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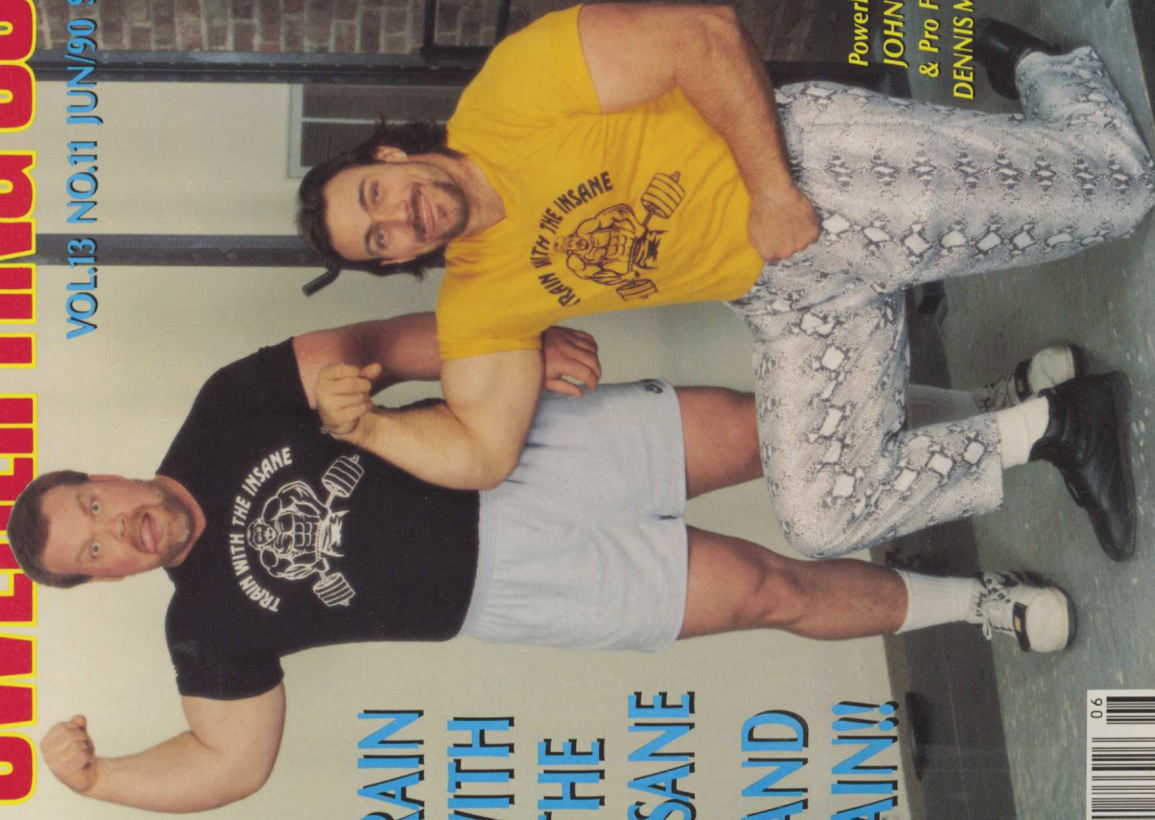
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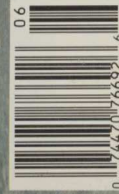
# POWERLIFTING USA

VOL.13 NO.11 JUN/90 \$3.50



## TRAIN WITH THE INSANE...AND GAIN!!

Powerlifting's  
**JOHN WARE**  
& Pro Football's  
**DENNIS MCKNIGHT**



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

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

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

## Introducing The "3-Way Amino Stack"

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

Here's how it works:

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

## Why Not The Best?

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



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

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

## Try It At Our Risk, Not Yours!

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

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

You really have no reason not to try it!

## How To Order

**AMINO SUPREME—The Specially Formulated 3-Way Amino Stack™** has 2200 mg. of active ingredients in each tablet (making it one of the highest potency products on the market), and there are three bottle-sizes to choose from:

- 100 tablets for \$22.95
- 250 tablets for \$49.95
- 500 tablets for \$94.00

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

## Improve Your Performance At No Extra Charge!

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

This is Marathon's top-of-the-line, "pure form" Inosine in 1500 mg. capsules—not some sample size made up for this free offer. Here's how it works:

- Buy 100 tablets of AMINO SUPREME and get 30 caps of Inosine *free!* (An \$34.90 value for only \$22.95.)
- Buy 250 tablets of AMINO SUPREME and get 60 caps of Inosine *free!* (A \$69.90 value for only \$49.95.)
- Buy 500 tablets of AMINO SUPREME and get 90 caps of Inosine *free!* (A \$121.95 value for only \$94.00.)

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## Powerlifting USA

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ON THE COVER.....John Ware and Dennis McKnight ham it up at THE GYM. (Robert Lucke photo/Northeast Studios)

NEXT MONTH.....the DAVE PASANELLA Interview

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# TRAIN WITH THE INSANE

as told by Charter Club Member JOHN WARE

It was the dog days of summer in 1977. The Drake University Bulldog football team was getting ready to report for the start of the football season. Players came from all corners of the country, and in all shapes and sizes. There was a new head football coach, so there was optimism, and hopes ran high. I was an eighteen year old freshman, reporting for my first taste of college football. Freshman football players stick out like sore thumbs, and hence generally spend a lot of time together. Through it all, lasting friendships are formed. This is how the Train With The Insane club originated.

Drake football was badly in need of an identity. The 1977 season ended in a dismal 1-10 record. It was obvious we needed bigger, faster, stronger and better athletes to compete effectively.

A group of offensive linemen got together, myself included, and pledged to take it upon themselves to make a difference and provide impetus for the others. This is how we started the club.

The charter members of our prestigious club included myself, Dennis McKnight, a center from Staten Island, New York; Frank Butsko, a guard from Scranton, Pennsylvania; and Dan Turk, an offensive lineman from Milwaukee, Wisconsin.

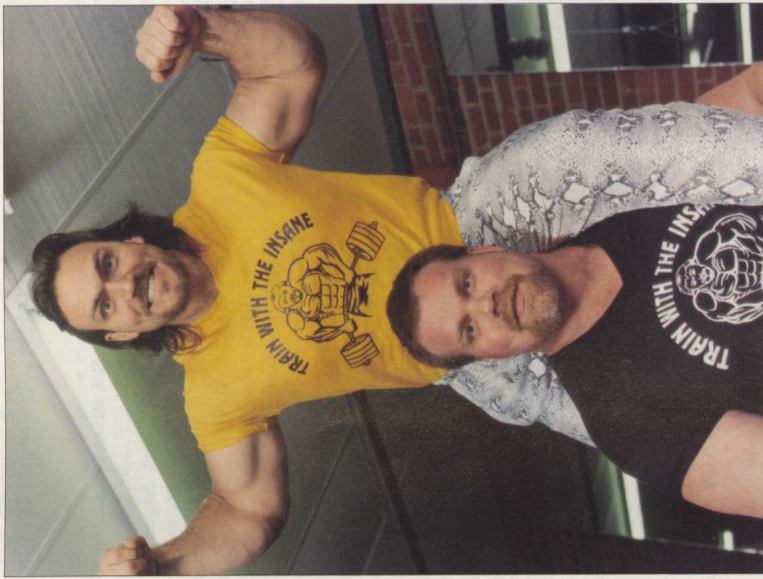
Let me assure you that the workout's we had together were the simplest and best training sessions of

my life. Each of us pushed the others to new limits of physical performance. Yes, we probably did overtrain, but we were so hungry for results it seemed nothing else mattered, except the feeling of power that came with physical strength.

Sometimes we would train twice in one day. Sometimes our training sessions would last three or four hours. We read every book and magazine on strength training that we could get our hands on. We looked forward to every day and another chance to improve ourselves.

Our enthusiasm for training began to catch on. Other team members began to ask us how the club could "train with the insane." We had T-shirts printed up, and soon a large portion of the team could be seen proudly sporting their "Train With The Insane" T-shirts. As the team strength improved, so did the confidence and overall ability of the team.

By the fall of 1980 we had become a team to be reckoned with. Our opponents could expect a physical battle in the trenches when they played us. In 1980 we won eight games and lost three. Often in close battles, our offensive line would take over late in the game, and win for us. The secret was "the insane". You see, in close games, when the chips were down, we were at our best. The bond we had formed during the long hours in the weight room could not be broken.



**FUN, CAMARADERIE, and HARD TRAINING...**...that's what the 'Train With The Insane' concept is all about. Former teammates John Ware and Dennis McKnight clown around in THE GYM of Kirksville, MO, for the camera of Robert Lucke out of Northeast Studios in Kirksville

## NEWSFLASH — NEWSFLASH — NEWSFLASH

**Training With The Insane Pays Off...**...John Ware just uncorked another big total, and became one of the handful of men to squat 1000 pounds in the process. At a meet held on May 12th in East Moline Correctional Center, John squatted 1000, benched 580, and deadlift 800 for a massive 2380 total. Unfortunately, he slipped in the war-mup area, slightly injuring his groin, or he might have squatted more. He also slightly pulled his pec on the 580 bench press, otherwise he might well have pulled the 840 deadlift he is usually capable of, and his total could easily have been well over 2400.

The following year, 1981, was much the same. We finished 10-1 for the best season in the school's history. Accolades and honors were bestowed upon many members of the team. Four out of five of our starting offensive linemen either signed with a pro team or were drafted. Dennis McKnight and Dan Turk, are still active in the NFL. McKnight is an offensive guard for the San Diego Chargers, and Turk is a center for the Los Angeles Raiders.

I recently visited Dennis in San Diego and got a chance to train with him and a number of other Chargers. Dennis had to sit out this year, with a torn quadriceps tendon, which ruptured during the third exhibition game of the pre-season. Because of this injury, and a need to become totally focused, as he puts it, Dennis has started a San Diego Chargers version of the "Train With The Insane" club. In the short time I was there he indoctrinated several new members. Having been around some of the largest and most powerful athletes in the world (world class powerlifters) for quite some time now, I am not an easy person to impress. However, after spending time with the Charger players, and working out with them, I must say that to excel in the NFL you must truly be the cream of the crop as far as overall athletic ability goes.

In the weight room, the Chargers train hard and they train quickly. Average rest times are between 90 seconds and two minutes per set. Bodybuilding and power type workouts are both incorporated into a training cycle. Basic, major muscle group exercises are common training protocol, followed by assistance exercises designed to increase strength in particularly injury prone muscle groups.

Strength training to football players has become as important as any part of the game. To survive in the NFL you had better be strong. A new era has begun for the San Diego Chargers. It is the "Train With The Insane" era.

I guess the "Train With The Insane" club taught us a lot about ourselves. When people train together, sweat together, and become as one, good things will follow. Attitude - in powerlifting, professional football, and in life itself - is everything. The "Train



**The Bond of Strength** between Ware and McKnight remains intact, even though they've both gone on to greatness in different athletic arenas, thanks to the "Train With The Insane" Club. Robert Lucke photo.



**In the San Diego Chargers Weight Room**, left to right, Joel Patton, offensive tackle, John Ware, Dennis McKnight

With The Insane" group helped each of us to become stronger, more powerfully and better athletes. Most importantly, it made us become better people. Success and positive feelings are the prerequisites for a continuation of the same. Find yourself some motivated and focused training partners. Help push each other to exceed your previous limits. Do not accept negativity. When one of the group is down, pick them up. Training should be fun, but productive. Good training partners and good friends are as precious as gold. You must nurture and preserve the integrity of each. Be cautious of those who tell you exactly what you can achieve. Training partners and a good training attitude can carry you further than you ever felt possible. Reach high, training in an insane, sane manner. Who knows? Maybe you can be in the "Train With The Insane Club".

It was the dog days of summer in 1990. The San Diego Chargers were getting ready to report for the start of the football season. With the formation of the "Train With The Insane" club, headed by Dennis McKnight, optimism was high ....

Although I have always seen the ADFPA Women's meet as being reminiscent of a family party, my sister Donna Wicker, and her family, her parents, and I did a wonderful job. The fact that Pat's mother has been ill over the past few months has been a great source of motivation for me to get the best out of the winners of the entire ADFPA hierarchy to pitch in and make this meet a special one. Contingency plans were made to minimize problems, and the rigors of the meet over both Pat and I and my family called away.

The site for this year's contest was the Hilton hotel on airport property, as their sign proudly proclaimed, made transportation quite easy. At the annual meeting, discussions were held which have helped for a centralized site, easy to commute to, and accessible to all parts of the country. Indianapolis certainly fills the bill as a site for this year's contest.

One of the major discussions at the pre-flight meeting concerned the interpretation of squat depth. In my opinion, the judging varied from fair and consistent within any particular session. I was impressed with the number of competent referees who showed up punctually, and gave us a most enjoyable and relaxing weekend. The men's meet where cries for relief would go unattended because replacements for the chair just weren't available.

I had heard the facility that has prevailed at this meet, and we agreed that it was a combination of the attitudes fostered by the ADFPA and competition between women.

There were 198 lifters from 17 states, 13 nations, 15SF, 5 senior, men's lifts, coaches threatening each other, bells ringing across the warm-up room, cut-throat competition that made it difficult to breathe. We could have left the meet in a hurry if it weren't for the fact that we were all enjoying the meet. What was so great about the meet was that it was dead set upon winning, or at least doing the best they could. There was, and always has been, a general feeling of competitiveness and experience goes a long way and incentives. It was a long, hard, and intense experience competing in her 100th meet, proved that her preparation, all of her lifts looked strong and her 727.5 total was considerably in front of second place.

At 104 pounds, Robin Jewett's squat paved the way for a comfortable victory, although every sport below her was hard fought. Perla Bostick was second with 622.5, followed by 8 for 9 Kim Rymann finishing well to garner fourth. Amy Rojas outdistanced with the field to win the 14-16 title easily.

One of the favorite aspects of many to win the 14-16 title was that those individuals forgot about so thin and frail, that it belies her ability to lift



Betsy Wonyetwe with a hard fought squat. (Photographs by Kathy Leistner)

## ADFPA Women's as reported by Dr. KEN LEISTNER

third attempt. Her third place finish was somewhat overshadowed by the Big Two of the meet, which were Bostick and Sorwell. She appeared to be poised, and has the genetic leverage that spell success on the platform. Her lifts were well in excess of what was expected that she will be a name to be reckoned with in the future.

DeGennaro had a secret weapon. Her mother was in attendance and was quite clear in letting her daughter know that she would be most pleased to see her win. DeGennaro would be no simple task with Andrea Sorwell in the fray and the return of Tammie Shepperd. While Tammie squatted later (The Wicker's Wicker), DeGennaro squatted heavier, finishing at 347. Sorwell almost closed the gap completely with her 192 bench press. Sue Charles was the big surprise of the meet, lifting 225 which is about 20 lbs above her normal lift.

DeGennaro made her mom happy by hauling off Sorwell in the final lift, and then missed an American record 429.5 in the 14-16 and both appear to be threats to a number of class titles for the next few years. Tammie Shepperd, who has won the national title in the past, represented the Master level with 195.5, and McLouth of Illinois showed exceptional poise in her first big meet. Robin Hull was disappointed when she was unable to lift her goal of 200 lbs. DeGennaro and Kelly Kerns won the 14-16 title on their first day off on a high note.

The 154s are always both contested. This was no exception, as many attempts were missed, and it did not finish until the 14th lift. The 154s were up for grabs going into the deadlift. With three women having the ability to lift 250, it was a very close race.

It was extremely exciting. After five tries, four second place finishes, and much disappointment, Linda Lo Bello finally purloined her 70 pound title. The meet was a success. Many women from the higher classes and those who had competed against Linda in her past meet, came over prior to her deadlifts to watch her

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Cyndi Regan tried to further bust a barrier with a 308 4th Leistner photo)

major meet in the early Eighties, and Betty is strong, poised, confident, and makes few mistakes. She is good in all of her lifts, and is a wonderful representative of the sport. Lisa Nason of the University of Illinois, coached by Male and Diane Napolitan, to face deadlifts that were too heavy on this day, Janna Male probably works harder at lifting than other lifters in the country. She is a very capable and it is a shame she is not in the top 10.

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It was extremely exciting. After five tries, four second place finishes, and much disappointment, Linda Lo Bello finally purloined her 70 pound title. The meet was a success. Many women from the higher classes and those who had competed against Linda in her past meet, came over prior to her deadlifts to watch her

lift. DeGennaro and Kelly Kerns won the 14-16 title on their first day off on a high note. The 154s are always both contested. This was no exception, as many attempts were missed, and it did not finish until the 14th lift. The 154s were up for grabs going into the deadlift. With three women having the ability to lift 250, it was a very close race.

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Ben Tabachnik, Soviet Sports National Team Coach, Moscow, USSR

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# Biologically Active Substances From The Soviet Union



panitocine comes from. Originally panitocine was investigated by the Chinese medicinal expert Li, Shih-chien, and bio-organic chemistry studies have isolated 20 elements in panitocine which most likely help play an adaptive role. Numerous amino acids are also present, specifically glycine, alanine, proline and leucine. A good amount of phospholipids, glycosides and keramide is also present. Studies dating back to the 1940s show that panitocine increases the work capacity of fatigued muscle, improves mental capacity, and accelerates recovery from training. In addition, a gonadotropic effect of panitocine accounts for its therapeutic effect in sexual disorders. Athletes using this substance note increased resistance to fatigue during training loads. Panitocine is typically administered in tablet form (150 mg) at a dosage of 1-2 tablets twice daily for 30 days.

Rantarin Rantarin is a cousin to panitocine and comes from the antlers of male reindeer. There are over two million head of domesticated reindeer in the Soviet northeast. These animals are raised for food and medicinal purpose. Rantarin has pharmacological properties similar to but greater than panitocine. Rantarin increases physical and mental working capacity and is the most favored adaptogen by Soviet power athletes. It is often prescribed to treat under-nutrition, fatigue, sexual hypofunction, and adaptation to climate changes and hypotension. I have successfully used this preparation to reduce fatigue from hard training and also long flights to and from the USSR and my home in California. Dosage is 1-2 tablets three times daily for 3-4 weeks. Treatment can be repeated 7-14 days after initial course. I recommend rantarin to any powerlifter on high volume training cycles.

Mumie (Black gold) Mumie is a broad spectrum natural metabolic regulator. It is used as an anti-inflammatory and tonic supplement which favorably affects metabolic processes and the immune system. Mumie is a mixture of organic compounds and microelements and is used in sport for its adaptogenic and anabolic characteristics. All top Soviet athletes use this supplement to aid in recovery and improve metabolism for growth. It is packaged in 5.10 gram cubes, or as a 200 mg soft tablet. Dosage is 200-400 mg daily for 2-3 weeks during intense training. Treatment can be repeated 2-4 weeks after the first course.

Rick Brunner is the North American director of the Biosport Research Group, a joint research program with leading Soviet sports biochemists and coaches for the development of new ergogenic substances for sport. For more information on Soviet training and nutrition consult the book Soviet Training and Recovery Methods by Rick Brunner, M.S. and Ben Tabachnik PH.D. available exclusively through ATLETIKA, 1023 Hook Ave, Pleasant Hill, CA 94523, 800-621-2602.

## SPORTS NUTRITION FROM THE USSR: ADAPTOGENS as told by RICK BRUNNER M.S.



**Adaptogens Used in the USSR:** top, left to right - Aescusan, Panitocine, Sargol, Euleutherooc, Senticos, Senticos; bottom, left to right - Rantarin, Mumie, Araliae, Echinopanax. (Photo provided by Rick Brunner)

This stimulating action becomes evident after taking euleutherooc daily for a long period of time (3-4 weeks) and causes an increase in the liters capacity for work not only immediately after taking a dose, but also for some time later. Dr. Israel Brekhtman, the foremost authority of adaptogens in the USSR, notes that the stimulating effect of euleutherooc is accompanied by an improvement in appetite, lean weight gain, better sleep and an increase in blood hemoglobin.

A good stimulant is one which will increase your capacity for work but produces neither an exciting effect, nor any undesirable changes in the internal organs or metabolic processes. Euleutherooc is a stimulant of this kind. According to Soviet research, even a single dose of euleutherooc spares glycogen, increases creatine phosphate and ATP synthesis, and causes a drop in lactic acid accumulation. When administered for longer times, euleutherooc intensifies the process of cellular energy conversion, thus contributing to the mobilization of carbohydrate, and more efficient use and re-synthesis of glycogen and other energy compounds. The liquid extract from the euleutherooc roots is typically dispensed in bottles of 50 ml. The single dose is 20-40 drops, 2 or 3 times daily before meals. Treatment lasts for 3-4 weeks. Repeated treatment is given at 1-2 week intervals during maximum training loads and into maximum recovery.

Panitocine is made from the antlers of male spotted deer (Cervus nippon) which is found in the far east of the Soviet Union. The term "medicinal animals" seems somewhat strange, however, that is just where

This article is the first in a series which deal with sports nutrition in the Soviet Union as it really exists. The leading Soviet biochemists and coaches that regularly work with approach the task of developing substances which improve sport performance with seriousness I have never seen elsewhere. For the past two years I have been cooperating in joint research efforts with their leading sport biochemists to develop supplements for the Soviet national teams. Much of the information I will share with you has come from this joint research effort, the first of its kind between the USA and USSR.

As powerlifters, I'm sure you are familiar with biologically active substances such as inosine, amino acids, and L-carnitine. These and many other special nutrition substances have been used by Soviet lifters for years. One specific classification of substances unique to the USSR are the Adaptogens, which are derived from plants and animals. Adaptogens increase the body's general, non-specific resistance to stress, and occupy a special section of Soviet Pharmacosonation. Dr. Levon Mudjiri and his colleagues at the USSR Laboratory of Biologically Active Substances in Tbilisi have isolated over 20 such adaptogens. Presently we are developing and testing special nutritional supplements for Soviet athletes from this list of substances.

Adaptogens have been used to treat stress related conditions for centuries. The most common of the adaptogens is Panax ginseng. You can find this product in virtually every health food store in North America. However, Panax ginseng is not the adaptogenic substance most recommended by Soviet sports biochemists. The most commonly prescribed adaptogenic medicines used by top Soviet power athletes are: Euleutherooc, Senticos, Mumie, Rantarin, Panitocine, Sargol, Araliae, Sargolae, and Echinopanax. These substances are generally administered for about three to four weeks on and one month off during the most intense training cycles. The adaptogens energize the central nervous system which allows the athlete to handle greater training loads. In addition, an improvement in metabolism, learning, memory and reaction time are noted.

The main goal of any adaptogen is to improve the recovery ability of the lifter so he can perform at the highest possible lifting volume, for a longer cycle, without overtraining. Overtraining is a common problem in the West, but much less so in the Eastern Bloc due to a greater emphasis on recovery. Overtraining can be plastic (physical) or neurological (neuro-injury, mental, etc.). It is common to recover physically, even to the point where you feel very strong, yet still have neurological fatigue which reduces nerve impulses and mental focus that is important in powerlifting. The result is often a lower sport performance than expected. Adaptogens can greatly reduce this problem.

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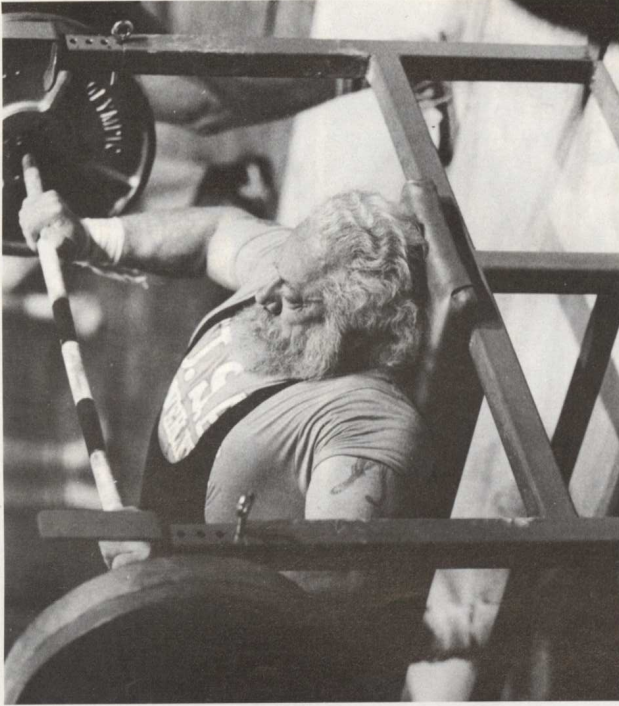
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# The Death of CHUCK BRAXTON

On May 6th, 1990 in the warmup area of the USPF National Masters Championships in San Bernardino, California, Chuck Braxton collapsed. Several members of the USPF Sports Medicine Committee were on hand and responded immediately. Paramedics were summoned. All thoughts of the meet were suspended, as Dr. Richard Herrick, Stella Herrick, Marie Herrick, Dr. Sheridan Oldham, Aristote Zangas, and others feverishly worked to restart Chuck's heart. Roy Mason knelt at Chuck's feet, praying for him aloud. Thanks to the preparations of the U.S.P.F. Sports Medicine Committee, the necessary medical equipment was on hand. When the ambulance arrived, he was shocked again, and a slight pulse was detected, but in transport to nearby Loma Linda University Hospital, it faded. Doctors at the hospital continued to work on Chuck for an additional hour, to no avail. He died, apparently from a massive heart attack.

Chuck went quickly on the platform. He felt no pain, but there is great pain among those who will miss him. He was only 53 years of age, but had lived a lot in that time. The records he set on the platform seem uncountable, the titles he won the same. Beyond that, it is amazing the number of friends that this one man had accumulated in the sport. The touch that he extended to so many in the Iron Game over the years is gone, and leaves an enormous void.

Chuck leaves a wife, Lellani, a daughter, and two twin girls they recently adopted. His family was his pride and joy, and he had beseeched me prior to the contest to run the photo below of the girls he was so



time. Those who knew Chuck and Chuck's insurance policies, naming his wife as beneficiary, do not pay off on this type of death, and there is a great need for financial support at this

time. Chuck loved kids. On the day he died, he spoke of starting a youth home. Hopefully, the friends of Chuck Braxton can see to it that his children are taken care of just as well as those he would have helped.

## To A Friend... CHUCK BRAXTON

Chuck Braxton was one of those people you liked; big, good humored, and very strong. I saw him at one meet or another over the last 14-15 years. Sometimes he lifted, sometimes he judged. Almost always he was helping others. When he was a judge and you got a red light, you knew that you got it because you goofed, not because you were lifting against someone he favored. When you got a white, it was because you had earned it; because he was absolutely fair. When Chuck spotted for you, you were safe, because he put all his attention on you while you lifted. If you were squatting and missed, he had the weight at once.

Chuck was an excellent rep for our sport, and he was a man with a kind heart, witness his work with handicapped children. At contests, he was never too involved in his lifting to talk and share his knowledge. We are going to miss you, Chuck. Powerlifting has lost a good and stout friend. My prayers go to his wife and daughters. Maybe the Lord had some heavy lifting to be done.

DONALD SIMMONS



"Hey Dad, is Ernie Franz ever gonna send us our lifting suits?"  
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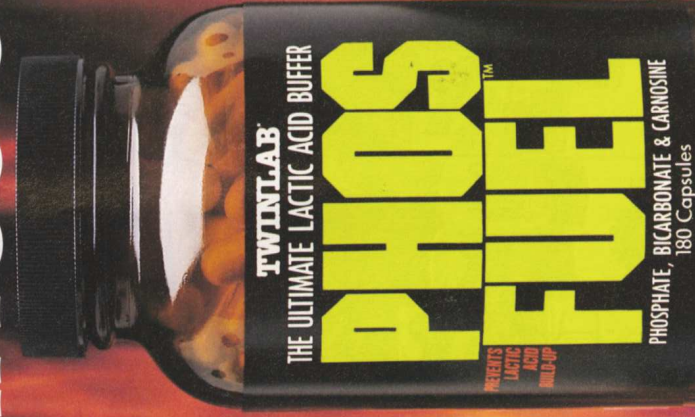
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# POWER PROFILE

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

## Joe McDougal as told by BARRY HERMAN



**JOE McDOUGAL**, after losing his entire family in a tragic car accident, Joe McDougal has moved from North Carolina to Florida. Linda Finnegan took the accompanying photos of Joe at the 1989 National Masters Championships in Texas.



Powerlifting is many things to many people. To Joe McDougal, National Masters champion, 40-44, 198 lbs, it's been a lifeline. In a year or so, he's been a lifeline. In a year or so, he's been a lifeline. In a year or so, he's been a lifeline. In a year or so, he's been a lifeline. In a year or so, he's been a lifeline.

Joe is a true master lifter having started his lifting career as an adult. His first contact was as a 30-yr. old novice. Joe next competed at 35 years of age and finished 1445, achieving a 2nd place ranking as a 198 lb. Over the next four years, Joe put on almost 100 pounds and won the National Masters in 1989. Along the way he took home the Eastern USA Masters title in 1988.

Joe doesn't train like an 'older' athlete and feels his recuperative powers are as strong as ever. His training philosophy reflects this as Joe works extremely hard during his workouts. Basic movements are the benchmark of Joe's routine and he works the lifts each week. He has gotten stronger every year and feels that if you're healthy, there's a little difference between a 25 yr. old lifter and a 45 year old one. He works out four days per week on the following schedule. Monday is Joe's heavy bench day and along with the bench press he does some shoulder and tricep work via seated presses and pushdowns. Joe even throws in a set of two of curls at the end to train his biceps. Joe does very little bodybuilding and does not do many isolation movements. Powerlifting is best served by working the major muscle groups and by training the 'groove' followed in each lift. Since Joe has been training with world champ Gary Drigo, he's added a 'groove' exercise that's one of Gary's favorites; the lat pull-down in the same pathway as his bench. Joe also has the added advantage of training with Dr. Steve Johnson, himself training for national masters competition at 220 lbs. On Tuesday Joe does his leg work. He squats and does leg presses with alternate foot spacings. Wednesday is Joe's rest day and Thursdays are left for machine training at about 80%. This is a fun and recuperative day. Joe feels that since he has been exposed to the many machines that owner Ken Beley has made available at Gold's Gym of Sunrise, Florida,

records in his workouts, but he can tell you, within a few pounds, where he's at or what he'll total.

The powerlifts are usually done in sets of 5 reps and he cuts that back as he nears a meet. Joe doesn't usually drop below 35 as he feels that risks overtraining. After his max weight sets he'll drop down and max out on the reps but only after he gets his heavy 3's, 4's or 5's.

Joe is very scientific and found he'd been using parameters espoused by Dr. Fred Hatfield when figuring his meet lifts. This consists of figuring your opener at approximately 93 percent of your goal and a 2nd attempt at 97 percent.

Joe's intensity is well known at power meets and he believes in visualization, and thinks through his lifts before he takes them. Joe believes that if you make it in your mind you're halfway there.

I enjoyed interviewing Joe and found him accessible and willing to help other lifters. Joe feels the attitude of the Masters is one of the attractive aspects of the sport and found that the atmosphere at the National Masters was one of seriousness and mutual respect without a lot of the hyperactivity of the open meets. Whether competing as a master or wearing the title of champion lift and all of us in powerlifting are better for his presence.

Barry Herman was a nationally ranked olympic lifter in the 1970s. Barry fielded many state records in both olympic and age group competition, and at 35 years of age, he bench pressed 445 lbs. as a lighth Heavy. After 20 knee operations, Barry continues to compete in both bodybuilding and powerlifting. He is president of Fit-For-You, Inc. and is an American College of Sports Medicine certified trainer. Barry is currently working on certification to perform cardiac rehabilitation, and is considered to be a leader in the field of personal training.

## 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

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.

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## THE IPF PRESS RELEASE

In September 1989 Inzer Advanced Designs, Inc. filed a complaint in the United States District Court for the Eastern District of California against the International Powerlifting Federation and its Secretary, Mr. Arnold Bostrom.

In that Complaint, Inzer Advanced Designs claimed that the IPF and Mr. Bostrom were liable for antitrust violations and for "denial of substantive and procedural fairness." The claims were based upon the fact that Inzer Advanced Designs, Inc. markets a "bench press shirt" which the International Powerlifting Federation has not approved for use in competitions which are officially sanctioned by the international Powerlifting Federation.

It has been reported that the position of the International Powerlifting Federation that neither it, nor its Secretary, Mr. Bostrom, nor any of its other officers or representatives has ever done anything which could give rise to any claims which were alleged in this Complaint, and we are, therefore, pleased to announce that the Court has now entered an order dismissing the Complaint of Inzer Advanced Designs, Inc. against the International Powerlifting Federation and its Secretary Mr. Arnold Bostrom.

At this time, we will have no further comment regarding this litigation because there is still pending before that Court a Motion by the International Powerlifting Federation and Mr. Bostrom for sanctions against Inzer Advanced Designs, Inc. and/or its attorneys who filed that complaint. On behalf of the International Powerlifting Federation throughout the world, I would like to express our deep appreciation to Mr. David A. Crossman, a senior litigation attorney in the Chicago law firm of Fitch, Even, Tabin & Flannery, who represented us in this antitrust litigation on a pro bono basis, and who has now so successfully and quickly resolved it on our behalf. *Heinz Vierthaler, President, IPF, Vaterstetten, March 20, 1990.*



Heinz Vierthaler (above) sent out the press release to the left on March 20, 1990. It appeared in the March 31st POWER HOTLINE



John Inzer (below) responded with his own release (right), also published in POWER HOTLINE

## THE INZER PRESS RELEASE

IPF President Heinz Vierthaler's press announcement in the March 31, 1990, issue of *Powerlifting USA Magazine* is not only incomplete, but premature. Inzer Advanced Designs, Inc. is vigorously pressing its claims against the IPF in the federal court and will continue its efforts to reverse the IPF's illegal refusal to permit use of the Inzer Blast Shirt™ in international powerlifting competition.

To set the record straight, Inzer Advanced Designs, Inc. filed a complaint in October, 1989 in federal court in Fresno, California, against three defendants: The International Powerlifting Federation ("IPF"), IPF Secretary Arnold Bostrom ("Bostrom"), and IPF Technical Committee Chairman Robert Packer ("Packer"). The Complaint alleged that the IPF and Bostrom violated federal and state antitrust law in prohibiting the use of Inzer Advanced Designs, Inc.'s bench shirt under the IPF Technical Rules, and that all three defendants violated Inzer Advanced Designs, Inc.'s rights under California's law to fair and unbiased consideration of the bench shirt under the IPF Technical Rules.

On March 14, 1990, the Court granted a procedural request by the IPF and Bostrom to dismiss the claims against them for lack of personal jurisdiction, that is, because the complaint did not indicate that the IPF and Bostrom had sufficient contacts with California to permit the Court to exercise jurisdiction over their person. The Court also ruled, however, that it did have jurisdiction over the subject matter of the case, and implicitly indicated that if the allegations in the complaint are found to be true, the IPF and Bostrom have violated federal and state antitrust law.

On March 29, 1990, Inzer Advanced Designs, Inc. filed an amended complaint in the Fresno federal court reasserting its claims against the IPF and Packer. The amended complaint alleges additional facts to show the IPF's continuous and systematic activities in California and establish the Court's personal jurisdiction over the IPF. Inzer Advanced Designs, Inc. is confident that its amended complaint will withstand any further procedural challenge by the IPF and that Inzer Advanced Designs, Inc. will ultimately prevail on the merits of its case.

Inzer Advanced Designs, Inc. has attempted on numerous occasions to settle this matter out of court, but the IPF has stubbornly rejected every reasonable settlement proposal. The IPF continues to exercise absolute power to make and change the rules of powerlifting by whatever arbitrary procedures it wishes, heedless of the desires of athletes in the United States and around the world, and without regard to the effects of its actions on businesses devoted to the sport of powerlifting.

Inzer Advanced Designs, Inc. wishes to assure its loyal customers that it will press its claim against the IPF until Inzer Advanced Designs, Inc.'s legal rights are upheld and the Inzer Blast Shirt™ is permitted in IPF-sanctioned international powerlifting competition. Inzer Advanced Designs, Inc. also wishes to assure its customers that the Inzer Blast Shirt™ remains legal for use in meets sanctioned by all the powerlifting governing bodies in the United States. *April 11, 1990.*

# POWER PROFILE

## HILARY HOFFMAN as seen by BRYAN WADIE



HILARY HOFFMAN is an exceptional bench presser. (Photograph by Linda Finnegan)

These results show an unmistakable upward trend in Hilary's strength and lifting skill. The lifts that Hilary has achieved in her 3 years of lifting currently rank her 4th in the squat and 3rd in the deadlift and total in the most recent top 20 rankings of US lifters.

Hilary follows a cycling program that we use at the Austin Gym. Basically, each competition year is broken down into 3 cycles. Each of these cycles has specific goals, con-

Dec 1987	Squat	347	Bench	209	Deadlift	435	Total	992
Apr 1988	Squat	364	Bench	220	Deadlift	441	Total	1025
Aug 1988	Squat	358	Bench	231	Deadlift	431	Total	1063
Oct 1988	Squat	391	Bench	249	Deadlift	451	Total	1074
Feb 1989	Squat	424	Bench	242	Deadlift	451	Total	1123
May 1989	Squat	435	Bench	235	Deadlift	457	Total	1128
Dec 1989	Squat	440	Bench	203	Deadlift	462	Total	1105

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(See Center Spread)

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

the other, guiding principle that Hilary's training is based on: cycling to a single year end peak.

Using these ideas, each meet is planned with certain goals in mind beyond simply how much to lift.

These intermediate goals are directed at improving weak points and ultimately (hopefully at year's end) improving the total. Only the last contest of the year has the total as the ultimate goal. With that in mind let's look at Hilary's training log for her last contest (which was the second contest this year and as such was a conditioning/strength cycle with little peaking). For the sake of brevity we will look at the squat only.

Week 1: 275x2x20; 2; 295x2x15; 3; 325x2x12; 4; 355x3x10; 5; 365x1x5

395x3x5; 6; 395x1x3; 425x3x3; 7; 425x1x2; 455x2x2; 8; 425x1; 455x1; 475x1; 9; 405x2; 365x2x5; 10; 450x1; 405x1x3; 11; 450x1; 12

Contest  
A typical training week would look like this: Tuesday: leg press 2x20; bench - cycled; db bench 3x3; dips 3x3; front raise 2x15; lateral raise 2x15; rear delt 2x15; triceps 2x15; squat - above; cg bench 3x8; deadlift - cycled; T-bar 3x8

There is not much there, but if done properly, it is enough. Hilary is able to push herself to the limit during her training sessions. This is a trait she trains with and is a hallmark of her training sessions. Just for reference, the group Hilary trains with is made up of the following lifters: Bryan Neiser, Greg Bryant, John Hoffmann, Craig Young (all upper level National caliber lifters) as well as Richie Jarvis, Marty Wagner and James Woodward.

The future looks bright for Hilary as she plans to continue competing for several more years before moving on to something else. Hilary will be traveling to Pittsburgh for the APF Senior Nationals this year to try her hand at a real national level contest. (It's hard to consider last year's USPF Juniors as a national contest.)

One quick plug for the Austin Gym. This is truly one of the finest facilities in the country. I have been in gyms from coast to coast and the Austin Gym is as good or better than any other gym I have been in. If you work out, try to get to the Austin Gym and you'll see what I mean.

Address comments or questions to Hilary Hoffman, c/o The Austin Gym, No. 24 Arapaho Village, Richardson, TX 75080; or phone: 214-231-8414.

# THE SQUAT

## Squatting in the 70s by Randall J. Strossen, Ph.D.

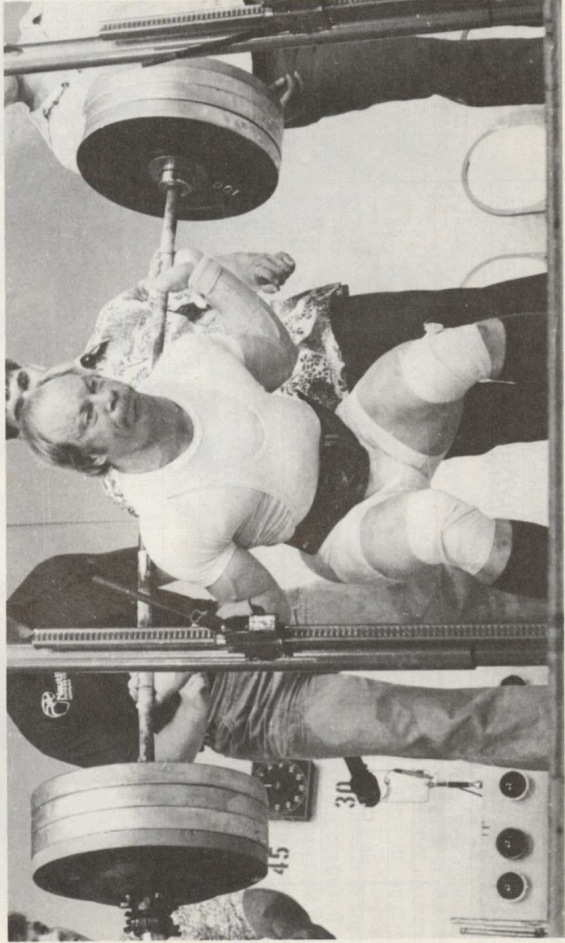
(article continued from last month)  
In 1977, the first National level women's powerlifting contest was held (Nashua, New Hampshire). Cindy Reinhardt (Best Lifter) squatted 360 at 165, and Heavyweight Jan Todd posted the highest squat of the meet with her 385. Now women powerlifters could be spared such distractions as being forced to wear jock straps to compete, or to weigh-in nude in front of male officials, so this benchmark contest opened the door for the use of the bench press. In 1977, the Women's Nationalism of women's powerlifting. Paul Jordan certainly increased that aspect for the men at the Worlds that year. Caught in a great psychological and physical battle with Larry Pacifico in the 220s, Paul Jordan left the field with what Terry Todd would subsequently call 'the most serious injury I've ever seen in all my years of watching powerlifting.' To boost the drama even more, NBC cameras caught the whole thing. This is how the events unfolded: After Jordan opened up with an exercise ball lift of 694, he squatted 270 with a 'highly impressive' 705. Next, Jordan got buried with 755, while Pacifico smoked the same weight for a new WR. Jordan took 760, and as Terry Todd called it, this is what followed: As he was driven far below parallel by the great weight, his left knee buckled inward and slammed in to the platform severing the patellar ligament in the process. Then, with 760 pounds on his right leg, it doubled up so completely that the quadriceps ruptured and he rolled to his right, severely spinning his ankle as he lay on the floor.  
For anyone who missed seeing the catastrophe live, NBC used the episode as part of the introduction to its program 'Sports World' (their ver-

tion of 'the agony of defeat?'). It might not have convinced many mothers that they wanted their babies to grow up to be powerlifters, but it did capture a lot of attention.  
1978 produced a couple of notable events, one in the form of the first Women's National Powerlifting Championships, and the other in the form of Gus Rehwisch's Hawaii Invitational. The Women's National produced 114 among the 120 squatting WRs, with Terry Dillard, and a 385 by 165 pound Cindy Reinhardt. Continuing their family tradition, Cindy's squat was the highest of the championship. About a week earlier, Gus Rehwisch's meet had drawn nearly 6000 spectators, a record attendance well suited to the attempted assault on no fewer than 33 World records. Some notable happenings under the squat bar included Precious McKenzie doing a 460 WR at 123; Marvin Phillips getting an 810 WR at 242 (which Precious was to declare to everyone, 'best squat in the world!'); and Jo Jo White trying, but failing with 1000 (after failing with 940). The 78 Senior Nationals capped off the year in fitting fashion: Mike Bridges broke the WR twice at 148, ending up with a more than

only to have Mike Bridges eclipse it with 705. The 198s saw Chip McCan post a WR 788, and Paul Wrenn boosted the Super mark to 953.25. By now Mike Bridges had so distinguished himself that he was the man everyone wanted to see lift at the 1979 Worlds. And he didn't! He posted a WR 716 at 165, while picking up the Outstanding Lifter award as well. Ron Collins also contributed to the 'great squats column' at this meet by making a WR 733 at 181.

So the 70s took what had been started in the 60s and really put some shine on the whole thing. Not only had men's powerlifting developed to the point of having bona fide World Championships and 'first rate' individuals, but women, long denied equal access to the sport, had put themselves on the map with both National and World Championships. The message was at least moving towards standardization. Did all of this progress have any effect on the squat? True comparisons get murky if one tries to weigh such critical factors as wraps, style, etc., but to keep things simple, just compare the numbers. And to simplify things even further, just consider the following: Mike Bridges' 705 at 148 in the 1979 Senior Nationals equalled the highest squat in the entire first Senior Nationals. If 'progress' means bigger numbers, the 70s did more than just heat up local activity. Hey, Next time we'll visit the 80s and see just how the squat continued to develop.

Randall J. Strossen Ph.D. wrote the book *SUPER SQUATS*, on one of the most effective ways to gain size and strength. It is available for \$14.95 postpaid from IronMind<sup>TM</sup> Enterprises, box 884, Larkspur, CA 94939



JERRY JONES was one of the great squatters of the 1970s. Above, he is seen at the 1979 Hawaii Meet, with a world record 782 lb. squat attempt.

# WORKOUT of the Month

## JACK TICE'S Jr. World Record DEADLIFT ROUTINE

In the sport of Powerlifting a meet can be won or lost in the deadlift. That's why I feel it's the most important lift. The key to having a good deadlift is not to overtrain it. Carefulness of recuperation time between workouts. Some of my best deadlift training days have been when I haven't pulled for 3 weeks.

Not all routines work for everyone, but this routine should put 20-30 lbs. on your deadlift assuming you have a 500 lb. max. The deadlift should be done every week, the first five workouts and every other week the last five workouts. The first 5 workouts should be done while standing on a hundred pound plate to build strength off the floor followed by lockouts with the bar set just above the knee caps. The last 5 workouts should be done with no assist work other than chin and dumbbell rows. Do 4 sets of 8 reps on your chins and rows at the end of this routine and do the chin and row work right after the chins.

**1st Workout:** DL on plate 135x8, 225x6, 335x6, Lockouts 315x6, 405x6, 495x6  
**2nd Workout:** DL on plate 135x8, 225x6, 315x6, 350x6, Lockouts 315x6, 405x6, 455x6

**3rd Workout:** DL on plate 135x8, 225x6, 315x6, 380x6, Lockouts 315x6, 405x6, 465x6, 505x6

**4th Workout:** DL on plate 135x8, 225x6, 315x6, 380x6, Lockouts 315x6, 405x6, 475x6, 505x6

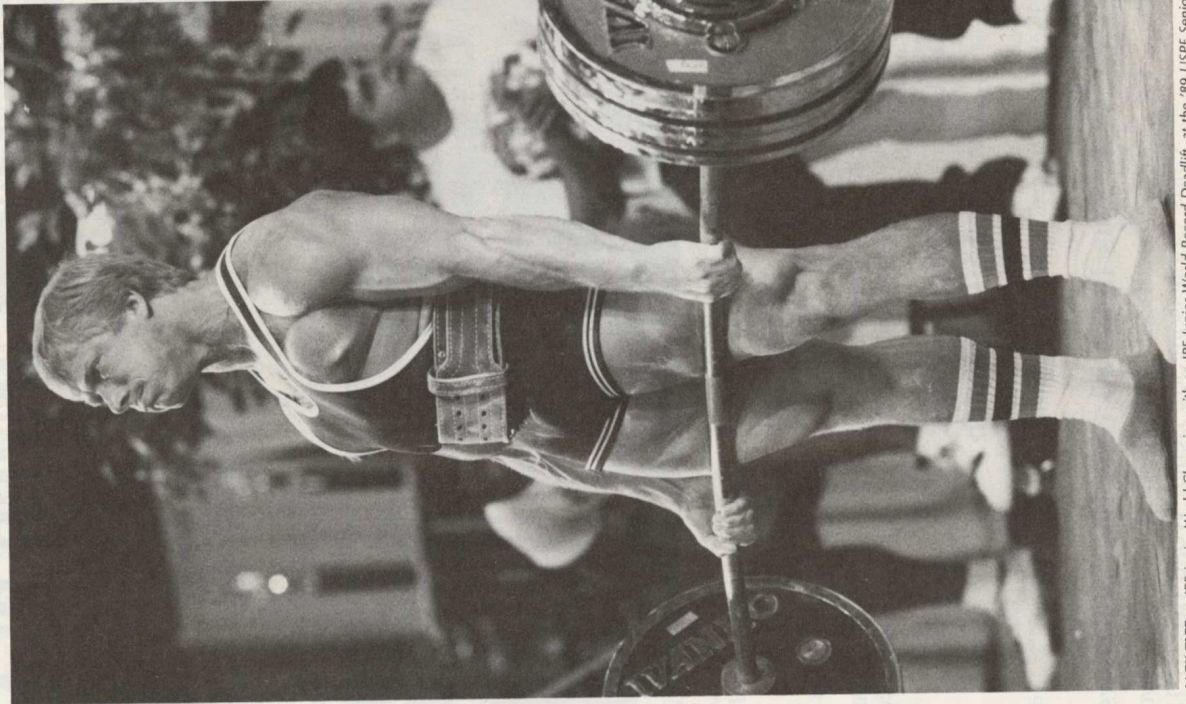
**5th Workout:** DL on plate 135x8, 225x6, 325x6, 305x6, Lockouts 315x6, 405x6, 475x6, 535x6

**6th Workout:** DL 135x8, 225x6, 315x6, 405x3, 445x3  
**7th Workout:** DL 135x8, 225x6, 315x6, 405x3, 465x3

**8th Workout:** DL 135x8, 225x6, 315x6, 405x3, 475x3  
**9th Workout:** DL 135x8, 225x6, 315x6, 415x3, 485x3

**10th Workout:** (2 weeks from meet) DL 135x8, 225x6, 315x6, 415x3, 495x3

**Meet Attempts:** 1st 475, 2nd 505, 3rd 525-530



JACK TICE an IPF Junior World Champion with an IPF Junior World Record Deadlift, at the '89 USPF Seniors

# Dateline: JAPAN

## The Kilo and the Kimono as seen by PAUL KELSO in the Orient



After the Meet at the 'Ra Ra Boo' Bar are lifters (front row, left to right) Yoko Ohnuma, Etsuko Suzuki, from Mount Fuji; 2nd row, Mayumi Yamagashi, Shigemi Kinoshita, Kazuko Ishikawa, Mari Hoshi; back, Kelso.

The mind's eye conjures images of misty mountains, pagodas, samurai, sumo, and eventually, delicate beauties gliding in silent elegance to serve tea in tiny, fragile cups. For the World War II movies programmed by television, the image of Japan is an enigma and the Japanese woman a mysterious and desirable object of fantasy.

But, the gang slamming weights around in the warmup room at the Women's National in Nagoya wore sweat suits instead of kimono and squat belts for obi. There wasn't a chrysanthemum in the hall. The multi-colored suits and warmups did stun the eye, but these were purposeful women who had trained for months and years, and included several veterans of international power wars. The traditional, subservient Japanese women of myth and literature had not paid her entry fee this day.

I had come down from Tokyo with Hisako and Susumu Yoshida (Secretary of the Japan Powerlifting Association) and Yoshiyazu Konda, a champion 110K lifter and curator of Ancient Weapony at the National Museum. The four hour drive swung around the Pacific Coast to the west with Mount Fuji hanging above the haze in the late afternoon sky.

Amazing as that sight was, it was overshadowed by the deference shown to the women by the men at the meet. It was unusual, to say the least, in this male dominated society, to see male world champions and officials acting as gophers and errand boys. More than that, what I was witnessing was again the feeling of group solidarity and support for friends and club members. Sex roles were temporarily suspended.

There were only twenty entries at the contest, down from thirty in previous years. This may have been because the meet was not in Tokyo, the hot-bed of iron sports in Japan. As the Men's Nationals will be held on the far north island of Hokkaido in June, entries will be interesting to watch.

The 44, 48, 67.5 and 75K classes had only one entry each. The competition was hunched in the 52, 56 and 60K divisions.

Hisako Yoshida, world champion at 44K in 1988, and eleven time Japan champion totaled 327.5. She missed several lifts including a 137.5 squat on a very close depth call. Her 710 lb. 'off day' total would have been third at the IJF World's in Nova Scotia.

Hisako may be nearing the end of her long career. There are also many demands on her time as she also acts as women's statistician, referees many contests and manages the Power House Training Club. It is hard for her to maintain a 44 kg bodyweight and she appears gaunt at that mark. After the Worlds in Sweden, she intends to move up to 48K.

Fast rising Etsuko Suzuki posted 295K for 1st in the 48's. While not a Kimono wearing type, she is deserving of the Kawasaki comments I heard. That all-purpose word is like the

out curse, as she had at the Asian Games in the past. Heavyweight - over 75K - was easily gathered by Fukuko Itoh with 360. Yoriko Yamazaki benched 97.5 and tried 100 on her way to the gold at 67.5 with a 437.5 total.

What is apparent from the results is that Japan has at least five women capable of international impact. As there are less than 200 registered women lifters in the country, that is a remarkable percentage. Registered men number only 1000, but boast three current world champions in Ihaba, Isagawa and Nakao (Masters) and produced the 6th place team at the IJF Worlds.

Why are there so few lifters in a nation of 123 million? How can such a small group provide as many quality lifters as it does? Without going into a full-blown culture study, it could be summed up this way: other than sumo, rugby and track and field, and weight events, Japan does not have a tradition of strength sports or the American glorification of strength feats. The emphasis is on group activity and team sports; individual sports such as kendo sword play, martial arts or archery rely on finesse and quickness. As for women, they have only recently shed the kimono and the fan and begun to assert themselves in non-traditional activities.

Those men and women who do take part are supported by other cultural traits: perseverance, commitment and the belief that failure can be overcome by trying harder despite evidence to the contrary. There is also the 'sense' or honored teacher factor. If a youngster with great potential is invited to take part by a master in any area of Japanese life,

there is a custom of obligation to accept the minimum invitation as an honor and to pursue that activity. As Susumu and I left the Hotel Mont Blanc in downtown Nagoya, we found some Saturday night dinner, we were joined by Professor Matsui of Saitama University. He is an advisor on training to several sports associations. He offered that Japanese lifters and other athletes 'rely too much on spirit and not enough on the body.' This means that they train very hard, but not always in the smartest or most efficient way. The training concept of 'less is more' would tend to get across.

We walked into a corner 'Red Lantern' where Yoshida said a few friends might be. We were greeted by just about the entire powerlifting and bodybuilding hierarchy of Japan. Loudly. At the counter were Mr. Saitoh, JPA President, Mr. Endo, a former World class lifter and Mr. Universe contestant, Nakao, Ihaba, 'Cuz' Ito and meet director Tokuharu Maeda, fourth in the 198's at Nova Scotia. In the back 'tatami' room

twenty other ex-lifters, referees, officials and Mr. 'this-and-that' sprawled on the floor around low tables. Any lifter in the world could have walked in there and been at home. Powerlifting and bodybuilding of facelifted overlaps in Japan. Endo is active in arm wrestling as well. Everybody knows everybody and as no men were lifting, they came to Nagoya to support the ladies, do a little business and damage some groceries.

There was not women present. Platters, tubs and drums of shrimp, octopus, ramen, broiled squid, sake and beer disappeared before the men and high-styled it back to the hotel. To everyone's astonishment, Isagawa was waiting in the lobby. Hiroyuki Isagawa, world record holder in the bench press, has been living in California almost ten years. He timed this visit to make the contest.

The contestants were all in bed by this time. They knew the men, in typical Japanese fashion, were out on their own, but, the women would get even the next day.

Early Sunday morning the entire gang left for the auditorium. Twenty young women in sharp warmups were each attended by three or four male officials, world champions, ex-champs, husbands and boyfriends (whose is whose is a secret) carrying (who is whose is a secret) carrying crates, picnic baskets and blankets. It looked like a gypsy caravan. It is a good thing that most old-style Japanese did not see this spectacle. It might have really meant the end of the empire.

All lifters weighed in at the same time, even though there were morning and afternoon flights. This is done because missing the opening ceremony is unthinkable. The lifters lined up and marched in by classes to be introduced. Everybody but your correspondent made a speech. The Aichi Prefectural Governor spoke. The sponsor representatives spoke. The guy who managed the auditorium spoke. (continued on page 64)

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# STARTIN' GRIP OUT

A special section beginning the lifter

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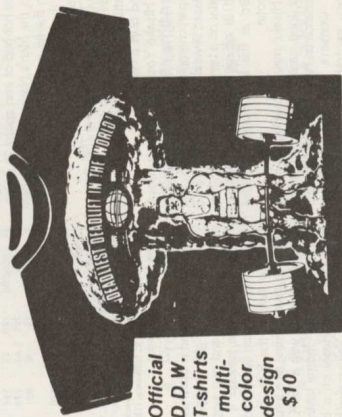
up to a bigger bench with your max legal width grip. Some lifters are meant to be close grip benchers, but I think they're a minority. Even those lifters can benefit from a few weeks of benching with a wider than normal grip. A more powerful chest is a plus no matter what grip width or style you use and a wide grip is a superior means to develop it.

Using a slightly wider grip will still give your triceps a good workout and little, if any, tricep strength will be lost. In fact, you can throw in a few sets of "close grips" after your benches. Close grips, of about shoulder grip width, seem to be the exercise of preference for many big benchers for hitting those all important triceps. Even if you have no intention or desire to widen your grip, a few sets of wider grip benches early in your training cycle, will inject variety and, hopefully, new gains in your bench. Above all, remain open to new training methods, but don't drop everything each time you read something new. Evaluate suggestions for merit and give new ideas a try. Your off season is the best time to try new things, but come meet time, use the method that will yield the best results.

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Insulin is one of the most important anabolic substances in the body. While most athletes appreciate the role of testosterone in building muscle and strength, few are aware of the equally important role of insulin in helping the body adapt to strength training. Testosterone and anabolic steroids (synthetic versions of testosterone) work by directing the cell nucleus to produce proteins. Insulin has even more far reaching effects. Not only does it influence the cell nucleus to produce proteins, but it speeds delivery of amino acids into breakdown. In this article, I will describe how insulin influences the growth of muscle in weightlifters. In the future, I will describe a technique being developed in my laboratory to harness insulin within the body to help athletes safely gain strength, power, and muscle size at a more rapid rate than through training alone.

### How Proteins are made in Muscle

Proteins are composed of groups of amino acids. Protein formation is regulated by the genes. The genes are composed of material called deoxyribonucleic acid (DNA) and are responsible for controlling everything from the color of your hair to the regulation of internal cell functions. The DNA contain the genetic code, which directs the formation of amino acids into specific proteins. For muscles to increase in size, the DNA within the nuclei of muscle cells must be stimulated to synthesize new proteins.

Proteins are made in a part of the cell called ribosomes, which lie outside the muscle nuclei (muscle cells have more than one nucleus). To form new muscle proteins, the genes in the cell nucleus tell the ribosomes how to arrange the various amino acids by making a substance called ribonucleic acid (RNA). Three types of RNA are made by the genes, and each plays an important and distinct role in making new muscle tissue: 1) messenger RNA, which carries the genetic code from the nucleus to the protein manufacturing centers (ribosomes) in the muscle cell, 2) transfer RNA, which carries the amino acids to the protein manufacturing

centers in the muscle cell.

required to keep the muscles the size they are. Protein synthesis slows to a crawl in the absence of insulin or when insulin receptor sites are less active.

Muscle hypertrophy can be affected by a wide variety of circumstances, including the amount of amino acids entering the muscle, the activity of protein synthesis processes, and the rate of protein breakdown. Insulin is important because it affects each of these factors.

### The Role of Insulin in Protein Synthesis

Most people know that insulin is important in the regulation of sugars and fats in the body. Insulin is also one of the most important anabolic substances in the body. Insulin enhances muscle growth by increasing the rate that amino acids enter the cell, increasing the production of RNA, increasing protein breakdown in muscle, and decreasing liver energy processes that use amino acids as fuel (i.e., gluconeogenesis).

Studies at Harvard University have shown that muscle growth is affected by the rate amino acids enter the muscle cell. Insulin speeds the entry of amino acids into muscle, particularly amino acids that are used in great quantity during exercise (valine, leucine, and isoleucine). Amino acids enter the muscle cell through a process called the sodium-potassium pump. Insulin speeds entry of amino acids into the muscle cell by stimulating this process.

Insulin also increases the activity of the protein synthesis process and the amount of RNA. Testosterone and anabolic steroids are also thought to influence DNA to produce protein, but insulin is quantitatively much more important in this process than the male hormones.

Insulin inhibits protein breakdown. While the process is not completely understood, it is thought to interfere with structures called lysosomes that breakdown proteins to amino acids within the cells. Lysosomes are thought to be particularly active following a heavy workout. Blocking their activity could result in greater gains and more rapid recovery.

Insulin also depresses the rate that amino acids are used in energy in the liver. One of the ways blood sugar is maintained is through processes called gluconeogenesis. In this part of the liver by substance called amino acids and lactic acid. Muscle protein is spared by conserving amino acids that would otherwise be used to convert amino acids into blood sugar.

In my laboratory, we are working on a technique to mess the body's insulin production capability to help promote muscle hypertrophy in weightlifters. **This process does not involve injecting insulin, which is potentially deadly practice when not carefully regulated.** Our experiments will be the topic of an article in the next edition of POWERLIFTING USA.

## POWER-RESEARCH

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# INSULIN as an Anabolic Hormone

by Thomas D. Fahey, Ed.D.  
Professor, California State University, Chico



Can Natural Anabolic Processes utilizing insulin be optimized to maximize physical strength development and performance on the platform? (ribosomes, the protein making centers of the muscle cell.)

### Factors Affecting Protein Synthesis in Muscle

Muscle protein is affected by the body's total protein status. Proteins make up 75 percent of the body's solids and play critical roles in cell structure, gas transport, metabolic reactions and muscle contraction. They also serve as a source of energy. There is always a balance between proteins and amino acids in cells, blood and the liver (an important energy center in the body). This balance is affected by a variety of factors, such as nutrient status, muscle tension, certain diseases, and hormones.

For muscles to grow, the protein and amino acid requirements of other body segments must be satisfied. Protein synthesis in muscle will be compromised if you are malnourished, don't stimulate muscles properly, or hormone status is not adequate. As examples, it is extremely difficult to induce muscle hypertrophy if you are on a starvation-type diet. Body protein will be broken down and used for energy when you don't eat enough calories. Your quadriceps muscles will atrophy if your leg is in a cast. Adequate muscle tension is

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**"Toe Jam"**

What is the number one thing that Mike Spink fears. A reminder with Mike Tyson, you say? No. A reminder to get on 1320th Street in Philadelphia, PA. Michael's major fear is tinea pedis, dermatophytosis, in layman's terms, athlete's foot. You know, "Toe Jam." Honest!

Anytime you are caused by a fungus, athlete's foot is caused by a fungus. What is often accompanied by an associated bacterial infection. Symptoms include itching, redness, and the formation of a rash on the soles of the feet and toes.

Regardless of precautions, it is nearly impossible to avoid some mild infection if you exercise and shower daily. It has been estimated that over 70 percent of all athletes have been infected at least once with this unpleasantness. Amazingly, it has been reported that 40 to 60 percent of all competitive swimmers are infected yearly. Obviously, walking through infected showers and locker rooms without foot apparel significantly increases the probability of catching the fungus. What may not be as obvious is the fact that the fungus can spread from towels, socks and shoes to other parts of your body. For instance, if your feet are infected and you dry them with your towel, then use your towel to dry your genitals and face, you can spread the fungus to those areas.

Although athlete's foot is easily treated, if left untreated, the infection can cause serious foot trouble. Interestingly, the exact cause and cure of athlete's foot is unknown; however, as mentioned, control is possible. Here's a few tips from George Dinitman's book *Improving Health and Performance in the Athlete* to help prevent and treat athlete's foot - listen closely Michael.

- (1) Daily change of socks.
- (2) Use of tincture of benzoin and powder.
- (3) Use of a fungicide.
- (4) Careful drying of the feet and between the toe areas after a shower.
- (5) Use of dusting powder in athletic and street shoes to keep them dry.
- (6) Ask your druggist to prepare a 30 percent aluminum chloride solution and apply twice daily.

# Dr. Judd

## Fantastic Facts by WORLD CLASS Enterprises Dr. Judd Biasiotto/Amy Ferrando



Amy Ferrando and Dr. Judd Biasiotto (l-r) are the principals of World Class Enterprises and the authors of several books advertised in this magazine.

### Color Confusion

You have probably already heard that colors can affect your performance. Studies done by the Pittsburgh Plate Glass company have shown that the color pink can have a calming, even weakening effect, while a certain shade of blue can arouse or strengthen an individual who concentrates on the color. Research done by psychologists Robert Pellegrine and Alexander Schauss however, seems to suggest that these colors illicit these responses not because of their hue or intensity, but because of what is known as "demand characteristics." Demand characteristics are cues from either the experimenter or the environment that suggest a certain manner of reaction or behavior.

According to *Psychology Today*, the researchers devised an experiment in which 59 men and women

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### I'm Always Right, Right?

It is common knowledge that most people think they're always right. What may surprise you though, is that most people believe that everyone feels and thinks as they do. The phenomena is called "false consensus" effect: a person's tendency to believe that their own motives, beliefs, preferences, traits, and personal problems are shared by the majority of their fellows. "Everyone," for example, "is morally, and ethically wrong," or perhaps, "No one really

believes that using steroids is cheating."

According to Dr. Gary Marks of the University of Southern California, the false consensus effect has several sources. First, there is "selective exposure," a person's tendency to live with others whose views and opinions are similar to their own. The old birds of a feather flock together axiom. Next, people will not accept or recognize different views, because by doing so, it would diminish their estimates of consensus. Finally, Marks has found that people are particularly vulnerable to false consensus effect when they identify strongly with a particular group, whether it be patriots, Christians, democrats, or powerlifters. This belief enables people to solidify their sense of right and reduce their feelings of being unusual or out of place.

### The Sound of Music

Although tradition, folklore, and sports practice consistently suggest that music can enhance human performance, scientific research does not support that contention. Some experimental studies have shown music to have a mild effect on one's physiological state, but the preponderance of evidence indicates that music is not a true ergogenic aid. However, there are a number of studies which clearly indicate that music can affect one's mood and can improve an individual's attitude. It seems reasonable to assume that physiological and/or psychological reactions can be illicit by music, though it may not be sufficient to produce an ergogenic effect.

### You'll Huff and Puff and ...

There is now strong evidence that an individual's cardiovascular fitness can be immediately affected by smoking cigarettes. The culprit is not nicotine as most people would think, but rather carbon monoxide, an extremely poisonous gas. Although a cigarette doesn't emit enough carbon monoxide to kill you, at least acutely, it has more than enough to reek havoc with your cardiovascular system. First of all, carbon monoxide has a very high affinity for hemoglobin, the oxygen-carrying content of the blood. When carbon monoxide combines with hemoglobin, it forms carboxyhemoglobin which alters myocardial metabolism, interferes with oxygen delivery, and results in myocardial hypoxia (insufficient oxygen in the body). It is estimated that the average smoker has about 8-10 percent carboxyhemoglobin in his blood. This has the effect of adding approximately 5000 feet of altitude to the individual's physiology. In other words, the individual's ability for aerobic or endurance work is significantly decreased. The reason for this is that the hemoglobin that is tied up with carbon monoxide can not carry oxygen. Therefore, less oxygen will be delivered to the heart and the tissues of the body.

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# INJURIES

## My Personal Account

I started training at age twelve and competing in Olympic lifting at age fourteen. There were always small injuries to contend with, but nothing that didn't heal by itself, including a displaced vertebra. I did not receive my first serious injury until 1973, when I totaled 1655 at 181. I was on top of the world and was especially proud of my 670 deadlift. I thought my back was indestructible, but I soon found out differently. While doing my favorite back exercise, good mornings, I displaced my L-5 vertebra. For the next ten months, I relied on cortisone shots and crutches. Severe pain kept me from straightening out my legs completely. My doctor suggested traction for three weeks, but having a distaste for hospitals, I took a friend's suggestion to see a chiropractor. After several adjustments, I regained most of my back strength, but I had lost a great deal of flexibility, a factor which would haunt me forever.

In 1978 I posted the fifth highest total in the country with a 710 deadlift. I had benefitted from regaining my lower back flexibility and abdominal strength. At the 1979 Senior Nationals, at 220, I severely tore my right bicep. I had three doctors examine me. Two out of three recommended surgery, but I sided with the third doctor. I believe my bicep tore because of electrolyte imbalance. My body weight was only 212, and the meet was not air-conditioned, while the outside temperature in Bay St. Louis, Mississippi was 98 degrees and humid. I chose to rehabilitate myself by doing light curls and stretching. Six months later I won the Y. National Championships with a 1950 total. This was 50 pounds more than I had ever done, and I deadlifted 705, 28 more pounds than the weight I tore the bicep with.

After winning the Y's, I was again plagued by injuries. I received two tears in my lower abdominals, and sustained a groin injury (I wouldn't know this until after the 1980 Seniors). I had trained from January to July for this meet. Even though I was in severe pain, I was determined to compete. During my second attempt in the squat, I felt something snap in my groin, so I withdrew from the meet. The abdominal and groin tears were diagnosed first by Ernie Hackett and again when I returned home. As a result of my injuries, I was forced to take 6 months off to recuperate, although I went to bench press meets in order to keep up my enthusiasm.

After I had begun to compete again, I succeeded in squatting 775 and lifting 722 in the deadlift at 220 lbs. It was late in 1983 when my lower back pain returned. I continued to train through it, until I was unable to clear 500 lbs. off the floor. (It would shake violently after letting go of the bar.) I had no idea what was wrong, so I went to an orthopedic surgeon, who examined me and x-rayed my vertebra. He found a fractured L-5 vertebra, two compressed discs and a bone spur. The doctor wanted to remove the two discs and the bone spur and fuse part of my spine. Because there was no guarantee of reducing the pain or of regaining flex-

therapy methods.

Once again I resumed training. When I was finally benching 500 on a regular basis, I thought I was ready for a big total. I was wrong. I tore my fascia thigh muscle after injuring it four years earlier due to lack of flexibility. I could not squat at all, and I was scheduled to lift in five weeks! I took my problem to Master Chen, an acupuncturist. Through his method of rehabilitation, I was able to compete and received my fourth Elite rating. I was afraid I would slow the healing process if I lost weight, so I competed at 227 lbs.

As you can see, I've had my share of serious injuries and have experienced many methods of rehabilitation and therapy. Not only should injuries be rehabilitated, but one should be concerned with physical restoration, or being able to withstand larger work loads. How can this be accomplished?

I have read about many methods of physical restoration in the SOVIET SPORTS REVIEW, but none was more exciting than Hyperbolic Oxygen Chambers, where pressurized oxygen enters through the lungs and is absorbed through the skin. Because I was unable to locate one, I tried two related methods, oxygen baths and oxygen shots. After I heard about a Tour de France cyclist using oxygen directly 'injected' into the muscle, I decided to try it myself. I went to a homeopathic center specializing in oxygen therapy and had great success with the shots. I also went to a clinic for oxygen absorption baths, under the care of Dr. Shearer. The benefits of these therapies include increased training loads with decreased muscle soreness. My training partners also benefitted from this preventive therapy by sustaining very few injuries. After discovering these methods the hard way, I hope I can prolong other lifters' careers by relating my experiences.

## Rehabilitation Methods: A Brief Overview

I had good results with the following procedures to rehabilitate injuries. Ice massage is used to reduce inflammation and moist heat pads return blood to an injured area to promote healing. The use of a heavy-duty massage vibrator on the muscles can be very beneficial during training or at a meet. A hot shower followed by a cold shower can be helpful in between lifts at a meet. Saunas, steam rooms and whirlpools are other useful restoration resources. Ultrasound is a must for strained muscles, ligaments and tendons, however caution must be used with ultrasound if there

is a suspected fracture or break. Electrical stimulation treatments are great for over-stressed muscles. If possible, receive a sports massage after your workout. I was lucky to have a licensed massage therapist who trained with me. A rolling session will reduce scar tissue build-up. Accupressure can reduce pain on the spot for injuries such as bicipital tendinitis and other sports related injuries. Chiropractic adjustments are an integral part of my training and should be included in any lifter's repertoire. DMSO is widely used in sports medicine. It can be used as a driver to deliver aspirin or anti-inflammatory directly into the injured area. Always consult a doctor if prolonged pain exists. There are many over-the-counter products on the market, such as Icy Hot, and Sloan's Spray Heat, which are beneficial to some extent. I have found iodine to be excellent for strained muscles and ligaments due to overtraining, however, prolonged use can burn the skin.

A oxygen bath consists of enclosing the body in an oxygen filled plastic bag below the neck and absorbing in oxygen through the mucous membrane. The benefits are not seen for 5-6 sessions. Hyperbaric Oxygen Chambers act also as a detoxifier. Oxygen actions go directly to the muscle and bring an immediate result to either an injured or over-trained athlete. A long-acting oxygen shot delivered into the glute will last two weeks and can be used to max-

imize oxygen into the system allow cycling for a meet. Oxygen therapy is designed for the muscularly ill, but works well for the athlete.

**Specific Rehabilitation**  
I practice Yi Chin Ching muscle tendon 'changing', which is based on Kung Fu exercises that focus on internal breathing with total relaxation and contraction of all muscles in the body. Although not widely practiced in the United States, Yi Chin Ching is very therapeutic. I also use internal breathing procedures which create a calming effect before and after all workouts.

**Specific Injuries**  
For low back injuries, I recommend a series of low back stretching done with the following exercises: high rep deadlifts with either dumbbells or a barbell, 75 reps for 2 to 3 sets; reverse lunges, 50 to 75 reps for 3 sets; low rep pullthroughs for 3 sets.

Hamstrings should be worked as soon as possible, but with light weights. Consult a physical therapist for specific stretching and the opportunity to use a Cybex machine, which also can be used for knee injuries. For groin injuries, use an abductor/adductor machine, stretch as much as possible and squat low to the hocks with light weights for high reps to rehabilitate the injury. If a torn bicep can be rehabilitated to stabilize the back of the knee.



Chuck Vogel (top) / 1989 National Champ at 220, trains at Louie's Fitness Barbell Club and benefits from all his experience.

There are many therapies to accompany these exercises, ranging from the standard ice and heat method to more sophisticated methods like ultrasound, electric stimulation and other high-tech rehabilitation processes. Although I am not a physician, I have suffered each injury mentioned and fully recovered by using the above methods, thus avoiding surgery.

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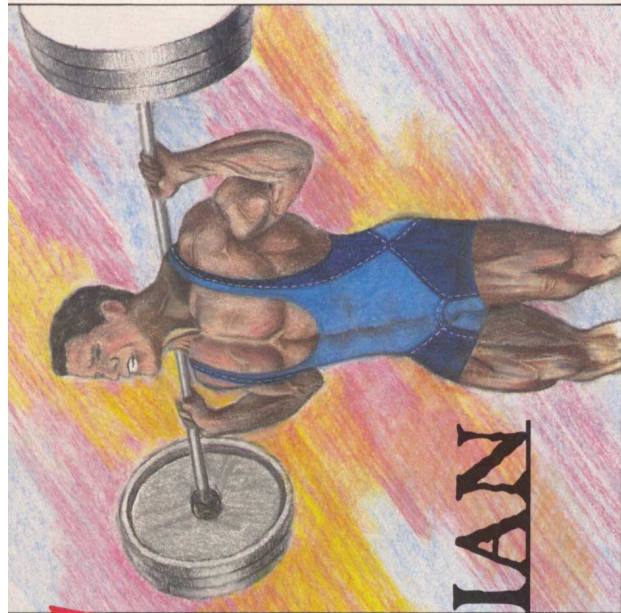
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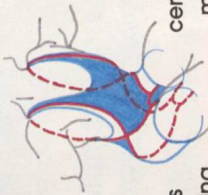


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As powerlifters to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that our daily food intake of dietary protein, carbohydrates, and a small amount of fats is the basis of all good nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that our daily food

can create, extra supplementation is a very necessary requirement for today's competitive powerlifters. The search for highly effective nutrients to assist us in our quest for greater strength and power has always been a priority. The never-ending search for the nutrient or combination of nutrients which would offer us, as powerlifters, a natural solution to the chemical program has become even more complex. On the following pages Marathon Nutrition brings you the finest, most effective and advanced nutritional supplements available. They will help you get stronger, train harder and become more efficient. The mere fact that there have been many natural nutritional breakthroughs

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Best regards,

George S. Zangas

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To the Missing Link Powerlifting Team, based in the State of New York, for winning its 5th consecutive ADFPA New York State title. This year's team consisted of Tony Pallas (132), John Audia (148), Anthony DeMaria (148), Barry Ray (181), Paul Fiorisi (181), Brian Finn (198), Chris Siapanides (220), Chris Machin (242), Dave Tolve (275), Tom Gizzo (275), Anthony Gisondi (SHW), Peter Gisondi (SHW).
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Table with 3 columns: Division, Class, Weight, Name, Division, Class, Weight, Name. Includes Men's, Women's, and Children's divisions with various weight classes and names like B. Butler, C. Blythe, etc.

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(article continued from page 33) Your bleary-eyed observer tried to keep up with what was happening...

There was a lot of photos. I went out to the lobby for coffee and there was Isagawa setting up a booth...

It was that odd, back on the platform was another phenomenon. Two world champions and a world team...

During the meet, I was struck by the almost complete backstage at mesophere. Many U.S. contests are TENSE in the air, but concentrate...

That night the crowd retired to the RaRaBoo Club for the after-party. It is a typical high-tech, basement bar...

The Karaoke sing-along machine was turned on. Inaba sang two lifters sang. Mr. Saitoh made a speech...

PAUL KELESO, Asahi Bldg No. 20, 15-1-5 Chome, Chuo, Utsunomiya City, Tochigi, JAPAN, T. 320

1st Gold's Gym/Carson Bench 9 Feb 90 - Carson City, NV

Table with 2 columns: Name, Weight. Lists winners and their weights for the 9 Feb 90 Carson City meet.

Western Dakota Championships 17 Feb 90 - Minot, ND

Table with 2 columns: Name, Weight. Lists winners and their weights for the 17 Feb 90 Western Dakota Championships.

Teenage Division: 114 - Brian Schell of Granville has won in this class. The only weights...

put this meet on. It takes a lot of people to put on a large meet and I have the best you can find...

10 Mar 90 - Dardenne, MO (kg)

Table with 2 columns: Name, Weight. Lists winners and their weights for the 10 Mar 90 Dardenne meet.

USPF Pennsylvania Championships 3-4 Mar 90 - Lancaster, PA

Table with 4 columns: Name, Weight, DL, Total. Lists winners and their stats for the 3-4 Mar 90 USPF Pennsylvania Championships.

Leo Wysocik, the 41 year old masters champion at the USPF Pennsylvania State Meet, benching 500 pounds...

APA Central California Bench Press 18 Mar 90 - Clovis, CA

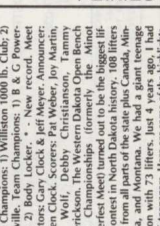
Table with 2 columns: Name, Weight. Lists winners and their weights for the 18 Mar 90 APA Central California Bench Press.

Arizona High School Championships 24 Feb 90 - Glendale (Top 5), totals

Table with 2 columns: Name, Weight. Lists winners and their weights for the 24 Feb 90 Arizona High School Championships.

record including teens, masters, and women. 40 lifters in our first meet was exceptional. Rick...

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(See Center Spread)

Orank Bench Press 10 Mar 90 - Dardenne, MO (kg)

Table with 2 columns: Name, Weight. Lists winners and their weights for the 10 Mar 90 Orank Bench Press.

Teenage Division: 114-181. The Open Division was as large but it had...

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USPF Pennsylvania Championships 3-4 Mar 90 - Lancaster, PA

Table with 4 columns: Name, Weight, DL, Total. Lists winners and their stats for the 3-4 Mar 90 USPF Pennsylvania Championships.

Mike Vassallo with his Glass winning deadlift at the USPF Pennsylvania State Meet (courtesy of C. Heisey)

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# GNC Presents

## The 1990 Mens and Womens Senior National Powerlifting Championships

Co-Sponsored by Northwood Cheese

Date: Saturday July 28th and Sunday 29th

Place: The Pittsburgh Airport Marriott Hotel (1 mile from Greater Pgh. Airport) 100 Aten Rd., Coropolis, Pa 15108 (412) 788-8800

Travel: Receive a 35 percent discount on all US Air flights in the USA booked through Travel Agents International (412) 881-2000. Discounted car rental rates are also available through Travel Agents Int.

Entry Fee: \$40.00 per lifter, \$30.00 per team (All lifters will receive meet T-Shirt)

Entry Deadline: July 14, 1990, Late Entries \$50.00

Rules: Strict APF rules will apply. APF membership available at meet

Qualifying Totals: (men)	114	123	132	148	165	181	198	220	242	275	308	Unl
	981	1064	1146	1394	1527	1642	1731	1824	1890	1946	2033	2033
(women)	97	105	114	123	132	148	165	181	198	198	198	198
	579	623	667	711	749	909	981	1053	1153	1190		

**Weights:** All women (97-198+) and mens classes 114-165 will weigh in early Friday night between 7-8:30. Late weight-ins will be Saturday morning 6:00-7:30 am. All mens classes 181-Unl will weigh in Saturday night between 7-8:30. Late weight-ins will be Sunday morning 8:00-9:30 am.

**Lifting:** All women (97-198+) and mens classes 114-132 will start lifting Saturday at 8:00 am. Mens classes 148's and 165's will begin lifting at 12:00. Mens classes 181, 198, 220 will start lifting at 10:00 am Sunday. Classes 242, 275, 308 and Unl will start lifting at 2:00 pm

**Awards:** 1-3 place finishers in each weight class will receive a specially designed award. 1st and 2nd place teams (team member names must be submitted before the start of the meet) will receive awards. The "Best lifter" light and heavy session will receive a Top lifter award. Top three finishers in each class will qualify to attend the World's in Italy on October 13.

**Video Taping:** Professionally filmed VCR tapes will be available. The cost will be \$25.00 per day. ESPN has confirmed they will film one or both days of lifting.

**Hotel information:** A large block of rooms have been set aside at the Pgh. Airport Marriott (site of the meet). When making reservations, mention you are attending the meet. You will receive a special rate of \$62.00 per night. To make reservations call (412) 788-8800.

### For additional information:

Contact Jeff Wright at Gold's Gym, 270 Curry Hollow Rd., Pleasant Hills, PA 15236, (412) 653-8633.

### Entry form

In consideration of my entry, I hereby waive and release all rights and claims for damages against the GNC, the APF, Gold's Gym, the Pgh Airport Marriott and all their associated bodies, agents, employees and assigns by reason of injury or damage which I may incur while participating in this competition.

Best total \_\_\_\_\_ When \_\_\_\_\_ Where \_\_\_\_\_  
 Name \_\_\_\_\_ Age \_\_\_\_\_ Phone \_\_\_\_\_  
 Address \_\_\_\_\_  
 Signature \_\_\_\_\_ APF Membership number \_\_\_\_\_

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## 15, 16 September 1990 ADFPA CENTRAL USA OPEN (Cape Girardeau, Missouri)

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Lake Saint Louis, MO 63367  
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3rd Upper-Austria Championship  
1 Apr 90 - Bad Ischl (kg)

Table with columns: Men, Women, SQ, BP, DL, Total. Lists names and scores for various weight classes.

New Austrian Teen Star  
Marrion Braun, lifting at the Upper Austria Championships.

Table with columns: Men, Women, SQ, BP, DL, Total. Lists names and scores for various weight classes.

55-59  
75 kg  
A. McElroy

total. David Nettles competed alone at 125 and had a 332.5 squat to total 765 the highest of the class...

Annual March Madness Bench Press  
31 Mar 90 - Mattson, Illinois

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

Boardwalk Bench Press Bonanza  
21 Apr 90 - Pennsylvania, FL

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

Miami County Championships  
24 Mar 90 - Paola, KS

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.



Dedicated to Dr. Conrad Cotter... the Fiesta Boardwalk Bench Press Bonanza...

From the International Powerlifting Federation... We sadly have to inform members of the death of Conrad Cotter, for many years the President of the USPF...

USPF Region II  
17 Mar 90 - Pax River, MD

Table with columns: Men, Women, SQ, BP, DL, Total. Lists names and scores for various weight classes.

USPF Region I  
1 Apr 90 - Bad Ischl (kg)

Table with columns: Men, Women, SQ, BP, DL, Total. Lists names and scores for various weight classes.

PL USA Achievement  
Plaques & Certificates



24 Mar 90 - Lima, OH  
LCI Bench Press

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

24 Mar 90 - Paola, KS  
Miami County Championships

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

21 Apr 90 - Pennsylvania, FL  
Boardwalk Bench Press Bonanza

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

24 Mar 90 - Paola, KS  
Miami County Championships

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

From His Friend, Bob Hughes...

Bob Hughes of Pensacola wrote the following letter published in the Pensacola press...

From Marty Gallagher... on their last meeting

Sean Scully relayed the bad, bad news that Dr. Conrad Cotter had died suddenly and unexpectedly...

24 Mar 90 - Paola, KS  
Miami County Championships

Table with columns: Men, Women, Name, SQ, BP, DL, Total. Lists names and scores for various weight classes.

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

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

### Are You Getting What You Paid For?

Finally, many people don't know that they could be using an under-potented Dibencozide! This could be the result of a number of factors, including intentional dilution of Dibencozide with less expensive B-12 or other ingredients. Buyer Beware!

### 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.

### 25,588 Powerlifters Can't Be Wrong

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.

### We Guarantee Your Satisfaction

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.

### Call Today and Save

So if you'd like to get real Dibencozide, then try Dibencozide Supreme from Marathon Nutrition. Phone in your order right now. When you call make sure you ask for one of the limited-time special offers listed below for Pure Form Dibencozide Supreme, 10 mg., High-Potency, Stabilized Release Capsules.

Dibencozide Supreme 10 mg. capsules are available in two sizes.

- 50 Capsules is only \$24.95. You're saving \$10 (30%) off our regular low price of \$34.95.
- 100 Capsules is only \$59.95 and we'll give you a bottle of 50 for free. That's a \$95 value for only \$59.95. You save \$35. That's 37% off!

In addition to that, if you phone in your order right now, we'll send you a free copy of our Special Report Number 33 "How to Use Dibencozide Supreme for Maximum Gains."

Don't waste any time. Call today! Our toll-free number is:

1-800-321-5064  
(In CA 1-800-231-4070)

We accept Visa, Mastercard and C.O.D. orders.

If you prefer to write, simply fill out the order coupon in one of our ads in the center of this magazine, and send it to Marathon Distributing Co., 1229 Via Landeta, Palos Verdes, CA 90274.

But please remember, the free special report is only available to those who phone in their order immediately.

Why not get started on explosive strength gains today? Call our toll-free number or send in the order coupon right now. Your satisfaction is guaranteed!



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# INZER ADVANCE DESIGNS

## We Make Power Gear A Science

Dear Powerlifter,

Performance and safety are our first priorities when designing equipment. Since we introduced Blast Shirts into the lifting world, there have been at least as many shoulders protected from injury and relieved of pain as knees protected by wraps. As one famous meet director stated after years of observation: "Since the introduction of the Inzer Shirt, I've noticed a lot less shoulder injuries in my contests. Powerlifters have been able to compete in more meets and for more years with the help of the Inzer Blast Shirt." We have documented cases of master lifters who have come out of retirement and been able to bench press again with the shirt's help. Several doctors have endorsed the Inzer Blast Shirt including Dr. Sal Arria who was on the Medical Staff of the 1984 Olympics in Los Angeles.

We guarantee our Power Gear to be higher in performance than any other powerlifting apparel existing. This is one of the factors why most of the top powerlifters in the world wear Inzer Advance Designs lifting apparel. The equipment you get here is guaranteed to be the freshest ideas and proven principles made into a piece of your Power Gear uniform.

We enjoy helping you with the sport of powerlifting.

Sincerely,

John Inzer  
Owner

**INZER**  
ADVANCE DESIGNS