

LOSE FAT, INCREASE MUSCLE MASS WHILE YOU SLEEP

# GHB

GAMA • HYDROXYBUTRIC • ACID

**INCREASE STRENGTH IN 3-5 DAYS**  
**INCREASE MASS IN 2-3 WEEKS**  
**100% LEGAL FOR COMPETITIONS**  
**STUDIES SHOW NO TOXIC EFFECTS UPON LIVER, KIDNEY OR HEART FUNCTION.**

**G**HB is like nothing you've tried before to speed recuperation and promote growth. A naturally-occurring amino. GHB helps your body release 16 times the Gama Hydroxybutric it's able to produce alone—higher levels that combat the increased demands an aggressive training regimen puts on your skeletal, muscular and endocrine system. Often called the "growth hormone", GHB works while you sleep to stimulate tissue repair.

The Most Powerful GH\* Release Stimulator Discovered



\*GH Growth Hormone

Take GHB only at Bedtime.

build muscle mass, and decrease body fat. **GHB, the absolute best insurance against muscle breakdown, injury and stress.**

Only To Be Taken In Pure Powder Form.

(Capsulation causes the deterioration of GHB)

60 Gram Bottle (one month supply)

ONE BOTTLE	<b>\$39.00</b>
TWO BOTTLES	<b>\$73.00</b>

ORDER NOW AND RECEIVE THIS INCREDIBLE HIGH QUALITY SUPPLEMENT USE OUR CONVENIENT ORDER SHEET FOUND INSIDE THIS MAGAZINE.

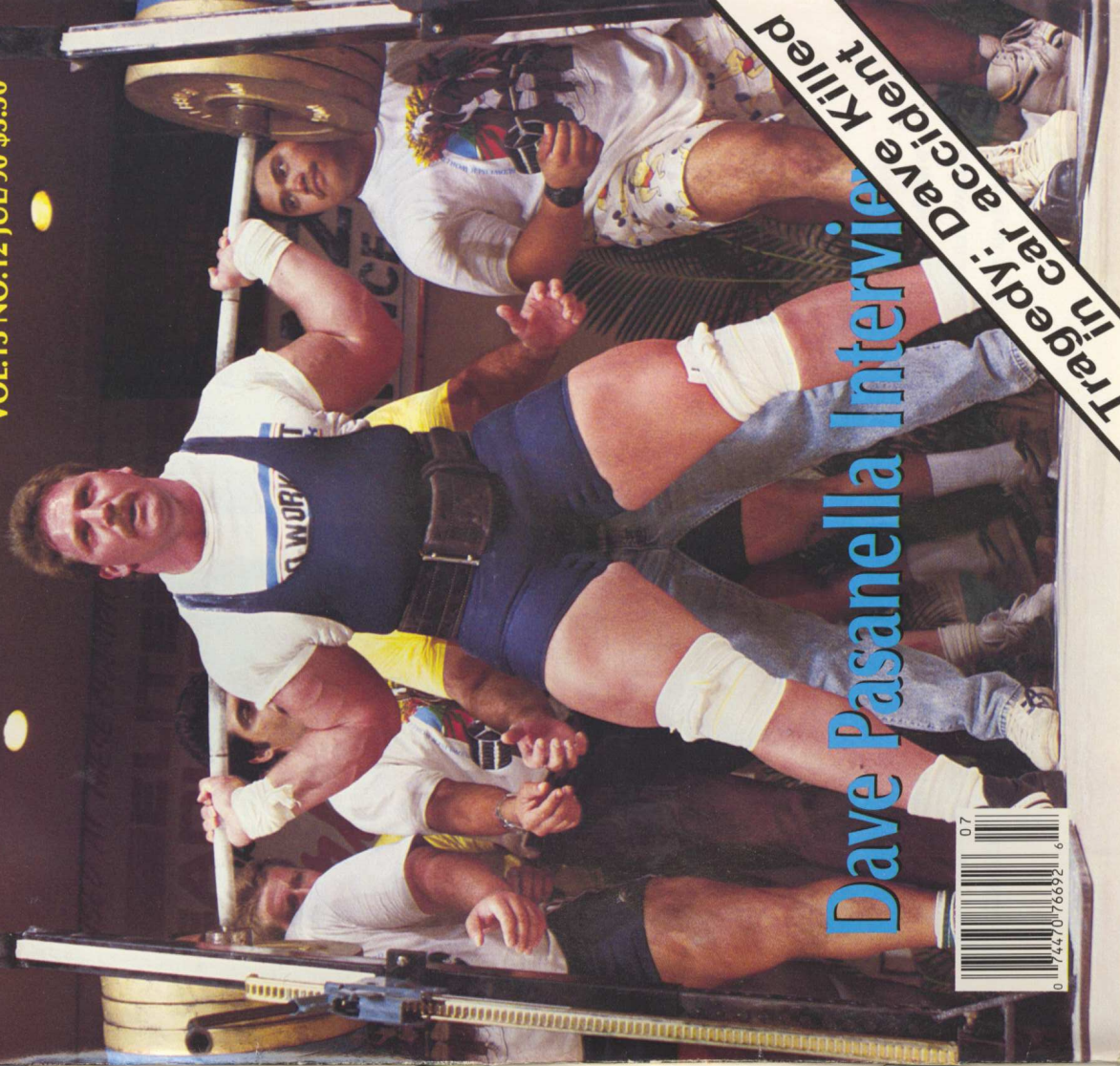
**TRAIN HARD!**

PHONE ORDERS  
**1-800-392-5496**  
 VISA • MASTERCARD • C.O.D.

 **PACIFICO ENTERPRISES**  
 2062 Republic Drive  
 Dayton, Ohio 45414

# POWERLIFTING USA

VOL.13 NO.12 JUL/90 \$3.50



**Dave Pasanella Interview**

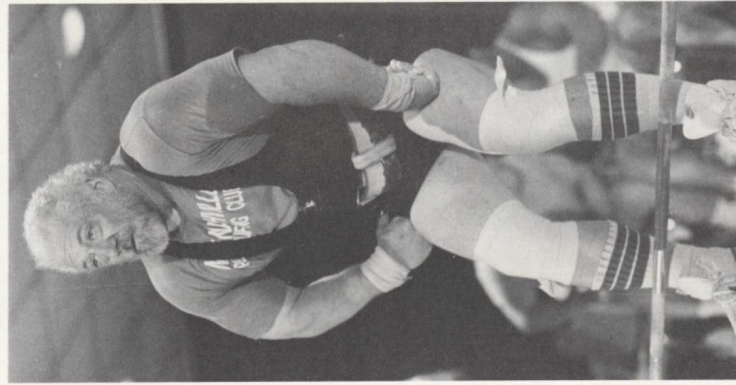
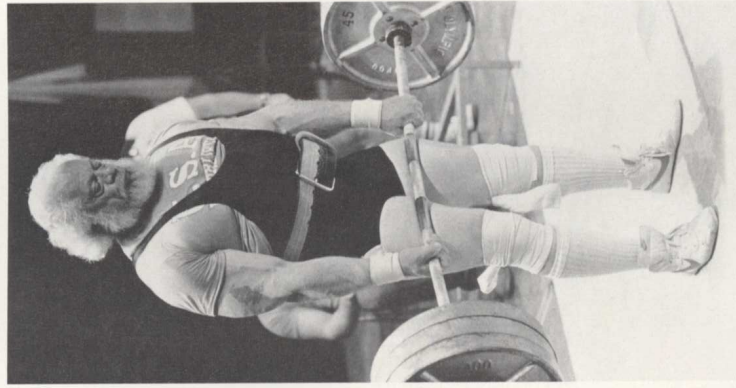
**Tragedy: Dave Killed in car accident**





# *Dedicated to Two Men Who*

## *In Memory of Chuck Braxton*



Chuck will be missed by his many friends in Powerlifting, especially the masters lifters who met with him yearly at the masters nationals. A man of many facets, Chuck in recent years had involved himself with some noteworthy endeavors with the children of his community. To his family, we extend our condolences, and we thank them for sharing him with us. Whenever Powerlifters gather, we'll often speak of Chuck Braxton. We'll think of you often. Take care and God speed.

# *Gave Us The Best They Had*

## *In Memory of Conrad Cotter*



Conrad took the reins of the Presidency during some very troubled times for the USPF. A dedicated administrator, Conrad was very resolute in his duties as USPF President. He was a tireless worker, who was always available to the membership of the USPF. He gave much of his own time and effort above and beyond what was required of him. To his wife and daughters, we thank you for sharing him with us. We'll think of him often. God speed.



# POWERIZE YOUR WORKOUTS

**Pasanella's Power Plan™**

**The most comprehensive energy product on the market.**



Dave Pasanella currently holds  
the world records in:  
Squat..... 1,030.6 lbs.  
Deadlift..... 854.3 lbs.  
Total world record 2,458.1 lbs.  
As well as posting a personal best!  
Bench press..... 605 lbs.

Utilizing my past achievements and  
current experience as director of  
player development at one of  
America's leading universities,  
I have developed this extraordinary  
energy plan.

If you do not find my Power Plan to be  
everything I said it would be I'll  
REFUND YOUR MONEY.

In Strength,

*Dave Pasanella*

You could spend upwards of  
\$60.00 per month or more buying  
all the Amino Acids, Chromium,  
Inosine, Boron, Gamma-O and  
everything else you need to  
succeed. Or spend \$29.50 and  
get it all from the "Pasanella's  
Power Plan" and capture the  
winning edge in one easy plan.

#### ENERGIZER BLEND

A dynamic sustained release energy source in a great  
tasting revolutionary water-soluble drink. The PPP  
Energizer Blend consists of an exclusive blend of complex,  
medium chain, and simple carbohydrates. Krebs's Cycle  
complex mix, citric, chromium picolinate and ferulic acid.  
Available in Orange and Grape flavors with no chalky taste.

#### ENERGIZER TABLETS

The ultimate high performance Amino acids, vitamins,  
minerals and more in a sustained released system.



NOT AVAILABLE IN RETAIL STORES

**ORDER NOW 1-800-241-5800**

Inside Georgia call: (404) 493-PLAN 8-6 PM EST

**COMPLETE PROGRAM (BOTH CANS A \$60 VALUE) ONLY \$29.50\***

\* Add \$4.00, includes shipping, handling & applicable sales tax.

Send Check or Money Order to:

POWER PLAN, INC. - 5242 Royal Woods Pkwy, Suite 160 - Tucker, Georgia 30084

© 1990 POWER PLAN, Inc. — all rights reserved.

During intense training or competition,  
new Power Fuel™ can help boost muscular  
power, endurance and overall performance.  
Think of it as a back-up generator. When  
prolonged, high-intensity exercise zaps your  
energy and strength and threatens to shut  
down your muscles completely, Power Fuel's  
added reserves kick in and help you do more  
reps and sets for maximum muscular growth.

How? Power Fuel is the first exercise drink  
scientifically designed to help prevent muscular  
fatigue caused by lactic acid build-up, high  
levels of ammonia, free radical damage,  
dehydration and the depletion of vital muscle  
fuel sources such as carbohydrates.

In addition to the major lactic acid buffers in  
**WHEN MUSCULAR  
FATIGUE NORMALLY  
SHUTS DOWN  
YOUR BODY,  
NEW  
POWER FUEL  
HELPS KEEP  
YOU GOING.**

blood and muscle like bicarbonate, phosphate  
and carnosine. Power Fuel contains lactic acid  
and energy metabolizers, ammonia scavengers  
and antioxidant vitamins C and E.

Plus, Power Fuel is a superior fluid  
replacement drink with electrolytes and 7%  
carbohydrate composed primarily of glucose  
polymers (with small amounts of fructose) which  
studies show is optimum for rehydration and  
energy during prolonged exercise.

So if you're tired of muscular fatigue  
compromising your training and development, join  
a growing number of athletes who have seen the  
light. New Power Fuel from TWINLAB. Available at  
fine health food stores, gyms and General  
Nutrition Centers.

# AUXILIARY POWER



**FREE!**  
Sports  
Bottle  
With  
Purchase



OFFICIAL PROVIDER OF  
**NAT FOMALS**  
NATIONAL FOOTBALL FEDERATION  
LOS ANGELES

**TWINLAB**

TWIN LABORATORIES, INC.  
RONKONKOMA, N.Y. 11779 USA  
WRITE FOR OUR FREE CATALOG.

© 1990 Twin Laboratories, Inc.



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

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

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

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

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

## Introducing The "3-Way Amino Stack"

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

Here's how it works:

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

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

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

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

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

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

## Try It At Our Risk, Not Yours!

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

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

## How To Order

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

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

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 Ilosine—the world's #1 performance enhancer!

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

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

**ORDER YOURS TODAY!**

## Why Not The Best?

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

## Powerlifting USA

Post Office Box 467  
Camarillo, CA 93011

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

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

POWERLIFTING USA (ISSN 0199-8536) is published monthly for \$26.95 per year. The office is located at Post Office Box 467, P.O. D-216, Camarillo, CA 93010. 2nd class postage paid at Camarillo, CA and at additional offices.

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

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

POWERLIFTING USA advertising rates available upon your request.

## TABLE OF CONTENTS

Volume 13, Number 12 • July, 1990

DAVE PASANELLA TRIBUTE.....	Lathrop/Lawson.....	8
USPF NATIONAL MASTERS.....	Mike Lambert.....	10
INSULIN BOOSTING.....	Thomas Fahney Ed.D.....	12
LIZ ODENDAAL PROFILE.....	Godula von Bachhaus.....	14
SQUAT BOMB SHELTER.....	Doug Daniels.....	19
HIRO ISAGAWA PROFILE.....	Paul Kelso.....	20
WORKOUT OF THE MONTH.....	Joe Pyra.....	21
DAVID RICKS PROFILE.....	Doug Daniels.....	23
PROTEIN AND THE POWERLIFTER.....	John Ware.....	26
THE AUSTIN GYM WAY.....	Bryan Wade.....	27
MORE FROM KEN LEISTNER.....	Dr. Ken Leistner.....	33
ACUPUNCTURE.....	Biastotto/Ferrando.....	34
ASK THE DOCTOR.....	Mauro Di Pasquale MD.....	36
CHRIS SIAPANIDES INTERVIEW.....	Bob Gaynor.....	37
USPF NATIONAL COLLEGIATES.....	Bill Slish.....	40
ADFP NATIONAL COLLEGIATES.....	Bill Slish.....	41
TOP 100 MIDHEAVYWEIGHTS.....	E. Jean Lambert.....	46
TOP 20 ADFPA FLYWEIGHTS.....	E. Jean Lambert.....	75
UNCLASSIFIED ADVERTISEMENTS.....		75
COMING EVENTS.....		83

ON THE COVER.....Dave Pasanella at the site of his most memorable contest - the 1988 Hawaii Record Breakers.  
NEXT MONTH.....the RUSSIANS competing in the U.S.A.

© 1990 Powerlifting USA

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

## POWERLIFTING USA Magazine

ALL PURPOSE SUBSCRIPTION FORM

YES! SIGN ME UP!  
Check one:

- NEW  
 RENEWAL  
 Address Change

(Indicate previous address)

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

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

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

© COPYRIGHT 1989



# Dave Pasanella - a Tribute

Another tragedy has struck the sport of Powerlifting — on June 12th, the 28 year old Director of Player Development at Georgia Tech, DAVE PASANELLA, was killed as he swerved to avoid another car and his vehicle impacted a utility pole. Dave, pre-legendary football player and one of the greatest Teenage National Powerlifting Champions our sport has ever produced, was already regarded by many as the Strongest Man in the World, but so much of his future seemed right before him. He and his associates had just begun marketing a new brand of food supplements (the 'Pasanella Plan'), and a sportswear line was one the way. He was to be one of the featured participants in a major, upcoming strength coach convention. He was sharing his knowledge with some excellent drug free powerlifting prospects, and he handled several of them in the N.A.S.A. Grand Nationals, held in Atlanta only 10 days before his passing. Only 3 days before his death, he had met with Ernie Frantz in Illinois and assumed the Chairmanship of the World Powerlifting Congress (WPC). In his training for the upcoming AFF Senior Nationals, he was lifting PRs in the bench (500.5 for 3 sets) and the deadlift (830.3 for 4 sets), while just taking a 'weighting' of 300, he was incredibly thick and massive overall, his legs and traps, yet the sweetest, affablest of men. Not being tight and so pliable, he talked to join the 275 lb. class. We are about to join in the Super in Pittsburgh, they do meet inspire each other to some incredible lifts. Who knows what he would have lifted at that meet or in the span of his 5 years? As one of his good friends, Dr. Tom McLaughlin, the day after he died — even the strongest man in the world can be gone in an instant — we are all just mortals.



Dave Pasanella... was a unique figure in the world of iron, and not exclusively because he had posted the highest total of all time, a 2458 as a guest lifter at the 1989 APF Junior Nationals, via a 1030 squat (the highest on record), a 573 bench, and an 854 deadlift. He was an 'independent' figure, much like Paul Anderson was in his era. In fact, there are several parallels between Paul and Dave — both were far ahead of their time in terms of strength capabilities, both were the subjects of certain controversy and jealousy regarding their achievements, both were religious men, and both developed careers that transcended the mere lifting of weights. Dave was at once a practitioner of power and an insightful student of strength training methods. Like Paul Anderson, Dave was also a distinguished role model for young people. Many trained under him at Georgia Tech.

(In the interview conducted by Carl Lawson and written by Dave's training partner, Jim Lathrop, several areas were covered. We will highlight these areas to share some of Dave's extensive knowledge and feelings)

**—On Starting Young:** Dave began training at age 13, and advocates this practice for others on psychological and physiological reasons. He noted that "Bulgarian research has shown that high pubescent testosterone levels help stimulate great strength gains" in the teenage years. "Psychologically, starting at an early age helps in developing a positive cognitive and emotional framework for competitive lifting" and the discipline for any sports activity.

**—His Early Influences:** "I was fortunate in beginning my training at Thorbecke's Gym in Scottsdale, Arizona. At the time, there were very few great powerlifters and strength athletes training there. Individuals such as Don Cole, and Superstar Billy Graham, as well as owner Brick Darrow, Coach Ray Porter, Bob Calvan and Jim Fusaro were my early influences.

**—May/89 - Dave's 2458 total:** This was the meet where he set APF World Records of 1030 in the squat, 854 in the deadlift and 2458 in the total at 275. Carl Lawson inquired as to how Dave felt looking back at that contest: "Dave felt looking back at that some disappointment in 'bombing out' for the first time ever at the 1989 Record Breaker's Meet in Hawaii. I was ready for something big. Due to my limited time schedule, because of my responsibilities at Georgia Tech, I had to jump on the horse quickly

**—Most Memorable:** Dave's most memorable moment was the first time I was in a meet where lifters, judges and promoters all worked in unison. Everyone was supportive of one another, and there was none of the seemingly requisite ego clashes. This may be due to the nature of the group of lifters. One of my aspirations is to lift with Mr. Magruder standing on the side of the stage, expending his energy as spectators on a successful lift, thinking up a

**—Powerlifting Recognition:** "I do not feel that powerlifting has been given the recognition it deserves. Powerlifting is truly the ultimate test of man's raw strength. There are no other 'measures' that legitimately and consistently test man's strength. The public perception is not correct. Powerlifting has not received the recognition it is the direct result of: (1) The general public's lack of interest in the traditional weightlifting (which can be a long tedious affair for which can be 2) The public misconception that all strength athletes are big, dumb, chemically produced, intimidating

Chicago afforded me the possibility of doing this. I wanted to use this meet as the site to put it all together in front of judges who would scrutinize my lifting closely and fairly. I was very pleased with my accomplishments at this meet. However, I was left with the feeling that I have much more in me and this hunger for more has driven my training throughout the past year."

**—Training Philosophy:** "When I was younger, I loaded the bar all the time. I would be trying to establish a new maximum every week. As I grew older, I discovered that this was not effective in making continual, steady progress. Therefore, with the help of Pat Jacobs, I adopted a more scientific approach to training. Utilizing principles of periodization, cycling intensity and volume, and employing some variety of exercises with my program, has enabled me to elevate my training standards, and, therefore, my competitive standards, avoiding significant plateaus and remaining relatively injury free. Although I still believe my success stems from my high intensity training of yesterday, now I only utilize these workouts on prescribed training days."

**—Diet & Supplementation:** "I am ashamed to mention what my diet consisted of when I was younger. I ate pretty much whatever I wanted. Again, experience and knowledge is a great teacher. I have found in my own personal experience, and in my studies, that a diet higher in protein (approximately 20%), and carbohydrates (approximately 60%) as well as vitamins and minerals are essential to the development of a highly trained athlete. It has become an essential in my life. Often, in today's society, it is very difficult to get the proper nutrients in an average meal. Therefore, supplementation can be very important to your diet."

**—Powerlifting Goals:** "I don't feel that setting numbers on your lifts tends to subconsciously place limitations on yourself and your eventual progress. I believe in shooting for the stars, and — only if you have to — setting for the moon. Goal setting is extremely important. It's challenge to set personal goals, which challenge and demand work on one's part and which are relative to one's skills and experience."

**—Powerlifting Recognition:** "I do not feel that powerlifting has been given the recognition it deserves. Powerlifting is truly the ultimate test of man's raw strength. There are no other 'measures' that legitimately and consistently test man's strength. The public perception is not correct. Powerlifting has not received the recognition it is the direct result of: (1) The general public's lack of interest in the traditional weightlifting (which can be a long tedious affair for which can be 2) The public misconception that all strength athletes are big, dumb, chemically produced, intimidating



**A Class Act:** Dave was very humble about his accomplishments. As Dr. Tom McLaughlin, who spoke to Dave the day after the meet, says, "I am happy to tell the world when they've set a PR, especially if they are handling world class drugs, but with Dave, it was genuine, unassuming, and just as genuinely unassuming of beam. He was a rare combination — a man who was genuinely unassuming, and just as genuinely unassuming of beam. His attitude inspired an intensely loyal following. His 1988 Hawaii Meet, traveled to Dave's meet around the globe. Dave had a special charisma, to go along with his very tangible strength, again, not unlike Paul Anderson. With his good looks and athletic appearance, he might have become THE powerlifter who broke the national endorsement field open. He had already done some of that type of work for Joe Weider, etc. (Ed Douglas photo)

currently 12 percent. If I continue at this pace, a move to the superheavies is probably inevitable."

**—The Final Question:** Carl Lawson noted that Dave has been described as being "next, in a line of premier lifters" and wondered how Dave perceived his own place among the great powerlifters. Dave replied "It is a tremendous honor to be listed among this sport's greats, and if the Lord allows it, it will be able to continue far into the future."

**The 'Pasanella Plan' will continue to be implemented.** The folks that were backing Dave in this new food supplement venture were terribly shocked by his abrupt passing, but it was decided to continue the business effort so the athletic public could share in Dave's knowledge of effective nutrition, etc. The proviso has been made that an appropriate portion of the proceeds of the sale of 'Pasanella Plan' products (see page 4 of this issue for info) will be used to start a scholarship fund at Georgia Tech in Dave's name. Details of the fund will be established once it has been established.

standing as the ultimate sport for testing maximum strength. Concerning the problems which this sport faces, there are measures which can be taken which would be acceptable to all involved, and would go a long way toward solving them. First, in my opinion, we must set up a contest hierarchy in which definite, specific qualifications requirements are set up for all levels of national and state competition, similar to track and field. Secondly, concerning the public misconception of powerlifters, we must try to always present a professional image when dealing with the media and in public. Thirdly, it is time to subjugate our egos for the betterment of the sport and begin to deal with each other on a professional basis. There's plenty of room at the top. It is time to unite and push forward into a successful new decade for powerlifting."

**—Going to Superheaviesweight:** "In recent meets, it has been more difficult for me to make weight. I regularly have my bodyfat calculated and muscle mass has increased 4-6 pounds per year, and my bodyfat is very strong, because as I said earlier,







# Biologically Active Substances From The Soviet Union



ATLETIKA is the official sports nutrition supplier to the elite Soviet Olympic and National Teams. For the first time ever, the exact same formulas used in the USSR are available in the USA.

ATLETIKA'S exclusive formulas are not sold in Health Food Stores or Gyms. Buy manufacturer direct and save \$ by not paying expensive middleman markups.

**LIVERGUARD 300 mg**  
The hottest substance in the USSR and an Atletika exclusive. Liver protectant for competitive athletes on intense anaerobic training cycles.  
100 green/yellow caps **\$19.95**

**MUMIE 200 mg**  
The official Soviet natural anabolic. Manufactured in Tashkent, USSR. Mumie is rich in polyphenols, microelements, peptides and natural anabolic agents.  
30 Black tabs **\$15.95**

**INSOSINE-F 500 mg**  
Actual Soviet inosine of the highest biological activity. Never again settle for inactive inosine when you can have the best. New low price too!  
120 caps **\$17.95**

**PROCYLON AMINO ACIDS**  
Medical grade full profile amino acid powder of the highest biological activity. Used in hospitals as the anabolic agent for trauma treatment. Why pay rip-off prices for slow acting amino acid tablets and capsules that typically cost 10 cents/gram when you can have the best at 4 cents/gram.  
700 g **\$22.95**

**GLUCOSE POLYMER**  
For maximum energy during intense training. Highest quality complex carbohydrates from corn hybrid. Can't be beat in quality or price!  
4.0 lbs (1820 g) **\$10.95**

**BIOGAN**  
Plus all metabolic optimizers to shame. Stop fooling around with mix-dust products. Get the Soviet answer to maximum power and muscle building. Biogan contains an exclusive microelement/anabolic formula, plus 100% top quality amino acids of high biological activity and NO whole proteins. Can metabolic optimizers claim this?  
2.8 lbs (1300 g) **\$24.95**

**L-CARNITINE 500 mg**  
The highest quality European L-Carnitine. Proven effective for its energy producing effect and as the ultimate fat burner.  
50 caps **\$18.95**

**SOVIET TRAINING AND RECOVERY METHODS**  
The first book to accurately explain the true secrets of Soviet sports. English version of original Soviet research. This book is easy to understand and use. Examples and programs of high intensity training, nutrition, and pharmacology. Contains contributions by top Soviet biochemists and coaches. Must reading for any serious lifter. By Brummer (USA) and Tabachnik (USSR).  
200 pages soft cover **\$18.95**

**Use your Visa or Mastercard  
and order now by phone.  
Call 1(800) 621-2602**

**Atletika™**  
FIRST IN SPORT PHARMACOSANATION  
10231 Hobk Avenue, Pleasant Hill, California 94523, U.S.A.

the workout. The energy, amino acids and anabolic hormones were supplied or stimulated by giving athletes a liquid meal (Metabolic/Champion Nutrition) continuously before and during a two hour weight workout.

We gave the athletes 100 ml of Meraboli/30 minutes before exercise. This had the effect of increasing insulin 3.4 times above resting levels. We kept the insulin levels elevated by feeding the athlete another 100ml of the drink every 15 minutes during the workout (see Figures 1 and 2). The athletes consumed 2000 kcal and 150 grams of protein before and during the weightlifting session.

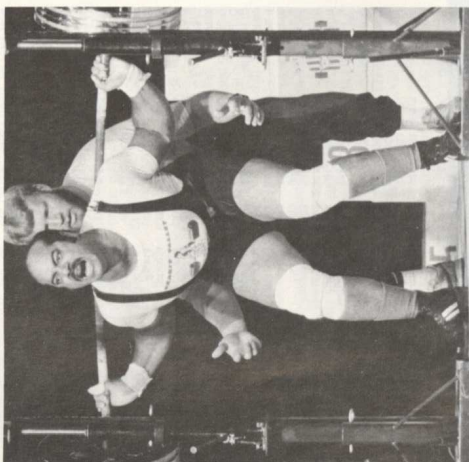
After we established that we could simultaneously elevate insulin and blood sugar during weight lifting, we began a training study to find out if the technique works. We are currently working on the data to determine if this technique is a viable alternative to anabolic steroids. So far, the technique looks extremely promising. Is the technique dangerous? If you have a normal insulin response, the technique is almost certainly safe. You stimulate your pancreas to secrete insulin every time you eat a meal. Will you get fat using this technique? You will if you don't train hard and don't cut down on caloric consumption elsewhere in your diet. In our studies, we have seen no instances of excessive fat gains in athletes using this technique. We are currently evaluating the safety of this technique. Tests we have run include an extensive blood chemistry analysis, a glucose tolerance test and body composition measurements.

We found the procedure takes 1 or 2 workouts to get used to the bloated feeling you get from consuming 2000 calories during a training period. While some athletes had minor problems initially, most got used to the procedure very early. All athletes on the program reported feeling strong and full of energy using this method. It's a little early to recommend 'insulin boosting' to athletes at the present time. We don't know all of the possible side effects or the extent of the technique builds muscle. However, the procedure looks extremely promising and could give athletes a natural alternative to taking anabolic steroids.

## POWER-RESEARCH

# INSULIN BOOSTING

Turning on Your Body's Insulin to Build Muscle  
by THOMAS FAHEY, Ed.D., Professor of Physical Education, California State University, Chico



*Natural Insulin Boosting may be the training technique that will take away the edge of steroid induced strength gains, for drug free lifters of the future.*

Insulin is a hormone produced by the Islet of Langerhans in the pancreas. The body increases insulin secretion after a meal to help tissues take in, store and use blood sugar (glucose) and synthesize and store fat. Insulin also has a tremendous effect on protein synthesis, so it is of considerable interest to weightlifters. 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).

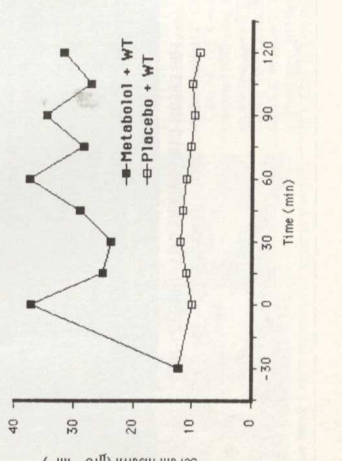
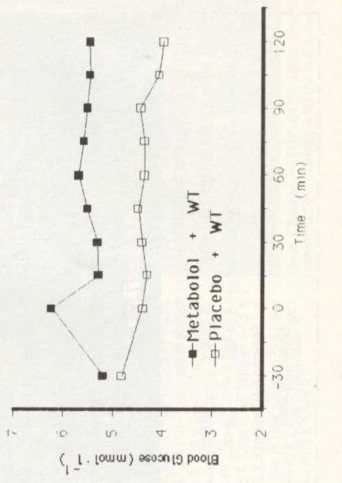
I have been interested in ergogenic aids for most of my career as an exercise physiologist. I have witnessed some of the incredible gains athletes have made taking anabolic steroids and have had the opportunity to study these drugs in the laboratory. It has become clear that anabolic steroids pose an unacceptable risk to athletes. While most athletes who take these drugs have only minor problems, others have developed serious cardiovascular, hepatic, and psychiatric side-effects. During the last several years, I have been working on a natural alternative to anabolic steroids that would be effective and safe. The technique centers around using the body's own production of insulin to increase muscle growth.

The seed for this idea took place during an embryology course I took at University of California, Berkeley, almost 20 years ago. The professor said that insulin was the most important anabolic hormone during fetal development. Also, I have a friend who is a Type I diabetic and must take daily injections of insulin in order to survive. He is also a serious athlete. He has unusually dense muscles, probably because of the insulin injections. I poured through the medical literature on insulin and protein synthesis and found that insulin does all the things anabolic steroids do and more. I decided to do a series of experiments to determine if I could increase insulin levels in the blood during a weight lifting workout to cause the body to synthesize muscle tissue more quickly.

There are many problems with this idea. The first problem is when insulin is increased prior to endurance exer-

High performance is decreased. High insulin levels depress blood sugar and cause athletes to fatigue very quickly. What good would elevated insulin do if you didn't have enough energy to train? I considered that it might be possible to elevate insulin and blood sugar at the same time by feeding athletes concentrated meals continuously during their weight workout.

The next problem was how to take numerous blood samples during a weight lifting workout without making the athletes feel like pinpricks. The high muscle tension was created by



**A 100% Guarantee.** If you are dissatisfied at any time for any reason, return any Atletika product for a full refund.

PRODUCT	QUANTITY	PRICE	TOTAL
LIVERGUARD	X	\$ 19.95	
MUMIE	X	\$ 15.95	
INSOSINE-F	X	\$ 17.95	
PROCYLON AMINO ACIDS	X	\$ 22.95	
GLUCOSE POLYMER	X	\$ 10.95	
BIOGAN	X	\$ 24.95	
L-CARNITINE	X	\$ 18.95	
SOVIET TRAINING RECOVERY METHODS	X	\$ 18.95	
		<b>Shipping &amp; Handling</b>	2.00
		<b>Amount Enclosed*</b>	

Enclosed  Check, M.O.  VISA  MC  CREDIT CARD ORDERS CALL 1-800-621-2602

Name \_\_\_\_\_ Telephone \_\_\_\_\_  
 Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
 Card No. \_\_\_\_\_ Exp. Date \_\_\_\_\_  
 Signature \_\_\_\_\_

\*California residents add 7.25% sales tax



# POWER PROFILE

## Liz Odendaal as seen by Godula von Bachhaus

During the World Games in Karlsruhe I had the opportunity to meet Liz Odendaal. We sat together, watched the men's competition in powerlifting and chatted about our sport and Liz's lifting career in particular. The day before Liz had won the women's competition and became the very best female lifter of all times. She is outstanding on the platform as well as off. Every eye rests upon her. Her extreme muscularity, her beauty and her bold appearance create astonishment, admiration and, on the other hand, resentment and envy.

Liz Odendaal is Dutch, but her background is very interesting. She was born (about 40 years ago!) in Swaziland, a small and tough monarchy almost surrounded by South Africa. The inhabitants of this country are mostly descendants of the Zulus. Liz's late father was a Dutchman, her mother the very best medicine-woman in her land. Liz rushes to her when the competition season is over. Then her mother takes care of her, spoils her a bit and 'repairs' her with natural products (from plants) as well as animal extracts. These mixtures strengthen the tendons, ligaments, muscles as well as the whole bone structure, all extremely important for the powerlifter.

After graduation from high-school Liz came to West Germany and studied at the University in Wuppertal (Rhine-land). There she met her Dutch husband and moved with him to Holland, the country of her forefathers. She did not like the country at first, and her marriage broke up, but she remained in Holland with her two sons (now 14 and 18 years old) and operates a boutique for exclusive sportswear in Den Haag.

One day, just to bring a change into her daily life, she visited (for the fun of it) a fitness studio in her city. Thus her tremendous success in powerlifting had its beginning. Her talent or her abilities in powerlifting were recognized immediately. When she tried her first squat after a few weeks of general training, she was able to do 120 kg. She benched 70 kg and deadlifted 130 kg. After only 6 months of training she won the Dutch National Championships (Oct. 19, 1986) in the 67.5 kg class via 167.5 90 183 kg. It was Liz's goal to beat the



Liz...shows bodybuilding potential (von Bachhaus)



Setting Up for a squat at the 1989 World Championships in Nova Scotia

the general public. Liz believes that her strength and her radiant personality have contributed to the flourishing development of women's powerlifting in Holland.

In Karlsruhe, Liz achieved the highest total ever by the Malone formula, that is 421 points. Her bodyweight was about 72 kg and she benched 142.5 kg! I think many men at the same bodyweight would love to bench that much! Liz wants to repeat her successes in future World Championships and make many more world records, however, she wants to retire from powerlifting while 'on top', so her name will not be forgotten in the sport.

When everything is achieved in powerlifting, she wants to climb the ladder of success in the other iron sport,

The burn. A little feels good. Too much can stop you dead in the middle of a rep.

Anyone who has worked their muscles to exhaustion knows the feeling painfully well. It's like a body part suddenly catching fire—cramping, aching, searing, binding up until you can't go on.

Lactic acid build-up is the cause. New Phos Fuel™ from TWINLAB is the prevention.

The ultimate lactic acid buffer, Phos Fuel is a scientifically designed, performance-enhancing supplement that contains the major lactic acid buffers in blood and muscle such as phosphate, bicarbonate and carnosine as well as a synergistic combination of lactate and energy metabolizers.

Taken before exercise, each Phos

**NEW PHOS FUEL REDUCES MUSCLE BURN AND FATIGUE, HELPING YOU WORK OUT HARDER, LONGER.**

Fuel capsule helps block lactic acid build-up, delaying the onset of muscle fatigue. Helping you maintain your "muscular cool" in the heat of intense competition or training. It also enhances oxygen utilization, muscular power and endurance.

The result? You can work out at a higher intensity for longer periods of time—doing more and heavier reps and sets than ever before.

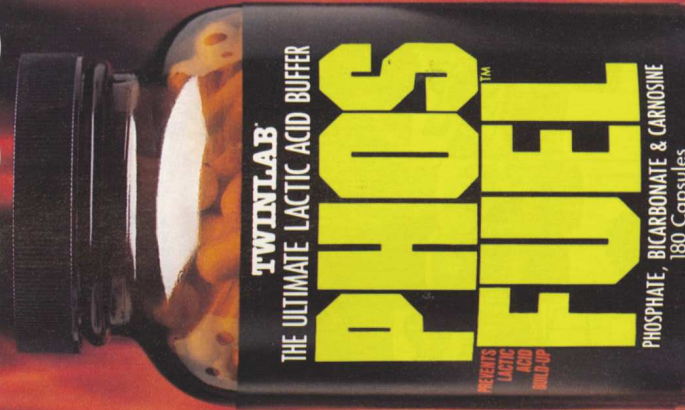
So add new Phos Fuel to your training table. And instead of burning yourself, inflame the competition at your next contest. Available at fine health food stores, gyms and General Nutrition Centers.

**TWINLAB**

TWIN LABORATORIES, INC., IRONKONOMA, N.Y. 11779 USA  
WRITE FOR OUR FREE CATALOG.

OFFICIAL SPONSOR  
MEIK'S 1990 N.P.C.  
NATIONALS  
LOS ANGELES

# FIRE EXTINGUISHER



Copyright © 1989 by Twin Laboratories, Inc.



# Constructing Your Own Squat BOMB SHELTER

as told by DOUG DANIELS

## STARTIN' OUT

A special section dedicated to the beginning lifter

By far the most common or popular lift to bomb out in is the squat. Bombouts occur at all levels of competition, from novice meets to national and world meets. Many factors make the squat the lift of choice. Let's look at the top 10 reasons for building our own bomb shelter.

The first factor is that the squat is the first lift of a contest. Nerves are at their peak before that first squat is attempted. All experienced lifters know the euphoria of getting that first one in; it's instant relief. Control of nervousness comes with experience and, of course, varies from individual to individual. Channel your emotions into positive thoughts.

The next problem area is failing to please the judges. This has many causes. One is not being aware of the rules of squatting in the particular association or in the meet where you're lifting. It's critical to fully understand the rules and just what constitutes a good squat. The interpretation may differ from one association to the other. Before the meet, consult the rule book or ask an official. Most meets have rules briefings, and don't be afraid to ask the meet officials. That's what rules meetings are for. I've seen lifters lose a perfectly good squat because they racked the weight before the referee's signal to rack. This happens in the bench press also.

The big bugaboo in the squat is failure to reach proper depth. This is actually easy to prevent. Many lifters perform most of their squats high in training, especially as the weight increases. If a high percentage of your heavy squats are high in the gym, how can you really expect to sink one in the meet with any confidence?

Some elite level lifters do train their squats high, but they possess the experience and the discipline to bury them at the meet. Imagine a figure skater only doing single twisting jumps in training, then trying double and triple ones at the Olympics. It wouldn't be too smart. Squatting does require a great deal of attention to proper execution and practice, just like other sports. In all of the national level meets where I have seen him lift, Ed Coan leaves absolutely no doubt in anyone's mind that his world record squats were low enough. His performance is the result of proper training methods that don't overlook your eyes in the warmup room at meets. Those 135 pound warmups scrape the floor, but as the 45s pile on, the squats get higher and higher.

Another cause of bombing is starting too high in weight and failing to



The Squat Comes First in the protocol of powerlifting, and in the hearts of many of history's great champions.

rise with the squat. Bad training methods as discussed in the previous paragraph are part of the problem. Also, some lifters try to win or place high with their openers. Once you attempt a weight and fail, you can not attempt a lesser poundage. The first attempt is to get you in the meet and give you an indicator of what you may be capable of in succeeding attempts. It also gives you the feel of the squat bar, racks, and platform surface used in the meet. These may all be quite different than what you are used to in your training surroundings, and they all can effect your lifts. Also, the weights used in the meet may not weigh what your gym weights do. They may be heavier, or they may be lighter. For the first attempt, assume they are heavy, that is, the 45s or 100s are more than specified. A good rule of thumb is to open with a weight you can triple in competition style.

I have seen lifters take their first squat and look absolutely miserable with weights that were blown away in training. Sometimes these lifters do not take their last heavy warmup sets with the exact supportive squat gear that they will compete in. They will either take their last warmups with their straps down or

chance of bombing. Experience is probably the best preventive measure, but bombouts occur at elite levels also. The squat should be approached with more emphasis on technique and style of execution. Of course, power is important too. In addition, some of my suggestions can be applied to the bench press and the deadlift. Two or three white lights can make all that extra attention to detail worth it.

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

## 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.

## THE MODULAR BREAKFAST CONCEPT

Available at **GNC** GENERAL NUTRITION CENTERS, NUTRITION WORLD, NATURE FOOD CENTERS and other fine health food stores.



# POWER PROFILE

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

## HIRO ISAGAWA — the Platform Artist — as seen by Paul Kelso

He looks more like a banker or literature teacher than a world champion powerlifter. With his stonemason mustache and wire-rim glasses, Hiroki Isagawa appears to be a Japanese version of William Faulkner or Kurt Vonnegut. But, not only does he hold the 56kg bench press world record for the 56kg class at 355, he has won five global championships.

Isagawa is a one-ill specialist. His squat of 462 at the 1989 IFF World meet in Nova Scotia was the highest in his class and his 507 deadlift for poundage honors. He won by 137 pounds!

Now 37 years of age, the Okinawan-born great artist has been living in the United States for about nine years. He's currently training at Doug Bagnall's gym in Pasadena, California and working in nearby San Marino. Training is fit into his busy work schedule as he can. Often a workout will consist of only a few sets of one or two lifts. He insists that even three minutes helps. About two years ago he changed his pre-meet training from cycles to the following: Squat — three times in two week period; bench — once a week.

A bench workout includes regular bench press, inclines with bar and traps assistance. In the off-season he works up to 275 in the bench for three sets of 7, but gams it up to three sets of 315, 5-7 reps as the contest approaches. Off season inclines are worked up to 225, 3x5-7 and then intensified to 3 sets with 250, 507 reps. Triceps are attacked with at least two movements, 4x8, with the movements varied regularly.

Isagawa changes grips and hand spacing on inclines and pushdowns and performs them slowly and even-ly. His assistance was primarily from the deadlift using varied-grp pull-downs and seated shrugs. He believes changing the angle of attack is important. He is just as firm about the need to rest at least five minutes between heavy, all-out sets of the three lifts and inclines.

Although he has lived in the United States for many years, Isagawa stays with the traditional Japanese diet. Carbs are primarily obtained from gohan, a popular strain of Japanese rice. He joked that he is like Inaba in that he likes beer and finds Japanese brands in California stores for one-third the price found in Japan. Neither man shows any evidence of that particular taste.

His training and diet seem to work. He placed sixth in his first world championships in 1979, third in 1980 and first in '81. Isagawa skipped the '82 contest; then took third in '83, second in '84, and first in '85, '86, '88 and '89. He was determined to work and train in the US and has done so in San Marino the last four years. During his entire stay in the states, he always has returned to Japan two to four weeks available to him in Okinawa in those



HIRO ISAGAWA is becoming one of the most successful international competitors in the history of powerlifting

times a year on business, to visit relatives and, not least, to lift in the Japanese Men's Nationals.

When Isagawa surprised everyone by unexpectedly appearing in the lobby of the Mont Blanc Hotel in Nagayo at 11:00 pm the night before the Women's Nationals in March, he was carrying half a dozen bags and suitcases. They were crammed with lifting belts, supplements and other gear he would sell from a booth at the contest. He looked like he was disguised as an airport luggage cart.

What could not be disguised under his California beach shirt was his exceptional chest, box and pectoral development. At a normal bodyweight of 129, Hiro's chest measures over 100 centimeters (forty plus inches). Those who try to work out

predictable statistical relationships between body weight and measurement would have fun with him!

Despite taking first at Nova Scotia and setting a new bench record at 353 (the missed 358), Hiro believes he could have done better. His father died in September and Isagawa was called home to Okinawa. His training for the November showdown was not only interrupted but erratic due to several overseas flights.

Isagawa reports that he will be leaving California soon, even though he likes the lifestyle (people there live like they train), but family and business responsibilities are calling him. When he retires from competition, he will pursue his art and also hopes to open his own gym in his hometown of Naha, the major city of Okinawa.

# WORKOUT of the Month

There are two basic problems related to squatting: 1) Developing strength & power; 2) Developing proper form to achieve depth. This routine overcomes the depth problem by getting as deep as possible with light to moderate weight so the muscles are pre-conditioned to go to proper depth when heavier weights are used. Strength (the ability to repeat an effort) and power (the ability to achieve a max effort) are developed through: A. Positive thinking; B. Imaging and self hypnosis; C. Overloads and repeat singles.

The routine presented is an ideal one that can last 10-14 weeks depending on the lifter's ability to handle the loads in correct form, and can be repeated two or at most three times a year. It is idealized since some times you may not have the energy to do the entire workout and other times you will be able to exceed the weights listed. Common sense must always prevail. Listen to your body during workouts and at the contest. Conditions may exist that will alter your planned attempts as well as the diet change or a temporary record at a lift, above other considerations? At all times, your attempts as well as your posture (such as very strict isometric) despite an excellent training period? To be honest, I did not make all the attempts listed for the reasons: the meat site was very cold; an asthmatic condition resulted from the cold; a non-lifting related tear in the rhomboid/trapezius area; common sense and a good coach, Bill Clayton, prevailed. The 2nd and 3rd attempts were 630 which was passed and 635 which was not deep enough. However, the goal of a new American Master record was achieved.

While the routine is ideal and the loads may be somewhat adjusted for the individual lifter, the suitless sets are mandatory. This routine is the current evolution of my 28 years of training, used for the past three years. It has enabled me to bring my squat up from 500 at 178 in 1967 to 990 in the gym at 202 in February 1990. You may expect a 20-40 lb. increase depending on bodyweight, physical condition and work effort.

This routine starts in late December after the New Jersey State Championships and ends with my first meet. Being drug free, I compete every 4-8 weeks, taking a week off after each meet and picking up the routine again at workout week 8, 9, or 10, competing again, etc. for two weeks and then take the off week for the start of the routine all over again for the fall series of meets. This allows 4-8 meets per year which I do not believe is excessive but rather

A new concept in weight training instruction. A workout by workout, set by set rep workout plan, with exact training poundages specified for each lift, and a diet plan, all set out for you by a top Powerlifting authority. Each month, a different lift or those of different strength levels than the starting poundage specified, simply increase or decrease the training weights in direct proportion. For example, if your lift is 400, and a starting lift for the program is 500, multiply the training poundages by .8 (400 divided by 500); if your lift is 600 multiply the poundages specified by 1.2 (600 divided by 500).

## JOE PYRA on SQUATS



Drug Free Master Power...Joe Pyra has been lifting for almost 30 years, and now, as a master, he's making great gains in his squat. Above is his AD/FA American Masters 45-49, 220 lb. class record, actual weight 632.

enhances the competitive will to WIN, an aggressive attitude. At 46 I train twice a week, Wednesday DL & assist work, 1-bar and upright rows, front and back lifts, occasional partial DL. In a power rack two positions above the knees for 2 sets. Saturday, bench & assist work, squats, rack work, squats and hyperextensions. All assist work is for one set, high reps at the start of the routine, tapering down to 2-4 reps and stopping 2-4 weeks before the meet. If you are not done first, kneeing is achieved via alternate bent knees with heel on bar, and no mid-thighs. All are done slowly with deliberate deep breathing.

This routine is rather basic without a lot of non squat movements. In words of the great Olympic lifter Tommy Kono if you want to be a good presser, press! However, the different aspects of the squat are broken down to different components such as deep warm up sets, heavy squats, overloads/rack work and pauses. The mental aspects cannot be overemphasized. Think Positive. Begin by setting short term (workout) medium term (next contest) and long term (PR max lift effort) goals. Mine is to squat 705 at the end of 1990 at a high goal. You should imagine but high goals. You should imagine each max effort three times during the day for five attempts each time. Picture yourself setting up, breathing, approaching the bar, lifting off, setting up in your stance, squatting, going deep, recovery, finish and three white lights. Get mentally excited while remaining physically calm,

**Week 1:** bar & collars: 105x5 very deep; 145x5 very deep; 235x5 very deep; 325x5 deep; 385x3-5 pause. Hyperextensions 90x10 pause. Hyperextensions 90x10

**Week 2:** bar & collars: 105x5 very deep; 145x5 very deep; 235x5 very deep; 345x5 deep; 395x3-5 415x1.2; 475x5; Hyperextensions 100x10.

**Week 3:** bar & collars: 105x5 very deep; 145x5 very deep; 235x5 very deep; 355x5; 415x3-5; 435x1.2; Rack L 550x1.2; Rack M 625x1.2; Rack H 975x1; Sqt 445x2-3. Last rep pause. Hyperextensions 105x8

**Week 4:** bar & collars: 105x5 very deep; 145x5 very deep; 255x5; 375x5; 435x3-5; 455x1.2; L 580x1.2; M 645x1.2; H 1010x1.2; Sqt 445x2-3. Last rep pause. Hyperextensions 110x8

**Week 5:** bar & collars: 105x5 very deep; 145x5 very deep; 255x5; 385x5; 455x3; 475x1; L 600x1.2; M 680x1.2; H 1060x1; Sqt 425x2-3, last rep pause. Hyperextensions 115x8

**Week 6:** bar & collars: 105x5 very deep; 145x5 very deep; 255x5; 325x5 deep; 465x2-3; 505x1 suit. No Suits; L 625x1; M 705x1; H 1080x1; Sqt 435x2-3, last rep pause. Hyperextensions 120x8

**Week 7:** bar & collars: 105x5 very deep; 255x5 very deep; 395x3-5; 475x1; 515x1 suit; 565x1 suit/wraps; 606x1 s/w with suit rack L 640x1; M 725x1; H 1100x1; 505x3 suit last rep pause. Hyperextensions 125x6

**Week 8:** bar & collars: 105x5 very deep; 255x4; 395x3; 405x1; 525x1 suit; 575x1 s/w; 635x1 s/w; L 650x1; M 735x1; H 1120x1; 605x1 s/w 515x1 pause. Hyperextensions 130x4

**Week 9:** bar & collars: 105x3; 255x3; 395x2; 485x1; 535x1 suit; 585x1 s/w; 645x1 s/w; L 650x1; M 745x1; H 1135x1; 615x1 s/w, 520x1 pause. Hyperextensions 130x4

**Week 10:** bar & collars: 105x3; 255x2; 395x1; 485x1; 535x1 suit; 595x1 s/w; 655x1 s/w; L 685x1; M 765x1; H 1150x1; 625x1. Hyperextensions 135x4

**Week 11:** bar & collars: 105x3; 255x2; 395x1; 495x1 suit; 565x1 s/w; 665x1 s/w; L 685x1; M 765x1; H 1160x1; 635x1. Hyperextensions 135x4

**Week 12:** bar & collars: 105x3; 255x2; 395x1; 505x1 suit; 575x1 suit and wraps; 605x1 s/w; 675x1 s/w. Sqt 635x1

**Contest:** suit on all squats; bar & collars; 105x3; 145x1; 235x1; 325x1; 425x1; 535x1; 535x1 suit and wraps. 1st 600; 2nd 635; 3rd 650



# POWER PROFILE

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

## David Ricks as seen by DOUG DANIELS



David Ricks was selected to be a member of the Armed Forces team at the USPF Senior Nationals in Hollywood, Florida this year.

The Armed Services has produced some big names in powerlifting such as Gene Bell, Ausby Alexander, and Sylvester Anderson. To that list add the name of David Ricks. Dave's been competing since 1981, but ex-

ploded on the scene this year at the Armed Forces Championships with a victory in the 165 class over the famed Ausby Alexander with a 628/396/650 for a 1675 total. Dave proved that was no fluke as he defeated the previously unbeaten Ray Benemerito at the ADFPA Lifetime Drug Free Nationals with a 1692 total, which set a new ADFPA American total record. That's a big total for any 165er, especially one who has never taken anabolic steroids.

Dave is a U.S. Navy Lieutenant with nine years of active service and is stationed at Camp Pendleton in California where he is in charge of construction contracts. He's been married for nine years to his wife, Julia, and they have a five year old son named Justin. Julia is Dave's biggest fan and supporter and assists him on his nutrition and diet.

Dave competed in his first meet in 1981 while at the US Naval Academy. The meet was the Pennsylvania State Collegiate where he took 1st place and qualified for the National Collegiate where he garnered third. From 1984 to 1986 Dave took his winning ways to Hawaii, taking the state title in 1986. From 1988 to 1989 he took the California state title. In 1988 he placed second in the ADFPA Nationals with a 1565 total. The 1989 Nationals were a definite low point. Dave bombed out in the squat, because he cut his weight too fast, but he decided to put that all behind him and train harder.

Currently, Dave trains 4 days per week. Monday: upper body, light bench and deadlift; Wednesday: light squat and legs; Thursday: Upper body and heavy bench; Friday: heavy squats and legs.

On heavy days he uses low reps, 5 and below; on light days, 6 to 8 reps. A key assistance move for his legs are 2-20 reps of hack squats. On his heavy squat and deadlift days, he breaks up his 13 week contest cycle into 3 phases: A, B, and C. Phase A lasts 4 weeks and builds endurance. Phase B also lasts 4 weeks and builds strength, and Phase C lasts 5 weeks for peaking. The reps, etc. per phase go like this:

Phase A - 5 sets of 8 reps, increasing the weight on each set up to 75 percent of your goal weight. On the deadlift, train off the blocks. Phase B - work up with triples to 85 percent of your goal weight, then

done. Currently Dave's job requires no deployments or travel. The Navy also supports his lifting by granting him leave to compete in national events as long as there are no job conflicts. The military sponsors his travel to Interservice and USPF championships.

Dave's stance on steroids is clear cut. He feels his inner strength and faith in the Lord gave him the ability to perform at his best without artificial means. He also feels it foolish to take something potentially harmful for a \$30 trophy; it's not worth it in the long run. Dave is in favor of testing at Interservice meets. Strict standards are necessary to slow the use of drugs.

Dave's goals for next year are to total 1800 and break the ADFPA 165 squat and deadlift records, while upping his total record. He will be stationed at Camp Pendleton for two more years, which will facilitate his training. So, add David Ricks to the list of the top military lifters who will get the lions share of victories in the years to come.

## T-SHIRTS AND SWEATSHIRTS

**POWERLIFTERS TAKE THE BITE!**

**MONEY CAN'T BUY MUSCLE WHAT I GOT**

**THE BIGGER THE BETTER**

**POWER SYSTEMS UNLIMITED POWER TEAM**

**POWERLIFTING WORLD'S NEAREST SPORT**

**POWERLIFTING WORLD'S STRONGEST**

**POWERLIFTING THE ULTIMATE CHALLENGE**

**BEAR IT ALL**

Most above T-shirts small to XXL - Navy, Royal Blue, Gray \$10. "Power Team" (official team shirt) black only. SWEATSHIRTS in "World's Heaviest" or "Masters" only sizes med - XXL, Gray or Navy \$20. Glenn's "Ultimate Challenge" T shirt has incredible 4 color design. Amazing detail! Gold metallic plates on squat bar. A real collector's item. Signed by the Man himself. Comes in Large-XXLarge white, gray, red, fuschia. (indicate second color choice)

Powerlifting Hats \$7.00, Bl & Gold, Red, Navy, Black Chalk 1 lb. \$12.00 Velcro Wrist Wraps 36" 13.00 pr. Stretch Suits S-XXL \$20, 3X-5X \$30 NEW! Radial Track Wraps 1 pr./\$17.00, 3 pr./\$43.50

<b>Monster Muscle</b> Tastes like chocolate milkshake. Vitamins Minerals, many extras 3 lb. 4 oz. can \$31.99	<b>NEW 100% Egg White Protein</b> Mixes Quick Tastes Great Feed your Muscle 2 lb. can \$28.95	<b>Yohimbe Bark 1500</b> Timed Released The natural way to increase levels of testosterone 100 tabs \$50.00
<b>INOSINE</b> 1000 mg 100 caps \$20.00	<b>MONSTER PAK</b> 44 day supply of individual packets. The most complete vitamin pack ever offered. 44 day supply \$36.99	<b>Dibencozide 20 mg</b> Taken with Yohimbe, the most powerful duo around! 100 tabs SALE - \$50
<b>SUGAR STOPPER</b> Gymema Sylvestre 500 mg 100 tabs SALE - \$70.00	<b>ELECTROLYTES</b> cramp eliminator 100 caps \$10	<b>DYNO LIVER</b> 2100 mg 31 grain 500 tabs \$20
<b>CTR Amino Acid</b> Timed Released! 22 aminos 2100 mg 325 tabs \$25	<b>OVERDRIVE</b> Carbohydrate Energizer Source 3 lb. can \$15.00	

**POWER CONNECTION**  
sports supplements and supplements at competitive prices

**Introducing...**

Shane McColligan  
CA Cup Winner

Jay Bieme  
1989 West Texas  
Bench Press Champion

Los Angeles CA  
Jerry Rubin  
1-213-716-9394

Philadelphia PA  
Rich Scott  
1-215-635-4386

Birmingham AL  
Tommy King  
1-205-942-0037

Boston MA  
D. J. Johnson  
617-552-9887

National  
Dallas TX  
1-972-532-7555

San Francisco CA  
Steve From  
1-408-608-9511

In Texas 1-817-735-9951







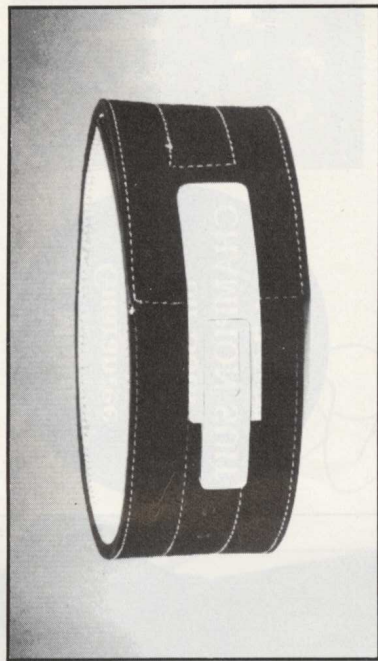
**TENZER**  
**ADVANCE DESIGNS**  
 We Make Power Gear A Science

IMMEDIATE SHIPPING  
**1-800-222-6897**

214-236-4012

# The LEVER BELT

patent #4541152



- Tightens up to 3 1/2" tighter than any other belt made
- Tightens or releases in less than one second
- Stays firmly shut. The tighter you wear it the firmer it holds
- Adjustable tightness
- Competition legal in all U.S. and world organizations
- First introduced to the powerlifting world by "Dr. Squat" Fred Hatfield, Ph.D.
- Provides more safety than conventional belts
- Hi tech in design and appearance
- Belt made of thick leather and suede for the maximum support
- Lifetime guarantee

One of the things that I do not do in my professional practice is represent myself as a 'nutritionist'. While my undergraduate, graduate, and professional education includes numerous hours of study in the areas of biochemistry and nutrition, I am a Chiropractor, not a licensed nutritionist or Registered Dietician. If one holds a degree as a R.D., they have the skills and knowledge to, in fact, counsel the public in the area of diet and nutrition. Many medical and chiropractic physicians have taken specialized training and education in addition to their professional degrees in order to practice as nutritional doctors or counselors. While it is true that many Chiropractors and other health care providers may know more about the application of nutritional supplementation, the construction of a proper and healthful diet, and related matters, it is the philosophy of this office to provide the services that myself and my staff have been specifically trained to do, and refer those in need of specific nutritional counseling to the appropriate professional.

After years of education and experience, you would think that I would be comfortable giving nutritional information to the lifters and other athletes that we deal with. While I do provide general information related to diet, and impress upon our patients the importance of a well balanced diet consisting of complex carbohydrates, low fat sources of protein, minimal amounts of saturated fats and 'junk' type foods, and the necessity to eat a wide variety of foods that are fresh and well prepared, specific nutritional problems, chemical imbalances, and other types of eating and/or nutritionally related disorders are referred to other offices. Yet, there are many involved in powerlifting, lifters, coaches, and those who write for various muscle building publications, who feel that their experience over many years has provided them with the ability to diagnose and treat what might be a complicated and/or serious physiological problem.

An inability to gain muscular body weight is, in the overwhelming majority of cases, an inability of the trainee to truly dedicate him or herself to eat properly, often enough, of the proper foodstuffs, and/or all of the above. However, there will be the occasional lifter who needs a physical examination to eliminate an underlying disorder or disease, especially if their 'problem' inability to gain in the light of proper training, or inability to eat or assimilate certain foods is chronic or long standing. There is no doubt that years of observation and experience with a particular subgroup gives one a particular insight, and there is no doubt that there are lifters and coaches who have continued to educate themselves so that they are extremely knowledgeable, perhaps more so than the typical medical or Chiropractic practitioner who does not deal with that same athletic group. However, this does not excuse the impropriety of holding oneself out as an expert, and perhaps preventing,

# More From Ken Leistner



All lifters need to consider their needs and the claims of supplement advertisements in an objective manner in order to insure long term success.

or denying someone from seeking professional advice from the proper person. Eating properly is not as difficult as many writers and lifters make it seem. Despite the claims that our soil is twenty five years that our soil is 'depleted' and 'only organically grown foods provide proper nutrients', the United States continues to have the world's most abundant and best food supply. A trip to almost any other part of the world will amply demonstrate this. For all of the complaints that 'three balanced, varied meals per day don't provide the athlete with the proper nutrition', in most cases, it certainly will. I read a statement by the well known bodybuilder Ed Gullani recently. Ed was originally from New York, but has spent the past fifteen or twenty years in California managing various big name gyms. He has

won many titles, and coached many trainees to a slew of others. He stated that he had, through his many years in the Iron Game, attempted to train and compete while using every supplement known to the bodybuilding community, with some selected supplements, and with no supplementations. His appraisal was that the results were the same, and dependent upon the consistency and intensity of his training. This is a conclusion that is at odds with many powerlifters. The underlying mentality is very obvious, however, and should be viewed as objectively as possible. If one is training as well as they think they can and the expected results are not forthcoming, it is much easier and more acceptable to blame a lack of supplementation, improper supplementation, improper diet, or anything other than the fact

that the greatest majority of Powerlifting USA readers will not train hard enough on a consistent basis to lift the weights they desire to, nor do they have the genetics to achieve the goals they have set for themselves. Rather than interpreting this as a negative statement, view it as one that encourages realism, and the fact that everyone can, in fact, make tremendous gains in strength, physical appearance, amount of muscle tissue they carry, and levels of confidence and self esteem. The down side is that all of this probably will not include a world, national, or state title.

Every lifter needs to eat well. There is no argument on that score. Eating well does not mean jumping on the bandwagon of every nutritional fad that raises its head in the course of the year, nor the use of every new supplement that's advertised. If one takes out their old *PL USA's* from 1977, and carefully reads all of the advertising, a clear picture emerges. Using some random examples, one can see that glandular supplements, processed glands from sheep and cows, were very popular. If one ate processed sheep testicles, for example, it would, or so the theory went, enhance one's own testosterone levels. If one ate the adrenal glands, one would produce more adrenaline. Of course, this is so much bullgiant! The truth of that is the lack of advertising for these products within a year or two. By then, all of the lifters had tried these products, and, obviously, found them lacking. It was then time for other things. Through the years, bee pollen, various sources of proteins, amino acids, combinations of amino acids, metabolic optimizers or enhancers, a slew of homeopathic concoctions and plant derivatives, obscure minerals, and who knows what else, have made a brief to lengthy appearance on the lifting scene. The only constant has been the fact that most products are sold for a year or longer, and then are replaced by something else to again capture the imagination and dollar of the lifting public. I have stated before that there are sincere individuals in the sport who provide nutritional products for the lifter, and some of these products may actually help a particular individual. George Zangas comes immediately to mind. However, as long as the lifter feels that there is a 'magic bullet' that will rocket their totals skyward and forgets that one can only go as far as their own genetics and hard work will allow, fly by night and insincere con men as well as well meaning, but incorrect individuals, will continue to milk the money from our sport.

Rather than look to new supplements each month, keep realistic goals in front of you. Train as hard as is reasonable, relative to family, employment, and/or school responsibilities. Keep lifting in perspective; it is fun, rewarding, and a means to self discovery. Don't make it into something that dominates and ultimately skews your life towards the unenjoyable or unattainable.

Dr. Ken Leistner



# Dr. Judd

## ACUPUNCTURE Judd Biasiotta Ph.D. & Army Ferrando WORLD CLASS ENTERPRISES



Those Athletes Striving for national titles, like Ray Long, need to consider many options in their quest for optimal performance, but is acupuncture worth a look? Dr. Judd Biasiotta and Army Ferrando don't seem to think so.

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

We hadn't heard such great claims since Nixon was in office. Him, we believed (for a while). A guy sitting around with vegetable breath and a bag full of needles gave us reason to wonder.

The American Medical Association as well as Western scientists were highly skeptical of the acupuncture cures the Chinese have claimed. However, it wasn't until the Seventies that scientific studies were conducted in the United States to determine the effects of acupuncture. Almost without exception, the studies were in accord, indicating that acupuncture is no more effective in reducing pain or curing disease than are placebos. In fact, a report published by the National Institute of Health (NIH) in 1975 indicated that acupuncture was not anesthetic nor a valid treatment for these diseases.

Now we know what you're thinking. If acupuncture has no physiological basis for working, what about all the claims that it has cured various diseases? The answer seems to lie in the mind/body connection. As we have said numerous times before, the brain is the master of the body. Anything that influences your brain will also influence your body. In other words, the body serves the mind. What the mind conceives, the body believes. For example, if you were brought up to believe that your neighborhood witch doctor possesses magical or voodoo powers strong enough to kill you, there is an excellent chance that he can, should he curse you. (The authenticity of numerous voodoo deaths has been documented by Western scientists in recent years). On the other hand, if you don't believe in voodoo curses or magic, it will most likely not effect you.

In short, the power that voodoo possesses stems from purely psychological factors and/or belief -- mind power! Yes, a placebo if you will. And that is exactly what the NIH and most of the Western medical profession claims of acupuncture. Sayonara, Charlie!

Dr. Judd Biasiotta and Army Ferrando are the 'powers' behind World Class Enterprises, and the publishers of several entertaining training-related books.

Once upon a time, there was a great Chinese warrior whose name has every letter in the alphabet and is pronounced like rattling silverware. We'll call him Charlie for short. Charlie, sort of a "Ninja," dominated the ancient war games as no other warrior has ever dominated. Charlie's incredible war record would have been equaled only if Rambo had single-handedly won the Vietnam War. As legend has it, one Saturday afternoon Charlie was busy wiping out half of the Japanese population. He had been suffering for months with a butt-kicking toothache, and apparently was taking it out on his neighbors from the East. In short, Charlie wasn't exactly selling wolf tickets, rather he was flat out kicking rear. Know what I mean, Vern?

Anyway, during the course of the aforementioned events, Charlie was shot in the hand by an arrow. Immediately thereafter, he found that his toothache had disappeared and that his mouth felt numb. Charlie promptly called a time out to the war, went back to camp, and discovered acupuncture. Legend tells us that with the help of Charlie, these primitives mapped out the entire human body by sticking pins into every part of the body -- even places where the sun didn't shine. Demented, but correct. Sometimes the pins helped; sometimes they didn't.

From the year A.C. (after Charlie) to the beginning of civilization (the year of M.T.V.), a period spanning approximately 5000 years, Chinese medical practitioners discovered up to 800 different points that, when pierced by pins, appeared to help their patients get well from a variety of diseases.

According to traditional Chinese theory, as outlined in James McConnell's award-winning book, *Understanding Human Behavior*, "acupuncture is based on the way 'chi' or life energy flows through the body. Your chi's, in turn, affected by the relative amounts of yin and yang in your body at a given moment. Yin is made up of what many Chinese consider to be the 'negative forces in nature' -- darkness, femaleness, passivity, and cold. Yang is thought to be the universal opposite of yin. According to tradition, yang is represented by such 'natural positives' as maleness, heat, light, and activity. Too much yin or too much yang supposedly disrupts the orderly flow of chi through the body, and hence leads to disease and pain." When an acupuncturist sticks needles into your body, he or she is attempting to change the relative balance of yin and yang inside of you.

Now all of this doesn't make a lot of sense. And if you think it does, we suggest you have your writing checked. From a psychological standpoint, the Chinese description of the various power centers is pure unadulterated horse manure. In powerlifting terms it just ain't so. We realize that the Chinese medical profession who pioneered the field of acupuncture had done so through years of experience with human pin cushions. We're sure this occurred before

Let Your Feet Feel the Power in Safe's

# Power Shoes!

Safe's offers you a complete line of Power Shoes featuring these High Quality Models . . .

## Safe's Custom Squat Shoes:

### \$99.95

Plus \$5.00 Shipping & Handling

- UPPER LEATHER - Full grain cowhide leather.
- COLLAR - Leather covered sponge.
- LINING - Cambielle. Excellent wear resistance - dries out fast.
- STRAP - Double thickness leather with metal buckle.
- SOLE - Firm cushion-crepe with wedge built to your specifications.
- INSOLE - Full 1/8" thick fiberboard.
- COLORS - White, black, royal, sky blue, red, gray, pink.
- SOCKLINER - Texon.
- WIDTHS - Fits almost any foot - narrow or wide.
- HEEL COUNTER - Firm fiberboard. Sweat resistant. Good support.



## "The Contender" Power Shoe:

### \$79.95

Plus \$5.00 Shipping & Handling

- UPPER LEATHER - Finished split leather.
- SOLE - 3/4" wedge standard.
- COLOR - Black with white straps.
- COLLAR - Leather covered sponge.
- LINING - Cambielle. Excellent wear resistance. Dries out fast.
- STRAP - Double thickness leather with metal buckle.
- WIDTH - Standard D width.
- INSOLE - Full 1/8" thick fiberboard.
- SOCKLINER - Texon.
- HEEL COUNTER - Firm fiberboard. Sweat resistant. Good support.



## "The Dominator" Deadlift Shoe:

### \$79.95

Plus \$5.00 Shipping & Handling

- UPPER LEATHER - Finished split leather.
- COLOR - Black with white straps.
- LINING - Cambielle. Excellent wear resistance. Dries out fast.
- STRAP - Double thickness leather with metal buckle.
- WIDTH - Standard D width.
- INSOLE - Full 1/8" thick fiberboard.
- SOCKLINER - Texon.
- HEEL COUNTER - Firm fiberboard. Sweat resistant, good support.
- SOLE - Wedge sole for arch support.



# SAFE'S

## POWER & BODY

410 West Main, Cannon Falls Minnesota 55009

# 1-800-344-4071

(Orders only please. Hours: 9-5, Mon. - Fri. & 9-Noon Sat., Central Time)

Foreign orders add 10% Ground - 20% Air

(Other charges may apply)





## Ask the Doctor

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

**DEAR DR. DI PASQUALE:** I would like to take this opportunity to thank you for writing your book "Drug Use and Detection in Amateur Sports." I am especially impressed with the updates. I'm glad someone with your knowledge and qualifications has chosen to inform the athletes on what really goes on in drug testing.

I have taken a particular interest in your book because I tested positive for the steroid Stanozolol by the USOC in an elite track athlete and at the time I tested positive I was ranked 2nd in the US.

At the time I tested positive I was 15 weeks clean on injectable Stanozolol suspension. At that time I was 15 days off Dexametrol and taking 1 cc of HCG right up to the day of the test. After the positive test I spoke to Dr. Robert Vay, at that time the head of USOC drug testing. Vay was very surprised that I had been off the drug so long and still tested positive and stated he did not know of anyone who had ever off that particular drug for that length of time and still tested positive. I believe you even stated in "Update Four" that 2 months was ample time to discontinue use and still escape detection. I would like your opinion on this. Thank you for your time and consideration.

**DEAR SIR:** Thank you for your kind comments. I hope you enjoy "Update Five." I'm afraid, however, that there is very little recourse in regards to your positive doping test. I'll attempt to explain why. Because anabolic steroids are relatively water insoluble, most aqueous preparations are suspensions, not solutions. To make a suspension, steroid powder is finely ground up so that the crystal size is small enough to pass through a regular gauge needle without clogging - somewhere between 100 to 300 millimeters. This powder is then mixed with sterile water to make up the suspension. If left to settle the crystals fall to the bottom of the vial. They must be re-suspended (by shaking the vial) prior to use. Very fine suspensions tend to be relatively quickly while coarse suspensions may take several days to fully dissipate, especially if the injection is made into scar tissue which has a reduced blood supply. If an athlete repeatedly injects one or two areas then a certain amount of scar tissue inevitably forms. Further injections into these areas increases the detection time for that anabolic steroid since it takes longer for the body to remove the anabolic steroid from the injection site. Thus, as you can see, given the right (or wrong, depending on your point of view) set of circumstances it is possible to test positive several months after discontinuing the use of an aqueous (or even an oil based) anabolic steroid. If you need more information, don't hesitate to write. Sincerely, Mauro

## Powerlifting USA BACK ISSUES

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

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

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

**May/89...** ADFFA Lifetime Drug Free, Ray Benemerito interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADFFA TOP 275s.

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

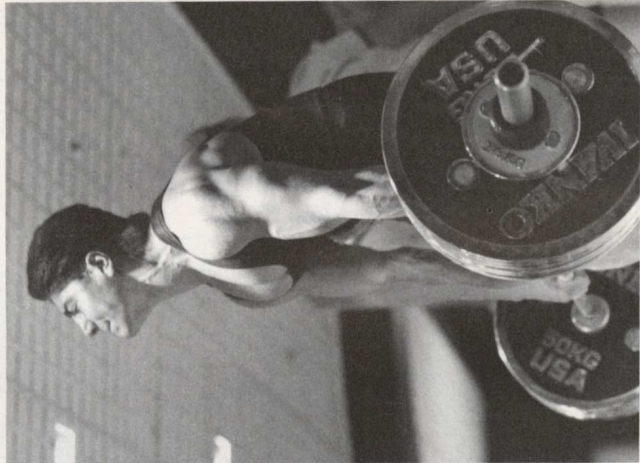
**Sep/89...** USPF Sr. Nationals, APF Sr. Nationals, ADFFA Nationals, Dawn Reshel Deadline Routine, Louie Simmons on Special Strength, Ron Fernan-do on the Smith Machine, TOP 100 220s, ADFFA TOP 20 132s.

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

# INTERVIEW

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

## Chris Siapanides as interviewed by BOB GAYNOR



This interview was conducted with Chris Siapanides in May of 1990. Chris is one of the most rapidly advancing lifters in the ADFFA. Chris improves his total in nearly every meet he lifts in and should be a major factor at the 1990 Nationals.

**Bob:** Please give us some personal information on yourself.  
**Chris:** My name is Chris Siapanides and I reside at 255 Central Ave. White Plains, NY. I am 22 years of age and I am employed as a plumber.

**Bob:** How did you get started?  
**Chris:** I used to work for a painting contractor. My ex-boss, Peter Geronzi, got me into it and ever since he has taken me under his wing and he has guided my training.

**Bob:** How many years have you been training and competing?  
**Chris:** I have been training five years and I have been competing four years.

**Bob:** What are your best lifts?  
**Chris:** My best lifts are as follows: Squat 700 lbs., Bench Press 400 lbs., Deadlift 750 lbs. and Total 1850 lbs.

**Bob:** Chris, what are your future goals in powerlifting?  
**Chris:** To be the strongest 220 lb. powerlifter in the world.

**Bob:** Give us your views on steroid usage and drug testing?  
**Chris:** I am against steroids and that is why I lift in the ADFFA. I'm happy with the way the ADFFA conducts their testing. Some other organizations test everybody, but not thoroughly enough. Even though the ADFFA only requires 10 percent of its lifters to be tested, those tested are tested thoroughly.

**Bob:** Do you follow any special type of diet?  
**Chris:** I enjoy 'big' steaks and lots of fruits and vegetables.

**Bob:** Do you follow any special type of supplementation program?  
**Chris:** I rely mainly on Metabolol and inosine. I feel they really kick in when I am training hard.

**Bob:** What kind of training routines do you follow?

**CHRIS SIAPANIDES...** is a red hot ADFFA prospect in the 220s, pulling a 750, totaling 1850, and defeating former world champion and world record holder Jim Cash at the ADFFA Connecticut State Open last December.

**Chris:** I follow what I call the 'missing link method'. My training is as

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

(See Center Spread)

sets pull ups; 15x3 pull ups behind the neck; 100x3 sit ups; calf 3x20; 3x100 sit ups; Friday 5x(100 leg raises); 3x100 sit ups; Bench Press: 10x225; 10x325; 10x225; 3 sets. Decline Press: 10x225; 10x275; 10x325; 15x3 pull ups; 10x3 pull ups behind the neck. I train heavy all year round. My body responds better to this type of training. Most powerlifters could not do this routine without burning out. I do take 6 weeks a year off, usually after a meet. I work at a time. I will tell most powerlifters if you do the amount of ab work I do you'll grow faster and lift injury free. I also do a lot of running, which most lifters don't.

**Bob:** Chris, what advice would you have for the beginner?  
**Chris:** Always have a good trainer who knows the sport and will work with your body and its limitations, not his expectations. What works for him may not work for you.

**Bob:** Who are your heroes, or those you admire in Powerlifting?  
**Chris:** All of my teammates from the old West Harrison Club and the same teammates from the New Missisquoi Power Team. Guys like Peter Geronzi, Chris Macinn, John Auda, Anthony Demaria have really influenced my way of approaching the sport of Powerlifting and my girlfriend Lisa has really encouraged me to be the best I can be. She attends all my meets and really cheers me on.

**Bob:** What are your other hobbies or interests?  
**Chris:** I enjoy bike riding. It is good exercise and you save on gas so as to afford to go to power meets.

**Bob:** Chris, are there any other commitments you would like to make?  
**Chris:** I would like to say to other lifters to come lift with the ADFFA. If you're clean and willing to be tested this organization is for you. Thanks to Bob Gaynor and Powerlifting USA for this interview.

**EDITOR'S NOTE:** Bob Gaynor, who has put together so many of these fine interviews with the top lifting stars of the ADFFA for POWERLIFTING USA, is currently the Vice President of the American Drug Free Powerlifting Association, and he is one of the principal people, along with his wife Geri and lifting great John Kuc of Kuc's Fitness Systems, Post Office Box 215, Mountaintop, Pennsylvania 18707, 1-800-543-2497, which offers a wide variety of lifting supplies. He directed last year's successful ADFFA Nationals, and annually puts on the ADFFA National Bench Press meet, and other great competitions.

**folloiw. Monday:** warm up stretching, 3x100 leg raises, squats - 15x225; 10x35; 5x425; 5x424; 5x525; 5x635; 3x705; 1x725. Leg extensions: 15x150 (6 sets). Leg Curls: 15x150 (6 sets). Calf work: 15x500 (6 sets), 3 sets of 25 rep pull ups, 3 sets 100 reps sit ups. Really do a lot of ab work. I feel this helps my squat and deadlift. Tuesday: 3x100 leg raises. Bench Press: 15x135; 10x225; 5x325; 5x350; 5x375; 10x325. Incline press: 10x225x3; 5x200; 5x225. Lateral Raises: 10x50 3 sets; Bent over rows: 5x225x3 sets. In need a lot of work for my upper body. My bench has improved with this workout. Wednesday: 3x100 leg raises; 3x100 sit ups. Thursday: Squats: 15x225; 15x405; Deadlift: 15x225; 5x325; 5x425; 5x525; 5x625; 5x705; 1x750. Bent Over Rows: 10x225x2 sets; 15x3



# USPF COLLEGIATES announced and reported by BILL SLISH

When one thinks of academic excellence, discipline, and a storied athletic tradition among American institutions of higher education, the Service Academies spring readily to mind. So it was no surprise that the 22nd USPF Collegiate Nationals, held at the U.S. Naval Academy at Annapolis on April 7-8, 1990, was a first rate affair in all respects. Held at the venerable Halsey Field House and directed by Naval Academy Head Strength Coach Steve Murdock, the meet site was on the main field house floor. The lifting platforms and scorer's table were in front of the largest American flag this reporter has ever seen, which divided the competition area from the warm-up area located directly behind the flag. Bleachers were drawn up on three sides of the lifting area to create an intimate stadium effect for the lifters and spectators alike. Head Referee in Charge, Ted Herring, used a sophisticated computer system with video monitors at the scorer's table, which constantly updated the lifting order to assist the announcer, as well as monitors in the warm-up area, which displayed the same information for the lifters and coaches. Cameras were mounted on tripods on each side bleacher and trained on the lifting platforms. A second set of video monitors were mounted in the warm-up area immediately underneath the monitors enabling the participants and coaches to view the meet in progress. At the conclusion of each session the computer system retrieved the order of finish in each weight class, the best lifter, and updated the standings at the touch of the appropriate key, which greatly accelerated the awards presentations. It was a most impressive display of technology adapted to expedite the



DARREN COOLEY of Coffeyville (C) 1st place in the Superheavies. This photo and all others from the USPF National Collegiates courtesy Slish.

77 lbs. to her 1989 total and repeated her second place finish, starting the onslaught that led Army to an overwhelming team victory. Navy's Kelly Fagan was only a miss, and third deadlift from second place, and defending champion, Denise Whisenawski of Temple, was unable to get a squat in. Temple's Melissa Stipano successfully defended her 1989 title at 105, as she also had the heaviest lift in all events. She was pushed hard by Roxanne Ross, of LA Tech, in se- cond, but despite excellent deadlift- ing, Army's Becky Decker could not make up a large subtotal deficit and added 66 lbs. to her runner-up total in 1989, but the ADFPA deadlift record holder at 97 lbs. from E. Stroudsburg finished fourth in a very competitive class. Kathy Solomon took first at 114 for Army with a 10 kg margin over Beth Gomez, of Carroll College, who just missed making weight for the 105s. Shauna Hauser is now a repeat



Years of Success in the collegiate ranks, the Louisiana Tech Men's and Women's teams soak up the tradition at the Naval Academy in Annapolis

champion for Army, adding the 123 lb. title to her triumph at 114 in 1989. Shauna also repeated as Best Lifter in the women's division, as only a missed third bench kept her from a 9 for 9 day. Allison Bewley lifted well for second place for E. Stroudsburg and Soo Lee Davis piled up more team points for Army in third place. Tina Gomez became the first National Champion from Washington and Jefferson College, as she used a big bench press to build a subtotal advantage. Doranea Clark, the defending champ at 148 for Navy, found her deadlift uncooperative at the lower bodyweight and was forced to settle for 2nd. Carrie Pearson added more points to the Army total in 3rd. (article continued on page 57)

USPF Collegiate Nationals  
7-8 APR 90 - Annapolis, MD

Men	SQ	BP	DL	Total
56 kg	165	102.5	105	462.5
N. Pratzko	187.5	100	122.5	460
J. Grabbell	155	100	197.5	452.5
K. Finley	180	102.5	170	452.5
J. Sandman	135	95	190	440
60 kg	232.5x	152.5x	242.5	627.5x
T. Suttles*	110	110	170	420
M. Hays	145	110	160	415
A. Herbert	185	110	190	465
A. Bell	187.5	120	180	487.5
G. Kinman	176.5	117.5	192.5	477.5
C. Gantke	197.5	102.5	172.5	455
S. Gantke	197.5	102.5	172.5	455
M. Woods	182.5	115	157.5	455
J. Paganini	200	145	252.5	597.5
G. 67.5 kg	245	140	210	595
W. Hooper	220	140	222.5	582.5
M. Cagliola	215	130	220	565
E. Zephy	205	130	217.5	552.5
C. Baker	205	130	217.5	552.5
W. Hazzard	230	115	200	545
M. Davison	188	122.5	232.5	540
W. Goodwin	182.5	140	212.5	540
75 kg	247.5	155	210	612.5
M. Stokes	245	155	210	610
W. Palmer	245	155	210	610
W. Viggiano	215	137.5	232.5	602.5
C. Parker	215	137.5	232.5	585
D. Davis	125	210	375	710
K. Babal	232.5	125	210	575
82.5 kg	310x	167.5	245	722.5
C. Hoover	262.5	147.5	285	700
P. Benedict	227.5	192.5	257.5	677.5
R. Clark	240	135	245	620
D. Davis	215	147.5	250	612.5
90 kg	280	182.5	295	757.5
A. Wentworth	262.5	175	252.5	710
T. Houston	275	160	275	710
M. Graham	275	162.5	230	677.5
S. Keen	297.5	175	260	732.5
P. Hindinger	290	170	302.5	762.5
R. Robinson	285	175	285	745
100 kg	285	175	285	745
D. Alban*	262.5	185	240	695
N. Zimmerman	252.5	150	280	672.5
R. McClary	255	150	265	670
S. Rodenberg	237.5	137.5	255	630
W. Howard	272.5	190	287.5	750
M. Anderson	280	175	260	715
C. Antonio	280	175	260	715
R. Chailet	280	175	260	715
R. Smith	250	157.5	250	657.5
W. Hays	240	122.5	227.5	590
W. Heroweyer	240	122.5	227.5	590
125 kg	280	232.5	290	802.5
B. Rice	280	232.5	290	802.5
J. Lynch	280	232.5	290	802.5
R. Laundic	280	197.5	252.5	730
R. Laundic	272.5	197.5	245	715
R. Seiner	245	175	272.5	692.5
D. Cooley	302.5	200	272.5	775
D. Cooley	272.5	170	225	667.5

USPF Collegiate Nationals, MD  
7-8 APR 90 - Annapolis, MD

Women	SQ	BP	DL	Total
44 kg	92.5	55	120	267.5
K. Etkin	72.5	55	92.5	220
K. Fillion	102.5	55	125	282.5
48 kg	80	47.5	130	257.5
R. Stipano	102.5	55	125	282.5
R. Decker	80	47.5	130	255
K. Eggers	90	47.5	95	232.5
M. Muzzo	105	52.5	100	257.5
M. Palmer	87.5	42.5	117.5	247.5
52 kg	110	70	147.5	327.5
K. Solomon	115	47.5	132.5	295
S. Hauser*	90	55	112.5	257.5
A. Bewley	125	72.5	135	332.5
S. Davis	122.5	62.5	142.5	327.5
D. Clark	122.5	52.5	140	315
C. Pearson	117.5	52.5	135	285
M. Haug	115	42.5	122.5	280
T. Johnson	107.5	50	120	277.5
T. Savocchi	100	50	120	270
57 kg	122.5	72.5	152.5	347.5
J. Kelly	112.5	55	112.5	280
T. Hebert	125	62.5	147.5	340
T. Hebert	107.5	57.5	140	305
S. Beard	177.5	85	202.5x	465x
G. Williams	140	65	147.5	352.5
L. Butts	132.5	55	157.5	350
S. Bland	145	65	137.5	347.5
S. Bland	145	65	137.5	347.5
D. Sumner	177.5	85	202.5x	465x

\* - Best Lifter, x - Collegiate National Record

# ADFPA COLLEGIATES announced and reported by BILL SLISH

Team Champions for the 1990 ADFPA National Collegiates was the host team, Virginia Tech, 148 lb. competitor and meet promoter, Eric Hammer, holds up the award, below



The Virginia Tech Weightlifting Club is a unique organization on college campuses in America. With 1200 dues paying members, they own their equipment and train in their own off-campus, leased facility. Club president Eric Hammer had this large talent pool to draw upon as meet director for the 7th ADFPA Collegiate Nationals, held at Virginia Tech, in Blacksburg, VA on March 24-25, 1990. The meet site was a spacious gymnasium in the War Memorial Hall on campus. The meet was run as a single platform affair, with dividers separating the warm-up area from the lifting platform, and tables holding the awards in front of the dividers. A digital electronic scoreboard was mounted on col- umns, next to the judging lights, and it displayed the current lifter's weight class and the weight on the bar, updated for each attempt. Seating for 250 spectators was provided on the gym floor and the chairs were full for most of the competition. Al Siegel served as Head Referee in Charge, as well as expediting for most of the meet, and the competi- tion generally ran very smoothly. Former Tech lifter Steve Beniger, who was a single platform lifter, did a smooth job as platform manager, and Debbie Kiefer provided computer scoring services. Gerry Shockley was on hand to provide the polygraph testing, and Brenda Siegel, Charlie Schroeder, Roy Marshall, George Richards, Cathy Marksteiner, and Donnie and Debbie Kiefer rounded out the judging team. The meet was run in a single session each day and that made for a long day for the lifters on Saturday, as there were four flights, which mandated long periods between lifts. A well attended social was held at the meet hotel on Satur- day night, with all lifters, officials, and meet personnel invited for a complimentary buffet. Although no team champion was declared from the nine women con- testants, points for the combined team trophy were at stake. There was competition for places in only one set class, but several records were set. Kim Eggers of E. Stroudsburg (PA) set a new National meet and American collegiate deadlift record (this article continued on page 56)



Kim Beckwith with a 2nd attempt squat. All photos by Jim Bridgeman.

ADFPA National Collegiates  
24-25 MAR 90 - Blacksburg, VA

Women	SQ	BP	DL	Total
97 lb.	90	37.5	130.5	257.5
K. Eggers	115	62.5	117.5	295
L. Colbert	77.5	40	110	227.5
C. Steele	110	55	125	290
W. J. B. W. J. B.	120	77.5	147.5	345
129 lb.	112.5	75	147.5	335
K. Beckwith	117.5	67.5	137.5	322.5
K. Walp	117.5	65	125	307.5
C. Meick	170	75	137.5	382.5
A. Wrenn	130	92.5	155	377.5
114 lb.	92.5	75	135	302.5
D. Lombardo	180	107.5	205	492.5
E. Alcocer	162.5	115	200	482.5
L. Baldon	172.5	115	187.5	475
D. Weiss	122.5	125	175	420
S. James	132.5	95	170	397.5
M. Mabel	192.5	115	207.5	515
M. Meyer	177.5	100	185	462.5
132 lb.	235	140	252.5	627.5
E. Kupperstein	250	145	227.5	622.5
K. Hammer	202.5	130	227.5	560
R. Davis	180	130	205	515
D. Romagna	192.5	105	215	512.5
R. Darrington	190	115	190	495
D. Ferriss	190	115	190	495
P. Borenitz	182.5	122.5	170	475
148 lb.	242.5	145	262.5	650
E. Fomby	232.5	152.5	235	644
M. Colbert	235	120	260	615
J. Heindry	235	152.5	235	615
B. Miller	205	140	227.5	572.5
S. Valters	205	150	227.5	582.5
D. Krolmayer	202.5	145	232.5	580
S. Keele	215	135	235	565
B. Gibson	215	132.5	212.5	560
S. Pyke	197.5	142.5	215	560
T. Pennington	195	122.5	215	532.5
F. Robinson	195	122.5	215	532.5
P. Borenitz	227.5	180	259	646.5
C. Greenback	272.5	137.5	250	700
M. Thompson	285	135	260	682.5
H. Henk	262.5	150	240	652.5
M. Bell	192.5	125	240	610
C. DeBarrera	192.5	125	240	610
J. Lee	197.5	140	200	537.5
J. Martinez	265	147.5	295	707.5
190 lb.	272.5	182.5	250	705
F. Accorone	262.5	167.5	250	680
J. Preston	235	172.5	262.5	670
B. Fluck	230	145	240	615
T. Holding	240	145	240	625
C. Mcgrave	227.5	150	227.5	612.5
A. Shaughnessy	227.5	132.5	250	610
R. March	257.5	165	262.5	685
220 lb.	272.5	132.5	242.5	647.5
M. Meeri	237.5	155	267.5	660
R. Edinger	230	145	240	615
D. Shanway	237.5	140	227.5	605
242 lb.	272.5	185	282.5	740
M. Anderson	285	187.5	260	732.5
D. James	255	185	272.5	692.5
W. Bryant	215	147.5	272.5	635
S. Baker	240	172.5	220	632.5
E. Newby	272.5	210	295	797.5
275 lb.	262.5	147.5	265	675
R. Rice	232.5	140	230	600
R. Corderell	232.5	140	230	600
D. Jenkins	232.5	140	230	600
B. Bowden	232.5	140	230	600
310 lb.	310	202.5	312.5	825
J. Sonda	272.5	187.5	247.5	707.5
S. Haynes	300	165	282.5	747.5
R. DeBianco	272.5	187.5	252.5	692.5
S. Haynes	275	172.5	250	697.5
M. DeLottos	275	172.5	250	697.5
E. Opatz	275	172.5	250	697.5



Does adding 50+ lbs. to your Squat Interest You?

# NEW WRAP 16™

The Ultra Power Fabric

Powerlifting and the name Mike Bridges means setting World Records and Winning National and World Championships. He's done this for over a decade and has achieved over 40 World Records in the Squat alone. Mike has designed a new concept in knee wraps and wrist wraps by developing without a doubt the very best **Ultra Power Fabric™** in the wrap industry. Our **New Wrap 16™** will produce new world records of the future.

Mike Bridges has introduced the wrap of the future today in **New Wrap 16™**. This wrap will set the standard of excellence which all wraps will follow. Remember if you don't take advantage of **New Wrap 16™** and the benefits it can provide you, your competition will!

## NEW WRIST WRAP 16™

The Ultra Power Fabric

Increase your Bench Press & Squating ability with superior wrist support. Our wrist wraps are manufactured from the same **Ultra Power Fabric™** that is in **New Wrap 16™**.

- New Wrap 16™** 2 pr. \$19.95 1 pr. \$10.95
- 2 pr. \$27.95 1 pr. \$16.50
- NEW WRIST WRAP 16™** 3 pr. \$25.00 2 pr. \$18.95 1 pr. \$9.95

## The Ultra Power Fabric



To order please call 1-800-445-6512 or if mailing write to:  
The Natural Choice Vitamin Co.  
P.O. Box 6344  
Peoria, Illinois 61601

Add \$2.00 postage, 30% for Air Mail. Master Card, Visa accepted, Illinois residents please add 7 1/2% sales tax. Orders processed and shipped same day as received with Money Orders. Personal Checks allow 10 days to clear.

# Women's Worlds FLASH REPORT



Prinkkala repeat winner for Finland

Luchie-WG	125	85	170	380
Liu-NOR	130	82.5	160	372.5
Miller-DEN	135	82.5	160	387.5
Oddy-SWE	145	72.5	140	357.5
Santford-CAN	137.5	57.5	160	355
72 kg				
Ward-HOL	100	107.5	205	522.5
Nelis-BEL	102.5	100	205	497.5
Diana-USA	175	107.5	205	487.5
Holland-NOR	165	97.5	180	442.5
Manley-USA	170	97.5	170	440
Murphy-HOL	170	97.5	180	440
King-NZ	160	80	180	420
Cade-SWE	162.5	87.5	157.5	407.5
Anderson-SWE	160	72.5	167.5	400
Ward-HOL	160	72.5	167.5	400
Escadell-SPA	120	70	160	350
82.5 kg				
Miller-NZ	212.5	120	230	562.5
Liu-NOR	175	120	190	485
Williams-GB	175	120	190	485
Conson-USA	197.5	97.5	180	475
North-SWE	182.5	85	182.5	450
Ward-HOL	182.5	85	182.5	450
Bakken-NOR	160	85	180	425
Liu-TAIP	155	90	170	415
Ku-TAIP	165	75	155	395
Ward-SWE	147.5	75	160	382.5
90 kg				
Herchenh-WG	210	112.5	210	532.5
Kramer-HOL	140	102.5	145	387.5
105 kg				
Idin-WG	220	95	195	510
Martin-GB	202.5	82.5	212.5	502.5
Formgren-SWE	205	92.5	197.5	495
Conson-USA	182.5	92.5	210	495
McMaha-USA	182.5	92.5	210	495
Pepper-GB	182.5	92.5	185	460
Wu-TAIP	190	90	160	440
230 kg				
World record: 92 lifters had 928 attempts, with 230 lifts. 10 lifters had 21 state records, 21 were set, additional 2 state junior records, 21 together the other lifters had 79 personal best lifts. 10 lifters had 10 personal best lifts. 4 Continental records.				

Teams: 1) United States 58 pts, 6 lifters; 2) Norway 47 pts, 6 lifters; 3) Finland 47 pts, 6 lifters; 4) Belgium 40 pts, 6 lifters; 5) Sweden 36 pts, 5 lifters; 6) Norway 39 pts, 6 lifters; 7) Sweden 36 pts, 5 lifters; 8) Finland 36 pts, 5 lifters; 9) Norway 36 pts, 5 lifters; 10) Norway 36 pts, 5 lifters; 11) Japan 16 pts, 2 lifters; 12) China 2 lifters; 13) Canada 15 pts, 4 lifters; 14) Luxembourg 9 pts, 1 lifter; 15) Spain 8 pts, 1 lifter; 16) Austria 7 pts, 1 lifter; 17) Denmark 1 pt, 1 lifter. Otdendal 412.6; 2) Mary Jeffrey 410.8; 3) Jackie Pierce 404.12; 4) Cathy Oddy 397.5; 5) Jackie Pierce 396.45; 6) Claudie Conson 388.92; 7) Mary Jeffrey 386.38; 8) Rachel Mathias 362.26; 9) Ulrik Herchenh 341.59; 10) Sylvie Idin 308.8



Liz Otdendal of Holland, the World Champion again and the Best Lifter.

## LOOKING FOR THE ULTIMATE IN PERSONALIZED TRAINING PROGRAMS?

Training technology for the 1990's:

# 90TRAINING™

from SB TRAINING SYSTEMS

Finally, a modern approach to personalized training. **90TRAINING** is the secret. Your program is customized with your specific sport and athletic level mind.

### GUARANTEED RESULTS

No single routine works for everyone. We all have individual needs. Your **90TRAINING** program caters to your strengths and weaknesses giving you maximum gains in the shortest time. Utilizing the latest techniques from Bulgaria, Soviet Union and the US, **90TRAINING** is not merely a computerized or set/routine. It is a unique philosophy of resistance training combined with an in-depth, expert analysis using, diet, body structure, sleep, athletic goals, and other factors important in developing your **90TRAINING** routine.

### IT'S LIKE HAVING YOUR OWN PERSONAL TRAINER — AT A FRACTION OF THE COST

**TRAIN SMART!** Maximize the time you spend working out. Keep on top of your athletic game by using training technology for the 1990's — **90TRAINING**. Routines for Powerlifters, Bodybuilders, Football players and more.

Be the best you can be. **ORDER TODAY!**

### SB TRAINING SYSTEMS

55 Stirling Cr. — Unit 3  
Unionville, Ontario  
L3R 7K3  
CANADA

SB TRAINING SYSTEMS is a division of Munkin International, Inc.  
© 1989 Munkin International, Inc.

YES! I want to be the best I can be. Enclosed is \$34.95 (\$32.95 + \$2.00 postage)

Check  Money Order  
(remitt funds in US dollars please)

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Zip: \_\_\_\_\_

ALLOW 2-3 WEEKS FOR DELIVERY OF QUESTIONNAIRE



# Thousands Now Compete Successfully They Could! Who Never Thought They Could!

Dear Friends,  
As the song goes, "the times they are a changing..." And, as a matter of fact, they have changed... for the better. The statement, "Thousands Now Compete Successfully Who Never Thought They Could!", has never been truer than it is today.

But it wasn't always that way. It wasn't too long ago powerlifters felt they would have to resort to other than natural means. But with advances in nutritional science, specifically in the area of sports nutrition and in particular, the use of powerlifters and strength athletes, we have also changed. And for powerlifters and strength athletes the best part is we've only scratched the surface!

As powerlifters and strength athletes we choose to use chemicals, not only in our quest for greater strength and recuperation, but also in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that the transition to training and competing successfully seeking better and more sophisticated realizing the importance of the inherent competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated

nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that the transition to training and competing constantly seeking better and more sophisticated realizing the importance of the inherent competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated

nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that the transition to training and competing constantly seeking better and more sophisticated realizing the importance of the inherent competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated

nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that the transition to training and competing constantly seeking better and more sophisticated realizing the importance of the inherent competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated

nutritional programs to help us in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that the transition to training and competing constantly seeking better and more sophisticated realizing the importance of the inherent competing constantly seeking better and more sophisticated making the transition to training and competing constantly seeking better and more sophisticated

Best regards,  
George S. Zangas  
George S. Zangas

MAIOLATHON  
NUTRITION & DISTRIBUTING COMPANY, INC.  
1229 Via Landola, Palos Verdes Estates, CA 90274 (213) 519-7111



Powerlifting USA TOP 100 Achievement Certificates are printed in Red and Gold ink on exquisite paper, embossed with the gold seal of Powerlifting USA Magazine. They specify your name, TOP 20, 50, or 100 ranking division, weight class, and actual numerical ranking in your class. The price for this documentation of your achievements is \$5. We also offer a wood grain plaque with a clear cover, ready to hang. The certificate and display plaque are available together for \$18.95. If you have appeared on a TOP 100 list, you are eligible. Send your name, street address, weight class, lift, date it was made, the amount of weight, and the list that your name appeared on. Send \$5 per certificate or \$18.95 for certificate and deluxe mounting plaque, payable to Powerlifting USA, Box 467, Camarillo, CA 93011. CA residents add 6% sales tax.

### NEXT MONTH...TOP 220s

**Corrections:** Jim Finesso's bench at the ADPEA USA Bench Press meet in November should have been 525 rather than 485. Jon Srodek's 462 deadlift at 165 should have been on the TOP 100 list. William Cooper should have been credited with lifts of 502, 303, 650, 1455 in the Alamo Winter Classic, 220 lb class. Laura Deder's squat of 523 in the 165s should have been listed on the TOP 100 list. Tom Wells should have been credited with a 440 bench press on the TOP 100, 165 lb listing. Gordon Santee's 380 lb bench press should have shown up on the TOP 100, 165 lb list. Michael Keenen should have been credited with a 358 bench press, rather than 350 on the TOP 100, 148 lb class compilation in the April edition of POWERLIFTING USA. George Luce's 530 squat at 165 from the USFF Louisiana State Meet on January 6th, should have been counted on the TOP 100 list. Ruben Green's lifts at 148, 473, 308, 545, 1328, 3rd place in the Pure Division, did not appear in our report on the National Nationals. We apologize to all these fine lifters for the errors concerning their lifting accomplishments. Any and all errors found on our ranking lists or in our meet results should be brought to the attention by writing "Errors," Box 467, Camarillo, CA 93011. And we will gladly make a correction on the item. We make errors on these lists, but also there are sometimes mistakes in the results sent to us, including incomplete results, and occasionally we don't receive the meet results at all.

## POWERLIFTING USA MAGAZINE TOP 100

for USA lifters competing May 1989 to April 1990

	SQUAT	BENCH	DEADLIFT	TOTAL
1	830 Herring, G., 374/89	571 Schuldt, B., 317/89	766 Kephau, V., 127/89	1908 Herring, G., 374/89
2	804 Pranti, C., 372/89	565 Confessore, C., 312/89	744 Mather, R., 127/89	1884 Thomas, W., 121/89
3	804 Personne, A., 372/89	560 Succorrotte, A., 312/89	744 Anderson, S., 127/89	1884 Bell, G., 10/28/89
4	804 Personne, A., 372/89	555 Yeater, A., 311/89	744 Pittman, R., 372/89	1840 Confessore, C., 312/89
5	804 Personne, A., 372/89	550 Yarbrough, R., 311/89	720 Craft, R., 6/24/89	1840 Thomas, W., 121/89
6	804 Personne, A., 372/89	530 Davies, D., 311/89	720 Kephau, V., 127/89	1818 Croone, A., 5/27/89
7	804 Personne, A., 372/89	520 Wright, D., 311/89	720 Kephau, V., 127/89	1818 Whaley, T., 12/28/89
8	804 Personne, A., 372/89	520 Wright, D., 311/89	720 Kephau, V., 127/89	1818 Whaley, T., 12/28/89
9	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
10	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
11	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
12	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
13	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
14	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
15	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
16	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
17	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
18	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
19	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
20	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
21	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
22	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
23	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
24	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
25	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
26	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
27	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
28	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
29	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
30	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
31	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
32	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
33	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
34	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
35	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
36	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
37	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
38	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
39	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
40	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
41	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
42	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
43	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
44	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
45	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
46	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
47	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
48	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
49	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
50	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
51	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
52	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
53	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
54	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
55	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
56	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
57	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
58	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
59	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
60	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
61	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
62	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
63	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
64	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
65	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
66	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
67	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
68	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
69	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
70	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
71	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
72	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
73	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
74	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
75	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
76	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
77	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
78	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
79	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
80	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
81	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
82	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
83	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
84	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
85	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
86	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
87	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
88	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
89	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
90	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
91	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
92	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
93	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
94	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
95	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
96	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
97	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
98	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
99	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90
100	804 Personne, A., 372/89	518 Pittman, R., 372/89	716 Brant, G., 6/17/89	1800 Holland, S., 3/10/90



(The ADFPA Collegiate article by Bill Slisk continued on page 41) Sheff continued here from page 41) with a success at 287.5 lbs. winning the 97 lb. class. Linda Colbert and Caroline Steele of VA Tech were victorious at 111 and 117, respectively, adding 24 points to the combined team total for the Hoke. Susan Jodis, of Michigan, won at 122 and Kim Beckwith of Texas had two tries at a new squat record, but had to settle for the light and the Best Lifter trophy for the light weight classes. Dawn Cass of Jackson CC set a National meet bench press record of 165 lbs. in winning the 123's over Kim Walp of Penn State, and Chastee Melick of Air Force. Dawn took home the Best Lifter award for the heavyweight classes. Amy Wrenn, the daughter of superheavyweight immortal Paul Wrenn, who was in attendance, was the first unlimited class lifter in the women's division in ADFPA Collegiate History. Representing Tennessee Temple, Amy set records across the board in winning the 176+ class.

Dave Lombardo and Ed Alcocer got the Air Force off to a good start in the men's competition by taking 1st and 2nd at 114. Larry Bolden, of Texas, used a big squat and deadlift to hold off Dave Weiss, of VA Tech, and Steven James, of Air Force, to win the 123's and add 10 kgs to his National meet and American Collegiate total record, now at 1085 lbs. Eric Frahm added 12 points to the



242 lb. Class Winners: (left to right) Bryant, James, Mike Anderson, Leonard, and Baker - ADFPA Collegiate

own deadlift would have moved them up in the placings. For the third consecutive year the 132's were the Todd Stutler show. Now a three time winner and Best Lifter, Todd set a new squat record at 512, bumped his bench record to 336 and increased his total record by 44 lbs. to 1383. Only a miss on a record third attempt deadlift of 551 kept this world class star from Middle Tennessee from completely leveling the record book. Phuc Dang left his 1989 third place finish, and set a new record for the bench, and set a new record for the total, and moved from seventh in 1989 to third with a 93 lb. increase in total.

Barry Laffoy overcame an 88 lb. subtotal deficit to edge Wade Hooper of LA Tech by 5.5 lbs. to win the 148's. Laffoy, from Alabama, needed three attempts to get a squat in but was 6 for 6 thereafter. Hooper made two attempts at a record 573 lb. squat without success, and left the door open for Barry with a miss on his third deadlift. Mike Cagliola, of Temple, moved up a notch to third with a 22 lb. improvement over his 1989 total, and Navy's Eric Zerphy closed his collegiate career with a fourth place finish, also up one place from 1989.

Pat Roche, of Villanova, broke his own squat record, which he set in 1988 while lifting for Kutztown University, with a second attempt of 683, and had a near miss with 711 on his third, a weight Pat has vowed to come back and lift next year. He was an easy victory in the 181's and Best Lifter for the Sunday morning session. Chris Hoover, of UNC-Charlotte, was second and pulled a big 628 lb. deadlift, and Phil Benedict, all the way from UC San-Diego, benched big at 424 for the 1989.

Mike Anderson completed the ADFPA USPF double at 242 with a victory over Shane Reeves, of LA Tech. From Towson State, Mike bumped his bench and deadlift up by 5 kgs, each over his ADFPA performance and forced Shane to attempt too big a jump on his third deadlift. Chris Antonio, of Salisbury State (MD), matched Reeves big 655 lb. squat, but had to be satisfied with third. Ray Challice, Mark's younger brother, pulled the best deadlift in the class with a 644, for fourth place, representing George Mason U.

Barry Rice also took the ADFPA-USPF double at 275, but his real goal was a shot at Tom Hardman's bench press record of 525, achieved on a 1 lb. set in 1978. An explosive bencher, the Liberty University football star opened easily with 485, and then looked strong with a 512 second attempt. With 529 loaded on the bar for the record breaking third attempt, Barry drove the bar strongly off his chest, but stalled midway through the



Barry Rice USPF collegiate champion in the 275's, for Liberty University.

third over Navy's Ken Finley, whose own fifth attempt would have moved them up in the placings. For the third consecutive year the 132's were the Todd Stutler show. Now a three time winner and Best Lifter, Todd set a new squat record at 512, bumped his bench record to 336 and increased his total record by 44 lbs. to 1383. Only a miss on a record third attempt deadlift of 551 kept this world class star from Middle Tennessee from completely leveling the record book. Phuc Dang left his 1989 third place finish, and set a new record for the bench, and set a new record for the total, and moved from seventh in 1989 to third with a 93 lb. increase in total.

Barry Laffoy overcame an 88 lb. subtotal deficit to edge Wade Hooper of LA Tech by 5.5 lbs. to win the 148's. Laffoy, from Alabama, needed three attempts to get a squat in but was 6 for 6 thereafter. Hooper made two attempts at a record 573 lb. squat without success, and left the door open for Barry with a miss on his third deadlift. Mike Cagliola, of Temple, moved up a notch to third with a 22 lb. improvement over his 1989 total, and Navy's Eric Zerphy closed his collegiate career with a fourth place finish, also up one place from 1989.

Pat Roche, of Villanova, broke his own squat record, which he set in 1988 while lifting for Kutztown University, with a second attempt of 683, and had a near miss with 711 on his third, a weight Pat has vowed to come back and lift next year. He was an easy victory in the 181's and Best Lifter for the Sunday morning session. Chris Hoover, of UNC-Charlotte, was second and pulled a big 628 lb. deadlift, and Phil Benedict, all the way from UC San-Diego, benched big at 424 for the 1989.

Mike Anderson completed the ADFPA-USPF double at 242 with a victory over Shane Reeves, of LA Tech. From Towson State, Mike bumped his bench and deadlift up by 5 kgs, each over his ADFPA performance and forced Shane to attempt too big a jump on his third deadlift. Chris Antonio, of Salisbury State (MD), matched Reeves big 655 lb. squat, but had to be satisfied with third. Ray Challice, Mark's younger brother, pulled the best deadlift in the class with a 644, for fourth place, representing George Mason U.

Barry Rice also took the ADFPA-USPF double at 275, but his real goal was a shot at Tom Hardman's bench press record of 525, achieved on a 1 lb. set in 1978. An explosive bencher, the Liberty University football star opened easily with 485, and then looked strong with a 512 second attempt. With 529 loaded on the bar for the record breaking third attempt, Barry drove the bar strongly off his chest, but stalled midway through the



Shane Reeves a junior at LA TECH, squatted a 655 in the 242 lb. class.

own squat record, which he set in 1988 while lifting for Kutztown University, with a second attempt of 683, and had a near miss with 711 on his third, a weight Pat has vowed to come back and lift next year. He was an easy victory in the 181's and Best Lifter for the Sunday morning session. Chris Hoover, of UNC-Charlotte, was second and pulled a big 628 lb. deadlift, and Phil Benedict, all the way from UC San-Diego, benched big at 424 for the 1989.

Mike Anderson completed the ADFPA-USPF double at 242 with a victory over Shane Reeves, of LA Tech. From Towson State, Mike bumped his bench and deadlift up by 5 kgs, each over his ADFPA performance and forced Shane to attempt too big a jump on his third deadlift. Chris Antonio, of Salisbury State (MD), matched Reeves big 655 lb. squat, but had to be satisfied with third. Ray Challice, Mark's younger brother, pulled the best deadlift in the class with a 644, for fourth place, representing George Mason U.

Barry Rice also took the ADFPA-USPF double at 275, but his real goal was a shot at Tom Hardman's bench press record of 525, achieved on a 1 lb. set in 1978. An explosive bencher, the Liberty University football star opened easily with 485, and then looked strong with a 512 second attempt. With 529 loaded on the bar for the record breaking third attempt, Barry drove the bar strongly off his chest, but stalled midway through the

57































**USPF West Virginia Bench Press**  
28 Apr 90 - St. Albans, WV

Women	SHW	440	425
114 lb.	J. Gill	285	270
126 lb.	C. Woodell	315	300
132 lb.	J. Davis	345	330
148 lb.	D. Burchett	375	360
176 lb.	D. Mox	405	390
181 lb.	C. Woodell	435	420
183 lb.	S. Simmons	465	450
188 lb.	L. Sifers	495	480
203 lb.	M. Smith	525	510
211 lb.	D. Cecil	555	540
214 lb.	D. Johnson	585	570
219 lb.	T. Miragliotta	615	600
220 lb.	J. Cox	645	630
220 lb.	T. Johnson	675	660
220 lb.	T. Keen	705	690
220 lb.	M. Cunningham	735	720
220 lb.	G. Bryant	765	750
220 lb.	R. Phillips	795	780
220 lb.	E. Kozak	825	810
220 lb.	J. Ewke	855	840
220 lb.	J. Cooper	885	870
220 lb.	R. Haught	915	900
220 lb.	C. Cox	945	930
220 lb.	S. Skon	975	960
220 lb.	D. Cecil	1005	990
220 lb.	R. Harbert	1035	1020
220 lb.	R. Bryant	1065	1050
220 lb.	B. Bryant	1095	1080
220 lb.	J. Mayhew	1125	1110
220 lb.	O. O'Dell	1155	1140
220 lb.	J. Guter	1185	1170
220 lb.	M. Corey	1215	1200
220 lb.	C. Young	1245	1230
220 lb.	M. Deane	1275	1260
220 lb.	R. Swans	1305	1290
220 lb.	R. Veres	1335	1320
220 lb.	J. Browning	1365	1350
220 lb.	J. Rowland	1395	1380
220 lb.	D. Boudin	1425	1410
220 lb.	R. Boudin	1455	1440
220 lb.	D. Boudin	1485	1470
220 lb.	J. Martin	1515	1500

In the Teenage Division, Terry Johnson was impressive at 165 as he won both the Teenage and Open Division with a lift of 330! The Masters' Division was strong this year with 15 Masters competing. The Teenage Division Masters record was set by Terry Johnson at 330. The Open Division Masters record was set by Terry Johnson at 330. The Teenage Division record was set by Terry Johnson at 330. The Open Division record was set by Terry Johnson at 330.

**Tennessee Drug Free State**  
10 Mar 90 - Marvill, TN

Open	SQ	DL	Total
122 lb.	310	190	400
132 lb.	310	190	400
148 lb.	310	190	400
165 lb.	310	190	400
181 lb.	310	190	400
200 lb.	310	190	400
220 lb.	310	190	400

**USPF St. Patrick's Day, KY**  
17 Mar 90 - Louisville, KY

Men	SHW	430	420
114 lb.	J. Vincent	285	270
126 lb.	R. Knop	315	300
132 lb.	P. Cox	345	330
148 lb.	L. Schaefer	375	360
176 lb.	D. Demmon	405	390
181 lb.	T. Liffick	435	420
183 lb.	P. Dodd	465	450
188 lb.	G. Baker	495	480
203 lb.	A. Williams	525	510
211 lb.	T. Liffick	555	540
214 lb.	G. Baker	585	570
219 lb.	A. Williams	615	600
220 lb.	G. Baker	645	630
220 lb.	A. Williams	675	660
220 lb.	G. Baker	705	690
220 lb.	A. Williams	735	720
220 lb.	G. Baker	765	750
220 lb.	A. Williams	795	780
220 lb.	G. Baker	825	810
220 lb.	A. Williams	855	840
220 lb.	G. Baker	885	870
220 lb.	A. Williams	915	900
220 lb.	G. Baker	945	930
220 lb.	A. Williams	975	960
220 lb.	G. Baker	1005	990
220 lb.	A. Williams	1035	1020
220 lb.	G. Baker	1065	1050
220 lb.	A. Williams	1095	1080
220 lb.	G. Baker	1125	1110
220 lb.	A. Williams	1155	1140
220 lb.	G. Baker	1185	1170
220 lb.	A. Williams	1215	1200
220 lb.	G. Baker	1245	1230
220 lb.	A. Williams	1275	1260
220 lb.	G. Baker	1305	1290
220 lb.	A. Williams	1335	1320
220 lb.	G. Baker	1365	1350
220 lb.	A. Williams	1395	1380
220 lb.	G. Baker	1425	1410
220 lb.	A. Williams	1455	1440
220 lb.	G. Baker	1485	1470
220 lb.	A. Williams	1515	1500

**USPF St. Patrick's Day, PA**  
1 Apr 90 - Wilkes-Barre, PA

Men	SHW	440	425
114 lb.	T. Jenkins	285	270
126 lb.	R. Vickers	315	300
132 lb.	R. Vickers	345	330
148 lb.	H. Hecatt	375	360
176 lb.	J. Baker	405	390
181 lb.	M. Pascoe	435	420
183 lb.	M. Pascoe	465	450
188 lb.	M. Pascoe	495	480
203 lb.	M. Pascoe	525	510
211 lb.	M. Pascoe	555	540
214 lb.	M. Pascoe	585	570
219 lb.	M. Pascoe	615	600
220 lb.	M. Pascoe	645	630
220 lb.	M. Pascoe	675	660
220 lb.	M. Pascoe	705	690
220 lb.	M. Pascoe	735	720
220 lb.	M. Pascoe	765	750
220 lb.	M. Pascoe	795	780
220 lb.	M. Pascoe	825	810
220 lb.	M. Pascoe	855	840
220 lb.	M. Pascoe	885	870
220 lb.	M. Pascoe	915	900
220 lb.	M. Pascoe	945	930
220 lb.	M. Pascoe	975	960
220 lb.	M. Pascoe	1005	990
220 lb.	M. Pascoe	1035	1020
220 lb.	M. Pascoe	1065	1050
220 lb.	M. Pascoe	1095	1080
220 lb.	M. Pascoe	1125	1110
220 lb.	M. Pascoe	1155	1140
220 lb.	M. Pascoe	1185	1170
220 lb.	M. Pascoe	1215	1200
220 lb.	M. Pascoe	1245	1230
220 lb.	M. Pascoe	1275	1260
220 lb.	M. Pascoe	1305	1290
220 lb.	M. Pascoe	1335	1320
220 lb.	M. Pascoe	1365	1350
220 lb.	M. Pascoe	1395	1380
220 lb.	M. Pascoe	1425	1410
220 lb.	M. Pascoe	1455	1440
220 lb.	M. Pascoe	1485	1470
220 lb.	M. Pascoe	1515	1500

**USPF National Bench Press**  
1 Apr 90 - Wilkes-Barre, PA

Men	SHW	440	425
114 lb.	T. Jenkins	285	270
126 lb.	R. Vickers	315	300
132 lb.	R. Vickers	345	330
148 lb.	H. Hecatt	375	360
176 lb.	J. Baker	405	390
181 lb.	M. Pascoe	435	420
183 lb.	M. Pascoe	465	450
188 lb.	M. Pascoe	495	480
203 lb.	M. Pascoe	525	510
211 lb.	M. Pascoe	555	540
214 lb.	M. Pascoe	585	570
219 lb.	M. Pascoe	615	600
220 lb.	M. Pascoe	645	630
220 lb.	M. Pascoe	675	660
220 lb.	M. Pascoe	705	690
220 lb.	M. Pascoe	735	720
220 lb.	M. Pascoe	765	750
220 lb.	M. Pascoe	795	780
220 lb.	M. Pascoe	825	810
220 lb.	M. Pascoe	855	840
220 lb.	M. Pascoe	885	870
220 lb.	M. Pascoe	915	900
220 lb.	M. Pascoe	945	930
220 lb.	M. Pascoe	975	960
220 lb.	M. Pascoe	1005	990
220 lb.	M. Pascoe	1035	1020
220 lb.	M. Pascoe	1065	1050
220 lb.	M. Pascoe	1095	1080
220 lb.	M. Pascoe	1125	1110
220 lb.	M. Pascoe	1155	1140
220 lb.	M. Pascoe	1185	1170
220 lb.	M. Pascoe	1215	1200
220 lb.	M. Pascoe	1245	1230
220 lb.	M. Pascoe	1275	1260
220 lb.	M. Pascoe	1305	1290
220 lb.	M. Pascoe	1335	1320
220 lb.	M. Pascoe	1365	1350
220 lb.	M. Pascoe	1395	1380
220 lb.	M. Pascoe	1425	1410
220 lb.	M. Pascoe	1455	1440
220 lb.	M. Pascoe	1485	1470
220 lb.	M. Pascoe	1515	1500

**USPF West Virginia Bench Press**  
28 Apr 90 - St. Albans, WV

Women	SHW	440	425
114 lb.	J. Gill	285	270
126 lb.	C. Woodell	315	300
132 lb.	J. Davis	345	330
148 lb.	D. Burchett	375	360
176 lb.	D. Mox	405	390
181 lb.	C. Woodell	435	420
183 lb.	S. Simmons	465	450
188 lb.	L. Sifers	495	480
203 lb.	M. Smith	525	510
211 lb.	D. Cecil	555	540
214 lb.	D. Johnson	585	570
219 lb.	T. Miragliotta	615	600
220 lb.	J. Cox	645	630
220 lb.	T. Johnson	675	660
220 lb.	T. Keen	705	690
220 lb.	M. Cunningham	735	720
220 lb.	G. Bryant	765	750
220 lb.	R. Phillips	795	780
220 lb.	E. Kozak	825	810
220 lb.	J. Ewke	855	840
220 lb.	J. Cooper	885	870
220 lb.	R. Haught	915	900
220 lb.	C. Cox	945	930
220 lb.	S. Skon	975	960
220 lb.	D. Cecil	1005	990
220 lb.	R. Harbert	1035	1020
220 lb.	R. Bryant	1065	1050
220 lb.	B. Bryant	1095	1080
220 lb.	J. Mayhew	1125	1110
220 lb.	O. O'Dell	1155	1140
220 lb.	J. Guter	1185	1170
220 lb.	M. Corey	1215	1200
220 lb.	C. Young	1245	1230
220 lb.	M. Deane	1275	1260
220 lb.	R. Swans	1305	1290
220 lb.	R. Veres	1335	1320
220 lb.	J. Browning	1365	1350
220 lb.	J. Rowland	1395	1380
220 lb.	D. Boudin	1425	1410
220 lb.	R. Boudin	1455	1440
220 lb.	D. Boudin	1485	1470
220 lb.	J. Martin	1515	1500

**USPF West Virginia Bench Press**  
28 Apr 90 - St. Albans, WV

Women	SHW	440	425
114 lb.	J. Gill	285	270
126 lb.	C. Woodell	315	300
132 lb.	J. Davis	345	330
148 lb.	D. Burchett	375	360
176 lb.	D. Mox	405	390
181 lb.	C. Woodell	435	420
183 lb.	S. Simmons	465	450
188 lb.	L. Sifers	495	480
203 lb.	M. Smith	525	510
211 lb.	D. Cecil	555	540
214 lb.	D. Johnson	585	570
219 lb.	T. Miragliotta	615	600
220 lb.	J. Cox	645	630
220 lb.	T. Johnson	675	660
220 lb.	T. Keen	705	690
220 lb.	M. Cunningham	735	720
220 lb.	G. Bryant	765	750
220 lb.	R. Phillips	795	780
220 lb.	E. Kozak	825	810
220 lb.	J. Ewke	855	840
220 lb.	J. Cooper	885	870
220 lb.	R. Haught	915	900
220 lb.	C. Cox	945	930
220 lb.	S. Skon	975	960
220 lb.	D. Cecil	1005	990
220 lb.	R. Harbert	1035	1020
220 lb.	R. Bryant	1065	1050
220 lb.	B. Bryant	1095	1080
220 lb.	J. Mayhew	1125	1110
220 lb.	O. O'Dell	1155	1140
220 lb.	J. Guter	1185	1170
220 lb.	M. Corey	1215	1200
220 lb.	C. Young	1245	1230
220 lb.	M. Deane	1275	1260
220 lb.	R. Swans	1305	1290
220 lb.	R. Veres	1335	1320
220 lb.	J. Browning	1365	1350
220 lb.	J. Rowland	1395	1380
220 lb.	D. Boudin	1425	1410
220 lb.	R. Boudin	1455	1440
220 lb.	D. Boudin	1485	1470
220 lb.	J. Martin	1515	1500

**USPF West Virginia Bench Press**  
28 Apr 90 - St. Albans, WV

Women	SHW	440	425
114 lb.	J. Gill	285	270
126 lb.	C. Woodell	315	300
132 lb.	J. Davis	345	330
148 lb.	D. Burchett	375	360
176 lb.	D. Mox	405	390
181 lb.	C. Woodell	435	420
183 lb.	S. Simmons	465	450
188 lb.	L. Sifers	495	480
203 lb.	M. Smith	525	510
211 lb.	D. Cecil	555	540
214 lb.	D. Johnson	585	570
219 lb.	T. Miragliotta	615	600
220 lb.	J. Cox	645	630
220 lb.	T. Johnson	675	660
220 lb.	T. Keen	705	690
220 lb.	M. Cunningham	735	720
220 lb.	G. Bryant	765	750
220 lb.	R. Phillips	795	780
220 lb.	E. Kozak	825	810
220 lb.	J. Ewke	855	840
220 lb.	J. Cooper	885	870
220 lb.	R. Haught	915	900
220 lb.	C. Cox	945	930
220 lb.	S. Skon	975	960
220 lb.	D. Cecil	1005	990
220 lb.	R. Harbert	1035	1020
220 lb.	R. Bryant	1065	1050
220 lb.	B. Bryant	1095	1080
220 lb.	J. Mayhew	1125	1110
220 lb.	O. O'Dell	1155	1140
220 lb.	J. Guter	1185	1170
220 lb.	M. Corey	1215	1200
220 lb.	C. Young	1245	1230
220 lb.	M. Deane	1275	1260
220 lb.	R. Swans	1305	1290
220 lb			









**ED COAN**  
**NEW 1-800-537-5532**  
**(For Orders Only)**

8:00 am - 5:00 pm

Mon. thru Sat.

FAX# 708-892-0909

We don't just say

its world famous,

IT IS,

just ask around!

**Order Today**  
**★ PRESENTS ★**  
**World Famous**  
**Frantz Custom Made**  
**Squat Suits**

Ernie says: "Don't be fooled by false advertising. You can ask any top lifter since 1982 what suit they use to make their best lift with."

Ed Coan  
 Larry Frantz  
 Doug Furnas  
 Tom Henderson

Jim Cash  
 George Hechter  
 Walter Thomas  
 Diana Frantz

Joe Ladinier  
 Bill Nichols  
 Francis Silva  
 Maris Sternberg

• Repairs

• FREE Alterations \*

• Colors: navy, black, or red.

• Send: height, weight, thigh and waist measurements.

\* up to one year

**Scientifically designed to be a COMPLETE MIX to work for Muscle Mass & Strength**

The best tasting protein ever made! It's like a banana chocolate milk shake. 28 years in formulation, this is the first power-lifting protein on the market.

1 lb./\$9.50 — 5 lbs./\$37.50

DEALERS WELCOME  
 Complete Amino Acids

**Frantz Bench Shirt**

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

**\$35.00**

Don't bench without this great shirt!

**Frantz Bench Suit**

Custom Made - Navy or Black No binding - No restrictive qualities. Sand height, weight and color choice. "The most sharp looking and comfortable bench suit I have had". - Larry Pacifico.

Don't bench without this great suit!

**Only \$29.00**

**CLEARANCE SALE**  
 We have an array of T-shirts from previous meets that we need to sell, for only \$3.99 (S - XLG.)

**BAGGIE PANTS** for stylish powerlifters! We have the latest styles and colors available at great prices! only \$28.95/pair or 2 for \$45.95 X-SMALL — X-LARGE

New Design - Special  
**Frantz Wraps**  
 We're in the age of 900 to 1000 lb. squats - and I know that want my knees protected to the max. This new wrap is the best - I guarantee you'll increase your squat power!  
**Only \$9.00**  
 Don't squat without them!

**Super Chalk**  
**Only \$8.75 per lb.**

**Power Belts**  
 3 ply, maximum thickness, blue suede, nikkie double buckle - Best Out! Navy, black, red.  
**SPECIAL only \$35.00**

Ernie's Workout  
**Log Book**  
 Spiral bound. Log a full year of workouts in this new unique book.  
**Only \$9.95**

**Deadlift Shoes**  
 Rubber grit soles - no slip bottom for big deadlifts. Black, blue, white beige.  
**Only \$4.00**  
 Don't pull the big one without a pair!

Introducing the "FRANTZ" clothing line, all available with the "FRANTZ HEALTH CLUB" or "FRANTZ POWERLIFTING" logo.  
 Assorted colors available.  
 T-SHIRTS - (S - XLG) \$8.00  
 2X - \$10.00, 3X - \$12.00, 4X - \$14.00  
 T-TOPS - \$8.00 (S - XLG only)  
 SWEATSHIRTS - (S - XLG) \$10.00  
 2X - \$12.00, 3X - \$14.00  
 SWEATPANTS - \$10.00 (S - XLG only)

**UPS NEXT DAY AIR**  
**UPS 2ND DAY AIR**

- Next day packages our specialty.
- Schools, Gyms, Stores: call for wholesale catalog.
- \$2.50 postage/handling on all orders. C.O.D./\$4.50

Order from:  
**Ernie Frantz Studio**  
 60 S. Broadway  
 Aurora, Ill 60507  
 Gym: 708-892-1491

CALL IN YOUR ORDER  
 MASTERCARD / VISA / C.O.D.

Dr. Angel Spassov's

**"MISSING SUPPLEMENT"**

**PURE ATP (Adenosine Triphosphate)**

In the May issue of PL USA, Richie Wenner said that ATP was not available. Not so! We have it, and you'll love it. It's called ENERGY SURGE 100.

With ENERGY SURGE 100, you will feel the surge of power, notice faster recovery, and be less tired after workouts. ATP supplies energy for all biologic functions of the body, especially muscle contractions.

Our customers have been enjoying pure ATP in 10 mg tablets for over a year. Doses of 50-60 mg prior to workouts have produced noticeable improvements in strength, intensity, and recovery.

Now Powerlifters can take 100 mg pure ATP tablets, 10 times our normal potency, formulated for your high energy needs. Two to four tablets prior to workouts will be all you can handle.

**BONUS!** With your first order of ENERGY SURGE 100's, PURE ATP, we will give you a 2 oz. bottle of sublingual Dibenzocozide liquid absolutely FREE. 5mg per cc, 60 cc's per bottle. a \$29.95 value.

Sublingual means absorbed under the tongue or in the mouth directly into the blood stream. It is the fastest acting method of taking both ATP and Dibenzocozide.

OFFER: 1 bottle of 60 ENERGY SURGE 100's + 1 FREE bottle of Dibenzocozide sublingual liquid. All of this for \$36.95 + \$2.50 S&H, CA residents add 6.75% sales tax.

**Dealer and distributor inquiries welcome.**  
**ORDER TODAY**  
**1-800-336-1977 or in CA 1-800-441-1977**  
 OR  
 mail money orders or cashiers check to:

**Hansen & Frank, Inc.**  
**2886 Geary Blvd, Suite 205**  
**San Francisco, CA 94118**

**POWER HOTLINE** is the twice a month bulletin of the Iron World. It comes out quick, via FIRST CLASS MAIL, so it reaches you with news when it still is "new". Join the "people in the know". A one year subscription to **POWER HOTLINE**, 24 Issues - each sent out via First Class mail (not 2nd class, which can take weeks for delivery!) - is only \$28.00, payable to Powerlifting USA, Box 3238, Camarillo, California 93011 (\$39 US for foreign, Air Mail subscriptions). **DO IT NOW!**

**ATHLETIC NUTRITION SYSTEMS**

"HIGH QUALITY ATHLETIC SUPPLEMENTS AT AN AFFORDABLE PRICE"

**SAVE UP TO 40% ON BRAND NAMES - BRICKER LABS, CHAMPION NUTRITION, MEGA-PRO INTERNATIONAL, METABOLIC NUTRITION, SPORTSTAR, TEAM BODY-BUILDING, UNIPRO .... AND MORE!!**

Call or write for free catalog - 301-963-7867

\*\*\*\*\* **SPECIAL** \*\*\*\*\*

BRICKER LABS - Suggested Retail Special Price  
 Chromium Picolinate (100 capsules) ..... \$6.75  
 (200 capsules) ..... \$10.00  
 Similax Officialis - liquid (4 ounces) ..... \$15.00  
 \* Special good through July 31, 1990.

Please print the following information to assure a speedy and accurate delivery.

NAME: \_\_\_\_\_  
 STREET ADDRESS: \_\_\_\_\_  
 CITY, STATE, ZIP: \_\_\_\_\_

To order please send a check or money order to:  
**A.N.S.**  
 16609 Raven Rock Dr., Gaithersburg, MD 20878  
 Call or write for a free catalog - 301-963-7867  
 ALL ORDERS SHIPPED VIA U.P.S.

Qty.	Product	Price
	Shipping and Handling	+2.50
	<b>TOTAL</b>	

AK & HI add \$8.00  
 Please allow 2-4 weeks for delivery.







# Now Available The Daniels File

A Compilation of 20 of POWERLIFTING  
USA Author DOUG DANIELS' Best PL  
USA Training Articles and Many, NEW,  
Unreleased Articles.

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

- Straight Forward, Common Sense  
Training Info You Can Use Right Now
- Valuable Reference Guide to Power  
Training • Aimed at Novice and In-  
termediate Lifters • in Economical  
Booklet Form •

Price \$6.00 Per Booklet  
\$10.00 for Foreign Orders  
Includes Postage & Handling  
Check or money order payable to:  
DOUG DANIELS

Dept.-DF, P.O. Box 1974  
Highland, IN 46322  
Allow 3-4 weeks for delivery

# STERIODS

D-BALL TEST  
JET DECA  
Anabolic Steroids Increase  
Testosterone Levels to Greatly Build  
Muscle Mass and Strength

Now there is a safe and effective re-  
placement for steroids. Boron\* can in-  
crease Testosterone levels up to  
300% in 14 days without the harmful  
side effects of steroids.

Research by Medical Scientists of the  
Dept. of Agriculture have shown up to  
300% increase in test substance.

For Huge Increases - Order Your 3  
Month Supply of Boron\* today. Only  
\$19.95. Shipping Included. Order Now  
Your Competitor and Order Now.  
\*Boron is a safe, 100% natural nutrient.

COO's, Credit Card, Catalog Orders Call:  
1-800-962-GROW. Ask For DEPT. 223  
ORDER Lines open 24 Hours 7 DAYS A WEEK  
Send check or money order to:



AVAILABLE IN FINEER GYMNASIUMS AND  
HEALTH-FOOD STORES

# World Tour Promotions, Inc.

## 1st MALIBU BEACH

### BENCH PRESS CHAMPIONSHIPS

**Sept. 2nd** Weigh-in: 9-10:30  
**OVER \$50,000 in Prizes**  
Start 11:00 SHARP

**KIWANIS RAFFLE:**  
Porsche Carrera 2, Mustang  
Convertible, Trip to Tahiti for  
2, Home Entertainment Center  
2, Icarian Benches, Exercise Bike  
USPF Sanction

**OPEN - MEN - WOMEN - MASTERS**  
**KEN LAIN: 708 lbs. - will compete**  
**BOB SEIBOLD: 198 lber will try to break 600 lbs.**  
**\$40.00 Entrance Fee**

Send entries to **W.T.P.I., Ritchie Creevy P.O. Box 2552, Malibu, CA 90265, 213-456-1987, 818-889-0026 or Bob Seibold 714-533-4301**



**HOW TO GAIN  
30 POUNDS OF MUSCLE  
IN 6 WEEKS**

By Randall J. Strossen, Ph.D.  
"quite simply, the  
best book ever  
written in the field  
of muscle building"  
John McCallum

**IronMind™ Enterprises**  
P.O. Box 884  
Larkspur, CA 94939  
\$12.95 plus \$2.00 P&H

## MEET DIRECTORS...

Living here is a FREE service to  
publicize your contest to thousands of potential entrants.  
Send details in, preferably at least 3 months prior to your  
contest to "Coming Events", Box 467, Canaanville, IA 52002.  
In order to obtain proper insurance notice for your  
event, you will be receiving MANY potential contacts.

14 JUL, NASSA Dallas Bench Press, Army Hwy, 11100  
Reginald Rd. Apt. 340, Dallas, TX 75238, 214-503-0904  
15 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
16 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
17 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
18 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
19 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
20 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
21 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
22 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
23 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
24 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
25 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
26 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
27 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
28 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
29 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
30 JUL, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070

## Coming Events

11 AUG, NASSA East Texas Bench Press, Army Hwy, 11100  
Reginald Rd. Apt. 340, Dallas, TX 75238, 214-503-0904  
12 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
13 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
14 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
15 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
16 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
17 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
18 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
19 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
20 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
21 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
22 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
23 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
24 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
25 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
26 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
27 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
28 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
29 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070  
30 AUG, NASSA National Bench Press, 1000  
15th St., St. Louis, MO 63103, OK 73070

# NASA 1990 NATIONAL BENCH PRESS NATIONAL CHAMPIONSHIPS QUALIFIER TOUR

SEE COMING EVENTS FOR THE  
EXTENSIVE TOUR SCHEDULE

SCULPTURED TROPHIES  
AWARDED AT EACH MEET.

SPONSORED BY

INZER ADVANCE DESIGNS  
WE MAKE POWER GEAR A SCIENCE

Ill. Ontario, Canada, USA, 416-731-6941  
18 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
19 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
20 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
21 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
22 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
23 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
24 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
25 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
26 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
27 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
28 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
29 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070  
30 AUG, USPF Texas Cup Powerlifting and Golf  
Bench Press, 1000 15th St., St. Louis, MO 63103, OK 73070







# Central California Open Powerlifting & Bench Press

## SATURDAY, OCTOBER 6th, 1990

### Veterans Memorial Building, San Luis Obispo, CA

#### Sculptured Trophies, Teenage light & heavy divisions (1st-3rd) in each, women and masters by formula (1st-5th) and open



SPONSORED BY  
526 Diana #4, San Luis Obispo, CA 93401, 805-544-0155 after 7PM

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Women	SQ	BP	Total
105 lb.	97.5*	42.5*	95*
120 lb.	100*	60*	122.5*
148 lb.	120*	57.5*	122.5*
175 lb.	82.5*	35*	92.5*
200 lb.	115*	67.5*	158.5*
225 lb.	115*	55*	102.5*
250 lb.	70*	40*	100*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
105 lb.	165	92.5	235*
120 lb.	165	92.5	235*
148 lb.	170	95	262.5*
175 lb.	152.5*	85*	237.5*
200 lb.	152.5*	85*	237.5*
225 lb.	185*	107.5*	325*
250 lb.	185*	107.5*	325*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
275 lb.	202.5*	107.5*	325*
300 lb.	237.5*	142.5*	425*
325 lb.	237.5*	142.5*	425*
350 lb.	190*	97.5*	245*
375 lb.	232.5*	142.5*	425*
400 lb.	197.5*	107.5*	325*
425 lb.	250*	132.5*	425*
450 lb.	212.5*	110*	325*
475 lb.	265*	185*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
500 lb.	325*	115*	425*
525 lb.	325*	115*	425*
550 lb.	325*	115*	425*
575 lb.	325*	115*	425*
600 lb.	325*	115*	425*
625 lb.	325*	115*	425*
650 lb.	325*	115*	425*
675 lb.	325*	115*	425*
700 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
725 lb.	325*	115*	425*
750 lb.	325*	115*	425*
775 lb.	325*	115*	425*
800 lb.	325*	115*	425*
825 lb.	325*	115*	425*
850 lb.	325*	115*	425*
875 lb.	325*	115*	425*
900 lb.	325*	115*	425*
925 lb.	325*	115*	425*
950 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
975 lb.	325*	115*	425*
1000 lb.	325*	115*	425*
1025 lb.	325*	115*	425*
1050 lb.	325*	115*	425*
1075 lb.	325*	115*	425*
1100 lb.	325*	115*	425*
1125 lb.	325*	115*	425*
1150 lb.	325*	115*	425*
1175 lb.	325*	115*	425*
1200 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
1225 lb.	325*	115*	425*
1250 lb.	325*	115*	425*
1275 lb.	325*	115*	425*
1300 lb.	325*	115*	425*
1325 lb.	325*	115*	425*
1350 lb.	325*	115*	425*
1375 lb.	325*	115*	425*
1400 lb.	325*	115*	425*
1425 lb.	325*	115*	425*
1450 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
1475 lb.	325*	115*	425*
1500 lb.	325*	115*	425*
1525 lb.	325*	115*	425*
1550 lb.	325*	115*	425*
1575 lb.	325*	115*	425*
1600 lb.	325*	115*	425*
1625 lb.	325*	115*	425*
1650 lb.	325*	115*	425*
1675 lb.	325*	115*	425*
1700 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
1725 lb.	325*	115*	425*
1750 lb.	325*	115*	425*
1775 lb.	325*	115*	425*
1800 lb.	325*	115*	425*
1825 lb.	325*	115*	425*
1850 lb.	325*	115*	425*
1875 lb.	325*	115*	425*
1900 lb.	325*	115*	425*
1925 lb.	325*	115*	425*
1950 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
1975 lb.	325*	115*	425*
2000 lb.	325*	115*	425*
2025 lb.	325*	115*	425*
2050 lb.	325*	115*	425*
2075 lb.	325*	115*	425*
2100 lb.	325*	115*	425*
2125 lb.	325*	115*	425*
2150 lb.	325*	115*	425*
2175 lb.	325*	115*	425*
2200 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
2225 lb.	325*	115*	425*
2250 lb.	325*	115*	425*
2275 lb.	325*	115*	425*
2300 lb.	325*	115*	425*
2325 lb.	325*	115*	425*
2350 lb.	325*	115*	425*
2375 lb.	325*	115*	425*
2400 lb.	325*	115*	425*
2425 lb.	325*	115*	425*
2450 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
2475 lb.	325*	115*	425*
2500 lb.	325*	115*	425*
2525 lb.	325*	115*	425*
2550 lb.	325*	115*	425*
2575 lb.	325*	115*	425*
2600 lb.	325*	115*	425*
2625 lb.	325*	115*	425*
2650 lb.	325*	115*	425*
2675 lb.	325*	115*	425*
2700 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
2725 lb.	325*	115*	425*
2750 lb.	325*	115*	425*
2775 lb.	325*	115*	425*
2800 lb.	325*	115*	425*
2825 lb.	325*	115*	425*
2850 lb.	325*	115*	425*
2875 lb.	325*	115*	425*
2900 lb.	325*	115*	425*
2925 lb.	325*	115*	425*
2950 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
2975 lb.	325*	115*	425*
3000 lb.	325*	115*	425*
3025 lb.	325*	115*	425*
3050 lb.	325*	115*	425*
3075 lb.	325*	115*	425*
3100 lb.	325*	115*	425*
3125 lb.	325*	115*	425*
3150 lb.	325*	115*	425*
3175 lb.	325*	115*	425*
3200 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
3225 lb.	325*	115*	425*
3250 lb.	325*	115*	425*
3275 lb.	325*	115*	425*
3300 lb.	325*	115*	425*
3325 lb.	325*	115*	425*
3350 lb.	325*	115*	425*
3375 lb.	325*	115*	425*
3400 lb.	325*	115*	425*
3425 lb.	325*	115*	425*
3450 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
3475 lb.	325*	115*	425*
3500 lb.	325*	115*	425*
3525 lb.	325*	115*	425*
3550 lb.	325*	115*	425*
3575 lb.	325*	115*	425*
3600 lb.	325*	115*	425*
3625 lb.	325*	115*	425*
3650 lb.	325*	115*	425*
3675 lb.	325*	115*	425*
3700 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
3725 lb.	325*	115*	425*
3750 lb.	325*	115*	425*
3775 lb.	325*	115*	425*
3800 lb.	325*	115*	425*
3825 lb.	325*	115*	425*
3850 lb.	325*	115*	425*
3875 lb.	325*	115*	425*
3900 lb.	325*	115*	425*
3925 lb.	325*	115*	425*
3950 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
3975 lb.	325*	115*	425*
4000 lb.	325*	115*	425*
4025 lb.	325*	115*	425*
4050 lb.	325*	115*	425*
4075 lb.	325*	115*	425*
4100 lb.	325*	115*	425*
4125 lb.	325*	115*	425*
4150 lb.	325*	115*	425*
4175 lb.	325*	115*	425*
4200 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
4225 lb.	325*	115*	425*
4250 lb.	325*	115*	425*
4275 lb.	325*	115*	425*
4300 lb.	325*	115*	425*
4325 lb.	325*	115*	425*
4350 lb.	325*	115*	425*
4375 lb.	325*	115*	425*
4400 lb.	325*	115*	425*
4425 lb.	325*	115*	425*
4450 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
4475 lb.	325*	115*	425*
4500 lb.	325*	115*	425*
4525 lb.	325*	115*	425*
4550 lb.	325*	115*	425*
4575 lb.	325*	115*	425*
4600 lb.	325*	115*	425*
4625 lb.	325*	115*	425*
4650 lb.	325*	115*	425*
4675 lb.	325*	115*	425*
4700 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
4725 lb.	325*	115*	425*
4750 lb.	325*	115*	425*
4775 lb.	325*	115*	425*
4800 lb.	325*	115*	425*
4825 lb.	325*	115*	425*
4850 lb.	325*	115*	425*
4875 lb.	325*	115*	425*
4900 lb.	325*	115*	425*
4925 lb.	325*	115*	425*
4950 lb.	325*	115*	425*

NASA Arkansas Championships		14 Apr 90 - Conway, AR (kg)	
Men	SQ	BP	Total
4975 lb.	325*	115*	425*
5000 lb.	325*	115*	425*
5025 lb.	325*	115*	425*
5050 lb.	325*		



(article continued from page 19)

stance using back strength. On the rack depth and standing erect, knees locked. The last position is a stand up as most people cannot walk around with an extremely heavy load (up to about double your legal squat) without suffering an injury. This is done by placing a solid wooden block on the floor under the bar so the bar will be raised 6-8 inches. Put safety pins just below in case you lose control. Face outward so the bar is always against the rack. The purpose of this position is to develop confidence in unracking the squat. Also use a sturdy, adjustable rack.

After rack work, I do 1-2 heavy singles with suit and wraps. Then, a pause set which builds strength at the low position. If you can come up from a deep squat after a pause with a heavy weight (500+) after the above routine you'll come up with a heavier load in a contest when you're fresh! These are similar to box squats. Remember that you will miss an occasional lift and sometimes run out of steam, but always attempt to get at least 95 percent of the routine done each workout, and if you fail, try again next time.

Rest, sleep and CARBS are essential, especially for imagining. If you tired or low on energy, the mind won't function at peak potential. If the brain's tired, the body soon follows. My diet follows the three main food groups: beef, kielbasa and pierogies, enhanced with pasta the night before and breakfast of the workout days. Kuc Animal Paks provide vitamin and minerals, mosine, ATP, liver pills, tons of aspirin and some amino acids round things out. The amount of supplements vary with the training load and are not used continuously.

Dyna wraps and custom made Titan Suits have been used by me on all my record attempts. Pete from Titan has worked with me on each suit to ensure that it fits just right, giving me the support where my body needs it without interfering with my breathing. I've been athletic since age 4 and that is why I started lifting. An important note in equipment - keep them fresh. I use 2-4 new suits every year and new wraps every meet. The wraps are worn only 3-4 lifts before each meet and then only on the 2nd and 3rd contest attempts. Rarely do a pair go to two meets. These wraps are then used for practice 4-6 months and then canned. Why? The tighter the gear, the more you can support. Why blow a winning lift for the price of a pair of wraps. Why take a chance on a blow out with a worn suit or get injured! So often I see lifters using worn wraps that cannot give them any support or rebound. Or using a worn, loose suit that gives very little support. Why follow a routine and work your buns off for months and then compete in ineffective equipment. My equipment is rotated out while they're still in good condition, so I stay in good rack and platform. Wood absorbs shock and protects the joints.

It's interesting to note that many lifters wear high tech, solid footwear to get support for the squat, yet use DL slippers for the DL. Since they go nearly as low at the start of the DL as they do in the squat, you'd think they'd use strong footwear for support in the DL. Not so! In the accompanying photos you will note that I squat in what I DL in slippers. So much for high tech support. This routine may seem a bit weird for some readers, but unless you understand the different aspect and factors that go into training, the numbers listed are just numbers. The alone will not get you the results. Understanding something makes this and other routines work. I will answer simple questions free if accompanied by a SASE. One lift routine will be made up for \$20.00, provided the lifter sends physical info, training history and at least one action photo of the lift you want a routine for. Joe Pyra, 25 Louis Drive, Budd Lake, NJ 07828.

Many thanks to Mike Lambert for inviting me to write this article. Remember, train smart, listen to your body, use common sense, correct form and stay away from drugs.....

# PL USA ACHIEVEMENT Plaques & Certificates



APF Illinois Senior State  
29 Apr 90 - Mundelein, IL (kg)

W. Dangierfield CL	175	85	202.5	462.5
D. Riebel CL	242.5	130	250	622.5
132 lb.	125	65	175	385
148 lb.	210	130	227.5	567.5
C. Musari	257.5	137.5	242.5	642.5
D. Krueger	220	165	225	610
L. Dequaine	232.5	135	230	597.5
198 lb.	252.5	162.5	267.5	682.5
T. Dangierfield	260	167.5	240	667.5
J. Villanueva	222.5	135	250	607.5
M. Nicholson	215	125	235	585
220 lb.	305	195	290	790
J. Emiliano	282.5	182.5	290	755
D. Melina	282.5	205	267.5	755
245 lb.	275	185	277.5	737.5
P. Weiss	362.5	240	337.5	940
SHW	322.5	205	287.5	815
S. Brodsky	265	165	257.5	687.5
D. O'yer	277.5	177.5		
D. Deline				

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

The 230's new high facilities have an impressive characteristic day as he squatted out a row 10 kilo win over a strong and improving Greg Gordon. The 242's saw 1989 Junior Nancy Chynper Power and fitness owned by Nancy and Albert Falcon. Kilo weight set, and Elite Deadlift Bar Olympic Power and fitness owned by Nancy and Albert Falcon. A special note of thanks goes out to retiring Illinois State Chairman Jim Swanson, who walked me through the stage of putting on my meet in the past and has truly given me personal accomplishments (your total takes a beating putting on a meet) so that others can lift. I think I had to settle for second. My thanks go out to those that helped with the meet. Judges: Bill Grable, Hugh Freme, Bill Bumshals, Pat Brock, and Albert Falcon. (Death Phil Weiss, Director

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva

coated on the heels of a 573 squat to victory. The meet got off to a rousing start as 15 record 391 lbs. pulled a 150 kg. World Record for four more years in the team ranks. With his only been powerlifting a few months. With a look towards more than few more World Records. I've been powerlifting for a while now. I've competed class with Dave Krueger's big 363 lbs. bench keeping him close at substantial time, only to see Krueger pull a nice 545 for the win. Terry Peterson, 181's to come away with Best Lifter Honors in the light session. In the 198's, Jaime Villanueva



IT'S MY NEW INCENTIVE PRINCIPLE METHOD, AND YOUR NEXT!

IT'S MY NEW INCENTIVE PRINCIPLE METHOD, AND YOUR NEXT!

IT'S MY NEW INCENTIVE PRINCIPLE METHOD, AND YOUR NEXT!

IT'S MY NEW INCENTIVE PRINCIPLE METHOD, AND YOUR NEXT!



**SUPER DELUXE BENCH PRESS**  
Adjustable with Safety Racks  
**\$160.00**



**SUPER DELUXE SEATED PRESS**  
With Spotter Bench  
**\$185.00**

Made to use with olympic bar.



**SUPER DELUXE INCLINE LEG PRESS**  
Many find it's an easier way to get leg press. Back support at right angle.  
**\$75.00**



**Super Deluxe Lying Leg Curl**  
with 220 lb. Adjustable  
**ONLY \$500.00**



**DOUBLE LEVER BAR**  
**\$25.00**

When power lifting, this is the easiest way to add plates to the bar.



**SELF-STANDING HEAVY POWER RACK**  
GET THIS - ONLY **\$250.00**

All heavy steel welded. Comes with Squat Hooks, four 1" Solid Pins, 8" high or shorter if you want. Will hold 3,000 lbs. of plates. Made for 7' bar.

**WRITE FOR PICTURED CATALOG - OVER 90 ITEMS**  
**JUBINVILLE HEALTH EQUIPMENT, P.O. BOX 662, HOLYOKE, MA 01041**

*(Letters are edited for brevity, clarity, etc. Not all letters are published)*







