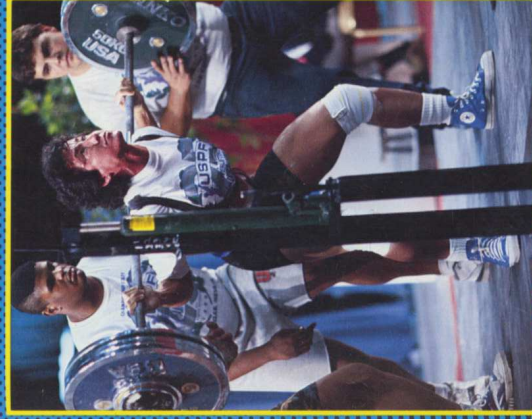


POWERLIFTING USA

VOL. 13 NO. 8 MAR '90 \$3.50



**WOMEN'S
TOP 20**



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TRAINING GLOVES \$11.00	CHALK 8 POUNDS \$8.50	ORDER NOW AND SAVE ON OUR HIGH QUALITY SUPPLEMENTS. USE OUR CONVENIENT ORDER SHEET FOUND INSIDE THIS MAGAZINE. TRAIN HARD!	

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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 by Marathon® Nutrition newly developed "3-Way Amino Stack"™. 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 2200 mg. 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 \$94.00

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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ON THE COVER.....top left, Nora Cline; bottom left, Tammy DiAnda; top right, Sandy Easter; bottom right, Dr. Mariah Liggett. Just off to our TOP 20 Women for 1989

NEXT MONTH.....the 1990 NATURAL NATIONALS

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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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WOMEN'S TOP 20

The TOP 20 women powerlifters in the USA for 1989. If any errors are noted, report them to PL USA, Box 467, Camarillo, CA 93011. (We do make errors, and some meet results are never received at our office; as well as some we do receive do not indicate bodyweights on the results.)



Michelle Stevens is an ADPPA star who ranks high on the 148 lb. list.



Deborah Rose...196 lb. powerhouse



DeCastillo surged ahead at 97 lbs.



Sherry Burns...USMC power at 174 lb. Hillary Hoffman at 148 (Finnegan) Lindy Champion...pulls at 132 lbs.

TOP 20 Awards are available to those on this list. \$5.00 for a certificate, or \$18.95 for a certificate mounted on a beautiful wood grain plaque (CA add 6 1/4% sales tax). Send name, address, lift to PL USA, P.O. Box 467, Camarillo, CA 93011.

148 lb. SQUAT	148 lb. BENCH	148 lb. DEADLIFT	148 lb. TOTAL
451 Kost, C., 248.9	286 Liggett, M., 411.89	501 Pierce, J., 423.89	1151 Ruge, J., 1211.89
452 Gentry, A., 241.89	287 Hoffmann, H., 412.89	502 Powell, L., 422.89	1152 Pierce, J., 1212.89
453 Hoffman, H., 412.89	288 Powell, L., 422.89	503 Stevens, V., 417.89	1153 Stevens, V., 417.89
454 DeCastillo, M., 421.89	289 Stevens, V., 417.89	504 Powell, L., 422.89	1154 Powell, L., 422.89
455 DeCastillo, M., 421.89	290 Stevens, V., 417.89	505 Stevens, V., 417.89	1155 Stevens, V., 417.89
456 Stevens, V., 417.89	291 Stevens, V., 417.89	506 Stevens, V., 417.89	1156 Stevens, V., 417.89
457 Stevens, V., 417.89	292 Stevens, V., 417.89	507 Stevens, V., 417.89	1157 Stevens, V., 417.89
458 Stevens, V., 417.89	293 Stevens, V., 417.89	508 Stevens, V., 417.89	1158 Stevens, V., 417.89
459 Stevens, V., 417.89	294 Stevens, V., 417.89	509 Stevens, V., 417.89	1159 Stevens, V., 417.89
460 Stevens, V., 417.89	295 Stevens, V., 417.89	510 Stevens, V., 417.89	1160 Stevens, V., 417.89
461 Stevens, V., 417.89	296 Stevens, V., 417.89	511 Stevens, V., 417.89	1161 Stevens, V., 417.89
462 Stevens, V., 417.89	297 Stevens, V., 417.89	512 Stevens, V., 417.89	1162 Stevens, V., 417.89
463 Stevens, V., 417.89	298 Stevens, V., 417.89	513 Stevens, V., 417.89	1163 Stevens, V., 417.89
464 Stevens, V., 417.89	299 Stevens, V., 417.89	514 Stevens, V., 417.89	1164 Stevens, V., 417.89
465 Stevens, V., 417.89	300 Stevens, V., 417.89	515 Stevens, V., 417.89	1165 Stevens, V., 417.89
466 Stevens, V., 417.89	301 Stevens, V., 417.89	516 Stevens, V., 417.89	1166 Stevens, V., 417.89
467 Stevens, V., 417.89	302 Stevens, V., 417.89	517 Stevens, V., 417.89	1167 Stevens, V., 417.89
468 Stevens, V., 417.89	303 Stevens, V., 417.89	518 Stevens, V., 417.89	1168 Stevens, V., 417.89
469 Stevens, V., 417.89	304 Stevens, V., 417.89	519 Stevens, V., 417.89	1169 Stevens, V., 417.89
470 Stevens, V., 417.89	305 Stevens, V., 417.89	520 Stevens, V., 417.89	1170 Stevens, V., 417.89
471 Stevens, V., 417.89	306 Stevens, V., 417.89	521 Stevens, V., 417.89	1171 Stevens, V., 417.89
472 Stevens, V., 417.89	307 Stevens, V., 417.89	522 Stevens, V., 417.89	1172 Stevens, V., 417.89
473 Stevens, V., 417.89	308 Stevens, V., 417.89	523 Stevens, V., 417.89	1173 Stevens, V., 417.89
474 Stevens, V., 417.89	309 Stevens, V., 417.89	524 Stevens, V., 417.89	1174 Stevens, V., 417.89
475 Stevens, V., 417.89	310 Stevens, V., 417.89	525 Stevens, V., 417.89	1175 Stevens, V., 417.89
476 Stevens, V., 417.89	311 Stevens, V., 417.89	526 Stevens, V., 417.89	1176 Stevens, V., 417.89
477 Stevens, V., 417.89	312 Stevens, V., 417.89	527 Stevens, V., 417.89	1177 Stevens, V., 417.89
478 Stevens, V., 417.89	313 Stevens, V., 417.89	528 Stevens, V., 417.89	1178 Stevens, V., 417.89
479 Stevens, V., 417.89	314 Stevens, V., 417.89	529 Stevens, V., 417.89	1179 Stevens, V., 417.89
480 Stevens, V., 417.89	315 Stevens, V., 417.89	530 Stevens, V., 417.89	1180 Stevens, V., 417.89
481 Stevens, V., 417.89	316 Stevens, V., 417.89	531 Stevens, V., 417.89	1181 Stevens, V., 417.89
482 Stevens, V., 417.89	317 Stevens, V., 417.89	532 Stevens, V., 417.89	1182 Stevens, V., 417.89
483 Stevens, V., 417.89	318 Stevens, V., 417.89	533 Stevens, V., 417.89	1183 Stevens, V., 417.89
484 Stevens, V., 417.89	319 Stevens, V., 417.89	534 Stevens, V., 417.89	1184 Stevens, V., 417.89
485 Stevens, V., 417.89	320 Stevens, V., 417.89	535 Stevens, V., 417.89	1185 Stevens, V., 417.89
486 Stevens, V., 417.89	321 Stevens, V., 417.89	536 Stevens, V., 417.89	1186 Stevens, V., 417.89
487 Stevens, V., 417.89	322 Stevens, V., 417.89	537 Stevens, V., 417.89	1187 Stevens, V., 417.89
488 Stevens, V., 417.89	323 Stevens, V., 417.89	538 Stevens, V., 417.89	1188 Stevens, V., 417.89
489 Stevens, V., 417.89	324 Stevens, V., 417.89	539 Stevens, V., 417.89	1189 Stevens, V., 417.89
490 Stevens, V., 417.89	325 Stevens, V., 417.89	540 Stevens, V., 417.89	1190 Stevens, V., 417.89
491 Stevens, V., 417.89	326 Stevens, V., 417.89	541 Stevens, V., 417.89	1191 Stevens, V., 417.89
492 Stevens, V., 417.89	327 Stevens, V., 417.89	542 Stevens, V., 417.89	1192 Stevens, V., 417.89
493 Stevens, V., 417.89	328 Stevens, V., 417.89	543 Stevens, V., 417.89	1193 Stevens, V., 417.89
494 Stevens, V., 417.89	329 Stevens, V., 417.89	544 Stevens, V., 417.89	1194 Stevens, V., 417.89
495 Stevens, V., 417.89	330 Stevens, V., 417.89	545 Stevens, V., 417.89	1195 Stevens, V., 417.89
496 Stevens, V., 417.89	331 Stevens, V., 417.89	546 Stevens, V., 417.89	1196 Stevens, V., 417.89
497 Stevens, V., 417.89	332 Stevens, V., 417.89	547 Stevens, V., 417.89	1197 Stevens, V., 417.89
498 Stevens, V., 417.89	333 Stevens, V., 417.89	548 Stevens, V., 417.89	1198 Stevens, V., 417.89
499 Stevens, V., 417.89	334 Stevens, V., 417.89	549 Stevens, V., 417.89	1199 Stevens, V., 417.89
500 Stevens, V., 417.89	335 Stevens, V., 417.89	550 Stevens, V., 417.89	1200 Stevens, V., 417.89

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



Powerlifters Kimberley and Joe Steele honeymooned in Hawaii and competed in the Hawaii Open Bench Press Championships. Kimberley won the 114s and Joe took 2nd place in the 198s (John Steele)



The Lynch's Barbell Team of South Bend, Indiana includes (bottom row, left to right) Tom Lynch - owner, Greg Simmons, John McGee, Kyle Walczewski, (standing, left to right) Pernell Dozier, Rauol Donati, Ken Kracher, Ken Luczkowski, Mark Smuda, Randy Taylor. (courtesy Lynch)



Douglas "Shorty" Payne (seen with John Black above) has squatted 725 and totaled 1700 at 174. He has been training since 1981 without access to supplements, experienced lifters, decent training conditions, and in a hand mended suit; two sizes too big. (courtesy of Daniel Entch).



Steve Lane, who placed 8th at 181 lbs. in the 1988 Natural Nationals, qualified as "pushman" for the U.S. World Cup Bobsted team which competed in West & East Germany, Yugoslavia, and the Soviet Union. Being "pushman" requires speed, muscular endurance, strength, flexibility, and skill, in addition to explosiveness. (Thanks to Mike Kelly of Charter Health Center, St. Simons Island, Georgia for photo and info.)



Great grandmother Marion Smith, 59, broke 4 APF World Records in her 1st competition (254, 165, 286) and travelled to Russia last year to compete on the USA team, where she bettered her existing records in the squat with 260 and the deadlift with 303. (courtesy Mel Hancock)



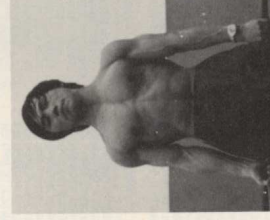
Manojit Bose, founder of the Indian Powerlifting Federation, may be the longest serving IPF official, from 1976 to the present as Vice President of the Asian region. He was elected as the first General Secretary of the Asian Powerlifting Federation in 1984, and re-elected in 1988. He was also the first Asian selected to the IPF Hall of Fame. He qualified as a Category 1 International lifter at the 1980 World Championships in Arlington, Texas. (courtesy Bose)



The Lynch's Barbell Team of South Bend, Indiana includes (bottom row, left to right) Tom Lynch - owner, Greg Simmons, John McGee, Kyle Walczewski, (standing, left to right) Pernell Dozier, Rauol Donati, Ken Kracher, Ken Luczkowski, Mark Smuda, Randy Taylor. (courtesy Lynch)



Jeff Perez, Special Olympian, fell trying to make this lift at the Southern YMCA meet in New Orleans, but totaled 3rd in the 165s at the Keystone Novice contest, with a total of 1140. He is lifetime drug free and refused to give up on the attempt. When he finally completed the lift, the crowd gave him a tremendous ovation. (courtesy of Allen Smith)



Bob Dickson of Beaver Falls, PA totaled 3rd in the 165s at the Keystone Novice contest, with a total of 1140. He is lifetime drug free and refused to give up on the attempt. When he finally completed the lift, the crowd gave him a tremendous ovation. (courtesy of Allen Smith)



Charles Nelson of St. Petersburg, FL has made Powerlifting a part of his life since 1981, and he has since won nearly 50 trophies in 4 different weight classes. He won the 1986 ADFFA Florida Championship, and set 3 state records. In 1987 he broke his own state ADFFA record with a 605 deadlift at 198. His best lifts are 580 370 650 at a bodyweight of 215. His most recent success was a 2nd place finish in the Central Florida Championships held in Lakeland. His most unusual strength feat is a near 400 lb. deadlift using just the middle fingers of both hands. (Thanks to Carol Nelson for photo)



Douglas "Shorty" Payne (seen with John Black above) has squatted 725 and totaled 1700 at 174. He has been training since 1981 without access to supplements, experienced lifters, decent training conditions, and in a hand mended suit; two sizes too big. (courtesy of Daniel Entch).

FOR THE RECORD

THIS SPECIAL SECTION IS RESERVED FOR WOMEN'S RECORDS. EVERYONE IS ENCOURAGED TO SEND IN REGIONAL, STATE, MEET, CLUB, SCHOOL, GYM RECORDS; ANY KIND OF RECORDS. SEND TO: FOR THE RECORD, BOX 467, CAMARILLO, CA 93011.

USPF WOMEN'S AMERICAN	USPF WOMEN'S TENAGE 14-15	USPF WOMEN'S TENAGE 16-17	USPF WOMEN'S TENAGE 18-19	USPF WOMEN'S MASTERS 40-44	USPF WOMEN'S MASTERS 45-49	USPF WOMEN'S MASTERS 50-54	USPF WOMEN'S MASTERS 55-59
302 C. Jones	198 R. Gibson	226 C. Tuttle	165 D. Niles	265 J. Gedney	259 J. Gedney	275 N. Belliveau	275 N. Belliveau
163 T. Hoyt	121 R. Gibson	110 D. Niles	110 D. Niles	154 J. Gedney	149 J. Gedney	143 N. Belliveau	143 N. Belliveau
237 L. Johnson	270 L. Headwonic	97 BP	97 BP	311 L. Gedney	308 J. Gedney	306 N. Belliveau	306 N. Belliveau
171 C. Jones	270 L. Headwonic	97 DL	97 DL	710 J. Gedney	710 J. Gedney	708 N. Belliveau	708 N. Belliveau
181 M. Jones	109 T. Laughtin	97 SQ	97 SQ	254 J. Gedney	254 J. Gedney	181 C. Meskew	181 C. Meskew
402 M. Jones	109 T. Laughtin	105 BP	105 BP	254 J. Gedney	254 J. Gedney	231 C. Meskew	231 C. Meskew
859 M. Jones	225 S. Marrs	105 DL	105 DL	254 J. Gedney	254 J. Gedney	507 C. Meskew	507 C. Meskew
364 D. Rowell	270 T. D'Salvo	114 SQ	114 SQ	286 K. Reagan	286 K. Reagan	270 E. Kizer	270 E. Kizer
248 M. Ryan	165 T. D'Salvo	114 BP	114 BP	159 K. Reagan	159 K. Reagan	159 K. Reagan	159 K. Reagan
942 D. Rowell	165 T. D'Salvo	114 DL	114 DL	760 K. Reagan	760 K. Reagan	760 K. Reagan	760 K. Reagan
420 V. Stenrod	253 L. Diane Savell	123 SQ	123 SQ	347 M. Caldwell	347 M. Caldwell	347 M. Caldwell	347 M. Caldwell
457 R. Shaler	126 F. Dummell	123 BP	123 BP	197 K. Reagan	197 K. Reagan	197 K. Reagan	197 K. Reagan
479 R. Shaler	314 L. Diane Savell	123 DL	123 DL	413 E. Kizer	413 E. Kizer	413 E. Kizer	413 E. Kizer
1146 K. Shaler	661 L. Diane Savell	123 T	123 T	887 E. Kizer	887 E. Kizer	887 E. Kizer	887 E. Kizer
508 R. Shaler	292 M. Fece	132 SQ	132 SQ	352 D. Hartmann	352 D. Hartmann	352 D. Hartmann	352 D. Hartmann
275 V. Stenrod	159 N. Robbins	132 BP	132 BP	407 E. Kizer	407 E. Kizer	407 E. Kizer	407 E. Kizer
1325 K. Shier	317 N. Robbins	132 DL	132 DL	964 D. Hartmann	964 D. Hartmann	964 D. Hartmann	964 D. Hartmann
537 T. Byland-Rohal	292 M. Fece	148 SQ	148 SQ	396 D. Hartmann	396 D. Hartmann	396 D. Hartmann	396 D. Hartmann
552 T. Byland-Rohal	154 M. Fece	148 BP	148 BP	248 D. Hartmann	248 D. Hartmann	248 D. Hartmann	248 D. Hartmann
1335 T. Byland-Rohal	315 M. Fece	148 DL	148 DL	457 D. Frantz	457 D. Frantz	457 D. Frantz	457 D. Frantz
551 T. Byland-Rohal	281 S. Letlieu	152 SQ	152 SQ	347 D. Hartmann	347 D. Hartmann	347 D. Hartmann	347 D. Hartmann
238 D. Poston	154 S. Letlieu	152 BP	152 BP	413 R. Harrell	413 R. Harrell	413 R. Harrell	413 R. Harrell
1350 T. Byland-Rohal	705 S. Letlieu	152 DL	152 DL	457 C. Sulinsky	457 C. Sulinsky	457 C. Sulinsky	457 C. Sulinsky
556 L. Costanzo	181 R. Slagle	181 T	181 T	1140 J. Harrell	1140 J. Harrell	1140 J. Harrell	1140 J. Harrell
363 J. Harrell	82 R. Slagle	198 SQ	198 SQ	463 V. Gagge	463 V. Gagge	463 V. Gagge	463 V. Gagge
1339 L. Costanzo	303 R. Slagle	198 BP	198 BP	191 L. Rodriguez	191 L. Rodriguez	191 L. Rodriguez	191 L. Rodriguez
608 L. Costanzo	367 R. Slagle	198 DL	198 DL	1014 L. Rodriguez	1014 L. Rodriguez	1014 L. Rodriguez	1014 L. Rodriguez
523 L. Costanzo	248 E. Elberhard	212 W. Sander	212 W. Sander	176 D. Trunell	176 D. Trunell	176 D. Trunell	176 D. Trunell
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Dr. Michael Klinksky, Director of Sport-Biochemistry, Kiev, USSR
 Ben Tabachnik, Soviet Sports National Team Coach, Moscow, USSR

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THE SQUAT

Squatting in the 60s an Old Name, a New Game as seen by Randall J. Strossen, Ph.D.



Two of the Greatest Squatters of All Time... Paul Anderson and Henry 'Milo' Steinborn. Taken about 1953, and provided by 'Milo' Steinborn's son.

The 1960s saw the birth of powerlifting as an official sport in the United States, which gave the squat some added status. The 1960s also saw a Pandora's Box opened in the arena of the squat: anabolic steroids and support gear were introduced to the sport, making a mark that has remained ever since. As we continue to trace the history of the squat, let's not dwell on the drug issue, but only note two points: 1) anabolic steroids were introduced to the AAU, 1960s, and throughout the decade, while they were proscribed, existing as they did, in the underground. 2) many of the dramatic strength gains in this period attributed to isometric training may well, in fact, have been produced by anabolic steroids. Now let's focus specifically on how the squat evolved.

The 1960s opened with a battle that had actually been raging for some time: Peary Rader, single-handedly among the top AAU weightlifting administrators, had been championing the powerlifts and wanted to see the sport grow, while Bob Hoffman seemed to be denouncing powerlifting. This pattern had actually been established in the 1930s, when Peary Rader began singing the praises of the squat, and others began condemning the exercise. To better understand these opposite positions, you must go all the way back to Mark Berry, who originally hailed the squat as the absolute key to getting big and strong. Peary Rader followed Mark Berry's advice and began, Mark Berry's and turned his longstanding personal history of success into a spectacular success story. From that point forward Peary Rader could never find enough good things to say about the squat. Hoffman, on the other hand, entered the barbell business after Berry was already well established. Did he already have who, among other accomplishments, was named the coach of the 1932 and 1936 U.S. Olympic Weightlifting Teams? To some it appeared that Hoffman openly attacked the man and his ideas. History had already proven Rader correct when he called the squat the greatest exercise in existence, but once again he was willing to challenge the major power in American lifting.

While Hoffman may have spurned powerlifting because it could be viewed as a threat to the American Olympic lifting program, Rader explained his own position without wasting any words: "As we have long believed, powerlifting is going to become much more popular than Olympic lifting. There are so many more jellous able to participate in this sport who just don't have the liking or ability for the Olympic lifts." (Rader, 1963). Now, how's that for prophecy? As with the squat, Hoffman would later reverse his position and come to support powerlifting, although never with the same enthusiasm he held for Olympic lifting.

Up to this point, occasional powerlifting contests were held (usually called 'odd lift' contests, though), and there were some notable perfor-

mances in the squat. For example, at the 1963 West Coast Championships, Harold Love squatted 605 in the 198 lb. class without any wraps. Wraps? Yes, they had already entered the sport in the early sixties, and after watching some lifters wrap as much as two-inch wide straps around their calves, AAU officials ruled out the prop for lifting one's legs. They also instituted a rule stating that the bars couldn't be more than an inch below the top of one's delts in the squat, as some squatters were already doing everything possible to lower the center of gravity on the lift. In 1964 the York Powerlifting Tournament (once aspiringly produced Bill Andrew's notable 520 squat at 181, without any wraps. The top squat was 317 pound Terry Todd's 600, commendable but about equal to what the really strong bodybuilders such as Reg Park and Bill Pearl were doing, and certainly well below the capabilities of Yuri Vlasov, the world's top Olympic lifter at that time.

Remember Paul Anderson? Over the years, as Paul increasingly turned his attention to his youth home and his lifting became a tool, not an end in itself; something funny happened - powerlifting had become an official sport, but Paul Anderson, the premier practitioner, was ineligible to compete, having long since been declared professional in those self-righteous AAU days and he was repeatedly denied reinstatement. That didn't stop Paul from continuing to demonstrate a fraction of his squatting power. For example, in March of 1965, at the Southwestern Powerlifting Championships in Dallas, where Terry Todd hit a PR squat of 650, Paul Anderson came out and did seven rapid-fire reps with 700, which were described as being "the easiest squats of the meet." And in May 1965, at Silver Spring, Maryland, Paul easily squatted 900, and a few months later in Texas, knocked off a 925 squat (along with a 750 deadlift). About this time, Peary Rader remarked that when Paul Anderson squats with 700, he makes it "look like 100".

The first Senior National Powerlifting Championship produced a major surprise as Gene Robertson, at about 270 pounds, came within five pounds of snatching the Super title from the hometown hero, Todd, and Robertson certainly emerged as the star. Among other things, Robertson had produced the meet's highest squat, a 705, in gym shorts, without knee wraps, and with the bar high on his praise, not only for what he lifted, but for how he lifted. For example, Ralph Countryman noted that, unlike others, Gene performed all his lifts in "superb style," and paying the highest possible compliment said, "there would be little reason for referees if all men lifted as Robertson did."

(Dr. Strossen is the author of SUPER SQUATS - \$14.95 ppd. IronMind Ent., Box 884, Lakespur, CA 94539 - and his article on Squating in the 60s will be continued next month)

INTERVIEW

TONY KAMAND as interviewed by DAVE ABRAMSON



Tony Kamand is the 1989 APF National Champion in the 198 lb. class.

TK: I use a short 6 week cycle for means that looks like this: Squat and Deadlift; Week 1 - 5 sets x 3 reps (60-65%); Week 2 - 5x3 (70-75%); Week 3 - 4x3 (75-80%); Week 4 - 4x3 (80-85%); Week 5 - 3x2 (85-90%); Week 6 - 1x2 (90-95%). Bench Press; Week 1 - 2x3 (70%); Week 2 - 2x3 (85%); Week 3 - 1x2 (83%), 1x2 (87%); Week 4 - Same as week 1; Week 5 - 1x3 (80%), 2x2 (85%); Week 6 - 1x2 (85%), 2x2 (90%). All percentages are of the anticipated max. **DA:** What kind of diet do you follow and about supplements? **TK:** I mainly eat what I want to, but I stay away from junk food most of the time. As for supplements, I don't take any, except a multi-pak vitamin each day, I don't believe the claims many supplements make. **DA:** Who has had the most influence on your lifting career? **TK:** You, Dave, and Bill Romaniello and the guys at the old Giordano's Gym in Belleville, New Jersey. **DA:** Who are some of the lifters that you most admire? **TK:** All the top lifters and any lifter that sticks in there and keeps pushing for personal records. **DA:** How about the future of PL? **TK:** I see powerlifting going back to one or two organizations which will be better for the sport. Why has it gotten so political? **DA:** Do you have any advice you would like to give to beginning lifters? **TK:** Yeah, don't start - only kidding. I'm also very interested in olympic lifting. I'm currently getting ready to make the transition. If things go well, I would like to try out for the American team. **DA:** Would you like to express my thanks to my parents and my wife for all their support over the years. **TK:** I would like to express my thanks to my parents and my wife for all their support over the years.

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

MARK HARTMANN as interviewed by JAY BUTLER



Mark Hartmann is the '89 WPC World 114 lb. champ

to stay away from fatty and junk foods. I drink a lot of milk, also. I feel that proper nutrition is the key to staying fit and remaining competitive. **JB:** What about off season training? **MH:** My off season training includes work to perfect my technique. Also, I do a lot of sets. These keep me in shape, so when I train for the big meets I'm physically ready. **JB:** How have you made such big gains in the past two years? **MH:** Hard, consistent training and excellent coaching has helped me. **JB:** What about steroid use? **MH:** I don't like it at all. It's an unfair advantage for the user. I would like to see everyone be tested. **JB:** What are some of your interests other than powerlifting? **MH:** I like hunting the most. That's my favorite. I also participate in varsity soccer and baseball. **JB:** Who are the most inspirational people in your life? **MH:** My parents - they have helped me out a lot. My father went with me to Manchester, England, which was great. My mother helped me obtain sponsorships which enabled me to make the trip. Another person who has been an inspiration in my life is Don Graham, my coach. **JB:** Mark, are there any parting comments you would like to make? **MH:** I would like to thank Don's Shrimans and Dr. Mariah Liggett for all their help in England. Also, I thank Don, Ben, and all of the guys at the Animal House Gym in Durcan Falls.

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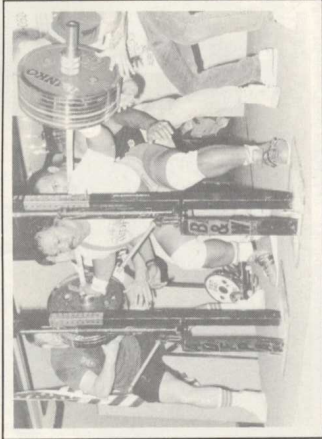


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Message from the USPF President

Issue of Paul Kelsos's second installment, "Culture Shock," in the December issue of *PI USA*. The restraint and deference to officials shown by the Japanese lifters at the "All-Japan Junior Powerlifting Championships" — the picture of the banner was cropped — is not peculiar to Japan. I have seen little overt discourtesy shown officials at the National and World Championships. Discourtesy to officials is not unknown in this country even in powerlifting, not to mention the martial arts and gymnastics. Showing respect to the officials varies not only with the individual, it varies with the locale, as well.

In early December, I attended Doc Rhodde's meet in Gulfport. The legacy of Brother Benmet's stewardship and example lives on and was immediately apparent in the ordliness of the spectators and the behavior of the lifters and their coaches. There were no restraining ropes and, yet, no one crowded around the platform. There were plenty of red lights and, yet, I detected no signs of anger and heard no grumbling. Disappointment, yes; disrespect, no grumbling, no. I do not mean to suggest that this was a lackluster crowd. A number of state records were broken. Vinson Keyfka, whose lifting was outstanding despite coming off a week of the flu, brought a large cheering section. Brother Benmet, who is a gentleman to the core, showed us how we could maintain standards of deportment without sacrificing excitement.

At the 1979 National Collegiate I had to use restraining ropes, inside which lifters were lured to the two lifting platforms. At the mouth of the tunnel I stationed a kinematic champion to reason with the coaches and handlers. I prefer the invisible cords of self-restraint which I observed in Mississippi and Paul Kelsos observed in Japan.

.....
A Mississippi friend, whose wish to remain anonymous I shall respect, had nit-picking rules on his mind at Gulfport. He emphasized that meet directors were the heart of the sport, and that one cannot reasonably expect meet directors to observe each of the 1001 rules. The will rebel by putting on unsanctioned meets or by not putting on meets at all.

Justice Oliver Wendell Holmes, Jr., perhaps had similar concerns when he wrote nearly sixty years ago, "the machinery of government would not work if it were not allowed a little play in its joints." Granting that, the question is where, optimally, should we strive to be on the continuum extending from "a little play in its joints" to utter disregard of the law. Put another way, what, if anything, can we sacrifice without impairing the integrity of our sport?

The answer is not to be found in mechanically restructuring our rules into rules and recommendations. The answer is not to be found in placing an asterisk after certain of the rules to show that they may be bent when it is expedient to do so. The answer is to be found in the character of our leadership, whether we refer to the leadership at an individual meet or of the entire sport. If the leaders are courageous and endowed with the gift of discernment, their decisions are apt to be pretty much on target, favoring neither side of the continuum.

It takes time to observe a person enough to determine his character. The first time I referred to a Men's Worlds was at The Hague. I was placed directly above the jury table to the rear and at a 45 degree angle from the lifter. I was allowed to referee all three lifts in the only two weight classes in which no Americans were lifting. Two years later in Perth, I was entrusted with judging the 67.5 kilogram class in which one American was lifting. After the American's third attempt, which was the last squat of that session and which was turned down 2 to 1, I nodded my head when Heinz Vierthaler asked me when I had thrown a red. Until that moment he had no way of knowing whether I would red-light one of my own countrymen when the call was close.

We must have leadership at every level which has earned our trust. To those who have earned our trust we must give our trust. We must assume their integrity and forgive their occasional fallibility, an unavoidably endemic characteristic of the human condition.

Dr. Conrad Cotter.

Bulletin Board this is the space to look for organizational news and notes * additional candidates for USPF Offices include Nate Foster declaring for Vice president, Conrad Cotter for President, Jake Boyer for President, Bob Fortenbaugh for Treasurer * Stephanie Whiting has provided the following notice: **ADFFPA Women Lifters:** The deadline for letters of application for Athlete Representative positions is March 15, 1990. If you will be attending the ADFFPA Women's Committee meeting on April 6 in Indianapolis and would like a vote in organization affairs, send your letter to Stephanie Whiting, 4768 Barbara's Ln., Stevens Point, WI 54481. * a compilation of information from the Richard Herrick, MD of the USPF Sports Medicine Committee entitled "Guidelines for Travelers: Prophylaxis Against Vector-Borne Diseases" is available from Box 467, Camarillo, CA 93011 by sending a pre-stamped (\$ 65), self-addressed envelope, and a request for a copy. * Brian Washington, 3506 Essex Rd., Baltimore, MD 21207 (301 944-4002) was re-appointed chairman of the **Drug Testing Committee of the ADFFPA.** The following members will be serving a second term on the committee: John Petroff, 2412 Hartland Ave., St. Louis, MO 63114 (address change 1 May 90 to 11730 Archerton Dr., Bridgeton, MO 63044) and Larry Male, 2201 N. Overland Tr., Ft. Collins, CO 80521. New committee members are Jim Charley, 15 School Lane, Downingtown, PA 19335, and Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828.

Message from the ADFPA President

The third W.D.F.P.F. World Championships will be held in Meaux, France, the last weekend of June. All the national champions from the 1989 Men's Nationals will be able to represent the United States. There is a possibility that one champion may not be able to attend due to military obligations. The runner-up will then fill in this position. The ADFFPA Women's World Team will be determined at the Women's Nationals, April 6 and 7, 1990. The ADFFPA is anticipating its third consecutive world championship.

The ADFFPA has placed on the agenda of the W.D.F.P.F. a motion to establish a Masters World Championships. This will be discussed at the meeting in France, this summer. Al Siegel of Pennsylvania has done much of the initial work to bring about this potential contest.

Meet Directors, please include the term ADFFPA in all meet titles. Remember the drug free and suspension period have been extended to three years or 36 months as of Jan. 1, 1990. Please make an effort to get all the paperwork into the national office by ten days after your contest. This includes meet results, reimbursement form, drug test results, record sheets (if any records were set), scale certification, and listing of the cards purchased at your contest. Make certain that all lifters sign the certification and Legal Release Form. Thanks for your cooperation.

The ADFFPA neither approves nor supports the upcoming N.A.S.A. Powerlifting already has a well-established drug free association. What our sport doesn't need is another dividing group! In unity there is strength. The names and addresses for the new state chairmen for Maine, North Dakota and Ohio are the following: Robert E. LeCroy, P.O. Box 356, Fryeburg, ME 05037; Richard Edinger, 2421, 20th Ave S.W., Apt. 101, Fargo, ND 58103; Larry Miller, 10568 Ravenna Rd. No. 5, Twinsburg, OH 44887. Here's wishing you continued success with your training and support of powerlifting. God Bless You.

Brother Benmet.

Message from the ADFFPA Teenage Committee

As many of you are already aware, ADFFPA Founder Brother Benmet was elected as President of the ADFFPA at the 1989 Senior Nationals. Following the elections, the ADFFPA Executive Committee met and I was nominated and elected as the ADFFPA Teenage Chairman. Because I view the teenage athlete as the foundation and future of the sport of powerlifting, I have every intention of making the ADFFPA Teenage Committee an entity which is influential in the iron game.

First, I feel it is unnecessary to recruit ADFFPA Teenage Representatives at the state level to support the growth of the organization's teenage contingent. All too often, meets are run in which its teenage contestants compete under the Schwartz/Malone formula and only the top overall lifters are recognized for their efforts. Furthermore, when teenage lifters do compete within their respective age groups and weight classes, the age disparity between 14 and 16, and 17 and 19, leaves younger lifters at a major disadvantage. Not only are these practices unfair to teenage athletes, they also discourage young men and women from joining our ranks. Within the states of four more states, there are coaches at the teenage level who want nothing more than to see their athletes work hard and lift. Thus, if you would like to become involved as an ADFFPA Teenage State Representative and assist the youth of our sport, please contact me at the following addresses: Spero S. Tshontikidis, M.J.H.S., 17325 Bernmar Avenue, Port Charlotte, FL 33988. Second, the teenagers have agreed to have a voice within the ADFFPA. Thus, two new agencies have been added to the organization's contest calendar in an effort to consolidate our efforts toward the growth of teenage powerlifting. In August 1990, the first ADFFPA Teenage State Representative (individual and/or team), will serve as the site for the ADFFPA Teenage State (ADFFPA Teenage Committee). Because it follows the ADFFPA Senior Nationals, it will occur at a time when important information can be disseminated and relevant topics can be discussed. In November 1990, the first ADFFPA Teenage Championships, open to all drug free teenage athletes will take place. Lifters and coaches who attend this contest will have the opportunity to voice their recommendations/commitments to the committee and their input will be discussed and acted upon in a positive and professional manner. For information on these contests, please feel free to contact me at the address above.

Finally, positive change cannot be made without the voice of the individual lifter in their respective age groups and weight classes, the establishment of these age groups as opposed to two annual teenage meetings at the national level, and more teenage oriented contests, there are many other goals which I would like to accomplish through the ADFFPA Teenage Committee. For example, the publication of a separate newsletter for teenage athletes written by the committee, pure meets for teenage lifters, etc. are other areas which need to be examined. Without the support of the individual teenage athlete, however, reality and other changes which concern YOU have little chance of becoming. Thus, I strongly encourage you to write me at the above address and discuss your feelings. I will be writing *PI USA* monthly to make the powerlifting community aware of your concerns in addition to replying to your response personally. Together we can make lifting in the ADFFPA a very positive experience for the youth of our sport. Become a part of something great!

Spero S. Tshontikidis, ADFFPA Teenage Chairman

Many powerlifters tend to have trouble staying warm enough during meets to make their maximum lifts. Maybe something like the following has happened to you.

You are at a meet with about 30 other lifters in your session. After blowing away your first squat, you can't get for your final attempt. The lift felt great and a personal record is in sight. The contest, however, is in its last thirty minutes, and it will be at least thirty minutes before you can even attempt your second lift. For about five or ten minutes you are pumped with excitement. The realizing that you have to wait while you sit down and watch the other competitors. Pretty soon you become a spectator. You might as well be sitting in the stands. The next thing you know, the MC calls your name. You are "in the hole." Your sets in as you realize you are neither warm nor psyched any more. What should have been a solid lift in preparation for your final attempt is now questionable. How can you avoid this?

The past several years have witnessed the increased use of the round system for powerlifting competitions. Originally designed for use in situations involving smaller numbers of competitors, it allows lifters in these contests more time between each attempt. The use of this system, however, has become increasingly popular in both large and small meets.

Briefly, the round system allows each competitor to perform the first attempt before anyone makes a second lift. Likewise, all second attempts are made before any third attempts are started. The order of lifts is based on the poundage for the first attempt with the lighter tries going first. The process remains the same throughout the remaining two attempts. Using this system, each lifter knows exactly when their next lift will be. The annoying wait while the lifter ahead follows himself is eliminated, as well as any other changes in the lifting order that can catch a lifter off guard. For the most part, this is a very effective and popular method of running a powerlifting meet. However, for some lifters, it can also create some problems.

When the contest has 12 or fewer lifters in the session, the round system results in waits of no more than 12 to 15 minutes between attempts. For all practical purposes, this is about as long as a lifter should wait between lifts. When the round system is used in contests with a greater number of lifters, waits of over half an hour are not uncommon. At these times, the lifters are sitting there ever a wait of this length, although rest between some heavy sets may sometimes extend from five to ten minutes. The last thing a lifter needs at the meet is a lengthy wait that will allow the body to cool down.

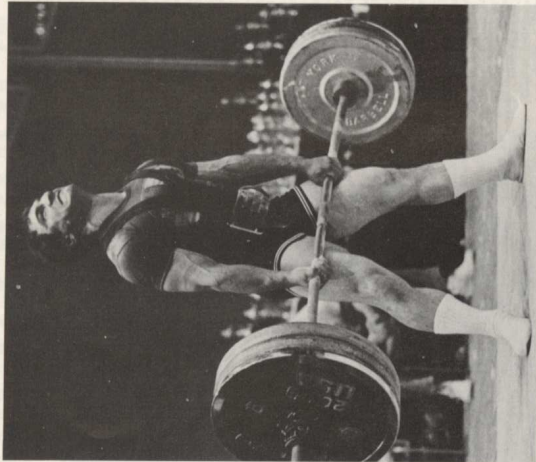
Some lifters do not appear to be affected by this rest as much as others. They prefer the round system many attempts there are before they lift again, even if it means running the

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STAYING WARMED-UP

as told by Andrew Fry, C.S.C.S.



RON DERMO knows that staying warm is essential for successful lifting.

risk of cooling down. Other lifters may not be as affected by the long wait since they are busy helping their teammates or lifting partners. The actual range of muscle temperature (25°-30° C., 77°-86° F.) with resulting increases in power output (5) is not as great as one might think. It is most important for a powerlifter that there may be several reasons why cooling down may contribute to a submaximal performance.

Why exactly is a proper warm-up so important for a powerlifter? There are several reasons which are both physical and psychological in nature. An often overlooked aspect of that is preventing injuries. As the athlete warms up, there is an increase in flexibility (2,3,6,8). With the increase in body temperature, the sarcolemma, a semi-fluid component of the muscle fibers, becomes less viscous, or more fluid-like (2,3,6,8). This may contribute to a greater range of motion at the affected joints. An increased blood flow to the local muscles (6) also helps warm the muscles. For many powerlifters, flexibility less than that of the average person (1). It is possible that some lifting injuries may be avoided by maintaining adequate flexibility levels.

Another benefit of a good warm-up is its effect on how the muscle cells themselves function. As the body temperature increases, muscles

too cool. For illustrative purposes, consider the following scenario:

Dave is a 198-pound class lifter aiming for a 575-pound squat. The meet is following a round system format with 22 lifters in his session, so Dave can expect a wait between attempts of at least 30 minutes. Dave is an experienced lifter, so he warms up correctly and proceeds to blow away his opener at 500 pounds. Instead of sitting around the lifting area until he is called for his second attempt, Dave returns to the warm-up room to perform several light singles at about 60 to 65 percent of his opener. In this case about 315 pounds. For a thirty minute wait, three singles with about five to ten minute rest in between will suffice. While a belt should be used, knee wraps are not and straps can be down. Remember, do only singles. These lifts are only to keep Dave warm and in the groove. He returns to the lifting area five to ten minutes before his second attempt where he powers through a 550 pound squat. A similar procedure is used before his final attempt, where a personal record 575 pounds is achieved.

Great care must be used to assure that the lifter does not fatigue himself. If necessary, fewer singles can be performed between attempts. The poundage on the bar may also need to be adjusted up or down. Remember, though, that the weight on the bar should be heavy enough to require proper form, but light enough to use relatively little effort. These warm-up singles are simple preparation for a maximum performance on the platform. Even if a lifter is trying to assist a partner during the contest, this system of maintaining a warm-up can still be used, although it may mean several trips back and forth from the warm-up room to the lifting platform.

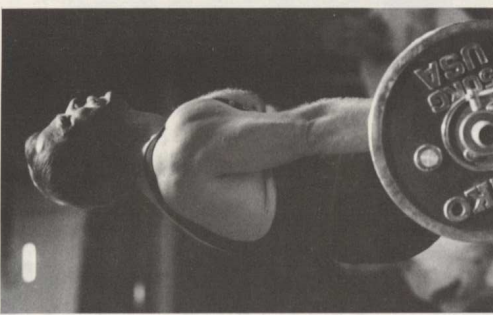
Not all lifters need to follow the above procedure, but if it is difficult to stay either warm or psyched at a contest, try this system. The result should be more successful third attempts.

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INTERVIEW

RICH PRIDGEN as interviewed by Bob Gaynor



Rich Pridgen winning the 1989 ADFFA Nationals.

BG: Would you give us your name, residence and age?
RP: My name is Richard Pridgen. I live in Salisbury, North Carolina. It is 35 miles north of Charlotte. I am 32 years of age.

BG: What is your occupation?
RP: I teach high school and coach and have been doing this for nine years. My teaching responsibilities include teaching strength and speed training for athletes. Other students are allowed to take these classes but 95% of the students I teach are athletes. I also have two periods of in-school suspension in which these students have been suspended in school in isolated classrooms rather than out of school. I see that these students get work from their teachers and complete this work to the best of their ability. In the coaching aspect of my job I handle the offensive line for the football team and wrestling, where I work with weight classes from 152 thru heavyweight.

BG: How long have you been training and competing?
RP: I have been training for approximately 12 years. I started lifting in high school to help with my strength in football. I first started training for competition in 1977 when I was a sophomore and was getting into hard, 12- or 13-hour workouts in 1988 in my first ADFFA meet. I was a member of the Virginia, six months later as a 220 pounder and totaled 1515. My first training year's extended 1979 to 1985, because I stopped for a while in the sport and went back to school. I re-entered the sport in 1988 in my first ADFFA meet. I was a member of the Virginia, six months later as a 220 pounder and totaled 1515. My first training year's extended 1979 to 1985, because I stopped for a while in the sport and went back to school. I re-entered the sport in 1988 in my first ADFFA meet.

BG: What are your views on steroids?
RP: Steroids are a very dangerous drug. I believe that they are a very important factor in the development of muscle mass and strength. However, I believe that they are a very dangerous drug and I believe that they should be used only under the supervision of a doctor. I believe that they should be used only under the supervision of a doctor.

BG: What is your favorite supplement?
RP: My diet is rich in carbohydrates and protein. I try to eat from the four major food groups daily. I do not use any supplements. The other supplement I use is creatine. I use creatine to help with my strength and endurance. I believe that creatine is a very important supplement for athletes. I believe that creatine is a very important supplement for athletes.

BG: What is your favorite training routine?
RP: My favorite training routine is the 5/3/1 program. I believe that this program is a very effective training routine for athletes. I believe that this program is a very effective training routine for athletes.

BG: What is your favorite competition?
RP: My favorite competition is the ADFFA Nationals. I believe that this competition is a very important competition for athletes. I believe that this competition is a very important competition for athletes.

BG: What is your favorite lift?
RP: My favorite lift is the squat. I believe that the squat is a very important lift for athletes. I believe that the squat is a very important lift for athletes.

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PL USA TOP 100
Achievement Awards



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine. They are signed by Mike Lambert. They specify your name, TOP 20, 30, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$16.95. If you have appeared on a TOP 100 list, you are eligible to receive your award. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$16.95 thru certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 6% sales tax.

NEXT MONTH...TOP 1485

Corrections...in the results of the World Police and Fire Games, Masters Superheavyweight lifters Wayne Arduvas (287.5/155/297.5/740 kilos) and J. Hill (280/175/292.5/747.5 kilos) did not receive credit for their lifts. In the results of the WPC Worlds, Mariah Liggett should have been credited with a 4th attempt 254 bench press. Randall C. Williams should have been credited with a 380 bench press on the ADFFA TOP 20181 lb. class list. Also, Alex Galant should have had his 225 bench press, 390 deadlift, and 530 total on the TOP 100 123 lb. class list. We apologize to these lifters and welcome information on corrections that you find on our various ranking lists. Send to "Errors", Box 467, Camarillo, CA 93011.

NEVER TRAIN ALONE, ALWAYS USE A SPOTTER. NEVER TRAIN WHEN HURT, ALWAYS CONSULT A DOCTOR

POWERLIFTING USA MAGAZINE
TOP 100
for USA lifters competing 1989

132 lb./60 kg.

SQUAT	BENCH	DEADLIFT	TOTAL
584 Carrin, L., 723/89	639 Ganti, L., 1113/89	1438 Cahill, R., 723/89	1432 Ganti, L., 1113/89
511 Westbrook, K., 215/89	551 Taylor, T., 714/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
518 Gant, L., 714/89	550 Patterson, R., 6/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	530 Lawrence, K., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89

511 Westbrook, K., 215/89	551 Taylor, T., 714/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
518 Gant, L., 714/89	550 Patterson, R., 6/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	530 Lawrence, K., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89

511 Westbrook, K., 215/89	551 Taylor, T., 714/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
518 Gant, L., 714/89	550 Patterson, R., 6/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	530 Lawrence, K., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89
510 Patterson, R., 6/89	529 Deane, M., 4/89	1432 Ganti, L., 1113/89	1432 Ganti, L., 1113/89

THE SQUAT

by **JOHN WARE**
Below...Joy Burt (Canada) thinks minimizing the chance for errors.

A Dozen Errors in the Squat



Being a strength coach, a competitive powerlifter, and a frequenter of numerous gyms around the country, I get to see a lot of people squat. What I have compiled are a dozen of the most common technical flaws I observe in trainees performing the squat. I will also give a brief explanation of what can be done to correct this performance error.

ERROR 1: Bar placement too high on the trapezius. This can be one of the reasons the lifter is pulled forward, however this may not be the whole reason. As a general rule the bar should rest across the posterior deltoids and the middle of the trapezius about 1" to 3" below the top of the anterior deltoid.

ERROR 2: Uneven grip on the bar, or a grip which is too wide or too narrow. As a general rule the hand position should be slightly wider than shoulder width possibly between 3 and 6 inches wider than shoulder width. A grip which is too wide may cause the athlete to lose control of the bar, while a grip too narrow can be hard on your joints, particularly your elbows and wrists.

ERROR 3: Taking too many steps after untracking the bar and setting up for your descent. Take only enough steps back to clear the squat rack and establish an upright position. The main idea behind the steps in your set up is to conserve your energy for the task at hand.

ERROR 4: Head tilted back and gaze focused upward at the beginning of the lift. In actuality your head should be in a normal position with your eyes straight ahead. You should try and keep your chin parallel to the ground during all phases of the descent and the ascent of the squat. This helps the back and spine to stay as flat as possible during the performance of the lift.

ERROR 5: Foot placement either too narrow or too wide. As a general rule your feet should be slightly wider than shoulder width. Structural factors determine the optimum foot spacing for an individual. Lifters with large hips and glutes can use a wider stance than those with smaller hips and glutes. The wider your stance the more your feet should be rotated outward. This helps to keep your center of gravity directly under the bar.

ERROR 6: Too much forward lean of the torso. This is generally

caused by any of three factors: lack of ankle and Achilles flexibility, lack of spine erector strength, or improper technique or concentration. All of these can be improved through

careful analysis.

ERROR 7: Too fast in the descent. I believe the descent should take between two and three seconds or at about 45 degrees of thigh rotation per second at all times. Be in control of the bottom of the lift. Be sure you are becoming inappreciated.

ERROR 8: Loading with the knees rather than the hips in the beginning of the descent. Your descent should start by breaking at the hips first before the knees ever bend. Shift the hips back and place more weight on your heels. This minimizes the shifting of your shins forward.

ERROR 9: Lack of power or acceleration out of the bottom position of the squat. This generally occurs because of failure to maintain an upright torso. Plyometrics can be beneficial to starting power in the squat.

ERROR 10: Lifting the hips too soon in the ascent position of the lift. During the ascent phase of the lift

hips should be kept under the bar and should not be allowed to rise too quickly. Make a conscious effort to shoot your hips under the bar and for the rest of the lift.

ERROR 11: Knees bow or turn in during the ascent phase of the lift. This commonly occurs because of an imbalance of strength between the thighs and the ankles or muscles of the inner thigh.

ERROR 12: No set up or technique and also specialization of the abductor/adductor muscles.

ERROR 13: No set up or technique enough. For athletes the top of the thighs should be parallel to the floor, while competitive lifters need to be slightly lower. By performing less than full squats the lifter may be performing a more dangerous and less effective version of the squat. Focus on squatting deep in training.

Hopefully, this information will help you improve your technique and you will increase your squat.

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TRAINING

How NOT to Make Weight The Use of Reverse Psychology by DELCY PALK, World Record Holder



Delcy Palk set the **IPF World Record** in the squat in the 97 lb. class with a 314 at the '88 Women's Nationals

Don't we all remember when we were teenagers, going through that obnoxious adolescent stage of doing everything the opposite of what our parents told us to do. You know, if your mother told you to turn, if she stereo down you would turn it up louder, or maybe when you were told to dress nicely for a family function, you would show up in the most radical, freaked out, punk-rock outfit you owned. You loved to flaunt your obnoxious behavior and had a great time doing such spiteful things.

Adolescents, as such, can't be reasoned with because they can't think rationally. Instead, they are primitive, brutal little beings that can't be dealt with on a mature basis. My term for these obnoxious beings is "little morons."

Admit it, at one time in your life, you too were a little moron. Graduating from this life stage into adulthood, however, does not necessarily qualify you as a full fledged rational thinker, especially when it comes to powerlifting.

Let me explain: reaching adulthood merely means you have gained better control over the little moron in your personality. You can usually hide this troublesome personality trait fairly well in your everyday life activities; however, on occasion an emotional event triggers the little moron inside of you. An event such as trying to lose 20 percent of your normal bodyweight the night before a powerlifting meet is one of these "trigger events."

As an adult being a little moron, you begin to complain about everything, become hostile towards everyone for no good reason, and whine and bitch about everything. Starvation, dehydration, and fatigue all contribute to making a lifter become a little moron.

Because we know that little morons always do the opposite of what they are told, I believe the best way to motivate a little moron, to not only make weight, but to perform any task at hand, is to use reverse psychology; telling the little moron to do everything the opposite of what you, you really want them to do.

In particular, here's how to apply this type of psychology to a little moron trying to make weight. (Warning: These techniques will be most effective for those of you who have not fully indoctrinated yourselves into the self torture of making weight. Those of you who have become accustomed to the harsh nature of dieting will probably not find any use for these tricks of reverse psychology, as you have become immune to these mind games. For that, you will have to go into an appointment with a fully qualified shrink.)

1. You must first be in a mental state of deliriousness caused by ex-

little moron go to sleep early and wake up late. Try to just sleep your weight away.

4. Maintain a poor mental attitude. Tell yourself you won't make weight, that you lack will power. Tell yourself tomorrow is another day, tomorrow you can try to make weight because you really want to eat that cherry chocolate covered cheese cake right now. Tell yourself you are a total pig. A positive attitude, in contrast, is a key to success in anything (Schwartz, 1965). Good control in your life breeds a positive attitude. To maintain good control in your life, Blanchard (1986) suggest emphasizing autonomy, connectedness, and perspective in your everyday activities. Having a good sense of where you're heading and seeing a total picture of your life goals makes today take on a special significance and emphasizes the importance of making every day you have at work, at home, and in the community as critical elements in creating direction, purpose, and passion for what you are doing.

Now with these few psychological tools at your disposal, you can make weight. You see the "adult" in you has the ultimate say in how YOU control your weight. Good Luck!

My Qualifications

EDUCATION: 1982-1987, Bachelor of Science in Behavioral Science at the U.S. Air Force Academy, 1988-present: working on Masters of Aeronautical Science, Embry-Riddle Aeronautical University. Research paper topics have included: The application of sports psychology. Human metabolic rate in a cold weather environment. The application of athletic hypnosis. Self-initiated studies have included: Sports Psychology. Exercise physiology. 1987, May: Studied exercise physiology in the Soviet Union through Study Tours International.

EXPERIENCE: Since 1983, trying to make the 97 pound weight class with an average body weight of 110 pounds.

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1. Stuff your face with fat laden foods like butter, chocolate and sour cream. Fats don't digest as easily and quickly as carbohydrates and proteins do. Fatty foods, according to George Sheehan (1983) can take as long as 34 days to thoroughly digest in your system. High protein diets, likewise, enhance the restoration of lean body mass and facilitates the process of weight loss (Jen, 1988). Additionally, calories from proteins and carbohydrates speed up your metabolism, increasing your body's overall ability to burn fat (Barnett, 1987). Jen (1988), furthermore, found eating a high carbohydrate meal results in a net loss of body fat. Eating carbohydrates stimulates the sympathetic nervous system which slightly increases your heart rate, body temperature, and other body functions. It's been speculated that this increase in body functions may be responsible for up to 15 percent of the body's energy expenditure (Sheehan, 1983). So, little moron, go ahead and eat that chocolate éclair or cream filled donut, yum, yum. All those fatty calories are really going to help you lose weight.

2. Don't do any aerobic exercises at all. Aerobic exercise like running, walking, or biking not only reduces water weight by making you sweat, but burns fat as well. The American Dietetic Association suggests the best way to burn fat is by regular aerobic exercise (Sheehan, 1983). Of course, you little moron, you wouldn't want any of that to happen while you're trying to make weight.

3. Sleep a lot. Hatman (1973) and Morehouse (1975) suggested that prolonged sleeping (over 7.9 hours a night) on a regular basis can reduce your overall metabolic functions thus leading to a slowdown of your body's ability to lose weight. Hatman (1973) additionally found people who gain weight and have a difficult time losing weight have a longer sleep cycle. Apparently, sleep reduces the body's overall ability to burn fat. So

teme dieting and dehydration as you try to prepare yourself for an upcoming meet. Typical symptoms which indicate this mental state include "cotton mouth" and a physical sensation of being in a "weight zone", the feeling of being too tired to do anything, but too awake to fall asleep. (If you don't fully understand this, it means you haven't reached the delirious mental state I'm talking about yet. Keep on starving and dehydrating for a little bit longer.)

2. You are becoming totally obnoxious. (Your wife/husband, girlfriend/boyfriend, coworkers, and/or neighbors tell you that you are acting like you are suffering from Premenstrual Syndrome (PMS) and it's not even that time of the month or you are not even of the correct gender to suffer such an ailment.)

3. You are getting the extreme urge to give up your quest to make weight as you see everyone around you chowing down pizza, french fries, and chocolate chip cookies. You are about to give in... DON'T. Stop right now and read the following:

ADVICE FOR LITTLE MORONS
How to Make Weight:

More From Ken Leistner

High Cassidy, whom I have mentioned often in my articles, was one of my favorite lifters, and one of the best lifters of all time. That he was underrated, overlooked, and often taken for granted until he was standing on the winner's podium, did not diminish his many accomplishments. High did much of his training in his garage gym, and was a source of inspiration for me, because he was one of the first world class lifters who showed that one did not need to use a complicated program, or train in a push, over equipped environment.

One of the primary themes of all of my writing is to train simply, train at a high level of intensity, and train consistently. That does not look pretty or moving next to cycling programs, esoteric routines from abroad, the latest innovations from whichever champion is currently on top and trying to sell commercial courses, or what is often done, and is overlooked in many local gyms.

However, for most readers of *PL USA*, these are the only guidelines that will ever bring a modicum of success.

Men like Hugh Cassidy looked strong at work, in fact they were. They did not by the setting of a deadlift and a few other barbell exercises, in part because that essential and that the available equipment allowed and in part because they understood that this was the key to powerlifting improvement. Most lifters have unrealistic goals, often including a trip to the Worlds. While I would never encourage anyone to limit themselves, a touch of reality is necessary if one is going to train productively, and spend most of their training time bemoaning what they feel is a relative lack of strength.

One important key to maintaining both enthusiasm and improvement is the setting of short term goals. Short term means improvement over a number of months, not weeks. It is unrealistic to pop big numbers, after years of slogging through mediocre poundages, after six weeks of any type of training. For many, it



Hugh Cassidy weighing 296 lbs. and pulling 790 lbs. (photograph by Niemi, provided courtesy of Dr. Ken Leistner) and draw at least two white lights. I've

seen one near champion do a set of five in the deadlift that could be characterized as a joke. Unfortunately, the joke was on him and it was not at all funny. His first rep was good, the second swung forward badly. The third was bounced, and enhanced by the rubber bumper plates on the bar. The fourth rep was done almost stifflegged and with more than one hitch between the knee and completion, and the fifth stopped before it hit the knees. Basing on this 'set of five', I was not surprised that he barely made his opener didn't come close with his next two attempts. All were quite less than what one would have projected after doing a set of five, but in a misguided attempt to 'stay in line' with the called for program, he was going to get five with his projected training poundage come hell or high water.

Put the effort into the lifts, and do them so that the final reps of any set are challenging, but count only those reps that were done properly, those that were judged by the strictest standards. Do the assistance work that is truly necessary, and if you're not sure what that means, don't do any.

If progress is continuous, don't worry that you're not training 'like everyone else'. Keep the image of Hugh Cassidy in front of you (as often do), and bang away at the three lifts. Do good reps, do hard reps, spend lots of time recovering, and enjoy the sport for what it is.

Dr. Ken Leistner

I'd like to tell you about my good friend and a top lifter on the national scene, Jim Vrabel. Jim first got interested in weights at age 13 to build strength for wrestling while in high school in Hammond, Indiana, and later in college at Indiana State University in Terre Haute, where he received a B.S. in Physical Education. Jim had good success in wrestling but when he graduated from ISU he first started competing while in high school and entered olympic lifting meets at age 14. Also while in high school, Jim benched over 300 while weighing under 145 pounds. Jim also was an all-around athlete. He played high school football and specialized in returning kickoffs. While still in high school, Jim cleaned and jerked over 300 pounds and snatched in the 200s.

Jim first started competing in powerlifting in the 148 class and later moved up to the 165 class where he benched 370. In 1982, Jim moved up to the 181 class and his lifts shot up accordingly. He had his first big total at the 1983 Badger State Meet in Sheboygan, Wisconsin where he totaled USPF Elite with 637, 404, 604 for a 1647. Jim won best lifter in the light classes.

Jim hit the YMCA Nationals in the 1985 and placed fifth with a 650, 440, 580, for a 1670 total. In the summer of 1986, Jim got a big 470 bench at a local meet at 181 that put him near the top in that class in that lift. Shortly after, at the '86 APF Seniors, Jimmy failed to get a squat and bombed out. Jimmy was in top form for that one, as a few weeks later he hit 325 for 20 reps in the bench in training. Jim competed again at the 86 Y's where he placed third with a 661, 457, 606 for a 1724 total, his best to that date. Jim holds all the APF Indiana State Records at 181, all being set in national competitions; no home town judges' calls. In May of 87, we went down to Florida for Rick Wells' Junior Nationals. Jim came in third with a 1710 total. Jim followed with the APF Seniors in Bloomington, Minnesota where he totaled 1697 placing fourth, not having a good day. Jim took some time off and next lifted at the 88 APF Seniors where he finished fifth with a 661, 474, 578 for a 1714 total. His bench was a personal record at 181.

Two weeks later, Jim entered the APF Illinois meet at 181 as a guest lifter and had his best meet to date with a 685 squat, and big and easy 485, 613 press and a 600 pull for a 1770 total. All but the deadlift were PR's and the most ever done by an Indiana lifter.

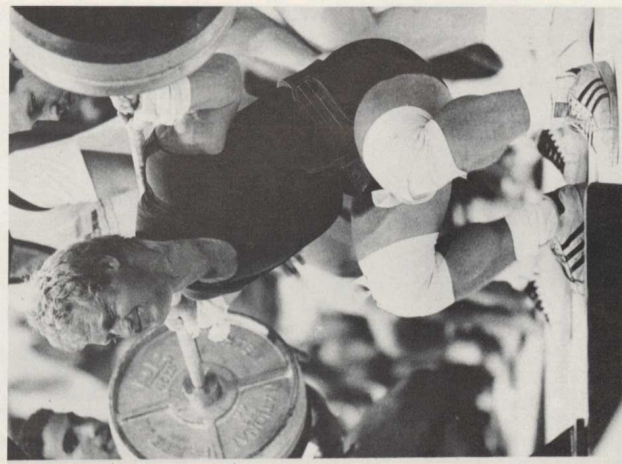
He usually competes as a light 198 for tune up purposes before he starts his weight class campaign. Being a former wrestler, Jim has a lot of experience in cutting weight with a minimum of strength loss. His best

lifts at 198 are 700, 485, and 600 and a 1760 total. Jim has won just about every contest offered in the Midwest at 181 and 198 and has quite a massive trophy collection acquired through wrestling, powerlifting, and olympic lifting. Like many national level competitors, Jim has limited most of his latest meets to national contests and some local meets just prior to big ones for tune ups. To Jim, first place at a minor meet with a good total is much less desirable than a good total at a major event and not winning.

Jim usually trains four times a week, benches and squats twice weekly, once heavy - once light, and deadlifts once per week. Over the course of a training year, Jim uses rep schemes from 20's to singles depending on if he's in off-season or contest phase. He usually benches heavy on Monday, with assistance work. On Tuesday, squats and back get the nod. On Thursday, Jim benches light

POWER PROFILE

Jimmy Vrabel as seen by his friend Doug Daniels



Jimmy Vrabel is a partner with author Doug Daniels in SPORTS INK, INC., a company which produces personalized powerlifting training routines. lifts at 198 are 700, 485, and 600 and a 1760 total. Jim has won just about every contest offered in the Midwest at 181 and 198 and has quite a massive trophy collection acquired through wrestling, powerlifting, and olympic lifting. Like many national level competitors, Jim has limited most of his latest meets to national contests and some local meets just prior to big ones for tune ups. To Jim, first place at a minor meet with a good total is much less desirable than a good total at a major event and not winning.

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together very soon.

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

higher reps in the off season and lower reps in the contest phase. Jim's favorite assistance move for benches are close grip benches. Jim uses everything he can to get that big bench, a wide grip, high arch, leg drive, perfect bar path, and optimal bar descent along with his favorable, natural leverages. Jim also does some basic bodybuilding exercises as assistance work. Jim uses a bench shirt about four weeks prior a contest.

Deadlifts are hit once a week and he gets higher than 5's on this one. Deadlifts off the block are the exercise of choice. Jim does a meet 8 weeks before the meet, he does regular deadlifts off the floor. Jim also includes chins, heavy straps and lockouts in their lifts, as assistance work. Because of Jim's structure, relatively short arms and a long back, deadlifts are tough for him.

Currently, Jim trains mainly in his basement gym with a small group of training partners. I have not failed to see anyone who trains with him and follows his lead not improve his lifts tremendously. Jim was the one who got me interested and acquainted me with the nuances of the sport. Jim works as a production supervisor for Quaker Oats in Kanakee, IL, and lives in Hammond, Indiana with his wife Cathy. His work schedule can be demanding, but having his own set up at home enables him to get in his workouts. Jim has several supportive training partners like Norm Balda, Ron Kaminski, Dan King, Roy Mirabel, Joe Brettnacher, Dave Del Real, and Fred Gnietlich, some pretty good lifters in their own right.

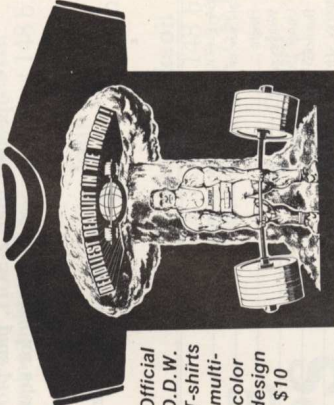
Jim's favorite saying and philosophy is "It's not where you start, it's where you finish." Jim feels that some lifters start their training cycles too heavy and may burn out in the long run. Jim favors starting either a contest or off season cycle moderately and gradually increasing the intensity over the period. This lessens the chance for burn out and injury, and allows for better long term gains.

Jim also trains instructively, meaning that though he has a general routine (reps, weights, etc) he follows for a cycle, he may alter his actual workout if he is having a particularly good or bad day by adding or deleting a set or exercise. This flexibility allows him to take advantage of a good training session or cut one short if things look bad on that day, and perhaps holding off injury or overtraining.

Jim's goals are to win a major title and put some big lifts on the books such as a high 700 squat and a 500 plus bench as 181. Jim will soon move up to 198, where he thinks he could squat near 800 and bench in the mid 500's. I think these goals are attainable considering his structure favors these two lifts and I look for Jim to put some more big lifts together very soon.

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Most lifters who have found the sport rewarding but difficult will not jump twenty pounds in any lift from

Athletes are at best - different. Viewed by an outsider, an athlete's life may seem unnatural, frightening, even bizarre. Let's face it, how many people do you know who would push their bodies to the brink of exhaustion each and every day, abstain from social and physical pleasures, such as sex, alcohol, and social communication, sacrifice job opportunities, financial security, home, marriage, even children, perhaps ingest large quantities of illegal and dangerous drugs, ignore and endure pain from serious injuries, work long hours perfecting a simple skill that is ridiculously repetitious, and gain and lose a couple hundred pounds each year? For that matter, how many people do you know that would spend 40 to 60 hours a week working on their hobby, and eating two or three cans of tuna fish each day for a lifetime? Yet all this is done for a chance to participate in an event that might, if the athlete is good enough, bring him a few moments of glory.

What motivates a man to do these things? To the outsider, it is a clear-cut case of insanity. To the lifter who does not have a background in psychology, it's an unexplainable obsession that causes euphoria when he participates and dysphoria when he doesn't. In an article published in *Powerlifting USA* (4/82) Larry Pacifico, who is considered by most experts as one of the greatest powerlifters of all time, makes reference to the addictive nature of his sport. It's a brutal, tragic, picture that Pacifico paints, but one that is quite revealing.

Mr. F. is gone now. He decided to take his life. This is not a rare situation with lifters. Seems many powerlifters sacrifice marriages, careers, and a lot more for sport. When the lifting starts to fade, there appears to be nothing left... I know you successful marriages in the game. Lifting becomes so much a part of you that at times nothing is more important. I can say that, from personal experience, he did, missing out on a lot of things to pursuing careers.

The history of sport is filled with names who ascended to greatness early in their careers, and then quickly fell in oblivion, causing them to live the remainder of their lives in frustration and misery. In most of these accounts, it seems that the athlete is unable or unwilling to cope with the realities of life. Instead, he seems to be preoccupied with the game. For him the game is the real world. Once the game is over, life afterwards weeks of anticlimax. Consequently, the athlete tries to cling to the game, as a dying person clings to life because for the truly addicted athlete, the game is his life. He can do only one thing: play.

The athlete lives in a world that few non-athletes can relate to. That why athlete survives to live a happy and rewarding life is at best, amazing. For years, the athlete is pampered, given and spoiled. They are given a social status that is unparalleled even in the political arena. When athletes speak, people listen - whether the

were his just for the asking. He had everything asking could want and more. The high esteem in which he was held by the Third World was seldom matched by an athlete. However, as with any athlete, the years of competition started robbing "F." of his superior physical skills. He still won, but the wins came much harder, and he began absorbing more and more punishment during each fight. His friends and coaches begged him to retire before he was defeated, but he wouldn't or couldn't quit. He once admitted to a friend that he could not stand to live without the roar of the crowd or the excitement of the game. Competing well beyond his prime, his day finally came, as it does with all athletes who brutally beaten and humiliated by a Japanese kick boxer who eventually replaced him as the king of the realm.

"F." continued to compete, however, trying to recapture his youth and greatness. Of course, it was not to be. After a number of unsuccessful beatings in the ring, he was finally forced into retirement in his thirties. He lived the rest of his life in reverent, total, consumed with his past. He would tell anyone who would listen about his glory days. He told the same stories again and again. Even the dialogue of his stories that he uses in retelling his stories were always the same. The power hearases caught his companions now busy finding ways to avoid him. It wasn't long before he started drinking heavily. He was unable to hold a job or develop a relationship with a woman. By the time he reached his mid-forties, he was flat broke. A forgotten, beaten man, he ended his life one year later with a 45 revolver.

According to James Michener, the reason sport provides such dramatic material is that the climax comes so early in the athlete's life, the decline so swiftly. For a truly great athlete like "F.", his decline is so tragic when you consider both the magnitude of his fame, and the totality of his collapse, but his story merely intensifies the story of every athlete who has developed such single-mindedness. Dr. Steve Smith, a renowned sports psychologist who specializes in helping athletes adjust to life after the glory days, feels that many athletes develop "addictive personalities" from their participation in sports.

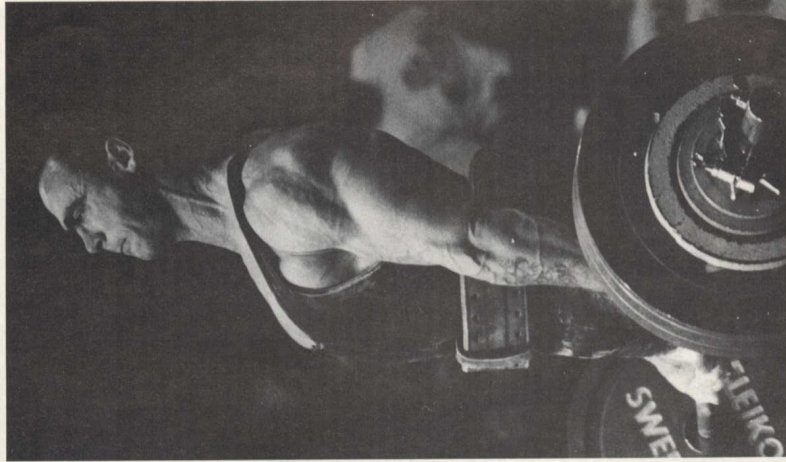
"Many of the athletes we work with show signs of an 'addictive personality.' They are literally 'hooked' on sports. Just like a junkie, they need a daily fix of sports participation or they go through withdrawals. Nothing is important to them - money, family, friends, are all incidental. Sport is their opium. Without it, they die a little bit each day."

Usually the habituation that an athlete develops from his participation in sports is a total addiction. For the addicted athlete, sport is not just an event that is played at specific intervals; it is his social life, psychological life, and physical life. For this type of individual, it is not just participation (article continued on page 64)

Dr. Judd

Athletic Addiction

by Judd Biasiotto Ph.D., World Class Ent.



Is It Possible for athletes to become addicted to their sporting activity?

with a body that a Greek "god" would envy. He possessed uncanny coordination with lightning speed in both hands and feet. His superlative athletic competence was well-matched by his mental skills. His determination was frightening, a never-say-die attitude that led most of his opponents to believe that he was invincible. During his career in the martial arts, he was simply unbeatable. He literally destroyed one opponent after another. He had no equal in the sport. It was said that the European countries searched their homelands with the hope of finding a champion who could defeat him. They found no one.

During his reign, he was treated like a "god". Money, women, and status, success, and fame were all his. He was a man who was worshipped. He was a man who was feared. He was a man who was loved. He was a man who was... (text continues)

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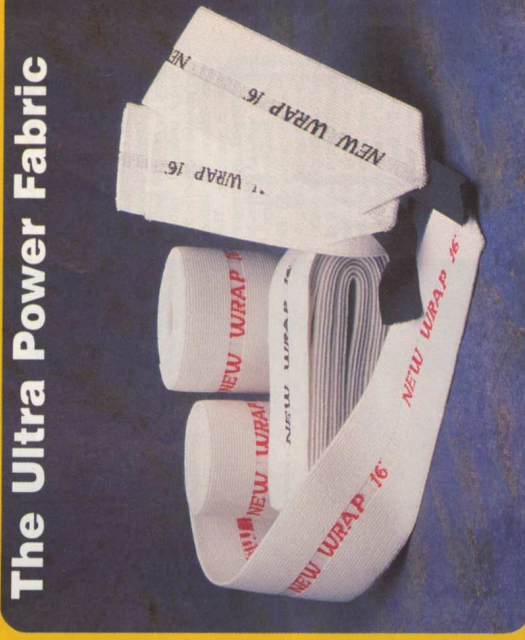
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STARTIN' OUT

A special section dedicated to the beginning lifter

Personal Training Equipment and the Novice Weightlifter

by Stephen P. Ferris, PhD & Arthur B. Fox, BA



Successful Powerlifters take advantage of the lifting equipment allowed under the rules

ching. The more rows, the better. Otherwise, the covering material tends to peel away from the belt's cowhide core.

Some belts have a tapered look, which is much narrower at either end. They are almost always single thickness. These belts provide greater lumbar support than IPF competition authorized belts, and make a sensible choice for the lifter whose poundages will be moderate and who is fearful of back injury or soreness.

Another item of training equipment of interest is all categories of lifters wear, the weightlifting shoes. Wraps provide support to a joint, thus reducing the stress on it. If the joint has been strained or injured, this support will aid its recovery. In certain lifts, such as the squat, knee wraps provide a rebounding effect and aid the lifter in completing the movement.

The IPF allows only the use of wrist and knee wraps in competition. These wraps must consist of gauze or medical crepe. Rubber wraps, often sold in drug and discount department stores are forbidden. Both wrist and knee wraps may be no more than 8 cm in width; wrist wraps are 1 meter long while knee wraps can be twice as long. This suggests that the economy-minded lifter that old knee wraps can be cut in half to produce a pair of wrist wraps.

The proper use of wrist and knee wraps requires correct wrapping technique. Easily mastered, proper wrapping involves a crisscrossing of the joint in a "X" pattern with the wrap. The wrap should be applied snugly to maximize joint support and rebound ability. The lifter should only begin wrapping at higher poundages, as joint stress increases. Too frequent use of wraps at low weight causes the lifter to lose that desired feeling of support and tightness when the poundage becomes very high.

Unlike the belt, there is not quite as much variety with wraps. The composition of the wraps does vary. This results in slightly different rebounding ability in the various wraps. Some wraps are covered on one side. The authors find these wraps to be less irritating to the skin and to slide less as movement is applied to the joint.

The next piece of equipment to be discussed is the lifting suit. We are not talking about a loose fitting wrestling singlet, but a tight, one-piece suit made of special stretch material. These suits have their greatest appeal to powerlifters squatting high poundages. The suit, with its skin-tight fit provides additional support to gluteus maximus, so

critical in completing a squat. The suit also provides a rebound effect to the lifter in rising out of the squat. Like a coiled spring, the tighter the suit, the greater is the rebound.

The IPF rules regarding use of a suit are simple. The suit must be one-piece with no padding or reinforcements. The leg length can be no longer than 15 cm from mid crotch. The commercial options facing the prospective lifting suit buyer are extensive. The quality of the suit's stretch material, and hence its rebounding ability will vary. Unfortunately there is no way for the novice lifter to truly evaluate this prior to purchase.

The greatest stress on the suit occurs in the crotch area during the down phase of a set in powerlifting. This is a failure blowout, where the lifter has removed the bar. There are a variety of suit guarantees against blowout. Some suits are advertised as using 100 yards of thread in crotch construction. Other manufacturers offer unconditional guarantees that vary anywhere from 1 to 6 months. Tears elsewhere in the suit are uncommon.

The better tailored the suit is to individual body dimensions, the better it will serve the lifter. The personal tailoring provided by suit manufacturers varies. Some request only height and weight while others request additional measurements regarding hip, leg, and top of trousers to crotch. Some manufacturers offer one degree of tightness, while others market a series of pro-

gressively tighter suits. Some suits are cut low providing greater chest and arm openings, while other suits are more conservative. In this question of torso vs. low cut, individual taste may be the best guide.

The novice lifter should use his suit at least weekly in order to become accustomed to its feel. If the lifter is a powerlifter, this will prevent any feeling of surprise or discomfort due to an unfamiliar suit during competition. A gauge of a suit's tightness is the ease with which one can get the shoulders and hips up. If assistance is needed, the lifter may wish to reserve this suit for competition rather than normal workout or heated lifting sessions.

The lifter should expect bruises on the inside thighs from his suit. The extent of the bruising varies with the red and sets done while wearing the suit. The bruises are quite superficial, and the authors have found them to heal within several days.

The last bit of advice about lifting suits regards washing. Although no one likes to wear soiled clothing, excessive washing of these suits does reduce suit tightness. Suits are generally not worn at each workout and common sense will dictate an appropriate laundry schedule.

Now that we have covered the major training aids, let's consider some less important in preventing injury and providing muscle support, but nevertheless are seen in many bodybuilding and powerlifting gyms. There is an extremely wide variety

of athletic shoes available to weightlifters. In general, the lifter should be interested in a shoe that provides a stable base for the proper execution of all weight-training movements. The powerlifter must be further concerned with IPF restrictions against lateral projections. Interpretations of this rule make the popular flared heel type of shoe an inappropriate choice for novice powerlifters.

In the squat and deadlift, specialized shoes make some sense. From the squat, a shoe with a heel will help keep the lifter centered or gravity aligned with the center of the bar. Many powerlifters wear work boots or heated shoes rather than buy the specialized lifting boots commonly available. In the deadlift the lifter's feet should be as flat as possible. A heated shoe is as deadlift tends to align the lifter too far out over the bar. This puts the lifter at a mechanical disadvantage. Many powerlifters will wear wrestling shoes or inexpensive deadlifting slippers. The latter are minimal foot coverings with a rubber sole usually selling for \$3-\$5.

Training straps are another popular personal weightlifting aid. Training straps allow the lifter to string and deadlift more than he could otherwise. It allows a firmer grip on the barbell by securing the lifter's wrist or hand to the bar. Disallowed in powerlifting competition, there are a number of varieties. Width varies from 1 to 2 inches while composition can be cotton, nylon or leather. Cot-

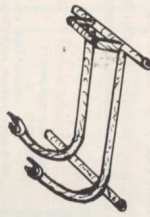
ton tends to slip the least, but does not last as long as nylon or leather. The use of personal equipment is an integral part of all aspects of weight training. The proper selection of equipment is essential for the lifter. This equipment, when correctly used can prevent serious injury as well as provide support, to weak or damaged muscles. This equipment also means increases in powerlifting totals. The authors have experienced increases of 30-60 pounds when compared with totals without belts, wraps, and suits.

In many cases, the actual purchase of an item depends on personal taste. But several guidelines should be considered. The first is that of quality. If you intend to keep the equipment for many years, a better buy the long run will be better. Second, whenever possible, buy equipment that offers the greatest individual tailoring. The more closely a piece of equipment matches your body measurements, the greater its effectiveness. Thirdly, powerlifters should be aware of IPF restrictions regarding the use and construction of any training aid. Lastly, the lifter must remember that equipment, regardless of quality is not a substitute for hard work or proper form. The lifter should not begin to miss workouts or cheat in execution as he adds equipment. Keeping these principles in mind, the properly equipped lifter should enjoy many years of rewarding and relatively injury-free training.

GOOD LIFTING!



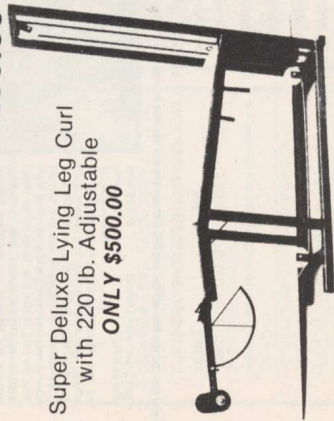
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WORKOUT of the Month

This program is intended for a lifter capable of a 600 pound deadlift.

- Week 1:** 135x10, 225x8, 275x5, 315x5, 330x5, 350x5
- Week 2:** 135x10, 225x8, 315x5, 325x5, 340x5, 360x5
- Week 3:** 135x10, 225x8, 315x5, 335x5, 350x5, 370x5
- Week 4:** 135x10, 225x8, 315x5, 345x5, 360x5, 380x5
- Week 5:** 135x10, 225x5, 315x5, 405x5, 450x3, 470x3
- Week 6:** 135x10, 225x5, 325x3, 410x3, 460x3, 480x2
- Week 7:** 135x10, 225x5, 325x3, 415x1, 470x3, 490x2
- Week 8:** 135x10, 225x5, 325x3, 425x1, 480x3, 505x2
- Week 9:** 135x10, 225x5, 325x2, 425x1, 500x3, 550x2
- Week 10:** 135x10, 225x5, 325x2, 425x1, 425x1, 525x3, 560x2
- Week 11:** 135x10, 225x5, 325x3, 415x1, 550x2, 570x2
- Week 12:** 135x10, 225x3, 325x2, 450x1, 550x1, 600x1

Contest Day: Warmup: 225x3, 325x2, 450x1, 500x1. Make your first attempt at 570 pounds, your second at 600 pounds, and your third and final attempt at 620 pounds.

You can start your assistance workouts your first week of training, and conclude the workouts at the end of your eighth week. This is the assistance routine: Shrugs 3x10, Bentover Rows 3x10, Cable Pulls 3x10, One Arm Rows 3x10, Crunches 2x30, Hyperextension 2x25.

I feel that you should let your lower back rest at least 2 weeks before the contest by not doing any assistance workouts or deadlifts.

When discussing a deadlift workout, I feel a moment must be taken to address the question of correct technique. I don't want to confuse correct technique with the different styles that are seen on the lifting platform today. There are two basic styles, the sumo and the conventional, and I find the conventional style works best for me. I am fortunate to work with Mike Hall, Dr. Fred Hatfield and Sean Scully.

For supplements, I use Dibencozide (10MG), L-Carnitine (500MG), Inosine (500MG) and Bee Pollen Octacosanol (5MG).

This workout is designed to give the novice or intermediate lifter a good foundation and to increase their max deadlift by 20 pounds in 12 weeks with two extra weeks of rest. The training routine that works best for me is that I squat on Mondays, Bench on Wednesdays and Deadlift on Fridays. On Tuesdays I light legs training and on Thursdays is upper body training.

I will provide personalized squat, bench and/or deadlift routines upon request in folders for \$15.00 each. My address and phone number is:

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As powerlifters and strength athletes, we are constantly seeking better and increased making the transition to training athletes, we are constantly seeking better and increased nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that you intake of dietary protein, carbohydrates, and a small amount of fats is the best balanced diet you can create. extra supplementation is a very necessary requirement for today's competitive powerlifters. The search for highly effective nutrients to assist us in our quest for greater strength and power has always been a priority. The never-ending search for the nutrient or combination of nutrients which would offer us, as powerlifters, a natural solution to the chemical program has become even more complex. On the following pages Marathon Nutrition brings you the finest, most effective and advanced nutritional supplements available. They will help you get stronger, train harder and become more efficient. The mere fact that there have been many natural nutritional breakthroughs form more efficient. The mere fact that there have been many natural nutritional breakthroughs which offer a solution for powerlifters and strength athletes has made it more difficult for to arrive at which one is best. Marathon Nutrition has created four categories of supplementation for powerlifters and strength athletes. These four categories, 1) the Aminos, 2) Natural Growth Enhancers, 3) Performance Enhancers, and 4) Micro Nutrients (Vitamins & Minerals) cover every aspect of nutritional supplementation powerlifters and strength athletes require. Although any individual product has been designed to work well on its own, for optimum results utilize at least one product from each category. That's not a requirement just sound nutritional advice. Please review the following pages carefully and in case you have any questions or want some advice on setting up an optimal food supplementation routine, please call or write and we'll be happy to discuss the latest advances in sports nutrition and how you can intelligently apply them to your training and competition.

Best regards,
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 Apr/83...O.D. Wilson's 2430 total, Jan Harrell interview, AK 10 Challenge, National Nationals, Carol Waters, TOP 100 132s, ADPPA TOP 20 242s.
 May/83...ADPPA Lifetime Drug Frenzy, Ray Benemerito Interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADPPA TOP 275s.
 Jun/83...Hawaii Record Breakers, Joe Ladhner Deadlift, Muscle Composition, ADPPA & USPF Collegiates, TOP 100 165s, ADPPA TOP 50s.
 Jul/83...USPF Masters, ADPPA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.
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Ask the Doctor

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

DEAR MAURO: I am 17 years old and have just begun entering competitions. Having never taken steroids I would like to enter an ADPPA contest. The only thing is that I had a few months ago I tried Yohimbe Bark Extract because it said in an ad that it was 100 percent legal for competition. Then I read that it contains Methyltestosterone. I was wondering if this is me and if so what would it do to me. I was wondering if this is me and if so what would it do to me. Also, would it keep me from competing in lifetime drug free competitions. Any help would be greatly appreciated. Thank you. Greg S.

DEAR GREG: Yohimbe is derived from the dried bark of *Corynanthe johimbe*, a tree native to Gabon, the southern Cameroons and the French Congo of Africa. It is widely used in many countries as an aphrodisiac because of its effects on the nervous system. Yohimbe tree bark and Yohimbe Bark Extract contain yohimbe, but should not contain methyltestosterone, unless it is put there artificially. I had a sample of Yohimbe bark extract analyzed and no methyltestosterone was present, although some plant steroids were present. No plant or herb contains testosterone or even any derivative compound that the human body can transform into androgenic/anabolic hormones. The steroids contained in the plant products are plant steroids (usable by the plant but not by humans) and not anabolic steroids. If you want more details on Yohimbe, and other anabolic steroid replacement products (such as Stimpz Officialins), I suggest you get a copy of the fifth update to my book *Drug Use and Detection in Amateur Sports*.

Put your mind at rest as far as the drug testing. You have not taken any banned drugs and therefore should not have any reservations about passing the drug tests or in competing in lifetime drug free competitions. On the other hand I would keep a critical mind when evaluating the usefulness of any "natural" ergogenic aids - and don't believe everything you read. All my best, M.G.D.

DEAR MAURO: I am writing as a fellow powerlifter for the address of another letter. Specifically, in *Powerlifting USA*, Volume 12, No. 4, November 1988, you answered a question in regards to shoulder problems involving the ac joint. The question came from Bob T. After reading the article I knew that I could help Bob T. by my experiences with ac joint problems. I had an acromioplasty and distal clavicle excision on not only one shoulder but both. My symptoms were similar to Bob T's. Please forward his name and address so I may write him and share my experience. Thank you and please keep up the great "Ask the Doctor" column in *Powerlifting USA*. Sincerely, Jeff Mumaw, 252 Andover Ct. 15G, Valparaiso, IN 46383, USA

DEAR JEFF: Sorry, but I haven't been able to find that particular letter. I had a Jeff at my house some time ago and a lot of my papers are missing. However, if I include your name and address in my column so that Bob, or anyone else with similar problems, can contact you directly, M.G.D.

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Opinions from our Readers....

Like the other members of the Women's team I'm attempting to train for the Nationals, still FRIED from the Worlds. The concept of co-ed Nationals & Worlds is great, but switching back & forth is horrible. Maybe in a couple of years they'll combined them permanently! Judith Auerbach

When is the IPF & USPF going to implement a dual testing program of polygraph and urine testing? If our sport is ever going to get the respect of the public it must be clean PERIOD! Saving you are clean and being clean are two entirely different things. Let's cut the crap and return to sanity! Doug Heeren

(rebuttal to Mr. Santucci, Dec/89 PL USA)

Mr. Santucci, your comments are irrational and very bitter sounding. The rules state the we Powerlifters can use a suit, wraps, a heavy belt, tight briefs and we can go as wide as we want. With these extras we show how strong we really are. It is an option whether or not to compete in this arena. In fact, you can compete against me, or any Powerlifter, anytime, with us using our little extras and you using whatever you want. Even if you beat us, we'll take our loss graciously and shake your hand. John Bailey

I just won Best Lifter at the Iron Man contest with a PR squat of 722 at 242 lbs, but I almost died to death 4 weeks before. I believe it was because of an over the counter pain killer. I used it for a prolonged period, but there were no symptoms, until I suddenly felt ill and vomited 500 CC's of blood, 72 hours later and 17 vomited later I was released from intensive care. Anti-inflammatories should be monitored by a doctor. Ron McKee

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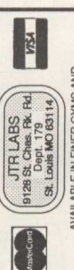
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Jeff Ambrosino attempting a 775-squat at 220 during the ADFFPA New Jersey State meet. Jeff won the 220 lb. division. Photograph courtesy Joe Pira.

7th ADFFPA New Jersey State 2 Dec 89 - Andover, NJ

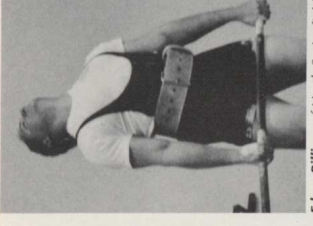
Table with 4 columns: Name, BP, DL, Total. Lists athletes like G. Rette, M. Rachmiel, D. Brommeyer, etc.

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Table with 3 columns: Name, Weight, Score. Lists athletes like East Coast Bench Press, 16 Dec 89 - Philadelphia, PA (kg).

APAWPA Vermont Open Deadlift 9 Dec 89 - Bellows Falls, VT

Table with 3 columns: Name, Weight, Score. Lists athletes like W. Master, T. DeBel, T. Teen, etc.



Edgar Billings of North Springfield, VT pulled 365 for 1st place finish in the Vermont Open Deadlift Championships (photo by Taylor).

Table with 4 columns: Name, Weight, Score. Lists athletes like Japanese Club Championships 3 Dec 89 - Urawa City (kg).

Table with 4 columns: Name, Weight, Score. Lists athletes like Central Iowa Law Enforcement Firearmers Open Bench Press, 18 Nov 89 - Des Moines, IA.

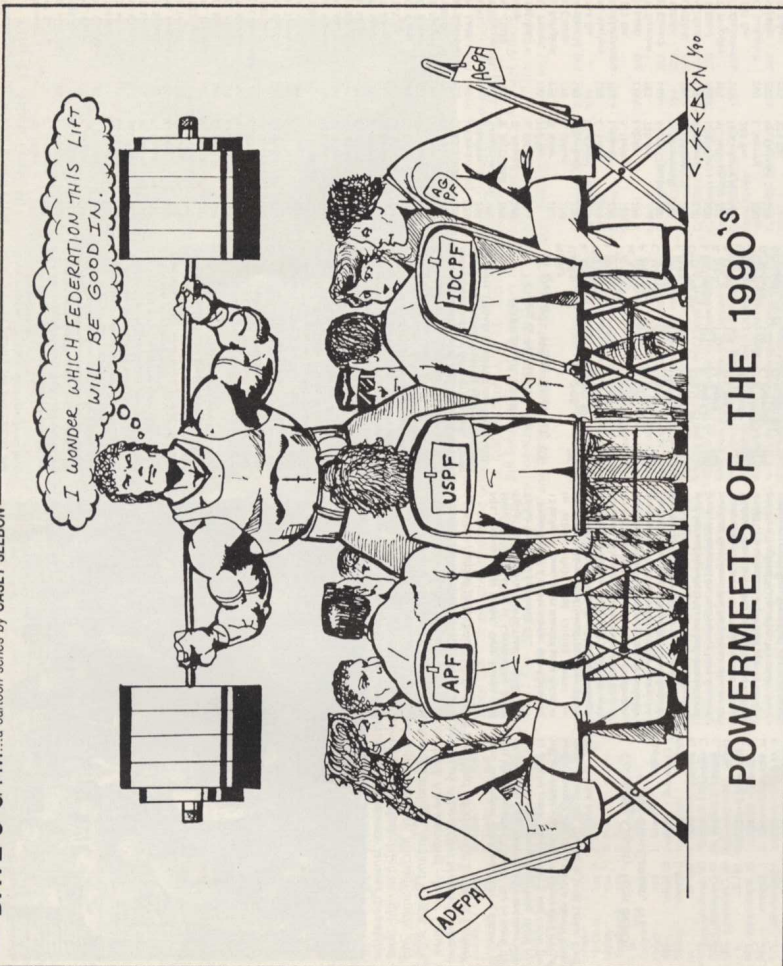
Table with 4 columns: Name, Weight, Score. Lists athletes like Y. Asada, T. Okada, H. Nakamura, etc.

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a cartoon series by CASEY SEEBON



POWERMEETS OF THE 1990's

Jerusalem Open Bench and Power

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like A. Shakar, M. Dikhan, and S. Cohen.

2nd Annual Ironmen ADFPA Meet

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like M. Mason, B. Beck, and G. Hilderbrand.

18 Nov 89 - Sioux Falls, SD

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like M. Mason, B. Beck, and G. Hilderbrand.

Iron, Max Shimizu broke the teen bench record... Video Camera: Mike Hahn... 1360 lbs. and the 1st place trophy... 375 deadlift or the results might have been different...



Strongest Austrian Bench is Austrian Bench Championships Meet Director Walter Hinterberger with a 307 at SHW. (Auer photo)

Austrian Bench Press Championships

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like J. Puzker, M. Bredel, and H. Schwitzer.

USPF Southeastern Cup

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like M. O'Brien, J. Flood, and R. Pittman.

31 Dec 89 - Lima, OH

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like J. Flood, K. Allen, and D. McMahon.

Allen Correctional Institution Meet

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like J. Flood, K. Allen, and D. McMahon.

World Record

The event was very well organized... and about 100 competitors, were cheered by more than six hundred people...

Iron Warrior Meet

Table with columns: Name, Weight, Squat, Bench, Deadlift, Total. Lists athletes like A. Brawley, T. Savarich, and M. Schmitt.

World Class Enterprises, Inc.

Advertisement for 'DRUGS, SEX, SPORTS...' featuring 'PSYCHING' and 'POWER' products. Includes contact information for World Class Enterprises, Inc. in Albany, Georgia.

USPF Polaris Fall Classic

Dec 89 - Anchorage, AK

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.



Ron Schaeffer pulling 575 lbs in his first powerlifting contest, the USPF Polaris Fall Powerlifting Classic.

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

to 64 last year, and we had a mixture of national-level open masters from around the country. We had 34 state...

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California's Conrad Nava rounded out the class. In the 148 lb. class, Charles DeFranzales managed...

California's Conrad Nava rounded out the class. In the 148 lb. class, Charles DeFranzales managed...

ADPFA Novice Classic

19 Aug 89 - Glendale, AZ

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

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West German Bench Press

9 Dec 89 - Ruesselsheim (kg)

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

14th Lithuanian Cup

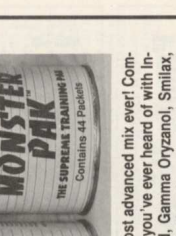
17 Dec 89 - Kursenai (kg)

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

Table with 4 columns: Name, SQ, BP, DL, Total. Lists athletes and their performance metrics.

Kestutis Centkus 100 kg winner at the Lithuanian Championships

(photograph courtesy A. Petrulis)



Kestutis Centkus 100 kg winner at the Lithuanian Championships (photograph courtesy A. Petrulis)

123 lb. class. Brothers Dean and Dan Leifheiser from the University of California... together and dominated the 275 lb. class...

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If you've made the preceding ALL TIME TOP 20 list, or any of our previous TOP 100 lists, or the ADPFA TOP 20 list, or our annual Women's TOP 20 compilation, you are eligible to order one of the beautiful awards seen above. See this month's TOP 100 list for details on how to order yours!

THE Virginia Tech Weightlifting Club AND THE Virginia Tech Powerlifting Team

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WHERE: The Beautiful Va. Tech Campus, Blacksburg, Va.

WHEN: 24, 25 March 1990

- Sat. all women's classes, men 114-165 - Sun. men 181-SHW

POWERLIFTING TEAM

weight classes. 1st-3rd Team. 1 Best Lifter each session (light, heavy). Women - 1st-3rd all weight classes. 2 Best Lifter (by Malone), 1st-3rd Team. One co-ed team award

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This Meet Is Dedicated to the Memory of PAUL GARMAN, a Member of the Virginia Tech Powerlifting Team, who was tragically lost this past July. He will be missed by all.



28 APR. N.A.S.A. Louisiana State (Alcorn State), Nat'l, men, women, masters, 1, masters, 2, amateurs, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

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1990 ADFPA Northwest Open

May 19, 1990
 Northwest Racquet, Swim & Health Club
 Minneapolis, Minnesota

Divisions

- Men's Open
- Women's Open
- Men's Masters

Awards

- top 5 Men's Open all classes
- top 3 Women's Open all classes
- top 5 Men's Masters light and heavy
- Best Lifter Men's Open light and heavy
- Women's Open

Northwest Cup

Presented to Men's Open competitor who comes closest to or passes (by percentage) the National record in his class.

1990 ADFPA Police & Fire Nationals Powerlifting & Benchpress

May 20, 1990
 Northwest Racquet, Swim & Health Club
 Minneapolis, Minnesota

Divisions

- Men's Open, Masters, Grand Masters
- Women's Open
- Bench Press
- Men's Open

Awards

- top 5 places all classes
- Men's Open all classes
- Men's Masters light and heavy
- Grand Masters

Trophies to:

- Men's Open
- Men's Masters
- Grand Masters

Best Lifter Men's Open light and heavy

1990 ADFPA High School Nationals

June 9 - 10, 1990

Northwest Racquet, Swim & Health Club
 Minneapolis, Minnesota

Trophies to top 3 places each weight class, each division
 Freshmen, Sophomore, Junior, Senior
 (Boys & Girls 1989-90 School Year)

Team Trophies: Boys - each division and overall
 Girls - each division and overall
 Mixed - overall

◆ No Qualifying Totals
 Academic All American Trophy will be awarded to Boys and Girls in each division



Meet Director: Erin Feldges
 Northwest Racquet, Swim & Health Clubs, Inc.
 5525 Cedar Lake Road
 St. Louis Park, MN 55416
 (612) 546-2995

Mens Sara In Corpore Sano
 A Sound Mind In A Sound Body

introduced myself as Mark Riposteau and during each rule briefing was the lifter of an official who was suffering from schizophrenia paranoia. The Texas-USIF organization has a traveling set of physio-patch displays that Mike Reed of Louisiana built for us when Glen Venator was the state chairman. Unfortunately people keep stealing them. I have taken some that are collector patches as they are no longer available - now they are certainly no longer available to anyone to look at. I have a few patches left from the 1980s in my trunk with the sanction number clearly listed on the schedule in the computer, print up a new schedule and this is distributed at the next meeting. There were every meet will have a new meet scheduled. I'm positioned for meets at least 12 months in advance.

One person I forgot to mention is Paul "Sarge" Penderly from Baton Rouge. Sarge came to judge the 1980 meet in Dallas. He was a very nice judge and most of the meet. His wife Jeanette was the only female lifter that was in the meet. He was simply has to apply and receive his meet sanction. He was in advance and send a sample entry blank with the sanction number clearly listed on the schedule in the computer, print up a new schedule and this is distributed at the next meeting. There were every meet will have a new meet scheduled. I'm positioned for meets at least 12 months in advance.

While the expeditions were getting ready for the meet, I.B. Adams and Randy Blackburn held a rule briefing at the meet. The expeditions who worked all day were Linda Holland, Kathy Stahor, Jessica and Jan Pettitt, Pinky Dyer, Wendy Storbek, Kim Thompson, and I.B. Adams acted as head referee. Randy Blackburn and I.B. Adams acted as head referee. Randy Blackburn and I.B. Adams acted as head referee. Randy Blackburn and I.B. Adams acted as head referee.

One KILOGRAM equals 2,2046 Pounds

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

meeting Bob Houston, who directs the Brookhaven team, and look forward to seeing him at the next competition meet in March. The Class 2 division will be with lifters especially in the 165's and the 220's. Richard Oberman pulled a great 551 at 165 to put the state record. The lifters were James Galvan of Wichita Falls and James Galvan of Wichita Falls. The lifters were James Galvan of Wichita Falls and James Galvan of Wichita Falls. The lifters were James Galvan of Wichita Falls and James Galvan of Wichita Falls.

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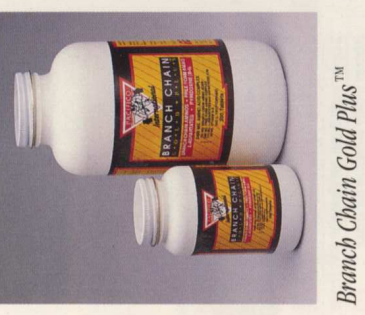
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R. Eaddy	335
S. Smith	310
R. Masare	350
J. Imhof	245
K. Butler	215
165 lb.	
W. Elledge	320
P. Byers	315
B. Duncan	310
J. Cook	305
E. Stroud	290
E. Stroud	290
W. Elledge	280
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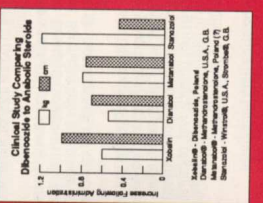
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Facts You Should Know

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

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