

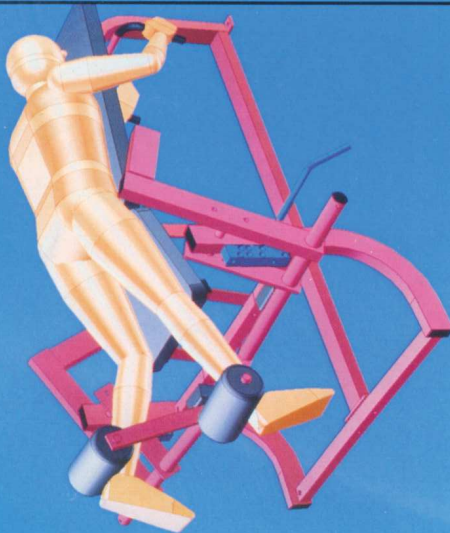
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## TABLE OF CONTENTS

Volume 14, Number 3 • October, 1990

MALIBU CLASSIC.....Mike Lambert.....	8
ADFFA NATIONALS.....Doug Daniels.....	10
INABA DEFEATED.....Paul Kelso.....	12
DENNY THIOS PROFILE.....Paul Kelso.....	13
BOOK REVIEWS.....Mike Lambert.....	14
PERIODIZATION.....Thomas Fahey Ed.D.....	19
PAIN.....Herrick/Salo.....	20
HANK SISCA PROFILE.....Dave Abramson.....	20
ADAPTATION TO EXERCISE.....John Ware.....	21
STRONGEST MAN IN THE USSR.....Eileen Owen.....	23
MORE FROM KEN LEISTNER.....Dr. Ken Leistner.....	26
RACHEL MATHIAS.....Rosemary Hallum Ph.D.....	27
WORKOUT OF THE MONTH.....Felicia Almy.....	33
PLANNING.....Bryan Wadie.....	34
ASK THE DOCTOR.....Mauro Di Pasquale M.D.....	36
KEVIN CLEMENS INTERVIEW.....Bob Gaynor.....	37
DR. JUDD.....Judd Biasiotto Ph.D.....	40
USPF PRESIDENT'S MESSAGE.....Jan Shendow.....	40
FINE TUNING YOUR GEAR.....Frank Langhorst.....	41
TOP 100 275s.....E. Jean Lambert.....	46
ADPFA TOP 20 165s.....E. Jean Lambert.....	76
NATIONAL MEET QUALIFYING TOTALS.....	77
COMING EVENTS.....	83

ON THE COVER.....Ken Lain made an all time bench record of 717 and almost locked out a 727 at the Malibu Classic

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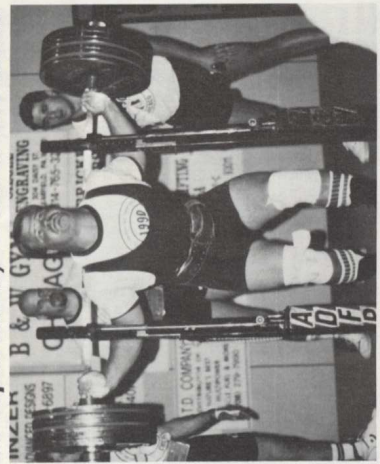






# ADFPA Nationals

## as reported by DOUG DANIELS



Bruce Gjermo one of the new faces among this year's ADFPA champs.

1990's ADFPA Nationals were held on Labor Day weekend at the Hyatt in Lincolnwood, Ill., and were directed by Dennis and Sandi Brady of the B&W Gym. About 80 lifters from 29 states and a military competitor came to determine who's the best. Some of the big names were missing this year, but enough were present to make this an enjoyable and competitive championship. A lot of records were broken, some new names emerged, and some veteran lifters reinforced just who's boss.

At 114 pounds, Phil Hile is a man of small stature, but when he steps on the lifting platform, he's as big as Bull Stewart. Phil made a clean sweep of all 3 national championships this year, which is a giant achievement. What was really impressive was his deadlifting ability. His second attempt at 451 was easy to say the least. Former champ Keith Bourque was second with a good total of 1052. Jesse Vera took third with Roger Thompson in fourth. Roger tried a new deadlift record of 501 but couldn't finish it.

Dave Pattaway was clearly dominant in the 123 class and set numerous records on his way to victory. His 501 squat was a new national record and his big 545 pull was a new American and national record. That deadlift was also best deadlift of the meet. Monte Mason edged out Miguel Castro for second. Miguel successfully tried to defend his deadlift record missing a huge 551.

In the 132 class, Tom Dopson emerged the winner in a close battle with Marc Morshige with totals of 1245 and 1240 respectively. Ron



Phil Hile won it all this year. USF, ADFPA national titles at 114



Dave Pattaway was a Triple Crown winner as well, at 123, during 1990.

early this year with victory in the 275 class. Eric got some big squats in to cement the victory. Terrance Brook showed some Mike Singletary eyes and equal intensity, gaining a second place finish. Ken Thompson went 3 for 9 but those 3 were tried to win third place. Ernie Surrall tried a huge 875 squat but it wouldn't cooperate and he placed fourth. Tom Kline finished out the class in fifth.

Bob Dempsey won the battle of the big guys easily with a big 2044 total. Bob had some trouble in the deadlift but his subtotal was insurmountable. Dan McCain had an off day going 3 for 9 and totaled out at 1923. Vae Maful and my lifting buddy, John Magee died it out for third on the final deadlift with Vae earning nod.

As I mentioned earlier, Rick was the best lifter of the meet with Keyhea third and Pattaway second. The team title went to Black's who made a clean sweep of all 3 association's team titles this year. The Missing Link team was third and B&W second. Since the Drug Free Worlds is late in 1991, the representatives from the U.S. will be the lifters in each class with the highest total from this meet or next year's in St. Louis. As usual, the meet ran rather smoothly with the Brady's doing their usual great job of meet direction. This year, with the absence of some previous winners, some new faces emerged on the scene and will be back to defend their ground. Till next year.



Jimmy Pegues pulled at 793 at 220



Eric Arnold is back on top at 275.

# ADFPA Men's Nationals/1,2 Sep 90/Chicago, IL

114 lb.	123 lb.	132 lb.	148 lb.	165 lb.	181 lb.	212 lb.	220 lb.	275 lb.
H. Hill	D. Pattaway	D. Ricks	D. Johnson	D. Ricks	D. Johnson	D. Johnson	D. Johnson	D. Johnson
401 502 403	435 479 501*	579 501 518	534 562 573	579 501 518	534 562 573	534 562 573	534 562 573	534 562 573
Sub 248 285 255	214 226 234	292 308 308	292 303 308	292 303 308	292 303 308	292 303 308	292 303 308	292 303 308
Total 1124*	1273	1383	1383	1383	1383	1383	1383	1383
D. Hill	D. Pattaway	D. Ricks	D. Johnson	D. Ricks	D. Johnson	D. Johnson	D. Johnson	D. Johnson
402 424 403	435 479 501*	579 501 518	534 562 573	579 501 518	534 562 573	534 562 573	534 562 573	534 562 573
Sub 248 285 255	214 226 234	292 308 308	292 303 308	292 303 308	292 303 308	292 303 308	292 303 308	292 303 308
Total 1124*	1273	1383	1383	1383	1383	1383	1383	1383
D. Hill	D. Pattaway	D. Ricks	D. Johnson	D. Ricks	D. Johnson	D. Johnson	D. Johnson	D. Johnson

1. American; 2. National; 3. Chicago; 4. Black; 5. B&W; 6. B&W; 7. B&W; 8. B&W; 9. B&W; 10. B&W; 11. B&W; 12. B&W; 13. B&W; 14. B&W; 15. B&W; 16. B&W; 17. B&W; 18. B&W; 19. B&W; 20. B&W; 21. B&W; 22. B&W; 23. B&W; 24. B&W; 25. B&W; 26. B&W; 27. B&W; 28. B&W; 29. B&W; 30. B&W; 31. B&W; 32. B&W; 33. B&W; 34. B&W; 35. B&W; 36. B&W; 37. B&W; 38. B&W; 39. B&W; 40. B&W; 41. B&W; 42. B&W; 43. B&W; 44. B&W; 45. B&W; 46. B&W; 47. B&W; 48. B&W; 49. B&W; 50. B&W; 51. B&W; 52. B&W; 53. B&W; 54. B&W; 55. B&W; 56. B&W; 57. B&W; 58. B&W; 59. B&W; 60. B&W; 61. B&W; 62. B&W; 63. B&W; 64. B&W; 65. B&W; 66. B&W; 67. B&W; 68. B&W; 69. B&W; 70. B&W; 71. B&W; 72. B&W; 73. B&W; 74. B&W; 75. B&W; 76. B&W; 77. B&W; 78. B&W; 79. B&W; 80. B&W; 81. B&W; 82. B&W; 83. B&W; 84. B&W; 85. B&W; 86. B&W; 87. B&W; 88. B&W; 89. B&W; 90. B&W; 91. B&W; 92. B&W; 93. B&W; 94. B&W; 95. B&W; 96. B&W; 97. B&W; 98. B&W; 99. B&W; 100. B&W; 101. B&W; 102. B&W; 103. B&W; 104. B&W; 105. B&W; 106. B&W; 107. B&W; 108. B&W; 109. 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# Taiwan Typhoon! INABA defeated at the ASIAN CUP as reported by PAUL KELSO

(Dateline: Kaoshiung, Sept. 1) It was typhoon season in the China Sea and the most recent howler had just left southern Taiwan headed for the mainland just as the 1990 Asian Cup Powerlifting Championships got underway, but the gale blowing through the powerlifting world comes in the person of young, unknown Denny Thios of Indonesia, who appeared up to a record shattering 242.5 deadlift to vault past a resurgent Hideaki Inaba.

Rumors had been floating around Japan during the summer months that Inaba's proclaimed retirement from world competition would be short-lived. His injuries were healing and he bench won't drop below the 52 kg class began was tried about his competition for the first time in his career. He might well have been worried.

The 21 year old Thios began dolefully squat with a 200 kg squat opener to Inaba's 220, but then rattled the rafters with a strong 210 junior World record success. Inaba countered with a new Asian record of 230. He then raised the ante by smoothing up 235 after Thios failed to beat the clock with 220.

Most lifters would feel confident with a 25 kg lead after the squat, but Thios opened by benching with 115 to Inaba's 100. Inaba came back with 105 and barely missed 107.5. His shoulder is improving and he was happy for the moment.

Thios rammed up a 125 kg second attempt bench and then startled and confused everybody by passing his third. Inaba led at subtotal by 5 kg 340 to 335.

By this time, the crowd of 3000 or so lifters, officials, fans, a high school band and several hundred school kids knew something was in the wind. The powerlifting crowd had been milling around, greeting old friends, trading T-shirts and meet pins, but with the first deadlift attempt, the place became like a concert hall. The stage was set.

Inaba opened with 215, but was promptly topped by Thios' solid 230. Inaba failed to stand erect with the same weight, and the door was open. Thios pulled long and hard and drew two white lights with 240 kg for an incredible hat trick, breaking the Asian, Junior World and World records with one lift.

A man who has won fifteen

from world competition at that competition, he stated after the Asian Cup Championships that he would go to Holland for the 1990 World Championships.

Japanese officials indicated that decision would be made by the team. The Japanese are notorious for being group conscious, including the tradition of not allowing any individual to become bigger than his group, but is the Japanese team so deep with world class lifters that they could justify leaving home a reigning world champion near the top of his form?

Inaba is still within a few kilos of his all-time best squat and deadlift. His bench is coming back. He is believed to be the first man to squat over four times bodyweight in competition, but in the tunnels of Kaoshiung City Stadium, the talk was about the new kid who had been seen loading 260 kilograms on the bar during deadlift sessions back in Java.

It might be time to get out of the cliché book and dredge out chestnuts like "time and circumstance diminish all" or "youth portents are ominous and a cold wind blows for Inaba."

Don't count him out yet. Holland could bring us a classic rematch. Still, the gathering storm on the powerlifting horizon is the prospect of a near five times bodyweight deadlift by Thios.

The whirlwind started by these two continued through the men's flights at the Asian Cup. The Chinese seventeen records fell. The Chinese Taipei Association staged a great meet and fielded lifters in 10 11 classes. As Mr. Yuen Tin, president of the Hong Kong Association put it, "They have done their homework."

Indeed they had, taking both the men and women's team trophies. The mean squeaked by a favored Japan team 251 to 250, followed by India, Indonesia, Philippines and Hong Kong. Women's teams in order were: Taipei, Japan, India and the Philippines. Sri Lanka entered three men who did not appear, probably due to visa problems en route.

This article is the first in a series about the Asian Cup Championships. Asian lifters, and the burgeoning Asian Powerlifting program. Next time: The Men's division at the Asian Cup Championships and a look at the Taiwanese program.



DENNY THIOS pulled a world record 242.5 kg deadlift and best inaba in only his third competition. Photographs provided courtesy Paul Kelso

His height may mean he will have to move to a higher class soon. Veterans Nanda and Male did not come to Kaoshiung, it was explained that they stayed behind to prepare for Holland. Hayanto is certain at this time to go, but there is a chance that Thios and Inaba will not stage

# POWER PROFILE DENNY THIOS

21 year old Denny Thios hails from the island of Java where he and his father operate a home machine shop. The city of South Sulawesi is not known as a hotbed of lifting, but Denny is the nephew of former Olympian weightlifter Charlie Dep Thios.

He began training three years ago, starting with martial arts and bodybuilding. As weightlifting and bodybuilding and powerlifting are all three coached and trained for in the same gym, he soon switched over and entered his first meet in the 1989 National Championships. His second meet was the Indonesian Games earlier this year. The Asia Cup was his third meet and first trip abroad.

Thios trains five days a week resting Thursday and Sunday. He does a "little of everything" everyday, but varies heavy and light movements day to day. He says the deadlift is his favorite, with obvious results. Diet problems are nothing special, just the "usual" Indo-Chinese foods. His coach is Hengki Irawan, also a former Olympic weightlifter.

Proud and happy to have beaten Inaba, the current world champ, Thios looks forward to Holland, but, as Toni Sundjaja, the top Indonesian official points out, Thios' normal weight is 54 kg and he is 160 cm tall.

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

a rematch after all Indonesia has about 300 registered male powerlifters, but no women. A Chinese official suggested that, because of Moslem background, 100 likely as Indonesia sports 100 women training for weightlifting.

Indonesia has a population of 180 million, making it the 5th largest country in the world. It is made up basically of Sumatra, Java, and Kalimantan (Bali and about 2000 islands). The National Olympic Committee, the coaches and owners try to find promising athletes and underwrite them if possible. Private gym owners often let those with potential train free or for a low fee. Private gyms are not expensive. The 1000 fitness centers are.

The Indonesian organization began in 1940 with weightlifting and bodybuilding. Powerlifting was added only in the late 1970's, with the first nationals held in 1984. The 1990 Asia Cup team gathered at a government training center about ten days prior to the contest. The government supplied some funds for the trip as did commercial and private sponsors. The appearance of Denny Thios on the world scene can only help gain support for Indonesian powerlifting.

Paul Kelso

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52 kg	SQ1	SQ2	SQ3	BP1	BP2	BP3	Sub	DL1	DL2	DL3	Total
Denny Thios	440	462	485	253	275	...	738	507	529	534	1273
Hideaki Inaba	485	507	518	220	231	237	749	477	507	518	1267
C.P. Chang	374	407	...	220	231	237	639	418	478	...	1058



**FOREVER NATURAL** "How to excel in sports drug-free" is a new book by Dave Tuttle, which takes advantage of the attention that steroids and body builders have received lately, by examining the natural alternatives - means by which a drug free athlete can achieve high levels of strength and development, through weight training, proper nutrition, and a balanced lifestyle. Chapter One, "The Natural Commitment," and Chapter Two, "Strongmen and Muscle Beach," delves into the roots of weight training, when it was unassisted by innumerable drugs use. Chapter Three, "Muscular Development," investigate the theories of muscle activity and development. Chapter Four, "Man-Made Hormones," looks at what anabolic steroids and growth hormone are about. Chapter Five, "Proteins, Carbohydrates and Fats," summarizes the basic of these nutrient components in terms of how they are used by the body. Chapter Six, "More on Diet and Nutrition," gets into the subjects of fiber, cholesterol, vitamins, minerals, water, ergogenic aids, and how to control your bodyweight. Chapter Seven, "Tips for Home Cooked Meals," describes how you can prepare your own balanced, performance nutrition on a daily basis. Chapter Eight, "Tips for Eating Out," is an extensive source of information on how to deal with fast food, and the dishes of various nationalities: Chinese, French, Greek, Indian, Italian, Japanese, Mexican, Thai, and others. Chapter Nine, "The Eight Training Principles" synthesizes the basics of any good weight training program, and Chapter Ten, "A Natural Exercise Program," shows you how to put those principles into personal practice. Chapter Eleven, "Balancing Your Life" steps back and looks at the big picture - how natural athletics, good nutrition, and proper attitudes are all a part of a "balanced" approach to life. Anyone interested in long term success in athletics should have this book as a reference. It speaks to the subject from a weightlifter's point of view, so anyone who likes pumping iron will feel comfortable with it. Dave writes in an easy to comprehend fashion, and tying the book together is his unwavering conviction that the drug free approach is not only safer, but it's better in the long run. **FOREVER NATURAL** is published by Iron Books, P.O. Box 2307, Venice, CA 90294 and is available in a paperback version, 190 pages, for \$15.95 plus \$2.00 postage and handling. (California residents add 6.75% sales tax). It is advertised on page 82 of this issue of **POWERLIFTING USA**.

Another in the long line of self published books by Mauro Di Pasquale, B.Sc., M.D., is **BEYOND ANABOLIC STEROIDS**, which is Book Number One in his "Drugs in Sports Series". This book is available for \$15 US plus \$1 postage and handling, from MGD Press, 23 Main St., Warkworth, Ontario, Canada K0K 3K0, and is advertised on page 36 of this issue. The book is heavily referenced throughout, with 219 different sources of information in the scientific literature quoted, about what Dr. Di Pasquale has to say about the various non-anabolic substances that are commonly in use by sports participants, in efforts to gain an ergogenic edge. The first major chapter covers the subject of growth hormone - from effects to side effects, how it's secreted to how it's detected. The next chapter looks at the gonadotropins: Human Chorionic Gonadotropin (HCG), Human Menopausal Gonadotropin (GMH), Gonadotropin Releasing Hormone (GnRH), as well as anti-estrogens such as Tamoxifen, Clomiphene and Cyclofenil. The next chapter deals with Insulin, Thyroid Hormone and Glucagon, and the final, extensive chapter deals with anabolic steroid substitutes and miscellaneous substances, including, but not limited to: amino acids, steroid substitutes from plants and herbs, bicarbonate loading, blood doping, carnitine, chromium picolinate, clenbuterol, cocaine, creatine and phosphocreatine, Pteractin, DHEA, Dibenzozide and Cyanocobalamin, Hydroxine, L-Dopa, lipotropic factors, maritativa, Ginseng, glandular extracts, Inosine, L-Dopa, lipotropic factors, marijuana, neurotransmitters, oral contraceptives, oryzanols, Parlorel, Sandomin, Smlax, Smlaxol, Sodium Succinate, undetectable stimulants, Vasodilators, vitamins, minerals and other nutritional supplements, Yohimbine, and Zeranol. As always, Dr. Di Pasquale is rigorously objective in his research conclusions, and since many of these substances are in use by athletes seeking a substitute for anabolic steroids, or a mask for their use, or an independent means to augment performance, the information in this book is very valuable to sort out the advertising claims and determine the true side effects of these products. Going beyond his previous landmark book **DRUG USE AND DETECTION IN AMATEUR SPORTS**,

**BEYOND ANABOLIC STEROIDS** is a valuable resource.

A new book **Let's Talk Sense about Anabolic Steroids** bridges the long standing gap between the drug using athlete and the scientific community, through the unique research opportunity developed by Jonathan Cohen, who earned a B.Sc. in Chemistry and a Doctoral degree in Sports Science from the University of Chetown in South Africa. Along with his academic qualifications, he has competed, coached, and refereed in powerlifting events to the national level. He has maintained a long standing relationship with athletes using anabolic steroids in South Africa and elsewhere, and, without encouraging the use of anabolics, has earned their confidence to the extent that he was able to quantify their enhanced performance, over a very long period of time. Looking at the effects of high dosage use over a period of years by top level strength athletes has been one of the bothersome gaps in the research literature, but Dr. Cohen's special role has provided a chance to begin to fill that gap in. His findings have been published in the respected scientific journals, however, he felt the need to summarize his findings in laymen's terms, so that the general lifting public could get some valid information on just exactly what high dosage cycles of anabolic steroids, over a period of up to ten years, can do to a lifter. Anecdotal information from drug "gurus" is no match for the scientific investigation that Dr. Cohen has undertaken. In a study group of 13 athletes, none of which had used steroids prior, all of which had competed to the national level, and none of which had improved their total by more than 2% in the preceding year, it was found that, after using various steroid programs over a period of four years, the lifters increased their lifts by over 25%, and their bodyweight from 15-25%. The strength gains were not permanent, however, and began to disappear within 3 weeks after cessation of steroid use. Regarding side effects of steroid use, Dr. Cohen found that almost all users experienced some side effects; some of which were dose related, and almost all side effects reversed upon cessation of steroid use. He found a range of side effects on different organs and body systems, some possibly more dangerous than others, but none of the 13 in the study group became "ill". (It is planned that this book will be made available through an article/advertisement in the pages of **POWERLIFTING USA** in the very near future).

Dr. James Wright is one of the pioneers in researching the effects of anabolic steroids in sports, and he continues to speak out and write on the subject, and along with medical writer Virginia Cowart, they have produced a new book "ANABOLIC STEROIDS - Altered States", which is published by Benchmark Press, 701 Congressional Blvd., Suite 340, Carmel, IN 46032, 317-573-6420, at a price of \$16.95 per copy (paperback, 214 pages) plus \$3.50 shipping per book. Jim received his Ph.D. in zoology and physiology from Mississippi State in 1973 and was a National Institute of Health postdoctoral fellow at the University of California in Santa Barbara before entering the U.S. Army, where he held the rank of Major and was chief of the exercise science branch of the Soldier Fitness School at Ft. Benjamin Harrison in Indiana, before leaving to form his own company, Virginia S. Cowart is a regular contributor to **THE JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION AND PHYSICIAN AND SPORTS MEDICINE**, and was one of the first to write extensively about anabolic steroids in such publications. The book is targeted to the young athlete and coach, and provides the background material to produce an understanding of the steroid problem. Much of the research noted is state of the art and current, and would, therefore, be of interest to those well-versed on the issue as well, however. Chapters in the book include: (1) Setting the Scene, (2) Steroids and How They Work, (3) Health Effects of Anabolic Steroids, (4) Recognizing Anabolic Steroid Use, (5) Drug Testing, (6) Steroids and the Law, (7) Ethics, (8) Performance Enhancement, (9) The Last Word, plus there is a Master Source List for information gathering and Appendix A: Position Stands, and Appendix B: Resources Index. Dr. Wright has long been involved in an effort to get the objective truth about steroids into the public mind, but it is not a simple issue to deal with. Non-judgmentally, he brings in both the medical and athletic community viewpoints, as well as the pros and cons of the research results that have been achieved in the area of steroids. The book presents the broad, overall view of the steroid situation, that is necessary for athletes and coaches to rationally discuss and act upon the real life utilization of anabolic steroids to improve athletic performance. For a young powerlifter, or someone who is coaching young lifters, this book provides a proper perspective for viewing the issue of **ANABOLIC STEROIDS - Altered States**

## BOOK REVIEWS

by  
**Mike Lambert**

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

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

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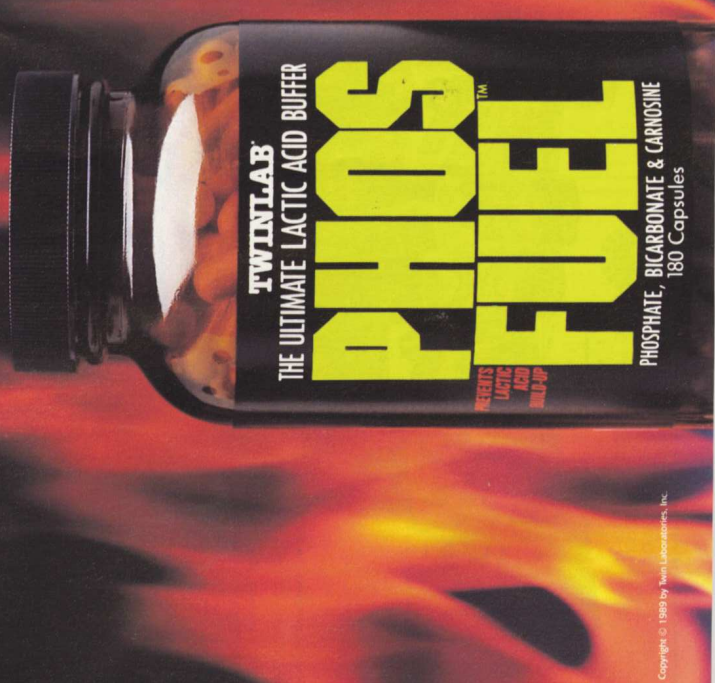
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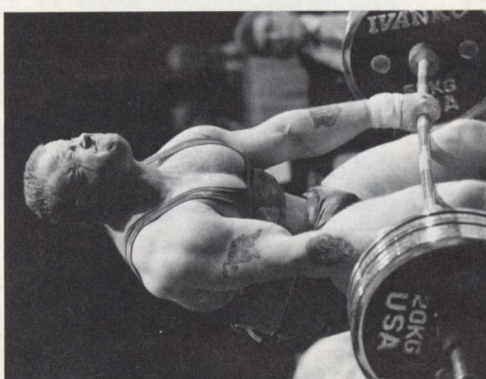


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**POWER-RESEARCH**  
—dedicated to bringing Science to the sport of Powerlifting—

**Periodization of Training:  
The SCIENTIFIC BASIS**  
by **Thomas D. Fahey, Ed.D., Professor**  
**California State University at Chico**



**Periodization** is a training technique that brings lifters like Tom Benoit to a peak when it's time to produce big lifts.

A favorite topic of fitness magazines is Eastern bloc training methods. Almost every issue contains articles with titles such as "Cycle Training," "The secrets of Soviet athletes," "Periodization of training: The road to success," East Germany style," Likewise, this is a popular topic in professional publications such as Soviet Sports Review and the National Strength and Conditioning Association Journal. Professional and lay publications often go to great lengths to detail about the intricate details of cycle training and present physiological theories to explain the methods. However, careful examination of the articles and reference lists (if they contain one) show that the supporting evidence is anecdotal or based upon empirical evidence. Articles such as "Cycle Training at John Doe University," while interesting, do little to provide scientific validity to the concept of periodization of training.

Does lack of scientific verification mean that the method is without foundation? Definitely not! Sports medicine research often fails to keep up with the latest training techniques. Frequently, scientists verify existing practice or develop explanations for successful training methods. It is unusual for a training method to be developed in the laboratory and transferred to the playing field. Typically, it is the other way around: athletes develop a training method that becomes popular, then scientists study it.

Periodization of training is a particularly difficult phenomenon to study because experiments take many months of structured exercise and require the use of trained subjects. Few trained athletes will subject themselves to such investigations. "Eastern bloc" studies typically follow a group of athletes trained in a particular manner. These studies usually lack control groups and almost always fail to isolate variables that explain the effects of the training program. However, these studies are extremely valuable. In the real world of athletics, we are more interested in a method to achieve our goals rather than its theoretical basis. Fortunately, there is considerable circumstantial evidence that provides a scientific basis for periodization of training.

**What is Periodization of Training**

Periodization of training or cycle training is a technique that varies the type, volume, and intensity of the training throughout the year, or for that matter, throughout the athlete's career. For example, an athlete's year may be divided into general preparatory, specialized preparatory, early competitive, and main competitive stages. Each stage is characterized by particular forms of training. The general preparatory phase (sometimes called active rest) involves rest from the athlete's principle activity, but the maintenance of fitness through participation in complementary sports. The specialized preparatory stage (also called the load cycle) is typically devoted to developing base fitness for the event and usually involves high volume and moderate intensity training. Finally, the competitive phase (also called peak cycles) are dedicated to advancing high performance, and usually involves high intensity and moderate volume with increasing rest as competitions near.

Each major cycle contains micro cycles in which the volume, intensity, and rest vary from workout to workout or from week to week. In the number, this may be as simple

exhaustion. The stresses that result in exhaustion can be either acute or chronic. Examples of acute exhaustion include fractures, sprains, and strains. Chronic exhaustion (overtraining) is more subtle and includes stress fractures, emotional problems, and over-use soft-tissue injuries.

Periodization of training attempts to get the athlete to adapt systematically with a minimum risk of injury. Small gains are made over a long period of time. The system is designed to improve the athlete's fitness so that peak performance occurs at the desired time. Part of the basis for the cycle training method is that athletes adapt better to changing stimuli than to a constant program. While much of this is undoubtedly due to the rapid learning that occurs when a new activity is introduced, certainly the change in activities with each new cycle is psychologically stimulating.

Biochemical and histological studies, conducted during the past ten years by researchers such as Armstrong, Abraham, Davies, and Gollnick, have shown that a considerable amount of muscle and connective tissue damage occurs after intense endurance or strength training. While the relationship between tissue healing rate and the structure of the training program are not known, logic tells us that there is a relationship. It is probable that fibers must heal to some extent before they are subjected to an additional maximal stress.

The third basis for cycle training lies in the numerous studies done over the last thirty years that determined the optimum composition of strength, interval, and over distance training programs. These studies, conducted by researchers such as Berger and O'Shea, serve as the cornerstones of even the most intricate cycle training programs. They show that load workouts (eg. 5x5 on the bench) are critical to developing strength. These medium volume workouts set the stage for high intensity phases that produce the big reps. The trick is to make sure you get enough rest to have truly heavy volume workouts.

In the Soviet Union, researchers are actively studying the biochemistry of periodization of training in weight lifters. At Dr. Victor Rogozkin's laboratory in Leningrad, studies have been done to pinpoint the time when amino acid transport into the cell is greatest following a workout. Amino acid transport is critical to muscle growth and strength. The more amino acids that are transported into the cell, the more muscles

grow. They found that amino acids enter the cell in greatest quantities about 24 and 72 hours after a heavy workout. Doing another heavy workout during that time, using the same muscles, results in a lower level of amino acid transport into the muscles. This is some of the first direct evidence that periodization of training is critical to maximum strength gains.

Obviously, basic scientific research is needed to scientifically substantiate the periodization of training technique. These studies should involve animals and humans and should use accepted tools to measure recovery and performance. However, at this time, periodization of training looks like a promising technique that may result in a greater training effect with a lower risk of injury.

In future articles, I will describe how the body's hormone systems determine how fast you get strong and how rapidly you adapt to training.

comprehensive studies of this concept using valid experimental designs. However, the scientific basis of cycle training may lie in research involving stress-adaptation, soft tissue damage during exercise, muscle-amino acid transport, and weight and endurance training studies that determined optimal combinations of volume and intensity.

The General Adaptation Syndrome (GAS) model of Hans Selye has been used to explain adaptation to exercise training. Selye described several stages involved in response to a stressor: alarm, reaction, resistance, development, and exhaustion. The initial alarm reaction, the initial response to a stressor, involves the mobilization of systems and processes within the organism. The training effect occurs during the resistance development stage. During exercise, if the stress is below a critical threshold, then no training effect occurs. At the other extreme, if the stimulus cannot be tolerated, injury results and the athlete enters the third stage of GAS,

**PERFORMANCE FOODS**

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

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

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# Power Profile

## HANK SISCA the Grass Roots Lifter as told by his friend DAVE ABRAMSON

I first met Hank Sisca when I was hired as aouncer in a local New Jersey lounge. As he was introduced to me, I remember thinking, "Doing this job is thick." Over the next few weeks I saw Hank in a variety of settings. At the time he was 190 lb., bodybuilder. This was seven years ago and I saw Hank start literally hundreds of men and women into the sport of Powerlifting. As athletic director of two local YMCAs, he literally became the heart of drug free powerlifting in Northern Jersey. Running bench, squat and deadlift meets, he introduced the local public to powerlifting. Having run the last 8 ADFPA State Championships, he has also, in conjunction with myself, run a contest for blind athletes every January.

Hank is a decorated Viet Nam veteran who doesn't talk much about Nam except to say that he dislikes the way some people use Nam as an excuse for their actions. What follows is an interview conducted after his win at the ADFPA National Masters.

**DA:** How did you first begin in PL?

**HS:** I started lifting weights when I came home from Viet Nam to gain some weight. I saw an ad for a meet in 1970 while I was in school in Nebraska, and decided to enter. It was love at first sight.

**DA:** What is your current age and your occupation?

**HS:** I'm 43 years old and employed as an oil salesman.

**DA:** Can you tell us some of the titles you have won?

**HS:** 1970 Nebraska State Collegiate Olympic & Powerlifting, 1980 NJ Championships, 1979 Greenwich PL Meet, NJ ADFPA Masters 1986, 1989 National Masters.

**DA:** What are your best lifts?

**HS:** 655 lb. squat, 350 lb. benchpress, 645 lb. deadlift.

**DA:** What's your immediate goal?

**HS:** To win an ADFPA World Masters title. If I am fortunate enough to go to the World Masters, it would fulfill my long term dream.

**DA:** What is your current workout schedule?

**HS:** I train 3 times per week, hitting squat and deadlift once each per week and bench twice. I usually cycle 7 weeks for a contest. My workouts change according to what part of the season I'm in. I generally like to train squats doing 5 singles at about 50 percent and increasing each



**HANK SISCA**, like intelligent lifters at all levels of competition, pays particular attention to pain and the potential for injury that it produces. (Photograph provided courtesy of Dave Abramson)

# INJURIES

## Pain vs. Discomfort by Richard T. Herrick, M.D., Chairman, Sports Medicine Committee, USPF, Medical Committee, IPF, and David C. Salo M.S., Exercise Physiologist, USC

We have all grown up with the adage of 'No Pain, No Gain.' We have been conditioned from early on in order to get stronger, we must endure a significant amount of pain. Unfortunately, many athletes have taken this phrase to its literal consequence and have found themselves with various injuries that are needless. While, undoubtedly, intense training with a certain amount of discomfort is the body's signal to stop the aggravating stimulus, pain is the body's signal to stop the aggravating stimulus. The body is capable of sensing specialized nerve cells which are designed with various changes such as excessive stretch of a muscle, increased carbon dioxide build-up and changes in pressure in the circulatory system. These special receptors, as they are called, are the first to experience a change in the body, and their role is to report back to the brain just what is going on. Bundles of fibers called trigger points are found in the body of a muscle and are believed to be the first to fatigue. This may then provide an early warning system to prevent damage to the whole muscle if continued stress is placed on the muscle. Often a lifter goes well beyond the first sign of fatigue toward a point of no return and possible injury.

A certain amount of physical discomfort will and should accompany an intense training session regardless of the volume of training. This discomfort is well characterized by a general and non-specific dull ache in the muscles. Pain, on the other hand, is more severe and often can be characterized as 'point-tenderness,' i.e., you can put your finger directly on the area of pain. Pain, therefore, may be the first signal of serious damage to muscles, tendons, ligaments, with the possible development of many of the inflammation problems affecting lifters.

The muscles can be damaged as a result of intense training, releasing free radicals, which are highly reactive molecules that can damage muscles and are produced by intense exercise, especially 'negatives.' If you liken the muscle to a water balloon, a free radical is like the grade school bully who comes along with a needle and pops the balloon, spilling its contents. The same would occur if you stretched the balloon beyond its capacity - it would eventually break - again, spilling out the water.

Unlike the water balloon, the contents of the muscle cell are very important and have very specific purposes, especially concerning the production of energy. After intense exercise, some of the contents of the muscle are found in the bloodstream where they normally would not be expected. This is suggestive of damage to the muscle cell, and, consequently, the muscle will not be able to function as well.

As more and more of the muscle cells are damaged, possibly through the course of a training session, the harder it becomes for a lifter to lift simply because he/she is not able to generate as much energy in the form of ATP because of excessive damage to the muscle cells.

Remember, too, that for complete repair of any damaged tissue, like the damaged muscles is consequently not available for the muscles to do work. You may then find that you tend to fatigue sooner during hard training and may not lift as well.

Following a workout, if the body has enough rest, the muscles can be repaired. Often times, lifters who train daily do not have sufficient recovery time before the next workout, and complete repair cannot occur.

It is not known at this time if a certain amount of damage to muscle is necessary during training for them to become stronger and more powerful. A real concern is that severe damage which results in tearing of the muscle fibers will cause the buildup of scar tissue. Scar tissue is extremely tough tissue, like leather. Unfortunately, it is ineffective in generating any power to move the lifter.

There is a need to clearly distinguish for lifters the delineation between pain and discomfort. Pain leads not to great lifting, but, rather, early retirement. Simple muscle soreness is usually quickly relieved by using contrast baths and neuro-muscular massage. Pain of the dangerous type is not. Anti-inflammatory such as *Ibuprofen* and aspirin may also be helpful, as is acetaminophen (*Tylenol*), but should not be used if one is (or is possibly) seriously injured. If you are unsure of the exact nature of your pain, seek the advice of a certified sports medicine professional.

The field of intense training is besieged with an entire spectrum of training protocol. Many of the current Eastern Bloc training regimens endorse methods where the athletes lift several times a day, obviously with a great deal of success. So how do the strength coaches and researchers of the world know that training two or three times a day is better than two or three times a week?

The current correct answer is that we really don't know the true answer to this question. Extraordinary success by a particular training method or regimen pose fundamental questions for sport scientists, who are always searching for new ways to squeeze more power from the human body.

Anyone who has been around the iron game for any length of time realizes the importance of the "individuality" of all training methods. Some individuals can adapt to more training sessions and some cannot. Some person's systems simply recover more efficiently than others.

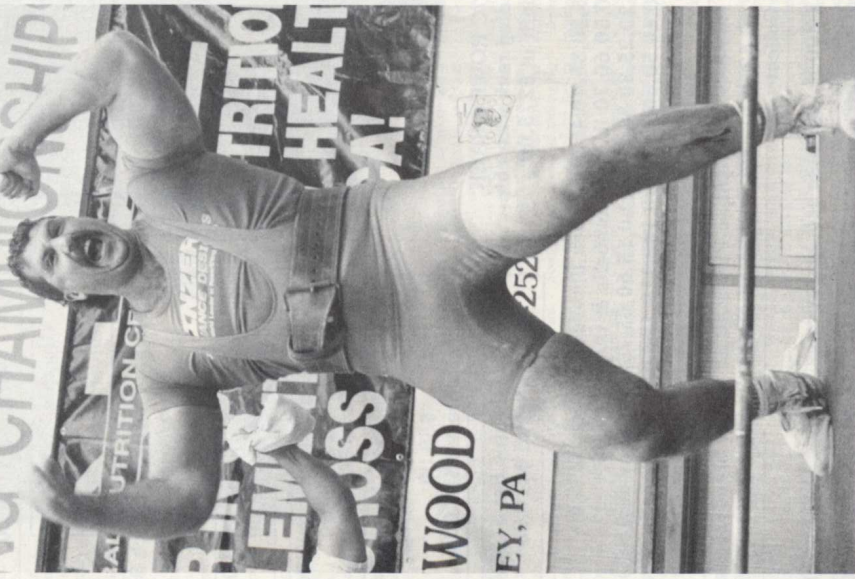
Typically, a strength coach or trainer spends time in the formulation of a program that the lifts will be result-producing to those involved. Many times, these same coaches expect all of the people in this particular program to respond somewhat the same. But here is the puzzle, they don't; they respond over a continuum.

We have found that as a general rule, people who workout need a period of recovery after a training session before a period of sufficient recovery, in an individual may actually grow weaker. Microscopic damage may accumulate and eventually the athlete will have to take time off to recover.

So, from a physiological standpoint, what happens when a person over-trains or is not able to recover sufficiently from a previous workout?

When a muscle is stressed enough, but not excessively, it responds by doing more actin and myosin to the fibers, so that the overall diameter of fiber increases. This is an adaptation we all know as hypertrophy. The greater the diameter of fiber in the fiber, the greater the tension a muscle can develop. There's more actin and myosin either locked together to hold a muscle firm or sliding together to make the muscle contract.

Optimal strength training programs balance loads or the intensity of the program against the volume or the total number of sets and repetitions



**Steadily Getting Stronger** champions like Gary Heisey are optimally adapting to training loads that are greater and greater, and more and more varied, to better stimulate gains. The catabolic response to weight training and the stimulus for hypertrophy and increased strength levels? How many times have you heard lifters say that you have to first break down muscle to build muscle? Well, on a technical standpoint, that is not really true. Intense weight training primarily does two things: First, it releases tremendous amounts of corticosteroids, which are directly related to stress and a catabolic or anti-anabolic state. The

# POWER-RESEARCH

## Adaptation to Exercise by John S. Ware, Strength Coach, NMSU

key to a properly formulated training strategy becomes working at a level which will afford adaptation in the form of increased hypertrophy and strength levels, without the release of excessive amounts of these corticosteroids.

It appears that one of the major reasons why elite athletes encounter training plateaus, which seem to be next to impossible to overcome, is for this very reason. They seem to be operating just beyond a specific performance threshold where the extraordinarily high level of their training forces secretion of high levels of these corticosteroids. These levels, in turn, may allow the body to get no stronger.

Therefore, one of the ways of getting stronger is to find your own particular anabolic threshold.

The second, additional mechanism which intensifies weight training activities is an increased demand by the body for energy. In the simplest terms, you must increase your total energy ingestion to maintain a positive nitrogen balance. If not, the body will rapidly fall into a catabolic state. Ingesting slightly more energy rich nutrients than are being expended by the training effort will help to assure muscular growth and decrease the possibility of catabolism.

One of the key factors which I have noticed about elite athletes in all sports is a keen sense of awareness of the functioning of their own body. Each individual seems to have an instinctive sixth sense in terms of knowing what their body needs at a particular point in time.

Obviously, exercise is the stimulus for all forms of muscular hypertrophy. However, a great deal of thought and consideration must be given, on an individual basis, to quantification of this stimulus. The key to continuing progress in your quest for increased strength and power is to operate right at the threshold of the catabolic-dose of exercise, but not to cross that boundary. At this magical point, gains are the greatest, and we are the happiest.

It is a fine and delicate balance. At some point, strength training reaches a point of diminishing returns and becomes a catabolic-dose of exercise. Be in tune with your body. When it happens, take steps to curtail its effects. The quicker you realize that you are over-training, the better off you will be. The longer catabolic doses of exercises are applied, the greater the muscular atrophy. Keep this in mind. Train smart!!!

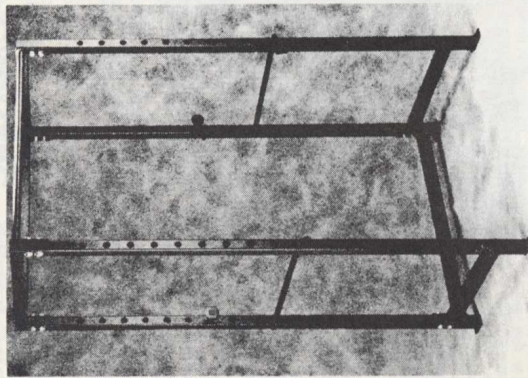
Other program considerations include work and rest intervals, the training speed of the exercise itself and the number of workouts daily, weekly, monthly, yearly basis, etc. From a number of animal studies, we are now able to begin to determine the catabolic effect of exercise in excessive doses on muscle, ligament, bone and tendon. But isn't the performed. Typically, as the intensity of the program becomes greater, the volume performed is less.

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Last year I was privileged to have the opportunity to travel to the Soviet Union as part of Team USA (courtesy of Dr. Ed Enos and the AICEP organization). While there I got to know Russia's strongest powerlifter, Vladimir Mironov.

We kept in touch and after a lot of work and frustration on both sides of the globe, we managed to pull off Vladimir's first trip to America. It was originally intended that he lift as a guest at the APF Senior Nationals, but things seldom go as planned on the Soviet side. At least he made it out of the country for what turned out to be a fascinating four weeks for both of us. I'd like to try to share some of the things I observed and learned from spending some time with the strongest man in the Soviet Union.

Vladimir is an extremely nice, level-headed and intelligent man. He's rich in Russian culture, and though he's bitter about the situation in the USSR, he has a love for his country. He loves people, and loves to meet them and make friends, even if he can't speak to them. He speaks almost no English.

About 5'10" tall and weighing 262 lbs., he's 30 years old, as of early August. He started Olympic weightlifting 18 years ago, but switched to powerlifting 8 years ago because of joint problems. His current best lifts are a 640 bench, 880 deadlift and about 800 in the squat. He's put well over 200 lbs. on his total in the past 8 months, and I don't see him slowing down any time soon. I'm sure those numbers will be bigger at his next contest.

What does he eat? Well, not a whole heck of a lot! On a typical day he'd start with a late morning breakfast of a quart of milk and a couple bagels or pancakes. He wouldn't eat eggs. He might drink a glass of milk in mid-afternoon, but rarely eat anything until just before his workout. He'd eat a sandwich and a quart of milk at about 5:00 pm. After the workout, say about 9 pm, he'd eat dinner, and, of course, have some milk. Late at night, actually 1-2 in the morning, he'd drink one more glass of milk before bed.

He loved the food here, but he's just not a "food guy". He'd eat until he had enough (which wasn't much) and then quit. He would hardly eat sweets and rarely drinks alcohol. He never over-indulged in anything.

Surprisingly, well, he swallowed more like a Russian. Vladimir had ever care to himself (yes, they were vitamins...read the label!), but no special program, because there's no one to buy in Russia. At least, it's almost impossible when Vladimir's in Oregon, where Vladimir would like to visit, is very beautiful and peaceful place, and to see in one of the many parks around the area. A little activity didn't seem to bother him at all. We did lots of sight-seeing during the heat of the day and he was plenty strong in the gym and good for some lengthy evening walks.

Coming from the USSR where life is hard and there is nothing much to

# MEET THE STRONGEST MAN IN THE U.S.S.R

Vladimir Mironov as seen by Eileen Owen



**Vladimir Mironov and Eileen Owen** are two exceptionally great strength athletes. Vlad is the premier powerlifter in Russia now, and Eileen deadlifted over 500 pounds, competing in the Budweiser Record Breakers this year. Both were prominent participants in previous AICEP USA-USSR matches.

buy, what were his favorite things in America? Well, Number One according to him was the people. A close second were the cars. He wants a car so bad he can taste it, and in Russia good luck finding one to buy. 3rd - the gym. And then, everything else. Television in America fascinated him. Everything he saw here in the United States was entirely new to him. Believe me, it was fascinating showing him how we Americans live. He's very reserved, which is typical of a Russian, so he didn't show his emotions outwardly too much. Actually, he reacted a lot more calmly to the culture shock than I've seen other Russians react. He always seemed to have perfect control of every situation.

When Vladimir hit the gym it immediately got quiet, until everyone saw how nice he was. The gym is his world and it showed in his eyes. He never sees the kind of love and hunger and fire for moving weights a person's eyes as I saw in his. In the gym, Vladimir is a different man. He had a deal with the equipment or something; the weights never argued with him, and he made them look good.

I only had 4 weeks with him so I can't tell you how he trains in a complete training cycle, but I do know that his cycle usually runs 6-8 weeks. Every more he makes with a bar is done with absolute precision and control. Mentally and physically, he never leaves room for error. Heavy or light, every movement is deliberate. That's why everyone in the gym was in awe when they watched him

it was for his knees. To finish off he would load a bar to 135 and do standing military presses with precision - no cheating. Up to 225 or so for sets of 10. Sometimes he would do some bicep work and pull-downs afterward.

Tuesday was deadlift day. He trained with straps. His form was interesting, traditional narrow stance, but he didn't use a lot of leg. There's something about his build, that allows him to use a lot of back without the slightest bit of rounding. Even on a heavy lift, that back was rigid and flat. I have never seen anyone keep that tight. He'd work up, starting with 135x10, to his heavy set. One heavy set of ten and the weight never touched the floor until number 10 was done. 135x10, 225x5, 315x5, 405x5, 495x3-4, 695x10. Yes, he would jump 200 lbs. for that final set of 10. Next he would go load a bar to 135 and do perfect tricep extensions (over the head) going up to 225 sets of 10. After that, he'd hit the leg extension machine for 8-10 sets of 25, then go home.

Wednesday he benched again, and squatted 405 bench for 8's and 525 squats for 5's. Leg extensions and shoulder presses.

Thursday he did light deadlifts; a couple sets of 405 for 5's. Tricep extensions and leg extensions.

Saturday, a little bench and arm work. Friday, more light deads and leg extensions. Also the triceps.

The final two weeks he was here he kept his bench at or below 405 for 8's or 10's. He did the same exercises on the same days for the most part, but worked light. A couple times he only squatted 225 or 315 and did the same on deads. In the final 2 workouts before he left, he worked everything both days, light.

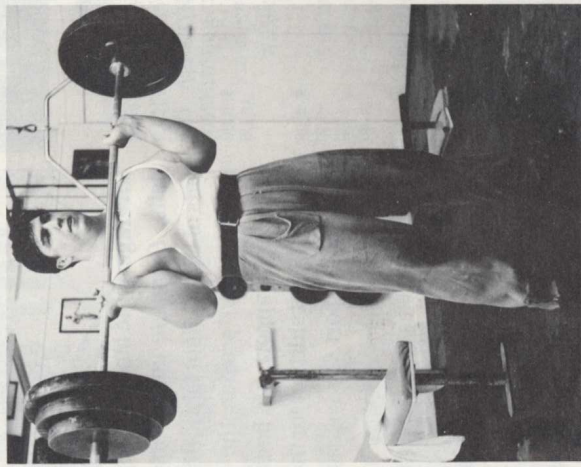
I'm absolutely certain that he was more relaxed and a lot less serious while training here with me than he is in the Soviet Union. Between sets he would very patiently stand (he never sat while in the gym) and talk to people while I translated. He joked around - something I knew he would rarely do in his own gym. He really loosened up a lot here in the States. People made him feel at home...no, better than at home.

Ernie Frantz has been trying from the very beginning to arrange for the Russians to compete at the World Championships, but attempting to arrange anything with the Soviet Union is a very trying ordeal. Of all the Russian powerlifters, Vladimir has been the most frustrated, trying for years to lift with and against the best powerlifters in the world, but he's been entirely helpless to do so.

I may have pulled off this time. I talked with Ernie and he was expecting to try me here. If we play our cards right Vladimir is as diplomatic as I think he is. He and I might participate in the WPC World Championships in Italy this October. If he does make it, I'll be well worth your while if you're going to be there to walk up to the man and introduce yourself. You'll be impressed all the way around.



# More From Ken Leistner



**PAT CASEY** trained *intensely* back then, and continues to do so today, with his "25 Rep Pump" program. Photo by Leo Stern, courtesy Dr. Ken Leistner

Approximately two years ago, I wrote an article in which I made the statement that Pat Casey was the best bench presser of all time. I explained that this obviously had nothing to do with the absolute poundage that was lifted. Many men have since lifted more than the 617 that Pat elevated in the mid-Sixties, but he was the first to crack the 600 bar. He was also a powerlifter, not a one lift specialist. When I judge the achievements of others, their own perspective is the determining factor of some one else's relative success. While I have great respect for the abilities of those who can lift a lot of weight in any particular movement, including the bench press, I have more for those who competed in the sport as a "complete lifter." Pat was also one of the first powerlifters to squat with more than 800 pounds. More importantly, my prior column emphasized the fact that Pat was truly a lover of the sport and was more than willing to give of his time and energy in passing both training tradition and specific programs on to many others who showed the interest and drive to pursue the three lifts. Many professional athletes sought Pat out, and he was always available to help the man who had the pleasure of training with him.

I remember well my first sojourn to California. I was surprised that Bill Peart's Manchester Avenue gym was larger than I expected; shocked that Vince Gironda's bodybuilding emporium was so small, and that Bill West's Westside Barbell Club really wasn't a gym at all. Peart's Gym had formerly been the famous establishment of George Redpath and had a good mix of bodybuilders, powerlifters, football players, and "fitness types," although I don't recall seeing anyone who resembled Sheena Easton doing leg presses in high heel shoes! Although he rarely trained there any more, Pat Casey was the one man that everyone talked about. He owned the gym records in a number of lifts, and as the former proprietor of the on-site juice and protein drink bar, everyone had comments and stories about lifts they had seen him make, and reflections on the good deeds he had done for others.

Vince's Gym was small, but obviously filled with many excellent bodybuilders. Out of curiosity, I had driven over to see this legendary training establishment, but it was apparent that powerlifters were neither welcomed nor encouraged. The original Gold's Gym was under the ownership of Dave Saxe and had men like Draper and Waller on the floor, but no real lifters, other than an occasional visitor by Steve Wejmanian and Chuck Matthews. Yet while I was there, I heard as much about Pat Casey in the form of both statements and questions, as I had at Peart's. Without a doubt, Casey was "The Man," and unlike most in any aspect of the Iron Game, no one could be heard making negative comments about him borne of jealousy, dislike or difference in training philosophy. After I began to train regularly at Zwerer's Gym, I heard more about

rides on his ten speed bike ensure that his cardiovascular system gets plenty of aerobic work.

A program that Pat has found effective is one he developed quite a few years ago. He began doing it when his training time became limited. The demands of college classes, his duties as a police officer, and maintaining ownership of two health food stores left little time to get to the gym, train and get back to daily activities. This is the program that he still does on Friday, while devoting Monday and Wednesday to a more conventional program using moderate weights at sets of ten reps. Pat calls this his "25 Rep Pump Routine" and he completes it in approximately 27 minutes. He most often does 15 minutes of abdominal/waist work prior to beginning his weight training, so that the entire program is completed in less than 45 minutes. Pat uses what he feels are "light weights" but one look at some of the poundages used, indicates that he is not lacking much of the strength he had as a competitive lifter. He goes at a "non-stop pace," taking literally no rest between sets, moving from one movement, as listed, to the next. He sets up all of his weights before beginning, a luxury he can include in within his home gym. Pat noted to me that a few lifters "laughed at me about the weight I use and when I got them to try it, they got sick and one guy had to vomit. These were very large, strong powerlifters" whose names he declined to mention. One look at the program is enough to indicate that one should expect to vomit, using almost any amount of weight. Pat told me that he got "a hell of a cardiovascular workout from the Pump" and that could be the understatement of the year. This could be a great program for the older lifter, the out of shape lifter, or for the off season, even if done once per week. The fact that one of the greatest powerlifters of all time has utilized this for years, might not be enough reason for many to want to try it, but the fact that this lifter is Pat Casey, should be.

**Pat Casey's 25 Rep Pump:**  
 One-legged DB Toe Raise- 25 reps; Leg Curl- 25 reps; Leg Extension- 50 reps; Squats- 225x25 and this is immediately after 50 leg extensions; Bench Press- 225x25 reps; Barbell Incline Press- 25 reps; DB Pullover- 25 reps; DB Incline Press- 25 reps; Behind Neck- 25 reps; DB Lateral Raise- 35 pound DB x 25 reps; DB Barbell Upright Row- 25 reps; DB Strugs- 25 reps; DB Press- 60 pound DB x 25 reps; Front, Side and Posterior Neck work with plates and pulley, 25 reps each; One Arm Row- 25 reps; Close Grip Bench Press- 25 reps; Close Grip Barbell Press- 25 reps; Preacher Bench with EZ Curl Bar- 25 reps; Barbell lying Tricep Extension- 25 reps; DB Incline Curl- 25 reps; DB Barbell Tricep Kickback- 25 reps; Barbell Curl- 25 reps; Reverse Curl- 25 reps.

If you meet Rachel Mathias in street clothes, she looks happy, healthy and friendly," says strongman Mike Dayton, "plus very young for her 30 years. You wouldn't have a clue that she's a powerlifter. But get her in a gym and she'll blow your doors off!" World champion Lee Moran calls Rachel "without a doubt one of the strongest women I've ever seen, plus she's totally natural. When she trains, it's balls to the wall!"

Who is this Rachel Mathias? The fastest-rising female star in recent powerlifting history. That statement may indeed sound extreme, but in just 2 1/2 years of training and two years of competing, this soft-spoken resident of Dublin, California, is already at the top of the sport. Check out her contest history. In her first contest she got first place and an ADFFA California state bench record. In her second contest, three months later, the Iron Man/Woman, another first. Rachel's third contest took place on her birthday: she got another first, an ADFFA state title, plus Overall Best Lifter. "What a present!" she says. "I set state records for bench, dead and total, plus an American bench record."

Next, on to the '89 Senior Nationals. "I placed fourth in my first Nationals. I couldn't wipe the smile off my face! At the '90 Senior Nationals, Rachel powered up to second. Thus, after just five contests in 1988-90, Rachel earned a place on the U.S. team in the 1990 World Women's Powerlifting Championships in Jönköping, Sweden. "I was an unknown," Mathias recalls. "No one expected me to do anything but one event complete my lifts!" But this 132-pound, 5'7", powerhouse beat out women from 17 countries to gain the world crown. Against best-in-the-world competition, she did 319 pounds on the squat, a 203 bench and a 390 deadlift for a 912 total. (5.5 points!) "That isn't much for three total lifts," says Rachel's husband, who includes M. Arizona, middleweight division. "But it was enough!"

"On my final lift," Rachel says, "I felt like it was the last of the lift with me and the bases loaded. I knew it was a close battle between me and Isabelle Mary of France. I just didn't know how close!" So Rachel's already as high as she can go in powerlifting. "I'll continue to go on," she says, "and perhaps go to India next year." The World Championships to defend my world record in bench and deadlift, Mathias says that she was very strong even as a child in Buffalo, New York, where she was born. "I was always doing something athletic: ice skating, roller skating, skateboarding, basketball, gymnastics, snow

skiing, and water skiing. I could bike ride for 30 or 40 miles, I always thought I wanted to do something competitive and noteworthy. "When I was 15, my 13-year-old brother brought a weight set into the basement. He and his buddies would do benches and curls. Then one day he brought me in as a joke - but I not only kept up with them but also surpassed what they were doing. Then at 16, Rachel was walking through a mall in Buffalo and saw a state wrist-wrestling championship going on. "I thought, I can do that!" and I got a New York State trophy. The turning point in Rachel's life came after she moved to Phoenix, Arizona, when she was about 21. "I met Greg at Homebrew, where we were both working. He was the only guy with muscles in the whole plant. Rachel had had, as she tells how she "did an outfit" or photocopying so she could see Greg on her way to the photocopy machine. They both moved to the California

seat of our pants," says Greg. "We've

# POWER PROFILE

## RACHEL MATHIAS

### as told to Rosemary Hallum Ph.D.



**Rachel Mathias** has come a long way, quickly, in the sport of Powerlifting.

Bay Area in 1985 and got married. It was also 1985 when Rachel set foot inside a gym for the first time on Iron Island, no less, in Alameda, a hardcore gym with Robby Robinson, Lee Moran, Renee Casella, and Dave Hazelwood among the regular clientele of owner Russ Goodman. "I cried after the first time I went there!" says Mathias. "The whole atmosphere overwhelmed me! But I knew I had to go to the gym if I wanted to spend any time with my husband."

So Rachel trained with Greg, Lee Moran, and other guys in the gym. "I always tried to equal what they were lifting and soon they told me I was close to breaking state records. They convinced me to enter a powerlifting contest. Had never seen one. But I had no trouble with the rules, because Greg and Lee had always insisted on strict form and strict adherence to the rules. Ask Rachel about her training and you won't be shown a detailed, written-out plan. "We've flown by the seat of our pants," says Greg. "We've

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

never really had a cycle plan. So far we're trained like bodybuilders, our powerlifting approach is haphazard. But this year we're going to get into a more scientific approach." Rachel says, "I'll hit my max once about two weeks out from a contest. But I never know what I'll lift in an actual contest. For instance, on a deadlift, I can't do 300 in the gym, but I'll do 400 in a show. The electricity of the contest will inspire me to exceed myself."

Mathias trains on a four-on-one-off routine off-season, working one body part per day in a 1 1/2 hour session: Day 1 - Chest; Day 2 - Arms and Shoulders; Day 3 - Legs; Day 4 - Back and Abs. Six weeks before a contest she changes to a three-on-one-off routine. Day 1 - Bench press; Day 2 - Deadlift; Day 3 - Squat.

"This year we're working on polishing Rachel's form," says Greg. "So far she's gone along on raw, brute power. Coaches have called her a diamond in the rough. Now we want to get her form better-looking, more scientific, and more consistent. Then there's no telling how much she can achieve!"

"I eat basically a bodybuilding diet, what Greg cooks," says Rachel. "High carbs, medium protein, and very low fats - lots of chicken, fish, turkey, egg whites, rice, pasta, potatoes and fresh vegetables and fruits. I eat three meals a day plus some snacks. I also take a lot of Power Connection supplements: multivitamins/mineral packs, amino acids and protein and carb drinks. "I keep my weight on an even keel year-round. That's easier for me."

Ask Rachel the keys to her success and she says with a smile: "(1) Genetics and natural ability. (2) Greg Mathias. He's everything wrapped up in one - my husband, chiropractor, trainer, wrapper, masseur, friend, coach, everything! I couldn't do without him. (3) Support from Medina's Gym and my sponsor, Power Connection. (4) Personality traits. I'm a go-getter. I want to make the most of everything. Also, I have great ability to concentrate and focus on what I'm doing. (5) Off-season bodybuilding training. That helps me be strong."

Rachel sums up everything by saying, "I can't imagine not powerlifting. I think I'll be doing it forever! Right now I'm in the best shape I've ever been, and I know I can keep on improving. When I get my training act together, then I really want to blow some doors off!"

Rachel Mathias is available for powerlifting guest spots, personal appearances, one-on-one training seminars, advertisements, promotions, endorsements and modeling. For information contact her at 6423 Sherwood Place, Dublin, CA 94568.



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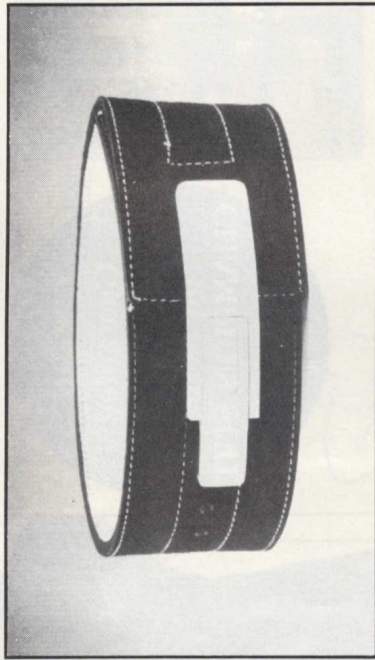
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## WORKOUT of the Month

In this squat routine, the lifter's beginning maximum is 300 lbs. At the end of the routine the maximum should be up 30-40 lbs. There are a lot of repetitions so get your best suit and wraps and get ready to squat. Once you decide which meet to lift in, allow 10 weeks to get ready. The first week do extremely light weight and reps. The last week do the opening attempts.

Warmups and form are very important. Starting out with the bar and working your way up will assure you that you're form is good, before you hit the heavy sets.

Make sure to have good workout partners, who will encourage you when you need it most. When you want to pack up and go home, they'll grab you and make you squat. The last thing you need is someone telling you your squat is in, when it's a mile high. Choose wisely.

Assistance exercises should be done after each workout to develop a solid foundation. The exercises are leg press, hack squat, leg extensions, leg curls, situps and leg raises. LP, HS, LE and LC - 3x8 each; situps 2 different types (one with weight; one without) 3x30; leg raises 3x15.

I squat on Tuesday and Saturday. I put my suit on after the fifth set. We don't always train at the same speed. As you know, sometimes in a meet you don't have a lot of time to get ready, so speed your workouts up once a week. You'll see that this will be beneficial at meet time.

Since the workouts are done twice a week, the assistance exercises should not hinder your next workout. Go heavy on assistance exercises on a light day and vice versa.

You may not be at a 100 percent for every workout, but don't dwell on it if you miss a set. Save your energy for the next set or workout. Make adjustments in the weight if you have to, but next workout push for your scheduled weight, reps, etc.

Your goal is to succeed and you can do it if you put forth the effort. Good Luck, see you at the meet.

For questions, contact: Felecia Almy, 1894 Tal Oaks 2505, Aurora, IL 60505, 708-971-5354.

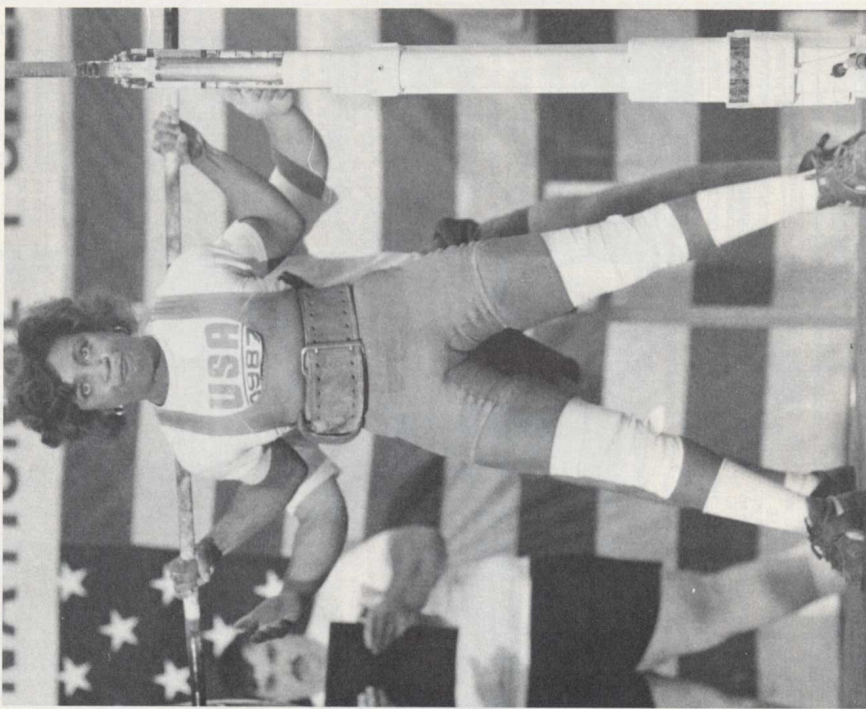
**Week 1** light weight and reps

**Week 2** 1st workout: barx8, 95x8, 135x8, 155x8, 210x3, 225x3, heavy assistance, 2nd workout: barx8, 95x8, 135x8, 155x8, 210x3, 225x3, 250x3, 270x3, 290x3, 30x2, light assistance

**Week 3** 1st workout: barx8, 165x8, 205x5, 220x5, 235x5, heavy assistance, barx8, 95x8, 135x8, 155x8, 210x3, 225x3, 250x3, 270x3, 290x3, 30x2, light assistance

**Week 4** 1st workout: barx8, 175x8, 215x5, 225x5, 245x3, heavy assistance, barx8, 95x8, 135x8, 155x8, 210x3, 225x3, 250x3, 270x3, 290x3, 30x2, light assistance

## Felecia Almy's Squat Routine



Felecia Johnson Almy is the 1990 World Drug Free Powerlifting Federation World Champion in the 58.5 kg class

**Week 5** barx8, 95x8, 135x8, 185x7, 225x5, 240x5, 255x5, heavy assistance, barx8, 95x8, 135x8, 155x8, 210x3, 225x3, 250x3, 270x3, 290x3, 310x3, 320x2, light assistance

**Week 6** barx8, 95x8, 135x8, 185x6, 215x5, 215x2, light assistance; barx8, 95x8, 135x8, 155x8, 210x3, 225x3, 250x3, 270x3, 290x3, 305x3, 315x2, light assistance

**Week 7** barx8, 95x8, 135x8, 175x8, 175x6, 225x5, 255x3, 265x3, heavy assistance; barx8, 95x8, 135x8, 175x8, 175x6, 225x5, 270x5, 290x3, 310x3, 320x2, light assistance

**Week 8** barx8, 95x8, 135x8, 185x6, 235x5, 265x3, 275x3, no assistance; barx8, 95x8, 135x8, 155x8, 250x5, 275x5, 295x3, 310x3, 325x2, no assistance

**Week 9** barx8, 95x8, 135x8, 195x6, 245x5, 275x5, 285x3, no assistance; barx8, 95x8, 135x8, 195x6, 245x5, 285x3, 315x2, light assistance

**Week 10** (openers) barx8, 95x8, 135x8, 155x3, 245x3, no assistance; 260x3, 285x3, 300x2, no assistance

**Meet Day:** 1st- 300; 2nd- 320; 3rd- 330-335

After each workout assistance: Leg press 3x8 reps; hack squat 3x8 reps; leg extension 3x8 reps; leg curls 3x8 reps. Sit ups, 2 different types (with weight, without weight) superset with leg raises 3x15 reps.

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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 personal responses to your questions to help you use and detect them. If you wish to send questions to your doctor, please send \$15 to cover office and postage. Send questions to: Mauro Di Pasquale, MD, 23 Main St., Warkworth, Ontario, Canada K0K 3K0.

**DEAR MAURO:** I have recently been losing my hair almost by handfuls and it bothers me terribly. I take only 2 steroids, Anadrol 50 and oil based Test and have for approximately 2 years on and off (1-2 Anadrol tabs, 1-1 1/2 test). I hope this is not the cause. I am a competitive lifter and plan on it for as long as I can, but I'd like to have some hair also. Make pattern baldness is not real common in my family, but I have a few down the line. My brother (older) has a full head and mine is receding badly front and rear. In 31 today so any suggestions would help me greatly. Thanks, **Harry**

**DEAR HARRY:** You'll find a lot of information on male pattern baldness on pages 18 and 19 in Update Four and in Update Five under androstenedione (as well as some suggestions). As you'll discover, it's possible that both the Anadrol and the testosterone are causing your premature baldness. However, it's highly likely that you are genetically prone to early baldness and would go bald (through or without steroids) even if you had never used the anabolic steroids. **Mauro Di Pasquale M.D.**

**DEAR MAURO:** Last August I hurt my right shoulder. I began hurting me while I was driving cross country. A sharp pain began shooting down from my rear delt to where it ties in with the biceps and tricep on the side of my arm. I stopped doing all chest, shoulder movements and squats (could not put arm around bar). I continued to workout like this for two months with no improvements. Then I had surgery on my appendix. I did not touch a weight for 5 weeks after the surgery and I still have the problem. I've never had any shoulder problems before, though I have always noticed a popping noise in my right shoulder when doing pull-ups, for 3-4 years now, but it never caused any pain. I've read the "Power Research" article on Rotator Cuffs in the October 1988 issue of Powerlifting USA and have just begun doing the movements prescribed in the article, but I'm not totally sure it's my rotator cuff. The pain is sharp when doing movements that hurt it, then later I used it too much it becomes a deep pain.

Here are the times when my shoulder hurts: lifting my arm parallel and above without any weight causes pain, when reaching in back seat of car and lifting something out and the closer the arm comes to parallel the more the pain, any pressing movements; pull-downs but not as bad, to throw something causes the worst pain of all, to take the right arm and reach around the front of my body, like when you reach for your seatbelt in the car, and when sitting at a desk and writing for a long period of time like while I'm writing this letter. I'm 24 years old and I use to compete in powerlifting meets in 1985 and 1986 in the military, but in '87 I didn't compete or train very hard due to military obligations. Now that I am out of the service, I've been lifting and heavy again for about 9 months trying to get back to my shape to compete again, but injuries keep interfering. Could you please give me some advice for this shoulder problem I have. Thank you. Sincerely, **Michael J.**

**DEAR MICHAEL:** It sounds to me like you're suffering from the impingement syndrome, one of the most commonly encountered disorders of the shoulder. Symptoms include shoulder motion pain (particularly on adduction), point tenderness inferior to the acromion process, and pain on rotation of the shoulder (particularly internal rotation). The rotator cuff tendons pass through the relatively limited space underneath the coracoclavicular arch (coracoclavicular ligament and anterior acromion) in their course to their distal insertion on the proximal humerus. Repetitive use of the shoulder in the elevated position can result in hypertrophy or swelling of the rotator cuff tendons with resultant impingement because of the unyielding coracoclavicular arch. It is this critical zone of the rotator cuff and the biceps tendon (the supraspinatus tendon insertion and the biceps tendon deep to the supraspinatus insertion) which are subjected to impingement. Chronic microtrauma to this sets the stage for the "impingement syndrome" with resultant tendinitis of the rotator cuff. This can also involve the biceps tendon, subacromial bursa, and acromioclavicular joint.

However, while the impingement syndrome is one of the most commonly encountered disorders of the shoulder, other problems in and around the shoulder joint can be misdiagnosed unless you're examined very carefully by a qualified sports medicine doctor. In some cases the problem may be a relative weakness in the deltoid muscle and tendon resulting in a chronic strain of one or more heads of the deltoid. Treatment depends on the severity of the injury, and often includes anti-inflammatory drugs and the use of ice/heat - heat prior to workouts and ice massage after. Enclosed is a brochure telling you more about the injury and how to rehabilitate it. **M.G.D.**

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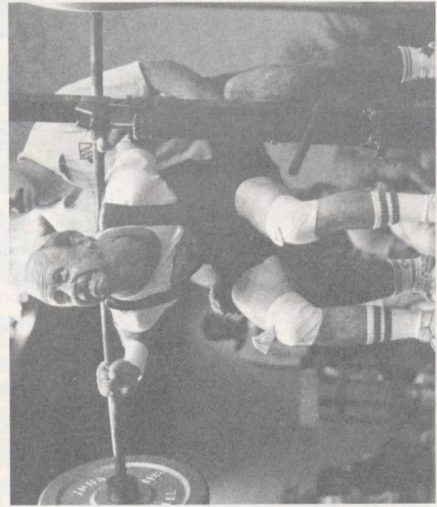
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Apr/89...O.D. Wilson's \$2430 total, Jan Harrell interview, Mk 10 Challenge, Natural Nationals, Carol Waters, TOP 100 132s, ADFFA TOP 20 242s.  
May/89...ADFFA Lifetime Drug Fees, Ray Benemerito interview, Kenneth Lain Bench Workout, Milo Steinborn, TOP 100 148s, ADFFA TOP 275s.  
Jul/89...USPF Masters, ADFFA Women's, USPF High Schools, The Sentencing of Mike MacDonald, People Power, TOP 100 181s, ALL TIME TOP 20.  
Apr/90...Natural Nationals, Mike Hall Profile, Forcing Forced Repts, Turn-Ins On Your Natural System, TOP 100 148s, ADFFA TOP 20 275s.  
Jun/90...USA vs USSR, USPF Seniors, Ken Lain interview, Dawn Ressel, Long Range Planning, Masters Training, TOP 100 220s, ADFFA TOP 20 132s.  
Sep/90...APF Seniors, WDFPF World's, APF Juniors, World Bench Press Championships (Lain benches 712), TOP 100 242s, ADFFA TOP 20 148s

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# INTERVIEW

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

# KEVIN CLEMENS interviewed by Bob Gaynor



Kevin Clemens is one of the finest squatters around in the 114/123 lb. classes.

**Bob:** Kevin, give us some personal information on yourself.  
**Kevin:** My name is Kevin Clemens, 10722 N. Point Prairie, Forestell, MO 63348. I am 32 years of age.

**Bob:** What is your current occupation?  
**Kevin:** I am a service technician for ConTel Telephone Corp. of Missouri. I have been with ConTel for 14 years.

**Bob:** How many years have you been training and competing?  
**Kevin:** I have been training with weights since the age of 11 and training for powerlifting for the last three years. My first competition was in December of 1987.

**Bob:** How did you get started?  
**Kevin:** I've always been involved in sports and I started working out with weights at home to improve my strength. In July of 1987, I started working out at Lakeside Fitness in Lake St. Louis, Missouri, where I met Mike Cissell, who was involved in the ADFFA. Under Mike's guidance and direction, I began training for competition, and qualified to lift in the 1988 ADFFA PA Men's Nationals.

**Bob:** Kevin, what are your best lifts?  
**Kevin:** Squat 457 lbs., Bench 236 lbs., and Deadlift 391 lbs.

**Bob:** What titles have you won and what records do you hold?  
**Kevin:** 1988 ADFFA State Champion (123 lb.); 1989 ADFFA State Champion (123 lb.); 2nd at 1988 ADFFA Men's Nationals (114 lb.); 3rd at 1989 ADFFA Men's Nationals (123 lb.); Missouri State record in the total (114 lb.); Missouri state record in the squat (123 lb.); and state record in the total (123 lb.).

**Bob:** What are your future goals in powerlifting?  
**Kevin:** My future goals are to continue training to improve my lifts.

**Bob:** Kevin, give us your views on steroids and drug testing?  
**Kevin:** I've never used steroids and my views on steroids are pretty much the same as most other drug free lifters. I believe it is a personal choice whether or not to use drugs. However, I do not think it is right for drug users to compete in drug-free meets.

**Bob:** What kind of diet do you try to follow?  
**Kevin:** My diet consists mainly of healthy foods. I try to eat a lot of carbohydrates and avoid foods that are fried and high in fat.

**Bob:** Do you follow any type of supplementation program?  
**Kevin:** I have a moderate supplementation program. I take amino acids and multiple vitamins as supplements.

**Bob:** What are your training routines in a season/off season?  
**Kevin:** My training routine is the same all year. I have not had an off season since I started competing. I train 4 days a week, 2 to 3 hours each workout. My training cycles are usually 10 to 12 weeks long with repetitions of 8s, 5s, and 3s for 2 to 3 sets, increasing the weight each week. As the lifting contest approaches, I start dropping off assistance exercises and use a lifting suit three weeks before the contest. The week of the contest I do only my opener lift.

**Bob:** What advice would you have for a beginner?  
**Kevin:** I would tell the beginner to find serious training partners and to develop good lifting form and technique.

**Bob:** Who are those you admire in powerlifting?  
**Kevin:** I have a moderate sup-

**Powerlifting?**  
**Kevin:** I admire all drug-free lifters in Powerlifting, especially those I know personally and have learned from through the years.

**Bob:** What other interests or hobbies do you have?  
**Kevin:** Most of my interests are in sports. I enjoy softball, volleyball, snowskating, hunting and fishing.

**Bob:** Kevin, do you have any other comments you would like to make?  
**Kevin:** I enjoy the sport of Powerlifting very much and have met a lot of new friends involved in the ADFFA. I would like to thank Mike and Sue Cissell, the owners of Lakeside Fitness, where I train, and all the members at the fitness center for their support. I would also like to thank my training partners and fellow ADFFA lifters for their coaching and support; Mike and Steve Cissell, Bob Huber, Don Norton, Larry Klusenkomper, Vince Brunelle, and Ken Beckett. I would also like to give a special thanks to Bob Gaynor and PL USA for the fine magazine and the opportunity to appear in the publication.

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# Dr. Judd

When I was 6 years old, I found a Playboy magazine in a trash bin. I took the magazine home and hid it under my bed. About a week later, my father found it. I was humiliated and embarrassed. I began to think that I was some type of pervert or something. That night, my father and I went on a picnic. We talked about sex. I was ashamed and frightened, but he was so caring and loving that by the time I ate my first sandwich, I was laughing again. He made me feel good about myself and about being alive. He made me feel loved.

When I was in grade school, it was evident that I had a learning problem. I couldn't read or write and I had terrible communication skills. Subsequently, I was tested to determine if I had some sort of learning disability. It was eventually discovered that I had an I.Q. of 81. I was ridiculed by my classmates, and discriminated against by my teachers. I remember crying a lot during that period of my life. I also remember my father, in a gentle and loving manner, telling me that no matter what, he would always be there for me. He always was.

When I was twelve years old, I fell in love with the girl down the street. Her name was Peggy Richter. It was my first love. Unfortunately for me, Peggy didn't have the same feelings. My ego took a terrible beating. Worse yet, I developed a terrible case of depression and I couldn't eat or sleep. My father was there once again to comfort and console me.

When I was in eleventh grade, my father took a second job to insure that he would have enough money to put me and my sisters through college. He worked sixteen hours a day, seven days a week for close to ten years without a vacation. Neither my sisters nor I ever paid a dime of our own to go to college. My mother and father assumed the entire burden of our

education. During my first college basketball game of my freshman year, I inadvertently slipped off my gym trunks with my warm-ups. Consequently, when summoned to play, I ran out on the court in front of over 2000 people in just my jock strap.

I was only 16 years old at the time. To say the least, I was totally humiliated. In fact, I wanted to quit college right then and there. After talking to my father though, I realized that showing my ass, at least in this case, wasn't all that bad. At 29, I herniated two discs in my lower back while deadlifting. I needed surgery, but I didn't have insurance or the \$20,000 to pay for it. My father and mother dipped into their life's savings to cover all my medical expenses. I recovered from the operation, and with the support and encouragement of my parents, I came back to become the No. One ranked ADPPA flyweight.

In 1985 when I was diagnosed as having cancer, I was totally devastated. I was scared father heard the news, he immediately jumped half to death, and terribly depressed. When my father heard the news, he immediately jumped on a plane and flew 1,200 miles just to tell me he loved me. After that, things seemed o.k. I could go on, as this is but a minute sample of my parents' contributions to my life. All my life my parents have sacrificed for me, cared for me, and loved me.

On May 18, 1986, my father died. I loved him so much, and I miss him terribly. P.S.: If you still have your parents, I hope that I can impress upon you the importance of sharing and loving with them. Please don't take them for granted. If you do, you will regret it for as long as you live. Remember, nothing in this world lasts forever. For this reason alone, we should live every moment as if it were our last. Life is too short to waste any of it. Remember also that each time you part company with a loved one, it may be the last time.



**Larry Mintz** one of the greats of United States powerlifting and olympic lifting history died of colon cancer on August 18th, 1990. He was only 53, and he kept the news about his battle with cancer very private. He was a great squatter who had a long and illustrious career, with many national titles and records, and was widely respected as a man of physical and personal distinction. This issue of POWERLIFTING USA is dedicated to the memory of lifting great Larry Mintz.

## MESSAGE FROM THE U.S.P.F. PRESIDENT

At the conclusion of the 1990 USPF Senior Nationals in Hollywood, Florida the USPF Executive Committee (headed by Rich Peters of NASA) to reorganize the 1991 included National, State and Regional Series on the agenda. Our objective is to continue to utilize the National program as our means of identifying young athletes as possible members of the Junior World team. Note that those who wish to be considered for the Junior World team must be USPF registered at the time they perform the lifts they would like to be used in consideration for selection. A second objective was to keep contact with Rich and his NASA group. We have since been working to line up alternative USPF contests for lifters to use as qualifiers for the National Nationals. Be watching the coming events section of Powerlifting USA for qualifying meets in your area.

The subject of the Women's Trials has also brought some confusion to this year's meet schedule. At the Executive Committee meeting after the Senior's we had assigned the conduct of the Trials to Don Amiri. The idea of the trials was engendered to fill the void created by joining our Men's and Women's Senior National Championships in 1991. While this concept of holding the Men's and Women's trials together had few detractors, it left us with no way to qualify ladies for the 1991 IPF Women's Worlds. The "Trials" was to be used in conjunction with a resume mail-in program to select the team. After much consultation with many of our women, the Women's Committee recommended that we rethink the "Trials". The main objection being that our already highly travelled top women competitors were not looking forward to having to endure another contest trip in order to maintain their position. In our Executive Committee teleconference on 30 August, we took those thoughts to heart and decided to do the selection based on resume submissions.

The current rumor mill has it that the USPF is no longer testing for drugs. To this, I've got to register an emphatic "no so". The full IPF drug test is still being run at our designated national contests. Our current testing is still based on the test performed at the test. Overhauling data indicates that this part of the test, even when performed at IOC approved labs, has been based on a questionable value. At this point in time, we have only stated that we will not purchase lifters found to exceed the established limits on this portion of the test. Our Sports Medicine Committee has been involved in determining a more acceptable criteria, and we have petitioned the IPF to take a look at their current standards. While we understand that this situation opens the door somewhat, and that some folks will try to take advantage of it, the new tests now being talked about may cure the problem. The USPF remains committed to a lifting environment free of drugs. At the same time, we want the tests employed toward that end to be the fairest and most accurate available. Jan Shendow

Like it or not, performance enhancing equipment is here to stay. The question is to your greatest advantage. The only way to do that is to fine tune your equipment as competition day nears.

If you train for one or more rounds over your class limit it is especially important to have your squat suit, bench shirt, erector shirt, and groove bends fine tuned in order to derive the most support from them. That suit, bench shirt, erector shirt or groove bends that fits just right when you hit your best training lifts at 175 lbs will not feel the same after weighing in at 165 lbs. on competition day.

If you are handy with a sewing machine this can be a big help. If not, get your girlfriend, wife, mother, or a professional seamstress to help you out. Virtually all the supportive gear can be suc-

cessfully tailored by turning it inside out and running a double line of stitches parallel to the original seam, followed by a tight zig-zag stitch along the outside of the single stitches. When tightening gear, do it a little bit at a time as it's much harder to go back to a larger size after making something too tight.

Lift by lift, here are techniques for fine tuning your power gear.

**SQUAT a. Shoes:** One thing you don't need when going for a big squat is to have your feet moving around in your shoes. Size your squat shoes snug. If wearing tennis shoes it's a good idea to have them a half size smaller than you'd buy for comfort.

**b. Socks:** It's heart-breaking to watch a lifter execute a perfect squat, only to get red-lighted because his wraps were touching his/her socks. Eliminate this distraction by wearing shoes or boots with a thick or built up sole. If your benching style causes your heels to come up, footwear with a built-up heel can eliminate red lights due to this technicality.

**c. Suits:** A loose non-restricting erector shirt for both the squat and ideal for both lifts. Therefore, you may need one especially fitted for each lift, depending on your styles. "Fine tuning" your power gear does take a little more time and a little more effort than simply using lifting gear that comes with an off-the-shelf fit. However, maximizing one's total potential, as well as winning a competition always takes that extra amount of effort and preparation. Don't fail to maximize your potential at your next competition, just because you didn't "Fine Tune" your power gear. Good Luck!

**d. Bench Shirt:** During your last couple of bench workouts, when close to your competition body-weight, you can fine tune your bench shirt by taking it up in areas where there is no support would be beneficial. This can be determined by going through the bench motion with an empty bar or a broomstick.

**e. Squat suit:** The same applies here. A noticeable difference in support can be achieved by pulling in the sides in the areas that cause a tightening effect in the buttocks area. Make sure your straps are tight enough to allow the bottom half of the suit to do its job, but not so tight as to round you over.

**f. Erector shirt:** Same thing applies here. Tighten it up in areas where you feel more support would help. **g. T-shirt:** If you wear a regular t-shirt, tailor it so it fits snug around the arms and your whole torso. This prevents a sloppy bunching effect where the bar rests.

**BENCH a. Shoes:** For many lifters the same shoes you squat with will work well for benching, however, if you are short or require a plate to build up the platform, you can

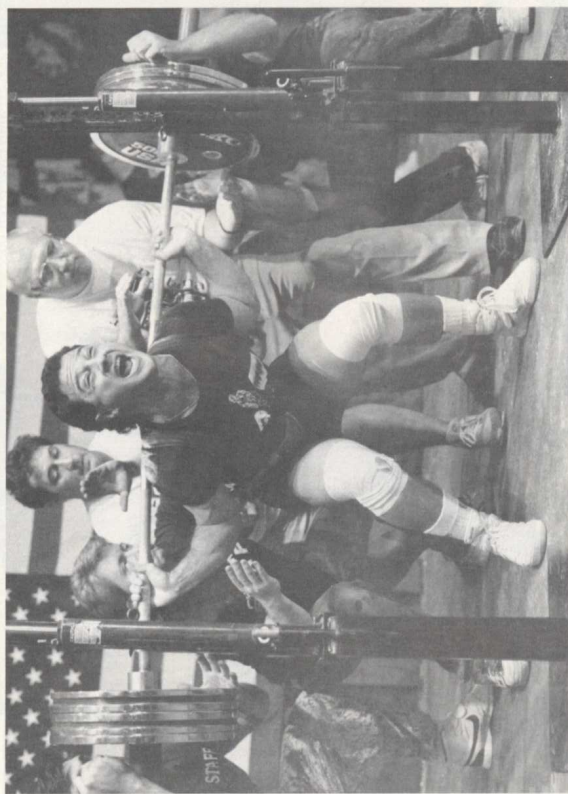
**d. Belt:** For most lifters a thin belt works the best as it does not pinch or restrict one's arch. A belt is helpful in holding the supportive portion of the bench shirt over your pecs, while the bar is in the down position.

**e. Wrists:** Wraps: As with the kneewraps, save yourself time & hassle by using the type with the velcro fasteners.

**DEADLIFT a. Shoes:** For most lifters a gymnastic slipper is the most advantageous; however, sumo style deadlifters can benefit from a high top wrestling shoe, or a thin soled, high top basketball style shoe with good floor gripping qualities. Once again, get a snug fit so your foot doesn't move around inside your shoe.

**b. Socks:** If you choose to wear socks wear a snug fitting sock. The bar tends to slide up these much smoother than a thick cotton athletic sock.

**c. Erector shirt:** Tailor this up in areas where you feel more support would be beneficial. If you use the erector shirt for both the squat and ideal for both lifts. Therefore, you may need one especially fitted for each lift, depending on your styles. "Fine tuning" your power gear does take a little more time and a little more effort than simply using lifting gear that comes with an off-the-shelf fit. However, maximizing one's total potential, as well as winning a competition always takes that extra amount of effort and preparation. Don't fail to maximize your potential at your next competition, just because you didn't "Fine Tune" your power gear. Good Luck!



**Optimizing Your Lifting Gear** is something that fine lifters like Virgilio Diaz often do to get ready for a major competition.

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### Kentucky High School Meet

9th-10th grade	SQ	BP	DL	Total
D. White	250*	105	235	590
M. Paris	175	155	230	565
12th lb.	300	130	290	720
A. Kenney	170	130	425	545
A. Robinson	170	130	425	545
132 lb.	175	155	270	600
J. Jones	225	260	360	845
L. Fingle	220	235	335	790
M. Hoody	220	140	300	660
V. Butts	220	140	300	660
J. Cooper	360	260	500**	1120
E. McGee	370	190	365	925
J. Wilkey	370	170	300	470
A. Clements	420	260	450	1130
R. Hite	220	215	300	735
C. Ratley	220	85	250	655
G. Dabier	360	230	440	1030
T. Foster	325	235	370	930
J. Blair	270	240	350	860
C. Robinson	250	245	350	845
M. Evans	335	220	365	920

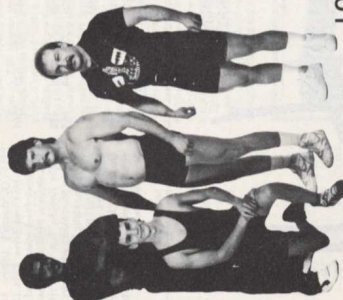
242 lb.	W. Williams	335	200	350	885
275 lb.	R. Colson	425*	240*	430*	1095*
A. Fenwick	425	220	375	1025	
SHW	445*	250*	430*	1125*	
114 lb.	R. Colson	195	215**	265	675
121 lb.	R. Tapp	220	260*	400**	900
123 lb.	D. Nealy	280	260**	365	905**
132 lb.	J. Duncan	285	205	365	855
148 lb.	D. Blair	255	175	340	770
155 lb.	P. White Jr.	400	205	400	1005
165 lb.	R. Shane	320**	270	485	1085**
185 lb.	C. Howard	405	245	490	1140
190 lb.	M. Ladd	390	210	460	1060
200 lb.	J. Dobson	375	275	360	910
205 lb.	D. Hudson	350	215	325	890
210 lb.	S. Smith	430	280	455	1170
215 lb.	S. Smith	310	310	620	1240
220 lb.	B. Haynes	480	290	470	1240

### Lock City Classic

15 Jul 90 - Lockport, New York	Open	15 Jul 90 - Lockport, New York
D. Esposito	365	D. Esposito
M. Godfisz	420	M. Godfisz
W. Gilles	400	W. Gilles
W. By	320	W. By
Schwartz	261	Schwartz
A. Johnson	121	A. Johnson
P. Bort	335	P. Bort
M. Strick	225	M. Strick
Masters (by Schwartz)	206	Masters (by Schwartz)
J. Branch	335	J. Branch
R. Hendricks	250	R. Hendricks
J. Stahr	250	J. Stahr
R. Giles	440	R. Giles
R. Giancchi	440	R. Giancchi
155 lb.	370	155 lb.
Schwartz	370	Schwartz
R. Strick	370	R. Strick
J. Malone	350	J. Malone
J. McKenna	315	J. McKenna
G. Gibson	285	G. Gibson
M. Bianchi	285	M. Bianchi
D. Mesi	406	D. Mesi
D. Mesi	385	D. Mesi
T. Zehn	385	T. Zehn
K. Cracknell	300	K. Cracknell
Feenage (by E. Grasz)	300	Feenage (by E. Grasz)
R. Arvalone	425	R. Arvalone
S. Hendricks	360	S. Hendricks
J. McKenna	340	J. McKenna
P. Sullivan	325	P. Sullivan
M. Bianchi	325	M. Bianchi
M. Blazich	365	M. Blazich
D. Mesi	365	D. Mesi
400	400	400

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### NASA Bench Tour

24 Jun 90 - Tyler, Texas	198 lb.	200 lb.	220 lb.	242 lb.
R. Rios	112.5	B. Rumblo	100	
Teenage	200	Teenage	142.5	
S. Alamo	175	C. Carin	160	
242 lb.	235	Masters	172.5	
D. Reece	198 lb.	Submasters	137.5	
W. Tolbert	242.5	198 lb.	192.5	
Natural Bench	170	R. Baker	182.5	
242 lb.	170	M. Young	242.5	
Pushup Bench	133.5	F. Aubry	192.5	
198 lb.	133.5	N. Young	242.5	
D. Adams	192.5	W. Tolbert	242.5	
N. Young	192.5	Sponsored by Inzer Advance Designs. Thanks to all the lifters who came out and supported our sport. A special thank you to the lifters who were needed. (Thanks to Terri Crenshaw for results)		







**Texas Firefighter Olympics**

12 Jul 90 - San Angelo, TX

165 lb.	50	BP	DL	Total
P. Julian	475	250	455	1180
B. St. Myers	385	255	500	1140
M. McKay	375	250	405	1030
W. Hamilton	380	250	410	1040
181 lb.	385	350	425	1160
K. Pierce	405	315	405	1125
S. LeCroy	435	405	315	1155
200 lb.	425	375	400	1100
P. Irie (m)	450	260	400	1110
198 lb.	485	315	565	1365
R. Hall	475	375	510	1360
K. Wilson (m)	425	220	425	1065
220 lb.	575	375	650	1600
M. Gibson	575	405	615	1595
B. Daniel	475	250	400	1025
B. Warden (m)	250	300	315	865
242 lb.	300	500	800	
255 lb.				
V. Williamson	600	340	660	1600
R. Raymond (m)	465	300	460	1225



**Dallas Fire Department** set 8 new state records and finished with 5 1st places and a 3rd, along with the Best Lifter award at the Texas Firefighter Olympics. Left to right, Pete Irie, Vaughn Williamson, Ron Wilson, Non Hall, Joe Newton. Kneeling, Best Lifter Paul Jollan. (photo courtesy NIE)

**New England States**

9 Jun 90 - Portland, ME (kg)

Men	SQ	BP	DL	Total
114 lb.	112.5	60	132.5	305
4th 220 lb.	175	117.5	205	497.5
E. Brown	175	117.5	205	497.5
E. Proffitt	215	90	172.5	477.5
168 lb.	195	125	182.5	502.5
I. Schaepe	195	125	182.5	502.5
I. Gospar	145	102.5	177.5	425
165 lb.	215	130	232.5	577.5
N. Wolski	190	107.5	212.5	510
I. Pearson	150	90	182.5	422.5
181 lb.	260	145	245	650
D. Simpson	260	145	245	650
M. Trince	200	135	227.5	562.5

in - Masters. Next year's meet will be held in the United States can enter our meet. Several state records were broken at this competition. (Thanks to Pete Irie for these contest results)

**RCI Olympic Qualifier**

24 Jun 90 - Chillicothe, OH

139 lb.	SQ	BP	DL	Total
Miller	325	90	390	805
162 lb.	285	145	285	715
Hamilton	530	265	585	1380
Neade	505	275	475	1255
186 lb.	550*	340	465	1355
Beauford	535	320	445	1300
Hammit	490	325	525	1295
204 lb.	560	345	585*	1490
Lawrence	600*	325	555	1480
Blair	415	260	305	1100
225 lb.	650	325	600	1575*
Kendricks	630	300	580	1600*
235*	525	305	585	1415
Adams	450	335	475	1260
Schumaker	450	335	475	1260

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Lawrence	600*	325	555	1480
Blair	415	260	305	1100
225 lb.	650	325	600	1575*
Kendricks	630	300	580	1600*
235*	525	305	585	1415
Adams	450	335	475	1260
Schumaker	450	335	475	1260

(thanks to Dan Blair, Jr. for these contest results)

**Hamburg Substance Abuse Alliance Council Bench Press**

10 Jun 90 - Hamburg, NJ

Female	205	205	315	725
D. Williams	205 <td>205</td> <td>315</td> <td>725</td>	205	315	725
148 lb.	415	255	400	1070
M. Miller	415	255	400	1070
242 lb.	530	365	435	1330
K. Callahan	530	365	435	1330
170 lb.	450	325	550	1325
D. Wynoniak	450	325	550	1325
SHW	450	325	550	1325
148 lb.	525	365	430	1320
R. Navarette	525	365	430	1320
181 lb.	525	365	430	1320
181 lb.	525	365	430	1320

the course directors Jeff Orlowski and ADP... all the line lifters who came out this year. A special thanks to Gerald Sluts, Valerie Asher, the judges Glen Telko, Robert Tim Freeman, Ken... Scott Acton and Mr. Czoka for making the meet run as good as it did. Thanks. (Thanks to Jeff Orlowski for results)

**Chanute AFB Natural**

May 90 - Ranboul, IL

132 lb.	290	200	320	810
M. Davis	290	200	320	810
C. Epper	220	215	315	750
148 lb.	375	300	380	855
J. Robinson	375	300	380	855
J. Napier	250	225	300	775
165 lb.	300	145	265	610
181 lb.	365	325	465	1155
R. Blas	350	270	340	960
C. Godfrey	250	255	340	845
198 lb.	450	300	505	1255

services as referees and spotters and this was appreciated. (Thanks to Chris Fitzpatrick for results)

**Spanish Masters Championships**

21 Apr 90 - Marbella, Spain (kg)

75 kg	SQ	BP	DL	Total
M. Sanchez	140	92.5	200	432.5
82.5 kg	175	110	190	480
R. Cruz	165	105	200	470
90 kg	180	127.5*	220	527.5
100 kg	120	100	200	420
J. Molina	100	127.5*	220	527.5
A. Serna	125	kg		
125 kg	150*	100*	180*	430*
J. Munoz	202.5*			

150\* - record. (Thanks to Lucio Dancel for results)

**NASA Louisiana Championships**

28 Apr 90 - Alexandria, LA (kg)

Men	SQ	BP	DL	Total
105 lb.	130*	137.5*	160*	427.5*
R. Ross	130*	137.5*	160*	427.5*
114 lb.	100*	70*	142.5*	312.5*
123 lb.	67.5	32.5	85	185
132 lb.	102.5*	62.5*	127.5*	292.5*
A. Williams	102.5*	62.5*	127.5*	292.5*
H. Williams	85	35	92.5	212.5
132 lb.	70*	32.5*	102.5*	205*
C. Hale	70*	32.5*	102.5*	205*
G. Williams	130*	55*	142.5*	327.5*
Pure	130*	55*	142.5*	327.5*
132 lb.	130*	137.5*	160*	427.5*
148 lb.	220*	110*	205*	535*
R. Rio	142.5	110	160	412.5
165 lb.	222.5	145	237.5*	610*
D. Mobley	222.5	145	237.5*	610*
181 lb.	335*	145*	292.5*	672.5*
D. Stone	335*	145*	292.5*	672.5*
198 lb.	192.5	130	245*	567.5
S. Roseberg	182.5	132.5	237.5	552.5
C. Green	177.5*	95*	190*	462.5*
E. Prepan	177.5*	95*	190*	462.5*
198 lb.	317.5*	182.5*	277.5*	777.5*
R. Boudreaux	317.5*	182.5*	277.5*	777.5*
220 lb.	272.5	185*	267.5*	725
D. Johnson	202.5	145	205	552.5
B. Mitchell	190	142.5	215*	547.5
S. Cline	192.5*	132.5*	212.5*	537.5*
275 lb.	215*	125*	232.5*	572.5*
148 lb.	215*	125*	232.5*	572.5*
R. Broussard	192.5*	125*	215*	532.5*
181 lb.	205*	137.5*	232.5*	575
D. Banker	182.5	132.5	237.5	552.5
220 lb.	220	170*	230*	620*
C. Sanders (OU)	220	170*	230*	620*
R. DeVargas	230*	142.5	215	587.5

run as good as it did. Thanks. (Thanks to Jeff Orlowski for results)

**Spanish Masters Championships**

21 Apr 90 - Marbella, Spain (kg)

75 kg	SQ	BP	DL	Total
M. Sanchez	140	92.5	200	432.5
82.5 kg	175	110	190	480
R. Cruz	165	105	200	470
90 kg	180	127.5*	220	527.5
100 kg	120	100	200	420
J. Molina	100	127.5*	220	527.5
A. Serna	125	kg		
125 kg	150*	100*	180*	430*
J. Munoz	202.5*			

150\* - record. (Thanks to Lucio Dancel for results)

**NASA Louisiana Championships**

28 Apr 90 - Alexandria, LA (kg)

Men	SQ	BP	DL	Total
105 lb.	130*	137.5*	160*	427.5*
R. Ross	130*	137.5*	160*	427.5*
114 lb.	100*	70*	142.5*	312.5*
123 lb.	67.5	32.5	85	185
132 lb.	102.5*	62.5*	127.5*	292.5*
A. Williams	102.5*	62.5*	127.5*	292.5*
H. Williams	85	35	92.5	212.5
132 lb.	70*	32.5*	102.5*	205*
C. Hale	70*	32.5*	102.5*	205*
G. Williams	130*	55*	142.5*	327.5*
Pure	130*	55*	142.5*	327.5*
132 lb.	130*	137.5*	160*	427.5*
148 lb.	220*	110*	205*	535*
R. Rio	142.5	110	160	412.5
165 lb.	222.5	145	237.5*	610*
D. Mobley	222.5	145	237.5*	610*
181 lb.	335*	145*	292.5*	672.5*
D. Stone	335*	145*	292.5*	672.5*
198 lb.	192.5	130	245*	567.5
S. Roseberg	182.5	132.5	237.5	552.5
C. Green	177.5*	95*	190*	462.5*
E. Prepan	177.5*	95*	190*	462.5*
198 lb.	317.5*	182.5*	277.5*	777.5*
R. Boudreaux	317.5*	182.5*	277.5*	777.5*
220 lb.	272.5	185*	267.5*	725
D. Johnson	202.5	145	205	552.5
B. Mitchell	190	142.5	215*	547.5
S. Cline	192.5*	132.5*	212.5*	537.5*
275 lb.	215*	125*	232.5*	572.5*
148 lb.	215*	125*	232.5*	572.5*
R. Broussard	192.5*	125*	215*	532.5*
181 lb.	205*	137.5*	232.5*	575
D. Banker	182.5	132.5	237.5	552.5
220 lb.	220	170*	230*	620*
C. Sanders (OU)	220	170*	230*	620*
R. DeVargas	230*	142.5	215	587.5

run as good as it did. Thanks. (Thanks to Jeff Orlowski for results)

**Hamburg Substance Abuse Alliance Council Bench Press**

10 Jun 90 - Hamburg, NJ

Female	205	205	315	725
D. Williams	205	205	315	725
148 lb.	415	255	400	1070
M. Miller	415	255	400	1070
242 lb.	530	365	435	1330
K. Callahan	530	365	435	1330
170 lb.	450	325	550	1325
D. Wynoniak	450	325	550	1325
SHW	450	325	550	1325
148 lb.	525	365	430	1320
R. Navarette	525	365	430	1320
181 lb.	525	365	430	1320
181 lb.	525	365	430	







POWER PEOPLE

One KILOGRAM equals 2.2046 Pounds. For a quick approximation, take the amount in kilos and double it, then add 10 percent of the doubled amount. For example, to convert 115 kilos, double the amount (230) and add 10 percent of the doubled amount (23) for a total of 253, which is the conversion of 115 kilograms to 253 pounds.

overall, Al Pringle, I want to thank Mr. Robert Jackson, Cat II, for bringing in the best officials just supports for only \$100. Best coaches to be held in great regard of applause needs to be given to the 1st signa Battalion and the 19th Personnel Support Battalion for the day they did an extraordinary job and deserve a great big pat on the back. We want to extend our thanks to the 29th ASG Sports Staff and their staff. Many thanks to the lifters that showed up to compete and showed what true dedication to any sport can do. Congratulations to the team representative at the AEC. Bring home the gold to the 21st Tacom. Meet results provided by SSG Danny Nadeau State Official and Mr. Nadeau, Kaiserslautern Coach, for results

Table with columns: Weight Class, Name, SQ, BP, DL, Total. Lists results for 21st TACCOM Championships.

British U/23 Championships 13 May 90 - Moss Side (kg) 52 kg, 57 kg, 67.5 kg, 75 kg, 82.5 kg, 90 kg, 97.5 kg, 105 kg, 112.5 kg, 120 kg, 127.5 kg, 135 kg, 142.5 kg, 150 kg, 157.5 kg, 165 kg, 172.5 kg, 180 kg, 187.5 kg, 195 kg, 202.5 kg, 210 kg, 217.5 kg, 225 kg, 232.5 kg, 240 kg, 247.5 kg, 255 kg, 262.5 kg, 270 kg, 277.5 kg, 285 kg, 292.5 kg, 300 kg, 307.5 kg, 315 kg, 322.5 kg, 330 kg, 337.5 kg, 345 kg, 352.5 kg, 360 kg, 367.5 kg, 375 kg, 382.5 kg, 390 kg, 397.5 kg, 405 kg, 412.5 kg, 420 kg, 427.5 kg, 435 kg, 442.5 kg, 450 kg, 457.5 kg, 465 kg, 472.5 kg, 480 kg, 487.5 kg, 495 kg, 502.5 kg, 510 kg, 517.5 kg, 525 kg, 532.5 kg, 540 kg, 547.5 kg, 555 kg, 562.5 kg, 570 kg, 577.5 kg, 585 kg, 592.5 kg, 600 kg, 607.5 kg, 615 kg, 622.5 kg, 630 kg, 637.5 kg, 645 kg, 652.5 kg, 660 kg, 667.5 kg, 675 kg, 682.5 kg, 690 kg, 697.5 kg, 705 kg, 712.5 kg, 720 kg, 727.5 kg, 735 kg, 742.5 kg, 750 kg, 757.5 kg, 765 kg, 772.5 kg, 780 kg, 787.5 kg, 795 kg, 802.5 kg, 810 kg, 817.5 kg, 825 kg, 832.5 kg, 840 kg, 847.5 kg, 855 kg, 862.5 kg, 870 kg, 877.5 kg, 885 kg, 892.5 kg, 900 kg, 907.5 kg, 915 kg, 922.5 kg, 930 kg, 937.5 kg, 945 kg, 952.5 kg, 960 kg, 967.5 kg, 975 kg, 982.5 kg, 990 kg, 997.5 kg, 1005 kg, 1012.5 kg, 1020 kg, 1027.5 kg, 1035 kg, 1042.5 kg, 1050 kg, 1057.5 kg, 1065 kg, 1072.5 kg, 1080 kg, 1087.5 kg, 1095 kg, 1102.5 kg, 1110 kg, 1117.5 kg, 1125 kg, 1132.5 kg, 1140 kg, 1147.5 kg, 1155 kg, 1162.5 kg, 1170 kg, 1177.5 kg, 1185 kg, 1192.5 kg, 1200 kg, 1207.5 kg, 1215 kg, 1222.5 kg, 1230 kg, 1237.5 kg, 1245 kg, 1252.5 kg, 1260 kg, 1267.5 kg, 1275 kg, 1282.5 kg, 1290 kg, 1297.5 kg, 1305 kg, 1312.5 kg, 1320 kg, 1327.5 kg, 1335 kg, 1342.5 kg, 1350 kg, 1357.5 kg, 1365 kg, 1372.5 kg, 1380 kg, 1387.5 kg, 1395 kg, 1402.5 kg, 1410 kg, 1417.5 kg, 1425 kg, 1432.5 kg, 1440 kg, 1447.5 kg, 1455 kg, 1462.5 kg, 1470 kg, 1477.5 kg, 1485 kg, 1492.5 kg, 1500 kg, 1507.5 kg, 1515 kg, 1522.5 kg, 1530 kg, 1537.5 kg, 1545 kg, 1552.5 kg, 1560 kg, 1567.5 kg, 1575 kg, 1582.5 kg, 1590 kg, 1597.5 kg, 1605 kg, 1612.5 kg, 1620 kg, 1627.5 kg, 1635 kg, 1642.5 kg, 1650 kg, 1657.5 kg, 1665 kg, 1672.5 kg, 1680 kg, 1687.5 kg, 1695 kg, 1702.5 kg, 1710 kg, 1717.5 kg, 1725 kg, 1732.5 kg, 1740 kg, 1747.5 kg, 1755 kg, 1762.5 kg, 1770 kg, 1777.5 kg, 1785 kg, 1792.5 kg, 1800 kg, 1807.5 kg, 1815 kg, 1822.5 kg, 1830 kg, 1837.5 kg, 1845 kg, 1852.5 kg, 1860 kg, 1867.5 kg, 1875 kg, 1882.5 kg, 1890 kg, 1897.5 kg, 1905 kg, 1912.5 kg, 1920 kg, 1927.5 kg, 1935 kg, 1942.5 kg, 1950 kg, 1957.5 kg, 1965 kg, 1972.5 kg, 1980 kg, 1987.5 kg, 1995 kg, 2002.5 kg, 2010 kg, 2017.5 kg, 2025 kg, 2032.5 kg, 2040 kg, 2047.5 kg, 2055 kg, 2062.5 kg, 2070 kg, 2077.5 kg, 2085 kg, 2092.5 kg, 2100 kg, 2107.5 kg, 2115 kg, 2122.5 kg, 2130 kg, 2137.5 kg, 2145 kg, 2152.5 kg, 2160 kg, 2167.5 kg, 2175 kg, 2182.5 kg, 2190 kg, 2197.5 kg, 2205 kg, 2212.5 kg, 2220 kg, 2227.5 kg, 2235 kg, 2242.5 kg, 2250 kg, 2257.5 kg, 2265 kg, 2272.5 kg, 2280 kg, 2287.5 kg, 2295 kg, 2302.5 kg, 2310 kg, 2317.5 kg, 2325 kg, 2332.5 kg, 2340 kg, 2347.5 kg, 2355 kg, 2362.5 kg, 2370 kg, 2377.5 kg, 2385 kg, 2392.5 kg, 2400 kg, 2407.5 kg, 2415 kg, 2422.5 kg, 2430 kg, 2437.5 kg, 2445 kg, 2452.5 kg, 2460 kg, 2467.5 kg, 2475 kg, 2482.5 kg, 2490 kg, 2497.5 kg, 2505 kg, 2512.5 kg, 2520 kg, 2527.5 kg, 2535 kg, 2542.5 kg, 2550 kg, 2557.5 kg, 2565 kg, 2572.5 kg, 2580 kg, 2587.5 kg, 2595 kg, 2602.5 kg, 2610 kg, 2617.5 kg, 2625 kg, 2632.5 kg, 2640 kg, 2647.5 kg, 2655 kg, 2662.5 kg, 2670 kg, 2677.5 kg, 2685 kg, 2692.5 kg, 2700 kg, 2707.5 kg, 2715 kg, 2722.5 kg, 2730 kg, 2737.5 kg, 2745 kg, 2752.5 kg, 2760 kg, 2767.5 kg, 2775 kg, 2782.5 kg, 2790 kg, 2797.5 kg, 2805 kg, 2812.5 kg, 2820 kg, 2827.5 kg, 2835 kg, 2842.5 kg, 2850 kg, 2857.5 kg, 2865 kg, 2872.5 kg, 2880 kg, 2887.5 kg, 2895 kg, 2902.5 kg, 2910 kg, 2917.5 kg, 2925 kg, 2932.5 kg, 2940 kg, 2947.5 kg, 2955 kg, 2962.5 kg, 2970 kg, 2977.5 kg, 2985 kg, 2992.5 kg, 3000 kg, 3007.5 kg, 3015 kg, 3022.5 kg, 3030 kg, 3037.5 kg, 3045 kg, 3052.5 kg, 3060 kg, 3067.5 kg, 3075 kg, 3082.5 kg, 3090 kg, 3097.5 kg, 3105 kg, 3112.5 kg, 3120 kg, 3127.5 kg, 3135 kg, 3142.5 kg, 3150 kg, 3157.5 kg, 3165 kg, 3172.5 kg, 3180 kg, 3187.5 kg, 3195 kg, 3202.5 kg, 3210 kg, 3217.5 kg, 3225 kg, 3232.5 kg, 3240 kg, 3247.5 kg, 3255 kg, 3262.5 kg, 3270 kg, 3277.5 kg, 3285 kg, 3292.5 kg, 3300 kg, 3307.5 kg, 3315 kg, 3322.5 kg, 3330 kg, 3337.5 kg, 3345 kg, 3352.5 kg, 3360 kg, 3367.5 kg, 3375 kg, 3382.5 kg, 3390 kg, 3397.5 kg, 3405 kg, 3412.5 kg, 3420 kg, 3427.5 kg, 3435 kg, 3442.5 kg, 3450 kg, 3457.5 kg, 3465 kg, 3472.5 kg, 3480 kg, 3487.5 kg, 3495 kg, 3502.5 kg, 3510 kg, 3517.5 kg, 3525 kg, 3532.5 kg, 3540 kg, 3547.5 kg, 3555 kg, 3562.5 kg, 3570 kg, 3577.5 kg, 3585 kg, 3592.5 kg, 3600 kg, 3607.5 kg, 3615 kg, 3622.5 kg, 3630 kg, 3637.5 kg, 3645 kg, 3652.5 kg, 3660 kg, 3667.5 kg, 3675 kg, 3682.5 kg, 3690 kg, 3697.5 kg, 3705 kg, 3712.5 kg, 3720 kg, 3727.5 kg, 3735 kg, 3742.5 kg, 3750 kg, 3757.5 kg, 3765 kg, 3772.5 kg, 3780 kg, 3787.5 kg, 3795 kg, 3802.5 kg, 3810 kg, 3817.5 kg, 3825 kg, 3832.5 kg, 3840 kg, 3847.5 kg, 3855 kg, 3862.5 kg, 3870 kg, 3877.5 kg, 3885 kg, 3892.5 kg, 3900 kg, 3907.5 kg, 3915 kg, 3922.5 kg, 3930 kg, 3937.5 kg, 3945 kg, 3952.5 kg, 3960 kg, 3967.5 kg, 3975 kg, 3982.5 kg, 3990 kg, 3997.5 kg, 4005 kg, 4012.5 kg, 4020 kg, 4027.5 kg, 4035 kg, 4042.5 kg, 4050 kg, 4057.5 kg, 4065 kg, 4072.5 kg, 4080 kg, 4087.5 kg, 4095 kg, 4102.5 kg, 4110 kg, 4117.5 kg, 4125 kg, 4132.5 kg, 4140 kg, 4147.5 kg, 4155 kg, 4162.5 kg, 4170 kg, 4177.5 kg, 4185 kg, 4192.5 kg, 4200 kg, 4207.5 kg, 4215 kg, 4222.5 kg, 4230 kg, 4237.5 kg, 4245 kg, 4252.5 kg, 4260 kg, 4267.5 kg, 4275 kg, 4282.5 kg, 4290 kg, 4297.5 kg, 4305 kg, 4312.5 kg, 4320 kg, 4327.5 kg, 4335 kg, 4342.5 kg, 4350 kg, 4357.5 kg, 4365 kg, 4372.5 kg, 4380 kg, 4387.5 kg, 4395 kg, 4402.5 kg, 4410 kg, 4417.5 kg, 4425 kg, 4432.5 kg, 4440 kg, 4447.5 kg, 4455 kg, 4462.5 kg, 4470 kg, 4477.5 kg, 4485 kg, 4492.5 kg, 4500 kg, 4507.5 kg, 4515 kg, 4522.5 kg, 4530 kg, 4537.5 kg, 4545 kg, 4552.5 kg, 4560 kg, 4567.5 kg, 4575 kg, 4582.5 kg, 4590 kg, 4597.5 kg, 4605 kg, 4612.5 kg, 4620 kg, 4627.5 kg, 4635 kg, 4642.5 kg, 4650 kg, 4657.5 kg, 4665 kg, 4672.5 kg, 4680 kg, 4687.5 kg, 4695 kg, 4702.5 kg, 4710 kg, 4717.5 kg, 4725 kg, 4732.5 kg, 4740 kg, 4747.5 kg, 4755 kg, 4762.5 kg, 4770 kg, 4777.5 kg, 4785 kg, 4792.5 kg, 4800 kg, 4807.5 kg, 4815 kg, 4822.5 kg, 4830 kg, 4837.5 kg, 4845 kg, 4852.5 kg, 4860 kg, 4867.5 kg, 4875 kg, 4882.5 kg, 4890 kg, 4897.5 kg, 4905 kg, 4912.5 kg, 4920 kg, 4927.5 kg, 4935 kg, 4942.5 kg, 4950 kg, 4957.5 kg, 4965 kg, 4972.5 kg, 4980 kg, 4987.5 kg, 4995 kg, 5002.5 kg, 5010 kg, 5017.5 kg, 5025 kg, 5032.5 kg, 5040 kg, 5047.5 kg, 5055 kg, 5062.5 kg, 5070 kg, 5077.5 kg, 5085 kg, 5092.5 kg, 5100 kg, 5107.5 kg, 5115 kg, 5122.5 kg, 5130 kg, 5137.5 kg, 5145 kg, 5152.5 kg, 5160 kg, 5167.5 kg, 5175 kg, 5182.5 kg, 5190 kg, 5197.5 kg, 5205 kg, 5212.5 kg, 5220 kg, 5227.5 kg, 5235 kg, 5242.5 kg, 5250 kg, 5257.5 kg, 5265 kg, 5272.5 kg, 5280 kg, 5287.5 kg, 5295 kg, 5302.5 kg, 5310 kg, 5317.5 kg, 5325 kg, 5332.5 kg, 5340 kg, 5347.5 kg, 5355 kg, 5362.5 kg, 5370 kg, 5377.5 kg, 5385 kg, 5392.5 kg, 5400 kg, 5407.5 kg, 5415 kg, 5422.5 kg, 5430 kg, 5437.5 kg, 5445 kg, 5452.5 kg, 5460 kg, 5467.5 kg, 5475 kg, 5482.5 kg, 5490 kg, 5497.5 kg, 5505 kg, 5512.5 kg, 5520 kg, 5527.5 kg, 5535 kg, 5542.5 kg, 5550 kg, 5557.5 kg, 5565 kg, 5572.5 kg, 5580 kg, 5587.5 kg, 5595 kg, 5602.5 kg, 5610 kg, 5617.5 kg, 5625 kg, 5632.5 kg, 5640 kg, 5647.5 kg, 5655 kg, 5662.5 kg, 5670 kg, 5677.5 kg, 5685 kg, 5692.5 kg, 5700 kg, 5707.5 kg, 5715 kg, 5722.5 kg, 5730 kg, 5737.5 kg, 5745 kg, 5752.5 kg, 5760 kg, 5767.5 kg, 5775 kg, 5782.5 kg, 5790 kg, 5797.5 kg, 5805 kg, 5812.5 kg, 5820 kg, 5827.5 kg, 5835 kg, 5842.5 kg, 5850 kg, 5857.5 kg, 5865 kg, 5872.5 kg, 5880 kg, 5887.5 kg, 5895 kg, 5902.5 kg, 5910 kg, 5917.5 kg, 5925 kg, 5932.5 kg, 5940 kg, 5947.5 kg, 5955 kg, 5962.5 kg, 5970 kg, 5977.5 kg, 5985 kg, 5992.5 kg, 6000 kg, 6007.5 kg, 6015 kg, 6022.5 kg, 6030 kg, 6037.5 kg, 6045 kg, 6052.5 kg, 6060 kg, 6067.5 kg, 6075 kg, 6082.5 kg, 6090 kg, 6097.5 kg, 6105 kg, 6112.5 kg, 6120 kg, 6127.5 kg, 6135 kg, 6142.5 kg, 6150 kg, 6157.5 kg, 6165 kg, 6172.5 kg, 6180 kg, 6187.5 kg, 6195 kg, 6202.5 kg, 6210 kg, 6217.5 kg, 6225 kg, 6232.5 kg, 6240 kg, 6247.5 kg, 6255 kg, 6262.5 kg, 6270 kg, 6277.5 kg, 6285 kg, 6292.5 kg, 6300 kg, 6307.5 kg, 6315 kg, 6322.5 kg, 6330 kg, 6337.5 kg, 6345 kg, 6352.5 kg, 6360 kg, 6367.5 kg, 6375 kg, 6382.5 kg, 6390 kg, 6397.5 kg, 6405 kg, 6412.5 kg, 6420 kg, 6427.5 kg, 6435 kg, 6442.5 kg, 6450 kg, 6457.5 kg, 6465 kg, 6472.5 kg, 6480 kg, 6487.5 kg, 6495 kg, 6502.5 kg, 6510 kg, 6517.5 kg, 6525 kg, 6532.5 kg, 6540 kg, 6547.5 kg, 6555 kg, 6562.5 kg, 6570 kg, 6577.5 kg, 6585 kg, 6592.5 kg, 6600 kg, 6607.5 kg, 6615 kg, 6622.5 kg, 6630 kg, 6637.5 kg, 6645 kg, 6652.5 kg, 6660 kg, 6667.5 kg, 6675 kg, 6682.5 kg, 6690 kg, 6697.5 kg, 6705 kg, 6712.5 kg, 6720 kg, 6727.5 kg, 6735 kg, 6742.5 kg, 6750 kg, 6757.5 kg, 6765 kg, 6772.5 kg, 6780 kg, 6787.5 kg, 6795 kg, 6802.5 kg, 6810 kg, 6817.5 kg, 6825 kg, 6832.5 kg, 6840 kg, 6847.5 kg, 6855 kg, 6862.5 kg, 6870 kg, 6877.5 kg, 6885 kg, 6892.5 kg, 6900 kg, 6907.5 kg, 6915 kg, 6922.5 kg, 6930 kg, 6937.5 kg, 6945 kg, 6952.5 kg, 6960 kg, 6967.5 kg, 6975 kg, 6982.5 kg, 6990 kg, 6997.5 kg, 7005 kg, 7012.5 kg, 7020 kg, 7027.5 kg, 7035 kg, 7042.5 kg, 7050 kg, 7057.5 kg, 7065 kg, 7072.5 kg, 7080 kg, 7087.5 kg, 7095 kg, 7102.5 kg, 7110 kg, 7117.5 kg, 7125 kg, 7132.5 kg, 7140 kg, 7147.5 kg, 7155 kg, 7162.5 kg, 7170 kg, 7177.5 kg, 7185 kg, 7192.5 kg, 7200 kg, 7207.5 kg, 7215 kg, 7222.5 kg, 7230 kg, 7237.5 kg, 7245 kg, 7252.5 kg, 7260 kg, 7267.5 kg, 7275 kg, 7282.5 kg, 7290 kg, 7297.5 kg, 7305 kg, 7312.5 kg, 7320 kg, 7327.5 kg, 7335 kg, 7342.5 kg, 7350 kg, 7357.5 kg, 7365 kg, 7372.5 kg, 7380 kg, 7387.5 kg, 7395 kg, 7402.5 kg, 7410 kg, 7417.5 kg, 7425 kg, 7432.5 kg, 7440 kg, 7447.5 kg, 7455 kg, 7462.5 kg, 7470 kg, 7477.5 kg, 7485 kg, 7492.5 kg, 7500 kg, 7507.5 kg, 7515 kg, 7522.5 kg, 7530 kg, 7537.5 kg, 7545 kg, 7552.5 kg, 7560 kg, 7567.5 kg, 7575 kg, 7582.5 kg, 7590 kg, 7597.5 kg, 7605 kg, 7612.5 kg, 7620 kg, 7627.5 kg, 7635 kg, 7642.5 kg, 7650 kg, 7657.5 kg, 7665 kg, 7672.5 kg, 7680 kg, 7687.5 kg, 7695 kg, 7702.5 kg, 7710 kg, 7717.5 kg, 7725 kg, 7732.5 kg, 7740 kg, 7747.5 kg, 7755 kg, 7762.5 kg, 7770 kg, 7777.5 kg, 7785 kg, 7792.5 kg, 7800 kg, 7807.5 kg, 7815 kg, 7822.5 kg, 7830 kg, 7837.5 kg, 7845 kg, 7852.5 kg, 7860 kg, 7867.5 kg, 7875 kg, 7882.5 kg, 7890 kg, 7897.5 kg, 7905 kg, 7912.5 kg, 7920 kg, 7927.5 kg, 7935 kg, 7942.5 kg, 7950 kg, 7957.5 kg, 7965 kg, 7972.5 kg, 7980 kg, 7987.5 kg, 7995 kg, 8002.5 kg, 8010 kg, 8017.5 kg, 8025 kg, 8032.5 kg, 8040 kg, 8047.5 kg, 8055 kg, 8062.5 kg, 8070 kg, 8077.5 kg, 8085 kg, 8092.5 kg, 8100 kg, 8107.5 kg, 8115 kg, 8122.5 kg, 8130 kg, 8137.5 kg, 8145 kg, 8152.5 kg, 8160 kg, 8167.5 kg, 8175 kg, 8182.5 kg, 8190 kg, 8197.5 kg, 8205 kg, 8212.5 kg, 8220 kg, 8227.5 kg, 8235 kg, 8242.5 kg, 8250 kg, 8257.5 kg, 8265 kg, 8272.5 kg, 8280 kg, 8287.5 kg, 8295 kg, 8302.5 kg, 8310 kg, 8317.5 kg, 8325 kg, 8332.5 kg, 8340 kg, 8347.5 kg, 8355 kg, 8362.5 kg, 8370 kg, 8377.5 kg, 8385 kg, 8392.5 kg, 8400 kg, 8407.5 kg, 8415 kg, 8422.5 kg, 8430 kg, 8437.5 kg, 8445 kg, 8452.5 kg, 8460 kg, 8467.5 kg, 8475 kg, 8482.5 kg, 8490 kg, 8497.5 kg, 8505 kg, 8512.5 kg, 8520 kg, 8527.5 kg, 8535 kg, 8542.5 kg, 8550 kg, 8557.5 kg, 8565 kg, 8572.5 kg, 8580 kg, 8587.5 kg, 8595 kg, 8602.5 kg, 8610 kg, 8617.5 kg, 8625 kg, 8632.5 kg, 8640 kg, 8647.5 kg, 8655 kg, 8662.5 kg, 8670 kg, 8677.5 kg, 8685 kg, 8692.5 kg, 8700 kg, 8707.5 kg, 8715 kg, 8722.5 kg, 8730 kg, 8737.5 kg, 8745 kg, 8752.5 kg, 8760 kg, 8767.5 kg, 8775 kg, 8782.5 kg, 8790 kg, 8797.5 kg, 8805 kg, 8812.5 kg, 8820 kg, 8827.5 kg, 8835 kg, 8842.5 kg, 8850 kg, 8857.5 kg, 8865 kg, 8872.5 kg, 8880 kg, 8887.5 kg, 8895 kg, 8902.5 kg, 8910 kg, 8917.5 kg, 8925 kg, 8932.5 kg, 8940 kg, 8947.5 kg, 8955 kg, 8962.5 kg, 8970 kg, 8977.5 kg, 8985 kg, 8992.5 kg, 9000 kg, 9007.5 kg, 9015 kg, 9022.5 kg, 9030 kg, 9037.5 kg, 9045 kg, 9052.5 kg, 9060 kg, 9067.5 kg, 9075 kg, 9082.5 kg, 9090 kg, 9097.5 kg, 9105 kg, 9112.5 kg, 9120 kg, 9127.5 kg, 9135 kg, 9142.5 kg, 9150 kg, 9157.5 kg, 9165 kg, 9172.5 kg, 9180 kg, 9187.5 kg, 9195 kg, 9202.5 kg, 9210 kg, 9217.5 kg, 9225 kg, 9232.5 kg, 9240 kg, 9247.5 kg, 9255 kg, 9262.5 kg, 9270 kg, 9277.5 kg, 9285 kg, 9292.5 kg, 9300 kg, 9307.5 kg, 9315 kg, 9322.5 kg, 9330 kg, 9337.5 kg, 9345 kg, 9352.5 kg, 9360 kg, 9367.5 kg, 9375 kg, 9382.5 kg, 9390 kg, 9397.5 kg, 9405 kg, 9412.5 kg, 9420 kg, 9427.5 kg, 9435 kg, 9442.5 kg, 9450 kg, 9457.5 kg, 9465 kg, 9472.5 kg, 9480 kg, 9487.5 kg, 9495 kg, 9502.5 kg, 9510 kg, 9517.5 kg, 9525 kg, 9532.5 kg, 9540 kg, 9547.5 kg, 9555 kg, 9562.5 kg, 9570 kg, 9577.5 kg, 9585 kg, 9592.5 kg, 9600 kg, 9607.5 kg, 9615 kg, 9622.5 kg, 9630 kg, 9637.5 kg, 9645 kg, 9652.5 kg, 9660 kg, 9667.5 kg, 9675 kg, 9682.5 kg, 9690 kg, 9697.5 kg, 9705 kg, 9712.5 kg, 9720 kg, 9727.5 kg, 9735 kg, 9742.5 kg, 9750 kg, 9757.5 kg, 9765 kg, 9772.5 kg, 9780 kg, 9787.5 kg, 9795 kg, 9802.5 kg, 9810 kg, 9817.5 kg, 9825 kg, 9832.5 kg, 9840 kg, 9847.5 kg, 9855 kg, 9862.5 kg, 9870 kg, 9877.5 kg, 9885 kg, 9892.5 kg, 9900 kg, 9907.5 kg, 9915 kg, 9922.5 kg, 9930 kg, 9937.5 kg, 9945 kg, 9952.5 kg, 9960 kg, 9967.5 kg, 9975 kg, 9982.5 kg, 9990 kg, 9997.5 kg, 10005 kg, 10012.5 kg, 10020 kg, 10027.5 kg, 10035 kg, 10042.5 kg, 10050 kg, 10057.5 kg, 10065 kg, 10072.5 kg, 10080 kg, 10087.5 kg, 10095 kg, 10102.5 kg, 10110 kg, 10117.5 kg, 10125 kg, 10132.5 kg, 10140 kg, 10147.5 kg, 10155 kg, 10162.5 kg, 10170 kg, 10177.5 kg, 10185 kg, 10192.5 kg, 10200 kg, 10207.5 kg, 10215 kg, 10222.5 kg, 10230 kg, 10237.5 kg, 10245 kg, 10252.5 kg, 10260 kg, 10267.5 kg, 10275 kg, 10282.5 kg, 10290 kg, 10297.5 kg, 10305 kg, 10312.5 kg, 10320 kg, 10327.5 kg, 10335 kg, 10342.5 kg, 10350 kg, 10357.5 kg, 10365 kg, 10372.5 kg, 10380 kg, 10387.5 kg, 10395 kg, 10402.5 kg, 10410 kg, 10417.5 kg, 10425 kg, 10432.5 kg, 10440 kg, 10447.5 kg, 10455 kg, 10462.5 kg, 10470 kg, 10477.5 kg, 10485 kg, 10492.5 kg, 10500 kg, 10507.5 kg, 10515 kg, 10522.5 kg, 10530 kg, 10537.5 kg, 10545 kg, 10552.5 kg, 10560 kg, 10567.5 kg, 10575 kg, 10582.5 kg, 10590 kg, 10597.5 kg, 10605 kg, 10612.5 kg, 10620 kg, 10627.5 kg, 10635 kg, 10642.5 kg, 10650 kg, 10657.5 kg, 10665 kg, 10672.5 kg, 10680 kg, 10687.5 kg, 10695 kg, 10702.5 kg, 10710 kg, 10717.5 kg, 10725 kg, 10732.5 kg, 10740 kg, 10747.5 kg, 10755 kg, 10762.5 kg, 10770 kg, 10777.5 kg, 10785 kg, 10792.5 kg, 10800 kg, 10807.5 kg, 10815 kg, 10822.5 kg, 10830 kg, 10837.5 kg, 10845 kg, 10852.5 kg, 10860 kg, 10867.5 kg, 10875 kg, 10882.5 kg, 10890 kg, 10897.5 kg, 10905 kg, 10912.5 kg, 10920 kg, 10927.5 kg, 10935 kg, 10942.5 kg, 10950 kg, 10957.5 kg, 10965 kg, 10972.5 kg, 10980 kg, 10987.5 kg, 10995 kg, 11002.5 kg, 11010 kg, 11017.5 kg, 11025 kg, 11032.5 kg, 11040 kg, 11047.5 kg, 11055 kg, 11062.5 kg, 11070 kg, 11077.5 kg, 11085 kg, 11092.5 kg, 11100 kg, 11107.5 kg, 11115 kg, 11122.5 kg, 11130 kg, 11137.5 kg, 11145 kg, 11



**USPF U.S. Deadlift Championship**  
4 Jul 90 - Lansing, Michigan

14 lb.	E. Poulis	215	90	192.5	497.5
15 lb.	J. Schoppe	200	132.5	195	527.5
16 lb.	J. Gendron	177.5	100	200	472.5
17 lb.	T. Bogdan	167.5	105	180	472.5
18 lb.	J. Caspar	165	105	170	440
19 lb.	J. Doyle	225	162.5	265	682.5
20 lb.	A. Goddin	242.5	145	225	612.5
21 lb.	D. Germano	207	137.5	220	564.5
22 lb.	J. Pearson	347.5	237	340	925
23 lb.	J. Miller	181	90	192.5	497.5
24 lb.	R. Jeselick	255	155	242.5	632.5
25 lb.	B. Low	270	187.5	255	712.5
26 lb.	T. Spallino	230	125	250	605
27 lb.	S. Goss	197.5	132.5	212.5	525
28 lb.	M. Hunter	207	137.5	220	564.5
29 lb.	S. Webster	181	90	192.5	497.5
30 lb.	B. Raymond	197.5	135	175	507.5
31 lb.	L. Lamontagne	215	147.5	212.5	575
32 lb.	M. MacDuff	210	127.5	235	572.5
33 lb.	T. Halliday	198	118	265	760
34 lb.	J. Norton	272.5	187.5	255	712.5
35 lb.	R. Paves	210	150	222.5	587.5
36 lb.	M. Pierce	185	112	202.5	499.5
37 lb.					
38 lb.					
39 lb.					
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97 lb.					
98 lb.					
99 lb.					
100 lb.					

**Maine State Championships**  
7 Apr 90 - Portland, ME (kg)

114 lb.	M. G. Brown	92.5	67.5	297.5
123 lb.	C. Owen	105	65	142.5
132 lb.	I. Shea	202.5	132.5	192.5
141 lb.				
150 lb.				
159 lb.				
168 lb.				
177 lb.				
186 lb.				
195 lb.				
204 lb.				
213 lb.				
222 lb.				
231 lb.				
240 lb.				
249 lb.				
258 lb.				
267 lb.				
276 lb.				
285 lb.				
294 lb.				
303 lb.				
312 lb.				
321 lb.				
330 lb.				
339 lb.				
348 lb.				
357 lb.				
366 lb.				
375 lb.				
384 lb.				
393 lb.				
402 lb.				
411 lb.				
420 lb.				
429 lb.				
438 lb.				
447 lb.				
456 lb.				
465 lb.				
474 lb.				
483 lb.				
492 lb.				
501 lb.				
510 lb.				
519 lb.				
528 lb.				
537 lb.				
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582 lb.				
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600 lb.				
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618 lb.				
627 lb.				
636 lb.				
645 lb.				
654 lb.				
663 lb.				
672 lb.				
681 lb.				
690 lb.				
699 lb.				
708 lb.				
717 lb.				
726 lb.				
735 lb.				
744 lb.				
753 lb.				
762 lb.				
771 lb.				
780 lb.				
789 lb.				
798 lb.				
807 lb.				
816 lb.				
825 lb.				
834 lb.				
843 lb.				
852 lb.				
861 lb.				
870 lb.				
879 lb.				
888 lb.				
897 lb.				
906 lb.				
915 lb.				
924 lb.				
933 lb.				
942 lb.				
951 lb.				
960 lb.				
969 lb.				
978 lb.				
987 lb.				
996 lb.				
1005 lb.				

**USPF U.S. Bench Press Championship**  
4 Jul 90 - Lansing, Michigan

14 lb.	E. Poulis	215	90	192.5	497.5
15 lb.	J. Schoppe	200	132.5	195	527.5
16 lb.	J. Gendron	177.5	100	200	472.5
17 lb.	T. Bogdan	167.5	105	180	472.5
18 lb.	J. Caspar	165	105	170	440
19 lb.	J. Doyle	225	162.5	265	682.5
20 lb.	A. Goddin	242.5	145	225	612.5
21 lb.	D. Germano	207	137.5	220	564.5
22 lb.	J. Pearson	347.5	237	340	925
23 lb.	J. Miller	181	90	192.5	497.5
24 lb.	R. Jeselick	255	155	242.5	632.5
25 lb.	B. Low	270	187.5	255	712.5
26 lb.	T. Spallino	230	125	250	605
27 lb.	S. Goss	197.5	132.5	212.5	525
28 lb.	M. Hunter	207	137.5	220	564.5
29 lb.	S. Webster	181	90	192.5	497.5
30 lb.	B. Raymond	197.5	135	175	507.5
31 lb.	L. Lamontagne	215	147.5	212.5	575
32 lb.	M. MacDuff	210	127.5	235	572.5
33 lb.	T. Halliday	198	118	265	760
34 lb.	J. Norton	272.5	187.5	255	712.5
35 lb.	R. Paves	210	150	222.5	587.5
36 lb.	M. Pierce	185	112	202.5	499.5
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**USPF U.S. Squat Championship**  
4 Jul 90 - Lansing, Michigan

14 lb.</
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**Canadian Nationals**  
16 Jun 90 - Surrey, BC (kg)

60 kg	SQ	BP	DL	Total
C. Brown	182.5	90	182.5	455
V. Simpson	240	142.5	280	642.5
D. Lam	250	115	240	605
E. Labian	225	115	225	565
M. Haykowsky	222.5	110	220	552.5
75 kg	285	147.5	260	692.5
J. Becker	252.5	142.5	272.5	667.5
C. Archibald	230	142.5	247.5	620
B. Hindley	227.5	125	240	592.5
W. Forsay	272.5	150	292.5	715
D. Warner	250	152.5	285	687.5
B. Obratowski	230	152.5	235	662.5
C. Thomas	240	137.5	265	642.5
K. Maden	187.5	135	217.5	540
90 kg	380	192.5	340	912.5
100 kg	382.5	175	390	947.5
110 kg	387.5	185	372.5	945
R. Daves	287.5	142.5	272.5	702.5
D. Bassett	247.5	172.5	282.5	702.5
E. Ford	282.5	185	310	777.5

**R. Sparks** 302.5 175 295 772.5  
**M. Armstrong** 272.5 160 292.5 625  
**S. Kaufman** 322.5 197.5 290 810  
**K. Nowazek** 320 195 290 805  
**B.C.** won the team trophy by 4 points over **B.C. Vancouver** (1006-1660) Harley St. Vancouver, BC V6G 1K2. Phone 1-482-4384. \$35 includes shipping. (Thanks to Bob Hindley for results)

**10 FCI Inside/Outside, AL**  
**Lighthweight**  
 Dollard 475 215 520 1240  
 Gomez 435 265 465 1165  
**Middleweight**  
 Stewart 460 270 560 1445  
 Cooper 505 350 425 1330  
**Funka's** 480 380 500 1360  
 Fortson 385 275 415 1075  
 Oliver 320 270 450 995  
**Heavyweight**  
 Saunders (BL) 600 400 600 1600  
 Brennan 600 405 720 1725  
 Eaddy 480 320 570 1370  
 Martin 490 350 520 1360  
 Francis 620 375 590 1425  
 Tronter 450 275 430 1155  
 Waiters 575 330 545 1450  
**\*Outside Lifter:** Record Setting BL - Best lift was a huge success  
 Lifter. All results/rankings compiled through the Schwartz formula. The meet was a huge success and had an all time high. Competition in all the weight classes was very tight. Trophies were awarded for first through fourth place finishers. Final results for 300 rounds or over. Final rankings in each weight class were tallied by use of the Schwartz formula.

**Masters**  
 Men  
 T. Looney 242 lb. 410  
 H. Rhea 200 lb. 295  
 G. Polson 170 lb. 295  
 J. Beem 198 lb. 380  
 D. Nelson 252 lb. 540  
 D. Nation 255 lb. 540  
 Novice  
 D. Chaffin 475  
 D. Hess 260 220 lb. 435\*

**ADPFA Michigan**  
 23 Jun 90 - Wyoming, MI  
**Submaster, & Women's**  
 Women  
 W. Keller 230 135 285 650  
 J. Curry 230 145 285 650  
 S. Jodis 170 85 255 510  
 S. Jodis 230 110 265 605  
 M. Curry 195 160 295 590  
 D. Cass 235 155 290 680  
 N. Schoonbeck 210 100 275 575  
 B. Fuller 245 155 325 685  
 T. Loutford 155 110 275 540  
 V. Evans 170 85 255 510

**Orange County All-Natural "Raw"**  
 17 Jun 90 - Newport, NY  
 Women  
 H. Antonovich 115 110 225 490  
 Masters  
 D. Battista (179) 315 300 425 1100  
 F. Taylor (208) 425 300 580 1305  
 148 lb.  
 D. Mader 415\* 260 440 1100  
 165 lb.  
 S. Salzman 405\* 360\* 485\* 1250\*  
 C. Loopiano 300 245 400 945  
 181 lb.  
 B. Marchetti 455 315 500 1270  
 M. Loopiano 300 245 400 945  
 N. Caracciolo 350 220 405 975  
 198 lb.  
 B. Churchwell 560\* 315\* 600\* 1475\*  
 C. Fitzgerald 450 335 575 1360\*  
 F. Taylor 425 300 580\* 13405  
 M. Murphy 405 340 520 1265  
 M. Stone 450 350 450 1250  
 275 lb.  
 J. Duggan 575 460\* 640 1675\*  
 SHW 580\* 325 645\* 1530  
 John Nickless 600 390\* 575 1565

**USPF Summer Festival Bench Press**  
 1 Jul 90 - Dewar, OK  
 Teenage  
 T. Looney 242 lb. 410  
 H. Rhea 200 lb. 295  
 G. Polson 170 lb. 295  
 J. Beem 198 lb. 380  
 D. Nelson 252 lb. 540  
 D. Nation 255 lb. 540  
 Novice  
 D. Chaffin 475  
 D. Hess 260 220 lb. 435\*



**8th Annual FCI El Reno Meet**  
 24 Feb 90 - El Reno, OK  
 Open  
 Gibson 260 220 lb. 525  
 K. Brownfield 345 275 375 995  
 McAllister 275 275 360 910  
 Leeper 165 lb. 385 260 385 1030  
 Hooper 460 260 475 1195  
 Davis 440 275 450 1165  
 Drees 375 275 450 1100  
 Debbi 181 lb. 310 255 365 925  
 Thoburn 415 225 430 1070  
 Turner 550 300 500 1350  
 198 lb.  
 Hester 315 285 345 945  
 Panson 385 285 375 1045  
 Arken 400 275 479 1155  
 Gibson 430 240 450 1120  
 220 lb.  
 Gibson 605 360 580 1245  
 Panson 460 400 520 1480  
 Giordano 450 280 530 1260  
 242 lb.  
 555 370 515 1440  
 Tomlin 715 450 610 1775  
 Hernandez 500 300 525 1325  
 Bafia 455 280 425 1160  
 Jarrod  
 R. Pearce 8765 600 750 2225

**Open Bench**  
 148 lb.  
 Gibson 260 220 lb. 525  
 K. Brownfield 345 275 375 995  
 McAllister 275 275 360 910  
 Leeper 165 lb. 385 260 385 1030  
 Hooper 460 260 475 1195  
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 McAllister 275 275 360 910  
 Leeper 165 lb. 385 260 385 1030  
 Hooper 460 260 475 1195  
 Davis 440 275 450 1165  
 Drees 375 275 450 1100  
 Debbi 181 lb. 310 255 365 925  
 Thoburn 415 225 430 1070  
 Turner 550 300 500 1350  
 198 lb.  
 Hester 315 285 345 945  
 Panson 385 285 375 1045  
 Arken 400 275 479 1155  
 Gibson 430 240 450 1120  
 220 lb.  
 Gibson 605 360 580 1245  
 Panson 460 400 520 1480  
 Giordano 450 280 530 1260  
 242 lb.  
 555 370 515 1440  
 Tomlin 715 450 610 1775  
 Hernandez 500 300 525 1325  
 Bafia 455 280 425 1160  
 Jarrod  
 R. Pearce 8765 600 750 2225

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**NASA Natural National Qualifier**  
21,22 Jul 90 - Worcester, MA

Women	SQ	DL	Total
D. Merich	90	52.5	115 257.5
J. Peck	92.5	37.5	102.5 232.5
C. Parvelli	115	63.5	102.5 210
C. Parvelli	105	57.5	117.5 300
L. Messina	102.5	67.5	122.5 322.5
S. Maitre	115	40	140 325
S. Berchowitz	60	45	167.5 272.5
Men			
Pure Novice			
R. Prodx	82.5	37.5	125 245
R. Prodx	82.5	37.5	125 245
Pure Novice			
J. Macy	145	92.5	152.5 390
B. Jackson	100	55	145 255
B. Jackson	100	55	145 255
Pure			
J. Macy	145	92.5	152.5 390
J. Girard	142.5	80	137.5 350
K. McCann	145	62.5	142.5 350
R. Jackson	97.5	57.5	157.5 312.5
R. Jackson	100	55	145 300
Pure Novice			
Dan Dugan	155	87.5	182.5 425
D. Dugan	155	87.5	182.5 425
J. Warchol	135	77.5	147.5 360
148			
Natural			
Natural	230	157.5	242.5 630
Pure			
D. Green	230	157.5	242.5 630
D. Dickman	182.5	125	217.5 575
R. Janigan	202.5	130	190 522.5
C. Freely	145	102.5	162.5 410
Pure Novice			
D. McAvoy	212.5	135	210 557.5
A. Weiss	187.5	125	217.5 530
A. Weiss	185	132.5	187.5 505
C. Freely	145	102.5	162.5 410
Pure Novice			
D. McAvoy	187.5	125	217.5 530
J. Alexander	192.5	110	185 487.5
R. Dawson	150	85	182.5 417.5
R. Dawson	150	85	182.5 417.5
M. Medeiros	127.5	67.5	182.5 377.5
Masters 2			
L. Janis	112.5	77.5	117.5 307.5
Pure Novice			
K. Lambert	235	115	230 580
D. Polls	197.5	127.5	210 530
D. Simmons	192.5	135	192.5 477.5
T. Manning	187.5	125	210 530
S. Duver	165	120	192.5 477.5
Pure Novice			
J. Walsh	142.5	102.5	167.5 412.5
Pure			
S. McCone	245	125	260 630
F. Arcanone	197.5	135	192.5 515
Teen			
W. Davis	235	115	230 580
J. Guimino	205	130	205 540
J. Guimino	205	130	205 540
Masters 1			
J. Rizza	192.5	127.5	210 530
M. Walker	182.5	117.5	222.5 522.5
T. Worchol	152.5	105	182.5 442.5
Natural			
Natural	125	75	165 365
J. Isabella	142.5	102.5	167.5 412.5
Pure Novice			
F. Marzovello	250	160	205 615
F. Marzovello	250	160	205 615
B. Collins	185	102.5	200 507.5
B. Collins	185	102.5	200 507.5
Pure			
Pure	137.5	87.5	150 375
R. Rogiart	282.5	165	255 702.5
R. Rogiart	282.5	165	255 702.5
W. Weeks	290	145	260 695
F. Forester	192.5	142.5	227.5 562.5
F. Forester	185	102.5	220 507.5
E. Bailey	155	102.5	182.5 440
A. Margulies	290	145	260 695
T. Weeks	227.5	172.5	287.5 687.5
J. Wencos	182.5	130	192.5 505
B. Eismann			
Natural			
Natural	307.5	172.5	307.5 787.5
M. Reusch			
Pure Novice			
Pure Novice	240	150	245 635
M. Hutchings	240	150	245 635

**Some Thoughts on LARRY MINTZ...**

I first met Larry at the National Masters in Salt Lake City in 1988. Larry appeared to be quite shy at first, but after being around him for a little while, it was obvious to me that what I had at first taken for shyness was in fact a very easy going, gentle personality. Larry always appeared to be very happy, but none the less had the fierce intensity of a World Champion. His marriage to Lettie was an ideal one. Lettie supported Larry in his lifting career to the fullest. Larry competed at the 1988 Masters World Championship in Great Britain where he won the gold medal. My husband Tim gained a great amount of respect for Larry at this Championship as a lifter and as a coach. After Larry had finished lifting, he spent the rest of the competition at Tim's side assisting him with his coaching duties. His words of wisdom proved to be invaluable to Tim. I have often heard Tim say that out of all the people he had worked with coaching that Larry was the best. He won the gold in Great Britain after being told the year before by his doctors not to ever lift again. Larry suffered from a rare disorder that caused deterioration of the muscle tissue all over his body. His hands had swollen in places on them and his deltoids were essentially gone, but still lifted with class and style. When seen in this sport, the only person I would argue at the time Larry and Lettie at the 1989 Masters in Dallas, Texas. Tim and I were at the lobby desk in when I heard a soft voice call my name. I turned to see Larry and Lettie standing behind a table. They both hugged Tim and myself all the way to the lobby and talked for a while. Larry returned to the World Championships again that year where he placed second by 15 kg. He seemed a little tired while we were in Germany and I had wondered if it wasn't because Lettie hadn't been able to come with him. I now think it might have been because he was sicker than even he thought he was. Larry won his age and weight class at the 1990 National Masters in California in May of this year and was nominated by the USPF Executive Committee to go to Australia with this year's Masters Worlds Team. When I spoke to Larry over the phone this past July he told me that he had been very sick ever since the National Championship and that he would not be able to go with the team to the Worlds this year. Little did I know, this would be the last time I would ever speak to Larry. I received a letter from Lettie the first part of August. She wrote of how sick Larry had been all summer long and how he was scheduled for open heart surgery later in the month. She wrote about how much being on the World Team had always meant to Larry. Between the lines I could read the fear in her words that her precious Larry would never lift again. Larry's death leaves a huge void in the Masters Powerlifting movement in the United States. He touched many lives during his years with us. Some 30 years of his life was spent either Powerlifting or Olympic lifting. Tim and I do not know Larry for a great number of years, as many of you did, but I will always be eternally grateful that he did touch our lives, if even for a short time. The last time I spoke to Larry he told me that he was going to take a few months off and rest up before he began his training for next year's Masters Nationals that Tim and I are holding in May. Larry's physical presence will not be at next year's Nationals, but he will be there in my heart and in the hearts of many other lifters. We will be at the Championship. The will be missed. I wish Tim God speed. SANDY KING

S. Kopley	345	230	385	960
D. Atkinson	325	150	390	865
M. Webb	510	295	550	1355
T. Bowers	465	260	410	1075
R. King	365	225	355	945
SHW	240	225	405	870
K. Gibson BL	625	400	540	1565
C. Smith	465	245	415	1125
Open Division	385	205	475	1125
J. Chaffin	230	160	275	665
C. Kim	300	260	310	990
R. Fox	255	165	310	730
J. Stanback	475	300	500	1275
M. Moore	455	325	400	1180
K. Sokolki	400	225	440	1065
J. Sherron	400	225	440	1065
J. Bennett	490	330	560	1380
N. Thompson	490	275	585	1350
M. DeMarco	425	340	500	1260
M. DeMarco	425	340	500	1260
B. Freeman	430	310	490	1230
T. Waylett	400	280	460	1140
D. Yichok	425	250	400	1070
S. Raba	275	185	340	800
181				
J. Adams BL	595	380	600	1575
V. Johnson	595	355	600	1550
T. Booth	560	330	590	1480
M. Jackson	540	320	570	1430
C. Bradham	490	385	550	1425
N. Nichols	475	300	475	1250
198				
P. Farmer	575	385	585	1545
B. Hale	540	400	525	1465
D. Johnson	560	355	500	1415
B. Thomas	420	335	485	1260
200				
Z. Gore	620	410	640	1670
W. Stephens	525	380	600	1505
W. Jackson	550	380	515	1445
M. Webb	510	295	500	1355
D. Foy	560	355	500	1415
B. Thomas	420	335	485	1260
202				
W. Stephens	575	385	585	1545
W. Jackson	550	380	515	1445
M. Webb	510	295	500	1355
D. Foy	560	355	500	1415
R. Robinson	410	225	480	1115
K. Ferraro	385	235	400	1040
242				
H. Harrison BL	665	385	700	1750
H. Tate	500	355	525	1430
C. Barlow	525	350	500	1375
275				
M. Burt	510	380	620	1510
R. Wineoff	530	365	545	1440
C. Burnett	370	330	550	1250
M. Lowe	460	270	305	1235
Oregon Bench				
114				
D. Wood	350			
Honeycutt BL	255			
J. Chaffin	160			
L. Adams	470			
C. Kim	410			
B. Starnes	200			
W. Stephens	380			
B. Payne	365			
B. Payne	365			
R. Fox	165			
148				
Z. Gore	460			
J. Russell	325			
M. Stoneycutt	400			
J. Stanback	300			
C. Barlow	350			
E. Beam	260			
165				
Crum	490			
M. Kelly	330			
J. Martin	420			
B. Freeman	310			
A. Brown	420			
R. Wineoff	380			
SHW	350			
181				
J. Chaffin	385			
M. Wilks	380			
T. Adams	380			
J. Campbell	380			
J. Booth	330			
198				
J. Field	305			
D. McMillan	405			
D. McNamara	185			
B. Hale	405			
D. Barnes	155			
USPF Drug-Free State continued as one of the nation's largest drug-free contests. 100 competitors from all 50 states and 10 foreign countries took part in Charlotte's Holiday Woodlands. Highlights include state records by Julie Field, Edwin Hamblin, Todd Bowers, Bryan Atory, A. J. Sobotnik and Jan Lentz. Over 25 meet records were set. Meet Director: James Walsh, Jon Clay (many functions), Sam Pardee, Kenny Bickey, Viki Lape, Barb Bender, Tim and Sandy King, Jack Hogan, Mike Wilks, McCullum, Europa Sports Products, and King's Gym (Charlotte). (Results were submitted to PL USA by Bill Clay, Co-Meet Director)				

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**POWER PEOPLE**



**Nathan Bell** has posted bests of 500-265-525-725 at 165, and has won 5 of the 6 high school powerlifting meets in his state. He has also won 11 state lettersman and 37 in football who will be playing at Occidental College in Los Angeles. He was on the honor roll every semester at Rifle High School in Colorado, and graduated 2nd in his class with a C.P.A. of 3.91. His coach, Leon Richardson, calls Nathan the "Total Package" - the best combination of student/athlete/person he's ever seen.

**MDA Baton Rouge Open Bench**  
28 Jul 90 - Baton Rouge, LA  
Women (by weight)  
165 lb. B. Bell 320  
180 lb. C. Fisher 300  
R. Carratt 110  
Men  
Teen (by Schwartz)  
G. Gross 150  
T. Moise 215  
181 lb. J. Zell 420  
190 lb. M. Foster 198  
Masters (by Foster)  
198 lb. G. Gooden III 400  
B. Carroll 440  
C. Sandau 300  
R. Callahan 330  
D. Hutchison 265  
T. Balcock 320  
H. LeMoine 265  
Open  
141 lb. T. Newton 555  
148 lb. P. Fletcher 500  
M. Cooley 445  
A. Doherty 300  
B. DeLoane 435  
W. Wilson 150  
R. Ferr 385

**State Fair Bench Press**  
28 Jul 90 - Minot, ND  
Women  
H. Golly 130  
P. Weber 140  
A. Bushnell 95  
M. Ankenbauer 115  
Men  
G. Clock 415  
T. Johnson 360  
J. Meyer 165  
R. Spyer 330  
C. Barchelder 300  
C. Schaeider 330  
J. Ford 148 lb.  
148 lb. J. Hageman 360  
148 lb. J. Hageman 360  
R. Dalthe 325  
R. Schmitt 325  
R. McMillan 210  
M. Young 340  
165 lb. J. Meyer 300  
T. Hayward 360  
C. Schaeider 360

**State Fair Bench Press**  
28 Jul 90 - Minot, ND  
Men  
181 lb. J. Hageman 360  
K. Leitz 270  
R. Kemy 235  
R. Kemy 235  
A. Ankenbauer 115  
G. Clock 415  
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**Bulletin Board**  
...this is the place to look for organizational news and notes. There is a new toll free USPF telephone number for the main office in Utah - it is 800-835-5826. \* the American Powerlifting Federation (APF) is continuing to accept bids for 1991 national meets. Bids should be sent to Manis Stenberg, APF Secretary, 60 S. Broadway, Aurora, IL 60507 no later than November 1st, 1990. There is also a new change in the APF By-laws, stating that as of September 9th, 1990 a certified birth certificate will be required for entry into any APF national meet in the future. Once the certificate is on file, it will not be necessary to re-file it on subsequent entries to APF national events. \* Powerlifting has been introduced to European Special Olympics at a 5 day demonstration at the European Summer Games in England, where over 150 Special Olympians and 75 coaches and volunteers took part. Several countries are now interested in developing PL programs for their Special Olympians, including Spain, Portugal, Yugoslavia, Estonia, West Germany, Wales, and Ireland.

**ADPPA Michigan State**  
19 May 90 - Grand Rapids, MI  
Masters  
SQ BP DL Total  
A. King 1031 400 550 1440\*  
C. Krueger 843 610\* 405 510 1525  
R. Ringwald 1790 345 200 380 925  
McDermott 1079 415 340 360 1115  
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Torrington 1321 335\* 220\* 360\* 935\*

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Torrington 1321 335\* 220\* 360\* 935\*

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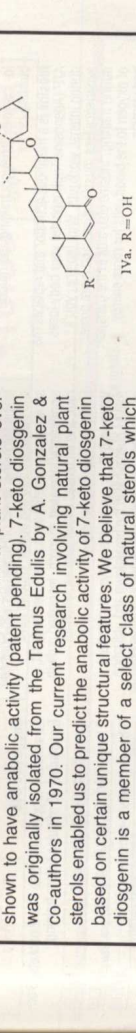
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 He was the acknowledged "World's Strongest Man," when in certified international competition he established the world powerlifting records for the squat, deadlift and total pounds. On Jun 12th, 1990 Dave was the innocent victim in a tragic automobile accident.

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USPF Moody AFB Open		21 Jul 90 - MAFB, CA		Total	
MEN	SQ	BP	DL	SQ	BP
114	360	225	380	965	
J. Sanchez					
132	405	260	380	1045	
B. Jenkins					
144	500	300	480	1280	
H. Blake					
148	310	215	375	900	
J. Primm					
160	370	270	420	1060	
T. Coyers					
164	430	300	420	1150	
K. Keller					
168	460	320	450	1230	
S. Kenney					
172	500	350	500	1350	
K. Sumner					
176	550	380	550	1480	
R. W. Grider					
180	570	400	570	1540	
R. Calvert					
184	600	420	600	1620	
T. Register					
188	630	450	630	1710	
K. Davis					
192	660	480	660	1800	
J. Dayan					
196	700	500	700	1900	
S. Williams					
200	750	550	750	2050	
D. Belanger					
204	800	600	800	2200	
B. Smith					
208	850	650	850	2350	
P. Boyd					
212	900	700	900	2500	
B. Boyl					
216	950	750	950	2650	
B. Bosley					
220	1000	800	1000	2800	
K. Johnson					
224	1050	850	1050	2950	
P. Patton					
228	1100	900	1100	3100	
C. Prichett					
232	1150	950	1150	3250	
M. Loyd					
236	1200	1000	1200	3400	
E. Martin					
240	1250	1050	1250	3550	
D. Jacobs					
244	1300	1100	1300	3700	
D. Davis					
248	1350	1150	1350	3850	
D. Stremp					
252	1400	1200	1400	4000	
Z. O'Brien					
256	1450	1250	1450	4150	
M. Fernandez					
260	1500	1300	1500	4300	
E. Flores					
264	1550	1350	1550	4450	
D. Rose					
268	1600	1400	1600	4600	
J. Smith					
272	1650	1450	1650	4750	
SHW					
276	1700	1500	1700	4900	
R. Bastin					
280	1750	1550	1750	5050	
B. Cristeau					
284	1800	1600	1800	5200	
D. B. Bunley					
288	1850	1650	1850	5350	
R. Terry					
292	1900	1700	1900	5500	
R. Simpson					
296	1950	1750	1950	5650	
H. Baker					
300	2000	1800	2000	5800	
B. Parker					
304	2050	1850	2050	5950	
242	2100	1900	2100	6100	
M. Martinec					
244	2150	1950	2150	6250	
M. Boone					
246	2200	2000	2200	6400	
M. Fuller					
248	2250	2050	2250	6550	
Ladies					
250	2300	2100	2300	6700	
L. Langford					
252	2350	2150	2350	6850	
Heavy					
254	2400	2200	2400	7000	
R. Anderson					

ADFFA FCJ Marianna, FL		May 90		Total	
MEN	SQ	BP	DL	SQ	BP
148	425	240	480	1145	
J. Gomez					
152	450	260	500	1210	
R. Nealy					
156	475	280	520	1275	
R. Nealy					
160	500	300	540	1340	
J. Johnson					
164	525	320	560	1405	
K. Kemp					
168	550	340	580	1470	
R. Ramirez					
172	575	360	600	1535	
E. Alvaro					
176	600	380	620	1600	
S. Allen					
180	625	400	640	1665	
A. Clements					
184	650	420	660	1730	
R. Martinez					
188	675	440	680	1795	
D. B. Bunley					
192	700	460	700	1860	
R. Terry					
196	725	480	720	1925	
R. Simpson					
200	750	500	740	1990	
H. Baker					
204	775	520	760	2055	
B. Parker					
208	800	540	780	2120	
G. Martinec					
212	825	560	800	2185	
M. Boone					
216	850	580	820	2250	
M. Fuller					
220	875	600	840	2315	
Ladies					
224	900	620	860	2380	
L. Langford					
228	925	640	880	2445	
Heavy					
232	950	660	900	2510	
R. Anderson					

**NASA Indiana State**  
 26 May 90 - Clarksville, IN (kg)  
 SQ BP DL Total  
 168 108\* 140\* 265\* 590\*  
 172 112.5\* 110\* 165\* 387.5\*  
 176 120\* 120\* 180\* 420\*  
 180 127.5\* 127.5\* 202.5\* 557.5\*  
 184 135\* 135\* 217.5\* 587.5\*  
 188 142.5\* 142.5\* 240\* 625\*  
 192 150\* 150\* 262.5\* 662.5\*  
 196 157.5\* 157.5\* 285\* 700\*  
 200 165\* 165\* 307.5\* 737.5\*  
 204 172.5\* 172.5\* 330\* 772.5\*  
 208 180\* 180\* 352.5\* 810\*  
 212 187.5\* 187.5\* 375\* 847.5\*  
 216 195\* 195\* 397.5\* 885\*  
 220 202.5\* 202.5\* 420\* 922.5\*  
 224 210\* 210\* 442.5\* 960\*  
 228 217.5\* 217.5\* 465\* 997.5\*  
 232 225\* 225\* 487.5\* 1035\*  
 236 232.5\* 232.5\* 510\* 1072.5\*  
 240 240\* 240\* 532.5\* 1110\*  
 244 247.5\* 247.5\* 555\* 1147.5\*  
 248 255\* 255\* 577.5\* 1185\*  
 252 262.5\* 262.5\* 600\* 1222.5\*  
 256 270\* 270\* 622.5\* 1260\*  
 260 277.5\* 277.5\* 645\* 1297.5\*  
 264 285\* 285\* 667.5\* 1335\*  
 268 292.5\* 292.5\* 690\* 1372.5\*  
 272 300\* 300\* 712.5\* 1410\*  
 276 307.5\* 307.5\* 735\* 1447.5\*  
 280 315\* 315\* 757.5\* 1485\*  
 284 322.5\* 322.5\* 780\* 1522.5\*  
 288 330\* 330\* 802.5\* 1560\*  
 292 337.5\* 337.5\* 825\* 1597.5\*  
 296 345\* 345\* 847.5\* 1635\*  
 300 352.5\* 352.5\* 870\* 1672.5\*  
 304 360\* 360\* 892.5\* 1710\*  
 308 367.5\* 367.5\* 915\* 1747.5\*  
 312 375\* 375\* 937.5\* 1785\*  
 316 382.5\* 382.5\* 960\* 1822.5\*  
 320 390\* 390\* 982.5\* 1860\*  
 324 397.5\* 397.5\* 1005\* 1897.5\*  
 328 405\* 405\* 1027.5\* 1935\*  
 332 412.5\* 412.5\* 1050\* 1972.5\*  
 336 420\* 420\* 1072.5\* 2010\*  
 340 427.5\* 427.5\* 1095\* 2047.5\*  
 344 435\* 435\* 1117.5\* 2085\*  
 348 442.5\* 442.5\* 1140\* 2122.5\*  
 352 450\* 450\* 1162.5\* 2160\*  
 356 457.5\* 457.5\* 1185\* 2197.5\*  
 360 465\* 465\* 1207.5\* 2235\*  
 364 472.5\* 472.5\* 1230\* 2272.5\*  
 368 480\* 480\* 1252.5\* 2310\*  
 372 487.5\* 487.5\* 1275\* 2347.5\*  
 376 495\* 495\* 1297.5\* 2385\*  
 380 502.5\* 502.5\* 1320\* 2422.5\*  
 384 510\* 510\* 1342.5\* 2460\*  
 388 517.5\* 517.5\* 1365\* 2497.5\*  
 392 525\* 525\* 1387.5\* 2535\*  
 396 532.5\* 532.5\* 1410\* 2572.5\*  
 400 540\* 540\* 1432.5\* 2610\*  
 404 547.5\* 547.5\* 1455\* 2647.5\*  
 408 555\* 555\* 1477.5\* 2685\*  
 412 562.5\* 562.5\* 1500\* 2722.5\*  
 416 570\* 570\* 1522.5\* 2760\*  
 420 577.5\* 577.5\* 1545\* 2797.5\*  
 424 585\* 585\* 1567.5\* 2835\*  
 428 592.5\* 592.5\* 1590\* 2872.5\*  
 432 600\* 600\* 1612.5\* 2910\*  
 436 607.5\* 607.5\* 1635\* 2947.5\*  
 440 615\* 615\* 1657.5\* 2985\*  
 444 622.5\* 622.5\* 1680\* 3022.5\*  
 448 630\* 630\* 1702.5\* 3060\*  
 452 637.5\* 637.5\* 1725\* 3097.5\*  
 456 645\* 645\* 1747.5\* 3135\*  
 460 652.5\* 652.5\* 1770\* 3172.5\*  
 464 660\* 660\* 1792.5\* 3210\*  
 468 667.5\* 667.5\* 1815\* 3247.5\*  
 472 675\* 675\* 1837.5\* 3285\*  
 476 682.5\* 682.5\* 1860\* 3322.5\*  
 480 690\* 690\* 1882.5\* 3360\*  
 484 697.5\* 697.5\* 1905\* 3397.5\*  
 488 705\* 705\* 1927.5\* 3435\*  
 492 712.5\* 712.5\* 1950\* 3472.5\*  
 496 720\* 720\* 1972.5\* 3510\*  
 500 727.5\* 727.5\* 1995\* 3547.5\*  
 504 735\* 735\* 2017.5\* 3585\*  
 508 742.5\* 742.5\* 2040\* 3622.5\*  
 512 750\* 750\* 2062.5\* 3660\*  
 516 757.5\* 757.5\* 2085\* 3697.5\*  
 520 765\* 765\* 2107.5\* 3735\*  
 524 772.5\* 772.5\* 2130\* 3772.5\*  
 528 780\* 780\* 2152.5\* 3810\*  
 532 787.5\* 787.5\* 2175\* 3847.5\*  
 536 795\* 795\* 2197.5\* 3885\*  
 540 802.5\* 802.5\* 2220\* 3922.5\*  
 544 810\* 810\* 2242.5\* 3960\*  
 548 817.5\* 817.5\* 2265\* 3997.5\*  
 552 825\* 825\* 2287.5\* 4035\*  
 556 832.5\* 832.5\* 2310\* 4072.5\*  
 560 840\* 840\* 2332.5\* 4110\*  
 564 847.5\* 847.5\* 2355\* 4147.5\*  
 568 855\* 855\* 2377.5\* 4185\*  
 572 862.5\* 862.5\* 2400\* 4222.5\*  
 576 870\* 870\* 2422.5\* 4260\*  
 580 877.5\* 877.5\* 2445\* 4297.5\*  
 584 885\* 885\* 2467.5\* 4335\*  
 588 892.5\* 892.5\* 2490\* 4372.5\*  
 592 900\* 900\* 2512.5\* 4410\*  
 596 907.5\* 907.5\* 2535\* 4447.5\*  
 600 915\* 915\* 2557.5\* 4485\*  
 604 922.5\* 922.5\* 2580\* 4522.5\*  
 608 930\* 930\* 2602.5\* 4560\*  
 612 937.5\* 937.5\* 2625\* 4597.5\*  
 616 945\* 945\* 2647.5\* 4635\*  
 620 952.5\* 952.5\* 2670\* 4672.5\*  
 624 960\* 960\* 2692.5\* 4710\*  
 628 967.5\* 967.5\* 2715\* 4747.5\*  
 632 975\* 975\* 2737.5\* 4785\*  
 636 982.5\* 982.5\* 2760\* 4822.5\*  
 640 990\* 990\* 2782.5\* 4860\*  
 644 997.5\* 997.5\* 2805\* 4897.5\*  
 648 1005\* 1005\* 2827.5\* 4935\*  
 652 1012.5\* 1012.5\* 2850\* 4972.5\*  
 656 1020\* 1020\* 2872.5\* 5010\*  
 660 1027.5\* 1027.5\* 2895\* 5047.5\*  
 664 1035\* 1035\* 2917.5\* 5085\*  
 668 1042.5\* 1042.5\* 2940\* 5122.5\*  
 672 1050\* 1050\* 2962.5\* 5160\*  
 676 1057.5\* 1057.5\* 2985\* 5197.5\*  
 680 1065\* 1065\* 3007.5\* 5235\*  
 684 1072.5\* 1072.5\* 3030\* 5272.5\*  
 688 1080\* 1080\* 3052.5\* 5310\*  
 692 1087.5\* 1087.5\* 3075\* 5347.5\*  
 696 1095\* 1095\* 3097.5\* 5385\*  
 700 1102.5\* 1102.5\* 3120\* 5422.5\*  
 704 1110\* 1110\* 3142.5\* 5460\*  
 708 1117.5\* 1117.5\* 3165\* 5497.5\*  
 712 1125\* 1125\* 3187.5\* 5535\*  
 716 1132.5\* 1132.5\* 3210\* 5572.5\*  
 720 1140\* 1140\* 3232.5\* 5610\*  
 724 1147.5\* 1147.5\* 3255\* 5647.5\*  
 728 1155\* 1155\* 3277.5\* 5685\*  
 732 1162.5\* 1162.5\* 3300\* 5722.5\*  
 736 1170\* 1170\* 3322.5\* 5760\*  
 740 1177.5\* 1177.5\* 33



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