

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 upmost 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 (shown in navy blue), high-cut and guaranteed against crotch blow-out. The No. 1 suit in the world. In Navy Blue, Royal Blue or Burgandy. . . . \$34/2 for \$60.

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

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Superior Belt — Double thickness with 4 rows of stitching. Available in any one, two or three color combination. . . . \$51

Superior Belt — Double thickness with 6 rows of stitching. Available in any one or two color combination. . . . \$61

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

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NEW REDLINE PLUS WRAP — Now more stretch than ever and it's still the strongest wrap on the planet. Comes in 3 colors. Call for more info. PLUS introductory priced at \$12.50 (Now \$11). 3 pair \$24/10 pair \$60.

NEW Velcro Belt — New easy to fasten Velcro Belt holds as strong as leather styles. Single thick leather, safe, supportive and comfortable. Available in any color. . . . \$32.

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

Solid Leather Belt — Single thick, solid leather style designed as a training belt. . . . \$18.

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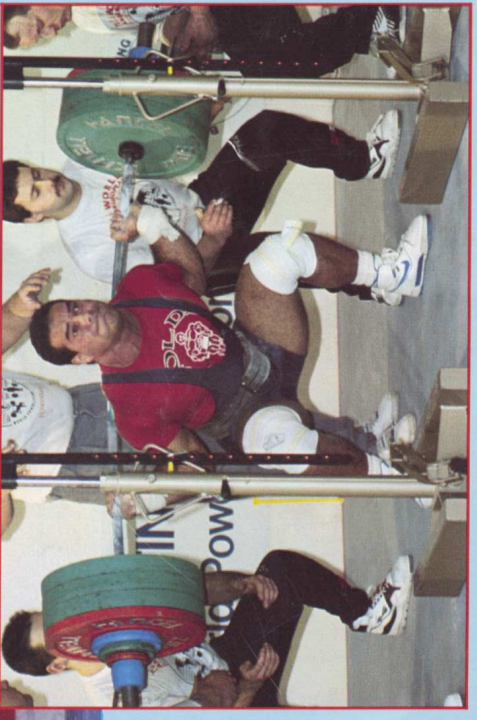
Superior Belt — Double thickness with 4 rows of stitching. Available in any one, two or three color combination. . . . \$51



WPC Worlds



Y Nationals



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STYLE 450

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DURABLE OUTER PLY IS CONTOURED TO REDUCE PRESSURE ON RIBS AND HIPS.

The Cardillo Contour Belt

Guaranteed to be the finest belt available! It is hand crafted by skilled professionals and takes pride in producing an attractive and durable product. The Cardillo Contour Belt provides support where you need it - comfort where you support it. Whether you are a powerlifter or an athlete who takes training seriously, Bashlin has the right belt for you.

- Made from genuine top grain leather
- Nickel plated Heavy-duty steel buckles
- Four rows of white nylon stitching for durability
- Attractive, wear resistant brushed suede

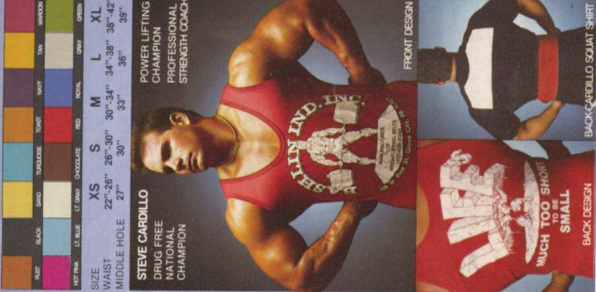
SIZE	XS	S	M	L	XL
WAIST	27"-28"	28"-30"	30"-32"	34"-36"	38"-42"
MIDDLE HOLE	27"	30"	33"	36"	39"

STEVE CARDILLO
DRUG FREE NATIONAL CHAMPION

POWER LIFTING CHAMPION
PROFESSIONAL STRENGTH COACH



- BASHLIN TRAINING ACCESSORIES**
- CMW CARDILLO WRIST WRAP** 3 inch wool, white cotton elastic. Straps can be loosened & hung from wrist when not in use. \$6.95
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 - CTS1 TRAINING STRAP** For the air filter, made of a soft, durable cotton weave. \$5.95
 - CTS2 ADJUSTABLE TRAINING STRAP** Same as above, with the advantage of being adjustable. \$5.95
- INDUSTRY** ABOUT OUR CATALOG COMPLETE WITH OUR FULL LINE OF ACCESSORIES. Prices subject to change without prior notice.

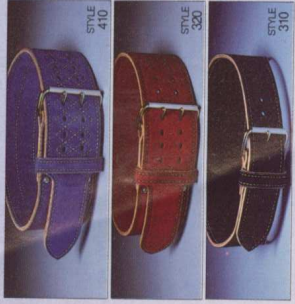


BASHLIN EXCLUSIVE TRAINING TEES

- 5800 SWEATSHIRT** Soft knit pullover with ribbed neck, cuffs, & band bottom. Design on front & back. \$19.95
- 5750 TANK SHIRT** Material bindings around neck & arm openings. Design printed on front and back. \$9.95
- 5700 T-SHIRT** Light, comfortable knit shirts with matching ribbed crew neck. Hemmed sleeves and bottom. Design printed on front and back. \$11.95
- 5701 CARDILLO SQUAT SHIRT** "Non" skid back design helps prevent slipping. No messy chalk. \$19.95

STANDARD SIZES
S: 34-36 M: 36-40 L: 42-44 XL: 46-48 XXL: 50

COLORS: BLACK, RED, BABY BLUE IMPRINT: WHITE ONLY



STYLE 410

STYLE 320

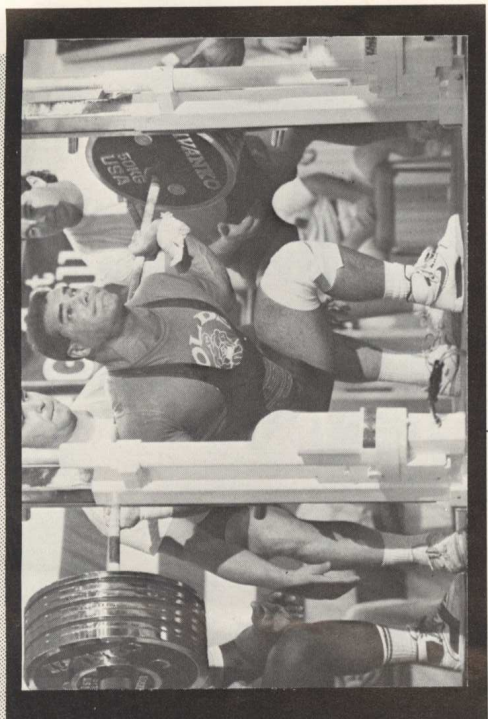
STYLE 310

STYLE 310 4" back tapered to 2 1/2" front. Brushed suede inside & out. (Diamond stitch add \$2.00) **\$38.95**

STYLE 320 4" back & front. Heavy-duty double tongue buckle. Brushed suede inside & out. (Diamond stitch add \$2.00) **\$41.50**

STYLE 410 "Competition Belt" Heavy-duty double tongue buckle. Brushed suede inside & out. 10cm wide x 13mm thick **\$56.50**

Style 450 Exclusive Cardillo Contour design. Added comfort for the dedicated lifter. **\$64.95**



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Winner: 1987 Jr. Nationals
Winner: 1987 Jr. YMCA Nationals

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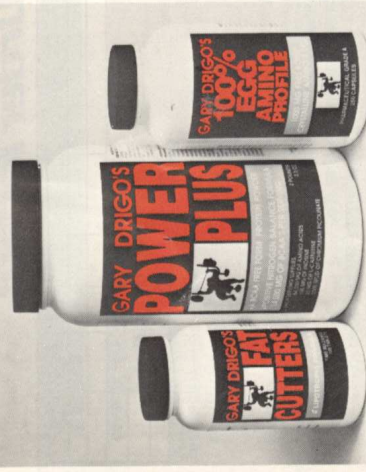
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	Power Plus 2 lb. 3.3 oz.	\$23.50 + .50
	100% Egg Amino 250 caps	\$32.95
	Fat Cutters 100 tabs	\$14.95
	Shipping & Handling \$3.00	
	Fl. residents add 6% sales tax	
	TOTAL	



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 acid complex, it's even more important that you have a *properly-balanced* amino acid complex.

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 2200mg. being branched-chain aminos),

there were absolutely *no* amino complexes available that gave you the 25% branched-chain profile. Not even the highest-potency complexes!

Consequently, you haven't been getting the results you *should* have been getting from your aminos!

But Marathon's "3-Way Amino Stack" formula has changed that for good—with over 600 mg. (that's 27%) branched-chain aminos in every tablet! And here's the second part of that formula:

PART 2: The 17 "Building Block" Aminos. The three branched-chain amino acids we just mentioned are very effective on their own, but they function *even better* when combined with the 17 other aminos your body needs for fast muscle growth and recuperation.

These 17 aminos are the "building blocks" that help create the best possible nitrogen balance within your muscle tissue. And as you know, only with a proper nitrogen balance will your body be able to achieve the strength and muscularity you're after.

The 17 "building block" aminos make up the balance of the 2200 mg. complex in AMINO SUPREME.

PART 3: The L-Aspartates. The third portion of our "3-Way Amino Stack" is something that's absolutely *essential* if you don't want to defeat the whole purpose of taking high-potency aminos!

Did you know that when your body utilizes amino acids, certain *waste products* occur which—if not properly eliminated—could lead to chronic fatigue!

Well, there's only one way to properly eliminate those waste products from your cells (thereby preventing fatigue), and that's by having the proper balance of *L-aspartic acid* in there to do the job.

AMINO SUPREME has it. And here's something else that's very important: We've added magnesium and potassium L-aspartates because they help improve muscle-energy production and give you much greater endurance during your workouts!

AMINO SUPREME has over 300 mg. of these crucial *L-aspartates* in each tablet. Other amino supplements don't have any at all. You be the judge.

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.



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 2200 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 1500mg. 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!* (An \$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 \$94.00.)

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Powerlifting USA

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...the most important people in the production of this publication are the many hundreds of lifters, fans, meet directors, advertisers, and administrators who have made enormous contributions to its success...through their own love for the sport...this is their magazine.

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ON THE COVER.....top left, YMCA 275 lb. champ Chance Ferlicka, right - retiring YMCA National Meet Director Gary Benford, below - Best Lifter at the WPC Worlds Gary Drigo

NEXT MONTH.....the WOMEN'S TOP 20 Ranking List

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WPC Worlds as told to MIKE LAMBERT, PLUS!



Michael Buegger of West Germany, winner of the 275 pound division.

The battle for the European title could not have been closer, with 3 lifters lying in total and bodyweight deciding the medals, with 46-year old Robyn Brown of England being the lightest at 80.5 kilos. Max Shimaya of Israel, only 17 years of age, got a teenage world record in the bench. By Buddy Duke even though he was below his best. His 2nd attempt squat did not appear deep enough, but he did well in the bench press. Renowned as a great deadlifter, he caused a stir by opening with 551, which he made, but tentatively, 600 was more trouble, but Buddy did retain his title. De Vriend of Belgium made 8 good lifts to take second over Cipson, the Armed Forces lifter, who missed his squats and left too much gap to overtake in the deadlifts. Oert van Zyl of South Africa set Junior World Records in the squat and could be a potential medalist next year.



Fred Toins (USA)...winner at 165.

WPC WORLDS/1-3 Dec 89/Stone, England

Women	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Leverett USA	270	286	297	148	159	179	446	303	319	339	766
105 lbs. USA	286	314	330	170	187	198	518	286	319	330	846*
Simmons USA	221	237	248	132	143	143	418	253	275	297	715
Hart BEL	231	253	264	121	132	137	385	275	297	314	683
114 lbs. USA	281	303	319	159	170	176	473	319	341	347	821
Craig GB	143	165	176	88	98	93	253	220	220	231	473
123 lbs. USA	369	391	413	200	216	248	639	369	391	413	1030
Frederick USA	389	390	390	192	209	220	610	358	380	391	992
135 lbs. USA	389	390	390	192	209	220	610	358	380	391	992
Pionvez BEL	176	176	198	93	104	114	435	286	303	314	749
148 lbs. USA	176	176	198	93	104	114	435	286	303	314	749
Schwaracher WC	154	176	192	93	99	104	275	231	242	253	518
132 lbs. USA	369	402	449	231	248	253	655	407	446	473	1179
Liggett USA	318	329	352	187	203	209	579	374	407	413	1066
Walker USA	318	329	352	187	203	209	579	374	407	413	1066
165 lbs. USA	369	402	449	231	248	253	655	407	446	473	1179
Douglas-Poole CB	276	276	276	110	121	126	340	297	308	329	650
148 lbs. USA	276	276	276	110	121	126	340	297	308	329	650
Morales BEL	209	223	223	110	121	126	340	297	308	329	650
148 lbs. USA	209	223	223	110	121	126	340	297	308	329	650
Roge USA	429	446	446	264	286	286*	733	402	418	435	1151
181 lbs. USA	429	446	446	264	286	286*	733	402	418	435	1151
Thomas USA	361	363	374	165	181	192	567	330	352	374	942
165 lbs. USA	361	363	374	165	181	192	567	330	352	374	942
Dodd USA	451	485	512	209	225	242	738	413	451	451	1190
181 lbs. USA	451	485	512	209	225	242	738	413	451	451	1190
Smith GB	341	363	385	198	214	220	606	396	424	446	1030
181 lbs. USA	341	363	385	198	214	220	606	396	424	446	1030
Edwards USA	462	501	501	259	275	281	744	451	473	499	1218
181 lbs. USA	462	501	501	259	275	281	744	451	473	499	1218
DuVal USA	363	363	374	170	183	181	556	352	380	391	937
181 lbs. USA	363	363	374	170	183	181	556	352	380	391	937
Williams GB	358	380	391	171	192	192	562	330	358	369	920
181 lbs. USA	358	380	391	171	192	192	562	330	358	369	920
Sternberg USA	435	457	457	209	242	248	699	424	451	462	1162
194 lbs. USA	435	457	457	209	242	248	699	424	451	462	1162
Conley CAN	374	402	424*	165	176	187	600	341	369	369	942*
194 lbs. USA	374	402	424*	165	176	187	600	341	369	369	942*
Meat USA	440	485	523	270	286	292	810	490	534	567*	1377
114 lbs. USA	440	485	523	270	286	292	810	490	534	567*	1377
Hartman USA	352	380	396*	176	192	198*	595	391	407	424*	1019*
123 lbs. USA	352	380	396*	176	192	198*	595	391	407	424*	1019*
Prinach USA	440	479	479	253	264	295	705	440	490	507	1212
135 lbs. USA	440	479	479	253	264	295	705	440	490	507	1212
135 lbs. USA	440	479	479	253	264	295	705	440	490	507	1212
Edwards GB	352	374	385	165	187	209	534	396	424	429	959
148 lbs. USA	352	374	385	165	187	209	534	396	424	429	959
Murdaugh GB	319	341	363	176	192	209	534	396	424	429	959
148 lbs. USA	319	341	363	176	192	209	534	396	424	429	959
Kirschner ISR	501	540	540	286	308	344	810	501	540	556	1350
181 lbs. USA	501	540	540	286	308	344	810	501	540	556	1350
DeBler SA	529	557	551	286	286	286	864	308	330	336	964
181 lbs. USA	529	557	551	286	286	286	864	308	330	336	964
Reid BEL	487	487	487	187	187	187	541	308	330	341	664
165 lbs. USA	487	487	487	187	187	187	541	308	330	341	664
Toins USA	661	661	683	385	396	396	1047	661	698	688	1736
165 lbs. USA	661	661	683	385	396	396	1047	661	698	688	1736
Primich SA	529	573	595	297	314	325	810	529	573	595	1504
181 lbs. USA	529	573	595	297	314	325	810	529	573	595	1504
Zaccanti ITA	507	519	545	253	270	275	799	523	551	567	1350
181 lbs. USA	507	519	545	253	270	275	799	523	551	567	1350
Berg WAL	507	529	534	253	270	275	792	485	518	549	1300
181 lbs. USA	507	529	534	253	270	275	792	485	518	549	1300
Mombert BEL	418	451	468	242	259	270	722	396	418	429	1041
181 lbs. USA	418	451	468	242	259	270	722	396	418	429	1041
DeVries BEL	374	396	418	192	203	214	622	396	418	429	1041
181 lbs. USA	374	396	418	192	203	214	622	396	418	429	1041
Kellum USA	577	599	599	462	490	496	1218	622	655	655	1840
181 lbs. USA	577	599	599	462	490	496	1218	622	655	655	1840
Imperatori SA	534	442	417	352	374	385	1019	571	595	628	1614
165 lbs. USA	534	442	417	352	374	385	1019	571	595	628	1614
Joubert SA	699	639	694	308	325	325	1019	551	595	628	1614
165 lbs. USA	699	639	694	308	325	325	1019	551	595	628	1614

The 220 lb. class was the first division where the judging produced some bombouts, four of them. What remained was a high quality field. Gary Drigo was outstanding with three great squats, finishing with 865, and another 3 great benches, finishing with 567. His total is one of the best ever at 220. It is a pity that his tremendous achievements have to take place in the shadow of Ed Coen, who viewed the competition, incidentally. 2nd placer Curtis Leslie is no mean lifter himself, and finished with a total that has won a lot of previous world championship titles. A familiar name in British powerlifting, Bill West, had one of the greatest days of his career. He made a masters world record squat of 793 in great style and went on to try 815, which he almost got. He got the best bench of his life, and was ready for a 2000 total, but grip problems hindered his attempts at another world masters record of 760 in the deadlift. Alan record of 760 in the deadlift. Alan



Jesse Kellum...winner for USA at 181

Brown GB	540	573	589	314	330	336	903	562	595	606	1510
Cattucci ITA	518	556	556	396	418	440	919	496	551	551	1510
Dawson AF	600	650	650	286	303	314	914	595	595	595	1510
Hart AF	501	534	534	303	319	330	865	512	562	595	1427
Stevenson ICE	551	595	595	319	336	352	887	485	518	518	1405
James WA	440	462	462	275	286	292	748	440	490	490	1300
Williams USA	440	462	462	275	286	292	748	440	490	490	1300
Frare BEL	374	407	407	170	187	187	570	396	425	446	1008
198 lbs. USA	374	407	407	170	187	187	570	396	425	446	1008
Duke USA	699	744	744	451	501	501	1311	551	600	600	1802
181 lbs. USA	699	744	744	451	501	501	1311	551	600	600	1802
Devriendt BEL	617	661	661	330	352	374	1036	622	639	655	1692
181 lbs. USA	617	661	661	330	352	374	1036	622	639	655	1692
Cipson AF	584	617	617	358	380	396	964	705	753	753	1669
181 lbs. USA	584	617	617	358	380	396	964	705	753	753	1669
Edwards USA	534	567	567	314	330	336	980	567	584	606	1636
181 lbs. USA	534	567	567	314	330	336	980	567	584	606	1636
Phillips USA	551	584	595	286	297	303	892	606	625	644	1609
181 lbs. USA	551	584	595	286	297	303	892	606	625	644	1609
Chanani ISR	496	540	540	297	314	300	914	551	595	595	1466
181 lbs. USA	496	540	540	297	314	300	914	551	595	595	1466
Schvilia ISR	485	485	518	274	308	308	782	485	529	551	1311
181 lbs. USA	485	485	518	274	308</						

YMCA NATIONALS

as seen by Mike Lambert

The last of 9 consecutive YMCA Nationals promoted by Garry Benford (see page 12 for details) was hosted by the excellent Radisson Hotel in Columbus, Ohio, site of the 1989 APF Seniors. The momentum of the expertise developed by Garry and his support crew over the decade carried this one through at the same heightened standard of excellence we have come to take for granted. Garry improves his meets by a piece here, a bit there, gradually forging his way upward, until all you can say about his presentation is - World Class.

There was world class in the women's division. Felicia Almy set 2 meet records on a nearly 9 for 9 day to win the women's division formula competition. She's really putting big lifts together nowadays. 2nd in that comparison was Lynne Boshoven, whose attempts nearly add up to 1300 at 181. Susie Benford, whose deadlift still frustratingly lags after the birth of her child, just over a year ago, was 3rd. Laura Conti happily went Elite for the first time, impressing 103.6 with his first time visit to the Y Nationals, and he came away with all the meet records in the 123 lb. division, off a Rock of Gibraltar, 9 for 9 day that would have given him the silver medal at the IFF World Championships in Canada, where Dave had represented the USA less than 3 weeks before.

Ron Gwynn, 132 lb. winner, was part of a major contingent of lifters from Michigan, as was Norm Shackelford, who came in 2nd at 148 lbs., and who was widely touted as a future factor in the ADPPA Nationals. Jesse Jackson won that class, of course, taking a fearless try at a world all time best squat of 710 on a route. Incidentally, he was eligible to compete in the WPC World meet, held on the same day in England.

In the 165s, Jay Rosciglione returned to form after a few years out of the limelight. Dave Karam impressed with his ripped functionality in 2nd, ahead of John Wood, a superior



Best Woman Lifter FELICIA ALMY

wasn't that far off. Rick Cornett, out of South Point, Ohio, had a spectacular day, and was the fastest lifter to get all 3 squats in. Glen Stevens had a bundle of muscles records in mind to break, but couldn't manage weights here that he had repeated with in training.

The 275 lb. division had only 3 entries, and winner Lynn Fenicola orally came in at 245. Once was another of the dedicated Montanians making the trip and a strong impression in Ohio, one of the great power centers of the United States. Chance's bodyweight, over Ralph Seagraves, was by a mile. Steve Benford, in the Superheavy class, was the sky was at once the heaviest (327) and most animated lifter of the con- test. His heralds predict much more for him the future. Frank Luna of Hinesville, Ga., squatted excellent- ly. His lifts are really a cramp get- ting off the top, his beautiful sculpted hind legs, his beautiful sculptured arms. Mucicola is a prospect, but had training on probation, etc.

In the 242s, George Hechter was Health World rock the win, followed by the Ironsides Power Gym. Con- siderable congratulations to all the participants, and especially to Garry Benford.



Best Heavy Male was PAT PERSON

Animal Power Larry Mistic made a lasting Y National impression at 242. In Bubba Bentley of Helena, Montana. He had 495 struggle, but showed he grew them strong in that part of the country as well. Josh Emilliano, of Terry and Nancy Dangerfield's Olympic Power Gym team from Illinois, distinguished himself with a great day, what a difference a bodyweight class makes when it comes to making those big attempts! Eddie Huff steller of Norfolk, VA joined the top two in breaking the 1700 barrier, and Brian Schneider would have joined them if he hadn't had such a tough day. Bri was one of 5 lifters in the competition who came in all the way from Montana.

At 198, Pat Person was supreme. The Power Pit lifter out of Flint, Michigan really is one of the great underrated talents in this weight class, huggly muscled and so effective in all three powerlifting disciplines. For 1981 World Middleweight Champion Steve Alexander of Great Britain, it was his first meet in four years. He's now working in the USA and training with the Glen Stevens/Power Systems crew in New York. Mike Fessenden had to wait out Leon Humphrey's big deadlift attempts to see if 3rd was really his. In the 220s, Chuck Vogelochi filled some of the potential that his coach, Louie Simmons has seen in him, and he had worthy competition



Best Woman Lifter FELICIA ALMY

Jackson tried a massive 710 squat at 148. He was Best Lifter, 181 & Under

YMCA NATIONALS/2 Dec 89/Columbus, OH	
Womens 105	Total
521 522 523	891 892 893
524 525 526	894 895 896
527 528 529	897 898 899
530 531 532	900 901 902
533 534 535	903 904 905
536 537 538	906 907 908
539 540 541	909 910 911
542 543 544	912 913 914
545 546 547	915 916 917
548 549 550	918 919 920
551 552 553	921 922 923
554 555 556	924 925 926
557 558 559	927 928 929
560 561 562	930 931 932
563 564 565	933 934 935
566 567 568	936 937 938
569 570 571	939 940 941
572 573 574	942 943 944
575 576 577	945 946 947
578 579 580	948 949 950
581 582 583	951 952 953
584 585 586	954 955 956
587 588 589	957 958 959
590 591 592	960 961 962
593 594 595	963 964 965
596 597 598	966 967 968
599 600 601	969 970 971
602 603 604	972 973 974
605 606 607	975 976 977
608 609 610	978 979 980
611 612 613	981 982 983
614 615 616	984 985 986
617 618 619	987 988 989
620 621 622	990 991 992
623 624 625	993 994 995
626 627 628	996 997 998
629 630 631	999 1000 1001

165 N. Shackelford

166 J. Rosciglione	655 655 659	330 344 344	804	540 562 573	1366
167 D. Karam	551 589 600	358 374 391	1030	589 622 644	1653
168 F. Wood	363 386 383	375 385 385	1058	551 578 589	1554
169 J. Wood	340 300 367	340 300 367	970	551 567 584	1488
170 J. Wood	350 350 350	350 350 350	1050	550 550 550	1550
171 J. Dietrich	597 507 545	396 334 363	843	529 551 573	1394
172 D. Krueger	396 424 446	308 341 358	788	440 485 507	1273
173 A. Randolph	551 551 600				
174 C. Magistrate	661 651 694	501 528 523	1184	589 608 600	1774
175 C. Magistrate	606 633 661	407 432 446	1107	595 617 628	1725
176 E. Huffstetler	622 666 677	347 391	1058	600 644 655	1703
177 B. Schneider	413 413 413	1052	578 606 628	1658	
178 J. Barton	589 608 600	385 402 402	975	545 573	1548
179 P. Larson	749 771 804	418 440 440	1233	659 688 710	1912
180 S. Alexander	661 694 694	424 451 462	1124	617 633 650	1774
181 M. Fessenden	663 683 705	440 462 473	1146	606 622	1752
182 L. Humphrey	573 600 622	380 402	1003	705 744 755	1747
183 N. Cairl	573 606 606	374 391 391	947	600 628 628	1548
184 C. Vogelochi	699 733 760	429 462 468	1201	699 722 738	1929
185 B. Bentley	710 771 771	479 501 513	1212	699 699 722	1912
186 J. Emiliano	716 755 766	396 424 435	1190	661 694 710	1884
187 B. Kilz	688 733 733	435 464 490	1151	705 722 727	1857
188 L. Hittler	567 611 644	429 451 468	1080	650 705 727	1785
189 M. Shiroki	688 710 733	363 374 385	1118	584 611 633	1730
190 M. Shiroki	650 677 677	451 464 499	1118	633 633 633	
191 P. Russo	600 617 617	435 435	1118		
192 B. Emms	804 854 854	507 528 540	1344	690 749 793	2054
193 C. Hecht	744 788 821	477 503 523	1289	750 794 829	2109
194 R. Cornett	744 804 821	413 433 451	1272	611 655 666	1929
195 G. Stevens	733 733 774	407 429 440	1162	605 749 749	1868
196 J. Ramsey	683 727 727	501 534 556	1184	659 650 683	1835
197 B. Maron	650 705 744	451 485 485	1190	573 608 600	1791
198 T. Waddie	749 749 710	407 424 435	1135	683 672 722	
199 T. Pharr	774 771 810	529 534	1135	699 679	
200 S. Blitt	661 671 661	446 473 485	1135		
201 S. Blitt	733 777 884	462 483 439	1207	722 744 759	1951
202 S. Blitt	705 749 774	464 490 499	1207	673 673 666	1669
203 K. Swales	655 746 746	347 374 391	1030		
204 D. Bailey	727 804 840	501 534 551	1355	628 744 749	2039
205 S. Brodsky	826 870 882	440 468 490	1339	683 661 694	2000
206 F. Luna	777 777 777				

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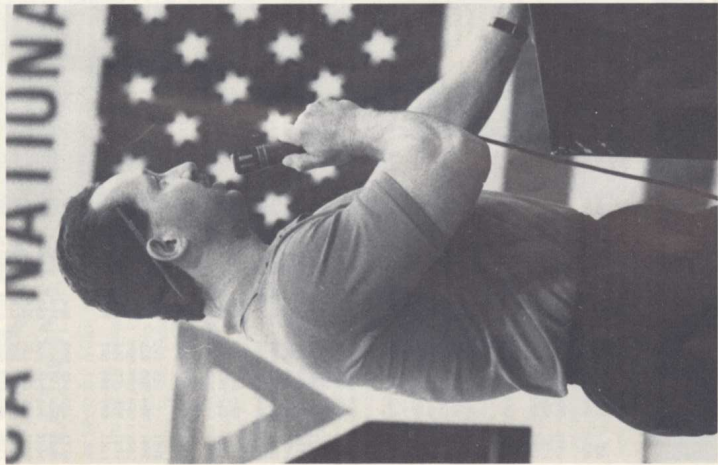
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Card No. _____ Exp. Date _____

Signature _____

*California residents add 7% sales tax

Garry Benford Retires from Meet Direction!



Garry Benford made the following statement after the lifting at this year's YMCA Nationals: "For those of you that don't know me, my name is Garry Benford, and I am the Meet Director of the YMCA Nationals. Some 16 years ago, I never dreamed that I would have had as fine a support staff that anyone could imagine to conduct events such as this. Now, 50 plus meets and 11 national championships later, they have been my inspiration and drive in my attempt to set the prototype for other meets to follow. I would ask your appreciation to all of them with a round of applause.

I would like to present a special award at this time. It goes to someone that many of you have possibly never seen. However, you are more than familiar with him and his magazine, *PL USA*. The *Y Nationals* is a far different meet than it was 10 years ago. More than any other factor, I attribute this to him for traveling 3,000 miles, every year, to deem this meet worthy of feature coverage. His efforts and writing brought the "Big Time" status to the event. He has done the same to meet all over the world. Without him, I am convinced, the sport of Powerlifting would never have grown to the level it experiences to day. This award goes to Mike Lambert, Editor/Publisher, *PL USA*.

Unfortunately, however, it is time for me to move on. Conditions within the sport have caused me to retire as a Meet Director. This is my last event. It is something I terribly regret, but one that is necessary for me. A reporter once asked me "what did I enjoy most in powerlifting?" My reply was simply all the friendships I have made. I have been fortunate enough to create friendships with hundreds of people across the country. Ones that I will never forget, always hold on to, and keep with me for the rest of my life.

I would like to especially thank all of my staff over the years. You seemingly always said "yes", no matter what or when I asked. Most of all, I would like to thank my wife, Susie. Susie is the best thing that ever happened to me. The things I do today are in large part due to her.

I only hope that in the future, you will call upon me to return a thousand favors. Thank you.

GARRY BENFORD December 2, 1989
(Editor's Note: It is difficult to imagine a more selflessly dedicated and professional meet director than Garry Benford. He was constantly improving his meets, with unique awards, computer controlled lifting platform, message team on site for the lifters, etc. In return for his efforts and those of his excellent staff, he sought only the chance to do more the next time around. Powerlifting and Powerlifters owe a tremendous debt of gratitude to him.)

Some of the Great Names Who Have Participated in the 9 YMCA Nationals promoted by Garry Benford.

WOMEN: Felicia Almy, Judy Averbach, Tracey Beard, Nancy Belliveau, Susie Bossacci, Jim Caldwell, Ralph Caputo, Joe Nancy Dangerfield, Laura Dodd, Lisa Dellinger, Teri Fay, Jan Harrell, Mary Jeffrey, Jeanna Pacyga, Naomi Prince, Deborah Sorensen, Catherine Stevens, Carol Waters.

MEN: Vince Anello, Tim Bentley, John Black, Doug Borden, Pat Brago, Blaise Bossacci, Jim Caldwell, Ralph Caputo, Joe Catalano, Bob Chrosniak, Ed Coan, Chris Confessore, David Contreras, Rick Crain, Bill Davis, Kotcha Doonkeen, Gary Drigo, Charlie Driscoll, Tom Eisenman, Wes Estep, Ken Fantano, Jim Finch, John Florio, John Ford, Doug Furnas, John Gamble, Steve Coggins, Telford Hagens, Claude Handson, Anthony Hardridge, Doug Heath, George Hechter, Gary Heisey, Jesse Jackson, Dave Jacoby, Marlon Ingram, Brad Kretsch, Joe Ladmirer, Art Larson, Curtis Leslie, Sam Mangialardi, Scott McFarland, Larry Mistic, Ray Moran, Bill Nichols, Dave Pattaway, Mark Payne, Jim Pegues, Pat Peterson, Tony Pharr, Dennis Reed, Jay Rosciglione, Bret Russell, Gary Sanger, John Schaeffer, Joe Schmidt, Dave Schneider, Kevin Shepard, Jack Sideris, Chuck Siler, Lou Simmons, Glen Stevens, Joe Steinfield, Eric Stubber, Fred Toins, John Topoglou, Frank Vedro, Jim Vrabel, Dave Waddington, Bob Wahl, Fabian Wambgans, John Ware, Steve Warman, Mark Weith, Rick Weil, Bernie Wilson, Steve Wilson, Dan Wohleber, Dennis Wright, Dorian Wright.

The Next Y Nationals? ...with Garry retiring from direction of the YMCA Nationals, there is the opportunity for someone else to carry on the tradition in future years. There is a specific 'kit' for bidding on an official YMCA of the USA Sports Championship, which contains the following material:

1. Procedure to be used by a local association in petitioning for the privilege of conducting a YMCA of the USA Sports Championship.
2. Policy governing YMCA of the USA Sports Championships (duties of host association, Championship Committee, and National Event Committee.)
3. Application and Agreement to Conduct a YMCA of the USA Sports Championship.
4. Rules that Govern YMCA Competitive Sports.
5. Standard for to follow in preparing information sheet and entry blank.
6. Suggested committee organization.
7. Form for reporting a YMCA of the USA Sports Championship.

The YMCA believes that fair play is an essential code of behavior.

- Respect for oneself - taking responsibility for one's own behavior and learning.
 - Respect for one's team mates - working to become a team player who unselfishly contributes to the good of the whole team.
 - Respect for the other team - considering the other team as an essential partner in competition.
 - Respect for the rules and the officials who enforce them.
- Copies of the YMCA of the USA SPORTS CHAMPIONSHIP KIT can be obtained by sending a stamped (\$8.85), self-addressed envelope to POWERLIFTING USA, Box 467, Camarillo, California 93011.

Clinic on Meet Production

as told by GARRY BENFORD

I have directed over 50 lifting related contests in the sixteen years I have been involved in the sport. These have ranged from state bench press meets to corporate events, olympic lifting contests to collegiate Meets, and, as some of you know, eleven National Championships.

My approach in running meets has always been to ask myself the question: "If I were lifting in this meet, what would I want?" Much of what I do in my contests is based on what I have been fortunate enough to receive in the way of new ideas and suggestions from others. Many times, as you know, you can have a great training cycle, yet you go to a contest and experience poor lifting conditions, causing you to be at the mercy of the meet situation. Not fun!

I will attempt to explain what I do to prepare for a major event, i.e., a Senior Nationals. I explain the process from this point of view because an event of this magnitude causes me to pull out all the stops in terms of organization and preparation, and even if you are running a smaller version, perhaps it will give you some useful ideas as well.

1. One year in advance:

- A. Select the date, site and location of the event. Try to avoid other lifting events occurring at the same time, and/or similar events in your hometown. You will find out later, the "name of the game" in generating revenue is ticket sales at the door.
- B. Send this listing into *PL USA Magazine*, so others may see your plans, also, so other meet directors don't take your date as well.
- C. Go and visit the site of your meet. Talk to your contact person there. Educate them on what you will be doing, need, etc. Go and sit in the lifting venue and think. In 1987, I spent 4 1/2 hours one day sitting in the vacant ballroom of the Radisson Hotel visualizing everything I needed to do in terms of floor space, electrical work, seating, dimensions, traffic flow, etc. In preparation for the 1988 APP Seniors. As time went by, since I knew what others would later see, it made me more attentive to the little things I would come across each day preparing for the meet. There are no big things in running big meets, just a million little things. The day of the meet should be the easy part. If it isn't, then you haven't done your homework.

2. Nine months away:

- A. Make a list of everything you will need. Here is my list from the '88 Seniors: 30 cones, 2 extension cords, 100 feet of rope, 24" x 14 inch wood sheets, 16"x24" carpet, 50 towels, 25 sheets, 2 gallons oil, 1 gallon alcohol, 20 bottles, duct tape, masking tape, 10 pencils, 100 scorecards, 2 score sheets, 4 headphones, 2 overheads, 4 scoreboards, Cash

3 months away:

- A. Line up all of your workers. You will never have enough.
- B. Come up with three to four "managers" for your meet. For example: Platform Manager - handles bar attempts and choreographs loaders. Table Manager - handles scorers table, expeditor, scorekeeper, flights and weigh-ins. Logistics Manager - handles transporting of equipment and set-up/tear down both in lifting venue and warm-up room. Everything should always be ready, clean and plenty of it. (This I have found to be the roughest part of meet production. Fortunately, I have Chuck Paros, a ton of high school students, and Y staff who work diligently.) Sales Manager - Handles ticket sales, security, T-shirt sales and booth sales. I have others who handle food and drink, awards and general labor. It's much easier to deal with 3 to 4 people than 100. Much of my staff is paid, but many volunteer as well. I'm fortunate. I have, I feel, the best overall staff there is to produce such meets.
- C. Purchase and/or get the large items out of the way, i.e. scoreboards, weight set, etc.

1 month away:

- A. Re-confirm everything you have done to this point. Check and double check. Have a meeting of your key people together if necessary. Expect the unexpected.
- B. Get all small supplies necessary.

Week of Meet:

- A. Paper work on cards and score sheets done.
- B. T-shirts in.
- C. Awards in.
- D. Certify scale.
- E. Weigh plates

Day before meet:

- A. If you have covered all your bases, you will live through it.

Meet Day(s):

- A. Fun Day!
- After the meet is finished, have results mailed ASAP. At the Seniors they were typed and available the next morning for lifters.
- Send thank you letters and/or commemorative plaques to special individuals. Many times I have a party for my team. People will remember and hopefully want to help again. I hope this is of some help to you when planning your next meet. Please call or write if you have any questions. Maybe I'll get a few "ideas" from you!

GARRY BENFORD
 Physical Director
 Columbus Central YMCA
 40 West Long Street
 Columbus, OH 43215
 614-224-1131



GARRY BENFORD, one of the finest lifting people and greatest meet directors in United States history, handing out a first place award at the 1985 YMCA National Championships to the 220 pound winner Bernie Wilson.

- Awards: a. frames, b. arboard, c. medallions, d. calligrapher, signs, entrance poster, records poster, flights poster, admissions poster, T-shirts poster, directors poster, Time clock, lights, banners, flag, scoreboard stand, deadlift loading bar, hydraulic platform, tools, vacuum sweeper, racks, staff uniform, workers fees, tent fees, food & drink for workers
- The reason for this list is so that you don't forget anything. Time passes by quickly and, by checking the list, you can begin to accumulate things in advance to save you time. As organized as you may be, always expect the unexpected. Prepare for the worst scenario. This attitude always works for me.

6 months away:

- A. Send out entry forms.
- B. List qualifying totals, if necessary, in *PL USA*.
- C. Design ads.
- D. Design T-shirt logo.
- E. Confirm contacts and any contracts necessary.
- F. Talk to others about your meet.

Hepburn and Anderson The Golden Years of the Squat

by Randall J. Strossen Ph.D., IronMind™ Ent.

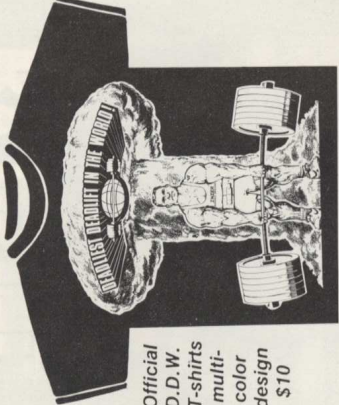
(article continued from last month) might have gotten confused about the depth of his squats for two reasons. First, when he did exhibitions during the 1960's, he often took 700-900 pounds stone cold, and, after first telling the audience what he was doing, would cut to a first couple of reps short, as a warm-up, before hitting bottom on the remaining reps. The second possible source of confusion, Paul said, could have come from the fact that he often wore sweat pants during these exhibitions, and they make it difficult to judge one's depth. Incidentally, if you want to test this latter point, dig up old photos of Paul when he was setting world records in the squat as an amateur and was wearing a lifting suit. Funny how the captions accompanying the photos often talked about how low he went!

To this day, Charles W. Mapes, the man who owned the club where Paul did the silver dollar squats, maintains that Paul went down to rock bottom on all of the squats, with absolutely no doubt at all. Even more telling, Mr. Mapes said that he began to feel sorry about Paul having to do so much hard work, so one day he suggested that they put a false chamber in the safes to lighten the load and Paul said, "Don't you dare!" There's a final point in the Hepburn Anderson saga which might be the most important of all: For all their might and muscle, these giants who could shoulder half of the world, squat and rise, hardly have inflated views of themselves. Instead, both Doug Hepburn and Paul Anderson have profoundly spiritual outlooks. Doug Hepburn says with absolute confidence that you will never be a truly great man or a truly great lifter until you realize that you must be humble in the face of God, or whatever you choose to call the force beyond yourself. And Paul Anderson, a devout and committed Christian, long ago gave up squatting for his own glory, but merely used his amazing ability as an introduction before giving his Christian witness and raising money for the orphans in his youth home. So selfless is Paul Anderson that today he says, "I claim no records in the powerlifts. I personally feel that I have done more than anyone else in the powerlifts, in the total, but anyone can say something... the only thing we have in common... the film of me doing something, six squats with 900 lbs to permit him to break parallel. In any event, Paul assured me that he always hit the bottom, if I didn't hit the bottom, I didn't have the drive to come up." Rather than this being some fuzzy memory heavily influenced by nostalgia rather than the facts, Paul said that he had recently examined a number of photos taken during his 'squating prime' and 'I was so far down below parallel there was no question'.

Paul also pointed out that people

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POWER PROFILE

JOY BURT

as told by DAVE CARROLL

One of the best Powerlifters in the world today resides in Canada's most Eastern Province, Newfoundland. 35 year old Joy Burt is the oldest of four children of Gerald and Edna Mosey of St. John's, Newfoundland.

Joy was an active soccer player, and while attending Memorial University in St. John's in 1984, she decided to do a little weight training to help get her training up for the season.

While training in the university gym, she happened to meet one of Newfoundland's top male Powerlifters, Walt Frosco. "He is not one who steadily boyfriended (Walt's) as well as her coach. He encouraged her to train for an upcoming meet that was held locally in 1985. Joy made a 307.5 squat, 143 bench, and a 297.5 deadlift, weighing just under the 123 lb. minimum. Pretty terrific for her first meet! Since that time, it's been all upward and onward for Joy.

She has entered the Canadian Nationals three times, winning gold medals in 1985, 1986 and 1987. Joy holds all four Canadian records in the 123 lb. (56 kg) class: 385 squat, 181 bench press, 442 deadlift and 1008 lb. total. She won the gold at the 1989 World Games in Germany and has represented Canada four times at the World Championships. Joy became World Champion in 1987 in Australia. She also has three silver medals to her credit, 1986, 1987 and 1989.

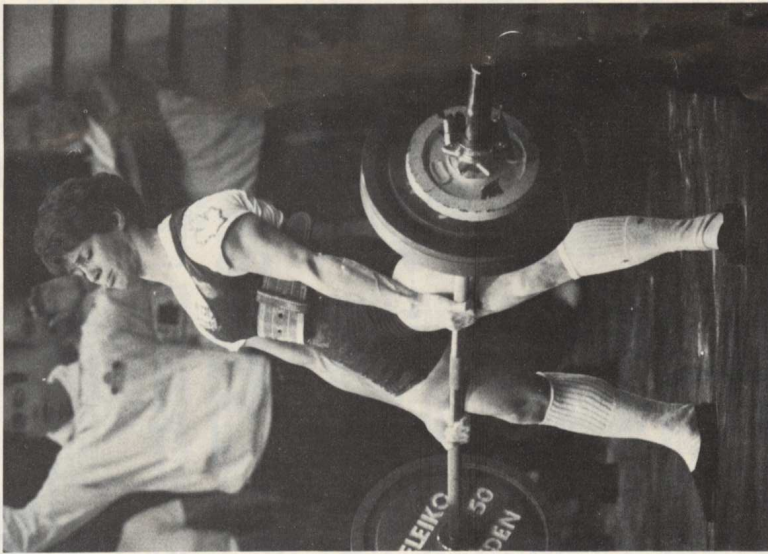
In 1989, the Worlds were held in Nova Scotia, Canada, only one province away, so Joy was very disappointed to place second to the United States lifter. She pulled enough to win on her last deadlift, but received only 1 white light from the judges. One of Joy's main goals is to win another world meet, however, she plans to train and compete as long as she enjoys it.

Joy is working hard to improve her bench press, which, if successful, would probably give her an unbeatable total. Her diet is most just regular, good food. She follows no special diet. (Darn it! We were hoping for some special 'formula' to help our own training!) It seems Joy improves on the old standards: hard work, determination, and good coaching!

She trains four days per week - two bench workouts, 2 deadlifts and one squat, and alternately, two squats and 1 deadlift. Each training session goes for about 1½ hours. She trains all year round, doing between 6 and

8 reps on each lift. About 12 weeks before a meet she starts cutting down on her reps. In the last 3 weeks she is mostly doing triples with the odd single thrown in.

The deadlift is her best lift, as she made a world record 442 lbs. at the World Games in West Germany in July of 1989 however, her best squat of 385 is nothing to joke about. Her best asset she has in her lifting is her strong legs. The old timers always told us to develop the legs first and the rest would follow; this is certainly true in Joy's case.



CONTROVERSIAL LIFT - this is the deadlift that Canada's Joy Burt locked out on her final attempt at the 1989 IFF Women's World Championships, which she given her the title in the 123 lb. division, but it wasn't passed by the judges. (Lambert photo)

Joy does very little assistance work, preferring to concentrate on the three lifts, however, she does do some triceps work, and some situps. Sorry folks. Again, no secrets. Just plain, hard work.

As for her personal life, Joy has a 7 year old daughter from an earlier marriage, Emily Ann. Her daughter is already doing some Powerlifting, and has participated in the Newfoundland Provincial Championships and has won a gold medal. Joy is a guest lifter. Little Emily Ann, who is built for power, wants to beat her Mom's record someday! Watch

As teachers of young children, both Joy and her coach stress the importance of drug free training, and are strong supporters of drug testing in the sport. Joy owes a lot of her recent success to sponsors who have eliminated some of the pressure of raising funds for travel to meets. She would especially like to thank Doug Stokos of St. John's, Best of Luck to Joy in the future. Thanks for the interview, Joy, and a big thank you to Mike Lambert from Joy and friends for the opportunity to appear in the greatest Powerlifting magazine in the world!

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

out for Emily at the 1999 World meet!

To put bread on the table (whole wheat, of course), Joy teaches school in the little village of Lark Harbour, a community of about 900. She coaches a lifting team at the school and has some promising young lifters that really enjoy the sport!

Where she works, she is separated from her coach by about 500 miles. This makes training rather difficult, because when she trains alone, with no one to monitor her style, her technique tends to suffer a bit. However, she does her workouts as best as she can, and Walt tries to join her for a training session on a monthly basis. Also, she finds teaching school to be a demanding profession, so she does not have the same energy to train as she did while attending the University. She sure could have fooled us, by her current lifts, don't you think?

The fact that Joy, as a 28 year old divorcee, with a two year old daughter, had the guts and drive to attend the University, become a school teacher, and all through that time train for and win a world championship says a lot about her determination and character. She also has the honor of being recognized as one of the best female lifters for Powerlifting, a feat won by two Provincial Female Athlete of the Year Awards for her accomplishments in the sport of Powerlifting.

Joy enjoys training and competing, but her primary vision also revolves around the big meets, especially the Canadian and World Championships. She finds that the sport is alive and growing in Newfoundland with over 100 active competitors and three or four meets a year. It is a sport she would recommend to any woman. She finds it challenging and enjoyable, giving each competitor the chance to set and achieve their own goals.

As teachers of young children, both Joy and her coach stress the importance of drug free training, and are strong supporters of drug testing in the sport. Joy owes a lot of her recent success to sponsors who have eliminated some of the pressure of raising funds for travel to meets. She would especially like to thank Doug Stokos of St. John's, Best of Luck to Joy in the future. Thanks for the interview, Joy, and a big thank you to Mike Lambert from Joy and friends for the opportunity to appear in the greatest Powerlifting magazine in the world!

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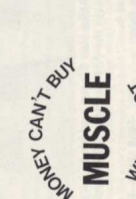
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Interview

DAVE HENRY interviewed by Bob Gaylor



Dave Henry at the 1988 A.D.F.P.A. Collegiate (courtesy Lou Sampietro)

This interview was conducted with Dave Henry after his victory at the 1989 ADFFPA Collegiate Nationals. **B.G.** Give us your age and residence. **D.H.** I am 23 years of age and I reside in Menomonie, Wisconsin.

B.G. What is your occupation? **D.H.** I am a full time student majoring in Industrial Technology.

B.G. How did you start training? **D.H.** I started lifting to increase my quickness and strength for high school football.

B.G. How long have you been training and competing? **D.H.** I have been training for 6 years and competing for five years.

B.G. What are your best lifts? **D.H.** Squat, Bench, and Deadlift.

B.G. What are some of the records and lifts you have? **D.H.** 1987 State High School CH, Tallies 187 lb, Bench 194 lb, 86 ADFFPA Men's State Champion, 181 lb, 1987, 88 89 Collegiate National CH, Tallies 198 lb, 1988, 1989 National CH, Tallies 200 lb, 1988, 1989 ADFFPA Collegiate CH, Tallies 198 lb, Bench Record 413 lb, ADFFPA Wisconsin State 181 lb, Tallies 198 lb, 1987.

B.G. What are your future goals? **D.H.** I hope to compete in the 1990 ADFFPA Pure Nationals. I would like to start 700 lb, Bench 450 lb, and deadlift 650 lb, in the 198 lb class. I would also like to represent the United States at the WDPFF World Championships.

B.G. How about your training? **D.H.** My training consists of each lift being done once per week with assistance exercises. I use 3 sets of 5 on the power movements with 3 sets of 8 on the assistance work.

Drug testing is a good way to help keep people honest. Improvements in the testing are needed. Further use and need for drug testing should stimulate the development of better methods of testing, so that any kind of strength inducing drugs and liver cleansing agents can be detected.

B.G. What are your views on diet? **D.H.** Proper diet and supplementation are the key to optimal performance for natural athletes. My diet consists of a moderate to high protein intake, fairly low fats and a lot of complex carbohydrates.

B.G. What about supplementation? **D.H.** Supplementation is the natural alternative to steroids. Just as steroids enhance recuperation, proper supplementation will produce the same effect over a longer period of time. There is no safe steroid replacement, only alternatives. You can't manipulate the endocrine system and expect no side effects. Shockless supplements are what is used for years, mainly because they maintain measurable differences in body fat and the products are backed by published, independent clinical research. Shockless is also the largest remaining supplement company in the world. They are tight mouthed and bring their own strength and sports nutrition of which we little has been done in this country prior to this.

B.G. What advice would you have for beginners? **D.H.** Learn proper technique before attempting to lift heavy weights. Don't overtrain.

B.G. How about your training? **D.H.** My training consists of each lift being done once per week with assistance exercises. I use 3 sets of 5 on the power movements with 3 sets of 8 on the assistance work.

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As you pour through various weight training magazines and books looking for methods of developing more and more strength, we encounter systems like cycling, Russian peaking, rest pause, etc. One method that is very effective and can be applied to our sport is the descending sets method of weight training. It involves doing a maximum or near maximum number of reps on a set, and then continuing the set immediately afterwards, reducing the weight used, and possibly repeating this progression until exhaustion. In other words, you will perform a max set of benches with 300 for 8 reps, have the barbell's weight reduced as soon as possible to perhaps 250 pounds and continue the set until failure with that weight. You may immediately proceed to reduce the barbell further to 200 pounds and finish off another 5-8 reps. All these reps would be considered one set because of the limited amount of time between each weight change.

By reducing the weight, you are able to continue the 'set' past normal failure, thus attaining a level of intensity impossible to reach with a normal set. After an intense descending set, you will feel that you really have extended yourself.

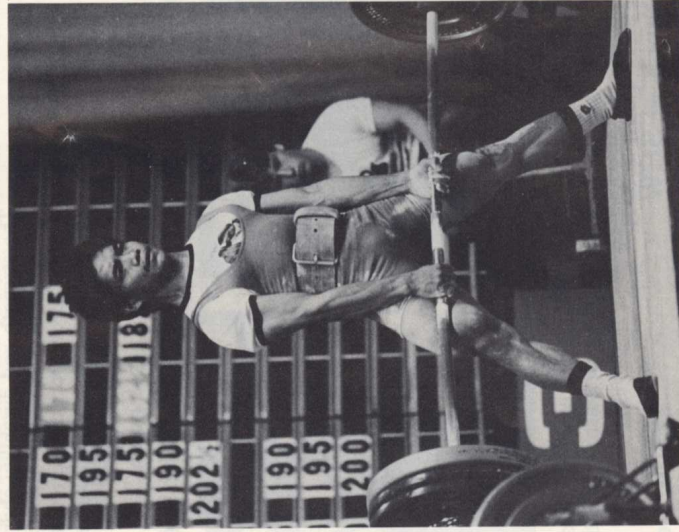
The key to descending sets is the immediate weight reduction after each 'sub set'. This requires that you work out a method to reduce the weight quickly and safely. There are several methods. One is to use a machine. For example on the Universal military press, the weights are selected by setting a pin under the desired amount of plates. After each set, take the pin out of the position it is in and move it to a lower weight to continue. With most machines, you will not require assistance of a training partner. A method that can be used with dumbbells is to line up fixed pairs of dumbbells you will use for the descending set in front of you. Start with the heaviest one and just pick up the next pair of the sequence and so on.

With a barbell, you will probably need a training partner or two. After each 'sub set', your helpers remove the plates required. In this case, using collars will slow the operation down, so they will have to alertly spot during the set. It is preferable to have at least two helpers so each can man one side of the barbell. Another tip is to load the barbell strategically before starting descending set. For example, load the bar first for the last 'sub set' of the descending set, then add small change for the next 'sub set' and so on. This way your helpers will only have to remove plates, not put back on. If you are using a 45 pound set, the barbell with one set is 175, add 2 10s on each side, a first set, 215, add 2 more 10 pound plates on top. This way after each 'sub set'

STARTIN' OUT

A special section dedicated to the beginning lifter

DESCENDING SETS as told by DOUG DANIELS



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your helpers will remove two 10 pounders from each side, it just requires a little thought beforehand.

There are some words of caution before you try to use the method. First, make sure to get a good warm-up before starting the set. Second, make sure you are in good shape. This method is extremely intense and may cause problems with dizziness and exhaustion. Third, make sure your training partners know what you are supposed to do after each 'sub set'. This will stop confusion and delay, and also prevent them from not removing the proper weight off your side, which may cause an injury.

When you do start using this method, begin by doing only two 'sub sets' per descending set. After a week or two, you can add more 'sub sets'. After every descending set, start and finish the next descending set lower in weight. You will not be able to match the proceeding set's reps. If you can, you took it a little too easy and did not hit the high level of intensity that is this system's forte. Perform no more than 3 descending sets of that exercise. If done intensely, you will not want to do any more.

As far as how much to reduce after each 'sub set', it is up to you. A large reduction will permit more reps. Too many reps may be too tiring or may be what you want. Again, as far as how many reps the first set should be is up to you. You will have to experiment with what percentages to drop during the set. This may also depend on where you are in your cycle. If you are in a higher rep phase, your initial weight used should be moderate and your reductions rather high, about 15-25 percent.

I would limit using this method to once a week because of the intensity factor, which makes recuperation difficult. To try it out, use it on an assistance exercise early in your cycle or in off season. This will give you a chance to see if it is for you. Also, limit its use to about 6-8 weeks to prevent burnout. Your body should not be subjected to this level of intensity for too long without a break. It is not necessary to go to complete exhaustion with this principle all the time. This method by nature is so intense that even a 65-95 percent effort will be productive, but this is not to say you should baby it. Keep in mind the other considerations I mentioned like warmup, general health, spotting, planning weight reductions, and limiting its usage to avoid overtraining. There is a fine line between hard training and overtraining. Each lifter must be aware of where he lies.

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TRAINING

Breaking Plateaus

as told by JOHN WARE, Strength & Line Coach
NORTHEAST MISSOURI STATE UNIVERSITY

How many times have you heard a lifter complain that he has hit a plateau in his lifting progress? Probably, if you're like me, too many to count. So just what is a plateau in your strength progress?

The term plateau has generally been used in powerlifting terms to refer to an existing failure to be able to increase the IRM (one rep max) in any particular lift. This can occur for a number of reasons ranging from psychological components to the physiological make up of each particular individual. Theoretically plateaus need not occur if all aspects of your training program are sound.

Many Eastern Bloc researchers believe plateaus are caused by stagnation from overemphasized specialization. In other words, doing the same reps, sets and exercises too

much or too often. The key to long term consistent progress in your powerlifting career is variety in your overall program.

To achieve this we must vary the magnitude of the loading on the musculature. In order to adapt to the particular training load, it is of utmost importance to plan variations in both volume and intensity of the load.

Let's look at the factors that determine the level of strength developed:

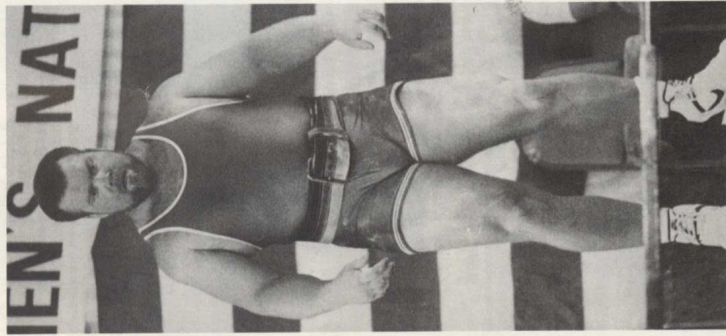
1. intensity of the exercise
2. number and frequency of training sessions
3. length of training sessions and rest between sets
4. number of sets and reps in an exercise
5. total time the lifter follows the program.

Other factors which may influence your training results include nutritional status, metabolic system, recuperative ability, attitude towards training, etc.

Of all the factors, intensity is probably the most important for increasing strength levels. The key points to remember include:

1. training intensity should range from 80-100% percent of IRM are necessary to produce maximum development of strength
2. major improvement in strength can be developed in the range of 1-8 reps
3. between 3 and 10 sets an exercise appear to be the optimum range for strength development
4. some studies have determined 3 sets of 6 reps as an optimum combination for building strength

Keep all of these factors in mind when you analyze your workout program for flaws and the reason for your particular plateau.



John Ware practices what you preach: strength coach

Here is a plateau breaker. Give it a try. Use it for the bench press. Here are the steps:

1. A certain rep level is selected for the major exercise, i.e. bench press - 3 reps

2. It is determined what the RM is for the number of repetitions, i.e., 3RM = 235 lbs.

3. On heavy bench day of each week the lifter completes 5 sets of 3 reps starting at a weight 10 lbs. below his 3RM, i.e., Monday: Bench Press (repetition series)

10 10 8 5 3 3 3 3 3 3

135 135 185 205 225 225 225 225 225 225

weight is increased by 5 lbs. If less than 3 sets are completed

successfully the same weight is used the next week, i.e.: 1st week Monday, Lifter A repetition series bench press

10 10 8 5 3 3 3 3 3 3

135 135 185 205 225 225 225 225 225 225

10 10 8 5 3 3 3 3 2 2

(bottom row shows actual reps performed)

Lifter B repetition series bench press

10 10 8 5 3 3 3 3 3 3

135 135 185 210 230 230 230 230 230 230

10 10 8 5 3 3 3 3 3 3

135 135 185 205 225 225 225 225 225 225

5. If the lifter is unsuccessful in completing the repetition series three weeks in succession, the weight is increased and the rep level is reduced from 3s to 2s, i.e., Repetition series unsuccessfully completed 3 consecutive weeks:

10 10 8 5 3 3 3 3 3 3

135 135 185 215 230 230 230 230 230 230

Repetition series for the following week

10 10 7 4 2 2 2 2 2 2

135 135 195 220 235 235 235 235 235 235

The system tends to allow you to utilize the repetition level which is most conducive to your strength gains. See if it won't help you break out of your own plateau. Good Luck!

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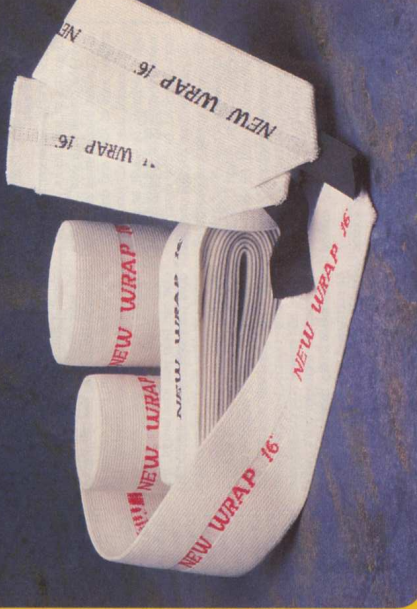
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Dr. Judd

Fantastic Facts as told by Judd Biasiotta, Ph.D.

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Did you know that...
 - In one 12-ounce can of a major cola soft drink there are as many as 10 teaspoons of sugar?
 - Natural vitamins and synthetic vitamins are exactly the same exactly in their molecule, arranged in the same way, and are therefore one and the same from a nutritional standpoint?
 - The diet of the average American is between 60 percent and 70 percent fat and sugar?
 - In 1987, the average American ingested three pounds of flavoring, coloring, preservatives, glazes, anti-patterning agents, emulsifiers, bleaches, and other additives with his food?
 - In 1977, saccharin was banned by the FDA when laboratory tests showed that it could cause bladder cancer in experimental animals, but the FDA has not enforced the ban and saccharin is still being added to foods and beverages?
 - The average American consumes 40 gallons of soft drinks yearly?
 - In the course of a year, America as a nation throws away over 224 million tons of food and drink?
 - In general, fast foods tend to be high in calories, fats, salt, and sugar making them a poor substitute for a more balanced, healthy meal?
 - If you consume 20 cups of coffee within an hour you can overdose?
 - Very large doses of vitamins especially vitamin A and D, Nicotinamide, and Vitamin B6, can, for some people, be dangerously toxic?
 - There is no research to substantiate the popular belief that skipping breakfast is harmful to the health of adults and/or physical and mental performance?
 - Spinach is actually a poor source

of iron since it contains oxalic acid - a substance that blocks the absorption of iron?
 - Skinless white meat contains less than half the fat of skinless dark chicken and turkey meat?
 - Salt and sodium are not one in the same?
 - There are some people who believe that if you exercise daily you can eat whatever you want. Since exercise increases caloric expenditure, it can and should be used as an aid in weight reduction. However, it should be realized that a considerable amount of exercise is required to lose one pound of bodyweight. For instance, according to sports physiologist Dr. Frank Ramsey, an average man weighing 155 pounds would have to run seventeen miles at a rate of six miles per hour (trust us, that's really hauling ass) in order to lose just one pound of fat. Think about it this way, if you run a mile to your local McDonald's at the aforementioned rate, and upon arrival eat a cheeseburger, your caloric intake would be approximately 184 calories more than your caloric output. In other words, although exercise can help you lose weight, that does not mean that you can do the super salad bar every time you eat Wendy's.

The most sensible use of exercise in helping to control weight is to use it in conjunction with a proper diet. Moderate exercise suppresses appetite, and current research indicates that exercise increases one's overall metabolism so that more calories can be consumed without accumulating fat. Note also that it is not necessary

to do all of your exercise in a single session since the caloric expenditure is cumulative.
 - The Lover's Diet: Are you tired of carrying around unsightly flab? Have you tried every diet known to man, including the ones in the National Enquirer and still haven't lost an ounce of weight? Are you tired of counting calories, cutting desserts, and going to bed hungry? Well, if that's the case, then we have the diet for you. It's called the Lover's Diet. Not only does it work, but it's super fun. Actually, the Lover's Diet is more "grab your mate instead of your plate. In other words, every time you have an inappropriate desire to eat, you are supposed to engage in sexual intercourse instead, and thereby decrease your caloric intake while increasing your caloric expenditure. According to sexologists, the average couple has sex about once a week, or up about two hundred and twenty calories. That's the average bout of sexual intercourse. Of course, everyone knows that weightlifters get it up and keep it there, so they could probably burn a few more calories than the "average" person.

There are a few drawbacks to the diet. First of all, you may find it difficult to find training partners. Also, as one young lady pointed out, the diet can cause you to gain weight, and all of it in the wrong places - nine pounds in the buttocks, nine in the thighs.
 - Weightlifting. Speed and Coordination: Did you know that many

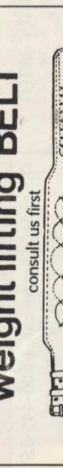
coaches and athletes believe that weight training adversely affects speed and coordination? Well, if you didn't, you do now. Coaches and athletes participating in such sports as baseball, tennis, golf, soccer, etc., will not lift weights because of the fear that the "heavy metal" will slow them to a stumbling halt. Apparently, they are not aware that there is overwhelming experimental evidence which indicates that strength training will actually enhance both speed and coordination. By the way, that's significantly enhance. Interestingly, in recent years, such sports as boxing, karate, swimming, and basketball which traditionally had a "NO WEIGHTS" philosophy are now using weight training extensively in their programs to enhance performance.

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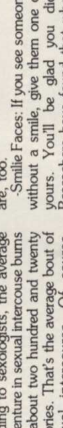
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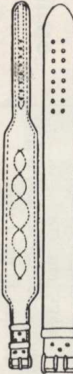
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Ask the Doctor

This column will answer questions about drugs used by athletes and detection techniques for these drugs. Because of the demand, I will occasionally answer questions concerning health and training problems which do not directly relate to drug use and detection. If you wish a personal response to your questions send \$15 to cover office and secretarial expenses. Please, no questions about how and when to use anabolic steroids. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0.

DEAR MAURO: I am writing you in regard to my best friend who tore his quadriceps tendon. It has been surgically repaired. Because I respect your opinion probably more than anyone else in the field of sports medicine, I am writing to you for your professional opinion. I have your book and all of your updates so I am aware of how your knowledge is evidenced.

My question is are you aware of any particular treatment modalities which have been particularly effective in coming back from such an injury. To be quite frank with you, he has used small amounts of anabolic steroids in the past and would be willing to do so again if you feel they would be beneficial in his rehabilitation efforts. I assure you he is not an abuser in any sense of the word. Basically what he has used are small amounts of Anavar and test suspension. Are there any anabolites or anti-inflammatory compounds which you believe would be particularly effective in this rehab? I am sure he would be willing to fly up and see you or any other specialist you recommend if it would be beneficial. Also if a tie is needed, just let me know. AI G.

DEAR AL: Unfortunately there is really very little advice that I can offer. A torn tendon, if repaired properly, usually heals well with little or no residual problems. I would suggest that he follow the advice of his doctors and trainers. He should be cautious doing any strenuous leg work until he feels comfortable with the exercises that will do it, somewhat over a couple paragraphs with some formic stimulation (I'll do it), deadlifts, etc. Working up slowly, letting the feet off the exercise and pain be his guide (if there is any pain he should back off and make sure his knees should be steroids in limited doses might be useful. However, higher doses should be avoided since muscle strength may increase more the tendon strength. I keep any of these complimentary agents unless absolutely necessary as chronic use of these compounds may prolong the healing process. Let me know how he gets along. Mauro

(1) Johnson, DH, Thurston P, Askraft P; The Russian technique of fasciotomy in the treatment of chondromalacia patellae. Physiotherapy Canada 29:266-268, 1977.

DEAR MAURO: I wanted to relay this information so that others may potentially benefit. I had a very painful rotor cuff problem that persisted for two years. Nothing seemed to help; I tried to stop lifting for several weeks and upon starting up again, the shoulder would blow out at the heavier weights on the bench press with 3 to 5 repetitions. The cycle was very repeatable during the two years. Surgery didn't seem to be necessary because at 42 years old I didn't need to be working out at the heavier weights. Just before quitting, I used my academic training (Ph.D. Physics) to try different positioning on the bench press. With the new position, I have been free of any pain for 6 months. What worked was to arch my back and tilt my head backwards until the flat part of my head was securely on the bench. Maybe these ideas will help others with rotor cuffs. I asked many for advice to alleviate the pain, but the only help came through my own experimentation. Ron C.

DEAR RON: I've always felt that athletes have to take some responsibility for healing themselves. In many chronic injuries, medication and therapy supportive, will only help if the athlete understands the problem and tries his best to find his own solutions. Experimenting with different exercises, changing style, and whatever you have to do so that you can still work out, is often the only way that many injuries can be resolved. Mauro

DEAR MAURO: I've recently been told that a drug called procaine is good for injuries and for arthritis. I've also heard that it is a local anesthetic. Is it any good for injuries or is this just another quack medication. Alan M.

DEAR ALAN: Procaine is a local anesthetic. Taken orally is completely useless for injuries and arthritis. Injected in tissues and joints it anesthetizes the area it is injected into. This is useful prior to doing some surgical and therapeutic procedures. Repeatedly using local anesthetics for injuries and arthritis is counter productive. Without pain an injured area is often injured further, since the protective effect of pain has been removed. Mauro



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Frantz Bench Shirt

This new power shirt adds 25 lbs. to your bench. It comes in Polyester or Denim. Blue, red, black and or color denim.

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Custom Made - Navy or Black
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Don't bench without this great suit!

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The Sun Light Hoopies dominated the Eastern Illinois University Intramural Champions, winning every division event. Pictured are (left to right) Maria Schillaci (105), Cathy Friemmel (114), Bobbi Bundy (165+), Dr. Diaz, rell Latch (coach), Julia Drennon (148, Best Lifter), Cindy West (132), and Jan Brading (123). Photo courtesy Dr. Latch, 1989 ANPPC World Champ

16 Nov 89 - Charleston, IL

Women's	SQ	BP	DL	Total
B. Schillaci	145*	85*	215*	445*
C. Friemmel	95	240*	335	
J. Drennon	200	120	225	545
A. Paulakas	95	100	135	330
A. Madigan	155	105	185	445
J. Drennon	240*	120*	335*	695*
B. Bundy	250*	115*	320*	685*
M. Hernandez	155	140	250	545
W. Anderson	315	230	365	910
M. Keller	405	225	415	1045
K. Logue	375	270	365	1010
T. Cox	210	235	300	535
A. Cavell	210	235	300	535
T. O'Neil	425	325	405	1035
E. Marocher	390	225	425	965
B. Bloodron	315	225	425	965
T. Johnson	300	245	315	860
D. Bonifield	235	215	315	765
R. Schottman	205	165	335	725
J. Mantano	235	235	225	695
J. Schiraldi	315	315	225	855
182 lb.	425	340	440	1205
L. Tischer	330	305	390	1025

16 Nov 89 - March AFB, CA

Open	SQ	BP	DL	Total
A. Aldrich	114	65	135	310
B. Booth	140	115	225	480
M. Caldwell	325	185	400	910
M. Houston	200	250	300	750
C. Hammond	210	185	285	680
K. Broderick	200	160	300	660

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11 Nov 89 - Tom's River, NJ

Women	SQ	BP	DL	Total
B. Jones	123	95	155	373
Williamson	130	175*	155	460*
J. Franz	147	165	165	477
Men Teon	148	155*	165	468*
Gonzales	110	205	165	480
Masters	173	200*	165	538*
Open	193	265*	165	623*
123 lb.	220*	165*	165	550*
R. Olvera	265*	165*	165	595*
J. Vancosen	315*	165*	165	645*

Best Lifter: James Thompson. We would like to give special thanks to all the lifters who participated in this event, and to all the spectators who came out to support them. The event was Over 200 fans and 53 athletes gathered together at Gold's Gym in Tom's River, NJ, for the most dynamic bench press event of the year. Our U.S. Marines 54; Desert Rats 12; Tom's Gym 7; a 600 lb. reverse grip bench press. Special thanks to Anthony Clark, every lifter who won their bench press, and to the American Powerlifting Federation, Pat Brago, the state AFB chairman acted as head referee with Jeff Buff and James Thompson as judges. Thanks to all the lifters who helped to make this meet a success. (Thanks to Gold's Gym for results)

Natural National Regional

5 Nov 89 - Lexington, KY (kg)

Women	SQ	BP	DL	Total
R. Schillaci	112.5	62.5	125	305
R. Schillaci	102.5	57.5	102.5	265
L. Baker	115	52.5	137.5	305
H. Hale	137.5	72.5	150	360
Pure	115	50	132.5	297.5
114 lb.	147.5	75	152.5	375
L. Lowe	140	122.5	162.5	425
T. Vickers	160	102.5	172.5	435
148 lb.	160	102.5	172.5	435
T. Perkins	245	145	227.5	617.5
M. Lucente	237.5	105	227.5	570
M. Gertz	192.5	127.5	182.5	472.5
D. Neely	117.5	120	162.5	400
165 lb.	207.5	155	255	617.5
R. Schillaci	220	147.5	225	592.5
F. Lucente	205	135	230	570
R. Clark	215	110	210	535
181 lb.	267.5	162.5	262.5	692.5
M. Sircikland	262.5	160	247.5	670
T. Whitton	242.5	150	255	647.5
J. Goodish	137.5	130	182.5	450
R. Gibbs	157.5	100	180	437.5
A. Okoku	257.5	130	272.5	660
M. Phipps	242.5	167.5	242.5	682.5
L. Hammond	230	135	260	625
D. Schillaci	205	155	265	625
D. Schillaci	200	135	230	565
220 lb.	300	185	375	862.5
J. Ferguson	240	147.5	262.5	650
M. Wilson	227.5	140	235	602.5
J. Burleson	145	112.5	205	462.5
242 lb.	320	212.5	295	917.5
T. Paxton	465	160	275	905
J. Ingram	272.5	167.5	275	700
J. Schipper	265	167.5	242.5	682.5
R. Hernandez	272.5	157.5	230	677.5
275 lb.	327.5	200	322.5	850
K. Thompson	290	192.5	320	822.5
K. Vance	290	192.5	320	822.5

1st Annual Border Bench Classic

2 Dec 89 - Brownsville, TX

Teenage	under	114 lb.	132 lb.	148 lb.	165 lb.	181 lb.
G. Grack	220	220	220	220	220	220
K. Portu	225	225	225	225	225	225
C. Arrias	240	240	240	240	240	240
S. Arriack	240	240	240	240	240	240
F. Rodriguez	190	190	190	190	190	190
E. Marquez	150	150	150	150	150	150
J. Perez	260	260	260	260	260	260
R. McVay	250	250	250	250	250	250
R. Silva	250	250	250	250	250	250
J. Hensao	200	200	200	200	200	200
175-200	360	360	360	360	360	360
A. Garcia	280	280	280	280	280	280
200 and up	320	320	320	320	320	320
T. Rivera	280	280	280	280	280	280
A. Gardner	160	160	160	160	160	160
A. Gutierrez	160	160	160	160	160	160
148 lb.	300	300	300	300	300	300
J. Yu	300	300	300	300	300	300
A. Hinoposa	300	300	300	300	300	300
W. Elton	170	170	170	170	170	170
P. Hantrigaw	170	170	170	170	170	170
165 lb.	300	300	300	300	300	300
R. Espinal	300	300	300	300	300	300
K. King	420	420	420	420	420	420
A. Gonzalez	260	260	260	260	260	260
L. Farrow	260	260	260	260	260	260
181 lb.	245	245	245	245	245	245
J. Hiale	410	410	410	410	410	410

The meet was held at the Brownsville Country Club with over 400 spectators. Teams: 1. Tito's; 2. Corpus Christie; 3. Big Al's Austin. Outstanding lifters: George Gracia, Outstanding Open Lifter: George Gracia, Outstanding history in Brownsville with the first 500 lb. bench. Future meets: 1990 May 18 & 19 Brownsville Board; 1990 Aug Texas State Invitational; 1990 Sep 15-16 Texas State Invitational; 1990 Oct 20-21 Texas State Invitational; 1990 Nov 10-11 Texas State Invitational; 1990 Dec 10-11 Texas State Invitational. (Thanks to Tito Madal for results)



Anthony Clark was guest of honor at the APF New Jersey Bench Championships. Pat Brago is at right, and Jose Perez at left. (Photo courtesy Gold's Gym)

2 Dec 89 - Brownsville, TX

Women	SQ	BP	DL	Total
M. Hernandez	155	140	250	545
W. Anderson	315	230	365	910
M. Keller	405	225	415	1045
K. Logue	375	270	365	1010
T. Cox	210	235	300	535
A. Cavell	210	235	300	535
T. O'Neil	425	325	405	1035
E. Marocher	390	225	425	965
B. Bloodron	315	225	425	965
T. Johnson	300	245	315	860
D. Bonifield	235	215	315	765
R. Schottman	205	165	335	725
J. Mantano	235	235	225	695
J. Schiraldi	315	315	225	855
182 lb.	425	340	440	1205
L. Tischer	330	305	390	1025

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Williamson	130	175*	155	460*
J. Franz	147	165	165	477
Men Teon	148	155*	165	468*
Gonzales	110	205	165	480
Masters	173	200*	165	538*
Open	193	265*	165	623*
123 lb.	220*	165*	165	550*
R. Olvera	265*	165*	165	595*
J. Vancosen	315*	165*	165	645*

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USPF Annapolis Open

18 Nov 89 - Annapolis, MD

Women SQ BP DL Total

C. Perrotti	225	120	280	625
T. Phillips	175	80	220	475
C. Williams	165	80	230	475
123 lb.	265	140	250	550
D. Clark	265	140	335	640
L. Borelli	275	125	310	710
M. Kay	255	105	265	625
T. Jones	180	125	300	605

Men

C. Fischvogt	265	120	295	680
M. Hall	280	150	375	815
148 lb.	320	200	600	980
J. Ring	300	270	380	950
R. Shaw	350	195	395	940
162 lb.	275	155	320	750
T. Burnett	345	215	530	1090
G. Durheim	305	145	375	845
S. Hill	245	170	320	735
198 lb.	230	150	310	690
J. Beasley	350	270	425	1045
P. Bosch	300	215	375	890
SHW	400	405	430	1285

114 lb.

S. Shinko	325	215	360	900
132 lb.	210	125	380	815
J. Cole	235	145	310	665
148 lb.	500	265	555	1320
P. Croughn	420	270	440	1130
K. Williams	430	240	375	1045
165 lb.	510	310	540	1360
V. Diaz	520	295	485	1300
181 lb.	465	360	480	1340
D. Wenger	450	360	480	1340
198 lb.	670	300	630	1600
S. Murock	580	350	545	1335
C. Tom	580	350	545	1335
220 lb.	500	365	500	1365
A. Hubbard	500	365	500	1365
R. Hebb	500	365	500	1365
242 lb.	465	340	465	1270
J. Marshall	720	410	635	1765
D. Brillhart	620	435	600	1635
275 lb.	650	425	660	1735
J. Swiderski	550	345	600	1495
R. Myers	650	425	660	1735
M. Beardon	725	485	675	1885
P. Newcomb	630	430	550	1610
111 lb.	255	145	295	695
C. Baggett	220	165	320	705
181 lb.	225	185	325	735
S. Murock	670	300	630	1600
C. Beck	335	240	335	915
C. Vandro	160	85	176	420
139 lb.	231	115	281	628
B. Brink	195	106	250	545
187 lb.	192	99	240	531
T. Vujakovich	187	99	240	531
154 lb.	193	105	265	563
S. Rebour	209	99	250	558
176 lb.	209	99	250	558
J. Martinez	303	159	352	815
A. Jackson	275	137	303	716
N. Paglia	292	148	303	744
Women's Open	286*	159	303	744
J. Gredney	282	152	303	737
R. Akers	192	99	243	540
J. Collins	286	159	303	744
M. O'Brien	286	159	303	744
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111 lb.

J. Gredney	286*	159	303	744
J. Weber	148	115	209	473
116 lb.	292	173*	330*	798*
J. Reiff	236	121	242	600
122 lb.	236	140	310	705
K. Peay	209	148	259	617
S. Brady	303	154	325	780
C. Tompkins	240	137	275	665
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A Big One...the 1989 IPF World Champion at 275, Kyosti, Vilmi (Finland)

148 lb.

L. Baker	413	259	429	1102
T. Melvin	374	242	429	1047
R. Ferguson	369	248	351	970
H. Holmback	329	225	367	922
C. Taylor	473	292	518	1284
K. Niesmeyer	446	282	518	1246
181 lb.	407	242	462	1113
K. Parks	573	275	501	1349
T. Layton	435	281	501	1218
198 lb.	374	275	529	1088
G. Bagley	534	315	551	1399
D. Showers	507	297	567	1372
D. Morrison	435	286	512	1218
T. Walker	501	347	523	1372
K. Yacobi	485	358	501	1344
B. Walker	446	297	440	1189
242 lb.	622	391	551	1565
C. Roberts	600	385	639	1625
T. Williams	600	385	639	1625
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C. Roberts	600	385	639	1625
T. Williams	600	385	639	1625
275 lb.	600	385	639	1625

148 lb.

L. Baker	413	259	429	1102
T. Melvin	374	242	429	1047
R. Ferguson	369	248	351	970
H. Holmback	329	225	367	922
C. Taylor	473	292	518	1284
K. Niesmeyer	446	282	518	1246
181 lb.	407	242	462	1113
K. Parks	573	275	501	1349
T. Layton	435	281	501	1218
198 lb.	374	275	529	1088
G. Bagley	534	315	551	1399
D. Showers	507	297	567	1372
D. Morrison	435	286	512	1218
T. Walker	501	347	523	1372
K. Yacobi	485	358	501	1344
B. Walker	446	297	440	1189
242 lb.	622	391	551	1565
C. Roberts	600	385	639	1625
T. Williams	600	385	639	1625
275 lb.	600	385	639	1625

Natural National Regional
28 Oct 89 - Greensboro, NC (kg)

Women	SQ	BP	DL	Total
R. Pompeo	82.5	40	110	232.5
M. Broscious	140	87.5	142.5	370
T. Darroch	110	55	122.5	287.5
J. Gould	137.5	80	155	372.5
S. Bennett	117.5	65	125	307.5
C. Thomas	147.5	75	190	417.5
D. Weiss	162.5	112.5	190	465
M. Broscious	167.5	132.5	142.5	442.5
A. Patti	167.5	132.5	187.5	487.5
B. Snodgrass	138.5	95	170	407.5
T. Johnson	192.5	137.5	210	532.5
W. Houston	160	92.5	195	447.5
M. Little	222.5	142.5	255	620
N. Thompson	212.5	137.5	262.5	612.5
A. Cale	237.5	142.5	240	620
K. Carter	167.5	155	195	517.5
J. Smith	195	107.5	210	512.5
J. Leigh	170	120	217.5	507.5
J. Coppenhith	142.5	120	182.5	445
E. Sampson	267.5	160	280	707.5
P. Mendez	147.5	92.5	225	465
W. Freeman	220	125	250	630
R. Fox	250	160	250	660
K. Hollinger	177.5	107.5	240	525
A. Williams	177.5	107.5	240	525
R. Nevins	177.5	107.5	240	525
M. Rossi	180	137.5	210	527.5
C. Ebberson	270	157.5	260	687.5
J. Hutchins	220	180	245	645
K. Pinner	230	170	227.5	647.5
P. Hallett	227.5	155	227.5	612.5
B. Katz	227.5	155	220	602.5
W. Washington	242.5	205	372.5	920
R. Raynor	237.5	147.5	247.5	632.5
S. Smith	237.5	145	203	612.5
D. Wilson	227.5	142.5	245	610
L. Legier	250	160	292.5	722.5
M. McWhorter	270	157.5	360	687.5
M. Anderson	250	187.5	372.5	710
P. Johnson	260	155	262.5	682.5
P. Walker	187.5	162.5	197.5	547.5
SHW	362.5	210	330	902.5
M. Thompson	227.5	152.5	220	600
O. Dapont	235	152.5	192.5	580
Natural	167.5	132.5	187.5	487.5
A. Patti	192.5	135	210	537.5
W. Houston	160	92.5	195	447.5
M. Little	227.5	137.5	250	615
T. Leonard	185	125	220	530
M. Hoover	190	82.5	200	472.5
S. Hoover	287.5	145	280	712.5
S. Dokes	247.5	155	300	702.5
J. Johnson	270	157.5	360	687.5
J. Plummer	235	162.5	272.5	670
B. Katz	182.5	150	220	552.5
R. Williams	180	132.5	207.5	520
R. Washington	342.5	205	372.5	920
J. Raynor	300	182.5	285	767.5
W. Stephens	232.5	172.5	262.5	667.5
M. Hoover	212.5	175	255	642.5
D. Colwell	242	160	270	672.5
W. Anderson	250	187.5	272.5	710
M. Walker	187.5	162.5	197.5	547.5
J. Mattei	270	165	260	695
E. Walsh	160	122.5	192.5	475
T. Sherron	157.5	85	165	407.5
B. Hanes	190	112.5	170	472.5
R. Hanes	165	115	185	465
R. Hanes	155	122.5	185	462.5

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Biggest Bench Press in the Midwest
25 Nov 89 - St. Louis, MO (kg)

Open	SQ	BP	DL	Total
E. Ruppel	52	112.5	75	240
J. Chappin	60	75	75	210
R. Chamberlin	65	75	75	210
J. Goodpasture	120	120	120	360
T. Anderson	120	120	120	360
S. Brown	85	82.5	80	247.5
M. Marks	160	160	160	480
R. Schildknecht	115	115	115	345
M. Young	92.5	90	90	272.5
T. Patterson	165	165	165	495
W. Wachter	162.5	160	160	482.5
D. Archon	157.5	155	155	467.5
M. Camanche	107.5	107.5	107.5	322.5
B. Jackson	82.5	80	80	242.5
R. Able	157.5	155	155	467.5
J. Stanley	150	150	150	450
T. Patterson	165	165	165	495
J. Anderson	160	160	160	480
J. Peterson	127.5	127.5	127.5	382.5
B. Jackson	132.5	132.5	132.5	397.5
C. Bradley	182.5	182.5	182.5	547.5
C. Spierbeck	125	125	125	375
L. Buehler	142.5	142.5	142.5	427.5
D. Lowe Jr.	210	210	210	630
M. Strosser	185	185	185	555
D. Merson	185	185	185	555
D. Yates	182.5	182.5	182.5	547.5
J. Neels	150	150	150	450
J. Strasser Jr.	142.5	142.5	142.5	427.5
W. Studdard	167.5	167.5	167.5	502.5
R. Harwig	92.5	92.5	92.5	277.5
E. Simeone	132.5	132.5	132.5	397.5
D. Davison	125	125	125	375
E. Shephard	87.5	87.5	87.5	262.5
L. Kesinger	217.5	217.5	217.5	652.5
A. Saunders	55	55	55	165
G. Barross	205	205	205	615
J. Clayton	75	75	75	225
R. Harwig	92.5	92.5	92.5	277.5
J. Gresham	90	90	90	270

USPF Atlantic States Open
18 Nov 89 - Hanover, MA

Women (Malone) SQ	BP	DL	Total
M. LaFond (95)	250	135	385
J. Shear (105)	255	120	375
M. Padalyi	600	225	500
L. D'Amore (160)	270	190	315
K. McEroy (165)	295	165	295
M. McWhorter	300	57.5	137.5
A. Day (226)	500	360	500
O. Dapont (178)	305	260	405

USPF New England States Novice
10 Jun 89 - Hanover, MA

Women (Malone) SQ	BP	DL	Total
A. Sline (103)	215	105	250
M. Stuber (100)	215	110	260
D. Duggan (138)	230	130	255
Mullins (90/119)	275	125	265
Mullins (Division by Schwartz)	475	1120	1120
L. Joans (144)	275	205	280
J. Segely (182)	290	220	330
Sub-Master's Division (by Schwartz)	1395	1165	1165
H. Waldron (222)	445	315	400
H. Waldron (169)	430	225	510
H. Waldron (247)	325	275	470
K. Bachvalde	255	160	320
P. Gerrish	148	148	148
B. Ducharme	405	270	430
S. Barzewicz	345	280	425
S. Mchale	315	250	365
J. Pelletier	290	200	350
J. Shifron (guest)	825	225	425
J. Miller	460	310	475

USPF Gold's Challenge Bench Press
7 Oct 89 - Princeton, WV

Women's (Malone)	SQ	BP	DL	Total
K. Bruch	120	118	118	356
E. Martin	120	118	118	356
J. Cline	100	100	100	300
D. Walker	200	200	200	600
J. Martin	275	275	275	825
T. Granger	245	245	245	735
M. Palmer	405	405	405	1215
R. Joseph	750	420	670	1840
J. Pearson	355	185	405	945
T. Manning	435	285	440	1160
S. Lilly	425	275	460	1160
J. Vega	515	300	610	1425
F. George	405	275	425	1105
M. Walker	485	240	450	1175
R. Joseph	750	420	670	1840
J. Pearson	355	185	405	945
J. Sylvia	575	270	515	1360
M. Bergeron	525	305	500	1330
M. Phillips	425	285	425	1135
E. Knieper	475	285	425	1185
G. Fink	425	285	425	1135
R. Parler	375	215	400	990
T. Edgington	305	200	395	900
K. Hallett	615	405	570	1590
R. Krysto	540	315	555	1410
M. Blanchi	520	320	565	1405
C. Fabrizio	520	320	565	1405
P. Medeiros	475	315	575	1364
D. Simonetti	530	285	540	1355
H. Hasselberger	500	345	490	1335
Hallwell (guest)	540	375	500	1415
T. Drury	600	400	600	1600
Rudd (BL)	560	345	540	1445
Espinola	530	390	440	1360
K. Cluney	580	310	520	1410
M. Mitchell	475	310	545	1330
P. Schowartz	430	310	545	1285
A. Bertolotti	440	330	510	1280
R. Bligh	445	355	485	1285
C. Fisher	400	275	500	1175
R. Moore	242	130	242	614
K. Knochman	700	485	675	1860
Hans	630	440	560	1630
Bobo	270	300	380	950
White	280	325	385	990

USPF Atlantic States Open
18 Nov 89 - Hanover, MA

Women (Malone) SQ	BP	DL	Total
M. LaFond (95)	250	135	385
J. Shear (105)	255	120	375
M. Padalyi	600	225	500
L. D'Amore (160)	270	190	315
K. McEroy (165)	295	165	295
M. McWhorter	300	57.5	137.5
A. Day (226)	500	360	500
O. Dapont (178)	305	260	405

USPF Atlantic States Open
18 Nov 89 - Hanover, MA

Women (Malone) SQ	BP	DL	Total
M. LaFond (95)	250	135	385
J. Shear (105)	255	120	375
M. Padalyi	600	225	500
L. D'Amore (160)	270	190	315
K. McEroy (165)	295	165	295
M. McWhorter	300	57.5	137.5
A. Day (226)	500	360	500
O. Dapont (178)	305	260	405

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OHIO State Open Bench Press
5 Nov 89 - Columbus, OH

Women	SQ	BP	DL	Total
M. Feldhaus	485	220	410	1115
G. Jenkins	310	242	310	862
D. Covin	305	242	310	857
J. Wackerly	305	242	310	857
K. Randolph	275	225	275	775
S. Solomon	275	225	275	775
M. Glacos	225	225	225	675
C. Price	305	305	305	915
G. Jenks	285	285	285	855
M. Koenig	320	320	320	960
J. Anatto	360	360	360	1080
C. Jenkins	320	320	320	960
T. Boyer	380	380	380	1140
P. Cassidy	310	310	310	930
M. Kelly	310	310	310	930
T. Gavin	310	310	310	930
T. Diabner	385	385	385	1155
D. Diabner	370	370	370	1110
M. Young	198	198	198	594

ASP-CWinstlow Fall Championships
NOV 89 - Winstlow, AZ

148 lb.	SQ	BP	DL	Total
Boblett	230	200	335	765
W. Lopez	230	200	335	765
Rudd (BL)	415	240	435	1090
Epindola	275	355	345	975
Ellison	250	220	320	790
Stevens	230	225	320	775
Gallegher	185	225	300	710
Stevens	385	320	450	1155
Hudson	380	365	425	1170
Adkins	365	245	475	1085
Torres	320	255	385	960
Hans	490	325	475	1290
Bobo	270	300	450	1020
White	280	325	385	990

ASP-CWinstlow Fall Championships
NOV 89 - Winstlow, AZ

148 lb.	SQ	BP	DL	Total
Boblett	230	200	335	765
W. Lopez	230	200	335	765
Rudd (BL)	415	240	435	1090
Epindola	275	355	345	975
Ellison	250	220	320	790
Stevens	230	225	3	

ADPFA U.S.A. - Bench Press

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like W. Miller, J. Helms, M. Brown, etc.

USPF Massachusetts Championships

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like W. Miller, J. Helms, M. Brown, etc.

USPF Rhode Island Championships

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like J. Helms, M. Brown, etc.

Mr. New Jersey Bench Press

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like J. Helms, M. Brown, etc.

Natural National Regional

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like J. Helms, M. Brown, etc.

Central Pennsylvania Bench Press

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like J. Helms, M. Brown, etc.

Pikeville Open

Table with columns: Name, Weight, Squat, Bench Press, Deadlift, Total. Includes names like J. Helms, M. Brown, etc.

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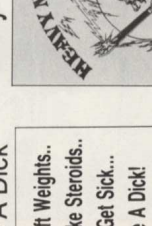
Natural National Regional		21,22 Oct 89 - Atlanta, GA (kg)	
Women	148 lbs.	165 lbs.	182 lbs.
K. Morrison	122.5	60	142.5
T. Butler	142.5	77.5	140
J. McCoy	142.5	92.5	130
J. Stuckey	162.5	115	187.5
S. Jenkins	162.5	115	187.5
J. Crowley	162.5	115	187.5
F. Smith	162.5	115	187.5
J. Bishop	162.5	115	187.5
M. Francis	162.5	115	187.5
C. Hodkins	162.5	115	187.5
E. Herring	162.5	115	187.5
P. Taylor	162.5	115	187.5
C. Wimberly	162.5	115	187.5
K. Sacco	162.5	115	187.5
T. Harrier	162.5	115	187.5
S. Klader	162.5	115	187.5
P. Papp	162.5	115	187.5
F. Sacco	162.5	115	187.5
S. Segel	162.5	115	187.5
K. Shabazz	162.5	115	187.5
K. Moore	162.5	115	187.5

LCI Meet
16 Dec 89 - Lima, OH

Masters	80	90	100	110	120
Lawson (62)	185	145	240	570	985
Davis (62)	375	195	415	515	1025
Stison	425	275	500	1200	
Guenther	415	260	505	1180	
Muller	385	275	450	1110	
Waller	385	275	450	1110	
Jackson	400	250	375	1025	
163-185 lbs.					
Duncan	505	235	515	1255	
Holman	500	275	475	1250	
Brown	350	240	470	1060	
Gatlin	210	235	350	795	
Watts	470	295	505	1270	
Alexander	425	260	510	1195	
Williamson	385	240	440	1065	
205-224 lbs.					
Allen	525	365	575	1465	
Neeter	365	235	465	1065	
Page	350	260	550	1160	
Haines	355	260	460	1075	
144 & Under					
Viccarondo	375	255	450	1080	
Pipton	465	300	500	1265	
Murray	530	350	540	1420	
Whitfield	490	350	570	1410	

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Black only, XXL - \$15
SWEATSHIRT - \$20, M-L-XL
Black only, XXL - \$23
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Branch Chain Aminos
Isoleucine—660 mg., Leucine—1500 mg., Valine—860 mg.
Basic Amino Complex
L-Lysine—663 mg., L-Histidine—227 mg., L-Arginine—674 mg., L-Methionine—375 mg., L-Serine—492 mg., L-Glutamic Acid—1765 mg., L-Proline—871 mg., Glycine—385 mg., L-Adenine—290 mg., L-Methionine—240 mg., L-Tyrosine—290 mg., L-Phenylalanine—381 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.

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Amino Superb is the hottest new product on the market today. It features a 3-way stack of branch chain aminos, basic aminos and complementary aminos 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, nutritional sound product at a price that's 20% less than the competition charges!

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- 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, Hecogennin and Diosgenin.

Used by thousands of athletes around the world.

DIBENCOZIDE

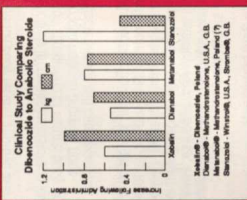
(5-α dimethyl benzimidazole-cobamide coenzyme)

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

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

FOREIGN PHARMACOPA STATES:
"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 **\$35.95**
100 capsule bottles



Each daily dosage contains:

Choline	2000 mg
Inositol	1000 mg
Methionine	400 mg
B6	100 mg
Bolaine HCL	400 mg
L-Carnitine	100 mg
L-Lysine	200 mg
Leclithin	200 mg
Iron	8 mg
Linolic Acid	200 mg
Oleic Acid	100 mg

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

Garden State Bench Classic
18 Nov 89 - Mahwah, NJ

Open	280
132 lb.	Master
F. Dunn	230
148 lb.	T. Santini
165 lb.	J. Sandman
181 lb.	C. Smith
200 lb.	J. Sapijovanni
220 lb.	M. Hazard
240 lb.	J. Prizto
260 lb.	L. Wojansky
280 lb.	U. Wojciet
Novice	215
132 lb.	70
148 lb.	132 lb.
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