug Free Powerlifting
Association meets from November 1986 to October 1989.

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

AD.F.F.P.A. TOP 20 90 kg. TOP 20 198 lb.
Those who appear on the A.D.F.F.P.A. TOP 20 are eligi-
ble for the 1990 US National Championships provided all
ordering information see this issue's Top 100 list.

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

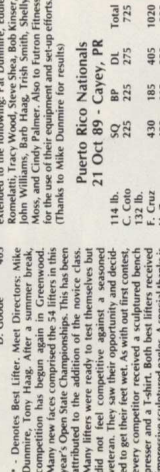
Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Table with 2 columns: Name, Weight (lb)

Introducing LIVERGUARD

The problem: Athletes who use anabolic substances are in significant risk of developing
chronic liver carcinoma, vascular lesions, and cirrhosis damage. These irreversible toxic
reactions are greater than previously represented.



The solution: The dosage of anabolic substances athletes are exposed to can damage the
liver. All athletes are advised to consume LIVER GUARD...
Ben Fabichnik, Soviet Sports National Team Coach, Moscow, USSR

LIVER GUARD is an all natural herbal liver cleanser used by ELITE Soviet and eastern
bloc athletes during INTENSE training cycles. LIVER GUARD contains directly
available imported herbs and is EXCLUSIVELY available from ATLETIKA directly
YOU.

Form with fields for Name, Address, City, State, Zip, and Card No.

ATLETIKA 1023 Hook Avenue, Pleasant Hill, California 94523 USA
1-800-821-2802

Bulletin Board.....this is the place to look for organizational news and notes * now being accepted are **USPF American Single Lift Records for Masters lifters** * updates to the **USPF Director** include Nevada State Chairman: Jim Wright, 2725 E. Evans, Apt. F-44, Las Vegas, NV 89030. South Dakota State Chairman: Mark Winkquist, 303 Harvey Dunn, Brookings, SD 57006, 605-692-8819; Western Pennsylvania State Chairman: George Panzica, 412-372-4008, Region II Chairman, Ted Herring, 146 Banger Drive, California, MD 20619; 301-737-0303 (off), 862-1989 (res) * announced candidates, at this point, for **USPF President and Treasurer** include Nate Foster (resume to provide established procedures, I am informing you of my intention to run for USPF President and USPF Treasurer at the 1990 USPF National Committee Meeting in Hollywood, Florida) and Richard Peters (announcement follows) **OPEN LETTER TO THE MEMBERSHIP OF THE USPF** - I have made the decision to seek the Presidency of the USPF this July in Hollywood, Florida. This was the hardest decision I have ever had to make in my 15 year involvement in the sport. Our organization must overcome the major obstacles that stand in its path in the coming years. For the past 4 years the USPF has faltered in its responsibilities to the lifters, State Chairmen and its Meet

Directors. We cannot promote our sport, much less our organization, if we do not reimburse our State Chairmen, fund World Team Championships and assist our Meet Directors. I have made the decision to seek the Presidency of the USPF for 1 reason only to make the former positive and as far as financial matters are concerned, as soon as possible, if elected I will, in addition to my duties as president, be assisting the executive committee in designing a budget that will be balanced and effective in all aspects. Every dollar from the sale of each USPF card will be earmarked and placed within the budget in its respective account i.e. World team travel, Administrative expenses, Emergency fund etc. This committee will consist of a minimum of 5 members with business experience. **Advisory Committee** will be composed of 8 members from across the country to voice the opinions of the athletes to key issues before action is taken or rules are made. **Working Treasurer** will countersign each and every check that is written by the organization. Will serve as chairman of the Budget Committee, keeping up to date records showing that all appropriate money stays in its appropriate account. Will ensure that all purchases are cost efficient. **Meet Director Incentive**: I will support measures that will eliminate the out-dated procedure of charging meet directors sanction fees for supporting the USPF and selling our member-

ship cards. This new program will be discussed later in the campaign, and if elected, I will ask the executive committee for their approval to institute it. This will be a revolutionary move and will benefit every meet director or state chairman in the USPF. Meet directors and active state chairmen will receive their share of the profits from the sale of the USPF. This will ultimately benefit the lifters. There will be no stock in the USPF. **Unified on the Sport**: I will extend an offer to the lifters and athletes of other organizations and once again sport of the USPF. The sport committee on the world level. We are all members of the same sport, we are all members of the same organization, we are all members of the same team. Our sport must survive through unity. In closing, I hope each and every powerlifter in the United States knows that they have to accomplish even goals they have set for themselves. Let's do what our world teams are fully funded, uniformed and encouraged by the organization they are representing. I can also see the day when meet directors are paid at their meets for the thousands of dollars worth of USPF cards they sell, and they are encouraged to conduct USPF Meets by monetary and advisory incentives. The backbone of our organization has 3 vital and delicate parts that all need quality protection - our athletes, our state chairman and our meet directors. I have experience in all three areas. We must elect a Presi-

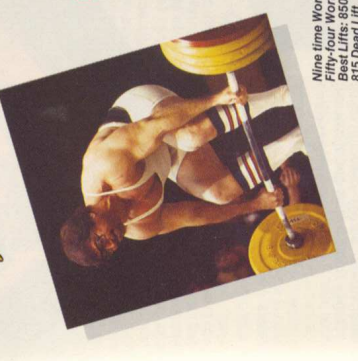
dent that can serve the entire organization equally. I, Rich Peters, would appreciate your support, your confidence and your vote, to make the USPF great and respectable again. Sincerely, Rich Peters

9 Sep 89 - Zanesville, OH

| | | | |
|----------|------------------|-----|---------|
| 114 lb. | B. Speilman | 195 | 420 |
| 123 lb. | M. Hartman | 175 | 390 |
| 135 lb. | R. Fiegel | 175 | 410 |
| 150 lb. | R. Hainbert | 175 | 410 |
| 175 lb. | M. Hainbert | 175 | 410 |
| 205 lb. | M. Heydinger | 205 | 465 |
| 225 lb. | E. Gregg | 175 | 435 |
| 240 lb. | M. Baister | 175 | 390 |
| 275 lb. | K. Randolph | 375 | 470 |
| 315 lb. | S. Solomon | 270 | 375 |
| 345 lb. | J. McCrain | 275 | 420 |
| 375 lb. | I. Emelchanchuk | 225 | SHW |
| 470 lb. | B. Tracey | 350 | 470 |
| 485 lb. | J. Kusel | 340 | 405 |
| 500 lb. | R. Fradson | 340 | 405 |
| 540 lb. | R. Barley | 340 | 175 |
| 575 lb. | R. Grant | 335 | 135 |
| 600 lb. | C. Miller | 335 | 135 |
| 645 lb. | C. Adams | 290 | 90 |
| 675 lb. | D. Morgan | 290 | 90 |
| 720 lb. | T. Solomon | 280 | 280 |
| 750 lb. | S. Adams | 385 | 385 |
| 780 lb. | R. Barley | 385 | 385 |
| 800 lb. | C. Adams | 385 | 385 |
| 840 lb. | J. Thomas | 400 | 330 |
| 870 lb. | G. McElroy | 400 | 330 |
| 900 lb. | B. Speilman | 400 | 330 |
| 945 lb. | B. Maugin | 350 | 325 |
| 975 lb. | C. DeLoy | 325 | 175 |
| 1000 lb. | D. Perry | 325 | 175 |
| 1115 lb. | J. Broughton Bl. | 420 | 115 |
| 1155 lb. | J. Ritter | 390 | Masters |
| 1200 lb. | M. Cooper | 385 | 330 |
| 1245 lb. | R. Nichols | 385 | 330 |
| 1290 lb. | C. Wells | 350 | 325 |
| 1335 lb. | W. Thompson | 335 | 285 |
| 1380 lb. | G. Kesey | 335 | 285 |
| 1425 lb. | J. Castner | 315 | 265 |

A special thanks to the following Co-Meet Directors: Steve Walcott, Mr. Martin Scott, Mrs. Lisa Butler, Mr. Jay Butler, West Director, for their help. Without their help we could not have held this bench press contest. Thank You, (Thanks to Jay Butler, West Director, for their help)

Power Train



WITH PACIFICO

"I've used these products for the past six months to help me gain the competitive edge, so I know they work! We absolutely guarantee our supplements to be 100% pure and natural and contain 100% of the potency on the labels. You can trust products from Pacifico. **33**"

Larry Pacifico
Larry Pacifico
Pacifico Enterprises

Currently
Masters Bodybuilding
Champion 1989

Nine Time World Champion
Fifty-four World Records
Best Lifts: 550 Squat - 6 to 8 Bench Press
975 Dead Lift

are constantly on the lookout for new solutions to your nutritional needs. We work to design new, safe products that enhance your training efforts and help you excel at your sport. We want to help you achieve your personal best.

Pacifico is committed to being a full partner in your training. We're here, every day, to help you build a solid nutritional program and answer your questions about the role of nutrition in bodybuilding, powerlifting and strength athletics. Call us on our toll-free line and see why Pacifico has such a strong reputation for supplying the service behind the product.



Amino Superb™

Amino Superb is the hottest new product on the market today. It features a 3-way stack of branch chain amino acids, basic amino acids and complementary amino acids unlike any you've seen before. That's because Amino Superb gives you exactly what you need, in the balanced formula that's essential for effectiveness, and using only the purest free form ingredients. What's more, we give you this exceptional, nutritionally sound product at a price that's 20% less than the competition charges!

Amino Superb starts with the branch chain amino acids. Composed of isoleucine, Leucine and Valine, the branch chain amino acids are three of the "essential" amino acids which cannot be produced within the body. This means they must be provided through diet or nutritional supplements.

Branch chain amino acids bypass the liver, where they could become trapped and lose their effect, and metabolize within the muscle itself for optimum muscle growth. At the same time, these amino acids also work to produce other necessary amino acids that stretch improvement even further.

The second powerful part of Amino Superb is the Basic Amino Complex. This complex contains the rest of the essential amino acids, plus the key amino acids which convert energy, maintain nitrogen balance, promote muscle function and provide a host of other benefits to your system.

Finally, Amino Superb includes a third category of amino acids to complement the effects of the first two groups. L-Aspartic acid, magnesium L-aspartate and potassium L-aspartate combine to help you build stamina and endurance, improve energy production and increase resistance to fatigue. And, to help your body metabolize your complete amino supplement, a healthy dose of Vitamin B-6 is added for full assimilation.

Amino Superb is simply the most complete, effective and cost-efficient 3-way amino stack on the market today!

Each 5-tablet dosage contains:
Branch Chain Aminos
Isoleucine - 680 mg., Leucine - 1500 mg., Valine - 860 mg.

Basic Amino Complex
L-Lysine - 681 mg., L-Histidine - 227 mg., L-Arginine - 774 mg., L-Threonine - 379 mg., L-Serine - 492 mg., L-Glutamic Acid - 1765 mg., L-Proline - 871 mg., Glycine - 335 mg., L-Alanine - 277 mg., L-Methionine - 240 mg., L-Tyrosine - 290 mg., L-Phenylalanine - 397 mg., L-Tryptophan - 102 mg., L-Cystine - 29 mg.

Complementary Aminos
L-Aspartic Acid - 645 mg., Magnesium L-Aspartate - 500 mg., Potassium L-Aspartate - 500 mg., Vitamin B-6 - 50 mg.

TOTAL AMINO ACIDS 11,000 mg.

Suggested Use
As a dietary supplement, take 5 to 10 tablets after twelve noon each day.

100 tablets
300 tablets

\$17.95
\$39.95

SUPER SQUATS

HOW TO GAIN 30 POUNDS OF MUSCLE IN 6 WEEKS

By **Randall J. Strossen, Ph.D.**

"quite simply, the best book ever written in the field of muscle building"

John McCallum

IronMind™ Enterprises
P.O. Box 884
Larkspur, CA 94939

\$12.95 plus \$2.00 P&H

SEND FOR FREE CATALOGUE!

BUILD HUGE MUSCLES

• TOP QUALITY BODYBUILDING/POWERLIFTING SUPPLEMENTS
• SUPER SAVINGS
• HUGE INVENTORY
• FAST FREE DELIVERY

\$ \$ SAYE \$

| | | |
|-------------------|--|---------|
| Ultimate Amino | 2000, 325 Tabs | \$21.00 |
| Pure Inosine | 500 mg, 100 cps | 16.00 |
| Gamma Ornz | 200 mg, 200 tbs | 14.40 |
| Pro Line DynaBol | 28 oz | 19.40 |
| Strength Sys | 30 gr, Liver 500 | 15.75 |
| 100% Egg Protein | 40 oz | 21.50 |
| Fat Burners | 100 tabs | 10.80 |
| Healthy 'N' Fit | weight gain 66 oz | 18.75 |
| GH Enhancers | 270 Tabs | 35.00 |
| Nature's Steroids | 30 Paks | 25.00 |
| Amino, Bio-Mass | 1 Kilo | 18.50 |
| 600 mg. Aminos | 500 caps | 21.00 |
| PLUS | Nature's Best, Super Spectrim, Weider, Stocker, Lab, Ampiro, Universal, Bricker, Labs, and more! | |

CALL TOLL FREE (Orders Only)
1-800-822-9995
Information: Pa & Alaska - 215-670-0103
Visa/MasterCard accepted (no C.O.D.s) or send Money Order/Certified check to

THE VITAMIN OUTLET
P.O. Box 2073 Dept. PL-34
READING, PA. 19608

Now Available The Daniels File

A Compilation of 20 of POWERLIFTING USA Training Articles and Many, NEW, Unreleased Articles.

Includes Articles on:
ALL THREE POWERLIFTS, CONTEST PREPARATION, ASSISTANCE TRAINING, EFFECTIVE TRAINING METHODS

• Straight Forward, Common Sense Training Info You Can Use Right Now
• Valuable Reference Guide to Powerlifting * Aimed at Novice and Intermediate Lifters * in Economical Booklet Form *

Price \$6.95 Per Booklet
Includes Postage & Handling
Check or money order payable to:
DOUG DANIELS
Dept.-DF, P.O. Box 148
Hammond, IN 46325
Allow 3-4 weeks for delivery
U.S. Orders Only

Use the order form on next page, or call Toll-Free 1-800-392-5496 to order!

VitaLIFE Sport Products

THE LEADER IN SPORTS NUTRITION

TESTOSTERONE

BUILDS MASS AND STRENGTH!



and the 100% natural alternative is

- Mexican Sarsaparilla**
- Mexican Sarsaparilla safely helps to raise the Testosterone level in your body.
 - It is the key for building mass, increasing strength and faster recuperation.
 - Mexican Sarsaparilla is a natural herb and is 100% legal for ALL sports.
 - Contains the natural plant anabolics Smlagennin, Heecogenin and Diosgenin.

Used by thousands of athletes around the world.

DIBENCOZIDE

(5-6 dimethyl benzimidazole-cobamide coenzyme)

A Powerful Non-Steroid Anabolic Agent
The 100% Safe and Effective Pathway Towards Muscle Growth, Repair and Recuperation

Athletes Throughout The World Are Reporting Amazing Size and Strength Gains Proclaiming That NO Steroid Could Match The Results They Achieved with DIBENCOZIDE.

FOREIGN PHARMACOPOLITANS:

"DIBENCOZIDE aids in the synthesis of body building proteins. The therapeutic effect is the promotion of building amino acids for biosynthesis. DIBENCOZIDE has an importance in tissue structure and tissue regeneration as well as stimulation of growth and developmental processes of the cell."

100 Tablet Bottles 2500 mcg. per tablet **\$19.95**

Sub-Lingual Liquid Formula 5000 mcg. per CC

2 fluid ounces per Bottle (60 CC) **\$26.95**

Super High Potency Stabilized Capsules

10,000 mcg. per capsule.

100 capsule bottles **\$35.95**

SUPER FAT BURNERS

Super Fat Burners are the ultimate metabolic regulator. The ingredients in Super Fat Burners have been shown to:

- Reduce fat & cholesterol
- Protect liver, kidney & heart
- Increase cell metabolism for greater stamina
- Reduce high blood pressure
- Increase the energy output in cells for endurance

200 tablets **\$11.95**

Why VitaLIFE Sport Products?

- 100% Natural ingredients made from the freshest, purest, most natural sources
- Highest quality USP grade ingredients
- Laboratory Certified for purity and potency

Send check or money order to:
VitaLIFE SPORT PRODUCTS, INC.
P.O. BOX 184 Dept RV
MARLBORO, NJ 07746

Japanese Mens' Nationals

| | 25 Jun 89 | Beppu City (kg) | Total | | |
|--------------|-----------|-----------------|-------|-------|-------|
| H. Sumitomo | 52 | SQ | BP | DL | Total |
| H. Suzuki | 175 | 100 | 170 | 445 | |
| H. Sakurai | 130 | 85 | 110 | 335 | |
| H. Isogawa | 200.25 | 155 | 232.5 | 590 | |
| 60 kg | | | | | |
| H. Hayashi | 200 | 112.5 | 225 | 537.5 | |
| K. Kaneko | 190 | 105 | 230 | 525 | |
| M. Suzuki | 200 | 105 | 212.5 | 517.5 | |
| Y. Sakaguchi | 185 | 115 | 202.5 | 507.5 | |
| Y. Yano | 180 | 125 | 185 | 490 | |
| 67.5 kg | | | | | |
| S. Shima | 235 | 137.5 | 237.5 | 610 | |
| T. Nagata | 200 | 160 | 210 | 570 | |
| 80 kg | | | | | |
| S. Yamada | 200 | 155 | 210 | 565 | |
| S. Torii | 210 | 140 | 195 | 545 | |
| M. Izawa | 180 | 155 | 200 | 535 | |
| 75 kg | | | | | |
| H. Yamashita | 235 | 150 | 325 | 640 | |
| H. Matsuda | 220 | 147.5 | 255 | 622.5 | |
| T. Ishii | 220 | 145 | 245 | 610 | |
| H. Ishii | 220 | 145 | 245 | 610 | |
| 82.5 kg | | | | | |
| T. Nakao | 270 | 165 | 275 | 710 | |
| 90 kg | | | | | |
| H. Nishio | 270 | 182.5 | 290 | 642.5 | |
| H. Asama | 255 | 145 | 265 | 665 | |
| T. Sawaki | 240 | 150 | 255 | 645 | |
| 100 kg | | | | | |
| H. Watanabe | 260 | 180 | 275 | 712.5 | |
| A. Watanabe | 270 | 165 | 270 | 705 | |
| Y. Konishi | 270 | 175 | 255 | 700 | |
| K. Takahashi | 260 | 170 | 250 | 680 | |
| K. Takahashi | 250 | 160 | 250 | 660 | |
| 110 kg | | | | | |
| S. Yoshida | 250 | 180 | 265 | 695 | |
| E. Aizawa | 240 | 150 | 240 | 630 | |
| Y. Yoshida | 300 | 180 | 280 | 760 | |
| K. Itoh | 310 | 170 | 265 | 745 | |

Drug Test carried out, and all negatives. (Thanks to Susumu Yoshida for results)

TRAIN LIKE THE BEST!
POWER PROGRAMS FOR BEGINNING AND INTERMEDIATE LIFTERS. TESTED AND PROVEN TIME AFTER TIME. GET THE MOST FROM YOURSELF.

SPECIALIZING IN DRUG FREE TRAINING. SPECIFY WHETHER YOU WANT CONDITIONING OR COMPETITION CYCLE. PERSONAL ATTENTION FROM A MASTER CLASS LIFTER. GET THE EDGE!

ENDORSED BY TONY KAMAND
1989 APF NATIONAL CHAMP!!

SEND \$25.00 TO:
**SCIENTIFIC POWER
DAVE ABRAMSON**

FOX HILL APTS. B-6
RT. 46, ROCKAWAY, N.J. 07866

BRICKER LABS — MAJOR BREAK-THROUGH EMULSIFIED GAMMA ORYZANOL plus FREE-FORM FERULIC ACID GAMMA-SORPTION™

Till Now Less Than 10% of Gamma Oryzanol could be absorbed.
BRICKER LABS NEW "EMULSIFIED" GAMMA ORYZANOL OFFERS A 200% INCREASE IN ABSORPTION
THAT MEANS A 200% INCREASE IN MUSCLE MASS and STRENGTH GAINS

GAMMA ORYZANOL is an extremely difficult substance to absorb — much like Beta-Sitosterol and that is why we made a special EMULSION of Beta-Sitosterol for formulas •AW-SOME •STRAIGHT GROWTH •POWER-BUILT

This is why we have a reputation for QUALITY

GAMMA ORYZANOL is a fat-soluble compound — Now Through A Special Process — Bricker Labs Has Taken Globules of Gamma Oryzanol And Dispersed it into Water Molecules Making This Outstanding Anabolic Agent — "Water Dispersable" And Increasing Absorption by 200%. Plus... Plus... Plus... Plus —

FREE FORM "FERULIC ACID" HAS BEEN ADDED FOR EXTRA ANABOLIC RESULTS.

FOR REAL ABSORPTION and INCREDIBLE GAINS ORDER NOW !

2 oz. — \$12.00 (30 day supply for light workouts)
4 oz. — \$22.00 (60 day supply for heavy workouts) (4 days a week or more)

- OTHER QUALITY FORMULAS
- Amino Acids • CH Enhancers • Dibenzozide
- Lipotropics • Endurance • Carbs • Special - Sublingual Glandulars & B-12

Available at most GNC and Health Food Stores

NATIONWIDE 1-800-952-9568 3 DAY RUSH DELIVERY AVAILABLE IN CALIF. 1-800-621-4172

• CALL FREE 24 HOURS 7 DAYS

FOREIGN TOLL FREE FROM

- Canada 800-541-6247
- Britain 0130-810126
- Germany 0031-11-1123
- Japan 0031-11-1123
- S. Korea 001-1-800-9098210
- California Time 7 a.m. - 5 p.m. (Visa/MC)
- Bricker Labs, 18722 Santee Lane
Valley Center, Calif. 92082

NAME _____

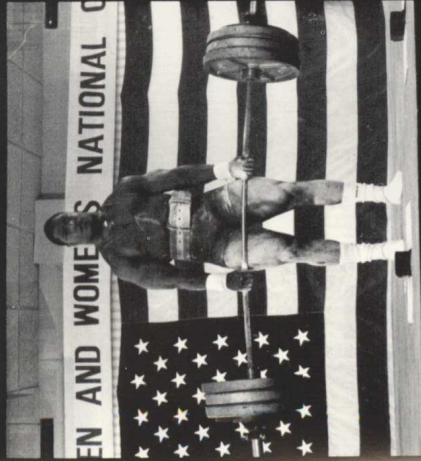
ADDRESS _____

CITY/STATE/ZIP _____

VISA/MC # _____ EXP. _____

CHECK MO

Add \$2.00 for shipping or \$4.00 for 3 day RUSH. \$2.00 for C.O.D. 10% off orders over \$100. Allow 7 days regular delivery. Outside U.S.A. add 25%. Military APO/FPO orders shipped free. Calif. res add 6 1/2% tax.



Curtis Leslie

1988 A.P.F. World Champion
1988 A.P.F. Jr. National Champion
1988 A.P.F. Sr. National Champion

A dedicated believer in
Bricker's formulas
NOT SOMEONE WE HIRED
TO SAY NICE THINGS
A Real Class Champion