



# 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 profile.

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

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

## Introducing The "3-Way Amino Stack"

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

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

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

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

Well, until Marathon Nutrition developed AMINO SUPREME (with over 27% of its total 2200mg. being branched-chain aminos),

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

Consequently, you haven't been getting the results you should have been getting from your amino acids!

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
- 500 tablets for \$99.95

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

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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** sample size made up for this free offer. Here's how it works:

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

POWERLIFTING USA (ISSN 0198-8536) is published monthly for \$26.95 per year. The office of publication is 2486 Ponderosa Dr. North, Suite D-216, Camarillo, CA 93010. 2nd class postage paid at Camarillo, CA and at additional offices.

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

SUBSCRIPTION RATES: (US funds only)  
 USA addresses, 1 yr.....\$26.95  
 USA addresses, 2 yr.....\$49.95  
 First Class Mail, USA, 1 yr.....\$48.00

Outside USA, surface mail.....\$36.00 US  
 Outside USA, air mail.....\$72.00 US

POWERLIFTING USA advertising rates available upon your request.

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ON THE COVER.....Steve Goggins with his all time record breaking 968 squat that the Hawaii Record Breakers Meet NEXT MONTH.....the U.S.P.F. NATIONAL MASTERS

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# HAWAII

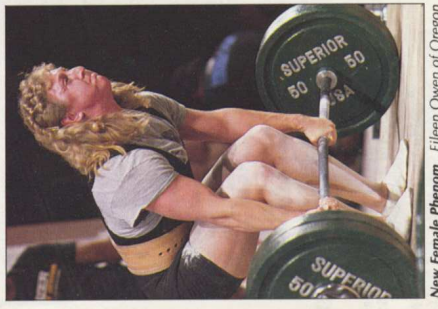
## Budweiser World Record Breakers as seen by Mike Lambert, PL USA



After 14 years, the path that starts from nothing and ends with another completed Budweiser World Record Breakers meet might be assumed to be a smooth one, but problems always pop up along the way. One difficulty this year was the last minute cancellation of O.D. Wilson's appearance, due to sponsorship problems. O.D. was the central figure on the huge posters that were all over the island, advertising the event. Then came the hotel workers strike. Happily, the strikers were not in a brick throwing mood, but the less experienced help available at the Waikiki Sheraton did slow down meet preparation, etc.

Happily, in addition to the long time supporters of the meet, like Frantz, Advance Designs, meet director Gus Rethwisch has become associated with a major new sponsor, the Superior Bartell folks of Milan, IL. Not only did they serve as a major financial supporter, they also air freighted (at \$4000) the line bars, plates, and equipment used for the meet. President of the company, Greg Greer, reveals that Superior makes bars (thousands) and equipment for many of the major name companies in the physical fitness industry and they intend to be very supportive of major powerlifting and olympic lifting events in the future. Remember the name. The Superior Barbell squat bar used at the meet was longer, heavier and stiffer than a standard bar and provided a no whip basis for some big number attempts. The additional bar weight led to attempts which were 5 kilo shy of regular 2.5 kilo increments, which accounts for the unique weights scored in the squat. When the poundages went up in the squat, the audience warmed up. Soon the lifters and crowd were feeding off each others frenzy.

This was an APF/WPC meet with Ernie Frantz, Mike Scott and Ray Verdonck judging throughout the 2 lifting sessions (locals followed primarily by mainlanders). Mats



New Female Phenom...Eileen Owen of Oregon

lost it on his first attempt, but came back with power and precision to make the next two.

In the lightweight, Jose Perez was talking world record squat, bench and total—and backed it all up with convincingly close attempts at 709 in the squat, twice and 451 in the bench three times. Hawaii's Ed Morishima, whose 446 bench leads the all time list in the lightweight, told his new wife that he'd have to make a comeback if Jose made the record attempt, but he can rest up a while longer. Jose was ripped, a sign of how much weight he had to lose for the contest, 16 pounds over 6 days, and the 5 hour time zone difference didn't help either. He's looking forward to the 165 lb. class and the likes of Ausby Alexander in the future.

Jessie Jackson, who is now a resident of Hawaii, entered a bodybuilding contest only days before this meet (and placed second!) He dumped his first try at 709, twisting his ankle, but fearlessly came back to give it another try. 1987 Teenage National champ, Michael Kimura, came up with a state record 605 squat, but it was very high.

In the 165s, Beef Padilla (former football player at El Camino Jr College in California), was there to try for a state record squat. 66 year old manager of Bret's gym, Sonny Ronolo, cranked through four straight APF/WPC world master record benches, refusing to quit on that last 270, which drove handoff man and gym owner Bret Medeiros (the former teen champ has 4 kids now!) into delirious

### 14th Budweiser World Record Breakers 5 Mar 90/Waikiki Sheraton, HI

	105	501	502	503	801	802	803	Sub	DL1	D12	D13	Total
Susan Lovell	225	247	258	151	465	466	467	682	418	446	446	1101
Melanie Martin	136	191	230	115	426	...	...	346	286	336	336	632
32 Short	354	354	351	314	330	330	665	665	314	341	451	1007
Don Mills	136	136	153	281	303	303	434	434	270	286	292	726
Jose Perez	621	682	709	424	451	451	1106	534	551	567	1657	
Jessie Jackson	418	426	466	303	330	330	957	569	589	677	1547	
Michael Kimura	550	550	605	363	391	407	741	451	425	501	1426	
165	...	...	...	...	...	...	...	...	...	...	...	...
B. Padilla	586	586	638	...	...	...	...	...	...	...	...	...
S. Ronolo	226	248	264	...	...	...	...	...	...	...	...	...
Eileen Owen	...	...	...	...	...	...	...	...	479	501	518	...
181	...	...	...	...	...	...	...	...	...	...	...	...
Alan Ouye	550	550	550	880	501	551	551	880	501	551	1382	
R. Takabayashi	572	572	588	...	...	...	...	...	...	...	...	...
Jim Merrifino	347	391	...	...	...	...	...	...	...	...	...	...
Anna Hoffman	...	...	...	...	...	...	...	...	...	...	...	...
Val Padano	668	668	668	...	...	...	...	...	...	...	...	...
198	...	...	...	...	...	...	...	...	...	...	...	...
Glen Toma	361	391	391	968	451	501	518	1470	...	...	...	...
Wayne Jandoc	724	724	724	...	...	...	...	...	...	...	...	...
220	...	...	...	...	...	...	...	...	...	...	...	...
Joe Preston	572	594	605	314	325	341	919	573	600	622	1520	
Larry Akiyama	412	500	500	...	...	...	...	...	...	...	...	...
242	...	...	...	...	...	...	...	...	...	...	...	...
Steve Coggins	902	968	985	501	518	529	1496	804	815	826	2324	
Kirk Karowski	820	895	895	424	462	479	1283	622	672	740	1955	
Theodore Walker	...	...	...	...	...	...	...	...	...	...	...	...
Russ Marvin	325	336	347	...	...	...	...	...	...	...	...	...
275	...	...	...	...	...	...	...	...	...	...	...	...
H. Nakawaga	704	704	707	...	...	...	...	...	...	...	...	...
SHW	...	...	...	...	...	...	...	...	...	...	...	...
Jim Mersberg	809	809	813	332	143	...	...	...	...	...	...	1475
Ken Lain	622	710	710	...	...	...	...	...	...	...	...	...
Randy Patterson	540	540	557	...	...	...	...	...	...	...	...	...

too, but injured his leg a couple of weeks before the meet and had to settle for a masters world record bench press.

Ken Lain had done three excellent paused reps in a set of 650 for three back home in Abilene and would have bet anybody \$500 that he was eminently prepared to up his all time world record in the bench press from 708 to 710. In fact, his training had gone much better for this meet than for the Deadlift/Deadlift, where he pushed him to believe that 722 could have been there. He came out on stage at an even 300 lbs, with his entire body like a spring encased, veins bulging, even from his elbows. After a playboy opener, he went right to the record, 710. He's used to big 90-100 pound jumps, by the way. The strength was there, but it was distracted when he didn't set up solidly with the weight. Effort had to go into controlling the lateral shift of the bar instead of driving it straight up without a quiver, as he had done in Texas with the 708. His final attempt was similar, but closer. What a pity to come all that way and be just a hair's breadth from success. What a memorable moment of powerlifting history it was to simply see a man handle a subtotal's worth of weight on only two arms.

Ken knows that the lift is there, and he's going to stay heavy in bookweight (290 or so) for a while longer to take another shot or two at a H.I. Masters Pro. Competing at the World Bench Press Championships on July 21st at the Malibu Classic World Tour in California on September 2nd. After taking a six week layoff, he'll be gearing up for those meets. Even with but a short bodybuilding contest last year, his conditioning and the contest lasted until midnight, and the crowd was not as big as it has been in recent years, but meet director Gus Rethwisch was bubbling over the next day with plans for next year's meet. Gus seems closer than ever to substantial sponsorship, and has some very interesting projects in mind for the future.



You Try It Sometime...Don Miles squats utilizing only one leg.

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



DR. CONRAD COTTER - late President of the U.S.P.F. (Mike Smith photo)

On March 30, 1990, Dr. Conrad Cotter, President, USPF, died of a heart attack, at age 62. He leaves a wife Michiko, 3 daughters, and an enormous void in the sport. He had suffered with heart disease for over 20 years, and his father had died of that cause 41 years prior. Up until hours before his death, he was working on USPF business, even in the hospital. In his absence, Jim Shendow has been selected to fill the remainder of Dr. Cotter's term as USPF President. His wife, Lynda Chesed-Shendow, will be the Vice President. Correspondence will continue to be handled at the USPF Office, Box 18485, Pensacola, FL 32523. What follows is the final "Message from the USPF President" by Dr. Conrad Cotter.

Mrs. Ramona Kenady, who chairs both the International Powerlifting Federation's and the United States Powerlifting Federation's women's committees, sent the following letter to the members of the IPF Executive Committee protesting the latter's decision that lifters who participated in the WPC's world championships 'suspended themselves' from the IPF.

Dear Sirs:

It is with regret that I must write to the Executive Committee of the International Powerlifting Federation expressing my concern about your recent decision to suspend athletes who participated in the World Powerlifting Congress meeting in their lives to secure their freedom of choice, specifically those individuals who have stood up to dictators and communism in Eastern Europe, our Federations, representing "free democracies" throughout the world, sets policy denying its members the freedom of choice to compete in any competition.

It is not the goal of the International Powerlifting Federation to promote the sport of Powerlifting instead of adopting the policy that athletes must compete only in competition sanctioned by the IPF. This is a contradiction in philosophy. I might also note that no action has been taken against athletes who have competed in the other World Championships not sanctioned by the IPF.

I submit that this decision must be overturned immediately. Members of the International Powerlifting Federation should have the right to compete in any international competition, and the athletes previously sanctioned should be respectively yours.

I forwarded her letter with the following cover letter addressed to John Moody, IPF Secretary, with copies to the President, Heinz Viethaler, and the Treasurer, Arnold Brostrom.

Dear John:

I am adding my strong endorsement to the enclosed letter by Ramona Kenady. When I attempts to enforce its monopoly on holding international competition events by banning from events sanctioned by other powerlifting bodies, the IPF uses an axe to achieve an objective better reached with a scalpel already at hand. Destroying athletes' careers to preserve the Federation's monopolistic power is a violation of the

reasonably expect more than token lifts from them.

Special Olympians today are where women were less than two decades ago, victims of our misunderstanding. Over the years we amended our technical rules to accommodate lady lifters. We must also cut a little slack for the Special Olympians.

I noticed that a number of lifters had trouble centering themselves as they set up on the squat and spacing their hands on the bench press and deadlift. Perhaps I had instructed others to do it that way, but I never enforced it. I did not enforce the IPF rules on attire. Nothing vital was lost.

Chip Hultquist is now in process of designing a Special Olympic classification patch application to match the standards passed by the Executive Committee upon the recommendation of the Special Olympics Committee. We expect these patches to be a drawing card.

I have never witnessed as they set up on the squat and spacing their hands on the bench press and deadlift. Perhaps I had instructed others to do it that way, but I never enforced it. I did not enforce the IPF rules on attire. Nothing vital was lost.

Powerlifting, in general, can learn a thing or two from the Special Olympians.

### MESSAGE FROM A FRIEND OF THE PRESIDENTS

I know virtually nothing about powerlifting except that my best friend, Conrad Cotter, loved the sport and the people in it. Every month for the last six years he brought a draft of his "Message from the President" for me to read, to comment on, and to edit. He wanted so much to be precise and accurate.

"Words" can be as exact as numbers, he would say, and just how right word. "The logic must be valid the point must be clear," he would say as he sought to convince or cajole, or educate the members on a particular point. As we worked, he would talk about powerlifting and powerlifters. His respect for you always impressed me. He always wanted the best facilities, the fairest and best qualified referees. The use of drugs by athletes devastated him.

Divisions in the sport hurt him personally because he understood that divisions hurt the sport. When I told him that the American Contract Bridge League, with which I am connected, or gymnastics or swimming with which my children were connected, had the same problems, he would respond, "Powerlifters can be better than that." He very much wanted to create opportunities for teenagers and young adults to participate in powerlifting built strong character as well as strong bodies. Dr. Cotter was a man of significant achievements.

He himself, counseled his success in powerlifting, as a participant and as an officer, among the things of which he was most proud. I consider myself blessed to have had him as my friend. I hope you consider yourselves blessed to have had him as your President. I hope that whomever succeeds him will have the same love and respect for the sport. Dr. Victor Sapio, Professor of Government, Troy State University.

## In Dedication to others...



### PHIL VORNDRAN

"On February 27, 1990 Phil Vorndran died at home, in Ft. Wayne, Indiana. He was an accomplished strength athlete with unlimited time devoted to the sports of Powerlifting and Olympic lifting. Phil ran many meets in the Ft. Wayne area in the early 70's, which was a first for the Ft. Wayne area. With the help of Curly Babbs they started women's powerlifting in the area and northern part of the state. In 1983 the result was National Champion Jann Prince who then continued to promote the sport of drug free powerlifting. Phil Vorndran was a 1988 ADFPA Midwest Masters Champion and had best lifts of 510 lb. squat, 380 lb. bench, and 590 lb. deadlift, all done drug free long before drug free lifting was instituted. Also, he was a state champ several times in weightlifting with best lifts of 230 lb. snatch and 315 lb. clean and jerk, done at 90 kg bodyweight. Phil will be missed by all lifters, friends, and students, but will NEVER BE FORGOTTEN." Jann Prince, Ft. Wayne, Indiana

### WAYNE DETLING

The young man to whom we dedicated our January 1990 issue died at 6:10 PM on March 20th in the arms of his father. He succumbed to an inoperable brain tumor. Wayne was not only remarkable in the way he handled the challenge of his illness, and continued his powerlifting competition in spite of it, but in his short life, in December of 1989 he received the Outstanding Employee from Coucher College and the Governor's Citation from the State of Maryland. He leaves a wife and young son.



**ED JUBINVILLE**  
The longtime activist in so many aspects of the Iron Game went to the hospital for quadruple heart bypass surgery on March 28th. He is now DOING FINE in what is expected to be a long recovery. Those who would like to send notes of encouragement to him can address their mail to Ed Jubinville, 89 Harding St., Chicago, Massachusetts 01013 (photograph courtesy Brad Shaw)



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Shawn Cain pulls his last deadlift.

crowd with his huge lifts. If you had to carve out a prototypical physique of a 242'er, Bull would be a good place to start. The amazing deadlift was also a bit under his best. Steve Hock finished third.

At 275 lb., Eric Arnold started out big with 322.5 lbs. The first lift was a 272.5 lb. deadlift. This third lift, he increased to 382.5 and failed and opened the door to victory to the rest of the field. Terrance Brooks walked through that edge, a strong Bill Gillispie on bodyweight with both lifts totaling 845. Dave Adamovich went 9 for 9 and beat out up and coming Kirk Vance for the title.

Don McCain won easily at super over Alaskan Tom Belli and 400 pound plus Doug McFarling. The best squat and bench awards went to Bull Stewart. Best lift went to Steve Hock. Doug Danaher, Bull Stewart, and Steve Hock were the winners. The winners were: Best lifter, Doug Danaher; Best bench, Steve Hock; Best squat, Bull Stewart; Best deadlift, Doug Danaher.

Richie Wenner taking the first place trophy with balanced lifting over Ed Riley, who went for the title. Mike Lohman finished second, and wouldn't cooperate. Mike Lohman finished third on bodyweight over Tom Paal when both totaled 747.5. Stephen Scalipi was physically in to continue.

The favorite at 220 looked to be Willis Austin, but he couldn't get his squats in and his suit didn't fit. The next best was Doug Danaher and P. Tyring. Doug Danaher and P. Tyring battled it out. An incredibly thick Mark Giffon was ahead after the deadlifts while Shawn Cain won on his last deadlift. Cain was faced with a moment of the meet, Shawn pulled that 312.5 to win over the deadlift. Pat Freitag beat Karl Tillman on bodyweight for fourth.

The 242's were the Bull Stewart Show. Bull's lifting was below his best, but he excelled the

SHW 357.5 220 327.5 900  
D. McCain 332.5 185 250 767.5  
D. McFarling 332.5 185 250 767.5

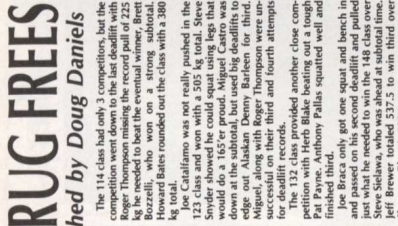
The third annual ADPPA Lifetime National Drug Free Championships was held at the Holiday Inn in Rosemont, Illinois, the meet site. Despite the sick phone caller's threat, the meet from all over the state. 90 top caliber lifters from a enthusiastic contingent from Alaska. Meet directors, Dennis and Sandy Brady, produced a well run and kept the action flowing in a blowouts and last attempt heroics to satisfy the tastes of all fans present.

Herb Blake moved up to the 132's.

Joe Catalano the 123 lb. winner.

David Ricks the fast rising 165 lber

Richie Wenner...wins at 198 again.



Joe Catalano the 123 lb. winner.

All aspiring 165'ers out there better learn the name David Ricks. Dave showed clear signs of greatness with a deadlift of 272.5 and 169.5 pounds for a new ADPPA American record. Fresh off his victory over Aubrey Alexander at the Armed Forces Championships, Ricks was looking to set a new total record at the drug free meet. He started with a hard deadlift to set the tone, total record with 382.5 lbs. He followed with a 322.5 lb. deadlift and a 272.5 lb. squat. He finished second with 845 lbs. total. Ricks was a real contender for the title. He was a real contender for the title. He was a real contender for the title.

The 198's provided close competition with Rich Wenner taking the first place trophy with balanced lifting over Ed Riley, who went for the title. Mike Lohman finished second, and wouldn't cooperate. Mike Lohman finished third on bodyweight over Tom Paal when both totaled 747.5. Stephen Scalipi was physically in to continue.

The favorite at 220 looked to be Willis Austin, but he couldn't get his squats in and his suit didn't fit. The next best was Doug Danaher and P. Tyring. Doug Danaher and P. Tyring battled it out. An incredibly thick Mark Giffon was ahead after the deadlifts while Shawn Cain won on his last deadlift. Cain was faced with a moment of the meet, Shawn pulled that 312.5 to win over the deadlift. Pat Freitag beat Karl Tillman on bodyweight for fourth.

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ADPPA Lifetime Drug Free Nationals  
17,18 Mar 90 - Chicago, IL (kg)

114 lb.	SQ	BP	DL	Total
R. Bezzell	132.5	107.5	272.5	512.5
H. Batters	127.5	87.5	165	380
123 lb.	185	120	200	495
J. Catalano	142.5	97.5	217.5	457.5
M. Castro	155	100	182.5	437.5
D. Barleen	205	127.5	227.5	560
H. Blake	195	117.5	237.5	550
P. Payne	205	102.5	192.5	500
T. Pallas	222.5	142.5	260	625
J. Braca	235	137.5	245	617.5
S. Sridawa	185	122.5	215	522.5
G. Temmerman	192.5	175	300	767.5*
165 lb.	227.5	165	227.5	715
E. Greene	237.5	145	230	632.5
K. Dittler	232.5	150	220	592.5
B. O'Connell	235	130	230	595
M. Scott	227.5	147.5	217.5	592.5
S. Taylor	240	152.5	220	592.5
D. Silby	210	152.5	220	582.5
R. Flores	222.5	127.5	217.5	567.5
J. Cope	275	160	282.5	717.5
B. Schmidt	290	162.5	250	702.5
E. Giffon	265	150	272.5	677.5
B. Ehrington	250	150	272.5	675
S. Shocket	250	135	272.5	657.5
K. Halley	260	135	262.5	657.5
G. Bagley				

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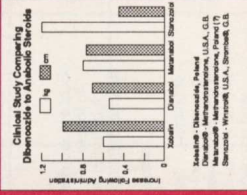
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### Readers Opinions...

In a previous article Dr. Conrad Cotter referred to lifters entering competition finding dismay at the level of competition, judge's calls, etc. His alarming statement "two thirds of the lifters do not renew their registration card for the following year" prompted this letter. I present two facets that we as powerlifters need to survey. The first point is that not all powerlifters are competitors. I have resumed powerlifting competition having entered two meets in 1989 and looked forward to competing in the 1990 Natural Nationals in Reno. Yet, as I reflect on my lifting career, I have completed for a period of three or four years. Then only train for a year or two, foregoing competition. I speculate lifters compete for a number of years, then retire completely. This is the typical burnout syndrome in Powerlifting that Dr. Cotter referred to in his message. Powerlifting competition is so demanding that maybe lifters should routinely consider competition, a layoff, and then a return. Another point worth addressing is that Powerlifters need to strive toward continued participation in the sport, in a non-competitive mode. As a Category II lifter, I maintain my input to the sport by judging meets during non-competition years. We need qualified, platform-experienced judges. J.R.D., M.S.

Enough already! If we as powerlifters are really tired of all the political infighting and spits within our sport, the solution is painfully obvious! The lifters themselves need to force the current leadership to bury their differences. First step, take ten minutes you would have spent grumbling and write a letter to your state or national official stating "I want you to find a way to merge with at least one other federation." Second step, talk to other lifters, gather support where you can, and as a group, draft a second letter asking for a progress report towards that end. Third step, actively participate in the political structure of your organization and support pro-unification candidates. If no such candidate exists, become one yourself! Fourth step, replace those officials who refuse to set aside petty differences with those who will support the sport first, personally second. When all else fails, appeal to our common sense. Tell them "if you don't merge, our associations will and then you'll be the smallest, least supported, least funded organization there is and will likely die off anyway."

Remember fellow lifters, it's not up to our leaders to change the system. They built it and like it the way it is. It's up to us to give them a reason to. Steve Roberts

In response to the article on Bulgarian principles in the January 1990 issue of *PL USA*, I would have to say that if the lifter was doing weights that required the use of equipment, there would be no way of completing 10 sets in 50 minutes. The fact that the Bulgarians do only singles or doubles to warm up with would lessen the amount of time needed to recover, but given the new findings in exercise physiology regarding ATP and Phosphocreatine replenishment after maximal effort (10 minutes as opposed to 4 minutes), it seems unlikely that a person could have a quality session in 50 minutes, let alone 20.

D. Naughton, Australia Institute of Sport

We need BIG BUCKS for prize awards in this sport. Not pictures in a mag, or a big reputation, but \$50,000 cash awards. We need to bring the sport to the level of boxing and wrestling. We train hard. We invest in gym memberships or personal equipment. We use money out of our pockets to travel to contests. With all of the investment we make, we could buy dozens of trophies. Why try to lift the world if there are no real gains outside of a little meat on the bones? Bill Welch, Jr.

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

weighed a hefty 346 and squatted a World record 915, without knee wraps no less. Just in case you think that administrative complexities are a recent phenomenon in powerlifting, consider the following: At this time, a lifter could squat with knee wraps for a World record, but not for an American record, and everything up to the third World Powerlifting Championships (November 9-10, 1973) was erased as a World record. With the top lifts in that contest, defining the new World records, you would hope for some spectacular lifts.

George Crawford contributed what was probably the best squat by knocking off 640 at 165 so easily that he reportedly checked the bar to make sure it had been loaded correctly!

In the mid-1970s, the Supers had to share the limelight with some of the smaller fellows. In fact, in 1974 at the IFL World Powerlifting Championships, a Japanese fellow named Hideaki Inaba (you say you've heard of him?) squatted pandemonium by equating 430 in the new 114 pound class. And at the 1975 Junior National Powerlifting Championships Rickie Dale Crain knocked off an outstanding, very strict 550 at 148. The Big Boys fought back, though, and at the 1975 Senior Nationals, Joe White established a new Supers mark of 920/94. 1975 also saw what was described as the "first real World Championship" (since it was the first one held outside the US and broadly based international thingy came from the lighter lifters, as Inaba's up to 145 World record at the 1976 Senior Nationals, Rickie Dale Crain first broke the World record with 555 at 148, and then decided that was not much fun that he did it again with 565 (on route to a World record total, and his first Senior National title). Jerry (aka Captain America) Jones hit a World record 716.5 on his fourth attempt in the 198s.

At the 76 World Championships, the Brits won the team title, but even bigger news occurred around the squat rack as Inaba cranked out 463 at 114, for not just a World record, but for the first quadruple-plus bodyweight squat. Marvin Phillips added to the festivities by following his WR 760 at 150 with another WR in the form of a fourth attempt 775 (letter first catching the end of the bar as he uncranked the weight, he staggered around and was more concerned than anything with the spotters not grabbing the bar, so he yelled, "get away from me.")

(Part II of "Squatting in the 70s," by Randall J. Strassen, Ph.D. will appear in next month's edition of *PL USA*)

# THE SQUAT

## Squatting in the 70s

### Part I, by Randall Strassen, Ph.D.



**Great Squatters** Jon Cole (left) and George Frenn at the 1968 Mexico City Olympics

Jersey. This was a monumental day, because not only would Jim Williams's bench that day (655) have been a noteworthy squat just a few years earlier, but his squat had cracked the psychological barrier guarding the Big Boy squat. Two more steps and the barrier would fall.

At the 1972 Senior Nationals, Jack Barnes did a 710 at 181, and Jon Cole did 865 (869) as a Super, both for new American records. In November 1972, the second World Championships were held and while more lifters, and more foreign lifters, showed up that than for the inaugural event the year before, powerlifting fans will remember the meet best for two of the lifts it produced: Jim Williams's 675 bench press and Jon Kuc's 905 squat. A couple of weeks earlier at the Arizona State Championships, Jon Cole had called for a second rep! The following year at the Chattanooga contest, Reinhardt and made 905 (along with a 580

As we saw last month, the 1960s rang in the modern era of squatting. Powerlifting became an official sport, support gear and more efficient, squatting styles were developed, and posted. Continuing the assault they had begun in the 1960s, George Frenn and John Cole opened the 1970s with some serious dunks.

On September 19, 1970, the Embassy Auditorium in Los Angeles hosted what was described as "the first international powerlifting meet ever held" and in a lifting performance for such an auspicious occasion, George Frenn demolished the existing records in the squat. Lifting as a 242er, Frenn succeeded in attempting to break the existing record of 765. But wait, George called for 819 next, nearly ten pounds over the Super record, and made it! On December 12th, at the Pomona Police Officers Association Powerlift Meet, Frenn squatted 840 (853) at 242. Evidently neither of these squats made it into the record book, because three months later, at the Tolleson (Arizona) Open, Jon Cole squatted 800 (797) for what was reported as an American record.

Coming into the 1971 Senior National Powerlifting Championships at 266 pounds, Jon Cole hoped to squat 850, but he missed 775, 800 and 820. Proving that everyone can have a bad day, but that champions always rebound, Cole was back in a month, and at the Mariposa (Arizona) County Championships did 820 as a Super, a new American record. As an interesting footnote to that great lift, what Cole wore got as much press as the actual lift: Jon had been under attack in some circles for allegedly using too much support gear, so Bruce Wilhelm attended the meet to observe not just what Jon squatted, but how he dressed for the occasion. Silencing Cole's detractors, Wilhelm reported that Jon was wearing legal wraps, and clipping Jack Barnes was also keeping his feet active in the record book. He did an American record 690 at 181 in the same meet.

In 1971, the AAU held the first powerlifting World Championships, although only 37 contestants, four from England and three from Georgia and the rest were Americans. George Crawford set the line America's squat record broke at the meet with 625 at 165, but both Hugh Cassidy (Super winner, on bodyweight) and Jim Williams (super runner up) both squatted 800, the first time I believe that more than one lifter had hit 800 or higher in the same meet. In the Spring of 1972, Jim Williams hit an 855 (860) at the Senior Middle Atlantic Power Lift Championships in New

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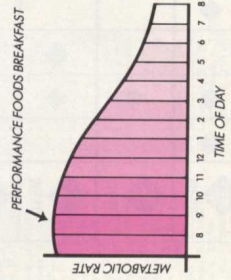
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**POWERLIFTING USA MAGAZINE**  
for USA lifters competing  
March 1989 to February 1990

**TOP 100**

165 lb./75 kg.

SQUAT	BENCH	DEADLIFT	TOTAL
1 231 Alexander, A., 4:289	446 Salguechi, R., 5:1389	722 Alexander, A., 4:289	1864 Alexander, A., 4:289
2 655 Rosciglione, L., 1:22:89	435 Bellamy, R., 1:11:89	672 Bridges, B., 6:17:89	1796 Rosciglione, L., 1:22:89
3 655 Beavers, E., 9:389	430 Morrison, E., 9:389	672 Toles, F., 7:22:89	1675 Ricks, D., 2:16:90
4 640 Gauthier, J., 1:14:89	420 McCormick, L., 5:20:89	650 Nourse, L., 3:18:89	1633 Rosciglione, L., 1:22:89
5 640 Wright, L., 1:16:90	420 Stapleton, T., 8:19:89	650 Nourse, L., 3:18:89	1636 Tice, J., 1:14:89
6 635 Meyer, M., 5:16:89	418 Khakhria, R., 6:24:89	641 Hise, L., 7:14:89	1625 Nourse, L., 3:18:89
7 630 Meyers, W., 4:1:89	415 Perez, J., 5:16:89	640 Griffin, W., 4:1:89	1600 Broyer, W., 4:1:89
8 628 Cavalier, B., 4:2:89	415 Smith, J., 5:27:89	628 Callaghan, T., 1:11:89	1587 Tyce, J., 9:30:89
9 628 Ricks, D., 1:18:89	415 Gibson, L., 7:29:89	625 Welch, J., 3:1:89	1587 Haeck, W., 2:16:90
10 610 Johnson, S., 10:14:89	413 Alexander, A., 4:289	625 Wright, R., 8:19:89	1576 Bridges, B., 6:17:89
11 610 Jones, S., 5:20:89	413 Triche, B., 2:3:90	625 Chong, B., 1:11:89	1570 Wright, K., 3:19:89
12 606 Johnson, R., 2:16:90	410 Pirova, T., 5:20:89	622 Tyce, J., 9:30:89	1570 Lita, L., 1:21:90
13 606 Grubbs, B., 1:10:89	410 Werner, S., 7:27:89	622 Roghione, J., 1:22:89	1560 Nieb, S., 9:13:89
14 606 Simms, K., 3:11:89	408 Johnson, R., 2:16:90	611 Hick, L., 5:13:89	1550 Robinson, D., 5:20:89
15 605 Snider, J., 1:14:89	405 Taylor, M., 1:11:89	611 Johnson, R., 2:16:90	1550 Meason, W., 6:16:89
16 605 Snider, J., 1:14:89	405 Sansone, R., 6:89	610 Blount, R., 1:25:89	1537 Berardinelli, A., 7:22:89
17 600 Robinson, D., 5:20:89	405 Taylor, M., 1:11:89	606 Grigliano, R., 1:25:89	1535 Simms, K., 3:11:89
18 600 Olson, C., 5:20:89	402 Origa, C., 8:5:89	605 Brehm, D., 1:18:89	1530 Chong, B., 1:11:89
19 600 Tice, J., 1:14:89	400 Randolph, A., 3:25:89	605 Rock, J., 9:10:89	1526 Johnson, R., 2:16:90
20 600 Tyce, J., 9:30:89	400 Wood, S., 1:22:89	601 Baxter, R., 3:25:89	1488 Wood, L., 1:22:89
21 600 Zombi, S., 10:14:89	400 Wood, S., 1:22:89	600 Ingenthron, D., 3:25:89	1485 Fletz, G., 5:16:89
22 600 Wang, B., 1:22:89	400 Randolph, R., 6:4:89	600 Maday, S., 5:6:89	1485 McGinn, L., 8:26:89
23 600 Hank, H., 1:22:89	400 Adler, R., 10:5:89	600 Jackson, K., 10:8:89	1475 Quide, L., 1:20:90
24 600 Lita, L., 1:21:90	398 Melstrom, J., 4:8:89	600 Moore, K., 10:21:89	1471 Wilcox, C., 3:18:89
25 600 King, J., 2:24:90	396 Ricks, D., 1:18:89	600 Hadack, C., 2:10:90	1470 Brack, J., 4:29:89
26 598 Karan, D., 1:27:89	395 Burgess, W., 3:19:89	590 Brack, J., 4:29:89	1470 Gallea, A., 1:13:90
27 598 Ingenthron, D., 3:25:89	395 Corina, E., 4:29:89	590 Robinson, D., 5:20:89	1466 Hultquist, C., 7:14:89
28 598 Messa, J., 3:18:89	391 Johnson, B., 1:22:89	585 Taty, M., 3:18:89	1466 Brady, T., 9:89
29 585 Tyce, J., 9:30:89	391 Tombs, F., 7:22:89	585 MacLean, M., 5:16:89	1465 Adams, W., 3:18:89
30 585 Tyce, J., 9:30:89	390 Griffin, J., 9:23:89	585 Summer, K., 1:29:89	1455 Mawley, S., 6:89
31 585 Tyce, J., 9:30:89	390 Robbins, D., 10:7:89	585 Gallea, A., 1:13:90	1455 Mawley, S., 6:89
32 585 Tyce, J., 9:30:89	390 Pirova, T., 5:20:89	584 Maher, M., 10:28:89	1449 Bell, J., 1:14:89
33 585 Tyce, J., 9:30:89	388 Frida, S., 4:16:89	580 George, C., 3:18:89	1449 Bell, J., 1:14:89
34 585 Tyce, J., 9:30:89	385 Sautter, J., 4:30:89	578 Beardinelli, A., 7:22:89	1449 Bell, J., 1:14:89
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NOTE: MEALS FROM 1-7 ARE TO BE USED WITH A 5 MEAL A DAY DIET / MEALS FROM 8-14 ARE TO BE USED WITH A 3 MEAL A DAY DIET.

PERFORMANCE FOODS

	MEAL 1	MEAL 2	MEAL 3	MEAL 4	MEAL 5	MEAL 6	MEAL 7	MEAL 8	MEAL 9	MEAL 10	MEAL 11	MEAL 12	MEAL 13	MEAL 14
Pancake Mix (Power or Blueberry)														
High Energy Orange Juice		◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆	◆
Amino Granola Cereal (Fruit & Nut)		◆												
Amino Granola Cereal (Banana & Almond)				◆										◆
Amino Oat Bran Cereal			◆											◆
Power Muffin	◆	◆	◆											◆
Power Breakfast Shake (Vanilla)						◆								
Power Breakfast Shake (Chocolate)							◆							
Power Omelet Mix	◆			◆										
Calories Per Serving	270	410	330	470	420	730	740	950	1100	980	1190	1210	1120	1140
Protein (GR/%)	22	11	10	25	23	42	41	46	61	47	65	65	64	52
Carbohydrates (GR/%)	39	76	62	80	76	93	103	143	162	148	179	179	164	180
Fat (GR/%)	2	6	4	5	2	20	18	21	22	21	23	24	22	23

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500 tabs \$20

## ELECTROLYTES

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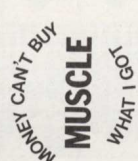
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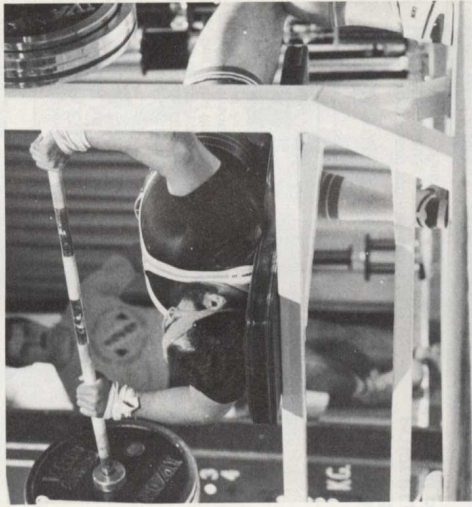
The program that I use, and that I have put a number of individuals on, is based on 3 phases. There is the Conditioning Phase, the Strength and Explosiveness Phase, and the Peak-Explosiveness Phase. The 3 phase format is a little complicated, but it is very valuable and the dividends do show up. I've had a total of 20 individuals on this type of program and each time they have used it and given it the necessary 12 full weeks of the cycle, they have added anywhere from 5-25 pounds on their bench press. They have ranged in age from 15 to 50 yrs. There are some things not to do. One of the things I see guys doing is too many sets and too many assistance exercises. We must have quite a few closet bodybuilders hiding out as powerlifters. They spend an hour bench pressing and then another hour and a half on assistance work. They're back at it in 2 or 3 days and they can't figure out why they're not making progress and why they're continuously sore. If you're not recuperating, you should back off. Make some modifications. Take some time off. A lot of injuries in powerlifting are simply from over-training. Make sure that you're selective in your training routines, your intensity, frequency and in duration of your workout. All these factors go hand in hand. As you get to the meet, you must remember that your workouts are going to be higher in intensity so they should be shorter in duration and frequency.

One thing that I've experienced with is weight gain while trying to improve the bench. The bench press seems to respond well to bodyweight increase. About every 2.4 pounds weight gained translates into 5.15 pounds increase in bench press. In this routine, we're not indicating any kind of weight gain or any other changes in the lifter. All my lifts and all the individuals I train are lifetime drug free lifters. My accomplishments have not been aided by steroids. I think that a lifter should keep everything in good perspective and never take steroids and stay lifetime drug free in pursuit of powerlifting success and their health and Number Two, they'll enjoy the sport quite a bit more and quite a bit longer. They'll also have to be able to control their many gym junkies and go on and enjoying the great sport of powerlifting. Make it a lifetime activity. Keep everything in perspective and strike a balance on your lifting and more importantly, in your life. This program takes a total of 12 weeks, and I'm basing the numbers on a 350 pound max coming into the routine. Phase One is a very short program. 3 weeks maximum! If a person stays on this program for more than 3 weeks, they start to overtrain. Due to all the conditioning work, Phase One is called the "Conditioning Phase".

# WORKOUT of the Month

A new concept in weight training instruction. A workout by workout, set by set, rep by rep, with exact training poundages specified over the entire span of a strength training cycle, laid out for you by a top Powerlifting authority. Each month, a different lift is analyzed. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

## Mike Foggia's Bench Routine



MIKE FOGGIA a great bench presser, competing at the 1989 ADFFA Nationals.

### PHASE ONE

**Workout 1:** Start out with stretching and flexibility. One thing different about my routine from others I have seen is that they're stuck on a "day" basis (for example, Monday and Friday, Wednesday and Saturday). I modify this, because some people require two days of recuperation on a certain phase while others may require four days. Try to work out, if you need for stretching and flexibility exercises. Then I set of 15 just using the bar 1x10x135; 1x8x205; and then 3 sets of 68 reps starting with 245. 1 set of as many reps as possible with a close grip at 190. Assistance exercises (in this order, because it's important): dumbbell presses, 3 sets of 8-10 reps with 3x10-12; dumbbell lateral raises 3x10-12 reps with max weight, but still maintaining good form; dumbbell presses with back supported; you simulate a behind the neck press, but using a dumbbell it doesn't put the torque on the shoulders that the long bar does. By angling your hands a lit-

tle, you can take some of the torque out of the shoulder area. After the dumbbell presses, do pulldowns in front, 4x8-12; try and get a good stretch and work the lats. 3 sets of EZ curls using the EZ curl bar, 8-12 reps using the 8-12 weight; 2 sets of hammer curls 8-12 reps using max weight; 3 sets of EZ curls using the EZ curl bar, 8-12 reps using the 8-12 weight. Rest 3 days, ideal before the next workout. In the peak set is that the maximum in the peak set is topped by 5 lbs. **Workout 2:** 1x; 1x15 with the bar, 1x10x135 in the bench press; 1x8x205; 3x6-8x250; close grip presses with 195. Assistance exercises in the same order: dumbbell bench presses 3x8-10; dumbbell lateral raises 3x10-12; dumbbell presses (behind the neck press); pulldowns in front; EZ curls 3 sets of curls using EZ curl bar; 2 sets of hammer curls; EZ curls using the French Press. Rest for 3 **Workout 3:** is in the middle of the second week. The only change is on

the peak set. The weight would go up to 255 lbs. Do 3 sets of 6-8 reps at 255. Emphasize explosiveness on this phase and the next to prepare for the Pre-Contest Phase. 3x6-8x255 on the bench press. Warmups and assistance exercises would remain the same. Close grips should be moved up to about 200. In **Workout 4**, we move on up to 260. **Workout 5** would be 265. This is about 3 weeks with 3 days of rest between workouts. You should not follow this workout for more than 6 workouts if you're using 3 days of rest. Next, take 5 full days of rest to prevent overtraining.

### PHASE TWO

You need 4-6 weeks for this Strength and Explosiveness phase, in which we use an A and a B workout, with different exercises performed on each day. In **A - Workout 1:** do 1x15 with the bar, 1x10x135, 1x8x205, 3x5x280. This will get you ready to handle the bigger weights. You don't want to peak too early, however. Close grips 2 sets with max amount of reps possible at 205. Lateral raises 3 sets. One arm rows 4 sets, dumbbell hammer curls and dumbbell presses. In the **B - Workout 1:** rest 4 days do 1x15 with the bar, 1x10x135, 1x8x205, 2 sets of 2 at 290 lbs. No close grips are performed in the B workout. Instead add 3 second pauses working on explosiveness. Bring 270-275 lbs. down to your chest and hold for 3 seconds then explode off your chest to lockout position. Do 3 reps and only 2 sets. Absolutely no more. Also, do one set of lockouts on a power rack, just one set using the maximum amount of weight you can. Lateral raises 3 sets, 3 sets of 8-12 reps; pull down from 3 sets 8-12 reps, dumbbell curls 4 sets. Do handstands wall with pushups, up against wall with your training partner holding your feet, out on that rest as much as After 4 days rest go back to the A workout in our **A - Workout 2**, everything would stay the same except 3x5x285. Do the same assistance exercises. After 4 days rest, in the **B - Workout 2**, go 2 sets of 2 at 295, then another four days of rest. For the next couple of workouts we'll stay at 285. In **A - Workout 3:** go 285 for 3 sets of 5, do close grips 2 sets max reps at 205, lateral raises, one arm rows, dumbbell hammer curls and dumbbell bench presses. After another 4 days of rest do **B - Workout 3** 1x15 with the bar, 1x10x135, 1x8x205, and 2 sets of 2 at 295. The same amount of weight is handled with varied repetitions. Take 4 days rest. On **A - Workout 4**, your fifth workout with 285 do 3 sets of 5, you 3 set repeat the routine. On **B - Workout 4** do 295 again and this would be your third workout at 295. We have four A workouts and four B workouts. This should take 4-6 weeks. (Mike's Bench Press Workout of The Month is continued on page 76)

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error evaluation. This includes not only their unique theory of lifting, but also their recovery methods, along with nutrition.

I will be the first to admit that some parts of the Bulgarian training scheme

was a bit eccentric for my taste. However, most of the methods made sense from not only a scientific, but also a realistic standpoint.

There are the long-posted secrets of Bulgarian lifting. First, Professor Spassov felt that one of the most important keys to success in powerlifting was to "back to root" after exercise. (Notice I said to not eat, not eat, not eat.) Since I am not a nutritional wizard, it took me a minute to transfer his english interpretation into an actual product. I called it a "nutritional testosterone" from the Mexican flower. We call it smiles, which is made from the root of sarsaparilla. He feels this aids the body in recuperating and rebuilds muscle at an accelerated rate, therefore allowing more work to be done more often.

The next supplement he advised was inosine. Professor Spassov feels that inosine "aids the body in repairing itself." Spassov recommends doses of 2000 to 4000 mg per day. He says the "supplement should be

used in conjunction with the other supplements. This is also not unusual for American powerlifters, however, the Bulgarians will use the excess 2-3 days prior to the competition. Spassov feels that if more weight than this was lost it would "destroy the balance portion of the brain."

Spassov recommends yogurt as a food source. He stated that Bulgarian citizens eat an average of 5-1 kg of yogurt a day. He says that this was important for good health since the yogurt "lights bad bacteria."

Well, there you have it. All the Bulgarian weightlifters' nutritional secrets, according to Angel Spassov. As I'm sure you've noticed, there are no real secrets here, just common sense put to use. Good Luck!

(1) Fleck, S.J. & Kraemer, W.J. (1987). Designing Resistance Training Programs. Human Kinetics Books, Champaign, Ill.

# POWER-RESEARCH

dedicated to bringing Science to the sport of Powerlifting

## Nutrition 'Secrets' by Richie Wenner, Arizona State University

Nutritional supplementation has been a concern, and somewhat of a mystery, to powerlifters for quite some time. Every lifter I've ever spoken to has a different theory on nutritional supplementation (and rightly so, since the nutritional program should be tailored to meet each individual's needs).

When planning what works best for you, there are many questions to answer: What kind? How many? Which brand? When should I take them? What combination of natural and synthetic? And, most of all, what effect will this have on my total? There's no lack of products on the market to meet your needs. What I have found is that much of the American philosophy on supplementation relies on two very unscientific theories: One - use whatever supplements the top lifters at the most recent national competitions are using, and I'm more is better. Unfortunately, these theories don't enhance a lifter's performance, but they do wonders for draining their wallets. One thing lifters following these theories can lay claim to is having the world's most expensive urine, a dubious title, for which there is no trophy. All the nutritional secrets for gaining strength and increasing totals can be found in any popular lifting magazine or by eavesdropping at any local lifting club.

Now, a new strategy for nutritional supplementation enters the picture, from the Eastern Bloc countries. During this past summer I had the opportunity to pick the brain of Professor Angel Spassov, assistant coach for the Bulgarian weightlifting team, a team which has included many of the world's top weightlifters.

One of Professor Spassov's main points was that Bulgarian weightlifters do not waste a second of time on anything that will not improve their performance. Every program they employed is based on a scientifically researched theory, combined with the results of many decades of trial and

taken prior to workout. If a tablet form of vitamin C is used, it should be taken 1-2 hours prior to lifting. If it's liquid vitamin C, then take it 20 minutes prior to lifting.

Professor Spassov further suggests taking 300 mg of vitamin E each day, 600 mg potassium three times a day, and 60 mg of folic acid three times a day. Spassov believes that the vitamin E, potassium, and folic acid would help keep the athlete healthy.

### The Missing Supplement

Dr. Spassov also recommends one more supplement, which we were unable to find. I'm not sure if we misunderstood him as to the description of the product he was talking about or if the product simply does not exist on the market in the USA. Regardless, here it is: Spassov calls it "baking a brick ATP." Adenosine Triphosphate (ATP) is the chemical which supplies energy for muscle contraction. ATP has an immediate large power capacity and is immediately available for use. The only problem is that ATP will be exhausted in 30 seconds or less. It can be replaced in approximately three minutes for the ATP stores to get back to 98 percent (1). (Thus, we have the 3-4 minutes rest between heavy sets). As I stated earlier we were not able to find the ATP in a bottle. Maybe this is the secret Bulgarian formula. However, if you do ever come across such a supplement, Spassov suggests taking 2 gm of ATP per day.

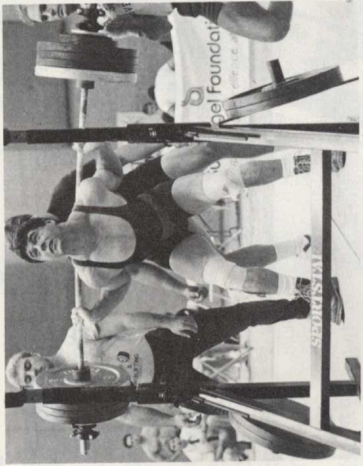
Spassov also shared a few more tidbits of nutritional potpourri with us. He suggests that the weightlifting athletes should consume 2-3 grams of protein/kg of bodyweight/day. This protein consumption should be obtained from a variety of protein-containing foods supplemented with protein powder or tablets.

The Bulgarian weightlifters train as much as 5 kg over their desired weight class. This is also not unusual for American powerlifters, however, the Bulgarians will use the excess 2-3 days prior to the competition. Spassov feels that if more weight than this was lost it would "destroy the balance portion of the brain."

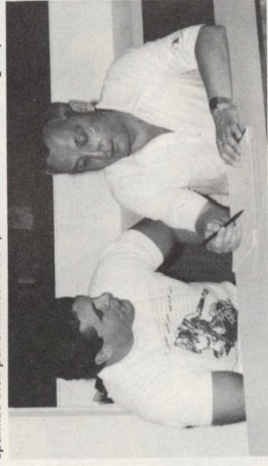
Spassov recommends yogurt as a food source. He stated that Bulgarian citizens eat an average of 5-1 kg of yogurt a day. He says that this was important for good health since the yogurt "lights bad bacteria."

Well, there you have it. All the Bulgarian weightlifters' nutritional secrets, according to Angel Spassov. As I'm sure you've noticed, there are no real secrets here, just common sense put to use. Good Luck!

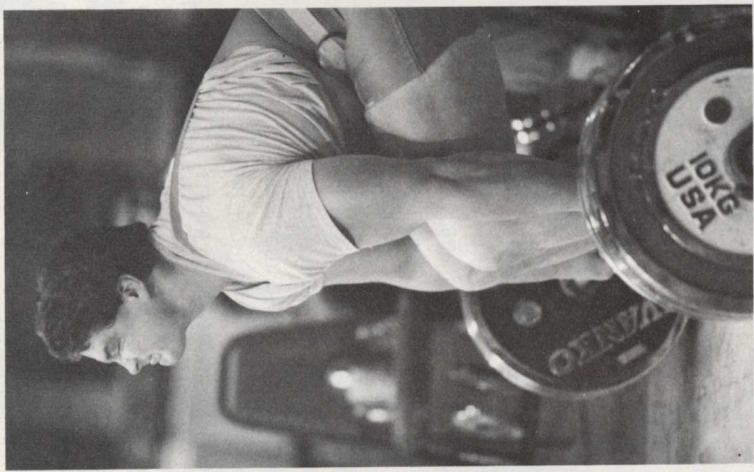
(1) Fleck, S.J. & Kraemer, W.J. (1987). Designing Resistance Training Programs. Human Kinetics Books, Champaign, Ill.



Lifetime Drug Free Champs like Richie Wenner (above) use nutrition to optimize their performance. Below, Richie talks with Dr. Angel Spassov.



# More From Ken Leistner



The Advantages of modern day training facilities and techniques are producing the likes of Natural Nationals Pure 275 lb. winner Mark Philippi deadlift with a bar that won't bend in many approaches to training and different routines as there are lifters. Still, there is a lot of information in any locale. Of course, some gym owners still don't allow the use of supposed 'scientific' type of magazines or journals that purport to have the latest in training information. I actually don't have much that would discourage men and women who actually lift a heavy weight, and/or don't want all of the limited number of five pound plates 'hogged' by a few. The most difficult part of finding a good powerlifting environment is to find a gym that allows a group of lifters to train together and do what they have to do in order to improve. Powerlifting USA provides information, available equipment, and monthly shot in the arm, training in-formation, available equipment, and anything else one would need to learn more about the sport. The articles that detail the training of the top lifters, first indicate that there are as

In the earliest days of organized powerlifting, if one wanted to get information regarding training or other aspects of the three lifts, they could have gone to the local gym or Y weight room. Even then, there was no guarantee that sensible, useful, or knowledgeable information would be available. I did most of my training in the garage, or oft over my father's welding shop. For short periods of time, I went to our local gym, and in retrospect, it was, for the time, very well equipped, and had a number of excellent bodybuilders training there. For mid to late 1960, finding a gym full of bars, dumbbells up to 120s, benches, incline benches, leg press, leg extension/curl combo, makeshift power rack, squat rack, lat machine, a pulley drilled into the floor), the unusual 'moon' bench, hack machine, dip bars, chin bar and real live Jackson olympic set was a rare hap-penstance, yet we had one, a short bus ride or hitchhike away. Having Tony Pandolfo, Dennis Tinemo, Steve Michalik, and other pumpers of that caliber as the 'visual' trainees, made it one of 'the places to be'.

For the man who was interested in getting stronger in the three lifts however, the advantages weren't quite so available. Tony had a wealth of knowledge and was quite a lifter himself. There was always an enthusiastic atmosphere in the gym, for those who regularly trained in those days were truly a breed apart and supportive of each other's training and goals. The equipment was excellent for its day. The drawbacks were the lack of training information specific to powerlifting, as it was a new sport, and even after a few years, few specialists were to be found. The few lifting clubs in the New York area had a multitude of olympic lifters, few powerlifters, and no bodybuilders. There were some olympic lifters who did both types of competitive lifting, but their programs were no more than a mix-and-match hodgepodge of a little of this or that, depending upon what was up coming.

The 'when' considered themselves to be 'powerlifters' often trained simply, which was and is a positive, but not everyone could benefit from that. I recall deadlift three times per squat, and deadlift three times per squat. Muscular Development and Muscle Power had a few helpful articles, although from West, and Casey, as viewed through the pages of the Weider publications, was an inspiring monthly 'high'. Iron Mar's companion publication, Lifting News had the training programs of the top men, but these were often hard to get. Most of us struggled with a trial and error approach, inevitably making for more errors than trials! Today's powerman still has to hunt and peck for a good training facility and good information, but times have definitely changed. Almost every city of any sized has at least one gym that is devoted to the 'hard core' trainees. Most are obviously for bodybuilders, but a sturdy bench, squat racks, and enough weight to

become confused beyond reason. This is supplemented by many courses, made available by those who have won a number of championships or titles.

Some of these courses are okay. Some, however, are written by lifters who have not had to pay the same kind of gym dues that the average trainee does. This is not to state, or imply, that the typical champion has not worked hard. I'm sure each has trained many hours, over many years, and lifted a lot of weight to get to their exalted position. However, every champion has many genetic and physiological advantages that most others do not. Most long time coaches and administrators involved in the sport of football will admit that the greatest players do not make the best coaches. Often, it is the average player, or the average player who overachieved to become recognized as a good or excellent player, who makes the best coach. This is the type of player, due to a lack of talent relative to others at his position, who had to study, practice techniques, and work to be in better condition far beyond the requirements of his teammates. He understands the game and his position better because he had to work harder to accomplish what the more talented player did on no more than that ability.

Powerlifting is similar. Often, the best training information does not come from the great or the champions. It's the guy who has paid his time in the gym over many years, who has worked what the champs, and others did, and due to a true in-terested love of the sport, comes to a philosophy that has a better chance of helping the 'typical' powerlifter. I always felt that my in-formation was more or less directed towards the average man or woman training in his or her basement gym, and I have come to believe that there are many in our sport who can pro-vide valuable tips that would in fact boost the totals of the guy or girl who keeps banging away year after year.

Recently, PL USA has had a number of ads, offering training information from little known lifters. I can't comment on any of these, other than one I am familiar with, but these too may prove to be a source of legitimate, useful information. David Ahramson is a lifter from New Jersey who has been on the scene for over ten years. He has done relatively well, winning many local contests and certainly has had a wealth of training experience, and has talked to, or throughout the country, if Dave ran an ad that said, 'Hey, come to me for good lifting advice', most would think, 'Wait, what has this guy won?' Please follow the undercurrent of this column and understand that Dave, like others, perhaps knows more that would be applicable to the typical lifter's training than a national champ. His expertise comes not from being a champ, but from learning so much in the process of finding out that he won't be a champ. Check it out.

Dr. Ken Leistner

# THE IDEAL POWERLIFTING FEDERATION

as seen by Coach JOHN WARE



Let's talk about the present state of the great sport of powerlifting. Face it, the long term prognosis is not entirely positive. In fact, the sport is in a mess. People need to wise up and look at the sport in a totally objective manner. Never has the sport been as lacking in prestige as it is today.

So what is the solution? I don't pretend to know all of the answers, but here are some of my ideas. First and foremost the powerlifting federations must become united as one. The present ridiculous nature of powerlifting federations and affiliations is completely out of hand. It serves no purpose other than to totally dilute the sport's greatest resource, the lifters themselves. In addition, state and national titles have become a joke. Titles should be worthwhile and hard to attain, not a question of which federation to join so you'll have the least competition.

Unity will certainly be a difficult task to master, but it is a necessity if the sport is to flourish. A number of obstacles will need to be overcome, issues will need to be resolved, there will have to be compromise and reconciliation. So what, the sport itself is at stake. A unified powerlifting federation will be more powerful than the sum of its parts.

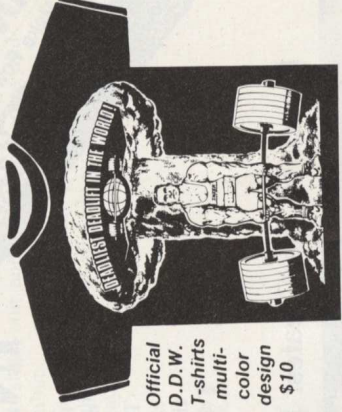
Powerlifting can begin to regain much of its former lustre. Assume we have a unified powerlifting population, where do we go from there?

I believe a critical component is an extremely strong youth program. A concerted effort needs to be undertaken to design, organize and implement a strong youth program through lift. Then the sport can be perpetuated. There are a lot of high school and college athletes out there who would give us the sport of powerlifting. How about the kids not involved also? Everybody needs goals to shoot for.

Let's say, theoretically, we have achieved unity and have a strong youth program. What's the next move? We need to make the sport more appealing to the public at large. The major drawback to a powerlifting meet is the amount of time the meet lasts. It takes a hearty soul to sit through a 12 hour powerlifting marathon. A possible solution, make only six total attempts, two attempts in each lift. The length of the meet will be reduced by at least a third and the meets will be more appealing to

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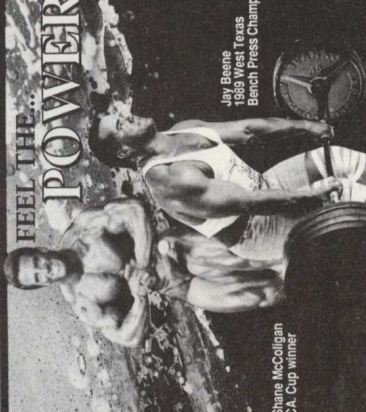
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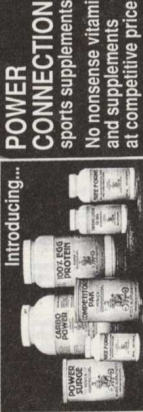
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John Ware has strong, personal feelings about the future of Powerlifting. your average spectator. Shorten the meets and you will accelerate public acceptance. What is the final piece of the puzzle? The answer lies in strong, effective, industrious and intelligent leadership. Powerlifting has become a sport controlled by too many individuals with vested interests. There is nothing wrong with making a buck for a job well done, but please not at the expense of the lifters. I have always felt that too many powerlifting leaders lack empathy for the position of the lifters. We need to continually keep in mind when advocating new policies. Organizational skills are a must. A true love for the sport is essential, and the politics involved must be minimized whenever possible. I realize this is not entirely possible, but we should give it our best shot. Like I said powerlifting needs an overhaul. Return powerlifting to a position of importance. It's a great sport. Let's get the rest of the world to understand that.

# POWER PROFILE

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

## FRED TOINS

as told by his friend DAVE MITCHELL

At twenty five years of age, Fred Toins has made his mark in the world of powerlifting. He's already in the Michigan Hall of Fame with such names as Lamar Gant and Claude Handorf!

Fred has now moved to Bellevue, Nebraska, but left behind records that stand in the state of Michigan: 451 deadlift (114 lb. class), 615 deadlift (148 lb. class), squat 661, deadlift 700, total 1719 (all at 165).

Fred has had his share of disappointments along the way in his powerlifting career, but that is all a part of this sport. Fred's greatest victory was at the WPC Worlds in Stone, England. Opening with 661 lb. squat, he hurt his back which hampered his next attempt and affected his bench press. He could manage to push only 385 (he had pushed 425 in training).

South Africa's Nevil Primmich, a stocky well built lifter, led in the subtotal. Toins knew it was time to rely on his specialty, the deadlift. 672 was smoked, but Primmich was still ahead. Fred's second attempt a modest 688 popped out of his left hand at the top. On his third and final lift with the same weight, Fred held on for three white lights and the Middleweight World Title. He had put together a 1736 to Primmich's 1720.

How did Toins rise to become a World Champion? It all started back in 1979. Fourteen year old Fred only weighed 95 lbs. In his very first contest, without ever doing a squat, bench or deadlift he managed to lift 220 125 260 at 95 lbs. In 1980, at his second meet Fred went 220 125 300 at 105 lbs. with plenty left in him.

From there it was on to stiffer competition. At age 16, Fred finished fourth at the Teenage Nationals, and he set his first major record with that 451 deadlift. The next year he won state high school, teenage state, and Michigan Seniors at 123 lbs., as well as the Teenage Nationals.

In 1983, an increase in bodyweight moved Fred up to the 132 lb. division where he came close to breaking Lamar Gant's deadlift record almost having 605 locked out. Fred was still a teenager in 1984, when he moved up to the lightweights. It was not a good year for him. Tripling 640 lbs. in the deadlift, he had visions of a 1600 total but they disappeared at the YMCA Nationals, where Fred had severe cramps while warming up and had to be taken to the hospital overnight.

In January of 1986, Fred moved up the middleweights. At a deadlift meet in Michigan Toins ripped up 700 lbs. and had 720 halfway up, easily winning and taking Best Lifter. This big lift ranked him second to John Inzer, the best middleweight deadlifter in the world that year. At the YMCA Nationals that fall, bad luck struck Fred again. He took sick two weeks before the big meet, but decided to go anyway after training so hard for it. His bench suffered, as 203 was his only attempt. (He made 370 in the gym before getting sick.) Fred finished last in the 165 lb. pack, but in 1987, he finally won the YMCA Nationals defeating former World Champion Bob Wahl 1642 to 1625.



FRED TOINS...preparing to deadlift at the YMCA Nationals, the scene of several of the tragedies and triumphs of his relatively young lifting career.

In 1988, while still improving, he finished at second at the APF Seniors with a 1719 total as a middleweight. He finished off the year at the APF Open Worlds in Victoria, British Columbia, Canada with a 1710 total and Best Lifter (lightweight) despite going 5 for 9 and having difficulties in the squats.

Last year was the best year for Toins. He won the APF Seniors with his best total of 1736. A win at the WPC Worlds rounded out the year. With training lifts of 685, 425, 710x2, Fred should total 1800 in the future. If he can solve his grip problem took for him to pull a world record deadlift!

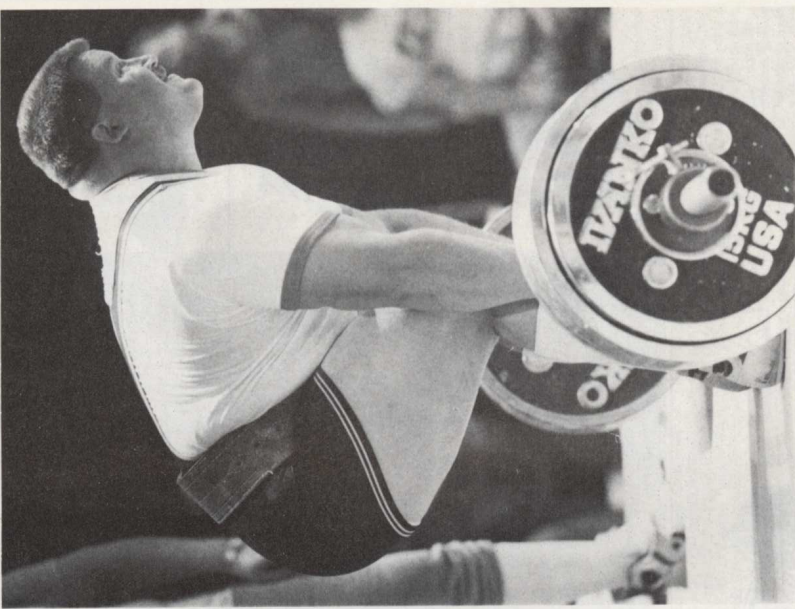
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(See Center Spread)

# INTERVIEW

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

## BOB DEMPSEY

as interviewed by BOB GAYNOR, VP, ADFPA



BOB DEMPSEY...getting ready to pull his ADFPA Superheavyweight record deadlift of 771 lbs.

This interview was conducted with Bob Dempsey in January of 1990. Bob has been a very successful competitor in the USPF and the ADFPA for many years.

**B.G.:** Can you give us a little personal history about yourself.

**B.D.:** My name is Bob Dempsey. I am 31 years of age and live at 70 Summer St., Plymouth, Massachusetts. I am employed as a sales representative for a motor oil company.

**B.G.:** How long have you been training and how many years have you been competing?

**B.D.:** I have been training for 16 years and I have been competing for 15 years.

**B.G.:** What are your best competitive lifts?

**B.D.:** Squat 850; Bench Press 501; Deadlift 771

**B.G.:** Bob, could you give us some examples of the lifts you have won records on?

**B.D.:** I won the 1979, '80 and '81 National Collegiate Championships. I have won many more Massachusetts State Championships at 275 lbs.

**B.G.:** In the 1989 I set the ADFPA deadlift record of 771 lbs. as a Super. I currently hold the squat, bench and deadlift records in the State of Massachusetts.

**B.G.:** What future goals do you have in powerlifting?

**B.D.:** To win the ADFPA Nationals again in the 275 lb. class, and then the World Championships.

**B.G.:** Bob, how about sharing with us your thoughts on steroid usage and drug testing?

**B.D.:** As a past user of steroids (8 years) without medical supervision, I would recommend that anyone taking or considering taking them do so under a doctor's care. As for drug testing I feel we need more of it. For example, testing the top 10 lifters in each weight class every six months. Obviously, this would require a great deal of money and effort, but for powerlifting and all other sports to be considered 'viable' or 'legitimate' more stringent testing must be done.

**B.G.:** What kind of dietary practices do you follow?

**B.D.:** Sea Food - Eat Food. I follow this method except close to a meet when my wife Christine watches the volume.

**B.G.:** What kind of supplementation program do you follow?

**B.D.:** I believe in supplementation and I use of the following: Aminos, Boron, Chromium Picolinate. I always have a carbohydrate drink before each workout.

**B.G.:** I train the 3 main lifts twice a week. Same for the assistance work. I use (2) different training cycles. One is for an 8 week cycle. I will train heavy every week. The (12) week cycle consists of a heavy week followed by light week (75 percent). I actually start a meet cycle with sets of 5's and with 2's. Off season work includes sets of 8's and 10's.

**B.G.:** Typical Meet Cycle Routine

Tuesday: deadlifts or rack pulls, seated cable rows, lat pulldowns, E-Z curls, dumbbell curls, crunches

Thursday: bench, dumbbell inclines, seated behind neck press, neck press, front tri-downs, Reverse tri-downs.

Saturday: squats, leg press, close grip bench, leg curls, crunches.

**B.G.:** What advice would you give for a beginner?

**B.D.:** Find yourself a good gym that has an atmosphere for heavy lifting. Get yourself 1 or 2 training partners who will be at the gym on workout day no matter what! Finally, be thoroughly dedicated to why you are training for a particular sport or whether you want to become a World Champion. You must be dedicated to make progress.

**B.G.:** Who do you admire in powerlifting?

**B.D.:** The great Don Reinhoudt is, in my mind, the greatest Superheavy in powerlifting history. He never got to use the squat suits and bench shirts we use today. He totaled 2420 14 years ago. This total has only been by 10 lbs.

**B.G.:** Bob, are there any other comments you would like to make?

**B.D.:** I've had a great career so far and I hope to continue it until I'm a master. To be successful at this sport you must be dedicated and be surrounded by the right people who will support you. My wife Christine

supports me more than most wives support their husbands in this sport. Last, but certainly not least, I'd like to thank my good friend, Saul Shocket. When my powerlifting career took a sudden change about 5 years ago there were a lot of people who thought I was through. Saul was one of the people who really believed that I would rise to the top of the drug free powerlifting world. I'm sure I have succeeded in this goal.

**B.G.:** What are some of your other interests or hobbies?

**B.D.:** I enjoy golf, skiing, reading and talking about powerlifting.

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I was in Hot-Lanta recently to do a little celebrating with a few of my friends. Actually, I celebrated more than a little. In fact, Spud's McKenzie would have been real proud of me. I was a real super party-human.

I declared war on my liver that night. I must have drank half of the beer in Atlanta. Actually, I was just men's room than I did at the bar. I would have been better off just pouring the stuff down the toilet. At least that way I could have eliminated the middle man.

Anyway, with the night half over and myself totally tanked, someone got this bright idea about going to the Atlanta Fair. I'm really not into fairs or amusement parks. I could never understand why someone would give some guy the better half of a dollar to put him in a mechanical contraption that would take him 500 feet in the air and shake the stuffing out of him for 15 minutes. I just couldn't see the fun in that, but after having my brain bathed in alcohol for a couple of hours, I was ready for anything. Let's face it, alcohol is a beautiful drug. I can recommend it without reservation to anyone who has the I.Q. of a "tumbler."

When we got to the fair, the place was packed, and there were more stuffing-staking machines than you could imagine. What caught my eye, though, was a sign that was offering \$100.00 for anyone who could stay in a cage for 15 minutes with a 150 pound gorilla. Actually, you had to do a little more than just watch the beast. The ape had to wear on his head, so it couldn't bite into his fingernails. Frankly, he didn't look like a gorilla. You might as well be looking at a cat. The more I looked at him, the more convinced I became that I could win the \$100.00. Like I said, I had been drinking heavily.

I wasn't stupid though. I knew I was no match for him from a strength standpoint. Apes are awesome animals, easily capable of bending tempered steel bars. I knew this because I saw one do it at the Philadelphia Zoo when I was a little boy. I was sure the fair's ape was in the same league. However, I figured I could outsmart him. After all, it's intelligence that truly separates man from beast. My plan was to use my wrestling skills to tie him up for the required 10 minutes. I was sure the thing wasn't schooled in the finer points of hand-to-hand combat. At least I was hoping he wasn't.

After the gorilla's manager gave me a rundown on the rules, no punching, biting or kicking. I got into the cage. At first it wasn't back, the damn thing just sat there, showing me his teeth and growling at me. However, his behavior did raise a question in my mind. I walked back to the door of the cage and called out to the ape's trainer. "Say 'uh... this things doesn't bite does he?'"

"Well, let's put it this way. Don't stick your fingers in his mouth."

That did wonders for my confidence, but I was still sure I could beat him. Isn't alcohol wonderful? Of course, I wasn't about to jump on him, if he wanted to sit there and growl at me for ten minutes. It was O.K. with me. After about 30 seconds of inactivity, the ape's trainer walked something to him. Whatever he said made him made as hell. The next thing I knew, I was flying through the air at the speed of sound (741.1 mph) toward the other end of the cage. The beast made a nifty, short hop catch of my body as I ricocheted off the wall. He grabbed my right arm with one hand, my head with his other hand, and he left arm with his foot. Then, when he had me secure, he started pulling each piece in different directions. I think he was trying

the back of my head as big as a golf ball.

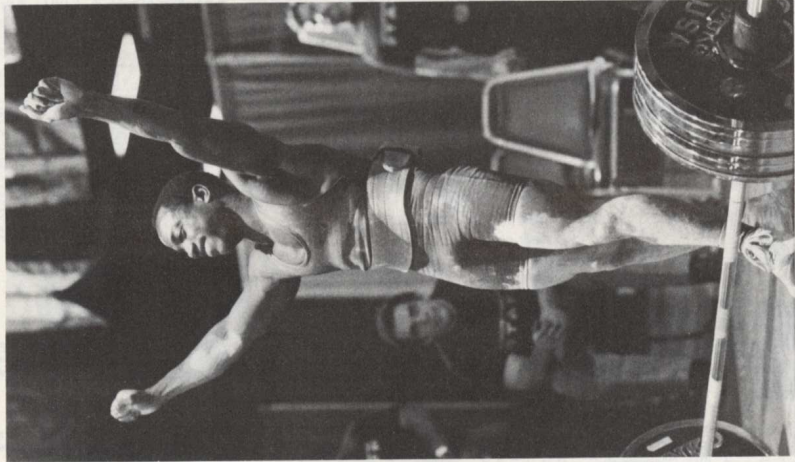
Now that got my temper up. It was no longer going to be man against beast. Now it was going to be beast against beast. For the next few minutes, I gave that ape all the wallops I even bit him once. With the clock still showing six minutes remaining, I had just about nothing left. Ten minutes is a long time, especially if you're spending it with someone or something you don't particularly care about. Amazingly, the chimp looked as fresh as a spring day in the Congo. Before I had a chance to recuperate, the ape was on top of me again.

This came my best move of the night. I "blew" lunch, supper, beer, little nuts all over him. Apparently, my little blunder couldn't take any more. North of the chimp's trainer. He called an immediate halt to the action. The chimp released me, got up, walked to the center of the cage and sat down as if nothing had happened. After I regained my composure, I struggled to my feet. My shirt was ripped and I had blood and puke all over me. I just sat there watching me out of the corner of his eye with a big smirk on his face. I don't know what possessed me to do what I did next. Perhaps it was that look he had on his face, or maybe the fact that he had just kicked my butt in front of a hundred or more people. Whatever the reason, I walked up behind him and then, with all my might, I hit him square in the back of the head. Incredibly, his head hardly moved. In fact, he barely reacted. It was like I never had hit him. He just looked back at me and growled a little. I knew it was time to go, while the going was good. So much for superior wrestling skill, intelligence, and the one-hundred dollars.

Now I know what you're thinking. Biasotto... you're crazy! Well, you might be right, but being crazy isn't so bad. When you're crazy, you can do just about anything and get away with it. Personally, I want to do everything and anything. I want to live my life to the fullest, and I hope you feel the same way. I don't want to sit on the sidelines viewing life. I want to be out there in the trenches, participating in life. A lot of people I know are afraid of life. I mean that. They get a really great, insane idea, and then they don't act on it. There's a contest they'd like to enter, or a girl they'd like to ask out, but they don't because they're afraid of what might happen. That's not living life - that's running from life. If there is one thing that I don't want, it's to come to the end of my life and find that I never lived. I mean really lived, experienced, loved, risked, got involved. Living. Leo Buscaglia author of *Living, Loving, and Learning* has said "Living means jumping in the middle of it all. Life means getting your hands dirty. Life means going beyond yourself into the stars. That's where I want to go - to the stars. If I have to be a little crazy to get there, so be it. Do you want to come?"

Somehow, I managed to get his hand off my head. That really got his primate temper up. With my arms still pinned back by his hand and foot, he started punching me in the face with his free hand. Apparently, his trainer forgot to tell him the rules. After about twenty punches to my forehead, I went down. Actually, I wasn't hurt that badly. The reason I went down was because I didn't know what else to do. Luckily it was the right thing to do. As soon as I hit the floor, the ape let me go. My eye started bleeding and I had a knot on

# Dr. Judd



**We Don't Recommend Wrestling Apes**, however, the point you should get out of Dr. Judd's article is the message that you should always be prepared for the possibility of a surprise title or the inter-galactic championship. Why should you hold yourself back? Discover yourself. Find out what you can actually do.

dence, but I was still sure I could beat him. Isn't alcohol wonderful? Of course, I wasn't about to jump on him, if he wanted to sit there and growl at me for ten minutes. It was O.K. with me. After about 30 seconds of inactivity, the ape's trainer walked something to him. Whatever he said made him made as hell. The next thing I knew, I was flying through the air at the speed of sound (741.1 mph) toward the other end of the cage. The beast made a nifty, short hop catch of my body as I ricocheted off the wall. He grabbed my right arm with one hand, my head with his other hand, and he left arm with his foot. Then, when he had me secure, he started pulling each piece in different directions. I think he was trying

ing to separate my head from my shoulders. He was doing a good job of it, too. I couldn't believe the strength he had. It was absolutely awesome. Somehow, I managed to get his hand off my head. That really got his primate temper up. With my arms still pinned back by his hand and foot, he started punching me in the face with his free hand. Apparently, his trainer forgot to tell him the rules. After about twenty punches to my forehead, I went down. Actually, I wasn't hurt that badly. The reason I went down was because I didn't know what else to do. Luckily it was the right thing to do. As soon as I hit the floor, the ape let me go. My eye started bleeding and I had a knot on

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## Ask the Doctor

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

**DEAR MAURO:** I'm 40 years old and have been lifting about 4½ years for strength and conditioning. My problem is my lower back and left hip and leg. About 3 months ago I felt a sharp pain in my right side lower back while squatting. I immediately stopped and rested for a week then I began training light. It was then that I noticed that when deadlifting or holding the bar on my shoulders to squat, I would get a stinging pain down my left thigh in the front only. Taking 12 aspirin a day, or 800 mg of Motrin 3 times a day seemed to relieve most of the pain, but soon as I stopped the pain would return. Two months ago, I went to a chiropractor and had x-rays and a CAT scan. I was told that I had a bulging disc in the lower lumbar area that was affecting a femur nerve. I have been treated 3 times a week since then. After 5 weeks, I stopped taking any medication and noticed the pain returned, so I went to a D.O. physician. He gave me a prescription for Ansaid 100 mg which I am taking twice a day. He also had me get a lumbar support brace which I have been wearing. He told me to apply heat to the area, but the chiropractor said not to.

My question is how long does this type of injury last? I have heard from people that they can last one year. Can I start training while taking Ansaid or should I wait until I have no pain without medication? Do you believe it would be safer to use high rep only one set rather than low rep multiple set training. Thanks for any help you can give me. **Genaro**

**DEAR GENARO:** It sounds like you've run into a serious problem; herniated discs and femoral nerve impingement. Unfortunately healing can take up to several months, and longer if you don't give the disc a chance to heal. The medications that you've been given are all NSAIDs (non-steroidal anti-inflammatory drugs) and will decrease the pain and inflammation but will not significantly affect the healing. If you keep pressing the disc then it will take a long time to heal and may even need to be operated on. I would keep away from any exercises that increase the pressure on the disc and thus perhaps keep the disc from healing. Your best guide is pain. You can still do exercises like bench presses, partial leg presses (as long as there is minimal or no pain), quadrep extensions, etc. After a few months, as long as there is no significant pain, I would start doing some of the back intensive exercises such as deadlifts and squats. If the pain and pressure on the nerve persists, then I would consult with a neurologist. It's possible you may need more than just drugs and therapy. **M.G.D.**

**DEAR MAURO:** About 4 years ago I was heavily into bodybuilding and I started developing gynecomastia. I have never taken steroids, but I'm a test day including the yolk. A few months after I started eating these eggs I developed gynecomastia. Once I found this out I stopped eating eggs but I still have the breast tissue. In Update Five you talked about dihydrotestosterone heptanoate which had proven effective for the treatment of gynecomastia. Where I can buy this product, I'll try anything but surgery.

**DEAR SUJR:** I'd never heard of developing gynecomastia from eating raw eggs. However, I did look into it for you and found that you just may be right. It seems that some estrogenic compounds (they either act directly as estrogens or cause an increase in plasma estrogen activity) are used to increase chicken growth and efficiency. I came across a study that you might be interested in. It reviews the effects of gonadal steroids such as diethylstilbestrol and trenbolone, and androgenic agonists in growing poultry. There is no doubt that diethylstilbestrol will cause gynecomastia - it's commonly a side effect of the use of diethylstilbestrol in men with prostatic cancer. If the eggs contained diethylstilbestrol, and you ate enough of them raw, you could definitely develop gynecomastia. Cooked eggs are not a problem since cooking deactivates the hormones.

I'm not sure if these compounds are allowed in Canada, but it's quite possible that they may be used either legally or perhaps even illegally. I would contact the egg marketing board and find out what drugs and hormones they allow for laying hens. Let me know what you come up with since I'd be interested in following this up. Unfortunately, dihydrotestosterone heptanoate is not available in North America. However, there are other non-surgical ways to treat gynecomastia. I've enclosed an ad for my two new books, *You might be interested in the book titled 'Anabolic Steroid Side Effects - Fact, Fiction, and Treatment'* in which I cover gynecomastia in detail. **M.G.D.**

## Powerlifting USA BACK ISSUES

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

Jan/1983...Women's Worlds, Anello deadlift routine, Dan Austin, Cycling, All Time 800 squat list, Bill West - Pioneer of Power, TOP 100 Supers.

Apr/89...O.D. Wilson's 2430 total, Jan Harrell interview, Mx 10 Challenge, National Nationals, Carol Waters, TOP 100 132s, ADFFA TOP 20 242s.

May/89...ADFFA Lifetime Drug Free, Ray Benemeto interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADFFA TOP 270s.

Jul/89...USPF Masters, ADFFA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.

Nov/89...Dan Austin, Gary Drigo Bench Workout, Bulgarian Principles, Muscle Growth, Randall Kea, Jesse Kellum, TOP 100 275s, ADFFA TOP 20 165s.

Feb/90...WPC Worlds, Y Nationals, ADFFA National Masters, Jeff Wright Bench Routine, Jay Burt Profile, TOP 100 123s, ADFFA TOP 20 270s.

Mar/90...Women's TOP 20, Squating in the '60s, Tony Kamand, Mark Hartmann, 12 Errors in the Squat, TOP 100 132s, ADFFA TOP 20 242s.

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# INJURIES

## CALLUSES by RICHARD T. HERRICK, M.D.

Calluses, which tear at inappropriate times, are the bane of many lifters. They are caused by a lack of proper care and preventative daily maintenance on the part of the lifter.

To prevent this condition, the following steps should be taken on a daily basis:

1. An emery cloth, sandpaper, Carborundum, pumice stone or similar device should be used on the calluses several times during the day. The emery cloth should be used down to the skin.
2. The hands should be soaked in warm water at the end of each training session. This should be followed by an application of petrolatum, vaseline, cocoa butter, lanolin, vitamin E ointment or any other moisturizer which should be applied several times a day, including once at bedtime.
3. The calluses must be kept small and pliable. This can be accomplished by sanding, soaking and using a moisturizer, if they do not, Neosporin or Bacitracin should be used.
4. Remember "S & S" — Sand them down and Soften them.

If a callus rips during a lift, sometimes the competitor must drop out. However, if the athlete has a high pain threshold, he can complete his lifts by taking the following steps:



**It Can Ruin Your Day** ask Larry Pacifico about torn calluses. or a similar substance. Dry the area and apply bacitracin and a sterile bandage. Once again, remember that his condition can be avoided by proper daily preventative maintenance.

Another cause of injury to the hands is attributable to poor hand strength. Lifters must devote time to developing hand strength, and it is important to begin this process at an early age. The roller apparatus, grippers, pinch gripping plates, reverse balls and the newspaper drill are some of the exercises which are beneficial for the hands and fingers. The newspaper drill consists of curling or crushing a large page of a newspaper into a small ball, continuing until several can be rolled up into a ball. Another technique is to carry large dumb-bells or "kettle-bells" for distances which can help develop grip strength.

After competition, wash the area with Phisohex, Betadine, or a similar substance. Dry the area and apply bacitracin and a sterile bandage. Once again, remember that his condition can be avoided by proper daily preventative maintenance.

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# STARTIN' OUT

A special section dedicated to the beginning lifter

## Equipment Use In Training the Squat

This subject is a very controversial one, with factions advocating different methods of using equipment for training the squat. One of lifting believes that excessive use of lifting equipment will result in a dependence on it, while another believes more usage in training will prepare you for competition. The problem, which we'll examine, is a number of beliefs, some in the middle of the two extremes.

Let me start by saying that by using supportive squat equipment effectively, you will realize a much greater end result. The "effective" part is the twist. As everyone knows, when you use a squat suit, belt, and knee wraps, you are able to squat more this way than if you squatted with nothing supportive. In essence, the equipment "lifted" some of the weight for you or in some way, it acted like extra muscle would. However, this does not mean that by adding supportive equipment you will before the contest you will magically realize all that can be gained by their use. To do this, we should reconcile the good points of each of the other two factions to form what I think is a better way to go. The best way to illustrate what I mean is to lay out a 16 week cycle leading up to a contest.

The first 8 weeks of the cycle is the "off season" period where you would concentrate on building usable strength for the actual contest training part of the cycle in the last 8 weeks. Here we would concentrate our leg work on narrow stance, high bar, Olympic style squats twice a week. In this period, limit supportive equipment to a thin belt on the heavy sets for the last 2 weeks of the cycle. Using any other equipment for this period will result in accruing less base level strength gain. During this period we are solely interested in building strength, not at all in demonstrating it for a single.

As we move into the second 8 week period, or contest phase, we start to incor-



Top Lifters like Nate Wassmer take advantage of squat equipment. (Finnegan photo)

porate supportive equipment into our routines. For example, we might cut the reps on our heavy days down to 5 for the next 3 weeks. We would then use a belt and add wraps on the third week. However, they would only be used for the heavy sets in routine 1, 135x8, 225x5, 275x2, 315x6, 300x4, or the third set we would add a thin belt, the fourth we add wraps, on the fifth the belt and on the last, we use the belt in anything. The light day would include use of the belt only on the heavy sets.

The reason for adding equipment in this manner is that by adding wraps on the fourth set you will get an extra kick from them. This will make the weight seem easier because of the support they add. This type of

supportive equipment use pattern will allow you to build strength as well as not becoming "addicted" to using wraps. This will also allow you to gradually lift more weight.

The next 3 weeks of light lead to heavy sets of three. Here we would add an older or less tight squat suit. A progression might go like this: 135x8, 225x8, 275x2, 325x1, 355x3, 335x3, 315x5.

We would add the belt on the third set, the wraps on the fourth, and the squat suit with the straps down on the fifth. The last sets would only use wraps and a belt. This gradual introduction of the squat suit will provide the previously mentioned "kick" while slowly accustoming you to the use of the suit. The light day would incorporate only the use of a belt on the top set.

During the final 2 weeks we would use full squat gear, but again, gradually as the weights increase. Here we would hit a single: 135x8, 225x5, 275x2, 345x1, 385x1, 365x3, 345x5.

The third set would include a thick belt and wraps on the fourth add a tight suit with straps down, and on the fifth and sixth, pull up the straps. On the last set, lower the straps to finish. The light day activity would be eliminated.

My disagreement with the faction that advocates little use of supportive equipment, until the end of the cycle, is that a lifter needs time to get used to the feel of supportive equipment. Also, he needs time to test his equipment to see if it is doing the job or needs replacing. This is especially important to a newer lifter who was had little experience using supportive squat gear. This gear changes the feel of the squat immensely. More experienced lifters know what to expect. By gradually introducing the equipment, you will not be addicted to its use and you still gain in strength over the cycle.

When a lifter steps out on the platform, he should be using all the equipment that he has and his budget will allow. He must also be familiar with its effects during a max squat. By incorporating the system I have just described, you will get the best of both worlds. You can adjust my routine to fit your own squat program, as it was used only to give a concrete example. Your use of squat supportive gear is an important factor to your progress in the lift, perhaps its the second most significant factor, after your actual squat routine. Hopefully, I have given you a little food for thought in making your decision on how to use your equipment during your training.

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Louisiana Tech Invitational H.S. 3 Feb 90 - Ruston, LA

Table with columns: SQ, BP, DL, Total. Lists names and scores for Louisiana Tech Invitational H.S. event.

CHAMP WOM 198 198 198



Calvin Dial, a senior at Thomas Jefferson High School in Dallas, was the Outstanding Lifter at the La. Tech Invitational High School Championship, with 570, 290, 535, 1395 at 148. (courtesy of Billy Jack Talton)

ADPPA Southeastern U.S. 17-18 Nov 89 - Moncks Creek, SC

Table with columns: Name, DL, Total. Lists names and scores for ADPPA Southeastern U.S. event.

ADPPA East Coast Bench Press 18 Feb 90 - Hackensack, NJ

Table with columns: Name, DL, Total. Lists names and scores for ADPPA East Coast Bench Press event.

ADPPA East Coast Bench Press 18 Feb 90 - Hackensack, NJ

Table with columns: Name, DL, Total. Lists names and scores for ADPPA East Coast Bench Press event.



Kevin Jones tries 560 at SHW in the East Coast Bench Meet (Pyra photo)

At 144 lbs., give her a little time and she'll add 50 lbs. to that lift. She's a regular, Tony Ferrara making 370 at 219. Marc Jacobs got first with 310 at 157, Paul Trent Jr. got second with 300 at 178 over Brad Kozlowski. The 148s saw a double win by Mike McLeod, Joe Zuntas and Bill Hawk made 355, 350 and 340, missing attempts that would have won them the titles. Five lifters in the DL were met by Paul Cano. Five lifters in the DL were met by Paul Cano. Five lifters in the DL were met by Paul Cano.

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ADPPA Southeastern U.S. 17-18 Nov 89 - Moncks Creek, SC

Table with columns: Name, DL, Total. Lists names and scores for ADPPA Southeastern U.S. event.

3rd Lake North High School Meet 29 Jan 90 - Ft. Worth, TX (totals)

Table with columns: Name, DL, Total. Lists names and scores for 3rd Lake North High School Meet event.

ADPPA Southeastern U.S. 17-18 Nov 89 - Moncks Creek, SC

Table with columns: Name, DL, Total. Lists names and scores for ADPPA Southeastern U.S. event.

ADPPA Southeastern U.S. 17-18 Nov 89 - Moncks Creek, SC

Table with columns: Name, DL, Total. Lists names and scores for ADPPA Southeastern U.S. event.

ADPPA Southeastern U.S. 17-18 Nov 89 - Moncks Creek, SC

Table with columns: Name, DL, Total. Lists names and scores for ADPPA Southeastern U.S. event.

















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

Trophies to  
 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

# 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

1990 ADFPA

# Police & Fire Nationals

Powerlifting & Benchpress

◆ No Qualifying Totals ◆

May 20, 1990

Northwest Racquet, Swim & Health Club  
Minneapolis, Minnesota

### Divisions

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

### Awards

Trophies to:  
 top 5 places all classes  
 Men's Open all classes  
 Men's Masters light and heavy  
 Grand Masters

### Best Lifter

Men's Open light and heavy  
 Women's Open all classes  
 Benchpress



Meet Director: Erin Feldges

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



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

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



"Shortly following the untimely death of Dr. Conrad Cotter, the Executive Committee met to fill the void that Dr. Cotter's passing created in the leadership of the United States Powerlifting Federation. The Committee elected Jan W. Shendow as Acting President and Lynda Chicado-Shendow as Acting Vice President. The Committee will meet again soon to fill the vacant Executive Committee positions. These acting members will serve until the regularly scheduled elections for all positions at the National Committee meeting in July. The USPF office in Pensacola will continue to be managed by our secretary, Shannon Ball, until its ultimate destination is determined in July. She will continue to handle sanctions, patches and other day-to-day business. We will operate out of the Athlete's Registry office here in our gym (phone 801-825-5826)." Jan W. Shendow, Acting President USPF, P.O. Box 389, Roy, Utah 84067

ANPPC New York State Drug Free  
 3-4 Mar 90 - Hudson, New York

Open	SQ	BP	DL	Total
L. Mulla (f)	205	90	225	520
M. Plescia	245	170	290	705
T. Hought	205	160	300	665
A. Stoddard	425	285	465	1175
M. Chelton (B)	550	370	580	1500
E. Bauman	455	315	455	1225
A. Barolotta	465	250	460	1175
D. Newkirk	320	300	460	1080
T. Piazza	575	365	545	1485
R. Hinz	480	340	480	1300
D. Mint	500	305	550	1355
F. Mink	500	340	475	1315
C. Calvano	325	300	420	1045
J. Koskoki	400	240	380	1020
M. Burch, Sr.	590	470	600	1660
C. FitzGerald	360	360	600	1320
A. Moore	385	330	485	1200
K. Martin	242	310	485	1037
F. Panaro	600	350	685	1635
L. Licandro	650	360	615	1625
L. Licandro	500	360	600	1460
K. Sellers	500	430	600	1530
275 lb.	750	450	640	1840
K. Albern*	630	585	630	1845
J. Duggan				

## The Russians Are Coming!

Avers of N.A.S.A., that organization has signed a 5 year deal with AICEP/Dr. Enos in Canada to bring the Russians to the USA for friendly competitions and to have a USA team travel over this year. Due to the lack of time to put a USA team together this year, the Russians will perform as guest lifters at the N.A.S.A. Juniors (Super Bowl style rings as awards) in Atlanta on June 1st, 2nd, and 3rd. Hopefully, in the future the USA will be able to put up official teams of men, women, masters and teenage competitors, and the Russians will be able to arrange corresponding teams.

Not only was the meet run smoothly, but the quality of the lifting was excellent. The outstanding lifter of the meet was Joseph Calligan, who lifted 250, 150, 280, 680, 1100, 1500, 2000, 2500, 3000, 3500, 4000, 4500, 5000, 5500, 6000, 6500, 7000, 7500, 8000, 8500, 9000, 9500, 10000, 10500, 11000, 11500, 12000, 12500, 13000, 13500, 14000, 14500, 15000, 15500, 16000, 16500, 17000, 17500, 18000, 18500, 19000, 19500, 20000, 20500, 21000, 21500, 22000, 22500, 23000, 23500, 24000, 24500, 25000, 25500, 26000, 26500, 27000, 27500, 28000, 28500, 29000, 29500, 30000, 30500, 31000, 31500, 32000, 32500, 33000, 33500, 34000, 34500, 35000, 35500, 36000, 36500, 37000, 37500, 38000, 38500, 39000, 39500, 40000, 40500, 41000, 41500, 42000, 42500, 43000, 43500, 44000, 44500, 45000, 45500, 46000, 46500, 47000, 47500, 48000, 48500, 49000, 49500, 50000, 50500, 51000, 51500, 52000, 52500, 53000, 53500, 54000, 54500, 55000, 55500, 56000, 56500, 57000, 57500, 58000, 58500, 59000, 59500, 60000, 60500, 61000, 61500, 62000, 62500, 63000, 63500, 64000, 64500, 65000, 65500, 66000, 66500, 67000, 67500, 68000, 68500, 69000, 69500, 70000, 70500, 71000, 71500, 72000, 72500, 73000, 73500, 74000, 74500, 75000, 75500, 76000, 76500, 77000, 77500, 78000, 78500, 79000, 79500, 80000, 80500, 81000, 81500, 82000, 82500, 83000, 83500, 84000, 84500, 85000, 85500, 86000, 86500, 87000, 87500, 88000, 88500, 89000, 89500, 90000, 90500, 91000, 91500, 92000, 92500, 93000, 93500, 94000, 94500, 95000, 95500, 96000, 96500, 97000, 97500, 98000, 98500, 99000, 99500, 100000, 100500, 101000, 101500, 102000, 102500, 103000, 103500, 104000, 104500, 105000, 105500, 106000, 106500, 107000, 107500, 108000, 108500, 109000, 109500, 110000, 110500, 111000, 111500, 112000, 112500, 113000, 113500, 114000, 114500, 115000, 115500, 116000, 116500, 117000, 117500, 118000, 118500, 119000, 119500, 120000, 120500, 121000, 121500, 122000, 122500, 123000, 123500, 124000, 124500, 125000, 125500, 126000, 126500, 127000, 127500, 128000, 128500, 129000, 129500, 130000, 130500, 131000, 131500, 132000, 132500, 133000, 133500, 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state \_\_\_\_\_ zip \_\_\_\_\_  
 MC  VISA Exp. Date \_\_\_\_\_  
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### Continental Sports Conference

#### 17 Mar 90 - Hahn AB, W. Germany

Women	SQ	BP	DL	Total
56 kg	85	45	107.5	237.5
C. Hopkins	82.5	42.5	102.5	227.5
60 kg	127.5	85*	155	367.5*
S. Stadnirer	85	45	100	210
L. Blakly	95	45	150*	290
R. Wickman	92.5	55	102.5	250
S. St. Louis	85	45	102.5	232.5
A. Ward	65	50	95	210
75 kg	75	47.5	137.5	260
T. McGriff	60	50*	112.5	222.5*
Mens Division				
52 kg	145	100	175*	420
56 kg	182.5*	132.5*	215*	530*
C. Felder	115	82.5	125	322.5
J. Steward	100	85	112.5	297.5
60 kg	142.5	100	175	417.5
C. Crawford	142.5	92.5	180	415
C. Culbreath	137.5	92.5	170	400
S. Crayton	102.5	70	115	287.5
D. Colman	102.5	70	115	287.5
M. Sands	125	92.5		
67.5 kg	197.5	100	217.5	515
D. Wilnera	185	142.5	185	512.5
R. Janice	155	107.5	182.5	445
K. Clement	97.5	102.5		
75 kg	232.5	137.5	265	635
R. Clark	220	125	225	570
I. Puente	182.5	115	192.5	490
R. Lott	180	125	192.5	497.5
R. Lovelorn	155	125	187.5	467.5
T. Quatrochi	145	100	185	430
T. Hipp	137.5	92.5	167.5	400
S. Hood	125	92.5	160	377.5
80 kg	205	160	232.5	617.5
C. Walton	200	152.5	227.5	580
R. Bost	205	132.5	227.5	565
M. Graves	205	122.5	227.5	555
J. Steward	205	112.5	222.5	540
B. Vest	205	112.5	222.5	540
T. Loecke	187.5	125	210	522.5
W. Melia	145	102.5	182.5	430
M. Meyer	122.5	107.5	190	420
90 kg	255*	160	245	660
H. Santana	225	147.5	237.5	622.5
A. Brooks	205	127.5	227.5	560
C. Brooks	205	127.5	227.5	560
P. West	185	127.5	232.5	545
R. John	185	127.5	232.5	545
D. Panazzo	170	125	215	510
S. Darden	170	135	192.5	497.5
C. Connor				
100 kg	272.5	187.5	305	765
R. Nun	250	130	267.5	647.5
J. McChristian	250	130	267.5	647.5
H. Hester	210	122.5	227.5	560
T. Weston	190	147.5	210	547.5
H. Platero	190	177.5	222.5	590
M. Dharwad	227.5	145	245	617.5
E. McGee	200	142.5	232.5	575
T. Walsh	145	145	180	470
C. Thompson	182.5	127.5	227.5	537.5
M. Lee	162.5	145	172.5	480

#### 10 Mar 90 - Gallup, New Mexico

Women	SQ	BP	DL	Total
105 lb	155	90	180	425
H. Pritchard	100	70	155	325
114 lb	140	70	165	375
M. Baca	115	75	135	325
123 lb	185	100	220	505
L. Towner	185	100	220	505
A. Williams	185	100	220	505
B. Arvey	170	140	210	520
L. Collins	170	140	210	520
H. Kozelski	185	110	210	505
148 lb	185	120	210	515
L. Colwell	109.5	95	220	310
165 lb	115	75	170	375
W. Arviso	135	70	170	375
180 lb	200	120	230	550
198 lb	210	90	215	515
D. Toosie	200	120	230	550
K. Roberts	370	225	405	1000
R. Ruess	315	205	360	915
S. Emde	315	155	355	825
M. Smith	305	190	305	800
181 lb	500*	265*	520*	1285*
N. Bell	315	235	335	945
M. Lemke	315	235	335	945
D. Benedict	225	165	405	825
E. Charleworth	225	165	405	825
J. Fox	225	225	235	685

#### Bear's Power Meet

#### 10 Mar 90 - Rifle, Colorado

Women	SQ	BP	DL	Total
114 lb	165*	115*	225*	505*
J. Marshall	148 lb	115	225	445
T. Witt	148 lb	115	225	445
T. Morgan	275*	135	315	725
S. Emde	275	125	255	645
180 lb	370	225	405	1000
D. Choate	360	225	405	990
K. Roberts	315	205	360	915
R. Ruess	315	155	355	825
M. Smith	305	190	305	800
181 lb	500*	265*	520*	1285*
N. Bell	315	235	335	945
M. Lemke	315	235	335	945
D. Benedict	225	165	405	825
E. Charleworth	225	165	405	825
J. Fox	225	225	235	685

#### 10 Mar 90 - Gallup, New Mexico

Women	SQ	BP	DL	Total
105 lb	155	90	180	425
H. Pritchard	100	70	155	325
114 lb	140	70	165	375
M. Baca	115	75	135	325
123 lb	185	100	220	505
L. Towner	185	100	220	505
A. Williams	185	100	220	505
B. Arvey	170	140	210	520
L. Collins	170	140	210	520
H. Kozelski	185	110	210	505
148 lb	185	120	210	515
L. Colwell	109.5	95	220	310
165 lb	115	75	170	375
W. Arviso	135	70	170	375
180 lb	200	120	230	550
198 lb	210	90	215	515
D. Toosie	200	120	230	550
K. Roberts	370	225	405	1000
R. Ruess	315	205	360	915
S. Emde	315	155	355	825
M. Smith	305	190	305	800
181 lb	500*	265*	520*	1285*
N. Bell	315	235	335	945
M. Lemke	315	235	335	945
D. Benedict	225	165	405	825
E. Charleworth	225	165	405	825
J. Fox	225	225	235	685

#### 10 Mar 90 - Georgetown, DE

Women	SQ	BP	DL	Total
132 lb	200	245	415*	860
M. Duran	200	245	415*	860
J. Dryden	148 lb	285	335	385
L. Fronton	285	185	420	890
B. Arvey	275	210	350	835
L. Emory	235	310*	400	710
H. Kozelski	200	185	295	680
E. Randow	310	200	425	935
165 lb	285	300	320	905
R. Robert	285	300	320	905
M. Reed	235	210	265	710
A. Roundtree	310	310	350	660
K. Lamb-Bey	320	320	485	1125
L. Nock	340	250	445	1035
198 lb	380	295	400	1075
W. Wheeler	380	295	400	1075
V. Street	285	310	320	915
D. White	480*	310	320	630
J. Woodward	480*	310	320	630
S. Mears	340	275	470	1085

#### 10 Mar 90 - Georgetown, DE

Women	SQ	BP	DL	Total
132 lb	200	245	415*	860
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**DUKA MANERA** of Sembach AB in West Germany led his team to victory at the Continental Sports Conference Meet. (Iunius McLeod photograph)

#### 10 Mar 90 - Hahn AB, W. Germany

Women	SQ	BP	DL	Total
56 kg	85	45	107.5	237.5
C. Hopkins	82.5	42.5	102.5	227.5
60 kg	127.5	85*	155	367.5*
S. Stadnirer	85	45	100	210
L. Blakly	95	45	150*	290
R. Wickman	92.5	55	102.5	250
S. St. Louis	85	45	102.5	232.5
A. Ward	65	50	95	210
75 kg	75	47.5	137.5	260
T. McGriff	60	50*	112.5	222.5*
Mens Division				
52 kg	145	100	175*	420
56 kg	182.5*	132.5*	215*	530*
C. Felder	115	82.5	125	322.5
J. Steward	100	85	112.5	297.5
60 kg	142.5	100	175	417.5
C. Crawford	142.5	92.5	180	415
C. Culbreath	137.5	92.5	170	400
S. Crayton	102.5	70	115	287.5
D. Colman	102.5	70	115	287.5
M. Sands	125	92.5		
67.5 kg	197.5	100	217.5	515
D. Wilnera	185	142.5	185	512.5
R. Janice	155	107.5	182.5	445
K. Clement	97.5	102.5		
75 kg	232.5	137.5	265	635
R. Clark	220	125	225	570
I. Puente	182.5	115	192.5	490
R. Lott	180	125	192.5	497.5
R. Lovelorn	155	125	187.5	467.5
T. Quatrochi	145	100	185	430
T. Hipp	137.5	92.5	167.5	400
S. Hood	125	92.5	160	377.5
80 kg	205	160	232.5	617.5
C. Walton	200	152.5	227.5	580
R. Bost	205	132.5	227.5	565
M. Graves	205	122.5	227.5	555
J. Steward	205	112.5	222.5	540
B. Vest	205	112.5	222.5	540
T. Loecke	187.5	125	210	522.5
W. Melia	145	102.5	182.5	430
M. Meyer	122.5	107.5	190	420
90 kg	255*	160	245	660
H. Santana	225	147.5	237.5	622.5
A. Brooks	205	127.5	227.5	560
C. Brooks	205	127.5	227.5	560
P. West	185	127.5	232.5	545
R. John	185	127.5	232.5	545
D. Panazzo	170	125	215	510
S. Darden	170	135	192.5	497.5
C. Connor				
100 kg	272.5	187.5	305	765
R. Nun	250	130	267.5	647.5
J. McChristian	250	130	267.5	647.5
H. Hester	210	122.5	227.5	560
T. Weston	190	147.5	210	547.5
H. Platero	190	177.5	222.5	590
M. Dharwad	227.5	145	245	617.5
E. McGee	200	142.5	232.5	575
T. Walsh	145	145	180	470
C. Thompson	182.5	127.5	227.5	537.5
M. Lee	162.5	145	172.5	480

#### 10 Mar 90 - Georgetown, DE

Women	SQ	BP	DL	Total
132 lb	200	245	415*	860
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L. Emory	235	310*	400	710
H. Kozelski	200	185	295	680
E. Randow	310	200	425	935
165 lb	285	300	320	905
R. Robert	285	300	320	905
M. Reed	235	21		

## Warning:

### Not All Dibencozide Will Give You The Same Results!

#### Here's What You Should Know Before You Buy Another Bottle

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

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

#### How to Tell The Difference

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

But that's only if you're using Dibencozide in its correct form. You may be using an incorrect, less powerful form. Here's what you should watch for:

#### Facts You Should Know

First of all you have to watch for "Unstabilized". Dibencozide you want Dibencozide in its correct, stabilized-release form so that it passes through your stomach intact and doesn't break down until reaching the upper intestinal tract where optimum assimilation takes place. Dibencozide that is not stabilized-release, and even some of those incorrectly labeled as stabilized-release, begins breaking down in your stomach, cheating you of optimum results.

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

#### Avoid Inefficient Products

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

So use only 100% pure Dibencozide in stabilized-release capsule form. That way you can be sure your Dibencozide is being absorbed in the upper intestinal tract for optimum assimilation. Yes, there are nutrients better utilized in sublingual form, but Dibencozide is not one of them.

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Over the last 15 years Marathon Nutrition has helped over 25,000 powerlifters like you achieve remarkable results with our nutritional supplements. Our customers continue to buy Dibencozide from us because they know they can rely on our Dibencozide Supreme to be pure and effective. Plus they get the results they want.

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

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most ever in 148's



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