

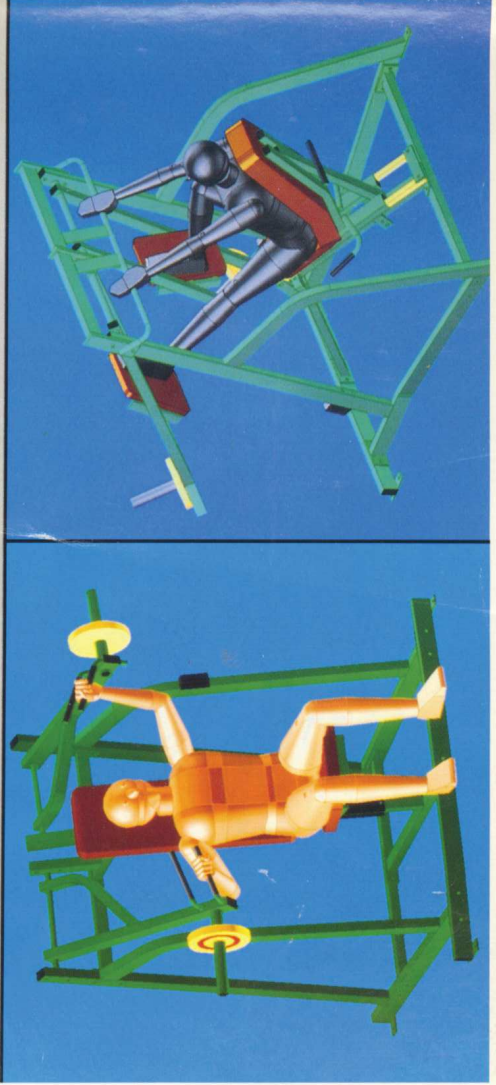
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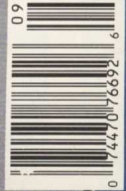
JR. & SR. Nationals

WDEFF

World Championships

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WHEN
LESS
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MORE**

**HOW
STRONG
CAN WE
BECOME?**



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ON THE COVER.....the heaviest deadlift of all time, 920 pounds, pulled by Gary Heisey at the APF Senior Nationals

NEXT MONTH.....Ken Lain Benches in the MALIBU CLASSIC

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W.D.F.F.F. WORLDS

as told by General Secretary, John Petroff



Best Lifter - Martin Beavers on his opening squat attempt. (Petroff photos)

Georges Gerard and his partner, Daniel Vachard did an excellent job in hosting their second International competition at the Meaux Sports Complex. Whereas the warm-up hours was a close vote than last year's vote in the venue, however, and the video file-to-in the warm-up area and the hospitality for out-guested the few blemishes.

The World Council meeting took place on Friday afternoon and lasted for a little over five hours. Ken Smith of England was re-elected General of an honourable Vice-President. Secretary and Treasurer. It was reported that the W.D.F.F.F. was incorporated in the U.S. of the 90+ kg class for the women which takes the place of the current 80+ kg class. The 80 kg class was also added. For the men, the 145 kg class was added.

The only other agenda item of interest to others of the W.D.F.F.F. is the failure to accept supportive shirts. The 2-9 vote delating the motion was a closer vote than last year's vote in the 1989 World title and last year's vote in the 1990 Worlds. The competition was held in the 1990 Worlds was represented by eight countries which filled 96 shirts. 33 new World Records were set and two were tied. However, a quick glance at the results would indicate that the U.S. team took eighth 1st and men's team was graciously coached by Tony Petroff. Tony was sponsored to France by the Uprife Company. He did an excellent job in running the competition. Keep an eye on Tony as an up and comer in the powerlifting scene.

In the women's classes, the 44 kg class had the most exciting competition. Linda Jones of the U.S. led the world in her fourth World Title. Judy did not break any of her four world records. Perhaps spending four weeks working in Haiti will help her to get better. Robin Bennett set World records in the squat, deadlift and total on her way to 1st place in the 47.5 kg class. Robin took 1st and 2nd by 67.5 kgs. Third place went to Peggy Britain of France. Paula Thompson of Great Britain had to settle for fourth.

France was magnificent in the 50.5 kg division. Debon led one and set two new World records in her quest for the first place trophy. Debon would have had her hand on the trophy had she not lost her first set to get a squat passed. Hopefully these two will meet again in 1991.

The 53 kg class was represented with lifters from 11 different countries. A very exciting competition was the English squater, Andy Garner who set 2nd World title. Mandy posted a 380 kg total to beat

World title. Mandy posted a 380 kg total to beat

reflects his world record 292.5 squat and 170 kg bench. Placing 2nd was European Champion Francis Mozambique from Belgium. Mozambique set a new World record in the squat, 277.5 kg, to break it on the next attempt. Mozambique will be someone to watch in future international competition.

France also totaled 620 kg but lost the third France trophy on bodyweight. John Whiteman from Australia placed 3rd with a total of 620 kg. France's Francois Kalicott totalled the competition in the 82.5 kg class to win his first World title. Kalicott posted 171.5, 57.5 kg behind with 3rd place and a 640 kg total.

Despite a sore shoulder, Vincent Kerobus happily won the 90 kg class while representing the U.S. team. His 305 kg squat and 373.5 deadlift were enough to set a new World record. Vincent Kerobus from Belgium won with a respectable 743 kg total. Devasi must have had some satisfaction for the day by out competing another Australian, Vincent Kerobus. Vincent Kerobus from Belgium won with a respectable 743 kg total. Devasi must have had some satisfaction for the day by out competing another Australian, Vincent Kerobus.

Keith Bourque from Louisiana won the 52 kg class with his 467.5 kg total. In addition to winning the title, he set a World record in the squat, 147.5 kg. So, he set a total of 467.5 kg. Bourque's performance was a testimony to the U.S. Michelle DeGennaro. Michelle posted 143.5, 70, 167.5 kg which gave her the winning total of 370 kg. Bourque was the Australian team.

World title. Mandy posted a 380 kg total to beat World title. Mandy posted a 380 kg total to beat World title. Mandy posted a 380 kg total to beat

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WDDFF WORLD CHAMPIONSHIPS (kg)

30 Jun, 1 Jul	Meaux, France (kg)	180	110	200	490
Menzies	82 kg	252.5	170w	277.5	740w
M. Beavers	90 kg	277.5	170w	305	755
L. Kerobus	90 kg	305	170w	373.5	825
L. Kerobus	100 kg	373.5	237.5	620	920
F. Mozambique	125 kg	277.5	237.5	620	920
C. Price	150 kg	185	435	620	620
J. Whiteman	160 kg	185	435	620	620
J. Whiteman	160 kg	185	435	620	620
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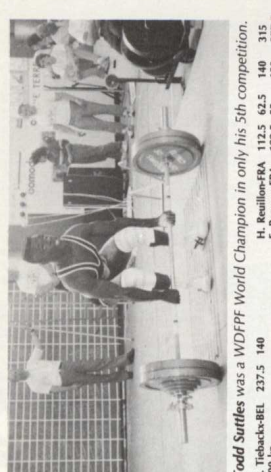
Todd Suttles was a WDDFF World Champion in only his 5th competition. P. Triebachel-BEL 237.5 140 315

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Todd Suttles was a WDDFF World Champion in only his 5th competition.

P. Triebachel-BEL	237.5	140	315
H. Reillon-FRA	112.5	62.5	140
55	62.5	140	
55	62.5	140	
55	62.5	140	

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Dr. Michael Klimsky, Director of Sport Biochemistry, Kiev, USSR
Ben Tabachnik, Soviet Sports National Team Coach, Moscow, USSR

APF JR. NATIONALS

as told by APF Secretary Maris Sternberg



Fast Rising Steve Brodsky has won both the Jr. and Sr. National APF titles

APF Jr. Nationals		APF Sr. Nationals		Total	
Weight	Score	Weight	Score	Weight	Score
123 lb.	225	75	200	500	500
132 lb.	180	120	250	550	550
S. Cotwell	175	110	265	550	550
D. Ostini	340	275	405	1000	1000
J. Schiller	605m	325	530	1510	1510
148 lb.	605m	295	510	1255	1255
(BU)	A. Cheng	440	235	460	1135
C. Mustari	365	260	450	1065	1065
L. Coronado	510	300	510	1320	1320
D. Donose	440	375*	500	1315	1315
D. Krueger	430	310	505	1250	1250
K. Kitzman	650	390	640	1680	1680
161 lb. Turkey	L. Sellers	600	370	600	1590
198 lb.	725*	440	650	1815w	1815w
4th	R. Ludly	650	460	585	1695
R. Ludly	600	400	505	1505	1505
S. Grant	610	410	625	1625	1625
J. Jacques	610	410	580	1600	1600
F. Garcia	550	300	585	1435	1435
D. Riesel (GI)	755	450	695	1880	1880
J. Emiliano	705*	460	625	1690	1690
D. Meeks	700*	355	690	1725w	1725w
B. How	660	410	555	1660	1660
S. Bailey	620	450	750	1920	1920
R. Heller	605	440	600	1745	1745
M. Hales	795	510	715	2000	2000
S. Donahue	765	500	620	1885	1885
K. Kidder	705	415	600	1720	1720
M. Koracion	825	555	760	2140	2140
S. Brodsky	675	420	675	1770	1770
G. Baum	700*	420	675	1770	1770
BL - Best Lifter	CL - Guest Lifter	DL - Meet Lifter	DL - Meet Lifter	DL - Meet Lifter	DL - Meet Lifter
World Record	World Record	World Record	World Record	World Record	World Record
Heavy-Steve Brodsky	Overall-David Lewis	Overall-David Lewis	Overall-David Lewis	Overall-David Lewis	Overall-David Lewis

Mustari of Vaeger's Fitness was second with a fine day. Young Andy Cheng came in with 8 for 9. With a last minute decision to enter, Lupo Corbelli had only two attempts coming away with 4th place.

The 165s had a tight battle between friends from Terry Dangerfield's Olympic Gym in St. Charles, Missouri, and the APF's own gym, the APF World records in the benching along the way. Teenager Kristopher Kitzman came to warm up for upcoming Tennessee where he will be competing in the USA Youth and Teen Worlds in Pescara, Italy in October.

Eddie Huffstetter won the 181's nicely with a very strong showing. Another local lifter, Mike Wilson, was also in the class. Wilson certainly had a fine day also.

The 198's was one of the largest classes in the meet. The winner, Scott Smith, is one of the main strength division, good natural Joe Schiller and Dina Oraini both weighed in exactly the same and then totalled the same. It came down to a tie between the two. Dina came out with a strong showing. Both women worked hard. The battle came down to the deadlifts, where both seem to have their main strength.

The 148's saw one of the strongest shows in the meet. Steve Brodsky, good natural Joe Schiller went 9 for 9 to win the 132 lb. class unopposed. Ever smiling, he did his best and had a good day.

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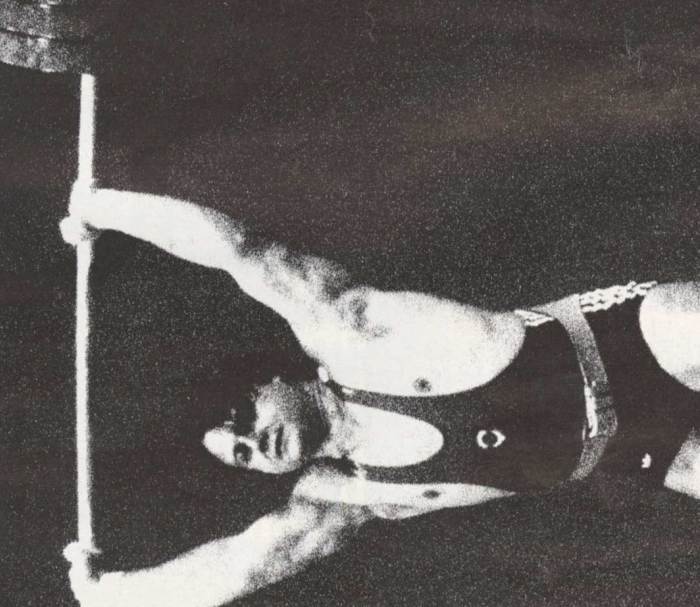
The Scottish Power Challenge



Contender Tralling Van Den Bosch handling 308 lbs. in the log lift. He later injured his leg.

In one of the biggest competitions of the European Strong Man season, Jan Pall Sigmanson of Iceland won over the 17-year-old American, John Den Bosch, by tralling Van Den Bosch of Holland (who provided this information). The events tested and the winners of each event were: Log Lift (Jamie Reeves), Cable Toss for Freight (Sigmanson), Yolk Pull (Sigmanson), Tire Pull (Van Den Bosch), Cart Deadlift (3 way tie between O.D.D. Wilton, Sigmanson, and Amason), Farmer's Walk (Sigmanson), and Sumo Wrestling (Brian Bell of Scotland). Competitors included Brian Bell of Scotland, Marku Suonenen (Finland), Henning Thorsen (Denmark), Ian Murray (Scotland), and Davie Sharp (Scotland). Sigmanson, the defending champion in the World's Strongest Man competition, Jamie Reeves of Great Britain, ripped his biceps off completely during the cart pull competition and should be out for the season. O.D. Wilson was popular, did well, and learned a lot. He reportedly will be a participant in this year's World's Strongest Man Contest.

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50 caps \$18.95

John Ware.
The 220 lb. class was the other big class in the meet. Scott Bailey came all the way from Minnesota to place high Emiliano has been working for several years for this win. Going 9 for 9 made it that much sweeter. 2nd place Dwayne Meeks didn't have the day he wanted. Brian How from Minnesota took third getting 7 and Jr. World records in the squat and total. Steve McCormick and Jim Jozwick rounded out the top 5. The 1st and 2nd place winners were both 9 for 9. Jim Jozwick had a very creditable second place going 7 for 9. Jerry Coriere won the 275 lb. class going 9 for 9. He showed line potential and will do much better with more experience. Third was won by the new APF New Hampshire State Chairman, Alton Kitzman. He lifted and I can tell you, watch out! You'll hear from him lots more.

Matt Kesterson won the 308's unopposed. With World record attempts in the squat and bench he was a real force very soon.

The SHW's were colorful. Steve Brodsky had his best meet yet, going 9 for 9 and winning best local lifter who had a great day for himself. Gary Ritter when he is finished filling out his well over 6 Thanks go to a multitude of people. I hope I don't forget anybody. Thanks to Call and Amy of the Frantz Sports office. Also to Mark Arturi and the Frantz Sports office. Also to Mark Arturi and the Frantz Sports office. Also to Mark Arturi and the Frantz Sports office. Also to Mark Arturi and the Frantz Sports office.

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TRAINING

When LESS Is MORE: Training by Percents II

When is less more, and how? I'm talking about now. I'm talking about familiar with the following way of thinking. In the bench press, I know next to do 400 lbs. of force the answer is no concept of force applies. While performing the three reps, I know I can't do more than 405 lbs. of force? I doubt it. The first was probably done with 395 lbs. of force the second with 390 lbs. of force, perhaps, and the third with about 385 lbs. Not one rep surpassed the 405 lbs. anticipated. This is why the 405 lb. bench was unattainable.

My best bench presses were 520 and 523 lbs. I accomplished these by training with the percent program which I explained in the September 1988 issue of *Powerlifting USA*. I trained exclusively with 75 percent (390 lbs.) for eight triples, taking 1½ minutes between sets, plus assistance work. I then injured the rotator cuff in my shoulder. Even after deep tissue therapy, I was only able to train with 70 percent (365 lbs.). Yet, at a meet I benched 525 lbs., proving that you can have less weight on the bar, apply more force and get a record bench. Compensatory acceleration is the key to this program. "Training by percents" means not only using the correct weight, but applying your maximum force to whatever weight you are using.

Other examples in my gym of percent training success are a 525 bench who trains with 365 lbs. (70 percent), a 410 bench who trains with 295 lbs. (72 percent), and a 465 bench who trains with 315 lbs. (68 percent) and a 470 bench who trains with 330 lbs. (72 percent). Even the great Ed Coan has used this program at my suggestion, as stated in *Ironsport* magazine.

I have recently received countless calls and letters with questions about "Training by Percents". I would like to clear up a few things. This is not the Russian six-week training routine as explained by Dr. Hatfield, but a program to be used throughout the year. It is designed to prevent overtraining and to train one to move 100 percent as fast as 70 percent, thus teaching explosiveness year-round. It is to be used once a week per lift. Training a lift more than once a week will lead to overtraining, for most lifters; although there are some highly-skilled lifters such as Hatfield and Frantz, who train a lift two or three times a



Doris Simmons, Louie's wife, obliterated the Women's WPC Record Book at the APF Sr. Nationals.

squat with only a 1 minute rest between sets and have had fantastic results. My training partner changed his 3 minute rest to 1 minute and increased his squat from 575 to 760 lbs. in one year and seven months. His total has gone from 1575 to 1940 lbs. at 220. In the squat I have done 8 sets of 3 reps at 70 percent and 10 sets of 2 reps at 85 percent with 1 minute rest intervals. When you try this, you won't believe how much more muscle soreness is achieved due to muscle tension, a key component to strength.

Lower ranked lifters and women should use lower percentages (65 to 75 percent) to develop explosive strength. I train a female world record holder who always trains with 65 percent in the bench. I recommend doing low-speed isokinetics to accompany this way for more than two weeks with favorable results. The second best and more practical way is training with predetermined sets and reps in the 70 to 90 percent range. Work load and intensity are increased, while chance of injury is decreased. Also, correct form can be maintained more easily.

You must do your sets with short rest intervals, according to your physical condition. Shorten the rest intervals gradually (to a goal of 1 to 2 minutes), because working against fatigue decreases the Central Nervous System's ability to function at its maximum capacity. The CNS regains its maximum output in 1 to 2 minutes. I have been training the

The stiff and unbending are the disciples of failure;the yielding are the disciples of success.

to 85 percent). The CNS learns to struggle with heavy weights and learns to be explosive with lighter weights. A person's vertical jump is said to be a measure of explosive strength, which correlates to Westside Barbell Club, where I have access to about 40 competitive powerlifters. I found little, if any, connection between vertical jump height and a lifter's classification. The discrepancy is due to poor technical skills and psychological barriers to lifting heavy weights.

I have also been asked how to incorporate assistance exercises into the percent program. There are two schools who thought on this. In Bulgaria, almost all training is done with the basic lifts and front squats. They train the lifts several times a week or even several times a day. Mike Bridges told me that he did no assistance work at all, especially after injuring his chest doing heavy negative bench presses.

In Russia, at least 50 percent or training is assistance work, such as pulls, front and back squats, back raises, good mornings, etc. Both countries boast phenomenal athletes. I have developed a third method at Westside Barbell Club. We bench only once a week, do no regular squatting and rarely do regular deadlifts. Almost all training is assistance work. We try to break a record every time we do assistance work, either by breaking a high rep record or a heavy decline bench, cambered bar bench, rack bench or deadlift, box deadlift, hack squat or belt squat. With this method, I developed 19 Elite lifters, 15 of whom became national champions. This same method enabled me to achieve Elite classification in 5 weight classes.

People have also asked me how I chose the name of my gym. I named it Westside Barbell Club in honor of the famous Bill "Peanuts" West, George Frenn and other greats like Pat Casey and superstar Billy Graham, a.k.a. Wayne Coleman. I will always be grateful and will hold the name in high esteem as long as I lift and live, and will continue to be innovative in my thoughts.

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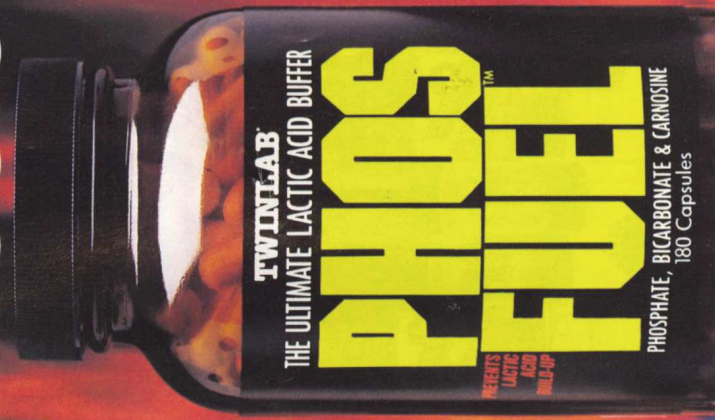
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Women's 7 lb.	115w	K. Lain	712w
114 lb.	143w	K. Lain	308
113 lb.	181b	C. Homola	501
Teenage 16-17	275 lb.	D. Fool	281
148 lb.	231w	D. Fool	578
198 lb.	132 lb.	C. Feaster	490
18-19	363w	C. Feaster	396
145 lb.	242 lb.	C. Thompson	259w
181 lb.	176	C. Thompson	446w
T. Jacquin	330w	S. Ellis	407w
198 lb.	433w	D. Good	534w
220 lb.	404w	D. Good	341
J. Menkiena	325	D. Klüber	248w
Junior, 20-22	165 lb.	R. Olson	325
181 lb.	347w	R. Olson	303w
J. Bruns	319w	F. Kendall	281w
132 lb.	220 lb.	R. Olson	220w
J. Lawrence	281	M. Freeman	325w
C. Feaster	152w	R. Olson	478w
D. Bullock	451w	T. Dangerfield	589
R. Anderson	325	198 lb.	
R. Bellamy	418-457w	T. Dangerfield	341
J. Duffin	424	J. Huber	248w
J. Karasek	418-457w	M. Collet	325
J. Dangerfield	341	148 lb.	303w
181 lb.	358	50-54	281w
J. Karasek	451w	242 lb.	220w
R. Olson	446	C. Klehn	325w
H. Sherman	540	55-59	209w
M. Geiger	462	D. Henke	
G. Thompson	424	C. Good	
275 lb.	578w	198 lb.	
B. Piech	589	A. Vitta	

Wilson of Giffordville, Illinois, at 148, claimed a world record with a press of 231 lbs. 16 year old Matthew Ruddle of Calhoun, Georgia, at 198, claimed a world record at 363 lbs. 19 year old Jason of Coal Valley, Illinois, at 181, claimed a world record at 407 lbs. 19 year old and 19 year old Ron Carter of Calhoun, Georgia, at 198, claimed a world record with a press of 435 lbs. Robert E. Smith of South Elgin, Illinois, at 165, won with a press of 347 lbs. and Jeff Bruns of Naperville, Illinois, at 181, won with a press of 347 lbs. In the Men's Open, Jim Lawrence of Tempe, Arizona, at 132, broke the world record of Joe Schiller (235 lbs.) with a press of 347 lbs. David Bellamy of San Diego, California, at 148, broke the record of Eddie Mordina (447 lbs.) with a press of 457. Ray Bellamy of Tempe, South Carolina, at 165, bettered his own world record

of 454 with a press of 457 on his fourth attempt. Jeff Karasek of Birmingham, Alabama, at 181, broke the record of Tim Ulmer (385) with a press of 451. Gil Thompson of Houston, Texas, at 172, improved on his own record of 429 with a press of 578. He fouled on his fourth attempt at 600. In the Men's Sub-Masters no records are recognized. Greg Homola of Indianapolis, Indiana, at 172, broke the record of 429 with a press of 501 in the 30-34 year age division. In the 35-39 age division, Charles Feaster of Houston, Texas, at 242, won with a lift of 578 lbs. In the Men's Masters, 40-44 age division, Daniel Klüber of Middletown, Ohio, at 165, claimed a world record with a press of 259; Rick Olson of Des Moines, Iowa, at 181, claimed a world record with a press of 407 lbs.; Robert Evans of Elgin, Illinois, at 220, broke his own record of 397 with a press of 407 lbs. and Michael Freeman of Minneapolis, Minnesota, with a press of 534, claimed a world record with a press of 534. In the 45-49 age division, John Huber of Naperville, Illinois, at 198, claimed a world record with a press of 448. In the 50-54 age division, Ray Bellamy of Tempe, Arizona, at 148, claimed a world record with a press of 403 lbs. He also holds the world record at 148 at age 40-49 with a press of 310 lbs. Carl Klehn of Chicago, Illinois, at 181, claimed a world record with a press of 201. In the 55-59 age division, Donald Henke of Oshkosh, Wisconsin, at 148, claimed a world record with a press of 325 lbs. In the 65-69 age division, Art Vitta of Mt. Prospect, Illinois, at 198, claimed a world record with a press of 325 lbs. The meet was moved from the Lakes Region YMCA to the Holiday Inn when it was discovered that the Y had no air conditioning. In the Men's Open, Jim Lawrence of Tempe, Arizona, at 132, broke the world record of Joe Schiller (235 lbs.) with a press of 347 lbs. David Bellamy of San Diego, California, at 148, broke the record of Eddie Mordina (447 lbs.) with a press of 457. Ray Bellamy of Tempe, South Carolina, at 165, bettered his own world record

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

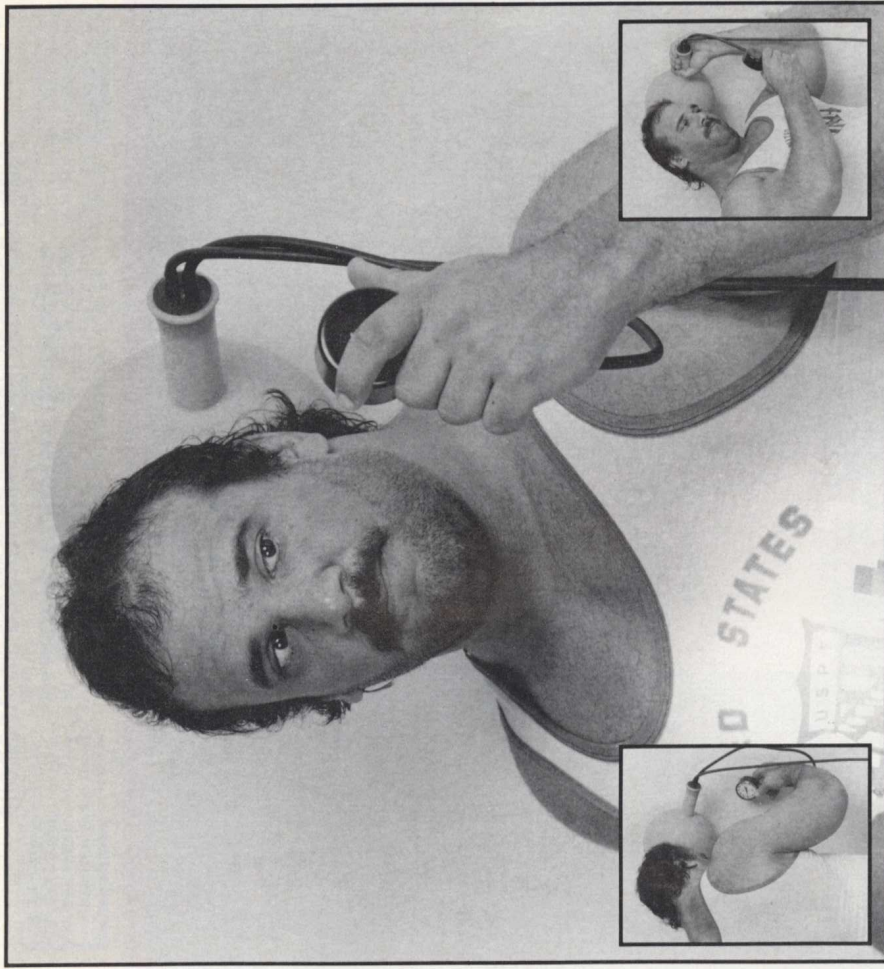
NOTE: MEALS FROM 1-7 ARE TO BE USED WITH A 5 MEAL A DAY DIET / MEALS FROM 8-14 ARE TO BE USED WITH A 3 MEAL A DAY DIET.

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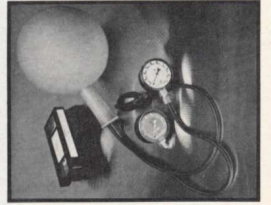
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Moines, Iowa. Dave, whose work is demanding, found himself making his final workout the Monday before the competition. On Tuesday he flew to New York and then to Paris and then to Zurich, Switzerland, and Thursday it was business. Friday he flew back to the United States and finally got home that night at 11 P.M.

All day Saturday he drove the 11½ hour trip by car to Des Moines. Sunday he competed and when the chalk dust cleared, he had secured the runner-up position in the Superheavy weight (over 242½ lbs.) category. Schneider snatched 242½ and narked a modest 297½ and narrowly missed 259 and 314 because he tried to be technically correct rather than rely solely on pure strength as he had done in his powerlifting days.

Dave says he has found his final fulfillment - Olympic lifting is the Ultimate Challenge. He finds it rewarding, and now as a family man with three children (Eric 4, Nick 3, and Elizabeth 1½) he has indeed come full circle. Since this article was written he has his lifts up to 270 snatch and 330 clean and jerk. Not bad for a drug free lifter with only three months serious training.

Wouldn't it be something if Dave became a National Champion again? This time as an Olympic lifter! Under the tutelage of Schubert who produced a two time Olympic bantamweight champion in Chuck Vinci (1956 & 1960) and with Dave's fire rekindled and burning strong - how can he fail?

Power Profile

DAVE SCHNEIDER "Facing the Ultimate Challenge" as seen by Herb Glossbrenner



Dave Schneider with his coach John Schubert at right (Earl Sime photo)

problem could not be diagnosed. In 1985 the surgeon for the Cleveland Browns professional football team performed exploratory surgery and discovered a small lump of hard, radical tissue (1½"x½"x½"). It was pressing on his sciatic nerve and causing unbearable pain. Following the surgical removal of this lump, the pain disappeared.

At this point he had been National Champion and had come close, even with his injury, to becoming World Champ. He was even the July 1984 coverman for POWERLIFTING USA.

In 1988, weighing 250, Dave lifted at 275 in a drug free meet doing 735, 385, 715. This was his last meet and farewell performance in Powerlifting. Leading up to this, in 1986, Dave had been searching for an objective, but could find none. He had secured a job in London, Ontario, Canada at the YMCA there. He met an Olympic lifter who showed him 'the other kind' of lifting. Dave still yearned for competition, but was burned out on Powerlifting.

He got transferred back to Lorain, Ohio in October 1986 and, with his bride of two years - Bonnie, returned to his real home - the Buckeye State. Soon afterward, his accounting position took him back to Cleveland. He wanted to do some Olympic lifting, but he had nowhere to train or anyone to instruct him so that idea smothered before it caught fire.

Soon afterward, though, he met John Schubert, coach of the Olympic Health Club. In April 1990 he started Olympic lifting. His 307 highs were now subjected to a different type of work, without the confines of a restrictive tight costume and wraps.

On July 1st, at Schubert's urging,

In DEDICATION



After a long battle with cancer, one of Powerlifting's Pioneers, **DICK BURKE**, died recently. Born February 9th, 1912, Dick was an International Referee, member of the Powerlifting Hall of Fame, holder of the world record in the 'Burke' pushup, and as recently as 1983 he was a National Masters champion, and he was a member of the USA team that competed at the 1983 World Masters Championships in Canada. He was also the coach of Powerlifting great Walter Thomas. For over 20 years he ran a successful lifting equipment mail order company, Royal House. This issue of PL USA is dedicated to Dick.

Most powerlifting devotees will instantly understand the goal while he never fulfilled his goal to be a world champion. Dave Schneider came over so close.

At 33, Dave was born October 24, 1956 in Cleveland, Ohio. He always wanted to lift, as far back as he can remember. When he was four, he was in the ninth grade he started Dave had no interest in other sports. He just wanted to manhandle the barbell. One lazy and bright one of those cheap, pink coated sets and set-up training in his garage. To Dave, lifting was as to an end.

At five years and a lot of chip-pediment floor and cracked plastic weights, he joined a gym. At age 20 he had his first competition - the Ohio State powerlifting champion-ship. He competed as a light 90 kg and won with 385, 285, 595.

He was very proud of his first small trophy. There was no turning back now. The barbell had had bitten deep and Dave was addicted for life. He improved by leaps and bounds and three years later (1979) to be exact he had posted best lifts of 635, 385, 705, 1715.

In 1980, Mr. Schneider made the move to 220 and finished as runner-up in the Sr. Nationals in Madison, Wisconsin. It was so hot that weekend that it was like lifting in a boiler room. It was so humid and everyone was perspiring so profusely that it was almost impossible to hold onto the bar. Dave had a go at the winning deadlift, 771, and as it gradually slipped from his grasp he lost with it a large portion of flesh and blood from one hand. Mixed with chalk it may still be on the platform or stuck to the bar. Dave reminisces, Dave had set a World Record there, 793, 418, 727, 2039. He knew he could have made the winning lift, but didn't.

In 1981, he entered the Seniors and zeroed with a monster 860 squat. He came up with it, but earned only one white light. Dave boosted his total to 2088 that year.

In 1982, Dave won the Nationals at 110 kg, beating out Scott Warman and the renowned Carlton Smitkin (815 440 804 2061).

This, however, was the beginning of the end. A mysterious injury plagued Dave before and during the competition. It was deep inside the hip and caused pain during the initial phase of the deadlift and the finish of the squat.

He had planned to take a layoff after the meet, but his unexpected win shed a new light on the situation. He was now on the World Championship team bound that fall to Munich, West Germany.

Instead of enjoying a healing rest, Dave found himself working harder than ever. The pain got worse. He did the best he could in Germany and his final 4th place finish became 2nd after two adversaries were disqualified after the drug testing results were revealed.

The injury did not improve and it plagued him from 1982 to 1985. The

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that short people live from 6 to 20 percent longer than tall people, depending upon their profession. According to Samaras, players 5'4" or less lived an average of 69 years, and that the average lifespan declined linearly as height increased. The longevity for athletes 6'5" or taller was only 52 years of age. In other words, you lose approximately 1.3 years of life for every inch of height over 5'4". Interestingly, a survey of over 5000 American men revealed that the majority of men would prefer to be at least 6'2". Guess what? A recent study revealed that the average height of the competitive lifter is only 5'7" 58". Some proof, anyhow, that good things do come in small packages.

Personality and Performance

Efforts do document the relationship between personality and athletic performance date back to somewhere in the early nineteenth century, before MTV. There is now considerable evidence to support the contention that various personality traits do indeed correlate with athletic performance. Research has revealed that there is a near linear relationship between mental and emotional health and athletic performance. Superior athletes, in most sports, consistently exhibit lower levels of anxiety, fear, and depression than less successful athletes and the general population.

For instance, in a study conducted by William P. Morgan, 56 athletes who were contending for a position on the United States Olympic wrestling team were administered the Profile of Mood States (POMS). While the unsuccessful candidates scored well on the test, the athletes who ultimately earned final berths on the team scored significantly better. Interestingly, similar studies on marathon runners, golfers, skiers, and Olympic rowers revealed similar findings. In every one of these studies there was a linear relationship between athletic success and the personality test. The better the athlete, the better the score.



Dr. JUDD has done some 'World Class' squatting as a Featherweight.

tall people are at an advantage in most of life's endeavors, short people tend to perform better. There are volumes of research that indicate that short people score better on intelligence tests, fitness tests, and motor ability tests than tall people. Studies have also revealed that short people, or people of average height, tend to have an easier time maintaining friendships than tall people. Researchers believe that the reason for this finding is that tall people can be intimidating and consequently, make people around them

feel uncomfortable. Other studies indicate that short people are healthier than tall people. Tall people have a higher incidence of heart disease, cancer, tuberculosis, and emphysema than short people. Perhaps the most interesting study on stature was conducted by Thomas T. Samaras, a San Diego Aerospace Engineer. After analyzing the heights, weights, births and deaths of more than 3,000 professional baseball players, Samaras found that short people live longer than tall ones. His research revealed

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Anorexia...Athletica...What? I'm sure you are familiar with anorexia nervosa, a self-induced loss of appetite due to psychological reasons. And there's also anorexia bulimia, an eating disorder characterized by episodes of binge eating and then immediate regurgitation. But have you heard of anorexia athletica? You haven't? Well, like anorexia nervosa and anorexia bulimia, anorexia athletica is a psychological eating disorder. Unlike the aforementioned diseases, though, anorexia athletica is a condition that is specific to athletes. About 95 percent of the people suffering from the disease are competitive athletes who have an inordinate fear of being overweight, and an inordinate drive for achieving a high level of success in their sport. As you are probably aware, most athletes are encouraged to maintain a low fat-high muscle body ratio. Unfortunately, some athletes who are obsessed with being successful overreact to the expectations of their coaches by drastically restricting their food intake. When they do eat normally, some anorexia athletes resort to self-induced vomiting, diuretics or laxatives to reduce their body weight. Despite the low intake of calories, and the severe depletion of body minerals and vitamins, most of these athletes are remarkably energetic and tend to be hyperactive.

According to Nathan J. Smith, an expert in sports medicine, "Losing fat becomes a challenge in which the athlete promises himself uncommensurate success. Hunger pains become gratifying signals of accomplishment, and food becomes the opponent in a contest that he is dedicated to win by an overwhelming score." Fortunately, therapeutic intervention is highly successful in treating anorexia athletica. The primary goals of such treatment are as follows: (1) counseling designed to help the athlete to put sports in perspective, (2) a reassurance that athletic goals can be met without such eating behavior, (3) a change in the athlete's attitude towards food and eating and (4) to maintain a reasonable standard of body weight.

The Long and Short of it All Big isn't better or is it? In recent years, there has been a prolific amount of research conducted to determine the effect that stature has upon performance. The majority of the research clearly indicates that height is a distinct advantage if you live in the United States. For instance, studies show that tall people earn higher salaries than short people, that employers prefer to hire tall job applicants, that the majority of officers in the military stand 6 feet or above, and that the majority of athletes in major sports in America are 6'1" and above. The research also indicates that short men (5'4" and below) are often low on self-esteem, and are rejected by women more often than tall men.

Apparently big is better - or is it? Although the research indicates that

INTERVIEW

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

Bob: Andre, give us some personal information on yourself?

Andre: My name is Andre Schumieglow. I reside at 2100 E. Park Row Dr., Arlington, TX 76010, and I'm employed in the aerospace industry.

Bob: How did you get started?

Andre: A few of my friends were involved in Powerlifting and they got me started and I enjoyed it.

Bob: How long have you been training and competing?

Andre: I have been training with weights for nine years and competing in Powerlifting for the past four years.

Bob: What are your best lifts?

Andre: I have squatted 705. My best bench press is 385. In the deadlift I have done 705. All of these were done in competition.

Bob: What are your future goals?

Andre: My immediate goal is total 1850 drug free.

Bob: What about steroid use?

Andre: I am drug free and oppose the use of anabolic steroids for any sport. I try to compete in drug free meets only.

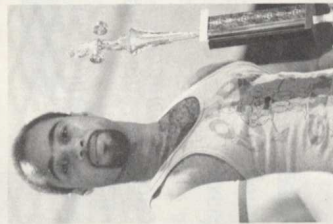
Bob: How about drug testing?

Andre: I have no problem with the current testing methods, but I would like to see more of it done.

Bob: Do you follow any special diet?

Andre: I do not have any problem

Andre Schumieglow as interviewed by BOB GAYNOR



Andre Schumieglow with his award at the 1989 A.D.F.P.A. Nationals.
11) 680, 1 of 2. I will do 1 set with this weight until the meet. Will take 1 of 2 down sets with 315 to 275 for 10 reps. I will do 6 to 7 sets every 261.9925.

workout. Leg extensions 4 of 10, 160 to 250 lbs. Leg Curls 4 of 10, 60 to 100 lbs.

2nd workout: I will superset leg extension and inverted leg press 4 or 5 sets of 10. Up to 400 lbs. Leg curls 5 of 6, 80 to 120 lbs. Deadlift: 1) 400, 1 of 5; 2) 450, 1 of 5; 3) 475, 1 of 4; 4) 500, 1 of 3; 5) 540, 1 of 3; 6) 580, 1 of 3; 7) 600, 1 of 2; 8) 620, 1 of 2; 9) 640, 1 of 1; 10) 660, 1 of 1; 11) 680, 1 of 1. I will do 1 set with these weights until the contest. There will not be any down sets. I will do at least 5 sets each workout.

2nd day, 4 of 5 off the block. Stiff legs 225 to 250 lbs. Off season workout: On my off season workout I will do a variety of bodybuilding and I will always deadlift once a week.

Bob: What advice would you have for beginners?

Andre: Learning proper lifting technique is very important. I strongly recommend that a beginner train with somebody who knows the sport.

Bob: Andre, are there any other comments you would like to make?

Andre: I'd like to thank Bob Gaynor and PL USA for this interview.

Bob: If anyone needs additional information, Andre can be reached at the above address or by calling (817) 261.9925.

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WORKOUT of the Month

The Ray Benemerito Deadlift Program

Everyone has heard the saying, "The meet doesn't start 'til the bar hits the floor". Well, that is one saying every lifter should keep in mind. I'm sure we have all seen this scenario: It's subrotal time and Joe Squatter-bencher is pretty comfortable with a big lead, but in the corner is the last person in the world you would have thought could make a play, but in three successful deadlift attempts he has caught up, tied, and taken the lead. What a humbling experience. Hopefully everyone treats the deadlift with a great deal of seriousness. Having a good deadlift gives you the advantage when you're plotting your opening attempts.

I train my deadlift opposite my squat. Basically my form in both lifts is similar so that my assistance work is the same. I rely on one thing, form. I believe that even if you're in the best shape, if your form is off, you're not going to pull the weight.

The workouts should be set up like this, your heavy leg day is your squat and heavy assistance, your light leg day should be deadlifts and light assistance.

Monday: squats, inverted leg press, leg curls, leg extensions and calf raises; Thursday: deadlifts, hypers, leg curls, leg extensions and calf raises. Assuming a 500 lb. deadlift coming in, the poundages would go:

- Week 1: work up to 355x7x2
- Week 2: work up to 365x7x2
- Week 3: work up to 385x7x2
- Week 4: work up to 405x5x2 (belt)
- Week 5: work up to 425x5x2
- Week 6: work up to 415x5x2
- Week 7: work up to 435x5x2
- Week 8: work up to 455x3x2
- Week 9: work up to 465x3x2
- Week 10: work up to 475x3x2
- Week 11: work up to 495x2
- Week 12: work up to 495x2

Meet Attempts: 485 - 505 - 525.

Always keep your form in mind. The weight should come up smoothly. When you have a sticking point, your form is off so re-evaluate yourself or get a knowledgeable friend to watch. Sometimes they'll pick up something you are overlooking. As for equipment, stick to a belt and a suit. I think the best one for deadlifting is a Titan because of its strapping support. It works very well coming out of this hole. If you have any questions on fittings, call Pete and he'll take care of you!

Good Deadlifting!



RAY BENEMERITO one of the all time great drug free champions, at the 1989 ADFFPA Lifetime Drug Free Meet.

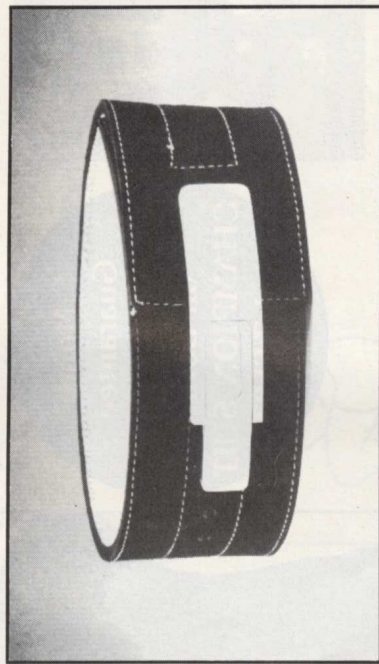
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More From Ken Leistner

Despite the time that most powerlifters put into thinking about their diets, money spent on a variety of food supplements and in some cases, anabolic drugs, and a willingness to discuss nutritional intake into the wee hours of the morning, the majority of lifters do not eat well. While I believe that it is true that hard, consistent, injury free training over time, not diet, is the key to success in this sport, it is possible to limit one's available training energy, recovery ability, and potential for growth with a poor diet. It isn't true, as most muscle building publications state, that nutrition is responsible for 85% or even 75% of one's muscle or strength building success.

The purpose of eating 'well' is to provide enough protein for the repair of tissue, and growth, if growth has in fact been stimulated through training. One should note that many, many lifters have failed to reach their powerlifting goals because they have been unable or unwilling to train hard enough and/or consistently enough to stimulate meaningful gains. One should note too that very, very few have failed because they ate their way out of a powerlifting title. John Ware, the very knowledgeable strength coach and *PL USA* contributor, had an interesting and well written article in the July issue of this magazine, about protein requirements. Despite increasing amounts of information, this is still a very abused aspect of diet. I agree that those who train heavily may need a bit more protein than the average, sedentary individual, but there are very few lifters who do not get enough protein via their daily diet. There is still a prevalent belief that if one does not need three hundred grams of protein per day, one 'definitely' needs two hundred. This is a holdover from the day when it was believed that every trainee needed as much protein as they could consume. The 'facts' from the mid-1960s through the late 1970s indicated that if one could consume four hundred grams of protein, they would build more muscle than if they consumed three hundred grams per day and of course, much more muscle than if they only ate a mere one hundred grams or less.

Protein requirements are based upon existing bodyweight, with limited and at times, contradictory evidence that the athlete might need a bit more. A bit more does not translate to double the RDA. Adequate protein allows for growth and repair, with an excess if caloric requirements are met, being stored as fat. That other old myth, that 'protein turns to muscle' omitted the part about excess calories, in the form of protein or anything else, being stored as body fat. Sources of protein should be moderate or low in fat. Simply, this means that one can eat red meat, but perhaps on a limited basis, and should choose those cuts that are lower or lowest in fat. Eating round steed instead of chuck or prime rib will not tax the scientific knowledge of most readers.

Chicken is generally lower in fat content than red meat, although some cuts of red meat will rival that of chicken, especially if the chicken is prepared in a manner that enhances its fat content and/or the skin is eaten with the flesh. Fish, which is something that is never eaten in my house and which I claim no intimate knowledge of, has been the media darling of protein foods for the past few years. A quick glance at a nutritional table, however, indicates that some types of fish can be quite high in

fat, and preparation can play a role in overall fat content. I seriously doubt that six pieces of fried-to-death in restaurant oil (tropical oil at that) shark filet is any better than broiled round steak.
 This is not meant to be anything more than additional information on protein, which should be added to that provided by Mr. Ware and others. Next on the agenda will be fats and carbohydrates. At all times remember that eating, like training, is a matter of applying common sense to the basics.

Dr. Ken Leistner



Darren Robinson and other great natural athletes must be very conscious of their protein intake level.

TRAINING

The Austin Gym Way, "Powerlifting Parameters", as developed by BRYAN WADIE



Greg Bryant one of the top lifters at the Austin Gym, where Bryan Wadie coaches

Whenever we learn something new or something old in a new way, we have to go through an education process. Usually the first thing you go through in this process is to establish a common ground with terminology and the language of the subject. My series of articles is an education process and as such it requires that we all be on common ground to get my message across with the least confusion.

In every gym in every city, lifters talk about training and in doing so use their own commonly accepted definitions of the terms they use. This is fine as long as you don't talk to someone who attaches a slightly different meaning to a term than you do. When this happens a whole different meaning can come from a conversation. This month's article will put us all on the same wavelength as far as terminology goes.

The following paragraphs present my usage of terms in planning your training. They may not match yours, but this is how I use them so when you read my articles try to remember my usage if it is different than yours.

Volume: Training volume is simply put, the number of lifts performed during one given training session, phase or cycle. You don't need to calculate tonnage or anything else, just add up the number of lifts performed during a training session to determine your volume. This is one of the 3 key factors in planning your training. Manipulating your training volume allows you to bring about different responses from your body. Large volumes can bring along lifting fitness, muscle mass increases and provide a base for future training. Low levels of volume can bring about peaking, allow for recuperation and allow for technique improvement.

Intensity: Training intensity, in my programs, is simply a ratio of the weight being lifted to the goal weight for the current lift. That's all there is to it: 445 lb. benching a cycle with a goal of a 500 lb. bench is a lift at 90% intensity. Along with volume, intensity makes up the key factors in your training program. Since the training zone is determined by the intensity of the lifting can bring about specific adaptation in your body. 60-75% intensity is geared toward speed development, 75-90% intensity develops speed strength, 90%+ develops absolute strength. Varying the intensity level on lifts with the volume level allows a lifter to bring about very specific and controlled responses to the training. This is the backbone of my system; manipulating volume and intensity to bring about the desired results.

Rest: Rest is the final key factor in your training plan. Often overlooked, but a probable cause of the need for rest. Many, if not

most, lifters overtrain most of the time. This is a function of not planning rest periods into their program. I don't mean rest between sets, but rather rest periods between training sessions and between training weeks. If you don't rest you will not make gains. My plan is based on 2-3 sessions per week with plenty of rest in between days. I also plan in an easy week at 50% intensity and very low volume every 4th week to give you a little break and regroup some. Don't underestimate the need for even this little bit of rest. It can be enough to stave off the accumulated effect of the stress of training and help you avoid staleness, injury or mental fatigue.

Training Phase/Cycle: These terms are just descriptive of the overall goals of each block of time set up in your training plan. There are 3 blocks each with a specific goal. The conditioning block is designed to improve your lifting fitness, increase your lean muscle mass, improve your speed with the bar and provide some powerlifting specific cardio-vascular maintenance. The strength block is designed to improve your speed strength and strength endurance. The peak block is only to do one thing and that is to get you ready to perform at a contest. The main effects are on the perfecting of technique and restoration between sessions.

Strength: Speed is simply how fast you can move a weight during the performance of an exercise (safety of course). This aspect of strength is often overlooked in powerlifting since big lifts do not move very fast but the nerve impulses and thought processes surrounding speed movements are essential for lifting heavy weights. Strength endurance is the ability to perform repeated sets with weights in the 70-85% range of intensity this type of endurance is of primary concern come contest time when you have to perform multiple attempts with weights in excess of 95%.

I believe these are the terms we need to talk about. I would like to mention that many, if not all, of these have been talked about in PL USA at one time or another by people such as Fred Hatfield, Louie Simmons, Ken Leistner, John Ware and others. I don't claim any originality in defining or coining these terms for powerlifting. My use of these terms and my understanding may be in a slightly different context than what you have seen before.

Next month I will present my yearly training schedule. This article will include one or two tables and some general comments on how to formulate your training plan. Until then, if I can be of any assistance you can contact me through the Austin Gym, 24 Arapaho Village, Richardson, Texas 75080. Until next month, be big and be strong.

BRYAN WADIE

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Ask the Doctor

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

DEAR MAURO: I have a question - the way your description of Cyclofenil and Dibenzozide is worded in UPDATE FIVE infers that these items may have some value and may work in an anabolic fashion. Is this a correct interpretation? Also is there any validity to the statement that Dibenzozide must be taken sublingually in order for it to be maximally effective? **Dr. John A.**

DEAR JOHN: Cyclofenil, like Clomiphene, Tamoxifen, and HCG, will increase serum testosterone at moderate to high dosages. In that sense it is effective. However, like the other three compounds, Cyclofenil is now a prescription item. I guess if an athlete wanted to take one of these four compounds, perhaps the determining factor would be their Nolvadex (Tamoxifen) while on a steroid stack. I'm not sure that Cyclofenil would be as effective an anti-estrogen as Nolvadex - time will tell.

Dibenzozide, as I mentioned in UPDATE FIVE, may just be a glorified B-12. If B-12 works for you, then Dibenzozide may be a better alternative. As far as sublingual Dibenzozide, there haven't been any studies done on the effectiveness of the sublingual form versus the oral form. I would suspect that, as in other medications, an effective sublingual medication might negate some of the destructive effect of the gastrointestinal environment (although this may be minimal with Dibenzozide), as well as perhaps avoiding the initial pass effect on the liver (again in this case this effect may be minimal since the Dibenzozide is excreted in the bile and can subsequently be reabsorbed, thus lessening the impact of the liver's first pass effect).

The absorption of Dibenzozide from the gastrointestinal tract has not been looked into in any detail as far as the absorption of B-12. If, as in the case of B-12, its usage is made possible by the fact that it is absorbed in the GI tract, it is possible that the oral form of Dibenzozide is as effective as either the sublingual or an enema coated form. I'm not sure just how effectively Dibenzozide is absorbed through the sublingual or buccal mucosa.

As clear as mud, eh? I've comeched the available on-line world literature on Dibenzozide and really couldn't come up with any better answers. **M.G.D.**

DEAR MAURO: I hope this letter finds you well. Thank you for your reply to my previous letter. I see you used it in your column, and I hope that it helped others also. Well, Hyaluronate and Adequan are almost impossible to get, and I have as yet been unable to acquire these substances. I would however like to ask you opinion of other items that might be of help with my problem which seems to be chondromalacia, where the patella doesn't track properly and there is a lot of inflammation. I am wondering if Bromelain in large dosages would help, or if the prescription drug Ananase would be even better. You mentioned increasing my endogenous GH levels which I take to mean using GH releases amino acids such as Arginine, or Omithine at specific times during the day, or at bedtime. I seem to be having a problem with loss of strength or ability in all my connective tissues, and this is also a great concern. I do seem softer, that is to say less hard and muscular in appearance. I am wondering if this all ties into my levels of GH being low or suppressed in some way. How about hydroxy-progesterone? To make a long story short, I would like to improve the condition of my connective tissues, and am wondering how I could put together a program of training and drug therapy to accomplish this. Any suggestions you might have would be most appreciated. **George R.**

DEAR GEORGE: I'm not aware of any beneficial effect of 17-hydroxyprogesterone except as a precursor for both the corticosteroids and the male and female sex hormones. I searched for info on-line (Dialog) but could find nothing relevant. I don't think Bromelain would be of any use. I'm not familiar with Ananase (couldn't find it in the PDR) - let me know the generic name if you still want some advice on it.

Increasing your endogenous growth hormone would also be worth trying (perhaps using the amino acids together with L-dopa or clonidine). You might want to give Sargam a try (combined with the bit on Sargam taken from my fifth update). Another avenue is to see an orthopedic surgeon and perhaps even have the rough cartilage shaved through an arthroscopic. As far as exercising, I've always found that lots of quadreps extensions from different positions work the best. My advice would be to try several of the modalities mentioned and see which ones help. Sincerely, **Mauro G. Di Pasquale, M.D.**

THE DEADLIFT

Using Straps In Training as told to PL USA by Marty Gallagher

Straps, those little canvas grip enhancers, have fallen on hard times in the powerlifting world. Few lifters utilize them in training and the stock answer from 99 percent of lifters quizzed is "I need to work on my grip and my straps retard grip development". Unfortunately, this answer slams the door on an area of training that can radically improve the strength and size of your back.

Back training can be improved both quantitatively and qualitatively through the judicious use of straps. The back consists of the spinal erectors, lats, and traps; all of which depend on exercise movements that require the use of hand power. Think about it: deadlifts, cleans, pulls, rows, pulldowns, and chins all require the resistance to be tugged towards the body via the hands. Grip is, therefore, paramount in all back work. Conversely, the grip is also the weak link in the Powerlifting chain.

Powerlifters avoid straps, feeling that using them represents a lost opportunity to strengthen the grip. Astute trainers recognize the other side of the coin, that back power can be dramatically increased by eliminating the "weak link" grip thereby allowing the back to enter into an overload situation.

One Man's Experience
Mike had been stuck at 580 in the deadlift for the best part of a year. He wanted a 600 pound deadlift in the worst way, yet nothing seemed to work. His program was rock solid; lots of hard work on deadlifting and all it's variants, plus plenty of assistance work. Mike could pull 550 for three clean reps and was open for suggestions. We recommended the try straps for a 4 week mini-cycle. He had never used them and was extremely dubious. He was concerned that he would totally lose grip strength. We assured him his fears were groundless and we began in earnest.

To insure the quasi-scientific nature of our experiment, no other aspect of his training was changed. Mike trained in the same fashion on the same days using the same sequence of movements. Competition style deadlifts always began his power routine. We warmed up with 135, 225, 345, 435 and 505 strap-less. On his top set with 550 he strapped in. We instructed him beforehand that upon standing upright with the third rep, he would stand at attention with the weight and force several deep breaths and try another rep. The straps allow this technique as the grip is no longer a factor. What becomes a factor is the lifters pain threshold and his quotient of guts.

Mike performed his usual 3 reps and using the forced breathing tech-

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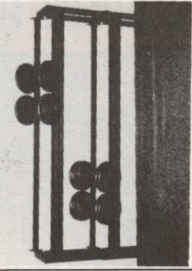
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Kirk Karwoski shows the correct strap position, they should curve inward.

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STARTIN' OUT

A special section dedicated to the beginning lifter

Backing Up Your Bench as told to PL USA by Doug Daniels

It would be pretty safe assuming that everybody out there would like to add to their bench press. The normal route is extra or different work on the pushing muscles like the pecs, delts and triceps. This is fine, but how about exploring a totally different route and work your pulling muscles or back harder.

Most top benchers include some back work in their routine like lat pulldowns, rows, etc. Though the back muscles do not directly push the bar up in the bench press, they add stability and act as launching pads for the pushing muscles. I always knew that, but I never really appreciated their contribution until just recently. Yeah, even us PL USA writers don't know everything all the time.

I decided to increase the amount and intensity of back work in our routines for a few months with no particular bench press benefits in mind. My training partners, Jim Vrabel and Ed Boncela, and I undertook a type of back building routine once a week where we hit our back with 20 sets. After 6 weeks, we all noticed that our benches were consistently moving up without any real explanation. The only thing that really changed was our increased dedication to working our backs. Ed was the first to hit on that and he was right. The weights felt lighter and we had fewer workouts with no progress.

You may be thinking that 20 sets of back work is just too much, and if not handled correctly, it may be. First, schedule a period of 6-8 weeks in your off season to dedicate to your back building. Blitzing during a period too near a contest, could be a disaster and result in burnout. Work the back between your squat and deadlift workouts or hit it after your deadlifts or squats. You also may think that your lower back will surely tire with all this extra work, but not so if you limit your back work to areas that don't stress your lower area. Let's look at what our 2 month workout looked like.

Since the back structure is so large and complex, for best results it's preferable to hit the back from many angles through several exercises or more complete development. We would always start with wide grip chinns for 3 sets. Chinns are best to start with because if you do them later, you will be too fatigued to get many reps. For those of you who can't do chinns, try wide grip lat

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I also believe that when working your back, you're better off using a heavier weight instead of a heavy weight. With a moderate weight, you can feel the muscles working. It will also give you a better pump. 20 sets or so may seem like a lot and you may think you need to be on them, but that's not the case. By emphasizing the back in the off season, when your training intensity and recuperative powers will be better able to accommodate this demand, if 20 sets is out of the question, try

10-12 sets, concentrating on chinns, T-bars, struts, and V-bar pulldowns. In addition to extra back width and thickness, you'll notice increased bicep and forearm power and size. You may want to ease into this routine over a period of 2-3 weeks starting with 10 or so sets. Even after you finish the 6-8 weeks, you may want to maintain a higher amount of back work in your routine. Reps are up to you, but we kept them around 6-10 and worked hard.

One source that has been invaluable to me on proper exercise methods has been Health for Life's 'Secrets of Advanced Bodybuilders'. Though it's not a powerlifting book, it supplies the reader with unique and effective exercise variations and theory. Assistance work is important to the powerlifter and this book gives great clues on these exercises. The section on back work is especially good. You can find order info for Health for Life products in /IRON MAN.

I hope I created a little interest in the importance of back work for all the bench press. It isn't just pecs, delts, and triceps after all. I didn't mention that increased back development will have positive effects on your season and deadlift too. Next off season, try 'backing up' your bench.

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The TOP TEN 1969 versus 1989

by PL USA Statistician Herb Glossbrenner

1969 Top 10				1989 Top 10			
Rank	Name	DL (kg)	BP	Rank	Name	DL (kg)	BP
1	Don Blise	435	305	1	Paul Anderson	410	335
2	John Gribble	400	290	2	Paul Wender	400	300
3	John Gribble	375	275	3	Paul Wender	375	275
4	John Gribble	350	250	4	Paul Wender	350	250
5	John Gribble	325	225	5	Paul Wender	325	225
6	John Gribble	300	200	6	Paul Wender	300	200
7	John Gribble	275	175	7	Paul Wender	275	175
8	John Gribble	250	150	8	Paul Wender	250	150
9	John Gribble	225	125	9	Paul Wender	225	125
10	John Gribble	200	100	10	Paul Wender	200	100

Don Blise was a dominant force during his heyday. How against his performance stack, up gains his great lightweight - like Dan Austin (from Pope photo - 1973 IPF Worlds).

Looking back over the past 20 years, Powerlifting has indeed progressed at an astronomical rate. PL was in its infancy in 1969. Having just celebrated its 4th birthday, it had not yet become an international sport. Nevertheless, some very credible weights were lifted. It was a time of Ace barbells about the knees and cotton vesting singlets. In those days the idea of supportive aid to increase the amount of weight lifted was then called cheating. Such was the intuitive as we might now say as we look back.

The legacy of powerlifting probably started with one man, who made documented lifts, before credible witnesses, of a 1200 squat, 627 bench press and 820 deadlift (adding up to 2647). We are speaking of the strongest man who ever existed, Paul Anderson. His official back lift of 6270 may never be broken. PL legend Bill Kazmaier calls Anderson 'the King of Strength'. The 26th remarkable thing about the 5'10", 360 lb., Tocco, Georgia, native is that he has never been beaten in any of his three main lifts. As far as supportive aids, I once had seen beyond his bedsheet and rubber balls he could have made a fortune by developing the modern lifting suit. Others, however, did that and the rest is history.

There was something special about the first bunch of powerlifting champions. Some wanted to see the rules be enforced strictly so the sport would be fairly a test of strength. Guys like Ron Hale, the 75 kg National Champ and Dan Hennessy were the men who made the sport what we know today. It was Tom Scott who insisted on exacting his lifts in strict fashion. Ever so Mal Hennessy bench press, or Ronnie Ray execute a lift? No doubt about the effort whatsoever. Russ Fletcher was one of the first of the modern Supers to squat down to a rock bottom depth. Even in those days Jon Cole was well on his way to becoming the legend. Casey had already smashed the 600 bench press barrier and Jim Williams was now priming to blast his pectorals into history.

1969 was the year we saw officials take their first official 800 deadlift. We knew it was just a matter of time before broken. Now the 900 barrier has been broken and Wahber's the man. Heisey has history's biggest pull and. Heisey has history's biggest 900 ace. Kennedy and Kaz. Will we see a half ton

declassified within the next twenty years? Keep tuned in and see.

1969 was the precursor of the 'Dianabol Decade' and the little magic blue pill would be around for at least another 10-12 years before its manufacture was terminated.

The development of supportive suits, the biggest reason for increased performance. Of course, multiple combinations made a big difference as well as diet & supplements, diuretics, and computerized training programs.

We can't attribute all the gains to drugs. Guys were getting sick and turning yellow back in 1969 also. Progress marches on.

In 1969, 2000 totals were as rare as hen's teeth, but today it takes that much to rank 10th at 100 kg and 82.5s have surpassed this barrier and bridges and AJL kicked it up one more notch - 2100. Along came Ed Coles, a bigger edition of Bob Beamon. In 1969 Larry Pacifico was among the best, but just coming up. He had another decade before he would become legendary. Today the 2400 barrier has been surpassed by a half dozen or so.

Dave Paganella not only had the highest total of 1989 - 2,458 but the left side with his task unfinished. Perhaps he would have done 2,500. You can bet Dave will be remembered twenty years from now.

So, as you strive for greater things, remember the names from the 1969 list. They are your forefathers, the real pioneers of the sport. It is our job to make the sport what it is today. No one can ever take away their records or their titles.

What can we expect for the future? Look for drug testing to become stricter and stricter. The handwriting is on the wall. If powerlifting wants to become Olympic sport you had best figure out de-judging. Newer tests can now go back 9 months to a year. It is expected that in the future they will have a way to tell if you ever took steroids in a lifetime. Pure advocates will love that. What I would like to see happen to powerlifting in the next twenty years is to see the sport so we can find out just how strong the human body really is. Perhaps we will never know. Stay tuned for a couple more decades and see if we can find out.

It wasn't too long ago that it was commonly believed that running a mile in less than four minutes was beyond human capability. It was an incomprehensible barrier, an absolute limit to human performance. In 1954, Roger Bannister proved all the so-called experts wrong.

This was an early benchmark of the dramatic changes in the scientific study of sports. Powerlifting is still a relatively new sport. New standards, lifts, and totals are continually forcing the record books to be rewritten. Lifts which were considered outstanding twenty or twenty-five years ago, are now routinely being executed by the last place finishers at national level competitions.

Elite athletes are bettering their performances in powerlifting year after year. In fact, the performance level for all athletes has risen at a commensurate pace. It seems that the overall health and fitness of the human population as a whole improves at a rate similar to the pace at which champions set new records.

What makes these improvements possible? To what extent can science and technology be credited? Are we doing our all as competitive powerlifters to assure a continued level of excellence on a worldwide basis.

High technology began to invade sports during the 1970's and today its influence is pervasive. People involved at all levels of sports can get the same kind of high tech attention that once seemed to be reserved for astronauts. It was in the 1976 Olympics when the Soviet Union and East Germany went home with truckloads of medals. That was in the United States began to realize that we were behind in terms of advanced sports science technology. Since then, steps have been taken to improve the situation.

Performance in powerlifting has been affected by new technology in two ways. First of all, lifts have increased directly due to improvements in design and technology in the equipment itself.

In the squat, new suit designs and the sophistication of bells and wraps, along with the introduction of higher tensile strength squat bars, have enabled the squat to climb steadily upward. In the bench press, bench shirts, wrist wraps and improved apparatus have definitely made their mark. In the deadlift, reactor shirts, various shoes, deadlift bars designed specifically for the lift, etc. all have been instrumental in the increases seen in this lift.

The second contribution of the new technology is an adjustment to training itself. The ability to make multiple observations of an athlete in training and process and display this information provides one with a clear, objective tool to attain his training goals. This helps to take the error out of the training process. The technological advances in tapes and various methods of assessing the biomechanical correctness of the lifts has enabled those with access to these procedures to perfect their technique.

In the future, powerlifters need to

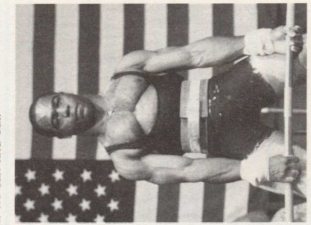
How Strong Can We Become??

as told by Coach John Ware



OOPS! For the first time in his lifting career, John Ware dumped a bar at this meet. AFP, who you may not know, is a former pro bodybuilder. He made this feat seem accidental, but the lift was stronger than ever, with training lifts of 965x2 in the squat, 583x2 in the bench, and 820x2 in the deadlift. This was the tenth Sr. National Championship that John has ever lifted in or attended and he stated "it was the finest Seniors I have ever associated with." Regarding his future efforts in the sport, John says "I guess the death of Dave Paganella kind of put things in a different perspective for me. I know I have the potential to do things in the sport no one else has ever done, but I need to sort things out."

The major advantage of portable videotaping equipment is that it provides instant feedback, which is essential in acquiring motor skills. It seems that in the absence of actual electromyograph (EMG) sensors to monitor the electrical activity inside the lifters' appendages and the storm of psychophysical information as muscles can also be measured and called the proprioceptive trace, this sensation is weak and usually lasts within about 30 seconds. If an athlete were to obtain feedback as soon as he reached other would be powerlifters, possible after a particular sporting ac-



Dan Austin's lifts at 148 from 1969 (left) and 1989 (right) placed him 3rd in the 198 lb. class. Editor's Note: weight classes that did not exist in '69 are not included)

Monday, July 9, 1990, Jay Penacho walk- ed into the Arizona State University Athletic Strength Center with an aura of accomplishment and pride that seemed very respectable, but had to settle for 3rd, 67.5 kg, outlasted his opponent by 30 kg.

When the 60 kg class was a battle between Dave Carr and Mike McDaniel, Carr was edged out by 2.5 kg. Only 55 kilos separated 1st and 2nd. Trent Moore put a very respectable total, but had to settle for 3rd, 67.5 kg, outlasted his opponent by 30 kg.

Penacho had just returned from St. Louis, where he won the ADFFA Teenage Nationals on July 4th. While these may have been among the greatest of Jay's life, they were, unfortunately, about his last.

The powerlifting world is not only one to lose the beauty and dedication of this young man, since Jay's first love in athletics and best sport was wrestling, just a few months prior to his placed powerlifting championship. Jay placed 5th in the 105 kg class in the National Championship. He dreamed how strong after he could have been if he didn't have to wrestle and train so much, cut weight down to 105 kg often, and gear his lifting for his "better" sport.

When the 60 kg class was a battle between Dave Carr and Mike McDaniel, Carr was edged out by 2.5 kg. Only 55 kilos separated 1st and 2nd. Trent Moore put a very respectable total, but had to settle for 3rd, 67.5 kg, outlasted his opponent by 30 kg.

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A new National record in the deadlift while placing 2nd, 4th and 3rd in the 105 kg class was Cliff Greenwood set a Teenage National record of 267.5 kg. Greenwood set a Teenage National record of 267.5 kg.

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Table with columns: 14-16 yrs, 17-19 yrs, SQ, BP, DL, Total. Lists athletes and their scores.

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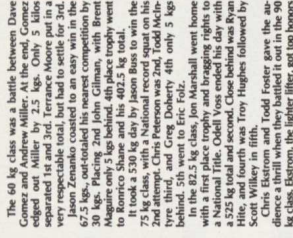
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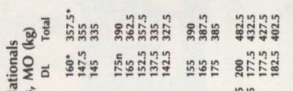
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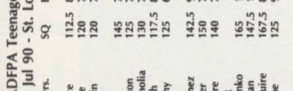
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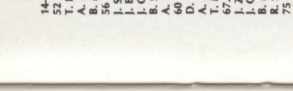
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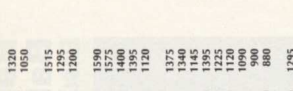
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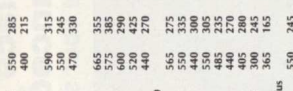
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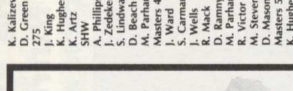
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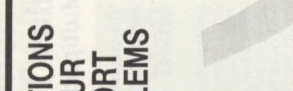
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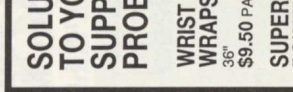
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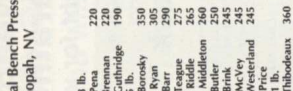
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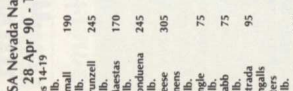
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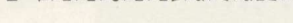
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Weightlifters at the State Summer Games. (From photo)

organization, to a full field of well trained lifters. This year was the first time a 'Best Lifter' award was presented to the lifter who did an outstanding job. The Weight Lifting Competition was held in the P.E. Complex. Weiping Room with the bench press in the morning. The event ran smoothly and professionally thanks to a fantastic job by everyone involved. David Mosse-Heer, Director, Jeff King-Schuler, Judge, Mike Patlakidze, Keith Scharle-Judge. Also, a big thank you to the many volunteers who loaded and unloaded the table and chalkboard and kept the lifting coaches informed. Last, but definitely not least, the Huggers who respected the Coaches but made the day for all the lifters. Every year I say this contest was run perfectly. Everyone involved was super. The lifting started on time and ran all day with no hitches. I can't decide what Mike King did an unbelievable job of motivating the lifters, but also whipped the crowd into a frenzy. The screaming and noise pulled all sorts of reasons we saw such outstanding lifting this year. There were many familiar faces with friends. We are all waiting patiently

SQ	BP	DL	Total
C. Joyce	105	170	275
R. Rocco	105	225	330
T. Dresser	155	195	350
165 lb.			
C. DeGracia*	190	340	530
T. Messer	145	295	440
T. Green	85	130	215
181 lb.			
R. Benson	105	205	310
D. Racert	135	240	375
198 lb.			
K. Sheed	115	225	340
K. Sheed	105	240	345
S. McDonald	120	240	360

Featherweight	SQ	BP	DL	Total
A. Cannon	340	195	425	960
W. Johnson	425	300	455	1180
M. Battle	640*	355	565	1570*

to see who is nominated. I look forward to reporting to you everyone. (Thanks to George Trona for results)

W.C.I. Correctional Meet 26 May 90 - Lebanon, Ohio

165 lb.	181 lb.	205 lb.	225 lb.	250 lb.	275 lb.	300 lb.	325 lb.	350 lb.	400 lb.	450 lb.	500 lb.
D. Lockett	375	315	300	310	300	310	325	340	360	385	410
M. Martin	420	285	300	310	320	335	350	375	400	425	450
V. Clancy	600	375	550	575	600	625	650	675	700	725	750
A. Cannon	505	365	520	545	570	595	620	645	670	695	720
C. Rankin	405	335	520	545	570	595	620	645	670	695	720
W. Johnson	435	385	540	570	600	630	660	690	720	750	780
S. Malley	655	330	600	625	650	675	700	725	750	775	800

W.C.I. held its first Memorial Day Powerlifting Competition, open to all inmates who wanted to get their power. Considering the fact that they have no training, the fact that they have no equipment, and the fact that they have no experience, the lifting was pretty good. It was an ego boost and a learning experience to all the proud participants. This meet produced to all the proud participants. This meet produced to all the proud participants.

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Table titled 'USPF Western New York Open' with columns: Name, Weight, Division, Date, and various statistics. Includes names like J. Morgan, M. Bion, etc.

Table titled 'Federal Prison Championship' with columns: Name, Weight, Division, Date, and various statistics. Includes names like T. Williams, R. Williams, etc.

Table titled 'Lifetime Drug Free Steve Kuntz Memorial High School Meet' with columns: Name, Weight, Division, Date, and various statistics. Includes names like T. Williams, R. Williams, etc.

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Table titled '2nd Annual GCI Meet' with columns: Name, Weight, Division, Date, and various statistics. Includes names like R. Ryan, W. Ryan, etc.

Table titled '2 Jun 90 - Grafton, Ohio' with columns: Name, Weight, Division, Date, and various statistics. Includes names like R. Ryan, W. Ryan, etc.

Table titled 'Nebraska High School Championship' with columns: Name, Weight, Division, Date, and various statistics. Includes names like M. Nas, D. AcHolan, etc.

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132 - 148 - 165 - 181 - 198 - 220 - 242 - 275 - 318 - 354
Open - 3 Places
Novice - 3 Places
Women - 5 Places (Formula)
Teenage - 3 Places (Formula)
Masters - 5 Places (Formula)
Best Lifter - (132 - 181) (198 - 318) (354 - 500)
Team - 1 Place
Phone (#615) 896-2633 NO Collect Calls

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15 December 1990
(men, women, teen, masters)

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15 SEP Middle Tennessee Powerlifting Meet (open, teen, women, masters) Clarksville, TN
15 SEP North Carolina Powerlifting Meet (open, teen, women, masters) Raleigh, NC
15 SEP Virginia Powerlifting Meet (open, teen, women, masters) Charlottesville, VA
15 SEP Florida Powerlifting Meet (open, teen, women, masters) Gainesville, FL
15 SEP Alabama Powerlifting Meet (open, teen, women, masters) Birmingham, AL
15 SEP Georgia Powerlifting Meet (open, teen, women, masters) Atlanta, GA
15 SEP South Carolina Powerlifting Meet (open, teen, women, masters) Columbia, SC
15 SEP Louisiana Powerlifting Meet (open, teen, women, masters) New Orleans, LA
15 SEP Mississippi Powerlifting Meet (open, teen, women, masters) Jackson, MS
15 SEP West Virginia Powerlifting Meet (open, teen, women, masters) Charleston, WV
15 SEP Kentucky Powerlifting Meet (open, teen, women, masters) Lexington, KY
15 SEP Tennessee Powerlifting Meet (open, teen, women, masters) Nashville, TN
15 SEP Arkansas Powerlifting Meet (open, teen, women, masters) Little Rock, AR
15 SEP Missouri Powerlifting Meet (open, teen, women, masters) St. Louis, MO
15 SEP Illinois Powerlifting Meet (open, teen, women, masters) Chicago, IL
15 SEP Indiana Powerlifting Meet (open, teen, women, masters) Indianapolis, IN
15 SEP Ohio Powerlifting Meet (open, teen, women, masters) Columbus, OH
15 SEP Pennsylvania Powerlifting Meet (open, teen, women, masters) Philadelphia, PA
15 SEP Maryland Powerlifting Meet (open, teen, women, masters) Baltimore, MD
15 SEP Delaware Powerlifting Meet (open, teen, women, masters) Dover, DE
15 SEP North Carolina Powerlifting Meet (open, teen, women, masters) Charlotte, NC
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