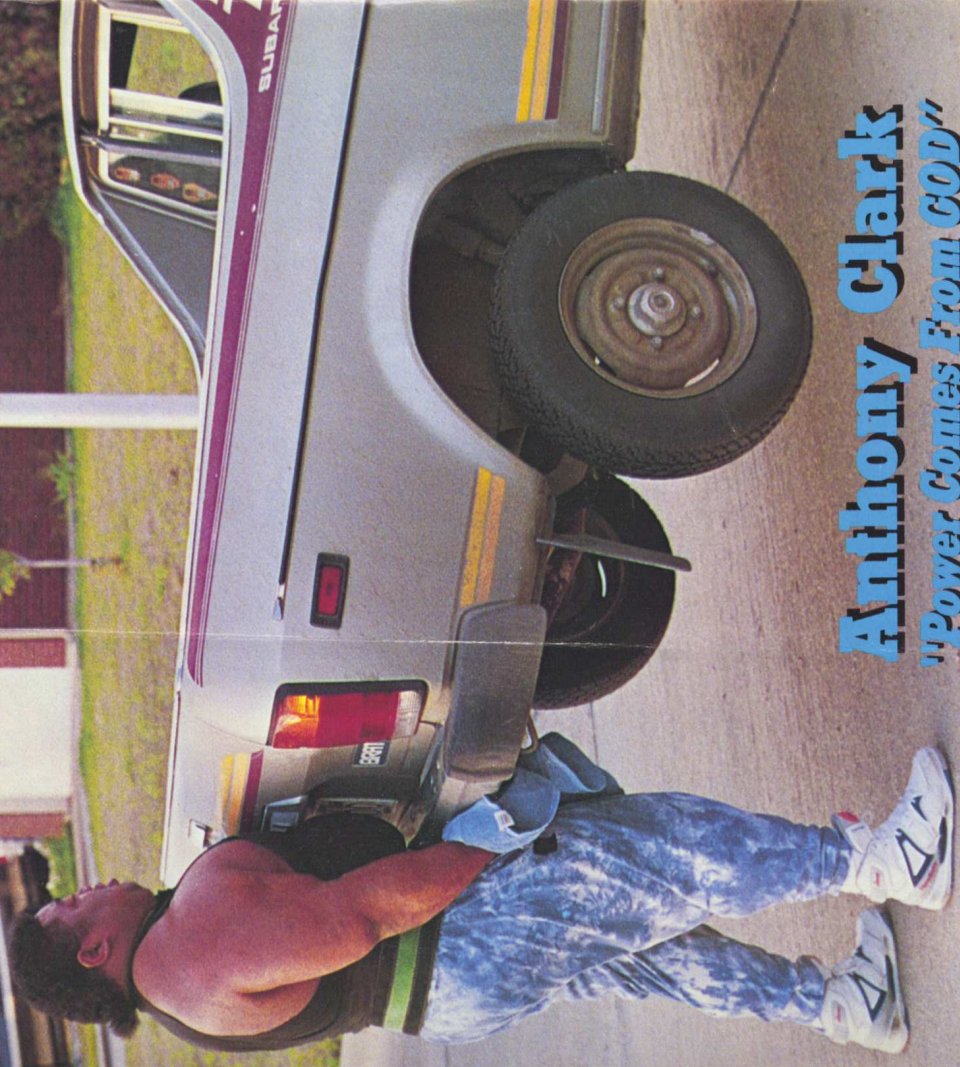
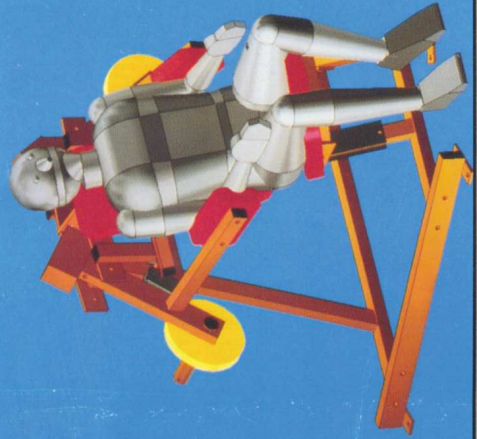
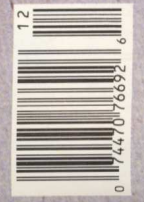


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ON THE COVER.....Anthony Clark uses his prodigious strength to lift a Subaru BRAT (Linda Finnegan photograph)

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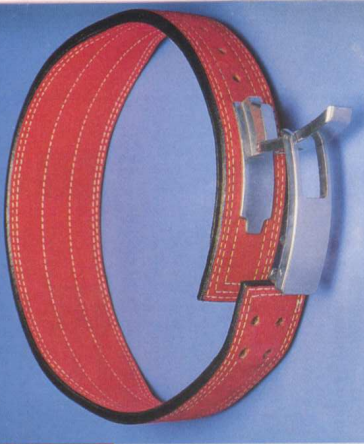
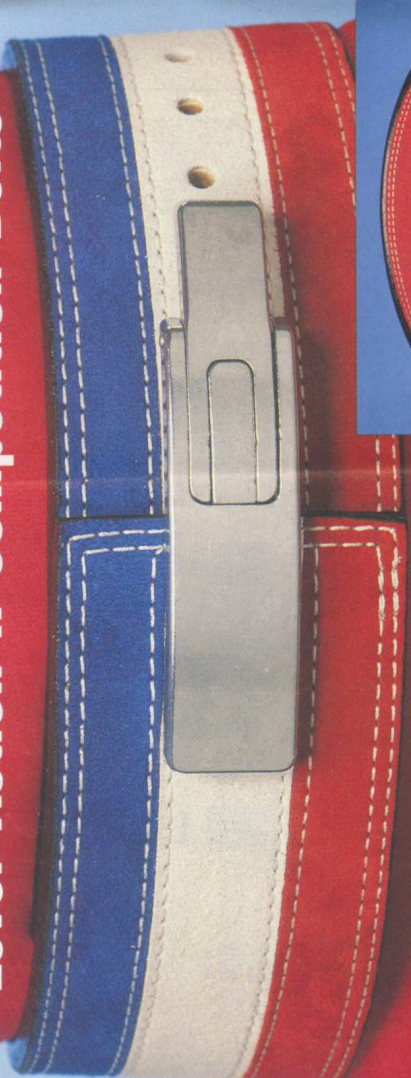


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J. J. B. Beer, B.S., Ellsworth, F.C. Bow, T.M., Galtier, J.P., Berman
American Journal of Sports Medicine, 15(5), 1987
Eight weight lifters were given a questionnaire through contact persons to insure total anonymity. This study clearly reveals the results of this questionnaire which centers around mental and physical dependence of anabolic steroids with weight lifters. The results of the study are listed in Table 2. All 31 of the subjects reported at least 2 types of dependence according to the DSM-III-R test.

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POWER PROFILE

ANTHONY CLARK "The Weight In Time" by Linda Finnegan



Arms like Legs: Anthony's guns measure out at 23 inches plus. (Linda Finnegan photo)



The Incredible Mass of Anthony Clark (Finnegan)

You know of him. You may have seen him. You've probably called him awesome. I first saw Anthony Clark when he was 19, at Rich Peters' Summer Nationals in Irving, Texas. He was awesome then,

and still is, in many ways. In the recent past, I've been able to spend a few days with Anthony and talk to him on the phone. Last April he came to Ft. Worth to visit my husband and I, and during this time we went to the Eagle Gym and to the Lone Star Gym, where Anthony works out, and I took pictures.

You can go anywhere with Anthony without being mobbed by the people watching him and asking questions. We spent long hours talking about certain subjecting and doing, right and wrong, watching it out, and doing it, was all very interesting.

Anthony was born in the Philippines in a very poor United States where his first was not easy. Life here was full of poverty and crime, and he had to work very hard to make a living. He and his family were by one of the first families, and he had trouble with his family. As a young man, he had to deal with depression and suicidal feelings. This is the part of Anthony that has to do with living. Through time and living, Anthony's trying to better himself, he found God. An-



In the Bench Anthony has done 663. (Finnegan)

thony is living that Power Comes From God and that God is his copilot. This is not just a sufferer but a person who is being utilized through powerlifting to enlighten the rest of us. Anthony is not without fault, but he takes that extra step to learn from his mistakes and spreads the word regarding those lessons. He works as a counselor at the Houston

Juvenile Detention Center. He talks to kids and guides them into leading more constructive lives through positive thinking seminars. The over-achiever in Anthony has, oddly, set himself aside, as Anthony is constantly doing things for others and being his own best reminder to become a better person.

I believe that Anthony is doing better than most. I'm not saying that he has not made some real mistakes, because he has, and his reputation may suffer for it. During Anthony's visit with me, I sensed that there were other things on his mind, besides doing an interview. I didn't know until later on that Anthony wanted to tell me about his drug usage. I guess this is where the dying part comes in, because I know for a fact that a little part of Anthony died during his drug usage. Now that he has gone public about it, this is how we right the wrong.

In June, the night before the /RON MAN interview hit the newsstand, with its indication of Anthony's drug usage, he called me. I could feel in his voice that he was very distraught. He said "Linda, I have done something that will make you not want to be my friend anymore." I said "There is not anything I could not forgive you for. What is it?" Anthony replied "When I came to see you in April, I had planned to tell you." I said "Or Hansen said what could be so bad, Anthony?" "Well, in the past I have taken steroids." There was silence for a moment and then I asked why, but I already knew the answer about what made Anthony behave like this. I'm not stupid and I'm the kind of person that told him the drugs, a person that lives off other people when they are down. When people are low and looking for answers, they will take a

hand from anyone. I'm writing this true story because I would like to set the rumors straight. Anthony's drug usage was short term and mild. In fact, as a teen, Anthony bombed out of one meet where he was using, and furthermore, at another national meet when he was on, he did not move any big heavy. For the record, Anthony made no big gains from drugs. Now you have it. That's working it out and drugs.

I just saw Anthony in Victoria, Texas at the Texas Grande. He looked real good, physically. I talked to him briefly. He had dropped a few pounds (I'm always asking Anthony what he weighs), and 317 was what he weighed in at. Things began to happen, and Anthony got ready to lift. His first squat attempt looked good, but was red-lighted by two of the judges. Later, Jim Griffin said to Rick Rivera "It looked good to me". The judges were Dave Spadatore, Joe Dillon, and Cliff Thompson. Well, Anthony's second attempt came up. He approached the bar, got underneath it, and walked out with it. He looked like he was not set up well with it, and that is exactly what was wrong. He tried to get it back into the rack, but he missed it on the left, and fell, but not before he took the bar down in front of him. We had 992 lbs on the bar, sitting on Anthony's back, and then Anthony, and the bar, and the rack falling forward. Sounds like the rack falling forward, and he did not. I'm not sure who, but someone went up to see if Anthony

met were needed to load him into the ambulance.

There was no evidence found at the hospital that Anthony had broken anything and he returned to the meet three hours later (a photograph of the incident appeared in the August 1990 issue). It has been said that God let Anthony live. I believe so. God is not done with Anthony Clark.

My last conversation with Anthony was about his weight, the accident, and priorities. "How much do you weigh?" "Oh, about 310." I said "Hey Anthony, are you giving up powerlifting and taking up bodybuilding?" His reply was "Nah, I just want to look good." Anthony has still not squatted over 500 lbs. He says he's slowing down and getting his priorities in order, due to the accident. I said "Don't ever look back, try your best, and if that isn't enough for everyone, forget them. Anthony would like to be the World's Strongest Man in the next few years, but it isn't written in stone anywhere. I guess this is the Weight In Time. Here's a thought for whom it applies: To Live and Die, Fight The Wrong, Working It Out, in the Weight In Time of Anthony Clark.

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In Hawaii where Anthony made his highest recorded squat in the Supers - a 1025.

Anthony was the first teenager to bench press 600 pounds. Above, he benches at the Hawaii Record Breakers

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The ASIAN CUP

as seen by PL USA's PAUL KELSO



Chen Ya Lin of Taipei was the fired up winner of the 48 kilo division. (Kelso photos)

DATELINE - Kaohsiung
Twenty-eight women from four countries took their turn in the spotlight Sept. 4, breaking twenty-three Asian records. They had waited patiently for three days, cheering on their male team mates and acting as trainers, gophers, and public relations helpers. The women graced the six-day event: several in the tan blazers of the Chinese Taipei Association, Indian lifters in native costume, the Japanese in Black and Orange and the Philippines in pink team suits.

But this was no fashion show. The ladies-in-waiting got their chance to perform with the iron and forced the men into the wings.

Those who stayed around, that is. Apparently, large numbers of male officials, fans and lifters took the opportunity to do some sightseeing. I can understand that, especially of those from other countries as most of their group flights were scheduled out on the 6th, but Taiwan's male lifters were also scarce. Maybe they had to get back to work. This is Asia, where women's roles and activities are traditionally relegated to a lower position.

In any case, attendance was slight, but the lifting sure wasn't. More than a dozen competitors had lifted at world level contests, including 1988 44K champion Hisako Yoshida of Japan.

Hisako had had problems staying in the 44 class for some time. She not only has won eleven Japan titles, several Asian and a world crown, but serves as statistician for the Japan Powerlifting Association and referees many contests. The mother of two, Hisako finds the many demands on her time and the ordeal of making weight physically and mentally draining.

It isn't easy sometimes to know what's going on when in a foreign country. Especially when dealing with first and last names in Asia. I'd been at the Asia Cup four days before I understood that four of the lifters were in the same family! The powerlifting Lee tribe won one first and two thirds, if I have my facts straight. Maybe two firsts. They did better than several countries!

I'll go with their names as they appeared on the official reports. Various interpreters provided different Chinese-to-English spellings. Lin

Li Ming, the daughter, was first at 52K, Lin A Yun was third in the 56K, and is the mother of the group. Lee Chiu Shiang took third in the men's 90K, and another son, Lee Chun Chie, lifts at 56K and was on the team that went to Norway! I was also the one that did lift, as Lee Yung Chang, winner at 60K. Maybe there's five of them. If that isn't confusing, Shuan, who got in the argument with the jury table about squat depth after the Men's 56K class. He also lifts in the Master's ranks.

Confusing or not, that is a remarkable lifting family success. There are husband-wife and father-son combinations in the U.S.A., but I know of no complete families.

Twenty-one year old daughter Lin Li Ming is a former track and field athlete and appears almost fragile, and about sixteen, in street clothes. She totaled 694 with two failed benches and is very close to breaking into the top ranks. Former "Miss Metro Manila," May la Varro was 8 for 9 are stunting in appearance, compete in other sports at home and work as fitness instructors. Desperate injuries, Madhurata Devi wanted to lift to score team points. Lifting light for a total, she opened the deadlift with 60 kilos, half of her ability, and then fainted on the platform after missing 95 kilos. She was later carried out to the awards ceremony by Ritu Maimi, and got an ovation.

Kazuko Ishikawa of Japan set Asian squat, bench and total records for 1st at 56K. She trains at Nakao's Gym at Takamatsu on the Inland Sea, and is becoming one of the better lifters in her world in her class. The

Yoriko Yamazaki was first in the 148s and had the biggest bench press of the contest, a record 214.

being the oldest on average. The power in Asia may be shifting. If so, Yoriko Yamazaki hadn't heard about it. She hung up a big 942 total and had the biggest bench of the meet with a record 214. She also made only one deadlift, but squatted 374 for another record at 67.5K. She is a candidate for a top six placement internationally. Dipali Nandy may have been saving herself as she recorded only 755, well below her best. Nandy has been to four World contests, usually at 60K, which she missed by .05 of a kilo at weigh-in.

On the last day of the meet, Sept. 5, the audience rapidly increased as the power crowd drifted in for the ornate and colorful closing ceremony. There were the usual astronomical number of speeches by politicians, politicians, and powerlifting pasthas. Mr. Zurich of Sri Lanka provided a traveling trophy to be kept by the champion team until the next Asia Cup.

Before the 75K class began, I thought I heard my name called over the P.A. system. I asked the scorer's table, but was waked off. I didn't think much about it until I sat down to write this report. As I was looking through the contest program at the scoring sheets, I discovered my name, in Japanese, listed as a competitor on the 75K women's flight.

I came from Japan, as a member of the team so I could get group air fare, but why as a 75K lady? I'm talking to Susumu Yoshida about this! I've got to be the only 53 year old, 100K American male writer ever entered in the Women's Asia Cup. Wonder if I could have gotten away with it?

Probably not, as Saraia Shetty of India went 9 for 9 for an easy win over Hsu Chiong-Hsioh, 925 to 777. Ku Hsieh Chin set new Asian marks in the squat, DL, and total to capture the 82.5K. Liu Li Chu grabbed a new bench record for second and Ai Tonohara of Japan was third. Ku's total is an improvement of 100 pounds since her effort at Povo Scotia, while Liu dropped off her Sydney performance. Tonohara had

the 60 kilo group featured a down-to-the-last deadlift battle. Madhurata Khatke of India led by 5 kilos at sub-total, but Chen Hsu Chiong of Taipei made her opener of 352 stand up for the win. Chen totaled 848 to 843 for Khatke. Chen missed four lifts, but appears capable of 400 kg. She needs to correct a tendency to turn her right leg in during the squat. Chen got big support from the hundreds of school kids in attendance, who seemed to know her. I could not, of course, find out why. Madam Yamagishi had a chance for 2nd, but only got her opening deadlift, closing her day at 821. Kinoda was 4th at 705.

Lin Li Ming, Chen Ya Lin, and Chen Chiong are examples of the nature of the Taiwan team. It is primarily a youth team, with a sound nationwide youth movement behind it. Both India and Japan brought very veteran squads, with the Japan men

bombed at the Asia Cup in '88, and at the Japan Nationals in March. Her 694 was far behind, but she was happy.

Chao Chen, Yen left everybody behind in the 90K, with a 440 squat. She totaled 992, but seemed to take it easy during the other two lifts. In light of previous contests, I think she was coasting. She could afford to, as Ruma Pal missed four lifts to settle for 821 while Fukuko Itoh missed six for an 804.

Taiwan's over 90K entry, Wu Hui Ling, recorded a 280 pound body weight at weigh-in, but she also had the biggest squat and total of the contest. She made a 462 squat and has done more in other contests. Her 1030 total indicates continued improvement and she broke three Asian records for her class. Hung Hsiu Mei had planned to enter the 90K, but weighed in one kilo too many. It's academic, as her 940 would have gotten second in either class. Indian shot putter Ritu Maimi avoided a bomb-out when she pulled her opening DL on the third attempt.

The totals of the second Women's Asia Cup compare favorably on the world scene. Had the distinct impression, as I did with the men, that many lifters and coaches were using this meet as part of a peaking process for upcoming world contests. There were no bombouts among the women and only one by the men.

No "Best Lifter" awards were presented, but team places in order were Taiwan, Japan, India, and the Philippines.

This was an IFF sanctioned affair, so no bench shirts were allowed. It is interesting that I can not recall one lifter who did not rise Sumo-style for the deadlift. This is Asia, where body types differ from the West, as a rule, although every type possible was seen here during the live day competition.

After the last speech and presentation, the Japan gang headed for a post-meet dinner party followed by a rock in the Hotel Kofu. While Asana sang along with the Kishoke male, I discovered Miss Ishikawa could dance as well as she lift.

I left early next morning as I had to get back to my teaching job in Japan. To spare my fingers with my muscles, I bought me the right ticket and took my hand two blocks to the airport by bus. I might still be in the airport. That, too, is Asia. Bewildering, exciting, even dangerous on occasion, followed by acts of human concern and courtesy.

Coming Up from Paul Kelso: The Japan Men's Club Nationals with Ausby Alexander as guest lifter, and further reports on the Asian scene.

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Lin Li Ming of Taipei was the winner of the 52 kg class and is the daughter of Lin A Yun in the 56 kg.

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ポールケルソ

Paul Kelso's Name in JAPANESE!

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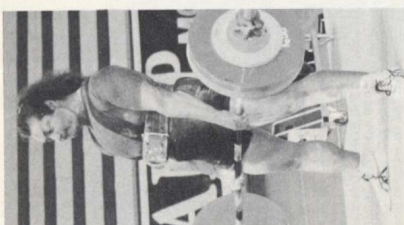
Kazuko Ishikawa winner at 56 kilos



Chen Hsu Chiong of Taipei, winner at 60 kilos

WPC WORLDS

as told to PL USA's Mike Lambert



Dawn Reshel came into the meet ready for some awesome record attempts. She actually squatted a 633 in training easily, a week prior to the meet, but went over to the easy side of headweight in the process. On meet day, she felt shaky and seemed unable to hold a solid, upright position, which affected her lifting. She missed her 639 attempt when her back rolled forward with it a bit, and her back stability bothered her again in the deadlift where she was not able to lock out a 606 twice.



Checking Out Italian Muscle... winners in the women's division, Mariah Liggett, (left) and Laura Dodd (right), both from the "Power City" - Columbus, OH, with an Italian bodybuilder, who was part of a competition held in conjunction with the WPC Powerlifting Championships in Pescara, Italy

who "went nuts" afterward, according to APF official Greg Reshel. The performance of 308 lb. Gerrit Badenhorst was also remarkable. The tall, lean South African strength athlete had a nearly perfect day of lifting, and established some very high marks for other lifters in this new WPC weight class to shoot for.



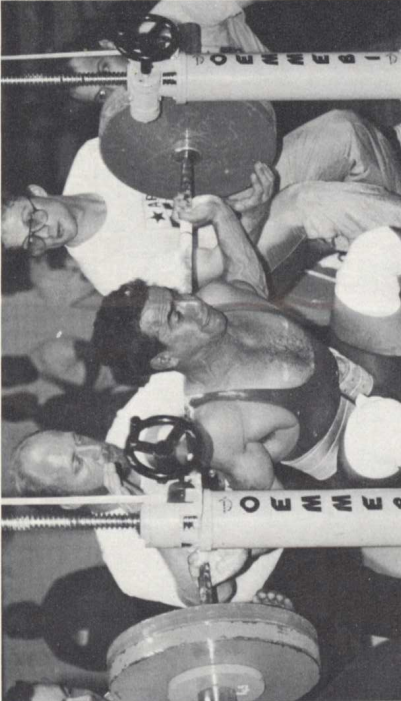
BEST LIFTERS include (left to right): Dawn Reshel - USA (Women), Gerrit Badenhorst - South Africa (Men, Heavy), Doug Heath - USA (Men, Light), Josie De Sousa - South Africa (Teenage), Fred Glass - USA (Masters Division).



"If the 1990 WPC World Powerlifting Championships held recently in Pescara, Italy are to be judged a success it must be attributed to one man's hard work and selfless contribution. I refer to Greg Reshel. It is hard to imagine the event could have started, never mind run for three days, without his tireless efforts. My respect and admiration go to you Greg - as it should from all competitors and officials at these Championships. The lifting at the Championships was outstanding, and the camaraderie between countries obvious. These qualities alone will secure the future of powerlifting under the umbrella of the WPC. However, powerlifters deserve much more in terms of the organization and management of championships at this level. The WPC can offer the preferred means by which powerlifting can develop but it must respect the needs and expectations of the lifters. Finally, I must pay tribute to Mr. Ernie Frantz. His kindness, generosity and energy are to be admired and respected. It is doubtful if any one man has given more to his sport and its participants than Ernie Frantz." Kieron M. Stanley, Chairman/Secretary, European Powerlifting Association (affiliated to the World Powerlifting Congress)

Injury Report: Hard luck for some USA lifters. Jay Oliver tore a bicep on his first deadlift attempt. Glen Stevens tore a quad on his opening squat attempt, which was a surprise to him as he normally opens much higher, but had intentionally lowered his opener to make sure he got an attempt in. He's been injured in so many ways in the past, that it's hard for him to imagine what else might happen to him. Graham Ward of the United Kingdom tore a biceps, and an Italian lifter also tore a quad.

Team Championship: there was no official competition held for an overall team title, since the South African group was, reportedly, not allowed to travel abroad as a 'team'.



Josie De Sousa of South Africa did some fine lifting in the 123 lb. class to win the Best Teenager award. APF Board Member Greg Reshel is spotting him. Even WPC President Ernie Frantz did some spotting and loading on some of the lifts, according to European Powerlifting Association President Frans Mombert of Belgium, who noted that Maris Sternberg also did a lot of work. The new European Powerlifting Association will be holding its European Championships in Stone, England on December 1st and 2nd. (photographs provided by Ernie Frantz)

As for the lifting, many of the competitors found themselves very light in bodyweight, likely due to the travel to the competition. Doris Simmons weighed only 109 to win her class. The American women dominated completely, with Mariah Liggett and Laura Dodd getting new world records. In the men's division, Doug Heath won with ease, topped with the big 402 bench. Dom Sardo was able to even up things with Jesse Jackson, after Jesse did so well at the APF St. Nationals (that meet will be held by Jeff Wright in Pittsburgh once again, by the way). Neville Primich was very impressive and exemplified the tremendous squatting ability shown by almost all of the top level South African lifters, but he had a close call in the deadlift, where both he and Jose Perez of the United States made some big jumps for misses. Tony Kamand of the USA had a great day in the 181s and a great time on the trip. Very proud of



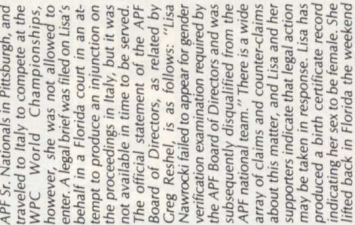
Pals Gary Heisey and Jesse Jackson his 744 squat, his friend Dave Abramson related that his only disappointment was that the uniforms of the other teams at the contest were nicer than what the USA guys put together. Enzo Cattuci of Italy finished a nice 2nd to Tony, and was a key member of the host staff in Italy, who put on this meet and an earlier WPC event in the same location.

Kevin Hammerton of the United Kingdom had a perfect day of attempts in winning the 198 lb. class comfortably, and Rik Priester of Holland also had a fine outing (89) to take the 220s. Eugene VanderMerwer of South Africa made some incredible squat attempts and won the 242s very decisively, but the USA came back in the 277s where Scott Warman upped his squat PR to 909 and was en route to a big total, until his bench shirt gave way on his 2nd bench press attempt.

The gigantic Badenhorst, weighing just 306, took the 308s over an improved Peter Tregloan of the United Kingdom. Mark Robinson of South



Lisa Nawrocki won her class at the APF St. Nationals in Pittsburgh, and traveled to Italy to compete at the WPC World Championships, however, she was not allowed to enter. A legal brief was filed on Lisa's behalf in a Florida court in an attempt to produce an injunction on the proceedings in Italy, but it was not available in time to be served. The official statement of the APF Board of Directors, as related by Greg Reshel, is as follows: "Lisa Nawrocki failed to appear for gender testing at the APF St. Nationals and was subsequently disqualified from the APF national team." There is a wide array of claims and counter-claims about this matter, and Lisa and her supporters indicate that legal action may be taken in response. Lisa has produced a birth certificate record indicating her sex to be female. She lifted back in Florida the weekend after the meet and went 475 (missing a 500 squat), 335 (missing a 365 bench), and deadlifting 540 (missing a 575), and had reportedly benched 405 in training for the contest.



Joe McCoy (USA) one of the Teen champions who got a world record.

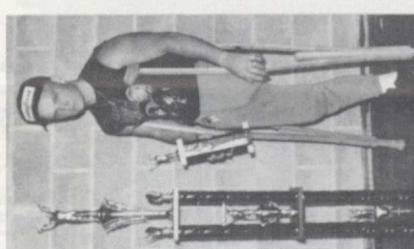
Africa has sometimes been overshadowed by his countryman, and made a wise decision to go up a weight class the weighed only 140.1 kilos) to post one of the most impressive Superheavyweight totals all time over last rising Steve Brodsky. Gary Heisey took shots at a 925 deadlift twice, but did not prevail. In the junior division, Norm Shackelford of the USA actually had to be dressed to make the 148s, because he had lost so much weight on the trip over to Italy from Michigan, and the weight loss hurt his newly renowned pulling power. John Buck was the cream of the Juniors crop with great world record benches of 529 and 573.

In the teenage division, many of the classes were walkthroughts, for Belgians and USA lifters, but several WPC world records were established in this category as well. In the Women's Masters divisions, open competitors Dodd, Sternberg, and Plouvez prevailed, with the addition of Renee Van Camp of Belgium who set a world record for her age group and category every time she completed a lift. In the Masters division, there were lots of familiar names to USA readers, but some of the foreign lifters were very impressive, like Nanocchio of host Italy and Jan Ferra of South Africa in the 40-44s. The so-called "Mad Stork" Dave Carter pulled yet another Masters World Record in the deadlift to top off his title claim.

Next year's WPC World Championship may be split up, with the Men and Women competing at different times of the year, and with the various meets in different parts of the world, to minimize expenses for some of the involved national teams. Hawaii does have a bid in for at least one of the meets. (Thanks to Ernie Frantz, Maris Sternberg, and Mariah Liggett, and others for the materials used to produce this contest report.)

IN DEDICATION

Record Holding Powerlifter Leaves Legacy of Determination ...by his friend HENRI DONAT



Pat Audette with some of his awards at the 1988 Eastern Seaboard Bench Press Classic. (photo courtesy Scott Taylor)

On a small folding chair in a modest flat on O Street in South Boston sits a 30-pound bar stripped of its plates, never again to be raised in victory by award-winning powerlifter Patrick Audette.

Audette died July 6 at age 25 after a long battle with cancer, leaving behind a legacy of strength, power and perseverance. The amazing story of how he became a record-breaking lifter, overcoming obstacles including the amputation of his left leg in 1987, is told with pride and passion by those who knew him.

From his athletic beginnings in high school wrestling, Audette's family was concerned about potential complications that might have arisen from any injury to his leg, stunted in growth as a result of bone cancer in his early childhood. Audette, however, was undaunted and mastered the sport, becoming a high school wrestling champ without incident or injury.

In the years that followed, he attended college at night and followed in his father's footsteps at a local tire company - when he wasn't pumping iron. Most would think all that changed in 1987, when the cancer returned and doctors amputated his leg, but Audette was not like most people.

In a matter of months following his recovery, Audette continued to build his upper body, along with a reputation for determination.

You hear so many guys complain with excuses for missing a lift, even comes a guy like Pat, said Scott Taylor organizer of the 1989 meet where Audette was named Best Lifter with a 300 lb. bench press. "He was one of the best competitors I've seen on the East Coast, or anywhere else for that matter."

Audette still holds the World Powerlifting Alliance record for the 300 lb. bench press in the 123 lb. weight class. On his way to the second setting lift, Audette racked up first place awards at the 1988 Eastern Seaboard meet, the 1988 Rutland Open, the Bay State Bench Press Championships and a host of other events.

Taylor said that at the Granite State Bench Press Championships in 1988, some opponents were skeptical, believing that Audette's disability might actually serve as a competitive advantage at weighing in. "SO had to ask them, 'Have you ever tried to bench on one leg on the floor?'" Taylor said. "But Pat never let people like that get him down. Not only was he good for a lifter with a handicap, he was one of the best lifters we had overall. I can't think of anybody in his weight class who could touch him."

As a sportsman, Taylor said that there is no equal to Audette, whose tenacity in powerlifting serves an example of what people can achieve in spite of disabilities. "Pat was a heck of a role model," Taylor said, citing Audette's ability to garner first place titles while undergoing periodic rounds of chemotherapy.

Sharon Bourdon, who became engaged to Audette in 1987 and accompanied him on the powerlifting circuit, said it was Audette's confidence that combined with his determination for the right winning formula. "When he went in," Bourdon said, "he knew he was going to win. It was harder for him than for anybody else, but that didn't stop him at all." She said his confidence by far outweighed any of the obstacles that surrounded competing with one leg.

It didn't bother him about the leg, probably because he had that confidence. He just got right up there. He wasn't embarrassed and he didn't want any special treatment," Bourdon said. "He was no one ever treated him any differently than any one else (on the circuit)."

Audette stopped lifting early in 1990 when the cancer spread to his lungs, leaving him short of breath. When he died, he left a display of more than a dozen powerlifting honors in his South Boston apartment, but it was his life that clearly displays the achievements of a man who refused to be blocked by physical obstacles.

Taylor said, Audette's best friend since high school wrestling days said, "It's true, he wanted to be treated like everybody else. No body treated him any different just because of his leg. He was a great guy. That's the way Pat was."

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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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TRAINING

The Strength Cycle 'The Austin Gym Way' by Bryan Wadie

Last month I showed you one way you could put together a conditioning cycle based on the principles I have developed over the previous months. This month we will take the next step and see how you can develop a strength cycle.

Following the annual progression of intensity and volume you will see some changes in the type of work being done during this cycle versus the conditioning cycle. The volume of work is down by 10 percent and the average intensity is up by 15 percent. This is exactly what we are looking for as time goes by, a gradual decrease in volume accompanied by a somewhat sharper increase in intensity.

The combination of changes will bring about dramatic changes in your strength levels. Remember that this is a yearly cycle to get the best out of this. As you should have completed the conditioning cycle to prepare yourself for the rigors of this cycle. Without the proper background training your level of success will be lessened somewhat.

Similar to last month, I will show you the sets, reps and intensity level for all major exercises in the following table.

WEEK 1: 2x15 @ 66%
WEEK 2: 3x12 @ 69%
WEEK 3: 3x10 @ 72%
WEEK 4: 2x10 @ 50%
WEEK 5: 3x8 @ 80%
WEEK 6: 3x6 @ 85%
WEEK 7: 3x4 @ 90%
WEEK 8: 2x10 @ 50%
WEEK 9: 4x5 @ 90%
WEEK 10: 5x5 @ 92%
WEEK 11: 5x3 @ 96%
WEEK 12: 2x10 @ 50%
WEEK 13: 3x5 @ 94%
WEEK 14: 3x2 @ 98%
WEEK 15: 3x1 @ 102%
WEEK 16: Contest

The next section is the actual workout schedule to follow from week to week. For all of the lifts that have sets and reps listed as 'sched', use the table above to determine those sets and reps. For the non-contest exercises you will need to estimate a goal weight and then use that to plan your weekly lifts.

TRAINING WEEKS 1-8
Day 1: Light Squat 2x10, Close Grip (sched), Bent Row 3x8, Tricep Press 3x8, Curls 3x15, DB Day 2: DB Bench 2x10, DB Flies 2x10, Front Raise 2x15, Lateral Raise 2x15, Rear Delt 2x15.
Day 3: Squat (sched), Press (sched), Deadlift (sched), Curls 3x6, Tricep Ext 3x8.

TRAINING WEEKS 9-16
Day 1: Light Squat 2x10, Bench

stabilizing muscles important to the muscular integrity of the area.

The selection of exercises can be adjusted to suit your situation, but try to use similar range/muscle group exercises whenever possible. Find every workout with some abdominal work. I like to use weighted dumbbells and weighted side bands. Do both for 2x25 as heavy as you can possibly go. Alternate each exercise, doing only one exercise each training day. This should help you tighten up your midsection and help your stability in the squat.

What can you expect from this training cycle? Several positive changes should occur as you go through this cycle. You should experience some significant gains in strength. This is particularly true of your strength endurance, which will be of the utmost importance to peak properly in the next cycle. By exposing your body to the repeated heavy loads and mid-range reps you will build up your ability to repeat the effort necessary to perform well under conditions of fatigue that normally force us out of a workout or contest. 4-5 sets of 5 reps is a healthy workout for anybody, but it is achievable and the results can be dramatic.

Another change you should experience is the possibility of some loss of size and an increase in weight. What this indicates is that you are doing as much pumping as earlier and that you are becoming leaner and your muscle tissue is becoming more dense.

It has been my experience in dealing with lifters that when first approached with this type of training is that they cannot possibly do 5x5 with 92%. Once they have put their mind to it, they have succeeded and reaped the benefits of this type of work. As your ability to perform at this level improves, your potential for ultimate strength will move up beyond what you might realize utilizing some other form of training that does not allow for this type of growth.

Next month I will present how to put together a peak cycle to end your competition year. The peak cycle will be the culmination of an entire year's training and will bring your lifting to new heights.

As I have said before, coaching is as much art as science. I don't believe that this is the only way to train, but it is one way to try and it works. So, if you are dissatisfied with the progress you are making, give this program a try and see what you think. As always, if you have questions, let me know.

BRYAN WADIE
 c/o The Austin Gym
 24 Arapaho Village
 Richardson, Texas 75080



DOUG HEATH, the Best Lifter in the lighter classes at the 1990 W.P.C. World Championships held in Pescara, Italy obviously knows the value of high intensity training programs when it comes to producing big gains in strength, size and overall muscularity.

(sched), Cable Row 3x6, Tricep Ext 3x6.
Day 2: DB Bench 2x10, DB Flies 2x10, Front Raise 2x10, Lateral Raise 2x10, Rear Delt 2x10.
Day 3: Squat (sched), Press (sched), Deadlift (sched), Curls 3x6, Tricep Ext 3x8.
 A few comments to clarify the work together to help you build up the completely during Training Week 12

WORKOUT

of the Month

Jackie Pierce DEADLIFT PROGRAM

The deadlift is the most important of the three lifts it involves all of the muscles in your entire body. It is the lift that makes the biggest difference in your placing.

There are two basic styles of deadlifting: Sumo and Conventional. I prefer the Sumo style. Try them both and see what works for you.

The program I have drawn up is designed for either a novice or intermediate lifter. Assuming your maximum deadlift is 300 pounds, this eight week cycle will increase your deadlift by 25-30 pounds.
 Before starting your deadlift workout, or any other workout, you should take 10-20 minutes to stretch your whole body. Hold each stretch up to a count of 20. I deadlift and squat on the same day. Of course, you can choose which day you prefer to deadlift. If you are a beginner, I suggest you squat and deadlift on separate days (3 days apart) in order to allow yourself proper rest and to concentrate on using proper form and technique.

Here are a few tips that I feel will aid you in deadlifting: 1) Concentrate on your form and technique; 2) Keep the bar close to your body; 3) Hands should not touch the smooth part of the bar; 4) Keep your lower body locked.

During the last 3 weeks of my deadlift cycle I wear a tight fitting suit by Elite Sales, but as I said above, do what works for you. On your off season build a good solid foundation by practicing on good form and technique.

For supplements, I take 12 1000 mg 'Amino Plus' tablets a day, 1 daily pack, 2 chromate tablets a day, also I drink 2 glasses of Excel and during a workout I drink Super Juice. All of the above supplements are Performance Plus Nutritional Products.

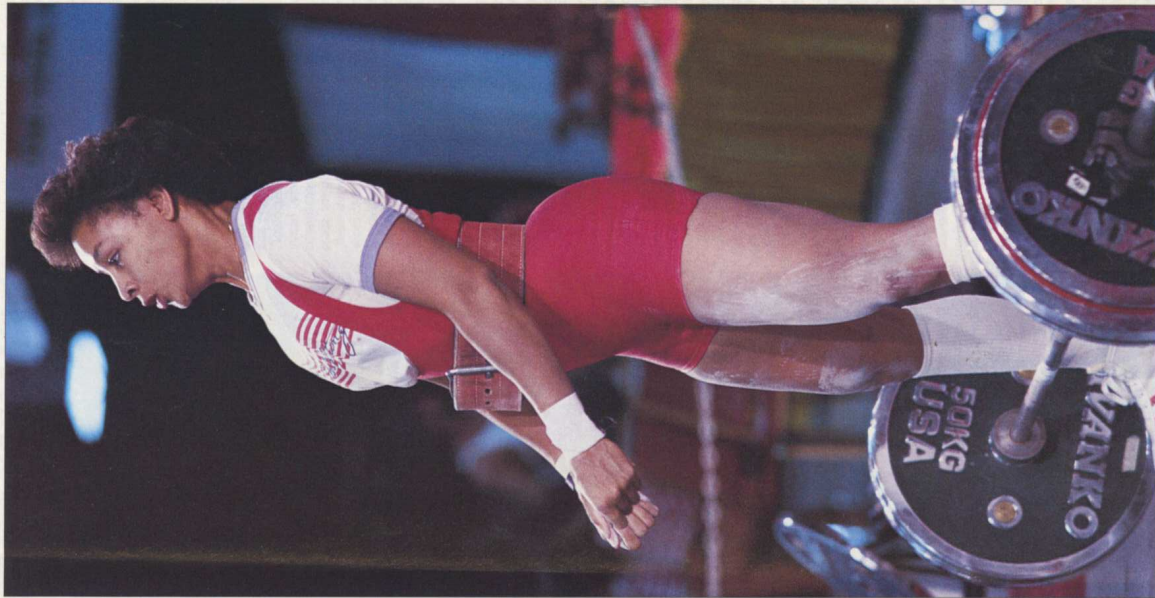
Week 1: 135x10, 165x6, 195x3, 230x1, 260x2x6
Week 2: 135x10, 175x6, 195x3, 240x1, 275x2x4
Week 3: 135x10, 175x6, 215x3, 250x1, 290x2x4
Week 4: 135x10, 175x6, 215x3, 260x1, 300x2x4
Week 5: 135x10, 185x6, 230x3, 275x1, 315x2x4
Week 6: 135x10, 200x6, 240x3, 285x1, 330x2x2
Week 7: 135x10, 210x6, 260x3, 300x1, 340x2x2
Week 8: 135x10, 220x6, 270x3, 315x1, 355x2x2
Week 9: Meet Day, first attempt 330, second 350 and third 380.

Assistance Exercises: Week 1-3: 3 sets of 10 hyperextension, Low Cable Rowing, Pulldown front/back, Chin-ups or High Pulls and Crunches. Week 4-6: 10-8 reps. Increase the weight each set on the following exercises: Low Cable Rowing, Pulldown (front/back), Chin-ups or High Pulls and Crunches.

When following this program remember you know your body better than anyone else. If in Week 5 you feel you can do the Week 6 workout, by all means do so. The heavier you train the stronger you will become. On the other hand if your gains are coming more slowly than the program dictates, an appropriate decrease in poundage may be necessary. You must also ensure you are getting enough rest and a diet which will promote growth and strength gains.

Big totals will come if you are patient with yourself, train hard and ready your mind for the lifts. And most of all, believe in yourself and know that high totals can be achieved without the help of drugs. Remember, nothing is that important. Train Hard, Train Safe and Good Luck!

Jackie Pierce



Jackie Pierce is the only woman to win National and World Titles in the ADFFA, APF, and USPF

INJURIES

Staying Healthy as told by CHRIS CONFESSORE

His arms steeled against the massive steel, and he slowly lowered the bar toward his barrel chest. Then, in a split second, ...rip! Was it his shirt. No, not this time. Looks like another powerlifting injury rears its ugly head. That was the heart-rending scene that was witnessed at the recent APF Senior Nationals. One unlucky competitor tore his pec during his second attempt bench press. Why did this happen? Was it too much weight? Was he overtrained? Was he dehydrated to the point of injury. We will never know the answer, but we can cut down our chances of injury and still make maximum gains. After recently starting the recovery period from my second shoulder surgery, I have looked back at some of the reasons for my two minor misfortunes. Let's see, it could have been benching heavy and maximum shoulder presses twice a week that led to my problems, or was it hitting every bench press meet this side of the equator? This kind of brutal overtraining took its toll as time went on. Whether you're the 'young and the restless' or the 'old and the impotent', your body cannot take a severe, heavy training program without sufficient time to recuperate. The newcomers to the sport are ever so hungry to train six days a week, twice a day, to fill that hunger, but to those lifters beware. Sure you'll make gains at the start, but time will slow down this progress if you don't have the know-how to train wisely. If you really want to live at the gym, become a bodybuilder, or even better than that, buy the gym.

For most of us, four days in the gym is the maximum, but some of our champions only train twice a week with great results. Many people say to listen to your body for signs of overtraining, but this is not always a fail-safe barometer to beat overtraining. Before training my shoulder the first time, I felt great, showing no signs of overtraining, but I was on that fine line between overtraining and injury, and unfortunately, I fell into the injury zone. A good idea would be to keep track of all your training habits and poundages throughout the year, so you can monitor when you should go heavier or lighter, no matter how your body feels. This could save you a lot of lost time due to overtraining or, even worse, injury. If you get to the point of overtraining or injury, take some time to evaluate the problem. If you are overtrained, take off a few days, and start to back off a little with your poundages until you feel revived, then gradually increase your weight accordingly. If you have a minor injury and rest doesn't take care of it, and you still have to train for an upcoming meet, try training around the problem area. Stay away from the movements that hurt the most, and incorporate some new exercises that put less stress on the problem area. Try different grips on your exercise movements as this might also help. I've found out that the old phrase "No Pain - No Gain" does not apply when it comes to injuries. Be careful with minor injuries so they won't become major injuries. Do not get confused between injury and good old muscle soreness. The latter is bound to happen when training hard-n-heavy.

I hope this article can guide a few people away from the misery and misfortune caused by overtraining and injury. Train hard.

Chris Confessore

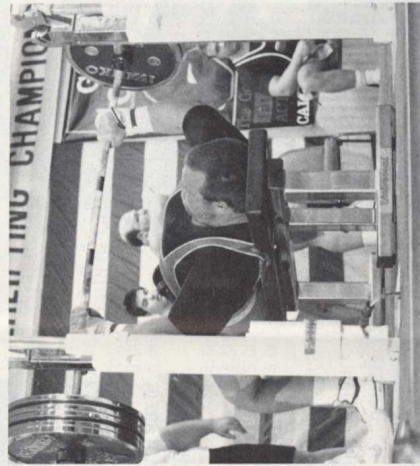
What Do You Do?... when you are injured? When Chris Confessore's shoulder was bothering him, he was wise enough to back off, get the minor surgery he needed done before it became a major surgical effort, and he went to work on his other lifts. His bench went back up to near record levels and his squat soared. Look (below) how happy Chris is with his newfound deadlift power at the '90 APF Sr. Nationals!



POWER-RESEARCH

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Percentage Based Cycles as told by Strength Coach JOHN WARE Northeast Missouri State University



The strength research field has been inundated with literature supporting percentage based periodization cycles for maximum strength progress. Personally, I've used percentage based cycles for the vast majority of my lifting career. By varying the RM (RM) over the week, within a cycle, you increase the muscles capacity to do more. The muscular overload can be intensified over time to produce an optimum peaking effect and to provide overall variety into your training program.

There are certainly a number of advantages to percentage based training. It is very easy to use the exact poundage which is to be used for each set of an exercise. This makes it particularly good for novice lifters, otherwise their training may be done in a hit and miss fashion. Percentage based systems also allow us to control, on a weekly basis, our levels of intensity. It is very easy to figure out your training poundages. If, for instance, we desire 15% of our weekly training intensity to be at or above 90% of our 1RM.

Nonetheless, in my mind there are also problems inherent in a percentage based system. Research has been conducted which identifies the ideal number of repetitions to elicit strength gains. On a broad spectrum it appears that fewer than ten repetitions per set elicit the greatest gains. With more than ten repetitions per set, we are working more on localizing muscular endurance gains.

What are the specifics about the number of repetitions to be performed at selected percentages of one RM? Unfortunately, there are few studies which address this issue. In fact, there is disagreement in the literature as to the number of repetitions which can be performed at selected percentages of one RM. This is one of the biggest problems with percentage based cycles. Repetitions at selected percentages of one RM are in no way consistent across individuals, exercises, or groups.

A great number of variables appear to affect the number of repetitions attainable at selected percentages. Gender may be a factor with some studies supporting the notion that females tend to have slightly greater muscular endurance than males. Hence, they may be able to achieve a greater number of repetitions at selected percentages of one RM without a concurrent actual increase in their absolute maximum lift.

There may be a 'training effect', i.e., a significant difference between trained and untrained groups of weight lifters in the maximum reps attainable at specific percentages. In addition, there may be a difference between various weight training exercises. Certain weight training

exercises may be more conducive to a percentage based cycle than others. There are a number of theories behind this one. Some research seems to indicate that elite strength athletes may have less relative endurances than lower strength men. It could be that as muscular mass increases, there is a decreased ability to bring an adequate blood supply to the muscles, which in turn speeds the removal of waste products from the muscle. At this point, the amount of intramuscular tension may overcome the force of blood pressure and completely occlude intramuscular circulation. There may be a great deal of individual variation in terms such as muscle fiber type, ATP regenerative ability, certain enzymes, and also myoglobin stores. These could all affect how applicable certain percentage based periodization cycles are for different individuals.

So, percentage based periodization cycles may not be for everyone. A given number of reps can always be associated with a particular percentage of one RM when performing different exercises. This also indicates that an accurate predictor of one RM cannot be inferred from number of reps at a particular percentage. We have all seen the charts in the weight rooms which try to do exactly that.

It really doesn't do us any good in terms of practical application to find out that percentage based periodization cycles may not be for everyone,

unless we have a better answer.

This essential question has bothered me for some time now, and I have come up with a system which has been very successful for those I train. The system is still based around the principle of periodization, however it is not a percentage based system. The system employs a wide range of repetition ranges. The number of repetitions changes from one workout to the next. I call it the repetition range or repetition maximum method. In this method you use the weight that you can lift for the particular number of repetitions. For example 10RM means that you use the weight in a given exercise that you can lift 10 times, but not 11. If you can lift the weight 11 times you should increase the weight.

For the novice or intermediate lifter this generally means that the first set lift the 10RM for eight or nine times, then reduce the weight. Also on your fourth or fifth set of a given exercise you may need some assistance on the last repetition from your training partner. However, do this only in short bursts. You should be able to do all reps on your own or you should be able to complete at least one rep. The weight of the reps can be completed, then increase the weight the next workout.

What follows is an 11 week training cycle which would be applicable for a novice to intermediate lifter. Give it a try and watch your lifts soar.

HYPERTROPHY PHASE
3-5 sets - 3 days/week - 5 weeks
3 sets in 1st week, 4 sets in 2nd and 3rd week, 5 sets in 4th and 5th week
Monday and Friday: 1. Squats*, 2. Bench press*, 3. Military press*, 4. Barbell rows*, 5. Leg curls sets
15 reps, 6. Triceps pressdowns sets 15
7. Lat pulldowns (front) 8.
Pushdowns 4 sets 12 reps, 10.
Situps/crunches 3 sets 25 reps.
Wednesday: 1. Deadlifts*, 2. Incline press*, 3. Alternate DB press*, 4. Alternate DB curls*, 5. Barbell shrugs 4 sets 12 reps, 6. Dips 4 sets 12 reps, 7. Lat pulldowns (rear) 4 sets 12 reps, 8. Situps/crunches 3 sets 25 reps. * use RM factor

Intensity Cycle RM
Monday/Wednesday Friday
Week 1 8 10 12
Week 2 8 12 10
Week 3 3 12 5
Week 4 12 10 12
Week 5 10 12 12
RM (definition maximum) is at weight which can be lifted the listed number of times, i.e., if you can lift 300 lbs one time that is your 1RM, if you can lift 260 lbs 5 times, but not 6, that is your 5RM.

BASIC STRENGTH PHASE
3 sets (plus 1 set of 15RM)
3 days a week- 4 weeks
Monday & Friday: 1. Squats*, 2. Bench over rows*, 3. Military press*, 4. 10-8-6-6. 5. Barbell curls 10-8-6-6. 6. Leg curls 5 sets 10 reps, 7. Lat pulldowns (front) 4 sets 8 reps, 8. Close grip bench 10-8-6-6, 9. Situps/crunches 3 sets 15 reps, 10. DB incline press*, 3. Behind neck press*, 4. Seated DB inclined curls 10-8-6-6. 5. Barbell shrugs 4 sets 10 reps, 6. Dips 4 sets 10 reps, 7. Lat pulldowns (rear) 10-8-6-6, 8. Situps/crunches 3 sets 25 reps * use RM factor and add 1 set of 15 with a lesser weight only.

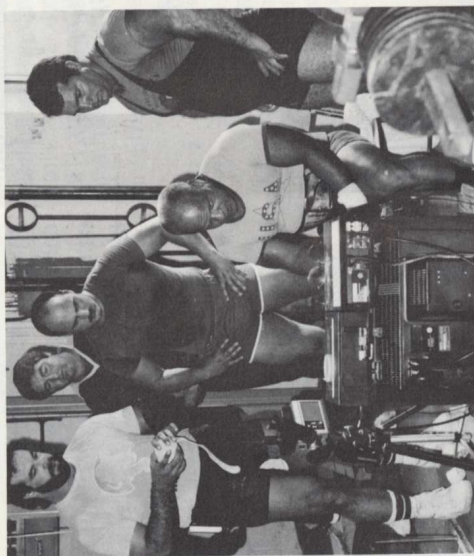
Intensity Cycle RM
Monday/Wednesday Friday
Week 1 5 8 3
Week 2 2 10 3
Week 3 1 10 5
Week 4 2 5 10

STRENGTH AND POWER
3 sets (plus 1 set of 8RM)
Monday, Wednesday and Friday:
Deadlifts (Wed only) 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31, 32, 33, 34, 35, 36, 37, 38, 39, 40, 41, 42, 43, 44, 45, 46, 47, 48, 49, 50, 51, 52, 53, 54, 55, 56, 57, 58, 59, 60, 61, 62, 63, 64, 65, 66, 67, 68, 69, 70, 71, 72, 73, 74, 75, 76, 77, 78, 79, 80, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103, 104, 105, 106, 107, 108, 109, 110, 111, 112, 113, 114, 115, 116, 117, 118, 119, 120, 121, 122, 123, 124, 125, 126, 127, 128, 129, 130, 131, 132, 133, 134, 135, 136, 137, 138, 139, 140, 141, 142, 143, 144, 145, 146, 147, 148, 149, 150, 151, 152, 153, 154, 155, 156, 157, 158, 159, 160, 161, 162, 163, 164, 165, 166, 167, 168, 169, 170, 171, 172, 173, 174, 175, 176, 177, 178, 179, 180, 181, 182, 183, 184, 185, 186, 187, 188, 189, 190, 191, 192, 193, 194, 195, 196, 197, 198, 199, 200, 201, 202, 203, 204, 205, 206, 207, 208, 209, 210, 211, 212, 213, 214, 215, 216, 217, 218, 219, 220, 221, 222, 223, 224, 225, 226, 227, 228, 229, 230, 231, 232, 233, 234, 235, 236, 237, 238, 239, 240, 241, 242, 243, 244, 245, 246, 247, 248, 249, 250, 251, 252, 253, 254, 255, 256, 257, 258, 259, 260, 261, 262, 263, 264, 265, 266, 267, 268, 269, 270, 271, 272, 273, 274, 275, 276, 277, 278, 279, 280, 281, 282, 283, 284, 285, 286, 287, 288, 289, 290, 291, 292, 293, 294, 295, 296, 297, 298, 299, 300, 301, 302, 303, 304, 305, 306, 307, 308, 309, 310, 311, 312, 313, 314, 315, 316, 317, 318, 319, 320, 321, 322, 323, 324, 325, 326, 327, 328, 329, 330, 331, 332, 333, 334, 335, 336, 337, 338, 339, 340, 341, 342, 343, 344, 345, 346, 347, 348, 349, 350, 351, 352, 353, 354, 355, 356, 357, 358, 359, 360, 361, 362, 363, 364, 365, 366, 367, 368, 369, 370, 371, 372, 373, 374, 375, 376, 377, 378, 379, 380, 381, 382, 383, 384, 385, 386, 387, 388, 389, 390, 391, 392, 393, 394, 395, 396, 397, 398, 399, 400, 401, 402, 403, 404, 405, 406, 407, 408, 409, 410, 411, 412, 413, 414, 415, 416, 417, 418, 419, 420, 421, 422, 423, 424, 425, 426, 427, 428, 429, 430, 431, 432, 433, 434, 435, 436, 437, 438, 439, 440, 441, 442, 443, 444, 445, 446, 447, 448, 449, 450, 451, 452, 453, 454, 455, 456, 457, 458, 459, 460, 461, 462, 463, 464, 465, 466, 467, 468, 469, 470, 471, 472, 473, 474, 475, 476, 477, 478, 479, 480, 481, 482, 483, 484, 485, 486, 487, 488, 489, 490, 491, 492, 493, 494, 495, 496, 497, 498, 499, 500, 501, 502, 503, 504, 505, 506, 507, 508, 509, 510, 511, 512, 513, 514, 515, 516, 517, 518, 519, 520, 521, 522, 523, 524, 525, 526, 527, 528, 529, 530, 531, 532, 533, 534, 535, 536, 537, 538, 539, 540, 541, 542, 543, 544, 545, 546, 547, 548, 549, 550, 551, 552, 553, 554, 555, 556, 557, 558, 559, 560, 561, 562, 563, 564, 565, 566, 567, 568, 569, 570, 571, 572, 573, 574, 575, 576, 577, 578, 579, 580, 581, 582, 583, 584, 585, 586, 587, 588, 589, 590, 591, 592, 593, 594, 595, 596, 597, 598, 599, 600, 601, 602, 603, 604, 605, 606, 607, 608, 609, 610, 611, 612, 613, 614, 615, 616, 617, 618, 619, 620, 621, 622, 623, 624, 625, 626, 627, 628, 629, 630, 631, 632, 633, 634, 635, 636, 637, 638, 639, 640, 641, 642, 643, 644, 645, 646, 647, 648, 649, 650, 651, 652, 653, 654, 655, 656, 657, 658, 659, 660, 661, 662, 663, 664, 665, 666, 667, 668, 669, 670, 671, 672, 673, 674, 675, 676, 677, 678, 679, 680, 681, 682, 683, 684, 685, 686, 687, 688, 689, 690, 691, 692, 693, 694, 695, 696, 697, 698, 699, 700, 701, 702, 703, 704, 705, 706, 707, 708, 709, 710, 711, 712, 713, 714, 715, 716, 717, 718, 719, 720, 721, 722, 723, 724, 725, 726, 727, 728, 729, 730, 731, 732, 733, 734, 735, 736, 737, 738, 739, 740, 741, 742, 743, 744, 745, 746, 747, 748, 749, 750, 751, 752, 753, 754, 755, 756, 757, 758, 759, 760, 761, 762, 763, 764, 765, 766, 767, 768, 769, 770, 771, 772, 773, 774, 775, 776, 777, 778, 779, 780, 781, 782, 783, 784, 785, 786, 787, 788, 789, 790, 791, 792, 793, 794, 795, 796, 797, 798, 799, 800, 801, 802, 803, 804, 805, 806, 807, 808, 809, 810, 811, 812, 813, 814, 815, 816, 817, 818, 819, 820, 821, 822, 823, 824, 825, 826, 827, 828, 829, 830, 831, 832, 833, 834, 835, 836, 837, 838, 839, 840, 841, 842, 843, 844, 845, 846, 847, 848, 849, 850, 851, 852, 853, 854, 855, 856, 857, 858, 859, 860, 861, 862, 863, 864, 865, 866, 867, 868, 869, 870, 871, 872, 873, 874, 875, 876, 877, 878, 879, 880, 881, 882, 883, 884, 885, 886, 887, 888, 889, 890, 891, 892, 893, 894, 895, 896, 897, 898, 899, 900, 901, 902, 903, 904, 905, 906, 907, 908, 909, 910, 911, 912, 913, 914, 915, 916, 917, 918, 919, 920, 921, 922, 923, 924, 925, 926, 927, 928, 929, 930, 931, 932, 933, 934, 935, 936, 937, 938, 939, 940, 941, 942, 943, 944, 945, 946, 947, 948, 949, 950, 951, 952, 953, 954, 955, 956, 957, 958, 959, 960, 961, 962, 963, 964, 965, 966, 967, 968, 969, 970, 971, 972, 973, 974, 975, 976, 977, 978, 979, 980, 981, 982, 983, 984, 985, 986, 987, 988, 989, 990, 991, 992, 993, 994, 995, 996, 997, 998, 999, 1000.

As I said, this program is probably best suited for a novice or an intermediate lifter. A more advanced lifter could use many of the principles, by changing the order of the exercises, days, etc. Good luck!

TRAINING

GRASS ROOTS VIDEO TAPING as told by MARTY GALLAGHER



STRENGTH REVIEW many time World and National Masters Champion Don Mills (seated) watches his squat attempt along with his training buddies (photo courtesy Marty Gallagher)

Every gym, club or large group of competitive lifters should give serious consideration to the purchase of a video camera for the express purpose of taping your workouts. Why? First and foremost, even a modest set-up consisting of a VHS or Beta cassette player, video camera and a television for playback viewing will provide the lifter with the ability to review, on tape, each and every set he performs within ten seconds of completion. This visual learning tool will give you immediate feedback on what adjustments you need to make to improve your lifting performance, which is presented on tape (for better or worse) and available for instantaneous scrutiny, all at the touch of a button. Gone are the days of relying on the subjective, albeit well intentioned, judgments of your training partners. You are the judge of your own efforts.

Best of all, you are getting this critical feedback when you need it the most: during the training session, when you're in a position to do something about it. What a wonderful thing to be able to see that you just completed a set that was powerful, but borderline. Armed with this knowledge, you come back to smoke your next set with unquestionably good depth.

Equipment: A basic camera can be purchased for as little as \$250-\$300. Our camera has a zoom lens, a fast forward, a slow motion and a freeze frame. All of these options are well worth any additional cost. The camera and recorder are hooked up to a standard TV, preferably a 26 inch. The larger the screen, the easier the playback viewing, particularly when five or six 250 pounders are scrunched up viewing a playback.

When everything is set up correctly, the camera image is shown on the TV screen as the lift occurs. Whatever image is shown on the screen is exactly what is being recorded on tape. This is an important point. Don't get caught up in the excitement of the moment, because as the camera operator, you must concentrate on the TV image. This is your final product.

After recording the lift the camera operator pushes the STOP button, rewinds the tape (utilizing the numbered tape counter) and presses the PLAY function to review the lift. What could be simpler? Lighting is important. Too little light will make you tapes dark and hard to see. This can be rectified by using drop lights and lamps strategically placed around the platform. Experiment with lighting combinations beforehand to produce crisp, well-defined tapes.

Taping the Lifts: Squat: Position the camera approximately 15 feet directly to the lifter's side and slightly to the front. Try to position the camera at a 125 degree angle. Spotters tend to obstruct view-

quise explosion off the chest, poor foot placement, and butt raises. All these traits indicate areas needing work and each suggest the lifter incorporate some remedial assistance work. For example, poor lock-out might suggest the lifter include some serious narrow-grip benching in his routine; poor explosion off the chest could be fixed with lots of wide grip benching, etc. One of the most interesting video applications in benching is studying the path of the bar as it travels from the chest to lock-out. Varying elbow positions can yield good results. Be creative in taping the bench press. Try new things, keep your camera's watchful eye will keep you apprised of your progress.

Deadlift: The deadlift is far and away the easiest lift to tape. With no spotters to contend with, this lift is a joy to record. A 3/4 front view is the optimal camera vantage point in taping your deadlifts. This affords great replay viewing as you can really study the shin, thigh and back angles on the lifter. Bad form becomes readily apparent in deadlift replays. The lifter can begin to correct bad habits immediately. Areas to concentrate on: identifying sticking points in the lift itself, shoulder position, back angle at the exact moment of take-off, and the speed of the bar throughout the lift.

As always, you must be able to deduce what assistance work will rectify whatever weaknesses your toughest part of the lift is the start, some deadlifts off a 100 pound plate might be in order (Ed Coan's favorite). Conversely, if you just can't seem to lock them out at the top, some stiff-legged deadlifts might cure what ails you. The list is endless. You can isolate problem areas and effect corrections via taping.

Additional Comments: You can expect a radical change for the better in all your lifting techniques as a result of video taping. No matter how savvy or attuned your lifting partners are, they can only offer opinions and value judgements on your lifts. This is based on their impressions and vantage point during your lift. A camera can offer you the ability to make your own call.

Although taping can be cumbersome, time consuming and a hassle, hanging tough; the long range benefits far outweigh the short term drawbacks. In the hi-tech Nineties, every serious lifter, club or power gym should possess and utilize this fabulous developmental tool. Correctly done and intelligently studied, taping can add many pounds to each of your lifts. Those who do not use the technological advantages available to them will assuredly lose valuable ground to those who do. So make sure you do. The future is now.

If there is one incontrovertible fact from the Iron Game, it's that size equals strength. One simply cannot add muscular bodyweight and not get stronger, other facts being equal (i.e., subject is not overtraining). It's the $E=mc^2$ of weightlifting. That's why, when I first saw a picture of Tom Platz back in 1978, I thought to myself: "This guy could tell you something about making your legs stronger." Never before had I, or anyone else, seen a guy with such an incredible mixture of size and leanness in a pair of legs, particularly the quads. It was the bodybuilding equivalent of Bob Beamon's broad jump. I decided then and there that I would get my hands on any article dealing with his leg training, because even back then I had already grasped the fact that size equals strength. Through the years I did this and also had the opportunity to attend a couple of his seminars and get to know him personally. Tom Platz can definitely help you get bigger if that's one of your goals in powerlifting.

I think Platz' leg development can be attributed to several basic factors: 1) genetics, 2) proper technique, 3) mental preparation and execution (intensity), 4) variation in training loads and, 5) diet. Genetics, obviously, had a role in Tom's success, but I think it's overrated, or perhaps manifests itself in a different way than is commonly thought. A picture of a teenage Platz shows him with just average leg size. If you didn't know who it was, you'd probably think there was no genetic advantage here. No, I think the genetic effect on his drive, and his ability to withstand and respond to brutal workouts. In this regard perhaps the most important physical genetic contribution was his endurance and not physical size. The moral of this story is that you can get big even if you're not born big, if you want it bad enough and are willing to put in the time and training. Check out Pacifico's wrists the next time you see a picture of him: he was an average size boy too. Genetics alone will not guarantee success anymore in this day and age with so many good competitors out there; one must employ scientific training, all of which is included in the other four factors.

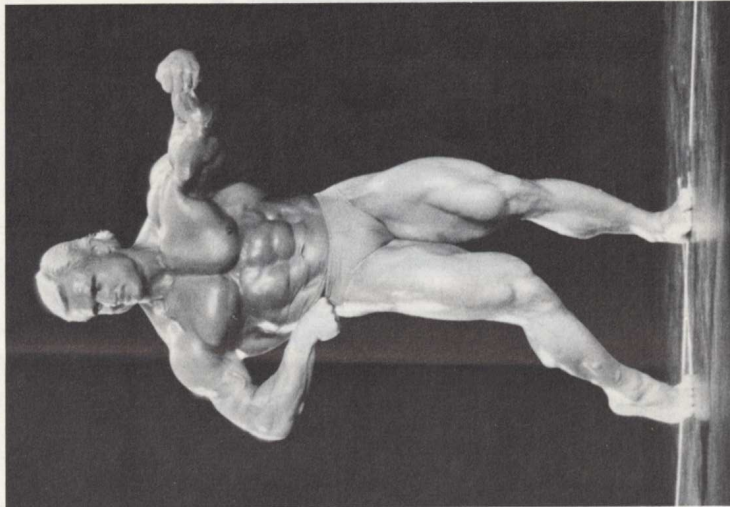
Fred Hatfield once said that Platz was the most scientific bodybuilder he had ever seen, and while that may be true, Tom will be the first to admit that he sort of backed into his scientific knowledge; that he found out later on just how valid most of what he had been doing was. Powerlifting champion in 1975, he learned his squatting technique from some old Olympic lifters. He gets very set, straight up and down, good stable shoes, feet shoulder width apart, and places the bar high on his back. Then he goes well below parallel and explodes from the bot-

tom, accelerating all the way. It's the exact same technique that Hatfield has advocated. It places all the pressure directly on the quadriceps, and they get an all important stretch at the bottom (any muscle group must be worked through an entire range of motion for maximum growth). By exploding out of the bottom, Platz is employing what Hatfield calls "comensatory acceleration," because he believes there is overwhelming evidence that explosive movements stimulate white muscle fiber growth. As a simple illustration, Tom likes to point out that in chickens, the white muscle fiber, like breasts and wings, is the type which is used in short, explosive movements. When Platz squats he would hit the other end of the spec-

trum and squat for twenty minutes parallel and explodes from the bot-

THE SQUAT

What a Powerlifter Can Learn from Tom Platz Points on Squatting by JON SMOKER



TOM PLATZ guest posing at the Central Coast Bodybuilding Contest back in 1987

compact, exploding up and down with one picture perfect rep after another. The scientific evidence and individual successes (the list goes on and on of big name lifters who have employed these Platz' squats as part of their training), make this style of squatting a 'must' for any powerlifter who wants to increase his explosive-ness and/or size.

I think the second biggest factor in the size of Platz' legs, was the great variation he used in training loads. He was always throwing something new at this legs, trying to shock them in to growth, and yet, with one basic exercise, squats. Sometimes he would work up to very heavy weights, less than 100 lbs, and then at other times he would hit the other end of the spec-

trum and squat for twenty minutes parallel and explodes from the bot-

tom, accelerating all the way. It's the exact same technique that Hatfield has advocated. It places all the pressure directly on the quadriceps, and they get an all important stretch at the bottom (any muscle group must be worked through an entire range of motion for maximum growth). By exploding out of the bottom, Platz is employing what Hatfield calls "comensatory acceleration," because he believes there is overwhelming evidence that explosive movements stimulate white muscle fiber growth. As a simple illustration, Tom likes to point out that in chickens, the white muscle fiber, like breasts and wings, is the type which is used in short, explosive movements. When Platz squats he would hit the other end of the spec-

straight with 135-225 pounds. I remember few years ago, Hatfield stated that he could see no value in repetitions above 20. He has since revised his thinking on that. Why? Because higher reps set up the next level with heavier weight and fewer reps and so on. Thus, for example, 20 minutes of squatting will set up repetitions of 35, and 35 will set up 20's, until, over the course of a cycle, you arrive at a new and better single, if you have handled greater previous at all levels over your previous cycle. The reasons for this are many and complex, but to name a few: 1) training this way improves your muscular endurance, so when you're training heavy, you can train longer and harder; 2) you're stimulating muscle growth at all levels of the spectrum (even an increase in the mass of red muscle fiber will increase your leverages positively); and 3) higher reps help you heal from heavier weights and less reps, and help you to get ready to handle heavier weights again injury free.

Tom is a big believer in mental preparation and execution: "What you can realistically conceive, you can achieve." So on workout days, he spends some time clearing his mind and meditating on what he'll do in the gym, including just seeing himself getting bigger. Once in the gym if Tom is training his legs, he approaches the squat racks with a reverential attitude; he knows the intensity and sacrifice of a good workout will be almost akin to a spiritual experience. Intensity, as opposed to complexity, is the key. This should sound familiar to followers of Ken Leistner, who has long advocated: "Keep it simple, but make it intense." So, it's not unusual for Tom Platz to pick one exercise per bodypart in any given workout and just work it until the muscle in question is just short of the point of injury, and then stop. One has to be finely attuned to their body to know when to stop. One also has to be in tremendous condition: Tom doesn't want his muscles super sore after an intense workout, because that's indicative of micro-trauma injury. Rather, what he wants on the day after, is for his muscles to have a "kind of mellow feeling." He also rests that particular muscle several days after a very intense session and employs a lot of stretching before and after workouts. Stretching before not only limbers the muscles and helps prevent injury, it also activates a governing tendon in each muscle, which will allow it to work through a greater range of motion.

The final key to muscular size is diet. Platz has been around long enough, so that at one time, he subscribed to the popular theory that a lifter's diet should be high in protein above all else. Muscle is composed of protein, the reasoning went, so if one wants to maintain muscle while getting or staying lean, one should (this article continued on page 70)

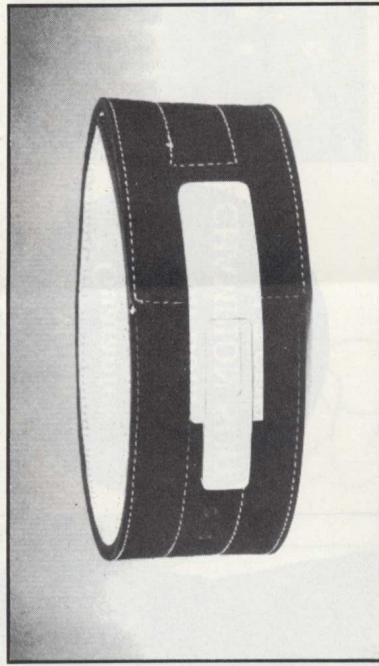
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This brief article is a follow up to a very popular feature that appeared within the pages of this magazine several years ago. My tongue is still stuck inside my cheek.

Powerlifters are very quibble when it comes to choosing food supplements. While poor eating habits often lead to borderline deficiencies, there is little doubt that

most supplements are not necessary for lifting success or good health. If one is going to take a supplement, it should serve multiple purposes. The ideal nutritional supplement would provide all of the B vitamins and minerals, enough protein for growth and repair, carbohydrates to meet the energy expenditure of any particular day, fat to transport and supply fat soluble vitamins and repair mylin sheaths, taste good, and be convenient to take. Cheese cake immediately comes to mind.

Cheese cake, in various forms, is a very palatable source of many micronutrients. It is calorically dense, which allows heavier lifters, and those seeking to increase their existing muscular mass, to consume needed calories without that dreaded stuffed and bloated feeling. It is high in both fat and carbohydrates for energy purposes, thus serving as a 'protein sparing agent'. The fat and carbohydrates present, allow any protein, derived from high quality milk and egg sources, to be used almost immediately. If cheese cake is eaten one and a half hours prior to training, this protein becomes available at the cellular level approximately three hours after training, the exact time it would be needed to repair recuperating cells.

On squat days, I recommend that cheese cake be consumed with low fat or skim milk. This will give a slightly full feeling, allowing for a better base, or foundation when squatting. The 275s and Supers, of course, will have the added advantage of being able to get a bit more bounce out of the bottom as their full stomach region contacts the thighs. If one has been suffering from low levels of energy and training has been sluggish, chocolate cheese cake could be the answer, at least to the extent that workouts will not suffer. The caffeine in chocolate serves as a stimulant and cocoa butter is a highly useable fat, especially for cells in the lower extremities. Research from the Far East indicates that although all legitimate studies in the Western Hemisphere debunk the myth that lecithin emulsifies fat and/or cholesterol in the bloodstream, the lecithin found in many chocolates behaves differently. Lecithin in chocolate may, in fact, prove to be a vasodilator and steroid emulative in of itself. Because chocolate lecithin is derived from soy-

beans, it gives the discriminating eater an additional source of protein, which in conjunction with the dairy proteins already present in every cheese cake, yields an excellent amino acid pattern. This combination of soy and dairy proteins, especially when mixed with a glass of milk, gives an amino acid punch that cannot be duplicated by any supplement presently sold legally!

I have always advocated the consumption of carbohydrates from fruits, grains, and vegetables. Cheese cake, especially in the Midwest, is almost never served without a topping, or if one is truly an epicurean, without having strawberries or blueberries baked into the basic mixture. The flour, especially if a graham cracker crust is used, provides needed vitamin B complex and useable carbs. The fruit topping, especially if sugary, provides 'instant' energy, and a more sustained glucose emptying due to the delay in gastric emptying time due to the fat that is also present in the cheese cake.

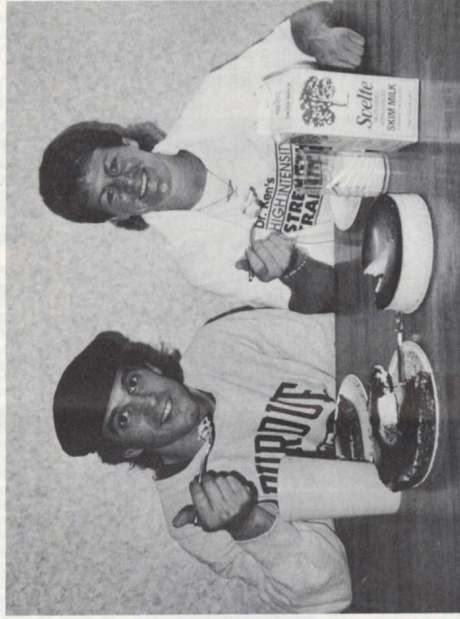
The fact that cheese cake is basically white, or yellowish in color, is also a plus. This signifies purity and hope for most cultures, and lifters, despite diverse religious beliefs and cultural background, are always hopeful of increased totals and injury free lifting. The psychological value of eating cheese cake, especially with the knowledge that it is, in fact, so nutritionally rewarding, serves as a powerful and constant reminder that one can strive for enhanced lifts and improved interpersonal relationships in

the lifting community. The benign, yet uplifting, appearance of cheese cake makes it acceptable to most, no matter how accented their dietary beliefs or culturally determined customs.

I believe that more research should focus upon the utilization of various shapes and flavors of cheese cake, as it specifically applies to the powerlifting community. I won't hold my breath as we are usually discriminated against in the scientific community. I will also continue to wait for scientific confirmation of facts!

Editor's Note: Before you make a run on the local bakery's supply of cheese cake, please understand that this month's article by Dr. Ken is in a satirical vein. When the predecessor to this article ran in PL USA some time back, it was amazing how many people took his comments seriously. Dr. Ken usually tries to be very objective in his material, but once in a while he likes to have a little fun with you. This is one of those times.

More From Ken Leistner



WDPF World Champion Linda Belsito and Dr. Ken ingest critical nutritional calories with cheese cake from Everbest Bakery in Valley Stream, the best in the New York area (photo by Kathy Leistner)

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TRAINING

Drug Free Training by Drug Free Champion, Joe Ladnier

It's a fact that the key to gaining strength is recuperation. The drug free lifter needs more time than the lifter who uses steroids. Obviously, the two types of lifters need different types of training programs. I know because I've been there. My lifting programs have changed tremendously over the past four years that I've been drug free. Below is a program that my training partner (Lance Broome) and I have been using for the past eight weeks. It has allowed us to make strength gains in all three lifts, while training injury free. It has worked for us, maybe it will work for you too!

This program is designed using 500 lbs. as a max on the squat and deadlift, and the max on the bench press is 300. At the end of this program, the lifter should gain 10 to 20 lbs. on each lift.

Week 1: Monday: 8 sets of one rep with 440 in the squat. Wednesday: 8 sets of one rep in the bench with 240. Friday: 8 sets of one rep in the deadlift with 440.

Week 2: Monday: 7 sets of one rep with 450 in the squat. Wednesday: 8 sets of one rep in the bench with 250. Friday: 7 sets of one rep in the deadlift with 450.

Week 3: Monday: 6 sets of one rep with 460 in the squat. Wednesday: 6 sets of one rep in the bench with 260. Friday: 6 sets of one rep in the deadlift with 460.

Week 4: Monday: 5 sets of one rep with 470 in the squat. Wednesday: 5 sets of one rep in the bench with 270. Friday: 5 sets of one rep in the deadlift with 470.

Week 5: Monday: 4 sets of one rep with 480 in the squat. Wednesday: 4 sets of one rep in the bench with 280. Friday: 4 sets of one rep in the deadlift with 480.

Week 6: Monday: 3 sets of one rep with 490 in the squat. Wednesday: 3 sets of one rep in the bench with 290. Friday: 3 sets of one rep in the deadlift with 490.

Week 7: Monday: 2 sets of one rep with 500 in the squat. Wednesday: 2 sets of one rep in the bench with 300. Friday: 2 sets of one rep in the deadlift with 500.

Week 8: Monday: 1 set of one rep with 510 in the squat. Wednesday: 1 set of one rep in the bench with 310. 1 set of one rep in the deadlift with 510.

Contest: 510 to 520 in the squat; 310 to 320 in the bench press; 510 to 520 in the deadlift.

SQUAT: after each set, rest 1½ minutes from the time you unwrap til the time you start to wrap again. It's best to have someone else wrap your legs so that you may rest. Do auxiliary work for legs on this day.

BENCH PRESS: rest 1½ minutes between each set of singles. Do auxiliary work for the chest, shoulders, and triceps on this day (no more than two exercises for each body part).

DEADLIFT: rest 1½ minutes between each set of singles. Do auxiliary work for upper and lower back and traps.

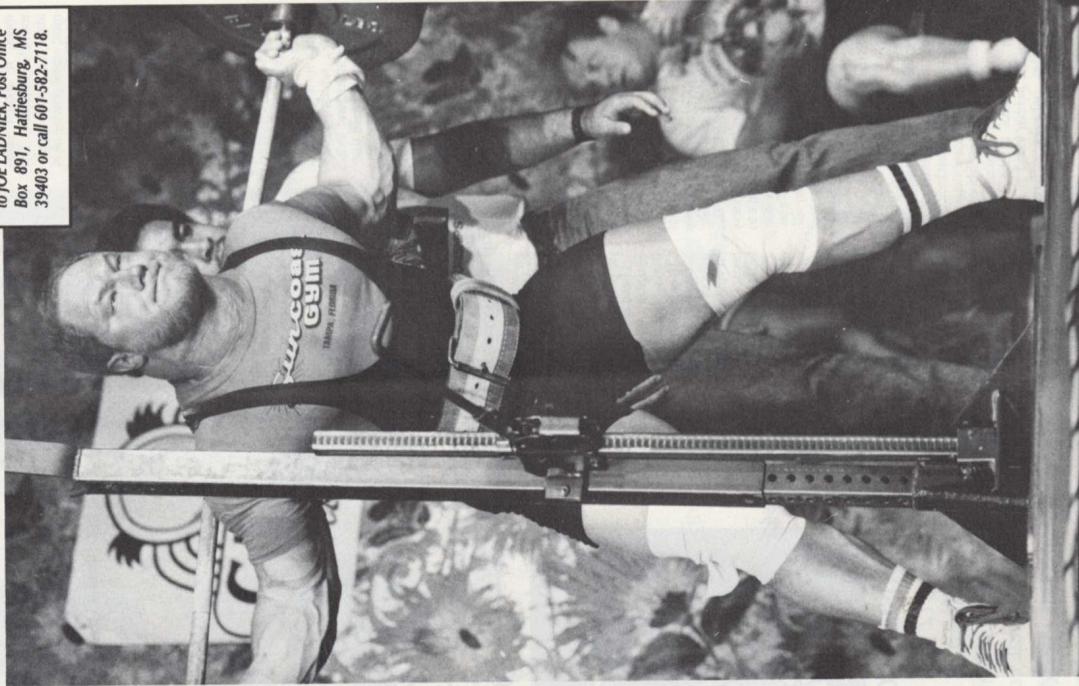
WARMUPS: for each lift they should be 1st set - 1x10, 2nd set 1 1x6, 3rd set 1x4, 4th set 1x2, then begin your singles.

NOTE: The difference between this program and one that a lifter on steroids might use is that the steroid user could do his squatting and benching routine on Mondays and Thursdays and deadlifting on Saturdays, and still recover.

For a more personalized program, see Joe's ad above and write to JOE LADNIER, Post Office Box 891, Hattiesburg, MS 39403 or call Joe at 601-582-7118.

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JOE LADNIER won the 1988 ADFFA National title at 220, and the 1989 WDFFF World title in the 220 lb. class

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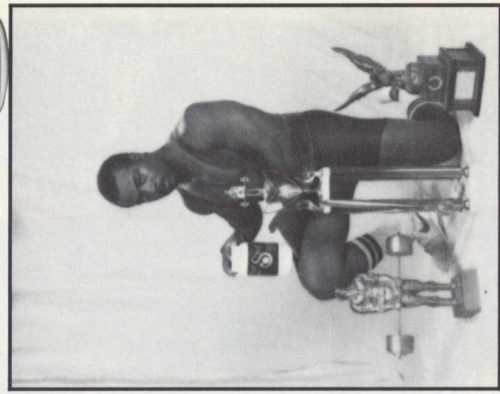
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But even that's not the good news. The real story is that HOT STUFF works outrageously well! In the two years that it's been available, it has developed a passionate following of thousands of bodybuilders and powerlifters. Everyone who uses it freaks out at the results. There has never been a product like HOT STUFF. Just talk to anyone who's used it — someone like Willie, for instance — and they'll tell you exactly the same thing. HOT STUFF REALLY WORKS! And that's the truth. Muscle gains of 30-35% and fat loss of 15% are possible in just six weeks.

Prove It For Yourself! Try One Can. . .
Talk is cheap, as they say. We could fill up this entire magazine singing the praises of HOT

Since I've been writing articles for various weight training magazines for the past few years, I've received letters from lifters from all over the country and as far away as Canada, South Africa, and Belgium looking for simple answers to their questions. After a while, some of the questions repeat themselves. Many articles on training the 3 lifts only come up with sets and reps and little else in the way of the fine points of getting that, something extra out of the lift or information on common problems lifters have. Though this article may decrease the amount of mail I get at my post office box, I thought I'd write it anyway. Let's examine the squat.

One of the frequent questions I get is on the matter of squat stance. First off, there's realistically no way I can recommend a guaranteed-to-work stance choice by correspondence. What I can provide, however, are some tips to use when choosing your most effective stance in the squat. Squat stance varies greatly throughout the sport, with extremely successful lifters of each type standing well. Championing is a wide selection of stances, with a world record propounder with a weight of 800+ pound squats to his name.

The main squat stance is termed by Pat Peterson as one of the best. The right starting is the best of choice for a guy named Doug Furnas. A notable backwater is Dennis Reed. Then there's the textbook perfect form of Mike Bridges. The "Use every muscle in your body" technique of Ed Coan. Gene Bell is an example somewhere in between all these. What's it all mean? It means that every lifter will have to choose his or her best stance for themselves and not let a favorite athlete's stance influence their choice.

Some lifters have been told to try squatting wide because their coaches or advisers thought they "looked like" they should be wide squatters. What sometimes happens is the lifter's squat suffers a marked decrease and the lifter can't figure out what's wrong. I agree that lifters should remain open minded to advice from other sources and should give new ideas a fair shake, but if after a good period of trial they fail to work, their use should be reconsidered.

What's a "good period" of time? Probably, one training cycle should be sufficient to determine if you are on the right track. Even a failure can have positive benefits. You have eliminated, with a high degree of certainty, one training method or technique, and don't have to bother with it anymore.

If you decide to try a new squat stance, some training considerations must accompany it. If you decide to squat wide, you should devote more

time to developing the necessary flexibility to properly use the style. This may also require more lower back strength to help keep your back more upright. Abs come in handy here, too. If you narrow your stance, you may require more back strength also, as well as more ab strength as in the wide stance. Narrow squatters tend to use more back while wide squatters use more in the way of hip strength. You assistance training should be geared to accomplish these new strength needs.

I would also suggest working into the new stance slowly, using moderate weights, until you get the new stance down pat. Going full speed into a new stance could result in injury.

Another common question is about leaning forward during execution of the squat. The result is usually either a lower lift or a missed lift due to depth problems. The depth problem occurs because as the squat descends into the squat, his back angles more closely to a parallel to the ground position, which, in turn, raises the hips. The raising up of the hips results in the need for the squatter to descend even lower than he may think he needs to, in order to break parallel. The result is often a red light or two, especially from the front judge. The most obvious answer to this problem is to be aware that it happens. The lifter will need to make an adjustment in his perception of necessary depth. The lower poundage lifted results from poor leverage. The bar may be too far forward over the thighs for them to effectively come into play.

THE SQUAT

Fine Tuning Your Squat
analyzed for PL USA by DOUG DANIELS



Jesse Jackson is one of the foremost lifters to have switched squat stances from narrow to wide and he's continuing to make progress in the 700 pound range as a 146 pounder



Next item would be execution considerations. Try to keep your head up during the squat. This will aid in keeping your back more upright. Also, keep your chest out and elbows back. This will also help keep your torso upright and straight. Don't let the bar slide too far down your back during the lift. This will cause your back to bend forward to keep the weight in place. Set up these ideas in your mind and you stand to improve your chances. Keep the notion that you must strive to go just a bit lower to break parallel. This comes from practice in the gym. Don't wait until the meet or you may get "redlighted".

There are some training methods available to help reduce back bend or to help the lifter deal with it. Again, increased flexibility would be helpful as some lifters may not be flexible enough to remain upright comfortably. Increased torso strength, front and back, would help stabilize the body and help maintain an upright position. Exercise like hyper-extensions or deadlifts off the block are top choices for developing lower back strength. Many leaning squatters have strong Erectors as a result of their form, but these exercises would build the muscles over a fuller range of motion. Ab strength can be improved through crunches, weighted if possible. Sit ups are a poor choice as they have been shown to be mostly a back and hip exercise with slight isometric contraction of the abs.

Along with the lower back, upper back work of the traps and lats would be helpful also. You really need full back development to produce a big squat as well as a big deadlift. Exercises here include chins, pulldowns, rowing, and shrugs. Strong shoulders and arms help to support the weight while it's on your back. This will also help to keep the bar in place during the entire squat, from uncracking to placing it back on the rack after your 3 white light attempt. Exercises for these are well known.

Slight adjustments in your stance may also help as well as continued practice of execution. Style is a critical factor regardless of which squat stance you use.

I hope I've helped a few of you out there fine tune your squats. There is more to squatting than sets, reps, knee wraps, and squat suits. I would like to stress that over time, because of aging, weight changes, or injuries, your choice of squat stance may need to change. A style you used as a 165er may not work as well as a 198er. Keep in mind the importance of your form during the squat and combine it with a good routine and an open mind and you'll see results.

Doug Daniels
Box 1974, Highland, IN 46322

STARTIN' OUT

A special section dedicated to the beginning lifter

Believe it or not, powerlifting is a gentlemen's sport. Like golf and tennis, powerlifting, too, has rules of conduct that should be followed on and off the platform. To some, powerlifting carries a stigma of being barbaric and vulgar. When asked to describe the average powerlifter, Joe Six-Pack, who knows nothing about the sport, envisions a big, hairy, steroid-shootin', spit-in and scratchin' musclehead who just stepped off his Harley. Well, we all know that's ridiculous, and besides, some great lifters own Harleys.

Here are a few rules aimed at doing two things: 1. Putting that myth to rest; and 2. Making the meet a better experience for spectators, meet workers and directors, judges and lifters. At the risk of sounding corny, I call them the "Ten Commandments for a Kinder, Gentler Power Meet."

I. Mail your entries in by the deadline. This not only helps meet directors in making preparations for the meet, it also ensures that you'll get a chance to compete. At most meets, LATE ENTRIES WILL NOT BE ACCEPTED. It is not just a threat, it's a promise.

II. When weighing and checking in, remember to supply meet officials with your rack height. Failing to do so slows up the meet and could affect your squat set-up if the bar is at an improper height.

III. When the rules meeting starts, keep your mouth shut. Even if you know the rule book like the back of your hand, maybe some of the lifters don't. If you listen, you might learn something. Besides, it's impolite to be gabbing while someone is trying to speak.

IV. Show the judges respect. Mouthing off to the judges is not tolerated and it sets a bad example to the spectators and younger lifters. Judges are human and sometimes they make mistakes, but I'll bet that 99 times out of 100 those two or three red lights are warranted. Judges try to be as objective and consistent as possible. There's no conspiracy to bomb you out of the meet. And, besides, grousing at the judges only makes them watch you that much closer on the next attempt. I believe you have the right to politely ask a judge why you were red-lighted, but accept and respect his decision and don't argue. It won't change his mind.

V. Show some courtesy in your warmup area. Even though there might be as objective of equipment (and sometimes time), remember that other lifters have to get their warmups in, too. Try to accommodate them. Also give them a spot if they need one.

VI. Encourage your fellow lifters. Even if they're in your weight class, this rule is really up to the individual, but it's a matter of sportsmanship. If you don't offer support to other lifters in your flight, don't expect getting any in return. Everyone's attempts are im-

In Powerlifting Nice Guys DO Finish FIRST!



World Champions like Bull Stewart are almost invariably well-mannered competitors and good examples for upcoming lifters. Look for Bull to hit some major numbers at the 1991 Lifetime Drug Free Nationals.

portant, not just yours. As I see it, if my competitor goes 9-for-9, it pushes me to perform at a higher level.

VII. Don't dump the weight on the spotters. If you miss a squat, stay with the bar. Dumping the weight, if it could be avoided, is grounds for disqualification. The spotters are there to help you, so try to help them, too.

VIII. Remember to promptly report your next attempt to the scoring table. Not only is there a time limit on reporting your next attempt, but the sooner you do it, the easier it is on the scorers. If things run efficiently and smoothly, a power meet does not have to be an all-day, all-night affair.

IX. If you're having a bad day, don't make excuses. Nobody wants to hear them. Nobody like a whiner. Performance. I often hear whippersnappers like, "That squat was too high." Or, "He hitched on that deadlift." The judges obviously thought the attempt was good or they wouldn't have flashed three whites. And even if another lifter's performance isn't up to your personal standards, it might be a big deal to him. You wouldn't like it if someone called your personal record 275 bench press "wimp weight."

Most of these rules are common sense and they just scratch the surface. A "class act" on the platform can help powerlifters receive the credit and recognition they deserve, and make competition more pleasurable for both the spectators and the lifters.

RAY HOLLNAGEL

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THE BENCH

The 'MONOLIFT' as evaluated by JEFF WRIGHT

Here at Gold's Gym, in the South Hills of Pittsburgh, we are always looking to improve and update our equipment and training procedures to keep on top of every innovation to give our lifters the best advantage available. Safety is always an important factor with which to balance the merit of each new idea, and plays a big part in each choice.

Several months ago, I heard of the MONOLIFT Advantage; a new system developed for use with free weights, which allows the lifter to lift alone, without the need for spotters, in complete safety and comfort. I had the opportunity to visit the designer/manufacturer and try it for myself. At first I may have been somewhat skeptical, but after only a few lift-offs I could tell that this was really going to be great. The model I tested then was a rough prototype and has since been polished up and refined to the slick piece of equipment now installed in a prominent position in my gym. I saw the new model for the first time at the 1990 Men's and Women's A.P.F. Senior National Championship Meet which I hosted together with Tim Bentley in July at the Airport Marriott. At my invitation, Ray Madden, the inventor and manufacturer of the MONOLIFT Advantage set up a booth and displayed his equipment for the first time anywhere. The response was overwhelming. Everyone seemed impressed with it, but perhaps the most enthusiastic reaction was from our own Leo Wysocki.

Many of you will remember that Leo had 500 lbs. accidentally drop-

ping out of the way, and "just like that" you are in lifting position. Now the lifter can do the exercise and back into the "S" hooks. During the lift, if the lifter can not complete the lift and the weight is stuck on the chest, he just has to allow the weight to roll off his chest toward the "S" hook and the safety bars take the weight. The lifter is not pinned to the bench. Also, if the bar is inadvertently dropped over the head, there is another set of safety stops that prevent the head from injury.

Last but not least, the MONOLIFT Advantage 2000 comes with a built in system for lifting lock-outs. The safety bars which protect your neck during the regular lift, are raised to the desired height for just lift-off as you would normally be using the barbell to the safety bars and completing the press. The two big advantages to the type of lock-out system are: first, the ability to start the lift from the top and, second, as your strength increases, the lock-out bars can be lowered in increments of just one inch. This is a great way to break through those frustrating plateaus through those frustrating plateaus.

MONOLIFT to install the first MONOLIFT system in my gym and I expect many others to follow suit as advertised that the people at MONOLIFT have plans for a similar device using the incline and decline bench as well. We look forward to seeing what the future holds for MONOLIFT and encourage others to step by and try it out for themselves.

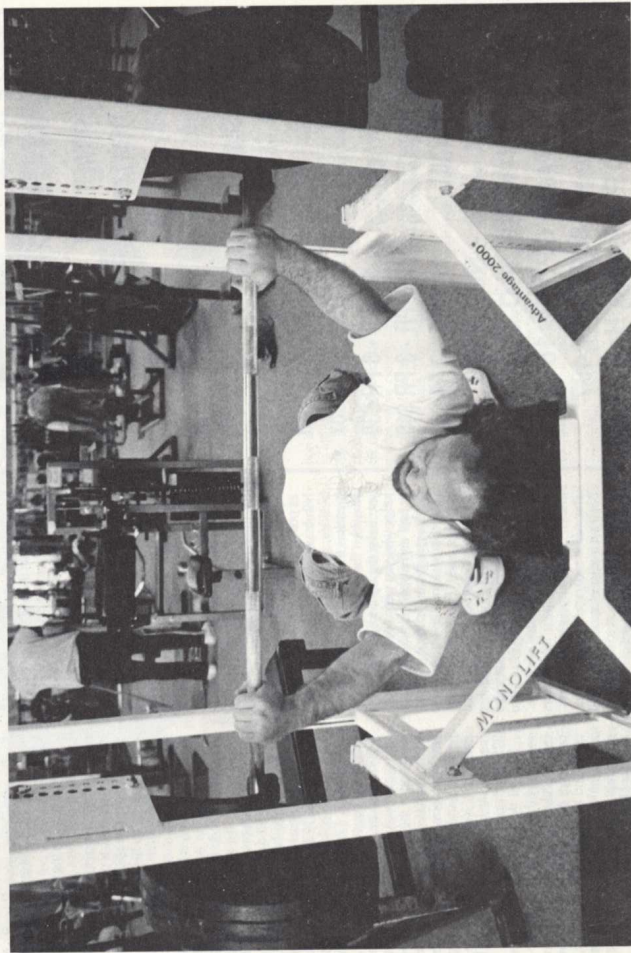
brainchild of Ray Madden, a retired airline pilot, who has been lifting for over 45 years. Ray credits his most recent accomplishment, that of setting a new record for the World Masters in the 181 lb. class at age 60 with a 300 lb. bench press, to training on his own invention. He developed the device simply for his own use in training without a partner, and designed it to give the optimum of ease in lift-offs consistently. After many years of honing and refining his apparatus, he finally patented the final product and decided to market his invention. People are often surprised at how simple the whole concept is, and that nothing like it has come along before.

This is the way it works: the barbell is supported in "S" hooks which are free to swing. When the lifter is ready, he gives a slight push back on the bar and then a slight pull, and the bar then swings over the lifter (MONOLIFT carrying the full load) and the lifter simply stops the weight exactly where he wants it. Then with arms locked, at the top, when the lifter is ready, he allows the "S" hooks to

ped on his face when spotters failed to catch the weight as Leo completed a lift. Human error... it happens, and we have all heard stories with even worse results than Leo's. He was fortunate to escape with 18 stitches to close his jaw wound. When Leo tried the MONOLIFT for the first time he KISSED IT! Then when we installed the first one in our gym, Leo was right there to help unload the truck and set it up. That was over three months ago and enthusiasm is still running high for our newest acquisition here at Gold's.

Mark Longo says: "I think it's great! I train without a partner so I don't have to worry about getting stuck at the bottom of my press." And Ron Sheppard commented: "I have nothing but praise for the MONOLIFT. This is the first time I've used it and there is no fear of getting caught under the weight bar. When I take the weight off the swing there is not fear of bumping any object on the way down. I hope to see another MONOLIFT soon, for this machine is catching on."

The MONOLIFT Advantage is the



JEFF WRIGHT checking out the new MONOLIFT Advantage safety bench pressing system at his Gold's Gym facility in Pleasant Hills, Pennsylvania.

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Dr. Judd

Sexual Relations and Peak Performance

by Judd Biasiotto Ph.D. and Army Ferrando of WORLD CLASS ENTERPRISES

In 1976 at the SUPERSTARS Competition in Sarasota, FL, I overheard the former heavyweight boxing champion of the world, Joe Frazier, tell an aspiring athlete that two months prior to a fight he would totally abstain from sex. "Sex will make you weak, I never do it before I fight," explained Joe. "Besides, when I don't get it, I get mean as hell." At the time I thought Joe's advice was about as good as the swimming exhibition he gave during the SUPERSTARS Competition. (In case you missed it, Joe jumped in the pool, took about eight strokes that propelled him three feet forward, and then went straight to the bottom.)

I might have been able to buy the mean part, but as far as sex causing a decrement in athletic performance, I just didn't believe it. In fact, I had read somewhere that a world class pole vaulter had set a world's record less than one half hour after he made love to his wife. Joe had to be wrong. Then in 1980 I met a world class high jumper named Bruce McDaniels who swore that sex prior to competition would indeed cause a decrement in athletic performance. It might also be noted that at the time, Bruce was working on his doctorate in Exercise Physiology at the University of Georgia. Less than a year later, I met six world class boxers who told me that not only did they abstain from sex a week prior to competition, but that before a fight they would actually lie down their genitals so that they wouldn't risk having a nocturnal emission. Needless to say, I started wondering if what these guys were saying had merit. Consequently, I decided to look into the matter.

A computer search of the research literature came up dry. I couldn't find a single well-controlled experiment that was designed to determine how sex affects athletic performance. In an attempt to get some answers, I started interviewing the athletes with whom I came in contact. I was amazed to find that a number of powerlifters felt that engaging in sexual intercourse the night before competition would significantly decrease their performance. "I've engaged in sex twice before competition and both times I performed terribly in the meet," recalls an elite powerlifter. "My legs were rubber, and I had no

however, they've been wrong before. Don't forget it was the A.M.A., who said that anabolic steroids did not enhance strength or athletic performance. In other words, because they it's always so. Still, they probably are the people with the information to make the best calculated guess.

When you really think about it, they probably are right. Sexual intercourse only lasts six minutes and consumes less than two hundred and fifty calories. Notice I said "averagely." For a powerlifter, it would probably be a minute and a half and less than a hundred calories.

much. Actually, I have no scientific research to substantiate that point. Maybe it is true that lifters get it up and think about it. When you probably burn up more calories in your first two or three warmup sets.

Perhaps Casey Stengel, the late skipper of the New York Yankee's and my favorite sports psychologist put it best. "It isn't sex that wrecks these guys, it's staying up all night looking for it."

I would also say that most lifters are in pretty good shape (with the exception of a few super-super heavies), especially compared to the average "Joe Blow." Consequently, they probably can handle six minutes of bliss a day better than most people can from a physical standpoint. That is, still, all this is speculation. When research is conducted to determine the effects of sexual relations on powerlifting performance, we just may find out that it will decrease performance.

Come to think of it, I'd like to do that research. Anyway, until some research is conducted, your guess as good as mine as to whether sexual relations will hinder athletic performance. So until then, you'll have to figure out what's best for you through trial and error. Look at the bright side though, the trial and the error is going to hurt so good.

Mar/90...Women's TOP 20, Squating Back in the 60s, Staying Warmmed Up, Sly Anderson's Deadlift Workout, TOP 100 132s, ADFFA TOP 242s, April/90...Natural Nationals, Mike Hall Profile, Forcing Forced Repts, Turning On Your Nervous System, TOP 100 148s, ADFFA TOP 20 275s, Jun/90...Train With The Insane Club, ADFFA Women's, Death of Chuck Braxton, Jack Tice Deadlift Workout, TOP 100 181s, ADFFA TOP 20 114s, Jul/90...Dave Pasmella's Death, USPF & ADFFA Collegiates, National Masters, Insulin Boosting, David Ricks, TOP 100 198s, ADFFA TOP 20 123s, Sep/90...APF Seniors, WDFPF Worlds, APF Juniors, World Bench Press Championships (Lain Benches 712), TOP 100 220s, ADFFA TOP 20 148s, Oct/90...KEN LAIN Benches a 717, ADFFA Nationals, Inaba Defeated, Pain, The Strongest Man in the USSR, TOP 100 275s, ADFFA TOP 20 165s, Nov/90...TED ARCIDI Comes Back With 718, Ed Coan's Training Philosophy, World's Strongest Man, TOP 100 SHWs, ADFFA TOP 20 181s, **MAKE A LIST OF THE ISSUES YOU WANT (AND ALTERNATE CHOICES), MAKE OUT A CHECK TO POWERLIFTING AND SEND IN TODAY TO POWERLIFTING USA, BI DEPT., BOX 3238, CAMARILLO, CALIFORNIA 93011.**



Dr. Judd Biasiotto with yet another offbeat look at an important aspect of the sporting life for powerlifters.

I first heard about this unique squat routine while officiating a power meet at Lewisburg Federal Penitentiary. A few of the lifters were talking about a radical type program they used and were backing it up with some pretty impressive poundages. I inquired about the routine and must admit I was a little skeptical about it when they described it to me. I had completely forgotten Lewisburg in early July and had a chance to observe, first hand this routine was actually being used. I still feel it to be one of the radical side, but it sure produces results (165 lb - 49 year old lifter - squatting 600 lbs) I asked two of the inmates to write up this routine and I would share it with the readers of PL USA. The following is a description of their unique squatting principle.

In this article I will give you a squat program which is basically for master lifters who do not have access to fancy diets and/or large arrays of supplements. It is a program that can be used all year and with which you can generally be competitive on any given week. The routine is based on percentages: 70 percent on a light day, 80 percent on a medium day, 90 percent on a heavy day. Above these percentages are just what is called a minicycle of two weeks duration, which consists of a light, medium, light and a heavy workout in a continually revolving two week cycle. That's correct. On your light days use no support, the gear, no belts, no suits straight up and down. On your medium days, you get lucky and can wear a belt, and if from years of wear and tear you have a recurring knee problem, you also get to wear a "small" Ace bandage. We always want to be safe and protect ourselves from injury. On heavy days, use all the supportive gear you can legally wear.

Now that we have started a great squat, all we have to do is get up Buddy, you had better be aggressive now! Power out of the bottom, explode up and through that old stick-greaseburger during the actual squat. Bombing for lack of depth should never be a question, much less a problem. Why would anyone want to use all that effort and then miss a lift by an inch or two? Take them all down deep. It makes no difference whether they're light or heavy, whether they're light or competition. Take each and every rep down deep.

The following is my squat routine:

Light day: Light days are basically form days and used to flush blood and new interest in the lift. 3. You're never over trained and always looking forward to the heavy day with enthusiasm built on success and an energy level which has not been depleted. 4. After years of using this program, there has never been an injury worse than a minor muscle pull. 5. Looking at most 12 to 14 week cycles, you understand for the first 6 or 7 weeks, do line for a couple of weeks, and then, if not careful, rush toward over training the last 3 to 5 weeks before the meet. A meet is just another heavy day. It doesn't make any difference if you've increased 30 or 40 pounds (which most of these cycles say is possible) as long as you have made some gains since your last meet. Steady progress is what we're looking for. Five, 30 or 40 pounds is great, but so is 5, 10 or 15 pounds.

Remember, as the pounds on the bar increase, so should your form improve. Get tighter - not looser as the weight goes up. be strong, healthy and enjoy yourself. There is much left unsaid, so if you have any questions, contact either myself, L. M. Phillips, 00110-0131, Post Office Box 1000, Lewisburg, Pennsylvania 17837; or my partner, G. Buchanan, 08182-014, at the same address.

THE SQUAT

Squats for the Master

by G. Buchanan and L. Phillips as told to Bob Gaynor, Vice President, ADFFA



Master Lifters require training routines that allow for recuperation, yet still stimulate growth.

step into the rack and under the bar, get yourself set with the bar placed just right on your back; hand and arms in as light as possible. Weigh yourself into the weight stand up straight unracking the bar and feel the weight. Take one little step back, stepping into your proper starting position. Practice this on light and medium days. You don't want to fidget around looking for a foot post on your back. Get the signal and squat. There's nothing that causes you more confident in your ability to set a new personal record than to come out of the rack in total control with a good, solid feeling. Squat slowly (5 sets of 3 reps). Leg extension (5 sets of 3 reps). This is not full body movement, so sit upright. Place your hands on your thighs and use only your legs, leg cuts; (8:10) You're going to work those hamstrings!

Medium: Back squats: 1x3 at 70 percent, 1x3 at 80 percent, add 50 lbs for 1x3. Fr squats: 1x3 at 70 percent, 1x3 at 80 percent. Heavy squats in power rack. Work up to 100 lbs over your max single in sets of three, then 1X10 quarter squat above light day.

Seed and light day: Repeat heavy day.

Heavy day: Back squats: 1x3 at 70 percent, 1x3 at 80 percent. Fr squats: 1x3 at 70 percent, 1x3 at 80 percent, add 50 lbs for 1x3 at 90 percent, suit and

POWERLIFTING USA MAGAZINE

for USA lifters competing
October 1989 to September 1990

TOP 100

114 lb./52 kg.

SQUAT	BENCH	DEADLIFT	TOTAL
1 457 Dunbar, C., 7/8/90	315 McDonald, D., 12/2/89	590 Thompson, R., 12/2/89	1182 Hill, P., 2/7/89
2 424 Hill, P., 2/7/89	312 Miller, B., 1/1/89	587 Hill, P., 2/7/89	1131 Dunbar, C., 7/8/90
3 420 Bourque, K., 1/6/90	292 McCallister, J., 1/1/89	468 Fielder, C., 7/8/90	1101 Iles, J., 4/14/90
4 405 Dard, L., 3/3/90	290 Gravoski, J., 1/1/89	457 Dard, L., 3/3/90	1075 Thomsen, R., 1/1/89
5 400 McDonald, D., 12/2/89	286 McCallister, J., 1/1/89	424 Hartman, W., 12/1/89	1045 Bourque, K., 1/6/90
6 386 Hartman, W., 12/1/89	270 Somms, R., 4/1/90	424 Garcia, H., 2/17/90	1035 Kimberlin, R., 2/28/90
7 386 Hartman, W., 12/1/89	264 Hill, P., 2/7/89	410 Jackson, W., 5/19/90	1020 Thompson, R., 12/2/89
8 386 Hartman, W., 12/1/89	260 Hoenes, R., 4/1/90	402 Moran, M., 4/21/90	1019 Hartman, W., 12/1/89
9 386 Hartman, W., 12/1/89	250 McCallister, J., 1/1/89	395 Bozzelli, B., 3/17/90	1015 McDonald, D., 12/2/89
10 386 Hartman, W., 12/1/89	245 Antinoro, T., 2/28/90	391 Burns, S., 1/13/89	986 Jeffery, M., 5/26/90
11 386 Hartman, W., 12/1/89	242 Vera, J., 4/1/90	385 Dier, J., 3/17/90	975 Dars, J., 4/21/90
12 386 Hartman, W., 12/1/89	240 Hoenes, R., 4/1/90	374 Miner, K., 4/21/90	958 Sanchez, J., 2/17/90
13 386 Hartman, W., 12/1/89	240 Hoenes, R., 4/1/90	365 Leonard, A., 5/6/90	958 Sanchez, J., 2/17/90
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Thousands Now Compete Successfully They Could!

Who Never Thought They Could!

Dear Friends,
As the song goes, "the times they are a changing." And, as a matter of fact, they have changed. For the better. The statement, "Thousands Now Compete Successfully Who Never Thought They Could," has never been truer than it is today.
It wasn't too long ago powerlifters felt they would have to resort to other than natural means, the chemical route, if you will, in order to be competitive. But with advances in nutritional science, specifically in the area of sports nutrition, that attitude has also changed. And for powerlifters and strength athletes the best part is we've only scratched the surface, but in our quest for greater strength and recuperation. First and foremost, it should be emphasized and re-emphasized that our daily food intake of dietary protein, carbohydrates, and a small amount of fats is the basis of all good nutrition. It is of great importance to point out, though, that even with the best balanced diet you can create, extra supplementation is a very necessary requirement for today's competitive powerlifters.

The search for highly effective nutrients to assist us in our quest for greater strength and power has always been a priority. The never-ending search for the nutrient or combination of nutrients which would offer us, as powerlifters, a natural solution to the chemical program has become even more complex.
On the following pages Marathon Nutrition has created four categories of supplementation for more efficiently. The mere fact that there have been many natural nutritional breakthroughs to arrive at which one is best.
For this reason, Marathon Nutrition has created four categories, 1) the Aminos, 2) Natural Growth Enhancers, 3) Performance Enhancement powerlifters and strength athletes require. Although every aspect of nutritional supplementation has been designed to work well on its own, for optimum results utilize any individual product from each category. That's not a requirement just sound questions or want some advice on setting up an optimal food supplement and how you can intelligently apply them to your training and competition.

Best regards,
George S. Zangas
George S. Zangas

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

PL USA TOP 100 Achievement Awards



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

NEXT MONTH...TOP 123s

Corrections: David Schau's deadlift of 413 in the 132 lb. class should have been credited on the TOP 20 ADPPFA 132 lb. listing. In the results of the APF American Championships, published in the October 1990 edition of PL USA, E. Pfluger was listed as the winner of the SHW division with a bench press of 365. The actual amount was 365. We make mistakes in processing and keyboarding the results of meets, and appreciate your notice of any errors you find in our ranking lists. Sometimes, we do not receive the results of meets from meet directors, and are unable to use those results in our compilations. Encourage your meet directors to submit your results, and we'll have fewer such problems.



Ernie Surell's lifts of 860 465 675 2000 were not counted on the TOP 100 listing for the SHW division.

PASS IT ON!

PL & Special Olympics by Chip Hultquist



In just about every state in this country there are groups of special people who are training with weights and who want to be powerlifters. These people are called retarded but are not in any way retarded in enthusiasm or their desire to win.

Some of these people are training and competing in regular sanctioned powerlifting competitions as well as Special Olympic powerlifting competitions. They often train with less than adequate facilities and equipment with volunteer coaches who have limited background in weight training and very little powerlifting experience.

Despite the often difficult conditions, these athletes rarely complain or offer excuses for a less than perfect performance. They work hard to make themselves strong and to feel good about who they are.

You, as a powerlifter and a potential coach and teacher, have a lot to offer to Special Olympics powerlifters. As you satisfy the drive which pushes all powerlifters towards heavier and heavier thresholds of perfection, a need to share the rewards and satisfaction of your success may have moved into your life. Though there are many ways to give back to your sport, none surpasses that where another lifter is created with helping hands and where the passion for the sport is passed on to that lifter who asks for nothing more than a helping hand.

This may appear to those who are not inclined towards lending their time or energy as a one way street with no return on this expenditure. This could not be further from the truth. You know how you feel when you see one of those movie fans who the little guy succeeds against almost impossible odds? The lump in your throat doesn't go away for hours. Imagine that same feeling when one of your lifters wins against similar odds. The excitement and joy in their face is all the reward you could ever ask. If you can help with Special Olympics Powerlifting, please contact the person listed below from your state and have them put you in touch with a local Special Olympics contact. Additionally, if you are a Special Olympics lifter who would attend your meet if they had enough advance notice, The USPF now offers a membership for Special Olympics lifters at \$10.00 and has a classification and awards program.

Remember the old saying that you can't take it with you? Well, that applies to what you've earned from the sport of powerlifting. Pass on the knowledge you've gained. Pass on the passion. Pass it on!

SPECIAL OLYMPICS Executive Directors, U.S. Chapters

- Ronnie Floyd, **Alabama** Special Olympics, 560 South McDonough, Montgomery, AL 36130, (205) 261-3383/4496
- Doug Frey, **Alaska** Special Olympics, 3702 Spennard Road, Anchorage, AK 99503, (907) 561-6070
- Cheryl Sligh, **Arizona** Special

Albuquerque, NM 87110, (505) 883-5525
 Anthony A. Adamo, **New York** Special Olympics, 500 Balltown Road, Schenectady, NY 12304, (518) 370-4816

David Lenox, **North Carolina** Special Olympics, PO Box 30191, Raleigh, NC 27622, (919) 787-6714
 Kathy Meagher, **North Dakota** Special Olympics 2616 South 26th St., Grand Forks, ND 58201, (701) 746-0331

Bob Rickard, **Ohio** Special Olympics, 303 Winchester Pike, Columbus, OH 43232, (614) 239-7050
 Terry Kerr, **Oklahoma** Special Olympics, 1860 E. 15th, Tulsa, OK 74104, (918) 747-9535

Ken Dale, **Oregon** Special Olympics, 3325 NW Yeon Avenue, Portland, OR 97210, (503) 248-0600
 Bill Parisse, **Pennsylvania** Special Olympics, 124 Washington Square, 2570 Boulevard of the Generals, Norristown, PA 19403, (215) 630-9540

Mike McGovern, **Rhode Island** Special Olympics, 100 Jefferson Blvd., Warwick, RI 02888 (402) 463-5560
 Pete Lammann, **South Carolina** Special Olympics, 3710 Landmark Drive, No. 114, Columbia, SC 29204, (803) 782-5313

Debbie Voight, **South Dakota** Special Olympics, CDD, Julian Offices, 414 E. Clark, Vermillion, SD 57069 (605) 677-5318, Ext 5
 Alan Bolick, **Tennessee** Special Olympics, George Peabody College, Campus Box 39, Nashville, TN 37202, (615) 322-9292

Denis Poulos, **Texas** Special Olympics, 11442 North, Interstate 35, Austin, TX 78733, (512) 815-9873
 Sheril Schow, **Utah** Special Olympics, 9192 South 300 West, Suite 3, Sandy, UT 84070, (801) 562-4653

Jim Murphy, **Vermont** Special Olympics, 35 Avenue D, Williston, VT 05495, Virginia, Foster, **Virginia** Special Olympics, 100 West Franklin Street, Suite 400, Richmond, VA 23220, (804) 644-0071
 Linda Reppond, **Washington** Special Olympics, 13056-15th Avenue NE, Seattle, WA 98155, (206) 362-9499

Terry Stone, **West Virginia** Special Olympics, P.O. Box 3115, Parkersburg, WV 26101, (304) 422-1868
 Dennis Aldridge, **Wisconsin** Special Olympics, 5301 Monona Drive, Madison, WI 53716, (608) 222-1324
 Julie Gillett, **Wyoming** Special Olympics, P.O. Box 9208, 341 East E. Street, No. 180, Casper, WY 82601, (307) 235-3062

U.S. Territories

J. Talaoi Ho-Ching, **American Samoa** Special Olympics, P.O. Box 1358, Pago Pago, American Samoa 97600, (684) 639-6666
 Selmo Castro, **Guam** Special Olympics, P.O. Box 171, Agaña, Guam 96910, (671) 646-9396/1416

Mark Vinzant, **Virgin Islands** Special Olympics, PO Box 2671, Kingfish, St. Croix, VI 00850, (809) 773-2333, Ext. 278
 For further information on the Special Olympics or Powerlifting write Chip Hultquist at 907 Allegheney Ct., Tallahassee, FL 32303, or call him at 904-385-1210.

Ask the Doctor

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

DEAR MAURO: I am a powerlifter and a podiatrist. There is a podiatrist in my state that believes there is no possible use of anabolic steroids in our field of medicine. I would appreciate a letter from you, stating how anabolic steroids might possibly be used to treat post-op patients for quicker healing, chronic tendonitis, chronic ankle sprains, etc. A quick reply would be greatly appreciated and thank you for whatever assistance you offer. **R.E., DPM**

DEAR SIR: There are many therapeutic uses for anabolic steroids, including the ones you mentioned in your letter. Perhaps the best reply to your colleague would be to show him the enclosed excerpt from the recently published Current Therapy in Sports Medicine. If he needs more persuasion, let me know perhaps I can send you a draft of part of a book I'm now working on in which I intend to detail the therapeutic effects of anabolic steroids on a number of conditions. Sincerely, **Mauro Di Pasquale M.D.**

DEAR MAURO: I am writing to you in reference to the supplement known as Gamma Oryzanol. Would you please explain what Ferulic Acid is and if it works. Should it be taken separately or with the Gamma. Does Gamma Oryzanol have any anabolic effect. If it is legitimate growth enhancer, how much would you recommend be taken. **Richard B.**

DEAR RICHARD: Both ferulic acid and gamma oryzanol are found in Gamm Oryzanol. Ferulic acid ester of inorganic alcohol and is extracted from oat. My knowledge of it has no significant anabolic effects. In fact, it is one of the most common antioxidants as it may well have an anti-oxidative effect. Research on rats has shown that gamma oryzanol is a potent inhibitor of luteinizing hormone (LH) and growth hormone (GH) release. If the same effect occurs in man, then there would also be a suppression of endogenous testosterone and growth hormone secretion. I consider that that you would not want to take an anabolic steroid, because you may well be suppressing it.

You may wish to purchase a book I have written titled Beyond Anabolic Steroids. I cover the whole gamut of compounds including Insulin, Hydrocortisone, growth hormone and releasing factors (including FSH, GH, GnRH, FSH, GnRH, HCG), glucagon, growth hormone, galactin, beta-agonists (such as clenbuterol, salmeterol, salbutamol, piracetam, Salmeterol, albuterol, or clenbuterol), the anabolic steroid alternatives such as boron, Smiles, altholone, gamma oryzanol, chromanol, gamma oryzanol, the amino acids and dozens of other compounds. **M.G.D.**

DEAR MAURO: I wonder if you could help me with a medical problem of tendonitis in my elbow. It has been diagnosed by several doctors as medial epicondylitis. This condition began in 1987. I was not on steroids at the time and had been off of steroids for approximately one year. My training sessions were frequent and intense and probably more so than when the pain developed in the elbow. I still continued to train. I finally had to stop training after two months because the elbow pain became unbearable. An orthopedic doctor administered three shots of cortisone over the period of two months accompanied with anti-inflammatory drugs such as the NSAIDs. Physical therapy, ultra sound and deep heat were also applied. None of the treatments seemed to alleviate the pain and after a year I had another surgery was suggested and he cut around the tendon on at the epicondyle and also drilled through the tendon into the bone. After an extremely slow recuperation period, the pain still persists.

I am exasperated with the pain and I have not been able to develop a training schedule at all in the past two years because of it. When I do lift weights and train even for a short period of time, the area tightens up and becomes inflamed. There are numerous treatments I have heard about and I am thinking of trying a few of them, but I wanted to find out what your thoughts are on them first. 1) Accumulate I know nothing about it, but have heard that baseball players with tendonitis have had good results with treatment. 2) Steroids - I have been told to go on a cycle of steroids and that will help eliminate the tendonitis. 3) Uric Acid Level: I have been told to have uric acid checked and see if I was deficient in certain vitamins that could make the tendon weak. There is so much information on different treatments that I would like to get your opinion on which to start with. I don't want to do anything that will make the area worse, so I would appreciate any information.

TWO NEW BOOKS

BY MAURO DI PASQUALE, B.Sc., M.D.

BEYOND ANABOLIC STEROIDS \$15 (US funds) plus \$1 P&H
 An in depth coverage of the benefits and dangers of supplements, hormones and drugs now being used as either anabolic steroid substitutes by both competitive - since most cannot be detected - and non-competitive athletes or to enhance the effects of anabolic steroids.

Included are discussions on Growth Hormone and Growth Hormone Stimulators (such as Arginine, Ornithine, Contidine, L-Dopa, etc.), Insulin, Thyroid (Cytomel, Synthroid, Triacoran, Factual, HCG, Cycloclonil, Clenbuterol, Dibenozole, Glutathione, Carnitine, Creatine, Inosine, Smilax, Bifalanon, Chromom, Picolinate, Gamma Oryzanol, Siotestol, Ginseng, Amino Acid Neurotransmitters (such as GABA, Phenylalanine, Tryptophan, Glutamine, etc.), Branched Chain Amino Acids, Strydine, Stryd-nocarb, Procetam, Fenacetol, Precochates, Nutritional Supplements (Vitamins, Minerals, Bce Pollen, B12, etc.) and many other compounds.

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Fact, Fiction, and Treatment \$15 (US funds) plus \$1 P&H
 This book spells out the facts, dispels the myths, and gives advice to both men and women on how to best deal with the side effects associated with the use of anabolic steroids. Included are discussions on serum cholesterol, liver problems, cancer, gynaecomastia, acne, testisism, baldness, aggression, fluid retention, decreased sperm count, voice changes, changes in sex drive, and many other topics.

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 My book and the 5 updates are THE source for information on drug use by athletes (especially anabolic steroids, growth hormone and other ergogenic substances) and the available techniques for drug detection. The book plus all five updates is \$41.50 U.S. funds plus \$3.50 P&H.

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 Order form.

MGD Press
 23 Main Street
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tion that you could give me. Sincerely, **Michael R.**

DEAR MICHAEL: In medial epicondylitis, the medial flexor-pronator muscle group is involved. Treatment for this usually requires rest, analgesics, anti-inflammatory agents, and in severe cases, a volar splint. Supplementary physiotherapy (diathermy, hot packs) in conjunction with a steroid/anaesthetic infiltration are also used. In your case you had surgery, which I wouldn't have recommended. The extra scarring that can result from unsuccessful surgery often makes the injury even more refractive to treatment.

I'll give you my opinions on the treatment methods you mentioned in your letter. Acupuncture would be useless. There's no sense in having your uric acid levels checked unless you suspect gout - extremely unlikely in your case. Steroids might be useful if injected into the area. I outlined my method of injections in Decker's Current Therapy in Sports Medicine. The technique involves injecting testosterone or any other long acting anabolic steroid in and around the inflamed area, usually together with a corticosteroid, local anesthetic and sometimes B12 - infiltrating the tendon sheath ganglia. This should be done by a physician experienced in the technique.

If you have access to any European medications, there are a number of medications that are used for chronic tendonitis. One that a lot of athletes swear by is called Arthrocur, available in Italy as a gel and as an injectable. I suppose you've already tried changing your training to minimize the trauma to the inflamed area. This would mean changing your grip, doing partial movements if needed, and using exercises that only work the area indirectly. In some cases, training in this way for prolonged period of time slowly strengthens the area and leads to a gradual decrease in pain and inflammation. Let me know how you get along. Sincerely, **M.G.D.**

POWER PEOPLE

USPF Ft Gordon Championships
22,23 Sep 90 - Ft Gordon, GA

William-H	113	450	240	440	370
D. Campbell	112	135	65	170	370
M. Mid	103	575	380	500	1855
L. Hunt(163)	103	575	380	500	1855
L. Allant(194)	103	575	380	500	1855
P. Boyd	103	575	380	500	1855
H. Wooding-h	103	575	380	500	1855
S. R. Conquest(215)	103	575	380	500	1855
Women	103	575	380	500	1855



The Lifetime Pure Power Pack trains at Fleet Gym in Yokosuka Naval Air Station in Japan. It's tough to stay in powerlifting condition while in the field, however, this team manages to keep pumping it up and staying in peak condition. Appearing from left to right is BMF Gary Barnes, SHZ Vance Paul Savage. (not pictured - R. Barnes, photo courtesy P. Savage)

Georgia ADPA Championships
22,23 Sep 90 - Hinesville, GA

Teen above 181	SQ	BP	DL	Total
B. Bush	415	265	430	1110
J. Davis(118)	230	165	300	695
V. Godby(111)	190	135	255	580
C. Edmondson(164)	115	150	175	440
M. Masters below 181	SQ	BP	DL	Total
J. Grizzard	440	315	540	1295
J. Sanders	380	270	370	1020
W. Reese	605	27	525	1405
J. Daniels	605	27	525	1405
OPEN	400	320	500	1220
R. Leatherwood	520	330	450	1300
A. Shealy	550	325	550	1425
R. Daniel	470	385	595	1450
S. Curl	470	320	535	1395
W. Hamilton	525	320	520	1365
D. Daniel	515	355	690*	1560
D. Kersten	600	375	525	1500
A. Christian	410	320	510	1240
B. Hader	510	395	580	1485

NASA Region II Deadlift
22 Sep 90 - Cochen, IN

123	Hewitt	300	220	615
134	M. Klawer	300	220	615
148	M. Widder	400	300	700
158	N. Shackelford	575	240	815
161	G. Guthrie	555	360	915
181	S. Carnes	300	275	575
191	T. Noren	500	350	850
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211	D. Ingram	500	350	850
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450	305	500	1255
505	475	570	1550
500	325	425	1250
135	505	425	930
345	Women		
Below 139			
360	B. Johnson	160	160
285	Below 139		
270	C. Hill	150	150
280	C. Hill	150	150
290	C. Hill	150	150
300	C. Hill	150	150
310	C. Hill	150	150
320	C. Hill	150	150
330	C. Hill	150	150
340	C. Hill	150	150
350	C. Hill	150	150

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ly enforced. No light lifting suits are allowed. No bench shirts allowed. In case of a tie each lifter will be reweighed. Lightest shall win that place. If a tie should still exist, both lifters shall be awarded identical awards.

No lifter shall have reached his or her 14th birthday on meet day.

All lifters will be required to purchase a NASHA membership card for \$1000 per year.

All participants may purchase an official NASHA rulebook for only \$3.00. To be effective in this type of competition everyone should have a current rulebook.

Outstanding lifters: Best lifters will be chosen by highest point total for the following weight classes - 20 thru 30 kg, 35 kg thru 47.5 kg, 55 kg thru 62.5 kg and 70 kg thru 70 plus kg. These will be given in both boys and girls divisions.

NASHA Youth competitions: NASHA will conduct youth meets at each and every state meet in 1991. We will be conducting over 20 state meets, 17 regional meets and we will host our very first NASHA Youth Nationals in the fall of 1991. NASHA will also be sanctioning several other youth meets in the course of the year, in various states. For a full listing of all NASHA state meets where youth meets will be held, contact NASHA Headquarters at 1-405-872-9684, or 1-316-686-8748.

Specially designed youth trophies: All NASHA Youth meets will award to their lifters who finish the meet specially designed sculptured trophies. Every lifter who completes the meet will receive an award. First through 36 place winners will receive larger awards for their accomplishments. Awards will be duplicated for both boys and girls divisions.

Specially designed youth equipment: NASHA will offer a full line of benches, squat stands, plate racks, suits, wraps and trap bars for all of its members at a reduced rate. All of our equipment is fully guaranteed and satisfaction is our main goal.

For special NASHA youth sanctions contact Rich Peters at NASHA National Headquarters at NASHA Youth Division, c/o Rich Peters, P.O. Box 735, Noble, Oklahoma 73068, 1-405-872-9684.

Message From The NASHA President

1991 promises to be a fantastic year for NASHA and its lifters. Our organization is ahead of schedule, according to our preliminary predictions, boasting a record shattering 2000 memberships in just 7 months. This figure is a record for any powerlifting organization in history. NASHA will host in the neighborhood of 600 powerlifting competitions in 1991.

The official NASHA powerlifting newsletter will make its debut around January 15th, 1991. It will include feature articles on NASHA drug free lifters, sports injuries, nutritional advice, referees comments, meet reports and much more. Contact the director of the month, NASHA athlete, I would like to take this opportunity to remind everyone of the 1991 National Championships. National Bench Press Championships which will be held on January 19th and 20th in Oklahoma City. This entire event is being sponsored by Inzer Advance since the start of the Baltic Cup Chairman. Baltic Cup lifters can only lift in this event if they lifted in bench tour meet in states where NASHA did not hold bench tour meets, any drug free lifters must call NASHA headquarters for an entry form. Call 1-405-872-9684.

NASHA would also like to remind all lifters of the upcoming 1991 National Nationals. Be held in Oklahoma City on February 28th thru March 3rd. This is the worlds largest and most prestigious meet for drug free lifters. The only way a lifter qualified in a NASHA state meet by placing 1st or 2nd, and placed in the Top 5 of NASHA sanctioned regions or placed in the Top 5 of the NASHA High School & Junior Nationals, or Grand & Junior Nationals, or been selected for the Russian, our official Team USA members.

Lifters need to remember that the official 15 member NASHA Team USA will be selected at the National Nationals. They will lift against the Russians, Czechs and Canadians at the Grand Nationals which will be held in Hagerstown, Maryland, on May 31st thru June 2nd. The lifter with the top total in his weight class, from all divisions, will be selected for the team.

The official NASHA Team USA that will lift in Australia in June of 1991 will also be selected from the National Nationals competitors which will travel to the delegation which will travel to Russia next year (91) will be selected from the competitors at the NASHA Teenage & High School Nationals, the NASHA National Nationals, the NASHA Masters (May 91) and the 1991 National Grand Nationals.

Let me remind everyone that the 1991 NASHA National Awards Banquet will be held at 6:30 p.m. at the Hilton Inn during the 1991 National Nationals. Everyone is invited to attend. The NASHA banquet will have as its special guests the 1990 NASHA Meet Director of the Year finalists, the 1990 NASHA Athlete of the Year from each division, the 1990 NASHA

0 - an unsuccessful lift.
Average score of the 3 judges x weight lifted, divided by the actual body weight of the lifter = score of lift. Example: 4 (ave. score) x 100 lbs (weight lifted) = 400, divided by 75 (weight of lifter) = 5.3 (total score of lift).

Each lifter will be limited in the amount of weight he or she may attempt. The lifters will only be allowed to lift 1.5 times bodyweight on squats and deadlifts and are limited to their bodyweight in the bench press. They may, of course, do any amount less than their limits but they will not be allowed to go over these limits for any reason. Each lifter will be allowed 3 squat attempts, 3 bench attempts and 3 deadlift attempts.

Special equipment - all youth development meets will be conducted with official NASHA Youth style equipment, specially designed benches, squat stands and the official deadlift bar will be the trap bar designed by Al Gerard. The trap bar will be used to eliminate any pressure to the young lifters spine area. Maximum weight bodyweight weight classes are used as examples of maximum poundages. Separate divisions will be provided for boys and girls.

Examples of maximum attempts allowed in each lift:
Weight classes SQ & DL BP
Kilos Pounds Max
20 44 66 lbs 44 lbs
25 55 82.5 lbs 55 lbs
30 66 99 lbs 66 lbs
35 77 115 lbs 77 lbs
40 88 132 lbs 88 lbs
47.5 109.5 154 lbs 109.5 lbs
55 137.5 181 lbs 137.5 lbs
62.5 137.5 203 lbs 137.5 lbs
70 154.25 231 lbs 154.25 lbs
70+ 154.5 over bwt x 1.5 bwt

Rules for Junior Development Program
All IPF-NASHA rules will be strict

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NASHA would like to remind its lifters that in 1991 we will be using a combination of polygraph and urine testing in all its meets. Please bear with us as we are growing and adjusting. Good luck and God bless.
Rich Peters, P.O. Box 735, Noble, OK 73068, 1-405-872-9684



NASHA President Richard Peters, judging at the 1990 NASHA Grand Nationals in Atlanta, where the Russians lifted on USA soil for the first time.

NASHA Youth Development Program

Purpose: This program is being developed by the Natural Athlete Strength Association for the purpose of developing young athletes mental and physical prowess.

Our young competitors will be limited by the amount of weight they can attempt in each lift. They will be judged by their form and abilities combined. We will be using a unique set of judging lights that will indicate the quality of each lift that is attempted.

Our young athletes will learn quickly that a lifter, period, lift will not win over a heavier steeper weight that is attempted. They will also learn that they can become much stronger by performing each lift in perfect form.

Each of the 3 judges will score each attempt as follows:
5 - a perfect lift, with minor flaws
4 - a good lift, with minor flaws
2 - a successful lift, with major flaws

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Michail Kulikov has put 20 kilos on each lift since the USSR vs USA meet in Atlanta this past June 3rd.

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Baltic Cup '91. 1990. LENINGRAD. IPF

3rd Annual I.P.F. Baltic Cup
29-30 Sep 90 - Leningrad, USSR

52kg	270	240	290	800
SHW	275	210	380	785
Lindholm-FIN	330	220	320	870
Kivela-NOR	325	250	280	855

Best Lifters: Muszkirow, Stanazek, Kulikov.

The third edition of the Baltic Cup tournament was held in Leningrad, USSR, from September 29-30, 1990. This was a historic event for powerlifting because this was the first ever IPF recognized powerlifting competition. The competition was held in a technical aspect and the organizing standard of this tournament was of a very high level.

Participants: 9 nations with 10 teams and 41 lifters. Poland, USSR, Finland, Norway, Sweden, Denmark, and USSR were missing.

Record for the Baltic Cup and only Czechoslovakia and Leningrad. This is a new participating record for the Baltic Cup and only Czechoslovakia and Leningrad. This is a new participating record for the Baltic Cup and only Czechoslovakia and Leningrad.

Application for Registration in Natural Athlete Strength Association

Registration Fee \$20
Mail and make checks payable to:
Natural Athlete Strength Association
7116 Rockhill, Wichita, KS 67206
Phone: (316) 686-8748

NOTE: High School Athletes who validate their school enrollment by including a copy of their high school activity card or other proof of enrollment may register for \$10. Currently incarcerated inmates of penal institutions may also register for \$10 fee. All memberships include a personal copy of the rule book.

PARENTS INITIAL I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT X

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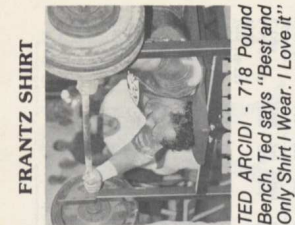
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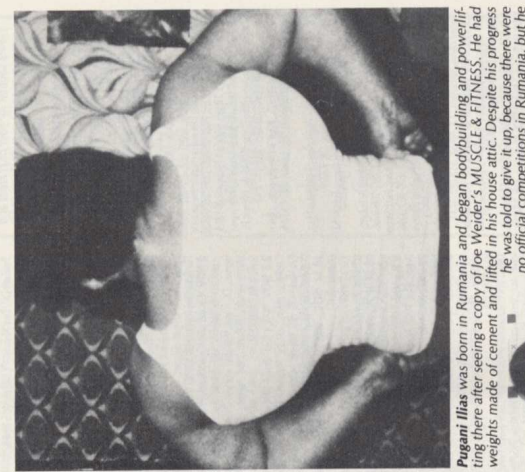
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Pugani Ilias was born in Rumania and began bodybuilding and powerlifting there after seeing a copy of Joe Weider's **MUSCLE & FITNESS**. He had weights made of cement and lifted in his house attic. Despite his progress he was told to give it up, because there were no official competitions in Rumania, but he persisted after seeing a vision of Joe Weider advising him to train for 3 more years. He moved to Italy, where he achieved best lifts of 673 lb. the squat, 375 lb. in bench press, and 718 lb. in deadlift (763 lb. in open lift) and he achieved a lat measurement of 142 cm and a waist measurement of 76 cm. He is now an instructor at the Carnegie Center in Vancouver, BC, Canada. An International and photos provided by Bruce Jackson.

14 July 90 - Olean, NY

Teenage	D. Allen	325
175	S. Burnside	300
S. Burnside	D. Mesi	285
200 & over	198	370
200 & over	M. Gaudry	330
MEN-OPEN	C. Anvan	330
148	D. Loney	350
165	D. Linder	315
B. Johnson	400*	242
J. Smith	C. Secker	450
M. Hamah	C. Snyder	320
181	242 & over	
R. Chase	K. Whitmore	470**
B. Shaker	C. O'Connor	290
R. Shaker	C. O'Connor	290

* best lifter Inv; ** best lifter hwyk. Special thanks to EF Eade for use of Forum Theater. Also thanks to judges: Dan Metz, Ed Eade, Bob McBride, Chad Havens, Ed Eade; sponsors: Double Reilly, Paul Eade, (thanks to Paul Eade for the results of this competition)

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Eric Kupperstein
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Illinois State Fair Deadlift

18 Aug 90 - Charleston, IL

Tenage	530*
A. Pastorelli	490
C. Wood	425
T. Rohrs	420
C. Bailey	400
M. Cadiz	325
Women	655*
R. Glumac	630
R. Glumac	630
T. Jackon	555
J. Blane	555
T. Jackon	440
D. Beccue	245
K. Perez	245
Submaster	575
M. Waddell	540
R. Miller	530
R. Miller	530
M. Irwin	460
K. Stearns	500
D. Latch	540*
V. Bates	500
C. Davis	455
G. Masters	605
G. Stevens	300** 275
A. Miller	380
R. Miller	400
D. Latch	480
R. Burkes	385
S. Beninato	195
D. Latch	485
D. Radford	365
M. Helgemon	365
C. Allison	365
T. Denton	365
R. Frankwood	365
R. Frankwood	950
C. Jones	500
D. Radford	1220*
H. Herms	1100
H. Herms	1100
R. Presswood	950
R. Presswood	950
C. Jones	500
D. Radford	1220*

Too Late for COMING EVENTS

- 15 December Bench With The Bill Hawk, RD 2 Box 313, Punxsutawney, PA 15767, 814-938-8526

- 26 January Body Shop Biggest Bench Press Championship (men's open, masters 35 and up, teen 14-19, women) Mike DeBetta, Body Shop Gym, Box 185, Harpursville, NY 13787, 607-693-2254

- 9, 10 March USPF North Carolina State Meet (men, class II & below, women, teen, men masters, women masters) Sandy King, King's Gym, Post Office Box 752, Rainsur, NC 27316, 919-626-0660.

15 December 1990 THE BEST open, masters, teen, women

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Argentine Open

4 Aug 90 - Buenos Aires (kg)

Women	SQ	BP	DL	Total
48kg	122.5*	57.5	114.5*	317.5*
52kg				
G. Romero	107.5	55	122.5	285
56kg	100	52.5	100	252.5
75kg				
L. Frangi	210*	100*	200*	507.5*
Men				
A. Melio	200	105	220	525
67.5kg				
C. Coronel	215	120	200	535
75kg				
M. Ang	230	127.5	252.5	610
P. Copa	200	127.5	222.5	550
82.5kg				
A. Almon	215	125	250	590

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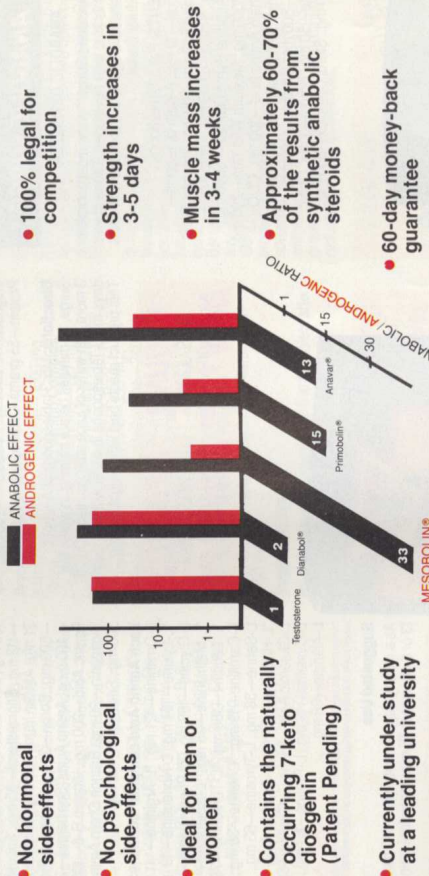
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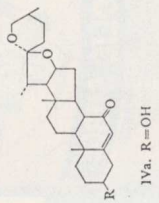
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