

Spotlight On Sports Nutrition

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The secret lies in two synergistic ingredients that we include in every capsule: glutathione and niacin—because they dramatically increase the uptake of chromium. So now you can take as much as 1200 mcg. at a time and get complete utilization! And that's why new Chromo-Mass Supreme™ has 1200 mcg. of chromium (picolinate) per capsule—the most usable high-potency chromium picolinate on the market!

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GH Supreme™ is a special combination of arginine pyroglutamate and lysine hydrochloride that gives you tremendous results—far beyond anything that GH releasers were capable of in the past! Take one dosage (3 capsules, or 3000 mcg.) before bed or prior to workouts.

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Powerlifting USA

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

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ON THE COVER.....Russian competitor Vladimir Ivanenko lifting with the Americans at the NASA Grand Nationals

NEXT MONTH...the APF Senior National Championships

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The Russians Have Landed!

as seen by PL USA Editor, Mike Lambert



The Day Has Dawned when Russian powerlifters have competed on the soil of the United States of America. Valerie Koznetsov, 90 kilo competitor, squatted with excellent form in the ballroom of the Holiday Inn in Atlanta.

None of the athletes spoke English, but there was an official interpreter and some of the coaches spoke English or German. Still, there was a high degree of personal communication. The Russians looked like "great guys" and they interacted with the audience through waves, salutes, and smiles. At first, their names were hard to pronounce, but soon the crowd and helpers at the meet became familiar and friendly with our guests. There was some wonderful cultural exchange. The Russian athletes and officials seemed to love American music, pizza, dancing, and shopping at Wal-Mart. They came up with a seemingly endless supply of souvenirs from Russia for sale to finance their capitalistic forays, as US dollars are obviously difficult to come up with for such trips abroad.

How good are the Russians as powerlifters? The most impressive thing about them was their proficiency at competing. Rich Peters noted that their lifting strategy was excellent. They picked the right attempts, made most of their lifts, and generally made the right moves on the platform. Obviously, the background in the similar operating structure of Olympic lifting is one of their assets in this regard. Secondly, their lifting form is excellent. These guys haven't been watching training videos, haven't had coaches with what to do, haven't been reading POWERLIFTING USA, etc., yet they knew what they were doing. Koznetsov's and Ivanenko's squats were picture perfect. Fedor Tossunid's sumo deadlift style was among the finest I have ever seen anywhere. They did envy the USA lifters on their bench press power, though.

Are they as unbelievably strong as they seem to be in Olympic lifting? They made some excellent lifts, but many of the competitors were not exactly youngsters. This team could be a TOP 5 factor in PLP World competition this November, and when they get more people into their program, they could be pushing and pulling world record level poundages. The Russians truly have landed in the World of Powerlifting.

for their efforts in bringing this historic event into being.

Rich is already organizing a return trip, involving 4 full teams of lifters (men, women, masters, juniors) set to journey back to Russia in November, right after the IFF Worlds.

As for the lifting, Zoubrik was a cagey competitor at 148, who didn't miss a lift. Tsarev was ripped and ready, but Eisenman had plenty of deadlift available to handle his challenge. Greg Jones and Tyler Maljekho were more than a match for these guys. Glen Whitlock was also a main sponsor. Rich Peters and Jim Ayers also reportedly dug deep in their own pockets to help bring this event off. Rich and Jim were also blessed to link up with people who had nothing to do with Powerlifting, but when they heard the Russians were coming, they volunteered their time and energies to show them around and look after their needs. All these people deserve congratulations



Valeri Tsarev gave Tom Eisenman a good, close match in the Middleweights

John Inzer of Inzer Advance Designs made a point of sponsoring the event and along with Marathon Distributing provided our Russian lifters with all sorts of lifting equipment: suits, belts, wraps, etc. Some of the lifters knew how to take advantage of the gear right away and others did not, but they were very appreciative. It was said that the value of what they were given amounted to an average of three month's wages for these guys. Glen Whitlock was also a main sponsor. Rich Peters and Jim Ayers also reportedly dug deep in their own pockets to help bring this event off. Rich and Jim were also blessed to link up with people who had nothing to do with Powerlifting, but when they heard the Russians were coming, they volunteered their time and energies to show them around and look after their needs. All these people deserve congratulations

The prospect of Soviet athletes competing in the sport of Powerlifting has always been an interesting topic of gym discussion. Opinions range from "When they get into Powerlifting, they'll blow us Americans out, just like they did in Olympic lifting" to "So all their truly great strength never let Powerlifting into the Olympics" to "When they start Powerlifting, then we'll get into the Olympics" and beyond. Powerlifting in Russia has been emerging from the underground in recent years, and a handful of Americans have already traveled to the USSR to compete under the aegis of the AICEP organization and Dr. Enos in Canada. Now, with the visit of 10 Russian powerlifters who competed as guests at the NASA Grand Nationals in Atlanta, GA, the circle of exchange is complete and a new era in Powerlifting has begun.

Apparently, since the first time Ed Coan, Ernie Franz and friends travelled to the Soviet Union for exhibition competition, there was Russian interest in bringing a team to the United States. For months, in early 1990, there were rumors just such a trip, and reportedly a considerable fee was paid to a promotional firm to arrange for sponsorship of the event to be held in the Washington DC area, however, negotiations broke down. When Rich Peters and Jim Ayers of NASA heard that, they went to work on their own, through Dr. Enos of the Association for International Cultural Exchange Programs (AICEP) in Canada. Dr. Enos has an amazing array of international contacts and acquaintances and is dedicated to East-West cultural exchange through sports. He came down to Atlanta in advance of the competition to participate in a press conference, and managed to squeeze quite a few words about Powerlifting in edgewise. Richard and Jim have entered into a five year agreement, through AICEP, to take teams to Russia and have them compete over here. This year, with the ball being picked up on the project so late in the game, it was not possible to do everything that they

Joe Majors gave this 600 a good, natural ride, while spotter Arnold Bates shows his sympathy with the effort. The Russians loved Joe's stage presence meet all planned and did it "just like I said" (see his bench press workout, designed to peak at this meet, on page 27), but Alexandre Lukov was a worthy competitor for Darren Robinson, Nalekin called a big deadlift at 275, and Majors and Sheodrin had a nice 90-round at SHW. Sheodrin was a participant on the USSR side in the previous USA-USSR competitions held in Russia, according to Tony Piazza, who went on the last USA trip to the Soviet Union.

Of course, this meet wasn't just about the Russians. It was a showcase competition for the Natural Nationals program, and the USA competitors earned their chance to lift in the Grand Nationals by virtue of their previous excellence in natural

lifting. Outstanding Lifter recognition went to Gregory Jones (Grand Nationals Pure), Tom Eisenman (Grand Nationals Natural), Todd Whitton (National Pure), Scott Todd (National Pure), Bobby Reese (National Natural), Bobby Taylor (Submasters), Crayton Taylor (Masters 1), and Howard Woodring (Masters 2). All the champions here were sized for a nice 90-round at SHW. Sheodrin was a participant on the USSR side in the previous USA-USSR competitions held in Russia, according to Tony Piazza, who went on the last USA trip to the Soviet Union.

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USA vs USSR Exhibition	
148	148
C. Zoubrik-USSR 225	150
C. Zoubrik-USSR 225	150
165	165
T. Eisenman-USA 260	130
T. Eisenman-USA 260	130
180	180
T. Tsarev-USSR 270	165
T. Tsarev-USSR 270	165
180	180
G. Jones-USA 305	195
G. Jones-USA 305	195
200	200
Bokhanov-USSR 320	200
Bokhanov-USSR 320	200
220	220
Koznetsov-USSR 300	192.5
Koznetsov-USSR 300	192.5
230	230
D. Scott-USA 382.5	200
D. Scott-USA 382.5	200
250	250
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Francis-USA 305	150
Francis-USA 305	150
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Turner-USA 362.5	200
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Maljekho-USSR 350	190
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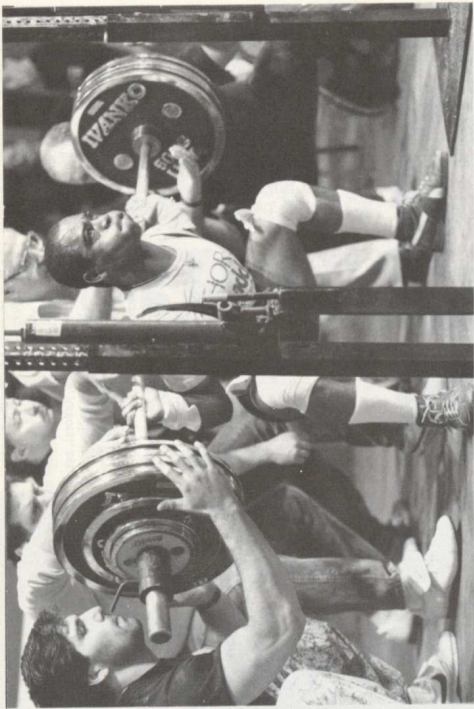
U.S.P.F.F. SENIOR Nationals

as seen by Mike Lambert

The 1990 USPF Senior National Men's Championships were promoted by Rich Peters at the ornate Diplomat Hotel, right on the beach in Hollywood, Florida. Through its hot and humid outside, air conditioning and room rates that were about 1/3 the regular cost made the lifters quite comfortable. It was the first St. National ever held in Florida, which is rampant signs and lifting activity, and USPF State Rep Dick Atmatrou was very pleased to okay the meet sanction for this one.

It should be mentioned that the USPF Executive Committee had, in March, decided not to penalize lifters who exceeded the 6 to 1 ratio on the testosterone test in the drug screening at this meet. The test would be conducted for those desiring to set records. Some members of the USPF Executive Committee were not aware of this, however, did become and coach the apparently did become aware of it as well. If a lifter were aware of it, they would not come to a meet for a spot on the USA team to the Worlds; the testing would not penalize him for this. Many questions could be asked: why take this action? why not make it more widely known? who test at all if you're not going to test for testosterone? The USPF Executive Committee is recommending that the IPF take the same action.

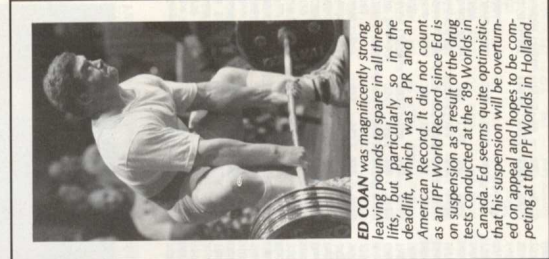
The turnout of lifters was not heavy, but there was quality in all the classes, and some very close competition in a couple of divisions. Phil Hille, a graduate student at Marshall University, turned a 20 kilo subtotal deficit to many time champion Chuck Dunbar into a 22.5 kilo victory margin after his big deadlifts, and gleefully clicked his heels for the cameras of WCX television after his last pull. Clarence Fielder was competing for the Armed Forces team but he had a special cheering section



DAN AUSTIN squats while Ted Isabella (left) spots - the Rich Peters Way. Dan was one of the Outstanding Lifters on hand for the meet, being from Florida meets, and had some name heavier at 74.4 kilos. At subtotal, Isabella meted and expressed winning the APF Juniors and the Pan Am rep, and Scott Shinko had the distinction of being the 1st man to post a total at the Senior and pro level in the 123's. Dave Pattaway has been on a great roll lately, and continued his success. One of his great assets is that he trains near the class limit and has no trouble making 123's. Tim Taylor got his spacers while Chul Yun Kim of the North Carolina team could not get his 248 opener in the bench press win.

At 132, it was an easy win for a very familiar name, Lamar Gant. Despite a few extra muscle pulls and back pain, Lamar punched out a world class total for yet another St. National win. J.D. Carr was solid in 2nd place, after Herb Blake had a tough day. He's more efficient is very tough but making that weight is very tough for him anymore. Scoot Fonville was another of the North Carolina group that there team contains only true North Carolinians - they don't recruit outside their state.

In the 148's, Dan Austin seemed as cool as ever. His 628 and 672 deadlifts were incredibly smooth and easy looking, 699 a nemesis for Dan, got twisted around on him, and in trying to compensate for that, Dan broke form and could not finish the lift. Dan, normally a very calm competitor, revealed that one major reason why he doesn't let himself get excited is that fear that he will suffer an asthma attack. He had one not too many days prior to the meet. The one time that he competed without the feeling of an imminent attack, at the Hawaii meet in 1988, he had an incredible day, leading to a 1713 total, and did let some emotion show. Dan may well have been feeling some emotion, because he had some real competition at this meet, in the form of Anthony Conyers. Tony has

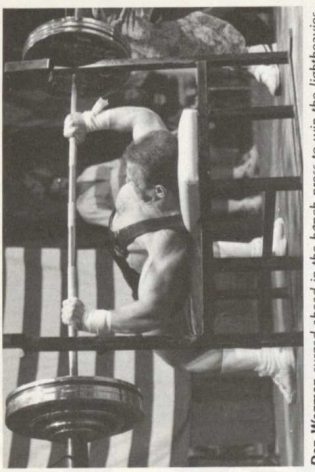


Phil Hille got his 2nd Senior title.

U.S.P.F.F. Sr. Nationals/8 Jul 90/Hollywood, FL

114 lb.	123 lb.	132 lb.	148 lb.	165 lb.	181 lb.	198 lb.	215 lb.	231 lb.	255 lb.	272 lb.	300 lb.	330 lb.	355 lb.	395 lb.	455 lb.	500 lb.	560 lb.	600 lb.	675 lb.	750 lb.	825 lb.	900 lb.	1000 lb.	1100 lb.	1200 lb.	
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G. Crenshaw	611 633 633	380 396 396	1008	617 628 650	1658
M. Krieger	655 655 694	325 325 336	1019	617 633 644	1653
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705 733 749	374 391 391	1124	688 705 732	1829	
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722 722 722	479 496 507	1218	661 683 694	1901	



Dan Wagman surged ahead in the bench press to win the lighttheatvies.

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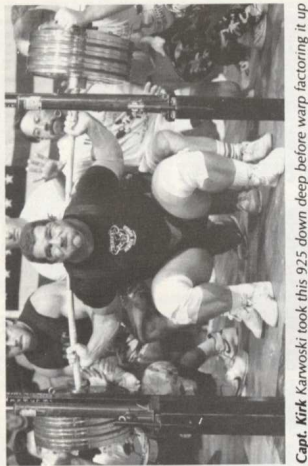
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Capt. Kirk Karowski took this 92.5 down deep before warp factoring it up



The CREW... just some of the people who were there for Meet Director Richard Peters at the meet include: Tad Peters (sitting on the bar), Ted Isabella (gripping it), Jeff (kneeling at right, behind the plates-- he handles the Inzer sponsored Bench Press Tour), contest announcer Bill Slish (far back, left) in back of Leo Fleming, Rich is in the center, and in front of him are Bobbie Newgard of Montana (left) and wife Marsha Peters (right). To Rich's left is Mike Liccardi. We apologize to those who were unidentified



The REFS... front row, Vince White, Fran Haley, Stella Herrick, Karen Armasco, Bud Mucci; middle row, Bill Hartmann, Don Haley, Elaine Bolster, Lucian Gillis, Tobey Johnson, Daryl Johnson, Bill Decker, Marie Herrick; back row, Ernie Gilbert, Roger Pardue, Ben Brent, Carl Herold, Sean Scully, Richard Herrick MD. Several other referees were not present for the photo.

Francisco on November 3rd and 4th, and that meet will also serve as the USPF Jr. Nationals. The Masters Nationals goes to Tim & Sandy King in North Carolina on May 18th & 19th. The USPF Presidential election was won by Jan Shendow (37 votes) with 16 votes for Rich Peters, Jake Boyer - 0 votes, Nate Foster - withdrew and 1 abstention. Bob Auguster and I abstention. Bob Foster is the new treasurer with 32 votes to 21 for Jim Ayers (Foster withdrew), and the Vice President is Hammonds of Irving, Texas.

similarly for the contest, but the scorekeepers were able to figure out who placed where.

In the 275s, Calvin Smith (now out of Colorado) eased away with the 6-11 nicely, and John Santos (Mission Viejo, California) got a strong 2nd place. Harold Collins of the North Carolina team, a full-blooded Lumbee Indian, got the biggest bench of the meet, to finish ahead of Swainston "Junior" Faumassili of American Samoa and the Armed Forces team. An upsized Bill Linder pulled a hamstring in the squat and token deadlifted his way to Number 5.

In the Supers, Mike Hall decided to heal up his sciatic back condition the day he won the WDPFF Worlds in France the weekend before on easy lifts, however, and O.D. Wilson was off to Europe for strongman competitions. Kirk Karowski made his move and came in at 280. He had squatted 1005 in training, and his attempts at this meet were outstanding. 925 on his 3rd was very deep and he recovered from it quite strongly. Tom Benoit of the Armed Forces team also came into the class light at 279, and had a close call getting a squat okayed by the judges.

The true Superheavyweight of the meet was 18 year old Marcus Henry of Shilbee, Texas. The current Texas and National High School champion weighed 390, and carries his weight well on elephantine joint structure, capability is somewhere in the 900-1000 range, but his groove moved around on him at this meet and he only got the 804. Still, he perked up to pull a Junior World Record deadlift on his final try. He is raw, unrefined power personified. When a lift starts to stall, he just yells and it starts moving fast again. After the awards ceremony, Ed Coan went out on stage with Marcus and the young lad spontaneously picked Ed up too. Truly, "The Big and the Strong" as announcer Bill Slish noted.

The team competition was won by Black's "Health World" with 113 points. "Just the first leg" said John Black, as he intent on winning the APF and ADFFA team titles this year as well. Rumors floated that the Armed Forces team may not be funded next year, but they did come in with 92 points to 46 for North Carolina.

Outstanding lifters for each session were Dan Austin, Aubrey Alexander, Ed Coan, and Vin Smith, and Ed took the overall Champion of Champions award in classic fashion. The team to beat in the Men's Worlds in Holland this November is comprised of the class winners, plus unranked alternate Steve Anderson, Dave Jacoby, David Ricks, Anthony Conyers, and George Herbig. Coaches are Sean Smith and Bob Fortenbaugh, Rich assistants including Ron Rasmussen and Buddy Duke. Stella Herrick will be manager.

Next year's Seniors will be a combined Men's and Women's meet in Dallas prior to the Rich Peters World's. With the 1991 Women's World's taking place in May, there will be a Women's World qualifier at the Iron Man Woman contest in San

Aze Jenkins, Dave Karam, Sergio Zenobi (of BASIX meet promotions in California), and Kevin Summer totaled out the 165s nicely. Jon Smoker was there for a Masters World Record Squat attempt, but got excited and forward on his first 501 and the 589 try.

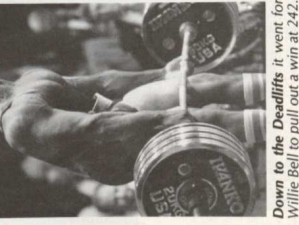
Michigan State grad student Dan Wagman claimed the 181s nicely, over ADFFA star Howard Krieger, and Rickey Dale Crain (who weighed only 172.6). Russ Holman and Chris Parker, both of North Carolina, were in only their 2nd meet. Pat Roche, a long time teenage and collegiate star, looked and lifted great.

Chip Hultquist and Virgilio Diaz represented the host state of Florida well, and Virgil probably enjoyed his lifting as much as any other lifter at the meet. Shawn Carson had real troubles in the squat and bombed. Gene Bell looked great (got 3rd place in Mr. South Carolina recently) and left no scraps for the Georgia Dawg, George Herring, to chew on when he went a smooth 9 for 9. Buddy Duke made a painful deadlift to finish 3rd, despite the terrific squatting of Rob Wagner. Greg Crenshaw used some of Elite Sales new flourished NIKIE deadlift shoes to finish 2.5 kilos over Mark Krieger in 6th.

In the 220s, Ed Coan was almost 20% ahead of his competition. He didn't miss a lift, had more in him on each 3rd attempt, and the only glitch came when he came out for his opening deadlift and wanted 810 instead of the 788 the score table had on his card. His squat, deadlift, and total will be new American records.

Sly Anderson came into the class at only 204.6, but strongly edged Burns Hughes, who blew a suit and nonchalantly walked away from the platform, giving the audience a show they buzzed about for quite a while. Mark Payne and Robert Dyer jockeyed for the final spot in the class.

In the 242s, it was an inspired battle between many time national and world champ Dave Jacoby and Gene Bell's cousin, Willie. Their pickings switched, or could have, with almost every deadlift attempt they made, but Willie's 804 was the key lift that Dave couldn't overcome. Paul Fletcher and Robert Keller looked and dressed

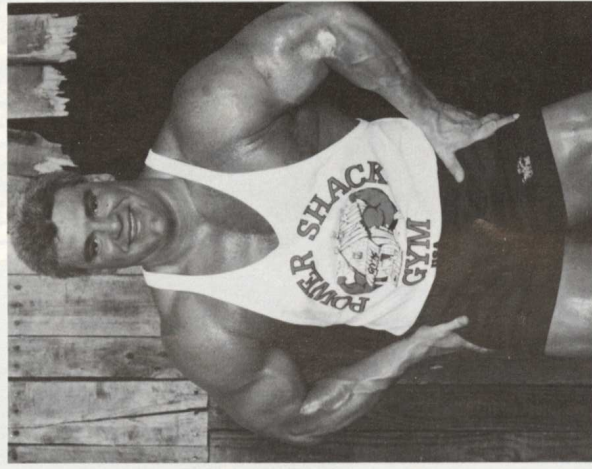


Down to the Deadlifts it went for Willie Bell to pull out a win at 242.

INTERVIEW

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

KEN LAIN as interviewed by MIKE LAMBERT



Big Ken is ready for another assault on the 700 lb. zone (White photo)

PL USA: What are your immediate plans and goals?
KEN LAIN: I hope to push that 708 mark up some this year. This will be my last year at this bodyweight, as I want to go down to the 242s. After doing the 708, that was my plan, but there's been so much controversy on that lift that I feel like I need to do it again. Hopefully, I'm going to mark up a little bit more. As soon as I do that I'm going to get on a diet and pull the weight back down and compete in some of the lower classes. I feel a lot better, and I'll be able to do some other sports and stuff besides powerlifting. At the weight I'm at right now (307), I lift weights and that's about it.

PL USA: Suppose you weighed 350. Do you think you could bench 800 at that weight?

KEN LAIN: Gosh, if I could get to 350, yeah, but I don't see how I could possibly get that heavy. I'm eating so much now. I'm so sick of it. I never thought that I'd say that. I eat everything I can get my hands on. Anything that's there, if it's not tied down and it doesn't bite back, I'll eat it.

PL USA: I know what you mean. I called the gym today just after you left for lunch. The guy said that you'd be back after 5 so I guess it must have been a long lunch.

KEN LAIN: (laughs) I don't eat the whole time; probably half of the time. That is a long lunch hour but that's what I usually take. I try to get a nap in the afternoons if I can.

PL USA: Do you work at your club (Power Shack Gym in Abilene, TX) both in the mornings and evenings?

KEN LAIN: I work both. I come back in the club around 5 and stay here until 7 or so, just depends on the traffic. It works out pretty good for me to take that break in the afternoon after lunch. At any rate, I don't think I could ever weigh 350 unless something came up to give me a bigger appetite than I've already got. I've always thought that when it comes to eating I could put anybody to shame, but I've really just gotten sick of it. I'm actually looking forward to the baked fish and baked chicken. I never thought I'd say that.

PL USA: It's good that you're looking forward to dropping weight. You'll probably do well when you do it. I wanted to do anyway. I like to water ski and snow ski and I'm usually pretty active in a lot of other stuff, but not this year. We took the boat out about that time ago and I broke 2 ski ropes. I'm too heavy.

PL USA: If you could change anything about your lifting career so far what would it be?

KEN LAIN: I can't complain. What I've done, I've done pretty quick. I haven't been in the sport that long. I never really planned to break that

lower or for bodybuilding or what, there's no telling. Within the next year or so I'd like to try a shot at that 242 record. At the very least, it's going to be healthy for me to pull down that low. I'll at least be leaner than I am now. I carry 280 really well. If I get down to 255 and just drop water off to 242 then I'll have a good shot. That's a pretty good path I've set for myself so far. We'll see what happens. Right now all I'm worried about is running this Super record up a little bit, so that everyone knows it wasn't a fluke the first time. After getting that done, I can go and concentrate on other things. I've been through off about a year going after the Super record again, but nobody has hit up in the high numbers twice so at least I'll be the first.

PL USA: What is your opinion on the subject of Ted Arcidi?

KEN LAIN: Ted was the first man to ever bench 700 lbs. Nobody can ever take that away from him. I respect him for that. For me to think that my record, even if I run it up to 722 (which is where I'd like to hit), is going to last forever is ignorant. I know that it's going to be broken, but at least I set the milestone for people to be shooting towards. As far as Ted Arcidi, he's the one that set the pace for all of us and you have to respect him for that. I don't know the man personally, never have met him, but I'm sure I could get along with him. If not, I'd break his knee. (laughs)

I don't have any ill feelings towards him. I think he feels like he's lost something as far as his record goes, but really he hasn't. If he never benches again, he was the first one to crack that 700 lb. barrier. He will always be remembered for that. His name will be mentioned as well as he's going to be. I'd probably have to break the 800 barrier. Until the man breaks that next 100 lb. increment, Arcidi's name will be on top.

PL USA: Do you have any special tips for the beginner or intermediate lifter on their bench?

KEN LAIN: Part of the problem I see is that people try too much too fast. I try to tell them to follow realistic goals to start out with. Have that goal in the back of their mind, but shoot for a ten percent increase every 3 months or so, instead of shooting for 150-200 lb. gain on their bench and risking injury. That's the problem I have with my younger guys here in the gym. I have a hard time holding them back and keeping them from overtraining and injuring themselves. Make your short term goals realistic, so that they can be achieved. Over a year and a half to two years of training, ten percent increases 3 months at a time adds up. One bad injury can stop you cold, so stay away from overtraining.

KEN LAIN: I don't know, I may go to throwing horse shoes. (laughs) I've always said I should have gotten in to synchronized swimming anyway. (laughs) I guess I'll just have to wait and see. There'll be a door open by that time anyway. Heck, I don't know. Maybe I'm too easy going. Even if I run things up the way I want to, I'll continue to train. Whether it'll be up in a heavier class or down

a good, respectable heavy weight and still have a physique that people would like to have.

PL USA: Say you pushed the record in the Supers, whenever you want it to be and then you go down to 275. What would your goal be there?

KEN LAIN: I'll probably hit a meet somewhere down in the 75's. I figure if I'll probably take me a year to do it and pull down to 260 or 265 by eating good foods and training hard. Somewhere in there I'll stop and hit the 75's, but I do want to try a shot at that 242 record.

PL USA: Okay, say you do all those things. Then what?

KEN LAIN: I don't know. I may go to throwing horse shoes. (laughs) I've always said I should have gotten in to synchronized swimming anyway. (laughs) I guess I'll just have to wait and see. There'll be a door open by that time anyway. Heck, I don't know. Maybe I'm too easy going. Even if I run things up the way I want to, I'll continue to train. Whether it'll be up in a heavier class or down

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

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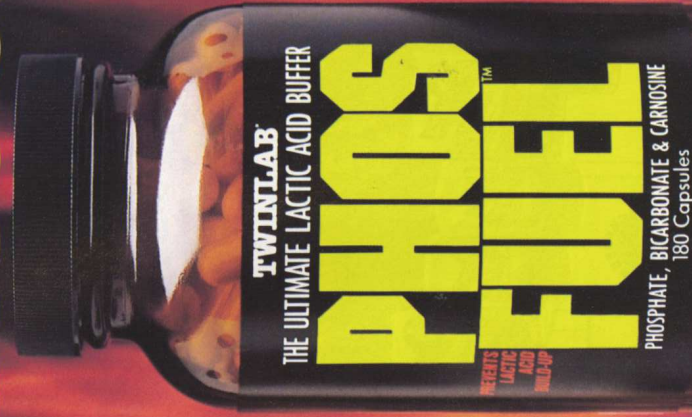
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DAWN RESHEL UPDATE

by Greg Resffel

A: Right, perhaps the best developed female back on the planet belongs to Dawn Resffel. Last month's article on Liz Odenaal mistakenly indicated that she had posted the highest Malone Formula total of all time. Dawn, along with several other women lifters, has exceeded LIZ's mark on several occasions

Have you ever wondered what it would be like to be consistently breaking new ground, achieving numbers no one had even thought would be remotely possible. There is one individual who is doing just that - Dawn Resffel. Dawn has established herself time and time again as the strongest female powerlifter in the history of the sport.

Since 1987, Dawn has set the sport of powerlifting on edge establishing all new criteria for just what a female is capable of lifting. She continued this string of amazing lifting through 1988, and then had an off year in 1989. Changes in her personal life (she was divorced that year) caused her to re-evaluate her goals. Most lifters would have quit the sport altogether, but Dawn decided to continue training. At the Senior Nationals, she came out and was met with another "blow" - she bombed. If you have ever witnessed a lifter bomb out of a meet, you usually see anger and then the lifter disappears for the rest of the contest. Dawn is a true champion; she not only weaved and thanked the audience, but she stayed on to help other lifters complete their meet. She never once complained. She considered her mistakes and decided not to peak for the rest of the year. In fact, she did found a team. She competed at the WPC World Championships with a deadlift of 567 in the United States.

In 1990, Dawn is ready to begin to establish new records. Without peaking, she went 1435 as a guest lifter at APF lanes. One year later, at 181, Dawn uses 580, 310, 590 for 1680, breaking her existing world records in the squat, bench and total. She is now planning her peak for APF Seniors and hopes to crack the 1600 barrier this year.

When asked what makes a champion different from another lifter, Dawn replies, "The only difference between me and a novice lifter is that I watch the sport and expect Dawn to break new ground with every contest. I just Dawn peaks only when she is ready. She isn't afraid of embarrassment to compete when not at her strength peak. Dawn gives a great deal of thanks to those individuals that come to meets to watch her and others lift. We as competitors cannot forget the fans of powerlifting for



their support during a contest. No matter what the outcome, whatever my performance may be, the audience always deserves a sincere thank you.

I asked Dawn some specific questions, here are her responses:
Q: What is it like to have to open above other lifter's competition lifts?
A: It may sound funny but I really don't pay attention to what other lifters are doing. My openers and subsequent lifts at each meet are contingent upon my training, how I feel, and what my specific goals are. I think watching others actually deters from a lifter's performance.

Q: How does it feel to compete without close competition?
A: While I'm training, I'm concerned only with being the best I can be. I believe everyone should welcome intense competition because it helps bring out the best in a lifter's potential.

Q: How have some men felt about your totals and records?
A: I truly hope that men do not feel bothered in any way by the lifts that I do. I am not and never have been competing with men. My only desire is to find what my ultimate potential is. There are many men who have been instrumental in my successes and it would take a whole article to mention them all. I am very grateful to all the male lifters that have wished me well and offered their support.

Q: What about nutrition and training.
A: I've always been an advocate of proper nutrition and a balanced diet. Sometimes with working full time and training, I don't always eat as I should. I've found a new supplement program put out by Omnitrition Inc. I've never been that fat really made a difference this year. I feel stronger than

With regard to training, the old cliché "No Pain, No Gain" is quite different from my philosophy. Mine is "If you Train in Pain, You Win". I rely on correct and continuing training to avoid injuries and overtraining. Injuries will set you back for at least a month and can end your career. My advice to any lifter is train smart and start with a good foundation.

If you wish further information about Dawn's nutrition program or training advice, please contact Dawn at Power Excal, 7700 Milwaukee Ave., Wauwatosa, WI 53213; 414-771-9479 or 414-224-0840

More on Dave Pasanella... Beau Bock, a prominent sports personality in the Atlanta area, wrote the following comments about Dave in his column in the Atlanta Daily News: "He was a man amongst men. A veritable icon for the popular expression of the times, 'just do it.' Dave Pasanella, Georgia Tech's director of player development, did it. He accomplished more at his age (28) in the heavy iron game than any other before him. Blessed with quick mind and wit, he was in demand as a motivational speaker. The essence of his motivation message was goal setting. 'Set realistic goals, pay the price of hard work, and all your goals are attainable.' Dave designed the state of the art Georgia Tech strength center. It was a strength athlete's paradise and a high profile recruiting tool for Tech athletics. Inevitably, the strength room doors would be flung wide open as the visiting team meandered in to get dressed. The hydraulic squat racks and thousands of pounds of heavy iron created imposing food for thought for the visitors. That was the scene which greeted Georgia football players last Dec. 2. For the first time in recent memory, Tech manhandled the Dogs at the line of scrimmage. George lost and the post-game interviews were conducted in the weight room. To a man, the Georgia players were impressed. "They won seven games right here in this room," Georgia defensive lineman Hiawatha Berry said. The game was a benchmark for Georgia Tech football. That was Pasanella's room. That was Pasanella's strength program. If there can possibly be any rationalization to this loss, then maybe it is that it is better to have had a memory of what he stood for than never to have known the man at all. Dave Pasanella will be missed. He was a great one."



Winning USA Women's World Team includes (bottom row, left to right) Rachel Mathias, Jackie Pierce, Chris Ramirez-Berria, Brenda Yancy, Lucy Conroy, and Ruth Walker. Photograph provided courtesy of Greg Mathias

Book Review...Book Number Two in the "Drugs in Sports" series by Mauro Di Pasquale, B.Sc., M.D., is entitled "Anabolic Steroid Side Effects, Facts, Fiction and Treatment". It is yet another attempt by Dr. Di Pasquale to bring science and fact to the forefront in discussions about steroid use and abuse, in order to refute the popular mythology that has surrounded these substances. As his research into the field continues and expands, one book is not enough to cover the many aspects of the situation fully, so Dr. Di Pasquale, a former world powerlifting champion, is producing several smaller books on specific areas, and this is another of them. The subjects covered include Liver Dysfunction, Hormonally Related Side Effects, Cardiovascular Effects of Anabolic Steroids, the Psychology of Anabolic Steroid Use, Anabolic Steroids and the Immune System, and Miscellaneous Side Effects. Though Dr. Di Pasquale notes that, as used by most athletes, the side effects of anabolic steroid use are largely minimal and reversible, however, in certain susceptible individuals and in the case of long term, heavy users "can result in significant short term, and long term side effects". Anabolic Steroid Side Effects is recommended reading for those concerned and is available for \$15 US funds plus \$1 postage and handling from MCD Press, 23 Main Street, Warkworth, Ontario, Canada, K0K 3K0

MORE ON CHUCK BRAXTON

by Keith Hartman

At night, Dr. R. Keith Hartman from North Carolina squatting at the 1988 U.S.P.F. National Master Championships, hosted by new USPF President Ian Sherwood and his wife Lynda in Salt Lake City, Utah, the meet where he bombed out in the bench, but got some of the most important advice of his lifting career from the legendary Chuck Braxton.

On Sunday morning, May 6, prior to catching my airport shuttle on the way home from California, I had coffee with the legendary Chuck Braxton. I met Chuck 3 1/2 years ago through Bob Woodward, Chuck's lifetime family friend and owner of the Powerhouse Fitness Center in Raleigh. I have trained at Powerhouse since opening my practice in Cary, NC, seven years ago. Chuck staged an 'exhibition' for the everyday gym rats while doing his 'regular' training workout. Believe me, watching someone do reps and sets with 650 lbs. in the squat, and sets of 'good morning' with 425 lbs. left us with our chins on the floor. Chuck was visiting his mother and father; that weekend was one I will hold in my lifting memory forever. Chuck spent 6 hours at the gym with 8 to 10 of us, answering questions unburdened, openly and in full detail until we were all talked out. The training session was followed by a trip to the local steak house, where I learned first hand how a man who totes that kind of weight sustains his energy levels. God, Chuck could eat! On the plane trip to Raleigh, I reminisced about Chuck becoming a real part of my life. 2 years ago at the Masters in Salt Lake City, Utah, I was in the 181 lb. class and the day had started off super. Judging was strict, but I had gotten a 583 squat as was really feeling psyched. However, I bombed the bench with a 293, which I had tripled in the gym. I was so dejected I had my long time friend, spotter and supporter, Mark Byrd, left the venue and went up to our room. I was brooding and quiet, and I recalled feeling empty, unfulfilled, and frustrated. The anger was about to set in when we heard a loud knocking at the door. A rasping voice commanded, 'Open this damn door, Doc!' When I did, I was confronted by a huge white-haired, full-bearded man who more than filled the doorway. Chuck Santa Claus' Braxton pushed past me into the room and instructed me to 'close the door and sit down Doc,' 'Cause we gonna talk, NOW!' During the next two hours, this platform legend and walking training manual, performed the old Marine ritual. In other words, he tore me down and then rebuilt me, taking out the wrong parts and putting in the new and improved ones. Unsolicited, Chuck first went through



all the lifts, painstakingly diagnosing and correcting my form errors. Then, he proceeded to outline a training program for me in complete detail. We also talked about training with warming up. Later, we moved into platform tactics, and most importantly, we discussed psychology (e.g. how to achieve a state of 'co-operative' attitude for the length of the competition). Through Chuck's questions and probing, I understood what led to the bomb in the bench. One specific question was, 'Why did you come here this weekend, Doc?' My answer: 'To compete in and win the National Masters.' If my answer was genuine, Chuck helped me to realize that I needed to attack my training with renewed vigor. Most importantly, I could achieve my goal if I had the guts to face the mistakes and work twice as hard as before. Chuck said, 'I have someone else to help,' and he left the room. By that time, I was over the 'bomb-out blues' and was excited to get home and begin training according to the philosophy of the Braxton method. Before Chuck left, I thanked him for his time. He told me then and there that what he had just 'passed on' to me had previously been 'passed on' to him, and that I owed him two things. Of course, I was ready to pay anything, but Chuck just smiled and said, 'You owe me one national championship and a promise: when you see someone who needs to learn what I taught you, take the time to 'pass it on'. Well, all of our 'coffee-time' reminiscing was very pleasant. Chuck told me in private that I had fulfilled the first part of my debt, but the second part would never be finished till they put you in the box, baby.' On Monday morning, May 7, at 7:15 (just 24 hours later), I received a phone call. Bob Woodward told me that Chuck Braxton collapsed and died the previous afternoon in the warm-up area, while preparing for his opening squat. The man who has been my mentor was going to his final reward. So many of us have been touched by your example, and those helped by your examples are legion. Your life and behavior as a man and a lifter serve as an inspiring example for all of us. Thank God for your time with us, and now, rest in peace Chuck; you have earned it!

Dr. R. Keith Hartman

Meet Sanctions Benefit the Lifter

Position Statement by the APF Board of Directors
The opportunity to exercise our 'Freedom of Choice' is widely available in the sport of powerlifting. The choices seem endless ranging from suits, barbells and belts, to many different lifting federations. Lifters are faced with a variety of decisions to make, however, one decision should be a quick and easy choice. Participation in UN-sanctioned open powerlifting meets is NOT recommended.

Many lifters, spectators and coaches are not aware of the true purposes and benefits of the sanction for contests, and don't realize that un-sanctioned meets are unfair to all lifters and degrade the sport. From the roots of powerlifting, when it was associated with the AAU, to now, with the separate federations, the organizations have all worked hard and developed quality systems of operation. Sanctions granted to meet directors by these federations are the lifter's 'insurance policies' that the contests will be conducted according to a set of rules, and applied equally to all lifters within a contest, as well as applied identically to contests around the country. Therefore lifters can compete fairly with each other universally and insure fairness to themselves at a contest.

The following list shows the important features of a sanctioned contest (things lifters usually take for granted), and the dangers of un-sanctioned powerlifting contests:

- 1) All rules of that federation will be adhered to consistently throughout the contest and applied to each lift, flight/session.
- 2) experienced and certified judges will be present who have a 'trained eye' and will judge all lifts and lifters equally.
- 3) official, fair and controlled weigh-ins take place.
- 4) property weighed, safe and ample equipment is used.
- 5) procedures of the contest as a whole are official (flights, timing, breaks, announcer, workers, etc.)
- 6) your lifts count, and are recognized by the federation and can be a record (state, age-group, national, etc.) and can qualify lifters for bigger meets, and for classification rankings.

UN-Sanctioned Powerlifting Meets are Unfair to Lifters because there is NO Control Over:
1) weigh-ins: lifters may not make weight (close enough!), or weigh in at all; weigh in on bad scales (favors some); weigh some lifters too early, etc.
2) facility problems: bad, unsafe bars or plates (light or heavy); not enough equipment or space, bad platforms; inexperienced spotters (take the bar too soon, miss a spot, etc.)
3) judging problems: uncertified, inexperienced judging; too strict or too lenient (inconsistent); favoritism or prejudiced judging; misloads; don't know rules; any set of rules used on the spot, etc.

Examples of How Participation in Un-Sanctioned Meets Hurts Powerlifters:
A. A lifter made a big squat in an un-sanctioned meet; it was high, but passed, and he actually weighed one pound heavier than the class limit. His lift bumped other guys down on the TOP 100 list, who made their lifts in a sanctioned meet with certified judges, and who did deep squats, and made the required bodyweight.
B. A lifter made a personal best press in an un-sanctioned meet with a fast call from an un-certified referee, and bounced the bar off his chest as well. Other lifters in the meet didn't each get a fast call. He later went on to compete in a sanctioned contest, and wondered why his same lift wasn't passed, or why the call seemed so 'slow'.
* The APF Board of Directors would like to reward legitimacy, and have lifts listed in the TOP 100 noted with an asterisk to allow lifters to recognize efforts made in qualified meets.

All powerlifters need to make sure they are aware of the various lifting federations and belong to one, whether it's the APF, the USPF, or the ADPPA, and attend their sanctioned contests to benefit that federation and themselves. - Ernie Frantz, APF President.

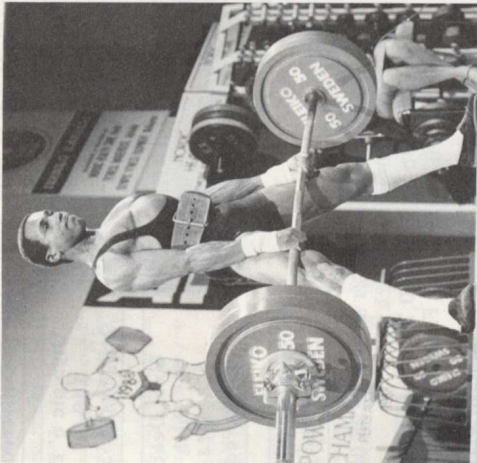
Powerlifters are too goal-oriented and hard-working to leave such things to chance as lax judging, vague rules and poor equipment. Don't leave yourself open to disappointment; know what you are getting into and make your lifting country. - Carl Herold, Jr., APF Board Member, West VA, State Chairman.
I wouldn't even consider going to an un-sanctioned meet. It's dangerous to you personally, and it's unfair to everyone. - Maris A. Sternberg, APF Board Member and Technical Officer.

Lifting in un-sanctioned meets only puts money in the pockets of unscrupulous promoters. - Larry McCauley, APF Board Member and Master's Chairman.
To ensure strength in powerlifting, certified judges from any federation should only refer from becoming just contests of gym lifters' boasting of their 'gym lifts' - Mariah Liggert, APF Board Member.

We lift in meets to test our limits and to compare our best efforts to other lifters across the country and around the world. The only guarantee of legitimacy is a qualified lifter in sanctioned meets. - Greg Reshel, APF Board Member.
I concur with all the above recommendations. - John Bayliss, APF Board

POWER PROFILE

Dave Pattaway as profiled by TOM SLEAR



At Force Staff Sergeant Dave Pattaway's pre-lift routine never varies. He approaches the weights at one end of the bar as if he is about to kiss them, and whispers, 'You're steel.' Then he walks to the weights at the opposite end of the bar and says again, 'You're steel.' Finally, as he gets ready to grab the bar and lift as much as four times his body weight, he mutters to himself, 'I'm steel.'

By now, Pattaway is convinced that his 125 pound body is no longer mere flesh and blood, but a solid piece of machinery that will overcome whatever obstacles the plates at each end of the bar present. It's not much of a procedure in a sport known for, shall we say, 'pretentious psyche, but it works. Last February, at the Armed Forces championships in Pennsylvania, Pattaway was talking to the weights as earnestly as he ever had in his 15 year competitive career. Robert Blake of the Navy, Bobby Adams of the Army, and the Air Force's Timmy Taylor and Pattaway gave the 125 pound class a truly big time feel. The four of them were the best in the United States. They all had lifts among the Top 10 in the world. As the reigning national champion, Pattaway was the favorite, but Adams had upset him in 1989.

Worried? Somewhat, but Pattaway was reassured with the knowledge that the Armed Forces championships always seemed to bring out his best effort, though he's not sure why. Maybe it's the nature of lifting like Ray Long, who got his first career lift in 1984. Ken Westwick, Orlander and Ken Westwick, Orlander make it plain old sense to people, or squid is going to walk by, or get a bare knuckle fight. Whatever, Pattaway recognized the feeling and planned to ring it dry.

I was more excited about the Armed Forces championships than I've been for world championships,' he said while sitting comfortably in an office adjacent to his work area at Andrews Air Force Base in Maryland a week after the tournament. 'It had to be the highlight of my career. People were coming up to me and saying, 'Man, I'm glad I'm not in your weight class. It's going to be a serious fight.' It was one of the best 125 pound classes in the world. But that was why I was there. I just loved it.'

Some of Pattaway's affection, no doubt, had to do with the fact that he won. His total, 1289 pounds, was his best, being Blake and giving him the crown on bodyweight. In the squat, Pattaway lifted 502.10 pounds under his career high. He benched 237 and deadlifted 551 pounds. Both were his best ever.

Pulling out a win among that kind of talent made Pattaway a good bet

for another national championship, which would be his fifth. One title remains, a world championship, and he realizes that may take a year or more. Standing in this way is the steel-like obstacle of Hiro Isagawa, who won't simply roll over if someone were to walk up and whisper in both ears. To seriously threaten Isagawa, Pattaway knows he has to get over 1300 pounds consistently. He plans to chip away at the difference gradually, a pound here, a pound there. He's 30 now and his figures there's no rush.

As he said, 'I've been bitten by the powerlifting bug. I can see myself lifting competitively for another 10 to 15 years in a school in Freshford, New Jersey. Pattaway wrestled and played football and tennis. A few small schools offered wrestling scholarships, but he wasn't interested in the academic demands of college. Instead, he went to trade school and then worked as a car mechanic.

After four years, Pattaway quit school, second at the Air Force championships in 1986. He won his first title. Since then, he has won the National Air Force and Senior National titles every year, including coming second at the Lifter competition in 1989. In world competition, he has placed second twice and fourth once.

Pattaway starts preparing eight weeks before a major competition.

He lifts on Mondays, Wednesdays and Fridays at the base gym at Andrews with four other powerlifters, though he is the only one on a national level. Each session is 90 minutes. On Tuesdays, Thursdays and Saturdays, he does some sort of aerobic exercise; jumping rope, riding on a stationary bike, or working out on a rowing machine.

On Mondays, he concentrates on squat, doing leg curls, extensions, leg presses and bench hops in addition to squats. Wednesday is bench day and consists of flat benches, close grips, reverse benches and various traps and deloid work. On Friday, deadlift day, he does deadlifts, bent rowing, lat pull-downs, pull-ups, traps and biceps. He begins to cut back on his lifting about 12 days before a meet.

Pattaway apportions roughly 60 percent of his success to his work in the weight room. The rest comes from a carefully regulated diet. 'Mentally, it was hard for me the first couple of years, because I wasn't eating right,' he said. 'I needed to sit down and take a close look at my diet. When I ate right; high protein, low fat, chicken, fish, carbohydrates, vegetables; my lifts were going good. I got stronger. When I ate junk food, it was the reverse. Besides, I feel so much better anyway.'

Also, he is committed to staying natural.

'I'll get out of it, I'll quit before I'll take something for an advantage,' he said emphatically. 'I want to win, but I want it from me. I'll make whatever I achieve, that much better.'

When he comes up for re-enlistment in December, chances are better than 50-50 that he will get out. His unit, which works on the jets that zip senior government officials around the world, is considered elite, but by the nature of its clients, it is also split-and-polish. As a seven year veteran, Pattaway has little patience for picking up trash.

Still, there will be a lot of mixed feelings when he leaves. (His plans are unsettled, though he will probably try to make use of the post office experience he got while stationed in England in 1967 and 1968.) He admits that the Air Force has been the major reason for his spirit to the top of the powerlifting community. Other military lifters have pushed him and his commanders have willingly given him time off to compete. Even a week after he had returned to Andrews, his co-workers were still congratulating on his victory to offer congratulations on his military title.

'I really don't want to get out,' he said. 'Maybe I'll get transferred somewhere else, I'd stay in, but I don't want to spend another two years at Andrews. Either way, I'm with powerlifting for a long time. My main goal will be the only thing I haven't won, a world championship.'

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More From Ken Leistner

'Milk Bashing' seems to be an in thing of late. A number of muscle building periodicals have recently taken milk drinking to task, and as occurs on a periodic basis, milk's turn as a 'suspect food' has become a topic of lively discussion. At almost any time, one food or another falls under suspicion as a detriment to good health, a possible carcinogen, or an impediment to a flourishing sex life. I can recall the late 1970's when the media informed us that coffee had been linked to the development of certain cancers. I couldn't care less, having never drank coffee, but those around me were rather concerned. Within months, beer was tagged as a 'carcinogen', and while I, as a teetotaler, was above the ruckus, many of my fellow lifters and friends were upset. As one St. Louis lifter told me 'First it's coffee, now beer.' They took the sacccharin away years ago, and I dropped half my diet. Next thing, it'll be real food like hamburgers.* Needless to say, hamburgers were next. 'If cooked at high temperatures as they would be on a grill or barbecue there is a strong correlation with a number of carcinogenic agents.'

In one fell swoop, hamburgers, coffee, and beer were branded as 'bad foods'. Realistically, most hamburgers are too high in saturated fats, coffee has little to offer nutritionally, and beer isn't on any nutritionist's list of 'Dos', but the negative label was so strong that the reality of being able to safely and healthfully include these foods into one's usual diet was lost. Milk is now undergoing a similar fate.

Needless to say, if one cannot properly assimilate and/or digest milk, it should not be part of the daily diet. This is so obvious as to be ridiculous to note, but most of the articles in the lay press stress the 'undigestibility' of milk as its drawback. As an example: 'Without lactase in your digestive system, there can be no assimilation of the lactose and galactose found in milk... other unpleasant side effects are severe diarrhea and nausea to the point of vomiting. Both of these processes make it much harder for your body to assimilate the nutrients you put into it. They will also adversely affect your training, because you will experience a certain degree of dehydration accompanied by a weak and tired feeling.' No kidding!

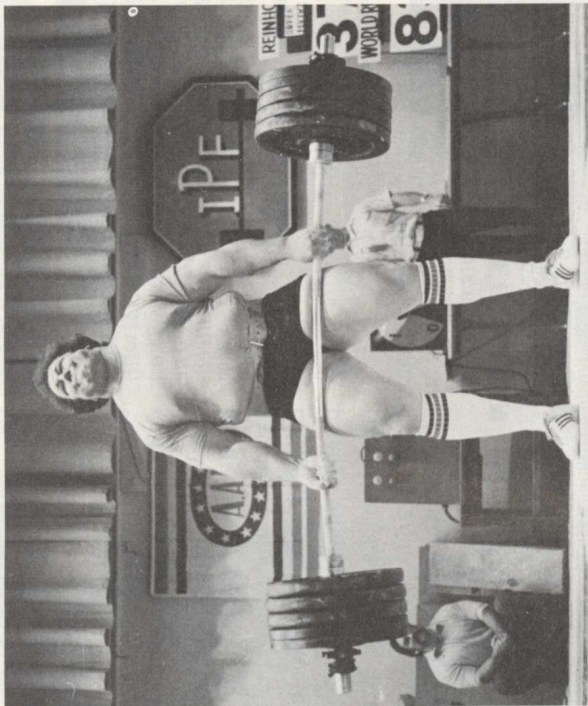
If I ate or drank anything that regularly made me suffer with 'severe' diarrhea and nausea to the point of vomiting, yes, I would fully expect to have my training suffer. Anyone who consumes a food that continuously makes them ill just isn't using sense, and I would agree that their training would be adversely affected. I can recall my own training being adversely affected when afflicted with the rampaging intestinal runs interspersed with bouts of projectile vomiting.

Obviously, one should not put themselves behind the nutritional ethiball and, in truth, this is the primary complaint about milk. Simply, if you don't have the enzymes to digest and utilize this food properly, leave it alone. Instead of talking about all of the Asians, southern Euro-

peans, and Africans who can't digest milk properly, let's address the reader. The key, to training or eating properly, lies in moderation and common sense. Milk itself is not guilty of being a cause of iron deficiency anemia. It is lacking in iron, but I expect that the intelligent lifter will get that necessary mineral from another food source.

The 'average' person may be able to get enough calcium from other foods to function without any difficulties. A number of vegetables (broccoli, peas, and green beans head the list), nuts, eggs, and many nuts, as well as foods such as sardines that are never eaten in my house contain a reasonable amount of calcium. However, PLUSA's nutritional expert, Jack Diganig R.D., has pointed out in the past that the stress placed upon the bony structures during powerlifting activities makes it necessary for the typical lifter to ingest more calcium than the RDA and this might be difficult without the use of milk or other dairy products. This being the case, the average lifter would do well to utilize milk as part of his or her daily intake, with the proviso, of course, that it could be assimilated without difficulty. It is often the desire, or need, of a lifter to gain weight, or maintain their

Plain OJ' Milk was almost always a major component of the training diet of most of the great lifters of the past, like Don Reinhoudt (below), and those champions obviously produced some excellent lifts, with hardly any (as you may well note) of today's high tech lifting paraphernalia (photography by Bruce Klemens)



WORKOUT of the Month

Mike Siegler's Natural Bench Press Training Plan

My two phase bench press workout is designed for the drug free lifter. I designed this bench cycle in reference to the fact that a drug free lifter can not recover from a workout that is designed for an enhanced recovery system. It does not require a bench shirt, labrocate training without a bench shirt and putting it on at the meet, if it is allowable. I do not train pauses in the gym. This is because lift pauses damage the heart, I also work of do as kind. This is buy Kansas assistance work defects from the recovery of the bench press movement to whole. My bench to workout along is enough to increase bench press strength. I bench press on Monday and Thursday.



Mike Siegler made each of the attempts that the training program he has laid out in this article was designed to produce, topped off by this 540 attempt that was successful with at the NASA Grand Nationals - USA vs USSR competition held in Atlanta

Phase I: When I have not competed for a while I incorporate Phase I into my training program. I begin Monday with 4 sets of 10 reps at 315. On Thursday, I increase the weight to 345 in accordance with how much I feel I have recovered from Monday's workout. The following Monday, there is another slight increase in weight for 4 sets of 10 and so on until I can bench 365 for 10 reps. Then I go on to Phase II. It usually takes me about 6-9 workouts to reach Phase II.

Phase II: Phase II is the part of my cycle that is geared toward a particular meet. I bench press heavy on Mondays and light on Thursdays. The following is the bench press cycle I used for Rich Peters' NASA Grand Nationals in Atlanta, GA on June 1-3. I based my training on my intention to go 501, 523, 540 on my competition attempts at that meet. My previous meet was Rich Peters' National Nationals in Reno where I bench pressed 512 on Feb. 25th, so I can skip Phase I. Only the heavy workout on Monday is listed. Every Thursday from this point on I bench 4 sets of 315 for 10, then I go home!

March 5th - Max Set 3x405x6
March 12th - Max Set 3x415x6
March 19th - Max Set 3x420x6
March 26th - Max Set 3x425x6

I believe that a little strength and a lot of form can lift any weight. I have always considered myself a technician of the bench press. I believe in the use of equipment in a meet. I wear a bench shirt when possible, light leather belt, high-top shoes, wrist wraps, and of course, my singlet. I'd wear a helmet if I could. (The people who have seen me squat will testify to the truth of this.)

The most important thing in a meet is to anticipate the pause signal. Bringing the bar slowly to a tight, full chest of air will accomplish this. I think of my breathing in three simple stages: 1) I BLOW the bar off the rack to my chest. 2) I SLUCK the bar to my chest. 3) I BLOW the bar. I would like to thank the following people for helping me with my powerlifting career. I give them all

the credit for what I have accomplished because they are my support group: my wife, Natalie; my parents, David and Joan; and sister Rachel; my partners Tyler and Carla Malejko; gym owners Bill and Nancy Gilbertsen of Priority Health and Fitness in Prior Lake, MN; and Dan and Jay of The Body Shop in St. Cloud, MN; training partners Tyler Malejko, Russ Dinkley, Mike Grimley, Raymond Howard, Bonus Jr., Tom Blomberg, Greg Dr. Pain, Payne, and 'Hollywood' Howie Laggren.

Editor's Note: Mike Siegler will soon be moving along with his partner Tyler Malejko to the Seattle area to open a gym. Best wishes to Mike, Tyler, and their families on this venture.

SUCCESS: Mike celebrates not only a successful attempt, but a successful training philosophy as well.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Starting Your Deadlift as told by DOUG DANIELS



A Lot goes into the start of '90 World Champ Sisi Dolman's deadlift.

The deadlift can be divided into 3 distinct parts: the start off the floor, the pull at the knee, and the lockout. In this article, I'll deal with the start off the floor. First of all, most sumo pullers will find that the initial pull off the floor will be the most difficult part of the lift, and for many conventional pullers, the start may be the strongest part. For those of you out there that find the initial pull is the part of the lift that needs the least work, I say read on, because if the pull off the floor can be further improved, that power from the bottom may be the margin that gets the bar past the sticking point later in the lift. Let's examine some exercises and techniques that can help us snap the bar off the floor.

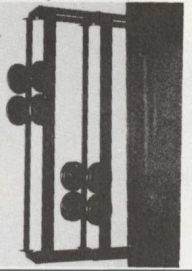
The best exercise for power off the floor, and perhaps the best assistance move for the deadlift, is the deadlift off the blocks. Stand on a sturdy platform about a few inches high (a 100 pound plate will do) that allows you to lower the bar to the floor without touching your feet at the bottom.

Positioning for the deadlift is critical. Many newer lifters start the

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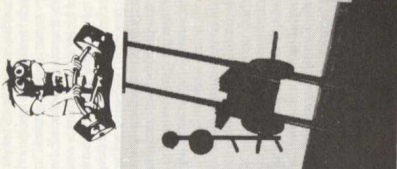


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lift with their shins too far away from the bar. Their initial pull must bring the bar into their body, then up. This adds many pounds to the lift, not to mention additional chance for injury. I suggest getting your shins no more than 1 1/2 inches away from the bar, if you can't get away from the bar.

Another reason to use in training would be to NOT be in any of the repetitive heavy lift the bar is lifted. The deadlift is the only lift of the big three where we can't generate any momentum to start up. Only truly training room lifts are so, so bouncing the bar between reps may leave you in an unstable, taggy position which may result in a poor leverage position or, again, open you to an extra chance in-between a rep of every rep. Your technique will improve also and technique is an equally important part of getting the bar off the floor, regardless of style used.

While we're positioning, try to use as upright a back posture as possible. This will decrease the distance the bar has to travel and allocate more of the load to your powerful leg muscles. You may need to devote a little extra time to develop an upright position, but it will be worth it.

One last positioning tip. Don't begin to pull with bent arms. Some lifters look like they think they are going to cut the bar. If you begin the lift with bent arms, the first moment

of the pull goes to straightening out your arms, wasting valuable drive where you need it most.

Now a bit on lifting gear. Conventional deadlifters should try to use slipper type shoes or wrestling shoes that are sold elsewhere in this magazine. They fulfill the rules for footwear and are low to the ground, thus further decreasing the distance the bar must travel. Some lifters deadlift with work boots or high headed squash shoes. These are a no-no for deadlifting as they increase the distance the bar must travel and force your position more forward over the bar causing you to pull back as well as up, as discussed earlier. Sumo lifters might try a flat, soled tennis shoe, as they need more foot support because of the wide stance used.

Lastly, I have found that certain squats help greatly with deadlift. I myself gained about 40-50 pounds by using a specific squat pull. Some squats are terrible for the deadlift, but some are more effective for the deadlift. Try a few out. If you can't find one, just use a wrestling singlet. Of course, use a belt.

I didn't mention any sets or reps on the exercise I do hope that I gave you some useful tips on how to improve your pull off the floor. Even if the start of your deadlift is the strong part of the lift, an increase in these might get the bar up and past your sticking point later in the lift. Keep pulling and good luck.

TRAINING

The Austin Gym Way Long Range Planning: Why and How

There is a saying that a lawyer that defends himself has a fool for a client. That same saying applies to an athlete that coaches himself; he has a fool for an athlete. There is a severe lack of properly trained coaches in this country and no national development program. I suspect that the vast majority of you coach yourself and that is a problem that needs resolution. I am going to present to you with a comprehensive system that will provide you an outside influence on your training and allow you to make do with coaching yourself.

In the May 1990 issue of *PL USA*, Dr. Ken Leistner had an article that mentions that the best training advice does not always come from the best lifters. I agree wholeheartedly with Ken on this topic. More often than not the best lifters are the best in spite of themselves and their training ideas. Most lifters will do far better by finding someone who understands the basics of physiology and how to apply those principles in a reasonable manner. I believe my system falls into this category. I have competed and coached at the top levels of powerlifting for the last 15 years. More importantly, I am a student of the sport. So I have paid my dues in more ways than one and I want to pass on what knowledge I have gained to others.

The last two issues of *Powerlifting USA* have published articles on the Austin Gym Powerlifting Team. The purpose of these articles was to lend some credibility to my training system. I don't want you to think that this is some armchair program that is purely theoretical. This program is based on sound physiological and psychological principles. This system works and is being used successfully on all levels of powerlifting from Class II to World record levels. With that said, let's get started.

Why should you want to use a long range plan? There are many reasons to do this, some of which are listed below: it is goal oriented, conservative, provides feedback, produces results, progressive, consistent, sequential in nature. There are other reasons as well but I want to concentrate on the two I consider the most important: Goal orientation and sequential nature of the plan.

To achieve success in any endeavor, you must have goals. The more precise and measurable these goals are, the better your chance for success. Powerlifting goals are as precise and measurable as you can get. By establishing a goal, you commit yourself to achieving that goal. You should be willing to sacrifice to achieve the long term gratification that comes with achieving your goal. This

year's best. Using these figures as a guide, determine what your goals for each contest and for the year are going to be for each lift. Use some judgement in the process. If you are moving up a weight class, you may be able to make bigger gains than in the past or if you are coming back from an injury, etc. Do not overestimate your potential. If your goals are too high you will more than likely overtrain and stall your progress. If your goals are too low, you can make small adjustments as time goes by and continue to make progress towards your ultimate goal.

A parabone's description of this program is as follows. You have 3 cycles, conditioning, strength and peak, each about 16 weeks in duration. Each of these cycles emphasizes a particular aspect of your development as indicated by the name given each. During the course of the year your training is all geared towards performing well at the contest of the year. The conditioning cycle will concentrate on and improve your ability to train hard and heavy week in and week out. The main effect of this cycle is to improve your body's ability to withstand large amounts of work and to prepare you for the rigors of the later cycles. The strength cycle will concentrate on developing the different qualities of strength necessary to become a successful powerlifter, namely: speed, speed strength and absolute strength. This is heavy duty training cycle and is very taxing on the body and mind.

The peak cycle represents a drop off in the amount of work performed, but the intensity shoots way up. The only goal of this cycle is to prepare you to lift at the contest. This is the only cycle that has contest performance as a primary goal.

That is the skeleton you will hang my long range training program on for the months to come. Next month will be an article providing you with the terminology and methodology used to create the training plan.

As you have read through this article I hope you have picked up on a few points. Long range planning works for running, swimming and cycling and it will work for powerlifting if given a chance. This is just an introduction to the process of planning. Next month we will begin the nuts and bolts of developing a long range plan for powerlifting with a discussion of the planning parameters you need to use.

BRVAN WADIE



TRAINING

Periodization Principles as told by Kevin Farley, C.S.C.S.

How many years have you been training? Excluding those first 6 months, when the body will make gains on almost any program you throw at it, have you made consistent progress? If not, then I suggest you pay particular attention to the information in this article. It is designed to help you understand and organize your yearly, monthly, and even daily training schedule. After you read it, check your workout schedule and see if you need to make some changes that could help you escape those 'no gain blues'.

First, let's discuss the training cycle in general. Cycling or periodization is a fairly common term in strength training. Most powerlifters use what they call competition and off season cycles. However, most do not understand exactly why these cycles work or how to apply them correctly for good results. Periodization can be broken down to a number of phases, but basically your training should incorporate pre-competitive, competitive, and post-competitive time periods or cycles. How long a time period is depends on whether you are looking at a lifetime, yearly, or monthly cycle. If the concept of a lifetime cycle seems too broad, consider this: 99 percent of all strength athletes never reach their full potential. The reason for this is simple, inefficient planning.

Theoretically, one should begin training at age 3-10 years by engaging in a number of physical activities to develop coordination, speed, and agility. The goal is not competitiveness but completeness, winning and losing are not important, improving one's innate physical abilities is. At approximately age 11-14 technique and skill work begins. For powerlifting, this means learning how to approach the squat, bench, and deadlift with flawless technique. Light weights and proper form emphasized above all else. At age 15-16 higher level and volume work can begin. By 23-25 years of age, testosterone production and metabolism generally begin to slow down, thus you must be cut back and high intensity followed by proper recovery becomes essential.

Having said all that, I must explain that I am fully aware that most of us did not have the guidance of pre-pubescent and adolescent coaches. We had to figure out purpose in delving into the lifeline of powerlifting. It is to show you that unless you understand some basic guidance as a child, you must make the effort to accept the most consistent, speed and agility before you worry about strength development.

Yearly cycles will depend on your age, level of competition, and competitive goals. Beginners must concentrate on overall strength development and technique for at least 2 years. However, a higher volume of training than a 30 year old. Perhaps some of you have seen articles on Bulgarian strength training principles which include more high volume, medium intensity training in their first 2 years. Older beginners should remember restricting volume.

After the first few years you can begin to concentrate more on the three powerlifters. As an example, let's set up a

movements. Once the competition is over, the post competitive phase begins. There is some controversy here as some experts feel a complete cessation of training for brief periods is best while others point out that strength loss occurs rapidly during training breaks. The best way to handle this conflicting advice is to engage in high volume or intensity including high volume or intensity strength training. Some light strengthbuilding and cardiovascular conditioning would be a good option. Then, 8-12 weeks before the next contest or max single, you shift back into the pre-competitive phase by increasing intensity and volume. Each contest should be approached using the same 3 cycles, however, as the year progresses you may want to shorten the competitive phase as your body will adapt at a faster rate once it's been through the process. After extra recovery time by lengthening the post-competitive phase. Use this time to evaluate your progress over the complete periodization program and set new goals for the upcoming year.

Now let's briefly address weekly and daily training fluctuations. Most recent research has confirmed the incredible ability of the human body to adapt to training regimens. In fact, some have commented that adaptation is possible within 3-4 weeks. Adaptation is good, it means the body is undergoing the physiologic changes necessary to increase strength, but staying with a program the body has already adapted to is inefficient. Luckily, small changes in training can make big differences in adaptation and most lifters pick up on this intuitively. For example, in a competitive phase one wants to keep technique constant to ensure proper execution at the contest, thus most lifters increase resistance and decrease repetitions as the contest nears. This increase in intensity and decrease in volume allows the body to remain in a state of adaptation for short periods of time, so the body peaks in strength (hopefully at the proper time).

As you can see, using one method to alter training is not going to be feasible for too long. Therefore, in pre and post competitive phases you should change movements, technique, volume and/or intensity every few weeks to keep the body guessing. Don't change all factors at once. Rather, change as little as possible, just enough to make your workouts new and intriguing to both mind and body. Finally, the same muscle group in workouts for the same contest group in one week. Individual recovery rates differ, but most lifters are guilty of doing too much, not too little.

While there are thousands of other topics to discuss concerning periodization and its applications, this information should allow you to set up your own basic program. I'm sure many of you out there will disagree with some of what I've written here. Well, that's fine, but if you have been training for some time and you are not happy with your progress, why not set up a one year cycle with some defined goals and see if your training isn't more productive? What have you lost more, experience? What have you gained, loss, except those 'no gain blues'?

Kevin Farley is an Exercise Specialist with Universal Fitness Stores, Inc. in Middletown, NJ

Will Russian lifters like Alexandre Lykov have an advantage over USA lifters because of the strong foundation they already have in periodization, due to the influence of olympic lifting in the USSR?

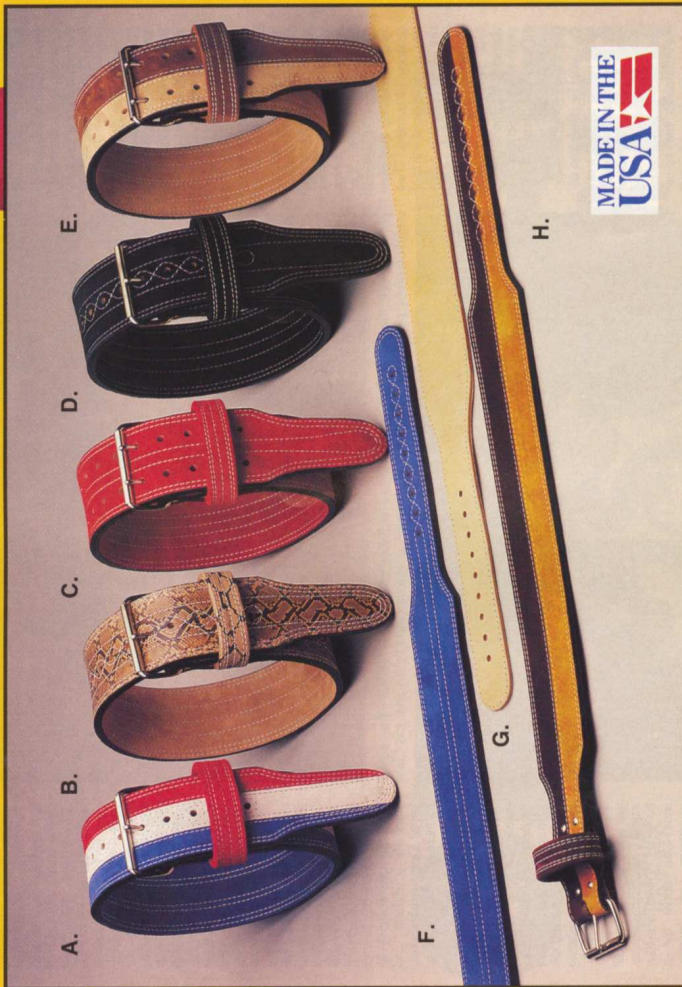
For an intermediate lifter, first, he needs to set up some goals. These can be contests or maximum singles to be attempted in the gym. My recommendation is more than 3 of these per year. Otherwise you won't have adequate preparation for the contests. Keep in mind that Olympic lifts is counterproductive at this point and you should restrict yourself to very few sets, with light weight as a means of refining technique. The real work is done on other movements, like dumbbell presses and bent knees. After 4-6 weeks competitive phase begins. Here the assistant work is gradually cut back and intensity is increased. Repeatedly, but that volume will last 4-6 weeks, depending upon the exact dates of the contest.

During the pre-competitive phase you should concentrate on high volume and medium intensity workouts which will enhance overall body strength and work on weak areas. For powerlifters this means exercises for the chest, shoulder, back, leg repetitions in the 8-10 range. Multi-joint exercises are best as they require coordination of the nerve pathways which will help improve technique in the three power lifts. Keep in mind that Olympic lifts is counterproductive at this point and you should restrict yourself to very few sets, with light weight as a means of refining technique. The real work is done on other movements, like dumbbell presses and bent knees. After 4-6 weeks competitive phase begins. Here the assistant work is gradually cut back and intensity is increased. Repeatedly, but that volume will last 4-6 weeks, depending upon the exact dates of the contest.

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Ask the Doctor

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

DEAR MAURO: I have a few questions I'd like to ask. If you could find the time to respond to them I would appreciate it. Are the products *Paritoid*, *CHRH*, and *Galatin* available over the counter? My last question concerns an injury I got in my neck and trap area on the right side about a year ago doing heavy deadlifts. My neck was stiff and my thumb and index finger went numb for a month. I went to a chiropractor; he gave me a few adjustments and the numbness went away after a few weeks, but my neck is still a little stiff. My right side is also weak especially in the bench press. When I turn my head to the right a sharp pain travels down my neck through my trap and down into my hand. I have a feeling it's a trapped nerve. What is your opinion? I've been pinching it hard and it seems to have loosened it a bit, but it's still not right. Any advice you can give would be a big help. **Chris R.**

DEAR CHRIS: None of the products you mentioned are available over the counter. Some like *Galatin* are only being used in research and aren't even available to physicians (although for some athletes where there's a will there's a way). It sounds like you're pinching a nerve. You might have damaged one of the disks in your neck, perhaps the sixth and seventh cervical vertebra. In any case I would see a neurologist. He'll likely set you up for some X-rays and nerve conduction studies, and perhaps a CAT scan. **M.G.D.**

DEAR MAURO: My doctor has put me on thyroid medication because he feels I am hypothyroid. I didn't tell him about the anabolic steroids I was taking - mainly *Halotestin*. How would the *Halotestin* affect the tests he did on my thyroid. He said that the thyroid bound by protein was low as was the actual amount of thyroid hormone. Should I be on this thyroid medication? I don't really want to tell him about my use of anabolic steroids as he has been our family doctor for over 20 years and I don't think he'd approve or understand. And I don't want to stop cycling the steroids either. **Jim R.**

DEAR JIM: First of all, I think you should level with your family doctor - or at least go to another doctor that you'd feel more comfortable telling about your use of steroids. Anabolic steroids can, indeed, affect several of the thyroid tests. However, your doctor should be able to interpret them properly once they know what you're on. Protein bound iodine (PBI) concentrations may be decreased in some patients during fluoxymesterone therapy; however, this does not appear to be clinically important. Androgens in general may decrease thyroxine-binding globulin concentrations, resulting in decreased total serum thyroxine (T4) concentrations and increased resin uptake of triiodothyronine (T3) and T4. Free thyroid hormone concentrations, however, remain unchanged, and there is no clinical evidence of thyroid dysfunction. It's very likely that you aren't hypothyroid and that you don't need the thyroid medication. But you should get it checked out more thoroughly by a doctor who has all the clinical facts. **M.G.D.**

DEAR MAURO: Thanks for the info re my back. It's coming around nicely. I'm not having any of the neurological deficits you mentioned. I'm back to squatting (with the bar, but it's a start). Anyway, now that that's getting better, my shoulder's bothering me again! Perhaps it's because I've been benching without setting as tight an arch as usual (beca... of the back). The shot of cortisone and testosterone you suggested last year worked great, and the current problem isn't as severe as it was, but the shoulder is sporadically aching, with lots of cracking noise, but have full range of motion. It seems to me the pain is around the bicep tendon. Benching aggravates it a bit, but sometimes it bothers me when I haven't done anything in awhile. Massage and aspirin seem to give some temporary relief. My questions are: would it be advisable to have another cortisone/testosterone shot? (I had a regular cortisone shot prior to the 1st cortisone/testosterone shot). What else can I do?

DEAR SIR: It wouldn't hurt to try the testosterone and cortisone shot again. It would seem that you may be prone to some chronic inflammation in and around the shoulder, possibly a weak link in your bench and thus an area that has had more than its share of microtrauma. Once it gets better, it wouldn't hurt to do some sort of assistance work to that area. I always found that bent arm flies seem to help lifters with recurring shoulder problems, especially those involving the biceps tendon. Start off by just lowering the dumbbells to above chest level and work your way down. Be careful, overdoing it at first might bring the injury back. You might also try altering your grip and style, using whatever takes the strain off your shoulder area. **M.G.D.**

TRAINING

MASTER'S TRAINING: Here's How To Begin AS TOLD BY JON S. CLARK



DAVE CLARK...has demonstrated, by his own example, the positive benefits of an active weight training program for a beginning competitor, as documented by his son, Jon Clark

On August 2, 1985, at 56 years of age, Dave Clark suffered a stroke that encompassed his right side in a slight paralysis. What innocently began earlier in the day as a slight slurring of speech, resulted in the ultimate challenge; he was dared to face some of man's deepest fears. In November of 1986, a mere 14 months after suffering this stroke, Dave stood on the victor's platform receiving a trophy for his lifting at the Atlantic States Championships. This is the story of Dave's response to that challenge and how both he and other masters age lifters can benefit from training done with weights, along with some practical suggestions for setting up a routine. I feel that I should know this story intimately; you see, he's my father.

During his stay in the hospital, Dave underwent numerous tests and built up a rock solid determination to do above and beyond whatever it took to beat this affliction. He also decided to use this experience as motivation to get into better physical condition than he'd been in for quite some time. Geez, talk about a positive attitude! It seems that one of the advantages of masters age lifters beginning training is that they have more discipline and perseverance, as evidenced by their consistency of training. They also seem to avoid some of the typical pitfalls of younger lifters, such as not allowing their egos to dictate their lifting, or radically changing their goals due to momentary indiscretion.

People over forty years of age have several significant physiological differences that must be taken into account before starting training. Since there is no significant difference between men and women, regarding these physiological aspects, the information may be used by both. If you haven't been participating in any strenuous training lately (this inactivity may lead to a tightening and atrophy of muscles, tendons, and joints) or if you have any past/present injuries, I strongly suggest that you get an OK from your physician first. When Dave was well enough to leave the hospital, he used simple range of motion exercises and light weights just in order to get his body to function as it once had. Over the course of several months he accomplished this, and once he did so, he decided not to just quit at this point, but rather to try his hand at lifting something heavier weights, just for fun.

Dave used common sense in his approach to training, as he began very slowly and with light weights. Even so he reported feeling aches and

sistency is the name of the game here! This means you'll have to find a gym that's both convenient in location and yet has a motivating environment for you; preferably one where there are a few masters lifters training already. Setting a few goals at this point might be a good idea. An example of a short term goal might be to make every one of my workouts scheduled for this month; a long term goal might be to complete my base setting cycle (described later in this article) and be able to ride the aerobic bike for a much longer time than when I began. Lesson Number Two: remember your goals and don't compare yourself to the younger lifters that surround you. When they reach your age they'll be glad to be in the shape you're about to reach! Believe me if my lifting ever even remotely resembles Jim Lem's or Jerry Engelbert's strength, or Danny Hartmann's and Judy Gedney's technique, I'll be in seventh heaven (but don't hold your breath on that one).

A goal for every masters age lifter is to improve his health, and regardless of where you begin fitness wise you'll need to do some type of aerobic conditioning (a slow, continuous form of low intensity exercise to stimulate your heart and lungs). Doing so allows you to increase your ability to recuperate in general from any form of exercise, strengthens your heart, and burns fat as a bonus! Activities such as riding a bicycle (or an exercise cycle), swimming, jogging (or on a treadmill), cross country skiing (or on a simulating machine like the "Nordic Trak"), rowing machines, fast walking, or even the old standby aerobic classes can be used. These activities must be done for a minimum of twenty minutes, with fatigue being the only limiting factor. Just remember to keep your heart rate in your "aerobic zone" (the formula to figure it out is at the end of the base-setting routine) and enjoy.

Recuperation from a workout for older lifters is sometimes not what is used to be, so anything you can do to help speed this along is a good idea. Things such as following your training with 15 minutes of slow, static stretching on the fatigued bodyparts is a good idea, as is a massage or shower. Dave also informed me that riding the aerobic bike following training seems to limit his soreness. George Zangas (PL USA nutrition columnist) was kind enough to explain to me some basic promises regarding nutritional supplementation needed by masters lifters. George

others cheating on their form and lifting more weight, stick to your form because doing so allows you to incur some soreness in your muscles and learn to prevent over-traumatizing your body by slowly progressing over a prolonged period (I would bet that Glen Stevens didn't look like he does now when he first began training). Since the nervous system pathways leading to your muscles may need to "re-learn" by your body, try and learn the correct form of each exercise and maintain it throughout training. Even if you see

pains in places where he "didn't even know he had muscles". Lesson Number One: expect to experience some soreness in your muscles and learn to prevent over-traumatizing your body by slowly progressing over a prolonged period (I would bet that Glen Stevens didn't look like he does now when he first began training). Since the nervous system pathways leading to your muscles may need to "re-learn" by your body, try and learn the correct form of each exercise and maintain it throughout training. Even if you see

BASE—SETTING PROGRAM

- Day 1:**
- Warm Up-5 min.
 - Leg Press
 - Hamstring Curl
 - Leg Extension
 - Standing Calf Raises
 - Abdominal Work
 - Stretch
- Day 2:**
- Warm Up-5 min.
 - Bench Press
 - Flies
 - Military Press
 - Triceps Pushdowns
 - Abdominal Work
 - Stretch
- Day 3:**
- Warm Up-5 min.
 - Lat Pulldown
 - Seated Cable Row
 - Dumbbell Curl
 - Dumbbell Snags
 - Abdominal Work
 - Stretch

emphatically stated that the first and foremost concern for all lifters is to avoid overtraining, which prevents a vicious circle from starting. A good diet is absolutely necessary to insure that benefits of training can be achieved, which means a balance of a high intake of complex carbohydrates, moderate amounts of complete proteins, and a low intake of fats. Financial concerns, which may be limited by each of the four groups:

1. vitamins/minerals: such as a multi-pak (George especially stressed vitamins E, C, and calcium);
2. muscle fuels: such as amino acids or branch chain amino acids;
3. performance enhancers: such as "Metaphase", and 4. natural growth enhancers: such as "Smilax", or "GH-releasers".

Now that you know the reasoning behind how older lifters should start weight training, I will present a typical program for beginning lifters preceded by one that can be followed once you've set your base. You must first be able to complete the first course before entering the second strengthening phase. Each exercise must be done with proper form, worked for full range of movement, and per-

formed slowly! Go very light at first and get accustomed to the soreness following your workouts. If you can do more than the prescribed repetitions with the weight, without being too sore the next few days, then increase the weight slightly so that you can get the targeted number of reps. Dave strongly suggests that you warm up thoroughly before doing any lifting.

Base-Setting Program
First week: 1 set of each exercise, 12-15 reps. Second and Third weeks: 2 sets of each exercise, 12-15 reps. Fourth week through 3 months: 3-4 sets of each exercise, 12-15 reps.
There should also be 2-3 days of aerobic training (perhaps done on the same days shown, either preceding or following your weight training).
Aerobic training level: (70-80% max heart rate = 220 minus your age times (.7 to .8)). This is your "aerobic zone," where you can be sure that you're not overworking yourself (by going too fast), or too slow, and you can also know that you are burning fat and strengthening your heart.

Take your pulse for ten seconds after starting your aerobic training and times it by 6 to find out where your heart rate is at. Do this several times during the course of

BEGINNING STRENGTHENING PROGRAM

- Day 1:**
- Warm Up-5 min.
 - Squat Press
 - Hanging Curls
 - Seated Calf Raises
 - Abdominal Work
 - Stretch
- Day 2:**
- Warm Up-5 min.
 - Bench Press
 - Dumbbell Bench Press
 - Dumbbell Lateral Raise
 - Triceps Pushdowns
 - Abdominal Work
 - Stretch
- Day 3:**
- Warm Up-5 min.
 - Dead Lift
 - Lat Pulldowns
 - Seated Rows
 - Dumbbell Curls
 - Dumbbell Snags
 - Incline Curls
 - Abdominal Work
 - Stretch

so on this type of training, my father has collected one fourth and two consecutive first place finishes in the Rhode Island State Championships. In fact, his total has gone up by quite a margin with every meet. More importantly, his whole attitude has improved, with a better sense of self-esteem and pride in his physical appearance. He also has tangible goals to look forward to and to motivate him. Other masters lifters, most notably fellow Arizonaan Jerry Irvine, have also benefited both physically and psychologically from your training. Another reason to begin your training is the camaraderie and sheer joy shown in competition within the Masters ranks. Begin your training today, try the programs listed, and I wish you the best of luck in your efforts.

Remember, every thousand mile journey begins with that first step!

I hope that this article has helped interest and inform some people who are thinking about starting to train. With the number of competitions offering Masters classification divisions seeing rising, why not go to one nearby and see if you think it would be fun to enter a meet and put your hard training to use! After a year or

more you should continue on your aerobic training, and you can even try to increase the duration of it. Remember the benefits this type of fitness has on strengthening your heart!

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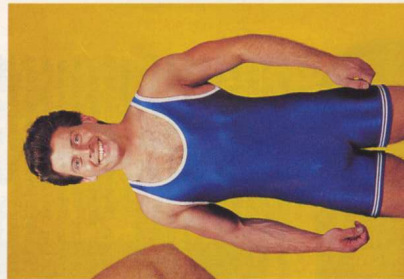
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A Power Trip Through Time as told to PL USA by DAVE ABRAMSON



Dave Abramson competing at the 1986 YMCA National Championships.

In many ways our sport of powerlifting is a mirror reflection of what is going on in society at the time. The fads and attitudes of the world always seem to creep into powerlifting.

I remember in the late 70's when drug usage became really popular among lifters. Most lifters were doing a lot of this and a little of that, not too scientific. It was generally assumed (incorrectly) that all the top lifters were the guys who took the most. Lifting was simpler then, there was only one organization to lift in, and attitudes at meets were fairly friendly.

Then came the early 80's and the years of excess. More is better' was the theme of the day. The general attitude of the sport became much more cutthroat which probably had more than a little to do with the rampant overusage of drugs during this time. People were taking extraordinary amounts of various anabolics and it's amazing that there weren't more deaths attributed to their use. STH became popular and I remember lifters happily taking L-DOPA and throwing their guts up everyday.

At the same time, early to mid 80's, the sport went through a quick phase (thankfully) of lifters using cocaine and adrenalin to improve performance. I can vividly recall walking into the locker room at the University of Virginia at the 1983 Junior Nationals and seeing 3 men, all over 270 lbs., on their knees sniffing lines off a bench. I can't imagine why there weren't any heart attacks on the squat platform. Thankfully this fad passed quickly as lifters realized it wasn't improving performance.

Now, at the end of the Eighties and the beginning of the Nineties, just as society is combating drugs and usage seems to be declining, so it is in Powerlifting. We have returned to more rational times where health and long life are once again serious con-

siderations. While there are still plenty of lifters juicing, there are more that aren't, and the ones that are, are using a little more common sense nowadays.

I do believe most people make lifting too complicated now, though. Why anyone would need a computer to figure out a lifting program is beyond me. When it comes to power, simpler is usually better. Listen to Kelso and Leistner when it comes to training simplicity. They've each been around a while. I can remember the best training cycle Tony Kammand (great training partner) and myself ever had was for the 1986 Y Nationals. We switched to training twice a week for the last 10 weeks. We lifted heavy and hard and had plenty of recuperation time. We came to the gym hungry and avoided overtraining.

While Powerlifting is a relatively young sport, we seem to be returning to our roots. Simple, heavy, short workouts are most productive. There's no need for spending 2-3 hours 5 times a week in the gym. You'll just burn out physically and mentally.

Hopefully, as tests become better and cheaper we may be headed for a truly drug free contest someday. This is definitely not the case now, but we have to do with what we have. As one who at one time or another took every anabolic known to man, I can honestly say that clean lifting is much more rewarding. It takes time to retrain your ego and eating habits, but the feeling of inner satisfaction is worth it.

P.S. I would like to correspond with former steroid users about drug free training methods and techniques and also any lifters in the Northeast who are interested in forming a Christian power club or team. I can be reached at: Fox Hill Apts. B6, Rte. 46, Rockaway, NH 07866

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	SQUAT	BENCH	DEADLIFT	TOTAL
1	850 Leale, E., 714/89	575 Decotis, L., 9/289	833 Coan, E., 7/14/89	2276 Coan, E., 7/14/89
2	851 Leale, C., 12/889	570 Wright, J., 12/2/89	821 Washington, R., 10/28/89	2165 Goggins, S., 2/17/90
3	848 Groggins, S., 2/17/90	564 Elving, C., 2/17/89	815 Goggins, S., 2/17/89	2160 D'Arigo, C., 12/1/89
4	848 Groggins, S., 2/17/90	534 Elving, C., 3/17/89	810 Holland, W., 5/26/90	2088 Rose, J., 7/22/89
5	848 Groggins, S., 2/17/90	530 D'Orto, E., 9/2/89	808 Holland, W., 5/26/90	2028 Washington, R., 10/28/89
6	830 Shultz, C., 1/15/89	530 Strange, W., 2/24/90	795 Payne, M., 7/22/89	1989 Payne, M., 7/22/89
7	804 Bailey, W., 5/26/89	525 Reid, R., 12/9/89	750 Stanzaiden, C., 12/10/89	1965 Black, J., 2/23/90
8	800 Bailey, W., 5/26/89	525 Aretz, R., 4/28/90	745 Hoffman, J., 12/2/89	1965 Bentley, B., 5/3/90
9	800 Bailey, W., 5/26/89	525 Rose, J., 7/22/89	745 Douglas, J., 12/2/89	1925 Stanzaiden, C., 12/10/89
10	795 Payne, M., 7/22/89	518 Maitis, C., 1/22/89	744 Glens, A., 1/2/89	1925 Stanzaiden, C., 12/10/89
11	795 Payne, M., 7/22/89	518 Maitis, C., 1/22/89	735 Veggepohl, C., 3/17/90	1900 Kiltz, B., 1/27/90
12	795 Payne, M., 7/22/89	518 Maitis, C., 1/22/89	735 Veggepohl, C., 3/17/90	1878 Kiltz, B., 1/27/90
13	776 Maitis, C., 1/22/89	515 Duggan, L., 4/24/90	735 Slis, H., 1/23/89	1878 Kiltz, B., 1/27/90
14	776 Maitis, C., 1/22/89	515 Duggan, L., 4/24/90	735 Slis, H., 1/23/89	1878 Kiltz, B., 1/27/90
15	776 Maitis, C., 1/22/89	515 Duggan, L., 4/24/90	735 Slis, H., 1/23/89	1878 Kiltz, B., 1/27/90
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NEXT MONTH...TOP 2425
Corrections: Mike Muir's 471 should be on the TOP 100 198 lift should have been 466. Kim Alves' 143 bench at 105 should have appeared on the 1989 Women's TOP 20 list. Matt Robinson's 245 bench at 123 should have been reflected on the ADPPA TOP 20 list, and Sean Hoover's deadlift on 628. Some per list should have been 628. Some performances were missed in the USPP National Masters: Hal Hudson won the 125 kg class, 50-54, with a 567 squat, 347 bench and 611 deadlift for his 6th National Masters title, followed by James Fisher and Jim Meyers. Jack Lamo's lifts at 242, 65-69, were also not recorded.

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Hal Hudson has been in competition continuously since the 1960s.



Alf Manning completes a 600 squat in the 181s at the Wolf River meet.

Table with columns: Name, Weight Class, Squat, Bench Press, Deadlift, Total. Includes names like J. Jackson, B. Hill, J. Birt, etc.

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Woolley who won the 123 class, Nora Mendez who won the 123 class, Nora Mendez who won the 123 class...

ADPPA West Virginia Championship 19 May 90 - Berkeley Springs, WV. Women (Males) SQ BP DL Total...

ADPPA West Virginia Championship 19 May 90 - Berkeley Springs, WV. Men (Males) SQ BP DL Total...

ADPPA West Virginia Championship 19 May 90 - Berkeley Springs, WV. Women (Females) SQ BP DL Total...

ADPPA West Virginia Championship 19 May 90 - Berkeley Springs, WV. Men (Females) SQ BP DL Total...

record as a 148 at a meet held in the Bloomington High School Gym in 1977. Obviously I've been discussing Rick at this lucky Rick came to this meet and we discussed his record back to him...

It is a serious facility and a top-notch one. It is a serious facility and a top-notch one. It is a serious facility and a top-notch one...

Jim and his family of wife, Lilla, son Travis, Mike Hargett and his wife Karen and two daughters Misty and Summer as well as two sons, Tom and Tony, friends from all over...

It was most outstanding to renew my friendships with Steve Brooks, former High School Team from Bowling Green, Ohio. That was the beginning of these two men, things are rare and the hope...

It was most outstanding to renew my friendships with Steve Brooks, former High School Team from Bowling Green, Ohio. That was the beginning of these two men, things are rare and the hope...

Anthony Clark survives an incredible accident at the Texas Grande wherein he dumped 992 lbs. of an incredible accident at the Texas Grande wherein he dumped 992 lbs. of an incredible accident...



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Little Bruisers, Inc. the Gold's Gym licensee for boys apparel is making their inaugural line shipment to LITTLE BRUISERS states: "We've shipped our initial orders to a select group of department and children's specialty stores. The concept is now available for kids after several years of terrific sell-through in young men's apparel. Our fall/holiday line is being introduced in June with shipments in the fourth quarter. 1,000,000 licenses in 360 gyms throughout the world now. Above, former All Pro football player Lyle Nazario and his son, Justin, wearing the famous Gold's logo T-shirt." American (Thanks to Denis Cochran for results)

YMCA Bench Press

16 Jun 90 - East Liverpool, Ohio

Teens	220 lb.	400	265	425	1070
J. Rogers	242 lb.	270	235	350	855
C. Reed	164 lb.	415	260	470	1145
J. Simpson	190 lb.	370	275	360	1010
M. White	275 lb.	380	185	435	995
S. Payne	225 lb.	340	340	450	1130
B. Sherville	280 lb.	370	275	425	1070
M. Lickover	200 lb.	330	275	350	1050
Women	220 lb.	305	275	350	1050
J. Smith	305 lb.	370	275	350	1050
C. Degraw	240 lb.	330	275	350	1050
C. Degraw	240 lb.	330	275	350	1050
B. Talghorsh	380 lb.	330	275	350	1050
K. McKenque	110 lb.	190	190	225	605
Men	131 & under	190	190	225	605
148 lb.	235	205	350	790	
J. Talghorsh	235 lb.	205	350	790	
R. Kraft	235 lb.	205	350	790	

Bessemer YMCA High School Meet

10 Mar 90 - Bessemer, Ala

114 lb.	52	85	225	515
K. Ewin	80	60	65	205
132 lb.	190	190	225	605
R. Clayton	235	205	350	790
148 lb.	235	205	350	790
C. Whit	320	305	425	1050
165 lb.	360	285	400	1045
E. Gandy	300	270	360	930
C. Byc	350	290	415	1055
181 lb.	350	290	415	1055
J. Porter	295	230	400	925
T. Jones	260	230	385	875
198 lb.	300	310	485	1085
D. Murray	320	300	405	1025
M. Washington	335	320	350	1015

Power Plains Collegiate

21 Apr 90 - Lincoln, Nebraska

W. Anders	52	75	140	300	715
Men	148 lb.	390	280	450	1120
161 lb.	365	250	455	1070	
L. Ruber	300	255	350	905	
J. Robb	315	240	385	940	
181 lb.	365	300	460	1125	
T. Ross	585	345	545	1475	
D. Dorpal	435	330	450	1215	
220 lb.	585	345	545	1475	
J. Renccha	435	330	450	1215	

Hydraulic Jack Stands

Uprights are 18" wide outside to outside. Designed to handle 1,000 lbs.

\$150.00 PAIR

HYPER EXTENSION - ROMAN CHAIR

Free standing and will not tip. Heavy square tubing will last a lifetime.

\$75.00

Only \$4000 Pair

2 1/2" TUBING FOR GREATER STRENGTH - SMOOTH TO USE

Each Jack is tested for a capacity of 3,000 lbs.

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\$185.00

MADE TO USE WITH 7 OLYMPIC BAR

\$210.00

MADE TO USE WITH 7 OLYMPIC BAR

\$210.00

MADE TO USE WITH 7 OLYMPIC BAR

\$210.00

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\$210.00

New York State Police Olympics

13 Jun 90 - Colonte, NY

C. Corasani	1050	R. Roll	1260
D. Butler	955	D. Solomon	1200
C. Meyers	865	C. Williams	1450
16 lb.	1550	V. Damadio	1430
G. Boyd	1240	M. Grant	1395
J. Quinones	1010	T. J. Smith	1470
181 lb.	1240	M. Grant	1470
R. Ortiz	1180	K. Chapman	1455
S. Bailey	1170	J. Sellers	1445
198 lb.	1380	J. Regier	1250
A special thanks to 'Big Ned Norton', the meet coordinator and proprietor of the Colone athletic club where the meet was held. (Thanks to Sam Whitford for results)			

Japanese Masters Nationals

6 May 90 - Beppu City (kg)

H. Marumoto	175.5*	97.5	172.5	445*
K. Yamamoto	155	125.5*	185	465
S. Itani	140	85	150	375
60 kg	190	105	200	495
T. Shirakawa	160	145*	180	485
K. Ueda	170	75	200	445
67.2 kg	195	120	210	525
T. Higuchi	177.5	107.5	225	610
M. Moneritsu	170	127.5	200	497.5
75 kg	300	160	210	570
S. Tanaka	195	107.5	195	497.5
S. Komuro	170	107.5	180	457.5
K. Migita	165	117.5	167.5	450
81 kg	267.5*	163*	265	695
Y. Watakeji	245	142.5	240	627.5
H. Hamano	230	120	210	560
200	110	245*	555	

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 Dibencozide 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 Dibencozide.

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

Dealer and distributor inquiries welcome.

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Designed by PL USA writer Doug Daniels and top lifter Jim Vrabel

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Our Personalized Power Programs Provide:

1) Personalized routine for each customer's goals and needs

2) New training articles and info to fit each program - get the facts

3) Geared toward novice and intermediate lifters - men and women

4) Save \$\$\$ and time - recommendations on lifting gear and supplements

5) Got a question during the course - write us

6) The most experience in personalizing programs

Three 12 week programs available

1) Bench Press, 2) Squat, 3) Deadlift

Each program available for off season or contest phase, please specify

Send check or money order to \$13.95 per program, \$23.00 for two, or \$30.00 for three payable to:

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Allow 2-4 weeks to mail out letter

receipt back of completed questionnaire

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Photo "A"

Photo "B"

Photo "C"

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Arlington, VA

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B&W 8x10s

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\$15 for all 3

2 to 4 week delivery

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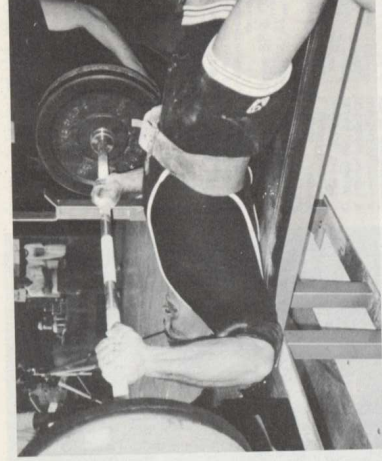
DEADLIFT



Berkshire West Bench Press People, including, left to right, Bill Masters, Donna Masters, Chris Byrnes (Best Lifter), and Fred Plister (photo courtesy Masters)

Table with 3 columns: Name, Weight, and Record. Lists names like C. Parent, N. Lantz, M. Foulds, etc., with their respective weights and records.

Table with 3 columns: Name, Weight, and Record. Lists names like P. Provost, G. Earle, J. Harris, etc., with their respective weights and records.



New ADPEA American Record a 465 bench press by Jim Stone at the ADPEA North American Championships in Wilkes-Barre, PA (Joe Pyna photograph)

Table with 3 columns: Name, Weight, and Record. Lists names like B. Stortz, C. Reardon, E. Arnold, etc., with their respective weights and records.

Table with 3 columns: Name, Weight, and Record. Lists names like C. Fisher, K. Taylor, M. Franz, etc., with their respective weights and records.

Table with 3 columns: Name, Weight, and Record. Lists names like M. DeLatorre, S. Gonzalez, M. Royal, etc., with their respective weights and records.

Table with 3 columns: Name, Weight, and Record. Lists names like R. Wagner, B. Wagner, M. Karcowski, etc., with their respective weights and records.

Table with 3 columns: Name, Weight, and Record. Lists names like M. DeLatorre, S. Gonzalez, M. Royal, etc., with their respective weights and records.



Bob Wagner broke the open ADPEA American record twice, making this massive 760 pounder on his 3rd attempt with power to spare. ADPEA Vice President Bob Caylor helped spot Bob's heavy attempts. (photo by Joe Pyna)

ADPEA North American Championship 28, 29 Apr 90 - Wilkes-Barre, PA

Portland ADPEA Championships 14, 15 Apr 90 - Portland, OR

New Mexico Championships APR 90 - Las Cruces, NM

Berkshire West Anniversary Bench Press Championship 22 Apr 90 - North Adams, Mass.

Indiana State Prison Meet 31 Mar 90 - Michigan, City, IN

San Gabriel Valley Championships 4 May 90 - Pasadena, CA

Colorado Bench Press 7 Apr 90 - Evergreen, CO

USPF Vermont State 21 Apr 90 - St. Johnsbury, VT

YMC/Miller Lite Bench 17 YMC/Miller Lite Bench 17 Apr 90 - Butte, MT

USPF Vermont State 21 Apr 90 - St. Johnsbury, VT

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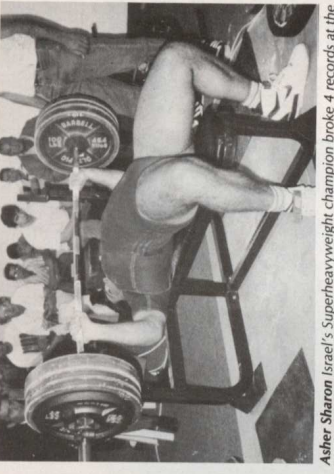
USPF Vermont State 21 Apr 90 - St. Johnsbury, VT

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USPF Vermont State 21 Apr 90 - St. Johnsbury, VT

USPF Vermont State 21 Apr 90 - St. Johnsbury, VT

9 Sept. (new date)
Northern California Class III & Below Championships
 Pure, Natural, Open, Masters 40-49, 50+ Men and Women
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 4108 Sarah Ct.
 San Jose, CA 95130
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Asher Sharon Israel's Superheavyweight champion broke 4 records at the Israeli Nationals. Here he blows away a 305-pound (photo courtesy IAFI)

Israel Championship		30 Apr 90 - Tel Aviv, Israel (kg)	
60 kg	67.5 kg	SQ	DL
R. Harari	R. Harari	140	125x
217	217	152	417x
170	170	165	585
130	130	170	65
196.5	196.5	180	235
490.5	490.5	198	165.5
		215.5	571*
		115	24.5
		92	181.5
		170	1421
		177.5	152.5
		220*	530*
		230	150
		265	645
		185	146.5
		136	286
		130	39
		150	379
		215	180*
		249.5*	644.5*

move up 15 lb, he agreed he could live with it. Avi Fruch and Asher Sharon were unopposed probably from fear. Avi, 42 years old, competing against guys half his age, albeit best lifter, passed the 500 lb. bench barrier and went 7 for 7. (Thanks to Benjamin Jaffe, Israel Powerlifting Federation, for details)

Press Release For years we have been thumbing through POWERLIFTING USA's Calendar section searching for the ultimate meet, the one where maybe you can place and win a decent trophy, or the one that's never in there that gives away money? How about that meet where the sun shines and the winds blow and there is something for the kids and mom to do while daddy does his thing? There's no such meet, right? You think not? How about a meet in world class benches like Ken Lan, Seibold, Couch, Hansen, Phil Benedict, and maybe 200 more of the world's best. Throw in a Porsche Carrera 2, add a trip to Tahiti for two, a bunch of Malibu dinners, or how about a home entertainment center? Add a couple of lantern neck benches, turbo exercise machine, link services with driver. How about a carnival for the kids too? Food? (How about 200 food and beverage booths). Put this all together and you have World Tour Promotions Inc. First Annual Malibu Beach Classic, September 2nd, 1990. It is finally happening. Two powerlifters from Southern California have been looking for the same thing as the rest of you, that ultimate meet. They couldn't find it either, so they decided to do their own. They want the biggest and the best in the world. Huge 6 foot trophies, 2nd, 3rd and 4th 5 foot trophies and yes, there is a 5th place, but it is only a mere \$32,000 cash for starters, to the best overall lifter. They have spent \$8000 out of their own pockets to promote this sanctioned contest. Lift with the best in the world. Have fun by the seaside. Check out a few movie stars. Win a Porsche or \$50,000 in cash and other prizes. Come out and support these guys and put Powerlifting on the map where it is supposed to be. Get your application in today. *DON'T TRAIN ALONE - ALWAYS USE SPOTTERS. - DON'T TRAIN WHEN HURT - ALWAYS SEE THE DOCTOR

(this article continued from page 37)panies to spend a great deal of money on research that will prove a certain drug's safety and effectiveness to the FDA. But nutritional supplements fall under the category of natural substances, which can not be patented. Without the big money to spend what's necessary to determine a natural substance's effectiveness. That means that it's up to "the consumers" to determine a product's effectiveness or benefits. Or we could rely on the uncontrolled research produced by many of the supplement manufacturers. Did I already mention unbiased research? Well, the fact of the matter is that there are many unscrupulous quacks who prey upon people's ignorance, desires, and vanity to sell substandard and ineffective products. One rule of thumb - if it sounds too good to be true, it generally is. Products based on secret formulas, or ones that promise quick and painless increments in performance, are usually a farce.

Even research that is on the up and up has to be viewed with extreme caution. Indeed it can be argued that most of the research dealing with nutrition has been characterized by inadequate designs. In fact rigorous controls have seldom been employed in this area of inquiry. Consequently, much of the research pertaining to the efficacy of a particular nutritional procedure has been contradictory. In all fairness though, research in this area is about as easy to do as going fifteen rounds with Mike Tyson. There are so many variables that need to be controlled that it is nearly impossible to construct an experimental design that doesn't contain some major methodological ineptness. But as most researchers are quick to point out, even research with considerable methodological weaknesses is better than no research at all, and it is certainly better than no argument from me there, especially after considering some of the options I've heard on nutrition.

Still, at the present time there is no precise nutritional needs for optimum health and performance. On the bright side there is a prolific (that means a lot) amount of research being conducted to develop an inexpensive set of physiological and biochemical tests that can be administered to people to determine their nutritional needs for optimum efficiency and performance. Once this is accomplished, it will be possible to design a diet and supplement program that would provide an individual with a biochemical environment best suited to his individual needs. Until that time though, or until more is understood about nutrition, people will have to rely on trial and error with the RDA as a "guide," and what nutritionist Roger Williams calls "body wisdom" - awareness of how the body reacts to what it is fed.

If it's any help, I've found that if it tastes good, it's bad, and if it tastes bad, it's good. How's that for precise research?

PRICE'S

FIRST ANNUAL BENCH PRESS & DEADLIFT CHAMPIONSHIPS

Saturday, September 22, 1990

Cannonsbury Armory
 Corner of Main and 4th St. in Ft. Collins, CO

6:00-6:00 P.M. Entry registration to 1:00 P.M.

7:30-8:00 P.M. Heavyweight men's classes

10:00 A.M. - 7:00 P.M. Light to middleweight men's classes

7:00-8:00 P.M. Heavyweight women's classes

7:30-8:00 P.M. Light to middleweight women's classes

7:00-8:00 P.M. 7th-12th graders

2:00 P.M. - 7:00 P.M. Judging for all classes

DIVERSITY: Open Men's, Teenage, Women's

WEIGHT CLASSES: 110, 125, 140, 155, 170, 185, 200, 220, 242, 275, Unlimited

\$10 for non members and \$25 for members

Open Classes: 2nd, 3rd, 4th, 5th, 6th, 7th, 8th, 9th, 10th, 11th, 12th, 13th, 14th, 15th, 16th, 17th, 18th, 19th, 20th, 21st, 22nd, 23rd, 24th, 25th, 26th, 27th, 28th, 29th, 30th, 31st, 32nd, 33rd, 34th, 35th, 36th, 37th, 38th, 39th, 40th, 41st, 42nd, 43rd, 44th, 45th, 46th, 47th, 48th, 49th, 50th, 51st, 52nd, 53rd, 54th, 55th, 56th, 57th, 58th, 59th, 60th, 61st, 62nd, 63rd, 64th, 65th, 66th, 67th, 68th, 69th, 70th, 71st, 72nd, 73rd, 74th, 75th, 76th, 77th, 78th, 79th, 80th, 81st, 82nd, 83rd, 84th, 85th, 86th, 87th, 88th, 89th, 90th, 91st, 92nd, 93rd, 94th, 95th, 96th, 97th, 98th, 99th, 100th, 101st, 102nd, 103rd, 104th, 105th, 106th, 107th, 108th, 109th, 110th, 111th, 112th, 113th, 114th, 115th, 116th, 117th, 118th, 119th, 120th, 121st, 122nd, 123rd, 124th, 125th, 126th, 127th, 128th, 129th, 130th, 131st, 132nd, 133rd, 134th, 135th, 136th, 137th, 138th, 139th, 140th, 141st, 142nd, 143rd, 144th, 145th, 146th, 147th, 148th, 149th, 150th, 151st, 152nd, 153rd, 154th, 155th, 156th, 157th, 158th, 159th, 160th, 161st, 162nd, 163rd, 164th, 165th, 166th, 167th, 168th, 169th, 170th, 171st, 172nd, 173rd, 174th, 175th, 176th, 177th, 178th, 179th, 180th, 181st, 182nd, 183rd, 184th, 185th, 186th, 187th, 188th, 189th, 190th, 191st, 192nd, 193rd, 194th, 195th, 196th, 197th, 198th, 199th, 200th, 201st, 202nd, 203rd, 204th, 205th, 206th, 207th, 208th, 209th, 210th, 211st, 212nd, 213th, 214th, 215th, 216th, 217th, 218th, 219th, 220th, 221st, 222nd, 223rd, 224th, 225th, 226th, 227th, 228th, 229th, 230th, 231st, 232nd, 233rd, 234th, 235th, 236th, 237th, 238th, 239th, 240th, 241st, 242nd, 243rd, 244th, 245th, 246th, 247th, 248th, 249th, 250th, 251st, 252nd, 253rd, 254th, 255th, 256th, 257th, 258th, 259th, 260th, 261st, 262nd, 263rd, 264th, 265th, 266th, 267th, 268th, 269th, 270th, 271st, 272nd, 273rd, 274th, 275th, 276th, 277th, 278th, 279th, 280th, 281st, 282nd, 283rd, 284th, 285th, 286th, 287th, 288th, 289th, 290th, 291st, 292nd, 293rd, 294th, 295th, 296th, 297th, 298th, 299th, 300th, 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873rd, 874th, 875th, 876th, 877th, 878th, 879th, 880th, 881st, 882nd, 883rd, 884th, 885th, 886th, 887th, 888th, 889th, 890th, 891st, 892nd, 893rd, 894th, 895th, 896th, 897th, 898th, 899th, 900th, 901st, 902nd, 903rd, 904th, 905th, 906th, 907th, 908th, 909th, 910th, 911st, 912nd, 913th, 914th, 915th, 916th, 917th, 918th, 919th, 920th, 921st, 922nd, 923rd, 924th, 925th, 926th, 927th, 928th, 929th, 930th, 931st, 932nd, 933rd, 934th, 935th, 936th, 937th, 938th, 939th, 940th, 941st, 942nd, 943rd, 944th, 945th, 946th, 947th, 948th, 949th, 950th, 951st, 952nd, 953rd, 954th, 955th, 956th, 957th, 958th, 959th, 960th, 961st, 962nd, 963rd, 964th, 965th, 966th, 967th, 968th, 969th, 970th, 971st, 972nd, 973rd, 974th, 975th, 976th, 977th, 978th, 979th, 980th, 981st, 982nd, 983rd, 984th, 985th, 986th, 987th, 988th, 989th, 990th, 991st, 992nd, 993rd, 994th, 995th, 996th, 997th, 998th, 999th, 1000th, 1001st, 1002nd, 1003rd, 1004th, 1005th, 1006th, 1007th, 1008th, 1009th, 1010th, 1011st, 1012nd, 1013th, 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1264th, 1265th, 1266th, 1267th, 1268th, 1269th, 1270th, 1271st, 1272nd, 1273rd, 1274th, 1275th, 1276th, 1277th, 1278th, 1279th, 1280th, 1281st, 1282nd, 1283rd, 1284th, 1285th, 1286th, 1287th, 1288th, 1289th, 1290th, 1291st, 1292nd, 1293rd, 1294th, 1295th, 1296th, 1297th, 1298th, 1299th, 1300th, 1301st, 1302nd, 1303rd, 1304th, 1305th, 1306th, 1307th, 1308th, 1309th, 1310th, 1311st, 1312nd, 1313th, 1314th, 1315th, 1316th, 1317th, 1318th, 1319th, 1320th, 1321st, 1322nd, 1323rd, 1324th, 1325th, 1326th, 1327th, 1328th, 1329th, 1330th, 1331st, 1332nd, 1333rd, 1334th, 1335th, 1336th, 1337th, 1338th, 1339th, 1340th, 1341st, 1342nd, 1343rd, 1344th, 1345th, 1346th, 1347th, 1348th, 1349th, 1350th, 1351st, 1352nd, 1353rd, 1354th, 1355th, 1356th, 1357th, 1358th, 1359th, 1360th, 1361st, 1362nd, 1363rd, 1364th, 1365th, 1366th, 1367th, 1368th, 1369th, 1370th, 1371st, 1372nd, 1373rd, 1374th, 1375th, 1376th, 1377th, 1378th, 1379th, 1380th, 1381st, 1382nd, 1383rd, 1384th, 1385th, 1386th, 1387th, 1388th, 1389th, 1390th, 1391st, 1392nd, 1393rd, 1394th, 1395th, 1396th, 1397th, 1398th, 1399th, 1400th, 1401st, 1402nd, 1403rd, 1404th, 1405th, 1406th, 1407th, 1408th, 1409th, 1410th, 1411st, 1412nd, 1413th, 1414th, 1415th, 1416th, 1417th, 1418th, 1419th, 1420th, 1421st, 1422nd, 1423rd, 1424th, 1425th, 1426th, 1427th, 1428th, 1429th, 1430th, 1431st, 1432nd, 1433rd, 1434th, 1435th, 1436th, 1437th, 1438th, 1439th, 1440th, 1441st, 1442nd, 1443rd, 1444th, 1445th, 1446th, 1447th, 1448th, 1449th, 1450th, 1451st, 1452nd, 1453rd, 1454th, 1455th, 1456th, 1457th, 1458th, 1459th, 1460th, 1461st, 1462nd, 1463rd, 1464th, 1465th, 1466th, 1467th, 1468th, 1469th, 1470th, 1471st, 1472nd, 1473rd, 1474th, 1475th, 1476th, 1477th, 1478th, 1479th, 1480th, 1481st, 1482nd, 1483rd, 1484th, 1485th, 1486th, 1487th, 1488th, 1489th, 1490th, 1491st, 1492nd, 1493rd,

USPF High School Nationals
21,22 Apr 90 - Dallas, TX (kg)

Weight Class	Finalist	Score	Points	Details
120 lb	R. Collins	170	200	522.5
135 lb	J. Silley	190	107.5	530
150 lb	M. Williams	170	107.5	530
165 lb	R. Freeman	170	107.5	530
180 lb	S. Pennington	100	67.5	337.5
200 lb	C. Dinginger	100	67.5	337.5
220 lb	L. Davis	170	87.5	440
240 lb	L. Mays	170	87.5	440
260 lb	P. Smith	150	77.5	387.5
285 lb	R. Christian	150	77.5	387.5
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Marcus Henry tried a 903 squat in winning the Superheavyweights at the U.S.P.F. High School Nationals, at age 18. Both photos by Linda Irmingar.

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120 lb	R. Collins	170	200	522.5
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150 lb	M. Williams	170	107.5	530
165 lb	R. Freeman	170	107.5	530
180 lb	S. Pennington	100	67.5	337.5
200 lb	C. Dinginger	100	67.5	337.5
220 lb	L. Davis	170	87.5	440
240 lb	L. Mays	170	87.5	440
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165 lb	R. Freeman	170	107.5	530
180 lb	S. Pennington	100	67.5	337.5
200 lb	C. Dinginger	100	67.5	337.5
220 lb	L. Davis	170	87.5	440
240 lb	L. Mays	170	87.5	440
260 lb	P. Smith	150	77.5	387.5
285 lb	R. Christian	150	77.5	387.5
310 lb	K. Christian	87.5	65	327.5

Weight Class	Finalist	Score	Points	Details
120 lb	R. Collins	170	200	522.5
135 lb	J. Silley	190	107.5	530
150 lb	M. Williams	170	107.5	530
165 lb	R. Freeman	170	107.5	530
180 lb	S. Pennington	100	67.5	337.5
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Unleash The Power

Muscle Explosion II

Finally, a single source for the full range of nutritional supplements you need each day!

For serious bodybuilders, powerlifters and strength athletes, nutritional supplements are a way of life. You know that natural supplements help you improve your muscular and scout a leaner, stronger, more muscular body—all without harmful chemicals and without jeopardizing your health.

There are lots of great supplements on the market today. So many, in fact, that it's easy to feel like you spend almost as much time choosing and buying and taking dozens of individual supplements as you spend actually working out in the gym.

But now there's Muscle Explosion II, a powerhouse combination of nutrients that gets you back into the gym where you belong and makes you more effective while you're there.

Muscle Explosion II gives you the perfect balance of amino acids, natural steroid replacements and other nutrients to help you build mass, strength, and power. Each 3-capsule packet—or your body's nutritional fuel—needs to enhance your workouts and stimulate performance gains like you've never experienced before. And best of all, you get all this high-potency power in a combined dosage that is far more economical than buying the ingredients individually.

Take a closer look at Muscle Explosion II. You'll see it's a one-of-a-kind product that not only improves your results but also takes the hassle out of using nutritional supplements.

Dibenzocido is a coenzyme of Vitamin B-12 which breaks down the metabolism and increases strength post-workout recuperation and increases strength and muscularity. With the addition of intrinsic Factor, the dibenzocido passes through the stomach intact and is absorbed in the upper intestine where it can be used most effectively.

Smilax Officialis is a potent natural anabolic which produces significant improvements in both lean mass and strength. Smilax is the steroid precursor for most synthetic prescription steroids available, yet Smilax is completely natural and safe with no harmful side effects. The sterols in Smilax help keep your body's testosterone at peak levels for improved strength training and muscle building.

Inosine is a metabolic activator that replaces the ATP (Adenosine Triphosphate) your body loses during intense workouts. With Inosine, you'll experience less muscle fatigue and more power during training. Inosine also aids in the transport of oxygen to the blood cells for more energy.

Orethic Tissue is a natural testosterone extracted from animals.

Beta-Stosterol, Campesterol, Serenoa Serrulata, Stigmastanol and Fucosterol are sterols formulated to help provide your body with natural energy stimulants, electrolytes, growth agents and fat burners.

Diosgenin/Smilagenin is a very effective alternative to the synthetic testosterone derivatives. Diosgenin, at the recommended dosage, provides about 60-70% of the anabolic activity of testosterone derivatives with no undesirable hormonal or psychological effects.

African Yam is a natural alternative to synthetic steroids. It keeps your testosterone levels naturally high, replacing the testosterone lost in great amounts during heavy training. Significantly more effective than Yohimbe Bark, African Yam gives you a head start at gaining muscle mass and strength faster and more efficiently.

Boron works to enhance your output of testosterone levels—up to twice

